

Time to serve: UHD offers students volunteer opportunities



UHD SGA's Community Outreach committee is specifically aimed to help at volunteering functions around Houston. The committee helps in various projects year round and welcomes any interested students who would like to join them. (courtesy of UHD SGA)

College Life

Dana C. Ayres
Staff Writer

There comes a moment in our lives when we are called to sacrifice our time and ourselves for the sake of others. Our motives for doing such an altruistic act may be personal, but the impact it leaves on those served can be immeasurable. That sacrifice is best described as volunteering. The word "volunteer" derives from the Latin word "voluntarius" meaning "willing or voluntary." Within the city of Houston, there are strong roots of community volunteerism. One such entity, the Houston Food Bank, built its foundation on the hard work and dedication of a few determined and empathic individuals.

Since 1982, the Houston Food Bank (HFB) boasts of humble beginnings. A few volunteers

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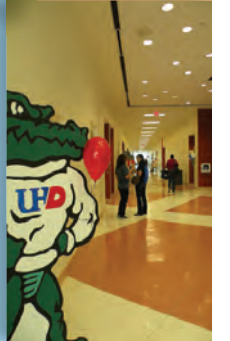
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News

Seven month search results in reappointment of interim provost



Ed Hugetz's position has been extended (courtesy of uhd.edu)

Elizabeth Padgett
Staff Writer

The search for UHD's new provost ended two weeks before the fall semester begins with President Flores's announcement to extend Ed Hugetz's position as provost and senior vice president (SVP) of Academic Affairs. The announcement questions the extension based on whether it was Hugetz' tremendous work ethic or the University of Houston's decision to eliminate Hugetz's former positions as asso-

ciate vice chancellor and associate vice president for planning.

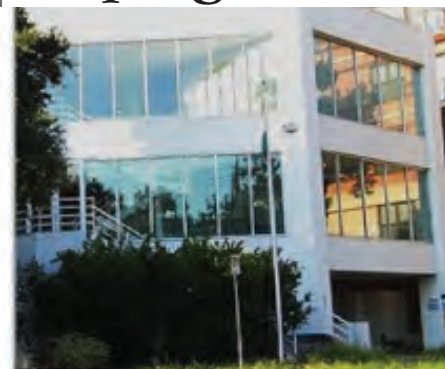
Hugetz began his journey with UHD in early January under a temporary appointment to replace former provost Richard Brian Chapman. In his initial address to the community concerning the temporary appointment of Hugetz, President Flores closed his letter stating he would "move forward quickly to identify permanent leadership for this important role."

On January 28, the search for a permanent replacement officially began with the university's announcement to establish a Search Committee as well as hiring the firm Witt/Kieffer. Aside from the esteemed committee pooled from UHD's faculty and staff, President Flores validated Witt/Kieffer's credentials, pointing out they are one of the nation's top ten executive search firms stating, "I am confident that this firm will identify the best pool of national candidates for

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Opinion

August, unsafe month for returning students of summer abroad programs



Consulate General of India in Houston (Theodore Shull / Dateline Downtown)

Theodore Shull
Staff Editorial

The United States Government imposed a worldwide travel alert declaring August as not a good month for citizens to travel abroad. The warning, extended to specific regions of the Middle East and

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Editorial Staff:

Editor-in-Chief: Jacqueline Reyes
 Email: dateline.editor@yahoo.com
 Office: (713) 221 8192
 Fax: (713) 223 7466

Assistant Editor: Alma D. Garcia

Email: dateline_assistant.editor@yahoo.com
 Office: (713) 221 8569

Business Office:

Business Manager: Tianna Thomas
 Email: thomasti@uhd.edu
 Office: (713) 221 8275
 Fax: (713) 223 7466

Advisor:

Anthony Chiaviello
 Email: chiavielloa@uhd.edu
 Office: (713) 221 8520

Staff Reporters:

Theodore B. Shull
 Lauriston Brewster
 Jessica Hernando

Staff Columnist:

Mark Steven Caffey

Staff Writers:

Juan A. Hernandez
 Dana C. Ayres
 Elizabeth Padgett
 Stephanie Claybourn
 Alicia Callender

Staff Photographers:

Louie Galvez
 Tam Ngyuen

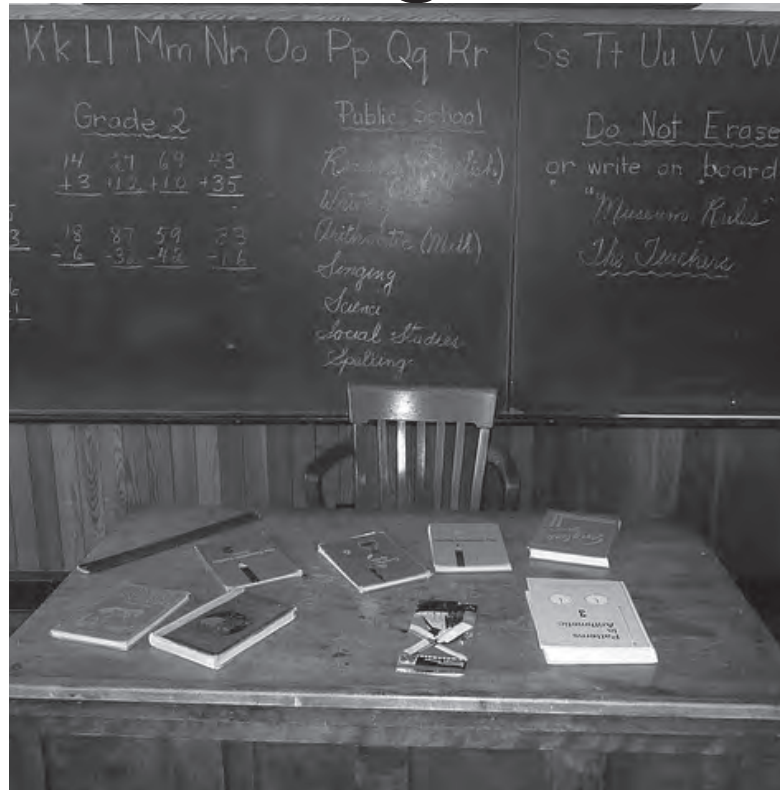
New concentrations now available for UHD English majors

In addition to the standard B.A. English majors at the University of Houston-Downtown can now choose optional concentrations to complement their degree. Starting this semester, the College of Humanities and Social Sciences will offer three new concentrations for students: Film Studies, Creative Writing and Secondary English Education (replete with state teaching certification).

While this is perceivably good news for english majors, these new concentrations stem from a rounded motivation that transcends beyond the CHSS: UHD striving to meet the needs of students.

Professor of English Dr. Sandra Dahlberg, who presides over these new curriculum changes, asserts that there is a prevalent need in the area of facilitating secondary education certification.

In a process that took a number of years, there has been a huge concerted effort between the Department of Urban Education and other departments to ensure UHD students pursuing their bachelors could also obtain



The new concentrations will also offer a teacher certification requirements are complete. (creative

secondary education certification within the same four year time frame. Dr. Dahlberg, citing the Department of Education, acknowledges that "employers in the school district prefer that."

Besides english, students of history, the natural sciences, and mathematics can benefit from UHD's revamped emphasis on teaching certifications.

While Texas is not entirely supportive of separate degree programs at the moment (which is why the proposed B.F.A. did not come to fruition), a concentration is a good way to avoid state impediment while also

giving students better opportunities within their respective major.

Time was seemingly opportune for the English Department to implement concentrations in Film Studies and Creative Writing as befitting additions to the english education concentration. Student demand for Film Studies and especially Creative Writing was formidable enough to warrant these new changes. Dr. Dahlberg maintains that the student exit surveys were invaluable tools for garnering these particular student

needs.

Dr. Dahlberg hopes these changes will put us on par with surrounding institutions and prepare students for success. In addition to new concentrations, there are other tweaks to the english curriculum. For instance, new Professional Writing majors will notice that their core requirements have been restructured to include concentrations in Theory, Research or Software. Coming 2014, UHD will unveil a Masters in Rhetoric and Composition. Visit the Department of English in Room S-1045 for more information.

Submission Policy

Dateline Downtown welcomes submissions to the editor from any member of the UH system. Submissions should be no more than 300 words, include the author's full name, phone number or email address, and affiliation with the University, including classification and major. Anonymous submissions will not be published.

Deliver submissions to room S-260, email them to dateline.editor@yahoo.com or fax them to (713) 223 7466. Letters to the editor may be edited for space. They will be edited for spelling, grammar and malicious or libelous statements. Submissions must be the work of the writer and must be signed. All submissions become property of Dateline Downtown and will not be returned.

Dateline Downtown is the official student-produced newspaper of The University of Houston-Downtown. Editorials, cartoons, columns and letters are the opinions of individual students and do not necessarily reflect the opinions of other individual student writers, editors, advisors of the University of Houston-Downtown, its administration or students.

LIST OF EVENTS

President's Cabinet, Student Activities Room City Hall Tour Thursday - August 29, 2013 Time: 1:30 pm Location: 900 Bagby Street, Houston, TX 77002

SGA Friday - August 30, 2013 Fall Back Bash from 9 p.m. to 2 a.m. at PURE, 505 Main Street . Show UHD ID at the entrance, ladies get in for free until 11 p.m.; guys will pay \$5 dollars until 11 p.m. Drinks, hookah and other items will be on discount for UHD students.

AMSA - Be The Match @ UHD, Sept 23-26! Save lives by joining the Marrow Donor Registry! There will also be Zumba, games and more!! Be The Match is an organization with a purpose of adding people to the Registry so blood cancer patients have HOPE for a cure. You could be someone's MATCH!

SUCCESS - Sam Houston Boat Tour Friday - September 27 Time: 2:30 pm - 4:00 pm Location: 7300 Clinton Dr. Houston TX 77020

SUCCESS - Day of The Dead (Fashion and Art Show) Oct 24th, 3-6PM RM A300 This Day of the Dead event will be featuring Artwork from local artists, Clothing from local vendor My Flaming Heart Fashions and new works from HCC School of Fashion. Fajitas will be served. Fun for everyone!

SUCCESS - UHD Empowerment Day Mixer Nov 14th 6-8pm in A300. This event brings esteemed professionals in all fields of business from around Houston to UHD to talk to students in a laid back setting, giving them guidance on how to achieve success in their field of study. Their will be food and drinks served. Please come in professional attire.

UHD welcomes new sorority, Sigma Kappa Omega

Elizabeth Padgett
Staff Writer

With the start of a new semester, UHD welcomes returning and continuing students with the announcement of a new sorority on campus: the Gamma colony of the Sigma Kappa Omega sorority. For those wishing to join the 'Sigma Sweethearts', membership is open to female university students with a GPA of at least 2.5. All ladies interested are invited to attend the information nights the week of September 9.

The women of SKO wanted to expand their sisterhood and UHD was handpicked out of other universities across the country due to the unique characteristics and demographics that the campus houses.

SKO started in 2001 at Stephen F. Austin State University (SFASU) with the aspiration to "unite its members in a bond of sincere friendship for the development of character



(Sigma Kappa Omega / facebook.com)

and the promotion of social and intellectual culture." The sisters of SKO are individuals that aim for an elevated level of success in their academic, social and spiritual journeys.

Originally, SKO was on the pathway to becoming a colony of the National Panhel-

lenic Conference (NPC). The sisters realized what they had built with each other was truly one-of-a-kind and did not want to sacrifice their unique bond to join the NPC. Founding sisters Katie McCormick and Kara McIntyre wanted to hold true to their original vision of "not being as rigid and more inclusive" as the sororities at SFASU. Joanne Iglesias, Vice Chair of Sisterhood and member of Sigma Kappa Omega- The Alumnae Order, said that SKO is "a very strong, diverse and raw sisterhood. You learn to accept and love others for what they are." Each chapter makes their own impression, but all stand united under the same values and ideals.

The sisters of SKO are committed to philanthropic efforts and promoting good citizenship in their communities. Their charity of choice is the Alzheimer's Association. The Alpha chapter has been an active supporter, holding various charity events including movie nights and participating in the Walk

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(Interim Provost continued from page 1)

this important position."

The nationwide search generated 75 applicants who were then narrowed down to the top ten. The Search Committee invited the top ten to Houston for an interview, resulting in five potential candidates. Assuming that the new, permanent provost and SVP would be chosen from these final five, each of the five candidates returned to Houston a second time to present on a pre-selected and assigned topic. Each presentation lasted roughly an hour. Students, faculty and staff were encouraged to partake in the search through a discussion forum including a question and answer session. Those unable to be present submitted their questions via email. Candidates also met privately with UHD representatives to clarify their intent.

UHD spent the past seven months meticulously searching for a permanent replacement ending in the reappointment of the interim provost. It was not mentioned in any provost search updates that Hugetz was being considered as a long term option nor President Flores or Hugetz himself mentioned it in any of the public statements. A request for comments by the Public Affairs office has not yet been returned.

President Flores, in his message to the community on August 12, spoke of Hugetz's

work and progress since his interim appointment. Some of the accomplishments highlighted include playing a key role in the FY2014 budget process, reorganizing and merging the Divisions of Academic Affairs and Student Success and Enroll Management, and working with the Faculty Senate on policy revisions. After confirming the extension of Ed Hugetz, President Flores clarified his decision stating, "I questioned whether a change in leadership would be in the institutions best interest."

According to an article by the Daily Cougar in May, two months before President Flores's statement, the University of Houston announced that the Office of Academic Affairs would be conducting its own nationwide research over the summer to fill the vacancies in the staff rosters. President and Chancellor Renu Khator announced this in order to help retain the university's Tier 1 status. Khator sent a campus-wide email May 13 detailing her intent. She worked with the Pappas Consulting Group, Inc. who advised her that in order "for the creation of new positions, the elimination of currently existing positions and the realignment of functions to different reporting structures" must occur.

UH Interim Provost Paula Short sent a follow-up email

naming the eight administrators whose positions would be reorganized or eliminated. Hugetz's position was number eight on the list. Short said, "While the reorganization is necessary to ensure student success at the undergraduate and graduate levels, change is sometimes difficult, especially when personnel are affected." According to President Flores, before Hugetz's appointment was extended for permanent residency with UHD, it was consulted with the Search Committee, Faculty Senate Executive Committee, Cabinet, deans, chairs and directors, as well as leadership from student affairs, academic affairs, Student Government Association and Staff Council.

While taking part in the search that led to the appointment of Richard Brian Chapman in 2011, former UHD College of Business Dean Don Bates commented that, "it is rare that the search committee, the faculty, the faculty senate executive committee and the president all agree on the top person in the pool but that is what happened in this search." This statement can seemingly be applied to Hugetz's appointment as well.

Michelle Gutierrez, SGA representative who participated in the interviewing process of the candidates, said that even

though she really enjoyed meeting the candidates she respects Dr. Hugetz. "I think he is fit for the position seeing as how he has interacted and worked with the different departments of the university."

The former provost and SVP Chapman, at the time was the highest paid provost in the history of UHD. His salary was listed to be \$190,000, according to the Texas Tribune. It is unclear if Hugetz will receive equal or greater benefits than Chapman and how much of an increase has been made since his upgrade in status. Hugetz's former position of associate vice chancellor and associate vice president for planning and outreach at UH came with a salary of \$195,697, as reported in August of 2011. Hugetz made immense efforts restructuring and streamlining some of the core problems UHD faced with Chapman's departure.

Hugetz has found his new home at UHD after being dismissed by Khator and Short. Short's position is similar at UH to that of what Hugetz is filling in for at UHD. If Hugetz was able to make such a dramatic overhaul in the short time he's been with UHD, one can only imagine what he can accomplish with a permanent place at the Downtown University. UHD welcomes you a second time, Provost Hugetz.

Textbook purchasing alternatives and the IRS

Alma D. Garcia
Assistant Editor



(albertogp123 via Flickr/creative commons)

With the economy not at its best, students are finding it harder these days to afford not only college, but their textbooks as well. Every year students are required to update their textbooks making last year's edition out of date. Some professors,

though, allow the use of previous editions if they notice that the previous edition and the new edition contain most of the required content needed for class.

While many returning students are aware of the textbook purchasing options and the monetary difference between buying "new," buying "used" and renting, for incoming freshman this is something that they will either learn on their own throughout their college years or learn today. Freshman and returning students should know that they are not limited to purchasing the books from Barnes and Noble or Textbook Solutions. They can choose to purchase textbooks online if they offer a better price.

Below are some of the online options that offer good prices for books. In order to find prices, I used Visions of America by Keene as a sample textbook purchase. You will notice that

some online stores do not offer new textbooks so you can expect for some of the books to be gently used. Other websites offer E-Textbooks which can be downloaded on a Kindle, Nook, Tablet, or Ipad.

Besides finding good deals on textbooks, it is important to save receipts of purchases made for your college education. Some of your purchases, including required course materials, could be tax deductible under the American Opportunity Tax Credit or Hope and Lifetime Learning Credits.

The America Opportunity Tax Credit (AOTC) is a modification of the already existing Hope and Lifetime Learning Credits. AOTC allows individuals with an income of \$80,000 or less and married couples filing together with an income of \$160,000 or less eligible for a maximum annual credit of \$2,500 per student.

It's hard being a college student especially when your only source of income is a minimum wage part time job. I know it's tempting to purchase those clean, crease-free, new textbooks but purchasing new is sometimes not the best option. Also, keep your options open and don't limit yourself to the university bookstore or local bookstore. If you find better options than the ones provided, share it with your classmates. We are all on a budget here. Don't forget to save those receipts. You could be saving your parents a lot of money or even yourself if you are an independent student. For some students, this information is common sense but for the entering freshman and returning students unaware of these options, I highly recommend you take note.

Visions of America Vol. 1 by Keene ISBN #9780205092673

Textbook Seller	Purchase New	Purchase Used	Rent New/Used	E-textbook
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Holding big banks and city contractors accountable



Mayor Annise Parker
City of Houston

(courtesy of Mayor Parker)

It's hard to imagine being more proud of a hometown than I am of Houston. We sacrificed together to make our city stronger in the face of the worst recession in generations.

That's what we do in Houston. We work hard, tackle our problems with integrity and determination and, always, keep one foot planted squarely in the future.

But when we're not working on a level playing field, that's not enough. That's why I've asked the city's legal department to aggressively pursue two lawsuits for fraud just last month.

As our economic recovery began, we learned that 16 international financial institutions were participating in a conspiracy to manipulate a key interest rate – known as London Interbank Offered Rate, or LIBOR – that determines how much the city pays to borrow money and how much the city earns on many of its investments.

While we were cutting back on everything possible to protect essential services during the recession, these big banks were boost-

ing their profits illegally and at our expense – siphoning away more than \$9 million of your hard-earned tax dollars that could have paid for more after-school programs, more police officers or more crews to repair broken streets.

That's unconscionable – and with City Council's approval, we've sued to recover our money and for additional damages.

Last week, the city filed another suit for fraud – this time against the firm the city hired to handle ambulance billings and collections. All Houston taxpayers deserve transparency and fair dealing from the city's vendors; those who pay for EMS and ambulance service are often vulnerable economically and deserve nothing less.

We won't know the extent of the damages until the lawsuit progresses. We've canceled the contract and are engaging a new firm to do the work.

It takes all of us to keep Houston the best place in America to live, work and raise a family – and there is a lot of work ahead of us. Houston's taxpayers are doing their part. My job is to pay attention to the details – like watching over your tax dollars – so the best city in America can get even better.

(August, unsafe month continued from page 1)

North Africa, is expected to last throughout the month of August. Besides issuing a global travel warning, the U.S. made the unprecedented decision to temporarily close over twenty embassies and diplomatic missions in the Middle East and African regions. Unfortunately, August is an especially busy month for U.S. student travelers returning home from summer abroad programs and foreign nationals traveling to the United States as exchange students. This closure will have immediate impacts on American students traveling in the region, as well as international students seeking student visas to enter the U.S. for the upcoming fall semester.

One of my favorite aspects of daily life at the University of Houston Downtown is the diversity of the students and faculty on campus. I have had foreign exchange students and professors who have migrated to the United States permanently in almost every class that I have taken so far. The differences in culture and perceptions have truly enhanced my educational experience. Taking an American Government class taught by a graduate of the Diplomatic Institute of Beijing was a fantastic opportunity to learn about the value of democracy from someone who could only dream of having it one day as a child. I am also impressed by the opportunities that UH offers its students to study abroad, es-



Consulate General of the Republic of Korea in
Houston
(Theodore Shull / Dateline Downtown)

pecially in countries and regions where the American Ideal may be challenged and questioned. This allows students to experience life in places with different cultures and beliefs about government and society.

According to one former intelligence official, "any decision to close a diplomatic facility (even temporarily), but especially twenty one of them at the once, must come from information that shows there is an unavoidable threat of loss of life with no way to mitigate it." The catalyst which sparked concern over the security of embassies and U.S. personnel was an intercepted communication between the new leader of al-Qaida and a splinter group in the Arabian Peninsula discussing plans for attacking

American facilities in the hopes of replicating the fear and disbelief that affected all of us immediately following September 11, 2001. Arguably, they have already accomplished that goal without even one actual terrorist attack by forcing our government to act under an "abundance of caution" through limiting U.S. diplomacy around the globe.

A recent bulletin issued by the National Association for College Admission Counseling stated that even though many of these embassies have re-opened, "the closures will adversely impact student visa issuance in those and neighboring countries". The NACAC also recommends that member colleges and universities extend as much flexibility as possible for late-arriving international students, in respect to orientations, placement tests and course registration for the fall semester. For students who are already in college they even suggest possible deferments to later academic terms. NACAC also emphasizes the importance of institutions reaching out to previously admitted students who may be stuck in the region in order to assist them with the travel process, and urges students to check the U.S. State Department website which main-

tains an updated estimate for student visa wait times.

One international student from Australia starting his second semester at UH in the fall gave some advice for students to consider before leaving the U.S.:

1. Always ensure that your travel documents will not expire while you are outside of the United States.
2. Obtain Student or Tourism visas at least two months in advance of travel plans.
3. Always know where your passport is while overseas. If you are staying in a hotel and do not need your passport during your daily routine, keep it locked in a hotel safe or securely on your body at all times.
4. Retain receipts for all purchases made in a foreign country, especially for electronics or jewelry worth over \$100.00.
5. Monitor the U.S. State Dept. website for updates and warnings for the region you are traveling in.
6. Investigate all of your options before leaving for these regions in the case of threats of war and terrorism. Explore embassy and consulate resources in the country you are visiting as well as neighboring countries. Also inquire with travel companies and schools you plan to attend about their policies in the event of emergency.

UHD I.D. added benefits, don't leave home without it: Student discounts available at popular area attractions

Theodore Shull
Staff Reporter

Houston has been recognized for many years as a world-class tourism destination. Houston boasts of vibrant arts and music venues, educational museums, the zoo, and an aquarium located in the heart of downtown. Whether you are a life-long resident of the city or a newly-arrived student discovering the city, there are always new things to see and do without traveling on the interstate. If you are equipped with a college I.D. you may be able to experience popular attractions for a reduced price, or even at no charge.

Houston Fine Arts

Within walking distance of the UHD campus a student can find one of the city's premiere venues for live theatre, the Alley Theatre, which has been part of the Houston Art Scene for over 60 years. Located at 615 Texas Avenue, the Alley exists to provide audiences with the highest quality theatre with an emphasis on new American works, from the inspirational to the provocative. The Alley theatre offers student tickets for \$16.00 with I.D. at the box office, or online using Promo Code: Student. Upcoming performances for the 2013 Fall Season include:

- You Can't Take It With You – A great American comedy (9/25 – 10/20 2013)
- Venus in Fur – A sexy, provocative comedy (10/16 – 11/10/ 2013)

Other live venues downtown include:



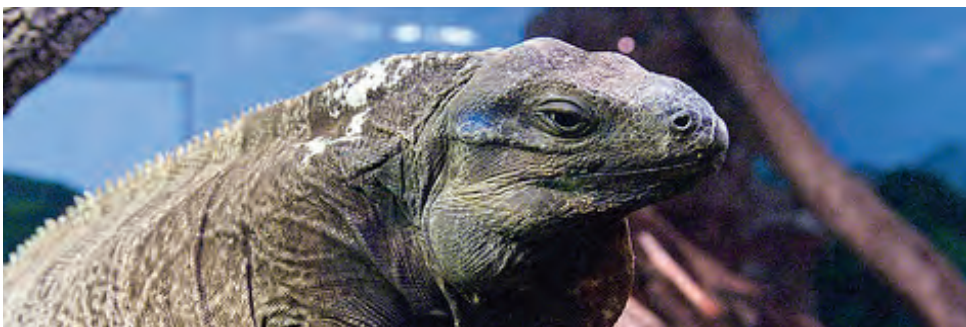
A July 2013 Performance of Shakespeare's Macbeth (courtesy of thestarknakedtheatre.com)

The Stark Naked Theatre – located at 1824 Spring St., 77007 offering students a 50% discount with tickets available for \$10 or nine at starknakedtheatre.com

Obsidian Art Space – 3522 White Oak Dr., 77007 offering student tickets for \$15.00. Show times and tickets are available at obsidianartspace.org

Houston Zoo & Aquarium

The Houston Zoo offers free admission for University of Houston



(Houston Zoo / Flickr)

Downtown Students (Limit 1 per ID). Students of other local colleges / universities receive a \$2.00 discount on admission. Available at Zoo entrance only.

The Houston Aquarium offers student admission for \$10 per person between Monday-Friday.

Houston Area Museums

Space Center Houston – A very popular attraction for residents and tourists alike; offers students a \$5.00 discount off of the adult admission price of \$22.95.



(heatheronhertravels.com via flickr /creative commons)

Houston Museum of Natural Science – Students with a valid college I.D. receive a \$5.00 discount off of the general admission cost for Permanent Exhibits (\$20) and Special Exhibitions (\$25); \$1.00 discount off for the Planetarium (\$8) and Butterfly Exhibit (\$8); \$2.00 discount off the Giant Screen general admission.



(science musuem via flickr /creative commons)

Houston Museum of Fine Arts - Students can purchase admission tickets for only \$6.00 instead of the general admission price of \$14.00

Houston hosts Ultimate Fighting Championship (UFC) 166

UFC returns to Houston with a main event card dubbed one of the best trilogies in mixed martial arts history: Velazquez vs. Dos Santos.

Juan A. Hernandez
Staff Writer

October 19 will mark the second time the Ultimate Fighting Championship (UFC) hosts a pay-per-view at the Toyota Center.

The main event card features one of the best trilogies in mixed martial arts history: Cain Velazquez vs. Junior Dos Santos Part 3. The two combatants will take to the octagon one more time, both with one win against the other and the UFC Heavyweight Championship on the line. This series dates back to November 2011 when UFC on FOX first debuted on national television. It marks the first time that Velazquez and Dos Santos fought. Velazquez, heavyweight champion at the time, lasted a minute and four seconds with Dos Santos defeating him in the first round via knockout, crowning Dos Santos as the new champion.

The Velazquez-Dos Santos rematch was set for December 2012 at UFC 155, only this time Dos Santos was the defending champion. This bout proved to be very brutal on Dos Santos' part that by the end of the fight, his face had been heavily bruised and battered at the hands of Velazquez. Decided by unanimous decision, Velazquez reclaimed the heavyweight championship lost in his first fight against Dos Santos.

On August 1, UFC held an open workout at the Toyota Center to promote UFC 166 the day before tickets for the event went on sale. Both Velazquez and Dos Santos were present to talk about their upcoming fight and answered questions for both the media and the fans in attendance. As the fan favorite, Velazquez stated the massive support from his Latino fans is overwhelming. Both fighters emphasized the importance of their training as crucial to winning this fight.



(Open__ via flickr /creative commons)

The training aspect plays a major role in preparing for this third fight. Velazquez realized what he had to work on after his first loss against Dos Santos. And he did just that; Velazquez came back and gave it his all against Dos Santos. The third fight is two months from now. Dos Santos realizes that needs to step up his game to prevent another loss like the one he suffered at the hands of Velazquez in their second fight.

Dos Santos (16-2) is the only fighter in the UFC holding a

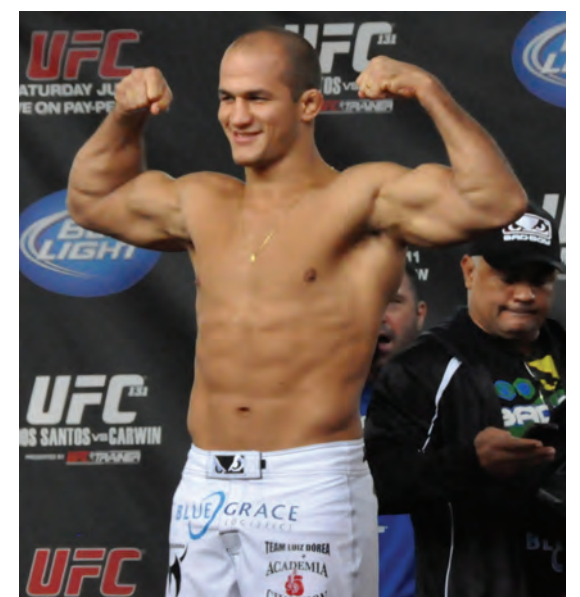


(Dos Santos (16-2) is the only fighter in the UFC holding a victory against the current heavyweight champion Velazquez (12-1). Velazquez's only loss is against Dos Santos. Both men have recently come off from major wins heading into UFC 166.

(Juan A. Hernandez / Dateline Downtown)

victory against the current heavyweight champion Velazquez (12-1). Velazquez's only loss is against Dos Santos. Both men have recently come off from major wins heading into UFC 166. Velazquez successfully defended the heavyweight championship defeating Antonio Silva at UFC 160 by TKO while Dos Santos defeated Mark Hunt by KO at the same event.

UFC 166 proves a major event for Houston in October and shows that the UFC's popularity continues to grow among people worldwide. Velazquez and Dos Santos show a tremendous amount of respect for each other and continue preparing to deliver their best against each other for Houston fans in this final fight of the trilogy.



(wikimedia commons)

Habits of healthy sleeping have benefits



(Uthink.com)

Jessica Hernando
Staff Reporter

The end of summer marks the end of staying up late for fun and sleeping until noon. With school starting, many students are dreading the inevitable all-nighters and waking up at the crack of dawn to ditch the traffic, find parking and make it in time for their 8:30 a.m. classes. Our sleeping habits allow our bodies to stay up late and make it hard for us to wake up early. Healthy sleeping habits can be extremely beneficial to your mind and body just as poor sleeping habits can be detrimental.

Without knowing the biological aspect of sleep, we know that not enough of it can make us feel horrible and that just the right amount can make us feel ready to take on anything. Every individual differs on how much sleep they really need. According to the National Sleep Foundation, an average of seven to nine hours of sleep a night for adults is critical for overall health. Some people can function on fewer hours while others may need more hours.

Too little sleep affects mood, judgment, and the ability to learn and store information. Long term consequences of sleep deprivation include diseases such as diabetes, obesity, heart disease. Surprisingly, too much sleep is unhealthy as well. The effects of frequent over-

sleeping have been linked to diabetes, obesity, headaches and back pain. Getting the right amount of sleep, however, proves to offer many benefits.

At night, even though you are asleep and unconscious, the brain is filled with activity. It's most active during the REM (Rapid Eye Movement) stage, where dreams take place and memories become consolidated. During this stage, neurons make stronger connections with each other, in turn, making memories (factual and procedural) more stable and permanent. For this reason, experts suggest studying before going to sleep because the brain retains more information.

Besides improving memory, getting enough sleep strengthens immunity and reduces the chance of illness. Sleep gives cells the opportunity for mass growth and repair as well as increase the production of proteins and cells that help fight diseases. Studies have shown that sleep deprivation reduces the amount of white blood cells – the body's main line of defense. Little or no sleep prevents the immune system from being able to function at its highest potential.

Developing healthy sleeping habits is the trick to improving health and combating tiredness during the day. Suggestions for healthy sleeping habits are as follows:

- Stick to a regular sleep-wake schedule (even on the weekends)
- Avoid caffeine, alcohol, nicotine and other stimulants
- Avoid taking long naps during the day instead take power naps for 20 to 30 minutes
- Regular daily exercise at least five to six hours before going to bed
- Create a comfortable sleeping environment for yourself
- Establish a relaxing routine before going to sleep such as taking a warm bath, reading, listening to music, etc.

For college students, sleep can be easily sacrificed so think again before you decide to skip out on some shut eye. Sleep is vital to our well-being and is a lot more important than you think.

(Time to serve continued from page 1)

operated out of an abandoned grocery store handing away food preserved in igloo coolers with ice. In 1988, the organization moved into a 73,000 square foot warehouse on highway 59 and Cavalcade donated by the late Albert and Ethel Herzstein. By 2008, HFB merged with End Hunger Network, a Houston Food Rescue organization. As a result, HFB was able to distribute 46 million pounds of food that year. Today, HFB operates out of 308,000 square foot warehouse and is the largest food bank in the country.

HFB is a source of food for hunger relief charities in 18 southeast Texas counties. Food, which would otherwise be thrown away, comes from places like grocery stores and wholesalers with extra food. HFB, for instance, receives about 73,000,000 pounds of food from Feeding America donors and other local companies. The food is kept in a warehouse where volunteers sort, pack and redistribute it to local pantries. HFB has been named top charity in Texas by Charity Navigator for financial performance and accountability. HFB boasts of feeding 137,000 people each week within a network of 500 food pantries, soup kitchens, senior centers and other agencies. Hot meals are prepared

houston 
foodbank
Filling pantries. Filling lives.

and distributed from Keegan Center, a 15,000 square-foot kitchen.

Of the 137,000 people fed each week, half of those are children, the other half is working families and only six percent are homeless. 865,000 people need food assistance each year. Nearly 1,059,184 people within the HFB service area live in poverty. Half of the households only have one working adult forcing the families to choose between paying for food or utilities, rent or mortgage. HFB statistics also show that one in four children lives at or below poverty level.

Perry McAfee, Director of Volunteer Engagement at HFB, stated, "people who are hungry hide that fact and that ties into childhood hunger." McAfee has been with the HFB for over two years. He started out

his service to the hungry as the Director of Senior Services for Meals on Wheels, food received from HFB. "I was impressed by the scope of the Houston Food Bank and took the opening (Director of Volunteer Engagement) when it came about," said McAfee. McAfee seeks to make a significant impact on reducing childhood hunger in Houston and the surrounding areas by recruiting volunteers to work at the HFB – mostly for its Backpack Buddy program. The Backpack Buddy Program is designed to give food and services directly to the needy population. McAfee also stated that the Backpack Buddy program distributes around 9,000 bags per week and that's just scratching the surface of childhood hunger in Houston. "More volunteers equal more bags," said McAfee.

Houston Food Bank volunteer programs include:

- Backpack Buddy – discreetly distributes food to hungry children on Fridays at participating schools and other locations. Children take home child-friendly, nonperishable, easily consumed and nutrient-dense food.
- Commodity Supplemental Food program (CSFP) – a federal program in 39 states designed to improve the health and nutrition

Tips for new and returning students (but especially freshmen)

Stephanie Claybourn
Staff Writer

As the 2013-2014 school year begins, a list of five tips for new and returning students has been compiled to allow UHD student body to get along in the most civil way possible.

Tip #1: Do Your Research

This is an especially important tip for class, but it can be applied in a much broader sense. If you have questions about something, go poke around on the UHD website, or ask fellow students before you try to accomplish a task. Don't be that person who is holding up a long line because you don't know what you

want or need, or how to ask for it. Additionally, if you are in line for food, look at the menu while you're waiting in line. You never know how hungry, rushed, or generally irritable the people are behind you and it can make their day just that much better if they can get their food just a little bit faster.

Tip #2: Be Aware of Your Surroundings

Spatial awareness is key to avoiding running into people. This can go two ways. First, pay attention to where you're going. If you're looking down at your phone or are otherwise occupied, you could end up on a meme in some dark corner of the internet because you walked into a wall. While the rest of us might enjoy laughing at you, our amusement isn't worth the literal pain of you trying to smash your face through a wall. The other side of this is that if you see a person not paying attention set a collision course for you, move out of the way. They should be paying attention and they may not wish to do you harm, but don't subject yourself to the indignation of smacking into another human being and dropping your beloved cell phone.

Tip #3: Put the Phone Away

This tip can be broadly applied to your daily life. Turn



(UHD / flickr via creative commons)

off the cell phone and put it away during class, a study session, or a date. The exception is if you have children and even then your phone doesn't necessarily need to be next to your hand. More often than not, social networking updates or social plans can wait till after you finish doing what you're doing. Anyone essential in your life should respect that you're busy at certain times and should expect a late response.

Tip #4: Perfect the Art of Small Talk

This tip may be more difficult for the shy or introverted, but it can be modified for all personality types. Besides, if you succeed at tip #3, you will need this tip. Try to be friendly when you are waiting for something, be it the elevator or your

turn in line for food. If you're extroverted, talk! Try to be funny and engaging when you speak to the person helping you, or engage the people around you. If you're more introverted, you don't necessarily need to the same amount of energy. Instead, try to make a point of looking people in line in the eye and keeping your expression more passive. Having worked in the food service industry myself, there's nothing worse than a blank or irritated face greeting you when you go to help someone.

Tip #5: Remember that Everyone Has a Deal

You don't know what kind of day the people around have. If someone seems unnecessarily aggressive or irritable, do your best to not add to the problem. Maybe let them go ahead of you in line if you have extra time to spare. If you're brave, or can actually help, try to alleviate any tension with appropriate humor. Then if you have a solution, offer your help. You won't necessarily get a positive response every time and you need to be prepared for that as well, but everyone has days when absolutely nothing is right, and every little thing adds to the frustration. Yes, there are people that are simply unpleasant, but generally speaking there is a reason a person near you has an attitude.

(Time to serve continued from page 8)

of income eligible seniors by providing a 25 pound box of food each month.

- Keegan Kitchen—volunteers help to prepare hot and frozen meals for programs like Meals on Wheels, US Vets, Kids Café and Summer Feeding.

- Kids Café—volunteers provide nutritious meals and snacks to children after school. During the summer, it's converted to the Summer Food Service Program. Launched nationally in 1993, Kids Café is an arm of Feeding America.

- Red Barrel—throughout participating grocery stores in Houston, shoppers purchase and donate nonperishable items into Red Barrels. Each Red Barrel is assigned to a neighborhood food pantry that collects and distributes the food.

- Warehouse—volunteers work in receiving, sorting, repacking, distributing and transporting of donated and purchased food and government commodities.

- Nutrition Education—the HFB recruits and trains volunteer chefs, culinary students, registered dietitians, dietetic technicians and nutrition students to teach nutrition education classes that address food insecurity and hunger to the elderly, children, teens, moth-

ers and babies, pregnant mothers, healthy adults and people living with AIDS.

- Social Services Outreach (SSOP)—focused on raising awareness in the service area of available social services and provides application and technical assistance for state-funded social and health services.

The University of Houston-Downtown Community Involvement Center (CIC) lists HFB as a service organization under UHD student activities. Any UHD student who wants to get involved can register through Orgsync.com. An upcoming event, UHD Gators Giving Back - Service Learning Project, is set for Friday, August 30 from 1p.m. - 4:00 p.m. at HFB.

The Office of Student Activities can be reached at 713-221-8573 or by e-mail at StudentActivites@uhd.edu. The office is located in the Main Building at room S-204.

Besides politics, SGA also leads the student body by promoting community involvement. John Locke, founder of the Community Outreach Committee, expressed the importance of reaching out to the less fortunate stating "this committee's main focus [is] to create volunteer opportunities for students. Volunteering gives you a sense of em-

powerment that transcends any insecurity or fear one may have about one's abilities. I believe that one of the most important things you should learn in college is that we as individuals have the power to change the world." Locke and the committee remained active throughout the summer providing "food not bombs." To join the SGA's Community Outreach committee contact John Locke at locke.john.713@gmail.com.

To contact the HFB about volunteering, call 713-547-8604 or visit their website at houstonfoodbank.org/volunteer/register-to-volunteer/.



(courtesy of UHD SGA)

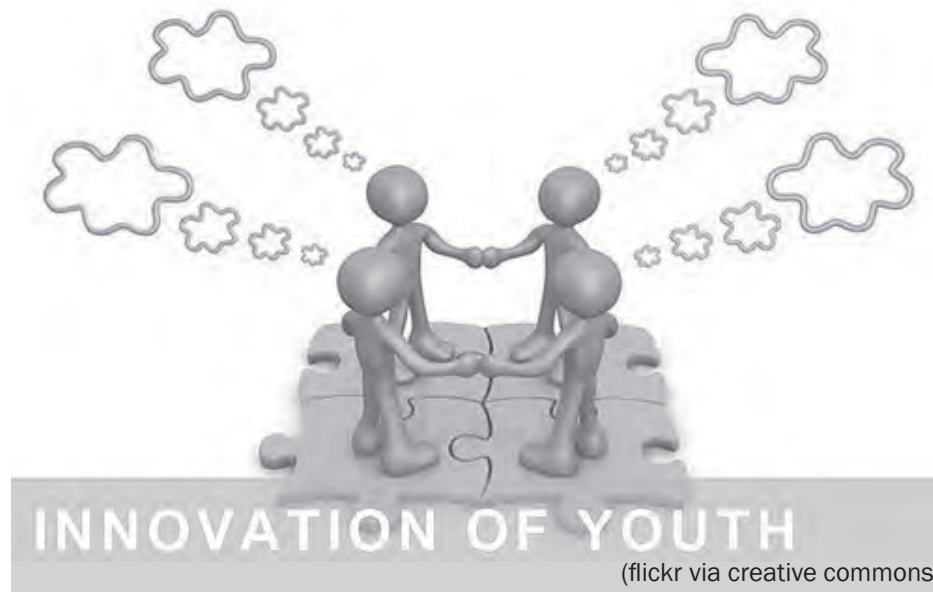
Internship guide to success this fall

Alicia Callender
Staff Writer

As an undergraduate, an internship can provide knowledge about your field of interest, help you learn how to interact in a work environment, and offer you an opportunity to meet people with similar interests. In the midst of a sluggish economic recovery, looking for an internship can seem both exciting and daunting.

Students are eager and willing to find an internship that will help them gain experience but with so many internship opportunities available, looking for an internship can be overwhelming. According to Forbes.com, there are a few simple rules students may find helpful before, during, and after the internship search: editing your resume, understanding what your interests are, thinking outside the box, preparing for an interview, and networking.

Before you start applying for internships, proofread your resume. While academic performance is important, students should include other details, like extracurricular activities on their resume. Adding activities helps an employer understand your personality as well as your work experience and acquired skills.



Employers want to understand what makes you unique and how you are different from other applicants.

Next, figure out what your interests are and ask yourself what roles you feel you would excel in. If you have a lot of ideas about where you would like to work or what you may be interested in, write a list. You will find more than one internship that fulfills every one of your interests. Don't feel overwhelmed and focus on the internship you believe will benefit you the most.

Many students feel that if they are interested in, for example,

marketing, that they can only look for marketing internships. However, marketing makes up one of a few integral aspects of a business. An opportunity, or internship, for example, within the field of human resources, can also offer insight into the inner workings of a business or inspire an interest in another area of business. Keep your options open and don't limit yourself. Prepare for your interview. Before you submit an application, you should research the company and become familiar with their mission statement. A commonly asked question is why you

would like to work for their company. Simply answer that you are looking for more experience in a particular field or mention an aspect of the field that is of a particular interest to you. Interviews should flow like a conversation so make sure you are calm, relaxed and confident.

Networking is important. The easiest place to do this is in the office where you are interning. People in the office, especially those who have been there for some time are more familiar with the industry and will be able to offer your recommendations or ideas for your next internship. However, in order to expand your horizons, talk to your friends including those who may not work in your field. It is possible that they may know someone or may know of internship opportunities that may be of interest to you. In terms of networking, like applying for internships, it is best to seek out as many opinions as possible.

Start volunteering to add skills to your resume. Try your local hospital or animal shelter. You can also search for a part time job, at Starbucks or Barnes and Noble. Keep an open mind, be flexible and apply to as much internship as possible.

UHD student health services new location



Robert Hanks and Cheryl Littrell
UHD Student Health Services

Student Health Services has moved into a newly renovated location on the fourth floor, room 445 South. The new facility was designed to be inviting for patients with a new waiting area and reception desk. If you aren't familiar with the clinic, Student Health Services provides services such as physicals,

well-woman examinations (including pap smears), and treatment of various illness. For incoming UHD students, Student Health Services does provide the bacterial meningitis vaccination for a fee.

The medical care provided at Student Health Services is provided by one of our four Nurse Practitioners. Other staff in the office include a Licensed Vocational Nurse and a Medical Assistant. The Nurse Practitioners are able to diagnose and treat various common illnesses and also can prescribe medications. Unfortunately, Student Health Services is not able to dispense medications to students in the

clinic, but they can write prescriptions to be filled at local pharmacies.

Appointments with the Nurse Practitioners need to be scheduled. Students can call 713-221-8137 to schedule an appointment. All appointments, blood work, or other laboratory tests have fees that will be billed to the student's account. For a listing of the fees, hours, and services please visit the website at <http://www.uhd.edu/health/>. You do not need to have insurance to be seen at the Student Health Services, but you do have to be enrolled in the current semester. The only insurance accepted for billing purposes at UHD Student Health Services is the Student Health Insurance. Students with other insurance coverage are encouraged to contact their insurance carrier for guidance about coverage.

Counseling Services are also located in the same location as Student Health Services, but Counseling Services schedules students using a separate scheduling service. Students wishing to use Counseling Services need to call 1-800-346-3549 to schedule/re-schedule/cancel an appointment. More information about Counseling Services is found at <http://www.uhd.edu/counseling/>.

The staff in the UHD Student Health Services look forward to providing services to our new and continuing students this Fall Semester!

Networking from day one

Stephanie Claybourn
Staff Writer

Technology is important. Laptops, cell phones, cameras, blue tooth and more have all become part of daily life for almost every American. More importantly, technology is altering how colleges and universities instruct classes and how students interact with professors and each other. Having a basic understanding of commonly used programs and their function at the University of Houston- Downtown is necessary to navigate all the new profiles on different sites that students have to maintain and navigate. Even more crucial is to know where the computer labs and learning centers are, and how to log in from whichever device you choose. Luckily, a quick and easy guide with the most pertinent and helpful introductory information has been assembled here just for you.

First, the computer labs. While laptops are so much cooler and en vogue, sometimes it's just impractical to lug one around with you all day. Or maybe you forgot it at home because the magical alarm fairy was so kind as to turn your alarm off. In either case, knowing where the computer labs are located in the different buildings that make up the UHD campus will save you from the agony of not being able



(flickr via creative commons)

to start your first assignments right away, because all the students at UHD are just that motivated and eager to begin turning in their work. The easiest way to get updated information about the computer labs is to go to www.uhd.edu/computing/acl/. The locations of the Academic Computing Labs are as follows. The lab in the One Main building is in S800. There have been whispers of a relatively new lab on the tenth floor, but those are unconfirmed as of yet. In the Shea Street building there are two labs, one in room B200, and one in B206. In the Commerce building the lab is located in C300. Finally, the lab on Northwest Campus is located in B12.353.

Next come laptops and phones. UHD's administration, in their forward thinking way, decided to offer students a fast and secure wireless network

that can be accessed anywhere on campus. Rather than repeat what the help desk has already said so well, go to uhd.edu/computing/helpdesk/getconnected.html for step by step instructions so you can enjoy all the benefits of being connected the UHD Wireless.

Lastly, don't forget to ask for help as soon as you need it. You can reach trained and helpful professionals with questions and concerns several ways. You can call the Help Desk at 713-221-8031, or email Student Technology Services at sts@uhd.edu.

Integrating different technologies and devices can be challenging, but UHD has worked long and hard to offer it's students the best resources it can. Don't forget to take advantage of these and many other benefits to being a student at UHD.

(New sorority continued from page 3)

to End Alzheimer's held by the Alzheimer's Association.

Currently, SKO is not affiliated with any fraternities. The sisterhood is seeking members committed to helping them expand the sorority to national campuses and ladies looking for a true bond in sisterhood. Founded as a social sorority, they continue to commit themselves to community service projects and seek to reach high academic standards.

Once members are admitted into the sorority, the following offices and chairs will be open: president, vice president, secretary, treasurer, parliament (also serves as historian), social chair, fundraiser chair, philanthropy chair and rush & recruitment chair.

For UHD ladies wishing to join Sigma Kappa Omega, a.k.a. the Sigma Sweethearts, please contact Joanne Iglesias. Iglesias will be the acting leader until Pearl Moms (pledge moms) are selected. You can reach her at the following email: sigmakappaomegaorder@gmail.com

If you'd like further information on the Sigma Kappa Omega sisters, you can visit their website at: www.sigmakappaomega.com



UHD Official Transcripts ANNOUNCEMENT Fall 2013

Effective September 1, 2013, a transcript fee of \$10 will be charged for each printed official transcript. Transcripts requested to be sent electronically through Electronic Data Interchange (EDI) to other institutions of Higher Education will not incur this fee.

- Electronic transcripts: no additional cost
- Printed transcripts (mail or pick-up): \$10.00 per transcript

Requests for an official transcript must be made online through Student eServices.

Registrar's Office
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uhdrecords@uhd.edu
www.uhd.edu/registrar

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Texan's talk with Louie: Texan's endure the summer heat with their pre-season Training

The best time of the year for football fans has arrived and our Houston Texans are back at it in full swing. Coming off of a disappointing loss last season in the playoffs at New England, the Texans are aiming for another run to the Super Bowl in New York/New Jersey at MetLife Stadium this season.

During the offseason, the Texans lost many key players on offense and defense due to free agency, and are looking for better results this time around. Players such as Connor Barwin, James Casey, Glover Quin, Kevin Walter and several others are no longer with the team. These players were all starters and key contributors at their respective positions. Entering this season is Whitney Mercilus, Greg Jones, Ed Reed, and DeAndre Hopkins. The latter of who will be probably the biggest contributor this year.

For many years, the Texans have struggled on offense to find a legitimate threat opposite side of Andre Johnson, one of the top three receivers in the game, year in and year out. The Rookie first round draft pick will be an immediate impact player based on his speed, size and ability to attack the ball at his highest point --- something we saw on his touchdown catch in the first preseason game against Minnesota on a pass from TJ Yates. For so long we have relied on a premier talent receiver in Johnson and settled mediocre receivers on the opposite side. This year will be different.

Adding Wade Phillips as Defensive Coordinator bettered the defense making it the top five defense in many areas. Despite having the best individual defensive player in JJ

Watt, bringing back Brian Cushing will make a difference. The defense slumped after losing Cushing last year on Monday Night Football against the NY Jets. He is the heart and soul of this defense and the most important player. He is the anchor, the play caller and the Captain of this defense. Throw in future Hall of Fame Ed Reed in to the secondary next to Danielle Manning, Jonathan Joseph, Kareem Jackson and the rest of that defense, and Houston might have the best defense in the league. Second round draft pick DJ Swearinger is also waiting at the helm to replace Ed Reed when the living legend decides to hang up the cleats. He is even likely to start Week 1 in San Diego as Ed Reed is still recovering from a hip injury he suffered late last season in the playoffs with the Ravens.

Texan's Fans repeatedly say "this is Our Year" only to end in disappointment. This year though the Texans have what is considered the best overall team "on paper." Looking at the schedule, the Texans can improve their record by one game and go 13 to three and make it to the AFC Championship game. Anything less would be a disappointment.

The window of opportunity is quickly closing for this team. This is not the youngest team in the league and the players ages play a huge factor in how long this team has to contend for a title. The best chance for a title is now. The best roster this team has ever had is now. If this great city ever going to have a Super Bowl Champion football team it will have to be this one.



(Andre Johnson against Jonathan Joseph during 11 on 11)



(Andre Johnson against Jonathan Joseph during 11 on 11)



(JJ Watt on the sidelines)



(D.J. Swearinger on the sidelines)



(Brian Cushing getting ready for 11 on 11)

(photos and story by Louie Galvez / Dateline Downtown)