

Obama's task force to protect students from sexual assault

NICOLE MONTERO
Staff Writer

President Barack Obama announced a White House Task Force that has three months to determine the best ways for colleges and universities to deal with sex crimes on campus.

For FIU, this could mean a stronger Victim Empowerment Program and even curriculum changes.

Whitney Bauman is an assistant professor for the Department of Religion Studies and

“I think that this task force will suggest curriculum changes for FIU.”

Whitney Bauman
Assistant Professor
Department of Religion Studies

also part of Women's Studies. he says that, while the task force is a good start, a curriculum change is at the core of addressing not only campus sex crimes, but also the culture of sex violence as a whole.

“This is a major epidemic,” Bauman said. “And although it has gotten better over time, it's still not enough. The task force is a great step in the right direction, but we still need to do more.”

He noted that one in five women will experience sexual assault on a college campus.

And according to the Florida Council Against Sexual Violence, most sexual assaults occur before the age of 25.

While the University has its Victim Empowerment Program that provides confidential assistance to anyone who has been victimized, Bauman thinks there is more that can be done.

“We live in this sort of ‘assault culture’ — some might even call it ‘rape culture’ — that comes from a deep root of sexism in our societies,” he said.

SEX AT SCHOOL



MARIA LORENZINO/THE BEACON

Justin Santoli (right), elementary education and representative from counseling and psychological services, tells Marissa Prado (left), freshman in early childhood development and services, a fact about sexual abuse after she plays a Spin the Wheel game during the MMC sex carnival.

Bauman pointed to gender inequality in presidential campaigns, comparing people's attention to Hillary Clinton's address on women's issues while President Obama's address on men's issues is viewed as a norm.

“It's this sort of imbalance that needs to

be addressed and I think that learning about it helps to see where we are on the spectrum,” Bauman said. “Just like students have a global learning requirement, they should

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Obamacare gains momentum but remains uncertain

ROHAN JANI
Contributing Writer

The United States Department of Health and Human Services has recognized over 3 million Americans that have successfully enrolled in health insurance plans under the Patient Protection and Affordable Care Act.

While The Washington Post illustrates that Obamacare attracted 2 million customers during December of 2013, the actual enrollment data for January seems to be much higher than the actual ratio, giving the Obama administration some complications in the hunt for the best place to garner attention — that being college campuses.

The same article estimates that 4.3 million more citizens enrolled by the end of January, amid growing waves of distress against President Obama's administration for its tough transition in the last several months.

Obamacare is intended to close large gaps in health

insurance for U.S. families and it doubles as a compulsory insurance asset for college students who require medical assistance.

With the rise in costs of health coverage, much of FIU's population is concerned with how to carry insurance even before graduation arrives.

Many young and healthy members live in universities and institutions where paying for coverage is a priority. Medical indemnity affects college education by forcing everyone to carry health insurance either by provision of employers or through buy-ins sponsored by national “health markets” or “market exchanges.”

Parita Alwani, a junior majoring in psychology, analyzed these statistics and assessed that Obamacare “will definitely have a higher percentage of insured Americans than there were under the previous health insurance system.”

Alwani said this is a good and bad thing.

“More people will be insured because of the afford-

ability, but it's bad because you're forcing everyone to purchase health insurance under the new health care act,” Alwani said. “It diminishes their freedom entirely. Some families can't afford health care and some don't even want it.”

Alwani expressed interest in the idea that not everyone can be denied insurance based on the nature of their medical finances, and believes that it is their right to acquire proper health insurance.

Erin Berry, a sophomore studying international relations, compared the scenario to a see-saw — giving one end leverage over the other.

“I feel like Obamacare is very strong, but nevertheless people need to learn to see the other side of the story, even if it seems so beneficial and can run successfully,” Berry said. “We need to observe both sides of the coin: how it

SEE OBAMACARE, PAGE 2

Biomedical, comparative immunology symposium fosters both professional and student researchers

RAUL ALVAREZ
Contributing Writer

Scientists are kids that have grown up, and many times they approach the scientific method with the same curiosity that they approached their old toys.

“I tell people it's like the Mr. Potato Head for chordates,” said Billie J. Swalla, a biology professor from the University of Washington who will be one of many presenters at this year's Biomedical and Comparative Immunology Symposium.

“You have gill slits, dorsal nerves, muscular tails and all these different things, and I ask how can you put all those parts together in a different way to make a different kind of animal,” said

“The speakers were selected based on their research focuses, as well as for their ability to be ‘student-friendly.’”

Courtney Aiken
Minority Opportunity in Research Programs
Event coordinator

Swalla, who pieces together different body parts of marine species to better understand evolution.

The event will take place on Feb. 13 and 14

at the Modesto A. Maidique Campus MARC Pavilion.

She has been studying how different groups such as chordates and invertebrates diverged through evolution.

Swalla said she hopes to stir some controversy in this scientific conference, which features three other professionals and also grants students the opportunity to present their own research.

“It turns out that when we did the genome for ctenophores — predator comb jelly fish — they looked very much like sponges, which was unexpected because sponges sit at the bottom of the ocean and have no tissues,” Swalla said. “Their immune systems were very similar to sponges but were missing a lot of the compo-

nents. What that suggests is that those ctenophores may actually be the most basal animals. So, that's what our ancestors could have been — predators instead of sponges.”

Swalla commented that her only hope is that no one will throw anything at her.

Since 1999, the symposium has addressed advances in different biological fields and medical application. In the 16th annual event, faculty members, undergraduate and graduate students will present their research and ideas to the public and higher education recruiters.

The four professionals from across the country will also speak about their respective

SEE SYMPOSIUM, PAGE 2

WORLD NEWS

US easing immigration rule for terrorist support

The Obama administration has eased the rules for would-be asylum-seekers, refugees and others who hope to come to the United States or stay here and who gave “limited” support to terrorists or terrorist groups. The change is one of President Barack Obama’s first actions on immigration since he pledged during his State of the Union address last month to use more executive directives.

600 evacuated from blockaded Syrian city of Homs

Hundreds of civilians were evacuated Sunday from the besieged Syrian city of Homs, braving gunmen spraying bullets and lobbing mortar shells to flee as part of a rare three-day truce to relieve a choking blockade. Dozens were wounded as they fled.

The cease-fire came as Syrian officials arrived in Switzerland for a new round of talks with opposition activists-in-exile to try to negotiate an end to Syria’s three-year conflict.

Danish zoo kills giraffe to prevent inbreeding

Saying it needed to prevent inbreeding, the Copenhagen Zoo killed a 2-year-old giraffe and fed its remains to lions as visitors watched, ignoring a petition signed by thousands and offers from other zoos and a private individual to save the animal. Marius, a healthy male, was put down Sunday using a bolt pistol, said zoo spokesman Tobias Stenbaek Bro. Visitors, including children, were invited to watch while the giraffe was then skinned and fed to the lions.

Egypt’s ousted president says protests “useless”

Egypt’s ousted President Mohammed Morsi says protests by his supporters and the violent crackdown against them are “useless” in a recording of a private conversation with one of his lawyers that was leaked by security authorities eager to show the Islamist leader in a less defiant posture.

Morsi also asked his lawyer, Mohammed Salim el-Awah, for money to be deposited in his prison account for living expenses since he is not allowed visits by friends and family, according to excerpts of the recording published in Al-Watan newspaper.

Professor thinks Task Force will encourage curriculum change

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have a requirement to take something on gender or race — just one course that introduces people to the imbalance of things like gender and sex.”

Stephanie Olayon, a sophomore majoring in psychology, questions whether or not the task force will work.

“I hope that the task force works, especially for FIU,” Olayon said. “But the truth of the matter is that I’m not sure that any amount of learning will be enough to stop the people who do these kinds of terrible things.”

Bauman emphasized the importance of students being sensitive about inequality and sexual issues, and proposed that students demand curricular changes so that they may

be more aware of the sexual and gender issues going on around them.

Cynthia Rodriguez, a sophomore majoring in health service administration, agreed with Bauman’s

that being more aware about things going on in our society is extremely important.”

Bauman said if the University is going to be “Worlds Ahead,” then the community needs to be sensi-

The new task force will include efforts from Secretary of Education Arne Duncan and U.S. Attorney General Eric Holder, amidst other federal departmental heads. The team will have three months to submit reports on how federal government officials can better combat sexual assault on campuses.

“We won’t really know if this will be effective or not, but my hunch is that it will,” Bauman said.

He said a national focus on issues of sexual assaults is essential for change on campuses.

“Sex without consent? Ain’t nobody got time for that,” Bauman said. “We can’t start making change until we have some idea of how bad the problem is.”

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“We can’t start making change until we have some idea of how bad the problem is.”

Whitney Bauman
Assistant Professor
Department of Religious Studies

idea of a sex and gender course requirement for the core curriculum.

“It’s terrible that these assaults happen everyday,” Rodriguez said. “It’s all around us and we don’t even know about it. I think

tive to these issues and learn about them.

“I think that this task force will suggest curriculum changes for FIU,” he said. “Hopefully, it helps us with the funding so that we could address this sort of thing.”

Affordable Care Act remains ‘civil war’ on health insurance

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potentially affects student health by providing ways to save lives, but also causes a detrimental impact on families saving up funds for child education.”

Some students fear Obamacare entirely and think it doesn’t match up well with what should be focused more on — from increased fees charged to students residing in dorms to the revamping of the dining hall.

Christmyrr Maurice, a sophomore studying biology, dislikes Obamacare, as he feels that it is a “plan that is going to ruin people’s lives, especially those of doctors.”

“It provides absolutely no benefits to anyone and needs some reevaluation,” Maurice said.

In today’s world of policymaking, the Obama administration faces serious backlash from oppositional groups who are impatient with the way Obama is handling health insurance and want him to reform his methods.

For others, like sophomore

“It is a very complicated legislation and we can’t determine the implications.”

Jose Gabilondo
Associate Professor
College of Law

majoring in international relations Vanessa Kurrle, Obamacare is “eBay for insurance.”

Kurrle said while the implications of Obamacare can be examined, it cannot be criticized until there is a noticeable trend, whether positive or negative.

Sachin Koorathora, a sophomore in information technology, carried the same perspective and argued that the Republican agenda could be at fault.

“Obamacare is greatly misinterpreted. How can you judge a plan of action when you don’t even give it time to develop?” Koorathota said.

Jose Gabilondo, an associate professor at the College of Law, said it’s based on welfare of the state.

“It is a very complicated legislation and we can’t determine the implications,” he said.

Gabilondo sees Obamacare from the philosophical point of view, in which he examines the ongoing conflict between Democrats and Republicans as a “civil war on health insurance.”

“The plan has gotten attention for individual mandates for buying insurance. It gives states the option of expanding coverage for poor people, and if you extend medical coverage the federal government pays more on its behalf,” Gabilondo said.

Read the full story online at fiusm.com.

FIU hosts biomedical symposium

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ongoing research projects.

“The speakers were selected based on their research focuses, as well as for their ability to be ‘student-friendly,’” said Courtney Aiken, coordinator of the University’s Minority Opportunity in Research Programs. “They make themselves accessible by using familiar terms that anyone can understand.”

Charles L. Bevins, a

professor at the University of California, Davis’ Department of Medical Microbiology and Immunology, will also present at the symposium.

He began his career practicing as a pediatrician, and for the last 20 years he has researched how the body fights infectious diseases — particularly the first natural defenses on the skin’s surface.

Bevins studies defensins, which are small proteins found on the surface of vertebrates, invertebrates and even

plants that function as defense peptides against foreign bodies. His research has shown that the body’s surfaces are not sterile and are colonized by microbes that decide which defensins protect the body.

Further research in this field can make breakthroughs in preventive medicine in the future.

“If we can better understand how defensin composition works, we can manipulate peptides to combat chronic

diseases,” Bevin said.

Also slated to speak are Diane M. Robins from the University of Michigan, a research scientist for reproductive sciences and works in the department of human genetics, and Biologist Patty Zwollo from the College of William and Mary.

The event is free for all students who may register for tickets at the door on the aforementioned dates.

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LGBT experience is hypersexualized

JENNIPHER SCHAFER
Staff Writer

It isn't a far reach to say that most of us in the lesbian, gay, bisexual and transgender community are portrayed in an oversexualized way.

With media images of gay men as always looking for their next hookup and lesbians as pornographic fodder for straight men it is difficult to retain focus on the issues at hand within the community itself.

Here's the reality: the sexual appetites of the LGBT community are basically the same as they are for the straight community. Some are a bit healthier than others, but for the most part we don't want this excessive and impulsive image that we've been stuck with.

There is a stigma for bisexual and pansexual people. Apparently we have what some call "the luxury of being straight." This is a reality far from the truth.

Bisexuality is by definition the attraction to both traditional genders provided they are also biological. Pansexuality is defined as not

mind either binary gender, including transgender or gender neutral people (people who prefer not to label themselves as either male or female).

We have a very real attraction to people across the board. I can no more shut down these parts of me than a straight person or a gay person could turn them on.

When two men or two women are seen holding hands, it is assumed that the men are gay and the women are either gay or very close friends. This stigma against bisexual and pansexual people exists in both the straight and the gay community. We are labeled as greedy, fickle, or even loose. There is little or no focus on the relationship.

It is sad to say that when people speak up for marriage equality, that the opponents often argue immediately about sodomy. The debate is about equal rights, but even the conservative argument goes immediately down a sexual path instead of recognizing the reality that two people of the same gender can have a loving connection and want to pledge to honor and

love their partner for life.

Only time will tell for certain, but the record as it stands now shows that same-sex couples allowed to wed have a much lower divorce rate than their straight contemporaries. Isn't divorce more of a danger to the marriage institution than equality?

The reality is that the LGBT community is not going away. While some events seem to make the focus on being proud to be LGBT and do not delve deep enough to show other parts of our identities, we should not have to hide or be denied the same rights as others. This motion toward equality has been aptly named "the new civil rights movement." It is no coincidence either.

In parts of the world, people can still be killed for loving someone of the same sex. They can be shunned and jailed even more widely. The same arguments against interracial marriage in the 1960s are now being used against same-sex marriage. No, it won't open the door to things as extreme as bestiality and child marriage. It didn't then and it won't now.

“With media images of gay men as always looking for their next hookup and lesbians as pornographic fodder for straight men it is difficult to retain focus on the issues at hand within the community itself.”

Our struggle isn't about inviting others into our bedrooms. It is about the freedom to love and marry the person who compliments us, to live openly without fear of hostility, to no longer be afraid of job loss or family shame for being open about who we are, to one day know that every teenager will be able to bring their date to their family and regardless of gender know that they will be accepted.

Our struggle is to be ourselves.

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Subtract a cell & add peace

ITZEL BASUALDO
Contributing Writer

After assessing my phone bills from the past year, it's safe to estimate, but unfortunate and a bit sad to concede, that I exchange with my friends and some family members around 4,000 texts a month.

Born at the start of this digital generation, I've seen others around me, myself included, become absorbed into this technological warp. We can't seem to, and refuse to, let go of our devices; the amount of texts I send a month is just a faint representation and example of this alarming pandemic.

When we're sitting alone, instead of pulling out a book, we stare at our phones and scroll through our Instagram and Twitter. We instantly look for company, even if it's virtual. It's hard for us to get away from our devices – we're slaves to our own technologies.

They're practically like drugs. Distancing ourselves from our phones induces anxiety because we can't "communicate" with anyone, we can't Tweet meaningless jargon and suddenly we feel even more

“I exchange with my friends and some family members around 4,000 texts a month.”

alone.

We are an organism that likes to be surrounded by other individuals, however, sometimes we need that alone time to look around, think and enjoy the world around us.

Take this month to be free of technological devices for an hour a day. By free I mean turn your phone off and stick it in a drawer then stay away for an hour.

This is your hour to be human. Go to your local park,

bring out a book and read until your eyes hurt because the sun's gone down. Talk to people and look at them in the eye; encourage them to also unchain themselves from their phones. Write about anything.

Go for a run and listen to the sounds of our concrete jungle. Paint or draw, regardless of your level of skill. Try to learn an instrument. Solitude can be blissful.

This is a time for you to meditate on life and be at ease with yourself. Don't just go to Google for an answer -- postulate and enjoy the wonder our generation has been robbed of.

We've enclosed ourselves in a bubble of cynicism and vanity; we're forgetting the

human quality of inquiry. You can now fully devote your attention to just one thing and not feel the need to check your notifications. An hour free of communication devices, for some reason, feels liberating. There's this strange, mystical feeling about living without a cell phone. You become above the petty gossip and daily frolicking of your peers. It's as if you begin to see life without random bits of useless information constantly thrown at you.

We've all heard someone say "I want to get away from everything." They want to escape the monotony of routine, going away to travel thousands of miles to a remote, idyllic island in order to find serenity. Little do they know that this peaceful haven isn't as far as it may seem. Perhaps all you need to do is abandon your cell phone.

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At your service

JENNIPHER SCHAFER
Staff Writer

Last semester, I was interviewed about my service dog, Sebastian. Sebastian is a mystery to most classmates. People often see the stroller covered with a "Nightmare Before Christmas" throw blanket and assume I have a child inside. Actually, Sebastian, my service dog, stays in the stroller. Like people, service animals need to relax and know that they're loved.

Sebastian is spoiled. He has organic food and treats, goes everywhere with me, enjoys walking around campus and pawing at my lap while I type up class assignments. He loves being groomed so much that I call his bath days "spa days" instead.

This spoiling on my part is due to the level of appreciation I have for what he can do for me.

Before Sebastian found his way into my life, I was struggling to get disability benefits while working a job that didn't pay my bills. I had little warning before my seizures would hit and hours of recovery after. I had been denied three times, which is common for people applying. When I first got Sebastian, I decided to go back to school just based on the confidence he gave me. When it was discovered that Sebastian could also detect my seizures, I felt safer as long as he was near.

Up to now, Sebastian has detected about 30 seizures. He has saved my life by alerting me before I went to run an errand. Collapsing on a busy street while crossing would certainly be undesirable.

I don't feel guilty for spoiling him. I think he should be rewarded for his skill. There is no training to be done for a seizure alert companion animal, it is entirely a natural ability.

When he began the behavior, it took his veterinarian, two veterinarian technicians and two dog trainers to convince me it wasn't a joke.

When we go to the store and see holistic dog treats or nearly anything bacon flavored, I try to get it for him.

Service animals need breaks too. No person would be happy working all day, every day, for their entire life. That is what Sebastian does in every waking moment. He pays attention to me to make sure that my brain isn't sending out electrical misfires. While he is with me in class or on an errand, he cannot be disturbed, but when he is on his leash or in my dormitory, he can be himself.

He is free to be the hyper, loving, smart Papillon that he is. He can be the little guy who'd rather sit in my lap and that's just fine.

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From classroom to art gallery

LUIS SANTANA
Opinion Director

When I joined the "Aesthetics and Values" class I didn't know what I was getting myself into. A class where we set up an art exhibition on our own?

"Sounds neat," I thought.

I thought at the end we would find help would magically rain down on us by some deus ex machina of a professor or we

would have to postpone the exhibition.

We really did do everything on our own: from contacting the artists, to setting up the art pieces. Everything was as intimate as if we were curators of our own museum. It's been one of the most unique experiences in my life.

I've learned teamwork through meeting classmates and dealing with new personalities. I've learned about artwork and how it's evolved from cave paintings to

Duchamp's urinal. I've learned that some of life's best experiences are when you step out of your comfort zone and communicate with people to learn about something you never thought you'd learn about.

If you'd like to see what the class has put together, visit the Patricia and Phillip Frost Art Museum Feb. 12 from 6 p.m. to 9 p.m.

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Inside look of the Stocker AstroScience Center

LAURA CALDERA
Contributing Writer

The past few semesters, there has been talk and interest surrounding one of the new buildings on campus. Though new buildings hardly seem like an uncommon occurrence lately, the Stocker AstroScience Center (StASC) has really taken the student body by surprise.

"This building was really meant for students to enjoy," James Webb, Professor of Physics and Director of the SARA North Observatory, said about the building.

The StASC was named after the main donor, Carl Stocker and is the first building built with astronomy in mind. With four floors, two stairwells and one elevator, the building packed a punch to the eyes of the students who walk around it every day.

"The greatest thing was to have a nice little entryway when you enter

the observatory to get you sort of in the mood for thinking about astronomy." Webb commented as we entered the first room in the building, the Entryway.

As you enter the front doors of the building, the first thing that your eyes zoom in on is the beautifully crafted mural on the floor. This tile mural is actually a six-foot glass-tile mural piece, painted and made by Clayton Bryant Young, called "Starlit Journey". The mural is supposed to show the connection between Floridian culture and outer space.

The Entryway also has another painting above, which can easily captivate your eyes during any time of the day.

"Usually in Dome Ceilings you have stars, but I thought 'no that's a little done, you know, so why don't we have the Hubble Deep Field Image painted on the dome ceiling' and that's what this is," Webb explained. Webb said that

he hoped to have the Exhibition Hall open to all students so that they may enter during a certain time frame and look around and get in the mood to learn more about astronomy.

The first floor also houses the lab classroom that takes up the rest of the floor.

"Anyone taking introductory astronomy, stellar astronomy or solar astronomy will be taking their labs here. We have a state-of-the art projection system, and a big screen; we have also a sound system, because we also have star parties," explained Webb.

The second floor had more rooms and one of the StASC's most important rooms.

Webb is very proud of the control room, for it gives students who are learning astronomy to have a better chance to learn how to read different times, map out data from the

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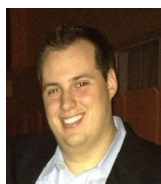


LAURA CALDERA/THE BEACON

The Stocker AstroScience Center was named after Carl Stocker, the main donor, and is the first building made with astronomy in mind.

Sneak Peek: All-Star weekend's key sneaker releases

COLUMNIST



FRANCISCO RIVERO

This weekend is by far the biggest weekend of the sneaker calendar.

With the NBA All-Star game in the fold this weekend, all big name players such as LeBron James, Kobe Bryant, Kevin Durant and Carmelo Anthony will release their All-Star sneaker models.

This weekend will see the release of nine different All-Star models of sneakers.

Every year James, Bryant and Durant

share a theme when they develop their All-Star shoes and this year's models are no different.

They each will have a New Orleans theme to their design that will represent the city and objects that made New Orleans famous.

All-Star weekend delights

The first shoe that's on my list for this weekend has to be the KD 6 "Illusion", at a retail price of \$150, it is one of the cheapest models to release this weekend. The Illusion

is a low-top sneaker with a teal color located on the bottom of the shoe and also found on the Nike swoosh.

The Illusion's prime base has a color of black, orange and red and was inspired by the magic and voodoo culture of New Orleans. The Illusion will be released on Feb. 14, along with all the other All-Star sneakers that come out this weekend.

Second sneaker that's on my must buy list is the LeBron 11 "Gator King", selling at a retail price of \$220, this model is the second most expensive sneaker to release this

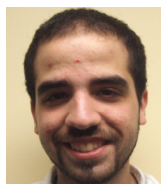
weekend. When you think of New Orleans and its bayou, what's the first thing that comes to mind?

Well, Gators of course and James has taken New Orleans' greatest predator and transformed it into his own shoe. Gators are often a symbol of protection in New Orleans' culture and influence graphic textures throughout the shoe.

SEE SHOES, PAGE 7

The Great SOCIO: their failed illusion "Find the Time"

COLUMNIST



ROBERTO LOPEZ-TRIGO

The Great SOCIO comes to the main stage with their heavy and grooving bass line, psychedelic sounds of the synth player, funky vocals, and lyrics that will make you question the society you live in.

This ensemble is not your normal, drum, bass, guitar, and vocal, four piece rock band, but instead they are composed of a trumpet player/vocalist, a bass player, a synth player, and a drummer.

As of Dec. 2013, this band produced their latest EP called "Find the Time." The band is heavily influenced by the Red Hot Chili Peppers, Rage Against the Machine, and Cake.

Last week my attention was brought to this band. I was told that they sounded a lot like the Red Hot Chili Peppers and were growing to be quite a sensation in Philadelphia. For starters, to be told that they sound like the Red Hot Chili Peppers was personally exciting and a huge compliment.

Furthermore, to hear of new and expanding talent was exhilarating. However, I was skeptical of their sound. So, fueled with curiosity and eagerness I popped the CD into my old CD player and gave it a listen.

What I really liked about this album was the synth/jazz organ, the grooving bass, and the gang vocals.

The synth gave the songs a different atmosphere from the most alternative rock bands.

The Great SOCIO had a jazzier taste during slow interludes, and during the more fast paced sections,

they filled in the sound holes that the funky bass could not cover. For instance, the work of the bass and synth are obvious in the song "The Worlds Alive."

In this song, the synth gives the music a lot of flavor and fills the sound in such a way that it feels like a really hip orchestra is performing the music. In the song "Criminals," you can see the evolution of the vocals. It goes from rapping, to singing, and lastly to gang vocals.

This creates a really cool effect; where an idea of the individual evolves and expands into an idea and motto shared by society, which is that "we're all criminals."

On the other hand, there were many things that I did not like about this band. Many times the band would confuse influence with imitation. There is a very fine line between the two and these guys

crossed it several times.

For instance, in the song "Let's Go," the ensemble goes in between imitating the band Cake and the Red Hot Chili Peppers and attempt to get away with it by adding a synth to the mix.

At times I feel as though the vocal harmony was literally taken from the bands in question. In addition the overall flow of the singer during his spoken section seems to be a cross between Cake and Red Hot Chili Peppers.

In this song, The Great SOCIO has no unique sound but just a second rate copy of the uniqueness of others; which, in my opinion, is an insult to those established artists.

Additionally, the rhythms that this band produces in their songs are fun, but don't evolve. The drummer is an amateur at best and does not add anything special to the songs.

Plus, the transitions between sections are not smooth but instead feel mechanical. It's as if they organized the songs into blocks of different bands for mockery. All in all, these guys have the same problem that my band in eighth grade had and that is being bad and unoriginal.

I got bored quickly and replaced their CD with "Stadium Arcadium" to ease my frustration with their sound.

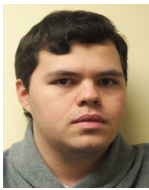
In conclusion, The Great SOCIO starts out every song on a good foot, but fails to evolve and show their own distinguished character.

The Great SOCIO takes the stage as the magician from Philadelphia, and out of his hat comes, not a bunny, but an EP filled with repetition, frustration, and unfruitful expectations.

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“The Lego Movie” hilarious, heartfelt experience

COLUMNIST



RAFAEL ABREU

Writer-Directors Phil Lord and Chris Miller (“Cloudy with a Chance of Meatballs,” “21 Jump Street”) have already proven themselves to be extremely talented and knowledgeable when it comes to filmmaking and being able to appeal to audiences of any and all ages.

“The LEGO Movie” succeeds in infusing humor that can make children laugh and make adults laugh even more, but even though there are jokes and gags all around “The LEGO Movie,” it isn’t the main thing worthy of discussion.

“The LEGO Movie” concerns a generic, instruction-following construction worker (Chris Pratt) who must save the LEGO world(s) after coming across the Piece of

Resistance, which is the only way to stop President/Lord Business (Will Ferrel) from completely taking over the world with the “Kragle.”

Even though it’s all CGI, “The LEGO Movie” still looks like it’s made out of real LEGO pieces, coming off as jittery and sometimes stilted, emulating a sort-of stop-motion look. It ends up looking absolutely fantastic, with details coming off as authentic.

The voice acting is also great, featuring a nice array of different actors to create unique characters; even though many of the voices are done by well-known actors, it never once feels like a gimmick (like it usually is in so many other animated films with celebrity voice actors), and the acting itself never feels phoned in.

What makes “The LEGO Movie” so great isn’t its humor, its comedy, its jokes, or even its

accessibility to just about anyone, but its attitude, its message, and its passion. For a movie based off a consumer product that is usually aimed towards children and collectors, “The LEGO Movie” addresses a number of issues, such as conformity, imagination, and above all, believing in yourself.

One of the best messages the film puts forward is finding out what makes you special; everyone has something they’re good at, even if others may not think so.

This is an extremely important plot point in the case of the main character Emmet, who is looked down on for not having the most creative ideas when it comes to building things; however, as the movie proves, even someone as unlikely as Emmet can come up with something of value, and that also goes for every other character.

It puts forth the moral that

everyone has potential and everyone has something of value to share with others and the world around them.

Additionally, the film is not above juxtaposing conflicting arguments with one another.

Take, for example, the catchy and purposely generic song “Everything is Awesome!!” (by Tegan and Sara featuring The Lonely Island): it’s supposed to be the most generic, friendly, boring, happiest thing ever, yet, there’s a high chance that it’ll be in your head and you’ll be singing along to it even after the movie’s over.

At first, this song represents the conformity and lack of individualism in the world, but it eventually also works as a song that celebrates team work and anything that’s awesome (which is everything, by the way).

It’s miraculous that the writer

of this song (Shawn Patterson) was able to come up with lyrics that not only work in a world where freedom and individuality are non-existent but in a world where freedom, individuality, and creativity are encouraged to the highest degree.

For something people might assume is for children or for selling a product, “The LEGO Movie” has so much more to offer, such as life lessons, as well as stand-out comedy.

It’s the kind of film that, much like the song that plays during the end credits, is fun, catchy, and something you’ll want to see/listen to again and again.

It helps that Phil Lord and Chris Miller wanted to address important morals to people of all ages, leaving us with a film that, while hilarious and exciting, is also heartfelt.

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One way or another, Blondie is coming to Miami

JUNETTE REYES

Entertainment Director

Blondie will be in Miami on Saturday, Feb. 15 for a performance at The Fontainebleau Miami Beach.

The lineup for this performance includes Blondie founders frontwoman Deborah Harry and guitarist Chris Stein as well as drummer Clem Burke. In addition to playing the rock band’s hits from the span of their career since the 1970’s, including “Call Me,” “Rapture,” “Atomic,” “Heart of Glass,” “One Way Or Another,” and “The Tide Is High,” Blondie will also be performing 12 brand new tracks from their yet-to-be-released tenth studio album titled “Ghosts of Download.”

“Ghosts of Download” is expected to be released on March 17, with its lead single “A Rose By Any Name” having been released on

June 21, 2013.

Tickets for The Fontainebleau Miami Beach show are available in the form of packages.

The first package, the “VIP Stay Package,” includes deluxe accommodations, two passes to BleauLive presents Blondie on Saturday, Feb. 15, including 2-hour specialty cocktail bar, welcome amenity, access to BleauLive Lounge throughout the weekend featuring complimentary specialty cocktails, and 2p.m. guaranteed late check-out.

The second package, the “Rapture Package,” includes offerings from the “VIP Stay Package” in addition to a three course, pre-show dinner for two at a Fontainebleau Signature restaurant, and two 50-minute spa treatments at Lapis, the spa at Fontainebleau, with the choice of Swedish, Bamboo Fusion, Mommy’s Bliss, or an Aroma Stone Massage

or a Pore Perfecting Facial or Refuel Facial for Men.

The third package, the “Dinner and Show Package,” includes dinner at one’s choice of any Fontainebleau Signature Restaurant including Scarpetta, Michael Mina 74, Gotham Steak or Hakkasan, and an access pass to BleauLive presents Blondie on Saturday Feb. 15, including Two 2-hour open bar featuring specialty cocktails. The “Dinner and a Show Package” is \$175 per person.

The fourth package, the “Heart of Glass Stay Package,” includes the “VIP Stay Package” offerings in addition to a meet and greet with Blondie, a three course, pre-show dinner for two at a Fontainebleau Signature restaurant, two 50-minute spa treatments at Lapis, the spa at Fontainebleau, with the choice from Swedish, Bamboo Fusion, Mommy’s Bliss, or an Aroma Stone Massage

or a Pore Perfecting Facial or Refuel Facial for Men, and a 2p.m. guaranteed late check-out.

For more information on the packages, visit fontainebleau.com.

WRGP Radiate FM, FIU’s student radio, will also be giving away tickets for the show at The Fontainebleau Miami Beach. To find out more about the ticket giveaways, tune in either at 95.3FM in the general Miami area or online at wrgp.org and find them on Twitter and Facebook by searching Radiate FM.

The Blondie performance at The Fontainebleau Miami Beach is slated to start at 8p.m. The performance location will be in Fleur De Lis. This one will be one of several stops of their 2014 Blondie 4(0) Ever Tour.

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Stocker AstroScience Center promotes astronomy

SCIENCE, PAGE 4

telescopes and collect data of their own. Webb comments that it’s a definite step up from the cramming they used to do in his old office.

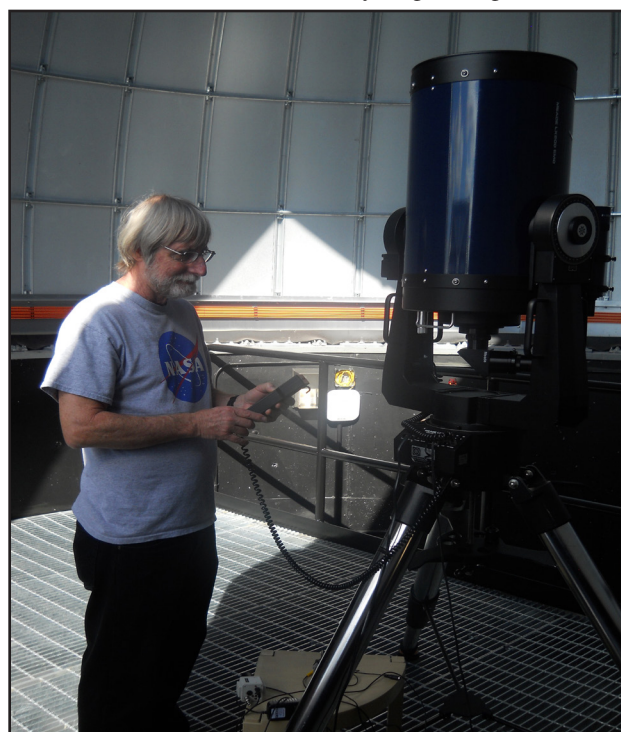
This room is able to control the telescope in the dome above them, and the three telescopes from the Southeastern Association for Research in Astronomy (SARA) Consortium, to which FIU is a part of. These three telescopes are located in: Kitt Peak, Arizona, Cerro Tololo, Chile, and JKT in the Canary Islands.

The second floor of the building also has the Library, or “Resource Room”, where they contain books about astronomy, different kinds of sky maps, and books of collected data from previous telescope viewings. The room also acts as a conference room.

Entering the third floor, you notice the room in the back, which is an open space with a couple of comfortable chairs and a table. The strip of window seems like it wouldn’t give off much light but it fills

the whole room up with it. This is the floor where students --be they undergraduates, graduates, post-doctoral, and even the building’s lab manager--reside. The first room entered

was the computer lab, where Webb currently teaches his observational astronomy class. A little down from the computer lab is the storage room, where they keep and repair their tele-



LAURA CALDERA/THE BEACON

Physics professor James Webb, director of the SARA North Observatory, stands next to the telescope located within the dome.



LAURA CALDERA/THE BEACON

This room is able to control the telescope in the dome above them and the three telescopes from the Southeastern Association for Research in Astronomy (SARA) Consortium.

scopes. Even though there isn’t a cool control room of sorts, the floor still has the warm, vibrating and exciting feeling of science to it.

Lastly, the fourth floor of the building is the observational pad, or the rooftop of the building. This floor is mostly used to set up the telescopes and look to the sky. With three posts for the telescopes on each side, acting like a runway to the building housing the area

where Webb’s new telescope will go.

“It’s sort of a nice view from here,” claimed Webb as the dome opened up in its full glory.

When asked if this area could be used for public use, Webb replied saying that the astronomy club would be hosting lunar and solar star parties, which will give students the opportunity to also enjoy watching the stars in our

skies, here at FIU.

For more information about star parties, or other upcoming events involving the astronomy club, please do not hesitate to contact them through Orgsync.com, adding them on Facebook, or e-mailing the Astronomy Club by astro@fiu.edu.

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FEATURE

Catching up with the Rosenberg Rowdies

ALEJANDRO SOLANA
Staff Writer

As far as student fan sections go, the Rosenberg Rowdies continue to be the only one FIU has to offer.

Started by Andrew De Mino, Joshua Rivera, David Kinne and Giorgio Izzo, the Rowdies are the University's first and only student fan group, dedicated to making all sporting events "a more enjoyable and fun atmosphere."

The Rosenberg Rowdies continue to attend every home men's basketball games decked out in their beach attire, bringing what they hope will be a tougher atmosphere for opposing teams coming to challenge Head Coach Anthony Evans and the Panthers.

However, with the basketball season coming to an end, we wanted to catch up with the Rowdies and find out what they've been up to lately, and what is next for De Mino and the rest of the group.

"The crowd at a sporting event can make

all the difference in the outcome of a game, whether its getting into an opposing teams head, or just generating a lot of noise.

We really believe that we can make an impact, not only for the basketball team's, but for every team here at FIU," De Mino said.

According to the Rowdies, they plan on attending every Panther sporting event possible.

They were at last weeks National Signing Day event, officially introducing head football coach Ron Turner's 2014 recruiting class, and have much more in store for this semester.

When asked about future plans for the group, De Mino commented.

"Softball, baseball, beach volleyball, football next season. Anything FIU, we'll be there," De Mino said. "Once football season comes around, it will be different. We'll get more people to come out, and have tailgates before the games to really give people a college football experience."

One question people may ask is, why the name Rosenberg?

"We were trying to think of something kind of catchy, something specific to the school. Something that can stick to FIU," De Mino said. "We appreciate everything President Rosenberg has done for our school. It's a moment in history."

The group did confirm that they were weighing a few other options besides Rosenberg, like incorporating Executive Director of Sports and Entertainment Pete Garcia into the mix, but finally decided that none of the other options were as good as the Rowdies.

So we know the students love it, but do the players enjoy it?

After all, that is why the Rowdies are out there in the first place, making noise and creating a chaotic scene, for the players.

"We know the basketball team loves it. They do pretty well at home, and sometimes come over to interact with us," De Mino said.

According to the group, Ray Taylor, the ex-starting guard for the men's team who was ruled ineligible by the NCAA earlier this season

has shown tons of support, probably having to do with the "Let Ray Play!" chants you hear coming from the Rowdies every game.

It won't be long before more and more FIU students throw on some Tommy Bahama flower shirts and join the Rosenberg Rowdies at future sporting events.

Most would agree that FIU has a lack of excitement for its sports teams and definitely does not compare to the passion and atmosphere other state schools in Florida have for their teams.

This is exactly the type of exciting and unique idea that may create a lasting tradition for sports here at FIU, and even create some new Panther fans who had no idea that a basketball game at the U.S. Century Bank Arena could be so much fun.

The Rowdies are on twitter @ RosensRowdies.

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MEN'S BASKETBALL

Panthers fall to Blue Raiders

PATRICK CHALVIRE
Staff Writer

The Panthers were unable to complete a comeback, despite four players reaching double figures, losing to Middle Tennessee State University 70-68 on Feb. 8.

Sophomore forward Jerome Frink finished with a season-high 18 points but was unable to connect on a would-be game winning three-pointer at the buzzer.

"It was a hard fought game. Both teams came out, played with energy," Head Coach Anthony Evans said. "Middle Tennessee made some plays down the end."

Size played a key role for the Blue Raiders as points in the paint came at a premium for the Panthers throughout the game.

Going into the locker room, the Panthers were down 39-30 despite shooting 50 percent from the floor, to Middle Tennessee's 42.9 percent.

As the second half went on,

the Panthers began to cut into their deficit but were still unable to slow down the Neiko Hunter and Shawn Jones. Hunter finished with a team high 25 points, while Jones finished with 23, including reaching over 1,000 career points at Middle Tennessee.

"There's going to be mis-matches at times, we know that, those are two aggressive players, athletics," Evans said. "So what we try to do is box them out and I think we did a good job. First half they had 10 offensive rebounds, second half they only had three. When you play a team like that, you gotta have five guys on the glass because they're so aggressive."

The Panthers came into Saturday's game averaging 38.3 rebounds per game but the duo from Middle Tennessee held the team to just 25, while giving up 34 of their own.

"In the first half it was difficult but as the game progressed, we got a little bit more tougher on the boards, blocked them out

better and we kept them off the glass," Frink said.

Redshirt junior guard Dennis Mavin also contributed with 15 points of his own. Redshirt senior forward Rakeem Buckles and senior forward Tymell Murphy also finished with 12 and 11 points, respectively.

For the second consecutive game, Buckles fouled out of the game. The Panthers switched defenses but were forced to use Buckles to try and stop any close plays, which ultimately cost them.

"We were playing a little more zone in the second half," Evans said. "At some point you have to go man to man. Just have to continue to play."

The Panthers will now hit the road for a two-game road trip, beginning with the University of Texas at San Antonio on Feb. 13.

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LACING THEM UP



RHYS WILLIAMS/THE BEACON

Sophomore infielder Edwin Rios and the baseball team will open up the season against Rutgers University on Feb. 14.

WOMEN'S BASKETBALL

Coley slowed down, FIU routed by UTEP

STEVEN ROWELL
Staff Writer

The Panthers three-game winning streak was snapped on Feb. 8 in El Paso, Texas against the University of Texas at El Paso 83-62.

The loss drops women's basketball to 11-11 on the season and 5-4 in Conference USA play.

A tight first half charac-

terized by having four lead changes, seven ties and neither team leading by more than six points saw the Miners leading FIU going into the break 30-25.

The Panthers scored the first four points of the second half, UTEP went on 15-3 run over the next four minutes to go up 43-32. The Panthers would never be able to fully recover.

UTEP kept senior guard

Jerica Coley in check by holding her to 10 points for the game.

FIU was led by sophomore guard Taylor Shade with 14 points, while junior guard Zsafia Labady chipped in 13 points which marks her first double figure scoring game of the season.

Junior guard Kamika Idom also added 12 points.

The Miners got a career

high of 16 points and five rebounds from freshman guard Sparkle Taylor and got contributions from senior center Kristine Vitola with 12 points and also 14 points from the reigning back-to-back Conference USA Player of the Week in senior forward Kayla Thornton.

UTEP shot 44.1 percent for the game compared to 34.4 percent for the

Panthers.

The Miners torched FIU in the paint as UTEP scored 50 points in the paint while the Panthers managed only 14.

The Miners also had the edge on the boards out rebounding FIU 48 to 36 and converting 26 second chance points.

FIU will look to bounce back on Wednesday, Feb. 12 when they host the

Blue Raiders of Middle Tennessee who are ranked in both the Associated Press and USA Today Polls, 21 and 25 respectively.

The Blue Raiders are coming off a 65-54 win over Rice University. Tip-off is set for 6 p.m.

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NATIONAL SOCCER

Never give up: the story of Sydney Leroux

GIANCARLO NAVAS
Staff Writer

Heart, emotion and adventure capture the essence of sports. It's the very thing that makes up the human condition. Athletes always speak of what sports gave to them, but little do they think of what they gave to sports.

Sydney Leroux of the US Women's National Soccer team left her home in Canada at the age of 15. She left behind her partner, her biggest supporter and the person that loved her most, her mother.

"I had no friends. No family. Just soccer," Leroux said.

Her time in high school was spent jumping from house to house. Having teammates take her in to live with them until they moved or went to college.

"It was the hardest thing I have ever done in my life, I had to keep telling myself that I made the right choice," Leroux said.

A choice that eventually blossomed into a gold medal and 44 goals scored for the no. 1 ranked team in FIFA.

"I walked the harder path," Leroux said.

A harder path indeed. Imagine, leaving all you knew. A country, a family, friends and a culture. Leaving it all behind chasing a dream that millions others share. To be

three months pregnant with her, Sydney's father walked out.

"I have no relationship with him. There is no relationship with him," Leroux said.



Sydney Leroux and the rest of the U.S. Women's National Soccer Team were in South Florida, where they defeated the Russian Women's National Team 7-0 at Florida Atlantic University stadium on Feb. 8.

one of 24 players to wear the crest of United States soccer.

"I knew I wanted to play for the best team in the world when I was six. To be a part of something special," Leroux said.

Her wishes and wants would not come without sacrifice. When her mother was

She grew up without a father.

However, because she was born in Canada, the only way she could play soccer for the United States is having parents from America. Her mother was Canadian and her father was American.

She had to recognize a man

she had no relationship with as her father in order to live out her dream.

"The only two things he gave me was life and soccer," Leroux said.

could not script.

Her story of heartbreak and success is what she gave to soccer. A story to uplift not only youth trying to make it in the world, not only athletes

oneselves when she left Canada. Some that appeared on the road to being one of the best 24 women soccer players in this country and some that came up even before she was born. A challenge she would confront and conquer.

Leroux grabbed her heart where the United States soccer crest was on her jersey.

"This is the imprint I want to leave. To wear and honor this crest. It's what I have always wanted," Leroux said.

It's not just her heart or the crest she grabbed. It was all the struggles and the dreams she lived. It was everything she had gone through, finally in her hand. Finally tangible.

"Never, ever, ever, ever, ever, ever, give up," Leroux said.

A harder path indeed she walked. But the easy path never has the great story. Only after you've lost and lived can you truly have made it. And in 2015 Leroux will come full circle, playing in the Women's World Cup in Canada.

Where it all started. She never ever ever gave up. And she never will.

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PHOTOS BY GIANCARLO NAVAS/THE BEACON

COLUMN

Adidas releases are colorful but not up to par

SHOES, PAGE 4

The Gator King is a high-top sneaker with a light teal color located on the base and Nike swoosh, while having some black mixed into

the design.

Although this isn't the most colorful for LeBron, I have seen it and I still enjoy the themed models of sneakers that come out.

It allows you to tell a short story to someone

if asked what those shoes are about or what they are called.

Normally at this point I would say that the Kobe model would be on the must buy list; in fact, there are times that the Kobe model is the number one option to buy on All-Star weekend.

However, as I stated in my last column, I believe that this year's Kobe model is the worst I have seen from Bryant.

It's just something about an All-Star model of sneaker that makes me make an exception for this weekend.

The fact that it's a themed shoe and is also the All-Star model for Bryant just makes me feel that I have to put it along with the KD 6 and LeBron 11.

Selling at a retail price of \$225, the Kobe 9 "Devotion" will be the first and last Kobe 9 model I will place on the must buy list.

The Devotion is a high-top shoe that has a teal color on the bottom of the shoe while the base contains the colors black, teal, white, red and grey.

The Devotion is a tribute to the masters of Jazz and the legends that made Jazz the music of New Orleans.

Adidas falls short...yet again

By now those of you who read my columns know that I'm not a very strong Adidas supporter and it's not like I enjoy picking on Adidas.

However, every weekend it seems like Adidas finds a different way to disappoint me and this weekend is no different.

The first Adidas is called the Crazy 1 Kobe, as if Kobe didn't already have enough problems with his own shoe.

The Crazy 1 Kobe does have a feature I like and that is color.

The shoe contains a primary purple color with hints of orange, green and grey.

The Bright colors and splatter paint print are inspired by the architecture and art of New Orleans and celebratory spirit of Mardi Gras.

The second Adidas model to release this weekend is the Crazy 8 All-Star Game or ASG.

The Crazy 8 ASG is a high-top sneaker with a primary orange color to its design, while having blue and yellow paint splattered print throughout the shoe.

This model will be a replica of the Crazy 8 ASG model that was released back in 1997.

As I said before, I love the color design to the shoes; in fact, I will go as far as to say that both Adidas sneakers have the best colors compared to the rest of the All-Star shoes.

However, the bulk and size of the sneakers make it look unappealing to the eye.

Selling at a retail price of \$125 for the Crazy 1 Kobe and \$110 for the Crazy 8 ASG, both will be released on Friday along with all other All-Star game themed sneakers.

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PHOTO COURTESY OF CREATIVE COMMONS

The NBA All-Star game will headline a number of sneaker releases this weekend. The shoes will feature a New Orleans look in order to incorporate the game's host city.



Taking a step forward SJMC innovator position is first in the nation for mass media

MARISOL MEDINA
Staff Writer

Innovator in Residence. That's the title that will sport a newcomer and innovator, thanks to an initiative organized by the School of Journalism and Mass Communication.

The Innovator in Residence will lead the way to a more digitally-oriented curriculum by working with students and faculty developing cutting-edge media projects and new courses geared to make the students digital know-it-alls.

Raul Reis, SJMC Dean, said his vision for the school prioritizes innovation not only technological but also in the way students are taught.

communication will be," he said.

The program is the first in the country and it comes to FIU through a \$1.25 million endowment

previously awarded by the James L. Knight Foundation. In addition, the foundation has also granted SJMC \$150,000 over three years to support the initiative.

"We will profit from someone in the industry who can come here and talk about the technology industry and what the future will be about," said Reis.

The innovator will be rotated every year, and active professionals in the field are invited to apply.



DEAN REIS

Matt Haggman, program director at Knight Foundation, said the initiative will not only strengthen FIU's journalism program, but will also succeed in bringing important thinkers to Miami.

"These thought leaders will have the opportunity to explore the many ideas burgeoning in the city and help further fuel this momentum," he said.

Eric Newton, Knight Foundation senior adviser to the president, said that these type of positions are rare in journalism education but they can lead to important change.

Talking about the future of media, Reis said he believes news will never cease to exist, because people need information. However, content needs to be rich and most of all, attractive.

He imagines the innovator will engage in project-based teaching in things like social media, search engine optimization or web developing.

"We have to teach people how to do all the traditional things a reporter does, and also teach the new skills while anticipating what the future will look like," said Reis.

He said that foundations such as the Knight Foundation, are looking at how journalism is taught, and one of the things they are proposing is the teaching hospital.

“We have to teach people how to do all the traditional things a reporter does, and also teach the new skills while anticipating what the future will look like,”
Raul Reis
Dean
School of Journalism and Mass Communication

"I think that a school of journalism and mass communication has to prepare students to deal with the future and what the future of media and

"We are looking at what we don't have," said Reis, adding that the ideal candidate would be someone that could bring skills the school currently doesn't teach.

Cooking demo teaches student to be heart healthy

ELI VERA
Contributing Writer

Staying healthy as a college student can be more challenging than passing physics.

This is why Student Health Services invites all FIU students to eat smart with one

The theme for this month is "heart health," said Christine Tellez, registered dietitian at the SHS Wellness Center. "So we are choosing foods that are heart healthy."

According to the American Heart Association, heart disease is the number one killer of women in the United States.

“Trying to choose foods that have healthy fats like olive oil, nuts and salmon, we are going to do different dishes that have healthy fats in it,”
Christine Tellez,
Registered Dietician
Student Health Services Wellness Center

of their Cooking Demo series events on Feb. 18 at Bay Vista Housing.

"Cooking Demo" is a monthly series of hands-on cooking demonstrations that show students how to prepare healthy food recipes that don't require a lot of time and are easy to do.

Each month the Cooking Demo features a different theme, bringing a variety of health awareness related recipes.

To raise awareness against heart disease in women, the American Heart Association has sponsored National Wear Red Day on Feb. 7.

"Trying to choose foods that have healthy fats like olive oil, nuts and salmon, we are going to do different dishes that have healthy fats in it," Tellez said.

Students don't have to worry about bringing anything to the table except an empty stomach and the curiosity to learn how

to eat healthier.

Tellez usually picks and provides the ingredients that are taken to the common area in the dormitories, said Sarah Kenneally, senior health educator at SHS.

Tellez will share with students budget-saving recipes that include ingredients they should already have in the kitchen and that are quick to cook.

"We prepare the food and I try to get the students to maybe chop and they get to taste it afterward," said Tellez.

At the Cooking Demo, questions are welcomed, and the host will provide guidance, like how to avoid midnight snacks because you barely had time to eat properly throughout the day.

Maintaining healthy eating habits can be difficult in the midst of classes, long commutes, work and internships; however, students can still be healthy if they are willing to make a few adjustments to their daily snacks.

Taking a few hours out of one day in the week to chop up some vegetables and marinate meat or fish can help you prepare fast snacks on the go, said Tellez.

On exam days, Tellez recommends to "get a lot of sleep and [eat] things with omega-3 fatty acids, which are a type of healthy fat."

The fatty acids Tellez recommends are

usually found in fish like salmon, sardine and tuna.

"It's good for your brain. Walnuts are really high in omega-3 fatty acids, and flax seeds and chia seeds are a very healthy option," Tellez said.

In combination with the Cooking Demo, it is also recommended for students to visit a doctor on or off campus.

Taking this action can complement a healthy diet that fits every individual in accordance to their specific body needs.

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WHAT'S COOKING?



STEPHANIE MASON/THE BEACON

Christopher Gonzalez-Jacobo, junior in hospitality management, cooks in the school of hospitality's kitchen using a special technique to melt chocolate.

"Think about how doctors are taught, by being in a hospital, surrounded by real doctors, working with real patients," he said.

He said the model is about partnering up with media, like newspapers and television stations, websites, public relations and advertising agencies to give

students a hands-on training, and is already being implemented at SJMC.

"This is a big deal," he said. "It gives us more prominence nationally, and is very transformational, not only for what it is, but for it can become."

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THE COOKING DEMO

Where:

Bay Vista Housing

Upcoming Dates

Feb. 18 at 8 p.m.

and

March 25 at 8 p.m.

Free for FIU Students