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Florida International University

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POLITICALLY POSTED



MARTINA BRETOUS/PANTHER PRESS

Students and community members gather in the Graham Center Pit area to watch the inauguration of the 45th President Donald Trump on Friday January 20, 2017.

The University's Model United Nations team ranked second best in nation

MELISSA BURGESS
Assistant News Director

The University's Model United Nations team has achieved its highest ranking ever, landing second place in Best Delegate's annual ranking.

The team has had much recognition in the past, including seventh in the country, later moving to fifth, then fourth, and now the team has moved up two spots to second in North America by bestdelegate.com, an organization in charge of Model UN ranks based on universities' performances.

In addition to the ranks, the team has beat prestigious national universities, including Georgetown, Harvard, New York University and Yale.

FIU continues to be the highest ranked team in Florida and from a public university.

"I am very excited and proud of the program and all the students that worked hard this semester to achieve this ranking. It's always special when you get tangible results from your hard work. That number two ranking is a direct result of the hard work the Model UN students have put in over this semester," said Ethan Roberts, the director of the FIU Model UN team.

Although The University of

Chicago has ranked number one in the nation for past three years, Kevin Markowski, a junior majoring in international relations and the Head Delegate for Model UN of the fall semester, said that he is determined to put in as much work possible to get the team to number one.

"Being ranked number two in the nation is a great feeling and being above all Ivy Leagues as a public school in Florida is an amazing accomplishment. But I'd be lying to you if I said I was content with this ranking. We won't stop until we are the number one team in the nation," said Markowski.

Model United Nations brings together different universities across the United States, as well as hundreds of college students with common goals of furthering international awareness and building consensus.

The program is run by the Jack Gordon Institute of Public Policy, within the School of International and Public Affairs and is offered as a political science course.

It is designed to build student's public speaking, analytical writing, negotiations, critical analysis and research skills.

Roberts said the main strategy Model UN has for staying at the top requires time, extensive

practice and working together effectively as a team.

"We're very team oriented. Our team is not just one person giving instructions to 30 people. We share our experiences, success and failures," said Roberts.

To be part of the team, students are required to go through a long process, which

things," said Roberts.

Christian Gonzalez, a freshman majoring in international relations, is a new delegate that says he's learned a lot from being part of the Model UN team but that he still has a lot to learn.

"I've gained so many qualities through my experiences at Model UN. I've improved my

learned how to walk into a room, make my opinions heard, negotiate and build consensus and move things forward, all qualities needed for my professional life," said Bukhair.

FIU Model UN members hope to prove that the university is a powerful global institution and continue to break barriers that usually restrict institutions

“

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Kevin Markowski
Junior
International Relations

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entails a detailed application and two interviews, in which the student is tested and screened.

"A big part of being part of Model UN is members knowing their strengths and weaknesses. I think you've got to be self-critical. When students are a part of a team like this, they have to be open on improving their speaking, writing, the way they research and think about certain

public speaking abilities and my capacity to work under pressure. But, it's also ironic that I've learned that I have a lot to learn," said Gonzalez.

For Hatim Bukhair, a senior majoring in international relations, said that the most important quality he has gained from FIU MUN is confidence.

"I've learned that I can do anything I set my mind to. I

like FIU.

"In this country, we have these complexities about universities. If you go to Harvard, you expect to win because it's considered an 'ivy league' or a 'top university'. And the fact that we can overcome those expectations and prove that we can do what they do too, means so much to me," said Roberts.

NATION & WORLD BRIEFS

Cubans who once feared Trump see him now as their last hope

Sitting on a dusty curb in this Mexican city just steps from the U.S. border, Eliannes Matos Salazar thinks back to when then President Barack Obama visited Cuba 10 months ago.

Like many Afro-Cubans, the 32-year-old shopkeeper from Guantanamo was inspired by the president's speech about change and the bridge between the nations. She admired Michelle Obama's grace and the couple's rise to such a high position of power.

But that was before Jan. 12, when Obama canceled the two-decade-old "wet-foot, dry-foot" Cuba immigration policy and ripped Matos from her husband — who had been allowed to cross into the United States before the policy's cancellation, while she was kept back. It ended her dream of life in the United States.

Wet-foot, dry-foot had given Matos and other Cubans an extraordinary advantage over migrants from other countries by allowing any Cubans who touched American soil to enter, even if they had no visas. With its cancellation, Cubans without valid humanitarian and asylum claims face the same hurdles to U.S. entry as any undocumented migrant from, for example, Mexico or El Salvador.

Drug lord 'El Chapo' extradited to the United States

Mexico's most notorious drug kingpin, Joaquin "El Chapo" Guzman, who gained fame for his daring prison escapes and an interview with Hollywood stars while a fugitive, was extradited Thursday to the United States to face trafficking and other charges, Mexican and U.S. authorities said.

The long-awaited extradition of the leader of the powerful Sinaloa cartel came on President Barack Obama's last full day in office and the eve of President-elect Donald Trump's inauguration.

The timing, after months of unsuccessful appeals by Guzman's legal team to block the move, caused considerable speculation on social media and elsewhere. The move appeared to give a legal triumph to the outgoing Obama administration on its final day in office.

TRIBUNE NEWS SERVICE

Construction negatively affects businesses in West Hialeah area

SUDYEN NAVARRETE
Staff Writer

The City of Hialeah is undergoing an extensive roadway construction down Red Road since January 2015, and as it extends farther down, businesses are being affected negatively.

A Simple Mobile business owner, David Bosch, has worked in West Hialeah Shopping Center located in 6871 W 4th Ave for 13 years. He has seen his sales drop due to the entrance being blocked by the construction.

"The problem is that they closed the streets," said Bosch. "It's about to be February, and I know that it won't be done, yet."

Bosch said that he gets informed through emails about changes of the roadway project, and in that case he has nothing to complain about; however, he said that the construction has been taking longer than expected.

"Customers don't want to enter here and ruin their tires," said Bosch. "They rather go someplace else with an easy entrance."

Bosch said he hardly gets any customers, maybe 10 a day, and he used to get more before the construction began outside the shopping center.

Another two business owners next to Bosch's Simple Mobile store also expressed their concerns on the duration of the Red Road Construction.

Lester Hernandez,

owner of Martha Pharmacy and Discount said he has worked in the building for 14 years but has had his business for about 10 years.

Hernandez also expressed his concerns toward the construction.

"It's been going on for almost a year, and it's been really bad," Hernandez said. "It has been affecting my business but traffic wise."

before he would have people buy flowers to take them to cemeteries for their deceased members; now no one stops by his shop to purchase his flowers.

"There's a lot of elderly that attend cemeteries, or that have problems with their feet and don't want to go through the struggle of walking over all this construction."

Although the

wait," said Campo.

Campo says that he hopes the construction ends sooner than expected.

Public Information Specialist Consultant of the Florida Department of Transportation, Jackie Lata, said that the project is scheduled to end on April 2017, which is sooner than expected; the project was set to end around summer 2017.

Lata reiterated the purpose of the Red Road construction and its plan, and the reason why it's been taking long.

"The main thing is that they're widening the roadway," said Lata. "There will be three northbound lanes, and three southbound lanes."

This will create six lanes down Red Road, affecting streets such as NW 135 St during the construction.

Lata mentioned some of the work under construction, which includes reconstruction to provide additional lanes, installing a water main, new drainage system, barrier wall and the reconstruction of sidewalks and curb ramps. "Some of the medians being added to traffic flow is new lighting and signalization," said Lata.

Lata also added that FDOT has reached out to the residents even prior to the project even starting, she also said that for the moment FDOT is managing and controlling the project.

"I've had days where I don't make any sales nor have one customer step inside my flower shop,

Marco Campo
Owner
Cinderella's Flower Shop

He said he has had problems with his customers because they don't want to drive to his business due to the traffic jam caused by the construction.

"When you tell people they got to come this way, they don't want to come," he said. "There's no entrance to the building."

Marco Campo, owner of Cinderella's Flower Shop is going through the same situation as Bosch and Hernandez.

"It has affected us a lot but if it's for the good and progress of the city then I understand," said Campo. "I've had days where I don't make any sales nor have one customer step inside my flower shop."

Campo added that

construction has caused a decreased on his sales, Campo said that the city has kept him informed of all the changes occurring within his business' shopping center.

"I'm kept informed of everything," said Campo. "They say that by next year, around this time, they will be done."

Campo said that during the middle of the year, all the businesses of the shopping center signed a petition to unblock the entrance to the shopping plaza but were given the results they expected.

"All neighbors and business owners got together to speak to the Hialeah City Hall and signed petitions, but they told us to be patient and

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Billiards brings enthusiasts together

JOSHUA CEBALLOS
Contributing Writer

For senior psychology major and Billiards Club president, Brenda Bares, the best part of her club is the good company of its members.

The University is home to a myriad of sports and interest clubs, and the Billiards Club is one that welcomes students who have a desire to play the game commonly known as pool; however, the members of the club would prefer if you called it by its official name of billiards.

"The Billiards Club is basically a group of friends that enjoy the game of billiards. We come together, we practice, we have some fun, get to know each other, and in the end it's like a social club," said Bares.

Billiards is the party game used most often in film depictions of college life, the staple of basements and bars and the go-to source of entertainment for many on FIU's main campus. Golden Panthers who walk into the Porter Davis Game Room off the Graham Center food

court are immediately greeted by the sight of pool cues, billiard balls, and groups of friends laughing together and trying to impress each other with trick shots.

Bares' club holds tournaments for local players in and out of the club, and would-be competitors can sign up during meetings or on their own time at the game room. Top contenders in the sport of billiards, those who dazzle other players with their finesse and computer-like angle calculations, can climb up the ladder and into competitions held beyond the university.

"We do ACUI competitions that are once a year," said Bares. "That's for our top two women and men... You're representing FIU going against other universities like UF, FSU, [and] UCF."

According to Bares, the club also hosts small tournaments and Halloween parties and game nights each year in the game room for a more casual diversion over the annual competitions.

Do students interested in joining

the club have to be good enough to sink three balls in one shot? Not according to Brian Mercado, Billiards Club member and sophomore electrical engineering major.

"I suggest anyone who is even the least bit interested in billiards should come by and even if you are not very interested, come by and give it a shot. You may make some new friends and enjoy a new game."

Brian, the founding vice-president of the club, and says the most enjoyable part of this group is a combination of playing the game and meeting new and interesting people.

According to Bares, a typical meeting involves going down the agenda that any club must take care of: news and events, new members, upkeep; but then the usual groove of enjoying the game and enjoying the company of each other inevitably comes into play.

The Billiards Club meets in the Porter Davis game room in the Graham Center on Wednesdays 4:30 to 6:30 PM and Thursdays from 5 to 7 PM.

Overpopulation a ‘pressing’ environment force

EYES ON THE EARTH



AMANDA JUNG

As a society, we are constantly reminded about the rapid population growth that the world continues to experience. We live in a world with seven billion people and counting. Families are expanding and communities are growing. But have we reached capacity yet?

According to Everything Connects, overpopulation is one of the most pressing forces when it comes to the environment. It’s behind “global warming,

environmental pollution, habitat loss, the sixth mass extinction, intensive farming practices and the consumption of finite natural resources.”

How many more humans can enter this world before we run out of resources for everyone? The world certainly does not revolve around us. But without enough water, arable land and fossil fuels, how will it be able to revolve at all?

Energy Future tells us that there was a point in time where the population was able to balance itself.

Birth and death rates were able to reach that balance because of the higher mortality rates and lesser quality medical facilities. But we now live in a time with highly advanced technology and

overall, a longer lifespan.

So what are the motivating factors behind overpopulation? To begin with, there has been a decline in the death rate.

Energy Future reminds us that when the amount of people that die in a year equals the amount of infants that are born, then the population is bound to balance out.

However, the birth to death ratio is not balanced and therefore is leaving us with more humans.

Next, there have been extreme advances in technology. This is especially true when it comes to medical advancements. Diseases are being defeated, more food is being produced and vaccines are being offered. These are things that were

not available back in the day.

Overpopulation is something that with time has affected many aspects of the earth. But one of the biggest concerns is the depletion of natural resources. According to Everything Connects, “fossil fuels, fresh water, coral reefs, frontier forests continue to plummet.”

Even with all the facts written out in front of me, I have thought about this issue long and hard. Although it makes sense that the earth can only sustain so many people with the amount of resources we have available, I do not think it’s the biggest problem the environment is facing. And there is only so much that we can do to fix it.

Places like China have policies that limit the amount of offspring that they can produce. This was an attempt to control overpopulation. But is this a policy that the rest of the world can adopt?

Are we supposed to limit the amount of children everyone can have in hopes that this will help the earth?

According to the New York Times, overpopulation is not something to be worried about. The planet’s carrying capacity has changed. The fact that technology has evolved goes to show that we can take care of the world and its growing population.

However, there are obviously right and wrong ways to do so. With a growing population,

this means more people to help take care of the environment and all the problems that it’s facing. More hands to pick up trash from the streets. More minds to learn about how we need to stop eating animal products. And more compassion and love toward Planet Earth.

Whether overpopulation should be on the top of our worries or the bottom, there are so many ways that we can use the people that inhabit this earth to help make a positive mark.

Amanda Jung is a contributing writer for Panther Press. Her column, Eyes on the Earth, is a commentary on current global environmental issues.

LETTER TO THE EDITOR

The University is greenwashing their recycling program

LETTER TO THE EDITOR



JASON HOWARD

A pleasantly mild winter day drove my friends and me to eat lunch in the grass between the Graham Center and Owa Ehan. After finishing, I tossed my trash in a nearby trashcan, but a bin for my recyclables was nowhere to be found.

As a graduate student in the biology department I’ve witnessed far too much environmental devastation to neglect basic

recycling, so I started making my way towards my office in Viertes Haus with recyclables in hand.

I walked through OE, past Engineering & Computer Science, and into VH, finally finding a recycling bin outside my own office on the third floor.

I walked past more than a dozen trash cans, but not a single place to recycle. I wish that this was an anomaly; perhaps I took one of the few routes that hadn’t yet received one of the 4,200 recycling bins that FIU boasts owning. It was not.

I’ve encountered this problem while taking many routes across campus with the situation in PG-5 being the worst. Standing in the center of the food court equidistant from Dunkin Donuts, Moe’s and Chick-fil-A, one can clearly see a trash can in every direction (totaling

seven) but no recycling in the entire food court.

This is a problem, but not an intangible, inaccessible one like most environmental issues; the resources already exist, including a university wide single-stream recycling system.

FIU declares being “World’s Ahead,” having a sustainability office, a solar house, an app for a carpool program and many other conservation-minded programs but maintains an unencouraging recycling system for post consumer waste. How is this the case?

FIU’s “Office of Sustainability” is responsible for the solar house, the nature preserve and a number of green events (like Recyclemania starting early February), but they do not have any influence on recycling infrastructure or management.

Instead, waste is managed by FIU’s Facilities Management with the food court in PG-5 being managed independently by FIU’s Business Services. I have been informed by FIU staff that programs, staff, and infrastructure vary between buildings which would partially explain the unequal distribution of bins.

Yet I have also seen hundreds of unused recycling bins kept in storage areas, loading zones, and the untraveled peripheries of campus. Instead of utilizing its investment, FIU subscribes to an ad hoc policy decided by each building’s custodial staff and managers.

Representatives from FIU GoGreen have cited costs of bins and increased janitorial work as deterrents to the further implementation of recycling but

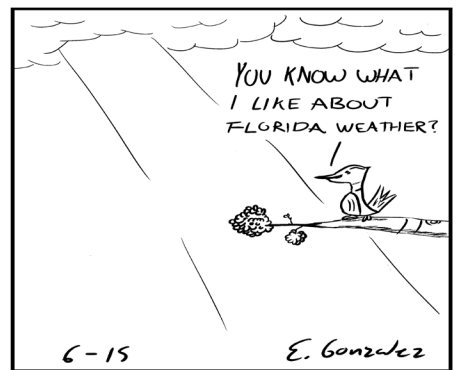
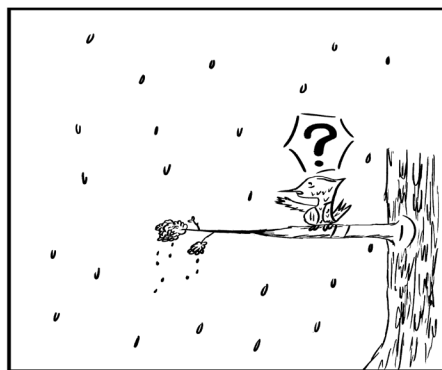
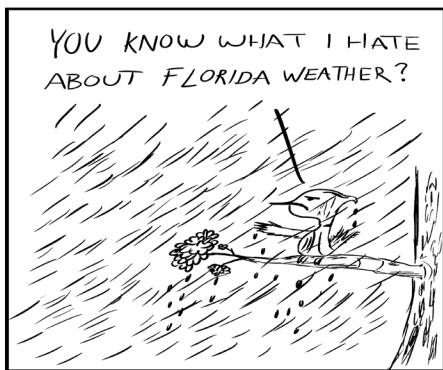
our current system is unjust to our students, our environment and our conscious university.

FIU needs to better leverage its existing recycling program; we students are ready to expand stewardship down to the most basic level, we just need a better infrastructure to help us do the work.

Jason Howard
Doctoral Student
Biology Department

Letters to the Editor are not written by Panther Press Staff. They are submitted by readers of Panther Press. These views are separate from editorials and reflect individual perspectives of contributing writers and/or members of the University community.

UNPREDICTABLE WEATHER



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 Press will only run one letter a month from any individual.

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CASTING SHADOWS

Exhibit opens at the Frost Museum showcasing post-apartheid society

LISBETTE CASTILLO
Contributing Writer

In a series of photographs depicting post-Apartheid society in South Africa, artist Edward West opened his exhibit on Thursday, Jan. 19, at the Frost Museum.

The exhibit, held to commemorate Martin Luther King, Jr., portrays the daily lives of the people living outside of urban centers.

West traveled to South Africa after apartheid was abandoned in the early 1990s and visited different communities where people of color were forced live during segregation. These communities are known as townships and squatter camps.

“His aim wasn’t to highlight poor conditions or what happens under racism or racial segregation,” said Ashley Valines, curatorial assistant at the Frost Museum. “His point was to document everyday life for these people.”

In the photographs, West uses a combination of light and shadow in his images. He was also inspired by one of the largest

townships in South Africa called Soweto.

The nickname for that township is “Shadow City.”

“It’s the connotation behind shadows,” said Valines. “It’s the things that dwell invisible, things that dwell on the edges of our vision, things that don’t want to be seen or that we don’t want to see — shadow.”



LISBETTE CASTILLO/PANTHER PRESS

Artist Edward West uses a combination of light and shadow in his photographs - only very few show subjects’ facial features.

There are very few photographs in this collection where you can actually make out somebody’s features.

Under apartheid, to have your face photographed for anything other than you passport or your card was a jail or a death sentence because they could then use that photograph to identify you in any type of anti-

apartheid protests. The shadowing of the face is a play on that.

“I really love this particular exhibition,” said Maryanna Ramirez, manager of Strategic Initiative at the Frost Museum. “These photographs are striking and stunning.”

Ramirez said that one of the things they were trying

to do with this exhibit was identify artists who are producing work that really speak to some of King’s messages.

“We are trying to bring artists here that are looking at issues of race, diversity, humanity, and social justice,” said Ramirez.

On Jan. 19 at 4 p.m, West gave a lecture on his artwork

and followed by a reception. The exhibition is open to anyone.

“It really is a great time for students to listen to a working artist,” said Ramirez. “He is very approachable and wonderful and really is an engaging person.”

‘Little Shop of Horrors’ takes on a modern twist

STEPHANIE CASTRO
Staff Writer

Debating Jan. 27, 2017 at 8 p.m. in the Wertheim Performing Arts Center, the Theatre Department will premiere their first musical of the year, “Little Shop of Horrors.”

Little Shop follows a florist’s assistant who cultivates a plant that feeds on human flesh and blood. It was originally a black comedy horror film that, through the course of time, developed a cult following and eventually became a Broadway musical.

In this rendition, the musical will take place in 2017 Los Angeles as opposed to 1986 New York.

“We don’t want to copy the movie, we just want a general idea of the theme,” said senior BFA performer Ernesto Gonzalez.

Junior Stefen Suttles who is part of the ensemble cast echoed that sentiment.

“We’re really trying to make this an FIU production of Little Shop and not just another Little Shop performance,” he said.

According to Philip Church, theatre professor and Little Shop director, the production will include several elements that pay homage to current world affairs and will have a political foundation.

“That plant eating up people is the corporate world,” said Church.

Originally, the film was written in response to Richard Nixon’s government, his downfall, and his successor Ronald Reagan which then followed the golden age of capitalism.

Junior Matthew Pastor, who plays Seymour Krelborn, the male lead in this production, mentioned that those political and social undertones have always been woven into the musical.

“Hidden inside of a ‘cutesie’(sic) jukebox musical is a tale about how capitalism and greed can lead to the downfall of individuals pursuing what they perceive to be the American Dream,” Pastor said.

The production will also exclusively consist of students in the Bachelors in Fine Arts Performance program, making Little Shop the first FIU musical to do so.

In the past, FIU productions have brought singers

“The show can be and is compelling because these actors are delivering truth. The objective is for the audience to empathize and connect with these characters onstage,”

Phillip Church
Director
Little Shops of Horrors

from the School of Music over to collaborate with the theatre students for musicals.

With 120 theatre majors, Church tries to use as many possible on stage throughout the course of the year.

“It’s proving that actors really got the voices and they just need that extra bit of training to bring them up” said Church.

Church even tries to change character’s genders to allow students to “have their moment on stage,” as the ratio of male to female performers may vary.

Junior Robert Ayala will be playing five characters: Orin Scrivello, Bernstein, Mrs. Luce, Skip Snip, and

Patrick Martin. He described this as an exciting yet challenging task but one he was ready to take on.

“I think all five of those characters live inside me. It’s just a matter of expanding them into something larger,” said Ayala.

Senior Nora Pantoja, who plays the female lead Audrey, stated that researching information about skid row made it easier to get into character and added to her character’s backstory.

“Broadway Audrey is a lot more high-pitched and I wanted to make her a little more grounded,” said Pantoja. “She’s a woman who’s gone through a lot and has developed a backbone.”

As for the dancing aspects of the musical, assistant choreographer Rachel Willis found ways to make the actors more comfortable with movement.

The choreography took two weeks to complete, which included blocking the entire show to see which pieces fit and which ones had to be changed around.

Willis would take notes on blocking, get back to choreographer Crystal Patience, and then rehearse the dance with the actors.

“It was the most amazing thing to pull these non-dancers out of rehearsal, give them their steps, and watch them put it together,” said Willis. “They did it flawlessly.”

The duo was never able to practice the choreography together until their last rehearsal. One of her proudest moments was when she practiced a dance with Pastor and Pantoja separately.

“The show can be and is compelling because these actors are delivering truth,” said Church. “The objective is for the audience to empathize and connect with these characters onstage.”



PANTHER NOW PRESENTS



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Moderated by Raquel Perez

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STUDENT MEDIA AT FIU | @PANTHERNOW

Reading series: ‘Opportunity to share our passion’ for writing

KAYLEEN PADRON
Staff Writer

Panthers at The Biscayne Bay Campus can experience the creative writing process firsthand in this Thursday’s event at the Barnes and Nobles in Wolfe Center. Award winning, best-selling author Ann Hood will be visiting the University on Thursday, Jan. 26 at 8 p.m.

The Creative Writing Program, along with the Wolfe University Book Store and The Betsy Hotel, will be sponsoring the event with special thanks to the bookstore manager, Erica Garvey and Deborah P. Briggs of the hotel. Free food and refreshments will be served following the reading.

The program invites four writers every year to the University to the “Writers on the Bay” reading series. Julie Wade, an assistant professor of creative writing, has coordinated the event along with other students and faculty.

“We who teach and study creative writing have the opportunity to share our passion

for the genres of poetry, fiction, and creative writing with a larger audience by bringing a diverse group of writers to campus,” said Wade.

Not only will attendees be able to listen to a reading of one of Hood’s novels, but they will also be able to discuss the creative writing process and ask

“

We who teach and study creative writing have the opportunity to share our passion...

Julie Wade
Event Coordinator
English Department

”

questions to gain more insight to the technique.

“Writers often speak extemporaneously about their writing process as they preface a work they are going to read or transition between works,” said Wade.

Other well-known authors who have visited the University

included James Allen Hall, Pat Conroy, Amy Tan, Scott Turow. Not only has the event been successful for the Creative Writing Program, but it has brought avid readers, students and faculty alike, together.

“I like to think the benefits to the creative writing program and to the larger University community and beyond are mutual ones,” said Wade.

Another event that is sponsored by this program is FIU MFA Alumni Reading at the beginning of every year where previous graduates from the University can share their current published books.

The peak of these events, hosted by the Creative Writing Program, is the presentation of the Lawrence A. Sanders Award to well-known accomplished writers.

This year’s recipient is Pulitzer Prize winner, Jane Smiley. Students can also look forward to novelist Lauren Grodstein on Feb. 23 for that month’s reading series, in the same location and time.

‘Okey’ album gives the ‘magic, antems and intense bass’

MUSIC MATTERS



HAROLD LOPEZ

Up and coming pop duo Smerz, based in Denmark, have blessed our ears with gentle club music with their debut EP, “Okey.”

Smerz, consisting of the duo Henriette and Catharina, just released seven songs that

mesmerize us with the beauty of dark twisted pop.

The EP opens with a track titled, “Thrill” which is the highlight of the entire album. Both Henriette and Catharina know how to mesh their voices in the melody of the smooth beat and hard bass.

“Blessed” is about a girlfriend questioning whether or not her boyfriend is in it for the right reasons. She also sings about the length she’ll go to show how much he means to her. The jumping beats and vocals make it a fun sound.

“Because,” the debut single, is the heart of the entire EP. It’s about being in your twenties and being a bit confused. The techno beat with its elevating bass into this modern song capturing

that robotic wave.

The sprinkles of beats in “You See?” repeatedly with techno whistles and echoes sends you on an electronic roller-coaster. “Girl” is a mini throw down on the dance floor with the lyrics, “I’ll be your girl” being shattered throughout.

With “Craig” you are lost in an urban city with the waves of techno skipping through a crowd of people.

The finale of the EP is “Sure” which showcases the harmony and vocals of Henriette and Catharina, the perfect ending. You hear the chunk of their voices in this masterpiece.

Smerz may just be getting started in the game, but I see a longevity in their career if they continue to experiment and evolve with their music.

“Okey” gives me the magic, antems, and intense bass that will grab you and take you on a journey of two women ready to stomp the music industry.

Music Matters is a weekly music column that reviews pop, rock and alternative music albums.

LITTLE SHOP OF HORRORS SHOWINGS

Friday, Jan. 27, 8 p.m.

Saturday, Jan. 28, 8 p.m.

Sunday, Jan. 29, 2 p.m.

Wednesday, Feb. 1, 8 p.m.

Friday, Feb. 3, 8 p.m.

Saturday, Feb. 4, 8 p.m.

Sunday, Feb. 5, 2 p.m.

Tickets are \$20 General Admission, \$18 Seniors, FIU Faculty & Staff, and \$15 FIU students and are available for purchase at <http://go.fiu.edu/littleshop>.

Behind The Roar



BJORN ROLAND/PANTHER PRESS

BJORN ROLAND
Contributing Writer

What’s your name/DJ Name?

Galina Abdelaziz aka Lady Lina

Major?

International Relations

What do you plan on doing with your major?

After I graduate, I want to go to grad school to specialize in Arab affairs and then I want to pursue my doctorate and become a professor to teach college classes about the Israeli-Palestinian conflict.

Show title, day and time?

The </3 Kid on Wednesday from 10-11 p.m.

How long have you been at the station?

I’ve been at the station for three semesters.

What was the first concert you’ve attended?

Ben Howard in 2014 in St. Petersburg.

First cd you’ve purchased?

From Under the Corktree by Fall Out Boy

If you could meet one artist who would it be and why?

The lead singer of Daughter, Elena Tonra because it’s my favorite band and her lyrics speak the most to me out of anyone I’ve listened to.

Who would you say is the most overrated and underrated artist out there?

Overrated: Israel. Underrated: Palestine

What’s a fun fact about you?

I can speak conversationally in four languages. English, Arabic, French and Russian. I also still have Candy Crush installed on my phone, I’m on level 725.

“Behind The Roar” is a new series where we get to know the DJs at the radio station, The Roar.

INTRAMURAL

Intramural sports a 'good experience'

BRETT SHWEKY
Staff Writer

With the fall semester in the rear-view mirror, spring intramural sports are about to commence, offering students the opportunity to compete regardless of their athletic ability.

Sports included in this semester with seasons approaching at the end of January are intramural basketball, indoor soccer and racquetball. Team tennis, dodgeball and arena football will begin in March.

Registration for basketball and indoor soccer began on Jan. 8 and will continue until Jan. 25.

There is a \$30 registration fee for anyone interested in playing either sport. Regular season for both sports will start on Jan. 30 and run until March 3.

Basketball will be played as a traditional 5-on-5 with two 20-minute halves. Everyone including sororities, fraternities and unified leagues can participate. A minimum of four players,

however, is required to create a team.

FIU student Zach Racine said there's a chance he will participate in 5-on-5 basketball.

"It seems like intramurals are a good way to stay involved with a sport that I grew up playing," he said. "It just sounds fun competing against one another."

Teams for indoor soccer will consist of five players each with no goalkeepers, and the maximum roster size for a team is limited to 20 players.

"Soccer is a great way to stay in shape and meet new people," former intramural soccer player Ashley Stokes said. "From the games to practice, it's just an overall good experience."

Racquetball registration will end on Jan. 25, and the season will begin Jan. 29 and end on Feb. 19. There is a \$5 registration fee, and games will be held at the MMC tennis center.

To sign-up or to learn more information about FIU intramural sports visit www.imleagues.com.

WELLNESS&REC

'Put your body first' with MMC's Lose It program

HEATHER O'DELL
Staff Writer

If you're looking to make some lifestyle changes during spring semester, you can start with FIU's Lose It program.

The program runs from Jan. 30 to April 14, and participants will go through a fitness assessment, three weigh-ins, weekly group counseling sessions and unlimited group workouts.

"This is more than a weight-loss program," said Cindy Makita, personal trainer for Lose It. "Lose It is really all about changing our client's perspectives on exercise and eating well; it's a change in lifestyle."

Along with group workouts, participants will have the opportunity to learn about healthier alternatives to foods they enjoy eating with a one-time cooking session.

Sara Holtzman, coordinator of Fitness and Programming, is one of the driving forces behind the Lose It program that provides students and faculty with the resources to become healthier and happier.

"I take suggestions from participants about what kinds of foods they'd like a healthier recipe for, and then we cook some of those together," Holtzman said. "We also go over portion sizes and easy ways to meal prep/plan ahead for eating on the go."

“

Lose It is really all about changing our client's perspectives on exercise and eating well.

Cindy Makita
Personal Trainer
Lose It

”

The workout prescriptions for the program are created by the trainers themselves and with each participant's needs in mind.

"I like to create a combination of cardio and weight training for my coaching

sessions," said Makita. "These workouts are geared toward weight loss, but are created so that everyone can participate. It is important to think of my client's fitness level and having a modified version of each exercise."

The trainer also said she feels accomplished when she sees her former clients become regulars at the gym.

"Last spring semester I taught 10 ladies that were part of the Lose It program," said the personal trainer. "Hearing their stories and watching them continue to make progress after the program ended really reminded me why I love being a part of this."

FIU's 'Lose It' reminds people that it isn't about the number on the scale or how they look in the mirror, but why it is important to live a healthy lifestyle by exercising and eating right.

"Make the time, change your perspective," said Makita. "Build bonds with the trainers and with others on the same journey. It is about time you put yourself and your body first."



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WELLNESS&REC

SQUAT SQUAD

Fitness class infuses Zumba dance with boxing-inspired sequences

JULIETA RODRIGO
Staff Writer

It's time to ditch the boring workouts and join the newest dance party at FIU.

Offered at the Biscayne Bay Campus Wellness and Recreation Center on Tuesdays from 12 to 1 p.m., Strong by Zumba combines Zumba dance fitness with elements of martial arts to achieve a total body workout and improve muscle definition.

Contrary to a traditional Zumba class which integrates dance into a high-cardio workout, Strong by Zumba resourcefully infuses more typical athletic moves into the routine along with dance. Exercises like leg swings, squats, and planks, as well as boxing-inspired punch and kick sequences get students sweating and grooving alongside upbeat music.

The class is creatively driven by the science of



JULIETA RODRIGO/PANTHER PRESS

Instructor Ana Rodriguez performs squat exercises with students during Strong by Zumba fitness class.

Synced Music Motivation, according to the Strong by Zumba website. For them, music is not an afterthought. Rather, the moves are specifically designed first, and music

is later reverse-engineered to match the routine.

Edgar Bustos, a junior majoring in hospitality, has been attending the class for several months. He told PantherNOW

that he loves the class because it helps release the pressure and the stress from college.

"It's a great way to find relief," Bustos said. "It's awesome for me."

Instructor Ana Rodriguez believes that a perfect balance between spontaneous fun and repetition is the key to attaining a successful workout.

"The music, combined with the use of eight count [steps], makes it easy for students to learn without getting bored," she said.

Rodriguez had a very energized and cheerful teaching style, which was helpful in keeping the class motivated and performing the exercises at full-capacity.

Tsaiyi Wu, a senior majoring in hospitality, has felt the intensity from the fast-paced exercise routines.

"You can feel the workout happening while you're having fun," Wu said. "I initially thought I was just going to dance, but [Ana] incorporates extra moves to make you feel the burn and get you sweating."

The class is a new way to incorporate exercise into one's lifestyle. If you need some new dance moves or want to reach fitness goals in an enjoyable environment, you know where to find it.

BISCAYNE BAY

TRAC course helps students improve leadership skills

HEATHER O'DELL
Staff Writer

There is more to being healthy than regularly exercising and nourishing your body with the right foods; mental wellness is important, too.

Mentally challenging yourself can help you realize your full potential and gain a sense of accomplishment, and FIU's Team Ropes Adventure Challenge course offers just that.

"TRAC is FIU's Ropes/Challenge course and experiential learning center. Students gain a sense of personal achievement by completing challenges thought to be impossible," said Assistant Director Jennifer Cooper. "I really see students coming out of their comfort zone during

their time at TRAC."

The ropes course offers team building exercises to grant participants the opportunity to overcome their obstacles as a unit. Various student organizations at FIU make attending TRAC as an annual event.

"Attending TRAC is extremely helpful for student government," said Larissa Adames, advisor for the BBC Student Government Association. "It helps our new members each year gel with the rest of the members. We look past our differences to solve the problems we are faced with."

In the midst of the course, students are placed in situations that help their leadership and teamwork skills flourish. Cooper said they can also form bonds with classmates

as well as meet people that otherwise would only be another face in a classroom.

"TRAC strengthens the minds of students and instills leadership in them, thus strengthening the university as a whole," said Cooper.

Students are welcomed to come by themselves, with friends and they don't need to be part of an organization to participate. The course also accommodates anyone with a disability and is designed to meet the needs of a specific group in regards to focus area and the physical nature of the activities.

TRAC is located at the Biscayne Bay Campus next to the Kovens Conference Center. To attend TRAC, you can sign up online at studentaffairs.fiu.edu/wellness/ropes-course.



PHOTO COURTESY OF TRAC

A team practices rope climbing during one of the leadership improvement exercises.