MPAS to host release week

DOUGLASS GAVILAN
Staff Writer

Beginning Monday, April 17, the Multicultural Programs and Services and Campus Life offices will be hosting a week-long event that incorporates relaxation and issues affecting the LGBTQ community.

As Pride Month continues, “Release Week” will have five events including a day of silence, which is an annual nationwide event to spread awareness on the effects of bullying and harassment many members of the LGBTQ communities often face.

“Release week is a cool opportunity in which LGBTQ initiatives partners with Campus Life,” said Sebastian Ojeda, graduate assistant for the LGBTQA initiatives.

Students who take the pledge, which will be at 10 a.m. in the Panther Square, will be given a shirt and expected to stay silent until the event wraps up.

SEE RELEASE, PAGE 2

SGA’s elected candidates share their plans for new term

CEYLIN ARIAS
Staff Writer

Election season at the University officially concluded on April 5, results confirmed FFYou candidates at MMC President-elect Krista Schmidt and Vice President-elect Jordan Thompson, and President-elect Leonardo Cosio and Vice President Meredith Marseille at BBC as winners of this year’s student government election.

Though Cosio and Marseille both ran uncontested, this did not make winning the election at BBC any less important or exciting, said Cosio.

“The feelings Krista might have felt when she found out she won the election must have been different from what I felt when I found out, but the core of it, it remains the same. There is a lot of work to be done,” he said.

Cosio said he could not share many of the details about his platform as he has not officially begun his term as president – which will be in May—he has a few plans to reduce transportation costs for students.

“We want students to know that we are here for them. In fact, one of the things that we will be addressing is the bus shuttle fee. Five dollars per bus ride gets expensive and so the SGC-BBBC will find a way to cut costs,” said Cosio.

Cosio also said SGC-BBBC work for students and want students to know their concerns will be addressed and fixed. MMC president-elect Schmidt echoed the same sentiment.

“My vision as a student government organization [representative] is to be visual on campus. SGC has that potential and empowerment and once we start doing that, people will see that SGC can create positive change for the entire student body,” said Schmidt.

Schmidt says that after joining SGA, students tend to form their own bubble and lose touch with what’s going on outside of that. During the year she took a break from SGC, Schmidt said she was still engaged with students and organizations involved with SGC.

“I felt that this perspective is what is really needed this upcoming year in student government. When they asked me to run at SGA back in December, although I didn’t necessarily see myself doing this in prior years, I realized I could make that change myself,” said Schmidt.

“TAPKANNIA KEOUN
Staff Writer

FIU’s College of Communication, Architecture and the Arts, in partnership with the Creative Class Group, will head a project that will establish Miami as a leading economic metropolis.

The project, titled “The Miami Urban Future Initiative,” is keen on researching former and current economic trends in the region and developing new strategies to put Miami on the map as a globally creative economy.

“The initiative will help map economic, occupational and technological aspects of the region. We’ll bring in partners and experts in addition to our team to provide the necessary data to grow a more inclusive economy,” said Rana Florida, CEO of the Creative Class Group.

“The Creative Class Group is an advisory firm that works with companies and businesses which studies the correlation between cities and economic growth. The group was founded by Florida’s husband, Richard, an author and professor of urban economics.

“[We] disseminate this information and inform the broad strategic vision for the region’s private and public stakeholders through ongoing local convenings and briefs,” said FIU’s dean of the College of Communication, Architecture, and the Arts, Brian Schriner.

The project is an extension of an existing venture between FIU-CARTA and the Creative Class Group, the Miami Creative City Initiative, which looks at advancing economic benefits across Miami in the past two decades.

“We’ve been working in the Miami region with Florida International University for the past three years. They are top notch in creating the next level of talent that’s going to really grow the region and we thought there was a need to continue this type of work,” said Florida to Student Media.

Recently, the initiative received $1.2 million in funding from the John S. and James L. Knight Foundation to resume this economic research.

“Improved intelligence and research guide Miami’s strategic direction — there will be four to six annual briefings and publications. Any future economic and community development in the region must be guided by data and facts about the region, such as trends and regional strengths and weaknesses,” said Schriner.

The future of the initiative places importance on bringing together international thought leaders and regional practitioners, to catalyze Miami as an urban center for economic development and creativity.

The Miami Urban Future Initiative will be located at the newly developed FIU-CARTA at Mana Wynwood on the eastside.

The initiative is projected to begin in September and will be in place through 2022.
Organization brings prison reform awareness to university

STEPHANIE CASTRO
Assistant News Director

The Student Alliance for Prison Reform is an established national network of students who support initiatives to bring out change in the criminal justice system via advocacy, education and service. Eric Feldman, advisor for SAPR, said the club started fall of 2016 after he attended a civic engagement conference in colleges.

“In one of the presentations I went to, there was somebody who tried to get college students to work on prison reform — to teach classes in prisons or to have formerly incarcerated students tell stories on campus and humanize them,” said Feldman.

The United States is the world’s leader in incarceration with 2.2 million people currently in the nation’s prisons and jails — a 500 percent increase over the last 40 years, according to The Sentencing Project.

Featured in the Huffington Post, USA Today, The Hill, the student-run project versus having their brain scattered over their lives.

“We’re the number one country in the world to incarcerate people,” said Elimelech Risse, President FIU Student Alliance for Police Reform.

Statistically, the rate of going to prison is so high that if you have not directly been involved with the judicial system, you know at least one person in your family or a friend of a friend who has,” said Risse. “We’re the number one country in the world to incarcerate people.”

Risse’s main goal is to bring more awareness and involvement to the club.

“The mission is to advocate social issues. As president, one of the things that I would like to emphasize on members is the state of mind. In that, it’s great to be involved, but let’s be proactive members of society,” said Risse. “We’re more than a club, we are a movement.”

Among other events, SAPR has also collaborated with the Miami Gardens police department in the Walking One Stop event, a Miami-Dade County Juvenile Services Department initiative which is a part of the Miami-Dade Anti-Gang Strategy, created in 2008. The event shows residents access to social and economic services, child care, as well as youth services and disability services.

“When people are incarcerated it’s not just the person going into prison, it’s the whole family that gets affected,” said Risse. “The event [Walking One Stop] showed us that.”

Risse would also like to open an office at the University in an effort to get more departments involved with SAPR such as the Psychology Department.

“They [minors] go in and go out and they’re never the same. There’s a bunch of different offices in FIU, why not create a mental health office on this event? Why not give students a job or an internship?”

Feldman also tackled on the issue of the restoration of voting rights in Florida where convicted felons are not allowed to vote for the rest of their lives.

“People’s misconception [on returning citizens] are that everyone had a real choice about whatever they did to get to prison. That everyone has total self-control over their lives while I think you have very limited choices depending on their surroundings,” said Feldman.

On April 27, SAPR will be celebrating their first year as an organization at the University at the Green Library in room 137 at 6:30 p.m. All FIU students are welcome. For more information on FIU’s SAPR organization, visit their facebook page at Student Alliance for Prison Reform at FIU.

Additional reporting done by Martina BRETOUS.

MPAS hosts week-long event on LGBTQA issues and relaxation

RELEASE, PAGE 1

and 2 p.m., according to Hannah Ellis, graduate assistant at BBC’s Campus Life.

“They [MPAS] are so wonderful, they are a wonderful office and I’m so proud to work with them,” said Ellis. “I’m so excited to be working with them. We’re both trying to do a lot to benefit students.”

The next three days will focus on relieving students stress where events will be done with an outer space theme — the Art Therapy Day.

On Wednesday, April 19, students will enjoy arts and craft activities working with moon sand and creating their own rocket ship. There will also be a photocall for students and graduating seniors can customize teddy bears from 11 a.m. until 2 p.m. in the Panther Square.

“Some of the research that I have seen is that different students handle stress in different ways,” said Ellis. “Students do best when they are given a creative outlet, and art is one of the biggest.

Whether it’s painting, crafting or using Playdough, using art is a way to let them focus on a small project versus having their brain scattered over homework, family and stress.”

“Throw Your Stress Away” follows on Thursday, April 20, which Ellis said will feature a black hole where students can write what stress is weighing them out on paper stars and can throw it away in the black hole. Campus Life will also be giving away cupcakes to participating students in Wolfe University Center Loggia, from 11 a.m. til 2 p.m.

On the last day of Release Week, from 11 a.m. to 2 p.m. “Sweat the Stress Away” will consist of playgrounds activities and games. Ellis said there will be jump rope, foursquare, dodgeball and chalk.

“This is the event that I’m most excited about,” said Ellis. “It’s a way to get students active, outside and take their stress away.”

For more information, visit Campus Life located in WUC 141 at the Biscayne Bay Campus or the MPAS offices located in WUC 253.
Syria “in the wrong,” but we must be careful

The fact that [the U.S. and Russia] could potentially escalate this situation is dreadful to think about.

The number of causalities is unclaimed — however, for the first time since the ongoing civil war began, the United States bombed a significant regime target. This is a change in the Trump regime, which originally justified itself on an “America first” approach. However, this change signals a humanitarian stance on international affairs, attempting to protect those who can’t protect themselves. But ultimately, was this worth it?

The Assad regime has been receiving military support from Russia, and after the attack on Thursday, Russia was quick to speak up. According to Fox News, Russian President Vladimir Putin described the attack as “an act of aggression on a sovereign state” that “dealt a serious blow to Russia-U.S. relations.” Russia is a significant world power that currently outnumber us in nuclear weapons possessed. But I am here to investigate and America’s number isn’t significantly larger, but the fact that these two superpowers could potentially escalate this situation is dreadful to think about.

For all that it’s worth, it’s better to keep the peace and seek diplomatic agreements than risk a potential Russian retaliation on U.S. troops or American soil.

Daniel Melo is a contributing writer for Panther Press. His column, Debriefing, is a commentary on politics.

Blackness is not an economic status

A IS FOR ANT

It seems as if each article I write goes on to inspire my next, but inspiration does what it wants. I recently read a column in the Miami Herald written by entrepreneur Brian Brackeen, in which he expressed his “blackness” or “lack thereof.” He wrote that he had lost an editorial opportunity because he didn’t have the background or upbringing the media loves to glorify and highlight about black folk — the one that speaks of immense struggle and hardship. Because of this, Inc. Magazine, an editorial initially willing to profile him, killed his story and his spread because they claimed he wasn’t “black enough,” as if there was such a thing. He had come from a stable, middle-class family.

According to his column, 75 percent of black people aren’t poor. Seventy-five percent of black people grow up in stable homes, like myself here in Fort Lauderdale, and Brackeen, who grew up in Philadelphia. But our 75 percent takes a back seat to the 25 percent of us who do, unfortunately, experience hardship, and instability in childhood homes.

Why not represent our demographic accurately, if not equally, at all. How does having a background of drugs, abuse, alcohol, legal troubles and the like make you more black than that of stability, education, and safety? Why does circumstance define how black you are?

There are so many obstacles thrown in the path of the black individual. Besides not being treated equally among society, we must also face stigma within our own community.

This is a constant notion to highlight the smaller portion of those that fail to represent us at height of our culture and potential. Instead, we are portrayed as troublesome “overconcern.”

It’s not fair to say man isn’t “black enough” because he owned his truth or was able to become successful and make a way for himself beyond trying to “make it out.”

It’s for truth — in all of it; even a portion of the truth is still a lie. We black people are way more than the media makes us out to be. Of course we can exceed, overcome and go beyond such trepidations. But whether we face them or not, our culture is superior to gangsters, drug dealers, felons, and addicts. We are superhuman. We can do anything. Including succeed with being the only incentive.

Ahkiid Davis is a staff writer for Panther Press. His column, Ants, is for Ants, provides oppositional commentary on the social and societal influences in America.

Stay healthy and shop organic

It’s clear that organic farming is something that’s extremely positive for the environment because it combats the effects of global warming.

But maybe you hopped on the bandwagon of those who think spending a few extra dollars for some pesticide free produce is worth it.

The Balance made it clear that organic farming is something we have probably heard once or twice in your life that it’s important to eat purely organic food. And a few people might have mentioned that although it may cost a few bucks more, it’s definitely worth it in the long run.

But I am here to investigate whether or not organic is worth all the hype. It’s important to know, not only for human beings and for our health, but for the environment and for the sustainability of Planet Earth.

According to The Balance, there are countless benefits when it comes to organic farming and eating. To begin with, it discourages the exposure to pesticides and chemicals. This is something we have probably all heard before.

Every time you go to the grocery store, you pass countless fruits and vegetables, and there are usually some that are labeled organic and others that aren’t.

Maybe you’re one of the people who avoid the organic food simply because they’re a bit more expensive than the regular fruits and vegetables.

No need to worry, because it combats the effects of global warming.

According to The Balance, a “trial, running since 1981, has begun to show that a healthy organic agriculture system can actually reduce carbon dioxide and help slow climate change.”

On top of that, it’s also something that supports water conservation and animal welfare.

So with the long list of pros that organic farming and eating has presented us with, why isn’t everyone eating an organic diet?

Not only do farmers need to have the knowledge on how to grow organic crops properly, but they “must learn to manage an entire ecosystem geared to producing food — controlling pests through biological means, using the waste from animals to fertilize fields and even growing one crop amidst another.”

Personally, I am not someone who goes out of my way to buy organic food. But with time though, I have realized how important it is to eat a clean diet and that means eating food that is not covered in chemicals and pesticides. I think it’s important to shop organic when possible. Not only is it beneficial for the environment, but for our health as well.

Amanda Jung is a staff writer for Panther Press. Her column, Eyes on the Earth, is a commentary on the social and environmental issues.
As April 12 rolled around there was little anticipation around campus for the annual UpRoar event held by FIU’s Student Programming Council. Previous years have seen the likes of Jessie J, MKTO, T-Pain, Big Sean, Gym Class Heroes and more. This year welcomed rising star Niykee Heaton and on again off again sensation Mike Posner to the stage.  

While doing my research on UpRoar, I was ready for the kind of packed audience prior years have seen. However, as I stood at the front railing with ample room and the show about to start, I began to realize that this small crowd would not grow much larger.  

Before attending the concert, I first took a listen to Heaton’s Spotify and YouTube channel. Though her roots in pop and alternative R&B remain, her music has changed from the robust, acoustic sound heard on her YouTube channel to a more whiny and altered voice on her tracks which lack the soul she once demonstrated. Fast forward to UpRoar and my expectations for an underwhelming performance were high.  

As she began to sing her first song, I started to hear people questioning the same thing I was: is she lip-syncing through this whole performance? This was hard to tell at first, but it became obvious that she was barely singing over her previously recorded vocals. She continued to lip-sync until she referenced her humble beginnings by performing a cover. Her hustled rap matched with strings of R&B vocals that really elevated her performance.  

Still, her low energy combined with sporadic and provocative dance moves resulted in an awkward opening act. The audience was visibly anxious for Posner’s set to begin as soon as she announced her last song.  

As we waited for his performance, students nostalgia over “Cooler Than Me” was almost as talked about as their love for Posner’s more recent hit “I Took a Pill in Ibiza.” Creating these catchy pop-rap songs intended for the college crowd has left Posner struggling with most of his recognition surfacing from these one-hit albums. Having also connected him to this “popy” and predictable sound, I was excited but didn’t expect any surprises.  

Most of the audience and I were thrown for a whirl when Posner joined The Legendary Mike Posner Band in performing his hits in various expressions. They dipped into different genres to change up songs the crowd was expecting to hear replicated from his albums.  

From edgier guitar and drum sounds laid down by Jacob Scesney to slowed down intimate acoustic moments, Posner and the band brought us a new appreciation for his music, so called “one hit wonders”. Posner also blessed the audience with rock/alternative rearrangements of covers, such as “Black Beardy” by Rae Stemmum, in his innovative efforts to pump up the crowd.  

He also covered Justin Bieber’s “If I Was Your Boyfriend” with the original lyrics he wrote stylishly interrupted by soul wrenching saxophone and drum solos. If this wasn’t enough to turn anyone permanently into a Mike Posner fan, the young multi-talented artist had one more surprise. After ending the set with “I Took a Pill in Ibiza” and leaving the stage, the room was overpowered by the small audience’s screams for an encore. The band shortly reappeared and Posner followed. This time he took a seat at the front of the stage and began to talk.  

Not fully knowing what was going on, the audience was intrigued. He continued in reciting a poem of gratitude memorized from his recently published book of poetry. This moment of reflection left him vulnerable and emotionally expressive. Never before had his performance made me feel so personally connected to the artist. Furthermore, his relatable battles connected the audience to each other.  

Ending the show with this strong moment of community made everyone in attendance equally as grateful to have chosen to be there that night. No matter how anyone felt about Niykee Heaton’s performance, Mike Posner and his band made UpRoar a worthwhile event.

Mike Posner preforms Wednesday April 12 at SPC UpRoar concert.

Mama Perez-Moreno/Panther Press

Women and gender studies offers trans studies course

CAYLA BUSH
Editor-in-Chief

The Center for Women’s and Gender Studies will offer a new course in the fall focusing on the transgender experience.

Following the lead of other universities, the course is the first step for what the Director of the Center, Yesim Darici, hopes to evolve into a transgender studies initiative.

“We have 55,000 students, and this is the right place to do it. Of course, all these things come with the demand from students,” Darici told Student Media. “I saw a need and I initiated it and [Justin Grant] wanted to do it, so I said let’s do it.”

Grant, who is an instructor in the English department, says that the introduction to trans studies course was the first step for what the Director of the Center, Yesim Darici, hopes to evolve into a transgender studies initiative.

“Although our center focuses on the lives and experiences of transgender students here at FIU, which we don’t currently have a course or curriculum for this field of study,” Grant said to Student Media. “Thinking about timelessness, we’re seeing this sort of cultural phenomenon where there’s this greater visibility of transgender individuals.”

Grant says that shows like Amazon’s “Transparent,” and former president Barack Obama’s State of the Union address brings visibility to the transgender community, but not all of the hardships that face its members.

“We see poverty, harassment, discrimination and violence against transgender people, particularly against trans women of color. So this dichotomy between visibility and vulnerability in the community is something that needs to be fully addressed,” Grant said.

The course, according to Grant and Darici, will be an interdisciplinary approach to understanding topics such as trans activism, feminism and queer approaches to transgender issues and transgender film and literature.

“The course is not only exposing students to transgender issues and perspectives, but also gives students a broader understanding about their own subjectivities and to think about those relationships between sex, gender and intersexuality,” Grant said.

While the undergraduate course is only being offered as a special topics course right now, Grant and Darici hope that an increased demand from students will lead to the course becoming a regular one that plans to develop a graduate course would follow in a couple of years if there is a demand for it.

“If students want more on the subject, they come and say ‘we need these initiatives, we don’t have any.’ Then I will sit with students and related faculty, and we will discuss what their needs are and what they want,” Darici said. “If a demand comes from the student body, it is real and it has to be answered.”
Events offer students opportunity to relieve ‘craziness and stress that adulting entails’

JOSHUA CEBALLOS
Assistant Entertainment Director

The Office of Multicultural Programs and Services, Campus Life BBC, the Wellness and Recreation Center and the Healthy Living Program are all hosting events to help students unwind before a week of testing.

“Feed Your Mind”

MPAS will be hosting its “Feed Your Mind” workshop in the Wolfe University Center at the Biscayne Bay Campus in room 253 on April 18.

“The purpose of this event is to let students know about some of the healthy snacks they can eat to stimulate their brain and include a healthier lifestyle,” said Mark Harris, a graduate assistant for MPAS.

Harris says that students may have a fairly good idea about nutrition and how to eat to maintain their bodies, but in the scramble of finals week, all that nutritional know-how goes away.

“...taking into consideration that this is around finals time, we’re just trying to make students a little bit more aware of this so that once they’re in a rush taking finals, writing papers, [they’ll know about] some foods or some snacks that they can munch on just to help them stay focused with their academics,” said Harris.

Students attending the event will be treated to healthy snacks provided by MPAS to coincide with their presentation which Harris says is more than just a lecture.

“We try to have... a lecture-conversation style when it comes to our events. We don’t want the students to feel like we’re lecturing them all the time, but we also want them to engage in conversation as well,” said Harris.

“Art Therapy Day”

On April 19, Campus Life at BBC will be hosting its semestery “Art Therapy Day” event as a part of “Release Week” before finals.

Hannah Ellis, graduate assistant for Campus Life, says that this event will be a chance for students to reconnect with their inner child.

“...it’s basically a way for students go out and forget about finals and the stress that they’re going to be encountering... and we would like to take them back to their childhood classrooms and let them paint,” said Ellis.

Release Week is a general effort to diffuse stress for students at BBC according to Ellis and Art Therapy Day does that in a creative fashion that most students don’t normally get to enjoy.

“I used to teach preschool and I got to see how art therapy really did help our students, and as I’ve gotten to work with college students... [I’ve learned] they don’t get to engage in as much play with all the craziness and stress that adulting entails,” said Ellis.

Craft tables will be set up in Panther Square at BBC where Ellis said that students will be able to create their own flags alongside MPAS, as well as enjoy crafting personal rocketships that go along with the week’s outer space theme.

“Yogurt and Yoga”

For students looking for a more physical release for stress, the WRC will host a “Yogurt and Yoga” event for students to work out the woes of finals.

The coordinator of fitness and programming for the WRC, Sara Holtzman, says that this is an opportunity for people in the community to feed both their bodies and minds when they normally don’t have the chance to.

“This will be our second year with the event, and it’s just a larger yoga event, it’s a longer class. [The event is] open to anyone at FIU and the community in general, as a ‘bring-a-friend’ kind of event, whereas our typical yoga classes are just for members,” said Holtzman.

This event will not only allow students to practice a stress relieving exercise like yoga for the first time, but also teach them about some proper post-workout food choices, like yogurt.

“The first year we were sponsored by Dannon, and this year Siggi’s Dairy is sponsoring us to give us free yogurt. I believe that Nestle [Nesquik] will be there as well. Chocolate milk is a good post-exercise recovery drink,” says Holtzman.

Holtzman says that everyone who participates will be given free yogurt after the yoga so students will have to register

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Actress is ‘the queen of barrier breaking’

Laverne, Page 4

Raised in her hometown of Mobile, Alabama, Cox also talked about being bullied throughout her entire school career, being called “too feminine,” and the F-word, an offensive term that in the LGBTQ community.

When I moved to New York City, I met real-life transgender people, I got to know them as people. Literally all the misconceptions of who transgender people were melted away.

Laverne Cox

Actress

“Orange Is the New Black”

create these unforgettable experiences with different people on campus.”

Schmidt’s platform includes more tabling events that will help meet the needs and concerns of students by helping them out on a one-to-one basis. At a forum discussion lead by President Rosenberg, Schmidt realized just how unaware students were of the resources available to them through the University. A student there had complained not being able to attend a Career Fair because he did not have the appropriate attire.

What this student didn’t know though was that the Career Closet provides students who cannot afford new business attire with lightly used ones,” said Schmidt.

“Resources are out there and I wish students knew they were welcome to pass by the office and ask directly what it is that they need so I can direct them to the appropriate office,” Schmidt said one way to improve the first year class is by making it more interactive and engaging for students. With such improvements in place, students would know how to use their advisors more wisely, preventing them from prolonging their graduation date as well as from taking the wrong classes, according to Schmidt.

We have to move from a shaming society to an empathetic society. A society who has a need to learn about people who are different from what someone may be considered ‘normal’ and has the capability to be empathetic,”

Nicholas Almeida, a digital media student had an eye-opening experience to the issues that face the transgender community after attending the lecture.

“I learned to appreciate a person for who they are and not what they look like.”

“I didn’t associate being transgender with being successful. When I moved to New York City internal life transgender people, I got to know them as people. Literally all the misconceptions of who transgender people were melted away. I was able to accept them and ultimately myself.” Cox told the audience.

Michele Betances, a public relations student, was touched by Laverne’s message of love, the importance of self-love and how it can go a long way to happiness.

“We have to move from a shaming society to an empathetic society. A society who has a need to learn about people who are different from what someone may be considered ‘normal’ and has the capability to be empathetic,”

Nicholas Almeida, a digital media student had an eye-opening experience to the issues that face the transgender community after attending the lecture.

“I learned about unconditional love. I learned to appreciate a person for who they are and not what they look like.”

Cox continues to spread the love nationwide using the hashtag TransIsBeautiful and encourages everyone to use it to shine that light on the transgender community.

You can catch Cox reprise her role as Sophia in season 5 of “Orange Is the New Black” set to premiere on Netflix on June 9.

Manic Mondays is a weekly music column that covers University events and topics that affect students.

Recharge a ‘positive’ experience

SRA, PAGE 1

create these unforgettable experiences with different people on campus.”

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“Resources are out there and I wish students knew they were welcome to pass by the office and ask directly what it is that they need so I can direct them to the appropriate office.”

Students need to know who we are, what it is that we do, and what we can do to help them.”

Schmidt and Marseille will also work in improving the freshman experience for incoming students.

“We were both peer mentors and we see a lot of potential in that program because when we did it as freshmen, no one really liked to sit through that class and most students just see it as a class they are mandated to complete,” said Schmidt.

“Yoga and Yogurt” will be held on April 20 from 6 to 7:30 p.m. in the WRC basketball court at MMC and healthy snacks and therapeutic services from the HLP.

“Some of the most popular services that the Healthy Living Program provides for students include... aromatherapy blends, and 5 minute massages from our massage therapist,” said Pham.

Although the weeks preceding finals are often a blur of students rushing around and attempting to study, Pham says that students should try to take at least ten minutes of their time to relax during the “Recharge” event because more often than not, “Recharge” is a very positive experience.
Miami FC team drops home opener

ALEX TOLEDO
Staff Writer

The New York Cosmos came to town and spoiled Miami FC’s home opener at the newly-named Riccardo Silva Stadium on March 8. The game ended 1-1, leaving the rematch 2-0.

Miami FC’s record now stands at 1-1-1 through the first two games, still with 4 points on the season, tied with the Cosmos and the San Francisco Deltas for second-most behind the Jacksonville Armada FC.

Miami FC had plenty of opportunities from start to finish, holding possession of the ball for about 65 percent of the match, but it was not enough to win. The Cosmos had a total of 22 shots while holding a single shot attempt in the first half.

In the second half, the Miami FC took six more shots. In the remainder of the game, the Cosmos had a single shot attempt in the first half.

The next time Miami FC will hit the field is on Saturday, April 22 at 7:30 p.m. when they will honor Venezuelan Heritage Day while facing the New York Cosmos.

Junior outfielder aids in team’s success

BRET SHWEKEY
Staff Writer

In the top of the seventh inning on Tuesday, March 4, against the No. 22 Mississippi State Bulldogs, the New York Cosmos were led by forward Jimmy Maurer within the first two minutes. From there, the team took eight more shots in the remainder of the first half, consisting of 17 more successful crosses than the Cosmos.

The New York Cosmos also had 17 more passes than the Cosmos. The Miami FC also had 16 more passes despite dishing out 244 attempts from midfielder Daniel Szetela.

The Cosmos scored the first goal of the game in the 57th minute off a cross from right back Ryan Richter.

After four minutes were added after the 90-minute mark, Cosmos left back Ayoze Garcia hit a penalty goal in the 91st minute to seal the game.

Miami FC displayed an impressive passing game, converting 88 percent of their passes despite dishing out 244 more passes than the Cosmos.

Miami FC also had 17 more successful crosses than the Cosmos. In the second half, the Miami FC took six more shot attempts before midfielder Daniel Szetela of the Cosmos scored the first goal of the game in the 57th minute off a cross from right back Ryan Richter.

After four minutes were added after the 90-minute mark, Cosmos left back Ayoze Garcia hit a penalty goal in the 91st minute to seal the game.

Miami FC displayed an impressive passing game, converting 88 percent of their passes despite dishing out 244 more passes than the Cosmos. Miami FC also had 17 more successful crosses than the Cosmos.

The next time Miami FC will hit the field is on Saturday, April 22 at 7:30 p.m. when they will honor Venezuelan Heritage Day while facing the New York FC.

Miami FC team drops home opener

ALEX TOLEDO
Staff Writer

The New York Cosmos came to town and spoiled Miami FC’s home opener at the newly-named Riccardo Silva Stadium on March 8, winning the rematch 2-0.

Miami FC’s record now stands at 1-1-1 through the first three games, still with 4 points on the season, tied with the Cosmos and the San Francisco Deltas for second-most behind the Jacksonville Armada FC.

Miami FC had plenty of opportunities from start to finish, holding possession of the ball for about 65 percent of the game and generating a total of 22 shots while holding the Cosmos to just four total shots. It still was not enough to win in the first game since the stadium was renamed after the team’s president, with over 9000 people showing up.

The team started with a Hunter Freeman shot attempt off a Dylan Mares inbound pass that was saved by Cosmos goalie Jimmy Maurer within the first two minutes. From there, the team took eight other shots in the remainder of the first half, consisting of 17 more successful crosses than the Cosmos.

The New York Cosmos also had 17 more passes than the Cosmos. The Miami FC also had 16 more passes despite dishing out 244 attempts from midfielder Daniel Szetela.

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SPRING BALLING
Panthers pleased with their performance during spring scrimmage

After weeks of spring practices and adjusting to a new system under first year head coach Butch Davis and his coaching staff, the Panthers ended their 14th annual spring football scrimmage on a higher note from both sides of the ball.

Yet the offense, despite ending their last drive with an interception on the defense’s territory, came up victorious with a final score of 17-14.

“FIU won. That’s the best part. There is no losing situation,” said Davis. “I was very pleased with the kids and the effort that they gave us tonight.”

Senior quarterback Alex McGough didn’t waste any time, searching for his primary target Thomas Owens. McGough connected with the senior receiver with a 73-yard pass for a touchdown to give the offense their first lead of the night.

“[We] have been here for four years and we’ve grown together,” said McGough. “The chemistry between us is very good. I kind of know what he’s thinking and he knows what I’m thinking. It’s like we have that telepathy communication.”

Running backs Anthony Jones and Napoleon Maxwell shared carries on offense. Senior running back Alex Gardner, FIU’s all-time leading rusher sat out due to coach’s decision. Jones scored on a 15-yard run where he bounced off inside to his left and dive in the end zone to for the offenses to be up 14-12.

All three backs are looking to be the strength on the Panther’s offense going into this season.

“All are just trying to keep the running backs going and get in the rhythm,” said Jones. We [are] just trying to read off the O-linemen and their doing a good job.”

Defense was flying around making hits on the offense led by their returning defensive Fermin Silva, who recorded a game-high two sacks. Senior linebacker Anthony Wint and cornerback Andrew Brown led the defense in tackles. The game ended in an interception by junior defensive back Chris White, which gave the defense two extra-points to make it a 17-14 game.

“I feel like our defense did good but we still got to tackle better,” said Silva. “I feel like we executed the play [and] the calls and we’re just going to get back to the drawing board.”

“We [have] been here for four years and we’ve grown together. The chemistry between us is very good. I kind of know what he’s thinking and he knows what I’m thinking. It’s like we have that telepathy communication.”

Alex McGough
Senior Quarterback
Football