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FEEL-GOOD FRIDAY



SAM SMITH/THE BEACON

Local musicians Ben Rodriguez, Christian Kobiakov, sophomore construction management major Omid Djahanshahi, Cristian Castellanos, sophomore biology major Gabriel Castellanos play blues at GL.

SGA-BBC Lecture Series hosts Tia Mowry

CAMILA FERNANDEZ
Staff Writer
camila.fernandez@fiusm.com

Praised for her acting career as Tia Landry on the 1994 hit comedy, "Sister Sister," Tia Mowry will visit the Biscayne Bay Campus as part of its SGA-BBC Lecture Series.

The series is hosted by the BBC Student Government Council, which has brought influential leaders like hip hop artist, Common; broadcaster, Soledad O'Brien; actress, Mayim Bialik; and television host, Larry King to campus.

"In the past, we have brought people that bring imminent issues," said SGC-BBC President Allhan Mejia.

"Soledad O'Brien last year, she talked about being black in America and also being Hispanic in America. [The lectures] are so important because students can relate, and students can see the different things that these people have to go through," said Mejia, a marketing and sustainability senior.

According to Jamie Adelson, director of lectures, the lecture will be based on a questions and answers series between Mowry and herself. She said the lecture will not be on a certain topic, but rather on Mowry's experiences.

Adelson, a sophomore journalism major, said questions that she will ask include her growing up as a minority in television.

Across 100 top-grossing

films of 2012, only 10.8 percent of actors are black, 4.2 percent are Hispanic and 5 percent are Asian, according to a study by the University of Southern California.

"We see the struggles she's had to go through growing up in Hollywood and growing as a person," said Adelson.

Larissa Adames, SGC-BBC Campus Life coordinator, said young people tend to look up to influential people, like Mowry.

"The younger generation at times look up to celebrities because in their eyes, they're successful at whatever they do," said Adames.

Adames said that people always want to have guidance on how to be successful and to be well-known in the digital world, like on social media.

"I think students want to be known because that's how they view success," she said.

"You could be the next YouTuber, the next Instagrammer. Students want to be known. Whether they're known as being the best marketing person, or the best lawyer," said Adames.

Many companies, like major marketing and advertising agencies, use Facebook likes or Twitter followers to measure a campaign's health or success, according to Forbes Magazine. 83 percent invest in social media to increase their

SEE MOWRY, PAGE 2

Roarthon raises over \$100K

SAM SMITH
Staff Writer
sam.smith@fiusm.com

Seventeen hours is a long time to be on your feet - let alone to dance.

That's exactly what FIU students were doing at the Modesto Maidique Wellness and Recreation Center April 9 and 10 for the annual Roarthon.

Roarthon is FIU's chapter Dance Marathon, a nationwide organization colleges across the United States participate in to raise money for hospitals in the Children's Miracle Network. FIU's Roarthon, which the University has held annually since 1997, supports the Miami Children's Hospital Foundation of the Nicklaus Children's Hospital.

The original fundraising goal for Roarthon participants was \$85,000.

"Ultimately, we wanted to be the first team to hit \$100,000," said Katrina Thompson, co-director of Roarthon's marketing.

For the other co-director of marketing, Ceresa Freeman, Roarthon was close to home.

Her cousin, now 6 years old, was born with a cleft lip and palate. She has had multiple cranial and facial surgeries at Nicklaus Children's Hospital.

"That's why I do Dance Marathon, knowing that the money we raised will go to children like my little cousin," she said.

Freeman came out of the event with a new outlook on life.

"Roarthon really taught me positivity, because it taught me that when you have a goal and a mindset, stick with it, because all things are possible," she said.

For ten months, Roarthon called businesses for sponsorships, planned the event and raised money by "canning," collecting small donations by asking people directly for loose change and cash. At the final count, the event raised nearly \$102,000, according to Thompson. All proceeds are donated directly to the Nicklaus Children's Hospital.

Another goal Roarthon surpassed was their number of registered and participating dancers.

According to Alex Blanco, Roarthon's

co-director of recruitment, she and her co-director Gabby Prieto set the event's recruitment goal at 600 dancers - which they met. Their advisors, though, said they might want to aim lower.

"I think one of the reasons we met the goal was because my co-director and I worked together so well," said Blanco. "She was the yin to my yang."

When the co-directors reported to their advisors that 250 of those 600 were expected to attend, they were told again that number was too ambitious.

In fact, 320 recruited dancers attended the event - a record at FIU.

"Every problem we

SEE ROAR, PAGE 2

Amazon redesigns Kindle to cut size and weight

ANGEL GONZALEZ
The Seattle Times
TNS Staff

Amazon.com, in a bid to keep reinventing the reading experience and rekindle waning passion for e-readers, has thrown its design book out the window.

The Kindle Oasis, unveiled Wednesday, is the eighth generation of the e-reader first launched in 2007. It looks very different from previous models, which for years have had more or less the same rectangular shape with rounded edges even as they got slimmer.

The \$290 Oasis is a big departure, one motivated by the need to find new ways to cut down on weight and size. "To get smaller and lighter, we had to rethink the format," said Neil Lindsay, Amazon Devices vice president, in an interview at the company's headquarters in Seattle.

About 30 percent thinner and 20 percent lighter than its predecessors, the Oasis is squarish and asymmetrical. The screen is pushed to one side by a big bezel that lies atop a relatively bulky grip that can be comfortably held by one hand. The grip side is about a third of an inch thick, while the device's thinnest side is about an eighth of

an inch (3.4 millimeters.)

Want to grab it with the other hand? No problem: Just flip it around, and the incorporated accelerometer (the first in a Kindle device) will make the screen follow suit.

Another first: It comes with a leather cover that opens like a book and acts like a charging case that can provide months of battery life, according to Amazon. The case, available in brown, black or burgundy, snaps magnetically to the device, nearly doubling its 4.6-ounce weight.

The new Kindle's official presentation comes a week after Amazon CEO Jeff Bezos

announced via Twitter that the device was coming - triggering a wave of speculation and underscoring how central selling books is to Amazon's ambitions, even though the company has evolved far beyond its origins as an online bookstore.

It also comes at a time when many readers have been abandoning e-readers for smartphones or tablets (the Kindle App can be freely downloaded on those platforms, and one can read Kindle books on a PC, too).

A survey released in October by the

SEE AMAZON, PAGE 2

NATION & WORLD BRIEFS

Hillary Clinton, Bernie Sanders clash in debate

Hillary Clinton and Bernie Sanders engaged in another combative debate Thursday night, with the two candidates growing increasingly personal in their attacks as the Democratic race for president drags on well into the spring. They bickered over regulating Wall Street, the consequences of a two-decade-old crime bill, the need to raise the minimum wage, even who is

qualified to run for president. The former secretary of State has amassed a nearly insurmountable lead over the independent senator from Vermont. But Sanders has vowed to stay in the race until the July convention, highlighting Clinton's vulnerabilities in a surprisingly competitive contest where he has amassed hordes of passionate supporters.

'Let's not give up,' Boko Haram escapee pleads

As Boko Haram Islamic extremists drove the Nigerian girl and her classmates away from their school in the dark of night, she prayed for their lives. Then she leaped from the pickup truck into the jungle. Two years later, on the second anniversary of the schoolgirls' abduction, the young woman stood in front of the U.S. Capitol with a bipartisan group of U.S. lawmakers who vowed to secure the release of

219 remaining captives. Saa, the pseudonym she uses to protect her family, broke down as she recalled her friends. "I just wish I can talk to them," she said. "I just wish they can hear me. I just wish I can tell them how much we miss them. And I just wanted to tell the world that, let's not give up. Let's not forget about these girls. Let's keep praying for them."

Panama Papers lob 'atomic bomb' on Brazil's political class

A widespread corruption probe and fast-moving impeachment proceedings are rocking Brazil just months before it gears up to host the Summer Olympics. A global leak of documents that offers details about offshore investments by some of Brazil's top elected officials is landing like "an atomic bomb" on

some of the very legislators undertaking impeachment proceedings against President Dilma Rousseff. This summer was supposed to show how a sleeping giant has awakened to take its rightful place on the world stage, much as China did when it hosted the 2008 Summer Games. Instead,

Roarthon surpasses marathon goals

ROAR, PAGE 1

came across was a great problem," said Blanco. "At one point we didn't have enough food because there were more people than we expected."

She said that obstacle didn't last long, though, as their sponsors supplied more food, free of charge.

Thompson said one of the best things about Roarthon was the fact that anyone who participates is helping not only hospitalized children, but doctors, parents, nurses and families by raising money for the Children's Miracle Network.

"Dance Marathon doesn't limit your capability," Thompson said. "You get to give back to so many areas."

Thompson, who has participated in Roarthon for the past three years, started as a dancer, and

knows just how it feels to be on her feet for the entire event.

"When I danced for 17 hours it was the longest 17 hours of my life, but it was even more rewarding this time because I was busy for the entire marathon," she said.

The motto of the event was "for the kids," which Blanco said kept the participants going through the longer hours of the marathon.

"The kids are a constant reminder of what we were doing this for," said Blanco. "You could feel the passion in the room."

Thompson agrees.

"FTK gets thrown around a lot, but it's a lot different because you actually get to see where the money's going, you get to see what good it's doing and how it's impacting the kids," she said.

For each of the public

hours of the marathon, one of 11 'miracle families' sponsored by participating teams of dancers was brought up to the stage. Each was presented with a gift basket created by the teams, and the children told their stories and gave encouragement to the participants.

Between the hours of 1 a.m. and 6 a.m., Roarthon closed its doors to visitors. This time was used so dancers could eat, sleep and shower.

"It was also pretty late for any of the 'miracle families' to be there," said Blanco.

Thompson said that, out of all the philanthropies on campus students can get involved in, Roarthon might have the broadest reach.

"You're helping give back to the future by helping these kids," Thompson said.

"Sister Sister" star at SGA-BBC Lecture Series

MOWRY, PAGE 1

exposure, according to Go-Gulf.

Mowry graduated with a degree in psychology at Pepperdine University, and she has worked in different platforms as an actress, an author, businesswoman and vocalist. She hosts her own show, "Tia Mowry at Home," on the Cooking Channel. She also posed for a People for the Ethical Treatment of Animals (PETA) campaign promoting veganism.

Mowry has won two Image Award for Outstanding Actress in a Comedy Series for "Sister, Sister" by the American National Association for the Advancement of Colored People. She has also won Favorite Television Actress at the Nickelodeon Kids' Choice Awards with her twin sister, Tamara Mowry.

"I think honestly people could relate to

her because of how widespread and how involved she's been in different areas," said Mejia.

Mejia said students from the School of Hospitality & Tourism Management can benefit from her cooking experiences and entrepreneurship, as well as students from the College of Business. He said students from the School of Journalism and Mass Communication can relate from her experiences in TV production.

"At the end of the day, that's what we're here for. It's what [students] want to see and what type of speakers they want to hear," he said.

The lecture will take place Wednesday, April 20 at 6 p.m. in the Wolfe University Center Ballrooms. Registration is free for FIU students and \$5.00 for general admission at go.fiu.edu/sgabblecture.

Amazon redesigns Kindle

AMAZON, PAGE 1

Pew Research Center said ownership of dedicated electronic reading devices had dropped to 19 percent of U.S. adults last spring from 32 percent in early 2014.

Some 27 percent of the more affluent readers still had an e-reading device — perhaps the target Amazon's aiming for, as the Oasis costs \$90 more than the next most expensive Kindle.

Another challenge: Kindles are sturdy and

can last for years, making upgrades less necessary than for other consumer-electronics products.

The company doesn't disclose Kindle sales, but Amazon's Lindsay said sales have continued to grow and that the Oasis will strike a chord with "avid readers."

"We believe this will sell very well," he said.

At the same time, Lindsay said Amazon cares less about which type of Kindle device (or Kindle app) readers have than

about bringing them into the Kindle store ecosystem. "We make money when they use the device," he said.

The Oasis, so named, according to Lindsay, because it evokes the feeling of "sanctuary" for readers weary of interruptions, also sports a display that's brighter than previous versions. Pages can be turned either by touching the screen or the two buttons on the bezel.

The device will begin shipping in a couple of weeks, Lindsay said.

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CONTACT INFORMATION

Modesto Maidique Campus:
GC 210, Mon-Fri 9:00 a.m.-5 p.m.
(305) 348-2709
news@fiusm.com

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

Fax:
(305) 348-2712

Editor-in-Chief:
(305) 348-1580
cayla.bush@fiusm.com

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

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Letter to the Editor: Article is a false narrative on Israel

Last week an article was published in The Beacon that aimed to demonize Israel. It recaps a conversation that took place between two student leaders and the Students for Justice in Palestine.

It is followed by a narrative that provides extremely false information about Israel. The article claims that the students attacked the SJP students and focused only on peace.

I, Leah, am one of the students that participated in that conversation. I am responding to this article because it portrays a conversation that I didn't have.

From my perspective, a civil dialogue about this complex and emotionally charged issue took place; I am a humanist

and I believe that all people have the right to self-determination.

We exchanged different opinions about the conflict and agreed on others, then left shaking hands in hope to promote a productive and peaceful resolution. I was deeply saddened to read Nadine's article, as she was creating false narratives and was quick to be one-sided.

I left the conversation with hopes of continuing civil dialogue, however, after reading this article, it seemed as if our progressive conversation was overseen as a feud.

Israel is not a perfect country, but it's the only democracy in the Middle East and a country that I call home. The claim that there is segregation is

simply untrue.

I lived in Israel for a year, and was surrounded by Jews, Arabs, Muslims, Christians, Kurds and Bedouins every day, living side by side.

I would shop at the same supermarkets, attended the same doctors and eat at the same restaurants as everyone else.

My experience in Israel allowed me to see first hand what Israeli society is really about - it is comprised of a colorful, diverse population of people from all around the world.

After my year in Israel, I was asked to join the board of our newly established Jewish organization called Hillel at FIU.

We focus on creating events that allow our communities to

come together and be as open as possible.

Our events are curated to engage different organizations and cultural groups and to share and learn about our traditions and core values.

Hillel at FIU is hosting Rebecca Avera on campus on April 20, at 6:30 p.m.

Rebecca is an Ethiopian Jew who personifies the diversity that is Israeli culture. Her community story is a great example of a Jewish narrative that doesn't represent stereotypes.

Leah Jay
Hillel at FIU

Letters to the Editor are not written by FIUSM Staff. They are submitted by readers of The Beacon.

Letter to the Editor: FIU needs change and there is hope

Fellow Panthers:

I'm writing this letter to share a story of perseverance and hope for a better future for all students at FIU.

The election on Tuesday and Wednesday (which had previously been postponed) will be a defining moment in FIU history.

An outsider, AccessFIU, will make an unprecedented attempt to prove that although the odds are stacked against us, with the support of the student body we can overcome like we did two weeks ago.

When Devondra Shaw and myself were wrongly disqualified, we were told that it would be impossible to win, but we kept fighting and proved everyone wrong.

Six months ago, we founded AccessFIU with the goal of creating a Student Government that more reflected the diversity of FIU. As a result, Student Government's goals would be those of the entire Student body.

Together, we built a team of passionate and qualified candidates - each with

genuine goals to improve the FIU experience.

Throughout this journey, we have learned so much and met amazing individuals with unique stories of triumph who have been marginalized.

FIU may be large, but there are many tight-knit communities within the student body who we have met along our journey.

Many of these students - students with disabilities, veterans, hungry students, students who live on campus, etc. - feel disconnected and silenced by the system.

With their support, we have been able to persevere.

However, the journey has only just begun.

After numerous presentations to student organizations, meetings with student leaders, meetings with University department directors and countless conversations with students over the last six months, AccessFIU has identified the needs of the students. They are as follows:

Representation that more accurately reflects the diversity of FIU, more

resources for students who need financial assistance, access to safe and free transportation between campuses, throughout campus and throughout the surrounding community available all-week-long and more opportunities to study, intern and/or work on campus.

We know it's a lot, but AccessFIU is here to test the limits, because they haven't been tested before. Together, we can break the ceiling of what Student Government can accomplish for its constituents.

This won't be accomplished without your help, Panthers!

We are asking that you all go out and vote. Do your research. Select individuals who best represent you and who you believe will really make FIU worlds ahead.

In partnership,

Jose Sirven
Presidential Candidate
AccessFIU.com

Letters to the Editor are not written by FIUSM Staff. They are submitted by readers of The Beacon.

Miami a 'breeding ground for political corruption'

CONTRIBUTOR



AARON WEISMAN

While the current Democratic and Republican primary races have been dominating the majority share of the news, I would

have to argue that more important things are going on domestically. In light of all the attention that the general election demands, one could argue that local politics affect more of one's everyday life.

Politicians on the local level regulate area businesses, housing and residential development as well as set budgets for services such as schools, police and firefighters.

With this much power and influence over our daily lives, one must consider the consequences of large-scale campaign contributions and the influence they have over the local politicians we elect here in Miami and throughout Florida.

Super PACs act as a vehicle

for contributions like these and we have seen no shortage of this and other blatant disregard for the laws that keep the campaign financing process legitimate. People deserve a right to be informed of what companies are bankrolling which politicians.

The worst part is that all of this shady transferring of money has been extremely prevalent in Miami and the rest of Florida, with at least three instances occurring from March onward.

March 15, Miami Beach voters decided not to allow the construction of a hotel to work in conjunction with the Miami Beach Convention Center. According to the Miami Herald, much of this was attributed to mailers and robocalls sent by a mysterious Super PAC.

Governmental Values Coalition, the name of the committee, which was chaired by Ed Abramovitz, the director of a real estate company based in New Jersey, had no registered agents, spent all its

money before disclosing anything and has already filed for dissolution.

The PAC even wrote blatant lies such as the hotel being funded by taxpayer money when in reality it would have been privately developed. To this day, the origin of where the cash came from remains a mystery.

March 28, the Miami Herald reported another case where the Miami-Dade commissioners decided to have a meeting and workshop in regards to legislation relating to increased PAC disclosures. The meeting was skipped by 11 of the 13 commissioners.

This is wholeheartedly disrespectful and an insult to the intelligence of the voters. Currently, local politicians are allowed to accept money from PACs without revealing any of the connected entities. Why should local politicians be allowed to be funded in secrecy?

It's been well documented by the

Miami Herald that businesses like Turnberry, who owns Aventura Mall and the Fontainebleau, pour capital into the Miami-Dade election cycle.

Are voters expected to assume that these donations are in no means a form of political patronage?

April 7, Tallahassee Democrat reported that Florida congressional candidate, Neal Dunn, totally mishandled his relation to a Super PAC where he listed the same treasurer as in his campaign.

Super PACs are supposed to have no political connection to the candidate, at least in terms of staff. Yet both his PAC and his political committee share the same treasurer, legal representation and accounting firm.

While the chances are low that any actual action will be taken against him, his current campaign financial organization cannot operate in its current form, at least legally. Any business can donate unlimited sums of funds to a Super PAC and the fact that this illegitimate

connection was allowed to go on for so long is mind-numbing.

These actions add to the distrust many individuals have concerning the world of politics. How can we expect to see a change in the way politicians conduct themselves when the problem is still occurring at the source?

By allowing corporations to donate unlimited amounts of money to politicians through Super PACs, we're setting ourselves up for failure. Corporations are currently influencing our politician's decisions without most of our knowledge.

Miami is beginning to become a breeding ground for these shady types of political activity and I believe we should make that stop before it becomes a standard set for the rest of the country.

Aaron Weisman is a contributing writer for FIU Student Media. For suggestions or comments, email Aaron at opinion@fiusm.com

SEND US YOUR LETTERS

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Contact Us

Darius Dupins
Entertainment Director
darius.dupins@fiusm.com

LIFE!

M83 gets cheesy cinematic on new album

SELECTED ANALYZED WORKS



CINDY HERNANDEZ

M83's "Junk" could not have a more inaccurate name. At once an album that is in cohesive with jarring transitions and a focus on creating singles, "Junk" finds itself in the M83 canon

at hopping onto a trend of nostalgia that hasn't left for the last few months while making fairly good examples of straying outside of its 80s synth sound - using unique song making techniques to get its point across. That point being an album that sounds magical, like you're conjuring some alien witch to curse the set of Miami Vice.

M83's lead single "Do It, Try It" sets up the album for a theatrical experience, with expressive drumming at minuets that ask the listener to let go of preconceived notions. It's a fitting opener for the album, considering it never seems to stray off the path of theatrics.

On "Go!" featuring a frequent collaborator on this album, Mai Lan, the song begins with a rocket launch countdown and a scary amount of slide guitar skills that would perk the ears of any hair metal enthusiast.

What I believe M83 is doing with "Junk" is making pretty eligible pop hits from the things that made 80s pop hits so popular - the rush for life, as if your radio was the soundtrack for your 80s cop shoot out adventure.

The track "Walkway Blues" in particular sounds like a B-side from Neon Indian's amazing album "VEGA INTL NIGHT SCHOOL," from late 2015. "Moon Crystal" does a great job of that too. I feel like I'm listening to potential television show intros, like a

futuristic Golden Girls designed by Hajime Sorayama.

"Bibi the Dog" is interesting, with throwback influences to nu disco and the kind of material put out by labels like Italians Do It Better. As a side note, the saxophone on all of these tracks is especially sexy.

My main gripe with "Junk" are the trash tracks that seem to litter the remaining half of the album - as if a climb to a more "serious" sound was necessary in making a good album.

"For The Kids" is a piano ballad that comes out of nowhere and was so unwanted that it has to immediately go into the instrumental "Solitude," which doesn't make the case any better. There's a cinematic quality to these transitions, as if they're revolving around some kind of focus on emotion that posits the main character as this sensitive dweeb on the mean neon streets.

Sadly for Anthony Gonzalez, I'm less convinced of his French singing on the track "Atlantique Sud," than I want to be. It sounds like the ending credits to a French made for TV movie, and its duet with Mai Lin is fairly corny.

It's plenty easy for the sounds and instruments that M83 explores throughout his career to get corny, especially with the love for heavy synths and bass. However, what this album does is both incredible and poor example of this. I'd say sticking to writing pop tracks over piano ballads for an audience of none would be a better idea.

Selected Analyzed Works is a column that discusses selected works from the RPM genre. For suggestions or comments email life@fiusm.com

GAME ON!



SELENE BASILE/THE BEACON

April 11. Campus residents playing a game mini-golf at Glow Jam in the Housing Quad.

Why you should see a registered dietician

SDA HEALTH



OLGUYNE BARREAU

trainer? A chef?

Consult a registered dietician. RDs are nutritionists who have obtained at least a four-year degree in nutrition science.

At the end of their 4-year degree, they complete a rigorous clinical internship then take a registration exam.

The registration exam includes all the topics covered during their four years of studies.

No other career places this much emphasis on nutrition. Why it is that we are more likely to regard personal trainers, doctors and chefs as nutrition experts when they have little to no training in the science?

Many people are misinformed of the extent of a dietician's knowledge and what their career is all about. Here are the top four reasons why you should see a registered dietician for your

nutritional needs:

They are very knowledgeable. Registered dietitians went to school for at least four years and have taken a licensure exam, you can rest assured that a registered dietician knows their field.

Dietitians are trained to work with people who have specific conditions such as Celiac's disease, Crohn's disease, diabetes type I & 2 as well as people who have no existing health issues.

They are specifically trained to help patients reach your goals. Dietitians did not only go through years of schooling to learn the biochemistry of nutrition, they also specifically learn how to counsel people.

Whether your goal is to gain weight, lose weight or improve cognitive function, when you see a dietician their advice caters to your needs and how to best help you get what you want.

They know where to start you and where to take you. The best part is they follow-up with you! That way, you're not on your journey by yourself.

They work with your lifestyle, taste buds and

cooking skills. A dietician won't hand you a paper with a "magical" meal plan on it, with dishes that you have never eaten before.

They won't hand you a cookie-cutter formula that they passed out to 300 other people.

A session with a dietician involves them getting to know you. They will help you plan your meals according to your schedule and what you like to eat as well as your level of cooking.

There is a dietician on campus free of charge at the Student Health Center.

All you have to do is call and make an appointment.

Preventive health care is the best health care. If I could pick anyone to help me with my nutritional needs, I would go for a registered dietician.

This is because I know it's not a chance that I'm taking. It's a solid investment in my health and my future.

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

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PANTHER PROFILE



DARIUS DUPINS/THE BEACON

LGBT PRIDE



DARIUS DUPINS

For most heterosexuals and even those who identify on the LGBTQA spectrum are confused about these dual meanings and why they even exist. A student who seeks broader, less conformist labels by rejecting any traditional gender identities, today's Panther Pride Profile identifies as queer.

A senior communication arts major with an art history minor, Daniel Capote is sure of his ambiguous sexual identity.

"I use queer as a term that is basically existing outside other labels," Capote stated.

He continued by saying that he doesn't define himself

as gay because he didn't find community within the gay community.

"I find much more community in people who also define [themselves] as queer," Capote said.

Historically, queer was used as a slur against those who had same-sex relations or desires. During the 1980s, gay activist and scholars began to reclaim the term queer to establish community and to distinctly separate themselves from gay political identity.

Capote, President of Stonewall Alliance, creates spaces to educate students about queerness and general information regarding LGBT issues.

"If people are willing to listen, they're already above 0," Capote said about educating students.

Capote exemplifies pride

through pushing the four modes of Stonewall Alliance. He pushes diversity, leadership, education and community through empowering the students that he educates about advocacy and general information.

As a person who is extremely analytical, Capote's future partner must be the opposite. He also wants to only sign a marriage license at the courthouse instead of the traditional wedding ceremony.

"I just want to sign a paper and be done," Capote confessed.

FIU Pride month is all about appropriately representing the LGBTQA community and it's important that individuals are educated on the identity of queer individuals like Capote.

LGBT Pride is a student profile column that highlight LGBTQA students at FIU.

April 15. Senior Daniel Copote, Communications Arts major, History minor prepares to meet with Cathy Akins about Transgender initiatives.

Your hidden abdominal muscles: Anatomy of your abs

MONDAY MOTIVATION



NIHAT STRIDER

With summer approaching, everyone is obsessed about working out their abdominals muscles. In Miami it is beach weather all year round, there is something special about the summer.

The most appealing muscles to the human eye are the abs. This week's fitness model is Vanessa Berrios. She is a sophomore majoring in biology and minoring in psychology on a pre-med track. Berrios likes to spend her time in the labs, but manages to take time out her day to exercise regularly to stay healthy and fit.

You need to grasp human anatomy of your abdominal muscles to understand how to work them out. Your abs have three sections, the anterior (front), lateral (sides) and posterior (back). Common misconception is to just do infinite amount of sit-ups and abs will pop out.

Truth is you need to concentrate in all these

three sections to get chiseled abs. The lateral ab muscles are the ones that make the muscle curve and give the perfect look. Working out the sides will result into a slim waistline. A pant size going from 34 to 28 will only be achievable if the side ab muscles are exercised.

The most neglected ab muscles are the posterior. People only workout the front because that is all we see. However, imagine when a building is constructed, though we only view the outside walls, the internal structure and the pillars need to be strong as well.

We cannot perceive that only working out front abdominal muscles will get us abs because those muscles are supported by your lower back. The lower back muscles of our body are directly conjoint with our abdominal muscles. Therefore when targeting abs, we must ensure to incorporate various types of lower back exercises.

The section we all are invariably want knowledge about is the front abdominal muscles. This front part has three layers: transverse abdominis, internal oblique and the external oblique.

The transversus abdominis plays a game changing



NIHAT STRIDER/THE BEACON

Fitness model, sophomore Vanessa Berrios biology and psychology major with a pre-med track working out her abs.

role for your abs. It is vital because the transverse abdominis is connected to the back, ribs, and pelvis. Fundamentally this is the ultimate stabilizing muscle for the absolute mid-section of your abs.

There are different types of abdominal exercises but only a few specific ones will target the transverse abdominis. One very effective way to achieve this is the focused crunch.

Even though we are laying flat, the biggest flaw in the form is that the back bends while crunching. You need to ensure the back muscle remains straight the entire time.

While being in this position, you need to slowly lift your knees off the ground and keep it perpendicular - 90 degree from the ground while keeping your knees bent right over the waist. Then finish by raising your upper back and come as close to your knee as possible. Please ensure the entire upper back is off the floor instead of just your neck.

Another effective way to exercise your anterior muscles is the scissor kicks. While laying down flat on the ground with your back still straight, slowly raise your legs just an inch off the ground and

move them right and left, up and down. Imagine you are scuba diving and you are trying to pedal through the water with your feet.

There are two important aspects while doing this workout. First, while kicking up and down, you do not want your feet to touch the ground at any point.

Your back is on the ground for stability but putting your foot on the ground while doing scissor kicks will release the tension from the abs and it will no longer be effective. Therefore throughout your entire set, keep your legs off the ground.

Secondly keep your legs straight, the slightest bending of your knees will change the target area of the transverse abdominis muscle.

Every time you perform an abdominal exercise, keep in mind to target them specifically. Do not move your neck in any sort of crunches. Always have your entire upper back off the ground. Your lower back is what supports the abdominis, therefore use the lower back muscles for the workout to engage those abs.

Most importantly, do not forget to breathe and stay hydrated. People who exert a lot of energy while working on their abs usually stop breathing and eventually end up hyperventilating.

Believe it or not, with a steady breath you will be able to perform the workout much longer and effectively. What are you waiting for? Start doing these ab workouts efficiently and get those summer-time chiseled abs!

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

CHEERLEADING

BRING IT ON!

FIU cheerleading comes back into the spotlight after Nationals

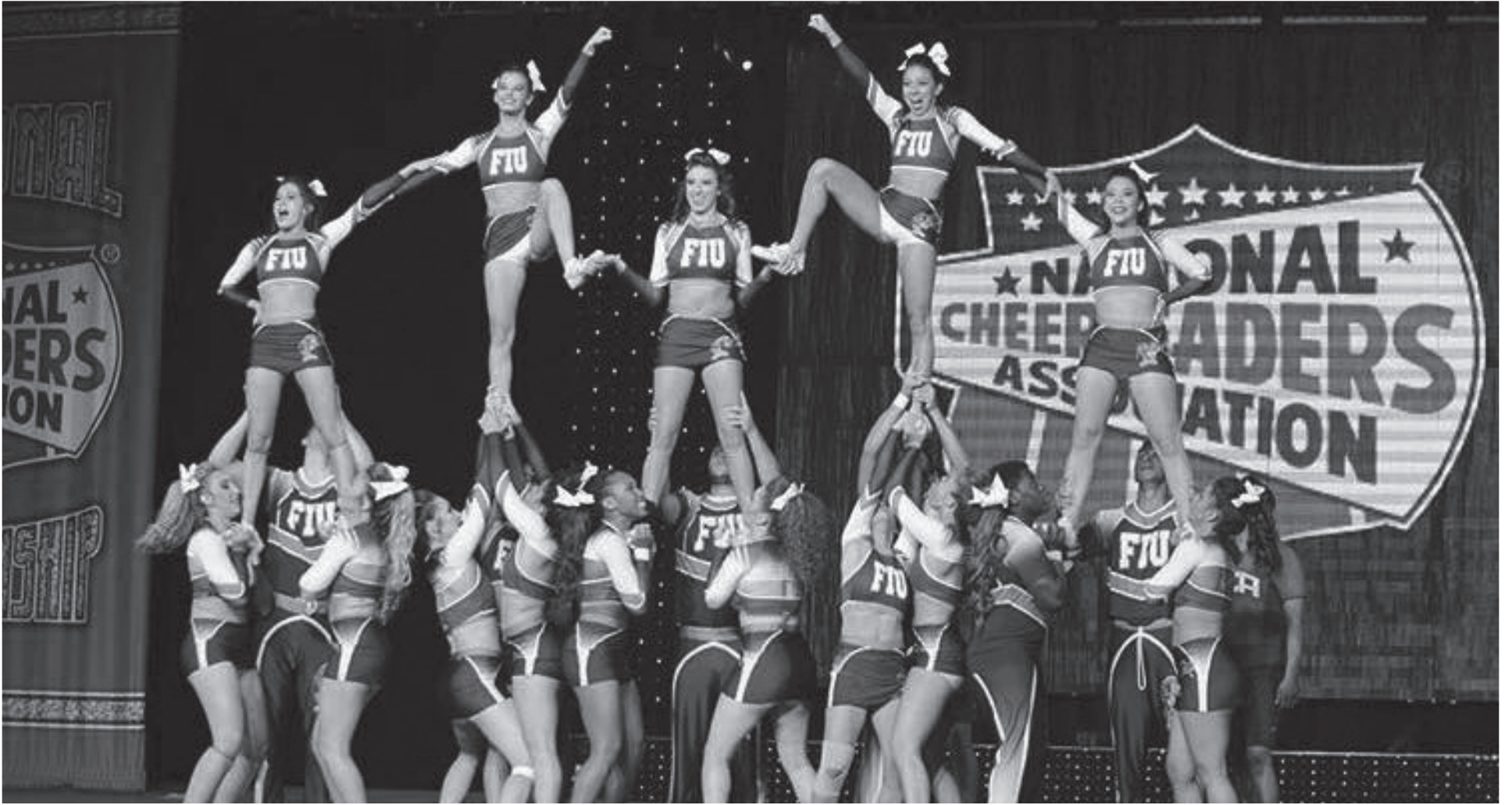


PHOTO COURTESY OF ZACHARY PARKER

FIU Cheerleaders at the climax of the pyramid portion during the NCAA Collegiate Championships at the Hilton Convention Center in Daytona Beach, Fl, Friday, April 8.

ALEX SAYS



ALEX TOLEDO

About 20 or so students hop inside of a large team bus. They're enthusiastic, yet anxious as the bus makes its way to their destination, NCA Collegiate Championships, or "Nationals." They arrive Wednesday, April 6, ready to take on the task at hand that they've been preparing for for several months. These are the FIU Cheerleaders and they deserve your attention.

FIU's Cheerleading program is one that doesn't receive much recognition. This year, however, they worked hard, mastered their work and made significant strides, ultimately resulting in placing 2nd at the National Cheerleaders Association Collegiate Championship in the Intermediate Coed 1 Cheer Division, with a final score of 86.20 points out of a possible 90 points.

FIU Cheer Head Coach Cory Hines and team captain Victoria "Tori" Suess sat down with Student Media to talk about the events that took place.

On the first day of the competition, the 10 schools that qualified for the Preliminary Competition performed. The way

this works is that the five highest-scoring teams automatically qualify and advance to day two, the final day of the competition. The bottom five perform a second time in what's called the Challenge Cup.

The team that scores the highest

Beach Bandshell and then at the Hilton Convention Center for day two.

Both Hines and Suess emphasized just how big a stage it is, saying that the Bandshell is the stage that many young cheerleaders can only dream of

performance and talked about wanting to either go or transfer to FIU, noting the beautiful uniforms, apparel, but most importantly, the amazing performances with such elaborate choreography.

Suess said that the email servers were crashed with all the people

plans to continue next season as head coach, saying that this season and particularly the Collegiate Championships, left him with a renewed, passionate fire, inspiring him to work harder.

He feels that with the "increased focus and attention" FIU will be better and better for years to come, especially after a renewed focus on "cleanliness" with the routines, which Suess also attested to being a very important part of routines. They want to get into gear quicker than ever before.

Both the Hines and Suess feel that the Nationals really helped "put FIU back on the map."

Suess, who will graduate in Fall 2016, feels the future is bright for FIU cheerleading.

Sports fans should be looking forward to what's next for FIU Cheerleading. They will be holding tryouts Saturday, May 21, and Sunday, May 22 at the Bank United Center.

Fans can learn more about them on FIUCheer.com

Hines said that he tells his cheerleaders to "always be one step better than the day before," and it's safe to say FIU Cheerleading is many steps better than it was before.

Alex Says is a weekly column about FIU's non-mainstream sports. For commentary and suggestions, email Alex Toledo at sports@fiusm.com.

“

It was just unbelievable to think we had actually made it that far. Knowing that we had surpassed what FIU had last done was just...an unbelievable feeling. It was just, almost like you didn't expect them to call your name, but they did and you had actually done it. And it was just crazy.

Victoria Suess
Team Captain
FIU Cheerleading

”

from those five joins the already-advanced schools in day two, for a total of six universities represented at the finals.

FIU finished in second place at day two, placing behind Michigan with a deficit of just 0.03 points, which both the Hines and Suess expressed was, just as it seems, a "really miniscule number." It speaks to just how important every single aspect and every single move of a routine really is.

FIU Cheerleading performed first in day one at the Daytona

someday performing at.

Suess said that everyone was in "a ball of emotions" while they were on the way to Daytona Beach, as they performed and afterwards.

Suess described the experience as an "almost surreal" feeling and that it was a big moment for the rest of the team as well, especially with how insanely hard they work, having multiple intense workouts and practices a week.

She said that after the events, cheerleaders from other universities praised them for their

inquiring about FIU cheerleading after the competition.

As for Hines, who cheered for FIU in 2003 and 2004, which he described as his "best years", said that the competition was a "learning experience" and that performing and succeeding at such a high level and big stage "feels great" being that this is only his second full year as a coach.

He also expressed that this was a great outcome seeing as FIU was the "underdog" last year.

Hines, a master choreographer,

WRESTLING

South Florida Promotion ignites local pro-wrestling scene

JAKE'S TAKES



JACOB SPIWAK

In my many years as a fan of professional wrestling, I've told anybody who will listen that there are more companies out there besides WWE that almost always put on a much better and pure wrestling show.

I specifically mentioned Ring Of Honor and New Japan Pro Wrestling, among others, in my last column as examples of alternatives that I believe to be of a higher quality than the WWE.

However, what if I told you one of these companies was basically right in your backyard?

IGNITE Wrestling, based out of Vero Beach, Florida, is a brand new pro wrestling promotion that's already making a splash as one of the best independent wrestling companies on the east coast.

Even though they've only been running shows for about three months, they're already bringing in some of the top stars in wrestling and signing deals with the likes of FITE TV.

wrestling is brighter than ever.

Rush, the recent winner of Ring Of Honor's Top Prospect Tournament at just the age of 21, defeated Xavier by pinfall in the best match of the night.

Despite his age and small size, Rush is considered by many to be the next face of pro wrestling. His aerial arsenal mixed with his ability to perform a five-star match every time he steps between the ropes has made him one of the most highly regarded wrestling superstars in recent memory.

"Lio Rush is just a guy that's always been hungry," Rush told Student Media. "I know it's cliché, but I've been an underdog my whole life and I've made a name for myself proving people wrong."

Even in a losing effort, Rush's opponent Xavier is another rising star to keep your eyes out for. His offense is described as "lightning warfare," which is a perfect name for such a unique and fast-paced skillset.

When asked why companies like IGNITE deserve the support of fans, specifically ones in the area, Xavier listed off many reasons why you should be supporting indy wrestling instead of the big guys like WWE.

“

We want to be one of the major wrestling promotions in the country and we see no reason why we can't be. We've got guys from all over [the world] coming in and this is the place people want to wrestle.

Kim Artlip
Owner
IGNITE Wrestling

”

Much of this success can be attributed to IGNITE's owner Kim Artlip, who is one of only four women in the country to own a pro wrestling company. She takes pride in how far IGNITE has come and has a feeling that the immediate success they've experienced is just the beginning.

"We want to be one of the major wrestling promotions in the country and we see no reason why we can't be," Artlip told Student Media. "We've got guys from all over [the world] coming in and this is the place people want to wrestle."

Judging by the talent that was on display at their show in Fort Pierce Friday, March 25, she's 100 percent correct. With former WWE talents Teddy Long and Jesus Rodriguez performing at the show, there was no lack of star power whatsoever.

Long, the former general manager of "WWE SmackDown!" spoke very highly of IGNITE as an up-and-coming company that can provide wonderful opportunities for young wrestlers to make their mark in front of some tremendous fans.

"I think the IGNITE promotion is where you really need to start," Long told Student Media. "They have good trainers, you're going to learn exactly what you need to do and you're going to learn the business and [how to put] people in the seats."

To see the young talent Long was speaking about that have already capitalized on an opportunity with IGNITE, look no further than Lio Rush, Desmond Xavier and recently announced competitor in the WWE "Global Cruiserweight Series" Lince Dorado, who were all on display at IGNITE's March show. Each of these high-flying athletes stole the show in their own right and prove why the future of

"This is a unique experience that somebody should at least see once in their life," Xavier told Student Media. "Just give it a chance. Come out here and see what we bring to the table; the type of matches, the freedom that we have, it gives us the ability to cater to what the fans want. We're more geared toward the fans, because without them we would not be able to do the things we're doing."

That is exactly why IGNITE, and other independent wrestling promotions, are so great. Rather than being in it for the money and control of the industry like WWE, IGNITE caters to its local fans and provides some of the best wrestlers on the planet (Rush, Xavier, Dorado, etc.) for a fraction of the price of a WWE show.

In addition to the wrestlers previously mentioned, IGNITE's roster has countless other incredible talents that make the product so enjoyable for the fans. With the likes of Damien James, JB Cool, Mark Silva and Gabriel Black in the singles division, The Dreamboats, The Unit and Lucha World Order in the tag team division and Miami's own Angel Rose in the rising women's division, some of the brightest stars in independent wrestling are right here in Florida.

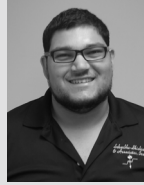
The next IGNITE show will be taking place once again in Fort Pierce Friday, April 22. With a card of matches including even more talent, I wouldn't be surprised if IGNITE one-ups themselves and delivers yet another incredible night of pro wrestling.

Jake's Takes is a bi weekly column about Baseball and Wrestling within FIU and in the South Florida community. For commentary and suggestions email Jacob Spiwak at jacob.spiwak@fiusm.com

MEN'S BASKETBALL

Kobe Bryant's curtain call ends a sports legend

T-TIME



GIANCARLO NAVAS

Sports are beautiful. They are the true theatre of humanity played out by the amazing and choreographed by the unreal.

Down late in the final game of a 20 year Hall of Fame campaign, Kobe Bryant took over and punctuated a career of legendary moments with perhaps his Mona Lisa.

60 points and a win. All at 37 years old with a body being held together by athletic tape and pure willpower.

Kobe's sports fairy tale is a human one, perhaps one of the most human. On the grandest of stages we saw a young man grow, make mistakes and hiss defiance to the bitter end.

His rise to stardom was abrupt and sharp as was his decline, a fitting character arc for a fitting character. He was his own man and paid for it. He became villainous and polarizing. He ran Shaq out of town, didn't pass the ball, faced a rape trial and publicly belittled teammates.

But he won and kept winning. Winning to the tune of seven NBA

Finals appearances and five championships. Kobe won over some of the public with his wins and deterred others because of his past and his attitude. But he did it his way.

Kobe wasn't the sports star we wanted or deserved, but he was the one he got.

So when Wednesday, April 13, rolled around America watched because he was so interesting. It wasn't a night to hate watch, it was celebratory and for the first time, we wanted him to shoot.

He delivered on that and more. Bryant took 50 shots in the game, the most since 1983.

Down by double digits in the fourth quarter of his final game Kobe put on a show. 23 points in the final period including a stretch where he scored 17 straight points for the Lakers.

In the final moments of his career, Kobe was playing minutes that mattered. He was taking shots to win the game as the world watched for him.

This is why we watch. For these moments when humanity shines it's brightest in sports. Where you watch a man who has been through the lowest of lows and the highest of highs live out a dream for the final time.

Where if what was happening was in a

movie critics would find it unrealistic. We watch sports for the spectacle and the emotions, Bryant always delivered.

For one last time, the world got to see the polarizing excellence that is Bryant. As the final buzzer sounded on not only the Jazz, Lakers and the NBA season, it also marked the end of a legend.

Staples Center erupted in hugs, cheers, tears and confetti. It was finally over. No tears for Bryant, because he wasn't going to cry for any of you. He wouldn't, it wouldn't be right.

Vulnerability was not in the utility tool belt for Bryant, he forced you to marvel at his excellence and made you miss him. For one last time. This is why we watch. To live these moments alongside the amazing and to see the unreal. To experience an emotion of empathy, excitement and sadness all at once in a way that only sports could provide. That is why we watch. Mamba out.

T-Time is biweekly column about pressing issues and moments in the sports community within and outside of FIU. For commentary and suggestions, email Giancarlo Navas at giancarlo.navas@fiusm.com

The Jewish Ethiopian Journey to Israel

Guest speaker Rebecca Avera is coming to FIU to share the story of her community.

APRIL 20TH AT 6:30PM IN OE 134

Rebecca Avera

"My color, my roots, the fact that I'm African: This is something unique that Jewish students didn't know and non-Jewish students hadn't seen."

Hillel
FLORIDA INTERNATIONAL UNIVERSITY

Hillel
International

היכל הילל
Hilenu

THE JEWISH ETHIOPIAN JEWELRY AGENTS FOR ISRAEL 7744

ALM Series discusses origins, effects of the ‘homogenizing’ term ‘Hispanic’

POLITICOBUZZ



FABIENNE FLEURANTIN

There’s an old saying: “don’t judge a book by its cover.” While this is a simple phrase, it is the epitome of the human condition. Every individual has an unique experience that cannot be seen on the surface and is integrated in all that they are.

One’s experience is intertwined in the way they speak, think and identify themselves. However, this can be misconstrued and those who do not fit the mold of what is considered right in the world get plagued by harsh scrutiny. This has become the unfortunate circumstance of many Hispanic people here on campus.

Multicultural Programs and Services presented the ALM: Discussion Series, where students and staff members discuss their sentiments on the treatment of Hispanics, not only in Miami, but also in America and how this has affected them personally.

Many people spoke about the use of certain terminology

that reinforces negative ideas among the Hispanic community. The classification of different ethnicities into one race of people upset many of those in attendance.

The term “Hispanic” was created to easily categorize a group of people in order to produce a more efficient way of knowing what a person is.

‘Hispanics’ emerged, as a way to categorize the growing number of Latin Americans coming to the United States. I think it is a constructed term. I think it’s an attempt to kind of say: ‘You’re not White Anglo-Saxon or Protestant. So what are you?’” Cruz said.

Cruz continues: “But I think it can sometimes homogenize

“I definitely feel there’s a hierarchy in Miami. I think that even Latinos treat each other differently depending upon which country they’re from, depending on their ‘Spanish,’ and perceived accent. For example, Colombians are considered higher up in the hierarchy because their Spanish is considered the best Spanish.”

the only Hispanic kid there. I didn’t speak English and they didn’t know what to do with me. At one point, the teacher sent me in the hallway because, what were they going to do with a girl who doesn’t speak English?”

Chacon continues to say: “For me, with all of that, at first, they try to put you in a category they understand, and they didn’t understand where I was from, so they were like: ‘You’re Mexican!’ Well, no, I’m not.”

There is a huge misconception about the Latino community that needs to be unraveled and redefined. Many Latinos are scrutinized and criticized harshly without having a chance to be heard. Just as Jose Felipe, the Director of Educational Talent Search and Student Access and Success simply put: “There are two big takeaways from this—there is no such thing as a Hispanic race and there is no one thing that a Hispanic or a Latino is.”

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

“I definitely feel there’s a hierarchy in Miami. I think that even Latinos treat each other differently depending upon which country they’re from, depending on their ‘Spanish,’ and perceived accent.

Elena Cruz
Director
Upward Bound, BBC

But, this has proven to be quite offensive.

Elena Cruz is the director of Upward Bound here at BBC. She is Afro-Cuban, born in the United States and raised in Miami. She spoke about how this term “Hispanic” came to pass and what it meant to her.

“In the 1970 census is when

the diverse populations and kind of reduce people to maybe the stereotypes versus getting to know where people are coming from.”

Cruz also mentioned the divisions that are visible within the Latino community and how some cultures are considered higher than others.

Moira Lertora Chacon is the Assistant Director of the Student Support Services Program within MPAS. She shared her experience of what it was like growing up in America after coming from Argentina.

“I moved to the U.S. when I was five, and I moved to Delaware, and I was pretty much

BBC Events - April 18-30, 2016

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| Career Services on the Go April 18, 11 a.m.-5 p.m. AC-2 | SGA Elections Voting April 19 & 20 9 a.m. - 7 p.m. Academic One | BBC Earth Day April 19 11 a.m. - 3 p.m. Panther Square | Resume/Cover Letter Writing Workshop April 20, noon - 1 p.m. WUC 255 | Night Paddle April 21, 7-9 p.m. Wellness and Rec Center |
| Tri Club Work-out April 23 7:30 a.m. Aquatic Center | Pride BBQ April 25 11 a.m. - 2 p.m. Panther Plaza | BBC Photo Diversity Project April 26, 11 a.m. - 2 p.m. AC-1 | Dancing with the Wolfe: Haitian Kompa April 27, 2 - 3 p.m. Wellness and Rec Center | Pride Social Tea Party April 28 11 a.m. - noon WUC 155 |
| Decorating “Vision” Grad Caps April 29, 11 a.m. - 2 p.m. Panther Square | Deep Sea Fishing April 30 1 - 4 p.m. Wellness and Rec | Finals Week: May 2-7 | | |