



THE BARRY BUCCANEER

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The last weekend of September marked the inaugural meeting of the first-ever student activist campus consortium in South Florida.

The group, which comprised more than 70 student activists from 10 college campuses in the area, met at Florida International University's main campus in Southwest Miami.

The consortium, formally called the Campus Action Network (CAN), was set up to be an active network through which progressive students could learn about effective organizing and activism, and find strength in numbers as a means to promote social justice on their campuses, in their communities, and essentially around the world. Words like solidarity, progressive action, and revolution were common themes heard throughout the weekend-long conference.

This project has been in the works since last spring, and the fall summit was a great success. Here is an overview of the weekend's events:

Day One

Friday, September 29: Students met together in an event room at FIU's student union, the Graham Center.

Everyone sat in a large circle, and began introductions.

The first introductions were given by the CAN interns, who worked very hard all summer to get this event organized. Barry University's own Dr. Manolo Caro, from the Sociology Department, was also instrumental in planning this coalition. He filmed the weekend-long summit, which was no surprise, since he is known to create documentaries about social justice issues.

While going around the room, it was noted that there were students represented from two Florida International University campuses, Florida Atlantic University, University of Miami, Barry University, two Miami-Dade College campuses, and Nova Southeastern University. Students from FMU and St. Thomas University came to stand in for their schools later in the weekend.

Organizations were also represented at the conference, including United Students Against Sweatshops (USAS), Amnesty International, Students

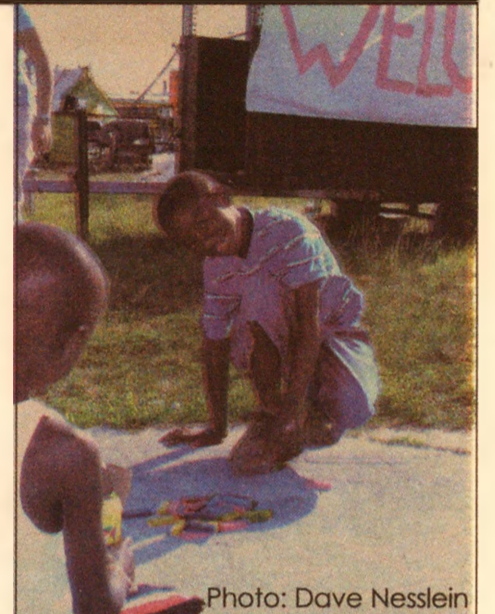


Photo: Dave Nesslein

Children play at a shantytown in Liberty City, set up to protest the lack of affordable housing there.

Toward a New Democracy (STAND), Student Labor Action Project (SLAP), Bolivarian Youth, and Jobs with Justice.

After introductions, everyone broke into groups and discussed the issues that were important to them, such as capitalism, Cuba, and the truth about 9/11. We also talked about the weaknesses in current South Florida activism, namely citizen apathy, and the

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Christopher Starratt Takes Helm of School of Arts and Sciences

By Jaime Olivia



Photo: B.M. Pelaez

As Dr. Linda Peterson, Ph.D., is promoted to the office of interim vice president of academic

affairs, Dr. Christopher Starratt, Ph.D., a familiar face in the Barry University psychology department, steps up to lead the School of Arts and Sciences as its new interim dean.

A native Floridian, Dr. Starratt was born in Fort Pierce on Dec. 14, 1954. He attended John Carroll High School, an Adrian Dominican institution, interestingly enough. I knew about Barry in high school, recalls Starratt, back when it was Barry College and an all-girl school, many girls I knew were interested in attending it. Having grown up on Hutchinson Island on Florida's Treasure Coast, Starratt remembers spending a considerable amount of time on the water, which he considers his fondest memory of his hometown.

Dr. Starratt went on to attend the University of Florida, where he first became interested in psychological research, earning his bachelor's degree in clinical psychology in 1976. Following his undergraduate studies, he decided to take some time off from school. During his two-year break, Dr. Starratt had the opportunity to work as a psychology aid, where he says that he gained good practical experiences on how mental health services were pro-

vided. Soon after, he returned to school to begin his graduate studies, earning his master's degree in clinical psychology in 1979 from Ball State University in Muncie, Indiana. In 1984, he earned his doctorate in clinical psychology, with a specialty in neuropsychology, from Auburn University in Alabama. While a graduate student, he interned at West Haven Veterans Administration Hospital, and researched how the two spheres of the brain process the information we see.

For nine years after his collegiate studies, Starratt lived in Pittsburgh, Pa., where he began working at the Veterans Administration Hospital and the Allegheny General Hospital. Eventually, Starratt became the Director of Neuropsychology at Allegheny Neuropsychiatric Institute, a branch of the Medical College of Pennsylvania, in Pittsburgh. There he practiced clinical neuropsychology, researched, and taught graduate psychology students as well as medical students.)

<None>

In 1993, Starratt joined the Barry University faculty as an assistant professor of psychology. At that time in my career, I was anxious to come back

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Letter from the Editor



Hello Again,

It is amazing how fast everything seems to be moving lately.

The weather is finally cooling down, and that wonderful ocean breeze is starting to be felt. Now when walking across campus, we won't be completely covered in sweat. If you are not from sunny South Florida, this is what our fall feels like. So go outside and enjoy.

We also fell back an hour, which is great. The days might be shorter, but it feels like we get so much more precious sleep especially now that we need it. Stress levels are high around campus. And high levels of stress can interrupt your sleeping schedule.

Stress is also elevated, because everything seems to be due at the same time. Some midterms have passed, but more are still around the corner. Projects and papers are looming over our heads, but luckily, we have an article on stress relief in this issue to help you cope. We also have a special health section this issue including student reactions to *Musclebound*, a solo show about male body image performed on campus in October. Also in the health section is an article by Meagan Walles, about the important of sunscreen. Even if it gets cold here, that doesn't mean that the sun won't affect you.

Since I also have midterms, essays, and a lot of reading to do, when I find a little extra time, I admit to indulging in an activity that is not the most productive, Nintendo Game Boy. Immersing yourself in a video game can be incredibly entertaining and relaxing, but just make sure not to get carried away, for example, with World of Warcraft.

If you have any comments or suggestions about the paper, let me know. We want the newspaper to be a reflection of the student body. Remember, it is our paper.

Good Luck with all of your exams, papers, and projects!

Barbara M. Pelaez
PelaezB@bucmail.barry.edu

THE BARRY BUCCANEER



The Buccaneer welcomes all student, staff and faculty contributions. Letters to the editor, story ideas, news releases, photos and artwork can be submitted to the Barry Buccaneer office in the Landon Student Union, Suite 202-J, or through campus mail, e-mail or the suggestion boxes around school. All contributed material must include the signature and the mailbox or telephone number of the contributor.

The deadline for submissions is the 10th of every month.

The Barry Buccaneer reserves the right to edit letters and guest columns for style and length. Contributed material does not necessarily reflect the opinions and policies of the *Buccaneer* editorial staff or those of Barry University.

Students, staff and faculty can also submit free classified ads up to 25 words in length. For more information about display advertising, contact the ad manager for rates at (305) 899-3093 or buccaneer@mail.barry.edu.

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11300 NE 2nd Ave.
Miami Shores, Florida
33161-6695

(305) 899-3093
FAX: (305) 899-4744
buccaneer@mail.barry.edu

Barry University



Barry Food Services Responds to Student Complaints

By Ashlee Jabbour
News Editor
JabbourA@bucmail.barry.edu

A college newspaper is a voice for students, faculty and staff concerning issues that relate to school and college life. At the Buccaneer, we are trying to be that voice. In this month's issue, we are talking about a subject that is often brought up, but hardly ever followed through with: Barry's food services. After speaking to some students, I heard a lot of complaints and suggestions, ranging from the food not being high quality, to not enough variety, to not being healthy, to just not being good at all. In response, I went directly to Pierre Sierralta, the interim general manager of our cafeteria, and Jackie McGlone, the executive director of dining service. I spoke to both individuals concerning the students' comments. First, take a look at a few of the comments.

Junior male: It *stinks*, but then again, they have to cook for a thousand kids at a time so what do you expect?

Junior female: Negative: The cafeteria is big enough to fit a lot of people, but it only takes up a small section of it providing not a lot of choices of food. I think if the cafe had more of a variety in food as far as its layout, it would be good also [if it would] provide more fruit and/or healthy items in other words, spread out the sections of the food. Pros: The area is very clean and maintained. The ambiance of the colors are great as well.

Freshman male: During START I and orientation, I was actually impressed with the food in the cafeteria. Besides the typical pizza and hamburgers, the cafeteria actually provided plates that most people would consider somewhat healthy and reminiscent of home cooking. Unlike the meat at other restaurants, Barry does a decent job with cooking the meat properly and using actual meat in their dishes. When I think of the cafeteria food here at Barry, I don't picture a grumpy old lunch lady, slapping some food-like substance onto my tray. But as time goes on, and homework becomes more daunting, my view of the cafeteria becomes very negative. As a result of losing sleep over studying, I am becoming very grumpy and dissatisfied with the meals. While the cooks and servers have probably not changed, I can feel less ecstatic about having yet another meal in Landon. The feeling is palpable. It seems like all students are looking with disgust as plates are pushed forward on the heating tables.

As you can see, these three comments contain different gripes and suggestions. Sierralta addressed the situation in a sit-down meeting with me. Sierralta, it seemed, had a quick answer for nearly everything.

In regard to the first comment, Pierre insisted that the food quality is actually really good: All the meat is lean, the vegetables are steamed, and the menu changes often. When students suggest something new, he says that he always tries his best to accommodate to their wishes. Pierre then addressed the students and the food situation. He pointed out that at the end of the week, when the food is all thrown away, it is the healthy foods that have not been eaten, not the cheeseburgers, the pizza, and chicken tenders.

Jackie McGlone explained, in a very professional manner, that the meal plan is set, but if students want changes to be made, they need to tell those in charge of the caf, who can present their suggestions to the school. As

McGlone did ask for the advice from students, she does admit that the caf does not always get their requests answered since the school needs to accommodate to a reasonable budget and meal plan price.

As for the issue of there not being enough variety, Sierralta said that they actually do offer a wide variety of food choices, and they try to switch it up based on the likes and dislikes of the students and faculty. McGlone also addressed such complaints: It is a challenge trying to meet the food preferences of hundreds of diverse tastes and desires, however efforts are continually being made to listen to suggestions and offer a variety of food choices that are appealing to most.

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Photo: Eleni...

Stand Up and Make Your Vote Count

By Lauren Costa
Staff Writer
CostaL@bucmail.barry.edu

With the next general election on its way, I'd like to dispel the myth that voting has no point. Many people have expressed ideas to me such as: Why vote? It's all about corporate America.; Why vote? It's not like my vote counts; and, I don't care about politics; I'm not going to vote. I'd like to take some time to disprove these misconceptions.

First off, voting is not just about corporate America. Big business cares about economic issues (mostly ones that

make them more money); however, the moral and hot-button issues are left to us. Abortion has nothing to do with corporate America. Gay marriage has little to do with corporate America. Public education has little to do with corporate America. There are many more issues such as these, issues that have to do with personal opinion and choice, issues that help us decide whom we should vote for. When you consider whom to support, find out how the candidates stand on these issues. You want to vote for a candidate who shares your opinions and sentiments. (That is not to exclude taxes and education).

The upcoming elections are for governors and state representatives. By not voting, you are giving up your right to complain or praise actions of the government. If you don't vote and you're upset with the officials who win or their actions once in office, it is partly your fault; you failed to participate in the electoral process.

Those who say, Why vote it's not like my vote counts. are usually unaware of how popular and electoral voting works. Depending upon population, each state is designated a certain number of electoral votes for presidential elections. The process begins with us going out and voting, the popular vote. Next, the state counts these votes. How they are counted is up to each individual state. Whoever wins the popular vote goes on to win the electoral votes for that state. The electoral votes are counted, and whoever has plurality wins. The popular vote alone determines the results of contests for state offices. Therefore, on voting day, Nov. 7, your vote will go toward the candidates of your choice in both the state and national elections.

To those who claim not to care about politics, *you should care!* Politics may not be interesting to you; however, that doesn't change the fact that it directly affects you. For example, as college

students, many of us drink or know people who do drink. (Whether or not you are of legal age is another issue for another article.) I'm sure we all know someone who has driven while intoxicated, and we all know, either directly or indirectly, the consequences. In terms of politics, this is an issue of punishment. How should the driver be reprimanded for his decision? This issue, and also such issues as gay marriage or taxation, go right to the people, and we can vote on them. Yet, many times we leave it up to our politicians. Therefore, we need to go out and vote for the politician that best meets our needs. You have a voice, so stand up and use it! Just a reminder: We live in a democracy. We choose our president, governor, senators, federal and state representatives, and councilmen.

The person we vote for may not always win, but if we cast our votes, at least we have fulfilled our civil duty. So, go out and vote; if not for the reasons I've given you here, think of those in other countries who do not have the freedom to vote. Do not take for granted the rights we have. GET UP, STAND UP, AND VOTE!

Lauren Costa is 21 years old from South Boston, Massachusetts in her junior year, and is a college Republican.

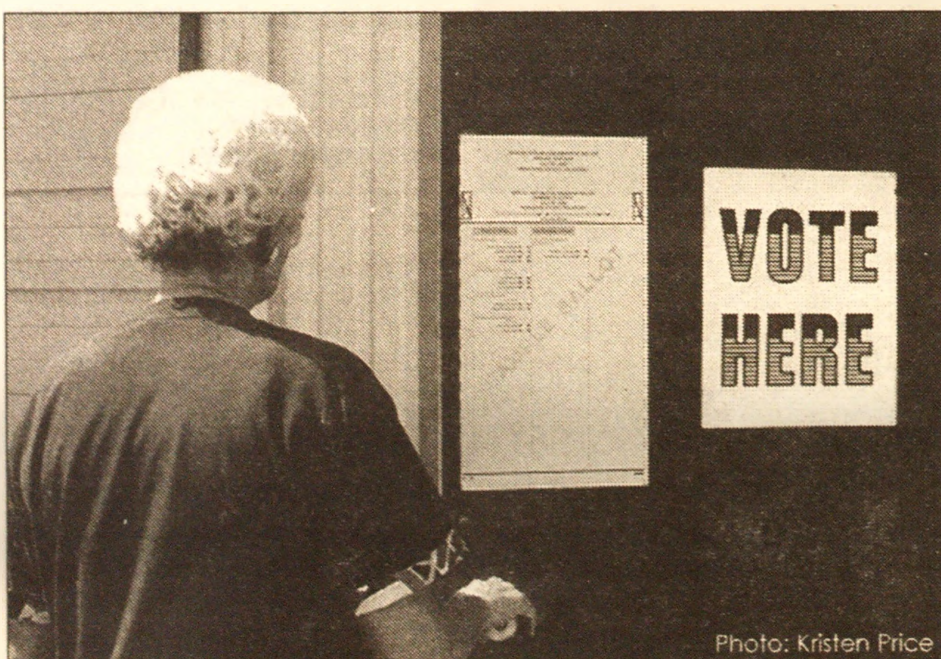


Photo: Kristen Price

Who Are You? Pax Christi Plants Seeds of Peace

By Sylvia Martel, Campus Minister
Staff Writer
MartelS@bucmail.barry.edu

Do *you* take care of yourself eating well, exercising, speaking well of yourself? Do *you* forgive those that have hurt you with words or actions of rage? Are *you* aware of the needs of others and your responsibility for them? Do *you* speak well of people who have other classes, colors, cultures, genders, ethnicities and points of view? Do *you* treat animals with gentleness and care? Do *you* take care of the environment by recycling or other means?

If you have answered yes to all of these questions, you are a Peacemaker. Campus Ministry's Pax Christi Group, alongside members of the faculty and staff, reflected on these questions during the International Day of Peace Week extending into the first week of October. Pax Christi posted reminders of peace around campus, such as Pinwheels for Peace, information tables and thought-provoking flyers. Events such as the Prayer Service for Peace, a candlelight peace vigil and the viewing of the movie *Gandhi (Pilgrim of Peace)* were organized by Campus Ministry. Dedicated students from Pax Christi, have been working arduously to plan events that continue their mission of spreading the message of peace in our world.

In November, Pax Christi is hosting Non-Violent Sexuality Week, and in December, partaking in World Aids Day. These students are geared up to spread a transcultural message of peace in action.

The International Day of Peace was celebrated on Sept. 21 in over 200 countries all over the world. The United Nations established this day in order to devote a specific time to promoting the ideals of peace and to giving positive evidence of their commitment to peace in all viable ways, as explained in the United Nations

General Assembly Resolution 36/37.

Campus Ministry decided to extend the celebration of such a day into a month filled with peacemaking activities. Just recently, it hosted a Busy Student Retreat entitled, Blessed are the Peace Makers, at which 15 Barry students were asked to reflect on the art of peacemaking in their daily lives. The students were challenged to think about how they are being peaceful in their daily actions and in their treatment of other people, animals, the environment, and their very selves. Campus Minister Alex Schlich says the retreat was a great opportunity for students to take a little time in their busy schedules to encounter the presence and activity of God in their lives. This year's focus on peace and peacemaking challenged students to look at their own lives as instruments of peace and how their Christian identity calls them to seek peace in the world.

Although the idea of peacemaking has often been boxed into the concept of wars fought in foreign places, Campus Ministry wanted to convey the message that peace begins with individual people living in society. Even though peace is not just about the important issues of national and international warfare, individuals working on behalf of justice can have an affect on the national and international policies of peacemaking. It starts with people taking care of themselves and carrying out the peace from within to others in just actions and love. As Martin Luther King, Jr. once said, We must come to see that peace is not merely a distant goal we seek, but it is the means by which we arrive at that goal. We must pursue peaceful ends through peaceful means.

Are *you* willing to be a peacemaker in action? Interested in getting involved in Campus Ministry? See the box here for a schedule of our weekly activities. Contact us by phone, (305) 899-3650, or by email, aschlich@mail.barry.edu. We welcome people of all faiths!



campus ministry schedule

| MONDAY | TUESDAY | WEDNESDAY | SUNDAY |
|--|---|--|--------------------------------------|
| Faith Sharing @ Thompson Dining Area, 5 PM | Meditation Study Break @ Cor Jesu Chapel, 9:15 PM | Pax Christi @ Powers 212, 5 PM (xanga.com/paxchristi) Spirit and Truth @ Cor Jesu Chapel, 7:30 PM | Student Mass @ Cor Jesu Chapel, 7 PM |

daily mass @ cor jesu chapel, 12:05 pm

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Volunteer Center's New Coordinator Seeks Students for Service

By Sutze Daniel
Staff Writer
Daniels@bucmail.barry.edu

The new coordinator of the Volunteer & Community Service Center has a goal this year: getting the students involved on our campus. Three weeks before the semester started, Rafael Gondim had assumed his new post, replacing the former coordinator, Jo Ann Zarowny. For Gondim, volunteerism is more than a job; it's a passion dear to his heart.

Gondim attended the University of Florida and was aspiring to be an architect, but the course of his life was changed when he began volunteering in his junior year. He then realized that being an architect was not his true calling, so he joined the Peace Corps. He was stationed in Fiji for two years.

Students are the center of any university, and in order for things to happen, they need to be involved, Gondim says. He thinks that the volunteer program can help the students reach their professional goals. How? Adding volunteer and organizational experience to their resumes will help Barry graduates make a good impression when applying for jobs, he explains.

The volunteer center can help Barry students find the programs that suit their interests, talents and schedules. Depending on the student's availability, community service can be done on a weekly basis or a yearlong commitment. As Gondim says, It could be as

little as an hour. Still, the Volunteer Center staff can't do their work alone. They welcome new ideas from students, and together they can make the ideas a reality.

Gondim is working on implementing new volunteer programs for the spring and summer terms. The major project they are working on for this year is the



Photo: Sutze Daniel

spring break trip. Two years ago, the center organized two successful spring break trips: one to help the homeless in New York, and the other to work with sexually abused girls in South Carolina. Last year not as many Barry students went to South Carolina as in the prior year. So the center is currently looking for project directors to engage the student body in making this upcoming trip

a success.

Last year, Zarowny's biggest project was working with the Sociology Department and implementing the service learning program, which was very successful. More than 200 students were enrolled, and they completed over 10,000 hours in the Miami community, says Millette Green, a graduate

she has done for Barry University, Green says. She was a great asset for the department. But now we have a new coordinator, who also is a great asset to Barry University. Zarowny is now working at Miami Dade College as the campus coordinator for student involvement. The center still will be working with Zarowny, as Barry collaborates with Miami Dade College, Florida International University, and all the local universities to come up with service projects for the students.

Besides the intangible benefits of true altruism, volunteers can now receive national recognition. In 2003, President George W. Bush initiated the President's Volunteer Service Award to help recognize the valuable contributions volunteers make to their communities. Students who perform at least 100 hours of community service will receive a bronze medal and a certificate of achievement that will certainly improve the contents of their resumes.

With its new home in the Landon Student Union, suite 101, the doors of the volunteer center are wide open, and the welcoming staff will be more than enthusiastic about helping students become part of the volunteer team.

Getting everyone to volunteer will make an even greater impact, Gondim says. We are trying to get students to come to the center, so they can know all the opportunities we offer and be involved with Barry University and the community at large.

assistant at the Volunteer Center. Green, who is particularly involved with the America Reads Tutors, also coordinates the volunteer fair and other service opportunities for Barry students.

Green worked alongside Jo Ann Zarowny for two years, and remembers her commitment to the volunteer center. I could go on and on about the things

Barry Bookstore's Management Tells Its Side of the Story

By Shanel Solomon
News Editor
JabbourA@bucmail.barry.edu

Barry Bookstore plays an integral part in the lives of students at Barry University. It sells an array of items, such as magazines, book bags, school supplies, clothes, computer software, movies, CDs, junk food, and so much more. But, most importantly, it's where Barry students purchase their assigned textbooks.

There have been complaints ranging from difficulty in receiving the correct amount of books to the delay in receiving books once they are reordered. But the strongest complaint about the bookstore is the high prices that many find themselves paying for these textbooks. Erin Polla, a junior at Barry, described the books as ridiculously overpriced. The question often asked is: Why is there a price difference in the books bought in the store compared to those bought online?

The truth of the matter is that Barry's bookstore is not managed by the school itself; in fact, it has been run by Follett Higher Education Group since 1981. Follett manages more than 750 book-

stores nationwide. The Barry administration has a contract with Follett specifying the policies and procedures used to manage the bookstore. Follett pays Barry a percentage of every sale they make, and that percentage goes to fund Barry's programs and services.

In an interview with Cliff Ewert, vice president of public and campus relations for Follett Higher Education Group, he responded to the complaints about reordering delays. Ewert explained that all reorders of textbooks are shipped by next day or second day air. Once books have been reordered, the delay occurs when the publisher runs out of the book. Follett has no control over how long it takes the publisher to print more books and ship them out.

Many students feel that buying their textbooks online is cheaper and more reliable. Yet oftentimes, when students order books online, they end up with the wrong book and are unable to get a refund for that book. Ewert describes the services that Follett offers as convenience of shopping, basically one-stop shopping. The Barry Bookstore affords students the opportunity to buy a variety of items onsite. Also, students



Photo: Shanel Solomon

buying online are subject to the possibility of the book being worn, or excess shipping fees being charged. The bookstore ensures that the textbooks offered to the students are in good condition, and also has automatic two-day shipping for rush orders.

Follett understands and sympathizes with students' needs and their desire to save money. Follett also provides buy-back options for students. Buy-back

offers are available for the next term at up to 50 percent off the purchase price, and books that professors have not chosen to use for the next semester are bought at the market price.

Each textbook has the professor and class title posted underneath the shelf on which it is stocked. The Barry Bookstore offers students the kind of personalized attention that they would be hard-pressed to find anywhere else.

Activism in Your Backyard: Campus Action Network Unites Schools

(Continued from page 1)

strengths of having an inter-campus network that can offer different ideas and talents from many different people. After some great conversations, Friday night ended with some positive intellectual entertainment, from poets and spoken word artists to a rock band. By the end of the first night, one could tell that the students were very charged, and enthusiastic about the positive work upon which they were all embarking.

Mike Martinez, a 24-year-old FIU student, used the very colorful metaphor that students involved in CAN were akin to five fingers in a fist, coming together in solidarity and unity to combat greedy power structures. That really seemed to resound with everyone. The energy in the room was buzzing.

Day Two

Saturday, September 30: It was down to business. For the rest of the weekend, CAN members attended myriad workshops designed to teach students about pertinent social justice issues and how to mobilize in action.

One of the first workshops dealt with the issue of gentrification, which basically involves the restoration of run-down urban areas by the middle and upper classes that often results in the displacement of lower-income people. Take a look in any real estate magazine, and one can see how the average cost of homes is still rising, as average wages are staying the same (very low) and actual living wages are increasingly harder to come by.

The discussions also revolved around how students and other progressives could actually effect change and win back suitable living conditions for all, which as humans with basic needs, we all deserve.

Another workshop on Saturday was entitled Racism & Immigration — Moving Towards a World Without Borders. Presently, immigration issues are in the forefront for citizens and politicians alike. This workshop discussed the criminalization of illegal aliens; backwards, contradictory, and racist immigration legislation (think Haitians vs. Cubans); and the purpose of oppressive power structures that continue to dominate, with the law behind them.

The next workshop centered on student-worker alliances. Groups were formed to primarily consider how to combat

student apathy in college and really get the student body involved in changing policies that negatively affect workers on their campuses.



on this last day of the CAN summit.

GROW stands for Grassroots Organizing Weekend. Unfortunately the entire weekend could not be dedicated

and progressive legislative action.

Another workshop was Activism Beyond Campus Life. It addressed how students can continue being involved in activism even after they have left the dorms. It sounds easy enough, but the world beyond college is a whole new atmosphere, where people have to search for new ways to learn about pressing issues, and really dig deep to find actions in which they can participate while also juggling jobs and families. Speakers at this lecture have been activists for decades, and really promoted the idea that fighting to save the world should be a lifelong quest.

The last seminar held during the weekend-long conference was on women's rights. This workshop began insightfully, with everyone answering the question, What is feminism? As many different answers were given, varied topics were addressed during this seminar, including: disparities in income and education between men and women, maternity laws and childcare in this country vs. around the world; and the differences between the struggles of the middle-class white Women's Movement in the 70s vs. women of other races, classes, and backgrounds.

The weekend finally concluded Sunday evening with an impromptu closing ceremony. Here we had a recap of the weekend's events, pros and cons students had encountered, and an attempt to define what exactly the Campus Action Network hoped to accomplish.

to this type of activist training session, but it was still valuable. This workshop dealt with some major topics surrounding organizing, such as: how to pick an issue to rally behind; how to get students involved; how to best apply their energy throughout the school year; and how to utilize a coalition, like CAN, to win real battles and change oppressive legislation and power structures.

There was also a GLBTQ (Gay, Lesbian, Bisexual, Transgender, and Queer) Rights workshop that surrounded the issue of the democratic rights of this marginalized group of people which really just translates to the issue of human rights and equality. The main purpose of this seminar was for established grassroots leaders in the gay community to discuss leadership-building skills and ways to consolidate efforts to fight for and protect rights outlined in the Constitution, to make powerful changes on campuses and communities in the form of awareness

This is where it got messy. Students were getting weary from a long day and even longer weekend, tensions were running high, and people had conflicting ideas about what the coalition should focus on, which issues to pursue (if any), how to use this network, and even what its mission would be.

Among the bickering and frustration, one thoughtful MDC student, 22-year-old Tyler Bonnen reminded us all that this is what REAL democracy feels like. He had a good point: Democracy is *not* simply punching a ballot and casting a vote; it is compromising, working with others however different they might be, and making decisions for the people, by the people.

For more information about the Campus Action Network, check out the website at www.sfcan.org or email birdsongk@bucmail.barry.edu.

There were many UM students present at this workshop, who were able to impart practical ideas on the subject since last year they were instrumental in the fight for UM janitors to join a union and therefore reap health benefits, living wages, and restore their dignity. They won the fight, by the way.

A workshop entitled War Resistance was quite poignant because it involved hearing real veterans stories about their experiences with militarism. Especially moving was a talk given by Mike Prysner, a 23-year-old FAU student who is a veteran of the War in Iraq. He was deployed there a couple of times, and spoke to the group about his personal experience with the military, the myriad underhanded tactics used to recruit new members, and the unreasonable allocation of billions of U.S. tax dollars on war.

Day Three

Sunday, October 1: After an early breakfast, more workshops commenced

Christopher Starratt Takes Helm of School of Arts and Sciences

(Continued from page 1)

to Florida, explained Starratt. I was attracted to Barry's tradition as a teaching institution. Throughout his time at Barry, Starratt and Peterson developed a professional close-knit relationship. I've always been working for Dr. Peterson, ever since I got to Barry. She is still my boss! expressed Dr. Starratt. When she became dean of the School of Arts and Sciences in 2002, she asked me to take the position of associate dean of graduate studies. Dr. Peterson is

a great person to work for; you always know where you stand with her. When asked about his reaction to the promotion, Dr. Starratt responded, I was pretty stunned, actually. I was taking a short weekend vacation with my family when I got a phone call from Dr. Peterson. I didn't even need to think about it. I immediately accepted. It was very difficult, with loss of Dr. Lee; it was something none of us expected to happen.

Dr. Starratt says the toughest part of the transition to dean is the distance of his

new office in Lehman Hall from the familiar comforts of his department. I miss the day-to-day interactions with my colleagues, he says. On the other hand, I find working closely with other departments very interesting. I was very fortunate that Dr. Peterson left things in very good order. It's good to know she is still a phone call away.

As far as putting new ideas in play, Starratt says, The best I can do at this point in time is pay close attention to the new strategic agenda and that the school works to fulfill that agenda.

In his years at Barry University, Dr. Starratt has earned the respect and trust of his fellow colleagues. A very busy Dr. Peterson took the time to briefly express her confidence in Dr. Starratt, stating without hesitation, I think that Dr. Starratt will do an excellent job. He has a very good understanding of the school. Dr. Starratt's ample experience in collegiate education and administration, and the trust he enjoys from the university wide faculty, ensures the Barry University community that the School of Arts and Sciences has been left in very good hands.

November 2006

Le Café International Takes Over the Q

By Stephanie Cantu
Staff Writer
CantuS@bucmail.barry.edu

With six locations throughout Miami, the franchise Le Caf International has made its way to Barry University with two venues on campus. Now, do not even begin to think that this means two extra places on campus to socialize while you scarf down. The franchise Le Caf International has bought both of the locations formerly known as Q Caf, which has led to a name change, and much more.

The most obvious new additions is the Le Caf printed on the front of the awning, along with the new patio furniture. The new chairs, tables and umbrellas are now more plentiful than in previous years and are so far proving to be beneficial. As far as renovations made on the interior of the caf, a fair-sized air-conditioning unit has replaced what was one small electric fan in the corner. The new manager, Fabianna Carujan, mentions an increase in the size of the staff from two half-time employees, who were typically students, to four full-time regular employees.

For students who may have had a favorite from the Q's menu, have no fear, all of the mouth-watering food is still available. In fact, as Carujan explained, There is now a wider range of all types of food for the students to choose from, including more Latin, a bigger variety of deli meats, and we now offer many more different kinds of Hispanic coffees.

Everything from the sandwiches to all of the cookies and pastries is freshly prepared or baked right on the premises. Besides the fresh food, Caf International completes its offerings with Cup o Noodles, cereals in a cup, candies, and breakfast and energy bars, which can all be seen around the counter upon availability. I have been preparing food all my life, and I have been with this particular franchise for the past six years, so I really like working here rather than downtown Miami, adds Carujan.

Le Caf International is located at both Weigand and Garner. Both locations are open from 7:30 a.m. to 7:30 p.m. Monday thru Friday.



Photo: Stephanie Cantu

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Musclebound Takes Barry Students Inside Distorted Body Images

By Jen Hennessey
Staff Writer
HennesseyJ@bucmail.barry.edu

We've all heard that eating disorders are a major problem for women, but we rarely hear anything about how men are affected by this issue. Out of all the eating disorder cases that are brought to the attention of health officials in the United States, 10 percent of them are men. Compared to the 10 million women that are suffering from a disorder, the number of affected men may not seem so large, but since these statistics reflect the number of reported cases, it is likely that the actual number is much higher. Because eating disorders and other body image issues are typically seen as female problems, many men are ashamed to admit that they are experiencing them as well. Until more people realize how common the problem really is among men, it will remain a taboo subject in the male community, and many cases will go unrecognized or untreated.

Two men who are trying to break the silence about male body image issues are Michael Feldman and Adam Laupus. The two New York University graduates have created the show called *Musclebound* which was performed at Barry at the end of September. The performance gives the audience a candid look into how men really see their bodies and what they are doing about it. *Musclebound* is a 90-minute production that combines Feldman's acting per-

formance with a film documentary.

Feldman acts out the lives of three men who are experiencing different forms of distorted body images, while showing how the characters break down both physically and mentally over the course of one year. The first character he plays is Josh, a college student who overeats compulsively and tries to make up for it with excessive exercise and periods of severely restricted dieting. The second character, Jim, is a personal trainer who is using steroids in order to get on a new reality TV show, *America's Next Top Stud Muffin*. The third character is Nicolas, a documentary filmmaker, who becomes obsessed with working out while trying to do research for his new documentary about men who exercise too much. Feldman's skits are interspersed with film clips of men being interviewed about their body image concerns.

The men are all from varying backgrounds and suffer from a wide range of problems, including anorexia, bulimia, compulsive overeating, steroid use, and muscle dysmorphia, a condition in which people think they are too small and become obsessed with trying to gain muscle. Although each of their situations is unique in some way, most of them have several things in common. For one, most of them feel that they have everything under control, while in reality their lives are on a downward spiral and they are rapidly losing grip of reality. Secondly, most of the men who

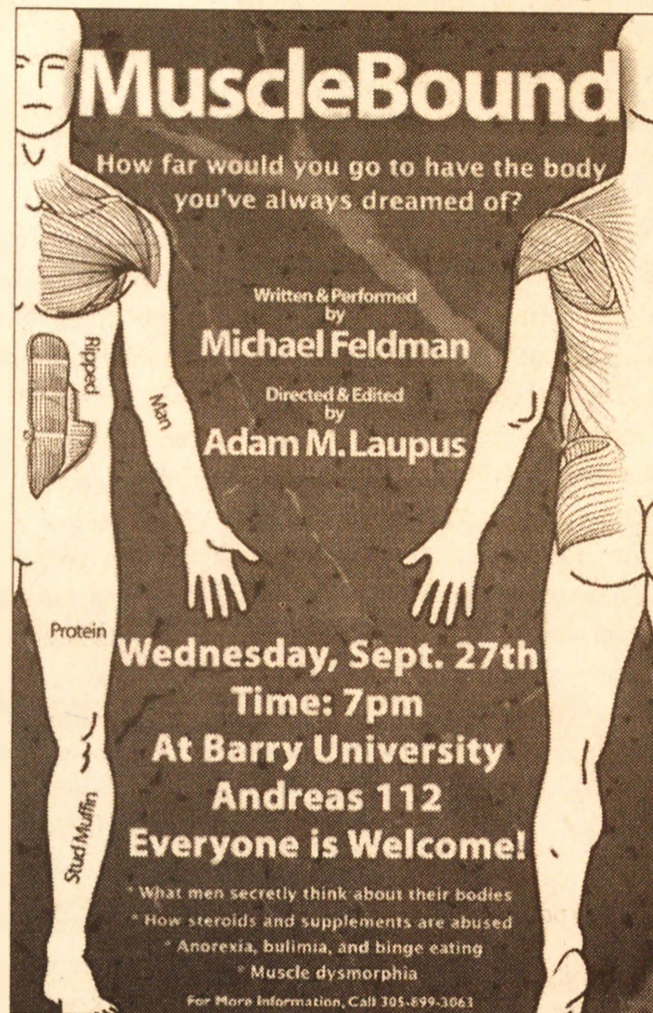
are interviewed believe that they are the only man in the world who is experiencing these feelings, and this belief is reflected in Feldman's skits as well.

The production starts out on a humorous note, with the song *I'm Too Sexy* as the opening theme, and becomes progressively darker as the characters break down over time. Feldman ends the final skit on the verge of tears, as he portrays Josh's character watching a little girl eat an ice cream cone, and remembering a time in his life when he was that innocent and carefree. At the end of the show, the last person interviewed is Feldman himself. He reveals to the audience that he has been suffering with body image issues since high school, and that he tried to control his feelings of low self-esteem by exercising excessively and placing himself on a very restricted diet. These behaviors became an obsession for him, and could have taken over his life completely if he had not gotten help when he did. He was also able to find healing through his passion for acting, which he has clearly been able

to use constructively for the benefit of others as well as himself.

As is the case for many men, people did not realize Feldman had a problem at first because it is often expected and even encouraged that males go to the gym and stay in shape. Men who work out regularly are usually seen as disci-

(CONTINUED, pg. 10)



Coping with Stress: The Good, the Bad, and the Ugly

By George Alpizar
Staff Writer
AlpizarG@bucmail.barry.edu

Walking up and down the sunny campus of Barry University, students strut to class wearing their designer sunglasses. But behind the latest trend in eyewear are black rings under their eyes. With midterms coming and going, stress is at a high point, on and off campus.

Natalia Berthet is no stranger to stress. The teachers are starting to assign more work, and it's all starting to pile up, said Berthet.

While most students found the first few weeks not too difficult, it's all gone out the window with crucial examinations coming up.

I've been trying not to procrastinate, but it's hard not to when there's so much going on, Berthet said.

While it's obvious that students are experiencing stress, the real question is how to deal with it. Daniel Hill, fitness center director and instructor, provided insight into the negative effects of too much stress on the body.

Chronic stress has been linked to many disease-related conditions. It can lead to alcohol and drug abuse, increase in nicotine use, risky sexual behaviors, and violence. It has also been shown to increase cholesterol lev-

els and obesity. Stress can contribute to muscle tension, chronic fatigue, headaches, indigestion, insomnia, and mental disorders, said Hill.

But how can students relieve this stress? A variety of physical and mental

choice is yoga.

It's just really uplifting, and it takes a major weight off of your shoulders. The meditation aspect is the best, because you completely chill out and just kind of let your mind wander for a while.

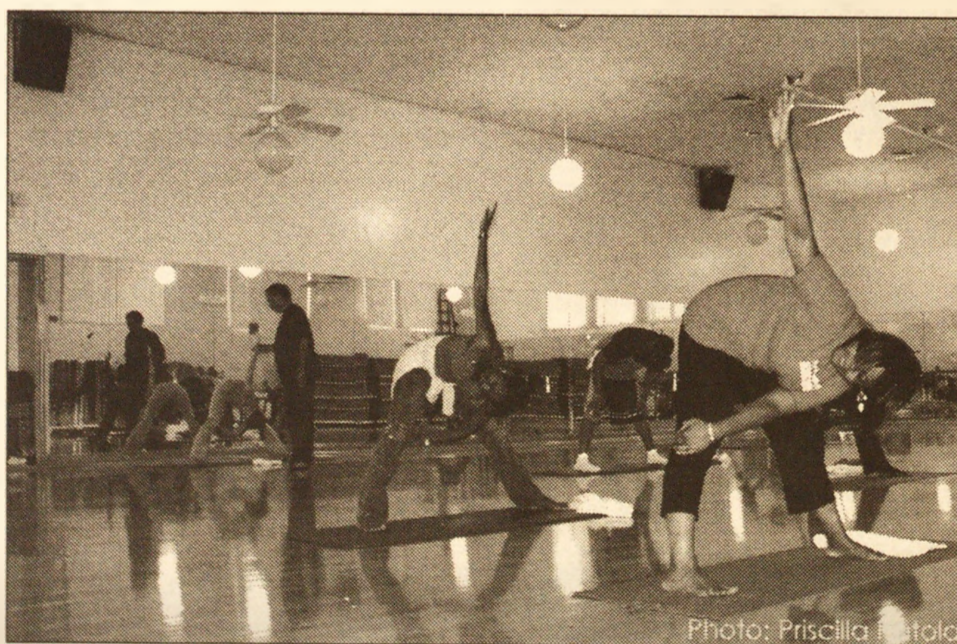


Photo: Priscilla Mastola

activities can help to alleviate the ill effects of stress.

Hill suggests physical fitness, recreational activities, social activities, meditation, yoga, tai-chi, prayer, or talking to a professional counselor.

In other words, a trip to the gym can do wonders for those feeling stressed. Berthet's stress-relieving activity of

Berthet added, It's also cool because at the end of each session, the instructor tells you to just carry positive thoughts around all day and let out all your bad energy. It's awesome.

From a more professional perspective, Hill says, Yoga helps to synchronize your mind and body. It allows you to escape the outside world momentarily and help find inner peace. Over time,

yoga can help you identify stressors in advance, allowing you to reduce the stress before it becomes overwhelming.

While going to the gym and attending yoga classes can relieve stress, most students feel that they don't have the time to attend these activities. Fortunately, Hill provides some quick tips for students with no spare time.

A quick technique to use would be to take a time out, once you recognize a stressful situation exists. Remove yourself and find a quiet place to sit for 5 to 10 minutes, away from distractions. Sit down and close your eyes, then slowly deeply for 4-5 seconds, then exhale about twice as long. Repeat several times while you are breathing, and mentally visualize pleasant images. After 5 to 10 minutes, take one last deep breath give a little stretch to the sky and go back to studying or work with a new, relaxed mindset, said Hill.

This technique may require you to perform it several times during the day. Also, some people may find stress reduction in prayer or meditation, said Hill.

Although stress-relieving activities are available to anybody, some question why there is so much stress in a student's life. Are college students subjected to too high demands, in terms of academics and schoolwork?

(continued on page 10)

Sporting Sunscreen: Is it Really Necessary? Yes!

By Meagan Wallace
Staff Writer
WallaceM@bucmail.barry.edu

People have a general understanding that the sun can do some harm to them, but many remain unaware of just how much harm the sun can do. Did you know that merely walking from building to building without sunscreen dramatically increases your chances of getting skin cancer? While working with the skincare experts at Clinique, I have had numerous training sessions in which dermatologists explain why skin acts the way it does.

Today, the United States has the highest rate of skin cancer in the world. According to the U.S. Cancer Statistics Working Group, 48,249 people in the United States were diagnosed with cancer in 2002; that is 1 in 67 Americans! That same year, 9,904 people in the United States died of skin cancer.

There are three main types of skin cancer. The first two are basal cell and squamous cell carcinomas, which are easily curable forms. Basal cell carcinoma is the most common form of skin cancer and is estimated to affect a whopping 800,000 Americans a year. Squamous cell carcinoma is the second-most common type of skin cancer, which affects an estimated 200,000 Americans annually. Both result from excessive exposure to sunlight, as well

as appear in areas that have been burned, scarred or tattooed. People who are constantly in the sunlight, for work or relaxation, are at a higher risk for these types of skin cancer. They mainly affect the most uncovered areas of the body such as the face, ears, neck, shoulders and back.

The third type of skin cancer is melanoma. According to the Division of Cancer Prevention and Control of the national Centers for Disease Control and Prevention, approximately 65 percent to 90 percent of melanoma cases are caused by exposure to ultraviolet (UV) light or sunlight. Factors that would increase one's chances of having skin cancer include: fairer skin tones; a personal or family history of skin cancer; excessive exposure to sun, especially without sunscreen; a history of sunburns; skin that burns or freckles; and certain types of moles.

Any symptoms that raise suspicion of skin cancer should be checked out by a dermatologist immediately. Look out for moles that are raised or bumpy rather than flat. Moles or darkened spots on the surface of your skin also should be examined if they develop any irregularities in shape or growth, or a scaly appearance.



Photo courtesy of: Meagan Wallace

This doesn't mean everyone is doomed. There are ways to reduce your chances of getting skin cancer. First, cover up! The less skin showing, the less can be damaged. Second, wear sunscreen. In a survey here at Barry, 1 out of 15 students reported wearing sunscreen daily, and only 3 out of 15 wore sunscreen sometimes. Skin at Barry is going around unprotected.

The latest technology makes safeguarding your skin as easy as spraying yourself with sunscreen before you walk out the door. Here is something you might not have known: The way to calculate

how many minutes the protection will last is to multiply the SPF number by 15. If you are in direct sunlight, you should reapply every 60 to 90 minutes, depending on the intensity of the sun. If you feel your skin burning, your best bet would be to reapply. Seek shade whenever possible to ensure that your skin is not in direct light. Other preventative measures are to wear a hat and/or sunglasses; your eyes have the thinnest skin on your face, which makes them more prone to skin damage. Would you walk to class without your clothes on? Probably not. So please protect yourselves and just put on some sunscreen.

Male Eating Disorders Strike a Chord with Audience

By Karina Gutierrez
Staff Writer
GutierrezK@bucmail.barry.edu

Michael Feldman performed his one-man show *MuscleBound*, at Barry University on Sept. 27. Feldman, a New York University graduate with a specialization in drama and theatre. Feldman and Adam M. Laopus, who edited and directed the presentation, put together an extraordinary mixture of interviews and real-life scenarios in which characters explicitly demonstrated the extreme measures men go to obtain the perfect body. The simple presentation left the audience hypnotized by Feldman's portrayal of multiple characters.

Feldman's three characters portrayed the reality of men sharing similar ideas of the perfect body, regardless of age, nationality, culture, or even sexual preference. People are often wrong when they assume only women have eating disorders. After researching the subject, Feldman and Laopus, the director and editor, learned of the truth in regards to eating disorders in men. In fact, Feldman decided to expose his personal disorder to the public, without any shame, in an effort to attract awareness to this serious issue. It took a lot of courage on Feldman's behalf to talk about his critical eating disorder, while having to perform it an endless number of times. The dynamics of each character maintained a flexibility which made the presentation true to life. Smoothly transitioned with the extra help of

humor, the presentation helped the audience maintain a little piece of sanity, while taking into consideration that the material that was presented was indeed very intense.

In between each skit, a short piece of film was presented, which contained explicit interviews with average, everyday run of the mill men, sharing their personal experiences with body image, and to what extreme they went to achieve their desired goal.

The most intriguing aspect of these interviews is that each male demonstrated a critical stage of obsession with looking perfect. In the beginning, fitness was merely taken into consideration as something that would be considered quite simple; taking care of your health is important. For each one of the individuals interviewed, however, what began as a simple, positive habit turned into an obsession that took over every aspect of their life. The ages varied from early 20s to late 70s, homosexual vs. heterosexual, and single vs. married. Each man displayed extremely linked behaviors of eating and working out. Some of these personas had serious eating disorders including, but not limited to, anorexia and bulimia. Others suffered from a serious disorder known as muscle dysmorphia, the image of not being big enough, which leads to overtraining and misuse of supplements and steroids. The destructive habits are rampant; so many supplements are abused, so many people are

starving themselves, or overeating, then regurgitating in an effort to maintain that perfect image.

But the question is why? What drives us to these extremes? What pressures us ever so deeply to the point of self-destruction? Feldman says, People in general tend to look at women who are unhealthy or who work out hard, and think, poor girl, she's pushing it. But, when they look at men who seem to be obsessed with nutrition and fitness, they tend to think, wow, look at him, he is so disciplined.

Our current society has an image of what is normal or abnormal, beautiful or ugly, fat or skinny. These are the results of the millions of advertisements and magazines that trick us into think-

ing that the people displayed are what we (everyone) should look like. We tend to fall into these separate categories, analyzing ourselves into groups or separate societies. The United States has enough resources to take care of the entire world, yet all we seem to do is worry about what we look like. Millions of people are starving, everywhere, yet all we can think about, all our time and effort, is dedicated to trying to impress society, trying to impress whoever looks at us.

Before digesting the vast array of information from this brilliant play, I came to realize at the conclusion that the audience, along with myself, would have never expected to enjoy this experience so much. Our eyes have been

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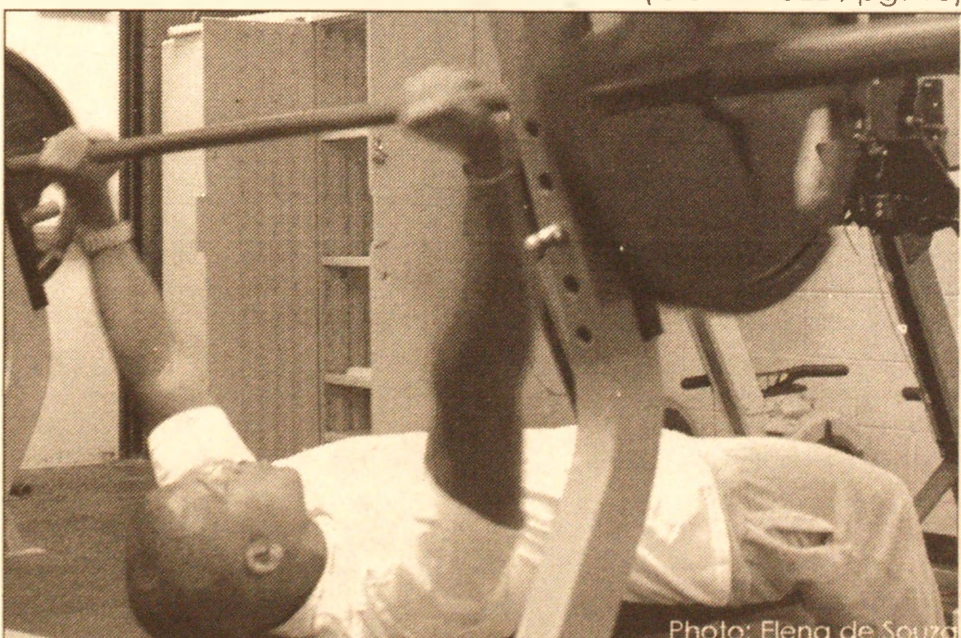


Photo: Elena de Souza

Musclebound Tackles Body Image Issues

(Continued from page 8)

plined and athletic, and many people do not realize there is a problem until things get out of hand. At the same time, society is expecting women to care about their appearance more than men do, and it is not unusual for women to want to become or stay slim. For this reason, people also do not recognize a problem in women right away, as a serious eating disorder can at first be mistaken for regular dieting.

Both Feldman and Laupus want to do away with this double standard, so more people are able to speak openly about their problems and feel more comfortable seeking treatment. Their

goal is to increase awareness about male body image issues and to bring a message of hope and recovery to both males and females all over the country. They plan to continue traveling to different colleges in hopes that they will be able to make a difference in the lives of young men and women around the country who are struggling with this all-too-common issue.

If you or someone you know is showing signs of an eating disorder, please seek help immediately. The National Eating Disorders website (nationaleatingdisorders.org) has excellent information on recovery and treatment, and contains a section specifically for men as well.

Stress: The Good, the Bad & the Ugly

(Continued from page 8)

I think [stress] should be expected. It sucks, but we're not kids anymore. High school was a joke in comparison to the real world, and in the real world,

"Everyone needs some level of stress in our life to motivate us to engage in activities that make our lives meaningful."

you go big or go home. People will always expect you to get stuff done on time. It's life. It's unrealistic to say we're not going to go out and have fun because we all do but when it comes down to it, you have to get your work done, said Berthet.

While it is obvious that stress can be bad for a person's well-being, it can actually have positive effects as well.

Everyone needs some level of stress in our life to motivate us to engage in activities that make our lives meaningful. Otherwise, we would become apathetic and bored, said Hill.

But as school becomes more daunting with every class, students must find some way to deal with all the stress. Whether venting your frustration to your friends, or calling home to hear a familiar voice, students need a way to let the stress in their body escape. Being in college and more independent than ever, students will inevitably be affected by stress.

Still, like Berthet says, It's all part of being an adult.

Male Eating Disorders Strike a Chord

(Continued from page 9)

opened, and hopefully, now we will begin to take into consideration how we criticize and what to notice when we encounter someone who is dying inside, trying to obtain perfection. We abuse ourselves to the point of almost no return, and the moral of *Musclebound* ultimately is to focus on the beauty of life and living, not so much our appearance. We live in a beautiful world which is ever-changing, and without such diversity in each existing person, our life would not be as fulfilling.

I, too, suffered from extreme depression and starvation at one point in my life, and no other pain can compare to it. When it hurts to look in the mirror, or when food feels like your ecstasy, you must seek out help. I dedicate this article to everyone who suffers from eating disorders or has an obsession with perfection. It is imperfection that makes us unique, dynamic. Who's to say that perfection even exists? There is nothing in this universe so uniform, so perfect.

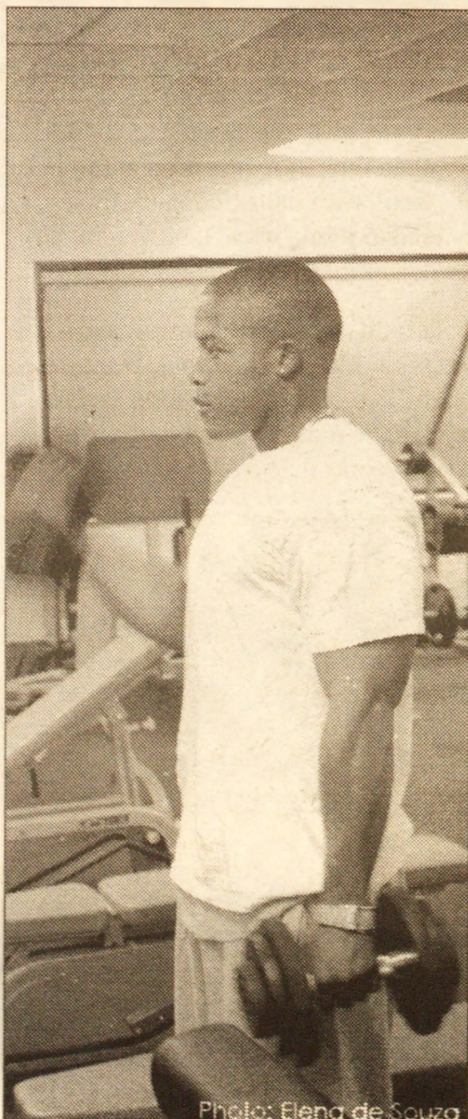


Photo: Elena de Souza

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Q & A with English Soccer Sensation Henry Apaloo

By Taisha Coombs
Staff Writer
CoombsT@bucmail.barry.edu

I'm walking on the side of campus around the Flood dormitories, and a United Kingdom flag proudly displayed in a dorm window catches my attention. This was the first tell-tell sign that this was in fact the room of Henry Apaloo, a junior striker, or better put, Barry University's English soccer sensation. I listen at the door for a second before I knock, and sure enough, I can distinctly hear a loud English accent inside. I knock, and the accent yells, "It's open." When I walk in, Apaloo and teammate Marcus Reynolds are in the middle of a heated game of FIFA 07 on Xbox. I believe Henry is playing with Arsenal F.C., an English football club. I take a seat and watch them finish up the game. It's a competitive game, and I won't say here who wins or loses; however, Marcus leaves and we begin the interview.

Buccaneer: Congratulations on your win on Saturday.

Apaloo: Thanks.

Buccaneer: How do you feel about how the team has been playing lately, the recent losing streak and getting back to winning?

Apaloo: It's more frustrating than anything, because we started off so well. [But then] people were getting angry about the way we were playing. Nobody really gave up, you know. We carried on with working hard, and we finally got out of that losing streak.

Buccaneer: Did the team prepare dif-

ferently for the game vs. Florida Southern?

Apaloo: Maybe it was a lack of focus. We started off winning the first six games, so maybe complacency set in a

game, actually. If I have a game that day, I try to keep my mind elsewhere, stay relaxed. The only superstitious thing that I have is I always get changed in the same way. I start from the bottom

cy of my performances, because we've played 10 or 11 games now, and I've done pretty well in most of them. But there's been a couple where I haven't had good games, and I've been annoyed at myself.

Buccaneer: Who do you feel you have the best chemistry with on the team?

Apaloo: I'm pretty good with all the guys, but some of the guys I came as freshmen with probably more so: like Lee Yakabowich, who plays forward; Mike Mikulin, who plays the back; and Mirza; Jason Wiles as well, who is the Captain; and Chris, just cause I live with Chris. I have good chemistry with most of the guys, but specifically I'd say those guys.

Buccaneer: On the web write-up, Coach McGrath wrote, "the future is now for him to become a star." How do you feel about that?

Apaloo: [Chuckles modestly] It's nice for him to say that. It's nice that he has faith in me, because I have faith in myself; I believe that I can help the team out. I don't see myself as a star, but I see myself as a person that can have good attributes to bring to the table. It's nice that he says that I could become a star, but I'm not really focused on that. I'm focused on doing the best that I can.

Buccaneer: You're originally from England, where soccer is huge. Did you always know you wanted to play soccer, or was there anything else you saw yourself doing?

Apaloo: Well, to be honest, I didn't start playing soccer until I was 10, which is relatively late. Where I grew

(continued on page 14)



Photo courtesy of: Sports Information

"I don't see myself as a star, but I see myself as a person with good attributes to bring to the table."
-Apaloo

little bit, and people maybe stopped working as hard. The last couple of weeks, we got out of that habit, and we started to bring it everyday.

Buccaneer: How do you individually prepare for games? Any strange superstitions?

Apaloo: I try not to think about the

up. I leave my shirt till last, and I always put my right sock on first, then left sock, shorts, and shirt.

Buccaneer: Every athlete wants to keep improving across the board, but what specific areas do you really want to get better in?

Apaloo: I'd probably say the consisten-

Women's Basketball Team Scores a New Coach from Men's Team

By Alisha Sanford
Staff Writer
SanfordA@bucmail.barry.edu

On June 2, the Barry Women's Basketball team got a makeover. Bill Sullivan, the former assistant coach of Barry Men's Basketball team, was announced as the new head coach of the women's team.

Many people are excited about new leadership including junior, point guard Kelli Welch. I feel great about him being the new coach, says Welch. I feel the team will be calm and collected, guided by a charismatic coach with many years of experience, amplifying the team's chemistry.

Sullivan joined the Barry community in 1999, after two seasons as the head basketball coach at St. Thomas University. During his tenure, he led the team to numerous wins over many tough National Association of Intercollegiate Athletics and Division I and II teams.

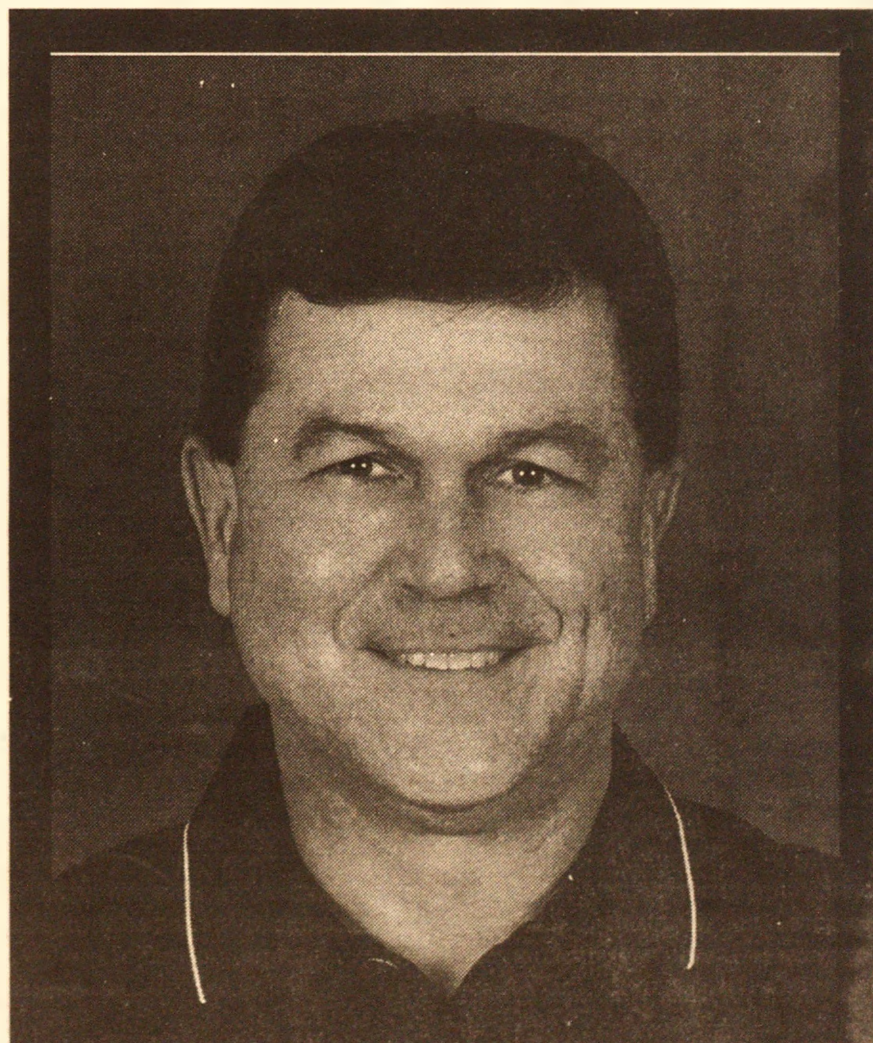
Before coaching at St. Thomas, Sullivan was successful at Miami Dade Community College, where he received honors such as Southern Conference Coach of the Year after leading his team to the quarterfinals of the Florida Community College National Junior College Athletic Association Region

VIII tournament. While at MDCC, he had the pleasure of coaching such players as Charles Gitonga Maina, who played Saleh in the 1994 film *The Air Up There* starring Kevin Bacon.

Sullivan's coaching experience extends deeper into amateur athletics. For 15 seasons, he was extremely successful in coaching the boys' basketball team at Coral Gables High School. During that time, Sullivan led Coral Gables to four district titles, three district runner-ups and a sub-regional championship, snatching numerous honors, including Miami New Coach of the Year, for his own role in the team's string of victories.

Sullivan's versatility was also recognized in 2005, when he received the Dade County Girls Golf Coach of the Year award by the *Miami Herald* for leading Coral Gables girls' golf team to numerous district and regional titles.

Sullivan has been coaching for 27 years at many different levels; however, this is his first time coaching collegiate women's basketball. He is excited about the new position and team. Sullivan praised the tremendous work ethic of the women's basketball team. He said, "I hope all the students will come and check us out. I think they are going to like what they see."



After leading the Men's Basketball team, Sullivan makes a switch to lead the Women's team to another solid season.
Photo by: JC Ridley

CALENDAR OF EVENTS NOVEMBER

1

CAB Game Night

2

Trip to Camillus House

3

4

New World Symphony: Baroque Extravagance @ Lincoln Theatre, 8 PM

5

South Florida Youth Symphony @ Julius Littman Theatre, 4 PM
Full Moon Kayak Tour, call 305/865-4147 for more info

6

7

Diabetes Screening

8

Austrian Art Exhibit opens at the Bass Museum of Art
Trip to Camillus House

9

Miami Beach Sport & Fitness Festival, at Lummus Park begins, ends 11/12

10

SoBe *Wonderland*: a musical comedy, at the Miami Beach Botanical Gardens, 8 PM
2006 NPC Body Building Championships @ Jackie Gleason Theatre

11

Lincoln Road Walking Tour at 10:30 AM
Celebrating the Wolfsonian's 11th Anniversary at 11 AM, FREE!
Rock Climbing Trip

12

Lincoln Road Outdoor Antiques & Collectibles Market
Seraphic Fire: Stars- Chamber Choir @ Miami Beach Comm. Church, 7:30 PM

13

International Education Week Starts
International Student Career Day

14

Founder's Day

15

CAB Game Night
Commuter Affairs
Snack Attack

16

Jewish Museum of Florida Film- *Sallah* @ 7:30 PM, \$6
Barry Pride Day! Events from 11:30 AM to 1:30 PM
Fiji Fashion Show @ MOCA

17

Ronald K. Brown's play *Evidence* @ the Colony Theatre, 8 PM
The 7th Annual Cultural Extravaganza
Great American Smokeout

18

Grand Ballet Folklorico de Mexico @ the Jackie Gleason Theatre, 8 PM
Men's & Women's Basketball vs. Puerto Rico-Cayey, 2 & 4 PM

19

Scooby Doo Live on Stage! @ the Jackie Gleason Theatre, 3 PM and 6 PM

20

White Party Week, benefitting the fight against HIV/AIDS, launches events all over Miami-Dade

21

22

23

24

Skanksgiving Ska Fest @ Indie Underground, beginning at 3 PM

25

"We'll Make a Lover of You" Lowbrow art exhibition opens at the Art Center of South Florida

NO SCHOOL
Happy Thanksgiving!

26

Lincoln Road Outdoor Antiques & Collectibles Market

27

28

CAB Movie Night

29

30

CAB Local Lounge
Christmas Tree Lighting @ 7 PM

Know something that's going on?
We'd like to know too!
Submit local events to our calendar!

P. 12

Music on Campus Has More to Offer Than You Know

By Joe Boyer
Staff Writer
BoyerJ@bucmail.barry.edu

Many students ask the question: Why do I have to take these dumb liberal arts classes? Fulfilling a liberal arts requirement goes beyond providing a well-rounded education. It provides an opportunity to taste the act of artistic creation or of performing collaboratively in an ensemble. Taking part in such acts can change your life forever. The chair of the Department of Fine Arts here at Barry University, Stephen Althouse, is living proof of the difference that art makes in everyday life. As an undergraduate, Althouse had frequently changed majors before taking an art class to satisfy a general education requirement. It was the first class that really held my complete attention claims Althouse, and so, I became an art major.

Some students relish art. To them, Barry cannot offer enough access to the arts. The Barry University Department of Fine Arts thrives on this very collection of students. Without interest from students willing to be instructed, the instructors might as well pack their bags. Such was the case from the 1980s up until the mid-90s. In that roughly 15-year period, there wasn't any music being offered at Barry University.

But in 1996, the school hired Dr. Giselle Rios, to give voice instruction. To fulfill the need for a qualified accompanying pianist, Rios recruited Dr. Alan Mason. Rios and Mason began by offering the occasional music class as an elective. After only a couple of years, the electives have grown into a degree program. Now, Barry University offers a bachelor of music degree in performance, musical theatre, and the newly added specialization in sacred music.

But music at Barry University is not yet a full-fledged department. (Some larger universities have entire colleges devoted to music.) It is only a specialized unit within the Department of Fine Arts. It has its own official university chorale comprised of students, faculty, and community residents. The university encourages participation in the chorale and other performances from all students, not just the music majors.

But to ensure that the attitudes and dedication of the students are sound, they ask that students enroll in some form of courses in the music department. The courses are usually formatted as a private, one-on-one lesson between a student and a professor, crafting the student's ability in his or her instrument of choice. This shouldn't deter the more casual musicians on campus. Formal music classes offer great opportunities for musical maturation and serve as regimented practice time for the student's inclusion in university performances.

Mason describes the nature of teaching music at Barry University: There is no expectation for degree of accomplishment or proficiency. Every student brings to the music lesson the amount of effort and energy that they can. A music student at Barry University, Susie Sutherland, affirmed Mason's teaching principle: He provides an encouragement, no matter where you are [in level of ability], to progress and believe in yourself. This isn't to say that a music course is a easy to just pass. There may not be an expectation of musical proficiency, but there is an expectation of attitude.

In addition to performing in the university chorale and musical theater performances, students are encouraged to start their own music groups. With the

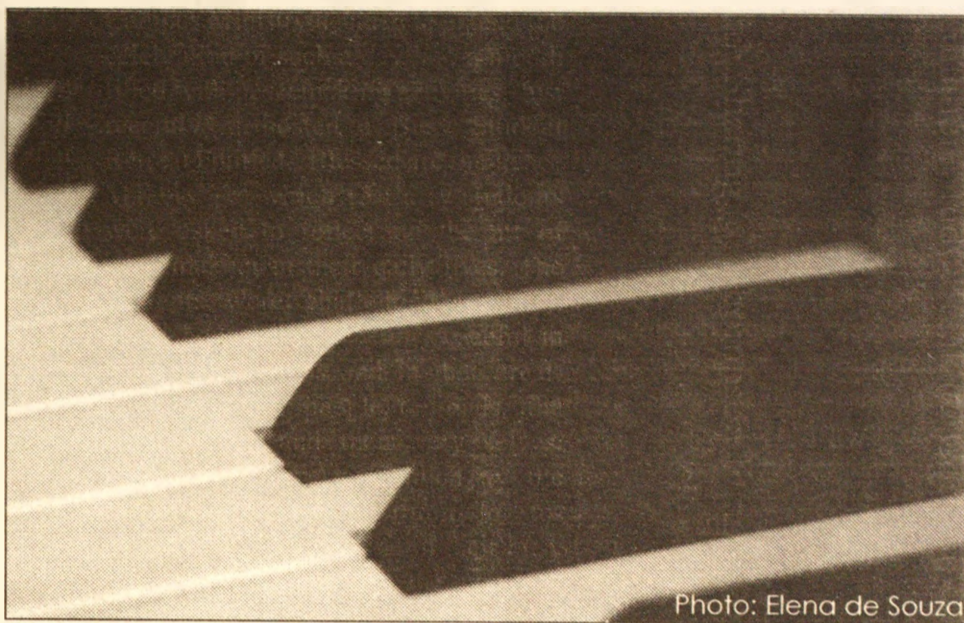


Photo: Elena de Souza

names of ten eager participants, students can apply for student club status. Such organizations include the already formed gospel choir and jazz vocal group, as well as the upstart jazz instrumental group.

All three groups are currently looking for student participation and support. The gospel choir is in search of instrumental musicians, especially some brass and woodwind players. Also, this semester they are vying for classroom status from the Department of Fine Arts, which means that the gospel choir would become an elective available to all students on campus. This status would aid the group in a number of ways: First, it would help resolve their issues of finding regular practice time and rehearsal space. Second, it would increase the visibility of the group to all students willing to participate. The head of the gospel choir, Patrick Eustache, a junior at Barry, has a vision of increased visibility and participation in the group:

We're trying to become a full-grown ministry on campus, not just a singing group or student club. For example, you have an organized mass on campus, and they do outreach, and they talk to stu-

dents. We're coming at it from a gospel sense.

Another student group, the jazz instrumental group is in its infancy, even pregnancy. They are currently looking for ten people to sign-up and initiate a student club, which actually can be harder than gaining classroom status. Dr. Beverly Coulter, Director of Opera and Musical Theatre at Barry University, assures us that placing an instructor to teach a class is very easy to do.

Clearly, there is enough interest in music at Barry University to continue nurturing the young program for years to come. But due to the school's size and the program's infancy, there aren't a wealth of musical groups available in which students can participate.

If you have an interest in a specific organization, and the organization doesn't exist, take the initiative to actually create it. Some students avoid apathy and take the initiative to create the opportunities that hadn't existed before. Wouldn't you like to be one of those students?

Miami Book Fair International Brings Literature to Life

By Shanel Solomon
Staff Writer
SolomonS@bucmail.barry.edu

All around are people gathering, discussing, reading and listening. They are connected by one passion: their love for books. This is the atmosphere that the Miami Book Fair International tries to provoke in its visitors. The book fair is held at the Miami Dade College Wolfson campus, and the 2006 event runs from the week of November 12-19, has many attractions for persons of all interests.

In 1984, Books by the Bay was founded. It was a way for people to get together and enjoy the literary arts. Today Books by the Bay is known as Miami Book Fair International, and is the largest book fair of its kind in Miami. The Florida Center for the Literary Arts at Miami Dade College, founded in 2001, coordinates the book fair, and also hosts year-round literary events, such as writing workshops and other literary programs.



The fair has many exhibits. Parents interested in igniting a spark of interest in literature within their children can visit Children's Alley. Interactive activities such as arts, crafts, and storytelling involve children in the celebration and exploration of books.

Those who are interested in experiencing other cultures would enjoy the International Pavilion. There you would be introduced to countries all over the world through their literature, fine arts, culture, wines, and traditions.

The Street Fair, on the weekend of Nov. 17-19, features more than 200 merchants with representatives from the top publishing houses, scholarly presses, foreign book publishers, and bargain-book sellers. This is a great opportunity to get novels by your favorite authors at discounted rates.

If you're interested in collectable items, from historical books to antiquated sheet music, then the Antiquarian Annex is the place for you. The Annex is stocked with historic handmade vol-

umes, circus posters, antique maps and prints, and even original manuscripts and signed first editions.

The Congress of Authors, are held every day during the event. The fair is presenting more than 300 authors. In the evenings, authors will present their works during the week of November 12-17. The weekend presentations are held during the day, authors will be presenting all day Saturday and Sunday on November 18 and 19 at the Miami Dade College Wolfson campus. Some of the featured authors are Edward P. Jones, winner of the Pulitzer Prize for his novel *The Known World*, and also Pulitzer Prize winner Richard Ford. The authors will read from their books and take questions from the audience. In live interviews, important literary figures share their writing techniques and experiences in the field. For people interested in publishing, this is a great way to get an insider peek at things you may experience in the future.

For more information on the fair, go to www.miamibookfair.com or call (305) 237-3940.

Barry Food Services Responds to Student Complaints

(Continued from page 3)

The Buc-Stop and The Grill 155 also offer a variety of specials; however, those venues are not open on the weekends. This leaves students with the option of the cafeteria, and only the cafeteria. The issue here, which is often raised, is that the caf is only open from 11 a.m. until 2 p.m. and 5 p.m. to 7 p.m. on the weekends. There is no late-night dining. Many students complain that on Sundays, they would like to get a coffee while studying, or just a late-night snack, but are unable to because of the food service's limited hours.

In response to the requests for more healthy food, Sierralta says, "In addition to our rotating menu selections, we offer the following selections on a daily basis: fresh fruit

(grapefruit, banana, green and red apples), low-fat cottage cheese, low-fat yogurt, cereal, skim milk, soy milk, egg whites, egg beaters, boiled eggs, full salad bar, veggie burgers, full deli station, etc.

In response to the third comment, it seems that, as stated above, there is a wide variety of food that students can choose from. Pierre and Jackie noted that flexible meal plans enable students to choose to limit themselves strictly to the caf, or to eat at all of the food venues on campus. Although this is true, with the limited hours of both the Buc-

Stop and the Grill 155, especially on the weekends, I find this to still be limiting.

If you just don't buy any of this, look into it yourself. Sodexho, the provider of food services for Barry and many other universities, institutions and prisons around the country, maintains its own website, www.sodexhousa.com, which includes a section on the Sodexho website pertaining to comments and suggestions from students, like you. The company also sponsors the website www.balancemind-bodysoul.com, which provides nutritional information and other tips on how to maintain a healthy lifestyle. The nutritional details about the food and

achs. She added that Sodexho assures proper food preparation by taking the temperature of all the food to ensure it has been cooked properly.

The second concern of students was that the Sodexho meal plan at Barry was the same as what the company serves in many of the county jails. McGlone responded that Sodexho has many different accounts, including jails, school, businesses, and hospitals, but each account is operated entirely separately.

Sierralta says that he enjoys hearing from everyone on what they think about the food so he can try to satisfy them. He suggested that students participate

yes, that includes the food plan. After speaking to Sierralta and McGlone, I see that given their budget constraints, they do actually try to meet students needs with the food. Still, I am not impressed all the time with the taste of the food. Sometimes I find it to be very salty, and hard to digest. Growing up in an Irish family, I became used to bland food, and the spices used by Sodexho do not sit well with my stomach. I feel like a 60-year-old woman getting heartburn, but that is what the food does to me sometimes. McGlone acknowledged that the spices could be why some people's stomachs do get upset after meals at Barry. Another student suggested that the food is cooked in fat, but that is difficult to confirm.

In the end, some issues are just obvious, and that includes the fact that there is no reason why the Buc-Stop and the Grille should not be open on the weekends. Sure, the Buc-Stop is open in the morning on Saturdays, but why can't it be open later, especially on Sundays? Sunday is when students are doing homework and get hungry, while Saturday they are more likely to be off-campus doing their own thing.

Whether you want to eat later or better, nothing will change unless you voice your opinions. We, the students, have the right to a healthier lifestyle, and that includes our diet.

Please send any responses to this article to JabbourA@bucmail.barry.edu.

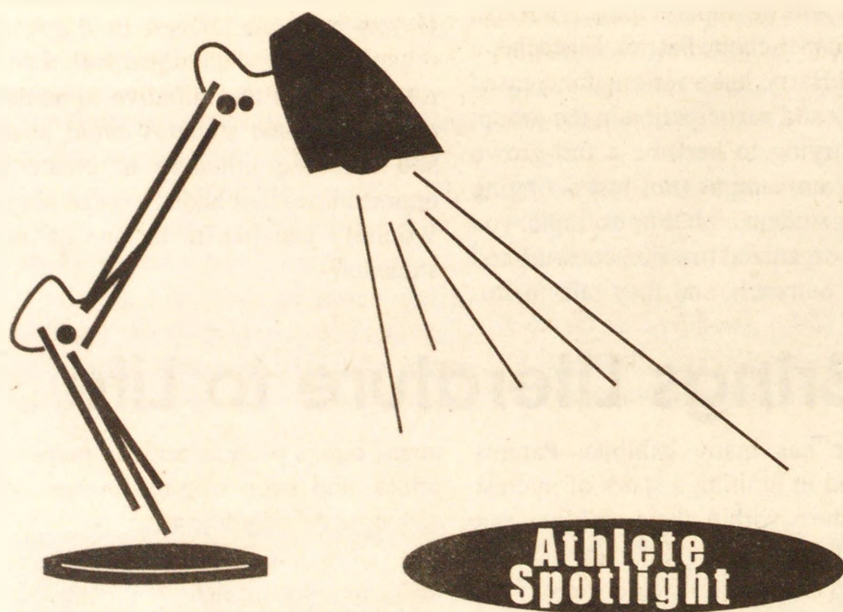
There is no reason why the Buc-Stop and Grille should not be open on the weekends.

beverages served at Einstein's and Starbucks can be found at www.einsteinbros.com and www.starbucks.com. In an attempt at rumor control, I spoke to McGlone about two issues that often arise in conversation. The first is that the cafeteria food makes students sick. There have even been rumors of laxatives mixed into the food. McGlone responded to this by explaining that if people were getting sick, it could be the way they react to something in the food, or it could be a germ. A lot of students haven't eaten the spices and ingredients used in the food before, and perhaps those might not agree with their stom-

on the Food Service Advisory Committee. McGlone also noted other avenues for giving input: Students are welcome to speak to her, fill out the comment cards in the cafeteria, or approach any of the representatives who serve on the Dining Services Advisory Committee. As we transition with a new management team in dining services, we look forward to the opportunity to having some dialogue, McGlone said.

What students need to keep in mind is that we are paying for our education and all the amenities on campus, and

Q & A with English Soccer Sensation Henry Apaloo



(Continued from page 8)

up in England, usually people are born and their parents throw a ball at their feet. That wasn't the case with me, but as soon as I started playing, it was like a drug, it was so addictive. I'm sure any athlete in their sport you love it and you just want to be around it all the time.

Buccaneer: What is the source of your soccer talent?

Apaloo: I really don't know, to be honest, because my dad was a track athlete

when he was younger and he wanted me to join track. My mom didn't play sports. No one else in my family played, so I think it was just the influence from my friends around me. They played, so I kind of just followed and wanted to play with them. I just improved by watching them and playing with them, and watching other people.

Buccaneer: What is your first soccer memory?

Apaloo: The first game I ever played

in, I was a substitute and I had never played before. And the first thing I remember was putting on my jersey, which was number 14 and that's why I still wear it. I've worn it all my life.

Buccaneer: What do you enjoy off the field?

Apaloo: Off the field, I'm like any normal person. I like to relax, listen to music, hang out with my friends, and go out. I'm not a big partier, but I'm not going to say I don't like to go out. But mainly I'm a normal person, same as most people.

Buccaneer: Who were your sports heroes growing up?

Apaloo: You probably won't recognize the names, because they're all English soccer players, but there's one guy who played for a team called Arsenal. His name is Ian Wright. He was my hero growing up. Recently, people like David Beckham and another guy called Alan Shearer. Those guys are pretty big in England in terms of soccer, so I wanted to be more like them.

Buccaneer: What's the greatest feeling you have ever had on the soccer field?

Apaloo: When I was younger, I used to play for some of the youth teams in England, and winning what's probably the equivalent of the state finals here. I

was fortunate enough to score the winning goal. It was quite an adrenaline rush, because it was the last minute in the game, and it was tied. It was one of those dream scenarios when you score the winning goal and the game is done. That's my best soccer moment so far.

Buccaneer: What were your first impressions of the States?

Apaloo: I love the States. I came here three years in a row with our club team in England, we came to play in tournaments in the States, and I loved the States. Living here the first couple semesters, it was hard to adjust cause I missed my family and my friends and stuff, but once I got settled I like it here. The people are friendly, it's a nice lifestyle and especially the weather. I love the weather in Miami.

Buccaneer: How do the soccer fans here live up to those in England. You can be honest.

Apaloo: Honestly, it's different, because obviously in England, soccer is the first and biggest sport, so the crowds are more passionate. You have more people coming to the games in England. Whereas here, some people are passionate about the game, but there's not as many people that come to the games that are interested.

SCHOLARSHIP ANNOUNCEMENT

goldwater scholarship

for 2007-2008 school year

The Goldwater Scholarship is awarded to mathematics, natural sciences, and engineering students who will be juniors and seniors during the 2007-2008 school year. These students must be U.S. citizens or permanent residents who has at least a B average and in the upper 25% of their class. The deadline is Jan. 15, 2007. For more information, go to <http://mcs-cmarinas.barry.edu/net/goldwater.htm> or contact Dr. Carol A. Marnas at (305) 899-3617.

Beauty: As Seen on "Reality" TV

By Nadege Charles
Staff Writer
AlpizarG@bucmail.barry.edu

My nose is too big. I need bigger breasts. My lips could stand to be a little fuller. I wish I had a butt like J-Lo. My stomach needs to be a lot flatter. I hate the way my ears stick out. —Dorothy

How many of us are guilty of looking in the mirror and not liking the image staring back? I am not afraid to admit it: I am. Self-image and self-hate are hot topics for women, who have struggled for centuries, and are still struggling, in search of that perfect look. Historically women have gone to great lengths to alter their physical appearance, often at the sake of their health. More recently, plastic surgery has become a more culturally accepted method to achieve perfection. Of course, people have different reasons for getting plastic surgery, but the main underlying theme is the quest for beauty.

Reality television programs such as *The Swan* and *Extreme Makeover* operate under the premise that they will make their contestants perfect. Each candidate will have their looks altered completely through the skills of a team of plastic surgeons. At the end of it all, these ugly ducklings will be transformed into beautiful swans. Both of these programs attempt to accomplish what women have been yearning for perfection.

On the surface, *The Swan* and *Extreme Makeover* may seem completely harmless, but these programs capitalize on the exploitation and humiliation of women. They audition contestants and, with a team of trained therapists, try to find the candidates with the most severe psychological issues. In the end, those with the real problems are picked, and their very real issues are turned into entertainment.

The new wave of plastic surgery reality television is a serious cause for concern, says Dr. Rod Rohrich, president of The American Society of Plastic Surgeons (ASPS). Some patients on these shows have unrealistic, and frankly, unhealthy expectations about what plastic surgery can do for them.

Despite the problem with this sort of humiliation as entertainment, viewers are tuning in at record amounts, especially women. Perhaps watching other women admit they are hideous makes us feel better

about ourselves. Or maybe their stories inspire others like them to take that leap of faith into a plastic surgeon's arms. In order for these shows to be so wildly popular, they need an audience and from the look of the ratings, they have found one.

Deleese Williams, a contestant on *Extreme Makeover*, wrote in her application, I have been made fun of my whole life. What was supposed to be her dream makeover became a nightmare. Deleese's husband and sister were goaded by producers to make hurtful comments about how ugly they found her. Production time limits caused Deleese to be dropped from the show before she could get a makeover, but the comments her family made were etched in her brain forever. Her marriage fell apart and her sister committed suicide from guilt. Since then, Deleese has sued ABC for intentional infliction of emotional stress, among other complaints.

This is just one example of how the production companies set out to make their money. They pit family members against one another to create drama and entertainment, but once the cameras stop rolling, those words can't be taken back. The creators of these shows are not worried about the moral and ethical implications of their actions; their main concern is money, and they make money every time you tune in.

At the end of each season, *The Swan* invites contestants to take part in a beauty pageant in which they crown the ultimate swan. This parody of a pageant is disturbingly offensive and delusive. It makes no sense to put these women through months of painful surgery to announce a winner. What happens to the

losers? Granted many people will say this is just entertainment, but it's very real for contestants like Deleese. After the cameras stop rolling, the contestants have to face their problems, just as we do in real life. You should not feel desensitized because the drama is unfolding on your TV screen, because these are very real people.

Extreme Makeover and *The Swan* are no longer airing, but there are other shows that operate under the same premise. I admit that I have watched both *The Swan* and *Extreme Makeover* and was completely taken aback, not only as a woman, but as a human being. The idea that this is just entertainment does not sit well with me. Major networks are willing to turn family members against the contestants and tear down their already fragile states of mind. The next time you flip through the channels and allow yourself to be entertained by the humiliation of someone else ask yourself, Why?



Photo: Phil Beard

Photo: L. Mendonça

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