

# THE UHCLIDIAN



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FEBRUARY 5, 2007

## Speaker tours to keep King's dream alive

By JESSICA HENNESSY  
THE UHCLIDIAN

An uplifting tribute program to Martin Luther King Jr. is coming to the University of Houston-Clear Lake as part of the celebration for Black History Month in February.

The Dream Alive Program was started by Joe Rogers, who developed the idea for the program when he was asked to deliver the "I Have a Dream" speech as a senior at Colorado State University.

When asked to present the speech at the school's first ever memorial service honoring Martin Luther King Jr., Rogers said absolutely not. He did, however, agree to take the compact disc with the original speech and listen to it.

"I put the CD on play and started cleaning the house," Rogers said, "after about five minutes I put down the vacuum, sat on my couch, and listened to King's speech for six hours straight. I had heard of his speech, but never actually listened. I was amazed."

It was after that incident that Rogers decided he could not pass up the opportunity. The memorial service consisted of about 1,000

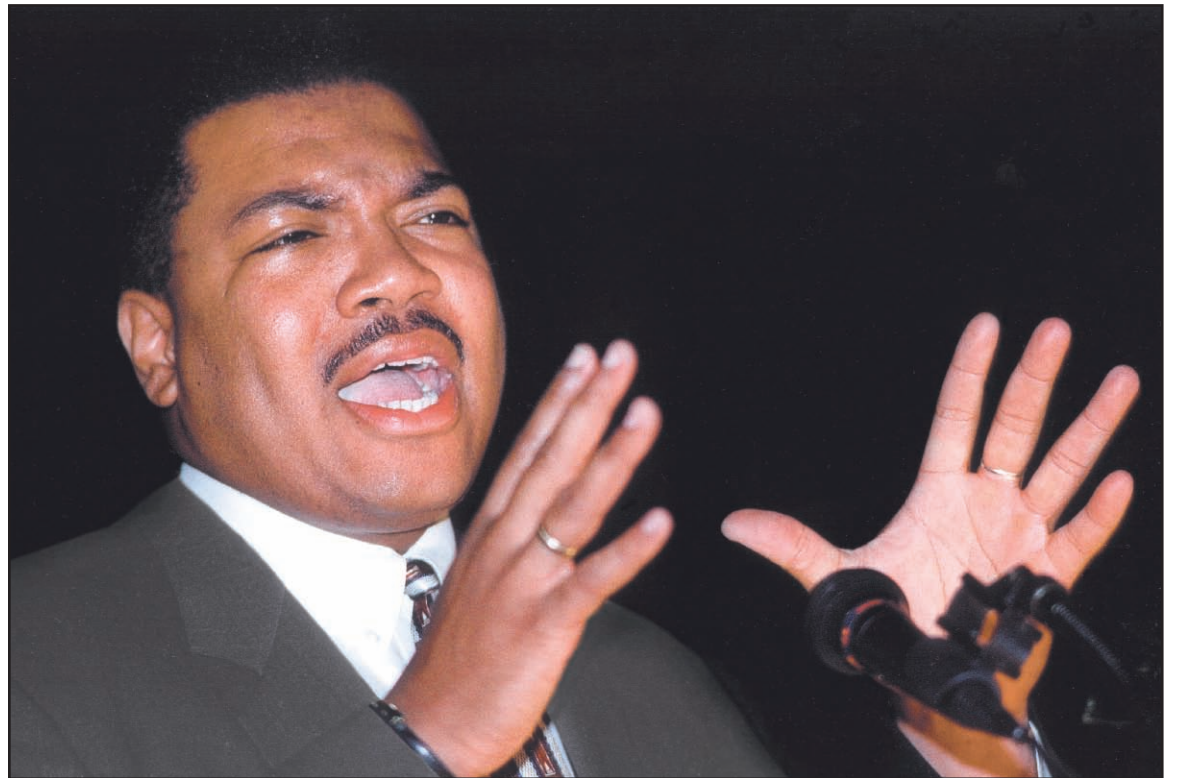
students carrying candles and walking from the university to a local church.

Rogers stepped up to the podium and gave his speech. Embarrassment settled in after he finished when not one person made the slightest noise. As he stepped off the podium and turned to walk back to his seat, the entire audience stood and let out a huge round of applause.

"When I got back to my seat I felt this burning pain in my chest, something I had never experienced before. It only lasted a minute or so, but it was from that moment on that I knew I had been given a gift to promote all the good things King stood for," Rogers said.

After graduating from law school, Rogers became the youngest person to serve as lieutenant governor and the fourth African American in our country's history to serve as a state's number two executive. Rogers served as lieutenant governor of Colorado from 1999 to 2003.

Now a practicing attorney in Colorado, Rogers dedicates much of his time to help enhance understanding of the contribu-



PHOTOGRAPHER: COURTESY

**CONTINUING THE LEGACY:** Inspirational speaker Joe Rogers reenacts Martin Luther King Jr.'s "I Have a Dream" speech as part of the Dream Alive program.

tions King made. Rogers will also touch base on the many other unforgettable civil rights activists and movements.

Rogers travels to colleges, conventions and churches all over the United States to promote the legacy and dreams of Martin Luther King Jr. One of the ways the Dream Alive program inspires and captivates its audience is through Roger's reenactment of King's "I Have a Dream" speech.

"College students are so important to me," Rogers said, "They are the future leadership of the country. I hope this impacts their hearts in a way that they have never felt before, and it encourages them to pursue their dreams and encourage others to do the same," Rogers said.

Katherine Justice, executive director of Human Resources and Affirmative Action at UHCL, is eager to bring this program to

campus to help honor Martin Luther King Jr.

"I think it is important that we celebrate the contributions of this very important person who was instrumental in the advancement of civil rights in our country," Justice said.

After hearing about the program through a colleague, Justice felt the program would convey a unique perspective of the contributions made by Martin Luther

See **DREAM**, page 10

## Anthony Jenkins selected as UHCL's new dean of students

By BRET NEWCOMB  
THE UHCLIDIAN

It is possible to apply to an institution, be accepted, complete all of your coursework and obtain your degree without ever having met the dean of students. At many colleges, it would be fair to say that it would even be likely. At the University of Houston-Clear Lake, however, it is no longer likely. As a matter of fact, Anthony Jenkins would like to make it impossible.

UHCL welcomed Jenkins as the new dean of students in January. Jenkins joins the university after serving as associate dean of students for two years at the University of North Carolina Wilmington.

A native of Washington D.C., Jenkins completed his bachelor's and master's degrees at the University of North Carolina before finishing his doctoral work at Virginia Tech University.

"Dr. Jenkins comes to the position with excellent

credentials and broad experience in work in student affairs," said senior vice president and provost Edward J. Hayes, "He has a very strong passion for the position and his enthusiasm for the work is infectious."

If you were to ask most college students, the majority of their knowledge of the dean of students office would come from the trinity of college movies, "Animal House," "Revenge of the Nerds" and "Old School," but the dean's roll covers a lot more than sitting in an ivory tower, shutting down wild fraternities and spoiling everyone's fun. It is actually the opposite.

Among many of Jenkins' accomplishments at UNCO was the restructuring of the Greek fraternities and sororities. Over the course of his first year, he walked those organizations from a "state of turmoil" to becoming the "ambassadors" to the university.

"There was a total shift in how they saw themselves and in how the university saw them," Jenkins said.

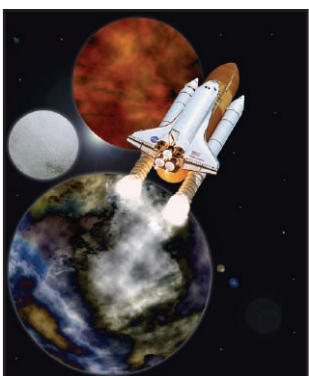
The dean of students is the primary advocate for the student on campus. The office handles a myriad of issues including financial problems, academic issues, issues between students, and issues a student might have with a faculty member.

"We wanted someone who would be a strong advocate for students, develop positive relationships throughout the campus, and be a good problem solver," said associate vice president for student affairs Darlene Bigger.

"If a student feels that they have run into a dead end, this is the first place they should come," Jenkins said.

For Jenkins, it is important to create an environment where students want to be on campus and they are proud of their university.

See **DEAN**, page 10



**NASA Art Show**  
Houston we have...art?  
UHCL students showcase artwork in the NASA Art of Exploration exhibit.

STORY ON PAGE 7

**Alumna Travels the Globe**  
Kelly Rogers reaches out to others around the world through her art.

STORY ON PAGE 12

**YACHTY GRAS "Revelry of the Sea"**  
Beads, boats and the Boardwalk are all part of the event.

STORY ON PAGE 4







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.

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Is Martin Luther King’s Dream Realized?

*A Dream Deferred*  
by Langston Hughes

*What happens to a dream deferred?  
Does it dry up  
Like a raisin in the sun?  
Or fester like a sore-  
And then run?  
Does it stink like rotten meat?  
Or crust and sugar over-  
Like a syrupy sweet?*

*Maybe it just sags  
Like a heavy load.*

*Or does it explode?*

Martin Luther King Jr. had a dream that one day the people of the world could all live together without the boundaries of race. At the time of King’s famous “I have a dream” speech, the United States was going through the Civil Rights movement in an attempt to end segregation and racism.

Well, 43 years later laws are in place to protect U.S. citizens from discrimination. Has King’s dream been realized? Is our country free of racism, or is the problem just more hidden?

The first step taken toward King’s dream was the 1964 Civil Rights Act, which was passed to end discrimination in public places and also prohibit employment discrimination.

The following year the Voting Rights Act was put into place giving minorities the right to vote without discrimination. Prior to this act, minorities were prevented from voting because they first had to pass a literacy test that the majority of the time was so difficult

most people failed it. Three years later, in 1968, the Fair Housing Act made it illegal to discriminate against people attempting to rent or buy houses or apartments. These Civil Rights Acts were put in place to help rid the country of the more obvious forms of segregation and discrimination. We’ve come a long way since the days of separate restrooms and schools. Today we, as a nation, embrace diversity and political correctness. We should feel proud, but not complacent, because to realize King’s dream we still have a lot of work to do. Forty-one years after the first Civil Rights Act granted any person born in the United States freedom, we still face issues of racism and discrimination. Laws have been passed to end this, yet the prejudice still exists. There are three main categories of racists ranging from all out hatred to simply making snap judgments about total strangers.

Bigot racists are the most prototypical racists. They hate any person of a particular group or background. The “Ku Klux Klan” and the “Church of The Aryan Nations” are two of the more obvious examples of bigots. Fortunately this group represents a very small portion of our population.

The second type of racist is the covert racist. The covert racist isn’t open about his racist feelings; however, he discriminates against groups in sneakier ways. For example, if someone from the “wrong group” applies for a job, the covert racist says the job is filled when it actually isn’t. The covert racist is usually never caught; therefore this group can be one of the toughest with which to deal.

The third and most common type of racist is the unconscious or unintentional racist. A December 12, 2006, CNN article titled “Poll-

Most Americans See Lingering Racism in others” quotes University of Connecticut Professor Jack Dovidio, who has researched racism for more than 30 years, as estimating that up to 80 percent of white Americans have racist feelings they may not even recognize.

The article states that most Americans see racism as a lingering problem in the United States, but are far more likely to recognize its existence in someone else and not themselves. Dovidio points out that “Contemporary racism is not conscious, and it is not accompanied by dislike, so it gets expressed in indirect, subtle ways.” Subconscious stereotyping comes into play with this group, making snap judgments about strangers without even thinking about it.

Our judgments are made from what we see and take in each day. Watching violent crimes on the news daily, and seeing the people they show committing these crimes, tends to make us subconsciously label those people. These judgments may not be true feelings, but they do affect the way we think and act.

We need to realize that to fix the problem we must first recognize the issues with racism within each of us. We must fight the “bigot” and “covert racists” with strong anti-hate programs and Civil Rights legislation. Even more importantly, we must fight against instances of subconscious prejudice that exists within ourselves with constant conscious self-vigilance.

It is a long fight to end racism. We have come a long way, but there is still a lot more we can do to achieve King’s dream. We must first eliminate the prejudice within each of us; then we can unite as a country to take out the beast we all call racism.

speak out • Have you ever experienced any form of discrimination?

Due to the sensitivity of the subject matter, students who responded preferred not to have their names or photos published. All quotes printed below were given by students currently enrolled at UHCL.

“About 2-3 days after September 11th, my sister and I were walking to the library at San Jac and a group of white students yelled out, “We know what you did!” When we turned to look at them, they gave us some vicious looks.”

*Undergraduate - Psychology major*

“At my son’s soccer game a lady came up to me and asked me if I would be interested in becoming her kids’ nanny. Out of everyone out there, she came up to me. I work, and my husband works for a bank. I felt like because I was a Mexican woman, she assumed that I was uneducated and unemployed.”

*Undergraduate - Psychology major*

“At a previous job, my manager, who was from another country, nudged me into his office and shut the door. He started making sexual remarks at me and said that he heard American girls are wild. He told me he would give me a raise if I proved that to be true. Of course, I refused and things at work became difficult.”

*Graduate - School of Science & Computer Engineering*

“At work one time, a customer became irate because he was not allowed to use his wife’s credit card since his name did not appear on it. He began yelling and cursing and said, “You people need to go back to your country!” This had nothing to do with a credit card dispute and, little did he know, we were born and raised here, but are of foreign ancestry.”

*Graduate - School of Education*

“I used to work for a psychiatrist who was a homosexual. I worked there for four years. He ended up hiring two other homosexual males at higher salaries with lesser qualifications than me. I worked with them and knew they had less qualifications.”

*Graduate - School of Business*

“There are only two minority workers in my office workplace, and whenever we do the smallest thing wrong we get a write-up or reprimand. The others walk around bragging that they no-showed and made errors on documents, and didn’t even get called on it. It feels like because we are darker, we are expected to mess up all the time.”

*Undergraduate - School of Human Sciences & Humanities*

“A few months after 9/11, my family and I were at a park trying to enjoy the day when we noticed the park ranger keeping a watchful eye on us. After a while he came over and told us we had to leave the park immediately. We did not question his authority because we thought there might be danger such as a chemical leak or animal, so we packed up and left. He was very rude in his demeanor. As we drove away, we noticed the park was filled with other families, not dressed in Islamic attire, playing and enjoying the afternoon. A call to the park services the following day proved that there was no reason why we should have been evacuated from the park.”

*Undergraduate - Communication major*

“Because of my weight, I always notice the way people talk and stare at me. Once at Luby’s there was a special deal where you could get free macaroni with a certain purchase; the cashier told us we did not qualify and refused to give it to us. We wanted it for our daughter. The manager even told her it was OK to give it to us, but she did not even look at me and still refused to give it to us.”

*Undergraduate - Communication major*

“I am from Sri Lanka and my husband is white. Whenever we go out to eat, we are always asked if we want separate checks. We always go shopping together, and when we put our items up to check out we are frequently asked if everything is together or separate. It has to be because of race because we always hold hands or walk arm in arm, and we wear our wedding rings all the time.”

*Undergraduate - School of Education*

“I work at a garage, and this guy got really upset over the price of a repair. I told him it was impossible for me to do the work at the price he wanted. He said, ‘well, hey, then why don’t you ask your God to do it,’ and continued to argue about how my people should not be allowed to own businesses.”

*Undergraduate - School of Science & Computer Engineering*

“My name became ‘camel-jockey’, after 9/11, to a certain group of people in my neighborhood. It was hurtful because I went to school with some of them and saw their family members at my job.”

*Graduate - School of Business*



# I'm over being overwhelmed by resolutions



**BRET NEWCOMB**  
BLOG LEFTOVERS

We just wrapped up the first month of the New Year. Statistically, that means most of us are already failing miserably at our New Year's resolutions. I, however, am just beginning to attempt mine.

My goal is to not let life overwhelm me and not be ruled by what everyone says I should fear in 2007.

It seems simple enough, right? Perhaps it is for you. Maybe you are one of those "take it easy, take life as it comes, don't worry, be happy" kind of folk. Good for you. That's not

me. At least not anymore.

I remember the days of just coasting through my classes, working some meaningless job for spending cash, and my largest concern was scraping together enough coin to go somewhere for Spring Break. Then responsibility fell on my face.

I turned 24, which means I was no longer insured by my parents. I got married, which means I had to have a home. I bought a house, which means I have to get a legitimate job so I can keep my house. I have to be good at my legitimate job, which means I have to finish school.

On top of all of this, according to my local weatherman, the Earth is going to freeze over in the next week and we are all going to die. If my weatherman turns out to be wrong, it means Al Gore is right and we are all going to burn up.

If that isn't enough, every commercial is letting me know that Valentine's Day is around the corner and if I don't buy my wife a diamond necklace, I am worthless and doomed to walk

this frozen and/or melted tundra alone. Life comes at you fast, and it is a little overwhelming.

There are many methods to not letting the realities of life overwhelm you. There is yoga, meditation, personal assistants, good time management, acupuncture, self-help books, and Joel Osteen. All of these stress me out.

I think I am going to bypass all of that and just take some advice from the gospel of Cameron Frye (that's right, the nerdy friend from "Ferris Bueller's Day Off"). I think he was on to something when he said, "I am not going to sit on my ass as the events that affect me unfold to determine the

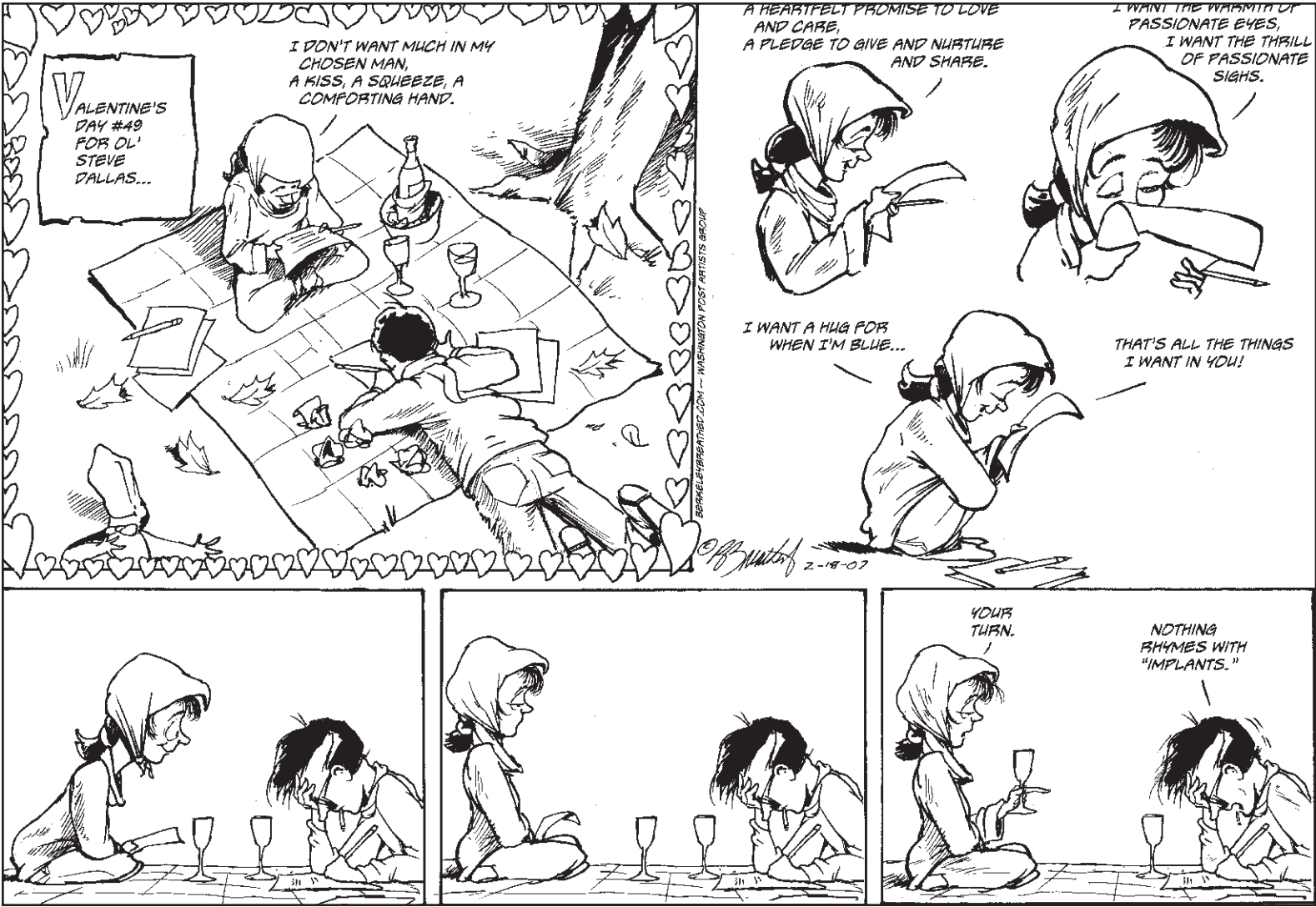
course of my life. I am going to take a stand. I am going to defend it. Right or wrong, I am going to defend it."

So this year, I am taking a stand. Come Hell, high water, or the next Ice Age, I am going to put my head down and just make it work.

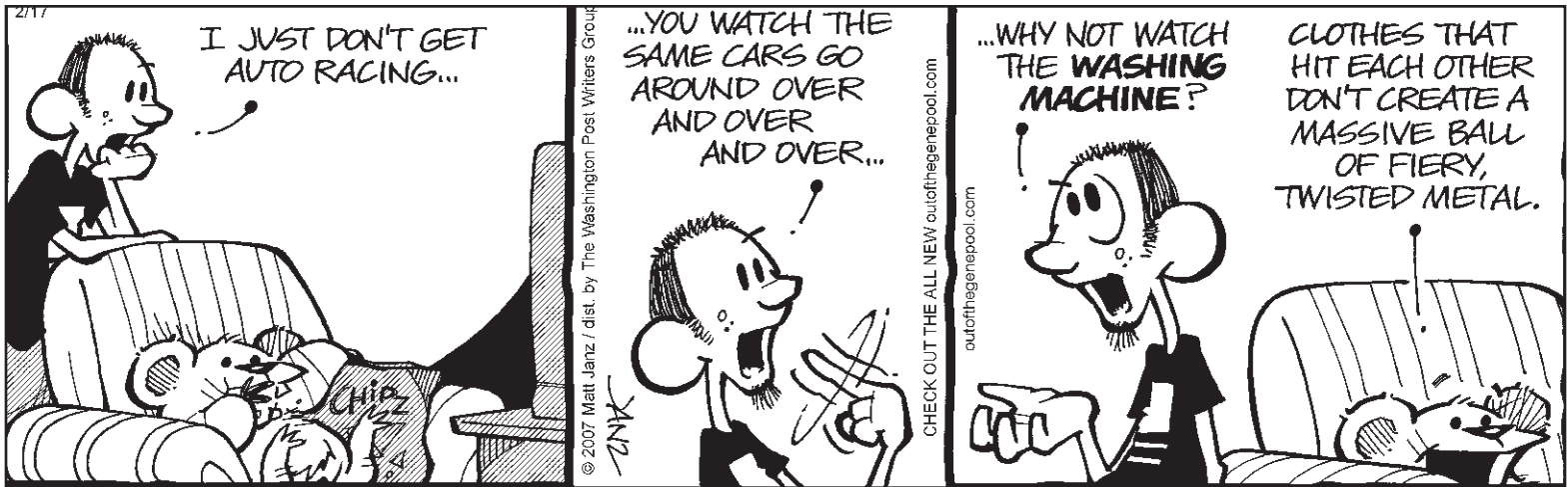
*"My goal is to not let life overwhelm me and not be ruled by what everyone says I should fear in 2007."*

**- Bret Newcomb**  
UHCLIDIAN Reporter

OPUS by: Berkely Breathed



OUT OF THE GENE POOL by: Matt Janz



**SWEET  
BEAGLE**  
*needs to  
find a home*



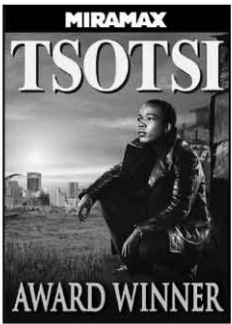
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SPRING 2007  
FILM  
&  
SPEAKER  
SERIES

FEB. 9

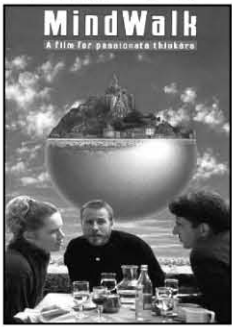


Featured Speaker:  
Dean of Students  
Anthony Jenkins

Sponsored by:  
Black Students  
Association

SSCB, 7 p.m.  
Tickets: \$3.00

FEB. 16



Panel Speakers:  
UHCL Professors  
David Garrison,  
Tom McCall,  
Keith Parsons

SSCB, 7 p.m.  
Tickets: \$3.00

FEB. 23



Featured Speaker:  
UHCL Professor  
John Gorman

Sponsored by:  
Literature Club

SSCB, 7 p.m.  
Tickets: \$3.00

# YACHTY GRAS

## *Kemah Offers A New Twist To The Traditional Mardi Gras Celebration*

By EMILY HAWKINS  
THE UHCLIDIAN

If you love Mardi Gras season, but are looking for untraditional festivities, then come celebrate Kemah-style by enjoying the beads and boats that make up the floating Yachty Gras parade. “Revelry of the Sea” is the theme for the eighth annual Yachty Gras celebration that will take place from Feb. 16 to Feb. 18. At the main event on Saturday, Feb. 17, private “krewes” will sail their decorated boats down Clear Creek Channel and throw beads to revelers along the Kemah Boardwalk.

Maurine Howard, executive director of Yachty Gras, said that 73 boats participated in the 2006 parade, and more are expected this year. Since Howard became involved in Yachty Gras in 2003, attendance has increased to approximately 100,000 people annually.

Although colored lights and beads are common decorations, Howard said spectators can expect a variety of vessel adornments.

“You never know [what you are going to see]; there’s a little bit of everything,” Howard said.

Many participating krewes choose themes for their boats. Manny Alaniz, co-captain and king of Mystic Krewe Du Carnaval, said his krewe’s boats will follow the theme of “Samba Dancing Around the World.”

“Everyone involved will be dressed up,” Alaniz said, adding that female members will be wearing elaborate head-dresses during the parade.

After the procession, a panel of six judges will score the boats on theme, music, lighting, creativity, costumes and enthusiasm. Winners from sponsored, private and chartered categories will be awarded trophies.

Mystic Krewe Du Carnaval was just formed in August and will have 50 of its members participating in Yachty Gras. Alaniz believes his krewe is up for the competition, saying that one of their four boats will be bedecked with a 10-foot mechanical woman.

“Our krewe will be a sight to see,” Alaniz said. “We want everyone to have a good time.”

Since Yachty Gras is a non-profit event, proceeds gathered from boat registration fees and donations are given to charity. This year’s revenue will be presented to Youth Educational Student Services, a program that teaches elementary school students about homeland security and environmental issues through boat tours of Houston ports.

“The program changes kids’ lives,” Howard said. “They wouldn’t have this opportunity otherwise, and they get so excited to be on the boats.”

In addition to the customary monetary contributions, Howard said a local family agreed to donate a 50-foot boat, valued at \$65,000, to the group.

Howard said the safety of bystanders and the environment are the most important factors when preparing for the event. Organized



MAURINE HOWARD: ARTIST

**YACHTY GRAS THEME:** The theme this year is “Revelry of the Sea”. Each year the artwork for the festival depicts a mermaid with different ocean life.

cleanup crews will scour the channel for any debris once the festivities are over.

The Grand Night Boat Parade will begin Feb. 17 at 7 p.m. Other festivities taking place during the fun-filled Yachty Gras weekend include a kickoff party at Sundance Grill II Friday, Feb. 16, and an after-parade party at Seabrook Beach Club Feb. 17 from 9 p.m. to 1 a.m.

For more information, visit [www.kemahboardwalk.com](http://www.kemahboardwalk.com) or contact Maurine Howard by calling (281) 538-2215.

## KREWE BOATS



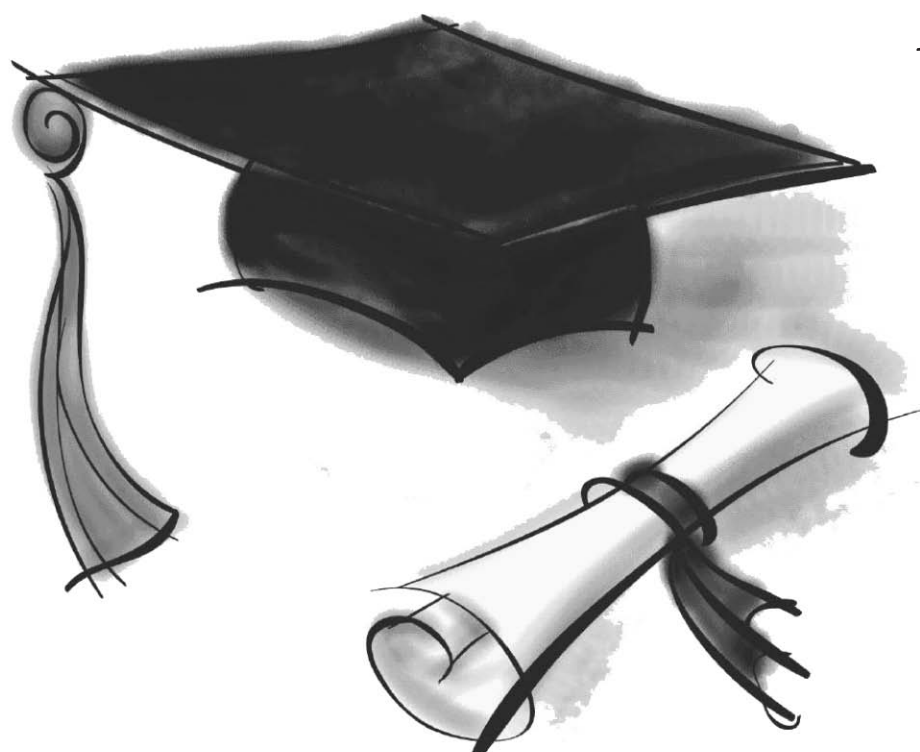
CLAIRE WORTHINGTON: COURTESY

**BOATS AND BEADS:** Participants entertain the crowd by waving and tossing beads to revelers gathered along the boardwalk.





# *Don't forget to apply now for Spring Graduation!*



*Deadline for applications:*  
**February 16**

*To download application or  
for more information visit:*

**[www.uhcl.edu/records](http://www.uhcl.edu/records)**

*\*Student Life \* Student Life \* Student Life\**



## **The National Society of Leadership and Success**

[www.societyofsuccess.com](http://www.societyofsuccess.com)

### **LIVE VIDEOCONFERENCE Dr. Srikumar Rao**

*(Columbia Business School and London  
School of Business)*



### **“Harnessing Your Potential: Are You Ready to Succeed?”**

Date: Tuesday, February 6, 2007  
Time: 6 p.m. – 7:15 p.m.  
Location: Bayou Building 2512

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## **SGA Welcomes All New Students to UHCL!**



Your Student Government Association wishes to share a special greeting of welcome to all new students to the UHCL campus and extend an invitation to join us and attend the weekly SGA meetings.

As each of you begins the next steps in your academic careers at UHCL, SGA wishes to invite you to take part in the decisions and activities happening on campus. We welcome you to express your ideas and concerns about your new campus and to participate with us to experience a well-rounded learning opportunity, both inside and outside of the classroom. We also encourage you to join one of the more than sixty (60) student organizations on campus and to get involved with the Student Leadership Institute and all the other services offered by the Student Life Office.

For more information, simply attend the SGA meetings on Tuesdays from 11:30 a.m. to 12:30 p.m. in the Student Services and Classroom Building (SSCB) Lecture Hall. We promise that you will have a good time and will be enlightened about events on campus. No RSVP required!

**Joyce Delores Taylor**  
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**Ashutosh Gupta**  
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**Madhu Mukherjee**  
VP-Student Outreach &  
Communications  
**Sabiha Mahmood**  
VP-Administration



Governance  
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Advocacy  
Leadership

Student Services/Classroom Building, Room 1.205  
Phone (281) 283-2556 Fax (281) 283-2566 [SGA@uhcl.edu](mailto:SGA@uhcl.edu)









## February is \$cholarship month at UHCL

- ✓ Apply online beginning Thursday, February 1, 2007
- ✓ Deadline is Wednesday, February 28, 2007
- ✓ [www.uhcl.edu/scholarships](http://www.uhcl.edu/scholarships) Current/Continuing students

Attend a scholarship workshop – SSB Room 3.305

Thursday, Feb. 1<sup>st</sup>, 6 to 7 p.m.

Wednesday, Feb. 14<sup>th</sup>, 6 to 7 p.m.

Monday, Feb. 5<sup>th</sup>, noon to 1 p.m.

Monday, Feb. 19<sup>th</sup>, 6 to 7 p.m.

Tuesday, Feb. 6<sup>th</sup>, 6 to 7 p.m.

Wednesday, Feb. 21<sup>st</sup>, noon to 1 p.m.

Tuesday, Feb. 13<sup>th</sup>, noon to 1 p.m.

Thursday, Feb. 22<sup>nd</sup>, noon to 1 p.m.

## University Forest Apartments

University Forest Apartments is UHCL's on-campus housing community. Among the finest campus housing facilities in the nation, University Forest offers the best of both worlds:

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**Save GAS!...Walk to CLASS!**

# EVENTS ON CAMPUS

## February 6

“Are You Ready to Succeed?”  
presented by Srikumar Rao,  
6-8 p.m., Bayou 2512  
Registration required.  
Call (281) 283-2560  
for more information.

## February 7

“Religions of the World: Baha’i”  
presented by Mike McMullen,  
noon-1 p.m., Bayou Atrium I  
Call (281) 283-2575  
for more information.

## February 10

UHCL Community  
Outreach Day,  
various times & locations  
Call (281) 283-2560  
for more information.

## February 15

“Who Moved My Cheese?”  
Leadership & Change”  
presented by Jennifer Clark,  
5-7 p.m., SSCB 1.202.07  
Registration required.  
Call (281) 283-2560  
for more information.

## February 16

“Managing Differences:  
How to Successfully Lead  
and Organization of  
Diverse Individuals”  
presented by  
Tenesha Villanueva,  
1-3 p.m., SSCB 1.202.07  
Registration required.  
Call (281) 283-2560  
for more information.

## 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 more information.

# HEALTH ANNOUNCEMENT:

The UHCL Health  
Center reports one con-  
firmed case of Rubeola  
(hard measles). The stu-  
dent is now recovering.  
Rubeola is caused by a  
virus that presents a skin  
rash and flu-like symptoms  
including fever, cough and  
runny nose. The symptoms  
usually last about two  
weeks.  
If any student, faculty  
or staff have any ques-  
tions or concerns, please  
contact the Health Center.

HEALTH CENTER  
SSCB, Room 1.301  
(281) 283-2626  
  
Office Hours:  
Mon.-Thurs.: 9 am-7 pm  
Fri.: 8 am-noon

# Use SMART goals to set healthy priorities



At this time of year, many of us engage in that age old custom of making New Year’s resolutions in an attempt to achieve balance in our lives or to head in a new direction.

We desire a sense of home-ostasis or well roundedness in our mental, physical and emotional states. Some of us know when we are out of kilter in certain areas and these resolutions are our attempt to get back on track.

Unfortunately, our intentions are usually short lived. We just can’t seem to stay on track and our good intentions slowly fade away as we get busy and distract- ed or as we lose confidence in our ability to maintain these reso- lutions we’ve set.

Why is it so hard to achieve balance and stick with the goals we set each year?

Time is often a factor. It is a precious commodity in today’s society. There is never enough of it to divide between work and family or for other commitments. We quickly learn to juggle and multi-task but often are not aware of the toll this takes or the price we must pay. Some of us accept our crazy schedules as the norm but we still beat ourselves up when we fail to meet goals and stick with our resolutions.

These feelings of failure and inadequacy contribute to the imbalance in our lives exacerbat- ing the negative impact on our physical and emotional health. Numerous health studies have documented the relationship between lack of balance and neg- ative effects on health citing changes in stress hormone levels, depression, anxiety, mood, sleep quality, performance at work and morbidities like CVD, High BP and cancer.

So, how do we break the cycle of failure? What is the solu- tion to keeping those resolutions? One way to start is to do a Wellness Inventory (<http://www.nationalwellness.org/testwell/index.htm>) and look at what your current state of person- al balance is before embarking on changes.

Once you’ve identified areas that really need attention, pick one, just one for now and commit to it. We often try to do too much at once and then we get frustrated when we can’t stay the course.

There are some tools that can assist you in your attempts to make necessary changes.

The Transtheoretical Model of Health Behavior ([http://hsc.usf.edu/~kmbrown/hlth\\_beh\\_mod- els.htm](http://hsc.usf.edu/~kmbrown/hlth_beh_models.htm)) is very helpful even though it sounds a bit intimidat- ing. It can help you to understand your behaviors and choices relat- ed to different areas of health. It uses a type of cost/benefit analy- sis as well as Stages of Change to motivate you to take action and commit to necessary changes.

Beliefs, intentions, attitudes and perceived behavioral control all play a role in behavioral change. Your beliefs about the behavior itself and even what you think others think about it can affect your ability to change.

Beliefs and attitudes also affect your intention; how hard you are willing to try to perform the behavior. If you don’t believe regular exercise and eating healthier on a regular basis will preserve your health and the quality of your life, then you won’t maintain those behaviors.

Perceived behavioral control relates to how easy or difficult you think this behavior, like exer- cising will be. If you think you won’t have much free time, if you’re not sure if you really want to exercise, then you won’t be able to maintain your “resolu- tion” to do so.

Once you’ve clarified the area you want to work on, use the SMART plan to achieve your

goals. Goals should be Specific, Measurable, Achievable, Relevant and Timely. Let’s use incorporating exercise into our regular behavior as an example.

Don’t just say, “I’ll start exer- cising in January”. Use the SMART plan and say “I intend to improve my cardiovascular fit- ness by walking 3 times a week for 20 minutes each session for the next month. I’ll go on my lunch hour and keep an exercise log. After one month, I’ll evalu- ate my progress and set a new goal”. This resolution is not as broad as the first. We can start with a plan that is manageable and work our way up from there.

Before setting any SMART goals though, we must decide what our priorities are based on what is most important to us. If your health, physical and emo- tional, is not a priority, you will not be able to maintain those res- olutions like eating right, exercis- ing and spending more time with family you set each year.

So stop making resolutions and COMMIT to your health. Stephen Covey says, “We should put first things first”. If you don’t take care of yourself first, you won’t be able to take care of any- thing else effectively.

One Body: One Choice.  
cazes@uhcl.edu

# ANNOUNCEMENTS

## Call for Papers!

The 13th Annual Student Conference for Research & Creative Arts is now accepting applica- tions for this year’s conference, to be held April 18-19. Applications are due February 16. Apply online at [www.aaas-swarm.org/signup.cfm](http://www.aaas-swarm.org/signup.cfm). For more information, call (281) 283-3374 or e-mail [studentconf@uhcl.edu](mailto:studentconf@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 dis- play 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](mailto:hu@uhcl.edu).

## Art Exhibition: ‘Ritual Vessels’

February 6-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](mailto: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](http://www.uhcl.edu/fl).

## UHCL Community Outreach Day

February 10, 7:45 a.m.-4 p.m.  
Various locations throughout Houston  
Students, faculty, staff and university friends are invited to participate in a variety of commu- nity service projects, including Habitat for Humanity in Baytown, the Environmental Institute of Houston at UHCL, and First Book, and international nonprofit organization that gives children from low-income families the opportunity to read and own their first new books. For more information or to register for Community Outreach Day, call the Student Leadership Institute, (281) 283-2611, or visit [www.uhcl.edu/SLI](http://www.uhcl.edu/SLI).

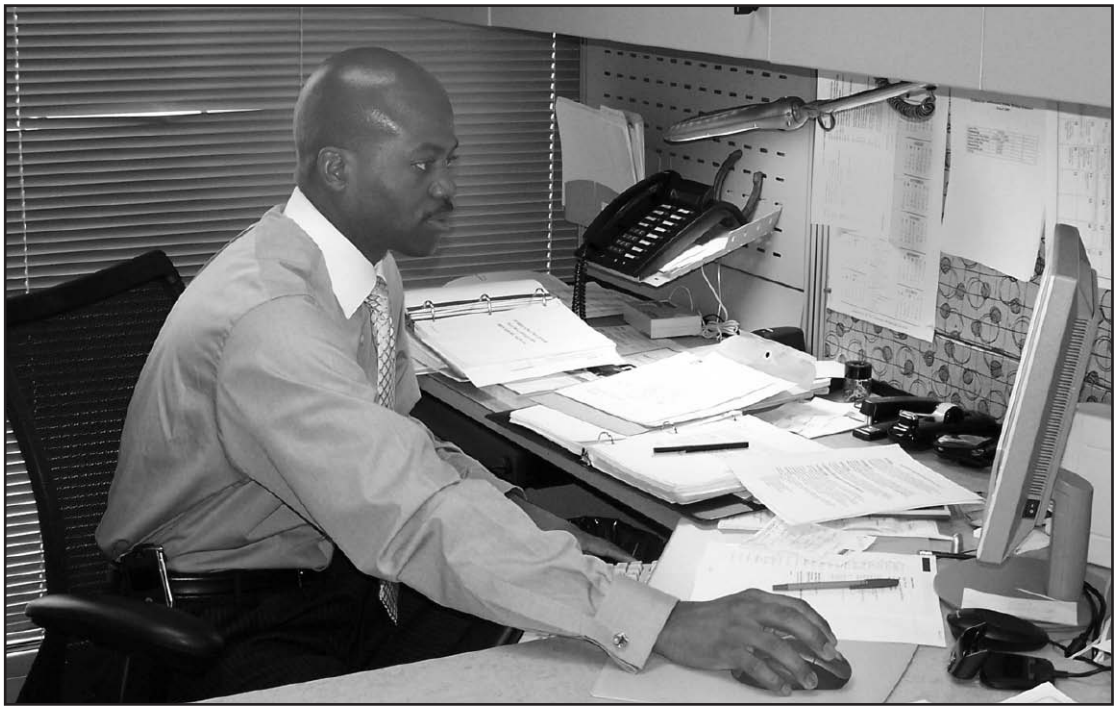
# SSA Employee of the Quarter



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Jean Grant  
With sincere  
appreciation  
for your  
demonstration  
of your hard work,  
dedication and  
superior teamwork at  
the University of  
Houston-Clear Lake.  
January 11, 2007*



Dean: continued from page 1



BRET NEWCOMB : UHCLIDIAN

**DEAN OF STUDENTS:** Anthony Jenkins completes his first month as the new dean of students.

“I want to see more students engaged,” Jenkins said. “I want to see the numbers in our student organizations go up. I want to see students take on a greater significance in the leadership opportunities on this campus.”

Creating this environment means ridding the university of the words “customer service.” Jenkins doesn’t believe the interactions of the university and students should be a business transaction, but a relationship where student input is not only valuable, but also critical.

“I don’t want to draw the distinct line between we are the service provider and they are the customer,” Jenkins said. “I want them at the table with us.”

In order to accomplish this environment, Jenkins is going to rely on the input of the student body. Along with working with the Student Government Association and maintaining an “open-door” policy, he plans to put together a student advisory

council who will advise him on what is important to the average student on campus.

“I can’t sit behind my desk and say, ‘Hum, I think students will like this,’” Jenkins said.

Jenkins believes strongly in the importance of community and wants to build deeper relationships between faculty, staff and students. He believes the only way to achieve this is through “candid conversations.”

“During his interview, Dr. Jenkins connected with all the diverse constituencies and demonstrated his maturity, knowledge and creativity,” Bigger said.

“If we are going to get better at what we do, we have to be open to criticism, we have to conduct self assessment and we have to be candid with ourselves and with our students,” Jenkins said.

Jenkins believes that education reaches its ultimate level when faculty finds the balance

between challenging students and supporting them. In order to do this Jenkins wants the relationships between students and faculty to be strengthened.

“We are in this together,” Jenkins said. “Our students are not a disruption of our work. They are our work. When we immerse ourselves with our students, that’s where learning takes place.”

With his focus on community, relationships and accountability, Jenkins hopes to change the face of the university and to help UHCL continue to be a vital and relevant institute of higher education for years to come.

“I am delighted that Dr.-Jenkins decided to join our team of student personnel professionals,” Hayes said. “I am certain that his leadership will keep us on the cutting edge of the important issues that will face that area in the future.”

Dream: continued from page 1

King Jr. and other Civil Rights activists.

“I hope that it will inspire us to think about how we each can contribute to making the community – UHCL and beyond – a better, more inclusive place for all, regardless of differences,” Justice said.

Rogers has been highly recognized for the Dream Alive program. In 2006, he received the prestigious Trumpet Award from Time Warner’s Turner Broadcasting System.

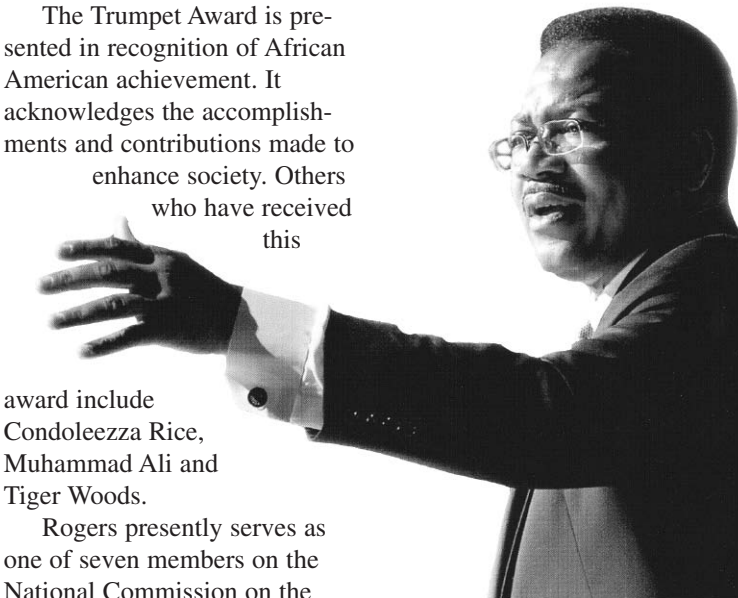
The Trumpet Award is presented in recognition of African American achievement. It acknowledges the accomplishments and contributions made to enhance society. Others who have received this

award include Condoleezza Rice, Muhammad Ali and Tiger Woods.

Rogers presently serves as one of seven members on the National Commission on the Voting Rights Act. He will release his first book “The Letter to My Son” this spring.

The Dream Alive program and Rogers have been profiled by the New York Times, The Washington Post, Ebony, and Business Week. The Dream Alive program will take place in the UHCL Bayou theatre at 3 p.m., Feb. 21, and is free to attend. Groups of 20 people or more should contact Katherine Justice at (281) 283-2164.

**- Joe Rogers**  
Inspirational Speaker



**DREAM KEEPER:**  
Reaching out to the audience, Joe Rogers promotes the legacy of Martin Luther King Jr. through the Dream Alive program.

# Celebrate Black History Month

Friday, February 9:  
TSOTSI  
This award-winning film displays hope and triumph in a hopeless situation as it chronicles six days in the life of a young, ruthless gang leader in Johannesburg.  
Guest speaker: Dr. Anthony Jenkins, UHCL dean of students  
\$3 admission; Bayou Theater, 7 p.m.

Monday, February 12:  
AFRICAN-AMERICAN PhDs:  
HISTORICAL FOUNDATIONS FOR PRESENT ASPIRATIONS  
With stories of difficulty and success that will inform and inspire, African-American PhDs at UHCL discuss why they selected their field of study and the obstacles they overcame along the way.  
Bayou Garden Room, noon-1 p.m.

Monday, February 19:  
THE “N” WORD  
This interactive discussion, led by Dr. Everette Penn, will provide a historical perspective and trace the evolution of this powerful and controversial word, while giving participants a chance to share their thoughts.  
Bayou Garden Room, noon-1 p.m.

Wednesday, February 21:  
DREAM ALIVE  
This program, sponsored by Human Resources, will highlight the wisdom and vision of Martin Luther King, Jr. and other civil rights leaders through a live commentary by Joe Rogers.  
Bayou Theater, 3 p.m.

Saturday, February 24:  
GOSPEL SHOWCASE  
A night of gospel singing performances, praise dancing, and poetry featuring UHCL students, gospel recording artist Loretta Williams Gurnell, Life Line Ministries, Zion Hall Praise Center s Voices of Praise, and a Sam Houston State University dance troupe. Don't miss this exciting event!  
Free with UHCL ID; \$5 general admission  
Bayou Theater, 7 p.m.

*Sponsoring Organizations:*  
BSA, IISS, Student Life, AAEG

Any individual needing a special accommodation to attend these events should contact the Office of Intercultural & International Student Services at 281.283.2575 one week prior to the event.




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Saturday: 7am to 5pm

Sunday: Closed for family time

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I believe that talented people  
make all the difference in the world.

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.

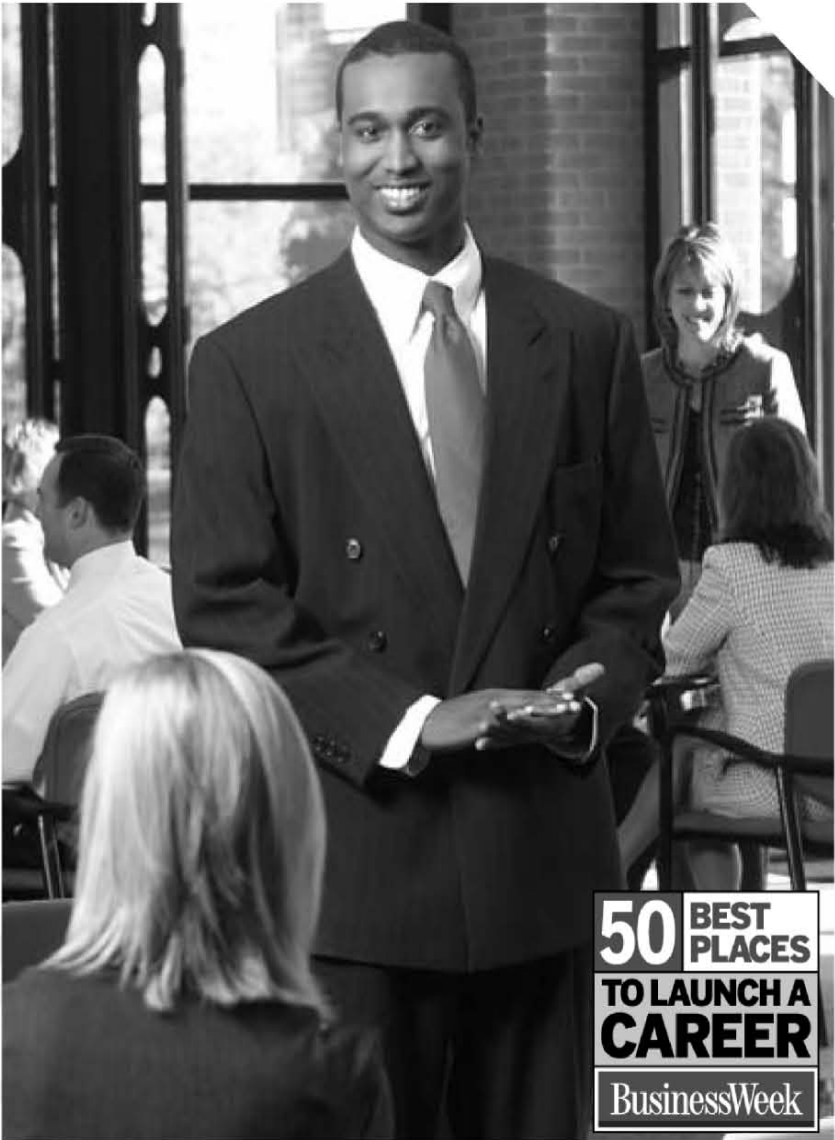
It also means that I'm working alongside and learning different things from a wide group of talented people every day. It's great to be at a company where everybody's differences – whether they be business philosophies or cultural ideals – are not only accepted, they're part of the very fabric of our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

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**BED OF TRAVEL** (ABOVE)  
**BED OF WAR** (LEFT)

**BED TIME:** The bed series is symbolic of her dreams and are thematically driven. The picture above illustrates her travel through Africa. The picture to the left illustrates her travel through out Europe. Both pieces of art depict images gathered from the trip.

# UHCL alumna becomes world citizen through art

By **NEESHA HOSIEN**  
 THE UHCLIDIAN

What exactly does it mean to become a world citizen? One University of Houston – Clear Lake alumna, Kelly Rogers, 28, is on a mission to use art to bring restoration and healing to the lives of people around the world. By traveling the world teaching art and encouraging participation in art activities and education, she hopes to help others find peace and happiness in their lives.

Rogers obtained a Bachelor of Arts in Applied Design and Visual Arts from UHCL in 2004, and graduated Cum Laude with a GPA of 3.938. During her studies at UHCL she was able to explore a variation of mediums such as sculpture, installation art, environmental art, painting and documentary photography.

“I have known Kelly for approximately five years as an undergraduate and graduate student,” said art professor Nick Devries. “She represented us well at the University of Veracruz where she was our exchange student for one year. Kelly’s travels have made her aware of the complex, intriguing, and opportunity-filled world around her. She has a passion for helping those in need. She does not fear the unknown; she takes it as a challenge.”

Rogers explained what a wonderful experience she had at UHCL on its quiet and picturesque campus. Many of the professors became her mentors.

“The depth expressed in Kelly’s work touched me deeply,” said Ingeborg M. Hayes Van-Zanten, the international and cultural program director. “It moved me to a place of awe and reflection. I hope to witness a lot more of her work, and how she will integrate and bring home her experiences of art abroad.”

“The art department at the University of Houston [Clear Lake] chooses one student per semester to study abroad,” Rogers said. “I was awarded the scholarship to study at the University of Veracruz located

in Jalapa, Mexico, for one semester.” The atmosphere was so enjoyable that she requested to stay an additional semester, which paid off, because she was asked to be a part of a collective exhibit at the Cultural Center at the Lakes in Jalapa.

“During the inauguration, I was interviewed and broadcasted on the television network in Mexico and featured in several newspapers and a magazine,” Rogers said.

In August of 2005, Rogers represented the United States, among 80 other visual artists, in the Fourth International Conference in Public Art and Muralism in Tlaxcala, Mexico. This conference was hosted by The World Council of Visual Artists and the government of the state of Tlaxcala, and several of the artists’ works were donated to various institutions.

From a young age, Rogers was exposed to international perspectives as her family is heavily involved in missionary work. Her father did a lot of work in Mexico. She credits him for always instilling in her the importance of faith and the preservation of an intercultural perspective.

Alongside her uncle, who is also a humanitarian worker, she went to South Dakota and became “really bonded with this one family” in the Porcupine Reservation of the Lakota Sioux Indians. They generously adopted her into their tribe with a special ceremony in which she met all her “new family members” and exchanged gifts.

“I have a heart for people-groups,” Rogers said. “As a child, I possessed a fascination of documenting life experiences through visual and literary expression.”

Dreams have always served as an inspiration for her art. Rogers “began recording prominent dreams and internal images” from a young age, which led her on a thorough exploration of the symbolic meaning of dreams.

Installation art uses space filled with

three-dimensional visuals and pieces of artistic imagination to allow the viewer “to experience something,” Rogers said. This art form is her specialty and in them she sometimes depicts dream sequences and visions.

“The use of environmental art and symbolic acts are a vital foundation integrated into the fibers of my work,” Rogers said, “and I have been greatly influenced by the exposure to various cultures and the way they worship, whether in a public or private atmosphere.”

By invitation of a missionary nurse, Rogers went on a journey to Africa. She taught art for one month and was able to use art and dance as a way to bond with the people. Evidence of being accepted was apparent when she was invited to perform a choreographed dance with some local village girls. Rogers spoke with them about worship and “what kind of altars would be scattered along the path of their life.”

Rogers speaks fluent Spanish and is currently learning Brazilian-Portuguese. She spent time in Brazil, Costa Rica, Europe, with the Nyanja and Bemba speaking tribes in Lusaka, Zambia, Africa and the Tzotzil Mayan from San Juan Chamula in Chiapas. In June of this year, she will travel back to Mexico and to Brazil in July. India is a new destination on the horizon for the future. One day she hopes to live in Brazil close to the Amazon.

Rogers said her travels have given her “more compassion for the world” and a chance to see herself as more a part of the entire planet rather than just one place. Her vision for the world has changed and she now sees how “interrelated we all are.” Especially with the people of Mexico, Brazil and Africa she noticed that, compared to American society, those cultures are built more on community and family.

“They spend hours at the table just

talking,” Rogers said.

Traveling the world and helping others is something that Rogers plans to do forever. Studying abroad and her exposure to different cultures and indigenous people have been highly inspiring for Rogers. She aspires to become a professional artist and work among different people-groups of the world using her art as a therapeutic method to help others.

Rogers is enthused by the idea that “it is just as important to talk to the person sweeping the building as the executive.” This notion was inspired by a quote from Martin Luther King, Jr., who also said “I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant.”



**KELLY ROGERS** : COURTESY