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Representative Gene Wu Visits UHD
by Kara Moore

It is not every day that a state representatives walk on to UHD’s campus to talk to students about the issues, but that is the kind of politician Gene Wu is. On November 28, Representative Wu strode into A300 to specifically talk to students in the Non-Profit Management Program due to his working relationship with various non-profits. The door to A300 was left wide-open, and many students and faculty walked in to see him speak. Representative Wu represents District 137 in southwest Houston, which is made up of a good portion of Bellaire and is a majority Hispanic district. Walking in, Wu spoke about the issue of abuse in juvenile facilities being similar to what happens in an adult prison. His solution? Not put children in prison. “If you put people in prison, prison things are going to happen. If you don’t want those things to happen to kids, don’t put them in prison. Put them in other types of facilities closer to home, where they can actually get therapy.”

He stated that this solution is part of his plan moving forward into next year, to campaign for reform in how minors who break the law are punished. He talked about his plan to go around the state and talk about “Raise the Age” which is a movement to prevent 17 year olds from being tried as adults. Texas is one of only five states left where if you are 17, you will be tried as an adult. Wu reiterated that the issue was very close to him, as it affects a lot of people. “You are talking about the lives of people and ending the cycle of poverty, this is the number one place to start. You’re talking about 23,000 kids, 17-year olds, in Texas are arrested every year.” He stated that this is all part of the cycle of poverty, where children who are poor do whatever means necessary to provide for themselves and their families and when it lands them in trouble, they have a permanent record as a criminal and lose many opportunities to break this cycle, living in poverty for the rest of their lives.

“They can’t rent in most apartment, most jobs that require a security clearance of any kind won’t take them, if you are busted for some kind of drugs, maybe a little bit of weed, you are banned from getting a federal loan. The prospects are greatly narrowed. But, if those 17-year olds were in the juvenile system instead, 99% of those records could be sealed or expunged.” He also spoke about expensive housing these minors in jail is, causing him to discuss how he must work with Republicans often to get stuff done. “Not to be callous about it, but they (Republicans) don’t give a crap about social justice. Because that’s who I’m talking to. But they do care about money.”

Taking a bit of a detour, Rep. Wu described his own theory on how to make change in government. He stated that at our core, we are still very simple creatures and we think about ourselves and the people that matter to us. Once we know those people are safe, we might consider the safety of our extended family and friends. Then of our acquaintances. Going on and on until you reach strangers, people you do not know. He says that the reason some people have trouble accepting others is because they are not part of their in-groups, their circles, so they can often think of them not just as strangers but as enemies or something to be feared. He described a scenario where a politician might be working for anti-gay legislation, only to have a fellow legislator, someone they know and have worked with, speak up and say that they are gay. That the legislation affects them. He says that then this person moves away from stranger, to friend, making them closer to the center of another person’s in-group. His basic take-away from this lesson is that diversity and being open about the issues that affect us is a necessity. “Does it matter who we elect? Does it matter if we elect all the same people or if we elect different people?” He also related this issue to Dreamers. “A lot of people don’t know that their neighbors are Dreamers. They’re a nice kid, they’re doing really well in school, I think they’re going to go to UT…they don’t know their undocumented. Go talk to them. If you take that risk, start opening, going inside those circles, there is someone raising a hand in those circles.”

One student asked about the issue of identity politics, asking if it was a big issue on different levels that should be removed from politics. Wu states that it is never that simple. He stated that as an Asian American, his identity matters and he needs to feel his issues are represented in the legislature my someone who identifies like him. “If you’re the first generation African-American after civil rights…did identity politics matter, especially in the deep south? Did it matter for them that they were able to elect an African-American?” He says that this is one form of identity politics, and any other form of identity politics that the two sides try to use against one another is not productive. “When my supporters go on Facebook and bash someone for being Republican, I’m just like…why? They’re not bad because they vote Republican, they’re bad because they went to Charlottesville and held a torch….our labels should not define us, our actions should define us.”

Overall, Representative Wu’s visit was enlightening and informative. It touched on a lot of topics and concepts that are not often discussed. The best part about Wu’s visit was his charm and the fact that he did not speak to the students like he was a politician, but like they were just a bunch of people trying to do something good in this world. It is a known tactic of politicians to use rhetoric to avoid making promises and avoid uncomfortable topics, so the important messages often get lost. Representative Wu was not like that, speaking to the students in a way anyone can understand and making all of his messages clear, unfiltered, and more honest-sounding.
Special Thanks to The Community of Bertie County and the Bertie Alumni Community Association
by Unisha Curry

It has been three months since Hurricane Harvey, and throughout that period of time much deliberation has focused on efforts to rebuild the city of Houston. Moreover, the city has gained the support of many influential people, to the point of being overwhelmed by benevolence. Today, there are many stories about remarkable acts of benevolence. The University of Houston Downtown (UHD) has its own unique story about benevolence.

The story began with a flyer being posted on Facebook. Tremaine Kwasikpui, Director of Student Activities at UHD explained that his wife posted the flyer concerning the UHD’s gator relief donation drive on Facebook and The Community of Bertie County and the Bertie Alumni Community Association responded. Kwasikpui relayed that Frank Mitchell, the chairperson for the association, stated that a truck driver was hired to bring a trailer to an old school in the North Carolina area. Over the course of three weeks individuals from the community brought donations stored in a trailer. Donations included diapers, clothes, household products, school supplies, toys, and over 2500 cases of water. Kwasikpui shared that this was how the UHD’s distribution center was made possible.

For two days the UHD student lounge operated as a distribution center which was open to students, staff members, and faculty. During that time Elena Martinez, Administrative Assistant to student activities at UHD, operated in the role of facilitator by directing the affairs associated to the distribution center. Furthermore, Martinez and her team comforted many students and staff members who had come to the distribution center. During an interview Basil Baldauff, a UHD student reported that he received non-perishable can goods, paper towels and a few cases of water from the university’s distribution center. Basil Baldauff is one of many students who came to the distribution center.

Although the university is thankful that it was able to serve its students, staff members, and faculty during their time of loss, it acknowledged that The Community of Bertie County and the Bertie Alumni Community Association played a significant role in this endeavor; Further, the university firmly believes that it is important to express gratitude. This being the case, the University of Houston Downtown would like to thank The Community of Bertie County and the Bertie Alumni Community Association for its generosity.

Basketball Season Begins in Houston
by Michael Case

Attention all Students! The Women’s Club Basketball team is in trouble and needs your help. All basketball-loving students should email the university at sportsandfitness@uhd.edu because the Women’s Club is in trouble of not fielding a team in 2018. In speaking with the Athletic Director, the Women’s team might have to forgo the season due to lack of interest and participation. The website currently states the tryout dates are “To Be Determined.”

Last year the Women’s Club team went 6-3 in the regular season but lost in the playoffs to Texas Southern University. All athletes must be female students, enrolled in at least 6 hours, and in good academic standing. If you’re a female student who loves basketball and knows a friend or classmate that does too, the team and University need you to tryout!

The UHD Men’s Club Basketball team will be holding tryouts, January 8-26, on Mondays, Wednesdays, and Fridays from 7 PM. to 9 PM. The try-outs are an open invite, meaning any male student (minimum of 6 hours, good academic standing) is invited to attend for free with the proper form. The team competes in the Lone Star Sport Club Conference (LSSCC) and Houston Club Sports Basketball Conference (HCSB) against other University club teams. Games are played on Fridays.

Interested in trying out? Fill out a form on the UHD website; under the Student Life tab, Sports and Fitness, Club Sports, then click on Basketball (Men’s) Club. There is a one-time entry fee of $20 to start the season. Last year the men had a losing season but hope to bounce back this next year with your help. Lone Star College-Kingwood are the defending champions. Start practicing now and tryout next month!

The Houston Rockets season is beginning to heat up. Holding the best record in the West and looking better than last season, the Rockets hope to take home the title as the Astros did in baseball just a month ago. With James Harden having an MVP year so far, and the future Hall of Fame Chris Paul running the floor alongside him, the Rockets look primed and ready to compete.

The run and gun offense lead by coach Mike D’Antoni is second in the league in scoring, averaging 113.9 points per game. James Harden, Chris Paul, and Eric Gordon are all looking like All-Stars and the team is performing great in its first 20 games. Last year the Rockets lost in the second round of the playoffs to the Spurs in Game 6. A game in which many fans and media members blamed James Harden for quitting on the team. While he may have looked off in that final game, he looks angry now.

Harden currently leads the league in both points per game at 31.5 and assists per game at 9.8. The last few seasons Harden has been in the MVP conversation, only to come up short. Losing to Stephen Curry twice, then last year to his old teammate, Russell Westbrook. This season’s version of James Harden seems hungrier and more focused than ever. The additions of PJ Tucker and Luc Richard Mbah a Moute have solidified the defense which was a major issue last season.

The team looks primed to make a run for the championship but the defending champs, Golden State Warriors still have four valuable players and an amazing coach. The path will not be easy for the Rockets. The veteran leadership provided by Chris Paul, the incredible scoring ability by James Harden, and the defense provided by Capela, Ariza, Tucker, and Mbah a Moute this roster has the Rockets on top of the West and contending with the best teams in the league. Houstonians will be watching the Rockets closely, hopefully until the end of June, at a parade.
I Am Not My Hair
by Chris Joseph

The brothers of Omicron Xi Chapter of Kappa Alpha Psi hosted their 4th annual “I Am Not My Hair” empowerment symposium on November 29th overflowing with passion and empowerment. The “I Am Not My Hair” symposium was an open discussion with a wide array of beautiful black women of diverse shades and hair texture, sharing their history, their struggles of being a black woman in America, and how society views black women’s hair.

UHD senior and Kappa Alpha Psi brother Marlon Chapman said, “The purpose was just to provide community engagement, to start a conversation on campus and to show how diverse the student population here at UHD is.”

As the symposium went on, it really fired up when the topic of dating came up as questions from the audience challenged the view points of the one of the panelist, which quickly became an issue of Men vs Women. This discussion gave a lot of insight on the struggles that black women have to go through to be treated with respect by black men.

After the discussion of dating died down, the conversation dwelled back into the topic of hair on black women. Each panelist gave their own testimony on how their hair help them identify who they are as black women, offering support to the young black girls who think they are not beautiful because their hair does not match societies standards of “beauty.”

Beautician Teri said, “Our hair is essentially our crown, we do it nicely because we like to look good, but it doesn’t identify who we are as black women.”

It was very inspirational to see the women on the panel proudly embrace their hair, because black girls are still being discriminated for wearing their natural hair all over the world.

At Lawson Brown High School in South Africa, the school told black girls with their natural hair that they needed to “tie” their afros up to make them more “beautiful.”

13-year-old Zulaikha Patel told CNN that, “The issue of my hair has been a thing that’s followed me my entire life, even in Primary I was told my hair is not natural, it’s exotic, my Afro was not wanted or anything like that and then the issue followed me to High School.”

However, it seems that the natural hair movement is starting to take shape. During the Miss Universe 2017 pageant, Miss Jamaica came out on stage with her natural afro on display. As she walked proudly with her natural hair, she gained plenty of fans because she chose to show that natural is beautiful in front of the whole world.
Campus Activities Board (CAB) hosted the Gators Got Talent Show to a very enthusiastic crowd Thursday evening Dec. 1. Despite the sky darkening in the windows outside the auditorium, this talent show was lit, and not just from the occasional roasting from and to our host, Emmanuel Norris. After signing in and picking the best spot in the house, audience members had the opportunity to listen to Emmanuel tell a few jokes to the crowd. A natural with the people, Emmanuel was more than capable of revving up the crowd for the first act, and what an act it was.

To open up the night, Angela Mata sang her version of “The Star-Spangled Banner.” As everyone stood up for the National Anthem, audience members had no idea they were wholly unprepared for Ms. Mata, who confidently sang her beautiful rendition of the song completely acapella. While many artists, including Angela, add their own unique touch to the National Anthem, not many of them give it the same justice Angela did in our auditorium that night. Her voice filled the room with its wonderful vibrato and rightfully earned her an enormous applause.

After that amazing start to the night, there were three more musical acts in a row. Lawrence Weeden did a dedicated cover of Adele’s “Someone like You.” His confidence as he sang his lower ranged cover had many with their phones up, flashlight on, swaying to the music. On Lawrence’s heels, Jesse, introduced as “The Winged Eagle,” performed “Pasadena.” His energetic performance had him walking up and down the aisle, interacting with the audience, as they clapped along. Next, Nicky Frampton channeled Rihanna in her cover of the artist’s song, “Russian Roulette.” Nicky, who later admitted that she was freezing in her dress on stage, did not hesitate to add a bit vibrato to the beginnings of her phrases and smoothly finished each one. Despite her chilling performance, Nicky nabbed 6th place in the talent show.

Audience members then had a break from our musically inclined participants when Kelvin Dangtran appeared do a comedy act. It was his first time doing stand up for an audience, although this was not apparent due to his very energetic performance. As he stalked up and down the stage, Kelvin joked about his own experiences as an Asian man. From the struggles of asking a girl out to dealing with drunk Asian aunts at parties, Kelvin had everyone laughing.

After audience members recovered from Dangtran’s comedic attack, Emmanuel tried to finish them off with a few jokes of his own. He invited volunteers down to the stage for a proper roasting, but the tables turned when one volunteer proceeded to roast Emmanuel back. Emmanuel's facial expressions were perfectly timed, and before the roast off heated up too intensely, CAB had mercy and broke for intermission as the food arrived. Audience members, CAB volunteers, and Talent show performers mingled and praised the performances as they chowed down on pizza and drinks.

Once everyone had settled back into their seats for the next act of the night, audience members were introduced to the very relatable Eleanor Novio, who confessed her nervousness. After a few encouragements from the audience, however, she began her cover of “Hallelujah” by Alexandra Burke, and it was clear she had nothing to worry about. Her low and smooth voice and passionate tone was only betrayed by her slight listlessness. It was clear as even during the instrumental section of the song, where Eleanor does not sing, that the crowd was supporting her, Kelvin even going so far as to shout out, “Pause for the Lord!” Eleanor loosened up at that show of encouragement and received a loud applause after she finished the performance for which she received 5th place.

Ashar Akbar, also known as AAFX, gave a surprising performance. He walked on stage in suspenders, shorts pulled up to his bellybutton, and a button-down shirt that was buttoned all the way up. It was unexpected to learn he was a beatboxer, especially when he addressed the crowd in a slightly squeaky voice. It was soon obvious that the full set up was constructed to build the crowd’s expectations a certain way for him to completely break them down and blow them away as he launched into his act. His complex and overlapping beats and transitions wowed everyone, and as Emmanuel said when introducing AAFX, “I’m not sure he breathes at all.” His beats won him 4th place.
After that fire, Emmanuel announced that it was the next performer’s birthday, and the entire auditorium sang Whitney Fugler “Happy Birthday” when she appeared. She thanked the audience and told them she was also known as “Dumb Blonde with a Heart of Gold” before she began her cover of Alicia Keys’ song, “Woman’s Worth.” The audience clapped and swayed along, but it was not until she later surprised them all with an impromptu rap that they roared their approval. One memorable line was “even Betty Crocker charged for a piece of cake,” at which everyone lost their minds.

Next was Taylor Clarke who performed an original piece on the piano titled “11:11 Falling in Love.” This was a truly beautiful piece and wonderfully executed. Listeners experienced the innocence and freedom of discovering love and then uncertainty and despair as it becomes more and more complex until finally it grows and begins a new melody that ultimately ends with reminiscing on the memories. It was a journey, and everyone was moved as she finished to enormous applause.

After that stunning performance came Donnie Sands, a crowd favorite, who brought his guitar and performed a song titled “You’re Crying.” His breathy voice provided the perfect mood to the passionate song, and he paused his guitar playing just in time to further emphasize his vocals to great effect. The amount of practice he put into this performance showed in how his voice and strumming blended seamlessly. More than few phone’s flashlights appeared in the audience to show his popularity.

The last performer of the night was Abdullah Khurshid. He sang two love songs in two different languages, and it was obvious he felt the music as his hands moved with the precise notes. His joking and genial nature at his introduction disappeared as he closed his eyes to allow optimum concentration. He stepped right into his performance and did not let up until the final English words of his cover, “All of Me,” by John Legend. It felt as if the entire audience mouthed those words along. Emmanuel wrapped up the show with a few more jokes before all performers introduced themselves again. He the introduced the judges for the talent show, which included Donna Smither, Vice-President for CAB, and Percy Jackson, UHD’s coordinator for Student Activities, all of whom made sure to rightly give credit to Nolan Otten, Director of Arts and Culture, for putting together the event. Finally came one of the most anticipated moments of the night: the winners. Chants rang out from the audience. Favorites ranged from “Pasadena!” to “Taylor!” to “Hallelujah!” One by one, names were called until the last 3 performers left on stage were Taylor Clarke, Angela Mata, and Donnie Sands, standing with locked arms in solidarity. Shouts of encouragement poured from the crowd as everyone waited for the 3rd place winner and owner of a new Fitbit to be called.

“Donnie Sands!”

Cheers and claps accompanied him as he smiled and walked off stage.

The last two performers held on for the next name to be called for the 2nd place winner, who would win new Bose Headphones.

“Taylor Clarke!”

The audience exploded cheering for Taylor Clarke as well as Angela Mata who won first place and a new Windows laptop.

When asked about her win afterward, Angela Mata explained that she was surprised and so very happy, as she has never actually competed for a prize before and was only put into the talent show last minute. She wanted to thank everyone for coming and showing support and made sure to express her appreciation for the other incredibly talented performers of the night.
within and as early as 18 they can get an ultrasound. and inform themselves if there might be hereditary genes markers of the Breast Cancer. Women can be proactive respond to treatment better and all depends on the tumor consideration that there are different types of cancers that point of taking out your breasts. It should be taken into it is treatable but when it has metastasized there is no been done. If you catch the breast cancer at stage four in the tissue or lymph nodes even after a mastectomy has into this. Such as the ability for the cancer to re-appear breasts the cancer is removed as well. Unfortunately, that is completely psychological when trying to explain why women should get out of being a student here.” She noticeably loves what she does and is very passionate about it all and highly encourages students to go to graduate school.

Apart from educating, Professor Elsayegh is a research investigator at MD Anderson since 2009. She has been conducting research on Breast Cancer with an emphasis in the psychosocial aspects on how they impact Breast Cancer. She looks at the hereditary component of the disease and at predictors of preventative mastectomy based on genetics and other factors. Although Elsayegh has not been affected by Breast Cancer personally she took her interests of women self-esteem on the negative effects of body image within the media. The media often presents unrealistic body images especially upon young girls and how the women who have a mastectomy feel afterwards with their bodies. Elsayegh strives to instill feminism in women by incorporating that breast cancer impacts body image and that is how her research flourishes through empowerment. The psychosocial view of Breast Cancer is completely psychological when trying to explain why women do what they do when concerning to this disease. Despite her expertise in psychology she is a scientific thinker and writes papers on genetics. She works on hereditary gene mutation that is associated with the BRCA gene one and two by collecting data from the actual individuals.

Breast Cancer is caught at a common age range due to awareness but at the end it is up to the woman to care for it. A big misconception is that with the removal of the breasts the cancer is removed as well. Unfortunately, that is not how things work and there are many factors that play into this. Such as the ability for the cancer to re-appear in the tissue or lymph nodes even after a mastectomy has been done. If you catch the breast cancer at stage four it is treatable but when it has metastasized there is no point of taking out your breasts. It should be taken into consideration that there are different types of cancers that respond to treatment better and all depends on the tumor markers of the Breast Cancer. Women can be proactive and inform themselves if there might be hereditary genes within and as early as 18 they can get an ultrasound.

Nisreen Elsayegh

Vallejo is another former UHD graduate and UH Clear Lake graduate. He attained a Masters in Social Psychology from UH Clear Lake and grew to be a passionate educator by embracing the close-knit atmosphere at UHD. The individual attention given to the students is a huge plus, especially because Nisreen acquired all her research skills from being an undergrad at UHD. So much so that when she began her graduate program she was ahead of most because she felt confident in what she was doing. Elsayegh emphasizes for students to take advantage on the invaluable knowledge UHD has to offer. “Even though your expertise is in psychology you can write papers on genetics, you can write papers on ICE if you want. Because you are a good scientific thinker. So that’s what this school gave me and I think that is what a lot of students should get out of being a student here.” She noticeably loves what she does and is very passionate about it all and highly encourages students to go to graduate school.

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Photo Courtesy of Prof. Nisreen Elsayegh
Latina, 21 years old, and current senior Magge Nunez has attended UHD for the entirety of her undergrad years. Although she discovered UHD through a Pandora advertisement she soon realized how UHD truly lives up to the slogan “Major Opportunity”. As soon as she applied she was recruited into the Honor’s program and the endless opportunities began to snowball. From campaigns to advertising to stupendous networking and simply being able to have a voice that you’d never thought would be heard. Magge is an activist that has been affiliated with LULAC as an officer for over a year, President for the Texas Freedom Network, and while in the Honor’s program she was formerly an ambassador. Apart from all this she has fellowships such as “Young People For”, “Battleground Texas”, and “Hispanic Forum”. Magge has achieved being able to not only have been a scholar but a working student as well. She has worked for Sprouts, done an internship with the Texas Freedom Network main chapter, and been a full-time student every year. She encourages students to go after scholarships as she can impressively showcase a few of her own: The Delphian Honor’s program and the endless opportunities began to snowball.

As a former ambassador, Tajadod was recruited into the Honor’s program and the endless opportunities began to snowball. From campaigns to advertising to stupendous networking and simply being able to have a voice that you’d never thought would be heard. Magge is an activist that has been affiliated with LULAC as an officer for over a year, President for the Texas Freedom Network, and while in the Honor’s program she was formerly an ambassador. Apart from all this she has fellowships such as “Young People For”, “Battleground Texas”, and “Hispanic Forum”. Magge has achieved being able to not only have been a scholar but a working student as well. She has worked for Sprouts, done an internship with the Texas Freedom Network main chapter, and been a full-time student every year. She encourages students to go after scholarships as she can impressively showcase a few of her own: The Delphian Honor’s program and the endless opportunities began to snowball.

Armita Tajadod, a first generation Iranian-American student here at UHD with the leadership skills and goals to pull our school forward. Tajadod grew up in a politically charged environment and from an early age she knew she wanted to be involved. “I grew up in a politically oriented household and I think that’s the reason I chose this career path” She not only excels in being out spoken about her opinions, but she knows what she is capable of when it comes to testing her limits and skills. Tajadod has been a part of the Student Government Association since her freshman year of college and it has taken up most of her time as this organization focuses on the needs of the students. Since her start, Tajadod has known her ability to be a leader and looked for as many leadership positions as possible. Her first? Starting the Iranian-American Student Association. She wanted to test her ability to run an organization and prove to herself that she could indeed be a successful leader. Along with starting the Iranian-American Student Association, she also became a part of SGA to take on a much more intense role in her college career as a leader. Working behind the scenes on giving the students what they want was not only important to her, but it gave her the chance to prove her strength. She accepted the challenge and even ran for student vice president, which she won to put her goals for herself as well as for the students into fruition. Tajadod is outspoken, confident in her abilities to be an excellent leader and is not afraid to take responsibility for any mistakes she might make being in the kind of position that requires her to represent the student body. She excels in being goal-oriented and making those goals a reality and she is determined to only grow from the positions she has taken. Tajadod is also a part of UNA, United Nations Association, which she has used to help her understand the responsibilities and skillset needed to help her become proficient in the career path she has chosen.

Tajadod’s journey to becoming vice president of SGA was not easy. After winning the vice president position, Tajadod recounts the stress behind it all and the emotional toll it took on her. “Knowing that the students believed in me and gave me the honor of taking this position is what made it worth it”. Despite some of the challenges she received, she remained positive because it all led to her being able to pursue a position that would ultimately help her achieve one goal: representing the student body and giving the students what they deserve. Tajadod is determined in the goals that she has set for herself and the school. Her goal to represent the students and create an environment they deserve correlate with what she wants to do with her life after college. Armita wants to give a voice to those who might not have a voice of their own and advocate for those who are unable to advocate for themselves- ultimately she seeks to give to the people what they deserve and create legislations that only benefit them. It is safe to say that her mind is set on being a public figure and her determination and commitment to this school foreshadows her success in her future political endeavors.
November Novel Writing Month, also known as NaNoWriMo, is a month-long writing project with the aim of writing a complete novel, or about 50,000 words. Participants must write all 50,000 words within the month of November and can sign up for an account online with NaNoWriMo to help keep track of progress for free. It is definitely an ambitious goal, but there are many registered forums and Write In spaces for support. UHD offers one such registered Write In space for NaNoWriMo courtesy of our library staff.

Our NaNoWriMo chapter at UHD began two years ago as an idea and later collaboration between UHD’s Library Staff, notably Megan Hopwood, and Dr. Nicholson. What started as just an excuse for fellow writers to conspire and make friends has spread into a celebration of writing with workshops led by our own professors and support groups for writers undertaking the NaNoWriMo challenge.

One tradition that has continued with this year’s NaNoWriMo Write Ins, hosted by UHD Librarians Naomi Gonzales, Kerry Madole, and Donovan Parker, is the Plot Bunny. Plot Bunnies are short writing prompts attached to small cut out bunny shapes, decorated with funny faces and costumes complete with colorful cotton ball tails. Typically, writers choose a Plot Bunny and are given a set time, usually 5-10 minutes, to write or at least start a story with that prompt. After time is up, writers are encouraged to share their prompt and work, as well as elaborate on how they could have continued the story. Listeners are also encouraged to comment and give constructive criticism, which is often applicable to a variety of types of writing. While Plot Bunnies have been a staple for our last two NaNoWriMo cycles, this year, UHD had two workshops that focused on specific parts of writing.

First, there was a workshop, “Once Upon a Time, There Were Two Bears,” which dealing with bedtime stories was hosted by Dr. Dressman, an English professor at UHD. Dr. Dressman talked about how to tell an excellent bedtime story and how it relates to presenting in general. Oral story telling is an example of art in real time similar to improvisational dance, music, painting or writing, because the story teller must connect and respond directly to their audience. Essentially by learning how to tell a bedtime story, one can become a better presenter, something that is actively sought after in a variety of careers.

Next was a workshop, “Plot-a-palooza!” led by Dr. Nicholson, UHD history professor and director of the Honors program. She described a few of the major types of plots covered by Ronald Tobias in his book, 20 Master Plots and How to Build Theme, and explained the purpose and importance of plot. She likens plot to pieces that are woven together using cause and effect to create a story, rather than just a series of events, and pointed out several examples in pop culture from the Quest Plot in The Lord of the Rings trilogy to the Adventure Plot in the Star Wars series.

If you cannot wait until next year to participate in November Novel Writing Month, NaNoWriMo offers other programs such as Camp NaNoWriMo and Young Writers and as well as other sources such as workshops and forums online year round. For a more local opportunity to meet with writers beyond November Novel Writing Month, UHD also has a creative writing organization, the Pen and Sword Society. To contact them for more information or to submit a piece for review, send them an email at penswordsocietyuhd@gmail.com.

El Gato: Houston’s First Cat Cafe
by Archie Gayle

On the edge of the Heights among the row of suburb houses lies a local establishment with a premise that is new to the United States. The establishment is in a renovated house behind another local business, a yoga studio. It goes by the name El Gato and it is Houston’s first cat cafe located at 508 Pecore St Suite A. You read that correctly: Cat Café.

The café is basically a large room where customers pay a fee to go in and spend time playing and interacting with cats. You can also adopt the cats in the cafe, and the cover charge varies depending on your status—Adults are $12, for students it $9, and for children it’s $5. El Gato is open from 3pm to 5pm on the weekdays, which is the perfect time to release stress after a long day at work or studying.

El Gato is six months old and has quickly become a spot of interest for the cat lovers of Houston. People pay the cover charge and enter a lime green room with cats crawling everywhere, lying on platforms hung on the walls, and relaxing in large play towers placed on each corner on the room. The café is partnered with the Houston Humane society, and since it’s opening it has had 76 adoptions. Since the café has animals involved, the business has had to be very careful with its distribution of food and beverages. Under Texas laws, El Gato is only allowed to sell packaged food and drinks—wrapped muffins and bottled lattes are just some examples of items that are sold right outside of the cat-area. Later in the month of December, El Gato plans to get a food truck which would allow them to sell a wider range of food since the cats will be inside and the grill will be outside.

Cat cafes originated in Japan and spread to other places in Asia such as South Korea. In 2016, the concept spread to North America and has made its way into more cities in the United States. The concept is enticing by nature. Even if you are not a self-proclaimed cat enthusiast, the idea has enough traction to compel almost anyone to check out the café out of sheer curiosity. El Gato is not only a place to relax; the atmosphere is therapeutic with the inclusion of cats.

Most cats themselves are young, playful and energetic. Recently, El Gato experienced the mass adoption of one third of their cat population and had gotten a new crowd of cats. These new cats wore orange collars around their necks and were called the “sweet and sassies.” You were advised to approach these cats with precaution because they were new, their attitudes were not fully evaluated yet, and they were still getting used to their environment. These cats could still become fond of you, which is a common thing in El Gato. Brittany, an employee responsible for tending to the cats and supervising the customers, recalled an instance that happened the week before when a couple visited El Gato for the first time. “They came in and one of the cats immediately went to them. They ended up staying for two hours, mainly playing with just that cat.”
25 Million. 25 million people inhabit the northern half of the Korean Peninsula under the current regime of Kim Jong-un. The Democratic People's Republic of Korea was established upon the fall of the Japanese control over Manchuria following World War II as a 'communist republic,' an attempt to mimic the governments of China and Russia next door. Russia then was known as the Soviet Union, and was paramount in establishing the communist government in the northern half while the US created a democratic state to the south, conveniently taking control of the capital as well.

The Kim dynasty has successfully lorded over Korea for the past 70 years following their failed invasion in the 50s. Modern day North Korea is well known as the bullied child who has had enough of their neighbors in Asia. With Russia breathing down their neck militarily and China threatening to defend them if they are attacked and the US demanding that they cease their missile tests, North Korea is surrounded. As they have developed most of these enemies themselves, sympathy worldwide is low as the country relies on UN aid to keep its people fed and continuously monitors defectors and spies along the border.

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The Korean Review by Jesse Uppal

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With Russian and American relations continuously becoming more heated and North Korea testing various missiles in the Pacific Ocean, the potential for war becomes a greater possibility. Theorists believe that much of North Korea's actions have been at Russia's direction, while China threatened the US that it would proudly defend North Korea should the US decide to make the first move against them. President Trump has allocated much of the defense plan to his Secretary of Defense Mattis, who believes in a tactical defensive posture rather than an offensive one. President Trump has regularly tweeted that the US will not take any action from North Korea lightly and that should the need arise to defend our allies he would take the necessary steps. With type-A bullies on both sides shaking their sticks to see who's is bigger, the potential for war and casualties steadily increases.

Bombing in Egypt by Jesse Uppal

1,066 attacks. 7,363 people dead. These numbers ONLY show the effects of bombings around the globe. 83 people died from bombings in the first week of December alone, this does not include terrorist attacks of other kinds. 309 of these fatalities happened in Bir Al-Abd, Egypt on November 24. Three days prior, another bombing carried out by Boko-Haram killed 50 in Nigeria. The sheer number of deaths by extremism worldwide in the past year does not portray the number since the 1980s when extremism first become a problem.

The effects of Terrorism have the greatest impact on the people that share an environment with the assailants. In Egypt, the ISIS motivated assault devastated a mosque in the Sinai Peninsula killing 309 civilians. Militants detonated a series of explosives and rained down bullets upon the innocent bystanders. The assailants surrounded the only ways in and out of the mosque and laid an ambush to anyone trying to escape the explosions.

Trump returned to Twitter with his standard “We need the wall. We need the ban.” Implying that the wall would have any effect on terrorism in the Middle East. The administration has also let Mattis begin conducting counter-ISIS operations in Western Iraq and within the valley near Syria. The US has also stopped arming the Kurdish rebels who have been fighting members of ISIS since 2010. The US policy officially labels the Islamic State as a Terrorist Organization and charges the militaries of the region to annihilate the threat to world peace. Palestine suffered from their own turmoil via a shooting during one of their protests when President Trump recognized Jerusalem as the capital of Israel this month. The recognition of the city becoming the capital denounces the means of a peaceful resolution as the city is holy to three different faiths while only belonging to one. The recognition was condemned by a majority of the UN as the long-standing consensus was for Tel-Aviv to remain the capital, preventing a preference to be shown for one faith over another.

Terrorism is not specific to countries in Asia, as ethnicities of all kinds have made attacks in the US. Supremacists and members of varying militant groups have driven through crowds and protests, set off bombs in offices and have tragically shot at innocent people just for looking a certain way. With many of the mass shootings in the recent months being deigned as terrorist attacks, domestic and international terrorism have significant crossovers in the west. Rebel factions in Colombia have operated since the Cold War, and to this day continue to fight against their government. Separatist and extremist groups in the South America are not uncommon, as the nations are regularly fighting potential regime changes within their borders while cartels and gangs terrorize their civilian populace.

The War on Terror began in 2003, and is in a constant state of change amongst all the countries fighting it. The UN recognizes peace as its first and foremost resolution, and implores all member countries to protect innocent life from those who would use them as a point to be made.
On Wednesday, November 22, Johanna Wright, the Vice President of Product Management at YouTube, made an announcement on the company's GoogleBlog. On this post, Wright talks about five ways that the company is toughening their "approach to protect families on YouTube and YouTube Kids."

1. **Tougher application of our Community Guidelines and faster enforcement through technology.**

The company already partners with regional authorities to enforce the policies that are already in place. Recently, the company expanded the enforcement guidelines to remove content featuring minors that could be endangering a child, regardless of the uploaders intent. As a result, over 50 channels were suspended, and thousands of videos were removed. They also added age restrictions (18+) to videos with family entertainment characters that contain "mature themes or adult humor." The company finds the videos through automated tools and machine learning technology.

2. **Removing ads from inappropriate videos targeting families.**

In June, the company updated their advertiser-friendly guidelines that clarify that ads will be removed from "content depicting family entertainment characters engaged in violent, offensive, or otherwise inappropriate behavior, even if done for comedic or satirical purposes."

Since the update, ads have been removed from 3 million+ videos and more recently strengthened the policy to remove ads from another 500 thousand videos.

3. **Blocking inappropriate comments on videos featuring minors.**

Previously, YouTube used a combo of automated systems and human flagging and review to remove inappropriate sexual or predatory comments from videos involving minors. The company is now working to completely turn off the comment thread altogether on videos of minors where these inappropriate comments appear.

4. **Providing guidance for creators who make family-friendly content.**

YouTube Kids is a platform for people to review content that is strictly family-friendly. In the coming weeks, YouTube will be releasing a comprehensive guide to show creators how they can "make enriching family content for the app."

5. **Engaging and learning from experts.**

One of the issues with these videos is that there is a gray area when it comes to what should be removed completely and what should just have an age restriction. An example would be a video containing mainstream cartoons for kids that have been edited to target adults where the cartoon characters behave and act in ways that are not exactly child-appropriate. These videos could be alright for YouTube but just need an age restriction. In order to remove some of the gray area, the company will be working with a larger number of experts and "trusted flaggers" to determine how to treat the content.

This post came a day after BuzzFeed News "provided YouTube with dozens of examples of videos — with millions of views — that depict children in disturbing and abusive situations, the company is cracking down." All of the videos were removed the next day. In a BuzzFeed article, they give examples of some of the videos they brought to YouTube's attention. BuzzFeed noted that a lot of these videos came from verified accounts with millions of subscribers that mostly originate from eastern Europe. YouTube told BuzzFeed that these videos had already been marked for deletion and were scheduled to be purged from the site.

BuzzFeed was not the only one bringing these videos to YouTube's attention. Matan Uziel, an activist and producer who leads Real Women, Real Stories which is a platform for women to tell their personal stories of trauma, including rape, sexual assault, and sex trafficking. Uziel provided BuzzFeed with more than 20 examples of videos like the ones BuzzFeed provided to YouTube. Uziel claims that he has made several attempts to bring the videos to YouTube's attention and there was no substantive action taken. BuzzFeed reviewed emails Uziel sent to YouTube CEO, Susan Wojcicki, as well as Google employees and even FBI agents, that included screenshots of the videos with disturbing content. The company claims to only have some of the emails and that they have removed every video Uziel brought to their attention.

Some of the pre-roll advertisements that were appearing on these inappropriate videos suggested that the videos are targeted at an older audience. Many of the videos had "comments that were pedophilic in nature." Because of all the negative attention this situation has recently received, there are several companies including Modelez, Adidas, and Smirnoff Vodka that have pulled their advertising money from YouTube and in some cases even from YouTube's parent company, Google. Not only could these videos cause bad publicity for the company, but in most cases, companies have their own ethical codes. If they are in business relations with another company that violates the ethics code they have in place, they will often cut ties with that company to uphold their standards and beliefs.
The End of Net Neutrality  
by Chris Joseph

Irritation. That feeling of trying to watch a video on YouTube, and right when the video gets going, the video stops because it needs to buffer? That feeling could be an everyday struggle starting December 14. The Federal Communications Commissions (FCC) is in their final steps in taking away Net Neutrality and giving free control of the Internet to major internet service providers (ISP). Net Neutrality is your standard free, fair and open internet. With Net Neutrality, big ISPs (Comcast and AT&T) cannot control the speed of the internet by creating their own fast lanes for sites that pay them and slow lanes for their competitors. Net Neutrality is what keeps everyone on an equal level when it comes to broadband speeds, not one site is faster or slower than the other.

"I can't think of anything consumers have to gain from the loss of Net Neutrality. It would be one less freedom we the consumers have," said former University of Houston-Downtown student Matthew Gatlin.

Back in 2015, The FCC had labeled broadband internet a Title II. Title II of the Communications Act covers all utilities such as, electricity, landline phones, and the internet. This means, that the legislation could stop ISPs from throttling, creating paid fast lanes, blocking certain sites or any other control over broadband speed.

In May, President Trump appointed FCC Chair Ajit Pai released a statement saying that he was proposing to overturn the 2015 decision. Despite an overwhelming 95 percent vote to keep Net Neutrality a Title II, Pai is still moving forward with repealing net neutrality. This is Pai’s way to stop the government from "micromanaging" the internet, and give the control to the ISPs. So instead of the FCC enforcing the Title II laws to ISPs, the FCC will now have a "light-touch" and will require the ISPs to simply just be transparent about their business plans to consumers when they buy a service plan.

"In my lifetime, I cannot point to a specific point in time where the FCC is actually necessary. They always seem to jump on anything they don’t like and try to remove it or censor it," Gatlin said.

Pai has gone on record to defend his stance on cutting Net Neutrality, reassuring the public that the ISPs are not going to shutout any competitors, slow down the internet for certain services or abuse their power.

In 2014, Netflix delivered videos to Comcast customers through third parties, but the customers were experiencing terrible speeds. From December 2013 to January 2014, calls were made to Netflix customer support about the slow-loading videos. In February 2014, Netflix paid Comcast, along with AT&T and Verizon, and their speeds increased in Comcast customers. CEO and Co-founder of Netflix Reed Hastings was very vocal about having strong net neutrality laws to protect an open, competitive Internet. Hastings stated that Internet users will never realize broadband’s potential if large ISPs erect a ‘Pay-to-Play’ system that charges the sender and receiver for the same content.

YouTube content creator Philip Defranco said, "Now the FCC is going to make it so that those guys can charge tolls for other companies, meanwhile stifling new independent innovation icing out any new company, new service that doesn’t want to partner up with them.”

This is not the first time that the Internet has been under attack. Back in 2011, the bill Stop Online Piracy Act (SOPA) which gave the government the power to censor any site they felt was aiding the piracy problems. With SOPA, the government would have been able to block search engines and forums to have pirated links removed.

Just like with SOPA, the removal of Net Neutrality carries that same pressure of the government/big corporations micromanaging what we do on the internet. Slowly erasing our right to free speech and censoring what we say. SOPA died in the senate, but can be easily resurrected with the death of Net Neutrality.

Uber Data Breach  
by Naomi Cardwell

Uber’s data breach exposed 57 million customers and drivers about a year ago, and we are just now learning about it. Uber paid their hackers $100,000 in ransom instead of reporting the issue to the authorities and making the public aware. This deal was created with the intention to remain "hush hush" about the data breach by the previous CEO Travis Kalanick and the company’s chief of security. "The security officer, Joe Sullivan, has been fired. Mr. Kalanick was forced out in June, although he remains on Uber’s board."

The information that the two hackers managed to steal was directory information such as the drivers and riders phone numbers, names, emails, and license plate numbers. After the hackers made the demands of $100,000 to delete the data, Uber pushed the hackers to sign a nondisclosure agreement. Uber is a multimillion-dollar business that people all over the world take part in. It is a massive business, but because of how Uber has been practicing their business, it is causing trust issues with riders and drivers across the globe.

Washington Attorney General Bob Ferguson said, "the app-based car service violated state law by waiting more than a year to report the data theft, which the company disclosed on November 21." Security breach laws require that consumers or citizens be notified if their personal information is breached. Ferguson, claimed that "Uber completely failed to meet that basic, basic obligation."

Uber’s new CEO, Dara Khosrowshahi response to the data breach in his blog was that, “None of this should have happened, and I will not make excuses for it. While I can’t erase the past, I can commit on behalf of every Uber employee that we will learn from our mistakes. We are changing the way we do business, putting integrity at the core of every decision we make and working hard to earn the trust of our customer.”

The data breach is not what terrified people, it’s the way it was handled. Uber acted as if the law was not applicable to them. Ferguson said that “our law is clear” and “when data breaches puts consumers at risk, businesses must inform them. That’s fair.” There are a vast amount of student drivers and riders who use Uber frequently. Uber pushes the four reasons on why a college student should use Uber, for example arriving at a big game, a post party ride, being on time to class, and finding a ride home. UHD students trust Uber and use it every day, they deserve to know the truth when it comes to their personal information and when it comes to them using a company they should feel safe with and can trust.

The Federal Trade Commission investigates companies that have data breaches like Uber and came out with a statement, "We are aware of press reports describing a breach in late 2016 at Uber and Uber officials’ actions after that breach. We are closely evaluating the serious issues raised."
**Music and Light Shine Together at Day for Night**

by Michael Case

Imagine walking through a tunnel made of light. Colors dancing and blinking to the rhythm of the bass. A glass sculpture filled with lights, beaming to the beats of electronic and hip-hop music. Here at the Day for Night Festival, these immersive light shows and musical performances by popular acts make things like that light tunnel and glass sculpture a reality. For one weekend in Houston, Texas, artists and media enthusiasts will enjoy light shows like few others get to experience.

The music and light festival provides an immersive experience, mixing diverse types of art, music and light shows. Performance artists and Digital Media Arts will entertain crowds the weekend of December 15-17, 2017 at the Jordan Barbara Post Office in downtown Houston. Tickets for the festival are available online at dayfornight.io (Friday requires separate passes).

The music mainly focuses on Electronic Dance Music and Hip-Hop but with artists in the lineup including Nine Inch Nails and Thom Yorke, the variety of artists are as eclectic as the festival itself. From Solange, to Cocobol, a digital arts studio out of Mexico, the festival brings light and music together to celebrate innovation in art. Artists from all over the world will come to Houston to show their talents. Felicie D'estienne D' orves is a European artist who works with lights and sculptures. She has installations debut all over Europe, China, and America.

Chelsea Manning and Nadya Tolokonnikova from Pussy Riot will give talks Friday to an eager crowd, considering the current political landscape with the US and Russia. The weekend of December 15-17 is sure to amaze all those in attendance. The event is all ages but children under 16 need to be supervised by an adult. Children 5 and under are free.

**Musical Artists:** Nine Inch Nails; Thom Yorke; Solange; Justice; St. Vincent; Tyler, the Creator; James Blake; Pretty Lights; JameXX; Phantogram; Pussy Riot; The Jesus Lizard; Nina Kraviz; Godspeed You! Black Emperor; Rezz; Laurie Anderson; Cashmere Cat; Cardi B; Perfume Genius; Sky Ferreira; Gas; En Vogue; Lil B; Of Montreal; Venetian Snares X Daniel Lanois; Princess Okia; Kimbra; Mount Kimbie; Corbin; Shloimho; The Album Leaf; DJ Dennis; Tim Hecker; Forest Swords; Babyfather; G Jones; Shabazz Palaces; Andy Stott; Jessy Lanza; Roni Size; JLin; Priests; Bjork; Demidike Stare; Saro; Rabbit X House of Kenzo; B L A C K I E; Marcus Marr; Hoodcelebrity; FatenKanaan; TRUE AMERiCAN; Pearl Crush Deep Cuts; Tyler Barber; N N O A; Santa Muerte; Kona FM; Narcons; Acid Jeep; Heschers; Tearz; XLL Miguel Flaco; Collin Hedrick

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**Satire: Proving the Earth is Flat**

by Chris Joseph

When rapper B.O.B. came out and stated that he believes that the earth is flat, everyone condemned him for speaking the truth. Shifting through massive amounts of research and data, it has been scientifically concluded that the earth is indeed flat. No, the earth is not some Frisbee disc that some entity flung to his bros. Think of the earth as plate, that is how the earth is really built. To start off to prove that the earth is flat, let us go back to how bad Houston flooded during Harvey. Now, if the earth was round like a ball, then all the water that flooded Houston was supposed to fall off into the voids of space. However, the water did not fall and neither did the water in the ocean, because the earth is flat. If you were to put water on a plate, the water wouldn't move, the water would stay on the plate. That's why it took so long for the water to disappear from the streets of Houston.

A common argument the rounded make is that we have traveled around the earth. When in actuality we only went around the earth in one giant circle. Back in the day before computers in your pocket and indoor plumbing, people believed the world was flat. It was not until some Greek dudes looked into the sky and started spewing about how the stars represents our personality, that's when they "discovered" that the earth was round. In truth, these were just two not so bright guys who had messed up on a map and made it round, and the sold the idea to everyone that the earth is round. These guys used pseudoscience to fool the gullible sheep back then. See, and the media is continuing to spread these lies that the earth is round. Remember the old cartoons where someone would dig a tunnel and popped up in China? Well, we dig holes every day, and Houston is always digging something, yet they have not made it to China. That's because if you dig straight down in the ground, you fall to the void.

The government and the media is lying to you because they are trying to keep us dumb. They are hiding something that they do not want to show anyone. This is why no one can explain where Amelia Earhart went. She knew the secrets of the flat earth, so they made her “disappear.” Scientists like Neil Degrasse Tyson and Bill Nye use big words and try to “prove” that the world is round, but in truth they are paid to look cool on TV when they use fancy scientific jargon. The truth is in the pudding, this is just a portion of undeniable facts that the earth is flat.
Study Tips
by Your Typical Student

1. Attend review sessions (whether they are hosted by teachers or students)
2. Form study groups of two or three if you prefer to study in groups
3. Start studying in advance (all nighters don’t help with long-term retention, which will be beneficial in your actual field of study)
4. Take breaks as needed/practice self-care
5. Review your notes and personalize them as needed (color code, draw pictures, make flashcards)
6. Relate concepts to real life when possible
7. Set realistic goals for the test (do not try to turn a D into an A using the final)
8. Become an expert on the material so that if someone wanted to interview you, then you could tell them all about it
9. Study where you feel most comfortable (some people prefer to study at school, others prefer to study at home)
10. Discover your learning style (are you an auditory learner, a visual learner, or a tactile/kinesthetic learner?) and make study aids corresponding to that style (auditory learners prefer to learn by listening, so you could read your notes out loud or discuss them with other people; visual learners prefer to learn by seeing the material, so you could draw visual diagrams to represent concepts or color code your notes using different highlighters and pens; tactile/kinesthetic learners prefer to learn by practicing something that is hands on, so you could build models using blocks if applicable or act in role plays)

11. Bonus Tip: Take a deep breath and remember that at the end of the day it is just a test and does not capture the essence of your very being

Holiday Crossword

ACROSS
3. 11 days after American New Years
4. The week the students lose all hope
5. Root
6. Birth of Christ
7. The days grades post
9. Turkey-based holiday strangely based off pilgrims?
11. The origin of the Christmas tree
13. Last day to party
14. The day you return the weird socks grandma bought you
15. Japanese New Years

DOWN
1. The day everyone does their emergency shopping
2. Rededication of the Holy Temple
4. The day the stress starts again
5. Last day of school
10. Week long West African Holiday
12. Milk based drink
Advice from Your Typical Student

“So finals are coming up and the holidays are fast approaching. I’m definitely feeling overwhelmed between finals, work, and holiday shopping (which I haven’t even started). I want to end this semester on a high note, but I have to keep working during the holiday season, especially if I want spending money for presents. However, between work and school, it feels like I haven’t seen my family in ages, and my friends have probably forgotten about me. I feel bad for not keeping up with them, but it feels like there’s not enough hours in the day. What can I do?!?!?!”

You can start by breathing. Sometimes when we start to panic we can forget about the simple things...like breathing. Other simple things that can slip from the forefront of our minds are our support systems. You mentioned that you feel as if your friends have probably forgotten about you and that it feels like its been ages since you last saw your family. In my last column, a reader had a similar concern regarding friends. Family and friends can function as very important sources of support. Even though you have not been able to spend time with them, the support does not suddenly disappear. I do not have specific knowledge of your relationships with your family and friends or the level of understanding that accompanies them, but I do know that it can be difficult to balance academics, family life, work, a social life, and have some time left for yourself at the end of it all. Remember to breathe and praise yourself for making it this far into the semester. You are still hanging on, even if it is only by a thread.

In your desire to give your all to your academics and your support systems (in the form of presents), do not forget to leave some energy for yourself. It takes dedication to work during the holidays. Especially as a college student because a lot of jobs that are away from campus do not take finals into consideration and work schedules can come into direct conflict with final exams or allotted study time. Something that you might consider doing is drawing up a plan of how you want to manage the time that you are not working. It sounds as if you hold your friends and family in high regard, but you would also like to have time for your studies. Include these things in your plan. I cannot tell you how the plan will look when it is finished, but once it is complete it should provide a clearer image of how you can get through the next few weeks.

I draw up time management plans from time to time. The themes of my plans range in topic and importance. Sometimes the plan is centered around how many seasons of a tv show I can cram into a week and other times the plan is centered around juggling assignments, spending time with friends, and practicing self-care. Occasionally, breathing will appear on my plan because I need a reminder. One time I had a plan that balanced writing a 10-page paper with serenading my dog. Hey, nothing is too silly if it is important to you. All of this is to say that your plan should reflect what is important to you and provide a tentative roadmap for achieving your goals. It can change at any time, but at least it better prepares you to take an active approach when tackling obstacles or concerns. Happy holidays!

Questions? Comments? Do you also serenade your dog with a terrible singing voice when no one is home? Let me know at typicalstudentadvice@gmail.com.

Signing Off,
Just Your Typical Student