MOVE-IN MADNESS

FIU experts explain toxic algae

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When a state of emergency was declared, following a severe outbreak of blue-green algae blooms that appeared in four Florida counties’ aquatic environments, research found that this particular algae is toxic and can cause severe harm to public health.

Research developed at FIU has tackled issues on toxic algae blooms from vast perspectives. According to FIU assistant professor Jose Maria Eirin-Lopez from the Department of Biological Sciences, who is also involved in the Marine Sciences Program, FIU has put an emphasis on research efforts to help understand and combat these issues.

Eirin-Lopez’s research focuses on the effects of natural and human-made marine pollution, including non-toxic algae and blue-green algae on plants and animals. He is a researcher with FIU’s Center for Aquatic Chemistry and the Environment, which collaborates with researchers in the fields of chemistry, ecology, engineering and computing and public health. Their goal is to improve the comprehension of the contamination of the water resources and help build strategies to stop these problems in the environment.

FIU’s research is focusing on understanding the distribution, ecology, and factors motivating the blue-algae blooms. It analyzes toxins produced by these organisms, and studies their harmful effects. It also looks at the mechanisms involved with the responses of marine organisms and humans in contact with algae toxicity.

“This latter topic motivates the most important research line at the environmental epigenetics lab at FIU. In that work, we are trying to determine the identity of the genetic and epigenetic mechanisms involved in the responses of oysters to Florida red tides,” said Eirin-Lopez. “By doing so, we hope to understand a little bit better how organisms cope with the harmful effects of these toxins, but also to identify markers of stress that can be used by the aquaculture industry to identify toxic algal blooms at early stages, thus enabling prevention and supporting management.”

Eirin-Lopez also explained that toxic algal blooms are an issue for three main reasons. The first is that algae covers the water’s surface, and will block light that will exhaust oxygen by harming other plants and organisms that are dependent on the oxygen. The second is that the oxygen crisis can kill fish. In addition, the third is that the toxins can be harmful to humans.

FIU also offers counseling for students who are entering loan repayment by appointment. The counselors can be reached through email: defmgmt@fiu.edu.

Pot research shows harmful effects

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As of May 2016, Marijuana use is legal in 25 states for recreational and/or medical use however, a recent research study by FIU psychologist Elisa Trucco suggests that the drug may have detrimental effects on users in the long run.

According to Trucco, her study, supported by the National Institutes of Health, found that long-term use of marijuana impaired participants’ natural response to reward by reducing it. As one of the authors of the study, Trucco said they were interested in testing out two factors: (1) whether differences in the brain’s response to reward put adults at risk for marijuana use and (2) whether marijuana use had a negative impact on the brain’s response to reward.

Science has demonstrated that a person’s ability to feel pleasure is both regulated and controlled by the brain’s reward center. Feeling pleasure motivates us to repeat behaviors that are critical for our existence such as eating a juicy burger, earning money, and having sex,” said Trucco.

In 2016, 30-year-old’s ‘brains’ were scanned using functional magnetic resonance imaging at approximately two-year intervals, the first time at age 20, the second at age 22, and the third at age 24. They were recruited from the Michigan Longitudinal Study. An ongoing study, which began in the 1980s, that follows two contrast samples of groups from the same neighborhood—youth at high risk for addiction and youth not at risk for addiction.

Prior to beginning the study, the participants were asked to complete a questionnaire on their alcohol and drug use, which included cigarette and marijuana use.

While in the MRI, they were instructed to click a button the moment they saw a target appear in the screen in front of them. Before starting the experiment, the students were instructed to think about a financial event that was meaningful to them in turn, how it can benefit them in the long run. When it comes to figuring out what type of financial aid you may receive, by logging onto onestop.fiu.edu/finaid you have access to a plethora of information that can help students understand how to apply for financial aid and the types of financial aid. Students may also go to the OneStop office for both campuses to ask questions and get help from advisors.

Additionally, when logging into my.fiu.edu, there is a link to your financial aid page, which tells you what financial awards you can accept or decline and what dates they will be disbursed. Baro also mentioned studentgov, a site that speaks about how to prepare for college, how to apply for financial aid, the different types of aid, and provides resources on managing student debt.

Regarding how financial aid money should be applied to tuition, as long as the student has accepted enough financial aid before the payment deadline to cover their tuition and fees, they do not need to do make any payment arrangements; the financial aid will automatically be applied to the tuition and fees. If the financial aid is not enough to cover the tuition and fees, the student only needs to make a payment arrangement for the difference.

FIU also offers counseling for students who are entering loan repayment by appointment. The counselors can be reached through email: defmgmt@fiu.edu.

“The resources do help if you know where to look, but at times, each individual student may feel the frustrations of not knowing the answers. They are not aware of the difference between the disbursement process which is done by the Financial Aid Office and the refund process which is done by Student Financials (Cashier’s),” wrote Baro to Student Media.

“The Financial Aid offered awards are based on full-time enrollment which is 12 credits for undergraduate students and nine credits for graduate students. For students enrolled in less than 12 credits, the awards will be adjusted or canceled based on the terms and conditions of each award. Some awards may be reduced while others will be canceled. Students can receive a refund if all their charges have been paid, and it will be processed within three to four days. In addition, they are required to sign up for direct deposit, so the money they applied for can be placed in their account within the week, or pick up a check instead.

For more information, to scholarships, federal work study and grants, there are several different types of financial aid available to students. This gives students a chance to see what fits best with their predicament and in turn, how it can benefit them in the long run.
Drop in Venezuela investment could have impact on world's oil supply

Venezuela's oil crisis goes far beyond a simple problem of low prices and threatens the world's supply of oil because of mismanagement of the country's state-run oil company, a new report from Columbia University concludes.

Oil production in Venezuela—which boasts the world's largest oil reserves—has plunged to alarmingly low levels, the report found, worsening a dire economic crisis that already has led to food and medicine shortages. As the world price for oil declined, other oil-producing countries have increased production to make up for the lower price.

Trump campaign chairman Paul Manafort resigns

Donald Trump's campaign chairman Paul Manafort resigned Thursday morning, the campaign confirmed in a statement.

"This morning Paul Manafort offered, and I accepted, his resignation from the campaign," the Republican presidential nominee wrote. "I am very appreciative for his great work in helping to get us where we are today, and in particular his work guiding us through the delegate and convention process. Paul is a true professional and I wish him the greatest success."

Manafort's resignation followed several other staff changes this week, in which Trump added filmmaker Ben Stein and political commentator Robert Novak to his campaign staff.

FIU experts talk health issues caused by toxic algae

``It would be a big help if the advisors knew what students are saying is talking about and is not just speculating," Chatrie said. She and Monel feel that this system could be improved.

``I think notifying us early would be a great help because it would give us time to save and prepare for fees," Monel said. Chatrie also gathered some input on this. "It could be a big help if all advisors relay the same advice to all students experiencing the same issue and if advisors also advise students that their financial aid would be reduced or affected if they should major or minor or stay too long deciding on a major," said Chatrie.

``Financial aid may be a complicated and exasperating process, but with the resources and opportunities available for students, it gives them a chance to find a way to pay for their classes, and to ease the burden of finding a solution to their financial problems."
A message to freshmen on procrastination

With each school year that rolls around, a new wave of freshmen is welcomed into the Panther family. As part of their orientation, freshmen learn everything they need to start this new and exciting chapter in their life.

An important piece of advice I learned from peer advisors, professors and administration was to avoid procrastination.

The American Psychological Association published a study conducted by Florida State University which found that procrastinating takes a toll on students’ mental health and well-being.

According to the APA, the University of Calgary did a meta-analysis in 2007 which found that 80 to 95 percent of college students procrastinate, especially when given homework.

Procrastination has never held a positive connotation. So why do students still procrastinate? DePaul University psychology professor, Joseph Ferrari, found that some students get a rush from working under pressure and they believe that is when their best work is done. However, contrary to what students believe, Ferrari’s experimental data proved otherwise.

“Students seem to remember the one time that maybe waiting until the last minute to turn in an assignment got them an A, or a good grade, but they forget the other nine times when it didn’t,” Ferrari said to the APA.

It’s important for incoming freshmen to realize that procrastination just won’t cut it in college, like it did in high school.

When I was a freshmen at FIU, I remember thinking that high school was much easier because we had an entire year to learn a subject. However in college, everything is crammed into 16 weeks, at most, and the transition is exhausting enough without adding the stress of procrastination.

After all, GPAs drop faster than they rise and your freshman year GPA sets the tone for the rest of your college career.

Understandingly, students can get caught up with life and get overwhelmed with classes. Some things that incoming freshmen can do in order to avoid the stress of procrastination include organizing your priorities, learning to manage your time wisely and always putting what you have to do over what you want to do.

Many resources are also available on campus, one being the free planners offered to every student at the beginning of each semester to help keep up with schoolwork and events on campus. Using the study rooms in the Green Library is another great method to avoid procrastination because it eliminates any distractions that may prevent students from getting their work done on time.

For the times when procrastination does take a toll on students’ mental health and well-being, and they find themselves feeling very anxious and overwhelmed, there are services on campus, namely the Counseling and Psychological Services in the FIU Student Health Center, that help students get back on track and not let the stresses of college overwhelm them.

College is a time to learn and develop character and it’s the transition that welcomes you into the so-called real world. It’s the place you enter as a teenager and leave as an educated adult.

Move in offers new life for freshman

It’s important to know that college is not something to set aside or something to be learned in a rush. It’s important to know that college is not something to set aside or something to be learned in a rush. It’s important to know that college is not something to set aside or something to be learned in a rush.

The opinions presented within this page do not represent the views of The FIU Student Media Board. These views are separate from the unified voice of the editorial board, which is composed of our student writers, editors and reflective individual perspectives of contributing writers and or members of the University community.

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DISCLAIMER
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EDITORIAL POLICY
Editorials are the unified voice of the editorial board, which is composed of the editor in chief, management, and the editors of each of the four sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to opinion@fiusm.com.
The Council for Student Organization’s upcoming Olympic themed club fair will offer a transformative experience for FIU students, freshman and seniors alike, by providing them a place to network and join a club they’re interested in.

“I came here ... by myself, going to club fair one year ... I just joined all the organizations ... I made a lot of friends off of that in just one year and I just improved my whole college experience,” said Stanley Evans II, junior hospitality management major and CSO President, on the effect club fair had on his college experience.

Arlet Hernandez, a junior biology major and events coordinator at CSO, added that the club fair “helps you fit in, into something and events” that you like.

“[By] joining a club you can learn different things, you can interact with different people that you wouldn’t interact with on a daily basis ... It’s just a good way to express yourself because there’s people out there that have the values and the same likes as you ... It’s just a good way to interact with people,” said Evans.

This semester’s club fair will be held in the Graham Center ballrooms on Wednesday, Aug. 24 and Thursday, Aug. 25 from 11 a.m. until 2 p.m. Everyone is welcome to attend hosted and organized by CSO to showcase FIU’s clubs and organizations. Each club that participates tries to recruit new members by setting up a table with posters and giveaways that display what their club/organization’s mission purpose, what they do, and events they host.

Evans explains that the club fair can be especially interesting for freshmen who are anything about clubs,” he said, “so this perfect opportunity to have that one on one experience with them, have that one on one talk with different members of the clubs to show their different likes and different motives behind the clubs.”

Stanley Evans II
President
Council for Student Organizations

A freshman coming in, they don’t know anything about clubs, so this is the perfect opportunity to have that one on one experience with them, have that one on one talk with different members of the clubs to show their different likes and different motives behind the clubs.

CHLOE GONZALEZ
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Rio Olympics inspires CSO’s annual Club Fair

WEEK OF WELCOME CALENDAR OF EVENTS MONDAY-FRIDAY AUGUST 22-26

MONDAY, AUGUST 22

HOMECOMING ARTIST REVEAL
WHERE: 12 p.m.
WHERE: GC Pit (MMC)

SPC COMEDY SHOW FT. K-VON
WHERE: 5:30 p.m.
WHERE: GC Ballrooms (MMC)

TUESDAY, AUGUST 23

CHICK-FIL-A WITH MGC & SGA
WHERE: 11 a.m.-2 p.m.
WHERE: GC Pit (MMC)

GREEK BBQ
WHERE: 1 p.m.-9 p.m.
WHERE: Betty Chapman Plaza (MMC)

WEDNESDAY, AUGUST 24

BREAKFAST BONANZA
WHERE: 9 a.m.
WHERE: WUC141 (BBC)

BSU PIT EVENT
WHERE: 11 a.m.-2 p.m.
WHERE: GC Pit (MMC)

THURSDAY, AUGUST 25

CSO CLUB FAIR (W-TH)
WHERE: 11 a.m.-2 p.m.
WHERE: GC Ballrooms (MMC)

SPC PIT EVENT
WHERE: 11 a.m.-2 p.m.
WHERE: GC Pit (MMC)

FRIDAY, AUGUST 26

HOMECOMING SPLASH 50!
WHERE: GC Ballrooms (MMC)

BSU OPEN MIC NIGHT
WHERE: 8 p.m.
WHERE: GC Ballrooms (MMC)

SPC HYPNOTIST SHOW FT. SAILESH
WHERE: 7:30 p.m.
WHERE: GC Ballrooms (MMC)

Saving made easy: unknown discounts for students

With prices being exponentially high for almost everything and unplanned expenses putting a dent in our wallets, it’s difficult to save for college, especially for a college student. Food and clothing are necessities for students but many don’t realize the amount of money they could be saving just by using their student ID cards.

Many clothing and electronic stores, as well as chain restaurants, are offering students discounts by simply showing their student IDs. Clothing stores such as Forever 21, H&M, J. Crew, Urban Outfitters, and online store Missguided give students 10 to 15 percent discounts on items, some already discounted.

RIO OLYMPICS

Burger King allows the use of student ID cards to get 10 percent off your next meal and many Buffalo Wild Wings locations also give a 10 percent discount. Thirsty? Show your ID card at Chick-fil-A and Chipotle to get a free drink with the purchase of anything on the menu. Cellphone bill too high? Companies such as Sprint and T-Mobile give students a 10 to 15 percent monthly discount on their cellphone bills by going online to the “Sprint Discount Request” page and StudentRate.com, respectively.

The average undergraduate college student spends an estimated $24,061 while attending a public four-year in-state school and approximately $2,106 of that amount is labeled as “other expenses.” These other expenses can be translated as food, clothing, trips, etc.

Third year education student, Yeslien Garcia, said that she never knew using her student ID would make such a difference.

“Those little bits and pieces add up. My absolute favorite way to save money with my student ID is with Apple Music,” Garcia explained that she used to spend $9.99 a month for the music subscription service, which is almost $120 a year. “Now I pay $4.99 for it with my student ID,” said Garcia. She now saves $60 yearly just by using her student ID.

This is just one of the many benefits of being a college student and it’s important to take advantage while we can.

Haute Coffee is a column focused on providing tips to students that save time, effort or money. To offer comments or suggestions, contact Stephanie via email at lfe@fiusm.com.
Club Fair

Club fair features all types of clubs including cultural, academic, and business organizations, as well as ones that are closely tied to their culture or major, according to Evans.

For this semester’s club fair theme, the Council for Student Organizations executive board chose the Rio 2016 Olympics.

“I feel like this is one of the best themes we’ve ever had,” said Evans. The Olympic rings and colors will adorn the giveaway tank tops and hats.

On both days, each club’s posters and tables will compete in an Olympic style competition where gold, silver, and bronze medals will be awarded to the best tables.

Every year the club fair is held, the CSO executive board does their best to improve it. Evans explained that students expect the club fair to be a place with “good vibes ... good attitude, good atmosphere, good giveaways, [and] friendly people” where clubs can “interact with each other and interact with the students.”

Hernandez hopes that students attending club fair will “have a new experience and they can find a club where they can fit in ... find something that they’re interested in and ... interact as an FIU community.”

Club Fair

FRIDAY, AUGUST 26

FRESHMAN LUAU
WHEN: 11 a.m.-1 p.m.
WHERE: WUC Ballroom (BBC)

HOMECOMING SPLASH 50!
WHEN: 2 p.m.
WHERE: MMC Housing Quad

BSU OPEN MIC NIGHT
WHEN: 8 p.m.
WHERE: GC Ballrooms (MMW)

LIFESTYLE POINTS

In the list of movies that blow most of the competition out of the water, a movie about a woman who can’t sing doesn’t seem like a shoe-in. “Florence Foster Jenkins”, starring Meryl Streep and Hugh Grant, delightfully proves that wrong.

The titular character is an elderly woman suffering from the terminal effects of a late stage of syphilis she contracted from her first husband years ago. She had a long-standing career in music and theater but has never pursued a singing career. Her husband, St. Clair Bayfield, who she has a vaguely defined open relationship with, acts as her manager and lives to make her happy.

Determined to be a singer, Jenkins takes singing lessons, with piano music provided by Cosmé McMoon — played by Simon Helberg — only for McMoon and St. Clair to discover that she has no idea how to stay on pitch or rhythm.

Though the two desperately try to keep her lack of vocal talent under the radar, Jenkins is persistent in her endeavor to break into the singing industry but sooner or later, she’ll have to face the music — nobody likes her voice.

The movie is based on the life of the title character, who recorded herself singing and was infamous for being a terrible singer and ridiculed for it.

“It’s hard to sort of forget anything from what happened because it was such a monumental thing to be working alongside all of these incredible people,” said Helberg in a conference call interview with college newspapers, about memories of working on the film.

It was such a simple movie, incredibly funny yet with a serious tone when needed. Streep pretending to have no singing abilities was one of the funniest aspects of the movie, and it was almost as though she knew exactly how to sing in the worst possible way imaginable.

Helberg, best known for his role as Howard Wolowitz on CBS’ “Big Bang Theory, said: “Me and Meryl went into the same studio that The Beatles recorded all of their albums in and we kind of just, you know, desecrated the place because she plays this atrocious singer and we are kind of butchering all of these great pieces in music.”

Florence Foster Jenkins was a heartwarming and hilarious movie with a brilliant cast, and it’s worth going to see while in theaters.

Lifestyle Points is a weekly column that reviews movies and discusses pop culture as it pertains to University students. To contact Joseph, email him at joseph.cardenas@fiusm.com.
WHO YOU VOTE FOR REALLY MATTERS

Debbie Wasserman Schultz

Debbie has taken over $4.2 million in PAC money since she was elected to Congress in 2004. She’s taken more than $471,700 from PACs in 2015-2016 alone.  

SOURCE: OpenSecrets.org/Center for Responsive Politics

Tim Canova

Tim believes that big money in politics is the root of political corruption. He refuses to take any corporate PAC or Super PAC money and will fight to overturn Citizens United.

Debbie, Rick Scott, and Marco Rubio have taken hundreds of thousands of dollars from the Big Sugar industry, easing their regulations which led to toxic runoff & blue-green algae pollution across Florida’s fragile ecosystem.

Tim believes we need to aggressively address climate change and reduce our reliance on fossil fuels. He will fight for strong regulations against fracking and Big Sugar in order to protect Florida’s Everglades, waterways, and shorelines.

Despite Florida voters overwhelmingly supporting medical marijuana in a 2014 referendum, Debbie continues to view marijuana as a “gateway drug.”

Tim supports the legalization of medical marijuana. He believes we should end the War on Drugs which disproportionately targets and affects poor and minority communities.

Debbie has not acted to provide alternatives to give young people more access to higher education by making it more affordable.

Tim supports tuition free public college for all Americans. He also supports reducing current student loan interest rates. Young people should not be stuck in a cycle of debt for trying to receive an education.

Debbie has stated in the past that she would like to raise the minimum wage, but has made no public statements as a Congresswoman on making the minimum wage $15 an hour.

Full time workers deserve a living wage, regardless of the nature of their work. Our current minimum wage does not allow people to afford housing, transportation, or bills. Tim supports raising the minimum wage to a living wage of $15 an hour.

EARLY VOTING BEGINS ON AUGUST 20

VOTE ON TUESDAY AUG 30TH

TIM CANOVA DEMOCRAT FOR CONGRESS

2285 Flamingo Rd, Pembroke Pines, FL 33027 | 954-367-3877

TimCanova.com TimCanovaForCongress @Tim_Canova

Paid for by Tim Canova for Congress
Defensive coordinator prepares players for upcoming season

SAMIR BADER  
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With the 2016 football season less than a month away, new defensive coordinator, Ron Cooper, is focusing on getting the team ready.

On day two of training camp, Cooper doesn’t believe the team is ready to face the Indiana Hoosiers on the season opener game but is confident they will get there with more preparation.

“We played them last year, so we know a little bit about them, and they know a little bit about us. But now we are concentrating on getting our players ready day by day,” Coach Cooper said. “We are not looking forward to Sept. 1 on getting our players ready day by day,” Coach Cooper said. “The two guys that get to step up, that’s what it’s all about,” said Coach Cooper when asked about how the defense will implement the new pieces into its strategy.

One of the keys to success as the Panthers head into the new season is communication on the field. “It’s been real good. Guys are understanding [that] in the defense, you have to signal,” Cooper said. “The good thing about two-a-days is getting a chance to teach them in the classroom, and the guys are learning well.”

One aspect that plays into this season is the new television deal that will be broadcasting six FIU football games this season, including the season opener against Indiana University. “It’s great. We’ve got to understand, we’ve got to do our part,” Cooper said. “The better we play, the better things will get. Our team is working hard, and I’m pleased so far.”

The season opener, airing on ESPNU, will take place on Thursday, Sept. 1 at 7:30 p.m. against the Indiana Hoosiers.

Team ‘certainly does have the weapons,’ will gain experience

ALEJANDRO SOLANA  
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The Panthers must replace their two starting cornerbacks and figure out if junior quarterback Alex McGough will lead this team to a winning season, according to the assistant sports information director for FIUSports.com.

“The two guys they’re going to have to replace, Richard Leonard and Jeremiah McKinnon, ended up in NFL camps and are obviously very good,” said Pete Pelegrin, who covers the football team for FIUSports.com. “They have some talent. It is a matter of game experience with this young talent, which you can’t force into them.”

Ron Turner will enter his fourth season as the head coach for the Panthers, looking to improve the team’s record for the third season in a row. It will be up to FIU’s new secondary coach Bobby Babich and defensive coordinator Ron Cooper to have the Panthers’ offensive team weapons.”

FIU opens the season on Thursday, Sept. 1 when the Hoosiers of Indiana University come down to Miami. Kick-off will be at 7:30 p.m. at the FIU Stadium, as FIU looks to avenge its 22-36 loss to the Hoosiers last season in Bloomington, Indiana.

Pete Pelegrin  
Assistant Sports Information Director  
FIUSPORTS.COM
VOLLEYBALL

BALLING WITH PASSION
Hitter has hands full, ‘wouldn’t have it any other way’

ALEXA ROTH
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Born in Sacramento, California, volleyball player Tia Clay grew up wanting to become a professional gymnast.

Growing up, her father made sure she stayed active and involved in athletics but after suffering too many injuries practicing gymnastics, her father suggested she try volleyball. Soon after, Clay found that she loved the sport and it became her passion.

Clay, now a junior, is FIU’s volleyball outside and right-side hitter. She has been playing for 10 years now, but says “College volleyball is a whole different era. Transitioning from playing club volleyball was an awesome experience. I have learned a lot about myself, I now can take the lessons I learned out on the court into the real world. I have such a great tolerance for things now.”

With away games every week, practices every day, and schoolwork, this student-athlete has her hands full; however, she says time management happens to be one of her best qualities.

“We are student-athletes but we are students first,” Clay said. “We have to do the best for our team on the court but the best for ourselves in the classroom.”

As a biology major on the pre-med track, Clay realizes how important it is to divide her time equally and make sure she is succeeding both on and off the court.

“While balancing school work, and volleyball may get tough, Clay says her favorite thing about the sport is her teammates. “They are what makes it worthwhile, and sometimes we get tired and down on ourselves, but it’s great to have a whole team backing you up and rooting for you,” Clay said. “They are the best support system.”

Clay is also heavily involved in extracurricular activities. She is currently president of the Student Athlete Leadership Council, a member of the fellowship of Christian Athletes group, a liaison for the athletic department for the Student Government Association and an ambassador for the Women’s Leadership Conference.

“Students can gain a lot from her example,” Clay explains that as a team, the support they give each other is what keeps them going.

“Everyone can play in every game, so even when I am sitting on the sidelines, I love cheering my team on,” Clay said. “Being there for them is super gratifying.”

Last season in the first round of the UTSA conference finals, Clay came close to a perfect game, almost breaking a record, with only five errors in the first two or three games. This season, she hopes that as a team, they will reach the top four in their conference.

“Clay is confident in her team’s abilities and grateful for the chance to play. “I couldn’t imagine not being a student athlete. I love the family atmosphere and all the support we get from the staff and the coaches,” Clay said. “I am really blessed to have been given the opportunity to play volleyball at the D1 level. I wouldn’t want it any other way.”

WELLNESS & REC

Students learn self-motivation through ‘3D Sweat’ class

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The Wellness and Recreation Center at the Biscayne Bay Campus offers many fitness classes to students. Varying from yoga to boot camps and classes such as “3D Sweat,” students are able to participate and get fit for free.

Triche, a personal trainer and the fitness coach, Daniel Triche, teaches a few of these classes; he has been a personal trainer for five years, and for four years within the FIU community.

Triche says the best thing about being a trainer is “helping people easy to learn by example.”

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The fitness coach has had students who’ve come to his class for the first time, and they can barely get through the workout. At the end of the semester, however, those same students are looking for more challenges to push them.

“I love the challenge,” Triche said. “I love pushing people to their limit and seeing them succeed.”

Graduate student, Ivan Rodriguez-Pinto, has taken Triche’s classes numerous times, and really likes the way the class is instructed and how energetic Triche is.

“The quality of the workout and the instructor are really great,” Rodriguez-Pinto said. “There is a lot of knowledge and education behind the way he teaches. It is clear that there was a lot of research that has gone into the instruction and preparation for each class.”

Students like Rodriguez-Pinto are pushed to their limits and are making improvements every class.

“Daniel is a welcoming person,” Rodriguez-Pinto said. “He pulls out the best in you, even if you are not sure you can do something, he is always there to help you through it.”

The class is offered weekly at BBC’s Wellness and Recreation Center on Wednesdays at 12 p.m.