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# The Beacon, October 17, 2016

Florida International University

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## KODAK MOMENT



MONIQUE MERCADO/THE BEACON

Students who participated in the #BlackOutFIU hosted by the Black Student Union on Wednesday, Oct. 12 take a moment to pose together during an event to show solidarity with the #BlackLivesMatter movement.

## SOC hosts Social Media Roundtable

**SUDYEN NAVARRETE**  
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In a Social Media Roundtable event hosted by the Student Organization Council, public relations assistant for the marketing office in Campus Life, Vinson Pressley, went over the do's and don'ts of social media posting.

The event, which took place on Tuesday, Oct. 11 from noon to 1 p.m. at The Biscayne Bay Campus, kicked off with a video, The Social Media Revolution

through social media can't be helpful because viewers get bored. He said flyers should be only shared once; instead, Pressley recommends upload different pictures of activities announcing a club's upcoming event.

"Capture student moments, and capture the essence of the event," said Pressley.

He also said it's important to avoid flooding, which is constant uploads on social media carrying the same content because it increases unfollowers.

“

You have a better chance at increasing your engagement with one really good post, a great picture and cool caption.

Vinson Pressley  
Public Relations Assistant  
Campus Life – marketing

”

2016, explaining how social media has impacted the lives of millennials, newcomers and how it has become an inevitable source of communication.

The roundtable went on with tips on how organization leaders can manage their social media accounts, and the various ways they can attract viewers and followers.

Pressley said, "you have a better chance at increasing your engagement with one really good post, a great picture and cool caption."

When it comes to captions, Pressley said to reduce the wording and cut it to at least one sentence because followers want visual and less reading, especially with social media accounts such as Instagram, but grammar and spelling must be taken into consideration.

"Twitter is more like a conversation," said Pressley. He said Twitter is a great tool to use in real time, especially to update students on event activities.

Pressley went on to say that posting flyers

Facebook is a good source to upload albums and share a big amount of pictures, up to 20 would be the best amount, Pressley said.

A student present during the roundtable, Noemi Beaubrun, recreational therapy freshman and member of Diverse Dancers said, "It was very informative and the video they played caught my attention because I didn't know so much."

Beaubrun went on to say, "I didn't know how companies utilize social media to spread out their opinions and things of that nature."

She also said she didn't know about the flooding of pictures and how it could hurt an organization, company or individual's profile.

Pressley mentioned the importance of maintaining social media etiquette, such as avoiding profanity and arguments, responding to followers in a timely manner, engaging and being transparent, polite and professional.

### BISCAYNE BAY

## Hispanic heavyweights discuss future of Hispanics in media

**DOUGLASS GAVILAN**  
Contributing Writer  
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The University welcomed eight journalism professionals from mediums such as broadcasting, public relations, advertising and radio to speak to students about their experiences and achievements in the University's "Hispanics in the Media" roundtable.

The event took place on Oct. 12 at The Biscayne Bay Campus in the Wolfe University Center from 11 a.m. until 1 p.m.

“ There are people outside of Florida who just have no clue on Hispanic culture and they're willing to learn.

Laura Meija Cruz  
Public relations  
The Dream Team Agency

Students were able to learn how the professionals got to where they are today while also discussing Hispanic culture and how they are represented in the media.

Daysi Calavia-Robertson was among the speakers at "Hispanics in the Media." As a University alumna and producer for Telemundo, she also runs her own Latin-focused website and has worked with several newspapers including The Miami Herald, The Sun Sentinel and The Huffington Post.

SEE FIU, PAGE 2

## Leadership lecture series begins with well-noted journalist, author

**MELISSA BURGESS**  
Staff Writer  
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To kick off its Leadership Lectures series, the Center for Leadership invited African-American icon, best-selling author, columnist and the editor-in-chief of Essence Magazine Susan L. Taylor to speak to students.

Her lecture entitled "Bold, Visionary Leadership: From the Inside Out."

Taylor's lecture offered tools for articulating one's personal path to leadership and encouraged students to be mentors for her mentoring organization, Essence CARES.

"One of the main things about being part of leadership is being your own leader. Holding your own head and mind, knowing things

are going to happen but within you," said Taylor. "You have to have the courage to know that you don't get a vision to do something without having the capacity to do it. There is nothing in your life that you don't have the ability to overcome and learn from."

Taylor believes much of the new generation of students are too caught up with not getting a job, and don't focus enough on what they want from life.

"Each of us has an assignment, each of us has talents. The important thing is to find out what your assignment is and it's OK if it changes. It doesn't mean that whatever you're majoring in something today, and then you change your mind about it, doesn't mean you won't learn from it," said Taylor.

"You take all the learning along with you. All we have to do

SEE TAYLOR, PAGE 2



## NATION & WORLD BRIEFS

### US-Russian tensions spilling into UN Security Council

Rising tensions between Moscow and Washington over the civil war in Syria, interventions in Ukraine and election-year accusations of hacking in the U.S. are spilling over into an increasingly divided United Nations Security Council, threatening to paralyze initiatives from North Korea to Africa.

The latest signal of U.N. dysfunction came Oct. 8, when Western diplomats fumed over Russia's veto of a French-drafted resolution that would have demanded an end to airstrikes and military flights over the Syrian city of Aleppo, where more than 250,000 people are trapped. Russia is backing Syrian President Bashar Assad's efforts to retake the city.

### US suspends deportations to Haiti after Hurricane Matthew

The United States is temporarily suspending deportations of Haitians after Hurricane Matthew wreaked havoc on the Caribbean island.

But Secretary of Homeland Security Jeh Johnson also made clear that the U.S. plans to resume deportation flights soon, and will continue to prioritize the deportation of Haitians attempting to enter the U.S. without permission.

TRIBUNE NEWS SERVICE

### CORRECTIONS

In the Beacon Magazine covering Homecoming, the Homecoming Parade was listed as taking place at BBC on page 4. The Homecoming Parade will not take place at BBC, it will take place at MMC on Oct. 22. Also on page 4, Trail of the Torch was listed as starting at 6 p.m. at MMC. MMC's Trail of the Torch will begin at 7 p.m. on Oct. 18.

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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# Round table 'inspired and motivated' students



PHOTO COURTESY OF DEPARTMENT OF CAMPUS LIFE

Emmy-winning reporter for WSVN and University alumna Belkys Nerey shares her story with students at the Hispanics in the Media roundtable held Wednesday, Oct. 12.

### UNIVERSITY, PAGE 1

Broadcast journalist, Belkys Nerey, was there to discuss how she ended up working at the WSVN news station. The former FIU alumna is an Emmy-winning journalist and the face of WSVN news.

Laura Mejia Cruz and Susan Stipcianos are the heads of a public relations agency, with extensive knowledge on the industry.

Mejia Cruz was once a radio personality, but later found her passion in managing production, marketing and public relations with her Latin marketing and public relations

agency, The Dream Team Agency. According to her LinkedIn profile, the agency was created to bring visibility to the Latino community by connecting their clients to "Hispanic and Latin American trendsetter clientele."

Stipcianos started working for Sony Music Latin and later became the director of the Universal Music Latino TV department. Both women have since joined together to create and develop The Dream Team Agency.

From the field of advertisement, the roundtable had Joe Zubi, who runs his own advertising agency. Zubi's award-winning agency,

which has been passed down through his family, has created campaigns for Walgreens, Dunkin Donuts and American Airlines.

From radio, there was Marissa and Marianela Gonzalez, otherwise known as Lulu and Lala. The twins started off on television, but found their favorite thing to do was radio.

During the discussion, students got to hear first hand about the struggles the professionals faced before finding success.

"It was always a struggle being taken so serious," said Marissa Gonzalez. "Starting up in New York, me and my

sister had to fight to get what we wanted because there was a big bias. Not only because we were women, but because of our Hispanic background."

Another topic discussed was the future of Hispanic media.

"It's quite amazing," said Marianela Gonzalez. "When I come down to Miami, I see such a change, radio stations are playing a mix of everything from Latino music to Taylor Swift."

"Often times, with people you have to teach them about the culture," said Mejia Cruz. "There are people outside of Florida who just have no clue on Hispanic culture and they're willing to learn."

Finally, the panelists gave words of wisdom to the students.

"Always do research on the people you would like to work for," said Zubi. "You'll do a lot better if you send 10 good resumes versus 100 resumes."

Calavia-Robertson said, "everyday will teach you a lesson; there are bad days and good days, the goal is to balance that."

At the end of the event, students were able to meet and take photos with the panelists.

"I thought it was awesome," said Daniela Restrepo, a junior journalism major. "It inspired me and motivated me to go out there and follow my dreams, to communicate to people and stand up for myself. One day, I hope to be up there and speak to students."

## Journalist and author discusses importance of mentorships

### TAYLOR, PAGE 1

is find out what they are and amplify them. This generation worries too much about jobs, and you know what, in the end, it's all in divine order. Anything can happen."

Taylor's lecture presented ways to embrace drawbacks with self-love, spiritual growth, and change.

"When you feel worried, remember that worrying doesn't solve anything. When you feel sad or or you feel like giving up, just pause for a second. Remember that every single thing that has happened to you, even the most painful things, are of use to you if you understand that in some way, it was sent from beyond," said Taylor. In the wake of Hurricane Katrina, Taylor founded Essence CARES, now known as The National CARES Mentoring Movement. The organization's mission is to break the integrated poverty cycles of African Americans and Latinos.

Taylor says one of the places her organization expanded their vision to be mentor-based was in Fort Lauderdale.

"I was invited by my friend to visit the Seagull School in Fort Lauderdale, and what I saw took my breath away. I saw

teenagers, maybe the youngest of 12 to 15 years old getting arrested. They were wrestling book bags, baby bags, car seats and babies into school buses. I couldn't even imagine being that age with children, living in poverty and having to fend for myself. It was in that moment I knew I needed to do more," said Taylor.

The National CARES Mentoring Movement is the fastest growing mentor-recruitment organization in the nation with over 130,000 mentors and 58 U.S. cities recruiting, training and deploying mentors to low-income communities around the country, according to the Center for Leadership's website.

"Mentoring is all about caring. It's caring enough to spend one hour a week to advise and guide a vulnerable young person. Nothing is more powerful in a child's lives (sic) than our commitment and love. We are the solution," said Taylor.

However, before Taylor left publishing to devote her life to building her organization, she worked at Essence magazine as a columnist and editor-in-chief for 27 years.

She also authored the magazine's most popular column, "In the Spirit."

Under her guidance, the magazine's readership soared to eight million in the U.S., Caribbean, Canada, U.K. and English-speaking African nations. The Essence brand also expanded into book publishing, broadcasting, eyewear, hosiery and its own fashion catalogue.

Taylor says she started working at Essence as a fashion and beauty editor when she graduated high school.

"My role at Essence when I was the fashion and beauty editor prepared me to where I am now. At Essence, I learned how to write. I learned how to pick great images, how to tell a story, how to write stories. I learned how to create. Everything I learned at Essence has been essential to my life right now," said Taylor.

Taylor's keynote lesson was about removing the walls of doubt and living the happiest and best life possible.

"Not everybody is healthy enough to have a front row seat in your life. Life is not asking for perfection. It's only asking that you try," she said. "Be excellent for yourself and be clear about who you are. Life is about change. The divine right moments are right here and right now with more to come."

## Who will stand for Western values if not us?

### RIGHT TURN



CHRISTIAN GONZALEZ

Christopher Columbus was a wicked man.

Documentary evidence of Columbus selling girls as young as 9 or 10 into sexual slavery exists. He sent natives to work in gold mines under brutal conditions. He chopped off innocent people's hands. He

personally participated in the destruction of numerous indigenous villages.

While it can often be condescending to judge our ancestors' actions with contemporary moral standards, Columbus did not even adhere to the normality of the 15th century. So egregious were his violations that on one occasion, he was arrested and shipped back to Spain to answer for his crimes.

There aren't many reasons to object, therefore, to FIU's Global Indigenous Group's recent petition to change the commemoration of Columbus Day. I don't see why it follows that the day must be changed to "Indigenous People's Day" as has been suggested, but at any rate this is a minor point; there are more important things to worry about than the things written on our calendars.

Yet I fear that this plan is, or at the very least may be, a symptom of a larger and more insidious strain of thought — the attempt to lambast, morph, and fundamentally alter Western society and culture.

The people who wish to rename Columbus Day are in certain ways a different manifestation of those who want to remove Woodrow Wilson's name from the buildings at Princeton, who criticize American culture for being a nefarious patriarchy, who hold the conviction that

all cultures are inherently equal, who maintain that a moral equivalence exists between the West's open society and its military enemies and who decline to stand for anthem of the United States.

These various forms of Western self-flagellation have the potential to induce severe damage, and not just to the West.

Critics of the West typically point to its historic crimes as evidence that we — by "we," I mean Western society — really have no moral standing from which to criticize other cultures or other nations. How dare we, the colonizers of the world, the enslavers of Africa, the creators of racism, the destroyers of Hiroshima and Nagasaki and Vietnam, stand on any type of ethical plateau?

The West can and should.

To present only Western crimes ignores far more important and long-lasting Western accomplishments, such as: the British Empire's moral and military crusade against the transatlantic slave trade, beginning in the early 19th century, when the United Kingdom launched a massive naval operation to arrest those awful human traffickers; the liberation of Europe and East Asia from German and Japanese fascism, respectively; the protection of South Korea from Stalinism; the triumph over the Soviet Union and the defeat of its communist doctrine.

Such anti-Western invectives also ignore that most other cultures and peoples also practiced imperialism, slavery and all the rest of it.

To name just a few: The Aztecs ran a madly violent empire in central Mexico, sustained in part through monstrous human sacrifices. The Maori people in Polynesia exterminated virtually every member of the Moriori tribe in a neighboring island. Ottoman ships regularly enslaved

Europeans into the 19th century.

By no means is this meant to serve as a retrospective moral exculpation of Western atrocities. Just because almost everyone else perpetrated similar offenses doesn't mean the West is not responsible for its own. I suggest only that it's misguided to condemn Western crimes as if only the West committed them.

If the Western world is unique in its relationship to slavery, racism, sexism and other such practices and beliefs, it's only in the sense that it was almost invariably

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If we don't stand up for Western values, then who will?

Douglas Murray

”

the first to launch philosophical and political campaigns against them, through notions of liberalism and democracy.

Niall Ferguson, a respected British historian at Harvard, makes this point well in his rather pretentiously-titled book, "Civilization: The West and the Rest."

He writes, "No serious writer would claim that the reign of Western civilization was unblemished." But still, "the West was Janus-faced: capable of nobility yet also capable of turpitude ... Competition and monopoly; science and superstition; freedom and slavery; curing and killing; hard work and laziness — in each case, the West was father to both the good and the bad. It was just that ... the better of the

two brothers ultimately came out on top."

It was Western powers that imposed on the world the present liberal order at the end of the World War II, which made possible a hitherto unprecedented expansion of freedom and prosperity.

This system, despite its considerable flaws, inefficiencies and even injustices, has facilitated an increase in global gross domestic product from \$1.42 trillion in 1961 to \$73.434 trillion today, according to data from the World Bank. In per capita GDP terms, that's an increase from \$450 to \$10,000. Such figures speak for themselves.

Ferguson lists in his book the specific accomplishments which allowed for this increase in material well-being, including the scientific revolution, the expansion of the rule of law and parliamentary institutions, the wonders of Western medicine — and on and on, too numerous to list here.

There is nothing fundamentally wrong with wishing to rename Columbus Day, so long as we don't fall into the broader anti-Western narrative. To spurn the West is to reject the ingredients necessary for prosperity.

The British journalist Douglas Murray once debated the merits of affirming the superiority of Western values. His thoughts were terse.

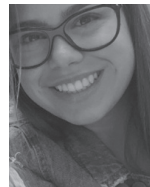
"If we don't stand up for Western values," he asked, "then who will?"

Indeed. Who will?

*Christian Gonzalez is a contributing writer for FIU Student Media. His column, Right Turn, is a commentary on foreign affairs, culture, and social sciences. For suggestions or comments, please contact Christian at opinion@fiusm.com.*

## Modern job-hunting has become the "real-life Hunger Games" for students

### MILLENNIAL TIMES



SOPHIA SANCHEZ

2020: It's the golden dream year. It's the year I will have an impressive résumé to capture the attention of prospective employers, the year I expect to be more competent than ever before and the year of my graduation. This is what I have been told, at least.

A study conducted by the National Student Clearinghouse Research Center has me believing otherwise. It says that less than half of millennials enrolled in public universities, full-time, are meeting the four-year-graduation goal.

This means that more and more students are falling behind and are not graduating on time; most of them taking five years or more to get their bachelor's degree. More people are enrolled at universities than ever before, but they aren't graduating.

There is, in fact, a decline in graduation rates as the pressures of college life begins to take its toll on students. Their 2020 comes and goes with discouragement in the air. The image of their classmates in their caps and gowns doesn't act as an incentive for them to get busy studying; instead, it's a disheartening one.

As more students enroll in college than ever before, the bachelor's degree loses its value, and competition in the workforce increases tenfold. It becomes the real-life "Hunger Games" and there is no feasible way of stopping it.

In the study, tuition costs, student loans and college preparation are the main reasons for graduation decline. College tuition costs are higher and students are paralyzed beneath the crushing weight of their loan debts.

As students miss their graduation mark, they begin dropping out of school altogether. The cost, paired with the pressure, becomes

more than they can handle and they decide to never reach their 2020. Suddenly, all those years in high school preparing for the immense tidal wave of collegiate level exams, essays and classes begin to pale in comparison to the numbers presented in this study.

And then, on top of the devastating news that I could possibly not graduate within my prescribed four years, the study went on to inform me that students who don't meet the four year requirement are hurting the nation's stance in the global economy.

When did I, a 19-year-old from Miami, Florida, become responsible for the nation's fiscal ranking in the world? When I enrolled in college, I suppose. The study credits students who don't finish college as deterrents to the technologically advancing global economy. With numbers like that, how is anyone supposed to feel any sort of encouragement?

It's up to each one of us as students to make the right choices that will lead us to our 2020 with our shining degrees in hand. Never mind the fact that just a few short months ago, I was required to ask my teachers if I could use the restroom during class. I am an adult now, and I have to start acting like it.

My 2020 is just around the bend, I can make it. I will make it. I'm not biting off more than I can chew and I'm not embarking on a mission to drive America's global economy to the ground. I will make it to graduation and maybe I'll do it in 2019.

*Sofia Sanchez is a contributing writer for FIU Student Media. Her column, Millennial Times, is a commentary on social issues specifically pertaining to millennial readers. For suggestions or comments, please contact Sofia at opinion@fiusm.com*

## LETTER TO THE EDITOR: Trump's policies must be challenged

### LETTER TO THE EDITOR



JOSHUA LANE

As this election cycle is coming to an end, we shouldn't be surprised if [Donald] Trump wins.

In the States, the people desire their leaders to be down to earth, in a politically incorrect kind of way.

This is the real America.

Most people hold views that progressives in Miami, Los Angeles or New York would find deplorable.

Just remember this: Respect the Constitution in its entirety, as intended, and challenge anything the Trump administration does in court. Everything.

It's the golden rule.

Treat others as they want to be treated. Positively and negatively.

Period.

Joshua Lane  
Junior  
International Relations



# The meat and dairy industry are lying to us

## EYES ON THE EARTH



AMANDA JUNG

Nowadays, you can't seem to drive down the street without seeing an advertisement for a burger or something wrapped in bacon. But the cost of that cheeseburger you had for lunch is much more than the three dollars you spent.

If the cashier told you the true cost of that meal, it would have gone something like, "that will be three dollars, an increase in greenhouse gas emissions, a few thousand gallons of water and another two acres of rainforests cleared just while we were having this conversation. Any sauce with that?"

But how long can we really survive off this lifestyle before the condition of the planet has completely deteriorated?

"Animal agriculture is the leading cause of species extinction, ocean dead zones, water pollution and habitat destruction," according to Richard Oppenlander, author of "Comfortably Unaware."

Animal habitats are destroyed every second simply by clearing the rainforests in order to make room for animal agriculture. These once lush, forested areas are now being converted into farmland, a space for crops to grow and animals to graze.

You might have never connected the dots. We never really think about where our food comes from. But the truth of the matter is, the animal agriculture industry has a bigger effect on the planet than one might have imagined.

Let's connect these dots now, shall we? Livestock and livestock feed occupy one third of the earth's ice free land,

according to the Food and Agriculture Organization.

These animals that inhabit this land are producing billions of tons of waste — waste that wouldn't exist if it were not for the meat industry.

The pesticides and chemicals used on these farmlands are polluting water, which in turn is creating ocean dead zones, along with overfishing. Finally, animal agriculture is said to

“Animal agriculture is the leading cause of species extinction, ocean dead zones, water pollution and habitat destruction

Richard Oppenlander  
Author  
Comfortably Unaware

be responsible for 18 percent of greenhouse gas emissions, according to the FAO. Can you see how this is adding up?

Society has become conditioned to believe that meat and dairy are healthy and essential parts of our diet.

How were we supposed to think any differently if this has been ingrained in us since birth?

We have been told that milk makes our bones stronger and that meat makes our muscles bigger.

But what they don't tell us is that a person who eliminates animal products from their diet produces the equivalent of 50

percent less carbon dioxide, uses one-eleventh oil, one-thirteenth water and one-eighteenth land compared to a meat lover, according to "The Carbon Footprint of 5 Diets Compared," an article published by [shrinkthatfootprint.com](http://shrinkthatfootprint.com)

Now more than ever, people need to know the truth about the meat and dairy industry. The planet is in critical condition and for quite some time, major environmental companies have been keeping that information hidden.

Society is so comfortable with this lifestyle, along with their ignorance of the true condition that the earth is in.

This issue can't continue to be sugarcoated like it has been for the past several years. The earth can't withstand this treatment for too much longer before oceans become fishless, species become extinct and all rainforests have been transformed into farmland.

However, there is some good news however, it's completely possible for us to live sustainably and without meat and dairy products.

Based on calculations made by the Water Footprint Network's assessment tool, not only would you be benefiting your own health, but each day, you could save 1,110 gallons of water, 45 pounds of grain, 30 square feet of forested land, 20 pounds of carbon dioxide and one animal's life. We need to start thinking about the bigger picture and it would be a win win for everyone.

*Amanda Jung is a contributing writer for FIU Student Media. Her column, Eyes on the Earth, is a commentary on current global environmental issues. For suggestions or comments, please contact Amanda at [opinion@fiusm.com](mailto:opinion@fiusm.com).*

## Students: protect yourself against the flu this season

### PANTHER HEALTH



MAYTINEE  
KRAMER

Flu season is nearly upon us and that means making a decision about whether to get a vaccine. Experts say vaccination is the best and safest tool to protect ourselves but there is one big change coming this year — the elimination of the nasal vaccine, or FluMist.

Flu season is an annually recurring time period characterized by the prevalence of outbreaks of influenza, or flu. The season occurs during the cold half of the year in each hemisphere and while flu activity varies by location, it usually takes about three weeks to peak and another three weeks to diminish.

There are three virus families and influenza virus A, B and C are the main

infective agents that cause influenza. The viruses are actually transmitted throughout populations all year round, but significantly manifest during periods of cooler temperature.

The exact mechanism behind the seasonal nature of influenza outbreaks is unclear, but some proposed explanations include: people remaining indoors more often in winter, which means they are in closer contact more often, promoting transmission from person to person; viruses are preserved in colder temperatures resulting in slower decomposition, so they linger longer on exposed surfaces such as doorknobs and countertops.

Dr. Curtis McLemore offered news source, 12 WFSB, some advice on how to help prevent the virus from rapidly spreading.

"It's spread usually by touching your

eyes, nose, or mouth; the mucosal surfaces is how it can be spread. Wash your hands, try to get the rest you need, keep your immune system up and healthy during the flu season and try to avoid large crowds in confined spaces with other people coughing and sneezing," McLemore said.

The virus changes every year and spreads easily from person to person, so it can be difficult to fully eradicate. However, according to the Centers for Disease Control, the available flu vaccine was 60 percent effective. In addition, the vaccine is constantly being tweaked and improved, offering more protection each year. The CDC recommends the flu vaccine for all adults and children older than six months.

FIU values the health and success of its students, which is why the institution offers flu shots for all students, faculty

and staff. Flu shots are given at FIU's Student Health Center by appointment and are free of charge while supplies last.

New flu vaccines are released every year to keep up with the rapidly adapting flu viruses. Because the flu can evolve quickly and easily, it's important to get the current year's vaccine as last year's may not fully protect the person from the current year's viruses. That is why it's imperative for Panthers to get the vaccine as it will help maintain good health as it's important to their overall success and health.

*Maytinee Kramer is a staff writer for FIU Student Media. Her column, Panther Health, is a commentary on maintaining one's health during college. For suggestions or comments, please contact Maytinee at [maytinee.kramer@fiusm.com](mailto:maytinee.kramer@fiusm.com).*

## Internships serve to provide necessary job experience

### POP TALK



CINDY CUADRA

Experience is a necessary quality in any candidate looking for a new job, whether it's a surgeon looking for a job at a hospital or a server looking for a job at a

restaurant.

However, recently, experience has become harder to attain because experience now requires experience.

In other words, to get experience, such as an internship, you need experience, such as experience from a previous internship.

Many companies have become more selective when it comes to who they hire for internships or entry-level jobs. For college students, finding experience can be tough when you are a full-time student with a part-time job.

After extensive searching for an internship myself, I came to the realization that many of these companies looking for college-student interns are looking for students who have had experience being an intern.

Still, if that's the case, then what's the point of an internship?

The idea of an internship is to allow people to work or shadow a professional environment purely for experience purposes and most of the time, without getting paid.

Some people are fortunate enough to be offered a job by the time their internship ends. Even entry-level jobs require some type of experience before companies can consider hiring you.

So how can students attain experience without having any?

According to an article published by Forbes in 2013, Lynn Taylor, a national workplace expert and author says that working before graduating is an impressive attribute to employers because it demonstrates a head start in a person's career goals.

"It's a good idea to get some part-time, temporary or volunteer work experience during your college years. In general, try to choose positions that relate in

some way to your college major, even if you have to volunteer due to the weak job market. Your education will have more meaning and both pursuits will benefit each other," Taylor said.

Some solutions to getting experience, such as volunteering for an organization or company can be a step in the right direction to get "your foot in the door." Not only does it look good on a resume, but it shows the initiative that a person is willing to put even when there is no monetary incentive.

FIU is also fortunate enough to have a Career Services office that provides step-by-step instructions for students who are struggling to attain an internship, a part-time job or students who just want to have

a clear career goals plan ahead of them.

Many companies also look to hire young, college students to hire for the holidays. While many holiday positions are temporary jobs, it's something more to write on your resume.

There are ways around the belief that "to get experience, you need experience," it just takes hard work, determination and patience in order to find it.

*Cindy Cuadra is the Assistant Opinion Director for FIU Student Media. Her column, Pop Talk, is a commentary on pop culture current events. For suggestions or comments, please contact Cindy at [opinion@fiusm.com](mailto:opinion@fiusm.com).*

### SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to [opinion@fiusm.com](mailto: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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## PAINTING IN THE PIT



CAYLA BUSH/THE BEACON

Elsabrina Pierre, a french major, paints a scene during Sigma Alpha Mu's "Paint Your Favorite Memory" event held in the GC Pit Friday, Oct. 14. The event is part of the fraternity's "A Week to Remember" fundraising drive to raise funds to fight Alzheimer's disease.

# ROAR FOR THE CURE

## University professor survives bout with breast cancer

**STEPHANIE CASTRO**

Staff Writer

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SUSAN JACOBSON

Although for some patients, the diagnosis comes as a shock, for FIU professor Susan Jacobson,

hit wasn't.

"I suspected that I had breast cancer, so my immediate reaction was that I was glad my medical team was gearing up to determine treatment for me," Jacobson said. She was diagnosed in March 2015 with stage three cancer, HER2-positive breast cancer. HER2-positive breast cancer is a less common form, occurring in about 20 percent of breast cancer patients. Breast cancers with high levels of human epidermal growth factor receptor two, HER2, are more likely to spread and less likely to respond to treatment.

Breast cancer is divided into four stages. Stage zero is when there is no evidence of cancer

cells or non-cancerous abnormal cells invading neighboring tissue. In stage one, the cancer cells are breaking through or invading surrounding breast tissue.

Stage two is when the tumor has spread to the lymph nodes under the arm on the same side as the breast cancer. In stage three, the tumor in the breast is more than two inches in diameter across and the cancer is extensive in the underarm lymph nodes or has spread to other lymph nodes or tissues near the breast. Stage four is when the cancer has spread beyond the breast, underarm and internal mammary lymph nodes to other parts of the body near to or distant from the breast.

Jacobson was treated with Taxotere, Herceptin and Perjeta and received these drugs every three weeks over four months. Herceptin and Perjeta are targeted therapies - they kill HER2-positive cancer cells and leave other cells alone.

"I am still receiving these drugs every three weeks and probably will continue to do so for

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I suspected that I had breast cancer, so my immediate reaction was that I was gearing up to determine treatment for me.

Susan Jacobson  
Assistant Professor  
Journalism and Broadcasting

”

another couple of years," she said.

Taxotere is a cancer medication that interferes with the growth and spread of cancer cells in the body and is met with a few side effects. Jacobson explains that Taxotere kills non-cancerous cells that are fast-growing, including hair follicles, which is why people lose their hair with chemotherapy.

"My hair fell out in handfuls about two weeks after my first treatment with Taxotere. I was pretty bald until the end of September when we discontinued Taxotere," said Jacobson.

Despite the side effects of the treatments she was receiving, Jacobson

remained positive. Presently, Jacobson feels much better and after having her annual PET-CT --a full body-scan that checks for cancer-- was found to have no evidence of disease, putting her in remission. Because she was diagnosed with Stage three cancer, her doctors worry about recurrence and require her to be scanned every year.

Jacobson recommends going to websites such as [breastcancer.org](http://breastcancer.org) or [inspire.com](http://inspire.com) for those who have been diagnosed with any type of cancer. The discussion groups on the websites allow anyone to connect with hundreds of people with the exact same diagnosis

and to collect knowledge about the disease. It also offers comfort to those who are going through or have gone through the same treatments and side effects.

"My doctor, who is the head of oncology at Mount Sinai Medical Center, sometimes jokingly asks me what new things I learned online that he does not know," she said.

On Oct. 26, the Women's Center is partnering with the Residence Hall Association to sponsor a 5k and Health Fair at the Nature Preserve called "Roar for the Cure." It aims to educate about the healthy lifestyle practices that can contribute to

cancer prevention, while raising awareness about breast cancer risks, screening and resources.

According to cancer.org, "breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an X-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can invade surrounding tissues or spread to distant areas of the body," and can affect both women and men.

The 5k and health awareness fair takes place at 5 p.m. and will have music, water stations, snacks, and giveaways.



# Student runs for Aventura Commissioner

**MICHELLE MARCHANTE**

*Opinion Director*

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**JOSHUA  
MANDALL**

Joshua Mandall, 20, a junior studying political science, has a lot on his plate this year juggling school, extracurricular activities, an internship and being one of the youngest candidates to ever be on Aventura's Nov. 8 ballot.

Mandall is competing for the position of Commissioner, Seat 5, against Gladys Mezrahi, 53, the owner of Indigo Events, a local events and public relations

company.

Aventura's City Commission is comprised of seven part-time nonpartisan commissioner seats that run a four-year term each.

Seat 5 became available after Commissioner Enbar Cohen, who was up for re-election, resigned in August to pursue a career in Jackson Memorial Hospital's legal department.

Even though his interest in politics started at a young age, Mandall's first real experience with it was back in 2010 when he campaigned for Democrat Joe Garcia's congressional campaign.

"I saw that politics wasn't just black and white," Mandall said.

His experience volunteering in the Garcia campaign, he said, showed him that leaders come from the people and that politics isn't just saying you want to get elected, but rather wanting to make a difference and act as a vessel for the people.

"I think about the actual effect [politics] have on the

people and its immediate effect to the people around it," Mandall said. "Whatever Aventura does, North Miami Beach, Hallandale, Sunny Isle and all of those cities kind of feel that effect, whether positive or negative."

Mandall spent a year gathering information and thinking about running but it wasn't until late July, he said, that he felt ready to run and provide a voice for the new generation.

"I feel like there isn't an exact proportional representation in the generational gaps," he said.

This "generational gap," Mandall said, is one of the factors that inspired him to run, as he thinks the new generation needs to get more involved in their local politics rather than just the national.

While Mandall realizes people may be doubtful of his capabilities to be a commissioner because of his age, he doesn't think age should be an issue when it comes to politics.

As a student studying political science, Mandall feels he can bring new ideas that recent research has brought to life-- with the ability to study the ideas and philosophies of philosophers such as Plato and Aristotle-- and apply it in a "more dynamic way" all while capturing the interest of the youth.

Mandall is also a member of FIU's Jewish student organization, Hillel, and is interning for The David Project, a national pro-Israel organization that focuses on building dialogue and relationships with people on school campuses.

The work he's done for this organization on the FIU campus, Mandall said, has given him valuable experience on how to effectively communicate, create dialogue and build relationships successfully, skills he could utilize as a commissioner.

If elected, Mandall will join a commission made up of

realtors, lawyers, a former principal and an event planner. Mandall has a variety of proposals he would like to bring up, including some that would tackle what he calls Aventura's two biggest issues: education and the environment.

Aventura is serviced by Dr. Michael M. Krop Senior High School and North Miami Beach Senior High school, but the city is undergoing a discussion on whether or not they should build a new high school for Aventura students. According to Mandall, this discussion has been going on for the past two elections.

He proposes that the city redistricts Alonzo & Tracy Mourning High School to provide a third expedite option to Aventura students.

Besides giving students and parents an alternative school location, Mandall is interested in finding ways to partner up with the Miami-Dade School Board and get funding for more S.T.E.M. related education for students at the K-8 level.

On the environmental side, Aventura is a coastal city, Mandall said, which is why he wants to create an advisory climate board to examine, identify and create possible solutions for areas of the city more susceptible to negative effects from storms or other environmental issues.

If elected, Mandall also wants to propose body cams for police officers, introduce the city to emergency call boxes and create a green initiative tax incentive for small businesses to go more green.

The election is on Nov. 8 and whoever wins the seat will be inducted into the commission on Nov. 10.

"It's never too early to start doing what you love," Mandall said. "[T]o start doing what you believe in..."

## Healthy living can change genetic coding

**SDA HEALTH**



**ARISLY ALFONSO**

Changing DNA sounds like something only scientists could do in a lab. However, you do it every day by the choices you make.

DNA is like a control room located in the center of all your cells and in charge of controlling what's occurring in your body. It's like an entire library containing all the information that makes you who you are. Many people thought this information could not be altered.

The truth is, the information written in your DNA is not directly changed, but how it's expressed can be.

To understand this, imagine you write an email to a co-worker detailing the tasks she must carry out. If her mailbox blocks out your email and places it in the "trash" folder, she will not see it, and she won't

do what you told her to. This may lead to her getting fired or you getting in trouble.

Something similar can happen with the messages in our DNA.

If a gene that protects you from cancer is deactivated or "blocked," it can turn into a life or death situation. A field of study called epigenetics, which literally means above the genome, expounds this concept. As the name suggests, there are mechanisms linked to your genes that can control their expression.

Research has found that our diet, exercise and environment can directly and indirectly turn off bad genes or turn on beneficial ones. Studies have found that people who are malnourished, or don't obtain all the necessary nutrients have a lower expression of good genes and a greater expression of harmful ones, due to negative changes in their DNA.

In a study carried out with mice, the mothers who were given a healthier diet,

had a higher percentage of healthier offspring and this was due to positive epigenetic changes in their DNA. Hence, both the progenitor's and the offspring's DNA were affected. These findings tell us that we not only have the ability to affect our own DNA, but also our children's.

Even though the field of nutrigenomics – the study of how the food we consume affects our gene expression– is fairly new, there is ample evidence available supporting the relevance of maintaining a healthy lifestyle. Some of the components shown to aid in gene expression are antioxidants and phytonutrients; they help protect against oxidative stress and strengthen your immune system.

Perhaps you have heard the phrase "eat the rainbow," which promotes the idea of eating a wide range of colors found in fruits and vegetables. The various colors are evidence of the bioactive compounds they contain, all of which contribute to

positive gene expression. Thus, a varied diet including many different colors and nutrients is optimal for health.

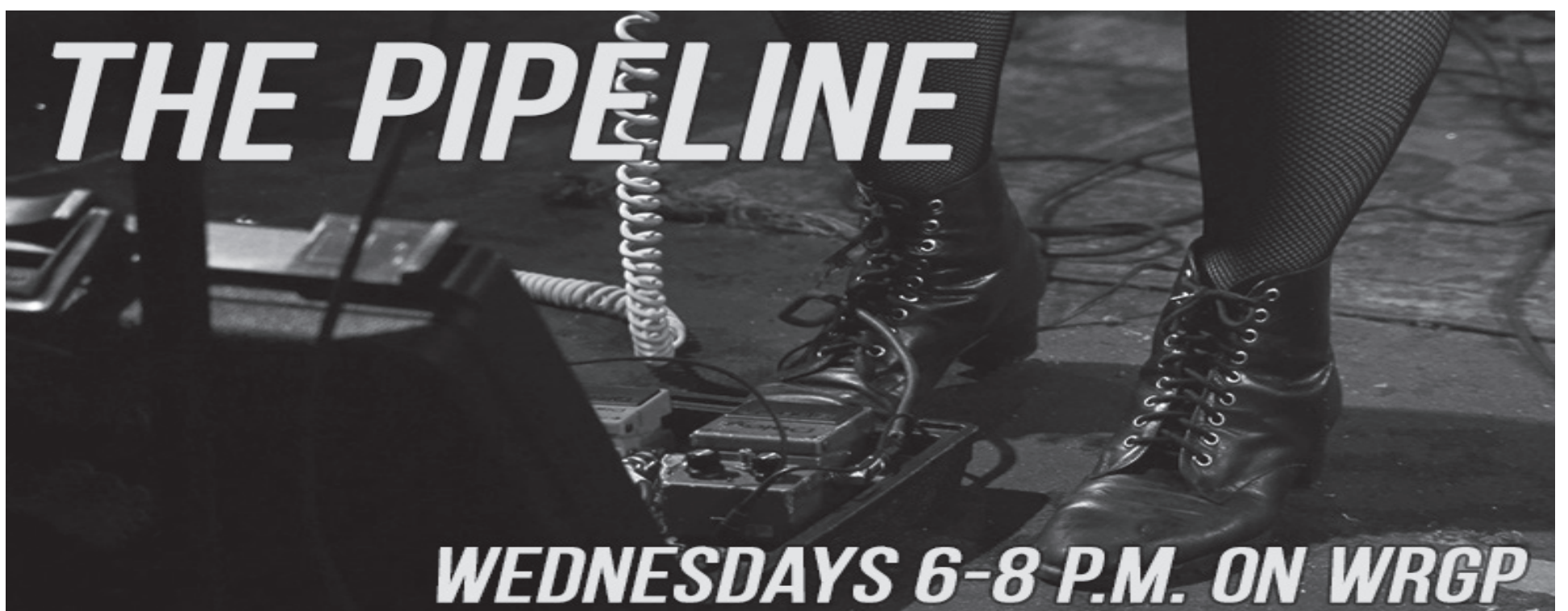
People often rely on cause and effect relationships and expect to observe immediate changes. However, the body's processes are continuous and health complications may accumulate for decades in our DNA and one day manifest as a surprisingly serious health condition.

Ergo, it's urgent that we realize the foods we eat daily can help us have an invigorating and prolonged life.

The choices are ours to make.

For more information on improving lifestyle choices, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for advice, or seek a professional in the field of nutrition.

*SDA health is a column written by members of the Student Dietetic Association focused on healthy living for students. To contact SDA, email [life@fiusm.com](mailto:life@fiusm.com)*





## CLUB SPORTS

# Brazilian jiu jitsu club shows 'art' in MMA

KRISTEN'S  
KORNER

KRISTEN KING

Brazilian jiu jitsu was established in the early 20th century and has provided a softer side to the sport of mixed martial arts. Focusing primarily on ground fighting and grappling, BJJ has remained a constant staple in the world of fighting with its use of unconventional technique and skill.

Five years ago, FIU was introduced to this sport by freshman Ricky Semiglia, who was looking for an easier place to train since his school schedule started to interfere with his training. According to Semiglia, initially there was no BJJ club, and by the recommendation of FIU's Recreation Center, he started his own. "Without hesitation I did," said Semiglia. "It began as a place for me to train and I soon realized that many students were interested so I turned it into a class."

Shortly after, classes were underway and Semiglia was faced with the task of providing a safe learning experience for all those who were interested in

BJJ. He was able to come up with a way that would exercise both the mind and body of club members in just an hour and 45 minutes.

"We start with a warm up to get the body going and follow with specific drills that will coincide with the week's technique," Semiglia said. "Then, we go over the technique and analyze/practice them for about 30 minutes. After the technique we do what we call free sparring which are all out matches where anything goes (jiu jitsu related, of course)."

Calling it a lab where club members "are all studying and growing together as a family," Semiglia offers more than one way to respond in jiu jitsu and enforces its usage beyond the classroom.

For the most part, Brazilian jiu jitsu's ultimate goal is to submit your opponent using a submission hold or lock on any part of the body that applies a certain pressure if executed correctly.

Outside of the classroom, however, BJJ is used more as a tool for everyday life rather than a way to simply defend yourself.

"It is an art that teaches patience, self-control, diligence, precision and

timeliness," Semiglia said. "Together these five attributes can greatly impact a person's life while also contributing towards their well-being and self-confidence."

Becoming the student turned teacher was already a tough transition for Semiglia, but now he was faced with another difficult task: finding his replacement.

In his last year, Semiglia needed to find someone who upheld the values and beliefs of BJJ as he did. It was during this time where he met John Marrero, the new club president of the club.

"I met John Marrero, a man that I feel blessed to have crossed paths with," he said. "John showed all qualities that I was looking for in a new president, and an incredible personality to match with it."

As Semiglia works toward slowly stepping down as president, Marrero has already fulfilled the high expectations set for him and even introduced new point of views in regards to BJJ.

"The Brazilian jiu jitsu club is one based on more than athleticism," Marrero said. "BJJ is a mixture of mental grinding, precision and

technique. I can say that BJJ is an art for everyone and anyone that is looking for stress relief, confidence and a challenge."

As for right now Semiglia and Marrero share the title of president over the BJJ club and continue to instill the way of the art within its club members. Sometimes, this way highlights losing over winning for a specific reason.

"In martial arts I like to believe that there is no such thing as a loss but instead for every loss there is a lesson," said Semiglia. "So either you win or you learn."

Students that are interested in learning about Brazilian jiu jitsu and its art form are free to join the club. All you need to do is show up and have commitment and consistency, according to Semiglia and Marrero.

"The art is constantly evolving and we don't ever think it will stop," Semiglia said.

*Kristen's Korner is a column focusing on issues that affect students interested in sports. For questions, commentary or suggestions email Kristen at kristen.king@fiusm.com.*

## FOOTBALL

## Starting quarterback says interim head coach 'brought up the confidence' in team



MICHAEL SLOAN/THE BEACON

Junior quarterback Alex McGough handing the ball to junior runningback Alex Gardner to get a first down.

JASMINE CASIMIR

Asst. Sports Director

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The Panthers made a major comeback at the Shula Bowl against the Florida Atlantic Owls, reclaiming the trophy and gaining their first win with team effort from everyone, including starting junior quarterback Alex McGough.

The Tampa native put the Panthers on the board in the first half, rushing for their first two touchdowns.

"It feels great. I can't even stop smiling," said McGough. "It was a

huge win for us."

McGough ended the night with 61 rushing yards, which is a season high for him. His play of the night was a 35-yard run to the end zone after finding nobody open on a fourth and one play.

"I looked and there was nobody there, so I just started running as fast as I could," said McGough. "It was in the heat of the moment."

"It was a read option," said interim head coach Ron Cooper. "He saw the in-squeeze, pulled it, and ran in. A lot of quarterbacks would've given it."

McGough did not start when the Panthers played UCF, but Cooper turned that strategy around for this week

as McGough started and played the entire game for the Panthers.

"I told Alex just play ball and relax," said Cooper. "He did a great job, and for us to be the team we need to be, we need him to keep playing well."

The change in coaching staff played a role in FIU's win and gave the team a new energy for the start of conference play.

"Coach Cooper came in and really brought up the confidence in us, and he brought it back to the team," said McGough. "He told us that we can do it, and that we will do it."

The team will play Louisiana Tech on Saturday, Oct. 22 at 7 p.m. to possibly gain another win in C-USA.

# MAGNESIUM



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## FOOTBALL

# PANTHER PREVIEW

## Football team must ‘make tweaks’ to game plan to secure a win

**PETER HOLLAND JR.**  
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The Panthers are looking to stay afloat in Conference USA as they face Louisiana Tech at their homecoming game on Saturday, Oct. 22 at 7 p.m.

Final Score Position:  
FIU 31 LA Tech 45

This will be one of Ron Cooper's biggest tests going against a high-powered offense like LA Tech, which is top five in the country in passing and top 20 in offensive efficiency. This homecoming game could be decided in a shoot out or blow out.

That means if FIU can't score more points than the Bulldogs, or defense can't hang around against their spread offense, it could be a homecoming night the Panthers don't want to remember.

"We're going to continue to get better and make tweaks to the game plan and make this simple," Ron Cooper said to FIUSports.com. "But to win games nowadays you have to score points and



MICHAEL SLOAN/THE BEACON

Redshirt freshman quarterback Maurice Alexander prepares to throw long for a touchdown during the Panthers' game against University of Central Florida.

you must be able to run the ball at the same time. You can't be one-dimensional just throwing it over the field."

Run Panthers, Run:

So far in the last two games, the Panthers' offense has been moving the football, which is led by runningbacks Alex Gardner and Anthony

Jones in the backfield. Both combined for 10.5 average a game this season. Jones had a breakout game after rushing a career high 128 yards against University of Texas-El Paso.

"I feel like our strength is running ball," said Gardner to FIU Student Media. "So we knew we have to get out there and

if we execute running the ball, then it will open up the passing game."

Gardner has also brought a spark to the Panthers' running game after rushing over 100 yards in four of the team's six games prior to their game against University of North Carolina Charlotte. Two backs with different

running style has brought a balance to the Panthers' offense.

"When you have two guys like that, we're going to continue to put them in the backfield at the same time, and be able to throw it and run it and it opens up certain things on offense that we can do and do a little better," Cooper

said FIUSports.com.

Matchup to Watch: Trent Taylor and Carlos Henderson vs FIU's Secondary

The Panthers' defense so far has faced offenses that is fast tempo with no-huddle schemes. Now the defense, especially the secondary, has to prepare for a spread offense led by LA Tech's starting quarterback, Ryan Higgins. Higgins has two primary weapons that could keep the Panthers' secondary on its toes. Taylor, who is 5-foot-8 and weighs 178 lbs, leads C-USA in almost every category as a wide receiver with 66 catches for 861 yards and eight touchdowns prior to their game against University of Massachusetts. Henderson, not too far from Taylor statistically, is ranked number five in conference in receiving yards.

If the Panthers defeat the Bulldogs, the win will put them over .500 in their overall record.

## SWIMMING & DIVING

# Swimming team drops opener despite impressive performances against Miami

**REINALDO LLERENA**  
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Although two swimmers impressed in FIU's Swimming and Diving opening swim meet, the Panthers dropped its season opener versus University of Miami, 161-101.

Freshman Taylor Grabenhorst and junior Kyna Pereira were the Panther standouts during the meet against the Hurricanes. The meet, originally scheduled for Sept. 30, was postponed because of inclement weather.

"There were some bright spots and obviously some that were not, but this gives us a chance to see where we're at," said Head Coach Randy Horner after the meet. "We had a lot of fast times today, but we were out-touched a lot today. We need to get to the wall faster."

Grabenhorst, who made her Panther debut against the Hurricanes, earned two

wins. Her first win came in the first event of the day, as she and FIU veterans Naomi Ruele, Letizia Bertelli and Jennifer Deist won the 200-yard medley relay with a time of 1:44.20. Grabenhorst swam in the breaststroke, her best swimming technique.

The freshman's first individual win came in the 200-yard breaststroke. Grabenhorst finished one second ahead of Miami's Julia Schippert with a time of 2:23.08. The freshman placed second in two other events versus the Hurricanes. Grabenhorst came second in the 100-yard breaststroke and the 200-yard individual medley, ending her Panther debut with two wins and two second-place finishes.

"The event went by super fast," Grabenhorst said after the meet. "I didn't have a lot of time between races, but with that I had a lot of fun and I just went up and raced. I looked at some of my times and I thought 'How?' Some of the times were two or three seconds off of my best

“

I looked at some of my times and I thought 'How?' Some of the times were two or three seconds off of my best and being tired I those times caught me by surprise.

Taylor Graabenhorst  
Freshman  
FIU Swimming

”

and being tired I those times caught me by surprise.”

Although Grabenhorst had an impressive debut, Pereira had an equally

impressive day. The South African native won in the 1000-yard freestyle and the 500-yard freestyle and placed in the top three in the 100-yard freestyle and the 400-yard freestyle relay.

"She's a stud," Horner said about Pereira's performance. "She steps up in races anywhere we need her. To do the events that she did, the 1000, the 500, the 100 and the last relay was awesome top to bottom and something that's typical of her."

Naomi Ruele only won in one event, the 200-yard medley relay. The Botswanan native finished third in the 100-yard freestyle and fourth in the 50-yard freestyle.

The next home opener for the team will be Friday, Oct. 21 versus Nova Southeastern University and Indian River State University at the Biscayne Bay Aquatic Center.