

2-23-2017

Panther Magazine, February 23, 2017

Florida International University

Follow this and additional works at: https://digitalcommons.fiu.edu/student_magazine

Recommended Citation

Florida International University, "Panther Magazine, February 23, 2017" (2017). *Beacon Magazine*. 22.
https://digitalcommons.fiu.edu/student_magazine/22

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 Beacon Magazine by an authorized administrator of FIU Digital Commons. For more information, please contact dcc@fiu.edu.

OPERATION FIND FOOD



TASTE 'N' SNAP

Research shows social media has changed dining experience

ANGELIQUE DUCOUNGE
Contributing Writer

Sixty percent of U.S. diners report browsing through pictures of food on social media, and 75 percent say they've chosen places to eat based off these pictures alone, according to a National Dining Trends Survey by Zagat. Sophomore broadcast media major Aleigha Alexander is one of the people.

"I'd seen pictures before on Instagram [of avocado toast] and got into the hype, you know? Then, I go to Cheesecake Factory with a friend and I see that the person sitting next to us had ordered avocado toast, and so I thought 'why not?'" said Alexander. "It was one of the cheaper things on the menu and Instagram had already made me curious."

Catherine C. Coccia, assistant professor here and registered dietitian, provided some insight on this possible correlation.

"... Food advertising in traditional ways (such as TV and radio) increases our consumption of the items being advertised," Coccia said. "I would assume seeing images of food on social media would create similar reactions in the viewers."

A study conducted by Coccia and her research team also found that posting pictures of your food can also influence your diet and affect nutrition.

"A recent study done by my research team found that posting 'food selfies' or pictures of your meals on social media websites may actually decrease the calories that you consume," said Coccia.

A few years ago, 50 student-athletes at the University participated in her study and were asked to follow them on Twitter and respond to their research account for a six-week period.

"At the end of the intervention, we found that nutrition knowledge scores increased, fat intake decreased and the subjects actually decreased their body mass index scores," Coccia said. "So social media can

be a powerful tool for changing health behaviors, it just depends on how you use it."

It's a phenomena that's not limited just to Miami, according to Bailey Cullen, a sophomore recreational therapy major who transferred from Philadelphia.

"My friend and I used to freak out over rainbow bagels," Cullen said. "She'd send me pictures that she'd found on Pinterest all the time until we finally went to this place called Bagel Hut, they were even better than

“

I first saw rolled ice cream on one of those Facebook Tasty videos. It looked so good that I just thought to myself 'you have to try this' and found an ice cream bar that served some in North Miami ...

Alicia Nwajei
Sophomore
Broadcast Journalism

”

they looked."

Students add that videos they see on social media sites like Instagram, Facebook, Snapchat, or Pinterest, also pique their interest.

"I first saw rolled ice cream on one of those Facebook Tasty videos," said sophomore broadcast journalism major Alicia Nwajei. "It looked so good that I just thought to myself 'you have to try this' and found an ice cream bar that served some in North Miami ..."

Our on-campus Jamba Juice is home to the energy bowls —healthy blends with your choice of whole

fruit, Greek yogurt, or soymilk, energy bowls— have attracted students from The Biscayne Bay Campus, like junior marine biology major Bailey Gleason.

"A friend told me to check out the on campus Jamba Juice. I'd seen those energy acai bowls on Instagram and had people sending me snaps of it while they were eating it," said Gleason. "It was totally worth the hype."

Part of the appeal of energy bowls and rainbow bagels, Gleason said, might lie in their distinctness.

"They're different, out of the ordinary," he said. "They look good online and not something you eat every day."

Zagat's national survey further reports that 44 percent of diners say they take pictures of their food to share on social media while dining out, and that 60 percent admit to even stopping their companions from eating so they can snap a picture of their food, too.

"Someone takes a picture, it spreads, and suddenly this is the new thing you have to try. Next month it'll be something else ... I don't think it's a bad thing, it's not like I'm basing everything I eat around what I see on social media," said Gleason.

Coccia weighed the possible ramifications of social media's influence on our dietary habits, if in fact a connection does exist, reminding students to exercise caution.

"I think it depends on the types of images being posted and viewed; when you are trying to change your diet, it can sometimes be hard to come up with ideas for tasty health foods that you can eat. Social media including Instagram and Pinterest might be a great forum for ideas, pictures and recipes," said Coccia.

Coccia notes an increase in the number of people looking to social media for health advice and recommends looking for reputable sources.

"Just because a person has a lot of followers - doesn't mean that they are a credible source of health information," she said.

Food: 'intricate part' of history

ZUE LOPEZ-DIAZ
Assistant News Director

To accompany the growing interest in food at the University, professor Gail Hollander introduced a new food studies certificate to the course catalog.

Hollander thought of the idea the first time she taught her now well-known, course Global Food Systems, which was an experimental course at the time.

"From the first time I taught the course to now, I've been seeing a gradual shift and an increasing interest in food in FIU," said Hollander. "When I first taught the course, people thought it was a weird topic, but now everybody gets it."

Hollander went on to say that she has had students writing personal food essays for years, and the content of the essays have changed a lot because people are thinking a lot more about food.

"There's also more professional positions being offered in food studies," said Hollander. "Even in hospitality, sometimes they want students to know more about food than just how to prepare it. There's positions in food safety, in local businesses, in anything really, you just have to tie it in."

Additionally, she said there are a lot of masters programs and doctoral programs that are looking for students who are interested in academia specific to food research.

"Programs with the food sector in universities such as Cornell, Boston University and Stanford, which all have major food programs, would probably look favorably on students who have already had some experience with food studies," she said.

Although it is just launching this semester, Hollander had originally drafted the food certificate program that is now being initiated in 2015, saying it's a long process but "worth it."

When she first discovered other faculty were teaching courses relating to food, she was excited about the possibilities.

"The certificate is very multi-disciplinary, food is a part of everything we do," said Hollander. "It has faculty from history, religious studies, nutrition, the humanities, you name it."

The professors, involved in the process began to meet and talk about it, and Hollander said with so many on board, "it wasn't too hard."

Douglas Kincaid, sociology professor teaching "Social Theory," said his class mixes in geography, sociology, and

anthropology but it also relates to the slow food movement in particular, making it a core requirement for the program.

"Food is an intricate part of human history, it also intersects with interests in environmental issues, since our current food system is unsustainable, and so there's that dimension," said Kincaid. "There's also students who could be interested in the health and nutrition aspect, or the social inequality aspect of it."

He said the topic is so diverse that students with a variety of interests could be interested in the program, which is why it was created in the first place.

"These are big issues that students are typically interested in, and it all comes together in food," said Kincaid.

David Ortiz, a student currently taking the course, said he found it very enlightening.

"I really like the class, it's on the slow food movement and it's really interesting," said Ortiz.

In addition to the core courses that qualify for the certificate, Hollander said that courses students think are relevant to the certificate could always be added, as it is a relatively new program.

"There could always be courses that have to do with food that we might have missed, so I am always open to suggestions."

EDITOR'S NOTE

Food magazine a resource for students

CAYLA BUSH



EDITOR IN CHIEF

I love food. I'm known in my family as the resident fat girl, a title I wear with pride. So, it's no surprise that I was eager to plan and publish a magazine all about food.

We've tackled how students feel about options on campus, and made sure to include whether those options are beneficial for vegan and vegetarian students.

From social media's effects on the dining experience to nutrition and dining services provided on

campus, our News team has gotten information about what the campus offers in terms of food and eating.

Our Entertainment section polled MMC students, faculty and staff about their coffee preferences, many of which don't surprise me. We also took a closer look at what students think are the healthiest options for on-campus dining.

And, as always, our Sports writers provided information on maintaining a healthy and active lifestyle supplemented by the foods you eat.

Thanks to a testimony from a student who attended our Student Access and Affordability forum, we provided a cheat-sheet on keeping costs low as a student trying to eat well.

We hope that this magazine becomes a resource for those who don't know all that the University offers in terms of food.

STUDENTS RUN ON DUNKIN'



CORNELL WHITEHEAD/PANTHER PRESS

Employee hands student order of breakfast and coffee at Dunkin' Donuts in the PG5 Market Station.

#FoodForThought

“

In my opinion, I really love Grille Works. The staff are just incredibly nice to me and that goes a long way,

Fernanda Lopez
Junior
Biomedical Engineering

”

“

The only healthy options offered are Pollo and Moe's. Personally, I like eating healthy and it's really hard to find healthy options on campus,

Celeste Talavera
Sophomore
Political Science

”

“

The food here just isn't really that good. There just too little choices here and I'd rather eat at home than anything. Plus, too many times, what I want isn't there,

Fiorella Jones
Senior
Digital Media

”

“

To be honest, I'm not really into Subway. I always had the mindset of 'why should I pay for a sandwich that I can just make at home,

Leonardo Cosio
Vice-president
SGC-BBC

”

Students discuss food options on campus and awareness on nutritionist services

ARIANA RAMSUNDAR
Contributing Writer

While the University offers free consultations with registered dietitians and nutritionists, many students are unaware of these services or have not yet taken advantage of it.

"I've seen signs and flyers posted throughout the school in the bathrooms and on walls advertising these services, but I haven't looked into it much," said Vivian Crespo, sophomore biological science major.

Located in the Student Health Center, the nutritionist service offers free consultations for students to work on such as weight management, meal planning, sports nutrition, chronic disease management through diet, according to the University's Student Affairs website.

"I am very specific about what I eat, I watch my grains, starches and I stay away from red meat," said junior political science major Jameka Lawson. "I want to know more about some healthier choices that I could be making."

One of the issues students face is variety in healthy dining options.

"We have variety with what we can select but, the options are not healthy," said sophomore psychology major Anya Klumpp. "The only truly healthy restaurant nutrition-wise is Salad Creations, but they are really expensive, especially for college students. \$12 dollars for a salad will add up."

Sophomore finance major Claudia Ortuzar echoed that sentiment.

"When I do eat on campus, I mainly look for how healthy the items are and the price. There aren't that many options when it comes to selecting healthy options," said

Ortuzar. "There is Subway which is healthier than the other options, but that is not the best."

Lawson added that while she thinks there are few well-balanced options for students, Pollo Tropical and Moe's are on the top of her list because of their use of black and red beans.

"Personally, I like eating healthy and it's really hard to find healthy options on campus," said Celeste Talavera, sophomore political science major.

“

I am very specific about what I eat, I watch my grains, starches and I stay away from red meat," said junior political science major Jameka Lawson. "I want to know more about some healthier choices that I could be making,

Jameka Lawson
Junior
Political Science

”

Some students also worry about what goes into the food before it is prepared.

"I know that the food options here at FIU are not healthy or clean, the food is filled with GMOs and hormones," said Amanda Radcliffe, sophomore psychology major.

Upon introducing and discussing the nutritionist service offered for students, many students are willing to give the service a try.

"I will try it out, I know that I don't have the best eating habits, but it's always good to try it out," said Crespo.

Some students, like freshman accounting major, Diana Pereda, know of the service, either through flyers or word-of-mouth and forget to follow up. Others like freshman marine biology major Daniela Lorenzo who learned about this service from her SLS class, simply choose this service isn't for them. However, some students note the possibility of expanding their food options.

"I am a picky eater and I am always on the go so when I make a selection it is normally something that I can get and consume quickly, like chicken nuggets," said Celeste Talavera, sophomore political science major. "I would go to the nutritionist to expand my meal options beyond what I currently consume."

Talavera who expressed that students are tired having to eat the same thing because the healthy options are limited is willing to give the program a try.

"Now that I know about the services offered, I would consider going. I would like to explore more options of what I can eat and healthier alternatives," said Talavera.

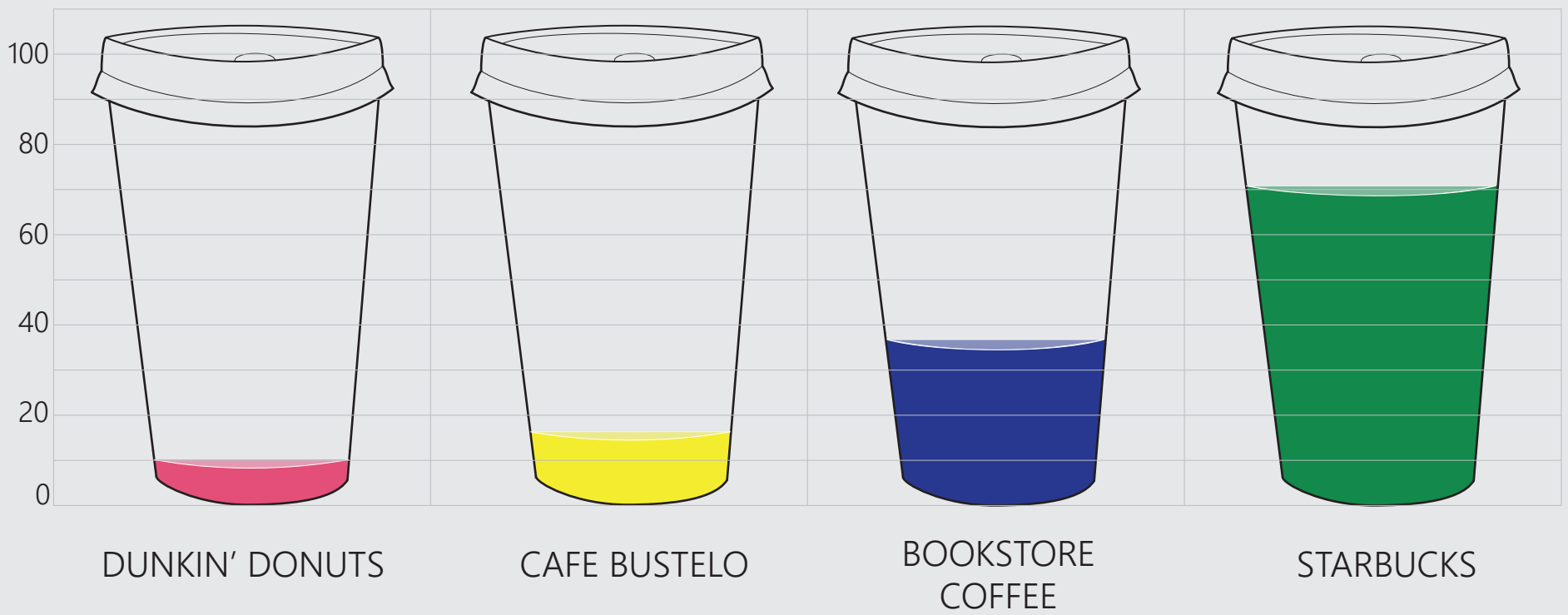
Radcliffe added that going to see a nutritionist would help find variety and the right foods to keep her energy up while on campus.

For more information on the Free Dietician and Nutritionist Services, visit the Student Health Center, room 180 or call 305-348-240.

The Student Health Services department was unavailable for comment at the time of publication.

COFFEE PLEASE

Students weigh in on their favorite coffee spot on campus



NIA YOUNG/PANTHER PRESS

SRISHTI JAISWAL
Contributing Writer

Coffee plays an important role to all college students and faculty members by keeping their minds and bodies focused.

During the last week, Feb. 17 through Feb. 19, students were polled about where they go for coffee on campus and why.

The results are as follows: at Starbucks, 70 percent of students and faculty go there due to better prices, a better environment, the timing as it's open until 11 p.m., and they can study there or hang-out together, have meetings, and get-togethers, etc.

At the bookstore, 15 percent of students and faculty go there for its better prices, because it has a Starbucks coffee machine, it's close by, and because they can grab a book and have coffee at the same time.

At Café Bustelo, 10 percent go because it's near their class and it has a good environment.

Only 5 percent go to Dunkin Donuts because it's far and it's more crowded than Starbucks.

Given the data, most of the students and faculty polled love to go to Starbucks and they go because they like its environment.

Campus dining gives vegan students options

ANGELIQUE DUCOUNGE
Contributing Writer

With over 20 on-campus dining locations to choose from, eating healthy while on a budget is not impossible for FIU student than expected.

Heather Delgado says she is a student on a budget who regularly buys low carb, low calorie meals. The psychology major has her own take on how to spend Dining Dollars while adhering to a healthy diet.

"Tropical Smoothie Café, Salad Creations, Juice Blendz, the P.O.D.... Those are my usual go-tos. They have salads, low calorie smoothies, high protein foods, and healthy carbs. Jamba Juice has these small acai smoothies with 20% iron that I'm totally in love with, and when I stop by Subway I usually order their Veggie Delite sandwich with no mayo or cheese," Delgado said.

As a vegan, Delgado is appreciative of the

University's on-campus dining locations that offer both vegan and vegetarian food options for students.

"The P.O.D. has a bunch of vegan options. Their hummus cups are my current obsession," Delgado said.

"The P.O.D. has a bunch of vegan options. Their hummus cups are my current obsession."

Heather Delgado
Sophomore
Psychology major

She feels that knowing what to order makes it easier to stick to healthy food options on a student budget.

"It's not so hard on campus because you can ask for substitutions on orders to cut out the things that may not be so great for you. What I sometimes do is that I go to Recharge where you can get fruit for

\$1 and pair it with a side of sandwiches that they also sell. It's not expensive at all. You'd basically be spending the same you'd spend anywhere else on campus for lunch," Delgado said.

Not everyone has the same opinion though. Tiffany Cedano argued that fast food in general is cheaper, no matter where students go.

"You can get a meal at Burger King for \$3 to \$6, while a salad anywhere else might cost you \$7 to \$10. Fast food can be more convenient if you live on campus, too. Students would rather stop and get some fast food than go home and have to cook a healthy meal after a long day," the biology major said.

In spite of this, however, Cedano agreed that healthier food options are still more worthwhile in the long run.

"Pollo Tropical is one of the healthier options on campus. You can get this combo with two chicken

SEE VEGAN, PAGE 5

BISCAYNE BAY

BBC has fewer vegan options

JULIANE SUNSHINE
Staff Writer

MMC is home to an array of food options that Panthers have, but BBC is half the size and has fewer food options. This can be a problem for vegetarians or vegans who might have a difficult time in finding a place to eat.

Vegans are defined as a person who does not eat or use any animal products, such as milk, eggs and sometimes honey.

Vegetarians are less strict and are defined as people who do not eat animal products but still use some of them like butter, milk and eggs.

BBC has four main eateries: Starbucks, Subway, Moe's and Grille Works. Students also have the Barnes & Noble's Bookstore, where they can pick on-the-go items or snacks.

However, the question is whether there are enough options for students at BBC who are vegan or vegetarian.

Lorvin Ramirez, assistant food director at BBC, explained what kind of options students have at these restaurants.

"At Starbucks, we have any hot or iced drinks made with coconut milk, soy and now almond. We have a veggie and brown rice salad, fruit and oatmeal. At Subway for vegans, we have make your own veggie delight, the Italian bread and yellow mustard. For vegetarians, we have the veggie patty, broccoli cheddar soup and all the dressings. And then we also have Moe's in which we have tofu in which we combine it in any dish

we have there," said Ramirez.

Vegans are restricted to less choices since most products have some animal product in it but vegetarian options are available.

Marine biology senior, Victoria Padron, who is not a vegetarian or vegan, shared her opinions and thoughts about the options at BBC.

"In general I don't think there are enough places to eat and I don't think there are enough options, especially on this campus," said Padron.

Chemistry senior, Afia Anjuman expressed how she thinks there should be more choices. While Anjuman is not vegan or vegetarian, she does not eat the meat on campus so she is always looking for vegetarian options.

"There are options, but I think they can also increase more because I know there are a lot of people who are vegetarian or vegan and are looking for options. Even though I am not vegetarian, I always look for vegetarian options and sometimes I find them, sometimes I don't," said Anjuman.

Finding options seems to be difficult and while there are options available, the choices can become repetitive.

"Vegetarians have more options than the vegans and they can be more creative. [For example,] they can add barbecue sauce on the veggie patty and onions to make it something similar to the chicken and barbecue pizza," said Ramirez.

FIU does have a website, fiu.campusdish.com, that lists every eatery located at both MMC and BBC. The website also has a link that provides the nutritional information for these restaurant

FROM THE DEAN OF STUDENTS OFFICE

ADMINISTRATIVE
COORDINATOR



SONIA KHATKHATE

The main focus of a college student is to excel academically and gain experiences that will help them succeed once they leave FIU. Because of this focus, some students put all of their financial resources towards their education and other college related expenses. This leaves students struggling to pay for simple necessities like food and housing. Food insecurity is a lot more common than we may perceive. There are about 54,000 students enrolled at FIU, and it is estimated about half face food insecurity or are at-risk of being food-insecure. Lack of food can have a negative impact on a student's ability to concentrate and perform well. At FIU there are resources available for those who want to help and those who may need support. FIU has a food pantry that is available for students at both MMC (DM 166) and BBC (WUC 307). Students can visit once a week to receive up to ten pounds of food. Students do not need to show proof they are in need. Only a student

ID is required to verify enrollment. If you would like to help your fellow Panthers, you can donate non-perishable food items to the Center for Leadership and Service at MMC (GC 242) and BBC (WUC 353). Along with the food pantry, there are additional programs and opportunities available on campus that provide food for students. Counseling and Psychological Services (CAPS) and Victim Empowerment Program (VEP) use a hashtag #fiufreefood which identifies programs with free food available. If you are unable to support the pantry but want to help, you can spread the word about the food pantry and other resources available for students. Visit the Panthers Care website at PanthersCare.fiu.edu for more information. If you are a student leader hosting an event on campus and there will be food available for students, consider using the #fiufreefood hashtag to promote the event.

The Dean of Students Office, in the Division of Student Affairs, creates a culture of care for students, their families, faculty and staff by providing proactive education consultation, resources and response to distressed students or students in crisis. The Dean of Students strives to acquaint students important campus resources in place to support student success.

Eating vegan or vegetarian on campus is 'not so hard'

VEGAN, PAGE 4

breasts and they're just grilled, you know, lean meat. Their Caesar salads are really healthy, also. And then at Tropical Smoothie the wraps are really good. It's mainly all healthy food there. I mean, it would be kind of ironic to have anything unhealthy at the Rec Center," she said.

When comparing prices, the gap between healthy food options at FIU and their fast food counterparts isn't altogether a large one.

At Jamba Juice, for instance, while a small boosted smoothie might cost \$5.29, students can also go for one of their healthy

classic smoothies at \$4.59 or a fruit and veggie smoothie at \$5.09.

Wraps at Tropical Smoothie Café, like their Thai chicken or hummus veggie wraps, typically cost \$6.99 and come paired with chips or fruit. Their smoothies are \$5.61 and come with a choice of added supplements.

Pollo Tropical has meal combo options, one of which includes two grilled chicken breasts with a side of Caesar salad at only \$8.25.

Subway offers what they call their "Veggie Delite" options. Students can get a salad at \$5.50 that's only sixty calories, or a sandwich. A six-inch Veggie

Delite sandwich would cost \$3.75, while a 12-inch would come in at \$5.50, which is around the same costs you'd see at Burger King for a Bacon and Cheese Whopper Combo, without as many calories, saturated fats, trans fats or cholesterol.

Students looking for any further information on FIU's more nutritional offers can visit fiu.campusdish.com to find a section on nutritional highlights or download their recommended Healthy Life app to help you keep track of menus and the nutritional values of our on-campus food selections.

Plant Based Society creates 'community on campus'

JOSHUA CEBALLOS
Staff Writer

The Plant Based Society at FIU is a group for vegan and vegetarian students and they want to let the University community know that there are vegan choices at MMC, though the options are not as obvious as they would like.

Erica Melamed, president of the Plant Based Society, said that Almazar and Jamba Juice are great options for students looking to avoid meat in their meals.

"All the places on campus are not exclusively vegan or vegetarian, they all have meat options and dairy options. Almazar is great because it's Mediterranean. You can get a falafel platter with hummus and salad. There's Jamba Juice, you can always ask for things with almond milk," the junior history major said.

Almazar is located in the Graham Center food court between Chili's and Pollo Tropical. This Mediterranean restaurant serves schwarma and falafel, which is a deep-fried ball or patty made from ground chickpeas or fava beans.

Jamba Juice is located next to the GC Piano Lounge near the bookstore.

Melamed also cited Starbucks as a location with vegan-

friendly options, stating that their cranberry and blueberry scones are made vegan.

Although there are options, FIU vegans feel that they are not well advertised.

Senior environmental engineering major and founding member of the Plant Based Society, Sarah Bird, feels that vegan and vegetarian menu items are not advertised well

“

There's really no reason not to go vegan... It's healthier for you, it's better for the environment, it's more sustainable and no animals get hurt

Sarah Bird
Senior
Environmental Engineering

enough at the University and that they should be more explicitly labeled so vegan students know what to look for.

"I think it would be awesome to have an all vegan place or an all vegetarian place on campus. That would be a major goal for us as the Plant Based Society," said Bird.

'Emotional eating, a better term' for stress eating

MICHELLE SILVA
Contributing Writer

Less than 35 percent of Panthers asked about stress eating recognize that they have done it at some point, but according to Counseling and Psychological Services postdoctoral fellow Rebecca Chermak, the number of people that stress eat is closer to 90 percent.

Chermak explained that it is not bodily hunger but rather emotional hunger that typically drives stress eating.

She said that students might stress eat as a way to regain control over their lives when they feel that their love lives, work lives, and/or academic lives are controlled by others. "A lot of people will turn to food and say, 'you know what? I'm so out of control with what's going on in my life?'" said Chermak.

However, not all students have experienced major stress eating as mentioned by sophomore Melissa Garcia.

To understand why most Panthers polled in MANGO's lounging area echoed Garcia's thoughts, stress eating can be looked at from a different point of view by conceiving it in terms of emotion-driven eating, a concept Chermak expounds upon.

"Emotional eating is a broader term that would make more sense," said Chermak.

While some students do not identify with eating during times of stress, many identify

with eating cake on a birthday or other event-specific food during a celebratory occasion despite not being hungry, as sophomore Janina Kruzel points out.

Kruzel's example of eating because of societal cues is solidified by Chermak's explanation that at some point, everyone has engaged in some form of emotional eating.

The reasons people hold behind stress eating or partaking in emotional eating are multi-faceted.

For sophomore Christina Padron, stress eating is a stress-driven behavior.

"When I'm under extreme stress, it's kind of one of the ways I would deal with that stress," said Padron.

She does not, however, exclusively cope with stress by eating, listing prayer among other outlets.

Redirecting emotions through other avenues, such as focusing on mindfulness, is the key to overcoming emotional eating, according to Chermak. By focusing on the speed and timing of eating, as well as the flavors and colors of food, people can counteract emotional eating.

If students find themselves stress eating or emotional eating, they can contact CAPS or Student Health Services in person or at studenthealth.fiu.edu where university health professionals can work together as a team to help students regain healthy eating habits.

She also feels that there is a wide variety of reasons why students should go vegan and why the campus should be supportive of that.

"There's really no reason not to go vegan... It's healthier for you, it's better for the environment, it's more sustainable and no animals get hurt," said Bird.

Both Bird and Melamed feel that veganism is widely misunderstood on our campus and in general, and that the Plant Based Society is looking to educate students to reduce those misunderstandings.

"There's a lot of misconceptions about veganism. One of the main ones is that we don't get enough protein or enough nutrients in general, and that is totally incorrect," said Melamed.

The Plant Based Society is open to students from a variety of dietary walks and perspectives.

"Whatever your journey is, if you're just looking to reduce your meat intake, we're there to guide you and push you to do that," said Melamed.

If students are struggling to maintain their plant based diet while staying on campus, groups like the Plant Based Society are open to support, and restaurants like Almazar, Jamba Juice, and the Fresh Food Co. are open to feed and help students regain healthy eating habits.

LET'S TACO 'BOUT IT

Photoshop feeds into negative body issues

PULITZER'S
PHENOMENA



DANIELA PEREZ

Photoshop has been around since the creation of advanced software and there's an unlikely chance that you have seen an unretouched photo of Angelina Jolie on the cover of Vogue.

Despite her striking features and her thin body, Jolie has been altered to fit the idealized realm of beauty.

However, in the past decade, companies like Aerie, Modcloth, and Seventeen magazine have banned the use of Photoshop on models.

The fact that companies are joining this movement to ban Photoshop just goes to show how revolutionary the movement is.

The reason that photoshop is so detrimental to society is the fact that it has a heavy and pernicious effect on the human brain, particularly on American women.

According to Livestrong, American women weigh an average 166.2 pounds and are 5 feet 2 inches tall.

In a 2010 Center for Disease Control poll, the ethnicity of American women varied due to the large population that inhabits the U.S.

However, out of those surveyed, the poll found that the average woman was heavier than her global counterparts.

There's no debate

“

Photoshop not only blurs imperfections on images, but it blurs the idea of self love, the most significant type of love.

”

that American women are bound to compare themselves to actresses and models that are approximately 5 feet 8 inches and weigh 120 pounds. That is a whole different spectrum as opposed to the average woman in the U.S. So, what's the problem with Photoshop?

The problem with Photoshop is that it directly correlates with the prevalence of eating disorders in the U.S. The fact that there's a software

that can make a 120 pound supermodel appear even thinner causes the average woman to question her beauty and her weight.

When a slight “tummy roll” or even a shade of cellulite is blurred off a catalogue model, they seem unreal in comparison to the reflection that women see in the mirror.

In turn, this causes women to wonder and beat themselves up over their inability to reach that level of perfection.

So, with this

damaging mentality, the development of eating disorders begins to creep in. For a 166 pound woman to reach 120 pounds fast, she would have to stop eating.

According to the National Association of Anorexia Nervosa, “At least one person dies as a direct result from eating disorders every 62 minutes” in the U.S.

This shows that eating disorders have the highest mortality rate of any mental illness, even depression — although, a correlation is not unlikely.

And what's even more troubling is that this mentality is passed on to children and adolescents.

According to Time magazine, 50 percent of girls between the ages of 11 and 13 see themselves as overweight and 80 percent of all children

interviewed have been on a “diet” by the time they've reached the fourth grade.

Photoshop doesn't dictate whether or not the fork in your hand makes way towards your mouth.

However, this software does trigger the mind into comparing yourself to unrealistic images, and this mentality has become the catalyst for eating disorders in America.

Photoshop not only blurs imperfections on images, but it blurs the idea of self love, the most significant type of love.

Daniela Perez is a staff writer for Panther Press. Her column, Pulitzer's Phenomena, is a commentary on human interest.

LETTER TO THE EDITOR

The campus needs more vegan options

LETTER TO THE
EDITOR



ERICA MELAMED

As the president of the Plant-Based Society at FIU and on behalf of my eboard, I would like to inform you of our organization on campus.

Our organization was founded in the spring of last year and we have come a long way since.

The memberships to our club have grown tremendously, showing how large the plant-based diet interest is here at FIU. In only a small amount of time with a limited amount of publicity, we have reached over 250 members!

The purpose of PBS is to educate the students at FIU on the advantages of going Vegan and how doing so will be beneficial to one's health, one's ethics, and of course the environment.

Our goal is to be able to give the students at FIU a resource they can use to help guide them through the consideration of changing their lifestyles as well as the change of lifestyle itself.

We host speakers throughout every semester that give students a better idea of the benefits of leading a plant-based diet. Our speakers range from the topics of vegan bodybuilding to grassroots animal activism.

At every event, we always have free vegan food for students

to try. We believe it is important to showcase the variety of food choices you have as a vegan because of the common misconception that all vegans can eat are plain salads.

At the FIU MCC campus alone, students have tons of vegan options. The problem is that they are not properly advertised so students would never know without doing some research.

FIU currently has a vegan/vegetarian guide, but it is in no way helpful for actually ordering food at FIU. While FIU does have some decent options for students at FIU, there could always be more.

Our organization was very surprised to learn that the new spot on campus, Vicky's, does not have a single vegan food option.

The negligence to cater to such a large portion of FIU students who regularly eat on campus is a major blow to the Plant-Based community.

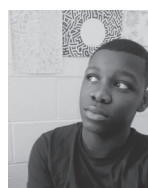
One of our missions, as an organization is to have FIU put in an all-vegan dining and to offer more vegan options at already existing eateries on campus.

Our hope is you can help us gain some new active members for our club, whether they be vegans, aspiring vegan, or vegan-curious, we welcome all FIU students to the PBS.

Erica Melamed
President
Plant-Based Society

Meal plans are not as beneficial as they seem

SOCIAL SCOOP



ALHI LECONTE

FIU makes meal plans mandatory for students living in Panther Hall and Lakeview North and South, but are they really worth it?

While some students may find it convenient to include a meal plan with their housing, others might not feel the same.

There may be students, like me, who would prefer living in Panther Hall or Lakeview if they would be able to opt out of the required meal plan.

The meal plan mandatory dorms are not only nicer than a few other dorms on campus, but the room rates would also be the least expensive if the meal plans were optional.

These mandatory meal plans makes it seem like the university is trying to reach a certain quota of purchases instead of trying to make life easier and more affordable for students.

While the meal plans offered at FIU do give you dining dollars that can be used in all the various restaurants

on campus, the Fresh Food Company is where the majority of students who live on campus go to cash in their meal plans.

But, even though the Fresh Food Company is a buffet, the different food options available to students is actually pretty limiting.

“

These mandatory meal plans makes it seem like the university is trying to reach a certain quota of purchases instead of trying to make life easier and more affordable for students.

While there are six different food stations set up buffet style, seven out of 10 times I go to Fresh Foods, the food is the same and while it does sometime change, it's not often.

Also, while the food offered at Fresh Foods is said to be quality food, this may not always be the case and

may make students feel like they've been ripped off.

From personal experience, the meat and fish has been overcooked and undercooked on many occasions and the food is not always flavorful.

While their food may not always be the most diverse, Fresh is open for a reasonable amount of time throughout the week. Monday through Thursday they are open from 7 a.m. to 11 p.m., but they do close earlier on Fridays and weekends. On Fridays, Fresh is open from 8 a.m. to 9 p.m. and Saturday and Sundays from 9 a.m. to 9 p.m.

There are four different mandatory meal plan options and students could potentially save \$1,899 to \$2,099 if they weren't required to purchase them.

The way I see it, meal plans can only save you money if you're unable to properly budget your money for meals throughout the day or are unable to buy groceries to cook if your dorms have kitchens.

Alhi Leconte is a contributing writer for Panther Press. His column, Social Scoop, is a commentary on social issues and pop culture related matters.

PANTHER EDITORIAL

Penny pinching: How to save money and still eat

Being a university student in America is expensive, but there are ways to save pennies, and those pennies certainly add up.

Breezeway is overpriced. Those crack cookies are fabulous, but if you're going in for anything other than the cookies, consider walking the extra mile to Publix to get cheaper and better

quality food.

MMC's Recharge U, another overpriced stop on the way to class, has stopped selling Green Mountain Coffee, meaning that the only coffee options on campus lie within the costly Starbucks chain and the sometimes working coffee machine at the Fresh Food Company.

Of course, an even less expensive option is to

make coffee and bring it from home every day.

Beware that most birthday promotions and coupons are not applicable on university campuses in restaurants like Moe's and Chick-fil-A, for example, and the Starbucks Rewards system doesn't work on campus.

FIU has a food pantry available and although no proof of need is required

to access it, it is obviously there for enrolled students who are distressed over the prospect of feeding themselves.

If you're skipping meals to save money, remember that you can take up to ten pounds of food once a week from the pantry located in DM 166 at the MMC campus, and WUC 307 at BBC.

The best way to save

money at university is simply to be extremely conscious of it. Budget well and spend only what is absolutely necessary, and that's when you should hunt for sales, coupons and discounts.

Publix has sales that change monthly, and keep in mind that every penny counts.

It is better to spend money on experiences

rather than things. There are ways to enjoy your experience at university without going into extra debt over your coffee breaks or even your groceries.

As students, we understand the struggle of finding reasonably-priced food options, and hope our tips help you out.

Eating genetically-modified foods is a personal choice

EYES ON THE EARTH



AMANDA JUNG

Do you ever wonder how much of your food is genetically modified? What amounts of fruits, vegetables and other crops have been chemically altered in order for

you to reach for them in the aisle of a grocery store?

We live in an age where we are not strangers to the concept of our food being a genetically modified organism.

According to the World Health Organization, "genetically modified foods are foods derived from organisms whose genetic material has been modified in a way that does not occur naturally."

This concept was approved for commercial use and GMOs were planted in U.S. soil in 1996. Since then, the production has increased dramatically, according to Time magazine.

Slowly, but surely, the world has started to show more concern in regards to where our food is coming from.

Whether that be eliminating meat, eating organic or looking for labels that state the food has been genetically modified.

There are a lot of concerns that have popped up in regards to GMOs, and the first and foremost issue is toxicity.

According to One Green Planet, chemicals and pesticides are commonly used to take care of crops, but this can pose a threat to other organisms such as bees and butterflies.

In fact, bees are thought to be

“There are billions of GMOs out there and the only ones that are considered bad are the ones that have pesticides.”

Lily Rodicio
Junior
Biology

endangered and GMO crops are part of the reason.

Another issue with GMO crops is that the long term effects are unknown.

"Evidence also suggests that small genetic changes in plants may produce even larger ecological shifts," according to One Green Planet.

Right now, there is a long list of crops that are approved to be genetically modified with corn being number one. Other genetically modified foods include soybean, cotton, and tomato crops.

One final concern worth mentioning, as stated by One Green

Planet, is that, "biodiversity, while it is critical in all ecosystems and to the sustainability of all species, is put at risk by GMOs."

However, according to Lily Rodicio, a junior majoring in biology, as long as you take care of GMOs they're not that bad for the environment.

"There are billions of GMO's out there and the only ones that are considered bad are the ones that have pesticides," Rodicio said.

Once again, we come back to the idea of pesticides and GMOs going hand in hand. When people think of the term GMO, Rodicio said, they are picturing something being created in a lab, which is not always the case.

I am not completely sold on either side of the argument.

In the past few years, I have started grocery shopping on my own, and whenever I come across a label that says the food has not been genetically modified, it makes me want to buy the product even more.

But in a world where health has become an even bigger issue in recent years, I do not think GMOs should be our biggest concern.

We have so many choices when it comes to the food we choose to eat. Whether you eat genetically modified food, well, that's up to you.

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

PANTHER MAGAZINE

EDITORIAL BOARD

EDITOR IN CHIEF

CAYLA BUSH

NEWS DIRECTOR

MARTINA BRETOUS

SPORTS DIRECTOR

JAYDA HALL

OPINION DIRECTOR

MICHELLE MARCHANTE

ENTERTAINMENT DIRECTOR

NIA YOUNG

MULTIMEDIA DIRECTOR

CORNELL WHITEHEAD

COPY CHIEF

CAYLA BUSH

PRODUCTION MANAGER

NIA YOUNG

DIRECTOR

ROBERT JAROSS

ASST. DIRECTOR

ALFRED SOTO

CONTACT INFORMATION

Modesto Maidique Campus:

GC 210, Mon-Fri 9:00 a.m.-5 p.m.
(305) 348-2709

Biscayne Bay Campus:

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

Editor-in-Chief:

(305) 348-1580

cayla.bush@fiusm.com

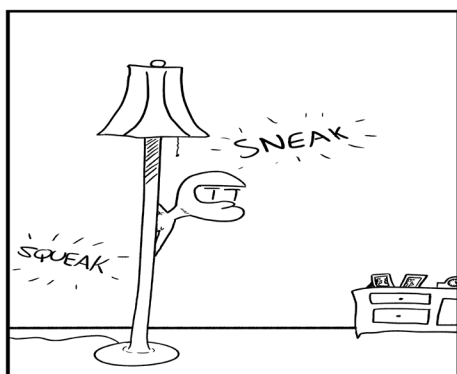
Advertising:

(305) 348-6994

advertising@fiusm.com

One copy per person. Additional copies are 25 cents. Panther Press 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.

FOOD NINJA



ERNESTO GONZALEZ/PANTHER PRESS

SEND US YOUR LETTERS

Have something on your mind? Send an email to opinion@fiusm.com. Be sure to include your name, major and year and a photo of yourself. Letters must be less than 400 words and may be edited for clarity and length. Panther Press will only run two letters a semester 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.

Eating and conditioning: Proper diet improves athletes' well-being

PETER HOLLAND
Staff Writer

When it comes to being an athlete, everything is about preparation, including eating.

Depending on the sport and the intensity of practices and training, the last thing an athlete wants to do is play on an empty stomach.

Sebastian Hoyos, a member of the Rugby Club, is on a strict diet which involves him eating six meals a day with limited carbs. The psychology and marketing major sticks to the diet because, he said, the sport consists of running and full contact. In addition to a strict diet, Hoyos said conditioning plays a factor when staying in shape.

“My diet consists of a keto style diet,” said Hoyos. “Our coaches make us run a lot to make us slim down depending on what position you are playing.”

The concept of a ketogenic diet plan is to improve well-being through a metabolic change. The primary cellular fuel source switches from carbohydrates based fuels (glucose) to fat fuels and

fat metabolism products called ketones, according to ketogenic-diet-resource.com. In other words, it is a diet that involves low-carbs and high fat. So Hoyos would consume proteins and meals that has high fat and minimum carbs or none at all.

“I would eat like steaks or red meats since it’s high fats and proteins,” Hoyos said. “I try not to eat that

“
We believe a lot in conditioning, like all sports, we do a lot of push ups and strength training. All of that is necessary for a fit body.”

Marcel Ozula
Member
FIU Wrestling Club

“
many carbs. I would maybe eat like 30 grams a day along with almonds and broccoli.”

Another sport involving a proper diet is wrestling. When it comes to wrestling as an individual sport, dieting is important for wrestlers because of how they train and practice before their match.

“We believe a lot in conditioning,” said Marcel

Ozula, a member of FIU’s Wrestling Club. “Like all sports, your body is as strong as your mind so we do a lot of conditioning and a lot of push ups, strength training and a lot of core. All of that is necessary for a fit body.”

For wrestlers, before their matches they must plan their goals to meet their weight class. Some might have to lose a few pounds, while others might have to gain.

“It depends on the weight class you’re in,” said Ozula. “Depending on your weight division, whether you want go up or down, you would want to try to bulk or trying to cut. It depends on how long you’re wrestling, but I will get like 600 calories a day because we practiced like two hours.”

Ozula also eats six meals a day because of his training. He has to check the exact time, when he wants to eat each day, while in preparation for his next match, according to the psychology major.

“We plan our meals,” he said. “If you know you’re going to be out all day, you’re going to say ‘you know what, by 12 I’m going to eat lunch, by two I’m going to have a bar, by 5 I’m going to have a shake’. There’s a lot of planning.”

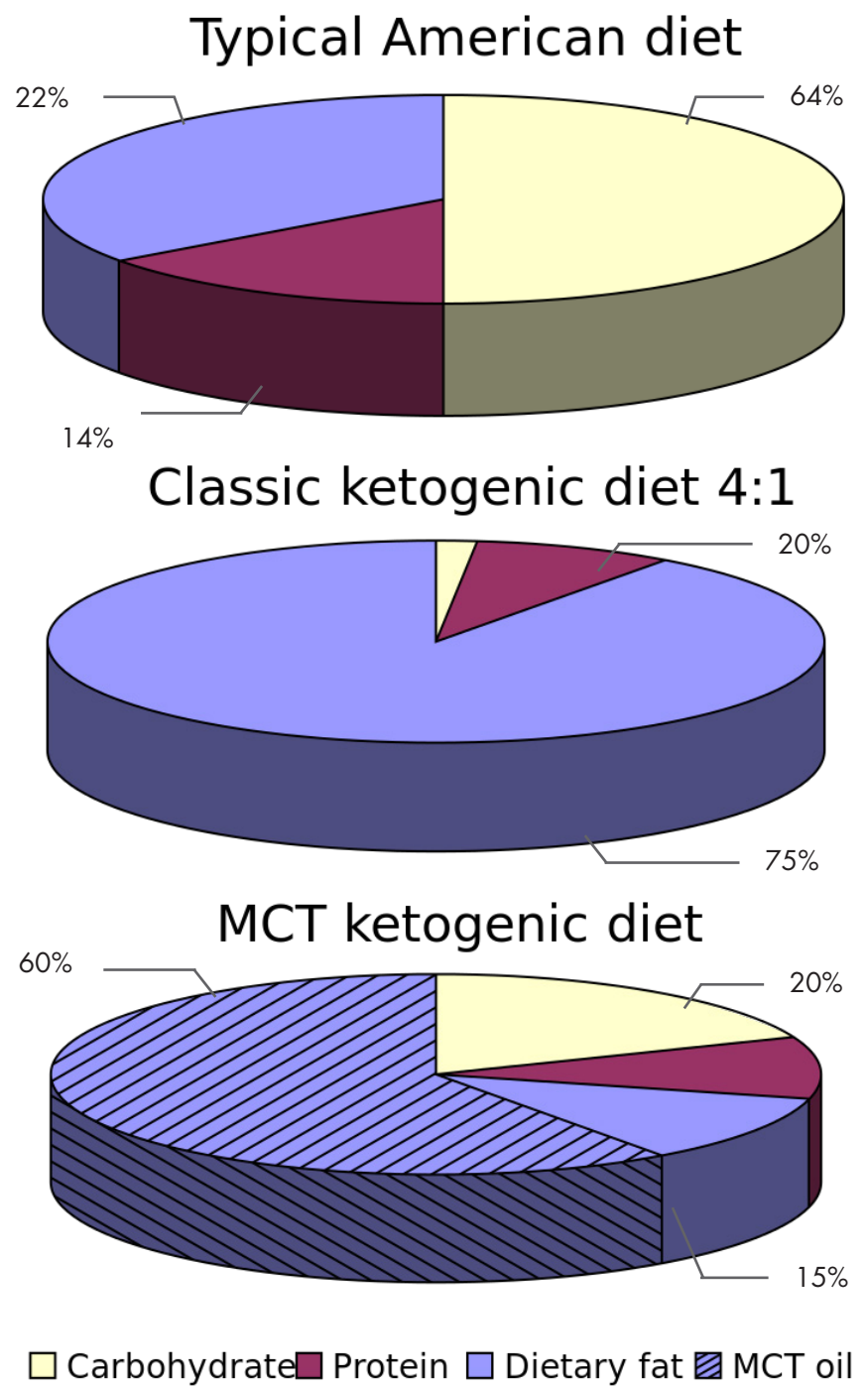


PHOTO COURTESY OF CREATIVE COMMONS

How to address nutrition challenges for incoming college athletes

BRETT SHWEKY
Staff Writer

The transition from high school to college for athletes can be challenging for some, especially if diet adjustments need to be made to perform at the collegiate level.

Athletes are insisted to eat every three to four hours, according to Stack.com, a nutritional website for college baseball players. Eating three meals alongside two or three snacks daily helps athletes gain lean tissues, maintain energy levels and recover at an appropriate time.

Freshman third baseman Javier Valdes said the longer practices require players to consume a higher level of calories to help maintain energy.

“I’ve been trying to intake more

protein,” said Valdes. “The days are definitely longer, and my body gets drained faster. So the extra protein helps the muscles get going again.”

Hydration is crucial for college athletes, according to Stack.com. Being hydrated allows players to properly burn fat, helps build lean levels and also increases energy levels.

Valdes said that staying consistently hydrated is key for new student-athletes.

“Since the practices are longer, I need to stay hydrated more efficiently throughout the day,” said the third baseman.

Student-athletes should often start their day with 10 to 32 fluid ounces since our bodies lose key fluids while sleeping. One should divide their body weight in half and drink that many fluid ounces a day, according to stack.com.

NUTRITION TIPS FOR NEW ATHLETES

Eat three meals a day with two or three snacks to gain lean tissues and maintain energy levels.

Longer practices require higher level of calorie intake to help maintain energy.

Stay hydrated to properly burn fat, build lean levels and increases energy.

Proteins can especially strengthen the muscles when energy is low.