STEPHAN USECHE
Staff Writer

With only three days left for people to register to vote, volunteers and members of the political sphere are rushing to make every citizen count. On Wednesday, Oct. 3, entrepreneur Russell Simmons stopped by the Graham Center to talk issues.

FIU Student Media: What made you get involved with this campaign? What makes you so passionate about it?

Russell Simmons: It's the same reason I'm here today. Because I believe passionately in the president's vision and I believe that a lot of the people, that are going to be disenfranchised, are going to be people who are going to be voting for the president. We all know that there was absolutely no fraud... that whole idea is a fraud; the idea was to disempower the middle class and underserved communities. And so it was easy to join.

FIUSM: You have said in previous interviews that poor people are the first ones to be suppressed when it comes to voting? Why and how so?

Simmons: Well, I mean all of America. When people are not given the opportunity to be competitive, or not being educated properly or don't have health care, that affects everyone, no one escapes. No one escapes this idea that corporations benefit in special interests. Any

SEE TALK, PAGE 2

MARIELLA ROQUE
Staff Writer

Talks are still in the works between the Miami-Dade County Youth Fair and Expo, Inc. and the University as they aim to make a land swap, granting the University 86 acres adjacent to the Modesto Maidique Campus.

At the last Board of Trustees external relations committee meeting, three potential relocation sites for the Youth Fair were presented, including the Bird Basin on 8th Street near Krome Avenue that was rejected earlier this year by Miami-Dade County Mayor Carlos Gimenez.

Sandra Gonzalez-Levy, senior vice president of External Relations, did not go into detail as to why the University would continue to try to acquire the property.

"Sites 19 and 20 are the most feasible," said Gonzalez-Levy during the meeting, referring to Adrian/County, a government-owned, underdeveloped agricultural property, and the Homestead Air Reserve Park, both located in Homestead. "These sites exhibit many of the qualities that would be important for a successful relocation, such as size, existing land use, and access to roadways."

"The distance from the Fair’s current location," Gonzalez-Levy said, "is not among the criteria used in the evaluation of potential sites."

Claudia Puig, committee chairwoman, spoke on behalf of the board, stating that the move into the fairgrounds was a "unanimous sentiment."

"This has been on the table for a long, long time and we’ve found this [land swap] to be a vital need for the University," Puig said.

External Relations had previously reported that, although more than 48,000 students are currently enrolled at the University, MMC occupies 344 acres, a size consistent with a student population of about 37,000.

"We don’t have enough room," said C. Delano Gray, a member of the board and chairman of the Faculty Senate at the University. "We need the space, we can’t survive without it."

The possibility of a countywide voter referendum to dictate the direction of the land swap was brought up by President Mark Rosenberg, noting that, "We don’t think we need the referendum."

"We have had discussions with Dade County lawyers [and] the Youth Fair may be excluded [from a referendum]," Gonzalez-Levy said. "A Melody for You," one of the bands that qualified to the next round performs at the University’s Battle of the Bands on Tuesday.

SEE FAIR, PAGE 2

BANDS BATTING

"A Melody for You," one of the bands that qualified to the next round performs at the University’s Battle of the Bands on Tuesday.
Involvement to impact social outcomes

TALK, PAGE 1

person who has a heart knows we should be responsible, we should give all Americans health care, they should know this. We should give people the chance to be part of the American dream. So I think that if people were not corrupted? Do you agree? How would you defend your point?

FIUSM: Many students say they don’t want to vote because the system is flawed, that both political parties are corrupt? Do you agree? How would you defend your point?

Simmons: I think there is a dramatic difference between the candidates, and when we say it doesn’t matter, we always find out later that it did. I remember people saying that Al Gore and Bush were the same, and then the war came and it destroyed our economy. This is something that Al Gore wouldn’t have promoted. It affected everybody. It affected our education today. It affects our health care today. It affects everything we do today…If you’re a woman, an equal salary is important. If you’re gay, “don’t ask don’t tell” is a statement to the world and the president speaking about gay marriage is a statement to the world. These are things we have to fight for…that can be solved through the presidencies and Congress.

FIUSM: Do you think that social issues such as gay rights, immigration, etc. should be a priority to the country, instead of the economy?

Simmons: The economy is a funny thing. I’m a business guy. I hire somebody for a dollar and I hope their work makes our company $1.50. I pay taxes after. I don’t hire a guy based on a tax break, so that’s misinformation. If you give a rich guy a tax break, he’ll give more jobs.

Well that’s not true. It’s a very important point, it’s not.

Empowering rich people with more corporate welfare is a very bad choice for America. So the president and his statement about campaign finance and reforms and his statement about wanting a real democracy…matter to me a lot.

Land swap: we can’t survive without it

FAR, PAGE 1

Iez-Levy said. “We have a time constraint.” According to Gonzalez-Levy, it is too early in the process to determine whether or not a referendum will be necessary.

“I worry about the Youth Fair changing their minds,” Paig said. “The land issue is priority and our timetable is critical.”

Rosenberg also discussed a “Plan B” if the University were unable to acquire the land. “We’re confident our new [facility] offices…we would be able to accommodate,” Rosenberg said. “The land issue is priority and our timetable is critical.”

Rosenberg mentioned the expansion of online classes and providing labs on Sundays. “The University is carefully fulfilling parts of a Plan B,” Rosenberg said, also noting a possible capping of enrollment. “Another part [is] a more aggressive approach to some of the property,“ Rosenberg said. “There’s a lot of moving parts to this.”

If the University were, however, to acquire the property, Rosenberg mentioned a partner- ship with Miami-Dade County Public Schools. “We are looking at the fair grounds would be transformed into “joint-use facilities” where high school students would receive university-level instruction during the day and University students would make it use of the evenings.

There is no similar piece of land that can be leveraged and university officials.” Rosenberg said.

“University officials.” Sophomore journalism major Alexia Gonzalez has never felt an oppressive force from the University and feels students can express themselves freely.

“I feel like students can speak their minds in class without teachers restricting what they say, and I respect that.” Gonzalez said.

The University has come under FIRE’s scrutiny before. In 2002, the University made changes to some of its Spanish classes. FIRE condemned the University for restricting certain Spanish classes to certain ethnic groups. In its says the University used to label some classes as “U.S. Hispanic Bilinguals Only” or “U.S. Hispanic Bilinguals.”

Separate Spanish courses for native and non-native speakers are still present in the modern languages department.

If you want to take a native class and you’re really good at that language and that’s not your native language, then you should be able to take those classes without any restrictions,” said Brady McCormick, a junior political science major.

The difference between then and now is that non-natives are allowed into a native class so long as they are pre-approved by the department.

“If you are put into a class with non-native speakers, those people [are on] a level that is way lower than yours and you’re supposed to teach them,” said De Gani, who is minor in Spanish, which is not her native language.

Several other state universities received a red rating including Florida State University, University of Florida, University of South Florida and Florida Gulf Coast University.

University of Central Florida and Florida Atlantic University both received yellow ratings.

The one category that the University did receive a green light was in “advertised commitments to free expression.”

When asked whether he was content with the University’s rating, Lunsford responded, “Probably not. I wish we would understand the compromise, if that’s the right word or the gray area. We don’t go out and … look for violators, if we did we would hear about it.

“The system shouldn’t have anything, but... deep down, do they really want to see a young male or female student be harassed verbally and sexually and call that a form of expression? We are going to disagree as a university because I believe part of our mission is to teach civility and respect for others and respect for differences.”

news@fiusm.com

FIUSM: A non-profit organization focused on civil rights in U.S. academia, gave the University an overall speech code rating of “red,” meaning a university has at least one policy that both clearly and substantially restrict freedom of speech, according to its website.

The organization classifies a speech code as “any university regulation or policy that prohibits expression that would be protected by the First Amendment in society at large.”

FIRE’s website points out seven violations on the University’s part and classifies them all as “restrictions on expressive rights,” six pertaining to speech code restrictions on expressive rights, five pertaining to “posting policies” and the promotions or posting of certain policies, and one pertaining to “polices restricting freedom of conscience” and cites the student code of standards, which says that students will “respect the rights and property of the University and its members.”

The last yellow light given is related to “posting policies” and the promotions or posting section of the SCC, “Students are expected to conduct themselves in a manner which exemplifies respect for people of all races, national origins, religious, ethnic groups, and to adhere to one’s personal values without unduly imposing on others.”

Karine De Gani, a senior journalism major thinks a policy that emphasizes respect and civility is not imposing.

“We have people from every part of the world...and I think there needs to be an order or establishment to maintain this order but I just don’t think it’s imposing...I believe I need to respect them [other individuals],” De Gani said.

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Catch the news… from a newspaper

JULIA DUBA  
Staff Writer

I walked toward the Glenn Hubert Library at about 8:13 a.m. after missing the Golden Panther Express shuttle for the third time this semester. Having accepted the fact that I could sit back and calmly read a chapter of my assigned reading material the next 5 hours, I noticed The New York Times stacked high in front of the library. I looked at the newspaper stand, the papers stacked almost taller than me with copies of The New York Times.

It was still early in the morning, so nobody else had picked up a copy to glance at the front-page picture and then throw it away in an FIU mixed recycling bin (hopefully). I grabbed a copy at the top of the pile and, yes, looked at the front-page picture. Then I walked up the stairs, glazing over a few headlines about Syria, President Barack Obama, and Presidential Candidate Mitt Romney’s offshore tactics.

As I prepared to unzip my laptop case and get started on my emails and check Facebook, I noticed a headline on the front page that intrigued me.

In an attempt to fulfill my obligation as a journalism major to read more news and perhaps feeling a little guilty for shoving the paper aside to make room for my laptop, I started to read the small print before I knew it… “Continued on Page A3.”

What was I to do? Where is page A3?

I awkwardly unfolded the newspaper and turned a page over, and there I read the rest of the story. It was about a new generation of young, urban citizens turned hunters living countryside who now hunt their own protein and then write books about the connections they feel to nature and their new-found gratitude for the food they eat.

Interesting. I flipped the page again and again: a short story about Syria’s foreign minister blaming other countries for the crisis, another about Swiss cows texting their farmers when they’re in heat, and then another about letters written by prisoners in solitary confinement.

I was converted.

No search engine on the top of the screen to tempt me to veer away from the story, no colorful ads sandwiching the columns of words, no hyperlinks in the middle of the text to navigate me to an entirely different story just paper and ink.

When you’re forced to read articles that you didn’t search for yourself, you’re forced to read news you didn’t know about in the first place.

I plan to fit newspaper reading into my schedule, like a 20-minute workout, three to four times a week.

I no longer imagine the traditional journalist voicing his concern as an old man swinging a cane in people’s faces yelling, “Back in my day, we read news on paper!”

I understand the concern for print journalism in a different light and want newspapers to stick around. And you should too.

—julia.duba@fiusm.com
Mammography Art Initiative raises $6,000 for cause

EDWIVE SEME
Staff Writer

Students at the University are combining their efforts, artistically and financially, to raise awareness of breast cancer this month. It can affect people directly, as well as indirectly through a loved one. Many people who are unaware that they have breast cancer don’t know it because they either think they don’t need to get a mammography, or they don’t have the money to afford one.

That is where the Green Family Foundation comes in, as well as the University’s College of Medicine. After launching an art contest, the College of Medicine hosted the Mammography Art Initiative on Sept. 29 at the Frost Art Museum.

The event displayed the artworks collected from the contest, which were based on two themes: “Radiology Meets Art” and “Breast Cancer Can Hide in Anyone.” The event also had multiple speakers, ranging from doctors, faculty and students, to breast cancer survivors.

The Mammography Art Initiative was founded and carried out by students of FIU’s Herbert Wertheim College of Medicine, as a community-service learning project, to raise money for low income women, from the Green Family Foundation NeighborhoodHELP (Health Education Learning Program), which revolutionizes the way medical students are taught.

Teams of students are sent into communities to help families stay healthy. Each team is assigned one to two households. The teams include medicals students and others in social work, nursing and public health, and in the future it may even include students studying business and law.

The University’s College of Medicine also collaborates with this foundation for their program called Green Family Foundation NeighborhoodHELP (Health Education Learning Program), which revolutionizes the way medical students are taught.

Teams of students are sent into communities to help families stay healthy. Each team is assigned one to two households. The teams include medicals students and others in social work, nursing and public health, and in the future it may even include students studying business and law.

To reach their goal of $8,000 to help 80 women from the foundation, the students organized an art exhibit from the contest. Three winners were chosen and awarded during the event. Their winning artworks, along with other participating works, were voluntarily auctioned.

The event also consisted of live music by students and consisted of speakers, such as Executive Associate Dean for Academic Affairs and Professor of Obstetrics and Gynecology Carolyn D. Runowicz. She’s globally known for her research in women’s health and gynecologic cancer. The president of the foundation, Kimberly Greene, also spoke of her personal experience with cancer and her inspiration for working with affected women locally, and also in Haiti.

Some other speakers included breast cancer survivors who found help through the Green Family Foundation NeighborhoodHELP, such as Roma James, who exhibited an art piece and presented the struggles she went through during her cancer.

At the end of the event, the College of Medicine was able to fundraise $6,000 and are still accepting donations in hopes of reaching their goals to help women in need and join the fight against breast cancer.

-Jodiann Jackson
Contributing Writer

Homecoming is offering students a variety of events

As you may have noticed, the University has decorated its campuses in blue and gold, reflecting this year’s homecoming theme “Unleash the Spirit,” in anticipation of Homecoming week, which is fast approaching. Homecoming builds Panther pride and unity among students, faculty, alumni and the community.

This year, there are so many events to look forward to for Homecoming week, beginning with a concert on Oct. 7 and ending with a football game on Saturday, Oct. 13.

On Oct. 7, the Panthermonium Village, featuring Bon Journey Casely, 21 Pilots and many more, will be located on the fairgrounds parking from 1 p.m. to 6 p.m. Come out and enjoy local food trucks, a kid zone and live performances.

This pre-starter to the Panthermonium Concert will be at the FIU Stadium. Doors open at 5:30 p.m. using Gates 1 and 3. Don’t forget your ticket!

On Monday, Oct. 8, come and unwind with a good laugh by attending the Panther Prowl Comedy Show, featuring Yannis Pappas as Mauricia, Hannibal Burress and Mike Epps, located at the U.S. Bank Century Arena. Doors open at 6:30 p.m. and a ticket is required.

On Tuesday, Oct. 9, if you’re not already there, take a trip to BBC and enjoy the LXV Lounge, where you can experience the Miami nightlife and enjoy food, refreshments and international DJs. Tickets are $15, and doors open at 7 p.m. in the Kovens Conference Center.

Heading into Thursday night, Oct. 11, come out and support your fellow Panthers in “Panthers Got Talent” at the U.S. Century Bank Arena. You can expect to see all types of talents, ranging from singers and dancers, to comedians and actors. Doors open at 5:30 p.m.

On Friday, come to the National Pan Hellenic Council Step Show. The show will feature different teams who will battle for the title of Best Step. So get your self a ticket and head on over to U.S. Century Bank Arena on Oct. 12, doors open at 6:30 p.m.

The Homecoming week finale is on Saturday, Oct. 13. Approximatley three hours before the FIU vs. Middle Tennessee game, enjoy the Homecoming Parade, which will start at Lot 3 and end in Lot 6. Come out and celebrate with faculty, students, alumni and friends, as they march in Panther spirit. The parade will feature floats, performers and different FIU organizations.

The parade will then lead to the tailgate before the big game. The game is set to start at 6 p.m. at the FIU Stadium. Don’t forget to get your ticket, and join the fun!

For more information on events and tickets, visit http://the.fiu.edu/ or pick up a flyer around campus.
Students reflect on author J.K. Rowling’s new novel

**COVER TO COVER**

It’s not about wizards, secret chambers or a world inhabited by magic, but world-acclaimed author J.K. Rowling has taken the literary spotlight once again in her recently released novel, “The Casual Vacancy.”

However, with the book’s synopsis suggesting a focus on adult themes and political undertones, even grown-up fans of her world-renowned children series seem to generally be at a crossroad with how they feel about reading this non-Potter novel.

“The Casual Vacancy” ironically begins where a politician’s life has abruptly ended. It’s not Harry Potter, but I understand that she’s just moving on like her fans, so I think she’s just moving in a different direction. I think it’s going to be difficult though, for her to break away from the shadow she created for herself.

John Garcia, junior

Economics major

...moving in a different direction. I think it’s going to be difficult though, for her to break away from the shadow she created for herself.

- marcy.diaz@fiusm.com

**CALENDAR FALL 2012 EVENTS**

**FRIDAY, OCT. 5**

**MOVIE: SAFE**
*WHERE: 5 & 8 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC GC 150*

**PHOTOSHOP ESSENTIALS**
*WHERE: 10-11 a.m.*
*HOW MUCH: FREE*
*WHERE: MMC PC-414*

**FIU VOLLEYBALL VS. LOUISIANA**
*WHERE: 6 & 8 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC PC103*

**FALL 2012 ENTREPRENEURSHIP WORKSHOP - MARKETING STRATEGY AND SOCIAL MEDIA FOR ENTREPRENEURS**
*WHERE: 8:30-11:30 a.m.*
*HOW MUCH: FREE*
*WHERE: MMC BC Business Complex, Special Events Center*

**STUDY ABROAD INFORMATION SESSION**
*WHERE: 12-2 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC PC 113*

**HEART WALK**
*WHERE: 7 a.m.-12 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC WOBER BUSINESS LOOP*

**FIU MEN’S SOCCER VS. GAB**
*WHERE: 7 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC SOCCER STADIUM*

**FEDERALIST SOCIETY EVENT**
*WHERE: 12-2 p.m.*
*HOW MUCH: FREE*
*WHERE: MMC KRB 2008*

**CIRCOX**
*WHERE: 9 p.m.*
*HOW MUCH: $30 - $75*
*WHERE: The Fillmore Miami Beach*

**PANTHERMONIUM VILLAGE**
*WHERE: 11 a.m.*
*HOW MUCH: FREE*
*WHERE: MMC FIU FOOTBALL STADIUM*

**GOTYTE**
*WHERE: 7 p.m.*
*HOW MUCH: $25 - $46*
*WHERE: 4,000 seat Amphitheater at Bayfront Park*

**BAKING OUT LOUD: FUN DESSERTS WITH BIG FLAVORS**
*WHERE: 5 p.m.*
*HOW MUCH: FREE*
*WHERE: Books & Books @ 265 Aragon Ave, Coral Gables, FL 33134*

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**THE CASUAL VACANCY BY J.K. ROWLING**
Senior setter returns to lineup in time for conference play

JONATHAN JACOBSKIND
Staff Writer

Turning point: two words that can sum up this week’s array of practices as is the Panther’s slogan for the 2012 campaign. After posting a dismal 1-3 record in conference play along with a 4-12 record, the team has dug themselves into such a huge hole that it may take a drastic turn around in order for the Panthers to salvage what it left of the regular season.

As the Panthers continue to struggle with their set-receive woes as well as not properly getting low enough on defense, assistant coach Travers Green and a volunteer assistant coach held the girls accountable and the consequences weren’t pretty.

The girls were given the job of completing repeated “latter” drills in which they emulate suicide drills in which the objective is to hit the deck as if a player were being hit by a ball. On a lighter note, FIU finally received some reinforcements last weekend against South Alabama and Troy as senior setter Renele Forde made her 2012 season debut.

The 6-foot-3 standout was out with an abdominal injury that had her sidelined for four weeks where Forde was forced to remain stagnant due to the severity of her injuries.

“I’m just jumping right in and contributing as much as I can,” Forde said. “I mean it’s not easy, I’ve been out for a month and I could not anything since I was physically inactive.”

After spending the past month on watching her inexperienced teammates fight through the growing pains and play on, Forde is all smiles about being able to finally take the floor.

“Now that I’m back I focusing on motivating the team and get back in proper volleyball shape to help out our young players,” Forde said. “I’m going to work as hard as I possibly can to bring us back from the loads that we’ve had this season.”

With Forde coming back, FIU now must await the arrival of their star and 2011 All Sun Belt hitter, Jovana Bjelica. Bjelica has been sidelined with a broken bone in her right hand after colliding with a teammate minutes before FIU defeated opener against Florida.

The Serbian native was handed a 4-6 week timetable for her return as the fifth week looms over since the injury. Bjelica has not shown any signs of a return in the near future as she remains to sport a protective cast along with her physical therapy.

With Bjelica, she is continuing to rest her hand so we are hoping to get her back in the next few weeks,” Head Coach Trevor Terrouilde said. “The thing is even if she is back it is take a while to get into volleyball shape with running and conditioning.

Still without the services of Bjelica, FIU will take on another conference foe this weekend as it prepares to take on Louisiana Lafayette in four major categories: hitting percentage, kills and assists while leading the entire conference in services as it has posted a 1.65 service ace per set average so far for the 2012 season.

The Panthers seem to be more effective on defense as oppose to ULL’s resistance defense in their third in the conference in blocks with 127 while ULL is dead last with 26.

FIU will play in just its third home game versus Sig Ep where the Paladins have a split their home record in 2012 as it defeated Arkansas State but was shutout by the Trojans of Arkansas Little Rock. The match is slated for 6:30 pm.

PIKE routs Theta Chi; Sammy stays undefeated

FRATERNITY W-L-T PCT PD

Sigma Alpha Mu 5-0-0 1.00 45

PIKE 3-1-0 0.75 64

Pi Kappa Phi 3-1-0 0.75 96

Phi Sigma Kappa 2-1-0 0.50 -2

Tou Kappa Epsilon 2-1-1 0.50 39

Sigma Phi Epsilon 2-2-0 0.50 34

Theta Chi 1-3-0 0.25 -26

Phi Beta 1-2-1 0.50 13

Sigma Chi 0-5-0 0.00 -128

Beta Theta Pi 0-4-0 0.00 -137

*All records up to date as of Oct. 3
Panthers prepare for road test at unbeaten North Texas

MICHAEL ORTEGA Contributing Writer

The defending champion Panthers are looking to claw their way back up to the top of the Sun Belt; this will begin with a tough road match against North Texas when they head to Denton on Sunday.

FIU faced the Mean Green last year at home, winning 1-0. This year, however, it will not be so easy as UNT is tied for first in the conference at 4-0-0 and showing much improvement this year.

The Panthers will focus on improving their struggling offense. They are averaging just one goal per game. "We are going to have to look forward and make history now," said Johanna Volz, Midfielder Women’s Soccer.

Another test for FIU will be playing away from home; the Panthers are only 2-3-1 away. Those two wins came against two conference opponents in Troy and South Alabama. The Panthers have struggled when they go on the road, only scoring less than one goal per game. Key goal scorers will have to be playing at the top of their games on offense such as forwards Chelsea Leiva, Scarlett Montoya and midfielder Johanna Volz, who have combined for 13 goals this season, will have to continue to show their strong offensive skill in the upcoming games.

They will have to try to score and improve the low shot count of the team. On defense, goalie Kaitlyn Savage will have to be a presence in the goal and in the box; Savage now has a total of 65 saves so far in the season.

“We’re going to have to stay pumped up and work hard this week in practice for North Texas,” said sophomore forward Caroline Hernandez. “We are definitely going to win the next game.”

If they win this weekend against the Mean Green, they will be in second place in their Sun Belt, only behind Middle Tennessee, because of the loss they suffered by them at home last Friday: the only loss at home for the Panthers, as well as the only conference loss.

After this weekend’s game the schedule becomes more favorable for the Panthers, facing only teams with under .500 records in the conferences. With three of those next five games being at home, where the Panthers are 4-1 so far, giving FIU a better chance to become the champions.

We can’t focus on the past games anymore. We need to look forward and make history now,” said Johanna Volz.

ASSOCIATED PRESS

Ex-NFL WR appears in court again on drug case

NOMAAN MERCHANT AP Staff

Former NFL wide receiver Sam Hurd, whose young career was brought to a halt by accusations that he tried to set up a drug-dealing ring in the middle of a season, is scheduled to appear in court Wednesday on new charges.

Arrested last December, Hurd is due in Dallas federal court Wednesday afternoon to plead on a new indictment with charges related to his time out on bail earlier this year. Hurd is accused of trying to have a cousin related to his time out on bail earlier this year.

Hurd’s attorney, Jay Ethington, said Hurd was living in Texas earlier this year at the time of his plea agreement, said Hurd contacted his attorney.

According to the documents, Chavful said he set up a deal to purchase the cocaine and 200 pounds of marijuana.

The 27-year-old Hurd is being held in federal prison near Dallas. His cousin, Jesse Tyrone Chavful, and his other alleged co-conspirator, Toby Lujan, have signed guilty plea agreements.

Authorities say he failed two drug tests and eventually buy 5 to 10 kilograms of cocaine by accusations that he tried to set up a drug-dealing ring in the middle of a season, is scheduled to appear in court Wednesday on new charges.

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Mindful relaxing for a mind full of work

SKYLAR SIEGEL
Contributing Writer

Students’ minds are often racing about all they have to do for classes and work, and they do not always take the time to relax and breathe so they can focus on what they are doing at that moment, which is why mindfulness meditation on campus may be able to lend a helping hand.

Every Tuesday from 12 to 1 p.m. on the Biscayne Bay Campus, room 246B in Academic II, Jose Miranda, a counselor in the Office of Employee Assistance, coordinates Mindfulness Meditation, which is a meditation that focuses on the present moment, open to all faculty and students.

“We want to help reduce stress levels by helping them take an hour out of their busy week to focus on the present moment,” said Miranda.

Mindfulness meditation is free for all students, offered at both BBC and the Modesto Maidique Campus. At MMC, the group meets Wednesday from 12 to 1 p.m. in room 314 of the Granada Center.

According to Miranda, the meditation is getting more popular at MMC, around five to seven students usually attend.

There are no students involved at BBC yet, only faculty members. They are looking for new students.

In mindfulness meditation, attendees can lead the group with their own personal meditations. Students and staff can share quotes or personal experiences throughout the hour-long session.

If not, a digital recording gives directions to participants through breathing exercises and calming tones.

The meetings are held in a small room with one couch and three chairs, leaving enough room for about seven people. Through mindfulness meditation, stress relief is achieved,” Miranda said.

He explained that the meditation does not focus on judgment, on the future or on the past.

“We emphasize living in the moment, letting everything you may have been worried about before you came leave your mind. Stress can become dangerous for students when it interferes with their ability to concentrate and can even affect their mental health,” Miranda said.

“We have been holding these meetings for over a year now,” said Miranda. “And although we began at MMC we really want to raise awareness at BBC to get more students involved.”

To find out more about Mindfulness Meditation, contact Dr. Jose Miranda at 305-348-2469 or email: Jadmiran@fiu.edu.