

LECTURE

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

sizing 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

“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,” said Sifton.

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.



NEDA GHOMESHI/THE BEACON

Sam Sifton explained the daily coverage of national news at *The New York Times*.

“**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.**”

Sam Sifton,
The New York Times National Editor

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, empha-

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.

THEATRE

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. Her experiences with prisoners on death row produced the non-fiction book, “Dead Man Walking.”

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 chroni-

cles 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.

SEE INJUSTICE, PAGE 5

LIBRARY

Genealogy collection added to FIU library

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Hispanics in the community are now able to look up their ancestries 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

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COMING UP | News

Check out Wednesday’s issue for coverage of the Senate and presidential candidates in the upcoming Student Government Elections.

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NEWS FLASH

NATIONAL

Insurers speed health care overhaul preparations

The nation’s big insurers are spending millions to carry out President Barack Obama’s health care overhaul even though there’s a chance the wide-reaching law won’t survive Supreme Court scrutiny.

It’s not that health insurers want to bet big that the court will uphold the Affordable Care Act. It’s that they can’t afford not to. It will take at least several months and lots of resources for insurers to prepare to implement key elements of the law, which includes a controversial requirement that most Americans have health insurance by 2014.

WellPoint Inc. has said it will spend \$100 million this year on technology upgrades to meet the law’s requirements.

WORLD

French spymaster: Gunman didn’t plan school attack

French President Nicolas Sarkozy’s spy chief says a gunman who killed three young children and a rabbi at a Jewish school only attacked the school after missing his original target — a French soldier.

Ange Mancini, Sarkozy’s intelligence adviser, said on French TV that Mohamed Merah had wanted to kill a soldier he had targeted Monday in Toulouse, but arrived too late and instead besieged a nearby Jewish school.

Mancini told France-24 TV on Friday that “it wasn’t the school that he wanted to attack,” calling school shooting “opportunistic.”

Merah, a 23-year-old Frenchman of Algerian descent, was killed Thursday in a shootout after police raided the Toulouse apartment where he had been holed up for 32 hours in a standoff with authorities.

– Compiled by Melhor Leonor

CORRECTIONS

In Vol. 23, Issue 78 of *The Beacon* the story titled “Cell phone pictures can be considered art, too” in the Life! section was written by Esra Erdogan, not Ashley Lapadula.

The Beacon will gladly change any errors. Call our MMC office at 305-348-2709 or BBC at 305-919-4722.

ASSOCIATED PRESS

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: Where 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 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 about it by calling the case a “tragedy” and saying “every aspect” of it should be investigated.

Martin’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.

Filmmakers 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 iced tea, the hood of his jacket pulled over his head because it was raining. He was approached by Zimmerman, who told a police dispatcher he thought Martin looked suspicious. Zimmerman shot Martin following a chase and fight.

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 photos with the caption, “Do I look suspicious?”

The Justice Department 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 said around the world, which is, ‘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 at Examiner.com and is also a national board member of the Council of Conservative Citizens. He wrote a post for Examiner asking questions 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 agitation/propaganda to advance a political agenda?”

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

“It is much more than a rush to judgment,” he wrote in an e-mail to the AP. “The media has intentionally hammered 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 about an issue in traditional media and be outraged. But in social media you have immediate feedback of 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 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

“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.”
Althea Silvera,
Head of special collections
Green Library

books of reference for Cuban history, such as *Historia de Familias Cubanas* and *Diccionario Heráldico y Genealógico* by the Carrarra 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 Malta.

“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.

THE BEACON

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FOOTBALL

Third phase commences in north side of stadium

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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 school's 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 addi-



JALEESA WATSON/THE BEACON

Construction of the north side of FIU Stadium began on March 23. The north side is expected to be ready by September.

tion 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 first like when 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

SEE STADIUM, PAGE 4

SOFTBALL

Dawson shuts out slumping Owls

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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.



JONATHAN SEGAL/THE BEACON

Kayla Burri blasted a home run against FAU on March 21. The Panthers shut out the Owls 2-0.

TENNIS

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 their 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.

"Overall it was a match that the girls got to work on a lot of things with key areas of the game," Applebaum-Dallau stated. "I'm really 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 Seredni crashed the Owls party as they defeated Catalina Ene and Natasha Phillips, 8-5. Johnson, who came off another victory in both singles and doubles over the Columbia University in their previous match, kept her hot streak alive with her

pin-point hitting ability and high energy composure.

FIU scored their second of three doubles wins with Karyn Guttormsen and Gioletta Boha in an 8-2 debacle over Taylor Briggs and Justine Humair.

In the singles portion Johnson and Seredni led by example the way seniors should, according to Applebaum-Dallau. Johnson clinched her match 6-2, 7-5 over Catalina Ene and Seredni defeated Erika Mrazkova, 6-1, 6-3.

Freshman Karyn Guttormsen and Sarah Mclean continue to overachieve as underclassmen. Both girls came out of Boca Raton with victories. Guttormsen holds a team-high eight consecutive victories in singles play.

Sarah Mclean blanked Natasha Basma in the first set, not allowing her opponent to score a single point, going 6-0. She followed by winning the next set 6-2 to seal the match for FIU.

"I think I played very well. I made sure to come out and stay aggressive and not let her take control of the match," Mclean said. "I've been doing good throughout the season, but since I came out playing really aggressive I do think it was one of my best performances of the year."

Applebaum-Dallau is exceptionally proud of her freshmen as she has a habit for not only clinching her matches, but doing so in such a timely fashion.

"I think Sarah [Mclean] definitely stood out today, she did a great job," Applebaum-Dallau said. "As only a freshman she definitely took care of business out there on the court and finished pretty quick



BEACON FILE PHOTO

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

in little over an hour."

The Panthers ended a two-game losing skid and seem to have knack for defeating the Owls. Their victory added to the Panthers 25-1 all time record versus the in-state rival.

In the 2011 season, the Panthers dismantled the Owls in a lopsided 6-1 victory at home.

The loss for the Owls brought their overall record for the 2012 season to 9-5 and an even 1-1 in the Sun Belt. It also concludes Sun Belt regular season play for both teams until the coveted Sun Belt

Conference Tournament, which starts April 19 in Denton, Texas.

It won't be the first time FIU has traveled to the lone star state. On Feb. 25, FIU recorded their first conference win of the year against South Alabama, but faulted the following day to host team, North Texas 3-4.

FIU has only two games remaining on the schedule, but according to Applebaum-Dallau, she still remains confident that the team can pull out the next to wins heading in to the Sun Belt

Tournament.

"On any given day I think that this team is able to beat any team that they can play," Applebaum-Dallau said. "They do have the opportunity to bring another Sun Belt Championship, but that's not how I coach my players. I coach them to take one day at a time or one game at a time and stay in the moment and not to worry about the results."

FIU returns home to play host to Brown University, March 30. The match gets underway at 1 p.m.

BASEBALL

Panthers lose to Volunteers in extras

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The Panthers will travel out of Knoxville, Tenn. the same way they came in: on a losing streak.

FIU (8-11) dropped its one-game match against the University of Tennessee (12-8) on March 21, extending the Panthers' losing streak to five, the longest of the season.

It was the second time FIU played an extra-inning game this season, eventually losing 4-3 on a walk-off fielder's choice in the 11th inning.

Right-hander Eddy Pidermann pitched a solid game, lasting five and a third innings and surrendering six hits, two earned runs, two walks and striking out four Volunteers.

The Panthers could only scratch out six hits against the Vols pitching, with freshman Julius Gaines having a third of them.

In the first inning, senior Pablo Bermudez led the game with a walk and Martinez drove him in with a home run to give the Panthers a 2-0 lead on the night.

Action was scarce for the next few innings until the Vols got on the board in the sixth inning. UT's Jared Allen lined an RBI triple and later scored on a wild pitch to tie the game.

Right-hander Alberto Cardenas entered the game and though he did not allow a hit, he walked two batters and threw only five strikes in 17 pitches in the seventh inning.



BEACON FILE PHOTO

Mike Martinez gave FIU an early lead with a home run against Tennessee on March 21.

He loaded the bases and let the Vols take a 3-2 lead on a sacrifice fly.

In the eighth inning, junior TJ Shantz hit a single to get on base, which eventually brought freshman Aramis Garcia to the plate. Garcia, who has been on locked in at the plate over the past two weeks, scorched a double to score Shantz and tie the game.

FIU pitchers Michael Gomez and John Costa combined for four scoreless innings, striking out five with no walks to extend the

game into extra innings.

After a leadoff single in the 11th inning, the Vols moved the runner up and eventually had him score on a ground ball to the right side of the infield.

Shantz fired home but his throw was off line, never giving Garcia, the catcher, a chance to tag the runner.

The Panthers head to Bowling Green, Ky. to open their second conference series of the season. They will face the WKU Hill Toppers.

Stadium set to be ready by first game

STADIUM, PAGE 3

and it's probably better the second than the first week, although we're all anxious for the football season to begin."

Phase four is the ultimate phase that the stadium is expected to go through. The dates have yet to be announced, but the final phase in the four step process of the expansion is expected to add the seating capacity up to as much as 45,000. This is all projected on the amount of growth of the school and the support of the football program.

In all, the expansion will cost around \$6 million and is being privately-funded. Last year the school broke an attendance record of 22,682 when the team played host to Duke on homecoming. The goal is to break that again this year now that there will be a seating capacity of 25,000.

"There's going to be more and more people packed in here and I think everyone that comes here to watch a game leaves with a great feeling of what a real college game like experience is," said Cristobal. "This is a very intimate stadium, you are right on top of the field, and I think this only makes it that much better."

GETTING PERSONAL

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 Reinvention.”

When asked what she might recommend students of this time to read, she answered, “Any book by Howard Zinn, Mike Davis’s ‘Planet of Sums,’” as well as the documentary “Life and Debt” by Stephanie Black.

In addition, she also said, “No college student should graduate without reading ‘The Souls of Black Folk’ by W.E.B. Du Bois.” Russell earned her bachelor of arts in English and Ph.D. in Literatures in English at Rutgers, the state university of New Jersey. She arrived at the University in 2003 and teaches courses focused on the intersections of race, class, postcoloniality, gender and sexuality.



JESSICA SCHERER/THE BEACON

Professor Russell specializes in African diaspora literature.

Plays about injustice inspired by activist Helen Prejean

INJUSTICE, PAGE 1

“He first asked Eric Lawson to organize a roundtable discussion but contacted me also to see if there was a way to involve more people on campus and increase awareness of her upcoming visit.”

Since January, Gillespie has been meeting with different faculty members in different disciplines who agreed to include social justice issues as part of their syllabus for the present semester. “At this very moment, students are actively studying some of the issues Sister Helen Prejean is going to be talking about.”

Gillespie, however, stresses

the fact that the courses talking about these issues only serve as a vehicle in which people can begin to analyze and think critically about the complicated issues at hand.

“Issues of social justice naturally come up in humanities classes; I think people are very sensitive to them and are aware that there are a range of perspectives [in issues such as] the death penalty and abortion,” said Gillespie. “Decent people can disagree on different perspectives. I don’t think the point of the classes is to draw conclusions, but to give us the skills necessary to come to our own conclusions.”

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 by David Mamet 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 academic 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 how 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 imme-

diately. 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 mpgilles@fiu.edu.

FIT FOR LIFE!

Lack of sleep has serious repercussions on health

Time stands still as you aimlessly drag on through the day, making that soft comforting mattress seem very distant. We have all been there.

COLUMNIST



RATASHA IRIBARREN

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 frappuccino 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 freshman 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 fundamental for some, others may need more or less sleep to function.

Stress and weight gain are not the only repercussions of sleep debt. Without enough hours in the sack, your memory can suffer. In order for the brain to recall

procedures, like a core circuit at the gym or an assigned chapter on the French Revolution for your humanities class, it needs to first acquire and consolidate the information.

During an introduction to psychology course, I learned that sleep actually helps us to consolidate the information we learn from studying so that we can remember it for the corresponding exam that will take place in the near future. In addition, sleep repairs the neurons necessary for awareness and imagination in exercise and schoolwork regimes.

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

Aim for more sleep to avoid insomnia, anxiety, high blood pressure, obesity and diabetes. Boost your mood and maximize your energy so that you can

“

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

”

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 workspace 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

SEE SLEEP, PAGE 6

HEALTH

Sunscreens may hurt skin more than they protect it

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Summer is officially here and with the weather gradually heating up, massive sun exposure is inevitable.

The sun is predominantly 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.

culcs 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.

None of the 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."

that energy stored in one place would have to, for example, explode and that is when the reactions take place."

What most people aren't aware of is that most of the sunscreens sold on the market contain chemicals that penetrate the skin and may disrupt the body's hormone systems.

To name a few, these chemicals, or culprits, are: the notorious oxybenzone (present in almost every sunscreen sold on the market and also the most harmful chemical), avobenzone, octocrylene, octisalate and homosalate.

Nonetheless, there is hope. Not all sunscreens are hazardous to your health.

Zinc oxide and titanium dioxide are the safer alternatives.

Zinc oxide is a chemical that the body naturally produces in order to shield itself against some of the damaging effects of the sun's rays.

Therefore, if used in a synthetic version, such as

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.



PHOTO COURTESY OF SXC.HU

In order to feel energized throughout your day, even while working out and leading an active lifestyle, you must get enough rest.

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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— not even 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 loathsome knowledge that the chemicals in your sunscreen cause free radicals, organic mole-

FLORIDA INTERNATIONAL UNIVERSITY

**SGA
ELECTIONS**
★★ 2012 ★★

CAMPAIGN WEEK • 3/28 - 4/4

WEDNESDAY 3/28 • KICKOFF
GC PIT • 12 NOON

THURSDAY 3/29 • MEET & GREET
LAKEVIEW NORTH LOUNGE • 5PM-6PM

MONDAY 4/2 • SENATE DEBATE
GC PIT • 11AM

MONDAY 4/2 • PRESIDENTIAL DEBATE
GC PIT • 12 NOON

TUESDAY 4/3 - 4/4 • FIU ELECTIONS

THURSDAY 4/5 • ANNOUNCEMENT

SGA.FIU.EDU

Affordable Care Act offers necessary reform

NEDA GHOMESHI
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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.

A plausible solution to the currently inefficient healthcare scene within the U.S. is the implementation and enforcement of the Patient Protection and Affordable Care Act.

Two years ago, President Barack Obama signed into law the most comprehensive reform of American health care since Medicare, enacted into law by President Johnson in 1965.

Starting today and going on until Wednesday, March 28, the U.S. Supreme Court will hear arguments challenging the constitutionality of the Affordable Care Act.

In essence, the Supreme Court will look at the constitutionality of the individual-mandate provision of the law, which requires all Americans to obtain health insurance that conforms to certain federal standards.

Under the Affordable Care Act, not only will every American be insured, but, according to *ABC News*, the nonpartisan Congressional Budget Office has projected that the law would yield around \$200 billion in deficit reduction over the next decade.

To better understand the dynamics of the poorly structured healthcare system in the U.S., it is essential to compare America's health care to those of other developed nations.

America pays more for health care than any other nation in the world; yet, its life expectancy rate is ranked 29th in the world.

Right now, health care costs in the U.S. take up about one fifth of the economy — that means that almost one out of every five dollars spent in America is spent on health care.

According to Fareed Zakaria, editor at "Time Magazine" and host of CNN's Global Public Square, "By 2050, if things don't change, [health care costs] could consume almost 2/5 [of the economy]."

No other nation spends more than 12 percent of its total economy on health care — the U.S. spends over 17 percent.

Even though the U.S. spends more money on healthcare, it does worse than most other countries on almost every measure of health outcomes, such as life expectancy and infant mortality.

The most problematic issue regarding health care in America is the unsustainably high cost for services, treatments and medications.

The International Federation of Health Plans released a report comparing the prices in various countries for 23 medical services. The U.S. had the highest costs in 22 of the 23 cases. In France, an MRI costs only \$281. In the U.S., an MRI costs over \$1,000.

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 nonpartisan Kaiser Family Foundation and Health Research and Educational Trust.

“**Health care costs in the U.S. take up about one fifth of the economy — that means that almost one out of every five dollars is spent on health care costs.**”

These are issues that the Patient Protection and Affordable Care Act aims to address.

“A major driver in the increasing cost of premiums is the fact that health care costs are increasing rapidly. And that was a lot of what the Affordable Care Act is designed to do — to slow the increases in those costs,” said Cecilia Rouse, Princeton University economics and public affairs professor and Obama campaign surrogate.

America's inefficient healthcare system is reaching the point of dysfunction, particularly as the population ages.

Americans spend too much money on health care, which cannot be sustained for too long.

Reform is necessary. The Patient Protection and Affordable Care Act is crucial.

LETTER TO THE EDITOR

SCG-MMC President clarifies writ

On March 20, SGC-MMC Presidential candidate Samir Kiran Patel submitted, and *The Beacon* published a Letter to the Editor, entitled “SGC-MMC Presidential Hopeful feels wrongly accused.”

The intention of the Writ is to address issues of violations of SGC-MMC, university and state policy.

As Student Body President and Student Trustee, Mr. O'Keefe is obligated to do all that he can to preserve the integrity and legitimacy of SGC-MMC and the larger SGA.

This Writ, as filed, simply aims to ensure that SGC-MMC, inclusive of student government officials, remains accountable and transparent to the student body.

At current, the Coalition of Students for Reform does not disclose its meeting minutes or locations, minutes of prior meetings, current active members, or financing.

Furthermore, CSR caucus members convene to vote on an agenda, but there is not record of this. And if in fact this activity did occur, it was done in a private meeting, which clearly violates sunshine law.

As a member of the Board of Trustees, Student Trustee O'Keefe is required to disclose any financial, or other type of business relations that he

has with a business or organization that could represent a conflict of interest in any way, shape, or form.

This is the same type of transparency required by student government officials.

Furthermore, Presidential hopeful Patel accuses the current administration of being fearful of change, but we encourage you to review the facts.

First, President O'Keefe's election to the Office of Student Body President was the first contested since 2008.

Second, and most importantly, since taking office in the spring of 2011, the O'Keefe administration has made significant strides with regard to transparency, as the student body budget, cabinet reports, and even a programming tracker are all available on-line at sga.fiu.edu.

And while President O'Keefe himself will admit that there is much to be done with regard to transparency and accountability, one must recognize the fact that significant strides have been made towards ensuring that SGC-MMC is accountable to the student body.

Lastly, Presidential hopeful Patel is resolute in his assertion that members of SGC-MMC are conspiring against CSR.

To be completely clear, President O'Keefe is not an advocate against the

existence and formation of political parties at FIU, as he believes that student expression, as guaranteed to all Americans by the 1st Amendment to the U.S. Constitution, is a right that each student, as members of the university community, are entitled to.

The issue at hand is that said expression isn't taking place in compliance with SGC-MMC, university, and state regulations.

The O'Keefe administration sees CSR as the beginning of the movement amongst students at FIU to organize themselves into political associations, so as to affect SGC-MMC, SGA and university policy; and rightfully so, SGA and the university derives its power from the students.

What we don't want, however, is the establishment of political parties to start on the wrong foot, and furthermore, to leave students, faculty and administration with the impression that these types of organizations are harmful to the university community because of the actions of one organization.

We urge the student body and the university community to investigate this situation and formulate opinions about the Writ and CSR independent of subjective influences.

-Steven Cruz, SGC-MMC Director of External Relations

RESPONSE TO LETTER TO THE EDITOR

Changes needed

Dear Mr. Mersinger,

Thank you for your thoughtful email regarding the proposed new Alma Mater.

I, on behalf of the committee, appreciate your concerns and will attempt to offer an additional perspective. It is precisely because we believe that our Alma Mater should—as you very convincingly argue—bind our community together, remind us of our ties to the past, and express our shared values, that we believe we need an Alma Mater that can do this even more effectively.

We have a shared history that has changed dramatically since 1975, when Clair McElfresh wrote his lyrics, and also a shared future together.

The committee's intention—by reaching out to the entire FIU community for the first time—was to honor all our stakeholders by giving everyone an opportunity to be part of the process.

Another challenge of the current Alma Mater is that is very difficult to sing—both in terms of range and voice leading—and therefore is only sung by a few people at any given event, including commencement.

As a result, I think you will find that a very small percentage of the FIU community can actually recite the lyrics from memory, let alone sing it. (As a professional singer, even I find it challenging both musically and technically.)

Our hope is that FIU's new Alma Mater will be written in a way that every single member of the FIU community can learn it, memorize it, and sing it with confidence and pride at every possible opportunity.

-Kathleen Wilson
Chair, Alma Mater Committee

SEND US YOUR LETTERS

Have something on your mind? Send your thoughts (500 words maximum) to neda.ghomeshi@fiusm.com or drop by our offices at either GC 210 or WUC 124. With your letter, be sure to include your name, major and year. *The Beacon* reserves the right to edit for space, content and clarity.

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Editorials are the unified voice of the editorial board, which is composed of the editor in chief, management, and the editors of each of the five sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to neda.ghomeshi@fiusm.com.



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SUSTAINABILITY

OUS makes strides to reach 'Climate Commitment'

STEPHANIE FELDMAN
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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 at large.

Created in April 2011 by the American College and University President Mark B. Rosenberg's Climate Commitment, OUS is an administrative office that works 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 have created FIU Recycles education campaigns, participated in the national RecycleMania contest,

and helped manage the installation of PepsiCo Dream Machines on campus.

OUS received a \$20,000 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 GreenRide 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 guide-

THE BAY IS ABLAZE



ANDRES BEDOYA/THE BEACON

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.

line 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 commuters," 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."

HEALTH

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 Capoeira Demonstration along with Capoeira Berimbau, and an interactive conversation called "Abuelitas Miracles."

Post Doctoral Fellow of Counseling and Psychological Services Keisha V. Thompson said "Abuelitas Miracles" will give students an access to a

different type of health option.

"The conversation will allow students to share "homemade 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 Sweetlivity to engage participants in body tuning 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 care expert from B-True 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."

JOURNALISM

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 communication: 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 Oppenheimer, 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 unanswered 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."