The Broward College

OBSERVE

Volume 30, issue 13 April 12, 2016













Cultural Affairs department rewarded helpful grant

Bella Riccitelli

Editor-in-Chief

Effective this upcoming school year, South Campus's Office of Cultural Affairs (BSOCA) will be able to use their recently awarded grant.

The grant will help support with funding for projects.

"The grant will support projects that expand culture and will give arts and culture importance visibility," said Maria "Lupe" Figueras, the coordinator of BSOCA.

"Getting the grant means having money to support programs and bring people into the theater."

With the financial support from the grant, BSOCA will be able to expand the Overheard Series presented by BSOCA and bring in more artists for lectures.

Currently, BSOCA hosts a plethora of events that focus on creativity, art and theater all the while keeping everything



BSOCA gives students the chance to perform live and express themselves.

relatable to students, specifically BC students.

"We will have enough financial support to expand our programming and make it more BC specific so we can work with artists on a commission basis," said

In this past year, there have been events that feature artists showcasing their work and talking with students one-on-

Now, with the help of the grant, BSOCA will be able to continue to expand and only go up from here.

"We have amazing individuals working at the grant department. Last May, we evaluated and decided to apply to the grant," said Figueras.

Merrie Meyers, who works as the manager of the Grants Development department BC, enjoys helping

departments write grants. "In the office of Grants Development, we work with staff ideas to craft them in a

way that will appeal to the finder, which in this case was the state of Florida Division of Cultural Affairs."

Now, BSOCA is applying for grants that if awarded, will be effective for the 2017-2018 school year.

"We are still applying for opportunities.

idea is to embed faculty and staff initiatives into cultural programs. We will continue our line of work with local emerging talent," Figueras.

Figueras was just beginning her journey last year with BC when she first started to prepare a grant.

After only working at BC for a small amount of time, Figueras sat down one day and looked over past documents for the program that were prepared by Lamar Lovelace, who is the predecessor of Figueras.

Once consulting Henry Mack, Associate Dean of Humanities at South Campus, the process began.

"Then, it was mostly dreaming [we would get the grant]," said Figueras.

Speaker series welcomes political figure with major role

Bella Riccitelli

Editor-in-Chief

Broward College's Speaker Series welcomed James Carville, who plays a strong role in the Democratic party.

Carville, who works as a political consultant and a Political Science professor at Tulane University, sat with students in an intimate setting and answered questions from them one by one.

Carville is a firm believer in his chosen political party, and largely expressed his beliefs, both personal and political, at the fireside chat.

Born and raised in Louisiana, Carville came from a small town with big dreams. Now, he lives his dream everyday by aiding in the political world.

"I have worked in 22 different countries, few times have I worked for someone I wouldn't vote for myself," said Carville.

The audience was filled with handfuls of curious students and first-time voters.

The questions asked ranged from advice for voters, to what his beliefs are on bigger issues.

The first question was asked student Jason-Patrick Bryon, who asked Carville about the political climate, specifically with presidential candidate Donald Trump and political correctness.

"Political correctness means different things to different people. Referring to people in a derogatory way is impolite. I'm not for shouting people down," said Carville.

Carville, who has worked with former president Bill Clinton, is very supportive of presidential candidate Hillary Clinton.

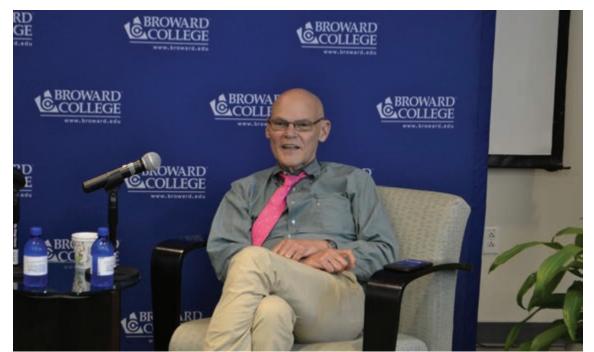
"This is a political season like no other," said Carville.

While many of the questions were related strictly to politics, some students asked questions that referred to personal success.

Carville believes in selfgrowth and he voiced many pieces of advice on how to do just that.

"Put yourself in a position where you can succeed...Find a place where you can show off your talents," said Carville.

"It's not that hard to figure out what to do. If you want to



James Carville has worked on many political campaigns.

be a leader, you have to spend time selling your vision. Set an agenda. As you go up the ladder, your obligation to sell becomes more important," said Carville.

Students were also able to ask questions over the Internet.

One student asked for advice about first time voting, as it can be confusing for some.

"It's a pretty exciting thing. Take your vote seriously. Don't just vote, be informed," said Carville.

Students spent over an hour asking questions and Carville enthusiastically responded to each one.

"As far as belief systems are concerned, we might not get

Bella Riccitelli/The Observer

the whole story by looking with our lenses. If we have someone who has been through the thick and the thin and can present it in an honest way, it will broaden the horizons of the next and current generations," said Bryon.

Keep up with BC: What's going on around campus?



Broward College welcomed local cooks for a competition.

Broward College

College hosts local 'chopped' competition

Jennifer Beardslee Radi

Managing Editor

Broward College's Office of Supplier Relations and Diversity hosted a catering showcase style event on April 1, 2016.

The event, "Chopped II-

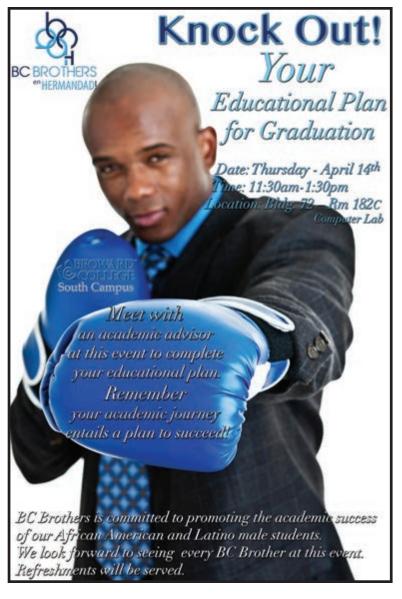
Broward College Style", was held from 11:00 a.m. – 2:00 p.m. in the Judson A. Samuels South Campus Library.

"This is the second year that Broward College held a catering competition to introduce small, disadvantaged, locallyowned catering companies to the College community," said Luce Cardona, Senior Executive Assistant for the Campus President.

The winning company from the previous event was granted "the opportunity to cater many of the College's events and a year later, they are still working for the College," said Cardona. "We are so proud to be an instrument in which to help small businesses grow and prosper," said Cardona. This year's participants inlcuded Red Chair Catering, Black Swan Special Events, Impex Catering, Standing Ovations Catering, and S& J Catering. The Grand Prize winner of this year's event was

Jacqueline Mosley, President/ Catering Director and Chef Steve Mosley, CEC-Certified Chef from S & J Catering.





SPRING 2016 OPEN GOOSE

You're invited to join us during Open House Week.
Tour our campus, explore our latest in-demand
programs, and find out how you can earn 30
tuition-free credits towards your bachelor's degree.
Summer classes start May 16.



THURSDAY APRIL 14

5 - 8 PM

NORTH CAMPUS

1000 Coconut Creek Blvd., Bldg. 46 Coconut Creek, FL 33066

SATURDAY APRIL 16

9 A.M. - 12 P.M.

CORAL SPRINGS CENTER

3500 N. University Dr. Coral Springs, FL 33065

TUESDAY APRIL 19

6 - 7 P.M.

ONLINE CAMPUS

Virtual Session

TUESDAY APRIL 19

5-8 P.M

SOUTH CAMPUS

7200 Pines Blvd., Gym Bldg. 65 Pembroke Pines, FL 33024 Attendees must attend 6 p.m. opening session.

WEDNESDAY APRIL 20

5-7 P.M.

MIRAMAR WEST CENTER

1930 S.W. 145th Ave., Lobby Miramar, FL 33027

THURSDAY APRIL 21

5 - 8 P.M.

CENTRAL CAMPUS

3501 S.W. Davie Rd., Bldg. 19 Davie, FL 33314

THURSDAY APRIL 21

5 - 8 P.M.

DOWNTOWN CENTER

111 E. Las Olas Blvd. Bldg. 33, Lobby Fort Lauderdale, FL 33301

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BROWARD.EDU/OPENHOUSE

BROWARD

Professor of 30 years says farewell to college

Isabell Vasquez

South Bureau Chief

For 33 years, Dr. Barbra Nightingale has worked at Broward College South Campus. She is leaving a chapter in her life and is about to start writing a new one as she will retire July 1.

"I feel like I've accomplished a lot of things here. I feel good about the students I've taught...my best memory is the students," said Nightingale.

Students, who have taken her class over the years, have grown fond of her filling her office with notes. Students like Rachel Tunick from 2008, still send her notes and gifts.

"I stayed in touch with her over the years to let her know how the critical thinking and writing skills she taught me helped me succeed as I continued my education. I remember how when I was her student she always encouraged me to continue reading and seeking knowledge," said Tunick.

Nightingale is a professor at South Campus who teaches American Literature, English and leadership classes and is an advisor for the Honors Institute.

Aside from that, she is also a poet who wrote seven books on her free verse poetry. Winning

multiple awards throughout her career, it came to the point where she lost count.

Nightingale was studying and working her way up the ladder until finally getting her doctorate at FIU while all working at South Campus.

She started in 1983 and has continued working on South Campus ever since then.

"I started working here, which is not possible anymore, with only a bachelor's degree. You can't do that anymore, and I got a masters and a doctorate while I was here. So Broward has been very good to me and I hope that it feels I've been good to it in return," said Nightingale.

In retirement, Nightingale will be able to do things she never had the chance to do.

"I want to take classes for fun that I never got to do all throughout my college career. There's so many classes I would've liked to have taken that I couldn't take because I had to focus on getting my degree," said Nightingale.

The students of BC South Campus have left an impact on her, and she made an impact on them in return.

There is only one regret she has leaving this chapter behind.

"I'm afraid of losing touch with people, students,



Dr. Nightingale has been teaching for over 30 years.

Barbra Nightingale/Broward College

friends I have in the English department, that's kind of my only regret," said Nightingale.

Nightingale will forever be remembered at BC as a professor who never stopped learning, who not only learned from herself but also learned from others. "What I'm looking forward to the most is not answering to anybody, not accounting for myself to anyone," said Nightingale.

This is her last term on campus, and in May, she will only teach online until June 26. Her official retirement date is July 1.

She is leaving a chapter in her life and about to start writing a new one, a chapter to call her own.

The Broward College

OBSERVER

REWARDS:

GAIN EXPERIENCE SCHOLARSHIPS AVAILABLE EDITORS POSITIONS OFFERED

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IS LOOKING FOR:



WRITERS
PHOTOGRAPHERS
AND DESIGNERS

NO EXPERIENCE NEEDED

Beach clean up demonstrates state of environment

Bella Riccitelli

Editor-in-Chief

Recently, a handful of North Campus environmental science students helped clean up part of the beach in Pompano. In just two hours, 31 pounds of trash was collected.

Angela Bancalari, Biological Sciences adjunct professor at Broward College's North Campus, has her students voluntarily attend a beach cleanup that is organized by herself.

There, the students earn extra credit while helping the environment as much as they can.

This year, the beach cleanup had a turnout of 13 students, four guests and over 30 pounds of trash collected.

"I think it's a duty, there's no way around it. We live here, we should clean up after ourselves. It's basic morality," said Bancalari.

"It's community work while helping the environment... Some of the students don't even go to the beach."

While safety rules were put into place, the students walked Pompano Beach in pairs looking for and collecting trash.

Since spring break has just recently passed, lots of tourists visited the beaches of Florida, which caused a lot of extra trash.

"I always make it a point to throw away my trash when I'm at the beach. I know plastic and other waste can seriously harm not only our oceans but also the animals living in the water, too, so I try to think of them when I'm visiting the beach here. Throwing away trash is important anywhere but it's especially important at the beach," said BC student Diana Huertas.

According to the National Oceanic and Atmospheric Administration, 80 percent of pollution to the marine environment comes from land.

In addition to the beach clean up that happens once a semester, Bancalari also has her students get involved in a recycling project in light of Earth Day, which will be on Friday, April 22.

For Bancalari's class, students must complete an up-cycling project.

The up-cycling project is a project that takes ordinary objects that would usually get thrown out and turns them into something useful, like an old shoe-box or a lampshade.

"This is another way I think as a professor we can involve students...what they do gets



Students collected 31 pounds of trash.

Angela Bancalari/Broward College

appreciated."

BC also does community work to help up-cycling through their TerraCycle program. As of October 2015, over \$30,000 was raised from TerraCycle.

Along with the up-cycling project and the beach clean up, students taking a course with Bancalari are required to think of a project that is based on a current environmental issue.

"One group contacted Broward College to address leaking faucets and one group dedicated their project to the Indian River Lagoon," said Bancalari.

According to the Florida Department of Environmental Protection, Broward County had 1.23 tons of solid waste collected, resulting in almost eight pounds each day in 2010.

In 2014, the numbers raised to 1.39 tons, once again

resulting in almost eight pounds each day.

In four years, the number of solid waste was raised – with a big majority of the trash ending up on Florida's beaches.

By picking up trash seen on the beach, a difference can be made.

Domestic violence event at Central was personal while informative

Kamilah Douglas

Staff Writer

The Purple Tears event hosted by the Central Campus club Sister-2-Sister really shed a light on domestic violence. Amy Daumit, the speaker, has personally been in an abusive marriage and she told her story about the things that were inflicted upon her in her marriage and her emotional turmoil after she left her husband.

Before the ladies of Sister-2-Sister presented Daumit, they opened up the workshop with a video of Lady Gaga's 2016 Oscar Performance of the song Till It Happened to You.

The performance touched on the reality of domestic violence and a troop of people (presumably) affected by it was brought out on stage with different writings on their arms.

As Daumit opened up about herself, she talked about her good upbringing, loving parents and the fact that she was a teacher and has a law degree.

She admitted that even with having a good background, she was still a victim of domestic violence and that anyone can be a victim of domestic violence despite their background.

Daumit has been with her husband for a total of 16 years—she started dating him in high school when she



Sister-2-Sister held an event demonstrating importance of domestic violence.

was 15-years-old and they eventually got married.

She acknowledges that he has been verbally and emotionally abusive, but the physical violence didn't start until after they got married. Thankfully, she is now out of that situation and it has been 7 years since she has left her husband.

At first, she didn't believe that she needed any type of counseling, but after guidance of her close friends and family about her state of mind, she decided to get therapy and learned that she had depression and Post Traumatic Stress Disorder (PTSD).

The workshop was heavily informative through and through. Daumit shared some statistics on domestic violence and there was also a slideshow with facts about domestic violence. One in 3 women and 1 in 5 men have been physically attacked by a partner in their lifetime—and that's only based on what has been reported. Daumit highlighted that she is not a part of that statistic because she has never reported

her husband and it is currently too late for her to do so.

Broward College

After she finished her personal testimony, she did a Q-and-A in which attendees asked her questions about her experiences in domestic violence to helping people who have been in abusive relationships. I asked her if she ever felt compelled to go back to her husband after she initially left him. "No," she responded.

"And I know that isn't always the case. A lot of people will go back after they've left. I think the reason is because I have been with him so long from such a young age and when I firmly made a decision that I was leaving, that was it."

Once the questions with Daumit ended, another speaker was presented. It was a man named Ron Osborne Williams who is the education prevention manager of Women in Distress of Broward. He taught us all even more about domestic violence.

For example, he discussed his experiences working at Women in Distress that men who are in this country illegally can also be subjected to domestic violence because their partners use it as leverage against them.

Intimate partner violence is a learned behavior coming from any variety of households, parents and cultures and domestic violence is not limited to romantic relationships—it can take place among relatives as well.

At the end of the workshop, students won giveaways for answering questions correctly and lunch was served, catered by Panera Bread.

To get more information or to get help, call the Domestic Violence Hotline at 1-800-799-7233.

English professor takes learning to new, creative level

Bella Riccitelli

Editor-in-Chief

It is not everyday college students have the chance to attend a class with a professor who is driven solely on the happiness passion, and success of themselves.

Eunice Hargett, English professor at Broward College, goes to work every single day with a smile on her face.

"I love the students. I love talking to them, listening to them, watching them exceed their own expectations," said Hargett.

Hargett believes teaching found her, as she originally worked as a loan officer before attending Graduate School. After a mentor suggested applying for a job as a professor, Hargett has never looked back.

"A few weeks later, I walked into my first classroom and felt alive in a way I'd never experienced before. I wanted to feel that all the time...I said goodbye to my banking career and hello to an academic one. Twenty-five years later, I can honestly say the feeling has just gotten better," said Hargett.

Coming from a small town in North Carolina with a population barely reaching

400 people, Hargett was raised alongside her four siblings by her parents, who influenced the true meaning of hard work.

"I learned not to complain about what was wrong, but rather to work to correct it. I learned the importance of God and family and education, as many people in my parent's generation had little opportunity for the things they provided for me," said Hargett.

"It was my duty to take advantage of every opportunity to learn and to become successful, which is why I ultimately moved to Florida."

Hargett believes that the biggest obstacle she has had to overcome is her sexuality, as it has changed her the most.

Teaching in North Carolina, she felt compelled to hide who she really was. The level of comfort and acceptance that Hargett felt when not only living in Florida but teaching in Florida as well is what helped her feel her best.

"To find out that this school [BC] acknowledged the gay community and provided same sex partners the same benefits as heterosexual ones made me feel equal and free. This feeling spilled into the classroom and I believe made me a stronger and more effective instructor,"



Hargett's office is always open to her students.

said Hargett.

"Broward College provides an inclusive campus where all cultures, genders, races and sexualities are acknowledged, celebrated and treated with respect."

Reading, literature and English have always played major roles in Hargett's life. Growing up in a small town, Hargett often turned to books and poetry as an escape and an outlet to creativity she didn't even realize was inside of her.

"Reading brought color into my life. It sparked my

imagination; it made me dream about what was beyond the city limits. When I started writing poetry at age 6, it helped me express feelings I could never tell anyone about," said Hargett.

In her English and Literature classes, Hargett finds a creative, unique way to intertwine works of literature with the importance of a college student's opinion.

Her ultimate goal as professor is to make students understand that thinking, getting creative and feeling comfortable are some of the best things they can do.

"I hope students leave my class with a sense that someone cared about not only their ability to write papers or take tests, but more importantly, about their thoughts, feelings and dreams," said Hargett.

In 2006 and in 2010, Hargett was awarded Professor of the

Hargett was also awarded the Presidential Endowed Teaching Chair in 2010.

Hargett's classes take place on Central Campus.

Club emphasizes intellectual thoughts with students

Victoria Watson

Staff Writer

Food For Thought, also known as FFT, is a very under represented club found on the Broward College South Campus that gives students a chance to engage in various intellectual discussions every Wednesday.

Topics are not only chosen by the students who attend, but are also lead by the students who have chosen to lecture on their very own topic of choice. History Professor, Rudy Jean-Bart, is the creator and advisor of FFT, who noticed that too many times after students would finish class they would head straight home. That is how he came up with this idea in 2014 as a way to build a stronger community amongst the students and create an environment for those who seek intellectualism outside of the classroom.

Jean-Bart also attends each student-lead lecture and becomes part of the discussion, while putting himself in the seat of the student.

"I am a curious person. I am person that is intrigued by knowledge and learning from others," said Professor Jean Bart.

Members learn leadership traits like how to publicly speak in front of a majority. William Copps is a computer science and engineering major who has been a member of FFT for about two years and has even had the opportunity to lead a few discussions of his own, which have ranged from current political affairs, questions of modern humanities, use of social media and future technology.

"We do a lot of critical thinking. We challenge you to not memorize the answers but to come up with the answers and engage you to expand your field of view outside of what you've been exposed to. I pride myself on being well-versed but even Food For Thought expands that well-versed view even further," Copps said.

All students are exposed to new ideology that some may have never thought of, giving them the chance to have an intelligent conversation about topics that they may or may not be skilled in. Some examples of this are art, politics, modern technology, race, environmental issues, trending topics and so much

Zachery Baker is a criminal justice major with a minor in history who is also Co-President of FFT who has gained quite a bit from his membership during the club. He has also been given the chance to host discussions of his own with his favorite topics of Science-Fiction, futuristic aspects and civil rights.

Baker said, "Naturally I've seen myself grow as an individual. We focus on the futuristic perspective like 'what can the world achieve united together?' Our club is putting forth a unified effort, where it doesn't matter what race, religion or creed. You

could be male or female, whomever you are, you have a voice. You have something to offer our club and you will always be truly invited."

Whether you're a passionate or opinionated individual willing to share your views or a quiet intellectual who enjoys learning from others, there is a place waiting for you on South Campus.

Student Counseling

As you pursue your education, you will encounter challenges that will affect your ability to be successful. Concerns about relationships, family, stress, body image, and drug and alcohol abuse can cause distress and problems with day-to-day living.

Student counseling is available to all Broward College students.

Are you dealing with. . .

- Stress
- Anger
- · Alcohol or substance abuse
- Violent thoughts
- Depression
- · Suicidal thoughts
- Anxiety
- · Sexual assault
- · Low self-esteem
- · And other issues



To schedule an appointment or for 24-hour crisis support call 954-424-6916.

- · 24-Hour Hotline
- · Six free visits with a licensed mental health professional
- · Referral for additional sessions priced at your ability to pay
- · Full- or part-time students are eligible for services
- · Comfortable, confidential environment · Services offered in Broward County



Athletics department continues to soar, succeed

Bella Riccitelli

Editor-in-Chief

With the spring semester wrapping up, the sports played at Broward College are also getting ready to come to an end.

There have been lots of ups and downs this semester for the athletics department.

"This is our strongest academic year. I am top to bottompleased. Competitively, we're getting better," said Robert Deutschman, athletic director for BC.

The men's basketball team secured another victorious season. With an ending overall record of 19-13, the men's basketball team has continued to once again bring home winning games.

"There are highlights from start to finish for the men's basketball team. They had a very good year," said Deutschman.

Joe Lopez, whose position is forward, was named Florida College System Activities Association (FCSAA) and National Junior College Athletic Association (NJCAA) Region 8 All-State and first team All-Southern Conference. Deandre Turner, guard for the team, was selected first team all-conference. Second team

honors was given to Jaquan McKennon, guard and Adam Traore, forward.

"We had a winning record and a lot of kids got better," said Robert Starkman, head coach for the men's basketball team, who was inducted into the FCSAA Hall of Fame for his coaching in 2015.

"I want them to value their education and sport...Their future is important. I'm coaching to help the kids," said Starkman.

The women's basketball team was faced with their best season in years.

"The women's basketball team had a dramatic improvement," said Deutschman.

Weknyne Dumorne, Nicole Jimenez, Shanya Jones and Nicole Jimenez were named All-Southern Conference honors.

Additionally, the coach of the women's basketball team, MJ Baker, was named Southern Conference Coach of the Year.

Last season, the women's basketball team ended their season 5-21. For the 2015-2016 season, BC's women's basketball team ended their season with 22 wins and only seven loses.

The women also won first



Broward College is constantly posting updates on their website.

Broward College

place tie in the conference. The men's baseball team ended their season with an overall record of 20-13, winning most of their games this season. The 2014-2015 season record ended with 31-24.

In March, Orlando Rodriguez was named NJCAA Region 8 pitcher of the week. According to the statistics collected by the NJCAA, Rodriguez has 70 strikeouts.

Six of the players from the men's baseball team are among the best in the nation. Those six include Edison Cabrera, Gabriel Garcia, JC Millan, Jose Padron, Rodriguez and Yordany Salva.

"The baseball team has been and continue to be strong and competitive," said Deutschman.

This season, the women's tennis team has brought in eight wins and six loses. They were placed sixth in the NJCAA rankings.

Last season, the women's softball team ended their season with an overall record of five wins and 35 loses. This season, the women's softball team has a record of 0-32, as of April 1.

While the student athletes put a large majority of their time and energy into their sport, they also focused a lot on their academics.

"What's important is progress to their degrees. Their futures are critical," said Deutschman.

Deutschman also hopes that with over 140 athletes, long-lasting friendships were developed, along with extreme growth, potential and hard work.

Victorious season comes to end for women's basketball team

Laura DiRusso

Contributing writer

There is no doubting the talent of a women's basketball team like the one Broward College currently possesses.

For the first time in 15 years, Broward College women's basketball team qualified for the National Junior College Athletic Association (NJCAA) State Tournament.

The team defeated Santa Fe College 66-52 in the quarterfinals for the first state tournament victory since 1998 and qualified for the Florida College System Activities Association (FCSAA) State Championship tournament for the first time since 2011-2012.

With no players benched during the season, remarkable achievements derived from head coach Melissa "MJ" Baker and team players, the Lady Seahawks secured an outstanding 2015-2016 season and were named Southern Conference co-champions.

Not only has the women's basketball team earned qualifying success, they've achieved excellent academic success as well.

"Our basketball program attracts and recruits driven, disciplined and high character players that strive to do their best in all that they do, including school and academics," said Baker.

A total of 10 players received

Academic All-Conference Honors.

Nine Seahawks earned Academic All-American honors. Four sophomore Lady Seahawks, Nicole Jimenez, Queralt Coll Pradas, Weknyne Dumorne and Shanya Jones received All-Southern Conference honors (qualifications include an overall GPA of 3.6 or above).

Jimenez and Coll Pradas were named first team All-Conference and Dumorne and Jones picked up second team honors.

The season ended with a team's overall GPA of 3.34.

Prior to head coach MJ Baker, Broward College won 2 games in the 2013-2014

The season was a painful failure for the women's basketball team. BC had finished at 3-27 overall and 1-14 in the FCSAA Southern Conference. One unsuccessful season was not going to stop the Lady Seahawks from achieving success.

Baker took over the basketball program in July of 2014 and in the recent 2015-2016 season she was named Southern Conference Coach of the Year.

"The team's previous loss fueled our passion and purpose for this year. In addition, we were able to recruit key players on our team that we were missing last year," said



The women's basketball team had a season to be proud of.

Broward College

Baker.

The Lady Seahawks obtained seven new players with three of those players red-shirting.

During this successful season, Sophomore Center Coll Pradas was a dominant force on offense, Dumorne brought the defensive end force with her tremendous shot blocking ability, Jones led the team with fearlessness, and Nicole Jimenez was the heartbeat and ignition for the

When you think of the word family you think of either a relative or a close friend.

But when it comes to this hard working women's basketball team in particular, no words can describe the sisterhood, love and friendship this team holds together.

The Lady Seahawks are far beyond committed and dedicated, a sure force to be reckoned with.

An incredible 2015-2016 year for the women's basketball team is an understatement.

With an ambitious head coach Baker, who holds nine years of coaching under her belt, and players who strive for nothing but success, it's easy to believe a future of outstanding accomplishments and exceeding success is ahead for the BC women's basketball team.

Saltwater fishing spots in Broward





Located on Johnson St, Holland Park is a free park located on the water. It offers many fishing spots and even has occasional sightings of manatees.



All the way at the end of John U Lloyd State Park, there are giant rocks that are great for fishing as they go out into the ocean.





Dania Pier Dania Beach

The Dania Beach pier offers fishing for a small fee. With so many people fishing there, lots of sea-life are attracted to this area.



Anglins Pier, located at Lauderdale by the Sea, has a pier that is known to be 900 ft. in length.



Florida requires a fishing license to fish anywhere. To obtain one for free, visit Walmart.

Twin sisters make it big through Youtube videos

Danielle Kfare

Staff Writer

The names Megan & Liz may seem unfamiliar to some but the twin sister duo is actually quite popular. The singers got their start by posting both original and song covers on YouTube and since then garnished a fan following around the world. They have over 238 million video views on their YouTube channel.

The songwriters started out in the pop genre by releasing their EP "Bad for Me;" however, in 2014, they moved back to Nashville to pursue the music that really spoke out to them-country. In June 2014, the duo dropped their debut country EP, "Simple Life" which demonstrated their transition into the genre.

Two years later they are back with their second country EP "Deux" which showcases their sound with a combination of pop and country instrumentation. This EP represents their raw talent, feelings and peeks of moments that we could go through in our own lives.

"Drive" was originally a more country track. Megan & Liz posted a demo of this song on Soundcloud, which was now taken down in order



Megan and Liz released their second EP.

meganandliz.com

to make room for the new version. The updated version has a combination of both pop and country elements, with the songwriting and some of the instrumentation being featured as country and the background productions are more pop. The song describes when you reach a point in your relationship where you recognize your needs and the needs of your significant other and make it a point to give them some room.

"Big Kids" is one of the

best tracks featured and the most relatable. It's known as the new anthem for young adults everywhere. Trying to juggle adult responsibilities like getting a part-time job, attending college, paying bills and seeing friends who have their entire lives in one piece with their careers and their relationships. This song is a constant and positive reminder that it's okay to not have your life figured out quite yet.

"White T-Shirt" describes

being with one person and wanting nothing more. Their life with you is what matters. It's a very hopeless romantic song.

"He's Not Him" is the moment in a relationship that you realize that you were, at one point, so wrapped up with being with this person. You reminisce on the little things about the relationship and him, which was never enough but it doesn't matter anymore because you moved on happily.

"That Ghost" was released

as the leading single from the EP and has a mysterious tone. The track describes the uneasiness of being haunted by the person you once were in a relationship. It's the confusion and doubt of falling for someone new and like the song describes karma comes back to haunt you.

"Just a Name" is the moment when you come to the decision that someone who once meant the world to you no longer has a grip on you. They are in the past and hearing about them no longer has any effect on you. It's the point where you have officially moved on.

"Home Is You" is the most personal track on the record and is the connection between the twins. It describes that person whether it's a friend, relative or significant other that home is them.

The tone that is set on "Deux" is a cheerful one which carries the message of letting go, the fear and art of growing up and the comfort of familiarity. No one ever said that your twenties would be easy. The sisters remind us that we are never alone.

Long awaited hero movie tops box office sales

Chris CruzGraphics Editor

All fans of Superman and Batman, this is the movie to see. A sequel to the awesome Man of Steel, it has now come clean as Superman knows the true potential of his power as a cryptonian.

Eighteen months have passed since the fight between General Zod and Superman, and now Batman is on the scene for an epic rivalry. have ruined one of the DC heroes' main protagonists. It's no secret that Affleck had a bit of problems being Marvel's Daredevil, and it was more cons than pros. As Batman, he has really defined what the dark knight is all about. He's a fiercer and a more brutal Batman.

Henry Cavill returns to his role as Superman. Cavill has a good presence as Superman, with the right tone as the almighty Superman is the confusion about the whole thing with the main villain of the movie. Lex Luthor or Alexander Luthor is played by Social Network actor Jesse Eisenberg. First things first, if critics had a lot of problems with this because Lex Luthor is this bald, serious genius that was intrigued with cryptonian genes. Eisenberg makes it difficult to convince audiences, but if he's his son, then that will explain a lot.

Batman v Superman was

introduced many DC heroes.

Ratman v Superman wa

Batman v Superman was action-packed all the way. Compared to Man of Steel, Batman V Superman Dawn of Justice gets a 6 out of 10. The acting was very questionable in Jesse Eilenberg's case. They used a few other things in the movie that felt as if they pushed all these things to try to impress, but I was way too early.

On the bright side of things, it does give a compelling story of how Batman and Superman became rivals and how the Justice League will emerge. The movie is over 3 hours long so you definitely get your money's worth for a comic book movie. And, the action and special effects are phenomenal; it is a must see.



Batman v. Superman had a successful turnout.

CNBC.com

Batman is the epitome of darkness, only this time he is just as dark. The more vicious Batman will be most interesting than the previous ones. Ben Affleck, who's a new actor playing Batman, was the most controversial out of the whole cast.

A lot of critics were optimistic at the fact that Affleck might

supposed to be. For the very first time, Wonder Woman is introduced and played by Fast and Furious star Gal Gadot.

Wonder Woman was a confusing situation because Wonder Woman seemed to be more interesting for only a few minutes of the movie, but she has done a phenomenal job as Wonder Woman. Now here's

a really good movie, but a lot of people state "DC is moving too quick to fast." Others would say "DC is trying to be like Marvel." Marvel has built their legacy of movies their way and their way of making stand-alone movies is to put pieces together. DC has done it differently all though within a few movies they have

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Diversity professional panel held in honor of women's history

Wadney Julien

Contributing Writer

North Campus's National Society of Leadership and Success held a luncheon in honor of Women's History Month titled "The Diversity Profession Panel."

The panel featured four different people who have careers in various fields such as working for the school board, military, TV production and accounting.

Ren'ee Rentmeester, creative and executive producer of "Cooking without Looking," Robin Bartleman, an elected school board official who also worked as a city commissioner, Kiara De Jesus, a staff accountant for Ernst and Young and Conan Acevedo, a sergeant for the U.S. army who worked in computer forensics for 12 years, all served on the panel.

During the discussion many things were brought up such as information about their careers they work in or have worked in, the roadblocks they have faced and insight and motivational advice for the audience.

Rentmeester spoke about some of the roadblocks she faced such as dealing with a painful divorce.

She touched on the outlook

of mistakes such as urging audience members to "take responsibility for your own actions."

Also, her message on nonconforming and doing what you love "don't do what everyone else is doing and most importantly don't be a victim."

Victimization is one of the things discussed that was one of the highlights of the discussion.

As humans, we tend to blame our obstacles, childhood upbringings and failures on why they can't achieve their goals. Playing victim is what a lot of us do to justify our failures.

I brought up a question on victimization and asked the panel what obstacles they had faced before they got into their current position.

Bartleman spoke on growing up with a single mom, losing a stepfather, battling with low self-esteem and her family's house going into foreclosure. Bartleman stated "Take a situation and use that as an opportunity to grow."

With such an optimistic outlook, this led Bartleman to becoming the first in her family to graduate from college which then led her to become the youngest city commissioner at 27.

De Jesus spoke on losing her parents at a young age and being raised by a grandma in the Dominican Republic.

Despite her circumstances she states "You can overcome as long as you want to get out. The change starts with you." Her drive for something greater led her to work for one of the "big four" and largest audit and professional services firm. She is currently working on her bachelor's degree.

Acevedo grew up as an Alaskan kid who rarely saw his parents and constantly found himself walking into his house totally empty and faced feelings of abandonment.

Despite this, Acevedo looked at this in a different light such as it teaching him self-reliance and character.

"It made me better understand people and better judge for every obstacle you can learn," said Acevendo.

This led him to working in various fields such as banking, the IT field and becoming a sergeant for the United States army.

He also worked in positions such as a counterintelligence special agent and network switching systems operator.

Bartleman stressed on respect and compromise and how they both play a vital role on getting along with those who share a different viewpoint from you.

De Jesus spoke on how to always be open-minded, understanding and flexible when dealing with people who have a different opinion or is from a different culture.

Acevedo stressed on the importance of education.

"Educating yourself and others about one's culture is a great way to go," said Acevendo.

Educating yourself about one's cultures leads to better understanding how a specific culture think and how they do things.

Acevedo stressed the importance to learn about one's culture with his soldiers also.

Rentmeester who has a television show, "Cooking without Looking," that focuses on people who are visually impaired and blind that work in the kitchen demonstrating and giving cooking tips, spoke on building friendships and relationships with various people from many cultures that led her into the conclusion that that our cultures are different, yet we are all the same.

"We all smile in the same language," said Rentmeester.

The discussion panel was reflective, vulnerable and

thought-provoking.

All of them entered into successful careers with many different backgrounds and obstacles.

They were honest, vulnerable and uplifting.

When speaking about their obstacles it to the conclusion that we can make our circumstances greater and we are not our obstacles, our roadblocks, mistakes and failures but something greater.

One-woman show explains racism, sexism through play

Wadney Julien

Contributing writer

On March 21, Broward College's North Campus invited Morgan Avery McCoy to showcase her one woman show entitled Evolution of a Black Girl: From the Slave House to the White House.

Comical, inspirational, heart -felt and motivational are words to describe McCoy's one woman show that presented 12 different monologues with 12 different characters.

The play touches on racism and sexism.

The 12 different characters are 12 women of African descent that takes the audience into a journey from Africa into present day America.

McCoy beautifully plays the characters into a clever and a variety of creative ways leaving the audience to be reflective on their own lives, ambitions and goals.

Throughout the play, the characters deal with a variety of many different situations and struggles.

In the beginning, one of the characters that the audience is introduced to is a young woman from Africa with preparations of getting married and talks about her family being murdered and soon becomes imprisoned.

Then the audience also meets a little slave girl who's confident of her intelligence and dreams of wanting to become something greater in her life.

McCoy also touches many notable famous African American women in history.

Madam CJ Walker, the first African American millionaire, is one of the characters that McCoy portrays. Not only is Madam CJ Walker's accomplishments spoken about, but her struggles that aren't widely talked about such as Walker being a struggling teenaged mother with nothing but an ambition before starting her successful hair product business.

Another character that's portrayed is a famous blues

singers who is seen as reminiscent of famous women of African descent such as Josephine Baker, Billy Holiday and Lena Horne.

This character talks about the upside and the downside of the superstar life.

McCoy touches on some sensitive topics that women of color face such as one of the characters she portrays deals with assimilation and loses touch with reality.

This character deals with straightening her natural hair texture to wear it more European and having to change the way she speaks to conform to society.

One of the most compelling and notable scenes is when McCoy presents a character who is a teenaged mother who expresses her guilt and sadness of her decisions and feelings of not raising her daughter to the best of her ability.

The evolution of a black girl play soon meets up with the first African American first lady of the United States, Michelle Obama. The Michelle Obama character speaks about her early struggles living in Chicago but despite that she followed her dreams going off to attend schools such as Princeton and Harvard before working at a law firm.

There is a lot that can be taken from McCoy's show.

As mentioned earlier, not only did McCoy play the character in a unique way and with such grace but evoked emotions of hope, empathy and confidence.

What was received from McCoy's performance is that despite one's background and struggles everyone has the capability of being great.

Limitation is only selfimposed.

After the performance, McCoy presented a segment called "Dream Catchers" asking the audience members their life long dreams and how they can reach them.

Morgan demonstrated how easy it is for one to give up on their dreams by metaphorically comparing them to a basketball game by selecting two audience members, one playing defense and one offense.

The defense player represented the roadblocks, the obstacles one may face.

The offense player represented the person with a goal and a dream, the decision maker who decides if they should either drop the ball and give up at that point or decides to move forward to reach their goal.

There are going to be obstacles that will try to prevent one from reaching their goals however, one can still achieve as long as they believe.

McCoy touched a diverse group of audience goers through the Evolution of a Black Girl, members being black, white, Asian, Hispanic, college students, parents and school faculty among them and left something in the audience that they'll keep in their hearts forever.



Please recycle this newspace



True values displayed through event held on South

Khadijah Brown Copy Editor

This March marked the second annual MFLA festival hosted by the Broward College English Faculty. This festival of music, film, literature and art strives to expose students to inspiring works that will resonate with them.

On March 23, author Niki Naseer read excerpts from her memoir 'Golden Bangles Hidden Tears,' which was hosted by Dr. Billy Jones an English professor at BC.

"She just has that way of bringing a sense of community and truth to some very controversial and very hard to swallow topics," said Dr. Jones.

Her book describes her journey from a young girl yearning for a college education to a successful business woman and public speaker. This memoir was written to bring awareness to the struggles of women around the world without access to certain freedoms. She shares her story not to complain about the hardships she's endured but to showcase how lucky some women are to be born free. It is her clear hope that all women experience such freedom.

"And especially I'd like

to bring awareness among free women in America that you have such a liberty you should enjoy it and you should appreciate it," said Naseer.

Naseer has always had a love for education. One of the biggest conflicts in her life stemmed from her desire to attend college. Her mother was very against the idea because marriage was the most acceptable path for her to take at that time. The worry was when she finished at the age of 19 she would be too old and "no man wanted an old wife."

Naseer was very against the idea of her marriage because it scared her. With her emotionally distant brother and her older sister's abusive husband as the only males in her life, she couldn't imagine marriage as anything but terrifying.

The name of her memoir was inspired by the plight of women trapped in abusive marriages. The golden bangles being the jewelry the husband buys to show that he can provide for his wife and the hidden tears to represent the pain these women hide because the alternative is too shameful.

She fought her mother on this topic and went hungry to prove her dedication until



The Music, Film, Literature Art event showed students inspiring work.

Broward College

her mother relented. After finishing college, the topic of marriage arose once again, but it was not to be as she was passed over for one of her younger sisters. The groom's parents reason being that she was too educated and they wanted an innocent girl. She was devastated and her self-worth took a huge blow.

Feeling as though she had shamed her mother, she tried to kill herself and referred to herself as "the bad luck daughter." Luckily, she was found and rushed to the hospital or she would have missed the happiness waiting for her. Soon she was married to her cousin who had moved to America.

He treated her like "a queen" from their first day as man and wife to their last. And thus our sad tale becomes a love story.

It was a touching and eye opening reading. A student

present commented on the event. "I was very moved by her words. It was great to hear her experience being there and being here."

This presentation served to emphasize the fact that freedom is not something we should ever take for granted.

Sustainability club invites students to get involved

Sara Varela

Design Editor

Environmental issues have been rising with the years. Living in South Florida, we should be concerned about what is happening globally about climate change since it will directly affect us in the future. At BC, the Sustainability Club works to inform and educate students on how to protect the environment.

Allison Soledispa, the club's president, who is an Environmental Science major, believes that the club "promotes issues that many people don't even think about."

Her goal is to raise awareness about issues that aren't in the national spotlight but are just as important and she believes it makes a huge difference if more people know about them.

"On Water Matters Day we talked about terracycling and we talked about biodegradability," said Soledispa.

As the president, Soledispa focuses on promoting and encouraging the members to work, volunteer and get involved in the community and the college.

"We like to join in and help out different organizations. I feel that is just as important as being in the club. You can't be in the club just for the title, you have to contribute," said



The club volunteers with organizations such as Caps of Love.

as Caps of Love. Sara Varela/The Observer

Soledispa.

Danielle Eisenberg, who has been the advisor for the last four years, stated that the goal of the club is "to carry out the goals of the Peggy Green Sustainability Institute." Peggy Green, who was an Environmental Science teacher at BC for decades, passed away a few years ago, and was the head behind all the sustainability initiatives at North Campus.

"She had created these initial wildflower gardens through various numbers of grants, she created a natural area, the hardwood hammock, over by the tennis courts, all

of that was established by Dr. Green," said Eisenberg.

The club works everyday to honor Green's memory and hard work for the environment at North Campus by organizing educational activities for students and the community in general.

One of the ideas behind the club is to get the students involved with service learning and community engagement.

During their meetings, which take place on North Campus twice a month, the students talk about the different environmental issues on campus and come up with solutions. They also plan for

activities that are happening outside the college to volunteer for the community.

Outside the college, they work on events for different cities and even for the county. They work in natural areas doing clean ups, electronics recycling, and more.

On campus, they perform several maintenance activities such as campus clean up, the maintenance of the butterfly and wildflower gardens, plantings of trees and native plants and trash audits where they evaluate what goes into recycling and what goes into regular trash.

The club also participates

in the Earth Week activities at North Campus. This year Earth Day will be Friday, April 22, so the week between April 18 and April 21 will be filled with activities for students and faculty.

Earth Week is different each year but the activities are mainly similar. There are usually guest speakers, student activities such as painting trash, auctioning rain barrels, and even faculty-guided ecosystem tours.

"Couple of years ago we even had a scuba diving tank on campus so the students could take a scuba diving lesson," said Eisenberg.

During the week, they also feature local organizations and green businesses from the community. They install informational booths where they let students know about volunteering opportunities, or where they have their products on sale.

For this upcoming Earth Week, there will be activities at every major campus. The club invites you to attend and participate in the activities on the campus of your preference, or if you would like, you can visit them all.

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Leaving two-year institution brings bittersweet feelings

Bella Riccitelli

Editor-in-Chief

Starting in the upcoming fall, I will no longer be a Broward College student. Weird, right? I joined this newspaper on my birthday two years ago, and now I am saying goodbye the best way any student editor would do - through an article, strategically placed in the opinion section.

I went from Staff Writer, to Managing Editor and then to Editor-in-Chief. Over the years, I have discovered the person who was living in my heart but was just too afraid and nervous to knock and say, "Hello, I'm home."

In two years, I found things out about myself that I think I would have never known had I never taken a journalism class with Jennifer Shapiro, the newspaper advisor.

I've grown as a writer but also as a person and as a friend. I have mentored and been mentored. I learned something exciting and new every time I stepped foot in room 268.

Over the years, I developed a bond with my newspaper advisor that I will forever be grateful for. I have made friends who have the same interests as me. I've attended events that I didn't even know could exist.

I have been able to call this newsroom my second home, as I spent most of (if not all of) my free time here. I hung up my articles on the walls, I decorated with tacky Christmas lights and I've had some of the best conversations inside of these four walls.

They say college is the place for self-discovery. When I walked into my journalism course on the first day, I knew I had made the right choice. I left high school with some journalism experience, but it is nothing compared to what I learned here: about journalism and myself.

Now, I plan to double major in Criminology and Journalism.

At Broward College, I really met incredible people who influenced me in ways unimaginable. I also accomplished tasks that I never imagined would be presented.

During my time at the Observer, I have met editors from other newspapers, won awards, learned how to take good photos (thanks, Chris) and made friendships that I know will last a lifetime.

Now that I am leaving and passing the throne down



The staff of the 2016 Observer newspaper.

to someone who will do a fantastic job, I can't help but feel a little bittersweet.

I won't have any plans for Friday afternoons anymore, I won't have to spend my Thursday nights writing lastminute articles and I won't have to call security to open the door for me again because I went to the vending machine and accidentally locked myself

I truly had an amazing experience while working as editor of the Observer. When I came to my first meeting, the Editor-in-Chief and Central Bureau Chief made me feel extremely welcomed. I hope that everyone who walks through this door on Friday afternoons feels that way. It's extremely exciting to join an organization such as this

So, thank you to everyone who has been with me through this journey.

Thank you for all of the fun, the laughs, the meetings, the design, writing and photo

lessons, the laying out breaks at Denny's and for everything in between.

But most of all, I want to say thank you Jen, who always had a smile on her face when I walked into her office. I know that none of this would have been possible without the help of Jen, who always encouraged, helped and cheered me on, no matter the case. I appreciate every single thing that Jen, the Observer and BC have done for me.

'Enough is enough' The USWNT fight for Equal Pay

Sara Varela

Design Editor

The US Women's National Team (USWNT) is a threetime World Champion winning team and four-time Olympic gold medalist. However, just this past week, five of its top players filed a complaint against US Soccer for wage discrimination. Hope Solo, Carli Lloyd, Alex Morgan, Megan Rapinoe and Becky Sauerbrunn have decided that enough is enough.

During an interview on NBC's "Today" the players appeared accompanied by tneir lawyer Jeffrey Kessler who deemed the treatment received from US Soccer as "unfair."

According to Kessler, the response to the player's demand for equal pay of the US Soccer was that their demand was "irrational." The US Soccer did respond to the news of the filing saying that they were "disappointed about the action."

Now, let's ask ourselves if this is an acceptable answer to a completely fair and rational demand. It is not. Why should women earn only 40 percent of what the men who do the same exact job but with terrible results earn?

The US Men's National Team (USMNT) has never won a World Cup. Their



USWNT refused to play in Hawaii.

highest achievement reaching third place in the competition in 1930. Meanwhile, the USWNT has brought enormous recognition to American soccer by winning three World Cups, the last one in 2015, four Olympic Gold Medals, seven CONCACAF Gold Cups, ten Algarve Cups, and a SheBelieves Cup.

Talking about the numbers and the discrepancy in their payment, the men earn per game between \$6,000 and \$17,000 while women earn between \$3,000 and \$5,000.

To that, bonuses are added up if they win championships. And despite winning way more championships that the men, women still get paid a small percentage of what men earn.

Just last year when they were crowned World Champions for the third time, the USWNT received a \$2 million payment to be divided among each one of them. If we put that up to comparison with the \$40 million the German men's team earned when they won the 2014 World Cup, we can really see how huge the wage gap is for the genders.

If we talk about the revenue each team brings to the US Soccer, most people would be on the women's side. Just this past year, 2015, the USWNT brought the US Soccer \$16 million in revenue, while the USMNT generated a \$2 million deficit. This should mean that the men owe US Soccer money. They definitely should not be earning more than the women.

Being the year 2016, we would think that we would be closer to equality between sexes but we are certainly not. It is outrageous to me that, being as successful as this team is, and having gained so much recognition worldwide, their own country and employer is mistreating them.

With all the records they set just in 2015, I believe this shouldn't even be a fight. US Soccer can't keep denying these players the treatment they deserve and get away with it. Especially with all the numbers supporting the women's claim.

The federation can't keep denying their individual achievements either. Let's just remember that Lloyd was named FIFA World Player of 2015 and Alex Morgan became the first US woman to appear in a FIFA game cover, alongside soccer star Lionel Messi in the US sold version.

For the players, it isn't just about the equal pay. It is also about the conditions in which they play and being treated with respect. Star goalkeeper Hope Solo posted a few months ago on Instagram a picture showing the condition of one of the fields where they play with the caption "Our loyal fans: Thanks for standing with us against unsafe field conditions & standing tall

for #equal treatment #uswnt"

While I am really not that surprised about any of this, I am glad this is finally happening publicly. I believe it is time already that women speak up against the discrimination we face everyday. I think it is time to show the world that we, as women, have worked just as hard, with results as good as the men and that we are not being rewarded the same.

I am grateful to these brave women for bringing the issue to the national and international spotlight. They are not only helping themselves inspiring thousands, even millions, of girls to fight for their rights and speak up against discrimination not only in the workplace but in general.

Because this isn't just about soccer. It is in about any other job we could think of. If the USWNT soccer team is the one to open up the conversation, and are the ones able to break the system, then we should all, whether soccer fans or not, support them.

Because if they can't obtain what they deserve, after showing for years that they are the best in the business, then there isn't much left to do for the rest of us.

Society supports low self-esteem, false body images



Sofia Gangotena Central Bureau Chief

We live in a society that feeds on low self-esteem. Advertisements for weight loss supplements or clothes to make us skinnier haunt us constantly. No matter where we go, these ads are always around us.

use famous models and actors as our inspiration. We change our diets and spend hours exercising so that we can achieve the same body of our idols, like Kendall Jenner and Henry Cavill.

Our incessant demand for improved appearances raise the question: are we doing too much to become skinny?

Victoria's Secret models have been around for years and so has their effect on our society's confidence levels. Girls spend hours at the gym just so that they can have the same body as Adriana Lima and Gigi Hadid. However, that has affected many young girls' self-esteem.

According to a study made by Ohio University, beauty and fashion magazines showing thin models can compel readers draw "thinspiration," which is the belief that they can make themselves look

We strive to look better and like the models they see on the pages. The dangers of this is that women adopt this belief that they can look just like these models, without realizing that those pictures they draw inspiration from are photoshopped and fake. "Thinspiration" is a danger to our society. We should not use fake pictures from magazines and other pictures as our goals.

> In order to reach their goal weight and improve their appearances, some men and women use weight loss pills. However, these pills have negative effects, like liver damage and increased blood pressure. Waist training is a trend that has been spreading like wildfire.

> Celebrities like Kim Kardashian and Amber Rose have posted pictures on social media, declaring their love for corsets meant to form your waist into a more hourglass shape. According to Marie

Claire, there are dangers that surround waist trainers.

It squishes your lungs and ribs, which makes it hard to breathe. Also, some doctors claim that waist training is a waste of time, because it does not even work. Waist training by itself doesn't do anything to remove fat cells and the shape doesn't stay after taking the corset off, according to redbook.com. Wearing corsets belonged in the 1500s, not in the 2000s. It's an oldfashioned and dangerous way to appear skinny.

Men and women have always had issues with confidence and the media doesn't help. We turn the page of a magazine and see skinny models smiling back at us. After a while of seeing this, we believe that skinny is the norm. But it's not. There are multiple body shapes and types, and skinny is just one of those examples. Just because you don't fit the standards set by society doesn't mean you're less than anyone who does.

It's important to realize that if you want to lose weight, it's better to do it in a healthy way. Not all healthy people are skinny and not all skinny people are healthy. Your appearance should not take precedence over your health.

We don't need to starve ourselves to feel good. We don't need to put our bodies through dangerous methods to look good. Everyone has issues with their physical appearance, but it's what you do to make yourself feel better that matters most.

You can wear something that makes you feel comfortable or do something that makes you happy. Do what you want, as long as it doesn't cause you harm. Your mental and physical health is more important than your physical appearance.

How to: prepare, choose summer courses wisely

Chris Cruz

Graphics Editor

With the two main semesters in a year in college being from January to May, and August to December, one of the things that comes to mind is what if I take some classes during the two-month term of June to August.

The question is how to get prepared to accomplish doing a two-month term.

A fall or spring term is easy to prepare for because it's a longer term and it's not so rushed.

Some people might think it's not practical to even do a two-month term because it's too fast pace to keep up with all the work. Of course, with every challenge there's always a solution.

The first thing to keep in mind is to plan which class to take and how many classes you should take.

Remember that two months goes by fast and it's very important to think about how many classes are necessary and which class would fit in two months.

How to start researching this is to go to an advisor. Most of the advisors at Broward College require appointments so make sure those appointments are set or wait for a walk-in appointment where you can ask to see any available advisor right away.

The next way to prepare is to ask peers. Getting opinions from other classmates or friends outside of school that have experience on crunching time would be a major factor.

Parents also have some good advice depending on if they ever had to go through crunch

The third thing is to ask professors because, of course, they can potentially be the ones who will teach the subjects that you may be taking in the summer term.

Lastly, the most important thing is to see which professor is right for you to take.

Nothing will make a better difference than to have researched their ratings to see things like if the professor explains the subject thoroughly and accurately.

There are times when students say "it wasn't possible to keep up with everything because it wasn't explained completely or they weren't able to understand the subject that was talked about."

The one thing is to not freak out so much when attempting to take the two-month term, which is better known as the summer term.

It takes a lot of planning, and it's important to always have a backup plan when things don't work out the first time.

So look at this as an opportunity to practice time management.

Once that's been perfected, then the thought of crunch time will no longer be an issue. Taking summer classes will help you mentally want to do it more.

Jobs can also be like that and

it helps get things done. Not to mention that it will come more naturally, the more it's done.

With the next generation that come to college, it's important to give them the same advice and make it more simplistic and make it enjoyable for the next wave of students who go to college.

OBSERVE

The Observer is a bi-weekly college wide newspaper produced by students of Broward College. Our office is located on South Campus bldg. 68, -268, 7200 Pines, Blvd, Pembroke Pines, FL 33024. The newsroom can be reached via email at TheObserverbc@gmail.com.

Emails to the editors are encouraged. The writer's name must be included, although request for anonymity can be honored at the editors discretion. Emails must not exceed 300 words. The Observer upholds the right to edit for style of length or to reject publications deemed inappropriate. For information regarding editorial policy or advertising rates, call (954) 201-8035.

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2010-2013 FCSPA General Excellence Award



The green era is here and the age of fossil fuels is coming to an arduous end.

Broward College has joined the initiative to utilize clean and efficient renewable energy sources. The result is an array of clean energy startups that are poised to change the way America receives and utilizes its electrical power.

Broward College owns several Solar-Doks, tables that provide clean energy for BC students. Adorned with the BC logo, the vivid blue tables are located throughout BC's North, Downtown, Central and South campuses. Sean Devaney, Broward College's Facilities Director, anticipates adding additional locations next fiscal year.

"The purchase of the Solar-Dok tables is just one of many ways that Broward College demonstrates an ongoing commitment in providing landscape spaces where students, faculty and staff can enjoy time to collaborate, unwind and appreciate Mother Nature," said Devaney.

Carla Leon is one of many BC students who utilize the Solar-Doks to charge their iPhones and their laptops. "I don't have to go running around looking for outlets." Leon realizes the significance behind BC's implementation of renewable energy, adding that "anything that can benefit the environment is always better in the long run."

This sentiment is echoed by BC student Stephanie Cheng Hin Mee, who said, "Everyone is so focused on all of these other resources we have, even though they're killing our environment."

Resources like fossil fuels have contributed to climate change and have led to environmental disasters: oil spills, glacial melting deforestation. Small alternatives in the way of solar energy precede larger changes. "I would love to see more solar tables at BC and any other kind of initiative that promotes using renewable resources," said Cheng Hin Mee.

The tables were created by Michigan-based company, EnerFusion, the brainchild of entrepreneur, Joe Kobus. EnerFusion supplies schools and corporations with safe sources of renewable power to connect and recharge portable electronic devices when outdoors.

The Solar Power-Doks are big hits on both college and work campuses. Kobus reports about 60 nationwide locations where schools and businesses use their products for their students or employees.

According to Kobus, the tables are self-sustaining devices. The tables generate and store their own electrical power, day or night. "If you place the Solar Power-Dok, or any of our products, on a deserted island, it would continue to create its own power indefinitely."

Large corporations often have campuses with a multitude of buildings. These corporate campuses are similar to college campuses in size and scope. Due to research and awareness, companies are paying more attention to their eco-footprint. "They're starting to understand that the amount of energy they're using is massive," said Kobus. As a result, more and more companies are addressing this concern by going 'green'."

In addition to the solar-powered tables, Broward College also has rooftop Solar systems in place in certain areas, and has solar powered roadway safety signage as well. "As technology advances Broward College will continue with incorporating its use in facilities operations," said Devaney.

EnerFusion's and Broward College's partnership is only a fragment of a nationwide trend. According to the U.S. Energy Information Administration, the EIA expects renewables used in the electric power sector to increase by about 8 percent this year. This trend is indicative of the growing demand for renewable energy both domestically and internationally.

Last year, the United Nations of Framework Convention on Climate Change (UNFCCC) held their 21st annual Conference of the Parties (COP). The UNFCCC, comprised of 197 countries, met in Paris to discuss an agreement on combating climate change, resulting in an agreement to reduce carbon emissions and increase the use of renewable resources.

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Furthermore. students are in a position to further advance the use of green technology in their schools and communities. Devany had this to say on the matter, "Do your part in protecting environment. the Get involved in sustainable initiatives. The future is yours."