Panthers complete season in Coral Gables Region of NCAA Tournament

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The University’s baseball team was eliminated from competition in the regional round of the NCAA tournament on May 31 after a 4-3 loss to Columbia University. After securing a bid in the Coral Gables regional by winning the Conference USA title, the Panthers went 1-2 in their first trip to the tournament in five years.

Errors would haunt the Panthers in their first game of the tournament against the University of Miami. Freshman Andres Nunez and the entire University defense seemed jittery as they committed three errors and let up six runs in the game’s first two innings.

Although the defense collected itself in the third inning and wouldn’t let up another run until the late May contest, the University offense couldn’t get hot until it was too late.

The Panthers loaded the bases in the top of the eighth with no outs, but Zack Soria, Julius Gaines and Edwin Rios were only able to produce two runs before the end of the inning.

The Panthers fell to the Hurricanes by a score of 6-2 in their first meeting since 2008. "I think my guys were a little tentative and nervous to begin with. I’ve told them that you can lose a game in the first inning, the fifth inning, the seventh, the ninth, the twelfth... Whatever it might be. One of our goals today was to start fast pitching and hitting-wise. It just so happened that we didn’t do that,” said Head Coach Turtle Thomas.

The Panthers would strike in the first two innings of the tournament against East Carolina University. Sophomore Chris Moutelle was dominant, allowing six hits and no runs through seven innings.

With bases loaded for the Panthers in the bottom of the eighth, a Josh Anderson single to left field advanced Rios from third to home to give the Panthers a one-run advantage. Junior Austin Rodriguez would add another RBI-single to make the game a 2-0 contest. Solid closing by junior Danny Dopico ensured that the Panthers held on for the victory.

In their third and final game of the tournament, the Panthers fell in a 4-3 decision to Columbia University.

The Panthers would strike first with two runs in the first two innings with a Rodriguez sacrifice fly and a Soria RBI-single. Columbia’s Robb Paller would tie the game at 2-2 in the bottom of the third while driving in two runs on a double. Paller added another RBI on a single to put the Lions in the lead at 4-2. The Panthers cut the lead to 4-3 in the top of the eighth but could not complete the comeback to avoid elimination.

A Forum for Free Student Expression at Florida International University

Board of Trustees vote to increase A&S fee

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Students and staff breathed a sigh of relief when the Board of Trustees unanimously approved an increase to the fee that pays for student activities and organizations throughout the University.

Campus Life, Student Programming councils, Student Media, the Graham Center, Wolf Center, recreation centers and other departments dependent on the Activity and Service fee were watching the Board of Trustees meeting on June 3 carefully to see if they would get the approvals needed.

Albert Maury, board of the board that what helped him make his decision is that the increase had the full support of the students, faculty and staff on the A&S committee.

“As a parent of a student, I was all in favor of making the student experience better,” Maury said to Student Media. “I will always support as long as it makes economic sense.”

The BOT’s seven member Academic Policy and Student Affairs Committee first unanimously approved a five percent increase in the morning, but it was up to the full 13 member board to consider and approve in their afternoon session.

Alessie Calefiay, president of the Student Government Council at Modesto A. Maidique Campus, said the committee and the BOT’s approval shows that the trustees recognize the value of student retention and graduation.

“That’s what this is all about,” said Calefiay, the only student who is a voting member of the BOT. “That’s what FIU is about.”

The A&S fee pays for all student life related organizations, clubs, events and buildings at FIU; it has stayed at $12.87 per credit hour since 2012-2013.

FIU now joins the University of Florida as the only public university in the state system to successfully lobby its BOT for an A&S fee increase. UF’s fee increase was for $0.87, bringing its A&S fee total to $19.06 per credit hour.

UF President Dr. J. Bernard Machen and Vice President of Student Affairs Dave Kratzer both recommended the increase and their BOT approved in December 2014, according to public documents.

Maury, who was unanimously reappointed as BOT chairman, said however that UF’s decision had no bearing on his. “I make my decisions based on what’s best for students,” Maury said.

Larry Lansford, FIU’s vice president of Student Affairs, said he was appreciative of Principal Mark B. Rosenberg’s backing of the increase.

“I’m pleased that President supports the proposal,” Lansford said, adding that the president made sure to put the increase on the BOT’s agenda.

Rosenberg said to Student Media that while the University has been attentive to Governor Rick Scott’s “strong message” against raising fees, they also have very carefully listened to concerns of their most important constituents: students.

“We will use the increase to make sure students get good jobs,” Rosenberg said. “Which is one of his metrics.”

Job placement is one of the metrics in the Board of Governors performance based funding initiative which Scott helped launch.

The BOG approved the funding model in January 2014.

With the increase, Career Services will add seven more positions, according to Lansford.

He said the University’s Steven J. Green School of International and Public Affairs will partner with Career Services to split the cost of another position.

The fee increase amounts to a $1.98 increase, or $14.85 per credit hour. For FIU it means an additional $2.3 million to use throughout the University.

Matilde Gramling, executive director of Student Affairs, said the University has been able to justify that additional needs exist to warrant the fee increase. Gramling said Career Services, for example, has several needs that remain uncovered from the initial request they made in spring 2014.

All of the department’s additional needs, which include internships and job placement after graduation, will cost them an extra $500,000, according to Gramling.

Gramling said the increase would benefit both students and the University.

“If it would be a win-win,” she said. “If students chip in a little bit, it provides the University with the programs they need and hopefully gets the University more funding.”

Lefthanded pitcher Charles Carmier tosses one through the plate in the latter part of the loss against the Hurricanes of the University of Miami with a score of 6-2.

"It would be a win-win," she said. "If students chip in a little bit, it provides the University with the programs they need and hopefully gets the University more funding."
Pregnant women among those locked up in migrant family detention

In Karnes City, Texas, just two hours from the Mexican border, several dozen migrant mothers have been locked up with their children as they await court hearings to determine whether they’ll be allowed to remain in the United States or be deported back home. Several of these women are pregnant.

Federal officials have said it’s not their objective to house pregnant women in their newly constructed family detention centers, but residents and advocates say nearly a half-dozen mothers from Guatemala and El Salvador have been locked up as part of the Obama administration’s aggressive response to last year’s surge of migrant families fleeing poverty and violence in Central America.

The detention of pregnant mothers adds an additional layer of complexity to the already controversial practice of detaining mothers and children.

430 still missing in China boat disaster

More than 430 Chinese tourists, many of them thought to be elderly, are still missing, more than a week after their tour boat sank in the Yangtze River after being hit by a strong storm, possibly a tornado.

Thousands of rescuers worked to find survivors, with some managing to extract three people trapped alive in the overturned boat. But 30 hours after the disaster, only 14 people had been rescued, according to Hubei province officials and the Xinhua news service.

According to state media, there was no sign the tour boat was overloaded or had any record of trouble. China News Service reported the ship had been in service for nearly 20 years and could carry up to 534 people.

Beloved Maggi noodles the focus of food scare in India

India’s capital recently banned the sale of a beloved instant noodle after tests determined that samples of the product contained higher than legal levels of lead.

New Delhi joined more than a dozen Indian states that have either recalled or ordered tests in recent days on Maggi noodles, a popular brand manufactured by the Swiss conglomerate Nestle, after samples were taken, to contain high amounts of lead as well as monosodium glutamate, or MSG, an additive not listed on its packaging.

The Delhi government asked Nestle to withdraw all Maggi noodles from stores in the capital within 15 days, the Press Trust of India reported. At least four additional states – Punjab in the north and Andhra Pradesh, Tamil Nadu and Telangana in the south – ordered the testing of samples.

Experts predict slow hurricane season for South Florida

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Although hurricane experts forecasted a less than active storm season, a presidential visit brought more than enough excitement to the National Hurricane Center day.

The prediction of pregnant mothers adds an additional layer of complexity to the already controversial practice of detaining mothers and children.

If Florida dodges a hurricane in 2015, it will mark the tenth season without a storm, a lucky streak that officials warn may not last. The 2014 season churned up eight named storms. Six became hurricanes.

Only one, Gonzalo, grew to a Category 4 storm – the first in the Atlantic since 2011 – but it remained far from the U.S. coast. The production closely followed the preseason forecast, which projected eight to 13 storms and just one or two major hurricanes.

Since 2008, Bell said NOAA forecasters have accurately predicted five of six seasons. And while scientists can’t tell in advance whether a storm will make landfall, forecasters at the National Hurricane Center in Miami have become more accurate in predicting a storm’s path once it forms, Sullivan said.

Scientists at the center presented Obama with the annual hurricane season briefing in the thick walled control room situated on the top floor of the forecast Office near the Miami Campus.

The president was at the modesto A. Maitland Campus for a town hall meeting focused on immigration which took place in February.

The NHC shares a location with the Miami National Weather Service Forecast Office near the Modesto A. Maitland Campus. Obama toured the agency’s facilities on May 28 urging the public to prepare for a natural disaster should a storm make landfall.

“There’s no reason to doubt the forecast,” said Hubbard. “There is no reason to doubt the forecast, but that was a good sign to weather and climate scientists.

He said scientists consider whether El Niño is in or out when making predictions and a big El Niño is a possibility, which makes that South Floridians will avoid a storm.

But Willoughby still advised wary weather watchers to be cautious.

“Just take one storm to ruin your summer,” he said. “Hurricane Andrew was an El Niño year.”

For 2015, forecasters have predicted 10 to 13 named storms and 4 to 8 or 9 major storms, with three to six of those becoming hurricanes.

Despite a relatively light hurricane season, Obama encouraged people to visit the federal government’s disaster preparedness site, ready.gov.

The site provides information on how to prepare, plan and stay informed for emergencies.

“The best preparedness is that being taken on an individual level,” Obama said.

Nevertheless, he said the country is better prepared than ever for the storms of today.

Additional reporting by Philippe Buteau and McClatchy Tribune.
Cosplay community harsher than critics

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To be a cosplayer is to be a fan—something that is not that different from those who write fan-fiction or marathon a show they have countless times before. The glory of it all is when a costumed fan stands before the flash of a camera, recreating poses and expressions of their favorite characters from movies, comic books, games or animations. However, with everything comes bumpy roads, and while cosplay can be fun, it can also be intimidating and sometimes grueling.

Cosplay is a contraction of the English words “costume play” and was coined by Nov Takahashi. Contrary to what most believe, cosplay did not start in Japan nor is it an original concept of the Japanese. The extent of their involvement was the development of cosplay as a hobby.

Cosplay has been going on for decades, long before many of today’s anime-convention fans. In 1984, Nov Takahashi was sent to the States to document the conventions, and found that 30 years of costuming tradition had exploded into something more.

People took pride in their cosplays, and rather than raiding the closet and showcasing amateur work, became very particular about their standards, judging workmanship and presenting their best for all to see.

Takahashi’s original idea of cosplay had evolved from cheap and amateur to high-quality and elaborate. As a fellow cosplayer, I can say that it is fun, but more than that. It is an element of escapism, a sense of belonging in a community that shares a strong bond with similar passion and best of all, it allows for creative exploration and happiness. It is indescribable magic slipping into a costume, transforming into the very character I love. It’s a complete transformation filled with pride, courage and self-confidence.

However, with the fun and games comes the teasing and bullying, and it’s not always from those who call us “geeks.”

Within the cosplay community, the degree of accuracy is staggering, with many feeling pressured to look exactly like their character. Meeting other’s expectations to fully capture that character’s essence can be intimidating. Problems can arise with one’s sewing machine, wigs, props, money can be an issue or simply real life.

Someone who cosplays a different gender, race or body type, or not knowing can create, people have a right to feel ugly within the community. The overall issue is when other people don’t respect a cosplayer simply because they display their best.

Despite the time, dedication and sometimes drama that the cosplay life can create, people have a right to feel awesome. The appreciation from peers, smiles and attention evokes motivation. Cosplay is more than just fun with a few obstacles.

The love for cons and cosplay is great, and the most sincere way of being a fan is not just to be a geek, but to be yourself.

The most sincere way of being a fan is not just to be a geek, but to be yourself.

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Florida Supercon sets the stage for fandoms

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This year’s Florida Supercon is taking over the Miami Beach Convention Center Thursday, June 25 through Sunday, June 28.

Considered the largest convention in South Florida, Supercon isn’t an event you want to miss.

Bursting with geek culture, the convention is going to feature guests and events from multiple sources of media. These include comic books, anime, animation, video games, fantasy, sci-fi, and pop culture.

For the attendees interested most in comics, dozens of merchandise booths await them, as well as events and guests including director and comic book writer, Kevin Smith, writer Jim Shooter and artist Juan Fernandez.

For those venturing more into anime and animation, there are an array of voice actors behind favorite childhood characters. Some of these are Dameon Clarke who was featured in “Dragon Ball Z,” Jessica DiCcco from “Adventure Time” and several actors for Fanimation, the largest distributor of anime in North America, responsible for “Dragon Ball,” “Black Butler” and “Attack on Titan.”

These include comic books, anime, animation, video games, fantasy, sci-fi, and pop culture.

Supercon’s cosplay competitions allow fans to become their favorite character for a day.

Amongst the maze of booths, food and beverage sellers and people spread around the convention center, there is an artist alley. This “alley” is composed of dozens of tables loaded with original works of art, including stickers, pins, paintings, books, comics, web comics, food and trinkets.

Some artists travel the country attending different conventions and some are local. Be sure to stop by for some unique souvenirs and gifts.

Besides the main exhibition room, Supercon also provides video game rooms. Some are traditional, featuring old-school Mortal Kombat, Tekken and Mario. Others are modern, featuring Soul Calibur, Skull Girls, Call of Duty, and League of Legends.

Another form of entertainment provided without extra cost is live wrestling. Wrestlers dress up as characters and different personas. Some of these wrestlers have even gained fans, such as Supercon’s very own Joker and Lobo. Wrestling normally happens every day at the convention in the evening.

However, the most energetic form of entertainment happens at night when the convention shifts from a family oriented environment to an older audience’s club.

With burlesque shows featuring women dressed as DC comic girls shedding clothes and a black-light lit rave, guests will most likely leave the convention at late hours of the night.

Whatever it may be you’re interested in, Supercon is definitely the place to be next weekend.

Ticket prices vary from $30-$85 depending on what type of package you choose.

The Wolfsonian hosts partnership with The Bookstore

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As a way to commemorate the art and history of the Coconut Grove community, the Wolfsonian-FIU has partnered up with The Bookstore in the Grove where it will host a public gathering every month.

The events will revolve around talks on illustrated publications of the Wolfsonian and include essays relevant to local authors and curators of the Wolfsonian.

Every month, topics will rotate with the books being discussed.

There will be a kickoff event this June, the 27 covering a book titled, “Myth and Machine: Art and Aviation in the First World War.” It focuses on responses to WWI in the museum’s most recent exhibition. There will also be a discussion of a compilation of essays and historic artworks on Rome during Italy’s interwar national consciousness found in “The Birth of Rome: Five Visions for the Eternal City,” followed by an Italian dinner served as a tribute to the Roman theme with live music and performances before and after the talk.

Admission for all the talks will be free. During the events, wine and hors d’oeuvres will be available. Attendees will be given 15% off coupons for use at The Bookstore in the Grove, as well as a chance to win signed books which will be showcased.

Doors for “The Wolfsonian in the Grove” will open on June 27, 2015 from 6 to 10 p.m. The talk will proceed at 6:30 p.m.

FIU welcomes anyone interested in a wide collection of books and an organic café to attend The Bookstore in the Grove, located at 3390 Mary Street #166 Coconut Grove, in the Mayfair.
Summer at MMC full of fun and activities

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This summer, students at FIU’s Modesto A. Maidique Campus will have opportunities to learn more about employment within their government, play softball for charity, learn hurricane survival skills, develop career-bettering abilities and even get in touch with their green-thumb.

On June 25, the 10th Annual Federal Government Statewide Conference will kick off in the Graham Center Ballrooms. The event is hosted by Career Services and will bring representatives of various government organizations together to discuss employment opportunities. Among the organizations usually in attendance are FBI, CIA, the State Department, the military and many others. Each will have representatives eager to talk with government employment with a representative

who can help them do just that. The event is free to FIU students and government agencies. $10 for non-FIU students and $25 for career professionals. To register, visit: https://go.fiu.edu/2015.

Students looking to get some exercise and have fun, all while supporting at-risk youth can attend the Jonathan Cyprien & Friends: CYPSquad Charity Softball Game at FIU Baseball Stadium on June 26, 2015 from 6:00 p.m. to 10:00 p.m. The game is hosted by FIU alum and current Jacksonville Jaguar, Jonathan Cyprien. Proceeds will go to the CyPquad At-Risk Youth Foundation and Feed Our Blocks Foundation. Presale tickets are $10. Find them at CyPsquadTickets.com.

Despite several years without any significant hurricanes, Floridians need to be prepared for the worst. That’s why FIU’s Wellness Center is hosting Hurricane Cooking on July 7, 2015 from 11:00 a.m. to 1:00 p.m. in GC. Students will learn how to prepare food during a hurricane from one of FIU’s registered dieticians.

Getting a degree is only part of the battle. Students looking to get a degree or further their education to use in the workplace and make sure they are compensated appropriately for their efforts. Thus Career Services will host a Salary Negotiation workshop on July 9, 2015 from 1:00 p.m. to 2:00 p.m. in GC 230. The workshop will focus on developing the skills to negotiate salaries, research the market and position themselves in the current job market.

Finally, for students looking to get in touch with Mother Earth, the FIU Go Green Team is hosting several volunteer days at the FIU Nature Preserve at MMC. Students will learn more about the local environment, participate in the maintenance of FIU’s diverse and beautiful plant-life, and even help with ecological restoration. Groups always meet at the north entrance, directly across the street from the MMC Recreation Center.

The dates are June 25, 2015 from 8:00 a.m. to 4:00 p.m., July 13, 2015 from 3:00 p.m. to 6:00 p.m. and July 26, 2015 from 9:00 a.m. to 12:00 p.m.

Student-produced documentary to premiere on WPBT2

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Thirty-three video-production students at FIU’s School of Journalism and Mass Communication teamed up to create South Florida’s Rising Seas: Impact.

The film is the product of a class led by Assistant Professor Kate MacMillin and is the work of two semesters worth of students venturing out into the Everglades, Miami Beach, the Keys and Fort Lauderdale to interview engineers, environmentalists, real estate professionals and civic leaders to spread awareness of the dangers of sea level rise and how it will affect South Florida.

FIU’s partnership with WPBT2 gives students a platform to voice their concerns on issues such as sea level rise, while earning academic credit and building up their professional portfolio as well.

South Florida’s Rising Seas: Impacts will premiere on Wednesday, June 24, 2015 at 7:30 p.m. on WPBT2 and again on Saturday, June 28 at 2:30 p.m.

BBC summer activities to make students ‘happy’

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Campus Life at Biscayne Bay Campus is hosting a series of events that will take students to a bowling alley after they relax with some “Happy Days” and enjoy a welcome bash.

If students missed Welcome Bash, the first event that took place on Monday, June 22, there are two more events that will take place at BBC, organized by the Student Programming Council. One will take place on Wednesday, June 24 from noon to 2 p.m. at Panther Square called Happy Days.

The idea was developed in order to “promote happiness,” according to Yslande Pierre, SPC advisor and Campus Life assistant director.

“We want the students to experience happiness and enjoy summer,” Pierre said. “It is an outreach for students for an easy transition into the summer semester.”

The event will have smiley-face-themed decorations, music and refreshments. SPC staff said it is a good time for students to step out for their lunch hour and take a break between classes to relax.

“Bowling Night” will be a much more interactive and engaging event, that SPC will host it.

It will take place on Wednesday, July 1 from 7 to 10 p.m. at the Holiday Bowling Center, 101 E. Pembroke Rd. in Hallandale Beach.

Since it is an off-campus event, SPC will provide buses to transport students on a first-come first-serve basis. Buses will depart from BBC at 6:15 p.m. at BBC.
**FOOTBALL**

Panthers give back to the South Florida community

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On Sunday June 14, the Orange Bowl Committee started their annual Football Clinic hosted by the University’s Football Head Coach Ron Turner. The Orange Bowl Committee runs the football clinic for what is called the Youth Football Alliance, where children 14 and younger have the chance to learn the fundamentals of football.

The whole coaching staff dedicated their time for the young children, teaching them the basic skills of football and how to play and playing it the right and safe way. It was a good turn out with hundreds of children registered and the parents had the chance to watch their sons and daughters play.

“It’s all about the kids, the Orange Bowl did a tremendous job,” Turner said.

He also said that playing football at a young age is critical and it’s good to teach the young by their peers and coaches about how to correctly play football.

Running Backs Coach Tim Harris was also at the event.

Harris was a former high school head coach at Booker T. High School and is well known in the Miami Community.

“It is awesome to be able to help these kids and take something back with not only the football part, but the hard work and dedication to the academics as well; especially growing up in Miami, being in these kids’ position at one point and how important it is to have people in my position to give back to them,” Harris said.

Both Coach Turner and Coach Harris also mention how important children’s safety is and how critical it can be if it’s not taught the proper way. Coach Harris said that the kids are growing faster and stronger knowing how dangerous it can be. Coach Turner lectured the younger coaches on children’s safety to make sure that the their safety was their foremost concern.

The University Athletics is currently ranked number one in the country in community service.

I think it’s critical that these players get involved and give back and they see how much satisfaction they bring to the children,” said Coach Turner.

Turner will also say that the team will visit different elementary schools, churches and children’s hospital during their spare time.

FIFI Football coaches hold tackling dummies to help teach proper blocking technique as offensive line coach Steve Shankweiler (dark shirt, hat) looks on. The Panthers also held the Ron Turner Football Camp with locations at the University, at the Jacksonville Jaguars facility and the facility of the Tampa Bay Buccaneers.

Joe Turner will also say that the team will visit different community service.

**FIFA SOCCER**

University represented in the FIFA Women’s World Cup

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The University has once again received international recognition because of one of its former athletes. Thaisa Moreno is on the world stage representing her home country of Brazil in the FIFA Women’s World Cup. Moreno joined the Brazilian national team in her March 2013 debut.

Soccer has always been her passion and skill set. As a midfielder both for Brazil and in her youth career at the University, she has made an impact.

Prior to the University, she attended Feather River Community College. Her time there in one word was dominant. According to the University’s Athletics archives, during her time there she scored 69 goals and had 27 assists. In 2007 alone, she broke the record for goals scored in California, scoring 45. Once she arrived at the University, her effect was felt. In her 2009 junior year she was awarded to the Sun Belt All Conference Second Team.

She lead the team with seven goals, three game-winning goals and 16 points. At the end of the year, including all Sun Belt Conference games, she finished first place in game-winning goals, second place in goals, and fourth in points. On Oct. 23, 2009, she scored a game-winning goal off of a penalty kick against University of Arkansas at Little Rock, breaking the University record for most wins in a season.

Moreno currently plays for the Swedish Football Club, Tyreso as of 2014. Her previous clubs were Brazil’s Ferroviaria from 2012-2013 and Fox Cataratas in 2011.

Her presence in the soccer world has been felt since her youth career and it is now been in the international spotlight. At only 26 years old, her international career is far from over. She has starred in 27 international games and scored two goals.

Currently, the Brazilian National team is ranked seventh in the world. Moreno is one of the starting midfielders. Coming off a 2-0 victory in the group stages against Korea Republic, the Brazilian team is looking to make waves in the World Cup this year. The 37 year olds Miraildes Maciel Mota, known as Formiga, and Marta Vieira da Silva scored the team’s two goals, breaking records while doing it. Formiga’s goal in the 33 minute mark made her the oldest person to ever score a goal in the FIFA Women’s World Cup.

After da Silva’s penalty goal, she now has scored the most goals in FIFA Women’s World Cup history. We have all witnessed underdogs come out of nowhere and make waves in the World Cup, both for men and women. With the leadership of Formiga, the devastating da Silva, Moreno and the rest of the team, Brazil definitely has a chance to go very far in this year’s tournament.

**RUGBY**

Championship style mindset for Rugby

**ALANNAH ALFONSO**
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Captain Mateo Velasquez is already putting in the work during these grueling summer days in hopes of having a strong Rugby season this upcoming fall and spring.

In his junior year, Velasquez is poised to lead this team into the national tournament next spring. His hard work has already started long before he picked up a rugby ball for the Blue and Gold.

His father, Carlos Velasquez, played rugby in their native country of Uruguay. Following in his father’s footsteps, Velasquez began playing in high school when his school, Southwest Miami High School created a team.

Velasquez has played rugby for 6 years and has some great stories. But the most exciting this season with a chip on his shoulder, this season is set to be one of Velasquez’s finest yet.

After such a promising start during their fall season, delivering national heavyweight, UCF, their first loss in over a year, their roster was decimated with all the graduating seniors playing their last game before the championships.

With a young, inexperienced roster, they went in to their next season and finished third in their division, but still fell short of the end goal to make it into the national tournament and walk out of it with the trophy in hand.

There’s an atmosphere of excitement surrounding the team this year with new coach Ron Suarez in command.

The team has already made a big statement this summer with a championship or bust mentality.

Having won a couple tournaments already this season, most recently taking home the trophy from the 2015 Sunshine State Sevens tournament, the stage is set for another dominating fall season to lead into the spring and, hopefully, all the way through the National Championship.

However, when it comes down to it, this team is more than yellow jerseys on the field.

Listening to how Velasquez speaks about his team and what this sport means to them really shows how strong the University Rugby club is.

This is a group of friends that have each other and Rugby. That’s all these young men need, but under the strong leadership of Captain Velasquez and coach Suarez, come this time next year, they plan on also having a national trophy.
When people feel under pressure at work, it can lead to

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Jefferson Joseph in Miami’s open mic scene

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Life can come charging at you with harsh realization when you least expect them. But that doesn’t mean they won’t change your life for the better. For Jefferson Joseph, sophomore, the passing of a friend reminded him just how short life can be and took him on a detour from a business management major to being indecisive about his major and then finally going after what he’s really passionate about — music.

Later, he met Terry Jean and Johnson Atis, both seniors. They realized that they had a lot in common even though Joseph was a musician, Jean was a video editor, and Atis a photographer. From their friendship, CREFO was born. “CREFO stands for Creative Folks,” said Joseph during the interview.

The three students co-founded the club in the spring 2013 semester to connect FIU students through photography and videography. The idea was to support and collaborate with other clubs and student organizations by taking photos and videos of their events, while having club members gain more experience in these areas at the same time.

Soon the club decided to host their own monthly Open Mics at Biscayne Bay Campus. The club invites Miami singers, rappers, spoken word artists and more to showcase their talents while CREFO members snap photos and record them. CREFO worked with the organizers of a fashion show where Joseph met other musicians. This led to jam sessions, which prompted invites for other events.

Just a few months later, Joseph and the rest of those musicians found themselves playing as The Third Party, the house band for The Imperial, an open mic at various clubs in downtown Miami. It was an eye opener for someone like Joseph who had never thought twice about such events and how they come to life. They’re one step up from the underground music world—a good place for beginners to get rid of their stage fright.

If you want to know when and where these events take place, “it’s a lot of word of mouth right now,” said Joseph. Many band members have come and gone since then, and they’ve had to change venues various times, but Joseph has stayed as the band’s bassist all these years.

As for his future plans, Joseph has high aspirations. He hopes to own a record label down the road, but knows there are other endeavors he wants to be a part of until then.

“When I graduate, I want to leave Florida. You know, as a musician you need to get out there and tour,” said Joseph.

And what’s his favorite music genre?

“Hip Hop is my favorite because you can do so much with it. You can play something soft and jazzy, and then you can do something that’s really heavy. But it’s still hip hop at its essence,” said Joseph.

That’s exactly what The Third Party does. It’s entertaining to watch the band wait for a few seconds, as they get a sense of what beat a rapper’s running with at the moment, then play along instinctively as if they’ve rehearsed the song a million times. The passion with which they play is extremely infectious.

Fitness and health during summer at BBC

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As the heat of Miami rolls in and summer time begins, Biscayne Bay Campus students are taking vacations or summer classes. Some work. Some do it all.

There is no better time than now to focus on health and nutrition. Consider picking up a realistic nutritional routine that includes exercise. FIU offers almost every exercise class offered at the BBC Recreational program alone.

Group fitness classes have a maximum number of participants allotted, and spaces are available on a first come, first serve basis.

The BBC Wellness and Recreational Center offers fitness classes from midday to around 6 p.m., in addition to offering paddle boarding and kayaking day and night. The fitness activities schedule has a variety of classes such as yoga, Get Fit Bootcamp, dance fusion and insanity, and different times to accommodate busy work schedules.

At MMC, group fitness classes cost $1 for students taking summer classes. In order to participate in these classes, the fee has to be paid at signup, which can be done online at any time before 5 p.m. prior to the class start time, or in person five minutes before the class begins. Group fitness classes have a maximum number of participants allowed, and spaces are available on a first come, first serve basis.

If group fitness classes are not exactly up your alley, there are intramural sports, sport clubs and competitive sports. With limited time to exercise while on campus she chooses to train twice a week at the Miami Beach Rowing Club with a community of rowers who take on the Indian Creek almost every day.

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If traditional workouts are not for you either, there are also a number of state parks and trails.

Conveniently located are trails around the bay in Biscayne Bay, with views of the water and city.

North of BBC is Oleta River State Park, which allows for more trail hiking, camping, and watersports. Apart from finding an exercise routine that meets your fitness goals, and can be fit into your schedule, a sound nutritional plan has been proven to positively contribute to overall health and happiness.

Getting into healthy habits can start, simply, with listening to one’s body, such as not eating after feeling full.

One may also opt for simple changes, like avoiding foods that offer little nutritional value such as candy. Also, avoiding fast food when packing a snack from home would’ve saved one some time, money and perhaps a pound or two in the long run.

Ultimately, however, these changes start with you.

For more information about the classes offered at the BBC Recreational Center go to http://bbcrc.fiu.edu/