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## The Beacon, Match 28, 2016

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## Candidate disqualified from SGA race

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The Supreme Court of SGA at FIU has ruled Jose Sirven, Access FIU's presidential candidate, ineligible to run for SGA President.

"[Sirven], according to the Constitution of the Student Government Association, is ineligible because in order to run for President he must have held an SGA position for at least a year," said Juan Gilces, vice president of SGA, in an interview with Student Media.

Sirven argues that his position as president of the Resident Hall Association counts as an SGA position, since RHA is a bureau under SGA.

"I get paid by SGA, I'm invited to the SGA banquet, I have to go to all the cabinet meetings because RHA is an SGA and SGC-MMC agency. The Senate is able to remove me [as RHA President] because the senate created RHA and made it into a governing council," said Sirven to Student Media.

Gilces said, "We are not saying that RHA is not part of SGA. What's being questioned is whether Mr. Sirven has held an SGA position before and if RHA counts as an SGA position."

However, Sirven says there is no clarification on the term "SGA position" in any government document.

"The closest to that term that the government documents provide is 'SGA official,'" Sirven said. "So logic tells us, anybody who occupies a position in SGA is an SGA official."

Though RHA is a bureau under the jurisdiction of SGA, RHA operates under its own governing documents and conduct its own elections to their executive board, according to Gilces.

"These individuals [the RHA executive board] are not elected or appointed by the Student Government. They are elected by the students that they serve," he said.

Gilces says the RHA president does not represent the housing students, instead the president enhances resident's experiences through programming.

"The people that represent the housing students, are the housing Senators, who are part of SGA Legislation," he said. "RHA and other agencies are under the jurisdiction of SGA, but their president positions and all other positions are not SGA positions."

Supreme Court Chief Justice Sergio Molina said in a statement to Student Media, "Realistically speaking, the Constitution does not recognize RHA or RHA position as an SGA position."

Sirven and Gilces has confirmed that an appeal has been brought to the Vice President of Student Affairs Larry Lunsford. Student Media reached out to Lunsford for a statement but did not receive one in time for publishing.

Both Sirven and his running mate, Devondra Shaw, must cease all campaign activity as decided by the Elections Commissioner, Luis Callejas.

Initially, Sirven's application was approved by the Elections Board, according to Callejas. In a Writ of Certiorari, a document provided to Student Media by Callejas, Sirven's candidacy was first appealed to the Elections Board.

The Writ says, "The Board has found that there is not enough clarity in the SGA Constitution and Statutes to disqualify Mr. Sirven, therefore his candidacy stands." The decision was reached Feb. 23.

In a statement to

Student Media about the Board's decision, Callejas said, "We looked at multiple documents that are SGA laws and these documents clash with each other."

"The interpretation of these documents is not straightforward because they do not say the same things. Some documents supported Jose Sirven's candidacy and others were less clear on this point," he said.

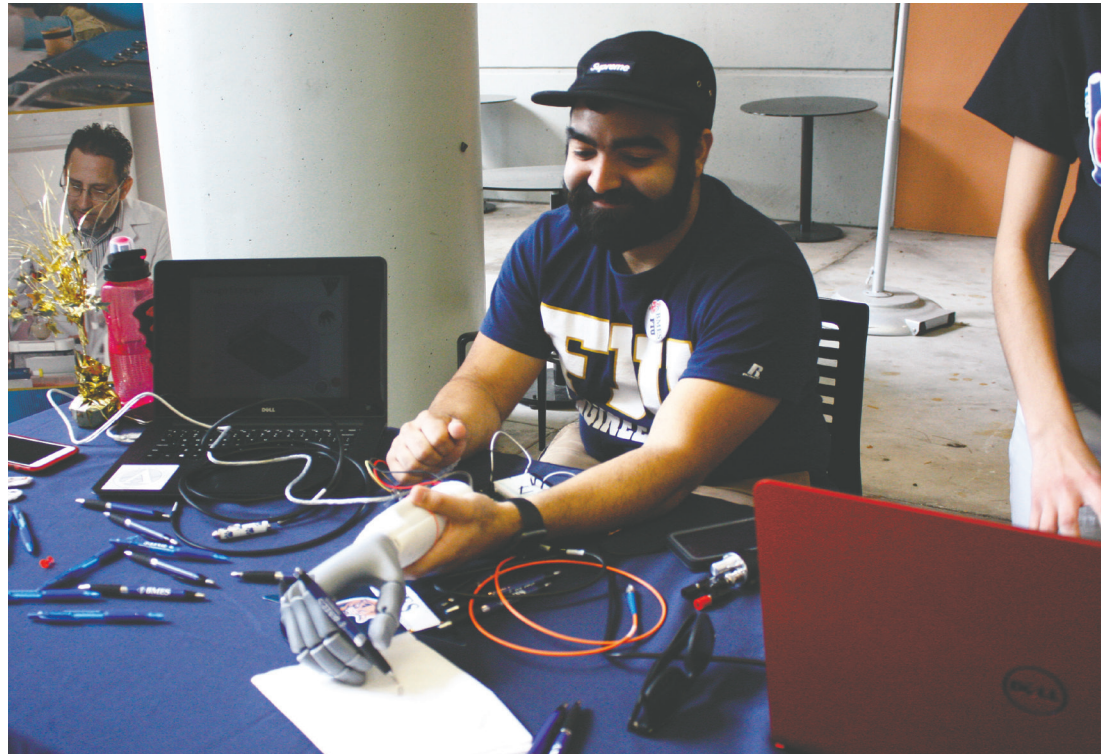
"Beyond the documents which are inconclusive at best, we looked at the reality of the RHA President's position. RHA President meets with the Cabinet, reports to the SGA President and gets paid by SGA. The RHA President is even in the SGA annual photos and is invited to the SGA yearly banquet. There is no difference between these duties and those of a cabinet member."

Callejas said, "In regard to the Supreme Court, they have a right to make their own decision as we did. We stand by our decision because we took many factors into consideration and we came up with a fair ruling."

"Their ruling supersedes any decisions made by the Elections Board just as their decision is superseded by the Vice President of Student Affairs. We are constitutionally bound to uphold their decision and we have already taken the necessary steps to conform with their finding. We have informed Mr. Sirven of his disqualification and will be confirming. Mr. Callozo's victory in the days to come if no further appeal is requested."

Both Sirven and Shaw are still on the ballot for SGA elections. Students can vote on April 5 and 6 with election results announced April 7.

## I AM IRON HAND



NICOLE HERNANDEZ/THE BEACON

Jonathan Rolon, senior Biomedical engineering major, demonstrates a robotic hand built for a project Wednesday, March 23.

## SHS diagnoses Chickenpox case

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A single case of Chickenpox has been diagnosed by Student Health Services, according to an email from External Relations sent to students March 25.

The highly infectious disease results in a blister-like rash, itching, tiredness and fever says the email.

"Chickenpox is a virus that is transmitted either through touching the rash directly, breathing it in around someone who has opened one of the blisters or respiratory droplets," Student Health Services' Director of Medicine Saara Schwartz, PhD, said to Student Media.

Although the virus can be airborne, the moisture droplets that are expelled when someone coughs

or sneezes, and the air around an open blister that contains the virus would only be infectious to someone in close proximity, Schwartz says.

"You'd have to be in close proximity to contract the virus from breathing it in. The virus is heavier than the air around it, and so it drops out of the air. It doesn't remain in the air floating around," said Schwartz.

She also explained the student who was diagnosed was not coughing at the time of evaluation.

While most cases of Chickenpox occur in adolescence, according to the Center for Disease Control and Schwartz, adults are also at risk if they have not previously contracted the virus.

"Adults are at more risk for bacterial infection from scratching and opening the blisters. It's

**SEE CHICKEN POX, PAGE 2**

## 10th Women Who Lead Conference talks tech industry

**TALIA TORBICA**  
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Women Who Lead is an annual conference that enhances the leadership development of female students at FIU, according to Chantae Brown, a Student Ambassador for this year's Women Who Lead Conference.

The conference took place in the GC Ballrooms from 9 a.m. until 2 p.m. Tuesday, March 22 and Wednesday, March 23, and included network breakfasts, panel discussions, keynote speakers and lunch for students on both campuses.

"It's important to have events that empower women, so as to build society and replace the traditional gender roles placed

on women," said Brown. "These events educate society to help women be better integrated into the workplace and achieve success without having to work harder for a lesser pay rate than our male counterparts."

This year, the first keynote speaker at the MMC conference was Kimberly Bryant, the Founder and Executive Director of Black Girls CODE. Black Girls CODE is a non-profit organization that focuses on introducing young girls of color to computer science technology.

The organization's mission is "to increase the number of women of color in the digital space by empowering girls . . . to become innovators in STEM fields, leaders in their communities and builders of their own futures

through exposure to computer science and technology."

Bryant said that during her education, she noticed that there were only a few classmates that looked like her, referring to her skin color and said that she did not want her daughter, who shares the same passion for technology, to grow up in the same environment.

"I did not want her to experience some of the things that I experienced as a woman in a man dominated field," said Kimberly Bryant. "Women and girls are vastly underrepresented in the tech industry, and we are being left out, and left behind, as active participants, in the fast growing industry."

**SEE WOMEN, PAGE 4**



# NATION & WORLD BRIEFS

## Snapchat, looking to bitmojis for ad potential, buys Bitstrips

You as a cartoon? That's what Bitstrips Inc.'s app does, slapping customized avatars onto comical sketches designed to be shared on social media. The messages convey greetings, compliments, inside jokes and Internet memes. They're the kind of bright items that catch the eye when they pop up on Facebook or in text messages and they apparently captured the attention of Snapchat Inc. executives in Venice. Snapchat will spend a reported \$100 million to purchase the technology.

## California pulls back on BPA warnings, angering advocate

Public health advocates are assailing California's move to delay labeling of products containing a chemical commonly known as BPA. A 30-year-old ballot initiative requires businesses to post warnings when hazardous chemicals are present. Last year regulators added a chemical commonly found in can linings called bisphenol A, or BPA, to the list of ingredients that trigger a Proposition 65 label requirement. Scientists found clear evidence of the substance causing "reproductive toxicity" and California moved to require labels by May. But the state is pulling back, arguing the labeling mandate would confuse customers and cut poor people off from fruits and vegetables. A proposed shift would substitute warning signs at the register for notices on grocery store shelves or on cans, bottles and other items that could contain BPA.

## Belgian terror attack is another crisis for troubled Europe

In recent days, Belgian politicians had been warning of a heightened terror threat in Brussels after the arrest of one of the prime players in the November attacks in Paris. In fact, after his arrest, Salah Abdeslam, 26, admitted that he'd been planning attacks in Brussels, and police recovered weapons indicating that he was telling the truth. So Tuesday morning, shortly after 9 a.m., when explosions rocked the city, the targets couldn't have been less surprising: the check-in counters at the busy Brussels Airport and the Maelbeek subway stop near the offices of the European Parliament and the European Commission.

TRIBUNE NEWS SERVICE

# FIU joins the Changemaker Campus Network

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After three years of a rigorous review process, FIU has been designated as a changemaker campus by Ashoka U, the world's largest network of social entrepreneurs.

Ashoka U identifies campuses not only across the United States, but across the entire globe that fit into being a "solution maker" to their communities. The University joined this list of campuses February 25, at the Ashoka U Exchange in New Orleans.

With this designation, FIU joins the changemaker campus network as the nation's number one public research institution in granting the most bachelor's and master's degrees to the Hispanic student population. FIU has been recognized for its Hispanic population of graduates.

Ashoka U has recognized FIU for its commitment to social change. FIU honors the principles of changemaking by integrating them into every academic discipline through the required global learning in the Global Citizenship core curriculum, according to Stephanie Doscher, a leader of FIU's Changemaker Campus initiative.

"Our interdisciplinary global learning courses engage every one of our students in collaborative efforts to understand and address complex problems facing people and the planet," said Doscher, the associate director of

Global Learning, to FIU News.

She says the difference that FIU can make with Ashoka U is the creation and implementation of social innovators. Ashoka's designation will bring FIU students additional resources and global networking connections.

"We are excited to be in such great company, contributing to an environment where our students can collaborate with the brightest minds to address the most pressing issues of our time," said President Mark B. Rosenberg to FIU News.

SGC-MMC is currently working on a platform for a business incubator where students can go to turn their ideas into a reality.

"Let's say you have an idea and you come to this incubator, we will then partner up with other students that have similar ideas, and from there the incubator itself will look for private institutions that might want to invest in your idea," said Alian Collazo, the speaker of the SGC-MMC Senate, to Student Media.

Start-Up FIU will assist the students at FIU by assisting them in the development of their ideas while also turning them into results. This program will allow FIU to assist students in becoming people that will create products and ideas that could potentially open doors to new job creations.

After their ideas are developed within the program, students will then be connected with investors that will invest into their product or

innovation and help make it grow.

One of the Florida State Legislature committees has already approved \$500,000 for Start-Up FIU, the initiative that will allow students to foster their ideas. Of course this can be vetoed by the governor, but due to its approval by the committee, it is possible that the governor will approve it as well.

Collazo adds, "Start-Up FIU is not only going to set FIU apart from other universities across America, but it will also be very vital for the future, our students and our community."

According to Collazo, not only will FIU be the place that prepares students to enter a workforce, it will also be a future hub for social innovation and entrepreneurship.

"Of course not every idea will be a game changer but the skillsets that students will gain from going through the process of looking for solutions to their ideas is what will better prepare them for the real world, after leaving FIU," said Collazo.

The approval from the Florida State Legislature is currently in the works, meanwhile SGC-MMC is currently looking for a place to locate the incubator. After its approval, then the next task would be letting students know that there is an avenue for us all to be solution makers on our campus.

"We've long seen our FIU as a solution center for our community and the world," said Rosenberg.

# SHS diagnoses Chickenpox

## CHICKEN BOX, PAGE 1

really important not to scratch as much as possible, Schwartz said. "Adults are also at a higher risk for pneumonia as a result of contracting Chickenpox."

Both the CDC and Schwartz advocate using the varicella vaccine for protection against the virus.

"The best thing to do is to get vaccinated. It's a two dose series, but a lot of students probably already have it because it's mandatory for most elementary schools. We also recommend being vaccinated when coming into the University," Schwartz said.

Those who are immunocompromised, such as cancer patients, pregnant women or those diagnosed with HIV/AIDS, are advised against getting the vaccination. Instead, Schwartz recommends going to the hospital for Varicella Zoster Immune Globulin if such persons suspect they have been exposed.

Chickenpox generally has a two week incubation period, but it can last anywhere from 10 to 21 days. Schwartz says that those infected will feel sick in the days before seeing the rash. The rash, she says, starts on the head, chest and back first with a concentration on the chest and back.

# THE BEACON

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## NASA discovers possible extraterrestrial life

M TALK



MICHELLE MARCHANTE

When it comes to extraterrestrial life, many would argue it means leaving the factual realm of science and entering the world of sci-fi, but according to NASA's chief scientist, Ellen Stofan, aliens may soon become our reality.

"I think we're going to have strong indications of life beyond Earth within a decade, and I think we're going to have definitive evidence within 20 to 30 years," Stofan said during a live webcast panel discussion in April 2015.

This statement may stem from the fact that NASA has found more concrete evidence of life, like the finding of water on Mars or the discovery of Kepler-452b, the first planet with characteristics similar to those of Earth. NASA may be preparing us so that when they do officially state that they've found life, we won't panic.

Though, their search for life may have ended sooner than planned with the latest discovery of KIC 8462852, a distant star that was discovered by astronomer Tabetha Boyajian through Planet Hunters, a citizen science program at Yale University.

Using NASA's Kepler Space Telescope, scientists have been tracking the emitting light of about 150,000 newly discovered stars for slight periodic dips

in order to find distant planets but what made this star unusual is that its brightness dips are extensive and completely random.

"Straight away, we know we're not dealing with a planet here. Even a Jupiter-sized planet only blocks roughly one percent of this kind of star's light, and that's about as big as a planet gets," Phil Plait, an astronomer at Slate, told the Atlantic.

"I think we're going to have strong indications of life beyond Earth within a decade.

Ellen Stofan  
Chief Scientist  
NASA

"It can't be due to a star, either; we'd see it if it were... whatever is blocking the star is big, though, up to half the width of the star itself," Plait said.

No system glitch was found and Boyajian already debunked the idea that light from other neighboring stars was intercepting it as the distance is too far.

The only other explanation scientists have is that the star has extra dust clouds, which causes more infrared light, but are skeptical to believe it since that's a young star characteristic and the KIC 8462852 is considered mature.

With no other natural explanation, scientists have turned to the possibility that

they've discovered an alien megastructure, something that was built so that an alien population could harness solar energy.

"Aliens should always be the very last hypothesis you consider, but this looked like something you would expect an alien civilization to build," Jason Wright, an astronomer from Penn State University, told The Atlantic.

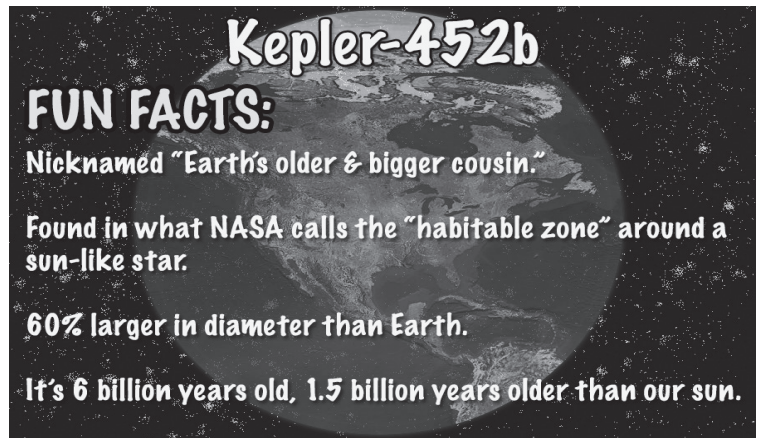
While they're still trying to figure out what this megastructure really is, if we do discover aliens, how will it affect our life in terms of religion, government and our safety?

The existence of extraterrestrial life will jeopardize the fundamental belief of any religion. It will bring into question everything we know, such as Jesus's ascension into heaven in body and spirit as proclaimed in the New Testament, the prophet Muhammad's spirit visiting heaven like the Quran states and the origin of the giant Goliath that is found in the Old Testament.

It also brings into question how the government will react, but most importantly, what will happen to our safety?

"If aliens visit us, the outcome could be much like when Columbus landed in America, which didn't turn out well for the Native Americans," theoretical physicist Professor Stephen Hawking said during an interview with Spain's El Pais and he's right.

History has shown time and time again that the more technologically advanced civilization always defeats and conquers.



MICHELLE MARCHANTE/THE BEACON

Through the years, NASA has sent things like The Golden Record, which has music, photos and other documents that explain our humanity into space in hopes that extraterrestrial life will find it, but have they thought of the repercussions?

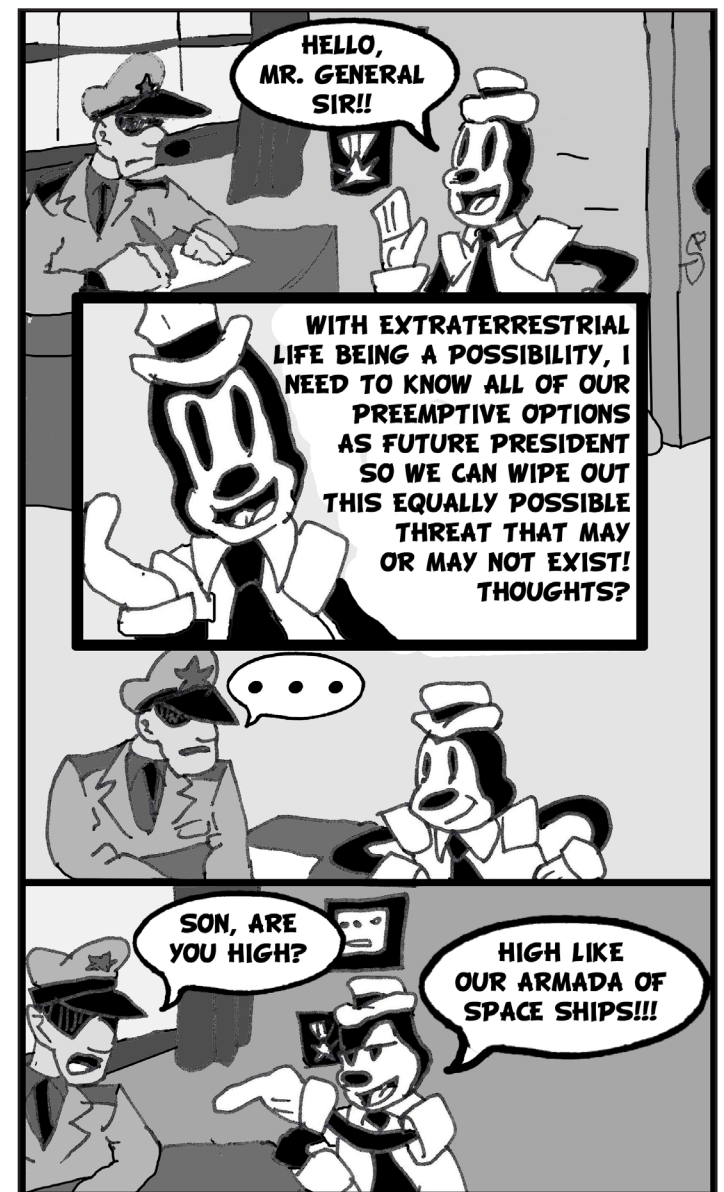
We're assuming that the aliens will be friendly, but they probably won't be. We'll end up in an intergalactic war where humanity will either end up dead or enslaved.

While it's egotistical to think that we're the only planet that

could possibly have life, if this alien megastructure truly turns out to be what we think it is, perhaps its best we stay hidden in the shadows and try to avoid ever crossing paths with them. Our safety may rely on it.

Michelle Marchante is the Assistant Opinion Director for FIU Student Media. Her column, M Talk, focuses on new and innovative events and ideas. For suggestions or comments, please email Michelle at michelle.marchante@fiusm.com

### WHERE ARE THE ALIENS?



SAM PRITCHARD-TORRES/THE BEACON



MICHELLE MARCHANTE/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.

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## ENGINEERING THE FUTURE

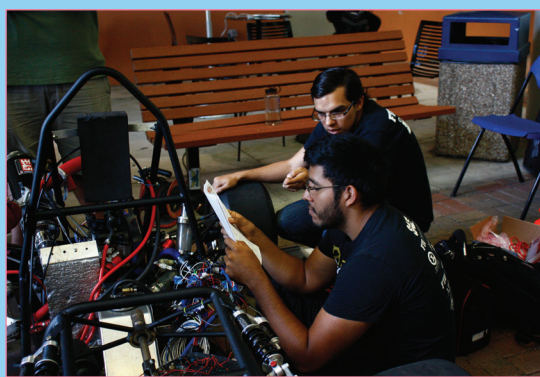
### Engeneering students display hi-tech class projects



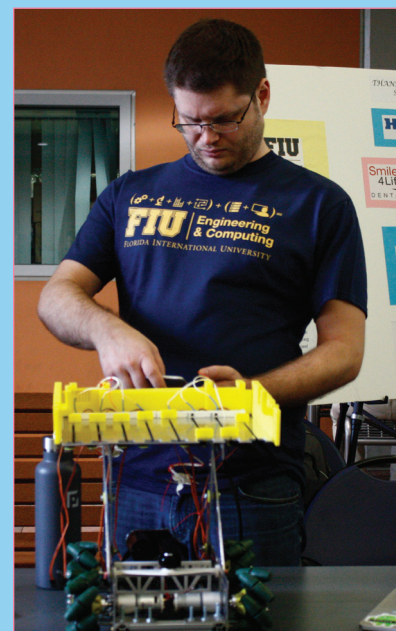
**Top left:** Jonathan Rolon, a biomedical engineering senior, holds a robotic hand with wires as part of the project of a group of engineering students.

**Top right:** Will Oberndorfer, sn electrical Engineering junior, works with a robot designed to act like a shipyard machine.

**Bottom left:** Juan Trujillo, a senior mechanical engineering major, and Luis Rojas, a senior mechanical engineering major, work in collaboration to put together a car with their fellow classmates.



PHOTOS BY NICOLE HERNANDEZ/THE BEACON



**Bottom right:** Mechanical engineering students Eddy Martinez, Nick Augustin, Naseem Ahmed, Juan Trujillo and Luis Rojas work together on a car in the Green Library Breezway on March 23.

## 10th annual Women Who Lead Conference discusses women in tech industry

### WOMEN, PAGE 1

According to the Black Girls CODE chart, out of all students earning a degree in computer science, 3 percent are African American women, and 1 percent are Latin American and Native American women.

Bryant said, “I hope to provide young and pre-teen girls of color opportunities to learn in-demand skills in technology and computer programming at a time when they are naturally thinking about what they want to be when they grow up.”

The programs range from web design, robotics and games developments.

“It is not just about teaching [young girls] how to utilize technology . . . [but] to make them creators, not just consumers,” said Bryant. The organization

was launched in California in 2012, and has spread to the East Coast, South Africa, and will be launching a chapter in Miami this year.

“There is a heavy need and desire for these types of programs in our community,” said Bryant. During Black Girls CODE workshops, girls are taught to work together and collaborate. “We have a heavy focus on teamwork and collaborations . . . in almost all our sessions girls are working in pairs.”

Working in a team setting prepares these girls for their future jobs in the field.

Chantae Brown said, “Programs like Black Girls CODE help our girls build their confidence and the skills necessary to enter into a male dominated field, such as programming. [Such programs] also help educate them on certain biases in life and what they can

do to overcome them and achieve success.”

During the Q&A portion, Caroline Betances, the President of Advancement of Women in Stem, and a senior majoring in biomedical engineering, asked Kimberly Bryant “How are you able in your programs to teach these girls, that yes, around you these people are like you, but it won’t always be that way?” Kimberly explained that throughout the program, they are focused on creating a level of resilience within the girls. Black Girls CODE trains young girls to “understand the realities of the industry, as well as [to] build self-confidence skills”, said Bryant.

The second keynote speaker was Marly Q. Casanova, known as “Marly Q,” a two time FIU alumna and the founder of the FIU Relay For Life. Casanova is the Founder of PARK project, a

non-profit organization inspiring people to PARK- Perform Acts of Random Kindness.

In her personal life, Casanova said that only a few years ago, she did not have the courage to say proudly who she was. “I have been working on my own personal and professional growth and development, and I feel confident now and [I am] proud of who I am.”

Casanova describes her job as consisting of three things: speaking, teaching and creating events. Her mission is to globally spread kindness and be the SPARK (Someone who Performs Acts of Random Kindness).

She chose to go to FIU because she believed she would be able to leave a mark by doing what she does best, planning events and motivating people.

“Events were my way of getting people together,” said Casanova. Founding the FIU

Relay for Life was Casanova’s way of planting a seed and watching it grow. “I maybe planned the first four [FIU Relay for Life] events . . . but it’s the students that have taken that tradition and raised over \$1,000,000.”

Casanova told the audience that everything they learn in school, and all their experiences are going to benefit them now and in the future, if they embrace all the opportunities they are presented with. “Ask people to be your mentor,” Casanova advised the audience. “Talk to people, exchange ideas.”

Casanova had a theme about the importance of self-love and self-care, stressing that doing things with passion and our heart allows the best results.

“You must practice self-love and kindness . . . you need to honor what you love and what makes you happy.”



# After Spring Break Plateau, what is next?

## MONDAY MOTIVATION



NIHAT STRIDER

As a trainer, I often get asked the question, “what is the most difficult task?”

My answer is that it is more challenging to maintain health and fitness rather than to improve it. When you have a specific goal of losing weight or being fit, then you are working toward a specific improvement.

As time goes by and you see progression, it keeps you very motivated. But as soon as you reach your goal, you feel accomplished. Now your mind believes that the job is done and no longer pursues the goal. Therefore, over time, you end up losing all the strength you have gained.

One cold harsh truth about fitness is you have to do it forever. It is not a one-month or one-year plan. It is not

like a bachelor’s degree that after four years of hard work you will have the graduate title forever.

Instead, think of it this way, you do have to eat as long as you live. The basic human needs include: food, water and shelter. We do not perceive these as chores because we need them to live. But when it comes to a better standard of living, our priority needs also include sanitation, education and healthcare.

We do not need them for survival per say, but they truly improve your standard of living. You have to perceive health and fitness as another basic human need. If you are not a fit person all your hard work of the bachelor’s degree and getting a job will be in vain. You will not be healthy, nor enjoy all your success.

In exercise, discipline is your best friend, but routine is your enemy. If you keep repeating the same routine, not only will your body plateau, but your

routine becomes boring, resulting in a lack of motivation. Your muscles will start developing memory and will no longer be affected as much, reaching the plateau. Reaching plateau is more of a mental aspect than physical.

Imagine you’re a tennis player: you’ve played tennis all your life and that it has helped you remain fit. As long as you enjoy the game, it makes you happy and keeps you physically active but the day you stop liking the game, your body will also give up. It will no longer react as effectively and rather cause you stress. So if you are enjoying a particular physical activity, keep doing it, but as soon as your interest of it falters immediately find another form of exercise.

People believe as long as they work out, they can eat anything. I started college as an aerospace engineering major. In engineering the most important aspect was efficiency. The math for that is business calculus

level times 10, but what it boils down to is maximum output with minimum input. In order to be efficient in engineering terms, your results have to be maximized with as few resources to complete it as possible. Treat your body just like that.

You need to consume the right amount of calories and burn more. Do not think just because you are working out hard with lots of different exercises, it gives you the passport to eat whatever you want. If you are performing less vigorous exercises, for example fast-paced walking or moderately-paced bicycling, then to burn the calories for slice of pizza you have exercise for 30 minutes. For a cupcake, it would be 50 minutes. Think about it - would you actually want to spend all that extra time exercising because you eat unhealthy food?

The key to resolving this challenge is to stop thinking of it as an exercise.

Think of something you enjoy doing. For example, when you went to the beach every other day during spring break, you had to pass through all that Miami traffic. Once you reached the sea, the parking was another hassle. Sometimes staying out in the sun for long periods of time got you dehydrated and you did not feel well. But none of this mattered because you enjoy going to the beach.

It is rather relaxing to go to the beach, enjoy the nature and spend time with your loved ones. Just like that, you need to enjoy what you do when you are working out. Do not perceive this as a chore that you have to do, rather include fitness in your daily life as your escape route, the time of the day to relieve stress and feel better.

*Motivation Monday is a weekly column covering fitness and health. Nihat is a certified trainer. For comments or questions email nihat.strider@fiusm.com*

## Caffeine and its negative and positive outcomes on our physical being

### SDA HEALTH



CARLOTTA ORLANDO

Have you already had your daily shot of espresso? Your favorite energy drink?

What about a Cuban colada? Some of you have probably had at least one of these to start off your day, while others are contemplating getting their daily fix before going to class or work. Maybe you are drinking it now as you read this article.

Multiple studies have discovered that caffeine has positive effects on our bodies. It is well known that caffeine is a natural stimulant, which increases attention and mental focus.

If you are active or if you are involved in daily physical activities, drinking coffee or having another caffeinated drink can be very useful since it acts on your skeletal muscles.

In fact, caffeine is reported to be performance enhancing in endurance sports and short term physical activities. This is because it facilitates your muscular work, enhancing stamina and muscle recovery.

But would you still be interested in caffeinated drinks if you knew that they could harmfully affect your body? While several studies point out the benefits of caffeine for active individuals, caffeine

can also have a negative and detrimental impact on glucose metabolism for people who have a sedentary lifestyle.

Caffeine is a non-specific adenosine antagonist receptor, which is related to ATP (energy) producing tissues. Administration of this type of receptor will reduce blood flow and will decrease both glucose delivery to skeletal muscles and glucose uptake.

Caffeine can also affect insulin levels. Insulin is an important hormone in the regulation of blood glucose and blood lipids (blood sugar).

In sedentary people where skeletal muscles are at rest, caffeine will alter the nutritive flow, along with the blood flow, leading to insulin resistance.

On the other hand, in active people where the blood flow is increased, there is a reduced impact of caffeine delivery in skeletal muscle, so there will be less insulin.

Today there are so many caffeinated energy drinks on the market and most of the time the main ingredient is not caffeine.

Energy drinks are a fast way to give yourself a boost in your daily routine, but it was discovered that they could contain between 6 to 27 grams of carbohydrates, the majority of which are in the form of simple sugars.

Adding together sugars and caffeine was demonstrated to contribute to insulin resistance,

which is a risk factor for the development of chronic diseases such as diabetes, cardiovascular disease, metabolic syndrome, hypertension and hyperlipidemia.

Don’t panic! At this point you are probably freaking out and maybe trying to throw your cup of coffee and energy drink out the window.

Although, caffeine has harmful effects, you can still reverse them. The first thing you can do is be more involved in daily physical exercise. And this can start with small steps!

For example, after drinking your coffee in the morning try to park further from your class or work office in order for to get a brief cardio workout.

Also, ask for decaffeinated coffee the next time you order your morning cup of Joe and grab a less caffeinated energy drink, too.

We are living in a state where overweight and obesity rates are increasing and are very common and where the levels of physical activity are dropping.

As a result, it is very important to be aware and to consider this a topic of matter for your health.

*SDA Health is a weekly column written by members of the Student Dietetic Association. The column focuses on healthy eating and living. For more commentary or to suggest a topic, email life@fiusm.com*

## “Daredevil” last season hits big

### LIFESTYLE POINTS



JOSEPH CARDENAS

The second season of “Marvel’s Daredevil” saw the introduction of comic hero icons Elektra Natchios and Frank Castle’s “The Punisher” to the Marvel Cinematic Universe, a hyped event for months since their appearances were first confirmed.

Now that “Daredevil” has passed and we know just how bad a female assassin and a vindictive vigilante can be, the question remains - where can the show go from here? From here on, there will be spoilers.

From where we left off, Frank Castle fully embraced his identity as the Punisher and leaves to continue his gorific vigilantism.

He spent much of the season struggling with his mentality, silently questioning if he was insane. The best part of this is that he never truly verbally expresses this and greatly explored by Jon Bernthal’s performance.

What would be interesting to see is if Punisher would have a more recurring role in the series in the future. Based on what we were given this season, it could be likely as it isn’t stated where he went after the season finale. It’s also worth noting his possible chemistry with now investigative reporter Karen Page, acting as Matt Murdock’s blossoming love interest this season.

Where Elektra stands, now, her future in the series seems more paved. Elektra has a much more intimate comic book history with the devil of Hell’s Kitchen than Punisher does. Though she has a history of being killed (several times, I might add), the show’s approach was meant to mirror her first death to a degree.

The season saw Elektra being revealed as the secret weapon of the Hand - an ancient mythical organization working toward an unknown goal involving Hell’s Kitchen - called the Black Sky. This is a concept not expanded upon and not even mentioned in the comics. It is implied that Elektra has an almost insatiable sadism, despite her attempts to pursue a more civil form of battery Daredevil practices.

Still, Elektra died sacrificing herself for Matt, seemingly eliminating the Black Sky and creating a tragic hero out of her. That is until the season closed with the Hand taking her corpse, placing it an ominous stone coffin, unmistakably setting up Elektra’s eventual resurrection and return to the show. Now we’ve gone through two of Daredevil’s most

prevalent allies and it would be a shame to introduce such rich characters with now high stakes in the relationships made with the series regulars only to have them show for one season, especially Punisher; he’s supposed to be his own entity, separate from Daredevil and really only ever makes cameos and team-ups with various Marvel characters.

Frank Castle would be an excellent addition to the series, especially as a consistent test on Matt’s spiritual journey throughout the series.

It was also a pleasant surprise to see Vincent D’Onofrio reprise his role as Kingpin Wilson Fisk, who we discover has invested money to ensure his comfort as the crime boss in charge of the prison he’s locked away in. It was also revealed that he is appealing for bail on payroll. It would be expected that if the next season doesn’t see Fisk become the central antagonist again, he’ll at least return to prominence by the end.

Aside from this what more could be explored? Possibly introduce Daredevil’s other arch rival, the crazed assassin and expert marksman Bullseye? Clearly he’s not done dealing with the Hand or its nemesis the Chaste, but perhaps Elektra’s resurrection will happen early and take up much more of the season’s arc.

There’s still the matter of Matt admitting to Karen his super identity, as well as the confirmed move by Marvel to establish super street tea, The Defenders. The Defenders are what the Avengers would be on a more local, urban level, with not as much advanced tech and alien powers. So far the only confirmed members of this Marvel and Netflix hybrid team are Daredevil, last November’s “Jessica Jones” supers Luke Cage - getting his own series this September - and the titular heroine, as well as American super ninja Iron Fist. Iron Fist has yet to be given his own Netflix series but he has been cast by Finn Jones of “Game of Thrones.”

“Daredevil” is out to binge now, but be prepared. Each episode is at minimum close to fifty-four minutes long, at most over an hour. Once you’re into the show, though, it’s difficult to get over the roller coaster of dark drama. Another word of warning, the first season was tame compared to exactly how violent and gory this one gets - thanks in part to a particularly ruthless vigilante. This is by far the deadliest the series has gone.

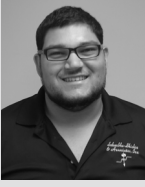
*Lifestyle Points is a weekly column covering films and popculture by Joseph Cardenas. For suggestions and comments email joseph.cardenas@fiusm.com*



## WOMEN'S TENNIS

# Sports and the language of sexism

### BE REAL



GIANCARLO NAVAS

Sports might be the patriarchy's crowning achievement as an ecosystem where women are perpetually discouraged, abused and undermined.

In such a male dominated business what is embedded in its culture is *machismo* and a sexist Darwinism.

Last week the now-resigned CEO of the Indian Wells Tennis Garden, Raymond Moore, went on a sexist rant about women in the Women's Tennis Association tour "riding the coattails" of the male players.

"In my next life, when I come back, I want to be someone in the WTA because they ride on the coattails of the men. They

don't make any decisions, and they are lucky. They are very, very lucky," Moore said.

"If I was a lady player, I'd go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport."

Needless to say, Moore resigned his position shortly after his statement.

Moore's phrasing was nothing but sexist, women on their knees does not only bring forth the antiquated ideas of subservience, but also conjures the image of sexual acts, completely undermining the female players.

The accepted sexism rooted in our language, like calling someone who is deemed "weak" derogatory names of female genitalia or b-word, only promotes hateful stereotypes - as if being a woman is an insult.

This is not exclusively a sports problem, but rather one of western society; feminists such as Julia Kristeva have



In my next life, when I come back, I want to be someone in the WTA because they ride on the coattails of the men. They don't make any decisions, and they are lucky. They are very, very lucky. If I was a lady player, I'd go down every night on my knees and thank God that Roger Federer and Rafa Nadal were born, because they have carried this sport.

Roger Moore  
Resigned CEO  
Indian Wells Tennis Garden



deconstructed language and made connections to how a mistreatment of women is rooted in the way we speak.

Images of LeBron James in the 2014 NBA Finals against the San Antonio Spurs come to mind.

In game one, James had cramps in his legs due to poor hydration and a faulty air conditioning unit in the Spurs' building.

What followed James were memes of him with makeup and name calling too grotesque to publish in a newspaper, almost all

exclusively using the base of womanhood for their insults.

"Be a man," is something thrown around a lot in youth sports, as if there is a sports nobility in whatever their concept of manhood is.

From a young age we tell young male athletes to "be a man." This is cultivated and enforced throughout their lives until they reach the apex of their profession. By then it's already ingrained in who they are.

Calling other players

vulgar names for female genitalia becomes common practice and you can be heard on any pickup basketball court in America.

When this is the reality can we really be surprised at Moore's comments? It's intertwined with the identity of male athletics.

How surprised can we be when Chicago sports anchor Julie DiCaro receives threats on Twitter, while reporting on the Patrick Kane rape case, calling her a w---e and a c--t.

It's where we are as a sports culture. America likes to do a lot of back peddling as to how far they have come on a lot of social issues.

To say we live in an equal sports society isn't true and some of its roots are in the way we speak.

*Be Real is a sports column that focuses on the social issues surrounding sports. For commentary and suggestions, email Giancarlo Navas at giancarlo.navas@fiusm.com*

## BASEBALL

# MLB opening day: The most exciting time in sports

### JAKE'S TAKES



JACOB SPIWAK

There are few things better than spending a spring or summer day at an MLB ballpark. The smell of hot dogs and fresh-cut grass, a cool breeze and watching your favorite team in action -- there's a reason baseball is regarded as America's pastime.

We're less than a week away from MLB Opening Day.

Francisco Liriano will deliver the first pitch of the season for

the Pittsburgh Pirates against their division rival the St. Louis Cardinals and just like that regular season baseball will be back in our lives for the next six months.

The problem is, it seems like fewer and fewer people care about the beautiful sport of baseball these days. Local ratings are still through the roof in most markets, but in the current digital age, the NFL and NBA are consistently more popular nationally and on social media than the MLB.

Younger demographics continue turning toward faster-paced sports like football and basketball, while the median age of a baseball fan has raised to 53 years old according to a study done by ESPN.

MLB changed the game when they released their MLB.tv online

streaming service, which is still by far the most successful and revolutionary one of its kind in the entire industry.

While people complain about the lack of quality in the NFL and NBA All Star Games, MLB's is year in and year out the only one (besides the NHL) that matters and resembles an actual game.

They're also starting to implement rule changes to speed up the pace of play and attempt to modernize the game. If that isn't enough to appeal to a younger audience, that's our generation's fault and our fault alone.

Much too often I see people argue how boring baseball is and they'd much rather watch a meaningless early season NBA game than the World Series come

late October. This baffles me, that as a so-called sports fan someone would skip out on watching the most important series in our country's most important sport.

Instead of taking America's pastime for granted, enjoy it for what it is. What other sport guarantees you multiple games almost every day for six months? What other sport is as stat-driven and analytical? What other sport was literally built on father-son bonds and continues to be arguably the most family-friendly environment in all of professional sports?

I understand that everybody has different tastes and I can't sit here and tell you which sport you have to watch.

It's up to everyone what they

enjoy and what they don't and I understand that this column won't bring a youth audience back to the MLB. But instead of calling it boring and refusing to watch a game, give it a shot on Opening Day and understand the beauty that is Major League Baseball.

While seemingly everyone else is tearing up their March Madness brackets or making crying Jordan memes of Michael Jordan, I'll be gladly watching my favorite sport for the first time since early November all day April 3 and 4, and I urge you to do the same.

*Jake's Takes is a biweekly column on baseball. For commentary and suggestions, email Jacob Spiwak at jacob.spiwak@fiusm.com*

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## BASEBALL

# Marlins seek spring changes to aid transition to season

**CLARK SPENCER**  
*The Miami Herald*  
 TNS Staff

David Phelps is usually sound asleep by 9 p.m. during spring training. Giancarlo Stanton has been hitting in broad daylight all March.

But come the start of the regular season, they'll turn into baseball werewolves -- a sudden adjustment to their eyes and body clocks they and other major leaguers are in favor of taming.

Specifically, they would like to see the final week of spring training games played under the lights to put them in tune with the the season, when most games are played at night.

And that's just for starters.

Marlins manager Don Mattingly is in favor of implementing a "re-entry" system for starting pitchers in spring training games in order to control their pitch counts.

Nobody wants to tinker too much with baseball tradition. But they said a few changes would be beneficial.

"I've always said the last week should be night games, just to transition you into that routine and that schedule," said Phelps.

Stanton said it takes him anywhere from five to seven games for his eyes to adjust to hitting in artificial lighting.

"You need, I'd say, five to seven games to get acclimated to it," Stanton said. "That doesn't mean a [spring training] night game on March 15 and back to a day game again. You need [a handful of night] games in a row to get ready."

The Marlins will end up playing 93 percent of their spring training games during the day, though they have back-to-back night games scheduled Friday and Saturday and an exhibition against the New York Yankees at Marlins Park the night of April 1.

During the season, 80 percent of games will be played at night.

They'll close out their Grapefruit League slate with four consecutive day games.

"You start drinking coffee at hours you can never even imagine," Phelps said of

going from a day to night schedule.

Then there's pitching.

One purpose of spring training is to help starting pitchers gradually build their endurance and arm strength.

"You're building then to a pitch count," Mattingly said. "You're kind of like adding 15 a start -- 30 to 45 to 60 to 75. Once you get to 90, you're kind of there."

But what happens when a pitcher has a bad day and throws 25 or 30 pitches in the first or second inning, and the plan called for him to pitch five or six innings?

Mattingly would like to be able to remove that pitcher once his pitch count reaches a dangerous level, bring in a reliever to complete the inning, and then send the starter back out the next inning.

That way, Mattingly said, fans would still be able to see star pitchers such as Jose Fernandez while teams could control their usage.

Spring training rules are already less rigid.

On Thursday, for example, the Minnesota Twins went by American League rules, using a designated hitter

in their game against the Marlins. The Marlins let pitcher Adam Conley hit for himself.

And extra-inning games rarely go beyond 10 innings even when the score remains tied.

Former manager Joe Torre, who now works for Major League Baseball, said changes involving spring training could be forthcoming, especially Mattingly's proposal involving starting pitchers.

"I love that, but I'll probably get my hand slapped for saying it, because I've been raising that issue for years," Torre said.

On the other hand, Torre said baseball must be cognizant of fans.

"You have people pay money to come to the game, and they really come to see baseball played by the rules," Torre said. "It's not like we polled the public on this, and we don't want to cheat the fans in any way. But you're not really cheating the fans. You're giving them the opportunity to see [pitchers] longer."

## MEN'S SOCCER

## Beckham's group buys needed land for soccer stadium

**SUN SENTINEL STAFF**  
*Sun Sentinel*  
 TNS Staff

The Beckham-led group looking to bring a Major League Soccer team to Miami has purchased the private land needed to build a stadium, they announced Thursday, March 24.

David Beckham's group about moving forward with plans to deliver the most responsible stadium in Miami history.

This was Beckham's fourth attempt at purchasing a site for an MLS expansion team. His group had previously targeted sites at PortMiami and next to AmericanAirlines Arena. Then another attempt near Marlins Park was

"We're all-in on Overtown and we couldn't be more excited about moving forward with plans to deliver the most responsible stadium in Miami history."

Marcelo Claire

The group had outlined its plans to build a stadium in the Overtown neighborhood of Miami, just east of Marlins Park, in December.

"We have the right site, the right ownership group, and a loyal base of fans counting down the days until our first match," Beckham partner Marcelo Claire, the CEO of Sprint, said in a statement to the Miami Herald.

"We're all-in on Overtown, and we couldn't be more excited

hampered by private land Beckham's group would have needed to acquire.

Beckham's group has said construction of the stadium would be privately financed and that "we will work with Miami-Dade County Public Schools to establish our club as an educational resource for the community. We will also engage nearby businesses and residents as we develop our stadium design and take steps to enhance the neighborhood."

## MEN'S BASKETBALL

## Heats lose to Spurs, Joe Johnson cautions team to move on

**ETHAN J. SKOLNICK**  
*The Miami Herald*  
 TNS Staff

Joe Johnson hasn't been around this group for even a month, but he's been around the league long enough to know a little too much about losses.

After the Heat went splat against the Spurs, getting doubled up in the third quarter on the way to a 112-88 defeat Wednesday, March 23, Johnson counseled the Heat's younger contingent.

"We got to put this behind us and move forward," Johnson told them. "This can't make or break our season."

It can't and not just because the Heat has company in its misery -- no visiting team had won a regular-season game in San Antonio in more than a calendar year -- or because, as Erik Spoelstra noted, it only counted for one loss even if it felt like 10.

It's because the Heat's 2015-16 season, for all its harrowing and heartening happenings, will still be defined by how it handles the next

three weeks.

It's this simple:

If Miami, which entered Thursday's NBA play tied for the fifth seed, can win seven of its next 10 games, all of which are against teams -- Orlando (three), Detroit (two), Brooklyn, Los Angeles Lakers, Sacramento, Portland, Chicago -- with worse records, it should position itself for no worse than the fourth seed in the Eastern Conference.

Then if it beats Boston in that final game, to finish 48-34, it's hard to see how Miami won't steal the third seed.

Yes, steal. Not because what appeared possible prior to the season -- I projected 47 wins and the third or fourth spot -- but because of all that's occurred to undermine the Heat since.

That includes, but isn't limited to, the extended absence for the team's highest-paid player, and pre-All-Star break leading scorer, Chris Bosh.

The Wizards and Bulls, among others, haven't responded to adversity nearly as

well.

So, take that seed by tiebreaker? By one game? The margin doesn't matter. Just get it.

In the same vein, it won't matter if the Heat finishes a dozen games behind Cleveland, or 10 behind Toronto.

Miami will be just one, and two, behind each in the seedings, respectively, with the same first-round privilege in the first round and an initial playoff opponent that isn't much more challenging than what either the Cavaliers or Raptors will encounter -- the sixth seed figures to have won five or fewer more games than the eighth seed.

Currently, the margin between sixth and eighth is just 3 1/2 games.

Plus, securing the third seed would likely mean a potential second-round matchup against Toronto rather than Cleveland and, as resourceful as the Raptors have been this season, winning without the returning DeMarre Carroll, its core still hasn't won a playoff series together.

The Heat is done with the Raptors and Cavaliers for the

regular season. It is also done with the Warriors and Spurs and Thunder and Clippers and Hawks.

Instead, it plays five games against three teams (Nets, Magic, Kings) that were 2-8 in their past 10 games entering Thursday.

Johnson, bought out by the Nets in February, called those games the most dangerous because players aren't fearful of losing.

"They'll do anything," Johnson said.

The players, perhaps. Organizationally, however, it makes sense for some of those teams not to push too hard. Brooklyn's first-round pick is promised to Boston, so there's no benefit to tanking.

But the Lakers are currently the league's second-worst team and need to preserve that position to avoid sending their pick to Philadelphia -- it's top-three protected in the lottery. The Kings and Magic would benefit from falling further in the standings.

Heat players know the schedule; Goran Dragic, who has been tracking

it against those of East rivals, spoke Wednesday of how Miami has a "five-game stretch that we've got to win all of them."

The fifth may be tough, in Portland against the upstart Trail Blazers, who are trying to secure a sixth seed in the West.

But the next four are absolutely necessary.

Win them, and it's all still there for the Heat.

So why sweat Wednesday's struggle against the Spurs?

"This is a game you learn from," Amar'e Stoudemire said. "We know that we've got to get that level of play on a consistent basis. We've got to have that same mental approach."

That approach has always included putting an underdog away.

"They've always been that way," Johnson said of the Spurs' Thursday surge. "You hang a quarter or two with them, and then they just kind of explode."

The Heat can't do any less against all the lesser lights it will be seeing soon.



## LGBTQA 3-D series sheds light on the dangers of relationship violence

POLITICOBUZZ



FABIENNE FLEURANTIN

Determining whether students were in the “right relationship” was the question posed at BBC’s third event as a part of the LGBTQA 3-D series.

Attendees gathered to “Discuss, Dine and Deliberate” issues affecting the LGBTQA community. More specifically, the discussion delved into the subject of relationship violence and how this could manifest in LGBT relationships.

Justin Santoli, a peer educator for FIU’s Counseling and Psychological Services, led the presentation and exposed the myths and truths of circumstances that can contribute to relationship violence.

Not all relationships are the same. There are different types of relationship violence, but the most dangerous form is coercive, controlling violence.

This type of violence consists of one person having power over another and using it in a series of actions and behaviors in order to control the abused, like intimidation or manipulation.

Within this context, there are three types of violence: emotional,



FABIENNE FLEURANTIN/THE BEACON

Katherine Marcelino, an English major, signed in to the LGBTQA 3-D event to learn about the different types of relationship violence and how to identify them.

which is the most common, physical and sexual. How can you spot the signs of these in a relationship?

Emotional abuse can come in different forms. If someone is angry with their partner and ignores their feelings of being upset, this is an example of emotional abuse. Other factors include verbal altercations, humiliation in public and private, ridicule, threats and having complete financial control.

Physical violence can include throwing objects at one’s partner, driving recklessly, which causes possible harm to one’s life,

pulling, pushing, hitting or threatening someone with weapons.

Examples of sexual abuse range from catcalling, to forcing your partner to dress more or less provocatively, minimizing someone’s feelings about sex, extreme jealousy and forcing someone to have sex against their will.

Often times, sexual abuse in the LGBTQ community is discarded and even dismissed, although, according to the CDC, sexual assault in the LGBTQ community is the same or higher than in the heterosexual community.

said that four out of 10 gay men, and almost half of bisexual men have experienced sexual violence other than rape. This rate is likely comparable or higher than that among heterosexual men.

“As with most hate-based violence, transgender individuals are the most likely to be affected in the LGBT community. A staggering 64 percent of transgender people have experienced sexual assault in their lifetime,” the center states.

There are many similarities between heterosexual and homosexual relationships. Among these is that either can potentially experience emotional, physical and sexual abuse.

However, LGBTQ victims will have a more difficult time finding proper support because of homophobia and heterosexism.

According to the National Center for Lesbian Rights, “Denial, misrecognition and the dismissal of outside-the-community concern as

latent homophobia are examples of responses to sexual assault that occurs between members of the LGBT community.

“Moreover, because many LGBT communities are small and tight-knit, survivors of assault may not know where to turn, either because they fear they will not be believed or supported, or because they do not want to malign another member of the community or reinforce negative stereotypes.”

Often times, many people in the LGBTQ community do not know of the resources available to them and having sessions like these at FIU gives students exposure to the realities of relationship violence and the avenues that can be taken in order to seek help.

CAPS offers a range of free services to students here at FIU, as they are included in every student’s tuition. Services are confidential and walk-in appointments are available. Individual and group counseling are offered, as well as support groups to choose from, like LGBT, men’s, women’s and many more.

“As with most hate-based violence, transgender individuals are the most likely to be affected in the LGBT community.”  
National Center for Lesbian Rights

*PoliticoBuzz is a commentary that raises awareness about political issues in the US and worldwide. Fabienne Fleurantin is a staff writer for FIU Student Media. For more commentary, contact her at fabienne.fleurantin@fiusm.com*

## BBC and MMC host women’s conference

HARMONEE ASHER  
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The Women’s Center hosted the 10th Annual Women Who Lead Conference on Tuesday, March 22 and Wednesday, March 23 in the WUC Ballroom at BBC and the GC Ballroom at MMC.

The purpose of this conference was to connect students to the female leaders in the community. It constructed a plan of bringing these women together through mentorship, letting them know that they are indeed qualified in guiding.

According to Meredith Morgan, coordinator at the

Women’s Center at the BBC Campus, this conference is a step forward, “With the networking and opportunities displayed through this conference,” Morgan said, “leadership may have the prospect of developing.”

In a world where our lives are mapped out for us, this conference lets women know that they still have a choice in what they do and a voice in their society.

“I feel encouraged,” student Ariana Gamazo said. “I want to get out and do something - encourage other women.”

However, with these thoughts of renewed hope, there are setbacks that need to be addressed.

“Women need to be assertive,” Ariana said. “Negotiate your pay. Learn to ask for help. Seek out mentors. You want to be heard, then raise your voice. Amplify yourself. Talk to someone. You can be shy and still stand up for yourself, but confidence is always the key. It’s all baby steps.”

Throughout these discussions, there have surfaced individual stories of what women had to go through, emotional trials that each woman shared.

According to Women’s Conference ambassador Shenica Tulloch, she said the conference surrounds attendees with something different. What the world says is not what any person

have to be. Women can, in fact, be leaders. There are women who are bold. There are women of color who beat the odds stereotypes place on them without mercy.

And for these women of color, a program called the Black Girls CODE was presented at the conference. This program is a sliver of hope for young black girls from underrepresented communities.

According to www.blackgirlscod.com, the program “has set out to prove to the world that girls of every color have the skills to become the programmers of tomorrow.” Programmers the world will need in the future.

Just as Black Girls CODE

is a safe haven for young girls, this conference, according to ambassador for the Women’s Conference, Natalia Gutierrez, is a community.

“There are women out there who will help you and push you,” Gutierrez said. “This program gives you the resources to make those plans happen.”

But she also acknowledges the fact that even with a determined mind comes obstacles.

“Things may be difficult now but that won’t change. There will always be challenges. But you can either rise above it or let it crush you. You can’t let it defeat you. In the end it’s all worth it,” she said.