Powerlifters strongarm competition

Coach Hudson leads UHD Powerlifting Team to another championship

JAMEE L COX
Editor-in-Chief

While many students were enjoying a break from school during the summer, the UHD Powerlifting Team added another championship to their stunning record. After securing the 2010 World Association of Benchers and Deadlifters (WABDL) National Collegiate Championship earlier this year, Coach John Hudson led the team to the WABL Southern Regional Bench Press and Deadlift Championship on July 31.

Coach Hudson has been coaching the team since he founded the club in 2007, and has brought attention and respect to the University of Houston Downtown among some of the larger schools.

“We never tolerate the notion that because we are “only” UHD, we should somehow be satisfied with less, that we should settle for what little scraps of success we can glean from the tables of the major schools in the sport. I think this is a mentality that all of us at UHD need to cultivate,” he said.

“One thing I can guarantee: every time we go to high-profile events like the World Championships, a lot of folks learn about UHD.”

-Coach John Hudson

In their most recent battle, team member Linda Okoro broke both the Junior and Open World Records with a deadlift of 458.3 pounds. The Junior World Record of 457.2 pounds was held by Finland’s Riikka Ylitalo for seven years, and the Open World Record of 451.7 pounds was held by Mexico’s Imelda Zemora for five years.

Okoro is training to increase her World Records in the Junior and Open divisions in the 165 pound weight class at the WABDL Southwest Championships on Friday, Aug. 28 in Kingwood.

Jesus Sanchez broke records in the Teen 18-19 Division, benching 254.6 pounds, and securing a new Texas State and National Collegiate record. Sanchez also set those same records with a deadlift of 359.1 pounds, more than three times his weight class of 114 pounds.

Sanchez will also compete at the WABDL Southwest Championships in Kingwood this Friday.

Coach Hudson credits the team’s three consecutive championships on their constant desire to improve.

“I have a motto for my lifting: development ends where satisfaction begins. I hold UHD Powerlifting to that motto, constantly challenging them to do better in every way, whether it’s in lifting or in the classroom. My lifters never cease to rise to the challenge,” he said.

In November, the team will travel to Las Vegas, NV, to participate in the WABDL World Championships, an arena that most collegiate teams won’t step in to. The team finished 8th in the competition last year, and Coach Hudson said his team is just not satisfied with that.

“Having tasted nothing but success in the collegiate ranks, beating Illinois, Wisconsin, and LSU among many others in the last three years, makes our team rather fearless. Most haven’t been in the sport long enough to appreciate what we’re up against with the Worlds team format, but that’s good in a way since they see no reason why we shouldn’t be able to compete with the best, and win,” he said.

The Powerlifting club is unlike any other athletic club on campus, in that there are no tryouts for the team. Students are welcome to join the club, regardless of size or strength, as long as they are willing to do the work.

Coach Hudson also holds his team to higher academic standards. A 2.0 GPA is all that is needed to join the club, but students must have a 2.73 GPA in order to compete.

“One thing I can guarantee: every time we go to high-profile events like the World Championships, a lot of folks learn about UHD. Our lifters are tremendous ambassadors of our university and never fail to earn high praise from other lifters and fans for their conduct, sportsmanship, and enthusiastic spirit; and as anyone who has seen me at such events can attest, I never stop recruiting,” said Coach Hudson.

For more information about the team, go to http://www.uhd.edu/sportsandfitness/clubsports/powerlifting.

See more results from the WABL Southern Regional Bench Press and Deadlift Championships in Sports on Page 8.
The investiture celebration was meant to inaugurate the University of Houston-Downtown’s fifth president, Dr. William Flores, but one reporter wanted to expose it as scandal and a waste of college funds, including student tuition.

When Dr. Flores agreed to the weeklong celebration in March, he was more focused on raising awareness and donations for the university than the inaugural ceremony itself; he succeeded in his efforts. Dr. Flores raised more than $315 thousand in scholarship funds and $85 thousand for the Early Childhood Program.

“People got angry and then they come and talk to us and they understand”

–Dr. Flores

Investiture week was held from March 6-12, and included events such as concerts on South Deck, a Chili Cook Off, a pep rally for the UHD Volleyball team, scholarship dinner and cocktail reception, the investiture luncheon and reception, a hip-hop performance, and many other activities.

The total cost for the event was about $149 thousand. In comparison to other universities, UHD was conservative.

Dr. William Flores “cuts a rug” as he enjoys the festivities held during investiture week in March.

It probably cost about $400 thousand when they did it over there (UH-Main). They raised about a million; we raised $400 thousand,” said Dr. Flores.

But, when Channel 2 News released the cost of the event, it was reported that $82,853 in tuition and investment money was spent on a wide array of flashy party attractions.

Students were outraged. One student told a Channel 2 news reporter, “it makes me feel like he’s taking my money to spend on wine glasses and valet parking and DJs that no one likes for his pleasantries, for his experience, you know, it’s all about him.”

Dr. Flores said he knew the article by Channel 2 would make people angry, but that he would not have refused the interview.

“People got angry and then they come and talk to us and they understand what the situation was,” he said.

The original list of expenditures for investiture week did list about $10 thousand in designated tuition going toward purchases for the celebration; however, those accounts were reconciled in July.

Dr. Flores said he wanted to be honest about the total cost of the event, making sure that every dime spent was accounted for.

“We did a week long celebration with over 30 activities and events, so I felt that all the costs associated should go in there,” he said.

The university operates on a system that uses procurement cards, which are automatically set up to charge designated cost centers, and are reconciled at the end of the accounting period or the end of the fiscal year.

Since reconciliation of the accounts, the expenditures against the designated tuition account have been refunded by investment income.
Student survival, the textbook strategies

Like the coming of a tropical storm or another movie starring Michael Cera, the dreaded nightmare of buying textbooks has arrived once again. The formula has not changed much over the years; acquire the list of required textbooks, find them in the labyrinth of the university bookstore, and finally wait in a never ending line before sawing off your arm (or leg) to pay for said books. However, since shopping has taken its leap onto the internet, textbook buying has also become relatively (I stress relative) easier – if you know where to look.

Before shopping around, see if you have friends with the same (or slightly older) version of the textbook you need. Since the university bookstore only offers a tenth of the original price, many students keep their textbooks in the hopes of selling them independently. Many classes are offered every semester, so chances are there is someone holding on to a book you need and is dying to get rid of it. If not, try local bookstores such as Half-Price Books. They sometimes carry textbooks sold by students; often they carry books that are not textbooks but that are needed for some English and History classes. They are always cheaper than the ones sold at the university bookstore.

Websites such as eBay, BookByte, Amazon, and Half.com offer used textbooks at much lower prices than the university bookstore. Students have the advantage of shopping around different sites to find the best price, and in turn they can potentially save hundreds over university bookstore prices. Those who wait until the last minute are at a disadvantage because they have to wait for the textbook to arrive via snail mail, or if they are desperate, pay the extra fee for overnight shipping. Picky students may also have to contend with ink marks and worn pages, since they have to wait for the textbook to arrive before examining its state. This however, comes with the territory of buying used books. My advice: give yourself adequate time before the semester starts to purchase necessary textbooks, and make sure the website you are using is legitimate.

Chegg.com offers the ability to rent textbooks at less than half the cover price. They sometimes carry books that are not textbooks but that are needed for some English and History classes. They are always cheaper than the ones sold at the university bookstore.

Chegg.com also offers free shipping for textbook returns, and usually emails coupons at the beginning of the semester. One drawback is that occasionally textbook rental prices match or exceed the price of buying a used textbook. Why rent when you can buy it for the same price? My advice: use this website for textbooks you are certain you will never need again, and always compare the rental price to used-book prices on other websites before committing.

There are currently multitudes of websites and off-campus stores that offer the opportunity to purchase or rent textbooks without the mammoth price tag. These avenues have their advantages and their disadvantages in comparison to university bookstores. Before you purchase or rent from anywhere, shop smart and keep in mind: the international edition is usually the same as the regular version but almost always cheaper, some professors will let you get away with an older version of the same textbook, NEVER buy textbooks without bindings – they do not sell back anywhere, and you can always find someone to buy your book back at the end of the semester. Unless you are talking Neuro-Fuzzy Systems - then you are on your own.

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Some UHD Science students hit the Big Apple

Twelve students and three faculty members participated in the yearly event, Science in the Big City, sponsored in part by the Natural Science department. The goal of the program is to provide students with the opportunity to experience science professions that are outside the sphere of traditional science careers.

“Many students in science think only being a professor or going into medicine,” said Jerry Johnson, assistant professor of Biology and Biochemistry. “However, there are many more opportunities for all levels of education in science.”

For Megan Womack, Biology major, she was sure of one thing: that a career in medicine was not for her.

“It’s a big world out there, and this trip does highlight this dramatically. For many students, this is almost like a trip abroad,” said Dr. Akif Uzman.
Five students participated in this year’s Poland Summer Research program, hosted by the Natural Sciences Department at the University of Houston Downtown (UHD) and three universities in Poland.

Students were selected based on a set of criteria, including GPA and a personal statement. Applicants were required to have taken core classes such as Genetics and Organic Chemistry I. Students participating in the Geosciences program were required to have completed General Chemistry and first-year geology courses.

“Apart from the application, we had to attend information sessions to help us better understand the program,” said Stephanie Omage.

UHD has been involved in this project for the past four years, with over 30 participants conducting research under the International Biotechnology Undergraduate Research Program and the International Geosciences Field Studies Program.

“While UHD is itself somewhat of an international setting, it represents home to most of the students— in Poland they experience an international community on foreign soil, experiencing the challenges of working with people while far away from home,” said Dr. Akif Uzman, professor of Biology and chair of the Natural Science Department.

Participants in the program learned new scientific methods that are unavailable in the United States along with key communication skills that will benefit them in their future endeavors.

“Students [in this program] are exposed to different cultures and languages while pursuing their scientific studies,” said Dr. Lisa Morano, associate professor of Biology and Microbiology. “This will not only make the students more confident, but it will make them better prepared to participate in the global community of future scientists.”

For Audrey Gonzalez, senior, the program was an opportunity to enhance her ability to explore different areas in a completely different environment.

“I had never been to Europe. I thought this would be a great opportunity to learn new techniques in science and compare research in Poland to that of the US; it was also a chance to be immersed in a different culture where I had to adapt and learn a different language,” Gonzalez said.

The two-month program revolved around research consisting of biotechnology, chemistry and geology based projects. Funding was provided by the U.S. Department of Education and the Brown Foundation of Houston.

“Since our project required more chemistry than biology I learned many applications for concepts that I had learned in General Chemistry and Physics, but never use much in my Biology major,” Gonzalez recalls.

Along with their research projects, students also engaged in a weeklong conference featuring scientists from UHD as well as from around the world.

“The conference provided an opportunity for faculty to exchange between UHD and Polish Universities for pedagogical discussions and training as well as the presentation of the scholarship,” said Dr. Jerry Johnson, assistant professor of Biology and Biochemistry.

The conference was held in Gdansk where two UHD professors gave a series of presentations. Dr. Morano gave three lectures and Dr. Jonson gave four presentations.

“Looking at how scientists approach scientific questions and the methodologies used in different countries forces us all to think more critically and creatively about the science we do at home,” said Dr. Morano. For Christopher Simmons, Biology major, the conference was a chance to meet researchers from around the world, and hopefully forge contacts that would help him when applying to graduate schools abroad.

“I thought that it was a great opportunity to gain some research experience as well as travel and meet new people with similar interests,” Simmons said. “I think that the connections I made in Europe will help immensely, especially since I want to look into graduate schools in Europe.”

Apart from research, students also traveled to different cities in Poland, such as Karkow, to experience Polish culture and history.

“I enjoyed visiting the salt mines in Karkow, where miners excavated long tunnels and stairways to mine natural salt,” Omage said. “There are stairways 120 meters down that wind up to the surface, and we took 160 stairs to get to the underground cathedrals.”

Students who are interested in applying to the program for the summer of 2011 should contact the Natural Science department, Room N-813, for more details.
The first decade of the new millennium was often called the Decade of the Geek, as comic book and fantasy films became the blockbuster tent poles of every summer movie season. But despite the hundreds of millions of dollars invested in bringing J.R.R. Tolkien’s hobbits and Spider-Man to life, it is hard to imagine any movie could ever be more tailor-made for the Church of the Geek than “Scott Pilgrim Vs. the World.”

In a way, “Scott Pilgrim” could be seen as a thank-you note to the Holy Council of Fanboys who have served as Hollywood’s hype machine ever since the inception of the Internet. Based on the comic series by Bryan Lee O’Malley, “Scott Pilgrim” is a celebration of geek pastimes such as video games, indie music, ninjas and, most importantly, irreverent humor.

The central premise itself is a splendid exercise in playful absurdity. Scott Pilgrim (Michael Cera), a twenty-something slacker from Toronto, one day finds the literal girl of his dreams, Ramona Flowers (Mary Elizabeth Winstead), only to discover there is one very big catch: in order to date Ramona, Scott must first defeat an alliance of Ramona’s seven evil exes led by the mysterious Gideon Graves (Jason Schwartzman). Scott’s entire quest to defeat the League of Evil Exes plays out like a video game adventure, complete with extra lives, power-ups and bosses that explode into coins.

For the most part, director Edgar Wright is able to strike just the right surreal tone throughout “Scott Pilgrim.” Much like he did in “Shaun of the Dead” and “Hot Fuzz,” Wright proves able to effortlessly combine action and comedy without sacrificing the quality of either element. In addition, despite a few awkwardly staged sequences such as Scott’s battle with evil ex number two, Lucas Lee (an inspired but tragically underused Chris Evans), Wright and co-screenwriter Michael Bacall managed to make the film feel surprisingly cohesive given the fact that it is based on six volumes of a comic book and is naturally segmented by its evil ex battles.

The film earns more credit through the vivid fantasy reality it creates. While its Toronto setting sadly never plays much of a factor—“Scott Pilgrim” could have just as easily been set in Chicago, Minneapolis or Saskatoon, Saskatchewan—the comic and video game visuals mesh well with the adolescent hipster community of which Scott and his friends are a part.

However, despite the brilliantly realized world and storyline surrounding its main character, “Scott Pilgrim” suffers from the mishandling of that very title role. Cera has been unfairly maligned recently for his lack of range, even though that isn’t much of a problem if an actor sticks to certain roles. But the character of Scott Pilgrim calls for something more than Cera’s meek persona, and unfortunately that is all Cera is able to bring to this film. At one point, Scott is described as a “lady-killer wannabe jerk-jerk,” but Cera never makes that description believable. Scott needed to be a bit more spazzy and a lot more energetic, but Cera plays him instead as listless and lifeless.

On top of Cera’s poor characterization of Scott, the former George Michael Bluth just does not seem comfortable in his numerous fight scenes. It is telling that the best battle in the movie is a duel between Ramona and her “sexy phase” evil ex Roxy Richter (Mae Whitman) that barely involves Scott at all. Wright maps out the battle sequences with as much creativity and ingenuity as he can, particularly in an anthropomorphized battle of the bands amp fight, but without a proper lead each sequence is always one piece away from perfection.

But even with Cera’s poor performance, “Scott Pilgrim” still brings a lot to the table. Without a doubt it is one of the most unique film going experiences in recent memory. The screenplay is whip-smart and chock full of references, dropping everything from the “Legend of Zelda” theme to a scene filmed just like an episode of “Seinfeld.” It is also strangely beautiful to look at; much in the same way a cheese sculpture at the state fair has a certain kind of beauty. But thanks to the poor casting decision at its center, “Scott Pilgrim” always feels one level away from the perfect score it could have achieved. If only it had chosen a different playable character.
Today’s Crossword

ACROSS
1 Poet’s contraction
5 Ads
11 Cauliflower bud
17 Gripper
21 — -carotene
22 Solar wind phenom
23 Caustic solution
24 Memorable times
25 In — (as found)
26 Peron’s third wife
27 Rug
28 Easy win
29 With wisdom
31 Jung’s inner self
33 Hearth’s need
35 Dorm climbers
36 Eric Clapton classic
37 Pool member
38 — Tome
39 116 Glare preventer
40 “A Man and a Woman” star
41 DC second bananas
42 Open
43 Comedian’s forte
44 Painter Claude —
45 Geese formation
46 Tedious account
47 Marsh grasses
48 Worn out
49 Mosque feature
50 Library abbr.
51 Fiddling despot
52 Pamplona pronoun
53 Prices
54 Jonathan Swift works
55 Fiddling despot
56 Pub order
57 Divided country
58 Wanted-poster info
59 Food wrap
60 Vehicle
61 116 Glare preventer
62 Whimper
63 116 Glare preventer
64 Dog
65 Wanted-poster info
66 116 Glare preventer
67 Cogitates
68 116 Glare preventer
69 116 Glare preventer
70 Tigger’s pal
71 116 Glare preventer
72 Stir-fry pan
73 Fish organ
74 116 Glare preventer
75 Green film
76 116 Glare preventer
77 Forbid
78 Neutral color
79 Memento
80 Skybox locale
81 Off the mark
82 Metaphysical poet
83 Kids’ cereal
84 Shortfall
85 Shortfall
86 Metaphysical poet
87 Metaphysical poet
88 Kids’ cereal
89 Largest digit
90 Rush-hour problem
91 Glittering
92 Small coin
93 Tempe sch.
94 Hurried
95 Salon tint
96 Swamp critter
97 Dry red wine
98 Always, to Keats
99 Hangs on
100 Hangs on
101 Stuffy scholar
102 Keep — — to the ground
103 California fort
104 Fuddy-duddies
105 Give — — break
106 Plea at sea
107 River of India
108 Did not cook (2 wds.)
109 Jacques, in song
110 Entrances
111 Troublesome fungi
112 First American
113 Immunity shots
114Continuous flow
115 Cup
116 Nice-looking
117 Fail
118 Expensive
119 New Age singer
120 Europe-Asia range
121 Like before
122 Pharmacist —
123 Tooth coating
124 Gretzky’s org.
125 Draft animals
126 Stoic philosopher
127 Ease up
128 Monarch’s place
129 Run the stereo
130 Felt certain
131 Like a kitten
132 Biases
133 Immunity shots

Down
1 Recipe meas.
2 Fish trap
3 Bering Sea island
4 Mecca resident
5 Hurting
6 Corroded
7 Doctorate exams
8 “— Dick”
9 Unrefined metal
10 Made an obeisance
11 Glib
12 Altiplano ruminant
13 Green pod
14 Chat, slangily
15 Picks
16 Give a tenth
17 Border state
18 Spinach is rich in it
19 Like before
20 Glimpse
21 Ties the score
22 Ivan’s refusal
23 Mukluk wearer
24 Queues
25 Hunted like a caveman
26 — -carotene
27 Solar wind phenom
28 Easy win
29 With wisdom
30 — Tome
31 Jung’s inner self
32 Hearth’s need
33 Dorm climbers
34 Eric Clapton classic
35 Pool member
36 Peron’s third wife
37 Rug
38 — Tome
39 116 Glare preventer
40 “A Man and a Woman” star
41 DC second bananas
42 Open
43 Comedian’s forte
44 Painter Claude —
45 Geese formation
46 Tedious account
47 Marsh grasses
48 Worn out
49 Mosque feature
50 Library abbr.
51 Fiddling despot
52 Pamplona pronoun
53 Prices
54 Jonathan Swift works
55 Fiddling despot
56 Pub order
57 Divided country
58 Wanted-poster info
59 Food wrap
60 Vehicle
61 116 Glare preventer
62 Whimper
63 116 Glare preventer
64 Dog
65 Wanted-poster info
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67 Cogitates
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112 First American
113 Immunity shots
114Continuous flow
115 Cup
116 Nice-looking
117 Fail
118 Expensive
119 New Age singer
120 Europe-Asia range
121 Like before
122 Pharmacist —
123 Tooth coating
124 Gretzky’s org.

Look for the solution to this week’s puzzles in the next edition of Dateline:Downtown
Sports

WABDL Southern Regional Champions

UHD Powerlifting Team display their strength at the WABDL Southern Regional Bench Press and Deadlift Championship in Dallas. Pictured left to right: Halit Dilbert, Gerardo Ruiz, Jose Trejo, Coach John Hudson, Raymundo Sanchez, Robert Nguyen, Aurelio Garcia, (bottom left to right) Ilian Rojas, Linda Okoro and Waldo Villareal.

* Team Co-Captain Robert Nguyen won the Junior Division in the 148 weight class in the bench press and deadlift. In the bench press, Nguyen set a new National Collegiate Record with 304.1, while in the deadlift he locked out 413.2.
* Aurelio Garcia placed second in the Junior Division in the 148 weight class of the deadlift with a personal best of 402.2.
* Team Co-Captain Ilian Rojas placed first in the bench press and the deadlift for the Junior Division. He benched a personal best of 358 and deadlifted 407.0, missing two very difficult attempts at a new Texas Collegiate record of 481.7.
* Team Co-Captain Waldo Villareal placed fourth in the bench press for Junior 220s with a 314.0. He placed second in the deadlift with 407.0.
* Halit Dilbert won the Teen 18-19 bench press at 259 with a Texas State Record 468.2. He was also first in the deadlift with 457.2.
* Gerardo Ruiz placed third in bench press for the Junior Division of the 220 weight class with a strong 374.0. He benched second in the deadlift with 473.7.
* Jose Trejo won the Junior 259s in the bench press with his opener of 380.2, then went on to miss attempts of 523.5 and 529.0. Had he been successful, he would have become the first UHD Powerlifting Club Team member to bench press over 500 pounds. He was first in the deadlift with 473.7.
* Raymundo Sanchez placed first in the Teen 18-19 Division of the 275 weight class for the bench press with a 303.0. In the deadlift, he pulled a new National Collegiate Record of 535.6.

Soccer club tryouts

The men’s and women’s soccer club tryouts will be held Tuesday, August 24 and Thursday, August 26 at McReynolds Middle School from 4 P.M. to 6 P.M. For more information, log on to http://www.uhd.edu/sportsandfitness/clubsports

Check the next edition of Dateline: Downtown for more information about soccer coach Josh Rivas and his plans for the 2010 soccer club.

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