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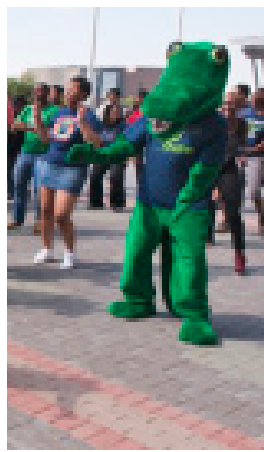
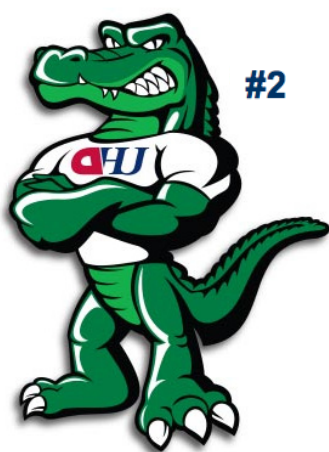
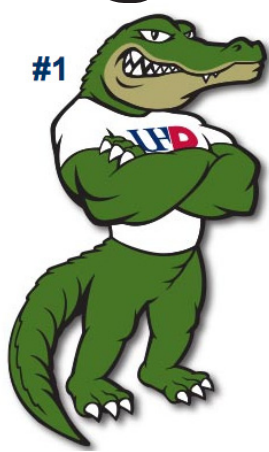
DATELINE DOWNTOWN

THE UNIVERSITY OF HOUSTON - DOWNTOWN
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Volume 52 Issue 6

New design for an official gator mascot



Two design options for an official trademark gator mascot was put up for voting on the UHD website during the week of March 17-21. The gator design with the most votes will be revealed to students on April 9.

photos courtesy of uhd.edu

UHD

by Elizabeth Padgett
Web Content Editor

UHD moves forward on trademarking an official gator. Two designs were available for voting during the week of March 17-21.

"The new designs are more professional and not so amateur," said Noemi Giron, a UHD Professional Writing major and Digital Media minor, giving her opinion on the gator logo designs that were up for vote in comparison to past renderings.

"If you compare the logo of University of Houston main campus to our logo, it seems like our [past] logos didn't look fully thought out (in the aspect of demographics)," Giron said. "UH main's logo looks professional

yet youthful, so it targets the younger students and graduates who are looking to pursue a higher degree. Our logo didn't have a clear demographic."

Like many students and faculty, she supports trademarking an official gator logo. Unfortunately, the news of two gator designs being up for voting came with short notice, with the first day of voting also being the first public mention of the project, March 17, on the university-run blog Skyline.

This project is the second attempt of UHD to orchestrate an official gator design for the university in recent years, following the commission and subsequent cancellation of a project in 2012. At the time it was speculated the sud-

(continued on page 3)

College Life

Five reasons to take summer classes

by Devalina Nag
Staff Writer

Houston's weather is warming up, meaning that summer 2014 is right around the corner! Summer brings in multiple opportunities for college students to choose from like engaging in outdoor adventures, pool parties, visiting friends or family in another state, buying concert tickets, absorbing plenty of sunshine and yes of course - summer classes. For most UHD students, the last



option is generally their least preferable choice. However, taking summer classes can, in many cases, cut a student's stay in college for an entire year. "If I don't take a class this summer, I will

end up graduating much later than my expected graduation date," Liliana Flores, a Supply Chain Management major at UHD said.

Registration for summer 2014 classes opens in April so students will need to come to a decision now. If you are feeling hesitant, here are five reasons why summer classes can be a wise choice to make:

1. Summer classes are shorter!

Ten weeks will come

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Opinion

Letter from the editor:

by Jacqueline Reyes
Editor-in-Chief

If you are picking up this issue and have done so throughout the semester, know that we are immensely grateful for your support and loyalty to the Dateline Downtown. If this is your first issue, we still want to thank you for picking us up and please continue to do so in the future. This is also the last issue of the semester, and the last issue under my term as Editor-in-Chief.

It has been a year since



I stepped in, and I can say, without hesitation what soever, that these have been the hardest semesters of my life, but I am extremely satisfied with the work we have achieved here at the Dateline. This is the 14th issue I am able to produce as editor and

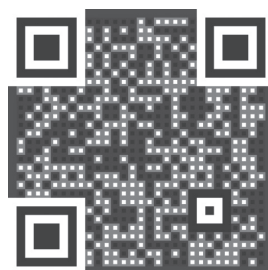
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Minimum wage discussions may be relevant to students

by Alicia Callender
Staff Writer

Within the last month, President Obama has proposed changes to a popular social issue, minimum wage, citing its effects on various groups, such as the working class. Arguments have been made about the potential influence this will have on mobility, but there are also lingering questions about how this change will affect students.

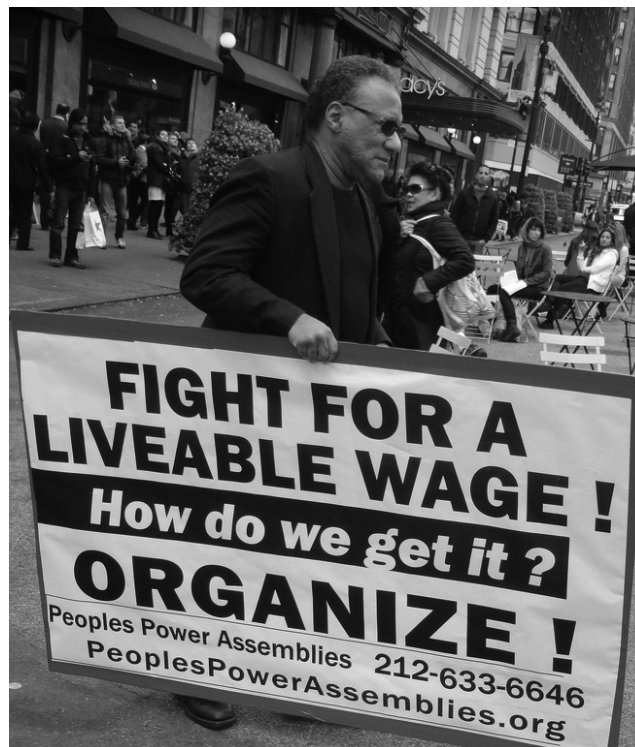
The topic of minimum wage has surfaced again, but this time in reference to the poor. The current rate paid by most states is \$7.25 an hour. The proposed legislation will increase that rate to \$10.10 an hour by 2016. The motivation behind this idea is linked to many issues, including reducing unemployment and rising approximately 900,000 families out of poverty. Also, recent assessments on the pos-

sible effects on the economy suggest that it will also increase the salary of many low-wage workers. However, there have been few talks on how these changes may affect students, who also regularly seek out minimum wage jobs for different reasons, including experience.

According to the Department of Labor Statistics, students, as a group, are among the younger workers that seek out minimum wage jobs. In general, American workers over the age of 16 make up 59.1 percent of all wage and salary workers. Specifically, workers under the age of 25 made up half of the people who have minimum wage jobs. While it remains to be seen how this will particularly affect students, according to Richard Wolff, an economist and a professor of the subject at University of Massachusetts Amherst, he feels that these chang-

es will have a positive effect among the student population. "The benefits are incalculable," he says. "It would help so many students."

Minimum wage, in general terms, is the lowest legal hourly pay rate, but originated in accordance with the Fair Labor Standards Act of 1938, a law designed to protect workers. The subject has been among discussions across disciplines, including economists and politicians. It has also been a topic of controversy for many throughout history, including fast food workers and immigrants. Most recently, fast food employees in major cities, like Detroit for example, demonstrated their concern and anger over the issue. In general, many walked out of their jobs and demanded \$15 an hour, reflecting a resonating concern about hard work and long hours but low compensation.



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There are mixed opinions about how these changes will affect the nation. Some argue that it will cause an increase in wages and spending, thereby influencing the demand for various goods and services while others

believe this could possibly include the loss of 500,000 jobs, as companies cut down on employees to manage higher labor costs.

Upcoming elections for Student Government Association positions comes to a close

by Theodore Shull
News Editor

As the 2013-2014 academic year steadily marches towards its inevitable close, new positions are opening up for students who are inclined to serve and even lead others. Each and every Spring semester marks the time for interested students to submit their ballots, including a certain required number of nominating signatures, to appear on a final ballot for general election by the student body at the end of April. Those students who are ultimately elected for service as President, Vice President, or Senators of colleges begin their terms of service for the next academic year on June 1, 2014.

Qualifications are the same for most positions; a 2.5 cumulative grade

point average, attendance at Robert's Rules procedural training, and completion of a consecutive long fall and spring semester as a student at UHD, however Presidential candidates cannot include their currently enrolled semester to meet that one-year enrollment

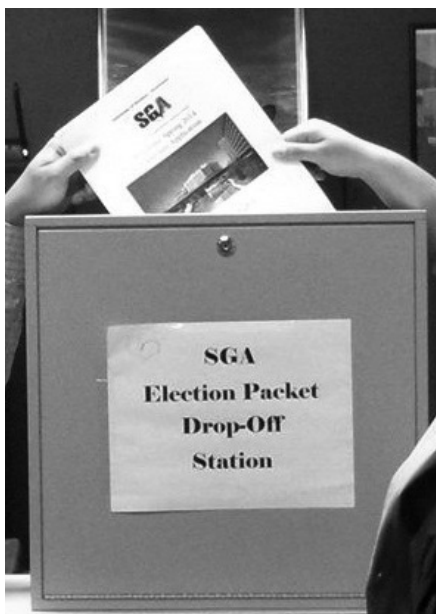
requirement.

Potential Senators must receive 50 signatures each to appear on the final ballot, while President and Vice President tickets must receive a total of 200 signatures combined to be eligible for the general election. All potential ballots are

not valid until after the official ballot deadline, which is Friday, April 4, 2014.

Ms. Lydia Jackson is the Student Government Association election commissioner, and is responsible for overseeing all student campaign activities and elections, and

can be reached at lydiacatjackson@gmail.com for any further inquiries about student body elections.



courtesy of Reyna Valdez



courtesy of Isaac Valdez

Editorial Staff:

Editor in Chief:
Jacqueline Reyes
dateline.editor@yahoo.com
Office: (713) 221 8192
Fax: (713) 223 7466

Assistant Editor:
Alma D. Garcia
dateline.assistant.editor@yahoo.com
Office: (713) 221 8569

Web Content Editor:
Elizabeth Padgett

News Editor:
Theodore B. Shull

Feature Editors:
Jessica Hernando

Arts&Entmt./Sports Editor:
Juan A. Hernandez

Copy Editor:
Annabella Gutierrez

Business Office:

Business Manager:
Tianna Thomas
thomasti@uhd.edu
Office: (713) 221 8275
Fax: (713) 223 7466

Advisor:

Anthony Chiavillo
chiavilloa@uhd.edu
Office: (713) 221 8520

Staff:

Mark S. Caffey, Columnist
Dana C. Ayres, Writer
Vanessa Olivares, Writer
Alicia Callender, Writer
Vanessa Ramirez, Writer
Abigail Murillo, Writer
Devalina Nag, Writer
Mariyam Haideri, Writer
Casey Power, Writer
Louie Galvez, Photg.
Elpidia Medina, Photg.
Victor Ancheta, Photg.
Zinah Rasheed, Photg.
Ezequiel Gutierrez, Photg.
Mohammad Mohsen, Photg.

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Dateline Downtown welcomes submissions to the editor from any member of the UH system. Submissions should be no more than 300 words, include the author's full name, phone number or email address, and affiliation with the University, including classification and major. Anonymous submissions will not be published.

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.

Dateline Downtown is the official student-produced newspaper of The University of Houston-Downtown. Editorials, cartoons, columns and letters are the opinions of individual students and do not necessarily reflect the opinions of other individual student writers, editors, advisors of the University of Houston-Downtown, its administration or students.

What does the season of Lent mean?

by **Abigail Murillo**
Staff Writer

The season of Lent is here. It began on Ash Wednesday, March 5, and the Lenten fast ends on Holy Saturday before the beginning of Easter. During mass on Ash Wednesday, those who pertain to this holiday go to church and gratefully receive ashes on their foreheads. These ashes symbolize mourning, mortality and penance.

The father marks every individual's forehead using the ashes to mark the sign of the cross and says, "You are dust, and to dust you shall return."

This day marks the beginning of fasting and refraining from red meat on Fridays. It also marks the beginning of a spiritual challenge. Abstaining from red meat on Fridays is practiced by those who are 14 years and older. Those who are 18 years and older must fast. Fasting permits one full meal a day, but it does not prohibit taking small por-

tions of food in the morning and evening. Sundays are considered feast days and the fasting customs do not apply. Fish is a popular food for this season, for it is the only meat that is allowed to be consumed on every Friday of Lent.

People often question the true meaning of Lent and why followers choose to abide by these customs. The purpose of celebrating Lent can differ from one devoted individual to another. The overall purpose is to celebrate the death and resurrection of Christ. However one chooses to celebrate this time is up to each person. Many give up a vice they consider a good sacrifice for the Lenten season. Some of the vices include smoking, consumption of alcohol or any habit they consider bad. People also give up favorite foods or drinks to show devotion to their beliefs. For example, simply giving up coffee can mean a lot to that specific person.

A lot wonder if the

sacrifice is always valid and if by the conclusion of Lent, people will go back to their usual habits. If someone gave up alcohol and did a great job abstaining from it all 40 days, the day they can consume it again, they do so gleefully and sometimes even excessively in result of the deprivation. For this reason, people sometimes choose to give something up that is not materialistic. Giving up something more in the direction of greed, selfishness and hate can lead to a more satisfying spiritual commitment. Some argue that the purpose of Lent is to do good things so by the end of it, you are closer to God.

Many wonder who celebrates Lent because those who do are not always Catholic. A variety of religions partake in this celebration, including Roman Catholic, Lutheran, Methodist, Presbyterian and Anglican denominations. The Washington Post reported over two hundred protestant



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congregations across the country distributed ash on Ash Wednesday.

UHD offers mass on Ash Wednesday to help those students and staff who cannot attend mass

outside of school for reasons of class or work. They offer mass at a variety of times to fit everyone's busy schedule.

UHD student, Angelica Dominguez is genu-

inely surprised that the university offers mass on Ash Wednesday, "I didn't know that but now that I do, I'll definitely consider going next year."

Gator continued from page 1

den redesign was due to pressure from the University of Florida, whom had gained a reputation for suing institutions with gator mascots.

UHD cancelled the illustration contract with Richard/Carlberg, Inc. later that year for unknown reasons. As a result, the university paid a total of \$4,617.70, which included an illustration fee of \$2,117.70 and a cancellation fee of \$1,800.00. The remaining \$700 difference was not specified in the documents and its inclusion is still unclear.

The majority of the more well known past designs of the UHD gator logo have featured a notably muscular male rendering of the mascot. The two new designs take a similar route and fit in with the lineage of past gators. Giron hoped for a more androgynous design.

"Past logos have



courtesy of uhd.edu

looked masculine and don't seem neutral," Giron said. "If you look at UH main's cougar logo, it doesn't look masculine or feminine. It looks neutral which is why more students are drawn to supporting and wearing it. The two gator designs that were presented look like they're speaking more to the masculine gender. They remind me of a high school football team logo," said Giron.

Despite its athletic image, UHD's regenerated gator logo will open up a whole new source of revenue for the university. New merchandise and student supplies featur-

ing the official gator are sure to hit the campus bookstore shelves soon.

"Nowadays brand mascots are rebounding as marketers are finding ways to revamp old characters or create fresh ones from scratch" said E.J. Shultz of Advertising Age. Schultz further states that mascots are also a valuable source of revenue.

Carol Phillips, president of consulting group Brand Amplitude describes mascots as "the gift that keeps on giving." Phillips said, "They never get in trouble with the law. They don't up their fees. You can use them for a long, long time."

The new, official gator logo will be revealed to the public during the Culture on the Bayou, happening April 9 at noon on UHD's South Deck.

Human stash house in Houston

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

More than 100 undocumented people were found inside a house off of 14711 Almeda School Road in Southeast Houston on Wednesday, March 19. This house was labeled as a stash house of what looked like a case of human trafficking.

Houston Police received a phone call on the morning of March 19, on the belief that they were saving a family that was being held by smugglers. This was not the case, for when police raided the home where the family was presumably being held, they found more than 100 people locked inside by smugglers, all who were waiting to be set free.

The stash house served more like a prison rather than a safe house for the people that were staying in it,



nydailynews

and the living conditions were far from comfortable. An anonymous person tipped off police the night before the raid, and stated that the people trapped inside the house were being extorted by their smugglers, for the safety of relatives that they had in Central America.

The conditions that the people were living under had most with exhaustion from a lack of eating food and drinking water. The people were literally trapped inside; as it was revealed that the house was locked from the outside and its windows had been boarded in from the inside. It is clear that the smugglers

made sure that there was no way that these people could escape, and were able to extort them in any possible way that they could without any remorse.

Authorities later discovered that an additional living space had been constructed to expand the house, further explaining why more than 100 people would be living there.

A total of five suspects have been arrested since the raid, and currently face federal charges for hostage taking, alien in possession of firearm, and conspiracy for harboring illegal aliens in the country.

Comments in the hallways #idontcare

by Alma Garcia
Assistant Editor

On behalf of the staff of the Dateline Downtown, I would like to thank everyone who has been supportive of the content the student-run newspaper produced this academic year. We have worked hard these past two semesters to inform you of the news surrounding our university. With that being said, I would like to address a few comments that have made their way in to our office.

1. The newspaper is outdated.
2. There are typos.
3. The content is boring.

These comments are taken seriously and personally, but ignored because only the committed and devoted staff of the Dateline Downtown un-

derstands how time-consuming the production of a newspaper is. Sure... our jobs called for only 20 hours a week, but the editors know that those hours are below the actual hours that we spend in the newsroom, and we love it.

The newspaper is published only six (6) times per semester so we try our best to cover and update the information before they hit the shelves, but sometimes it is impossible. If you happen to find a typo, please don't point it out and let it go. Stuff happens. If the content is boring, we are always happy to receive your contributing submissions. Better yet, become a staff member and help us provide exciting content.

Finally, the Dateline Downtown writers have been trained and contin-

ue to receive training in order to produce content that will interest the audience. The editor and I have worked hard to find outside sources that can provide us with guidance on how to run a newsroom. If you have suggestions, we welcome them. We also seek journalism conferences to attend to learn about the best ways to communicate stories to our audience. We don't have a journalism program so we worked hard to find resources outside of school and fund our own training. For those reasons, the comments that travel through the hallways of UHD don't bother us.

I started off as a contributing writer and moved up to a staff writer. I've witnessed the progress of the newspaper both inside and outside of the office. Instant change

doesn't happen from one day to another; it takes time and patience. We learned this during the 2013 summer when the interim adviser, Nick Cenegy, helped us plan the first journalism conference provided by Dateline to students interested in pursuing journalism as a career. We worked hard to bring journalists from around Houston to provide us with the basic information that journalism schools teach. We cannot fix all the details at once; we must take them one detail at a time. That progress was only possible when a group of committed and patient students sat down and decided to run the Dateline Downtown.

#Muchlove#peace#Journolife#DatelineDowntown
Follow me @almargarci_61



Letter from the editor

continued from page 1

it has been my greatest pleasure.

I was very fortunate enough to work with the 22 dedicated and talented staff we have here at Dateline. It has brought me even more pleasure to see each writer, editor, columnist, cartoonist and photographer develop their own journalistic abilities they didn't know they had before joining Dateline. I have heard many students, faculty and administrators pay compliments on how much our publication has improved. This is due to the commitment of the staff, who day in and day

out look for those stories that captivate and interest the UHD community.

I have to say we didn't get this good overnight. If you look through our older issues online you will be able to compare them to our most recent issues. We practiced our reporting until we got the craft down to the best of our abilities. It took the other editors and myself a while to figure out how to act as editors and what worked best with the staff. It took me a while to completely redesign the paper. One of our greatest achievements is the launching of our website, dateline-

downtown.com, which happened the beginning of last semester.

It feels we have come a very long way from the moment I stepped in -- from the content of our newspaper, the topics we write about, the quality of our pictures and the effort to have more original work in our paper.

Needless to say, like every other publication, we have encountered many obstacles. To begin with, our newspaper had a minimal online presence. Now we have a website and we frequently update our social media. We were part of no professional or-

ganizations, now we are part of four.

Since UHD has no official journalism classes, students who are interested in writing for us don't know the basics of journalism. Thanks to the support of the interim adviser at that time, Nick Cenegy, we were able to host the first annual Summer Newsfest conference here at UHD last summer. We invited local journalists, faculty and administrators to provide training to the staff and any interested UHD student. After that, we continued to practice our skills until we felt confident with

ourselves and continue to train new staffers as they joined the team.

We put a lot of effort, a lot of thought and a lot of work into producing every issue. We care about what we report on and we care about informing the UHD community on topics they are interested in. So please, read through the rest of this issue and thank you again for the support. We love receiving Letters to the Editor, and for this last issue it is no exception. We are always open to comments, criticism and suggestions.

I must also include that we are seeking a stu-

dent to replace my job, and applications for the Business Manager positions are also being accepted. Please read the Backpage (page 12) of this newspaper for more information.

I do plan to pursue journalism as a career and I'm currently looking for another job and/or internships. Please keep up with me, follow me on twitter @jacquie_reyes. And yes, I do follow back.

#ididntchoosethejournolife#thejournolifechoseme

Do you agree or disagree? We want to know -- give 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 newstip for us? Want to write a letter to the editor? We want it all! Email us at dateline.editor@yahoo.com.

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*Submissions should be no more than 300 words, include the author's full name, phone number or email address, and affiliation with the University, including classification and major. Letters to the editor may be edited for space. They will be edited for spelling, grammar and malicious or libelous statements. All submissions become property of Dateline Downtown and will not be returned.

Foods with more sugar than a candy bar

by **Jakki Forester**
via uwire.com

With our society moving toward healthier food options and more exercise, some may not actually read the nutrition facts when choosing what to eat, instead opting to pick foods based on whether or not they appear healthier than others.

What some might not see, if not checking nutrition facts labels, is that many alternatives that are considered healthier actually have more sugar than their “less healthy” counterparts. Here is a list of a few “healthier” alternatives that have more sugar than “less healthy” foods.

1.) Odwalla Original Superfood Drink

This brand is known for having healthier alternatives, as well as offering multiple servings of fruit in each bottle. However, the beverage, which has a serving size of one 12 fl. oz. bottle, has 37 grams of sugar, which is more than a regular Snickers bar,



creative commons via flickr / GoodNCrazy

which has 27 grams.

So, although Odwalla Original Superfood Drink is coming along with many vitamins and minerals, it is also being consumed with a large amount of sugar. Even though the sugar in the beverage is naturally found in the fruits, those natural sugars can counter the healthier aspects.

2.) Vitamin Water Power-C

Vitamin Water has been under fire over the past few years for con-

taining more sugar than other flavored sports water options. Vitamin Water Power-C, specifically, has more sugar in it than a Snickers candy bar. As previously mentioned, a Snickers candy bar has 27 grams of sugar – Vitamin Water Power-C has 32. What was once considered an athlete-friendly beverage is now being considered unhealthy due to its high sugar content. This problem could be solved with a sugar substitute, but that could cause an-

other whirlwind of artificial sweeteners.

3.) Yoplait Light Yogurt

Yogurt is thought to be the pinnacle of eating healthy. But Yoplait light yogurt actually contains as much or more sugar than an original glazed Krispy Kreme donut. Yoplait light yogurt contains 10 to 14 grams of sugar, where an original glazed Krispy Kreme donut only contains 10 grams of sugar.

Donuts are typically

considered to be one of the first things to be removed from a dieter’s food choices when beginning to eat healthier. But, it is important to consider what is being substituted in place of that donut.

4.) Grande Starbucks Latte

That’s right, even Starbucks has made the list of food or beverages thought to have less sugar than unhealthy alternatives, but actually don’t. A grande Starbucks latte contains 17 grams of sug-

ar, whereas an original glazed Krispy Kreme donut, again, only contains 10 grams.

Starbucks has seemingly been slipping through the cracks of having high amounts of sugar. One might want to check what they’re consuming before hitting the drive-through next time.

Just because these four items are listed here doesn’t mean other foods or beverages are in the clear.

Another example of a beverage with high amounts of sugar includes Mott’s original apple juice at 28 grams of sugar per 8 fl. oz. serving and a 12 oz. can of original Coca-Cola yielding 39 grams of sugar. Both are consumed, yet only one is thought to be unhealthy.

People need to be conscientious about what is being putting into their bodies. Though things might be labeled or perceived as healthy, they may have unhealthy consequences.

Do you agree or disagree? We want to know -- give 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.

LETTERS TO THE EDITOR: Response to “Human Trafficking: A reality in Houston”

March 24, 2014

Dear Editor:

The article written by Abigail Murrillo about Human Trafficking in Volume 52 Issue 4 was very well crafted. The Human Trafficking article allowed the University of Houston-Downtown (UHD) students better insight of what is occurring literally at the front door of the UHD Campus. Being that Interstate I-10 runs adjacent to the university, students would never know if the 18-wheeler trailers driving down Interstate I-10 are carrying freight or humans being trafficked through the city of Houston.

Luckily, there is the Harris County Reentry Program that allows survivors of human trafficking and prostitution an opportunity to have a voice against being stereotyped by society. The program allows people to speak freely about their feelings and emotions instead of suppressing their feelings and either becoming depressed or suicidal. When some people think about the word prostitution, the first persons who come to mind are females. In today’s society, women are not the only people being trafficked or led into prostitution, there are men and children as well. The program also allows the offenders a better look on life and a healthy transition back into the community if the person is currently incarcerated. Sometimes it takes more than the person who was being trafficked or led into prostitution to combat those demons the person is going through.

One of the programs stemming from the reentry program is “We’ve Been There Done That Program,” led by Mrs. Kathryn Griffin-Grinan. Mrs. Griffin helps the victims become victors and turns their tragedies into triumph. There is never a stone unturned when it comes to dealing with Mrs. Griffin. Whether a person wants to know the truth or not about themselves, Mrs. Griffin will make the person face their past and get to the light at the end of the dark tunnel. Mrs. Griffin is not afraid to let people know her story and let them know how she feels about prostitution because she has been there and done that before. When people complete the program, the majority are changed individuals and try their best to never go back to their old habits. No one is perfect and judgment can never be passed on someone unless we have walked in that person’s shoes. We may not know where these offenders come from, but we can make sure we help them get to where they are going.

Cordially,

Dominique Winfree
Criminal Justice Senior

KISS/Def Leppard announce co-headlining tour for Summer 2014

Summer 2014 is set to be one of the busiest in terms of concert tour packages, as KISS and Def Leppard team up on a co-headline trek across North America and makes its final stop in Houston, Texas on August 31.

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

Concert tour packages have become the trend to follow in the past few years, due to the fact that artists and bands are no longer selling high-charting albums. By not being able to sell albums in mass volumes, artists and bands now make most of their profit from merchandise and concert ticket sales. One of the many packages that will be competing to deliver bang for the fans' buck will be of KISS and Def Leppard.

KISS entered 2014 yet again in full force by celebrating their 40th anniversary since the release of their debut album "KISS." Their induction into the Rock and Roll Hall of Fame and landing the cover of Rolling Stone magazine for the first

time lands well into the "KISS/Def Leppard" Tour. Aside from the backlash that KISS receives from their die-hard fans for letting two different members don the makeup of the original two members, they cannot deny the massive over-the-top production that KISS brings to the stage for each tour. It seems that KISS tries to top themselves for each stage production, and rightfully do so. It is no wonder why it was very obvious that other contemporary bands would never want to perform after KISS, because the show was very hard to follow after they were on. Many foresee the musical ability that KISS brings to the table, and this concert tour will be no stranger to the band's greatest hits such as "Detroit Rock City," "Lick It Up," and "Love Gun" among the band's vast catalogue.

Alongside fellow British contemporary band Iron Maiden, Def Leppard is one of the few bands that emerged from the New Wave of British Heavy Metal scene of the 1980s and was able to achieve critical and commercial success in America. For Def Leppard, their albums "Pyromania" and "Hysteria" reached heights that they would have never seen had they not aimed for an American audience in their formative years. The band, like KISS, is known for their massive chart-topping anthems of the 1980s such as "Pour Some Sugar on Me," "Rock of Ages," and "Rocket" among many. Recently, Def Leppard celebrated their 1987 album "Hysteria" in Las Vegas, as part of a residency titled "Viva Hysteria" and has seen many other bands, like Motley Crue and Guns N' Roses,

follow in the same path of residencies. Following the success of this residency, Def Leppard's 1983 legendary album "Pyromania" will also celebrate a residency of its own, and will give the fans a reflection of the album that propelled Def Leppard to massive success in the MTV era of the 1980s.

It is no surprise that legendary bands like KISS and Def Leppard only have a few tours left in them in the next five to ten years. For the time being, fans can enjoy great tour packages like this one before they decide to hang it up for good. Sure, ticket prices can be overwhelming, but bands like these always make sure that their fans get what they pay for and leave them wanting more.



KISS & Def Leppard

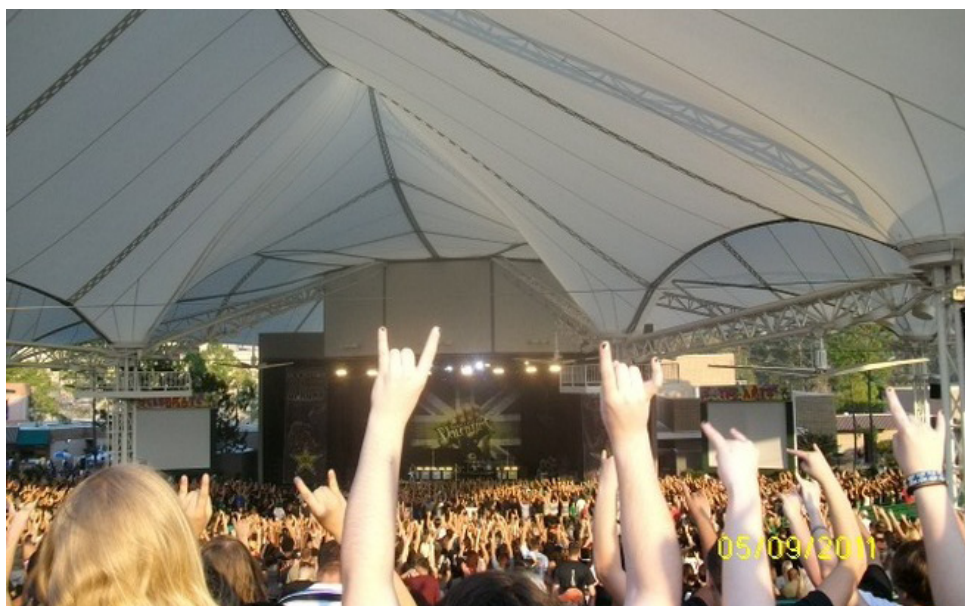
kissonline.com

Buzzfest: The biannual show in Houston

by **Abigail Murrillo**
Staff Writer

The very first Buzzfest took place in 1995 at the Cynthia Woods Mitchell Pavilion, and featured music of a variety of genres including alternative rock, grunge, pop punk and rap rock. After the successful launch of the first Buzzfest, that included a lineup of Bush, Face to Face, The Dixons, Our Lady of Peace among many, fans were hooked.

The Spring and Fall lineups are kept a secret and are announced during the radio broadcast two weeks prior to the shows. The bands that perform are typically the ones that are popular on the 94.5 radio channel; however, previous Buzzfest events have had some artists make surprise appearances even if they were not featured on the bill. The



Abigail Murrillo / Dateline Downtown

Cynthia Woods Mitchell Pavilion consists of a main stage, where the headliners perform, and a side stage where the rest of the lineup performs. The main stage is seated depending on the ticket that you purchase and the side stage is based on a first-

come-first-serve seating arrangement. If you make the effort to arrive early, you can see your favorite artist perform upfront.

The main stage ticket prices start at \$100 and lawn seats are \$50. Each concert brings together a vast crowd of fans that

typically show band support by purchasing or wearing their t-shirts. After the shows, some artists have booths where fans can purchase their latest CD and enjoy a meet-and-greet with the band that includes autographs and photos. All artists are

also interviewed by the co-hosts of 94.5 The Buzz, which gives fans an inside look of what to expect from the bands' latest efforts.

"I've been to six Buzzfest shows in all and I plan to continue going," said Emiliano Compean, a former UHD student, as he recounts his past experience at these shows.

Compean describes how much he enjoys seeing his favorite bands perform live and the exhilarating experience he goes through while listening to his favorite songs. He also explains that the overall environment is always great when you have your friends enjoying the same experience.

"What I enjoy most is hanging out with great friends and enjoying their company," he said.

From one of the past shows that Compean has

attended, his favorite Buzzfest was when Evanesence performed live. The anticipation of years of waiting to see them perform made the show his most memorable experience.

"When they were here, performing live in front of me, I had goose bumps!"

This show is one of the many events of Houston that people look forward to on a day off to kick back, unwind and enjoy great music. Now after 31 shows, fans of the radio show and its regular format airplay of popular bands, impatiently await the next show. Many artists have recurring appearances at Buzzfest, which leads to a higher quantity of their loyal fan base.

UFC 172-Jones vs. Teixeira

The UFC now makes its way to Baltimore, Maryland on April 26, as Jon Jones and Glover Teixeira are set to headline UFC 172 for the UFC Light Heavyweight Championship.

by Juan A. Hernandez
Arts&Entmt/Sports Editor

In between UFC 169, 170 and 171, UFC 172 will finally be the host of the Jon Jones-Glover Teixeira Light Heavyweight Championship bout. This fight was scrapped three times due to the fact that UFC President Dana White stated that "the fight was too premature," the two other times that it was scrapped were last minute decisions.

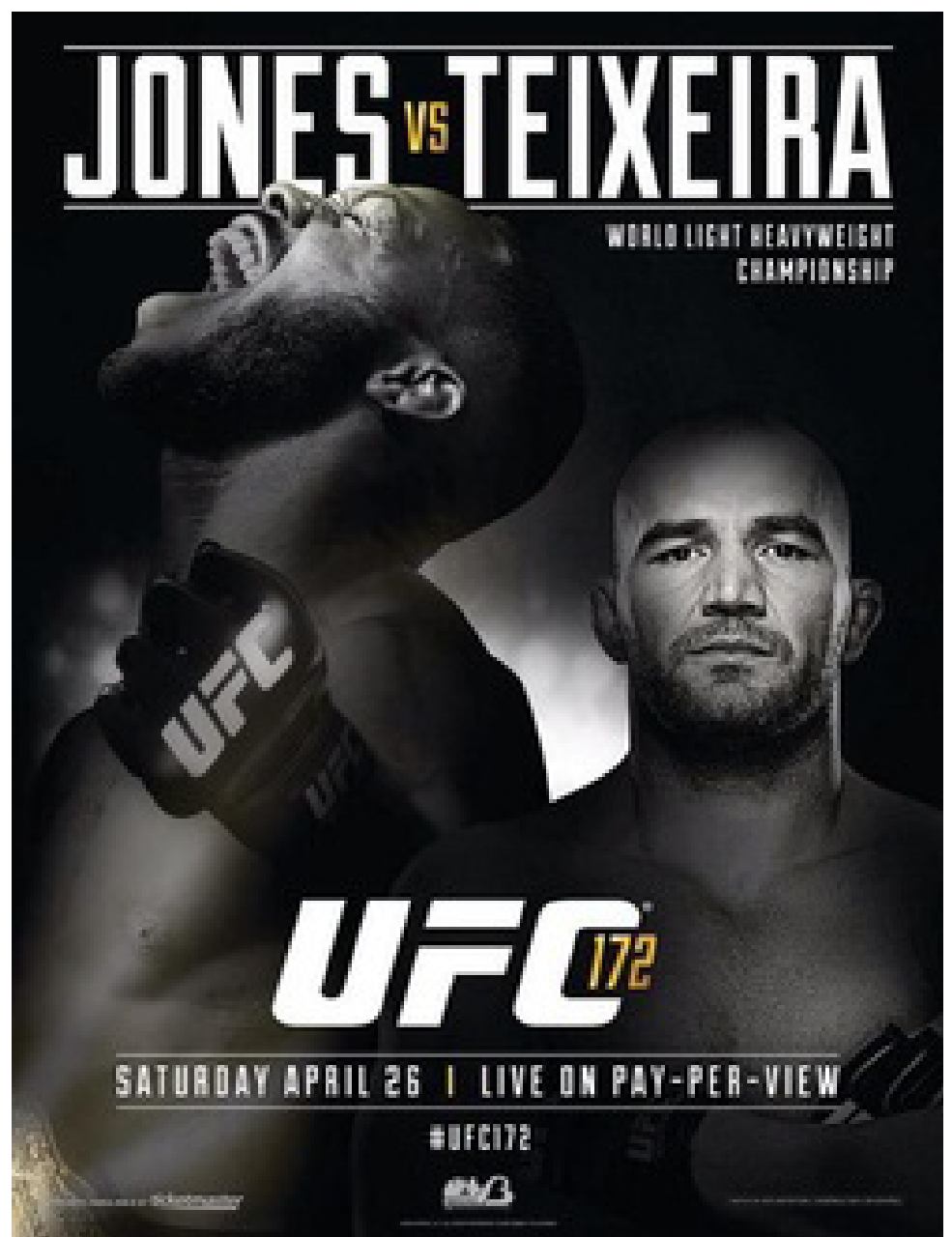
Jon Jones holds a mixed martial arts record of 19-1, as his only loss is recorded as a disqualification against Matt Hamill for using illegal elbows during the Ultimate Fighter 10 Finale back in December 2009. Jones would go on to win the UFC Light Heavyweight Championship in March 2011, and has been able to successfully defend it since then.

Jones' opponent Glover Teixeira, holds a mixed martial arts re-

cord of 22-2, and is looking to extend his winning record by defeating Jones for the UFC Light Heavyweight Championship. Teixeira has not lost a fight in the UFC, as his only two losses are recorded from bouts before he entered the UFC. Teixeira currently holds a 2nd degree black belt in Brazilian Jiu-Jitsu, a very prestigious rank that a majority of UFC fighters hold upon stepping into the octagon.

It will be interesting to see how the Jones-Teixeira bout holds up as the headliner on the main event card. Jones will definitely be looking to retain his title and avoid his 2nd loss. Teixeira, on the other hand, will be looking to end Jones' three-year reign as Light Heavyweight Champion, and start a reign of his own.

UFC 172 takes place on April 26, 2014 at the Baltimore Arena in Baltimore, Maryland.



Jon Jones & Glover Teixeira

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My Table Magazine to host Pop-Up Book Spot at the 2014 Sugar Land Wine & Food Affair

The 11th Annual Sugar Land Wine & Food Affair in collaboration with and recognition of My Table Magazine's 20th anniversary, will host the first-ever Pop-Up Book Spot at the Sip & Stroll on Saturday, April 26. Amidst the many new additions at the Sip & Stroll, Houstonians will get the opportunity to meet and greet with many of the established Houston area cookbook authors in a chic lounge setting in the historic Char House.

"My Table has always focused on the chefs, bartenders and local food producers who have made this such a great dining city," said editor & publisher of My Table Magazine, Teresa Byrne-Dodge. "What better way to cel-

brate our 20th anniversary than to host our city's cookbook and food book writers at the Pop-Up Book Spot so that festival guests can take some of that experience home with them?"

Local cookbook and food book authors who will be on hand to sign books from 1 p.m. - 4 p.m. include:

Paul Galvani (Houston's Top 100 Food Trucks), Erin Hicks (Houston Small Plates & Sips, Houston Classic Mexican Recipes, Houston Classic Desserts, Houston Classic Seafood), Gracie Cavnar (Eat it! Adventures with Marco Polo - Volume One: Leaving Home), Shubhra Ramineni (Entice with Spice: Easy Indian Recipes for Busy People,

Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook), Efsio Farris (Sweet Myrtle and Bitter Honey: The Mediterranean Flavors of Sardinia), Teresa Byrne-Dodge (The Ultimate Food Lover's Guide to Houston), Junior League of Houston (Peace Meals), John Demers (Follow the Smoke, Lone Star Chefs, Marfa Shadow, Marfa Rocks, Terlingua Heat), Michael & David Cordúa (Cordua: Foods of the Americas), Robb Walsh (The Tex-Mex Cookbook, Texas Eats, The Hot Sauce Cookbook), Elizabeth Stone (An invitation to Entertain: Recipes for Gracious Parties), Latin Women's Initiative (Latin Flavors: A Taste of Our Heritage), and Joshua



Weissman (The Slim Palate Paleo Cookbook).

The Sugar Land Wine & Food Affair has become one of the most anticipated culinary attractions of the year. Located in historic Sugar Land just minutes from Houston proper, its dinners, tastings and demos have gained a well-deserved reputation for a rollicking good time where chefs share secrets, sommeliers get uncorked and attendees have exclusive access to incredible food, wine, spirits and

beer.

Individual tickets to the Sip and Stroll event on Saturday, April 26, are priced at \$65. Sip and Stroll will take place on the grounds of the historic Imperial Sugar Factory from 1:00 - 4:00 PM. A three-day VIP Grand Pass with access to The Grand Tasting, Sip & Stroll and Bistro Brunch is specially priced at \$200. Special hotel packages are available at the official sponsor hotel, the Sugar Land Marriott Town Square.

Ticket purchases and additional information are available at sugarlandwineandfoodaffair.com or 713.SIP-WINE (713.747.9463). Listings of attending chefs and presenting wine, beer and spirits providers — updated frequently—are showcased on Facebook at facebook.com/sugarlandwineandfoodaffair and Twitter at twitter.com/SL-Food.

Advice for international students looking for jobs

by **Mariyam Haideri**
Staff Writer

Most international students who have applied for a job on campus are on a waiting list, according to Kumail S. Mir, President of the International Student Organization. The reason is that international students cannot work off campus until they have graduated. The question is then how an international student would get work experience while in school.

She advises students to start making a connection with campus employers and to visit Career Services.

"Many students, including international students, wait too long to establish links with on-campus employment services, they need to start

in their freshmen year to begin developing career networks," Osbourn answered.

She further elaborates on the fact that there are some students who tend to complain about applying for jobs online, and not getting a reply back.

"Students should not only apply for jobs online, but should also go to the department they have applied for and personally make them aware of the fact that they have applied," Osbourne explained.

Her department assists students in securing a job having them meet with Career Services, to help prepare their resumes and feel comfortable with interviews. Career Services also helps students become aware of any vacancies available

on campus.

"The online application is just a window to let your resumes in," Osbourn said. "Students have to keep in mind that there are many applicants who might be applying for the same position."

Osbourn also explained that the applicant will have a better chance of standing out by following up with the department that is hiring and through utilizing UHD's career services.

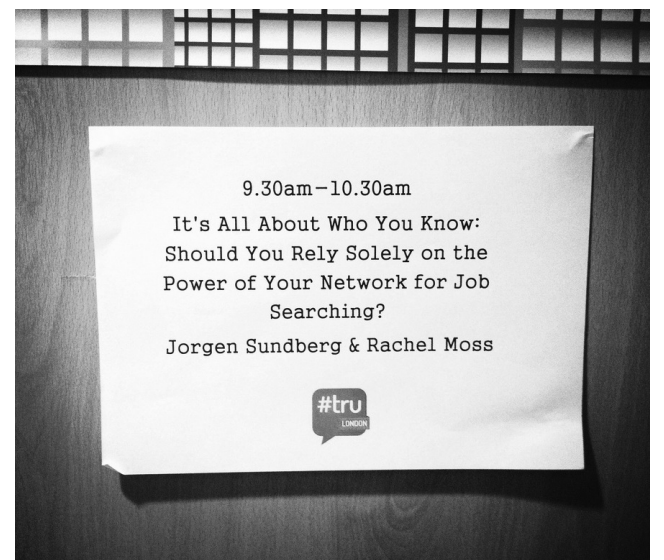
When it comes to international students trying to get an on-campus job, there is a longer procedure different from the procedure that a US citizen or legal resident follows.

Once an international student is hired, they are then required to obtain an acceptance letter from

their new employer. They must take this letter to the International Admissions office in order to obtain an acceptance letter from this office as well. The international student must then take both letters and all immigration documents to the nearest social security office, and obtain a Social Security or tax identification number. Having a Social Security card / number is the key for international students to get a job, be it on campus or off campus.

Osbourn highlights the fact that having a job experience of any type, be it on campus or off campus, is very beneficial for these students in any position.

"Employers like that you have worked before in any capacity," Osbourn said.



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There are many misunderstandings regarding the jobs present around campus. Individuals need to understand that to get somewhere you have to make a move. To better inform students of on-campus opportunities,

Osbourn distributed interview flash cards to the ISO team and hopes to benefit the international students by welcoming them to the career services department.

Classes

continued from page 1

to an end before you realize it. Because summer semesters are short, this will be an excellent opportunity to take the class you have been putting off. It is better to study a subject that you dislike for five short weeks in the summer instead of four long months in traditional semesters.

2. Deleting course prerequisites

"I will do summer semester to get a prerequisite out of my way before I start classes in the fall," said Flores.

Some courses have a required course that is the prerequisite to other courses. Many dislike prerequisites. It is like how many parents pressurize their children to finish their vegetables before moving on to the delicious dessert that is waiting in the refrigerator. But, on the positive side, taking prerequisites in the summer would mean being able to take the actual courses in the coming fall semester.

3. Graduating early!

Part-time students can graduate before they have planned by making up with classes in summer and full-time students can graduate before time. For double

majors, summer classes can serve as an opportunity to stay on track. A bright summer equals a bright future.

4. "What are you doing this summer?"

Answering this question that your friends, colleagues and most people in your family will smilingly ask can be a bit awkward for those who do not have much to talk about. Many students spend summer sleeping and relaxing at home which can be rejuvenating and refreshing, but it is not the most exciting answer to this question. So, instead of saying "I don't know" or "I haven't decided," you can proudly say that you are getting closer to your graduation date by being productive this summer.

5. Parking is painless

UHD students complaining about parking has become a common practice. But, with fewer students in the summer, parking is going to be trouble free.

Foods that contribute to test-taking success

by **Alicia Callender**
Staff Writer

At UHD, individuals take on the many responsibilities that come with being a student, including studying and taking examinations. However, food plays an important role in tackling university activities and eating the right ones, especially before an exam or a presentation, can help with confidence and improve concentration and memory -- skills that will help you do well.

Protein: Protein is necessary in a balanced diet. Protein is linked to keeping blood sugar levels stable. This will allow you to be alert right before and during an exam. Where you consume protein from can come from a variety of sources such as lean meats, chicken and fish. Nuts, such as peanuts and almonds, can also provide protein.

Caffeine: Caffeine, a stimulant designed to boost cognitive function, can be a surprising choice to help feeling



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better before an exam. The benefits of caffeine help out in the short term. One to two drinks will influence alertness. However, drinking any more than two, though, especially right before an exam. Differences in the effects of caffeine vary with each individual, but there are also alternatives, such as tea, or decaffeinated options. These can also provide antioxidants, but without the lingering effects caffeine can give off such as fatigue.

Vegetables: Cognition and memory are important skills to have before an exam. Eating

vegetables on the day of an exam can help tune these skills. For example, dark vegetables, like spinach and broccoli, are packed with vitamins such as vitamin B-6 and vitamin B-12 that assist with your memory, especially recalling information. The two vegetables are also packed with antioxidants, which are important on days with stressful activities, such as taking an exam. These vegetables can be eaten alone, or as an addition to an omelet or salad.

Fruit: Eating fruit can also be helpful before and during an exam. Fruits contain sugars and antioxidants. The sugar

from fruit can help you maintain normal blood sugar levels. As a result, you will be alert and focused before an exam. Examples of fruits that could aid you on the day of an exam include blueberries, an apple and an orange. Fruits can also be added to a meal, such as blueberries on oatmeal or served as a mid-morning or afternoon snack, such as apples with peanut butter or an orange.

Whole Grains: Whole grains are usually found in various types of foods that contain carbohydrates. Carbohydrates are helpful for concentration and energy, both of which are needed before and during an exam. Examples of foods that contain whole grains include pastas and bread. Depending on when your exam is, try a bagel for breakfast to give you a carbohydrate boost, or some kind of pasta, such as spaghetti. In particular, choosing whole grain varieties of any product is also a healthier choice.

Student Health Corner

Sleep matters: Sleep deprivation and you

by Eileen Giardino
PhD, RN, APRN, NP-C
Nurse practitioner, UHD
Student Health Services

- Do you feel tired much of the time?
- Are your test and assignment grades lower than you would like them to be?
- When was the last time you had a 'good night's sleep' for more than one night in a row?

Depending on your answers to these questions, it may be that you are not getting enough sleep to satisfy your body and refresh your mind. Let's first look at what research has found regarding the effects of sleep on the mind and body:

We do not totally understand the complex relationship between sleep, learning and memory. However, studies in both humans and animals suggest that both the amount of sleep and quality of sleep affect one's ability to learn and remember. Sleep helps these processes in two definite ways. First, when you are sleep-deprived, it is difficult to focus your attention and therefore, it becomes more difficult for you to effectively learn. Second, restful sleep helps the brain to consolidate memory, which is an essential aspect of learning new information.

The three functions related to learning and memory are: Acquisition (the introduction of new information into the brain), consolidation (the processes by which a memory becomes stable), and recall (ability to access stored information). Memory consolidation most likely takes place during sleep when neural connections that help

to reinforce our memory are strengthened. Acquisition of information and recall occur during our waking hours. Sleep research shows that there is an association between different types of brainwaves that occur during different sleep stages and the formation of memory. Therefore, it seems clear that lack of sleep may have an effect on your ability to acquire new knowledge and then recall that knowledge at a later time (as when taking a test!).

Along with cognitive learning and memory, sleep also affects your ability to learn new tasks that require motor coordination and performance. The term procedural memory, that is remembering "how" to do something, such as playing the violin or riding a motorcycle, is affected by the sleep that you regularly receive. The stage of sleep in which REM (Rapid Eye Movement) sleep takes place seems to play a critical role in the consolidation of procedural memory.

Sleep deprivation makes it more difficult to receive information and causes a drifting in our ability to focus, pay attention, or be vigilant. The neural connections that keep the brain working in conjunction with the body can no longer function, so there are problems with processing information and learning effectively. We may lose the ability to make sound decisions, study information, retain information, respond appropriately to situations and have good judgment, to name a few. We may become irritable, and others notice the change. Physical activities also suffer,

as exhaustion results in a loss of body synchronization and an increase in injuries or accidents. So, the overall effects of sleep deprivation cause a number of mental and physical deficits that could be overcome if you get better sleep over longer time spans.

So, what are some pearls of wisdom regarding sleep and sleep deprivation?

- Sleep plays an important role in memory, both before and after learning a new task
- Lack of adequate sleep affects motivation, judgment, mood and your perception of events
- Steady sleep throughout the whole night is ideal for your ability to learn and remember
- Healthy sleep is essential for optimal learning and memory function.

Here are some steps to take to get to sleep – and improve the sleep you get:

- 1) Determine how much sleep you get each night and over a period of time.
- 2) Take steps to improve the sleep that you get
- 3) Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep
- 4) Turn your bedroom into a sleep-inducing environment
- 5) Establish a restful pre-sleep routine
- 6) Go to bed when you are really tired
- 7) Don't watch the clock during the night
- 8) Use day light to keep your internal clock on a healthy sleep-wake cycle
- 9) Get and maintain a consistent sleep schedule
- 10) Nap early—or not

at all
11) Eat light evening meals earlier before going to bed

12) Drink enough fluids at night to keep from waking up thirsty—but not so much and so close to bedtime as to wake you up

13) Exercise early in the day or afternoon

14) Follow through with your sleep plan
If you have problems

with sleep and want to discuss your concerns with a health care professional, make an appointment at the Student Health Clinic at UHD for further evaluation.

Reference:
Healthy Sleep: Sleep, Learning & Memory; Harvard Medical School
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

A resource from the Division of Sleep Medicine at Harvard University & in partnership with WGBH Educational Foundation

Eileen Giardino, PhD, RN, APRN, NP-C
Nurse practitioner in Student Health Services at UHD, Associate Professor, UT Health Houston, School of Nursing



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5 in-flight etiquettes to follow

by Devalina Nag
Staff Writer

Visiting family and friends or travelling abroad for vacation for a course credit in the summer makes the season brighter than it is. For first time flyers, the idea of flying triggers anxiety. While information on must-do's like checking-in on time and not packing items that the TSA and the FAA prohibits are easily available. Oftentimes, the things that should and should not be done once a passenger has boarded the airplane are taken for granted. For your next flight, here are five pointers regarding in-flight etiquettes to keep in mind:

1. Buckle your seat belt when asked

Travelers are required

by federal law to wear a seat belt on some phases of all flights. In other words, wearing a seatbelt is not a choice. If a passenger refuses, a flight attendant may take measures against the passenger.

2. Do not get involved in a fight

As absurd as this may sound, in 2011, a pilot of the United Airlines flight to Ghana turned around the airplane when one of the passengers smacked a fellow passenger. Soon, both passengers got into a fight because one of them reclined his seat into the other passenger's lap and refused to sit up. And to make things more ridiculous, the pilot summoned the Air Force to send a few fighter jets as a backup. The airplane circled in the stratosphere for about

half an hour until the jet planes arrived. The hostile flyer then had to confront serious consequences for not keeping his temper in control.

The moral of the story is - when a passenger's certain action or behavior seems bothersome, talk to a flight attendant. An in-flight setting is not the best place to put one's Kung Fu lessons in practice.

3. Be considerate to fellow passengers

"I hate it when a passenger in front of me reclines his seat a bit too much. I also find it disturbing when I sit by the aisle and others pull my hair as they walk by when they go to the restroom," Kenya Zepeda, a sophomore studying International Business at UHD said.

If reclining a seat onto another passenger's lap, pulling hair strands while grabbing seats to get to the lavatory, being noisy with your friends and family makes fellow passengers feel uncomfortable, then why do it?

4. Turn off electronic devices when asked

30 Rock star, Alec Baldwin, was removed from his flight and denied boarding when he refused to turn off his cell phone. When the flight attendant did not take no for an answer, Baldwin became annoyed and arrogantly went into plane's lavatory with his phone. Later, he deactivated his Twitter account for not being able to handle his negative publicity.

Therefore, as much as you love your phone, turn it off when you are asked



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to by a crew member.

5. The right to the arm rest

There is no rule that defines a passenger's right to the arm rest. However, let the person in the middle seat have the arm rest. It is bad enough that the poor fellow did not man-

age to get a window or an aisle seat. So, the least that the lucky flyers can do is let go of the arm rest to him or her for the sake of humanity.

With all that being said, have a safe and pleasurable flight!

Exploitation in third-world countries & the UHD bookstore

by Chelsea Conaway
Staff Writer

It has been one year since the collapse of Rana Plaza, a garment manufacturing facility in Savar, Bangladesh, that claimed the lives of over 1,000 people. An investigation conducted after the collapse indicated that building inspectors had declared the building unsafe prior to the collapse. However, workers were still forced to work in hazardous conditions, which eventually led to their deaths. This event put the epidemic of exploitative sweatshop labor on the world stage and has caused criticism of companies that use textile manufacturing labor in underdeveloped countries. Three of these companies are: Jansport, Champion and Red Shirt.

You may notice that these three companies manufacture the majority of clothing in our UHD bookstore. What you may not have noticed, is that all of the clothing that is manufactured for the

UHD bookstore are made in underdeveloped countries that have high rates of sweatshop and exploitative labor.

"At Barnes & Noble College, we hold ourselves to the highest standards when it comes to protecting workers' rights and are against the use of sweatshop labor in the manufacture of the apparel we sell in our stores," said a representative from Barnes & Noble College, the owner of the UHD bookstore.

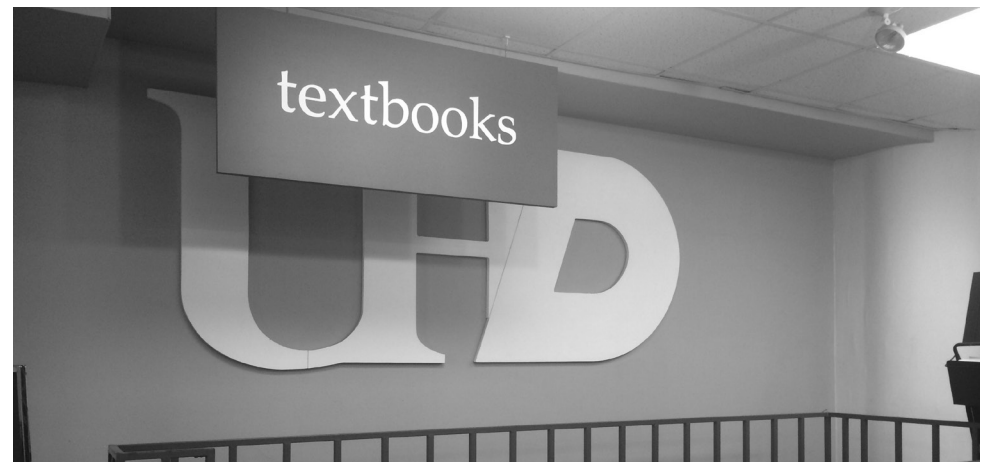
Also, Barnes & Noble's Code of Conduct "requires strict adherence to workers' rights including, no forced labor, a workplace free of harassment and or abuse, and a safe working environment." Barnes & Noble could not be reached for further comments regarding how they ensure that the brands they sell adhere to this Code of Conduct.

While having this code is a good thing, enforcing it is difficult when the manufacturing process takes place in un-

derdeveloped countries. The difficulty in ensuring fair labor is compounded when the laws in these countries are stacked against workers' rights. For example, in Bangladesh, the manufacturing site of most of the clothing in the UHD bookstore, the minimum wage is \$38 a month. That is just over \$1 per day.

"Having a statement is different than statements being implemented and practiced," said a professor from UHD's Sociology Department who asked to remain anonymous. "The research tells us that there is always a discrepancy between what companies say in their statements, and how they really operate."

As students, it is difficult to remember something as seemingly trivial as checking where the products we buy are made. However, when we don't do this, and purchase clothing, like the clothing in the UHD bookstore, that is manufac-



Alma D. Garcia / Dateline Downtown

tured in underdeveloped countries, we are supporting the exploitation of poor workers in underdeveloped countries.

"The research tells us that the working conditions in periphery underdeveloped countries are way below the working conditions that we find in core developed countries," said the UHD sociology professor. "That is one of the reasons why so many companies are shifting their manufacturing plants overseas. Because there they can take advantage of the fact that there are no regulatory agencies or labor

unions."

The professor continued to say that there are many nameless subcontractors who help the companies save money and as a result, we are indirectly contributing to the exploitation of these individuals.

Realizing how our buying choices impact people across the globe is not always easy. The UHD Sociology professor said, "I don't think anything is more urgent than understanding how as a global society we are creating misery for other people, and contributing to poverty, homelessness and

class inequality at a global level."

It is easy to feel powerless against huge multinational corporations, like Barnes & Noble. However, we have the power to choose how we spend our money and what companies we support. One way you can help is by checking clothing labels and refusing to buy items that are manufactured in countries that exploit their workers. As individuals, we can feel powerless; but we must remember that as consumers, we hold all the power.

Apple pledges to make Emoji more ethnically diverse

by Vanessa Olivares
Staff Writer

If you have used emoji regularly, you might have noticed something unfortunate about the adorable and surprisingly expressive pictures. Because current Emoji are usually featured as Caucasian, Apple is working on bringing diversity to emoji icons.

"Emojis around the world had to be updated sooner or later," said Rick, a UHD Alumni.

Emma, a UHD sophomore, also agrees that she can't wait for the update because she loves to use emojis. The tech company hopes an update can include diversity found in the people.

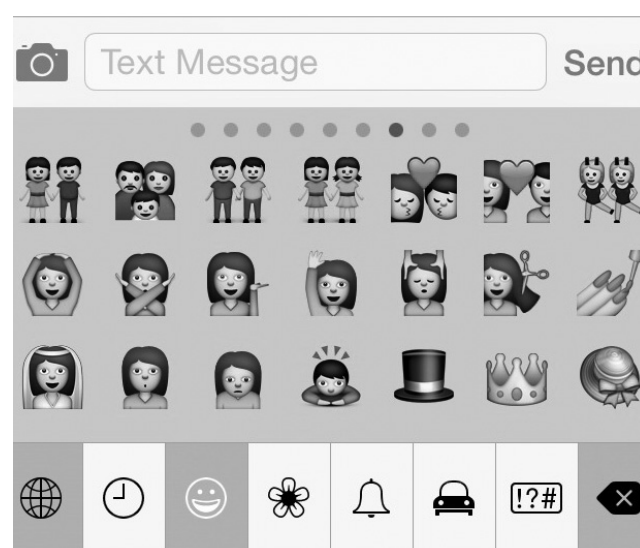
"There needs to be more diversity in the



emoji character set, and we have been working closely with the Unicode Consortium in an effort to update the standard," reads a statement from Apple to MTV.

Apple explained that the emoji icons are based on the Unicode standard,

which is used by many types of programs to display text and icons the same as one another. But because it is in the hands of a consortium and not solely in Apple's control, the company can't simply issue an update. Instead, it must first accept any



Alma D. Garcia / Dateline Downtown

changes to the Unicode standard.

Emoji icons continue to be extremely popular among users who include them in their text messages, Instagram comments and in their tweets. The current icons include images of food, vehicles,

animals, flowers and other options. Celebrities like Miley Cyrus and Tahj Mowry weren't the only people to complain about the lack of diversity. Numerous online petitions call for Apple and other tech companies to add diversity to their emoji

icons.

The petition also shines light on the keyboard's debut of same sex couple emojis included in the iOS6 update. In fact, many emojis have duplicates and multiple versions, yet, there is still no Black, Latino, or Asian emojis. There's no firm date for an emoji upgrade until the Unicode issue is sorted.

As always, Apple is keeping us in suspense, but here's to hoping it's sooner than, say, the iPhone 20. With the new iOS7 reportedly launching this fall, people want Apple to consider adding more people of color to the popular text message characters.

Science Corner

Strep throat: Not just another sore throat

by Ryan Cherian, Danial Khan and Christa Landowski
Contributing Writers

Midterms are looming and you have a paper due by midnight. You head to the computer lab, log on and begin typing. To save time you eat the PB & J sandwich you packed for lunch, while working and listening to Mozart. The next morning you wake up with a sore throat but you don't worry because you're a healthy college student, for the most part. As the week progresses, you feel worse and worse! It steadily becomes more painful to swallow or even talk and the throat is bright red. The thermometer registers over 101F. A visit to the doctor reveals Streptococcal Pharyngitis a.k.a. Strep Throat!

How did this happen and who or what is the culprit? Streptococcus pyogenes. Strep what? A

type of bacteria. Bacteria dwell in virtually every environment, including in and on our bodies. While most are helpful or benign, others can cause serious damage, including this offender. Strep throat affects all age groups, but can be overlooked because it can be disguised as a sore throat caused by less harmful agents. Often times when students have a sore throat with a fever they tend to take very little or no action to treat their illness. According to WebMD, the symptoms of strep throat include a sore throat without sneezing or coughing (which you can expect with the common cold), a fever over 101F (if it's lower it might be a viral infection, not strep throat which is a bacterial infection), swollen lymph nodes and tonsils, white or yellow spots on the tonsils or the back of the throat, and bright red throat with dark red

spots. If you have these symptoms it is important to seek treatment because not treating strep throat can lead to complications such as acute rheumatic fever. Rheumatic Fever can cause a weakening of the heart that can be long lasting. The treatment for Strep Throat is simple - a full course of penicillin. If you are allergic to penicillin, another antibiotic, such as erythromycin, can be prescribed.

Quick Fact: Did you know that Wolfgang Amadeus Mozart, the famous composer, died of acute rheumatic fever?

Being at a college campus makes it easy to spread an infection. Chances are that just today you've touched a door knob, an elevator button or a desk where hundreds of students have touched before. Could those hands have had disease-causing microbes? One good way to minimize your chances



mdisbase.com/images/articles/stockbyte_rf_photo_throat_test.jpg

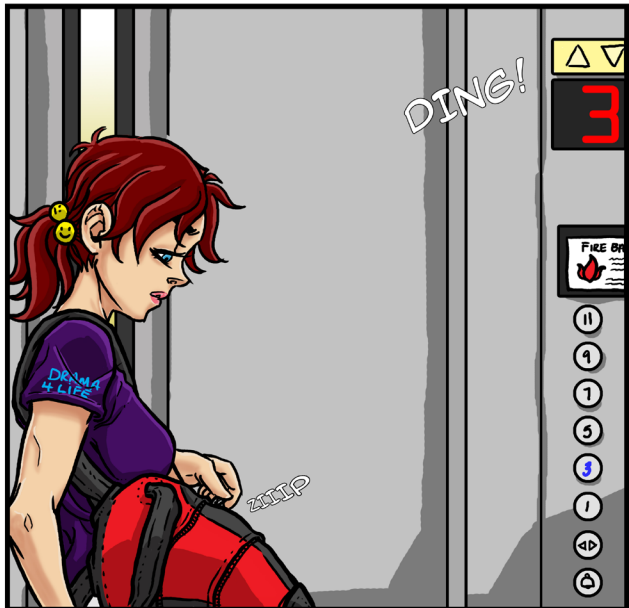
of getting Strep Throat or any infection is to take proactive preventative measures by maintaining good hygiene. Be sure to regularly wash hands with soap and warm water (lather up for 20 seconds), and avoid spreading the

germs by coughing inside your elbow or a disposable tissue.

Getting sick sometimes is inevitable, and when you do, be sure to follow your doctor's treatment plan, including taking the full course of the

prescribed medication, to become healthy and to help keep your peers healthy! Let's keep UHD a Major Opportunity for us to succeed, NOT the bacteria!

ACADEMIC SUSPENSION by Daniel C. Jaramillo



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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.

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