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# The Beacon, October 21, 2015

Florida International University

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## FIUPD releases drug use data

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Drug referrals at the University more than doubled from 2012 to 2014, according to the Annual Campus Security and Safety Report by the FIU police department.

On Wednesday, Sept. 30, FIUPD released the report for 2014, which

details information about campus security and personal safety with different topics, including crime, fire safety and disciplinary procedures, among other things.

Drug referrals were one of the highest increases in the report, with 49 referrals in 2012 and 138 referrals in 2014 -- the majority occurring in the Modesto A.

Maidique Campus housing facilities.

FIUPD Chief of Police Alexander Casas, attributes the increase to the influx of students and the University's yearly expansion.

"It's not an epidemic because these numbers are actually kind of normal for this campus," he said. "Our population has grown a lot since 2012, and it's normal

that more cases are going to be reported because of high enrollment."

From 2012 to 2014, the University added 3,442 students, according to the Common Data Set for the University.

Casas thinks that this increase, along with the increase in residential population, has a lot to do with the referral numbers.

"Most of it's in housing and, with the opening of Parkview, that's another 600 residents. It's a good number," said Casas. "Not all the residents in the dorms are smoking, but it's a big increase in our school population, and it's an increase in enrollment. Those numbers are not atypical of a campus this size."

The University currently contains six housing halls, which are homes to 3,182 students in total. Parkview, its newest housing building, can hold up to 596 residents alone.

The increase in referrals is also

a combination of increased enforcement and increased interactions and trainings between FIUPD and housing resident assistants, said Casas.

The drug referrals are given to students who are found in possession of drugs.

When they're caught, students are referred to the Code of Student Conduct, which states that the "possession, use, the manufacture, or the cultivation of illegal drugs or prescription drugs without a prescription is prohibited."

They are then sent to a hearing, where members from a board determine what consequences the student should face, including referrals, citations and more.

According to Cathy Akens, dean of students at the University, they are sometimes referred to Counseling and Psychological Services.

**SEE DATA, PAGE 2**

## FIU alumnus leads brain study

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A professor at the Modesto A. Maidique Campus has been listed as the principal investigator of a national landmark launched this year by the National Institutes of Health.

Raul Gonzalez, a 40-year-old University alumnus with a bachelor in psychology and a minor in chemistry, designed a project to investigate the effects of substance use on the developing brain.

"This is a very exciting and important study because something like this has never been done before," said Gonzalez.

The study will follow 10,000 children across America who have never used any substances like tobacco, alcohol or drugs. The kids are recruited at ages nine and 10.

The study will last for the next 10 years, with a goal of assessing the changes that occur in the children's developing brain as they start to use substances.

Gonzalez will be following a fraction of those children who are living in South Florida.

He said that South Florida presents a unique challenge to this study because South Florida culture is different from the rest of the nation.

He hopes to observe how this cultural difference affects the study.

Gonzalez came to the United States in 1980 with his family during the Mariel boatlift, an episode in Cuban history when the regime of the island announced that all Cubans who wanted to emigrate to the U.S. could do so.

He was only five years old when he joined the 124,776 Cuban refugees that arrived in Florida that year, registered by the U.S. Coast Guard.

His interest in neuropsychology started in high school, when he took an advanced placement class and was surprised by the material.

"I didn't know there was an entire science around how the brain influences human behavior, and how biological processes influence who we are," he said.

Becoming a neuropsychologist was the result of a "gradual discovery" for Gonzalez.

After high school, his plan was to get a bachelor's degree

in psychology and then to apply to law school.

But, once he found his way into the Honors College at FIU and met psychology professor Bennett Schwartz, his plans changed.

"Dr. Schwartz was somebody very important [during] my time here at FIU," Gonzalez said. "[He] presented me with situations and resources that really helped me along on this path."

His journey in this field stretches into no less than \$4,377,080 in research awards, eight honors and recognitions, 43 research papers and 99 presentations and abstracts combined.

According to Google Scholar, his works have been cited more than 2,000 times.

Other than teaching classes at the University and overseeing two research projects, Gonzalez is the director of continuing education for the International Neuropsychology Society, an organization dedicated to enhancing communication among scientific disciplines.

He has collaborated with other individuals, like Randi Schuster, a postdoctoral research fellow with the Harvard-affiliated Massachusetts General Hospital.

She has known Gonzalez for seven years and has co-authored more than eight research papers with him.

"Raul was the one who really got me interested in neuropsychology," said Schuster.

She was Gonzalez's graduate research assistant when he was a postgraduate research fellow with the department of psychology at the University of Illinois in Chicago.

Schuster said that Gonzalez is a very focused person who engages in conversation with "laser-precise attention."

"He does have an intensity to him, but he is fun. He is great to work with," said Schuster. "He is one of those people you are proud to say you are affiliated with."

Gonzalez's research projects show how substance use impacts the brain and gives the upcoming generation of researchers the opportunity to learn how this kind of work is conducted.

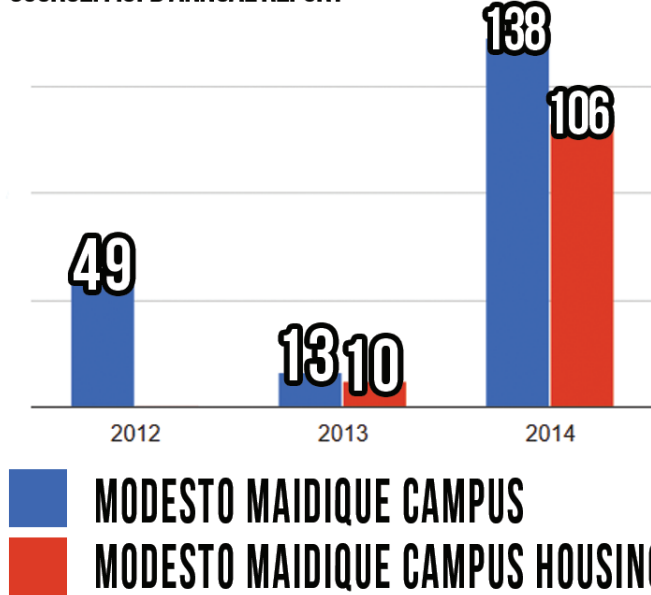
"We have students involved in all aspects of our projects," Gonzalez said.

Ifrah Waheed and William

**SEE BRAIN, PAGE 2**

### DRUG REFERRALS ON CAMPUS

SOURCE: FIUPD ANNUAL REPORT



GRAPHIC BY JASMINE ROMERO

## Hoax image disgruntles students

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Students across campus were alarmed when a hoax image of the University's homepage went viral on social media last week.

The post's headline read that FIU's police department trains dogs to hunt minorities, black and other untouchables.

Someone used coding to change their own screen of the webpage, took a photo of it and shared it on Yeti, according to Maydel Santana-Bravo, Media Relations director. Yeti is a smartphone app where students upload an image to their college campus feed anonymously.

"We're assuming that something like that is at play here, where the headline was changed on the person's screen, a quick photo and then off we go," said Santana-Bravo. "It's difficult to say exactly how that happened because, obviously, we don't know."

Santana-Bravo said the

website was not hacked. The University quickly sent out a statement on social media that says the image was manipulated and that the headline does not reflect the values and beliefs of the University.

"I felt that the response was very weak. I don't believe that the Media Relations team went about it the correct way," said Esi Fynn-Obeng, African Student Organization president.

"[This] happens, but how are we going about it? How are we going to address the situation and make sure that the students are not disgruntled?" said Fynn-Obeng, a senior communication arts and sociology double major.

The University needs to be more vigilant and pay closer attention to social media, according to Santana-Bravo. She said it's a matter of being aware to explain and counter future events.

The University found out about the image after someone shared it with Media Relations.

It is not known who the prankster is.

"The website was fine all along with the legitimate image and the legitimate headline. Everything was fine," Santana-Bravo said. "It's pretty impossible to tell who did it."

It is not something that should be taken seriously, she said.

Students question whether the University's statement made through social media was a way of silencing them.

"Why is it that I can get a bunch of emails about parking and traffic, but you couldn't send an email to the population to let them know that 'we're sorry,'" said Fynn-Obeng. "It seems as though there was no effort put into it."

She said that if the University does not show a concern for black students and the black community, then it goes against its value of being world's ahead.

Rashaad Perry-Patterson, Black Student Union enrichment coordinator, said

the University has failed the black community. "Whether it's supporting, being proactive when there are tragedies and topics going on in the black community and giving us our space to be able to voice our opinions," said Perry-Patterson, a junior political science major.

He said he doesn't believe the University necessarily embraces being world's ahead and that the black community at FIU feels marginalized.

The Black Student Union and the Coalition of Black Organizational Leaders plan to meet with administration to discuss their position on the issue. They will ask for funding for the African and African Diaspora Studies program, mentorships, workshops and for the student organizations, according to Perry-Patterson.

"You have to think about the lives that are at stake. This is not a play situation. These are lives, religions and communities at stake," Perry-Patterson said. *Additional reporting by Camila Fernandez and Krystal Pugh*

# NATION & WORLD BRIEFS

## Google aims at Microsoft with offer to business customers

Google is offering new incentives in a bid to chip away at Microsoft’s hold on corporate America’s desktop. The Mountain View, Calif., company is offering businesses free use of Google’s suite of word processing, email and other productivity applications for the life of the business’ existing contract with another provider. Google is also offering to pay U.S. companies that switch to Google a portion of the cost of migrating their applications and data.

## New credit card fraud protection creates confusion

The FBI took a step backward over the past week in the effort to combat credit card fraud. First, the agency told consumers a week ago that new microchip-installed credit and debit cards designed to better thwart fraud might still be vulnerable. Don’t just sign your receipt, was the message of its initial warning. Use your PIN with the new chip cards because “these cards can still be targeted by fraud.”

## Iraq claims to have taken key oil facility, again

Iraqi security forces claimed to have taken control of most of the nearly completely destroyed oil refinery in the strategic central Iraqi city of Baiji, as a mix of army and militias continued to battle Islamic State forces to end a long struggle for the town. The Iraqi government has claimed multiple times before to have secured the facility, so the substance or durability of the gains cannot be established.

# County offers Executive Internship Program

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The University is offering an internship opportunity with Miami-Dade County’s executive leaders.

Through the Miami-Dade County Executive Internship Program, juniors and seniors get a first hand look at County government, according to its website. With workshops and mentoring from senior management, students learn about county governance.

Workshop topics include policy formulation, public safety, transportation and neighborhood and infrastructure.

The program provides a 15-week internship opportunity for 20 selected

students. Interns spend nearly 20 hours per week, and they are positioned under a department director.

Students also work on assigned team projects to propose solutions to County issues.

To participate, students must have a 3.0 grade point average.

Through the University’s Office of Engagement, a professor or administrator will be in charge of all participating students, while the County assigns a program coordinator.

The two individuals will monitor and manage the program and identify and refer qualified applicants to the County from different departments. Departments include the School of Journalism and Mass Communication,

Engineering, Architecture, Public Health, College of Business and the School of International Public Affairs.

Past interns have been employed under the support of their fellow mentors, according to a past Beacon issue.

“The internship experience with Miami-Dade County was probably one of the most rewarding things I’ve done in my undergraduate career,” said Daniella Romero, a University alumna.

There will be an information session with the program recruiter Thursday, Oct. 22 at noon in the Wolfe University Center Room 255. For more information, students can visit the Career Services Office.

# University talks drug use, numbers increase

## DATA, PAGE 1

“When we become aware of someone who has had a violation of drugs, or any kind of substance use, we try to respond both in terms of the violations from the Code of Conduct and in terms of providing support and resources to that student,” she said.

This means that, when a student goes through the student conduct process, they’re also being referred to the University’s CaPS, said Akens.

“I think that the presence of drugs in our community impacts our campus community,” she said. “It’s not just the user who suffers, but it’s the people around that individual student as well.”

The referrals can sometimes lead to arrest, as was the case when three individuals were arrested for marijuana and cocaine possession last summer.

“On the table in plain sight I could see a six-pack of beer and a small green baggie with what appeared to be cocaine next to where [one of the offenders] were sitting,”

the police report states. “[The other offender] then admitted to having marijuana cigarettes in his front left pocket.”

Akens said that the University is always concerned about drug use, particularly in the long-term effects and consequences associated with abuse.

“In an academic environment, where students are focused on their education and working to graduate and begin a career, the presence of drugs can impact those goals and become barriers to their success,” said Akens.

FIUPD is constantly analyzing any increases in numbers at the University, said Casas.

“We look at these numbers. We notice them as they’re going on,” he said. “When we notice a jump, we want to find out why. This isn’t minimizing the issue because I think that this is still very important to us, but the increase of these numbers shouldn’t be a concern for anybody in the community in regards to their personal safety.”

# University alumnus leads ten year study

## BRAIN, PAGE 1

Pulido are two of the six undergraduate students working as assistants in the Substance Use and HIV Neuropsychology Lab, directed by Gonzalez.

Their job is to screen applicants and make sure that only those who meet the Lab’s requirements are accepted as subjects.

Pulido thinks that one of the most inspiring characteristics of Gonzalez is how approachable

he is.

“He is someone you can talk to about anything,” said Pulido. “I’m glad that I’m working beside him.”

But Waheed sees Gonzalez as the juxtaposition of relaxation and a high-octane action man.

“Looking at all he’s done, I would think he is someone who is super agitated or always doing something,” Waheed said. “But no, he is extremely mellow. He has everything under control.”

Gonzalez is excited about

the opportunities to expand FIU’s research portfolio and is glad that University students are taking advantage.

“One of the beautiful things about getting involved in a lab is not just about learning the skills that the lab teaches,” said Gonzalez. “It’s also an opportunity to interact with other graduate students, postdoctoral investigators [and] people across a variety of fields in many different stages of their careers.”

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# Democrat candidates take on gun control

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Last week, Democratic presidential candidates squared off in a CNN-hosted debate in Las Vegas. However, the word “debate” may be misleading.

Democratic candidates Hillary Clinton, Bernie Sanders, Lincoln Chafee, Martin O’Malley and Jim Webb participated in a discussion that lacked the kind of entertaining political drama brought by the likes of Donald Trump. Rather, this was a subdued issues-based open forum.

In one of the more memorable moments of the night, Vermont Senator Bernie Sanders declared that no one wanted to hear about Hillary Clinton’s

“damn emails” and would rather focus on the issues. This was in reference to Clinton’s use of private servers during her tenure as Secretary of State. This was followed by raucous applause and a handshake between Sanders and Clinton.

That’s not to say that the debate was tame, as Anderson Cooper pulled no punches.

“Will you say anything to get elected?” he asked Hillary Clinton early in the debate.

A defensive Clinton retorted that her positions shifted as she “absorbed information.” Cooper wasted no time in bringing up the issues and started with guns.

This was the highlight of the debate.

America has a massacre problem. From the Sandy

Hook tragedy to the killings in Oregon, a swath of school shootings occurring across the country over the past several years has generated furious discussions about firearms.

The Democratic candidates have seemed to heed this call. The biggest talking point for candidates involved bashing the National Rifle Association, whose outsized influence in Washington and on politicians was widely attacked.

Clinton drew massive applause when she fiercely claimed how it was “time to stand up to the NRA.” The group has long been the bane of gun control advocates, fighting them at every turn for even the slightest restrictions to guns.

Governor Martin O’Malley described

the extent of the NRA’s political schemes and proves the intransigence of the group on any gun control legislation. In his state of Maryland, O’Malley attempted to curb gun violence through legislation to increase restrictions.

Sanders, often deemed the most radical of the bunch, actually took a less aggressive stance on the matter.

“All the shouting in the world,” he claimed, “won’t keep guns from the hands of the wrong people.”

Clinton took this moment to critique the senator, questioning the Vermont senator’s stance by mentioning his opposition to the Brady Bill. This appeared to fluster Sanders.

Lincoln Chafee even chimed in that the audience

was “...looking at a man who was given an ‘F’ rating by the NRA,” referring to the NRA’s grading scale for politicians’ stances on gun control. Only Jim Webb, a Vietnam veteran, was mute on the matter, being the only candidate to receive an ‘A’ rating by the NRA.

In the end, the debate did little to shake things up. Clinton remains the clear frontrunner. Sanders remains on her coattails with his democratic socialist rhetoric while O’Malley, Jim Webb and Chafee languish in the polls. This reality and its relationship to mass shootings must be analyzed and it seems the only people willing to do that is the Democratic Party.

Visit [fiusm.com](http://fiusm.com) for the full story.

# Ways to handle mental health issues

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I’m not writing this to convince anyone of anything. I am simply writing this from my own personal viewpoint as a reflection of my experience with anxiety and depression, as well as the journey that it took to heal through it all.

Anxiety and depression are prevalent in college environments. This is due to stress, drastic life events and genetics. College students are at a fragile age where they have a lot of pressure burdened on them to figure out who they are and who they want to be. One misstep can determine your whole future.

According to the Anxiety and Depression Association of America, anxiety disorders are

one of the most common illnesses in the United States. It affects approximately 18 percent of the population nationwide and it costs the US more than \$42 billion a year for treatment.

This is almost one-third of the \$148 billion mental health bill total. Women are twice as more likely than men to be affected by panic disorders, anxiety, post-traumatic stress disorder and depression. Whether treatment occurs through medication or alternative methods, general anxiety and depression are treatable disorders.

Yet there is a stigma attached to depression and anxiety. Many people, even today, are insensitive to individuals affected. They mistake it as something that can be easily fixed. Healing takes time. Admittedly, I still encounter anxiety and depressive moods from time to time. However, I feel more in control now than I did a

couple of years ago when I first encountered the illness. I’m certain that my personal experiences can help those who are suffering similarly.

I became emotionally, spiritually and physically sensitive over the past few years. A change of schools, new environment and changes in my family life contributed to the anxiety and depression I’ve developed.

I was born and raised in New York and grew up in Miami. I transferred to the University of Florida my sophomore year. Gainesville was a far cry from the diverse and metropolitan living environment that I was used to. Despite the surrounding nature, the school is the main focal point of the city.

There was hardly any diversity and residents were mostly between ages 18-24. Despite this, many of the students were motivated. I tried to emulate them. I tried to be active every morning and get straight As to be successful and feel relevant. The pressure was definitely there.

However, I joined one club that I enjoyed deeply. The club members and I all loved music. Our job was to get bands to the University to play shows. This was a creative endeavor that helped me stay true to who I was: someone who produces as an artist and a writer. I was not a consumer or a replica of a perfect straight A student.

I look at anxiety and depression differently now. I see depression as a person’s way of finding their niche and a sign to heal. Now a senior at FIU and graduating debt free, I don’t regret any part of my past.

My best advice would be to slow down and reassess your life. Do the things you love and that make you happy. Remember to always surround yourself with people who love and support you. Time can heal. Also, anxiety comes and goes. Just know that you’re not alone.

Visit [fiusm.com](http://fiusm.com) for the full story.

## THE BEACON | Editorial

### There’s more to campus life than students realize

As students attending a commuter school, it’s easy for us to overlook the various opportunities Florida International University has to offer. With only eight percent of FIU’s student body living in on-campus housing, most students commute with the purpose of arriving to school, taking their classes then leaving as soon as possible - most students work, have internships, have their own families or simply have other responsibilities outside of school.

Though it’s understandable that students can’t always be on campus, it’s always good to keep in mind the opportunities FIU provides. Many of these services can be utilized by both campus residents and commuters.

Programs like Career Services are available to assist students in resume building, developing interview skills and preparing students for careers post-graduation. A student can prepare a resume, send it to a Career Service representative and the representative will give the student necessary corrections for a proper resume.

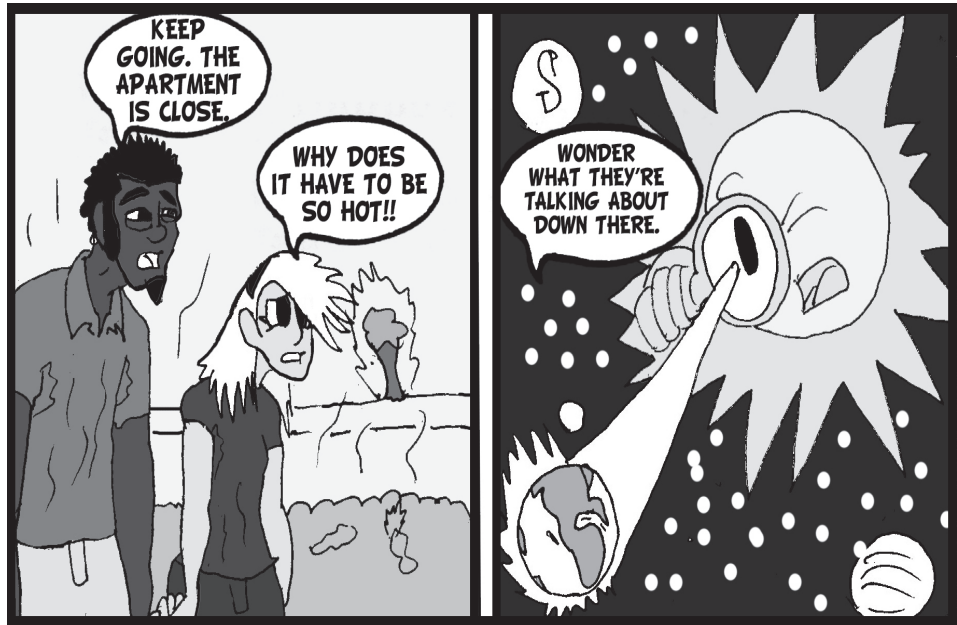
FIU also offers various tutoring services for a variety of subjects. FIU’s online tutoring program is great for students who simply can’t make the time to stay on campus for longer than what their classes entail. The online tutoring program is provided by the University Learning Center’s website and consists of a list of tutors, subjects and online sessions that students can join in at any time.

Of course, students should always prioritize their health when pursuing their degrees. Whether it’s physical or mental health, Student Health Services provides many forms of assistance to students who might feel a bit overwhelmed with the responsibilities of college life. With a diverse list of specialties, the Student Health Center has programs equipped to educate students on health, help those suffering from eating disorders and to empower victims of domestic violence.

Aside from offering standard health services, SHS has an emphasis on LGBTQ Health in which they offer a “safe zone” for LGBTQ students to provide “primary care as well as reproductive and sexual health care.” The providers thus tailor the care and treatment to the individual taking into consideration every particular quality. Having safe and reliable access to sexual education and health care is essential, especially in college.

For students who have difficulty getting to and from campus, FIU offers sustainable transportation options. Available programs and plans can be found on [get2fiu.com](http://get2fiu.com), including a carpooling matchmaker, shuttle schedules and information about the Emergency Ride Home program. If you are a student who gets to campus by biking, skating or even walking, you can receive six free taxi rides through the Emergency Ride Home system. This program is offered to Miami-Dade, Broward, Palm Beach, Martin and Saint Lucie county residents.

The important thing to note is that universities are a conglomeration of opportunities and initiatives designed specifically for furthering education. FIU is more than its classes, and its students need to leave behind the mindset that a degree is the ultimate benefit of attending college. Panthers should see FIU as a springboard into the future rather than something to check off of a “to-do” list.



SAMUEL PRITCHARD-TORRES/THE BEACON

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MUSIC FOR MIRACLES



JOSEPH MARRERO/THE BEACON

(LEFT) Arminio Rivero aka “Crocodile” and SunGhosts front man Nick Balseiro (RIGHT) serenading the Bonnamu crowd with their haunting, positive vibes.

*The Habit Burger is perfect for the entire family*

BEACON BITES  
GABBY ARZOLA

In West Miami, Flagler passes through the Westchester/Sweetwater community, but past the Sedano’s Supermarkets and bodegas serving Cuban coffee and pastelitos, there is a Santa Barbara restaurant serving classic foods with a California twist. The Habit Burger, a well-known restaurant chain that started in Santa Barbara, has now taken over West Miami. Almost like Fuddruckers sophisticated cousin, this burger joint serves high-quality burgers, sandwiches, salads, malts and even tempura green beans. The beach-themed restaurant is clean with minimalist décor. Paintings of California beaches and surfers are framed on seemingly every wall. With long wooden tables, bar stools and imitation palm tree decorations, the vibe is geared towards an older crowd who are not interested in fancy decorations, just good food. I ordered a Santa Barbara Style char burger with a side of tempura green beans and their homemade strawberry lemonade limeade. The presentation of the meal was impressive. The burger was served on a sourdough bread that was golden and toasted, with a lettuce leaf and orange slice for garnish. The American cheese was oozing from all sides, and avocado chunks were peeking through the bread. When I bit into it, the flavor brought me back to the Sunday barbeques my family had when I

was a kid. The burger was juicy and seasoned simply with salt and pepper. Because of this, the flavor of the meat was highlighted and its crispy and charred corners were my favorite part. The soft and chewy crunch of the sourdough bread tamed some of the smoky flavor, and the Hass avocados added a creamy and rich taste that made the burger even heartier. The sliced tomatoes were cold and juicy and the crisp lettuce added a fresh element to the burger while the mayo and pickles added a soft tangy flavor. The tempura green beans were warm and crispy and the ranch dressing added a zesty taste to the mild green beans. My new favorite drink has to be the strawberry lemonade limeade with cucumber slices. The drink didn’t taste artificial. The strawberries were sweet and the cucumbers added a refreshing twist. This place is a great spot for people who want great food at a great price. I’m definitely coming back to The Habit Burger. With other options such as their BBQ chicken salad and albacore tuna filet, there is something for the entire family. Oh, and don’t forget to hit up the self-serve pickle bar. *Beacon Bits is a weekly column about food tailored for the college student on a budget. Gabby Arzola paid for her food. The restaurant did not provide her with free food.*

Beach House: ‘Thank Your Lucky Stars’ album review

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On Friday, Oct. 16, dream pop duo, Beach House, released their sixth full-length album: “Thank Your Lucky Stars,” nearly two months after their most recent LP, “Depression Cherry.” According to the duo, this album is not to be in conjunction with DC or even serve as a B-sides version. All songs on TYLS were written after DC but were recorded simultaneously. In comparison, Beach House seems to have taken a more lo-fi approach with TYLS, definitely achieving a more brooding effect than DC. With TYLS, Beach House continues to deliver the melancholic depth that weighs over Legrand’s atmospheric vocals. “Thank Your Lucky Stars” portrays itself as emotional exhalation after its precursor DC, where the sound feels a lot denser and certainly a lot more to take in at once. There is a sense of emptiness in TYLS, clearly expressed in tracks like the very dim “She’s So Lovely” and the despairing slow dance of “Somewhere Tonight.” “And all I have to do/ is stay away from you” and “let us find elation” are hopeless accounts for feelings of disorient and misguided romance. “One Thing,” “All Your Yeahs,” and

“Rough Song” are reminiscent of early ‘90s shoegaze with just the right levels of distortion and haze, a tease to the wall of sound effect. The dissonance of the organ personifies that heavy-heartedness, which is amplified in the remainder of the album. Legrand sings about a certain “she” multiple times throughout TYLS. It’s ambiguous to determine whether she is referring to herself or someone else. Regardless of interpretation, it’s evident that Legrand is attached to this character in several ways. Does this “she” overcast Legrand with a sense of dread or longingness? “Closer now in the mirror/ Your reflection, my reflection... she never really sleeps” (One Thing) and “Through the glass/ Drank a memory of her face” are only fragments of “her story [that] unravels like a ribbon in the windy distance.” (Rough Song). Within itself, the album does not disappoint. “Thank Your Lucky Stars” further exemplifies the heart-felt exhaustion that is carried with the consistent sound Beach House has generated, which continues to resonate with their audience. *CD Musings is a monthly column that reviews newly released albums. To recommend an album email life@fiusm.com.*



# Prevent aging in the future, care for yourself

## SDA HEALTH



SABRINA SCOVINO

Perhaps you might think reading this won't be of any use to you; after all you are only in your twenties. As a matter of fact, this is as relevant to you in your twenties as it is for you in your fifties. Cellular, hormonal and metabolic aging happens to all of us and the sooner we begin to work on preventing this, the better.

When I say, "prevent it," I mean, preventing it from happening sooner than it should. It's important to understand the fact that we cannot stop aging; it's inevitable. The goal should be to delay this process simply by renewing our cells at a healthy rate and preventing our bodies from being overworked.

As we get older our bodies lower the production of mitochondria (the powerhouse) in each of our cells. As a result, we feel tired more frequently and find ourselves reminiscing on how active and indefatigable we felt a few years ago. To put it simply: the fewer mitochondria, the less energy; this is called "Metabolic aging."

Another way our bodies are more prone to aging is that we are constantly exposed to numerous toxins, which can also be found in

our foods. Our bodies try to fight these external toxins and excrete them from our system.

The bad news is that the body cannot do this forever and it starts accumulating unwanted toxins. Therefore, by avoiding toxins we are preventing damage and inflammation, which will not only delay aging but also reduce the risk of diseases such as cancer and more.

Let your food come to the rescue when it comes to aging; the best part is that it's never too late or too early to begin. Fuel your body with nutrients for cell replication and cell energy by consuming enough water daily, B vitamins and iron, to feel as energetic as a five year-old. With the help of antioxidants found in berries, green tea, nuts, etc., we can prevent damage from inflammation since they neutralize the free radicals that damage the structure of cells.

To maintain a young and vibrant youth, remember to detox your body and buy organic and top quality products. It's important to keep a good variety when it comes to food. If you eat healthy, you'll feel healthy. Trust me, your body will thank you each and every day that you don't make it work more than it has to.

*SDA Health is a weekly column by the Student Dietetic Association of FIU regarding health issues.*

# Panther Homecoming brings the funny with comedy show

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Homecoming keeps the celebratory momentum going with the Panther Prowl Comedy Show on Oct. 21 in the FIU arena at 7:30 p.m.

This year, the comedians who will be attending are Jeff Ross, a stand up comic who focuses on insult comedy, or "roasting", and Jermaine Fowler, comedian and actor who made an appearance on Orange is the New Black.

Ross has appeared on numerous programs such as "The Sarah Silverman Program", "The Burn with Jeff Ross" and "Patriot Act: A Jeffrey Ross Home Movie." It is no surprise that his insult comedy and satirical remarks have earned him the name "The Roastmaster General."

Fowler on the other hand has unique mannerism and has the ability to engage his audience by addressing them as if they are his personal friends.

For students who wish to attend the

comedy event, it is highly suggested to buy tickets ahead of time. In previous years, tickets for the event have sold out weeks prior to the day of the event.

Should students not be able to buy tickets on time, they may be able to enter if there is room available during the event, but a ticket must be purchased. Tickets will be sold at the FIU One Card office.

For answers to questions pertaining to the purchase of tickets, please visit [HC.FIU.EDU](http://HC.FIU.EDU).

# Bonnamu brings music and miracles



NICOLE MEZA/THE BEACON

Redshift, an indie rock band formed of FIU students Enrique Rosell, Jose Maldonado, Chris Gil and Anthony Yabor, perform at the Bonnamu music festival.

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One thing about music, when it hits it does great things. For Phi Mu, great things come in the shape of Bonnamu.

Saturday, Oct. 17, Phi Mu filled the space between Gold and Blue Garages with 400 people to attend Bonnamu, a music festival which features local bands and food trucks.

"We have a very good rela-

tionship with the Miami Children's Foundation owner Yisenia (Rodriguez), has been a really good contact for us. She always comes out to our events, whether it's our pageant, Miracle Man, she's always a judge for us so they know about what we're doing and they know we are going to donate to them so we are hoping that it's going bring if not a lot of money at least enough to make a difference," said Phi Mu sister Maytal Maor, senior, a marketing major and vice president of External Affairs

at Phi Mu's FIU Chapter.

Bonnamu has its roots in other chapters of the Phi Mu sorority nationwide and FIU's chapter felt it just had to get in on the action.

"Well, there are a lot of chapters around the country doing it and FSU were close by so we were like 'Let's give it a shot ourselves'. We figured that we might as well try to do something fun and different aside from Hoop-a-Paluzza. Plus, since nobody else has done it on campus, it's just something that

we wanted to try," said Phi Mu sister Amanda Cantillo, senior, a hospitality management major.

At the end where the two roads meet was the stage where each band played in front of a crowd of more than 400 people. There were four bands that played between 5 p.m. and 11 p.m.: RedShift, high-school heroes Long Shore Drift, the Muse-influenced Quantum Waves and popular local rock band, Sunghost.

Long Shore Drift, while being composed of young members (their drummer in middle school at 13 years old), have the beginnings of a great band, matching great chemistry with musician-ship and their influences, like Vampire Weekend, can be heard in their music.

Not much longer after they

came on, Quantum Waves came on and played a couple of songs reminiscent of something off of an album by Muse and got the audience hyped for Sunghosts, who played right after them. Then, after all that patience, Sunghosts, a local favorite in the Miami music scene, played a set full of songs off of their newest EP to close the festival.

Near the entrance, next to the food trucks, was a table where WRGP, FIU's student-run college radio station, did a raffle for concerts that are going on around the Greater Miami area.

Bonnamu is an annual event and proceeds are donated to charity; this year's proceeds went to Nicklaus Children's Hospital and the Children's Miracle Network.



JOSEPH MARRERO/THE BEACON

Nicole Arevalo (left) and Carli Acosta (right) of local band Long Shore Drift perform at Phi Mu's music festival Bonnamu, located between the Gold and Blue garages, Saturday, Oct. 17.

FOOTBALL

ANOTHER ONE

‘Disappointing’ performance jeopardizes post season hopes

JAKE’S TAKES



JACOB SPIWAK

Remember after the first football game of the season when we were all excited about how great FIU could be following their upset of the University of Central Florida in Orlando? When FIU was seemingly a lock for a bowl game and maybe even a contender to win Conference USA?

Well, those days are over. After another disappointing performance this past weekend, FIU is all but eliminated from C-USA contention and a possible bid for a bowl game is drifting further and further away.

FIU (3-4, 1-2) fell to the Middle Tennessee State University Blue Raiders (3-4, 2-1) on Saturday, Oct. 17 by a score of 42-34. The Panthers had countless opportunities all afternoon long, but their inability to capitalize in key situations is what ultimately led to their defeat.

Even though I actually picked FIU to lose in my column last week, I still feel horrible about

this loss as somebody who watches this team each and every week. My disappointment isn’t just that they lost such an important game - it’s how they lost it.

The Panthers couldn’t take advantage of the various opportunities they kept getting and eventually that caught up with them. FIU wasted multiple trips to the red zone and dropped an inordinate amount of passes, while MTSU capitalized on an FIU defense that for the most part did not show up.

The FIU offense moved the ball very well as the game went on, converted more first downs than MTSU, won the turnover battle 2-1, had a slight advantage in time of possession and committed less than half of the amount of penalties that MTSU committed. This should mean that FIU won the game, right? Wrong.

Right off the bat, FIU’s defense and special teams made a couple key plays that should’ve put FIU ahead with a comfortable early lead. Richard Leonard returned the opening kickoff 53 yards and on the first defensive play of the game he intercepted a

Brent Stockstill pass (Leonard’s first pick of the season) and brought it to the MTSU 1-yard line.

However, this is where those missed opportunities I was talking about started to arise. The offense stalled after Leonard’s great kick return, turning the ball over on downs at the 29-yard line of MTSU. Then, after Leonard set them up for what appeared to be an easy touchdown with his interception, the Panthers couldn’t get the ball in the end zone and had to settle for an 18-yard field goal from Austin Taylor.

Unfortunately, FIU’s inability to capitalize on scoring chances did not end there. An interception thrown in MTSU territory (which came just two plays after a holding call on Michael Montero negated a 32-yard completion to Thomas Owens inside the 5-yard line) ended what was sure to be a scoring drive in the second quarter.

The Panthers once again had to settle for a field goal inside the five-yard line on a later possession, even though an MTSU penalty gave them an extra set of downs. Taylor not

only missed a 44-yard field goal early in the fourth quarter, but also shanked the extra point after FIU’s first touchdown. Add all of that together with the countless drops by FIU receivers and it’s no wonder MTSU pulled away with the win.

As upset as I was with how this game ended, there were a few positives that I took from it - sophomore quarterback Alex McGough, sophomore running back Alex Gardner, and senior cornerback Richard Leonard. Each of these players is a leader on this team and they were the main reasons why FIU hung around for as long as they did. McGough continues to look more and more comfortable in his second year and Leonard finally stepped up and had a game where he shined defensively and on special teams like he did a season ago.

Gardner specifically has continued to impress me more and more as the season has gone on. He really became a number one back before his shoulder injury ended his 2014 campaign short and he’s come back in a major way despite a crowded backfield and inconsistent offensive line.

The more I watch him play, the more I believe he could be the best offensive player FIU has had since T.Y. Hilton.

If FIU wants any chance to receive an invitation to a bowl game, they’ll need to quickly put this loss behind them and focus completely on moving forward. They need three wins at the very least to be considered for a bowl and their next three games against Old Dominion University, Florida Atlantic University and University of North Carolina at Charlotte provide what should be the three best chances remaining for FIU to pick up wins.

The first of those three games will take place this Saturday, Oct. 24, as the ODU Monarchs come to Miami for a C-USA East matchup. This will be FIU’s homecoming game, so hopefully there’s a big crowd to cheer the Panthers on to what should be their fourth win of the season.

“Jake’s Takes” offers commentary on the University football team with predictions or recaps of gameplay. For commentary, email Jacob at [jacob.spiwak@fiusm.com](mailto:jacob.spiwak@fiusm.com).

CONFERENCE USA EASTERN DIVISION FOOTBALL STANDINGS

TEAM	C-USA WINS	C-USA LOSSES	OVERALL
WKU	4	0	6-1
MARSHALL	3	0	6-1
MIDDLE TENNESSE	2	1	3-4
OLD DOMINION	1	1	3-3
FIU	1	2	3-4
FLORIDA ATLANTIC	1	2	1-5
CHARLOTTE	0	3	2-4

\*All records up to date as of Oct.19

VOLLEYBALL

Panthers drop third-straight road game

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After splitting the first four sets against University of Southern Mississippi, the women’s volleyball team found itself in a familiar position. Just last season, the Panthers took the Golden Eagles to a five-set marathon, but eventually fell 15-17 in the fifth set.

On Friday, Oct. 16, the Panthers traveled to Hattiesburg, Mississippi, to take on Southern Mississippi, hoping to not have a repeat of last year. However, FIU fell in five sets with scores of 25-21, 21-25, 25-11, 17-25 and 8-15.

The Panthers took the first set and were tied 18-18 late in the second, but

the Golden Eagles went on a 7-3 run to take the set and tie the game 1-1. Sophomore middle blocker, Jennifer Ene, propelled the team in the third set as she collected five consecutive kills and two blocks.

With a 2-1 set lead, the team looked to close Southern Miss. out. Similar to the second set, the score was tied 14-14, but the Golden Eagles went on a late run to tie the match 2-2. In the final set, the score was tied early; however, the Panthers could not hold on as the Golden Eagles closed the set on a 10-3 run.

With this loss, FIU falls to 11-8 (5-3 in Conference USA) and drops its third-straight road game. The team is 1-3 in C-USA road games, with its lone win coming against University

of Alabama at Birmingham in early September. Meanwhile, Southern Mississippi improves to 18-6 (5-2 in C-USA).

Overall, the stats were almost dead even. Both teams struggled hitting the ball: the Panthers had a hitting percentage of .106, while Southern Mississippi edged them with a .132 hitting percentage. FIU out-blocked the Golden Eagles 14-9, but Southern Mississippi had its way with 60 kills on 59 assists.

The Panthers struggled to contain the Golden Eagle offense as three players recorded 14 kills or more. Freshman outside hitter, Kylie Grandy, finished with a game-high 19 kills and, sophomore right side hitter, Kelsey Chambers, and senior middle blocker,

Rachel Johnson, combined for 28 kills.

Ene led the team with 13 kills, a hitting percentage of .414 and nine total blocks. Freshman setter, Dominique Dodd, had a career-high 19 assists throughout the match. Defensively, the Panthers were led by senior libero, Adriana McLamb, who collected 23 digs.

The team will be back home as they host Louisiana Tech University on Wednesday, Oct. 21. However, it is only for one game before it has to go on the road once again. If the Panthers want to make the C-USA tournament and succeed, they will need to fix their problems on the road.



## MEN'S SOCCER

# Panthers defeat No. 9 Old Dominion



PHOTO BY JAY HABACHT.

Midfielder Ismael Longo fights for the ball at the game versus Old Dominion on Saturday, Oct. 17 where FIU won with a score of 2-1.

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If there was ever a right way to snap a two-game losing streak, Florida International University's men's soccer team discovered it on Saturday, Oct. 19.

After suffering back-to-back conference losses, the Panthers (8-4-0, 3-2 in Conference USA) handed number nine Old Dominion University their first loss since Aug. 28 in a 2-1 comeback victory. Senior, Daniel

Gonzalez, and junior, Patrick Lopez, each scored goals within ten minutes of each other to rally their team from behind.

The first half was uneventful and frustrating for both teams. FIU is rarely as athletically matched as they were on Saturday night and struggled to create space. Junior goalkeeper, Arthur Clapot, bailed out his defense in the first 45 minutes on five quality saves - he totaled eight in the match. The match was still scoreless going into halftime.

The Monarchs scored the first goal of the game. In the 59th

minute, redshirt senior, Ivan Militar, found the back of the Panthers' net on a backwards header to put his team up 1-0.

Jamar Campion-Hinds made an immediate impact when he was substituted in for sophomore, Paul Marie, in the 71st minute. Only a few seconds later, Campion-Hinds found Gonzalez on a cross from the right to the middle of the box. Gonzalez punched in the equalizer to even the score at 1-1.

The assist was Campion-Hinds' conference-leading eighth of the season. Gonzalez notched

his 12th point of the year with the equalizer.

"After the first goal, everybody motivated each and started working harder for each other," said Campion-Hinds.

Even for FIU's distributed offense - eleven players have now scored goals for the Panthers this season - Saturday's game-winner came from an unlikely source. In the 82nd minute, Junior Deshawon Nembhard found Lopez on a pass from the left side, who headed it in to give FIU a 2-1 advantage. Nembhard's assist was his first point of the season and Lopez's score was the first of his career.

"It's kind of a dream come true, especially in a situation like this. I couldn't be happier, but

more important than the goal is the team win," said Lopez.

Unlike in Birmingham, Alabama against the Blazers, the Panthers played solid defense through the final minutes of the contest to claim the 2-1 victory. FIU allowed Old Dominion 15 shots and nine shots on goal in the match.

The result elevated FIU to 3-2 in C-USA, although they still remain in fifth place and a point behind Old Dominion with the win.

"It was really nice to get a good feeling back for the team. It gave them encouragement that we can be successful against the best teams," said Head Coach Scott Calabrese.



PHOTO BY JAY HABACHT.

Defender Deshawon Nembhard races to control the ball during the Old Dominion University game on Saturday, Oct. 17. The next home game will be against the University of New Mexico on Saturday, Oct. 31

## WOMEN'S SOCCER

## Women drop to .500 in conference play

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FIU women's soccer (8-9, 4-4 C-USA) was shut out twice over the weekend in their road trip to Western Kentucky (8-4-4, 4-2-2 C-USA) and Marshall (11-3-3, 4-2-2 C-USA).

After having such a stellar home performance in which the Panthers shut their

opponents out in back to back games, the Panthers looked lost on the road and their consistency issues continued to show.

The Panthers trip began at Western Kentucky, where a double-overtime thriller resulted in a 1-0 loss, as the Lady Hilltoppers outshot the Panthers 16-8 in total shots.

Western Kentucky went on to dominate in overtime. The Lady Hilltoppers had

an overwhelming amount of shots on the Panthers and after in the second overtime it was Caitlin Hesse of Western Kentucky who ended the game in the 109th minute after a great look.

Western Kentucky ended the Panthers' two game winning streak and FIU headed to Marshall for the second game of the weekend.

The floodgates remained open for FIU in a loss against

Marshall. After a scoreless first half, the Panthers and Thundering Herd were not leveled for much longer.

Kelly Culicerto of Marshall scored the first and only goal of the game in the 60th minute after a beautiful strike from 18 yards out.

The Panthers did have great opportunities to get on the board, but two shots from Ellen Crist were to no avail and the Panthers went on to

lose 1-0.

FIU has now dropped to under .500 yet again on the season. The Panthers have not won a game on the road since September 6, when they beat Miami (OH) 1-0, which marked FIU's lone road win this season. FIU looks to bounce back strong as they face rival Florida Atlantic University for their final home game of the season on Sunday, Oct. 25.





## BLACK LIVES MATTER

### An open discussion: students open up about why

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#BlackLivesMatter is not just a social media trend, but a way of thinking for students looking to reshape and end the way black people have been stereotyped in our society. The discussion happened at the third installment of the series of workshops that tackle social justice topics sponsored by the Multicultural Programs and Services.

"I'm not here to change anybody's mind, rather to have a discussion about the idea behind the movement, the state of racism and discrimination of black people in America and you, the students," said Jeffrey McNamee, associate director of the Multicultural Program and Services at the University.

Students discussed the many black stereotypes they face every day -positive and negative. They opened up about how this affects their everyday lives and the struggle of having to encounter, according to junior Jephtae Laguerre, "ignorant" people.

"The other day I had a girl tell me that in Africa we don't wear any clothes, that all we have is leaves to cover our bodies, and we live with wild animals right in our bedroom," said Ikeakhe Thigie, a junior, whose native country is Nigeria.

Mark Harries, a graduate student,



CINDY RAYS/THE BEACON

Jeffery McNamee, associate director of the Multicultural Program and Services, speaks at the Black Lives Matter event held Thursday, Oct. 15.

commented on the stereotypes in our society and how he thinks that even if we want to move away from them we are unable to.

"It's impossible to say they will never exist, you can't control what other people think about you, we make decisions based on what we previously know," he said.

"Let's not accept generalized stereotypes," said McNamee. "There is not one person in this room that fits into a stereotype we are

all multilayered, multifaceted, you are an individual, you may share some attributes of these stereotypes but you do not share them all."

The discussion then shifted gears on how students can move forward and end the harmful stereotypes. By being in college and getting an education, students are already doing something about not being part of the statistics.

Upon graduating and entering the

workforce, students should make a difference by hiring potential employees based on their skills and not weigh in racial stereotypes in the process.

"Why do black lives matter? What would you say if someone asks you this?" asked McNamee.

"I feel the need to sit them down and explain to them why we matter. Teach them, because ignorance is bliss," Laguerre said.

The students around the room said that black lives matter because of all the accomplishments they have done, and McNamee even shined a light on many important black entrepreneurs, journalist, philanthropists, inventors and doctors.

"Be proud of all the things black people have done," said McNamee.

Keema Rodway, a junior, ended the discussion with "I feel like we all need to learn and do a little research on the Black Lives Matter movement. I don't need to show you what I have done for me to matter, even if I didn't invent or achieve anything, I still matter. You matter not because of your accomplishments or because of what we have done as a community, but black lives matter because of the simple fact that you are a human being."

The last installment of the workshop series "All Lives Matter: Chinese Lives Matter" will take place Tuesday, Oct. 27, in WUC 253 at 2:30 p.m.

## LGBTQA Initiative

### raising suicide awareness

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Lesbian, gay and bisexual youth in the LGBTQA community are four times more likely to commit suicide than their peers, with nearly half of young transgenders having seriously contemplated taking their own lives.

"Everyone should be able to express themselves freely no matter what sexual orientation they identify as and everyone should have that freedom," said Kayla Thompson, a freshman majoring in biology. "FIU is a diverse school, so of course people of that community should have representation as well."

Suicide awareness is going to be the topic of choice at this month's LGBTQA: 3D Series.

The series, a monthly discussion hosted by FIU's Lesbian, Gay, Bisexual, Transgender, Questioning and Allied Initiatives, uses each 3D event as an opportunity to raise awareness on issues that affect the LGBTQA community.

It is the Initiative's way of bringing enlightenment to those who may be unaware

of such problems that may be prominent within the community.

"We just want to let students know what's going on," said Mario Lara, a graduate assistant for the LGBTQA Initiative. "Students can find out how they can help prevent anyone they care about who may be going through this or just be aware of the resources that are available if they do know anyone at risk."

Special guests for this event include representatives from Switchboard Miami, a South Florida-based organization that provides free over-the-phone counseling to those in need.

One of the many services Switchboard Miami provides is their suicide prevention hotline, which will be at the front and center of this upcoming 3D event.

"You might have heard about it from other people but we have to step in someone else's shoes to understand the struggles they are going through," said Nicole Malanga, a sophomore majoring in broadcast media. "It's probably in the back of everyone's mind but it brings it to the front and puts it in everyone's face."

Bringing forward issues

that not many know of is the primary objective of Initiative's 3D series, which is summed up by the meaning of the three D's: dine, discuss and deliberate.

According to Lara, the discussion normally begins with a presentation from the special guest, followed by an open panel for students to discuss topics freely.

Students are encouraged to speak up during these discussions if they do not understand something.

The Initiative will be providing food to anyone who attends, while a speaker presents. This is done to create a non-hostile environment in order to get students to relax and participate in the discussion, said Lara.

"We always have food there so students can have a chance to eat and sit to listen to the presentation and join on the conversation," Lara said.

The 3D Series: Suicide Awareness and Prevention will be held Thursday, Oct. 22 from noon to 2 p.m. in WUC 155 at the Biscayne Bay Campus.

The event is free and open to the public.

To RSVP, go to [lgbt.fiu.edu](http://lgbt.fiu.edu).

## Resource Fair

### showcases programs available to students

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At the Bay: The BBC Resource Fair showcases programs available to FIU students

This past Saturday, Oct. 17 at the Biscayne Bay Campus's Wolfe University Center, the BBC Resource Fair presented future Panthers many of the programs and resources available to FIU students.

Though the fair was meant to be an open-house event for incoming freshman, most of the programs and services showcased during the fair could be of great use to Panthers of all ages throughout every stage of their FIU career.

FIU's Disability Resource Center provides support for students pursuing their degree while living with a disability- ensuring that every student has an opportunity to achieve their academic goals.

As stated by Stephanie Bello, an Access Consultant for the DRC, the program is "a good continuing support" for students with disabilities who can benefit from an educational experience tailored specifically to their needs via "individual accommodations."

"If [the students'] education is their goal, we're here to help them achieve that. We're the support system that continues to help even if it's something as simple as the ability to have a digital recorder in class," Bello said.

FIU's Career Services at BBC is also available to provide students with a strong support system as the program helps students take the proper steps to becoming career-ready graduates.

"Every semester we have different types

of workshops. We help students prepare their resume...students can submit a resume online and we'll send it back with the corrections," Iliana Marques, program assistant for Career Services, said. Marques mentioned that the program also helps students create a profile connected to the Career Service website so that they can better utilize their services.

The BBC Resource Fair also showcased programs and amenities that are unique to the Biscayne Bay Campus. BBC's Wellness and Recreation center features programs one wouldn't find at the Modesto A. Maidique Campus. Along with fitness classes, the Wellness and Recreation center boasts an Olympic pool as well as services in kayaking and paddle-boating. The center also hosts a swimming club known as Poseidon's Panthers and a program called Learn to Swim where Panthers can take classes to be more proficient in the water.

Another popular service offered only at BBC's Wellness and Recreation center is their bike sharing program known as Bike by the Bay. Students can rent out bikes and gear to ride to classes around campus or to simply enjoy a relaxing ride by the Bay.

The BBC Resource Fair was a great event to assist future Panthers in becoming acquainted with the services the campus can provide but it would have also been a great experience for more seasoned students who simply see the campus as a routine commute. There are many programs, services and opportunities around campus that can enrich a student's experience at FIU and it would be shame to not take advantage of them when possible.