### Florida International University FIU Digital Commons

The Panther Press (formerly The Beacon)

Special Collections and University Archives

2-6-2017

### The Panther Press, February 6, 2017

Florida International University

Follow this and additional works at: https://digitalcommons.fiu.edu/student\_newspaper

#### Recommended Citation

Florida International University, "The Panther Press, February 6, 2017" (2017). *The Panther Press (formerly The Beacon)*. 920. https://digitalcommons.fiu.edu/student\_newspaper/920

This work is brought to you for free and open access by the Special Collections and University Archives at FIU Digital Commons. It has been accepted for inclusion in The Panther Press (formerly The Beacon) by an authorized administrator of FIU Digital Commons. For more information, please contact dcc@fiu.edu.

A Forum for Free Student Expression at Florida International University

One copy per person. Additional copies are 25 cents.

Vol. 1 Issue 5 Monday, February 13, 2017 PantherNOW.com

## **DEBT DEFEATED**

### University offers alternative college affordability options for students

**GUETHSHINA ALTENA** 

News Director

University announced 'the Golden Promise' a program that covers the remaining cost of tuition for incoming freshmen that are receiving the full support amount of pell grant starting in the Fall 2017.

At the Access and Affordability forum, Raquel Perez, a CARTA professor moderated the discussion between President Mark B. Rosenberg, Director of Office of Scholarships Laura Castillo, Director of Financial Aid Francisco Valines; SGC-MMC President Alian

The panel streamed live on the Roar on Wednesday Feb. 8 between 1p.m. and 2:30p.m.

"We are a public University that believes that eligible students ought to have the opportunity to get a four year degree, that eligible students belong here and have the ability to succeed here," Rosenberg said.

Students with an estimated family contribution of zero dollar, Golden promise students, will automatically receive the remaining balance for their tuition in form of FIU scholarships, grants or loans. The aid amount will be added to their financial award letter at the beginning of the year.

"There are a lot of resources here that should be able to get you to the finish line and beyond," Rosenberg said.

Students voiced their concerns about the lack of classes availability at both campuses and the travel time to get from one campus to the other. They explained that it is quite inconvenient when it comes to getting from one class at the north campus to get to another class at the south campus within an hour.

Rosenberg said the University is aiming for a "24/7, 365 availability of courses" some classes may have to be online but they are working with students to provide the varying coursework needed at the different campuses.



From left to right: Panelists Laura Castillo, Alian Collazo, Francisco Valines, and President Mark B. Rosenberg talk to moderator Raquel Perez and audience about options to graduate with less debt on Wednesday February 8, 2017.

"We are a public University whose faculty understands why they are here and have the purpose to ensure that our students get a 'Worlds Ahead' education" He said.

Rosenberg said that FIU is a public University relatively young by north american public university standards but he sees our youth is an advantage.

"We believe that our youth gives us the ability to be far more responsive to our students than the older, more established institutions of Higher Education" Rosenberg said.

Rosenberg said that a good lesson for him when he first arrived to the University in 1976 from the University Pittsburg was seeing the faculty work day and night with a very special, highly motivated, hardworking student body.

The University of Pittsburgh is about 230 years old and their system consisted of faculty teaching classes during the day and graduate

SEE ACCESS, PAGE 2

**BISCAYNE BAY** 

### University to host 11th annual town hall meeting

News Director

For the 11th time in FIU's history, the University will be hosting a Town Hall Meeting with President Rosenberg at the Biscayne Bay

Student Government Association of Biscayne Bay Campus will be in attendance to have an open dialogue with students and FIU President Rosenberg about the future of BBC.

Dianne Morales the SGA BBC Director of Events has been helping in the planning of the annual town hall meeting for the last two years.

"It's a good venue for students to see the relationship between their student government representative and the president himself." Morales said "It's a good opportunity for students to learn that their voices can be heard and they are avenues to which they can express their hall meeting through contacting their student government representative as

Morales said that this meeting is also important to put a face to names of the representatives of the student body and highlight the relationship SGA BBC has with the president and the role they play in helping to facilitate those kind of conversations.

"Students voiced their concerns in the past about the lack of food options and the availability of some classes at the Biscayne Bay campus." Morales said.

The town hall meeting will take place with the participation of the Assistant Vice-President of Student Affairs Eric Arneson, President Rosenberg, and SGA President and FIU Foundation Board Member

"Before taking questions, President Rosenberg will update

concerns, not only through the town students and people attending about the ongoing projects that the University has." Morales said.

The meeting discussion will be guided by the types of questions asked by the audience, which is why Morales recommends attendees to come ready with questions and concerns that they may have.

"It's is open to all students and anybody who is part of the FIU community" Morales said, encouraging interested students who primarily goes to MMC or EC to attend the meeting as well.

RSVP online is available at go.fiu.edu/sgabbctownhall

The town hall meeting will take place in the Wolfe University Center's May Ann Wolfe Theatre from 2 p.m. to 4 p.m. For more information contact the SGA BBC office at 305-919-5680.

### Students relects on escort services

MICHAEL ANALCO Contributing writer

Tuition is a very common financial issue that college students struggle with every semester.

Some seek out scholarships and grants opportunities or loans to help pay for their college expenses.

According to research conducted in 2015 by Ohio State University, 70 percent of college students stress about having to pay for school. About half of students surveyed said they worry about making monthly ends meet.

With students work minimum wage jobs while attending school, students like Elio Gonzalez, a sophomore majoring in finance, said he wonders what lengths students go to in order to afford school.

"Luckily my mom helps me pay for my school," said Gonzalez,

Lately the sex and escort industry has received a boost from college students. Websites like SeekingArrangement. com have become viable options for college students who struggle to pay for college.

In an interview conducted in 2011 by the Huffington Post with the founder of the website, Brandon Wade, estimated that of the 800,000 "sugar babies,"-- those who work as the escorts in the site-- about 35 percent of them were college students.

When asked about the number of college students using sites like Seeking Arrangement to pay for school and tuition, Gonzalez said he was unaware that students would go these

"I mean, I knew that students would work in places like strip clubs and as dancers at clubs. I actually have a friend who joined a male strip club and gets booked for shows all the time," said Gonzalez.

"I just never realized that escort services were common ways for girls and guys to pay for school. I've

SEE ESCORT, PAGE 2

### NATION & **WORLD BRIEFS**

#### Trump administration is considering new, narrower travel ban, officials say

Rebuffed again by the courts, the Trump administration is weighing a new, more narrowly tailored executive order to restrict entry into the U.S. that would forestall further legal wrangling \_ even as the president himself vowed Friday to "do whatever is necessary to keep our country safe.'

One day after three appeals court judges unanimously refused to reinstate the president's order barring travelers from seven predominantly Muslim nations, Trump again said his administration would ultimately prevail in court.

"We will continue to go through the court process and ultimately, I have no doubt we will win," he told reporters at a White House news conference with Japanese Prime Minister Shinzo Abe.

But he also previewed actions he said his administration may take "having to do with the additional security for our country.'

"We will not allow people into our country who are looking to do harm to our people. We will allow lots of people into our country that will love our people and do good for our country," he said.

Trump said he could act as soon as next week.

#### Fearing deportations, Mexico warns its citizens in the US

The much-publicized deportation of an immigrant who had been living illegally in Arizona prompted the Mexican government on Friday to urge its nationals in the United States to "take precautions" amid a "new reality" for the immigrant

The expulsion of Guadalupe Garcia de Rayos, a Mexican citizen and mother of two U.S.-born children, "illustrates the new reality of the Mexican community living in the United States in the face of more severe application of migration controls," the Ministry of Foreign Affairs said in a statement.

#### TRIBUNE NEWS SERVICE

#### CORRECTIONS

In Volume 1, Issue 3, the article titled "Heroic Heritage" incorrectly paraphrased quotes attributed to Percy Hintzen, director of African and African Diaspora Studies. The story has been corrected online to accurately reflect his beliefs and quotes.

Panther Press will gladly change any errors. Call our MMC office at 305-348-2709 or BBC at 305-919-4722.

# University organize student forum for Bayview residents

**GUETHSHINA ALTENA** News Director

On Feb. 7, students gathered in the Bayview H. Clubroom at the Biscayne Bay campus to share their concerns with the University SGA-BBC.

Leonardo Cosio, the vicepresident of SGA-BBC was present and helped in the realization of the event.

"I think for what it was, the forum was really great in terms of attendance. A good amount of people showed up and showed interest by giving feedback"

The assistant vice-president of Student Affairs, Eric Arneson hosted the meeting along with Cosio. The purpose was to find out student's frustrations about Bayview, the new residential building and the Biscayne Bay campus as a

"We usually host it at the Wolfe Center but this time we wanted to reach Bayview students and give a chance for Bayview students to be heard,"said Anderson. "The forum is an opportunity for student government to do two things, like share new information to students like construction, academic programs and provide more information about the campus. The second part is to get feedback from students and answer their questions."

Cosio said that one of the main problems students shared at the forum was parking, asking the administration to have the parking lot paved and they responded by sharing their plans to do so by the summer

"One of the main problems that were brought up was the gravel parking lot. It is located between bayview and Academic Center 2," Cosio said. "Sometimes students overflow parking because there is not enough at Bayview, they would have to park on the

Limited dining options was also brought up as an issue that the students wants resolved. Especially for resident student, Cosio said students complained on the fact that they only get to choose between Moe's and

"SGA met with business services which oversees dining on campus and we told them what we can do to better the options on campus so it's in the process of being discussed," said Cosio.

Cosio said that work is already in place to have options available soon for students to have a rotating menus schedule from restaurants such as Chick-fil-la on some specific days of the

Apart from parking and food options, Arnerson said that students asked for more student friendly environment.

"Students have expressed their frustrations, for example one of them was that there was a beautiful new Wolfe Center but that it wasn't very student friendly," said Arneson. "So from that meeting, I met with the director of the Wolfe Center and we changed the policy to create an opportunity for students to personalize the windows, put up some banners, put up pictures of students and make it a more student friendly environment."

While some students at the forum may have expressed their concerns, others had positive insights about the BBC campus.

"People really wanted to discuss the positives too, which was nice. They loved the view from the Bayview building, the resources available to them such as kayaking, paddle boarding, and the excursions from the Wellness and Recreational Center," Cosio

Meredith Marseille, the comptroller of SGA -BBC also participated in this forum for students.

"[The forum] was just to get some input about how living in Bayview was going for students there and any issues that they have with it" Marseille said. " It was also an opportunity to give them an update on SGA and what's going on with FIU BBC."

Marseille said that it is convenient to have the meeting at Bayview because lack of housing has always been an issue at BBC. Now that the residential building is there, Marseille thinks that it's great that they can now address and respond to the concerns of that population of students.

"Forums like this one is open to any FIU students who has something to say

about the way things are run at our campus" Marseille said. "Although this forum specifically targets residents students, we encourage all to participate and have other forums in the semester where it's targeted to all BBC students."

The lack of classes was another issue that student brought up, according to Marseille.

"[The administration] is bringing back the Health Services major from the Modesto Maidique campus to the Biscayne Bay campus in the 2017 fall semester. This major will bring 700 to a thousand students to BBC and adding numerous classes along the way," Marseille said.

Residents assistants for the building also helped answering a couple questions. "It was really nice to see people helping each other out as they each brought up their issues" Marseille said.

Arnerson said that the next forum will be in late March or early April.

"Usually our forums are students that are really engaged, student leaders who share a lot of information but what we are trying to figure out better is how to connect with students who are not engaged," said Arneson. "For instance, students who only go to class but don't engage on any events or services on campus but we really need their opinion too. At the end of the day our role is to engage students on campus."

## Sex industry: 'Last resort'

#### **ESCORT, PAGE 1**

PANTHER PRESS never met someone who sold their body for sexual purposes [to afford taking classes] so knowing that there might be some students kind of upsetting."

a senior in business administration management, she wasn't surprised students are escorting to afford school.

"It's really not that at FIU who do this is I think that students Brittany Peguero, so much loan debt and too expensive.

if these services helped you pay for school then you've got to do what you've got to do," said Peguero.

Paola Cadena, a junior majoring in surprising, to be honest. biology, said that the college escort service is would rather not get into a result of college being

increasing number of college students in this business tells me that education is very expensive and students aren't getting help from other sources." said Cadena.

"Education is more expensive than it should PanterNOW.com

Nowadays, we can't even be as successful as we expected to be with a bachelor's degree. Most of us need to pursue grad schools degrees to make it in our fields. That equals more money,

Read more at

### Accessibility forum bring options for students to afford college

ACCESS, PAGE 1

students teaching the night classes for

Rosenberg said: "What do we do with every dollar that's appropriated to us by the state of Florida? How do we spend those dollars and the ones we charge students for Tuition?"

Laura Castillo, the director of Office of Scholarships to talk about the many grant and scholarship opportunities that the University offers. She said that FIU owns a website "fiu academic works"

that compiles a list of all the scholarships available to students from all the departments and colleges throughout the

"In the good old days, the funding that we got from the state was based upon a student came through our doors and enrolled; Today, the funding that we get is based upon a student's graduation"

If a student takes a long time to graduate, which can be appropriate in his or her particular circumstances, that works against the University funding according to Rosenberg.

The state is interested in efficiency, accountability and timely graduation. It is increasingly asking the University to graduate every student in 4 years.

Director of Financial Aid Francisco Valines said the Financial Aid office has a default Prevention team that can help students make informed decisions when it comes to borrowing money to pay for

The office also provides one-on-one student loan counseling to all FIU students. For more information contact the Financial Aid office at 305-348-7000

#### **OPINION DIRECTOR** MICHELLE MARCHANTE MULTIMEDIA DIRECTOR JAVIER SANLLEY

**EDITORIAL BOARD** 

**EDITOR IN CHIEF** 

CAYLA BUSH

News Director

**G**UETHSHINA **A**LTENA

Sports Director

JAYDA HALL ENTERTAINMENT

**DIRECTOR** 

MARTINA BRETOUS

COPY CHIEF

ESHRAT NIKROOYE-ASLI PRODUCTION MANAGER

NIA YOUNG **DIRECTOR OF STUDENT MEDIA** 

> STUDENT MEDIA **ALFRED SOTO**

ROBERT JAROSS Asst. Director of

#### **CONTACT INFORMATION**

Modesto Maidique Campus: GC 210, Mon-Fri 9:00 a.m.-5 p.m. (305) 348-2/09

Biscayne Bay Campus: WUC 124, Mon-Fri 9:00 a.m.-5 p.m. (305) 919-4722

> (305) 348-2712 Editor-in-Chief: (305) 348-1580

Fax:

Advertising: (305) 348-6994

Panther Press is published on Mondays and Thursdays during the Fall and Spring semesters and once a week during Summer B. One copy per person. Additional copies are 25 cents. The Beacon is not responsible for the content of ads. Ad content is the sole responsibility of the company or vendor. Panther Press is an editorially independent newspaper partially funded by student and services fees that are appropriated by

Student Government.

# OPINION

Panther Press – 3 PantherNOW.com Monday, February 6, 2017

# Biodiversity loss a result of animal rich diets

EYES ON THE EARTH



AMANDA JUNG

Extinction, habitat loss and scarcity of resources — these are just a few of the pressing issues that are associated with biodiversity loss.

We live in a world that was once an animal's kingdom. Before humans industrialized and created concrete jungles, there were actual jungles.

Now, we're surrounded by a society that is trying to build taller skyscrapers, pave more parking lots and allocate more land to support the meat and dairy industry.

How long can we continue with this behavior before more species are at the threat of extinction, resources are even scarcer and more habitats are destroyed?

It's no surprise that biodiversity is an extremely important component to the survival of planet Earth.

According to the Millennium Ecosystem Assessment in Global Issues, there is a "largely irreversible loss in the diversity of life on earth."

The reason for this is because of you

and me. Human actions are putting so many species at risk of extinction, along with all the environmental problems that are connected to it

Furthermore, according to Global Issues, "at the threat of extinction are 1/8 birds, ½ mammals, ½ conifers, 1/3 amphibians and 6/7 marine turtles."

According to Global Issues, as the human population continues to rise, animals are dying off. The pressures on these species come from habitat loss, climate change, excessive nutrient load and other forms of pollution, overexploitation and unsustainable use, and invasive alien species."

One of the bigger reasons for loss of biodiversity is something that society might have trouble accepting.

According to Virginia Morell of Science Mag, diets rich in animal products are taking a toll on the earth as "people clear more land for livestock and crops to feed these animals" that are feeding America.

You might not have even considered this as a factor in the loss of biodiversity.

Unfortunately, the meat and dairy industry does not tend to advertise the process of how

meats end up in the freezer sections and milk in the refrigerator sections of the grocery store.



Human actions are putting so many species at risk of extinction, along with all the environmental problems that are connected to it.

There seems to be a common trend with this loss of biodiversity. Besides the fact that it's linked to human activity, it's also linked to the idea of ignorance.

We continue inventing, building and creating without thinking twice about the consequences it puts on the environment, the creatures that roam the earth and the growing flora and fauna.

If humans are the problem, then I believe that in turn, we can be the solution as well.

According to Katie Fontana, a psychology

major at FIU, it's important that "we educate people" on this pressing issue.

She mentioned talking to students in order to explain how they can be more eco-friendly and delve into "what is causing animals to go extinct and how this can harm us in the future."

In a sense, the damage has been done. However, that does not mean that we should continue with our poor habits and accept biodiversity loss as a reality.

According to National Geographic, the number of tigers has risen for the first time in a century.

The fact that this is a highly endangered species shows hope for the environment and a reason that humans should put more thought into habits and behaviors.

At the end of the day, this earth does not belong to us. It's not benefiting anyone if we trash the earth for the short period of time that we are inhabitants of it.

Amanda Jung is a staff writer for Panther Press. Her column, Eyes on the Earth, is a commentary on current global environmental issues.

## It's not hard to keep resolutions

PANTHER HEALTH



MAYTINEE KRAMER

The New Year marks a turning point for many who set a newfound resolve to get back in shape.

On e - i n - three of us put getting into

shape at the top of our resolutions list, but with the reality of school and life, the chances of old habits creeping back in are high.

LighterLife Fast conducted a study researching why so many people find it hard to stick with a diet.

In their poll, one-in-five women blamed emotional eating, while another 20 percent said life got in the way, making it difficult to find the time to stick to a plan.

Boredom and lack of willpower were other common problems.

Andrew Schrage, founder of MoneyCrashers told Shape magazine that, "Many people make their resolutions with a genuine belief that they can accomplish them, but come February the excitement wears off and other priorities begin to take precedence." To combat these pitfalls, it's important to make your resolutions realistic.

By doing so, there is a greater chance you will keep them throughout the year. Schrage further suggests to "set benchmarks throughout the year. This can help you keep yourself on track throughout the year and use the power of positive reinforcement to keep your momentum going."



Surround yourself with people who inspire you to be

> Debi Silber Mojo Coach Shape



Starting off small is the first step. It's important to make resolutions that you think you can keep.

For example, if you aim to get back into shape, schedule three to four days a week at the gym or at home to exercise rather than seven days. Even 30 minutes of exercise is better than none.

Professional organizer Melinda Massie, who also spoke to Shape magazine, suggests that instead of trying to accomplish everything in one day, break it up into manageable increments.

"The easiest way to get and stay organized and clutter-free is to make it a daily habit, and everyone can spare five minutes a day," Massie said.

Changing one behavior at a

time is also necessary. Unhealthy behaviors develop with time, so naturally, replacing those behaviors with healthy ones takes

It will require reassessing everything in your life, but in the long run, changing one thing at a time will benefit you mentally and physically.

A support group is another great way to get and stay motivated.

Accepting help from others who care and and the same goals as you will strengthen your resilience and ability to manage stress and lack of willpower caused by your resolution.

As The Mojo Coach Debi Silber advised readers of Shape, "Surround yourself with people who inspire you to be more, do more, and have more."

A New Year brings forth a fresh start in many aspects so why not get it started off right with putting your health first?

Remember, you can do whatever you put your mind to. So cheers to the New Year, and the New You!

Maytinee Kramer is the Assistant Opinion Director for Panther Press. Her column, Panther Health, is a commentary on maintaining one's health during college.

# Has the Melting Pot begun to burn?

AFTER WORDS



CAROLINA SANCHEZ

a few days in office, President Donald Trump is wasting no time in implementing and executing his "America."

time in the White House, Trump has already prioritized his to-do list, placing the removal of the Spanish version of WhiteHouse. Gov at the top.

WhiteHouse.Gov/Español was the alternative page to the White House website available to Spanish speakers.

On Friday, Jan. 20 the page was no longer accessible. The reasons behind the elimination of the page are obscure at the moment, leaving warranted space for speculation and controversy.

Judging from his "Make America Great Again" slogan, the most plausible intention behind this event translates as an attempt, on Trump's part, to "preserve" his definition of the American culture.

Language is symbolic, both literally and figuratively. The change may imply what Trump believes America, and its respective "government," should be.

Contrastingly, it seems much more fitting that this action, debatably meant for American "inclusion,"

more closely resembles a deliberate act toward exclusion of non-native English speakers.

The conspicuous message implied by this Trumped up Trojan horse is undoubtedly an impolite euphemism for "In America we speak English."

But, Hispanics, according to the U.S. Census Bureau constitute an estimated 56.6 million of the entire "American" population. Of those 56.6 million, a large majority is proficient in the English language, meaning that not many Latinos will be affected by the change, in the literal energy

Figuratively, however, the change sends a subliminal message to the Hispanic community. The message implies non-receptiveness to the notion of Spanish as an adopted secondhand American language.

The ambiguous change has left the underlying purpose open to interpretation. What changes are Americans to expect next? Are these the first telltale signs of Trump's America? Have the contents of the "Melting Pot" begun to burn?

Carolina Sanchez is a contributing writer for Panther Press. Her column, After Words, is a commentary on current events and controversial issues.

#### SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to cayla.bush@fiu.edu 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. Panther Press will only run one letter a month from any individual.

#### DISCLAIMER

The opinions presented within this page do not represent the views of The Panther Press Editorial Board. 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 four sections. Panther Press welcomes any letters regarding or in response to its editorials. Send them to cayla.bush@fiu.edu.

Panther Press - 4 pantherNOW.com Monday, February 6, 2017

# "NO BAN, NO WALL"

Protestors gather to rally against immigration ban





Top Left: Students hold signs in English, Arabic and Haitian Creole in support of the University's diverse student body.

Top right: Leonardo longo, computer animation major, speaks to protestors about his discontent with President Trump's immigration policies.

Bottom right: Students hold signs: "Undocumented and here to stay," "Education, not deportation," and "No Human being is illegal."



MICHAEL SLOAN/PANTHER PRESS

### ization seeks to p

**KALI-RAY SKINNER** Contributing Writer

After coming back from the Student Veterans of America conference in January, the University's SVA chapter is ready to help unite the student body.

President Israel Najarro's mission is clear: change the way student organizations interact with each other and the student body, and establish emotional connections with all students involved.

Student Veterans of America is a nonprofit organization offering support, tools, and a sense of community to student veterans. Najarro felt one of the most important points they addressed during the conference was the need for emotional engagement with student veterans and all students.

"The purpose of college is to identify

the things that you enjoy and you feel passionate about while you work your way to a degree," said Najarro.

SVA provides veteran resources, information on benefits, and help acclimatizing to the University.

"Other universities provide programs which use the veteran's experience to help identify their place in academia, and that's something I believe in and we need to start doing here at FIU," said

Najarro says he's not sure exactly how to do it, but he knows it needs to be done. He recognizes that everybody has their own set of skills and experiences that they can bring to the classroom and wants to leverage these experiences to provide unique insights in the class.

Rocio Taveras, social media chair of the organization, says as a single mom in the nursing program, she felt



If you get discouraged or don't know where you want to go or even have a disconnect and can't find some answers amongst your FIU family, come see us. We may be the link you need,

> Rocio Taveras Social Media Chair

**Student Veterans of America** 

no one could relate to her except the organization.

"They opened up new doors and even gave me the confidence to run for SGA last year, and now I'm the senator for Nicole Wertheim Nursing and Health Sciences College, which I could not have done without their support and encouragement," she said.

Najarro stresses the importance of utilizing "the great big 'I' in International," and exposing people to different perspectives.

"We're missing out on a lot of opportunities here, we're surrounded by thousands of people, but more often than not, we're not actually engaging with them," he said.

William Earp, former president of the SVA, now assists Maquay Smith, vocational rehab counselor and advisor of the student organization and worked on preparing the organization for the conference.

"It was a great experience as far as

**SEE VETERANS, PAGE 5** 

# **SDA HEALTH**

### Superfoods: 'Magic products'



**BOLANOS** 

Everybody is looking for magical products, or quick diets that allows them to "clean" their bodies from all the high amount of sugar or fat consumed, but what if somebody told you that those magic products are closer to you than you think? They may even be in your kitchen now. Yes, they exist and they are called superfoods.

Superfoods are high nutrient, rich foods that fight against molecules that harm the cells of your body. By consuming the right amount of them, they will reduce the risk of getting diseases like cancer or heart conditions, and even lower your cholesterol levels. By incorporating superfoods into your diet, you will get many of the benefits that your body needs to function properly.

Most Superfoods are

low in calories, which may help you maintain a healthy body weight. They are also high in nutrients, vitamins, and chemical compounds that act as antioxidants, such as Polyphenols compounds, which are mainly found in food plants. Polyphenols decrease the risk of cardiovascular diseases improving blood circulation and even fight against some types of cancer. Some of the foods that contain polyphenols strawberries, raspberries, grapes and cherries.

Omega- 3s is another superfood that can help you lower your cholesterol and maintain a healthy heart. You can incorporate omega-3s into your diet by eating salmon, walnuts and flax seeds. Several studies suggest that omega-3s consumption is linked to improving brain health and reducing depression rates.

Kale is also considered a superfood. It contains phytochemicals that can reduce the risk of certain cancers like ovarian or breast cancer.

A good way to obtaining your dose of phytonutrients from kale is to add it to your favorite salad, mix it into your smoothie or prepare a soup where kale is the "queen of greens." Its name has been adopted not only because of all the antioxidants that it contains, but also because is high in vitamin K, C, iron, and high in fiber.

Last but not least, oats, which are also high in fiber, may help you reduce cholesterol levels. A study published in the Archives Internal Medicine concluded that people who consume higher amounts of fiber (21 grams per day) reduced their cholesterol levels, and decreased their risk of cardiovascular diseases by 11 percent compared to the people who consumed less than 5 percent of fiber per day.

Superfoods available for us in many places. They don't need to be fancy or have a difficult name to pronounce in order to consume them. Rather, they can be found easier than you think and you won't regret the benefits you will get from them.

# #MusicMondays



LOPEZ

third studio album by R&B superstar, Knowles blown airwaves out of proportion. Seat at the Table "project identity, empowerment,

independence, grief, and healing." Knowles has been working on the album since 2013 who suffered through many breakdowns throughout the recording

This amazing LP is the best R&B album of 2016 in my book. Ironically, "Rise" was the first song written for the album and became the opening track. The drums in the background and Knowles' soft angelic voice makes it so soothing for the ear, yet, it has an impactful message on being true to oneself.

"Weary" is another favorite from the album, which makes me feel like I am sitting in a jazz club in New York City listening to an underground artist. But, this is Knowles we are talking about, the most underrated artist that needs that mainstream recognition.

The skipping of the bass in "Cranes in the Sky" makes me feel tingling inside. Knowles wrote this track eight years ago and describes her attempt at avoiding painful feelings. While not the first time I've heard a Knowles and Lil' Wayne collaboration, they once again made that magic happen again in "Mad."

Knowles's vocals and possibly one of Wayne's best rap verse is what makes this song the harmonizing R&B track with a slap of hip-hop. I flew back in time to the '80s when I was listening to "Don't You Wait" where Knowles flicks critics off on wanting her to write typical songs about love and heartbreak.

"Don't Touch My Hair" is the knock off track of the album about black womanhood and it is just pure beauty. "Don't touch my hair when it's the feelings I wear. Don't touch my soul when it's the rhythm I know," the lyrics of a strong woman protecting her identity.

Panther Press-Monday, February 6, 2017

The smashing black empowerment anthem "F.U.B.U." featuring The-Dream and BJ The Chicago Kid can go down in black history. The horns and the lyrics is what makes this song great and soulful, especially in the age that we are living

I got a touch of disco sound on "Borderline (An Ode to Self Care)" featuring Q-Tip which adds a sprinkle of Tip's voice during the verses. We are going to funky town in the punk track, "Junie" with Andre 3000 shouting "jump on it!" The piano in the background playing gives me that soulful Stevie Wonder vibes and I am head over heels. I definitely related to "Don't Wish Me Well" as Knowles sings about growing from mistakes and moving on in life.

A true hidden gem as Knowles sends me to heaven with the soft touch of the noise that comes from her mouth. Kelela joins Knowles in "Scales" in the ending of the album, I got the message of selfworth where Knowles sings, "ain't no apologizing, for all the things you want. So if dreams only go so far they'll come to where you are." Knowles may have written the best album of her entire career and in a time of need, Knowles shows us that music is not just about beats and fun lyrics, it is a creation, an

This is a black survival album and it is beautiful. Knowles proves that she is an artist and does not have to meet anyone's expectations but her own. Continue being Knowles, because I am loving it just like that.

Music Matters is a weekly music column that reviews pop, rock and alternative music albums and singles.

### Student organization offers support & encouragement

The purpose of college is

to identify the things that

you enjoy and you feel

**VETERANS, PAGE 4** 

uniting with veterans all around the country in all different cultural backgrounds," said Earp.

Najarro emphasizes the use of student-driven classes, where students are able to communicate with each other

and learn from another's background believes faculty and students need to be more active in finding out what they bring to the classroom and what aspects their have built their character.

That says,

relationships can be made in the classrooms and students can feel like they are understood.

Najarro also hopes to increase

communication between the student organizations. Having a platform to share information and learn about each other's clubs could lead to more student integration, he says.

"I would recommend all veterans to start here, in your transition. If you get discouraged or don't know where you

> want to go or even have a disconnect and can't find some answers amongst your FIU family, come see us. We may be the link you need," said Taveras.

The Student Veterans passionate about while you of America organization's work your way to a degree, next tentative general body Israel Najarro meeting will be on Feb. 22 President at the Modesto Maidique Student Veterans of America Campus, GC 305, and is open to anyone interested in veteran affairs.

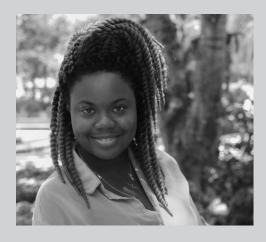
> For more information on the organization, visit Student Veterans of America (FIU) on Orgsync, sva\_fiu on Instagram, or contact Israel Najarro at inaja001@fiu. edu or (773) 610-3601.





#### **BLACK HISTORY MONTH SPOTLIGHT**

pantherNOW.com



Being black to me is powerful. Black people have built this country. To be a black girl is to be magic in human form. I've always been aware and proud of my history, my struggle and the skin I'm in. Black to me is the most beautiful thing in the world. I am black excellence, I am powerful and I am grateful for my history.

> Cayla Bush **Broadcast Media and Communication Arts**

# 'Aint Nothing Wrong With Me' event hosted at BBC

**NADINE RODRIGUEZ** Staff Writer

Spring semester for the LGBTQA+ initiatives at Florida International University is an event-packed month.

Other than general body meetings, the events planned as of now by the LGBTQA+ initiatives for this semester are a tactical mix of both educational events open to anyone who wants to attend, and fun events that celebrate the community.

"Students interested in getting involved can join one of our many committees. Pride this year is April 9, only a few short months away and we need all the help we can get," said Gisela Vega, associate director of FIU's Multicultural Programs and

One particular event, LGBTQA+ Meeting of the Minds, was held for the first time this semester on Jan.27.

"Meeting of the Minds' is the first ever LGBTQA+ Meeting of the Minds for our professional and full time faculty and staff in the Miami Area. The Meeting of the Minds focused on bringing together LGBTQA+ to share what's happening on their campus and brainstorm ways in which we can best meet the needs of our LGBTQA students," explained Vega.

The Florida Collegiate Pride

Coalition Conference will be taking place this semester as well from March 31, through April 2.

"We will be taking a group of students to our FCPC State conference at Stetson University this spring.

Our main goal is to continue providing programs that SAVE our LGBTQA+ students. SAVE is an acronym which stands for providing Support, Awareness, Visibility, and Education

> Gisela Vega Associate Director **Multicultural Programs and Services**

FCPC is where Gay Straight Alliances and LGBTQA+ student leaders from across the state who attend other Universities and Colleges come together for a weekend of sharing, programs, workshop and networking. If students are interested in going, they should apply soon. We are hoping to take a delegation of 15."

Also, from Jan. 25 through March 23, multiple 3D Series will be held once a month at both the Modesto Maidique Campus and The Biscayne Bay Campus discussing different topics, including but not limited to family relationships, identity, and religion.

The first one will be held on Feb. 16 titled, "Ain't Nothing Wrong With Me," at the BBC.

Some of the biggest events that the LGBTQA+ initiatives will be attending are MMC's Annual Drag Ball, which also serves as the kick-off event for Pride Month, the Miami Beach Pride Parade, the Miami Gay and Lesbian Film Festival, and AIDS Walk Miami. All of these events span throughout the month of April and can be RSVP'd on the initiative's website.

The LGBTQA+ initiatives will also be hosting the Lavender Graduation at MMC on April 24, celebrating LGBTQA+ students and their academic achievements. Last semester there was a total of seven students who were honored with lavender medallions.

"Our main goal is to continue providing programs that SAVE our LGBTQA+ students. SAVE is an acronym which stands for providing Support, Awareness, Visibility, and Education," Vega said.

### BSU hosts month-long celebration of 'black culture'

#### BSU, PAGE 2

Other events include "Tendaji" which is an end of the year banquet the accomplishments recognized, awards are given out and a new is introduced. BSU also allows students demonstrate their talents and compete for scholarships.

February is a special month for BSU because it will bring the FIU community together to multiple enjoy and appreciate what leaders to meet with university has to offer. the black community has students and participate It is an open space

"We will reach out body meetings. to different university departments and campus seek to proliferate the networks and exchange partners to hold different historical and present day cultural experiences.

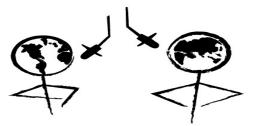
events every day in February such as opening and closing ceremonies, a resource fair as well as a speech by our special guest Issa Rae," said

Besides all the special events for February, every summer BSU celebrates Juneteenth with Miami Gardens in conjunction with different community partners in schools and Director. organizations, and during

achievements of black people from around the world; strive to elevate us spiritually, morally and intellectually, on issues of race, politics, social reform, community and serve as liaison between the minority students of the African Diaspora and Florida International University," said Marissa Lucchesi BSU Assistant

BSU invites students spring they celebrate of all races to take on the Black Arts week inviting social and educational community advantages in events and general dedicated for students to achieve academic "This union will success, create social

#### THE GLOBAL EXCHANGE



THURSDAYS AT 9 A.M. ON 95.3 THE ROAR

### PANTHER NOW PRESENTS



### **COLLEGE ACCESS AND AFFORDABILITY**

Get information on university metrics, college affordability, financial aid and scholarship options from President Mark B. Rosenberg; Director of Office of Scholarships, Laura Castillo; and Director of Financial Aid, Francisco Valines. Moderated by Raquel Perez

WEDNESDAY, FEB. 8, 2017 | GC 140 (MMC) OR HL 319 (BBC) | 1 - 2:30 PM STUDENT MEDIA AT FIU | @PANTHERNOW

**FOOTBALL** 

### Football team welcomes 20 high school athletes



Head Coach Butch Davis speaks about plans for first FIU recruiting class on National Signing Day.

PETER HOLLAND, JR. Staff Writer

Head Coach Butch Davis has brought in 20 signees in his first recruiting class of 2017 on National Signing Day and is looking forward to working with them in his first season at FIU.

"Without a doubt, National Signing Day is the lifeblood of your program," said Davis. "Our assistant coaches did a fabulous job. They got out in a six-week period of time and basically built relationships that takes a year or more than a year to build with the student athletes, the parents, high school coaches and guidance counselors. So I think our assistant coaches did a fabulous job."

Davis not only focused on the in-state players, but he also wanted to make sure that his team has depth for next season and believes that each player would have the opportunity to contribute right away when they step foot on campus.

On offense, Davis signed three offensive linemen, two running backs, three wide receivers and a quarterback. On defense he signed four defensive linemen, two linebackers and three defensive backs, along with two players who are listed as athletes, where they could play multiple positions.

"The thing I like about this class is that every single position on the football team we touched," said Davis. "When our staff came together in December, we looked at the teams we inherited, we said 'OK, what is the best way to maybe have players that make an immediate impact?'

But sometimes as you manage the roster of your team, you've got to look at who you got that will graduate next year and who will graduate in two years because you have guys in the pipeline."

Coach Davis also mentioned what stood out to him in his recruiting class is the size and speed of the players that made the former Miami Hurricanes head coach excited to work with. Half of his signees are at least 6'3 and weighs over 200 lbs.

Davis made it clear he wants to elevate the football program into new heights so the team can compete at a high level.

"We got bigger and we got faster," said Davis. "One of the things we talked about during our recruiting meeting with our assistant coaches is that we truly needed to upgrade the speed of the football team and the size of the football team."

With the 20 commits who signed to play for FIU, the Panthers are ranked No. 3 in recruiting in Conference USA and No. 78 in the country, according to 247sports.

Davis and his staff took advantage in bringing in local talents, despite Florida being a competitive market for all schools recruiting within the state.

Among the athletes recruited, 15 of them are from Miami-Dade County, Broward County and Palm Beach County. Two have already enrolled on campus this semester and are participating in team

The Panthers finished their 2016 season 4-8 (4-3 in C-USA), prior to Davis' hiring. They will be back on the field on Mar. 7 for the start of spring practice.





At Barry University's Dwayne O. Andreas School of Law, we're diverse in population but singular in purpose: dedicated to preparing the next generation of rising law professionals. Barry offers top-notch legal education in a caring environment, so that study and reflection lead to informed action and a commitment to social justice. Our School of Law seeks to challenge students to embrace intellectual, personal, ethical, spiritual, ecological, and social causes in an atmosphere of academic freedom. | barry.edu/law

Dwayne O. Andreas | School of Law

Diverse in Population. Singular in Purpose.



# SPORTS

Panther Press – 8 Panther NOW.com Monday, February 6, 2017

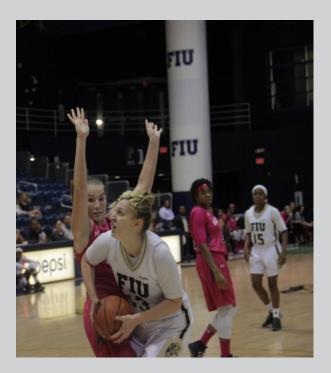
# STRAIGHT SHOOTERS



HITESH GOSWAMI/PANTHER PRESS

Senior guard Donte McGill before shooting for two against FAU.

#### WOMAN'S BASKETBALL





HITESH GOSWAMI/PANTHER PRESS

**Top:** Senior guard and forward Janka Hegedus muscles her way to the rim

**Bottom:** Redshirt-sophomore guard Kiandre'a Pound attempts to shoot for two.

The Panthers lost to Old Dominion University 64-85 on Feb. 2.

#### MEN'S BASKETBALL

### Panther preview: Basketball team prepares for Rice

JASMINE CASIMIR
Asst. Sports Director

The Panthers look to clinch their second conference win at home as they prepare for their 11th conference USA matchup against the Rice University Owls.

The Owls come into the matchup with a 5-4 record on the road, but the Panthers have not

seen many home court victories this season as they are 5-6 at home.

The Panthers are averaging 69.9 points per game on 45 percent shooting, while shooting just over 30 percent from the three-point line. The Owls are averaging 81.4 points per contest on 47.7 percent shooting, while shooting 40.2 percent from the three-point line.

Senior guards Donte McGill and Eric Nottage have been depended on heavily as they are averaging double digits in scoring. McGill is leading in scoring with 19 points per game.

The Owls have three starters averaging double digits in scoring. Redshirt junior Egor Koulechov is averaging 19 points a game, shooting 50.5 percent from the field and 51 percent from

the three-point range.

Koulechov must be contained in order for FIU to win their sixth home game of the season.

The last time these two teams met, the Panthers fell short to the Owls in an 86-70 loss on Feb. 20, 2016.

Head coach Anthony Evans believes that the turnover transition is the biggest problem for his team. "Obviously when we miss shots, they would push the basketball and we'd get on defense late, so it's something that we have to work on moving forward," said Evans.

The Panthers will host Rice University on Thursday Feb. 9. Tipoff is set for 7 p.m.