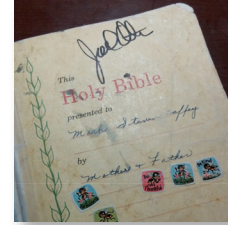




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"keeping an eye for news"

DATELINE DOWNTOWN

THE UNIVERSITY OF HOUSTON - DOWNTOWN
Feb. 24 - Mar. 21, 2014

datelinedowntown.com

STUDENT RUN NEWSPAPER SINCE VOLUME ONE
Volume 52 Issue 4

Human trafficking: A reality in Houston



Abigail Murrillo / Dateline Downtown

Houston

by Abigail Murrillo
Staff Writer

The Department of Justice has identified the I-10 highway as the number one route for human trafficking, a major crime that is quietly practiced in Houston.

"I'm really surprised and it makes me feel worried for my daughters and for all the girls out there at risk," said Martina Hernandez, mother of three reacting to this information.

When people hear the word slavery, the thought of racism and the image of brutal work in the fields usually comes to mind. Today, slavery has taken a whole new definition and does not only refer to workers in the fields, but also human trafficking victims.

The idea that the trafficking of people has only gotten worse with time shocked Hernandez. She believed that human trafficking was only a danger years ago, when she was a teenager.

When Hernandez was seventeen, she was walking to the post office when a middle-aged man with fake credentials approached her. He got out of his car and asked her to come closer to show her his badge. As she reached to look at it, he roughly pushed her inside of the car and drove off.

"The next few moments were the most terrifying," recalled Hernandez.

The highly aggressive man tried to persuade her to accept what he continuously called "her fate."

Hernandez remembers
(continued on page 2)

News

Will the US witness immigration reform

by Mariyam Haideri
Staff Writer

UHD Student Government Association President Isaac Valdez steps forward out of the shadows in an attempt to bring changes for other student immigrants and spoke about his personal thoughts on the need for an immigration reform.

"Immigrants, both documented and undocumented, are here in the United States to stay and they should be allowed an equal opportunity to



Isaac Valdez (right) advocates for immigration reform along with Houston City Councilman Mario Gallegos (left).

Mohammed Mohsen / Dateline Downtown

spread their wings of life through professionalism," Valdez said.

The opportunity for a professional life through education is something

Valdez believes should be a fundamental issue.

"Immigrants from all around the globe come to this 'Land of opportunities,' and I agree and respect that vision as an accurate description of America," he said.

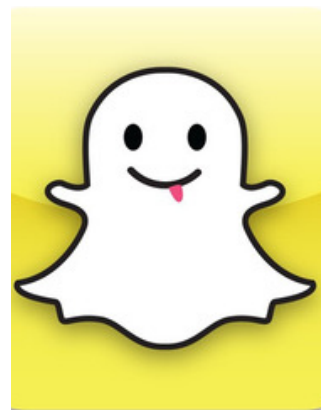
He sees the population of over 11 million undocumented immigrants in an eccentric manner. He believes that the system should allow undocumented students to study in certified educational institutions in order to produce edu-

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College Life

The five hidden truths about Snapchat

by Jessica Hernando
Feature Editor



The popular picture app was originally created with the idea of being a safe sexting app.

courtesy of snapchat

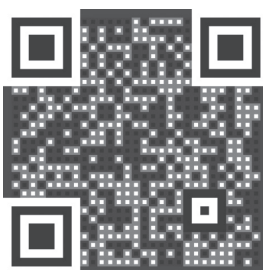
Snapchat is an exceedingly popular app that allows users to send pictures and videos to their friends to temporarily view the media before it "self-destructs." The premise of this app has sparked a new trend of spontaneity because, for once, people can send pictures without worrying about a less than per-

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Northline rail, an environmental choice

by Casey Power
Staff Writer

Nearly ten years after its maiden voyage, Metro opened its Northline expansion rail on December 21, 2013. In an effort to provide public transit for neighborhoods north of downtown (including Near Northside, Moody Park and Lindale), Metro is doing their part to build on Houston's recent surge in commerce. For students and professionals alike, the north rail expansion has been a godsend.

UHD sophomore Philip Levine is among the multitude of students who prefer the rail to the road.

"It's really low-cost if you're a student and it's convenient if you're going downtown," Levine remarked.

Even with the option to drive, Levine has no problem assuming the role of passenger.

"I have a car, but I like to ride the train because it's cheap and I



Casey Power / Dateline Downtown

can bring my bike on the train," Levine said.

For commuters with little patience for gridlock traffic, as well as those living in close proximity to the rail, the choice is clear.

The north rail boasts eight stops along Main and Fulton. These stations provide fares for passengers as far north as the Northline Commons at Crosstimbers. In conjunction with the five

miles of newly opened Main St. (Red Line) track, construction for two additional lines, the East End (Green Line) and Southeast (Purple Line) are scheduled to open this fall.

Neighborhoods including the Second Ward and Eastwood will benefit from the Green Line, which will travel as far as Magnolia Park; Purple Line stations include routes through the Third Ward and UH Main.

Riding public transit is more than just a practical choice for some; it's an environmental choice. With so much attention being given to cut back on harmful emissions, the choice to travel in a manner that is environmentally non-detrimental is one that some are proud to make.

"It's really an added bonus that we have a choice to ride responsibly," Michael Hajek said, a sophomore at UHD.

However a student chooses to get to school is their prerogative, but few would deny the advantage of a \$1.25 ride that virtually chauffeurs its passengers to the front doorstep of our fair campus.

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Immigration

cated individuals with a degree at hand.

"These educated individuals should then be allowed to enter the professional world to implement all of the skills and talents they have acquired while earning the degree," Valdez said.

He explained that he does not intend to defy the law by advocating for undocumented immigrants to work their way out of their undocumented states by opting for a professional degree. Instead, he wants to advocate for an opportunity for the individuals who have already taken the initiative to receive a higher education and, in return, the country should use their skills.

"There should be some reform in order for immigrants to use the education they earned here to help the American economy thrive," Valdez said.

Valdez intends to bring

a new perception of what immigrants can contribute, to which many in this country have misunderstood or stereotyped by giving them labels on the basis of their immigration status.

The President of the Student Government Association, is not only speaking in his own organizational meetings, but speaking out in the greater Houston community about the need for reform. The year 2014, according to Valdez, is and should be the year of change not just for immigrants, but also to change the perceptions that society has about immigrants.

Valdez is working for a brighter future for the university while keeping in mind that he, too, is an immigrant. He is working towards becoming the voice of student immigrants who are part of the American nation.

continued from page 1

Human trafficking

his exact words as he looked her over: "How can you waste your beauty and body working in a factory where no one can see you? You're going to learn to love me and you will always have everything you want."

As Hernandez began to panic, she looked at the car door and realized it was not locked. She quickly opened it and jumped out of the moving car.

"Luckily he wasn't driving too fast, I scraped my arms but I had escaped," said Hernandez.

When she picked herself up, she looked around and realized he was no longer pursuing her.

"I was completely lost after that. I had no idea where he had taken me and I had to ask a stranger for directions

back home."

This event in Hernandez's life has made her the cautious woman she is today.

The statistics of victims of human trafficking is an always-changing percent. According to the book "The Slave Next Door," the amount of victims trafficked from Africa, Asia, India, China, Latin America and the Soviet States to the United States were roughly 14,500 to 17,500, every year since 2007.

The sad truth is that these high percentages are probably a lot higher considering that most victims are kept in the dark. In order to help the victims, a variety of organizations, like The National Human Trafficking Research Center or local anti-trafficking organizations, raise money for

the victims or provide them with the help they need such as counseling. Websites have also been created to see how we have contributed to the problem and get the community thinking on how to change, such as SlaveryFootprint.org.

According to the U.S. Department of State, a few indicators of human trafficking are a person living in poor conditions, multiple people in a small space, a person appearing submissive or fearful and signs of physical abuse. To help the cause, students can donate money, volunteer in related organizations or simply keep an eye out for any indicators or suspicions of human trafficking. Doing so could possibly save a life.

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Deliver submissions to room S-260, email them to dateline.editor@yahoo.com or fax them to (713) 223 7466. Letters to the editor may be edited for space. They will be edited for spelling, grammar and malicious or libelous statements. Submissions must be the work of the writer and must be signed. All submissions become property of Dateline Downtown and will not be returned.

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Subway ingredient can cause cancer and asthma

by Dana Ayres
Staff Writer

The Subway sandwich chain has come under fire because of a controversial additive they use to thicken and bleach their bread dough mixture. The additive in question is called azodicarbonamide (ADA). CNN reports claim that when used in small quantities, the chemical can be utilized as a food additive. However, its primary use is in non-food items like yoga mats and shoe soles to make the plastic more pliable.

CNN reports the particular breads sold at Subway in which the chemical is used are as follows:

- 9 Grain Honey Wheat
- 9 Grain Honey Oat
- Italian White
- Italian Herbs and Cheese
- Parmesan/Oregano
- Roasted Garlic
- Sourdough
- Monterrey Cheddar

Reports claim that the substance is so toxic that

the use of it is banned in other countries like the Europe nations, Australia and Singapore. According to Food Babe, a food blog site, Subway adheres to the stringent laws banning its use in other countries, but not in the U.S.

Vani Hari, a popular food blogger on Food Babe and a Subway watchdog, brought the issue of Subway's use of ADA to the public's attention back in 2012. According to Hari, Subway was unresponsive to her calls on her blog to discontinue the use of the chemical in their food items here in the U.S. Hari states that last week she started circulating a petition urging Subway to stop using the ingredient. Hari claims that the petition received 50,000 signatures within 24 hours. Subsequently, Subway's social media sites were jam packed with complaints. Only then did Subway respond. According to CNN, Subway claims that in spite of the controversy, the ingredi-

ent is USDA-and FDA-approved. CNN reports that McDonald's also claims to use the chemical in their foodstuffs, but disclaims on their website that they use a "food grade variation" of the chemical. Other chains such as Starbucks and Arby's also use the chemical, according to CNN.

CNN reports that the World Health Organization (WHO) released a report in 1999 that stated that some studies suggest that the chemical ADA can induce asthma in people with symptoms and from those who work in facilities where the chemical is manufactured and used. WHO also stated that exposure to the chemical in a work environment poses a greater risk than ingesting the small amounts found in bread. The Center for Science in the Public Interest, a nonprofit education and consumer advocacy group, found that urethane, a known carcinogen, is derived from ADA and can pose



Eric Escobar / Dateline Downtown

a small risk to humans when used at its highest levels in bread-making. Another chemical derivative from ADA, semicarbazide, was found to cause cancers in lab mice with little threat to humans. The website, Food

Babe reports that back in 2001, a truck transporting ADA overturned on a highway in Chicago and was treated as an emergency hazmat alert by the city. People within a half-mile radius had to be evacuated and people on

the scene complained of burning eyes and skin irritation after exposure to the chemical. Food Babe also reports that when heated, ADA is linked to tumor development and cancer.

The nerve-racking process of applying for a "high-profile" internship

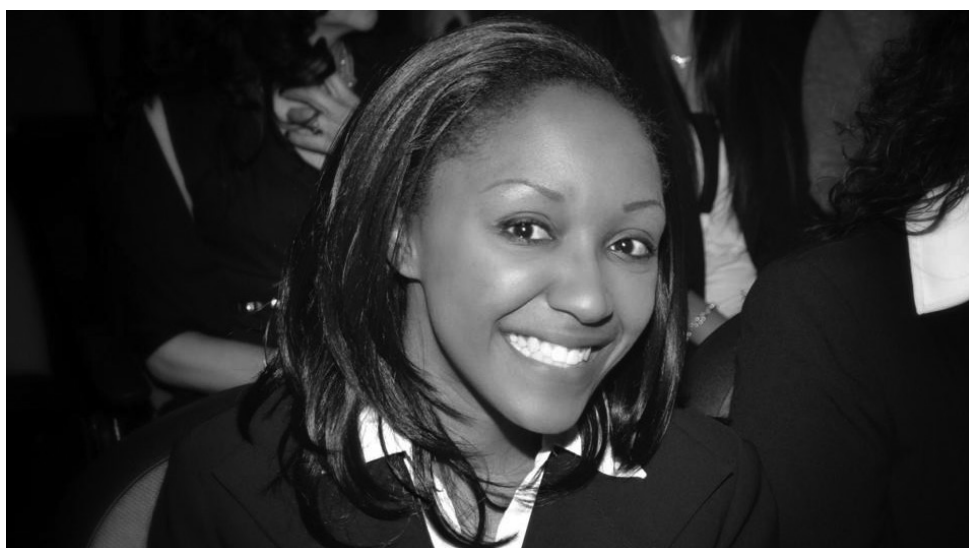
by Theodore Shull
News Editor

A number of students from the University of Houston Downtown have experienced the frustrating and uncertain process of applying for semester internships within the federal government in Washington, DC.

One current UHD student, Tarah Taylor, expressed her personal frustrations and anxieties after applying for a spring 2014 internship at the White House.

"It has become a long waiting game for that final acceptance letter," Taylor said.

The only problem with this instant elation, is that there are still significant obstacles to final candidate selection because of the length and depth of federal background checks which are



courtesy of Tarah Taylor

required to obtain the necessary security clearances required to work, even as an intern, in most government agencies and institutions.

Like many students, Taylor submitted her application materials on-time but has not received a notification of her acceptance or denial from

the internship. According to Taylor, her status continues to show that her background check is still in progress.

"I was notified last week that my background check is still not complete," Taylor said. "I was told if I am issued a security clearance soon, I can join the internship after

it's already begun."

An additional hurdle for hopeful students from other states is the financial burden that the intern is responsible for to cover transportation, housing and meal expenses during the internship period. Both the White House and the US State Department suggest that interns have

eight to ten thousand dollars available for living expenses, and neither program offers any merit or need-based scholarship.

When Taylor organized an online fundraising campaign, the White House program quickly notified her that such attempts at raising funds were not allowed under program rules. For that purpose, Taylor had to find other means to fund her internship travel costs.

"I am extremely blessed to have parents, and family, that will help cover my living costs because they believe this experience will be a once-in-a-lifetime opportunity," said Taylor.

Students like Taylor, who are awaiting final clearance, must be ready to move to DC on very short notice if they are

accepted. But moving to DC can cause additional stress for securing last minute housing and finding a way to finance the endeavor. The program explicitly states on their applications that raising funds is not allowed.

There are a multitude of federal agencies and institutions that advertise glamorous internships in our nation's capital, or in US embassies in foreign countries, that quickly grab the fascination of students who are interested in careers in public service. Many of the students that are tentatively selected for these internships often become overwhelmed by feelings of joy, accomplishment and hope that these coveted positions will provide an incredible experience that will also look great on their resumes.

Editor for 2014-15 needed

The Student Publications Advisory Committee is seeking applicants for the position of editor for Dateline Downtown, the student run bi-weekly newspaper at UHD. Flexible beginning date, and successful candidate should make his or herself available for training some time after the end of the Spring semester, 2014. Candidates must commit for the entire 2014-15 academic year.

Duties include working cooperatively with student business manager and student adviser, developing and managing a stable of student freelance writers to cover news and events on campus, and assertively managing staff and producing newspaper approximately every two weeks. Must know pagemaking software program Adobe InDesign. The paper needs stories on events of interest to students, including student life, academics, university administration, and student government, as well as cultural coverage of theatre, film, music, and the arts. Typical commitment is 20 hours per week.

Qualifications include at least sophomore standing; at least one semester at UHD; successful completion of basic writing and/or communications courses; and the maintenance of at least a 3.0 GPA. Applications are sought immediately and will be accepted until March 31 or until the position is filled. To apply download and complete the application form on UHD web site, along with resume and letter of application and forward as attachment to Dr. Anthony Chiaviello, at Chiavielloa@uhd.edu.

Business Manager for 2014-15 needed

The Student Publications Advisory Committee is seeking applicants for the position of business manager for Dateline Downtown, the student-run bi-weekly newspaper at UHD. Flexible beginning date, but training is desirable with the current staff prior to the Fall 2014 semester. Candidates must commit for the entire 2014-15 academic year.

Duties include managing business and financial matters for the paper, in cooperation with the student editor and adviser, and selling advertising space in the paper, including businesses in the campus neighborhood. Desire, ability, and ideas for selling advertising in the paper will be important issues for consideration of your application.

Successful candidate will train on PeopleSoft accounting system for payroll and accounts. Typical commitment is 20 hours per week, monthly salary plus 15 percent commission on ad sales.

Qualifications include at least sophomore standing; at least one semester at UHD; successful completion of basic business courses; and the maintenance of at least a 2.5 GPA. Applications are sought immediately and will be accepted until March 31 or until the position is filled. To apply download and complete the application form on UHD web site, along with resume and letter of application and forward as attachment to Dr. Anthony Chiaviello, at Chiavielloa@uhd.edu.

Standing one's ground or wholesale murder?

by Dana Ayres
Staff Writer

Michael Dunn, 47, was acquitted for the murder of teenager Jordan Davis in the "Loud Music" murder trial, on Saturday, February 15. A visibly exhausted jury came back with the verdict after 30 hours of deliberation, according to ABC News. Defendant Michael Dunn will still have to serve at least 60 years in prison on related attempted murder and weapons charges while getting off for murder.

It appears that after all of the evidence was in, the jury was still deadlocked on the issue of self-defense in the murder of Davis. According to ABC News, police found no weapon in the car the teenager was driving. CNN reports that Dunn then went home after the incident and had "pizza and wine." ABC News' footage of the incident appears to be two volleys of gunfire with a pause in between the shots.

CNN reports claim that the reason for the deadlock in the jury decision concerning Davis' murder is based upon a "Stand Your Ground" law. Stand Your Ground is a type of self-defense law that gives individuals the right to use deadly force to defend themselves without any requirement to evade or retreat from a dangerous situation.

In a situation like this, where was the danger? Reports claim that the defendant said he "may have imagined a gun." To me, all the evidence points to a man who was irritated by the rap music, the Black skin and the ages of the victims involved. There were so many things that Dunn could've done in order to avoid the incident all together. He could've done like most people do in a situation like this one—



creative commons via flickr / Fibonacci Blue



creative commons via flickr / LaDawna's pics

simply endure the music for as long as he had to be there and then drive away. One would be led to question the psyche of a person who would purposefully inject themselves into a situation that simply is none of their business. Naturally, the kids would have something to say back to this jerk if he approached them with this silliness. Was Dunn offended by what their reports may have been? He certainly would've earned every last one! I don't buy the argument that he was threatened and felt he was in fear for his life. The man was psychotic and proceeded to shoot

at unarmed teenagers in their car, killing one of them. Yeah, Dunn stood his ground, alright and for reasons no one will truly understand. He could've just walked away.

This ordeal is similar to the Trayvon Martin murder. Like Martin, Davis and his friends were profiled and mistreated according to their race, age and gender. It is unfortunate that a person can get away with cold-blooded murder by using a self-defense strategy in court, especially, when the evidence points to a clear case of racist, murderous rage on the part of the killer, who appears to

instigate the conflict.

For so long in this country, African-American men have been portrayed as the "boogey man" and suffered everything from slavery, castration and lynching—wholesale murder. Self-defense is simply another sick excuse to continue the carnage. Don't get me wrong, sometimes Black men are guilty of crime. Nobody's perfect. However, in a society where an individual has the right to life and liberty, everyone should have the opportunity to live, uninhibited, by the narrow-mindedness of others-- especially our children.

Do you agree or disagree? We want to know -- gives us your two cents about this topic. Email us at datelinedowntownweb@yahoo.com. Please refer to the "Submission Policy" on page two before sending us your response.

Missing the mark

by **Mark Steven Caffey**
Staff Columnist

My wife and I are rushing down Highway 59 to make the early service at Lakewood Church. This will be our fourth time listening to Joel Osteen preach in person. Close to the church, we see police officers directing traffic to available parking. We park and make the long walk to the church. Once inside, we are again in awe of how large the facility is.

Lakewood Church is home to the largest Christian congregation in America. It includes child care services, a café with wireless internet, video game kiosks and a first class book store that features Joel's best-selling books.

After the worship service, Joel provides a nice, uplifting message about trusting in the Lord and He will provide what is lacking in your life – such as a stable job, adequate transportation and even that nice raise you deserve. He stresses that life can be a lot better with God. I feel inspired and refreshed by listening to Joel.

Toward the end of the service, an announcement is made that Joel will be signing copies of his new book titled *Break Out!: 5 Keys to Go Beyond Your Barriers and Live an Extraordinary Life*. In his book, Joel encourages his readers by saying, "When you break through in your mind, believe you can rise higher and overcome obstacles, then God will unleash the power within that will enable you to go beyond the ordinary into

the extraordinary life you were designed to live."

We rush upstairs and buy two copies of Joel's new book then get in line for the book signing – forcing our way through a mob of admirers, hell-bent on getting that signature. While waiting in line, we are instructed to have our books open, ready for Joel's signature. We are also encouraged to have our bibles signed if we wish. As I reach Joel, I have him sign his book for me. He is upbeat and smiling. I feel like I am meeting a superstar – a rock star for Christianity as Glenn Beck, a conservative talk show host calls him.

I offer my bible to Joel and he signs that as well. He looks at me, eye to eye and says, "I am very glad you are here today. Very glad!" My wife and I walk away, winding through the crowded church toward the exit. Slowly, my feeling of awe and star-dom turns into melancholic regret. I just had my bible autographed as if I were a desperate groupie at a rock concert. This is the Word of God. How could I do this?

Joel Osteen is a spiritual man who has brought many to the Lord. He effectively inspires his congregation to attend church and provide charity in the community. He has been very successful in selling his books which offer hope and encouragement to many.

The Lakewood Church website describes his core message being, "That our God is a good God who desires to bless those who are obedient and faith-

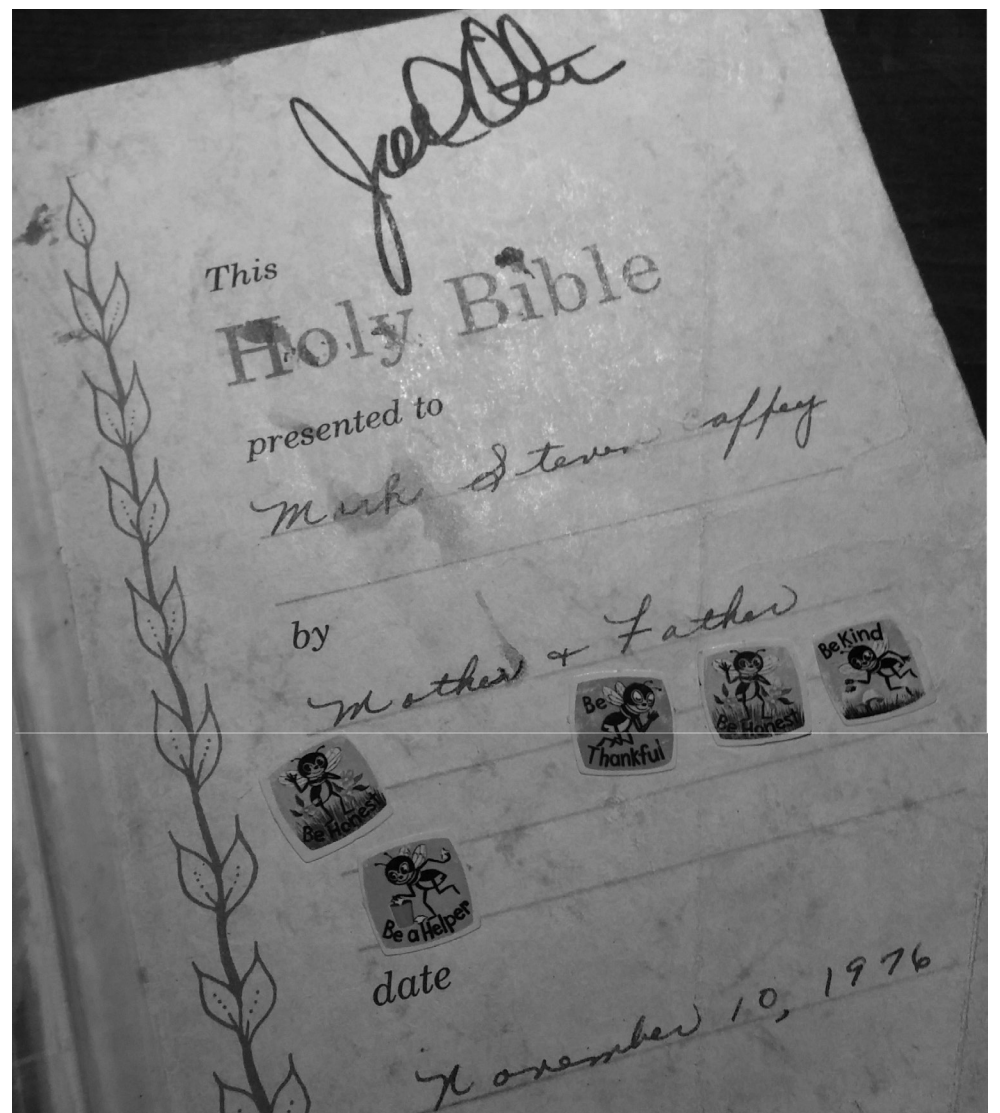
ful to Him through Jesus Christ." It is true that God is pleased with the obedient and faithful. But is that the core message of Christianity?

There are those who believe Joel is a part of a controversial movement called the Prosperity Gospel. This teaching uses faith and doing good works to gain material blessings from God – to use God to get things from Him.

Preacher and author Rick Henderson said, "Joel teaches that we open ourselves to God to get more from God. He teaches that we use our words to speak into existence a better reality. This is straight from the Word of Faith Movement. This is not what is taught throughout the New Testament."

The Word of Faith movement teaches financial prosperity and physical – spiritual healing for any who choose to verbally declare what is desired. This involves an act of faith that it coincides with God's purpose. This movement references Mark 11:22-23, when Jesus said believers shall have whatsoever they speak and pray with faith.

Jesus did not die on the cross so we can ask God to provide for us. He died for us as a payment for all the past, present and future sins of the world. And by making a choice to accept this gift from God, we are to develop a warm and personal relationship with Him. We are saved from ourselves and will spend eternity with Him. Just knowing the facts is not enough. Having a feel good Sunday



Autographed signature on personal bible by Minister Joel Osteen at Lakewood Church.

Mark Steven Caffey / Dateline Downtown

service is not enough.

It involves a willingness to submit, as Jesus said in Luke 9:23, "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (NRSV). This means to deny your own wishes and worldly desires – take up your "cross" and be willing to "die" to follow Christ. He expects an absolute surrender to Him.

The Christian faith is based on Salvation, not on personal accomplishments or things that make

you feel warm and fuzzy. As stated in Luke 9:24-25, "What good is it for a man to gain the whole world, and yet lose or forfeit his very self?" (NIV).

True happiness will not come from material things or success. It comes from knowing God on an intimate level – having a personal relationship with God. This means to deny yourself of worldly desires, take up your cross of struggles and sorrow daily and follow Him through his examples and teachings.

Although the mes-

sage of Joel Osteen is uplifting and inspiring, I believe it misses the mark. Many of his congregation may be lost in the spectacle and missing out on the true meaning of the Gospel – Salvation. There is nothing wrong with being successful or striving for personal excellence but those actions are not priority in life. It is the choice to love and walk with God, through the sacrifice of Jesus Christ – not expecting favors in return. The rest will come naturally, according to Him will.

Do you agree or disagree? We want to know -- gives us your two cents about this topic. Email us at datelinedowntownweb@yahoo.com. Please refer to the "Submission Policy" on page two before sending us your response.

Like something we said? Hate something we said? Have a newtip for us? Want to write a letter to the editor? We want it all! Email us at dateline.editor@yahoo.com. For advertising information, contact the Business office at 713 221 8275 or email us at thomasti@uhd.edu.

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Motley Crue announces “The Final Tour”

Motley Crue, one of the biggest hard rock and heavy metal bands to emerge from the 1980s and achieve commercial and critical success, has decided to retire the band with a final tour. Supporting them throughout this long trek will be longtime shock rock artist Alice Cooper, who has also achieved similar success.

by **Juan A. Hernandez**
Arts&Entmt/Sports
Editor

Farewell tours often come and go, but always seem to end up with a band coming out of retirement and rarely features its original members. Motley Crue made it clear in a press conference on January 28, that this last trek is not a “Farewell Tour,” but rather “The Final Tour.” Singer Vince Neil, bassist Nikki Sixx, guitarist Mick Mars and drummer Tommy Lee are going out in true rock and roll fashion by retiring the band on their terms, with the four original members that started it all in 1981.

In order to retain the band’s legacy exclusively for the fans, the band signed a Cessation of Touring Agreement,

which prevents Motley Crue from touring after “The Final Tour.” The latest trend for touring has been farewell tours by classic hard rock and heavy metal bands, a trend that fans no longer believe to be true. Bands like The Who, Ozzy Osbourne, The Eagles, KISS, Judas Priest and the Scorpions have all gone out on farewell tours in the past, but are constantly touring and recording new music to this day. If Motley Crue lives up to the contract’s standards, they will become the first band to officially retire and perhaps become the model for future bands’ retirement agreements. Supporting act for this final trek will be Alice Cooper, who is visually one of Motley Crue’s influences coming up in the early 1980s.



motley.com

Aside from the excess lifestyle that most hard rock and heavy metal bands from the 1980s are labeled with, Motley Crue’s music is a true testament about four individuals who just wanted to create music together and have a good time. Thankfully, the four original members of the band are still alive and well to tell the story, despite having battled drug addictions and overdoses, DUI incidents and celebrity scandals.

To coincide with “The Final Tour,” the story of the band is finally come to the big screen, as the long-awaited film “The Dirt” will be released by the end of the tour in 2015. Based off the band’s New York Times Best-Seller biography book, “The Dirt” chronicles the

story of the band from its humble beginnings, their rise to fame, their fall to rock bottom and their return to form; all accounted for by the four members of the band.

With over 80 million albums sold worldwide, Motley Crue is making it very clear that they are not doing this for the money, but rather as a true send-off for the fans that will feature quality production and catalogue of their greatest hits. Always no strangers to pushing the envelope, Motley Crue’s legacy will be cemented in music history. The only recognition that the band has yet to achieve is induction into the Rock and Roll Hall of Fame, which they well deserve after 30 years of performing.

Gamers claim Flappy Bird has ruined their lives

by **Vanessa Ramirez**
Staff Writer

If you don’t know what this game is all about, then you can get out from under your rock and know why everyone is hooked on this game. Flappy Bird made the number one most downloaded free app on iTunes. But why is the big question. Why are people so into this game and claim Flappy Bird has “ruined” their lives? It literally causes people to sit and tap at a screen for hours. The point of the game is to tap the screen to make the bird fly. Along your journey you will face tubes similar to the ones in Super Mario as obstacles and here is the hard part, if you touch the pipes, you die and start all over. What makes this game more fun, or frustrating, is that each time,

the goal is to beat your own high score, which for the most part, it’s almost impossible.

“It’s frustrating,” a UHD alumni explained, “I say that I am done with this game, but I end up picking up my phone and play for another hour.”

For sure many can relate to this as some cannot get a higher score than ten. There have been videos uploaded on YouTube of real people getting angry at this game, which are quite funny to watch.

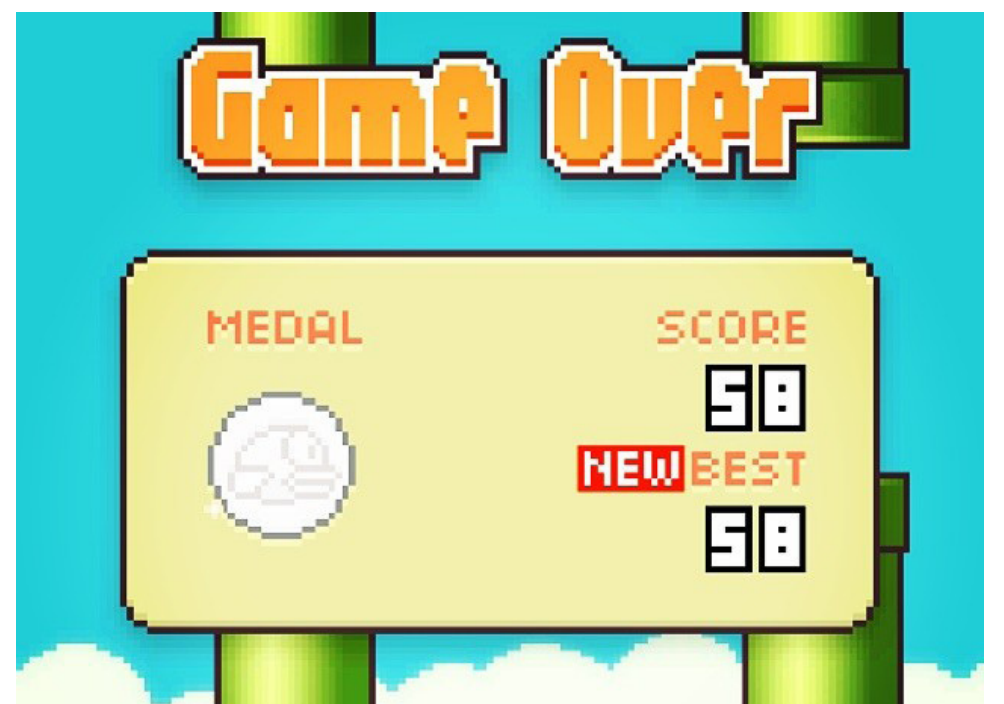
Rumors had it that a young teen from Chicago had killed his brother over the fact that his brother had gotten a higher score on Flappy Bird. This rumor is claimed to be untrue, nevertheless it was believed by many others. Some even claimed that it wouldn’t be a surprise if the rumors were to be

true. Is this game really that hard and frustrating? There was only one way to find out, unless you wanted to follow the advice of many: “do not download this game!”

Unfortunately, Flappy Bird is no longer available. Many believe that the only reason why the creator of this game, Dong Nguyen, shut down Flappy Bird is because Nintendo had decided to sue him for the pipes being used in this game. However, Dong Nguyen claims that this is not true.

He announced on his Twitter, (@dongatory), “I am sorry, ‘Flappy Bird’ users, 22 hours from now I will take ‘Flappy Bird’ down. I cannot take this anymore.” “It is not anything related to legal issues. I just cannot keep it anymore,” on February 8.

The creator made \$50,000 a day from Flappy



creative commons via flickr / Kooroshication

Bird, who would really throw off that kind of money? But Dong Nguyen claimed on another Twitter post, “I can call ‘Flappy Bird’ a success of mine. But it also ruins my

simple life. So now I hate it.”

Now there are other similar games like Flappy Bird being made such as Splashy Fish, City Bird, Flappy Fish, Fly Duck Go

Game and many others. Those who had a chance to download Flappy Bird on to their phone, claim that the app will never get deleted from their smart phone.

UFC 171: Hendricks vs. Lawler

The UFC returns to Texas with an explosive Welterweight bout between Johnny Hendricks and Robbie Lawler.



by Juan A. Hernandez
Arts & Entmt/Sports
Editor

Last October, UFC made its way to Houston with UFC 166 and featured one of the best trilogies in mixed martial arts history: Cain Velazquez vs. Junior Dos Santos Part III. This year, Dallas will be the host to UFC 171 and will once again try to top its previous pay-per-view.

Originally, the main event was scheduled to feature the Light Heavyweight Championship match between Jon Jones and Glover Teixeira, but has since been postponed twice at UFC 169 and UFC 170. Now headlining the event are the two fighters who will be fighting for the vacant UFC Wel-

terweight Championship, a championship that both men have yet to win.

The Welterweight Championship was vacated at UFC 167 last year by then-champion George St. Pierre, who beat Hendricks in a controversial split decision that sent shockwaves in the UFC world, mainly because it was Hendricks who had really won the fight. St. Pierre would then make erratic comments in his post-fight interview with Joe Rogan and announced an indefinite break from mixed martial arts.

It is unclear as to when George St. Pierre will return to the octagon, as many have been speculating that the accumulation of damage has finally hit St. Pierre, but

still remains one of the best conditioned fighters in UFC history.

Since UFC 167, there is no doubt that Hendricks has been anxious and hungry for Welterweight gold, which he truly deserved to win that night. More importantly, fans are hoping that this card will not be the subject to another controversial decision like the one at UFC 167. UFC President Dana White has stated that controversial decisions have ruined boxing as a sport, and vows that he will not let that happen to the UFC.

UFC 171 will take place this March 15 at the American Airlines Center in Dallas, Texas.

creative commons via en.wikipedia.org

The Olympics: An ancient tradition and the modern games

by Megan Lehman
Via uloop.com

The Olympics has become a worldwide sensation and tradition since its creation nearly 2,700 years ago. With the 2014 Sochi Olympics already well underway, the world is waiting and watching in awe as the best athletes from nation after nation competes for the honor and pride of their homeland. In games such as alpine skiing, the biathlon, curling, free style skiing, ice hockey, the luge, short track, and speed skating, fierce competitors have been taking the stage, ready to perform. The Olympic torch has been lit and with it, the fire inside every athlete, coach, and spectator. But how did the Olympics begin? And why?

According to the BBC, the Olympics began in the

southwest part of Greece. Originally a religious ceremony, the games are thought to have begun in 776 B.C. These games were held to honor the king of the gods, Zeus, but were created by Hercules, son of Zeus. Much like the games we so cherish today, these games were held once every four years in Olympia, a valley near a city called Elis. Unlike our current games, however, only members of the Greek world traveled to Olympia to compete.

The games in the very beginning were similar to what we have now. The Olympic website states the games included running, long jump, shot put, javelin, boxing and equestrian events. The Pentathlon also became an Olympic sport in 708 B.C. with the addition of wrestling.

The Pentathlon itself included running the



courtesy of Riding Coastal

stade race; sprinting from one end of the Olympic track to the other which was 200 meters; the di-alous, which was a 400 meter race; and the dolichos, a race that nearly quadrupled the first two races. The athletes then went on to competitions of jumping and discus throwing.

What was once a beautiful tradition was ended nearly 1,200 years after its creation in 393 CE

when Theodosius I, a Roman emperor and Christian, abolished the games because of the perceived pagan influences. When all hope for the beloved ritual seemed lost forever, Frenchman Pierre de Coubertin began the reinvention the world was waiting for, becoming known as le Rénovateur.

In the eyes of le Rénovateur, exercise, or sport more specifically, was what one needed to be a

well-rounded and vigorous person. When bringing this theory to France, Coubertin was met with some resistance but he persevered. Coubertin began the Union des Sociétés Françaises de Sports Athlétiques (USFSA) in 1890 and just two short years later he decided to announce his idea to revive the Olympic Games.

On November 25, 1892, in Paris, France at a meeting of the USFSA, Coubertin gave a speech about the world's need for an Olympic revival, but to avail. Coubertin organized yet another meeting two years later with 79 delegates representing nine different countries and gave yet another motivational speech. This time he was successful and the delegates voted unanimously for the Olympic Games.

With this historic

decision made, the delegates also voted for Coubertin himself to design and construct an international committee to organize the new and improved games. This committee went on to become the International Olympic Committee and fittingly so, Demetrios Vikelas of Greece was chosen to be the committee's first president. After he served as president, Vikelas returned to his beloved homeland of Greece to devote himself to the advancement and simplification of education, which he believed was in desperate need.

Under his watchful eye, Vikelas helped bring the Olympics back to the splendor and grandeur that it has become known for today.

First she's too fat, now she's too thin

by Elizabeth Padgett
Web Content Editor

Season 15 winner of The Biggest Loser, 24-year-old Rachel Fredrickson, has received criticism for 'going too far' with her weight loss.

What should have been all applause and complements for Fredrickson has turned into a backlash against both her and the show. We first met Fredrickson when she weighed in at 260 pounds. At the show's finale, she showed-off her new 105-pound body. Fredrickson was able to lose 155 pounds, 59.62 percent of her former body weight.

Viewers commented that Fredrickson "just looks so sickly" and "shouldn't be able to win" due to her appearance. Christopher (@The_Vole) called her "unhealthy and creepy," while Cari Striner (@carijeanne) commented that it is "just unbe-



courtesy of NBC

lievable how far she took her weight loss with so many young girls watching her every move."

Defenders of Fredrickson said that "she was in it to win the game" and now that the show has ended, she will presumably put a little more weight on. The closest top performer to Fredrickson was David Brown, who lost 54.28 percent of his

body weight.

The real story, however, is not about Fredrickson's weight loss. Her story is a tool that has enabled Americans to take a good look at ourselves, more importantly our obsession with appearance.

As a country, we have had a long affair with our appearances. Yet with all our criticisms of each other, America still ranks

as one the world's most obese nations.

Alex Kuczynski, New York Times Styles section reporter, refers to America as "beauty junkies, addicts continually looking for our next fix to keep us looking young and pretty." Particularly for women, Kuczynski points out that beauty is "something we are expected to have, in addition to being smart

and successful."

America is a competitive country. Instead of learning to cheer for one another on their great accomplishments, we find it better to tear one another down. Just when someone may be too close to obtaining the 'ideal,' we must find something to criticize about, something they still need to work on. If Fredrickson were your

friend, would you congratulate her or tell her she's too thin?

Kuczynski, who admits to not being immune from social influences herself, has said that "looks are the new feminism, an activism of aesthetics."

Fredrickson has defended her dramatic weight loss and affirms that it was all natural, through weight loss and diet. "I eat five times a day and 1600 calories," Fredrickson said. "We are given a calorie budget and I stuck to that. I followed the advice and support of the medical team at The Biggest Loser the entire journey and I'm going to continue on the path and maintain the healthy lifestyle." According to The Biggest Loser Wikipedia page, Fredrickson is the only contestant in all 15 seasons whose final BMI is listed as underweight.

Coca-Cola Super Bowl commercial sparks controversy

by Jessica Hernando
Feature Editor

During the Super Bowl, Coca Cola aired a commercial with scenes of family and friends enjoying themselves, people of all different cultures having a good time, and occasional glimpses of someone drinking Coke. The song playing in the background was "America, the Beautiful" being sung in different languages. Though I could not distinguish some of them, I still thought the minute-long clip to be a very beautiful and feel-good commercial. I didn't think too much of it until the next morning.

Roula and Ryan of 104 KRBE brought up the commercial and how many were outraged at what Coca Cola has done. Angry tweets such as "Nice to see that Coke likes to sing an AMERICAN song in the terrorist's language" and "Coca-Cola is the official soft



drink of illegals crossing the border" and "Dear Coke commercial.... DO NOT sing my Country's song of freedom in a different language," flooded Twitter feeds and the hashtag #SpeakAmerican even started trending.

Hearing and reading some of the negative comments, I couldn't help but to feel outraged myself. Being 2014, I would love to think that Americans are slowly but surely becoming more accepting of

others despite skin color, religion, ethnicity, sexual orientation, etc. But after this incident, I just felt so angered and deeply disturbed knowing that there are still so many ignorant, judgmental, prejudiced, narrow-minded and racist people out there today.

The languages featured in the commercial included English, Spanish, Keres, Tagalog, Hindi, Senegalese-French, Hebrew, and Arabic. To the first tweeter, naming any



youtube.com/cocacola

language other than English as a "terrorist's language" is not only wrong but just utterly disgusting. To the second tweeter, calling people "illegals" is just as terrible. No one knows the stories or reasoning behind why people may move to this country illegally but that does not put anyone in the place to judge or make fun of people's life choices.

This comment is also just downright offensive to all the immigrants

who have migrated from their home countries and worked so hard in this country to become American citizens, such as my parents. I simply hate how ignorant people, like these tweeters, just throw words such as "terrorists" and "illegals" around to name any person who does not happen to fit into their very shallow mold of what they think it means to be "American." To the third tweeter, though English is the pre-dominantly

spoken language of the United States, it is not the official national language, because there isn't one so there is no need to dismiss and exclude all other languages that happen to be spoken in this country.

Though I am upset over the hate and negative feedback from such a beautiful commercial, I am moved with hope from all the open-minded, humanistic and culturally relative people out there. What makes America so beautiful is the fact that we are so diverse. Our country is filled with cultures from all over the world and this is something we should fully embrace, not take for granted because life would be so boring if we were all completely the same. I believe just as long as people continue to spread the love and help others realize that we are really just part of one race, the human race, the better off the world will be.

Student Health Corner

To smoke or not to smoke, that is the question



Why do people choose to smoke cigarettes? Good question! According to the Center for Disease Control (CDC), cigarette smoking is the leading preventable cause of death in the United States. The most interesting fact is that tobacco use causes more deaths yearly than human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries and even firearm-related incidents! If all cigarette smoking ceased, one of every three cancer deaths in the United States would not occur, and the number of chronic diseases would dramatically decrease. Cancer is only one of the few illnesses tobacco users face. Cigarette smoking also causes heart disease, stroke, pregnancy complications, emphysema, bronchitis, premature wrinkles and even loss of bone mass.

With all these reasons not to smoke...why even start? The American Cancer Society lists reasons including: stress relief, peer pressure, risk taking behavior, self-medication and enticing tobacco marketing. Unfortunately, research indicates that nicotine addiction occurs after smoking a mere 100 cigarettes or within a month of starting tobacco use. Did you know that even social smokers who do not smoke every single day can become addicted to nicotine?

The latest nicotine product to hit the market is the E-cigarette, which may not be quite as harmless as originally believed. E-cigarettes are battery-powered devices that do not contain tobacco. They heat up liq-

uid nicotine and allow smokers to inhale and exhale the vapor. It was intended to be an alternative to tobacco smoking. E-cigarette companies are now marketing flavored cartridges for the cigarette which include gummy bear, chocolate, cotton candy and root beer flavors which are quite appealing to adolescents. Unfortunately, over the past four years, around 52 percent of calls to the Texas Poison Control Center have involved E-cigarette exposure in children less than five years of age.

Do you have what it takes to quit? Sure you do! But, you need to develop a solid game plan to assure success. First, develop a list of compelling reasons for quitting. Here are some benefits to help you get your list started: improving sense of smell, enhancing the taste of food, improving physical condition, reducing risk of smoking-related premature death and if you are a woman of reproductive age, reduced infertility risk. Next, set a quit date that is within the month ahead. Mark the date on your calendar and make a firm commitment to quit on your designated day. Don't plan to quit cold turkey. Nicotine is a very difficult addiction to overcome. So, plan to purchase nicotine replacement which comes in lozenges, gum or patches. It will help double your success rate and help you avoid nicotine withdrawal symptoms such as anxiety, irritability, concentration difficulty and increased appetite. You could schedule an appointment with a medical provider to get a prescrip-

tion medication that aids tobacco cessation if you need the extra help. Studies suggest nicotine gum, lozenges, and patches can help double your chances.

It is wise to get support from family, and friends to help you reach your goal. Some individuals report counseling to be effective particularly if they do not have a strong support group. Avoid triggers that normally prompt cigarette smoking for you. A common trigger is coffee, so drinking tea might be helpful. Alcohol is another trigger, so it might be wise to go to a movie instead of visiting a bar. It has been proven that exercise reduces withdrawal symptoms and minimizes nicotine cravings. So, visit the UHD Sports & Fitness Center between classes. Another tip is to keep some cut fruit and vegetables with you to munch on to help cravings pass. Plus, they make the taste of cigarettes less appealing. Finally, keep track of all the money you will save when you no longer need to buy cigarettes, and plan to do something special once you quit. You can do it! When you make the wise decision to quit smoking, there are great resources to help you with your mission. Here are just a few:

quitsmokinghouston.com
smokefree.gov/
lung.org/stop-smoking/
quitnet.com
1-800-QUITNOW
(1-800-784-8669)

Patricia A. Obulaney,
MSN, RN, ANP-BC
UHD Student Health Clinic

Problem or opportunity

by Devalina Nag
Staff Writer

Merriam-webster dictionary defines "problem" as "something that is difficult to deal with." That is an obvious definition that everybody knows, right? But did you know that a problem in actuality is not a problem until you decide to call it a problem? Now you might be wondering: What is a problem then? The answer is simple. A problem is an opportunity!

In 1904, George Bang proved the concept that a problem is not a problem, but an opportunity, while selling ice cream at the World Fair in St. Louis. The tradition of serving ice-cream during this time period was in bowls with spoons. Unfortunately, he ran out of bowls. His situation was dreadful. He had delicious ice cream that was ready to be served, but the poor fellow did not have bowls to serve it in. He realized that the obstacle in his business was his lack of resources. Instead of sitting down with a sad face and blaming his luck for the problem he confronted it, he made a decision

to turn this problem into a business venture. He bought waffles from a nearby shop in bulk and rolled them into a shape of a cone that would hold ice cream. His customers thoroughly enjoyed his innovation. In fact, people today across the world are still enjoying ice-cream in cones.

From Bang's success, it can be stated that difficulties that arise in a person's life do not come in cardboard boxes with labels attached to them stating "I am a problem" or "I am an opportunity." In other words, situations are just situations and the person facing the situation is the only one in power to either label them as a problem or an opportunity.

"When I lost my job as a tutor I was really upset. I loved my students. But, later I realized that it wasn't a bad thing when I found an easy and flexible job at the [W.I. Dykes] library," Maria Cardenas said, a Psychology major.

It is possible to do something constructive with the challenges that one confronts. For instance, if you get fired from your job, instead of

becoming frustrated, you can look at this situation as an opportunity to find a much better job, or instead of sulking about getting an F on a test that you have spent six hours studying for, you can look at it as an opportunity to explore and find the learning style that works best for you. When a person determinedly decides to take every challenge that he or she faces as an opportunity, then becoming successful in life is inevitable.

"When I first started college I was so nervous. The people, the language, the surrounding, everything was new to me," Tuyen Nguyen said, an Accountant major. She elaborated that although she was panicked and nervous about starting college in a foreign country, she made up her mind to work hard to obtain the grade that she desired.

"In my first test in College-Algebra class, I made a 100, and I kept performing well on every test," Nguyen said. She added that she was glad to have decided to stay determined, focused and positive.



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Bilingual sports journalist working for ESPN

by Vanessa Olivares
Staff Writer

Antonietta "Toni" Collins is a Mexican-American sports commentator at an English worldwide leader in sports. She joined ESPN and left Univision in September 2013, as part of the digital media team. She anchors news and analyzes video segments in every sports category for ESPN.com, as well as enterprise reporting and interviews for features.

Collins explained her experience with sports not only as a Latina, but as a female in a male-leading industry.

"I grew up in a bilingual home. Spanish was my first language and I learned English when we moved from Mexico City to the United States in 1992," Collins said.

It helped her a lot in her professional life when she simultaneously became a reporter for Univision in Spanish and Fox in English in the Rio Grande Valley in Texas. The advice her parents gave her was to believe in herself. She said that it was hard having to read and speak in different voices in a news environment.

"You realize that it won't be easy and you will see things that you never imagine, but at the end of the day you will grow as a person," Collins explained. "That's what makes a difference. If it's your passion, you will fall in love with it," she continued.

For most college students, finding a passion is hard at first. When one finds a passion for something it will be worth it in the end by seeing all the accomplishments that

have been made along the way.

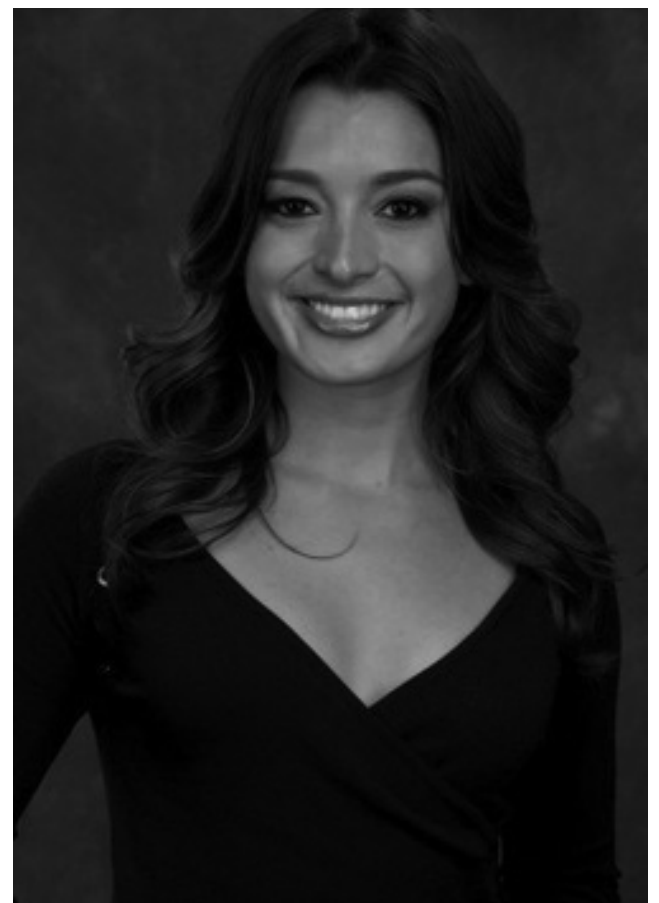
"Being a Latina sports reporter is such an honor and a privilege. I feel blessed and lucky to be a second-generation Mexican-American living my dream and being able to tell stories not only our Hispanic athletes, but of all athletes."

Collins described that there are also big misconceptions when it comes to women and sports. The public underestimates the professional skills of a female sports reporter.

"We are just a pretty face and we are here because it's what's 'in' right now. Women in sports are used to attract male viewers, but we know our sports too," said Collins.

Prior to joining ESPN, Collins was a sports anchor for Univision Deportes' morning Despierta

America (Wake up America) and for the network's magazine show Primer Impacto (First Impact). Previously, Collins was also a sports anchor and reporter for Univision's Dallas, where she covered the NBA post-season and finals, Major League Baseball's ALDS, ALCS, and World Series, the Dallas Cowboys, FC Dallas, and the Dallas Stars. She is the daughter of Maria Antonieta Collins, a freelance correspondent for Univision network. She said the people she gets to call colleagues and learn from is a dream come true. She works amongst her idols, great journalists, anchors and athletes to hopefully one day be able to be part of the Sports Center.



Antonietta "Toni" Collins is a Hispanic sports commentator.
courtesy of Antonietta Collins

Snapchat continued from page 1

fect image of them being permanently posted online for anyone to view. As fun and harmless as this app appears to be, there are certain hidden truths about Snapchat that users must be aware about.

1. Pictures and videos do not "disappear forever"

The impression Snapchat gives of pictures and videos being completely obliterated is, as you may have guessed, not entirely the truth. A digital forensics company discovered that sent and received media files are actually stored as hidden files on your phone. Though a file extension prevents these images from being viewed, a decipher forensics team figured with the right type of software the files can be easily extract-

ed and retrieved.

2. Snapchat's Privacy Policy even says so

Despite the whole premise of the app, the company's Privacy Policy explicitly states, "When you send or receive Snaps, we also temporarily collect, process and store the contents of the Snaps (such as photos, videos and/or captions) on our servers. We collect information about these messages, including the time, date, sender and recipient of the Snap." The statement goes on to say that files are also temporarily saved on recipient's devices and that these files, along with files on their servers, get deleted eventually. However, the creators state, "We cannot guarantee that deletion always occurs within a

particular time frame."

3. There are tricks and apps to save Snaps without the sender knowing

As users know, Snaps can be saved by taking a screen-shot and senders are typically sent a notification saying so. However, there are simple tricks and techniques online that allow recipients to save Snaps without notifying the sender. In addition, a free app called Snaphack allows users to connect to their Snapchat accounts, open Snaps and download pictures and videos without anyone knowing. With 50,000 plus downloads, this app allows users to easily save Snaps to the gallery and share to Facebook, Gmail and other image sharing apps.

4. Snapchat started out as an idea to be a safe sexting app

The original name for Snapchat was Picaboo, hence, the ghost logo. The initial idea for Picaboo by three Stanford students was to have an app used for safe sexting. Sexting, by definition, is the sending of sexually explicit images or messages through texting. There have been many instances of people being denied jobs or being publically embarrassed by an ex because of sexting. The creators figured that this app would be of great appeal due to the fact that images would "disappear," reducing the worry of images being saved for blackmail, negative intentions, etc. Though sexting should be avoided altogether, the last three truths have shown that

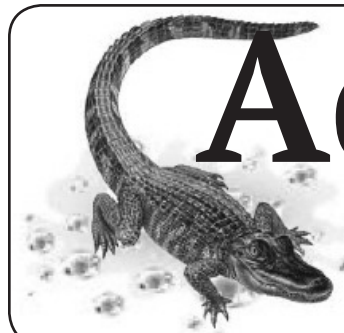
there is in fact no way to sext safely.

5. 4.6 million Snapchat users have been previously hacked

When a user first joins the Snapchat, the app first asks for permission to connect to the device's phone number. This information has been taken advantage of by hackers. Although it has recently been taken down, the site SnapchatDB.info listed 4.6 million Snapchat usernames and corresponding phone numbers to be easily viewed and downloaded. The group of hackers surprisingly pulled this stunt to raise public awareness of Snapchat's poor security measures. The hackers stated, "Our main goal is to raise public awareness on how reckless many in-

ternet companies are with user information" and to also "put public pressure on Snapchat to get this exploit fixed. It is understandable that tech startups have limited resources but security and privacy should not be a secondary goal. Security matters as much as user experience does."

Though Snapchat is a great way to cure boredom, have a couple of laughs and share trivial moments of daily life with friends, people should be aware of some of the hidden truths behind this commonly used app. Just remember to be cautious of not only who you Snap but what you Snap!



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To boldly go...

by Mark Steven Caffey
Staff Columnist

Nearly 40 years have passed since the last soft landing on the Moon. Last month, China accomplished this task with its Chang'e 3 lander and Yutu rover.

A soft landing is accomplished when spacecraft thrusters are used to slowly lower the craft within several feet of the surface of the Moon before touching down. These landings are more difficult to accomplish than hard landings – a lunar touchdown at full orbital speed. Since the mid-1970's, the Moon landings have been hard landings. With this latest landing, China has revealed to the world its involvement and dedication to space exploration.

The lander Chang'e was named after the Chinese goddess of the Moon. The Yutu rover is named after the Chang'e's pet jade rabbit. Yutu has a three-month mission to take pictures, gather rocks, conduct analysis and measure the structure and depth of the Moon's surface to nearly 100 feet.

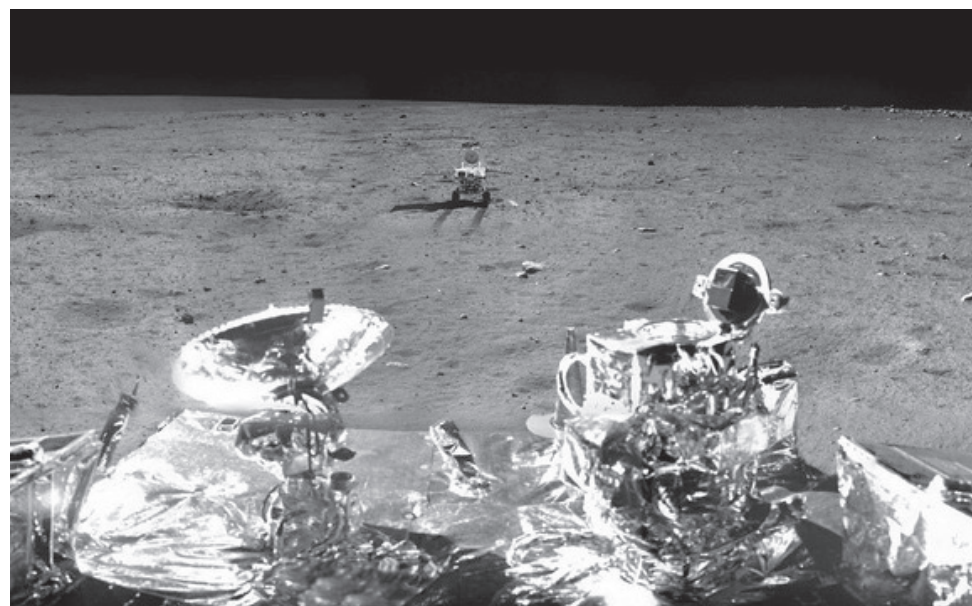
Yutu is powered by our sun which limits travelling to during the lunar day only – during the lunar nights, Yutu waits patiently for the next lunar sunrise.

The Chang'e three mission has sparked a debate about possible exploitation of the Moon's resources – who has rights, if anyone to extract resources from the Moon? Chinese scientists believe that the Moon is a poten-

tial source of minerals.

"Currently, no one can claim ownership of the Moon," Ian Crawford said, Planetary Science Professor at Birkbeck College University of London. "The legal status of the Moon is governed by the 1967 Outer Space Treaty, Article 2 of which specifically prohibits nation states from appropriating the Moon."

"Within the next few decades the economic exploitation of the Moon will be technically feasible," Crawford said. "Even if there are not minerals to be extracted, the space tourism industry is gathering a lot of momentum so one might imagine interest in sending people to the Moon as just fare-paying passengers. None of this is currently cov-



courtesy of CNSA/ChinaNews/ Ken Kermer Marco Di Lorenzo

ered by the 1967 Treaty."

Many feel that countries like China will surpass the United States in technology and space exploration. Some in the space industry fear that and cost American companies dollars. Robert Bigelow is a commercial space entrepreneur who owns Bigelow Aerospace

Company. This business creates inflatable space habitats. Bigelow believes that China will continue to rise and eclipse the United States in leadership in space exploration. "China is likely to claim ownership of the moon if other nations do not step up to challenge them," claims Bigelow.

NASA's reaction to China's successful rover landing came from a late December post on Space Policy Online, stating, "... We welcome all countries' peaceful exploration of space, and look forward to China's public release of the scientific results from the Chang'e 3 mission to the moon."

Science Corner

Antibiotics: Magic bullets or ineffective drugs

by Semira Taheri, Jeniece Julius and Christa Landowski
Contributing Writers

Imagine a child who is feeling miserable from a cold and fever, and you take the child to the doctor only to be told that the child will get better with rest and plenty of fluids. Would you feel frustrated since you bundled up and took a sick child out and gave the co-pay to consult the doctor? You expected some miracle medicine from the doctor; you expected a prescription for an antibiotic, right? Well, you're not alone.

According to research done at the University of Missouri-Columbia School of Health Professions, seven out of ten Americans receive antibiotics when they seek treatment for a common cold; they believe that antibiotics treat all infections, including the common cold and influenza.

Contrary to common belief, antibiotics treat illnesses caused by bacteria, not viruses, which cause most of the respiratory illnesses. Additionally, antibiotics can cause serious allergic reactions in some patients. According to a report in the journal *Clinical Infectious Diseases*, adverse reactions to antibiotics led to 142,000 visits to the emergency room in a year, mostly of small children. So why are some doctors prescribing antibiotics – perhaps due to habit or the lack of interest in explaining the inef-

fectiveness of antibiotics towards non-bacterial infections.

According to *Medical News Today*, the discovery of antibiotics was an important milestone in medicine; they were called "magic bullets." Penicillin, the most widely used antibiotic, was discovered by Sir Alexander Fleming in 1928, and later modified and mass produced by Drs. Howard Florey and Ernst Chain. It was the miracle drug during World War II.

However, the overuse and misuse of penicil-

lin and other antibiotics have made them less effective. In hospitals, 190 million doses of antibiotics are used each day and more than 133 million courses of antibiotics are prescribed by doctors to non-hospitalized patients each year – some of which are unnecessary. In many developing countries, a prescription is not needed to obtain antibiotics. People buy a few pills and take them for a short time until they feel better; however not all the bacteria die and the survivors are the resistant

ones. Bacteria have an amazing ability to adapt to adverse conditions and develop resistance mechanisms against the antibiotics. One such superbug spreading to other countries is NDM1, New Delhi Metallo-beta-lactamase-1, found primarily in India, Pakistan and Bangladesh. It is resistant to almost all known antibiotics.

Now imagine having a burger or a glass of milk and the same antibiotics you wanted for the sick child were fed to the animal, even when it was healthy. Using antibiotics as growth-promoting agents in the feed of animals raised for human consumption is a common practice and it is compounding the problem of bacterial resistance. According to research from the University of Minnesota, the use of antibiotics in animal feed increases the growth rate of animals and prevents or re-

duces infectious diseases in animals. However, this research also shows that continuous use of antibiotics causes bacteria in the animals and surrounding environment to become resistant to the antibiotics. The resistant bacteria are transmitted to other animals and even to humans through improperly cooked or unpasteurized animal products.

So the next time you are ill with a viral infection, do not insist on antibiotics because they will be ineffective and may contribute to the widening antibiotic resistance of bacteria. If you consume animal products, consider opting for choices raised without the use of antibiotics. Limiting the use of antibiotics to times when they are truly needed can help stave off increasing bacterial resistance to antibiotics and help us live healthier lives.

This article is part of a series of microbiology articles that appear in Dateline Downtown and fulfills the Service Learning requirement of Dr. Gulati's General Microbiology class.

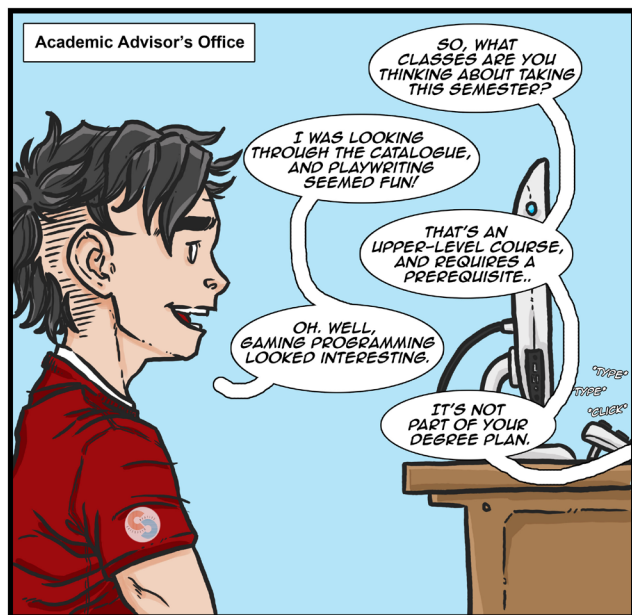
Antibiotics:
Will they work when you
really need them?



courtesy of cdc.gov

Comics

ACADEMIC SUSPENSION by Daniel C. Jaramillo



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The enigmatic art of Z. Vanessa Helder



courtesy of UHD O'Kane Gallery

by **Elfego Chavez**
Contributing Writer

The art of the enigmatic Z. Vanessa Helder, "Austere Beauty," featured in the O'Kane Gallery from Feb. 4-Mar. 6, was organized by Tacoma Art Museum and funded by a grant from the Houston Arts Alliance.

There is a lively vivacious quality top not above the muted grey

undertones which add a misty far away quality in her work. This style is vibrant, yet has an overall distinctly American way to shine gray.

Her use of watercolor in its treatment of the motif never can concede to appear as a stain, but rather portrays a strong linear quality usually only achievable on a drafting table or with a marker or pen. As evident in Plate 45

Old Joshua Green House displayed on North facing wall which may have been a reference to the tree, since it was later confirmed that it was actually a different house by title.

The Washington State native modernist pieces evoke a mood similar to the style used by Diego Rivera. Her vivid bold colors have a muted rigor within shades of gray, a masterful use of vibrancy.

The art of Z. Vanessa Helder is complimentary to our Deco style UHD exterior, whereas inside we have much more. Note her very Dali-esque portrayal of trees, which transcend time.

It was between Vermont and Seattle that the artist developed her mystique. Plate 24 Edmund Giles Tennant, circa 1939 oil on panel and Plate 25 Blanche Luzander Mor-

gan 1942 oil on panel (both private collection courtesy Martin-Zambito Fine Art) are displayed on the South facing wall of the exhibit. They are reflective of the people she surrounded herself with in her lifetime, many who were in the architecture field.

This woman's work in its softness is as strong as a Mexican Revolutionary in her Grand Coulee Dam

Series piece, displayed on the North wall, Construction Crew 1939-41 (Northwest Museum of Arts & Culture/Eastern Washington State Historical Society, Spokane, Washington) shows this as she portrays workers in their dignity and grace with pride.



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