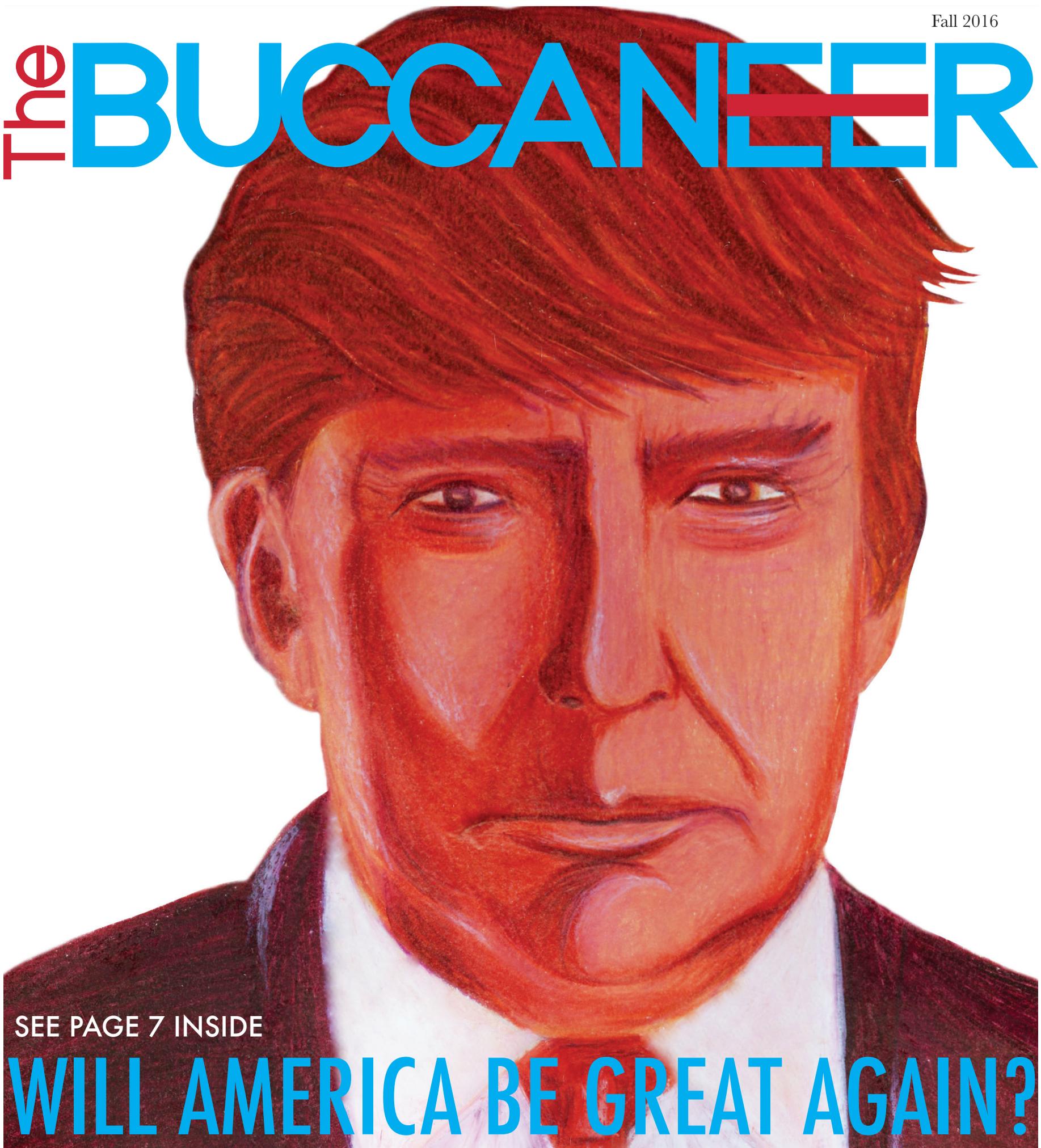


Fall 2016

The BUCCANEER



SEE PAGE 7 INSIDE

WILL AMERICA BE GREAT AGAIN?

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WELCOME TO THE BARRY BUCCANEER!

INSIDE THIS ISSUE:



#GOALS: Student Athletes Score in the Field & in Life Pg.10



I'm Not Your Stereotype Pg. 16

IS DRUNKOREXIA THE NEW HANGOVER?

Paris Razor

CONTRIBUTING WRITER

Common conceptions of partying in college often involve dancing with your friends, staying out late, and possibly having a jagorbomb or two. However, having fun and partying with alcohol has resulted in a new trend among students known as “drunkorexia.”

Drunkorexia signifies when individuals starve themselves during the day and binge drink at night in order to become intoxicated at a faster rate. Those who participate in this behavior may also vomit after eating, take laxatives, and exercise excessively.

Drunkorexia ultimately combines two psychological disorders: anorexia, described as participating in activities that aid in starvation or too much exercise, and binge-drinking, defined as the consumption of an excessive amount of alcohol in a short period of time.

Although drinking is not uncommon for college students, a 2016 study by Psychology Professor Dipali Rinkera at the University of

Houston, has indicated that almost one-third of college students have practiced drunkorexia.

Dr. Michael Bill, an anatomy and physiology professor at Barry, admits to its dangers.

“When you don’t eat, your stomach and intestines become empty. Therefore when your stomach becomes dehydrated, your body is going to readily absorb water or alcohol more quickly, allowing a person to feel the effects of alcohol much faster,” he said.

On its own, anorexia has dangerous effects such as abnormally slowing heart rates and lowering blood pressure, creating muscle loss and weakness, and causing fainting while binge-drinking alone can cause alcohol poisoning, liver disease and neurological damage. Combining the two wreaks havoc on one’s body, which can last longer than just a hangover.

There is no “safe” way to binge-drink either because your body wants to maintain a balance of homeostasis; everything an individual consumes must be in moderation - which includes your food and alcohol intake.

So, what compels students to participate in this risky behavior?

Overall, it’s a societal norm to drink in order to loosen up. Drinking alcohol allows people to feel confident, friendly, free and sexual. It’s also easy to feel pressured to partake in drunkorexia activities because a lot of college students are doing it, too.

In fact, people who come from alcoholic families are much more disposed genetically to participate in drunkorexia, or those who have a high tolerance of alcohol.

Individuals who suffer from psychological issues such as anxiety, depression and distorted body image should also take necessary precautions so that an already existing condition does not manifest into drunkorexia or another serious illness.

The consensus is still unclear about those who

participate specifically at Barry University, however.

When sophomore Cassandra Cruz was asked if she had ever participated in drunkorexia, she said, “a friend who I want to keep anonymous who actively liked partying one day woke me up where she was on the floor and was unconscious.”

Cruz said her friend had not eaten anything that night and, after drinking a few shots of alcohol, she began vomiting and became unresponsive.

“Through the night, I had to watch over her as she was in a constant back and forth, from heaving to passing out. After that night, she never did it again,” she said.

Research shows that about 40 percent of college students drink heavily, approximately 4 drinks for women, 5 for men. It stands to reason that some students could not be eating enough to withstand that kind of alcohol intake.

Policy for those living on Barry’s campus, though, states that students of legal age may house a six pack of beer or a personal bottle of wine/hard liquor in their dorm room - although not all three at the same time. Moreover, students are given a three strike policy on their conduct with alcohol.

But what about sororities and fraternities at Barry? Movies constantly depict alcoholic beverages making their rightful debut at Greek life parties.

However, Stephanie Rodriguez, the president of the All Greek Council and a part of the sorority Alpha Phi said Greek social events at school must have no alcohol, as mandated by their organization.

Alcohol is also prohibited during any Greek organization’s recruiting process.

Still, what can students, parents, and faculty at Barry University do to prevent drunkorexia from negatively affecting students?

The biggest indicators are prevention through education and access to resources.

In October 2014, the new student recre-



Bucky’s Cove, located on Barry University’s main campus, offers students over 21 an opportunity to indulge in a few ice cold beers on tap. Photograph by Kaitlyn Parotti



An ice cold Budweiser from the tap at Bucky’s Cove. Photograph by Kaitlyn Parotti

ational center and bar - Bucky’s Cove - was introduced on Barry’s campus, serving beer and wine to those of legal age. However, the school administration says they take precautions in preventing students from abusing alcohol.

“There are no set rules on the consumption of alcohol; however, if there are visible signs that someone is drinking too much, we have a right to refuse alcohol. Luckily, we have never had issues with anyone who was intoxicated,” said Mariana Goes, a retail manager at Barry.

Additionally, freshmen and transfer students are required to attend a presentation in the beginning of the school year that talks about proper conduct for alcohol consumption. Also, Barry provides the health clinic and psychological services in Landon to any student who might suffer from this condition.

WHY HAITIANS VOTED AGAINST HILLARY

Eliane Hernandez

CONTRIBUTING WRITER

Who was your vote for? The billionaire building a wall or the promising Pinocchio? This was the question that many Haitian Americans asked themselves this election. Many Haitian Americans were skeptical of Hillary Clinton, so they cast their votes for Donald Trump. Clinton (Democratic) only garnered 228 votes compared to Trump's (Republican) 279, based on *The Washington Post's* statistics. Trump won and is now the 45th president of the United States.

But why was the Haitian community so disappointed with Hillary Clinton?

To answer this question, one must step back six years ago to the controversy surrounding the Clinton Foundation.

Founded in New York in 1997 by former President Bill Clinton, the foundation's main purpose was to reduce obesity in children, help cure chronic diseases and create sustainable economic growth in countries around the world, yet the foundation enriched its funds under the guise of helping Haitians, as published in *The New York Times* last March.

Here are the allegations: one, the money that the foundation received from the donations of several companies never reached its destination; two, the 60,000 jobs that they agreed to create in Haiti ended up being just under 5,000; and three, the Clintons claimed to have built schools and houses, which they did not.

In the documentary *Clinton Cash* based on the work of political consultant Peter Schweitzer, many countries, several in Africa, were corrupted for the widespread deficiency of their institutions and colonial systems -- broadly different from their social structures.

Customarily, when dominant forces in these countries have lucrative natural resources, they broker deals with international corporations or governments in order to empower them, and in exchange, these foreign corporations profit from their mineral deposits. For example, the partnership between the Clintons and President of Rwanda Paul Kagame resulted in a long-term conflict where the foundation was tossed business deals, such as commercial opportunities for donors. Kagame alone profited.

In January 2010, Haiti suffered a tragic earthquake. It was probably the most devastating humanitarian crisis that then-Secretary Clinton had ever faced.

The disaster resulted in 250,000 deaths



Hillary Clinton shaking hands with former Haitian President Michel Martelly. Courtesy of The Washington Post

and a significant amount of the Haitian infrastructure was decimated.

This catastrophe pushed Clinton to act. She made statements that she would rebuild the country by providing both civilian and military disaster relief and she met with Haitian leaders and international officials to discuss the rescue and relief efforts.

But, it seemed that while the Haitian government had their own idea on how best to rebuild their country, the Clintons had their agenda, too. The natives complained that the decision did not benefit the country, but the Clintons.

Moreover, Clinton was harshly criticized for helping to get the former Haitian President Michel Martelly elected and for the lack of transparency about what the foundation had done in Haiti, said Nadege Green, a journalist for Public Radio International.

Rudolph Giuliani, former mayor of New York and a Trump supporter, believes that 10 percent of the money invested in the Clinton Foundation goes to the charity, and the other "90 percent goes to who knows what."

The irony is that Haitian Americans lean mostly Democratic, similar to other Black communities in America. President Obama was well-received by these communities and even had songs sung about him in French and Haitian-Creole on their radio programs.

Clinton, however, dealt with a stain on her reputation, costing her Haitian votes.

During the final presidential debate, Trump made sure to bring up the concern of the Haitian people in Miami.

"And you take a look at the people of Haiti. I was at little Haiti the other day in Florida.

And I want to tell you, they hate the Clintons, because what's happened in Haiti with the Clinton Foundation is a disgrace," he said.

Although Trump had been neutral on his direct plans to aid the Haitian community, he was still welcomed with tremendous enthusiasm by his supporters in September at the Little Haiti Cultural Center -- just 3.4 miles from Barry's campus.

Highlighting the damage caused by the Clintons, Trump shared how willing he was to "build a new chapter based on mutual respect and friendship" with the Haitian community and many others residing within the U.S. borders.

He also pointed out that he would fight to change the minds of those who don't support him and promised to visit the community again soon.

Among Trump's proponents, William Joseph, a Haitian resident reported to *The Miami Times* that after six years of wasted of hope, it is time to give a chance to the "new guy."

Another Haitian resident, Gueonsolo Pierre, maintained the same point, claiming that "the Clintons have been running in the country for so long, and have not done anything for the Haitian community, but for themselves" and "it's now time to give the baton to Mr. Trump."

Former Sen. Candidate Pam Keith criticized Donald Trump's visit, saying that in his 20 years of operations in Florida, he never invested in Little Haiti.

Keith implied that Trump's visit was nothing but a simulation to get an unfair advantage over Clinton's conflicts.

According to Dahoud Andre, a radio show host in NYC who helped to create pro-

tests against the Clintons, stated that "voting for Hillary Clinton signifies more corruption, death, and unfairness for our people."

Although there were arguments against the Clintons, they were still many supporters who believed she would have been a great president, including Haitians at Barry University.

A pre-law student, Ketna Abraham, was one of them.

Abraham defended Clinton, saying that she didn't blame the Secretary, but her Haitian government for being fooled by the greatest storyteller, Bill Clinton.

"It is the responsibility of all members of the foundation and not only Hillary. And if the country was stolen it is because the government allowed it to happen," she said. "They should have analyzed first the company's purpose and their real interest in helping."

She expressed concern about Donald Trump being president because she believes "running a business is not the same as running a country."

Citing his immigration policy as one of Trump's downfalls, Abraham believes that "building a wall would not be "the" solution."

Interestingly, in Little Haiti, there was also a Clinton campaign office that ran a radio advertisement in Haitian-Creole called "Our Home" where the narrator claimed that Clinton had a plan to build a stronger economy and better-paying jobs.

Still, medical technology Haitian student Hussein Lausis believes that people should not have used what had or had not happened in Haiti as a basis for a vote in the U.S.

"If the U.S runs into a rocky path, Haiti would be the first target being hit; so, it is extremely crucial to support first the Americans' well-being to ensure a better future for us, too," he said.

In agreement with Lausis's statement, the studio lab supervisor in Barry's communication department Vladimir Lescouffair emphasized that Haitians should care about the welfare of the United States economy.

"Since a great percentage of Haitian immigrants represent the minority population in the U.S, they did not actually have a strong impact on the outcome of the election," said Lescouffair. "However, since Haitians rely on U.S. financial stability then they will obviously still support what benefits the United States and, simultaneously, Haiti. We depend on the resilience of the U.S. economy to transfer money to our families back home and, supposing that the America's economy collapses, we would not be able to continue supporting them."

NBC'S COLLEGE WEEK

FLOODS CAMPUS WITH SCHOOL PRIDE

Kuajuan Moore
STAFF WRITER

What happens when you get a camera crew from NBC6 to visit a college campus full of aspiring leaders chock-full of school pride? A roaring ocean of students acting "a fool," hoping to prove that their school is the best in all of South Florida.

For the third year in a row, NBC6 hosted their College Week on September 28 and Barry students had the opportunity to be presented live on the air.

Barry's Student Affairs provided free Barry T-shirts, raffles, food, music by DJ Blah Kae, stage performances, and the presentation of our National Championship Rowing team.

Keith Jones, NBC6 news anchor and Barry alumnus, told *The Buccaneer* that NBC's goal for the third annual College Week is to showcase local institution's unique qualities and incredible achievements.

NBC's South Florida affiliate WTJV started a program called Education on 6 where they would visit elementary and high schools in the area, highlighting what's unique about these schools.

Jones said they later decided to add colleges to give all of the South Florida's institutions a chance to market themselves and give the prospective students in high schools a sneak peek at the different qualities of these schools.

"We try to show something about each particular college and Barry has a lot to offer. It's unique and a lot of people don't know the sports programs here are really good. You know, 16 national championships. Really strong programs, otherwise. Barry University has the only school of podiatry in the entire southeast United States."

The American Podiatric Medical Students' Association stated that "[Barry] is one of three podiatric medical schools in the U.S. that is integrated within a comprehensive university" with a maximum first year enrollment rate of 67.

Additionally, NBC6 anchors announced at the event that the Barry School of Business was accredited by the Association to Advance Collegiate Schools of Business (AACSB), which has been described

as the "gold standard of accreditation" for business schools and that Barry has the only psychology program in South Florida to be approved by the National Association of School Psychologists (NASP).

Not only does the local community get to hear about the accomplishments Barry has had, but the Barry student body gets to hear, too, amplifying school spirit.

Among the hundreds of students at the event, freshman Jasmine Delvalle was one of the most excited because she is thinking of becoming a broadcast communication major.

"I'm excited, mostly to be on the news. I love expressing my pride for Barry. I really like how diverse it is. There's not that much

drama. I could be myself and everybody has a place to be," said Delvalle.

While some have expressed a lack of school pride in Barry, Bradley Jean Joseph, a senior political science major with a minor in business, the president of MALES (Men Achieving Leadership Excellence and Success), and an ambassador for the alumni association and admissions sees it differently.

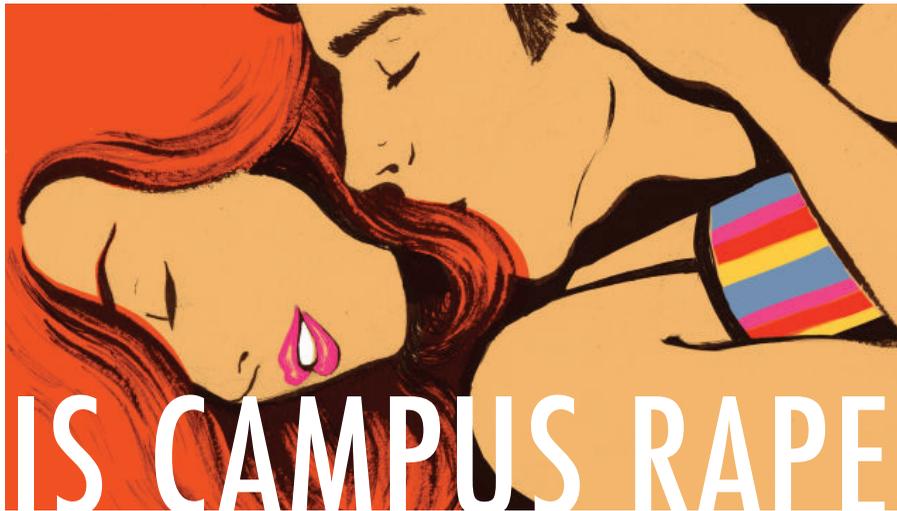
"Being able to get a large media network provider like NBC6 to come down here to Barry University, which a lot of people think is a small private Catholic university... which it is...but we have a lot of school spirit," he said.

He explained how the event showed the

**"I love expressing my pride for Barry. I really like how diverse it is."
- Freshman Jasmine Delvalle**



Barry students roar with spirit while on air with NBC6 anchor Keith Jones. Photograph by Sidney Mitchell.



IS CAMPUS RAPE THE NEW NORM?

Kahelia Smellie
STAFF WRITER

It's 1 a.m. as you stumble into your room in Dominican, clothes rumpled, alcohol stains on your shirt, the night hazy. But even in your drunken stupor, flashbacks of what happened underneath flashing lights in the bathroom can't seem to escape your mind.

As you close your eyes and try to continue your college career by pushing it aside, you think that it is your fault for what happened to you. You should have known not to attend that party or to have taken that one shot.

One out of four women will experience sexual violence at college and only 20 percent of these incidents are reported either to school administrators or to law enforcement.

With the recent headlines, one would perceive that the rates of sexual violence have increased dramatically and are steadily increasing.

Terms such as "campus rape culture," the formation of the "It Is One Us" campaign in 2014 by President Obama and Vice President Biden and the surfacing of a tape featuring President-elect Donald Trump bragging about aggressive sexual advances make us wonder -- is campus rape being normalized?

When asked, most Barry students were familiar with the definitions provided by the Department of Justice which say once an individual forces themselves onto another without consent, it is considered sexual assault or rape.

What some students do not know is that body language can also be a form of consent and that several universities across the U.S., include non-verbal communication such as

shaking one's head or jerking a shoulder into their sexual misconduct policies.

Matthew Cameron, director of Housing and Residence Life and Student Conduct at Barry, confirmed that non-verbal communication can be used as a form of consent.

However, consent becomes murky when alcohol, which impairs an individual's cognitive reasoning, is used.

When Barry students were asked if it is considered rape when a sexual act occurs when one individual is intoxicated and the other individual is sober, all the students said yes, citing the fact that the individual who is sober has the mental capacity to make rational decisions.

"The sober individual has taken advantage of the situation because they know that the other individual is drunk and thus they might not remember what happened after," said John*.

But when Barry students were asked if two adults who are intoxicated can give consent to sexual activity, only one out of 15 students responded yes.

"Some people are still able to make decisions while under the influence because they have a high tolerance and there is a trigger defense mechanism that occurs even when drunk," said Anna*.

The truth is, though, it is very possible for a male to be convicted of sexual assault even if he's too drunk to read the woman's cues, doesn't recall anything of the assault or even if he thought the sex was consensual.

"The law basically says that if you voluntarily got yourself so drunk that you had no idea what you were doing, we're not go-

FREQUENT HEADLINES ABOUT SEXUAL ASSAULT MAKE STUDENTS HYPER-AWARE

Photograph Courtesy of Jezebel.com

ing to excuse that," Catholic University law professor Clifford Fishman told *The Business Insider*.

Prosecutors just have to prove a rapist was being negligent or reckless.

But, Barry students believe that, often times, individuals over-binge on alcohol to gain "liquid courage" to become more sociable.

Additionally, most students also agree that if foreplay begins, it doesn't have to mean that the person wants sex.

Barry commuter Katie* explained that even if kissing has taken place, clothes have been taken off and the guy is about to put on a condom, the woman still has the right to say no.

Interestingly, most of the respondents admitted to not reading the school's sexual misconduct policies and most had no knowledge of where to go to get help.

Barry University's sexual misconduct policies are based on the Title IX and the Cleary Act. The campus must respond immediately to allegations even if the student victim does not want to file a complaint or involve law enforcement.

According to Barry's Deputy Title IX Coordinator for Students Maria L. Alvarez, even if a victim doesn't want to press charges, a report is filed and saved until the student decides if they want to officially proceed with a hearing or involve the police. However, the student's discretion can be overruled if there is a possible danger to the Barry community.

Victims can visit the school's counseling department, health center, the Roxy Bolton Rape Treatment Center at 1611 NW 12th Ave, and even their resident assistant who will then report these issues to the Title IX officials.

Barry holds meetings during the "Freshmen Year Experience" about safe sex, alcohol, substance abuse and campus policies on assault. Such meetings are necessary because during the first six weeks of their first fall semester, sexual assault and rape increase during this period called the "red zone."

Many students believe that Barry should host these seminars at the start of every new school year, as a way to remind students.

Jane* stated that Barry should hold informal talks in comfortable spots like Bucky's Cove so students are able to freely discuss sensitive topics of assault, stalking and rape.

Furthermore, many of the respondents lamented that Barry does not provide contraceptives to promote safe sex on campus.

However, according to Cameron, Barry cannot provide condoms or other forms of contraceptives on campus as it must adhere to Catholic doctrine of anti-contraception.

President of the Black Student Union (BSU) and psychology major Spiadgie Anthony claims that though she would never excuse the actions of Corey Batey, Bill Cosby, Brian Banks and other black perpetrators, she observes that the justice system is much harsher toward this racial group.

She says black men are over sexualized in society and, coupled with the other stereotypes of black men, they are seen as criminal even if they are student athletes attending college.

What's more, black males tend to receive harsher and longer sentences for these crimes.

Batey, a former Vanderbilt University football player, received a mandatory prison sentence of 15-25 years for raping an unconscious woman with his other teammates, while Stanford University student Brock Turner who raped an unconscious woman behind a dumpster only received six months for the same charge and only served three months.

All in all, Barry students who were interviewed do not agree that rape is being normalized in our society -- just that the media has caused it to receive more exposure. This generation has access to unlimited knowledge and that knowledge extends to sexual violence on campus.

**Names have been changed to protect student identities.*

WILL AMERICA BE GREAT AGAIN?

DONALD TRUMP WINS, *BIGLY*.

Swany Fernandez
SENIOR STAFF WRITER

Ladies and Gentleman, your new President of these United States, Donald J. Trump! Trump won Florida in a near landslide, with 119,770 more popular votes than Hillary Clinton, according to the *New York Times*.

Yet, in a survey polling 100 Barry students, 80 percent of them believed that Clinton would have won the election as compared to 20 percent who believed that Trump would have.

"It's sad that the United States chose a guy who has preached anti-Muslim, anti-Latino, and anti-black rhetoric," said senior broadcast and emerging media major Marcus Dash. "A guy who bragged about sexually assaulting women is our president. He won white women voters 53-43. I mean it's puzzling."

Pre-election, finding Trump supporters willing to talk on record around campus was like trying to find a needle in a haystack. However, post-election the College Republicans club was seen tabling in the atrium of Landon.

Barry's College Republicans officially endorsed Donald Trump before the election, and Club President James Chase Wathen is very happy about the candidate's win. He has been a Trump supporter since 2012 when he had first hinted at running for president.

"The thing that always got me was that I thought he was a very polarizing figure," said Wathen. "He is a very strong image, he portrays strength. Also, he's obviously a very smart businessman, one who's built an incredible company."

Senior scuba major T.J. O'Brien also liked Trump's business acumen. He said, that it's what we need as a country -- to function more like a business.

"One of my biggest reasons for supporting him for his policies [however] is his stance on guns," he said. "I'm a card-carrying member of the NRA. I make money by buying and selling guns, it's my passion. I love firearms."

Some foreign students, however, are worried at the prospect of Donald Trump taking

office in January.

"What's scary is that people actually vot[ed] for Trump and people are agreeing with him," said Swedish junior Elin Ekdahl, originally a Bernie Sanders supporter but is now afraid of what the results of the election might mean for her and her country.

She acknowledges that Europe is not perfect but also believes that the government has enough tools to help immigrants and combat ISIS and chooses not to.

Senior medical technology major Roumaissa Chekima is hurt that Hillary Clinton was not elected into office. She feels that even though Clinton was more professional, more qualified and had more years of experience in politics than Trump who had never held public office, Clinton lost the job because she is a woman.

"It's not fair," said Chekima. "Because for me to get a job I have to graduate from college, I have to do one year of health experience, to take an exam, and then sometimes [employers] ask us for two years' experience to get a job...because she's a woman, [she] didn't win, that really hurt me."

As a Muslim American, though, Chekima has concluded that this is just something that God wants the U.S. to go through and needs to experience. She said that, whatever the outcome will be, it's God's plan for the country -- a wake-up call, she said, to acknowledge the racism that remains prevalent in the U.S.

"I feel like we lost... it's our election and we lost it," said Chekima. "Because we're not united. We keep criticizing each other, that's what we focused it on. Criticizing each other. If we were united. If we worked hard for that, we would be different."

Nevertheless, Wathen believes that President Donald Trump will appeal to all people who want to be informed, protect the constitution and want the truth.

"I think that his message transcends age. No matter how old you are, what race you are, how much money you make, we are all united as Americans, and any American who is proud of his or her country and wants real change will see that."



The College Republicans club happily campaigned for Trump at Barry. Photograph by Sidney Mitchell

WHAT DOES MY \$60 MEDICAL FEE GET ME?

STUDENT HEALTH SERVICES OFFER PLENTY EXCEPT MARIJUANA AND CONTRACEPTIVES



Leonell Figuerido
STAFF WRITER

Every student at Barry pays a medical fee of \$60 but since Florida passed Amendment 2 in support of medical marijuana on Nov. 8, students are curious if Student Health Services will supply the drug. The answer is no.

Located in Landon 104, the Student Health Services (SHS) provides both a self-treatment station with bandages and antibiotics for minor medical needs as well as a nurse who can assess students of their injury or illness.

With an appointment, a board-certified family nurse practitioner will evaluate and treat any undergraduate or graduate student who asks.

Students have access to select non-prescription medications, limited in-house prescription medications and some immunizations at no cost.

There are certain immunizations and prescriptions that are higher cost and may have a co-payment; marijuana, however, is not one of them.

"Just because something is approved as a state law or amendment, it does not necessarily apply to colleges and universities," said Director of the SHS Eileen Egan-Hineline.

Because colleges and universities receive federal funds, said Egan-Hineline, before Barry can take action to supply the prescription, the law must be passed at the federal level.

"Marijuana of any type, medical or recreation, remains illegal on campus," she said.

Even so, the legislation only allows for marijuana to be prescribed to patients with 10 debilitating illnesses: cancer, epilepsy, glaucoma, AIDS, post-traumatic stress disorder, amyotrophic lateral sclerosis, Crohn's disease, Parkinson's and multiple sclerosis.

It also allows doctors to prescribe marijuana for any other similar kind of ailment for patients with identification cards.

If students are insured by the school-sponsored United Health Care Student Resources (UHCSR) plan and desire to go an off-campus medical facility to receive a prescription for marijuana, Egan-Hineline says she doesn't

know how it would work at this time. "We will have to wait and see how all insurance companies cover medical marijuana," she said.

SHS also provides and sponsors health education and programming, but Egan-Hineline said that does not extend to sexual education with the integration of contraceptives.

"As far as birth control, we need to respect the Catholic values and traditions of Barry University; therefore birth control is not dispensed in SHS," she said.

Kaelena Hughes-Bennett, a senior majoring in broadcasting and vocal performance, said it would be "nice" if they provided birth control medication but believes students should understand the reasons as to why the school doesn't provide it.

"It really shouldn't come as a surprise for anyone because we all know that the Catholic faith does not practice contraception. If anyone is surprised, it's because they don't pay attention," said Hughes-Bennett.

Patrick Murray, a senior majoring in applied sport and exercise science, said birth control should be a personal matter, not a school matter.

"I think those are just things you have to go out and buy yourself, quite honestly, I don't think they should provide anyone with it," he said. "That's something, if you wanna practice sexual intercourse, you should do so at your own responsibility," he said.

The services that are not offered at the SHS are sophisticated diagnostic testing. They also do not offer dental, vision care or specialty physician care nor do they provide emergency care after-hours, overnight infirmary services or transportation.

Egan-Hineline cautions, however, that there is a much higher co-payment for emergency rooms than urgent care centers on all insurance policies.

Still, most urgent care centers can treat minor emergencies, she said, and 70 percent of ER and urgent care visits can be safely handled via phone or video chat with a physician through telehealth medicine.

FAT OR FACTS THE TRUTHS OF FRESHMAN 15 & HOW TO BEAT IT

Orianna Carmargo
STAFF WRITER

Have you noticed some extra “love handles” since you came to Barry? Maybe some weight gain during your first year of school? If yes, don’t freak out! You are just one of the “Freshman 15” victims.

In your first year, college can offer many temptations. There are no mom and dad telling you to eat your veggies or cooking healthy meals for you. You are on your own and free to eat whatever you want, whenever you want.

All you need to do is to walk to the dining hall in Landon and load up on sugary muffins



Sisters Julianna and Veronica Biederman eating a meal in Barry's Rousell Dining Hall. Photograph by Jazmin Brown

for breakfast, some pasta and fried chicken for lunch and French fries and pizza for dinner. Perhaps, some ice cream for dessert? Yeah, and how about those sugary and salty snacks for late night study sessions combined with energy drinks or coffee to stay awake? Those are all factors that increase the probability of students gaining weight. This leads to the reality that “Freshman 15” is not a myth. It is a true problem that college students face.

Some of the challenges of becoming a college student are the stresses of the new lifestyle which result in overeating. Studies have shown that people eat in response to anxiety, sadness, and homesickness, all factors that related to adapting to being away at school. Yes! Growing up is hard and adulthood comes

way too fast with a lot to tackle!

During their freshman year, Isis Ferreira and Caitlyn Eddy were some of the “Freshman 15” victims.

“Yeah! Sure, I definitely gained a lot of weight and I am still working to lose it,” said Ferreira as she works toward healthier eating habits.

Eddy gained 50 pounds during her first year of college; yet, she since she started doing powerlifting, has lost around 30 of those pounds and is still in the process of losing more. Hard work definitely pays off! Don’t let that extra weight bring you down!

Breakfast is more important than that extra half-hour sleep. The calories breakfast provides are more filling and satisfying which lead to a lower-calorie consumption throughout the day.

3. Drink water. Water is a necessary element for your body to process calories and keep hydrated.

4. Keep healthy snacks in your dorm. Stock your room with vegetables, fruits, granola bars, yogurts, etc. Pack a couple of snacks for the road so you can eat them throughout the day and it will keep you away from the vending machines on campus.

5. Take control in Rousell Dining Hall. While navigating Barry’s dining hall, be aware of the items in every food section. Visit the website dineoncampus.com/barryu to find relevant information about the menus of the day, Fitness Pal app and plan your meals ahead of time.

6. Stay in shape and join sports clubs. First easy tip:

avoid the elevator and take the stairs. Second tip: utilize the fitness center on the 2nd floor of Landon Student Union. The center has 50 cardio and weight machines, a designated free weight area, a boxing area that includes a heavy bag and speed bag and is open 86 hours during the week to meet your scheduling needs. Third tip: Barry also offers Intramural Sport Leagues and tournaments in Flag Football League and basketball tournaments during the fall and indoor/outdoor soccer, volleyball, and ping pong during the spring. In addition, Instructional Sport in Recreation classes (ISR) like strength training, basketball, spinning, body sculpting, volleyball, yoga, tennis are offered for 1-2 credits. “We (also) offer open gym for pick-up basketball and shooting and we open tennis courts so students can come and check out a racket at the CRW office using their Barry ID card,” said Director of the Department of Campus



Freshman Bruce Johnson II lifting weights in Barry's weight room in Landon Student Union. Photograph by Jazmin Brown

Recreation & Wellness Eli Olken-Dann. For more information, follow their social media Instagram and Twitter @barry_rec.

7. Alcohol! Before you go drinking, plan ahead! The only way to combat the weight gain that comes with alcohol is by making some extra time before going out and getting a harder work out at the gym.

Angela Dash is a graduate assistant at Campus Recreation and Wellness who believe the Freshman 15 is easily avoidable.

“You have more time in college than you did in high school, as long as you manage your time effectively. Find a friend so you are held accountable and get outside and get exercising,” said Dash. “The cafeteria has a great salad bar that you can eat. Just tell yourself not to eat the pizza every day. Freshman 15 is only going to happen if you let it happen.”

Even beer can be associated with the “Freshman 15” because alcohol use is one of the major contributors to this tendency of gaining weight. Apparently, those bellies didn’t grow magically after multiple weekends on South Beach.

Lucky for you, *The Buccaneer* has gathered some advice for you freshmen.

Here are 7 tips to beat the “Freshman 15”

1. Sleep smart. Try to stick to an eight-hour solid night sleep. It will help reduce stress.

2. Don’t forget or skip breakfast.

ZIKA EPIDEMIC

Eliane Hernandez & Presler Maxius
CONTRIBUTING WRITERS

By now, everyone has heard of Zika (“overgrown” in Luganda language). For the majority of the summer, the disease frightened the United States, including Miami’s Wynwood – just 6 miles from Barry’s campus.

The scare began this year when residents learned that the Zika virus could be transmitted from mother to child, through blood transfusion, laboratory exposure, via sexual activities and through mosquito bites – a common affliction in Miami and on Barry’s campus.

The virus was first coined in 1952 when a monkey developed side effects after scientists isolated him in a cage for medical purposes in the Zika Forest in Entebbe, Uganda.

According to Centers for Disease Control and Prevention (CDC), symptoms can include conjunctivitis, arthralgia (pains in the joints), red eyes, vomiting and pain behind the eyes.

Zika is sometimes mistaken for Dengue due to the fever’s similarities, leading to misdiagnosis and even death.

The symptoms last only two to seven days; however, the threat that Zika poses is

more profound in a pregnant woman or those who attempt to get pregnant.

The virus affects the fetus during pregnancy and causes babies to have severe brain defects as well as delayed motor development, known as microcephaly.

Even though there is no cure, according to Barry Professor of Physiology Dr. Ana Jimenez, the virus’s symptoms can always be minimized or treated with fever medicines, rest, and water consumption.

For college students, Zika’s long-term effect on their bodies is what is most alarming. Studies show that when an adult is infected with Zika, they are at risk for memory damage, resembling Alzheimer’s disease, and women with Zika in their system are at risk for bearing babies with small heads, if they plan to get pregnant in the next few months.

So, what is Barry University’s plan to prevent Zika? There is in fact a plan, but some students do not seem to be aware of it.

Under the health updates on Barry’s website, “the Student Health Service... [will continue] to offer mosquito repellent as a courtesy to those who still need it.”

Wendy Ponce Hermsillo, a graduating senior majoring in psychology, was completely oblivious to this information.

After complaining for days about being bitten by mosquitoes all over her body and spending over \$30 on mosquito repellent, she just recently learned that Student Health Services is offering repellents for free.

The university is also urging students and the faculty to proactively report “any stand-

ing water on the campus to the facilities department” because mosquitoes tend to congregate around water, lay their eggs and when they hatch they breath oxygen from the surface.

But the university does not seem to be vigilant in eliminating puddles of water on campus, students say.

Hermsillo and Jessica Cousett, another senior majoring in philosophy, both recalled noticing that the sprinklers seem to create these puddles of standing water. Hermsillo said that one of the problems that Barry has is that “sometimes the sprinklers [are] just shooting water on the cement instead of the grass” and Cousett thinks that “the watering system at Barry is unnecessary and excessive.”

Interestingly, there are certain other areas on campus such as the soccer field where mosquitoes have taken up residence.

To help to insure the athletes’ health and security, Barry provided its coaches and athletes with preventative supplies.

Hussein Lausis, a soccer player who is a senior majoring in medical technology, said that the sports organizations do provide mosquito repellents to students and also advise them to wear long clothing.

Even before players head to the field, they cover their exposed skin with repellent and sunscreen and the gardener makes sure to spread chemicals to either kill or repel the mosquitoes from coming around the area.

These precautions are necessary because, according to a Reuters report, there was a similar case in Peru where a soccer stadium was completely invaded by the Zika virus,

resulting in the country having to deal with severe infant deformations.

On Barry’s soccer field, however, there were no problems noticed at first because the precautionary measures were working. Later on, some complaints were made by athletes who suffered from allergies after they ended up with red, irritated skin at the end of games.

Regarding this issue, no other measures have been taken.

The question is, why are some students still unaware of the school’s fight against Zika?

According to the Vice President for Student Affairs Dr. Scott Smith, “Barry and all its faculty and staff members are taking the virus issue very seriously; thus, following every necessary prudence and etiquette to insure that the epidemic has an insignificant impact on the Barry community.”

Smith also mentioned that during the summer months the university used mosquito control services, which took place until people observed progress.

He said that public safety and other facilities department members have been collaborating with each other in order to prevent or get rid of any standing water that is disclosed.

In the end, Scott concluded that Barry University continually provides every student and faculty member with updated information via the Barry website as well as on social media.

Even if Barry is doing its part to prevent the spread of Zika, Barry students like to venture to popular leisure destinations like South Beach and Wynwood where, according to *The Miami Herald*, at list 29 cases were reported.

THAT'S IT – BARRY BATTLES A DEFICIT DON'T FEAR, THE SCHOOL WILL STILL BE HERE

Swany Fernandez
SENIOR STAFF WRITER

As a result of not meeting the projected Summer I enrollment in the last fiscal year, Barry University is now operating at a deficit, but school administrators promise that this will not result in a tuition increase.

Per institutional research data in the 2014-2015 fiscal year, Barry grossed \$165,699,651 in revenue and had a total of 7,971 students enrolled across all Barry campuses. This was about 1,000 students less than in 2013.

According to Vice President for Institutional Advancement and External Affairs Sara Herald, tuition is set to remain the same as it has been for the past year; however, it does come under review. “If the tuition went up this year, it’s not directly related to the deficit, it’s just something we do every year. We benchmark that with other institutions,”

she said. “So we’re very conscious of the impact it has on the students...we have to balance that with what the students also need and want.” An open forum for faculty was held on October 20 to discuss the university’s plight as University President Sister Linda Bevilacqua called for departments to share ideas that would strengthen Barry’s cash flow, and has been “thrilled” with the ideas that have come in.

“I am very confident that the faculty, the staff and the deans of the university are going to use their will and creative juices to have this be a one time blip on the screen for us,” said Sister Linda.

To aid in the effort, the human resources division speedily cancelled the annual Halloween Monster Mash for faculty and staff this October.

Some students are unaware that there’s a deficit but their loyalty to the school remains unchanged.

“I feel like I should have been informed,”

said sophomore advertising major Henry Storr. “As a Barry student it would have made me spread love for my school. Try to get more people to come.”

Typically the direct action associated with a deficit is budget cuts, and this is the one thing sophomore English major Jonathan Gonzalez is worried about.

“If you go to smaller schools, music is the thing that they cut first,” said Gonzalez. “But music helps education in a special way other than sports. And I feel like a lot of times they undermine music and it would suck if they cut stuff like that. Especially, because we have so many talented people here.”

Junior business major and commuter Allen Perez-Florido does not believe it will affect his tuition, but he believes he might see extra charges added to his bill.

“I’ve heard rumors of making non-residents have to pay for their parking, which I think is completely unfair due to the fact that we don’t have any parking for ourselves pretty much,” he said. “Parking might become something, food might get more expensive if you don’t have a meal plan.”

Measures have already been taken to drive up student enrollment like more student ambassadors leading campus tours, outreach counselors being sent out to recruit more students, Barry being added to the Common Application and a larger social media presence.

However, there’s more work that can be done. Coordinator for the Center for Student Involvement Steven Ramos believes that the school could increase retention by creating summer bridge programs to help first-year and first-generation students complete the remedial courses they need for the incoming semester before starting fresh in the fall.

Another drastic yet exciting action that Barry could take would be to pattern other small, private schools in the country and cut tuition costs to attract an influx of students.

According to Edvisors.com, total undergraduate enrollment tends to increase when tuition is cut due to the publicity surrounding it.

In 2002-2003, Bethany College of West Virginia cut its tuition by 42 percent from \$20,650 to \$12,000 and was able to attract 60 percent more freshmen, increasing total campus enrollment by 13 percent.

#GOALS: STUDENT ATHLETES SCORING IN THE FIELD AND IN LIFE

Orianna Carmargo
STAFF WRITER

Sacrifice, hard work, perseverance, learning, studying, and loving what you do is what makes someone a champion. The thing that separates a champion from every one else is that they don't show up to get everything they want, they show up to give everything they have. To be a varsity student-athlete at the college level means you give up much more than the hours you put into the sport. To be an athlete at Barry University is like having a hidden life that only the hardest of the hardest workers are privileged to ever experience.



Senior Jelena Momirov balances her time being a biology major at Barry University and also a national rowing champion. Photograph by Jazmin Brown

For student-athletes at Barry like basketball player Marko Tomic, a sophomore majoring in sports management and minoring in business, the days start as early as 6:30 a.m.

"My earliest practice is at 7 a.m. and the latest starts at 6 p.m...usually two hours with the team and an hour on my own running, shooting or weights," he said.

For some, morning practice means weight-training sessions or a two-mile run, for others it could simply be a couple-meter swim or about a five-kilometer row. Finally, for the unlucky ones, "mornings" can start with running stairs.

As the day continues, our student-athletes understand that their success rests on more than just the sweat that beads off of their faces on the way to breakfast. As any good coach would say, "you are first a student and then an athlete."

Soccer player Ingrid Lian, a sophomore majoring in psychology, is driven by this idea as she adheres to a very tight schedule. It

consists of "waking up, going to classes, getting back to my room to do homework before practice, practice, then I get dinner and usually library to study.

Weekends depend on games, but we usually have a game every Saturday, so on Sundays I do lots of homework so I don't have too much during the week," she said.

Tiffany Nicholson, the coordinator of the School of Human Performances and Leisure Sciences and Student Success Programs, said that 55 percent, that is 125 out of 227 student-athletes at Barry are taking six classes per week (16-20 credits). And, their biggest challenge is to stay on top of it all.

Volleyball and basketball player Katherine Espinosa is a sophomore who is majoring in sport, exercise and performance psychology and knows the challenge is real!

"I do think that the combination of school work and practice plus games become tiring, which makes some days more difficult to get through than others. My schedule is pretty busy. I have 6 classes throughout the week alongside working out, practice, and games. I typically handle my homework and study time at night after dinner, when my free time begins," she said.

Some athletes even have a second daily practice they must fit in. So, how do they balance school and sports to be successful at both?

Softball player Nicole Szelest, a senior majoring in business management and minoring in computer technology, has been balancing this load for four years and believes prioritizing and managing time is the key to success, which also gives any student-athlete a competitive edge.

"Being a student-athlete, you are held to higher standards. We challenge ourselves in the classroom and on the field as we are competitive in nature. We want to be the best... You know what you need to do to succeed and be, capitalizing on it, always striving to be the best," she said.

Tennis player Daniel Ventura and soccer player Bo Haug, who is a senior double major in finance and international business, agree that discipline, hard work and competitiveness come natural to an athlete, so it's easy to apply it in other areas of life.

The reality is, for a Barry athlete, sports may not be forever and the truth is there is a workplace waiting for them outside of Barry's walls. Thus, a student-athlete's main goal is to get a degree so that they can transfer the valuable skills they acquired to the corporate world. "Collegiate athletes make some of the best employees," says Vincent McCaffrey, CEO of Game Theory Group, a Greenville, N.C.-based recruiting and career services firm that focuses on placing athletes in their first jobs. "Most 22-year-olds have no track record from an employment standpoint, but the experience a student athlete has developed bodes well in the workplace."

McCaffrey even states that six out of the past 11 U.S. presidents were collegiate athletes.

"You can train an employee on the day-to-day job requirements, but you can't change work ethic. Athletes already have that dedication," he said.

Once they reach that point in life, they have all the advantages that the sport has taught them.

Golfer Tilda Larsson, a sophomore majoring in finance, has an inkling about the advantages Barry athletes will have in the workplace.

"As an athlete I believe that you develop a maturity and skills that are hard to develop for a normal student. You always have something after school and you always have to manage your time more than a normal student. You have to be driven to actually be able to handle everything at once," she said.

An NCAA survey of 21,000 student-athletes found that on average athletes spend 20 hours per week in competition or preparing for one.

With that in mind, regardless of which path they choose after college, the majority of students will eventually end up in a non-athletic career and - as a student-athlete - they will embody the following transferable skills: understanding the value of teamwork, having a competitive nature, handling pressure well, a sense of discipline, strong work ethic, understanding the importance of preparation, seeking challenges, self-motivation, mental toughness and time management.

For example, golfer Kyle Brey, a junior majoring in business management said the game of golf teaches him a lot about life, impressing upon him the values of integrity, honesty and courage -- integral to his success in the business world.

As mentioned in "The 8 rules of business golf" in *Golf Magazine*, "golf isn't merely a leisure sport. It's the martini lunch of the modern workforce, the buoyant venue where business gets done."

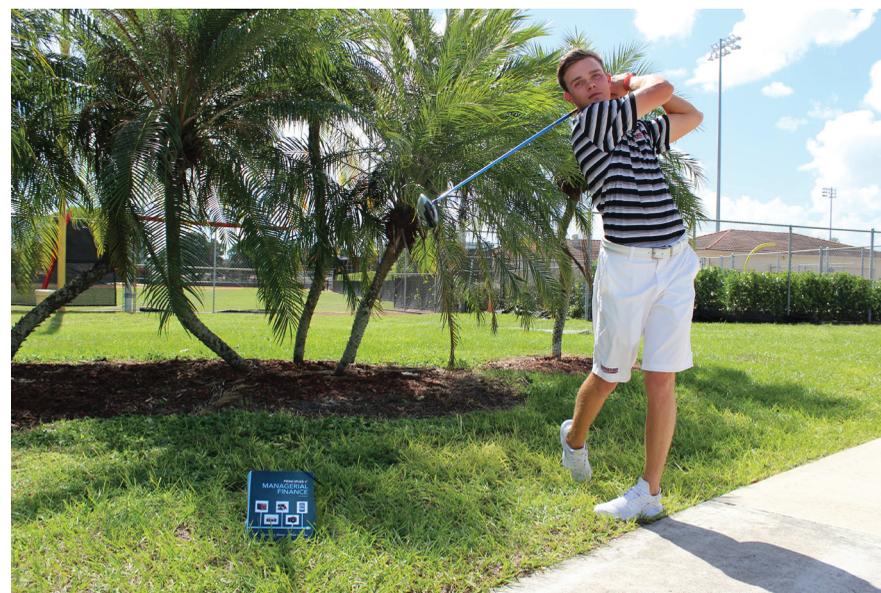
Surely David Bradford, CEO of HireVue, knows serious "green" can be made at a golf course.

"Some executives consider the role of golf so important that my first agency business partner actually declared that without golf, I had no future in business development. Thankfully, I've survived," said Bradford.

Tennis is also a game that is played by corporate colleagues who want to work up a sweat yet accomplish business relational goals.

Tennis player Daria Salnikova is a sophomore majoring in international business but is also an ex-professional from Russia.

Salnikova practiced in France and com-



Kyle Brey balances his time as a member of the men's golf team and a business management major at Barry University. Photograph by Jazmin Brown

peted for the Russian National Junior Team.

"[As a student-athlete], the key is to be consistent in classes, study everyday a little bit and treat your lifestyle, don't go to sleep too late and eat good. Have a balance."

Just as the conditioning these athletes do off-season prevents poor performance in their sport, Barry student-athletes know that early preparation can keep them on top in life, too.

"When baseball is over, I want to be a financial manager/investor. I've gotten some internships lined up for the spring and have my own trading portfolios in various markets," said baseball player Victor Danieletto, a sophomore majoring in finance.

Danieletto achieved a 4.0 grade-point average last year and made it to the president's list. He is currently a member of Student Management Investment Fund and co-founded Adrian's Investment Group, LLC with Barry baseball alumnus Adrian Benitez, spreading financial literacy around South Florida and performing live trades in front of clients to demonstrate trading strategies.

On the other hand, for some athletes it takes a thousand-mile journey to start preparing for their future careers.

Rower Jelena Momirov, a senior majoring in chemistry with a specialization in biochemistry and minoring in biology, exemplifies this.

"My futures goals are to study medicine and run half marathons, I love both and I have only one life to achieve it now! I am working so hard every day to do that. 5-12 literally every day. Rowing is my lifestyle! But school was always my priority, challenges in rowing for 11 years made me more courageous and responsible in school. My schedule is really busy, but I know that the only key of success is hard work... That's how I came from Serbia to the U.S., and that's my path to medical school!"

Clearly, it takes courage to leave a country and work toward achieving your dreams; this is what makes Momirov a young example to

follow. She is currently a chemistry tutor and captain of the rowing team but one of her biggest accomplishments is having conducted research in search of a cure for neurodegenerative diseases.

Her work will be published in the *Bio-organic & Medical Chemistry* book. All in all, being a student athlete at Barry University means that when you graduate you will walk across that stage knowing you gave all you could in the classroom while representing your university while playing a great sport. This is the dedication only some will come to know. As is the result, students-athletes are prepared for life!

BUCS BASEBALL SWINGS INTO A NEW SEASON

BUCS READY FOR BASEBALL SEASON WITH RETURN OF CELEBRATED HEAD COACH

Rachel Tellez
STAFF WRITER

With the return of head coach Juan Ranero, Bucs Baseball will be moving into full swing come January 2017.

As a member of the American Baseball Coaches Association (ABCA) and with 20 years' experience as a college head coach from Division 3 and high-end Division 1 to the Cape Cod League, Ranero has returned to Barry to lead the Bucs to play as a "fundamentally sound team" and accomplish the concept of "playing for the team and playing as a team."

Ranero resigned from the head coaching position at Barry University back in 2005 after accepting another head coaching position at Rowan University in New Jersey, where he remained for nine years, being named the New Jersey Collegiate Baseball Association Coach of the Year in 2013.

After spending a total of 14 seasons at Rowan and winning 350 games, he made the transition back to familiar territory in the Sunshine State Conference.

In 2014, Eckerd College announced Ranero as the 11th head coach in their baseball program.

Spending the last two seasons with the Eckerd Tritons, Ranero reached a milestone with his 500th career win against Florida Southern in April of 2015.

In July, Sports Information Director Dennis Jezek, Jr. announced Ranero's return to Barry as the head coach, revealing his shining 2002-2005 career record with the Bucs (109-103-1). In those four years at Barry, Ranero also mentored 13 All-Sunshine State Conference (SSC) picks and had six players sign professionally.

Although it's been over a decade since Ranero coached for the Bucs in the SSC, he

admits that the talent within the conference has remained the same. "There's always been good talent in this conference," he said.

Preparing for the upcoming season, the team has been training and working hard during afternoon practices in all areas to ensure they play their best come game time.

With respect to this season's coaching staff, Ranero said: "I like to surround myself with the best coaches and let them coach to help us achieve the best possible team we can be."

Between head coach Juan Ranero, pitching coach Alex Gonzalez, and the assistant coaches, the team's goal is to make the transition as smooth as possible and get them mentally prepared for a winning season.

Gonzalez said that the first step to preparing his pitchers for the season is getting them "acclimated to throwing on a more consistent basis and making sure they can handle the additional workload."

After getting the chance to see them compete in the pre-season scrimmages, Gonzalez asserted, "we are where we're supposed to be."

With the addition of Ranero, he must lead the Bucs after they went 24-25 last season and 8-16 in the Sunshine State Conference.

Returning senior Ryan Baldwin hit .369 with 13 home runs, 15 doubles, one triple, and 51 Runs Batted In (RBI) last spring. Baldwin brings a great amount of baseball knowledge and experience to lead a relatively young team.

Returning junior Alex Lavandero boasts a record of 7 wins and 4 losses, starting in 14 games and struck out a team-high of 107 batters to lead the SSC.

This season, Barry has brought in many new, talented and experienced individuals ready to become a part of the Buc community.

Gonzalez mentioned that the freshman

pitchers are expected to make an impact early on in the season because of their advanced abilities to pitch.

Freshman pitcher Pablo Arevalo, who played for Miami's Belen Jesuit, went 6-1 with a 0.61 earned run average (ERA) through 40 innings.

"The biggest challenge for us right now is adjusting to the new coaching staff, their ideas, and getting everyone involved to realize that the ultimate goal is to win a championship. I think Coach Ranero knows the talent that Barry has and is ready for the task," he said.

Sophomore catcher Justin Lamazares played eight games at Campbell University with eight hits and four home runs prior to this season at Barry.

"We have great talent and guys that will execute basic fundamentals," said Lamazares.

Sophomore Pablo De Armas started in 30

out of 32 games at Stillman College and had 128 at bats, two home runs, and 10 doubles with a .359 batting average before joining the Bucs.

"I see our goal as being able to call ourselves SSC champs and be able to compete in regionals. Our pitchers already look ahead of their game in terms of being ready for the season," said De Armas.

A few changes have been put into effect this fall as the Barry Bucs gear up for another baseball season. Under the guidance of new head coach Ranero, though, the team continues to productively tackle problem areas in their performance on the field.

With a new coaching staff, improved training techniques, and advanced players joining the team, the Bucs are one step closer to becoming SSC champs in 2017.



Coach Juan Ranero, who returned to the Bucs this season, gives the team instructions. Photograph by Anastasia Zharova

VOLLEYBALL SEASON HIT HIGHS AND LOWS

Orianna Carmargo

STAFF WRITER

With the Buccaneers last match of the season against Rollins College on November 19, it has had its ups and downs but is still a season of which the players can be proud.

The season started with a league match against outlasted rival Nova Southeastern as part of the Division II Sunshine State Conference. The Bucs started off very strong with the longest match of the season against Nova where the Bucs out-blocked the Sharks 7-3, giving the Buccaneers the win of 3-2.

Their first win was then followed by a 3-1 loss against rival Lynn where the Bucs fell short, dropping the match with 51 kills for the Fighting Knights and only 37 for the Bucs then a 3-1 win over Florida Tech.

After the Florida Tech match, Barry dropped a couple matches against rivals Florida Southern 1-3, Eckerd 2-3, Valdosta State 0-3 and North Alabama 2-3.

The team ran into a rough patch where performances were not outstanding because, while individuals performed well, they couldn't connect the plays together as a team. Their performance was not what any coach or athlete had wanted.

"We have a very great team, every person as an individual played great but at the beginning of the [season for the] games, we couldn't play together. We were not united, because of that we started out the season not so good, we played well but not for our level," player Kristina Filimonova.

However, the Bucs picked up a win against West Alabama at the final match of the South Regional Crossover of 3-1. Barry had 60 digits and 6 aces while Alabama had 49 digits and 2 aces. The Bucs improved to 10-8 all time at the Crossover followed by a 3-1 loss against rival Nova. After winning the first set, Barry's volleyball team fell to the Sharks 23-25, 25-21, 25-19, and 25-21.

Graduate Assistant Coach Sherwin Pereira said "given the last few weeks of technical, physical, and psychological training, the athletes have pulled together in a phenomenal way and showed us what a talented and hardworking team firing on all cylinders is able to accomplish."

The hard training of these athletes

showed up as they pulled together, beating two opponents back to back. The Bucs swept Rollins by a win of 3-0, out-blocking the Tars, 10-3. And, the Buccaneers swept their second opponent Embry Riddle by a 3-0 win against the Eagles.

Yet, another upset followed with a point-by-point battle with the Bucs eventually losing to Palm Beach Atlantic 1-3.

The team has improved greatly over the season, though, having had some outstanding matches. After the loss against Palm Beach Atlantic, the Bucs won three straight matches against Florida Tech 3-1, Lynn 3-0, and Eckerd 3-1. The Buccaneers beat Eckerd in a Key Sunshine State Conference 25-21, 25-14, 16-25, and 25-15.

Finally, their match against Florida Southern ended in a loss of 2-3 against the Moccasins. Barry will now turn its attention to Tampa and Saint Leo for the next four matches in their fight to make the post-season.

Some outstanding players leading the game statistics are #14 Jaeda Allen, an explosive hitter with a hitting percentage of 209% and 24 matches played, #13 Filimonova, a talented middle with natural blocking instincts with a hitting percentage of 360% and 24 matches played and #10 Ivana Didanovic, a middle blocker with a powerful arm with a hitting percentage of 258% and 24 matches played.

"Now we are playing as a team. We became a little closer to each other (after the lows in the team)," said Filimonova. "Now we are ready to fight, we want to reach the regionals and nationals. It will be hard because we are not in the best position now in the ranking but we will do everything we can to reach it. I believe in my team and I know we can do it."

Filimonova is not alone in this; Pereira and the entire school are crossing their fingers to see the volleyball team pull it together, as they believe in their greatness.

"These girls have proven their ability to be competitive at the national level. They have the work ethic, focus, determination, and the talent and skills; I am looking forward to seeing the team lay these pieces of the puzzle together... I am equally proud of what these athletes have done this season," said Pereira.

BARRY GOES PRO!

Kuajuan Moore

STAFF WRITER

Barry University is the home to the Buccaneers NCAA Division II sports program. Our champions have 16 national championships under their belt in addition to 65 Sunshine State Conference titles but a little known fact is that Barry is also home to a new crop of athletes who have gone or are going pro.

To be frank, our sports teams are no slouches. They work hard at what they do. So, when a team member graduates, it not only saddens the current players but also changes the dynamics of the team itself. However, when you know that your teammate is going to showcase the talent that they honed at Barry on a larger scale, it's no sweat!

Last spring, our women's basketball team said goodbye to Ines Kerin, an international student from Slovenia, as she left with a degree in sports coaching/physical education in one hand and a professional basketball contract with Germany in the other.

The Buccaneer asked Kerin what she felt when she first opened the letter.

"I was kind of shocked because I couldn't believe that my dream came true," she said. "For the past two years, I was always saying that I would love to play in Germany and that actually came true, so I was definitely overwhelmed."

Kerin made an impact on the team with 186 points, 185 assists, and 67 steals, throughout her 2-year career with the Barry Bucs.

Head Coach Bill Sullivan reminisced about when she first joined the team.

"We were excited when Ines committed to Barry University because we loved the way she played the game and we believed she would be an immediate impact player for us," he said.

Upon her graduation, Sullivan cited a flurry of emotions.

"We always have mixed emotions when our seniors graduate. We're thrilled Ines received her degree and moved on to the next chapter in her life but at the same time we miss her and wish she were still here as a member of the team," he said.

Kerin, while having a fantastic four seasons, was not the only female Buccaneer to achieve success.

A 2016 graduate, Amra Elezovic, signed



Amra Elezovic played basketball at Barry but now plays professionally in France. Photograph Courtesy of Athletics Department.

a deal to France's professional women's basketball team. Elezovic is a native of New Hampshire.

Barry has also been grooming other players who are poised to take professional spots in the near future.

Clocking only one year with Barry men's team, Elvar Fridriksson - a junior business management major - has already had a chance to train with his country's national team in Iceland.

"It was just a qualification for Europe's basketball teams and the biggest European tournament which is next year, so it's a great honor to be on the national team which is something I've always wanted to do. I just worked really hard to get there," he said.

Kerin has advice for any player who wishes to go pro.

"There are no days off, you have to keep pushing yourself each day, and you need to have your priorities straight," she said.

Overall, Barry University has worked to develop student-athletes' maximum potential. Yet, through hard work ethic, any dream can be achieved - no matter how large - and these three athletes are living proof that it is possible.

Fuquan Whitfield contributed to the reporting of this story.

"HE SAYS LANMOU. SHE SAYS LOVE. DOES IT MAKE A DIFFERENCE?"

LINGUISTIC DIFFERENCES IN BUDDING ROMANCES CAN HELP AND HURT

Abigail Solórzano

STAFF WRITER

Speaking different languages can cause conflict in a couple's relationship, but as long as there is a common goal, agreed upon values, and patience to endure, those conflicts can be overcome.

Lucia Klencakova, an adjunct faculty member in Barry's Department of English and Foreign Languages conducted a study between Fall 2014 and Spring 2015 to "observe the level of satisfaction in monolingual and bilingual romantic relationships" and to determine to what extent conflicts or challenges arise in bilingual couples yet are not common to all couples.

"I was interested in doing a study where I would observe how bilingual couples talk and to have a look if there are any things that kind of separate them from the monolingual couples," she said.

The study involved twenty people (8 males and 12 females) between the ages of 25 and 57: 13 of the individual participants were married, 8 couples lived together, and 6 couples had been together for more than five years.

Klencakova found that when couples had a mutual goal, there was better communication and higher satisfaction, meaning, "happiness, support, trust, communication, compatibility, and love."

But if the couples speak different languages, couldn't that be an obstacle to the growth and success of the relationship?

Most miscommunication in bilingual relationships stem from misunderstood words or phrases, or poor word choices or colloquialism, as stated in an article by the Telegraph Media Group.

For example, in Spanish, love can be *querer* or *amar* while in English there only exists the one word, love.

In Spanish, both words can have different meanings. *Querer* is a lighter form of love, more similar to liking something and someone. It doesn't really carry any heavy feeling or sentiments. "Yo quiero a mis amigos" simply means "I love my friends."

Amar, on the other hand, is a more centralized love which focuses on someone or something. It is a passionate love. Such as "Yo amo a mi esposa."—"I love my wife."

When someone says "Te quiero," that person could be saying I like you or have a high regard for you but not necessarily "I love

you." When he or she says "Te amo," they are saying they have a commitment and a deep passion for you.

In English, we say "I love you" for both. Hence, it could cause a problem in a relationship when translating these phrases into English. There could be different meanings.

Nevertheless, Associate Professor of Spanish Dr. Maria Margarita Nodarse in Barry's department of English and Foreign Languages does believe that while speaking different languages can sometimes lead to miscommunication, if the couple truly and genuinely loves each other, the language barriers don't matter and can be eliminated.

Because of the mutual love, both partners seek to understand each other, learn more

said Nodarse. "You learn more about each other and each other's cultures."

Cousett admits that she loves to just sit and ask her boyfriend how to say certain words and phrases in Haitian-Creole.

"Since language is so extensive, you never get bored with it. And then you get this sense of accomplishment when you tell your husband or boyfriend 'I love you' and say it in his language," said Cousett.

Twenty-four-year-old Hermarys Lopez is half-Guatemalan and half-Puerto Rican and speaks both English and Spanish. She is in a relationship with an American whose main language is English and speaks very little Spanish.

Lopez's family is predominately Spanish-speaking and in order for both her boyfriend

to come from the same culture," said Calvo-Peña.

But is language really all that necessary in order to fall in love with someone?

In an article titled "Cross-Cultural Relationships" found on counselling-directory.org.uk states: "Language is an important part of communication, but it is not actually necessary. Thousands of unspoken messages pass between people whenever they meet. A glance here, a foot tap there, a flick of the hair; a tensing of the shoulders. Every movement tells a story and romance offers the richest vocabulary."

For Calvo-Peña, "passion and love don't need language."

Matthew Davila was born in the U.S. and has been married for two years to a Colombian. When they first started going out, Davila said he relied on reading his spouse's body language.

"Even though we both spoke English, it wasn't her native language. She spoke some English and I barely spoke or understood any Spanish. So, when we began going out, I first started to learn how to read her body language to better understand her when she spoke," said Davila. "Now, we've learned how to understand each other more. Sometimes, she speaks to me in Spanish and I answer her in English. It's a compromise," said Davila.

However, Cousett still believes that verbal communication is still weighty.

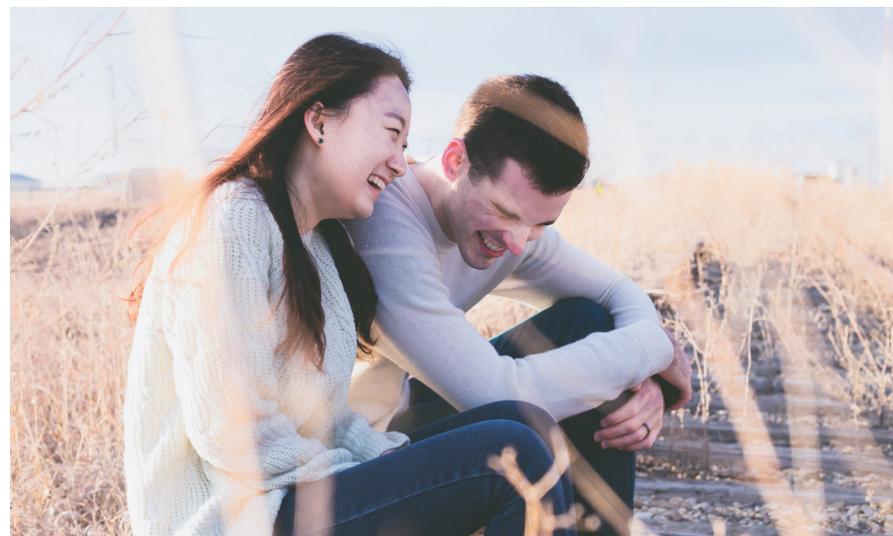
Cousett was born in Colorado Springs, Colorado, where her sole language was English. While at Barry, she met and began a relationship almost three years ago with a student who is a native of Haiti.

"A relationship is founded on love, trust, and communication. Communication is just as important as love and trust because if both of you are not on the same page about things, that's when it can really go left, and it'll have effects that will bleed into the other aspects of your relationship," she said.

Nevertheless, learning about a new culture, trying new foods, and even learning a new language can benefit the relationship and its individuals more than an ordinary, monolingual relationship can.

"Having different languages can make the relationship more interesting because maybe one of them who speaks a different language can bring in ideas that the other person wouldn't even think of," said Nodarse.

Bilingual relationships come with their own unique "problems," but the benefits are even more so; as long as you both work hard, and not give up, the long-term rewards will be worth it.



Photograph Courtesy of Unsplash.com

about each other's cultures, which in turn helps them learn one another's languages, said Nodarse.

Still, Barry senior Jessica Cousett who is majoring in philosophy, believes that there are certain nuances in one language that cannot be communicated in another language.

"It doesn't matter how much you love someone. There are always certain words or phrases that mean different things in different cultures, and if you don't know what those things mean, that misunderstanding can cause problems," she said.

Yet, Nodarse says learning about each other's culture, background, traditions, and language can be and is a huge bonding agent in any relationship.

"Both members in the relationship are enriched because of the different languages,"

and her family members to communicate, they both have had to learn each other's languages.

"It was hard at first for my boyfriend to communicate with my family, especially my mom, because he didn't really speak or understand Spanish that much, so I would have to help him and teach him some Spanish words. He really wanted to learn and little by little he started learning more and more that now he sometimes tries to speak to me in Spanish, even though I have to correct him most of the time," she said, jokingly.

Dr. Beatrice Calvo-Peña is an assistant professor of Spanish at Barry who believes having good communication standards, such as respect, far outweighs the commonality of language.

"I think it's important to share common values and those common values don't necessarily have

GOT A TASTE FOR HOME?

Are you craving a home-cooked, traditional meal? Do you often go to bed dreaming about dining in your favorite restaurant back home, but home for you is 1,000 miles away? Or, maybe you're just bored of the mundane café food and want to try something different at an affordable price? There is no need to drool anymore as there are numerous international cuisine restaurants that can be found in the Miami Shores area that offer both delicious and cheap eats.

Orianna Carmargo & Kahelia Smellie
STAFF WRITERS

PAQUITOS Mexican Restaurant

Mexicans are the third largest population in Miami which makes it difficult to choose just one restaurant from all of the options. However, the colorful and unique decor will definitely command your attention at "Paquitos." It is an authentic, traditional Mexican restaurant that offers a great atmosphere and service for families, friends or even dates. Combine that with tasty, authentic cuisine and you've got a winner! This gem is located in a remote corner of 16265 Biscayne Boulevard and offers dishes like beef fajitas and scrumptious desserts such as "churros" and "dulce de leche" that vary in price from \$8 to \$25. Paquitos Mexican Restaurant is sure to satisfy your taste.



A table for two at Paquitos.

MOSHI MOSHI Japanese Restaurant

Moshi Moshi is a casual Japanese restaurant located in the trendy MiMo area of Miami on Biscayne Blvd. The Japanese community accounts for only 0.03% of the Miami population, so this restaurant is a true find! Moshi Moshi uses the Izakaya method for their dining experience. Izakaya means "stay sake shop" in Japanese. These restaurants provide short menus and tiny dishes where the cuisine, not the drinks, are the big feature. Moshi Moshi offers an intimate but casual ambience for hanging out with friends or for quick bites after work. Traditional Japanese music creates a calm and cultural atmosphere. Add to this cultural experience the showing of Japanese cartoons called anime. Moshi Moshi, located at 7232 Biscayne Blvd., has a specially

designed Bento Box. This lunch special costs only \$10 but offers the customer limited but delicious choices of "Sushi" and "Seafood" to add to their "Bento Box." Winner of the Sushi Master's Competition in Florida, Moshi Moshi is casual but artfully delicious.

RICKY THAI BISTRO Thai Restaurant

Thai food is not about simplicity. It is about the complex interplay of different tastes and looks. The Thai population in Miami is so small that if you want to get a real taste of Thai food, then Ricky Thai Bistro at 1617 NE 123rd Street in North Miami is your go-to spot. With outstanding plates like "pad thai, red curry and fried rice," the quality is excellent and the prices are reasonable, varying from \$5 to \$16.

IVAN'S COOKHOUSE Caribbean and Asian cuisine

Ivan's Cookhouse has a unique fusion of Caribbean and Asian cuisine. Located at 14815 Biscayne Blvd in North Miami Beach, this restaurant caters to more than the 20 percent of Caribbean residents residing in South Florida. Ivan's Cookhouse boasts an open house kitchen where the customers are able to watch the chefs prepare their meals. It also has a "rustic elegance" where customers dine casually or formally while listening to jazz music. Owner and head chef Ivan Dorvil was the winner the Food Network Chopped series in 2013 and his inspiration for the restaurant "was born out of a deep-seated Haitian provenance, and a passion for creating and elevating the palates of Miami foodies." Enjoy mouth-watering dishes such as the "jerk chicken penne pasta" and "chili-panko shrimp" with affordable prices, ranging between \$6 and \$32.

AVILA BISTRO FUSION CUISINE Venezuelan Restaurant

Venezuelans aren't the most popular Latin group in Miami. But while at only 2 percent of the population, they have brought more to South Florida than just arepas. The Avila is a gorgeous mountain in Venezuela that has with it a vast of history and a set of traditions as magnificent as its height. Boasting the name of said mountain, there is

one restaurant at 17951 Biscayne Boulevard that truly represents the essence and flavors with which Venezuelans identify. Avila Bistro Fusion Cuisine will delight you with their menus that go from corn cakes like "cachapas" to specials like "pabellon Venezolano" and "patacon." Prices vary from \$5 to \$20. This restaurant will definitely transport you to the captivating mountain of "The Avila."



Outdoor seating at A La Folie Café. Photograph by Kaitlyn Parotti

A LA FOLIE CAFÉ French Restaurant

Located at 516 Española Way, A La Folie Café is a French nirvana in the heart of Miami Beach. Exquisite French cuisine is served outside under starry skies, muted lights from lanterns, and seats surrounded by beautiful foliage and greenery. This small café serves French delicacies such as "plerine," endive-roquefort" and "escargots la creme de ricard," to name a few. While these mouth-watering delicacies will blow your mind, A Folie Café signature dishes are its "crepes sales." Customers can dine outside or inside while enjoying their buckwheat savory crepes, both gluten and lactose free. These delicious crepes are served with mesclun salad and tomato. A La Folie Café has an affordable price range between \$5 and \$35.

PRIMO TRATTORIA ITALIANA Italian Restaurant

Rome! It is so far but at the same time so close. Primo Trattoria Italiana is a family-owned restaurant located at 2216

NE 123rd Street. Their homemade pasta and pizza will make you feel like you are in Rome all while still in sunny Miami. Their prices range from \$7 to \$20. Buon Appetito!
**LITTLE HAVANA
Cuban Restaurant**

Little Havana is a family-owned business and is heavily influenced by the cuisine and culture that has become a mainstay in Miami for decades. Little Havana has lunch and dinner specials which are affordable for patrons who want to experience authentic Cuban cuisine without draining their pockets. Little Havana was "named one of the best Cuban restaurants in Miami" and "had an honorable mention in *South Florida Magazine* as one of the best Latin restaurants this region." Little Havana lunch specials start at \$5.95 with famous dishes such as the "picadillo a la criolla" (Ground Beef in Creole Sauce). Take a few friends or even a date to Little Havana at 12727 Biscayne Blvd.

CLIFF'S RESTAURANT Jamaican Restaurant

Cliff's Restaurant offers a wide array of Jamaican cuisine and delicacies. From succulent "oxtail with rice and peas" to "ackee and saltfish" with "green bananas and fried dumplings, Cliff's is a small, casual restaurant at 10740 NW 7th Avenue in which customers can either dine inside to enjoy their meals with friends and family or sit outside under the beautiful blue skies of Miami.

MOJI AFRICAN RESTAURANT

African Restaurant
Nigerian cooking is hard to find, considering there is only a small West African community of immigrants living in Miami. However, Moji African Restaurant will delight you with delicious West African Cuisine, live music and tasty traditional plates like "cassava," "jollof rice" and more. Their prices vary from \$6 to \$15. Find this gem in the heart of Miami at 825-827 NW 119th Street and enjoy some African authenticity.

A GREENER AND LEANER BARRY

BARRY MOVES CLASS OF 2020 TOWARD ZERO WASTE

Destiny Ricks
STAFF WRITER

As Barry is exploring how to reduce its carbon footprint by identifying sustainable practices, this October the Office of Mission Engagement (OME) unveiled initiatives in reusing water bottles and saving electricity to engage the class of 2020.

During a "Going Green" Luncheon on October 4, representatives from OME told attendees that it is a part of Barry's Mission to "go green" and the campus is actively implementing several new sustainability initiatives to eventually achieve their "zero waste" goal.

As a testament to what the campus will become, the "Going Green" luncheon was a zero waste event where participants were told only to take the food that they knew they could eat; also, all utensils like forks, knives, and spoons were made of bamboo.

After the lunch was finished, anything left over was recycled and delivered to the Earth N' Us Farm in Little Haiti.

"The environment as creation has a sacred significance, there are values that flow from that sacredness which urge us to promote the flourishing of the environment and its inhabitants," Sister Gloria L. Schaab, SSJ, PhD told luncheon guests.

After Sister Schaab's presentation, Sister Mary Frances Fleischaker, OP, DM in presented the Adrian Dominican Sisters' 2016 General Chapter Enactment on climate change.

The enactment states: "recognizing the violence against Earth community that places our common home in dire jeopardy and intensifies the suffering of people on the margins, future generations and all creation,

we will sacrifice to mitigate significantly our impact on climate change and ecological degradation."

This enactment motivates Barry University's stance and connects with Barry's core commitment of social justice, encouraging all members of the Barry community to accept responsibility for their effect on the climate.

"The going green movement is a call to action for students to pay attention and educate themselves on the effects of climate change," Dr. Roxanne Davies, Associate Vice President for Mission and Institutional Effectiveness.

In 2009, Sister Linda Bevilacqua, OP, PhD established an opportunity for students to get involved.

BEST, the Barry Ecological Sustainability Team, explores different ways to increase environmental sustainability throughout Barry's campuses.

Shernee Bellamy, AmeriCorps VISTA volunteer in the Office of Mission Engagement, heads two other opportunities for students to reduce their carbon footprint -- the "Move Out" drive and the new "Switch It Off" campaign.

The Move Out Drive is an opportunity for students to give away items they no longer need, instead of throwing these items away.

The Move Out Drive accepts anything from mini-refrigerators and microwaves to clothing and shoes. The items collected in the 2015 Move Out Drive were donated to Miami Rescue, Lotus House, Camillus House, New Life Family Center, Mt. Tabor Missionary Baptist Church, and Becca's Closet.

The new "Switch It Off" campaign was introduced to Barry's Class of 2020.

Incoming freshmen were given a reusable water bottle and a contest: the freshmen residence hall that saves the most electricity this year will receive a free Chipotle gift card and be crowned Barry's "Green Champions" on Earth Day in April.

The Office of Mission Engagement acknowledges that the true way to really "go green" on campus is not only to instill an interest in the green movement in Barry students, but also to increase student engagement.



At the luncheon, utensils were made of bamboo as they are easier to degrade, making them more environmentally-friendly. Photograph by Abigail Solorzano

A MONTH OF POVERTY IN A DAY

BARRY STUDENTS PARTICIPATE
IN CHILLING POVERTY SIMULATION

Leonell Figuerido
STAFF WRITER

By letting 40 participants experience real-life struggles with welfare, food and crime at a poverty simulation on September 23, the Office of Mission Engagement brought awareness to the inequities of the 43 million Americans living in poverty.

At the simulation, students, faculty, and guests from other local schools played characters with different living conditions, bills, incomes, attitudes, and ethnicities. But they all shared one thing in common: they are living in poverty and they all want to get out of it.

Participants chose from some of the following jobs: banker/loan collector, pawnbroker, police officer, supercenter clerk, childcare worker, "illegal activities" worker, homeless shelter worker and community doctor.

Shernee Bellamy, one of the organizers, said that these were jobs that disadvantaged residents have or they are public servants with whom disadvantaged residents have to interface.

For example, the average salary of a Wal-Mart clerk in the U.S. is \$18,000. Assuming the cashier is a single adult with no children, living expenses can amount to \$23,376.

In 2015, the median salaries for childcare workers were \$20,320 per year. Similar to the Wal-Mart clerk, this annual salary is not enough to manage ordinary living expenses.

The most surprising example of a disadvantaged profession was the police officer who kept the peace and served to enforce child protection services in the simulation.

In the city of Miami, the median annual salary for a police patrol officer is \$51,167, but a three to five-family home with a single parent could cost an annual of \$47,000-\$60,000.

It is no surprise that "illegal activity" workers are citizens who are forced to make high-risk decisions to improve their financial situations.

Additionally, in disadvantaged communities, bank loans leave borrowers in a long-term cycle of debt and pawnbrokers prey on residents when they buy their items low and sell them high, making those who need the extra money grudgingly accept their unfair terms.

Once each participant chose a job, they agreed to adhere to certain guidelines to avoid even more strain on their situation: Do not leave a child home alone; send your children to school or daycare; keep your family fed; pay the bills; always have transportation passes; if

you have a job (full or part-time), you must go to work at the beginning of each week (the first three minutes) because each is represented by 10 minutes; keep your house (or buy a home); and avoid getting into debt.

The moment the whistle was blown, half of the participants went to work, the other half went to drop off their child at school and a small group went to the pawn shop to haggle for better deals.

Jennifer Sanhou, a senior majoring in social work, played a 17-year-old male raised by a single mother who got a 16-year-old girl pregnant.

"It was truly an eye opener, more like a reality being in that environment where it was all about quick money," she said.

Although Sanhou admitted to never having gone through the struggle of teenage pregnancy, drugs or the criminal justice system, she says she is now more thankful for her life -- albeit she and her family didn't have much.

"This shows you can't judge people, you don't know what they are going through at home," she said. "I do know what it's like to not have much, but through my faith in God, I grew up to always be thankful. I always believed that giving up is not an option."

Pa Shiekh Ngom, a volunteer at the event and a Barry student, played a 39-year-old mom who lost her job.

"I was an adult, I came home distressed and I put my family in certain situations that I felt guilty about personally. It was really tough," she said. "I would like to recommend this to everyone because it changes the way you look at things."

Brittany Rodriguez, a junior majoring in finance and marketing who played a 25-year-old boyfriend who had a child with a different woman, said she had never personally been through a situation where the extremes were that serious.

"One of the strangest aspects was that I was constantly thinking about how the next week's paycheck was going to be budgeted instead of just focusing on that week's check," she said. "It was nice to be able to walk a mile in someone's shoes, and actually see what they go through in everyday struggles. I started off homeless and paid off everything and I actually got a house, so I won. In my eyes, I won," she said.

At the end of the day, there was a lesson for everyone in this simulation. What started off as a game for many became a taste of some people's reality.

"I'M NOT YOUR STEREOTYPE"

Abigail Solórzano
STAFF WRITER

Stereotypes. We all know the word. We all know what it does. And we've all done it, or experienced it.

The word is defined as "[believing] unfairly that all people or things with a particular characteristic are the same."

Simply stated—personality and individuality aren't taken into consideration. It forces people into a certain domain based on appearances, backgrounds, culture, religion, language, hobbies, etc. It classifies people before they are known for who they truly are or before they are given the opportunity to show their true colors.

In society, there are people who shatter any and all of their labels. They stand out regardless of what others may think. They defy "the norm" and do so proudly.

Sophomore and political science major and psychology minor Carlos Perez Coriano was originally born in San Juan, Puerto Rico, and often was stereotyped for being Hispanic.

He is also an online gamer, which carries its own stereotype for being lazy due to gamers' sitting in front of consoles for hours at a time. But Perez Coriano doesn't like being idle, he said.

"I'm involved in a few things on campus, such as being an SOC rep (Student Organization Council representative) for the College Democrats. I'm a member of the Alpha Delta Gamma national fraternity, as well as a resident assistant for Housing and Residence," he said.



Asha Starks, a senior, wrote "I am Black, but I don't drink koolaid or eat chik'n" to show she is a vegetarian and break that "chicken" stereotype, which originated from a scene in the film "Birth of a Nation." Photograph by Anastasia Zharova

Stereotypes create these false impressions of people just because of the way they look, talk, where they come from, their race and skin color.

"I grew up in a predominately white school," says junior and music performance and philosophy double major Jared Puwalski who's from Charleston, South Carolina. "But I wasn't or am not the stereotypical 'white boy.' I was never about hunting or college sports. I actually don't really like country music, but I will listen to anything from salsa and bachata to full-on, old-school hip-hop."

Puwalski never had formal vocal lessons, but he performed in a recital last summer one of the hardest songs to sing in German—"Der Erlkvnig" by Franz Schubert.

African Americans have been stereotyped in America and via the mass media as liking fried chicken and drinking Kool-Aid because in the past, many could only afford these cheap staples as they lived in poor neighborhoods—now considered food deserts because of their inaccessibility to fresh foods.

However, senior Asha Starks shatters that African American stereotype, along with others.

"I'm vegan," said Starks, a sports exercise science major with an emphasis in coaching. "And I don't wear weaves. I'm pretty natural. I actually make my own moisturizer and deodorant."

Ironically, cultural stereotypes can also be limiting sometimes among their own people.

Arab families are very proud of their heritage and culture and do everything to keep their bloodline pure, but Barry alumna Dana Al-Musallam (Biomedical & Forensic Pho-



Jared Puwalski, a junior majoring in music performance, breaks a well-known stereotype that all smart/nerdy people have to be good with computers. Photograph by Anastasia Zharova

tography, BFA '16) was born in Kuwait to an Arab father and a Hispanic mother.

She struggled fitting into her culture because her parents were the first ever to defy tradition.

"I was the first in my family to ever break the bloodline, and that broke a stereotype because it was seen as why would you want to dilute the bloodline?" said Al-Musallam.

Yet, despite not fitting in and struggling while she was young, Al-Musallam learned to accept who she was.

"You can call me a pineapple all day, but that doesn't make me a pineapple," she said.

People are often afraid of what they don't understand, of what's different, so out of fear they try to assign these labels to simplify the intricacies of a person.

Business management senior Patrick Ulysses Guevara has been labeled as the "lazy Mexican" just for being Hispanic. This stereotype goes way back to the old tradition of the siesta.

Yet Guevara has proven that he is anything but "resting."

Apart from being a member of Barry's Honors Program, Guevara is the vice president and treasurer of Lambda Theta Phi Latin Fraternity, Inc., the vice president of LASA (Latin American Student Association), and the fundraising chair for the BLA (Business Leadership Association) club.

"I have stayed in school. I have always done everything I can possibly do legally in order to keep on moving forward, and I've maintained good grades and moved up in the different jobs I've had," he said.



Being Mexican, senior Patrick Guevara, denies the common "Mexican" stereotype of being lazy. Photograph by Anastasia Zharova

Barry junior Christian Mesa is a General Studies major with an anticipated cardiovascular perfusion minor. Mesa is Colombian and, as such, has been described as someone who must be a drug addict because of the drug ordeal in Columbia. Yet, he has overcome that stereotype and limitation.

"I'm in college educating myself. I want everyone to see what I am capable of, but most importantly, I want everyone to see what a Latino is capable of. I overcome the stereotypes not only for myself but for my people. To empower my people," he said.

Mesa is also a member of Lambda Theta Phi along with Guevara.

But people aren't the only ones stereotyped, activities can be, too.

Lacrosse is a very expensive sport in which to participate because of its costly equipment and upkeep; therefore, it's widely considered a Caucasian sport in America.

However, four Barry students—sports psychology graduate student Thomas Andriani (New Jersey), biology freshman Lorenzo Flowers (Native American), sophomore Pa Sheikhn Ngom (Nambia, Africa) and economics freshman T.J. Huboky (Pennsylvania)—have become the founding students of the new lacrosse club/team at Barry.

"They take anyone that wants to join," says Ngom, who is the vice president of the club and who has never played lacrosse before.

Of the twenty-something members, only five are Caucasian, and there's also three women on the team.

Andriani had never played lacrosse until last year but now it's his favorite sport.

"If you want to exercise and make new friends, this is the way to do it," he said.

Flowers, the president of the club, may be a minority member but says, "I don't see race or color, or anything. I believe that whatever you wanna do, you should go ahead and do it."

Huboky is the treasurer and may not be the fastest player, but he affirms that "everywhere on the lacrosse team, there's a spot, no matter if you're tall, slow, fast. Race doesn't matter. There's a spot on the field, no matter what."

People are unique and different. All people. No one person is alike. So, if each of us is different, why then should we label others under a single standard? They are who they are. Let them show it. And to those bursting through labels, be proud of who you are and do what you want to do, maybe even join the lacrosse team.

BARRY'S BURGER BOYCOTT STUDENTS PROTEST WENDY'S RESTAURANT FOR UNFAIR PRACTICES

Paris Razor

CONTRIBUTING WRITER

While many Barry students enjoy the fast-food goodness of a Baconator, fries and a chocolate Frosty, the university's Center for Community Service Initiatives launched a mini-boycott of Wendy's restaurant on September 30 to protest unfair conditions farmworkers face under the restaurant's watch.

"Up, up, with the fair food nation! Down, down with the exploitation!" was the battle cry outside the Wendy's franchise on the 7800 block of Biscayne Boulevard – just three miles from the Barry campus.

The purpose was to put pressure on Wendy's CEO Todd A. Penegor to sign the Fair Food Program created by the Coalition of Immokalee Workers (CIW) -- a human rights organization that uses social responsibility to end human trafficking, gender-based violence and other injustices in the fields.

The CIW began in 1993 in Immokalee, Florida, about 40 miles from Naples.

The Fair Food Program is a partnership among farmers, farmworkers, and retail food companies that ensures humane wages and working conditions for the workers who pick fruits and vegetables on participating farms.

The program also created a code of conduct for the fields in order to protect workers from the injustices of slavery, sexual harassment, child labor, and other wrongs.

Retailers who have already signed up with the are chains such as McDonald's, Burger King, Subway and Chipotle.

A past boycott success was when CIW boycotted Taco Bell for four years until they signed the Fair Food Program in 2005.

This boycott has become even more heightened as Wendy's refuses to sign with the program yet continues to buy tomatoes from farms in countries like Mexico - the only country that supplies the demand of tomatoes during the November to May season but has even less legal protection for their farmworkers.

Wendy's persists doing business as usual because items like the tomatoes - used in their sandwiches and salads - are cheaper when they are bought from countries where farms do not adhere to the Fair Food Program.

Interestingly, this fight is not a new one.

In 1962, Cesar Chavez co-founded the National Farmworkers Association in San Jose, California to protect farmworkers who hadn't received

the same labor rights as in other industries.

In fact, farmworkers throughout U.S. history have been an imported workforce, beginning with the Chinese, Japanese, and Filipino workers in the 1860s then African American/Afro-Caribbean workers from the 1890s and, since the 1970s, Latin Americans from Mexico and South America.

Quayneshia Smith, a senior social work major, organized the Barry-sponsored Wendy's boycott as she has been working with the CIW for several years, earning the Florida Campus Compact's Student Excellence in Service Award for her work with them.

"Our goals are that consumers know about [Wendy's] moving their tomato fields, we want them to join the Fair Food Program, and to buy tomatoes from Florida again," said Smith.

About 30 people from Barry showed up. "I've never been to a protest before and for me this was a new experience for an important cause. My favorite part is me being able to contribute to the community and I'll be going to another soon," said Sydney Ingram, a junior studying nursing.

Students marched around the restaurant with signs that read, "Wendy's, old fashioned exploitation!" and they chanted cheers such as "Justice for Immokalee!"

When Smith and a fellow protestor went inside to ask Wendy's franchise manager to deliver a letter - written by the CIW - to Wendy's CEO, the manager refused to do so. Instead, she called the police to put an end to the protest.

However, the sidewalk - being public property - was neutral ground for the Barry students to continue their protest without legal removal. The protest lasted for over an hour amid consistent chanting and honks from passersby in traffic saluting their efforts.

Some drivers stopped and asked the protesters why they were boycotting Wendy's. One vivacious, older man even decided to join the protest and marched along with the students.

As they left, the activists chanted one big promise: "We'll be back! We'll be back!"



Jennifer Sanhou passionately protests Wendy's unfair practices. Photograph by Anastasia Zhavorova.

SUICIDE SQUAD VERSUS DOCTOR STRANGE

Destiny Ricks

STAFF WRITER

Marvel versus DC. It seems like the two foes have always been battling for fans' approval of one over the other and now the time has come to compare the most recent DC Extended Universe and Marvel Cinematic Universe films, *Suicide Squad* and *Doctor Strange*.

The DCEU has become known for making comic book movies with an edgier approach than the MCU, which centers on a more fun and family-friendly format. And, in classic DCEU style, *Suicide Squad* is definitely a risk-taker; it's a movie about villains - most of Batman's villains - sent out on 'suicide missions' and will take the fall if anything goes wrong. Viola Davis' Amanda Waller places the cherry on top by having bombs implanted in their heads to use as 'motivation.' Don't let Amanda Waller fool you, she's a villain in her own right, too.

Suicide Squad was an opportunity for the DCEU to introduce audiences to their villains without having to crank out origin story after origin story like Marvel has done with films such as *Captain America* and *Thor*. The DCEU rushed right into team movies without really setting the groundwork first.

The ad campaign for *Suicide Squad* got people excited with a set of mostly unknown characters. The scenes of the beloved Joker and Harley Quinn were used to advertise the movie.

Yet, Jared Leto's rendition of the Joker cannot really be appreciated because so many of his scenes with Harley Quinn were cut, leading to the film's major problem: structure. The narrative structure of *Suicide Squad* is practically nonexistent; the movie never really flows, it just jumps from one scene to another with half-constructed origin stories that are jam-packed into one movie.

The Enchantress, the villain played by Cara Delevingne, is not really compelling plus it's absolutely ridiculous how she is defeated when most of the *Suicide Squad* members, excluding El Diablo, have no special powers.

Now, *Suicide Squad* does have its strengths. Margot Robbie and Viola Davis as Harley Quinn and Amanda Waller, respectively, definitely have the best portrayals of their characters. Additionally, the music in *Suicide Squad* is amazing and there are some small moments of humor, mostly coming from Will Smith's Deadshot and Margot Robbie's Harley Quinn. Yet, overall, it really missed its mark, having obvious problems that cannot be ignored.

Now on to *Doctor Strange* -- probably the exact foil of *Suicide Squad*. Its ads were not really spectacular and there was no real buzz around *Doctor Strange* except that it is a Marvel movie. Sometimes, that's all someone needs to see it.

Doctor Strange tells the story of Dr. Stephen Strange, an arrogant neurosurgeon who loses the use of his hands in a car accident and journeys to



the ends of the earth for a cure, discovering instead the world of magic and alternate dimensions.

Doctor Strange turned out to be a very intellectual movie that offers a compelling message about changing your ways and opening your mind to new ideas to possibly achieve something unimaginable.

Dr. Strange goes from only caring about himself to being willing to sacrifice himself for others. The movie's writing coupled with the performance of Benedict Cumberbatch made us feel for Dr. Strange and his tragic situation. Fans could not have asked for anyone better to portray this character. Also, when Dr. Strange appears on screen in his traditional garb, cape and all, any fan would really geek out. But at the same time, the movie doesn't make non-comic book readers feel left out, it's just a really awe-some moment in the film.

Still, something that must be addressed is the 'white-washing' of "The Ancient One," a Tibetan man in the *Doctor Strange* comic. In the movie, the character is played by British actress Tilda Swinton. Swinton does a great job; it's just unfortunate that this has become another 'whitewashing' situation. But, it does imply that anyone can be The Ancient One, the Sorcerer Supreme, as stated in the movie.

Doctor Strange offers magic, magic, and more magic; a great part of the movie is that the practice of magic is compared to becoming a doctor - just a lot of "study and practice," as Dr. Strange himself puts it. In the world of the MCU, anyone can become a sorcerer.

Doctor Strange definitely deserves to be viewed in IMAX 3D; the visuals in the movie are amazing and the movie was made to be seen this way -- and again, the magic.

Now, to address the dreaded topic for any MCU fan -- the villain. Marvel has a penchant for having weak, forgettable villains throughout the years. Here, Mads Mikkelsen as Kaecilius does offer some compelling views in contrast to The Ancient One's beliefs and he was a formidable opponent. He's not a weak villain, but he still could have been developed a bit more.

Ultimately, in the battle of DCEU and MCU, *Doctor Strange* must be declared the winner. While both are fun movies, *Doctor Strange* is a more fleshed-out origin story with better narrative and character development than *Suicide Squad*. *Doctor Strange* also offers an intelligent, fascinating message not usually seen in a comic book movie. And also, the magic.

NETFLIX AND STUDY

COLLEGE STUDENTS HAVE LESS TIME TO BINGE-WATCH THAN YOU THINK

Destiny Ricks
STAFF WRITER

With the new arrivals of Marvel superhero characters to the Netflix screen this year, the 19-year-old video subscriber service tried to capture their loyal, binge-watching college-age audience, but Barry students are finding alternatives to Netflix and using their time in other, more studious ways.

Netflix, the first on demand video subscriber service, introduced the world to "binge-watching" in 2013 when their original programs like "House of Cards" and "Orange is the New Black" released full seasons of episodes at once, but Barry students – a part of a demographic that is the company's most faithful subscribers – may slowly be losing their interest in bingeing on Netflix and its original content.

While, according to Movie Guide, the 18 to 39 demographic was the largest group of frequent moviegoers in 2014, Business Insider reported that theater attendance had actually dropped 6 percent from the previous year. That was the lowest number of consumers purchasing cinema tickets since 1995.

It is purported that the decline in movie theater sales may be due to the trend of watching movies at home on streaming sites like Hulu and Netflix.

Last February, Tech Info Graphics reported that the 18 to 29 demographic is the group that most commonly binge-watches and 68 percent of college students are binge-watching on Netflix, watching more than 3 episodes in a row.

Because of its unique content, *USA Today* reported that Netflix added 3.2 million new international subscribers and 370,000 new U.S. subscribers in the months of July-September.

Although Netflix is known for not releasing the ratings

of their original shows, allowing instead for word-of-mouth to be the motivating factor for their audiences, many of their shows receive social media acclaim and industry awards.

"Orange is the New Black," for example, has received 4 Emmy Awards and 4 Screen Actors Guild Awards.

Every summer, a new season of episodes arrives and it has been the norm for college student fans – armed with popcorn and snacks – to finish the full season on a weekend of bingeing.

John Leyden, a junior who does not regularly watch Netflix, enjoyed "Orange is the New Black" over the summer.

"Orange is the New Black became my new favorite show and I wasn't able to stop watching it throughout the summer," he said.

From comedy to Marvel original shows to anime, there are over 50 Netflix original shows to appreciate.

"The Seven Deadly Sins," an anime series released in 2015 is enjoyed by sophomore Maria Zamora.

"It's my favorite show; the graphics were slightly over the top, but still amazing," she said.

Netflix also releases minor shows with shorter seasons.

Kirrin Tubo, a junior, said "The Get Down," a 6-episode musical drama set in the late 1970s was one of those.

"The Get Down is possibly the shortest show season ever, but it was so good, I didn't mind and I wanted to know what happened next," she said.

"Stranger Things," a science fiction horror show set in the 1980s released in July had only 8 episodes but was highly acclaimed because of the acting and writing; it has already been renewed for a second season with nine episodes.

Most notably, though, Netflix teamed up with Marvel in 2015 to adapt different comic book characters for their internet video screens. This is something that college students have been fascinated to watch, as the Marvel Cinematic Universe and the DC Extended Universe are very popular with this audience.

According to Comic Collector Live, comic book readers are most commonly between 18 and 34 and 80 percent of comic book readers are college educated.

Their first Marvel show was "Daredevil" – released in 2015 – and their newest show to tie into the universe, "Luke Cage," was released in September.

Kevin Dahlia, a senior at Barry, started watching "Luke Cage" as soon as it was released.

"I've always liked superhero movies and he's like the new Superman. Netflix did a great job with this one," he said.

But, is Netflix losing its steam with Barry students?

In 2015, Business Insider reported that 79 percent of US millennials watch Netflix but that 81 percent of US millennials use You-

Tube to stream videos.

"I don't have time for Netflix because I'm too occupied with YouTube," said sophomore Matthew Grant-Henriques.

YouTube is an online video-sharing website that was founded in 2005. It is not outright competition for Netflix because it does not provide a catalog of programming by subscription as Netflix does. Companies like Hulu, Amazon Prime, and even iTunes, are Netflix's direct competitors.

Hulu and Amazon Prime have also started to produce their own original shows, in competition with Netflix's acclaimed original programming.

Some students may prefer Hulu or Amazon Prime over Netflix in the long run.

Even though Zamora stated that she enjoys "The Seven Deadly Sins" on Netflix, she has also acknowledged her frustration with Netflix overall.

"[Netflix] doesn't have a wide selection of films and shows. In order for them to add a show, they delete some other ones. It can be very annoying; I like Hulu better because Netflix doesn't stay up-to-date."

Llona Kavega, a second-year Biology major, said, "I really don't like Netflix, it doesn't cater to my needs or preferences."

Other Barry students do not have the time to watch regular network television series from week-to-week, let alone to binge-watch Netflix. Coursework at various colleges and universities, including Barry, is rigorous and the National Survey of Student Engagement says that in 2014 the average student spent 17 hours per week studying. That doesn't leave much time for binge-watching.

Alianis Hernandez, a nursing major, taking both Microbiology and Organic Chemistry labs this semester, says that her time is consumed with coursework.

"I don't watch Netflix because I am constantly studying for the thousands of tests and quizzes I have every week," she said.

Overall, while Netflix has not decreased in popularity even with new competition, the initial excitement of Netflix and "binge-watching" is not as much the rage with Barry students because students maybe outgrowing it or becoming more sensible in balancing their time between their beloved shows and their work.



SEXUALIZATION IN BLUES

*Music and its Connection
to Modern Times*

Javerious Gilmore

CONTRIBUTING WRITER

One of the most hypocritical things an older person can say is that music today is too dirty or perverted and that music back in the day had meaning. Let's say this person is a grandmother or grandfather or an uncle who is 50 years old or older. This relative is only partially correct. Yes, some of today's music lacks the poignant social criticism and insight like that of yesteryear's music. However, that is not to say it has disappeared for good. What I am concerned with is the purity assigned to the music of yesterday, as if it had no seedy beginnings.

With a quick look back at history, you can look these "holier-than-thou" folks in the eye and say that music from their era was equally perverse or, in some cases, worse than for example "Loyal" by Chris Brown featuring Lil Wayne and Tyga, "P**** Print" by Gucci Mane featuring Kanye West or "Gangster S***" by Young Thug.

One doesn't have to go back too far, but let's retreat to the last century, say the early 1900s. Jazz and Blues are two of America's original art forms and have affected almost every genre of music performed from Rock, Pop, Grunge, to even Reggae and, more di-

rectly, Ska. It is a little-known fact, however, that Jazz and Blues were inextricably linked to prostitution. Juke Joints were the places where Blues singers and musicians played. They were also the places where prostitutes met their Johns and hung out after hours with some of the musicians. Thus, the origin of the term "loose women" is a direct effect of many "johns" falling in love with hookers or the musicians themselves falling in love with the same woman. From it, a serious lover's triangle would form.

Jazz in its early infancy was accompaniment music for whorehouses, hence the name of the fantastic album featuring Jay McShann (who played in brothels as a kid) and Ralph Sutton (who did not play in whore houses; he was a master stride piano player) titled, "Last of Whorehouse Piano Players."

One only has to look at early Jazz pioneers in New Orleans and Chicago to corroborate Jelly Roll Morton's quote. "The best piano players were in the best whorehouses," he said.

It was true. They made the most money and were surrounded by beautiful women (depending on the whorehouse). They even got extra tips if they played the right notes when the girls performed their striptease for clients. For proof, look up Tony Jackson's, "The Naked Dance." It was a very fast ragtime number which girls used to seduce clients in the

brothels of Storyville (New Orleans) and Chicago. This phenomenon also applied to Jazz bands. Louis Armstrong first saw King Oliver when he was delivering coal to a brothel during the winter as a young man.

To ground this for a modern music-lover, one should consider the piano player at a whorehouse to be just like a DJ at a strip club. It may be a bit of a stretch, but stripping is an artform. The right song can make a dance better and elevate the performance, resulting in more money. A lot of preparation and thought goes into entertaining someone. It can be said, "Thought, preparation? For taking your clothes off?" Everything you hear and see in a strip club is thought out; the dance is choreographed in conjunction with the DJ just as the piano player coordinated with the dancers in the brothels.

In Blues, there is a subgenre called Hokum which focuses on the good times and fun things in life, mainly sex. There is an abundance of old (1927-1949), bawdy Blues songs -- the top ones being "My Pencil Won't Write Anymore," "It's Tight like That," "There's a Banana in your Fruit Basket," "What Smells like Gravy," and finally "Please, Warm my Weiner."

While hilarious, it seems as if I have reached too far in the past and the 50-year-old relative has been excluded. They have

not. While the subgenre of Hokum is something people may think faded away, there is a remnant in songs like B.B. King's "Can't You Use a Man Like me?" or Muddy Waters' "I Just Want to Make Love to You."

Alternatively, there's the perennial Chicago Blues standard "Mother Fuyer," which is a substitute for a curse word and a penis at the same time, which is pretty remarkable. Probably the most obvious song that carried the Hokum tradition (along with sexualization) is Chick Willis' infamous song "Stoop Down Baby." It was released in 1972 and was a hit although no radio play due to its lyrical content. Do yourself a favor and listen to the 26-minute live version and you will see that perverse, or dirty lyrics are found through and through.

I won't even mention Lucille Bogan's "Shave Em' Dry" (1935), which is so explicit that it currently has a parental advisory warning on the label.

In short, a person can argue that sex can be promoted in a more tasteful fashion in music videos and movies today. I am not entirely sure how it would pan out, but it can happen. However, one has to accept the image of sex in music because it's something everyone (or a significant amount of the population) likes to do. Thus, it has a place in our music of the present (Jazz and Blues included) and it will have a place in the music of the future.

Dear God AMERICA!

Anonymous

Dear God America:

How many more times shall black bodies be laid out side by side?
Like human cargo on incoming ships?
How many more coloured tears shall fall
To baptize the pain of fallen men?
Do you want lifeless bodies filling the earth
for future flowers to pick?
Death reserved for a few in a society when all
should be equal
Ships carrying black bodies
Whips cracking aching to caress glistening
skin
Trees rooted bear strange fruit hanging from
the popular trees
Guns target practice for men unarmed.

Dear God America:

How many times shall a little black girl cry?
Weeping for the death of her father
Angry for the death of her brother
Worried that she too will cry for her unborn
child
Steeped in pain and grief of skin that will
never change.
How many cigarettes is worth a black life?
1? 2? 5? Or even 10?
How many cd's is worth a bullet to the head?
Shall I raise hands in defense when I know I
will be dead?
Dear God America:
Equal rights for all in your constitution
Men have the right to bear arms
But slaves still picked in cotton fields when
the ink dried
And only privileged whites can carry con-
cealed to protect.

Dear God America:

When will this end?
I would be able to send my son down the
street for skittles with his hoodie on?
Will he come back into the safety of my arms?
Will I able to hold the hands with my white
brothers and sisters?
Break meal together
Pray together
Live, laugh and love
To sing joyously in the sun as I dance to the
freedom which I have been given?
Maybe it won't happen in my lifetime or
years to come
Maybe many will have to die for freedom to
pass
But as I sit here and look through my window
Two children play on blood pavements
One white and one black
Laugh joyously for hope tomorrow.

HINT FICTION

Rabbit Hole

The pasture is green and the flowers are vibrant. We dropped the casket down the 6 foot hole. Alice was finally going to wonderland.
- Paris Razor



5 TIPS TO SURVIVE THE DREADED GROUP PROJECT

Rachel Tellez
STAFF WRITER

At Barry University, your chances of escaping group projects are slim to none; you might as well grab the bull by its horns and master the art of group work while you can.

At Barry, group projects are a great way to get used to working efficiently within a team for the purpose of getting big things done.

However, teamwork isn't just for college projects.

Whether you're in a medical lab, at a law practice, or at a growing business, collaborating with a team is essential to your success.

Dr. Kathryn Comer, assistant professor of English at Barry, believes that collaborative work is a great way to gain interactive experience and is an effective résumé builder - and she's not the only one convinced of its merits.

Dave Mattson, president and CEO of Sandler Training— an international training and consulting organization— said that teamwork in the workplace means fostering creativity and learning, blending complementary strengths, building trust, teaching conflict resolution skills, promoting a wider sense of ownership, and encouraging healthy risk-taking.

Furthermore, according to a survey by Clear Company—an advanced talent management software—97 percent of employees and executives believe that a lack of align-

ment within a team directly impacts the outcome of a task or project.

Notwithstanding the many benefits of group work, when was the last time you've been excited about an assigned group project?

For the majority of students, group projects mean stepping into a nightmare from which you can't escape — often resulting in poor grades, late submissions, and hard feelings. But, group projects don't have to be a painful experience if you don't want them to be.

Since there's no escaping the work, try applying these 5 tips to your next group project and watch the old frustrations transform into newfound successes.

1. BRAINSTORMING

First thing's first, begin each group project with a productive brainstorming session. Remember that two heads are better than one. Take this time to assign each group member a specific role for the project based on his or her strengths.

"My best [group project] experience was for my Info Systems class when there were five of us in a group. We all divided the work into sections based on our strengths and it turned out to be very productive," said Anna Norovskaya, third-year business and marketing major.

Nevertheless, be sure that each group member is accountable for his or her tasks to avoid a group slacker or free rider.

2. SETTING DEADLINES



Student-athletes participate in a mandatory study session where they gather in groups and do their homework to keep up with their academics as much as their sports. Photograph by Anastasia Zharova

Setting and meeting deadlines is also a key factor in successful group work. If it's a semester-long project, plan to finish the project a week before it's actually due. If it's a short-term project, then plan to finish a day or two before the deadline. Setting early deadlines leaves room for editing and revising. If the project requires a group presentation, this also leaves time to practice as a group before having to present.

"I'll admit, having to meet strict group deadlines has definitely helped in managing my time more wisely," affirmed Nate Greve, fourth-year business management major.

3. GROUP COMMUNICATION

Whether the group chooses to communicate through a group text message, Facebook group message, a group email, or an alternative form of group messaging such as WhatsApp or GroupMe, it's important that there is some form of active group communication for the duration of the project.

In Comer's Writing about Literature and Technical Writing courses, Google Docs is a tool that students use to productively collaborate and file all group work accessible to each group member from any digital device. Via these communication platforms, students can review project requirements and objectives as well as provide constructive criticism to each other for areas of improvement and quick solutions.

4. MANAGE WEAK LINKS

Unfortunately, not every group member is always willing to participate.

"Many times, the projects will backfire badly when they are not designed, supervised and assessed in the right way and students don't learn much," said Father José-David Padilla OP, assistant professor of Theology.

Knowing how to handle these situations is important when it comes to missing deadlines and unfinished work.

"As professors, sometimes we don't know how quickly to intervene because maybe the group can sort it all out on their own," said Comer.

The majority of the time, it's up to the students to address these situations. Does the professor

need to be involved? Or is there a civil way for the group to address the issue and move on with the project? A common faux pas that groups make is dismissing member productivity issues; leaving unresolved issues within the group causes increases frustration and hostility among members.

Students shouldn't be afraid to professionally and respectfully address issues that could potentially sabotage the group's success for the project. If issues remain unresolved, you should consider bringing it to your professor's attention.

"Working as a team to achieve a certain goal is a great feeling," said Comer.

Professors at Barry University don't assign group projects as punishment or to make our lives difficult— although it often feels that way. They assign these projects so that we can all learn from them and gain the relevant skills that can later be used for our advantage.

Overall, the key to successfully surviving the dreaded group project is to have a straightforward plan from the beginning and ensuring that the group sticks to it.

Padilla believes "it's more about the journey of completing the project."

Of course, there will be minor setbacks here and there. No one ever said that group projects aren't challenging. But, the group must work as a team to achieve that final A grade.



Left to right: Brandt Davis, Tyler Prager, Daniel Craig collaborate in the Barry library, determined to perfect one of their class projects. Photograph by Anastasia Zharova

THE BUC'S ULTIMATE APP GUIDE

Rachel Tellez
STAFF WRITER

FOR STUDENT EFFICIENCY

1. Evernote: Say goodbye to paper clutter and hello to organization. Manage class notes and documents in one place, across all of your devices. This app allows students to create notes and to-do lists, scan documents and textbook pages, share ideas and collect online sources for projects, and improve overall student efficiency. If lugging your heavy textbooks from Dominican to O'Laughlin breaks your back, just scan pages you need and have it all on your phone!

2. iStudiez, Lite: Never lose track of time or forget due dates with this app. It's designed to help you view class schedules, plan study time, log assignment due dates, and show you what score you need on your next test to improve your class grade. Instead of going from WebAdvisor to Canvas to Google Calendar, just keep it all in one place.

3. Quizlet: I've tried many flashcard and study apps before and this one is the best. Study on the go, sync all of your data, and study while offline. Quizlet allows students to study any subject on flashcards or take a mock test while walking to class or just before bed. One of the best features is being able to find a pre-made set or make your own flashcards, instead of handwriting 85 of them for Dr. Koncsol's psychology test tomorrow.

4. Canvas: Canvas is one of the top must-have apps for all students at Barry. This app helps students stay current with all courses anywhere they go and makes it easy to receive updates on test scores, upcoming assignments, group discussions, and important announcements from professors. It's especially handy when it's 11:50 p.m. on a Sunday and your discussion post for Dr. Comer's class is due in nine minutes with no time to waste logging in to a computer.

FOR STUDENT PRODUCTIVITY

1. LinkedIn: College is the best time for students to plan their future career options. Students can use this app as an easier way to keep in touch with employers and co-workers at internships and jobs. Most importantly, this app is great for connecting with other Barry students who share similar interests.

2. Google Docs: This app is a lifesaver for students when it comes to tweaking on the go with great user friendliness and storage capacity. Students use this app to continue writing or editing essays between classes, during lunch, at work, in bed, etc. At Barry, it's near-

ly impossible to escape group projects, so this app is a great tool when collaborating so each student keeps up with and contributes to the assignment, even if they don't have their own computer. Plus, never worry about losing your work with the auto save function.

FOR STUDENT FUNCTIONALITY/EASE

1. Mint: Textbooks, coffee breaks, munchies, Uber/Lyft rides and nights out in Miami can add up at the blink of an eye. The Mint app is designed to easily track your spending, create budgets you'll actually stick to, and view/improve your credit score. Don't let bad spending habits stop you from enjoying Miami and college life at Barry; let Mint track it all for you.

2. Uber/Lyft: Living in a city as busy as Miami, an Uber or Lyft driver is always a few minutes away. Uber and Lyft are similar, inexpensive, and safe ways to catch a ride home or to your next destination. Catch an Uberpool ride from campus to Ocean Drive for only \$9.63 or reserve a private car for \$17-\$20 and split costs with the group. Students, with or without their own cars, love to use Uber and Lyft for nights out, so there is always a designated driver. All drivers go through background checks and have ratings for you to check before they pick you up.

3. Google Maps: With the Google Maps app, navigate through your world faster and easier. No car? No problem. This app provides students with real-time transit updates to ensure catching that bus from campus (routes 2, 9, and 10) to your next destination. You can also search and discover great new places wherever you go, even when you go offline. Navigating through Miami can be a major headache but don't worry, Google Maps will guide the way!

4. Accuweather: Getting caught in one of Florida's unexpected, torrential downpours on your way to class is the worst. This is one of the best weather apps you'll find because it gives you an actual countdown to rain and other forecasts. Download this app so when it says "Rain expected in 10 minutes," you'll be prepared with your umbrella, raincoat, and rain boots.

5. Rate My Professors: This app makes signing up for classes a lot easier and stress-free, knowing what kind of professors you'll have. Search and select professors based on their classroom style, student ratings, and course difficulty so that you can make the decisions best for you. Thanks to this app, I was able to easily search for and choose the best math teacher in Professor Roy Pais. I've used Rate My Professors for four semesters and it hasn't once let me down.

STUDYING WITH A SENSE OF MIND

Kuajuan Moore
STAFF WRITER

Let's be honest, college students do not like to study and, even if they do, it's not for class. It's like the act of "studying" sends a message to the brain, resulting in a serious deficit of understanding and desire for sleep. The crazy thing is that most people do actually fall asleep.

For most college students, you're asking your brain to run a marathon, knowing it gets winded after a couple of sprints. You're putting in more information than your brain is used to receiving and you're trying to recall information that you didn't comprehend in the first place.

There are multiple ways to apply your senses to make studying both easier and more enjoyable. First, you need to understand how we learn. Basic psychology tells us that the environment provides us with stimuli that gets picked up by our five senses (hearing, seeing, feeling, tasting, and smelling) and then becomes a binary code that our brain deciphers into a personalized perception. As your brain starts to develop patterns and connections, your hippocampus solidifies the neurological code into a web of information called your long-term memory.

Simply stated, everybody cannot and will not learn the same. Certain senses dominate certain brains.

Maike Loob wrote an article for France's Centre for Educational Research and Innovation called "Types of learning" and believes that examining how a person learns is common sense, starting from elementary school pedagogy.

Auditory learners can listen to a lecture or speech and retain majority of the information that was spoken. Lucky them, they study best by recording the class and listening to it again later. Visual learners can look at the board and picture exactly what they saw when they leave the classroom. Visual learners learn best with presentations and readings. Haptic learners get through the day by feeling and experiencing what they need to learn. They need real-life simulations. Taking notes and doodling may be what they do to help them get through traditional lectures.

USING 5 SENSES TO STUDY CAN BOOST YOUR GRADES

Stephanie Rodriguez, a senior biology major, uses a favorite studying technique that involves her olfactory and gustatory senses.

"If you chew mint gum while you're studying you have a higher rate of actually remembering what you wrote down when you were chewing that gum. So if you chew it during the exam, it can help you remember because it's a familiar sense," she said.

In fact, studies have shown that those who take in peppermint smell [or taste] increased both alertness and memory.

Rodriguez also highlights the most important material in her textbook in her favorite color. This allows her brain to associate that information with the color so when she sees it in the test she recalls the color as well as the answer.

Fuquan Whitfield, a special education major with an English literature minor, agrees that using your senses as you study improves your memory.

"If I'm listening to music, even if I'm not really listening to it, I'm still calming myself down to study and then also a dull sensory thing would be me typing as I read because I'm using sight as well as a sense of touch," he said.

On the other hand, there are still some students that find it better to use the least amount of stimuli as possible.

Corey Taylor, a senior business management major, said he studies in silence.

"It helps me think and clears my mind. In a way, you can say that I minimize how much I use my senses so that I could focus on what I'm doing," he said.

Loob states that the learner is in control of their learning process.

"Everybody makes a decision on what he or she wants to learn, remember or recall... there is no way you can force this preparedness for learning from anybody," he wrote.

No matter what you do, you will not learn a thing by just going through the motions. You decide whether you understand and you decide what you need to do to in order to learn.

DECK YOUR DORMS

4 TIPS TO ORGANIZE AND DECORATE YOUR BARRY DORM ROOM

You searched every website, watched countless YouTube videos and read every Pinterest college life hack to help you decorate your own dorm room, but when you moved in and saw the bare cream walls of your Barry dorm, all of the Vogue inspiration died right before your eyes. If you're stuck in a rut and have grown frustrated over organizing and decorating, here are 5 tips to creating your own personal nirvana:

Kahelia Smellie
STAFF WRITER

1. ORGANIZATION

So, you have basically carried your whole life to college with you and preciously packed them into only six boxes, but now you are wondering where to put your elephant teddy you got when you were six.

***Storage:** Items that are unable to fit in your drawers or in the closet can be placed into storage containers or storage bins. These plastic storage containers come in different sizes, shapes and colors and can be placed either underneath your bed or in your closet.

***Hooks:** Command hooks are another great way to organize your items. You can use these hooks to hang your schoolbags, towels, jewelry, gym bags and room keys. This will leave your space clutter-free.

2. PERSONAL ITEMS

Girls, does your bathroom look like a beauty store threw up on your bathroom counter with smudges of foundation and streaks of mascara on the wall?

*** Makeup-Free Counter:** Instead of placing your expensive Mac and Sephora items on the bathroom counter to clutter and crowd your space (this may also transfer germs to your precious brushes), you can either purchase a makeup bag or a small storage bin that holds all of your beauty needs until it is time for girls' night.

*** Reappropriate Shoe Boxes:** Instead of throwing away shoe boxes, you can place your small items – like makeup, shower gel, razors and keepsakes- into these boxes which can be stored easily underneath your bed. Not only are you creating a clutter-free zone but you are also helping the environment by recycling. Decorate and label them so can you know which box is which.

*** Shower Caddies:** Shower caddies are great ways to keep all your shower essentials in one place. Instead of carrying them in your hands and placing them on the bathroom floor, shower caddies are light and affordable to store and organize all of your shower essentials.

3. Crystal Clean Rooms

We would all like to enlist the help of magical elves late at night to clean our dorm for us. However, since we don't have that luxury of magical elves or our moms anymore, here are a few tips to keep our rooms clean with less hassle.

*** Supplies:** Ensure you have the essential mop, broom and bleach in your dorm and keep them in a central spot. Not only will keeping your cleaning supplies in one place make them easier to find and grab quickly; if accidents happen, they are contained.

*** Schedule:** Create a cleaning roster with your roommate and suitemates as this will divide the cleaning tasks. This ensures that everyone has equal responsibility of cleaning the dorm.

*** Reuse Plastic Bags:** Place plastic bags in disposable wipe containers which not only declutter your room but also create an endless supply of trash bags.

4. Décor: We all know that our dorm should be extensions of ourselves. We spend most of our time there, we sleep, we eat and invite friends over for game nights or just to watch movies. So, the décor of our dorm has to read "safe haven" and, quite frankly, our "home away from home." However, while we still have these grandiose ideas to decorate our rooms, we don't want to break our budget.

*** Your Flag:** If you're an international student and you want to bring your culture to your dorm, a simple and easy way is to suspend your national flag on the wall. You can use Command hooks or even the clothespin that has the adhesive on the back to suspend your national flag.

*** Artwork:** Postcards, photography, mini-artwork or even paintings can be placed on the wall to create a space where it feels like you're back home in your own room.

*** Rugs:** Small rugs and mats are a great way for decorating your space. Instead of buying a plain rug or mat, pick prints and colors that will go with your sheets to not only add a pop of color but also keep your feet warm and cozy from the cold tiles.

STEALING MY CULTURE

Brandie Morvan

CONTRIBUTING WRITER

If you wear braids because you want to look trendy and you're not black, please don't. If you wear a Native American costume just for fun, stop. If you shame countries for an aspect of their culture yet praise the idea when it becomes a fashion trend, trading in your cardigans for dashikis or headbands for head wraps, you might as well lock yourself away because you're the prime example of a hypocritical, cold-hearted, classic felon. Your crime – stealing vital traits from another group of people. Culture on its own is rich and diverse. Traditions are passed down from father to son no matter where that family may migrate, whether it's from the mountains of Nepal to the suburban communities of the United States.

In my opinion, for one to understand what culture truly is, that individual must consider four main specific factors: morality, music, style and food.

Morality, firstly, questions whether an action, concept or belief is wrong or right. In certain cultures in the Middle East, girls are required to undergo arranged marriages because it is what is considered right by the culture.

Music defines a culture by its sounds of harmony and melody. In Haiti, gouyad, is a very intimate dance. This dance is coupled with the slow groove of Kompa music and may appear overly-sensual to an outsider. To Haitians, it's just their culture.

As it pertains to style, people use attire, makeup and various hairstyles to represent their culture. For instance, in the Rastafarian religion, the dreadlocks hairstyle signifies a spiritual connection with God.

Food suggests flavor, various spices and even the lifestyles under which said food is cultivated. In certain Asian countries, families subsist on agriculture, farming all of their meals to both consume and also sell in markets.

Some cultures may feel flattered when they find others practicing what they do, other cultures feel insulted when an individual or group of people take their customs to use as "show and tell." So, what does it mean to steal? Usually, it's when an object, idea, or concept is taken from another without consent.

Fashion designer Marc Jacobs caused an outrage in the world of fashion during the 2016 New York Fashion Week when his models were styled in colorful dreadlocks. Though it was an eye-catching fashion trend at the show, black people had been wearing it for several hundreds of years before.

He lashed out against his critics by saying, "All who cry 'cultural appropriation' or whatever nonsense about any race of skin color wearing their hair in a particular style or manner – funny how you don't criticize women of color for straightening their hair."

Many were outraged by his response. Jacobs does seem to make a valid point, though. When a woman straightens her hair, it is usually to meet the standards of society. But, then again,

it's more accepted to see straightened hair than dreadlocks at work.

Soon after, Jacobs apologized by posting online: "I thank you for expressing your feelings. I apologize for the lack of sensitivity unintentionally expressed by my brevity. I wholeheartedly believe in freedom of speech and freedom to express oneself though art, clothes, words, hair, music..." Barry Security officer Emmel Martin, a black man, offered me a definition of cultural appropriation that was the best I had ever heard.

"It's wearing somebody's culture as a costume without knowing its true value," he said. "I feel as if [my culture's] been stolen and constantly being portrayed as positive when it's on anybody but us." Is that true? More so than it should be. But of course this doesn't just affect the black community. This impacts other cultures worldwide. For example, the Asian community is often mocked for their "yellow" skin and their slanted eyes. But when Katy Perry wears a kimono, an Asian garment rich in history in a music video, it suddenly becomes a fashion statement and the meaning is lost.

Barry student Emily Escobar is Mexican and believes her culture has also been taken out of context in America.

"I think Americans patronize Cinco de Mayo as something it's not," she said. "They think it's Mexico's Independence Day and that we drink and party but it's not. It's celebrated only by a certain part of the country. The part of the country affected by the French war."

So, if cultural appropriation is bad, then what is its opposite?

After interviewing freshmen Nehema Georges and Marie Duponcy, two Haitian Americans and Raissa Evans, a student of Puerto Rican and African American descent, they explained the difference between cultural appropriation and cultural appreciation. "When someone appropriates somebody else's culture it's only done for show, it's insincere," said Evans.

Georges and Duponcy agreed and Georges added, "when someone appreciates somebody else's culture they make an effort to understand the attire they take on." Do I feel like my culture has been stolen? Yes. But it's up to us as individuals to challenge ourselves to gain understanding and information so that we are aware of why we do the foreign things that we do; otherwise, we'll constantly be thieves in our own society and unknowingly and blindly raping others.



Photograph by Victoria Newell

I'M JUST THE INTERN

GETTING EXPERIENCE BEFORE GETTING THE JOB

Abigail Solórzano
STAFF WRITER

“What makes you think an employer is going to hire you, who didn’t take an internship, over someone who did?”

John Moriarty, Barry’s director of the Career Development Center, says that Barry students must ask themselves this question before graduating and heading out into the professional world.

But, what make internships so important? Do they even make a difference? Moriarty, statistics, and Barry students and alumni say they do.



Diana Cordero, a biochemistry major, uses a water evaporator - prepping for an internship. Photograph by Kaitlyn Parotti

An annual survey by the National Association of Colleges and Employers stated that 95 percent of employers weighed the experience of the applicant when making hiring decisions, and almost half of those employers wanted the experience to come from internships or co-op programs.

“You can’t beat the hands-on experience!” said Barry alumna Dana Al-Musallem (Biomedical & Forensic Photography, BFA ’16) of her summer internship with the Miami-Dade Medical Examiner. “They put you on the grind and treat you as one of them.”

Internships are a great way to get the feel of your field or future career because they

immerse you into the fast-paced reality that you will face after graduation.

Not only are students able to apply what they learn in a classroom setting, but they are also able to learn new skills that they don’t acquire in the classroom.

Senior Alexander Linares recently took a summer internship to gain the hands-on experience needed for his marine biology major. He participated in the PEP Program (Partnership Education Program) in Woods Hole, Massachusetts where he was exposed to

state-of-the-art scientific equipment, as well as met professionals and scientists who are making major discoveries in marine biology.

“I knew probably about 25 percent of what I did, but I learned a lot from not only doing classwork but also a lot of fieldwork,” said Linares.

Many undergraduate programs at Barry require students to obtain an internship before graduating in order to get that work experience in their respective field.

Most students must complete a total of 120 hours or more for their internship. While doing so, they not only gain the credits but they also gain contacts.

Steven Spielberg, the famous movie di-

rector, made his first film while interning at Universal Studios. When Sidney Sheinberg, who was the vice president of production at the time, saw the film, Spielberg became the youngest director to sign a long-term contract with a major Hollywood studio.

Dr. Ricardo Jimenez, chair of the Department of Mathematics and Computer Sciences, believes that the main thing the industry wants to see is that you have work experience; however, it is very important to have the right kind of work experience.

“One thing is to have a job. Many students have a job. But if it’s not a job in your industry, within what you are going to do, it’s not really preparing you,” he said.

And, internships are not only for students who are required to take them for their program.

Roland Schiller, a junior double majoring in computer science and math, requested that his advisor approve him for an internship, even though he wasn’t required to, and is currently working with DoIT, Barry’s Division of Information Technology, as the first intern with the department.

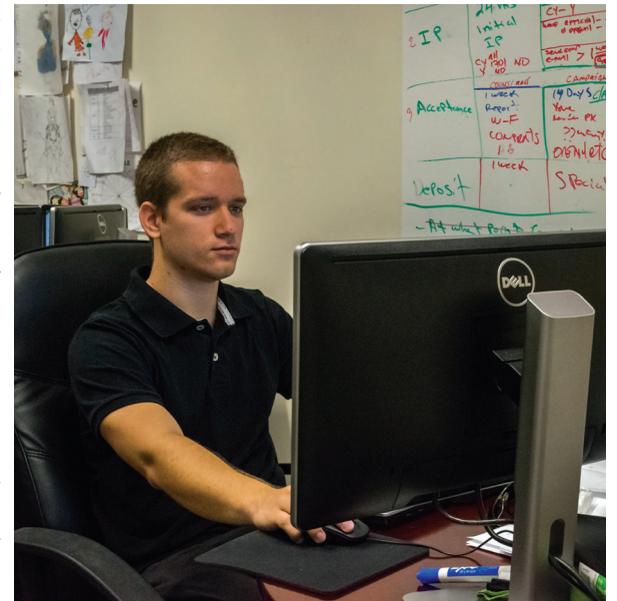
“I feel excited every time I go into the office. I’m learning a lot,” said Schiller, who works with the solution team and deals with Barry admissions.

What’s more, internships are the best way to find out exactly if you are doing what you really want to be doing in the future.

Twenty-one-year-old Diana Cordero, a senior double majoring in biochemistry and marine biology, said that taking an internship last summer at a marine biology lab in Dolphin Island in Alabama helped her decide that she wanted to do research.

Cordero currently does research at Barry, as well.

But, like anything in the world, it’s not only happy smiles and sunshine. Internships really do help you get a feel of what the professional



At his internship with Barry’s DoIT, Roland Schiller researches information during his hours. Photograph by Kaitlyn Parotti

world is like and are, therefore, very demanding.

When working at an internship, students are placed in a work environment where they are like any other employee. They are placed amid the hustle and bustle of the company or organization and are expected to meet deadlines while sometimes still taking classes.

“I’m sacrificing a lot of my free time to do this,” said Schiller, “because it takes a lot of time.”

Senior Eulond Kelly III, a computer information science major, commented on the cost of driving and sometimes finding parking while going to his internship in downtown Miami.

However, these minor disadvantages cannot and do not guise the benefits of it.

Allowing students to see the reality of their respective field helps students learn business etiquette, the responsibilities and the technical aspects of the job. It teaches them how to deal with pressure as well as the different personalities that they may face in the industry and in any workplace.

As Linares said, “it’s all about putting yourself out there.”

THE MEMES OF 2016

If you've been on the internet in the past couple of years, it is almost guaranteed that you've seen a meme. A meme (pronounced MEEM) is a photo or group of photos with text that depict a joke in reference to pop culture. It targets younger generations who spread them via the world wide web. Memes made their first debut in the early 2010s with popular memes like "Me Gusta" and "Bad Luck Brian."

Memes take the context of the photo to make a joke that either follows a theme or creates one entirely of its own. They express sass, sarcasm, and relatability as they make jabs at scenarios we all go through but are magnified because the photo is often a popular TV show/movie character, someone with a memorable facial expression or a celebrity. Memes also venture into topics of seriousness that affect society such as the 2016 election or Harambe, the Cincinnati Zoo gorilla.

Overall, memes have become an art form of comedy that has evolved from the Sunday comic strips in our newspapers to the dank one picture and line that evokes laughter just the same. So without further anticipation, here is ---

THE BUCCANEER STAFF'S COMPILATION OF OUR FAVORITE 2016 MEMES!



He asked why the house isn't clean since I'm home all day.

I asked why we aren't rich since he works all day.

