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# The Beacon, April 11, 2016

Florida International University

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## Palestinian Right to Education Tour comes to FIU

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Students for Justice in Palestine are providing FIU students with an opportunity to gain more perspective on the Israel/Palestine conflict with an event called “Palestinian Right to Education Tour.” The event will be Tuesday, April 12 from 3 p.m. to 5 p.m. in GC 150.

The event was made possible by the National Organization of Students for Justice in Palestine, according to Rayid Sakib, president of SJP.

Sakib, a senior majoring in biomechanical engineering, says the guest speakers are “students from Palestine that branch out to different schools and different regions to talk about the struggles they go through as Palestinian students in Israel and

Palestine.”

According to Sakib, the students are selected by the NSJP which has a process in which they select 14 students from Palestine to come to the United States to speak to students in different universities across the country. Each university and region is granted two guest speakers.

SJP hosted the same event last year and, according to Sakib, the organization received positive feedback from the attendees.

“I think that if you have the Palestinians themselves and students, they can relate to us because we are also students that have the same goals,” said Isra Amin, a sophomore majoring in chemistry. “When you have actual people coming here, it humanizes the situation in another way.”

The lecture is meant to reflect not just the situation of the conflict

happening between the nations, but how it affects the population, mainly those pursuing an education.

“Most of the times, when we talk about Israel and Palestine we always focus on the crisis and the conflict,” said Amin. “We fail to recognize they have a culture. They care about their education their community and society they have issues that they go through as well. They have similar desires and similar aspirations so I think the most important thing is it humanizes the conflict a lot more.”

Sakib mentioned that 50 people attended the event last year and they hope to have more this time. He mentions one of the speakers from last year, Emad, informed his experience with education in Palestine.

“Emad was really into airplanes and he wanted to study aeronautical engineering, but as a Palestinian student

they don’t allow you to pick any ‘air’ or ‘aeronautical’ things,” said Sakib.

“Their majors are kind of limited because if we give them all these options then the Palestinians can expand for themselves. They are limited in that space,” Amin said.

“He’s studying mechanical engineering now. But when he was talking about it you could sense how disappointing that was to him because he’s really into airplanes and all those things,” Sakib said.

Carlos Garcia, a sophomore theoretical physics major, points out that it is very different for the Palestinian students who come from the conflict over seas to the system, with emphasis on the university system, here in the United States.

“If they’ve never come to the United States, that’s an experience on its own,” he says, “coming to a college

campus which happens to be more liberal; it could be a huge swap from what they are experiencing in Palestine in college than what it could be here.”

Sakib adds, “Our worry here is just to survive classes but their worry is not just that it’s how they’re constantly targeted.”

During the event, students will be informed on the social issues taking place in the region, according to Sakib.

“Obviously they face racism in Israel. But the racism that’s going on in the United States is different than what’s going on in Israel and Palestine.” Sakib says, “All Palestinians I see as activists. They [the speakers] are around the ages of 21 and 19, so our students can easily relate to them.”

Sakib is expecting some kind of contention while hosting the speakers

**SEE TOUR, PAGE 2**

### RIDE FOREVER



NICOLE HERNANDEZ/THE BEACON

Pi Kappa Phi fraternity hosts Anthony’s Ride to the Light 24 hour bikeathon. Proceeds from the ninth annual fundraiser were donated to the Anthony’s Light foundation, which serves to raise awareness of carbon monoxide poisoning.

## Abstract ink artist hosts lecture on Chinese art

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The traditional art of calligraphy in China offers a visual syntax for communication through a combination of aesthetic and spiritual precision, but for Chinese abstract ink brush artist Lan Zhenghui, he uses traditional black ink to reflect emotional expressionism in this art.

Lan presented his lecture “Splashing Ink” at FIU on Thursday, April 7 at the W-9 Painting Studio and exhibited his installation “R32.”

Lan Zhenghui is a critically acclaimed Chinese contemporary ink artist, who was one of the first artists to experiment with ink based, conceptual art installations. He is known for his large-scale abstract ink paintings and departs from Chinese ink traditions through his raw individualism, emotional explosions and physicality.

Lidu Yi, an assistant professor in Asian Art and Pip Brant, an associate professor for Fiber Art and Painting organized this cultural initiative to bring the famed artist to Miami.

“Inviting him to FIU is part of my art and education program. I want to use art as a tool and incorporate that into my class and my teaching. Lan’s art is monumental, majestic, very powerful, very expressive and I want more students to see that here. I want to see my students

influenced by art and that art can change their lives,” said Yi.

In addition to his lecture, Lan presented a demonstration of his method of the way he creates art, but also explained the resources he uses to make his installations.

Staying true to Chinese painting tradition, he uses only black ink and water on Xuan paper taking freehand brushstrokes of traditional Chinese painting but infuses new monumental levels of body motions and expressiveness found in modern painting.

“I grew up in Chinese culture and rice paper and ink are the most authentic materials used in art. Plus, I have been pushing forward expressionism of ink painting, having the world understand it and like it. I focus on it now, without considering being decentralized to other materials,” said Lan.

“It was so inspiring when he demonstrated the way he used ink and emphasized his body movement. As well as how he applied the brush to the paper while simultaneously explaining how that helped express his message,” said Crystal Rodriguez, a junior majoring in Advertising and Graphic Design.

Lan said that his art is inspired by Western Art and Chinese tradition but also by his own background. He was born in Sichuan China in 1959 and graduated in 1987 from one of China’s most prestigious art

**SEE INK, PAGE 2**

## University joins national initiative for sexual assault awareness

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Across the nation, sexual assault awareness is becoming a more widespread issue that many Universities are facing.

FIU is participating in the nationwide initiative to raise awareness by hosting the 12th annual “Take Back The Night,” a sexual assault awareness campaign that will take place on campus.

For the month of April, many

different student organization, programs and faculty departments, are coming together to host many events throughout the month which will lead up to the main event, TBTN on Thursday, April 14.

“April is the month of sexual assault awareness, that is why we are actually doing this. To promote [awareness] of sexual assault on campus,” said Amy Rodriguez, graduate assistant at the Women’s Center.

According to Rodriguez, the history of TBTN can be traced back

to 1877. It has been noted that the event initially took place when women first protested the issue in the streets of London, England during the night-time.

“We are going to be touching on topics that are really important on campus [that] bring awareness to those issues,” says Rodriguez. “We have a committee, and what we do is reach out to as many departments as possible [in order] to collaborate with us in TBTN pre-events.”

One of the main pre-events was

**SEE TBTN, PAGE 8**

# NATION & WORLD BRIEFS

## Iceland prime minister resigns following protests over Panama Papers

The first political casualty of the offshore investments scandal known as the Panama Papers occurred Tuesday, April 5.

Prime Minister Sigmundur David Gunnlaugsson said he was stepping down following the largest anti-government protests in modern times in Iceland, a sign of the public anger over his family's offshore holdings. Iceland's fisheries minister announced that Gunnlaugsson had stepped down, according to state

broadcaster RUV. In a statement late Tuesday, Gunnlaugsson's office said he "has not resigned" and was merely stepping aside "for an unspecified amount of time" and would remain as chairman of his ruling Progressive Party. It said the party's deputy leader, Sigurdur Ingi Johannsson, would take over as prime minister. Whether disgruntled Icelanders would allow Gunnlaugsson to return to the post in the future was far from clear.

## Americans overwhelmingly pessimistic about country's path, poll finds

More than two-thirds of Americans think the country is moving in the wrong direction, the highest in nearly four and a half years, a new McClatchy-Marist Poll found.

Fully 68 percent of adults think the country is on the wrong track, while just 27 percent think things are moving in the right direction. The last time such an overwhelming number of Americans had negative opinions of the country's direction was November 2011, when 70 percent thought that America was going the wrong way. The numbers are

marginally worse when the poll narrows to registered voters, with 71 percent sour on the country's path and 26 percent content.

The pessimistic view of the nation's direction, which spans racial, gender, age and economic lines – comes despite signs of an improving economy. Employers added 215,000 positions last month and the unemployment rate was five percent. But that's not enough to quell voters' concerns.

"It's the wages," said Lee Miringoff, director of the Marist Institute for Public Opinion, which conducted the survey.

### TRIBUNE NEWS SERVICE

## CORRECTIONS

In Vol. 27 Issue 82, in the article titled "SGA supreme court a 'kangaroo court,' 'self-serving'" the names of Kristen Nyman and Philip Koenig were misspelled; FIUSM has updated the column to show the correct spellings online.

The Beacon will gladly change any errors. Call our MMC office at 305-348-2709 or BBC at 305-919-4722.

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# Palestinian students speak at University

## TOUR, PAGE 1

because, according to him, there has already been some conflict while promoting the event.

"Wednesday our table happened to be right next to [a student group] and some of them came and verbally attacked us" Sakib says. "They kept arguing about the fact that they want peace, but they won't agree to the fact that Israel is occupying Palestine. They just see it as a conflict. They keep talking about peace, peace, peace."

Sakib says that as a result he invited them to the event.

"One [speaker] is studying psychology and the other is going to medical school. They're just going to talk about their experience," he says.

"Hearing more about the struggles and what they go through. First off, we all appreciate the freedom we have here as students. And then we can't just take it for granted and not look at the other end and injustices that are going on." Sakib says, "For Palestinians it's not a luxury. To some of them it's a luxury that they don't get shot while they are walking to school."

Amin and Sakib also pointed out that there are some liberties in the United States that students here take for granted.

"The freedom to speak in general." Sakib states, "The fact that we have a club here called students for justice in Palestine or Dream Defenders, you can't have something like that in Palestine

Amin adds, "Just the fact that you can go to school and be safe. I just have to worry about my classes and what I'm going to do tomorrow."

She says that the students worry about having to go to school.

"I'm in danger just because I'm getting an education and knowledge is power. When that's taken away from you systematically you're being oppressed in other ways that people can't see because they're not in that system," Amin says.

She said, "For FIU, even people in clubs that try to advocate for social change don't know about the conflict or are just neutral about it. If you have people in those positions feeling that or believing in that you can just imagine the bubble that the average student is stuck in."

Amin says, "We're stuck in our own bubbles

and nothing affects that so when we have that we try to bring awareness to the student population"

Garcia shares his experience at the SJP meeting he attended as well, "When I was at the board I saw that everyone was from a group that is somehow oppressed. Black and Muslim, Muslim and dark skinned, Hispanic... Just people who have gone through struggles who are trying to fix problems"

The most common misconceptions, according to Sakib, were brought to light while promoting the event when another student told him "I feel like you don't believe that Israel has a right to exist."

"[The person] thinks that by siding with Palestine I think an entire group of people doesn't have the right to exist. We are Students for Justice in Palestine not Students against Israel," said Sakib.

Garcia adds, "It's like when people talk about 'black lives matter' and someone says 'all lives matter.'"

"All lives do matter but right now we are focusing on black lives. It's like taking someone else's movement. By doing this we are trying to challenge someone else's view point. When you grow up and you are taught one perspective it's kind of hard to get out of that," said Garcia.

Sakib also wants for students to understand that although there are issues that seem like they don't exist in this century they are still present in other parts of the world.

"In Jerusalem you have segregation in busses," he says. "And the hospitals in Israel, they don't let Palestinian nurses mingle with Israeli or Jewish patients. They offer money until they [Palestinian refugees] leave. So if they don't leave they enclose them in these areas and take away almost all their rights."

In an FIU e-mail blast is informs that "Shaed and Abdul Mohsen are the students who will visit FIU on April, 12 to share their experiences as students living through Israeli occupation and colonialism."

"They are going to present on something talking about their experience and then we will open the floor to Q&A." Sakib says, as well as, he encourages students to "come out and hear what the Palestinian students have to say."

# Lecture talks contemporary, experimental Chinese art

## INK, PAGE 1

academies Sichuan Academy of Art.

"As a teenager I went to college to study engineering, which laid a foundation for my traditional thinking and decision making. When I was 20 years old, by pure chance I decided to switch the direction to art. A few years later, luckily I was accepted by Sichuan Fine Arts Institute. By the 90's I was a professional artist," he said.

When asked by a student if his art was inspired by personal emotions or political reasons, Lan said his art was inspired by his moods.

"My art is personal. It's inspired by my loneliness, my mood, my emotions, or when I feel hopeless or other powerful emotions. Splashing ink is powerful and it helps express what I have to say or how I feel," he said.

Most Recently, Lan's work has been featured in the all over the U.S, including a traveling exhibition titled 28 Chinese. This was an exhibition of Chinese artists gathered by American collectors Don and Mera Rubell after 10 years of visiting artists' studios in China and was first launched during Miami's Art Basel.

"Miami has played a vital role to develop global art and culture. The prestigious collection of the Rubell Family in Miami collected my works in 2011, so it's good to be back in Miami," said Lan, "A few years ago in China, Yi and some students made a special visit to my studio in Beijing and some students also write articles of my heavy ink painting as a research topic, so I put the first stop of my university lecture in America at FIU," he said.

Yi said her initiative to invite Lan to FIU was a way to change her students lives

with art and to be inspired by his devotion and dedication as an artist.

"Students should also look at artists from the other side of the globe. It is so important for them. I also think that it's important for students to see a unique and very different artist from China. I think Lan adds a different color to the Miami artistic tapestry," said Yi.

"His uniqueness of combining the tradition and creating something new is very different. His artwork even though he is a Chinese artist, he is so global and so international. Without his name on the art, you won't say 'oh this is by a Chinese artist'. The new visual language that he creates is very unique. He goes to extremes. It's unrestrained, natural, wild, majestic, and most of all his ink art speaks a very expressive and very emotional. I love his artwork," said Yi.

## CENSORSHIP IN THE CLASSROOM

### The relationship between ‘safe spaces’ and critical thinking

#### THE LEVELER



AUBREY CARR

Incidents at The University of Missouri involving blatant racism in the fall of 2015 have initiated activism and protests across the nation. As for professors, some feel their lectures and course content may be too triggering to be taught freely. “Safe spaces” are compulsory, according to Dan Capote, president of the Stonewall Pride Alliance, who opposes the school of thought that safe spaces stifle ideas.

Capote says there are “four benefits” SPA provides: developing community, leadership qualities, diversity and activism. He likens the four hour long SPA meetings to “coming out of a war zone.” People must be relaxed and then

harassment if they announce their true identities.

In September 2015, President Barack Obama addressed the controversy hailed by “safe spaces” at an Iowa town hall meeting:

“Some college campuses... don’t want to have a guest speaker who is too conservative or they don’t want to read a book if it has language that is offensive to African-Americans or somehow sends a demeaning signal towards women...I don’t agree with that,” he said.

Obama disagreed with the thought that “when you become students at colleges, [you] have to be coddled and protected from different points of view.”

He believes that colleges should invite guests of different outlooks and if there is conflict, “you should have an argument. But you shouldn’t silence them by saying, ‘You can’t come because I’m too sensitive to hear what you have to say.’ That’s not the way we learn either.” He says.

There is a difference between

future. These critical thinking skills are indispensable for social reform and universities have historically been hubs for progressive ideas to hatch and gain support.

Jonathan Chait, a political columnist for New York Magazine, separated the two safe spaces perfectly in an interview with NPR about political correctness on college campuses.

“I’m in favor of safety. What I object to is defining safety to mean the absence of contrary points of view. And by contrary, I don’t mean hate speech, I don’t mean threats, I don’t mean swastikas. What I mean is the performance of a play that people dislike politically, the appearance of an op-ed that somewhat mildly criticizes views that you hold - those are things that people have defined as threatening a safe space.” Chait explained.

“There is very little to be gained from suffering,” said author Roxane Gay in the same interview. “I think what students are looking for is a space where they don’t have to suffer emotionally.

As a teacher, I try to create as safe a space as possible, but I also know that my job is to make students uncomfortable. So I think students aren’t asking to be coddled. They’re asked to be treated with respect and I don’t think there’s anything wrong with that.”

It is unfair to ask professors teaching gender or race studies to censor their lectures on inherently controversial topics.

If it is too difficult a subject to endure, refrain from enrolling in the course. If it’s a mandated class, perhaps this can serve as a way to cope with a triggering situation.

Books like “Uncle Tom’s Cabin” or “Mein Kampf,” though plagued with heart-breaking injustice, are crucial to understanding history and how to better the future. We could even consider their relevance to the 2016 presidential election.

Do not harass your students, but do not shelter them. It is possible to have healthy discourse on a heavy subject, because discussing gender, racial, or sexual equality, nor the topic of abortion, rape, war, or the likes does not automatically grant the participants permission to assault or harass anyone.

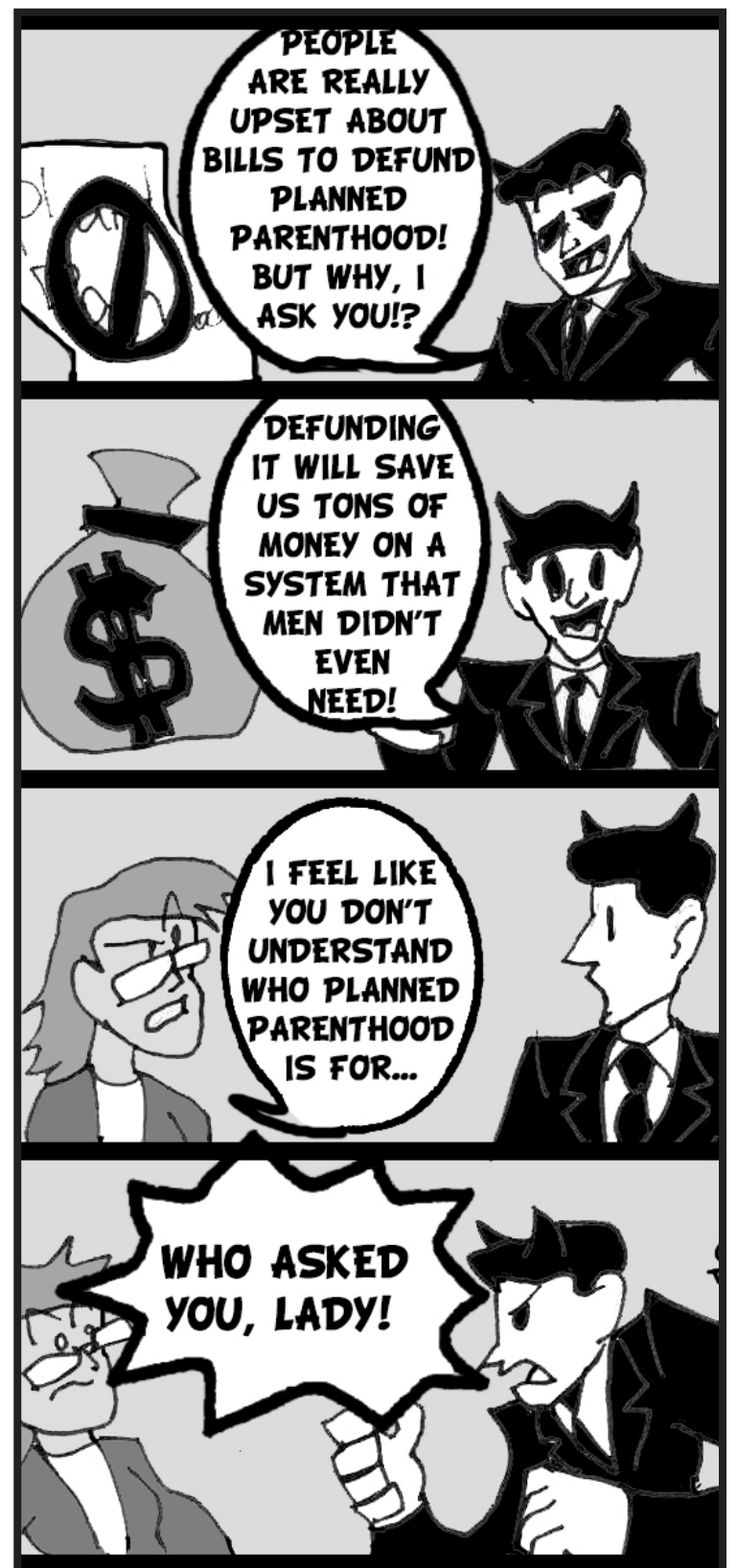
It is possible to bring up controversy without attacking a group or individual. These conversations must be had.

If a student must leave the room to collect himself, that’s okay. But we shouldn’t halt an entire dialogue because of an uncomfortable student. There are uncomfortable issues that require more than one outlook to solve and we must meet them with open arms and open

minds, whilst keeping students emotionally and physically safe from explicit harassment directed at them, if we are to move forward.

*The Leveler is a column on global social justice and political commentary. For suggestions or comments, please contact Aubrey at aubrey.carr@fiusm.com*

## DEVIL’S ADVOCATE: PLANNED PARENTHOOD



SAM PRITCHARD-TORRES/THE BEACON

“There is a difference between a physical safe space and an intellectual one... An intellectual safe space, however, is equivalent to disregarding important, albeit difficult, conversations.”

you can start your work. “When you deal with ‘the closet,’ you deal with people [who aren’t] confident with self-expression,” Capote said.

Each attendee has the option to introduce him/herself and declare the pronouns s/he prefers, in addition to gender and sexual identity. Capote said the group “establish[es] bonding through self-disclosure” and “opens a dialogue for people whose pronouns may not be easily assumed.”

SPA is a physical safe space and encourages discourse in the name of education when there are inquisitive but confused open minds, because, “By educating, you naturally create activists.” Capote told FIU Student Media.

Capote said safe spaces are especially useful for transgender persons who “endure misgendering out of safety,” or are “outed” and at risk for

a physical safe space and an intellectual one. The former is essential until there is full equality between every human being.

Targeted groups like the LBGTQA community, women, members of the black community and certain religious groups need a place where the individuals can be protected, lest their lives and livelihoods be endangered.

An intellectual safe space, however, is equivalent to disregarding important, albeit difficult, conversations that can help call for reform if we let them.

If we do not academically engage in history like the Suffragettes, the Holocaust, the LBGTQA fight, or slavery and the Civil Rights Movement, we do not learn; we cannot acknowledge humanity’s mistakes and learn how to combat similar situations in the

#### 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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## DECADENT DECADE

Aesthetics & Values Exhibition celebrates its 10th anniversary



Top Right: Student Curator Yashodhara Suri



Bottom Right: Alex Trimino working on her installation, "Totemic Light Patterns."

Bottom Left: Austina Woodgate working on the last touches of setup for her work, "Milky Ways."



Top Left: Senior marketing major Andrew Low share a laugh with Alec Rodriguez.



ERIC DURAN/THE BEACON

## Avoid muscle soreness and fatigue by stretching

### MOTIVATION MONDAY



NIHAT STRIDER

As a trainer I often get asked how to get rid of muscle soreness. There are few ways to take care of your pain.

First of all, instead of only resting your sore muscles, you can perform light physical movements to increase the blood flow in the affected areas to relieve pain. Stretching will significantly aid you, liberating those stubborn muscle tissues. If your entire body is sore, take a yoga class. This will stretch your muscles, easing and aiding any soreness of your muscles.

Muscle knots are specific areas where the connective muscles or tissues have cramped. In other cases, it can be the specific area where there are immobile scar tissue either from injury or overusing a muscle group. These painful tissues form in the ligaments, muscles and tendons which blocks the circulation - resulting in muscle inflammation,

unbearable pain and can even hamper our mobility.

It is important that you do not disregard soreness in your muscles or muscles knots. Avoiding the situation and to continuing to workout will make it even worse and eventually cause damage in your muscle tissues.

We have all heard of the heat and ice patches you can purchase at the pharmacy, but another way is to relieve muscle soreness is taking hot and cold showers. Take a five minute shower and interchange every 20 seconds between hot and cold. The cold water will numb your pain and the hot water will increase your blood flow. The major factor that makes this hot and cold therapy effective is pure science.

The muscles in our bodies will contract in cold temperature and will expand in hot temperature. Therefore your muscles will expand and contract every time there is a temperature change - eliminating any muscle soreness or pain.

Taking a pain reliever will help but if you want to take a more holistic approach for sore muscles - use Curcumin, an ancient Indian spice. Curcumin is a powerful anti-inflammatory that reduces inflammation in your bodily muscles. Believe it or not, drinking the proper amount of water will help you heal from

soreness as well.

Studies have shown that runners who were dehydrated had more soreness versus the runners who drank water throughout the race that experienced less fatigue.

Water is responsible for body temperature regulation and also muscle and heart functions. Even a two percent decrease in hydration level will affect your maximum strength and any athletic performances.

A massage is another alternative for muscle relief. A massage will release all knots in your muscles and help increase blood flow throughout your body.

If you have stubborn knots and severe muscle pain, get yourself a professional massage and you will feel a lot better.

According to the American Massage Therapy Association 75 percent of the individuals surveyed claim their primary reason for receiving a massage in the past 12 months was medical - including pain relief, soreness, stiffness or spasm, injury recovery, migraines and injury prevention.

If a massage is out of your budget or not covered by health insurance, try the foam rollers.

Foam rollers are often found at the gym; ask your front desk attendant. You can slowly roll over your targeted pain

zone back and forth to relieve your pain. You can also use a tennis ball: put full body pressure on the pinpoint of where your muscles knot is, place the tennis ball at that pinpoint and slowly start rolling or rotating that ball around with the target area. The pressure from the tennis ball will help you get rid of those muscles knots.

I always tell my students that prevention is better than cure. You need to specify your weaknesses: target and counter -attack them before it affects you.

I often see people leave the gym without stretching or completing a whole workout session without drinking water. Not drinking water leads to severe fatigue and even nausea.

Take your time after working out, if you are in a rush then finish your exercises early and leave about 5 minutes for a proper stretch.

Make sure you eat a light, healthy snack before you workout, always remember to stretch and remain hydrated to prevent muscle soreness.

*Motivation Monday is a weekly column covering fitness and health. Nihat is a certified trainer. For comments or questions email Nihat at [nihat.strider@fiusm.com](mailto:nihat.strider@fiusm.com)*

# ‘Run, Walk, Run’ encourages campus diversity

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FIU’s Diversity Week has been a longstanding tradition for four years. Not only did the events taking place last week promote diversity, they also taught students the importance of a globalized and diverse campus.

FIU’s Diversity department’s event “Run, Walk and Roll” took place Thursday, April 7, at noon at the Nature Preserve and running track. The event encouraged students to jog along the nature preserve in order to recognize diversity on campus.

Created and sponsored by student organizations such as, Panthers Active Wellness Services, the Benefits and Wellness Program, The Student Veterans of America and the Housing and Residential Life sponsored and created the event.

Nathan Burandt, Benefits and Wellness Program Manager, said, “The whole goal for the Walk, Run and Rollathon was to celebrate diversity and to highlight inclusion. Everybody is somebody.”

Students, faculty and staff kicked off the event

as music blared in one of the outdoor terraces at Parkview Hall. Students also gathered around a free snack booth with cold water for the race participants.

Heather Morris, a senior majoring in human resource management and Aranza Venegas, a sophomore and international business and finance major, helped contribute to the race by advertising around the residential halls as well

“

The whole goal for ‘Walk, Run and Rollathon was to celebrate diversity...

Nathan Burandt  
Benefits and Wellness Program  
Mang.

”

as making t-shirts for the event.

“Everyone can come out, we have staff, we have students, just basically supporting the diversity initiatives that we have here on campus,” Morris stated.

“I think it creates awareness to not only diversity as races and ethnicity, but also disabilities and things of that nature,” Morris said.

Although this idea was played out by the Diversity organization, it took a combined effort of people to officially come up with the idea. Daniel Nicolas, a member of the Diversity branch here at FIU indicated that he and his team try to figure out “unique ideas” that they can attribute to students.

“It’s really brainstorming amongst the committee to have it developed,” Nicolas said.

Although this is the first “Walk, Run and Roll” race, the assurance of next year’s event holds promise. With its many participants, the race and event in the Parkview Terrace was nothing short of friendly - the true reason participants gathered was for the awareness of diversity around FIU.

FIU’s student body and staff has always been one of diversity. With stats showing 65 percent hispanic, 13 percent black, and 13 percent of other ethnicities and races.

Not only is FIU assorted in singular students,



SELENE BASILE/THE BEACON

April 7. Students participate in the first annual ‘Run, Walk and Roll’ event.

but it’s also home to a variety of student clubs that include the Black Student Union, Caribbean Students Association, and National Organization for Women and the Disability Resource Center.

These various clubs also make an impact among students by showing the distinctions and variations among different groups of people.

Even though it was a usual “spring day” in Miami, the turnout had an estimate of 50 students, faculty and staff.

The advertising in all

the student living areas brought many on campus students to the event. The track was filled with participants, some jogging at their own pace and other chatting with friends.

The diversity of the preserve was also a reminder that there are a lot of differences in nature, and what better way to say farewell to this preserve than by such an amiable occasion.

Diversity week had a successful fourth year of running along with its first ever fun walk event.

Nicolas hopes to

continue this race and the tradition of Diversity Week for years to come. One can only hope that events like these will resonate the message of the FIU Diversity Week Committee across the student population.

The expansion of the event is imminent however, “the committee was definitely talking and discussing how it can be bigger and better for next year. So we’re going to eventually talk about ways to expand it,” Nicolas said.

# Eating breakfast provides benefits to health

## SDA HEALTH



CARL  
BRITTON JR.

“I don’t have any time for it,” “I’m not hungry in the morning,” “I’m not a breakfast person.” These are the statements that are commonly made by individuals in response to the questions like, “Did you eat breakfast today?” or “Why didn’t you eat breakfast today?” In our time-crunched, obligation centered society, consumption of the most important meal of the day is not prioritized.

For some, breakfast might simply be a morning cup of coffee, including a slice of toast or a piece of fruit and maybe a bowl of yogurt. Is that an adequate amount of food to meet the body’s needs and control the waistline?

In 2013, the American Journal

of Clinical Nutrition published a study that concluded, consuming breakfast led to beneficial alterations in the appetitive, hormonal and neural signals that control food regulation.

The data suggests that the addition of a protein-rich breakfast is a justifiable strategy to improve satiety and reduce food motivation.

20 overweight and obese late-adolescent girls participated in and completed a study. It’s important to note that none of these girls were on any medication that influenced appetite, food intake regulation or metabolism.

The participants followed one of three breakfast patterns: continuation of skipping breakfast, consumption of a normal 13g protein breakfast or consumption of a high 35g protein breakfast. Additionally, the girls were provided with specific breakfast meals and they were allowed to participate in the study at their home for six days.

On the seventh day, they reported to the University of Missouri’s Brain Imaging Center to complete a 10 hour testing day that included an assessments on their perceived appetite and satiety and collecting samples of their blood completed during the day, while also monitoring neutral activity of the brain.

While at the testing center, the participants were provided with a 290-calorie dinner and were instructed to eat as much as they could, within a 30-minute time frame until they were comfortably full. They were also provided with a cooler of snacks that included cookies, cakes, granola bars, chips, snack-size ice cream, etc. that they were able to eat at their pleasure, after they completed dinner.

The participants in the study that adhered to their regular pattern of skipping breakfast exhibited higher levels of hunger during the early-and late-morning hours and early

afternoon than of those that consumed the normal and high protein breakfast.

Furthermore, there was more brain activity, response to food stimuli, in the meal without protein as when compared to the high protein meal. The participants that skipped breakfast, along with those that consumed the no protein meal consumed more of the unhealthy, calorically dense snacks after dinner than those participants that consumed the high protein meal.

This data supports the notion that an individual is likely to consume more calories in the evening when breakfast is skipped.

Consuming a protein rich and nutrient dense breakfast is very important in avoiding unhealthy snacking and unwanted weight gain. Sadly, its significance is easily overlooked and often taken for granted among many in our society, especially within the adolescent population.

The overweight and obesity

rate, simply put, is alarming and dangerous. If we want to win the fight against these conditions, we must be intentional about doing it for ourselves, set good examples for our families and become adequate social support to our friends, family and coworkers.

It starts with what’s often referred to as the most important meal of the day. Before you leave your home tomorrow, remember that breakfast truly is, the most important meal of the day!

*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 topic, email life@fiusm.com*

Life! / fiusm.com

## FOOTBALL

# Panther Pride: why it doesn't exist, but easily could

### DRUCKER DIGEST



DAVID DRUCKER

Outside of wins and losses, attendance is FIU football's biggest problem. The University reported an average of 13,634 people per game in 2015 - one of the

worst among Division I schools in the country - and if you went to a game last year, you might think that's a generous number.

Some in the community blame the students for staying at their homes or at the tailgates during the games, but that's unfair.

The blame lies with FIU Athletics for having the solution in front of them the whole time and still not figuring it out: make football games worth attending.

Sure, some of the circumstances surrounding FIU make it difficult to go to games.

It's no secret that Miami doesn't produce very loyal sports fans to begin with and most FIU students don't live on campus.

Every school has its problems, however, and most still manage decent attendance. Why don't FIU students choose to overcome these problems?

The answer could be obvious: FIU doesn't win enough and watching them lose is not worth spending time on.

If you ever spent a day by the pool as a kid in South Florida, you might know what it's like to leave a college tailgate early to go watch the Panthers. Remember when you and all of your buddies would agree to jump in the water on "three," but then only one of you would jump while the rest stayed on land and laughed?

Yeah, I've left a tailgate early to get a good seat for an FIU football game too.

I felt tricked, sitting alone in the stands watching my team get dominated by Bethune Cookman for the second year in a row while everyone else stayed behind to party in the parking lot.

I imagine the rest of the students who showed up didn't feel great about their decision either.

Panther football is in a year where they can't afford poor attendance; the lack of fans is not only embarrassing, but also merits consequences from the NCAA.

If a school does not draw an average crowd of 15,000 per

game every other season they risk probation or demotion from Division I FBS play.

Getting people to games is something the University needs to fix now.

FIU is well aware that the problem exists and is constantly trying to fix it, but free hot dog vouchers and beach party decks can't take the place of winning seasons and bowl games. Winning would be the quickest way to keep FIU out of trouble with the NCAA.

People will always hop on the bandwagon of an underdog team like FIU. They would probably draw large enough crowds to avoid penalties and stay in good favor with the NCAA for at least a couple more years.

The problem is that the increased attendance from one winning season wouldn't stick.

FIU fans materialized out of thin air when T.Y Hilton rewrote FIU's record books, but they all left with the Ghost. What would it take for FIU to build a real, consistent fanbase? Is it even possible?

The answer is yes. The reason people don't go to games is that there is nothing to invest in. There is no tradition at FIU that

bonds the fan to the school to build loyalty.

However, I am not saying that it can't exist.

FIU Athletics, as a whole, has little to no tradition because they try to reinvent the wheel every season.

Afraid of remembering last year's failures, our major programs market themselves as a new product each year, creating a dichotomy between student and team.

Why does the chant "Paws Up" still exist if no one ever does it? Why is Pete Garcia still our University's athletic director even though he is universally hated by every FIU fan?

Regular people become lifelong fans because of the connection they share with a team, but that transformation doesn't occur when you can't even get your team's attention.

Students should demand that FIU create a sense of sports culture and tradition on campus. It's not like FIU hasn't had their fair share of memorable moments - they just choose not to remember them. Where are the statues of Hilton and Mike Lowell, FIU's most prominent former stars?

How many students even know that the Jacksonville Jaguars' starting strong safety was once a Panther?

Wait, we actually had a two-time NBA champion and a coaching legend's legacy head our men's basketball program recently?

FIU needs to stop being the brand-new team that you could create in a video game franchise mode and start acting like a school with history.

Do what other college programs do: sell your big name alumni, market your players, tell their stories and create connections. If the connections don't happen organically, then fake them until they seem legit.

The University has the population it needs to be a respectable sports school. All they need to do is give the students a sports culture worth being a part of.

*Drucker Digest is a biweekly column about FIU sports. To contact David email him at david.drucker@fiusm.com*

## BASEBALL

# The offended and the offenders, a virtue of understanding

### T-TIME



GIANCARLO NAVAS

Early Thursday, April 7, ESPN's Bomani Jones sparked an introspective conversation that made a lot of America uncomfortable.

Filling in on the Mike and Mike morning show Jones wore a shirt that mimicked the Cleveland Indians mascot, Chief Wahoo, and logo by replacing the word Indians with "caucasians" and had the Indians mascot edited to be a white person.

Jones' intention was to make the viewers reflect on the offensive nature of using stereotypical caricature depictions of Native Americans as a mascot, a conversation that is long overdue.

Adopting Native American mascots is not an uncommon practice in sports.

Before changing to Homer, a baseball head with the body of a human, the Atlanta Braves used the "screaming Indian",

named Chief Noc-A-Homa. The Washington "Redskins" not only use the derogatory term for Native Americans, but their logo and mascot is also a stereotypical representation of one. Both of which Jones calls "a flat out slur," and "indefensible."

Chief Wahoo came from a 1930's comic strip that portrayed native

doing something."

It's all about making money off this offensive logo.

"The reason they won't get rid of Chief Wahoo, which is completely indefensible, is they could still sell stuff with it," said Jones on ESPN's Molly's take. "They can say they're gonna de-emphasize it, but they're not just gonna set

“

The reason they won't get rid of Chief Wahoo, which is completely indefensible, is they could still sell stuff with it.

Bomani Jones  
Journalist  
ESPN

”

Americans in a bad light with poor stereotypes. The Cleveland team has stated that they will reduce the logo prominence in the team, but not remove it completely as if to say, "we know this is kind of problematic, but we're keeping it anyways. Be happy that at least we're

money on fire."

By wearing the altered shirt, Jones is asking those that have no problem with the original logo why they have a problem with this one.

The simple answer is that when entitled white people see the same racialized stereotypes set

on them, they go on the defensive.

So why wouldn't Native Americans feel the same way when they see themselves being represented in that light? A lot of "well you are being sensitive and this isn't offensive" rhetoric gets thrown around, setting marginalized people even further in the outskirts.

This is the system we have in place, the one that allows those with race and class privilege to believe that they can exploit another group and then tell them that they have no reason to feel offended.

Before calling Jones an attention whore, think about his message and the importance of not making Native American people even more invisible for the sake of the entertainment of those that benefit from a racist and classist system.

It's a conversation that needs to be had. Sports fans and the rest of the public needs to understand the significance of the logos and mascots that they are exposed to.



PHOTO COURTESY OF CREATIVE COMMONS

Cleveland Indian's mascot, Chief Wahoo. Cleveland, is one of the franchises in sports that has upset a lot of fans due to its controversial mascot just like the Washington Redskins in the NFL.

They need to reflect and accept the kind of negative stereotypes that come with depictions of marginalized groups of people and use their privilege to stop it, not perpetuate it, especially if the source is a racist cartoon.

*T-Time is a bi weekly column focusing on social issues in sports. For commentary and suggestions, email Giancarlo at giancarlo.navas@fiusm.com*

NHL

# Panthers could become Canada's darlings

**GEORGE RICHARDS**  
*The Miami Herald*  
TNS Staff

The Florida Panthers clinched a playoff spot while en route to Toronto and claimed the Atlantic Division title while in Montreal.

Pardon the locals if they're a bit envious.

This spring, for the first time since 1970 - yes, before Jaromir Jagr was born - there will be no Canadian teams eligible for the Stanley Cup.

Of the seven Canadian NHL teams, all have been eliminated from the postseason, with the Senators the last team standing until being knocked out last week.

On the flip side, both Florida teams as well as the four teams based in California and Texas will be playing next week.

The 1993 Montreal Canadiens were the last Canadian team to win the Cup.

"It's been a while since no Canadian teams made it; I didn't even know the year," Jonathan Huberdeau said. "It's pretty crazy, but it happens. The teams who are in it deserve it. It's definitely good for our organization."

For the Panthers, who have almost 60 percent of their current roster comprised of Canadian-born players, the lack of Canadian teams in the postseason is nothing to celebrate.

The Panthers are celebrating their rare appearance in the postseason, however. Florida has been to the playoffs just five times in its history and three times since 1997.

"Growing up in Toronto, the Maple Leafs were always in the playoffs, but they've been in a drought lately and a lot of Canadian teams have followed that," Reilly Smith said.

"It will be a little weird, but

it's far from South Florida, so I'm not going to worry about it too much. Our main goal was to get to the playoffs, and now we have different goals."

Although Canadian TV networks will continue to cover the playoffs as much as before, not having a local team to cheer on will have some Canadian fans gravitating to one of the active teams.

The Panthers, with their collection of young players and established stars such as Jagr and Roberto Luongo, could find themselves the beneficiaries of the Canadian postseason blackout.

This week, both the Toronto Star and Globe and Mail did stories speculating how the Panthers could become "Canada's Team" in the playoffs as they did during their run to the Stanley Cup Finals in 1996.

One Montreal radio host is pushing the Panthers as a natural for Canadiens fans to root for considering so many flock to South Florida during the winter and that two of Florida's stars (Luongo and Huberdeau) are from the Montreal area.

The Panthers would welcome all newcomers.

"It could be us, the underdog team, for sure," Panthers coach Gerard Gallant said. "There will be a lot of Canadian fans watching the playoffs, obviously, because they love hockey. We're a good story, a good franchise. You can talk about Jagr, how the team hasn't been in the playoffs a whole lot. It would be awesome."

Said Smith: "Any team that has Jagr on it is going to create a buzz. The more people following us, the better."



C.W. GRIFFIN/TNS

The Florida Panthers' Tomas Fleischmann, left, dives at the puck controlled by the Los Angeles Kings' Anze Kopitar in the second period at the BB&T Center in Sunrise, Florida, Sunday, October 13, 2013. The Kings beat the Panthers, 3-0.

BASEBALL

## Give America's pastime another 'Chance'

JAKE'S TAKES



JACOB SPIWAK

As if baseball wasn't doing enough to rejuvenate the current product, the Chicago White Sox are working on a unique deal that could bring in a whole new audience to a team that desperately needs better attendance numbers. Chicago recording artist Chance The Rapper, who sports a Sox hat and represents his hometown wherever he goes, is being brought in as an ambassador for the team. He's already thrown out the ceremonial first pitch for the team on two different occasions (including before their 2016 home opener on April 8) and designed a limited edition line of White Sox hats that sold out online in just three minutes.

Not only is he a diehard fan of the team, but Chance is somebody who connects with young people throughout Chicagoland. He's a charitable celebrity that's rooted in the community, and will be able to help the White Sox generate a lot more attention from kids who may not have been fans of the team before.

This huge step made by the White Sox is yet another sign that the MLB is marketing itself to attract a younger and larger demographic. More teams around the league should look into doing something similar to the Sox, as this unprecedented deal is already generating more nationwide attention that the team otherwise would have never gotten.

The digital age has given young people a desire for instant gratification, so a slower-paced and more statistics driven sport like baseball no longer gets the respect it deserves. But if teams reach out to millennial role models like Chance The Rapper to help promote the sport, it's only a matter of time before more young people start to care.

I was raised to love baseball starting at a very early age, so it frustrates me that fewer and fewer young people have the attention span to enjoy a nine-inning game of baseball. Rather than getting mad at the problem, however, we should look for a solution, and I think the Chicago White Sox are onto one that could prove to be very effective at solidifying the future of baseball.

*Jake's Take's is a biweekly column about MLB and FIU baseball centered issues. For commentary and suggestions contact him at jacob.spiwak@fusm.com*

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## Tunnel of Oppression demonstrates to students the power of labels and words

POLITICOBUZZ



FABIENNE FLEURANTIN

Take a moment and think about your gracious mother. Perhaps she is a hardworking woman who comes home to greet you, exchanging words about her day then asking about yours. She gives you the letter she received in the mail and asks you to read it because she's still learning English. You open it and are forced to tell her that she will be deported, effective immediately. There is no way for her to stay with you.

I don't know what that's like, but on Thursday, April 7, I got to witness this in the Tunnel of Oppression. BBC's Campus Life hosted this event in the WUC Ballrooms with one goal in mind: to change the perspectives of those who enter.

The whole concept for the Tunnel of Oppression began at Missouri State University, and other universities around the country started to implement

this on their campuses, like FIU.

The Tunnel of Oppression is "an interactive campus-wide diversity program in which actors are put on scenarios for participants to experience. These scenarios cover different types of diversity and social justice," as mentioned on the Missouri State Tunnel of Oppression Facebook page.

From the moment I signed in, I was automatically given a label to stick to my chest that read "douchebag" and a bottle of water.

A group of other students and I were then led through a series of rooms in complete darkness, where the only light that shined was from our tour guide's flashlight. With caution, the tour guide steered us through a series of rooms where we sat down and watched a video showing images of different people from various backgrounds and the experiences they were confronted with.

We ambled through a room where images of unattainable and unrealistic beauty standards were plastered on every wall, then, we witnessed the faces of those who were affected by it.

In the next room, my group and I gathered around a homeless woman, who was sitting in a desk with her head down. We learned how prominent homelessness is in colleges and how it occurs.

We stood together quietly as we read statistics detailing the amount of sexual assaults that plague individuals of every race, gender and sexual orientation.

Remember that bottle of water I mentioned earlier? We were asked to drink it and in exchange, it was replaced by unsanitary and unfiltered water to represent the reality of those who were affected by the contaminated water in Flint, Michigan.

For that moment in time, I got to experience someone else's truth. The Tunnel of Oppression has shown someone else's sentiments, their anguish, their pain, their experience - and it was impactful.

I was labeled a "douchebag" when I began this journey. It led me to believe that I actually was one because there was someone in our group who was drunk - I later found out they were an actor - but I didn't help them.



FABIENNE FLEURANTIN/THE BEACON

The unsanitary and unfiltered water given to students at the event represent the reality of those who were affected by the contaminated water in Flint, Michigan.

I kept wondering if I should've done something, but was unsure of what I could do. This one word made its way into my thoughts and then translated into my actions.

I realized the power of words and how they grasp people. The weight of a word cannot be measured.

Words can be idly spoken with blatant disregard of

impact on another individual. You may not see their effect on the surface, but underneath, that person who was bruised by your insults may be tearing themselves apart inside.

Words, images and stereotypes have a long lasting effect and a steady stream of affronts could vex a person's life forever.

This is what the Tunnel of

Oppression has proven to me.

*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*

## Sexual assault addressed in higher education

TBTN, PAGE 1

the Miami Slut Walk that took place on April 8. The Miami Slut Walk started at FIU by the National Organization of Women, and is the organization's event that leads up to TBTN.

Kimberly Ortiz, secretary of N.O.W., said "The Slutwalk is really important to raise awareness of the dangers of slut shaming and victim blaming when it comes to sexual assault."

"Most importantly at FIU, with the diversity that it has, we have to make sure that it [Slut Walk] gets the word out there," says Ortiz. "Sexual assault is a lot more likely to happen on campuses, and we want to make sure that girls on campus feel safe and feel supported."

"We want to make sure that girls know that we are there for them, and that we know this is happening. We support you and we are not going to stand for it," says Ortiz.

Another TBTN pre-event is Fight

Like a Girl, and will take place on April 12 in GC 243.

This event provides a demonstration for people who want to learn more about self-defense.

Janeixis Ortega, a women's center intern, studying psychology and marketing, is hosting the event. She said "We were talking about what we really wanted to target in terms of self defense. We wanted to bring out the nuances of self defense, and that there is more than just the physical aspect of [it]."

She is also teaming up with the jiu jitsu club to help facilitate the self-defense portion.

"You [can also] always repel your assailant by using your words. The power of your words is going to have an effect on your assailant, and being able to control them in that way," says Ortega. "We want to also talk about sexual assault amongst Greek life, and how it affects them. I'm sure it is more prevalent amongst Greek life then it is in terms of other people who are not in Greek life."

## Students struggle for rights

MARY CLARE REIM  
The Heritage Foundation  
TNS Staff

It's bad enough that college students today have to juggle academic and social pressures while paying historically high tuition rates that often saddle them with years of debt. But now they're struggling to retain their First Amendment rights.

We've seen this all across the country. Students at Yale University last year made headlines when they protested, of all things, a panel emphasizing the importance of free speech. As made obvious by the glaring contradiction here - that students were using their right to free speech to limit speech they did not like - there is a particularly troubling mindset at work today. Campus protests are nothing new, but lately they have taken on a more belligerent nature that diminishes the voice of the individual.

Melissa Click, the former University of Missouri communications professor who was caught on tape asking for "muscle" to physically remove a student documenting a protest, represents how peaceful demonstrations coupled with a powerful aversion to intellectual

debate turn into mob rule. Students at California State University recently tried to physically block other students from attending a speech by conservative commentator Ben Shapiro, who eventually needed to be escorted off campus by police due to safety concerns.

This shouldn't disturb only conservatives. Even President Barack Obama has expressed dismay at the trend, saying at a 2015 town hall meeting in Des Moines, Iowa: "I don't agree that you - when you become students at colleges - have to be coddled and protected from different points of view."

The same groups that advocate for diversity and acceptance on campus will go to great lengths to halt meaningful debate. Conservatives on college campuses today are threatened with disciplinary action if they speak their minds or defend free speech, even when distasteful. Yet the Founding Fathers saw this as a right essential to our freedom - one that should be protected in all places, including college campuses.

The idea that colleges and universities should be teaching courses from a uniform perspective, further constrained by a politically correct vocabulary, is anathema in an intellectually free society. Such

circumstances cripple a student's ability to communicate effectively and thoughtfully weigh differences of opinion with colleagues who do not think exactly like them. Surely, society has nothing to benefit from a generation of college graduates who are taught that the only acceptable response to ideas with which they disagree is to protest or to seek refuge in a safe space.

Unfortunately, college students are not the only ones who are increasingly made to think inside the box. When states adopted the Common Core national standards, parents, teachers and administrators alike became concerned about the impact a uniform set of standards might have on different school curricula throughout the country. Public education already has numerous constraints that box students in, failing to provide options for the diverse intellectual needs, priorities and values of American families.

Defenders of Common Core often argue that these standards are not a curriculum. They add that states had the option to adopt Common Core and that it is not a federally mandated program. Much like the Mizzou student who went on a hunger strike until school president Tim Wolfe was fired, the federal government made its request difficult to ignore.