

The BUCCANEER



Shania Rodriguez and Ryan Parker enjoying some healthy snacks at the new Union Market.
Photography by Savannah Parker

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WHAT'S COOKING?

By Johania Charles

Chick-N-Grill, Dunkin' Donuts, Bucky's Cove, Roussell Dining Hall, Subway, the Union Market and Le Café International, just to name a few. Over the last two years, the university has added more dining options to meet the needs of residents and commuter students alike. But some students feel as though there is still something missing - a community kitchen.

The concept of a community kitchen is like a community bath. Ideally, the kitchen would be placed in a specific area on each floor of the dorms. Florida State University (FSU), NOVA Southeastern and Florida Atlantic University (FAU) are some schools that have adopted this concept. Depending on the dorm, each floor contains a kitchen that is shared by the residents on that floor.

At FAU, amenities are available, depending on the dorm. For example, their Business and Professional Women's Scholarship House award comes with housing arrangements. In their apartment-style environment, the young women must learn and take responsibility to

cook, which promotes personal growth and independence. On their campus, there is also an accessible kitchen that allows students with disabilities to have easy access to it.

NOVA, on the other hand, contains kitchens in the singles and quad dorms, and full kitchens in the apartment style housing units.

"I think [a community kitchen] would give people more options, especially people with dietary restrictions. They'd have more variety," said Shayne Kearney, an English major and senior at Barry.

Kassandra Guerrero, a junior majoring in criminology who has lived on campus for two years, said she had no issues with the dining options her first year until she became vegetarian.

"The buffet style [at Roussell Dining Hall] is convenient for students. My second year was a bit difficult because I became a vegetarian. There aren't many options for vegetarians and vegans," she said. "The kitchen would allow students to cook their own source of protein, such as beans. It would be a great cultural experience... it brings a sense of community when students are able to contribute to making a meal from their culture."

Some had worse experiences during their

first year on campus.

"Honestly, I avoided eating at the cafeteria as much as possible," said Erica Cruz, a biology sophomore and former resident. "I remember the food being all right. It wasn't the best all the time, but there was always at least one option I didn't mind. I don't cook, so a kitchen wouldn't have benefitted me, but I know a lot of students would greatly like to have one."

Possible disadvantages include the issue of cleanliness and time management. Guerrero suggests that each day a specific group of residents per floor should be on clean-up duty, so everyone gets a turn.

Marlon Coakley, a first-year resident and computer science major, argues that a community kitchen could be a fire hazard even though it would be a benefit.

Matthew Cameron, director of Housing and Residence Life, understands there are always potential cooking-related hazards associated with this type of implementation, but doesn't see that as a barrier to the project.

"It will be important for those utilizing the kitchen to be good stewards of the place as it relates to cleanliness and proper use of equipment," said Cameron.

Housing and Residence Life received a formal proposal from the Residence Hall Association in conjunction with the Student Government Association during the fall 2018 semester and have said that they will work on meeting the request.

"The community kitchen plan that is currently in place is part of other major renovations that will begin this summer. However, as is common with many renovations, plans can and often do change. It's still a work in progress," said Cameron.

The Student Government Association also commented on the community kitchen.

"[The idea to create the community kitchen] was student driven. I don't know whether it was the main topic of discussion, but it was something that always came up... The Residence and Housing Association is always open to new ideas, comments [and] concerns," said Sirena Register, Student Government Association vice president.

So, Barry students, you may have the option to create your own delicious dishes sooner than you think.

Photo courtesy of fau.edu



Letter to the Editor

Name: Sabrina Meli

I wanted to thank you for shedding light on such an important issue on our campus.

There are so many students that have voiced they want Divine Nine organizations. This has been going on well before I entered in 2016.

I am a sister of Phi Sigma Sigma, an NPC chapter that was on campus from 2006 - 2017. Our headquarters pulled our chapter off of campus because (in their words) "Barry is not a viable place for Greek life." Barry was not following the rules when it came to having NPC organizations on campus. They were supposed to update our HQ every semester with our grades to make sure we were up to standards; they did not and also did not do well to communicate with our HQ. They were supposed to be paying NPC dues which were not paid until Fall 2018 by Savrae Garnett.

Sav has tried to get our chapter back on campus but noted that Dr. Smith would need to write a letter first to expand Greek Life. That was in Fall 2018, now it seems the administration wants to evaluate the current Greek organizations before even considering expansion.

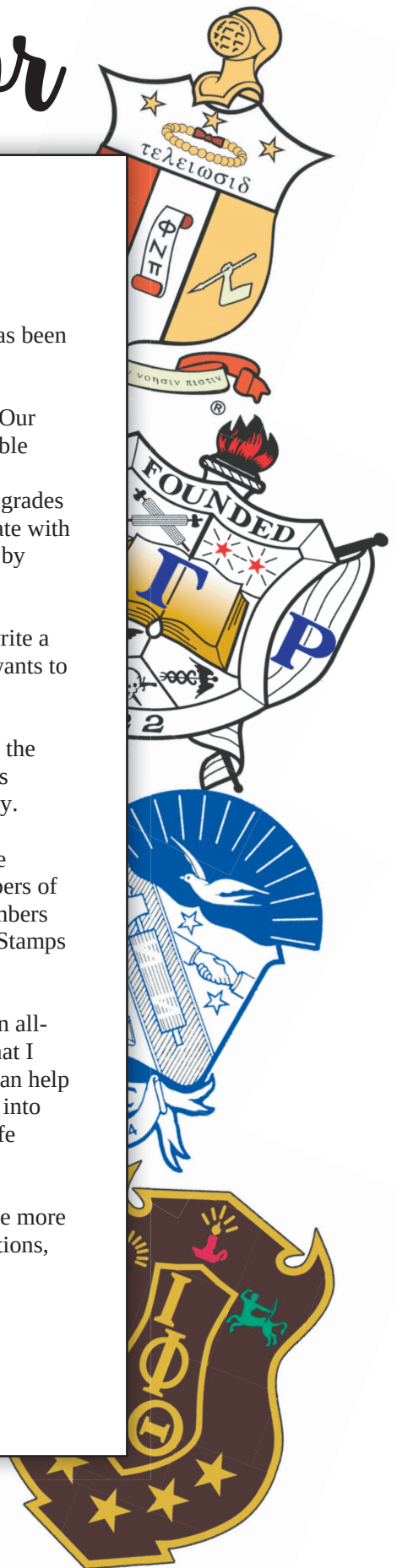
I do not think that an evaluation of the current Greek life organizations is necessary to see the immediate need for more diverse Greek organizations on campus. Barry prides itself on its diversity – yet is hesitant when it comes to expanding Greek life to reflect the student body.

Instead of an evaluation, I think the administration should sit down with current Greek life members and students who want to bring other organizations on campus, as well as members of those organizations. They may see some familiar faces, after all, Greeks are involved members of the Barry community; they are RAs, Student Ambassadors, Orientation Team leaders, Stamps Scholars, Service Learning Corps Fellows – the list goes on and on.

There are so many opportunities I have had through my Greek life experience including an all-paid trip to DC for our sorority's annual leadership conference, and scholarship money, that I would not have had if my sorority was never on campus. There are alumni relations that can help with job opportunities after I graduate. It hurts that I will not be able to invite anyone else into my sorority at Barry, but it is heartbreaking that many students will not have any Greek life experience at all because they do not identify with the current organizations.

I think Greek life expansion has been long overdue, and that the administration needs to be more transparent with students about the decision process. Students want Divine Nine organizations, and have wanted them for several years. What is holding Barry back?

Sabrina Meli



CALLING ALL COMMUTERS:

The Latest on Your Parking Issues

By Brianna Lopez

If you're a commuter student, it's no secret that you struggle immensely every day to find parking that is near your classes and in a timely manner. It's either you find a good spot but you're late to class, or you arrive to class on time but return with a ticket on your windshield.

Ricky Estrada, a nursing major and sophomore told *The Buccaneer* that as a commuter student and member of Student Government Association (SGA), his experiences with parking have been anything but perfect, despite the recent expansion of commuter parking to the Landon lot where 145 spaces are now open to students.

"It's difficult because my classes are all the way by the science buildings, but the parking is all the way on the other side of campus in the Landon lot," Estrada explains. "The expansion to Landon is definitely more convenient, but I still wish there were more parking spots near the buildings where my classes are."

On top of this, parking tickets may be more likely to end up on your windshield, according to freshman Isabella Ramirez.

"A con about the Landon spots is that it seems [public safety] is getting more strict with parking tickets," said Ramirez.

This seems like a clear issue for many college students that barely have enough money to pay their tuition, let alone pay a parking ticket.

Many commuters share similar opinions to

Estrada and Ramirez. They say, the expansion to Landon helped, but more is needed. What more can you do beyond complaining to your friends about the parking issues?

Junior and Student Government Vice President Sirena Register said that it is a likely issue for students to not know where to share their grievances.

"I feel like sometimes they don't know where to go," Register said.

Register explained that SGA does their best to solve issues, but it is up to commuter students to come up with whatever issues they may have.

"If they were to come to our meetings, we could point them in the right direction," she said.

Register said there used to be more complaints about commuter parking issues, which were solved by their Commuter Service Committee. This team would talk to public safety about any issues students had.

Unfortunately, this committee no longer exists, but Barry's student government is still interested in commuter student needs.

"This is what SGA is for. We're here for the students and to make their voices heard," said Estrada.

So, commuters, if you are still dissatisfied with Barry's parking situation reach out to SGA to get them solved. All they need is your communication.

"We can't do anything unless we know it's happening. We can make it happen, we just need to know that it's an issue," said Register.

GOVERNMENT SHUTDOWN

By Mateo Gomez



In the final days of 2018, the United States initiated what came to be known as the longest government shutdown ever. This was the second main shutdown under the Trump administration. Others will argue that this one was the third shutdown.

The shutdown lasted a total of 35 days, from Dec. 22 to Jan. 25. The longest shutdown before this one lasted 21 days under the Bill Clinton administration in 1995 and 1996.

During the 35-day government shutdown, most federal employees did not receive pay. These include people from law enforcement like the DEA and the FBI, Homeland Security like the TSA, the Coast Guard, the National Weather Service, NASA and the IRS, just to name a few.

"I have a cousin that works for the FBI. He didn't receive pay in weeks," said Roy Lewis, a communication major at Barry.

Many people like his relative were affected and, in worse cases, didn't get paid in over a month.

The shutdown was initiated due to a disagreement between the Republicans and Democrats in Congress over building a wall at the U.S.-Mexico border.

President Trump did not want to compromise with Congress on the funds needed for the project and Congress did not budge either. Congress was equally divided. So, President Trump shut down the government until a decision could be reached.

The shutdown ended when President Trump allowed a 3-week period of reprieve for all parties to find a solution. So far, only \$1.4 billion will be allocated toward the wall, not the \$5 billion that was initially proposed.

As the shutdown was coming to an end,

many U.S. Senators started discussing if there was a way to avoid future shutdowns.

A Republican Senator from Ohio, Rob Portman, posited an idea.

Portman's idea is that if the U.S. Senate does not propose the annual federal budget by the time the fiscal year starts, the previous budget will be put in place. After a couple of months, one percent of the budget will be reduced. A reduction will continue to occur until the federal government comes up with a budget.

Senator Portman has always been against the federal government shutting down, but he believed that with the current events, he will garner more bi-partisan support for this bill.

A Democratic Senator from Virginia, Mark Warner is also proposing a bill that would potentially end government shutdowns. If Congress does not come up with a federal budget, it would be the same one from the previous year and it will increase based on the Gross Domestic Product (GDP).

The problem is that some people in Congress, like most Republicans, want to decrease government spending, not increase it.

"People do not want government shutdowns to be used as a weapon. That is what this past government shutdown was - just for a wall," said Jailene Pulgaron, senior criminology major. "Many federal employees suffered since they were not getting paid. Many of them just live paycheck to paycheck."

It is unknown if a law against government shutdowns will pass. What is known is that people want Congress to do the best job possible and avoid another one in the near future.

Photography by Jimmy Muniz Jr.



Graphic design junior Francisco Garcia on a Facetime call with his friend.

I CAN SPY WITH FACETIME

Photography by Abigail Solórzano

By Abigail Solórzano

Major Group FaceTime bug allows users to eavesdrop from their phone even if the other person hasn't answered the call.

Grant Thompson, a 14-year-old from Tucson, Arizona, discovered by accident a major FaceTime bug when he tried to start a round of Fortnite with his friends.

The bug allowed iPhone and iPad users running iOS 12.1 to make a Group FaceTime call, and when individuals added themselves while the call was still ringing, they could hear sound from the other line

even if the person did not answer.

In some instances, the bug allowed video to also be transmitted and affected Apple PCs running macOS Mojave.

However, it wasn't until a week after 9to5mac.com, a news site for Apple fans, reported the glitch that it went viral and Apple disabled the FaceTime feature.

This major glitch made many concerned about Apple's privacy and security procedures, especially after Apple took a long time to respond. Thompson's mother had repeatedly notified Apple about the problem as soon as her son discovered it.

Broadcast and emerging media sophomore Jhomari Veras said, "when I heard about [the bug] I thought that [it] was really creepy, especially because people close to me said that it had happened to them."

Maya Vargas, a public relations senior, was also very concerned when she found out about the bug.

"I turned off my FaceTime immediately," she said. "There's crazy people out there so any person can just call me randomly and I wouldn't even know, and they would be connected."

Not only are citizens concerned about Ap-

ple's privacy breach, but politicians as well. Democrats on the House Energy and Commerce Committee led by Frank Joseph Pallone Jr. sent a letter on Feb. 5 to Apple's CEO Tim Cook, demanding that Apple explain in detailed writing by Feb. 19 how they responded to the FaceTime bug report.

The Group FaceTime feature is still currently unavailable, but Apple stated they will be sending out an iOS update soon that is said will fix the issue. For now, all Apple device users are advised to disable their FaceTime until further notice.

Photo courtesy of bloomberg.com

OUT OF BUSINESS

By Mateo Gomez

It is not a surprise to go to a mall or a shopping plaza and see "Going out of Business" posters in some stores.

Sears, Mattress Firm, Brookstone, Nine West and Claire's are just some of the many stores that went bankrupt in 2018.

In 2010, Sears had around 3,500 stores. Today, 88 percent of those stores are now closed. The Sears in Aventura Mall closed its doors late 2017 in order to expand the mall with an entertainment and shopping complex. The aim is to have new stores that haven't been to South Florida or even the United States. However, Sears still plans to keep around 425 stores open in the U.S.

Not many stores get to be replaced with

something similar. Toys "R" Us is probably the story by which many people were shocked and sad to see go bankrupt in 2017. Having no profits since 2013, Toys "R" Us closed the doors of 182 stores, as well as their online market, on June 29, 2018.

"Online shopping, especially Amazon, is what I believe killed stores like Toys 'R' Us. Free delivery, with Amazon Prime specifically is what they used to kill it," said Justin Mejia, a broadcast and emerging media junior. "I don't remember when was the last time I went to a store like Barnes and Noble to buy a book. It is all through Amazon."

Amazon Prime includes a 2-day free delivery service. Even though malls are just minutes away, even at a walking distance, people prefer

to have a product being delivered to them.

As college students, it is common to live with a strict budget. There are many places online that people go to for textbooks like Amazon. It was common for students, back in the day, to buy their textbooks for future use, as well as after graduation. Nowadays, it is extremely cheaper to rent used books from Amazon than to buy the textbook from a bookstore.

"These large corporations simply did not get the signal that the markets and stores were going online," said Oriana Padron, a junior business major. "It is also cheaper buying online because stores do not have to worry about the look! The look of the store costs a lot of money, and now with the benefit of the online store, the consumer does not have to pay for that."

The use of technology has brought many

changes to the physical market. With self check-out lanes, cashiers are no longer needed. Only one person is needed to be there in case there is a problem with the machines.

We see stores like Brookstone closing down but leaving their online store still open while also seeing whole companies close down, like Toys "R" Us.

It is unknown where the consumer and where the sellers will do all the shopping. Malls like Aventura Mall are expanding, but the main focus now is people's shopping experience, which includes bars, restaurants, movie theaters and even a slide.

"Maybe the lifespan of the physical store is coming to [an] end. Technology and time are the factors that would determine that," said Padron.

Remembering Dr. Petrino-Lin



Dr. Teresa Petrino-Lin. Photo Courtesy of Dr. Bingham

By Johania Charles

Since 1993, Dr. Teresa Petrino-Lin graced Barry University with her presence. What started as a research associate experience flourished into a lifelong contribution and commitment to both the university and the scientific world.

On Jan. 27, 2019, Petrino-Lin passed away due to ovarian cancer.

An associate professor at Barry, Petrino-Lin taught courses that ranged from biomedical terminology, biological foundations and both anatomy and physiology labs and lectures. Her chosen field of study was reproductive endocrinology, where she studied fish reproduction at the University of Florida after receiving her doctorate degree.

At Barry, Petrino-Lin was also an advisor to many biology students and the first co-advisor of the Veterans Student Organization on campus. Through programs such as the Minority Biomedical Research Support (MBRS), MBRS Enrichment, Minority In-

ternational Research Training (MIRT), Research Initiative for Scientific Enhancement (RISE) and Minority Access to Research Careers (MARC), she shared her love of science with undergraduate and pre-professional students. For 20 years, Dr. Flona Redway, as-

sociate professor of biology, and Petrino-Lin co-directed the Summer Science Research Program which was designed to expose underprivileged high school students to college and research while making them aware of ethical issues associated with research.

"She was a very caring and compassionate lady who was very concerned about the need of others," said Redway.

Barry alumna Dr. Gesulla Cavanaugh works as an assistant professor in the College of Nursing at NOVA Southeastern University and believes that Petrino-Lin influenced her academic, personal and professional life and taught her how to work with integrity and precision by never sacrificing her morals.

"My critical thinking skills improved exponentially because I learned to make sense of data we gathered. I was published twice as a result of her investment in me," said Cavanaugh, also a former RISE program student.

"She was excellent in the classroom as well as in the laboratory...highly energized and always productive. I honestly can say that [how] I deal with my students [reflects] how she cared for me and taught me. She will forever be missed," Cavanaugh said.

Petrino-Lin also dedicated three years of her life to create an atlas for anatomy with biology professor Michael Bill, with whom she worked with for 12 years. According to

Bill, Petrino-Lin always looked for new ways to help students and inspired him to think differently and discover new perspectives in biology and teaching.

"She always strove to make the lives of others better, whether it be her students or colleagues," said Bill.

Dr. Stephanie Bingham, associate professor of biology, said "[Petrino-Lin] was someone who really enjoyed teaching and bringing the best out of her students...she was fair minded, stood up for what was right and cared about giving students a quality education. She was of the utmost character and had a generosity of spirit and heart, genuinely compassionate and caring."

Among her many contributions, Petrino-Lin also sat on the Biology Recruitment and Retention Committee, helping to develop recruitment and retainment strategies for freshmen and transfer students.

"For three years I worked under her mentorship in her research laboratory," said Barry alumna Bertina Telusma, a participant in RISE and second-year biochemistry doctorate student at Massachusetts Institute of Technology (MIT). "If it had not been for [that], I would not be where I am today. I will be forever grateful for who she was and what she brought to my life."

Petrino-Lin had a significant impact on so many individuals, and her legacy will live on.

2019 STATE OF THE UNION ADDRESS

By Mateo Gomez

The 2019 State of the Union address was one of the more problematic, yet meme-worthy addresses in history as it succeeded the longest government shutdown in United States history.

President Trump was previously set to address the nation on January 29, but Speaker of the House Nancy Pelosi canceled her invitation until the government opened again. The government opened up on January 25. Speaker Pelosi re-invited President Trump three days later.

The President finally spoke on February 5 flanked by Vice President Pence and Pelosi.

It was anticipated that the speech was going to be one criticized by Democrats. It was

also expected that Trump was going to discuss the wall and immigration. What was not anticipated was Nancy Pelosi's meme-worthy clap.

"But we must reject the politics of revenge, resistance, and retribution, and embrace the boundless potential of cooperation, compromise, and the common good," said President Trump.

Those were the last words Trump delivered when Pelosi stood up, and responded with her viral clap.

Memes and GIFs flooded the internet seconds after.

Many late-night shows like Jimmy Kimmel and Stephen Colbert responded in a critical way. Jimmy Kimmel described the speech as a "a book report written by a third grader on

the bus," citing its repetitiveness in lines like this one.

"Human traffickers and sex traffickers take advantage of the wide-open areas between our ports of entry to smuggle thousands of young girls and women into the United States and to sell them into prostitution and modern-day slavery."

Departing from expectation, President Trump also attacked the Special Counsel Robert Mueller investigation by saying "if there is going to be peace and legislation, there cannot be war and investigation."

The Mueller investigation is investigating any ties between the 2016 election and Russia. Her investigation is investigating any ties between the 2016 election and Russia.



Photography by Jazmin Brown

Aday Gonzalez and Myah Rodriguez catch a quick bite to eat before class.

I CAN'T EAT THAT: HOW A BARRY STUDENT NAVIGATES THE WORLD OF FOOD ALLERGIES & SENSITIVITY

By Yesenia Burgos and Michidael Ceard

How does a Barry student with dietary restrictions navigate the dining services on campus? Luckily, now they can take advantage of Barry's gluten and meat-free options.

According to Food Allergy Research and Education (FARE), the largest nonprofit organization in the world on food allergy awareness, it is estimated that over 32 million Americans suffer from food allergies. The most common food allergies are cow's milk, eggs, tree nuts, peanuts, shellfish, wheat, soy, and fish.

It is safe to assume that among those 32 million Americans, some in the Barry community are a part of that group.

Here is how Barry students can navigate their food world on campus.

When entering the Roussell Dining Hall, you can locate the gluten-free refrigerator station, which includes almond milk, pudding, treats, and/or bread. Behind this station, students can find soy milk, a waffle station, and carb station that may include bagels, English muffins, and slices of sandwich bread. The Roussell Dining Hall also includes a salad and fruit bar with a healthful selection for vegetarians and vegans.

Ronny Ciprian, a freshman studying business management, is allergic to nuts and is also lactose intolerant. He started at Barry in January and hoped for food options that accommodated his dietary restrictions and was delighted to find Roussell.

"I couldn't believe they had both almond milk and soy milk and a variety amount of cereals," he said. "I never have to worry about buying my own milk now."

The dining hall has even added labels during dining service that identify food items as vegan, gluten free, and/or vegetarian -- all for the students' convenience.

And, with the opening of the university's Union Market on Jan. 17, students are bound to find healthier and allergen-free options. This new addition to the Barry campus is located on the first floor of the Landon Student Union building.

The Union Market provides seaweed snacks, cold cut sandwiches, yogurts, granola bars, chips - including vegetable chips, and microwaveable food.

According to promotional materials created by BarryU Dining for the university's website, the Union Market is a place "where we can all live well and thrive."

Supervisor of Union Market Tamika Times says the new market is an asset to the Barry

community.

"It is very healthy with many options," said Times. "It's also convenient for students with its location."

Janyce Conde, a freshman majoring in finance, is a commuter who enjoys the new market.

"I find the Union Market more open than the commuter lounge," she said. "There is more variety than the other stores at Barry."

However, it does provide some difficulty for some students.

Samantha Padro, freshman biology major expressed her dissatisfaction.

"Outtakes food market had a meal equivalent plan option and I miss that," said Padro. "The Union Market is expensive for me living on campus."

Still, there are other options for nutritious eating on campus.

If students walk north of Landon, students encounter Create/JuiceBlendz. Students can enjoy a nice smoothie, panini, salad, sandwich or pizza, and have the option of a side of fruit or chips. They also offer vegetarian/vegan options for the "protein" option, which is falafel.

There's a BUCSTOP in Thompson Hall that hosts Starbucks, Subway, and Chick-N-Grill. They offer veggie bowls, quesadillas and different types of drinks with almond milk or soy milk. You can pick your serving size, add some guacamole in your sub, bowl, burrito or tacos.

If you do have any difficulty because of any dietary restrictions here are some brands sensitive to the world's biggest allergies. Some of these can be found in the new Union Market:

- **Pure Organic**
- **Larabar**
- **Glutenfreeda**
- **Gluten-Free Chex**
- **Ancient Harvest**
- **Horizon**
- **Udi's Gluten-Free**
- **Glutino**
- **Bakery on Main**
- **Ian's**
- **Perdue**

"There are better options now at Barry," said Padro. "I enjoy the new things that we have."

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Barry University
Dining Services



CAN WINNING BE TAUGHT?



Photo courtesy of mercurynews.com

By Jimmy Muniz Jr.

Six. That is the number of rings the New England Patriots quarterback Tom Brady has won since 2002, in nine appearances. He obviously goes into every season with a winning mentality. This is the mentality all athletes should have, but do they really? And if they don't, can they be taught to?

Barry student athletes shared their opinion on whether winning is a transferable skill, and most people believed that it in fact wasn't.

One can argue that winning can be taught just as athleticism is taught while, on the other hand, it could be argued that those are merely skills one is taught. That does not teach you how to win.

Freshman and member of Barry's golf team, Wonjun Choi does not believe winning is a transferable skill.

"You can be trained to have higher chances to win, but I don't believe it can be taught," he said.

Choi claims that you can be taught how to put the golf ball in the hole, but this doesn't guarantee that you're going to win the match. There are some factors that are out of your control like weather, your opponent and your teammates.

Another factor that determines your ability to win is the pressure put on a player to continue the legacy of their team's past success.

While some players may take the pressure negatively, international business major and

Barry golfer Felipe Alvarez says he doesn't feel this pressure.

"I think that it is a motivation to make you prepare in a better way because if you are on the team that won x amount of times, it means that you have the skills to accomplish that and even more," he said.

Alvarez's statement is a relatable one for many athletes. If you play for a highly competitive college, the fact that they've won multiple championships shouldn't be a burden on your shoulders, but rather a model for how to reach those goals again.

A school that exemplifies this winning culture is University of North Carolina. Their women's soccer team has won six championships because every championship they win inserts a drive into the next year's team to want to win more. In fact, UNC's women's soccer team was featured in a book by psychologist Amy Lee Duckworth, who says they have grit. Duckworth defines grit as working really hard to make a certain future a reality.

This model is a teaching mechanism for how to teach players to win, which brings us back to the question: is winning a transferable skill?

Alvarez and Choi gave insights on how they as golfers work together on the course and in the classroom to allow themselves to successfully meet the requirements of a collegiate-level team.

"I think that by being focused on my process and individual results, I'll impact the team in

a positive way," said Alvarez.

Choi said uses the same mindset to succeed at practice, at the gym and academically.

Both these statements are relatable because you cannot be a collegiate-level athlete without maintaining the student role. Without the student mentality, one may fall, which will affect the team and the university adversely.

In fact, winning may extend beyond the skills you learn. It can stem from the people around you who are working just as hard toward the same goal.

Back to Tom Brady, for example. The man has won six rings and has appeared in playoffs every year for the past nine years. Throughout these nine playoff appearances, he has made himself a prime example of a team leader.

According to Inc Magazine, Tom Brady's key strategy to maintaining his leadership role is to always be accountable for the actions of himself and his teammates. This key trait is what sets him apart from the rest of the league captains because most aren't willing to take the criticism nor accountability for their or their fellow teammate's actions.

Both Alvarez and Choi agree that having a team leader is key to winning.

"In golf, the number one player could be that reference, and, of course, on the team, that guy makes us think about winning every time," Choi said.

While Alvarez believes this leading person is a player, Choi said, "I think my coach sets

the stage for the team to get into that winning mindset."

After interviewing men's golf head coach Jimmy Stobs, it became clear that coaches do set the winning mindset for the team.

"The culture of the team involves hard work and dedication. We want players who have the burning desire to get better and when recruiting them, that is a major factor," he said.

Still, one must transfer these traits into one's life after sports.

Former football player Chad "Ochocinco" Johnson is a prime example of why winning is not a transferable skill. He played for one of the greatest coaches of all time Bill Belichick of The New England Patriots along with the Cincinnati Bengals, yet was involved in a domestic violence case back in 2012. Even though he was taught many skills to win, he still managed to fail at life.

In order to be successful and execute victories, you need a leader. This is shown throughout all sports. Every team has the person who guides them in the right path, picks them up when they're down, and the one who reminds them constantly of their goal.

Tom Brady is the prime example of this. He doesn't teach his team to win, but rather he guides them down the winning path, just as any other team leader does.

MEN'S BASKETBALL SHOOTING FOR THE NATIONAL CHAMPIONSHIP

By Jimmy Muniz Jr.

If you're up to date with the men's basketball team, you should know that through close wins and tough losses Barry's men's basketball team has a long yet rewarding season ahead of them.

Assistant Coach William Morosco said that the team's goal is the same as always.

"Our goal is to go on and win the Sunshine State Conference Championship, regular season championships and compete for a national championship."

The team has struggled with developing a sense of comfort with their unavoidable role changes, due to injuries, he said.

"When I was in high school, they had me playing center, but [at Barry] they have me playing the guard and small forward position," said biology of crime freshman William Brown III. "So, it is just more responsibility

and forces me to take care of the ball and be more aware when I'm out on the court."

Brown goes on to say that the hardest part about playing multiple roles is learning each one in depth, especially since his main experience has been as a center.

For players to be able to adjust to these role changes, coaches must teach them many things, and according to Morosco, unselfishness is the most important ability he teaches the team and shows them the importance of hard work, preparation and professionalism.

"Even though it's obviously a college atmosphere, teaching them to treat it like they're professionals, and the amount of work ethic and dedication they must have is a key to success," said Morosco.

Despite dealing with changes and unexpected turns, the team has become one of the top defensive teams in the league.

"We have a lot of guys step up. They have played really well as their roles have changed, which has been really good for us," said Morosco.

The men's basketball team has the goals, the drive and the sense of urgency for what they want to get out from this season.

All teams have their struggles and challenges, but with the positive mindset and hard-working student-athletes, Barry University men's basketball team has a bright future ahead of them.



Barry basketball player Isaiah Hobbs. Photography by Jimmy Muniz Jr.



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CALLING ON BARRY TO SWING INTO ACTION: Golf Deserves More Recognition!

By Brianna Lopez

If you're a true Buccaneer, you probably follow the @GoBarryBucs Instagram page. The handle boasts daily about our valued sports teams, most of the photos showing the baseball, basketball, soccer, and softball teams.

But, since August 2018, the handle has only posted three photos regarding the Barry golf teams, which seems like a rejection of the hard work and success that the teams exhibit.

Both the men's golf team coach, Jimmy Stobs, and women's coach, Shannon M. Sykora, make it clear that Barry University's golf program is the best program in Division II in the country, and they're very proud of this.

This fact is backed up by their record, which Stobs says consists of the men's team having the longest streak in the country for competing in national championships. Men's golf has competed in nationals for 10 years in a row and has won three of the last 12 national championships they've been a part of—the most of any Division II team in the country.

Sykora says the women are following closely in the men's footsteps. In fact, just recently in 2017, the women's golf team won the NCAA championship title, the first NCAA championship in the program's history!

Unfortunately, this hard work seems to be overlooked when it comes to the social media accounts for the Barry Buccaneers. The coaches and players work extremely hard every season, and Wonjun Choi, a freshman and sports management golfer, said it's obvious that people at Barry don't acknowledge them.

"Golf is different than other sports," Choi said. "Here in Barry, not many people recognize the hard work because it is not a sport that is as physical as all the other sports."

Choi goes on to say that the lack of recognition doesn't really bother him, but coaches Stobs and Sykora do feel disregarded at times.

"I do feel sometimes we're overlooked. We're not an on-campus sport, so I believe sometimes we don't get the recognition that we deserve," said Stobs.

More social media recognition would also give them more exposure to potential recruits because "the young kids today, they do follow social media," he said.

Sykora seconds this saying, "social media gives us a higher profile. It's more of a recruiting tool. If people know who we are and they see us being successful, I think that's a positive impact."

The failure to notice the golf teams on social media seems to be a clear act of neglect of their hard work.

Upon request for an interview with the manager of the @GoBarryBucs Instagram page on Wednesday, Feb. 13, 2019 at 11:29 p.m., *The Buccaneer* found that attention toward the golf teams increased on the @GoBarryBucs account.

A picture of women's golfer and senior Tilda Larsson was posted on Thursday, Feb. 14, 2019, at approximately 3 p.m., after the manager was asked why the golf teams were underrepresented.

MAKING GOALS Men's Soccer Team Wins National Championships

By Sophia Sharos

Congratulations are in order for the men's soccer team as they brought home a national title for the first time in our school's history.

With an unpredictable season behind them, 16-4-3 (16 wins, four ties and three losses), the team did not expect to make it this far into the tournament.

Freshman Lucas Russo didn't even think about how far they would go; he just focused on the present.

"Soccer is a very unpredictable sport and usually the team that wins is the one that is more focused on the present. I knew we had a good chance of reaching the national championship because our team was excellent."

The Barry Buccaneers scored twice within six minutes during the second half to pass the West Chester Rams 2-1, winning the 2018 NCAA Division II National Championship at Highmark Stadium on Dec. 1, 2018, for the team's first national title.

Along with earning the national title, head coach Steve McCrath, assistant coach Ali Simmons, keeper coach Brian Galvin and student assistant Maria Zamora received the 2018 National Staff of the Year award.

Franchu Greco, a business management major and recipient of the Freshman Player of the Year award from the Sunshine State Conference, is still in shock about winning a national title.

"It's an amazing feeling to be a national champion my first year here at Barry. The

goal of every team when the season begins is to be a national champion, but we took it game by game, and because of the patience, I think that's why we made it to the final four," he said.

Being a national champion is a once-in-a-lifetime experience. To achieve such an accomplishment, a team must have chemistry. Without the important connection, it would have been impossible for the Buccaneers to have gone as far as they did in the tournament.

"The best quality out of our season was the team chemistry we had between each other. To contain the idea of being on the same page is very important if you want to have a good season. Every player was supporting each other, and we had a perfect relationship on and off the field. Overall, it is easier playing for teammates that are willing to play for you," said Greco.

Greco was a key player for the Barry Buccaneers as he received the Most Outstanding Player award and made First Team All-Conference for the tournament.

For the seniors, it was everything they wanted before completing their time here at Barry. To walk away as a national champion in your senior year is a competitive athlete's dream.

"It is certainly sad to be a senior and know you played your last season and you have to leave your team, but during the season it gave me that extra motivation because I knew it was my last chance to achieve something here at Barry," said goalkeeper Marco Sordi, a senior and international business major. "Leaving as a national champion is the best way to conclude my college career. The title was such a big achievement for the soccer program, and I couldn't have hoped for a better last season."

Sordi ended up with 89 overall saves in the season and collected nine shout outs for the Buccaneers. Later, he was named one of 26 players selected to the 2018 United Soccer Coaches NCAA Division II Men's Scholar All-America Team.

With a perfect ending to the season, the Barry Buccaneers put the program on the map across the nation for Division II athletics. What an incredible season for the men's soccer team! Go Bucs!



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"I FEEL YOU"

Student Athletes Have High Emotional Intelligence

By Sophia Sharos

Handling homework, conditioning, battling it out on the field or court, no one knows this better than a student-athlete. Being aware of how you react to certain situations under stress is necessary for your mind, soul and body. Enters emotional intelligence.

Whether you are a Barry student-athlete,

and how they interact with individuals in certain situations. Without the skill certain jobs may be unavailable to you," she said.

In the workforce, communication is one of the most important factors, falling under emotional intelligence. Leaders who contain this trait often have a more collaborative and inclusive leadership style. The quality can help with managing situations, settling arguments by knowing the right thing to say in the moment. If you understand how your

out," said Sauerwald. "If I don't practice my emotional intelligence, understanding what's wrong when an athlete comes to me, it becomes more challenging."

Emotional intelligence can be improved by working and creating these certain skills.

- Observe how you react to people
- Look at your work environment
- Do a self-evaluation on how you work well with others
- Examine how you react to stressful situations
- Take responsibility

- Examine how your actions will affect others – before you take those actions

Although "regular" intelligence is important to success in life, emotional intelligence is key to relating well to others and achieving your goals. Many people believe that it is at least as important as regular intelligence, and many companies now use emotional intelligence testing to hire new staff.

Want to learn more about your EQ? Head to page 24 to take an Emotional Intelligence Quiz.

INDIVIDUALS WITH HIGH EMOTIONAL INTELLIGENCE OFTEN KNOW HOW TO SUCCESSFULLY MANAGE DIFFICULT SITUATIONS, GAIN RESPECT AND INFLUENCE OTHERS.

student leader or if you are working full or part time, to be successful as a college student and in life, you must understand emotional intelligence.

Emotional intelligence is the ability to understand your emotions and the emotions of those around you. It means that you value others, listen to their wants and needs and can empathize or identify with them on many different levels.

In sports, individuals are often required to show aggression during play. Naturally, the emotion comes out when you compete at a high level. But, even still, one must control one's emotions so that it doesn't negatively affect performance.

Athletes with high emotional intelligence can regulate their emotions effectively and quickly. If an athlete is in a situation where it is necessary to yell at the referee, restraint and focus are still needed.

According to Nafayla Francis, a graduate assistant in sports psychology, emotional intelligence can be broken down into four different parts: self-awareness, managing our emotions, empathy and social skills.

"It is a very important skill. Emotional intelligence can help individuals solve problems,

co-workers and bosses feel, the workplace can be a breeze.

Individuals with high emotional intelligence often know how to successfully manage difficult situations, gain respect and influence others.

According to leadership and personal development coach Kingsley Grant, the workplace is very stressful, and emotional intelligence is what can help you to survive.

"In business, there is tension, conflicts, mergers, and more," he said. "A highly emotionally intelligent person will be able to manage his or her emotions well enough that they do not fall apart under these conditions."

All these traits should already be important to a captain of a sports team or someone in a leadership role. In fact, a lot of successful teams have coaches who have a high emotional intelligence level.

Athletic training and Barry student Serena Sauerwald is in her junior year at Barry and gets experiential training in her discipline by working with the Bucs.

"I do a lot of hands on work taping ankles, stretching, studying for my classes in between shadowing hours. If I don't find my balance, it is very easy for me to become stressed



RADICAL BLACK HISTORY FIGURES: Why They Should be Celebrated More

By: Michidael Ceard

With black history month in full swing, it is no surprise that figures such as Dr. Martin Luther King, Rosa Parks, and even Andrew Young are celebrated for their contributions to the African-American community and civil rights movement.

The act of turning your left cheek to those that attack you, non-violent protests and loving one's neighbor regardless of color was popularized through many celebrated black leaders.

However, there is a flip side to the coin of black history in America, as some black leaders took more drastic measures.

Eclipsed by influential black leaders who believed in peaceful civil disobedience, there were many black leaders who were radical in their tactics for liberation by pushing for violence against the transgressor, taking what was wanted by force and separating from the enemy.

Some believe it shouldn't be perceived as a weakened fight for racial equality or dwindled passion for the cause.

Senior biology major Llona Kavege explains that history is not one-sided. "In general, there are different ways of experiencing black history," she said.

Jeanelle Jacobs, an English major and senior believes the same thing.

"Radical black figures stamped their names on the face of black history," said Jacobs. "They started necessary actions for black liberation."

These leaders were considered black nationalists who viewed that the process of re-

claiming black identity could only be through forceful interactions with white supremacy. Although many of these leaders are disregarded for their radical thinking, individuals can learn plenty from these polarizing figures.

Here are a few of those radical black nationalists:

Malcolm X

A well-known activist who epitomized radical theory and polarizing opinions was the late Malcolm X. According to American Radio Network, during his time in the 1960s, the white public viewed him as "a menacing character" due to his violent, outspoken words against white Americans. However, much can be learned from this black leader.

X, in his autobiography, explained that he "learned that if you want something, you had better make some noise." Passion and determination were values that were important to X.

Assata Olugbala Shakur

As a member of the Black Liberation Army, Assata Shakur was convicted of first-degree murder of a state trooper after being stopped for a faulty tail-

light. She escaped from prison and was granted political asylum in Cuba. She was added to the Federal Bureau of Investigation's "Most Wanted Terrorist List" under her birth name "Joanne

Deborah Chesimard." Before these alleged events, she was a leader and scholar infatuated with understanding African heritage in the western world. She was also a pioneer for women in the movement for equal racial rights.

Angela Yvonne Davis

Angela Davis is one of the most renowned black activists who emerged on the scene as a part of the American counterculture movement. As a firm believer in socialism, she worked with the Communist Party USA. During the Civil Rights Movement in the 1960s, she was involved with the Black Panther Party but left later due to the treatment of women in the movement. She believed in equal human rights and this fueled her drive for racial equality, as well as women rights.

Stokely Carmichael

According to the Encyclopedia Britannica, Stokely Carmichael was the originator of the term "black power." A West Indian civil rights activist, he was a Freedom Rider who challenged interstate transportation segregation laws in the American South. After getting upset with the non-violence approach, Carmichael expressed the need for self-defense, economic liberty, and racial pride.

Louis Farrakhan

Black Islamic leader Louis Farrakhan is a radical advocate for black power and nationalism. He has been the leader of the Nation

of Islam since 1978. Farrakhan is often considered to be an enigmatic and charismatic leader that appealed to the African-American group through his speeches. Although radical, through the Nation of Islam he established clinics for HIV and AIDS patients and fought against the drug epidemic in black communities.

As black history month closes, students should consider celebrating leaders such as Malcolm X, Assata Shakur, Angela Davis, Stokely Carmichael, and Louis Farrakhan for the work they have put into ensuring a leveled playing field for blacks across America.

"It is difficult to bring them to the forefront," said Jacobs. "But we should definitely find ways to celebrate them more."

Kavege cautions students from using these figures' legacy to perpetuate hate crimes against humanity, but believes there is something to learn from their lives

Photo courtesy of biography.com

"As long as they are not used to incite hate, the who or what that is being represented should not matter," said Llona Kavege.



Photo courtesy of nytimes.com



Photo courtesy of handsupunited.org



Photo courtesy of today.uic.edu

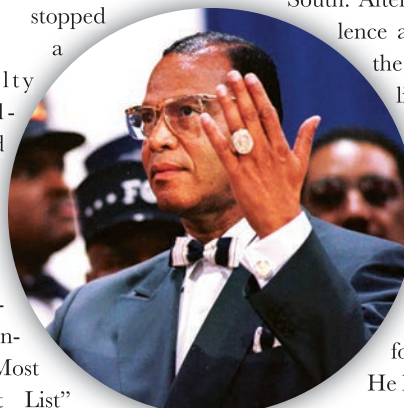


Photo Courtesy of ebony.com

THE WORLD'S FOOD PORN

Aphrodisiac Foods to Put You in the Mood

By Pa Sheikh Ngom

No matter what country you are from, we can bet that there is an abundance of aphrodisiacs within your vicinity. They are lurking in your farms, blossoming in your forests and blooming in your oceans. There is no denying that the word “aphrodisiac” has a certain ring to it. It kind of rolls off your tongue gracefully, as if it’s a word that’s trying to seduce you. Kind of like the goddess Aphrodite after which the term aphrodisiac was named.

Aphrodite is the Greek goddess of love and beauty, known for being extremely attractive, having various flings with the other gods and her impressive powers of seduction, making it appropriate that libido-increasing consumables should be named after her.

An aphrodisiac is commonly known as a “love drug.” A wide array of foods, drinks, and/or drugs found in nature are available for you to increase your sex drive. Here are some aphrodisiacs from around the world.

Let’s look at a few foods that put you in the mood!

Cocoa Beans

Seventy percent of the world’s cocoa beans come from four West African countries: Ivory Coast, Nigeria, Cameroon and Ghana. However, the first record of cocoa beans being used as an aphrodisiac is by the Aztecs. Aztec emperor Montezuma was said to consume cocoa beans in large amounts to charge his sexual desires. Scientists now have the backing to prove that cocoa beans are magical in their own way. Cocoa beans contain two chemicals that can be credited for their aphrodisiac qualities. The first one is tryptophan, a building block of serotonin which is the chemical involved with sexual desire. The second is phenylethylamine, which is released in the brain when people fall in love.

West African Yohimbine Chai Latte

Yohimbine is an oil that comes from the West African Pausinystalia Yohimbine tree. For centuries African natives have turned this oil into tea which they used as a treatment for impotency and as an aphrodisiac. Yohimbine operates by blocking the blood vessel-constricting effects that adrenaline has on the nerves. The results are the smooth flowing of blood to the genitals, an elevated heart rate, and an increased blood pressure.

Indian Pomegranates

Rumored to be the real forbidden fruit, pomegranates are filled with antioxidants making them great for stimulating blood flow. This boost in blood flow increases genital sensitivity. Fun fact: pomegranates have been used to help treat erectile dysfunction.

Red Hot Chili Pepper Salsa

In the 1970s, the Peruvian government banned chili sauce from their prisons declaring it inappropriate for men “forced to live a limited lifestyle.” There is actually scientific proof behind the fact that chili peppers cause your body to mimic a state of arousal. Chili peppers stimulate the brain’s feel-good chemicals which are endorphins. Not only that, they speed up the heart rate and make you all nice and sweaty. Isn’t that exactly how you feel when you’re ready to get it on?

Japanese and Chinese Ginkgo Nuts

The Ginkgo Biloba tree is one of the oldest

surviving plants in the world. Used for hundreds of years as a pleasure facilitator, ginkgo nuts and leaves are said to aid in stress and improve moods. Native to China and Japan, the leaves and nuts of the Ginkgo biloba tree are integral for improving the body’s circulatory system pumping blood flow to all the body’s major organs (wink wink).

Manuka Honey

Manuka honey, commonly known as ‘healing’ honey has been used for many different things ranging from treating acne to healing wounds. Derived from Manuka trees that grow almost exclusively in the East Cape region on New Zealand, Manuka honey is also an aphrodisiac. The word ‘honeymoon’ doesn’t exist by coincidence. Long ago in Scandinavian countries, an alcoholic drink made from honey was given to newlyweds. Honey contains boron which regulates estrogen and testosterone levels.

Iranian Saffron

Cleopatra is said to have bathed in milk mixed with Kesar (Saffron) because ancient Egyptians believed in its aphrodisiac qualities. The Kamasutra also believed in saffron as an aphrodisiac, believing it to have a calming and soothing effect on men and women as well as a pleasing smell. Scientific research has also unveiled that saffron helps with sperm motility in men thus promoting male fertility.

Turkish Cherries

Cherries basically do it all. They are packed with some crucial feel-good vitamins (A, C, and E), potassium, magnesium, folate and iron. Cherries also have melatonin, an antioxidant to help regulate your heart. Never skip these on your next milkshake. On the topic of milkshakes, didn’t they help bring something to the yard?

Bahamian Conch

Just like oysters and many other fruits of the sea, conch is considered an aphrodisiac. One piece of conch, the “pistol” has become popular in the Bahamas so far as to be referred to as “Bahamian viagra.” In addition to being high in lean protein, conch is a good source of calcium and iron making it great for a boost of energy.

Caribbean Irish Moss

Irish moss is a type of sea herb found in the Caribbean used to make a traditional drink that is widely enjoyed. Seaweed boasts unexplored aphrodisiac potential and is also low in fat and calories. It is rich in Vitamin B1 which aids in fatigue and depression and also in vitamin B2 which aids in hormone production.

But wait...there’s more.

Seaweed contains iodine, selenium, soluble fiber and manganese, a mineral known to help maintain a healthy sex drive ;-)

So, there’s a little something for everyone out there. Valentine’s day is over but who says you can’t decide when you want your Valentine’s Day to be. Surprise your significant other with something you learned in this article. You’ll thank us later.



Indian pomegranates-Photo Courtesy of qualityfood.ae



Red Hot Chili Pepper Salsa-Photo courtesy of Emedemujer.com



Manuka Honey-Photo Courtesy of prevention.com

VENEZUELA'S FIRST STEPS TOWARD POLITICAL FREEDOM

By Maura Padron

With the swearing in of Juan Guaidó as Venezuela's interim president, the start of 2019 seems to have fortified the Venezuelan people to once again demonstrate to their government that they will not stand for the current political situation. People in cities all over Venezuela—and all over the world—have continuously taken to the streets to protest Nicolás Maduro's presidential dictatorship. These protests are notorious for becoming violent due to the military intervention that continuously opposes the people and have led to at least 240 Venezuelans murdered at marches, primarily students who are trying to change their country's politics. The opposition is much more complex than a disagreement with the political party; rather, it is an accumulation of political instability, economic crisis and the continuous violation of human rights.

President Maduro came into power following the death of President Hugo Chávez in 2013, whose presidency was also widely considered authoritarian. The last two years in Venezuela have been crucial.

In 2017, President Maduro used his powers to nullify the Venezuelan National Assembly, a legal body that acted similarly to Congress in the United States, and it was the only institution that held an opposition majority. Instead, Maduro created the Constituent Assembly, which is completely controlled by his party. The assembly members were determined through elections that, according to the *Washington Post*, were deemed illegitimate on an international level.

The election rules were rigged in order to favor Maduro's preferred outcome by allowing multiple votes per person, skipping important regulations to ensure validity and not registering the names of voters. This resulted in a new legislative body fully under Maduro's control.

On May 20, 2018, Maduro was reelected for his second term through another interna-

THE LAST FEW YEARS HAVE MARKED VENEZUELAN HISTORY AND HAVE LED TO THE CURRENT UPRISING OF THE PEOPLE IN 2019.

tionally illegitimate, invalid and corrupt election. Imprisonment or banishment of the opposition's most popular political candidates left the opposing party unable to truly run. According to the *New York Times*, the elections were moved up from December to May, which also kept the opposition from formally organizing and preparing for the elections. In response, many opposition leaders called for an election boycott. They predicted that only 20 percent of the country would vote. Most

public servants were forced into voting in favor of Maduro's candidates through intimidation tactics. The country was once again cheated into another six years under Maduro's presidency.

The Venezuelan people have suffered astounding economic crisis, health epidemics that have ravaged the collective health of the country due to lack of medicine, as well as a lack of general commodities such as food, medical supplies and other basic living neces-

sities.

Because the 2018 elections were not considered valid internationally, the country technically did not have a president-elect.

In January 2019, Juan Guaidó, who is the president of the National Assembly, was sworn in as interim president. He is formally backed internationally by many countries, including the United States, Canada, Argentina, Spain's socialist government and many other European and South American countries. Under Venezuela's constitution, in the absence of a legitimate president, the president of the National Assembly takes power until fair elections can be held. These last few weeks, Guaidó has been establishing dominance over the Venezuelan government by electing officials and reaching out to key international players for support and assistance, despite Maduro's continued lack of collaboration.

It no longer matters what political party you support but rather bringing an end to the humanitarian crisis in Venezuela. The next few weeks will be important as humanitarian assistance is sent to Venezuela and Maduro continues to be backed into a corner.



Venezuelan president Juan Guaidó. Photo courtesy of bt.com

Photo courtesy of stereogum.com

MUTE R. KELLY

By Sophia Sharos

"It's the remix to ignition hot and fresh out the kitchen....."

Everyone knows when it's the weekend because that specific song by artist R. Kelly plays at every pregame. R. Kelly is one of the most celebrated R&B artists of this era and his music is still, to this day, listened to regularly.

Over the past few months, though, the identity of R. Kelly has been revealed for the world to swallow -- and it's been a tough pill.

From 1970 until now, he has been accused of sexual abuse against underage girls of color and - until recently - the problem has largely been ignored on all types of social media.

Lifetime Television debuted a striking documentary called "Surviving R. Kelly" in a six-part series on Jan. 3, 2019.

In the documentary, women survivors share their stories, conflicting with the accounts of the R&B artist. Even with a preponderance of evidence and over a dozen testimonies, the artist still isn't offering credence to the accusations. Yet, for the first time ever, survivors and people from R. Kelly's inner circle, are

revealing new allegations about his sexual, mental and physical abuse.

The trending topic with the allegations and knowing what R. Kelly has done is: will fans still support his music knowing what he did?

Barry student Harnaja Pitts is disgusted with what he has done to young, African-American females.

"I do not support that man and what he has done. He is a pedophile, and I do not support people who take advantage of little girls," said Pitts, who is the current Barry student radio station manager. "Overall, I wasn't the biggest fan of him to begin with. I just liked his mainstream songs, but after hearing the allegations I do not support him."

Pitts is in the minority. Statistics says his fans are largely unmoved by the news.

Since the airing of "Surviving R. Kelly" on the Lifetime network, R. Kelly's music sales have increased on the Spotify platform.

A Spotify representative confirmed that the artist's music has seen a 16 percent jump after the airing of part one of the documentary.

A fan's musical preference, notwithstanding, the famous R&B artist and his misgivings may never have been given the necessary

spotlight if it wasn't for the #MeToo movement and the documentary.

The #MeToo movement has given women who have been sexually and mentally abused the right to speak and stand up for themselves with other victims.

Tarana Burke, who started #MeToo and is a survivor of R. Kelly himself, is grieved by the fact that "in September 2017, we have the huge Harvey Weinstein articles, which propelled this whole #MeToo movement forward and R. Kelly doesn't get included in that."

Last year, the women of color group within the Hollywood movement against sexual assault, Time's Up, added their voices to the campaign #MuteRKelly, a social media effort calling for a boycott of the singer's music.

"No one cared because we were black girls..." was the sentiment in the Women of Color group, lamenting that most of the women who received attention under the #MeToo movement were not women and girls of color.

Now, with attention from the documentary, victims of color have told their stories after a long 20 years of silence. Their voices are finally heard.



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Best Picture nominees for the 2019 Oscars. Collage by Abigail Solórzano

ALL THINGS OSCARS: Who Will Win?

By Brianna Lopez

All movie fanatics counted down the days until the 2019 Academy Awards to see which of their favorite movies took home the ultimate prize: Best Picture. This year's nominees were sure to have the polls wavering until the last second. Was your prediction correct? Who did The Buccaneer predict to take home the gold?

BLACK PANTHER:

This movie was highly acclaimed for being one of the most monumental films of the year because it was the first Marvel film to have a predominantly black cast. The movie follows the fate of T'Challa, king of the African nation of Wakanda and his battle to resolve a conflict with an old enemy and save the fate of their civilization. According to Rotten Tomatoes, a website for viewers to rate shows and movies, critics said "Marvel's Black Panther film means so much to so many people." This film surely has the critics behind it and probably the votes too.

A STAR IS BORN:

In this film, singer Lady Gaga takes off her crazy costumes and throws on a new one—that of struggling artist Ally. This film is a classic love story for all hopeless romantics, following the story of Ally and Jackson Maine (played by Bradley Cooper), and viewers join their journey to save Ally's career, Jackson's liver, and their relationship. Critics say, "It's heartfelt, well-paced, and gut-wrenchingly tragic." Get your tissues ready, people.

BOHEMIAN RHAPSODY:

Bohemian Rhapsody follows Freddie, an art student who rebels against his traditional Parsi family and joins the band that becomes Queen. While it's a classic, this film does not seem to be critics' favorite. One critic writes on Rotten Tomatoes, "strong acting from Rami Malek and others, [but it] can't hide the film's substantial plot flaws." Another critic even went as far as to say, "Probably A Star is Born will collect more awards." He ain't wrong, either.

BLACKKKLANSMAN:

Many critics say that this film was Spike Lee's comeback film. Set in the middle of the 1970s civil rights movement, the movie follows Ron Stallworth, the first black detective on the Colorado Springs Police Department. Trying to prove his worth, Stallworth recruits his Jewish friend to go undercover and pretend to be a white supremacist in the Ku Klux Klan. Critics gave it five stars, writing, "BlacKkKlansman is at its savage best when putting in perspective the official holier-than-thou image of the white Americans." This film could give Black Panther a run for its money.

THE FAVOURITE:

An almost under-the-radar film, this movie lived up to all the hype it never got. It follows Queen Anne in the early 1700s who, in poor health, allows her most trusted friend Lady Sarah to step into her place as ruler of Great

Britain. However, when Sarah's control slips, things go very wrong. Critics "command you to see it."

GREEN BOOK:

This film follows Dr. Donald Shirley, an accomplished concert pianist, who hires Italian-American Tony Lip to drive him during his 1962 tour in the South, in order to protect him against the racism he would surely encounter. It is yet another groundbreaking film that gives power to unity and African-American culture.

ROMA:

In the movie Roma, Cleo is a maid in the 1970s who takes on the responsibility of caring for a middle-class doctor's four children during a time of drastic change in their political and personal lives. Critics raved about this film, one critic even saying, "could a Netflix movie win the best film Oscar come February 24? You better believe it."

VICE:

This film is all about the power in politics. It follows Dick Cheney, who goes from humble beginnings to become George W. Bush's vice president, yet still seeks more power. Whether or not politics is your thing, you're sure to get enveloped in this film. As one critic says, "You cannot simply sit and absorb this movie. Love it or hate it, you are one of its characters."

If you've made it to the end of this list, you're probably just as undecided as I am. How do you pick just one of these critically acclaimed, groundbreaking films to win the ultimate prize: an Oscar?

Well, I'll tell you how to pick. You pick the one that got all of the hype before it even premiered, and then lived up to it. You pick the one that broke all boundaries when it casted mainly African American actors and displayed their culture to an entire world of movie watchers.

If you haven't guessed it yet, you pick Black Panther. That is the Best Picture of 2019, the one that deserves to win an Oscar.

Photo courtesy of popsugar.com





Photo courtesy of facebook.com/thewynwoodyard

BAE BY THE BEACH

Interesting Dating Spots in Miami

By Maura Padron

Miami has the most interesting dating spots that will leave your date thinking about you long after the night is over.

Whether it's your long-term partner or someone you're just getting to know, everyone is looking for something fun and affordable to do with their special someone during the month of February. Miami - being a city filled with things to discover- this shouldn't be a problem. Here is a quick guide to help you determine where to take your loved one around Miami.

KNAUS BERRY FARM

You should never waste a day when you live and study in sunny Miami. Take out your significant other on an unusual trip to Knaus Berry Farm, a local treasure. This farm offers strawberry picking Monday through Sat-

urday. And if you're not full after sampling some of your juicy findings, stop by their bakery for their legendary cinnamon rolls and other goodies sold at affordable prices. Located in Homestead, if you're willing to make the 45-minute drive from campus, you won't regret it.

AZUCAR - CALLE OCHO

Another place you can check out if your date has a sweet tooth is by the iconic street Calle Ocho. A landmark marked by Cuban features, walk hand-in-hand down this remarkable street and enjoy the sights before stopping at the ice cream shop Azucar. It's a low-cost day that will leave you both smiling once you try the unique flavors they offer.

MICROTHEATER MIAMI

At Microtheater Miami, located on Biscayne Boulevard, lovers can watch 15-minute shows in both Spanish and English. The plays take

place inside graffiti-painted shipping containers for \$6 a show. Laugh and cry along with the cast Thursday through Sunday nights. Because of its original street ambience, couples will find this place unique and fun but also romantic.

WALLCAST CONCERT

If you like the idea of a night of music, then take your significant other to a WALLCAST Concert in Miami Beach. They offer a free night of outdoor symphony music under the stars. WALLCAST also offers free movies on select nights, so planning a visit there is a great way to surprise your partner. Bring a blanket, share a picnic dinner, and enjoy the sights and sounds of Miami.

WYNWOOD YARD

If you want something a little more relaxed

but with a cool musical vibe, then check out Wynwood Yard. Take your date on Sunday and you'll be treated to reggae jams. Entrance is free, and the drinks are cost friendly. With more than a dozen semi-permanent food trucks, from Mexican tacos to Italian pizzas, there are plenty of food vendors for almost any type of cravings. They are open every day from noon till midnight, so go check them out!

1-800-LUCKY

Of course, if you prefer a special dinner for two, check out Wynwood's hit Asian market 1-800-Lucky to share food, music and a good time. Prices per dish average at about \$15 but are considered generous portions for two.

Remember, it's not about what you do, but rather who you do it with. Go have fun, you two lovebirds!



Photo courtesy of pdfkitapciniz.com



A FASHION TRAGEDY – “The Assassination of Gianni Versace: American Crime Story”

By Paris Razor

Fashion, fame, and murder can all be found on Miami Beach, as critics praise FX’s “The Assassination of Gianni Versace.” It is the second season of the FX true crime anthology in their television series “American Crime Story.”

Gianni Versace was an Italian fashion designer who founded Versace. The brand creates accessories, fragrances, make-up, home furnishings and clothes. On July 15, 1997,

Versace was shot and killed outside of his Miami Beach mansion when returning from a walk. His murderer Andrew Cunanan was a gay escort who struggled to maintain relationships as he obsessed over Versace and depleted his finances.

In “The Assassination of Gianni Versace” their chance encounter appeared in the V.I.P section of a gilded nightclub in San Francisco, as Versace struck up a conversation with his future killer.

The show covers the murder

of Versace and the events that led to his untimely death and Cunanan’s consequences. Within nine episodes, viewers see Cunanan’s murder spree of five people, Versace’s discovery of becoming HIV positive and the future of Versace’s fashion empire.

The show’s cast featured Edgar Ramirez as Gianni Versace, Darren Criss as Andrew Cunanan, Ricky Martin as Antonio D’Amico, and Penelope Cruz as Donatella Versace.

Last year in the 70th Primetime Emmy Awards, the show won three awards, including Outstanding Limited Series.

On Rotten Tomatoes, a website for audiences to rate and comment on shows and movies, 94 percent of viewers liked the show. Critics said “The Assassination of Versace”

starts with a bang and unfurls slowly, moving backward through

an intricate murder mystery anchored by a career-defining performance from Darren Criss.”

Although other critics disagree, entertainment writer Mark Perigard said, “Criss’ portrayal is brittle and needy,” feeling as if he was similar to his character portrayal of Blaine Anderson in the show “Glee.”

Despite the praise or dissatisfaction from viewers, the Versace family released a statement of the series saying it “should only be considered as a work of fiction” and that they did not authorize nor have any involvement in the production of the show. Versace’s family has also vehemently denied any encounter between the Versace and Cunanan, but the FBI believes the pair did meet that fateful night but cannot confirm the nature of their relationship.

There is no clear reason as to why Cunanan murdered Versace. Cunanan loved telling elaborate stories about his celebrity friends, inflating his importance and ego. Cunanan’s friends would eventually figure out his pattern of lies, realizing the detailed stories he fabricated weren’t real. There are speculations that Cunanan suffered from illness, psychopathy that resulted in a lack of remorse and empathy. Some say the thrill of murder and his infatuation with Versace’s status and grandeur led Cunanan to target him as his next victim.

Nonetheless, for those who love all things designer or enjoy crime shows, individuals can watch “The Assassination of Gianni Versace: American Crime Story” to become enthralled. Or even better, get the full experience at Versace’s mansion in Miami Beach where you can eat Italian and Mediterranean food or book the night in his home.



BARRY EVENTS DIGEST

By Mayalisa Cousins

Barry University prides itself on student engagement and activities. Here are six of the most captivating campus events. Keep on reading to find out which ones may suit your interests.

Painting with a Twist: Wednesday, Feb. 27

Unleash your inner artist with Wynwood painter, Marcus Blake, in Andreas 111 at 7:45 p.m. Participants will be twisting things up by using tote-bags as a blank canvas. There will be hors d’oeuvres, refreshments and alcohol offered; so be sure to RSVP in Landon 202.

Detox Day: Monday, March 18

The college life can be stressful, but don’t worry Detox Day has you covered. Barry University is offering an oxygen-bar, acupuncture services, massages and yoga in the Landon Student Union second floor patio at 2 p.m. Come out to channel peace and serenity, which will help diminish the pressures of college.

Panel Series – Self-Love: Tuesday, March 19

You are not getting any younger, so it is essential to take care of your well-being. Students, faculty and professionals will be discussing the importance of self-love and self-care in Andreas 112 at 6 p.m. If you want to improve the way you perceive yourself, this event is the one for you.

Massage Lounge: Wednesday, March 20

Are your college classes making you feel tense? Well relaxation is the key, and in the Landon Student Events Room at 2 p.m., students will receive the pampered treatment they deserve. There will be massage professionals awaiting your arrival. Trust me, you do not want to miss out.

Earth Day Carnival: Wednesday, April 10

Barry’s mission for this event in the Campus Mall area at 9 a.m. is to recognize the sacredness of the Earth in an exciting way. Students that attend the Earth Day carnival will engage in eco-friendly games, entertainment, attractions and food trucks.

Spring Fling: Thursday, April 11

This event is a massive party in the Campus Mall area at 7 p.m. that will include music, inflatable rides, food and games. You do not want to miss out on Spring Fling if you have school spirit and love carnival vibes.

WHAT IN THE 095?

By Johania Charles

Picture this: it's your first semester at Barry, you're registering for classes and find out that you must take an 090, 091 or 095 course before an introductory course. Or, maybe the very opposite. Close to graduation, while calculating your credits to see how many more classes you need, you realize 090, 091 and 095 are not part of the 120 credits needed to graduate. What are they for then anyway?

These courses often go by many different names depending on the institution. At Barry, they are often referred to as developmental courses. There's ENG 095- English Composition Strategies, MAT 090- Pre-entry Math, MAT 091- Preparatory Math I, MAT 095- Preparatory Math II, and CHE 095- Prep for College Chem.

Placement into a developmental or introduction course is determined by the student's standardized test scores. Another placement test is also administered during orientation week for all students. These two exams then become the basis by which students are placed into these courses.

For reading, the SAT score must be above 26 to avoid 095 placement. The ACT score should be above 21 for entrance into ENG 111. International students must either bring in TOEFL (Test of English as a Foreign Language) scores or take advantage of the opportunity to take the placement tests offered at Barry.

The ENG 095 course is designed to prepare students to take the introductory ENG 111 course. It provides information on argumentative essay styles and allows students to become familiar with different stages in the writing process, the art of persuasion, supporting claims with reliable evidence and developing writing skills.

"Students are given an opportunity to enhance their writing skills through planning, revising and rewriting...Strategies obtained are refined in consecutive classes," said Dr.

Olena Drozd, instructor of English and the coordinator of the Writing and Reading Centers.

"Sometimes students come to college with skills they need to polish to be successful in the required courses," said Dr. Paige Banaji, director of first-year writing and assistant professor of English.

Dr. Banaji is currently piloting a new approach that allows students to take an S.I. (Supplemental Instruction) class (1 credit) instead of ENG 095 (3 credits), saving students a semester instead of setting them back. Meaning Barry will shift from a prerequisite model (taking 095 before 111) to a corequisite model (taking S.I and ENG 111 the same semester).

"In ENG 095, I learned how to write college level summaries and [to comprehend] long articles and pull out certain pieces of information that will be beneficial to me in writing

my essays," said Alanis Lopez, a pre-nursing freshman.

Dr. Heberto Del Rio, director of the developmental math program, said

"there are opportunities for help if they're struggling...like math lab and tutors...I am available; my door is always open. I will help them, but if they don't take the opportunities, they'll waste their time and money."

Students in these courses have the choice to challenge their placement within 30 days of registration.

"We have a two-level filter...if a student is not happy with their placement based on [a] standardized test...they can take an in-house placement exam that we have designed in order to see which course the student can go into," said Del Rio. "If they get more than 70 percent, they can go on to the next level. Our intention is not to have the student on the developmental track as long as possible but to have the students learn the material to succeed in college math. We understand that school is not cheap."

DR. BANAJI IS CURRENTLY PILOTING A NEW APPROACH THAT ALLOWS STUDENTS TO TAKE AN S.I. (SUPPLEMENTAL INSTRUCTION) CLASS (1 CREDIT) INSTEAD OF ENG 095 (3 CREDITS).



Lynn Lohier and her boyfriend Romando Mcghee Jr. stand next to single Francisco Garcia.

10 REASONS WHY YOU'RE STILL SINGLE

Photography by Abigail Solórzano

By Pa Sheikh Ngom

Love is in the air, and all you got this Valentine's Day was that salty look on your face because you're lonely. Worry not! The year is still fresh and brimming with countless opportunities to embody a brand-new version of yourself. It's time to address some important life issues. How about we start now with something that has clearly been on your mind. Why are you still single? You could give countless reasons off the top of your head which you have laboriously rehearsed should the question come up. Lucky for you, here is a list of the "real" reasons. Kick back and relax, let's dive in!

10. You're ugly.

Let's just get straight to the point with this one. But don't worry someone will find you beautiful...eventually.

9. You're still hung up on your ex.

You make moving on harder than it should be. Don't run back to the same poison because it has a different package now.

8. You're unapproachable.

Maybe you look like you stab people for fun? Don't be discouraged, though; some people are into that.

7. You have unrealistic expectations.

Well, you should have. After all, one day your lover will be raising your kids with you. But maybe simmer down a little?

6. You're selfish.

You're probably the type of person that

writes their name on their food before they put it in the fridge just so that no one touches it.

5. You have no social life.

Hah, loser!

Who knows how many people you could have met on all those outings you passed.

4. You're waiting for someone you can't have.

By the time they have gone through four break ups and a divorce, I guarantee you that you'll be their next choice.

3. You've left it all to the universe.

You're living your life waiting for that someone to turn up magically. You have a poster on your wall that says "Chase your dreams," and you take pictures of your coffee.

2. You believe you're some sort of godsend.

How dare anyone even approach you. Ichor runs through your veins, only the best of the best should dare to even look in your direction. Why would anyone as wonderful as you ever want to settle with a commoner?

1. You're happy with who you are.

Are you 100% sure it's not reason 10 though?

All jokes aside, this could be you. Whether you're in a relationship or not, if you're happy with who you are, you're winning. Now go on out there and get some!

WHAT IS BLACK?

Barry's Working Definition

By Michidael Ceard

"I'm rooting for everybody black," said "Awkward Black Girl" actress Jo-Issa Rae Diop after being asked whom she wished to win a 2017 Emmy.

This statement polarized different groups across media outlets and left them confused on what her definition of black might be. Others empathized with the statement but were still searching for a definition of the concept of 'being black.'

This February, during Barry's black history month celebration, the university community was also interested in finding out the definition to this phenomenon.

And, at the Campus Ministry-sponsored event "What is Black Part II" Post-Traumatic Slave Syndrome on Feb. 19 in Andreas 112, our community looked at how generational toxicity can both reinforce and restrict blackness.

Five expert panelists, including Barry's own associate professor of Psychology, Dr. Pamela D. Hall and Campus Ministry's coordinator of Retreats and Faith Formation's Rev. Richard Clements, explained blackness through the perspectives explored in Dr. Joy Degruy Leary's book Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing.

Leary defined P.T.S.S. as "a condition that exists as a consequence of multigenerational oppression of Africans and their descendants resulting from centuries of chattel slavery."

According to Leary, post-traumatic stress symptoms gained from black slaves such as bursts of anger, inability to sleep, loss of hope and severe anxiety are passed down and learned through generations. This results in P.T.S.S. for black individuals today, including Barry's student body.

"It is important because giving a voice to people of color speaks to our [Barry's] inclusivity," said Clements.

He urged the audience to "sankofa" which is a Ghanaian Twi term for "going back to get it" in relation to knowledge of African ancestry and heritage.

Hall encouraged the black community to tap into their 'spirit being' which was the fundamental essence of black nature. She

flipped Maslow's hierarchy of needs into an African spirituality model that was circular and focused on spirituality, empathy, collectivism, harmony and balance with nature and ancestor worship. At the end, she tied the event to the Barry community.

"All four of Barry's core commitments pertain to this "What is Black Part II" event," said Hall. "Black students at Barry can become motivated because they will be aware of generational trauma."

Barry students enjoyed the programming that consisted of a drum musical interlude, art exhibition, expert panel and facilitated discussion.

Rebekah Bobb, junior psychology major, said the event reinforced a lot of her positive thoughts about being black.

"It was a good opportunity to have it here because it can feel alienating living in America," she said.

Bruce Sakindi, senior psychology major, said he was interested in how the event offered him a new perspective on the 80-year-old needs pyramid of Abraham Maslow.

"The most interesting thing was the reversal of Maslow's hierarchy of needs by Dr. Hall into an Afrocentric context," said Sakindi. "We saw the differences between European and African cosmologies which made sense."

But, the question on the definition of blackness remains.

Blackness, according to the Merriam Webster dictionary, is "of or relating to any of various population groups having dark pigmentation of the skin."

When personalizing this definition to the United States of America, the definition for others brings home a much more varied meaning.

Denise Clay, journalist for the Philadelphia Sun, reported that this definition depends on "what's important to you, your personal definition of black culture, and what influences that definition."

Dr. Charisse L'Pree, assistant professor at Syracuse University, wrote in an investigative report that "blackness involved an awareness of one's history, a shared experience, and a comfort in one's current skin with an idealized hope for the future."

With all these varied definitions, through what lens should Barry students view black-

ness?

Alana Nisbeth, graduate assistant seeking a master's in social work, viewed it through the lens of identity.

"It means that you do not apologize for who you are," said Nisbeth. "Do not be afraid to fight for what you believe in."

With all these different perspectives, it is safe to assume that blackness does not have a con-

crete definition. For a black individual, the definition is personal and tied to their own experiences.

Junior English major Kiaunna Brockington attempted arriving at a universal denotation for 'being black.'

"You have no choice but to feel like you're a target," said Brockington. "But, speak your mind against what's going on."

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BARRY'S ALTERNATIVE BREAKS



Route National #1 - Haiti. Photo courtesy of Vladimir Lescoufflair

By Paris Razor

South beach waves, delicious margaritas and fast-paced dancing can be expected from thousands of students as they make their way to the shores this spring break. But for some students at Barry, they will spend their week off travelling out of town to participate in civic engagement in Alternative Breaks.

"The Alternative Breaks program is a co-curricular program that provides students with community-based immersion experiences designed to build awareness of social, political and environmental issues through learning, reflection and service that benefits diverse populations," said Courtney Berrien, associate director of the Center for Community Service Initiatives (CCSI).

Barry's Alternative Breaks program takes

place annually on spring break. The trips vary in destination from Haiti, Texas, Imokalee and the Panhandle, and are planned depending on student interest.

Alternative Breaks was started in Catholic colleges more than 50 years ago and has spread to many universities across the United States, addressing a variety of social issues. The Alternative Breaks program began at Barry over 20 years ago.

"Participants are encouraged to develop empathy, understanding and motivation towards action for social justice in local, regional, national and global contexts," said Berrien. "Moreover, students form friendships with one another, build beneficial relationships with faculty and staff advisors and collaborate with community leaders to address issues in a meaningful way."

This year, Alternative Breaks has prepared

two trips: Haiti and Tallahassee/Alabama.

For students who are travelling to Haiti, they will support Barry's education partnerships, focused on supporting teacher training activities and playing with school children. Students will also support a women's artisan cooperative by working to develop their business practice of selling their fair-trade merchandise in the United States. The profits earned go back to help the artisan cooperative and provide income to the women artisans.

Other students who are travelling to Tallahassee and Alabama will engage in hurricane relief in the Panama City area, engage with the lobbying and legislative processes in Tallahassee in support of protecting the rights of incarcerated women and advocate for improvement of living conditions in women's prisons, experience civil rights history in

Montgomery and visit the Legacy Museum and National Peace and Justice Memorial in Montgomery.

The costs of each trip are determined based on the trip itineraries, travel expenses and number of participants. Fundraising is organized throughout the semester and supported through activities led by group members.

"I'm excited to experience a new culture and learn about the way in which their society works," said Martina Munoz, a business management junior attending the Haiti trip. "Hopefully we will be able to make a change, even if it's in a very small way."

Joseph Minani, a sophomore majoring in computer science and attending the Tallahassee/Alabama trip said, "it is going to push you away from the common spring break... you're actually giving yourself and your time to something else that will help others."

Street vendors in Pétion-Ville. Photo courtesy of Vladimir Lescoufflair





By Savannah Parker

Photo courtesy of thetakeout.com

How far would you go to experience the combined magic that is The Carters? Enough to completely change your diet?

On Jan. 30, 2019, musicians Beyoncé and Jay-Z Carter took to Instagram and invited fans to visit the Greenprint Project's website to learn more about their call to action. The Carters are encouraging fans to decrease their carbon footprint by incorporating vegan meals into their daily lives. Fans who want to participate in the challenge can enter in a sweepstakes where one winner will win 30 years of free Beyoncé and Jay-Z concert tickets. Fans can enter the sweepstakes through the Greenprint Project's website.

The Greenprint Project was created by Beyoncé, Jay-Z and nutrition coach Marco Borges. Their goal is to spread awareness as to how much our eating habits impact our environment.

According to the Greenprint project, "in 1 year of eating plant-based meals [a single person] could cut enough carbon emissions equivalent to powering one shelter in Haiti for a year."

There is a common misconception about what the challenge entails. At first glance, you might think that you are required to quit animal-based food entirely. However, The Greenprint Project understands that veganism is a huge commitment and lifestyle change. According to *TIME* magazine, The Greenprint Project encourages participants "to start (or continue) taking a plant-based approach to their daily life in some capacity." Something as simple as swapping out eggs and bacon for a bowl of oatmeal in the morning is a great start.

In fact, Bey and Jay aren't vegan 24/7; instead they incorporate vegan meals into their daily routine. Bey's Instagram post proposed plant-based breakfasts and Meatless Mondays as ways that someone could participate in the challenge. In preparation for her 2018 Coachella performance, Beyoncé went vegan for 44 days and encouraged her millions of followers to do the same.

Living as a vegan or, as some prefer to call it "a plant-based lifestyle," it is not as scary or miserable as some people choose to believe. Nowadays, there is plenty of information on the internet and social media. There is a community of vegan YouTubers who share their experiences with veganism such as Liv B, Ellen Fisher, Sweet Potato Soul and Vegan Gains, to name a few. They show the world that being vegan does not mean you can't enjoy life and food.

So, if you're curious to see what all the hype is about, check out these local restaurants that are promising great experiences and even greater cuisine:

Della Bowls at The Wynwood Yard

56 NW 29th St, Miami, FL 33127

\$\$

Full Bloom

1670 James Ave, Miami Beach, FL 33139

\$\$

GLAM Vegan

3301 NE 1st Ave Suite 103-1, Miami, FL 33137

\$\$

Vegetarian Restaurant by Hakin

73 NE 167th St, North Miami Beach, FL 33162

\$\$

Choices Café

2895 McFarlane Rd, Coconut Grove, FL 33133

\$\$

Feeling inspired by Bey and Jay's vegan challenge? Give this yummy and easy recipe a try:

Creamy Vegan One Pot Pasta (Asian Style)

Ingredients

- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 zucchini, chopped
- 1 small red bell pepper, chopped
- 4 1/2 cups uncooked fusilli
- 1 1/2 teaspoons red curry paste
- 3 cups diced tomatoes (canned) (do not drain)
- 1 cup canned coconut milk (whole fat) (use the creamy part)
- 1/2 cup frozen peas
- 1/2 cup cherry tomatoes, cut into halves
- salt, to taste
- black pepper, to taste
- 1 teaspoon fresh lemon juice

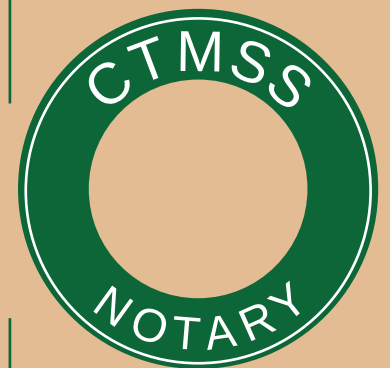
Instructions

Heat some oil in a large pot and sauté the onion for about 2-3 minutes. Then add the garlic, the zucchini, and the red bell pepper and cook for 2 more minutes.

Add the remaining ingredients, except for

the cherry tomatoes. Cook for about 15 minutes uncovered on medium heat, then add the cherry tomatoes and cook for two more minutes. Season with salt and black pepper. Enjoy!

(Recipe courtesy of veganheaven.org)



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EMOTIONAL INTELLIGENCE QUIZ

1. I can recognize my emotions as I experience them.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

2. People have told me that I'm a good listener.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

3. I know how to calm myself down when I feel anxious or upset.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

4. I find it hard to focus on something over the long term.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

5. I find it difficult to move on when I feel frustrated or unhappy.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

6. I know my strengths and weaknesses.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

7. I avoid conflict and negotiations.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

8. I set long-term goals, and review my progress regularly.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

9. I find it difficult to read other people's emotions.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

10. I struggle to build rapport with others.

☐ OFTEN ☐ SOMETIMES ☐ NOT AT ALL

Evaluate each statement as you actually are, rather than as you think you should be. Choose the following statements as they apply: NOT AT ALL, SOMETIMES, OFTEN

Each question relates to a specific area of emotional intelligence. See below:

How self-aware are you? #1 #6

How well do you regulate self? #3 #5

How motivated are you? #4 #8

How empathetic are you? #2 #9

How social are you? #7 #10

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