

THE UHCLIDIAN

A STUDENT PUBLICATION OF THE UNIVERSITY OF HOUSTON-CLEAR LAKE

Volume XXXV, Number 2

www.uhcl.edu/uhclidian

FEBRUARY 19, 2007



Not everybody hates Chris
Tyler Williams comes to town to help with Habitat for Humanity.

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Time to dust off your boots
Houston Livestock Show and Rodeo kicks off its 75th Anniversary.

STORY ON PAGE 12

Community Outreach Day



NEESHA HOSEIN : UHCLIDIAN

COMMUNITY OUTREACH: Community Outreach Day is a program that was created as a way to not only build community among UHCL's students, alumni, faculty, and staff, but to also promote leadership development through community service. Coordinator Jennifer Clark, said she was very pleased with the turnout this year, especially because it brings students, staff and faculty together for a common cause. More than 130 volunteers and 175 visitors took part in activities such as face-painting, story-telling, games and snacks.

Access denied: E-Services undergoes update

By CHRIS SCARCELLA
THE UHCLIDIAN

People Soft, the student information system software, will undergo an upgrade and will not be available for student, staff, or faculty use from February 23 to March 4.

Students will be unable to access financial aid information, make payments, view or request transcripts, drop courses, or view schedules and grades during this time.

Faculty will also be unable to access student information such as class rosters and will only be able to access certain information as read only.

The temporary shut down will not affect student access to UHCL email, Windows NT Logins for PC lab accounts, WebCT logins, and the UHCL Web site.

"The reason for the shut down is to upgrade the current system that we have with a newer version of the software," said Kevin McKisson, director of academic records. "Upgrades typically happen every 2-3 years."

The new version will provide additional features for students and administration.

"We will be upgrading from People Soft 8.0, which we are currently using, to

People Soft 8.9," said Jason Corlett, functional analyst III. "The new version is an incremental upgrade that provides new functionality for students and UHCL administrative office. A good example of this is a new area for students. The Student Center gives you a one-stop glance at your schedule, financial aid, and billing. This is a great improvement because you can see a snapshot of the areas that are most important to you as a student."

The University of Houston-Clear Lake administration will incorporate several strategies to spread the word to students and faculty concerning the shutdown.

"We will be sending out a postcard to all students to communicate the downtime, which they should receive in the mail," McKisson said. "We'll also be posting flyers around campus and at the distance education locations. The UHCL Web site and its various offices will post information on their departmental Web pages to inform students about the upgrade."

In addition, notifications will be shown on televisions around campus and mailed to

See **PEOPLE SOFT**, page 10

New ruling mandates storage of employee e-mail

By NEESHA HOSEIN
THE UHCLIDIAN

Employees should now think twice before hitting that send button. In April 2006, the U.S. Supreme Court approved amendments to the Federal Rules of Civil Procedure, effective Dec. 1, 2006. The ruling is aimed at the storage of electronic information such as e-mails, instant messages, and e-documents of company employees in case of federal litigation.

Since any data can serve as evidence in a court case, the term "e-discovery" specifically represents the pursuit of electronic data in the pre-trial phase. This new law mandates U.S. companies, public and private, to start storing data from company owned desktop and laptop computers, PDA's, palm pilots, cell phones, Blackberries and pagers.

A company's public records, whether electronic or paper, fall under the jurisdiction of the Public

Information Act. Copying over backup tapes, erasing electronic data, or any attempt to delete information for fear of reprimand, could be considered "virtual shredding."

It is harder to destroy e-information than paper, therefore, employees need to be aware that by deleting e-mails, they are not permanently getting rid of them since retrieval is a possibility. These items can be called up from backup tapes or through the company's mail servers.

One misconception of the new ruling is that all e-information needs to be stored forever, but it only refers to information pertinent to a federal litigation case. E-mails about company parties or notices to clean out the refrigerator are obviously irrelevant. Companies would have to stand the cost of hiring lawyers to sift through this sea of information.

Compliance could be costly because of the need to uphold new policies on storage and upkeep of e-information. If an open records request were made for an employee's e-mail, the company would have to incur the cost of hiring lawyers to sift through the sea of information.

Significant cases have proven that companies can get slammed in court if a judge finds negligence in electronic data preservation. Consequences could result in fines ranging in the millions.

Considering the exorbitant amount of e-data processed daily such as, spreadsheets, word documents and presentations, it seems like an impossibility to find one key item. To aid in this tedious process, companies like LexisNexis offer services like e-discovery action planning to help IT staff learn the most effective means of e-document

See **E-MAIL**, page 10



The UHCLIDIAN is a homonym for Euclidian – a word play using the name of the famous Greek mathematician Euclid and the university’s acronym, UHCL.

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LETTERS
POLICY

The UHCLIDIAN is a public forum and will print letters to the editor subject to the following: letters must be no longer than 500 words. Where necessary, letters will be edited for grammar, spelling and style requirements. Letters must be signed and include the writer’s full name, address and phone number. The editors reserve the right to refuse letters, announcements and contributed articles deemed libelous.

Address letters to:
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You’ve got e-mail: check it out

You are screwed.

You’ve been typing all night. Your head is reeling and your eyes feel like they’ve been pulled from their sockets, rolled in a sandbox, and then replaced. You’ve been thinking about this paper for weeks but, as usual, you wait until the last minute to type it. The pot of coffee you consumed tonight gives you just enough energy to attach the masterpiece in an e-mail to your professor.

Your professor.
Captain Deadline.

Mr. “Late work is punishable by death.”

You’ve beaten him. You’ve won. You send the e-mail with 3 minutes and 27 seconds to spare.

The problem? You sent the e-mail from your personal account and Professor “Live and Learn” has a spam filter that eats your message like a chunky kid on a Little Debbie snack cake.

It was an avoidable catastrophe. All you had to do was use the University of Houston-Clear Lake account that every student has.

“The problem with students using non-UHCL e-mail accounts to correspond with faculty is that their e-mail may get caught in the spam quarantine,” said Kathy Kirchner, the UHCL Support Center Supervisor. “If faculty don’t look at their quarantine list, your e-mail to them will go unread.”

Campus e-mail is one of the many services provided by the university that students should be taking advantage of, but aren’t. Successful correspondence is just one reason why you should.

In addition to increasing the likelihood of professors getting your e-mails, the campus accounts are also one of the primary means by which UHCL sends important messages to students.

For example, if you did not check your campus e-mail this month, you might not be aware that the deadline for scholarship applications is Feb. 28. Last year approximately 300 students were awarded a scholarship. That is more than half of all the applicants. You could be one if you only knew about the deadline.

“Campus e-mail is our primary method of communicating with students,” said Lynda McKendree, UHCL’s executive director of financial aid.

The benefits of using your UHCL e-mail account go beyond the campus as well.

One of those benefits comes from Ruckus.com. Any college student with a valid school e-mail address is granted access to more than two million songs along with movies, TV shows and music videos.

So, why aren’t students using their accounts?

“I didn’t even know I had one,” said Josh Conwell, a communication major.

Josh isn’t alone. Many students simply don’t know that they have an account provided by the university. Campus e-mail is one of the many things that are covered by your student services fee.

Other students are aware that they have it, but have no idea how to use it. UHCL has a large number of “returning students.” These are older students who are returning to school to continue their education. For these students, part of their education is learning about all of the advances in telecommunications since they’ve been gone, including how to use e-mail.

“There are a lot of students who only have a student e-mail account,” said Matt Fendley, the lab specialist at UHCL.

Fortunately for returning students, the university makes it easy to learn how to

use their accounts. Step-by-step instructions for logging on are provided on the log-on page for those who know how to make it that far. And if that blows your mind, you can go to any of the computer labs on campus and a lab assistant will be happy to walk you through it.

Many students who don’t use their campus account choose not to because they already have at least one personal account that they use for everything. In their minds, another account is just one more thing to add to the list of overwhelming things that have to be attended to everyday.

The truth is, using their campus e-mail would make their lives so much simpler. One of the primary keys to success in college is organization. The campus account allows students to compartmentalize their education. Just log on, and all of your schoolwork is there, convenient and separate from all of your personal life.

“There is full calendar access for setting up appointments with other UHCL students or faculty,” Kirchner said. “Students can also easily block or allow specific e-mail addresses from coming to their inbox and have easy access to spam blocker software at <http://myspam.uhcl.edu:28080>.”

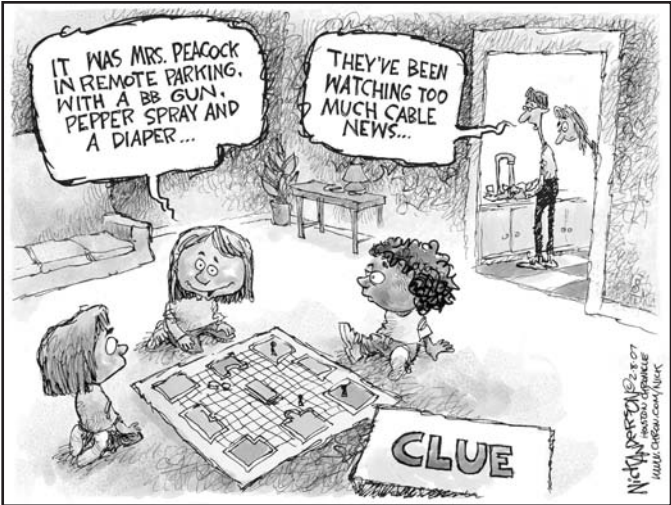
No more sifting through junk mail folders to find the notes that your classmate sent you, no more worrying if your professor got your paper, and no more missing important announcements from the university.

Abdul Mohammed, a graduate student in his fourth year at UHCL, is one of the many students who are taking advantage of their UHCL e-mail accounts.

“I didn’t use it my first semester,” Mohammed said. “But since my second semester I’ve been using it and it’s great.”

Speak Out:
What are your feelings about the UHCL student e-mail account?

- “What e-mail address?”
Scott - UGRD Communication
- “I didn’t really care for it too much. I thought it was really hard to tell when new items appeared in the mailbox, and you couldn’t really see the entire box.”
Candace - UGRD History
- “The only time I used mine was to create a Facebook account.”
Laura - UGRD Biology
- “I use it only because Financial Aid sends stuff there. I don’t use it for anything else.”
Kim - UGRD Biology
- “I don’t use my student e-mail. I’m not big on e-mail.”
Christy - UGRD Biology
- “I’ve never used my student e-mail. This is my first semester here. I would use it as soon as I learn how to.”
Blake - UGRD Business
- “If I had known about it sooner, I would have used it. I think it’s very easy to use.”
Jerry - UGRD Business
- “I didn’t use it the whole first year of being a student because I really didn’t know how to use it. It seems fine to me now. I started using it because teachers said they would send stuff to the student accounts. I just mainly use it for school stuff and friends.”
Debbie - UGRD Early Childhood Education



CARTOON BY: NICK ANDERSON



CARTOON BY: NICK ANDERSON

New Year's resolution – one month and counting



SCOTT TURNBOUGH
WORD OF MOUTH

Along with many other people this past New Year, I gave up smoking. The price of cigarettes went up about a dollar a pack, so I decided that my dirty little friends had become too expensive. My wife and I each smoked one pack per day, so our combined habit jumped from roughly \$180 per month to \$240 per month.

On New Year's day, my wife and I smoked our final cigarette before placing a nicotine patch in its new home on our arms. With the patch in place and the nicotine flowing, everything was going pretty well.

The first week was enjoyed with surprising success until the brilliant idea of removing my patch came to mind. Apparently after 10 years of having nicotine coursing through your system, your body comes to enjoy it and really doesn't like letting go.

About two days after I removed the patch, my body caught on that something was missing. I don't know if you have ever seen a snake molt its skin, but now I know what that must feel like.

The physical withdrawals were bad, but they subsided in a day or two. The worst part of quitting has been overcoming the psychological addiction.

I realized I had absolutely no clue how to handle my emotions. When I smoked, everything could be solved

with a cigarette. It didn't matter if I was angry, sad or nervous. A five-minute smoke break would fix almost anything.

Now I have to do ridiculous things like tell people how I feel.

It has been more than a month since I quit smoking, and I have noticed something else: not smoking is boring.

As a smoker, I always had something to do. If I got bored at home, I could go smoke. If the workday was going too slow, I could go smoke. If I got tired of waiting on my wife to finish shopping, I could go smoke. Now if boredom sets in, I have to find something else to keep myself occupied. As of yet, I haven't found much to keep myself busy.

A pleasant surprise to not smoking is how productive I've become at work. When I decided to quit smoking, I was worried I would miss my smoke breaks, on which I had come to rely to make it throughout the day. Quite to

the contrary, I don't think about smoking that often during the day now. In fact, time seems to pass more quickly. I no longer watch the clock to see if it is time for me to go have a cigarette.

I have developed a whole new respect for those who have battled any addiction, win or lose. To decide that a drug, drink or habit that has been a staple for the better part of your life must go is a very difficult decision to make.

My battle with this addiction has gone well. I have not had a cigarette since I decided to quit smoking. Each day has posed a new challenge that, for the moment, I have been able to conquer.

My goal is to stick to my current plan and keep pushing forward. If I fall, I will get up, dust myself off, and continue on my journey to quit smoking.

As Theodore Roosevelt said, "It is hard to fail, but it is worse never to have tried to succeed."

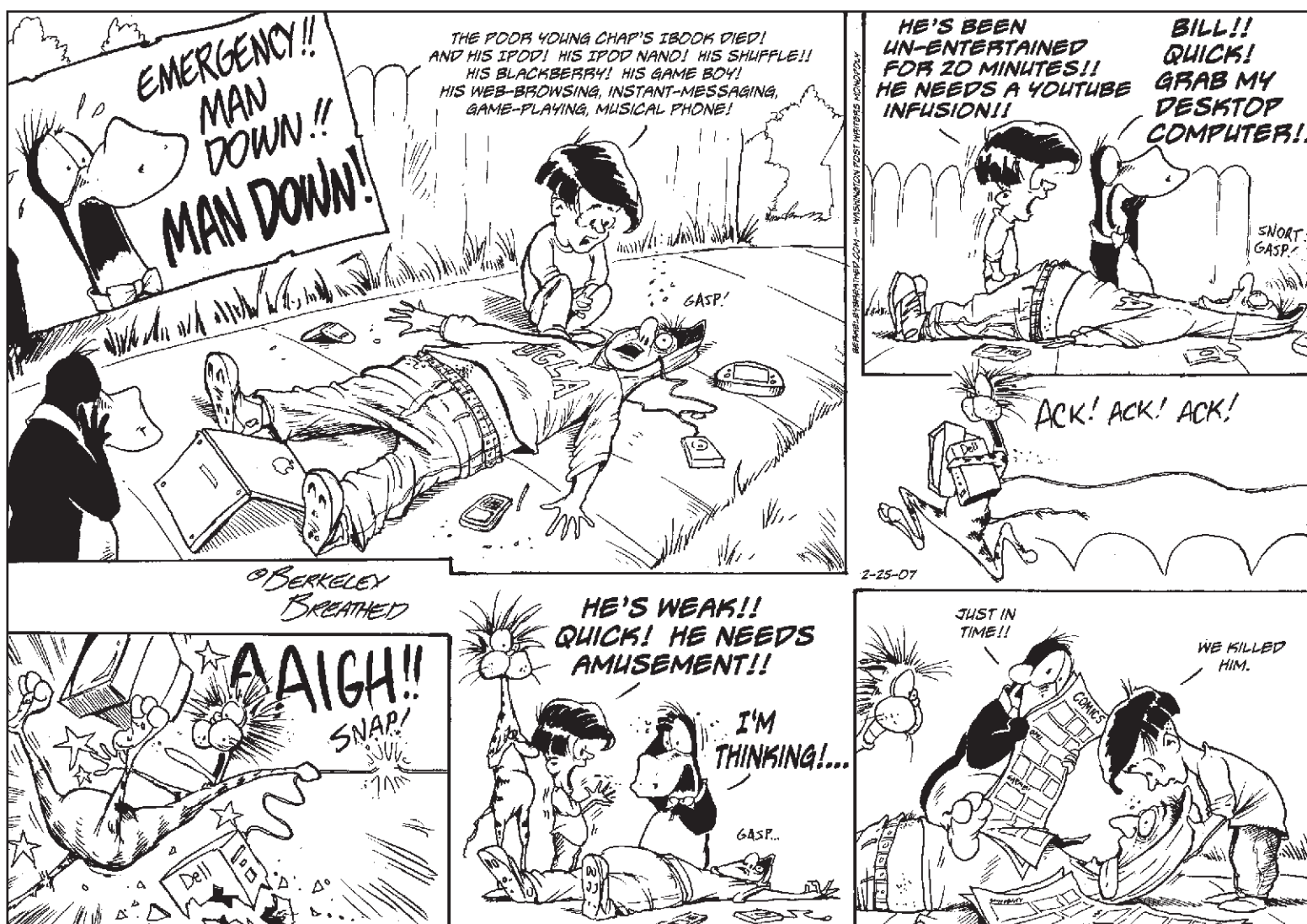
OUT OF THE GENE POOL

by: Matt Janz



OPUS

by: Berkely Breathed



UHCL Open House



February 24
9 a.m.–1 p.m.

Open House provides the opportunity for prospective undergraduate and graduate students to visit with faculty, staff and students on the UHCL campus.

For information or to register, call (281) 283-2515 or visit www.uhcl.edu/admissions.

SPRING 2007 FILM & SPEAKER SERIES

FEB. 23



**STRANGER
THAN FICTION**
Featured Speaker:
UHCL Professor
John Gorman

Sponsored by:
Literature Club

SSCB, 7 p.m., \$3.00

MAR. 3



BOBBY
Featured Speaker:
Congressman
Nick Lampson

Sponsored by:
College Democrats

Bayou Theater,
7 p.m., \$3.00

MAR. 28



**LETTERS
FROM THE
OTHER SIDE**

Featured Speakers:
Liliana Castillo &
Christine Kovic

SSCB, 7 p.m., \$3.00
Free with UHCL ID

San Jacinto-Central campus adds a 'Twist' to this year's spring musical

By JESSICA HENNESSY
THE UHCLIDIAN

San Jacinto College-Central is in preparation for this year's spring musical, "Oliver!" Auditions finished Jan. 22 and the cast and crew are working vigorously to give the community their best production yet.

"Oliver!" is based on the well-known novel "Oliver Twist" written by Charles Dickens in 1838. It has been performed all over the world and was made into a movie in 1968.

The musical is about a young boy named Oliver who runs away from an orphanage and ends up in London. Oliver is recruited by Fagin, an older man who teaches children how to pick pockets in exchange for food and shelter. The story follows Oliver on his adventures to find a good home and family.

Jerry Ivins, director of theater and film at SJCC, is very excited about this year's spring musical.

"There's going to be a five-minute standing ovation after each song, I can just feel it," Ivins said after blocking a scene.

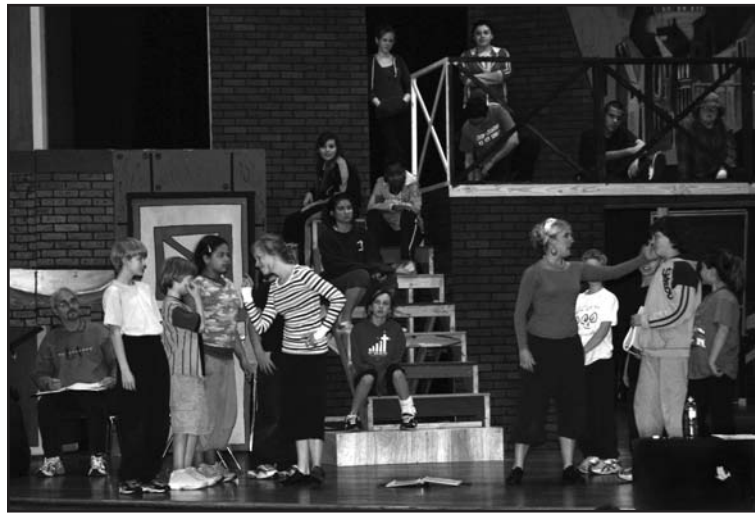
According to Ivins, the production team tries to cast as many people as possible, and this year's show proves no different. There are about 130 cast members, 10 technicians, 7 choreographers and vocal coaches, and 15 to 20 orchestra members.

"We always have such a unique blend of community actors," Ivins said. "For this particular musical, our cast and crew includes elementary, high school and college students, home-school children, and adults of all ages."

Cast members say they are excited about "Oliver!" and look forward to giving the community what is always expected of them – a phenomenal show.

"I was an orphan in 'Oliver!' when I was 6 years old, so I've grown up to have a familiarity with the musical," said Jenny Parks, a theater student at SJCC. "I'm excited to get the chance to play Nancy in this production."

Another college student, David Artavia, will play the role of skilled child pick-pocket The Artful Dodger. Other than playfully claiming he is the reason people should see "Oliver!" Artavia says the talent of the directors and choreographers will show through the cast's performance.



DONNA COX: UHCLIDIAN

PRACTICE MAKES PERFECT: The "Oliver!" cast rehearses one of the play's many musical numbers.

"They are top-notch," Artavia said. "They really know their stuff and they make the musicals here unforgettable."

John Meiners, a local actor who performs in Baytown, will play the leader of the gang of child criminals, the elderly Fagin. He really enjoys being a part of this particular musical.

"Paul Busselberg, the vocal coach, is really helpful," Meiners said. "It's nice to have so many local people involved."

Another perk of SJCC's theater department is that there is no cost to be involved. It is one of the only theater departments in the area that does not require fees. The opportunity to be involved is open to everyone.

"There's going to be a five-minute standing ovation after each song, I can just feel it," Ivins said after blocking a scene.

If the cast and crew do not already know one another before beginning rehearsals, they quickly become introduced.

"It's such a tight-knit group here, which is nice," Artavia said.

The role of Oliver will be played by two young boys, Travis Kane and Hunter Hall, who will be taking turns every other performance. Other main cast members include: Zach Jernigan as Mr. Bumble; Andrew Runk as Bill Sykes; and Richard Turner, also in charge of costumes, as Mr. Brownlow.

Several behind-the-scenes people play a huge role in the production. The choreographer is Sandy Morgan; conductor of the orchestra is Karen Marston; head technician is Curt Meyer; and the assistant director is Dani Docwra.

All the cast and crew will put in numerous hours to perfect "Oliver!" Every week requires anywhere from 15 to 20 hours of rehearsals.

"Collaboration efforts from the art departments at SJCC, mainly the music, dance and theater departments, will help "Oliver!" be another amazing musical production for the college," Ivins said.

"Oliver!" will be performed March 2, 3, 9, and 10 at 7:30 p.m. in the Slocomb Auditorium at San Jacinto College-Central campus. There will also be three matinee performances: March 2 at 10 a.m., March 4 at 2:30 p.m. and March 9 at 9 a.m.

Tickets can be purchased at the door. For more information, call the theater office at (281) 542-2039.



DONNA COX: UHCLIDIAN

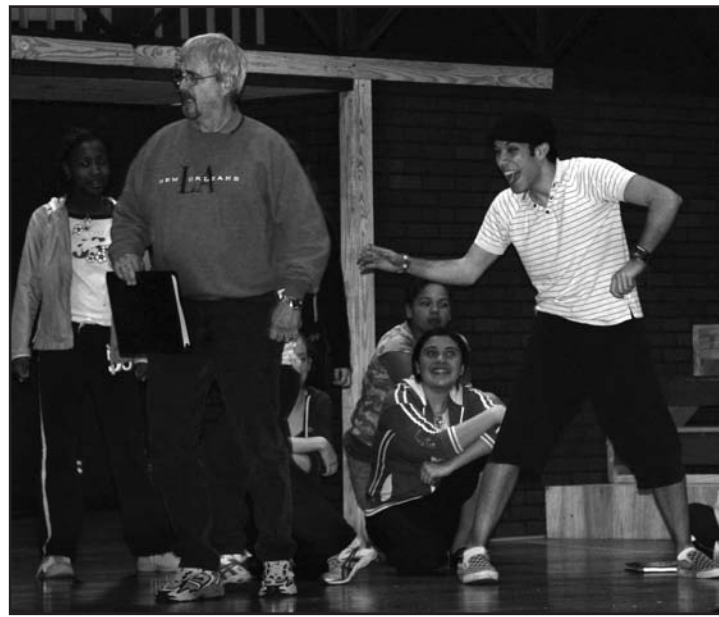
BLOCKING SCENES: Director Jerry Ivins makes notes for cast members.

CAST REHEARSAL



DONNA COX: UHCLIDIAN

SERENADING EACH OTHER: David Artavia and Shelby Bray run lines from a scene of "Oliver!"



DONNA COX: UHCLIDIAN

ARTFUL CRIME: The Artful Dodger, played by David Artavia, practices his pick-pocketing prowess on Fagin, played by John Meiners.

*Student Life * Student Life * Student Life*



The National Society of Leadership and Success

www.societyofsuccess.com

LIVE VIDEOCONFERENCE Jack Canfield

(Bestselling Creator and Author of
The Chicken Soup for the Soul Series,
#1 New York Times Bestselling Author)



"The Success Principles: How To Get From Where You Are To Where You Want To Be"

Date: Tuesday, February 27, 2007
Time: 6 p.m. – 7:15 p.m.
Location: Bayou Theater

in partnership with the
UHCL Student Leadership Institute

OPEN TO EVERYONE! NO CHARGE!
www.uhcl.edu/studentleadershipinstitute

SGA Wants Your Involvement!

Imagine yourself amongst the highest officials on campus. They are about to make a decision that could potentially have a negative effect on the entire student body. Then suddenly you stop them, and with just a few simple phrases you make them understand the potential consequences of their decision and they decide to rethink the entire matter.

Now imagine that same scenario, but without YOU in it. That result would be the perfect example of one of the many reasons SGA is here – to prevent decisions from being made without student consent or knowledge.

You may be wondering why you were imagining yourself as the person who put a stop to that decision. The answer is simple enough. By coming to SGA's weekly meetings and participating in on campus events, you will have the opportunity to know what the hot issues are on campus and be able to speak your thoughts and represent your organization or yourself concerning them.

Get involved with what is HOT on campus!

The Executive Council is accepting applications for the 2007-2008 Administration. The deadline to apply is March 8, 2007 by 5 p.m.

Stop by the SGA table for an application or go to the SGA Web site ... you can make the difference!

SGA meetings are open to all interested UHCL students.
We meet on **Tuesdays, 11:30 a.m.-12:30 p.m., SSCB 1.100**
unless otherwise announced.

**** Plan to attend the Spring SGA Day:
Tuesday, March 6, Atrium II, 11:30 a.m.-12:30 p.m.****

CONTACT THE SGA EXECUTIVE COUNCIL:

Joyce Delores Taylor, President
Ashutosh Gupta, VP-Committee Coordinator
Madhu Mukherjee, VP-Student Outreach & Communications
Sabiha Mahmood, VP-Administration
SGA@uhcl.edu (281) 283-2556 www.uhcl.edu/sga



February is \$cholarship month at UHCL

- ✓ Apply online beginning Thursday, February 1, 2007
- ✓ Deadline is Wednesday, February 28, 2007
- ✓ www.uhcl.edu/scholarships Current/Continuing students

Attend a scholarship workshop – SSB Room 3.305

Thursday, Feb. 1st, 6 to 7 p.m.

Monday, Feb. 5th, noon to 1 p.m.

Tuesday, Feb. 6th, 6 to 7 p.m.

Tuesday, Feb. 13th, noon to 1 p.m.

Wednesday, Feb. 14th, 6 to 7 p.m.

Monday, Feb. 19th, 6 to 7 p.m.

Wednesday, Feb. 21st, noon to 1 p.m.

Thursday, Feb. 22nd, noon to 1 p.m.

Habitat for Humanity

Helps evacuees feel at home

By EMILY HAWKINS
THE UHCLIDIAN

More than a year after Hurricane Katrina displaced thousands of New Orleans residents, Houston Habitat for Humanity, Tribune Broadcasting and some familiar TV personalities are working hard to continue efforts to help evacuees.

Tribune Broadcasting recently donated \$110,000 to the Houston branch of Habitat for Humanity to cover some of the costs to build two homes for Katrina evacuees. Habitat is a nonprofit organization that helps working families purchase affordable homes.

Jennifer Vickers, spokesperson for Houston Habitat for Humanity, said sponsors provide financial donations to underwrite expenses for things like land and supplies. Volunteers then help build the homes to save on labor costs.

“People don’t always realize that Habitat for Humanity is a home buyer-ship program,” Vickers said. “These families are not given their homes; they earn them.”

Potential home buyers have to fill out an application and meet certain credit and income eligibility requirements to be considered for a Habitat home.

Instead of making a down payment,

buyers must put in a minimum of 300 hours of “sweat equity” that entails working on the construction of their own home as well as other Habitat homes. They must also take part in home buyer education courses.

“Habitat really helps prepare the families to not just be home owners, but successful ones,” Vickers said.

Soon after Hurricane Katrina, Houston Habitat launched “Love Thy Neighbor,” a plan to build at least 50 homes for families wanting to permanently relocate to Houston. Vickers said Houston Habitat met and beat that goal by building more than 100 homes for hurricane survivors.

Katrina evacuee Shantell Desilva, 29, will soon own one of the homes sponsored by Tribune. A mother of three young boys, Desilva was stranded with her children for four days after the hurricane hit and lost everything in the storm.

After making it to Houston to stay with relatives, Desilva was able to finish a school program to become a licensed vocational nurse. She said a friend encouraged her to apply for a Habitat home.

“I’ve already helped put some of the frames up,” Desilva said on the

first day of construction on her new home.

Many employees of the CW39 network, which is owned by Tribune Broadcasting, came to help Desilva build her house, including CW39 news anchors Sherry Williams and Mia Gradney.

Williams said she believes it is important for people to continue to help Katrina evacuees because “the majority of the rebuilding and getting people replanted into homes is coming from volunteers.”

“[Desilva] is a really deserving young lady,” Gradney said. “She just wants something better for herself and her family, a piece of the American dream. You can’t help but admire that.”

Tyler James Williams, star of the CW39 sitcom “Everybody Hates Chris,” also flew in from Los Angeles to spend an afternoon working on Desilva’s future home. Williams, 14, was not personally affected by Hurricane Katrina, but said he understands the difficulty of having to make a new life in a strange city.

“My mom and two brothers and I came out to L.A. so I could be on the show,” Williams said. “We had no idea

where anything was and had to find an apartment all by ourselves, so I know what it’s like to start from scratch. It’s really hard.”

Williams said he was willing and eager “to do whatever they need me to do” at the construction site and hopes others will also continue to render aid to the victims.

“I think the only reason why more people aren’t helping is because it didn’t happen to them,” Williams said.

In the future, Williams plans to volunteer for more nonprofit organizations, but does not know which one he will choose next.

“My whole plan is to help people; I’m here for the people,” Williams said. “Even if it’s just making them laugh so they forget about what is going on with them right now, I’ve accomplished what I wanted.”

Desilva said construction and closing on her Habitat home should be finished in April. She is most excited “to know that I’ll be stable and that this is my house.”

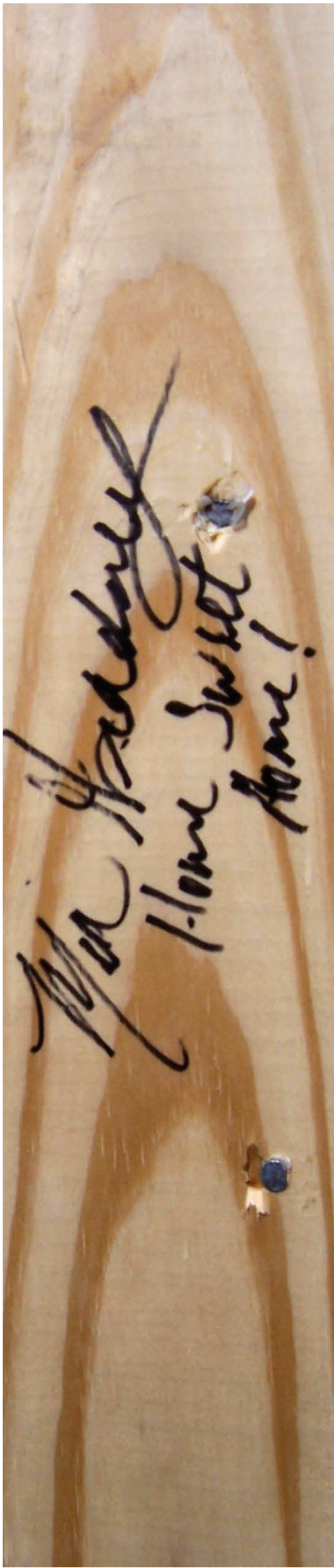
“Habitat is a very helpful program,” Desilva said. “It made my dreams come true, so I know it could help so many others.”

Survivor’s Dream in the Making



HARD AT WORK: CW39 employees, including anchor Sherry Williams (pictured above), pitched in to help build a home for Hurricane Katrina evacuee Shantell Desilva. Tribune Broadcasting, CW39’s parent company, donated \$110,000 toward the project.

Photos By: Febe Menendez
Designed By: Donna Cox



FEBE MENENDEZ: UHCLIDIAN

WELL WISHES: Many volunteers working on the Habitat home left messages on the frame boards for the new owners. Pictured above, CW39 anchor Mia Gradney wrote “Home Sweet Home.”

Meet Tyler James Williams

By EMILY HAWKINS
THE UHCLIDIAN



FEBE MENENDEZ: UHCLIDIAN

Tyler James Williams, star of CW39’s “Everybody Hates Chris,” recently traveled to Houston to volunteer for Habitat for Humanity in building homes for Katrina evacuees. Before heading to the construction site, he sat down with area students at the CW39 studio to talk about his life as a young actor.

Q: Is portraying a real person like Chris Rock different from playing other characters?
A: It’s really different. No one really knows what Chris Rock was like as a kid, so I can do anything with [the role].

Q: Is it hard to be funny?
A: It comes naturally to me. My whole family is funny, so I’ve been around funny people my whole life.

Q: When you were little, did you want to grow up to be an actor?
A: Actually yes. I started acting when I was four. Most kids get started because their parents think it’s a good idea, but I was the one who brought it up to my mom.

Q: How did you get the opportunity to be on “Sesame Street” when you were four years old?
A: There was a magazine that had a list of auditions going on in New York City. From that, we figured out where to go and what to do, and the rest is history.

Q: Did you like growing up in New York?
A: I love New York; New York is my home. I like L.A., but there’s something about New York that is really real to me; the people are real. In L.A., when you walk away from somebody you can’t tell what they think. In New York, they’ll tell you straight to your face if they have a problem with you.

Q: What actor are you most influenced by?
A: I really like Will Smith because he was able to build his career by starting out on a sitcom and transitioning into drama and action roles.

Q: Do you plan to always be an actor, or are there other things you would like to do?
A: I do want to act for the rest of my life, but I also want to write, direct and produce. I want to do everything.

Q: If you weren’t successful as an actor, what other profession would you consider?
A: I’ve thought about that a lot, and to tell you the truth, there’s nothing else I’m really good at. If I wasn’t in the industry, I don’t know, I think I would end up going to the New York City Police Department and doing what my dad does [being a police officer].

Q: What is your favorite part about being an actor?
A: My favorite part is being able to be different people without being considered crazy. I’m able to play different roles and let each one become a part of me. I can wear different clothes and act out different eras, and I enjoy that.

Q: How does acting interfere with your education?
A: I was home schooled before I started “Everybody Hates Chris.” I never really liked the whole ‘getting up and going to school’ thing. I would do the work, but I never liked getting up and putting on clothes and going out to go to school. Now I can work at my own pace. It has affected the way I work because I’m able to work faster. I’ll be done with my first year of high school in April because I’m able to move as fast as I want to.

Q: Do you have any idea of where you want to go to college?
A: Yes, NYU.

Q: How was filming a movie like “Unaccompanied Minors” different from filming TV shows?
A: There’s a lot more time to a film. For television shows, we have one week to shoot an episode and that’s it. For a feature, you have

three months. You can take as much time as you want to get things done, and if you take more than the three months, it’s okay.

Q: Do you want to keep acting in comedies?
A: I definitely want to cross over [into dramas]. To tell you the truth, out of my whole family I’m the serious one. Compared to everyone else, I’m not funny.

Q: How is your relationship with your coworkers outside of work?
A: I spend more time with them than I do with my real family. It’s crazy, but we’re in the same situation. We’re all out in the public eye, so we know how to work well together. If we want to go to the mall, we all know where to go and when to go. We have a good time together; we’re normal kids like everyone else.

Q: Are there any similarities between your TV family and your real family?
A: There are a lot of similarities. I have two younger siblings. My dad is a big black man, a big bald-headed black man. My mom is just like Tichina, who plays Rochelle - no nonsense, this is how it’s going to be, no exceptions.

Q: “Everybody Hates Chris” takes place in the ‘80s. What’s that like for you?
A: I like being able to go back and see what it was like; I can’t stand the clothes, though. Not only do they look hideous, but they’re tight. We’ve had to have new clothes made as we grow. They’re supposed to be tight, so we just have to work through it. I like the music of the ‘80s, though.

Q: Do you have a problem with paparazzi or people recognizing you?
A: I have new names I respond to - ‘Chris’ and ‘that kid.’ It’s not a problem; I wouldn’t call it a problem. I call it a situation that just comes with the job. I don’t mind it.

Q: Your character gets bullied on the show a lot. How would you respond to being bullied in real life?
A: I was never a kid that took to bullying well. I was always really short. I guess I had a Napoleon complex because kids would try to push me around and make fun of me, but I would stand my ground even though I was six inches shorter than them. I wasn’t one of those kids who just got beat up; I would always try to fight back.

Q: What is your girlfriend situation like now that you are on TV?
A: It’s harder than what it would be normally because not only do I have to figure out who I want to date, but why they want to date me. I’m not taking advantage of being a star and people wanting to date me just because of that; that’s not what I want. I want to be around someone who wants to be around for Tyler the person, not for who [the Chris character] is.

Q: How do the friends you had before the show react to you being on TV?
A: All of my friends I had before the show don’t care. They don’t care about what I’m doing or who I am; they still treat me the same. Well, some of them do. Some of them changed a little bit, like they’ll ask me ‘What was this like?’ But I have a really tight-knit group of friends. I have five really good friends. When I’m with them I’m just Ty, the kid from New York.



FEBE MENENDEZ: UHCLIDIAN

ALL IN THE FAMILY: Tyler Williams and self-proclaimed “momager” Angela pose together in the CW39 studio.

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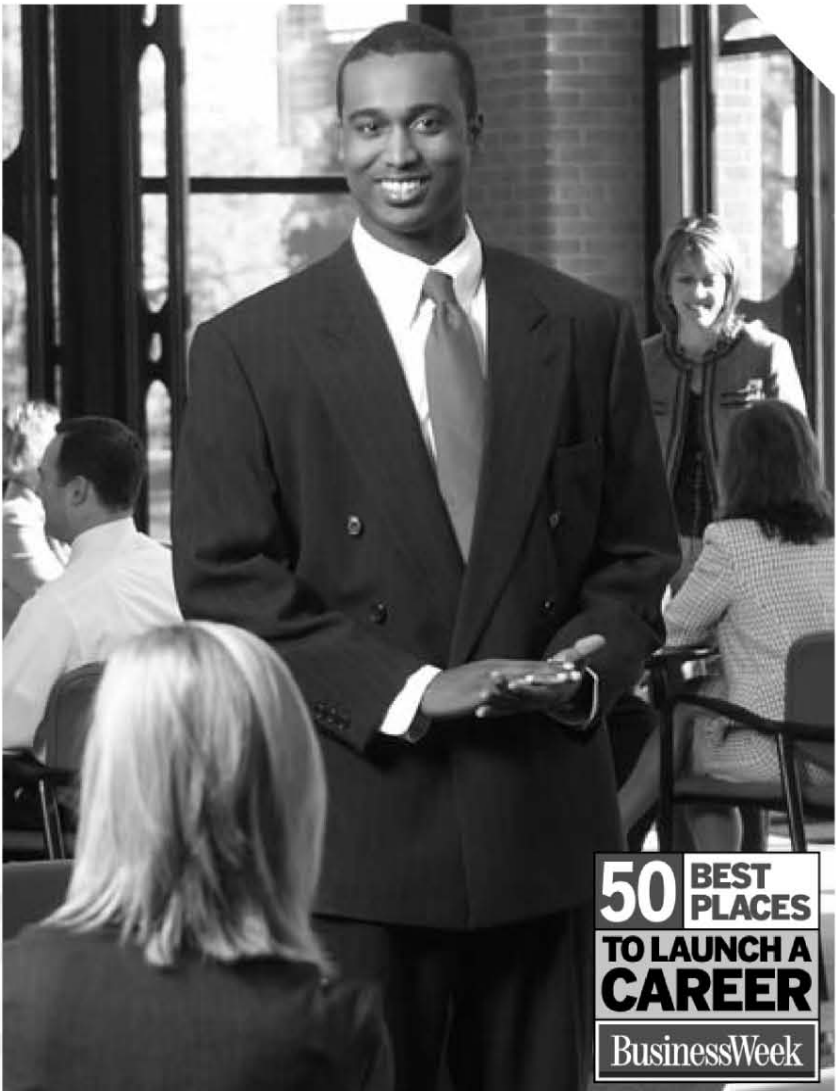
One of the best things I like about working at Enterprise is that there's so much focus on everyone's individual abilities and achievements. It all has to do with an overriding entrepreneurial philosophy that says that your success is truly up to you. This means that there's no one standard formula for doing things around here.

It also means that I'm working alongside and learning different things from a wide group of talented people every day. It's great to be at a company where everybody's differences – whether they be business philosophies or cultural ideals – are not only accepted, they're part of the very fabric of our success.

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EVENTS

ON CAMPUS

February 19
Black History Month: “The ‘N’ Word” discussion led by UHCL Professor Everett Penn, noon-1 p.m., Bayou Garden Room

February 20
“The Art of Effective Communication” presented by Jennifer Clark, 5-7 p.m., SSCB 1.202.07
Registration required.
Call (281) 283-2560 for info.

February 24
“Moral Courage Under Fire: Taking Action When Your Values are Put to the Test” presented by Tommy Calzadias, 10 a.m.-1:30 p.m., SSCB 1.202.07
Registration required.
Call (281) 283-2560 for info.

Black History Month: Gospel Showcase, 7 p.m., Bayou Theater
Free with UHCL ID
General Admission \$5
For more info call Tenesha Villanueva, IISS, (281) 283-2565.

February 26
Environmental Lecture Series: “Building Bridges for Environmental Education: A Focus on School-Community Partnerships” presented by UHCL Professor Bonnie Mackey, noon-1 p.m., Bayou 2230

February 27
“The Success Principles” presented by Jack Canfield (Chicken Soup for the Soul), 6-8 p.m., Location TBA
Registration required.
Call (281) 283-2560 for info.

February 28
“Stamina: Why Health & Nutrition are Crucial to Your Effectiveness as a Leader” presented by Denise Cazes, Fitness Zone coordinator, 11 a.m.-1 p.m., SSCB 1.202.07
Registration required.
Call (281) 283-2560 for info.

March 2
“The Stress Factor” presented by Ron Klinger, UHCL Human Resources, 1-3 p.m., SSCB 1.202.07
Registration required.
Call (281) 283-2560 for info.

March 5
“Esquire: Leading with Dignity” presented by UHCL Professor Paul Wagner, 1-3 p.m., SSCB 1.202.07
Registration required.
Call (281) 283-2560 for info.

March 6
Environmental Lecture Series: “Nano-Structured Metal-Organic Polymers” presented by UHCL Professor Jack Lu, noon-1 p.m., Bayou 2230

Metabolism and energy requirements



What exactly is your metabolism? We hear that term frequently. Skinny people, supposedly have a high metabolism and overweight individuals have a slow one. So, what is it and how do you get a faster one?

Metabolism is the sum of all the chemical reactions that take place in your body. Your metabolic rate (BMR) is the minimum amount of energy or calories that an awake body needs at rest to maintain itself. In other words, the calories needed to perform those chemical reactions.

BMR is important because it is about 60% of your total kcal requirements so if yours is “high” as in the case of those who are slender and are able to eat whatever they want, then you are burning off the calories you consume efficiently.

Those with a slow metabolism do not burn kcals efficiently and they need fewer kcals to get the same job done. Those with a slower metabolism will gain weight more easily and also have more trouble getting that extra weight off.

Several things can affect your BMR. Some are in your control and some are not. Gender is not in your control. Men have a higher BMR because they naturally have more muscle mass than women. Muscle tissue is more metabolically active meaning it requires more calories to stay alive and function.

Even though you can’t change your gender, both males and females can increase BMR by increasing muscle mass with resistance training. Many women won’t lift weights because they are afraid of getting too big and looking masculine. This won’t happen because a lot of testosterone is needed to get really big along with a specific type of lifting program.

What does happen initially when women lift weights, is that they increase the density or muscle mass they have, but the fat is still on top of that muscle so they look bigger.

Be patient, keep working out and add some cardio to the routine and your new higher metabolism will kick in and you will soon burn off that extra fat. It

may take awhile for this shift in metabolism to kick in so patience is required as is consistency in eating and exercise.

Aging is also out of our control, but we can fight it too. As we get older, we lose muscle mass. Age related changes in body composition result in the loss of 1/3 to 1/2 of your muscle mass by retirement age. This loss of lean (hence lower metabolism) problem is compounded by the obesity epidemic we’re experiencing currently.

Starting off with more fat and less lean when we’re younger, means we’ll be in serious trouble by the time we get to retirement. Loss of lean or sarcopenia not only reduces metabolism in the elderly but contributes to health and safety issues which I discussed in an article published in a fall issue of the UHCLIDIAN. (www.uhcl.edu/uhclidian).

Other factors that contribute to lower BMR include hormone problems like low thyroid, reduction in growth hormone that naturally occurs with aging and low energy diets.

Diets are just a reduction in calories but some like the cabbage soup diet, slim fast and low carb diets are so low in calories that they cause a decline in your metabolism. As mentioned earlier, you have your BMR needs but you also have to consume a certain amount of calories to meet your activity needs.

When you diet, you need to reduce your kcal intake slightly and exercise. Going below BMR and activity level needs results in a loss of lean and a reduction in metabolism.

If you need to lose weight, you can’t just stop eating or cut out meals or food groups. Skipping breakfast is a big no-no. When you wake up in the morning, you’re in a fasting state. Everything has slowed down so you need to “break” the “fast”, and start your metabolic engine for the day by eating! Exercising in the morning is good for this too!

The best plan is cut the junk out, eat good healthy food and eat every three hours. Good healthy foods include fruits, veggies and whole grains which take longer to digest and help to boost your metabolism. Eating every three hours keeps your blood sugar even, keeps you from getting crazy hungry and boosts your metabolism.

YEA! Eating and eating frequently can actually do you some good! So, DO NOT skip meals, plan your food intake, eat healthier and exercise to get that metabolism revved up so it will burn kcals and fat.

One Body: One Choice
cazes@uhcl.edu

ANNOUNCEMENTS

iPod Nano Raffle
UHCL’s Hispanics Advancing Culture and Education student organization is raffling off a 2 GB iPod Nano. The drawing will be held February 24. Tickets are \$3 each, or two for \$5. For more information, contact Vanessa Perez at (281) 283-2627 or e-mail perezv@uhcl.edu.

Art Exhibition: ‘Image and Word’
Through April 1
Bayou Atrium I, Level 2
Vinicio Reyes, an art professor at the Universidad Veracruzana in Xalapa, Mexico, will display works on paper during this three-month exhibit. For more information, call Professor of Fine Arts Sandria Hu, (281) 283-3446, or e-mail hu@uhcl.edu.

Art Exhibition: ‘Ritual Vessels’
Through May 11
Bayou Art Gallery
Baylor University Professor of Art Paul McCoy displays ceramic sculpture representing the history of human ritual. Admission is free. The Art Gallery’s hours are Monday through Friday, 8 a.m.-5 p.m. For more information about the gallery, contact Nick de Vries at devries@uhcl.edu or (281) 283-3377.

Foreign Language Program
Online registration through February 25
Walk-in registration February 22, noon-1 p.m. and 6-7 p.m., Bayou Atrium I
Classes begin February 26, Bayou Building
Learn an exciting new language and culture while strengthening vocabulary necessary for everyday situations encountered during foreign travel. Languages offered include: Spanish, Italian, Portuguese, French, German, Russian, Chinese, Japanese and Arabic. For information call UHCL’s Foreign Languages Program Office, (281) 283-3033, or visit www.uhcl.edu/fl.

Affordable Psychological Services
The Psychological Services clinic at UHCL has appointments available for counseling and psychological assessment. Advanced graduate students in psychology provide supervised services to children, adolescents, adults, couples and families. Convenient, late-afternoon and evening appointments are available. The clinic charges fees based on family income that are among the most affordable in the Clear Lake area. Qualified clinical faculty supervise all services in the clinic. For more information or to schedule an appointment, call (281) 283-3330.

Voices of Color
The Voices of Colour Speaker Series is a series of presentations and lectures the Intercultural and International Student Services Offices provides throughout the year. Each semester IISS hosts a variety of speakers of various racial and ethnic backgrounds who are invited to speak on the topic of their choice. For more information about upcoming Voices of Colour events or speakers, visit www.uhcl.edu/intercultural.

E-mail: continued from page 1

preservation and retrieval.

Why should companies save such information, and why would it be needed in court? Traditionally, paper documents are more commonly filed in storage systems than electronic data. This is one reason the new laws are necessary.

It is possible that electronic correspondences could provide incriminating evidence of wrong doing or a confession of knowing about misconduct within the company — such was the case with Enron. Holding on to electronic records ensures that evidence, similar to that of paper trails, can be produced.

Employees should be mindful of what they write in e-mails, particularly if it is about another employee. In a gender discrimination case, for example, an e-mail from a male supervisor stating a personal opinion that a female could never be president would be of vital importance.

The University of Houston System had a document retention policy in place even before the new ruling was passed.

“Whether documents (electronic or otherwise) are maintained or not and whether they are subject to disclosure or not would be handled on a case by case basis,” said Dona Hamilton, general counsel of the UH System. “What are our obligations to maintain documents pursuant to federal law also varies based on the applicable law as related to the specific type of document and can vary based on whether litigation is involved.”

Then comes the issue of public records. According to the Web site of the Texas Attorney General, “Any information collected, assembled, or maintained by or for a governmental body is subject to the Public Information Act. The format (paper, electronic, microfilm, etc.) of the record does not affect its status as a public record.”

Employee files are a part of public records, excluding anything that would violate privacy, conflict with exceptions or items involved in e-discovery cases. A requester can obtain basic employee files from government institutions, such as document and e-mails, without having to give a reason. The UH system falls under this initiative since it is a state funded institution.

“When hired, an employee can sign to have certain things protected,” said Kathryn Justice, executive director of human resources and affirmative action at UHCL. “Their social security numbers are withheld, regardless.”

Page 129, section 1a, of the Public Information 2006 Handbook, published by the Office of the Attorney General of Texas, states, “Each employee or official of a governmental body shall choose whether to allow public access to the information in the custody of the governmental body that relates to the person’s home address, home telephone number, or social security number, or that reveals whether the person has family members.”

While students are not affected by the new e-discovery rules, there are other laws that do pertain to them. The Family Educational Rights and Privacy Act of 1974 protects students’ educational records, but not directory information.

According to a representative from the Office of the Attorney General, it is up to the individual schools to determine what specific items are contained in directory information.

As stated under the University of Houston-Clear Lake’s Student Life Policies, “At its discretion, the institution may provide directory information in accordance with the provisions of the act to include: student name, address, telephone number, verification of date and place of birth, major field of study, dates of attendance, courses attended, classification, hours enrolled, date of graduation, degrees and awards received, the most recent previous educational agency or institution attended by the student, participation in officially recognized activities and sports.”

To prevent directory information from being released, students must follow the procedure outlined in the Student Life Policy that states, “Students who do not wish that public information (including their name, address and phone number) be released are responsible for notifying the Office of Enrollment Services during the first week of classes to insure that information is not released by the university or published in the student directory. A request made to withhold public information remains in effect until revoked in writing.”

People Soft: continued from page 1

all student organizations, said Anthony Jenkins, dean of students.

Careful consideration was taken by the administration in choosing the specific dates for the upgrade.

“What we wanted to do was choose a time frame that would have the least impact on our student community,” Jenkins said. “The selected dates fall during a time before summer and fall registration open and after the current semester began.”

Jenkins understands that some students may require access to certain records during the upgrade.

“My office is open to all students to help them understand [the shutdown and upgrade] and help them in any way possible,” urged Jenkins. “We will work with any student in any way to resolve a problem that may arise [from the upgrade] as quickly and with as little pain as possible.”

IMPORTANT NOTICE

for UHCL STUDENTS, FACULTY and STAFF

Changes are taking place in order to better serve you.

During the transition, the following E-Services/PeopleSoft/HRMS services will be temporarily unavailable from February 23-March 4, 2007.

STUDENTS During this brief period, you will not be able to:

- Access the UHCL Telephone Registration System
- Access E-Services:
 - Access Financial Aid information
 - Check account status
 - Make account payments
 - Get an electronic 1098 T
 - Check application status
 - View class schedule or view grades
 - Drop courses (Drop/Withdrawal form is available at www.uhcl.edu/records/forms)
 - View or Request a transcript
 - Receive an official transcript


FACULTY and STAFF During this period, you will not be able to:

- Access E-Services
 - View class rosters
- Access PASS or HRMS

Please note the changes do not affect:

- Windows NT Logins for PC Lab accounts and office computers
- WebCT and PCT access and logins
- UHCL Campus e-mail
- UHCL web site (www.uhcl.edu)
- SAM
- The Finance Production Database

E-Services/PeopleSoft/HRMS is scheduled to be available on March 5, with a more streamlined login procedure.

University of Houston  Clear Lake

Armand Bayou Nature Center connects visitors with the wild



BAYOU RANGER: Guest on a pontoon boat tour enjoy the wildlife surrounding Armand Bayou.

By LONA CAIN
THE UHCLIDIAN

To experience the beauty of mother nature, visit the home of the Armand Bayou Nature Center. It is a captivating 2,500 acres of natural wetlands forest, prairie and marsh habitats.

Established in 1974, ABNC is the largest urban wilderness preserve in the United States and home to 370 species of wildlife.

Armand Bayou, once called Middle Bayou, was named after Armand Yramategui, a visionary who initiated the preservation of the bayou and the surrounding lands.

ABNC has an active volunteer program. Candy Donahue, associate director for the Armand Bayou Nature Center, said there are about

150 volunteers who put in 14,000 hours a year, and every volunteer goes through extensive master naturalist training programs.

“Mankind has to stay very actively involved in preserving the prairie to keep it the way it was before man arrived,” Donahue said.

ABNC offers hiking trails, field trips, Scout programs, pontoon boat tours, guided canoe tours and much more.

The Bayou Ranger pontoon boat will take you on a tour through the Armand Bayou. Two tours are offered every Saturday.

Breakfast on the Bayou is from 8 to 9:30 a.m. There is also a Sunset Cruise; times vary as the seasons change.

If you crave more adven-

ture, try a guided canoe tour. They are offered every second and fourth Saturday of the month from 8 to 11 a.m.

Reservations are required for all pontoon boat and canoe rides. Pontoon boat tours are available for ages 10 and up. Canoe tours are available for ages 5 and up. All children 17 and under must be accompanied by an adult for both the pontoon boat and canoe boat tours.

For Breakfast on the Bayou, the price is \$25 for non-members and \$20 for children and seniors who are non-members. The Sunset Cruise is \$20 for non-members and \$15 for children and seniors who are non-members. Canoe rides are \$25 for non-members. Riders are picked up at Bay Area Park.


ABNC hours of operation are Tuesday through Saturday from 9 a.m. to 5 p.m. and from noon to 5 p.m. on Sundays. It is closed Mondays. Admission is free for ages 4 and under, \$1 for ages 5 to 17, \$3 for adults, \$1 for seniors aged 60 years or older and members are free. The last admission is taken at 4:30 p.m.

For questions about the nature center or any of the services it offers, call (281) 474-2551 or visit the Web site at www.abnc.org.

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February 27 - March 18, 2007

Rodeo celebrates 75th anniversary

By COREY MALLORY
THE UHCLIDIAN

Chuck wagons, cowboys, horses and other livestock are making their yearly trek to Reliant Park for the annual Houston Livestock Show and Rodeo.

This year Capital One, Ford and Jiffy Lube will be sponsoring the 75th edition of the World’s Largest Rodeo. The Houston Livestock Show and Rodeo is a place the whole family can enjoy. If you have never attended, make sure this the year you take part in the rodeo experience.

Some people may think that a rodeo is just a bunch of cowboys riding some horses and bulls. Well, that may be the case at some rodeos, but not the Houston Livestock Show and Rodeo. Houston’s rodeo is much more than that. It includes a world famous barbecue cook-off, which attracted a crowd of more than 140,000 people last year, a carnival, events for children, famous entertainers of many different genres and one of the world’s largest livestock auctions.

New for 2007 is Boot Scoot, a program put in place to celebrate the 75th anniversary of the rodeo. The Western Heritage Community Challenge Committee is selling six-foot ceramic boots which will be painted, decorated and placed throughout the city of Houston. The boots will then be transported and put on display at the rodeo.

“We really hope that Boot Scoot will help promote the 75th anniversary and we are looking forward to seeing the final products on display,” said Andrena Wheeler, production coordinator.

The famous barbecue cook-off kicks off Feb. 22 in the Reliant Stadium Blue Parking Lot. Contestants can participate in four different categories: brisket, chicken, pork and spare ribs. Entrance to the barbecue cook-off is included with

the purchase of a daily pass, which costs \$6 for adults and \$3 for children.

The Houston Livestock Show and Rodeo also has many activities for the younger audience. One of the main attractions is the carnival the rodeo brings to town each year. There are rides for all ages and plenty of entertaining games to keep everyone busy.

Another hotspot for children to attend is the Capital One Agventure which runs daily from 9 a.m. to 9 p.m. The Agventure gives children a chance to learn more about agriculture and livestock; they can watch live egg hatchings, take a pony ride, enjoy the petting zoo, and get a lesson in milk production. Entrance to the carnival and Agventure is included with a daily pass.

One of the most exciting parts of the livestock show is the rodeo action. The Rodeo Houston Super Series kicks off Feb. 27 and will run until March 18. You can catch exciting rodeo action, including barrel racing, calf roping, bareback riding, and the most popular of all, bull riding.

The action does not end after the rodeo; guests are treated to a live concert from some of the best entertainers around. Tickets for the rodeo and concert must be purchased separately from your daily pass and can be found at www.ticketmaster.com. Some of this year’s entertainers include George Strait, Los Lonely Boys and Beyonce.

“I really encourage everybody to experience the rodeo first hand,” said Shannon Quijano, former rodeo committee member. “The Houston Livestock Show and Rodeo is special event for Houston and this year is sure to be bigger and better then ever.”



Event Calendar

Date	Performers	Date	Performers
February 27th	George Strait	March 8th	Alan Jackson
February 28th	Los Lonely Boys	March 9th	Pat Green
March 1st	Reba McEntire	March 10th	Martina McBride
March 2nd	Natalie Cole	March 11th	Emilio Pesado
March 3rd	Clay Walker	March 12th	Sugarland
March 4th	Miley Cyrus as Hannah Montana & the Cheetah Girls	March 13th	Toby Keith
		March 14th	Rascal Flats
March 5th	Josh Turner	March 15th	Beyonce
March 6th	Gretchen Wilson	March 16th	Dierks Bentley
March 7th	Sheryl Crow	March 17th	Brooks & Dunn
		March 18th	ZZ Top

