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Florida International University
National editor discusses daily news coverage

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‘Getting the news out first and then elaborating later’ was the focal point of The New York Times editor Sam Sifton’s lecture.

Sifton, the Times’ national editor, visited the University March 21 to discuss the process of managing and publishing all national content for The New York Times, particularly focusing on the upcoming presidential election.

He elaborated on the daily workings of a national publication that produces a newspaper daily and tweets frequently, emphasizing the importance of publishing the news as soon as possible.

“We have to break news fast - and we have to be analytic and we have to do it in a smaller and tighter and less hospitable environment. That is the major challenge,” Sifton said.

Over 50 students and faculty members of the FIU community attended the lecture last Wednesday at the Modesto Maidique Campus hosted by the Student Government Association, Academic Affairs, the Office of Global Learning and The New York Times.

One student in attendance asked about Sifton’s average working day.

“We have two main news meetings each day. One at 10 a.m. and another at 4 p.m. In the morning, we discuss what’s happening and what we plan on putting on the web,” Sifton said. “Then, in the afternoon, we present over 30 mocked up version of the stories that will be posted online and some that will be published in the next day’s issue.”

At the beginning of the lecture, he briefed his audience about his background in the food industry.

Sifton used to be a restaurant critic for the Times and joked about his past position versus his current position. “Says the guy who was the restaurant critic who is now talking about The New York Times and the elections,” Sifton said.

At a subsequent reception for students and faculty members, Sifton welcomed questions and discussed relevant political issues.

Sifton also lectured at the Biscayne Bay Campus with over 300 students in attendance on March 22.

Departments perform plays about injustice

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A long-time activist for the abolition of the death penalty, Sister Helen Prejean began her campaign in New Orleans in 1982 as a result of her correspondence with two convicted murderers on death row, Elmo Patrick Sonnier and Robert Lee Willie.


The book was later adapted into a 1995 film of the same name directed by Tim Robbins, starring Susan Sarandon and Sean Penn.

Sister Perjean is visiting the University on April 13 from 1 p.m. to 4 p.m. at the Graham Center, room 140. In preparation for her visit, the University is putting together three shows.

Dramatizing (in)Justice began on March 22 with Jessica Blank and Eric Jensen’s “The Exonerated.” The play, presented by the Honors College, was later adapted into a made-for-TV film that chronicles the lives of six wrongfully convicted death row inmates through a series of monologues that shed light on the inner world of the characters.

“The idea was born of Shed Boren, the CEO and administrator at Sister Emmanuel Hospital, which is part of the Genesis Miami Foundation. They [Genesis Miami] are committed to making people aware of social justice issues,” said Dr. Michael Patrick Gillespie, director of the Center for the Humanities in an Urban Environment.

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Sam Sifton,
The New York Times National Editor

Genealogy collection added to FIU library

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Hispanics in the community are now able to look up their ancestors at the library through the newly acquired Enrique Hurtado de Mendoza Genealogy collection.

The collection is made up of over 5,000 volumes and 900 unpublished letters containing genealogy information from Cuba, as well as other Latin American countries and Europe.

The acquisition also contains manuscripts and periodicals, as well as civil and sacramental documents from the 17th and 18th centuries.

A law graduate of the University of Havana, Hurtado de Mendoza left Cuba in 1960. He was a former liaison officer for the Organization of American States for 20 years.

“Hundreds of people sought his help and sent him what they knew of their family heritage and those genealogies enriched his huge collection,” said Mariela Fernandez, president of the Cuban Genealogy Club of Miami.

According to Althea Silvera, head of special collections at the Green Library, Hurtado de Mendoza liked the idea of open access for researchers and all interested in the compilation and genealogy.

“He told me that it was his intention to donate the collection to the Special Collections at FIU upon his death,” Silvera said.

“Enrique became ill before we could finalize the donation. His illness made it necessary to modify these plans.”

The change of plans led the University to acquire the collection through a combination of funding and to increase the availability and those genealogies enriched his huge collection,” said Mariela Fernandez, president of the Cuban Genealogy Club of Miami.

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Social media aids angst on shooting

KYLE HIGHTOWER
AP Staff

It started a couple of weeks ago with a few cryptic messages on Twitter and other social media websites: Who is the justice? and R.I.P. TrayvonMartin.

A day later, nationally syndicated radio host Michael Baisden sent out a message to his 65,000 Twitter followers and 585,000 Facebook fans, adding a few more details:

“Unarmed 17-year-old boy shot by neighborhood watch captain in Sanford, FL outside of Orlando,” the tweet said. It provided a web link to a story.

Since then, hundreds of thousands of messages have spread the word about Trayvon Martin, a black teenager who was shot to death Feb. 26 by neighborhood watch volunteer George Zimmerman.

Racial tensions have rapidly escalated as civil rights groups have held rallies, saying the shooting was unjustified.

President Barack Obama even commented on the case Friday, responding to a question—“is that by calling the case a tragedy and saying ‘every aspect’ of it should be investigated.”

Zimmerman’s parents started an online petition on Change.org demanding Zimmerman’s arrest. It has had more than 1.2 million signatures.

Zimmerman claims self-defense, saying he shot Martin after being attacked by him. Zimmerman’s father is white, and his mother is Hispanic.

Filmakers Michael Moore and Spike Lee have also posted messages in support of Martin.

Martin, who lived in Miami, was in Sanford visiting family when he went to a convenience store. He was walking back carrying a bag of candy and can of tea, the hood of his jacket pulled over his head because it was raining. He was approached by Zimmerman, who told a police dispatcher that he thought Martin looked suspicious. Zimmerman shot Martin following a sequence of events.

The online uproar grew after the first emergency call tapes from the day of the shooting were released last week. In one of the calls, a dispatcher told Zimmerman to stop following Martin, but he continued.

Twitter messages about Martin have been mentioned almost 600,000 times, according to the social media monitoring firm PeopleBrowsr. On Facebook, some protesters are wearing hoodies in their profile pictures, like the “I can’t breathe” slogan that gained a lot of traction.

“The Department of Justice and FBI have opened a civil rights investigation, and the local prosecutor has convened a grand jury. April 10 to determine whether to charge Zimmerman.”

“What you’re seeing is that the Trayvon Martin case speaks to people around the country just like it speaks to people in this community,” said Benjamin Jealous, president and CEO of the National Association for the Advancement of Colored People. “It would have been easy for people here to say, ‘He wasn’t one of us. I didn’t know him. My kids didn’t go to school with him.’ But instead, people here are saying what people all around the world are saying—‘He reminds me of my cousin, of my son, or my grandson.’

Not all the online sentiments side with the Martin point of view.

Kyle Rogers blogs on Examiner.com and is also a national board member of the Council of Conservative Citizens. He wrote a post for Examiner asking about the facts that have been reported in mainstream media to this point.

The post has gotten more than 12,000 Facebook shares.

“Almost all news items are written solely from the point of view of the grieving family,” Rogers wrote. “The media also fills their articles with outdated baby-faced pictures of Trayvon. Very few include that he was a towering 6’2” football player. Is the media really reporting the news, or is this classic agitprop/propaganda to advance a political agenda?”

Contacted by The Associated Press, Rogers defended his position further.

“It is much more to a rush to judgment,” he wrote in an email to the AP. “The media has traditionally covered this with a grossly distorted version of what happened to advance a political agenda.”

Jeanette Castillo, an assistant professor of digital media at Florida State University, is tracking the Martin case on Twitter.

She said the case has played out in a protest era that will be increasingly driven by online audiences.

“You can hear an issue in traditional media and be outraged. But in social media you have immediate feedback from how much your friends are outraged,” Castillo said. “It’s just a huge facet of social media that affects that mobilization. It’s sort of the same thing as word of mouth, but just at a lightning speed.”

Collection focuses on Cuban genes

GENES, PAGE 1

of purchases and donations.

The collection is in the process of being digitized, and will be available through the online library system.

The Cuban Genealogy Club of Miami has been organizing and digitizing more than 200 boxes containing the compilation.

The Hurtado de Mendoza collection has information on 2,400 surnames that have been identified and organized alphabetically in 13,000 batch files.

“These are unique publications [that are] difficult to locate,” Silvera said. “The value lies in that as a collector, with a specific focus, Dr. Hurtado was able to bring together a collection that would be difficult for many libraries today.”

The acquisition contains books of reference for Cuban history, such as Historia de Familias Cubanas y Discipulos Herederos y Genealogica de los de la Carraffa brothers, which dates back to the 1920s. Information found in the collection goes back to medieval times, with facts from the House of Lara, a noble family from the Kingdom of Castile, present-day Spain. It also contains content on the papal military orders of Alcantara, Calatrava and Martha.

“This is by far the most complete and sought-after Cuban and Hispanic genealogy collection,” said Lourdes del Pino, vice president of the Cuban Genealogy Club of Miami.
Third phase commences in north side of stadium

Fans of the visiting team will no longer be faced with having to sit on the bleachers of the north side of the stadium. They won’t have to pack up their bags and look elsewhere to sit.

The same accommodations that shaped the opposite side of the stadium will be coming to the north side. The groundbreaking ceremony was held to initiate the third phase of the renovation of the north side of FIU Stadium on March 23.

University President Mark Rosenberg, Executive Director of Sports and Entertainment Pete Garcia and football coach Mario Cristobal made it official by putting on their hard hats and making the first dent in the ground with their shovels.

“This stadium is an example of the schools growth and the University’s determination to have the best facilities, the best programs and the best staff,” said Rosenberg. “I see it as an example of our determination to be worlds ahead.”

It is the third phase of the construction of the stadium that was built in 2008. It includes an increase in the amount of seats, more suites, press boxes, an addition to the athletic department (which is now placed at U.S. Century Bank Arena) and a second stadium club. The bleachers that are being removed are the last part of the stadium that existed when it was originally built in 2005, before an expansion of the stadium began.

When Mario Cristobal first arrived at FIU in 2007, he inherited a 0-12 team with NCAA sanctions. Now, he has guided the Panthers to two consecutive bowl appearances and saw the continued progress of the stadium right before his eyes, along with a new fieldhouse.

“Of course when you arrive here you’re playing your games in the Orange Bowl and practicing on a makeshift field,” said Cristobal on what it was like the first time he arrived at FIU. “Having to dress in an arena as our locker room with guys having to share lockers and having to meet by candle light up at the auxiliary gym is hard to imagine. The vision remains, you work relentlessly to see it actually come together. It’s an unbelievable feeling and a tremendous step for the program.”

Phase three is expected to be completed by the first home game on Sept. 8 against Akron, according to Garcia. Since the first game of the season will be on the road at Duke on Sept. 1, it gives construction workers an extra week to work with.

“The schedule has to fit the rhythm of the University and I like it being in the second week because we want students to get comfortable and get accommodated,” said Rosenberg. “This is about developing student support”

Dawson shuts out slumping Owls

After starting the year playing non-conference teams, FIU (12-13) opened up Sun Belt Conference play with a pitcher’s duel.

FIU was eased into conference play against a slumping Owls club with 2-0 victory against FAU on March 21. The Panthers played an FAU squad that had lost nine of their last 13 games. The team received a stellar performance from ace Mariah Dawson. Dawson gave her bullpen a rest, pitching a complete game, allowing just two hits to go with a season-high 12 strikeouts.

The Panthers got a quick run in the opening frame thanks to a long Kayla Burri bomb to left field on a full-count. Burri’s home run was her second of the season. She is also second in the team in home runs this season.

The Panthers next run came in the sixth when Kelsey Grabiak single moving Ashley McClain from second to third, and thanks to a throwing error by FAU McClain was able to score from third. This then put FIU up 2-0 putting the Panthers at an even .500.

Dawson’s stingy pitching rubbed off on FAU. Taylor Fawbush, FAU’s starter, took the loss but tossed a complete game as well, allowing one earned run and six hits while striking out five batters. FIU’s offense didn’t need to break the bank on the scoreboard and scored just two runs in the first and sixth (unearned) respectively, to secure the win.

FIU will now continue their Sun Belt Conference play as they travel to Alabama to face Troy in a three-game series in two days starting on March 31. First pitch is set for 1 p.m., followed by 3 p.m. scheduled start time for the second game of the doubleheader.

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FIU finishes conference play with victory over FAU

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Despite struggling to put opponents away as of late, FIU (5-12) managed to cash in on its second Sun Belt victory of the season. The Panthers downed in-state rival, Florida Atlantic, 5-2 on March 20.

The Panthers, who have not fared well playing away from the friendly confines of FIU Tennis Center posting a 2-10 road record, however, won two of three matches out of the doubles and registered four of six victories in the singles portion.

The victory over the Owls (9-5) puts coach Melissa Applebaum-Dallau and her squad 2-1 against conference foes.

“All of the girls had a lot of things to work on, but I was happy with the energy that they displayed on the court.”

The match could not have been won without the prominent display of tennis by Lisa Johnson.

“We had a slow start, sometimes it’s tougher to play teams that maybe aren’t going to jump out at you as much,” Johnson said. “But we had to just take a breath, regain focus and take control of the situation.”

The dynamic senior duo of Johnson and Christine Seredi hit the dirt against The University of Tennessee (12-8) on March 21.

In the singles portion Johnson (center) defeated Catalina Ene in singles 6-2, 7-5 on March 22 against FAU.

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Professor recommends readings for students

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Associate Professor Heather Russell is a decorated academic who specializes in African diaspora literature, has published in several journals and edited book collections. She has also published a book by the name of "Legba's Crossing: Narratology in the African Atlantic," which explains the connection between knowledge, narrative form, African Atlantic philosophical principles, black subjugation and resistance.

In her literary analysis, Professor Russell invokes the Haitian Iwa Papa Legba, the "god of the crossroads," who is similar to Hermes, as a metaphor.

Russell’s groundwork for her book was loosely conceptualized in graduate school many years ago. In its current state, it took four years of dedicated research and writing.

She is also working on a second book titled "Popular Culture, Gender and Economy in the Caribbean" and is co-editing a book on Barbadian superstar Rihanna called "Bad Girl Done Best." Currently, she is reading "Is Just a Movie" by Earl Lovelace and Manning Marable’s "Malcolm X: A Life of Reinvestment."

The next show will take place on April 29 with "Oleanna," presented by the Department of Theatre. The title is taken from a folk song that details a 19th century escapist vision of utopia. The show is a two-character play about a Man and Woman that is centered on an undergraduate student’s sexual harassment claim against a faculty member, possibly spoiling the faculty member’s chances for tenure.

"It’s different from 'The Exonerated’ because it’s set in the forensic field, but deals with issues of sexual harassment, power and truth," said Gillespie. "It’s never completely clear what happened in the dialogue; while the faculty member has the power in the beginning of the play, that power has shifted to the undergraduate student by the end. It’s left up to the interpretation of the audience, but it makes us think about victims and victimizers as well as what is the right and wrong is judged.

The final play will be the one-act version of Robbins’ adaptation of "Dead Man Walking," directed by Phillip Church, associate professor of the Department of Theatre. The play will be presented on April 5.

"I contacted him about ["Dead Man Walking"] and he was interested in doing it almost immediately. He’s very generous and enthusiastic about it," said Gillespie. "I hope those who attend have their interest sparked about the issues addressed and that it gets them thinking about the issues of social justice. [I hope it] also gets them interested in what sister Helen is going to talk about in her lecture."

All performances begin at 7:00 p.m. and will take place at the Herbert and Nicole Wertheim Performing Arts Center Black Box Theater. Entrance is free and open to the public. For more information contact Michael Patrick Gillespie at 305-348-3394 or through email at mgillespie@fiu.edu.

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FIT FOR LIFE

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T ime stands still as you aimlessly drag on through the day, making that soft, comfortable sleep feel very distant. We have all been there.

Despite one week of a supposed relaxation from stress and alarm clocks, I have failed to stock up on any kind of sleep.

So I went online in search of how we can all sleep better and I came across surprising information on why it is important to sleep in the first place.

Anyone who has taken a health course knows that eating a nutritious diet in combination with regular physical activity is key to maintaining a healthy weight. However, did you ever think that sleep (or lack of sleep) might be stopping you from grabbing an apple instead of a colossal frappe puccino infused with a lot of calories? According to Shawn Talbott, nutritional biochemist for shape.com, sleep deprivation raises the levels of the stress hormone, cortisol.

This irregular amount of cortisol impedes normal insulin levels and sends your brain into a sugar and carbohydrate craving frenzy.

For this reason, incoming freshmen are warned of the infamous "freshman fifteen." The cure is to strive for those eight hours of sleep with proper time management for studying and social activities. Keep in mind that while eight hours may be necessary for awareness and imagination in exercise and schoolwork regimes.

Losing just two hours of sleep a night leads to a weakened immune system, less energy for your workouts, illness and depression.

Boost your mood and maximize your energy so that you can hold your planks longer and run further distances without tiring out.

So how do you attain this seemingly impossible eight hours a night goal? Besides acquiring good time management skills and treating procrastination as the plague to your slumber, start by disconnecting yourself from the digital world an hour before bedtime. The LCD lights that illuminate from your television, laptop, iPad and smartphone screens stimulate the mind and suppress the sleeping hormone, melatonin. Instead, expose your brain to as much light as possible during the daytime by studying outside and opening the curtains to let sunlight into your home or work-space to keep your mind alert.

Another culprit that can steal your slumber is that caffeine boost you seek at Starbucks after noon. While it may seem like the perfect remedy for your sleepless night, caffeine stays in your system for up to 12 hours. If you want to stay alert during your study sessions, opt this non-caffeinated alternative.
Sunscreens may hurt skin more than they protect it

LESLIE BLANCO
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Summer is officially here and with the weather gradually heating up, massive sun exposure is inevitable. Sun is predominately known as being the number one cause of accelerated skin aging and skin cancer.

As a precaution, the use of sunscreen regularly would be a necessity. When most people think of sunscreen or sunblock, the first things that come to mind are sunburn prevention and sun aging defense.

Contrary to popular belief, what allegedly protects your skin from the most damaging effects of the sun and other environmental factors can actually increase potential harm done to your skin.

I always use products that have sunscreen in them, such as my lotion and foundation. I rarely read the ingredients in them, though. My main concern is whether their SPF is 30 or above.

Alyssa De Sanctis, Senior
Fine Arts

In an interview with Student Media, Kevin O’Shea, professor of the Chemistry Department who specializes in photochemistry said, “Sunlight has a wide range spectrum. Ideally, sunscreens are supposed to protect from the higher end of the spectrum of UV rays. Sunscreens contain chemicals that absorb or reflect light. The chemicals that absorb the UV rays are the ones that generate reactive components that can cause free radicals and skin cancer.”

Consider a scenario where you are at the beach either tanning or swimming.

It is luminous and radiant outside, so nothing can possibly ruin your day— except for getting a sunburn because you think you’re getting an adequate amount of sun protection.

You are stocked up on loads of sunscreen, without the leasts knowledge that the chemicals in your sunscreen cause free radicals, organic molecules that are responsible for cell aging and tissue damage, to be released back into your skin.

Sure, it does protect your skin from sunburn, but it comes at a price. Some researchers believe that free radicals could be the cause of certain types of diseases. When sunscreen that contains hazardous chemicals is applied to skin and is then exposed to UV radiation, sunlight can actually cause some of the sunscreen chemicals to release the free radicals that damage skin, heightening the chances of causing skin cancer.

According to Professor O’Shea, “In regard to those particular chemicals in your sunscreen that absorb UV rays, one would think that all that energy [the chemicals] take in has to definitely go somewhere. All in a cream or a mineral powder, zinc oxide reflects the UV rays and prevents them from being absorbed into the skin.

Both zinc and titanium dioxide are mineral-based sunscreens as opposed to chemically-based sunscreens; they are stable in sunlight and very little of these minerals penetrate into the skin, if any at all.

They provide an excellent source of UVA (skin aging) radiation defense, a quality that most sunscreens sold on the market lack.

One of the problems students interviewed by Student Media were aware that some sunscreens contain harmful ingredients and some even admitted to not reading the labels when buying sunscreen.

Senior Emmanuel Genao, journalism major, said, “I don’t really wear sunscreen unless I go to the beach. I do, however, wear facial moisturizer by Olay that has SPF 15. I don’t really read what ingredients I put on but I do make sure they are alcohol and oil-free. On the rare occasions that I wear sunscreen, I don’t ever recall reading the labels. I usually just pick the one with the highest SPF.”

Senior Alyssa De Sanctis, art major, said, “I always use products that have sunscreen in them, such as my lotion and foundation. I rarely read the ingredients in them, though. My main concern is whether their SPF is 30 or above.”

What most people don’t realize is that higher SPF doesn’t mean higher sun protection.

According to the Environmental Working Group website, ewg.org, “Studies have found that users of high SPF sunscreens have similar or even higher exposures to harmful ultraviolet (UV) rays than people relying on lower SPF products.”

The reason: people trust the product too much, go too long before reapplying it and stay out in the sun too long.”

Sophomore Natalie Baez, economics major, said, “I had no idea that sunscreens contained chemicals that are harmful. Most people wouldn’t know those types of things, but it is very interesting. I’ll keep that in mind next time I go to the beach.”

Tips on how to be active, healthy and still feel rested

SLEEP, PAGE 5

You are in serious need for vitality, fuel up on almonds or peanut butter crackers, hit the gym for a mini cardio session or go for a walk around campus.

Although exercise helps fight off anxiety to help you sleep better, working out too late can actually keep you awake. Just like light stimulates your brain into thinking it’s daytime, vigorous exercise a few hours before bedtime increases your core temperature and awakens your muscles and heart. If possible, save your kickboxing, zumba and other intense workouts for the late afternoon or morning hours.

As far as food is concerned, skip meals that are heavy and filled with protein since less energy is used while sleeping, making it more difficult for the body to break down your meal.

Stop caffeine consumption from drinks like tea and hot chocolate six hours before bedtime and avoid spicy foods that can cause stomach problems. Put a cap on your liquid intake after 8 p.m. and choose a snack that is rich in carbohydrates and tryptophan to satisfy your hunger. Tryptophan is a sleep-inducing chemical that is found in mom’s warm milk remedy, bananas, yogurt, nuts and eggs.

Just two extra hours of sleep a night affects all aspects of your life, from workouts to schoolwork. Follow these tips to free yourself from stress, fatigue and poor performance.

In order to feel energized throughout your day, even while working out and leading an active lifestyle, you must get enough rest.
A plausible solution to the currently inefficient healthcare scene within the U.S. is the implementation and enforcement of federal standards. Under the Affordable Care Act, not only will every American be insured, but, according to ARC Nova, the nonprofit Congressional Budget Office has projected that the law would yield around $200 billion in deficit reduction over the next decade.

An expert in the field of policy, Cecilia Rouse, stated, “The problem of health care is not a question of whether to fix it; the challenge is how to achieve a balanced system.”

Because of the current fragmented system in the U.S., health care costs take up more than $1,000 of every American’s income. Americans spend too much money on health care, which cannot be sustained for too long.

The medical industry abuses its patients in the U.S., simply because they are capable of doing so. With necessary reforms to the fragmented health care, patients and the overall system will not be taken advantage of. Annual premiums for a family health plan rose 9 percent last year, topping $15,000 for the first time ever, according to the nonprofit Kaiser Family Foundation and Health Research and Educational Trust.

The U.S. has a population of 310 million and yet more than 60 million do not carry health insurance. The disparity between the overall population and the number of uninsured is an issue that not only needs to be addressed, but dramatically reduced.

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SUSTAINABILITY

OUS makes strides to reach ‘Climate Commitment’

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In an attempt for the University to not leave a Sasquatch-sized carbon footprint, the Office of University Sustainability has reached out to individuals within the confines of the University and the community.

Created in April 2011 by the American College and University President Mark B. Rosenberg’s ‘Commitment’ OUS makes strides under the umbrella of Business and Finance with the initial goal of reducing the University’s environmental impact.

According to the World Commission on Environment and Development, sustainability “meets the needs of the present without compromising the ability of future generations to meet their own needs.”

It is for this reason that the OUS works on collaborating with partner offices and other organizations that can help make their goal of sustainability a reality.

One of the office’s partners is the Facilities Management Recycling and Custodial Services. Together they created FIU RecycleMania, campaigns, participated in the national RecycleMania contest, and helped manage the installation of PepsiCo Dream Machines on campus.

OUS received a $520,000 grant to install recycling bins from Alcoa, the nation’s largest producer of aluminum, and Keep America Beautiful. They plan to initiate a pilot project at the University Park Apartments beginning this summer and if successful, move toward installing recycling bins in the residential halls in the fall.

In addition, OUS collaborated with the Office of Parking and Transportation to make the University more bicycle friendly through the installation of more bike racks, and the marketing of the Green Ride program which tracks green commuters - those who carpool, walk, bike, or skateboard.

Carrie Kashar, the Assistant Director of OUS believes that in order to promote the concept of sustainability “they will need to engage the entire FIU community to make this happen.”

One way the office plans to implement environmentally sustainable practices is to focus on making the University’s offices and professional settings greener.

In collaboration with OfficeMax, they plan to create a Green Office Certification program which is a voluntary, self reporting guideline that will help offices become more aware of energy conservation practices.

The program involves having a representative attend a Green Office Certification Workshop during Earth Week, on April 6 from 9 a.m. to 11 a.m. in the Modesto Maidique Campus’ Graham Center 150, where they will learn about greener habits, the benefits of recycling and carpooling.

After the training session the participants will then go on to voluntarily serve as an EcoRep for their respective offices. As the office moves up through the four levels of sustainability, they will be rewarded with certificates, lunch, and gifts sponsored by OfficeMax.

OUS is taking a step in combining the administrative world with the environment with their new office: a solar powered house that the University had previously submitted to the U.S. Department of Energy’s Solar Decathlon. The decathlon is a contest for schools around the world to design and create operational energy efficient homes.

Nicknamed the PerformHouse, due to moving levers make the windows look like dancing arms, the University’s submission is a hurricane proof home equipped with floor to ceiling windows which extend out to cool the house down and move down to shield the windows from hurricanes while being entirely solar powered.

With the events of Earth Week as well as the completion of PerformHouse, the OUS hopes to set the benchmark for going green.

“We are the homeowners, the park goers, the commutors,” Kashar said. “It is in our best interest as the local community to build a strong environmental strategy to help mitigate our carbon footprint. We must have all components to be truly sustainable ‘people, planet, profits’. Sometimes that means we have to step back and look at the bigger picture.”

THE BAY IS ABLAZE

On March 23, a fire was started outside of the Marine Science Building by a lit cigarette that was discarded into a patch of dry saw grass and mulch. There has been a university wide smoking ban implemented by the administration since Jan. 2011.

International dances to be media for wellness lessons

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Afya Njema, in Swahili, means good health.

Counseling and Psychological Services will be hosting Afya Njema, a health and wellness event in the panther square at Biscayne Bay Campus today from 10 a.m. to 2 p.m.

Afya Njema will include five main demonstrations: Dancing for Health and Happiness, Bollywood Exercise Class, a Capoiera Demonstration along with Capeoira Bertrand, and an interactive conversation called “Abuelitas Miracles.”

Post Doctoral Fellow of Counseling and Psychological Services Krisha V. Thompson said “Abuelitas Miracles” will give students an access to a different type of health option. “The conversation will allow students to share ‘home-made remedies’ that are specific to their cultures and families,” Thompson said.

The event will conclude with an interactive drum circle.

Zumba and Bollywood Dance exercise classes will be offered by the BBC Recreation Center. Also present will be a wellness expert from Sweet Dreams to engage participants in body toning and dancing for wellness. The Recreation Center will have their nutritionist present, as well.

This event is different from others in that it is a combination of wellness and culture,” Thompson said. “I think past events may have focused on one of the two, but Afya Njema will be a combination.”

The Wellness Center will also have aroma therapy and a massage therapist available along with a skin and hair expert from B-Fine Organic.

The skin and hair expert will give a basic facial cleansing demonstration as well as speak to students about the importance of skin and hair care.

“I started working at FIU in August 2011 and was really struck by the diversity of the campus. I’ve attended and worked at several colleges and universities in the United States and have never been on a campus like FIU,” Thompson said.

“At the Counseling Center we promote holistic wellness, and for students this may mean utilizing techniques or remedies from their specific cultural backgrounds. Afya Njema will present to the university some of these approaches to health and wellness.”

SJMC week kicks off with media conference

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The New South American Landscape and the Media Conference will take place for the first time at the Wolfe University Center Ballroom at Biscayne Bay Campus today from 9:15 a.m. to 5 p.m.

“This is the event that really kicks off the week,” said Heather Radi-Bermudez, marketing coordinator of the School of Journalism and Mass Communication.

Every spring, SJMC organizes events that gather faculty, students and alumni to celebrate the craft in the industry of communications: journalism, advertising and public relations.

The New South American Landscape and the Media Conference will gather a hundred and plus attendees from other universities and media organizations, where panels will focus on media and democracy in Latin America as well as economics, social protest and media practices.

Andres Oppenheim, Latin American editor and columnist for The Miami Herald, will conduct the opening remarks.

SJMC professor Juliet Pinto will be the moderator for the following session from 12 p.m. to 2 p.m, where panelists from the University of Texas, Univision, Washington Post and Brazil will discuss investigative journalism and South America’s unwarranted demands.

From 3 p.m. to 5 p.m., journalists from the Inter-American Press Association, University of Miami and others will focus on the role of media and democracy in South America, with challenges and successes being the main theme. Students will be able to compare the implications of media in democracy in South America and the United States.

The communication week is co-sponsored by the Public Relation Society of America, the National Association of Hispanic Journalists, and the Latin American and Caribbean Center.

“We want this conference to show the students these changes through discussion with the experts,” Dean of SJMC Raul Reis said. “We want the students to know how that market is changing even before they graduate so they know what to expect and what employers want.”