No hope for change?

Elections could change control of Congress

JAMEE L COX / BRITTANY MUSGRAVE
Editor-in-Chief / Staff Writer

Despite his efforts to turn the economy around, the decline in popularity for President Barack Obama could cause the Democratic Party to lose control of Congress after the midterm elections.

Midterm elections will be held on Nov. 2, and according to Time.com, President Obama’s approval rating has fallen from 60 percent in Jan. 2009, to somewhere in the 40s in current ratings.

On average, many first time presidents do not do well at midterm elections. Approval ratings also suffer for presidents elected during hard economic times. Some might say the odds are against President Barack Obama.

The drop in approval rating would only occur if one in four Americans changed their opinion of Obama. The increase in unemployment, the economic crisis and the war in Iraq have all taken a toll on America’s morale.

But Democrats in the Capitol are holding out hope that tax cuts for the middle class, a pass in health care and preservation of Social Security will secure the Democrat’s dominance in the House.

“Preserve Social Security, tax cuts for the middle class, make it in America as contrasted with the Republicans who want to privatize social security, tax cuts for the wealthy and send jobs overseas,” House Speaker Nancy Pelosi told CNN reporters before a closed door meeting at the Capital on Sept. 14.

But the inability of Obama to please the masses with a “quick fix” of the economy, and what some perceive as an alienation of some groups of voters, could lead to the demise of the Democratic control of the House.

To help address the problem of his falling popularity, Obama recently visited the University of Texas in Austin.

In the first few sentences of his speech, Obama reminded the students that he paid them a personal visit during the 2008 presidential campaign.

“Hello Austin! Hello Longhorns! It’s wonderful to be back. I love this town. I remember paying you all a visit during the campaign,” he said.

Obama spent the entirety of his speech discussing the importance of a post-secondary education.

Obama has many positive ideas that could potentially help the economy, however, some say these ideas are not being put into action, and that Obama is not accepting responsibility.

According to Associated Press writers Tom Raum and Darlene Superville, Obama pushed blame off onto Republicans and “election-year politics.”

Some people feel that Obama is leading our country in a direction that is unfavorable for Americans.

“I feel that his actions are still a bit cryptic,” said University of Houston-Downtown student Allison Baker.

Current polls state that the drop in the approval ratings for Obama comes from independents, the under 30 age group and white voters.
Getting a masters degree may not be the answer

Uwire—More than 15 million workers were counted among the unemployed in August, which saw the nation’s unemployment rate climb to 9.6 percent from 9.5 percent in July.

Naturally, upperclassmen probing the void for job prospects are apprehensive about their chances of snagging a job. To stand out in a highly competitive, straining economy many students are considering graduate school as an option.

Despite the high cost of education, especially in today’s budget stretching times, some feel that they are making the right financial decision by pursuing a master’s degree.

Jordan Bryant, sophomore biology and pre-pharmacy major at U. Arkansas, feels that success in his career field almost mandates a higher degree.

“Getting a master’s or a doctorate shows companies that you are both experienced and dedicated,” he said. “It shows you mean business. So it is a huge advantage on a résumé.”

When asked about how he intends to pay for the initial education, he expressed little concern.

“Money isn’t everything,” Bryant continued. “Once you get your degree, you will be able to pay it off in the long run.”

Sophomore Luke Smith feels similarly.

“I think graduate school definitely makes you more marketable. I can get a job while I am in school and probably get a few scholarships, based on my academic performance here at the U of A. And even if I do not get scholarships, the income I will get from having a master’s degree in aerospace engineering will more than make up for it,” he said.

Thus, a future-oriented mindset can be observed in students pursuing graduate degrees. Student loans, perhaps two of the foulest words in a college student’s vocabulary, are of no consequence, provided that the end result is a steady, respectable paycheck.

“It is an investment,” Smith said. “You are investing in your future. And you are counting on that investment to bring greater returns in the future.”

Some career fields are more demanding than others when it comes to education. The importance of distinction and specialization in broad career fields, especially within science, is extremely high. Salaries in such academic focuses are directly proportional to extent of education.

Johnathon Faught, senior psychology major, said that “it really depends on your field. For example, a bachelor’s degree in psychology will get you nowhere; you have to go to graduate school if you want to get any sort of job.”

Claud Lacy, a UA physics professor put it even more bluntly: “Publish or perish,” he said.

“As a physicist and a repeatably published astronomer, he understands the cutthroat nature of science firsthand. And there are some credentials one simply must possess to even be considered for a job.

“If you are an astronomer and you want to teach, you have to get a Ph.D. All science fields are like this,” Lacy said. “A bachelor’s degree in this field can get you a job in research and development, much like engineers, but you cannot teach without a higher degree. It just doesn’t happen.”

It follows that record numbers of students, heeding the advice and examples of their elders, are applying to graduate schools this year. However, it would be a mistake to see graduate school as a necessity, and certainly one to see it as being universally beneficial. The stakes are high, nothing is guaranteed and a plain, razor-edged question remains even after one has a Ph.D in hand: “Is this really what I want to do with my life?”

Jack Brefle, Gregson CRE, gave his input on the question of graduate school.

“What may seem like a certainty now may not be as much of a home run as a student continues to grow and mature,” Brefle said. “Life can change, folks may start families, and working through an on-call shift in an ER may not seem so appealing anymore. Someone can set themselves up for success and happiness if they do not handcuff themselves to a pile of debt they have to pay off in a job they may end up disliking.”

Brefle himself took a “year off” after completing his undergraduate degree, working a job, saving money and taking time to decide if he wanted to attend graduate school. During that reprieve from academia, he found himself able to reflect on what he truly wanted to achieve.

“I had a delayed launch,” he said, “but by the time I started graduate school a year after finishing college, I had developed a hunger for the knowledge and experience I would gain which drove me to be successful in my venture.”

For those concerned about paying for graduate school, resources exist to help guide you on your path to higher education. The Princeton Review annually compiles a list of the best graduate schools, sorted by size, cost, quality and area of study. Many large corporations will also grant scholarships for top employees to obtain advanced degrees. Education in today’s market is a win-win situation for both parties involved.

The most vital concept to understand in the realm of education is very straightforward, and twofold. Where do I want to go with my life? And what is the best way for me to get there?

Quoting Joseph Campbell, the noted author, Lacy again answered with succinctness.

“You should follow your bliss.”
UHD students deputized for 2010 voting season

CHRISTINA RODRIGUEZ
Staff Writer

After a 27-year history at the University of Houston-Downtown (UHD), the Writing Proficiency Exam (WPE) will no longer be a requirement for graduation.

The interim Vice President of Academic Affairs and Provost Michael Dressman decided to kill the requirement after a evaluating the troubled history of the program.

The WPE was part of the general education program created in 1983 and was initially called the Junior Level WPE. Its purpose was act as a mid-career check, given when a student had between 45 and 75 credit hours, so if a student’s writing was inadequate, they could be tutored to become more successful before graduation.

The main problem was that most students are transfer students who don’t even arrive at UHD until they have at least 60 hours. Students in this situation tended to take the test very close to their graduation date with no time to tutor if they did not pass. Many students also take longer than four years to graduate, and the timing of this test was too flexible to have a real outcome.

If a student failed, they would be given tutorials which were held in the writing lab and consisted of revising and rereading the student’s own failing test. According to Provost Dressman, instead of attempting to learn more about writing, these conferences with the writing lab employees turned into “disputes about whether or not they [the student] should have passed or failed.”

These issues with the WPE have been a problem since at least 1999, when Provost Dressman was serving as Dean of the English Department and many faculty members were noticing that there were issues involving the test.

The biggest opposition to ending the test as a requirement came from former President Max Castillo and Dean of Business Bobby Bezel, who both asserted that the test acted as a form of quality assurance, even though the test scores themselves didn’t reflect this.

The plan at this time is to enforce the standards held for writing intensive courses in every major, which are detailed on page 28 of this year’s Undergraduate and Graduate Catalog. The general guideline states that each writing intensive class should include at least 20 pages of writing per semester, which includes a variety of courses in each major.

The major improvement administrators would like to make to this system is to include the practice of revising their work throughout the semester. This is more in line with the type of writing students will do once they graduate, and very different from the kind of writing required for the WPE.

The reaction to this change has been positive, at least for students. Many considered the WPE to be too easy.

“I’d rather have the WPE test if we are going to have harder essays,” joked UHD sophomore, Angela Lie, who took the WPE in 2008.

UHD employee and sophomore, Brian Taylor, thinks cancelling the WPE requirement has benefits, as well as a potential pitfall.

“I think it’s a good tradeoff, but it might be extra work for the teachers,” he said.

It seems that the faculty is very pleased with this decision as well. Provost Dressman said that when the announcement was released, he began receiving thank you notes from various faculty members, advisors, and even alumni.

Testing services will issue a refund for those students who have already scheduled and paid for their test.

CARLANDRÉA CLARK
Contributing Writer

The Harris County Voter Registrar’s Office registered 21 University of Houston Downtown students at the annual Volunteer Deputy Voter training on Friday, Sept. 10.

The students that participated in the event were certified as official Deputy Voter Registrars. Under this program, certified students are authorized by the State of Texas to register qualified citizens to vote.

The process comes at a critical cleanup time for the Voter Registrar’s Office. In early 2010, Houston Votes, a division of Texans Together Fund, presented thousands of potential voters with falsified voting documents. A barrage of duplicate and incomplete documents resulted, creating confusion in its path. Under the leadership of Harris County Tax Assessor Lee Vasquez, local government officials are working diligently to recall these illegitimate voter registration documents.

Anna Nunez, Community Outreach Coordinator for the Voter Registrar’s Office, believes official training is needed to prevent similar disasters in the future.

“The reason this program is so important is because we work really hard to maintain the integrity of the voter registration process,” said Nunez. “It’s our goal to make sure people are properly registered so that our communities have faith in the voting process.”

Restore citizens’ faith and empowering them were common goals of many students in attendance. Each new student deputy concluded the training armed with the tools and knowledge needed to educate potential student voters.

“It’s important for students to exercise their political power,” said Student Government Association (SGA) President, Ali Abedi. “At the SGA we believe that students should be empowered and this is one of the ways of doing that.”

“The SGA is also working with other student governments across the city and state to meet targeted voter registration goals,” Abedi said.

“I like to help out in my community,” said student Elizabeth Rodriguez. “Every vote counts so if someone wants to make a difference, one way they can go about it is through voting.”

DeAndra Wallace, student and intern of former Houston mayor and gubernatorial candidate Bill White, believes the goals of both the Voter Registrar’s Office and the SGA are critical in getting students involved in the political process.

“The decisions that affect us are mandated from the State of Texas, so it’s important to get out and vote,” Wallace said.

The Deputy Voter registration process is still open to interested students. Contact the Community Outreach Department of the Voter Registrar’s Office at (713) 368-2323 or by e-mail at tax_voters@hctx.net for more information.

Photo by Kevin Li Yung Hing

UHD student Linda Lopez was one of 21 students that were deputized by the Harris County Voter Registrars Office on Sept. 10.
Student frustrated at non-compliance of textbook provision

In a recent article (August 23) by Brittiny Musgrave-"Texas Professors, Exposed," I was rather dismayed not to read about the Federal law, which took effect July 1, 2010: Section 112/133 of the HEOA- the "Textbook Provision".

As an entering freshman that paid nearly $900 for new & used books due to UHD’s non-compliance (and, in my opinion what can only be considered as bungling), it’s something I have a great interest in. And, too, I realize that on the adjacent page there is an article on finding the cheapest texts however, given that a syllabus isn’t typically posted until the last moment, and still is not in compliance (in all but one case for my six classes) with the law, those resources do me no good. In fact, I budgeted for this, and knew I could shop around and save even more. At that time, I was shopping around and found I could save about $300; the problem was that I was, and am, living on such a tight budget that I was not able to purchase most of my books until August.

Imagine my surprise as I periodically revisited the campus bookstore site and noted that my textbook prices had changed. No worries, I had already started to make purchases.

Imagine then, my surprise, when the final month before school starts, three of my courses have new textbooks listed which:

- are no longer sold by the publishers,
- the bookstore only sells in a bundle and will not give me the individual ISBN without contacting my professors,
- my textbook prices from the campus bookstore went up to $832,
- the campus bookstore was selling the same item twice, with 2 different descriptions and one of which doesn’t tell me much and is not in compliance. Bookstore employees were ringing up customers for the 2 items, but per the manager, a human would naturally figure out the problem and not charge us, so he didn’t see a problem, despite selling the same item twice,
- that one of the above items was added in the final weeks before school at a cost of $77, and
- the final weekend before school a book that is no longer in print (and now students are having to copy it from those few of us who could get it) is added in clear violation of the HEOA, which costs even from other sources $55 new (and of course the bookstore sells for much more).

I’m bleeding money, needlessly. All of this for 14 hours, of which only 11 are credit hours.

Right now, I’m out of pocket just over $900, including shipping fees and a textbook that can’t be returned, and am still awaiting my return charge-back for the double-billed math book.

There is a rule which many businesses follow in regards to systemic errors: if something is affecting one customer, it’s affecting many customers. That the bookstore doesn’t see this as a problem is disturbing, that the professors don’t see this as a problem is arrogant.

Tuition is cheaper here, but the cost of books versus the number of credit hours I’m taking make it such that I may have saved money had I simply gone to the University of Houston.

W.J

UDF Freshman

Be a part of the Dateline:Downtown staff

Dateline:Downtown is looking for an experienced copy editor.

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If you are interested in getting involved, stop by the newsroom (S-260), call us at 713-221-8569 or visit www.uhd.edu/dateline and click Get Involved on the left side of the screen.
No backup for book-burner

DYLAN OSBORNE
Staff Writer

National Quaran Burning Day never got off of the ground, the masses did not take up Terry Jones’ call to publicly burn Islam’s holy book on 9-11, no public figures picked up the banner and urged followers to participate. The fact that a small time preacher with barely a congregation was even able to stir up the amount of controversy this did is in of itself a minor miracle. No one should have even noticed this ludicrous publicity stunt, but people did. And it’s a good thing they did, because right now in this era of Muslim bashing and fear mongering, this nation needed the leaders of both political parties, especially those on the right, to stand up and say, “This is too much.”

This episode with Jones and his small band of radical Christians is much more than an isolated incident. Jones obviously expected other people to join in and support him and one would assume he was surprised no one did. No mainstream leaders did, but thousands silently agreed with him.

Signs at Tea Party events and mosque protests proved some small minority thought burning Quaran was a bang up, jolly good idea. Luckily, no one listened to these idiots, but millions still refuse to see Islam as anything more than a large cult determined to strike down the West.

Islam has become the popular target for anyone with an agenda to push. Fear is a powerful motivator and politicians of all stripes have used it for their gain. Nations always demonize the enemy, but the problem here is simple: Muslims are not our enemy.

Radical Muslim extremists attacked us on 9-11 and that does not warrant an all out war on Islam anymore than Timothy McVeigh warranted a war on Mid-Western men in the 1990s, or perhaps more aptly, the attack on Pearl Harbor warranted the internment of Japanese Americans in the 1940s. We have a huge problem with a small number of individuals and little groups. The vast majority of Muslims do not hate us; I would bet my next paycheck most Muslims could care less about us, they just want us to leave them alone.

Hatred of the Islamic religion has become an easy way for politicians to get sensational headlines and free publicity. People of focusing on real world problems we need to fix.

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Hatred of the Islamic religion has become an easy way for politicians to get sensational headlines and free publicity. People of focusing on real world problems we need to fix.
Students get a study break during UHD Activities Day, followed by professor performances on Constitution Day.

Bronwen Owens, Jaime Ramos and Mourad Hemzawi get an earful from “George Washington” on Constitution Day.

Photos courtesy of the UHD Photography Club
**Intramural Bench Press Competition**

**Men’s & Women’s**

**UHD Sports & Fitness**

**Entry Period**

September 17 - September 30

**Entry Fee**

$5 per individual

**Start Date & Location**

Thursday, September 30 at 3pm

The Intramural Bench Press Competition will be a one day event and take place on the 2nd floor of the Student Life Center.

**Individuals Needed!!!**

Open to current UHD Students, Faculty, Staff and other Sports & Fitness Members. For more information, stop by the Student Life Center or call 713-221-8225
A life revealed in O’Kane Gallery

LONNE MARTINEC
Contributing Writer

Melanie Crader, recipient of an Individual Artist Grant Award, is sharing her life, and in particular, her grandmother’s life, in an exhibit in the O’Kane Gallery.

Vibrant memories of a grandmother and discovered artifacts are the inspiration behind Crader’s The Eula Project, currently on exhibit in UH-Downtown’s O’Kane Gallery.

A native of southern Louisiana, Crader’s exhibit history includes Gallery Sonja Roesch in Houston, Women and their Work in Austin, and P.S.1 Contemporary Art Center, Long Island City, NY. Her work has addressed the complex issues of identity and the feminine as it is packaged through predominantly consumer channels. Her clean, crisp, at times minimalist stylistic leanings bring focus to specific detail divorcing it from its original context. The Eula Project provides an examination of one identity through such details.

But don’t make the mistake of thinking the installation is just about a grandmother’s possessions – it’s far from that. It’s true that Crader’s source for many of the materials used in the exhibit was her grandmother, Eula. More than 20 years after Eula’s death, Crader came into possession of a small box, tucked away in an attic, that once belonged to Eula. Contained inside were ordinary household items which provided Crader with a look into her grandmother’s everyday life, and which fomented a comparison between their two lives.

Eula was, according to Crader, “a woman of few possessions…[and] each item she owned had purpose.” Shortly before her death, Eula began dispensing those few possessions among family members and, quite possibly, strangers. The remaining items, and Crader’s own interpretations of them, may be limited in number, but the impact of the collective story is profound.

The exhibit at first appears spare and utilitarian, visually and physically: a glass bowl assigned to a high shelf in the gallery (to protect the bowl, or to show how highly it was prized?), a metal telephone stand, a cabinet full of sundry articles. Punctuated by Crader’s paintings, which hint at things feminine, the space suddenly reveals an evocative imagery that exists on both personal and universal levels.

The Eula Project is free and open to the public through Oct. 7. The O’Kane Gallery is located on the third floor of One Main Building. Gallery hours are Monday through Saturday, 10 a.m.-5 p.m., and closed Sundays. For more information about the gallery, call (713) 221-8042.)

Photo by Lonne Martinec

Pearls Before Swine
by Stephan Pastis

Dilbert by Scott Adams

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HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repitition.

Look for the solution to the Sept. 7 Sodoku on the Back Page (12).

Moderately Confused
by Jeff Stahler

WHAT WOULD @GLENN BECK DO?

© 2010 Jeff Stahler Dist. by UFS, Inc.
Today’s Crossword

ACROSS
1   Fine violin
6   Chalet features
11  Balked
16  Lose it
21  Composure
22  Disgusting
23  On edge
24  Get-up-and-go
25  Bicker
26  Grain for grinding
27  Funny bone
28  Zodiac scales
29  AAA suggestion
30  Take fright
31  Buying frenzy
32  Long-faced
34  One, to Fritz
35  Sushi ingredient
36  Romeo or Juliet
41  Hunt or Ronstadt
43  Parts of a strand
45  Common practice
47  Writer — Zola
49  Warehouse pallets
51  Zoo employees
54  “Dave” actor
55  Ballet lake
56  Take cover
59  Posh lobby
60  Dinner-table item
61  Nickels and dimes
64  Belly dance instrument
65  Gramm and Espo-
66  Prop up
67  Stranger’s query
68  Bellowed
70  Muscle for push- ups
71  Flocks of geese
73  Freshwater fish
74  High-pH solution
75  Burnoose wearer
76  Catches a crook
77  Swig
79  Disinfect
80  Pitchers
82  Swallows hastily
84  Fall guy
85  Attired
87  Cattle stalls
88  Butch in Seville
89  Drainage pit
93  Airport pickup
94  Buys and sells
95  Go around
96  Singer Brenda —

98   Movie with a posse
99   Blue pottery of Holland
100  Zeppo’s brother
101  Electrical units
103  Quiet — — mouse
104  Leave behind
106  Stick-in-the-mud
107  Black-footed crit ter
108  Military cap
109  Action word
110  Bulova rival
111  Listening (2 wds.)
112  Players’ place
115  Cover girl
116  Saint Teresa’s town
117  Cheap lodging
118  Fill with joy
119  Less risky
120  Muslim mystic
121  Compass pt.
122  Sugar amt.
123  Aussie minerals
124  Bean or horse
125  Ms. Washington of blues
126  Vandals
127  On — — (win ning)
128  Dismantle a tent
129  Hogs sound
130  Crystal-filled rock
131  Jacket feature
132  Girl at a ball
133  Roomy
134  Shortstop’s slip
135  Unkempt
136  Garden starters
137  Spam, maybe (hyph.)
140  Boy dance instru-
141  Catch a crook
142  Swig
143  Disinfect
144  Pitchers
145  Swallows hastily
146  Fall guy
147  Attired
148  Cattle stalls
149  Butch in Seville
150  Drainage pit
151  Airport pickup
152  Buys and sells
153  Go around
154  Singer Brenda —

DOWN
1   Gunpowder
2   Igniter
3   Rich cake
4   A bright star
5   Tempe inst.
6   Over one’s head
7   Yuletide drinks
8   Check in
9   Express
10  Double curve
11  Former JFK arrivals
12  Germ-free
13  First name in cosmetics
14  Anka’s ”— Beso”
15   Grass droplets
16   Quit, in poker
17   Pierre’s monarch
18   Glowing coal
19   Tax time
20   Mongol rulers
21   Kind of cloak
22   Roman naturalist
23   Mimicry
24   Iris center
25   Heirlooms
26   Teeming
27   Bonfire remains
28   Grinch creator
29   Denver’s altitude
30   Welles’ Citizen — —
31   Frat letter
32   Early anesthetic
33   Ms. Jong
34   Zen riddles
35   Pile of papers
36   Dubuque native
37   Affaires
38   d’honneur
39   Murphy or Rab- bitt
40   — and drabs
41   Kitchen pros
42   Cherbourg shes
43   Schnauzer feature
44   Prepares presents
45   Approves
46   Bow down
47   Tulip starters
48   Choral section
49   Davis or Midler
50   Comforter
51   Chocolate tree
52   Dock
53   Splice, in botany
54   Orange flower
55   Barely speak
56   New-car option
57   Pub sign (2 wds.)
58   Glitterati member
59   Glassware brand
60   Very
61   Gas or electric —
62   Mosquitos, to us
63   Longitude unit
64   Lox go-withs
65   Remnant
66   Den or burrow
67   Territories
68   Cameo shapes
69   Friend of Che
70   Dally with
71   Is, to Fritz
72   Entirely
73   Evens the score
74   Leah
75   Sugarbush trees
76   Off course
77   Type of mutual fund
78   Barely speak
79   Belt holders
80   Fruit stand buy
81   Lieutenant under
82   Kirk
83   Yeast and mold
84   Computer-chip maker
85   Hand part
86   Bench warmers
87   Give a wofish look
88   Tulip starters
89   "The Facts of Life” star
90   Born as
91   Strike with force

Turn to the Back Page (12) to find solutions to the puzzles from the Sept. 20 edition of Dateline: Downtown
Campus Club Connection

New officers, membership requirements and upcoming events were discussed at this semester’s first Health Professions Organization (HPO) meetings held on Sept 8 and 9.

Future events include a field trip to the UTSA Medical School and “Dunk Your Professors”, where students can pay for a chance to dunk their professors in a tank of water. The club hopes to raise money for the medical mission trip to Peru next year.

“This trip is meant to show students the struggles in medicine underdeveloped countries face, and give them a better appreciation for healthcare in the U.S.,” said Adolfo Lara, president of HPO.

Last semester, HPO members went on a medical mission trip to Costa Rica, where they volunteered at a free clinic and a soup kitchen. They also gave a presentation to children on the importance of education.

For more information on the club, contact the officers at uhd_hpo@yahoo.com.

Environmental Club (EVC) also held its first meetings on September 8 and 9. They discussed a new format for the club, which will allow members to head committees in order to get them more involved in event planning and volunteer coordination.

On September 10, EVC members held the UHD Community Garden Clean Up, their first event of the semester. The garden beds are composed of recycled crushed concrete and recycled plastic. Together, members pulled weeds that had grown during the summer, picked vegetables and herbs, and replanted seeds. The produce from the garden is donated to Target Hunger, an organization that aims to alleviate hunger and its root causes in the heart of Houston’s inner city.

“The UHD Garden is a way for students to become familiarized with novel ways of making a sustainable garden, and donating the produce encourages the social equity aspect of sustainability,” said EVC President Arturo Garza.

EVC will also be hosting a pizza sale on September 22 to raise funds for the club.

The next club meetings will be held Wednesday and Thursday, September 22 and 23, at 3 p.m.

For more information, contact the officers at uhd.evc@gmail.com.

The Chemistry Club will hold its first meeting Wednesday, September 22, at 1 p.m. in room N604.

To have your club or organization’s events covered in Dateline: Downtown, send an email to dateline@gator.uhd.edu or stop by the newsroom, Room S260.

“Take 3” actions to flu prevention

MADISSON LEDET
UHD Health Clinic Staff Nurse

The flu is a serious, contagious disease that can lead to hospitalization and even death. Flu-like symptoms includes:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Fatigue

Some people may also have vomiting and diarrhea. The flu can also cause respiratory symptoms without a fever.

The CDC urges you to take the following actions to protect yourself and others from influenza:

1. Take the time to get a flu vaccine.
   - Yearly flu vaccines are the first and most important step in protecting against flu viruses.
   - The 2010-2011 vaccine will protect against the 3 most common viruses: H3N2, H1N1 and the seasonal influenza virus.
   - Everyone 6 months and older should get vaccinated as soon as the 2010-2011 vaccine is available.

2. Take everyday preventive actions to stop the spread of germs.
   - Cover your nose and mouth with a tissue when you sneeze and dispose of it in the trash after you use it.
   - Wash your hands often with soap and water. If soap and water is not available use an alcohol based hand sanitizer.
   - Avoid touching your eyes, nose or mouth.
   - If sick, limit your contact with others as much as possible.

3. Take antiviral drugs if your doctor prescribes them.
   - Antiviral drugs are not available over the counter.
   - Antiviral drugs can make your illness milder and may shorten the time you are sick.

The student health clinic offers the Flu vaccine for faculty, staff, and students at a cost of $20.

The Student Health Clinic is located on the third floor, Room N320.
Exercise vs. Nutrition

Healthy Workshop

Sept. 24, 2010
12noon-1pm
N1099

Free to UHD Students, Faculty & Staff

Which of these is more important where your health is concerned? If you want to know your personal answer, register for this workshop. Participants will receive individual measurements and set personal fitness goals to strengthen muscles and decrease overall body fat. In addition, everyone will receive a specific nutritional guide to maintain or strive for a healthy weight for their specific body type. Once you have both of these components, you will be able to answer the question.

Snacks and appreciation gift provided.
Solutions to last edition’s puzzles

Last Edition’s Crossword

Apply now: Red Rose Scholarship 2011/2012

Deadline: November 5, 2010

$1,500 for Fall 2011 & $1,500 for Spring 2012

General Criteria:
- UHD GPA 3.5
- 57 Credit Hours (Transfer and UHD Hours)
- 24 Credit Hours must be earned from UHD
- Full-time Enrollment (Fall 2011/Spring 2012)

For detailed criteria go to:
http://www.uhd.edu/financial/scholarships/institutional.html

SUDOKU

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