University launches technology video series

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Students with problems using FIU Mobile App, University Wi-Fi and the Panther Tech store will find help virtually.

The Division of Information Technology has launched FIU Tech Minute, a short video series describing new and existing technology available to students, faculty and staff.

The Division of IT has partnered with the University’s Academic Video Services to produce the series, which was filmed in a virtual set and designed by Milton Ron Arias, AV design specialist.

“We are lucky we have a very talented video staff,” said Matthew Hagood, director of media and technology services.

With this video series, Hagood believes they will be able to address questions from the FIU community on a much larger scale.

Hagood says faculty members often have issues with projectors, for example. Some are unaware of certain services offered like video conferencing for class meetings.

A lot of things can go wrong by students because they never hear that certain things are available to them, said Jennifer Fernandez, a senior computer engineering major.

“If the series can spark an interest in one thing and drives someone back to our website for something they find can be useful, then mission accomplished,” said Matthew Hagood, Director Media and Technology Services.

“The FIU Tech Minute is a fun and cool way to show what’s going on, as far as technology is concerned,” Fernandez said.

A video introducing the series debuts the new Media Operations Center in the Green Library and features Robert Grillo, vice president of the division of IT and chief information officer, describing the new service.

The New Media Operations Center is a classroom support unit which provides assurance for video conference classes and meetings, course capture recordings and basic classroom technology support.

Student technicians work in the Media Operations Center to address failing projectors, frozen screens, soundless microphones and other technological glitches in real time.

“As a student who has taken online course capture classes before, it is good to know that there are people monitoring in real time,” said Bryan Degro, a senior technology information major.

“This ensures that the classes that we have enrolled in do not have issues when it comes to viewing them later,” Degro said.

The next video of the series, which is said to launch this week, will present a welcome to fall message for FIU students.

“That’ll be a much bigger blast,” said Hagood. “It will go out through email and through social media… We are going to put it in as many places as we can possibly can.”

The series will also cover Office 365, a secure application that allows the use of Microsoft Office products in the cloud and in the workstation, and the University’s partnership with Lynda.com, a website with comprehensive instructional videos that help with academic subjects.

“A lot of big universities have got [Lynda.com],” said Hagood. “It’s going to be an excellent tool for FIU students.”

Information about FIU Tech Minute series can be found via email and social media, as well as on the IT website.

“If the series can spark an interest in one thing and drives someone back to our website for something they find can be useful, then mission accomplished,” said Hagood.
Amazon lets Prime members download videos to watch offline

Amazon is upping the competition in video streaming by offering downloadable videos. The e-commerce giant announced Tuesday it will let members of its $99 annual Prime loyalty program download some shows and movies to watch offline. Previously, members could only stream programs, a process which required a constant Internet connection. Competitors such as Netflix and Hulu offer streaming only.

“There’s no doubt that the way people watch entertainment is changing,” Amazon’s vice president of digital video, Michael Paull, said in a prepared statement. “Anytime, anywhere viewing is important.”

Iranians hope to fill vacuum as US lowers its Mideast profile

Iran’s agreement to curb its nuclear program in exchange for sanctions relief by world powers was welcomed at every level of society here, but nowhere more warmly than in the foreign policy community, which foresees a big boost for the Islamic Republic’s regional role, especially as the U.S. lowers its profile.

There is even gloating about what many expect to be the major spinoff from the accord - a U.S. loss of interest in the Middle East and its many conflicts, opening the way for Iran to play a leading role in the region.

Refugee flood means ‘the world sees Germany as a country of hope,’ Merkel says

German Chancellor Angela Merkel opened her traditional summer news conference Monday by noting that “while the suffering is real and the stories are too often tragic, there are positives Germans can take from the refugee crisis now engulfing her nation and all of Europe.

Her words came as other European leaders have cast refugees as a threat to Europe, even at times tying their arrival to the current terror threat facing the continent.

Florida legislature will debate guns on campus again in 2016

“It is not good for our university, not good for our university system and not good for our students,” said Calataypad, a senior political science major.

Calataypad said the student body; mental health professionals; Chief Casas; Mark B. Rosenberg, president of the University and Board of Trustees have made it clear that they do not feel comfortable having guns on campus.

“If somebody gets shot, how can you feel comfortable with each other, they are better able to be honest not only to themselves, but also to the group. ‘They will feel more secure in themselves and feel like they are not alone,’’ said Phoenix, a senior social work major.

Nearly every organization connected with state universities — including the Board of Governors, university presidents, campus police chiefs, faculty unions and student government leaders — opposes the “guns on campus” legislation, she said.

“Nearly every organization connected with state universities — including the Board of Governors, university presidents, campus police chiefs, faculty unions and student government leaders — opposes the proposal,” said Hammer. “Gun-free zones on college campuses are safe havens for criminals to commit rape and kill people. And that is wrong.”

Nearly every organization connected with state universities — including the Board of Governors, university presidents, campus police chiefs, faculty unions and student government leaders — opposes the proposal.

Alixes Calataypad, student government president at the Modesto A. Maidique Campus, said she is against concealed weapons on campus.
**Opinion**

**Gabrielle Garcia**

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The City of Miami Beach, one of the most celebrated coastlines in the country, welcomes local and tourist beach-goers year-round.

**Too Hot (Hot Damn)**

With another Miami Swim Week in the books, beach-goers can’t get enough of the “perfect beach body” and that trendy bikini to pair it with.

With so many exercise and diet fads, beach-goers are swindled into the “beach lifestyle,” yet are unaware of its potentially dangerous reality.

Given Miami’s subtropical location, many people here spend time engaging in aquatic activities. Our society prefers slim, fit bodies to appear in the swimsuits inherent in those hobbies, therefore making diet and exercise fads popular among the public.

Slim teas, herbal concoctions, weight loss supplements, diet programs and exercise regimens have increased in popularity, with more and more weight loss enthusiasts cropping up.

The U.S. Department of Health and Human Services reports that “approximately 15 percent of U.S. adults have used a weight-loss dietary supplement at some point in their lives, with more women reporting use (20 percent) than men (12 percent).”

Weight loss enthusiasts crave a quick-and-easy turnover, which turns them to fad diets to lose weight.

Enthusiasts presume that by losing weight they are improving their health, but in reality they could be compromising it.

The University of Pittsburgh Medical Center explains “a fad diet is a diet that promises quick weight loss through what is usually an unhealthy and unbalanced diet.”

In addition the UPMC states “fad diets are targeted at people who want to lose weight quickly without exercise.”

Although some diets induce weight loss, they do so unhealthily by eliminating key nutrients, so in essence the “healthy” initiative to lose weight is made pointless.

Because most fad diets incorporate meal plans that are unappealing, the UPMC adds that they can be hard to stick to for long periods of time, and that the most common problems with fad diets include poor long term weight control, decreased athletic performance and ketosis.

Dietary supplements, another of the preferred methods of quick-and-easy weight loss, come in a variety of forms. Among the most common are powdered shakes, solid pills, gel capsules or herbal teas.

The National Institutes of Health Office of Dietary Supplements explains “manufacturers market these products of choice and are extremely misleading.”

As a result, many supplement users and diet fad enthusiasts are not as well informed about the potential health risks in their products of choice and are extremely misleading.

The United States Food and Drug Association stated that they have “found weight-loss products marketed as supplements that contain dangerous concoctions of hidden ingredients including active ingredients contained in approved seizure medications, blood pressure medications, and antidepressants.”

It is too often that weight loss programs are phony, promising unrealistic results and potentially causing severe health issues, or even death.

Maintaining a healthy weight is an important component to one’s health, but does not require a person to compromise their well being in the process.

Following a reasonable and balanced diet coupled with exercise, as well as the consultation of medical professionals, can help those who wish to improve their health set realistic and attainable goals.

With patience, knowledge and determination, weight loss and health enthusiasts can achieve their healthful goals safely and effectively without turning to more drastic measures as means of attaining their health goals.
GOOOOOOOOOAAAAAL!

Women look to shake off rough start

Although they have a 1-2 start, it’s too quick to judge this season so far for the women’s soccer team.

After going 8-8-2 last season Head Coach Thomas Chestnutt is ready to improve on last season and take the next step forward.

“Every team is different. This is a new team and our goal remains to challenge for a conference title. That is no different this year,” said Chestnutt.

The team kicked off the season beating the University of Dayton 2-1 but dropped the next two games against Stetson University and University of Central Florida. For the Panthers to hold the UCF Knights to just one score, losing 1-0, says a lot of this young team.

Sophomore Nevena Stojakovic kept UCF scoreless while she was goalie. This season there will be a platoon situation at the goalie position, as Junior Sophia Trujillo will partner up with Stojakovic.

The offense has struggled to score so far as the Panthers have only scored once in the first three games.

“You don’t know who’s going to be reliable, who’s going to be a go-to player, all those things come out in games. Some players rise to the occasion and some people shrivel up come game time. Maybe we relied on Chelsea and Ashley to score us the goals but now we have a team ready to take the opportunity,” said Chestnutt.

Players still remain optimistic even with the slow start, especially fifth-year senior and team captain Nikki Rios. “As long as we’re all working together and gaining that chemistry, we’re going to be killing it this year.”

There is a long way to go this season but Rios’ plan is for everyone to be on the same page. “Now that there’s no pressure on one person, we’re all at the same level and we all push for that top spot. I came to win and I’m not leaving without another ring.”

**Top women to watch this season**

**Alyssa Robinson Midfielder JR**

Getting the game winning goal in overtime during FIU’s opening game against the University of Dayton was just a taste of what she can do. She has a knack for getting open and doesn’t let fear stop her from taking the shot. With improvement, she’ll bolster a scary offense.

**Madlen Weinhardt Midfielder SR**

She knows how to find people in open space and put them in a good position to score. With a couple more assists she can get a hold the school record.

**Sophia Trujillo Goalkeeper JR**

Her opening game was flawless. She made three diving saves in a matter of 15 seconds! She seems to have a force field in front of the net.

**Lyrik Fryer Defender FR**

Looking like a young Weinhardt, she got the first assist of the season with a beautiful pass to Jacqueline Byers. But she’s not just on here for one pass. She’s got a knack for pushing the ball to the opponent’s side and some great speed.

**Nevena Stojakovic Goalkeeper SO**

Splitting time with Trujillo at goalkeeper, she doesn’t miss a beat. Definitely a fun position battle between these two to keep an eye on.
Men aim to avenge 2-6 conference record

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A shaky and weak offense coupled with a strong defense makes a winning record difficult. That's precisely why the 2015-2016 men's soccer season will be interesting to watch; on defense, continuity is abundant, and on offense, the entire picture has been shaken up.

Head Coach Scott Calabrese enters his second year with the task of bridging these two groups together and bringing his promising class of freshmen into the fold. Overall, the Panthers will look to create continuity on the pitch this season as they chase a bid in the conference tournament.

"I think the focus is that everyone has to chip in. We lose a single player who was the focal point of our attack and what we need is four or five other players to make up the seven goals through their improvement, whether they be players that have been here for the last two years or they're incoming players, we need them to rise to the occasion and for them to make up that difference," said Calabrese.

Meanwhile, the defense, one of the best in Conference USA, holds its place as the backbone of the team. Goalkeepers Robin Spiegel and Arthur Clapot both return with experience and serve as leaders on the team. Defender Marvin Hezel, recently named to C-USA's all-conference preseason list, could be the anchor for the back line.

Junior Thibault Crivaille and senior A.J. Sibio are also returning defenders. Joining them in the backfield is freshman defender Steffen Bohn, and sophomore Paul Marie.

Although Hezel is excited to be returning, he believes that the entire team must be on the same page in order to be competitive.

Top men to look out for in 2015

Luis Betancur Forward JR
Scoring machine Quentin Albrecht’s departure leaves Betancur with a heavy weight to carry. The junior appeared in 11 games last year and while he didn’t score, he wasn’t afraid to shoot (four shots on goal). He’ll need to help FIU stay competitive by converting on some of those opportunities this season.

Daniel Gonzalez Midfielder SR
The senior from Queens, NY may be the top returning talent on the team. He started all 16 games in 2014, leading the Panthers in assists with five and notching two goals. His experience should be a source of strength for the midfielders this season.

Marvin Hezel Defender JR
Named to the preseason all-conference team, the Germany native returns as the team’s top defender and will serve as the anchor of the back line.

Arthur Clapot Goalkeeper JR
The junior started in 11 games last season, going 5-6 with two shutouts and making 49 saves. Since fellow keeper Spiegel is a senior, expect the two to split starts unless Head Coach Calabrese elects to give Clapot more experience late in the schedule for the 2016 season.

Arthur Clapat Goalkeeper JR
He went 4-3-0 in his nine starts as a junior last year, posting a total of 23 saves. He also exhibited some dominant play against C-USA opponents Marshall University and Florida Atlantic University last season.

Conference USA Women’s Soccer Standings

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*All records up to date as of Sept. 1
Nearly one in three women have an abortion in their lifetime. In an effort to “end the stigma and shame women are made to feel about abortion,” the 1 in 3 Campaign was created, giving a voice to these women. “Out of Silence: Abortion Stories from the 1 in 3 Campaign,” a play written from the stories of women who have had abortions, is making its small stage debut in November, thanks to The National Organization for Women and Voices for Planned Parenthood at FIU.

FIU N.O.W, an affiliation of Planned Parenthood and a woman of doctors, a spokesperson from Planned Parenthood and a woman who has had an abortion in efforts to clarify questions from the audience members will follow the production.

A Q&A session with a panel of doctors, a spokesperson from Planned Parenthood and a woman that are at times funny yet honest. Those interested are encouraged to email nowatfiu@gmail.com for information on video submissions or live auditions as the organization plans to have the full cast by mid-September.

“It’s time that we as women speak out about the things that involve and affect us socially and politically,” said Aradanas.

Open auditions for the “Out of Silence” play are in progress and are open to the FIU student body. The organization wants committed students to audition with monologues and dialogues that are at times funny yet honest. Those interested are encouraged to email nowatfiu@gmail.com for information on video submissions or live auditions as the organization plans to have the full cast by mid-September.

“We think that it’s not a big deal, but it is! It’s something traumatic that a woman goes through,” said Aradanas.

Snacking healthy while on the go

Not to mention, eating out every day adds up and can leave your wallet feeling a little lighter. The good news is that with a little preparation and the right ingredients, snack time can be healthy, tasty, and hassle-free.

Dried Fruit
As we all know, fruit doesn’t really travel well. It’s not like you can stick a fruit salad in your bag and eat it three hours later, especially not in the South Florida heat. But that doesn’t mean you can’t enjoy your fruit on the go. You can buy dried fruit at a supermarket or you can make your own and stock up for the week. Taste of Home.com has a great detailed recipe on how to make your own dried fruit. It’s delicious, healthy and non-perishable.

Nuts and Seeds
Nuts are full of protein and keep you full. Cashews, pecans, pistachios, peanuts, almonds, walnuts, macadamia nuts and soy nuts are all healthful options, as are peanut butter, almond butter, soy nut butter and cashew butter. Seeds are also tasty and great for snacking. Pumpkin seeds, and sunflower seeds are just a few among the many types of seeds. Limit nuts and seeds to few ounces per serving to keep your calories in check.

Granola Bars
Granola bars are tasty and convenient, there is something for everyone and so many choices. But some granola bars, like many other prepackaged snacks are not as healthy as they seem. KIND bars use real fruit, peanuts, almonds, walnuts, nuts and not much else to make this wholesome snack. When choosing granolas bars, be sure to keep a close eye on the grams of sodium and sugar.

For your sweet tooth
If you happen to have a sweet tooth, there is a healthier alternative to heading towards the vending machine for a quick chocolate fix. Pack some gum or mints for your day. Not only does it satisfy your sweet tooth but peppermint may also help refresh and reenergize your brain.

Having a busy schedule is no excuse for not staying healthy. Make healthier choices and you will find that you can be more energized and happier when you fuel your body with the right foods.
‘Drunk History’ creator ‘grateful for laughs’

ROBERT LLOYD

‘Drunk History’ producer and executive producer, Mark Waters, says it’s definitely worth the effort to tell the stories. “It sounds like a bad idea, but it’s definitely worth it,” Waters said. “It’s a really fun show.”

Since starting in August 2014, the show has grown to cover the Modesto Maidique Campus, the Engineering and Biscayne Bay campuses, and the Engineering campus. The idea was born one night in 2007, when a few drinks, the actor Jake Johnson told Waters an unlikely story about the singer Otis Redding, “and we thought, ‘Wow, that feels less than benign, and there is something that feels especially direct and like, ‘Who’s the hardest person to make fun of drunks nor to be independently expert in that field? I have the idea.’” Waters said. “I’m proud of that.”

While some do not believe that chess helps them to play to the point of serious inebriation and then tells the story; an edited recording of that performance becomes the soundtrack _ both the narration and dialogue _ for a full-on, costumed, lip-synced performance. Three of these are packaged thematically into a half-hour to make an episode.

Derek Waters is the series’ creator and host - its alcoholic-spirit guide, if you will - and also a director and a member of its stock company, which is supplemented regularly by well-known names from comedy, acting, and even socioaffective neuroscience.

Chess might seem boring to some - learning the rules and all the pieces is a chore to some or can lead to a relaxing game for others. While some do not believe that chess helps them to play to the point of serious inebriation and then tells the story; an edited recording of that performance becomes the soundtrack _ both the narration and dialogue _ for a full-on, costumed, lip-synced performance. Three of these are packaged thematically into a half-hour to make an episode.

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Chess might seem dull. You don’t see it coming, this person’s in an altered state, I’m laughing at them. And nothing makes a viewer who will find themselves in a questionable, even immoral sort of comedy. Even as a fan, I wonder sometimes. But it plays as curiously innocent.

Waters: “I think the secret is that I’m not trying to produce a comedy show; I’m trying to make a history show, but because of how I’m doing it, people will laugh, and not from, ’Oh, it was funny, they were so drunk.’ I would hate it if someone were like, ’That show’s great, they get so messed up. I hope that’s not what you take away from it.’”

Pics courtesy of the Chess Club

Chess Club pace at gaming speed

HEATHER WILKEN

Contributing Writer

It might seem unusual for some people to play on an algebraic-spirit guide - its black and off-white pieces, but that is the chess group for you.

Since beginning in August 2014, the chess group has itself been growing at constant speed, or chess speed as they call it.

“We have really grown and even moved to a larger room,” said Andrew Smith, coordinator for the Chess club. “We have expanded into the Engineering Campus and at Biscayne Bay.”

The club started a four-university chess collaboration known as the South Florida Collegiate Chess League, in its third and even socioaffective development of children and adolescents who participate.

The chess meets every Monday and Tuesday.
SeaWorld: Always two sides to a story

At first, I believed I was right to have doubted them. 35 years ago, SeaWorld captured whales in the wild. What I learned however is that at the same time, 35 years ago is the last time SeaWorld has committed such a terrible act. My opinion about this has many different angles.

For centuries, people of different races have hated each other, committing acts much worse than SeaWorld. In one-way or another though, we have learned to forgive each other for those acts. Why is it then, that we cannot forgive SeaWorld for the acts they have committed?

Here is where I think captivity is an okay idea. If an animal is injured or orphaned SeaWorld is able to restore their health in order to survive. The motivation they gain to respect and love for the animal becomes even stronger, which is exactly what these animals need in the wild to survive.

At the end of the day, I feel this is all happening, and use the park as a place to teach adults and children how to love and respect animals. Love of animals is an amazing thing. Seeing a beluga whale or bottlenose dolphin up close and in person makes the love and passion a child has for that animal even stronger.

The motivation they gain to respect and love for the animal becomes even stronger, which is exactly what these animals need in the wild to survive.

One of the most inspiring activities I did while working at SeaWorld, was teaching young children about using reusable bags.

Remote volcano may hold key to Florida reefs

Jennifer Staletovich

MIAMI — Scientists trying to size up the toll that climate change will take on Florida reefs may have found their answer at the bottom of the ocean on the other side of the world.

In a study published in the journal Nature Climate Change, a team looked at an ancient, buried volcano near the Mariana Islands in the Pacific Ocean where carbon dioxide bubbling from the sea floor mirrors projections for future levels of ocean acidification. The results? A real-world yardstick showing the point at which healthy reefs collapse and algae takes over, leaving a bleak rocky moonscape.

"It’s a grim picture," said lead author Ian Enochs, an assistant scientist at the University of Miami’s Cooperative Institute for Marine and Atmospheric Studies. "It viscely hits home more than the numbers."

Lab experiments have long led scientists to conclude that as the ocean becomes more acidic, coral and other sea life will suffer. Already, increasing acidification in Florida waters have caused some Keys reefs to stop growing, Enochs said.

Scientists worry because coral reefs provide a natural barrier against sea rise and more powerful hurricanes — two other byproducts of climate change. But while lab experiments have allowed them to examine changes species by species, they could only theorize about possibilities for complex reefs, an ecosystem filled with fish, sponges and a web of marine life working in tandem. So they are turning more to ocean vents to gain a better understanding of how carbon plays into the delicate balance.

"In reality the ecosystems are complex," Enochs said. "And scaling up from the experiments is difficult."

About two years ago, while Enochs was in the Mariana Islands, a U.S. territory where government scientists are closely monitoring reefs, he heard about the bubbling sea floor near the Maug Islands. The bubbles are caused by carbon dioxide escaping vents near buried volcanoes. When the gas dissolves in the ocean, it drives up acidity, which can stunt growth or kill sea life. Such vents — also found in Italy, Japan and Papua New Guinea — have increasingly drawn the interest of climate scientists trying to pin down how acidity could change the oceans.