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Florida International University

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GRADUATION COORDINATION



CHARLOTTE ALBA/THE BEACON

From left to right: University Graduate School Coordinators Brandie Thomas, Irene Baquero, Janessa Guzman and Assistant Director Betty Sigler welcome graduate students to the Spring 2017 orientation on January 6th, 2017.

New Year: Students prepare for new semester

ZUE LOPEZ DIAZ
Staff Writer

It's the start of a new semester and a new year. After a month-long winter break many students bring renewed vigor with them.

"I'm really excited for the new semester," said senior hospitality student Shenglei Wang. "I just got to FIU last semester and now that I've been here for a while, I think I can really start to enjoy my last semester here."

Wang is part of a program offered by the Hospitality Department in collaboration with the Tianjin University of Commerce in China. Hospitality students at the University are offered the opportunity to study in China for a year, and Chinese students can come here for a year. Wang spent last fall learning the ropes of student life in the United States at FIU.

"Last year was my first semester here and I didn't know a lot of things, but I've learned a lot," said Wang.

She says she has adapted to the way of life here and hopes the spring semester will be a lot better. Junior Camilla Cassio, a public relations student, echoes this sentiment.

"We always have to have hope, I think," said Cassio. "I think my resolution this year is to love myself more and to really connect with people."

Cassio admits she has "an addiction for social media" and wants to leave that behind.

"Social media is a tool and it's not bad but for me all the likes and comments are like chocolate. I needed that validation."

Meanwhile, some students are planning for life after graduation this May.

Victoria Diaz, a graduate senior studying mathematics, hopes to get a few internships under her belt to prepare for her job search and finish

her master's project this semester. However, she's not sure what her future holds.

"I don't really know what I'm going to do after this. I might live in Miami; I might not be living in Miami," she said. "My future is extremely vague right now. It's definitely going to be extremely different, and hopefully that's good."

Hector Sanabria, an electrical engineering major, also discussed his worries about the future.

"What I'm really concerned about this coming year is having somewhere to go after graduation, looking for that career," said Sanabria.

Some students are less excited for what the new semester has to hold. Shivani Patel, a pre-med student, has had courses consecutively since freshman year and "wanted a big break."

"I need to remember I don't have to stress, I don't have to fear. I'd like to enjoy my life and take all these challenges and deal with them as they come," said Patel. "At FIU, there are so many things you can join and so many things to get involved in. You could become an e-board member or join a fraternity or a club. All you need is to believe in yourself. If you feel like you can do it, you will."

Sophomore international student Anjali Naidu Thota says she's ready for the challenge of the new year and advises incoming freshmen to concentrate and focus on school primarily.

"Partying won't do you any good in the long run, believe me," she said.

As for international students, she recommends they meet new people and get to know their surroundings.

Thota also said she was looking forward to the Week of Welcome.

"I'm really looking forward to it, I mean I love the free stuff," she said.

BISCAYNE BAY

Students look forward to BBC Involvement Fair

GUETHSHIINA ALTENA
News Director

With over forty clubs and organizations, the university North campus welcomes numerous freshman and transfer students looking to get involved.

The week of welcome festivities at that campus usually consists of a series of events, one each day, such as breakfast, Madden tournament, smoothies and lunch.

The Involvement fair is one of the welcome week events where students meet and chat with representatives from all the clubs and organizations available on their campus. It usually last four hours and students who sign up are eligible for a number of giveaways including t-shirts, water bottles, sunglasses and so on.

Kaila Jospitre is a Junior Marketing who has been going to FIU BBC Involvement Fairs for the past 3 years. She participated in the Week of Welcome there and became interested in that campus activities.

"The diversity aspect [at the Involvement Fair] struck with me the most, the organizers made sure that there was something from everywhere" Jospitre said "Being that FIU is International, they made the fair feel very homey and that's what caught my attention the most."

Jospitre believes that BBC is seen as the get in, get out campus which is why attendance at the fair is

minimum compare to MMC. She is hoping that the fair this year will be just as exciting for her as it was the years before.

"This year, I am expecting a lot more people to show up. Although BBC is a smaller campus, I am eager to see how [the fair] will expand now that there is housing at BBC," said Jospitre

The Involvement fair at BBC is consistent and familiar according to Jospitre. "The faces that I've seen before, I keep seeing them again every year" Jospitre said "People actually remember you on this campus and what I loved the most was getting to know a lot of new clubs and organizations by simply going around tables.

Ashley Vilsaint is a Junior majoring in Business who has participated in BBC Involvement fair in all her years at FIU. She is an active member of the Caribbean Student Association, the Haitian Student Association, and the Black student Union.

"Most of the clubs that I got involved in during my college experience, I met them at the BBC Involvement fair" Vilsaint said

Vilsaint said that her experience at BBC fair so enjoyable that she cannot wait for the fair this year to see what new clubs and organizations that are coming to campus.

"Sometimes you sign up for a club and then forget but then they send

you emails to remind you" Vilsaint said "I think the system really works on both campuses; the setting is quite welcoming and everyone can find something of interest to participate in"

In the Spring of 2015, Nimeha Milien a Junior Hospitality Management major went to the Involvement Fair at BBC. She remembers liking the organization of the tables around the WUC ballrooms and how it was filled with students looking for information.

"I want to go again this year, because it's not only good to get involved on campus but I want to give myself new opportunities to grow and become a better person"

After seeing the Involvement fair at MMC, Nimeha compares by saying that BBC's fair is more "Lively, it feel more homey and familiar because of the small number of people there" She said.

Millien felt more comfortable and that she could relax while getting to know the new organizations and making up her mind as to whether she would sign up. The fact that the BBC fair was not crowded make the experience memorable for Nimeha and she looks forward participating again.

On Jan. 11, the BBC Involvement Fair of the Spring 2017 event will take place in the Panther Square.

NATION & WORLD BRIEFS

At least 5 killed in shooting at Fort Lauderdale airport in Florida

Terrified travelers scrambled for cover as a gunman opened fire in a terminal at Fort Lauderdale’s international airport Friday, killing at least five people and injuring eight others, authorities said. The shooter was in custody.

The country’s first mass shooting of the New Year threw the busy airport into chaos, with thousands of travelers and airport staff fleeing out onto walkways and the tarmac as emergency responders and police, some heavily armed and in tactical gear, rushed to the scene.

Mark Lea, a 53-year-old financial adviser from Minneapolis, was in the baggage claim area when, he said, a man came in and started shooting.

“At first we thought it was firecrackers,” he told NBC News. “Everyone started screaming and running. The shooter made his way down through baggage claim. He had what looked like a 9 mm and emptied his entire clip. People were trying to run.” Lea said police officers responded less than a minute after the shooting began and took the suspect into custody after he ran out of bullets.

“It was absolutely surreal,” Lea told NBC. “People were scared and frantically running to avoid being shot. People were tripping over each other. They were trying to make a fast exit out of the door.”

UK’s May sent top aides to US to build bridges with Trump

United Kingdom Prime Minister Theresa May sent her two most senior aides on a secret trip to the U.S. in an attempt to build bridges with President-elect Donald Trump after a frosty start to their relationship.

May’s joint chiefs of staff, Nick Timothy and Fiona Hill, flew across the Atlantic to meet members of Trump’s team in mid-December, May’s office confirmed in an emailed statement late Thursday, saying it was part of the buildup to the premier’s first trip to meet the new president.

Officials in the U.K. government are said to be concerned at their poor links with the incoming U.S. administration at a time when Britain is looking to expand trade after leaving the EU.

TRIBUNE NEWS SERVICE

Work experience the leading factor for employment, research shows

STEPHANIE CASTRO
Staff Writer

“Work experience is the crucial attribute that employers want even for students who have yet to work full-time” said Cappelli.

Peter Cappelli, a Wharton professor and the author of a new paper on job skills conducted a research whose evidence suggests that when employers hire from college, academics aren’t their main concern.

During the course of a student’s high school academic career the

of bachelor’s degree graduates from the Class of 2015 participated in an internship and/or co-op” making it the highest percentage recorded for any graduating class.

How difficult is it to land an internship?

Matt Sieglman, CEO of Burning Glass Technologies, a job-matching technology firm, said it’s becoming more scarce.

In an interview with US News, Sieglman stated that it’s taxing when the demand for interns is growing, but not many internship opportunities are available.

their time in college.

Engineering alumnus Jorge Cisternas is just one of the many FIU grads whose internship transformed into a job offer from Lockheed Martin; a global security and aerospace company that works mainly with the U.S. Department of Defense and U.S. federal government agencies.

Cisternas secured his internship through a career fair FIU had and began working on the latest technology for one of the most important aircrafts Lockheed is developing.

“[An internship] will give you the necessary job experience that other employers look for. It will make you see if you would like to work in the company full-time” explained Cisternas.

Engineering is just one of the many fields that prioritize internships over GPA, major, volunteer work, and more.

Junior education major Yeslien Garcia has already gotten a head start.

“I feel like education majors should find a job that’s related to their field. I’m working as a teacher assistant where I’m able to observe the teacher I work with and gain knowledge through her” explained Garcia.

The Chronicle of Higher Education released a chart displaying the emphasis certain industries place on college graduates when hiring.

The industries with the highest emphasis on internships during college were media/communications followed by science/technology, and service/retail.

Education majors have to go through field experience by visiting and working at different schools and must complete a teaching internship during their last semester where they’ll gain more experience as an educator, Garcia said.

“ [An internship] will give you the necessary job experience that other employers look for. It will make you see if you would like to work in the company full-time. ”

Jorge Cisternas
Alumnus
Engineering

main goal is to strive for good grades in order to get into a reputable college. Students spend their years of college focusing on getting a proper education that will in turn help them secure the jobs they’ve studied for.

However, what happens when countless years of stress and straight A’s lead them to having a newly minted college degree with absolutely no experience working in the real world?

As of recently, employers have become more selective when it comes to choosing employees who will be working in their company.

Due to this, internships have become the go-to section employers look to first when determining whether or not the applicant is suitable for the job.

Luckily, according to the National Association of Colleges and Employers, “sixty-five percent

“It really challenges the notion that an internship is something that you go off to [in order to] learn job skills” Sieglman said.

Senior journalism major Melissa Burgess has a similar stance on the shortage of internships.

Burgess explained the difficulty of finding and landing an internship opportunity in journalism because of the competitiveness of the field.

“Even though media and communication jobs really emphasize on hiring people with previous internship experience, sometimes it’s hard to find one” said Burgess.

In an article written by Danielle Douglas-Gabriel of The Washington Post, Georgetown center researchers have found that sixty-three percent of college graduates who completed a paid internship received a job offer as opposed to thirty-five percent who did not pursue any internship during

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There are ways to make education affordable

POLITICOBUZZ



FABIENNE
FLEURANTIN

Student debt. Yikes.

That's probably one of the scariest things a student could have following them for the rest of their life.

There are some situations where student loans are necessary to finish one's education, but is it worth it? Senior psychology major Melissa Alzamora thinks so.

"Taking out loans can help a lot of students but it all depends on how much loans you receive and if you spend responsibly," Alzamora said.

When I transferred to FIU, I decided to take out loans because I wouldn't be able to pay for my education otherwise. Although I have scholarships and grants, it wasn't enough to pay for my tuition.

I am not happy about it. I wanted to do my undergrad without the fear of a growing money monster lingering behind me for the rest of my days. Now I worry that the more time I let pass, the higher my bill will be and I will not be able to pay off my student debt.

Alzamora also does not believe the University is fair in terms of charging students for unnecessary fees in their tuition.

"I don't think FIU provides enough opportunity for students that don't have money. My reasons are the following: As an FIU student, I have to pay for things I don't need, such as the gym, parking, and health services," she said. "These extra fees I have to pay for are unfair because I will never utilize them. The money would be better spent on my classes and books. Many times, I must pay out of pocket because I had to pay for unnecessary services."

However, tuition is three times less here and more affordable for students than the U.S. average.

"Taking out loans can help a lot of students but it all depends on how much loans you receive and if you spend responsibly."

Melissa Alzamora
Senior
Psychology

According to trends in higher education, tuition and fees in a public four-year institution are averaged annually at \$9,650 for in-state students. For out-of-state students, it is priced at \$24,930.

FIU's annual rate for education is \$6,160 for Florida

residents, and \$18,566 for non-Florida residents, according to onestop.fiu.edu.

Plus, FIU has more than \$180 million in financial aid each year, according to the Admissions Office.

FIU offers many alternatives for students who may not be able to pay for their education and gives the necessary tools to succeed. There are merit-based scholarships for freshmen, namely the Presidential and Ambassador scholarships, offered to students who show outstanding achievements in academics.

There are also national recognition programs for students who have taken the PSAT and have demonstrated high academic achievements. All of this and more information can be found on admission.fiu.edu.

In addition, the University offers work study programs,

which help students earn a portion of their educational expenses through employment on and off campus.

So, for those who are wondering if it's worth it to get an education, it is. There are so many opportunities offered to students who are willing to take the time and effort to look for them. Don't let your chance at an education pass you by. Go out and get it.

Fabienne Fleurantin is a staff writer for Panther Press. Her column, PoliticoBuzz, is a commentary that raises awareness about political issues in the US and worldwide. She also covers events at FIU's Biscayne Bay Campus.

While you may think so, selfies do not cause low self-esteem

PANTHER HEALTH



MAYTINEE
KRAMER

A new study making the rounds on social media links selfies with

having low self-esteem and life satisfaction. Today's age is dominated by social media, selfies and technology, but the question is whether selfies are a bad thing. While there is no definite answer, I don't think selfies are the cause of low self-esteem. Rather, the comments that follow, and self-objectification is the cause.

Two graduate students at Penn State University

conducted a study called Let Me Take a Selfie to analyze the effects of looking at others' selfies rather than taking them. 255 survey responses showed that people who lurked a lot on social media had lower opinions of themselves.

This can be explained through the "upward social comparison theory," which is when people view others' pictures and feel like their own lives don't measure up.

Lead author Ruoxu Wang, a graduate student in mass communications at Penn State, told CNN, "Frequent selfie viewing behavior may trigger one's jealousy so as to decrease one's self-esteem and life satisfaction."

A study also appeared in an issue of Personality and Individual Difference where it examined the relationship between selfie-posting, photo-editing and personality. The authors examined self-objectification, along with other traits such as narcissism.

Narcissism is an extreme self-centeredness and a grandiose view of oneself, and in the case of those taking selfies, narcissists have an excessive need to be admired by others and have a sense of entitlement.

Self-objectification is the tendency to view your body as an object based on its sexual worth. Self-objectification tends to be associated with low self-

esteem, therefore those high in self-objectification tend to see themselves in terms of their physical appearance, basing their own self-worth only on appearance.

When posting a selfie, you're also making yourself vulnerable to negative comments and abuse. Social media has become a place to measure oneself against another, and negative comments on a selfie have the potential to affect one's overall happiness. Negative comments can also bring a person down and may lead a person to depression.

Because we become so distracted by the marketing of ourselves through selfies, we sometimes lose touch with our authentic

identities and struggle to build real relationships.

"There's a continuum of health and authenticity in what you shoot and post. A secure, mature person is going to post selfies that are spontaneous and not overly engineered or edited, and they're going to do it less often," Lucie Hemmen, a Santa Cruz clinical psychologist said to The Mercury News.

"A more insecure person is going to post staged or sexualized photos, and they're going to do it so much that they become consumed by it and the comments they receive."

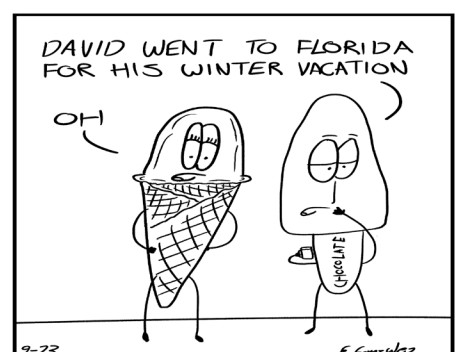
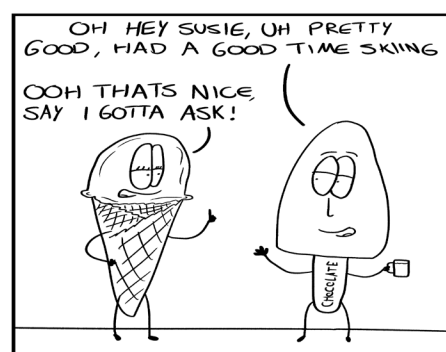
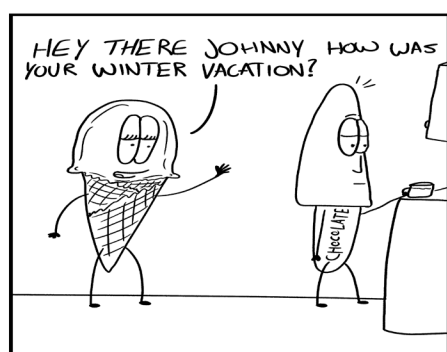
But blaming the selfie for low-self esteem is not the answer. It's important to be aware of

how both positive and negative feedback affects the way you think and your actions. Negative comments shouldn't be taken personally because by posting a selfie on social media, you're opening yourself up to both compliments and criticism.

People should also stop objectifying themselves because we are all more than just a pretty face and body. Everyone is different and individually special.

Maytinee Kramer is the Assistant Opinion Director for Panther Press. Her column, Panther Health, is a commentary on maintaining one's health during college.

FLORIDA WINTERS



ERNESTO GONZALEZ/PANTHER PRESS

SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (400 words maximum) to cayla.bush@fiu.edu 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. Panther Now will only run one letter a month from any individual.

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NEW YEAR, NEW GOALS

Members of the University share their resolutions for 2017



KAROL SUAREZ
"To be more self-caring."



YEMI BADEYAN
"To go to the gym everyday and watch my weight."



NIDHI SUTHAR
"I will have at least one internship."



ALEJANDRO MOREIRA
"To find an internship in IT."



JENNIFER DIAZ
"To graduate with Summa Cum Laude, get all A's and get a job."
JULIANE SUNSHINE/THE BEACON

University to host 17th annual Jose Marti Breakfast

JULIANE SUNSHINE
Contributing Writer

It's the start of the new year and once again, the University will host the "Jose Marti Breakfast," an event dedicated to a man who fought and died on the battlefields in Cuba. Controversial and poetic, his legacy lives on and will be celebrated on Jan. 28 during the 17th annual event at The Biscayne Bay Campus.

"This is an event we started to celebrate Jose Marti's birthday, a Cuban patriot," said Raul Moncarz, one of the creators and organizers of the event. "This event is for Cubans, older people and younger people to remember Marti and what he did in his life."

At the free breakfast, University students are rewarded

with scholarships ranging from \$200 to \$1000. To receive the scholarship, students must write about Marti at the beginning of the school year.

"I will be attending the breakfast again this year; it's a lot of fun and a celebration of the Cuban culture," said alumnus Andres Bermeo, who works in the Marketing Department of Campus Life at BBC. "There will be music, food and usually some theatrical aspect to it. They have had in the past dancers flown in from Cuba."

This year, Student Affairs has been very involved with organizing this event in an effort to promote more student involvement. While the event has grown in popularity, starting with about 10 attendees and growing to 150, the idea is for young people to be informed and

carry the torch, Moncarz says.

Since the start of the the Academic Two building and the "Rincon Martiano," which is

“

The only place I feel this event belongs in destiny is at BBC [with the students]. I hope one day, we can just create one,

Raul Moncarz
Organizer and creator
Jose Marti Breakfast

”

commemorative events for Marti, the University has received many donations at the BBC including the Jose Marti statue, located in the garden of the Marti corner at the library. The corner consists of books about Marti, a hand drawn painting of the Cuban hero and a bookcase donated on Jan. 20,

2009.

"We are the only University outside of Cuba that has two Rincon Martiano's, which students should be proud of," Moncarz. Said.

There is only one other event like this in Miami-Dade, which is a parade sponsored by the Lincoln Marti schools in Hialeah.

"The only place I feel this event belongs in destiny is at BBC [with the students]. I hope one day, we can just create one big event here," Moncarz said.

The breakfast will start at 9:30 a.m. on Saturday, Jan. 28 at BBC inside the Wolfe University Center Ballroom.

For more information, contact Student Affairs or visit the website, <http://apostol.fiu.edu>.

Now at the Wolfsonian: 'The Pursuit of Abstraction'



PHOTO COURTESY OF LYNTON GARDINER

The exhibit includes paintings, prints, postcards, a perfume bottle and decorative art.

AMANDA GONZALEZ
Contributing Writer

“The Pursuit of Abstraction” exhibit invites audiences to not only view but feel. Held at the Wolfsonian until April 16, 2017, it features works that seek to express metaphysical notions and highlights artists such as Ernst Ludwig Kirchner, Ida O’Keefe, Gertrude Hermes, Mabel Alvarez and Georgia Engelhard.

The 80 featured pieces were all created during the first half of the 20th century, when at the height of and as a response to industry, artists were seeking a more philosophical, psychological and mythological approach.

The exhibit includes a wide range of mediums: paintings, prints, a sculpture, postcards, a perfume bottle and decorative art. They are all presented together to create a dialogue of abstract thought and feeling that ran in stark opposition to the very concrete events occurring in the world at the time.

Moreover, dissatisfied with the way in which society was turning away from religion and becoming increasingly secular, there was a fervent desire to turn back to spirituality and represent the holy and immaterial with

motifs from ideologies such as Christianity, Buddhism, and theosophy.

These artists created works “which seek to reinsert mystery, mysticism and religious feeling into everyday life,” as described by Wolfsonian Curator Matthew Abess. The pieces not only invoke the spiritual through their subject matters, but also through the way the artists arranged the compositions.

Kirchner’s theater curtain, for example, portrays a Dionysian scene but Camillo Cerri’s desk is reminiscent of the anthroposophical belief in the spirituality of angular forms. Sexto Canegallo’s “Energia Sociale” makes use of color to invoke religious undertones.

Agnes Pelton’s “Radiance” is a commentary on the artist’s belief that there is a positive force in the universe that should be made apparent to everyone. There is also an attempt at presenting music as the most spiritual art form.

Around this time, artists were really interested in the theory of correspondence — the idea that music could be painted and that colors each had their own distinct spiritual power. Dorothy Brett’s “The Stokowski Symphony” is an exercise of such idea.

“[Brett was] almost entirely

deaf ... so here, she is trying to capture musical experience, one that she could only experience through sight and imagination,” said Abess.

The exhibit has received great reviews from FIU students who have attended.

“I’m a big fan of Kirchner so I had come just to see his work but then I was completely taken aback by all the other pieces,” Danielle Arnwine, a junior English major, said to Student Media. “It was a really emotional experience, actually.”

Francisco Lopez, a junior majoring in philosophy, echoed that sentiment.

“... Art that lends itself to what has historically been called ‘a religious-aesthetic experience’ as an introduction to being overwhelmed by a piece is awesome. Art as the experience of some ineffable emotion or feeling is one of my favorite takes on art.”

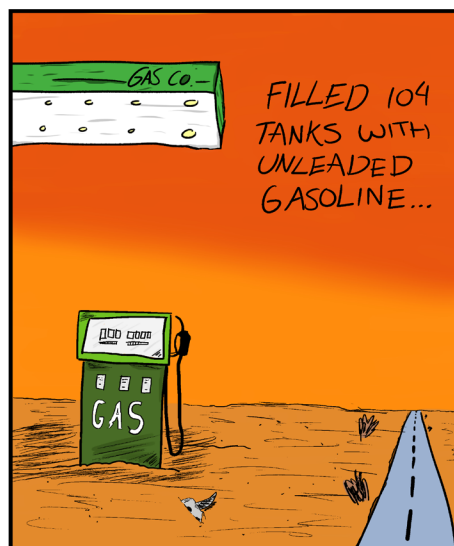
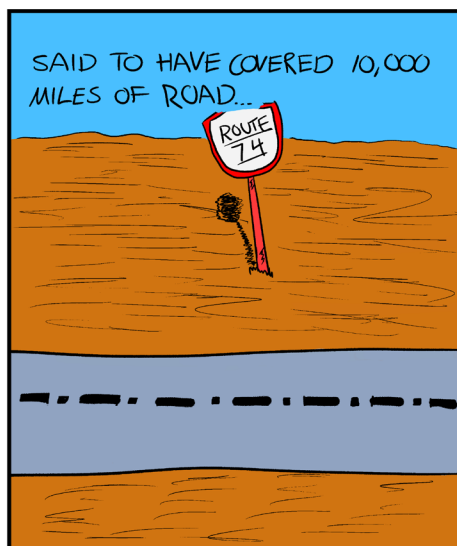
The Wolfsonian is located at 1001 Washington Avenue, Miami Beach and admission is free for Florida public college students with ID. It’s open every day of the week, except on Wednesdays. For museum hours and more information on admission prices, visit wolfsonian.org.



PantherNOW.com

Here when you need us

SOLO DOLO





To the South Florida Community:

We are proud to announce that our Healthcare MBA program has earned a full seven-year accreditation by the Commission for Accreditation of Healthcare Management Education (CAHME). We are one of two Healthcare MBAs in the state of Florida to receive this prestigious accreditation, and the only CAHME-accredited MBA in the state to offer an online program.

Our accreditation, the second for our program, is the culmination of an extensive process of self-review, assessment and evaluation of our effectiveness as an educator of outstanding healthcare business professionals. In addition to recognizing the excellence of our faculty, our administrators and our curriculum, it also reflects the breadth and scope of multiple initiatives incorporated into our program that prepare our students for dynamic careers. These include our Lean Six Sigma certification, a unique Business Analytics certification powered by IBM's Watson, a Global Study Abroad Program with an Advanced Certificate in Global Healthcare Administration, and a professional residency. Together, these elements provide our students with the knowledge and skill set to excel in today's rapidly changing healthcare environment.

I want to acknowledge the many talented professionals who helped make this happen, including our dedicated Advisory Board, our Alumni Affinity Council, our faculty, administration and students, and our alumni, who continue to excel and make an important impact as leaders in the healthcare sector.

I hope you'll learn more about our program at HCMBA.fiu.edu, and we encourage you to engage with us.

A handwritten signature in black ink, appearing to read 'Jose M. Aldrich'.

Jose M. Aldrich
Acting Dean, College of Business
Florida International University

FOOTBALL

Hilton named NFL's receiving champion

PETER HOLLAND
Staff Writer

With six catches for 96 yards and a victory over division rival Jacksonville Jaguars, former FIU football star T.Y. Hilton was crowned NFL's top wide receiver in the peak of his career with the Indianapolis Colts.

Hilton finished the season with 91 catches, a career-high 1,448 receiving yards and six touchdowns. With the NFL loaded with elite superstars in Hilton's position, his receiving yard numbers beat out Julio Jones from the Atlanta Falcons (1,409), Odell Beckham from the New York Giants (1,367), Mike Evans from Tampa Bay Buccaneers (1,321) and Antonio Brown from the Pittsburgh Steelers (1,284).

In his fifth season, Hilton, also known as "The Ghost", joins some of the Colts' greatest former players such as Reggie Wayne (2007), and Marvin Harrison (2002 and 1999) as the only Colts player to be known as a receiving champ.

"If I lead the league, I lead it, I'll be happy," Hilton said to Colts.com after the win against the Jaguars. "Just to be at the top of those great receivers would be a milestone. I'm just happy we got the win."

With the Colts finishing the season 8-8 and missing the playoffs this year, Hilton feels confident in making it back to the postseason.



"Tough times don't last, tough people do. And Colts nation, I can assure you that we will be back to our winning ways," he

tweeted to his fans.

Hilton played three years for FIU (2008-2011). Coming out of Miami Springs High School, where he was only ranked two stars when being recruited, Hilton would go on and set school records for the Panthers in career receptions (229), receiving yards (3,531) and receiving touchdowns (24).

Along with being the receiving champ, Hilton was selected to play in his third consecutive Pro Bowl game, which will be in Orlando this year on Jan.29 at Camping World Stadium.

TENNIS

Player's goal is to 'reach NCAA tournament'

ALEXANDER DEL VALLE
Contributing Writer

For freshman tennis player Ulyana Grib, being nearly 12 hours away from her home in Minsk, Belarus, has not affected her mindset one bit.

"Here in the United States there are more opportunities, coaches, tennis centers, [and] the weather here is better for tennis," said Grib. "I miss my family, but not home or my country or my city. Of course I love it but it's not that hard for me."



Traveling is nothing new for the tennis international because starting at the age of 13, she began traveling alone with her coach Igor Ibrisbegovic for about two weeks every month to participate in tournaments.

Grib said she received several offers from other schools before deciding to visit FIU in March 2016 after exchanging text messages with Head Coach Katarina Petrovic. The freshman said she was pleased with her decision to bring her talent to Miami because she said she likes "the weather, the campus, and the coaches are very nice."

It is rare to find a tennis player that is skillful and strong on all tennis surface, according to Grib. They can be discovered in the ATP World Tour or WTA (Women's Tennis Association),

but in regards to junior tennis players, they are often proficient in maybe one or two.

When it comes to Grib, however, her bread and butter is on the hard court.

"I like hard court the most, which is good for the U.S. [since] they usually play on hard. I like to play more aggressive to win," said Grib.

Despite coming in 4th and 6th place in the world championships and also coming in 3rd at the u16 European championships, Grib is not looking ahead into her possible professional career just yet; she said she has an obligation and a job to do with the tennis team for 4 years and is ready to do whatever it takes to make the team successful.

"I want to improve everything. I want to improve my forehand, and I believe my backhand may be a little better, but remember these are not weaknesses," she said. "Also the thing you always have to improve is your mindset. I consider myself a mentally strong person."

Grib also said the team has placed some very attainable goals in front of them.

"Our number one goal as a team is to win the conference, and we are working for it and will continue to work hard to achieve this goal," she said. "If we're able to achieve this, then we want to reach the quarterfinals of the NCAA tournament."

Grib and the rest of women's tennis team will kickoff their regular season on Jan. 23, 2017 at 1 p.m. at FIU's tennis courts.



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PILOXING PARTY

Pilates, boxing infused class leaves students feeling ‘sexy’ and ‘sleek’

JULIETA RODRIGO
Staff Writer

Fusing boxing and standing pilates exercises, Piloxing is shaking up the exercise industry one punch and kick at a time. First created in 2009, the class is now taught by certified instructors in over eighty countries, and is being added continually in different locations.

Piloxing landed at FIU and is being taught by instructor Ana Rodriguez. Offered at the BBC Wellness and Recreation Center on Thursdays from noon to 1 p.m., the class uses a cutting-edge routine to promote muscle toning in a high-energy environment, set to upbeat dance music.

The workout can burn up to 1200 calories per hour, and works to increase cardiovascular abilities, build lean muscle and improve balance and posture, according to piloxing.com.

Piloxing allows



JULIETA RODRIGO/PANTHER PRESS

Piloxing instructor Ana Rodriguez performs leg lift workout routine with two FIU students during class.

students to improve their core’s ability to throw powerful punches, find equilibrium and enhance flexibility. By fusing some of the more controlled, dance-inspired exercises of pilates with some of the classic “one-tuos” of boxing, everyone leaves the class feeling as if they

can float like a butterfly and sting like a bee.

Rodriguez lead the class with an enthusiastic and lively demeanor that perfectly matches the up-tempo music. Students exercised to the sounds of remixed Britney Spears and Selena Gomez tracks which, combined with

Rodriguez’s coaching, raised heart rates as well as class stamina.

The class started with a warm up through aerobic exercises, and signature boxing combinations were introduced shortly after. Footwork was intertwined with fast-paced rounds of uppercuts and side jabs.

Exercises like jab cross shuffles and standing side crunches kept students engaged in working their core and obliques. In the last quarter of the class, the rhythm slowed down to allow for targeting specific muscles through leg lifts and abs floorwork.

Natalia Orrego, a

graduate student studying social work told FIUSM that she loves attending Piloxing class.

“[Ana] is motivating. She reminds me of a dancer from the Lion King, and that’s what I like about her class,” she said. “She’s athletic but she also has a dance background, which appeals to me.”

Rodriguez ended the class asking students to repeat an uplifting motto: “I am sleek, I am sexy, I am powerful.”

That slogan allowed students to leave the gym with a smile, feeling empowered and confident in their own abilities and skills. Overall, the class had students sweating and provided one hour of non-stop fun for all participants.

For more information on Piloxing and other classes offered at FIU BBC, as well as the class hours, visit bbcrec.fiu.edu or call (305) 919-5678.

HEALTH

Ballerina prepared for lead role by fueling body properly



PHOTO COURTESY OF KATIE GARCIA

Sophomore psychology major Katie Garcia performing as Clara, the lead role in her company’s 42nd annual production, “The Nutcracker”.

HEATHER O’DELL
Staff Writer

Katie Garcia was 3 years old when she started dancing ballet, and the sophomore psychology major said it’s not just a hobby for her, but it’s part of her life.

“Dancing my whole life does come with sacrifices,” Garcia said. “I spend most my days practicing and working on my technique in the studio. Although it’s hard to balance dance, school and a social life, I wouldn’t trade ballet for the world.”

The ballerina began and continues her ballet career at Ballet Etudes Company of South Florida, the same studio her mother, Kim Garcia, danced for. She spent most of her time in 2016 preparing for her studio’s 42nd annual production of “The Nutcracker”,

where she performed the lead role “Clara.”

Because it was

“ I prepare a lot of home cooked meals for Katie to make sure everything she is eating is organic and good for her.

Kim Garcia
Mother

performance season, the ballerina practiced six days a week for about four hours or more a day. With rigorous practice, a dancer must fuel their bodies properly and stay hydrated, so Katie Garcia sticks to a strict diet that gives her energy and keeps her fit.

“I prepare a lot of home cooked meals

for Katie to make sure everything she is eating is organic and good for her,” Kim Garcia said. “A healthy and light pasta dish is good before her long rehearsals; carbohydrates give athletes energy.”

In addition to eating well, the dancer also works out regularly outside of ballet class. Katie Garcia does a series of core workouts at home such as pilates and yoga. This not only builds muscle, but she said it helps her with balance and flexibility.

“I am constantly improving my technique and body for the art,” the ballerina said. “With the Nutcracker right around the corner, I needed to be conscious of my health so I can perform to the best of my ability. Ballet for me is truly a way of life.”