

# DATELINE: DOWNTOWN



## A Tough Election

## A New Start

**UHD's 11th Annual Gender Conference**  
**Resist and Persist!**  
APRIL 4, 2018

Houston area undergraduate and graduate students from all disciplines are invited to submit proposals for presentation at University of Houston – Downtown's one-day conference exploring the many dimensions of gender studies.

**SUGGESTED TOPICS INCLUDE:**

- Gender and the body
- History of gender rights
- Gender construction and the workplace
- Gender and public policy
- Historical considerations for gender
- Psychology of gender
- Influence of social media on gender acceptance
- Sexual orientation and the law
- Femininity/Masculinity and folk theories
- History of feminist struggle
- Police brutality and gender (in & out of prison)
- Sentences in the female and male brain
- LGBTQ issues
- The gender gap in STEM fields
- Historical considerations of gender legislation
- Gender and race
- Negotiating power across gender
- Gender, sex, and marriage equality

Present your research, visual art, creative writing or a live performance. Submit your 250-word individual proposal or 450-word panel proposal by March 9, 2018.

Submit proposal at [uhd.edu/genderconference](http://uhd.edu/genderconference)

**\$100 Prize for Best Paper**  
To be eligible for Best Paper Prize, submit full paper by March 20, 2018.

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Photo by Lissette Perez

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# Opinion: The Toxic Election Season

by Kara Moore

This year, I was one of several who filed a formal complaint with the election commission. It is important to note now, before diving into the complaints, that the election commission is chosen by the Chief Justice, as per the constitution, and then is voted in by the senate. Chief Justice Irene Nunez therefor picked out the people who would be overseeing the election she was running in, and the rest of her campaign group voted them in. While the tally on who said yes and who said no to the election commission will not be out until June 1st, I heard from an anonymous source that not everyone was happy with the commission Nunez picked. It seems redundant that the election commission should be chosen by the people who will be running in the election. This is just another problem with the SGA constitution, and would require a whole other article to address properly.

I submitted to the commission a recording of Irene Nunez and another student requesting to see proof of voting on a person's phone before handing out election goodies, like free cotton candy. I had witnesses who could attest that if people had not yet voted when they asked for proof, they would tell students they could vote on their phone. There is a section of the SGA constitution which directly states candidates cannot use borrowed electronic devices to obtain mobilized votes. This seemed to me then that candidates should not be encouraging students to vote on their phones or requiring students to provide proof of voting, considering that to provide proof they had to go back in their emails and re-click the link to show that they had voted. If they hadn't voted and went to go click the link on their phone, then who were students going to vote for? The person standing in front of them, giving them free stuff, regardless of their platform.

The complaint ultimately went uninvestigated. The election commissioner stated "There is no rule against asking or encouraging a student to vote using their cell phone. Polling sites had not been officially established at the time of your complaint. There is not enough evidence that the candidates are 'enticing a student to vote for only them' by simply asking for their voter confirmation." I disagree with this ruling. The constitution clearly states that they cannot use "borrowed electronic devices to obtain mobilized votes." If that does not mean cell phones, what does it mean? While it is good that students were encouraged to vote, they should not have had to provide proof that they voted or be required to vote on the spot to receive free gifts from any campaign.

The lack of investigation into my claim was worrisome, and it became clear then that the only complaints being investigated were made by the Modrow/Nunez campaign.

Other complaints were as follows: The first complaint came from the Modrow/Nunez campaign that their posters had been ripped down along with the posters of those they had created a team with: Shay Tatum, Diana Platas, Aileen Sanchez, and Ramiro Ojeda. All these members held positions in SGA prior to running in this election and had a vote in the election commission. In a livestream from Ojeda's Facebook on April 14 around 9pm, they went around the school and put up their posters again stating that they had been ripped down from the first floor to the

seventh floor of the main building. The report they filed, to my knowledge, is still being investigated as the election commission was waiting on footage from the UHD police.

The next complaint was against Senator Jesse Uppal for offering service hours to Honors students if they helped any Honors student running for a position in their campaign. Honors service hours are a requirement to maintain membership in the UHD Honors program. The offer was quickly rescinded by the advisor of the Honors program, Dr. Mari Nicholson-Preuss, and ultimately Uppal was disqualified.

The next complaint was made by Senator Jessica Delgado, who made the connection between a series of posters going up around the school asking, "Where is my representation?". She made claim that the watermarks on some of the posters were the same as those on the posters of the Modrow/Nunez campaign group. She also stated that the posters were targeting and passive-aggressive. The election commission stated regarding the claim "The election commission will not be investigating this. There is no violation".

Of course, when you combine the posters question of representation with a string of Facebook comments, it starts to make some sense. Faryal Gul posted on her personal Facebook a public post which tagged all four people running for President/Vice-President. The post proclaimed her support for Tajadod and Ignacio Hernandez. In the comments, one person claimed that Tajadod pretended to be Hispanic in the last election and was only running with Hernandez to get the Hispanic vote. These claims were made despite that Tajadod was targeted during the last election for being of Iranian descent. It was clear to me then: the posters were about race. People didn't want someone of middle-eastern background to be in charge again. They wanted representation of Hispanic people.

When the votes came out at One Main and the Tajadod/Hernandez campaign won by 28 votes over the Modrow/Nunez campaign, the room cleared out quickly. An anonymous source who works closely with SGA disclosed that the Modrow/Nunez campaign was already pushing for a re-count and even that some members of their campaign group who had won their elections, might boycott SGA. I reached out to Alan Modrow for comment and he did not respond.

This Student Government Association election season was, if it can be surmised in one word, wild. It could be a contributing factor that I'm graduating, and that SGA and I have never gotten along, that I feel the need to write about the election and ultimately SGA in general. I acknowledge that I don't have a lot to lose. I know people will be angry about my political commentary, but I'd like to remind everyone in SGA this: You are the politicians. I am the press. I am entitled to commentary as you are entitled to response. I print all letters to the editors.

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**Editors  
Desk**

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# Opinion: Grindr on Campus

by Angel Lopez

First and foremost, I think it is important to state that Grindr is not a “gay dating app”- yes it was an app created for gay guys to chat and meet up and the creator of this infamous app wanted to “make a difference” by making it easier for men to meet other men, but it has become more of a pass-time. When you’re taking a break from doing homework, or when you’re extremely bored and have literally nothing else to do you open Grindr and look through endless profiles of headless torsos. This is what I mean when I say that it has become a pastime – no one goes into this app expecting to find the love of their life. With apps like tinder already established and open to the gay community, Grindr is mostly for those who are looking for some quick fun. Hook ups may seem like they’re only for campuses with dorms, but judging by how many men are only 30 feet away from me while I sit on the fourth floor, I think it’s safe to say that this is not the case. I will say, however, that I am speaking for myself and on my own experiences and not for other gay men who may use this app.



Through this app I have learned that gay men are bold – this may sound silly and highly judgmental, but when the first message that I received once I created my profile was “I want you to sit on my face and twerk” I couldn’t help but put this app under an uncomfortable and critical light, and it honestly only helps enable this kind of bold and aggressive behavior. The issue with this app is not simply that you encounter men that will relentlessly message you even after you have made your disinterest crystal clear, but as a Hispanic gay man, having someone call me their “Latin twink” expecting a flirtatious response, is utterly disturbing. The fetishizing of a man for his ethnicity is a recurring issue with this app that not many people talk about or are even aware

of. Most of the time these profiles have no pictures, but the simple fact that someone took the time to write it down and state it as a requirement is what makes this app disturbing.

Grindr also gives people the option to put state their HIV status, which obviously is an important piece of information to disclose, however, recently Grindr was put under fire for sharing user’s HIV status with third party companies. This brings me to yet another issue with this app- sharing user’s HIV statuses with other companies is not only an invasion of privacy, but discrimination based on someone’s health status is

a very real and prominent issue that is perpetuated with Grindr’s decision to expose someone’s information. Given that this app is used by college students on college campuses, it is important to point out UH’s HIV policy. Students with HIV, a communicable disease, are considered to be disabled if it limits their ability to perform certain tasks or activities, and because it is a communicable disease they are required to disclose that information. UH does not discriminate on students who are HIV-positive, however, they are re-

quired to protect the welfare of the UH community as a whole. UH does not share this information of course, however, they must be made aware of a student’s health status in order to not only help them, but keep the safety of the rest of students a priority. Students with any STI, HIV, or AIDS are required by Title IX to disclose to every sexual partner their status regardless of whether they are labeled as “undetectable”. Undetectable means that the person with HIV’s viral load is so low that they cannot transmit it to sexual partners.

Having said that, what keeps Grindr such an interesting app, to keep it school-newspaper-friendly, is that the first message someone sends you is often not a written one but a more up close and personal picture.

## Casino Royale Hosted by CAB

by Paula Cano

The campus activities board, or CAB, created an environment of fun; a casino themed event that included the tasteful addition of Pluckers wings. In a conversation with Bradley Brooks, the vice president of CAB, he explains that the idea of this event is all about having a good time, trying to get people to come hand out, eat some good food, and enjoy themselves before finals start. The event started at 6:00 pm and ran through to 8:00 pm and was strategically hosted in the Commerce Building, Ralph, the president of CAB, explains that by hosting events such as Casino Royal in the Commerce Building it could promote other organizations to do the same in hopes that the student body who primarily takes classes in commerce building become more familiarized with the clubs on campus. CAB invites vendors to set up casino tables, Blackjack, Russian roulette, slot machines, and encourages students to come and gamble for free. At the end of the night they were able to collect their tokens and enter them into a raffle for limited edition school prizes. Ralph voiced that CAB’s goal is to get students to come out and enjoy some game time before the arduous times of finals come around. But most importantly he states how important it is to hold these type of events in

the commerce building to compensate its students for the already existing lack access to food. Ralph sees it as a way to give the College of Public Services and Criminal Justice, Social Work and Education majors incentive to do more than just attend their classes and get other students who don’t spend much time in the Commerce building to come check it out.



Photo by Paula Cano

As the president of CAB, Ralph’s favorite part of the event is the process to set up the casino royale room with the help of volunteers. He proudly expressed that the most outstanding result of the event is the willingness of volunteers to get together and give back to their own student community. Ralph says that none of this is possible without the help of volunteers. The volunteer recruiting process is a combination of the CAB members and the student

body. Ralph only had one comment after the event was done; “CAB is definitely an organization that people should join on campus especially if they want to learn a wide range of skills, working with vendors, budgeting it’s a really good organization...especially for business majors that plan on doing stuff like this in the future, it really maximizes their experience”.

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# “Stilt Houses” and “Contemplating Success”

by Archie Gayle

On April 16 at ten o'clock, a crowd of UHD students gathered on the first floor of the Commerce street building and awaited two of their fellow students. Those two students were Anthony Mijanos and Anthony Tigner, who conducted object research and designed the tour along with Tek Magar, Yessenia Rincon, and Chelsea Hernandez. This event was part of a series of Student Led Art Walks given by ART 1310 students. Becky Black, an adjunct lecturer in the Arts



“Stilt Houses” Photo by Archie Gayle

and Communications department, was one of the faculty members to spearhead this event. She introduced the students, saying that “these students have done what usually takes years to master.” The two artworks of focus were Stilt Houses by Justin Bery and Contemplating Success by Floyd Newsum.

The first piece of art presented by the two Anthony’s was Stilt Houses, a cluster of white houses in various heights—some were very close to ground, and others were higher right under the stairs leading up to the second floor of the Commerce Street Building. The houses were organized by their heights from lowest to highest, all faced different way. Aside from their height, they all looked identical. Anthony Tigner revealed the statement behind the artwork, saying that “the piece is a statement on social class—particularly at UHD. The various height differences symbolize all the diverse places that students and faculty come from, while the identical blue houses represent how we are all the same.” When the piece was given to UHD, it was positioned

against a window of the Commerce Street Building so that the artwork would show against the sky.

The next art piece was one of a four-part series done by



“Contemplating Success” Photo by Archie Gayle

famed UHD professor, Floyd Newsum. It was Contemplating Success, the art piece right across from Stilt Houses on the first floor of the Commerce Street Building. In contrast with the first piece of art, this was a magnificently abstract painting that caught everyone’s eye with its diverse use of colors, shapes and form. There is an array of images scattered across the canvas—including two windows, where one shows day and the other shows night, tables and houses that are either colored-in or strictly made of lines, stairs leading to roads, and roads leading to stairs that lead up to the sky at the top of the canvas. The art piece features cones all in every area of the canvas. These cones represent the students floating to success. The piece also shows that there are several ways to rise above; this is shown through the stairs and roads that all lead upward. The theme of the piece is community. There is also the word “Educame” written into the piece, which means “educate me” in Portuguese, to show the shifting demographic of UHD. The piece is uplifting, and its artistic style forces the eye to constantly move throughout the piece. “This is intentional,” Anthony Mijanos said. “Floyd Newsum doesn’t believe in limiting yourself.”

Both pieces were beautiful works of art with inspiring messages. They are works of art that one couldn’t picture anywhere else but the University of Houston-Downtown. Because they both represent the diversity of the campus and show where every student is going: up.

## Maria Felix: Mexico’s Femme Fatale

by Paula Cano

On April 8th Google dedicated a doodle to Mexican actress Maria Felix in honor of her 104th birthday. Although becoming a beauty-icon, Felix defied the many stereotypes that surround Mexican women. Felix was known for her peculiar temperament, ferocity, and non-conformist personality, she was not the typical submissive female actor portrayed in earlier Mexican cinema. Growing up in Guadalajara to a middle-class household headed by her military father, who Felix recounts as abusive to all his children. Felix faced several expulsions from different academic institutions, but managed to enroll in a university program and it was here where she was first recognized for her beauty as the “queen of the carnival”. At the age of seventeen Felix met Enrique Alvarez, a businessman for a cosmetic company, and bore Enrique Alvarez Jr. from their marriage. Shortly after divorcing Enrique Alvarez, Felix made the big move to Mexico City where she unexpectedly and without any previous experience would get recognized and launch her acting career in the movie titled “El Peñon de Las Animas” in 1942. When the offer to act was presented to Maria Felix she responded, “When I want to, it will be through the big door” her attitudes of a non-conformist were early signs of the stardom that marked her career for almost thirty decades. She starred in a total of 47 movies, extensively working with Mexican, French, Spanish and Italian filmmakers. Sources say Felix devoted her time to learn the French language by studying almost eight hours a day with a pencil under her

tongue. This Mexican queen never accepted a Hollywood role because of the industry’s determination to depict her as an easily provoked angry Latina. Famous Mexican author Octavio Paz describes her “María Félix is a woman -- such a woman -- with the audacity to defy the ideas machos have constructed of what a woman should be. She’s free like the wind, she disperses the clouds, or illuminates them with the lightning flash of her gaze.” Felix never studied acting; she only relied on her personality that is how she was able to build an image by playing determined, boss-like women in the movies she would partake in, they would usually personify who she was off the camera lens. She was admired by many important men, one of them being Diego Rivera who made her his muse and source of inspiration for several of his paintings sources say he dedicated almost a decade to painting her. Another important episode of Felix life was her marriage to Agustin Lara a famous Mexican musician-poet who is famous for composing her a song, “Maria Bonita” a musical piece that became very popular shortly after, and it is still one of the most resounding songs in the Mexican music repertoire. Maria Felix was responsible for her contributions to the Mexican cinema, revolutionizing women’s role in the film industry. She’s Mexico’s femme fatale, her mystique and grounded sense of self led her to become an international role model that defied the patriarch system within Mexican cinema by unapologetically being herself.

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# UHD's 11th Annual Gender Conference: Queering UHD

by Helen Martinez

To say that UHD is known for its diversity cannot be more of an understatement. From our student and faculty population, to our school organizations and interests, to our commitment for inclusion and equity, to our very mission statement, diversity is a core value of UHD.

This makes sense as we thrive in the very heart of our lovely city, which is one of the most diverse cities in the nation, and it is most apparent in our annual Gender Studies Conference. This undergraduate research conference is hosted by CHSS and had students from the surrounding Houston area presenting on research over a variety of topics including gender, sexuality, race, and the importance of intersectionality. The theme of UHD's 11th Annual Gender Conference was Resist and Persist, which was evident throughout the panels, and most notably, this was the first year prizes were given out for especially exceptional submission to the conference. In particular, there was a \$100 prize for Best Undergraduate Paper which went to Brian Ponce, whose presentation on his paper, "Men of Flesh," I had the pleasure to attend. There was also a \$100 prize for Best Visual Art, which was won by Kristina Dang, whose piece also embodied the themes of the conference.

To begin, Mr. Ponce's panel, Germany's Men of Steel: Militarized and Humanized Masculinities, moderated by Dr. Theresa Case, was one of the best I attended the entire conference. All three panelist focused on the effect of society's ideal of masculinity on soldiers during and after war. Mr. Ponce was especially moved during his description of soldiers in war who suffer such trauma for the sake of our normal lives. His fellow panelists, Kelia Ramon and Alyssa Carrizales, were also passionate and eloquently spoken in their defense of U.S. soldiers held to society's unrealistic standard as the ultimate source of strength and discipline. Because of this impossible standard, they are expected to be completely in control, without weakness, and almost mechanical in nature. However, in war, while soldiers are faced with difficult choices that can require a lack of compassion and empathy, they are still only human. As Mr. Ponce put it, "they are men of flesh, not men of steel." As much distance one tries to put between themselves and the act of violence, war has a way of becoming real to the everyday soldier, even after they leave the action. Kelia Ramon, in particular, spoke of the veterans suffering post traumatic stress disorder (PTSD) and how it dispels the myth created by society of the soldier

as the ultimate symbol of masculine strength and causes so many veterans to suffer in silence with very real feelings of inadequacy due to society's need for their illusion of strength. Alyssa Carrizales further explores how this poisonous hypermasculinity begins by analyzing the culture of control through fear in military school in Robert Musil's *The Confusions of Young Törless*. Her ending statement was particularly impacting as she said "Once young boys like Reiting, educated in the brutality of masculinity, move from the adolescent into adulthood, the desire for power does not diminish, it intensifies."

Another popular panel was Race, Gender and the Violence of Social Mis-Identification, which was spread over three parts in a series of panels. These panels were moderated and presented by students from Texas Southern University (TSU) and had a great deal of intersectionality with topics discussed in other panels, especially on the subject of rising above discrimination. The first panel consisted of moderator and presenter, Jeremy Eugene, a graduate student Novella Brooks de Vita who presented "The Glass Ceiling in the Ivory Tower," and finally Nathaniel Starr-Price and his presentation Racism: Blatant Vs. Subtle: Trends of Gendered Racial Intimidation, Tolerance of Genocide, and Double Standards in the United States. Both Nathaniel and Jeremy spoke on the importance of art and narrative in social movements, and Jeremy went so far as to perform an original and moving piece of spoken poetry, "Elevator Pitch," inspired by the death of a relative. The piece captures the difficult sentiment felt by people of color to move on with life despite grief and suffering caused by racial discrimination. Jeremy also mentions a few African folktales that revolve the idea later echoed by Nathaniel of having no collateral damage on the path towards progress or even vengeance. Even in the folktales where vengeance was normalized, none were harmed except for the offender, and Nathaniel argues that exacting vengeance impedes progress. Nathaniel's view reflects Novella's as they both talk of how the exclusion caused by blatant racism and the tokenism of subtle racism can only be resolved through time and effort to rise above their violators. Novella's argument further extends on the importance of equity over equality as well as how as a woman of color, she must rise above discrimination against being African American as well as a woman and be twice as professional and prepared as her lesser discriminated counterparts.

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These themes of narrative and resisting the expectations of society were also explored in the Fairy Tale Transformations and Real-World Problems panel moderated by Dr. Tammis Thomas. The panelists are chosen from her Freshman Seminar Honors course on the Grimm's fairy tales and present on their original rewriting of a fairy tale in order to expose or rewrite the true underlying messages in the original tales. The first panelist was Gabriela Sandoval who presented a redeeming revision of the classic Cinderella with the context of taking place in a Mexican-American culture. Afterwards, Olivia Haroutounian presented "Crystal" as a contemporary revision of Rapunzel with the main character becoming a world renown drugs dealer whose golden attribute is her knowledge and way with words. Next, Marisol Kusick rehabilitated Snow White as an active female character in her tale, "The Rightful Queen," whose leadership and wisdom are her most sought after characteristics. Finally, Paul Yang gave a chilling interpretation of Charles Perrault's Little Red Riding Hood with his tale "Red Rider Goes to Hollywood" complete with showing the reality of male victims of sexual abuse as well as ending with a moral typical of the french tradition. However, Paul turns it on its head by refusing to victim blame and instead warns potential violators to not be "a wolf."

The importance of narrative and representation is again emphasized in the panel Out of the Shadows: Exploring Queer Lives in Fiction and Film. Jaida Doll shows the lack of diversity in the representation of lesbians in film in her presentation Happily Never After: A Content Analysis of Lesbian Relationships in Homosex-



Photo by Helen Martinez

ual Films as Compared to Heterosexual Relationships in the Mainstream Media. She concluded that although the inclusion of real life discriminatory issues faced by lesbian couples in film is appreciated, it is not enough. As Novella Brooks de Vita argued in her panel, we must not grow content with tokenism. This is but a small step in the process of progress. We need wider representation. As Jaida maintains, "questioning lesbians are not looking for realism; they are looking for hope and validation." This is the mindset felt by so many minorities

across race, gender, sexuality, etc. It is seen in the other presentations on her own panel. Galleryy Martinez Reyna presented on the particular difficulty undocumented

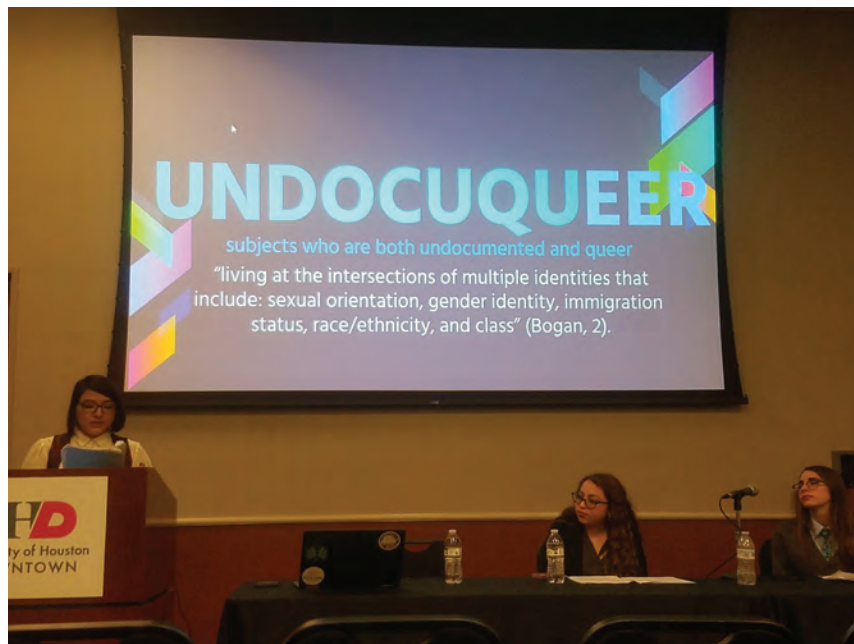


Photo by Helen Martinez

youth face in coming out in her paper "Undocumented, Queer, and Unafraid": Reimagining the "Coming Out of the Shadows" Discourse of the Undocumented Diaspora in Forbidden: Undocumented & Queer in Rural America." She considers how 30% of undocumented youth are in the Queer community but have to come out of a different "closet space," called "The Shadows." This can cause them to feel like their identity is "under attack" so to speak as they must address their undocumented status on top of their queerness thus requiring even more intersectionality than someone coming out of the closet. She also mentions how many of the undocumented families' cultures can be dismissive or even hostile to non-heteronormative individuals. This is the

crux of Magge Nunez's presentation Families as a Form of Oppression towards Transgender Youth: An Analysis on the Limitations of Gender Binaries in 'Luna.' She argues that families who refuse to communicate and educate themselves on expanding their understanding of gender and sexual identity can be deconstructive to their transgender children. She uses the novel Luna as an example of an oppressive family and their transgender daughter thus again stressing the importance of representation.

One cannot stress enough the importance of accurate representation, and it is conferences such as the Gender Conference that offers students a way to research and present findings on contemporary social issues and encourage discussions that lead to this crucial representation. As many of the pan-

els have noted, progress is not made with a single event, but rather a multitude of smaller steps. All of the panelists have taken one small step through their time and effort contributing to the Gender Conference. Resisting through rewriting our narratives as well as recording our histories. Persisting despite our disadvantages. Still, progress is made with these tiny steps. I ask you, what steps have you made today? What steps will you make tomorrow? How will you contribute to the conversation?



## Two Main Event(s)

by Jesse Uppal

One Main Event, UHD's version of prom, strikes the end of the election season every year with a series of awards, results, and a dinner party to accompany it. With the theme mysteriously declared as blue diamond, students and staff made their way to A300 for a night that would not disappoint. A photo booth and a cozy waiting area was setup near the check in table as guests conversed about the closing of the semester and what they are looking forward to for the summer. The doors opened at 7, filtering in around a hundred guests to elegantly draped tables with a blue/white decorative theme that left a glorious shine amongst the room.

As guests took to their seats a flash of servers moved around the room serving bread and water for a start. The night was to feature a three-course meal with an appetizer of salad and breads of various styles. Rolls, pumpernickel and rye were just a few of the delicacies served to sate the wanton guests before the main course arrived. The entrée portion of the night featured a chicken quarter of breast and wing, served with a garlic pepper aioli lightly drizzled and a side of steamed vegetables and herb mashed potatoes. Desserts were an assortment of cheesecakes served with raspberry and blueberry coulis carefully poured across. The night also featured a beer and wine cash bar for those that were over 21. A comedian served as the MC for the night, lightly roasting the DJ and a few of the audience for comic effect throughout.

The first main event of the night was the Council of Organizations Award Showcase, where various members of the UHD family were honored for their contributions to the community, UHD, and their own students. Some awards included the advisor of the year award, won by Dr. Nina Barbieri, with the best logo categories falling to the Asian Student Association. Awards were also handed out to the Greek organizations.

Student Government Association Elections also came to a flying end at this event, as the candidates who were running were finally notified of their positions. The Senator positions for the College of Sciences and Technology went to Dionesia Bardwell and Aileen Sanchez, with Sanchez retaining her seat from the year prior. Senators for the College of Humanities and Social Sciences went to Shae Tatum and Diana Platas, both of whom have served in SGA for multiple administrations. College of Public Service Senator was awarded to Citlaly Rubio, a senior in the Social Work program and an Honors Student. Davies College of Business gained a new Senator in Ryan Hashem, a recently transferred student to UHD. University College Senate positions currently remain open to all undeclared, BSIS and BAAS-AA majors on campus. The Chief Justice position was appointed to Ramiro Ojeda, a current Senator of

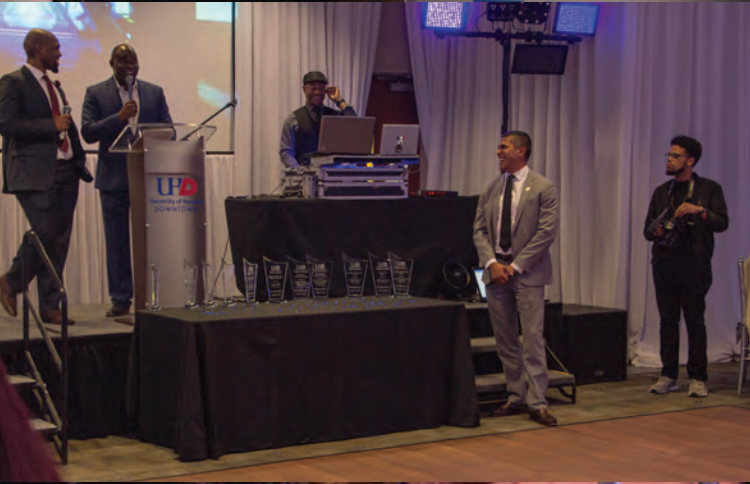
the association and an active member of the speech and debate club. Attorney General Angela Dawson and Student Defender Nathan Villarreal were both appointed to the Judicial Board positions. The President and Vice President positions went to Armita Tajadod and Ignacio Hernandez, beating out Timoteo "Alan" Modrow and Irene Nunez for the executive level positions. Tajadod currently serves as Vice President of the Association with Hernandez filling the role as a College of Sciences and Technology Senator. Modrow and Nunez both served in the association as the Speaker of the Senate and the Chief Justice, respectively. The emotions surrounding a very hard fought campaign were fierce, with some even leaving the room when the results were announced.

The night pushed on as any UHD Gala would, with dancing to kick off the final two hours of the event. Students dropped their coats and loosened their ties to make their way to the dance floor and show off their moves. The DJ had a computer setup for song requests and a number of old-school and modern music hit the room with a vibrant finish that brought a stressful and agonizing semester to an almost close. With just finals around the corner, a big shoutout goes to all of the organizers and hosts of the annual event with hopes that more events like it will grace us in the future.

To those who won awards or elections in the event, Congratulations.

To those responsible for the event, Thank You.





# Houston's 31st Annual Art Car Parade

by Lissette Perez

Each year for the past three decades, a weekend has been designated for the extraordinary Houston Art Car Parade. Sponsored by the Orange Show Center for Visionary Art, the Art Car Parade is an event that displays eye-catching, mind-boggling cars in the heart of Houston. This year's event took place on April 12-15, with the parade being on the 14th. The parade showcased over 200 vehicles which ranged from cars, motorcycles, bicycles, to sofa chairs and welcomed people not only from Texas, but from all over the country. The parade served as a platform for artists and activists to display their talents and convey their views in front of an eager crowd.

The chilly, windy afternoon did not stop people from gathering in the downtown area to spectate the famed Art Car Parade. In fact, the parade started at 2 p.m. but people were set and ready to watch well before it was time. There

were people everywhere – and of all ages; some were sitting down along the sidewalk curb, some were comfortably seated on their portable lawn chairs, with others standing on the sidewalk. Phones and cameras were out, ready to capture the most awe-evoking, bizarre, and groovy looking cars.

Once the parade started, people began to cheer joyfully. An array of cars of all colors, shapes, and sizes began to fill the streets. There was no shortage of art car styles as there were literally hundreds of cars driving by one after another. Some cars had beautiful, colorful landscapes painted on them while others were purposely designed to look out-

landish and gaudy. Some cars were disguised as hippos, zebras, dogs, and dragons. Some cars were in the parade solely to make people laugh. There were also people accompanying the art cars on rollerblades, scooters, and unicycles waving happily at the crowd. Some of the parade's participants handed out souvenirs to the audience – bead necklaces, candy, and baseball caps were some of the items given to the spectators.

However, not all participants were there to show off their funky cars. Some art cars stood up for several causes. For instance, there was a car that supported autism awareness, one raised awareness of homeless dogs and the importance of adoption, one was to represent the blind and service dogs, another car was to advocate for environmental health. No matter what topic the cars represented, people were just as interested in them as the funny ones. After the



Photo by Lissette Perez

parade ended, UHD alumni, Pedro Perez, said, "I had never seen anything like this before. I liked how it wasn't just about cars, but about people coming together as a collective group. [The parade] left a lasting impression on me". The parade left its viewers with a sense of empowerment and harmony.

This peculiar event enabled everyone to unite together to express and embrace art in the Houston community. The purpose of the Art Car Parade was to enjoy the day by admiring the seemingly endless ideas pasted onto a variety of vehicles. The unspoken message of the parade was a meaningful one – everyone has the power to turn imagination into reality.

# Houston's Japan Festival

by Lissette Perez

Hermann Park hosted Houston's 25th yearly Japan Festival on Saturday, April 14 and Sunday, April 15. The cost-free festival, geared towards providing the public with traditional and contemporary aspects of Japan, welcomed all – even dogs. The Japanese-themed event featured martial arts performers, musicians, dancers, as well as dozens of merchandise booths, fun-filled activities, and more.

Japan Fest was created in 1993 by the Japan-America Society of Houston in order to encourage relations among the Houstonian and Japanese communities. The reason being the Japanese population in Houston was one of the lowest in the 1990s; it was the lack of representation that led to the formation of Japan Fest. Now, the festival brings in thousands of visitors per year from diverse backgrounds solely to appreciate Japanese culture.

Although the weather was not ideal on Saturday due to rain which caused many booths to close, the festival still went on. Fortunately, Sunday's weather was a different story. Puddles of water were scattered around the area but the sun was out shining bright. Despite the weather changes, people were determined to explore what the festival had to offer. So much so that there were long lines of people formed at each booth to either wait on purchasing some authentic Japanese food or to simply browse the knickknacks the vendors offered.

Majority of the festival consisted of merchant and activity booths. They could be seen all throughout the park, selling everything from stuffed animals to samurai swords. Face

painting and caricature portraits were offered to the public as well. Further into the park, surrounding the booths were some family-friendly activities such as kendama, a Japanese game that resembles the cup-and-ball game, but with three cups and a spike, kingyo sukui, a traditional game in Japan in which the player scoops goldfish out of the water with a short, flat scooper. Other similar games were Water Yoyo, and Super Ball Sukui where the player's objective is to scoop out yoyos and bouncy balls.



Photo by Lissette Perez

Another significant portopm of the festival was the clothing and fashion. There was a prevalence of people in kimonos and cosplay costumes. The popularity of anime costumes was due to a cosplay contest, the prize for the best cosplayer participant was a round-trip from Houston to Japan. UHD student Anthony Rea attended Japan Fest on Saturday and said, "The weather was the worst this weekend so not everything went as planned but, I went to last year's festival and there were so many cosplayers. It was awesome." For those who were not interested in cosplay-ing, vendors sold anime-themed shirts, Japanese attire, and accessories such as umbrellas, handheld fans, and jewelry.

Houston's Japan Festival was successful once again in educating the community about Japanese heritage. With many opportunities for visitors to get involved with Japanese and American-Japanese, the festival's visitors were able to connect with, recognize, and value a culture different from ours. Those who were least represented in Houston are now the cause of one of the biggest, most popular festivals.

# Houston Rockets Enter Playoffs Following Record Setting Season

by Michael Case

The NBA playoffs have begun as the Houston Rockets ended the regular season with 65 wins, the most in franchise history, and the number one seed in the playoffs. A busy offseason allowed the Rockets to sign big name free-agent Chris Paul, and great defenders: PJ Tucker and Luc Mbah Moute. The Rockets started off losing Paul in the first game to an injury that kept him out for multiple weeks. The team continued to win, and other than a 5-game losing streak in late December; they put together win streaks of 10 games or more 4 times, including a streak of 17 straight.

James Harden has lead the team all year. Averaging over 30 points a game, the Beard is a virtual lock to win the NBA's Most Valuable Player award. The only discussion is who will come second in voting, LeBron James or Anthony Davis. In a year the league was plagued with injuries, the Rockets were no different. Harden missed 10 games, Paul with 24, Mbah Moute missed 21, all starters for the Rockets. The defending champions, the Golden State Warriors, have not been fortunate either; Steph Curry, Klay Thompson, and Kevin Durant all missed time this season with various injuries. Despite the injuries, the Rockets continued to win.

The previous high for regular season wins was 58 in 1993-94. A team lead by Hakeem Olajuwon won the NBA Finals that year. This 2017-18 Rockets squad lead by James Harden, bested that record by 7 wins. The Rockets clinched the Conference so early games at the end of the season saw backups get major minutes to let starters like Harden, Paul, and Capela rest and heal. This team could have pushed 68-70 wins if not for those games. Speaking of Clint Capela, this young player has seen major improvement this season and will receive Most Improved Player votes, and deservingly so.

This seasons coach Mike D'Antoni has done something special with the Rockets. Implementing his system, the Rockets ended the season as the best offense in the league averaging 112.4 points per game. The team's defense also improved becoming a top 10 unit. The additions of Paul, Tucker, and Mbah Moute helped improve the defense, and Paul and Harden in the back court improved the offense. This Rockets team looked dominant for most of the season, even beating the Warriors twice in 3 games. In a poll conducted on Dateline Downtown's Twitter, UHD students overwhelmingly picked the Rockets to win the championship at 91%. The NBA playoffs have begun, however, and anything can happen in a 7-game series.

The Rockets opened Game 1 of the playoffs with a less-than-stellar outing. The



Timberwolves were able to stay in the game thanks to poor shooting from Paul, Ariza, Tucker, and Gordon. Thankfully the Rockets have James Harden as he put on an MVP-worthy performance, scoring 44 points in a 104-101 win against Minnesota. Paul literally almost threw the game away with a long errant pass that soared out of bounds. There was not enough time for the T-Wolves to mount a comeback, and the Rockets felt lucky to win a game that saw them shoot 27% from the 3-point line, making only 10 out of 37 shots.

While the Rockets enter the playoffs with the best

record in basketball, the Golden State Warriors remain the favorites. They have won 2 out of the last 3 championships and have 4 all-stars on their team. Coach Steve Kerr has shown he is a quality play-caller and the Warriors look to continue their dynasty. As LeBron's Cavaliers team struggles and Boston collects injuries, the only east teams that look to compete for the Finals are the Toronto Raptors. Nevertheless, the Houston Rockets must go through the Warriors to prove they are contenders.

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# Michigan Ends Bottled Water Program for Flint Residents

by Chris Joseph

It has been four years since the water crisis in Flint, Michigan began. That's right, four years without the basic human necessity of water to cook, drink, and bathe. For four years, Flint's residents were using bottled water as a replacement for the unusable water flowing to their homes. After four years, the governor of Michigan, Rick Snyder, has declared that the water is safe.

On April 6th 2018, the city of Michigan released a statement saying that they will stop providing free water bottles to the residents of Flint. According to Michigan officials, the lead levels in the water have not exceeded federal levels in the past 2 years, and declared that the water is "safe." As a result of their statement, the remaining distribution centers, where residents their get bottled water from, have now been closed.

"We have worked diligently to restore the water quality and the scientific data now proves the water system is stable and the need for bottled water has ended," said Gov. Rick Snyder in a statement.

Back in 2014, before the water crisis, state-appointed officials began to use the Flint River as a cheaper alternative for tap water for the Flint residents instead of using the more expensive, and well treated Detroit River and Lake Huron. The Flint River was not properly treated and cleared before it reached the citizens home and contaminating Flint's entire water supply.

Despite what the Gov. Snyder says, the Mayor of Flint, Karen Weaver, is not on board with the ruling of eliminating the free water bottle program to the residents. Just a few days after Gov. Snyder gave his statement, Mayor Karen Weaver met with the Snyder to ask that he repeal his decision, and keep giving free water to Flint until the all of the affected waterlines in the remaining homes is replaced, a job that will not be finished until 2020.

Unfortunately, Weaver's plea fell on deaf ears as Gov. Snyder rejected her plea to repeal his decision for the state funding of the bottled water program. In a press conference held April 16th, Weaver spoke about her meeting with Snyder, and how Snyder told her that the city needs to "Get over it."

Weaver also mentioned at the press conference that she has plans to sue the state over the Department of Environmental Quality's (DEQ) handling of a water supply switch that exposed the citizens of Flint to lead. This isn't the first time that Weaver threatened to sue the state. Weaver drafted a suit back in 2016, when the state tried to end PODs once back in September and again in January of this

year, but she backed down because the state made promises to keep PODs open until the crisis is over completely.

"They gave us their word that they would see us through this lead and galvanized service replacements and that we would have the PODs open until then. He's done a disservice to this community by backing off from their word," said Weaver at the press conference.

Even with the DEQ's findings, there are still houses that still have lead lines and need to be replaced. According to the acting city administrator, Steve Branch, roughly about 6,200 pipes have been replaced and approximately 12,000 still remain.

Even a number of Flint's residents are doubtful of using the water, even with Snyder's recommendation of using a purify filter for their tap water. Ariana Hawk, a resident of



Flint, Michigan, told WJRT that her children developed rashes after bathing in the water.

"I don't trust the filter, I don't trust the water. Everything that me and my kids do from cooking to boiling their water for a bath, we're using bottled water, I do not trust anything," said Hawk to WJRT.

In 2015, the city switched back to the Detroit River and Lake Huron, but the damage was already done. Thousands of children's blood registered incredibly high levels of lead and around 12 people died from a Legionnaires' outbreak related to the water switch, which the governor declared a state of emergency.

Nick Lyon, the head of the state's department of Health and Human Services, and a dozen more of officials were charged with invol-

untary manslaughter for the death of a citizen. A year after, felony charges were made against two former emergency managers, who were appointed by Snyder, for essentially being cheap and not ensuring the safety of the Flint residents.

Earlier this year, before Snyder pulled the plug on bottle water program, Will Smith and his son Jaden Smith, threw their hat in the ring to help Flint during their water crisis. With the Smith' eco-friendly water company, JUST, they have vowed to donate bottled water each month. They have already donated 9,200 bottles of water.

JUST's CEO, Ira Laufer, told Mlive, "This just makes sense for us to do...After reading more about Flint's challenges and the mayor objecting to pulling the bottled water from the schools, we thought, 'Let's help these kids out.'

# Cambridge Analytica

by Angel Lopez

Unknown to Facebook users for years, Facebook permitted a research firm named Cambridge Analytica to secretly harvest millions of Facebook users' private information and now they are facing the consequences. CEO Mark Zuckerberg remained silent on the matter for five days until Facebook users began deleting their profiles upon realizing that these ads were gathering their information through psychological quizzes. Cambridge Analytica's goal in creating these quizzes was to better understand the individual and their personalities in order to create targeting ads that appear once you open the Facebook app with the hope of getting their attention. Zuckerberg issued an apology after being interviewed by various sources and after stock prices dropped by 50 million dollars. The fact that he took so long to respond created a distrust in the website itself as well the amount of protection there is for users' privacy. Facebook is not simply facing a data privacy issue, the fact that this company was allowed to collect millions of private data without telling its users raises the question: when should we trust what we see on Facebook? Given that Facebook made no effort to try and stop this sort of activity from affecting millions of its users.

Zuckerberg stated, "This was a breach of trust, and I'm sorry we didn't do more at the time." The apology lacks in sincerity because it was only released after people began deleting their profiles and losing trust in Facebook by the millions. Hashtags like "#DeleteFacebook" began to appear and attacking Facebook's failure to protect its users' privacy. To better un-

derstand the anger surrounding the scandal, it is important to also note that the Cambridge Analytica strategy firm has been previously used and associated with Donald Trump's presidential campaign when the 2016 election was taking place. During Trump's campaign, apps were created that would require users to sign up and enter their information which would ultimately become shared with third party companies, however, the users were not made aware that their privacy would be violated. President Obama's campaign, during his run, did something similar, however, they let their users know exactly how and for what their information was going to be used.

While Cambridge Analytica also used users' likes to place them in certain political categories while harvesting their private data and sharing it with other companies. This is obviously alarming because of the violation of privacy, however, Facebook made it easy for Cambridge Analytica to do this, despite that the firm clearly violated Facebook privacy regulations.

This is not the first time developers who create these kinds of apps have abused user's privacy and shared information, however, Facebook is an incredibly popular app used by millions of people who share personal information constantly making this breach of trust, as Zuckerberg acknowledged, difficult for users to continue trusting any kind of app no matter how safe it claims to be. Users need to know that when they sign up for Facebook, its privacy regulations are set forth at the very beginning. Take time to read the terms and conditions of any app where you will be putting out your personal data.

## Opinion: Islamophobia

by Delia Leal

Islamophobia affects everyone whether you're Muslim or not. There is often not enough exposure to Muslims that people tend to have an irrational fear of anything relating to Islam. Fears are usually based off misinformation especially when relating to Muslims, and the religion or culture. People have developed nothing but a negative filled schema for Muslims. People tend to relate them with the characteristics of the man having a beard, dressing in a robe with a cap and feeling instant fear whenever such a man appears. A true Muslim submits themselves to Allah (God) through prayer to suppress the desires of destruction. A Muslim woman is known to wear hijabs, but many think they are forced to. The hijab is a statement piece for women making a difference. It's a choice with their faith and even then, women of other religions wear their own form of a hijab. People perceive Muslims to be violent when the religion is all about peace.

Dia Quraishi, a guest speaker wanting to shed light to this topic, gave an excellent lecture. Quraishi presented a spectacular analogy of how Muslims are being treated, stating "the Muslims are just canaries in a coal mine". Long ago before technology existed coal mine workers used to carry caged canaries into the mines. The caged canaries alerted the humans when to get out by being placed in the lowest levels of the mines; if toxic gases rose it would kill the canaries and so if the tweets weren't heard it would quickly alert the miners to exit. Islamophobia creates a toxic environment for not only Muslims, but for all people who differ from what is considered normal, who practice religion outside of Christianity. They endure hurtful commentary and behavior from all sides, often making it a daily struggle and yet they develop composure despite how offensive it is.

Muslim Americans are constantly feeling alienated creating the vulnerability that terrorists feed off to recruit them. Just like kidnappers or sex traffickers target the vulnerable kids to exploit, terrorists recruit people to exploit the hatred and thrive off it by never letting Islamophobia die down.

Muslims only make up 1% of the population in America and Muslims are not only made up of ONE race they're made up of many different races. So yes, there are

black, Hispanic, Asian, Arab, and even white Muslims. People of other religions sometimes feel lost in their own faith and convert to Islam smoothly. Muslims are a accepting community and embrace any person welcomingly.

The religion is universal with a common message just like Christianity. A fellow Muslim student, Abdullah Khurshid remarked on this topic, "But the world today... The problem is that we all look on differences rather than similarities. The similarities are way much more. But we tend to look at the negative aspect like the differences. We tend to highlight them so much so that they seem bigger than this world." Muslims believe in all prophets that were sent to this world including Jesus and say, "peace be upon him/her" whenever mentioning their name. Mary is seen as pure among Muslims and is praised for how great of a mother she was.

Another common misconception is that the women of Islam are thought to be mistreated. On the contrary, "paradise lies under the feet of the mother" and as a wife she is the queen of the house. They view the women as the building blocks of society and give them complete freedom in the religion. The norm in societies or the universal trend is "the man" especially in western culture. Whenever thinking of professions most times they are thought to be done by a man, such as doctors or engineers. While it is important to not ignore that women's rights in Muslim countries can often be limited, the actual faith of Islam holds women up as important figures.

UHD has a Muslim Student Association for any of those that want to get to know one and for those that could be searching for a community built on peace. Exposure to real Muslims not the fictional terrorist Muslim that is constantly portrayed on the media is important to take away the power of these stereotypes. We live in a world that is dependent on social media but people should keep in mind that anything online can be manipulated and portrayed negatively. Not all followers of Islam convey the actual religion's beliefs just like not all Catholics or Christians go to church every Sunday. A practicing Muslim conveys the religion's true beliefs and those should be the ones magnified when referring to a Muslim.

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# The Energy in Our Dumps

by Jaida Doll

According to the Houston-Galveston Area Council, the Houston-Galveston area, is home to 27 landfills. The Texas Commission on Environmental Equality states that in 2016, when only 26 landfills existed in the Houston-Galveston area, these cities disposed of 8,971,386 tons of municipal solid waste – that's more than 25% of the total trash disposed of in the state of Texas. Within the 2 years since that data was recorded, the trash disposal in the Houston-Galveston area has significantly increased. Not only does Houston's growing population affect the influx of trash, but so does its weather. Landfills receive massive influxes of rubble after natural disasters, like the recent Hurricane Harvey. Flooded homes and businesses all over the area were gutted – their carpets removed, their walls torn down. This type of trash on such a massive scale can greatly impact the eco-friendliness of the environment.

These 27 landfills are dangerous to both our citizens and our earth. The immense amounts of trash rotting away in our landfills pollutes the air we breathe and the water we drink. More than ten toxic gases are released into the air due to bacteria during decay. Some of these gases are toxic to both humans and wildlife, while others are the infamous greenhouse gases, to which is attributed the main cause of climate change or global warming. This methane gas that leaks from these plants can also build up underground and eventually cause explosions that harm individuals or infrastructures.

Not only do these landfills release dangerous gases that pollute our air, but they also tend to leak toxic substances that can pollute our waterways. When rain comes in contact with all of the debris, and all of the bacteria that accompanies debris, it drains through the landfill, into the ground, and eventually leaks into formerly fresh waterways. These now polluted sources of water often end up running through our pipes and being used for drinking, bathing, cleaning, or brushing our teeth. One of these toxins is that of TCE, which has the power to contaminate 20,000 gallons of water with only four drops.

These toxic pollutants do not merely harm the environment, but they also harm the individuals and wildlife that come in contact with them. Citizens who live close to landfills and who are constantly drinking and inhaling these toxins are at a greater risk to develop heart and lung disease. Furthermore, children who live near the waste plant by Niagara Falls have illustrated growth problems such as a reduction in their height. As trash piles up during the mere 34 years until the Houston-Galveston area runs out of capacity for waste products, only more landfills will be built, and only more pollutants will be released into our cities.

Thankfully, there is a greener alternative to these harmful landfills. Powerful machines have the ability to turn this waste into a clean, usable, gas energy source by utilizing a process known as gasification. Using technology that dates back to the 19th century, a gasification machine can be fed virtually any material excluding metal and rubble. With a massive amount of heat, these materials break down into the clean, easily combustible gases of hydrogen and carbon monoxide. In recent years, even more advanced systems have been developed that can break down even more materials and produce even cleaner gases. These gases, in turn, can be used as

fuel to generate electricity. Gasification projects have already been enacted in places including France and South Carolina.

Fast Company's website states that 25 tons of debris can create 1 million watts of electricity, equal to one megawatt. This single megawatt enough to power nearly 1,000 average American homes for a whole year. That means that with the near 9 million tons of waste that filled Texas' landfills in 2016 could produce 358,855 megawatts of electricity. This amount of electricity can power almost 360 million homes for an entire year. The landfills in the Houston Galveston area alone, have enough trash to power every one of the 126 million households in the United States, and then some. Imagine if the entire state of Texas converted to gasification plants rather than landfills. They could likely provide electricity for the entire world. Furthermore, some of the more advanced gasification machines will produce a higher-efficient gas, which in turn will be able to power more homes. The more eco-friendly houses that are built, the more the use of electricity is reduced. This, as well, enables the gasification machines to power even more homes.



Reducing the amount of pollution that emits from landfills would positively impact both our environment and our citizens. The earth would be further protected from harmful greenhouse gases, so we will be able to curb the ever-increasing climate change. Global warming, which is responsible for natural disasters and animal extinctions, among other negative impacts, could be greatly reduced by

the reduction of landfill waste. Furthermore, it would protect individuals who currently suffer from contaminated air and drinking water. The building of these plants would also stimulate our economy and create green jobs for its citizens.

So if there is such a simple and beneficial solution to curbing pollution, why is it not being enacted? The biggest con of these gasification plants is the cost of such large-scale projects. Advanced gasification machines that are worth the amount of energy they produce, cost more than ten million dollars to build. Even after selling the clean gas the plant produces, it would be difficult for the waste management company to profit from this massive purchase. Government grants and subsidies would be necessary to accomplish such a project, but most are hesitant to put invest such a large amount of money in these projects. Waste management businesses have the same thoughts when it comes to these gasification machines. Although many governments provide incentives to encourage the construction of gasification machines by waste management businesses, most companies are also not willing to dish out the funds for such a large and expensive project.

Whether or not these gasification plants are worth the funds needed to construct them, in the long run, it would be beneficial to our cities. Eventually, Houston is going to run out of areas to dump their trash. The best, current alternative to keeping the beauty of our city intact is to spend the time and money developing gasification plants. The amount of polluting gases emitted to the earth will simply keep growing over time, so our cities should be doing everything they can to limit the amount they produce. Though they have their costly disadvantages, gasification plants would increase the health and lifespans of our people, our city, and our world.

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# Advice from Your Typical Student

**“It’s almost the end of the semester and I feel like I am running out of motivation. I’ve been working hard all semester, but I don’t know if I can finish the semester how I would like (I’m aiming for all A’s, but right now I have two B’s). Do you have any advice for how I can increase my motivation?”**

Thank you for the question! I would like to commend you for keeping your grades up all semester! Having two B’s is a great accomplishment and while you have said that you are aiming for all A’s, please do not feel as if you have to push yourself past your limit to obtain that outcome. Motivation by itself is very important, but self-care has a large hand in generating motivation. Self-care is especially important now that it is very close to the end of the semester. When I say self-care, I mean things that you do to replenish your energy. It can be as small as taking a twenty-minute nap or as big as taking a trip to your favorite place and spending some time there. Your energy is constantly being depleted, especially as a student, so it is important to replenish your energy in order to deal with the daily demands of life. I had an awesome guest speaker in one of my classes this past week and she actually gave a presentation on self-care. At the beginning of class, she passed out paper plates and I got kind of excited because I thought that we were about to eat some sort of yummy food (which could also be considered self-care). But no. There was no food. It’s okay though because I always keep snacks in my backpack as one of my school supply essentials.

One of the activities that the speaker guided us through involved the paper plates and she told us to write down three things that take our energy away on the backside of the plate (e.g. school, work, family). Then she instructed us to turn the plate over to the “serving side” and write down three things that give us energy. At the end of the activity, she reminded us that we should “serve ourselves” with the things that bring us joy and energy when we are running low. Although the activity did not involve serving any actual food, I found it to be insightful and I would recommend trying it because some of the things on your serving side might help you with increasing your motivation.

Questions? Comments? Do you also carry snacks in your backpack to get you through those long class periods? Let me know at [typicalstudentadvice@gmail.com](mailto:typicalstudentadvice@gmail.com).

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