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## Panther Press, February 27, 2017

Florida International University

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## PROTECTION PROMISE



MICHAEL SLOAN/PANTHER PRESS

On Friday, Feb. 24, police officers from the FIU Police Department were sworn in at a ceremony at the football stadium's clubhouse.

## Career Closet 'tailored' for students

**CEYLIN ARIAS**  
Staff Writer

A new program created by Career and Talent Development, FIU's student and alumni career resource, known as "Career Clothing Closet" is calling for all Panthers to urgently donate gently used business attires.

The Career Clothing Closet launched on Jan. 30. Their goal is to dedicate itself to better meet the needs of students who cannot afford to buy the clothing needed for interviews and career fairs.

Before students are allowed to keep a suit students must first go through a series of steps according to Mercedes Dericho, a Career Clothing Closet consultant at BBC.

"The program is tailored to encourage career development and as such, in order for students to qualify they must first start by bringing in their resumes to have it critiqued by Career and Talent Development," Dericho said to Student Media. "After completing this step, students are asked to take at least three career development programs. They range from a variety of subjects including how students can advertise themselves professionally."

Dericho says that upon completion of these steps, students are asked to make an appointment with a Career Clothing Closet consultant for a fitting.

During the appointment students can choose to take one full suit or separate clothing pieces including

ties, jackets, pants, etc. However, students are only allowed to take up to 4 different clothing pieces at a time.

If the student desires, they may keep the attire. However, students are only allowed to go through this process to receive a new set of clothes once per semester.

Dericho says that personal experience taught her to be conscientious of people who cannot afford to spend on new business

"... I had everything prepared including my resume but because I wasn't dressed appropriately I wasn't allowed in,

Mercedes Dericho  
Career Closet Consultant  
Career and Talent Development

attire but still want to participate in career fairs and have the opportunity to go to interviews properly dressed.

"One time, I was excited about attending a career fair. I had everything prepared including my resume but because I wasn't dressed appropriately I wasn't allowed in. What I went through made me

realize that I'm not the only student going through this issue and this encouraged me to take action for students that are at a disadvantage because they cannot afford such a luxury," she said. "Students shouldn't have to be turned away because of this and instead they should be given free resources and options to help them succeed along the way."

Elery Rojas, a Career Clothing Closet consultant at MMC, told FIU News the program is a way to encourage students to use the resources offered by Career and Talent Services.

"They then put these skills into practice by attending job and internship interviews, and potentially landing career opportunities," Rojas said to FIU News.

Both Dericho and Rojas say the program can only continue if members of the community are pitching in. The Career Clothing Closet program is in need of expanding their inventory, according to FIU News.

Dericho says that acceptable donations must meet three requirements.

"Professional attire must be no more than 5 years old, must be dry-cleaned at the time of donation, and lastly, have no visible signs of wear such as stains or tears and just overall be in good condition," Dericho told Student Media.

Donations can be made at MMC in Student Academic Success Center Room 305 and BBC in Wolfe University Center Room 225.

### BISCAYNE BAY

## Health Services moves to BBC

**CAYLA BUSH**  
Editor-in-Chief

The Biscayne Bay Campus hopes for an influx of about 700 new students in fall 2017 with the move of the Health Services Administration department to the campus.

"It's going to create a new day for BBC," Ora Strickland, dean of the College of Nursing and Health Sciences, said to Student Media. "That's going to be the major with the largest number of students on that campus."

Eric Arneson, vice president of Student Affairs, says that the addition of such a large number of students will help with the addition of courses.

"BBC has unfortunately had some attrition in academic programs and course offerings," Arneson said to Student Media. "By having Health Services Administration [at BBC], not only is it going to bring 700-800 students, it's also going to allow us to have

enough students on campus to create core classes. Right now we don't have enough students to justify putting those basic classes at BBC but now it'll give us the opportunity to do that."

Though the increase in students won't cause a significant change in SGC-BBC funding, Arneson says it's going to create an increase in energy and community on campus.

In order to welcome the program to the campus, a welcome program will be hosted Tuesday, Feb. 28 from 12:30 to 1:15 p.m. The event will provide students a chance to take photos with Roary, receive tours of the campus and hear from student government, Vice Provost Steven Moll, and Strickland.

"It's really an introduction for students to get an understanding of what's coming. It's going to be a fun, festive event," Arneson said.

Health Services

SEE MOVE, PAGE 2



# NATION & WORLD BRIEFS

## Found: 7 rocky Earth-sized planets in orbit around a nearby star

Astronomers scouring the heavens for a planet home to life as we know it have found a tantalizing solar system with not one but seven Earth-sized worlds, just 39 light-years away.

Measurements made by powerful space telescopes and ground-based observatories indicate that several of these exoplanets orbit in the habitable zone, where water would naturally exist in liquid form.

The TRAPPIST-1 planetary system, described Wednesday in the journal *Nature*, marks the first time so many terrestrial planets have been found around a single star.

## How Israel became a leader in cybersecurity and surveillance

SAN FRANCISCO — Israel, with a population of just 8 million people, has become a powerhouse in cybersecurity. Only the United States has greater strength in the field.

“In Israel, there are 420 companies in the field of cybersecurity that get funded by venture capital,” said Lior Div, chief executive and co-founder of Cyberason, a company with offices in Boston and Tel Aviv.

A good number of the Israeli companies have one thing in common: Their founders emerged from an elite division of the Israel Defense Forces known as Unit 8200, a legendary high-tech spy branch that also has become a prolific technology incubator.

## In Guatemala, Trump’s homeland security chief contradicts new immigration directives

During a visit to Guatemala, Homeland Security Secretary John F. Kelly contradicted deportation plans made public by the Trump administration just a day earlier.

Speaking at a news conference Wednesday after meeting with Guatemalan President Jimmy Morales, Kelly said his agency would return deportees “to their home country as quickly as possible,” according to the Associated Press.

TRIBUNE NEWS SERVICE

# SPC’s Tunnel of Oppression event displays social injustices

DOUGLASS GAVILAN  
Staff Writer

Though each year Student Programming Council hosts the Tunnel of Oppression, this year they’re keeping the topics that will be featured in the tunnel a secret.

“We want students to go in blind and not really know what they’re going to learn about,” Danielle Hoefeld, graduate assistant for SPC,

minutes.

The event starts with a tour guide that walks students through dark rooms with the only light coming from flashlights given to guides. Each room is different and could feature videos, pictures or actors that show the oppression that is occurring in the United States.

“On a daily basis, oppression never goes away,” said Shawn Robinson, a junior psychology major. “You’re

attendees agreed that the tunnel made an impression on their life and 82 percent felt empowered to go out and make a difference.

Oppression is the unjust use of power or authority.

Hispanics, who may be the majority-minority in Miami, can face cruelty and judgement from non-hispanics. The Associated Press reported that in 2011, 52 percent of non-hispanic whites showed some form of anti-hispanic attitudes.

In 2012, the AP stated that 51 percent of Americans expressed anti-black sentiments, a 3 percent increase from 2008.

There has also been an increase in crime against people of different religious views. Jewish community centers have been under attack; the J.C.C. of America confirms that 53 centers received a bomb threat since the start of 2017.

“I understand that racial oppression isn’t a reason to not get up and reach you goals,” said Robinson. “The road will have nonsensical bumps and trials but the character and drive of a person always wins. No matter what color or creed they are.”

The event is free and pre-registration is optional on Eventbrite for students who may want to be the first to go through the tunnel. Any additional concern or inquiries can always visit SPC at the office of student life in the Wolfe University Center room 141 on the Biscayne Bay campus.



On a daily basis, oppression never goes away. You’re judged the most by people who don’t know you. I was taught racism is for weak minded people,

Shawn Robinson  
Junior  
Psychology



said to Student Media.

While Tunnel of Oppression is performed at schools across the nation, the fact that the topics are being kept a secret sets the University’s adaptation apart.

The Tunnel of oppression will take place Feb. 28. at the Biscayne Bay Campus from 12 p.m. until 5 p.m., with tours starting every 30

judged the most by people who don’t know you. I was taught that racism is for weak minded people.”

Though the origins the Tunnel of Oppression are not clear the experience is based on the Museum of Tolerance located in Los Angeles.

According to Missouri State University, another university that hosts the event, 83 percent of

## Influx of students expected at BBC

MOVE, PAGE 1

Administration is currently housed in Academic Health Center 3 along with the other programs in the College of Nursing and Health Sciences. Strickland says the program’s move is due to a need for more space.

“We’ve outgrown this building,” Strickland said. “We could’ve tried to keep Health Services [at MMC] but we wouldn’t have enough space for faculty offices. We have to compete more and more for classroom space.”

Prior to 2004, the Nicole Wertheim College of Nursing and Health Sciences, which houses the Health Services Administration department, was located on BBC. In 2004, the college moved to MMC in anticipation of the Herbert Wertheim College of Medicine being built. Strickland says that the move was to ensure that the students seeking clinical degrees would be located on the same campus.

Now, the department

will be located in Academic Center 1 rooms 361 to 366.

Strickland says that BBC would provide the space to accommodate the needs of students in the department in the long run. She estimates that in a few years it will be over a thousand students in the departments undergraduate and graduate programs at BBC.

“For at least the first year we’ve negotiated with upper administration that students can move back and forth free of charge on the buses. The students shouldn’t have to come out of their pockets to go between MMC and BBC,” Strickland said.

She stressed that the goal is to have a smooth transition with the move that is convenient for students and that the quality of the program is going to be maintained.

“We want the facilities to be equitable to what’s here, and we want our students to be happy with the services they’re getting at BBC and the quality of their education.”

## Memorial to be held for student

TAPKANNIA KOEUN  
Contributing Writer

On Friday, Feb. 17, Marc Altidor, senior biological sciences major, collapsed while playing basketball at the Wellness and Recreation Center at MMC and died later after being transported to the hospital.

Associate vice president and dean of students, Cathy Akens, confirmed Altidor was not a student athlete but the cause of death has not yet been confirmed.

External Relations released the following statement after the incident.

“The FIU family is saddened to learn of the death of one of our students who collapsed while playing basketball on the University’s MMC Campus and later passed away at the hospital. Our thoughts and prayers are with his family and friends.”

The Office of Residential Life also offered their condolences to Altidor’s family in a statement to Panther Press, as Altidor was living on-campus at the University Towers.

Natasha Marshall, Altidor’s cousin, invites members of the FIU community to attend the wake service to honor him on Friday, March 3 at 7 p.m. and the funeral service on Saturday, March 4 at 10 a.m. Both services will be held at the Community Church of God, 1300 NW 19th Ct in Fort Lauderdale.

“The family would like to share funeral information with the FIU community for anyone that wants to pay their respects. We also have began a GoFundMe to help cover funeral expenses,” said Marshall to Panther Press.

The GoFundMe page can be found on the following website: <https://www.gofundme.com/marcandyaltidor>.

# PANTHER PRESS

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## Autism Speaks is not an advocate for autism

SERIOUSLY,  
FOLKS



CAROLINE  
LOZANO

I have a younger sister named Stephanie. She's a bit shy at first, but once she opens up, she'll tell you all about her favorite shows on Netflix and her love for the DC supervillain, Harley Quinn.

She was diagnosed with autism at 4 years old, and while many sacrifices were made so my sister could have the life she has now, she has never been a burden to our family.

Through their words and actions, Autism Speaks says otherwise.

Autism Speaks is the largest autism advocacy organization in the United States. It raises millions of dollars annually by hosting walks and other fundraising

events. Celebrities such as Yoko Ono, who was named their global ambassador in 2010, have also offered their well-intentioned support for the charity.

At first glance, it seemed like a promising group that was actually doing what was being advocated.

During my first autism awareness walk a few years ago, thousands of people participated and numerous tables were set up for anyone who needed help. There was lively music and a good atmosphere all around.

I was ecstatic because I thought people with autism finally had someone who was looking out for them – a powerful organization, no less.

Unfortunately, that joy went out the window as soon as I did my research.

What's laughable is their website states that they're dedicated to "increasing

“ [M]y sister has never been a burden to our family. Through their words and actions, Autism Speaks says otherwise. ”

understanding and acceptance of autism spectrum disorders.”

Their co-founder, Suzanne Wright, has referred to children on the spectrum as “lost” or “missing” on several occasions, making autism appear as though it were a silent abductor.

Autism Speaks is also responsible for a video called “I Am Autism” where the disorder is personified as a stalker.

Lines such as “I work faster than pediatric AIDS, cancer, and diabetes combined” and “I will make sure your marriage fails” are spoken

throughout the advertisement in an eerie voice.

Another video they produced is called “Autism Every Day,” which has a member of their board talking about how she contemplated driving off the George Washington Bridge with her daughter in a murder-suicide.

It also features exhausted parents complaining about how difficult it is to care for children with autism while said child is right in front of them, listening to everything they are saying.

These actions strike fear into parents with diagnosed

children and reinforces the idea that the disorder is the worst thing that will ever happen to an individual.

Although the organization added two members on the autism spectrum last year, it is still predominantly made up of non-autistic individuals. Try to imagine the NAACP with an all-white board or a LGBT+ organization with only heterosexual members.

Whenever a person with autism has openly disagreed with them, Autism Speaks has made attempts to silence them.

For example, according to Daily Kos, in January of 2008 a teenager with autism created a parody website of the Autism Speaks' site “as shown from an alternate perspective.”

Basically, it focused on how neurotypicals (non-autistic people) were the ones with a severe disorder rather than those on the autism spectrum.

Autism Speaks did not take this well, citing legal action if the site was not taken down.

The teenager took the site down, but the concept was later revived by users of different online messaging forums who created their own parody of the Autism Speaks website.

In short, Autism Speaks is not a voice for the ones they claim to be advocating.

Rather than perpetuating stereotypes and making it harder for people with autism to be heard, Autism Speaks should direct their focus on disseminating stigmas surrounding the disorder so that these individuals can advance in life.

*Caroline Lozano is a contributing writer for Panther Press. Her column, Seriously, Folks, is a commentary on the arts and entertainment industry and how it relates to society today.*

## Composting our food should be a daily regular habit

EYES ON  
THE EARTH



AMANDA JUNG

I got used to being asked to compost because of the community I grew up in.

However, it is unlikely that this is something heard on a normal basis. Even though the world is becoming a more eco-friendly place, communities are still unfamiliar with the idea of

composting.

I grew up in a green neighborhood, down the street from a farm and a few blocks away from an environmental middle school.

My entire life my family had a compost bin sitting in our garage and a small container on our kitchen counter to hold fruit and veggie scraps from our meals throughout the day.

It wasn't until I went off to college that I realized composting has not been fully introduced to the world yet. While our society has become used to recycling, composting is still a bit foreign.

Landfills have increasingly become an issue just as they have been increasing in size. Many of the items we toss in the trash have no place in the landfill.

But what is composting? According to Earth Times, it's “the process of turning organic matter that is ready for disposal into something beneficial” and “overtime these materials turn into a rich form of soil.”

Fruits and vegetables that were once a part of the Earth can be put back into the ground in order to help new plants grow.

Throughout my life, I have learned the importance of composting. There have been

so many instances where I have accidentally thrown an apple core or orange peels into the trash.

Composting helps reduce the waste that is being sent to our landfills and, according to Earth Times, results in “a reduction of concentrated, toxic [substances] and methane gas being released into the atmosphere.”

In other words, this helps decrease pollution. There are currently too many harmful substances sitting in landfills, things that cannot be broken down properly and will just sit there for who knows how many years.

But, many of the friends and peers I've spoken to do not compost. In addition, many are not aware of the options that exist, which would allow them to compost on a usual basis.

As for the FIU community, many students live in dorms and the only way to get rid of

their food waste is through the trash chutes located in residence halls.

If composting were more accessible and advertised, people would make more of an effort to put their fruit and vegetable waste in a compost pile.

Composting is a process that is just too important to pass up. Not only do you benefit from the nutrients in fruits and veggies, but so does the Earth's soil.

Rather than let this opportunity go to waste, consider looking into composting options around your community.

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

### CAMPUS LIFE



ERNESTO GONZALEZ/PANTHER PRESS

#### SEND US YOUR LETTERS

Have something on your mind? Send an email to [opinion@fiusm.com](mailto:opinion@fiusm.com). Be sure to include your name, major and year and a photo of yourself. Letters must be less than 400 words and may be edited for clarity and length. Panther Press will only run two letters a semester from any individual.

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## STUDENTS GIVE BACK



JOSHUA CEBALLOS/PANTHER PRESS

Students Sara Wahman, a senior biology major, and student Aqsa Cheema, senior social work major volunteer at Relay for Life booth to raise awareness and funds for Cancer research on Feb. 24, 2017.

# FROM YOUR SGA PRESIDENTS

## SGC-BBC reflects on spring 2017 events

### SGC-BBC PUBLIC RELATIONS



RACHAEL  
RAMPERSAD

The month of February was quite a productive one for SGC BBC. With the officers now properly adjusted to their new positions, SGC has been busy setting change into motion here at Biscayne Bay.

SGC BBC elections took place this month.

Applications for office in 2017-2018 academic year were accepted and candidate meetings will begin in the first week of March. Good luck to all prospective officers.

SGC BBC hosted their Town Hall meeting on Feb. 13 with President Mark Rosenberg. Students got to know him and his executive board, asked questions and made suggestions during the forum.

They also gained knowledge on new developments at FIU as well as future plans for the university. During this meeting, President Rosenberg announced the Golden Promise Initiative which states that, beginning with the incoming Fall freshmen, FIU will fund 100 percent of tuition for students who have 0 EFC deemed by FAFSA.

He said, because of this new initiative, there should be no student who cannot afford to go to college. We look forward to seeing this initiative in action.

During the meeting, many prominent issues were discussed including class availability, student health insurance, traffic, etc. One issue that headed the forum was the cost of the shuttle between campuses.

SGC BBC president, Allhan Mejia and vice president, Leo Cosio, have since been working diligently on a plan to help lower the cost of the shuttle for students who use this service. Stay tuned for updates on the development of this initiative.

SGC BBC hosted the “The Importance of Local Politics” seminar on Feb. 22, where several local politicians and leaders spoke about the recent developments in their respective cities. Present at this seminar was North Miami Beach Mayor, George Vallejo and Vice Mayor of Aventura, Mike Narotsky as well as BBC’s vice provost, Steve Moll. Students got the opportunity to ask questions and network with the speakers and become familiar with the happenings in their cities.

On March 7, chef and entrepreneur Michelle Bernstein will be lecturing at BBC as part of SGC BBC’s lecture series. Bernstein hails from Miami and is known for her latin-style cuisine and has won many awards for her culinary excellence including the prestigious James Beard Award for Best Chef-South.

She will be lecturing about preserving culture through food. The event will be held in the WUC Ballrooms at 7 p.m. Students are highly encouraged to attend.

Internationally-known author, political activist and scholar, Angela Davis will be the keynote speaker at the “Women Who Lead” conference, taking place on March 22. She is one of the many powerful women that will be present. The conference, taking place in the WUC Ballrooms, will comprise of many empowering and motivational lectures from women who have excelled in their fields of work. Come out and be inspired by these spectacular women.

There is a lot in store for the student body in the month of March, so stay tuned for further updates on all the happenings of SGC BBC.

*Rachael Rampersad is the SGC-BBC director of public relations. Rachael will be contributing a monthly column to inform students about what is happening inside SGC-BBC. For comments or suggestions pertaining to this column, email life@fiusm.com.*

## SGC-MMC guarantees ‘good time’

### SGC-MMC PRESIDENT



ALIAN  
COLLAZO

On behalf of myself and the entire SGC team, we hope your spring semester is going well.

Over the past month, Student Government has been working diligently to represent you. We had our first “Cafecito with SGC” of the semester on Jan. 30, which was very successful. We were able to interact with hundreds of you.

On Feb. 17, SGC supported our baseball team at its season opener game. We encourage you to come out to one of the games this season to support your Panthers since it is a guaranteed good time filled with giveaways, good food, and good sports.

SGC hosted the student/faculty Town Hall on Feb. 20, which discussed a wide range of topics including immigration and campus safety. We would like to thank all of the students who made it out to the town hall. Our overarching goal is to represent your voice and concerns, therefore, we enjoy meeting with you all in an effort to better serve and represent your needs.

On Monday, Feb. 27, we will be hosting an on-campus job fair in the GC pit from 2:30 p.m. to 5 p.m.. Use this opportunity to learn more about how to get a job on campus.

Next month, on March 21, SGC will be heading to Tallahassee for “FIU Day” in the capital to advocate for your needs and those of the University. Our

major advocacy items will include year round Bright Futures including the summer, more funding for mental health advisors, as well as funding for FIU expansion, and textbook affordability.

The following day March 22 will be “Rally in Tally” hosted by the Florida Student Association. SGC will provide bus rides for students to Tallahassee to advocate for the needs of Florida students.

If you are interested in attending, please be alert to our social media as we will be putting the link to sign up on our social media handles.

Lastly, we are working on our second “Career Fly-In” to D.C. in conjunction with the office of Campus Life. Make sure to apply for this amazing opportunity to get a free trip to our nation’s capital and to be a part of the career development workshops taking place at our FIU in D.C. space.

We invite you all to please follow us on Instagram (@fiusgc) and Facebook to keep up with our events and do not forget to sign up for 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 is an issue, concern, or idea that you would like to address please know that you are always welcome at our office in GC 211.

*Alian Collazo is the SGC-MMC president. Alian will be contributing a monthly column to inform students about what is happening inside SGC-MMC. For comments or suggestions pertaining to this column, email life@fiusm.com.*



# 'All My Sons' is 'timeless and powerful'

**ANGELIQUE DUCOUNGE**  
Contributing Writer

"All My Sons" is set to take debut March 3 at 8 p.m. in the Wertheim Performing Arts Center.

The play takes place in 1947 and follows the lives of the Kellers, a seemingly perfect all-American family with some skeletons in their closet. Their family-owned business produced defective plane parts responsible for the deaths of 21 pilots, a crime for which one man has already been jailed, while the Kellers, deemed innocent, continue leading comfortable lives.

"Ultimately it's a play about what money does to people," said Michael Yawney, assistant theatre professor and director of All My Sons. "The demands of capitalism really demand that we look out for ourselves and our families. But do we do that at the expense of others?"

Yawney says the play starts light-hearted but grows to show how greed can blind and damage a community.

Yawney and Juan Alfonso, assistant director, drew comparisons between the play and a classic Greek Tragedy.

"The inevitability of it comes through a lot," Alfonso said. "It's so timeless and powerful."

With tensions running high and the Kellers' innocence coming into question, Yawney notes that "All My Sons" will be both a mystery and thriller as the audience tries to figure out what caused the tragedy.

Written by Arthur Miller in 1947, the play served as a criticism of The American dream, elements of which

Yawney agrees are timely in our current political climate.

"I think this play is about... our responsibility to our neighbors," said Yawney.

He says it's the question of what people are willing to do to buy The American dream that lies at the root of the story.

"In this play what people have to do to buy the American dream is really the topic. The American dream isn't really something abstract that just happens, it's something that people take action to get and there are consequences to those actions," said Yawney.

Alfonso concurred with the assessment, asking where it is that one draws the line.

The cast is comprised of all senior BFA performers, something Yawney believes aligns well with the underlying theme as the actors prepare to graduate and embark on their own journey to achieve the dream.

Alfonso says all the actors are the same ages as people who would serve in the military during the play's setting.

Yawney says the University's diversity added another layer of uniqueness to the performances of the cast.

"These are people whose families and who themselves have faced incredible hardships, who have sacrificed to achieve the American dream, and so when they approach this material they're not college students just putting on a character they are people talking about the most fundamental realities of their lives," said Yawney. "These students have brought so much of themselves to this."



ANGELIQUE DUCOUNGE/PANTHER PRESS

Director Michael Yawney instructs students during rehearsals in preparation for the upcoming production of the Arthur Miller play, 'All My Sons.'

## 'ALL MY SONS' SHOWINGS:

- Friday, Mar. 3rd at 8pm
- Saturday, Mar. 4th, 8pm
- Sunday, Mar. 5th, 2pm.
- Wednesday, Mar. 8th, 8pm
- Thursday, Mar. 9th, 8pm
- Friday, Mar. 10th, 8pm
- Saturday, Mar. 11th, 8pm
- Sunday, Mar. 12th, 2pm

Tickets are \$10 for FIU students, \$12 for FIU faculty and staff, and \$15 for general admission. They can be purchased at <http://carta.fiu.edu/theatre/productions-news/productions/current-season/>

## 'Interpersonal relationships' integral for DRC students



HEMAL PAREKH

**JOSHUA CEBALLOS**  
Assistant Entertainment Director

Being engaged and developing interpersonal relationships with staff from the Disability Resources Center is one of the most important things for students with disabilities when they reach university according to Hemal Parekh.

Martha Wong, assistant director at the DRC, believes that the number of students registered with their office is not truly indicative of the amount of students who could benefit from their services.

"Many students may choose not to register due to the fear of being stigmatized or because they want to do it independently without any support," says Wong.

Wong says that many students suffer from what she calls "invisible disabilities," or impairments that are not easily seen. These disabilities may be mental and psychological ones and are not as obvious as a physical impairment, such as autism or some form of learning disability.

One of these students is Parekh, public administration junior. He suffers from a vision impairment, but according to him, it has never been a significant struggle in his life.

"Fortunately, aside from the fact that I needed larger print and so forth... I was fortunate enough not to face so

many struggles because I had the biggest component in life for me: the people that I had around me," said Parekh. "I've always been very fortunate to have fantastic people around me."

Parekh came to FIU after attending Miami Dade College and when he got here, he made sure to register and get in touch with the DRC.

Parekh is a believer in experiences and he feels that

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The biggest way that any of the fellow FIU students can help people with disabilities is collaborating with them and serving as mentors to them.

Hemal Parekh  
Junior  
Public Administration

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one's experiences are not useful if they are not put into practice or shared with others. This advice, he believes, pertains not only to people with disabilities, but to all individuals.

"Everyone needs to have a solid social structure... to be actively engaged with them, and not only to seek help

from people but to help people as well," said Parekh.

When it comes to students helping fellow Panthers who suffer from disabilities, Parekh and Wong of the DRC share the opinion that it involves companionship and an understanding that we are not so different.

"It's important that people with disabilities can be segmented to an extent with regards to maybe a few accommodations they might need...but aside from that, we're all humans at the end of the day," said Parekh.

He explained, "the biggest way that any of the fellow FIU students can help people with disabilities is collaborating with them and serving as mentors to them. Not only with regards to education, but with regards to life as well."

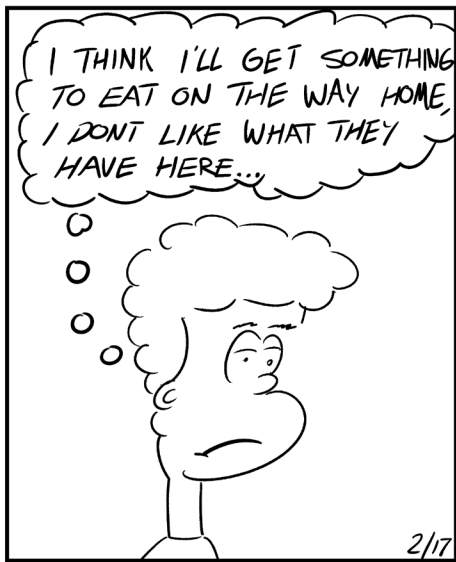
For more hands on activities to help schoolmates in need, students can attend the DRC Blue Panthers meeting.

"What the Blue Panthers does is we go through different activities that help them improve their social skills. Because we have very intelligent students who have great GPAs and are very smart, but sometimes we need a little push on how to walk up to a girl and ask her to walk out with you, or how to walk up to a friend and make friends," Wong said.

The DRC is open to all students who feel that they may have some disability or impairment, or need help and support during university, and they highly suggest that students come in to register if they feel it is necessary.



# 'SOMETHING TO EAT'



E. Gonzalez  
ERNESTO GONZALEZ/PANTHER PRESS

## SGC-MMC to host 'Midterm Breaktime' event with giveaways

**CAYLA BUSH**  
Editor-in-Chief

SGC-MMC doesn't want students to have to wait until finals' week to get the support resources they need for studying. Instead, they're offering students a mid-term break time.

Similar to last semester's Recharge for Finals events, the SGC-MMC hosted Midterm Breaktime will provide students with cafe con leche, giveaways and food from Vicky's Cafe.

"Our goal is to always provide resources for students, said Erick Ramirez, the special events

coordinator for SGC-MMC's executive cabinet. "We want to be able to serve all students and in planning what we wanted to do for this semester we thought of a mid-term break time."

Ramirez says the event, which will be held Tuesday, Feb. 28 at 7 p.m. in the GC Pit, came from the Recharge for Finals event and seeing how students benefitted from it. When planning this semester's events, the executive cabinet decided to do something around the time of midterms to give students the support they need around the time.

"We just want students to know SGC-MMC cares and we want them to do well," Ramirez said.

He also says that the more students use these events and resources, the more that can be provided. He stressed that it's important students take a break and use the Midterm Breaktime as a chance to help them deal with the pressures of exams.

"We don't want to just throw students to the wolves, like 'good luck on your exams,'" Ramirez said. "We want to help them and let them know they have support."

## BLACK HISTORY MONTH SPOTLIGHT:



LENICE NIXON

**What are your thoughts on black history month in general?**

"I think it's very important because we take a moment to step back and look back into the history, know our history, and see how it reflects on us now. Knowing your history is very important. You need to know where you came from, you know why things are the way they are now."

**What are your thoughts about it being confined to only one month?**

"I think it's okay that it's confined to one month because that's like 'okay this is what we're focusing on for this month.' It's not that you should ignore it the rest of the year, because it should always be on your mind throughout the year, but to take a month out to focus on Black History, I think it's fine."

**What are your thoughts on being a black student in your major/in academia?**

"I think it's good, like as far as representation goes, I think it's good to be here, to work towards my goal. I'm both; I'm hispanic and black. I'm not just one thing and I think it's really good to represent that within my career and as who I am."

Lenice Nixon  
Nursing and Psychology  
Sophomore



SHEMELEY CAPTIA

**What are your thoughts about BHM being confined to only one month?**

"I don't really have a problem with it being confined to one month. I feel like being black should be like an everyday thing. But it's a good thing we do have a month to celebrate black history so that people can be aware and know our history and learn everything like what happened in America and Africa and everywhere."

Shemeley Captia  
Nursing major and Psychology minor  
Sophomore

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# Nutrition student changes to gluten-free diet

**HEATHER O'DELL**  
Staff Writer

Changing eating habits and lifestyles can be a difficult thing to do. But for Javier Conception, a junior studying nutrition, he had to change the way he ate after being diagnosed with Celiac disease.

"I first switched over to a gluten-free diet when I was diagnosed with Celiac disease, a gluten intolerance, and other stomach issues," said Conception. "Changing your diet at first is always hard. I really had no choice because if I continued to eat what I normally ate the time I would continue to get sick."

The doctors encouraged Conception to eat gluten free and to stay away from fried, greasy and highly

processed foods.

"Making the switch at first is hard," Conception said. "I had no idea what to buy at the store and I always felt like my options were limited. The key is to buy fresh items."

With gluten allergies becoming more common, a lot of food companies are coming out with gluten free and vegan options.

"When Javier was diagnosed with stomach issues, we all switched over to a gluten-free diet with him," said Priscilla Conception, Javier's mother. "We all see a change in how we feel."

With time and dedication from eating gluten free and organic products, Conception said he was able to get back into an active routine.

"Once I got the hang of things, I started to feel better and was able to become more active," Conception said. "Before, I was always sick in the hospital. Now, I am able to participate in sports, go to the gym and live an active lifestyle."

After overcoming his disease, Conception said he now wants to help others like him change their diet to live a happier and healthier life.

"I was miserable while I was sick," the aspiring nutritionist said. "I chose to study nutrition because I want to help others reach their health goals like I did. Ever since I decided to make positive and health-conscious changes in my life, I have become passionate about nutrition and dietetics."

## Freshman makes career debut with baseball team

**BRETT SHWEKY**  
Staff Writer



JAVIER VALDES

Freshman Javier Valdes made his first career debut on Friday, February 17, as the FIU Panthers took on the Jacksonville State Gamecocks.

In his first career start, Valdes saw three at bats, getting an RBI with one and scoring a run with another.

Valdes said that the game was just an ordinary day, as the Panthers defeated the Gamecocks 5-0 on Friday.

"The game was just another day," said the third baseman. "I went out there, got my work done and did whatever it meant to get the win tonight."

Before attending FIU, Valdes was a star for the Gulliver Prep High School Raiders. During his duration, he was able to help lead the Raiders to a district and regional championship. Valdes was also named team MVP during his senior season.

During his recruitment, Valdes was being highly sought after by the cross-town rival Miami Hurricanes. Valdes said FIU was a better fit for him and feels the team has a chance to transcend and become an elite baseball program.

"Staying close to home was definitely one of the biggest contributing factors for me attending FIU," said Valdes. "I feel that this program has a chance to rise in the upcoming years, and there is no reason why this team cannot become a top divisional program."

The third baseman had his best game of the series, Sunday, Feb. 19, as he contributed four hits out of five at bats with an RBI in the loss against the Gamecocks.

Head Coach Mervyl Melendez said the first series was a good start for the freshman third baseman.

"Javi did a good job at being himself and letting the game come to him," said Coach Melendez. "In the other games, I felt he was trying to hook the ball too much. This time around he was more patient at the plate, and swung at better pitches today."

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## Intramural athletes care about the food they eat

**ALEX DEL VALLE**  
Staff Writer

Good nutrition is critical for everyone, but athletes especially understand firsthand how not following the proper meal regimen can affect performance.

The best fuel comes from a healthy diet. And in order to follow a healthy diet, it takes plenty of education, organization and involvement.

Sophomore journalism student Ivo Caminata said he has taken full advantage of the intramural sports program by participating in indoor soccer, and recognizes the importance

of eating healthy at home.

"I consider myself an athlete. I play indoor soccer at FIU on an intramural team and I play on a Sunday league soccer team," Caminata said. "I start my days off with a balanced diet, whipping up a scrambled egg and toast, and for lunch I have a loaded lunch I like to call it. A whole wheat sandwich with roast beef. Food is such an integral part of my performance on the pitch."

Lost in the importance of food and the energy generated from it is the significance of hydration. Water acts as a cooling agent for our bodies, and it is essential for aiding in

blood circulation, something athletes need to perform at a high level.

Senior student Moises Neciosup who is studying nutrition and plays a ton of basketball for exercise explained how much water you should drink a day.

"There is no doubt in my mind that food is important, but drinking water is key to the development of the body," Neciosup said. "I suggest that you drink eight 8-ounce glasses, or half a gallon. You lose so much water sweating, it is a must to replenish these fluids."

There is no doubt in my mind that food is important, but drinking water is key to the development of the body, I suggest that you drink eight 8-ounce glasses, or half a gallon. You lose so much water sweating, it is a must to replenish these fluids.

Moises Neciosup  
Senior  
Nutrition



## CLUB SPORTS



GUETHSHINA ALTENA/PANTHER PRESS

### GUETHSHINA ALTENA Asst. Sports Director

Six years ago, the Brazilian Jiu Jitsu club started its first practice with just three students. Now, the team is an organization at FIU with 25 active members.

Ricky Semiglia started in 2011 and is now the club's instructor after graduating in 2015.

"This club has been one of my biggest accomplishments by far. I am really happy about it" he said. "My friend Andrea and I just wanted to find a place to train on campus. We had to get signatures of people who were interested but we didn't know it was going to become what it is today."

Semiglia and his friend were specifically looking for Brazilian Jiu Jitsu and although there were other martial arts classes and clubs, they took the initiative to start their own.

"We started training and people started looking in the windows and asked how they could participate in the Jiu Jitsu class. We told them to put their [uniform] on and come train with us and that's how people started joining the club."

Semiglia decided to structure the club as more people joined. He included warm ups, techniques and training; over the course of about a year, the club became the structured class and it is today.

"The ultimate goal of Jiu Jitsu is to submit your opponent," Semiglia said. "[It's] making them 'tap out' due to strangulation or hyperextension of a joint where they can't continue so they have to practically give up, which is a humbling experience."

There are a lot of ways to practice Brazilian Jiu Jitsu, according to Semiglia. There is a sports aspect to it and there is self-defense.

"If you practice Jiu Jitsu correctly, you have to keep your mindset of the self-defense. You can't train Jiu Jitsu and leave self-defense out of it,"

Semiglia said.

Semiglia explains that he teaches the fundamentals of self-defense through Jiu Jitsu because if his students get attacked he wants them to have some immediate reaction to their aggressor.

"You do not need any prior knowledge to be part of my club," Semiglia said. "The way I teach is fundamental based and it is good for an experienced person or an amateur."

old and had been training on and off. He estimated his training time to be two years of experience with Jiu Jitsu.

"With Brazilian Jiu Jitsu, I feel more confident. I am confident that I don't need to pick a fight with anyone, I know what I can do because of my experience," Farinas said.

Farinas considers Jiu Jitsu to be a sport just as it is a martial arts.

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The ultimate goal of Jiu Jitsu is to submit your opponent. [It's] making them 'tap out' due to strangulation or hyperextension of a joint where they can't continue so they have to practically give up, which is a humbling experience.

Ricky Semiglia  
Instructor  
Brazilian Jiu Jitsu

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Consistent practice is important for improvements, Semiglia said. He encourages his students to come to both practices each week to learn the most from being part of his team.

Rainer Farinas is the current president of the Brazilian Jiu Jitsu club. He recently got elected into his post and is looking forward to the team's growth this semester.

"I think the main goal [of Brazilian Jiu Jitsu] is to better yourself physically because of the endurance and mentally as well," Farinas said.

Farinas started practicing Jiu Jitsu at 16 years

"Practicing a sport is always good. You need to be fit, and I believe Brazilian Jiu Jitsu can help you with the fit part of life. [It can] help maintain your high confidence levels and also have a healthy life," he said.

The club practices two days a week on Tuesdays and Thursdays. Applications are currently open to all FIU students. The enrollment fee for the club is \$40 per month or \$100 per semester. Interested students can contact the Wellness and Recreation Center at MMC for information on how to join.