

Jogging path planned to connect students to FIU Nature Preserve

Intramural athletes offer on-site care

SIMONE GARVEY-EWAN
Staff Writer

The College of Nursing and Health Sciences recently launched a free Athletic Training Program for students involved in intramural sports and others with any musculoskeletal injuries. With this new program, intramural participants have the convenience of an athletic trainer present on the field providing immediate care in case anyone gets injured; students with any musculoskeletal injuries can also visit the clinic. Participants are evaluated, treated and rehabilitated in room 160 of the University Health Services Complex.

Jennifer Doherty-Restrepo, director of the Athletic Training Program, worked with Director of Student Health Services Oscar Loynaz and Interim Medical Director of Student Health Services Saara Schwartz to create this program.

“We pulled Robert Frye, director of Recreation Services, into the discussion and it became very apparent right away that this was a gap in the potential services that could be provided to FIU students,” said Doherty-Restrepo. “We worked collaboratively and created a full-time athletic training position.”

“I was actually really surprised when they came to me about this position for intramural sports and that there were no medical personnel covering hundreds of kids that are out here playing sports at one time,” said Charlie Holliday, the program’s athletic trainer. “And you know those certain athletes aren’t necessarily conditioned for those types

of sports, unlike varsity athletes who practice every day.” Holliday is an alumna who obtained her master’s in athletic training and, as of right now, is the only athletic trainer that the program has since its launch in September. She sees on average three to five patients a day and also treats musculoskeletal injuries for students who are not intramural participants.

Some students like Dyah

“Last year I hurt my wrist and all I could do was ice it and go to Health Services which was inconvenient, but having someone available right there on the field is great.”

Dyah Owens
Senior
International Relations
and Marketing

Owens, a senior majoring in international business and marketing, have been injured on the intramural field before and think highly of this new program.

“With these sports, you’re playing with no type of pads or protection, so there’s a lot of impact and the turf is a little rough,” said Owens. “Last year

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PHOTO COURTESY OF RYAN VOGEL

Above is a map of the jogging path as it wraps around the FIU Nature Preserve.

CAMILA FERNANDEZ
Contributing Writer

The University will take its first steps on a mission to bring nature and students together Nov. 15 at the unveiling of a new jogging path at Modesto A. Maidique Campus – a project by the Office of University Sustainability, University’s Housing and

Residential Life and FIU Recreation Services.

The path is a vision by the University’s Nature Preserve Manager Ryan Vogel, who said he will finally get to see his dream become a reality.

“My friends and colleagues laughed at the idea, stating that I would never be able to get this approved or funded – but eventu-

ally I did,” said Vogel.

According to Vogel, it was during the end of 2012 when the innovative idea came to the attention of the powers that be as the Modesto A. Maidique Campus’ first jogging path began to appear as a real possibility. Not only will this path be signifi-

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Students sacrifice it all to study abroad, Office says financial aid and scholarships can lessen the burden

ANDREA SANMIGUEL
Staff Writer

Roberto Nicolicchia, a junior international business and finance major, said he sold his car and spent over \$15,000 to study abroad.

The University offers many study abroad programs for students wishing to explore new cultures while pursuing their degrees. However, these opportunities can leave a hole burning in students’ pockets – raising questions about the programs’ affordability and the worth of the experience.

“Those were the best seven months of my life,” said Nicolicchia, who participated in the Arcadia University study abroad program, Arcadia in Rome.

“The benefits outweigh the costs,” said Grace Taylor, a graduate and associate director of the Office of Education Abroad; she was able

to study abroad at Kansai Gaidai University in Japan while she was a student during spring of 2009.

Taylor said students assume that study abroad

like financial aid and national scholarships.

An even bigger advantage: paying tuition to study internationally.

“There are a variety of curriculums to choose

Costs vary by program.

The study abroad offices, located in Primera Casa 113, offer workshops not only to finance, but to guide students through the necessary steps toward their destination.

Students who look forward to studying abroad can spend roughly around \$6,000 to \$15,000 on one trip, housing and food included. Many students can agree, it’s just a small price to pay for such an “incredible experience,” said Chafica Khodr Agha, senior international relations major.

With a Certificate in Middle East and Central Asia, Khodr Agha was able to travel to American University in Dubai for her abroad experience, which was funded by the help of scholarships and financial aid.

SEE FINANCES, PAGE 2

programs are unaffordable and out of reach, but there are options students can take advantage

from, which could be geared towards languages or to your major,” Taylor said.

“The chance to travel and to understand someone else’s culture is worth it.”

Chafica Khodr Agha
Senior
International Relations

WORLD NEWS

Saudi writer who opposed ban on women driving held

Saudi authorities have detained a columnist who supported ending his country's ban on women driving, activists said Wednesday. The activists, who wished to remain anonymous for fear of retribution, said Tariq al-Mubarak was called by investigators in the capital Riyadh concerning a stolen car over the weekend. When he arrived at the Interior Ministry's Criminal Investigation Department on Sunday, he was interrogated instead about his role in a campaign launched by reformers seeking the right of women to drive in the kingdom. When his friends were informed they could pick him up at the investigator's office, they too were detained for several hours and questioned over the campaign's activities, activists said. Human Rights Watch and activists who know al-Mubarak say he remains in detention with no access to a lawyer.

Congo army takes M23 rebel stronghold

The Congolese army retook one of the last remaining strongholds of the M23 rebels Wednesday, with fighters heading for the hills as the military sought to extinguish the 18-month insurrection, officials said. As the army retook the town of Bunagana, leaving the M23 with a small sliver of territory, the civilian head of their movement crossed the border into Uganda prompting calls for his immediate extradition. The recapturing of Bunagana comes just days after the United Nations special representative said "we are witnessing the military end of the M23."

Pakistan: 3 percent of drone deaths were civilians

The Pakistani government said Wednesday that three percent of the people killed in U.S. drone strikes since 2008 were civilians, a surprisingly low figure that could alter the highly negative public perception of the attacks.

The number, which was provided by the Ministry of Defense to the Senate, is much lower than past government calculations and estimates by independent organizations. The ministry said 317 drone strikes have killed 2,160 Islamic militants and 67 civilians since 2008. The attacks are widely disliked in Pakistan, where many people believe they violate the country's sovereignty and kill too many innocent civilians.

For more world news, check out
FIUSM.com.

Nature Preserve's jogging path to reintroduce Panthers to wildlife

HEALTH, PAGE 1

cant for the students, but also for one piece of the University that many may not know exists – the Nature Preserve.

The path is 0.6 of a mile and runs along the edge of the Nature Preserve, according to Robert Frye, director of recreation services.

The path goes between Parkview Hall and the Preserve and travels south to the football stadium. It passes between the Preserve, the University Baseball Stadium and University Soccer Stadium until it comes back around past the U.S. Century Bank Arena.

"I didn't know that there was a preserve here. Having a path nearby would be nice because, instead of coming to a gym that is super packed, you can be in the fresh air," said Ashley Pouya, junior accounting major who plans to make use of the new trail.

FIU's Nature Preserve was established in 1978 and is a historical

location today that represents how the Everglades dominated South Florida before the Tamiami Canal drained the area.

"The jogging paths that we have had in the past are basically on grass, concrete, sidewalks or roads, so this is an actual true, real path," Frye said.

Construction began in early September, but a final price for the creation of the path is yet to be determined, said Frye.

The path is made out of crushed recycled rubber tire pieces, providing a sponginess when you run.

According to Michael Caballero, senior political science major, and Andre Figueroa, senior sport and fitness studies major – both older members of the Run Club – the path will be like running on the clouds. Also, both agree that because the City of Sweetwater does not have much plantation, the path will change the scene and appear like a "small piece of running paradise."

Along the path, there will also

be six different exercise stations for enhancing the workout experience and low-lights that will help guide those who run at night.

According to Frye, the lights are to be kept low to have the least interruption on the preserve's species.

"The Office of Sustainability wants people to become aware of the preserve and this is another reason for them to come out," Frye said. "Over time, they're going to develop interior trails [not so much like the jogging path.]"

Housing agreed to its construction as an amenity for University residents.

Frye also states that once the area becomes further managed, students will be able to partake in other activities like picnics among the gardens and pond.

"This project has been my fascination for the past six months. I'm glad everything worked out perfectly," says Vogel.

-news@fiusm.com

On-campus trainer to help intramural sports athletes, injured students

ATHLETICS, PAGE 1

I hurt my wrist and all I could do was ice it and go to Health Services which was inconvenient, but having someone available right there on the field is great."

Owens is a flag football player.

"It's important to raise awareness for this program because we will have more involvement from students because if somebody gets hurt and they know that

no one is out there to help them, they don't want to go and put themselves in that situation," said Michael Robinson, junior criminal justice major and fellow flag football player.

According to Doherty-Restrepo, this program is free for students because it is being covered by their student health fees. She also said that the student health services funded this program, but that the \$10 million donation that the CNHS received

from the Wertheims did not have a role in it.

"It's great. We need something free anyway because of all this money we spend at FIU," said Robinson about the fact that the athletic training program is covered by student health fees.

As of right now, the athletic training program is offered only for intramural sports and other students with musculoskeletal injuries. Club sports will be added in the future.

Breeana Baudin, a sophomore english major who plays for the University's women's lacrosse team said, "It kind of gives me pause because as a club sport player, I pay to play the sport that I participate in and I feel like we deserve the same care that intramurals are getting because we are still FIU students – we're nothing different."

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Students interested in studying abroad can find help plan finances

FINANCES, PAGE 1

"It was a difficult process, but FIU does a great job with working with institutions that help with your financial aid," said Khodr Agha. "The chance to travel and to understand someone else's culture is worth it."

Marcy Diaz, a sophomore pursuing a graduate student, said she understands that the dollar sign is very scary for students.

Diaz funded her studies abroad at Ritsumeikan University in Japan through scholarships and financial aid. "For

me, it was great because you do soak in more than you normally would in a classroom, it was worth every penny," she said.

"It changed my life," Taylor said. "I had the chance to have the college experience, but to the next level."

"International studies not only improves your language and cultural immersion, but provides personal growth, networking and many more attributes that could benefit students later on in their careers," she said.

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CALENDAR OF STUDY ABROAD INFO SESSIONS/EVENTS:

General info session: Nov. 6 2 p.m. - 3 p.m. PC 113	Fall 2013 Study Abroad Fair: Nov. 13 10 a.m. - 3 p.m. Graham Center
General info session: Nov. 12 12 p.m. - 1 p.m. PC 113	Fund for Education Abroad: Nov. 20 3 p.m. - 4 p.m. PC 113

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Gender and its place in the classroom

RAUL HERRERA
Staff Writer

I want you to think back on all of the professors you've had. How many of them were male? How many of them were female? What about your teachers in high school, middle school, primary school? Think on your mentors, parents/parental figures. Keep these thoughts in mind.

The gender of our professors tends to play a part in how they teach the class.

I say the phrase "tends to" for a reason. Keep that in mind as you read on.

Men and women are different. I'm not referring to the obvious (no matter how hard I try, I just can't get pregnant). Our psychologies tend to be different. While there is a contentious debate amongst psychologists on

but even still, there tends to be an underlying difference, no matter how minute. Since psychological traits of professors tend to affect how they react to the external stimuli that are riddled throughout the class setting, the part that gender plays is notable.

There's that phrase again: "tends to." I say that because of my sincere belief that human beings have been created as individuals. Not all women act the same. Not all men act the same. We may belong to several collective boxes, such as gender, but there are still traits or even quirks that make us unique. This, too, plays a part in the equation that is the professor's psychology.

Now, some would see these differences as a negative quality. Their fear borders on the line that "if men and women are different in the ways they teach, does this mean that they must be treated as though one is inferior to the other?" I would disagree. Distinctions do not necessarily make one professor better than the other (unless, of course, they think it's right to slap their students in the face if they dare question his genius, which indicates that they are

horrible at their job). Rather, they create dynamic environments that prepare students for the future.

You, as a student, will run into all sorts of people in your life. You, as a student, will be put in challenging and diverse situations both inside and outside of FIU. Ergo, you must prepare for these events through professors.

It is my suggestion that, rather than decrying the indication of differences between male and female professors as sexist, or using these psychological contrasts to attack either sex, we embrace the variance. This should be paired with an embrace of the individuality of the particular instructor, his/her own uniqueness, to create a dynamic education system for our university.

It takes a mother and father, or at least a semblance of the two, to raise a child. It takes a woman professor and a man professor to teach many classes, and many students. It takes individuals to instill insight and knowledge. Rather than pointing these differences as disadvantages, we should see them as good things.

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Fighting off the feelings of homesickness

SHANNON COPELAND
Contributing Writer

Are you homesick? Well guess what, I am too!

Coming from a country with a population of under 3 million people to a State with over 18 million people, I honestly miss every face I know and don't know.

Jamaica is a small island with a warm group of people who love life, food and music. We also have one of the best dishes in the world, Jerk Chicken. It's always sunny in Jamaica and even the breeze sounds like music, reggae music. I know all my neighbors and the language they speak; plus, they never fail to let me know they used to see me in diapers.

Home is a memory that can never leave you, even if you leave your home.

So when I came to the US, I first thought, "who me, I'll never miss Jamaica. I'm in a new country with new people and I'll fit right in, no one will know I'm a foreigner," as most foreigners think.

I learned the hard way, and to say I experienced culture shock or homesickness does not sum it all up. But when I miss Jamaica, the food and my family—especially my brother who is my best friend (sad, but he is)—I have a few things that I do, so I thought I would share some with you.

First, have friends from your home country; they're the best way to remain sane when you feel like you're losing your mind.

My best friend (not my brother) just happens to be Jamaican and when we talk on the phone, we lose track of time. We talk about our life back home and for those 3 hours, we reminisce about the past until it becomes the present. We laugh, we cry, we argue about school days and the home that seems a million miles away is now so tangible in front of us.

Second, do activities you did in your country, be it playing sports, watching movies or going to the beach.

I used to watch movies and TV series a lot with my brother and Smallville was the only television program that made going into my dad's room with my brother a once in a lifetime event.

Why, you say? My dad actually smiled and on few occasions, he laughed out loud. My dad is not the easiest nut to crack and he came home before 5 p.m. just to watch Smallville together.

So when the homesick bug paid me a visit last year, I got all 10 seasons of Smallville and all those good memories came back; it's as if I never left home.

Finally, and this is one thing that most people will agree with: food.

Cook a big dinner, invite all your friends, put on a movie you all know and love and have a good time.

If nothing can heal homesickness, food can.

-opinion@fiusm.com

“The gender of our professors tends to play a part in how they teach the class.”

In a recent op-ed piece in The New York Times, "One Classroom: Two Genders," Jennifer Boylan expressed her views on whether or not gender plays a part in classes, specifically college classes.

At first glance, some say "Of course not, you sexist!" But at another glance, we see the complete opposite.

how deep that dissimilarity is (the American Psychological Association for example, disagrees with my assertion, while others, like Dr. Tamara McClintock Greenberg from Psychology Today, agree), there are certain traits we can notice in our everyday lives.

Of course, some of these are social and cultural norms

Getting by with a little help from my friends

SHEHRYAR EFFENDI
Contributing Writer

It was 1 a.m. when I called one of my friends back home in Karachi, Pakistan. Hearing his usual greeting—more of a curse word—put a smile across my face. It made me feel like I was home.

High school friends are a blessing in disguise. No matter what your high school experience was like, I am sure that there will be one moment that each one of us will always hold sacred and cherish forever, be it prom night, a never ending crush, senior year, eating habits, plays, dramas, or any other experience that we might have had. It is now that I realize that high school will always hold a very important part in my life. It was where I made friendships that will last forever.

The transition from high school to college has been hard on us all, in one way or the other. It brought us all together from different parts of the world and spheres of life and although only two months have progressed, I believe each of us has been able to settle in quite well. However, the

past two months of friendship cannot be compared to the friends we all have back home because they know us better than anyone else. This friendship is something that cannot be broken no matter the distance or how long it takes to catch up.

Talking to a freshman, Grant Farrington, nutrition major, gave me an idea about how I wasn't the only one who felt that high school friends had a way of uplifting our spirits. Just those familiar faces, the random conversations, the carefree attitude and the perpetual comfort with which we can talk to our high school friends is solid evidence of a bond that will take time to build with our new college friends.

It is quite encouraging to see how easily we all, as freshmen, have transitioned into our new lives. We greet each other, we talk and we try hard to be friendlier than we actually are, which has brought all of us closer together. However, we all have our moments of highs and lows and at times we feel we are alone. We don't realize it, but it's these moments that can bring us closer together because it's something we all can relate to.

High school friends or friends back home

(for those who are out-of state) are those that

“We are never alone because it is these moments that actually bring us closer to each other.”

will always be there for you. They are the friends who know you inside out and accept you for who you are. They are the friends who can uplift your mood within seconds and they are the friends who can cure homesickness in the worst of times. And do you know the best part? They are now, thanks to technology, just a click away.

-opinion@fiusm.com

SEND US YOUR LETTERS

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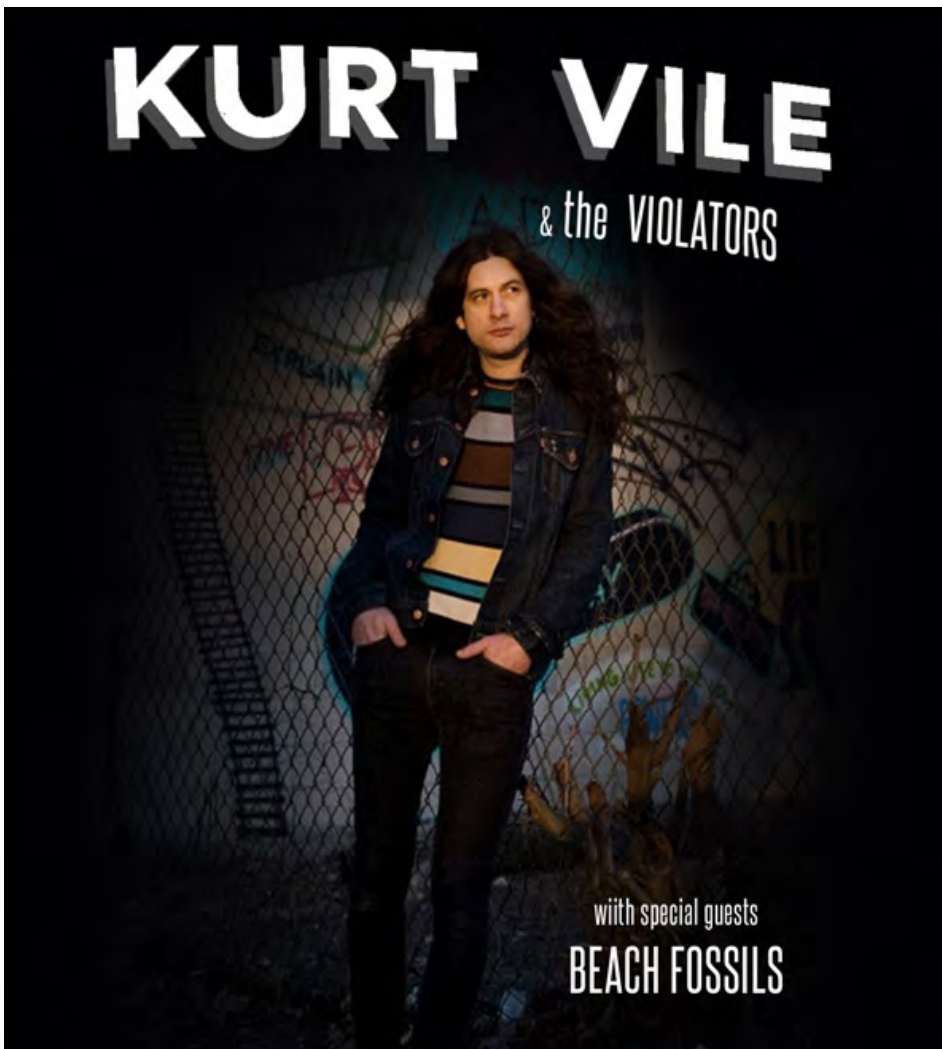
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Solo Kurt Vile makes a “grand entrance”



COLUMNIST

IN HER WORDS

MARIANA DIAS

this November 1. Opening bands include

“Kurt Vile’s music portrays introspectiveness, solitude, curiosity and a hunger for understanding.”

VBA and locals The Band in Heaven.

Kurt Vile’s *Wakin’ On A Pretty Daze* tour is an amendment to his west coast tour, which took place earlier this year. Miami is the 12th stop this fall, but the tour will cover the North American east coast, the UK and Western Europe until December. Touring with Kurt Vile and his

band is Brooklyn indie-rock band Beach Fossils, who will open for him at Grand Central among other stops.

Reigning from Philadelphia, Kurt Vile’s music portrays introspectiveness, solitude, curiosity and a hunger for understanding. His most recent album, “*Wakin’ On A Pretty Daze*,” emulates this perfectly and continues to receive positive feedback from listeners and the press. “*Smoke Ring For My Halo*” does not fall behind; it’s melodic portrayal of loneliness was embraced by the likes of Billboard Top 200.

Beach Fossils, on the other hand, could also be considered another main act for those who are fans of melodic lo-fi Brooklyn guitar; they’ve proven to promise a nostalgic experience, after they left me daydreaming last year at Primavera Sound. However, it will be interesting to see how the two bands will maintain a characteristic feel (I’m planning on wearing a long skirt) to the concert considering their differing styles.

The concert will be held Friday, November 1, at Grand Central in Miami. The doors open at 8 pm and tickets are \$15. Expect to leave wanting to grow out your hair and hit the road... forever.

-life@fiusm.com

Finding love before the holidays: Match me, please.com!

COLUMNIST

IN HER WORDS

DANIELA WALTER

We have all heard at some point a successful story about online dating websites. I have always been curious to find out more about this unique way on finding your

match.

After dating a guy for almost a year, things were over from night to day and the question in my head rose “Were we at any point matches at all?” I honestly could not figure things out, but I would not be dwelling on something I felt I had to let go.

The time to try online dating was here and socializing over wine and meeting someone new sounded like a pretty good idea to me. I didn’t think twice and I emailed the Life! editor with this naive “finding love before the holidays” concept, in which I would try out most of the dating websites and see how they would really work in real life, write a twice a month column on it and go on an actual date. The editor approved the concept after going into details on what this column would entail and that I would be doing it for the right reasons. So it began. I’ve registered myself in the first website that came to mind: Match.com – and the journey at the least has been quite unique.

First of all, I wanted it to be real as possible so after much thinking I registered myself with my real name. If I indeed wanted to find love before the holidays I would have to be myself and no one else. After a couple of hours I had the profile up, I received several e-mails, winks and

match.com Home Search Matches Connections Messages Events Profile Account

Welcome danielawalter

YOU'RE INVITED Game Night - Battle Of The Sexes November 7, 2013 | Game Night @ Bar Louie - Midtown VIEW ALL EVENTS stir events by match.com

danielawalter Wine writer and educator trying to find love before the holidays 100% profile completeness

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→ You have 4 unanswered questions in your profile.

6 PHOTOS:

24 year old woman Fort Lauderdale, Florida, United States seeking men 28-38 within 50 miles of Fort Lauderdale, Florida, United States

Relationship: Never Married
Have kids: No
Want kids: Someday
Ethnicity: Latino / Hispanic
Body type: Curvy
Height: 5'3" (160cms)
Faith: Spiritual but not religious
Smoke: No Way

PROFILE INSIGHTS:
Who viewed me (964) reset
Who favorited me (8)
Who liked my photos (37)

Your public profile view »

DANIELA WALTER/THE BEACON

potential seekers. Honestly it became too much to handle for the first day on it and at that moment I decided to put my cell phone on silent for the night. No wonder “one of five relationships start online” according to Match.com.

The next morning, I went to check the potential candidates and to have full access I saw that I needed to be a member, implying I had to pay. There are several membership packages but I have opted for the \$35.99 per a month of use. The website is quite simple and anyone can register for free, however to see anyone’s profile or use any of its tools such as winks you have to pay.

They base their match on your personal interest and what you expect from the other party. They literally match you with others and show you the compatibility percentage based on what you have disclosed on your profile; such as body type, education, income, have kids, want kids and so on. After a week with my profile up – more than 900 views and almost 200 emails, I had my first real date. Date Number One is in the same field as I am. To be more specific, he is a chef. I know, ladies, we all dream of dating one at some point.

I selected the place to meet him. If I was brave enough to do this it

needed to be where I felt comfortable and safe. I felt more nervous than I would admit to myself but after a glass of wine conversation flew easily. He is very eccentric, and I say that because to sunbathe he chooses to use coconut oil and refuses to use deodorant at all. I know what you are probably thinking, but the night ended when the establishment closed and I definitely had a great time.

Date Number Two was a sweetheart and he was brave enough to not only meet me for the first time but my friends as well. It was a great night but there was no chemistry between us.

Next up is Chemistry.com! As I like to think, the best road is the one that surprises you the most. Overall the website itself it is not bad, but the only thing it makes it more selective is the fact that you have to pay. More to come, guys!

- Daniela Walter is a Teaching Assistant to professors Chip Cassidy and Bill Hebrank of the Chaplin School of Hospitality & Tourism Management

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Panthers take on Conference leading Pirates

FRANCISCO RIVERO
Sports Director

After limping to a 1-6 start to begin the year, the FIU football team looks to salvage what's left of its season as they welcome Conference USA rival East Carolina.

The C-USA leading Pirates come to Miami with a record of 5-2 and a conference record of 3-1 and just having beaten Southern Mississippi by a score of 55-14.

Head Coach Ruffin McNeill understands that FIU is not a team to take lightly and that under the guidance of Head Coach Ron Turner and his pro-style offense the Panthers will be quite the challenge.

"He's been on all levels, from the NFL to the Big Ten. He's implementing his personality into FIU with a pro-style offense, four down linemen and a multiple defense with even-type fronts, which have a lot of movement, stunting and blitzing up front," McNeill said in a press conference via ECU Athletics. "He's trying to convert FIU from more

of a quarterback-running, zone-read type offense to what he wants as far as the pro-style. He has open sets, but he has more closed sets than we've seen this year with dual tight ends, two [running] backs, wings and trying to out-leverage you and gain advantages by personnel and formations."

The Panthers will have to deal with a Pirate team that averages 37.1 points a game which seems like a recipe for disaster seeing how the Panthers allows exactly the same amount of points per game.

East Carolina comes to FIU with 748 yards rushing, most of which are from senior running back Vintavious Cooper who has 555 yards and five touchdowns on the season.

Meanwhile, the numbers for FIU are not as promising.

The Panthers have only been able to collect 518 yards of rushing in seven games this season. The Panthers leading rusher so far this year has been Silas Spearman III, who has rushed for a total of 287 yards and three touchdowns.

The FIU rushing game has been a consistent issue among other things this year

as the Panthers have only been able to average two yards a carry.

When it comes to the passing attack for both teams, the Pirates once again have the upper hand as they average 340 yards a game. East Carolina is led by junior Shane Carden who has 2,325 passing yards and 16 touchdowns on the season.

Compare those numbers to the Panthers, who have only 1,016 yards and six touchdowns between both Jake Medlock and E.J. Hilliard combined. Panthers' starting quarterback Medlock is having a rough senior season having thrown six interception and only four touchdowns on the year.

On the opposite side of the field it doesn't get any better for the Panthers as they have allowed 32 touchdowns this season.

The front pressure for FIU has been the one bright spot on this Panther team as they have racked up 11 sacks on the season led by senior Greg Hickman who has 3 sacks on the year.

The Pirates aren't afraid to bring the pressure as they have ransacked opposing quarterbacks for 20 sacks this season.



BEACON FILE PHOTO

The Panthers and senior quarterback Jake Medlock (above) look to upset conference USA leaders East Carolina this weekend.

East Carolina's aggressive defense is led by senior defensive end Lee Pegues who has four sacks so far this year and will be looking to add on against FIU.

The Pirates' pressure on opposing quarterbacks has also helped out their secondary play as East Carolina has picked off opposing offenses eight times this season. Senior

defensive back Damon Magazu leads the secondary of the Pirates with three interceptions on the season.

For McNeill, he understands the importance of winning and having all three phases of the game come together as one complete unit.

"To accomplish our goals for the season is going to depend on us playing great complementary foot-

ball on all three sides of the ball," McNeill said. "If we can put together a series of plays, where we are all three working as one, I think that will be key. That's where we are with our team. We're looking forward to the challenge and getting back on the road. This will be a five-week regular season schedule."

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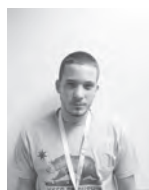
What future opponents should take away from Panthers' basketball exhibition win



BEACON FILE PHOTO

After another impressive showing from senior guard Jerica Coley (above), the FIU women's basketball team looks primed to make a run at the NCAA tournament.

COLUMNIST



RUBEN PALACIOS

B e w a r e !
Jerica Coley appears to have gotten even better in the offseason.

The senior guard just couldn't wait for the regular season to start to make a statement. Coley, a two-time All-American and Conference Player of the Year, netted 45 points in the Panthers' preseason opener against Nova. If this was a regular season game, Coley's 45 points would have shattered her previous career high of 39. Coley, who shot 14 of 27 from the floor and was 13 of 16 from the free-throw line, also posted five rebounds, two assists, two blocks and three steals.

It's beyond ridiculous that Jerica Coley could improve upon last year's performance. I mean she broke nearly every offensive single-season record FIU had, including most points scored in a season.

Last year, she could never quite reach the 40-point plateau, and not because she didn't try, she netted 39 points on a number of

occasions.

The win against Nova also suggests that senior Marita Davydova's game has not dropped off one bit from her standout performance last year. The center registered a double-double with 17 points and 13 rebounds. Davydova is the x-factor on this squad. She will be the one that needs to step up in order for this team to reach the postseason for the third consecutive year.

Davydova, though, needs to improve her shooting. When all your shots come close to the basket, a 5 of 13 shooting night is downright unacceptable. If she can manage to shoot at least 50 percent from the field, her presence will almost equal that of Coley's. Davydova's upside is on the free throw line, she netted 7 of 9 attempts, a feat very rarely achieved by centers.

Now Coley and Davydova were bright spots in the Nova game, but that was expected. The rest of the team, though, didn't really impact the game like a good supporting cast should. Coley and Davydova combined to score 62 of the team's 75 points, and no else had more than five points on the night.

The star duo combined to shoot 19 of 40 from the field which translates to 47 percent, not bad. The rest of the team combined to shoot 5 of 21 from the field translating to 23 percent, which in case you didn't know is awful.

Another knock on this team following this matchup, and yes I know it was a preseason game, is the lack of outside shooting.

Head Coach Cindy Russo has always said her team is not the best outside threat and that they should just not shoot outside shots. Well, against Nova the squad shot 4 of 10 from behind the three-point line with all four makes coming from Coley. Now, I have to point out that Kamika Idom, one of the better shooters on the team, did not play in the opener.

It was just a single preseason game, but the win against Nova said a lot about this Panthers squad. Most of it we already knew, Holy Coley and Davydova are still awesome, the supporting cast needs to be a little more supportive and Idom's return will only help the lack of outside shooting.

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The playoffs are here; how will FIU fare

COLUMNIST



GIANCARLO NAVAS
the moments that build legacies.

Playoffs are upon us! It's the best time of year in any sport and the moments that build legacies.

And the best part of all is that the Panthers are right in the thick of it all, the Conference USA Tournament. Sporting a first place Eastern Division Conference record (that's a mouthful) a 7-10-0 overall and 5-4-0 record in C-USA has them on top.

But what does that number one seed get the Panthers? What can a sub .500 team really do in the postseason? All lingering questions that surround this Panther team and, once upon a time, the uncertainty would probably be the standout issue. Not anymore, however.

FIU has been consistent as of late, since the 4-0 win against Old Dominion, to be specific.

The Panthers have posted a 5-3-0 record since their 2-7-0 start and have found stability. Junior Ashleigh Shim has been on a tear, scoring in all but one of the five wins since the Old Dominion game, even having a two goal game against Rice University.

Another point of consistency for FIU has been its goal keeping and defense. Through the first nine games of the season, the Panthers allowed 22

total goals. Through the following eight, they have only allowed 12. Only 12. Compared to 22. It's kind of astonishing, I know, but this Panther team has come into its own defensively.

Paula Zuluaga, the redshirt junior, has been a rock defensively, leading the FIU defense to vast improvement. As a field player turned goalkeeper, she has risen to the occasion. Shim has described her as very aware and always ready.

Looking towards the playoffs, FIU seems primed for a run. A much improved defense and a consistent scoring threat can carry the Panthers through the championship tournament in Houston.

The playoff picture is still murky, but with one game remaining on the schedule, it's safe to assume the standings remain somewhat the same. Considering the current two and three seeds play Old Dominion and Florida Atlantic, two of the C-USA bottom feeder teams, the standings shouldn't move very much.

If the playoffs were to begin today, FIU would play East Carolina (7-8-3 and 4-4-1 in C-USA) in the opening round. And while ECU did beat FIU earlier this season 2-1, it was a very close game and one that the Panthers let slip away in overtime.

It's a winnable game for FIU and one that I feel that they should win. In the 2-1



BEACON FILE PHOTO

As the season comes down to a close the FIU women's soccer team looks to make some noise in tournament play.

overtime loss to ECU, the Panthers outshot ECU by 14 total shots. The ECU Pirates only managed to get one solo shot in the second half.

The Panthers lost that game despite showing signs of being the better team. It was palpable that FIU had no business going into overtime that night. Soccer is very cruel like that, though – the best team sometimes doesn't always win due to the little scoring.

Basketball, unlike soccer, has so much scoring that it acts almost like a correction variable in math. Lesser teams cannot sustain bad play for as long in a sport where there is constant change. If a good

team is just missing shots for five minutes it usually won't hold up throughout 48 minutes of play in which nearly 60-70 shots go up.

Soccer isn't that way. FIU having 20 shots is an inordinate amount of shots for a women's soccer game. And only converting on one is just pure luck and randomness in respect to the ECU game.

With a beatable first round opponent, the Panthers would roll into the semifinals to face either the University of Alabama at Birmingham or the University of Charlotte. Both are very good teams; Charlotte beat FIU early in the season to hand them the dreaded 2-7-0 record.

However, after that loss, the team took on a different life. It went, as mentioned before, 5-3-0 and nabbed the number two seed (tied with UAB) in the East Division of C-USA since that loss. It's a team I'm sure FIU would like a rematch with. After being much improved the results may change.

The other team would be UAB, which FIU upset earlier in the season in dramatic fashion with a 3-2 overtime win in Birmingham. It stands to be the signature win of the season as they beat the 9-4-1 Blazers at the time. It was also the win to seal first place in C-USA for the Panthers.

UAB has lost just one game since that loss to FIU leading them to stand at 11-5-1. They are formidable, but have lost to FIU. It would make for the most dramatic of rematches if these teams were to face off in their division finals.

It feels almost like it should be: the team with the most points in the East Division (FIU) versus the team that needs to beat them for the number one spot (UAB).

The playoffs are upon us!

We don't know who will win, what will happen or who will step up. We do know it's going to be great.

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Beckham picks Miami for MLS franchise team

ROB HARRIS
AP Writer

With his playing career over, former England captain David Beckham has decided his next move: starting a Major League Soccer team in Miami.

Since leaving the Los Angeles Galaxy in December, and retiring from the game after a subsequent five-month stint at Paris Saint-Germain, Beckham has been mulling over the location for his MLS franchise.

Beckham has now made up his mind and he would pay a discounted rate of \$25 million to start an MLS expansion team in Miami, a person with knowledge

of the situation told The Associated Press on Tuesday. The person spoke on condition of anonymity because plans for the team aren't being publicly discussed yet.

The option of becoming a team owner was included in the MLS contract Beckham signed when joining the Los Angeles Galaxy in 2007.

"We know that Miami is one of the most passionate soccer markets in North America," MLS Executive Vice President Dan Courtemanche told the AP. "We have met with David Beckham regarding ownership of an expansion team, and we look forward to David one day owning an MLS club."

There are currently 19 MLS

teams, and league commissioner Don Garber hopes to expand to 24 teams by the 2020 season. A 20th team is already in place to begin playing in 2015 after Premier League club Manchester City and its partner, the New York Yankees, paid an expansion fee of \$100 million to launch New York City FC.

The MLS still has to give Beckham the go-ahead to make Miami the location of the franchise.

Beckham is looking to raise several hundred million dollars of investment to fund the setup costs, including putting together the squad of players and building a stadium.

Beckham's business partner

Simon Fuller, the "American Idol" creator who is the driving force in franchise negotiations, will be a significant shareholder, the person familiar with the situation said. Beckham is looking to sell stakes in the team to other investors, and has already had expressions of interest from businessmen globally.

Beckham hopes the team to debut in three years, which would likely require the franchise to initially play in an existing venue.

In June, Beckham toured the Sun Life and Florida International University stadiums and met with Miami-Dade County Mayor Carlos Gimenez.

University officials delivered a presentation to Beckham

and Marcelo Claure, president and CEO of Brightstar Corp. and a member of the FIU Board of Trustees, explaining the draw of a professional team in Miami.

Before deciding on Miami as the franchise location, Beckham explored options in other cities, including Montreal, San Diego and Orlando, the person said.

Miami has had a Major League Soccer team before. The Miami Fusion held matches in Fort Lauderdale from 1998 to 2001, before shutting down because of poor attendance.

As a former Manchester United, Real Madrid and AC Milan midfielder, Beckham hopes his star power will make a team work there.

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New study looks further into music's effect on workouts

REBECA PICCARDO
Assist. News Director

When it's time to hit the gym, a new study has shown that the best way to get a good workout is to make music.

A recent study from the National Academy of Sciences indicates that "making music makes strenuous physical activities less exhausting."

Previous studies have already proven that listening to music can alter a person's workout results, such as matching the tempo of the music with exercise.

Warren Shaw, assistant director of the Biscayne Bay campus recreation services, said that music is a huge component in everything that they do at the recreation center.

According to Shaw, if a song with a slower tempo came on the music station that usually has fast-paced music, it would disrupt people's workouts.

"You can see people stop and look around, confused," said Shaw.

The type of music that is played also determines who attends certain classes at the rec center.

Ratasha Iribarren, a junior and journalism major, works at FIU recreation services as a fitness instructor and personal trainer at Modesto Maidique campus.

At the beginning of each semester, she constructs a special playlist for each class.

"Each song has a number of beats per minute (bpm) that compliments the types of exercises I want to teach in those three to four minutes," said Iribarren.

This semester, she is teaching "Ultimate Abs" and "Tighten and Tone" classes, so she keeps the music at a bpm of 130.

But for a high intensity cardio class, a faster bpm, between 136 to 160 bpm, motivates the participant to move faster during the sequences.

According to Iribarren, she tends to choose top 40 songs because people are motivated by music they are familiar with.

"When you know the song and it's a song you like, it creates a sense of empowerment, so that you can really go hard for that half hour, 45 minute or one hour class," said Iribarren.

In her personal workouts, Iribarren finds it difficult to accomplish as much without music.

"Whenever I forget my headphones, it almost discourages me from working out because I know I'm not going to be in my zone."

In a The New York Times article, Thomas Hans Fritz, the lead researcher of this new study, explained

that music instigates movement that is almost unconscious, thus causing less conscious physical strain.

However, music may not be ideal for all workouts.

Jessica Pascual, a sophomore studying criminal justice, works out five times a week, doing an hour of strength training and a half hour of cardio each time.

According to Pascual, music disrupts her strength workouts, because it distracts her from keeping track of the sets and repetitions.

"When I'm lifting weights, I don't listen to music because I find it too distracting and I find myself synchronizing my repetitions to the beat of the song," said Pascual.

However, the same subconscious synchronization that disrupts her strength training is what Pascual finds helpful in passing the time while doing cardio.

"When I listen to music while doing cardio I kind of tend to forget about the 'pain' I'm enduring," said Pascual. "It makes the cardio more enjoyable."

This new study measured the "psychologically indicated exertion during physical workout" with and without music.

Other students also find that music is beneficial when doing cardio workouts, such as running.

REGGAE TIME



FRANCESCA ANCHELLA/THE BEACON

Reggae duo Alexiz and Fido perform during the Pachanga by the Bay concert.

Melissa Perez, a junior and psychology major, who used to run track and cross country in high school, finds that playing music and singing along to it distracted her from getting tired more quickly.

"My best friend and I would put music on our phones out loud when running and it would be fun because sometimes we would sing along and it distracted us a bit from the horrible length of our run," said Perez.

According to Perez, although singing while running did make her short of breath, playing and singing music helped pass the time.

Genesis Zambrano, a senior majoring in music education, isn't surprised that there is a correlation between making music and workout efficiency.

"Creating inspires people to enjoy doing more," said Zambrano. "Not to mention that the same correlation can be

seen in other disciplines when you find an enjoyable way to do what you 'have' to."

Unlike previous studies that had shown how music affects the perception of exhaustion when conducting strenuous activities, this new study aims at understanding "the role of music in the emergence of human society."

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Record number of green sea turtle nests counted

AP STAFF

Florida wildlife officials are reporting a record number of green sea turtle nests.

More than 25,000 green sea turtle nests were counted on 26 state beaches this year, more than twice the previous record, Florida Fish and Wildlife Conservation Commission biologists said Wednesday.

"We are astounded and pleased

by the high number of green turtle nests documented in 2013," said Blair Witherington, a researcher with the commission. "It looks like the years of conservation efforts for this endangered species are paying off."

The commission has been monitoring sea turtle nests on specific "index beaches" spanning nearly 250 miles since 1989. Researchers use the surveys to identify nesting trends, and the

data complements annual surveys of nesting on nearly all sandy beaches in Florida.

In 1989, only 464 green sea turtle nests were documented. The count from the index beaches represents about 70 percent of green turtle nesting statewide.

Researchers say leatherback sea turtle nests also have risen dramatically since 1989. However, the tally for leatherback nests this year was 322, with 193

fewer nests than 2012's total.

The number of loggerhead sea turtle nests also is down from last year, with 44,810 nests counted compared with 58,172 in 2012. Researchers say loggerheads have not recovered as much as other sea turtle species, and last year's high tally followed a pronounced drop between 1998 and 2007.

The loggerhead is threatened and the green and leatherback are endangered, but all sea turtles are

protected by the federal Endangered Species Act and the Florida Marine Protection Act. It is against the law to touch or disturb nesting sea turtles, hatchlings or their nests.

Nesting season in Florida runs from March through October on the Atlantic coast, and from May through October on the Gulf Coast.

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