

Our Campus and the Plastic Consumption Obsession

Bayan Rabbini Assistant Business Manager

We live in a world obsessed with consumption. The use of plastic to feed this consumption-obsession is something we cannot escape.

Being an organic, synthetic (and often semisynthetic) moldable material, plastic is valuable and useful to us.

Everything from components of vehicles, cell phones and computers, clothes, to kitchenware has some element of plastic in it. But how much plastic is too much?

Discounting plastic's other uses, in 2006 alone almost 1.3 million tons of plastic water bottles were produced; that's the equivalent of 50 million barrels of oil.

To make matters worse, over 75% of those bottles ended up in landfills.

Conservatively speaking, the average American purchases at minimum, 200 bottles of water a year. The Ian Somerhalder Foundation is looking to do something about this.

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(continued on page 2)



Janny Phung **Contributing Writer**

Can we interest you in TWO THOUSAND POUNDS of trash?

The University of Houston - Downtown's Student Government Association, Environmental Club, and Geology Clubs hosted a neighborhood cleanup on Saturday, November 10, in the area surrounding the University of Houston - Downtown campus.

This event was part of the University of Houston - Downtown's effort to maintain healthy waters in our bayous. Our goal was to collect 1,000 pounds of trash and recyclables. Professors, including Dr. Brad Hoge and Dr. David Lang were also on hand to give credit to students who participated.

This service learning-project provided students with an opportunity to learn how to "think proactively."

As Dr. Hoge stated, "Experiences such as these are often closest to doing research. Even though our class walked along the bayous testing the waters, it shows how complicated the process can get when keeping wa-

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George Washington University Stripped of Ranking

SMALL STEPS TOWARD

A BETTER

VIRONMENT

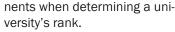
Tianna Thomas News Editor

In the wake of a scandal regarding allegedly falsified incoming student rates, US News has decided to strip George Washington University of its ranking as one of the best colleges in the nation, a category in which the university held the 51st position.

Last Wednesday, US News made the decision to strip George Washington University of its best colleges ranking after news of discrepancies in the incoming student statistics reported by the school. The magazine intends to keep the university as "unranked" until the university produces updated information about incoming student statistics, such as high school class ranks.

The private Washington-based University claims to have overstated the number of incoming students in the top half of the university merely by accident. The school's Senior Vice Provost Forrest Maltzman posted on the school's website, stating that there was no evidence of intentional tampering. Officials in the Admissions office stated that the school's system of determining the class ranks of incoming students is flawed and may be at fault for the discrepancies.

The credentials of high school students is one of the main compo-



The swift decision to strip GWU of its ranking came as a shock to many students, and many openly expressed their anger and dismay. Many cited the cases of Emory University and Claremont McKenna, asking why they too had not been stripped of their rankings after evidence of statistic tampering was discovered.

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Texas: Don't Secede, Legalize Instead



Angelica Leicht Editor

Alright, Texas (and all the other 47 states aside, minus the resident potheads known as Colorado and Washington).

It's time to legalize. Now that Colorado and Washington have legalized pot, the new measure is expected to bring the two

states more than \$550 million combined. Where's Texas' share? Surely our state is bigger than those two combined, and we've got a ton of farmland to cultivate crops!

The debate over the legalization of marijuana has gone on long enough. The criminalization of marijuana use is ineffective, outdated, and dangerous. Whether or not you choose to partake of the goods, the prohibition of marijuana is affecting you.

Yes, most of us grew up in the generation of D.A.R.E, and we're all aware of the horrors of marijuana. It kills brain cells, it's a gateway drug that leads to dangerous addictions, and if you smoke it you'll wind up destroying your future.

Well, boys and girls...D.A.R.E. may have stretched the truth a bit.

Shocking, I know.

The truth is, marijuana is far from the degenerate drug label that it bares.

There are NO documented deaths from marijuana use. Not one. Look it up.

You'd have to smoke around 15,000 joints in a period of twenty minutes to reach a fatal level. Not even the most seasoned reefer fan could manage to pull it off.

Weed is non-toxic, which means no matter how overindulgent you become, you can't fatally overdose. (Disclaimer: please don't try - non-fatal overdoses will lead to other nasty symptoms like panic attacks and a wicked hankering for Taco Bell.)

Weed saves lives, and on the cheap!

There is research out that shows about 200 different diseases that can be treated with medical cannabis - from Alzheimer's to Multiple Sclerosis, marijuana can help treat it.

Medical marijuana also has fewer side effects than almost all pharmaceutical drugs available. It's a dirt-cheap (pun intended) alternative to some pretty nasty medicine, yet most states won't allow access to it. Evil empire drug companies would stand to lose too much profit, perhaps?

There's little chance you'll be sneaking around dark alleys looking for your next fix if you choose to smoke. Gateway drug, it is not.

And good luck with the whole "getting addicted" thing. A very low percentage of pot users ever reach the clinical criteria for dependence. Most of those high school stoners you knew eventually grew out of it, despite what your mom lead you to

(Plastic obsession continued)

Inspired to make a difference, lan Somerhalder started the foundation in 2010 after the Deepwater Horizon Oil Spill Crisis. Having grown up in Louisiana, he saw how the aftermath of this disaster affected his family and native home on a personal level.

ISF aims to empower, educate, and collaborate with people and projects to positively impact the planet.

Within ISF there are many different programs; one of them being empowering youth to involve children and young people to take a stand on global issues.

ISF'S Green Your Thirst Campaign was born out of the awareness of the amount of global plastic waste, and the need to decrease it.

The idea of carrying around plastic water bottles was

For those of you who have a moral or social issue with legalization, I suggest you take a look at the efficacy of policing substances. Prohibition on alcohol was a huge failure, and the drug war has been an incredible failure. It merely forces the practice underground, where there is no regulation on the product. Partaking in what should be a harmless drug is exponentially more dangerous when obtained from unknown source. It leaves the door open for tampering, which actually CAN make the drug dangerous.

I'll take my pot minus the whole angel dust additive, thanks. The U.S. can't accommodate any more drug crime

incarcerations. We keep building prisons, and most of the inmates aren't violent criminals when they go in. They run the risk of becoming one when they come out, though ... a felony record makes it close to impossible to find a job.

According to Time magazine, the U.S. is, by far, the most "criminal" country in the world, with 5% of the world's population and 25% of its prisoners. Way to be on top, guys.

We spend \$68 billion per year on corrections, and one-third of those being corrected are serving time for nonviolent drug crimes. This runs the ol' incarceration tab up to around 40 billion a year for inmates sentenced on drug charges.

Even the ones charged with arresting you for marijuana use don't believe the system is correct. Many cities and municipalities are struggling to pay their police forces, yet we spend about \$150 billion on courts, and 47.5% of all drug arrests are marijuana-related. Groups like Law Enforcement Against Prohibition are fighting to channel resources into more needed areas rather than enforcing prohibition.

The price of street drugs is actually falling, despite the prohibition enforcement. They're down 16% since 2001. Thanks, D.A.R.E! You made weed cheaper! And infinitely more dangerous!

Texas needs the jobs that legalization brings. In an economy where most graduating college students are facing a mountain of debt and no job prospects, the ability to offer more employment is huge.

The United States needs the tax revenue. The deficit could use a little help.

Medical patients could use a drug with very few side effects to balance out the (truly dangerous) pharmaceutical options. What goes into a person's body should be their choice, especially when it comes to medical treatment.

At an effort at full disclosure, I am not a pot smoker. However,

I am a realist. The prohibition of marijuana is about as effective as the alcohol prohibition in the roaring '20's, but with fewer cigar chewing mobsters, flapper parties and barrels of moonshine. I don't see the fun in

that.



developed by companies as a marketing campaign and has now become a consistent part of our lifestyle, pushing us to believe we cannot survive without it.

"We are such creatures of habit. This bottled water - the way that it is mass produced now, has only been around for the past maybe 20 years. Back in the 80's and early 90's, it wasn't everywhere you looked," says Cori Calkins, the Program Director at ISF.

She continues, "Every now and then you'd see people with a glass of bottle water. We've become so dependent on it. We're sacrificing intelligent sustainable practices for the convenience of this product. In most cases it's unnecessary. We can change it if we're aware of it and recognize that 'Wait a

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administration or students.

Private Planes and \$100,00 Dinners: Rich Kids of Instagram

Vanessa Ramirez Entertainment Editor



"They have more money than you and this is what they do.'

Rich Kids of Instagram is a tumblr page that became popular through pictures that show how young adults outside the nation like to spend their money...and how well they spend it.

Kids take pictures with their new toys or capture moments of their fun, rich lives on Instagram with the hash tag "Wealth" and "Rich."

These pictures are then posted to the famous tumblr page: Rich Kids of Instagram.

Some of the pictures show personal room service, personal bowling alleys conveniently located in their houses, the view from their mansion, and all of the other things us poor folk aren't privy to.

The tumblr site has been compared to MTV shows like "My Super Sweet Sixteen", another forum that enabled the wealthy to flaunt their goods for all to see.

One of the most popular pictures shows a receipt of a dinner in the cost of over \$100,000. On it there was a Coke bought for the (oh so reasonable) price of \$20.

Many of the pictures contain comments such as "lucky!" "I wish I had that," or "Must be nice."

While many are hooked on what they see, others hate the idea of the blog page.

The reality of most people's lifestyles can be in harsh contrast to the "brats" in the Rich Kids of Instagram. There is a collective negativity about the garish lifestyles documented on the site; somewhat of a "why bother to show off" mentality.

Critics of the website say they don't hate the people being documented, but rather hate the fact that they do not have a realistic view of what life is.

The Rich Kids of Instagram, however, see nothing wrong with posting pictures of their life. After all, it's their Instagram page and if you don't like it, don't visit.

They merely label the critical statements as hate, envy and jealousy.

Many ask, is it right to post it if ya got it? And does it really matter what rich people do with their money?

com

WHAT DO YOU THINK? Email your thoughts to gators.snapback.dateline@gmail.



Rich kid soup ...? (instagram)



Brats on a plane, or just some kids documenting their lives? (instagram)

Hey Conspiracy Theorists...Google is Watching. Oh No...#Are Your Tweets Safe?

Kelly Curran Staff Writer

What began as a research project in 1996 is now the most popular search engine in the world, with over one billion searches per day. Today Google employs over 19,000 people, with thirty-seven percent of their jobs dedicated to research alone.

And while the saying "Google me" has become the fad, many are beginning to wonder exactly how much of their information can be googled. A recent F.B.I. investigation that led to the resignation of CIA director David H. Petraeus brought to light the concerns for privacy in relations to Google email accounts. In 2010, for the first time Google released a Transparency Report, disclosing "how governments sometimes hamper with the free flow of information on the web" and how "Government surveillance is on the rise". With the first release of their Transparency Report, Google also vowed to update this data twice a year, most recently this November.

Within their report, Google stated in the first six 1. months of 2012, governments around the world made 20,938 requests for information on 34,614 accounts, with the most prominent countries being the United States, India, Brazil, and France.

Of those 20,938 requests made, 7,696 of them were made by the United States alone. The report also stated that in the first half of 2012, governments globally made 1,791 requests for Google to remove certain content from the internet.

The Communications agency of Turkey requested Google remove 426 YouTube videos, along with Blogs, one search result, and one Google document. Google blocked access of sixty-three percent of vid-



eos on the web to Turkish citizens. Senior Policy Analyst of Google, Dorothy Chou, said, [...] government demands for user data have increased steadily since we first launched the Transparency Report". How does Google collect data, though? Here are some of the most popular ways this search engine is tracking you:

Google tracks and records all searches made through its database, recording who makes them, and from what part of the world. Based on your searches, Google can determine your age, sex, location, and social standing, and cater advertisements to what appeals to you the most.

Advertisements are the largest source of in-2. come for Google. Adwords and Adsense, in charge of all Advertisements, collect data on which Ads are pursued the most, along with what keywords provide the largest searches for products and services.

3.

Gmail is one of the top three largest email

services worldwide. Postini--in charge of email security, collects data on spam, email security trends, and malware.

4. Twitter having been around for six years, now has one hundred-forty million users, with three hundred-forty million Tweets per day, all of which Google has direct access to after a deal made in the last year.

YouTube in 2010 surpassed two billion video 5. views per day, which equates to five hundred years of video watched every single day, and over seven hundred videos shared on Twitter each minute. Google collects information about users' viewing habits and categorizes it along with location, time, and many other factors.

6. Google Maps and Google Earth collect images from all over the world via satellite, causing many governments to request that these images be turned over. They also collect info on what parts of the world individual users are interested in.

With Google watching so closely, two questions remain: Should this company with such powerful information be forced to turn over its data to governments across the globe? Or should Google protect the interest of its users, and keep such information private and invest in trust?

The end result of foreign and local lawsuits with Google may determine for the future just how much governments worldwide can control information on the web, and how much the world knows about you. Is Google watching as I search for information on them?

November 26, 2012

Sparks Fly as Politically-Charged Protests Emerge on Campuses

Tianna Thomas News Editor

After news of President Obama's reelection broke late November 6th, students at two universities decided to protest the decision.

at The University of Students Hampden-Sydney Mississippi and College were assembled outside their universities late after the election in protest of Obama's reelection. The incident brought up the subject once more of racism in universities.

Students at the University of Mississippi gathered in a group of about 400 to protest the results of the election. Many were heard shouting racial slurs, and the students were reported to have set on fire a campaign poster of the president. In an ironic twist, the university was celebrating

the school's social progression since integration in 1962. Over 700 gathered in a candlelight vigil the next night to counter the actions of the protesters and to reaffirm the schools values.

Hampden-Sydney College in Richmond had a protest on election night that mirrored the protests at Ole Miss, only on a smaller scale. The irate students gathered in a group of 40, and many began throwing bottles and setting off fireworks outside the school's Minority Students Union.

Many condemned the actions of the protesters, but some applauded the actions of not only those who attended the candlelight vigil, but also those minority student groups who continue to meet in spite of racial tensions on their campuses.



rotestors at the University of Mississipi protest the 2012 election results (WMCTV.com)

Candlelight vigil held to counter p (adn.com)

Colorado, Washington Legalize Recreational Marijuana Use



Voters and legalization supporters celebrate Washington's vote to pass marijuana legalization amendments (smellthetruth.com)

Tianna Thomas News Editor

In an unexpected post-election turn, Colorado and Washington voters passes referendums that would legalize recreational marijuana use in their respective states, at least at the state level. Recreational Marijuana use is still banned on the federal level.

Colorado's Amendment 64 makes it legal for any person over the age of 21 to purchase marijuana for recreational purposes and for businesses to sell it.

Washington's ordinance legalizes possession of small amounts of marijuana.

Even though the referendums in the states were successfully passed, users may still face issues. The drug remains illegal on the federal level, and several lawmakers are fighting to have it overturned. The law also does not go into effect until after a year.

Colorado residents originally voted against the measure in

Under Amendment 4, marijuana will be taxed the same as alcohol. Lawmakers expect the law to be taxed the same as alcohol in order to protect users from excessive taxation.

Colorado law enforcement has begun to back the amendment, even holding press conferences to publicly voice their support.

Officers stated that the law will help to improve relations between communities of color and police. Law enforcement states that the law will help the focus on more severe crimes other than marijuana possession, will cut funding to cartels who benefit from illegal drug sales, protect the lives of officers in the "drug war", and restore mutual respect between law enforcement and communities at large.

Since the passage of the law, other states have been contemplating the possibility of following in the footsteps of Colorado and Washington. Lawmakers in Maine have recently begun the process to have their own pro-marijuana law passed.

Five Hour Energy Blamed in 13 Deaths

Wendy Williams Staff Writer

5 Hour Energy, a popular energy drink, has recently become the subject of controversy after troubling reports of injuries and fatalities have surfaced. According to the report, there have been consumer complaints to the FDA that blame Five Hour Energy in 13 deaths and 33 hospitalizations within 4 years.

Since the start of the product in 2004 Manoj Bhargava, founder and CEO of 5 Hour Energy, has pushed the product so heavily that it now dominates 90% of the energy shot market, making the CEO the owner of a billion dollar company.

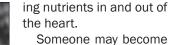
Living Essentials, the manufacturer of the product, disputes the claims, stating that the product is intended for adults, has been clinically tested and is fine when used as directed. "It has as much

caffeine as one cup of the leading premium coffee," say 5 Hour Energy's producers.

Unlike coffee, however, this two-ounce bottle contains a myriad of ingredients that many

claim are a dangerous combination for consumers.

The ingredients in 5 Hour Energy include taurine, glucuronolacton, malic acid, N-acetyl L-tyrosine, L-phenylalanine, caffeine, citicoline. A few have no side effects. For example, taurine is an amino acid that the body makes and is also found in meat, fish, and dairy products. Physicians have found that it has no side effect when consumed and that it aids the cardiovascular system in mov-



ill due to a lack of taurine but not from consumption.

However, the tyrosine in N-acetyl L-tyrosine can trigger gastrointestinal stress and migraine head-

aches. Tyrosine is also an amino acid but in this formula has been synthetically altered and can increase thyroid hormone production, which can be dangerous for someone with hyperthyroidism. This ingredient could be potentially fatal.

Reports have been made that drinking multiple bottles of 5 Hour Energy is like ingesting 30-40 cups of coffee.

The federal government and the New York Attorney General's office are investigating and advise that at this time there is no proven link that 5 Hour Energy is harmful, but advise that anyone with intent to use this product should

George Washington University continued)

Both universities were made to cor rect their information, but neither was stripped of their ranks, number 20 and 9 respectively.

Lloyd Thacker, director of the Education Conservancy, told the Washington Post that many universities try to manage their image in a way that will boost their rank. However, a school's rank does not always reflect the level of education provided.

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HEADLINES

November 26, 2012

New Details Emerge in the Jessica Tata Trial

Tianna Thomas News Editor

As the trial of Jessica Tata continues, disturbing details from her past have begun to surface about the babysitter accused of murder.

As testimonies continue, the courts were alerted of information on Tata's past, including information that could have prevented her from obtaining a license to have a home daycare.

Susan Lahmeyer, a former district director of licensing with the Texas Department of Family and Protective Services, revealed to the jurors that when Tata applied for a home daycare license, she failed to alert authorities of prior arson charges that she had received as a juvenile.

"If we had had that information ... that would have prevented the agency from issuing a license," Lahmeyer said. "A history like that elevates the concern about taking care of children."



Jessica Tata and the victims of the daycare fire (widk.com)

on the application.

Lahmeyer said that despite the fact that her agency does background checks on all persons applying for a home daycare license, a search did not produce any information regarding Tata's past charges.

Tata's attorney stated that the defendant was made to understand that her criminal history as a juvenile was confidential and she may have misread the question

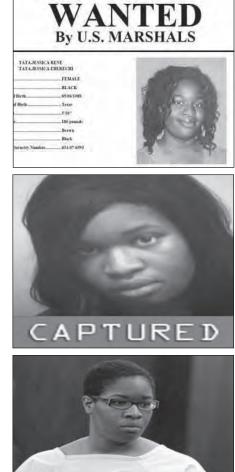
Other testimonies revealed that Tata incessantly intimidated students and administrators in high school. Sandra Wilson, an assistant principal at the school Tata transferred to after being charged with arson, testified that she was an intimidating individual. Wilson testified that Tata went as far as attempting to follow her home from school after being reprimanded about her grades.

A former classmate of Tata, Krystle Batts, testified that on the day that Tata set the school's restroom on fire, she had been angry for receiving detention. Batts said that Tata threatened to do "something crazy" and began playing with matches. Within a little while, fire alarms within the school went off and over 3000 students were evacuated.

Tata's former friend also testified that she was violent towards her, allegedly attempting to hit her in the face with a shoe during an altercation.

Tata still faces three counts of felony murder for the other children who perished in the fire, three counts of abandoning a child and two counts of reckless injury to child, as two other children were injured by the fire.

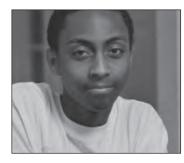
Sentencing will resume after the Thanksgiving holiday.



COUNTY JAIL

Thanks to a Prank, "Dead" Kid Shows Up at School

Vanessa Ramirez **Entertainment Editor**



Be careful where you leave your electronics around. Nowad ауs

one finds

W

hen some-

a lost electronic, he or she has access to most of the owners information pictures, conversations, and access to social network accounts can lose privacy in the blink of an eye. The dangers of a stranger having access to your information are obvious; anonymity is no longer an option.

14-year-old Michael Sinkfield from Indiana learned this lesson the hard way.

The young boy lost his phone with no memory of where and when. Days later, friends of Michael began receiving messages claiming he had suffered from a car accident and passed away. The friends were made to believe that the father of the young boy had sent the message to let everyone know of the "tragic incident."

The person behind this act also had access to Michael's Facebook and Twitter account and blocked his access by changing his password. Because of this, Michael

claimed that he could not log in to his account to let his friends know that he had lost his phone and therefore was unaware of the horrible rumors, which were spreading like wildfire after an influx of RIP messages began appearing on his Facebook.

Michael's middle school teachers had planned on Monday morning to let the students know the "death" of Michael and to provide support for those affected by his death. With no clue as to what was going on, that same Monday Michael boarded the school bus as normal. The response was as for that quality of water. expected; most of his friends were overwhelmed with his presence.

Michael, on the other hand, was confused. When he asked what was going on, his

friends explained to him about the text messages his "father" had sent to everyone. It became apparent that the texts were a bottle of water with you, but try to a hoax, and Michael had been the victim of use reusable bottles. a cruel prank.

committed this hoax to be punitively pun-stations, pharmacies, athletic good ished. The death of a young child could stores, and nearly anywhere you can cause a family member physical and or buy a case of bottle water. A reusable mental harm.

With phone apps, many of us leave our social accounts without logging out, and while you think that you could never lose buying bottles of water. your phone, it is always important that you log off your social networks.

Someone can easily hack your phone, and perhaps "kill" you off in the process.

(Plastic obsession continued)

minute; I'm completely falling for he marketing campaigns.'"

We have been fed this lie that tap water has toxins and heavy metals in it and is poisoning us as a deterrent for not drinking safe tap water.

This is simply not the case.

Tap water is regulated by the Environmental Protection Agency, or EPA, and there are specific standards

Bottle water, on the other hand, is regulated by the Food and Drug Administration, or FDA, and the majority of it started out as municipal water in the first place.

There's nothing wrong with carrying

BPA-free plastic bottle are There is a public outcry for the person that commonly sold in grocery stores, gas bottle of water is a cost-effective, safe, and healthy alternative to wasting money and resources with

> As students of UHD, there is something we can do about this epidemic.

We can rally administration to install and maintain more water fountains and hydration stations on campus.

Right now we pay a couple dollars for a bottle of water. Refilling a bottle reduces additional cost.

If we make our administration aware of the need to change, we can achieve this.

Yes, up front it is an expense, but in the long run the investment pays for itself many times over both financially and environmentally.

So what's it going to be?

Are we going to sit here on our laurels with a bottle of water in each hand or are we going to make a difference?

As young people the world is ours. The future is ours.

What are we doing here if we're not bettering the planet for our children and setting good examples for subsequent generations to follow?

Those interested in learning more about ISF and the Green Your Thirst Campaign can obtain more information at www.isffoundation. com. Any questions can be directed to college@isffoundation.net.

Follow the Green Your Thirst Campaign on Facebook and Twitter! Facebook: www.facebook.com/ GreenYourThirst

Twitter: twitter.com/ GreenYourThirst

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ARTS & ENTERTAINMENT

The Art of Project Row Houses Round 37 Gives Life to Third Ward Row Houses

Wendy Williams Staff Writer

Third Ward empowerment and transformation is occurring before our very eyes.

Founded in 1993, Project Row Houses began as a vision by local African-American artists who were seeking a positive presence in their community. The artists, along with volunteers, renovated twenty-two abandoned row houses in the Third Ward neighborhood.

That original vision has grown, now consisting of about fifty buildings spread over ten blocks. It also consists of three signature programs – Public Art, Arts Education Program, and a young mothers residential program, as well as a housing development program.

Public Art, established in 1994, is a multi-home gallery that showcases various artists. They are currently displaying six artists in a project called Round 37, which encompasses all types of art, from the visually abstract to audio-visual performing. Visitors witness anything from oddly positioned doors to art presented on flat screen monitors when they take in this project.

Here's a look at some of our favorites.







The art of Project Row Houses (Elpidia Medina)

Street Painting at Via Colori Festival



Chalk artists and their amazing art pieces at Via Colori Festival (Elpidia Medina)

Rocio Ortiz Staff Writer

Via Colori recently hosted their 6th annual festival with great artists and performers. The Via Colori Festival is a street painting festival that raises funds for nonprofit organizations. The performers consisted of bands, high school dance teams and artists. The performing bands showed off their talent while entertaining a crowd filled with people of all ages. Other participants at the Via Colori included street painting artists such as high school students and professional street artists. Participating schools included were Katy ISD, Spring Branch ISD, Pasadena ISD, KIPP Houston High School and Cypress Fairbanks.

It was amazing to see so many Houston schools come together to share their passion for art.

One street painter, Kathy Hernandez, says she enjoys Via Colori because it is the one place where her family gets to come and actually watch her draw and develop her art. Her mother says she is very proud of her and hopes that she will pursue a career in the field of art because she has been given such a unique talent.

Sponsors such as IKEA, Reliant energy, 5 Hour Energy Drink, and even Hershey's were on hand to sponsor the event.

The "World Famous Dirty Car Artist" presented

ARTS & ENTERTAINMENT

November 26, 2012

Feeding Talent, Feeding Hunger

Rocio Ortiz Staff Writer

As the holidays quickly approach, family and friends are making plans to gather together to share holiday meals. For some, unfortunately, this is not an option. They'll be without food this holiday season.

Thanks to the members of An Act of Kindness, however, several of the people that would have previously faced holiday hunger will now be able to enjoy a full meal.

An Act of Kindness recently held an event, known as Feeding Talent, Feeding Hunger to help raise funds and awareness for those facing hunger. The event had a great turn out, costing attendees only canned goods or a small donation.

UHD students showcased various talents at the event. The students either displayed their talents through their art and photography, or performed their talents through dance and music. Some of the artists found great benefit in participating in the event, as they were able to network and make some sales in the process.

Many of the artists dedicated their time to volunteering as well.

When the directors were asked about planning the Feeding Talent, Feeding Hunger event, they stated that it took about four months to plan, and all the members of the organization were very helpful and dedicated as much time as was needed to make the event a success.

An Act of Kindness hopes that their organization will continue to grow, both in the amount of people they help, as well as the number of artists willing to participate.

The Feeding Talent, Feed Hunger is definitely contributing to our Houston community in more than one way.

Find a way to do an act of kindness in your community.

A little help goes a long way!

A Review: Scienter Plays at Numbers



Vanessa Ramirez Entertainment Editor

After just 6 months of playing together, Scienter is already pulling in live gigs and are the proud new parents of a brand new bouncing baby album.

Guitarist Gerardo Barrera explained the rush. As soon as the band was formed, they began with one mission: to get an album ready to go before the year ends and begin to play their gigs at small events and clubs. Well, they've achieved their goal, and they've done it well.

The band completed their 7th performance at Numbers club recently, a well known Houston venue located at 300 Westhiemer, right in the heart of Montrose's music scene.

Although their most recent performance was





Feeding Talent, Feeding Hunger artists showcase their talents (facebook.com)

held at a small venue, Numbers is still one of the oldest and most well-known live music venues on the scene, and these guys did their Numbers

predecessors proud. With a crowd that seemed to grow exponentially throughout the show, the guys seemed legitimately stoked to be on stage. They played to the crowd in between songs, with Arfeo at points tempting (or threatening, perhaps) the crowd with a strip show and Gerardo giving shouts out to the Numbers staff.

The show was solid, too.

With only a few shaky notes, Arfeo's voice lived up to the power that it has on the album, proving that it is quite possible to make an album sans autotune, with only legit talent to drive it. (Take note, Chris Brown...music CAN be made by being a decent singer with a decent band, all while being decent dudes.)

So what makes the band unique? The band members hold a college degree and no mojors or minors in any type of music. With no formal training, their motivation lies in the ability to transform from their normal lives, if just for a bit. They are able to play together and forget about the long days of adulthood.

"Once I write it down and sing with the band, the stress is all out and gone," says Arfeo Yllana, singer and song writer of Scienter.

The best experience they've had in these past six months was spending time together as a band in studios and being able to meet fans that enjoy their music.

(continued on page 10)

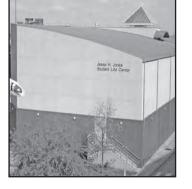


COLLEGE LIFE

Student Life Center a rarely used commodity Perhaps it's time to visit, couch potato.

Wendy Williams Staff Writer

The least utilized buildings on campus is also one that offers the most to students the Student Life Center. Although students many are unaware



of the offerings, the Student Life Center is a place where any enrolled student can attend workshops, exercise, or simply participate in athletic or sporting events on campus.

This 3-story facility, built in 1997, has a mission, too. They aim to provide the university community with programs that offer vigorous, fun-filled, healthpromoting, physical activity conducive to wellness and personal development.

There are two building entrances. Students may enter from the third floor walkway adjacent to One Main from the north deck or via the first floor entrance on Girard Street. Entry to the center is simple. Just show your Gatorcard to the front desk attendant on the first or second floor and you're in.

There are many amenities located on the third floor. Dance, yoga, pilates, karate and other aerobic classes are offered on this floor.

The weight room is located on the second floor, where there are free weights, benches, treadmills and other exercise machines.

The 1st floor has two large indoor basketball courts equipped for basketball, volleyball and badminton. Didn't bring your own ball?

No problem. Your student id can be exchanged on this floor for use of loner equipment.

The 1st floor also has locker rooms and shower rooms. Lockers are available for use every day, and those lockers are rented out at the beginning of the semester fill up quickly.

Temporary lockers are available on a day to day basis and must be emptied out before a student leaves that Student Life Center that same day.

The UHD Student Life Center does provides free classes for active UHD students, such as basic fitness classes like step aerobics and Zumba. However, an additional fee is required for specialty classes like Latin dance and Pilates.

For those eager to maintain a healthy lifestyle, there are licensed and certified personal trainers and massage therapists available for a small fee per session.

If you enjoy playing competitive sports, the Sports and Fitness Center also offers club and intramural sports teams.

Student Organization Profile: UHD's Webb Society

Tianna Thomas News Editor

For the average history buff, finding a place to congregate with the likeminded may seem difficult, especially for those who concentrate more on Texas History. However, the Webb Society not only provides a common ground for history lovers, but it gives them the opportunity to become a part of history through writing, tours and community service. As the oldest and longest running student organization at UHD, the Webb Society continues its long and celebrated tradition of bringing history out of the past and into the present.

UHD's chapter of the Walter Prescott Webb Historical Society was founded in 1974 by faculty member Dr. Garna Christian and Tom Linkletter. The organization is modeled after the Junior Historians, which was founded by famed historian Walter Prescott Webb in 1939. The chapter is directly affiliated with the Texas State Historical Association (TSHA), one of the state's most well-known and well respected historical associations.

The Webb Society seeks to spark the interest of young

scholastic interest, in the rich heritage of Texas. The group hosts various opportunities for students to become involved with the state's history such as lectures, field trips, literary work and community service. By far the activity most popular among the members are the field trips, opportunities to do literary work, and the opportunities to serve the community.

The Webb Society boasts an outstanding record in their student writings. The students have written numerous articles over the years for TSHA's annual statewide writing contest, and the UHD chapter has always had work by one of its members chosen as one of the winners. The organization has also had several works published in Touchstone, TSHA's annual journal which showcases the work of young historians. The students are asked to pick a topic in Texas History, preferably one that the public is unfamiliar with, and present an original research paper on it. The journal is used in several Texas History courses at UHD.

The field trips remain a favorite among sponsors and members alike. The group has made visits to historical areas such

adults, regardless of major or as Fredricksburg, Spindletop, San Augustine and Anahuac. This year, the students visited historical sites in Huntsville Texas. They also lead tours of historical sites in Houston, with the proceeds benefitting the Houston Food Bank.

> Perhaps the most admirable trait of the group is their commitment to community service. The students have participated in and coordinated voter registration drives and organized annual fundraisers and food drives to benefit the Houston food Bank. They have also hosted charity golf tournaments.

'What sets us apart from other organizations is our emphasis on history", said Dr. Garna, one of the organization's sponsors. However, what truly makes the Webb Society exceptional is its refusal to leave history as a mere component of the past. The members find new and innovative ways to keep in touch with the past heritage of Texas and honor it through their work and service. Due to organizations like the Webb Society, the rich history of Texas will never be allowed to fade away unnoticed.

(Bayou Cleanup continued)

ter quality maintained in an urban environment." As stated by Ivan Sanchez, "This semester we added a twist by creating a competition amongst a coalition of students from different organizations." The coalition of students from over a dozen organizations included:

- Alpha Kappa Alpha
- Ambassadors
- **Black Student Alliance**
- **Environmental Club**
- **Geology Club**
- Houston Model United Nations
- Health Professions Organization
- International Business Association
- Phi Beta Lamda
- Photography Club
- Pre Law Association
- Revolution
- Safe Zone
- Student Government Association

The students joined forces to collect approximately 2,089 pounds of trash and recyclables, which beat the record of 1,400 pounds in 2010. Currently, it is the highest record collected in 4 years. Among the items collected were a mattress, a baby stroller, parking lot blockers, and seven tires.

A contest was devised among the 5 groups to collect the most trash according to weight and to find the strangest object. Lead by Student Government Association President Ivan Sanchez, group 1 collected approximately 650 pounds alone, which resulted in first place.

Among the strangest items found were an "I Love Lucy" license plate, various bronze metal ironworks, a wig, and a pair of small, black "voodoo" dolls in which one had wire bound feet.

SGA would like to thank all of our 75 volunteers who took time out of their weekends including Director of Student Services advisor Liza Alonzo and Director of Student Success and Ed's Bayou Clean Up co – founder Michelle Falcon. They would also like to thank our generous supporters, including the UHD Sustainability Council, members of the UHD Facilities and Maintenance, Spaghetti Warehouse, Niko Niko's, and Zero's Sub Sandwiches.

If you require additional information please don't hesitate to contact Janny Phung at 832.231.3254 or UHDSGASustainability@gmail.com.

About Ed's Bayou Clean Up

Ed's Bayou Clean Up is a biannual event at the University of Houston – Downtown. For 10 years, Ed's Bayou Clean Up has been cleaning the surrounding areas around the campus in attempts to beautify the environment surrounding the school. The Bayou Clean Up was started in the spring semester of 2001 by then Student Government Association President Michelle Falcon and co-founder of Environmental Club Laurence Spence. For more information, please visit the UHD SGA Sustainability Facebook page.

Forum Aims to Solve Higher Ed Ethical Dilemma

Alma Garcia Staff Writer

Creating the society we want through higher education sounds easy, but the deliberations held by UHD students, faculty, and staff stated otherwise; higher education has lost its purpose in our society leaving some to question whether it is necessary to succeed in life and why.

It's clear that higher education affects everyone because it could either help one become better and greater or do nothing at all for the individual.

After attending, Shaping Our Future: How Should Higher Education Help Us Create the Society We Want, hosted by UHD's Center for Public Deliberation in partnership with National Issues Forums Institute, some observations suggest that the pursuit of a higher education has become a trend to follow.

If one pursues a higher education, it becomes a deed worthy of praise while the one who chooses not to is perceived as unworthy of any praise.

On the other hand, because higher education no longer guarantees success due to our struggling economy, the public's trust in higher education is declining.

The truth is, the U.S. economy is facing its greatest struggle since the Great Depression. This economic struggle has affected our educational system in many ways.

For instance, we have become a nation where "I" goes before "we", placing our ethical values in jeopardy. That is why the National Issues Forums Institute teamed up with UHD to frame the deliberations that will be held across the U.S. in order to find a solution on how to use higher education to



solve our economic problems.

One suggestion is that the U.S. should focus on producing the best professionals in the fields of science, technology, engineering, and math (STEM). Doing so would guarantee the United States a place in the competitive global economy. Yet, in order to produce such professionals, colleges and universities would have to set higher standards for these individuals while at the same time promising a reward.

The downfall of this suggestion is that most individuals who will grasp this opportunity might be foreign-born students who study in the United States, their gain, and then leave, our loss.

This highlights the importance to create "homegrown" talent so that the U.S. benefits however difficulty arises when attracting individuals who desire to discover such talents.

Many perceive America as a spoiled country. American students would rather drop courses

that they find difficult instead of completing the challenging course.

Therefore, in order to attract students to science and math based programs, companies are willing to invest in students in return for a job.

While this sounds like a decent compromise, many worry that in the long run the trade off will be harmful.

An individual can choose to accept a full scholarship in an area specified by a company in return for a job at graduation time, but will these specified skills be helpful in another field?

Another concern is that the trade-off will lead to unhappiness. One of the participants said that the point of being able to choose a degree is to feel accomplished and proud, thus granting happiness.

Another concern is that students will take advantage of the trade off and do the bare minimum in their classes, resulting in an incompetent future employee. Also, offering scholarships to only STEM interested students would jeopardize credibility of other fields of study in the humanities and the arts, thus forcing universities and colleges to let go of faculty members.

A solution to this would be to incorporate a STEM field with another complementing discipline. STEM professionals have been described as introverted individuals, but if they combine their passion for science, technology, engineering, and math with learning how to communicate, the product will be much greater because communication is fundamental in any field.

(continued on 11)

Learning to Discover UHD's Great Professors

David Slaughter Staff Writer

In the first of this series, I focused on what UHD students define as traits of a GREAT professor or instructor here at UHD. The buzzwords came easily for most students but when asked, "How do you find great professors or instructors?"

One could hear the sounds of crickets chirping, as students weren't so quick to respond.

The responses varied ranging from the dreaded, "sometimes I just use the rate my professor website" to, "I ask my friends which ones are the easiest to get an A in," to, "I just try and take the one that is available when I am available."

While all of these responses seem reasonably legitimate, it is possible there are better ways of deciding.

First, get to know fellow UHD students and learn of their opinions. Some of the most highly recommended classes I have taken have come about as a result of asking someone in a class or at lunch, who was your favorite professor? And why?"

Second, students should spend becoming familiar with the list of classes available; by doing students can learn about classes that fill their needs in more ways than one.

Third, learn of the professor or instructor's accomplishments and educational background listed under the vitale sections. It is amazing when sifting through the educational backgrounds of many of our faculty and discovering how educated,

recognized and qualified many of them seem to be. The chance of students finding something in common with the professor or instructor is great and information provided will better prepare students for the class.

Students can also discover great professors and instructors by finding and enrolling in a second class taught by them.

Assuming that most UHD students have at least one professor or instructor they could described with the GREAT professor buzz words students provided, why not roll the dice and seek greater, deeper knowledge from that professor or instructor and take one of their junior or senior classes.

When interviewing a UHD senior about this topic she stated, "The professor I learned the most from at UHD is one that I have taken three times now and as I applied for graduate school, she was the first one I asked to write a reference for me."

She continued, "When I asked her to provide a reference she gave me feedback as to what she thought of me, complimenting me on things I never knew she identified in me over those three semesters I sat in her classroom. It was very inspirational to know that she knew me so well just by my presence in her class, she really had me pegged, she made me feel great."

No matter what, getting a great education here at UHD is not just by luck or circumstance, it requires searching through any and all available resources to find and obtain the most knowledge and information possible. Knowledge is power and the instructors at this university have the necessary knowledge to impart with students in all fields of study.

I advise all of my fellow students to avoid wasting their money and time from not adequately searching for the best faculty and resources. It seems incumbent upon all of us to seek out, find and refer these great professors and instructors to each other.

There is no doubt that gaining respect from your professor or instructor is a valuable way to gain more of their time, knowledge, and skill set.

Stay tuned in the spring where I plan to feature some of the professors and instructors that were singled out through your surveys as GREAT.



Rockets Rookie Refusing Help for Mental Illness

Joseph Williams Staff Writer

Millions of Americans suffer from anxiety disorders, and Houston Rockets draft rookie Royce White is one of them.

Rockets fans have been anxious to see what he can do on the court, but the talented young man has yet to play in the NBA thanks in part to what he describes as a serious battle with anxiety.

Although White could be a very helpful advocate for victims of mental illness, many are questioning whether his actions are of a man that is deeply troubled or simply spoiled.

White is known to have an intense fear of flying, which is an unfortunate source of anxiety for an NBA player.

Out of an 82 game schedule from November until April, roughly half of those games take place in other cities, and there are approximately 30 other cities that he will travel to in a given season.

Fortunately, the Rockets have a great deal of faith in this young man's abilities, so they have been willing to accommodate his disorder. Pteromerhanophobia (or simply put, a fear of flying) often stems from a variety of other disorders, but Mr. White describes his as a byproduct of claustrophobia.

In other words, his fear of being trapped of confined in narrow, cramped, isolated spaces manifests itself in myriad ways, one of which is a fear of airplanes.

Of the hundreds of phobias diagnosed by mental health professionals, pteromerhanophobia and claustrophobia are two of the twenty most common,



Rockets rookie Royce Williams (beyondthebuzzer.com)

and millions of Americans grapple with these crippling fears for the duration of their lives.

White's disorder is most often treated through exposure therapy, which is a type of cognitive therapy. This means that therapists slowly talk him through greater degrees of exposure to confining spaces and flight until he is able to manage long trips by himself.

Barring the effectiveness of cognitive therapy in some cases, psychopharmacology has also proven useful.

There are several anti-anxiety drugs that have given way to patient improvements. A combined approach is often the best way to provide a long-term treatment solution.

Dr. Aaron Fink, at the Baylor College of Medicine, is skilled in treating these types of disorders, but White has skipped his scheduled sessions with him.

After meetings with the General Manager and the coaching staff to discuss his lack of playing time, White has also stopped attending practices and games.

The Rockets have provided a recreational bus for White to take as opposed to flying, and he has attended a few events as scheduled, but his attendance has gone from infrequent to completely nonexistent.

White has plead his case to the court of public opinion on Twitter repeatedly, asserting that his disorder is under control, and he is sitting out in protest over the lack of support the Rockets organization has provided him. He is being fined for every day that he does not actively participate in team activities.

This situation is forcing the NBA to have an internal dialogue about how much responsibility the league as a whole, and individual teams have, to make provisions for players or other employees suffering from mental illness.

The spotlight placed on the Rockets may encourage many athletes to speak out about their own struggles.

As the 16th overall pick taken in the 1st round of this summer's NBA draft, White is clearly considered to have the potential to be a great professional basketball player. However, not much can be done to fight for the basketball or for mental illness simply by sitting on the bench.

Man Gets Arrested for Threatening Tattoo

Vanessa Ramirez Entertainment Editor

Many say that having a tattoo is a form of freedom of speech, however it is not okay when it becomes a threat.

In Minneapolis, a case was found of Antonio Fransion Jenkins Jr., a gang member from the Bloods. Jenkins was arrested for having a tattoo of a pig getting shot through the head.

The police justify their actions, saying it was not due to the ugly art, but was instead due to the symbolism of the pig.

The pig was wearing a police officer's uniform with the name of a cop who was on an investigation of the Bloods. Underneath the tattoo, the words read "F*** the police."

The copswere alerted to the threatening tattoo after it was spotted on Jenkins' Facebook page.

Like any smart cop hater, he posted a picture on his wall shortly after getting the tattoo, with the caption, "My tattoo iz a pig get'n his brain blew up."

It was decided that the picture of the tattoo along with the (horribly misspelled) captioning could be seen as a threat to the police. He was then arrested.

When questioned about it, Jenkins stated that he got the tattoo done in a friend's home. Jenkins went on to explain that he got the tat-

too after he became upset with the cop about an incident that happened back in August 2011.

While a tattoo may not seem like a big deal to Jenkins, the police claimed that this tattoo was a clear and very personal threat to the individual officer.

Jenkins and his tattoo are now facing a \$10,000 fine and five years in prison.

Can't imagine the CO's in prison are going to like his freedom of expression either.



It's always the smart ones, isn't it ...

(Via Colori continued)

their art by using nothing but dirt from MINI cars to outline their art.

A booth overflowing with the adults was, of course, the "Blue Moon Brewing Company Community Mural" where thirsty adults could sample their favorite brews.

The Via Colori Festival is a canvas for many artists and performers, resulting in not only amazing art pieces created with unusual mediums, but awareness and resources for nonprofit organizations in need as well.

(Scienter continued)

When out of work and not playing music, some of the band members like to spend their free time playing XBox. However, Gerardo Barrera claims that playing music, not XBox, is his life, "If I'm not playing music, I'm not doing much of anything. I play music, that's what I do, that's my life."

Five years from now, they see each other with a larger crowd of fans, and on the 4th album of their music.

"Right now, all I want to do is put my heart and soul into the music and see where that goes," explained Arfeo Yllana.

They claim that the best way to be successful is simple; always practice. Once they have something down, they don't stop. They simply move on to the next level.

Arfeo continued. "The only hard part is getting your music out there."

Their staunch work effort may be paying off. As a young band, they've gained a following and a name for themselves that may just pay off in the end. GNF. Technology

November 26, 2012

The Tech Files Top Holiday Gadgets, an Invisibility Cloak, and an Invisible Keyboard for all you Sci-Fi Geeks



Michael Avila Staff Writer/Tech Guru

It can be almost impossible to wade through the gadgets available this holiday season. After much searching, I've narrowed down the top must-haves for your list.

1. Samsung Galaxy Note 10.1

The 10-inch Galaxy Note adds capabilities that no other tablet, not even the Apple iPad, currently offers. The Galaxy Note 10.1 is a strong competitor with the extraordinary battery life of the iPad and has a memory-card slot not found on Apple's tablet.

2. Nikon Coolpix S&OOc

This 16-megapixel, Wi-Fi enabled point-and-shoot camera is the first of its kind to run Google's Android operating system. It even has access to the Google Apps! The apps enable users to edit an image and then quickly and easily post it to Facebook, all while creating a slideshow with music.

3. Amazon Kindle Fire HD 7-inch

Amazing graphics give this version of the Kindle a much-needed improvement from its predecessors. The front is a single piece of glass with a 7in LCD screen and broad black bezel surrounding it. The rear is constructed from smooth, soft touch plastic, with the Kindle logo etched on a black strip of glossy plastic across it. At either end of this strip you'll even find dual-driver stereo speakers.

4. XPS 12 Convertible Touch Ultrabook

This touch-enabled 12" convertible laptop combines the fun of a Windows 8 touch tablet with the power and productivity of an Ultrabook. It is really the best of both worlds.

5. Vizio CinemaWIDE XVT3D

This ultrawide TV is aimed at people who want to see films on a 21:9 display that mimics the shape of a movie-theater screen. This means most wide-format movies will fit on the screen without the annoying black bars you see on other TV's. It comes with a great HD picture, good 3D performance, and includes extras such as 3D glasses and a Bluetooth remote with a keyboard. At 58 inches, it's plenty big, too. Michael Avila Staff Writer/Tech Guru

Duke University's ever-evolving invisibility cloak has been improved since it was announced back in 2006.

The latest version, developed by scientist at Dukes Pratt School of Engineering, solves a few of the reflecting light problems that the earlier one had.

The new and improved cloak separates light into two waves, which travel around in the center and re-emerge as the original single wave. In order to get rid of the reflections, researchers have built the cloaking device using copper and fiberglass strips, which are divided into four quadrants. By doing this each strip meets its mirror image at each interface.

The researchers who created this device have used what is called meta-materials, which are artificial materials engineered to have properties that do not occur in nature.

Although coveted by trekkies and sci-fi geeks across the globe, military outlets are the most likely candidates to receive the cloaking device.

Though it may have invisibility properties, the cloaking device is still small in size and can only hide small objects. Too bad, Potter fans...no invisibility cloak for you unless your cool uncle sends you one by parcel.

Michael Avila

Staff Writer/Tech Guru

Are you tired of typing on a small on-screen keyboard, but you don't want to carry around an accessory to type on?

A Swiss student has created an experimental app that allows the user to type using nothing but a table surface.

The app doesn't use motion-tracking or a laser like other tabletop keyboard devices. It instead uses the iPhone's accelerometer to listen to the vibrations made by the taps on the table, and turns them into corresponding letters. The way that the app works is that you basically "train" it using just a sheet of paper that has a QWERTY keyboard layout printed on it.

When prompted, you simply tap on G a few times, which "teaches" it the sound of G.

You can do the same for all 26 letters, or you can opt to let it just fill in the gaps.

However, even with all that work, the accuracy of the app is only at about 80 percent right now.

The creator of the app, Florian Kraeutli, says that the app will improve with time, though.

"The signals I'm collecting are very weak. At the moment it's more of a proof of concept, but if you made the accelerometer more sensitive you could improve the accuracy quite easily."

This is a pretty cool concept, but only time will tell if it will work for widespread use.



(UHD Forum continued)

The second suggestion for using higher education to our society's advantage is to work together in order to repair our ailing nation; however, the desire to help one another is declining.

This is where higher education is being questioned for its inability to impose ethical values in our person. But is it fair to point the finger at higher education for the lack of responsibility found in these college students?

According to senior scholars Ann Colby and William Sullivan, from the Carnegie Foundation for the Advancement of Teaching, being educated means that students have the responsibility to learn to work hard and strive to do their best, cultivate personal and academic integrity, contribute to the larger community (local, national, and global), take other people's ideas and perspectives seriously and develop the practice of ethical and moral reasoning.

Because ethical and moral values are declining, employers are reaching out to colleges and universities to place more emphasis on courses that help individuals develop these skills. Courses in ethics are simply not enough and when asked whether professors should teach ethics in conjunction with their respective course of teaching, the idea was not accepted; teachers will be taking time away from important course material for a subject most students deem unnecessary.

As our economy and society continues to struggle, our higher education is being pin-pointed as the target for change. We need to produce more science, technology, engineering and math professionals in order to reclaim our spot in the global economy.

We must begin instilling that thirst for discovery in younger generations so that they can learn to love challenges and hopefully take on the STEM challenge.

Ethics and morals are as important as our focus on the economy and without ethics our work is worthless. Yet, the problem is imbalance between what is expected of the individual by their workplace and their peers. This is, in true the great dilemma with ethics; one is bound to the "ethical rules" of the workplace and is forced to cast away the ethical values for the best of the person.

Academic financial resources can help close the gap between social classes however the chance to strive for a better life is the one opportunity we all have, equally.

Higher education has the power to change our society; however, it can only be powerful if its existence is understood.

November 26, 2012

The New Age of Quilting: Houston's International Quilt Festival

Wendy Williams Staff Writer

In the 19th century, quilting was very time consuming and was often reserved for special occasions. With today's technology, everyone is quilting.

One of the largest conventions to visit our city, the International Quilt Festival, proved to be a diverse representation of beauty, tribute, and expression.

As Peggy Wilson from Horseshoe Bay, Texas, explained, her love for quilting is her creative outlet and said that she visits the festival every other year. She's not alone in her loyalty to the festival. 600,000 visitors came from all over the world to see the amazing display of artwork and quilts.

One of the most popular quilts on display was the Handi Quilter Best of Show winner Sherry Reynolds from Laramie Wyoming. Her red, white, and blue quilt entitled "America, Let It Shine" included 5,121 Swarovski crystals, referenced phrases from the Declaration of Independence and the preamble of the Constitution within the trim, and was the grand prize of winner of \$10,000.

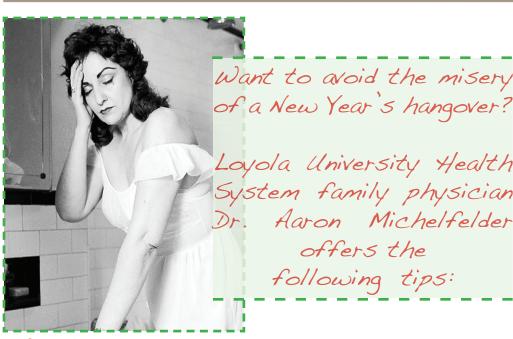
Chevron Corporation, one of the festival sponsors, showed support of the fight against HIV/AIDS with their quilt, Life Stories in Fabric, which displayed several tributes to those who lost their lives to AIDS.

There were also international quilts on display of color. One quilt entitled "Dancing Girls" contained a French braid on the head of each girl extended from the quilt with a 3-D effect.

The International Quilt Festival, which started in Houston in 1986, and has grown to new heights as people of all backgrounds come together to share and learn about the quilting world.



Sherry Reynold's winning quilt alongside other quilts on display (Elpidia Medina)



Before the Party:

· Plan to drink moderately- a sible. maximum of five drinks for men and three drinks for women The Morning After: during a minimum three-hour period.

 To prevent inflammation, take · Exercise (if you can stand it). an anti-inflammatory drug such During vigorous exercise, blood as ibuprofen or Aleve.

During the Party:

· Eat first, and then drink, not the faster you circulate blood the other way around. Food through your liver and kidneys, slows the absorption of alcohol.

· Drink slowly.

· To prevent dehydration, drink a What Doesn't Work: glass of water after each alcoholic drink.

· Take a B vitamin supplement.

After the Party:

· Do not drink and drive. · Get as much sleep as pos

- · Take another B vitamin.
- · Drink lots of water.
- circulates three times as fast as it does when you

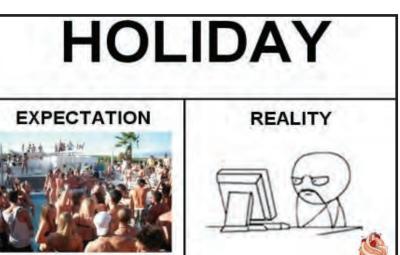
are sitting on the couch. And the faster your body will remove the toxins.

· Coffee will make you more alert, but it won't prevent or help a hangover.

· Forget" hair of the dog" - the notion that having a drink can relieve a hangover. It will only make you feel worse.







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