

11-12-2015

The Beacon, November 12, 2015

Florida International University

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

Recommended Citation

Florida International University, "The Beacon, November 12, 2015" (2015). *The Panther Press (formerly The Beacon)*. 842.
https://digitalcommons.fiu.edu/student_newspaper/842

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



VICTOR'S SPOILS

SUDYEN NAVARRETE/THE BEACON

Daniel Tabet, a graduate architecture student wins the annual Walk on Water competition. CBS4 News interviews him for winning the \$1,000 scholarship award Tuesday, Nov. 10 at the lake behind the Green Library.

SGA, local officials talk social advocacy

JULIE WALSH
Contributing Writer
news@fiusm.com

Local officials visited the campus to discuss using social media and technology to make change.

"The challenge is to find where you will advocate and be an agent of change," said Anitere Flores, state senator. "There are so many things happening in the world and you know about all of them."

According to Flores, millennials have taken to social media to their advantage to make change. Flores was a panelist at an advocacy focused event organized by the Student Government Association with other local officials.

An "agent of change" focuses efforts on the effect of changing technologies, structures and tasks on interpersonal and group relationships within the organization.

Flores said that due to social media and the internet, there's no excuse to not know about what's happening in the world.

Alian Collazo, SGA senate speaker, said the topic of discussion was "important to student government, FIU and the community."

The event was an opportunity for students to connect with local and federal officials to discuss issues like higher education and career aspirations, said SGA lobbying coordinator Juan A. Gilces.

The panelists also included Bryan Avila, state representative, Chris Miles, deputy chief of staff and district director for Congressman Carlos Curbelo, and Ralph Ventura, chief of staff for Orlando Lopez, the mayor of Sweetwater.

They sat among

SEE PANEL, PAGE 2

Board of Governors aim for higher online enrollment

PHILIPPE BUTEAU
Staff Writer
philippe.buteau@fiusm.com

The Board of Governors of the State University System approved a plan that, if successful by its end, will have 40 percent of undergraduates taking a course online.

But for Florida students to buy into distance learning, they must be able to afford it, which was one of the main talking points among university presidents and board members during the Innovation and Online Committee meeting Wednesday, Nov. 4.

Committee members said they have mixed feelings about having students take a higher portion of their courses online, especially when considering the costs to have the necessary bandwidth.

University President Mark Rosenberg said putting together a high quality online course is itself a cost.

"We are competing in an increasingly high-production value market," said Rosenberg.

Rosenberg was one of five university presidents on a task force the Innovation and Online Committee created to set online education goals for the next 10 years.

He said a tactic to spur online education growth is to determine means to get the most out of the distance learning fee, which at FIU is \$53 per credit hour.

The pricing for online courses varies from school to school; out-of-state students do not have to pay an online fee at the University of Central Florida.

Most schools charge a fee and there is a "great deal of discussion about fee itself," said Pam Northrup, executive director of Florida Virtual Campus and Complete Florida.

She said how the fee is used is different statewide and that the fee enabled the SUS to move forward in online education.

The SUS will improve its shared services to support online program development and delivery costs, according to the 2025 SUS Strategic Plan for Online Education. Also, the system will reduce costs of educational materials for students and adopt teaching models that will create "instructional efficiencies." The SUS will determine the costs of online education for each of its campuses.

Reducing the cost of electronic textbooks and creating a statewide model for their use were plans that Northrup presented.

She said other states, Georgia and New York, for example, have negotiated for their university systems to reduce the cost of textbooks.

"There are many different ways to reduce the sticker price for students," Northrup said.

She cited \$7 million of shared electronic resources the SUS has in

its university libraries. And there are tools to make licensing agreements less expensive.

The prior-learning model, which allows students to test out of what they already learned, accelerates students towards completion without increasing the cost.

The BoG's plan, approved unanimously at their Nov. 5 meeting at FIU, could also swap who's leading the nation in distance learning; Florida is currently second to Texas in students enrolled in online courses.

The plan's targets, which start with 2017-2018 in the draft, has distance-learning enrollment increasing incrementally throughout the next 10 years.

In '17-18, the BoG hopes to have 26 percent of students enrolled in an online course. But by 2025, enrollment in online courses should include 40 percent of undergraduates.

Board member Dean Colson questioned the push for online asking, "Why are we aspiring to that? Is it because it's the best way to teach students? Is it because there will be a demand for it?"

Rosenberg and board members acknowledged challenges in reaching that goal and growing higher education online.

"We are making leaps and assuming that if we offer it, they will come," Rosenberg said. "That issue of access could be worse by 2025."

NATION & WORLD BRIEFS

2 top University of Missouri resign as demanded by student protesters

After a remarkable and swift revolt by students and faculty centered largely on matters of race, the leaders of the University Missouri System and its flagship campus both stepped down from their jobs within hours of each other on Monday. System President Timothy M. Wolfe announced his resignation just as the university Board of Curators was beginning an emergency meeting over the direction of a campus fractured by protests and accounts of discrimination. His action sent thousands of students to the heart of the campus to celebrate.

Cisco and Ericsson partner for ‘networks of the future’

Cisco Systems and Swedish telecom giant Ericsson announced a sweeping global partnership Monday that’s a few steps short of a merger but which should shake up the networking industry with a powerful new combination. The two companies said they were joining forces to create “networks of the future.” The pooling of the two companies’ research and development teams could accelerate the introduction of faster mobile devices through 5G, the next phase of mobile telecommunications.

Venezuelan takes helm at OAS, still opposed to election monitors

Venezuelan diplomat Bernardo Alvarez, who was expelled from the United States in 2010 when he was his country’s ambassador to Washington, made his first speech Monday as the new chairman of the permanent council of the Organization of American States, where he is his country’s new ambassador. His fellow diplomats largely avoided the current controversy surrounding his leadership – namely that he takes the gavel at a time when his government is rejecting OAS monitoring of Venezuela’s upcoming parliamentary elections.

Ukraine’s military has rebounded despite budget and battle woes

When five Ukrainian soldiers were wounded recently by pro-Russian separatist gun and grenade fire in southeastern Ukraine, the news created little in the way of official outcry. Part of the reason for that, despite the fact that Ukrainian officials insist that a cease-fire is holding in the embattled area known as Donbas, is that small-scale attacks are still commonplace in the region. A soldier was killed a week earlier. A soldier was wounded the day before that.

TRIBUNE NEWS SERVICE

SGA hosts panel, local officials

PANEL, PAGE 1

students, SGA members and organizers.

The panelists spoke about their leadership journey, the role of millennials to shape the future in the public service sector and how University students and graduates have played a role in the community.

Flores emphasized the leadership journey.

“[It’s] every single day, being a little bit better than you were yesterday and tomorrow being better than you were today,” she said.

Avila said that taking a leadership role means taking advantage of every opportunity that comes up -- whether it’s in the community, school or a public office.

“You have to make sure that you always consistently work hard

but never forget to stay humble,” he said.

Flores said she writes a pro and con list whenever an opportunity arises to see whether she should act on it.

She uses this technique to get rid of her self-doubt.

Avila talked about how the advancement in technology has become a distraction to society.

He said the level of focus and concentration that is required today is one that prior generations did not need to have due to the fact that advances in technology didn’t exist.

“Certainly you can see presidential candidates in the election on Facebook, Twitter, and Snapchat, and any form that they can get their messages out,” said Avila. “That is something that is evident in terms of your level of engagement that could bring opportunities to be

agents of change.”

Avila wasn’t the only one who felt this way at the panel.

“As a student advocate, I truly encourage students to be informed and engage with their elected officials,” Gilces said. “From panels, such as these, to meaningful relationships with leaders that once were students like us.”

The panelists voiced their personal perspectives on the University’s role in the community.

“If you look across the county, most of its leaders went to FIU for either undergraduate, or a degree. FIU is at the forefront,” Miles said. “You have a phenomenal law school, medical school and I don’t know what’s next. FIU just keeps growing and growing.”

CLASSIFIEDS

NOW HIRING

Telemarketing job near south campus (on Bird Road and 95th Avenue). Easy product. Large commission. Some basic salary. Mornings 8:30 – 3:30, flexible days and times. English and experience helpful.

Call 305-551-6926

THE BEACON

E-BOARD AND PRODUCTION STAFF

EDITOR IN CHIEF
SAM SMITH

BBC MANAGING EDITOR
ALEXANDRA MOSQUERA
NETZKARSCH

PRODUCTION MANAGER
FRANCESCA ROSARIO

ASST. PRODUCTION MANAGER
SARAH MEDINA

NEWS DIRECTOR
CAMILA FERNANDEZ

ASST. NEWS DIRECTORS
NICOLE MONTERO
KRISTAL PUGH

SPORTS DIRECTOR
ALEJANDRO AGUIRRE

ASST. SPORTS DIRECTOR
JACOB SPIWAK

ENTERTAINMENT DIRECTOR
LAURA GONZALEZ

ASST. ENTERTAINMENT DIRECTOR
CHRISTOPHER RODRIGUEZ

OPINION DIRECTOR
ERICA SANTIAGO

PHOTO EDITOR
JASMINE ROMERO

COPY EDITORS
GABBY ARZOLA
ENEIDA BERMUDEZ
CAYLA BUSH

IREN DE LOS SANTOS
MICHELLE MARCHANTE
ADRIAN SALGADO

RECRUITMENT DIRECTOR
INDIA FERGUSON

BUSINESS MANAGER
CHARLIE GRAU

DIRECTOR OF STUDENT MEDIA
ROBERT JAROSS

ASST. DIRECTOR OF STUDENT MEDIA
ALFRED SOTO

CONTACT INFORMATION

Modesto Maidique Campus:
GC210, Mon-Fri 9:00 a.m.-5 p.m.
(305) 348-2709
news@fiusm.com

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

Fax:
(305) 348-2712

Editor-in-Chief:
(305) 348-1580
sam.smith@fiusm.com

Advertising:
(305) 348-6994
advertising@fiusm.com

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

SUBZERO ICE CREAM & YOGURT

MADE FRESH FROM SCRATCH IN LESS THAN ONE MINUTE AT 321° BELOW ZERO RIGHT BEFORE YOUR EYES WITH LIQUID NITROGEN

Premium, Low Fat, Custard, Yogurt, Sugar Free, Lactose Free, Vegan Vegetarian, Almond Milk

Choose the Ice Cream Base
Choose the toppings & Mix-Ins
We Cater all parties and do fund raisers schools, weddings anywhere anytime
Thrill your guests with the most exiting dessert concept ever.

Milk Shakes, Smoothies, Italian Ice

as seen on **SHARK TANK**

7 NEWS www.7news.com

The Miami Herald

DECO

BUY ONE get one FREE
equal or lesser value
ANY SIZE
with this coupon
expires 12/31/2015

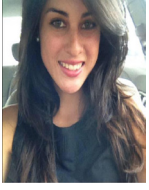
9055 SW 107th Ave, Kendall, Florida 33176
(305) 525-6789

MasterCard VISA Discover

Ice cream or yogurt only cannot be combined with other offers

Narcos not representative of Colombia

COLUMNIST



VALENTINA DEL PINO

It only takes one step out of Colombia to hear the vulgar jokes about cocaine and the assumptions of being related to Pablo Escobar.

At the beginning, you'd think this is all from a place of ignorance. Every Colombian that leaves the country looking for new opportunities will often encounter these situations on a daily basis.

Some people are surprised when you tell them you have never tried cocaine. The world has this idea that once you land in Colombia, people will sell you cocaine

as soon as you exit the airplane - like the drug is a local commodity similar to arepas or empanadas. After a while you learn to not take it personally; you pretend to laugh and then try to educate people.

Netflix didn't keep any of this in mind, or maybe it did. After all, cocaine and narcos have always attracted the attention of the American public, so why not make a profit off of a country that is finally coming to an agreement of peace.

Since the '60s, narco trafficking has had a direct influence on the politics, society and economy in Colombia. There has been a never-ending war between the cartels, the government, paramilitary groups and the

FARC.

The FARC just signed a peace treaty with the Colombian government a month ago. Yes, my country has been dealing with a civil war since the 1960s against the guerrilla group and is just now negotiating peace.

Netflix briefly skims through the time of terror in Bogotá, when buildings were getting bombarded left and right, but the program fails to represent the uglier things that Pablo did in order to force politicians and the president to make them accept his offer.

The Medellín Cartel was responsible for unspeakable crimes against the citizens of Colombia, not just government officials. Escobar was responsible

for over-running the Palace of Justice and displacing thousands of innocent people. This man has affected millions and millions of families, both directly and indirectly. Massacres, kidnappings, terrorism; these were the tools of his craft.

The government had no way of stopping him and had to resort to desperate measures. In 1992, the mayor of Bogotá decided to establish a curfew in the city; after 7 p.m. nobody was allowed to leave their homes in order to keep families and people safe.

The series is not only unrealistic, but it also leaves out a lot of important aspects of my country. Colombia is shown as a small village where drugs dealers do

as they please and the government is basically a puppet.

It is also guilty of portraying women as wanting to get ahead in life through sex, drugs and narcos. After its Netflix premier, "Relationship goals: Escobar's marriage" was trending on social media. In one way or another the series shows every single Colombian as corrupt or dishonest all while glorifying narco traffickers.

To add insult to injury, a Brazilian actor was cast to portray Pablo Escobar; his accent just doesn't meet the mark and any Colombian can tell. The portrayal of Escobar at times makes the viewer think that the man actually had a conscience,

something that anyone who lived through his reign of terror can say did not exist.

The worst part is that there are a few recognized Colombian actors in this series. Many Colombians of my generation grew up watching Juan Pablo Raba, Laura Perico, Juan Sebastian Calero and Carolina Gaitán on TV.

Knowing that they agreed to participate in such a senseless plot that perpetuates such a negative stigma about the Colombian people and ignores our history is not only a disappointment but an insult to every Colombian that works hard to change the views the world has of our homeland.

We must protect black women at all costs

COLUMNIST



DARIUS DUPINS

When will people start to care about black girls?

People are usually at rallies with their signs for black boys that instruct police and other domestic terrorists to "stop killing our boys," but there's no one speaking up for the black girls of America that are being beaten and misjudged because of the negative stereotypes society has placed upon them.

No, I don't identify as a woman, but this issue is important to me because I was raised by three black women: my mother,

nana and aunt. I also have two cousins that I fear for on a daily basis who need to be protected; they are 15 and 18-year-old girls.

The plight of black women in this country goes beyond what I will ever know and experience. But what I do know is that black women already have to peel back enough labels as it is; why does society make it harder for them, especially without any support from the other minority groups that they claim?

A video of a South Carolina Police Officer went viral recently, showing the school's resource officer yanking and violently body slamming a young, black girl out of her desk because she

refused to comply with the officer. The officer proceeded to throw the resisting student across the front of the classroom. After video surfaced, reporters, talk show co-hosts and others accused the student of being defiant and disrespectful towards the officer, excusing his behavior.

Later, more video footage from the incident was released showing a silent, resisting student. Was it her skin color that prompted these assumptions of her insubordinate behavior? It's been said that black girls are six times more likely to be suspended than white girls, a fact from a result of the zero-tolerance policy in schools.

In June, all hell broke loose when police responded to a "disturbance" at a community pool in a Dallas, TX suburb, where a teenage black girl was manhandled by a white police officer twice her size. Tossed to the ground with her face buried in the dirt, this helpless girl pleads for her mom as friends helplessly watch from the sideline.

Late 2014, elevator video footage of running back for the Baltimore Ravens, Ray Rice, surfaced, showing Rice knocking out and dragging his then fiancée out of the elevator. Rice was immediately suspended, but I wonder: would Rice have been axed from the team any quicker if he were shown dragging his white fiancée? Would the footage of Janay Rice been used sparingly and out of consideration for her if she were white?

The case of Daniel Holtzclaw, an ex-cop accused of sexually assaulting 13 black women, hasn't made it to the forefront of the news cycle. With knowledge of their troubled past, Holtzclaw would threaten women with jail time if they didn't appease him. He's currently on trial, but, get this, the jury is made up of eight men and four

women. All white.

I learned a new word in my communications theory class recently: hegemony. Hegemony means leadership or dominance, especially by one country or social group over others. Now, let's use it in a sentence. While racial hegemony is problematic in every instance; this instance in particular is especially troubling because of the racial dynamics.

Holtzclaw's case is gross. As history has shown, black women are seen as "sex objects" and "promiscuous," and black girls are accused of maturing too fast. It's sad to think, but there's absolutely no hope for the victims of this case. They'll be called to the stands to testify and face victim blaming. Of course no one will believe them. They're black women, a marginalized group with no social credibility.

I find it strange that white people praise the likes of Beyonce, Nicki Minaj and others, take from Black culture (that's to you, Kylie Jenner, Iggy Azalea and Miley Cyrus), but denounce the black woman's existence and refuse to speak-up when issues like Black Lives Matter affect the entire community that you "appreciate".

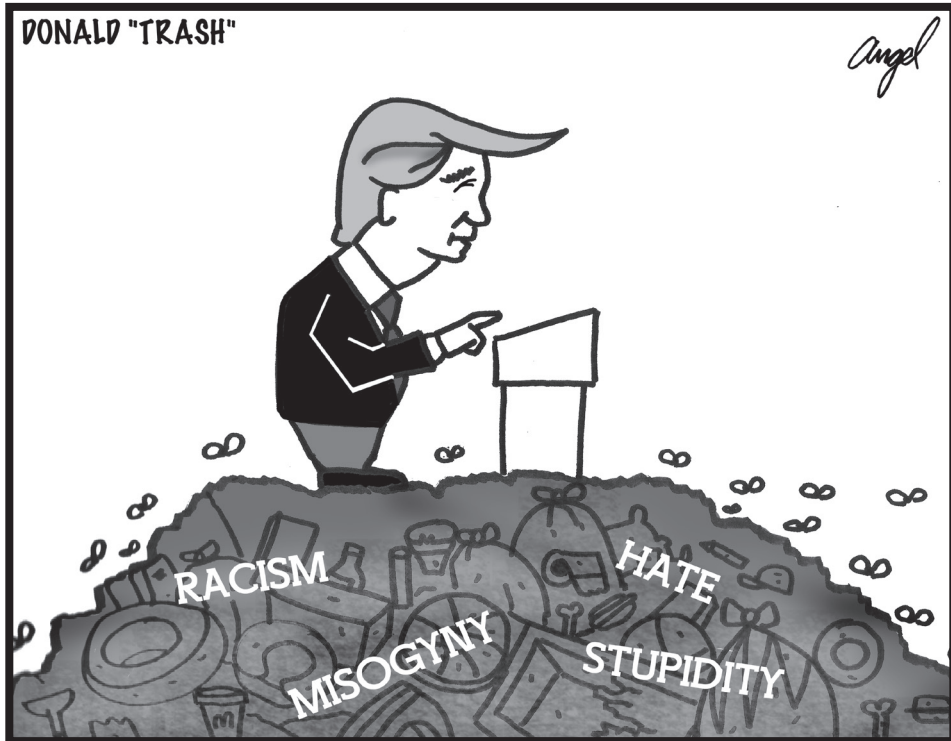
It's vital that black women have a voice, representation and protection in a society that physically disrespects them and portrays them as hyper-sexualized, loud talking, neck rolling, finger snapping stereotypes.

It seems as if the representation of black women is changing with the likes of young, black girls like Zendaya Coleman, KeKe Palmer and Amandla Stenberg.

Their profiles in the entertainment industry and on social media sites have helped white America and the rest of the world to see black girls for what they really are: carefree, smart and unstoppable.

Protect black women at all cost!

DONALD TRASH



ANGEL BANEGAS/THE BEACON

SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to opinion@fiusm.com or drop by our offices at either GC 210 or WUC 124. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

DISCLAIMER

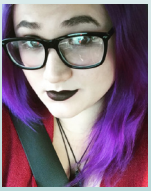
The opinions presented within this page do not represent the views of The Beacon Editorial Board. These views are separate from editorials and reflect individual perspectives of contributing writers and/or members of the University community.

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 five sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to opinion@fiusm.com.

Metal Night at the Apollo makes for a g

COLUMNIST



NADINE RODRIGUEZ

The Beacham, tucked in the quaint city of Downtown Orlando, was the stage for the Apollo X Tour Saturday, Nov. 7. Five great bands took the city by storm that night, creating an energetic and unforgettable show.

The first band to perform was The Color Morale.

With radically emotional lyrics and heartfelt dedication to the fans, The Color Morale set the mood for the rest of the night.

A sense of unity spread amongst the crowd with strangers looking towards one another with smiles of disbelief and excitement. Frontman Garret Rap even commented on self injury and depression, an issue close to his heart. He stated that whoever was struggling with these issues was not alone, no matter how many bands or individuals try to hide and deny their existence.

Upon a Burning Body followed The Color Morale with a slightly different vibe. Upon a Burning Body's goal for the night was to have the crowd moving nonstop.

Mosh-pits began to open up, crowd-surfers began to assault the front and devil horns were in the air throughout the entire set. The floor beneath everyone's feet vibrated from the powerful bass cords and phenomenal guitar riffs.

Once Upon a Burning Body made their exit, it took only a few minutes for The Word Alive to emerge. A mix of emotional, unity oriented lyrics and energized songs flooded the speakers.

Frontman Telle Smith made sure to interact with the entire crowd, running from one end of the stage to the other. For their final song, The Word Alive brought out Garret Rap to help perform their popular song, "Life Cycles."

The crowd went wild as the two men sang and finished their set with what can only be described as neurotic excitement.

The next band to step out on stage was none other than The Devil Wears Prada. As one of the headliner bands, it was obvious that most of the crowd had come to rock out to them.

Every member of the band was in action, thrashing around

with their guitars or singing enthusiastically into their microphones. Frontman Mike Hranica was by far the most active member.

From playing guitar wildly, to belting into his microphone, to dropping to the ground and screaming - he definitely provided quite the performance.

What truly made The Devil Wears Prada's performance spectacular was the performance of their entire Space EP. The lighting effects with the band members having black and white images of the moon and space casted on them definitely added to the experience.

Once The Devil Wears Prada gave their goodbyes and stepped off the stage, the air remained alive with anticipation. Motionless in White, the main headliner, was up next.

The props used throughout their show were brilliant and fitting for their spooky theme. Fake candles serving as backdrop lighting, bassist Devin Ghost donning a Michael Myers mask, a girl who would emerge on stage dressed up as Abigail from The Crucible, an undead cheerleader, a dark carnival maiden and a man with a Jack o' Lantern head set the stage for what could be described as a metal second Halloween in Orlando. These props, together with an 18-track setlist, resulted in an adrenaline-fueled show. Even during slower songs, such as "Sinematic," the crowd still found a way to be active, whether it be through sensual dancing or swaying.

Once the last note was played, something truly special happened. Frontman Chris Motionless stepped off stage and headed towards the barricade. Motionless began to greet fans, take photos and interact with them. He did this from one side of the barricade to the other, making sure to greet as many fans as possible before leaving.

Overall, the vibe from the Apollo X Tour is one of unity. Although the crowd was initially composed of strangers waiting in line to see their favorite bands, it resulted in a crowd filled with new friends and acquaintances sharing the same music taste.



Above: Garret rapp, lead singer of The Color Morale

Metric pulls out all the stops for performance

COLUMNIST



SARAH KNAPP

When indie rock band Metric came on stage, they emerged in the dark, their faces covered in colorful animal masks. A horse, a rabbit, a unicorn and a rat all settled in as a narrator spoke of an apocalyptic wasteland overhead.

When the lights went up, guitarist Jimmy Shaw, bassist Joshua Winstead and drummer Jules Scott-Key were in place on stage, masks off. But singer, Emily Haines, who had snuck off stage, made her way back in black peacock feathers with sparkling sequins. Haines glided across to center stage gracefully singing, "Lie, lie, lie, lie, lie" (lyrics to track one off the new album "Pagans in Vegas"). You could tell they'd be pulling out all the stops.

The concert Monday, Nov. 2 at the Fillmore Miami Beach was one of the better ones I had attended. Ft. Lauderdale band Kids, the opening act, had wowed the crowd; some fans rushing to buy their album after they'd left the stage. The crowd was full and hyped despite it being a weeknight. And best of all, the band played superbly and had a great time with the audience.

Metric played four or five songs (among them "Black Sheep," "Youth Without Youth" and "Help I'm Alive") before Haines paused to talk the crowd up. The band remarked how pleasantly surprised they were to see such a good turnout on a Monday night. The audience ranged from teenagers to middle-aged, evidence of the band's nearly two decade run.

Haines said she felt nostalgic that night,

a sentiment likely felt by the whole band. After so many years making music it's only natural. She reflected on her past self, who along with the band, had changed so drastically throughout their careers, and on the future of Metric. Whether it was planned or spontaneous from their shared nostalgia, the set list was incredibly even, playing a perfect balance of old songs and new. Metric's sound has changed for sure, from straight rock to a high energy synth pop. It was all present that night.

The band's showmanship was stellar. A

pyramid of lights dazzled the theatre from behind Scott-Key. Haines made multiple costume changes after her peacock ensemble, including a neon green flowing cape, and an assortment of rocking leather jackets each to reflect the feel of the songs they performed.

Live shows are made special by bands playing songs uniquely during every performance. A beautiful duet of "Other Side" between Haines and Shaw and soft "Gimmie Sympathy" (which sounds even better acoustic) were a treat. As was an acapella "Combat Baby" which Haines sang

with the audience.

After the audience begged for an encore, the band obliged with a few more songs. "Breathe Underwater" was the farewell song. Haines asked the crowd to sing with her, "the existential question 'is this my life?'" from the song's last lyrics. After all these years, Metric's still got it.



SARAH KNAPP/THE BEACON

Left to right: Guitarist Jimmy Shaw and drummer Jules Scott-Key performed 'Cascades' wearing glasses flashing LED lights while singer Emily Haines played her keyboard in a neon green cape.

Great musical lineup

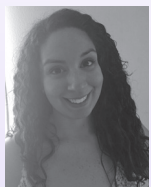


NADINE RODRIGUEZ/THE BEACON

performing in the Apollo X tour in Downton Orlando, Nov. 7

HAPPY, HEALTHY, HUMBLE

Five tips to avoid jet lag when traveling



CRYSTAL FERNANDEZ

If you've ever experienced jet lag, you know how much of a drag it can be. Jet lag occurs as a result of air travel when traveling between two or more time zones. Your body is accustomed to operating a certain way and when you disrupt its timing, you're likely to encounter problems.

As the holiday season approaches, many of us are taking trips to visit family members or simply vacationing in other parts of the world. Traveling can be exhausting, especially if you're fighting off jet lag symptoms. A drastic time change can set you back and prevent you from fully enjoying your vacation. Jet lag can really bring you down, makes you uncomfortable and kind of lost. No one wants to feel like this, especially during the holidays.

Follow these 5 quick but effective tips on dealing with jet lag:

Tip #1 Get a good night's rest the night before your flight. Chances are, you'll probably be exhausted during and after your flight. Get rest so that your immune system is at its best. Getting a good night's rest will also help you control your sleeping pattern during the flight, which is very important so that you're not taking a five hour nap at two in the afternoon.

Tip #2 Set your external clock to match your internal clock. After boarding the plane, set your watch to match the current time of your destination. This will help you immediately begin working according to your new schedule, which is vital to fighting off jet lag. Every time you glance at your watch, it will trigger your

mind to think as if you were in that time zone.

Tip #3 Eliminate alcohol and caffeine intake. If you're drinking a lot of water to keep hydrated, drinking a lot of alcohol will counter that effect and dehydrate you. Drinking in the air is not the same as drinking on the ground, as one drink is the equivalent of over two drinks on the ground (due to the altitude and air pressure). Too much caffeine can cause problems with sleeping, which can really throw you off.

Tip #4 Watch what you eat. Before and during your flight may not be the best time to eat greasy meals. Stick to healthier foods with normal sized portions that aren't going to make you lazy, or make you want to sleep from the moment you hit your seat.

Tip #5 Immediately adjust your sleep pattern to your new local time. Do not, I repeat, do not arrive at your hotel at noon and take a 6 hour nap. If you arrive at midnight, do not stay up until 9 AM and then decide to turn in. Your first day at your new location (whether arriving in a foreign country or returning home), take up your normal sleep patterns. Go to sleep at 10 p.m. or 11 p.m. if possible. Limit yourself to 6 - 8 hours of sleep. If you've arrived in the morning, stay awake until 10-11 PM. Do everything in your power to avoid taking a nap during the day. Start sightseeing or keep yourself busy the minute you get there. If you do take a nap, try to keep it short, 30 minutes to 1 hour maximum.

Keep these helpful tips in mind when you're making your rounds across the country. These should make your traveling experience more blissful and allow you to fully enjoy the holidays.

Healthy, Happy, Humble is a monthly holistic health column.

'Kingdom City' highlights controversial topics

COLUMNIST



DANILO SANTOS

FIU theater's premiere of Sheri Wilmer's "Kingdom City" was the first of its kind. Inspired by true events "Kingdom City" brings controversial topics to light for a new generation, centered on themes of censorship, religion, rape and suicide.

The first act opens with two native New Yorkers who find themselves out of place in a small town and are in need of money. Daniel (Anderson Freitas), a struggling fiction writer and teacher at a nearby college, encourages his wife Miriam (Monica Abreu), a theater director with Broadway experience, to accept a job as a temporary drama advisor at the local high school.

Miriam hopes to introduce contemporary plays into the lives of three students, shy Katie (Melanie Menendez), foul-mouthed Crystal (Roselyn Marie Moreno) and church loving Matt (Lovanni Gomez). But, she is not prepared for the opposition

she has to face from this conservative town and its pastor, stonemason Luke (Reginald Anthony Baril).

The second act opened with a different tone, a darker presence. The audience remains on the edge of their seats as the story begins to unravel, and characters begin to show their true colors. We see just how far these characters will go to protect their children and their community.

Each actor was masterful in his or her respective roles, nailing every line without fault or error. The star of the night however was Roselyn Marie Moreno whose role as Crystal the troubled atheist in a religious community stood out from the rest. Her character was a troubled child seeking attention from her teacher Miriam and her husband Daniel. Moreno's passion echoed through the cozy theater, her lines begging for attention, her character deserved to be heard.

"Kingdom City" runs through Nov. 15, with shows Wednesday through Friday nights at 8 p.m., and a Sunday matinee at 2 p.m.

ESTABLISHED IN CHARLESTON, IL IN 1983 TO ADD TO STUDENTS GPA AND GENERAL DATING ABILITY.

JIMMY JOHN'S
Since **JJ** 1983
WORLD'S GREATEST GOURMET SANDWICHES

OK, SO MY SUBS REALLY AREN'T GOURMET AND WE'RE NOT FRENCH EITHER. MY SUBS JUST TASTE A LITTLE BETTER, THAT'S ALL! I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. REGARDLESS OF WHAT SHE THINKS, FREAKY FAST IS WHERE IT'S AT. I HOPE YOU LOVE 'EM AS MUCH AS I DO! PEACE!

Jimmy John

\$5.50

8" SUB SANDWICHES

All of my sandwiches are 8 inches of homemade French bread, fresh veggies and the finest meats & cheese I can buy! We slice everything fresh daily in this store! It tastes better that way!

- #1 PEPE®**
Real wood smoked ham and provolone cheese, lettuce, tomato & mayo. (The original)
- #2 BIG JOHN®**
Medium rare choice roast beef, mayo, lettuce & tomato.
- #3 TOTALLY TUNA®**
Fresh housemade tuna, mixed with celery, onions, and our tasty sauce, sliced cucumber, lettuce & tomato. (My tuna rocks!)
- #4 TURKEY TOM®**
Fresh sliced turkey breast, lettuce, tomato & mayo. (The original)
- #5 VITO®**
The original Italian sub with genoa salami, provolone, capicola, onion, lettuce, tomato, & a real tasty Italian vinaigrette. (Hot peppers by request)
- #6 THE VEGGIE**
Layers of provolone cheese separated by real avocado spread, sliced cucumber, lettuce, tomato & mayo. (Truly a gourmet sub not for vegetarians only)

J.J.B.L.T.®
Bacon, lettuce, tomato & mayo!
(My B.L.T. rocks)

\$4.50

SLIMS™

Any Sub minus the veggies and sauce

- SLIM 1 Ham & cheese
- SLIM 2 Roast beef
- SLIM 3 Tuna salad
- SLIM 4 Turkey breast
- SLIM 5 Salami, capicola, cheese
- SLIM 6 Double provolone

Low Carb Lettuce Wrap

JJ UNWICH®

Same ingredients and price of the sub or club without the bread.

\$6.50

GIANT CLUB SANDWICHES

My club sandwiches have twice the meat or cheese, try it on my fresh baked thick sliced 7-grain bread or my famous homemade French bread! Tell us when you order!

- #7 SMOKED HAM CLUB**
1/4 pound of real wood smoked ham, provolone cheese, lettuce, tomato & mayo!
- #8 BILLY CLUB®**
Choice roast beef, smoked ham, provolone cheese, Dijon mustard, lettuce, tomato & mayo.
- #9 ITALIAN NIGHT CLUB®**
Genoa salami, Italian capicola, smoked ham, and provolone cheese all topped with lettuce, tomato, onion, mayo & our homemade Italian vinaigrette. (Order it with hot peppers)
- #10 HUNTER'S CLUB®**
A full 1/4 pound of medium rare roast beef, provolone, lettuce, tomato & mayo.
- #11 COUNTRY CLUB®**
Sliced turkey breast, real wood smoked ham, provolone, and tons of lettuce, tomato & mayo! (A very traditional, yet always exceptional classic!)
- #12 BEACH CLUB®**
Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, lettuce, tomato and mayo!
- #13 GOURMET VEGGIE CLUB®**
Double provolone, real avocado spread, sliced cucumber, lettuce, tomato & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is really yummy!)
- #14 BOOTLEGGER CLUB®**
Roast beef, turkey breast, lettuce, tomato & mayo. An American classic!
- #15 CLUB TUNA®**
The same as our #3 Totally Tuna except this one has a lot more. Housemade tuna salad, provolone, sliced cucumber, lettuce & tomato.
- #16 CLUB LULU®**
Sliced turkey breast, bacon, lettuce, tomato & mayo. (JJ's original turkey & bacon club)
- #17 ULTIMATE PORKER™**
Real wood smoked ham and bacon with lettuce, tomato & mayo! (This one rocks!)

★ SIDES ★

- ★ Soda Pop \$1.59/\$1.79
- ★ Chocolate chip or oatmeal raisin cookie \$1.50
- ★ Real potato chips or jumbo kosher dill pickle \$1.50
- ★ Extra load of meat \$1.50
- ★ Extra cheese or extra avocado spread \$0.75

ORDER ONLINE @ JIMMYJOHNS.COM

FREEBIES (SUBS & CLUBS ONLY)

Onion, lettuce, tomato, mayo, sliced cucumber, hot peppers, Dijon mustard, yellow mustard, oil & vinegar, oregano

\$8.50

THE J.J. GARGANTUAN®

The original gutbustuh! Genoa salami, sliced smoked ham, capicola, roast beef, turkey & provolone, jammed into one of our homemade French buns, then smothered with onions, mayo, lettuce, tomato & our homemade Italian vinaigrette.

DELIVERY ORDERS will include a delivery charge per item.

WE DELIVER! 7 DAYS A WEEK

MIAMI 10524 SW 8TH ST. 786.456.0627

"YOUR MOM WANTS YOU TO EAT AT JIMMY JOHN'S!®"

©1985, 2002, 2003, 2004, 2007, 2009, 2013, 2014 JIMMY JOHN'S FRANCHISE, LLC ALL RIGHTS RESERVED. We Reserve The Right To Make Any Menu Changes.

FOOTBALL

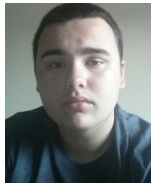
Bowl hopes kept alive with victory over Charlotte



BLANCA MARTINEZ/THE BEACON

The FIU Panthers go up against the Charlotte 49ers at the Ocean Bank Field on Nov. 7. The next away game takes place at West Virginia against Marshall, which is Friday, Nov. 14.

JAKE'S TAKES



JACOB SPIWAK

The story of the 2015 FIU Golden Panther football team has been full of inconsistencies. One week they look like a top team in Conference USA with an explosive offense and stout defense. The next week, they lose to a team such as the University of Massachusetts or Florida Atlantic University.

They've been unable to rattle off consecutive wins, yet they have only lost two games in a row once this season. Each week it seems nearly impossible to tell which FIU team will show up to play.

It was the "good version" of FIU (5-5, 3-3) that played against the University of North Carolina at Charlotte 49ers (2-7, 0-6) on Saturday, Nov. 7. The Panthers used a quick start to propel them to their fifth victory of the season; improving to 4-0 at home this season.

"We did a lot of good things... and made some plays in all phases," Head Coach Ron Turner said after the game, "I think it was a team win, [as we scored a

touchdown] on offense, defense and special teams."

Turner also mentioned that there are some key aspects of their game that the team can do better; specifically citing a need to improve clock management and cut down on unnecessary penalties.

Focusing on the positives, FIU simply outmatched Charlotte from the start. After the FIU defense forced a three-and-out on the very first drive of the game, Kenyatta Anderson blocked the punt and recovered it in the endzone for a touchdown.

Charlotte would tie the game on a passing touchdown a few minutes later. When quarterback Alex McGough found Clinton Taylor for their first of two touchdown connections to put FIU up 14-7, they would hold the lead for the remainder of the game.

McGough and Taylor were certainly the top two weapons for the Panthers on offense all day long. McGough put together another fantastic performance and Taylor had arguably the best game of his collegiate career.

The sophomore quarterback spoke very highly of Taylor after

the game when asked why the two were clicking so much.

"He runs probably the best routes I've ever seen," McGough said, "and he does it in practice everyday. That builds timing and trust... that I know where he's gonna be and he knows where I'm gonna put [the ball]. Our chemistry has definitely grown."

The other star for FIU against the 49ers was senior defensive end Michael Wakefield. His seven total tackles and four sacks, a school record, were enough to earn him the title of C-USA Defensive Player of the Week.

Unfortunately for Wakefield and the Panthers' defense, an extremely questionable targeting penalty on Wakefield in the fourth quarter got him ejected from the game. Due to NCAA rules, he missed the rest of the Charlotte game. In addition, Wakefield will also have to sit out the first half of the game against Marshall University next week.

Wakefield won't be the only key player missing significant time in the Marshall game. Turner confirmed that tight end Ya'Keem Griner, who was having a career year before missing the last few

games with a foot injury, will miss the remainder of the season. The status of star tight end Jonnu Smith is also uncertain after he missed the last two contests with a sprained knee.

FIU will need all the help they can get to beat an extremely talented Marshall team (8-2, 5-1). The Thundering Herd have been one of the top teams in the conference all season long. The Herd are coming off a heartbreaking three point overtime loss to Middle Tennessee State University last week. That doesn't make them any easier of an opponent for their upcoming match against the Panthers on Saturday, Nov. 14.

What might make this game even more difficult for the Panthers is how important this game is to Marshall. Not only does winning guarantee the Herd a spot in the C-USA Championship game, but this is also being played on the 45th anniversary of the plane crash that resulted in the death of 37 Marshall football players (as well as 38 others). Joan C. Edwards stadium will be electric with energy and the Herd team will be highly motivated while

playing to honor their university.

The one potential bright side for FIU in this situation is that Marshall's star running back, Devon Johnson, may not be able to play this weekend. This is significant because Johnson ran over the FIU defense for almost 200 all-purpose yards a season ago. The Panthers' chances improve exponentially if the senior running back misses his fourth consecutive game.

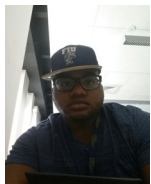
Prediction: Marshall defeats FIU 38-28. This prediction is tough to make until the status of Smith and Johnson are revealed, but either way I think Marshall and their intimidating home field advantage will overpower FIU. The Panthers will stay in it until the very end, but freshman quarterback Chase Litton will exploit some holes in the FIU defense and lead the Thundering Herd to victory.

"Jake's Takes" offers commentary on the University's football team with predictions or recaps of gameplay. For commentary, email Jacob at jacob.spiwak@fiusm.com.

FOOTBALL

Panthers defeat the Charlotte 49ers in solid game

PETE'S PICKS



PETER HOLLAND JR.

The Panthers remain undefeated at home as they put up a 48-31 victory over Charlotte 49ers on Nov. 7. With this victory, the Panthers are now currently 5-5 and 3-3 in Conference USA. They are now one win away of bowl eligibility for the first time in four years.

The Panthers set the tone early in the first quarter after

Charlotte's three-and-out opening drive. Kenyatta Anderson blocked and recovered a punt at the 49er's 23 yard line which resulted to a 7-0 lead.

Alex McGough had another solid game; finishing with 27-42 for 284 yards, three touchdowns and one interception. His primary target during the game was senior receiver Clinton Taylor.

Taylor finished the game with nine catches for 126 yards and two touchdowns. Taylor, for the second straight game, led the team in catches



KRONO LESCANO/THE BEACON

Running Back Alex Gardner holds onto the ball at the game against the Charlotte 49ers at the Ocean Bank Field Saturday, Nov. 7, where the FIU scored 48-31.

ever since the starting tight end Jonnu Smith went down.

The Panthers' defense came to play by swarming to the football, led by senior defensive end Michael Wakefield. He finished the game with seven tackles, four sacks and five tackles for loss. The Georgia native tied a single game school record for most sacks in a game.

He is joined by fellow alumni Antwan Barnes and Audric Adger for having four sacks in a single game. Overall, the defense had seven sacks against Charlotte. They

are tied second for most sacks in a single game.

With the Panthers now one win away of bowl eligibility, they now have to go back on the road on Nov. 14 to play against an 8-2 Marshall University at 3:30 p.m. The Panthers are 1-5 on the road and have not had a consecutive win yet.

"Pete's Picks" offers commentary on the University's football team. For suggestions or commentary, email sports@fiusm.com.

PAWS UP



MEGAN TAIT/THE BEACON

Middle Blocker Jennifer Ene aims to strike the ball at the game against the Western Kentucky University Hilltoppers Friday, Nov. 6.

VOLLEYBALL

North Texas too much for Panthers to handle

STEFANO RIVERA
Contributing Writer
sports@fiusm.com

After dropping its first Conference USA home game of the season on Sunday, Nov. 1 against the University of Texas at San Antonio, the Florida International University women's volleyball was looking to bounce back and continue with its winning ways.

The Panthers hosted No. 24 Western Kentucky University, which came into this match atop the C-USA standings (25-3, 12-1 in C-USA). The volleyball team fell in straight sets with scores of 25-18, 25-21 and 25-15.

The Panthers' defense kept the first set close and competitive by posting four blocks. However, the team only hit .081 as opposed to Western Kentucky, who hit .188. Once again, the match was close throughout the second set. FIU's offense improved, hitting .147, but the Lady Hilltoppers were too much to handle.

In the final set, the Panthers' offense improved yet again. The team finished with a hitting percentage of .238; however, its defense had no answer for Western Kentucky's attack. The Lady Hilltoppers finished the third set with an astounding .538 hitting percentage.

"They just exposed our weaknesses," Head Coach Rita Buck-Crockett explained, "we had too many errors."

The Panthers finished with 22 errors on just 29 kills, giving them a final team hitting percentage of .076. Western Kentucky played a clean game offensively; finishing with 44 kills with only 10 errors and a hitting percentage of .354.

"That's the difference. That team, as a nationally ranked team, does not make errors. Us, as a team that is trying to get into conference tournament, makes a little more errors. Really, that's the difference," Buck-Crockett said.

Senior outside hitter Lucia Castro finished the game with 11 kills and 10 digs, giving her 12 double-doubles this season. Freshman setter Katie Friesen collected 17 assists to lead the

Panthers.

On Sunday, Nov. 8, FIU played its final home game of the season against the University of North Texas. Castro, senior middle blocker Gloria Levorin, senior libero Adriana McLamb and Giovanna Santamaria were all honored before the game as they played their final home game of the season.

The Panthers were not able to defeat the Mean Green as they fell in four sets with final scores of 25-23, 25-23, 25-15 and 25-23. FIU (13-12, 7-7 in C-USA) dropped its final three home games of the season and North Texas (17-12, 9-5 in C-USA) will host its final two games of the season.

The Panthers won the first set behind nine kills from Castro and Levorin combined. The team finished with a hitting percentage of .242 that set. In the second set, North Texas won a tightly contested game. Defensively, the Panthers forced the Mean Green to a hitting percentage of .026 and totalled four blocks.

North Texas took control of the match after winning the final two sets. Senior outside hitter Carnae Dillard dominated as she finished with 26 kills and 13 digs. Sophomore middle blocker Holly Milam added 14 kills and 13 digs to help the Mean Green take the match.

"We knew Dillard was going to make her points," said Buck-Crockett, "give them a game for Dillard. But the other three games should not be from other people on their team (Milam) making those points, and that's what hurt us."

The Panthers were led by their seniors. Castro and Levorin combined for 31 kills, while McLamb led the team with 17 digs in an all-around effort.

"I have to give kudos to our seniors. Lucy (Castro) played her heart out. Gloria played her heart out. Adi (McLamb) dug lights out," Buck-Crockett explained.

FIU will take on Louisiana Tech University on Thursday, Nov. 12 and University of North Carolina at Charlotte on Saturday, Nov. 14 for its final games of the season.

SWIMMING

Illini outfight Panthers

LOUIS AGUDELO
Staff Writer
louis.agudelo@fiusm.com

The Panthers home-winning streak came to a screeching halt this past weekend against Big-10 opponent University of Illinois at Urbana-Champaign, losing to the Fighting Illini 197-174.

FIU came into the meet on Friday, Nov. 6, just one week after completing their highest volume week of the 2015-16 season, but the Panthers weren't a step, or a stroke too slow.

Things began with a business-as-usual feel to them, with FIU taking a 20 point lead, and three out of four first place finishes into their first break of the two-day meet. This was after they swept platform diving, placing first, second, third and fourth, earlier in the day, and taking the last event in a sweep before the break, the 50 yard freestyle, first going to Naomi Ruele, second going to Jenny Deist, and third going to Letizia Bertelli.

After an enthusiastic (and satirical)

team cheer of "Dale", a purposeful mispronunciation of Pitbull's dale, the Panthers were back in the pool with the Fighting Illini, and they began to put up quite the fight.

Illinois swimmer Sloane McDermott placed third in the 100 yard backstroke, behind Naomi Ruele (first), and Jessica Piper (second), but that wasn't enough to quench the thirst of the struggling visitors, as they took all three top spots in the next event, the 200 breaststroke, and second and third in the 200 freestyle behind a well-conditioned Kyna Pereira, to enter the second and final break of the day, down 21(85-64) after falling behind 71-40.

FIU managed to take the day 100-85, but couldn't keep the lead through day two. The Panthers dropped Saturday to the Illini 112-74, leaving the final score at 197-174 in favor of the Fighting Illini.

The Panthers will have a chance to keep their road winning streak alive at the Purdue Invite, from Nov. 20-22, in Lafayette, Indiana, against opponents yet to be announced.

BASKETBALL

Men's basketball hopes to turn team into contender

DAVID DRUCKER
Staff Writer
david.drucker@fiusm.com

With a restored Lime Court, refurbished seats and a redefined roster, Florida International University's men's basketball team can look forward to a fresh start in 2015-2016.

Last year, the men's basketball team stumbled to a 16-17 record in the regular season with an 8-10 record in Conference USA. After former star point guard Dennis Mavin kept FIU's postseason chances alive with a miraculous half court shot to down the University of Texas at San Antonio, the Panthers were eliminated in the quarterfinals of the C-USA tournament by the University of Texas at El Paso Miners.

Now that Mavin is gone, Head Coach Anthony Evans needs a combination of six returning players and seven newcomers to come together and form a competitive basketball team.

"Our first couple years, it was more so trying to acclimate ourselves to Conference USA, figuring out the type of players we needed to bring in and I think we did that this year," said Head Coach Anthony Evans.

Senior center Adrian Diaz leads the team in star power heading into the new year. The "Hialeah Hammer" was

named to the preseason All-Conference USA Team.

Diaz honed his craft this summer by working with coaches on shooting free throws and positioning himself in the post. During the offseason, Diaz participated in Miami Pro; a summer league in Coral Gables that matches Miami's amateur and professional talent against each other.

"We don't want to rely on one person to get 17 points a game, we want to spread it out," said Evans.

Mavin not only led FIU to score 17.2 points per game last year, but led C-USA as well. Evans expects Diaz to take a step forward; replacing Mavin's production this year.

Senior forward Daviyon Draper will also have an expanded role this season. He averaged 8.9 points per game last year and led the team in steals. He will likely be counted on to pick up a good chunk of scoring.

"I think our biggest strength is our depth. We've been practicing for a while, but nothing has stood out. Offensively and defensively, we're still learning. I think we're going to have a pretty good team; it's just a matter of when," said Evans.

Only six players from last year are returning: Diaz, Draper, junior guard Jason Boswell,

senior guard Tashawn Desir, sophomore forward Hassan Hussein and junior guard Ray Rodriguez. Four transfers from junior colleges and three freshmen fill out the rest of Evans' roster.

The Panthers' new recruits offer a mix of athletic ability, three-point shooting and hard-nosed physicality. The six returning players should eat up the majority of minutes; however, talents like freshman forward Eric Turner and transfer Donte McGill may score on their own and take the floor earlier than expected.

The Panthers' have their work cut out for them as the team develops chemistry, but their schedule should be a good launching pad. FIU's first six opponents; Trinity Baptist University, Florida Memorial University, James Madison University, University of Tennessee at Martin, Oral Roberts University and Long Island University, provide opportunities for the Panthers' to build chemistry.

In addition to a soft early schedule, the Panthers will play 18 games at home this year compared to the 12 they played in 2014-2015. FIU was 8-4 in Miami in those games last season.

FIU's season begins Friday, Nov. 13 when the Panthers play Trinity Baptist at 7 p.m. at Lime Court.

SGA plans to clean the bay

ROBERT SOLOMON
Contributing Writer
bbc@fiusm.com

Each year, students come together to clean the bay of waste to participate in the Day on the Bay initiative.

Day on the Bay was created in 2007 by SGA-BBC to “create awareness among the student body to raise awareness that the planet needs maintenance, and to educate the students on sustaining the planet,” said Christopher Morisset, SGA-BBC chief of staff and the co-event coordinator.

Morisset clarified that this event is open to the Miami community, not only FIU students.

“Day on the Bay is an initiative to take out the invasive species in the bay right now, trash, dead animals, bottle caps, boots, which we have found last year and any other things that do not belong in the Bay,” Morisset explained.

Day on the Bay plans to take it a step further with Project Garden Wall.

Project Garden Wall will be led by SGA-BBC’s Comptroller Maria Pulido.

According to Pulido, there will be mangroves planted in plastic bottles that were collected from the bay.

“Having this wall will make it more apparent that FIU is more green and that the community wants to do something as a whole. The wall will be in AC1,” said

Pulido.

“I think it’s great that people are trying to clean up their own mess,” said Hanna Gonzalez, a graduate communications student.

Around 50-75 students attended last year’s event.

“Everyone was busy, everyone was very involved, and everyone had something to do,” said Anne Dorcius, director for Environmental Affairs and co-coordinator of Day on the Bay.

She said at least 100 student participants are expected at this year’s event.

Morisset and Dorcius are planning to have teams of people assigned to specific duties this time around.

“Last year was fun, but having more people there would make it better because the bay extends all the way to 135th street. Last time we didn’t get to clean the whole thing,” said Morisset. “Having more of the community involved such as North Miami, Aventura, Alonzo Tracy Mourning High School, rather than just FIU students, will be a great help.”

Morisset says that the event will begin with sign up at 9 a.m., and clean up beginning at 9:30 a.m. The event’s guest speaker, Nicholas Ogle, will speak at 11 a.m., followed by lunch at noon.

“Help us make an impact in the environment, bring family, bring friends, and let’s have a great fun time,” said Morisset.

BBC promotes self acceptance

NICK OLIVERA
Staff Writer
nick.olivera@fiusm.com

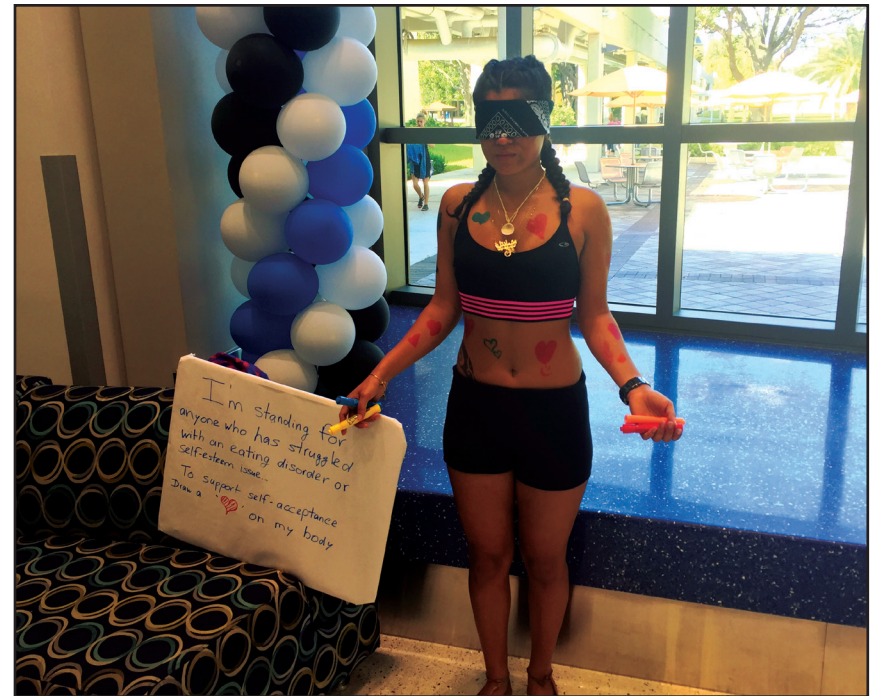
Shantal Meneses, a sophomore majoring in psychology, stands half naked in Panther Square at the Biscayne Bay Campus.

She’s blindfolded. All she can hear is the commotion of students around her. In her hands are an array of colorful markers, which she offers to students to use to draw on her exposed body in support of self acceptance.

Meneses is doing this as part of Panthers Love Your Body Day, an event organized by the SGA-BBC Campus, to promote self-esteem in students who may suffer with body image issues.

“At least once during your college career there must have been something that made you feel insecure about yourself,” said Chris Morisset, chief of staff for SGA-BBC. “What we’re doing here is a self-esteem awareness campaign to help students feel comfortable.”

Morisset had gotten the idea for the event by seeing Australian activist Jae West performing a similar demonstration a few months ago, but it was Meneses who stepped up to the task of exposing herself in



NICK OLIVERA/THE BEACON

Sophomore psychology major Shantal Meneses stands for a demonstration of self acceptance at Panther Square for Panthers Love Your Body Day held Monday, Nov. 9.

such a manner.

From a distance, Meneses appeared reserved and unflinching in her demeanor.

She could not be interrupted for an interview.

“Girls and guys feel like they have to look a certain way because they’re told that’s how they need to look like,” said Roslyn Espiritu, a senior majoring in psychology. “A lot of my lady friends will gush over a man based on how he looks, but I always ignore that until I get the chance to actually hear him speak.”

The event also

featured the reading of poems and raps that dealt with themes of self acceptance and the true meaning of beauty.

The poems and raps were written and performed by FIU students Moise Jerome and Gabriel Sanchez.

“I wouldn’t be happy with the person I saw in the mirror when I was younger,” said Sanchez, a sophomore majoring in English literature and author of the poem “You Are Beautiful.” “Looking back, I realized that I was fine the way I was and am now.”

The event, held on Monday, featured

stations that provided students with different materials for promoting self esteem, including different educational materials on ways to prevent feelings of self-doubt and insecurity and a button-making station used to create badges for students to write and display what it is that they love about their appearance.

“You should feel comfortable as you are right now because it’s your body and all that should matter is how you feel and not what others feel,” said Morisset.

Tuition should cover the Golden Panther Express

THE GROWL



ERICA SANTIAGO

Commuting between Modesto Maidique Campus and Biscayne Bay Campus is not a fun trip. We’ve all heard complaints that the buses are too cold, the trip is too long and more importantly, way too expensive.

Students are required to pay \$2 and 50 cents each way, resulting in a \$5 round trip. For faculty, the amount increases to \$5 each way, making their commute \$10 round trip.

I can’t really speak to how this cost must affect faculty, but one can assume that \$10 round trip is no walk in the park on an FIU professor’s salary. As a student, I can definitely attest to how a \$5 round-trip has impacted my experience in pursuing an

education.

I’m a student at the School of Journalism and Mass Communication, located at BBC; I’m also not a native of Miami. Not too familiar with Miami, I live in the MMC dorms where I feel the safest and where I have all the amenities I need. This will be my living situation until the new dorms at BBC are open in fall 2016.

Due to my living situation, major and the lack of dorms at BBC, I must commute using the Golden Panther Express four days a week. With each round-trip costing \$5, I easily spend \$20 a week just to get to my classes.

My budget is tight with my father having to take a huge pay cut recently and my younger brother just now starting his own transition into college. I can’t always afford to spend \$20 each week; my budget simply cannot cover that cost.

There have been times where I’ve had to make the conscious

decision to miss class to save money for other important needs such as food or school supplies.

“

With each round trip costing \$5 dollars, I easily spend \$20 a week just to get to my classes.

”

This means that the cost actually has an impact on my ability to take my classes and receive an education. I should not have to make that decision, yet here I am.

My problem isn’t all that uncommon. Too many times I have witnessed students rush to the bus and quickly swipe their

OneCard only to find out they don’t have enough money to take the trip. Another student might take the initiative to pay for them but all too often I have seen unlucky students call their professor to explain why they had to miss a test or a presentation while hoping the professor is understanding of the situation.

Every student’s financial situation is different. For one reason or another, some students just can’t afford to live close to BBC. Though having dorms at BBC might ease the issue, there will still be students who simply cannot live away from the Sweetwater area for a variety of reasons like family issues or living situations.

Instead of charging students for each trip, the cost should be a transportation fee in students’ tuition. Yes, that would mean having to pay a fee even if you don’t use the bus, but it wouldn’t be that different from paying a parking fee or gym fee – which

is already included in our tuition.

It would be much more convenient to pay the cost once in our tuition, rather than having an ongoing cost for each trip. Students wouldn’t have to decide between going to class and skipping to save money.

The GPE is supposed to make the commute between campuses easier for students, especially those without reliable transportation or in similar situations as I am. But with the cost of each trip being so high, the GPE can be more of a burden than a helpful accommodation.

Students already pay to take these classes; they shouldn’t have to make the decision to miss them on account of the pricey commute.

“The Growl” is a commentary on campus related issues. Erica Santiago is the Opinion Director for FIU Student Media. For commentary, e-mail her at erica.santiago@fiusm.com