Animal cruelty: A growing problem in Houston

The University of Houston-Downtown has a history of diverse traditional and non-traditional student attendance since its opening in 1974. Ranking second among western regional colleges and third among national universities for student population diversity, creating a hub for student diversity efforts and support on campus would be fitting. The Center for Student Diversity, Equity and Inclusion search for director will be a peer to the Director of Student Activities as well as other student affairs directors and will report to the Dean of Students.

On Wednesday, August 21, a University screening committee appointed by Vice President Ivonne Montalbano hosted an open forum to meet the two candidates who are vying for the position of directorship of the Center. Both of the candidates are faculty members of UHD—Dr. John H. Hudson, Assistant Professor in the English department and Head Coach of the UHD powerlifting team, and Julie Vipond, adjunct History professor at Texas Southern University and University of Houston-Downtown. The duties of the director include developing programs to promote diversity and social justice, advising Safe Zone along with other diversity-related student organizations, cultivating partnerships with community agencies related to diversity and social justice advocacy, assisting and implementing diversity-related recruitment efforts and assist in policy development.

Love lost in the nursing home

Rae,
I feel like I’ve been here forever. I’m not sure what day it is. I haven’t seen you for so long. Did you forget about me?
I’m sorry that I haven’t written in a while. Someone takes my pen and paper while I’m sleeping.
I hear her coming down the hall. Why does she have to be so mean to me? I can’t help having to go to the bathroom. That aide can’t stand the sight of me. She hates cleaning me up. I hate having to beg.
Take a walk with autism speaks

Stephanie Claybourn
Staff Writer

On August 16, an Ontario family received a letter from “one pissed off mother,” claiming that Max is a “nuisance and a problem to everyone else,” that he “scares the hell out of [her] normal children” and that “they should take whatever non-retarded body parts he possesses and donate it to science.” The Begley family consists of Max, a thirteen year old boy with severe Autism, and his parents Karla and James. The letter was delivered to his grandmother’s house, the house Max spends his days at over the summer.

Autism Speaks, the world’s leading autism science and advocacy organization, is hosting Walk Now for Autism Speaks: Houston on September 28, 2013. Registration is at 8 a.m., the opening ceremony starts around 9:30 a.m., and the walk will start at 10 a.m. More information about Walk sites can be found at www.walkforautismspeaks.org.

Autism Speaks was founded in 2005, and continues getting stronger. Funding for research and providing support for those with Autism is the main goal of the organization. The goal depends on the walk and donations to raise money to fund and provide support resources for those with Autism. Autism Speaks created a Postsecondary Educational Opportunities Guide for Autistic individuals and their families to “explore various educational opportunities beyond high school.”

According to Autism Speaks, “Autism Spectrum Disorder (ASD) and Autism are both general terms for a group of complex disorders of brain development.” The main characteristics of these disorders are ranked by degree of severity, and they can cause difficulty in social interaction, intellectual disability, and difficulties in coordination. Read: there is no specific answer, and funding research that will hopefully yield results in the future while providing support to those who have been diagnosed in the present is the best plan at the time.

Walk Now for Autism will help fund research and support resources for those who have been diagnosed with Autism, while also showing solidarity with the Autistic community and remoring the sting of barbed words with the salve of love for your fellow man.

More importantly than vengeance or a show of camaraderie, incidents like the Ontario family should be starting conversations amongst the educated masses regarding the best way to be socially aware and sensitive of people with disabilities. One in 88 children were identified in 2012 as having some type of Autistic Spectrum disorder. One in six children in the United States alone were categorized as having a developmental disability, ranging from speech impairments to serious developmental disabilities, like Autism.

LIST OF EVENTS

BSA Foodraiser - Wednesday September 11, 2013 11:00 a.m.

Safe Zone First General Assembly - Thursday September 12, 2013 2:30 p.m. in S290

MBA Information Session - Saturday September 14, 2013 10:00-11:30 a.m. at the Shea Street Building

From Flab to Fab: Fighting Freshman 15 - Thursday September 19, 2013 at 2:00 p.m. - 3:00 p.m. in N602

Hispanic-Serving Institutions Week kick-off event - Tuesday, September 17, 2013, hosted by the Student Transition and Retention (S.T.A.R.) Program, Time: 11:00 a.m. in A300. Includes student panel, Q & A and roll-out of the “30 n 3 @ UHD” campaign designed to help freshman stay on track towards graduation in four years.

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

Advertise with us! For information on prices email us at thomasti@uhd.edu
Workforce Recruitment Program offers paid internships for students with disabilities

Theodore Shull
Staff Reporter

The 2013 Workforce Recruitment Program offers 30 Paid Internships for highly motivated college students and graduates with disabilities eager to apply their skills in permanent jobs in all levels of government including the private sector. This program can provide significant opportunities for persons with evident physical or mental disabilities, although more deliberate and careful consideration should be made when deciding to disclose an “invisible” or non-evident mental health condition.

Of particular interest to this topic is an article found on the United States Department of Labor: Office of Disability Employment Policy website titled: Entering the World of Work: What Youth with Mental Health Needs Should Know About Accommodations. According to the National Institute of Mental Health, “the leading cause of disability in the U.S. for ages 15-44 is major depressive disorder,” an invisible disability. A study conducted by the U.S. Centers for Disease Control and Prevention on mental health among youth shows that between 1997 and 2006, the diagnosis of Attention Deficit Disorder in children increased an average of 3 percent per year, with a 5.5 percent increase between 2003 and 2007.

The number of children and young adults diagnosed with A.D.D is even higher today. Many members of the psychiatric community relate a major cause of this mental health condition with the number of distractions that the “A.D.D. Generation,” a term associated with elementary through high school aged youth, face in an always on, plugged-in and always connected world. These experts present an interesting case concerning an entire generation of school children exhibiting learning and attention difficulties in continuing education.

The U.S. Department of Labor’s website describes many of the symptoms of mental health illnesses including the accommodations a disabled employee might require in order to perform at their optimum level. Some of these include:

- Maintaining regular attendance
- Transitional assistance for students transition into the workforce
- Nervousness and fear of public interaction
- Developing time-management skills, by using an electronic calendar with a reminder function
- Organizational Skills
- Expressing feelings of stress and emotions
- Maintaining Focus

Over the last 25 years, attitudes among employers and society as a whole have changed significantly in regards to mental health. Millions of young adults have learned to work harder to overcome obstacles in their path. After starting college, these young adults sometimes find themselves overwhelmed by the changing school atmosphere, unexpected academic difficulty, and the first freedom they have away from parental supervision.

These sudden and profound changes exacerbate existing mental health conditions and also cause symptoms, which may have been dormant for years, to emerge especially in entering freshman and transfer students. The Department of labor also reports that students suffering from symptoms of these underlying disabilities may turn to alcohol or illicit drugs to cope with additional stress or fear that they experience.

The only reason for someone receiving medical treatment for a mental health disability is if the individual is seeking an accommodation from their employer to perform the job better. Therefore a person with such a disability can decide for themselves if and when to disclose that fact to an employer or potential employer.

According to an article in the online journal Diversity World, “If you can carry out the job duties without any accommodations, you may choose not to disclose it even after you are hired. An Interviewer who is aware of your disability may have concerns about how it may affect your ability to carry out job assignments. They may be unsure of how to ask the kinds of questions that would help to resolve these concerns. Yet, if these concerns are not addressed, they will likely never make you a job offer.”

Ms. Vipond described her personal experiences with racism and homophobia while living both in the U.S. and abroad. He also spoke of his experience with homophobia in classroom textbooks including an incident involving the racial profiling of some of his weightlifters during a trip home from a meet.

“My perception of diversity is multifaceted, it’s scholarly, it’s practical in a sense that much of my scholarly work is intended to give fellow teachers ideas that they can take and use in the classrooms immediately. It’s not so theoretical that it doesn’t have practical application immediately,” he said.

In 2009, Hudson helped in the creation of Safe Zone; a UHD organization designed to provide LGBT students with a safe haven.

Ms. Vipond described her personal experiences with an international travel program at UHD in 2006. She travelled to London with a UHD entourage stating that it “was one of best experiences [her] entire career.” Vipond explained how one of her travel companions, a Pakistani, was racially profiled at Heathrow Airport in London—just fresh after September 11, 2001. According to Vipond, he was detained for three hours; she for only 30 minutes. “It was my first brush with understanding that it’s not the same for everybody,” she said. Vipond, a seasoned educator not only on a university level, but also on a secondary school level (once being a teacher in the Houston Independent School District) is always upset over intimidation and bullying of any kind. She pushes UHD Safe Zone to seek student, staff and faculty participation. Both candidates agree that transgender students should have a safer and inclusive environment on campus—especially when it comes to restroom usage.

According to Douglas J. tEdulics, Ed D, SPHR, Assistant Vice-President for Talent Management and Affirmative Action officer for UHD, the University screening committee identified the two candidates, Hudson and Vipond. Provost Ed Hugetz will identify the final candidate.
Keep high school friendships strong in college

Stephanie Claybourn  
Staff Writer

For many students, faculty and staff reading the current Dateline edition, that name Miley Cyrus will conjure up memories of the recent VMA’s including images of a barely past teenage young woman bent over at the waist on a stage on national television, attempting to “twerk” or shake what her mama apparently forgot to give her. The performance proved to be a very strange time to decide to touch one’s toes with the help of a male partner for balance. The outcry and backlash about Miley’s decision caused viewers around the nation to wonder, “What’s the big deal?”

Get ready, your world is about to rock in a big way. Miley Cyrus is an adult, and as such she can do pretty much whatever she wants. Does that make her behavior in public acceptable? No, but in general you will get a very thorough sex education, and not all clubs are created equal, at any given dance club. It is a subjective experience, and not all clubs are created equal, but in general you will get a very thorough sex education if you felt the one you received in high school was lacking. The crazy part is that you can see people who are at least 28 doing things that are the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts. If you have lived under a rock and just been too busy decorating to notice, what Miley did on stage is no less surprising to many. It is odd to see Miley Cyrus. But that also entitles her to the same ways of blowing off steam as the rest of her infamous, college aged counterparts.
The Houston Public Library card, your “smartest” card

Mayor Annise Parker
City of Houston

September is Library Card Sign-up Month, a time when the Houston Public Library joins with public libraries nationwide to make sure that everyone has the smartest card of all – a free library card.

Houston Public Library cards will soon be sporting a new design that evokes the Library’s mission, “We link people to the world.” To sign up, visit the main library downtown or any one of our neighborhood libraries, go online at www.houstonlibrary.org or call 832-393-12313. I have MY link, do you have yours? If not, I encourage you to get a Houston Public Library Card today. I guarantee it will be the “smartest card” in your wallet.

The Houston Public Library links you to student success. From infants to adult learners, our library provides students with exciting and engaging programs and services that make learning fun with resources that they can access from the Library or from home – all with their Houston Public Library Card. In FY13, the Library provided 19,000 free online tutoring sessions for learners of all ages and held 1,500 After School Zone sessions, with more than 28,000 Teens and Tweens in attendance. These programs provide kids with a safe and comfortable place to go for support with schoolwork once the school day ends.

The Houston Public Library links you to literacy advancement. The Library holds more than 2,000 children’s reading programs each year, with more than 62,000 attendees throughout the city. Most recently, the Library has entered into several partnerships to provide expanded services and programs addressing adult literacy. This includes more English as a Second Language options and GED achievement options.

The Houston Public Library links you to technology access and instruction. Libraries bridge the digital divide by providing access to a full range of technology resources and digital literacy classes. In the last year, the Houston Public Library recorded 1.1 million computer use sessions, which were used for free access to the Internet for job searches, school projects, and business research. The Library also held 5,700 free computer classes covering a wide variety of softwares and skill levels.

The Houston Public Library links you to workforce development. Through various partnerships the Library offers ongoing support to job seekers and small business owners. Workforce Solutions and the City of Houston Office of Business Opportunities provide regularly-scheduled classes and workshops on a variety of topics at libraries citywide. The Library held more than 1,600 Open Job Search Labs, providing resources and hands-on assistance to more than 5,600 job seekers. Customers can even make a one-on-one appointment for personalized job search, small business or college funding assistance through the Central Library’s Compass Center.

The Houston Public Library serves approximately 20,000 people a day, through 42 locations and online. Whether you are researching a class project, need access to valuable information to help with your job hunt or desire to lose yourself in the latest best seller, the Houston Public Library is the place to do it. They really are your link to the world!

Love,
Mom

Although there are many fine nursing homes with dedicated workers, many individuals can relate to Mable’s situation. A study prepared by the Special Investigations Division of the House Government Reform Committee found that 30 percent of nursing homes in the United States were cited for almost 9,000 instances of abuse over a two-year period - January 1999 to January 2001.

There are measures in place to ensure safety and adequate care for our loved ones. The U.S. Department of Health and Human Services works with the states to conduct annual inspections of nursing homes. Individual abuse complaints are investigated by the state.

Under the Texas Health and Safety Code, nursing homes and assisted living facilities must conduct criminal background checks on employees and applicants. In the same way, the Home and Community Support Services agencies are required to conduct criminal background checks on volunteers and vendors having contact with residents or clients.

Although there is a process in place to prevent hiring of criminals, it is hard to gauge how caring an individual is. It takes a special kind of person to selflessly care for others. Unfortunately, there are those in nursing homes who provide inadequate care and in some cases, physical and psychological abuse to residents. When necessary, it is our responsibility to complain.

You may file a complaint with the Texas Department of State Health Services if you have a concern about the quality of care your family member gets from a nursing home and do not get results from its management. Inspections are conducted when a complaint is registered about a nursing home, which may result in a citation. Reasons for filing a complaint include poor care, neglect, abuse, under staffing, unsafe or unsanitary conditions and mistreatment.

The number of patients is rising for nursing homes across America. A recent ABC Dateline program performed a study on nursing home conditions. With either patient overcrowding or staff shortages, staff members often lack time to feed and clean the residents. In some nursing homes, the staff to patient ratio can be as high as one aide to 20 or more patients. This leads to an increase in medication error, illnesses and infections. Broken bones often go undiagnosed.

In America, nearly two million people reside in 17,000 nursing homes. State and Federal funding to support nursing homes is low. A nursing aide’s wage only averages 8 dollars per hour. This makes it difficult to attract and keep quality staff in nursing homes.

Abuse and atrocities against our loved ones are inexcusable. The percentage of nursing homes cited for violations has increased every year since 1996. Staff members have been accused of committing physical or sexual abuse, as well as failing to protect people from abuse by other residents. Sadly, a number of residents have been slapped, punched, choked and kicked by staff or other residents.

An investigation found a Chicago nursing home with dozens of residents in physical restraints.

Inspectors found a San Francisco nursing home with hundreds of ants crawling over the body and in and out of the mouth of an 83 year old resident. We need reform. There must be an improvement in nationwide nursing home care. This should include increased funding, improved disclosure of nursing home conditions, minimum staffing levels per patient and greater fines and accountability for infractions.

Two weeks after Mable wrote that letter, she was gone. I believe she died of sadness and a broken heart. Mable’s spirit was broken. Her letter was found inside the pocket of her robe.

With our busy lives of work and family, it is easy to forget about our loved ones. When dealing with a nursing home, it is important to stay engaged. Visit often and become familiar with the staff and procedures. And if necessary, make that complaint.
World of Dance Tour comes to Houston for the first time

Elizabeth Padgett
Staff Writer

The doors closed with two men, a hotel maid and myself becoming elevator-mates for the next seven minutes. The maid, frantic that the floor five button wouldn’t light up, pressed harder and harder, nearly breaking the glass covering. In all her fury she ended up hitting the six instead. The remaining three of us were heading to floor 11, room 1115. One of the men, in an attempt to ease the maid’s frustration, lunged at the doors as the elevator neared floor five, falling to the floor. Even after calling upon all of his hulk strength to try and stop the elevator, it was still not enough to appease the elevator Gods. The maid, realizing no one could help her, sulked off and down the hall when the doors opened to floor six moments later.

Jon Shih, the creative director of World Of Dance (WOD); T-Vo, the handler for the Poreotics and hero of maids, and myself exited floor 11 and proceeded to knock upon room 1115, receiving no response. After a few minutes, Shih makes a phone call to see if perhaps the guys had stepped out. After a few minutes, we were greeted by a half awake, half-dressed Poreotic named Charles Nguyen.

“Are you the interviewer?” he asked. “Yes, I am. Nice to meet you,” I responded. Vo was in a fit of giggles behind me over the sight of Nguyen in his boxer-briefs. Shih was quiet and professional, checking his camera equipment.

I stepped back as Vo and Shih entered the room, waiting outside until they were ready. Roughly 20 minutes later, Chad Mayate and Justin “JetLi” Valles came out of their room down the hall and entered 1115 as well.

Finally, after having enough time to post on Instagram and Facebook for a bit, I was invited in. The still sleepy bunch was at least clothed at this point and the window had its curtains parted to add some light and warmth into the room. The half-dressed man from earlier was noticing this point and the window had its curtains parted to add some light and warmth into the room. The half-dressed man from earlier was noticing this point.

In late 2012, the Poreotics released a video on Youtube entitled “Reboot” which sparked conversation amongst the dance community. They have been featured on the Ellen Show, at Disneyland in the performance show ElecTRONica, and were featured in the music video to Justin Bieber’s “Somebody to Love”. They’ve appeared on The Ellen Show, at Disneyland in the performance show ElecTRONica, and were featured in the music video to Justin Bieber’s “Somebody to Love”. They’ve appeared on The Ellen Show and were featured at Disneyland in the performance show ElecTRONica, which co-promoted the 2010 film Tron: Legacy. Though perhaps most known from their appearance on ABDC, the Poreotics were quite successful pre-ABDC. They were the Hip Hop International USA Champions back to back in 2009 and 2010.

Their whirlwind of a ride has not come without a price. While they may be visiting universities now in order to sustain relationships with a slightly younger fan base, the guys themselves had to put their own college goals on hold when they were green lit to appear on ABDC. Mayate stated “We were all in college when ABDC happened, but we had to stop when we were on the show. Afterwards, we were too busy and couldn’t even attend. I tried to go for a semester and nearly failed due to absences from all of our traveling.”

Can Nguyen expanded on Mayate’s statement, saying “You get the experience you wouldn’t get in school, so it’s a trade off. I feel like what we get now is real-world experience and wouldn’t have learned this in a classroom.”

Pre-MTV, Can Nguyen was attending school to become an X-ray Technician, Mayate wanted to be a Clinical Lab Scientist, Charles Nguyen was aiming to be a high school English teacher, Valles was working towards a Kinesiology degree and Devera was undecided. Now, they’re all business majors and their classroom is the world.

Aside from Poreotics endeavors, Can Nguyen keeps himself busy producing music under the name Dusky Hunters with a friend. He says “I’m still a producer even when I’m not dancing. It’s my side thing, where I can express myself. I dance as a form of expression, but when I get burnt out, it’s like my music, to get away….it’s just another way for me to express myself.” He says Dusky Hunters “is music for dancers to dance to. We really enjoy it and are passionate about it.” (Dusky Hunters is also available on iTunes for download.)

Being internationally recognized, Poreotics could have room to be a bit jaded. But, they admitted that they don’t know how to take complements and view themselves as students despite the countless numbers of those who look up to them as leaders in the dance community. “Every dancer is still a student. Even when you teach kids or youth, you can still find a way to learn from them,” Can Nguyen said.

Mayate stated “No matter how good people tell you you are…we don’t

(continued on page 7)

Juan A Hernandez
Staff Writer

UFC might be one of the world’s fastest growing sports today, but boxing still holds its place when it comes to super fights. Each generation has had its share of prime-time boxers that have established a legacy upon retirement. Boxers such as Sugar Ray Leonard, Rocky Marciano, Muhammad Ali, George Foreman, Julio Cesar Chavez, Oscar De La Hoya, Evander Holyfield and Mike Tyson have made significant impact in the world of boxing. It is no doubt that Mayweather and Canelo will be joining the ranks of such legends in the near future and will first clash head to head September 14.

The highly anticipated bout will be held in Las Vegas at the MGM Grand Garden Arena. Mayweather will defend his WBA Super Light Middleweight title, which Mayweather against the WBC and The Ring light middleweight titles will also be up for grabs which Canelo is defending. This will be Mayweather’s second match since being released from jail back in 2012. The first match took place last May against Robert Guerrero. Mayweather won via unanimous decision.

The most interesting part of this fight is the fact that both men have made significant professional boxing record; Mayweather holds an impressive 44-0, while Canelo is close with an outstanding 42-0-1. With this in mind, the outcome of the fight will break the undefeated streak of either Mayweather or Canelo.

Mayweather has had his share of run-ins with the law, but that alone is not a reflection of his amazing talent as being one of the best-conditioned fighters in boxing history, hence his undefeated record. At 36 years old with a weight billing of 154 lbs., Mayweather has proved everybody wrong in each of his fight. This may not be the case against Canelo, as Canelo is only 23 years old and makes his record far more impressive than Mayweather’s at such a young age.

The 13-year difference could certainly be a major advantage for Canelo, but Mayweather will not have come this far with the streak that he holds to lose against him.

Born in Guadalajara, Jalisco, Mexico, Canelo is promoted by Oscar De La Hoya’s Golden Boy Promotion. De La Hoya camp is no stranger to Mayweather. In 2007, De La Hoya lost to an undefeated Mayweather.

Recently, various sports outlets revealed that Canelo had gone into training camp weighing around 164 lbs., which is actually 10 lbs. above the required weight limit for the light middleweight class. Canelo might have the age advantage, but Mayweather will have the weight advantage if Canelo just barely hits his mark in time for the fight.

Billed as “The One”, Mayweather-Canelo will no doubt be a big PPV draw for Showtime. There will certainly be legion of Mexican fans supporting Canelo. A record will be broken, titles will change hands and boxing history will be made once again.

The Poreotics have been with WOD since the very early stages and commented on the presence of Houston teams such as SoReal Cru and Marvelous Motion that competed in the very first WOD shows.

SoReal Cru gained fame as the runner-ups from ABDC season 2 and won the memorable Pamona, CA WOD in 2008. They now return competing at the first ever Houston World of Dance competition. The World of Dance tour is the biggest, international tour that focuses on street and hip hop dance.

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The Poreotics reflected on their own rise and progress, stating that what has made them the team they are today was their experience on ABDC. Before the show, they were led and choreographed by member Matt “Dumbo” Nguyen (who was in Vietnam at the time of this interview.) Aside from winning, what they gained most was teamwork and learning to incorporate their individuality into the Poreotics brand. I asked them how they developed themselves and De Vera responded, “we are evolving every time we dance and rehearse. It doesn’t have to always be popping and robotics. Anything we think of or produce is Poreotics style, just because it’s us doing it.”

For more on Poreotics you can visit their website www.Poreotics.com where there are links to all of their YouTube and social media sites.

For more on the World of Dance tour you can visit www.WolrdOfDance.com where you can find videos of all performances from the tours, all the competition videos and are able to join the WOD Network.
This summer saw the release of Jenji Kohan’s Netflix original series Orange is the New Black, which is based on a personal memoir of the same name by writer Piper Kerman. It tells the story of Piper Chapman, a blonde, middle-class yuppie, whose comfortable posh lifestyle is interrupted when dark elements from her past come back to bite her. In her early 20s, the impressionable Piper was involved in a brief lesbian relationship with an international drug smuggler, Alex, played masterfully by Laura Prepon in pastiche Goth.

Alex is aggressive with an icy intelligence, and she coerces Piper into helping her with the nefarious drug enterprise by smuggling laundered money. They eventually break up and ten years pass: Piper is engaged to aspiring columnist, Larry (played by Jason Biggs) and she plans to start a small organic artisan soap company with her best friend, Polly (played by Maria Dizzia). But these plans are suddenly suspended when she is indicted for her criminal activities during her fling Alex. Since its debut, the women’s prison dramedy has become a juggernaut of critical and popular acclaim, surpassing both Arrested Development and House of Cards in Netflix viewership. But unlike the former show, which already had a fairly large preexisting fan base, and the latter show, which benefitted from the high profile billing of Kevin Spacey in the lead role, OITNB, on less other half, was released with little fanfare and no real big names attached to it.

The hype surrounding the show sprouted, instead, from the permeating rabidity of its ever growing fan base. And indeed, it was the increasing pressure of the fans—from random Facebook posts and then, suddenly, my co-workers’ testimonials—that ultimately led me to watch this show. And I was instantly hooked after the first episode and proceeded to gorge myself on Season One (finishing it in about three days). To say the show is addictive is an understatement.

So if ‘word-of-mouth’ is the bait that enticingly pricks away at our innate curiosity, then the show’s character craftsmanship and seamless story-telling is what leads audiences to ultimately devour this show hook, line and sinker.

In tandem with great series like Breaking Bad and The Walking Dead, the character development is so engrossing; what starts as the main character’s personal journey evolves to include a vast array of individuals and a wide swath of human emotion is put on full display. But OITNB is different from those aforementioned shows because while the story is told mainly from Piper’s perspective, her story is not necessarily elevated: all of the characters get a chance to shine—and they all do so very brightly—ensuring that you will definitely have more than one favorite character.

And just about every person in this large ensemble cast—from the inmates, to the guards—has a captivating story (and back-story) to tell. And there are two sides to almost every story. Kohan masterfully juxtaposes events transpiring within the concrete and barbed-wire confines of the prison with flash-backs to the outside world that reveal what the characters are in prison for. And while these women, hailing from varied socio-economic backgrounds are in prison, they strive to create a huge grey area for those of us in the “real world.” Personally, I consider myself an adult in every way, and I have no intention of letting anyone tell me otherwise. This attitude informs every aspect of my behavior. How I came to be this way would take many more pages than I am allotted to explain, but the simplest answer I can think of is twofold. On the one hand, I was always very independent. My mom likes to say I was born a teenager. Independent and interested in doing things my own way. Yet my parents always expected me to act like an adult. What that means for me and my family may be different from you and yours and it is obviously different from the Cyrus family’s standard.

No matter which way you look at it, adulthood and the path to it is a complex issue, and there is more uncertainty about it as time goes on. Whether or not Miley Cyrus is following the steps to maintain her fame, acting normally for someone her age and simply doing it means for me and my family may be different from you and yours and it is obviously different from the Cyrus family’s standard.

The important distinction between Miley Cyrus and the other adult superstars is age. Just age. Legally, the government sees them all the same. This is where defined adulthood becomes relevant. When asked how they defined adulthood, members of the Dateline staff had a variety of responses. One person said you reached adulthood “when you have responsibilities,” another claimed adulthood started when “reality (or rather the perception of it) becomes less idealized and more of a concrete concept,” and another said it was a “combination of factors” that included maturity, the ability to tell right from wrong, whether or not the individual in question had a sense of responsibility, and lastly the given person’s age. That’s quite a bit of variety for such an important question. The lengthening of the period between childhood/adolescence and adulthood is not a new trend in America, and apparently the rich and famous aren’t exempt. The problem is that the inconsistencies and double standards about what makes a person an adult, what the responsibilities of an adult are, and how adults are expected to behave
UHD fitness programs available to students

There’s no need to pay for a gym membership when you have a free one at the UHD Sports and Fitness Center. With your UHD ID you have access to the university’s gym and work out facilities. Use the machines and equipment available. Talk to the trainers and ask for their advice. Grab some friends and shoot a couple of baskets in the gym. Most of all, take advantage of the free fitness classes that UHD has to offer! These classes are open to UHD students all semester and are held on the third floor of the fitness center.

Breathe & Stretch, offered early in the morning, concentrates on balance and flexibility in a peaceful setting. This light yoga class is perfect for clearing your mind and relaxing your body before you take on the rest of the day!

Boot Camp incorporates body weight exercises and strength training in a military style work out. This fast paced class will definitely push you to the limit.

Butts & Guts is a muscle strengthening class that works on toning and tightening the abs, lower back, and butt.

Kickboxing is a fighting class that focuses mainly on striking with the hands and feet. This class is great for learning self-defense and overall body fitness.

Step Aerobics and Step & Tone are classes that use a stepper in its choreography. These upbeat strengthening classes are guaranteed to get your heart pumping.

While Club Cardio creates a workout with dancing and club music, Zumba starts a party with its Latin inspired dance moves and modern day music. You will realize how much fun working out can be with these dance aerobic classes.

For class times, pick up a bright green booklet from the sports center or check out the schedule on the UHD Sports & Fitness website.

Physical activity is an essential component for maintaining a healthy lifestyle. Regular exercise makes you more immune to sickness, gives you more energy and brainpower, and guarantees a longer, healthier life. Not only does working out keep you healthy and fit, but it is also the perfect stress reliever. So don’t be shy to drop by UHD’s Sports and Fitness Center to get that weekly workout in! As they say, “Don’t leave exercise out of your education.”

The Writing and Reading Center now open

Students needing assistance to plan, edit, or draft their essays are welcome to the services offered by the Writing & Reading Center (WRC). The WRC at UHD first opened in 1980, and is the oldest writing center in Houston. Back then, the WRC was a grammar skills center, and in the 1980’s, Linda Coblentz, professor at UHD, changed the model to a writing center based on the writing process. Coblentz was the director of the center for over 20 years, passing the WRC over to Dr. Dagmar Scharold in 2001.

The Writing & Reading Center is a theory in practice, promoting the use of centers as alternative learning sites for students in different fields needing tutoring. One of the problems that face the center is the lack of student awareness about the WRC. “The resource is available to all UHD students,” states lead tutor Jeanna Park. Because not everyone can be expected to write a piece set for a Pulitzer Prize award, tutors help their clients aim in that direction. The goal of WRC is to help students become better writers.

During the orientation for returning and new peer tutors, Dr. Scharold explained that one of the reasons that students don’t use the writing center has to do with the thought that only students with bad writing meet with a tutor, but that is not the case. Professional writers always send their work to multiple people before publishing their work.

WRC tutors can be found in N-925. Students can schedule an appointment online to discuss the organization of their essays, learn how to edit their own work, or learn how to become a more proficient reader. If students are unable to meet on campus real-time, online appointments are available as well.

During the fall, the WRC is open Monday, Tuesday, Wednesday, 9 a.m. to 7 p.m. and Thursday 9 a.m. to 6 p.m.

For more information about WRC, visit the website at http://www.uhd.edu/wrc

(Animal cruelty from page 1)

left inside a hot patrol car by its partner.” This dog was a highly accomplished at “bomb-sniffing,” which is when dogs are trained to use their super-sensitive sense of smell to detect the presence of explosive devices or components, a skill that can’t be replicated by humans. The Houston Chronicle reported “this is a tragic accident, the deputy is grieving, and it’s a difficult time for the entire (K-9) Unit.”

This event is only one of many incidents of cruelty or neglect toward dogs in the month of August. More disturbing stories concerning the abuse and brutal mistreatment of dogs have also appeared in local headlines.

About the same time of the police dog’s death, three men were observed on a business video-camera throwing a live dog into a trash dumpster in Southwest Houston and closing the lid so the dog could not escape. A passerby heard the healthy dog moving inside and rescued the live animal several hours later.

ABC-13 Eyewitness News reported on August 30 that “A visually-impaired puppy was found severely injured last week in Humble, and now SPCA investigators are asking for the public’s help in identifying the suspect or suspects responsible.” The seven week old puppy found at a local business at the intersection of Kingwood Drive and Green Oaks Drive had a gaping, infected wound. “According to officials, a harness was so tightly strapped to the puppy’s body that it became deeply embedded in her skin.”

Responsible for investigating these cases of cruelty and neglect are the men and women investigators of the Houston SPCA, and are featured in action on Animal Planet’s “Animal Cops: Houston.” This show is among one of Animal Planet’s most highly rated humane law programming shows that highlights the Houston SPCA’s dedicated team of “Animal Cruelty Investigators”.

In response to the nature of human cruelty towards animals, scientific studies in recent years have highlighted the special connection that exists between dogs and the people that care for them. For decades scientists dismissed serious study of dogs, but now they are beginning to study dogs on a deeper level because of the emotional bonds that exist between them and humans, which is sometimes described as a sixth-sense or ability to read human emotions. According to the PBS –series NOVA: Dogs Decoded, “now dogs are able to do more on an emotional level, even more than chimps can do in their interaction with humans.”

An article in the September 2, 2013 edition of the Chicago Tribune: Lifestyle section, suggests that dogs are not only able to recognize human emotions like sadness and grief, but that grief exists in pets also. This is one more example of how strongly dogs are “in sync” with us, but also how we have evolved together, one species beside another.
HPV: Calling college students--are you protected?

According to the Centers for Disease Control and Prevention (CDC), human papillomavirus (HPV) is the most common sexually transmitted disease in the United States (U.S.). Approximately 20 million Americans are currently infected with HPV and approximately 6.2 million more infections occur every year. An estimated 25,000 HPV-related cancers occur annually in the U.S. with about 18,000 females and 7,000 males affected.

There are more than 100 documented genotypes of HPV; over 40 types infect the genital area. HPV genotypes six and 11 cause approximately 90 percent of genital warts (condylomata) with about 500,000 cases occurring per year among sexually active men and women in the U.S. While unsightly, irritating and infectious, these warts are not considered pre-cancerous. Genital warts are passed by oral, vaginal and anal contact with an infected partner and often require repeated treatment to resolve.

Frequently HPV causes no symptoms and the virus clears on its own. However, persistent infection with certain oncogenic (cancer causing) genotypes (HPV 16 and 18) can cause cancer of the cervix, vulva, vagina and anus in females and cancer of the penis, anus, mouth and throat in males. Medical costs related to genital warts are estimated at $200,000 per year. Although contacted as an adolescent or young adult, HPV-related cancers may not occur until much later in life.

Cervical cancer rates have declined in the U.S. largely due to the use of Papanicolaou testing (Pap test). The Pap test evaluates cells from the cervix for precancerous changes prior to the development of cancer. As it takes approximately 10 to 15 years for cervical cancer to develop, appropriate screening and early diagnosis prove essential in preventing disease progression. Currently, there is no approved test to detect HPV in males.

Prevention

The HPV vaccine is a strong weapon against genital cancer. The HPV vaccine (HPV4) prevents transmission of HPV genotypes that cause genital warts (6,11) in both men and women and prevents the transmission of oncogenic types (16, 18) that cause genital cancer. About 60 percent of women diagnosed with cervical cancer have never had a Pap test or have not complied with the recommended guidelines for screening. Cervical cancer screening (Pap test) is recommended based on the American College of Obstetricians and Gynecologists (ACOG) guidelines. Pelvic examinations with Pap tests should begin at age 21 for women and screening should continue every three years up to the age 30. Women in this age group have a higher risk than older women of contracting (HPV). Those women who have a medical complaint such as pelvic pain, lesions (sores or growths) or vaginal discharge should see their health care provider for appropriate diagnosis and treatment.

Females

In 2006 the CDC’s Advisory Committee on Immunization Practices (ACIP) recommended that girls between the ages of nine to 26 years receive the HPV4 vaccine. The recommended schedule is a three-dose series that is to be completed in approximately six months. While the recommended age for initiating the vaccine series is between 11 to 12 years, the vaccine can be administered as early as age nine years and catch-up vaccination is recommended between the ages of 13 to 26 years. The goal in vaccinating young girls is to promote antibody formation prior to exposure to the HPV virus by sexual activity, thus rendering protection. Young females are thought to have a greater immune response than older females. However, sexually active females can receive some benefit from the vaccination because exposure to all HPV types (6,11,16,18) prevented by the vaccine is unlikely in females aged 13 years through 26 years. For example, a female may have genital warts caused by HPV 11 but no exposure to HPV 6, 16, or 18. Vaccination with the HPV vaccine is not recommended for pregnant women but can be provided to women who are breast-feeding. The vaccine is not live, but composed of virus-like particles.

Males

The Food and Drug Administration

New concentrations for UHD English majors

Lauriston Brewtser
Staff Reporter

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

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

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

In a process that took a number of years, there has been a huge concerted effort between the Department of Urban Education and other departments to ensure UHD students pursuing their bachelors could also obtain secondary education certification within the same four-year time frame. Dr. Dahlberg, citing the Department of Education, acknowledges that “employers in the school district prefer that.”

Besides English, students of history, the natural sciences, and mathematicians can benefit from UHD’s revamped emphasis on teaching certifications.

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

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

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

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Think again before using a fake ID

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tion (FDA) licensed HPV4 for the prevention of genital warts in males in 2009. About 250,000 cases of genital warts occur in sexually active males every year. In October, 2011 ACIP recommended the routine use of the HPV4 vaccine for males 11 to 12 years of age to prevent genital warts and anal and oral cancers.

HPV4 has proven to be highly effective in men age 16-26 years although higher antibody titers were found in young men aged 9 to 15 years. As with females, males have a better response to the HPV4 at younger ages, although catch-up in males 16 to 26 years is also highly recommended.

Summary

Male and female college students up to the age of 26 years are candidates for the HPV vaccines. Currently, many college students were probably not vaccinated as children against HPV as the vaccines were not yet available. Vaccination among both males and females effectively decreases the transmission of the virus and protects against the acquisition of genital warts and HPV-related cancers later in life. People with a compromised immune system may be vaccinated with the HPV vaccine although the immune response may not be as great as in those with a healthy immune system. If the vaccine schedule is interrupted, the series does not need to be restarted, regardless of the time interval, but completion of the series is important for maximal immunity. Side effects to the vaccine are minimal and may include some minor soreness at the injection site.

Where Can I Get Vaccinated Against HPV?

Vaccines are provided at for uninsured children up to the age of 18 years through the Texas Vaccines for Children (TVFC) at low cost. Contact the nearest public health regional office or a TVFC/AFIX Consultant at 512-0458-7284, or toll-free at 800-252-9152 for more information. Contact information for the immunization program through the Texas Department of Health Services is: Main number: 713-767-341; Administrative Support Line: 713-767-3410. You may also be eligible for the HPV4 vaccine at City of Houston Community Health Clinics. Vaccines are provided at Randall’s Pharmacy, CVS, Walgreens and many ambulatory clinics. For further information see the following websites: www.cdc.gov/hpv www.ACOG.com

Nancy H. Busen PhD
UHD Health Services, 445-South
First week back to school fun with UHD Gators

Welcome week featured a week of activities for all new, transfer and returning students. A free breakfast of pancakes, fruit and coffee or juice welcomed early bird students. Vendors were invited to delight students in free samples of their signature plates. The Sports and Fitness Center displayed the different types of fitness classes offered during the fall semester.

UHD gets down at the SGA Fall Back Bash

One of the most anticipated events during welcome week was SGA’s Fall Back Bash at Pure Club. SGA invited all UHD students to come out and meet one another. Attending gators enjoyed the variety of music being played as well as a live performance and dance.