FIU Powerlifting Team Captures Combined Division at the Florida State Open Powerlifting Championships

The Florida International University Powerlifting Team kept its championship run going with a hard-fought victory at the Florida State Open Powerlifting Championships on March 14 and 15 at Florida Atlantic University in Boca Raton, Florida. The FIU men and women captured the Combined Division with a dramatic victory in which all ten FIU lifters medaled. The Golden Panthers Powerlifting team also won the Florida Collegiate State Championship in November 2014 over seven other universities in the state.

The Golden Panthers are coached by Bill Hennessey, a professor at the English Language Institute at FIU, Damian Fronzaglia, Brian Morrison, and Marvin Wheeler. All four FIU coaches have won on the national level, and Coach Fronzaglia has won on the international level multiple times. Together they have assembled a group of powerlifters that the other university teams in Florida have had no answer for.

On March 14, the FIU women and men through 83 kgs got FIU off to a resounding start. Tiffany Garriga blasted through the competition at 52 kgs to secure a gold medal, while Golden Panthers Leandria Ates and Jessica Ceron stymied the competition to secure a gold and silver at 72 kgs, respectively. Katharina Pajic, a co-captain of the team, brought it home for the FIU women with a gold-medal performance in the 84 plus kg class.

The FIU men were equally dominant on Saturday. Co-captain and national deadlift champion Roman Fronzaglia, a freshman and son of Coach Damian Fronzaglia, turned in a stellar performance at 59 kgs to take the gold for FIU. Bader Alojairi cut weight to lift in the 74 kg class and he turned in a flawless performance with nine made lifts out of nine attempts to edge out another strong lifter from Eckerd College, thus securing another gold for the FIU Golden Panthers.

On Sunday, Kevin Garcia (93 kgs) and Vincent Victorero (105 kgs) did battle against other collegiate lifters in two of the most competitive weight classes of the meet.

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Garcia took the bronze medal despite cramping badly in the hamstring and he showed tremendous grit through his final lift. Vincent Victorero battled a Florida State University lifter for the gold and the two lifters were tied after the squat, bench press, and deadlift. However, Victorero won the gold based on the fact that he was 7 kgs lighter than his FSU opponent. The Victorero victory catapulted the FIU Powerlifting Team to the Combined Collegiate Division championship with a total of six gold medals, one silver, and one bronze. Coach Hennessey was elated with the team’s victory. “I am so proud of our lifters,” Coach Hennessey said. “We are creating a powerlifting juggernaut at FIU, and we are now setting our sights on the Nationals in October in Pennsylvania.” Coach Hennessey also stated that the Championship was special for another reason. “Coach Damian Fronzaglia and I both lifted in this meet and won gold medals. It was the first time that we have ever both lifted in a meet with the team. All the coaches and lifters are excited about what we have happening in powerlifting at FIU and we envision a very bright future for this team,” Hennessey stated.

The Legend of Love by Fei Gan

China has a long history. There are many legends about Chinese history. One of the most famous legends is Valentine’s Day, also called QiXi Festival in China.

Long ago, a beautiful girl named Zhinv, the seventh daughter of the Goddess, escaped from boring heaven to look for fun. One day, she came across a poor young farmer named NiuLang. She soon fell in love with NiuLang and they got married without the knowledge of the Goddess. They lived happily and had two children. However, their happy life didn’t last a long time. The Goddess of heaven found out that her daughter had married a poor guy. She became very angry and ordered her daughter to return to heaven. On Earth, NiuLang was very upset that his wife had disappeared. Suddenly, his ox began to talk telling him that if he killed it and put on its skin, he would be able to go up to heaven to find his wife. NiuLang followed this suggestion. Carrying his two children, he came to heaven.

The Goddess discovered this and was very angry. She scratched a wide river in the sky to separate the two lovers forever. Zhinv sat on one side of the river and watched her husband and children every day. On the other side of the river, the two children missed their mother very much and cried all day. A magpie saw this and was moved by their love story. It told the other magpies about the story. Every year, they got together on the seventh day of the seventh month and flew up into heaven to form a bridge. So, NiuLang and Zhinv could meet with each other on the bridge once a year.

This legend is the origin of QiXi Festival. On July 7th (based on the Chinese calendar), the young lovers in China celebrate their love. They take pity on NiuLang and Zhinv, but, on the other side, just like NiuLang and Zhinv, that day is the happiest day of the whole year.
Family Time by Vicky Rojas

Pope John Paul II very wisely said: The family is the foundation of society and the place where people learn their first values that guide them throughout their lives. Parents and children must create pillars to guarantee stability at home. It is important that there is harmony among all members, from the smallest to the oldest adult who is part of the family. Respect for family members begins from a young age. Our children must acquire that knowledge so that they get along with and support their family.

We are three members in my family, my daughter Camila, my husband Carlos and me. We always try to maintain fluent communication with no secrets. While there may be crises in family relationships, it is important to use the best tool to solve problems: communication.

We must strengthen our familial bonds with our families; sometimes, we should try to spend time together. Perhaps it is not every day, but trying to maintain constant contact is one of the most comforting things to have with our family. For example, mealtime is the most common and enjoyable time to bond.

In my family, we try to eat lunch every weekend and exchange our experiences during the week.

I want to exhort everyone to call their parents and siblings in order to organize a meal and spend quality time together to strengthen the bonds of his/her family. We must remember that the family is united not only by blood but also by love, respect and communication.

Noteworthy Movie: Insurgent

This weekend, I had the pleasure of going to the movies to see Insurgent, which was just released. By the way, if you don’t have to go to Dolphin mall on a Sunday afternoon, it’s best that you didn’t. Luckily, I had missed the movie’s opening night and didn’t have to stand in line. Insurgent, following the release of Divergent in 2012, is about justice and equality for all compounds (Candor, Amity, Dauntless, Abnegation, and Erudite). Personally, all of that was a bit confusing, but the message remains the same: all people must unite in order to have justice and equality for all. Aside from the thrilling action scenes, this movie had a great message and cast members. Upon having seen the movie, if you would like to know what happens next, Amazon has the Divergent, Insurgent, Allegiant, and Four box set available for your reading pleasure.
Here is next term’s schedule:

⇒ 04/13/15: Testing for new students
⇒ 04/14/15: Cultural Orientation for new students
⇒ 04/17/15: Academic Orientation for new students
⇒ 04/17/15: All payments for tuition and insurance are due
⇒ 04/20/15: Classes begin

Final Tests for Winter 2015
All students must take their final tests. If you do not take your final exam, you will have a zero averaged into your grade as a result. There are no exceptions. There are no early finals as well. Remember that your tardiness and absences will count towards your final grade. Hopefully, you came to class, participated and really gave it your all this semester.

Attention!!
This is indeed every student’s nightmare! Having to pay late fines and late fees. Any student who registers after the first week of classes will have to pay a $100 late registration fee. If you don’t want to pay that late fee, register on time! That $100 could be spent on a new pair of shoes or handbag. Register on time!

Important end-of-term information

The ELI newsletter is a bi-weekly publication of the English Language Institute that updates students on upcoming events and important dates. It invites students to participate in its publication process. It also includes news, trivia, quotes and reading suggestions.

You may email any suggestions to Laura Lamour at: lauralamour@gmail.com