Candidate disqualified from SGA race

ERICA SANTIAGO
News Director
ericasantiago@fiu.edu

The Supreme Court of SGA at FIU has ruled Jose Sirven, Access FIU’s presidential candidate, ineligible to run for SGA President.

“Gilces,” according to the Constitution of the Student Government Association, is ineligible because in order to run for President he must have held an SGA position for at least a year,” said Juan Gilces, vice president of SGA, in an interview with Student Media.

Sirven argues that his position as president of the Resident Hall Association counts as an SGA position, since RHA is a bureau under the Student Government Association.

“I get paid by SGA. I’m invited to the SGA banquet. I have to go to all the cabinet meetings because RHA is an SGA and SOC-MMC agency. The Senate is able to remove me [as RHA President] because the senate created RHA and made it into a governing council,” said Sirven to Student Media.

Gilces said, “We are not saying that RHA is not part of SGA. What’s being said is we are not sure whether Mr. Sirven has held an SGA position before and if RHA counts as an SGA position.”

However, Sirven says there is no clarification on the term “SGA position” in any government document.

“The closest to that term that they use is the Vice President of Student Media, according to the Constitution of the Student Government Association, is ineligible because in order to run for President he must have held an SGA position for at least a year,” said Sirven.

“Both SGA and RHA are bureaus under the jurisdiction of SGA, RHA operates under its own governing documents and conduct its own elections to their executive board, according to Gilces.

“This individuals [the RHA executive board] are not elected or appointed by the Student Government. They are elected by the students that they serve,” he said.

Gilces says the RHA president does not represent the housing students, instead the president enhances resident’s experiences through programming.

“The people that represent the housing students are the housing Senators, who are part of SGA Legislation,” he said. “RHA and other agencies are under the jurisdiction of SGA, but their president positions and all other positions are not SGA positions.”

In a statement to Student Media, Realistically speaking, the Constitution does not recognize RHA or RHA president as an SGA position.”

“Sirven and Gilces have both said that an appeal has been brought to the Vice President of Student Affairs Larry Lansford. Student Media reached out to Lansford for a statement but did not receive one in time for publishing.

Both Sirven and his running mate, Devondra Shaw, must cease all campaign activity as decided by the Elections Commissioner, Luis Callejas.

Initially, Sirven’s application was approved by the Elections Board, according to Callejas. In a Writ of Certiorari, a document provided to Student Media by Callejas, Sirven’s candidacy was first appealed to the Elections Board.

The Writ says, “The Board has Found that there is not enough clarity in the SGA Constitution and Statutes to disqualify Mr. Sirven, therefore his candidacy stands.”

The decision was reached Feb. 23.

A statement to Student Media about the Board’s decision, Callejas, “We looked at multiple documents that are SGA laws and these documents clash with each other.”

The interpretation of these documents is straightforward because they do not say the same things. Some things supported Jose Sirven’s candidacy and others were less clear on this point,” he said.

“Beyond the documents which are inconclusive at best, we looked at the reality of the RHA President’s position. RHA President meets with the Cabinet ministers, who are to the SGA President and gets paid by SGA. The RHA President is even in the SGA annual photos and is invited to the SGA yearly banquet. There is no difference between these duties and those of a cabinet member.”

Callejas says, “he has a right to the Supreme Court, they have a right to make our decision as we did. We stand by our decision because we took many factors into consideration and we came up with a fair ruling.”

Their ruling supersedes any decisions made by the Elections Board just as their decision is superseded by the Vice President of Student Affairs. We are constitutionally bound to uphold their decision and we have already taken the necessary steps to conform with their finding. We have informed Mr. Sirven of his disqualification and will be confirming Mr. Callejas’s victory in the days to come. If no further appeal is requested.

Both Sirven and Shaw are still on the ballot for SGA elections. Students must vote on April 5 and 6 with election results announced April 7.

I AM IRON HAND

Jonathan Rolon, senior Biomedical engineering major, demonstrates a robotic hand built for a project Wednesday, March 23.

CAYLA BUSH
FIU SM Staff
caylabush@fiu.edu

A single case of Chickenpox has been diagnosed by Student Health Services, according to an email from External Relations sent to students March 25.

The highly infectious disease results in a blister-like rash, itching, tiredness and fever says the email.

“Chickenpox is a virus that is transmitted either through touching the rash directly, breathing it in or sneezes, and the air around an open blister that contains the virus would only be infectious to someone in close proximity, Schwartz says. “You’d have to be in close proximity to contract the virus from breathing it in. The virus is heavier than the air around it, and so it drops out of the air. It doesn’t remain in the air floating around,” said Schwartz.

She also explained the student who was diagnosed was not coughing at the time of evaluation.

While most cases of Chickenpox occur in adolescence, according to the Center for Disease Control and Schwartz, adults are also at risk if they have not previously contracted the virus.

“Adults are at more risk for bacterial infection from scratching and opening the blisters. It’s seen in 10th Women Who Lead Conference talks tech industry

TALIA TORBICA
Contributing Writer
newfiu@fiu.edu

Women Who Lead is an annual conference that enhances the leadership development of female students at FIU, according to Chantae Brown, a Student Ambassador for this year’s Women Who Lead Conference.

The conference took place in the GC Ballrooms from 9 a.m. until 2 p.m. Tuesday, March 22 and Wednesday, March 23, and included network breakfasts, panel discussions, keynote speakers and lunch for students on both campuses.

“It’s important to have events that empower women, so as to build society and replace the traditional gender roles placed on women,” said Brown. “These events educate society to help women be better integrated into the workplace and achieve success without having to work harder for a lesser pay rate than our male counterparts.”

This year, the first keynote speaker at the MCM conference was Kimberly Bryant, the Founder and Executive Director of Black Girls CODE. Black Girls CODE is a non-profit organization that focuses on introducing young girls of color to computer science technology.

The organization’s mission is “to increase the number of women of color in the digital space by empowering girls . . . to become innovators in STEM fields, leaders in their communities and builders of their own futures through exposure to computer science and technology.”

Bryant said during her education, she noticed that there were only a few classmates that looked like her, referring to her skin color and said that she did not want her daughter, who shares the same passion for technology, to grow up in the same environment.

“I did not want her to experience some of the things that I experienced as a woman in a man dominated field,” said Kimberly Bryant. “Women and girls are vastly underestimated in the tech industry, and we are being left out, and left behind, as active participants, in the fast growing industry.”
FIU joins the Changemaker Campus Network

Snapchat, looking to bitmojis for ad potential, buys Bitstrips

You as a cartoon? That’s what Bitstrips Inc.’s app does, slapping customized avatars onto comical sketches designed to be shared on social media. The messages convey greetings, compliments inside jokes and Internet memes. They’re the kind of bright items that catch the eye when they pop up on Facebook or in text messages and they apparently captured the attention of Snapchat Inc. executives in Venice. Snapchat will spend a reported $100 million to purchase the technology.

California pulls back on BPA warnings, angering advocates

Public health advocates are assailing California’s move to delay labeling of products containing a chemical commonly known as BPA. A 30-year-old chemical in cans linings called bisphenol A, or BPA, to the list of ingredients that trigger a Proposition 65 label requirement. Scientists found clear evidence of the substance causing “reproductive toxicity” and California moved to require labels by May. But the state is pulling back, arguing the labeling mandate would confuse consumers and cut poor people off from foods and vegetables. A proposed shift would substitute warning signs at the register for notices on grocery store shelves or on cans, bottles and other items that could contain BPA.

Belgian terror attack is another crisis for troubled Europe

In recent days, Belgian politicians had been warning of a heightened terror threat in Brussels after the arrest of one of the prime players in the November attacks in Paris. In fact, after his arrest, Salah Abdeslam, 26, admitted that he’d been planning attacks in Brussels, and police recovered weapons indicating that he was telling the truth. So Tuesday morning, shortly after 9 a.m., when explosions rocked the city, the targets couldn’t have been less surprising: the check-in counters at the busy Brussels Airport and the Maalbeek subway stop near the offices of the European Parliament and the European Commission.

Global Learning, to FIU News

She says the difference before seeing the rash. The rash, she says, those infected will feel sick in the days incubation period, but it can last anywhere Globulin if such persons suspect they have been exposed. Chickens of causing the vaccine. Adults are also at risk for pneumonia as a result of contracting Chickenpox.” Both the CDC and Schwartz advocate using the varicella vaccine for protection against the virus. “The best thing to do is get vaccinated. It’s a two-dose series, but a large number of students probably already have it because it’s mandatory for most elementary schools. We also recommend being vaccinated when coming into the University.” Schwartz said.

Shi diagnoses Chickenpox

Those who are immunocompromised, such as cancer patients, pregnant women or those diagnosed with HIV/AIDS, are advised against getting the vaccination. Instead, Schwartz recommends going to the hospital for Varicella Zoster Immune Globulin if such persons suspect they have been exposed.

Chickenpox generally has a two week incubation period, but it can last anywhere from 10 to 21 days. Schwartz says that those infected will feel sick in the days before seeing the rash. The rash, she says, starts on the head, chest and back first with a concentration on the chest and back.

NATION & WORLD BRIEFS

The Beacon – Monday, March 28, 2016

Glenda Matelique Campuz  GC-220, Mail Stop 0100, 6 p.m. (305) 348-3299 mmatelique@fiu.edu

Biscayne Bay Campus WEC 124A, Mail Stop 0100, 6 p.m. (305) 919-4722 bbi@fiu.edu

Fax (305) 348-3712 Edition in Chief. (305) 348-3498

Wow what an editorially independent newspaper...
NASA discovers possible extraterrestrial life

When it comes to extraterrestrial life, many would argue it means leaving the factual realm of science and entering the world of sci-fi, but according to NASA's chief scientist, Ellen Stofan, aliens may become our reality.

“I think we’re going to have strong indications of life beyond Earth within a decade, and I think we’re going to have definitive evidence within 20 to 30 years,” Stofan said during a live webcast panel discussion in April 2015.

This statement may stem from the fact that NASA has found more concrete evidence of life, like the finding of water on Mars or the discovery of Kepler-452b, the first planet with characteristics similar to those of Earth. NASA may be preparing us so that when they do officially state that they’ve found life, we won’t panic.

Though, their search for life may have ended sooner than planned with the latest discovery of KIC 8462852, a distant star that was discovered by astronomer Tabetha Boyajian through Planet Hunters, a citizen science program at Yale University.

Using NASA’s Kepler Space Telescope, scientists have been tracking the emitting light of about 150,000 newly discovered stars for slight periodic dips in order to find distant planets but what made this star unusual is that its brightness dips are extensive and completely random.

“Straight away, we know we’re not dealing with a planet here. Even a Jupiter-sized planet only blocks roughly one percent of this kind of star’s light, and that’s about as big as a planet gets,” Phil Plait, an astronomer at Slate, told the Atlantic.

“I think we’re going to have strong indications of life beyond Earth within a decade.”

Ellen Stofan
Chief Scientist
NASA

“...whatever is blocking the star is big, though, up to half the width of the star itself,” Plait said.

No system glitch was found and Boyajian already debunked the idea that light from other neighboring stars was intercepting it as the distance is too far.

The only other explanation scientists have is that the star has extra dust clouds, which causes more infrared light, but are skeptical to believe it since that’s a young star characteristic and the KIC 8462852 is considered mature.

With no other natural explanation, scientists have turned to the possibility that they’ve discovered an alien megastructure, something that was built so that an alien population could harness solar energy.

“Aliens should always be the very last hypothesis you consider, but this looked like something you would expect an alien civilization to build,” Jason Wright, an astronomer from Penn State University, told The Atlantic.

While they’re still trying to figure out what this megastructure really is, if we do discover aliens, how will it affect our life in terms of religion, government and our safety?

The existence of extraterrestrial life will jeopardize the fundamental belief of any religion. It will bring into question everything we know, such as Jesus’s ascension into heaven in body and spirit as proclaimed in the New Testament, the prophet Muhammad’s spirit visiting heaven like the Quran states and the origin of the giant Goliath that is found in the Old Testament.

It also brings into question how the government will react, but most importantly, what will happen to our safety?

“If aliens visit us, the outcome could be much like when Columbus landed in America, which didn’t turn out well for the Native Americans,” theoretical physicist Professor Stephen Hawking said during an interview with Spain’s El Pais and he’s right.

History has shown time and time again that the more technologically advanced civilization always defeats and conquers.

Through the years, NASA has sent things like The Golden Record, which has music, photos and other documents that explain our humanity into space in hopes that extraterrestrial life will find it, but have they thought of the repercussions?

We’re assuming that the aliens will be friendly, but they probably won’t be. We’ll end up in an intergalactic war where humanity will either end up dead or enslaved.

While it’s egotistical to think that we’re the only planet that could possibly have life, if this megastructure truly turns out to be what we think it is, perhaps its best we stay hidden in the shadows and try to avoid ever crossing paths with them. Our safety may rely on it.

Michelle Marchante is the Assistant Opinion Director for FIU Student Media. Her column, M Talk, focuses on new and innovative events and ideas. For suggestions or comments, please email Michelle at michelle.marchante@fiusm.com

WHERE ARE THE ALIENS?

HELLO, MR. GENERAL SIR!

WITH EXTRATERRESTRIAL LIFE BEING A POSSIBILITY, I NEED TO KNOW ALL OF OUR PREEMPTIVE OPTIONS AS FUTURE PRESIDENT SO WE CAN WIPE OUT THIS EQUALITY POSSIBLE THREAT THAT MAY OR MAY NOT EXIST!

THOUGHTS?

SON, ARE YOU HIGHT?

HIGH LIKE OUR ARAMDA OF SPACE SHIPS!!

MICHAEL MARCHANTE/The Beacon

MICHAEL MARCHANTE/The Beacon

MICHAE MARCHANTE/The Beacon

FUN FACTS: KIC 8462852

The star can’t be seen by the naked eye.

A planet the size of Jupiter would only obscure the star’s light by 1% yet its brightness has been obscured by up to 22%.

Scientists have begun to look for radio emissions from extraterrestrial life around the star.

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.

Disclaimer

The opinions presented within this page do not represent the views of The FIU Student Media. These views are separate from editorials and reflect individual perspectives of contributing writers and/or members of the University community.

Editorial Policy

Editorials are the unified voice of the editorial board, which is composed of the editor in chief, management, and the editors of each of the five sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to opinion@fiusm.com.
ENGEEERING THE FUTURE
Engeneering students display hi-tech class projects

Top left: Jonathan Rolon, a biomedical engineering senior, holds a robotic hand with wires as part of the project of a group of engineering students.
Top right: Will Oberndorfer, an electrical Engineering junior, works with a robot designed to act like a shipyard machine.
Bottom left: Juan Trujillo, a senior mechanical engineering major, and Luis Rojas, a senior mechanical engineering major, work in collaboration to put together a car with their fellow classmates.
Bottom right: Mechanical engineering students Eddy Martinez, Nick Augustin, Naseem Ahmed, Juan Trujillo and Luis Rojas work together on a car in the Green Library Breezway on March 23.

10th annual Women Who Lead Conference discusses women in tech industry

According to the Black Girls CODE chart, out of all students earning a degree in computer science, 3 percent are African American women, and 1 percent are Latin American and Native American women.

Bryant said, “I hope to provide young and pre-teens of color opportunities to learn in-demand skills in technology and computer programming at a time when they are naturally thinking about what they want to be when they grow up.”

The programs range from web design, robotics and game developments.

“At is not just about teaching [young girls] how to utilize technology . . . but to make them creators, not just consumers,” said Bryant. The organization was launched in California in 2012, and has spread to the East Coast, South Africa, and will be launching a chapter in Miami this year.

“There is a heavy need and desire for these types of programs in our community,” said Bryant. During Black Girls CODE workshops, girls are taught to work together and collaborate. “We have a heavy focus on teamwork and collaborations . . . almost all our sessions girls are working in pairs.”

Working in a team setting prepares these girls for their future jobs in the field.

Chantae Brown said, “Programs like Black Girls CODE help our girls build their confidence and the skills necessary to enter into a male dominated field, such as programming. [Such programs] also help educate them on certain biases in life and what they can do to overcome them and achieve success.”

During the Q&A portion, Caroline Berances, the President of Advancement of Women in Stem, and a senior majoring in biomedical engineering, asked Kimberly Bryant “How are you able in your programs to teach these girls, that yes, around you these people are like you, but it won’t always be that way?”

Kimberly explained that throughout the program, they are focused on creating a level of resilience within the girls. Black Girls CODE trains young girls to “understand the realities of the industry, as well as [to] build self-confidence skills”, said Bryant.

The second keynote speaker was Marly Q, Casanova, known as “Marly Q,” a two time FIU alumna and the founder of the FIU Relay For Life. Casanova is the founder of PARK project, a non-profit organization inspiring people to PARK- Perform Acts of Random Kindness.

In her personal life, Casanova said that only a few years ago, she did not have the courage to say proudly who she was. “I have been working on my own personal and professional growth and development, and I feel confident now and [I am] proud of who I am.”

Casanova describes her job as consisting of three things: speaking, teaching and creating events. Her mission is to globally spread kindness and be the SPARK (Someone who Performs Acts of Random Kindness). She chose to go to FIU because she believed she would be able to leave a mark by doing what she does best, planning events and motivating people.

“Events were my way of getting people together,” said Casanova, Founding the FIU Relay for Life was Casanova’s way of planting a seed and watching it grow. “I maybe planned the first four [FIU Relay for Life] events . . . but it’s the students that have taken that tradition and raised over $1,000,000.”

Casanova told the audience that everything they learn in school, and all their experiences are going to benefit them now and in the future, if they embrace all the opportunities they are presented with. “Ask people to be your mentor,” Casanova advised the audience. “Talk to people, exchange ideas.”

Casanova had a theme about the importance of self-love and self-care, stressing that doing things with passion and our heart allows the best results.

“You must practice self-love and kindness . . . you need to honor what you love and what makes you happy.”
As a trainer, I often get asked the question, “what is the most difficult task?”

My answer is that it is more challenging to maintain health and fitness rather than to improve it when you have a specific goal of losing weight or being fit, then you are working toward a specific improvement.

Active individuals, caffeine and your skeletal muscles.

Energy drinks are a fast way to give yourself a boost in your daily routine, but it was discovered that you could contain between 6 to 27 grams of carbohydrates, the equivalent of what is in a bag of the form of simple sugars.

Adding sugars and caffeine was intended to counter insulin resistance, which is a risk factor for the development of chronic diseases such as diabetes, cardiovascular disease, metabolic syndrome, hypertension and hyperlipidemia.

Don’t panic! At this point you are probably freaking out and trying to throw your cup of coffee and energy drink out the window. Although, caffeine has harmful effects, you can still reverse them. The first thing you can do is to be more involved in daily physical exercise. And this can start with small steps! For example, after drinking your coffee in the morning try to park further from your class or work office in order for to get a brisk cardio workout.

Also, ask for decaffeinated coffee the next time you order your morning cup of Joe and grab a less caffeinated energy drink.

We are living in a state where overweight and obesity rates are increasing and are very common and the number one preventable and costly disease, metabolic syndrome, metabolic disease, cardiovascular disease, diabetes, hypertension and hyperlipidemia.

But would you still be interested in decaffeinated coffee if you knew that you could harmfully affect your body? While several studies point out the beneficial health effects of caffeine for active individuals, caffeine can also have a negative and detrimental impact on the growth and development of people who have a sedentary lifestyle.

Caffeine is a non-specific adenosine antagonist receptor, which is related to ATP (energy) producing tissues. Administration of this type of receptor will reduce blood flow and will decrease both glucose delivery to skeletal muscles and glucose uptake.

Caffeine can also affect insulin levels. Insulin is an important hormone in the regulation of blood glucose and blood lipids (blood sugar) in sedentary people where skeletal muscles are at rest, caffeine will counteract this natural flow, leading to insulin resistance.

On the other hand, in active people where the blood flow is increased, there is a reduced impact of insulin delivery to skeletal muscle, so there we are living in a state where overweight and obesity rates are increasing and are very common and the number one preventable and costly disease, metabolic syndrome, metabolic disease, cardiovascular disease, diabetes, hypertension and hyperlipidemia.

But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player. You’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you don’t like the game, your body will also give up. It will no longer react as effectively and faster to your stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find something else.

As you probably know, your body is made of 70% water and you need to be hydrated. If you are not, your body will not function as well. Drinking coffee while dehydrated and you did not feel well. But none of this mattered because you enjoyed going to the beach. Rather than relishing to go to the beach, enjoy the time spent and appreciation of your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life and keep repeating the same routine, not only will your body plateau, but your routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much as walking on the plateau. Reaching plateau is more of a mental aspect than physical.
Sports and the language of sexism

In my next life, when I come back, I want to be someone in the WTA because they ride on the coattails of the men. They don’t make any decisions, and they are lucky. They are very, very lucky,” Moore said.

“If I was a lady player, I’d go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport.”

Needless to say, Moore resigned his position shortly after his statement. Moore’s phrasing was nothing but sexist, women on their knees does not only bring forth the antiquated ideas of subservience, but also conjures the image of sexual acts, completely undermining the female players.

The accepted sexism rooted in our language, like calling someone who is deemed “weak” derogatory names of female genitalia or b-word, only promotes hateful stereotypes – as if being a woman is an insult. This is not exclusively a sports problem, but rather one of western society: feminists such as Julia Kristeva have deconstructed language and made connections to how a mistreatment of women is rooted in the way we speak.

Images of LeBron James in the 2014 NBA Finals against the San Antonio Spurs come to mind. In game one, James had cramps in his legs due to poor hydration and a faulty air conditioning unit in the Spurs’ building.

What followed James were memes of him with makeup and name calling too grotesque to publish in a newspaper, almost all exclusively using the base of womanhood for their insults.

“Be a man,” is something thrown around a lot in youth sports, as if there is a sports nobility in whatever concept of manhood is. From a young age we tell young male athletes to “be a man.” This is cultivated and enforced throughout their lives until they reach the apex of their profession. By then it’s already ingrained in who they are. Calling other players vulgar names for female genitalia becomes common practice and you can be heard on any pickup basketball court in America.

When this is the reality can we really be surprised at Moore’s comments? It’s intertwined with the identity of male athletics.

“Sports might be the patriarchy’s crowning achievement as an ecosystem where women are perpetually discouraged, abused and undermined. In such a male dominated business what is embodied in its culture is machismo and a sexist Darwinism,” Moore said.

Last week the now-resigned CEO of the Indian Wells Tennis Garden, Raymond Moore, went on a sexist rant about women in the Women’s Tennis Association tour “riding the coattails” of the male players.

“In my next life, when I come back, I want to be someone in the WTA because they ride on the coattails of the men. They don’t make any decisions, and they are lucky. They are very, very lucky.” Moore said.

“If I was a lady player, I’d go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport.”

Needless to say, Moore resigned his position shortly after his statement. Moore’s phrasing was nothing but sexist, women on their knees does not only bring forth the antiquated ideas of subservience, but also conjures the image of sexual acts, completely undermining the female players.

The accepted sexism rooted in our language, like calling someone who is deemed “weak” derogatory names of female genitalia or b-word, only promotes hateful stereotypes – as if being a woman is an insult. This is not exclusively a sports problem, but rather one of western society: feminists such as Julia Kristeva have deconstructed language and made connections to how a mistreatment of women is rooted in the way we speak.

Images of LeBron James in the 2014 NBA Finals against the San Antonio Spurs come to mind. In game one, James had cramps in his legs due to poor hydration and a faulty air conditioning unit in the Spurs’ building.

What followed James were memes of him with makeup and name calling too grotesque to publish in a newspaper, almost all exclusively using the base of womanhood for their insults.

“Be a man,” is something thrown around a lot in youth sports, as if there is a sports nobility in whatever concept of manhood is. From a young age we tell young male athletes to “be a man.” This is cultivated and enforced throughout their lives until they reach the apex of their profession. By then it’s already ingrained in who they are. Calling other players vulgar names for female genitalia becomes common practice and you can be heard on any pickup basketball court in America.

When this is the reality can we really be surprised at Moore’s comments? It’s intertwined with the identity of male athletics.

How surprised can we be when Chicago sports anchor Julie DiCaro receives threats on Twitter, while reporting on the Patrick Kane rape case, calling her a w---e and a c---t.

It’s where we are as a sports culture. America likes to do a lot of back peddling as to how far they have come on a lot of social issues.

To say we live in an equal sports society isn’t true and some of it’s roots are in the way we speak.

SPORTS

WOMEN’S TENNIS

Be Real

GIANCARLO NAVAS

Sports might be the patriarchy’s crowning achievement as an ecosystem where women are perpetually discouraged, abused and undermined.

In such a male dominated business what is embodied in its culture is machismo and a sexist Darwinism.

Last week the now-resigned CEO of the Indian Wells Tennis Garden, Raymond Moore, went on a sexist rant about women in the Women’s Tennis Association tour “riding the coattails” of the male players.

“In my next life, when I come back, I want to be someone in the WTA because they ride on the coattails of the men. They don’t make any decisions, and they are lucky. They are very, very lucky.” Moore said.

“If I was a lady player, I’d go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport.”

Needless to say, Moore resigned his position shortly after his statement. Moore’s phrasing was nothing but sexist, women on their knees does not only bring forth the antiquated ideas of subservience, but also conjures the image of sexual acts, completely undermining the female players. The accepted sexism rooted in our language, like calling someone who is deemed “weak” derogatory names of female genitalia or b-word, only promotes hateful stereotypes – as if being a woman is an insult.

This is not exclusively a sports problem, but rather one of western society: feminists such as Julia Kristeva have deconstructed language and made connections to how a mistreatment of women is rooted in the way we speak. Images of LeBron James in the 2014 NBA Finals against the San Antonio Spurs come to mind. In game one, James had cramps in his legs due to poor hydration and a faulty air conditioning unit in the Spurs’ building.

What followed James were memes of him with makeup and name calling too grotesque to publish in a newspaper, almost all exclusively using the base of womanhood for their insults.

“Be a man,” is something thrown around a lot in youth sports, as if there is a sports nobility in whatever concept of manhood is. From a young age we tell young male athletes to “be a man.” This is cultivated and enforced throughout their lives until they reach the apex of their profession. By then it’s already ingrained in who they are. Calling other players vulgar names for female genitalia becomes common practice and you can be heard on any pickup basketball court in America.

When this is the reality can we really be surprised at Moore’s comments? It’s intertwined with the identity of male athletics.

How surprised can we be when Chicago sports anchor Julie DiCaro receives threats on Twitter, while reporting on the Patrick Kane rape case, calling her a w---e and a c---t.

It’s where we are as a sports culture. America likes to do a lot of back peddling as to how far they have come on a lot of social issues.

To say we live in an equal sports society isn’t true and some of it’s roots are in the way we speak.

Be Real is a sports column that focuses on the social issues surrounding sports. For commentary and suggestions, email Giancarlo Navas at giancarlo.navas@fiusm.com

BASEBALL

MLB opening day: The most exciting time in sports

JAMES TAKAS

JACOB SPIWAK

There are few things better than spending a spring or summer day at an MLB ballpark. The smell of hot dogs and fresh-cut grass, a cool breeze and watching your favorite team in action – there’s a reason baseball is regarded as America’s pastime.

We’re less than a week away from MLB Opening Day. Francisco Liriano will deliver the first pitch of the season for the Pittsburgh Pirates against their division rival the St. Louis Cardinals and just like that regular season baseball will be back in our lives for the next six months.

The problem is, it seems like fewer and fewer people care about the beautiful sport of baseball these days. Local ratings are still thriving through the roof in most markets, but in the current digital age, the NFL and NBA are consistently more popular nationally and on social media than the MLB.

Younger demographics continue turning toward faster-paced sports like football and basketball, while the median age of sports fans has raised to 53 years old according to a study done by ESPN.

MLB changed the game when they released their MLB.tv online streaming service, which is still by far the most successful and revolutionary one of its kind in the entire industry.

While people complain about the lack of quality in the NFL and NBA All Star Games, MLB’s is year in and year out the only one (besides the NHL) that matters and resembles an actual game. They’re also starting to implement rule changes to speed up the pace of play and attempt to modernize the game. If that isn’t enough to appeal to a younger audience, that’s our generation’s fault and our fault alone.

Much too often I see people argue how boring baseball is and they’re probably right watching a meaningless early season NBA game than the World Series come late October. This baffles me, that as a so-called sports fan someone would skip out on watching the most important series in our country’s most important sport.

Instead of taking America’s pastime for granted, enjoy it for what it is. What other sport guarantees you multiple games almost every day for six months? What other sport is as stat-driven and analytical? What other sport is literally built on father-son brackets or making crying Jordan memes of Michael Jordan, I’ll be gladly watching my favorite sport for the first time since early November all day April 3 and 4, and I urge you to do the same.

Jake’s Takes is a bi-weekly column on baseball. For commentary and suggestions, email Jacob Spiwak at jacob.spiwak@fiusm.com

JAKE’S TAKES

JACOB SPIWAK

There are few things better than spending a spring or summer day at an MLB ballpark. The smell of hot dogs and fresh-cut grass, a cool breeze and watching your favorite team in action – there’s a reason baseball is regarded as America’s pastime.

We’re less than a week away from MLB Opening Day. Francisco Liriano will deliver the first pitch of the season for the Pittsburgh Pirates against their division rival the St. Louis Cardinals and just like that regular season baseball will be back in our lives for the next six months.

The problem is, it seems like fewer and fewer people care about the beautiful sport of baseball these days. Local ratings are still thriving through the roof in most markets, but in the current digital age, the NFL and NBA are consistently more popular nationally and on social media than the MLB.

Younger demographics continue turning toward faster-paced sports like football and basketball, while the median age of a baseball fan has raised to 53 years old according to a study done by ESPN.

MLB changed the game when they released their MLB.tv online streaming service, which is still by far the most successful and revolutionary one of its kind in the entire industry.

While people complain about the lack of quality in the NFL and NBA All Star Games, MLB’s is year in and year out the only one (besides the NHL) that matters and resembles an actual game. They’re also starting to implement rule changes to speed up the pace of play and attempt to modernize the game. If that isn’t enough to appeal to a younger audience, that’s our generation’s fault and our fault alone.

Much too often I see people argue how boring baseball is and they’re probably right watching a meaningless early season NBA game than the World Series come late October. This baffles me, that as a so-called sports fan someone would skip out on watching the most important series in our country’s most important sport.

Instead of taking America’s pastime for granted, enjoy it for what it is. What other sport guarantees you multiple games almost every day for six months? What other sport is as stat-driven and analytical? What other sport is literally built on father-son brackets or making crying Jordan memes of Michael Jordan, I’ll be gladly watching my favorite sport for the first time since early November all day April 3 and 4, and I urge you to do the same.

Jake’s Takes is a bi-weekly column on baseball. For commentary and suggestions, email Jacob Spiwak at jacob.spiwak@fiusm.com
Marlins seek spring changes to aid transition to season

CLARK SPENCER
The Miami Herald
TNS Staff

Marlins manager Don Mattingly is in the final week of spring training games in order to control their pitch for starting pitchers in spring training with the season, when most games are played at night.

And that’s just for starters.

Marlins manager Don Mattingly is in favor of implementing a "re-entry" system for starting pitchers in spring training games in order to control their pitch counts.

"Noboy wants to tinker too much with baseball tradition. But they said a few changes would be beneficial.

"I’ve always said the last week should be night games, just to transition you into that routine and that schedule," said Phelps.

Stanton said it takes him anywhere from five to seven games for his eyes to adjust to hitting in artificial lighting.

"You need, I say, five to seven games to get acclimated to it," Stanton said. "That’s the mean of a [spring training] night game on March 15 and back to a day game again. You need [a handful of night] games in a row to get ready.

"You start drinking coffee at hours you never even imagine," Phelps said of going from a day to night schedule.

"Then there’s pitching. One purpose of spring training is to help starting pitchers gradually build their endurance and arm strength.

"You’re building then to a pitch count," Mattingly said. "You’re kind of like adding 15 a day – 30 to 45 and up to 70. Once you get to 90, you’re kind of there."

But what happens when a pitcher has a bad day and throws 25 or 30 pitches in the first or second inning, and the plan called for him to pitch five or six innings?

"You’d really want to be able to remove that pitcher once his pitch count reaches a dangerous level, in a reliever to complete the inning, and then send starter back to that next time," he said.

That way, Mattingly said, fans would still be able to see star pitchers such as Jose Fernandez while teams could control their usage.

Spring training rules are already less rigid.

On Thursday, for example, the Minnesota Twins went by American League rules, using a designated hitter in their game against the Mariners. The Marlins let pitcher Adam Conley hit for himself.

And extra-inning games rarely go beyond 10 innings even when the score remains tied.

"It’s not like we polled the public on this, and we don’t want to be in any way. But you’re not really cheating the fans. You’re giving them the opportunity to see [pitchers] longer.”

Beckham’s group buys needed land for soccer stadium

SUN SENTINEL STAFF
Sun Sentinel
TNS Staff

The David Beckham-led group looking to bring a Major League Soccer team to Miami has purchased the private land needed to build a stadium, they announced Thursday, March 24.

"We’re all-in on Overtown and we couldn’t be more excited about moving forward with plans to deliver the most responsible stadium in Miami history.

This was Beckham’s fourth attempt at purchasing a site for an MLS expansion team. His group had previously targeted sites at PortMiami and PortMiami Gateway near Miami-Dade’s MiamiAirport. Then another attempt near Marlins Park was hampered by private land it handles the next about moving forward with plans to deliver the most responsible stadium in Miami history.

It’s this simple: 11 Miami, which entered Thursday’s NBA play tied for ninth in the East rivals, spoke with the Los Angeles Lakers Wednesday, March 23, Johnson counselled the Heat’s younger contingent.

"We got to put this behind us and move forward," Johnson told them.

"You start drinking coffee at hours you never even imagine," Phelps said of going from a day to night schedule.

"Then there’s pitching. One purpose of spring training is to help starting pitchers gradually build their endurance and arm strength."
LGBTQ3-D series sheds light on the dangers of relationship violence

According to Meredith Morgan, coordinator at the Women’s Center at theублуб, this conference is a step forward. “With the networking and opportunities displayed through this conference,” Morgan said, “leadership may have the prospect of developing.”

In a world where our lives are mapped out for us, this conference lets women know that they still have a choice in what they do and a voice in their society.

“I feel encouraged,” student Ariana Gamazo said. “I want to get out and do something to encourage other women.”

However, with these thoughts of renewed hope, there are setbacks that need to be addressed.

As with most hate-based violence, transgender individuals are the most likely to be affected in the LGBTQ community.

Women need to be assertive,” Ariana said. “Negotiate your pay. Learn to ask for help. Seek out mentors. You want to be heard, then raise your voice. Amplify yourself. Talk to someone. You can be shy and still stand up for yourself, but confidence is always the key. It’s all baby steps.”

Throughout these discussions, there have surfaced individual stories of what women had to go through, emotional trials that each woman shared.

According to Women’s Conference ambassador Shenaia Tulloch, she said the conference surrounds attendees with something different. What the world says is not what any person have to be. Women can, in fact, be leaders. There are women who are bold. There are women of color who bear the odds stereotypes place on them without worry. And for these women of color, a program called the Black Girls CODE was presented at the conference. This program is a sliver of hope for young black girls from underrepresented communities.

According to www.blackgirlscode.com, the program “has set out to make the world that girls of every color have the skills to become the programmers of tomorrow.” Programmers the world will need in the future. Just as Black Girls CODE is a safe haven for young girls, this conference, according to ambassador for the Women’s Conference, Natalia Gutierrez, is a community.

“There are women out there who will help you and push you,” Gutierrez said. “This program gives you the resources to make those plans happen.”

But she also acknowledges the fact that with the determined mind comes obstacles.

“Things may be difficult now but the future won’t change. There will always be challenges. But you can either rise above it or let it crush you. You can’t let it defeat you. In the end it’s all worth it,” she said.