Report sheds light on need to control costs of artificial lighting

MELISSA CACERES
Staff Writer

After examining a recent report on University lighting, FIU Faculty Senate members are seeking to address the issue of controlling artificial light pollution across campus property, due to its financial and environmental effects.

James Webb, Arts and Sciences senator and physics professor, brought the matter to the attention of the Faculty Senate’s Nature Preserve and Environment Committee, stating that he was “stuck that the report rarely mentions efficiency and it seemed to not be worried about where there was excess light, only where there was too little light.”

“The lighting study was done towards safety, which is great. But not toward saving light or reducing light pollution,” said Webb in an interview with Student Media. “So I’m communicating with facilities management and the administration about what steps we can take to make the lighting better, still be safe but pollute less and save money at the same time.”

The executive summary completed by civil engineering company, PBS&J, gave an overview of the site visits to the three main University campuses, which assessed the existing exterior lighting along interior roads, walkways and surface parking lots.

Measuring the lighting levels at each location, the company concluded that none of the interior roads or pedestrian walkways at the Modesto Maidique Campus met the minimum required illumination, while only 30% at the Biscayne Bay Campus meeting the requirements.

They recommended for the University to, instead of adding additional luminaries to supplement the lighting levels, provide brand new light-emitting diode (LED) type luminaries, which has an estimated cost of $8,140,000.

“It disturbs me that the PBS&J report is only focused on adding more light fixtures to get from 3 foot-candles to one foot candle where the illumination is below Dade County or FIU coding,” said Webb in his written report to the committee. “They fail to discuss where the lighting is excessive and over code (wasted). They do not discuss efficiently shielding and directing existing light fixtures to where the lighting is excessive.”

Dr. Pilar Martin

Professor highly involved with Haiti, adopts young girl

YAREMI FARINAS
Contributing Writer

Dr. Pilar Martin looked over documents in her office.

Dr. Pilar Martin looked over documents in her office.

PHILIPPINES
Woman insists father died in massacre

Journalist Reynaldo Momay’s daughter still has no body to prove her father was the 58th victim in the massacre a year ago. Her evidence is both scant and terrifying: his deceased dog from a mass grave.

GERMANY
10 alleged Somali pirates go on trial

The country’s first piracy trial in hundreds of years got off to a shaky start, with the court struggling to get information from 10 Somali men and youths charged with hijacking a German container ship.

CHINA
Teen protests in Beijing for peace park

A 15-year-old American boy campaigning to turn the militarized zone between North and South Korea into a peace park tried to get the Chinese president’s attention, stages a brief protest.

A PASSAGE TO INDIA

Hoffman discusses Israeli affairs

While working as a reporter with The Miami Herald, Gil Hoffman began fostering a great interest in the ongoing Israeli-Palestinian conflict.

“I would come home from work and read about it for hours and hours. I said to myself, ‘I’ve got to be a part of it. I’ve got to be a part of all the excitement in Israel’,” said Hoffman.

Hoffman, now chief political analyst for the Jerusalem Post, spoke to an audience of over forty people on Friday, Nov. 19.

Hoffman, 33, discussed his opinions about the current state of affairs between Israel and Iran during his lecture, titled “Peace Politics and Plutonium: An insider’s look at the ongoing Israeli-Palestinian conflict.”

Dr. Pilar Martin

FIU student who is pursuing a doctorate in public health.

“She is able to attract the right people to help her accomplish her goals and is able to convince others that her goals are worth seeing through,” he said.

At an early age, Martin, who speaks English, Spanish and Creole, knew she wanted to do something with medicine, even though her father wanted he to be a dentist. It was while she was working in a village in Spain, her native country, when she discovered exactly what she wanted to achieve.

Martin realized that she wasn’t doing as much as she wanted while working in the village, so she became interested in a different approach to medicine.

“I wouldn’t be able to live only to just be in the clinic and without the public health approach,” Martin said.

After earning a doctorate in medicine in Spain, Martin completed a master’s in public health in England in 1992.

Teaching public health at the University takes up most of Martin’s time, which slows the progress of her project in Haiti.

Her project consists of providing services in Haiti for those in need, but she generally concentrates in the Rose-Mina de Diegu Orphanage.

Services include primary healthcare.
Hoffman outlines Iran prevention sanctions against Iran, Hoffman feels, are working at crippling Iran’s economy and could prove to force Iran to make concessions about their programs. Hoffman also discussed President Barack Obama’s relations with Israel in regards to Iran’s developing nuclear programs. “Obama is already halfway through his first, maybe only term. He has to start thinking about how he’ll be remembered,” said Hoffman. “If Iran gets the bomb on his watch, that’s one of the things people will be remembering along with the economy. But if he succeeds in preventing the nuclearisation of Iran, that’s what we want.”

Hoffman has been covering Israeli politics since 2000, when he covered the diplomatic relations between Netanyahu and former Prime Minister Ehud Olmert. He currently writes a popular column for the Jerusalem Post while also serving as an analyst on such networks as CNN and BBC. “I basically have two full time jobs. One is following around Mr. Netanyahu and the other is Israeli politics. The other is following around my two kids, aged four and two. It’s basically the same job. My kids are very mature for their age. I can’t say the same for the politicians,” said Hoffman.

Light pollution a concern for faculty

“Pilar has an unwavering commitment to the Haitian orphanage project,” Martin said.

“I basically have two full time jobs. One is following around Mr. Netanyahu and the other is Israeli politics. The other is following around my two kids, aged four and two. It’s basically the same job. My kids are very mature for their age. I can’t say the same for the politicians,” said Hoffman.

Haitian orphange project gives hope

“John Stuart, who heads the committee, has been reaching out to the faculty representatives, as far as figuring out in administration who should make their prospective recommendations,” Hoffman said. “I fully understand that we can’t just turn off the lights after 6pm like a grammar school can but when I saw that program was horrifying because they forced every little area where the lighting is too dim, but they didn’t even focus on the areas where the lighting is too much. And that’s where you can start looking at the savings, said Heinen.”

“Helping in Haiti gave Martin the opportunity to meet Kashina, her newly adopted daughter. Martin was debating for several years about adopting her because her two boys are already grown, but she always wanted a girl. “She calls me ‘Gramma,’ who is working on a doctorate in environmental health, had similar emotions. “That’s what’s tough, coming back and you go there for a week or something to do some work, but when you come back here and feel like you didn’t do enough,” Kunkle said.

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FOOTBALL: TORONTO SMITH

Smith’s senior season going according to plan

IGOR MELLO
Staff Writer

When the Golden Panthers climbed to first place in the Sun Belt Conference standings after defeating Troy on Nov. 13, captain Toronto Smith needed someone to talk to. The linebacker wanted advice on how to handle the next few weeks.

So Smith called former FIU linebacker Scott Bryant.

“A fear that things will fall apart if we don’t do this,” Smith said.

But so far, that hasn’t happened. Everybody is telling me that there are lots of places there. I definitely want to take a trip up there before I die,” Smith said.

“I never really asked [how I got my name],” Smith said. “When you have follow the footsteps of your father, you are going to be John Smith. But you can’t always be John Smith, that’s why I picked Toronto. How do you get John Smith, then Toronto Smith?” asked Smith. “I’m cool with it. I don’t want to be named John Smith, that’s kind of boring. Toronto Smith? Nobody will forget that.”

Because of the distinctive name, Smith wants to visit the place he was named after once his collegiate career is over.

“’I’ve never been to Canada in my life. I definitely want to go there after school is over. Everybody is telling me that there are lots of places there. I definitely want to take a trip up there before I die,” Smith said.

FOOTBALL

Golden Panthers on the verge of making program history

COMMUNITY

JOSÉ DELGADO

The stakes keep getting higher and higher and each looming matchup gains greater and greater importance with each passing week.

The Red Wolves are the next, and potentially final, step towards making program history and reaching a milestone that has been fleeing since the team’s inception almost ten years ago: bowl eligibility and a chance to play in a bowl game.

It took a difficult and often times disappointing and heart-breaking non-conference schedule to get to this point — and to deserving honors can be attributed to their own resilience and the incredible job that Canada for the team that has been named.

Not this past weekend against what has turned into the largest challenge facing Golden Panthers are the Red Wolves and the team.

Big plays from unexpected players such as a interception return for a touchdown by wide-receiver-turned-defensive-back Juan Merida and two goal line stands when the Ragin’ Cajuns were knocking on the door helped lift the offense over the top.

The defense also recorded seven sacks, setting a new single-season record for the program.

Amiata-free performance by Wesley Carroll, completing 16 of his 19 attempts with a touchdown pass, along with a solid run game led by Darian Mallory and Darriet Perry with his three scores on the ground put Louisiana-Lafayette out of commission and out of reach as they responded swiftly to any attempt by the resilient Cajuns to spark a comeback. This team did everything necessary to pick up a win for the night with committing a total of no-foul game and out of the magnificently sound football game.

The traces of immaturity and growing pains appear to be dissolving and are almost unrecognizable.

With three consecutive wins and a 5-1 confer-ence record, the results are finally beginning to show for a program that has been waiting for a breakthrough for quite some time.

Now anything less than a conference title at this stage would be considered a grave disappointment. The raised expectations present a double-edged sword that has high-stakes, high-reward implications.

And it is vital to the future of the program for this team to seize the moment now rather than later.

The biggest obstacle in their upcoming showdown with the Red Wolves of Arkansas State is not their high-powered pass offense led by quarterback Ryan Aglin and his 19 touchdown tosses. It isn’t their ability to score at will, second in the Sun Belt with an average of 30 points a game.

The largest challenge facing Golden Panthers are themselves. If they run the ball at will and are able to establish a solid presence on the offensive lines, they’ll win.

If they stuff the run game and put constant pressure on the quarterback, they’ll win.

If they execute the way they have been executing over the past several weeks, they’ll win.

The Golden Panthers need to execute correctly just one more time and that time is now.
Free throw shooting lags for the Golden Panthers

JOHNATHAN RAMOS
Sports Director

Following the team’s third win in four games to open the season over Utah Valley, FIU Head Coach Isiah Thomas, as most coaches would, pointed out that his team still has improvements to do.

There are a few notable issues, but it can be argued that nothing needs as much focus as free-throw shooting for the Panthers.

“We still have a lot of work to do,” Thomas said after his team shot 13-of-24 from the stripe against UVU. “Our foul shooting definitely has to get better.”

FIU is eighth in the Sun Belt Conference in free-throw shooting out of 12 teams, making just 63 percent of their attempts. The Sun Belt Conference’s leader in efficiency from the charity stripe is Denver, who makes nearly 80 percent of its shots at the line.

The Panthers three leaders in free-throw attempts, Phil Gary, Marvin Roberts and Dejuan Wright, are all shooting under 70 percent.

Guard Jeremy Allen leads the team so far with perfect percentage, but he has only taken four foul shots.

CRASHING THE BOARDS

With added bulk in the paint this season in Brandon Moore and Eric Frederick, the Panthers rebounding was expected to improve. But the main source of the improvement, is coming from an unlikely source.

Wright, who is listed at 6-foot-3, is grabbing 10 rebounds per game through four contests, often leaping over opponent’s post players to snatch the ball off the glass. The athletic wing was praised by FSU head coach Leonard Hamilton after the teams loss to the Seminoles on Nov. 18. Wright played at Ferris State and Gillette College over the last few years, before committing to FIU with two years remaining on his eligibility.

Assistant Coach William Eddie has coached Wright in separate instances since middle school, always preaching that facet of the game.

“My will, you know,” Wright said. “Coach Eddie always taught me since sixth and seventh grade to rebound, rebound because I’ve always been kind of gifted athletically so I really pride myself on rebounding the ball.

Wright is tied for first in the SBC in rebounding and is also getting a block a game.

GARY STILL OUT

Point guard Phil Gary sat out the game vs. Utah Valley with a concussion he sustained against FSU. The senior is undergoing tests everyday, according to Thomas, and his status for the team’s next game against Champa-

Valle is in question. If Gary is not available, the start would go to junior Martavis Kee, who said to expect}}}
THANKSGIVING WEEKEND

Thanksgiving traditions paves way for the holiday season

ASHLEY LAPADULA
Contributing Writer

While elementary schools everywhere have paper turkeys and pilgrim hats adorning the walls, students at the University are just as excited to get away from the stress of upcoming exams and enjoy the short break.

With Thanksgiving just around the corner, many students are preparing to go home to reunite with family and friends. Thanksgiving is well known as a hectic time to travel. If you are planning to travel over the next couple of days to meet with your friends and family back home, you should know that patience will be a necessary carry-on.

According to AAA Regional President, Brad Roeker, AAA projected that the number of Americans traveling for the holiday will be approximately 42 million.

His first couple of years as a cook in Miami saw him whetting his chops at typical dining restaurants like PF Chang’s and the Olive Garden as a pantry and sauté cook. This served as a great entry into the world of a chef and motivated Attelus to soak up as much knowledge as he could to earn a better living.

“When I came to the United States, I started as a pantry cook, then the grill cook, and sauté cook,” Attelus said. “I was always looking to better myself to make more money.”

At the Gourmet Diner, Attelus spent years in the kitchens of Miami restaurants honing his skills and eventually developing a reputation as a great cook, dedicated to his job and not afraid of hard work.

His main stomping ground became BBC, a mid-scale restaurant located on Biscayne Boulevard that specializes in French cuisine — butty escargot, chateaubriand, loin of lamb in herb crust, and creamy seafood au gratin. Attelus spent four years working his way up from dicing vegetables to lead cook.

Frank Dormeux, head chef at the diner, said Attelus was a great cook and a great guy to work with.

“He was a good hard worker, never took a break,” Dormeux said. “If he had not left, I would have promoted him.”

When he left Gourmet Diner, Attelus came to BBC to work as a sous chef, assistent to the head chef. Almost every restaurant he worked in offered different dishes, which gave him a versatile background in cuisines and cultures. At BBC, he was able to combine the many skills he’s learned through the years and put them to the test.

“I cook with love and patience, the same way I cook for myself at home,” he said. “I like good food so I cook the same for other people.”

When he isn’t working on being a chef, he’s working on being the next hip gospel superstar.

Attelus, who taught himself how to play guitar, keyboard and drums, said he’s been singing about as long as he’s been cooking.

“I’ve been singing solo performances in church for years,” he said. “I have traveled to New York, Boston, and Orlando among other places to perform for gospel concerts.”

In 2007, he released an independently recorded album titled, “Levangil la se di fe” (Gospel is on Fire). His Broward home has a private studio where Attelus composes his own beats and records his own music.

“When it comes to his music and his job as a chef there is no relaxing, he gets straight down to business,” Stephana said. “At home, he is more of a joker who loves to dance in the mirror.”

Roberto Laboy, who has been Attelus’ assistant chef for several months, said Attelus is one of those bosses who gets along with everyone at the job.

“His wife Stephana Attelus said at home he is a joker who is of course creative in the kitchen. The couple, who met at church eight years ago, married last year. Stephana said although Attelus is a very serious, career driven guy, he is much calmer at home.

“When it comes to his music and his job as a chef there is no relaxing, he gets straight down to business,” Stephana said. “At home, he is more of a joker who loves to dance in the mirror.”

When he isn’t working on being a chef, he’s working on being the next Kirk Franklin,” Attelus said of the multi-platinum selling gospel artist.

And when he isn’t pursuing his dream as a gospel artist, he’s a family man.

His wife Stephana Attelus said at home he is the jokester who is of course creative in the kitchen. The couple, who met at church eight years ago, married last year. Stephana said although Attelus is a very serious, career driven guy, he is much calmer at home.

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Roberto Laboy, who has been Attelus’ assistant chef for several months, said Attelus is one of those bosses who gets along with everyone at the job.

“He’s a hard worker, professional and very organized,” Laboy said. “I’ve heard of jobs in my 20 years as a chef and he is one of the best bosses I’ve worked for.”

This story is a class project from Professor Fred Bleven’s Advanced News Writing course, JOU 3500.

Attelus has gained cooking experience all over town

in business, says, “In my family, my mother and grandparents each have their own role in preparing something for our dinner... I usually find myself helping my father and grandfather pull down the large tables from the attic. Although it might seem easier than getting the turkey to taste just right, I think getting 30 chairs down from the attic is a bit overwhelming and tiring.”

Students living on campus that aren’t travelling back home can still have a taste of the holidays.

The Residential Hall Association will be hosting a Thanksgiving dinner on Tuesday, November 23rd at the FIU Stadium Club at approximately 7:30p.m. They will be accepting canned goods and nonperishable food for Joshua’s Heart Foundation, however, it is not mandatory to bring anything to the event, and it is free for students.
Food for Thought

**Calorie reduction is all about tricking your brain**

Trying to lose weight is impossible for some, and diets are restricting and their effects are only temporary.

To lose weight and keep it off, you must create a healthy lifestyle and permanent changes you can live with. The following are a few tips to help you cut the amount of calories you consume without even noticing.

Doing this will help you lose weight and maintain that weight loss. Remember, any changes you make in your style shouldn’t be so drastic you can’t stick with them or they will only be temporary. Any small change counts. You can begin by trying the following tips.

1. **SMALLER PLATES**

Switching your usual dinner plate for an appetizer-sized plate tricks your eyes and results in consuming less food yet feeling equally full. We use the size of the plate to dictate our serving size instead of listening to our bodies to know when we are full. Try using a smaller plate at your next meal and cut out calories without any effort.

2. **EAT SLOWLY**

It takes our brain 20 minutes to receive the message that we are full. By eating slowly and giving your body more time to tell you it’s full you will consume less food. Savor your meals, sit at a table and try to aim for no less than 30 minutes to eat your food. It is the perfect complement to the creamy mashed potatoes that were served with it.

3. **FOCUS ON YOUR FOOD**

Avoid distractions during a meal such as watching television. This results in “mindless eating” which leads to consuming larger quantities of food. While eating, sit at a table and savor every bite. If you want a snack while watching television go for something like carrot sticks, and stay away from that large bag of chips.

4. **PORTION YOUR SNACKS**

Avoid eating out of large packaging when snacking as doing so will lead to eating larger quantities of food. A study conducted showed that when moviegoers were given a larger bucket of popcorn they ate 53% more than the people who received a medium sized bucket. Always buy portion controlled snacks such as 100-Calorie packs or portion out your large size chips, nuts or cookies into smaller bags.

When you are in the mood for a snack, grab just a portion and enjoy it away from the kitchen.

5. **GLASS SHAPE COUNTS**

When drinking anything other than water you can trick your eyes into drinking less by drinking out of a tall, slender glass rather than a wide, short glass. Our eyes think there is more in the tall glass which results in drinking less and consuming fewer calories.

For more great tips read Mindless Eating: Why We Eat More Than We Think by Brian Wansink, PH.D. An Oprah favorite, this book explains how visual cues result in eating more food. The book also gives great tips on how to shed pounds mindlessly by tricking ourselves into consuming fewer calories.

*Healthy Bites is a bi-weekly health column.*

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**FOOD FOR THOUGHT**

Steakhouse defies humble exterior with good prices

For the most part, I can go months on end without even glancing at a hamburger. However, with my budget, satisfying this craving can prove difficult. Last week, I caught a lucky break.

My mom and I had one of those moments and thus, we decided to satiate our craving at Brasa Nova, 9610 SW 8th ST.

This place may look small and humble, especially with its drive-thru option, however, upon going inside one is met with a modern, upscale dining room complete with friendly service, a full bar and a live guitarist nice enough to sing “Happy Birthday” upon request. My mom and I agreed this would be the perfect spot for a date.

The majority of the menu is surprisingly affordable with a wide variety of daily entrees not exceeding $15. However, this was our splurge night.

Upon glancing at the menu, I saw several great options, including skin steak and filet mignon. Still, old habits die hard and I ended up with fish on my plate, namely grilled snapper with shrimp in Creole sauce with mashed potatoes and grilled vegetables.

Overall the snapper, with its light garlic notes and delicate texture, was pretty close to perfect. The large portion was filling and the tomato-based sauce was flavorful without being acidic. My quest for steak wasn’t completely lost, as I was able to try several bites of the 10-ounce New York strip steak. Once again, I was highly impressed. The steak didn’t have that burnt taste that I have come to associate with grilling.

Instead, it was tender and juicy to the point that eating it with steak sauce would have been a sin. It was the perfect complement to the creamy mashed potatoes that were served with it.

Brasa Nova also has a short but notable dessert menu. Sadly, I was unable to try their balure, a meringue tart filled with peaches and dulce de leche.

Instead, I had to settle for my second, more familiar choice: tiramisu. The thin layers of airy sponge cake held up well to the thick layers of coffee-infused custard and were delicious enough to help me forget most of my disappointment.

My only disappointment is that Bras a Nova was painfully empty. I suppose this gem of a restaurant has yet to be fully appreciated, at least for dinner.

With its affordable ambience and high-quality food, I truly hope that Bras a Nova finally gets the customers it deserves.

Food for Thought is a bi-weekly food column. Readers are not compensated for favorable reviews.

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**THE WEEK ON CAMPUS**

**ORGANIC FARMERS MARKET**

Fresh local produce, smoothies, yoga and more!
WHERE: 12:30 - 3 p.m.
WHERE: FIU-South Bay
WHERE: Along the red wall behind the Green Library

**YOGA AT FARMERS MARKET**

Join the Yoga Club for some free yoga under the weekly farmer’s market.
WHERE: 1 p.m. in English, 2 p.m. in Spanish
WHERE: FIU-South Bay
WHERE: Lawn by the Central Fountain

**RELAY FOR LIFE POTLUCK FUNDRAISER**

Hosted by the Engineering Student Committee: Food and entertainment!
WHERE: 4 - 6:30 p.m.
WHERE: Panther Pit, second floor of Engineering Center

**TURANDOT - OPERA**

C. Puccini opera about a Chinese princess who will marry only the man who answers her three riddles.
WHERE: 8 p.m.
WHERE: Florida Grand Opera House at the Adrienne Arsht Center

**KOVOZA**

Crepes du Soleil is back in town! With student/ faculty/staff. Get a 15 percent discount for the showing at 8 p.m.
WHERE: 8 p.m.
WHERE: FYUGR Student Center 10555 SW 84th St.

**THANKSGIVING AT THE BOSTON MILLET**

All-you-can-eat Buffet! Thanksgiving Champagne brunch.
WHERE: 10 a.m. - 2 p.m.
WHERE: Biltmore Hotel
WHERE: $58.50 for adults; $37.50 kids 5-11

**THANKSGIVING DINNER AT THE BILTMORE**

Beverages not included. Proceeds go to Habitat for Humanity.
WHERE: 11:30 a.m. - 8 p.m.
WHERE: $76.50
WHERE: www.islandqueencruise.com

**END OF SEMESTER BBQ**

The Heat host the 76ers.
WHERE: 12 p.m.
WHERE: American Airlines Arena

**MIAMI HEAT VS. PHILADELPHIA 76ERS**

The Heat host the 76ers.
WHERE: 12:30 p.m.
WHERE: AT&T Center
WHERE: $25
WHERE: www.miamiheat.com

**LUMPY SUE ACOUSTIC MUSIC FEST**

Relax the day after Thanksgiving by enjoying some free fully funded staff in tents presented by Habitat for Humanity.
WHERE: 10:30 a.m. - 1 p.m.
WHERE: FIU-Miami Beach
WHERE: Greenside Park
WHERE: www.lumpysue.org

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Undue use of Adderall by college students an unfair mental advantage

NEDA GHOMESHI Staff Writer

Athletes have steroids, with those depres-
sion have Prozac and those who wish to do it
All have Adderall.

Adderall is a central nervous system stim-
ulants prescription drug that enhances one’s
mental performance. It was developed to
help bring some desperately needed focus to
those with Attention Deficit Disorder, ADD, or
Attention Deficit Hyperactivity Disorder, ADHD.
This medication can provide significant
disability and dangerous mental enhance-
ment if taken by those who do not suffer from
ADD or ADHD.

Today, some college students without the
disorder are admitted to using Adderall to
enhance their academic performance. I am legiti-
ately concerned with the casual and frequent use
of Adderall amongst college students. It’s an addictive, unhealthy and harmful drug.

Not only is Adderall a mental enhancer,
it is also an addictive. According to Dr. Anna Deube, a contributing writer for Yahoo News,
“The dangerous downside of Adderall is that
students who gain positive results from the drug
often become dependent on it. Whether it is a
dangerous chemical addiction or a psychologi-
cal dependence, it makes students believe they
cannot succeed without Adderall.” Students do
not realize the potential harm they are inflicting
on themselves.

I do not think that it is morally right for
a college student to take Adderall solely
to increase capacity to focus for hours
without any distractions. Although the immediate
results of Adderall seem appealing, the long-
term dangerous effects need to be consid-
ered. Students need to be concerned about the
legality of this drug, too. Adderall is an illegal
substance if taken by one without a disorder.

Unlike the use of sterioids amongst
athletes, which has made its way into the lime-
light, the growing use of Adderall amongst
college students has been kept on the down
low. This casual use of Adderall by college
students is surprising because it has been
chemical enhancement into academic competition.
When a student is on the drug, his performance
is exceptional. When a student is off the drug, he/she falls back to nearly his/her original state.
This unfair for the studious, healthy and moral
students who wisely choose not to illegally
abuse drugs.

According to the National Survey on Drug
Use and Health, 6.4 percent of college students
reported having used Adderall in the last
year. This number has increased from 2006
and 2007. This percentage is evidence that
too many students are abusing this drug.

Let’s be realistic – as college students, we
are easily distracted. While I am studying or
writing a paper, I constantly find myself
on Facebook, glancing at e-mails, checking
the news and surfing the Web. Adderall brings
back the focus.

Adderall is being a highly addictive drug,
Adderall also possesses other staggering side
effects. Adderall is a stimulant, which automat-
ically makes it hard on the heart. This highly
dangerous drug can lead to heart attack, high
blood pressure and even death.

Adderall should be discouraged and its use
should be closely monitored. It is a hazardous,
addictive and unhealthy drug. We are a society
that places great value on personal accomplish-
ments, and the use of Adderall takes away the
“personal” in a personal accomplishment.

NATASHA KAPLAN
Contributing Writer

The Biscayne Bay Campus is
vastly unappreciated at Florida
International University.
Many people know and applaud the
Modesto A. Maidique Campus,
and all is entitled, without the
blink of an eye. Somewhere, the
BBC goes unnoticed when there are
so many useful treasures to experi-
cence on this scenic landscape.
While both campuses are an
integral part of FIU, the MMC
gains much more praise and noto-
riety. This is not only an injustice
for the Bay, but a miscalculation
for students and faculty alike. The
BBC deserves to be better appre-
ciated. There are significant
and positive points about the campus
that include amicable people,
campus resources and a lack of
overcrowding. All of which have
been unnoticed and need to be
taken into consideration.
First and foremost, one of the
undervalued factors is the incred-
ible people at BBC. Faculty and
students at the North Miami
campus seem welcome every person
with friendly hospitality. People
actually say “hello” in passing,
while on the Maidique Campus,
it’s a miracle if you don’t get
trapped by rushing students,
much less receive a grin or a
greeting. Everything seems paced slower,
and perhaps that’s why people seem
willing to engage in conversation and
make you feel as if they will lend a hand with anything
you may need.

When you go to any office
on the Bay, there aren’t massive
waiting lines and the customer
service seems fresh and authentic
with friendly smiles.

Another major factor BBC
is undervalued for is the campus
itself. It’s on a stunning location
right on the water, making people
feel as if they are on a tropical
island. The fact that the campus is
on the water enables many activi-
ties that are not comparable to
the main campus.
Boating, fishing and the kaya-
ing club are all great attributes
to the Bay. The view alone is
worth the walk or run around
the campus.

Walking around BBC is a
serene experience. There are
many creatures like squirrels, blue
crabes and egrets to scope out,
hunches from and photograph.

Another advantageBBC
has over the main campus is
the Ritz and Cal
Kovens Conference Center, able
to accommodate up to 500 people
for events.

Although it’s a smaller campus
than the MMC, it’s exactly
to its
home-like appeal that makes
BBC so welcoming. It turns
around 15 minutes to walk around
the buildings, making any indi-
vidual feel like it is in a small
and detailed community.

Finally, there is the under-
notable amount of overcrowding, which
is such a pleasure to see. At
the MMC, there is always traffic,
a board of people coming at you
from all directions, building after
endless building and an impos-
sible search for a parking spot.

When at Maidique’s parking
garage, one usually has to wait
for a space. At BBC, that is never the
case, for it always has ample parking
for everyone. It’s not just the
parking, but the feeling of keeping
your personal bobby intact, with
the right amount of people
around you and really a
view.

Along with being a highly addictive drug,
Adderall is an illegal, unhealthy drug. We
are a society that places great value on
personal accomplishments, and the use of Adderall takes away the
“personal” in a personal accomplishment.

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With your letter, be sure to include your
name, major and year.

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The Beacon – 7

Unappreciated campus a valuable asset

verbatim

“People keep seeming to get on planes with bombs...we are in treacherous times and, no, it’s not comfortable, and it’s not the way it would like to live, but it’s going to keep me from getting blown out of the sky, you can check anything you want and if you feel something you like and squeeze it, what am I going to do?”

-Whoopi Goldberg, actress, defending TSA pat-downs on The View
President-elect’s guerilla past described

Military records indicate that President-elect Dilma Rousseff once oversaw a cache of weapons and ammunition for militants who opposed Brazil’s 1964-1985 military regime, a major newspaper reported.

On a Friday afternoon, a group of students and faculty members on the Biscayne Bay Campus stand in single file at Grille Works. Burgers and chicken patties line the glass panel as cooks bustle back and forth to fill orders shouted to them by the cashier. A basket of dinner rolls sits squarely behind a small sign that says Hot Meal of the Day: barbecue ribs, garlic mashed potatoes and dinner rolls.

A faculty member points to the hot meal pot and Chef DereX Atelus, the mastermind behind the recipe, lifts the pot to indicate the meal is finished. The rolls are remnants of a meal long gone before midafternoon. The faculty member taps the glass panel in disappointment and walks off.

Burgers and chicken patties just aren’t the same.

The hot meals of the day are some of Atelus’s signature dishes. He said his meals go so fast because of the flavoring of his food.

When people do something that is good they are always going to come back for more,” Atelus said. “If I come back that means it is good.”

This June, after working four years as an assistant chef at BBC, Atelus was promoted to head chef. Atelus said he has a hands-on approach with a commitment to cooking good quality food.

“I could say that I’m the type of person that likes things done the proper way,” Atelus said. “If my stuff is doing something wrong, I show them how to do it the proper way with respect.

“Imake sure the recipe is followed and the portioning is correct.” Another goal for Atelus as chef is to develop new recipes.

In the fall semester, he introduced the pesto crispy chicken and blackened Cajun fish.

When Monte Siya returned to the U.S. to attend graduate school at FIU, she expected an experience just as welcoming as her undergrad. When Montle Siya got a call in the middle of a semester, Siya got a call in the middle of a semester, Siya got a call in the middle of a semester, Siya got a call in the middle of a semester, Siya...