Celebrity fitness guru kicks off health initiative

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With new commitments to promote student body health, FIU celebrates 10 years of the newly renamed, Wellness & Recreation Center.

As part of the University’s Healthier Campus Initiative, the WRC, Student Health Services, Human Resources and Campus Life will host week-long fitness events. Special guest Insanity Max:30 workout instructor, Shaun T, is invited to teach a group class.

“It makes me feel good that we belong to an institution that gives and cares about the health of students,” said Brandon Jackson, a freshman business major.

Yoga and bootcamp-style classes will be held during the week, which starts Wednesday, Sept. 16 to Wednesday, Sept. 23. There will also be an unveiling of the center’s expansion plans by Mark B. Rosenberg, president of the University.

The 60,000+ square foot expansion includes additional facilities and a third floor to the center, according to Robert Frye, WRC director at the Modesto A. Maidique Campus.

Plans include three additional basketball courts, more free weight and cardio areas, matted rooms for sports clubs, a 1/10 mile indoor track and a room dedicated to Spinning.

Ground-breaking is expected spring 2016.

“We definitely need more machines. It gets kind of packed,” said David Babooumian, a junior computer science major.

The Healthier Campus Initiative is part of the University’s partnership with Partnership for a Healthier America, which associates to the Let’s Move campaign led by First Lady Michelle Obama. FIU was one of the first of 20 universities to join in November 2014.

The universities, including University of Miami, are committed to meet 23 guidelines developed by PHA to create healthier food and physical activity on campus, according to the PHA website. One of the guidelines includes to encourage activity through facilities and and programs on campus.

The University will be working closely with Aramark food service, which provides campus dining.

“FIU is the only public university in the State of Florida to participate in the Healthier Campus Initiative,” said Oscar Lonyan, Student Health Services director at the main campus.

Lonyan will be in Washington D.C. Monday, Sept. 21 to discuss healthier practices with companies and other college and university representatives. “FIU joined the Healthier Campus Initiative back in November, but no one knows about it,” Lonyan said.

The initiative will be launched during the eventful week to get the University community to commit to healthier living. There will be a signing sheet for those who want to participate in the challenge, Student Health Services will also be providing fresh fruits and vegetables.

Alleged foot fetishist at Green Library

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The University Green Library remains in high alert for a suspicious person with sexual interest in feet.

The police department received a report Saturday, Aug. 29 at 12:15 p.m., which included a photograph of an unknown individual with foot fetishism laying under a table at the main campus library.

The reporter said the person appeared to be smelling the feet of a female student sitting at the table; however, the student said she was never aware of the person’s presence, according to FIUPD.

There have been no other reports and no known victims.

“Although some may consider this to be humorous or insignificant, the FIUPD takes these reports seriously and continues to investigate the matter,” said the police department.

The staff at the Green Library have been notified and are regularly in contact with police. FIUPD would like to remind the University community to report any suspicious behavior to the department at 305-348-2626.

Musicologist to lecture about music education

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A long-time pianist, choir director and musicologist will be coming to the University to talk about the development of musical skills among Cuban children.

Eurydice Losada, who has been a music instructor at numerous universities throughout Europe and the Americas, will present her findings on Cuban children’s lives and their relationship to music.

Her work, which spans more than three decades, includes the role of schools teaching basic music skills, the mass media and music based on written tradition. Historical and bibliographic searches, surveys and observation were used for the study.

Losada, along with the Steven J. Green School of International and Public Affairs’ Cuban Research Institute, thought that South Florida would be the ideal place for this lecture -- due to the high number of Cuban students.

According to the 2010 Miami-Dade Census, over 65 percent of the population in Miami-Dade County are Hispanic, with Cubans making up over 30 percent of it.

Jorge Duany, director of the Cuban Research Institute, is excited to have a professional lecture that can impact a large part of the student body.

“I thought it was a great opportunity to talk about two areas that are normally disconnected: music and education,” he said. “I think it’s an important issue because it’s part of the Cuban and Cuban-American culture.”

Losada has been a singing and piano instructor for over thirty years, specializing in children between the ages of three and nine.

“It rejuvenates how the children, [still look up to me] after all these years,” said Losada. “I am still able to make a difference in [their lives].”

Losada still keeps in touch with some of her past students. A lot of them reach out to her through Facebook, which is the only reason she still goes online, she said.

She credits her students’ parents for the success she’s obtained throughout her career.

“Children’s dreams are only as big as the parents allow them to be,” said Losada. She has written books about music’s effect on children and firmly believes in the power and healing that music brings to any individual.

“Music completes and organizes individuals into a whole being,” she said. Rafael Rodriguez, a freshman journalism major and Cuban native, thinks that music is a medium of expression that can help you convey a message.

 “[Music helps you express] what you want to say,” he said.
Impact on music

MUSIC, PAGE 1

you’re feeling,” said Rodríguez. “[It also helps] to relax at the end of a long day.”

Hector Bover thinks that music can bring a sense of identity and belonging to people’s lives. “I feel like I wouldn’t have this strong sense of cultural identity,” said Bover, a freshman computer engineering major. “[Growing up wouldn’t have been the same if] my parents never played Latin music.”

The lecture, offered in Spanish, will be held on Tuesday, Sept. 29 at 12:30 p.m. in the Modesto A. Maidique Gym, GL 220.

“[Losada’s form of lecturing shows] a lot of knowledge and sensitivity that’s extremely effective by using simple language,” Duany said. “[Losada] can answer various kinds of questions from the audience.”

The lecture will be free and open to the public.

Elam appointed as interim vice provost

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University provost announced the appointment of a new interim vice provost for the Office of Analysis and Information Management Thursday, Sept. 10.

Kenneth Furton, provost and executive vice president, announced the appointment of Joyce Elam. She will succeed Jeffery Gonzalez, who is now associate dean of planning and administration at the Steven J. Green School of International and Public Affairs.

Elam previously served as the dean of the College of Business and the dean of University College.

During Gonzalez’s tenure, he managed the offices of Institutional Research, Class Management, Academic Space and Admissions.

“I would like to thank Dr. Jeffery Gonzalez for nine years of dedicated service to the Office of the Provost,” said Furton in a University-wide email.

Elam will be leading the merge of the Office of Institutional Research and the Office of Retention and Graduation Success into a single office. She will also chair a new University Strategic Information Management Committee.

Elam will also be meeting with University members to assess how AIM can better meet current and future data needs. AIM seeks to provide the University community with convenient and timely access to information needed for planning and data-driven decision making, as well as seeking to respond to data requests from external parties, according to the email.

She leads a women’s leadership development program called Women on the Move, which is offered twice a year through the Center for Leadership and the College of Business. Elam was also a professor at the University of Texas and an assistant professor at the Wharton School of the University of Pennsylvania.

She serves on the board of Royal Neighbors of America, a fraternal financial services organization; the board of Baptist Health Outpatient Services; the board of Baptist Health South Florida and the board of Our Kids.

College compliance with sexual assault prevention

Iran’s move now that Congress is sidelined on nuclear deal

With Senate Democrats effectively blocking congressional efforts to kill the Iran nuclear deal, international attention now shifts to Tehran’s implementation of measures that are designed to cut off its pathways to building nuclear warheads. “The next steps will be Iran’s,” White House press secretary Josh Earnest said Friday, a day after Senate Democrats corralled enough votes to prevent passage of a Republican-sponsored resolution disapproving of the deal. For their parts, the United States and the European Union must begin making the “necessary arrangements and preparations” to lift economic sanctions once the U.N. International Atomic Energy Agency verifies that Iran has put in place the restrictions on its nuclear program.

With violence rising, Turkey’s Kurdish politicians warn of civil war

After two months of violent clashes between armed separatists and security forces, a divide has opened among Kurds in Turkey __ between the political leaders who achieved success in parliamentary elections earlier this year and the outlawed Kurdistan Workers Party, which has ended a two-year cease-fire with the Turkish government. Since early July, the fighters for the party, known by its Kurdish initials as the PKK, have killed 111 Turkish security personnel, according to the pro-government newspaper Sabah. Turkish forces claim to have killed 967 PKK fighters.
All lives matter but what really matters?

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Black lives matter, all lives matter, but what really matters? With so much of what appears to be police brutality against the black community, responses have been pouring out. Protesters have gathered, riots have commenced and even democratic rallies and speeches such as that of Bernie Sanders have gone interrupted. Many people claim that the system is set up against black people or that it is designed against the success of a black person. However, as a black man in America I feel it’s time that black people start to acknowledge their accountability on these matters. While it’s not the fault of the victims, I do believe it is those within that victim’s very own community that plays a part. As a black man I always ask myself am I part of the cause or the solution? A death is always tragic no matter who it is or even the circumstances.

I’ve heard from numerous people in the black community that the government is trying to keep the black community down, and now the system is set up in a way to aid our failure. While I agree with some of these notions, I also know this isn’t the case every single time. I believe many of the police brutality killings that have occurred of late are an inevitability. It black community not primarily of that of a racist dictation but more so that of that of different races have for each other. TheAtlantic.com primarily reports that what creates a distrust among different races is the fear, in the sense of not knowing how to properly interact with one another. Which makes complete sense to me, because if we look at those different races, one would never set up to be in place to say that a black person would probably interact differently with say an Asian person whom they don’t know? Especially if there was an obvious cultural difference or barrier other than one’s skin color or that of appearance and dress?

For many of those who maybe don’t interact with many people outside their race in numerous capacities (and yes it does happen), media images may also be all they have got to that to what their ideology brings behind other races. A lot of times many races tend to stick amongst each other due to cultural reasons. While understandable, it allows a separation and divides to only expand more among us. So a lot of what stems which we are what we feed into the media? Now while we can’t control the entire media because what it puts out will only say what it wants to get a response by other people. Therefore I feel whatever is simply negative or what maybe being defamed to our respective racial communities are things we shouldn’t feed into nor support. This is a tough notion to grasp if certain things, music or media images have been staples in their lives for the longest time. Although, this is the only way I feel racial change will be brought about to even showing the masses that certain lives do matter as all do.

Why we should serve others instead of help

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It is a natural human reaction to want to help someone in need. There is however, an idea that “help” can come in various forms.

The actual word “help,” in my opinion means completing a task for someone who you believe cannot complete that task on their own. This may mean carrying in groceries for a grandmother, doing someone’s homework for them instead of showing them how to do it or engaging in any task with another person you feel they cannot do on their own.

Your first instinct would be to help them to be nice, but what if helping that person does more harm than good? From personal experience, sometimes the person being helped feels a sense of worthlessness, which I think not in any intention.

Issues with helping also arise on an economic level as well. Some people really use the extra money someone is willing to offer them, see this act of kindness as being thought of as poor and weak, even though that is essentially the case. Pride is a very strong aspect of life, and when we have the best intentions, sometimes the people we are trying to help instead feel their pride is being stripped away.

Some people also just want to prove to themselves that they have it in them to do whatever task they are doing, on their own.

Another term that correlates to helping someone, is “fixing”. This refers to something is “broken” in their relationship, and they want to fix it. An example would be a tutor. Tutors fix issues in the understanding of concepts in various subjects. Another example is a relationship therapist. People go to therapists because something is “broken” in their relationship, and they want an outside person to try to teach them how to fix it.

I worked at an animal shelter throughout my sophomore year of high school. Every day I would work completely voluntarily. I feel that my experience in working at the animal shelter was not helping animals, but me serving animals.

I think there is a difference between helping and serving, because helping does not always have to be assisting with a task, or carrying in groceries. In terms of the shelter, serving meant walking, playing, and just loving the animals who lived there.

Serving can be more than just a physical idea like help. Serving is more of a mental and emotional way of assisting others. I think out of all the forms of helping, serving is the most influential and beneficial to not only others, but ourselves as well. I personally think it is the only way to walk past an elderly person and let them take their own leaves, or drive past them when they are clearly in need of assistance in any way. I just believe that there are many types of ways we can assist people.

We just need to think about the assistance we are wanting to provide, to make sure that for the person we want to help better, yet allow them to keep their pride in the process.

Health consequences of ‘western’ diet

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The developing world is seeing rapid urbanization along with a transition in nutrition and lifestyle. More people have adopted a “western” diet consisting of red meat, refined sugars and saturated fat – but have decreased their consumption in fruits and vegetables. With higher income, people are now able to afford more, thus they have diets rich in meat and processed foods, which have little nutritional value and many empty calories. This can lead to negative health consequences and increased risk of disease.

Humans are craving more fats and sweets, and under the convenience culture we have established for ourselves, we have easier access than ever to satisfy those cravings. The “western” diet is one that is high in processed foods, with big features as an overconsumption of refined sugars, sodium, saturated fats, animal protein and few plant-based fibers. Ian Myles from the U.S. National Institute of Allergy and Infectious Diseases describes this diet as “a trend aided by the move towards a culture of fast food.”

Highly processed foods throw the immune system off balance. Ingredients such as palm oil can be confused by the body for bacteria like E. Coli. The immune system attacks the supposed bacteria, resulting in slight inflammation. This is like a distraction for the immune system – if a real infection were to enter the body, the immune cells would not be sufficiently ready for an attack. In addition, eating processed foods can push good bacteria out of the intestines, leaving a person more exposed to bad bacteria.

There has been a rise in the rates of obesity and diabetes across the world. According to the World Health Organization, nearly 2 billion adults in the world were overweight in 2014, and more than 600 million were obese. With obesity comes inflammation, increasing the risk of diseases such as heart disease, stroke, cancer and joint conditions. Type 2 diabetes is also soaring in every country according to the IDF diabetes atlas. Recent studies have also found links between the typical western diet and increased risks of colon and prostate cancer. These cancers are, again, linked to inflammation and changes in intestinal activity.

As everyone knows, eating a healthy, balanced diet is important in order to maintain a healthy body and immune system. A simple change in diet can remove exposure to unhealthy food components and their consequences, restoring immune activity back to its normal state. It all lies in the choices we make.

Diet plays a large role in the health of a population, but individually, we must make an effort to improve our own personal health. Take more note of what you are eating; consume more vegetables, fruits and whole grains along with exercising regularly. Eating healthy does not have to be a difficult task. It only takes small changes to make a big difference.
Comics Club to host very own Comic-Con

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Located at the Biscayne Bay Campus of Florida International University, the FIU Comics Club is where students who are comic book lovers can meet and converse about upcoming events in the comic book and fantasy world.

“The FIU Comics Club is an award winning club since its inception. It won the most outstanding club of FIU two years running. Our mission is to create a community where the reading of comic books and graphic novels is encouraged,” said Fernando Ottati, faculty advisor of the Comics Club.

In addition to organizing trips to various conventions, the FIU Comics Club designs and promotes its very own Comic-Con on campus. As the fall session begins, the Comics Club is hard at work planning their next comic convention with President Javier Diaz and Ottati taking the helm. This will be their third convention.

Last year’s Comic-Con was a smashing success, with guest artisans from Marvel and DC Comics, as well as dozens of vendors, peddling items from comic book and video games to decorative jewelry. This year’s Comic-Con will take place on Thursday, Nov. 19, 2015 from 10 a.m. to 1 pm, and will be located in the Wolfe University Center on the Biscayne Bay Campus.

According to the coordinators for this event, volunteers are needed between 8 am and 10 am with set-up and transport of items from the loading dock to Panther Square. Volunteers are also needed anytime from 10 am to 4 pm for assistance and the distribution of free items available during the event.

All students who are willing to volunteer are going to receive an exclusive event Comic Con T-shirt with the Comic’s Club logo on it,” explained Ottati. The FIU Comics Club promises an action packed day for all who attend this event. This convention is free and open to both students and the public.

“We will be giving away comics for free, as well as tote bags and buttons. We will also have artists from Marvel Comics attending, similar to what we did last year,” said Ottati. Included in this year’s Comic-Con is a cosplay contest, with prizes from the Florida Supercon and Tate’s Comics, as well as exclusive posters of superhero movies such as Ant-Man.

If students can’t wait until November to get their comic book fix, the club is currently planning an array of activities including attendance to Wizard World Fort Lauderdale and Animate-Miami.

The club’s first meeting for this semester is scheduled for Tuesday, Sept. 15 in WUC 159 on the BBC Campus at 1 p.m. Students are welcome to attend.

At this meeting, club members will begin discussing events for the year. The club will also be making a Facebook page, where students will find posts of photographs from their recent events, news articles about off-campus comic book conventions, as well as comic book tele-vision and film adaptations.

Unbreakable Kimmy Schmidt
Netflix original review

LAURA GONZALEZ

Funny, offbeat, optimistic and surprisingly deep, ‘Unbreakable Kimmy Schmidt’ can be added to Netflix’s arsenal of shows that broke through the mold of typical television comedies and is in a league of all its own.

The premise of the show is pretty straightforward: four women were kidnapped and trapped in a bunker for 15 years by a self proclaimed Reverend who coaxed them into thinking that the world was going to end, until government soldiers found them and free them from the Reverend.

Now, after being interviewed, given the name ‘Mole Women’ and being treated to a ‘makeover’, they are left to try to rebuild their lives with no help.

While everyone stays in their hometown, Kimmy, our overly optimistic heroine, decides to go to New York and start a life where no one knows who she is. What does she take with her? Her wide mouthed grin and childlike excitement. But even in the imaginary world of television reality is still a thing. So Kimmy finds a roommate, Tituss Andromedon, played by the talented Titus Burgess, and finds a job as a babysitter for a very wealthy family and things get even stranger.

Since this show was directed by Tina Fey, it’s easy to see the comedy style of ‘Mean Girls’ and ‘30 Rock’ in it. It’s very satirical on multiple subjects and stereotypes while at the same time criticizing the stereotypes, unlike traditional comedy shows with stereotypes and claims that is the norm like ‘Big Bang Theory’ or as Dong calls it in the show “Six White Complainers” and “How I Met Your Mother,” mostly in the early seasons, but still followed the preset formula.

Unbreakable covers stereotypes like those of black gay males not being able to land the jobs that don’t typescast them unless they can pass for straight men. R a c i s m, r e l a t i o n s h i p s, education, immigration, classicism and mental trauma are all presented in a way that is funny, but at the same time it exposes the things that are wrong with these social systems that we have in place and how difficult they are to break.

At the same time, the unyielding optimism, which comes off as naivete, of Kimmy with her neon bright outfits bring a literal and metaphorical sunshine to the show that makes one believe that there is always hope and you are never too late to start your life.

I mean, she is a thirty year old woman who wanted to enroll in the eighth grade. “Friend,” and offbeat comments like “I’m pretty, but tough. Like a diamond... or beef jerky in a ball gown,” and equally weird characters, the first season is 13 episodes of pure self development and hilarious antics that become so endearing that when the season is over and you come out of that binging state of euphoria you simply want more.

The good news is that Netflix has approved the show for two seasons. The bad news is that we have to wait until sometime around Spring 2016 to get it. But don’t fret, perfection takes time.

Since season one was all about Kimmy’s character development, season two is probably going to focus on Tituss’ past, and about the wife he kept mentioning that he’s running away from, or possibly even Lillian, the sweet, but dangerous drug dealer murdering landlord.

I have complete faith in the writers, directors, and cast to make a bang up season filled with many iconic moments like this season had.

Vignettes navigate ‘the lessons of love’

CARA BUSH

“This is How You Lose Her” hands the reader nothing in terms of moral lessons and ideals and everything in terms of personal conflict and cognitive dissonance. Junot Diaz, author of the collection of vignettes that make up the book, pens the fragmented story of Yunior as he navigates the lessons of love beginning in his adolescence and into adulthood.

Written mostly in first person, Diaz spins tales of passion, lust and heartbreak. Yunior narrates his recollection of failed relationships and personal shortcomings, sort of an analysis of where things have gone wrong with each woman in his life.

“I’m not a bad guy,” the simple declaration that opens the book and introduces the readers to Yunior, is a challenge to the readers to decide for themselves whether Yunior is a romantic, serial cheater, nerd, educator, son, brother and so much more.

Some vignettes, such as the one describing Yunior’s process of dealing with his older brother’s illness or the ones in which Yunior deals with depression as a result of a failed relationship, will have readers saying Yunior is in fact a good guy. Others, such as the one in which Yunior describes his cheating habits, will cause readers to insist he’s all bad. You feel bad for the younger narrator, then grow to dislike him as he matures; in the end, I realized I’d come to love him, regardless of the type of person I felt he was. Díaz’s knack for sparking thought and indirectly challenging readers that makes the book worth reading, and discovering aspects of yourself through the character makes it worth recommending to a friend.

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Bookmarked is a bi-weekly column published every other Monday. To suggest a book, email Cara at caya.bush@fsum.com.
Jay Rock’s ‘90059’ album is average at best

Julian Balboa
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Jay Rock has returned, giving us his second LP, ‘90059,’ four years after his debut; the longest gap between studio albums from a member of Black Hippy, along with rappers Kendrick Lamar, Ab-Soul and ScHoolboy Q. It really has been a long time.

Most people recognize Jay Rock from his guest verse on ‘Money Trees’ off of the 2012 album ‘Good Kid M.A.A.D City’ by fellow Black Hippy member, Kendrick Lamar. It’s quite a solid verse on a standout track to say the least.

Since then, he’s landed many other guest verses on albums by Ab-Soul, ScHoolboy Q, Isaiah Rashad, The Game, Talib Kweli, YG and Freddie Gibbs among others. However, the question at hand is his newest release any good?

The album opener, “Necessary,” is, as Jay Rock describes in an interview with XXL Magazine, “for those out there in America that’s just grinding. That are trying to get by any means necessary with grinding. That are trying to get by any means necessary with grinding. That are trying to get by any means necessary with grinding.”

It’s hard. Education is hard to get nowadays, people got to do what they got to do, especially from where I come from.” And by “where I come from,” he’s referring to Watts, California, a neighborhood plagued by poverty, a theme that Jay Rock explores throughout the entire album, especially in the track “Wanna Ride.”

It’s quite fitting and reason for joining the Bloods, which he bleeds into his reasoning for wanting to improve life at home for his family, into his reasoning for wanting to make money moving drugs of all kinds and so on.

It sounds like the standard promises that most gang血液 to the impoverished youth of America, specifically Southern California, but put yourself in his shoes. Here’s a little perspective regarding the small neighborhood of Watts; there are only four schools in the area, the majority of the adult population living there are single parents and most of the youth are in gangs like the Bloods street gang. Think the choice is easy now?

The production on this album is very solid, but not noteworthy. It’s brooding, it’s dark, it’s very much aggressive as Jay Rock’s beats have always been. Unfortunately, none of the 11 songs featured on the album had a beat where I was moved enough to even bob my head.

The album’s production takes its influence from the West Coast sound that dominated the 90s, all while maintaining a modern touch that keeps it from sounding a little too reminiscent. From his mixtapes to his debut, it’s more than evident that he loves groups like Bone Thugz-N-Harmony and rappers like 2Pac. Here, however, he enlists producers who take a modern approach and delves into different tempos than some of the ones he’s used to, like in “Hood Goes Love It” off of his debut album, “Follow Me Home,” finding himself rapping consistent and well-delivered verses on some of the oldest beats on the entire album. “Easy Bake” and “Vice City” are good examples.

As a whole, ‘90059’ is a very solid album with solid verses about a man growing up in a very poor neighborhood plagued by crime. It’s not afraid to be raw at times, which is a good quality to have when you’re a rapper who hails from a gang; as it’s common to hear the stories, but not be told why they joined in the first place. The features by fellow label mates Isaiah Rashad, his group Black Hippy, and veteran Busta Rhymes are all great and enjoyable.

My only qualm, and the biggest flaw of the album, is that it’s an American classic!

outsources R&B singer SZA and veteran Busta Rhymes are all great and enjoyable.

My only qualm, and the biggest flaw of the album, is that in the realm of gangsters-turned-rappers, it’s easy to blend in and not stand out, which is the place I feel Jay Rock is at. It’s not the best place to be in, but it’s not impossible to break free.

Does Jay Rock have a chance of doing just that on his next album? Absolutely. He also has the chance to create more music like this that has been done before and, well, better.

The Tune Review is a weekly album critique column that runs every Monday. To suggest albums for review email Julian Balboa at life@fiusm.com.
Men’s soccer continues winning streak

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The men’s soccer team (3-2-0) extended their winning streak to three games on Thursday, Sept. 12 in a 3-1 victory over the University of Pennsylvania. A halftime adjustment on Florida International University’s offense helped to spring a three-goal, 21-minute scoring run to rally the Panthers back from an early 1-0 hole and keep them perfect at home.

After shutting down Stetson University’s offense last week, the FIU defense slipped early in Thursday’s match. Pennsylvania’s Jerel Blades raced through the Panthers’ back line on a lob from Matt Poplawski, allowing Blades to beat senior goalkeeper Robin Spiegel one-on-one and give his team a 1-0 advantage in the 13th minute. FIU was unable to rally the Panthers back from an early goal, 21-minute scoring run to off the court: in the classrooms. When asked how important it was for the team to do well on and off the court, she said, “It is extremely important. I am not happy with a 3.2 (GPA). They are all extremely intelligent women and for me, they are students and then they are athletes.” She stresses how at the end of the day she wants her team to be strong women. She said, “We are teaching them to grow up and be a woman, a good woman, a strong woman.”

Finally, she stated, “You can’t not focus on your grades and expect to succeed. It’s the whole package.” Buck-Crockett can be very proud, especially since seniors, Lucia Castro and Gloria Levorin, have achieved Conference USA Honor Roll awards the past two seasons.

Buck-Crockett also said, “She’s extremely positive. She’s a good role model as a freshman. I love her.”

Friesen can only get better as the season goes on. She can put all on it all on one’s shoulder.”

FOOTBALL

Panthers lose starting linebacker

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Head Coach Ron Turner praised Colimon for his contributions saying that “He’s a playmaker on special teams, playmaker on defense.” Redshirt sophmore Jordan Guest will have to replace Colimon in the starting line up. Guest has game experience as he started six games last season. He is expected to start Saturday against the Indiana Hoosiers.

Colimon started nine games last season but played in all 12. He was fourth in the team in tackles recording the total of 46 tackles. He was selected Conference-USA Honorable Mention and was one of the Panther’s team leaders. He recorded five tackles during the game against UCF before he got injured.

Colimon will be the the third player on the team to have a season ending injury. Starting offensive linemen Jordan Budwig had season ending surgery on his right shoulder and running back Napoleon Maxwell tore his anterior cruciate ligament (ACL) two weeks before the opening game.

If FIU is looking for a 2-0 start as they face the Indiana Hoosiers this Saturday, Sept. 12 at 8 p.m. it will be broadcast on the big ten network. First home game another is next week Saturday, Sept. 19 against North Carolina Central at 6 p.m.
The differences between men’s and women’s tennis

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Most of the population thinks tennis is tennis. Yes, the women play slower than the men because of gender limitations, but other than that how much does tennis truly change?

“The men’s and women’s game is very different,” said FIU tennis coach Katariina Petrovic. “Coaching men and women is different.”

Women don’t run as hard for balls as the men do. With women, they are more afraid and want to protect their bodies more,” said Coach Petrovic. “Men dive for balls and women don’t. In the women’s game it’s less physical so they try and outsmart their opponent more. That’s why women think.”

“Your serve is the best weapon” and in women’s tennis the serve isn’t as important as the men’s tennis. That’s why Serena wins so much, her serve is dominant,” said Petrovic.

When looking at the numbers it is shown how lopsided service ace and the men’s game compared to the women’s game. Ivo Karlovic leads the ATP (Association of Tennis Professionals) in 2015 for service aces with 1,112, while Serena Williams leads the WTA (Women’s Tennis Association) with 446 aces.

That is almost a 700 ace disparity. Serena’s 446 aces would only be good for 12th place on the men’s side. Karolina Pliskova is second in the WTA with 400 aces and after her the number of aces of plummet. The top 10 list is Madison Keys with only 271 aces in 2015. That would have her tied for 25th on the men’s side.

Men also have the edge in other serving statistics like break points saved and perhaps most damaging is service games won. Serena leads all women in that statistic by winning 81 percent of her service games. In the men’s game, 81 percent is David Ferrer, the 2nd best ace server.

Another difference in the women’s game is where the game is played. Women stand further behind the baseline than men and that stand further behind the baseline than men and that results in fewer approaches towards the net to end point. In the “women’s game no one goes at the net,” said Petrovic.

She is right, in 2014 a study was done by Jeff Sackman of the “Tennis Abstract Blog,” during the Australian Open where Sackmann looked at “traditional net approaches.” Which is going at the net with the intention of ending a point. Recovering a drop shot or returning a weak ball is considered a net point by the records, however this research excludes those that got men. He found that women got to the net very rarely.

“In twenty matches, only 27 of 40 players made even one traditional net approach. Including those who made zero, the average is just over three net approaches per match. The 27 who approached the net at least once averaged 4.7 per match,” said Sackmann on his blog.

Women aren’t going to the net. While the data is damning, it is important to consider the sample size which is just a mere 20 matches.

If we look at strategy in doubles, the women’s game also differs from the men’s game. “Women can’t serve wide when in the 1 formation. If they serve wide out there cannot get a line return” said Petrovic.

The “I” formation in doubles is when the server and their partner almost stand in a straight line. This allows the front player to intercept and cover all return options. Because of formation, it’s hard to receive a return on the line if you have to move laterally to get the ball.

“Women don’t move as fast side to side so we can’t get those balls,” said Petrovic. “Men can always hit line and do it quick, for women it’s much harder and a lot can’t.”

With the option to hit line deeper and quicker, men can get end points faster than women. Women rallies tend to take longer than that of the men.

“We [have] to stay behind the baseline so each point is almost ten hits,” said Petrovic. “That is why conditioning is so important in women’s tennis.”

It’s not just that men are stronger and play the same game that women do, just different. When the dynamics of service games are changed, that completely alters the way players go about playing their match. Positioning changes, so does the strategy and how you would hit balls.

Women’s tennis is it’s own game.

The 2015 season was IndyCar’s chance to gain ground on NASCAR in terms of popularity. IndyCar may have done so with the number of close finishes this year.

However, the season was a reminder of what happens when formula-style cars race close together. Now comes a balancing act of excitement and driver safety, which will highlight the next IndyCar season.
Remembering 9/11 at BBC

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In commemoration of the 9/11 attacks, the BBC Campus Life’s Student Government Association created an event in remembrance of the tragedy that happened on Sept. 11, 2001.

This remembrance day event took place on Friday, Sept. 11, which was the 14th anniversary of the tragedy that claimed the lives of thousands.

The memorial happened at the Wolfe Center in Panther Square from 12 p.m. to 1 p.m. Both faculty, staff and students attended in order to observe, pay their respects and give their condolences.

The ceremony started with SGA office assistant and helper in planning the event Marcy Alstrom’s opening speech, remembering the lives that were lost on that fateful day. This was followed by observance activities created by the SGA members in order to bring a more positive and empowering experience to the community in light of the occasion.

“We wanted to have a commemorative event for 9/11. We wanted something participatory, a way for people to express themselves or say how they moved through that event and maybe how they’re doing now,” Alstrom said. “We thought that the flag was a great idea for that, it gave people a way to express themselves. Maybe through service work as well–giving back to the community which is also why we brought the center for leadership of service.”

A paper flag was set up in the middle of panther square, big enough for people to write on and place their personal thoughts, feelings and how they remember.

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IndyCar season’s promising start, devastating finish

REYN’S TRACK
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The 2015 Verizon IndyCar season promised a revival for IndyCar, but did so with depressing results.

New manufacturer specific aerodynamic “kits” were introduced on the first race of the season in St. Petersburg, Florida. These aero kits increased downforce on the Dallara DW12 chassis that was introduced in 2012 and named in honor of the late Dan Wheldon, the last IndyCar driver killed during competition.

Juan Pablo Montoya edged out teammate and defending champion Will Power to claim his first win in IndyCar since the series was known as CART in 1999. The aer kit, as expected, increased the speed of the DW12 throughout the event. During qualifying, Power set a new track record for St. Petersburg, a 1.8-mile, 14-turn street circuit.

The theme of close racing continued into the month of May, also known to IndyCar fans as “Indianapolis Month”. As the name states, two races were held at the Indianapolis Motor Speedway, one on the infield road course and the Indianapolis 500 on the 2.5-mile oval.

For the Indianapolis 500, both Chevrolet and Honda, the two manufacturers that produce IndyCar engines, introduced “superspeedway” aero kits.

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