



UHD Powerlifting Team takes second place at world meet

LUCHA MORALES

Managing Editor

The University of Houston-Downtown's (UHD) Powerlifting Team took second place at The World Association of Benchers and Deadlifters (WABDL) championships, making this the fourth consecutive win for the team.

The team was the highest placing collegiate team in the history of WABDL. Also, with a total of 284 out of 300 possible points, the UHD Powerlifting Team finished with the highest points ever since 2009. Dr. John Hudson, Assistant Professor of the Department of English and head coach for the team, feels the win and the team's performance was due to team effort.

Ten members of the team went to the meet. Roughly, 500 lifters were entered in the championship. UHD beat out 13 other teams including Brazil, Finland, Nevada and Hawaii. The meet, which is held in Reno, NV, is broken up into divisions by age: Teen Division includes lifters age 18-19, the Junior Division with lifters ages 21-25, and a Masters division with lifters ages 26 and up.

According to Hudson, there are more competitors in the Teen and Junior Divisions, thus making for fiercer competition.

It is highly unusual for a collegiate team such as UHD's Powerlifting Team to compete and place so highly in the WABDL World Championship.

Some of the individual results include:

Antonio Moreno, who placed first in the Junior Division, making a Texas State



Kneeling left to right: Petra Villegas, Briana Villarreal, Antonio Moreno Standing: Timothy Ward, Coach Hudson, Waldo Villarreal, Imaray Rojas, John Kimble, Rachael Richey, Chasitee Thompson, Andrew Brooks, Carlos Mata, Ilian Rojas. Courtesy photo.

Junior and Collegiate record by benching 282.1 lbs.

Briana Villarreal, taking first place in the Teen Division by benching 154.2 lbs.

Rachael Richey, taking first place in the Junior Division and making a Junior World and National Record, as well as a Texas State Junior record by benching 226.8 lbs.

Timothy Ward placing first in the Teen Division and making a Texas State Teen 18-19 and Collegiate Record by deadlifting 612.8 lbs.

Chasitee Thompson placed first in the Teen Division and making a National Col-

legiate Record, a Texas State Teen 18-19 and Collegiate Record, and Best Lifter, Teen 18-19 Women by deadlifting 303 lbs.

Hudson is very proud of the team and believes powerlifting offers students the chance to learn some valuable lessons.

"It [powerlifting] provides a sense of discipline, teaches good work habits and teaches goal setting," said Hudson.

The team was started in 2007 by Coach Hudson and has since placed in championships consecutively over the last three years. In Houston, the team has beaten out colleges such as Texas Southern Univer-

sity, and competed against world teams and competitors. Last Spring, UHD hosted the National High School meet.

The team is looking forward to the next championship hosted by the United States of America Powerlifting Organization (US-APL) scheduled in the Spring. The team will be competing against colleges such as Texas A&M and the University of Texas.

Coach Hudson is always recruiting and interested students can log on to <http://www.uhd.edu/sportsandfitness/clubsports/powerlifting/>.

Buzz auction to benefit Houston Food Bank

AARON STOMMEL

Staff Writer

Starting Nov. 14, Houston radio station 94.5 The Buzz and the Rod Ryan Show, will begin Drumsticks for Drumsticks, an online auction of drumsticks signed by celebrities with proceeds benefiting the Houston Food Bank.

Throughout the year different musicians, comedians, sports players and other celebrities that visit Houston or guests on the radio show are asked to autograph drumsticks. Each autographed drumstick is then auctioned off through The Rod Ryan Show Cares Website.

Rod Ryan, the host of the morning show, started Drumsticks for Drumsticks to help feed the hungry during the holiday season.

"[We] wanted to do something for people

that may be hungry around the holidays. It's a time when many of us are sitting around tables full of food, so I thought why not take advantage of all the artists/stars we come in contact with thru the year, and get them to sign drumsticks," said Ryan.

Past contributing celebrities include Texans quarterback Matt Schaub, comedian Carlos Mencia and the band Switchfoot. Last year over \$13,000 was raised for the Houston Food Bank through the Drumsticks for Drumsticks fundraiser.

Some of the 100 drumsticks auctioned this year will include "...everything from Texans players, Kevin Walter, Eric Winston, Owen Daniels, Arian Foster, comedians Ralphie May, Bob Saget, and Carlos Mencia, WWE and UFC stars Mark Henry and Frankie Edgar to music acts Bush, Staind, POD, Chevelle, 10 Years, Stone Sour and Sports stars Nolan Ryan and Ray Childress to name just



The Rod Ryan Morning Show Crew. Courtesy Photo.

a few," said Ryan.

Those who want to bid on drumsticks can do so by visiting the show's Website

at <http://www.rodryan.thebuzz.com> after the announcement has been made on the morning show.

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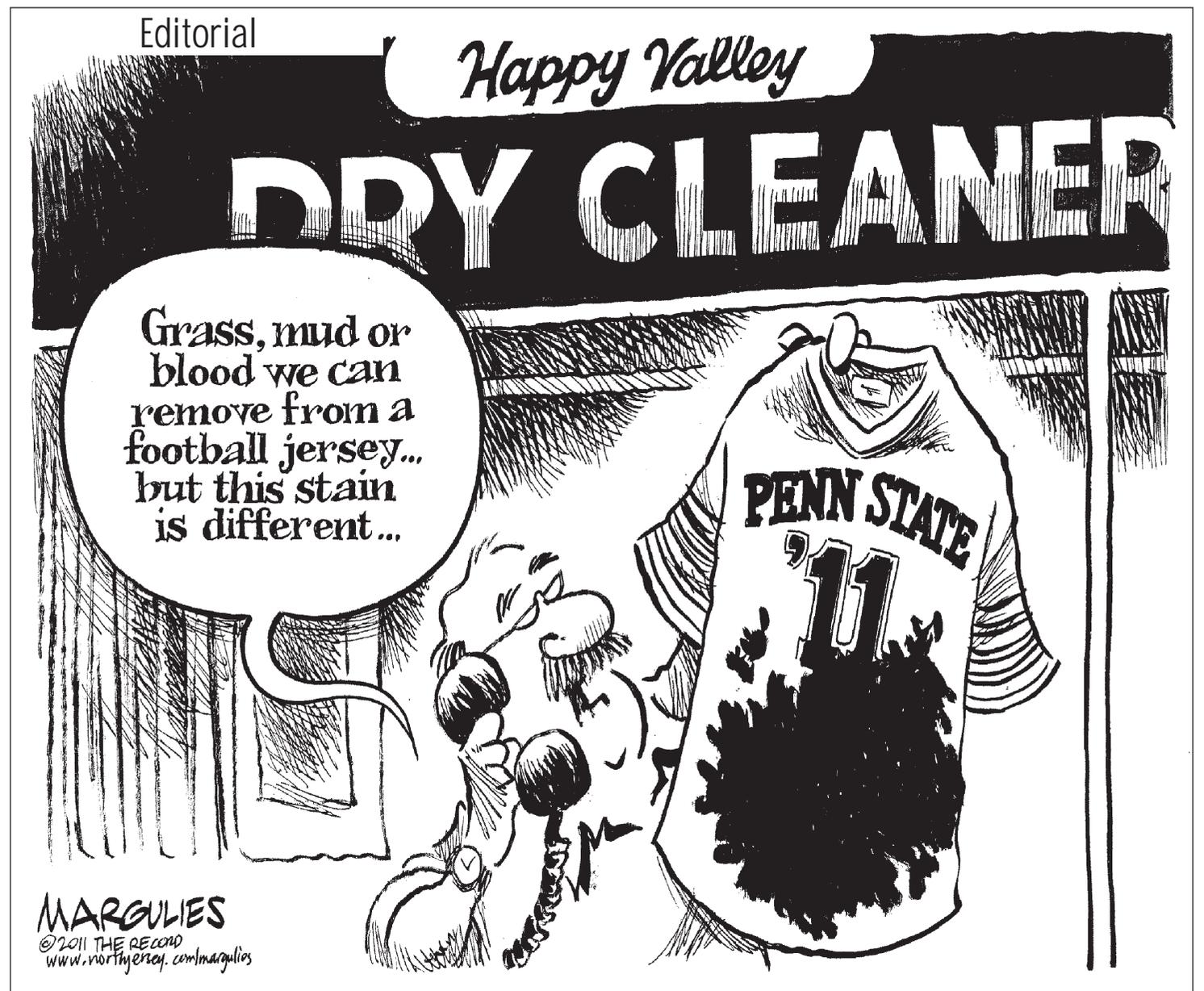
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Editorial

Happy Valley



What happened to dating?



Ali Fazal

Staff Columnist

With the holidays coming, it is expected that singles all over the world do not want to face ghastly holiday parties and family gatherings alone, so instead they are turning to online dating services to meet people.

Over the past few months I've noticed an alarming trend. Several of my good friends, both male and female, have been absolutely desperate to get into a relationship.

Yet, instead of delightful Katherine Heigl-esque meets 'cute we both reached for the last organic pear and it was love at first sight supermarket guy', people of our generation seem to be taking the easy way out when it comes to finding a mate.

I don't know whether our generation is just lazy or if we're just burned out on spending Saturday nights alone with Häagen-Dazs and *Friends* reruns, but I have to ask, what happened to good old-fashioned dating?

The main trend which I've observed is the recent surge in online dating, with several of my friends actually finding potential valentines out in cyberspace. I may be tragically behind, but what happened to the stigma?

Last I remembered, online dating was a haven for tragic spinsters and cat ladies.

Now, every trendy hipster worth his Ray-Bans seems to have an OkCupid account. When I questioned friends about this phenomenon, I got two very diverse, but equally intriguing responses for why online dating has become the new normal.

The first friend, a gay male, jumped onto the bandwagon because it was easier than dealing with the bar scene for casual hookups.

"I'm about to go off to grad school in a different state," he told me, "so trolling OkCupid for a casual date is way easier and more efficient than making awkward eye contact at a bar."

For my friend, online dating allows a hookup to be just that, without the awkwardness of running into each other again at the gym a week after their one-night stand.

I have to give props to those looking for a simple good time with no strings attached, and it seems like online dating is the easiest way to get expectations across without any hurt feelings and passive aggressive behavior.

Another friend, a gorgeous straight female, had a totally different view.

"It's so much easier than being set up or meeting randomly because I have all their info in front of me. There are no surprises,"

she said.

For independent career-oriented women like my friend (who has a busy work-week as a translator), I can see how the somewhat open nature of online dating is appealing. After all, when the cards are all laid out, you can make decisions easily.

As much as I've viewed all my friends' successes with happiness (and let's be honest, a little shock), there's no denying that online dating brings with it a whole new set of pitfalls that sexy singles need to beware of.

The main concern for me is that online dating is making it too easy to write someone off without giving them a fair shot. The complex algorithms that most modern dating sites use can eliminate potential matches based on the most trivial of criteria.

At the end of the day, everyone wants to feel loved and wanted, at least on some level. I don't know if I'm ready to give up on old-fashioned dating yet, since there's something familiar about building a rapport with a total stranger over dinner or drinks. I'm not sure if I want to know about my date's favorite movies and pet peeves before I get a chance to discover those things the natural way.

Either way, one thing is for certain, there is no way in hell I'm going to the *Dateline-Downtown* holiday party alone.

Harold and Kumar take Christmas in 3D

Whitney Barrett

Staff Writer

The holidays are rolling in and Hollywood is already releasing Christmas themed films, but one film's unexpected Christmas theme will keep you entertained and wondering how much your Christmas tree means to you.

"A Very Harold & Kumar 3D Christmas", Jon Hurwitz and Hayden Schlossberg's sequel to the 2008 film "Harold & Kumar Escape from Guantanamo Bay", is similar to the prequel and sequel but with a holiday twist and every bit as raunchy and random as the last two films.

There are a few hit-and-miss's in the film, but it is definitely original with the laughs. Besides the usual humor expected of the film, the audience gets to experience a sweeter side of the main characters, Harold Lee (John Cho), and Kumar Patel (Kal Penn).

The film opens with Kumar getting ready for the holidays by visiting Santa in the mall. The story then shifts to Harold, now a successful businessman who works at a popular company, going through a Christmas crisis with his in-laws. Harold is suddenly meeting his wife Maria's extended family at her Christmas party and has just learned the family has come to spend the holidays with the Lee family. Her father, Mr. Perez (Danny Trejo), demands that Harold make this Christmas extra special since it's a big thing to him, particularly the Christmas tree.

All in one night, the duo manages to perform on Broadway, get kidnapped and shoot Santa; just for the sake of getting the perfect



Harold and Kumar is not family-friendly, but good for a few laughs. Courtesy photo.

Christmas tree. Pointless? Irrelevant? Yes, but outlandish situations are Harold and Kumar's thing.

It's a random film, but at times has some good, funny moments. A wide overuse of drugs seems to be the theme, as in the previous prequel and sequel, but at least the filmmakers decide not to take things too far. The film is definitely not for the whole family to see, but nonetheless quite entertaining.

The overall 3D element actually played out pretty well in this film, as it was quite fitting. Eggs, beer pong ball, Bobby Lee's fingers, shards of glass and copious amounts of

pot smoke come to life in the theatre.

Definitely worth a watch if raunchy, lewd and crude is up your alley.

The smartphone takeover



Ali Fazal

Staff Columnist

Perhaps this is a result of my recent 24 marathoning (Thank you Netflix!), but I've recently become hyper-aware of the impact technology has in our daily lives, especially as students.

As I looked around in my classes this past week, I was astounded by the amount of time my peers spend on their smartphones during class. Sitting in the back row, I caught glimpses of my studious classmates engaged in activities ranging from a simple Words With Friends battle to using their front-facing camera to ensure that their 79th coat of mascara for the day was the one that really made their eyes pop.

What worries me most is whether professors are aware of these little digital interactions unfolding in front of their very eyes. Some of them might be reading this with shock on their faces, but I would wager that a majority of professors accept smartphone usage as a necessary evil. After all, how could they not know? Nobody actually

looks down at their crotch and smiles for no reason.

Despite regularly engaging in smartphone activity myself, I never feel like its distracted me from important points made in class, and sometimes, I'll use Wikipedia to actually help myself clarify some of the abstract things my professor is droning on about.

Yet I wonder, what was college like before iPhones and Androids took over our lives? True, my only basis for this is watching Sydney Poitier in *To Sir With Love* and an occasional episode of *Glee*, but shouldn't we be having passionate epiphanies about our hopes and dreams and breaking out in song?

Though I can't say my copious smartphone usage has cost me grades or the affections of my professors (you guys know you love me!), part of me longs for a simpler time, when school consisted solely of learning. Thus, I have decided to turn my smartphone off during classes and focus entirely on the material. That being said, my hours spent in the Dateline-Downtown office hold no such restrictions. So I know this article could be better researched and more in-depth, but oh well, I'm off to play Angry Birds.



Although Thanksgiving is not an official holiday in Mexico, many Mexican Americans celebrate Thanksgiving in America.

Thanksgiving food for Mexican Americans includes traditional American dishes along with some tasty side dishes and desserts. The main course includes turkey, which is marinated with chicken stock and butter, and is stuffed with some non-traditional stuffing. The stuffing includes some spicy sausage, cilantro (an herb yielded from the coriander plant), white onions, bell pepper and parsley.

Another staple is Mexican rice and a ham marinated with red wine and coke. The ham is garnished with traditional cherries and pineapples.

Among the desserts is bunuelos, a flour tortilla deep fried and sprinkled with cinnamon and sugar. Also, on the menu are tamales. These are usually made before or after Thanksgiving. It is traditional for the family to get together and make the tamales since it takes a whole day to prepare them.

One of the bigger holidays celebrated in Mexico is Christmas with celebrations starting on Dec. 2.



The crew from the Jersey Shore may not agree, but Italian Americans try to hold on to some of the western traditions when preparing the Thanksgiving meal.

Although a whole turkey is not fried, roasted or smoked, turkey breast stuffed with spinach and prosciutto (cured ham) is often served as the main dish. Of course there is pasta, usually a mushroom stuffed tortellini or ravioli, baked squash, mashed or baked potatoes are seasoned with rosemary and garlic in place of the American tradition of sweet potatoes. There are mounds and mounds of breads, olive salad and angel hair pasta seasoned with garlic, olive oil and fennel. But, as with any Thanksgiving feast, it is the dessert that makes the meal.

Without a doubt, tiramisu is the first dessert to be polished off - perhaps it is the brandy used to make the dessert - or maybe it is the light and airy texture that is such a crowd pleaser. Pumpkin cheesecake made with real ricotta cheese melts in your mouth, and does plenty damage to the waistline.

As with an American Thanksgiving, the family eats, watches football, eats, naps, eats... well, you get the picture.





iving
round
the Globe



Now I know that technically South Asians weren't directly involved in the first Thanksgiving, but given that Christopher Columbus totally screwed up by misidentifying Plymouth as India, I feel like our community has deep subconscious ties to the holiday as it stands today. Between the food and family time, South Asian folks never miss an opportunity to take off work and eat copious amounts of food.

To spice things up, South Asian families regularly indulge in a scrumptious Tandoori turkey, flavored with cumin, anise and mint to maintain the poultry's flavor while adding a burst of tang to suit the traditional South Asian palette. For side dishes, Aloo Gobi, a delicious potato/cauliflower hybrid has become popular to fill the traditional American sweet potato role. For dessert, Kheer, or rice pudding, is the go to for sweet teeth, while the more savory Gajar Ka Halwa, or carrot casserole, is my personal favorite since it's lightly sweetened and full of flavor.

Ultimately, the South Asian Thanksgiving experience boils down to family bonding. Whether it's crowding around the TV to watch the Filmfare Awards (India's version of the Academy Awards which generally airs around Thanksgiving) or spending the night trading gossip with loved ones, South Asian Thanksgivings blend the best of traditional and modern into a heartwarming (and delicious) package.



Thanksgiving is a varied event in many homes and in a household that encompasses Vietnamese people, both those born in Vietnam and those born in America, it can become very interesting.

There is the traditional turkey and mashed potatoes; however the turkey is usually marinated in a mixture of soy sauce, honey, and a variety of other spices. In addition to the traditional American Thanksgiving foods, there are also the traditional Vietnamese dishes such as spring rolls, fried rice and even some spicy gravy for the mashed potatoes. Vietnamese Americans also sometimes forego the turkey for chicken, fish or duck. The Vietnamese salad, which consists of pickled cabbage, carrots and an assortment of other vegetables, is also another favorite during the Thanksgiving feast.

In Vietnam, Thanksgiving is called the Mid-Autumn Festival. The festival is focused around children and includes arts, crafts and mooncakes (special treats made with sweet bean paste). Children light lanterns at dawn to represent their progress in education.

It just goes to show that no matter the customs, whatever food is on the table, and wherever Thanksgiving is celebrated it is a time for friends and family to come together and revel in each other's company.

King Crossword

ACROSS

- 1 Equine repast
- 4 Swear
- 8 Kitten's comment
- 12 Way back when
- 13 Chills and fever
- 14 Sandwich cookie
- 15 Aye canceler
- 16 Disneyland, e.g.
- 18 React to a pun
- 20 Mischievous tyke
- 21 "I taut I — puddy-tat!"
- 24 56-Across style
- 28 Roughly estimated
- 32 Mexican entree
- 33 "Eureka!"
- 34 Aid for a sore arm
- 36 Ultra-modernist
- 37 Soak up some rays
- 39 Texas city
- 41 Loathe
- 43 Bat a gnat
- 44 Existed
- 46 West Point newbie
- 50 Cartman's

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45		46		47	48	49	
50	51	52				53	54			55		
56					57					58		
59					60					61		

- signatory
- 7 Big rig
- 35 Large blackbird
- 56 Car
- 8 Tyke
- 38 Bow obsessively
- 57 Satan's specialty
- 9 Geological period
- 40 Bake sale org., maybe
- 58 Suitable
- 10 "— the fields we go ..."
- 42 Cheerleader's cry
- 59 Team of workers
- 11 Stir-fry pan
- 17 Type measures
- 19 Pac. counterpart
- 22 Forest (Ger.)
- 23 The Ram
- 25 Comical Carvey
- 49 London gallery
- 60 Relinquish
- 26 Computer brand
- 50 Pouch
- 61 Caustic solution
- 27 Cubbyhole
- 28 Rum cake
- 51 "— Town"
- 52 Multipurpose truck

DOWN

- 1 Suspend
- 2 Culture medium
- 3 Toy on a string
- 4 Quick snoozes
- 5 "That tastes awful"

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **V** equals **P**

OU L BQPLZ WLQ UOFAB LF
 LWQOIOQZ MD RKIDB AKOFX, O
 BEVVKBD OQ'B POXMQ EV MOB
 LRRDZ.

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CryptoQuote

AXYDLBAAXR
 is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

EWA NAAUT IMORD OWR
 BTZKWAIVINZTO'T EQMR
 EWQNR OWR BTZKWAIVINZTO
 QT IEIZ XRQVL
 BTZKWAIVINZCRJ? -
 TKIDDQOO IJIST

Weekly SUDOKU

by Linda Thistle

		7			2		5	
	9		5		4	8		
3				6				2
9		4	6					3
5				1			7	
	7				3	5		
2			7			4	9	
	1			2		6		
		5			1			8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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Just Like Cats & Dogs

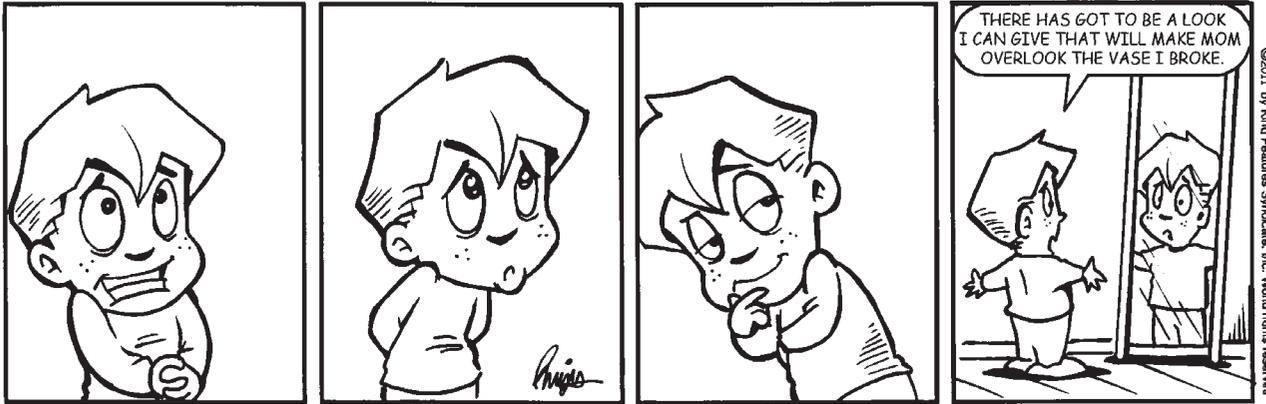
by Dave T. Phipps



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Amber Waves

by Dave T. Phipps



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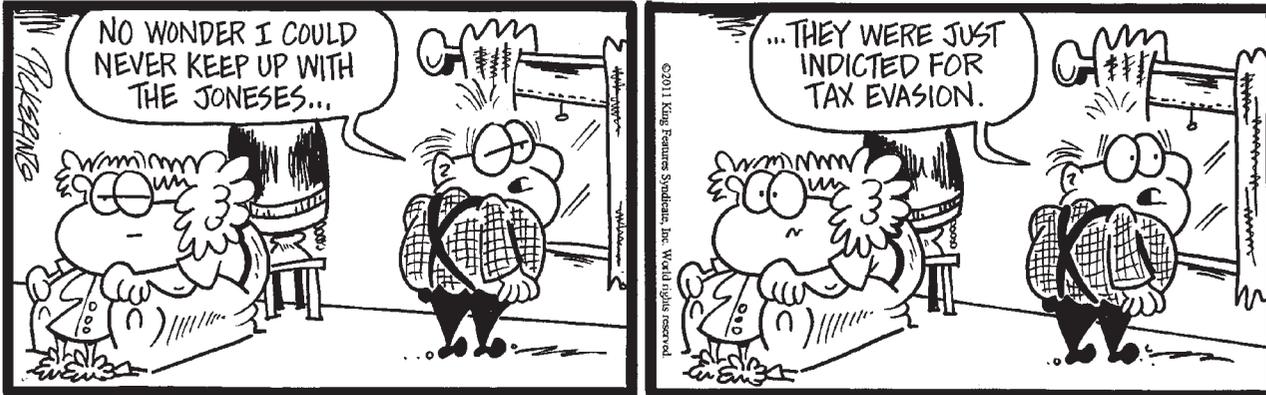
Walk one flight up...
 Or two flights down!

You'll burn calories
 and save time!

Be Kind to Elevators!

The Spats

by Jeff Pickering

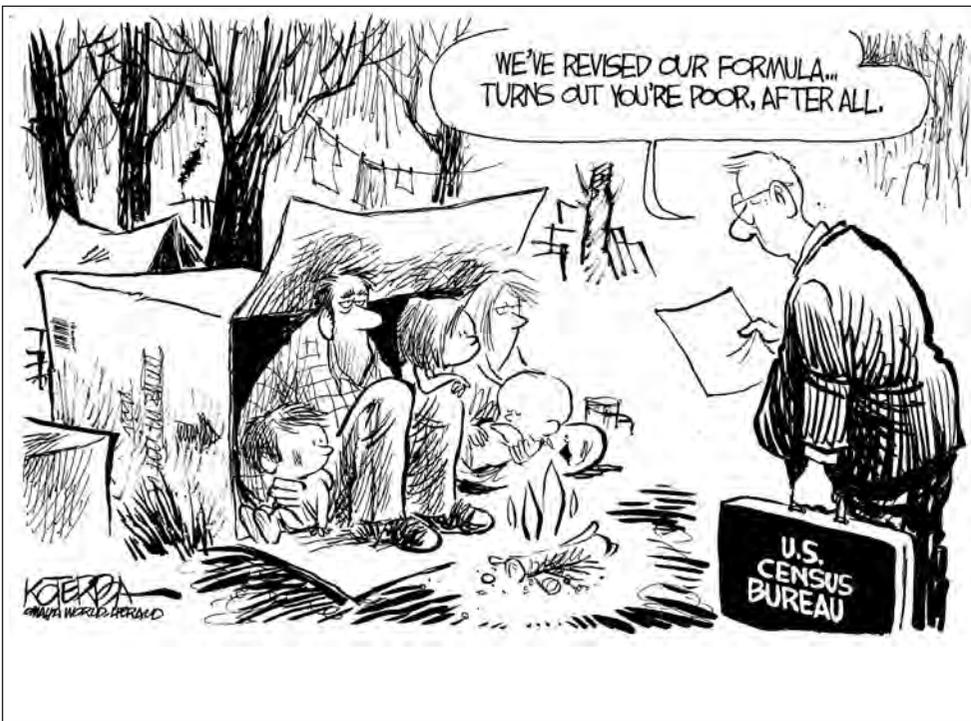


— **King Crossword** —
 Answers
 Solution time: 25 mins.

HAY	CUSS	M	EOW
AGO	AGUE	O	REO
NAY	THEME	P	ARK
GROAN	I	M	P
	TAWA	SE	DAN
BALL	PARK	T	ACO
AHA	SLING	N	EO
BASK	DEER	P	ARK
ABHOR	S	W	A
	WAS	C	ADET
SOUTH	PARK	U	SA
AUTO	E	VIL	A
CREW	C	E	D
		L	Y

— **Weekly SUDOKU** —
 Answer

1	4	7	9	8	2	3	5	6
6	9	2	5	3	4	8	1	7
3	5	8	1	6	7	9	4	2
9	2	4	6	7	5	1	8	3
5	3	6	8	1	9	2	7	4
8	7	1	2	4	3	5	6	9
2	8	3	7	5	6	4	9	1
7	1	9	4	2	8	6	3	5
4	6	5	3	9	1	7	2	8



CryptoQuip

answer

If a stray cat finds an activity he loves doing, I suppose it's right up his alley.

CryptoQuote

answer

Who looks after the psychoanalyst's wife while the psychoanalyst is away being psychoanalyzed? - Scarritt Adams

STRANGE BUT TRUE

by Samantha Weaver

- It was 18th-century German scientist Georg Christoph Lichtenberg who made the following sage observation: "Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together."

- "The Battle Hymn of the Republic" (popularly known by a line from the chorus, "Glory, glory hallelujah") was written by Julia Ward Howe in November of 1861 after the author made a trip to Washington, D.C., and reviewed Union troops near the city. The song was published the following February in The Atlantic Monthly magazine, earning Howe a grand total of \$4 for what was destined to become one of the most popular songs of the Civil War and a perennial American classic.

- When cartoon icon Bugs Bunny first appeared, in 1935, he was called "Happy Rabbit."

- If you're a cat owner, it probably will come as no surprise that cats spend approximately 80 percent of their time sleeping.

- Becoming a sports star is the dream of many young people, so you might think that someone who is signed to a professional baseball contract has it made. You'd be wrong, though; only one out of every 10 athletes who sign such a contract ever becomes a major-league ballplayer.

- You've certainly heard the old adage "lightning never strikes twice" but, strictly speaking, it's not true. Technically, lightning *always* strikes twice. Each lightning bolt is made up of multiple bolts that travel the same path and strike the same spot in swift succession.

Thought for the Day: "I've noticed that men generally leave married women alone and treat them with respect. It's too bad for married women. Men are always ready to respect someone who bores them. And if most married women, even the pretty ones, look so dull, it's because they're getting too much respect." -- Marilyn Monroe

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All American Thanksgiving Dinner

Deep-Fried Turkey

Ingredients:

3 gallons peanut oil for frying, or as needed
1 (12 pound) whole turkey, neck and giblets removed
1/4 cup Creole seasoning
1 white onion

Directions:

In a large stockpot or turkey fryer, heat oil to 400 degrees F (200 degrees C). Be sure to leave room for the turkey, or the oil will spill over.

Layer a large platter with food-safe paper bags.

Rinse turkey, and thoroughly pat dry with paper towels.

Rub Creole seasoning over turkey inside and out. Make sure the hole at the neck is open at least 2 inches so the oil can flow freely through the bird.

Place the whole onion and turkey in drain basket. The turkey should be placed in basket neck end first.

Slowly lower basket into hot oil to completely cover turkey. Maintain the temperature of the oil at 350 degrees F (175 degrees C), and cook turkey for 3 1/2 minutes per pound, about 45 minutes.

Carefully remove basket from oil, and drain turkey.

Insert a meat thermometer into the thickest part of the thigh; the internal temperature must be 180 degrees F (80 degrees C). Finish draining turkey on the prepared platter.



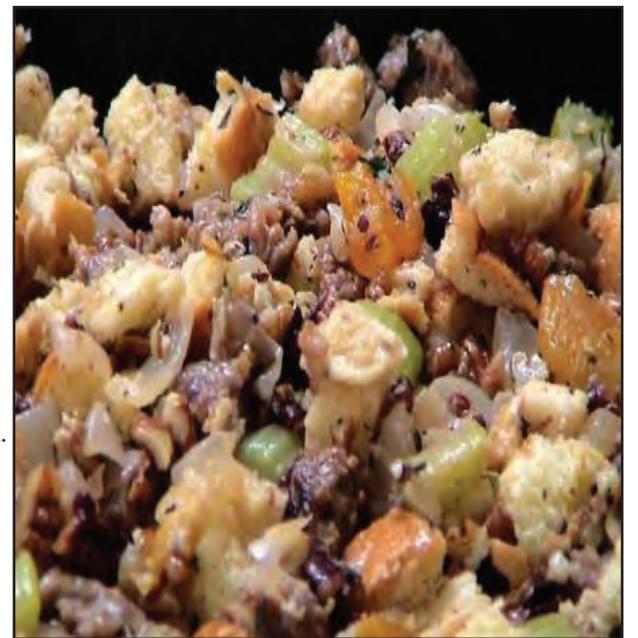
Savory and Spicy Thanksgiving Stuffing

Ingredients:

1 box Stove Top Stuffing Mix
1 can chicken stock (can also use turkey drippings!)
1 bell pepper
1 white onion
1 bunch cilantro
1 bunch parsley
1 bunch celery stock
1 roll of Jimmy Dean's Premium Pork Hot Sausage

Directions:

Chop up onion, bell pepper, cilantro, parsley and celery. Sauté onion, bell pepper and celery on stove top with butter. Add sausage to sautéed vegetables and brown until fully cooked. Add cilantro and parsley while sausage is cooking. Make Stove Top Stuffing according to directions. After stuffing is made, and in sautéed vegetables. Scoop out stuffing into 13 x 9 pan. Bake at 350 degrees in oven for 10 - 15 minutes or until top is browned.



Quick and Easy Pumpkin Pie

Ingredients:

3/4 cup sugar
1 1/2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1 can (15 oz) pumpkin (not pumpkin pie mix)
1 1/4 cups evaporated milk or half and half
2 eggs, beaten
1 defrosted frozen deep-dish pie crust

Place pie crust in pie dish.

Pour pumpkin filling ingredients into pie crust.

Bake 15 minutes. Reduce oven temperature to 350°F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool 2 hours.

Serve or refrigerate until serving time. Store in refrigerator.

Enjoy with whipped cream!

Directions:

Heat oven to 425°F. In large bowl, mix filling ingredients.

Ingredients:

2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon white sugar
1/4 cup onion, diced
1 cup sour cream
3 (14.5 ounce) cans French style green beans, drained
2 cups shredded Cheddar cheese
1/2 cup crumbled buttery round crackers
1 tablespoon butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Melt 2 tablespoons butter in

a large skillet over medium heat.

Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream.

Add green beans, and stir to coat.

Transfer the mixture to a 2 1/2 quart casserole dish. Spread shredded cheese over the top.

In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.

Bake for 30 minutes in the preheated oven, or until the top is golden and cheese is bubbly.

