

Students speak out about Don't Ask, Don't Tell repeal



Taylor Luce

Staff Writer

The controversial policy regarding the disclosure of the sexual orientation of some military members has been repealed, and while some activists feel there is much more to be done, some University of Houston–Downtown (UHD) faculty and staff feel the repeal is long overdue.

"As of today, patriotic Americans in uniform will no longer have to lie about who they are in order to serve the country they love," President Obama said in a press release.

The repeal of "Don't Ask, Don't Tell" officially went into effect Sept. 20. Gays and lesbians may now serve openly in the military, and those who had been previously discharged because of "Don't Ask, Don't Tell" may re-enlist if they so chose.

Assistant Professor of English and founder of UHD's SafeZone Program, Dr. John Hudson strongly supports the repeal and feels it is long overdue.

"It's high time that Don't Ask, Don't Tell has been repealed. DADT was institutionalized discrimination and nothing more elegant than that. It was supported by irrational and untenable arguments, and did real damage to the U.S. military. Defenders of the policy claimed that allowing gay and lesbian personnel to serve openly would harm unit cohesion and morale, which implied that the gay and lesbian service members themselves were the problem," said Hudson.

The final repeal marks the end of the nine-month waiting period since President Obama signed the Repeal Act in December, 2010.

Some Americans wonder why the repeal was such a lengthy process. According to the act itself, the military had to "assure appropriate ways to monitor the workforce climate and military effectiveness that support successful follow-through on implementation [of the repeal act]."

In other words, the government needed to be sure that there would be no negative effects of "Don't Ask, Don't Tell" was repealed.

For many gays and lesbians serving silently in the military, the repeal the policy can bring nothing but good.

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Council of Organization focuses on parking, customer service

Lucha Morales

Managing Editor

As frustrations over parking and customer service at the University of Houston-Downtown (UHD) are growing, it seems Town Hall Meetings are not the only place where students can be heard.

The most recent Council of Organization Meeting had a special guest, UHD's Vice President of Administration and Finance, David Bradley.

An update regarding parking and Metro-Rail construction was on the agenda, but the floor opened up to students who voiced concerns over issues ranging from problems with shuttle buses and limited parking spaces to complaints about the absence of friendly customer service in some UHD departments.

The amount of enrolled students at UHD far outweighs the number of available parking spaces at UHD. According to Bradley there are some 13,000 UHD students and only 2,000 parking spaces available to park in.

In 2003, UHD bought the Washington parking lot for some three million dollars. Bradley expressed concerns over the availability of property to be purchased in downtown that comes with hefty price tags. He also informed students that costs to improve parking will result in increased parking costs that will be passed on to students. Bradley said that UHD charges minimal parking costs compared to other universities such as the University of Houston (UH) central campus.

A press release from UH's Division of Administration and Finance Parking and Transportation Services shows prices for annual student commuter rates starting at \$196. Students who wish to park in the UH garage must pay \$322 annually and students who are in residence at UH must pay \$301 annually to park.

According to the UHD Parking and Transportation Office, UHD currently charges \$50 per semester for either the Daly lot, the Washington lot, the San Jacinto lot or the Naylor lot (\$100 for the semester). It costs \$75 a semester to park in the Shea Garage (\$150 for the semester).

Some students mentioned the possibility of a new parking garage. Bradley addressed these concerns with the ongoing discussions of senior UHD administration on the physical location to add an additional park-



The Hike and Bike Trail will offer better access to the Academic Building from Shea Street Garage and the Shea Building. This would offer a welcome change from detours caused by Main Street construction. Photo by Jamee L Cox

ing garage, especially with the high cost of property downtown.

While UHD senior administration is gearing up to address parking issues, some

students feel active participation by students in the process could help facilitate some solutions with parking.

Viewpoints

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Letter Policy

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@ The Dateline Downtown





Really? I understand that this was meant as a safety precaution for students but is this what we want visitors to UHD seeing while they wait for an elevator? How would a Regent, donor or an alum react to this when coming to visit campus?

There is so much more POSITIVE information inside and even on the back page. The story about the pervert tow trucker could have been saved for the back page or even inside. We are trying so hard to change the image and branding of UHD and things like this take us back 5 steps.

Please consider ALL audiences when printing your feature story. We want to ATTRACT people, not scare them off.

Dear Rene,

As a student I believe my safety as well as the safety of many other students is a primary concern. I appreciate your opinion and I understand your concerns but my intentions were not to scare people off but to inform people about decisions the city of Houston is making regarding people who work in and around UHD.

If you have followed *Dateline* you would know I have written many engaging articles discussing on campus events, student enrollment, alumni participation, and student activities. I believe all students need to be informed about all issues - not just ones you believe are well suited for audiences beside the student body. I welcome the opportunity to meet with you and discuss the story and any future story ideas you feel would engage audiences beside the student body.

Lucha Morales Managing Editor

Rene Salinas

Office of the President



Some admins feel the cover story of this edition of *Dateline* regarding the sex offender is a deterrent to student recruitment and that we should only print "positive" stories. Tell us...should *Dateline* only report flowers, rainbows or sing-a-longs, or do students want to know what the truth is?

Michael S - Go for the truth, but put it clearly in context IE that guy is not a "UHD threat", he's a threat to the downtown area in general (and that would include things like HCC downtown)... For the record NEWS-FIX already caught on to parking problems and meter rate issues at UHD...if we do have issues...better to address and fix them >before< a major media outlet finds out!

Rachelle La Tortuga Rodriguez This headline did what a headline is supposed to do: it grabbed my attention and made me want to pick up the copy and read it rather than let it sit in the newsstand. I WANT to know about things like this.

Dateline stands by editorial choice

Editorial

It seems the Sept. 19 issue of *Dateline:Downtown* which headlined the sex offender towing cars near the University of Houston–Downtown (UHD) has some members of the UHD community up in arms.

Dateline is committed to bringing news and information to the students, faculty and staff of the UHD community as a whole. However, we are not in the business of only reporting good news.

It is our responsibility as journalists and members of this community to make the public aware of what happens both on campus, as well as the area around campus. That includes making the community aware of not-so-pretty news.

The article in no way is a reflection of UHD as an institution. The article did not report that UHD hired a sex offender to tow cars. The article did not report that UHD was even aware that the City of Houston is allowing a registered sex offender to secure a tow operators license, and is being allowed to tow cars within the zone that encompasses the UHD campus.

The article was published to make the community aware of the possibility of coming in contact with this person. Secondly, regardless of the circumstances surrounding his conviction, "the city's charter specifically states that applications for such [tow operator] licenses shall be denied if the applicant has been convicted of a sexual offense."

However, some feel that *Dateline* has somehow rendered bad publicity for UHD. That would be the equivalent of the Houston Chronicle only reporting good news to ensure that people would continue to want to live and raise their families in Houston.

Dateline is a source of information, not a public relations tool. UHD has a public relations department and has hired sources to handle the branding campaign. More to the point, as it is defined on the UHD Website:

"Dateline:Downtown is a newspaper published by and for UHD students. It includes news, features, editorials, photos, and advertising. The goal of the newspaper is to provide news and information to the UHD community. The newspaper also serves as a laboratory to train students for careers and to instruct them in leadership roles."

> Jamee L Cox Editor-in-Chief

To the editor

Thanks for filling me in on the current issue. As UHD policy on the student newspaper affirms, you have the same editorial decision-making and publishing rights as the general press. Placement of the story is an editorial-judgment call and is fair game for complaint and debate.

Having said that, I have one concern, and that is for the subject of the story, referred to as a "pervert" by your email correspondent. Sure, the fellow has been convicted, but it would have been relevant to indicate in the story the specific charge he was convicted of. I recall some years ago in the news that an 18-year-old was charged with a sex crime for having had sex with his girlfriend, because she was under 18. I understand that recently another person was charged with a sex crime for urinating outdoors, and is now on the sex offenders' list. Most of us might agree that neither of those actions would constitute a danger to anyone, unless violence were involved. So the actual offense of which the tow-truck driver was convicted is of essential relevance.

I suspect you have and will come under criticism for "sensationalism," but coping with that is a part of the media function. My tech writing students have mentioned to me this week that they feel unsafe because of "homeless people" being in and around campus; and question whether student ID should be required of shuttle-bus riders and others who do not appear to be UHD students. So it seems campus safety is a topical concern of students at several levels. Conflict and controversy are central news values and if it appears your paper is reporting on relevant and current issues, that responds to reader interest.

I suggest you follow up this story with another that reports on campus safety and what is being done by UHD to address these concerns. Depending on what you learn, this could be a positive contribution to informing students of the reality of the situation and pointing out how UHD is addressing campus safety and what positive steps the university is, or is not, actually taking.

Professor A. Chiaviello Dateline Advisor and Associate Professor

Dateline welcomes all comments, concerns and suggestions. Feel free to email us at dateline@gator.uhd.edu

Five reasons Gov. Rick Perry will not be president



Dylan Osborne

Rick Perry is running for President, folks, and his campaign is already on a roller coaster.

In early August Perry was the media darling, and all the pundits were talking about him. Eight weeks later the media has turned on him and are already looking for the next hot candidate (Chris Christie, oh why won't you run?).

The everyday Republican is having second thoughts about Perry's record. Perry has lost the new car smell, but his campaign has a lot of time to settle in and right the ship.

But Perry will not be the next president and I have five reasons why. (Expect this list to grow as the campaign continues).

Rick Perry tried to mandate a sexually transmitted disease (STD) vaccine

When Gov. Perry attempted to mandate a vaccine for human papillomavirus (HPV) in 2007, the legislature stopped him. It came to light that his chief of staff had ties to the drug's manufacturer. Perry's opponents are now jumping all over it, with Michelle Bachman being the most vocal, and this is an is-

sue that should resonate with the conservative Tea Party faction. Forget the fact that several vaccines are already mandated and the HPV vaccine is probably a good idea. The Tea Party does not like being told what to do, and mandating the STD drug for sixth graders offends their religious sensibilities. This is something that should hurt Perry in the primaries, but in the general election this issue would probably go away.

Perry gave undocumented students in-state tuition

Considering the conservative reaction to the national Dream Act it is not surprising that the ability of undocumented students to receive in-state college tuition in Texas is hurting Perry. This is another issue opponents are hounding him on. Mitt Romney vetoed a similar bill in Massachusetts so he has the leverage to push this, and he is doing just that. Perry is already backpedaling on comments he made at the last debate, words that actually made him seem human. At the debate Perry defended the policy as humanitarian, better for everyone and called detractors "heartless." He was right and the bill passed the state legislature with bipartisan support. Now that conservatives are keying in on that issue. Perry has apologized for his comments, saying he was "overly harsh." This is another issue that may not go away for a while, but would not hurt in a home: Perry equals Bush. national election if he makes it that far.

Slick Rick can't stand the heat

Perry is pretty good on the campaign trail, but at times he has come across as bumbling; kind of like George Bush, but more awkward and less homely. In the last debate Perry stumbled on some of his points and the media jumped all over it. That really took the wind out of the Perry's campaign sails. Perry refused to debate Bill White in the last election and the reason seems obvious now. The thought of Perry going headto-head against President Obama in a debate must make liberals salivate. He may not even be able to beat Romney in a direct debate and reminding people of George Bush is not good for his campaign.

Rick Perry equals Bush III

In reality, Perry should remind voters of Bush. Perry is cut from the same cloth as the former governor, and regardless of how much they may dislike each other, they act a lot alike. Perry has the same Texas swagger and accent as Bush. They both come across as cowboys to the conservative base – just the type of good ol' boy you would like to drink with. After the Bush presidency, this is not a favorable trait in the general election. If Perry does win the nomination, Democrats should just drive this point

<u>Viewpoints</u>

The Tea Party is too right wing

To make it through the primaries the eventual Republican nominee will have to cater to the Tea Party. National GOP leaders know this and it keeps them up at night. If the Republicans run an ultra conservative candidate against Obama they will lose. America does not want to go back to the 1950s. The national electorate is okay with gay marriage and ending Don't Ask, Don't Tell. Nationally, Social Security is sacrosanct and is off limits. Lowering taxes on the rich is not a popular idea, and will be less so by the time the election gets here. The Republican agenda is a huge burden on any candidate for president because in the end, most Americans do not agree with it. Perry will cater to the extreme elements of the Republican Party and he may very well be the nominee, but it will be hard for any extreme conservative to get the required votes to win.

The 2012 election is still over a year away and almost anything can happen. Perry may bounce back soon and cruise to the nomination, but he cannot win the general election. He has too much baggage to clear the nomination and then win nationally.

Rick Perry will not be our next President.

UHD branding : Think in terms of dating



Staff Columnist

Ali Fazal

The University of Houston-Downtown's (UHD) recent branding campaign has stu-

dents talking about what could be done to improve UHD's image and what practices need to be eliminated - out with the "old" and in with the "new".

Everyone has that one hopeless friend, perpetually unlucky in love and desperate for approval. Over the years, I've seen many such friends come and go in my life - some end up with a traditional storybook happy ending, while some are doomed to an unhappy existence of eHarmony and praying they catch the next wedding bouquet.

Sadly, over the last few semesters, it seems UHD is treading a thin line between happy endings and wishful thinking. If UHD had come to me for dating advice, as many of my sad friends have been known to do, here's what I would advise to spruce the old gal up and ensure UHD keeps a fresh appeal.

First Impressions: While I love the edu-gator as much as the next guy, it's clear that our university has a major aesthetics problem. In today's digital age, the first window into any university is through their Website, and ours needs improvment. First of all, who thought of the color scheme that's currently being utilized? Yellows and oranges don't scream 'distinguished learning institution'. as much as they scream 'Ibi-

zan Rave'. And what is with those bizarre circle motifs that are now on all our official advertisements? They serve no purpose other than to look cheap and distracting. There's nothing wrong with adding a little bit of flair to our image, but in all honesty, it looks like our billboards were born through a combination of tequila and Microsoft Paint.

Play up your assets: In the realm of dating, it's all about enhancing what makes you unique and special while hiding your flaws. The same adage applies to UHD. Any image of students that appears on our websites, billboards, or banner ads look staged and unreal. Placid students smiling blandly while holding books? Will this make anyone want to attend UHD? Our university is located in the heart of one of the most exciting cities in the world. The view from our South deck is spectacular. Why not showcase a campaign that represents UHD in its totality? Glamorous urbanites lounging and laughing against the beautiful Houston skyline would convey the sophistication of our downtown location along with the academic integrity that we uphold. We have so many amazing students with such a wide variety of skills. Showcasing them doing what they love, whether it be music, art, acting, writing, etc, would be a better advertisement for the school than another shot of some robotic looking student holding a textbook and forcing a smile.

Don't be afraid to brag: Unless you happen to have a published autobiography, it's necessary to tell people what makes you special and interesting. Don't think of it as bragging; think of it as winning someone over with your accomplishments. UHD needs to take this lesson to heart. While our school publications do cover the dazzling accomplishments of UHD students, faculty, and staff, you'd never know if you stepped outside campus. None of the ads promoting UHD discuss just how fantastic our faculty is. It's rare for a school to have as many practicing professionals who are aced in their respective fields giving back and teaching classes. At any other school, students might have random professors whose only experience in their class subjects is formal schooling. Here at UHD, we have actual published writers, practicing publicists, world renowned scientists and successful corporate moguls imparting their real life wisdom to students. Why do we not showcase this more? UHD should try and get features on local news stations like other Houston area universities, which will show the general public just what the school has to offer.

Show your true colors: While every early relationship is bound to have some degree of artifice it's important to put yourself out there from the get-go and express yourself honestly and authentically. At UHD, we have one of the most diverse student bodies in the state. We have working professionals returning to get supplementary degrees. We have parents who are reigniting their passion for formal education. We have eager young students looking to make their mark on the world. With this kind of diversity, we should be attracting students nationwide. However, UHD isn't showing its true colors effectively. With the amount of ethnicities and cultures on campus, UHD should regularly be a part of local diversity festivals and race-relations panels. We are an excellent example of a non-homogenous student body that comes together when it counts, and that should be part of our promotional material.

The world of dating is hard, and when it comes to attracting others, UHD needs improvement. We have an academically competitive learning environment with excellent faculty and an outstanding student body. From here on, I think UHD should turn over a new leaf. Why not ask students to put together their school's public relations materials? I know plenty of students (myself included) who would be more than delighted to help our school thrive at the level that it deserves.

Sometimes it seems impossible to do what needs to be done to showcase yourself properly. UHD needs a brand new day full of hope and possibilities and it should start with identifying who we are and what makes us so great.

> *Have something you* want to share? Email us at dateline@gator.uhd.edu



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"What's Your Number" good for females in film

Ali Fazal

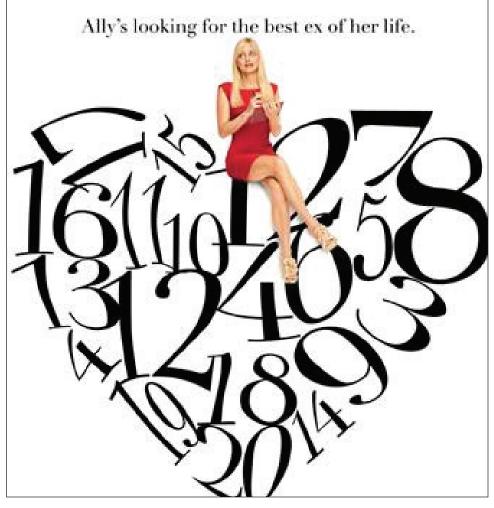
Staff Writer

The landscape of romantic comedies in 2011 has drastically changed with films like *"Bridesmaids"*, *"Bad Teacher"* and the recent release of *"What's your number?"*. It's becoming clear that audiences are no longer interested in the typical love formula films.

These films all feature funny female leads whose raunchy behavior and blunt honesty charm the socks of the audience and the pants off their male co-stars. Instead of bland beauties like Katherine Heigl and ReeseWitherspoon, fans of the genre are embracing unconventional heroines like Kristin Wiig, Tina Fey, and Anna Faris.

"What's your number?" exemplifies this. Star Anna Faris has been on the scene for years, with appearances in everything from the "Scary Movie" franchise to male-dominated comedies like Seth Rogen's "Observe and Report." When Faris began pitching the film to studios, she was shut down consistently, with execs being afraid that the raunchy female-oriented plot would turn off mass audiences. However, with a little bit of prodding, Faris prevailed, and the film was set into motion. Now, after the smash successes of "Bridesmaids" and "Bad Teacher," "What's your number?" is sure to be a hot commodity for 20th Century Fox distributors, who are sure to earn a hefty profit based on the movie's opening gross.

As for the film, it's a perfectly serviceable comedy with an appealing cast and some riotous moments. The film centers on un-



lucky-in-love Ally Darling (played by Faris), who, after reading a glossy magazine article condemning women with over 20 sexual partners as love pariahs, decides that since her number has reached the 'limit', she must go back and try to fall in love with one of her exes. Along the way she is helped by her womanizing neighbor (Chris Evans), who she develops feelings for.

It's a cute concept, and even though the film is utterly predictable, the final scenes have a surprising emotional depth that one wouldn't normally expect from this kind of frothy film. Both Faris and Evans are extremely likable, and unlike Kristin Wiig from "*Bridesmaids*," Faris is just as effective in the penultimate dramatic portions as she is in the broad comedy that dominates most of the movie. Nothing in the movie is brand new or shockingly original, but it doesn't need to be.

"What's your number?" is a perfect illustration of the delightful new female-centric trend that comedies are veering toward, and for that reason, it works.

However, with all this progress for female funny ladies, true gender equality in Hollywood isn't achieved quite yet. "What's your number?" was filmed over a year and a half ago, with its release initially scheduled for release in March of this year. However, studio executives were unsure if Anna Faris could carry a movie on her own (she is a woman, after all! How could she possibly?), so they wanted to wait until her co-star Chris Evans hit it big with "Captain America", which he filmed after "What's your number?" to release the movie. This way, the studio would be sure to have a bankable male lead as well, ensuring success.

It's very cool to see that female comediennes are getting the same types of opportunities as their male counterparts. No longer do female actresses have to be banished to weepy dramas or Oscar-bait period pieces. This new wave of films showcasing the modern female perspective is not only freshening up a previously played-out genre, but giving moviegoers a lot of reasons to LOL in the process.

Self-publishing online Aaron Stommel

Staff Writer

Freelance writers can now showcase their original work online with online publishing sites offering user friendly features that promote e-book publications and allow others to read these self-published e-books for free.

Feedbooks is a cloud publishing and distribution system for e-books. A writer can decide to publish virtually any book they want in their Original Books section, although it will be validated to make sure the content is acceptable. Once validated the ebook becomes available on Feedbooks main site under the author's name or by searching for the title of the book.

The e-book can also be downloaded in multiple formats: EPUB, Kindle, PDF, or custom PDF.

By creating an e-book on Feedbooks, writers can take advantage of a fully customizable experience. Writers have control of everything from cover art and title, chapters, as well as having the option to edit the e-book once it has been published. Some books offered by larger publishers, such as Ingram, are available for purchase on Feedbooks, but the selling feature is not yet available for self-publishers. According to an article by Christ Walters on consumerist.com, "If you don't already use Feedbooks, you're denying yourself access to what amounts to the free, opensource version of the Amazon Kindle store."

Another website that's available to writers that would like to self-publish their works is Smashwords. This site is much like Feedbooks with one main difference: writers can set a price for their e-books.

Writers have three options with Smashwords. They can make their book free, they can let their readers determine the price or they can charge a specific amount for their book with a minimum charge of 99 cents.

Writers can also choose to offer a percentage of their book for "sampling" in order to increase interest.

Some books can be placed in Smashwords Premium Catalog by meeting certain requirements. They can then be distributed to retail partners such as Apple, Barnes & Noble, Sony, Kobo and the Diesel eBook Store. According to the Smashwords Website, "approximately 80% of all our sales come from our retail partners."

Both websites support downloads to the Kindle, iPhone/iPod Touch and various other e-readers. Books on Smashwords can be read directly from the website.

UHD joins poetry slams Lucha Morales then went on to perform one of his signature pieces. "Your Smile" at an amateur

Managing Editor

University of Houston-Downtown (UHD) students are organizing a poetry club with goals to hold a series of poetry slams (competitions) on UHD campus, and eventually compete in the 2012 National College Slam.

As momentum builds nationwide for poetry slams, UHD will not be left out of the competition. St. Andrew Joseph, a sophomore majoring in Criminal Justice, began the organization of a poetry club here on campus, The UHD Writers' Bloc Poetry Club.

His efforts have been supported by other students and the faculty advisor for the club, Joseph Aimone, Assistant Professor of the English Department.

Joseph became interested in poetry in high school. He said his move from expressing himself artistically from drawing to writing poetry was the result of a metamorphosis.

"As I matured I was able to begin to move from drawing to writing, from pictures to words," said Joseph.

After reciting some poems to classmates, Joseph was surprised to learn that others thought his poetry was actually good. He then went on to perform one of his signature pieces, "Your Smile" at an amateur open mic session, also known as a spoken word performance.

The audience reacted well and Joseph became known as the 'love poet'. His stanzas of love and life became the focus of many of his pieces.

Joseph feels that UHD could benefit greatly from poetry slams on campus, as well as its participation in national poetry slams. He feels it could emphasize the art of poetry, have the culture of poetry recognized and create unification among students from different backgrounds at UHD.

So far, The UHD Writers' Bloc Poetry Club has three members and is planning a series of poetry slams to be held on campus. The first slam will be held Tuesday, Oct 11, at 12:30 p.m. in UHD's Cullen Auditorium. Registration is from 12 p.m. to 12:30 p.m. Any student with a valid student ID can register for the slam.

Patricia Smith, a slam master who has won the individual National Slam Competition four times, will be reading her poetry at UHD Thursday, Oct. 13. The time has not yet been determined.

For more information contact St. Andrew Joseph at josephs11@gator.uhd.edu or visit the club's Facebook page at http://www.facebook.com/writersblocpoetryclub.

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Council of Organizations cont'd from page 1

Committees to voice such ideas or any other concerns are available through the Student Government Association (SGA), although you do not have to be an SGA member to join the committees.

Bradley discussed the Hike and Bike Trails that are to be completed before the end of the semester. These trails would give students parking in the San Jacinto lot a direct route to campus, and students parking in the Daly lot a shorter route to campus. Bradley thanked the efforts of State Representative Sylvester Turner of District 139, who is actively involved with UHD, as Turner was able to push for construction to recommence on the trails and be completed in approximately 45 days.

While talks of parking issues were the main focus, talks during the most recent Town Hall Meeting were focused on customer service in some UHD departments.

Some students complained of being treated rudely by some UHD employees when contacting the Cashier's Office and Parking Dispatch. Questions regarding fees and parking privileges have been met with some shortness.

Bradley expressed concern over the issue. "There is no excuse for university staff to treat students rudely. It's unacceptable," said Bradley.

There has been confusion regarding what time of day the faculty parking lot is accessible to allow student parking. Students who purchase Night-Garage passes are not allowed to enter the faculty parking lot until 5:45 p.m. Yet, some students get upset when they show up at 5:20 p.m. ready to park in order to make it to a 5:30 p.m. class. When students contact parking to complain, some students have been met with some hostility.

Bradley reviewed the time when students can enter the parking lot and suggested that



Maps of all UHD parking can be found on the UHD Website at http://www.uhd.edu/about/parking/map.html

this type of parking pass is best suited for students whose classes start at 7 p.m., notstudents that need to be in class at 5:30 p.m.

Bradley encouraged students to attend Town Hall Meetings to voice their thoughts, opinions or concerns. "I would love to see 200 or 300 students at a Town Hall Meeting voicing their concerns," said Bradley.

The next Town Hall Meeting will be held Monday, Nov. 14, from 3 p.m.-4 p.m. in the Whilhelmina Cullen Auditorium.

Obesity: Battle the bulge

News about the typical American being overweight has been widely discussed in the media for several years now. Approximately 30 percent of the American public is now considered obese and is considered to be at risk for obesity related diseases such as diabetes, hypertension, and heart disease. There are ways to control and lose weight through diet and exercise

One of the new developments in weight management is the new USDA Food Plate eating guidelines-a method to simplify the previous USDA Food Pyramid. The emphasis on the new Food Plate is on portion control and vegetables and fruits in the diet. In fact, to combat obesity, the US Government is recommending the following broad guidelines:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like

soup, bread, and frozen meals – and choose the foods with lower numbers.

Drink water instead of sugary drinks.

One measure of how much body fat you have is the Body Mass Index (BMI) calculation using your height and weight. There are online calculators and tables to find out what your BMI is, and one reliable online calculator is from the Centers for Disease Control (CDC) at: Whttp://www.cdc.gov/ healthyweight/assessing/bmi/adult_bmi/ english_bmi_calculator/bmi_calculator. html.

The number will be a two digit number, and the normal range is 18.5-24.9. Less than 18.5 is underweight, 25.0-29.9 is overweight, and 30.0 and greater is considered obese. The BMI number allows for target setting with weight loss.

In addition to diet control, exercise is also another key component in weight management. Although exercise recommendations vary, currently the CDC is recommended 60-90 minutes daily to keep weight off along with dietary changes. This can include brisk walking, jogging, running, or aerobic activities. For students at UH Downtown, there are many exercise programs and facilities available to students to participate in.

There are medications that have been sold for many years for weight control, and in general they fall into two classes: those medications that stimulate the metabolism and those that block fat absorption. The medications that stimulate metabolism are, for the vast majority of patients, not recommended due to affects on the heart and blood pressure. The medications that block fat absorption, such as the over the counter product Alli (orlistat), can produce moderate weight loss, but carry side effects of diarrhea. For any medication treatment for weight loss, including various over the counter medications, it is best to consult with a health care provider.

Surgical interventions have also been highly promoted in the media as a weight

DADT cont'd from page 1

UHD student and U.S. Army veteran Kevin Farren gave his opinion on the issue, saying that there may be "a small population who will have backlash" but he thinks "the people in uniform will accept it and move on."

The Human Rights Campaign (HRC) sees this as the first of many steps towards equality not only in the military, but in the nation.

In a statement issued by HRC, president of the organization, Joe Solmonese said, "This was a hard-fought victory, and supporters of equality should feel proud. But we cannot lose sight of the challenges that remain..."

Those challenges include the Defense of Marriage Act, which prohibits the federal government from recognizing same-sex marriages. As of now, gay and lesbian members of the military may serve openly, but their partners do not have access to spousal benefits such as relocation funds or federal medical insurance.

UHD alumnus Joshua May supports the repeal, but feels there is still work to be done.

"People always asked service members to talk about their lives and asked about loved ones. If you were homosexual, you literally had to lie," he said. "[Gays and lesbians] need to be a protected class just like women, African Americans and other minorities."

"Every American can be proud that our extraordinary troops and their families, like earlier generations that have adapted to other changes, will only grow stronger and remain the best fighting force in the world and a reflection of the values of justice and equality that the define us as Americans," said Obama.



loss solution. Although the results can be dramatic, any surgical procedure carries significant risk, and some procedures carry long term risks. Consideration of surgical interventions for weight loss should include a careful discussion of the benefits and risks with your health care provider.

If you are concerned about your weight, or are considering a weight loss program, please be sure to see your health care provider first. Student Health Services can help you on your weight loss journals.

> Robert Hanks, PhD, FNP-C, RNC Assistant Professor-Clinical

6

King Crossword

ACROSS	1	2	3			4	5	6	I
1 Sugar	11	-	-	12		13	-		1
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15 "Why not?"	33					34		35	Ī
16 "CSI"	37	+			38		39		t
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17 Monopoly"	41					42		43	T
card				44		-	45		ł
18 "Get lost!"							10		
20 "Why not?"	50	51	52			53		54	
22 Scarlet 24 Takes	56					57			
pleasure in									
28 Capistrano	59					60			
bird		-	-	1					1
32 Block the	56	Food	k			En	glan	d	
flow of	57 Yank						fore		
33 Cab	57 Yank 8 Before 58 Knitting need 9 Expert								
34 Chatter	59 Big village 10 Third								
36 Egypt's river	60 Sudden turn degree?							?	
37 British —	61 Parcel of 12 Schulz lad								
39 Completely	land				19		is or		
engrossed						Tor	me		
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gray ante-	1 Plaything			js	23	Po	och		
lope	2	Deta	il, fo	r	25	Lea	ave (out	
43 Marshy area	short			26	Ch	ristn	nas		
44 Legislation	3 Bartlett or			27	Ra	ced			
46 Incorrect	Bosc			28	Us	e a			
50 Not pizzicato	4 Conclusion				sw	izzle	stic	;ł	
53 Multipurpose	5	5 Nevada city			29	Cle	eans	е	
truck	6				30	W	neelk	base	
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54		55				
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			61			
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	5	51 0	Greek	ĸР		
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f						

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Y equals T

YSB PBI OLCLNPB, XLCE JP Z OKJQXLP MLYYCB, XQBCCX

YBKKJMCB. JY'X PLY ILKYS Z

KBE XOBPY.

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CryptoQuote

AXYDLBAAXR is LONGFELLOW One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

PFJA HFNRVRWRQKP, R D

VOARY WFKPVRVZAKVP EAYA

WQKKRUQNP, EFZNG

HYFJRPA VOAJ

JRPPRFKQYRAP DFY GRKKAY.

- O.N. JAKWMAK

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Just Like Cats & Dogs

by Dave T. Phipps



Weekly SUDOKU

by Linda Thistle

5					4	1		
		7		1	8			5
	4		3				6	
7			8	6			1	
		4			3	8		6
	3		1					9
		5		2				4
6					7		9	
	1	9	5			2		

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

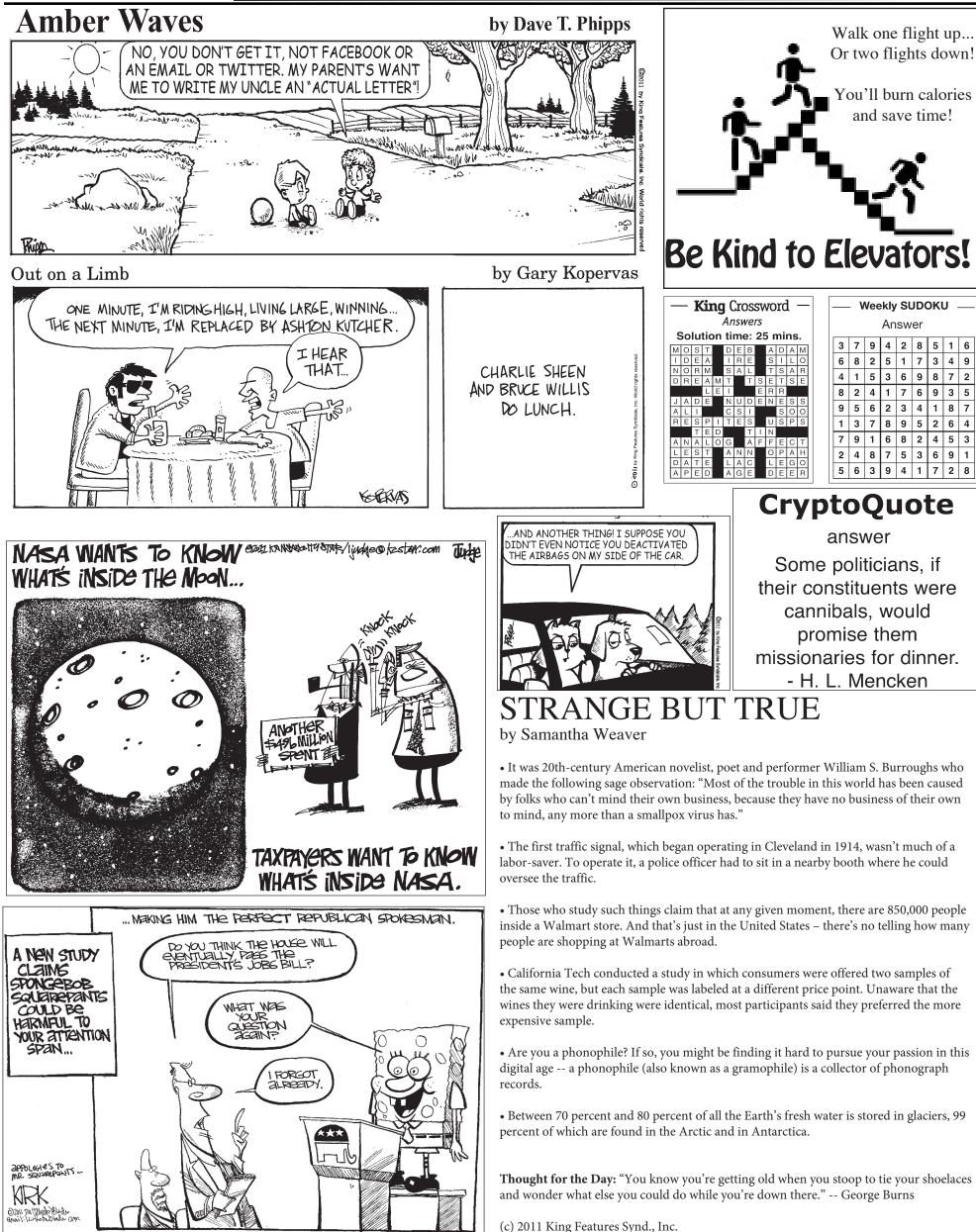
DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging $\star \star \star$ HOO BOY! © 2011 King Features Synd., Inc.

Oct 3-17, 2011 Dateline : Downtown www.datelinedowntown.com

Art & Leisure

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The Back Page

www.datelinedowntown.com The woes of the Houston Astros

Ryan Davis

Staff Writer

The Astros continuous losing streak has fans and the Astros owner questioning what needs to be done to improve scouting efforts and the overall performance of the team.

For most University of Houston-Downtown (UHD) students a trip to Minute Maid Park is only warranted when they can walk across a stage and receive a diploma.

It is probable students have forgotten that the Astros, a Major League Baseball (MLB) team, still plays there. In fact, the UHD commencement ceremony is making better use of the stadium in light of the record breaking losing season the Astros are having.

The Astros abysmal 56-105 losing record could not have come at a worse time. The economic downturn has undoubtedly put a dent in ticket sales; and according to ratings, the National Basketball Association (NBA) and the National Football League (NFL) have certainly snatched viewers from America's supposed favorite pastime. The team's three year losing streak, punctuated by the current awful season, might drive the Astros into obscurity. If the team had not received some media attention for an all-time worst season, some highly controversial trades, and a new owner, Astros exposure would be relegated to a small group of heartbreakhungry loyalists.

Despite the overall negativity, the Astros seem determined to quiet some disbelievers.



The Astros are closing the season against the St. Louis Cardinals, the Astros' arch nemesis. While no amount of winning will suddenly transform the season or launch them into the playoffs, the Astros hope to prevent the Cardinals from becoming wildcard contenders in the National League (NL) post-season. By doing so, they would cleanse their palate of the bitter, nasty taste of this season. However, raining on the Cardinals parade, while liberating, does not address the Astros' sub-par condition.

The off-season needs to be an on occasion for improving the organization. Jim Crane, the Astros new owner, has

warned fans about his shrewd financial plan for improving the team, yet ensured its overall effectiveness. Crane does not plan on cutting any Yankee like checks to buy talent, but he pledges to enhance the Astros farm system. Currently the Astros farm system, expanding across single A to triple A baseball, is underperforming as they possess only 2 of the top 100 major league prospects.

Despite this lack luster method, there are talks of possibly moving the team to the

tition. The AL is filled with teams like the New York Yankees, the Texas Rangers and the Boston Red Sox. All these teams have become synonymous with winning. There are concerns as to whether this move would make the team look like bigger losers than they currently are. Yet, being the worst of the best sill makes the team pretty darn bad.

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No matter the path, the Astros need to right their sinking ship. When the majority of celebrating in Minute Maid Park is along the lines of UHD commencement, there can't be much impetus to buy tickets or even

Test Your Knowlege: Sportz Quiz

by Chris Richcreek

1. In 2010, Baltimore's Nick Markakis became the third major-leaguer to have four consecutive seasons of at least 43 doubles. Name either of the other two to do it. 2. Who was the first New York Yankees pitcher to win the Cy Young Award?

3. Name the only three-time All-American running back for the University of Syracuse. 4. In 2010, Dallas' Dirk Nowitzki became the fourth foreign-born NBA player to top 20,000 career points. Name two of the first three to do it.

5. Two NHL teams since 1970 have missed the playoffs the season after winning the Stanley Cup. Name either one.

6. When was the last time before 2010 (4-1 loss to Notre Dame) that the University of North Carolina women's soccer team lost by more than one goal?

7. Bowler Mika Koivuniemi won the PBA Tour's earnings title in 2010-11 with \$330,040, the third-highest total in PBA history. Name the men who hold the top two spots.

Answers:

- 1. Joe Medwick (1935-39) and Tris Speaker (1920-23).
- 2. Bob Turley, in 1958.
- 3. Floyd Little (1964-66).
- 4. Patrick Ewing, Hakeem Olajuwon and Dominique Wilkins.
- 5. New Jersey (missed in 1995-96 season) and Carolina (2006-07).
- 6. It was 1985.
- 7. Walter Ray Williams (\$419,700 in 2002-03) and Patrick Allen (\$350,740 in 2004-05).

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