

DATELINE:DOWNTOWN

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March 4, 2019



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JOSEPH MAMAH 2019

From the editor's desk

by Quintin Coleman

Travel has become something of a romanticized activity. Or maybe it always has been and that idea hasn't clicked in until social media really dug its hooks into us. Don't believe me? Here's an excerpt from an article called "Why We Travel" written by Pico Iyer: "...we travel, in essence, to become young fools again — to slow time down and get taken in, and fall in love once more." Maybe it's just me, but I never thought about travel as a means of discovery, growth, or being a "young fool" as Iyer mentions. Of course, I never really had "young fool" tendencies.

The idea of travel does have some value. There is worth in seeing a different world than what you're used to seeing, trying new foods you probably wouldn't have tried otherwise, and experiencing a new culture on that culture's territory. It's kind of like going to someone else's house for the first time and seeing how they do things. I would argue that, while there's no magic in an endeavor such as traveling because we're all adults here and there's no reason to attach some fantastic ideal to the process, it is an awesome thing to experience. That is, if you can afford it.

Unless you're traveling within the continental United States (and even then, it depends on what city you go to), the costs, as well as frustration levels, associated with travel stack up really, really quickly. Buying airline tickets (and hoping that the flight is not overbooked of course), booking hotel accommodations, buying appropriately sized luggage for your stuff, and sitting by someone with body odor problems in a flying vehicle for hours on end are all common frustrations with air travel. The frustrations don't decrease if you're traveling

by car either as it's an endless cycle of stopping to get gas, to go to the restroom, and to get snacks that aren't filling in the least. The only real difference between traveling by car or by plane is that you probably hate your traveling companions a little less in the car.

Part of the romantic notions attached to travel have to do with the purpose of that travel in the first place. I, and probably most people, would consider only traveling for either business or pleasure. But there is a third option, which is what Iyer (and I'm sure many other travel writers) fawn over and that's discovery and growth. I suppose it's fine if you want to do the whole journey to find yourself thing, but I think that takes away from the point of travel. Iyer is right that we travel to shake things up, but it's not to shake things up due to complacency or anything like that. We travel in order to allow ourselves to do something that we don't normally get to do in our day to day lives.

Think about the last time you got to travel. Whether it was for fun or for work, on some level, I would surmise that you got the opportunity to be a different you, if only for a little bit. You ate a little more than you normally would, you drank a little (or a lot) more than what you would in your regular day to day life, or you might have even taken a few more risks than you would have.

Now think about you in your normal life. If you're the average person, your normal life persona is probably quite a few shades different from your vacation persona. In a way, that's how it's supposed to be because we can't live our lives in a hedonistic way, lest nothing productive ever gets done. However, travel allows us to let ourselves go, whether it's for a day, a week, or a month. Travel releases a pressure valve

that we have to keep pent up because of life demands. I don't think there's an inherent form of discovery that occurs with travel, but it does allow us to be someone different, if only temporarily.

Quintin Coleman is a graduate student at UHD in the Master's of Rhetoric and Composition (MARC) program. His ultimate goal is to teach writing at the college level. When he's not tutoring at a community college part-time or doing homework, he's thinking about what countries he wants to go to and how to get around his fear of flying to get to said countries.

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Submission policy

Dateline Downtown welcomes submissions to the editor from any member of the UH system. Submissions should include the author's full name, phone number or email address, and affiliation with the University, including classification and major. Writers' Guidelines are available on the UHD/dateline webpage. Anonymous submissions will not be published.

Email submissions to editordatelinedowntown@gmail.com. Letters to the Editor and reader submissions may be edited for space, content, spelling, grammar and malicious, vulgar, or hateful statements. Submissions must be the original work of the writer and must be signed. All submissions become property of Dateline: Downtown and will not be returned.

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UHD-events

email ramirezfl@gator.uhd.edu for event postings

March 5

Join the Department of History, Humanities, and Languages for two separate events this day. "A Talk and Poetry Reading" by Dr. Pedro Larrea. There will be a conversation session offering lunch and will be in room A- 627 from 12:30 p.m. to 1:30 p.m. The Poetry Reading from "The Wizard's Manuscript" and "Manucrito Del Hechicero" will be at the Coffee House between 6:00 p.m. - 6:45 p.m.

Omega Delta Phi Fraternity, Inc. will be conducting a two-day B.A.D.D. event. Before students head out for Spring Break ODP wants to educate students about their Brothers Against Drink Driving Campaign. From 11 a.m. to 2 p.m. on March 5 and 6

March 6

The Scripture Study group has organized an Ash Wednesday Mass that will be held in the Wilhelmina Cullen Auditorium. Mass will begin at 12:00 p.m. and end at 12:45 p.m.

The Know Your Status has been organized by SGA. This event will encourage students to get tested for HIV and STI's on campus. We will have Bee Busy on campus on from 10:00 a.m. - 2:00 p.m. for onsite testing. SGA is working in partnership with Student Affairs and the "Health Fair". We will be handing out free T-shirts as well as fanny packs filled with supplies to have a safe spring break.

March 7

The College of Business will be hosting an online webinar. Session 1 of 2. The webinar begins at 2:00 PM. For more details call (713) 226-5552.

Fandom UHD and UHD eSports have scheduled an arcade battle titled "Super Smash Bros. Ultimate Tournament". Gamers can start signing up at 11:00 am. The tournament commences at 1:00 p.m.

Spring Writing Retreats Event will be held in room A-701 between 2:30 p.m. and 4:30 p.m.

March 8

UHD Animal Rescue Club will be volunteering at the nearby BARC animal shelter and rescue organization. Come help represent UHD and be prepared with the mindset that anything worn will get dirty. Volunteers are meeting at 2700 Evella Street Houston, TX 77026 between 10:30 a.m. - 2:00 p.m.

The Center for Latino Studies is pleased to announce a \$500 prize for Best Student Paper on Women or Gender in Latino/a/x or Latin American Communities. A second \$500 prize will be awarded for Best Art. Contact Dr. Lucero: LuceroBo@uhd.edu
The Dead line to submit abstract is 3/8 and final papers are due by 3/20.

March 13

Deadline to submit a 2-5-minute video of your talent for the Gator's Got Talent event, hosted by the Campus Activity Board. Enter to win an Apple watch or a fit bit for first and second place respectively. Contact cabuhd@gmail.com for more details

March 18

Welcome Thi Bui event, organized by the Department of English. Held in the Welcome Center - Tour Room, starting at 4:00 p.m. Free and open to the public: Register at thibuireading.eventbrite.com

March 20

Gator's Got Talent hosted by the Campus Activity Board. Tentative rehearsal day. 1st prize is an apple watch, 2nd place prize is a fit bit. Contact cabuhd@gmail.com for more details.

Gender Conference Event, hosted by The Center for Latino Studies. Deadline to Submit Final Paper. Contact Dr. Lucero: LuceroBo@uhd.edu

Online Webinar event, session 2 of 2 by the College of Business. Begins at 7:00 p.m. For more details call (713) 226-5552

March 21

Spring Writing Retreats Event will be held in room A-701 between 2:30 p.m. and 4:30 p.m.

March 22

2019 Student Research Conference event hosted by the Scholar's Academy: Poster File Submission Deadline

Portfolio Workshops for BSIS Students in room S604. Optional Workshop to assist students.

March 26

Latina Ice Cream Social event hosted by The Center for Latino Studies. The event begins at 2:30 p.m. and will end at 4:00 p.m. in room N1099.

Fabian Ramirez is a graduate student pursuing a Master of Science in Technical communications (MSTC) degree. He was born and raised in Houston and is a UHD College of Sciences and Technology alumni. He has a passion for design and engineering. His favorite hobbies include laying on a beach, listening to live latin-jazz, and practicing his photography. He also enjoys weekend road trips to Austin Texas, where he can see live Formula 1 racing.

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Gator Grit series hosts controversial figure from Bush Administration

By Naomi Cardwell

Early Friday morning, the hallways at University of Houston-Downtown were close to empty. But in the welcome center, there was a room full of excited people eager to hear Alberto R. Gonzales speak. The room was filled with kolaches, yogurts, orange juice and coffee. This lecture started at 9 a.m. and it was full of both interested professors and students. The turnout was shockingly impressive due to the fact it was scheduled at an odd hour on a day most students do not attend the university.

President Juan Sánchez Muñoz started the event by welcoming our speaker and moderator. He spoke about the intent of these lecture series which focuses on the idea of inviting “those that have experienced some challenges in their professional lives to give us an idea on how we might persist in the face of adversity.”

Gonzales, the former U.S. Attorney General, was the guest at the Gator Grit Lecture series that took place on February, 22, 2019. Dr. Michael A. Olivas, who was the interim president of UHD from 2016-2017, served as a moderator in the conversation with Gonzales. Dr. Olivas started the conversation very friendly when he said that, “Alberto and I do go back a long time.” and “that in fact he is one of only four Republican friends that I have. So, I work very hard to keep them.” Dr. Olivas then stated “Although we’ve never agreed on a thing politically, I love this man.” and “that I

am truly blessed to know him.”

Gonzales was appointed during President George W. Bush’s presidency as U.S. Attorney General. He is the highest-ranking Hispanic American in executive government to date and has an impressive reputation with a record of many legal accomplishments. His name is also associated with the memo he wrote about the Convention Against Torture and Other Cruel, Inhuman and Degrading Treatment or Punishment in the United States Code.

In regards to the association that Gonzales has with torture, Dr. Olivas asked him, “If it were your call would you have closed Guantanamo?”, which was in reference to the military prison on an American Naval base in Cuba where the Bush administration kept inmates detained without trial and where inmates were tortured.

Gonzales responded, “Oh yeah, President Bush did not like Guantanamo Bay.” and he said that “We explored all kinds of options. We thought of putting them on a floating ship where they would float around indefinitely.” In explaining his reason for Guantanamo he stated that, “there was no alternative to President Obama like President Bush that was a good alternative”.

Dr. Olivas responded with, “I think President Obama, at least by my indications and my reading of it really did want to close it, but Congress wouldn’t let him”.

Dr. Olivas brought up the subject of Dick Cheney by questioning

Gonzales about the movie “Vice” and stating that, “There is certainly a sense that both Chaney and his lawyer Addington pushed on issues of torture in the acts of interrogation” and in between this statement, there was a joke made which seemed to be an awkward attempt to lighten up the mood from speaking on the U.S torturing people. The joke came Dr. Olivas when he stated, “of course when I was president here I liked to keep that handy as an alternative”.

Gonzales replied with, “Be careful what you say when you are talking about the term torture it’s dangerous let me tell you I know” and the crowd proceed to laugh.

After the subject of torture was directly brought up, Dr. Olivas asked Gonzales what his view on torture were and what they were before 9/11. Gonzales replied with, “I don’t think I would have had views against torture more than anyone else in this room” and later admits “I understand this is a very controversial issue and I quit a long time ago trying to convince others that certain techniques aren’t torture under certain conditions.”

Gonzales then stated that, “The C.I.A came to the next security council and announced that we have these high value detainees. Just one or two, who we believe who has information about an impending attack and we can’t get information from them. Can we take additional steps?”

This led Gonzales to reevaluate the anti-torture law and to create some-

thing that would allow them to get their information they needed. Gonzales said that, “We took steps that we thought were necessary to deal with this immediate threat.” and that “Information became a very valuable currency on the war on terror.”

In the closing of the event, the first individual to ask a question was Dr. Andrew Pavelich, a Philosophy Professor here at UHD and he said, “I remember feeling that sort of rage. I remember seeing that morning we are at war with someone we just don’t know who yet. I am very curious and I have been very curious since that time. Why was that the first reaction? Why did we not react as if it was a law enforcement action but it was war?”

Gonzales answered, “I guess instinctively President Bush understood we could not respond appropriately simply relying on the FBI and local police.”

After questions were answered, and the conversation ended the attendees of this event walked away with a little bit more knowledge of the why behind what happened after 9/11.

Naomi Cardwell is a Technical Communications major. Her career interests are in social media and mass communications. She believes in the city of Houston and wants to use her degree to help Houstonians be better informed. In her free time she loves being with family, friends and binge watching above average television.

Students, faculty take trip to state legislature

By Aansa Usmani

Details:

Every two years, students and faculty members at the University of Houston-Downtown travel to Austin to meet with their Texan Representatives/Senators. The purpose of this trip was to persuade Texas lawmakers to accept a proposal of fifteen million dollars (allocated from the state government) to fund the University’s goals of rebuilding and expanding. From dawn until dusk, students traveled to Austin to convey the University’s monetary goal, hoping to convince either the legislators themselves or members of their staff. Although it was a long day, it felt like students were learning the significance of being active members of their community; they were understanding the purpose of being civically involved and how it can affect themselves (either directly or indirectly).

Significant Parts of the Bill:

In 2017, Hurricane Harvey severely affected the One Main Building, flooding the first and second floors and the parking garage. Since then, the University has dealt with the flooding af-

termath, yet there is still visible damage on the first two floors.

Roughly fifteen thousand students attend the University, a number of whom are under the Hazelwood Act, an act that reduces tuition for those who have served or had family members that

have served in any sect of the army. As the student population continues to grow, the number of exemptions will likely increase as well. The University hopes to get an increase in funding from Hazelwood, helping those students succeed and do well.

Finally, the University plans to expand the Health and Wellness Center, stemming from polling results last fall. Students were asked if they were in favor of expanding the gym to include facilities such as a swimming pool, tennis courts, and other commodities. The majority of those polled were in favor of the plans, adding this section onto the bill proposed. This section also includes revamping the area outside the library into an area for tutoring and other learning assistance, combining all the learning centers in one area rather than scattered across campus.

The mission was to allocate fifteen million dollars to fund these projects. Although it may be years until



UHD students and faculty gather in front of the Texas Legislature
Photo credit @gabby_contreras03

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Black student association holds discussion about important issues

By Joshua Williams

For many people, black history month is a celebration of the past, a reminder of the trials and tribulations of those who paved the way for black acceptance. For others, black history month brings about an opportunity to ensure better representation for African Americans in the future. For some, black history month is acknowledging while things may have changed, blacks still have a long way to go before succeeding in white society. And for a small group, black history is a guide for how to take back control of one's own economy.

UHD's Black Student Association is a small organization dedicated to bringing up issues of black discrimination and poverty with the community. Discussion is a powerful weapon in their toolbox, and this group uses it to debate whether African Americans have progressed since the civil rights movement. On Feb. 6, the organization held an open student panel discussion where topics included black history, race relations, and black culture. Only a handful of students showed up, but it did not faze the row of passionate black intellectuals who came to discuss what black history month meant to them.

And yet, not everyone who came showed their passion for black history. When asked who were some prominent black figures who paved the way for their development, only several students answered and all of them were black. The students bounced around a few famous names, including the likes of Huey P. Newton and Mary Bethune. One, a mixed-race history major student, told the story of Bethune taking a \$1.50 and turning it into a university. When speaking about her accomplishment he said, "I don't see a better return in investment."



The Black Student Association hosts an open panel discussion
Photo credit: Joshua Williams

While these students surely knew their history, one student kept quiet about his. One Latino student sat quietly amongst a group of passionate black debaters; for him, black history month was just a chance to hear someone else's story. He stood only a few feet away from the panel and watched as the discussion grew into a fierce debate about black colonialism.

The debate grew so intense that the panelist reminded each other it was okay to disagree. One student encouraged African Americans to impose their ideals into those who have discriminated against them for so long. This prompted a black professor in the crowd to change the conversation from black colonialism and domination to reeducating African Americans about the arts.

When the panelist asked the only Latino student in the crowd to speak about the issue, it took him a while to answer. It was not until the end where this student gave his full thoughts regarding black history. He mentioned the history of his country and how although he knew of it, he was not shackled to it. In fact, the student's answer harkened back to a similar discussion at the start of the panel.

The same mixed-race student who told the story about Bethune was asked if he saw similarities to how blacks were treated during the 60s and today. The student used W.E.B. DuBois as an example, mentioning how DuBois went to Harvard and how that compares to the acceptance of many African American students to Ivy League colleges today. His argument harkened back to the words of Malcolm X who proposed a separation of blacks from whites and focused on black progression without any influence from government. The student spoke with sincere confidence, saying, "we're not segregated, we're tolerated."

By the end of this discussion, most of the panelist agreed that integration may have come at the cost of invention. The mixed-race student spoke the words loud and clear, "with integration, we gave up our voice." Another black student from the crowd echoed his words, revealing that her parents gave more support to her brother since he was studying to become an engineer while she wanted to study the arts. When she

said how it was 'outlandish' most in the room laughed. Only a few remained silent, including the Latino student.

Many young African Americans are looking up to the likes of Lebron James and other famous sports athletes for inspiration. They see the trophies and accolades of these superstars and try to follow in their footsteps, but at the cost of focusing on improving the quality of their education and their present situations. For the one Latino student who came to the student panel, his education and present were more important to him than someone's past.

Interestingly enough, one of the black professors mentioned how University of Houston-Downtown was once a predominantly black university when it was founded in 1974. Now, it is predominantly Hispanic, but for this month only it was decided that only the black voice should be heard. The Black Student Association here at UHD broke from that way of thinking and gave students of all colors a chance to lend their thoughts on black history. For these students, black history month means including other students' thoughts, even if some students were just thinking about building their own history.

Joshua Williams is a current UHD senior expecting to graduate in the fall of 2019. His passions include playing video games and spending time with his family. He's also a huge fan of online movie talk shows on YouTube.

Isiah Carey speaks to UHD in open panel talk

By Janet Salas

On Feb. 20, the Communications Studies Department and the Center for Critical Race Studies held the Spring 2019 Communication Studies Speaker Event. This open panel discussion was called "The Black Factor: Overcoming Barriers to Black Representation in Media." Ricardo Enriquez was the student moderator and had the pleasure to introduce Dr. Creshema Murray, Dr. Felicia Harris and local television broadcast journalist and reporter Isiah Carey.

Dr. Murray opened the discussion to the UHD community about The Black Factor, a conversation that hovers around the need to highlight the importance of black people on television and what it means to see black people

on television. Dr. Murray brought up the recent controversial issues of political figures being outed for wearing blackface at Halloween parties, designer fashion houses such as Gucci creating clothing that imitates black face and Burberry adding a noose to a sweatshirt, "not even caring to realize that the symbol highlights generations of lynching to black and brown bodies."

Dr. Murray spoke on the importance of having both a national and international conversation about race and addressing the issue of having people of color absent from television. She even gave students a glimpse from her book that says, "Television is key medium of education and socialization, transferring multiple images and messages through

news programs, scripted and unscripted reality television, drama and situational comedy. We use television as a gateway to understand difference, realize social encounters and learn how to perform black."

Carey shared his story on the start of his career as a news reporter. He discussed how at the beginning of his journey he faced his very first racist moment in his workplace. However, he did not let that stop his pursuit to accomplish his passion in the news. His dedication and hard work lead to many successes. Carey has received numerous awards and honors in his career. One of the highlights was receiving an Emmy award in 1999 for live reporting in Little Rock, Arkansas. He also was awarded

with the distinction of, "Isiah Carey Day", by Mayor Bill White for the City of Houston in June 2009. He shared with students that his show "The Isiah Carey Factor" is successfully on the fourth year airing with ratings that beat the Jimmy Kimmel Show.

Dr. Harris commended Isiah Carey for his success. She stated that although we may encounter setbacks, it is important to strive to do your best. Many want to have "a seat at the table". However, her optimism expressed that instead of worrying about getting that seat, you make your own table. Her motivational speech encouraged students to overcome all barriers that they are faced with. She stated, "Take matters into your

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iRadio celebrates one year anniversary

By Joshua Williams

When you first walk inside the One Main Building, you would be remiss if you did not take a turn into one of the elevators, take the ride up to the 10th floor, and find room S1024. As it turns out, inside this room is a radio station run by communication studies students who all have a story to tell, and who all started by taking that one elevator ride.

This year marks the anniversary of UHDiRadio, a radio station which allows students to intern and develop their communication skills through the use of radio. Students who intern at the station are given assignments each week by the station manager Cali Apodaca. Student interns also are helped by the program manager Cam Living who assists the interns with any scripting or technical issues. The station is supported by the lead advisor Dr. Lucas Logan and academic consultant Professor Abigail Koenig.

Both faculty and interns celebrated by throwing a small gathering outside the Robertson Auditorium on Feb. 20. Interns gathered for a photo op in front of a cake and smiled as Professor Koenig looked on. The gathering took place just moments after the Black Representation in Media panel which featured Fox 26's Isiah Carey.

UHDiRadio was developed thanks in large part to the efforts of Dr. Henry Roubicek, a senior communications professor who had been working on getting the a radio station up running for the past 15 years. The idea of having a radio station at UHD was problematic

due to financial concerns at first. While talking with Dateline, Dr. Roubicek went on further about the risk of having such an investment, saying an internet radio station, "had more restrictions than a typical campus commercial station."

In fact, it was not until a few years ago that UHD began to once again explore having a radio station dedicated to telling stories and presenting news to students. About a year and a half ago, the school administration finally agreed to fund the station, much to the delight of Dr. Roubicek. "It's been a frustration, and a labor of mine," the proud founder of UHDiRadio said with a smile. Dr. Roubicek's commitment for the art of

communication is also shown with the creation of COMM 1305: Radio and Performance, a class dedicated to developing students' radio skills.

UHDiRadio currently has a diverse group of interns who all want to tell their stories and the stories of others. One such intern, Ricardo Henriquez, has used the skills he learned in Dr. Roubicek's classes to showcase his love for art with his Mane Artium show every Wednesday morning. Henriquez believes it was building connections with communicators like Dr. Roubicek and Dr. Logan, which allowed him to grow into the confident storyteller he is today. Unlike other schools he has attended, Henriquez

feels like the classes he took at UHD provided more graspable information rather than just pure theories.

"Everyone kind of knew he each other," he said while speaking about his experiences studying communication at UHD. "It felt like a small world." You can see how close everyone is once you enter the station. While the room may not be as wide as any classroom, it is difficult to discount the amount of knowledge that bounces from corner to corner. Not only does the station allow students like Henriquez to tell their favorite stories, but it also presents some of the most popular songs from both the past and present.

But the future for interns like Henriquez also seem to be bright. While the communications program does not attract as many students as other programs at the university does, Henriquez is confident he can still make the best out of his chosen field. "I'll definitely be using my communication major in the future." Henriquez hopes to one day work with Dr. Roubicek on his show *So, What's Your Story?* at KPFT.

Now that the station is going into its sophomore year, you can bet there will be more stories told in the future. Who will be next to take the elevator ride to S1024? Guess we will find out soon.

Joshua Williams is a current UHD senior expecting to graduate in the fall of 2019. His passions include playing video games and spending time with his family. He's also a huge fan of online movie talk shows on YouTube.



Interns at UHD's iRadio put on their show
Photo credit: Joshua Williams

Student creates business selling vintage clothes

By Lissette Perez

Vintage clothing is making a comeback nationwide – and locally, thanks to UHD student Leonardo Avila. Leonardo is a Houston-native who is part of Texas Heat, an upcoming vintage clothing company located in the North Shore area of East Houston. He, alongside the pioneer of Texas Heat, Robert Miranda, work together in bringing forth the most stylish and sought-after clothes.

Leonardo is a junior majoring in Humanities with a concentration in Critical Race Studies. After graduation, he plans to open a vintage shop of his own where he can continue to sell clothes as well as be a public relations manager or an advertising manager. His involvement with Texas Heat began shortly after it was created, around February 2018 by his now business partner Robert Miranda. However it was not until five months later, in July 2018 when he officially joined Robert and became business partners with him. Ever since then Leonardo has been very active in the vintage-seller community.

Texas Heat sells men's vintage clothes from the 80s, 90s and early 00s in events organized by other vintage sellers in locations like Hip Hop Vintage Flea Market and the Montrose Market. They offer a wide range of clothes including pullovers, rock band t-shirts, sports jerseys, and concert tour shirts as well as clothes by some of the most famous brands such as Nike, Adidas, Champion, Harley Davidson, and Tommy Hilfiger. Furthermore, Leonardo states that "any brand that was very popular and influential in street/pop culture in the 80s and 90s, mostly in the rap culture, is what we try to look for and sell," not only because he admires the style, but also because he knows how impactful outfits can be.

A business is nothing without consumers. Leonardo believes the thing that has kept Texas Heat running is its loyal customers and their passion for collecting vintage clothing, saying, "the appreciation that other people have for that era keeps our business going." To him, the people are what make his business worth it. It's the little moments that he finds most touching, like "the



Entrepreneurs Leonardo Avila and Robert Miranda selling vintage clothes with their business Texas Heat
Photo Credit: Lissette Perez

Students perform unique play for second year

By Madelyne Lehnert

“Too Much Light Makes the Baby Go Blind”, directed by Neo-Futurism founder Greg Allen, was performed for a second time at UHD from Feb. 18 to Feb. 23. This show first started in New York in 1988, and now Allen has had people perform this show all around the world. Students at UHD were ecstatic to find out that Allen was coming back for a second time to bring his wits, creativity, and overall Neo-Futurists energy as well. “TMLMTBGB” was also the longest running show in Chicago, going as long as 1988 to 2016. Now the show has expanded bigger than ever.

To be a Neo-Futurist means to perform on stage as yourself and nothing more. With “TMLMTBGB”, every show is different and students were prepared for this. The Neo-Futurist ensemble has to write, direct and perform 30 short plays within 60 minutes, which can be a real challenge. Many students were excited to see the show, and with its interactive premise, students sometimes even come two and three times. Director of O’Kane Theatre, Timothy Klein was more than happy to have the show back at his theatre. His favorite part of the show is the audience interaction.

These 30 plays consist of real, honest experiences from the ensemble members. Some of the plays express vulnerability by bringing out the question of identity, racial expectations and stereotypes. Other plays bring out fun



TMLMTBGB 2019 Ensemble Members
Photo credit: Jasmine Major

experiences that are shared with the audience members. Some of the audience members got to draw their greatest fear on stage and share it with the rest of the audience. Other individual audience members received an opportunity to gamble, give input and advice, and go on a date with the ensemble members.

Julissa Treviño, a freshman psychology major, says, “I loved how genuine and raw everything was. The actors are so authentic and give such amazing energy on stage. It is completely different than anything I have ever seen, and this show was so loveable with its truthfulness

and quirkiness that it made me want to come again for a second time.” This is Treviño’s first time at the show, but she said she would definitely come back for as many shows as she can because each experience is different.

Vanessa Ramirez, MARC alumni from UHD, says, “Being in ‘TMLMTBGB’ twice has been really fun. I like to use Too Much Light as an opportunity to get my work out there as a writer. I like to use it as an opportunity to express myself and be silly with the audience. It’s always fun to make the audience laugh, especially when I share some of my silly

experiences from the past. It just goes to show how open and real I am with them, and that’s what Too Much Light is really about.” Ramirez is a second-time actress for “TMLMTBGB” and she says if it ever comes back to O’Kane theatre, she will not hesitate to audition.

“TMLMTBGB” really gives O’Kane Theatre a contemporary twist to its theatre, and overall creates an experience that keeps students, faculty, and staff coming back. All the students involved with this worked hard to give out real content, real stories and real experiences for the audience. As actors, it was not easy to be part of a show like this because it meant very fast paced rehearsals and very fast shows. Overall, “TMLMTBGB” has been a show that created friendships and also created families because of the workshops leading up to opening night. All the students involved wish that the audience viewing the show had as great a time watching, as they did performing for them.

Madelyne Lehnert is currently studying at the University of Houston Downtown to pursue her degree in English with a Creative Writing Concentration. She strives to be as hardworking and motivated as she can be through any obstacle. Her hobbies include reading and writing, and performing as an actress at O’Kane theatre. Madelyne will continue on with her academic career to get as far as a Masters in Creative Writing at the University of North Texas.

Art club holds first event using famous painting

By Kelsi Rios

On February 22nd, the Art Club, with the help of CAB, held a painting with a twist themed event. The painting showcased Vincent Van Gogh’s famous “Starry Night” with a silhouette of Houston’s skyline. The Art Club secretary, Natividad Mosqueda, explained that they chose Van Gogh’s painting because it is universally known and that it captures Houston’s night-time beauty.

Bendicion Rios-Lazo, the president of the Art Club, was thrilled about the turn out for hosting their first event. About 15 participants attended the event. “The reason for having an event like this, at the end of the week, like this is to give students a chance to relax, sort of like art therapy,” she explained. Bendicion also wants people to know that Art Club is for everyone who enjoys creating and looking at art. No art experience is needed to join.

Their main goal is to create a safe space for all artists on campus. “Being in art club isn’t a competition. We give constructive criticism and encourage each other at art shows all around Houston,” Rios-Lazo added.



UHD’s Art Club holds up their renditions of Starry Night. Art Club’s next meeting will be on March 4 at 2:30 p.m. and 6 p.m. in N1004.
Photo credit: Kelsi Rios

Houston offers many staycation opportunities

By Christina Loos

Spring Break is a time for students to unwind and get away from the stresses of university life. Some students flock to beaches while others stay in Houston. Luckily, Houston is a perfect place to have a staycation. Houston has a plethora of things to do, places to go, and sights to see.

Buffalo Bayou is a river that, according to the Buffalo Bayou Partnership's (BBP) website, starts west of Katy, Texas and flows about 53 miles to Galveston Bay. BBP focuses on the part of Buffalo Bayou that stretches from Shepherd Drive to the Port of Houston Turning Basin. A variety of attractions along Buffalo Bayou range from Allen's Landing Park, located south of UHD to the Yolanda Black Navarro Buffalo Bend Nature Park near the Port of Houston Turning Basin. There are also long stretches of biking and walking trails that run along Buffalo Bayou's sinuous stretch. Buffalo Bayou has something for history enthusiasts, cyclists, and nature lovers alike.

The Waugh Drive bat colony lives under Waugh Bridge near Buffalo Bayou. According to a 2018 Q&A the BBP held with wildlife biologist Diana Foss, the colony was made up of an estimated 300,000 Mexican free-tailed bats before Hurricane Harvey. Unfor-

tunately, Harvey devastated the colony. Foss stated that the colony's population was 200,000 or more. Nonetheless, each evening thousands of bats emerge from beneath Waugh Bridge. The sight of their tenebrous forms against the evening sky is one of the most memorable sights Houston has to offer. The bats emerge about 30 minutes before sunset each evening. There is a bat viewing platform where Waugh Drive meets Allen Parkway.

The Houston Arboretum & Nature Center is a non-profit nature sanctuary located near Woodway Drive in the western portion of Memorial Park. The Arboretum covers about 155 acres and has 5 miles of trails. Several different habitats are located along the trails. For example, there is a meadow of native grasses that act as food and shelter for different species of birds. Within the meadow is a 1-acre pond that the Arboretum's website says is home to turtles, snakes, bullfrogs, and fish. The variety of native plants and animals that inhabit this nature sanctuary makes the Houston Arboretum & Nature Center a great place to experience nature without leaving the city. The Arboretum is open every day from 7 a.m. until dusk.

The Museum of Fine Arts Houston (MFAH) is located on Bissonnet Street in the Museum District. The

MFAH is considered a cultural institution and for good reason. The MFAH's website states that the museum has over 70,000 pieces of art in its collection. These pieces range from early twentieth century photography to Mayan earthenware to contemporary sculpture. The MFAH is also holding multiple exhibits that run through Spring Break. For example, the exhibit Eye on Houston: High School Documentary Photography is on display at the MFAH Visitors Center and the Kinder Foundation Education Center in the Caroline Wiess Law Building. Eye on Houston features 93 photographs taken by high school students from nine schools in the Houston Independent School District. Admission to the MFAH is free every Thursday which makes the museum perfect for college students on a budget. The MFAH is open every day but Monday and hours vary.

The Menil Collection is located on Sul Ross Street and is about a five minute drive from the MFAH. The Menil Collection opened in June 1987 and was founded by John and Dominique de Menil. The de Menils were famous philanthropists in their day and over the years, they built an extensive private collection of art. That collection became public when Dominique de Menil opened the Menil. Over time, the museum's collection has expanded. The Menil has a per-

manent exhibit of Surrealist art including pieces by René Magritte and Max Ernst. The museum also features a permanent display of African art, Byzantine art, Pacific Islander art, and modern and contemporary art. The Menil Collection also hosts programs and lectures for the public. The Menil is a small museum so visitors can take their time looking at the art without committing to spending half a day at a museum. The Menil Collection is also free to the public every day. The Menil's size and price makes it a great fit for students whose staycations are already filled to the brim with activities and who are on a budget. The Menil Collection is open from Wednesday to Sunday from 11 a.m. to 7 p.m.

These destinations give students a chance to escape from the usual Houston scenery and to learn about different cultures without leaving the city, which makes them ideal for a staycation.

Christina Loos is a Technical Communication major and an English minor. She is passionate about social justice, horror, writing, and learning about other cultures. In her free time, she enjoys listening to 80s goth rock and new wave, writing and reading, and watching other people play video games because she isn't very good at them.

Students, faculty take trip to legislature con't from page 4

significant progress is made, the University will continue to adapt and improvise for the safety of its students and faculty members. The results of the funding will allow the University to expand and assist the needs of future students.

Day-trip Details:

From half-past six until ten in the morning, students were traveling from the University to the Austin State Capitol. The long bus drive gave students enough time to prepare their "pitches" to lawmakers later occur that day. Upon arriving at the State Capitol, students were divided into twenty-four groups, ranging from their majors to the time frame of the registry (meaning how early/late one may have registered). The first half of the numbered groups were sent to the Texas Representative Chamber, while the second half was assigned the Texas Senate Chamber. In each Chamber, a bill regarding the University would be announced. Senator Borris Miles led the charge on addressing University's proposal, yet it would be awhile. "It felt like an eternity," remarked one student as legislators were approving/disproving different bills that would later be sent for a vote. At the thirtieth minute after noon, the bill was finally announced onto the Senate floor; it attained the necessary approval to be voted on, accomplishing the first mission of the day.

After a short lunch break, students

were sent (alongside their numbered groups) back to the Capitol to advocate the University's proposal to their three assigned legislators. Although some were lucky to meet with the legislator, it was more common to meet with their members of staff. Often times, it is the staff that handles official business (i.e. official opinions, statements, press releases etc). From personal experience, it seemed that the staff were concerned about the flooding sustained by the University and were interested in supporting the bill, however, closed doors behind may be a different tale.

After meeting with the three legislators, it was time to head home. The long trip was worthwhile for those interested in pursuing a political or media career, or at least worth attaining extra credit in social study classes.

Aansa Usmani is a first-year college student attending the University of Houston-Downtown. She is a Political Science major with plans to run for political office. She identifies herself as a social justice warrior, advocating for women, LGBT, immigration, and other liberal causes. Alongside politics, her passions include photography, writing, and debate. Although relatively young, she has demonstrated literate competency, writing about topics ranging from mental health to current events

Carey speaks to UHD con't from page 4

own hands. Get extremely creative by any means necessary. If they don't have a seat at the table bring a folding chair. You'll be surprised by who will come sit with you."

Dr. Creshema Murray

Dr. Murray is an assistant professor of Corporate Communications and Communication Studies Program coordinator at the University of Houston-Downtown. She earned a doctorate in Organizational Communication and Management from The University of Alabama. Here at the university, Dr. Murray is the Co-Chair of the President's Leadership Academy, founding Fellow for the Center for Critical Race Studies, and the Field Experience Coordinator for the Communication Studies program. She recently published her first book, *Leadership through the Lens: Interrogating Production, Presentation, and Power.*

Isiah Carey

Isiah Carey is best known for his high-spirited television news show that bears his name, "The Isiah Carey Factor". Mr. Carey has been a reporter for Fox 26 News for over 17 years. He began his career in media before graduating with his degree in mass communication as a reporter at the age of 20 years old in Baton Rouge, Louisiana. He worked in Little Rock Arkansas, Mem-

phis, Tennessee, and Washington D.C. before coming to Texas.

Dr. Felicia Harris

Dr. Harris is an Assistant Professor of Communications Studies in Media at the University of Houston-Downtown. She holds a PhD. in mass communication with a layered interest in health promotion and behavior. At the university, Dr. Harris frequently teaches the introductory course in mass media, advanced media, advertising as communication and a special topics course, "Black Twitter and Beyond."

Janet Salas is currently a senior working towards her Bachelor's of English. She is a first-generation college student as well as a Navy veteran. Once she graduates she plans to pursue a career as a paralegal. When she is not in school she enjoys working out, volunteering, hiking, and kayaking.

A Graduate Gator's Perspective

By Fabian Ramirez

Houston, Texas continues to hold fourth place amongst the most populous cities in the United States. Since the time I began my undergraduate studies at UHD, Houston has expanded its infrastructure and has made inner-city improvement a priority in order to accommodate growth. Houston is where I was born and will always be my home. That is the philosophy I used when deciding to return to UHD to earn a Master of Science in Technical Communications.

Returning to UHD after 11 years has been a very rewarding experience. It has allowed me to compare two distinct chapters in my academic career. In Spring of 2006 I completed my Bachelors of Science in Structural Analysis and Design Option in Engineering Technology. During the years I worked on my undergraduate studies I took advantage of opportunities like tutoring for the College of Sciences and Technology, working as a peer mentor for the Scholar's Academy, and conducting undergraduate research.

Well before my graduation date, I was offered an opportunity to work for one of the largest oil and gas service companies in town. I accepted the offer on the day of the interview after being blown away by the sophisticated technology and innovative methods used by that company to export oil and gas from underneath the ocean floor. I enjoyed the challenge so much that I worked as a subsea structural engineer for 11 years. I helped design, construct, and install systems in the Gulf of Mexico, Europe, and West Africa.

Fast forward to now, I feel that I am blessed to be a graduate student

with more than a decade of corporate career development. This experience gives me an interesting perspective on how students were taught then, versus what degreed professionals encounter in the workforce, versus how students are learning now. When I think about it all, I appreciate time in a different way than before. I have a stronger appreciation of how it brings change to our lives. It is a dimension that cannot be stopped and when I walk through the doors of the One Main Building, I am reminded of that. The feeling is surreal, because the doors have not moved one inch since I graduated, but I feel that the changes time has brought to UHD make a familiar building seem like new to me.

The biggest difference I have noticed between then and now is the reduced foot traffic, due to UHD's expanded footprint. In order to help current students imagine what I am remembering, picture all of the students from the adjacent buildings entering the One Main Building during the first few weeks of school to attend class, buy books, etc. Imagine the wait for bookselling assistance and book store purchasing lines without the luxury of using a smartphone to pull up a class syllabus or the convenience of online book ordering. When I think of the days of walking into the One Main Building during morning rush, I compare it to walking into a discount department store the day after Thanksgiving.

With that said, I have to mention that these were the days before the Metrorail, so many students were dropped off and picked up curbside, right in front of the building. This was a prac-

tical approach considering the section of short brick wall directly in front of the building's sliding doors did not exist.

Parking was also different then because everyone was attending class in the same building and parking in the same lot. The crowds of students waiting to be shuttled to the university were so large that UHD employed a touring bus company to transport students to and from the Daly parking lot. I personally preferred to walk, except in heavy rain or freezing temperatures.

Time has brought several changes to UHD in little over a decade. Another noticeable change I have experienced is the ubiquitous increase of time students spend engaging with technology to get their work done. This inevitable change occurred relatively fast in my opinion. I would have never imagined it this way. A prime example of this is the campus wide use of learning management system software like Blackboard. These types of software provide an online environment that organizes student coursework and allows course specific interaction with professors and class-

mates. This change is an efficient one in my opinion; technology has erased the days of students having to commute to campus to turn in an assignment.

UHD has also experienced a noticeably stronger school spirit. I believe this change in school spirit is caused by the increased use of technology. Social networking sites and applications have become widely accepted by academia. They encourage students to communicate, share, and express themselves with the rest of the campus community. UHD students display this prosocial online behavior on various platforms (i.e. Gatorsync, GroupMe, Instagram, Facebook, LinkedIn, twitter, etc.). Furthermore, I believe that computers and smartphones are transcending technologies that will continue to improve the academic experience. I would like to conclude this communication to the university by saying that I am honored to have returned to UHD and wish everyone a great semester.

Studying abroad

By Sara Ali

UHD is home to several study abroad opportunities which are always changing on campus. Some of the study abroad opportunities that are going on at this time include faculty-led trips, UHD exchange programs, and semester and summer programs. Students have visited various countries in the past including Finland, Greece, Poland, France and Austria.

In spring 2019, students can visit France and have a Service Abroad experience in Ecuador. In May 2019 some programs that are available are to study abroad in China and another program which involves innovation and growth in Slovenia and Austria. Students can spend summer 2019 in either Costa Rica or Ghana. They also get the opportunity to spend time in another country as an exchange student, while paying tuition to UHD and receive all financial aid when participating in this program.

The universities where these students can participate are University of Jyväskylä and University of Nebrija. Study abroad opportunities span across countries on five continents. The programs affiliated with the Study Abroad Program at UHD are Academic Programs International, American Institute for Foreign Study, CIS study abroad,

International Studies Board, Knowledge Exchange Institute Board, SIT Study Abroad, Sol Education Board and University Studies Abroad Consortium.

UHD has several courses which are linked to study abroad opportunities. One of the courses is ENG 3340 Cultural Criticism with Professor Vida Robertson. It is a study abroad trip to France during spring 2019. Another course is ENG 3310 with Professor Crystal Guillory which is a study abroad trip to France. The courses HUM 3310 Cultural Criticism and COMM 3340- Communication and Leadership will take a trip to Ghana with Professor Creshema Murray. There is a scholarship available for all students who have a 2.5 UHD GPA and at least 15 UHD credit hours; they are eligible for scholarship money from the UHD study abroad office.

If you are still not interested in studying abroad then you should read more about the benefits of it. The benefits of study abroad include personal development, graduate school admissions, life experience, finding new interests and career opportunities. Some other benefits include improved language skills, enhanced network and will help you become more independent. Studying abroad is a great way to enrich your education and your life.

Student creates business con't from page 6

nostalgic look on a customer when they see a Looney Tunes t-shirt or a basketball jersey from the player they watched growing up." Moments like those make him realize that "sometimes it's not about just looking good in the clothes, it's about what clothes means to the person."

With Leonardo being a full-time student, a part-time employee, and a member of Texas Heat, it can only be expected for him to run into trouble with time management. Leonardo states that what has been most challenging about his journey has been trying to be consistent, he says, "sometimes Robert and I are tied up with school and work and we somehow still have to manage to squeeze in some time in the week to go thrift and find some good pieces." Beside working with a tight schedule, Leonardo's other challenge is trying to grow as a business. Although he admits that Texas Heat has gained popularity over the months in the Houston vintage community, he hopes to gain more visibility.

Despite the challenges, Leon-

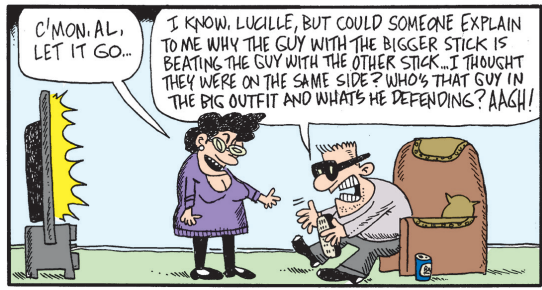
ardo enjoys the process of hunting for the top vintage clothes and looking for clothes with his partner, who is also his best friend. The best part of it all to him is "just going to different thrift stores and cracking jokes and just having a good time with friends while 'working'," furthermore, Leonardo says, "I enjoy doing this therefore every experience is a great experience."

Check out Texas Heat on Instagram: @TexasHeat.Finds where you can also find their Depop link in their bio.

Lisette Perez is a senior majoring in English-Creative writing. After graduation, she hopes to become an English teacher and continue writing. She has been a Staff Reporter for Dateline for two semesters and is also a Student Supervisor at UHD Sports & Fitness. During her free time, she enjoys drawing, playing video games, watching movies or documentaries, and reading comics.

Out on a Limb

by Gary Kopervas

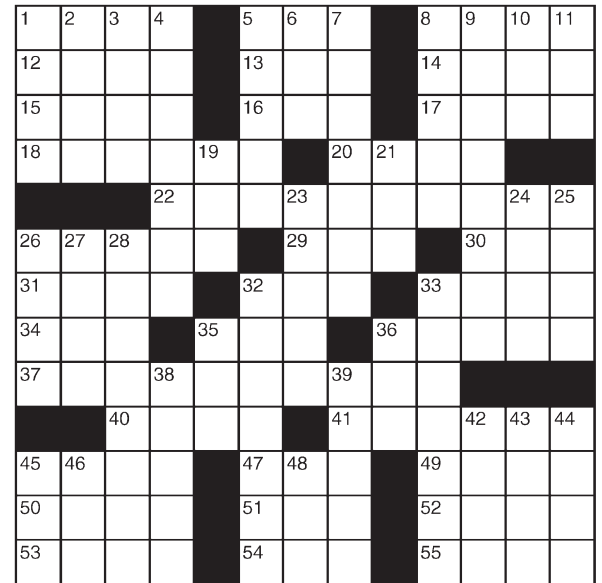


THERE ARE TWO GAMES THAT AL COULDN'T SEEM TO UNDERSTAND. THE GAME OF THRONES AND THE GAME OF LACROSSE

King Crossword

ACROSS

- 1 Departed
- 5 Id counterpart
- 8 Unclear view
- 12 Hebrew month
- 13 High-arc shot
- 14 Leak slowly
- 15 Wrinkly fruit
- 16 Biden, Cheney, etc.
- 17 Earth
- 18 Flood
- 20 Diner employee
- 22 Brains of the operation
- 26 Missteps
- 29 Individual
- 30 Neither mate
- 31 Apiece
- 32 Tin Man's prop
- 33 Old portico
- 34 Rd.
- 35 Nintendo console
- 36 Lost in reverie
- 37 Visa rival
- 40 Retain
- 41 Handy
- 45 Rivers or Collins
- 47 Make a choice
- 49 Oxen's onus
- 50 Doing



- 53 Antelope's playmate
- 10 Submachine gun
- 36 "— Doubtfire"
- 54 "— the sea-son ..."
- 11 Kin (Abbr.)
- 38 Barbershop quartet member
- 19 Petrol
- 21 Raw rock
- 39 Cars
- 23 Poisonous
- 42 Sad
- 24 Midday
- 43 Misplace
- 25 Small wagon
- 44 Basin accessory
- 26 Line of fashion?
- 45 "Oklahoma!" baddie
- 27 Volcanic outflow
- 46 Unclose, in verse
- 28 Emulate
- Johnny Weir
- 48 — Beta
- 32 Logan or LAX
- Kappa

DOWN

- 1 Praise highly
- 2 Lip
- 3 Autumn
- 4 Win
- 5 Pole staff?
- 6 Republicans
- 7 X-rated
- 8 — buddy

STRANGE BUT TRUE

by Samantha Weaver

It was British Prime Minister Winston Churchill who made the following sage observation: "All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

In Washington state it once was illegal to carry a concealed weapon that was more than 6 feet in length.

Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to -- or I am going to -- die; either expression is used."

You might be surprised to learn that Italians spend more time on social media than people of any other nationality.

England's virgin queen, Elizabeth I, went bald at the age of 29. Smallpox was the culprit.

According to a survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked at a convenience store or gas station. For 3 percent of adults, that was their first job.

Those who study such things claim that to get a truly random mix in a deck of playing cards, the deck must be shuffled seven times.

Chocolate lovers like myself may not believe it, but the most popular flavor of ice cream in the United States is actually vanilla. Chocolate comes in second place.

In 1875, a locust plague of epic proportions descended upon the Great Plains. Observers say it was 110 miles wide, and at 1,800 miles long, stretched from Canada all the way down to Texas.

Thought for the Day: "We may not imagine how our lives could be more frustrating and complex -- but Congress can." -- Cullen Hightower

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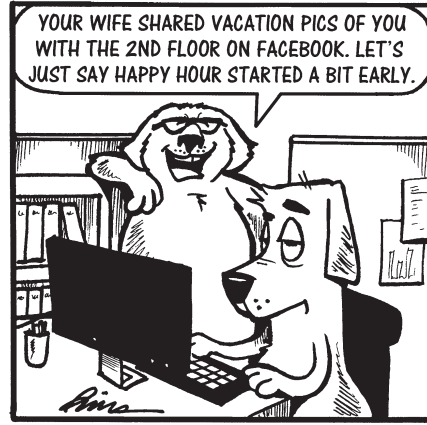
GRIN and BEAR IT



"You gotta admit, there IS something about a uniform!"

Just Like Cats & Dogs

by Dave T. Phipps



YOUR WIFE SHARED VACATION PICS OF YOU WITH THE 2ND FLOOR ON FACEBOOK. LET'S JUST SAY HAPPY HOUR STARTED A BIT EARLY.

Weekly SUDOKU

by Linda Thistle

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

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
- ♦♦♦ HOO BOY!

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MAGIC MAZE ● LINCOLN —

J Y B Y V M L T Q O Y L I G D
 B Y T W T E R P M K T I F D B
 Y W U I N M D S M Q N O M K I
 F D A N S O B Z X O U W U S Q
 O N U K U R A C N W O T L G Y
 J T E G S I E H F O C R R D R
 C A L M G A Y V Z W V E D T A
 S A Q P O L R K I C E N T E R
 S N L K L H R B I N H T O M B
 F E C B Z A Y W E V U U S R I
 Q P N M P L S I O N I L L I L

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Bedroom
- Center
- County
- Green
- Home
- Illinois
- Library
- Logs
- Memorial
- Nebraska
- Park Zoo
- Tomb
- Town Car
- Tunnel
- University

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		+		6
+		x		x	
	-		x		5
÷		-		-	
	x		-		16
2		6		7	

DIFFICULTY: ★

- ★ Moderate
- ★★ Difficult
- ★★★ GO FIGURE!

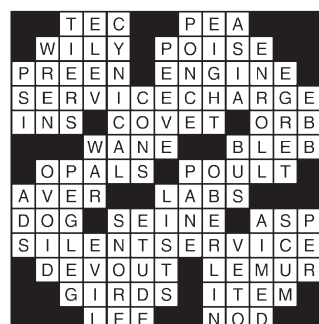
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Solutions to last week's puzzles

King Crossword

Answers

Solution time: 25 mins.



Weekly SUDOKU

Answer

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

Go Figure!

answers

3	-	2	x	7	7
x		x		÷	
2	x	6	+	1	13
+		+		+	
8	÷	4	x	5	10
14		16		12	

Insightful awareness

By Aansa Usmani

This issue's edition of Insightful Awareness focuses on Bipolar Disorder. Bipolar disorder, also known as manic depressive illness, is a mental disorder that causes dramatic changes in mood, energy and carrying out day-to-day activities. According to the National Institute of Mental Health, this disorder affects 2.6% of the population, or five million individuals, aged eighteen and over annually. Although bipolar disorder is seen in both sexes, it is more common for women to develop "depressive episodes" compared to their male counterparts.

According to the National Institute of Mental Health, there are a few factors that may be attributed to bipolar disorder: structure/function of the brain, genetics, or family history. Individuals who have this disorder may have a different brain from those who do not; this theory gives scientists a better insight into those with bipolar disorder and the positive/negative effects of various treatments on their cerebral structure/functioning.

A family history of bipolar disorder may play a role in developing this; more than two-thirds of people with bipolar disorder have at least one relative with the illness or any related type of major depression. However, having a family member with bipolar disorder does not necessarily mean that it will develop in

another; it can also be attributed to genetic factors as well. Research suggests that individuals who have certain genes are more likely to develop bipolar disorder. Genetics, like family history, may attribute towards this disorder or other related manic or depressive disorders. A combination of these factors listed above may create appropriate conditions in developing this disorder.

According to the Mayo Clinic, the moods stemming from this disorder range from being euphoric and excited to being depressive and hopeless. Although these "episodes" vary from person to person, the side effects may affect one's sleep, appetite, judgment, health (physical, mental or emotional) or cognitive ability. Mania also ranges from person to person; severe mania can cause extreme abnormal hyperactivity and energy along with alternating depressive episodes; this type of mania often requires hospitalization. Hypomania is a milder form of mania, yet still has a higher form of energy; unlike severe mania, there is no need for hospitalization.

There are four types of Bipolar Disorder, affecting mood energy and activity levels; the different "episodes" can range from experiencing "up" periods (energized, happy) to "down" periods (hopeless, reclusive, depressive). The different types of bipolar disorder can result from having maniac conditions ranging from two weeks to a year or more.

The National Institute of Mental Health lists the different types of bipolar disorder:

- **Bipolar I Disorder**— defined by manic episodes that last at least 7 days, or by manic symptoms that are so severe that the person needs immediate hospital care.

Usually, depressive episodes occur as well, typically lasting at least 2 weeks. Episodes of depression with mixed features (having depression and manic symptoms at the same time) are also possible.

- **Bipolar II Disorder**— defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes described above.

- **Cyclothymic Disorder** (also called cyclothymia)— defined by numerous periods of hypomanic symptoms as well as numerous periods of depressive symptoms lasting for at least 2 years (1 year in children and adolescents). However, the symptoms do not meet the diagnostic requirements for a hypomanic episode and a depressive episode.

- **Other Specified and Unspecified Bipolar and Related Disorders**— defined by bipolar disorder symptoms that do not match the three categories listed above.

According to the Mayo Clinic, it is a chronic condition that can be treated with a treatment plan consisting of therapy, medication, and other coping skills. Substance abuse is more common for people suffering from bipolar disorder, requiring substance abuse treatment or

other related treatment. Hospitalization may also be required, depending on one's manic episodes.

Aansa Usmani is a first-year college student attending the University of Houston-Downtown. She is a Political Science major with plans to run for political office. She identifies herself as a social justice warrior, advocating for women, LGBT, immigration, and other liberal causes. Alongside politics, her passions include photography, writing, and debate. Although relatively young, she has demonstrated literate competency, writing about topics ranging from mental health to current events

Why travel?

By Mike Duncan

In the Middle Ages in Europe, it was not uncommon to live and die without going more than 20-50 miles from the place you were born, mostly because there were few roads, much danger, and people tended to be tied to the land by their socioeconomic status.

I have a 45-mile round-trip commute to get to work, and I drive over 1000 miles round-trip twice a year to visit relatives. But I've never left the United States, though when younger, I visited every state save the Dakotas, Hawaii, and Alaska – and other than my commute and those trips (which happen to be to the city where I was born), I'm very predictable. I don't drink, so no bars or clubs. Too broke to eat out, so restaurants are rare. Grocery, Target, pet store, gas station, rinse and repeat. Occasional academic conference in some distant city, sure, but I am infamous for avoiding those.

I avoid most travel because I like my old cranky house and my family. Going to a conference might mean not seeing my wife and sons and dogs and cats for several days, and I don't like that. I like sleeping in my bed, and using

my bathroom, and cutting my lawn, and chasing my kids around. A man's house is his castle, as the saying goes, though a few knights from the Middle Ages would make short work of this ill-maintained dump - too many windows and not enough parapets. But I think I'm relatively safe as Houston is more than 50 miles from Europe.

It's a stereotype that after a long professional career, retiree Americans buy an RV and finally do all the traveling they couldn't do when they were tied to a job. Screw that. I have house maintenance to do, which should occupy any remaining time until death. Why backpack through Europe when I could be cleaning gutters and painting ceilings and rebuilding fences? All I'm going to see is a bunch of sleepy towns where all the inhabitants and their ancestors never went more than 50 miles and did fine.

The 50-mile radius is perfect. You could spend your entire life exploring just Houston and its suburbs and still be find places you've never been by the time you're too frail to adventure. The key is not wanderlust but finding the right center. When I was an undergraduate, I ranged all over Tucson, Arizona, where my alma mater the University

of Arizona is, and developed a deep knowledge of its streets and shops and neighborhoods and people over six years without ever using a car. Tucson proper is barely 10 miles square, but I could have spent a lifetime there, trying to figure it all out.

My mom's parents were long-haul truck drivers and saw every highway in the continental U.S. in all seasons. They're not alone - there are currently more truck drivers in the U.S. than any other occupation. But the highways are little slivers cut through a huge country, and at almost every stop, or off the beaten path, is a place to make a life. And that's not a bad thing, either way. The same thing that makes you want to wander is the same thing that makes you want to stay.

It is common to mistake freedom for the use of freedom. I could, if I wished (and could) persuade my family, to drive to the Dakotas tomorrow to pick up two more states for my collection. But what will I see or experience there? More land. More people. Plenty of those right here. The money I spend on gas and food and whatnot could be used more profitably here on car repair or medical bills or some books I need for research.

I can think of two good reasons to travel, though, but they have nothing to do with sightseeing. First, sometimes you can travel to help people. Perhaps a relative or a friend needs assistance, or

a natural disaster has struck a region, or skilled people are needed to fix a political or community problem. Then, if only temporarily, you can make the world a little better.

Second is finding appropriate work. Houston's a good town for employment these days but going to the work rather than sitting and waiting for it is a flexible necessity for building a career. Jobs disappear quick in this brave new economy, so you probably won't be there forever, anyway.

I know, you probably thought my argument was going to be "See the world! You'll get a clearer picture of American privilege once you've seen the planet." Well, I've already got the cynicism. Why buy the plane tickets? Books are cheaper, and talking to people that have travelled is even cheaper than that.

Mike Duncan is an Associate Professor in the English Department and has worked at UHD since 2009. He teaches courses in technical communication, rhetoric, research methods, and other subjects related to writing instruction.

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O'Kane Gallery displays, celebrates Latinx art

By Syneetra Williams

The University of Houston-Downtown is the nucleus of art, culture, and education in Houston. The O'Kane Gallery, nestled in the Girard

behind the richness and beauty depicted from artists such as Patssi Valdez, Cesar Martinez, Raul Caracoza and more, please make haste before this grand display of creativity leaves our home for their next destination.

A work of art is more than an image before you. The pieces give you a glimpse into the artist's heart and soul. It is akin to a powerful connection that creates a lasting bond between the spectator and artisan. If passion displayed through brush strokes of vivid colors, intrepid and subtle lines and depth move you, allow Latinx Art and Identity to take you there.

The prints and paintings in this exhibition assert Latinx identity as specific, powerful, and ancient in origin. The artists declare their pride in who they are, a people descendant from ancient indigenous civilizations, connected to their land, nurturers of their children,

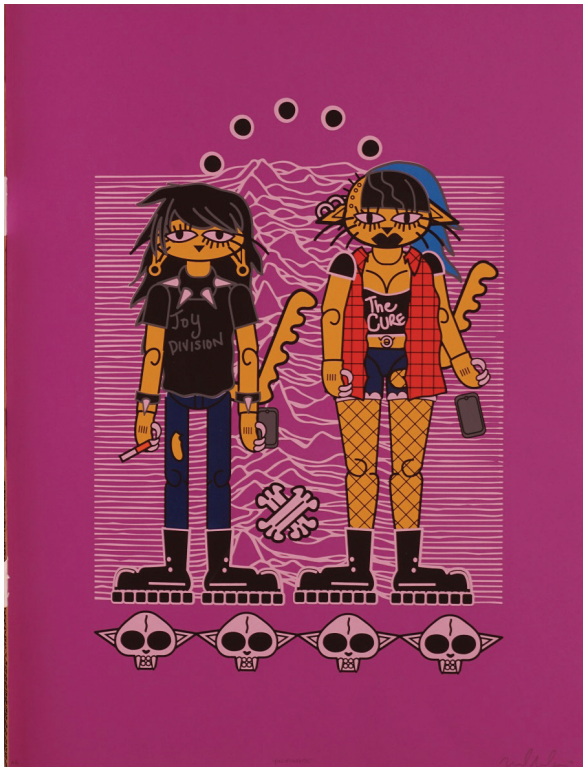
but also creators of iconic images serving as potent standard bearers to any outsider. Bold colors and graphics are unapologetic, as they celebrate familial customs,

legends, and rituals.

Revered historical figures, such as Frida Kahlo or César Chavez, are offered as equal to any other cultural or political hero. The abstract patterns of ancient civilizations persist, as do the modern forms of Diego Rivera and David Alfaro Siqueiros, as a testament to the preeminence of heritage within this world. The personal struggles of Latinx peoples caused by migration and immigration, abuse of foreign powers, poverty, and violence, are part of that identity and are not overshadowed.

April is fast approaching. Do not let this chance to see and learn about Latino artistic history up close pass you by. Appreciating the various historical events and stories given to all people from this vibrant community is the beginning of open-mindedness, knowledge, and wisdom. When we face history, we face ourselves.

Syneetra A. Williams is a native New Englander and now a Houston resident who read the dictionary for pleasure while growing up. She is a candidate for the Master of Science in Technical Communication at The University of Houston-Downtown. She earned a Bachelor of Science in Professional Writing at UHD, and an Associate of Applied Science, AAS, in Digital Communications with a graphic design specialization at Houston Community College. As a graduate writing tutor at the Writing & Reading Center at UHD, she is passionate about teaching.



Michael Menchaca, 2016, Dos Migratos
Photo courtesy of O'Kane Gallery

Street Building on the third floor, is the heartbeat and soul of Latinx Art and Identity from now until April 11, 2019. If you have not had the opportunity to



Raul Caracoza, 2006, Young Frida (Green)
Photo courtesy of O'Kane Gallery

Famed UHD art professor holds solo art exhibit

By Kelsi Rios

Floyd Newsum is an art professor here at UHD. Professor Newsum has taught for 42 years. He is also a well known artist in the art community. In 3rd grade, at the age of 9, is when he discovered he had a real talent for art. He has a permanent collection in the Smithsonian National Museum of African History and Culture. Professor Newsum has showcased all over the world, from Cincinnati to Russia.

This past weekend, on February 23rd, Newsum had a solo art exhibit at The Nicole Longnecker Gallery, who he is represented by, called "Past, Present, and Future." The exhibit showed the metamorphosis of his art development throughout the decades. Newsum mentions that some of the art displayed are never before seen.

His paintings depict about life, folklore, different cultures, and remembering his late father. Newsum elaborates, "My symbols, on my paintings,

suggest playful forms dancing across the visual space in concert with graphic marks arranged in free flowing gestural rhythm, the ladder that is depicted in most of my artwork represents the yin and yang in life."

Professor Newsum wanted his UHD students to know that he loves each and every one of them, and he wants to teach the students how to contribute in the real world, so that they can succeed in life.



Floyd Newsum and his wife at his gallery showing
Photo credit: Kelsi Rios