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FRATERNAL FRENZY



GUETHSHINA ALTEÑA/THE BEACON

Board members of the Alpha Kappa Psi Fraternity recruit students in the Graham center on Friday Jan. 27, 2017.

Policy removal brings controversy

STEPHANIE CASTRO
Assistant News Director

One of the last motions President Barack Obama passed during his final few days in office was the removal of the wet foot, dry foot policy.

“By taking this step, we are treating Cuban migrants the same way we treat migrants from other countries,” Obama said.

The policy is a revision that was made in 1995 to the Cuban Adjustment Act of 1966 which states that anyone who fled Cuba and entered the United States would be allowed to pursue a residency a year later.

Prior to 1995, the United States government allowed all Cubans who reached the US territorial waters to remain in the US.

A Cuban caught with “wet feet,” meaning that they were found on the waters between Cuba and the US, would be sent back to Cuba or to another country that would take them in. Those who make it to shore, “dry feet,” get the opportunity to remain in the United States and would eventually qualify for legal permanent residency.

Although a controversial subject to many Cubans and Cuban Americans, many feel it is time to bring the policy to a close.

Sophomore journalism and international relations major Camila Gonzalez says she expected the removal of the policy one way or another.

“Me, personally I have family over there that I would love to come here for a better life and now it’ll be that much harder for them to come,” said Gonzalez.

Fellow junior education major Anais Colina is in accordance. “I feel like it was something that should have been done a long time ago. As much as I love Cuba, I just feel like it wasn’t fair to the other people who want to escape from their countries as well,” said Colina.

Dr. Guillermo Grenier, a professor of sociology and graduate program director in the Department of Global & Sociocultural Studies, explained that the wet foot, dry foot policy was originally intended to discourage immigration from Cuba.

“Cubans were going over the Atlantic and dying, so the U.S government and Cuba came together and signed an accord where the U.S would accept at least 20,000 Cubans a year through legal visas to discourage Cubans from going into the water,” said Grenier.

In 2013, Cuba changed its exit requirement allowing Cubans to travel to any country as long as they have a visa which created the flow of Cubans to Ecuador.

Presently, Grenier believes that the removal of wet foot, dry foot will benefit Cuba because it will normalize Cuban immigration

patterns to the United States.

The removal of wet foot, dry foot does not signify the end of Cubans coming to the United States, instead Cubans will find different ways to get here.

In 2016, Senator Marco Rubio introduced “The Cuban Immigrant Work Opportunity Act of 2016,” sponsored by Congressman Carlos Curbelo, which according to www.rubio.senate.gov, “would terminate the automatic eligibility for federal public assistance for Cuban nationals under the Refugee Resettlement Program, while maintaining it for those that have been persecuted that are in need of resettlement assistance.”

Although the bill did not have the same impact as President Obama’s, it opened up a conversation between Cubans who became U.S citizens and Cubans who wanted to come to the U.S.

Eduardo Gamarra, a professor of political science in the department of politics and international relations, believes it was an important conversation to have.

“Cuba has benefited greatly from the hospitality of the U.S to exiles because every time there was a little bit of opposition, systematically, these people were sent abroad and it became a pressure valve,” said Gamarra.

“Most of the historic exiles who came to the U.S came for political reasons saw their claims as watered down by Cubans who were coming in claiming that they had it bad in Cuba, receiving benefits, and taking the next plane home and coming back and forth,” said Gamarra.

Grenier has frequently traveled back and forth to Cuba since 1979.

“There’s hope and frustration,” said Grenier. “There’s a lot of changes. Young people are opening up IT [information technology] stores, they just developed the first video game in Cuba. There are things that are changing all the time and hopefully they’re just the beginning.”

Despite this, Grenier feels that this also puts more pressure on Cuba’s government.

Due to the fact that Cuba’s population is aging it has become one of the oldest countries in the hemisphere.

“The big thing now in Cuba is to make the economic changes that are necessary to keep the young people there” explained Grenier. “The fact that Cubans can’t immigrate as easily now puts more pressure on the Cuban government to change things because the young people aren’t going to be leaving.”

“In some measure, the Cuban government did not really want wet foot, dry foot to end because here’s another 45,000 people we don’t have to subsidize. Let the Americans take care of them,” said Gamarra.

BISCAYNE BAY

SGA-BBC president appoints new vice-president

MELISSA BURGESS
Assistant News Director

He is a student trying to balance academics, internships, family and a personal life, but also fulfill the role of being the new vice president of SGC for the Biscayne Bay Campus.

Leo Cosio, a junior majoring in broadcast journalism with a minor in political science, was appointed as SGC-BBC vice president by Allhan Mejia, the president of SGC-BBC, at the beginning of the 2017 spring semester.

Mejia says he appointed Cosio because they have great chemistry and work efficiently together.

“We understand each other and it allows us to get past any disagreements we may have,” said Mejia. “Leo knows what to do and takes initiative when others don’t. This allows me to focus on more important projects.”

However, Cosio originally joined SGA at the MMC campus as deputy chief of staff in the fall semester of 2015 through spring 2016. Cosio then transitioned to the SGC-BBC campus as chief of staff in the fall semester of 2016.

“I started taking a majority of my classes at BBC because my major was there,” said Cosio. “I spent most of my time at BBC anyway so I tried to see if there were any

positions I could take there.”

As vice president, he is responsible for fulfilling the president’s duties in times of absence and in charge of pushing forward special projects for the BBC campus.

One of the special projects, Cosio along with SGC-BBC are trying to push forward, is to improve the Golden Panther Express, the school’s shuttle service that transports students between the MMC and BBC campus.

“We are trying to find out how we might be able to better the Golden Panther Express system. A lot of students are not satisfied by the service that the shuttle

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NATION & WORLD BRIEFS

Mexican president rejects Trump's border wall and says he won't pay for it

Mexican President Enrique Pena Nieto said he rejects and condemns U.S. President Donald Trump's plan to immediately begin construction of a wall along the U.S.-Mexico border.

In a televised address Wednesday night, Pena Nieto said Mexico "does not believe in walls." His voice rising, Pena Nieto repeated his promise that Mexico "will not pay" for construction of a border barrier.

Pena Nieto is facing considerable pressure from other Mexican leaders to boycott a planned meeting with Trump in Washington next week.

On Wednesday, Trump directed the Department of Homeland Security to begin building a wall along stretches of the southern border where a barrier does not already exist.

Israel to grant asylum to 100 children orphaned in Syria's civil war

While the United States was preparing plans to close its borders to Syrian refugees, Israel announced plans Thursday to accept 100 orphaned Syrian children from around the battered city of Aleppo.

Critics immediately dismissed the plans as window dressing designed to enhance Israel's public image. Nevertheless, the proposal represented a change in Israel's relationship with its northern neighbor.

While millions of refugees have flowed out of Syria into neighboring countries during the course of the six-year civil war, Israel has kept its doors closed to civilians fleeing a country with which it technically remains in a state of war.

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University BBC to host annual Student Leadership Summit

CEYLIN ARIAS
Staff Writer

University highly encourages panthers to attend this year's Student Leadership Summit where faculty, staff, advisors and graduate students will be engaging in various workshops and presentations in order to facilitate students access to information about engaging in performance excellence through the practice of various learning outcomes concerning this year's theme: Social Justice.

Learning and reasoning, civic responsibility, personal behavior, communication, self-awareness and development are just a few of the learning outcomes that will be touched upon during the day's activities, according to FIU's Student Affairs website.

"People today don't seem to fully understand the importance of taking initiative and being the best person you can be. By developing your strongest and valuable traits ... can dramatically influence the way you engage with others," said Stephanie Hernandez, a junior and philosophy major.

The Student Leadership Summit is sponsored by the Center for Leadership and Service, Campus Life offices at MMC & BBC, Housing & Residential Life, Orientation & Parent Programs.

The Center for Leadership and Service makes note of key assumptions that exemplify the importance of leadership within a student's community both in and out of school such as, "leadership is a process rather than a position, is collaborative, and concerned with effecting change on behalf of others and society," according to the Student Affairs website.

Joselyn Menendez, a freshman criminal justice major with a minor in English, agrees that leadership isn't just a one-way street.

"It's like when you're in class and your professor puts you in a group

You don't expect to just do all the work and have no one collaborate with you, you need all the guidance and collaboration you can get that will then help you develop and learn as a person," said Menendez.

"It's sort of similar to the saying, 'it takes a village to raise a child' because technically college students need that structured foundation and the only way you can become

know me by is that I like to take initiative and own it while I'm at it."

This year's one-day event directed to offer FIU students the opportunity to engage and learn various techniques essential to boosting performance excellence will take place on Saturday, Feb. 4.

FIU Student Affairs assures students will also have the chance to "share their leadership experiences

“

I'd rather fail a million times, but at least I'm putting the effort and time and know that my most valuable trait with which most people will know me by is that I like to take initiative and own it.

Damien Garcia
Senior
Biomedical engineer

”

a good leader is if you take into consideration other people's ideas and thoughts."

Damien Garcia, a senior biomedical engineer major, agrees that communication between peers and coworkers is crucial and respecting each other's opinions and ideas equally crucial but claims, however, that the reason most students have a hard time faring well after graduating from college is because they never felt compelled to take challenges and risk failing.

"A lot of students are afraid of failing and because of this fear most people think that taking cover within the shadows will cut it but then they complain about how no one gives them the recognition and respect they think they deserve. Being a true student leader is about taking risks no matter the consequences. You have to be able to risk it all and even if you do fail, that's ok because then you know better for next time," continued Garcia.

"I'd rather fail a million times, but at least I'm putting the effort and time and know that my most valuable trait with which most people will

with each other and to establish a network of support and cooperation within the university."

"When you practice good habits and even greater techniques, people begin to see you in a different light and will recognize and appreciate the effort you put in in whatever it is that you do rather that is at work or at school. Besides, you want to develop good strategies in your persona so that when you have a career you already have an idea of the type of role you want to perform and how efficient you want to be. You want to be a leader, not a follower," continued Hernandez.

The last day to register is on Friday, Jan. 27. Registration will automatically close when all 300 spots have been filled up.

Students can register online through the following website: <https://orgsync.com/events> and though there is no fee for FIU students, there is a \$25 entrance fee for non-students.

For any further inquiries, make changes to your registration or to cancel, email saokeefe@fiu.edu.

SGC-BBC appoints new vice president for academic year

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provides," said Cosio. "We really just need to sit down with the Department of Parking and Transportation and just see how we can meet their needs and how they can meet our student's needs."

Melissa Perez, a junior majoring in public relations, dreads her everyday commute between MMC to BBC in the Golden Panther Express.

"I believe that the bus is a good thing to offer to students who have to travel to BBC for classes,"

said Perez. "However, the biggest downside is having to pay for it. Those five dollars hurt my pocket and I just don't understand what the parking and transportation fees are for, considering that we still have to pay for the bus. I also hate the bus because it's really cold. It's an icebox on wheels."

Mejia says that the SGA council is looking at other options for students who take the Golden Panther Express.

"We are looking at other universities that have multiple campuses to see if they use a shuttle

and see if they charge students," he said. "We are looking into creating a shuttle pass, similar to the meal pass structure, where it allows students to buy a certain number of rides per semester. We're not sure yet. We still have to meet with Parking and Transportation."

Cosio says that he wants students to know that if there's a problem, him and the SGC-BBC council are a resource available for them.

"We literally work for our students and we want them to know that we're here for them. When people have a problem, I will be

there for them. I promise to do my best to do that," he said.

Although Cosio has been in office for three weeks, he says that he knows he is ready to fulfil his responsibilities as vice president because he loves FIU.

"I love that I'm part of an association where our mission is to help students. I love FIU and I love helping people. I put those two things together and said to myself 'student government is where I need to be.' That's what keeps me going everyday," he said.

Millennials are ambitious, not entitled

AFTER WORDS



CAROLINA
SANCHEZ

Millennials are the group of people who follow directly after Generation X, although we're often recognized for being much more than that.

It seems the norm is for each generation to critique or scrutinize the one that follows. They're usually more open minded and so they're deemed too bold.

They don't conform to the atmosphere in which they are raised, thus are deemed too libertarian, radical, or just plain

contemporary. According to Simon Sinek, an author, speaker and consultant who writes on leadership and management, the millennial generation is popularly known for being one of the most entitled cohorts in history.

We're the generation that speaks back to parents, believes we deserve everything, and are seemingly technologically-codependent.

Coincidentally, millennials have also lived through pioneering events such as the legalization of gay marriage.

However, many of these attributes are often looked at negatively instead of positively.

We are not entitled; instead

we are astronomically ambitious and determined to obtain what we feel we're capable of.

“It seems the norm for every generation is to critique or scrutinize the generation that follows it.”

All of the parental-offspring discourse we're known for is nothing more than a discussion where a parent is willing to give

their child a chance to explain a situation or opinion without being completely bludgeoned.

Rather than moving too far away from the status-quo, millennials exist in a time period where the nation wants to make all beings as equal as possible by legalizing gay marriage.

The parents who raised millennials have undoubtedly sought different parenting strategies than their parents and thus created individuals who feel more at liberty to think and act on their own behalf.

Many parents have moved away from physical disciplinary action, which they themselves were once victims of, and have experimented with alternate

methods of discipline.

Unlike many generations before us, millennials are, as a result, inclined to challenge everything, authority figures included.

Although many may look at this phenomena negatively, it's much more possible that it has made the millennial generation more autonomous and catalytic.

Carolina Sanchez is a contributing writer for Panther Press. Her column, After Words, is a commentary on current events and controversial issues.

A true artist is not always the people's choice

A IS FOR ANTI



AKILAH DAVIS

We all have dreams and aspirations. Only thing is, we don't always get the attention we feel we deserve.

Society believes success is fit for one person at a time, and what sucks the most about this is that they don't always get the right person.

I, myself, dream of one day becoming someone amazing, channeling all of my God-given talents into something breathtaking and way bigger than just

myself.

Only I'll have to work for mine harder than most because I'm not the people's choice, the popular or the favorite, of society's.

I'm not saying that those in power, those with roles of authority or privilege, have not worked.

I'm only saying that for some, it's so much easier to accomplish this global feat because of whatever prior powers, authorities or privileges they have while others will risk it all to gain access into this world.

I am unlike this group of people.

I believe in true talent: not classic physical beauties, artificial influences, manipulations, or glitters and golds.

I believe that through

“We'll have to create our own avenues with the gifts that we already have.”

Mosopefoluwa Ogundipe
Senior
Marketing

tirelessly sculpting my dreams the world will recognize me and others like myself for all the good and art that we're trying to accomplish.

It isn't fair that some public figures with questionable, or little-to-no talent and good-will have accessed what others can barely afford to dream of.

But that doesn't mean that it's impossible for

those of us, like myself, who dream the most sincerest and unselfish dreams.

And the best thing about these dreams and dreams in general is that they're so much better in action than in thought. We as artists are creators, thinkers and visionaries.

“We'll have to create our own avenues with the gifts that we already have,” Mosopefoluwa Ogundipe,

a senior marketing major said. “At the end of the day, I believe that people will always choose what is real and authentic.”

I agree. I believe that society goes along and follows whatever they have dubbed as “normal,” “trendy,” and “agreeable,” ever any of these things, and is definitely never all of these things at once.

However, we are real. No one can deny our realism. At the end of the day, what exists solely and aside from any other entity is the truth, and our art is our truth.

It cannot be ignored nor erased. It will stand out and it will call to you, our internal, eternal truths.

Even if we, the most authentically gifted, are

the unpopular choice.

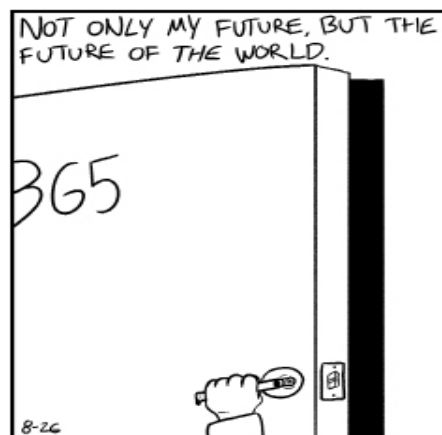
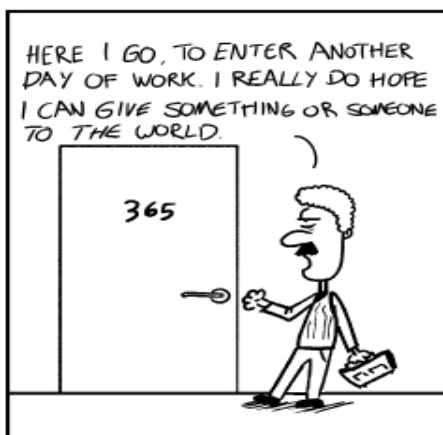
F is for “for.” As in, for others it may have been easy. For others it may have been luck, chance or happenstance.

As long as we work passionately, authentically, and most importantly, creatively, there is a place for us, the societal rejects, the artistically, emotionally and mentally exiled.

For them it will be easy. But for me—for us—it will be authentically and passionately, through hard work and by the Grace of God.

Akilah Davis is a contributing writer for Panther Press. Her column, A is For Anti, provides oppositional commentary on the social and societal influences in America.

GOOD MORNING?



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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FIU4FREEDOM WEEK

Initiative seeks to raise awareness on human trafficking

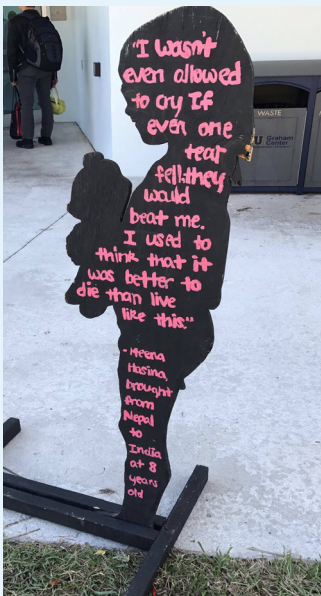


PHOTO COURTESY OF SARA BEDOYA

Posters were displayed around the Modesto Maidique Campus throughout the week of Jan. 23 on the Graham Center lawns with quotes from victims of human trafficking and a brothel owner.

PATRICIA KATRI Staff Writer

At 16, Melissa Schwartz, was abducted in her home state of Wisconsin and taken to Florida to be sold and prostituted on streets throughout the United States.

On Jan. 26, Schwartz, now a survivor-leader, was a keynote speaker at the FIU4Freedom Panel, as part of a week-long initiative by the organization to raise awareness on human trafficking. FIU4Freedom was founded by Regan Kramer, a former staff member at the University with the Wesley Foundation, a faith-based organization actively involved with the initiative.

At 26, after being put in jail on prostitution charges, Schwartz was rescued and began the long process of rehabilitation. Schwartz lost 10 years of her life, she says, and rebuilding it has been a tough process, having to re-learn how to make friends, pay bills and manage money.

"If you're lucky enough to escape, you don't want to talk about it," Schwartz said. "You feel dirty, as if it is your fault."

Traffickers use this guilt as an advantage to exact psychological coercion.

"When I was being trafficked, I was told that society would never accept me, that no one would ever like me," Schwartz said.

Adjunct professor and anti-trafficking leader, Sondra Skelaney, was also part of the panel. She created "Project Gold in Kristi House" in 2007, a private, non-profit organization in Miami helping minors who have been trafficked and teaches a course at the University on trafficking.

"Book knowledge is very different from the knowledge you get when you're working on the ground," she said.

Skelaney also noted that policy leaders and those who are in a position of power in government would also do well to apply this distinction.

Betty Lara, the third panel speaker, is the executive

director of "Glory House," a Christian non-profit organization focusing on rehabilitating victims of sex trafficking.

"Some of these ladies are afraid to change, and this can be normal," Lara said. "They need psychological help [and] spiritual help."

The panelists described trafficking as an international and complex phenomenon.

According to the panelists, there are several avenues for sex trafficking: social media; blind dating with individuals who use drugs to abduct victims; falling victim to predators who frequent malls, looking for vulnerable teenagers who

“If you're lucky enough to escape, you don't want to talk about it. You feel dirty, as if it is your fault,”
Melissa Schwartz
Keynote Speaker
FIU4FREEDOM Panel

may be skipping school; and seemingly glamorous but bogus jobs in modeling or waitressing.

"Victims often come from [difficult circumstances] and are given a promise of a new life," Skelaney said. "Sometimes, [potential victims] think that prostitution might be a quick solution to [money problems], such as getting through college and paying bills, but they find that the reality is quite different."

Skelaney adds victims are often coerced into violent situations, often accompanied by forced drug use and from which there might be no escape, except death.

"The line between prostitution and trafficking can be

thin," she said.

Demand for the services traffickers provide and enable comes from individuals, usually male, who otherwise lead normal lives.

Panelists observed that married men may take trips abroad, solicit services — involving risky, sexual behavior — from victims forced into prostitution, then come home and expose their families to these risks.

The panel discussion was followed by a Q&A session and one attendee asked how to address women who participate in activities like stripping or prostitution because they find them empowering.

The panelists responded that such empowerment often came from male objectification, which ultimately they do not control and lies at the source of the illicit demand posed by sex trafficking.

Despite her past ordeal, Schwartz has turned to rehabilitation and religion as sources of optimism and aids in gaining back control of her life.

"Schwartz is an amazing testimony of hope," Lara said. behavior--from those forced into prostitution through pimps and enablers, come home, and expose their wives and families to these risks.

After the panel was opened to the audience, one student asked the panelists as to how to address women who participate in and take control of activities such as stripping or prostitution because they find these activities empowering.

The panelists observed there was not an easy response to this attitude, but noted that such empowerment often proceeded from male objectification, which ultimately they do not control and lies at the source of the illicit demand posed by sex trafficking.

Despite her past ordeal, Schwartz has turned to rehabilitation and religion as sources of optimism and aids in gaining back control of her life.

"Schwartz is an amazing testimony of hope," Lara said.

BEHIND THE ROAR



BJORN ROLAND/PANTHER PRESS

BJORN ROLAND Contributing Writer

Name: Nicolas Ferrero aka Nico 99

Major?
Electrical Engineering

What do you plan on doing with your major?
Owning recording studios.

What's your show on "The Roar"?
Neon.wav from 7-8 p.m. on Fridays.

How long have you been at the station?

A year and a half, I think.

What was the first concert you've attended?
The first concert I ever attended was probably some Hispanic concert my parents took me to.

First cd you've purchased?
Black Eyed Peas, the one with "Let's Get It Started."

If you could meet one artist who would it be and why?
Lou Reed, because he inspired all of my other favorite musicians so I'd like to meet the source.

Who would you say is the most overrated and underrated artist out there?
Overrated: Olive Garden. Underrated: Chocolate Milk

What's a fun fact about you?
I've never seen any of the Lord of the Rings movies.

Top artists you listen to right now?
La La Land soundtrack, Johnny Greenwood, Cashmere Cat, Del Ray.

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

CAPS to host diversity training

JOSHUA CEBALLOS
Contributing Writer

The Counseling and Psychological Services Department at the University wants to build bridges, not trenches, according to associate director of Clinical Operations, Kathryn Kominars.

“Though this University is very diverse, we have people from around the globe and from different racial, ethnic, and religious backgrounds,” said Kominars. “The opportunities to engage in dialogue and to come to understand more about each other and ourselves ... often falls short of what we would hope.”

In an effort to “create space and safety so that people can open up about their experiences,” Kominars says, CAPS will host an event called “Let’s Talk Community” on Thursday, Feb. 2 on the second floor of the Management and Advancement Research Center building.

Documentary filmmaker and social activist, Lee Mun Wah, will visit the main campus as part of the day-long event.

“It’s going to be a long day,

[but] he has lots of energy and stamina,” said Kominars.

The event comes from desire to educate faculty, staff, and students about compassion and diversity in an environment that doesn’t feel like another responsibility or obligation, says Kominars.

The day will begin with a keynote address entitled “What Stands Between Us”

“

The opportunities to engage in dialogue and to come to understand more about each other and ourselves ... often falls short of what we would hope,

Kathryn Kominars
Associate Director
Counseling and Psychological Services

”

by Wah from 9 to 10 a.m.

That will be followed by a two-hour space for only students, which Kominars says will allow them to have a safe and scrutiny-free dialogue about their experiences in diversity, and what they hope for in the University community.

After the student dialogue, CAPS will have a faculty and staff training session, and will round off the day

with a screening of Wah’s film, “If These Halls Could Talk” about nurturing safety and communication in high schools and college campuses.

Kominars believes the ability to have constructive conversations rather than divisive is an essential one, and one of the event’s main goals.

“Many people [have] the sense that though we’ve come a long way, we’re not nearly as far along in having a cohesive, coherent, respectful community in the broader sense,” said Kominars. “We can’t do anything about that nationally or internationally per se, but one person at a time, one group at a time, we’re really wanting to create opportunities for people to have ... more understanding of moving beyond our perspectives and coming to understand more about other people’s perspectives.”

Students can register online and attend the “Let’s Talk About Community” event on Feb. 8 to enjoy free refreshments and a safe space for dialogue and community building.

Mic Check: ‘Opportunity to showcase talents’

DAMIAN GORDON
Staff Writer

After a day of listening to professors, students Wednesday night went up on stage for an open mic night as part of BBC’s Spirit Fest Week.

“It’s open mic, who doesn’t like to see people perform?” said one attendee, Taisha Cordein.

Cordein attended the occasion with her best friend Faith Snow. Both sat near the front, able to see every small facial expression on the night’s entertainment.

“We just came to do something fun, we’re also doing spontaneous adventures and we saw there was an event, so we stopped by,” Snow said.

The Mic Check event was held in the WUC Theater in collaboration between Black Student Union and Panther Power.

BSU typically holds these events at MMC campus once a year; however this year they’re giving BBC students the opportunity to express themselves in something more than passive aggressive Facebook posts about their ex.

“I think it’s an opportunity for students to showcase their talents or sometimes get some things off their chest they want say or think about,” BSU vice-president, Samantha Caballero said.

Mic Check hosted a range of performers, from spoken word artists to singers, comedians and much more.

For transfer student, Maria Rojas, this was her first event since recently enrolling from Maryland’s University of the District of

Columbia.

“I like the fact that people are being very candid with their feelings, what their putting out there and I think that’s important in our society in present times,” Rojas said.

Rojas enjoys going to poetry lounges in her spare time, so her favorite aspect of the night came from hearing student poets speak.

Some students may feel their words fall on deaf ears, not aware Valerie St. Juste, an advisor to Panther Power, has hers to the ground and Mic Check happening as a result.

“Through our intermission, students were able to interact with each other and they were able to kind of meet new people. I saw a lot of ‘hey nice to meet you, I’m so and so.’ So that’s awesome,” St. Juste said.

Spirit week is more than competitions or prize contests, St. Juste says, it’s about putting the focus on the students who walk the campus halls every day.

“I think that spirit is not only attending football games, basketball games, but I think it’s really building that connection to your school and being able to get involved outside your classes,” she said.

BSU is continuing to break off from tradition by holding an opening ceremony for Black History Month at the BBC campus. Then, a closing ceremony will be held later in the month at MMC.

To stay informed on the latest events from Panther Power or BSU, contact them online @ PantherPowerBBC and @BSUFIU on Twitter.

SGA Recap: MMC from Alian Collazo

My name is Alian Collazo, your proud student government President at the MMC campus. On behalf of myself and the entire SGC team, we’d like to welcome you to the 2017 spring semester.

We hope that you enjoyed the holidays with friends and family. This semester is bound to be one full of action. SGC is planning to continue to engage with you on a monthly basis through our “Cafecito with SGA” series.

We hope you will join us on Tuesday, Jan. 31 in GC from 12 p.m. to 2 p.m. I am happy to announce that for finals last semester we were able to provide free printing and hundreds of free bus rides between MMC-BBC in conjunction with the student government of BBC.

We continue to make progress in our advocacy efforts at the local, state, and federal levels. Locally, we continue to focus our efforts on the FIU expansion into the fairgrounds. SGC will plan and spearhead a student protest in the month of March, therefore, please stay tuned as we will need your participation.

At the state level we have been advocating and working to have Bright Futures extended for use in the summer. There are positive indications that legislation will be introduced into the state legislature to have that become a reality before the end of April.

Federally, we are stressing the importance of full year Pell Grants to our South Florida delegation. Once again, there is positive movement at the federal level by both parties to make this become a reality

SGC has put together a calendar of events this semester that will continue to shine light on the needs, work, and priorities of YOU, our constituents. Please follow us on Instagram (@fiusga) and Facebook to keep up with our events, and don’t forget to sign up to our newsletter.

Please know that myself and the entire SGC team are honored to be able to represent you during this academic year. Whenever there’s an issue, concern, or idea that you’d like to address please know that you’re always welcome at our office in GC 211.

BBC from Rachel Rampersad

The New Year greeted The Biscayne Bay Campus’ Student Government Association with some adjustments in the cabinet. Former chief of staff, Leo Cosio, will now be assuming the position of Vice President.

This is one of several changes that the SGC-BBC cabinet has undergone. We congratulate the officers that have been appointed new positions this year and we wish them all the best for the spring semester.

SGC-BBC exercised their teamwork and communication skills at FIU’s Team Ropes Adventure Challenge. The course consisted of many team-oriented activities like kayaking, climbing and balancing. The course challenged each members’ trust in each other and emphasized the importance of proper communication within the group.

It also required a great deal of cooperation within the group in order to complete each task. Through the exercises, the council members learned a lot about themselves and their fellow teammates. The course highlighted some ways in which SGC-BBC can improve their team dynamic to become more efficient and in turn, be more productive as an organization.

The Women’s Center and SGC-BBC partnered up to host the Lunch Learn and Lean In: Presidential Inauguration Discussion on Jan. 17. The discussion was both educational and interactive. It gave the students the opportunity to express their opinions about the recent election and our new president, Donald Trump.

The discussion covered topics such as: Trump’s voter demographic, fake news, why Trump won, the needs of the government and Trump’s promises for the country. The students engaged in the discussion with tact and respect making the event a great success.

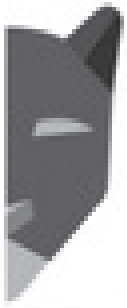
As part of the month-long celebration of Martin Luther King, SGC-BBC showed their support at the Martin Luther King, Jr. Commemorative Bust ribbon-cutting ceremony held on Jan. 12. The event was hosted by FIU’s Department of Multicultural Programs and Services.

They also attended the annual MLK Commemorative Breakfast on that was held on Jan. 13. There, council members got the opportunity to interact with various community leaders and organizations centered around diversity and multiculturalism in Miami.

Recruiting new members is a top priority for SGC-BBC this semester. There are several positions that need to be filled to complete the council.

SGC-BBC is always on the lookout for new talent and skill to add to the organization. Students are encouraged to visit the SGC-BBC office, to learn more about the open positions and other opportunities that are available.

SGC-BBC has some thrilling new events in store for the students the semester and look forward to your participations and coporation. Stay tuned for more updates on upcoming events.



PANTHER NOW PRESENTS



COLLEGE ACCESS AND AFFORDABILITY

Get information on university metrics, college affordability, financial aid and scholarship options from President Mark B. Rosenberg, Director of Office of Scholarships Laura Castillo & Director of Financial Aid Francisco Valines.

Moderated by Raquel Perez

WEDNESDAY, FEB. 8, 2017 | GC 140 (MMC) OR HL 319 (BBC) | 1 - 2:30 PM
STUDENT MEDIA AT FIU | @PANTHERNOW

HEALTH&FITNESS

Sports nutritionist recommends dumping ‘highly processed foods’ and going ‘fresh’

HEATHER O’DELL
Staff Writer

Being more active or losing weight are two common new year’s resolutions. But exercise alone won’t help you achieve these goals; making healthy food choices and reducing threatening foods from your diet will push you to lead a healthier lifestyle in 2017.

“Your body is your temple,” said Dr. Valerie George, professor in dietetics and sports nutrition at FIU. “People don’t need to cut out foods they enjoy to live, eat and feel healthier. I love pizza. It’s a fact. I just eat it in moderation. Too much of anything is never good.”

A diet solely depends on a person’s individuality; altering their wants and preferences will only put their bodies in shock.

“I travel to Norway often,” said the sports nutritionist. “For breakfast, it is normal and customary to eat fish in the morning with cream cheese and toast.

Now, if all of a sudden I told them they can’t eat that for breakfast every day, they would freak. When starting new eating habits, it is important to start by reducing, not excluding.”

Planning meals are always key to eating healthier, especially for athletes. While traveling for a game or tournament, athletes may choose unhealthy meals that are convenient like fast food. Because of this, George advocates packing lunch and snacks every morning.

“I always tell my athletes to eat fresh. That’s the best way to do it,” George said. “Dump highly processed foods and just go fresh. By doing this, you know where your food is from, what has been done to it and how good it really is.”

If people reduced their salt intake to only 5 grams per day, 1.7 million deaths could be prevented each year, according to WHO, World Health Organization. Processed foods are high in sodium and slow down your metabolism.

Knowing how to properly read food labels can make eating healthier an easier task. However, this can be tricky at times. The app found in the App Store and Android, Fooducate, can scan the barcodes of products and provides a breakdown of what the item contains.

“By reading labels, you can calculate how much energy you need in a day,” George said. “This is important for athletes to do so they never fall short on energy during a game or workout.”

Staying hydrated is just as important than choosing the right foods. Athletes should constantly be drinking water or Gatorade to avoid dehydration and replenish the micronutrients in their bodies.

The best way to stay fit and healthy in 2017 is to stick to organic products and fill your plate with plenty of fruits, vegetables and protein.

“After all, you are what you eat,” said George.

WOMEN’S BASKETBALL

Sophomore guard’s game-winning shot replayed on Sportscenter’s Top 10 Plays

PETER HOLLAND, JR.
Staff Writer

Starting point guard Kristian Hudson emerged as a rising star following her break-out performance against University of Texas at El Paso on Jan.12 and University of Texas at San Antonio on Jan.14.

Despite FIU being in the bottom of the conference, Hudson has been a workhorse for the Panthers. Her coaches have asked for a lot out of the sophomore, in terms of stepping up not only a scorer but in a leadership role as well.

“I just think it’s what the coaches pour into me,” Hudson said. “I guess behind the scenes, they put effort toward me and that really helps, especially when I step onto the court. It kind of fills in the gaps, so the coaches play a big part in my leadership role on the team.”

In the last 20 games she started, Hudson has averaged 12.9 points per game. She also has little time to rest on the bench; the Alabama native averages 36.9 minutes per game, the third most in Conference USA. Though it’s a heavy load carrying this young Panther squad for all four quarters in a game, Hudson has taken advantage in every minute when she’s on the court.

“Individually, I felt like I made some spurts in some areas,” said Hudson. “So, you know, better taking care of the ball and good decision making. But I think I’m definitely growing and getting better.”

Hudson, as of late, has been recognized after a clutch performance in the Panthers’ triple-overtime victory against UTEP. With a school record of 55 minutes of play, she recorded a double-double (35 points and 10 assists) and made a 33-foot buzzer-beater shot to end the game against the Miners.

After recording another double-



MICHAEL SLOAN/PANTHERPRESS

Sophomore guard and Birmingham native Kristian Hudson attempting to make a two-pointer during a game against the University of Central Florida.

double the next game against UTSA, she was selected C-USA Player of the Week, along with being recognized from the NCAA as one of the top women’s basketball players the same week, averaging 23.0 points in 45.5 minutes, 7.5 free throws made, 9 rebounds and 8 assists in those two games combined.

The psychology major looked back at the game winning shot, which drew the attention of ESPN overnight when that final drive landed her at number nine on

Sportscenter’s Top 10 Plays.

“That was amazing. It’s kind of hard to describe it in words, to play that long and end up coming out on top,” said Hudson. “As far as Sportscenter, I never watched it on T.V. My family sent it to me and to have my family be proud of me, that probably means the most to me. It’s just something to add in the story I hope to have and many other great accomplishments with my teammates.”

Jan. 21 marked a homecoming trip for Hudson, as she returned

to her hometown of Birmingham, Alabama, when the Panthers faced University of Alabama at Birmingham. Hudson was looking forward to returning home, along with having all her family and friends come out to support her.

“Personally, I always think that it’s a blessing and always amazing to play in front of my family and friends,” said Hudson. “They are extremely supportive when they can be. That’s always fun to play in front of them. They think I do well regardless of the outcome of the

game.”

Hudson finished the game with 19 points and three assists in the Panthers’ 82-68 loss against UAB. The Panthers faced conference rival Florida Atlantic University and dominated the Owls 65-60 on Jan.26.

Hudson finished the game with 16 points, seven rebounds and five assists.

The team will return to FIU Arena on Thursday, Feb. 2 to host Old Dominion University at 7 p.m.

POWERFUL PANTHERS

Powerlifting team hosts competition in search of the ‘Strongest Panther’



PHOTOS BY HITESH GOSWAMI / PANTHER PRESS

Top: Students who participated in lifts and squats gather together for a group picture.

Bottom Left: Austin Deleon, a junior studying electrical engineering, braces himself to squat.

Bottom Right: Crystal Alfaro, a junior studying sports and fitness, remains focused while squatting almost 300 pounds.

JAYDA HALL Sports Director

The powerlifting team collaborated with the Wellness and Recreational Center to host the “Strongest Panther Competition” where students displayed their strength in hopes of leaving victorious.

The competition, which was held on Jan. 26 in MMC’s weight room, and open to students and faculty, required participants to bench and squat with weights exceeding 100 pounds.

Austin Deleon, a junior studying electrical engineering, competed in the male student category and won.

“It’s pretty cool to win,” he said. “It’s my first time competing in an actual

competition, so I didn’t really get a feel for how it was going to be. It’s a good experience.”

Deleon said he got in contact with the captain of the powerlifting team, Roman Fronzaglia, and that is how he found out about the competition. The junior finished strong despite only having a week to prepare.

Crystal Alfaro, a junior studying sports and fitness, also won the competition, participating as a female student.

“It felt amazing,” she said. “I had a great crowd, and I felt powerful, so it was fun.”

Alfaro said she had four weeks to prepare and get strong for the competition. The junior also added that she is looking to join the powerlifting team.

For more information about the powerlifting team, visit studentaffairs.fiu.edu.

ARTPOP WITH HAROLD DANIEL

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