Pell Grant changes may trouble many UHD students

Jamee L Cox
Editor-in-Chief

Changes to the federally funded Pell Grant could be set in motion at early as Spring 2012, creating new hurdles for some University of Houston-Downtown (UHD) students to cross.

In the 2010-2011 school year, UHD had approximately 12,900 students enrolled and over half of that total was determined by the Financial Aid office to be in need of financial aid. Of those, 8,149 needy students, UHD only had enough funding for 7,991 students.

With changes to the Pell Grant, even fewer students will be qualified to receive aid. Rep. Denny Rehberg (R-Mont.), chair of the House appropriations subcommittee on Labor, Health and Human Services, and Education, recently proposed a bill that would cut billions of dollars from the Pell Grant program and effectively push college out of reach for many students.

By cutting aid to working students and their families, the bill rolls back the bipartisan efforts made in 2007 to make Pell Grants more accessible for college-aspiring, low-income students.

In an effort to shrink the number of students who currently qualify for Pell, the House Republicans proposed changes to the program’s eligibility requirements. These changes would penalize students who are working their way through college by dramatically lowering the amount they can earn to cover basic living expenses without jeopardizing their grant eligibility.

For full-time students with family incomes barely above $15,000, the proposal would also place additional hurdles to receiving Pell Grants.

The House bill also would count a variety of untaxed income sources, such as refundable tax credits and untaxed Social Security benefits, against a student’s Pell Grant. If these changes are enacted, completing college will become no-win situation for low-income students: The more they work to make up for lost grant aid, the more their aid is cut the following year.

Today, most low-income students who attend college full time also hold jobs, with some even working full time. Juggling school and work often extends the amount of time it takes to earn a degree. Yet, the House bill recommends lowering the number of years a student can receive Pell from nine to six.

For some students, this could mean no degree. UHD alumna LaTanya Irving said she would not have been able to get her degree with these kinds of regulations.

“It had taken me more than six years to finish my bachelor’s degree because I had to work my way through college by dra-

Lucha Morales
Managing Editor

The elimination of ‘break pay’, which helps offset living costs under GI Bill 2.0, was eliminated and has left many University of Houston-Downtown (UHD) military veterans unprepared to cover the costs of living while in school.

The Post 9/11 GI Bill that went into effect on Aug. 1, 2009 included a provision that offered veterans break pay during breaks from school. As of Aug. 1, 2011, this provision is no longer offered to veterans.

According to the Iraq and Afghanistan Veterans of America Website, “Break or interval pay is no longer payable under any VA education benefit program unless under an Executive Order of the President or due to an emergency, such as a natural disaster or strike.”

So what does this really mean for veterans? It seems they will have to find alternate ways to pay for housing and living expenses during breaks. Many veterans feel this is not fair and will get in the way of their education.

Ilaria Puente, a UHD student worker and veteran, feels many UHD military veterans will be negatively affected.

“It [elimination of break pay] is definitely going to hurt sophomores and juniors,” said Puente.

In order to qualify for GI Bill benefits, recruits must opt in to the GI Bill upon enlistment to a military branch. Then for the first 12-18 months of service, a certain amount from each paycheck must be repaid to the military, normally $100 a month. When veterans leave the military, there are other standards they must meet in order to remain eligible for the GI Bill.

A veteran must be honorably discharged from the military, after serving a minimum amount of time, to gain access to GI benefits. Even then, the amount of benefits a veteran is eligible for changes depending on how long they served.

Mike Records, Manager of Veterans Service here at UHD, thinks the change is going to hurt a lot of veterans financially.

"It's going to hurt a lot of veterans if they don't have a nest egg," said Records.

Here is an example using a student with 36 months of benefits from the Veterans Affairs U.S. blog "Vantage Point", “...currently, if the break is a month, then you receive [break pay] but expend a month of your benefits. If that happens four times during the course of an undergraduate degree, that equals a full semester of benefits exhausted, with no tuition coverage.”

Some veterans do see some good benefits from eliminating break pay.

According to Navy veteran Winston Martranga of UHD’s Veterans Services, “break pay was deducted from the total amount of months, or money, available to students. Now, that money goes back to education, increasing the time available to vets to complete their education.” As for those still struggling with the new regulations, Martranga believes it all comes down to “money management.”

For more information about the changes visit UHD’s Veterans Services in Room S244.

Taylor Luce contributed to this story.
What Occupiers are really trying to say

Dylan Osborne

Columnist

Houston has been oc-
cupied, along with over 150 other American cit-
ties. As a spin-off of the Occupy Wall Street
group in New York, actually more of a dif-
f erent piece of the same group, Occupy
Houston has taken the park in front of City
Hall as its own. Groups are occupying public
places across the United States to demand a
change in society, in government and in the
economy.

That’s the problem – the groups have no
major structure and their complaints cannot
be condensed into sound bites. The groups are
so loosely structured, with no leadership
hierarchy, that their ability to send a mes-
sage with specific, defined points is almost
impossible. So, it is up to other people to
defend the message of the Occupy groups,
and explain what they cannot explain them-
selves.

If one thing emerges from Occupy pro-
tests as the biggest problem we are facing it
is the economy, namely unemployment and
wealth inequality. You can talk about stu-
dent debt, or national debt. You can men-
tion unfair immigration laws, or marijuana
legalization, or racism, but the one issue
that really unites The 99 Percent, as they call
themselves, is the shrinking of the middle
class through regressive taxation and high
unemployment. Those other issues are im-
portant and that is why the groups are hesi-
tant to try to unite around one tenet. No one
wants to blow off the fight for racial equal-
ity, or the Dream Act, or a cleaner environ-
ment. Those issues are too important, so
Occupy groups complain about it all. More
accurately, the members protest against
whatever issue is most important to their
individual ideology. Economic issues are at
the top of the list, but those other problems
are not being forgotten.

The issue with wealth inequality, brought
about by regressive tax policies, is too few
have too much. The upper class, the truly
wealthy, is a tiny number, but yet they
control vast amounts of the wealth in this
country. Numbers vary, but newsmagazine
Mother Jones cites an often used stat: 10% of
Americans control around two-thirds of the
country’s net worth. The gap between rich
and poor, and increasingly the super-rich
and super-poor, is the largest it has been
since 1928. That helped to lead to the worst
depression in our history. A huge indica-
tor of this problem is the gap between CEOs
and the average worker.

USA Today reported in April that CEO
pay was up last year by 27 percent while
unemployment continues to be an issue.
Mother Jones reported the ration of CEO
to worker pay to be 185 to 1. A system with
that much inequality cannot sustain itself. It
is simple: producers must have consumers.
When unemployment went up, especially
after years of stagnant pay, the consumers
could no longer afford to support the own-
ers and managers of the major corporations.
Now the unemployed and underemployed
have had enough.

That is the simple part and the way Occu-
py groups should frame it: Rich people have
too much, while poor people do not have
enough. However, the problem goes much
deeper than that.

Wealth inequality is a natural byproduct
of capitalism. The rich get richer is not just
a proverb. Progressive taxation is needed
to correct that natural tilt towards the top.
What that means is the more you make, the
higher the tax rate is on the extra earnings.
It is not a flat rate, but an escalating rate that
allows people to get rich and accumulate
wealth, without sacrificing the good of the
majority. You slow down the climb to the
top. Capitalism is the best economic system,
but it does require some government inter-
vention to maintain balance and we need
long-term reforms to insure stability in our
economy.

The other economic problem is unem-
ployment. The way the stock market and
CEO pay has bounced back since 2007 high-
lights a huge problem with global capital-
ism.

Companies in America are doing well and
the top executives are doing great, but that is
not helping the average American because
these companies are not hiring Americans.
Any jobs American firms are creating are
overseas. I would suggest a shorter work
week and more mandatory vacation time to
spur employment and that is an easily ex-
plained idea. Germany, France, and most of
Europe have similar rules so the system has
been tested. Tariffs would be one way, but
that could do more harm than good.

Whatever solution Washington decides on,
Occupy groups are probably not going
away until they have a job to go to.

The 99 Percent is tired of being held hos-
tage by the top one percent. The poor are
tired of seeing so few at the top do so well.
The problems and complaints abound and
economic issues may be at the top of the
list, but it is a long list. Progressives all over
America are fed up with corporate influence
in government, tired of seeing the wealth si-
phoned to those already at the top, and want
to see real changes in American society.

There are many problems to be solved
and these groups are trying to get the ball
rolling.

I just hope they vote.

If you want to see why individuals are
standing with The 99 Percent check out
www.wearethe99percent.tumblr.com. This
is a great Tumblr blog that gives a voice to
the masses that identify with the Occupiers.
Admissions hopeful for Destination-Downtown

Lucha Morales
Managing Editor

The University of Houston-Downtown (UHD) is gearing up for its bi-annual Open House, which is expected to draw at least 800 - 1,500 prospective students and their parents to find out what UHD has to offer.

Destination Downtown-Open House has been held at UHD since 2007. The event, organized by the Office of Admissions, is focused on giving students and parents a chance to tour the campus, learn about the colleges and their degree programs within UHD, learn about financial-aid options and scholarships and meet UHD faculty and staff.

Eric Andrews, a UHD Admissions Counselor, believes Open House is a great way to promote UHD within the community. “We hope that every prospective student walks away with an idea of what the University of Houston-Downtown is all about.

“We want them to have a full picture of our university and for them to know that UHD is a wonderful place to attend college,” said Andrews.

Visitors to Open House will have the opportunity to attend informational sessions where faculty members from the various colleges housed within UHD will give presentations and answer questions.

Also on the agenda are tours and financial-aid informational sessions. Visitors can explore the many options available to students regarding the Free Application for Federal Student Aid (FAFSA). They can also find out about valuable scholarships UHD has to offer including five different new freshman scholarships, four new transfer student scholarships and various full-time and part-time student scholarships.

The Office of Admissions feels Open House can “introduce UHD to any prospective students who may not know much about what we have to offer. We want to let them know what a great education they can receive right here in Downtown Houston.”

Many volunteers participated in Open House last year. Volunteers help with set-up, registration, tours and parking sessions. Volunteers included staff, faculty, and students.

Members of the UHD Ambassadors organization will be guiding visitors’ around campus, giving tours and will participate in the Opening Session of the event.

Yesenia Castillo, a UHD Alumni and Ambassador, will be volunteering for the upcoming Open House. She feels it is an important event that helps showcase UHD.

“I think it is a great opportunity for future students to check out the school,” said Castillo.

Nikita Milton-Ross, Associate Director of Admissions – Orientation & Special Events, will be the emcee during the Opening Session. She thinks Open House helps the community become aware that UHD exists.

“The whole purpose of the Open House event is to reach out to the community and increase awareness of UH-Downtown,” said Milton-Ross.

Milton-Ross feels the recruitment team of the Office of Admissions is doing a great job of promoting the event by going out into the community and hosting things like UHD Connection, an informational event aimed at giving prospective students a chance to find out what UHD has to offer.

Destination Downtown-Open House will be held on Nov. 5 from 8 a.m. to 12 p.m. To find out more information about the event visit http://www.uhd.edu/admissions/open-house/.

iPhone 4S: Is it too little, too late?

Ali Fazal
Staff Columnist

The hype surrounding the release of the new iPhone 4S had many consumers waiting in anticipation, yet but minimal updates and outdated features makes the phone less competitive in a booming smartphone marketplace.

Sixteen months ago when the original iPhone 4 made it’s highly anticipated debut, the tech community was awed by what they saw. The high-density retina display was the first of its kind, the blazing fast processor was revolutionary and the front-facing camera brought immense glee to all the hipsters who were sick of having to take their Facebook profile photo in a mirror.

It stands to reason that expectations for the launch of the new iPhone were massive, especially since Apple took the unusual approach of delaying the normal June launch (which has been standard since the first iPhone launched in June 2007) to Fall. After all, if they are pushing the device’s launch back, it must mean that they need extra time to perfect some super-amazing futuristic features, right?

Unfortunately, from the get-go, the new iPhone failed to live up to expectations, and for the first time, Apple’s flagship model, dubbed the iPhone 4S, is no longer the best smartphone around. It’s merely a minor upgrade, with no physical differences from the base model, and only a few software tweaks, making it hardly worth the 16-month wait.

Also, in the meantime, while Apple was building the product, the smartphone market changed drastically, and new advancements from competing manufacturers make the iPhone 4S a dated under-achiever.

First off, the iPhone’s 3.5-inch screen has remained the same for the past five years. When the original iPhone made its debut, the concept of an all-touch screen phone was entirely novel. Since then, however, it has become the norm. With larger touch screens (ranging from 4-4.5 inches) now available with many high end smartphones, it seems archaic that Apple would stick to the same screen size for their fifth smartphone iteration. In fact, at this point, even mid-range phones have upped the ante, leaving the iPhone 4S all alone in the small-screen camp.

Second, all the features that seemed novel with the launch of the iPhone 4 are now commonplace with the launch of the iPhone 4S. The resolution that was so crisp and stunning (dubbed the Retina Display) is now becoming standard on other phones, like the High Tech Computer (HTC) Sensation and Motorola Droid Bionic, who label their technology qHD. Different names for the same stunning screen. While the iPhone was first out of the gate with this technology, it now gets lost in the crowd.

Also, a majority of high-end smartphones (and even some low-end ones, like the HTC Status) now have front facing cameras for video calling and Facebook shots.

Overall, the iPhone 4S has no major improvements. Sure, the camera is said to be a little better, and there is new voice-activated software called Siri, which allows you to dictate messages and emails using just your voice. The problem is there are plenty of Android or Windows Phone devices that have comparable cameras and voice-recognition software.

Apple isn’t lagging behind, but they are no longer marching ahead either.
The ever-changing face of Facebook ...again

Aaron Stommel
Staff Writer

The recent updates to the ever-popular social media site, Facebook, came with the usual public outcry as some updates seem to violate users’ privacy yet again.

Facebook seems plagued by controversy every time they update the ever-popular social media site, whether it is an update to the privacy settings or navigation settings.

Recently they introduced new changes to the news feed, redesigning home pages to incorporate Top News and Most Recent feeds into a single feed.

One of the top controversial features being added to Facebook is the Timeline. Each and every status, photo, shared content, likes and any other interaction will come back from the dead in a chronological, clickable format.

All of those impulsive comments made years ago will be available to anyone that wants to do the searching. The Timeline also allows you to go back as far your actual birth and update life-changing events in retrospect.

Another of the controversial updates appears to be Facebook’s Places. This update allows users to “check-in” at different places such as restaurants, movie theaters or schools; much like the popular application Foursquare. The controversy stems from the ability of others to check-in at their friends. If you have not denied the action you are at, even if you are not really there.

A study by Josh Constine, writer for www.insidefacebook.com, reveals that these changes and many made over the previous months have and will “impact how market content and ads reach users, and more changes are on the way.”

All of a Facebook user’s news is now in one place instead of two, starting with what Facebook believes the user will find the most interesting. Some of the factors taken into account are the user’s relationship to the person that posted the story, how many comments/likes it received, and the type of story.

At the top of the page are photos and status updates that were posted while the user was away, each one marked with a blue corner.

The News Feed also contains photo tags, friend requests, event updates, and group memberships. For those that regularly check their Facebook pages the most recent stories will appear first and any pictures will be larger as they scroll down the screen.

To some users these updates in particular seem to offer an easier way for “Facebook stalkers” to keep track of their prey.

The updates do allow users to be more in touch with their friends, but it also gives unwanted guests an opportunity to get in touch in – in person. For some, this is just too close to home.

Know the dangers of over-the-counter drug use

UHD Health Corner

What you don’t know could kill you

The common cold season is upon us with the cooler weather and more time spent indoors. The common cold is viral and is caused by many types of viruses, but the rhinovirus is the most common. Common cold viruses are spread by coughing and direct contact. These methods of transmission mean that in the college setting, the viruses can be spread quickly.

Once a person is infected with a cold virus, symptoms of sneezing, runny nose and cough will occur along with a low grade fever and a general feeling of fatigue in about two to four days. Other common symptoms can include sinus pain, ear pain and popping and sore throat. Fortunately, the common cold will normally resolve without complications in about six to 10 days. However, it is the symptoms that cause the constant discomfort and cause most people to seek treatment or to try over the counter treatments.

Most over the counter cold and cough combinations will usually contain similar ingredients: a pain reliever (acetaminophen/Tylenol), an antihistamine (diphenhydramine/Benadryl), a cough suppressant (dextromethorphan) and a decongestant (pseudoephedrine/Sudafed). Although all of the ingredients are recognized as safe by the FDA, it is important to follow package directions and look for specific warnings.

One of the main concerns with the cold and cough combinations is the decongestant ingredient pseudoephedrine. This drug continues to be available without a prescription, but pseudoephedrine can be used to make methamphetamine, so new State of Texas and Federal laws have restricted the medication to be kept behind pharmacy counters and also restrict the amount that can be sold.

Pseudoephedrine is effective as a decongestant, but has side effects that can be of a concern for people with high blood pressure or heart disorders. Pseudoephedrine can cause a significant rise in blood pressure, which could be dangerous for those people with high blood pressure. Since this medication is a stimulant, it can also cause a fast and irregular heart beat and difficulty sleeping. There are specific cold and cough products that are on the market for people with high blood pressure or heart disease that do not contain a decongestant ingredient.

Antibiotics will not prevent a common cold or shorten the course and can allow for overgrowth of other organisms. Antibiotics are appropriate if a secondary bacterial infection has set in, however the majority of common cold cases do not need any antibiotics.

Conservative measures are often sufficient for treating the common cold. These include the traditional rest, drinking fluids, keeping nasal passages humidified and frequent handwashing and using tissues to prevent the spread of the virus to other people.

If you are considering using a cold and cough product and have other medical conditions, be sure to consult with your health care provider about the best course of treatment.

Robert Hanks, PhD, FNP-C, RNC
Assistant Professor-Clinical
University of Texas Health Science Center at Houston School of Nursing
“The Big Year” turns out big fun for everyone

Whitney Barrett
Staff Writer

A refreshing new twist on a comedy, “The Big Year” offers moviegoers a chance to break from the usual teen comedy genre, and showcases how comedy can make you think and not just laugh.

As far as comedies go, a many new comedies pertain to the theme of teens getting drunk or partying, or involve some outrageous goal to do something completely ridiculous like go on a road trip just to lose ones virginity. These elements all play out in films such as “American Pie”, “National Lampoon” and “Super Bad”.

Not that those films aren’t great, but lately it feels as if Hollywood is mainly producing more raunchy and risky comedies. There is less focus on well-directed, feel good movies—films created with the intention of simply providing a good movie instead of aiming for box office sales.

The film “The Big Year,” directed by David Frankel, is a refreshing break from the norm. A group of people who are overly obsessed with birding set out to compete in the big year, which is pretty much a quest to outdo each other by finding the most species of birds in North America.

Steve Martin plays Stu, a wealthy businessman, attempting the big year as a plan to retire. He ends up meeting Brad Harris, played by Jack Black, who is also the film’s narrator at times. He seems to be the underdog in the whole big year thing. Although a newbie, Brad is able to recognize the unique sound of any bird, a skill that indicates Brad’s love for the activity.

Owen Wilson, who plays Kenny Bostick, relentlessly stops at nothing to complete yet another big year, without a care for who he has to step on to complete his goal.

“The Big Year” is a purely unadulterated, subtle comedy at a refined level. It has a few laughs here and there, but just like director Frankel’s previous films “The Devil Wears Prada” and “Marley & Me” there is an underlying issue within the story. As the film progresses, each character goes through an epiphany.

Comedic heavyweights Black, Martin and Wilson did well, playing off one another, and delivered a well-polished performance for all ages.

It is not your typical run of the mill comedy, but old fashioned comedy that everyone will enjoy.

WAS SHAKESPEARE A FRAUD?

ANONYMOUS

IN THEATERS OCTOBER 28TH
ACROSS
1 “Six-pack” muscles
2 Somewhere out there
8 Snare
12 A Gershwin brother
13 Albacore, e.g.
14 Apece
15 Vereave
17 Tool storage structure
18 Bombard
19 Fore’s opposite
class
21 Greek consonants
22 Masseuse’s workplace
26 Seraiglio group
29 April payment
30 Joan of —
31 Enrages
32 X is going?
33 Fedora feature
34 Conger or moray
35 Crafty one
36 High-quality trademark
37 "Eureka!"
40 “— Town”
41 Operatic voices
45 Kill bills
46 O.K., A.

DOWN
1 Verdi opera
2 Lingerie buys
3 Puts into words
4 Hotel lobby, perhaps
5 Gas, oil, etc.
6 Literary collection
51 Massachusetts motto
52 Caesar’s “I love”
53 Protuberance
54 Colonial sewer
55 Kitten’s comment

10 Dogfight participant
11 Advanceddeg.
16 Hamlet’s
18 Countrymen
20 Transmit, in a way
23 Ganges
time
24 Prudish
25 Wile E.’s
42 Thailand, once
43 “All —”
44 Pack cargo
45 Vehicle with sliding doors
46 Id counter-part
49 Cowhvn
8 Irritable
9 “Go, team!”
10 Dogfight participant
11 Advanced deg.
16 Hamlet’s countrymen
20 Transmit, in a way
23 Ganges
time
24 Prudish
25 Wile E.’s supplier
27 Neighbor-hood
28 Hinge (on)
collection
29 Cowhvn
32 As specified
33 Impudent
35 Winter
36 Aspects
38 Gaggle
39 Bottomless pit
42 Thailand, once
43 “All —”
44 Pack cargo
45 Vehicle with sliding doors
46 Id counter-part
49 Cowhvn
51 Massachusetts motto
52 Caesar’s “I love”
53 Protuberance
54 Colonial sewer
55 Kitten’s comment
32 As specified
33 Impudent
35 Winter
36 Aspects
38 Gaggle
39 Bottomless pit
42 Thailand, once
43 “All —”

CRYPTO QUIP
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals Q, it will equal Q throughout the puzzle. Solution is accomplished by trial and error.
Clue: V equals O
HEV WSZSKNXF JVED, JSKSRWPHNXF EPI HVV XVDN KI, RVHU U PC JVQNNHHC P QVNXF ZNVKPHNXV.

CRYPTOQUOTEx
AXYDLBAAXR IS LONGFELLOW
One letter stands for another. In this sample, A is used for the three L’s, X for the two O’s, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.
OJXDL VFZD XJPD
HXFBHLFQHJL QVFL XDL.
QVDG LDDN HQ QJ QDII SC (XDL) VJO OJLNDPESI OD FPD. - FPLJIN BIFCBJO
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WEEKLY SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★
★ Moderate ★★ Challenging ★★★★ HOO BOY!
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JUST LIKE CATS & DOGS
by Dave T. Phipps

LET’S SAY A HUSBAND WAS IN BIG TROUBLE. DOES THIS ARRANGEMENT MEET THE SIZE REQUIREMENTS TO "KISS AND MAKE UP"?
STRANGE BUT TRUE
by Samantha Weaver

• It was 19th-century American humorist Josh Billings who made the following sage observation: "Don’t mistake pleasure for happiness. They’re a different breed of dog.”

• Those who study such things say that the immortal bard, William Shakespeare, used a grand total of 17,677 words in his works. (That must have been a tedious calculation.) They also say that fully one-tenth of those words had never been used in writing before.

• If you’re like the average American, you eat approximately 10 pounds of chocolate every year.

• High-quality opals can be more valuable than diamonds.

• If you are of a certain age, you might remember that in the mid-1960s, root beer-flavored milk was available for purchase. Then again, you might not; the marketing experiment was a flop and the product was pulled in short order.

• When people who are blind from birth dream, they don’t see images; instead, they hear and feel the dream. For this reason, it’s said that their dreams can seem much more real. Those who become blind later in life do see images in their dreams, but the images fade the longer they live without sight.

• In the early 1900s, the average American got about nine hours of sleep every night. (I presume that statistic excludes the parents of new babies, who have been sleep-deprived since time immemorial.)

Thought for the Day: "Fear is the tax that conscience pays to guilt." -- George Sewell
Screamworld
Since 2007, Screamworld has been selected as one of America’s best haunts. It was also voted as the number one haunted house in Houston by the Houston Chronicle and the Houston Press. Screamworld has five attractions at one location including Maze of Maniacs, the Haunted Hotel, Jake’s Slaughterhouse, the Zombie Graveyard, and the Edge of Darkness. Tickets start at $25. For more information visit http://www.screamworld.com/flash/main.htm

Nightmare on the Bayou
Famous for its location next to one of Houston’s oldest grave yards, this scary attraction gives people a real ghostly experience. The haunted attraction offers enthusiasts over 15,000 square feet of spooky fun. To find out how you can have a real encounter with ghosts visit http://www.nightmareonthebayou.com/. Tickets start at $30.

Houston’s Haunted Houses
This complete haunted fright park is celebrating, “13 Years of Terror”, with free live performances by The Hunger, The 999 Eyes Freak Show, and the ARGO Side show on Oct. 31. There are four attractions at the fright park including the Texas Chainsaw Maze, The Sanitarium, The Haunted Woods, and the Castle of Doom. Tickets start at $15 per attraction. The Texas Chainsaw Maze is free (that is right, a free haunted house)! Also, if getting scared is not for you, opt for the Sanitarium Observation Room and watch other people get scared. For more information visit http://www.houstonhauntedhouses.com/.

The Haunted Trails
A horrifying outdoor experience that offers guests acres of haunted woods at a low price. For over 11 years The Haunted Trails has been scaring Houstonians. If you are looking for more than a haunted house this is the place for you. Tickets start at $15, but you can get a VIP Survival Package for $35. This includes a Speed Pass (cut to the front of the line), a Haunted Trails t-shirt, a glowstick, and a drink (canned soda). Log on to http://www.thehauntedtrails.com/index.php for more information.

Maintain Don’t Gain
Sign up with Sports & Fitness for weekly weigh-ins, a tracking journal and weekly email tips on avoiding holiday weight gain.

Weigh-ins begin October 24th and end January 11, 2012
and take place on the 3rd floor of the Student Life Center.

Participants who do not gain weight during this time will receive a t-shirt and water bottle. Interested participants can register via email at schererr@uhd.edu.