

Garcia hopeful for future of athletics

PATRICK CHALVIRE
Staff Writer

The athletics department is looking to revamp its style one sport at a time, and after a disappointing football season, a new era in basketball is already taking shape -- and it has nothing to do with the team.

After an offseason that included a change of staff, the basketball program unveiled a South Beach style during the team home opener: cabanas and suites, a beach-themed court and sponsorships from Lime Restaurant and Fontainebleau Miami Beach.

The dream of changing athletics' style has been in the works since 2012, while Executive Director of Sports and Entertainment Pete

Garcia and the basketball team were in Hot Springs, Arkansas for the Sun Belt Conference tournament.

"I was thinking of 'What can we do to create a couple different things?'" Garcia said. "South Florida, we gotta admit, is an event town. We were in Hot Springs, Arkansas and I started asking the people, 'When we say South Florida, what do you guys think about?'"

The response? South Beach.

The cabanas and suites at the Lime Court at the US Century Bank Arena have and will continue to bring in profit for athletics. Going at \$15,000 each, both Fontainebleau suites, above the student section, are sold out for the rest of the season, a first for the University.

"We're getting \$35,000 a year

just to put their name there," Garcia said about the Fontainebleau partnership. "Lime is giving us \$25,000 a year to put their name on there. We're making money on this."

The white cabanas located opposite of the suites are sold at \$1,000 a game and can be bought by anyone willing to get the Nikki Beach-feel during a college basketball game.

Sections on the Lime Court will also be changed to represent well-known streets like Alton Road and Ocean Drive.

For organizations and programs in the Magic City, it can be tough to attract fans to Miami with different activities constantly taking place.

With just three home games

SEE GARCIA, PAGE 7

MARTIAL ARTS MADNESS



MARIA LORENZINO/THE BEACON

Rebecca Fernandez (above), senior in international relations and member of the Jiu-Jitsu club, showed off her martial arts skills to other students during a presentation in the pit.

College of Medicine to offer physician assistant program

SIMONE GARVEY-EWAN
Staff Writer

The Faculty Senate approved a Physician Assistant Program to lead a master's in physician assistant studies at the Herbert Wertheim College of Medicine that is set to launch August 2015 with an estimated 45-50 inaugural students.

Pete Gutierrez, director of the program, has stressed the need for individuals to have a master's in the field.

"The demand for physician assistants is becoming extremely high and by giving students the opportunity to receive a master's in the field, it makes them more marketable," Gutierrez said of the program, which will be 182nd in the nation.

Physician assistants practice medicine under the supervision of physicians and surgeons,

examine patients, diagnose injuries and provide treatments. According to the Bureau of Labor Statistics, the employment increase for physician assistants is expected to hike 30 percent from 2010-2020.

According to Jessenia Pomares, program

"It makes a student proud to say that their school is constantly expanding and improving."

Brittany Williams
Senior
Chemistry Major

coordinator of the master's Physician Assistant Program, there are currently 528 PA jobs available in Miami alone.

"The PA workforce rose from 250 jobs in 1970 to 75,000 in 2010 with PA's working in all areas," she said. "There's a huge demand in this field."

Students are required to have a bachelor's degree with an overall grade point average of a 3.0 with a 3.5 in science classes. The subject area of the bachelor's doesn't matter as long as students meet the prerequisite requirements.

"It is not mandatory to have previous experience in the medical field, but it will help your application. They're going to ask for four letters of recommendation from either doctors or PA's, you need to take the [Graduate Record Examination] and the application will be done through [the Central Application Service for Physician Assistants]," said Pomares.

Erika Young, a junior majoring in biology said she is very familiar with the physician assistant path, having worked for a doctor's office

with a physician assistant as her supervisor.

"Everything like calls -- if the patient had a question -- and even when they came in got directed to the physician assistant," Young said. "Honestly, this was something that I was talking about. I found myself wanting to be a physician assistant only because those are the ones who usually have direct contact with patients."

The College of Medicine held an open house at the beginning of this year where about 400 students present and interested in the all new PA program attended. According to Pomares, this number has more than tripled and the inquiries are now thought to be over 1,500.

"This is the second time I've heard of the College of Medicine expanding one of its programs. It makes a student proud to say that their school is constantly expanding and

SEE MEDICINE, PAGE 2

Cram Jam to feature massages, puppies and midnight breakfast

ARIEL WEINSTEIN
Staff Writer

As the festivities of the upcoming holidays are quickly approaching, so are the endless hours of studying for final exams as the semester comes to an end.

In an attempt to lessen the stress load on students over their exams, the University has established a series of two one-week long stress relieving events formally called Recharge for Finals, formerly known to students as Cram Jam.

"The importance of [Cram Jam] as a program lies in its emphasis towards engaging the general student body during finals week in fun, stress relieving activities," said Tiffany Roman Biffa, sophomore international relations major, executive

assistant of Modesto A. Maidique Campus' Student Government Association and chairperson for the Cram Jam committee.

The first week of Cram Jam is pre-finals week, lasting from Dec. 2 to Dec. 8.

During this week, hot tea and ten-minute chair massages, sponsored by the University Wellness Center, will be provided from 11 a.m. - 2 p.m. every day in the Green Library.

Cram Jam then continues into its second week, which begins the start of finals, with different events each day.

On Monday, December 9, there will be continued chair massages by the University Wellness Center, SGA tabling and the main Cram Jam event: the midnight breakfast provided by Aramark that will

take place in the dining hall at Fresh Foods Company.

Last year, approximately 900 students showed up to the door of the University dining hall, the Fresh Foods Company at MMC and the Midnight Breakfast in the ballrooms at Biscayne Bay Campus. The breakfast lasts from 11:45 p.m. to about 1:00 a.m.

The events continue throughout the week with sponsors such as Aramark providing Dunkin' Donuts treats, grab-and-go bags provided by the SGA and a therapeutic event called Pet-a-Puppy where students can interact with various breeds of dogs in the Graham Center lawn.

Sofia Rodriguez, a sophomore

SEE CRAM JAM, PAGE 2

Wyche sentenced to over 25 years

BRANDON WISE
Editor-in-Chief

Quentin Wyche was sentenced to 20.5 years in prison for the murder of Kendall Berry in 2010.

Wyche, 25, was convicted of stabbing Berry with a pair of scissors outside the Recreation Center on Modesto Maidique Campus on March 25, 2010.

During the case, Wyche had claimed self-defense and asked a judge to throw out the case under Florida's "Stand Your Ground" law.

On Sept. 11, Wyche was found guilty of second-degree murder with a deadly weapon by the jury after a one-hour deliberation.

Berry led the team in touchdowns the year before his death.

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WORLD NEWS

Secret US-Iran talks set stage for nuke deal

The AP has learned that at least five secret meetings have occurred between top Obama administration and Iranian officials since March. Deputy Secretary of State William Burns and Jake Sullivan, Vice President Joe Biden's top foreign policy adviser, led each U.S. delegation. At the most recent face-to-face talks, they were joined by chief U.S. nuclear negotiator Wendy Sherman. It was at the final get-together that the two sides ultimately agreed on the contours of the pact signed before dawn Sunday by the so-called P5+1 group of nations and Iran, three senior administration officials told the AP.

Egypt's president issues law restricting protests

Egypt's interim president on Sunday banned public gatherings of more than 10 people without prior government approval, imposing hefty fines and prison terms for violators in a bid to stifle the near-constant protests roiling the country. The new law is more restrictive than regulations used under the rule of autocrat Hosni Mubarak, overthrown in Egypt's 2011 uprising that marked the start of unrest in the country. Rights groups and activists immediately denounced it, saying it aims to stifle opposition, allow repressive police practices and keep security officials largely unaccountable for possible abuses.

For more world news, check out FIUSM.com.

CORRECTIONS

In reference to Vol. 25, Issue 39, the article "Student Government Association exploring fee for Maritime Science Technology Academy," and Vol. 25, Issue 40, the editorial "MAST students need to pay up for facilities," we want to clarify that it has not been proven that MAST students use the Recreation Center or any other student service. According to Vice Provost Steve Moll, their FIUOne cards give them limited access to services and do not permit them to use the Center.

The Beacon will gladly change any errors. Call our UP office at 305-348-2709 or BBC at 305-919-4722.

School of Music to play benefit concert alongside Miami-Dade County grant recipients

CAMILA FERNANDEZ
Contributing Writer

The School of Music will welcome Miami-Dade County elementary and secondary students on December 5 into what could be their very first spotlight concert performance.

Lead by the University's music education students for the Collegiate National Association for Music Education, not only will the youngsters have the opportunity to perform at FIU's Herbert and Nicole Wertheim Performing Arts Center, but they will also leave with a grant that is expected to help their school's music program.

According to Collegiate National Association for Music Education student officers, the grant was raised solely on donations.

With a poster asking "Do you love music?," music education students have offered pastries and a chance to play sets of drums for a one dollar donation Fridays at the Graham Center.

Some have even played instruments of their own to attract the passersby.

"One time I played Rhapsody in Blue by George Gershwin, and a student came up to me all surprised. He told me how awesome I was and

was quick to donate," said David Aguiar, music education sophomore.

On concert day, the audience members can donate a suggested \$5 since the concert is free and open to the public.

The two schools that applied and were selected as the recipients with the greatest cause were Aventura Waterways K-8 Center and the Academy of International Education Charter School.

According to Collegiate National Association for Music Education's President Jessica Suchecki, they were able to raise \$500 which will be split between the schools.

"It's really inspiring to us as music educators to see that we are doing something for them and that they have it in them to participate in music, because that's all we really want to do – share our love of music with the students."

Nathalie Lopez
Secretary
CNAME

"We have to coordinate all of this ourselves. It's a learning experience – we learn how to put on a concert and we give back to the community," said Suchecki.

Advisor and professor

Cathy Benedict said schools' budgets do not allow them to continue to grow their new music programs.

Collegiate National Association for Music Education Secretary Natalie Lopez said that they hope to expand the grant to assist more than just two schools or to give the winning school more money for more resources.

She thinks this donation will inspire the students and give them more options and abilities to participate in music. This year, both schools asked for percussion instruments.

According to Suchecki, several questions are asked to

their applicants to help choose which school has the greatest cause. One of the questions that was asked was how their ensembles affect the community. Many of the schools responded that they have many

English Language Learners, so for Suchecki, music is getting everyone to participate together.

"We are at the southernmost point of the school, bordering the fair. Incoming students aren't even able to visit the school during their tours," said Aguiar.

The evening's performances will include University music students, faculty and the grant winners' repertoires.

There will also be a special joint performance with the winners and the music education students of Collegiate National Association for Music Education. They will play "I Just Can't Wait to Be King" from "Lion King."

For the music education students, it is fun to see all the energy and excitement that the youngsters bring. Since they are to perform in such a great concert hall, they hope to leave a memory that will last them a lifetime.

"It's really inspiring to us as music educators to see that we are doing something for them and that they have it in them to participate in music, because that's all we really want to do – share our love of music with the students," said Lopez.

-news@fiusm.com

College of Medicine expands with physician assistant program set for August 2015

MEDICINE, PAGE 1

improving," said Brittany Williams, a senior chemistry major.

The PA program will be

required under the Accreditation Review Commission on Education for the Physician Assistant to have their own courses. In other words, because the program is so concise, there is no room or time for general courses. Most

classes are tailored for the program.

The subject areas that are expected to be covered go into every division of medicine, for example, anatomy and physiology, family medicine, geriatric medicine and pediatrics.

"I'm glad a higher level degree is being offered in this field. It's definitely a good look," said Williams.

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University eases students into finals week

CRAM JAM, PAGE 1

majoring in advertising, participated in the Cram Jam event last year.

"There were puppies to play with and it just got my mind off of everything because the puppies were so cute and playful. It is very therapeutic being around dogs in stressful times," Rodriguez said.

In addition to making time for relaxation, GC will be making more time for studying.

From December 6 - 8, the computer labs in GC will have extended hours, allowing students to come and go as they please.

"The main goal of the program is to provide students with tools to succeed in their final exams," Biffa said. "Everything in the program is geared to relieve the stress of students during finals week... for example, the chair massages in the pit which were introduced to the program with the purpose of offering students a few moments of relaxation before or between their exams."

Victoria Suess, a sophomore majoring in elementary education, said she appreciates the midnight breakfast.

"It gave me a lively atmosphere where I could de-stress from all the studying and just hangout with everyone for a little

while," Suess said. "Plus, finding time to cook food while studying is kind of hard to do, so the midnight breakfast provided a somewhat nutritious meal of real food, not just ramen noodles and chips."

"Cram Jam is effective in offering students with numerous resources, such as additional studying space, food and stress relieving activities. Nonetheless, there is always room for improvement. Therefore, for next semester, the plan is to make the program more interactive and fun for our MMC students," Biffa said.

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Stop trying to make Brown Thursday happen

EMILY LLERENA
Contributing Writer

Students at FIU do not approve of major retail stores opening on a holiday such as Thanksgiving Day. Most students think the stores should respect the meaning of the holiday and stick to the traditional 4 a.m. sales on Black Friday.

Black Friday is a day designed for penny-pinching shoppers who will sacrifice their sleep to purchase the latest DVDs for cents or a brand new television. This year, these huge companies decided to make more money by extending their hours for Black Friday to overlap on Thanksgiving.

“There is no respect for Thanksgiving anymore. It is only about the sales,” says Lianna Saldana, junior broadcast media major.

Target, Macy’s, JCPenney, Sears and Kohl’s announced that this year their blockbuster sales begin on Thanksgiving Day, at 8 p.m. Walmart and Best Buy open at 6 p.m. Toy’s R US opens at 5 p.m. But the retail

store that takes the cake is Kmart, opening the morning of Thanksgiving and remaining open until noon on Friday. This new event has a name: Brown Thursday.

“Thanksgiving should be spent with family, not scanning items at the checkout.”

The color brown perfectly matches the aura of this fake event: horrible, disgusting and should be flushed down a toilet. Students believe that employees from these retail companies are the ones that are being flushed.

Thanksgiving should be spent with family, not scanning items at the checkout. This year, employees sacrifice their family time for overtime. Instead of filling their stomachs with

turkey and pumpkin pie, employees plan to restock shelves and control the rush of angry shoppers.

Junior theater major Juan Alfonso says, “These companies deprive the employees from their loved ones on this holiday.”

The employees of these major retailers are obligated to show up on Thursday — but this obligation is not extended to the public. Without people to buy the advertised bargains, companies would have no a reason to open on Thanksgiving.

When asked if they will be shopping on the 28, most students said they would not.

Abandoning their family traditions to shop is not something they plan on doing.

Junior digital media major Richard Lawrence says, “The problem is that the more we shop, the more reason these retailers have to open for these times. If we don’t show up on Thanksgiving, there will not be a Brown Thursday next year.”

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THE BEACON | Editorial

New security alert system being released too soon

As students, we have been told that, by the end of November, FIU would be launching a “new and improved” alert system that would help keep members of the University informed of on-campus emergencies.

As previously reported by The Beacon, the new emergency alert system will “allow for the integration of the separate communication platforms to allow for a more efficient, faster and automated activation,” according to Amy Aiken, director of the Department of Emergency Management.

We were told that the testing period for the new emergency system would take two weeks and would officially launch soon after.

It is now Nov. 27, the end of the testing period, and we are still very much concerned this new emergency alert system is not quite ready to be launched.

Our reasoning behind this is due to a recent alert that was sent out saying “All clear, all clear,” although no one knew exactly what this was referring to. This, of course, created mass confusion throughout the campuses until FIU’s Twitter account sent out the following message: “@FIU: Panthers, we apologize for the most recent alert. It was sent in error while testing the system. Everything is fine and there was no danger.”

Granted, this error occurred during the two week testing period. However, the problem with this is that we are now entering the final week of November.

There should have been a warning of some kind sent out to the University that this test was going to be taking place at this time as not to cause the panic that it did.

That could’ve at least curbed the frustration that people had when they received a text, email, Facebook post, and tweet with an “All clear, all clear.”

In all, we hope that the new emergency alert system will have all its bugs sorted out by the time students return from their Thanksgiving break.

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Course availability and the working adult

GIOVANNI VELASCO
Contributing Writer

As I near the end of my journey here at FIU, I have some great lasting memories of what this university has given me. I have had great professors and wonderful classmates who have all helped me get one step closer to achieving my dream of graduating.

I can sit here and write for hours of how great of an honor it has been to learn and study at FIU, but I would be lying if I only shared the good. One area of improvement this university needs to address immediately is course availability for the working adult.

That might not make sense to most, but as a 41-year-old married father of two who works full-time, it has been the greatest source of my frustration at the beginning of every semester.

I began taking courses at FIU after transferring from Miami-Dade Community College in 1999 and quickly realized that, unless courses were offered at night, my dream of graduating as a journalist might take years to achieve.

I have had to wait several semesters to take

certain courses because they were only given at night as — in after 6 p.m. — once a year. When I would ask my advisors what can I do or who can I speak with to share my dissatisfaction, I was told school should come first and work should come second. I must have forgotten to mention to that person the mouths I have to feed and the mortgage I have to pay.

Yes, I have been taking courses on and off for the last 14 years simply because I have had to choose between work and school... and, well, work always won. If it were not for my supervisor at work who understood my plight and allowed me to come work late or leave early, who knows if I would have continued towards my dream.

Is there an answer to this problem which I am sure many share: surely more online courses or hire professors who will simply teach at night?

I know money will always be an issue because there can only be so many courses available each semester and so many professors that can teach those courses at night. So if it takes money to get this done, so be it. I

wanted this so badly that I was willing to pay more to take online courses, but the opportunity was simply not there.

The world is changing and there are more working adults that are returning to college to better their lives, so shouldn’t FIU step up to the plate and find a way to help accommodate the schedules of these working folks?

“Shouldn’t FIU step up to the plate and find a way to help accommodate the schedules of these working folks?”

My dream is weeks away! My hope, though, is that others will be given the opportunity to fulfill theirs.

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The importance of public design in regards to FIU’s growth

DANIEL IRIGOYEN
Contributing Writer

I am glad to say that in my three years at FIU, I have experienced how it has managed to grow in numbers and academic opportunities that are offered to the students. This boon does not only benefit FIU and its students, but the larger Miami area. A special eye must be placed on Sweetwater, our neighbor to the north. The University’s partnership with Sweetwater is visible not only in leadership, but also on the student level. The Honors College and medical program work closely with the community, offering students the practical experience required to be useful once they enter the real world.

The long-term future for that city is heading towards becoming a college community — an extension of the University in terms of student presence and opportunities. What one might think of Sweetwater’s political leadership is beside the point. They have been smart in gearing themselves to become a destination for college students, the surrounding community and the opportunities that both can bring to the area.

A word of caution must be inserted here. Despite all talk of partnership, growth, and vibrant communities, FIU has not been smart about creating meaningful growth. Think about it. On the one hand, the City of Sweetwater is pushing to rezone itself in favor of mixed-use development (a

fancy way of saying neighborhoods with both shops and residences). On the other hand, FIU has almost moved the opposite way and divided its uses to the point that it stimulates little meaningful interaction among its variety of students. I ask, what is the point of trying to create a vibrant community with an adjacent city if FIU has not been good at doing just that on its own?

Public environments, especially here in the United States, are one of the most important barometers and catalysts of good civic engagement and interaction. The ability of these environments to create and stimulate communication between citizens is crucial to building good communities, formulating good ideas and

creating meaningful progress. Let us look at the design of FIU thus far. The medical program is in one corner of the campus. The business school has its own little enclave next to the law building. Housing is a concentration camp where few of the University’s commuters ever go. A new Student Academic Support Center is planned to be built to the east of the Blue Parking Garage (nowhere near any sensible location). Also in the pipeline, separate plans for a transportation hub and a community clinic are being envisioned on the same tract of land north of PG-5 (oops).

At the moment, the University’s leadership is drafting the long-term goals that FIU will follow moving forward. I urge students to contact

these individuals and express the need for sensible growth. FIU cannot ignore the importance of public design in its goal of becoming a leading urban public research university. Improving the way our structures — planned, under construction or already built — are used will not only give the University a better sense of community, but will also improve the thought processes and academic achievements of its students. Of course, FIU’s goal of expanding enrollment and services is noble. However, this growth will be a waste of space and government funds if leadership is not smart in how to plan it all out.

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SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to opinion@fiusm.com or drop by our offices at either GC 210 or WUC 124. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

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Gobble-up these Thanksgiving themed flicks!

COLUMNIST



JUAN BARQUIN

As we all know, Thanksgiving is known for its bountiful collection of seasonally appropriate movies. After all, who could forget such classics like “Jingle All The Way” and “Scrooged.”

Wait, no, that’s Christmas. Sorry, I’m running on a little coffee and a lot of alcohol in preparation for everyone’s favorite time with the family. Anyway, here are some of the best Thanksgiving films around that you can watch on your own time or buy on Black Friday* if you don’t spend all your cash on that fancy new flat screen.

1. “The Ice Storm”
Ang Lee’s little drama is part of the Criterion Collection, instantly implying you’ll hate it if you don’t want an artsy movie, and

it’s a hell of a depressing one. It’s got sex, lies, comics, death, Kevin Kline, Sigourney Weaver and a tiny Elijah Wood — all taking place around Thanksgiving in the good old year 1973. What more do you need for the holidays?

2. “ThanksKilling”

I feel like I shouldn’t have to explain much from the title, but you know what, let me sweeten the pot. Not only is there death and a holiday, but it’s all led by — drum roll — a killer turkey. Yes, you read right. It’s trash, but I already threw a high brow work in, so this is your other option. You should be thankful that there is trash like this in the world for us to enjoy so thoroughly.

3. “A Charlie Brown Thanksgiving”

Everyone’s seen “A Charlie Brown Christmas,” and we’ve probably seen this one, too, but heaven knows I don’t remember it,

which means you probably don’t either. So why not just go ahead and watch it for old times’ sake? You can’t go wrong with Vince Guaraldi Trio’s Charlie Brown music and it’s one of the few animated specials that hasn’t aged terribly.

4. Eli Roth’s “Thanksgiving”

Okay, you caught me. I’m running out of material, but I never said they weren’t going to be short films. Either way, regardless of what you think of most of Roth’s horror work, this is a pretty fun little fake trailer. As are most of the trailers in “Grindhouse” actually. Heck, you might as well go ahead and watch both “Planet Terror” and “Death Proof” because they’re deliriously entertaining.

5. “Bob’s Burgers”

“But Juan, that’s a TV show!” Yeah, it is, but I just included a fake trailer, so what’s the limitation here? Anyway, have you seen

COMIC-FUN



MARGARITA RENTIS/THE BEACON

Freddy Mappin, junior pre-med, participated in the Comic-Con event held by the Comics Club. “I go through people’s comics hoping to find something worth more than what they’re selling it for. It’s like treasure hunting,” Mappin said.

either one of their Thanksgiving episodes? They’re absolutely hilarious. You’ve got original holiday songs, wild “My Neighbor Totoro” hallucination sequences and turkeys being dropped in the toilet constantly. Binge watch the rest of the show while you’re at it.

So there you have it. All sorts of entertaining media

for the holiday. We can’t forget to include an honorable mention though, and that’s the animated masterpiece** “Foodfight!” Why? Because it involves food and disaster.

That’s what Thanksgiving is all about, folks.

*If you’re looking for holiday tunes, may I recommend Steely Dan’s under-

rated 1975 album “Katy Lied,” whose lead tracked “Black Friday” may or may not have anything to do with Black Friday.

**The word “masterpiece” here only applies to those who wholeheartedly adore cinematic trash.

-juan.barquin@fiusm.com

More kicks than the players, make your kick game major

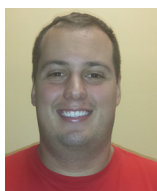
Inside look at where to grab the hottest shoe deals this Black Friday



COURTESY OF CREATIVE COMMONS

This upcoming Black Friday will see the release of multiple Nike, Adidas and Jordan shoes.

COLUMNIST



FRANCISCO RIVERO

As Thanksgiving fast approaches and the thoughts of warm, steamy meals fills our minds, another thought begins to dawn on us — the shopping palooza that is Black Friday.

As a shoe collector, or “sneakerhead,” I tend to look at the best places of footwear. This past weekend, I visited a couple different stores to see how each one is gearing up for the upcoming shopping day.

My first stop was Sports

Authority, a place known for its different types of sports gear and footwear.

I spoke with sales manager Joseph Macias, who told me that although the Black Friday deals have not officially released to the staff yet, there is no doubt that the demand for footwear will be high.

“Right now we don’t have much going on. We have your basic sales and we switch up our sales every Sunday,” Macias said. “There is nothing major until Black Friday but the deals only get released on Thanksgiving.”

As for what brand Macias expects to see a lot of demand for the answer would come as

a surprise to most people, even myself.

“Of course Nike which is probably the top brand and Under Armour are always big sellers,” Macias said. “Lately, though, as far as running shoes are concerned, Asics is probably the biggest competitor. They’re very popular. People come in all the time requesting them for running.”

After a quick look around the basketball section to check out the new Lebrons and Kobes, I traveled to my next destination Dick’s Sporting Goods.

As I walked into the newly built Dick’s in Kendall Town

and Country Center, I was led to David Capetillo, the sales representative in charge of footwear.

Capetillo began to tell me how they are preparing for Black Friday and how they have installed new systems in order to help provide more customer service.

“We actually have a new system in place where you can press a button if there are no sales associates around you and you will have help right away,” Capetillo said.

When it comes to Black Friday deals, it seems that the same rule applies for Dick’s.

SEE BLACK FRIDAY, PAGE 7

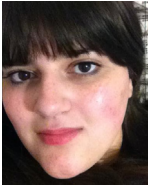
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“Somewhere between here and nowhere,” some place good

COLUMNIST



JUNETTE REYES

The Black Hollies is comprised of vocalist and bassist Justin Angelo Morey, drummer Nicholas Ferrante, and guitarists Herb Wiley and John Gonnelli.

The band has been known to have a '60s-esque psychedelic, garage-rock sound since their debut album from 2006, “Crimson Reflections.” More specifically, their sound is one that has paid homage to influences such as The Hollies, The Monks and The Animals.

The '60s influence has been heavily present throughout their career and can be clearly heard in songs from past albums such as “Can’t Stop These Tears (From Falling),” “Running Through My Mind,” and “(Baby) I’m Your Fool.”

With this in mind, it’s quite surprising to come across their fourth album, “Somewhere Between Here and Nowhere,” and not be overwhelmed by a style of music you’d think has been officially established as their “sound.”

That’s not to say the '60s-esque

influence is not present. It can still be heard in the instrumentation, such as the generous use of tambourines that can be heard in “Benevolent Beacon,” “Unless It’s My Imagination” and “Daydreams.”

While the atmospheric psychedelia is still very much present, influences from '70s and '90s noise rock can be heard, such as Can and Spacemen 3 respectively.

Despite the slight deviation from their “sound,” “Somewhere Between Here and Nowhere” is still very much quite the refreshing and pleasant surprise.

“No Illusion” starts off the album strong, already establishing the instrumentally layered atmosphere.

“Unless It’s My Imagination” acts as a nice follow-up and expertly builds up from a very basic drum beat into a very distorted chorus.

The true standouts of the album are “Lunatic Influenza Pt. I: Yesterday’s Sorrow,” Lunatic Influenza Pt. II: Take Me As I Am,” and “Lunatic Influenza Pt. III: Path Into the Sun.” What would otherwise be one very long song was divided into three individual songs that overlap into one another with a unifying drum beat.

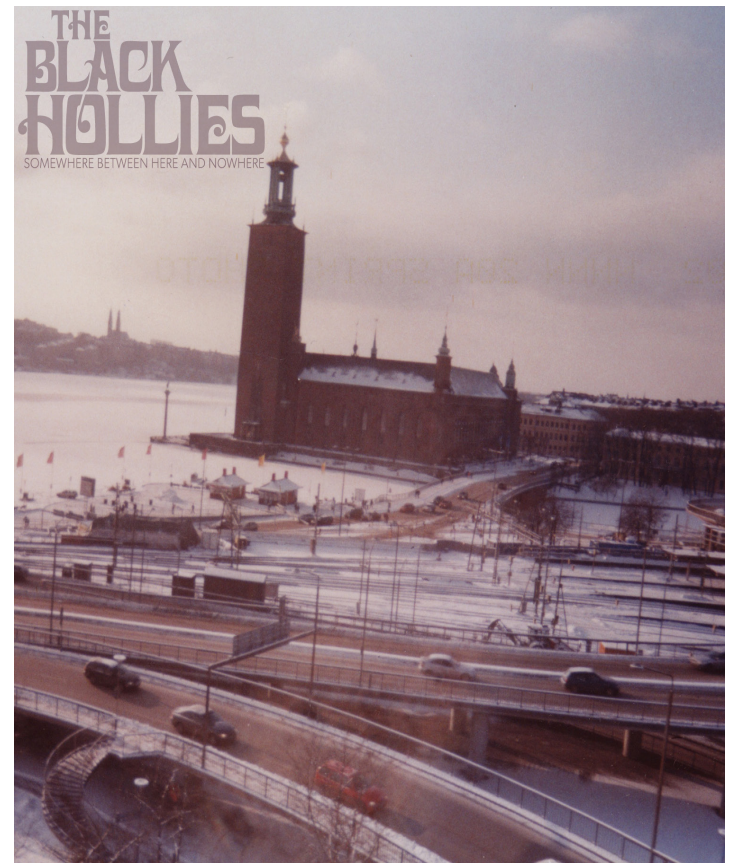
I truly appreciate the production and instrumentation of this album, especially the various guitar effects that can be heard throughout.

“Benevolent Beacon,” for example, begins with a guitar that has a very ethereal delay effect, somewhat reminiscent of The Smiths’ “How Soon Is Now.” The lyrics only add to the vibe, with frontman Morey singing “I am yours/you are mine/there’s no death/in my mind/back and forth/side by side/ups and downs/we’re alright.”

Other notable tracks that show off the use of effects include the short instrumental piece titled “Forwards and Backwards,” which is just a very simple track that has a basic drum and bass loop playing over what sounds like a quick delay guitar effect. Overall, The Black Hollies have outdone themselves with “Somewhere Between Here and Nowhere.” Regardless of the slight deviation from their “sound,” they appear to be very comfortable and in control with what they have produced. It is a very relaxing, atmospheric treat for the ears.

Verdict: 4/5

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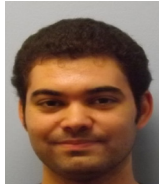


COURTESY OF BIG HASSLE MEDIA AND ERNEST JENNING RECORD CO.

The latest album The Black Hollies “Somewhere Between Here and Nowhere”

Prepare yourselves, Black Friday is coming

COLUMNIST



DIEGO SALDANA-ROJAS

If you are like me, you view black friday as nothing short of a military operation. Coordination and cooperation are the best weapons when it comes to dealing with the hordes of shoppers that ascend upon all shopping malls.

In order to successfully execute any operation you’ll need a battle plan.

With that said, relax and take notes as I provide you with my black friday survival strategies.

1) Be selective: While I would love to conquer six or seven different stores I understand that black friday is nothing short of absolute chaos. Knowing this, I choose two to three stores and arrive with a target already in mind. Go online and most stores will have sections of their sites already set up with what will be in stock as well as specials and offers. Once you’ve honed in

on your targets stick to them, silence any voices of dissent amongst your ranks. Get

“ Think tactically instead: wear clothes you can easily remove or can easily place clothes over. Said garments can aid you in avoiding the mile-long dressing room lines. ”

to the store front at least 30 minutes before and set up a base camp if you can, lest you want to deal with torture of standing in line. Which leads me to my second tactic.

2) Be Patient: We all hate waiting but please don’t be that guy that vents out his

frustration about not being able to find a size L in white to the 18-year-old temporary cashier behind the counter. Bring an iPod, shine your boots, do a word puzzle, march in place or practice river dancing. Anything to make your semi-eternal wait in line just a tad bit less agonizing. Along with finding adequate and disruptive means to keep yourself busy you should also make sure you are battle ready by selecting the right gear.

3) Dress comfortably: If you’re going to stand in line/sit/levitate in line you might as well be comfy about it. There is a second reason as to why wearing your extra-tight jeans with boot heels (because we all know how absolutely freezing it gets during “winter” in Miami) is a bad idea is probably because you’ll be looking for a new pair anyways. Think tactically instead: wear clothes you can easily remove or can easily place clothes over. Said garments can aid you in avoiding the mile-long dressing room

lines. I recommend sweat pants, sneakers, t-shirts and sweaters. Bring a back-pack, tote bag or government issued rucksack to carry all your loot along with snacks and a bottle of water (or whatever you’re drinking).

4) Have an escape plan: After a few short hours of scavenging, digging, standing and verbally (or otherwise) fighting over items you’ll need to find some cover. Most malls have benches and chairs you can sit on but if you’re a real trooper anywhere’s a good spot to crash: childrens play areas, the food court, an arcade, the sidewalk and even the walls of the mall itself can be used to snooze, recharge and reload. For the less adventurous—a car works out just fine. At the end of the day/night retreat to your or a friend’s house for some leftovers and eggnog knowing that you successfully and efficiently completed your mission. At ease soldier.

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People flee, are deported to Haiti after killings

EVENS SANON
AP Writer

More than 100 additional people have either been deported to Haiti or left on their own accord from neighboring Dominican Republic after an elderly Dominican couple was killed, authorities and a spokesman for a migrant advocacy group said Monday.

The number of Haitians and people of Haitian descent who have been expelled or volunteered to leave had reached at least 350, said Lolo Sterne, coordinator for Haiti’s Office of Migration. Authorities had reported a total of 252 people expelled as of Sunday. Migrant advocates reported slightly higher numbers.

The expulsions and voluntary

departures follow violence near the town of Neiba in the southwestern corner of the Dominican Republic. The couple was slain last week during an apparent burglary near the border between the two countries, and a Dominican mob retaliated by killing a Haitian man.

On Monday, the Dominican Republic’s national police chief, Manuel Castro Castillo, visited Neiba to look into bolstering security in the area.

Migrant advocates say many of the deported people first went to a police station seeking refuge and some volunteered to leave the country because they feared being victims of mob violence. Others left because the Dominican authorities rounded them up in the streets, migrant advocates said.

Dominican police issued a statement saying people weren’t expelled from the country, but rather went to the police station because they feared reprisals and asked authorities to escort them to the border so they could cross it themselves.

Jonave Celeny was among those who went to the police station on his own accord.

Carrying a backpack and a gym bag, the 34-year-old construction worker said he relied on a Dominican friend to take him to the police station while others opted to lie low because they were scared of being lynched.

“Many of us had to go into hiding,” Celeny said Monday afternoon.

He spoke before boarding a government bus that was taking him

and a couple dozen others to a bus station. He planned to catch a bus to his Haitian hometown of Thomazeau, a lakeside community near the border where his wife and four children live. He said he wanted to leave the Dominican Republic until things cooled but planned to go back as soon as possible.

There have been no additional reports of people being killed in Neiba.

Gerpis Suero, of the Jesuit Service for Refugees and Migrants, told The Associated Press from the Dominican border town of Jimani that some people did go on their own to the border, terrified they could be harmed by mobs seeking revenge. Others approached military posts only seeking protection, he said.

Haiti and the Dominican Republic have had a long and volatile relationship as neighbors on the Caribbean island of Hispaniola.

The Dominican Republic was among the first countries to respond after the devastating 2010 earthquake in the Haitian capital and has helped with reconstruction.

But relations have been tense in recent weeks following a ruling by a Dominican court ruling that upheld a provision of the Constitution denying citizenship to non-citizens and their descendants and ordered the government to purge the voter rolls of non-citizens. Migrant advocates say the ruling may strip citizenship of 200,000 people, but the government says fewer people will be affected and has sought to dispel fears of mass deportations.

Disappointing season closing out

RHYS WILLIAMS
Staff Writer

Seniors final home game ends in a blowout

The Panthers did not win a home game this season as they fell to the Thundering Herd of Marshall University 48-10. The closest win for the city of Miami was in Hattiesburg, Miss. That, as a matter of fact, is so far the only win for the Panthers this season. There is only a single game left, this coming Friday, Nov. 29, at Florida Atlantic University.

The offense also only put up a total of 67 points at FIU Stadium this year, opposed to the 204 points that were scored by opponents - the worst of which were at the hand of the Thundering Herd this past week and the University of Central Florida who put up 38 unanswered points earlier in the season.

Allowing a lot of points has been a trend for Panthers this year, whether at home or on the road. The Panthers have allowed 219 points on the road this season. The worst was a 72-point defeat to the University of Louisville.

However, let it be noted that the Panthers have not won in Miami since Sep. 8 2012 when they defeated the University of Akron 41-38.

The game against the Thundering Herd was Senior Night for a handful of players. Some of the leaders of this young team played their last collegiate game in Miami.

Defensive tackles Isame Faciane and Greg Hickman, whose names have been mentioned by NFL scouts, played their final game at FIU. The two have received multiple honors. Hickman was named to the preseason Senior Bowl watch list - the Senior Bowl is the final chance for seniors who want to go into the league to show game performance. Faciane received player of the week honors for his field goal block against the University of Southern Mississippi's Golden Eagles.

Some other defensive seniors that played their final game at FIU Stadium were cornerback Sam Miller, safety Mitch Wozniak and linebacker Markeith Russell.

Three tight ends and two receivers are among the offensive players who will be finishing their collegiate careers on Saturday against FAU: Junior Delpe, Zach Schaubhut, Cory White, Rocky Vann and Jirus Williams, respectively.

For some of these players, the



CARL-FREDERICK FRANCOIS/ THE BEACON

The Panthers failed to win a single game at FIU Stadium this season as the Thundering Herd of Marshall University dominated both the running and passing games in their 48-10 win over FIU on Saturday, Nov. 23.

FAU game will be the final football game of their careers. However, some may get opportunities to turn professional as FIU names have gotten bigger in some professional football leagues.

Medlock making name as punter

For three weeks in a row, quarterback Jake Medlock has been

recognized by the College Football Performance Awards. Medlock got an Honorable Mention National Punter of the Week honor, not for his passing ability, but for his leg.

Medlock had nine punts against the Thundering Herd for 389 yards. His longest punt went for 61 yards, his second longest this season. Three of his nine punts landed inside the twenty yard line. The 70-yard punt

in the game against the University of Texas at El Paso is good enough for second longest punt in FIU history.

He is currently ranked 117 in the nation with his 29 punts for 1,254 yards and his 70 yarder is tied for 25th longest in the nation this season.

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Young Panthers getting increased play this season

STEVEN ROWELL
Staff Writer

For FIU, many players have seen increased roles and increased playing time so far. After losing three starters to graduation last season and the addition of four new freshmen FIU finds itself in a rotation with many players lacking consistent playing experience.

So far this season, senior guard Jerica Coley

and junior guard Zsofia Labady are the only players this season playing that appeared in the bulk of the team's games last season.

Senior center Marita Davydova is the only other to appear in 30 games last year but has not suited up all season and her status is until uncertain. Davydova was out against Florida Gulf Coast University in what Head Coach Cindy Russo called a coach's decision. The senior stayed home as the team hit the road for their

three-game road stretch.

Junior forward Arielle Durant played in 29 games last season has appeared in three of four games for the Panthers as well.

While those three and four if Davydova returns expected to receive the same kind of playing time as last season; players like sophomore guard Taylor Shade, junior forward Brianna Wright and junior forward Tynia McKinzie are seeing an increase in playing time despite last season having limited minutes. Sophomore guard Katrina Epnere went from playing 71 minutes last season in 11 games to starting in two games, appearing in three and totaling 53 minutes this season.

It is perhaps an obstacle for FIU to start the season as they have been trying to get in sync on the offensive end. The process of figuring out the offense is showing as FIU is averaging 15 turnovers a game this season. After committing 19 turnovers in the opener against FGCU in which Russo attributed it to being lack of playing experience.

Players such as Wright, who only appeared in three games last season has started every game this season and already has two games in double figures. FIU is hoping that the junior can produce down in the low post and be active on the boards.

Shade didn't see the court much last season and is expected by Russo to provide more scoring and dribble penetration to take some of the load off of Coley.

McKinzie is another that only saw limited action last season but this season has made an appearance in all four games.

In addition, in all four games this season, Russo has played two freshmen in Karrah Johnson and Janka Hegedus with Hegedus being placed in the starting line-up in their game

against Harvard.

As the season moves forward, many players in the regular rotation were not so much last year and are expected to step up this season. Of the top six players leading in minutes played this season, only two of them saw action regularly last season which are Coley and Labady.

FIU Hosts Thanksgiving Classic

After dropping their fourth straight contest to start the season with an 89-69 loss to Boston College, the Panthers look ahead to the FIU Thanksgiving Classic where they will host Valparaiso University on Friday, Nov. 29.

Last year the Panthers split their contest in the Thanksgiving Classic, defeating the University of Iowa 66-65 before dropping a 76-69 decision to Louisiana State University. Both teams are seeking their first win of the season with FIU standing at 0-4 and Valparaiso sitting at 0-5.

FIU will look to sharpen their perimeter defense after allowing Boston College to shoot over 60 percent from three-point land allowing 12-19 for the game. Coley will look to continue her solid play after posting over 20 points the last three games including 36 against Boston College. Wright will look to continue her production lately, in two of the last three games she was one rebound shy of recording a double-double. For Valparaiso, the Crusaders are coming off an 84-78 loss to Tennessee Tech University on Sunday Nov. 24. The Crusaders are led by sophomore guard Abby Dean averaging 11.0 points per game and is coming off a career high of 17 points against Tennessee Tech.

The women's basketball team was unavailable for comment at the time of publication

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BEACON FILE PHOTO

Junior forward Tynia Mckinzie and the rest of the FIU women's basketball team are looking to bounce back after getting off to a rough start this season.

Garcia speaks on attendance and cabanas

GARCIA, PAGE 1

played so far, attendance has already reached an all-time high, according to Garcia.

"We've had students come out to our games in record numbers this year," Garcia said. "We've sold more season tickets than we did in the past and we've had record number of students so we're getting big crowds."

The Panthers will host three nationally televised games: Florida Atlantic University and last season's sweet-16 opponent Florida Gulf Coast University. The last game, against last season's national champion the University of Louisville, will be the first in University history with a national champion.

For Miami natives, the festivities can be taken for granted.

"Whether it had to do with LeBron James saying 'I'm taking my talents to South Beach,' or whether people just think of South

Florida and think of the beach, people look at us and say 'South Florida, the beach,'" Garcia said.

The University of Oregon first brought out the culture of a new themed image to basketball courts in 2010. The University followed right after and 21 other colleges, including the University of Central Florida, have changed the look and feel of their courts.

The addition to the cabanas has sparked some controversy. The seating used to be reserved for the band who has now been infused with the student section.

Questions arose as to where students will be placed during games.

"We added student sections to the lower bowl; those are good seats," Garcia said. "At the end of the day, the students are what gives us the energy. We want them to be rowdy and loud."

Athletics has also included giving away free food and non-alcoholic

drinks for fans that attend the home games.

In a separate interview with Student Media, MMC Student Government Association President Liane Sippin was unaware of the shift of the student section and did not know of changes being made, but worried about how Athletics was run.

"There is so much going on in Athletics, and I don't think they have enough people to deal with the marketing of everything," Sippin said. "The Beach Bash, I think they started advertising it three days before. It could've been so great but the fact they got their flyer out late. I don't know."

Garcia was unaware of the situation and unable to comment.

Attendance at sporting events remains a problem. Many fans arrive early but leave after tailgates—an issue that Garcia says he is well aware of.

"Students are having a great time at the tailgate, so we want to come up

with some ideas of how we get that festive, loud atmosphere to come into the stadium," Garcia said. "We just gotta take the same creativity and we gotta do some of these same things over at the football stadium."

According to the NCAA, a requirement for Football Bowl Subdivision teams is an average of 15,000 paid or actual attendance during a two-year period. The University failed to reach that number last season during the football season, but according to Garcia, the concerns should end.

"We went three and nine and we didn't meet the attendance requirement, but they let you meet it every other year," Garcia said. "People gave up on the team and stopped coming to the games and we've actually had better attendance this year. According to Conference USA and the new coach and everything else, we've had better attendance."

Despite backlash,



RHYS WILLIAMS/THE BEACON

The cabanas at the U.S. Century Bank Arena have been put in place by the Athletics Department for \$1,000 a game.

most notably from a website, Garcia thinks that the best for athletics is yet to come.

"We're going to keep pushing the envelope, and it's my job to push the envelope," Garcia said. "Someday we won't be the underdog but you gotta keep pushing the envelope."

Whether some people say well maybe you shouldn't have jumped conferences yet, we're gonna keep pushing the envelope because at the end of the day, the people at FIU want to be the best. They don't have a lot of patience."

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Air Jordans among top sellers for Black Friday

BLACK FRIDAY, PAGE 4

"As far as salespeople, we don't know... in fact, the deals will be released to us the day of Black Friday," Capetillo said. "They will also release the sales information to our members via their Dicks Sporting Goods point membership, which is totally free."

Those places are all fine and dandy if you're looking for workout gear and running equipment. If you're like me and you're looking for some basketball gear, look no further than Foot Locker and Champs.

Shoes like the LeBron 11, Kobe 8, KD VI and Jordans can be found at your local Foot Locker or Champs — and is what I look for when I go shoe shopping.

The two biggest ones that will be released this Black Friday will be the KD VI or "Maryland Blue Crab" and the Air Jordan V Retro or "Oreo."

There's no doubt that the Jordan brand will always be the big sellers, regardless of what day it is. However, the LeBron brand is quickly starting to make Jordan run for his money.

The LeBron 11 will be releasing three different models in the next few months, the first one being released today, Nov. 27. The "Terracotta Warrior" will be part of the Black Friday pack that will also include a number of different Nike and Jordan shoes.

When it comes to Black Friday, I would consider sticking to your local shoe and athletic store when it comes to getting workout gear or running shoes. However, if you're a person who is into the sneaker game and is looking for a Jordan or LeBron brand, then prepare yourself to invade and fight your way through the sea of people at the mall.

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Women's swimming and diving continuing early success at Mizzou

SWIMMING, PAGE 8

Horner commented on their progress.

"This is the midpoint of the season, everything is according to plan and they are meeting their expectations, there are very few let downs," Horner said.

As the second day of the Mizzou Invitational got underway, Perez Arau picked up where she left off the day before, and she did it in record breaking fashion for the Panthers. Perez broke the school record along with the Conference USA record on the 400 IM event. A time of 4:09.59 was what gave her the new school and conference records and it currently ranks third in the country, a place that will probably give her a spot in Minneapolis, Minn. for the NCAA Championships in March.

The later rounds also gave chance for other FIU swimmers to step up to the challenge, and

they did, with performances like the one from Alfani in the 100m backstroke as she posted FIU's best time this season, and Farrugia who posted a career best in the 200m freestyle.

With two over-achieving performances on the first two days of the competition, FIU looked to keep the pace of the event entering the last day of the Mizzou Invite, and who better to spark the team than Perez and Gustafsdottir, they would face off again on the 200 meter backstroke. But this time the Iceland native Gustafsdottir came out on top as the Panthers finished one and three in the event. Johanna posted a time of 1:55.74, a team high for FIU this season, Perez took the third place honors by setting a new personal record with a time of 1:57.35. In that same competition freshman Maddie Rapp, senior Valeria Popova as well as sophomore

Becky Wilde all set career highs in the event.

FIU was also well represented in the diving platforms by Sabrina Beaupre, which set a new FIU record on it by participating, and posting a time of 231.90 on her fifth place finish.

Horner commented on the success of Perez and Gustafsdottir and their possible NCAA tournament qualifying times.

"These are two of the swimmers we prepared for this competition, giving them a little more rest and they stepped up," Horner said. "Sonia with a time that is 99 percent sure to put her in the tournament, and Johanna also recorded the same mark that got her into the tournament last season, but we will see."

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Panthers set records at Mizzou Invite

LUIS BARROSO
Contributing Writer

The FIU Swimming and Diving team had a record breaking performance this past weekend as they visited in the Mizzou Invite.

FIU was led by senior Sabrina Beaupre in the diving competitions and senior Sonia Perez Arau as well as junior Johanna Gustafsdottir in the swimming competitions. In an event that featured 12 schools in conferences such as the Big Ten and the Pac-10, FIU showed they are not a school to be overlooked as they finished in strong fashion during the three day Invitational.

"This is a mid-season invitational and our second biggest of the season, there are good caliber programs outside of Florida that compete, they received a week's rest and came to compete, they all stepped up," Head Coach Randy Horner said.

FIU started the event on

Thursday night, and they set the pace for their entire tournament in record breaking fashion right off the gates.

It all started by a friendly competitive match up in between Gustafsdottir and Perez in the 200 IM. While on the preliminary races for the event, Sonia's time of 2:00.25 was a couple of seconds shy of the school record, but Perez was just warming up at that point, as she came in the finals to break the record mark with a time of 1:58.08.

As Perez was having one of the best days of her career, the owner of the previous school record Gustafsdottir was ready to hit the pool and she meant business, Gustafsdottir then re-broke her previous mark and Perez's time by clocking a 1:58.27, a time that was just 0.19 of a second short of the Conference USA record. These times currently rank Gustafsdottir sixth in the nation while Perez sits in with the eight best time and both achieved NCAA B Standards.



BEACON FILE PHOTOS

The women's swimming and diving team just wrapped up competition at the Mizzou Invite while also breaking multiple school records.

The Panthers also stepped up on the 200 meter freestyle relay race, with Gustafsdottir beside junior Courtney VanderSchaaf, freshman Jennifer Alfani and junior Klara Anderson, the group clocked a time of 1:33.58 and set a new school record on the process.

The 100m butterfly event was also an event that brought success

to the Panthers, as FIU had four swimmers qualify for the preliminary finals. The Panthers were led by Alfani who set a time of 55.89 secs by setting a season record on the event for FIU while ranking fourth all time in the school. In addition to Alfani, freshmen Jenny Deist and Therese Nord also set personal bests in the event while

qualifying.

On the 500 freestyle junior Nadia Farrugia along with VanderSchaaf set top times for FIU this season. On the 50 freestyle Anderson, along with Popova, Alfani and Deist each set the top four times for FIU this season on the event.

SEE SWIMMING, PAGE 7

Student Services looks to alleviate the pressures of finals week

JEFFREY PIERCE
Contributing Writer

In the final weeks of the semester, it's not unusual to find students stowed away within the library, sleep-deprived, anxious or running solely on coffee or energy drinks. Finals week is a high stakes game and students adjust themselves accordingly.

"The entire mood of the campus shifts," said Julian Rios, a junior psychology major, describing the appearance of students during finals week. "You walk through the [Wolfe University Center] and all you see are stressed-out zombies hiding behind books and laptops."

During the two weeks of preparations and exams, students are faced with two major issues: finding ways to remain thorough and attentive all throughout their studies,

and managing the stress that comes with act of studying in itself. The way students cope with the latter can often be the most important factor in the outcome of finals week and grades.

It's with this motive that Camila Pham, senior health educator at Student Health Services, partners up with Maxine Hylton, director of Student Affairs at the Graham Center, to help students at Biscayne Bay Campus "recharge for finals" -- a week of festivities similar to Modesto Maidique Campus' "Cram Jam" but Pham said she did not want to promote cramming for finals.

"In the past, what we've done is purchase things that were healthy for students studying for finals. We would buy things like fruits and granola bars and pass them around to students studying

or heading to class to take an exam," said Pham. "But for the past three years we've been partnering up with the Graham Center to do something more."

On Dec. 2, Dec. 4 and Dec. 5, from 11 a.m. - 2 p.m., Student Health Services will be stationed in the Green Library, in Room 220, to provide students with various tips, resources and services that can ease the stresses that come with preparing for final exams. Students can expect to find herbal teas, fruits, granola bars, healthy snacks, free massages and various types of aromatherapy.

Aromatherapy, which is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being, is used by many students through Student

Health Services during finals week. Each blend can provide students with various forms of mental and emotional relief.

For example, peppermint

“When students study, they can learn and use techniques on how to study in a healthy way.”

Camila Pham
Senior health educator
Student Health Services

extract is said to aid students retain information and promote mental functioning (a common practice used during the FCAT with peppermint candy), while Ylang Ylang extract can help students relax and can even lower blood pressure.

"Last year, we went through over 800 vials of

different types of aromatherapy blends," said Pham. "We've had blends for headaches, stress and sleeping problems. This year we're expecting a lot more. Our students love, love, love them."

Students at the Biscayne Bay Campus can look forward to Campus Life's Midnight Breakfast: Boogie at the Bay on Dec. 9 from 10 p.m. - 1 a.m. in the Wolfe Center Ballrooms, where the BBC Wellness Center will provide free massages.

"Shari Little, our licensed masseuse, will be giving students 10 minute sessions. The session will include an aromatherapy diffuser with a special relaxation blend," said Ludovica Virgile, the program assistant at the Biscayne Bay Campus Wellness Center. The Wellness Center also plans to hand out "stress release and

relaxation" related giveaways that can benefit students.

Campus Life at BBC will also host a spa day on Dec. 4 from 11 a.m. - 2 p.m. that will give students a chance to unwind with a massage, and, female students, a chance to be pampered with nail polishing and makeup applications.

Throughout the semester, Student Health Services says it is dedicated to providing students with the resources to maintain healthy and productive lives, both in and outside of the classroom. Finals week should be no exception.

"We are trying to make it more personalized and more intentional for students," said Pham. "So when students study, they can learn and use techniques on how to study in a healthy way."

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