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## The Beacon, March 23, 2016

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## M.A.L.E.S. hosts Battle of the Sexes

**NADINE MATAS**

Staff Writer

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This month the Men Achieving Leadership Excellence and Success posed a question to FIU students: “Are You Smarter than the Opposite Sex?”

The event of the same name was hosted in GC 316 on March 7.

“M.A.L.E.S. is an outlet for growth. It strives to instill a sense of personal and professional development in minority men,”

said, Rorey Cowen, a senior information technology major.

He helped organize the event as the CSO Representative on the M.A.L.E.S. executive board.

“The event title is not meant to insult anyone, or cause issues, if anything it will help us in starting a conversation,” he said.

The game night was divided in three rounds: The Brain Teaser, Jeopardy, and the Family Feud round. The room was split into men and women who then would have to work together, within their teams, to win the challenges.

He says that seeking male involvement on campus is difficult. According to Cowen, for every one male that comes out to an event there are 10 females. Thus, the main reason they used the name was to “ignite a sense of friendly competition.”

Cowen says that though they value the women who support and participate in M.A.L.E.S. events, they would like to increase the number of men who are a part of their organization.

“We wanted to get guys out [to this event],” he said in reference to picking the event name. He believes it was also a friendly “dare” for students to take the challenge and would inspire more men to prove their intelligence while developing team working skills.

“We try to tailor to the standard guy’s needs. We work with them to help them develop from the bottom up. We don’t expect them to come in a three piece suits from the start, but at the end of the experience we hope we can help them reach that goal,” said Cowen.

According to Cowen, M.A.L.E.S. has casual meetings, with no compromises, to get participants to stay with organization with the goal to develop themselves into a professional and well-rounded individual.

“We always welcome women as well, they keep us grounded,” he said.

Cassandre Joseph, a second year nursing major, spoke about her experience participating in the event itself.

She said, “I think the guys may have learned not to underestimate us. The guys chose their female competitors and vice versa. I was chosen for rock-paper-scissors because I was avoiding eye contact and even then I won. They know now not to underestimate us. It was a lesson in teamwork for all of us. And it was fun to learn new things about the opposite sex.”

Throughout the evening, more students showed up to partake in the event.

Rashaad Perry-Patterson, a junior in political science and law, reflected upon the aftermath of the event. As Vice-President of the organization, he told Student Media that he and the M.A.L.E.S. executive board were content with the results of the evening.

“This is a prime example of the type of atmosphere we can have when we set aside ‘gender wars,’ and just come together as one community. There was tension in the air, but good tension, because both teams respected the other side, so the inner emotion of wanting to win was shown,” said Perry-Patterson. “Men and

women can be in the same space, learn together and grow together, even though events that are not considered ‘educational’ but social.”

Joseph and Perry-Patterson believed, in many ways, the event helped them to feel empowered about their gender.

“I didn’t know all of the girls well but they were really cheering me on when I went up for my challenge. I wasn’t confident in my rock-paper-scissors abilities but my fellow teammate told me the strategy and I executed it. We were actually all really supportive of each other,” said Joseph.

“The only reason we should ever split ourselves according to genders, should be to play games,” said Parry-Patterson.

He said, “However in our everyday experience, it will only take a combining effort from all men and women to progress and achieve. Encouraging the ‘gender wars’ mentality within our community, outside of this event, will have a negative impact on how we view each other, respect each other and maybe even work with each other in the future. I view myself as someone who supports women, in addition to someone who would like to see more cohesive interactions like the one we experienced at Battle of the Sexes.”



NADINE MATAS/THE BEACON

Rorey Cowen, a senior majoring in information technology, and Cassandre Joseph, a second year nursing major, table for the M.A.L.E.S. “Battle of the Sexes” game night.

## Cuban-Americans in Congress reclaim battle on Cuba

**FRANCO ORDONEZ**

McClatchy Washington Bureau

TNS Staff

Florida Sen. Marco Rubio’s presidential flame-out was a big blow to Cuban-Americans who want to reverse the U.S. rapprochement with Cuba. But his Cuban-American colleagues in Congress promise they’ll carry on the fight against President Barack Obama’s maneuvering around the U.S. embargo with Cuba.

Rep. Mario Diaz-Balart acknowledged that Rubio, the most prominent critic of the White House Cuba policy, quitting the race had hurt hopes that, if elected president, he could reverse the unilateral steps already made.

But Diaz-Balart said he and his congressional colleagues had never stopped working to ensure that the public understood the reality of life in Cuba.

“Rubio is going to be missed because of his talent, because he’s been extremely effective,” he said. “But we’ve been winning these battles pre-Rubio. We’ll continue to win them post-Rubio.”

South Florida Republicans such as Diaz-Balart and Rep. Ileana Ros-Lehtinen have long maintained their uncompromising positions against Cuba, but questions remain whether they and other Cuban-American politicians have the political capital to stop Obama and

his aggressive push to end more than a half-century of hostility with the island nation.

Rubio’s loss in the Florida primary and the lack of outcry over Obama’s policies reflect changes in how much of the population, including in Florida, sees the Cuba issue.

“They still have their constituencies,” Michael Shifter, president of the Inter-American Dialogue research center in Washington, said of the South Florida politicians. “Their voices are there, but they don’t have the following that they once had. Now they’re alone.”

The once dependable hard-line community has softened on Cuba.

Polling by Florida International University’s Cuban Research Institute has followed that evolution from 1991, when 87 percent supported the embargo, to 2014, when 52 percent favored lifting it.

Shifter noted that only a small crowd gathered in protest in Miami’s Little Havana neighborhood, the heart of anti-Castro sentiment, after Obama and Cuban leader Raul Castro announced the start of bilateral relations on Dec. 17, 2014.

Since the announcement, the administration has relaxed travel restrictions, eliminated limits on remittances and allowed American companies to sell to Cuba on credit.

U.S. Deputy National Security Adviser



CHARLOTTE ALBA/THE BEACON

Rubio speaks at the FIU Town Hall Meeting, March 9 in the GC Ballrooms

Ben Rhodes reiterated Wednesday that the administration aimed to make normalization of relations with Cuba “irreversible.”

William LeoGrande, a Latin America specialist at the American University School of Public Affairs, argues that Diaz-Balart and Ros-Lehtinen can no longer count on as many Republican colleagues to support them on Cuban issues because their own business constituents are

interested in doing business on the island.

“I just don’t think there are any major national Republican figures who have a stake in going back to the old policy,” LeoGrande said.

Diaz-Balart disputes that there is a lack of congressional support for stopping the Cuban rapprochement. In the past two years, he said, members of

**SEE CUBA, PAGE 2**

# NATION & WORLD BRIEFS

## 'We must hold people accountable' for sexual harassment, UC president says

With sexual harassment controversies roiling multiple campuses in the University of California system, UC President Janet Napolitano on Friday announced new measures designed to prevent future incidents and ensure that punishments, when necessary, are uniform system-wide. In an open letter addressed to the UC community, Napolitano said

that a newly formed peer review committee would evaluate the proposed punishments for "senior leaders" who violate the system's policies regarding sexual harassment and sexual violence. The committee will have 10 days to approve, reject or modify the sanctions that are sent its way for review, Napolitano explained in a separate letter to UC chancellors.

## Obama trip to Cuba includes spring break for his family

An hour into his visit to Cuba, President Barack Obama and family did what many Americans in the U.S. have yearned to do, played cultural tourist. Despite a downpour that left Old Havana's cobblestone streets slick, Obama and a familial entourage set out for a tour of the city's fabled historic district. And they capped the night at dinner at San Cristobal, one of the best-

known "paladares," the private restaurants that administration officials point to as a sign of a changing Cuban economy. This week's trip has plenty of official business on the itinerary. But the spring-break-timed trip is also clearly designed for some Obama family fun.

## California seeks more minority college grads

In 15 years, California expects to be about 1.1 million college graduates short of the number needed to fill jobs that require at least a bachelor's degree. Already, the nation's most populous state is a minority-majority state, one in which racial and ethnic minorities comprise more than half the population. And blacks, Hispanics and American Indians not only are less likely to go to college, but their graduation

rates are also lower than that of whites. California is a bellwether for a nation that is becoming more diverse, whose economy is demanding a better educated workforce, and whose state colleges and universities are increasingly pressured to deliver it, which means making sure minorities, especially African-Americans, finish school and get degrees.

TRIBUNE NEWS SERVICE

# Free Speech conviction upheld

**MICHAEL DOYLE**  
*McClatchy Washington Bureau*  
*TNS Staff*

The nation's highest military appeals court has upheld the court-martial conviction of a Missouri man whose racist-sounding diatribe against President Barack Obama raised tough free speech questions.

The former soldier, who at one point claimed to have connections to Missouri's Ku Klux Klan, forced a closely divided U.S. Court of Appeals for the Armed Forces to clarify the law governing speech by members of the military. Soldiers, in sum, face more restrictions than civilians do.

"The right of free speech in the armed services is not unlimited and must be brought into balance with the paramount consideration of providing an effective fighting force for the defense of our country," Judge Kevin A. Ohlson noted.

In its 3-2 decision released Friday, the military appeals court rejected defense arguments that the First Amendment protected Eric L. Rapert, of Sikeston, in southeastern Missouri, when he railed against Obama on the night of the 2012 election.

In ruling against Rapert, the court also distinguished the Uniform Code of Military Justice from federal law, whose ambiguities prompted the Supreme Court in 2015 to dismiss the conviction of a Pennsylvania man who'd posted threatening-sounding statements on his Facebook page. The military

court found that the military justice code already required a determination of Rapert's state of mind, something the U.S. Supreme Court said was lacking in the Pennsylvania case, where the defendant argued his postings were fictitious.

"The [military's] requirement that the government prove that an accused's statement was wrongful because it was not made in jest or as idle banter, or for an innocent or legitimate purpose, prevents the criminalization of otherwise innocent conduct," Ohlson wrote.

Rapert was an Army enlisted man with the rank of specialist who was serving in Hawaii at the time of the 2012 presidential campaign. On election night, he voiced increasing dismay about Obama winning re-election.

"Specialist Rapert was confounded by the fact his home state could vote for someone other than Romney, given how important gun rights are to Missourians and the favorable rating Missouri's laws received from the National Rifle Association," defense attorney Katherine L. DePaul wrote.

Witnesses later said Rapert had voiced anger that "that (n-word) won this election" and then made what sounded like threats.

"I might have to go back home ... and break out the KKK robe that was handed down to me by my grandfather and go put one order up and make it my last order to kill

the president," Rapert declared, one witness testified.

Rapert subsequently told the Secret Service that his statements were "completely meant as harmless jokes," and the appeals court noted that "ultimately, the inquiry uncovered no evidence that [Rapert] or his family had any connection to the Ku Klux Klan."

In the Supreme Court's 2015 decision in the case out of Pennsylvania, defendant Anthony Elonis had likewise argued that his violent-sounding Facebook postings were fictitious, like rap music lyrics. He prevailed in an 8-1 decision, with Chief Justice John Roberts Jr. noting the state-of-mind requirement that "wrongdoing must be conscious to be criminal."

Unlike the federal law used against Elonis, the Uniform Code of Military Justice's provision on "communicating a threat" includes an element that the "communication was wrongful."

Interpreting this, Ohlson said Rapert's trial judge, in assessing the element of wrongfulness, "was properly evaluating" the defendant's state of mind. This avoided the "infirmities" in the federal law, the judge wrote.

In dissent, Judge Scott W. Stucky wrote that in the military justice code, "wrongful" previously has not referred to state of mind but has been predominantly defined to mean either "without legal justification or excuse" or "contrary to law, regulation, lawful order or custom."

# With Rubio out, the battle on Cuba continues

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the House of Representatives roundly supported legislation against the changes in Cuba policies that prohibited funds for certain commercial flights and licenses of marine vessels.

"They're not doing anything to help the Cuban people," Diaz-Balart said of the changes. "This is the bottom line. Look at the facts. What they're doing is incentivizing and doing business with the Cuban military."

While Republican presidential candidate Sen. Ted Cruz of Texas, whose father is from Cuba, also has spoken out against Obama's Cuba policies, he hasn't made it a significant part of his campaign.

Even when asked directly at a recent Miami debate whether he'd roll back Obama's policies, Cruz said yes, then pivoted to other foreign policy issues such as Iran.

But the Cuban-Americans in Congress are largely united.

The day after Rubio bowed out of the presidential race, Sen. Bob Menendez, D-N.J., and Ros-Lehtinen took to their

chamber floors to voice opposition to Obama's planned trip to Cuba. Next week, Obama will become the first U.S. president to set foot in Cuba in almost 90 years.

"The president's meeting with civil society is such a low benchmark, the official Cuban newspaper Granma stated that Obama's visit destroys the myth that Cuba violates human rights," Ros-Lehtinen said on the floor. "The leader of the free world has chosen a legacy-shopping photo op enjoying a baseball game with a murderer and a thug."

Menendez spent nearly 40 minutes on the Senate floor Wednesday giving a point-by-point critique of Obama's policy changes.

He accused the president of violating his promise not to visit Cuba unless there were tangible improvements in respect for human rights.

"The president has the bully pulpit of the nation, so he can paint broad pictures but that picture is totally inaccurate," Menendez told McClatchy afterward. "And in many cases simply not true."

# THE BEACON

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## The Bachelor sets unrealistic standards

THE BEACON | Editorial

### ON THE SCENE



GABRIELLE GARCIA

The hit reality television show “The Bachelor,” which made its debut March 25, 2002 has captured the attention of millions across the nation. Following a successful first season, several spin-offs have been created including “The Bachelorette,” “Bachelor Pad” and “Bachelor in Paradise.”

After watching quite a few seasons of “The Bachelor,” the more convinced I am that the “reality” show perpetuates unrealistic standards of beauty and relationships to not only viewers, but also to the contestants themselves.

“The Bachelor,” hosted by Chris Harrison, focuses on one eligible bachelor and

his journey to find “love.” Typically, a pool of 25 women is selected to partake in this process, which is probably the reason the show has garnered controversy over the years.

Throughout the season, the bachelor ventures on a series of group, one on one and eventually hometown dates with the remaining women. In addition to the series of dates, the bachelor eliminates candidates typically during the infamous “rose ceremony” which gathers all the contestants together.

Much of these eliminations, however, occur outside of the rose ceremony. Among the overwhelming fact that there are around 25 women participating in this process, the eliminatory nature of the show initially stirs the pot. This is where my critique begins.

From the very first episode,

the women and the bachelor are almost always made up and well dressed. This suggests that both women and men



Essentially the contestants experience a heightened reality dictated by the bachelor himself and the producers.



must always appear their absolute best at all times in order to meet, engage and sustain a relationship with their significant other.

In terms of the dating process, contestants go on

extravagant dates with the bachelor in exotic locations, attend cocktail parties and are essentially competing for a potential husband in the midst. All are dynamics, which do not in any way reflect what an average couple may experience. Essentially the contestants experience a heightened reality dictated by the bachelor himself and the producers.

Although the luxurious locations, latest clothing styles and the carefully casted contestants may seem interesting, I urge viewers to be more aware of the many dynamics at play.

*On the Scene is a commentary on the hottest pop culture topics. For further commentary, contact Gabrielle Garcia at gabrielle.garcia@fiusm.com.*

## Regulations killed the hoverboard trend

### ELEPHANT IN THE ROOM



VALENTINA DEL PINO

A few months back, hoverboards were all over FIU’s campus. With or without loud speakers, zebra print or regular plain paint, hoverboards could be seen rolling to and from class, crossing the streets or being ridden in the elevators.

It was the new trend, even though these boards are ranged from \$400 to \$800 dollars, easily.

These boards became the most wanted toy this past Christmas and people started taking over the streets with these “lazy machines.”

On top of being an expensive toy, it’s also a very dangerous one. Thousands of videos have been recorded of people falling off of hover boards, ending in a visit to the closest emergency room.

This board, manipulated by the weight

put in the heels or toes, goes as fast as 12 miles per hour. A fall from it can lead to severe injury.

The trick is simple: Get off the board by taking a step back, not forward because that’s how you lose your balance and fall.

When cheaply made hoverboards started catching fire, exploding while being charged or even while being used, these balance boards made it into national news.

The public was advised not to leave them charging overnight since houses were catching on fire while families were asleep.

Even though this scared people big time and videos of hoverboards exploding surfaced like crazy on the Internet, this didn’t keep the public from buying them.

It did spark controversies about safety though, going as far to having them banned from being carried on airplanes.

With this “hover-boom,” regulations had to be made in order to keep it under control.

Some cities have decided to treat these boards as if they were skateboards while others, like Florida, decided to put age regulations in place and require a helmet in order to use them. If these regulations aren’t followed the culprit could be fined up to \$250.

FIU also passed regulations on the hoverboards, prohibiting students from charging them on campus and having them in the dorms.

When I received my hoverboard for Christmas, it took me two days to trust the machine. To my little cousins, it was a matter of 15-20 minutes.

When I finally got comfortable with the board, I realized how difficult it is to use outside. A little rock in my path would send me flying a few feet away.

Also, this board is extremely heavy. 22 lbs on top of a book bag to carry with you all day is a lot to take care of.

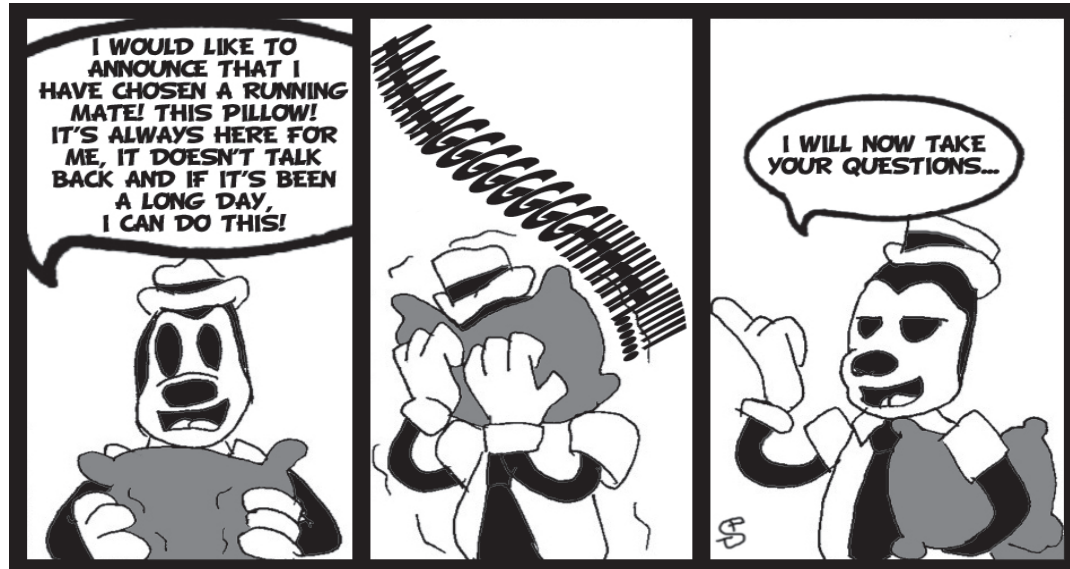
Indeed, it’s a cool gadget to have if you live in a one floor house without a carpet. It gives you a cool sensation of levitation but it’s definitely not worth the \$400 to \$800 dollars.

The weight of the board makes it difficult to transport and you have to have good equilibrium to be able to handle it outside.

This spring semester, the trend has definitely dissipated with all the regulations by FIU and the State.

*Elephant in the room is a column about issues affecting students. Valentina Del Pino is a contributing writer for the Beacon. For further commentary contact Valentina at opinion@fiusm.com.*

## PILLOW TALK



SAM PRITCHARD-TORRES/THE BEACON

## Nature Preserve vote breeds distrust and disappointment

This editorial board is thoroughly disappointed with FIU.

Monday, March 21, FIUSM published the news that the Board of Trustees unanimously approved the construction of two practice fields atop one-third of the Nature Preserve.

This decision came about in the midst of student protest, petition and controversy.

As students of this university, we wonder if this institution has our best interests at heart - or whether our desires fall on deaf ears.

This entire process was, from the start, a losing battle. Students and faculty were informed too late to properly address the issue, and President Rosenberg tried too late to quell resentment from student protesters.

Although there can be value found in the new practice fields for student athletes, it seems to us more evidence of FIU’s prioritization of sports over education, conservation and other forms of life-enrichment. We wonder if all athletes will benefit from these new fields, as well, especially the FIU track team, which still has no place on campus to call their own.

Understanding that the Preserve will eventually be expanded to the south in order to replace the reallocated land, we have concerns regarding the potential approach for quantity over quality. The Nature Preserve has an established ecosystem of diverse wildlife. Any construction could disrupt current systems to the detriment of the entire Preserve.

Wildlife relocation, especially when regarding the relocation of a major water source, is complex. We can only hope that there are plans in place to mitigate the change to the environment so that there is not too much stress on the ecology of the Preserve.

These kinds of occurrences are cause for distrust in a university by its students. We can only hope that FIU can rebuild that trust.

Until then, FIUSM will continue to keep readers updated on the progress of the construction, as well as other pressing matters in the university community.

**POOF!**

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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.

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The opinions presented within this page do not represent the views of The FIUSM 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.

## DROP THE BASS



DARIUS DUPINS/THE BEACON

DJ Leon spins the best of the Drum and Bass genre as students learn what WRGP has to offer, Monday, March 21 in the GC Pit.

## Protesters impatient with Dr. Luke

### NOTES ABOUT NOTES



worst moments in her life.

The worst part about it is that it's public to everyone with access to the internet, but perhaps that's a good thing.

About 35 fans gathered at Sony Headquarters Friday, March 11 and delivered a petition demanding Sony drop music producer Lukasz Gottwald, known professionally as Dr. Luke.

35 fans sounds like a small group of people, especially if they go to a major label and demand to drop a successful music producer because of his gross sexual misconduct with artists.

Ke\$ha, known for hits like "TiK ToK" and "Blow," is going through one of the

However, the petition presented to Sony had accumulated over 411,000 signatures. If Sony thought before that this issue could be ignored, that time has passed. It's grown far too large to be ignored.

The tumultuous relationship between Dr. Luke and Ke\$ha, born Kesha Sebert, started when she signed a six-album deal to his Sony Records imprint, Kemosabe Records, in 2005.

Later that year, she went to a party hosted by Paris Hilton and claimed she was given "sober pills" by Dr. Luke after a night of drinking and woke up nude the next morning at his home.

In 2010, "TiK ToK" was released and embarked on a nine-week reign on the music charts.

Numerous artists have spoken out in anger against

Dr. Luke after he won the February 18 hearing. The judge's ruling was that if Ke\$ha wanted to leave her contract with Dr. Luke she'd have to release three more albums.

Artists such as Lady Gaga, Ariana Grande, Halsey, Lily Allen, Lorde, Bethany Cosentino of Best Coast, Wale, Demi Lovato, HAIM, Snoop Dogg and many more have offered their condolences. Some have even cited similar behavior when working with Dr. Luke in the past.

Kelly Clarkson, winner of the first season of American Idol, has contested to how demeaning he is in the studio and that he is not a good person, further fueling the flames.

*Notes About Notes is a column focusing on music news and live events. For commentary or suggestions, email life@fiusm.com.*

## Getting through the day on little to no sleep

LAURA LEA GOLDBERG  
greatisti.com  
TNS Staff

As a certified holistic chef, it's humbling to admit that one major aspect of health continues to elude me: sleep. I've battled insomnia for the last 10 years, trying every Western, Eastern, prescription, OTC and home remedy imaginable. Some work for spats of time, but ultimately, I've accepted that my sleep is consistently inconsistent.

I've also become fed up with the innumerable articles, books and expert opinions about the importance of sleep. The people who benefit from this barrage of literature are those who can sleep well but just don't make or have the time. For us insomniacs, it's all just salt in the wound. Trust me, no one understands the importance of sleep better than an insomniac.

That's why I've decided to approach my sleep struggles with a new tactic. Instead of spending precious energy on fixing my sleep during the night, I've turned my attention to the best ways to manage my sleeplessness in the morning.

Through research and ample personal experience, I've gathered countless tips for optimizing productivity and happiness when I'm suffering from exhaustion. I certainly don't advocate skipping your zzzs if you can help it, but I've also learned that poor sleep doesn't need to ruin your life.

Following these suggestions

won't make your fatigue disappear completely, but it can seriously combat the damage and help you get through your day.

### 1. VETO COFFEE

Don't shoot the messenger. Coffee has the tendency to jack up our stress hormones, which exacerbates the less-than-ideal condition of exhaustion. Plus, coffee can suppress appetite, encouraging you to rely on its "fake" form of energy instead of real nourishment from food.

If you're die-hard about having it, drink a small cup paired with a healthy fat or protein. Adding a little almond or coconut milk can also mitigate some of the jittery effects.

### 2. MAKE THIS REFRESHING CONCOCTION INSTEAD

OK, this is technically something to do the night before, but I swear by it. In the evening, steep 2 cups of hot water with your favorite herbal tea, add the juice from one half of a lemon, and 1 to 2 drops stevia (optional). Refrigerate overnight, and this cooling, hydrating beverage will invigorate you in the a.m.

Caffeine isn't the only way to be energized. Check out the uplifting benefits of some of my favorite herbal teas:

\_ Ginger's "zing" factor wakes up your senses.

\_ Licorice has been shown to replenish the adrenals, which can

increase energy.

\_ Rosehip and ginkgo can also have a rejuvenating effect.

### 3. BLAST YOUR FAVORITE UPBEAT MUSIC

When you wake up, switch your phone off the airplane mode setting (that you should be using while you sleep!) and hit play on your favorite Spotify jam. When you're feeling crummy, hearing a song you love can instantly boost your mood and put a reluctant smile on your face. It's like getting tickled, but in your ears.

### 4. TAKE A SHOWER AND FINISH WITH 30 SECONDS OF COLD WATER

If you can bear it, a short stint in a cold shower will get your blood flowing and increase your alertness. Bonus: Cold showers have also been shown to improve your tolerance to stress and boost circulation. And really, you can do anything for 30 seconds!

### 5. EAT WITHIN AN HOUR OF WAKING UP

When you're wiped out, your body is automatically in a state of stress, pumping out cortisol and adrenaline to make up for a natural lack of energy. Waiting too long to eat is going to force those hormones to work even harder, and this is a one-way ticket to carb cravings, foul moods, and energy crashes all day long.

### 6. MAKE A BLOOD SUGAR-

### FRIENDLY PLATE

If you nail these guidelines when choosing your breakfast, you'll have sustained energy to power your sleepy self through the morning.

\_ Keep sugar content moderate to low, even the natural kind from fruit and honey.

\_ Add healthy fats from foods such as avocados, coconut, or grass-fed butter.

\_ Include protein from pastured eggs, organic nut butter, grass-fed lean meats, or quality protein powders.

Some ideas:

\_ 2 pastured eggs fried in grass-fed butter with a side of leftover veggies

\_ Smoothie with avocado, frozen banana, handful of spinach, splash of vanilla extract, 2 to 3 drops stevia, 1/3 cup almond milk and a cup of water

\_ Apple sprinkled with cinnamon and dipped in almond butter

\_ 3 tablespoons chia seeds mixed with 1 cup light coconut milk, 1 teaspoon honey and set overnight. Top with berries in the morning.

### 7. FAKE IT 'TIL YOU MAKE IT

I know it can seem like an impossible task to put on makeup when you can barely stop yawning long enough to brush your teeth, but it's worth it! Blow dry your hair, put on a blazer, spritz your favorite scent - whatever makes you feel fly. When I take the time to put myself together, looking the part (even if you don't feel like it) can help bolster flagging spirits.

# Ytamo album makes the case for 2016 being a year of optimistic music

## SELECTED ANALYZED WORKS



CINDY HERNANDEZ

Ytamo's album "MI WO" is an ambitious album for what it blatantly attempts and succeeds at beautifully. By turning electronic music into a venue for the organic, the natural and seasonal, Japanese musician Ytamo propels the sounds of the fake as living cohesively, like clockwork, but without unnecessary optimism.

In short, the normalcy of the samples used elevates Ytamo's approach to plunderphonics as the natural order of the world, not the kind of interesting juxtaposition we originally attempt to ascribe to it.

We begin on Ytamo's journey with "Hamon," beginning with the sounds of lullabies

played by toy instruments and the distant high notes of an opera singer as water drops against a Edo-period Japanese percussion style. Trumpets come in, perhaps announcing the arrival of something greater.

Kind of like Gershwin's "Rhapsody in Blue" that mimics through jazz the insanity of industrial sounds against a bustling city, the second track "Autopoiesis," employs the sounds of machinery, car alarms and printers failing into a harmonious byproduct of the sounds around us everyday.

A dreamy, emotional saxophone and Ytamo's ethereal singing, reminiscent of early Grimes from her first album, "Geidi Primes," along with a strong percussion that sounds like deep house, dancehall than plunderphonics mess firmly sets Ytamo's inspirations as reflective, yet highly enjoyable.

On "Colorful Waves," we have a playfulness reminiscent to Japanese pop origins.

The listener gets a vibe like Shibuya-kei and city pop, especially with its mid-century lounge aesthetic.

The cutesy synth keyboard makes a position for the optimism this album so greatly champions.

That cuteness extends itself into the more Moog synth heavy "Human Ocean," the lead single off of "MI WO."

On this central track, synth and classical piano battle against the sounds of nature and Ytamo's adorable vocal stylings and cement a playful rivalry in the instruments used on this album, almost becoming a metafictional look at what it means to make an album so multifaceted in 2016.

On "Hen," soft meows and little bleeps and bleeps glitch together against maracas

for a harmonious view of domesticity with a pet, like the official soundtrack to "Nintendogs+Cats."

It's insane that something this vaguely chiptunes related can sound so mature, but it shows the extent that Ytamo has used these sounds to fabricate optimism into elegance, not joyous manic laughter.

On "You Me," we find Ytamo singing, welcoming us into the comfort of her constructed universe by her ethereal, sing songy repetition of "hajimemashite," which is a phrase to welcome newcomers in Japanese.

My favorite track is "100 Birds." It uses one of the most universal symbols of the natural world as a place that perhaps isn't so chaotic after all; birds replicating their flight and pitter patter of webbed talons through an electric wind chime and a playful drumming

that sounds like patty cake.

It's the perfect soundtrack to watch 100 birds fly overhead on Mt. Fuji perhaps.

On the final track, "Sensational Area," we get a full scope of Ytamo's vision, finally culminating in an end to traditional instrumentation, but with the most melodic, classical musical styling of any song before hand, like the climax of pleasure and joy at the end of Bjork's "Vespertine" with the track "Unision."

Bjork asks a lover to "unite, tonight" and on "Sensational Area," Ytamo asks us to unite to the idea that the future isn't so scary after all, with sunshine as opposed to snowy winters.

*Selected Analyzed Works is a column that discusses selected works of the RPM genre. For suggestions or comments email [life@fiusm.com](mailto:life@fiusm.com)*

## 'Creative Control' a twisted tale of technological excess

SOREN ANDERSEN  
The Seattle Times  
ITNS Staff

Amid all the pill popping, coke snorting, dope smoking and booze guzzling that goes on in "Creative Control," it's technology that's the drug giving the main character his highest highs.

And, not surprisingly, the pernicious combination of all those intoxicants leads to some

very low lows.

It's a pair of super-high-tech, virtual-reality spectacles that upend the life of David, a speedy New York ad executive played by the picture's director/co-writer, Benjamin Dickinson (Micah Bloomberg shares screenplay credit).

Dissatisfied with his love life, he uses the specs to cheat on his live-in yoga teacher girlfriend (Nora Zehetne)

by creating a holographic lover patterned after the girlfriend (Alexia Rasmussen) of his fashion-photographer best friend (Dan Gill).

And yes, that's very wrong on very many levels.

Shot in creamy black and white (cinematographer Adam Newport-Berra turns the offices and after-hours hangouts of the 20- and 30-something characters

into glossy playlands), "Creative Control" is a hypnotic voyage into a society where technology addiction comes to rule and ruin those who fall under its seductive spell.

Dickinson has populated his world, which is ever-so-slightly ahead of our own, with such leading-edge creative types as comic/musician/former Seattle resident Reggie Watts; Jake Lodwick, co-founder

of the video-sharing website Vimeo; and Gavin MacInnes, co-founder of the digital-media company Vice Media. All play characters very closely modeled on their real-life selves. It's all extremely meta.

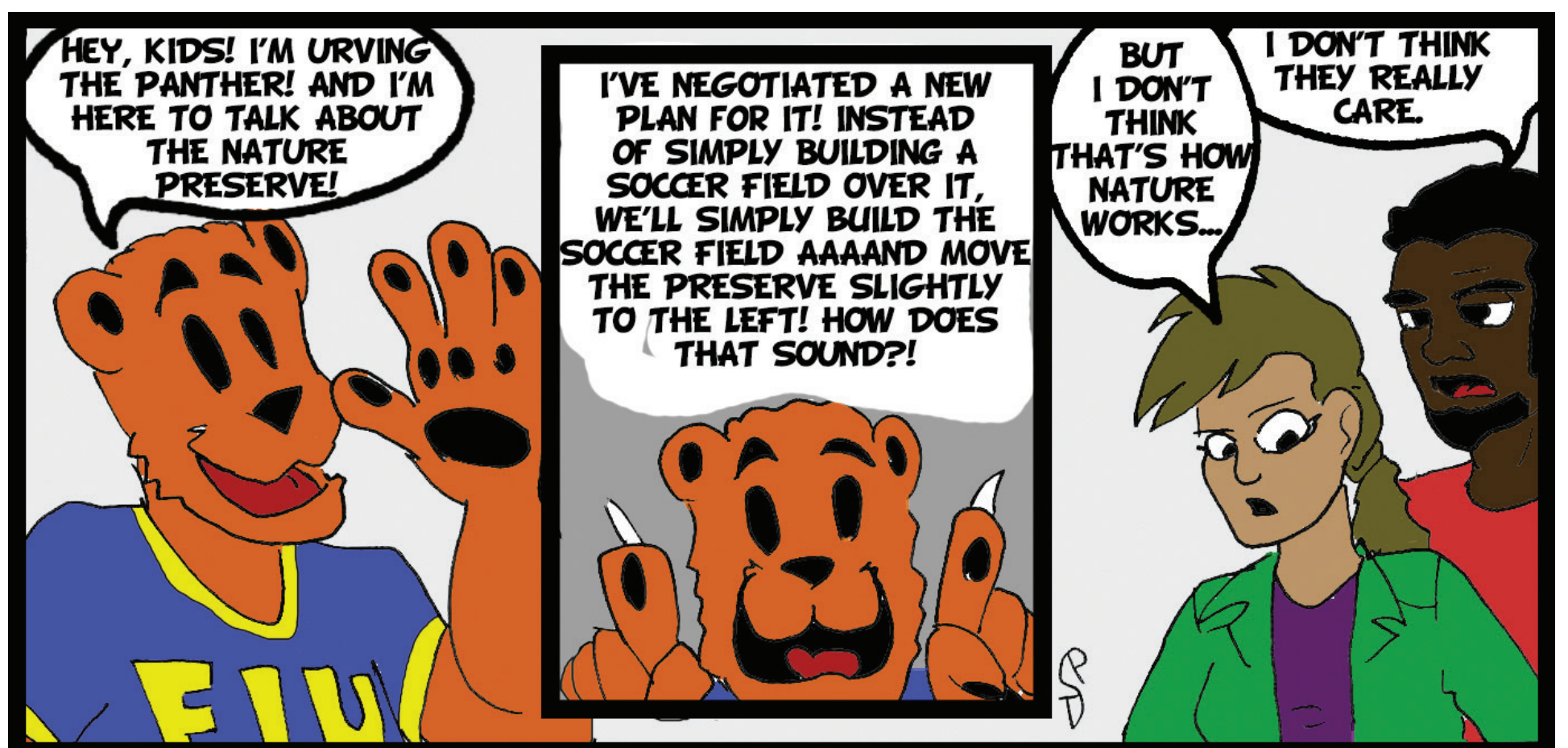
David is an account exec tasked with creating a marketing campaign for the glasses. Dickinson makes sharply pointed jabs at ad-agency culture where the pressures to

come up with ways to satisfy customers' often shifting desires for irresistible messaging can reduce people like David to quivering, vomiting wrecks.

When the pressures get to be too much, there are always drugs and drink to ease the pain and virtual reality.

But as "Creative Control" makes plain, all that only leads to different kinds of pain.

## THE DEAL



## SOFTBALL

# Panthers bounce back after four straight losses

**SANTIAGO ARCHIERI**

Staff Writer

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The softball team packed their bags and set on their way to their first road games against Conference USA opponents this season.

On Saturday, March 19, FIU was set for a double-header against the Lady topplers of Western Kentucky, a team that was playing their first conference matchups of the season.

The first two innings were defensive battles as neither team was able to get on the scoreboard.

However, Western Kentucky got off their slump on quite a note, as a two-run third inning sparked a fire in the Hilltopper bats and they went on to score in every inning afterwards en route to 10-2 victory.

The first two Lady Topper runs were off FIU errors, who committed three for

the game.

Two home runs by Jordan Mauch was just part of the problem that FIU had to face because the Ladytoppers had four total homeruns for the entire game.

The loss was the first conference defeat for FIU in the season, dropping to 3-1.

Corrine Jenkins (4-5) dropped back under the .500 mark for the season after pitching 3.1 innings, allowing six hits, three earned runs, two walks and a lone strikeout.

The Panthers had to regain their composure for the second game of the double-header and it came right down to the wire.

FIU was down 2-0 heading into the final inning of play, but five hits and four runs gave the Panthers a 4-2 lead.

Gaby Spallone hit a two-RBI single to give FIU their first lead of the game and Dani Mowry provided some cushion with an RBI single of her own.

However, the Lady topplers would match the FIU comeback. The Panthers have had a problem all season long thus far allowing unearned runs to cross home plate and it was a fitting way for the game to come to an end.

Rachel Dwyer (2-2) took the loss, although she faced only one batter as a reliever and committed a walk.

Megan Kugelmann allowed three runs in six innings on the mound, with two strikeouts and two walks.

On Sunday, March 20, the Panthers had one last game in Bowling Green against the Lady topplers. After averaging three runs in the first two games, FIU burst out with a 16-7 win over Western Kentucky to close the series.

The win marks the Panthers first conference road victory of the season.

The game got off to a hot start for FIU as they recorded six runs in the opening inning. Stephanie Texeira recorded the

first RBI's of the game with her single.

The Panthers added some runs with a combined nine runs in the third and fourth inning. The 16 runs by FIU matches a season high and is the most since the 16-9 win over UAB in April of 2015.

Jackie Schoff had three runs for the Panthers while Ashley Leon batted in three. A.J Belans also had a great day, going 2-2 with four runs and two RBI's.

The win went to Megan Kugelmann. The freshman is now 6-2 for the season, finishing the game with just two earned runs.

The win also put FIU at 18-14 for the season and 4-2 in Conference USA.

Their next task will be at home, where the Panthers are undefeated in conference play, as they take on the UTEP Miners Friday, March 25, for a double header and Saturday, March 26.

## BASEBALL

# Jacksonville splits spring break series versus Panthers

**LOUIS' HACKS**



**LOUIS AGUDELO**

The two teams exchanged runs in the first two innings and pleasantries between the home-team's hecklers.

Some of the FIU players, namely Kolby Folis, earned what is known as a "Golden Sombrero", that's when a batter goes 0-4, with four strikeouts in one game. The heckling can't have been helpful to him with that going on.

Folis said after the game, "Anyone who tells you they can't hear anything on the field is lying. They're full of it."

The cheering from the Dolphins side got louder than in the bottom of the fourth when they put one more on the board with a wild

pitch, making the score 2-1 in JU's favor.

The way the game was going, it seemed as if 2-1 was going to be the final score, as well.

The 8th inning featured a hit from Nick Day that scored a run and an error at third base for the Dolphins that let another run score.

These two would prove to be the difference and FIU would go on to take the first game of the quick mid-week series and their first come-from-behind victory of the week.

Wednesday, March 16, got off to a quick start with rocket-shot off the bat of Austin Hays and over the left field wall in the blink of an eye, giving the Dolphins 1-0 advantage over the Panthers.

Another run would come across before the end of the first inning and it would be 2-0 going into Kolby Folis' first attempt at coming back from his golden sombrero. He managed to turn an inning ending

ground out to the shortstop into an infield single that would have loaded the bases, if not for a poor piece of base running that got FIU's lead runner out to end that half of the inning.

Not much else happened until the bottom of the third when a lot of speed and a little more luck scored two more for the Dolphins.

JU had a 4-1 lead, up until the top of the next inning, when with two outs, when the Panthers chose to get a large portion of their hitting done this season,

Jack Schaaf sent a three run opposite-field homerun over the right field wall, after fouling a ball off his knee and striking out the previous at-bat.

Willy Fabra came into relieve Michael Agis to start the bottom of the 4th.

During the bottom half of that inning, Zach Files took a pitch over 405 feet away to straight away center and over the fence, to give

FIU its first lead of the night.

Later, in the 7th inning, a premium heckler moved from his position behind center field to one right next to the FIU dugout. It didn't seem to be much of a nuisance to the visiting FIU team as they were having fun hearing their teammates be put through the ringer.

A sac bunt moved runners to second and third and a Franko Guardascione 3-run homerun put JU ahead of FIU by two.

Parker Perez then hit the top of the scoreboard with a two-run homerun of his own in the bottom of the eighth, delivering what seemed to be the dagger, until Austin Hays added insult to injury with another solo home run and the score was 10-5.

FIU tried to pick up their second comeback win of the season, but 12 hits just wouldn't be enough this game and the summary of it came in the form of a bomb hit off the bat

of Jack Schaaf in the bottom of the ninth inning to straightaway center.

If the hit carried just one or two more feet, would have been enough to clear the fence, but didn't, and was caught at the fence, followed by a strikeout to end the game.

A couple more scoops of Wheaties might be what Schaaf and the rest of this team need to get over the hump.

While Coach Thomas doesn't seem too concerned, the Panthers might have a lot of losing headed their way if they can't clutch up in key moments.

*Louis' Hacks is a weekly column about the FIU baseball team. To contact Louis email him at louis.agudelo@fiusm.com*

## NBA

# Heat open to Chris Bosh's return this season

**JASON LIESER**

The Palm Beach Post  
TNS Staff

With Chris Bosh still pushing to get himself back on the court by the end of the season, the Miami Heat have no expectation of whether or not they'll get him back.

Bosh has been out with an apparent blood clot since the All-Star break and issued a statement two

weeks ago making clear he intends to return. There was a report from Yahoo! Sports that the team would like him to sit out the rest of the season for health's sake, but president Pat Riley shot that down Sunday at the team's annual Family Festival.

"We're supportive of Chris and what he's going through and we're just going to wait and see what the future holds," Riley said. "Right now, that's

the way it is. There really isn't any comment. I have great empathy for the man. I know how much he wants to play. We'll see how that goes."

When pressed specifically for the team's stance on Bosh trying to play this season, Riley answered, "Open-minded, absolutely open-minded. That's our position."

Bosh was the only player who did not attend the event,

which raised more than \$610,000 for the Jackson Memorial Foundation and SafeSpace. Udonis Haslem helped children apply temporary tattoos, Dwyane Wade danced on stage with rapper Vanilla Ice and the rest of the players mingled with the crowd for selfies throughout the afternoon.

Bosh has been around the team the past few weeks and has been sitting on the bench, though he has not

spoken to the media or made any public statement other than the aforementioned one.

"I have been working out, training with the team, watching film of the games, walking through plays, and have attended home games despite not being visible to the public," he said March 10. "I remain positive that I will be able to return this season."

While Bosh was at

Saturday's 122-101 victory over Cleveland, he has been mostly preoccupied with his home life. His wife, Adrienne, gave birth to twin boys last week.

He was arguably the team's best player before going down. Besides being one of the most versatile defenders in the NBA at his position, he was averaging 19.1 points and 7.4 rebounds per game while shooting 46.7 percent from the field.

## SAND VOLLEYBALL

# PANTHER PROFILE

## Boulanger looks to help lead Panthers to national title

**STEFANO RIVERA**  
Contributing Writer  
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The women's beach volleyball team has increased its win total each season since its startup in 2013. Beginning with only five wins in their first season, to reaching 20 last season, the Panthers are a model of a rising program.

Junior, Marina Boulanger, has had a similar trend throughout her years competing for the program. Before FIU, Boulanger attended Dos Pueblos High School in Goleta, California, where she played volleyball all four years. She was also part of the USA U19 National Team.

During her freshman campaign for the Panthers in 2014, Boulanger posted a record of 9-8, just above .500.

She also competed at the No. 1 spot in the AVCA National

the same amount of loses.

Due to many of the seniors that developed to be the heart of the team, Boulanger only competed in the No. 3, 4 and 5 positions. However, in the 2015 AVCA National Championships, then senior, Darija Sataric and Boulanger defeated Florida State University's No. 3 duo.

"My sophomore year, I took everything that I learned from my freshman year and tried to really implement it into my game, that's probably why my game has doubled in wins," said Boulanger, "this year I plan to do the same thing, just use all the skills that I've learned the past years.

She played her best when paired with graduate student, Tina Toghiani, almost going unbeaten with a 9-1 record.

"We are very loud and have very big



and succeed in our games."

Due to the Panther's deep roster, Boulanger has only been called to participate in three matches this season, all coming in the FIU Fort Lauderdale Beach Invitational. Paired with junior, Anabela Sataric, she has gone 1-1. Together they dismantled the University of New Orleans 2-0, but dropped a tightly contested, three set match to Louisiana State University 21-19, 18-21 and 13-15.

Against Jacksonville University and paired with graduate student, Martyna Gluchowicz,

Boulanger swept the competition 2-0 with a dominant win. Although the sample size, three games, has been small at the start of this season, she features to be a vital

aspect of the team moving forward.

The Panthers are currently ranked No. 10 in the AVCA Collegiate Beach Poll, but have fallen the past two weeks.

Boulanger knows the road to the top will not be easy, but a process that will require patience.

"[My goals are] being first in the East coast, getting to Nationals, everything is a step process, and then winning Nationals," said Boulanger, "personally, being the best player that I can be, helping my teammates and winning my games."

Boulanger, along with the Panthers, will be in action this weekend, Friday, March 25, and Saturday, March 26, as she looks to improve her record at the Stetson Invitational.

## TENNIS

## Panthers break record with 10 game win streak

**REINALDO LLERENA**  
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The No. 57-ranked FIU women's tennis team broke a school record and faced tough competition over the past week at the FIU Tennis Courts.

The Panthers (13-2) extended their win streak to 10 games, a new school record. The team defeated Butler University and UTEP to break the record for most consecutive wins. The streak was snapped when Columbia University defeated the Panthers, 4-3, on March 15.

"I'm proud of my girls," said coaching assistant Jacki Alawi after a Thursday, March 17, win over Yale University. "They have shown more character this season and are more willing to fight for wins."

As of March 17, the Panthers are 2-2 when losing the doubles point in matches. The Panthers remain undefeated on the season when they win the doubles point.

"Doubles are never the end of the match," said junior Nina Nagode after the Tuesday, March 15, loss against Columbia. "Sure, it makes the singles matches easier, but it's not the end of the match. Anything can happen in singles matches."

The Panthers made quick work of Butler Tuesday, March 8. The Panthers claimed the doubles point to start the match up 1-0. Then, the Panthers won every singles match in straight sets to shut out the struggling Bulldogs, 7-0. The win against Butler was the Panthers' sixth shutout win of the season.

"We're all on the same page," said redshirt freshman Andrea Lazaro after the match. "We've improved on our doubles play this season and we're all focused on our main goal, winning the conference tournament and making the NCAA tournament."

To break the school record of most consecutive wins, the Panthers had to go through conference-rival UTEP Friday, March 11.

The Panthers blanked the UTEP Miners, 4-0, on their way to their 10th-straight win, a new school record. The win was the seventh shutout of the season for the Panthers.

"Breaking the school record doesn't feel like anything," said head coach Katarina Petrovic after the match against the Miners. "I've been waiting for this to happen since last year. This is the best team I've ever coached and we have the right people around this team to make it as successful as we've been this season."

After shutting out the Miners, the Panthers faced their toughest opponent to date, the No. 41-ranked Columbia Lions.

The Panthers lost the doubles point when senior Carlotta Orlando and Lazaro lost to Kanika Vaidya and Adi Milstein, 7-5.

The duo of freshman Maryna Veksler and Nagode defeated the No. 59-ranked doubles team of Rima Asatryan and Alexandra Solovyev, the only doubles win for the Panthers.

However, the Panthers came back strong in singles play.

Lazaro clinched the Panthers' first point when she defeated Solovyev, 6-2, 6-1, and senior Kaitlin Brozovich got FIU's second point. The senior defeated Vivian Cheng, 6-0, 6-3, and improved to 14-8 on the season.

Nagode chipped in with her win against Asatryan in straight sets, 6-2, 6-3.

But Columbia came back strong after being down 3-1 versus the Panthers.

Vaidya (No. 52) defeated Veksler in straight sets and sophomore Nerma Caluk lost in three sets to Kevakian, which tied the match at three. Orlando fell to Makarome in her third and final set, giving the Panthers their first loss since their home opener on Jan. 29.

"It's not frustrating that we lost," said Nagode after the match. "Our main problem is that we stopped believing in ourselves, that's the frustrating part. The little things killed us."

Two days after the loss to Columbia, the Panthers rebounded versus Yale University. The match came down to the final match again, but Caluk would pull out a straight-set victory versus Courtney Amos to win the match for the Panthers.

The Panthers won four singles matches to top Yale, 4-3. The Bulldogs won the doubles point and carried a 1-0 lead heading into singles play.

Lazaro, who was moved into the No. 3 spot in the lineup, won her match in straight sets versus Ree Ree Li to tie the match at one. Orlando, who moved down to the No. 4 in the lineup, won her match in straight-sets versus Sherry Li.

Yale climbed back to take the lead, 3-2, when Brozovich and Veksler lost their matches in straight sets.

But Nagode and Caluk would win their respective matches to give FIU the comeback victory over the Lions. The win was FIU's twelfth of the season.

On Friday, March 18, the Panthers had a default victory, 7-0, over UW Milwaukee. The win improved the Panthers' record to 13-2.

The Panthers will next play Brown University at the FIU Tennis Courts for their final home game of the season. First serve is set for noon Sunday, March 27.

“

We are very loud and have very big hearts for the game

Marina Boulanger  
Junior  
Sand Volleyball

”

Championships in Mobile, Alabama. In 2015, her record (19-8) improved drastically, increasing her win total by 10, while finishing with

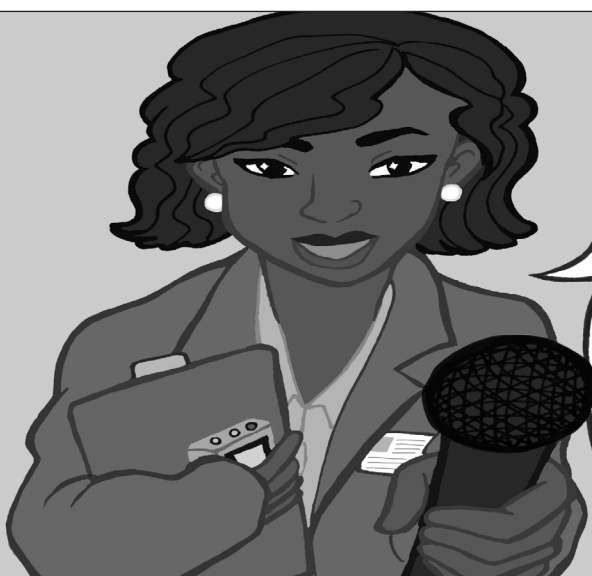
hearts for the game," Boulanger said, "I think that together we care so much that our love for the game just really gave us that will to win

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## Dolphins' Ryan Tannehill finally has coach who 'has my back'

**ARMANDO SALGUERO**  
*Miami Herald*  
TNS Staff

Ryan Tannehill was the picture of health Monday afternoon. The NFL's most-sacked quarterback the past four years spent weeks after the 2015 season recovering and rehabilitating from his latest round of beatings. He's no longer urinating blood as he was after one particularly savage game. The bruises he wore throughout the season have mostly faded.

But when the Miami Dolphins quarterback says he's "happy" and "excited," it's not just because defenses have stopped the abuse. It's not because the pain from without has taken a pause.

Ryan Tannehill was also smiling because the obstructions from within his own organization have stopped.

Tannehill's coaches are no longer abandoning him, setting him up for failure, or otherwise throwing him under proverbial buses. One teammate's wife who called him a "bum"

in the most public of forums is gone because the teammate, Brent Grimes, is gone.

Things changed dramatically for Ryan Tannehill when the Dolphins hired Adam Gase as their new head coach.

His relationship with the head coach changed. His stature in the locker room changed. And that might mean everything changed for Tannehill.

"[Gase] has made it abundantly clear to me that we're on the same team," Tannehill said. "He has my back and just to have that reassurance, that confidence in me, it's huge.

"It gives me a lot more confidence in the things I can do and how I can carry myself. I can just believe he's always going to have my back. Obviously, you have to play well to keep your spot. But just to have his confidence going in and that he's going to have my back, it means a lot."

Fixing Tannehill is Job 1 for Gase. It is as much as anything the reason Gase was hired despite being only 37 years old and having never been an NFL head coach before.

And the new coach, being a quick study,

recognized immediately that rehabilitating Tannehill was not just about making him physically sound again. It was also about making him confident again, making him feel valued as a franchise player again.

Gase wanted Tannehill to know that he \_ perhaps for the first time in years is inexorably tied to the head coach.

Tannehill didn't feel that way when he heard that former coach Joe Philbin wanted to select Derek Carr in the first round of the 2014 draft a move that would have ended Tannehill's days in Miami.

Tannehill couldn't have felt certain of his status when Philbin gave him private assurances about being the starter early in 2014 but refused for a couple of days to make those same assurances in public.

And Tannehill didn't feel that way when Philbin hired coaches who refused to give the quarterback the reins to the offense. Under former offensive coordinator Bill Lazor, Tannehill never had the option to audible at the line of scrimmage to any play other than those

set by the coach before anyone saw how the defense deployed.

The audible issue handcuffed the offense from a football perspective. But the issue was deeper than that because it was an open manifestation of the team's mistrust of Tannehill.

Think of it: Coaches not knowing how the defense would look on the field thought they knew a better play than Tannehill even after he saw the defense line up right before his eyes.

Things will change under Gase. Although Tannehill won't get the offensive reins right away, he will get a chance to be more of the offense's on-field steward rather than just another cog in the machine.

"I'm really looking forward to it," Tannehill said. "We've been in some adverse situations, and to be able to have a head coach and offensive coordinator that give me that freedom to attack teams that way, give me the versatility at the line of scrimmage, it's exciting for me. It's something I'm really looking forward to and can't wait to get started on."

## Battles rage over controversial names on campus

**KATY MURPHY**  
*San Jose Mercury News*  
TNS

At universities across the country, centuries-old names that adorn buildings, streets and squares are under siege, from Stanford's Serra Mall to the University of California, Berkeley's Barrows Hall to Yale's Calhoun College.

Once widely revered in a different era, a priest, anthropologist, vice president and dozens of others whose names are etched on college campuses have become the subject of a historical autopsy.

Students, inspired in part by the Black Lives Matter movement, are calling for the removal of symbols honoring people connected to slavery and colonialism.

This month, the renaming movement is gaining momentum at Stanford, where a student campaign is taking aim at Father Junipero Serra. The 18th-century Spanish missionary's name is ubiquitous on campus, but his detractors, backed by the student government, argue the newly sainted Serra, whose role in the assimilation and exploitation of Native Americans added controversy to his canonization last year, should not have dorms, halls or streets named after him.

It is "important for the university to recognize that we need to reinvest and re-appropriate these spaces in the names of indigenous people," said Leo John Bird, a Stanford junior from the Blackfeet Reservation in Browning, Mont., who has pressed for the changes.

Students from UC Berkeley, Amherst, Yale, Princeton, Georgetown and many other campuses in the past year have started similar

campaigns - and the results are starting to show.

The movement "has now reached the fulcrum moment where it is going to start rolling downhill and taking everything with it," said Alfred Brophy, a professor at the University of North Carolina School of Law and an expert in reparations history and law who has been observing the trend.

A Harvard Law committee this month recommended the school ditch an unofficial seal bearing the family crest of Isaac Royall Jr., an early donor who got rich from the slave trade. Amherst trustees in January voted to drop "Lord Jeff," the school's unofficial mascot inspired by Lord Jeffery Amherst, the 18th-century British army officer for whom the town was named, and who suggested that smallpox be used as a weapon against Native Americans.

The shootings at a black church in Charleston, S.C., last June moved Yale's leaders to consider renaming a residential college named after John C. Calhoun, a statesman and vice president under John Quincy Adams and Andrew Jackson. In a speech in August, Yale President Peter Salovey said Calhoun, an 1804 Yale graduate, "mounted the most powerful and influential defense of his day for slavery."

UC Berkeley did not agree to change the name of Barrows Hall to honor the Black Panther Party revolutionary Assata Shakur, as the Black Student Union demanded last year. But last week the school revealed senior campus officials were conducting a "comprehensive assessment of all of the building names" on campus.

Stanford is about to

undertake a similar review. The president and provost have announced a new committee led by history Professor Emeritus David Kennedy to set principles for campus names.

"Not all of those names are names of people that have unblemished histories," Provost John Etchemendy told the Faculty Senate this month. "So we want to be able to apply the principles, not just to the Serra name but to other names to determine whether or not they should be changed."

Not everyone agrees with the rush to rename. Some critics argue that the offending figures, living in the norms of decades or centuries past, are unfairly being held up to modern standards.

Serra wasn't perfect, but "it seems incredibly harsh to judge him by these exact moral standards that we hold today," said Stanford student Harry Elliott, who is Catholic.

Renaming buildings won't fix the problems facing minority students on college campuses, but it is a powerful step nonetheless, said Anthony Williams, a UC Berkeley sociology major from Vacaville.

"How do we make spaces inclusive in a university system that was never meant to include us?" he asked.

Williams, who is African-American, and fellow student Bradley Afroilan, who is Filipino-American, created an art installation outside of Barrows Hall to bring attention to the debate \_ and to David Prescott Barrows, an anthropologist whose book about the Philippines, published in 1905, referred to its people as "little savages."

His name, as students point out, is on a hall housing the university's ethnic studies

department.

"We have this building named after this person who depicts us as below-human," Afroilan said. "Here at Berkeley, we're still trying to find a way to make this the public university it's supposed

to be."

Even if Berkeley agrees to take Barrows' name off the hall, it is unlikely to rename the building after Shakur, a former Black Panther who was convicted of killing a

New Jersey state trooper before escaping prison and fleeing to Cuba. Williams said he would welcome the name of black scholars from Berkeley, among others.



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