

"keeping an eye for news"

# DATELINE DOWNTOWN

THE UNIVERSITY OF HOUSTON - DOWNTOWN

Nov. 4 - Nov. 15, 2013

[datelinedowntown.com](http://datelinedowntown.com)

STUDENT RUN NEWSPAPER SINCE VOLUME ONE

Volume 51 Issue 5

## SGA pushes change on parking nightmare



UHD SGA representatives after speaking at a City Council meeting, where a vote was approved to reallocate money to improve the conditions of the nearby parking lots UHD students use everyday.

courtesy of UHD SGA

### Student Clubs

by Elizabeth Padgett  
Staff Writer

It's been a long time coming, but UHD's current Student Government Association (SGA) administration finally did it. City Council of Houston voted YES to reallocate \$509,000 in order to reconstruct UHD's public parking spaces on October 16.

Before the vote, representatives of the SGA met with Mayor Annise Parker and council members to stress the urgency of this project.

Student Body President, Isaac Valdez, began his address stating that there are three parking lots that impact the lives of thousands of students at UHD.

"The lot near the main facility and the two underneath I-10 in need special attention due to the lack of lighting," stated Valdez.

He informed the council that it is pitch black at night when students and faculty are exiting. Valdez closed his address by thanking the city officials for their work to improve the parking conditions. Kristopher Sharp, Vice President of the student body, followed Valdez's momentum by taking the time to further highlight student safety concerns. Sharp said, "I think we can do better for our students. These improvements are long overdue and can no longer be put off."

SGA Representative,

(continued on page 10)

### News

## Psychology researchers present findings

Four UHD Psychology Professors inform students about ground-breaking research topics being studied at UHD, and invite students to participate in unique and interesting fields of research.

by Theodore Shull  
Staff Reporter

This installment of the continuing Fall Semester 2013 Social Sciences Lecture Series focused on the research regarding student opinion on diverse topics ranging from Hybrid Learning environments to prioritizing students as their graduation dates creep closer and closer to their current semester.

One of the factors that differentiated this lecture



Dr. Stephanie Babb

from previous ones was the fact that most of the survey-based research was collected from undergrad-



Dr. Travis Crone  
Theodore Shull / Dateline Downtown

uate UHD students, and analyzed and compiled largely by UHD students. The first presenter, Dr.

Susan Henney, introduced her primary research on parenting and the attitudes among parents on the subject of non-parental discipline. Since the UHD campus has no childcare facilities, unlike some larger campuses, her student and faculty researchers relied on data from survey-based research. Parents were asked a series of questions regarding their children being disciplined by strangers. The re-

(continued on page 3)

### World

## In the name of peace: Should U.S. use nuclear warfare against Iran

by Mark Steven Caffey  
Staff Columnist

There is an ongoing struggle between the United States and Iran. This involves our opposition to Iran's continued enrichment of uranium and the development of nuclear weapons. Recently, Sheldon Adelson spoke about this at Yeshiva University in New York City.

The big Republican supporter and casino tycoon feels there is no place for negotiation with



Hiroshima boy -1945

creative commons via google images

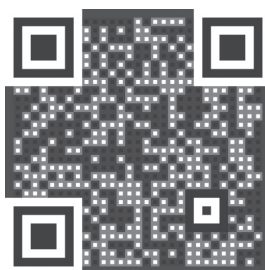
Iran and that the United States should use nuclear warfare. Adelson believes the United States should

(continued on page 5)

### INSIDE THIS EDITION:

News.....2	Sports & Fitness.....7
Editorial.....4	College Life.....8
Opinion.....5	Science & Tech.....11
Arts & Entmt.....6	Backpage.....12

### Find us online:



### Advertise with us!



proud member of:





# University spent \$50,000 on failed name change

republished from  
theventureonline.com

by **Alma D. Garcia**  
Assistant Editor

Recently released documents by the University of Houston-Downtown and obtained by The Venture through the freedom of information act, shows that the school hired Stamats, a higher education marketing company, for approximately \$50,000 to oversee a failed attempt to change the university's name.

"Stamats is a leader in higher education marketing. They were chosen following an RFP (Request-for-Proposal) posted by the university and after considerable work with a local marketing firm and by internal UHD staff," said Claire Caton, Director of Media Relations at UHD.

In September 2008, former President Max Castillo announced the university was seeking a name change. The statement and resulting research by Stamats touched off a furor among students, local politicians and faculty. "The discussion regarding the name change began in 2007 and occurred over a period of two and a half years. The discussions were focused on eliminating confusion between the University of Houston and the University of Houston-Downtown, and increasing visibility for UHD," said Caton.

UHD officials envisioned a distinct identity for the university that would eliminate confusion among donors and student applicants with the UH flagship campus which is less than 10 miles away. Critics did not buy the university's rationale and pointed to the fact that UH-Clear Lake and UH-Victoria would both keep their respective names.

UHD is a separate university and not a branch of UH. Students, alumni, faculty and staff members were divided on the issue.

Those against the name change worried that a new name would cause further confusion, and that it would lead to an unnecessary explanation, regarding the name change, to their potential employers. Those in favor of a new name believed that it would give the university the opportunity to reach a tier one status, without being overshadowed by the UH main campus.

The renaming effort ultimately stalled, but only after UHD spent \$49,500 on consulting services. Efforts to reach current UHD president, Bill Flores, proved unsuccessful as he was out of town. Stamats did not return calls or emails seeking comment. During a town hall meeting in April 2009, former Provost Molly Woods confirmed the hiring of Stamats, Inc. to continue the search of a new name for UH-D.

The contract was divided into five phases: Data and document review,



courtesy of uhd.edu

internal UHD audiences, web survey of prospective students and final recommendations to school administration.

A screenshot of the contract between UHD and Stamats breakdown how much money was spent on each phase of the renaming project.

As a condition of the contract, UH-D

Phase	Activities	Deliverable	Cost
Data and Document Review	• Thorough review of Client's existing research, related plans, and documents	• Stamats is appropriately prepared for subsequent activities	\$4,500
Qualitative Interviews	• Stamats consultants to visit campus and conduct up to two days of focus groups and personal interviews • Potential audiences can include current students, faculty, staff, and other leaders	• Summary report (Word document) of findings	\$12,500
Name Change Web Survey of Internal Audiences and Alumni	• Up to 30,000 e-mail invites administered by Stamats (up to three contacts; initial and two reminders, if needed) • E-mails provided by the Client • Survey development, fieldwork, and analysis by Stamats • Analysis of all close-ended questions • Coding and analysis of the open-ended responses of up to 500 completed surveys	• Comprehensive report (PowerPoint) and Summary report (Word document) of findings	\$13,000
Name Change Web Survey of Prospective Students	• Up to 30,000 e-mail invites administered by Stamats (up to three contacts; initial and two reminders, if needed) • E-mails provided by the Client • Survey development, fieldwork, and analysis by Stamats • Analysis of all close-ended questions • Coding and analysis of the open-ended responses of up to 500 completed surveys	• Comprehensive report (PowerPoint) and Summary report (Word document) of findings	\$13,000
Recommendations and Presentation	• Analysis of results and recommendations for up to 10 final names	• Comprehensive report (Word document) of all findings and on-campus presentation	\$6,500

provided Stamats with up to 30,000 e-mail addresses of students, prospective students, faculty and alumni for the web survey. Consultants from the company also visited the campus to conduct focus groups and interviews. "It's absurd to have paid \$13,000 for an automated e-mail invitation to take a survey," stated Student Government Representative, Ivan Canales.

After its research and analysis, Stamats recommended Houston City University and City University.

To include community involvement, UHD created an online survey where

University. Over 400 students chose neither. A lackluster response considering UHD had over 12,000 students and 27,000 alumni at the time. The top three alternative names suggested by survey respondents were: UHD (no change, City University of Houston, Houston University. The university currently retains UHD as its name.

When current students were told of the money UHD invested into the failed name change sentiment was once again divided.

"I do not agree with the funds going to waste regarding the project of the UHD name change. Not a single difference was made," said Jesus Fernandez, a Computer Science major at UHD. Student body president, Isaac Valdez, believes the consulting firm actually helped to save UH-Downtown money

in the long run. "I believe that our university made a considerable investment rather than expenditure. Oftentimes, these type of projects produce eye opening data that redirects the vision of the initial project. In our case, the investment to conduct extensive research before changing the name of our university was a smart and safe decision to make.

Otherwise, the change of name could very easily lead to a much larger expense that comes with the idea of rebranding the entire campus. We would have had to replace business cards, banners, ads, and other stuff

Suggested Alternative Names\*

Name	Alumni	Faculty/Staff	Students	Total Frequency
University of Houston-Downtown or No Change in Comments	83	22	163	268
City University of Houston	23	18	44	85
Houston University	5	1	21	27
City University Houston	8	4	5	17
Downtown Houston University	3	---	7	10
Houston Downtown University	2	---	7	9
City of Houston University	3	---	4	7
Southeast Texas State University	3	1	3	7

students could input their thoughts regarding the name change, including suggestions for names. The web survey is no longer available, and in its place is a set of questions answering the student's most pressuring questions.

Houston City University received 1,702 votes compared to 401 for City

## Editorial Staff:

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

Assistant Editor: Alma D. Garcia  
Email: [dateline\\_assistant.editor@yahoo.com](mailto:dateline_assistant.editor@yahoo.com)  
Office: (713) 221 8569

## Business Office:

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

## Advisor:

Anthony Chiaviello  
Email: [chiavielloa@uhd.edu](mailto: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  
Alicia Callender  
Vanessa Olivares

## Staff Photographers:

Louie Galvez  
Tam Nguyen  
Elpidia Medina

## 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](mailto: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.



# Enrollment difficulties for Obamacare appear temporary

by Alicia Callender  
Staff Writer

Healthcare has inspired discussions about access and its benefits, including early detection and prevention, but individuals recently encountered enrollment problems, particularly with the website, healthcare.gov.

President Obama has been a firm supporter of health care throughout his presidency, but has encountered problems with execution and implementation. Among one of the most important issues is cost. Many members in Congress, believe that healthcare is expensive. In response, President Obama suggested that the benefits, including insuring marginalized populations, such as students and the elderly outweighed the cost.

During the government shutdown, a discussion about financing various programs was paramount, including healthcare. Proponents of the Affordable Care Act argued that funding healthcare is essential to providing access to quality care. Other members of Congress suggested that the Affordable Care Act and healthcare did not need to allocate such a large amount of federal funds and



creative commons via flickr / 401 (K)

questioned its exuberant costs.

While the public may never learn all of the particulars that factored into the cost of healthcare, the latest issue has nothing to do with funding. When interested applicants sought to apply for insurance through healthcare.gov, many experienced problems with registration, applications and confusing security questions.

Most problems encountered are isolated and not across the board with all insurers, but these technological glitches raise an important question. If many people in Congress, including the President have been proponents of healthcare why did they not anticipate or figure out these kinks before open-

ing it to the public? It is possible that many expected minor problems with the website during the first few weeks of enrollment, but as many supporters suggest, looking or shopping for various insurance options, is not like most online shopping.

For the general public, these problems will not detract from the central issue, affordable healthcare. However, this raises questions on why the company who created the website, CGI Group, did not accommodate the influx of shoppers for insurance. In response to the problems with the website, Republicans said they would hold hearings among different committees to discuss the website. In order to rectify the problem, President Obama appointed Jeffrey Zients, his deputy budget director, to sort out what are Information Technology (IT) problems. Once these problems are fixed, people will be able to navigate the area of shopping for insurance with ease and will not raise suspicion about what has become a complex and divisive issue.

## Findings continued from page 1



search concluded that a majority of parents approve of verbal discipline by another adult, however, the research also showed that parents react instinctively against an adult physically disciplining their child. UHD students are still compiling and analyzing data that questions an essential tenet of parenting, which is "that it takes a village to raise a child".

Dr. Stephanie Babb, PHD, next explored the popular, though "relatively unstudied modality of higher learning known as the 'Hybrid Course'." She presented some main characteristics that define a Hybrid Course

1. 50/50 – Hybrid courses have a division of actual classroom interaction, and either on-line or group projects and assignments. At UHD that common separation is usually 51 percent in class/49 percent online.

2. Hybrid-style courses are increasing

rapidly in popularity, already surpassing on-line only classes; this is especially true at Community Colleges.

3. Best of Both World's approach – students like the live interaction and sense of community provided in classroom, but also like freedom to study or complete assignments on their own schedule.

4. Most research is for online-only classes, when Hybrid format first appeared at UHD, both instructors and students were confused about teaching and learning method.

Dr. Babb took existing research on the most effective components of undergraduate learning (Chickering & Gamson 1987) and through student surveys is continuing to compile research on how these elements relate to the Hybrid learning environment.

Dr. Ruth Johnson and Dr. Babb are both currently conducting research on

another interesting field, Facial Processing and the way our brains process faces in regards to race and gender, and how orientation of display can affect recognition. Her research on eye tracking shows that, while looking at several different objects, humans spend the most time looking at other human faces.

"Guns don't kill people, but people kill people," stated Dr. Travis Cone, the final presenter for this series.

The statement is Dr. Crone's attempt to describe the mental processes that take place just below the level of consciousness and help describe how the presence of a gun in a room, where a group of people have congregated, can raise the level of aggression among the individuals.

Priming stimulates the brain to process previous memories and apply it to the present event. The process of priming individuals by placing an inanimate object in a controlled environment can have a profound power over mental thought development.

Last semester, a graduate student of UHD and her team conducted a research study on the priming effect by interviewing current UHD students on various impediments leading to graduation. The research team hypothesized that scenarios, such as losing a loved one or winning the lottery, would most impact a student's academic goals.

To test their hypothesis, the researchers placed a cap and gown

in the experiment room, and began interviewing students by describing how excited they felt about taking their graduation photos later that day. The purpose of the cap and gown was to subject the students into the priming effect. The researcher then presented different scenarios that could impact a student's graduation greatly, like losing a loved one or winning the lottery. The respondents were then asked how much these scenarios would interfere with their social, financial, family or academic goals. Surprisingly, students who had been "primed" for graduation most often saw everything else as an obstacle for their academic goals.

A lot of patterns soon emerged, and the educational research team started getting excited about what the data was showing. Once an individual is capable of identifying impediments in one's path, our brains go into overdrive to protect that coveted goal from other obstacles.

"This psychological process is known as Goal Shielding, which helps our minds discover ways to meet the obstacles in our past, and will allow us to pay less attention to competing goals," said Dr. Crone.

Some of the social goals were seen as huge obstacles, but the introduction of the "priming" research seemed to make the students less "freaked-out" about all of the potential obstacles in their path.



# No more government shutdowns

by Dana Ayres  
Staff Editorial

My goodness what a MESS in Washington! The Republicans had the nerve the shut down the government over the effort to defund a health care initiative they failed to repeal 40 times.

What were they thinking? Texas republican Ted Cruz attempted a measure to defund the Affordable Care Act through the government funding debate—much to the dismay of seasoned House republicans. But many of those Republicans caved under pressure from Tea Party members, such as Utah republican, Mike Lee, who suffered terribly with his practical, business-minded constituency in his home state. Why can't our lawmakers get it together, already? The stalemate in Washington stinks to high heaven and it's getting old now. President Obama, on October 4, described the Republican shutdown of government as "reckless" and I agree. He stated in so many words that there was no huge recession or financial crisis. Check! The Republicans have been largely unsuccessful in repealing The Affordable Care Act (Obamacare) in spite of its unpopularity, so why go for a 41st time. Check! Obamacare went through successfully in spite of the government shutdown. Check! Trying to appeal to the hardcore conservative base at this point concerning the repeal of Obam-

care is useless because they are going to vote Republican anyway. Check! I really don't think the government is all that concerned about national debt because if it was a pressing issue they would've minted that doggone trillion dollar platinum coin already! I'm convinced the government has the power to do what it needs to do in order to save the country and settle its debts. So what's the hold up?

Now, the Republicans are in negotiations to compromise with Democrats to settle the debt debate. That's progress and the American public really could've done without all the extra drama of a shutdown. It would be a super idea if a trillion dollar coin was minted and used to pay the national debt—point blank. It's not like the government doesn't have the power to do so. According to a little known code, the U.S. Treasury can make exceptions if need be:

"US CODE: TITLE 31 SUBTITLE IV  
CHAPTER 51 SUBCHAPTER II § 5112  
Denominations, specifications, and design of coins

(k) *The Secretary may mint and issue platinum bullion coins and proof platinum coins in accordance with such specifications, designs, varieties, quantities, denominations, and inscriptions as the Secretary, in the Secretary's discretion, may prescribe from time to time.*

"Circulating coins are shipped to the Federal Reserve Banks (FRB) as needed

to replenish inventory and fulfill commercial demand...

Seigniorage is the difference between the face value and the gross costs of coins shipped. Seigniorage adds to the Federal Government's cash balance, but unlike the payment of taxes or other receipts, seigniorage does not involve a transfer of financial assets from the public. Instead, it arises from the exercise of the Federal Government's sovereign power to create money and the public's desire to hold financial assets in the form of coins. The President's Budget excludes seigniorage from receipts and treats it as a means of financing the national debt..." p. 28, US Mint, 2009 Annual Report

The United States doesn't need, and shouldn't have, a debt ceiling. The US is the only Democratic country besides Denmark with one. There is no debt limit in the Constitution. If Congress wants to cap and balance government debt, it already has a way that doesn't risk economic chaos or a Constitutional meltdown — it's called the annual budget.

If used routinely to close the revenue gap, such coin seigniorage would even-



creative commons via flick / federalNewsRadio

tually reduce the national debt to zero, and remove it as an issue in US politics. In addition, the existence of platinum coin seigniorage as an option, removes the tension between the mandated debt ceiling and the 14th Amendment."

That would also be a feather in the President's cap, according to Washington insiders. So the politicians on Capitol Hill need to quit messing with the American Public and start making some REAL moves.

Do you agree or disagree? We want to know -- gives us your two cents about this topic. Email us at [datelinedowntownweb@yahoo.com](mailto:datelinedowntownweb@yahoo.com). Please refer to the "Submission Policy" on page two before sending us your response.

## Houston strong on crime



by Mayor  
Parker  
City of Houston

My administration is built around five specific priorities that include public safety, infrastructure, economic

development, quality of life and fiscal responsibility. Each one of these priorities is important to our city's success but public safety, the effort to keeping our residents as safe as possible, is always my number one priority.

Houston's murder rate is the lowest in decades and overall crime rate is down eight percent compared to the three years prior to 2010. I credit the hard work of the Houston Police Department's men and women in blue for this.

Other city departments are working at the neighborhood level to impact crime. We have demolished approximately 3,000 dangerous buildings that were havens for drugs and prostitution. Likewise, our quarterly Make Safe Saturday initiative allows us to target blighted

lots and dangerous buildings that are in violation of city codes but may not quality for demolition. More than 200 properties have been cleaned up and secured since this program started in early 2013.

I am also concerned about a crime many of you may not be familiar with - human trafficking. Known as modern day slavery, human trafficking is the buying and selling of people for the purpose of forced, defrauded or coerced services, labor or sex. Houston is a hub for this illegal activity. Our new "Shine a Light on Human Trafficking" campaign is meant to help inform Houstonians about the crime. If you see something suspicious, call the Human Trafficking Resource Center Hotline at 1-888-3737-888.

All of us can help fight crime by being diligent when it comes to our own safety and protection of belongings and reporting suspicious activity. Together, Houston will be not only the job producing capital and "coolest city" in the nation; we will also be the safest.

## LETTER TO THE EDITOR

October 23, 2013

Dear Editor,

After reading Dana Ayres's piece "Tattoos: Body Art or 'Tramp' Stamp," I was intrigued to research the background history of Theresa Vail. Being a woman with tattoos, seven to be exact, I was personally able to relate to the article and the message it portrays. The background of Theresa Vail's story was motivating. A woman being able to be overlooked by her appearance of tattoos for the content of her character is inspirational. Luckily, Theresa Vail placed her tattoo in a position on her body that can be easily covered up when necessary. In comparison to my own tattoos, my decision in the placement of tattoos was always the most important aspect of the process. First impression is essential for everyone and by having visual tattoos individuals are accepting to the stereotypical judgments. Tattoos on a woman are typically perceived as trashy, unprofessional and unattractive. Despite the perception of tattoos as being more of a norm in society, tattoos can still be a setback within upper-elite professions. The difficulty to obtain a job in male dominated professions, such as blue-collar labor where tattoos are more acceptable, force women to conform their appearance to fit the part of qualifying for a justifiable career. I remember reading a quote by Johnny Depp, "my body is my journal, and my tattoo is my story." The tattoos that are received out of meaning I would consider to be the finest, which is why I can say I would never regret my trademark tattoos.

Best regards,

Maureen A. Gonzalez  
Criminal Justice Major, Senior



# Don't mess with Texas:

How can the Texas immigration debate could harm the states future?

by **Theodore Shull**  
Staff Editorial

The four leading GOP candidates for Lieutenant Governor have all stated their intention to reverse a 2001 education bill that allows undocumented immigrants, who were brought to the United States as children, to attend state universities at the same in-state tuition price of all Texas residents. If passed, the reversal would not go into effect until 2016.

Based on fall 2013 semester tuition costs, the costs would increase by over \$5,000 per semester for a student taking 15 credit hours. Since 2001, over 16,000 Texas students have benefited from this law, who without this program may not have been able to pursue higher learning at the university level. Most of the candidates seeking to reverse the bill, have spoken out of the need for immigration reform, though this law is focused more on residency status than any relevant solutions for limiting "illegal" immigration.

In 2001, House Bill 1403, from the 77th congressional session had the support of the majority of Republican lawmakers and was signed into law by Republican Governor Rick Perry. He was praised by many in state government for providing all Texan's the chance to work hard to

improve their circumstances through increased knowledge, critical thinking skills, and mental ability. A college education greatly increases a person's lifetime earning potential and benefits the economic status of the state of Texas.

The cover story in this week's edition of Time Magazine argues "why the Lone Star state is America's future" due to a robust job market, and the lower cost of living, and thriving in Texas. With the explosive growth in the oil and natural gas sector in Texas, and with Houston being the Global Capital of the energy industry many more highly-skilled and highly-paid jobs are on the march to Texas.

A Republican state senator, whose district is in Houston, started an ad campaign stating "If Sam Houston, William Travis, and James Bowie were here today, they would be proud of Texas, but they would be ashamed of Washington. Illegal immigration is Washington's responsibility, but it's our problem".

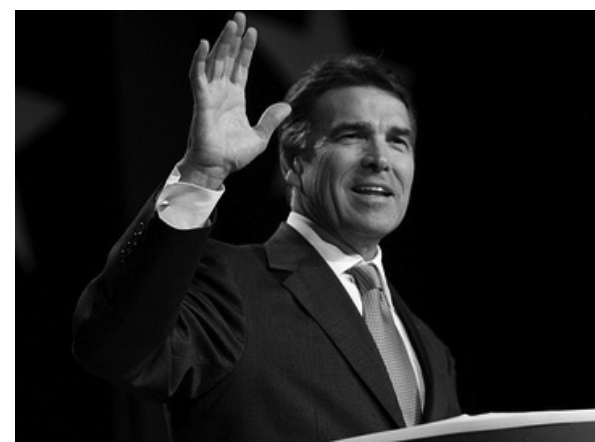
Ironically, Dan Patrick failed to mention that all of the above "Texas Heroes" were part of a large group of Anglo-American immigrants who migrated to Mexico (now Texas) themselves. William Travis actually migrated "illegally" into Mexico.

Rick Perry, the governor who signed



creative commons via flickr / longislandwins

the 2001 bill into law, was heavily criticized by immigration hawks during his 2011 presidential primary bid. He responded by outlining how this bill is really in the best interests of this state, and if people did not approve of the education bill he said "I don't think you have a heart".



creative commons via flickr / GageSkidmore

Do you agree or disagree? We want to know -- gives us your two cents about this topic. Email us at [datelinedowntownweb@yahoo.com](mailto:datelinedowntownweb@yahoo.com). Please refer to the "Submission Policy" on page two before sending us your response.

## Nuclear warfare

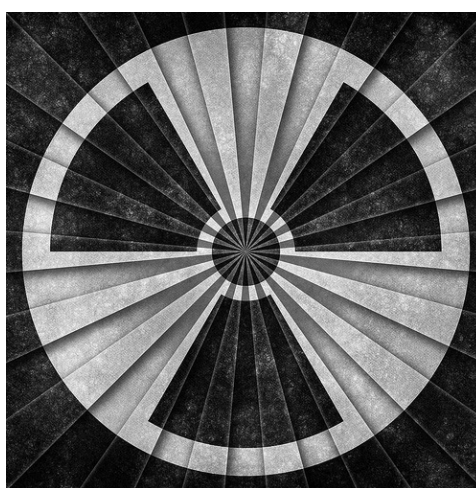
continue from page 1.

first launch a ballistic missile with a nuclear warhead into the Iranian desert. He believes this action would shock the Iranian government into stopping their nuclear development. If it doesn't work, the United States should then launch a nuclear attack on Tehran.

According to Adelson, the idea of detonating a nuclear bomb in the desert is a scare tactic. If the United States were to light up the unpopulated desert and Iran continued with their nuclear testing, then according to Adelson's brilliance, the United States would turn Tehran into a wasteland.

President Obama has stressed that a military option remains open if sanctions fail to make Tehran end its enriched uranium program. Many believe that the United States can exercise a right under customary international law of "pro-active self-defense." Article 51 of the United Nations charter also describes this right among nations. There is, however, a debate on what constitutes a pro-active strike against another country. A pro-active strike on Tehran using nuclear weapons would kill many civilians.

Throughout our history, the United States military has been accused of and in some cases guilty of targeting the civilian population - many being women and children. During WWII, numerous bombing raids over Europe and Japan showed this. Today, the United States military has a policy on preventing civilian casualties. Under the rules of law you can only target civilians if they are directly participating in hostilities.



creative commons via flickr / FreeGrungeTextures

I believe our soldiers value life and avoid civilian casualties - no one hates war and death like the American soldier.

After 9/11, the United States chose to invade Iraq because of a threat of weapons of mass destruction. This attack was accomplished by conventional warfare, not with nuclear weapons. Although there were unfortunate civilian casualties, there would have been far greater civilian death and misery with the use of nuclear warfare.

In 1937, the State Department condemned Japan

for the bombing of Chinese cities saying "Any general bombing of an extensive area wherein there resides a large population engaged in peaceful pursuits is unwarranted and contrary to the principles of law and humanity." President Roosevelt called the bombing of civilians "inhuman barbarism." Ironically, eight years later in 1945, the United States dropped atomic bombs on two Japanese cities, Hiroshima and Nagasaki, to end WWII. The effects were catastrophic to thousands of Japanese civilians.

At the time of the bombing, Hiroshima and Nagasaki had a combined population of 560,000. About 180,000 people died immediately or within four months of the bombing. The causes of death resulted from the collapse of structures, fire, radiation exposure and intense heat. There is evidence that exposure to atomic radiation caused gene mutation and birth defects.

Mr. Adelson is wrong. Nuclear weapons should not be used. Since the destruction of Hiroshima and Nagasaki, the world has refrained from using atomic warfare. There is no doubt that using nuclear weapons on Tehran would cause countless civilian casualties - possibly one hundred or more times greater than the tragedy on 9/11. The loss of 3,000 lives in New York City greatly affected this country. They were civilians, innocent souls - our family. That loss of innocent life was inexcusable. To inflict death and destruction on the innocence of Iran is unacceptable.

Do you agree or disagree? We want to know -- gives us your two cents about this topic. Email us at [datelinedowntownweb@yahoo.com](mailto:datelinedowntownweb@yahoo.com). Please refer to the "Submission Policy" on page two before sending us your response.



## O'Kane Theatre presents: *Much Ado About Nothing*

by Alex Arbaiza  
Contributing Writer



courtesy of UHD O'Kane Theater

Martin Luther King Jr. once uttered, "I have decided to stick with love. Hate is too great a burden to bear." This exact sentiment was vividly expressed in O'Kane Theater's magnificent rendition of William Shakespeare's *Much Ado About Nothing*. Opening night was Friday, October 25 and supporters of the great art of theater came out to enjoy this wonderful comedy. Kate Pogue's production, *Much Ado About Nothing*, brilliantly captures the complexities of love and honor in a stratified society. "Come and enjoy the play. Don't be put off by Shakespeare; we have done all we can to make it understandable and fun. Be open minded and come and experience one of Shakespeare's best comedies," said Lindsey Ball, a fellow UHD student.

The cohesiveness of the play is due to the hard work and determination of the actors and theater staff. The play begins with Leonato (Neil Ellis Orts) preparing to welcome home three soldiers returning from war. When the soldiers arrive, Claudio (Saif Ahmed) quickly falls in love with Leonato's daughter Hero (Stephanie Martinez). The two instantly decide to get married, but the marriage is delayed. To soothe the couple's nerves, Leonato devises a plan to join in marriage Beatrice (Lindsey Ball) and Benedick (Carlo M. Magaña), two individuals with no affinity for love and disdain for one another. All seems well, and everyone is euphoric, until Don John (Darnea Olson), Don Pedro's (Darius Dillard) bastard brother, decides

to stain Hero's reputation by calling into question her purity. A perfect mixture of hilarity and seriousness ensues and the climax of the play portrays the disappointment and despair of a couple separated by slander. The play calls into question the meaning of love and also raises the implicit question of whether or not deceit should be a means to an end in joining two individuals in marriage.

All of the actors in the play were outstanding. Some memorable characters include Claudio, who perfectly portrays the disappointment and dishonor of being associated with an unclean woman. The scene in which the two lovers are to be married is of particular merit. Beatrice and Benedick bring comic relief to the play in their humorous exchange of wits. Don Pedro portrays the role of power in the play extremely accurately. The character's back is never arched and the chest of the character is protruded extensively to symbolize power and authority.

The lights and sound of the production were executed in a sophisticated manner. The lights were used to portray emotions accurately, and the brightly lit stage allowed the actors to safely carry out their roles. The scene changes are smooth, and the design of the stage is impeccable. The costume designer (Pat Covington) did a great job with the costumes. All aspects of the play were executed with great precision.

Tickets are available at the Universities Cashier office Monday through Friday. If you have any questions, please feel free to call (713)221-8042.

## Atlas Genius: The main event

by Lauriston Brewster  
Staff Writer

Don't let midterms-and the semester for that matter- bring you down. Check out some concerts, go have some fun, enjoy your college life. If you take the MetroRail southbound and get off at Main Street Square station, then walk a few blocks east on Dallas St., you'll discover the House of Blues, Houston's most famed music venue. Although the drinks are a little pricey (9 bucks for a 16oz!), HOB nonetheless has a lot of great shows lined up.

Atlas Genius made their appearance in Houston on October 22, and these masterminds behind the now ubiquitous EP "Trojans" played at the HOB. One of the openers that night was called Little Comets, a dulcet sounding band from England with a soulful singer and some really awesome tunes. Also opening was a Californian band called FOTY-Family of the Year. Not really much to say about them, except they sounded very folksy-minus all the Mumford and Son's melodrama, of course but at times their sound teetered between childishness and



whimsy.

It was not until 9:59 p.m. that Atlas Genius punctually strutted to the stage. There was the theatricality one would expect from a show like this: the lights dimmed an ephemeral blue and the curtains pulled to reveal the Australian indie-rockers. The audience completely fawned over them; their cheers crescendoed as the silhouettes of the band members roamed about the dimly lit stage.

The lights flashed as they opened with "On a Day" from their latest album *When It Was Now* and the crowd exploded in melodic rhapsody. Their stage presence was very vibrant—thanks in large to their

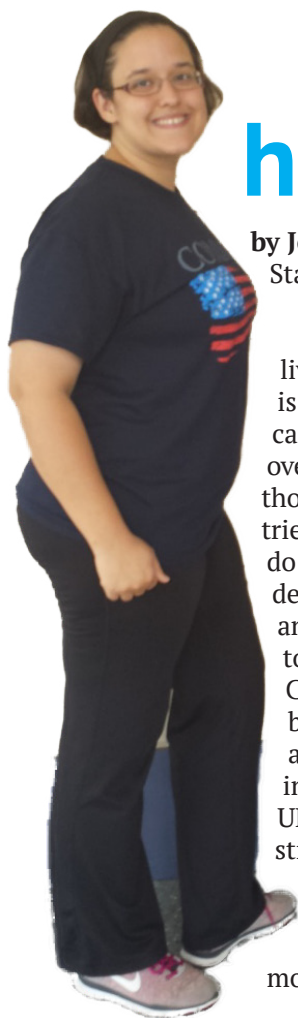
energetic front-man Keith Jefferies. As a live band, they have a crisp and polished sound, obviously showcasing their cultivated alt-rock mettle. When Atlas finally played a rendition of their hit piece de resistance single, *Trojans*, the drummer was fervent on the kit and added a very heavy percussiveness to the song.

There were only a few hiccups to the show: There was a moment where Keith Jefferies exclaimed, "it was just going to be me and [the audience] tonight!" and the other band members exited the stage. He then played a stripped down version of "Don't make a Scene." It was good, but due to the rather young crowd's incessant chattering, the required intimacy of the performance turned kind of awkward. And, of course, there was the awkward snafu when Jefferies referred to us as Dallas. But the crowd eventually forgave; and the mishap was followed with even more crowd-pleasing songs. Indeed, they really put on an impeccable performance. So if you missed out, there's still ample time to catch some shows at HOB. But if you did catch the Atlas Genius show, what did you think of it?



photo courtesy of Richard Cook (ahoustonphotographer.tumblr.com)





Jessica Hernando / Dateline Downtown

# Cherie Riebow: One student recounts her struggle and journey on weight loss

by **Jessica Hernando**  
Staff Writer

Some believe living a healthy life is something that can be accomplished overnight. For those who have tried and failed do not realize the dedication, patience and effort it takes to be successful. Cherie Riebow, a biology major with a concentration in microbiology at UHD, recounts her struggle to live a healthy life.

Cherie expressed her motivation for living a healthier life by first talking about her mother.

She explained how her mom needed surgery for obese-related health complications and how her weight affected

her surgery in hopes of becoming a veterinarian one day.

"Seeing her in the hospital was a wake-up call. You have to be fit to survive and I got to do what I can to stick around. I have to be strong."

One of the first steps in Cherie's weight loss journey was her participation in UHD's edition of The Biggest Loser, a program that emulates NBC's hit television show, which focuses on overweight contestants competing against each other in an attempt to lose the most weight.

Students participated in fitness tests, circuit workouts and aerobics classes. They kept track of what they ate on a daily basis by logging their food on the My Fitness Pal website. Each contestant would weigh in every week to track their progress.

"In the beginning, I started at 239 pounds. I could only do five push-ups and seven sit-ups and I cried," Cherie stated.

But she did not let her sadness and frustration get the best of her. Cherie

changed her eating habits and began working out harder.

Cherie recalls the awful experience she had with a personal trainer at LA Fitness. Her trainer worked her out so hard she could barely walk by the end of the session, which led her to drop the training sessions. Because of the bad experience Cherie was skeptical of personal trainers at UHD. With doubt in

her mind, she began training with Alex. "On the first day I told him, 'Please don't make my legs fall off, Alex!'" Cherie's words were heard and Alex began by teaching her about strength training exercises and how to use the machines.

"I also did a session or two with Keithon too. He was really motivating without making me feel bad. This one time, he helped me finish a squat. I was so tired and wanted to stop but he was basically underneath me encouraging me to go on and finish."

Cherie describes the communication between her and her trainers as a good one and appreciates the friendliness of

the staff. She is grateful that her trainers both listened to her and didn't her quit.

Cherie's workout buddy, Grace, motivated her to make healthy eating choices and not give up. With determination and hard work, Cherie noticed that she was beginning to lose weight. "As soon as I started eating better, I started to lose weight. The first 20 pounds I didn't notice but other people did. Once all that weight came off I felt so excited about it!"

"Right now, I'm down to 202. I can do 35 push-ups and 25 sit-ups. and I'm working hard to get under that 200 mark. I lost 12 percent of my starting body weight. One of my future goals is to join UHD's cycling team."

The advice Cherie gives to students struggling in their health and fitness journey is this: "First, you have to decide that you want to live a healthy life. Once you decide to do something, you have to stick it out. As far as actual steps, log what you eat everyday and make small, daily goals. Accomplish those goals and then make long-term ones. Just having something to strive for will keep you going. It's okay to have bad days but don't wait until tomorrow, fix it today."

*"Seeing her in the hospital was a wake-up call. You have to be fit to survive and I got to do what I can to stick around. I have to be strong."*

## UFC 166 Velazquez vs. Dos Santos 3: History repeats

Two of the biggest heavyweights in the UFC went head to head at UFC 166 in a match where Cain Velazquez was dominant against his opponent, Junior Dos Santos.

by **Juan A. Hernandez**  
Staff Writer

Houston has hosted some of the biggest events in sports history, such as Super Bowls, World Series and NBA Championships. Houston was once again the proud host of one of the fastest growing sports and dubbed one of the biggest cards in Mixed Martial Arts history: UFC 166: Velazquez vs. Dos Santos 3 on Saturday, October 19.

The lead up to UFC 166 in Houston was jam-packed with events around the city for the whole week. Open workouts were held at the House of Blues for UFC fans to get a close-up look at the main card fighters of UFC 166. Cain Velazquez, Junior Dos Santos, Diego Sanchez and Gilbert Melendez were among the few fighters showing off their mixed martial arts skills for the fans. These were followed by the ceremonial weigh-ins that were held the Friday before the fight, with Dana White and Joe Rogan introducing the fighters' weight cut set for fight day. Comedian and UFC Commentator Joe Rogan performed his one-hour standup comedy show at the Bayou Music Center to a sold-out crowd, a tradition that he's held for the past few years. The day before the fight ended at the Avenue Club on Washington Street where UFC Octagon girl Arianny Celeste and UFC fighters Anthony Pettis, Chad Mendez and Urijah Faber were spotted partying with fans and club-goers.

Before the PPV on Saturday took place, a tailgate party was held and gave fans a chance to meet UFC Octagon girl Arianny Celeste, along with UFC fighters Anthony Pettis, Chad Mendez and Urijah Faber. UFC 166 was then underway and featured one of the



Juan A. Hernandez / Dateline Downtown

biggest cards in UFC history. Of course, the Velazquez-Dos Santos three fight was the highly anticipated fight, but it was the Sanchez-Melendez fight that stole the show. Named "Fight of the Night," Melendez and Sanchez slugged it out in a match that even Joe Rogan claimed to be "the best fight I have ever seen in my life!" Both men knocked the other out and just

went toe-to-toe, with Sanchez resulting with a deep gash the size of his eyebrow. Fans were on their feet and applauded at the sportsmanship that both men showed after going to war with each other.

The main event was the buzz of the night, with Velazquez being the fan favorite to a sold-out crowd that was predominantly Latino. Velazquez quickly went to work on Dos Santos, landing strong punches that left Dos Santos bruised and battered as he was left in Velazquez-Dos Santos two. Velazquez was very dominant throughout the match and Dos Santos barely landed about 15 strikes before the second round was finished. By the end of the third round, Dos Santos was caught by Velazquez after failing to apply a chokehold on him and slipped to the floor, causing Velazquez to quickly end it with strikes to the head. Velazquez only landed on punch to the head of Dos Santos before the referee called it off for the win. Velazquez retained the UFC Heavyweight Championship for the second time and left Dos Santos wanting more. Surely enough, Velazquez had the upper hand throughout the whole fight, but it was Dos Santos who showed pure heart in not going down after being battered at the hands of Velazquez.

UFC 166 is now in the cards and was very well-received among UFC fans worldwide. Even the celebrities in attendance were on their feet like true UFC fanatics. Houston Rockets players: Dwight Howard, James Harden, Jeremy Lin, former Houston Astros pitcher Roger Clemens and fellow Houstonian rapper Paul Wall were among the many that left the Toyota Center with a big smile on their face after witnessing such great matches.



# Race for the cure promotes awareness

by Alicia Callender  
Staff Writer

Susan G. Komen Race For Cure seeks to encourage discussion about an issue important to women -- breast cancer. The annual race encourages an honest and open discussion regarding breast cancer, and hopes to increase awareness and understanding of the benefits of early detection.

Race for the Cure encourages women of all ages to support breast cancer awareness by holding races in major cities across the country, including Houston.

The Houston Chapter of Susan G. Komen held a race Saturday, October 5, in an effort to spread awareness and raise money. Like most local chapters that hold races, the Houston Chapter raised around five million dollars in 2011 and contributed 3.27 million dollars in community grants to local organizations, and 1.19 million to invest in research.

Susan G. Komen for the Cure, established by Nancy G. Brinker, in honor of her sister, Susan G. Komen, made a promise to promote understanding about breast cancer and its effects on the lives of women throughout the world. On average, Susan G. Komen raises over two billion dollars a year to

support breast cancer, and uses these donations to encourage numerous programs, including education and research.

Breast cancer traces its roots to early civilizations, including the Egyptians and Greeks, with Hippocrates suggesting that the cause is related to an excess of black bile.

Researchers in the 17th to 18th Century disputed this earlier claim and 20th Century scientists recommended surgery as a treatment for breast cancer, if necessary. Modern science sheds light on what breast cancer really is; a malignant tumor that starts in the cells of the breast. Women who experience breast cancer can display numerous symptoms, including a lump or thickening in the breast tissue and have one of two types: noninvasive or invasive.

Breast cancer, like many female related cancers, including ovarian and uterine cancer, affect many women throughout the United States and the world, but breast cancer will likely affect one in every eight women during their lifetime. Risk factors for breast cancer include age, genetics, being overweight or obese, or having children later in life. Preventive measures, including a healthy lifestyle and regular mammograms may decrease your risk for breast cancer,



but genetics continues to be one of the primary determinants.

Susan G. Komen, like Avon and the American Cancer Society, hope that organizations like theirs will not only increase awareness but also encourage women to seek out preventive options that result in early detection and possibly less intensive treatment options, such as chemotherapy.

Understanding your family history for breast cancer can also encourage healthy habits, including annual physi-

cals and checkups. While breast cancer is more likely to affect older women, this cancer does discriminate in terms of age and for the most part, equally affects women across ethnicities. Overall, living a healthy lifestyle is likely to decrease your risk, but heredity and other risk factors, including obesity or previous experience with breast cancer, are common risk factors.

## 9 ways to force employers to notice you at career fairs

by Megan Weyrauch  
via uloop.com

A line of well-dressed students clinging to resumes weaves around a crowded auditorium. You join the queue and wait anxiously for what feels like hours to earn your 30 seconds of speaking to a recruiter. Finally, the person in front of you has finished their prepared speech, and you step forward, extending your hand for a handshake ...

And then what?

How can you force employers to notice you at career fairs? Here are 9 tips to help you stand out among your peers.

### 1. Attend workshops

Your university career service offices may offer workshops to help you prepare for career fairs. These workshops can help you create the documents you will need for the fair, explain how to network and give you career fair strategies that help you stand out from other candidates.

Take advantage of these workshops and the valuable information you will receive that others may miss out on.

### 2. Plan, plan, plan

Before you go to a career fair, make sure to plan out your trip. Who will be there that you want to talk to? Take the time to research each company or organization that you plan to speak with—most places have a website

teeming with basic information that you can use to impress recruiters. Make every recruiter feel like your top choice. If you end up passing a booth that looks interesting, sneak out and look them up on your phone; it is very important to know who you are talking to and to appear competent.

### 3. Create an elevator pitch

Create an "elevator pitch" to describe yourself quickly and succinctly to recruiters. This is a 30-second speech that summarizes who you are, what you do and why you would make a good candidate for that company. Click here for tips on creating the perfect elevator pitch.

### 4. Prepare some questions

Develop a list of a few questions to ask the person you will be speaking with. These questions should not be about basic information that you could easily read on the company's website. Instead, form questions that include how your skills will be valuable to that particular company or ask questions about something you read on the website to show you have done your research.

### 5. Bring plenty of resume copies

Bring copies of your resume to hand out to employers that are accepting them. Be prepared to create a few different resumes depending on the type of position that you are applying for. You do not want to give an employer or recruiter a resume that has nothing to

do with the position they are hiring for.

### 6. Dress professionally

This may sound basic, but it proves important to show that you put in the effort to dress up for the fair. If you want to be noticed, wearing shorts and a t-shirt is not the way to go. Dress like you would if you were working for a professional business.

Business casual is appropriate for most job fairs, which means slacks and a collared shirt for men and slacks or a skirt and blouse for women. Avoid excessive jewelry or clothing that is too short or revealing. If you dress like you are serious, people will treat you like you are serious.

### 7. Exude confidence

Attitude is everything. One of the fastest ways to turn off a recruiter is by appearing overly nervous. Try to downplay your nerves by looking people in the eye, decreasing your use of words such as "um" or "ah" and by knowing what you want to tell the recruiter.

If you appear too nervous about talking to the recruiter, how will this translate in the recruiter's mind to you working for them? Remember that you know your accomplishments and why you deserve the job you want—you only need to translate this confident yet humble attitude to the recruiter.

### 8. Express leadership

Employers desire candidates who can prove they are leaders. Think about the different leadership roles you have



courtesy of uhd.edu

played in your university. Do you play a leadership role in a student organization or in a volunteer position?

Also, think about what you do outside of school. Do you have a job that lets you take part in leadership roles? Think about if you have ever trained or tutored someone in any capacity. Leadership skills translate into the career world.

### 9. Send a thank-you note

Send a brief note or email to the employers you spoke with at the fair to reiterate your interest in the position opening. Taking the time to thank employers for speaking with you will let them know you paid attention, are serious about the job and are the right person for the position. Now, go out there and get noticed at your next career fair.



# Local radio for the Houston Community

by Vanessa Olivares  
Staff Writer

One of the most listened local broadcasting radio stations is KPFT 90.1 FM, which remains on-air thanks to loyal listeners. Joshua De La Cerda, UHD alumni who graduated in 2012, is one of the loyal listeners of KPFT.

There are programs on the War on Drugs, LGBT community, Black Americans, Latino Americans, Asian Americans, Arabic Americans, economics, environmentalism, foreign policy, children's rights, women rights, health, immigration, vegan, labor rights, independent media and more. There is something in the interest of everyone. KPFT doesn't air too many commercials and the simple fact that they are radio for peace proved to be noteworthy.

KPFT was founded by journalist Larry Lee and first took the airwaves on March 1, 1970. Lee felt that the Houston community needed an alternative voice to standard radio fare and his vision came to life. The first sound that came out was the song "Here comes the sun" from the, then brand new "Abbey Road" album by the Beatles.

"To be quite honest, I didn't know much about KPFT because no one I knew listened to it," said De La Cerda. When an acquaintance told him about the musical diversity on KPFT, he started to look at the scheduled programs and realized that one his favorite programs, Blues in Hi-fi, from KTRU is now on KPFT. From then on, De La Cerda started to listen to the station.

De La Cerda enjoys the station because of it's different from other stations. He noticed that talk shows featured different topics and viewpoints that mainstream media outlets did not produce.

"I want to support my community radio. I don't listen to other stations or watch TV because they all have an agenda of commercialism and censorship that is not disclosed to the public," stated De La Cerda.

Their stations reaches more than 22 percent of American homes, an audience of over a million people each week. KPFT 90.1 FM stands out because 90 percent of the funding comes from individual listening-members. They don't depend on corporate sponsors.



creative commons via flickr / Technology Bytes



creative commons via flickr / Technology Bytes

# Malala Yousafzai: Empowering women around the world



wikimedia commons

by Bryttany Gerlisky  
via uloop.com

In truest college kid fashion, I do not have cable (not that I should be watching television with all the schoolwork I have to do), but I do make time to watch *The Daily Show* online. A usual episode warrants a few laughs and a handful of eye rolls but this past week I cried. Recently, Jon Stewart interviewed Malala Yousafzai, a 16 year old Pakistani girl who is speaking out for women's education. At 16 Malala

has already won the National Malala Peace Prize, the

Sakharov Prize, the Simone de Beauvoir Prize, and the Ambassador of Conscience Award while also being nominated for the Nobel Peace Prize and the International Children's Peace Prize. However many awards she has been nominated for or received is not what made me cry while watching this young girl speak to Stewart it was how gracious and still excited she was about her efforts for women's rights to education.

Malala Yousafzai was shot two years ago, in the head. Fighting for women's education in the Middle East is not something that happens every day. Several armed Taliban members stopped and boarded Malala's school bus, asked who she was and shot at her. She lived. Before the Taliban sought her out, her family was warned that they were being targeted. When looking back at that time she says that she was not worried for herself, because she was a child and the Taliban typically did not hurt children, but she was worried for her father. Her father has been

supporting her dreams her entire life and spoke out for women's rights before Malala's school was closed. The back cover of her book *I Am Malala*, is a picture of her standing with her father, smiling up at him. She says that he has been a constant inspiration for her and was the person who made her realize that she could not wait for someone to speak for her, but that she must speak for herself.

She did, however, start to think about what she would do if the Taliban did come after her. "Malala just take a shoe and hit him," she told Stewart this was her first thought, "but, then I said, if you hit a Talib with your shoe then there will be no difference between you and the Talib, you must not treat others that much with cruelty and that much harshly you must fight others but through peace and through dialogue and education. Then I said I would tell him how important education is and that I even want education for your children too. And then I would tell him 'That is what I want to tell you, now do what you want'." How incredible that a 13 year old girl would think that way, and how unfortunate that the acts of one group of people could skew the opinion an entire nation has for another, that the idea of a Muslim man supporting his daughter's dreams shocked me. Malala and her father are proud activists of women's rights and he has helped protect and encourage Malala every step of the way.

As a young woman in college contemplating what I am going to do after I graduate (in seven weeks), I felt very inspired by Malala. I felt spoiled for how I have viewed education as a right of passage for every person, at first, but then I felt empowered to be a woman. I felt proud of Malala Yousafzai, "Education is the power for women, and that is why the terrorists are afraid of education, they do not want women to get education because then women will become more powerful." I am proud that there is someone so pure of heart, so strong and so brave to represent and stand up for women's rights in possibly the most difficult and frightening place to do so. And she is right, knowledge is power- it is a power that we take advantage of every day.



Student Health Corner

What to do for back pain



creative commons via flickr / EddieGittins

by **Robert Hanks,**  
**Family Nurse Practitioner**  
UH Downtown Student Health Services

Back pain is one of the most common complaints that cause patients to visit a clinic. The best way to avoid back pain is by preventing common causes of back pain and avoiding additional damage to the back.

The back is composed of bone, muscle, tendons and ligaments all of which can be stretched or damaged with overuse or straining activities. The result of the damage is pain, which can be very uncomfortable. The best way to avoid back pain is by avoiding injuries or stretching of the tissues in the back. Be cautious with activities, such as heavy lifting, that can strain and damage muscle tissues. Twisting and lifting motions to the back are particularly troublesome. When lifting objects, the back should be as straight as possible, and the use of a back brace is recommended if lifting is absolutely necessary. Heavy lifting can be avoided by using mechanical lifting devices or if another person can assist in lifting a heavy object in order to reduce the amount of back strain.

If you have an injured back, the first step is to stop performing the activity that caused the back pain. The next step is to avoid any further strain on the back-no lifting or stretching. Afterwards, apply ice to the area that is hurting for about 20 minutes, three to four times a day. Using over the counter medications containing ibuprofen (Motrin) or naproxyn (Aleve) and following package directions will help reduce inflammation and relief pain. In some cases, applying heat to the painful area may provide relief.

If you have tried the all of the above but the pain continues, then it will be best to schedule an appointment with a medical provider for further evaluations. Back pain associated with weakness, numbness, or tingling is a sign of a more serious injury and will need further medical evaluation. Remember that with back pain, prevention is the best way to avoid this condition in the first place.

Gov. Perry names three new members to UH System Board of Regents



Paula M. Mendoza



Durga D. Agrawal



Peter K. Taaffe

by **Elizabeth Padgett**  
Staff Writer

Governor Rick Perry has appointed three new members to the Board of Regents in the University of Houston System, including UHD alumna Paula Mendoza. Mendoza, along with the other new members, will be able to serve in these positions until August of 2019.

Paula M. Mendoza is currently president and CEO of Possible Missions, a commissioner of the Texas Ethics Commission and a board member of the East End Chamber of Commerce Foundation. Her previous positions include being a member of the Texas State Board of Public Accountancy, Houston Hispanic Chamber of Commerce and Navidad en el Barrio. Mendoza earned a B.S. degree in Criminal Justice from the University of Houston-Downtown and later completed continuing studies in both the Community Minority Business Advancement Program and the Rules of Engagement: A Leadership Institute provided by the University of Texas at Austin.

Durga D. Agrawal is president and CEO of Piping Technology and Products and director of the Agrawal Association

of America. He is also a current member of the University of Houston Department of Industrial Engineering Advisory, Alumni and Cullen College of Engineering Leadership boards. Agrawal’s credentials also include being a past member of Texas Higher Education Coordinating Board. He received his bachelor’s degree from the University of Delhi College of Engineering in India and completed both his master’s and doctorate degree in industrial engineering at the University of Houston.

Peter K. Taaffe, who relocated from Austin, is an attorney with Buzbee Law Firm. He is also a current member of the State Bar of Texas and a board member of the University of Houston Center for U.S. and Mexican Law Advisory Board. His credentials include being a former adjunct professor at the University of Houston Law Center (UHLC) and a board member of the UHLC Alumni Association. Taaffe was also a founding member and past president of the University of Texas Phi Gamma Delta Alumni Advisory Board. He received a bachelor’s degree from the University of Texas and a law degree from the University of Houston Law Center.

Parking lots

continue from page 1

Tarah Taylor, brought the message home when she illustrated some of the hardships UHD students face while trying to attend campus and further their education, in particular, those students with children.

She discussed the occasions when students may need to bring their children on campus with them, but face obstacles while trying to juggle their school materials while trying to keep their children safe from falling in the potholes that litter the lots and pathways to campus. Taylor also brought up the fact that there is now

overcrowding in our parking lots due to the demolition of the former visitors and faculty parking garage.

“It’s a matter of time before a theft or something worse happens,” stated Taylor.

Mayor Annise Parker voiced her support during the meeting and stated that she would like to start working on these projects within the next nine months. The projects should be completed by the summer of 2014, with the construction scheduled to take place during student breaks in order to not interfere with campus life.



The parking lot under the I-10 highway is owned by the City of Houston where students park everyday, yet it is in poor conditions.



The lot under the I-10 highway lacks lighting, which results in a very dark walk to the vehicle in the evening.



# SmartSex App: Get smarter and safer about sex

via uwire.com

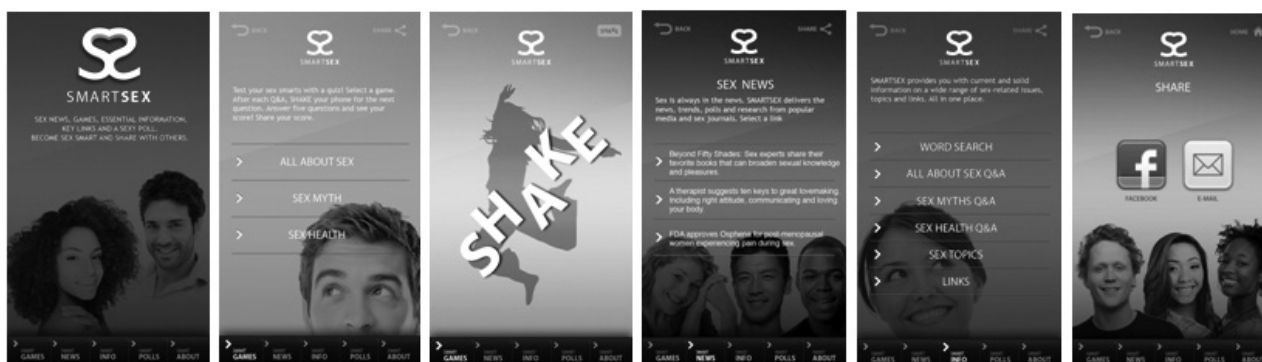
October 8, 2013 (New York, NY) – College students know that knowledge is power. And having accurate and current information on sex empowers college men and women to be more confident, make healthier choices, and enjoy sex more.

That's the purpose of SmartSex™, a new iPhone app that's a confidential sex advisor for college students. The app is playful, informative and social. It has a dashboard of features, including enjoyable shake games to test sex IQ, breaking news about sex, a weekly question poll with results, and social networking features. The app offers multiple ways to answer questions, find key words, and check topics about sex. A new feature is Weekly Q – with answers to personal questions from app users.

Today's college students are more open about sex than previous generations and are hungry for accurate and current information about sex. SmartSex™ celebrates the pleasures of sex and is designed to meet the growing needs of adults for authoritative facts about sexuality, sexual health, and relationships. The SmartSex app has a dashboard of fun and useful features:

**Weekly Q** – Submit an anonymous question. A new question answered weekly.

**Three Fun Q&A Shake Games** – Test your sex IQ in general and about common sex myths and key sex health issues. You have to shake it – the phone – to get each new game question. After five questions, see your score and share the results with friends through



uwire.com

Facebook or e-mail.

**Weekly Sex Poll** – Find out what others like you are thinking and doing! Each week a new5 confidential question on sex attitudes is asked of app users. They can go quickly to poll results to see how others are responding. A new week? A New question – and opinion results!

**Accurate info:** – An extensive Info Area with the ability to look up words, topics, and FAQs. There are 6 information areas: word search, general information Q&A, sexual health Q&A, sex myths Q&A, sex topics for in-depth information, and links to websites for added information on various areas of sexuality. **Links** - Links to a host of Websites that specialize in specific sex topics – for added depth.

**Sharing** – SmartSex app users can either e-mail or use Facebook to share info from the app as well as polling info and personal comments.

**Latest Sex News** – Get the latest sex news with links to the original source – stories from general media

and sex research journals. It may be about enhanced pleasure techniques, sex health news, birth control technology, trends in sexual relationships, or stories about sex – with a contemporary twist.

The app developers have a public health background and bring a broad understanding of sexuality to the app's content. SmartSex™ balances fun with accurate and current information along with social features to help the user to be part of the app's community.

"We know students are eager for the facts about sexuality, whether it's fun information about new trends and attitudes about sex, or key health information about sexual disease prevention or pregnancy," said Joyce Lisbin, Ed.D. Co-developer of the app.

"In a world where the smart phone is a constant companion, why not add a reliable and confidential sex advisor you can carry anywhere?" noted Paul Froehlich, MPH, the app's other developer.

**LOOKING FOR A SALES INTERNSHIP SUMMER 2014?**

Reynolds and Reynolds is currently hiring sales interns for next summer!




This paid internship will be based at our headquarters in Dayton, Ohio and include the following: paid housing, sales training, road shows and riding along with field sales reps, high definition selling class, internal sales competition and fun events with your peers!

To learn more about our **Outside Sales Internship** opportunity and to apply, please visit [www.reyrey.com/careers](http://www.reyrey.com/careers).

Equal Opportunity Employer

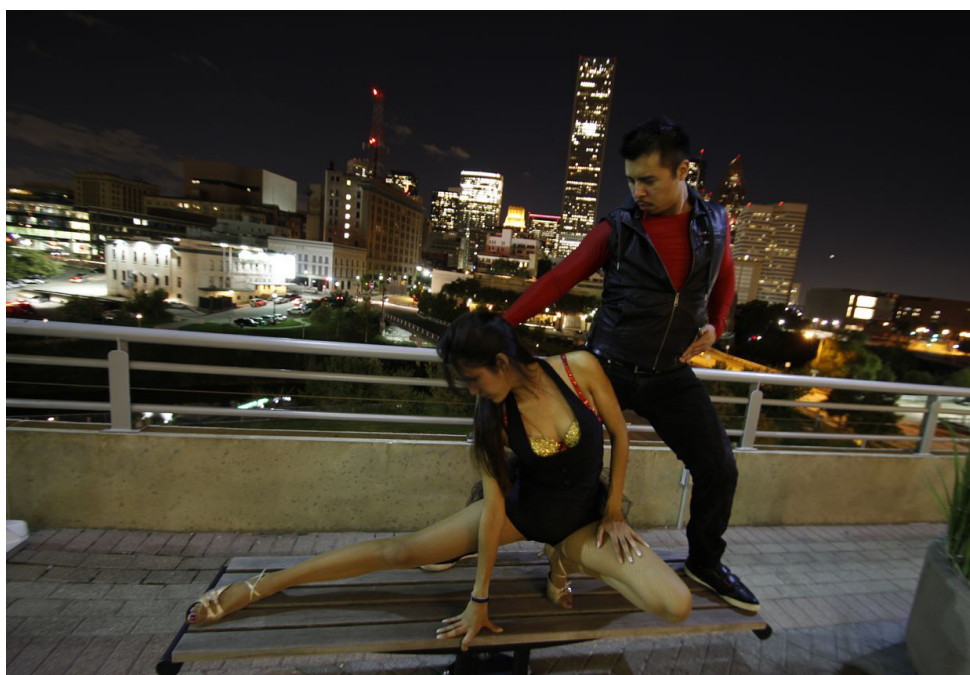
## Red Rose Scholarship Application Deadline December 6



- Submit complete application packet to UHD Office of Scholarships and Financial Aid
- 57 college credit hours or will have earned 57 hours at the end of the Fall 2013
- 24 college credit hours must have been earned at UHD by the end of the Fall 2013
  - UHD GPA of 3.50 or higher
- Maintained a 3.50 GPA at the end of Fall 2013
- Enrolled 12 or more college credit hours Fall 2014 and Spring 2015
- Enrolled in 1st Baccalaureate Degree Program



# Latin Dance Night: spicing up dance moves



Louie Galvez / Dateline Downtown

Yo Midori, I just got a new Laptop from my financial aid Money !! it's a 8263 GB &...

... 7896TB OF HARD-WARE!! & THE BEST GRAPHICS CARD!!

W-Whoa... S-so.. what game do you play on it?

Mine Craft ...

Comic by Edwin Chaniago

## LIST OF EVENTS

THE WRITING AND READING CENTER WORKSHOPS - Space is limited. All workshops will be held in N-925. To sign up for a workshop, go to [www.uhd.edu/wrc](http://www.uhd.edu/wrc) and click on Workshops.

"Just [Don't] Do It: How to Prevent Plagiarism"

November 6, 2013, 11:30 a.m. - 12:30 p.m.

November 7, 2013, 2:30 p.m. - 3:30 p.m.

"I Like Baking My Family and Pets. Use Commas. Don't Be a Psycho." Learn to Edit Your Writing

November 20, 2013, 11:30 a.m. - 12:30 p.m.

November 21, 2013, 4:00 p.m. - 5:00 p.m.

VETERANS DAY PARADE - November 11 at 10:45 a.m. to 1 p.m. Muster & free lunch will be in room A300 (transport to parade rally point will be provided).

The Veterans Services Office and the Student Veterans Organization at UHD would like to invite all veteran (students, staff, and faculty) to participate in the 2013 Veterans Day Parade. Whether you would like to help prepare for the event or walk in the parade, we would greatly appreciate your attendance to show veterans our support. Please RSVP through the link below or use the QR code. To get more info about the event, please contact Chad Matranga at [matrangaw@uhd.edu](mailto:matrangaw@uhd.edu) or visit <http://www.houstontx.gov/nov11/>.

If you are interested in participating but cannot make the lunch and muster, please RSVP for rally point location.

Like something we said? Hate something we said? Have a newstip for us? Want to write a letter to the editor? We want it all! Email us at

[dateline.editor@yahoo.com](mailto:dateline.editor@yahoo.com).

For advertising information, contact the Business office at 713 221 8275 or email us at [thomasti@uhd.edu](mailto:thomasti@uhd.edu).

\*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. Letters to the editor may be edited for space. They will be edited for spelling, grammar and malicious or libelous statements. All submissions become property of Dateline Downtown and will not be returned.

