Florida International University Powerlifting Team Captures Third Straight State Championship at the Sunshine State Games

The Florida International University Powerlifting Team captured its third straight Collegiate State Championship at the Sunshine State Games on June 14 and 15 at the West Palm Beach Civic Center in West Palm Beach, Florida. Due to injury and a family emergency, only six FIU lifters competed, two fewer than usual. Nevertheless, the lifters who did compete came up with a monumental effort to capture five gold medals and one bronze.

On Saturday, 52 kg lifter Tiffany Garriga battled back stiffness to win her division and record her third consecutive gold medal in her weight class. She is fast becoming the woman to beat among collegiate lifters at that weight. Natalia Cabanillas, an accomplished Olympic lifter who made the move to powerlifting for the first time, got out to a big lead with her first squat and cruised to a gold medal to help extend FIU’s lead over the competition. Roman Fronzaglia, one of the Golden Panther co-captains, was the only male lifter to compete for FIU on Saturday. Fronzaglia is the son of three-time world champion Damian Fronzaglia (an FIU assistant coach), and is a national record holder in the deadlift at 59 kgs. Roman battled a shoulder injury to blow away the competition and record a perfect day for the Golden Panthers with three gold medals.

On Sunday, 93 kg lifter Gabriel Llanes made the switch to powerlifting, turned in an incredible performance in his first meet to win the gold in the 105 kg division. Mark Preciados, the cool team veteran, hit on a perfect nine-for-nine lifts to claim the gold and bring home the title for FIU. Head Coach Bill Hennessey, and ELI Adjunct Professor, beat his state record in the deadlift to capture the gold medal in that category as well.
It was January, 2005, when I attended my last class in order to obtain my Bachelor’s Degree in Civil Engineering. I had to wait 10 years to study again, and it wasn’t in my native language, Spanish. Because life and God brought my family and me to this amazing land, I was encouraged to study a language in which I’ve always been interested. English is the language that opens the door to endless opportunities, and there is no doubt that I chose the right place that would help me to learn it. For that reason, I’m here taking this English program at the ELI at FIU, but it isn’t a regular program. It involves a lot of great teachers who are always willing to help me to achieve my goals. I think that I’m utterly lucky and blessed because I have the chance to study English and work at the same time. I will never forget these great moments at the ELI, and I will always be practicing and improving my English when I get the opportunity. Thanks and God bless you.

“The meet was a resounding success for the FIU Golden Panthers,” Coach Hennessey said. “We were a couple of lifters down but all of my lifters responded tremendously. The meet had special significance for me as well,” Coach Hennessey continued. “My daughter Katarina competed in the 52 kg class of the Teen One Division, which is for lifters who are 14 and 15 years old. She set four state records and an American Record in the bench press. She also captured the award for top female bench presser over many more experienced lifters.”

The Golden Panthers compete again as a team in the November State Collegiate Meet, which will feature nine other collegiate teams from around the state. “As defending state champions, the other teams will be gunning for us,” Coach Hennessey said. “However, we will be up to the challenge and expect to bring another state powerlifting title to FIU.”
It is a well known fact that English language learners clinch whenever they hear the p-word; phrasal verb! We are going to focus on one particular phrasal verb which is “make up”. This phrasal verb has several meanings which we will go over today. Can you guess what they are?

Of course, everyone knows the most famous meaning of this phrasal verb, which is to put on makeup like L’Oreal, Maybelline, or Mac but what about the other meanings? Maybe you know that you need to “make up” your bed in the morning. This means to fix your bed in the morning. The second meaning is when you are no longer angry at someone and you “make up”. Here is an example of it being used in a sentence: This newlywed couple is always arguing but they make up again very quickly.

A third meaning is to invent a story. Here’s an example: the little boy always makes up stories about what happens at school.

Here’s a fourth meaning for you: make up your mind! This is for people who can never decide on what they want. They had the option of going to Disney or Island of Adventure, but they couldn’t make up their minds.

Last but not least, when students don’t turn in their assignments on time, they ask to turn in it at a later date. Or if students have missed an exam, they want to be able to take it. This means that they want to make up what they have missed. “Can I please make up my exam?” is often the question asked by students. Well, there you have it; the various ways in which the phrasal verb “make up” is used.

Put on your Make Up!

It has been a long semester! By the time weeks 8 and 9 roll around, students and professors are exhausted. Everyone has been studying and working very diligently to get to the finish line. Don’t give up. You are almost at the finish line. Here are some tips that will help you. First, come to class. If you are not here, how will you know what to study for? The second piece of advice is to study in groups. Two heads are better than one. Your classmates can help you understand something that you did not get in class and vice versa. The third tip is to get your rest. Making sure you get a good night’s sleep is crucial in helping you rest and recover so that you can begin a new day fresh and full of energy. Here’s to a great finals week. We wish all the ELI students good luck on their final exams.

Finals Week!
Each culture has its own celebrations and holy days. For Muslims, Ramadan occurs once a year and lasts for approximately 30 days. During this month, Muslims fast before the sun rises until the sun sets. This month is dedicated to help those who are in need by donating food and money in order to help improve their living conditions. Muslims pray more than five times a day in order to get closer to Allah.

Living abroad for the first time has been different for me, especially now during Ramadan. Back home, we usually eat supper at my grandmother’s house. All the family gathers together to eat and to talk about their day. We wear traditional clothes at these gatherings. My grandmother’s table is decked out with succulent dishes prepared by the women of the family. It is quite a dinner table. It is customary for the elders to give the children monetary gifts.

In conclusion, this month brings families closer together. Being that I am in Miami and far away from my family, I have made friends with whom I can celebrate and observe this holy month.

There are five prayers daily. As soon as we hear the Athan, which is the voice that alerts prayer time, we begin to eat. All people eat at the same exact time.

Living here alone has been different in all aspects. I have learned how to cook traditional meals. I have learned to be autonomous and to fend for myself instead of depending on others.

At the end of the 30 days, we have a big celebration called Eid, where all family members gather together. Personally, my family gets together at my uncle’s house. The main dish prepared during this feast is a lamp. We dress up in our fanciest clothing and gather at the