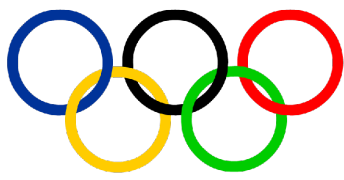


# UHD **D**ATELINE

Student Run Since  
Volume One

Tuesday April 28, 2020 | Vol. 64, No. 5

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## UHD students continue to adjust to the “new normal”

By Sheryl Sellers

UHD has just finished the first month of totally online, virtual instruction. The Dateline checked in with some of the students, staff and faculty who provided their views on the process to ask “Now, how you doin’”.

For one, and maybe other faculty members, the transition has not been as daunting as it could have been. The professor contacted has taught online classes in the past, so many processes were already in place.

Another faculty member still finds that many of the students are not engaging in online classes and worries about

their path forward. Some students are sharing computers with other family members, and some have had work hours altered. Even so, the professor finds that the UHD community has been very helpful and things are going as well as can be expected.

Jessica Quiroz, a Corporate Communications junior, is relieved that the professor in one of her online classes removed two writing assignments.

Said Quiroz: “While two assignments might seem like it had no impact, it helped tremendously. We are back on track. This class has no group projects. All assignments are individual. Yay!”

Group Zoom meetings can still be an issue.

Quiroz stated, “For one meeting, half of the group forget they had a meeting. While the other half still meet, we had to do the majority of the work.”

Quiroz’s two former face to face classes have impactful issues for her. Both entail group projects. In one class students were made aware on Wednesday, April 8 of a group project with a deadline to present the material the following Wednesday, April 15.

In another, the class was informed of an upcoming group project.

But she said “We have not discussed it fully in class. He just told us

we have a group project. I wish he would give instructions. However, he did make breakout groups in Zoom, which is more interactive and less boring.”

She has also noticed that fewer students are showing up at Zoom meetings; however, those that do have learned to use the “raise your hand” feature so communication is easier.

Guadalupe Garza, a Sophomore Accounting major also responded.

“So far everything seems to be going okay. I am a bit nervous for when finals come around. I still struggle to be focused but I think it’ll be fine at the end.”

*Continued in Gator Life, page 4*

## Global corporations give aid during pandemic

By Sheryl Sellers

Around the globe, a multitude of companies and individuals are contributing new production and/or funds to counteract the COVID-19 pandemic.

Several companies, large and small, have turned their facilities from typical production to producing ventilators or other much needed supplies for hospitals and medical centers. A few of those contributors are recognized

below.

Elon Musk, founder of SpaceX, reopened the Gigafactory in Buffalo, New York to produce ventilators, and on March 24 one thousand ventilators were donated to California hospitals.

Following an order from the United Kingdom (U.K.) government Dyson, within ten days, created a ventilator for the U.K. National Health Service. Ten thousand ventilators

will be produced to treat COVID-19 patients.

After much posturing, on March 27 President Donald Trump invoked the Defense Production Act to force General Motors (GM) to produce ventilators. GM is partnering with Ventec, a medical device provider who manufactures a high-quality ventilator. The production of 10,000 ventilators per month will begin at the GM plant in Kokomo, Indiana.

Early on, Ford Motor Company began in-

ternal discussions on how their plant could create ventilators. The company contacted the Trump Administration following the president’s request that companies take action to help with the need. Five hundred members of the United Auto Workers (UAW) Union will begin manufacturing 50,000 ventilators on April 20.

Other companies are producing hand sanitizer, another essential product.

*Continued in News, page 4*



# THE DATELINE

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The Dateline has been the official student newspaper of the University of Houston-Downtown since 1982, and it has been "Student Run since Volume One". We strive to meet the needs of a growing university as well as the growing metropolitan city that surrounds us.

The newspaper is published bi-weekly, every other Monday, as well as over the Summer break.

Print circulation is 1,000 copies per issue and distributed to all college buildings throughout the University, as well as satellite campuses at UHD-Northwest.

Deadlines for contributions are one week before publication date.

### Submission Policy

The Dateline staff consists of students from the University of Houston-Downtown who complete all tasks required to produce the newspaper, which serves the main UHD campus, and satellite campuses at UHD-Northwest. We want all students, regardless of major, to contribute. However, we must comply with our submission policy to operate under our limitations of time, energy, and staff.

The opinions and commentaries expressed within reflect the views of the contributing writers. No opinions expressed in The Dateline reflect the viewpoints of the University of Houston-Downtown, its administration, or students.

The Dateline reserves the right to edit or modify submissions for the sake of clarity, content, grammar, or space limitations. All submissions become property of The Dateline and may not be returned.

All staff and contributing writers must be currently enrolled students at the University of Houston-Downtown. The Dateline interacts with contributing writers via messaging, phone and/or email.

Press releases, story ideas, news tips and suggestions are always welcomed.

Any student interested in joining The Dateline staff may request more detailed information sending an email to the editors at [editordatelinedowntown@gmail.com](mailto:editordatelinedowntown@gmail.com).

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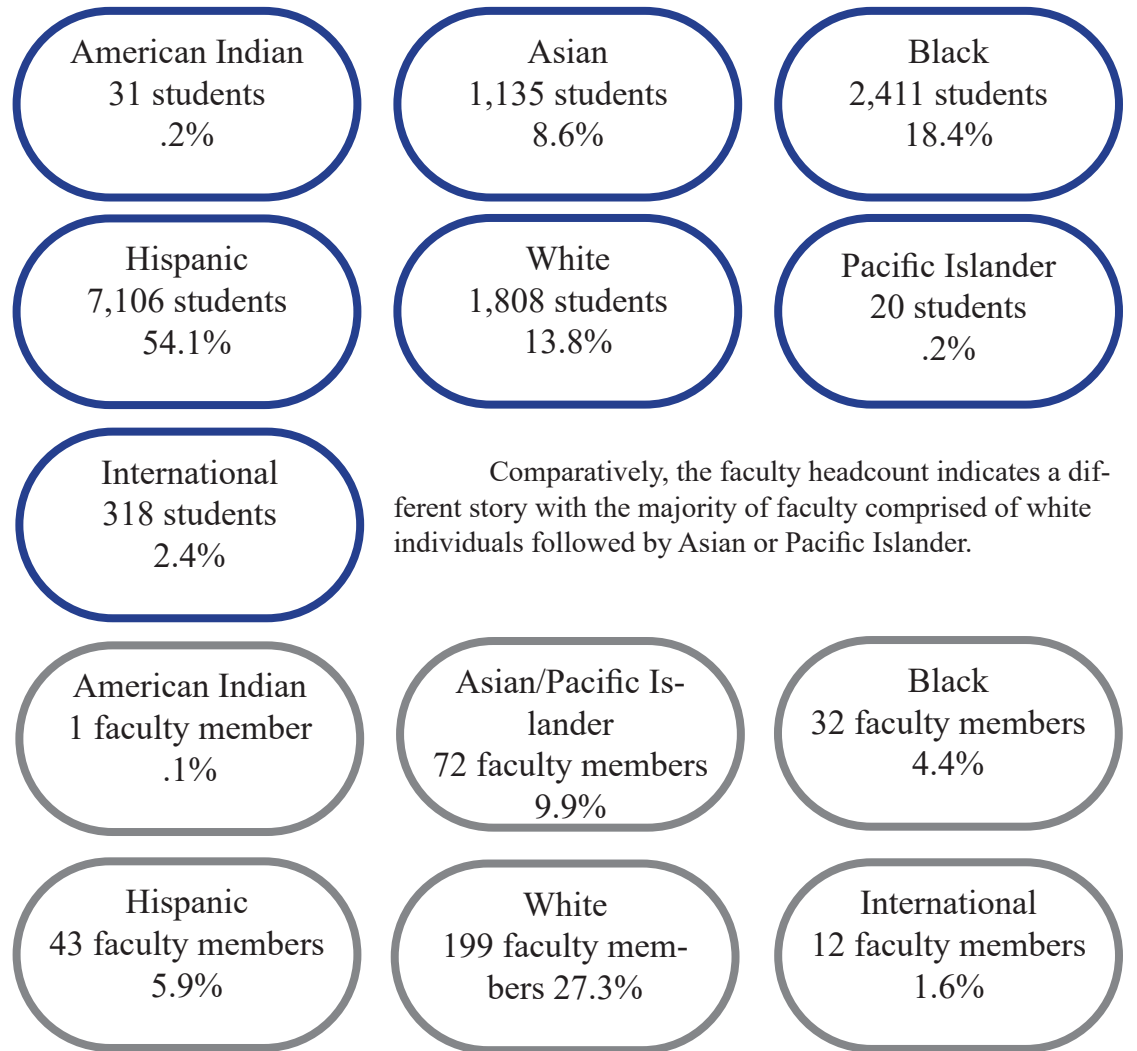
@the\_dateline

# Did you know...? UHD Demographics

By Sheryl Sellers

There is no doubt that the UHD campus is attractively diverse. Studying the demographics of the student body and the faculty and staff puts that diversity to the numbers test.

The following data is a look at the fall 2019 semester. The undergraduate headcount based on ethnicity indicate that Hispanics make up much of the student population with the least representation by Pacific Islanders.



Staff include, among other occupations, librarians and library technicians, business and financial operations, computer, legal, media, management, etc. and are represented as follows. Again, the Hispanic ethnicity are the majority followed closely by Black personnel.



The average age of the student body fall semester 2019 was 26.5 years for undergraduates and 34.2 years for graduate students. Enrolled in that semester were 49 students age 17 and under, 385 students age 50 and over. The majority of students were between ages 25 and 30 represented by 3,620 students.

Geographic loca-

tions and origin countries add an interesting element to UHD. By far, many students, 11,820 in total, reside in Harris County, followed by the students in Fort Bend at a minor 1,329. There are 24 students from as far away as Tarrant County. Forty-nine students hail from Vietnam, 36 from Angola, followed in double digits from countries including In-

dia, China, Pakistan, Mexico, Equatorial Guinea and Nepal. Summing up, the student body is primarily Hispanic, faculty is predominantly white, and staff mainly encompasses Hispanics and Blacks. Most students are aged 25-30 and live in Harris County. Diversity reigns with students originating from southeast Asia, Africa and beyond.

# Faculty Senate meetings go virtual

By Sheryl Sellers

Consistent with UHD and Houston's Stay Home, Work Safe policies, the Faculty Senate held its April 7 meeting on a virtual platform.

During this meeting Mike Duncan, Ph.D. was the only visual attendee and all others were muted and using the "chat" option. Muting any background noise, the speakers were easy to hear.

The Dateline asked Duncan about his experience in using this format for the senate meetings. Replying that although he approached the method cautiously, he has found that the meetings have moved along fairly well and smoothly. His initial

concerns centered around being true to Roberts Rule of Conduct, possible connectivity issues and voting procedures. For Duncan, a missing feature in the virtual setting is body language communication and the before and after conversations with members.

Following approval of the previous meeting's minutes, discussion surrounding the publishing of the minutes ensued; posting a recording of the meeting was not an option. A vote was taken, and a motion was passed to take the minutes from the recording and post that document. This policy will continue until face to face classes resume.

Considering the vast "chat" and

verbal discussion on this point, Dateline was interested in learning how the format was working for the senators.

The Dateline reached out to faculty staff senator Johanna Schmertz, Ph.D., Professor of English. Not new to online instruction, Schmertz finds the online platform for Faculty Senate meetings to be efficient and fast moving. She contends that members have an added focus and making motions become clearer. Schmertz affirmed that technology has lots of benefits.

Next on the agenda was guest speaker, Kevin Buckler, Professor of Criminal Justice and chair of the Faculty Affairs Committee

(FAC). Buckler presented a follow up on the rank and tenure process document initiated in the fall of 2019 to craft a model policy.

Karen Kasser, Ph.D., Program Director/Senior Lecturer, explained a revised policy to nest competency-based degree and certificate programs within the Bachelor of Applied Arts and Sciences (BAAS) degree. Following appropriate reviews these programs would be embedded in the curriculum.

A financial report on internal funding statistics was presented by Jerry Johnson, Jr., Ph.D., Associate Vice President for Faculty, Research and Sponsored Programs. The report communicated

the tenure and tenure track awards given. Among the report was statistical information on the Funded Faculty Leave. Faculty may be given Funded Faculty Leave to begin or continue study, research or writing on their research program.

Crystal Guilory, Assistant Dean College of Humanities and Social Sciences, along with Johnson discussed issues surrounding diversity at UHD with a cohesive strategy to bring the university together. Issues to tackle were broken down into eight work groups: hiring diversity; retention; challenges of minorities; institutional learning; institutional training; diversity in practice; support of minority

focused programs and UHD becoming a truly Hispanic and minority serving institution.

A meeting has been scheduled with the Student Government Association (SGA) regarding the ambitions of the work.

Felicia Harris, Ph.D., Assistant Professor of Communication Studies, remarked that measures in diversity must be made a priority at the department level. Harris further noted that it should be embarrassing to the Faculty Senate that student leaders brought up the issue, one that the senate should have been talking about.

The meeting adjourned at 4 p.m.

# Students continue to adjust to "new normal"

*Continued from page 1*

By Sheryl Sellers

Dateline also reached out to graduating senior, Munir Nathani, who is completing his degree in Corporate Communications.

The excitement that Nathani felt during this last semester is clear in his remarks.

"Almost two months ago from now, I clearly remember rushing to the class on the first day, so I wouldn't get late, with this final excitement of the final semester of my undergraduate career. I told myself, "this is your year and you know

it. I'm going to graduate!"

"I was going to be the first graduate in family! My mother was one of the most excited people as she called me every other day to ask if I had already purchased my cap and gowns!"

There have

**"We have fought together before and we will fight together again. #FinishUHD-Strong."  
- Munir Nathani, UHD graduating senior**

**"Some situations are more than just about ourselves. We are in this together as a community."  
- Munir Nathani, UHD graduating senior**

been feelings of sadness for Nathani at the prospect of postponing the graduation ceremony this semester. Nathani's family lives in India and had plans to travel to Houston to attend the ceremony. He has feelings of guilt surrounding his family's flight tickets when there are greater and more urgent concerns

right now.

However, he says "I have been fortunate to have parents who help me realize that some situations are more than just about ourselves. We are in this together as a community, something I learned from my faculty members at this institution. I am amazed and overwhelmed by the potential with which the faculty and staff

members of UHD are working to ensure that we all remain safe and achieve our goals. Watching President Munoz talk about his determination to have a commencement for students when the time and authorities

allow, was a light in the darkness for me. I am again looking for gowns and caps and I am again hopeful. We have fought together before and we will fight together again. #FinishUHDStrong."

Well said, Munir. Well said.

**"I am amazed and overwhelmed by the potential with which the faculty and staff members of UHD are working to ensure that we all remain safe and achieve our goals."  
- Munir Nathani, UHD graduating senior**

# Tokyo Olympics postponed until July 2021

By Lauren Anderson

The International Olympic Committee (IOC) decided to postpone the Tokyo Olympics until July 2021 because of the growing COVID-19 pandemic. This is the biggest event so far to be affected by COVID-19, which has infected more than 400,000 people and has halted life itself across the world.

At first, the Olympics had resisted rescheduling the games as there would be scheduling conflicts and economic problems. Many weeks had passed without a decision from the IOC, despite many urging the committee to cancel the event. It wasn't until many countries, the U.S. included, refused to send their athletes to the games, that IOC decided on postponement, realizing it as the best course of action.

Many of the athletes believe the Olympics could not be held seriously this summer, as they are of low importance in comparison to the health, safety, and training

concerns related to the COVID-19 outbreak. Training had become difficult as many training facilities have closed, government restrictions have been imposed, and safety hazards have become a major topic of discus-

of the IOC on the issue, and Bach teleconferenced with the other 15 members of IOC. The discussion of the matter was publicized and ultimately; the final decision was, of course, postponement.

"In light of the

year. Next year's Olympics will still be named Tokyo 2020, despite its occurrence in 2021.

These Olympic games have been around since the late 1800s, with billions of dollars invested in the 19-day sporting event that brings athletes from all over the world every 4 years. Although the Olympics has never been postponed before, it is believed to be the best course of action for everyone's safety.

The Olympics brings more than 11,000 athletes and 25,000 journalists from around 200 countries together, which would go against the advised social distancing given by health officials. The Paralympics, which was to be held on August 24, was expected to bring about 4,400 participants from all over the world.

Because of this postponement, Japan may face economic struggles. The Olympics was expected to cost more than \$12.6 billion.

There will also be logistical problems such as the global sporting cal-

endar and capsized athletes' schedules. Before the postponement, the pandemic had already disrupted the pre-Olympic schedule, forcing cancellation and postponement on many international events.

Despite the final decision of postponement, there is no "plan B" if the Olympics must be postponed for a second time. Organizers are continuing with the assumption that the Olympics will open July 23, 2021. The Paralympics following August 24.

The pandemic, however, has raised questions on if it will even be possible to hold the Olympics next year.

beyond next summer at the latest. There have also been concerns on travel, rebooking hotels, cramming fans into stadiums and arenas, securing venues, and the cost of rescheduling, which is about \$2 billion to \$6 billion. Bach also said that the IOC would suffer millions of dollars in costs. Under the Host City contract, which Tokyo had signed in 2013, Japan is liable for most expenses.

"I don't think anyone will be able to say if it is going to be possible to get it under control by next July or not," Tokyo Organizing Committee CEO Toshirō Muto says.

"We certainly

**"I don't think anyone will be able to say if it is going to be possible to get it under control by next July or not. We certainly are not in a position to give you a clear answer."  
- Toshirō Muto, CEO of Tokyo Organizing Committee**

sion. Two U.S. Olympic training centers have even closed.

After this was realized, Japanese Prime Minister, Shinzo Abe, proposed the one-year postponement to IOC leadership. They agreed for to postpone the event until one year after the original date, which tentatively remains as July 23, 2021. Abe spoke with Thomas Bach, President

current conditions and for all the athletes, we made a proposal of a postponement of about a year, to hold them securely and safely," Shinzo Abe said.

The decision was made with the athletes, everybody involved in the Olympics, and the international community's health in mind. The Olympic flame remain Japan, though not for another



Image courtesy of Kentucky Sports Radio

Bach was asked about the potential of a second postponement and stated that they could not manage a postponement

are not in a position to give you a clear answer."

## Global corporations give aid during pandemic

By Sheryl Sellers

Clarins and L'Occitane will also join the effort to produce hand sanitizer to donate to health authorities in France.

At the request of the Food and Drug Administration, Mary Kay, Inc. began production of hand sanitizer on April 1 at its new manufacturing facility in Lewisville, Texas. The first batch immediately went to the front lines and distribution was coordinated with Baylor Scott & White Dallas Foundation which sup-

port the Baylor Health Care System.

Moët Hennessy Louis Vitton SE (LVMH) will turn its perfumes and cosmetics business into manufacturing hand sanitizer for distribution to French health authorities.

L'Oreal will also begin manufacturing hand sanitizer; and, the company also provided N95 masks to hospitals in New Jersey and Arkansas.

Pittsburgh Plate Glass headquartered in Pittsburgh, Pennsylva-

nia is donating eighty thousand N95 masks to hospitals in Cleveland, Detroit, Huntsville, Alabama, Pittsburg and New York.

The Balenciaga and Saint Laurent brands will also manufacture masks. Gucci is donating over one million surgical masks and fifty-five thousand medical suits to Italy.

Designer Michael Costello of Project Runway will partner with a Calabasas manufacturer to produce twenty thousand face

masks to be donated to medical professionals, first responders and hospitals in the Los Angeles County of California.

Eddie Bauer will begin producing N95 surgical masks to donate to the State of Washington.

The Bill and Melinda Gates Foundation together with Welcome Trust and Mastercard created the COVID-19 Therapeutics Accelerator. The \$125 million fund will test current drugs that

may be able to treat the virus the Gates' foundation is donating, in total, \$100 million to fight the virus with \$50 million earmarked to the Accelerator. Other donors to the Accelerator include the Chan Zuckerberg Initiative, the U.K. government and singer Madonna.

Prada is providing funding for six ICU facilities in Milan, Italy. Gucci is donating \$100,000 to hospitals in northern Italy, while Armani is providing \$1.4 million to Italian

facilities.

The Ralph Lauren Corporate Foundation pledged \$10 million to help the company's teams and communities impacted by the pandemic. The foundation is also making 25,000 isolation gowns and 250,000 masks.

This gives credence to the phrase, "When the going gets tough, the tough get going." It shows how the world can pull together when all are affected.

# “10 Things I Hate about You” - Movie Review

By Katelyn Houser

Based on Shakespeare’s comedy play “The Taming of the Shrew,” the lovable “10 Things I Hate About You” is a unique romantic comedy that playfully imitates a society that doesn’t know how to deal with a strong woman.

The film begins with Cameron James (Joseph Gordon-Levitt) as he falls instantly in love with popular sophomore Bianca Stratford, who is not allowed to date until she graduates.

After her father changes the rule, allowing Bianca to date when her sister Katarina does, Cameron and his friend Michael help by searching for a guy who would be the perfect match. However, due to Katarina’s antisocial attitude, the chances of finding a guy willing to date her are unlikely.

Cameron and Michael eventually select the “bad boy” Patrick Verona (Heath Ledger) to ask out Katarina. Michael convinces Joey Donner, a rich and conceited senior to pay Patrick to take out Katarina, under the pretense that this will allow Joey to date Bianca.

Patrick agrees to the deal only to be rejected by Katarina after his few advances. Michael and Cam-

eron help him by prying Bianca for information on Kat’s likes and dislikes. After receiving this knowledge, Patrick begins to win Kat’s interest.

The movie plays out as a complicated love story, but a perfect romantic comedy for teens most likely studying Shakespeare in their English class. The movie gives Shakespeare’s literature masterpiece a modern twist that helps teens understand the storyline while warming their hearts.

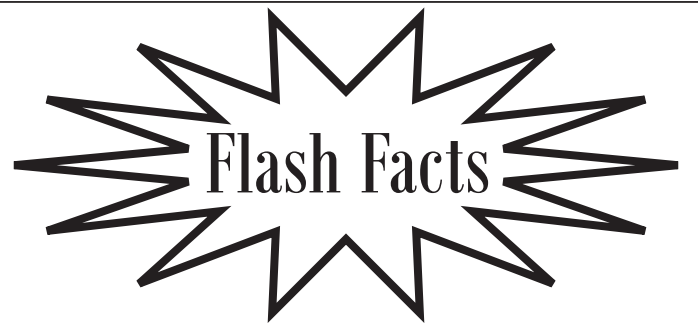
Not to mention the soundtrack slaps and features iconic 90s tracks such as Biggie Smalls “Hypnotize” and Letters to Cleo cover song to Cheap Tricks “I Want You to Want Me” which sums up the movie perfectly. Let’s not forget the adorable scene where Heather

Ledger sings Frankie Valli’s “Can’t Take My Eyes Off Of You” to Julia Stiles from the stadium seats.

Most romance movies have the bad reputation of the female lead changing her physical appearance to attract a guy. Unlike many comedy romance films, Katarina is self-assured who refuses to change herself for the sake of love. This was a breath of fresh air for many young girls, assuring them to be themselves when searching for love.



Image courtesy of IMDb



By Carlos A. Reyes Jalomo

The grass is always greener on the other side of the of the multiverse. This edition of Flash Facts dives into the comic book multiverse along with some ‘marvelous’ factoids.

The origin of the multiverse in comics is often traced back to DC Comics’ Flash #123 in May 1961, where the Silver Age Flash Barry Allen meets the Golden Age Flash Jay Garrick where they talk about the existence of alternate earths.

However, the first hint at the prospect of a parallel world can be traced back to Wonder Woman #59 in May 1953. Wonder Woman meets a mirror counterpart of herself from a mirror dimension.

There formerly were 52 earths in the DC Multiverse. To this day 7 earths still remain unaccounted for. However, there 53rd earth was discovered in 2018 in Dark Knights: Metal Event. The 53rd earth is a world where everyone is a monkey.

The Walking Dead #1 sold only 7,200 copies during the initial debut. Once the show got picked up by AMC the price of that comic would sky rocket from \$2.95 to currently at \$2,300 according to mycomicshop.com,

making the debut issue one of the most valuable comic books of the Modern Age of Comic Books.

During the events of DC Comics’ #52, Shazam (known as Captain Marvel at the time) was in control of the Rock of Eternity. Shazam would use the power of the Rock of Eternity to change the magic word from “Shazam” in order to keep Black Adam from accessing his powers. Back Adam would stumble into the new magic word when he would ask for “chocolate egg creams.”

During the Infinity War movie, Thanos’ purpose behind collecting the infinity stones was to erase half of all life in the universe due to the universe’s seemingly finite resources. In the Infinity Gauntlet comic which the movie was loosely inspired by, Thanos wiped out half of life in the universe in order to gain the affection of the embodiment of death. Thanos failed to gain the affection of Mistress Death.

The first solo series of The Punisher was originally planned as a 4 issue mini-series but ended up becoming a 5 issue mini-series. The cover would advertise 4 issues, then 5 issues, then back to 4 until the release of the 5th issue.

# “Nailed It!” - Netflix review

By Laura Dunn

“Nailed It!” is a Netflix original series that has just released its fourth season. The show’s concept is relatively simple, three people with no prior professional baking experience, come together to compete for \$10,000.

The show is hosted by professional pastry chef and chocolatier Jacques Torres and comedian/actress Nicole Byer accompanied by a rotating celebrity guest

In two rounds, the contestants are faced with a baking challenge, the later being the more challenging.

Cookies and cakes that look like they came straight off of a Pinterest page are presented and the amateur contestants are expected to recreate them. The antics and humor begin when the masterpieces they try to replicate turn into disasters. From overcooked to undercooked and decoration flops, it truly is chaos to watch.

The judges banter can feel a bit over the top and the jokes are pretty corny, but if you are looking for something silly to make you laugh, this show will probably do the trick. It will also make you feel better about your own baking disasters.

The hosts are honest and blunt with their jokes, but it never seems to go too far or to get too personal, and everyone on screen looks to be enjoying themselves.



Image courtesy of Netflix

# Backed into a corner, WWE creates a masterpiece

By Carlos A. Reyes Jalomo

WWE is known for many controversial things, even known for coasting by and producing a less than desirable product, but one thing is always certain. From the steroid trials, to the Monday night wars, when WWE is backed into a corner, they always deliver. This year was no different as *Wrestlemania 36* delivered a masterpiece in the form of a “Firefly Funhouse Match.”

Professional wrestling or “sports entertainment” as WWE likes to incisively reiterate, would see their day to day operations severely compromised in the midst of their *Wrestlemania* season.

Given the COVID-19 outbreak, WWE was legally unable to put on *Wrestlemania* or any shows for that matter in front of a live audience.

After much pressure from the host city of Tampa to out-

right cancel the event. WWE instead decided to hold their shows and *Wrestlemania* in a closed set in front of no audience inside the WWE Performance Center in Full Sail University in Orlando, FL.

The unprecedented problem WWE found themselves in would force them to come up with a creative approach to entertain the people at home while somehow abiding by the guidelines set forth by the city of Orlando.

Once the time for *Wrestlemania* had arrived, the match card for the event was near unrecognizable except for 6 out of its 7 marquee matches.

Two of those matches (Undertaker vs. AJ Styles and John Cena vs. “The Fiend” Bray Wyatt) were pre-recorded off-location in a near movie-style approach. Although both matches received instant critical

acclaim, the match to that was to steal show was John Cena vs. “The Fiend” Bray Wyatt in a Firefly Funhouse Match.

John Cena, a 16 time world champion and rising Hollywood star returned to make an important announcement regarding *Wrestlemania*. When he arrived, he said he would invest in the future by “sitting this one out,” inciting the appearance of The Fiend who laid down the challenge to the leader of the Cenation.

Third generation superstar Windham Rotunda, known to WWE fans as “The Fiend” Bray Wyatt, has suffered what critics would call a sporadic career. Wyatt was not in attendance for nearly all of 2018 and only returned after *Wrestlemania 35* with a refreshed horror-movie take on Mr. Rogers under a series of vignettes

called the Firefly Funhouse.

Wyatt took the horror elements up a notch and introduced an additional character called “The Fiend” who was an unstoppable monster, recalling ideas of Jason Voorhees or Michael Myers in his matches.

The change in character direction paid incredible dividends, catapulting Wyatt into the main event scene. After a series of questionable decisions on WWE’s behalf, the mystique associated with Wyatt and “The Fiend” began to disappear not even 6 months after his return.

Fast forward to February 28th and The Fiend has John Cena in his sights on the road to *Wrestlemania*.

Cena called Wyatt the most over-hyped, over-privileged and over-valued superstar in the history of the WWE, while he

promised to erase Bray Wyatt from existence. Wyatt then challenged Cena to a Firefly Funhouse Match.

Nobody knew what awaited Cena at *Wrestlemania*, not even Cena himself. But when the moment arrived, professional wrestling would never be the same.

The Firefly Funhouse match was one part Alice in Wonderland, one part Dante’s *Divine Comedy*, one part commentary on John Cena and the WWE system, and one part career retrospective on the man who spent more years as the face of the company than “Stone Cold Steve Austin” and “the Rock” combined.

Cena attempted to hunt down Wyatt only to go deeper into the rabbit hole and relive every major failure in his career and personal life. Taking Cena from his bland, ruthless, and aggressive character, to his “Doctor of Thuganomics” character to the last time Cena and Wyatt ever faced off at *Wrestlemania*

30.

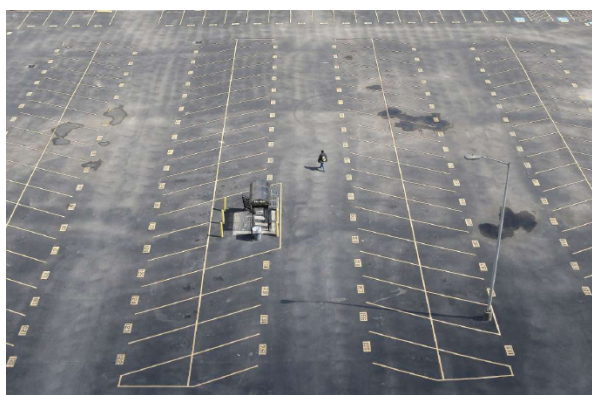
This deconstruction of an 18 year career came to a high point where Cena, who had considered himself a good guy for the better part 2 decades, rejected the opportunity to self-reflect and embraced the aggression that was once seemed lost to him.

After realizing he had finally cracked. The Fiend arrived to finish the job and Cena’s voice could be heard as the words “most over hyped, over privileged and over-valued superstar in the history of the WWE” were turned around to describe Cena instead, effectively erasing the 16 time world champion from the history books.

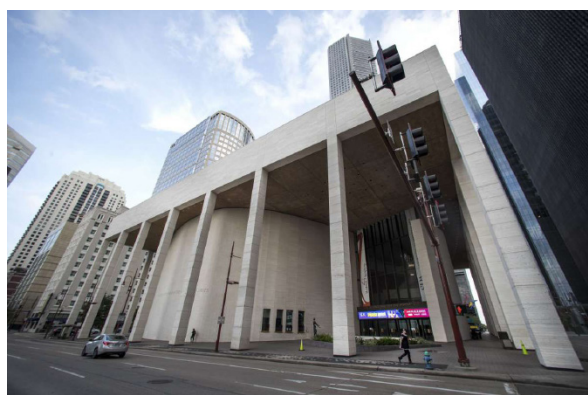
The Firefly Funhouse Match wasn’t a traditional match, or even a match at all. The match was nothing short of a masterpiece – a magnum opus from a man walking a razor thin line between brilliance and insanity; a deconstruction of both the most dominant individual in professional wrestling and a commentary on the medium as a whole.

## Houston entertainment venues close during shutdown

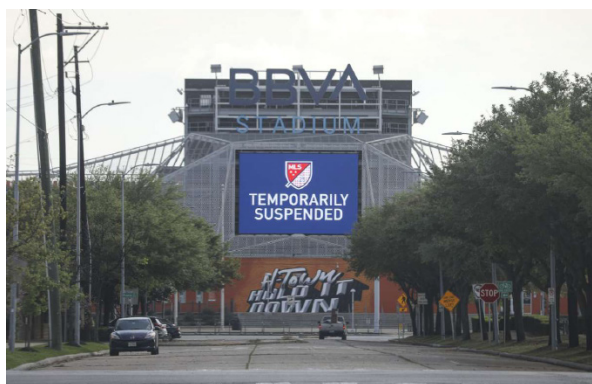
Images courtesy of Houston Chronicle



No difficulty finding a place to park in this deserted lot at Franklin and La Branch St.



Jones Hall and the empty streets of downtown preceding the stay home, work safe orders



BBVA Stadium, home of the Houston Dynamo, suspended all events in adherence to the stay home, work safe orders



The normally overflowing parking lot of The Woodlands Mall remains completely empty after the stay home, work safe orders were issued

## Old Life, New Light

By Jason Walker

We aren’t too far away from our old life  
And a new light  
We hit a new low  
To reach a new height  
In this uncharted territory  
We’ve seen a new sight  
You may be struggling, but guess what  
You’re still here and making it happen  
So that shows you might  
We have to band together like an army to fight  
This dreary virus that plights  
Right now life is dark like night  
But when it’s done  
We’ll be reunited with our old life  
And a new light

# Bernie leaves it to Biden

By Laura Dunn

On Wednesday, April 8, Senator Bernie Sanders, (I-VT), announced that he was suspending his presidential bid, thereby ending the Democratic primary. As a result, former Vice President, Joe Biden is now the presumptive Democratic nominee, against the current president, Donald J. Trump, setting up the race for the White House.

Sanders' announcement came after a series of primary losses and dealing with logistical issues due to the COVID-19 pandemic. As he was announcing his campaign's suspension, Sanders did not explicitly endorse Biden, however he did insinuate that the Biden would promote his progressive agenda.

However, this changed on Monday, April 13, when Sand-

ers officially endorsed Biden, hoping to promote party unity during this divisive era of politics.

Sanders' decision to endorse Biden was viewed as an act of betrayal, both for his progressive ideals, and his visions for the country. In our country, there is no other political faction that represents Sanders' ideals, whether it be established politics or smaller partisan factions.

The left movement in the United States is at best a less conservative right. But Sanders, a true progressive who stands for the working-class, is for many, a symbol hope for the future of this nation.

Currently, there is a diminishing of the middle class, as more Americans are barely able to afford the necessities as they are living paycheck to paycheck. The proposals on Sanders' agenda, such

as eradicating student debt, universal healthcare, endorsing the Green New Deal and criminalizing marijuana were on his agenda, were not a priority for other candidates.

As a fellow Sanders' supporter, here are a few words of advice: breathe and do not give up. Although it is upsetting to see Sanders once again drop out, do not let this discourage your vote.

Keep voting for what you believe in.

Keep track of county, state and national elections and be sure to vote in every one possible. That is the only real way we can make a change. Canvass, educate yourself and others, and remember that our voices still matter.

Because our voices do matter in this election, and our goal is to ensure that our sitting president does not win another term.

# Veteran interview - Luis Rogelio Martinez

By Anthony Raul Ramirez

One of the most inspirational aspects of American culture is the undying faith to support the freedom and liberty of every citizen.

Recently, I spoke with Luis Rogelio Martinez, an American veteran currently working with an organization to assist other veterans.

Martinez began his service with the Marine Corps in 1984 and remained until 1988. During this time, he became connected with his fellow marines, developing a connection as secure as a family.

Anthony

Ramirez (AR): Do you think being in the military gives people a better work ethic?

Luis Martinez (LM): The military gives you strict ethics. [You] got to follow a straight line, ain't no curves on it. You're there in the shit with your brothers knowing they're your hope for surviving, and you're theirs.

AR: How was it adjusting after coming back?

LM: When I got out, I worked at a machine shop. [It] took me three years to stop thinking about joining the Marine Corps again.

I would have rather been there than the machine shop. You get a lot of comradery and things you learn there you don't get anywhere else.

AR: What stopped you from going back?

LM: When the Gulf War (1990-1991) started. I started wanting to return, but at that point, I had two daughters and had to think about what's best for them. I needed to help them grow up, and there's no guarantee I'd come back if I went to war.

Martinez began discussing his work with American Legion, an organization made of US veterans. Martinez has been part of American Legion Post 578 (located on 3415 Aldine Mail Route), as well as being the post's commander from 2012 to 2019. AL Post 578 aims to support veterans with adjusting, finding jobs, financial assistance, and overall helping the community.

When Hurricane Harvey hit Houston in 2018, the annual Veteran's Day parade was canceled.

However, AL Post 578 refused to have a year without supporting the veterans. Instead, they created a parade that ran from their location on Aldine Mail Route down to US Highway 59.

This act of kindness personifies the Marine Corps motto of "Semper Fidelis," Latin for "always faithful/loyal." The motto is often shortened to "Semper Fi," in remembrance of an injured soldier who could not utter the entire motto.

This story is



Luis Martinez with a citizen in South Korea, 1987  
Image courtesy of Anthony Raul Ramirez



Luis Martinez in his Marine Corps uniform, 1986  
Image courtesy of Anthony Raul Ramirez

a fantastic example of what makes our American veterans such a special breed of people. They go out to wars, fight on battlefields, aid those that are severely injured while under firepower, and to think that this injured soldier would attempt to utter his military motto in such a severe condition is astounding.

Martinez now uses social media to reconnect with his brothers-in-arms that live in areas as far as South Korea and Alaska. He has found over twenty

of his veteran friends, thanks to Facebook, and converses with them daily.

The veterans protected each other in war times, and they protect each other now with help from places like the American Legion.

For the next Veteran's Day or just any day in general, be sure to thank any men and women in your life that fought for your rights to life, liberty, and pursuit of happiness.

# What to do throughout the “COVID-cation”

By Anthony Raul Ramirez

Before COVID-19, life was hectic for many individuals. Work, school, and all other responsibilities have been affected by the virus in some way. More people are encouraged to “social distance” to keep from unknowingly spreading the virus.

As a result, we now have more time on their hands – more time than we’re used to having. It’s impossible to scroll through social medias without seeing multiple “I’m bored” posts, as individuals search for ways to pass the time.

It would be better to turn this negative into a positive. Time isn’t meant to be wasted, it is meant for experiences and self-improvement. Here are five activities to do with the newfound time on your hands.

**Keep Clean:** Whether it’s a room that needs vacuuming or furniture that needs to be moved, organizing these spaces can help clear the mind. Start off simple with a workspace where you usually do your studying, reading, or anything else, and take in how different it feels to sit in a clean area.

**Read Something:** Use this time to learn about subjects of interest, whether it be politics, stocks, or any other topic. Reading autobiographies, historical retellings, nonfiction novels, or comic books can enrich an understanding of the craft of writing and the enjoyment of learning about a new world. Kindle and Audible also allow for reading an abundance of ebooks from a laptop or cellphone.

**Exercise:** Physical activity can help alleviate stress and maintain healthy habits. Many free exercise routines can be found

on places like YouTube or Instagram, complete with proper form demonstrations and timers. As an aerobic instructor, I highly recommend the IntervalTime app. Set up the timer for 45 seconds (high intensity), and then 15 seconds (low power), and make a list of ten exercises. With 45 seconds per move, and 15-second rests, that’s almost 30 minutes of activity, the recommended daily amount for an average adult. Something as simple as dumbbell curls or calf raises while watching TV or browsing social media can go a long

way.

**Learn Something New:** Whether in college or working, learning something new can help broaden horizons and supply one with a better understanding of the world. For example, I decided to learn more about the stock market and how to invest. With the looming fears of a recession, right now seems like a good time to invest with lowered interest rates. I’ve also taken the time to dabble in coding and learn how to “DJ” using free software. Regardless of interests, learning something new can help

one keep busy and occupy all the spare time.

**Meditating:** Sometimes, it is good to just sit and think about the day. Having a good 20 or 30-minute session to concentrate, forgive, wonder, and ponder can help change your entire mood throughout the day.

These aren’t the only things to do, but they seem to help friends and myself get through these longer-than-usual days. Feel free to take these suggestions. Enjoy this time and make it worthwhile.

# MLM companies employ pyramid schemes

By Katelyn Houser

Multi-Level Marketing (MLM) companies including Amway, Mary Kay, Rodan + Fields, and Nu Skin, are not sold on store shelves. Instead, they are sold by distributors whose main occupation is not to sell products, but to recruit more people into the company. These companies typically entice distributors with an attractive message, promising their recruiters wealth, empowerment and entrepreneurship (hence the phrase “be your own boss”).

Pyramid scheme companies disguise their true purpose by introducing overpriced products of poor quality that can be difficult to sell or of little value. These products include makeup, vitamin supplements, diet pills and protein shakes, etc.

Companies will collect start-up fees and profit from each new distributor recruited, making the recruitment process the real “sale.” The recruitment efforts

are made by the same promoters, recruited in the past, for monetary incentive. All the while, the recruiters proclaim legitimacy, promise wealth, and deny any claims of a pyramid scheme to eliminate the skepticism of potential distributors.

To push sales, distributors who call themselves “mentors” advise their recruiters to purchase enough product as inventory to later sell to remain in the company. Recruiters will go as far as renting storage units full of inventory.

“Mentors” will also advise recruiters to purchase motivational books and DVD’s to help enhance their sales techniques. Unfortunately, these recruiters end up spending more money in hopes of being successful rather than making money for themselves.

Typically these distributors target young adults, approaching them in retail stores or even local malls, generally friendly yet aggressive, assuming the youth are naive

enough to join if they push hard enough. MLM companies will disregard any individual distributor that is caught and confronted about their fraudulence, claiming they don’t speak for the company to cover up their tracks. MLM companies claim such actions are against company policy and individuals will be disciplined.

MLM companies also release misleading disclosure statements claiming only a small percentage of distributors make zero commission and claiming they were not in the business to make money but only to get discounts on company products.

In reality, the company promoters make a substantial amount of money from the number of recruiters involved, while the distributors – those actually attempting to sell products – make little or no commission, at all.

Another trick MLM companies use is they advertise themselves as legitimate

sales and marketing jobs on job boards, including Indeed, Glassdoor and ZipRecruiter. Many MLM companies will even go as far as to create fake websites to make background checks more difficult. MLM companies will also hire celebrity spokespersons to appear legitimate and trustworthy.

For example, take MLM company Vemma as an example,

who used Jenny McCarthy as a spokesperson to push their dietary supplements onto potential customers, but was eventually shut down by the FTC for deceptive practices and pyramid schemes.

Pyramid Schemes will go to far lengths to protect their name, proving difficult to convince a salesperson otherwise because they’re promised empowerment and wealth

and are too focused on their hopes and dreams.

The industry itself is large, which causes difficulty for the FTC to investigate and is why many pyramid schemes are still successful today.

In short, the truth about many MLM companies is: if you have to pay to be employed at a company, you’re not an employee, you’re the customer.

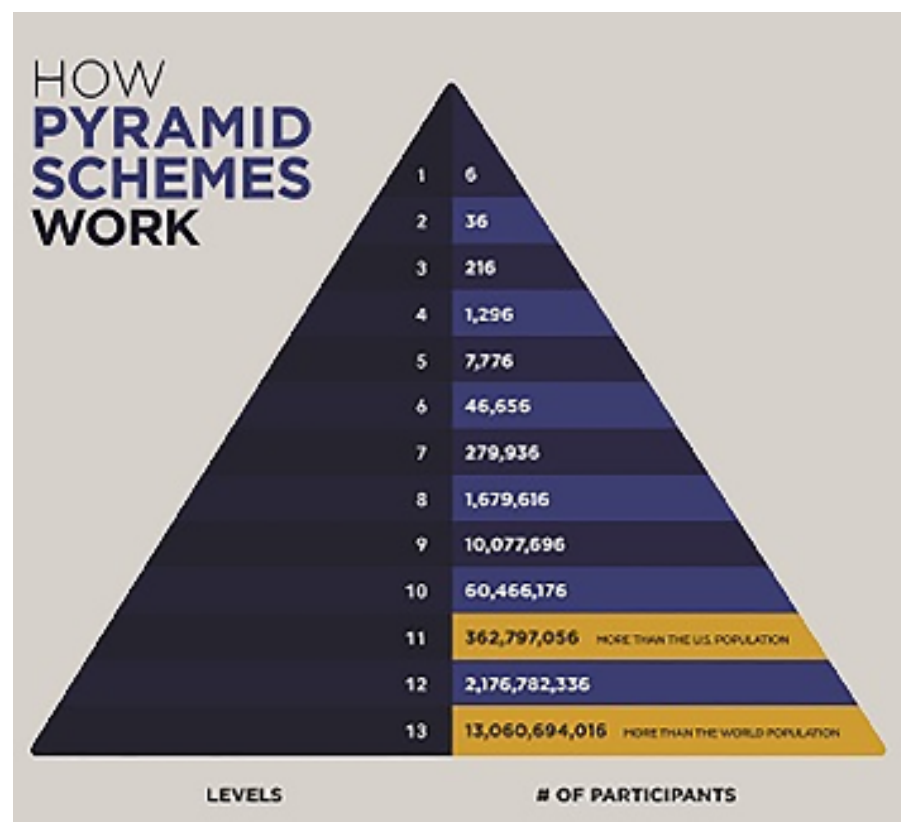


Image courtesy of Investor.gov



# Herbalife business practices affect Latinx community

By Anthony Raul Ramirez

With the rise of social media, multi-level marketing (MLM) companies have made their presence more prominent, promoting products from health cures to fashion items. These companies ensure the attainment of wealth and success in a short period of time.

or receive refunds, resulting in an overstock of products within their garages, basements, and living areas.

Herbalife is a MLM company that has significantly impacted the Latino community due to the difficulties in transitioning to the US after immigration.

He stated, “I think if [the Senate’s scientific advisors] are the expert in weight-loss, why were they so fat yesterday? It seems... and I’m not trying to make jokes, but they should use our products.”

This dismissive statement highlights the

products. He stated that this only happens “when they [distributors] run out of money.”

Additionally, Shea stated, “You don’t make money from selling products...not much, not enough to pay the bills that are racking up. You make money from signing people up.”

These claims show Herbalife’s devious tactics, selfishly taking money away from individuals hoping to make a profit. According to The Federal Trade Commission (FTC), an investigation into Herbalife began in 2016.

The commission stated, “The defendants’ compensation program incentivizes not retail sales, but the recruiting of additional participants who will fuel the enterprise by making wholesale purchases of products.” Edith Ramirez, the FTC chairwoman, shared her hope that Herbalife adopt better business practices and ethics.

She said, “Herbalife is going to have to start operating like a legitimate business.”

The 2017

documentary, “Betting on Zero,” details the severe consequences distributors have dealt with after entering the Herbalife, with stories of individuals attaining debts of nearly ten thousand dollars.

One woman in the documentary stated that she lost eight thousand dollars to the Herbalife Dream. She spoke to the friend who recruited her into the business to ask why she didn’t see a profit.

Her friend replied, “You have to put people under you so that you can make a profit.”

There is a website called “factsaboutherbalife” that delves further into the business practices of Herbalife. One of their YouTube channel videos, “The American Dream Denied: Herbalife Victims Speaks Out,” shares stories of several former Herbalife distributors of the Latino community who remain thousands of dollars in debt due to the “business”.

Several issues with the company are mentioned, including how Herbalife does not allow their logo to be advertised on Nutrition Clubs. The producers of

the video also show the former distributors the “Herbalife Statement of Average Gross Compensation” document.

After doing this, two problems are found: none of the people had seen it before, and none of them could understand what it meant. The gobbledygook in the document uses mathematics and percentages that the average citizen wouldn’t understand. Still, the producers explain that the document states that that 89% of distributors that sign up eventually gain no profit from working with the company.

Herbalife shows a track record of enticing vulnerable people of tightly compacted groups that have few resources to go to for help. Herbalife reaches out a hand to these people, not to boost them up, but for Herbalife to propel itself further to the top as the people they pull continue to sink. Herbalife is a pyramid scheme, not the MLM company it claims to be.



## HERBALIFE NUTRITION

Image courtesy of Herbalife Nutrition

However, there is more to these companies and their schemes.

A MLM is a company that makes a profit through selling its distributed products through pyramids – people working under a single distributor; a person is hired by a “recruiter” and is incentivized to recruit more people, getting more percentage profits from the additional people’s sales. This chain is often referred to as a pyramid scheme, and MLM companies are infamous for it.

MLM companies demand that the “distributors” purchase the products, hoping to resell them to customers. However, if a distributor chooses to quit an MLM, they cannot return products

Herbalife can also take advantage of undocumented or illegal immigrants, as the business does not require a Social Security number.

On his show, “Last Week Tonight,” host, John Oliver, discussed Herbalife, a multi-million dollar MLM, with endorsements from famous figures such as soccer superstar, Cristiano Ronaldo, and the first female Secretary of State, Madeleine Albright.

According to The LA Times, the 1982 Herbalife Career Book stated their products could cure problems from tumors to bed-wetting. This claim led Herbalife’s founder, Mark Hughes, to testifying in a Senate Inquiry.

company’s mission and its purpose of promoting their supplements, despite fact, criticism or controversy.

Two CNBC News interviews regarding former Herbalife distributors, Dan Fallow and Sharon Shea, further illuminates the problems of MLM.

When Fallow was asked about ending the need for distributors to purchase



Herbalife celebrity sponsor, Cristiano Ronaldo. Image courtesy of InsideSport

# Toilet paper panic - The psychology of panic buying

By Anthony Raul Ramirez

As cases of COVID-19 began hitting the United States in early March, Americans began social distancing. They also accordingly stocked up on supplies, limited their nonessential activities like dining and entertainment, and attempted to remain calm in these times of crisis.

happened was that people began stocking up on loads of supplies and crowded into grocery stores to the point that, according to ProPublica, may have actually caused the spread of COVID-19 to happen that much faster. As the data from New York and Italy came in, locations with the most

higher rate. The most intriguing part of the panic buying fiasco was clearly the toilet paper. Some people saw it as a necessity, some people saw it as a meme. However, there is a psychological behavior as to why people gravitate towards essential items, such as toilet paper, during a national health emergency.

In an article by CNBC, consumer psychologist, Paul Marsden, explained that panic buying was a form of retail therapy in which people felt safer and more emotionally secure when buying these types of items.

He explained, "It's about 'taking back control' in a world where you feel out of control. More generally, panic buying can be

with others and (3) competence – the need to feel successful in decision-making. Panic buying caused severe psy-

witty captions. These images further incentivize hoarding more goods furthering panic and hysteria.

It is okay to be worried, it is okay to be afraid, but buying a year's worth of toilet paper will not help prevent COVID-19.

Follow CDC guidelines by washing your hands, staying away from sick individuals, and practicing social distancing when out in public.

But if toilet paper does run out, there are other options! A bidet can save money and act as a practical solution throughout this pandemic.

**"Panic buying can be understood as playing to our three fundamental psychological needs."**  
- Paul Marsden, consumer psychologist

Oh wait... that is not what happened. What actually

happened was that compacted populations began to see viral spreading at a much

**"It's about 'taking back control' in a world where you feel out of control."**  
- Paul Marsden, consumer psychologist

understood as playing to our three fundamental psychology needs." Marsden claims that this type of panic buying hits our three fundamental psychological needs (1) autonomy – the need for control, (2) relatedness – the need to be connected

psychological stress for people preparing for COVID-19. Masses of people rushing into stores increased the likelihood of the virus spreading. On social media, the images of the bare shelves across the country were often paired with alarming or

## March Madness

By Laura Dunn

Let's talk March madness, and no, I am not talking about the NBA.

With the rapid spread of the COVID-19 virus now making it's rounds in the United States, there has been obvious evidence of panic at pretty much all grocery and retail stores across the country.

Including here in Houston and the greater Houston area.

People are buying necessities in bulk trying to stock their homes up in case of mandatory quarantine. Two states, California and New York, have already gone on lockdown.

As of now, Texas has implemented a similar stay home, work safe order, encouraging social distancing.

Local Houstonian or not, if you have spent at least a year here, you have seen what the shelves at stores look like during a hurricane – emp-

ty shelves, checkout lines that wrap around the store and fights over bottled water and non-perishable foods.

Well... this is like hurricane shopping on steroids.

Since panic buying has become so widespread, stores have had to place purchasing limits on certain products. Items like milk and frozen vegetables have signs posted overhead that read, "Limit 2 per person."

If you are one of the many that cannot afford to stock up and buy in bulk, you have to go to the store every week.

However, trying to find essentials in the panic-shoppers wake has become increasingly difficult. The toilet paper and paper towel aisle at my local Walmart has remained completely empty for an entire week, and I don't know if that will change anytime soon.

People are so desperate after the toilet paper was bought

out, they began buying baby wipes, causing a struggle for parents of newborns and infants. Parents are also face difficulty finding bottled water for formula, which is also bought in bulk by the panic shoppers.

The empty shelves pose a real problem for people with allergies, as well. The usual variety of options, are now, gone. If you are used to buying a specific brand, there's a good chance you won't find it. I had to buy powder laundry detergent with a scent entitled something vaguely resembling "Island Breeze". Hello, itchy skin for the next month.

Retailers and grocery stores are urging the panic buying to stop. They are equipped to keep the shelves stocked, only when everyone buys only what they need.

There is no reason to worry in the case of a

lockdown, as it still allows visits to essential retailers such as grocery stores.

So please, panic

shoppers: Buy only what you need, and remember that there are other people who feel the same way you do.

People with significantly less toilet paper.



Like the Houston grocery store pictured above, retailers all over the country struggle to fill the shelves with toilet paper and paper towels. Photo credit: Yessenia Rincon

# End of semester memoirs from graduating students

## A letter to UHD

By Candelaria Del Carmen Carranza

My fellow Gators,  
I find myself to be very emotional, considering that we are a couple of weeks away from the end of the Spring semester. It is my last semester at UHD before graduating, and yet the excitement I felt towards the beginning of the semester has dissipated. Truth is, I don't want my experience at UHD to end.

I've been procrastinating on my last assignments because deep down I can't believe my last semester will end like this. I miss school so much, not just the students, the professor, the activities and campus groups, but mostly the atmosphere

it carries. I miss running into my friends, the ones I sit and drink coffee with, the ones who meet with me down on the 1st floor of the College of Public Service building just to watch the cadets training, my lovely friends, my



Photo courtesy Candelaria Del Carmen Carranza

fellow gators who are always willing to help others. I miss walking through the third floor and soaking in its chaos.

How I miss UHD's Starbucks coffee. Those endless cups of coffee that served as our lifeline during midterms and finals.

COVID-19 has stripped us Gators from so much this semester.

I will not be able to express my deepest gratitude to my professors for

everything they have done for me. Some have become my mentors, people I have confided in and grown to trust and care for.

I will not be able to have that moment where I am walking out of the CPS building for the very last time as an undergraduate and feel a sense of achievement and joy along with other seniors. It is impossible for us to be physically present to look at one another and say, "We did it!"

As much as I would like for things to be different, reality sets in. I am finishing my last semester as a criminal justice major at UHD in the midst of a worldwide pandemic.

While COVID-19 is taking

a lot of special moments from me, it has also given me clarity to look back at all the experiences UHD gave me. I had the opportunity to travel abroad, to join organizations like the Center for Community Engagement and Service Learning, Scholars Program, The Professional Society of Criminal Justice Students and The National Society of Leadership and Success.

I traveled to Austin to advocate for UHD at the state's capitol; I got to speak at a luncheon for CCESL; I was student ambassador for various community projects like Gator-Serve. I completed a 200 hour internship for the Summer of 2019 with the help of UHD CCESL; I was nominat-

ed for the CPS student service excellence award for 2020, and I worked at the Harris County Sheriff's Office through UHD's service learning course.

I am beyond proud of my university and grateful to have these life changing experiences to look back on. UHD encompasses what passion and dedication is. Thank you for caring about our education, our safety, our health, and our experiences. As a family, as Gators, we will prevail, and we will continue to succeed. We refuse to have it any other way.

Sincerely,  
Candelaria Del Carmen Carranza  
Bachelor of Science in Criminal Justice  
Graduation Spring 2020

## End of semester shoutout

By Joshua Alegria

The end of this semester is something I have been working towards since 2012, eight years ago. Thinking back, I realize how long and how short eight years can really feel. When I started at the University of Houston-Downtown, I honestly didn't know what to expect from college life, I didn't even know what I wanted to have as my major.

Through my time, I have learned so many things about life, friendship, family, community, even chemistry, my major. With the commencement ceremony canceled, I do feel some sorrow, but I understand the severity of the situation the world is in. But, the knowledge I've gained, the friendships I've built, and memories I've created at One Main Street will always be a part of me and will always be an incredibly unique experience.

I appreciate the knowledge I've gained

from my research professor, Dr. Qavi, to the professors who taught me the most, Dr. Benavides, Dr. Brown, Dr. Jiang, and Dr. Villegas. I am especially grateful for the friends I met in my courses; like Mercy, Fikir, Laura, Chidi, and Rachel and to those that helped me change my life for the better, Leboriah, Rob, Kiara and every-

one else at the Sports and Fitness Center.

Unfortunately, I won't be able to walk in May, but because of these Gators, who have supported me like family, I know exactly what path to take to run my future.



Photo courtesy of Joshua Alegria

## "Allie Cat" Comics

By Carlos A. Reyes Jalomo



# Interview with UHD Sports & Fitness instructors

By Anthony Raul Ramirez

Leboriah Chavez and Robert Gonzalez have been working at UHD Sports & Fitness for nearly 3 years. Both instructors began their time in the department as freshmen and are currently nearing graduation status.

Here is what they have to say about their experience at UHD's Sports & Fitness Center.

Leboriah Chavez:

Anthony Ramirez (AR): When did you start getting into fitness?

Leboriah Chavez (LC): I started getting into fitness 2 years ago, I started researching nutrition and using YouTube as a source to learn about my form and usage of machines. At first, it was very overwhelming because I was a complete stranger to the gym, but little by little I became confident about the machinery and grew a love and passion.

AR: Did fitness affect your college experience?

LC: Being into fitness made a huge impact into my college experience. I made a lot of great people that I now consider family at the gym. The gym keeps me motivated, it's like free therapy for myself and keeps me focused in school. I ap-

ply the same energy at the gym in my academics because in order to succeed in life you have to give 100%, similar to a workout.

AR: What did you expect to learn when becoming a personal trainer/instructor and what were you surprised to learn about?

LC: I learned a lot about being a trainer and instructor, you actually get to see how different our bodies are compared to what we think they are. Trainers learn a whole different terminology for body parts and functions most people don't have knowledge of, we get to identify muscle fibers that can make a huge difference in muscle grow, or even how your heart rate can affect your fat loss journey in regards to cardio. I love learning every day and being a trainer/instructor keeps me learning because there's always something new in the fitness industry.

AR: Did working as a PT/instructor positively or negatively affect your schoolwork?

LC: Being a PT/Instructor has positively affected my whole life in regards of school, work, and family. It has given me so much confidence and knowledge that I get to spread within my family for a healthier lifestyle.

AR: Why do you think it's important for people to learn about nutrition and exercise habits?

LC: I believe that it is important for people to learn about nutrition and exercise habits because the best investment someone could do is to invest in themselves!

AR: Is there anything else you would like to tell the readers about your time in fitness?

LC: Don't ever give up, every day is a new day to begin. It doesn't have to be the start of January 1st, or a Monday. Just start! You have to love and take care of yourself to reach all you want in life. Remember, health is wealth.

Robert Gonzalez:

AR: When did you start getting into fitness?

RG: I got into fitness in high school, mainly because they wanted us to workout for football, rugby, and other sports I was in. From there I fell in love with working out and how it made me feel.

AR: What problems did you have in the beginning? How did you overcome them?

RG: As anyone first begins working out comes problems along the way. Consistency

and dedication to going into the gym every day to workout and put your body through that

wanted to do this.

AR: Did fitness affect your college experience?

human body and how to make it better and healthier. Never did I think I would learn so much about life as a personal trainer and instructor. You absorb information from people you work with or clients and apply it to your own personal life.

AR: Did working as a PT/instructor positively or negatively affect your schoolwork?

RG: It is difficult to handle both work and schoolwork in general, but you learn how to manage everything and keep it balanced.

AR: Why do you think it's important for people to learn about nutrition and exercise habits?

RG: It is important for people to learn about nutrition and exercise to live a long healthy live. It helps prevent diseases and other issues you can avoid by being aware of what you put in your body.

AR: What is a misunderstood idea about fitness people seem to get wrong?

RG: They seem to think that people in fitness are egocentric. That they are not very smart, just lift heavy weights and drink protein shakes. When there is so much more science that goes into fitness and overall health.

AR: Is there anything else you would like to tell the readers about your time in fitness?

RG: It may seem difficult when you start, but stay true and you will come out on top.

AR: What did you expect to learn when becoming a personal trainer/instructor and what were you surprised to learn about?

RG: I really just hoped to expand my knowledge of the



Leboriah Chavez. Photo credit Anthony Raul Ramirez

stress was a difficult obstacle to overcome. However, I wanted to become a better version of myself, which helped me mentally get over those problems. I reminded myself what my goal was and why I



Robert Gonzalez demonstrating an incline shoulder press. Image courtesy of UHD Sports & Fitness