Garcia hopeful for future of athletics

PATRICK CHALVIRE
Staff Writer

The athletics department is looking to revamp its style one sport at a time, and after a disappointing football season, a new era in basketball is already taking shape. The team is working on new ways to engage the general student body during finals week, with different events each day. The first event is Pet-A-Puppy night, where students can interact with a variety of dog breeds. Garcia and the basketball team were in Hot Springs, Arkansas for the Sun Belt Conference tournament. "It’s a unique experience and we do it to create a couple different things," Garcia said. "South Florida, we gotta admit, is an event town. We were in Hot Springs, Arkansas and I started asking the people, ‘When we say South Florida, what do you guys think about?’" The response? South Beach. The campus and suites at the Ocean Court at the US Century Bank Arena have and will continue to bring in profit for athletics. Geisinger said of the program, there are currently 528 PA jobs available in Miami alone. 

The College of Medicine has expanded one of its programs. It makes a student proud to say that their school is constantly expanding and improving.

Brittany Williams
Senior Chemistry Major

It makes a student proud to say that their school is constantly expanding and improving.

College of Medicine to offer physician assistant program

SIMONE GARVEY-EWAN
Staff Writer

The Faculty Senate approved a Physician Assistant Program to lead a master’s in physician assistant studies at the Herbert Wertheim College of Medicine that is set to launch August 2015 with an estimated 45-50 inaugural students. Pete Gutierrez, director of the program, has stressed the need for individuals to have a master’s in the field. "The demand for physician assistants is becoming extremely high and by giving students the opportunity to receive a master’s in the field, it makes them more marketable," Gutierrez said of the program, which will be 182nd in the nation.

The dream of changing athletics’ style has been in the works since 2012, while Executive Director of Sports and Entertainment Pete Geisinger said of the program, which will be 182nd in the nation.

"The PA workforce rose from 250 jobs in 1970 to 75,600 in 2010 with PA’s working in all areas,” she said. “There’s a huge demand in this field.”

Students are required to have a bachelor’s degree with an overall grade point average of 3.0 with a 3.5 in science classes. The subject area of the bachelor’s doesn’t matter as long as students meet the prerequisite requirements. "It is not mandatory to have previous experience in the medical field, but it will help your application. They’re going to ask for four letters of recommendation from either doctors or PA’s, you need to take the [Graduate Record Examination] and the application will be done through [the Central Application Service for Physician Assistants],” said Pomares.

Erika Young, a junior majoring in biology and a member of the Jiu-Jitsu club, showed off her martial arts skills to other students during a presentation in the pit. The dream of changing athletics’ style has been in the works since 2012, while Executive Director of Sports and Entertainment Pete Geisinger said of the program, which will be 182nd in the nation.

The College of Medicine held an open house at the beginning of this year where about 400 students present and interested in the all new PA program attended. According to Pomares, this number has more than tripled and the inquiries are new thought to be over 1,500.

“This is the second time I’ve heard of the College of Medicine expanding one of its programs. It makes a student proud to say that their school is constantly expanding and improving. The College of Medicine to offer physician assistant program

MARTIAL ARTS MADNESS

BRANDON WISE
Editor-in-Chief

Quentin Wyche was sentenced to 20.5 years in prison for the murder of Kendyll Berry in 2010. Wyche, 25, was convicted of stabbing Berry with a pair of scissors outside the Recreation Center on Modesto Maidique Campus on March 25, 2010. During the case, Wyche had claimed self-defense and asked a judge to throw out the case under Florida’s “Stand Your Ground” law.

On Sept. 11, Wyche was found guilty of second-degree murder with a deadly weapon by the jury after a one-hour deliberation.

Berry led the team in touchdowns the year before his death.

Cram Jam to feature massages, puppies and midnight breakfast

ARIEL WEINSTEIN
Staff Writer

As the festivities of the upcoming holidays are quickly approaching, so are the endless hours of studying for final exams. According to the Bureau of Labor Statistics, the employment increase for physician assistants is expected to hike 30 percent from 2010-2020. According to Jessenia Pomares, program coordinator of the master’s Physician Assistant Program, there are currently 528 PA jobs available in Miami alone.

The events continue throughout the second week, which begins the start of finals, with different events each day. On Monday, December 9, there will be the continued chair massages by the University Wellness Center, SGA tabling and the main Cram Jam event: the midnight breakfast provided by Aramark that will take place in the dining hall at Fresh Foods Company.

Wyche sentenced to over 25 years

The Sun Belt Conference tournament. It’s a unique experience and we do it to create a couple different things,” Garcia said. “South Florida, we gotta admit, is an event town. We were in Hot Springs, Arkansas and I started asking the people, ‘When we say South Florida, what do you guys think about?’” The response? South Beach. The campus and suites at the Lime Court at the US Century Bank Arena have and will continue to bring in profit for athletics. Geisinger said of the program, which will be 182nd in the nation.

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“This is the second time I’ve heard of the College of Medicine expanding one of its programs. It makes a student proud to say that their school is constantly expanding and improving.
Secret US-Iran talks set stage for nuke deal

The AP has learned that at least five secret meetings have occurred between top Obama administration and Iranian officials since March. Deputy Secretary of State William Burns and Jake Sullivan, Vice President Joe Biden’s top foreign policy adviser, led each U.S. delegation. At the most recent face-to-face talks, they were joined by chief U.S. nuclear negotiator Wendy Sherman. It was at the final get-together that the two sides ultimately agreed on the contours of the pact signed before dawn Sunday by the so-called P5+1 group of nations and Iran, three senior administration officials told the AP.

Egypt’s president issues law restricting protests

Egypt’s interim president on Sunday banned public gatherings of more than 10 people without prior government approval, imposing hefty fines and prison terms for violators in a bid to stifle the near-constant protests roiling the country. The new law is more restrictive than regulations used under the rule of autocrat Hosni Mubarak, overthrown in Egypt’s 2011 uprising that marked the start of unrest in the country. Rights groups and activists immediately denounced it, saying it aims to stifle opposition, allow repressive police practices and keep security officials largely accountable for possible abuses.

For more world news, check out FIUSM.com.

CORRECTIONS

In reference to Vol. 25, Issue 39, the article “Student Government Association exploring fee for Maritime Science Technology Academy,” and Vol. 25, Issue 40, the editorial “MAST students need to pay up for facilities,” we want to clarify that it has not been proven that MAST students use the Recreation Center or any other student service. According to Vice Provost Steve Moll, their FIU One cards give them limited access to services and do not permit them to use the Center. The Beacon will gladly change any errors. Call our Newsline at 305-348-2709 or email news@fiusm.com.

College of Medicine expands with physician assistant program set for August 2015

“Cram Jam,” Biffa said. “It’s really inspiring to us as music educators to see that we are doing something for them and that they have in them to participate in music, because that’s all we really want to do – share our love of music with the students.”

The two schools that are doing something for them, and that they have it in them to participate in music, because that’s all we really want to do – share our love of music with the students, said Lopez.

I’m glad a higher level of understanding is being brought to this field. It’s definitely a good look,” said Williams.

“I could de-stress from all the studying with the purpose of offering students a few moments of relaxation before or between their exams.”

The main goal of the program is to provide students with tools to succeed in their final exams,” Biffa said. “Everything in the program is geared to relieve the stress of students during finals week.”

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Stop trying to make Brown Thursday happen

EMILY LERENA
Contributing Writer

Students at FIU do not approve of major retail stores opening on a holiday such as Thanksgiving Day. Most students think the stores should respect the meaning of the holiday and stick to the traditional 4 a.m. sales on Black Friday.

Black Friday is a day designed for penny-pinching shoppers who will sacrifice their sleep to purchase the latest DVDs for cents or employee sacrifice their family time for over time. Instead of filling their stomachs with turkey and pumpkin pie, employees plan to restock shelves and control the rush of angry shoppers.

Junior theater major Juan Alfonso says, “This is not a company that employees from their loved ones on this holiday.”

The employees of these major retailers are obligated to show up on Thursday — but this obligation is not extended to the public.

Without people to buy the advertised bargains, companies would have no reason to open on Thanksgiving.

When asked if they will be shopping on the 28, most students said they would not.

Abandoning their family traditions to shop is not something they plan on doing.

Junior digital media major Richard Lawrence says, “The problem is that the more we shop, the more these retailers have to open for these times. If we don’t show up on Thanksgiving, there will not be a Brown Thursday next year.”

GIOVANNI VELASCO
Contributing Writer

As I near the end of my journey here at FIU, I have some great lasting memories of what this university has given me. I have had great professors, great classmates, who have all helped me get one step closer to achieving my dream of graduating.

I can sit here and write for hours of how great of an honor it has been to learn and study at FIU, but I would be lying if I truly shared the good. One area of improvement this university needs to address immediately is course availability for the working adult.

That might not make sense to most, but as a 41-year-old married father of two who works full-time, it has been the greatest source of my frustration at the beginning of every semester.

I began taking courses at FIU after transferring from Miami Dade Community College in 1999 and quickly realized that, unless courses were offered at night, my dream of graduating as a journalist might take years to achieve.

I have had to wait several semesters to take certain courses because they were only given at night as — in after 6 p.m. — once a year.

When I would ask my advisors what I can I do or who I can speak with to share my dissatisfaction, I was told school should come first and better work should come second. I must have forgotten to mention to that person the months I have to feed and the mortgage I have to pay.

Yes, I have been taking courses on and off for the last 14 years simply because I had to choose between work and school and, well, work always won. If I were not for my supervisor at work who understood my plight and allowed me to come work late or leave early, who knows if I would have continued towards my dreams.

Is there an answer to this problem which I am sure many share: surely more online courses or hire professors who will simply teach at night?

I know money will always be an issue because there can only be so many courses available each semester and so many professors that can teach those courses at night. So if it takes money to get this done, so be it.

I wanted this so badly that I was willing to pay more to take online courses, but the opportunity was simply not there.

The world is changing and there are more working adults that are returning to college to better their lives, so shouldn’t FIU step up to the plate and find a way to help accommodate the schedules of these working folks?

My dream is weeks away! My hope, though, is that others will be given the opportunity to fulfill theirs.

Daniel Rigoym
Contributing Writer

I am glad to say that in my three years at FIU, I have experienced how it has managed to grow in numbers and academic opportunities that are offered to the students. This boom does not only benefit FIU and its students, but the larger Miami area.

A special eye must be kept on the commuter student, our neighbor to the north. The University’s partnership with Sweetwater is visible not only in leadership, but also on the student level. The Honors College and medical program work closely with the community, offering students practical experience required to be useful once they enter the real world.

The long-term future for that city is heading towards becoming a college community — an extension of the University in terms of student presence and opportunities. What one might think of Sweetwater’s political leadership is beside the point. They have been smart in gearing their community to be a destination for college students, the surrounding community and the opportunities that both can bring to the area.

Word of caution must be inserted here. Despite all talk of partnerships, growth, and vibrant communities, FIU has not been smart about creating meaningful growth. Think about it. On the one hand, the City of Sweetwater is pushing to rezone itself in favor of mixed-used development (a fancy way of saying neighborhoods with both shops and residences). On the other hand, FIU has almost moved the opposite way and divided its uses to the point that it stimulates little meaningful interaction among its variety of students. I ask, what is the point of trying to create a vibrant community with an adjacent city if FIU has not been good at doing just that?

Public environments, especially here in the United States, are one of the most important parameters, and catalysts of good civic engagement and interaction. The ability of these environments to create and stimulate communication between citizens is crucial to building good communities, formulating good ideas and creating meaningful progress. Let us look at the design of FIU thus far. The medical program is in one corner of the campus. The business school has its own little enclave next to the law building. Housing is a concentration camp where few of the University’s students even come together. A new Student Academic Support Center is planned to be built to the east of the Blue Parking Garage (nowhere near any sensible location). Also in the pipeline, separate plans for a transportation hub and a community clinic are being envisioned on the same tract of land north of PG-5 (oops).

At the moment, the University’s leadership is drafting the long-term goals that FIU will follow forward. I urge students to contact these individuals and express the need for sensible growth. FIU cannot ignore the importance of public design in its goal of becoming a leading urban public research university. Improving the way our structures are planned, constructed, or even built — are used will not only give the University a better sense of community, but will also improve the thought processes and academic achievements of its students. FIU’s goal of expanding enrollment and services is noble. However, this growth will be a waste of space and government funds if leadership is not smart in how to plan it all out.

The importance of public design in regards to FIU’s growth

SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to opinion@fiusm.com or drop by our offices at either GC 210 or WUC 124. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

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EDITORIAL POLICY

Editorials are the unsigned voice of the editorial board, which is composed of the editor in chief, managing editor, and the editors of each of the five sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to opinion@fiusm.com.

New security alert system being released too soon

As students, we have been told that, by the end of November, FIU would be launching a new and improved alert system that would help keep members of the University informed of on-campus emergencies.

As previously reported by The Beacon, the new emergency alert system will “allow for the integration of the separate communication platforms to allow for a more efficient, faster and automated activation,” according to Amy Aiken, director of the Department of Emergency Management.

We were told that the testing period for the new emergency system would take two weeks and would officially launch soon after.

It is now Nov. 27, the end of the testing period, and we are still very much concerned this new emergency alert system is not quite ready to be launched.

Our reasoning behind this is due to a recent alert that was sent out saying “All clear, all clear,” although no one knew exactly what this was referring to. This, of course, created mass confusion throughout the campuses until FIU’s Twitter account sent out the following message: “@FIU: Panthons, we apologize for the most recent alert. It was sent in error while testing the system. Everything is fine and there was no danger.”

Granted, this error occurred during the two-week testing period. However, the problem with this is that we are now entering the final week of November.

There should have been a warning of some kind sent out to the University that this test was going to be taking place at this time as not to cause the panic that it did. That could’ve at least curbed the frustration that people had when they received a text, email, Facebook post, and tweet with an “All clear, all clear.”

In all, we hope that the new emergency alert system will have all its bugs sorted out by the time students return from their Thanksgiving break.

Tuesday, November 26, 2013

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fiusm.com
Gobble-up these Thanksgiving themed flicks!

COLUMNIST

As we all know, Thanksgiving is known for its bountiful collection of seasonally appropriate movies. After all, who could forget such classics like “Jingle All The Way” and “Scrooged.”

Wait, no, that’s Christmas. Sorry. I’m running on a little coffee and a lot of alcohol in preparation for everyone’s favorite time with the family. Anyway, here are some of the best Thanksgiving films around that you can watch on your own time or buy on Black Friday* if you don’t spend all your cash on that fancy turkey. Yes, you read right.

1. “The Ice Storm”

Ang Lee’s little drama is a surprise for Dick’s.

2. “ThanksKilling”

I feel like I shouldn’t have to explain much from the title, but you know what, let me sweeten the pot. Not only is there death and a holiday, but it’s all led by — drum roll — a killer turkey. Yes, you read right. It’s trash, but I already threw a high brow work in, so this is your other option. Should you be thankful that there is trash like this in the world for us to enjoy so thoroughly.


Everyone’s seen “A Charlie Brown Christmas,” and we’ve probably seen this one, too, but heaven knows I don’t remember it. It’s got sex, lies, comics, death, Kevin Kline, Sigourney Weaver and a tiny Elijah Wood — all taking place around Thanksgiving in the good old year 1973. What more do you need for the holidays?

4. “Black Friday”

Okay, you caught me. I’m running out of material, but I never said they weren’t going to be short films. Either way, regardless of what you think of most of Roth’s horror work, this is a pretty fun little fake trailer. As are most of the trailers in “Grindhous” actually. Heck, you might as well go ahead and watch both “Planet Terror” and “Death Proof” because they’re deliciously entertaining.

5. “Bob’s Burgers”

“But Juan, that’s a TV show!” Yeah, it is, but I just included a fake trailer, so what’s the limitation here? Anyway, have you seen either one of their Thanksgiving episodes? They’re absolutely hilarious. You’ve got original holiday songs, wild “My Neighbor Totero” hallucination sequences and turkeys being dropped in the toilet constantly. Binge watch the rest of the show while you’re at it. So there you have it. All sorts of entertaining media for the holiday. We can’t forget to include an honorable mention though, and that’s the animated masterpiece** “Foodfight!” Why? Because it involves food and disaster. That’s what Thanksgiving is all about, folks.

If you’re looking for holiday tunes, may I recommend Steely Dan’s under-rated 1975 album “Katy Lied,” whose lead tracked “Black Friday” may or may not have anything to do with Black Friday.

**The word “masterpiece” here only applies to those who wholeheartedly adore cinematic trash.

JUAN BARQUIN

JOIN OUR STAFF!

The BEACON is always looking for talented and reliable individuals to join the staff. If you have an interest in writing, photography or even grammar, don’t be shy.

Stop by one of our offices located in GC 210 and WUC 124 or apply at fiusm.com.
**Prepare yourselves, Black Friday is coming**

- **1) Be selective:** While I would love to conquer six or seven different stores I understand black friday is nothing short of absolute chaos. Knowing this, I choose two to three stores and arrive with a target already in mind. Go online and most stores will have sections of their sites already set up to what will be in stock as well as specials and offers. Once you’ve honed on your targets stick to them, silence any voices of dissent amongst your ranks. Get to the store front at least 30 minutes before and set up a base camp if you can, lest you want to deal with torture of standing in line. Which leads me to my second tactic.

- **2) Be Patient:** We all hate waiting but please don’t be that guy that vents out his frustration about not being able to find a size L in white to the 18-year-old tempo runner behind the counter. Bring an iPod, shine your boots, do a word puzzle, sit in line just a tad bit less agonizing. Along with finding adequate and dispersive means to keep yourself busy you should also make sure you are battle ready by selecting the right gear.

- **3) Dress comfortably:** When you view black friday as another with a unifying drum beat. A drum beat that builds up from a very basic drum beat acts as a nice follow-up and expertly follows through the vibe, with frontman Morey singing “I am yours, you are mine, there is no death/in my mind/back and forth/side to side to side.”

**People flee, are deported to Haiti after killings**

**EVENS SANON / AP Photo**

More than 100 additional people have either been deported to Haiti or left on their own accord from neighboring Dominican Republic after an elderly Dominican couple was killed, authorities and a spokesman for a migrant advocacy group said Monday.

The number of Haitians and people of Haitian descent who have been expelled or volunteered to leave had reached at least 350, said Lolo Stene, coordinator for Haiti’s Office of Migration. Authorities had reported a total of 252 people expelled as of Sunday. Migrant advocates reported slightly higher numbers. The expulsions and voluntary departures follow violence near the town of Neiba in the southwestern comer of the Dominican Republic.

The couple was slain last week during an apparent burglary near the border between the two countries, and a Dominican mob retaliated by killing a Haitian man.

On Monday, the Dominican Republic’s national police chief, Manuel Castro Castillo, visited Neiba to look into bolstering security in the area.

Migrant advocates say many of the deported people first went to the police station because they feared reprisals and asked authorities to escort them to the border so they could cross themselves.

Jeanly Celery was among those who went to the police station on his own accord.

Carrying a backpack and a gym bag, the 34-year-old construction worker said he relied on a Dominican friend to take him to the police station while others opted to lie low because they were scared of being lynched.

“Many of us had to go into hiding,” Celery said Monday afternoon.

He spoke before boarding a government bus that was taking him and a couple dozen others to a bus station. He planned to catch a bus to his Haitian hometown of Thom- azeau, a lakeside community near the border where his wife and four children live. He said he wanted to leave the Dominican Republic until things cooled but planned to go back as soon as possible.

There have been no additional reports of people being killed in Neiba.

Gerris Suero, of the Jesuit Service for Refugees and Migrants, told The Associated Press from the Dominican border town of Jimani that some people did go on their own to the border, terrified they could be harmed by mobs seeking revenge. Others approached mili- tary posts only seeking protection, he said.

Haiti and the Dominican Republic have had a long and volatile relationship as neighbors on the Caribbean island of Hispaniola. The Dominican Republic was among the first countries to respond after the devastating 2010 earthquake in the Haitian capital and has helped with reconstruction.

But relations have been tense in recent weeks following a ruling by a Dominican court ruling that upheld a provision of the Constitution denying citizenship to non-citizens and their descendants and ordered the government to purge the voter rolls of non-citizens. Migrant advocates say the ruling may strip citi- zenship of 200,000 people, but the government says fewer people will be affected and has sought to dispel fears of mass deportations.
Disappointing season closing out

**RYHS WILLIAMS**
Staff Writer

The Panthers did not win a home game this season as they fell to the Thundering Herd of Marshall University 48-10. The closest win for the city of Miami was in Hattiesburg, Miss. That, as a matter of fact, is so far the only win for the Panthers this season. There is only a single game left, this coming Friday, Nov. 29, at Florida Atlantic University.

The offense also only put up a total of 67 points at FIU Stadium this year, opposed to the 204 points that were scored by opponents—the worst of which were at the hand of the Thundering Herd this past week and the University of Central Florida who put up 38 unanswered points earlier in the season.

Allowing a lot of points has been a trend for Panthers this year, whether at home or on the road. The Panthers have allowed 219 points on 29, at Florida Atlantic University. That, as a matter of fact, is so far the only win for the Panthers this year, opposed to the 204 points scored by opponents—the worst of which were at the hand of the Thundering Herd.

For three weeks in a row, quarterback Jake Medlock has been a trend for Panthers this year, opposed to the 204 points scored by opponents—the worst of which were at the hand of the Thundering Herd.
GARCIA, South Beach,’ or whether festivities can be taken for champion.

Garcia said. “The University of Oregon first brought out the culture of a new themed image to basketball courts in 2010. The University followed right after and 21 other colleges, including the University of Central Florida, have changed the look and feel of their courts.

The addition to the cabanas has sparked some controversy. The seating used to be reserved for the band who has now been infused with the student section.

Questions arose as to where students will be placed during games.

“We added student sections to the lower bowl; those are good seats,” Garcia said. “At the end of the day, the students are what gives us the energy. We wish them to be rowdy and loud.”

Athletics has also included giving away free food and non-alcoholic drinks for fans that attend the home games.

In a separate interview with Student Media, MMC Student Government Association President Liane Sippin was unaware of the shift of the student section and did not know of changes being made, but worried about how Athletics was run.

There is so much going on in Athletics, and I don’t think they have enough people to deal with the marketing of everything,” Sippin said. “The Beach Bash, I think they started advertising it three days before. It could’ve been so great but the fact they got their flyer out late. I don’t know.”

Garcia was unaware of the situation and unable to comment.

Attendance at sporting events remains a problem. Many fans arrive early but leave after tailgates—an issue that Garcia says he is well aware of.

“Students are having a great time at the tailgate, so we want to come up with some ideas of how we get that festive, loud atmosphere to come into the stadium,” Garcia said. “We just gotta take the same creativity and we gotta do some of these same things over at the football stadium.”

According to the NCAA, a requirement for Football Bowl Subdivision teams is an average of 15,000 paid or actual attendance during a two-year period. The University failed to reach that number last season during the football season, but according to Garcia, the concerns should end.

“We went three and nine and we didn’t meet the attendance requirement, but they let us meet it every other year,” Garcia said. “People gave up on the team and stopped coming to the games and we’ve actually had better attendance this year. According to Conference USA and the new coach and everything else, we’ve had better attendance.”

Despite backlash, the cabanas of the U.S. Century Bank Arena have been put in place by the Athletics Department for $1,000 a game.

Whether some people say well maybe you shouldn’t have jumped conferences yet, we’re gonna keep pushing the envelope because at the end of the day, the people at FIU want to be the best. They don’t have a lot of patience."

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Women’s swimming and diving continuing early success for Mizzou

There’s no doubt that the Jordan brand will always be the big sellers, regardless of what day it is. However, the Lebron brand is quickly starting to make Jordan run for his money.

The Lebron 11 will be releasing three different models in the next few months, the first one being released today, Nov. 27. The “Terraccota Warrior” will be part of the Black Friday pack that will also include a number of different Nike and Jordan shoes.

When it comes to Black Friday, I would consider sticking to your local shoe and athletic store when it comes to getting workout gear or running shoes.

However, if you’re a person into the sneaker game and is looking for a Jordan or Lebron shoe, then preparing to invade and fight your way through the sea of people at the mall.

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Air Jordans among top sellers for Black Friday

“There’s no doubt that the Jordan brand will always be the big sellers, regardless of what day it is. However, the Lebron brand is quickly starting to make Jordan run for his money.”

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Black Friday, Page 4

“As far as salespeople, we don’t know... in fact, the deals will be released to us the day of Black Friday,” Capetillo said. “They will also release the sales information to our members via their Dicks Sporting Goods point membership, which is totally free.”

Those places are all fine and dandy if you’re looking for workout gear and running equipment. If you’re like me and you’re looking for some basketball gear, look no further than Foot Locker and Champs.

“Those kinds of stores are all fine and dandy if you’re looking for workout gear and running equipment. If you’re like me and you’re looking for some basketball gear, look no further than Foot Locker and Champs.”

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SWIMMING, Page 8

Horner commented on their progress.

“This is the midpoint of the season, everything is according to plan and they are meeting their expectations, there are very few let downs,” Horner said.

As the second day of the Mizzou Invitational got under way, Perez Arau picked up where she left off the day before, and she did it in record breaking fashion for the Panthers. Perez broke the school record along with the Conference USA record on the 400IM event. A time of 4:09.59 was what gave her the new school and conference records and it currently ranks third in the country, a place that will probably give her a spot in Minneapolis, Minn. for the NCAA Championships in March.

The later rounds also gave chance for other FIU swimmers to step up to the challenge, and they did, with performances like the one from Alfani in the 100m backstroke as she posted FIU’s best time this season, and Farrugia who posted a career best in the 200m freestyle.

With two over-achieving performances on the first two days of the competition, FIU looked to keep the pace of the event entering the last day of the Mizzou Invite, and who better to spark the team than Perez and Gustafsdottir, they would face off again on the 200 meter backstroke. But this time the Iceland native Gustafsdottir came out on top with the Panthers finished one and three in the event. Johanna posted a time of 1:55.74, a team high for FIU this season, Perez took the third place honors by setting a new personal record with a time of 1:57.35. In that same competition freshman Maddie Rapp, senior Valeria Popova as well as sophomore Becky Wilde all set career highs in the event.

FIU was also well represented in the diving platforms by Sabrina Beaupre, who set a new FIU record on it by participating, and posting a time of 231.90 on her fifth place finish.

Horner commented on the success of Perez and Gustafsdottir and their possible NCAA tournament qualifying times.

“These are two of the swimmers we prepared for this competition, giving them a little more rest and they stepped up,” Horner said. “Soma with a time that is 99 percent sure to put her in the tournament, and Johanna also recorded the same mark that got her into the tournament last season, but we will see.’”

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Panthers set records at Mizzou Invite

LUIS BARROSO Contributing Writer

The FIU Swimming and Diving team had a record breaking performance this past weekend as they visited in the Mizzou Invite.

FIU was led by senior Sabrina Beaspre in the diving competitions and senior Sonia Perez Aranz as well as junior Johannas Gustafsdottir in the swimming competitions. In an event that featured 12 schools in conferences such as the Big Ten and the Pac-10, FIU showed they are not a school to be overlooked as they finished in strong fashion during the three day Invitational.

“This is a mid-season invitational and our second biggest of the season, there are good caliber programs outside of Florida that compete, they received a week’s rest and came to compete, they had a record breaking performance this past weekend as they visited in the Mizzou Invite.

“The entire mood of the team had a record breaking fashion right off the gates. It all started by a friendly competitive match up in between Gustafsdottir and Perez in the 200 IM. While on the preliminary races for the event, Sonia’s time of 2:00.25 was a couple of seconds shy of the school record, but Perez was just warming up at that point, as she came up to the finals to break the record mark with a time of 1:58.08.

As Perez was having one of the best days of her career, the owner of the previous school record Gustafsdottir was ready to hit the pool and she meant business, Gustafsdottir then re-broke her previous mark and Perez’s time by clocking a 1:58.27, a time that was just 0.19 of a second short of the Conference USA record. These times currently rank Gustafsdottir sixth in the nation while Perez sits in with the eight best time and both achieved NCAA B Standards.

The Panthers also stepped up on the 200 meter freestyle relay race, with Gustafsdottir beside junior Courtney VanderSchaaf, freshmen Jennifer Alfani and junior Clara Anderson, the group clocked a time of 1:33.58 and set a new school record on the process.

The 100m butterfly event was also an event that brought success to the Panthers, as FIU had four swimmers qualify for the preliminary finals. The Panthers were led by Alfani who set a time of 55.89 sec by setting a season record on the event for FIU while ranking fourth all time in the school. In addition to Alfani, freshmen Jenny Deist and Therese Nord also set personal bests in the event while qualifying.

On the 500freestyle junior Nadia Furruglia along with VanderSchaaf set top times for FIU this season. On the 50freestyle Anderson, along with Popova, Alfani and Deist each set the top four times for FIU this season on the event.

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Student Services looks to alleviate the pressures of finals week

JEFFREY PIERCE Contributing Writer

In the final weeks of the semester, it’s not unusual to find students stressed within the library, sleep-deprived, anxious or running solely on coffee or energy drinks. Finals week is a high stakes game and students adjust themselves accordingly.

“The entire mood of the campus shifts,” said Julian Ricco, a junior psychology major, describing the appearance of students during finals week. “You walk through the [Wolfle University Center] and all you see are stressed-out zombies hiding behind books and laptops.”

During the two weeks of preparations and exams, students are faced with two major issues: finding ways to remain thorough and attentive all throughout their studies, and managing the stress that comes with act of studying in itself. The way students cope with the latter can often be the most important factor in the outcome of finals week and grades.

“It’s with this motive that Camilla Pham, senior health educator at Student Health Services, partners up with Maxine Hyton, director of Student Affairs at the Graham Center, to help students at Biscayne Bay Campus “recharge for finals” -- a week of festivities similar to Modesto Maidique Campus’ “Cram Jam” but Pham said she did not want to promote cramming for finals.

“In the past, what we’ve done is prepare things that were healthy for students studying for finals. We would buy things like fruits and granola bars and pass them around to students studying or heading to class to take an exam,” said Pham. “But for the past three years we’ve been partnering up with the Graham Center to do something more.”

On Dec. 2, Dec. 4 and Dec. 5, from 11 a.m.-2 p.m., Student Health Services will be stationed in the Green Library, in Room 220, to provide students with various tips, resources and services that can ease the stresses that come with preparing for final exams. Students can expect to find herbal teas, fruits, granola bars, healthy snacks, free massages and various types of aromatherapy.

Aromatherapy, which is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being, is used by many students through Student Health Services during finals week. Each blend can provide students with various forms of mental and emotional relief.

For example, peppermint extract is said to aid students retain information and promote mental functioning (a common practice used during the FCAT with peppermint candy), while Ying Yang extract can help students relax and can even lower blood pressure.

“Last year, we went through over 800 vials of different types of aroma-therapy blends,” said Pham. “We’ve had blends for headaches, stress and sleeping problems. This year we’re expecting a lot more. Our students love, love, love them.”

Students at the Biscayne Bay Campus can look forward to Campus Life’s Midnight Breakfast: Boogie at the Bay on Dec. 9 from 10 p.m.-1 a.m. in the Wolfe Center Ballroom, where the BBC Wellness Center will provide free massages.

“Shari Little, our licensed massage, will be giving students 10 minute sessions. The session will include an aromatherapy diffuser with a special relaxation blend,” said Ludovica Virgile, the program assistant at the Biscayne Bay Campus Wellness Center. The Wellness Center also plans to hand out “stress release and relaxation” related giveaways that can benefit students.

Campus Life at BBC will also host a spa day on Dec. 4 from 11 a.m.-2 p.m. that will give students a chance to unwind with a massage, and, female students, a chance to be pampered with nail polishing and makeup applications.

Throughout the semester, Student Health Services says it is dedicated to providing students with the resources to maintain healthy and productive lives, both in and outside of the classroom. Finals week should be no exception.

“We are trying to make it more personalized and more intentional for students,” said Pham. “So when students study, they can learn and use techniques on how to study in a healthy way.”

End of the Volume

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