

Welcome back, Welcome new

Welcome Week offers more information and activities for new and returning UHD students

Vendor Booths

New to Welcome Week this semester are vendor booths that will be distributing information about their companies and providing giveaways and samples. Coordinated by Michelle Falcon of Student Activities and Bobbie Horack of Employment Services, the booths will be set Tuesday, Jan. 18 from 10 a.m. to 2 p.m.

Expected participants:

Smart Financial Credit Union
Chase Bank
AT & T
Just Home Savings
The Downtown Aquarium
REV Eco-Shuttle
Spaghetti Warehouse
Freebird's World Burritos
My Fit Foods
METRO
Dickey's Barbeque Pit
UTEAP
Panda Express
Amy's Ice Cream

W.I. Dykes Library

Martin Luther King, Jr.: Celebrating His Life - Join an interactive discussion of the video "Citizen King" with free popcorn from 12:30 to 1:30 p.m. Tuesday, Jan. 18, in room N420.

Stay Safe Online - Learn about internet safety to protect your identity, money and personal information from noon to 1 p.m. Wednesday, Jan. 19, in room N420.

Wii Gaming in the Library - Play Rock Band III as a break from classes from noon to 4 p.m. Thursday, Jan. 20, in room N420.

Use Your Toolbox! - Learn how to use the library, a toolbox of information, and its resources to help with schoolwork and life from 1 to 2 p.m. Thursday, Jan. 27, in room N412.

For more information, contact the library at 713-221-8466 or email guilmartinl@uhd.edu.

Sports and Fitness

UHD Sports & Fitness and the Welcome Week student committee will host activities including:

"Aim for the Grade" from 11:30 a.m. to 1:30 p.m. Tuesday, Jan. 18, in the Portico area. Students receive chances to participate in a ring-toss game based on the number of educational questions they answer correctly.

"Deal or No Deal" from 11:30 a.m. to 1:30 p.m. Wednesday, Jan. 19, in the Ticket Booth area. Similar to the popular game show, students select boxes with prizes inside.

"Game Riot" from 9 a.m. to 2 p.m. Thursday, Jan. 20, in the Office of Student Activities (S-204). Students can take a break from the first day of classes with an assortment of arcade and board games.

UHD name change lacks sponsor in legislature

BISSAN RAFF

Staff Writer

Renaming the University of Houston-Downtown (UHD) has proved to be a major challenge for two years. Though its urgency is not as widely perceived, this decision was not contemplated on a whim.

The University of Houston System's Board of Regents has considered the need for change for more than eight years. The decision became substantial after former UHD

tion, faculty, tuition rates and degree programs. School officials argue that the current name is very limiting; it is hard to establish a distinct identity when Texas residents, businesses and students confuse UHD with the University of Houston.

According to Stamats, Inc., a consulting firm for higher education marketing, and the dismal voter turnouts, the new name will most likely be Houston City University. The name is in magnitude with prestigious universities such as City University London and City University New York.

nouncements, the UH System Board of Regents planned for the change to take effect as early as fall 2011, nonetheless, development on the issue is still in limbo. To date, no lawmaker has sponsored the bill and the two democrats representing the campus, Garnet Coleman and Jessica Farrar, are yet to show any favorable support.

"There has not been much discussion," confirmed Phil Lyons, president of the faculty senate at UHD.

President William Flores has declined to comment on the issue during this month and is expected to give a formal update in regard to the new name sometime during the spring semester.

Although the Board of Regents did not discuss the name change at their recent November meeting held at UHD, they are expecting to hold a special meeting in the near future to present the new name to the Legislature for final approval.

The name was chosen based on Hous-

ton and UHD's distinct heritage as a diverse, metropolitan urban institution. In addition to ending confusion between UHD and UH, a unique name is thought to increase private support for student scholarships and programs. Supporters of the change feel that UHD has outgrown the "Downtown" name, especially with the recent expansion to UHD Northwest, Lone Star College (Kingwood and Cy-Fair) and online.

UHD officials are expecting that this crucial move will bring in a large growth in enrollment from both international and domestic students, a new asset enhancing UHD's new identity.

If the name change takes place this fall, current students may choose to have UHD on their diploma or the new name. Nonetheless, UHD will appear on official transcripts along with the new name. Graduates are permitted to list UHD on their resume along with the new name and may also request a diploma carrying the institution's new name.



President Max Castillo formally adopted the issue in 2008.

UHD is a distinct university within the University of Houston system, one of four unique universities with its own administra-

"I like the name, Houston City University. HCU sounds like a compelling acronym," said J.R. Forbus, a UHD alumni and one of the few supporters of the new name.

In recent university public affairs an-

Search to fill Provost position continues



CHRISTINA RODRIGUEZ

Assistant Editor

In a second attempt to fill the post for Vice President of Academic Affairs (VPAA) and Provost for the University of Houston-Downtown, the Provost Selection Committee and R. William Funk and Associates have narrowed the list of candidates down to four, after an original search with four previous candidates was unsuccessful.

The new candidates are Manuel Avalos, Brian Chapman, Ben Latigo and John Ronnau.

Both Avalos and Chapman are currently employed at the University of North Carolina, Wilmington. Avalos as the Associate Vice Chancellor for Faculty Support and Development in the Division of Academic Affairs and Chapman is a Professor of Biology and Marine Biology. Latigo is a professor and Dean of the School of Engineering and Applied Sciences at the University of the District of Columbia. Lastly, Ronnau is the a professor and Director of the School of Social Work at the College of Health and Public Affairs at University of Central Florida.

There is no word yet if any one candidate is a favorite of the selection committee, but the university is hoping to fill the position permanently with this round of candidates.

The candidates visited the UHD campus during the last week of classes during the Fall 2010 semester and hosted an open forum for all members of the UHD campus.

Anyone who attended these forums or met any of the candidates is encouraged to fill out the evaluation form located on the UHD website at <http://www.uhd.edu/publicaffairs/provostsearch/candidates.html>.

The candidates (clockwise from top right) Brian Chapman of University of North Carolina, Wilmington, Ben Latigo of University of District Columbia, John Rannau of University of Central Florida and Manuel Avalos, also from the University of North Carolina, Wilmington.



Organize Events!

Gain experience on a university committee!

Center for Public Deliberation is looking for volunteers.

- Late January- Visit to a Mosque: The Da'Wah Center
- Feb. 2011- Race & Katrina with Ice Cream Social: a Follow Up to the Fall Discussion
- March 2011- 3rd Annual Ethics Conference for UHD Students and Faculty
- March 2011- Abrahamic Faiths: Muslim, Jewish, Christian

To volunteer, please contact: Interim Director Dr. Paul Fortunato at fortunatop@uhd.edu

Welcome new and returning UHD Students!

Sports on the Deck!

Jan. 18-19, 2011
10am-2pm



Sponsored by UHD Sports & Fitness in conjunction with Welcome Week

Men's Basketball Tryouts

You must be enrolled at UHD for at least 6 academic credit hours this spring and be in good academic standing at UHD. If you are interested, we strongly suggest that you keep Monday, Wednesday and Friday evenings clear of classes, work, or other activities if at all possible in spring 2011. These are the evenings for practices and games. We also strongly suggest that you register for your Spring 2011 classes as soon as you are permitted to in order to get class times that will not cause a time conflict.

You must register online on the UHD team website prior to coming to the tryouts. Tryouts will be at the UHD Student Life Center, Fri., Jan. 21 at 7 p.m. Please bring your UHD Gatorcard ID with your picture on it and your basketball attire to the tryouts.

www.uhd.edu/sportsandfitness/clubsports/basketball_mens

Women's Basketball Tryouts

You must be enrolled at UHD for at least 6 academic credit hours this spring and be in good academic standing at UHD. If you are interested, we strongly suggest that you keep Monday, Wednesday and Friday evenings clear of classes, work, or other activities if at all possible in spring 2011. These are the evenings for practices and games. We also strongly suggest that you register for your Spring 2011 classes as soon as you are permitted to in order to get class times that will not cause a time conflict.

You must register online on the UHD team website prior to coming to the tryouts. Tryouts will be at the UHD Student Life Center, Fri., Jan. 21 at 5 p.m. Please bring your UHD Gatorcard ID with your picture on it and your basketball attire to the tryouts.

www.uhd.edu/sportsandfitness/clubsports/basketball_womens

Baseball Club Team Tryouts

You must be enrolled at UHD for at least 12 academic credit hours this spring and have a 2.0 cumulative GPA at UHD (does not apply to first time UHD students) and must be under 26 years of age. If you are interested, we strongly suggest that you keep Wednesday, Thursday and weekends clear of classes, work, or other activities if at all possible in spring 2011. These are the evenings and days for practices and games. We also strongly suggest that you register for your Spring 2011 classes as soon as you are permitted to in order to get class times that will not cause a time conflict.

You must register online on the UHD team website prior to coming to the tryouts. Please bring your UHD Gatorcard ID with your picture on it and your baseball attire to the tryouts.

www.uhd.edu/sportsandfitness/clubsports/baseball_mens

Women's Volleyball Tryouts

You must be enrolled at UHD for at least 6 academic credit hours this spring and be in good academic standing at UHD. If you are interested, we strongly suggest that you keep Monday, Wednesday and Friday evenings clear of classes, work, or other activities if at all possible in spring 2011. These are the evenings for practices and games. We also strongly suggest that you register for your Spring 2011 classes as soon as you are permitted to in order to get class times that will not cause a time conflict.

You must register online on the UHD team website prior to coming to the tryouts. Tryouts will be at the UHD Student Life Center, Wed., Jan. 26 at 6 p.m. Please bring your UHD Gatorcard ID with your picture on it and your volleyball attire to the tryouts.

www.uhd.edu/sportsandfitness/clubsports/volleyball_womens

New course could help keep New Year's Resolution

**MATTHEW ELLSWORTH &
BRITTANY MUSGRAVE**

Staff Writers

The University of Houston-Downtown is offering a new course, Health and Fitness for Life, that can help many students keep their New Year's Resolution to become a healthier, more fit person in 2011.

This semester is the first that UHD has offered PHED 2101, a course which blends book learning and physical activity to help students lead healthier lives.

As listed in the Spring 2011 syllabus, the purpose of the course is to "focus on health related behaviors, ways that personal health decisions and behaviors affect body systems and health, and strategies for reducing health risks and enhancing wellness throughout the life span."

By the end of the course, students should be able to demonstrate knowledge and benefits of a healthy diet, exercise and flexibility.

A major component of the course is weekly participation for one hour in one of the many physical fitness classes offered in the Student Life Center.

Activities that are available include: Kickboxing, Yoga, Pilates, Zumba, Latin or Hip-Hop dance, Step Aerobics and even a

Boot Camp class for the early birds.

The course, which is taught by Rhonda Scherer, Assistant Director for Sports and Fitness, does require some reading and weekly online posting through Blackboard Vista, and is offered online and as a once weekly hybrid course.

Keeping the Resolution

According to Kyle Walker, a trainer for 24 Hour Fitness club, the proper workout can help you lose up to two pounds a week, the safest maximum weight that should be lost in a week. Walker advises the following basics to achieving fitness goals:

1. Food - 60-70% of results comes from managing food.
2. Cardiovascular - According to the Center for Disease Control and Prevention, 150 minutes of cardio workout a week is necessary to remain healthy for an average adult.
3. Supplements - Supplements are nutrients without calories. Supplements can help speed up a post workout recovery.
4. Resistance - The CDC recommends two days a week of fat burning machinery to strengthen and tone muscle.
5. Professional Assistance - Trainers can provide safe instructions for proper



techniques. They are also meant to motivate and make workouts fun.

Working out regularly is only one side of the coin; the other side of the coin is developing good eating habits. People looking to lose weight often attack the workout side of weight loss and ignore the side that requires healthy eating habits. Attending to both sides of the coin will make it possible to lose

weight. There are many websites and smart phone applications that can help manage calorie count by recording food consumption and workouts performed. MYFITNESSPAL.com is one that offers options to help keep track of progress and records goals. The MYFITNESSPAL application is free for the iPhone and HTC phone.

For people that are new to working out, lifting weights or cardio can be taxing on the body. Drinking post-workout protein shakes help ease muscle recovery. Vitamin shops provide supplements, multi-vitamins and shakes to maximize workouts without negative side effects.

For many college students, paying for a gym membership can be expensive. Fortunately, the facilities of the Student Life Center are free to all University of Houston-Downtown students.

The Student Life Center has a number of amenities available to members and guests. They center is equipped with cardio machines and weights that are comparable to those offered at the bigger health clubs, and a variety of group exercise and fitness classes that are free and open to students. The Student Life Center also offers personal training to students for \$10 per one-hour session. The Student Life Center also offers tutorials to anyone new to the gym or new to working out who has questions, but do not want to participate in the personal training sessions.

For more information on the Student Life Center, log on to the UHD Website at <http://www.uhd.edu/sportsandfitness> or call 713-221-8225.



Photos by Tanu Uppal

Taking aim at politics. Literally.



DYLAN OSBORNE
Columnist

In the wake of the recent assassination attempt on Representative Gabrielle Giffords' life, now is certainly the time to review the toxic political environment we now

have. While the would-be assassin, Jared Loughner, is certainly insane, it is debatable how much effect the violent rhetoric flying around the country had on him.

Arizona has become especially polarized since the election of Barack Obama and Giffords' office had been vandalized. She had become a nationally known target of the Tea Party movement.

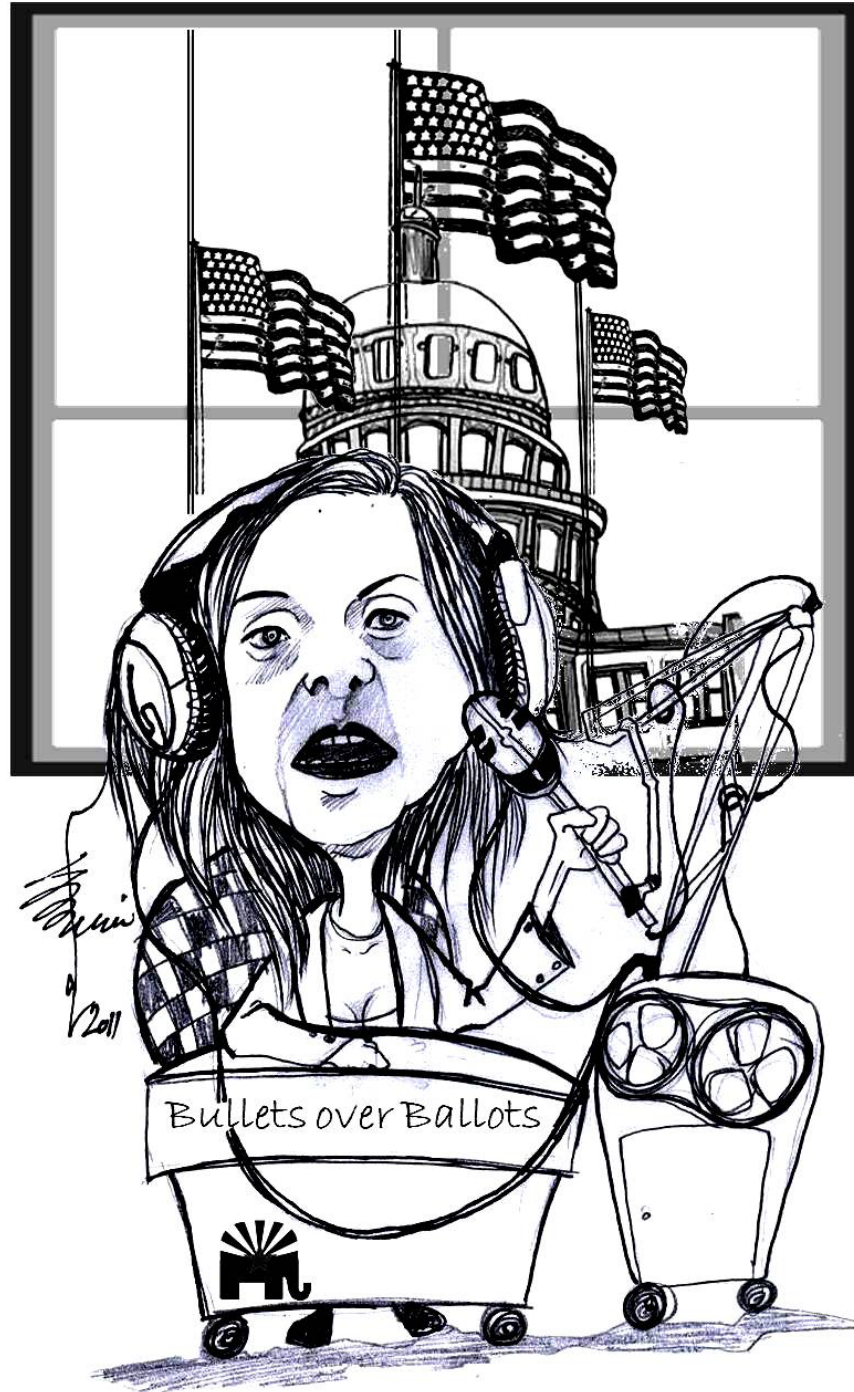
According to the information released to the media, Loughner had become increasingly detached from reality. His Internet posts had become more and more wired, but an old girlfriend said that although he was a little quiet, he was otherwise "normal."

Loughner attended Pima County Community College for several years, but documents released by the school show an escalation of problems that ended with Loughner being suspended. He was told he would have to be cleared by mental health professionals before he could return. This young man seems to have been having mental issues that were causing him problems.

With someone like Loughner it is hard to say how much he was affected by extreme right-wing rhetoric. And I say right-wing because over the last two years the right has become a rabid mass at times, attempting to stop the Obama administration at all costs. It has been a faux-populist movement, organized from the top down by mainstream Republicans such as Dick Armey and Sarah Palin, and dedicated to stirring up the conservative base using fear tactics and inflammatory rhetoric.

There is simply no easy comparison to the left. Under George Bush, progressives did become disenchanted and angry, but to compare the two is not accurate.

First, liberals were angry at some of Bush's deadliest decisions such as lying to go to war in Iraq and torture. Obama has continued some of Bush's unpopular policies but the Tea Party is not up in arms over these issues. The rabid right is fired up to stop healthcare reform.



Second, the left simply does not usually go as far with their inflammatory speech as the Tea Party. While the right was making thinly veiled threats of revolution and carrying weapons to town hall meetings, progressives wanted to talk it out and compromise. Both sides of spectrum have very dedicated bases that have extreme elements, but the Republican right has seen those elements rise to the top of their party. They created the Tea Party, and now it is hardly controllable, even going so far to turn on its masters in the last

election.

There has been national argument raging since the shooting concerning the tone of our political discussion. President Obama came out in a stirring memorial and called for more civility and less hatred in the political arena. That is the point. Now is the time to reflect on our current culture and ask ourselves if this is what we really want.

When someone like Joyce Kaufman (a talk show host from Florida that almost became a Congressional Chief of Staff) calls for bul-

lets if ballots don't work, this recent tragedy is what they are talking about. Kaufman and others like her hint at violence against politicians and the attack on Giffords is exactly what they are talking about. Whatever Loughner's motives were for his attack, his actions reflect the wishes of extremists. That type of rhetoric clearly has no place in America.

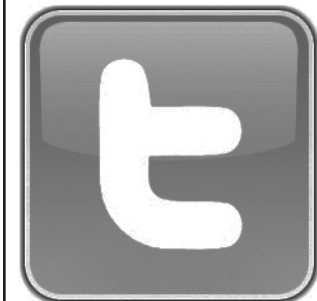
A week after the murder of six people and the wounding of 13 others, now is not the time for political bickering or even finger pointing. This event is above partisan mudslinging, or should be. No one knows how much Jared Loughner was affected by the current political climate and how much his actions simply reflected his mental state. It seems obvious he was becoming unhinged and he did not shoot Rep. Giffords in an attempt to advance a movement or because Sarah Palin put up a tasteless map with a bulls-eye over Giffords' district. But in the wake of this tragedy, the best we can do is think about the victims, and take a long look at our collective selves in the mirror and decide if violence really has a place in our political discourse.

The answer seems obvious to me.

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Goals necessary for successful future

As economic times vacillate between bad and worse, and unemployment reaches staggering highs, it is important as college students to plan for a future and set life goals to remain focused.

Students often enter their first two years of college undecided about what it is they want to do with their lives. They have no structure to the classes they take, they have no vision of where they plan to be five or 10 years past graduation.

That is not to say that one must enter college with a definite plan. Plans can always be altered or changed; life can always throw you a curve ball that will force a change in plans.

Attending college and getting a degree does not guarantee one's future, but it is what is done during those college years that will design the roadmap to your future.

As University of Houston-Downtown President William Flores just celebrated his 63rd birthday, he admits that becoming a university president was not part of his original life goals.

Dr. Flores has worked jobs ranging from assistant cook to teaching, and says that setting goals is essential for college students.

"It is not necessary to meet every goal, but you won't meet them by changing majors," said Dr. Flores.

Dr. Flores suggest that students take advantage of services offered

by the university, such as career services, to help guide them in the direction that will best meet the needs of their future goals.

Another asset to one's future are colleagues that can expand your networking circle. Flores said that he has developed skills and obtained jobs by networking and that one job has always led to another.

Students should use the college years to build the advantages that will secure their future. Although the degree is important, it is not the only key to the future.

"Seven out of 10 individuals don't use their degree 10 years out," said Flores. "The degree is the key to unlock the door to the other side."

As students embark on a new year, those that have not established the goals they wish to achieve five years from now should consider how much harder it will be to reach them, if you don't have them.

The skill sets from college go everywhere in life; they teach diversity, problem solving and how to work with groups of people.

Make the best of these years, they are the foundation of the future.

-Jamee L Cox
Editor-in-Chief

Be a part of the *Dateline:Downtown* staff for Spring 2011

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Dateline:Downtown is looking for a go-getter to sell advertising space to downtown businesses.

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If interested, please email information to CoxJa@uhd.edu or call 713-221-8569 to schedule an appointment

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Dateline: Downtown welcomes letters to the editor from any member of the UH system. Letters should be no more than 250 words, include the author's full name, phone number or email address, and affiliation with the University, including classification and major. Anonymous letters will not be published. Deliver letters to Room S-260, email them to dateline@gator.uhd.edu, or fax them to (713) 221-8119. Letters to the editor may be edited for space. They will be edited for spelling, grammar and malicious or libelous statements. Letters must be the work of the writer and must be signed. All submissions become property of *Dateline:Downtown* and may not be returned.

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CAN SEX FRIENDS STAY BEST FRIENDS?

You're invited to a special advanced screening of "No Strings Attached"

Be one of the first 50 to register at www.datelinedowntown.com to win!

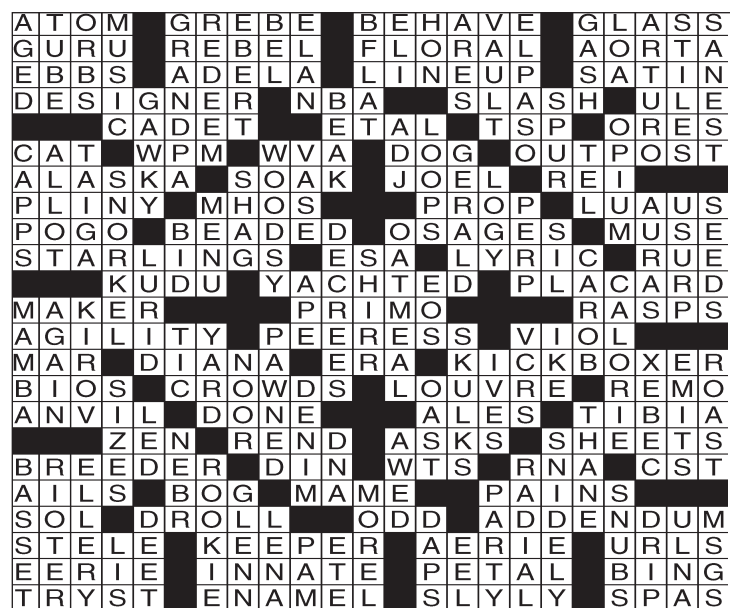
Screening will be held on January 20th

In theaters January 21, 2011

www.NoStringsAttachedMovie.com

Passes received through this promotion do not guarantee admission. Seating is on a first come, first serve basis. Theatre is overbooked to ensure a full house. No one will be admitted without a ticket.

CROSSWORD



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From the previous issue of

Dateline:Downtown

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