



COMICS PAGE 10



SPORTS PAGE 11



LIFE&ARTS PAGE 13

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ORIENTATION EDITION

The Daily Texan is an independent, student-run publication that has been serving the University of Texas community for 116 years. It boasts an illustrious history, prominent alumni, and was recently named the top college newspaper in Texas.

This orientation issue, while not produced by the Texan's regular staff, contains a mix of stories from the past school year, and is intended to introduce incoming freshmen to campus culture. We hope you enjoy reading about the issues shaping our world today.

Welcome to the campus community!

-Texas Student Media Staff



Gabriel Lopez | Daily Texan Staff

UNIVERSITY

Four Texas alums on Time's 100 most influential people list

By Vera Bernalova
@thedailytexan

"What starts here changes the world" is the unofficial motto of UT. This holds especially true for four UT alumni who have been named among the 100 most influential people by TIME magazine.

TIME 100, a list of the 100 most influential people in the world, was first released in 1999 by Time magazine as the result of a debate among politicians, intellectuals and journalists. Now, the list is an annual event.

This year's list featured four UT alumni: NASA chief scientist Alan Stern, Ford Foundation President Darren Walker, PGA star Jordan Spieth and UT-El Paso Presi-

dent Diane Natalicio.

"It's really inspiring to know that four people from UT have made it on this list and have truly been able to change the world in so many different ways," biology sophomore Emma Meyer said.

The nominees for the list are chosen by TIME 100 alumni and the magazine's international writing staff. The final list is decided by Time editors.

"At UT, our mission is to educate our students to become leaders and innovators and people who change the world, and this ranking is proof that we are doing that," UT spokesman Gary Susswein said.

INFLUENTIAL page 14

SPORTS

Longhorns need to rely on running backs for success in 2016 season

By Jacob Martella
@thedailytexan

It might have been easy to miss on April 16, but through the intermittent rain and freshman quarterback Shane Buechele's flashy performance, another part of the Longhorns' offense emerged as a potential threat for opponents: the run game.

Running backs junior D'Onta Foreman and sophomore Chris Warren combined for 174 yards on 16 carries with a touchdown each in the 30-minute spring game.

And if Texas is going to have a bounce-back year, they're going to have to rely on them in the fall.

"We need to turn around and hand that ball off," head coach Charlie Strong said. "Let's ride those big hulking guys until we can't ride them anymore."

Foreman and Warren are



Running back D'Onta Foreman prepares to stiff arm a defender during Texas' annual spring game. Joshua Guerra | Daily Texan Staff

two of the most physical backs in the country. They each check in at least six feet and 238 pounds and aren't afraid to take on contact. Offensive coordinator Sterlin Gilbert said he's never had running backs quite this big

in his offense before, though he plans on using their size to his advantage.

And that style might be a big help in Big 12 play, where almost all of the defenses are geared to stop speed rather than size. Sophomore line-

backer Malik Jefferson said it's been hard for them to stop the running backs in practice — and they know what's coming.

"It's just crazy when you go up against them every day,"

RUNNING page 11

CAMPUS

Student Government pushes for late-night bus service



Juan Figueroa | Daily Texan Staff

By Cassandra Jarmillo
@thedailytexan

Heightened concerns over campus safety have led Student Government to pass a resolution for late-night transportation services in April.

Resolution AR 4 aims to extend bus hours for certain routes until 2:30 a.m., in addition to adding a door-to-door shuttle service. Dylan Adkins, Andrew Parks and

Connor Madden co-authored the legislation after biology sophomore Taylor Ard started an online petition that received hundreds of signatures.

Ard said after dance freshman Haruka Weiser's death, she feared for her roommate's safety as her roommate left science labs that ended at 10 p.m.

"I was waiting for my roommate to be able to walk with her home, and I thought

'this is ridiculous,'" Ard said. "We shouldn't have to wait for our roommates to get out of lab because there's no [late-night] transportation."

Similar late-night transportation services to the ones proposed in the resolution are currently at universities such as the University of Alabama, University of North Carolina and University of California-Berkeley and are free to students.

Parks, who is a law stu-

dent, said as an undergraduate at the University of Alabama, he had access to a free van service when campus buses were not running.

"Personally, it was surprising to me that there wasn't a late-night service at UT," Parks said.

Carol Alfano, safety program administrator of the UC-Berkeley police department, said the school's various night safety programs

BUS HOURS page 14

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WALKENS ALWAYS WELCOME

TAMU announces expansion of campus carry policy



Members of the UT community protest campus carry legislation in October of 2015. Thalia Juarez | Daily Texan Staff

By Anusha Lalani
@thedailytexan

As the implementation date for campus carry at the University of Texas at Austin and Texas A&M University (TAMU) approaches, TAMU announced it would expand its policy not only to classrooms but to its dorms as well.

TAMU posted this announcement on its website along with a few exceptions to the policy. Three institutions within the TAMU system — Texas A&M International University, Prairie View A&M University and Texas A&M University-Corpus Christi — have a third-party management company that leases its residential facilities. The University acknowledges the residential facilities rights to determine what restrictions they will impose concerning weapons, and so they will be an exception to the TAMU extended policy.

UT President Gregory Fennes, however, vowed in

February to ban carry in residence halls. Steven Goode, UT law professor and chair of the Campus Carry Policy Working Group, which was established to assist Fennes with the policy before its implementation on Aug. 1, said the UT policy will not extend to on-campus dorms, with some exceptions.

“Concealed carry is allowed in public common areas, such as dining facilities in the dorms,” Goode said. “Family members of dorm residents may carry handguns. For example, parents who have a license may carry a handgun when visiting their child in a dorm.”

Jacob Williamson, a member of the UT chapter of Students for Concealed Carry, said he isn’t bothered by Fennes’ decision not to extend the campus carry policy to dorms because few students who are 21 or over — the age required to obtain a concealed handgun license — live in the dorms.

“It would be shocking to me if there were even two

people who were above the age of 21, that had gone through and gotten their license and had also lived in the dorms,” Williamson, a computer science and electrical engineering senior, said.

“I personally don’t mind not having them in the dorms because within a dorm setting, it’s a bit harder to keep that safely.”

Farhan Manjiyani, a member of the organization Gun-Free UT, said the two universities implement the policy differently because the two are completely different schools.

“Ultimately, I think both policies are logical,” Manjiyani, economics and business junior, said. “Think about it mathematically — how many students living in residence halls on campus are above the age of 21? You would have to be a junior or senior, and most of that demographic live in West Campus. So statistically, it doesn’t really matter.”

UT System to implement leadership education as part of core curriculum

By Caleb Wong
@thedailytexan

Students at every UT System institution will be required to participate in leadership education as part of the core curriculum, starting as early as next year.

Named the American Leadership Program, the program aims to implement a leadership core curriculum in UT System institutions to teach students leadership skills, according to the strategic plan developed by UT System Chancellor William McRaven that addresses the future of the UT System. Each institution will draw on military veterans, business leaders and civic leaders to help teach these courses. Other plans for the program include the development of an executive leadership program for UT System faculty and staff.

Tony Cucolo, associate vice chancellor for leadership development and veterans affairs for the UT System, said the program for undergraduate students would be implemented at System institutions either through a one hour lower division and a one hour upper division course, or a hybrid of existing courses.

Cucolo, who is spearheading the program, said the program would teach peer leadership, communication skills and other aspects of leadership aimed at the needs of students, as well as place students in real-world leadership situations outside the classroom.

The idea for the leadership program came from McRaven’s experience of growing in-house talent within the army, Cucolo said. Similarly, Cucolo said, McRaven wants to invest directly in the students, faculty and staff of the

UT System.

“An army can’t get a general officer,” Cucolo said. “They can’t hire an executive from Dell. They have to grow their own. He [McRaven] said ‘I want every product of the UT System to have been exposed to or equipped with some level of leadership ability.’”

While the exact timing for the implementation of the program hasn’t been determined yet, Cucolo said he hopes to implement a pilot program by the 2017-18 academic year, noting the chancellor wants to implement this program as soon as possible.

“I want every product of the UT System to have been exposed to or equipped with some level of leadership ability.”

—William McRaven
UT System Chancellor

“He has the ways and the means to achieve an end — and the end is to contribute positive leaders to society,” Cucolo said.

Rachel Osterloh, president of Senate of College Councils, said she thinks a student leadership program like this will help students learn more about themselves and how to serve the community.

“It makes logical sense to begin this process for self-discovery on a university-wide level,” Osterloh, a government senior, said via email. “I think this leadership program will foster the self-discovery process.”

LEADERSHIP page 14

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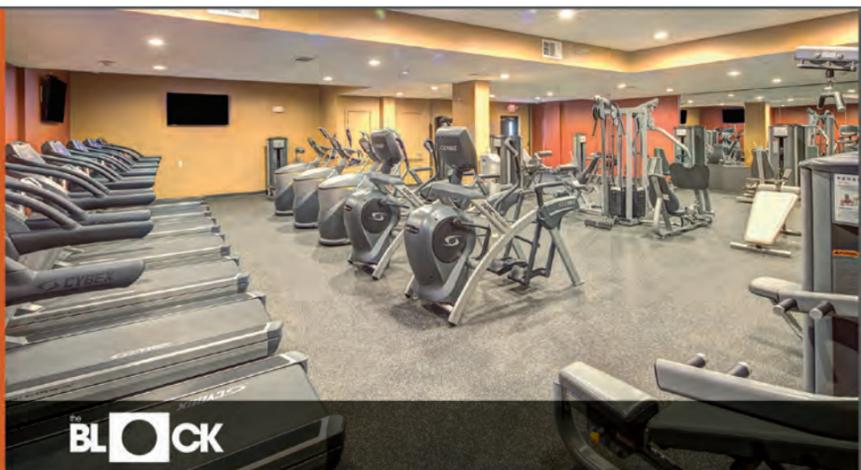


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YEAR IN REVIEW



(3) **HARUKA WEISER** UT theater and dance freshman Haruka Weiser was killed on campus while walking to her dorm through the Waller Creek area. The police identified the suspect, Meechael Criner, two days after they found her body in the creek and charged him with first degree murder.

The University has increased patrols of the UT campus and the Department of Public Safety is conducting a survey of the UT campus to recommend improvements to campus safety. // (4) **CODY YOUNG** Mathematics senior Cody Young reported an incident to the Dean of Students Office, after being victim of a racially motivated attack in West Campus. On Feb. 20 in West Campus at 7:30 p.m., three white men threw glass bottles and yelled "fuck you, n—," according to an Austin Police Department arrest affidavit. Police arrested and charged two of the men, Tucker Sauer and Lucas Henderson. Following a Daily Texan investigation on the weeks-long disciplinary process that left Young in the dark because of privacy laws, President Gregory Fenves decided to make changes to its rules to expedite the process and provide transparency. Fenves also announced he had suspended Sauer, who was a junior. Henderson had last been enrolled at UT in 2014. Now, the Institute for Urban Policy Research and Analysis has put forward recommendations to Fenves to implement a hate crime policy on campus. // (1) **TEXAS UPSETS OKLAHOMA, 24-17** Head coach Charlie Strong and the Longhorns entered the annual rivalry game with Oklahoma with a 1-4 record, coming off a 7-50 loss to No. 2 TCU, but exited with a 24-17 win over the No. 10-ranked Sooners. // **UT SYSTEM RAISES TUITION** The UT System voted to raise tuition at UT-Austin by about \$300 a semester by fall 2017 to compensate for a decline in state funding. This is the first tuition increase for students since 2011. // **FELIX BUZZER-BEATER LEADS TO UPSET OVER THEN-NO. 3 NORTH CAROLINA** Senior guard Javan Felix sank a late-game buzzer-beater to give the Longhorns a 84-82 win on Dec. 12. The win highlighted Texas' first season under head coach Shaka Smart. // **GRAVITATIONAL WAVES** On February 11, 2016, a team led by UT alumnus David Reitze said they detected gravitational waves for the first time ever. This discovery supported Albert Einstein's general theory of relativity, which he published more than 100 years ago. // **SWIMMING & DIVING WINS 12TH NATIONAL CHAMPIONSHIP** The Texas men's swimming and diving team captured their 12th national title in 2016. The Longhorns are now tied at No. 1 with Michigan for all-time championships.

Photos (clockwise from top left) by Rachel Zein, Thalia Juarez, Marshall Tidrick (3,4), Matthew Adams, Jason Cheon

LOOK OUT FOR:

(5) **ABIGAIL FISHER V. UNIVERSITY OF TEXAS** Abigail Fisher is suing UT over its admissions policies, which consider race during the holistic admission process. The ruling could have major implications for affirmative action at UT and at other colleges nationwide. The Supreme Court is expected to rule on the case over the summer. This will be the second time the case comes before the Supreme Court after Fisher successfully petitioned the Court to review the case again. // (6) **RIDE-HAILING REGULATIONS** After a long battle at City Hall, voters will finally decide on May 7 whether fingerprint-based background checks and other ride-hailing regulations approved by the council in December will remain the law, ending one of the most expensive and widely publicized municipal elections in city history. // (2) **CAMPUS CARRY IMPLEMENTATION AND DILDOS** Starting on Aug. 1, students will be able to carry concealed handguns on campus. An implementation task force is determining how the campus carry policies will be integrated into UT's existing rules and regulations. Some students also plan to carry dildos to protest campus carry on Aug. 24, the first day of class. // **EXTENSION OF MEDICAL AMNESTY** The UT System extended their medical amnesty policy to apply to illicit substances other than alcohol. Students can now call for help in the case of an overdose or medical emergency without fearing repercussions from the University. The extended policy will allow students to receive medical amnesty after they participate in a rehabilitative process.

New state law requires incoming students to watch suicide prevention video



In Texas, we're all in this together.

A screenshot from a new video about mental health resources and suicide prevention, which all incoming and transfer students will be required to watch during orientation as a part of a newly implemented state law. Photo Credit: Courtesy of CMHC

By Anusha Lalani
@thedailytexan

Starting this summer, all incoming and transfer students will be required to watch a new video about mental health resources and suicide prevention during orientation because of a newly implemented state law. Senate Bill 1624, which went into effect June 18 last year, requires incoming college students to be informed about mental health and suicide prevention. The video was released April 21 by a task force managed by UT and comprised of public and private higher education institutions from across the state. Mark and Kathleen Walker proposed the bill after their son Lee, a UT student, died by suicide in May 2014.

After the University shows the video at orientation, students will also receive a link to it by email. Current incoming students must

complete online alcohol awareness modules and view videos about campus resources and safety, but there is no specific required video about mental health.

Chris Brownson, director of the University's Counseling and Mental Health Center, who led the task force along with the Texas University Counseling Center Director's Association, said the video is essential because students should have some basic knowledge on the early signs of mental health issues or suicidal thoughts.

"Giving people the tools to know how to deal with those situations and what resources are available on campus can save a life," Brownson said.

TUCCDA president-elect Andrew Miller said the video emphasizes a bystander intervention approach, encouraging students to notice early signs of mental health issues or thoughts of suicide in their peers and report this

right away. This approach will be more effective when dealing with people who have mental health issues because students find it easier to relate to their peers than professionals, Miller said.

"So the idea to use students to deliver that message makes it more likely that the individuals we're targeting will hear about the information and pass it on," Miller said.

Electrical engineering senior Salim Memon, who knows a college student who died by suicide, said the video teaches students how to deal with this sensitive topic. "It gives them the idea that they can reach out to an advisor or other students who they're close to," Memon said. "It gives tips on how to approach it as well, which is ideally very important because students normally can be confused as to how to approach a delicate situation such as this."

Students Empowered by Food petition against relocation of East Campus gardens



Asa Johnson | Daily Texan Staff

By Mikaela Cannizzo
@thedailytexan

More than 1,500 signatures have been collected for a petition aimed at preventing the relocation of two East Campus gardens.

Students Empowered by Food, a student organization committed to impeding the displacement, started the petition in order to keep the UT Concho Community Garden and UT Microfarm in their current locations. Advocates of the petition believe the relocation of the gardens would make them inaccessible to customers and would prevent members from carrying out their activities and events with local elementary schools.

The proposed relocation is a result of the East Campus Master Plan, which seeks to build housing for graduate students on that property.

Stephanie Hamborsky, Plan II and biology senior, former co-director for UT Microfarm and current co-

founder of Students Empowered by Food, said the petition hopes to combat the lack of information students were receiving about their gardens. UT Microfarm dismissed Hamborsky after she reached out to state representatives concerning the location of the garden.

"We just kept getting a lot of ambiguous information. We were told that we would be staying and then we wouldn't, and it got really frustrating," Hamborsky said. "We believe that the administration doesn't incorporate student voices enough. We want to demonstrate that farming and gardening is a priority for campus and that we need long-term permanent locations."

Despite the petition, relocation is still likely, said Laurie Lentz, communications manager for University Operations Communications. "The gardens are likely to be relocated in the short or long-term," Lentz said. "The petition clearly demonstrates

student interest in having garden space, and the University is committed to finding new garden spaces."

James Collins, government sophomore and co-director of UT Microfarm, said despite the petition, Microfarm understands the University's decision even though it is hard to let go of their current location.

"While this is a difficult situation for all involved due to the labor and love we have put into these projects, we view this situation as a positive opportunity to design and implement a new garden location," Collins said.

Collins also said they are consulting with groups to figure out the relocation of the gardens for the future.

"We are in talks with the housing project planning group about moving to new spaces on and around campus," Collins said. "We expect to have new gardening spaces identified as the graduate housing displaces our current spaces."

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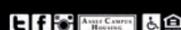
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CAMPUS

Longhorn Band ranked among best college marching bands



Zachary Strain | Daily Texan Staff

By Tehreem Shahab
@thedailytexan

UT's Longhorn Band was recently ranked No. 7 of the 35 Great College Marching Bands, compiled by Great Value Colleges, a website dedicated to helping students find the best education for their money.

Longhorn Band director Scott Hanna said although these rankings are quite subjective, they are still appreciated by himself and the band.

"It's very nice to have publicity mentioning us in a positive way," Hanna said. "Being included in a list with a lot of other terrific college bands is a wonderful thing."

According to the site, the bands were ranked based on a point system that took four criteria into account.

The "Hollywood Affiliation" category referred to performances related to Hollywood in ways like movie appearances or celebrity participation. The Longhorn Band may have earned points here for its appearances on the soundtrack of the "My

All American" movie, Hanna said.

"It was great to not only have our music featured, but also to have the band represented in the movie," Hanna said.

The "Awards and Recognition" category granted two points for each international accolade and one point for each national accolade the band has received. The Longhorn Band has been awarded many of these, including the Louis Sudler Intercollegiate Marching Band Trophy for the best collegiate marching band in the nation in 1986.

The band may have earned points in the "Historic Relevance" criterion for its performances at several presidential inaugurations, in addition to historical references and tributes incorporated into its shows, Hanna said.

The final point category, "Other Recognition," offered one point for the band's inclusion on other rankings, performance videos gone viral, and facts about the band

that have become common knowledge.

The Longhorn Band received 11 total points according to these criteria. Great Value Colleges cited features such as Big Bertha, a drum measuring eight feet in diameter, 41 inches wide and over 10 feet high, as being especially impressive.

Biochemistry freshman Abhishek Yedugondla said the ranking is well-deserved.

"They deserve more recognition," Yedugondla said. "I remember that I went to a game once and they were playing their instruments under their ponchos...they're really dedicated."

Sydney Rodriguez, a history and UTeach junior, said she's proud to represent the student body as a member of the band, especially because of the support the band receives.

"Our fans are members of our already very large family," Rodriguez said. "That's something I don't believe many other bands can identify with."

LOCAL

Even when students leave Austin, their 12-month leases stay with them

By Caleb Wong
@thedailytexan

Nursing senior Liana Chau is excited to go back to Houston this summer after graduating.

"I'm going to be relaxing and studying," Chau said. "I need to pass my state board [exam] so I can become a nurse."

But Chau has a problem that won't leave her when she heads out of Austin: her 12-month lease, which extends over the summer. She is going to have to pay more than \$1,200 in rent over the summer for her apartment at Overlook Condos in West Campus unless she finds someone to take over the lease. Even though she started advertising for the apartment over a month ago and reduced her rent by about \$200 each month, no one has come to visit the apartment, she said.

"I really haven't had much luck," she said. "Everyone wants to sublease their place, and people that are wanting to sublet are taking advantage of that fact and trying to get the best offer they can get."

Chau isn't the only student in this predicament. Morgan Gill, accounting director and partner with

the student leasing agency Quarters Housing Scout, said most leases in West Campus run for 12 months, from the beginning of August to the end of July. "Dozens" of students, Gill said, call her office every year to get help in advertising their apartments for subleasing over the summer.

"There are more people looking to rent out their place than people looking to rent out a place," Gill said. "That leaves a lot of people not able to rent out their apartment or having to take a big cut of how much they can charge for rent."

Gill said the majority of leases end up renting for 12 months because landlords need to make a profit on their units. Many students, she said, have internships or homes away from Austin that prevent them from renting out the apartment complex.

"For an owner, they need to make their rents for their units that year," Gill said. "A 12-month lease for an owner makes a lot more sense, although it is frustrating for students because, you know, a lot of students don't need to stay over the summer, so they end up subletting over the summer and leasing their apartment out, and that can be a frustrating process."

Jennifer Kim, a biology senior who is trying to sub-

lease her apartment at Quarters Nueces, a West Campus apartment complex, said no one has decided to sublease her apartment, despite her offer to pay for their utilities. "I've gotten about five or six people that have messaged me showing interest asking for more details," Kim, who plans on attending medical school, said. "Because the supply is so great, they can be as picky as they want."

The summer rent will cost Kim over \$1,000 unless she finds a tenant. The rent money, she said, would be a burden on top of her medical school tuition bill, which will cost on average over \$200,000 for four years.

"As of right now, it doesn't seem as if I will find someone to sublease my place," she said. "A lot of friends are trying to sublease their place, but they, like me, haven't found anybody."

Kim, who is also a student leasing agent with Housing Scout, said the subleasing process is expensive and that a lot of students turn to unofficially subletting their apartments, even though it may be illegal under the landlord's contract.

"It's risky on yourself as a tenant," she said. "[The sub-leaser] could default on payment, and you could end up paying for that apartment."

ORIENTATION

Longhorn Lounge provides R&R during Orientation sessions

By Student Affairs
@utstudentaffair

As New Student Services staff prepares to welcome 10,000 new Longhorns for UT Orientation, they have also created a haven where students can take a break from the hustle and bustle. Aptly named the Longhorn Lounge, it's a place where students can chat with each other and Orientation Advisors (OAs), charge their phones and grab a snack.

"The Longhorn Lounge is one of the many ways that we create a welcoming environment for incoming students. It gives students a chance to recharge after a full day of activities, meet other new Longhorns and learn about campus resources to help them succeed at UT Austin," explained Celena Mondie-Milner, director of New Student Services.

The space also provides a different alternative for students to learn more about the Forty Acres.

"During orientation, there are a lot of programs for students to connect with fellow Longhorns in their majors, colleges and schools. This lounge gives them a place to find a common thread and learn about opportunities on campus outside of academics," said Returning Orientation Advisor Charani Kamath, who helped staff the Longhorn Lounge last summer in Jester East's Red River Lounge.

The junior pre-med major is excited to serve students again this summer in the lounge's new location, Jester West's main lounge. A handful of OAs will be available to answer questions and tell students how they can take advantage of the Division of Student Affairs programs, fa-

cilities and services.

"This lounge is a casual environment that gives us the ability to learn about students and share our experiences at UT Austin beyond the scheduled programming," added Kamath.

If you are participating in UT Orientation, make plans to stop by the lounge. Who knows, you may run into Hook 'Em, our mascot. He spent a lot of time hanging out there last year and plans to stop by again this summer.

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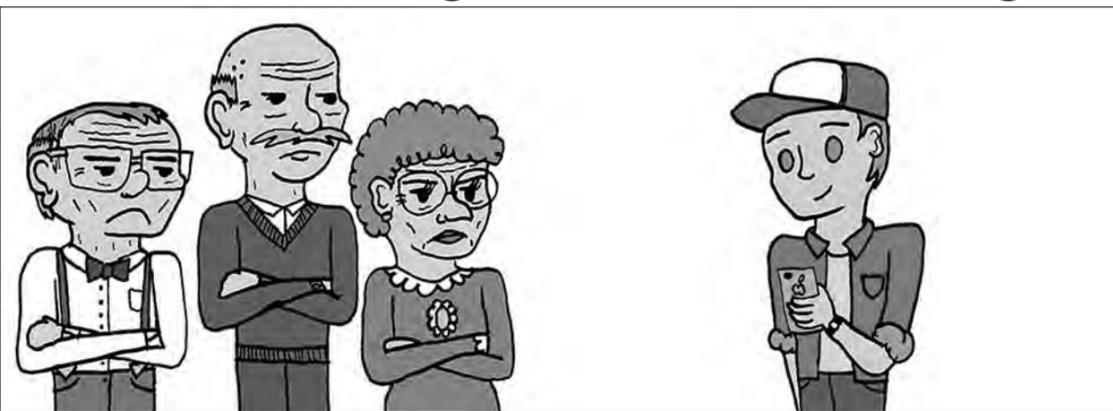
TEXAS TRAVESTY

LONGHORN Life



Students pose with Hook 'Em in the Longhorn Lounge. Photo courtesy of UT Student Affairs

Millennial-shaming provides no constructive generational insight



Lex Rojas | Daily Texan Staff

By Sunny Kim

Daily Texan Columnist

Older generations have historically accused the younger ones of being frivolous, wild and shallow individuals who are responsible for making the world worse. This is certainly true in how the baby boomers perceive millennials today. However, constantly bashing millennials as the most lazy and self-obsessed generation serves as nothing more than a complaint. Instead of repeating an outdated argument, baby boomers should provide constructive criticism or opt out of the conversation.

Millennials are loosely defined as the generation of children born between 1982 and 2002. According to the U.S. census bureau, we are the nation's most diverse, educated and largest living generation. However, there are certain characteristics that are still wrongly attributed to millennials.

The first claim is that we are lazy and unenthusiastic when it comes to the work-

place, citing how we fail to comply with the rules. However, millennials simply think outside of the box, offering creative solutions. According to an infographic by urbanbound, 83 percent of millennials look for jobs where creativity is valued, while 90 percent are motivated to work harder if they know what their work is contributing to. Additionally, the long-term consequences of the 2007 recession make it increasingly difficult to secure financially stable, life-long jobs. As a response, we might jump around here and there, but it only highlights our flexibility to adapt to various jobs that cultivate a multitude of skills.

Another mislabel is that we are narcissistic. Jeffrey Kluger, a senior writer at Time magazine and author published a book called "The Narcissist Next Door," talking about how millennials suffer from serious self-absorption with all the selfies, Facebook and Kardashians in mainstream media today. However, consider the 1976

cover story of New York Magazine by Tom Wolfe called "The Me Decade and the Third Great Awakening." It's not very different from the 2013 Times article "The Me, Me, Me Generation." Self-absorption and confidence are qualities seen in the younger generations, so to claim millennials as the most narcissistic generation is an overstatement.

Lastly, some people think our generation is completely useless, such as Alexis Bloomer, a Texas anchor at Fox news who posted a video on Facebook last Friday listing all of the reasons why millennials suck. Before posting this anti-millennial rant that went viral with 42 million views, Bloomer claims she spotted a young man who stepped in front of a limping elderly man without bothering to hold open the door.

As a millennial herself, she said, "We're just existing. We're not really contributing anything to society. ... Nothing has value in our country because we take advantage of

everything."

Although it's frustrating when we see rude people, the action of this one young man shouldn't be a trigger to trash all millennials. Instead of fulfilling her desire to break the negative stereotypes of millennials, her fiery rant was counterproductive.

Rhetoric professor Jeffrey Walker argues that over time, repetition can persuade us to believe these characteristics about ourselves are true.

"Hitler talks about the way to make anything appear to be true is to repeat it over and over again," Walker said. "So there is one sense that the effect of all these repetitions, and people hear it coming from all different sources in the media ... in itself makes people inclined to believe it is true."

Our generation will shape our country for decades to come. The baby boomers need to realize that their frustration toward millennials is a natural response but useless when it's the same, outdated argument from the past.

Students should utilize stress relief resources on campus during finals

By Khadija Saifullah

Daily Texan Columnist

The end of the semester is an immensely stressful time on campus, and the construction in front of the suddenly overpopulated Perry-Castañeda Library doesn't help much. But, every year, the University offers a variety of sources to help students cope with this stress as finals are closer than we want them to be.

A variety of activities ease students into final exams, from therapy dogs in the PCL to free food and care packages distributed around campus. However, as all-nighters inevitably become more frequent, there isn't a single coffee shop on campus that's open after 10 p.m. This is probably a sufficient closing time during a normal week and during any other time of the semester, but students in finals week need access to an extra push.

Millennial college students' stress is different — and perhaps greater — than that of past college students. Academic expectations are increasing, as are student loans and tuition costs, especially since the University has confirmed that tuition will be increased for the next two years.

In addition to having higher stress, Jane Morgan Bost, former associate director of the Counseling and Mental Health Center at UT-Austin, believes that students also have fewer tools to han-

dle that stress.

"I'm not sure students have learned adequate coping skills in dealing with stress," Bost says in a 2013 interview with KUT. "Students today tend to be more perfectionist. I think they have a harder time rebounding, being resilient and growing from mistakes and failure. Students put an enormous amount of pressure on themselves."

Taking breaks actually enhances productive learning. Breaks may feel like running away from responsibilities, but it is actually a way to refresh and dive back into the fight more effectively. Continuous time on-task sets off strain reactions, such as stress, fatigue and worsened mood, which drain focus and physiological resources. The brain's ability to self-regulate and stay disciplined wanes with each exercise of self-control during the day. It's a loss of resources that must be replenished, or it becomes harder to stay on-task, be attentive and solve problems.

Every finals week, the University provides a variety of services and resources to help students cope with the stress and anxiety that fills the aura on campus during finals week. From bringing puppies to the PCL to free food and a movie at the Alumni Center, these activities may seem like a waste of time, but actually provide a much-needed break from the stress that comes from studying for finals.

International students deserve greater orientation resources



Maddox Price | Daily Texan Staff

By Tehreem Shahab

Daily Texan Columnist

Transitioning into a new school with over fifty thousand unknown students is scary — the course load, the pressure to excel and the difficulty with socializing all at the same time is overwhelming. Every student faces this. But, it is even harder for transfer and international students to ease into the school and campus atmosphere. They don't have the luxury of a large community of similarly new and inexperienced students. This relative isolation is only made worse by having to adjust at a quicker pace. Though the school offers numerous resources for accommodation, it needs to make sure that these resources set the right welcoming tone.

International students make up about ten percent of UT's overall enrollment. This important section of the UT community is im-

mediately faced with a difficult welcome in the form of a complex, though brief orientation. They are bombarded with a lot of unusual information in a short period of time, in the form of immigration rules, registration bars and health insurance requirements.

According to international student adviser Erica Sowder, an International Student Adviser, although students are told about resources such as the Sanger Learning Center and the Friendship Program during orientation, a lot of international students are unable to attend orientation due to conflicting arrival times or family obligations. This makes an already hectic process even more challenging for this unique student group.

Transfer students face many of the same orientation issues.

"Our orientation is a lot shorter, and they don't have

the same programs as freshmen," said psychology junior Katie Kupec. "During orientation we just get told stuff, but not necessarily how to navigate through it."

International and transfer students are vital to the university's success and reputation. UT is well known for its acceptance of students with diverse backgrounds. It should provide international and transfer students with easier access to on-campus resources. While many campus resources exist, these students may need helping finding and using them throughout their college careers. By rushing them into life as a Longhorn, UT prevents these students from laying the groundwork that will help them succeed. Our university must make it a goal to promote opportunities that will allow international and transfer students to successfully adjust to campus life.

UT should rethink focus on four year graduation rates



Daulton Venglar | Daily Texan Staff

By Adam Humfrey

Daily Texan Columnist

As of 2011, only 58 percent of students graduated from UT-Austin in four years. Seventy-seven percent of the class of 2010 graduated in five years, and 80 percent of the 2009 class graduated within six years.

In 2011 UT set its sights on raising the university-wide four-year graduation rate to 70 percent by 2017. Graduating in four years does have its benefits, but it is just one metric of student success which the University seems to overemphasize. There are many valid reasons that can cause students to need that extra semester or year, some of which are difficult to avoid.

Some students need the extra time due to difficulty with registration. The tense class registration process often leaves students wondering how they will get into the classes they need. UT has improved its registration process by assigning slots based on degree completion. Similar changes will be key to improving graduation rates down the road.

Others need more time because it took a while for them to figure out what they actually wanted as their major. An extra year can allow students to complete a second or even third major, a certificate, or even just allow them to figure out what they're doing with their life.

College is marketed as a four-year experience, but the education landscape is continuously evolving and that benchmark isn't as applicable as it once was. Nationally, about 56 percent of college students earn a degree within six years, according to a study conducted by National Student Clearinghouse. While UT's rates are markedly better than that average, it shows that four years may be too few for many students. Graduating in four years does have its benefits. Students who graduate "on time" typically have reduced student debt, and doing so helps keep a lower student population, which can lead to smaller class sizes.

In its quest to improve four-year graduation rates UT implemented a number of programs, one of which being the Interactive Degree

Audit. The degree audit is a valuable tool that keeps students informed with their degree progression. However, these initiatives should aim to help students learn all that they need to while on the 40 Acres rather than rushing them to the finish line.

There are many other metrics that the University can use to measure its own success, first-year student retention for example. UT has improved in this area over the past five years from 92 percent retention in 2010 to 95.5 percent in 2014 (a record for the school). That state shows that students are successfully navigating the pitfalls of their first year in school, which can be daunting.

Statistics like that are better suited to showcase the school's successes than four year graduation rates. The university needs to focus on providing the best education possible for its students, not push them out the door. The students who can graduate in four years will do so, and those who take longer will still be well prepared to face the world once they walk across the stage, diploma in hand.

Science Scene: Growth mindset correlates with success

By Keun-Woo Lee
@thedailytexan

Growth mindset is correlated with success, but it's not a quick fix for large-scale problems.

Growth mindset is the idea that intelligence is malleable, as opposed to fixed mindset, which suggests intelligence is finite and static. Growth mindset is the "it" concept of modern educational psychology — it improves learning outcomes for challenging material, as demonstrated by Stanford University psychologist Carol Dweck.

At UT-Austin, assistant psychology professor David Yeager conducts research refining the implications of growth mindset.

In a field experiment, Yeager demonstrated how

mindset interventions lead to increased academic achievement. At UT, all incoming freshmen are required to complete a web-based 30-minute "University mindset" activity at orientation. Students randomly receive a growth mindset version of the activity or a placebo version.

The results show students with the mindset intervention have a higher chance of completing at least twelve credit hours in their first semester. This effect was even greater for African-American students. According to the Journal of Experimental Social Psychology, African-American students tend to obtain lower grades than their white counterparts, even when entering college with equivalent test scores.

Research suggests a stereotype threat undermines their cognitive ability. Thus, this intervention has significant applications in countering stereotypes and closing achievement gaps.

Though this is an appealing concept, Yeager discourages growth mindset as the sole answer to these problems.

"Education is very fad driven because the problems feel very dire, so people are quick to latch onto anything that is promising," Yeager said. "It is true we have had great success in our experiments, but now a big concern is overuse, misuse and over-diagnosis."

Yeager said these issues are more complicated than they seem. "Growth mindset is often

misinterpreted as telling people to try harder," Yeager said. "It becomes a new excuse to blame people for their failure."

If not applied correctly, interventions might actually further inequality, according to Yeager.

"Advantaged people could then use growth mindset as a tool for making the argument that disadvantaged people are getting what they deserve," Yeager said.

Lisa Brown, course program specialist at the UT Charles A. Dana Center, works on growth mindset interventions. She incorporates mindset concepts into secondary math curriculums. Her work emphasizes the creation of learning communities.

"It's about providing a



Melanie Westfall | Daily Texan Staff

space for students to make mistakes, for them to feel challenged so students can become convinced they can become smarter by working harder," Brown said.

Brown collaborates with Agile Mind Inc. to implement interventions such as the Academic Youth Development programs and Intensified Algebra I programs. The programs are

in 500 schools in 12 states. Even though these programs have been initially successful, Brown acknowledged the risk of moving too quickly.

"We have to be really careful about not using those categories to marginalize students, or faculty for that matter," she said. "How do we keep a growth mindset about growth mindset?"

Recommended study hours may be unmanageable for some students

By Anusha Lalani
@thedailytexan

Nearly every student is familiar with the mantra that professors repeat during syllabus week, "For every one hour you are in class, students should spend two hours studying," — but this may not be practical for the average student.

The saying is a known campus guideline, and can even be found on the website for the UT course catalog. UT students averaging 15 hours of class a week should be accumulating 30 hours of preparation and work outside of class, creating a 45-hour work week. This could potentially mean nine hour days Monday through Friday, leaving little time for other activities.

Biology fifth-year senior Jake Greenfield, who said his schedule doesn't allow for that amount of time, started in community college at 29 and began attending UT at the age of 31.

"It is pretty tough for me to manage those kinds of hours," Greenfield said. "I'm involved with jobs and studying for the GRE. It is a challenge to juggle that kind of school workload if I am not just a student."

Greenfield said the course surveys used to evaluate professors at the end of the semester should question how many hours outside of class students spent on a particular course to get a more real-

istic view of the topic.

"I think that statement is very general," Greenfield said. "Every semester I have some classes where I can study 15 minutes for a class and others that I need to devote nine to 10 hours a week to."

Between meetings, classes and waiting tables, Greenfield, who usually leaves his apartment by 7 a.m. doesn't return until 11 p.m.

"I never thought I would be this busy," Greenfield said. "My philosophy professor told us we should expect to read our textbook 10 times that semester, which was pretty unrealistic."

Marketing lecturer Steven Brister said doing two hours of work for every one hour of class is a good guideline for an average week when students are planning time to study and prepare. His 90-minute class, which meets twice a week, has weekly reading assignments that require about 1.5 hours of work outside of class, as well as other projects and exams that will take up additional study time.

"Most students who don't do well on the exams have too many constraints in their time," Brister said. "There wasn't enough time for them to learn it all or keep up on the readings."

Brister said two hours for every one hour of class is manageable for the average student, but he acknowledged that many students are

involved in things outside of school, making it difficult to accomplish the recommended hours.

"Most students are heavily involved on and off campus, which results in trade-offs," Brister said. "Compared to when I was a student, life was a lot simpler with easier classes and less to do. The bar has been raised."

Religious studies sophomore Patrick Golden said he does not follow the "rule." He said that for certain courses at UT, students have to put in the practice every night to do the work, but for other classes he has found a way around the suggested two-hour requirement.

"This isn't manageable," Golden said. "Especially for students who come from families where they have to work or for students that want to be involved in student organizations or internships."

Golden typically stays busy with his five-hour-a-week internship, membership in two student organizations, volunteering at the Liberal Arts Honors office and hanging out with friends.

"I am taking Arabic right now, which is my first opportunity to put the two-hour rule into place," Golden said. "Most of the time I find a roundabout way to cheat the system. Homework becomes the backdrop of my day, everyday, since I live an 8 a.m. to 2 a.m. life."

Ask a nutrition student: I scream for ice cream

By Stacey Arnold
@thedailytexan

It's finally summer (and bikini season)! For a post-pool snack, should I choose frozen yogurt or ice cream?

—Searching for the scoop Summer means no school, sunshine and sweet treats. Unfortunately, the season also brings a dilemma: Should you maintain a swimsuit physique or indulge in creamy poolside snacks? Debate over the nutritional differences of frozen yogurt and ice cream has no doubt sprinkled your college career. Once and for all, let's churn out the differences.

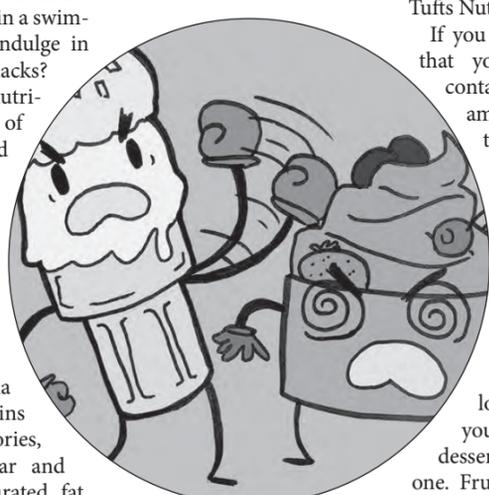
A half-cup portion of vanilla ice cream contains roughly 140 calories, 14 grams of sugar and 4.5 grams of saturated fat, according to the USDA National Nutrient Database.

Compare this to half a cup of vanilla soft-serve frozen yogurt, which has 114 calories, 17 grams of sugar and about 2.5 grams of saturated fat.

These are the stats for only four ounces, or a half-cup portion of frozen dessert — the size of a tennis ball. That's why it's easy to pack on the pounds. It's nearly impossible to keep a serving to that size when you eat straight out of the carton or visit a

self-serve frozen yogurt parlor. Trust me — I speak from experience.

Regardless of the quantity you consume, ice cream, per the USDA's definition, must contain at least 10 percent milk fat. Milk fat puts the "cream" in ice cream, which ups the saturated fat content and therefore, the calories.



but beware. The FDA does not standardize or regulate the definition of fro-yo. So although the FDA requires that yogurt contain good-for-your-gut bacteria strains, such as — get ready for it — Lactobacillus bulgaricus and Streptococcus thermophilus, frozen yogurt isn't required to have these, according to Tufts Nutrition Magazine.

If you want to be certain that your frozen yogurt contains a significant amount of yogurt cultures, look for a National Yogurt Association Live and Active Cultures seal.

A final sweet suggestion: Be mindful of toppings. Candies and sauces can add lots of calories. If you want to keep your dessert slim, just choose one. Fruit is a light option — though not the type in the sweet syrup! Or, if you're craving some crunch, ask for a tablespoon of nuts.

At the end of the day — or every meal — my advice is to choose light ice cream over full-fat, and be wary of placing a health halo around fro-yo. There's not much nutritional difference between light ice cream and frozen yogurt, so choose your favorite, but watch your portion sizes and toppings — pretty please, with a cherry on top!

Illustration by Issbella Palacios | Daily Texan Staff

UT to install its first living wall

By Kate Thackrey
@thedailytexan

Volunteers planted the future on May 16 when UT installed its first living wall on the north side of the architecture building.

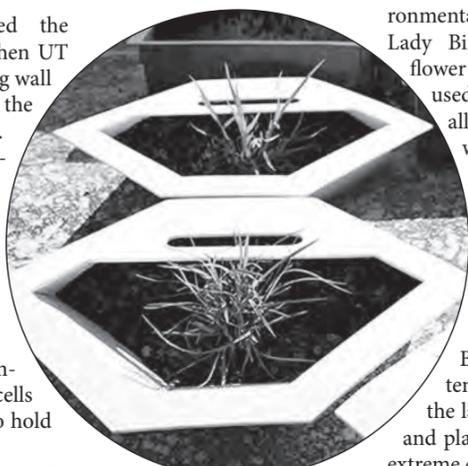
The wall has a honeycomb structure with a steel skeleton that holds plastic hexagonal pods with enough room for plants and their root systems.

The wall uses insertable plastic cells with enough room to hold plant root systems.

Danelle Briscoe, an assistant professor in the School of Architecture, has led research on the wall for the past five years.

"For the most part, you're going to be seeing something like a honeycomb wall that happens to have a plant system to it," Briscoe said.

She said she hopes that the wall will make students



think more about alternative ways to take care of the planet.

"Hopefully, it will let people see that when you talk about architecture, it doesn't have to mean concrete," Briscoe said. "This is a material that we can start to engage

with as architects."

Michelle Bright, an environmental designer at the Lady Bird Johnson Wildflower Center, said she used native plants from all over Texas for the wall pods.

"We're really lucky because here in Austin, we're close to a bunch of eco-regions where we're close to a lot of hardy plants," Bright said. "We often take cues from the landscape around us and plants that can handle extreme conditions."

Many plants work with others to survive, so Bright said she made pods that group species together according to how they grow in nature.

Photo by Joshua Guerra
Daily Texan Staff

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UT System students create study abroad app

By Vera Bernalova
@thedailytexan

A group of UT System students have created a new social networking app, Awayys, to help connect study abroad students to resources when they arrive in unfamiliar countries.

"Awayys is an app that brings the world together at a whole new level," said Doris Llamas, co-founder of the app and UT-El Paso senior.

The app helps travelers find people to hang out with by using a search engine with multiple filters. The app is synced with users' Facebook accounts to maintain authenticity, which also gives users the option of limiting their search to their social circle and to the social circle of their friends. The app lets users leave reviews of the places they've visited for other users

to read. Llamas said she came up with the idea for the app while studying abroad in

backpacking ... if you're by yourself over there, there's a lot of people that are also backpacking in the same ar-

Llamas said the app can also serve as a safety net for students.

"We believe that connecting to people from your community is essential," Llamas said. "Awayys can serve as a safety measure for students abroad, who, in case of any disaster, can find help and support wherever they are."

Harrison Crowl, an international relations and global studies sophomore, said he plans on studying abroad next year and thinks the app would be helpful.

"I think this app would be a great way for me to get in contact with other exchange students who might be outside my program and I wouldn't see otherwise," Crowl said.

The app is in its last stages of testing and should be released to the public by fall of 2016.

“Awayys can serve as a safety measure for students abroad, who, in case of any disaster, can find help and support wherever they are.”

-Doris Llamas
Co-founder of the app and UT-El Paso senior

Paris. "The concept of Awayys was born out of my own needs as an exchange student," Llamas said.

Diego Urrutia, an economics junior at UT-Austin and co-founder of the app, said the app allows travelers that wouldn't otherwise connect to do so.

"We've all been to Europe

as you are, but you don't necessarily meet up," Urrutia said. "Awayys will allow you to see those people you would have otherwise missed."

The app is particularly helpful for anyone traveling alone, not just study abroad students, allowing them to make friends during their trip, Urrutia said.



Economics junior Diego Urrutia co-founded the app Awayys, which aims to connect study abroad students to resources while they're exploring unfamiliar foreign countries. It will be available soon. Maddox Price | Daily Texan Staff

Researchers develop mosquito-killing algae to fight mosquito-related viruses

By Lawrence Goodwyn
@thedailytexan

UT researchers have biologically engineered a new algae that can kill mosquitoes during their larval stage. Molecular biology professor and principal investigator David Herrin, UT alumnus and principal researcher Seongjoon Kang and co-researcher Obed W. Odom have developed a new method for killing the mosquitoes by incorporating a synthetic version of a *Bacillus Thuringiensis israelensis* (BTI) gene into *Chlamydomonas green algae*. The BTI gene produces toxic Cry proteins that target mosquitoes.

Consumers will be able to apply the algae on a large scale via airplane, or in their backyards through methods such as spray-bottles, ac-

ording to Herrin.

The team set out to combat mosquito-linked disease six years ago, after Herrin was awarded part of a \$52 million grant for infectious disease research by the Bill & Melinda Gates Foundation. Scientists have engineered several synthetic genes that produce Cry proteins and placed them into algae to exterminate mosquito populations.

"The first two [genes] we had made by a company, and the last one Joon made himself in the lab," Herrin said. The team can produce three cry genes that each make proteins to target a different species of mosquito. Herrin is currently working on a fourth variation on the gene that would allow them to target even more species.

The team's algae should be effective against most household mosquito species in the U.S., including the *Aedes* genus, which carries Zika, West Nile Virus and dengue.

"The *Aedes aegypti* apparently is very common here in Texas, so Texas is in danger from these mosquitoes," Odom said.

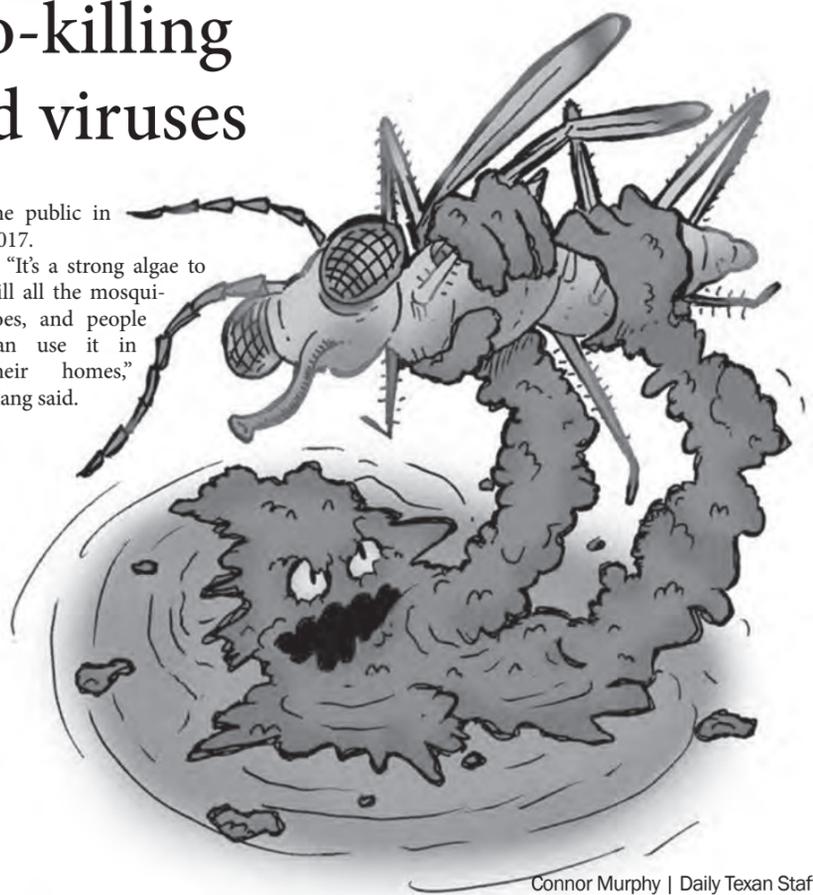
Though the team is pleased with the amount of Cry protein they can produce, they are trying to intensify the concentration of genes in the algae so that they can use less of it, according to Herrin.

"Anything that the mosquitoes are carrying, [the algae] should help," Odom said. "Anything that will wipe out the mosquitoes will prevent the transmission."

Herrin said he hopes the algae will be available to

the public in 2017.

"It's a strong algae to kill all the mosquitoes, and people can use it in their homes," Kang said.



Connor Murphy | Daily Texan Staff



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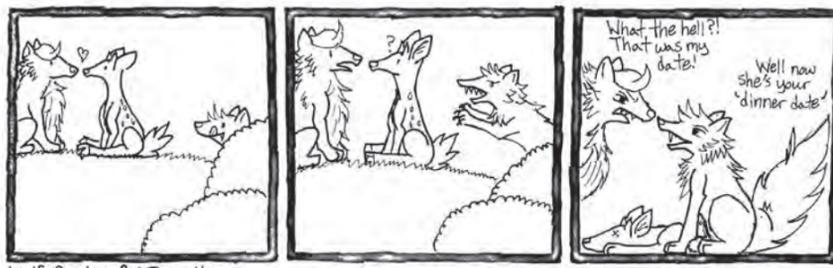
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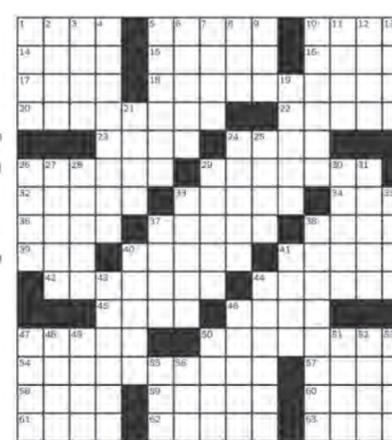
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6	3	7	8	5	1	4	9
5	9	8	3	1	4	6	2
7	1	4	2	9	6	5	8

The New York Times Crossword

Edited by Will Shortz No. 0418

- ACROSS**
- 1 Smooth-talking
 - 5 "___ and Punishment"
 - 10 Number in a quartet
 - 14 Capital of Italy
 - 15 Fable writer
 - 16 "___ Karenina"
 - 17 Send ___ errand
 - 18 *1938 Horse of the Year
 - 20 Relax
 - 22 Artificial jewelry
 - 23 Unsophisticated sort
 - 24 See 45-Across
 - 26 Actress/singer Pia
 - 29 Mensch
 - 32 Praise highly
 - 33 Scarlett O'Hara, for one
 - 34 "___ the land of the free ..."
 - 36 Window base
 - 37 Moolah ... or the makeup of the ends of the answers to the starred clues
 - 38 Lion's locks
 - 39 Bathwater tester
 - 40 "The Lorax" author
 - 41 About 39 inches, in England
 - 42 Onetime rival of Facebook
 - 44 Untrustworthy sort
 - 45 With 24-Across, body of water that's in four African countries
 - 46 Condé (magazine company)
 - 47 Watering spot in the desert
 - 50 KEY USED FOR THIS CLUE
 - 54 "Hunk
 - 57 Like most, businesses between 9 to 5
- DOWN**
- 1 Grasp, in slang
 - 2 Actress Anderson who was once married to 21-Down
 - 3 Popular desktop computer
 - 4 *Provide funds for
 - 5 Yellow-skinned melon
 - 6 Athlete/model Gabriele
 - 7 Dinesen who wrote "Out of Africa"
 - 8 Flash (fashion assembly)
 - 9 Prefix with -dermis
 - 10 Building front
 - 11 Burden
 - 12 Corporate division
 - 13 Put on a scale from 1 to 10, say
 - 19 *
 - 21 Actor Reynolds who was once married to 2-Down
 - 24 Pepsi and RC
 - 25 "Please" (operator's request)
 - 26 Varve
- ANSWER**
- KEY USED FOR THIS CLUE



- PUZZLE BY JANICE LUTHELL**
- 27 Universal name in Chicago politics
 - 28 Longtime name of "The People's Court"
 - 29 V fliers
 - 30 Farm animals that bult
 - 31 Romance or science fiction
 - 33 Actor Willis
 - 35 Fishing line holder
 - 37 A toucan has a colorful one
 - 38 "Bat Out of Hell" singer
 - 40 Jerk
 - 41 Pigsty
 - 43 Mini-burger
 - 44 Original judge on "The People's Court"
 - 46 Trustingly innocent
 - 47 Employee protection org.
 - 48 Part of a molecule
 - 49 Heavyweight wrestling
 - 50 Corp. money managers
 - 51 German auto, make
 - 52 Michael of "Arrested Development"
 - 53 Kentucky's Fort
 - 55 "Yuck!"
 - 56 To's partner
- Online subscriptions: Today's puzzle and more than 7,000 past puzzles, nytimes.com/crosswords (\$39.95 a year).
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 Crosswords for young solvers: nytimes.com/studentcrosswords.

TRACK AND FIELD

Courtney Okolo's success sets stage for Olympic Trials

By Leah Vann
@thedailytexan

On the finishing stretch of the 400 meters at the LSU Alumni Gold meet, senior Courtney Okolo knew something was different.

"I pushed myself on the first 200 like I never have before," Okolo said. "So when I was coming down the backstretch I thought: 'Either I'm really out of shape, or I'm running really fast.'"

Crossing the line, she looked up at the clock and breathed a sigh of relief. Okolo had clocked in at 49.71 seconds, making herself the first collegiate to run a sub-50. (This excludes Natasha Hastings, a member of the USA Olympic 4x400 meter relay team that won gold in 2008. She ran 49.86 seconds during her collegiate career at the USATF Championships, but it was not a collegiate meet.)

"I knew with the way training was going, I was capable of running a 48.6, so it came out almost right," Okolo said. With this run, Okolo now holds three of the top six

fastest 400 times in collegiate history. She was named USATF Athlete of the Week on April 28 and remains on the list for the Bowerman Award.

Okolo's success comes as no surprise to others. Her career began during the spring of her freshman year at Newman Smith High School in Carrollton, Texas.

"I knew by the second day of practice she was going to be a once in a lifetime athlete," Okolo's head high school track coach Tim Busby said.

Okolo had dreamed of being the next Carmelita Jeter, running the 100 meter dash in a USA uniform at the Olympics. Busby saw otherwise.

"We build our program around our 400 runners," Busby said, "She had the speed and build for it."

Busby was right — Okolo won 4A state titles in the 400 meters during her sophomore, junior and senior seasons and still holds the state record with a time of 52.4 seconds. Okolo was the "cheat code" to Newman Smith's 4x400 meter relay, sneaking



Okolo won 4A state titles in the 400 meters during her sophomore, junior and senior seasons and still holds the Texas state record in the 400 meters with a time of 52.4 seconds. Rachel Zein | Daily Texan Staff

up from third place to seize first on the last stretch during the state championship her senior year.

Although she qualified for the Olympic trials in 2012, she chose to skip the trip and wait for the next opportunity.

Now, Okolo will be in contention to earn a spot on Team USA at the Olympic trials this July. She has even worn the USA uniform before. In March, Okolo competed as a member of the

USA women's 4x400 meter relay at the indoor world championships with Hastings, Quenera Hayes and former Longhorn Ashley Spencer. At third leg, Okolo clocked in with the fastest time of 50.71 seconds, earning her first USA gold.

"The world meet is like a business," Okolo said, "Being in the presence of those amazing athletes was an eye opener to what I want in the future."

Associate head coach Tonja Bailey will spend the summer training Okolo for the trials.

"I've been on three Olympic teams and the hardest part is making it through the trials," Bailey said. "Those three days are really tough mentally and physically. She ran that 49.71 uncontested, so I think she can run faster against stronger competition."

SIDELINE FALL FOOTBALL

Sept. 4
vs. Notre Dame

Sept. 10
vs. UTEP

Sept. 17
@ Cal Berkeley

Oct. 1
@ Oklahoma State

Oct. 8
vs. Oklahoma
@ Dallas

Oct. 15
vs. Iowa State

Oct. 22
@ Kansas State

Oct. 29
vs. Baylor

Nov. 5
@ Texas Tech

Nov. 12
vs. West Virginia

Nov. 19
@ Kansas

Nov. 25
vs. TCU

WOMEN'S BASKETBALL

Double-Teamed: Twin sisters to reunite on court

By Jasmine Johnson
@thedailytexan

In 2012, Khaléann and Audrey Ann Caron-Goudreau lined up for a one-on-one drill at a Team Canada practice. The battle was rough from the beginning, but ended when Audrey hit the floor holding her neck.

"I punched her in the throat, and she couldn't breathe," Khaléann said. "She was on the ground, like dying. I didn't do it on purpose."

The competitive play would have seemed like just another day at practice, except Khaléann and Audrey Ann were not only fraternal twin sisters, but also best friends.

Since they started playing basketball at 10 years old, the one-on-one drill was one of the few instances in which the sisters faced each other.

By the time they reached their sophomore year of high school, Khaléann and Audrey's parents decided to make a move for the girls' basketball careers. Their mom, Myrienne Caron, was a bit more reluctant to make the move from Quebec to Florida. But their dad, Daniel Goudreau, said he doesn't have any regrets about enrolling the girls at IMG Academy in Bradenton, Florida.

"I knew that they'd be best suited over there," Daniel said. "It paid off very, very well."

During their time at IMG

— which Audrey Ann describes as the best years of her career — the girls made enough of an impression to earn scholarships to Vanderbilt.

But after two seasons there, the girls said it was time for a change.

Their next school came down to a decision between Kansas State and Texas. Kansas State had two scholarship offers. Texas only had one. But Texas had something Khaléann felt the Wildcats couldn't offer.

"My goal is to win a national championship," Khaléann said. "I know with this team, what we can accomplish. It's not even a dream. I know we can get there."

Once the sisters agreed on Texas, they still had to choose which one would get the scholarship. Khaléann had only played in two games her last season at Vanderbilt, so the family was hoping she'd be granted immediate eligibility and be able to play the 2015-16 season.

In the meantime, Audrey Ann played for Gulf Coast State College in Florida, where she was named Co-MVP of the National Junior College Athletic Association Division I National Championship.

Audrey Ann noted the odd nature of her journey. According to her, going from a Division I school to a junior college back to a Division I was untraditional, but certainly worth it.

"I don't regret it at all," Au-

“My goal is to win a national championship. I know with this team, what we can accomplish, It's not even a dream. I know we can get there”

-Khaléann Caron-Goudreau

drey Ann said. "It was such a great experience, and I got a lot of confidence because of the shooting coach I had over there."

After a year apart — the longest the pair has ever been separated — their dad now looks forward to the girls reuniting on the court.

"For me, it is a dream come true," Daniel said. "I always dreamt of playing for Texas when I was a younger age. But I never got the chance or had the talent they have."

Like their father, the girls are excited to be teammates again. But more importantly, they are happy to be together again. After a 13-hour drive from Florida to Austin on May 3, the twins are finally reunited.

"It was so good to see her this morning," Audrey Ann said. "I felt complete again. Like I have my best friend back."

FOOTBALL

Longhorn Hassan Ridgeway drafted No. 116 to Indianapolis Colts



Hassan Ridgeway skipped his senior season at Texas to enter the NFL draft. Ridgeway was drafted 116th overall to the Indianapolis Colts on April 30. Daulton Venglar | Daily Texan Staff

By Keun-Woo Lee
@thedailytexan

The wait spanned more than 41 hours, but Hassan Ridgeway finally heard his name called early afternoon on April 30.

"[Waiting] was rough," Ridgeway said. "I wouldn't put my worst enemy through that ... The team that wanted me the most got me ... Obviously that's the best place you want to go to, an organization that sees you as a good fit for them too."

The Texas defensive tackle was selected by the Indianapolis Colts with the 116th pick in the NFL draft. Ridgeway brings his talents to a defensive unit that struggled last season. The Colts ranked seventh worst in the NFL in yards allowed per game and eighth worst in points allowed per game.

"This could be a really good pick if [the Colts] can get the most out of Ridgeway," ESPN analyst Todd McShay said during the draft broadcast. "They just got a second round talent in the fourth round. They need to develop him and keep him on the straight and narrow." In his breakout sophomore season at Texas, Ridgeway

collected six sacks and 11 tackles for a loss, becoming an interior pass rushing threat alongside former Longhorn Malcom Brown. In part due to injury, Ridgeway had a less impressive junior campaign, finishing with 3.5 sacks and 6.5 tackles for a loss.

The 6-foot-4, 307-pound defensive tackle decided to forgo his senior season at Texas after receiving a second round grade from the NFL's College Advisory Committee. To the surprise of many though, Ridgeway fell to the fourth round.

"As a pass rusher, he's got to work on his hands," McShay said. "Got a lot of work to do technically. But he's got flashes on tape of bull rushing and overwhelming power. There's concerns about the durability. This past year he had a shoulder injury, a back injury and an ankle injury. There's concerns about him taking care of himself off the field too."

Despite being picked later than expected, Ridgeway said he's still excited by the opportunity. He said talking with Brown, who was picked in the first round of last year's draft by the New England Patriots, put things in perspec-

tive. "It doesn't matter where you go," Ridgeway said regarding what he learned from Brown. "You made it to the NFL, what are you going to do with it now. The motivation was every pick that went in front of me."

Prior to the draft, Texas defensive coordinator Vance Bedford spoke highly of Ridgeway's NFL potential.

"I think he has the ability to be a special talent," Bedford said. "He's gotten better every single week. He is a guy that is growing, developing, he's learning how to play the football game, and I think his future could be bright."

Ridgeway was the only Longhorn to be selected in the draft, keeping Texas from going without a draft pick for the second time in three years.

After the draft, receivers Marcus Johnson and Daje Johnson were signed as undrafted free agents by the Philadelphia Eagles and the Atlanta Falcons, respectively. Defensive end Shiro Davis was signed by the Washington Redskins. Cornerback Duke Thomas signed with the Houston Texans and kicker Nick Rose signed with the Atlanta Falcons.

UT SPORTS

RUNNING BACKS

continues from page 1

Jefferson said. "Those guys run downhill and we meet them in the middle like everyone else will."

But even more important than their style of running is their consistency of running. Last year, Foreman and Warren averaged 7.2 and 6.6 yards per carry respectively. And those numbers, along with an increase in the number of carries, will go a long way for the Longhorns' offense.

It puts the offense in a favorable spot on second down. It forces the defense to play up and focus on the run, opening up the potential for the long ball. And, most importantly, it keeps the quarterback, whoever it might be, from thinking he has to do it all, taking a load of pressure off of the position.

Of course, how successful this season is will still depend on how the quarterback performs. The Longhorns had

a trio of talented running backs — Malcolm Brown, Joe Bergeron and Johnathan Gray — in 2012 and 2013, but went 8-4 in both years because Case McCoy and David Ash each had their struggles at the position.

But Texas can give whoever is named the starting quarterback a big help by giving opposing defenses a big helping of Foreman and Warren.

MEN'S BASKETBALL

Men in Black male basketball squad demonstrates gender equality in sports

By Elizabeth Hlavinka
@thedailytexan

When the UT women's basketball team played Baylor, they drew enough fans to open the top level of the stadium for the first time at a women's basketball game. But every game this season, a group of their most dedicated supporters could be found front and center — fans who call themselves the Men in Black.

For every practice this year, the Men in Black, an all-male group of the most talented recreational basketball players on campus, trained and competed with the women's basketball team. The squad exists to better the skills of the men and women participating and to encourage gender equality in the sport.

Blaine Bowman, the sports management graduate student in charge of the Men in Black, practiced with the girls for two years before taking a leadership position with the team. He said playing with the girls has inspired him to coach women's basketball as a career.

Bowman was drawn to the differences in their game. Men are on average taller and larger and can use their strength against the opposition. Women, on the other hand, have to play more fundamentally soundly, with a greater focus on strategy.

"They're two completely different games," Bowman said. "The girls had an amazing season [and] made their mark in history this year. [But] the men's sports get the glamour."

Senior guard Empress Davenport has been playing against the Men in Black

for all four years of her college career. As a player who began her basketball career with boys, she said practicing with the men's squad wasn't new to her.

"They come in, and they think, 'We can beat them, they're just girls,' but we're just as competitive, and we're just as good as them," Davenport said. "Getting my teammates to know we can beat them was a big thing for me — they're only guys, and we can beat them."

The women's basketball team has a significantly smaller fan base attending their games. According to a Texas Sports study by AngelouEconomics, the women generated, on average, 4,753 attendees per game, while the men generated 9,979. Accounting for hotel, retail, restaurant and transportation spending, the men's basketball team was responsible for generating 82 percent of revenue, whereas the women's team was responsible for 18 percent.

Bowman said this is due in part to the more flashier nature of men's basketball. For example, women typically don't dunk, which excites a crowd. Although the team qualified for the Elite 8 this year, Bowman said most fans didn't follow the team's progression throughout the season.

"The girls deserve this type of [Baylor] crowd every game, just because of how hard they work," Bowman said. "It was the first time I [thought] there could be a bright future for women's athletics."

The women's basketball team has struggled with representation issues for the past 100 years. It wasn't until 1967

that a group of female UT students formed an official basketball club, sewing their own uniforms and paying for their own travel expenses. Then, in 1972, Title IX was passed, and a few years later, in 1975, the University hired Donna Lopiano as its first women's athletic director. The women's basketball team was officially recognized shortly thereafter.

The women's team has been playing with the Men in Black since head coach Karen Aston took her position. Now, Men in Black consists of about 20 players, dressed in black jerseys, who attend each practice. Each fall, assistant coach George Washington and recruiting video coordinator Mark Recoulley scout players for the squad at basketball hubs on campus, such as the Gregory Gymnasium.

Washington said before each scrimmage, Bowman teaches the Men in Black the strategies and strengths of the women's team's biggest rivals so they can directly emulate their playing style. One player in the squad, for example, might play with the style of a Baylor point guard. "Any guy that's practiced with us soon realizes our girls are pretty good and this is serious," Washington said. "They realize how much work our girls put in [and that] women's basketball is something to be respected."

The differences in the games extend to more than the fan base and styles of play. Undeclared sophomore Terry Woodard, a member of the Men in Black, said the NCAA sometimes tests changes in regulations in the women's league before implementing them into the men's.



The Men in Black basketball practice team consists of some of the most talented recreational basketball players on campus. Mike McGraw | Daily Texan Staff

Because of this, women now play four quarters and men play two halves each game. Previously, the WNBA considered lowering the rims for women's basketball games to compensate for the size difference. Woodard said the only fundamental difference between men's and women's competition is their sex, and that some of the girls are still taller than him and other practice team members.

"I get that women's [basketball] isn't as popular and they don't dunk as much," Woodard said. "But I didn't

think [lowering the rims] was going to change that. It's kind of disrespectful. I think it's unfair they're using the women to test the rules." Today, the Men in Black and the women's team are rivals on the court. But outside of practice, they have developed what Washington called a "brother-sister relationship." Members of the Men in Black have attended every game this season, cheering on the women's team, their friends and teammates — equals in athleticism and talent.

"We're all friendly, and

we all love each other, but when we get between the lines, it's wartime," Davenport said. "It's us against them." Kinesiology senior Ryan Wright, who also leads the Men in Black, said the team is like a family, and that regardless of gender, they can compete and support each other equally.

"It's important that you support each other in the same way you would want to be supported," Wright said. "If you want someone to see you do well, you have to show the same support for someone else."



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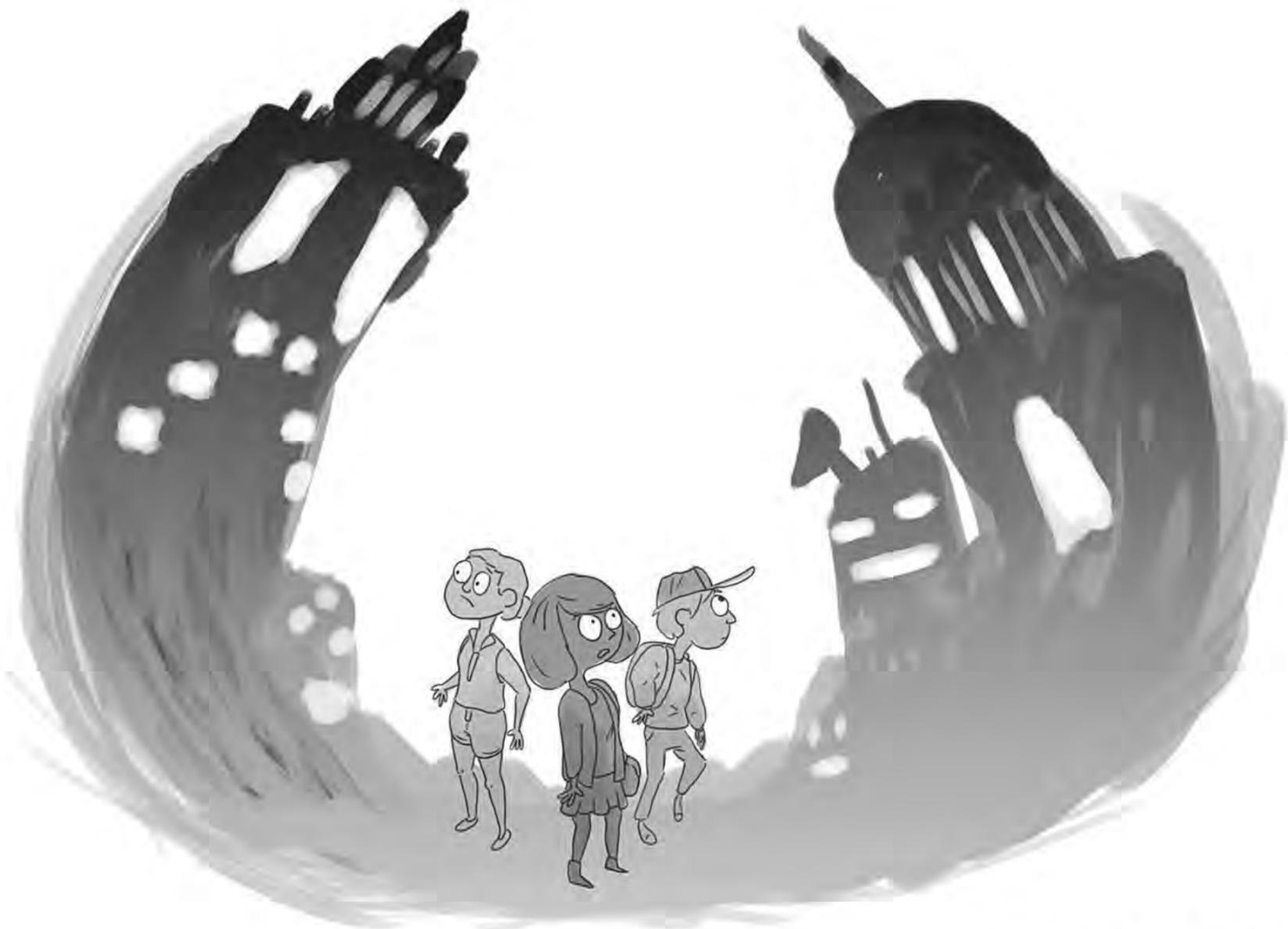
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Illustrations by Connor Murphy | Daily Texan Staff

Freshman year 101: the basics

By Cat Cardenas & Marisa Charpentier
@thedailytexan

After loading up your car for move-in day, your parents probably flooded you with college advice between the goodbye tears. While they might be able offer advice about laundry and money management, it's been a few years since they've hit the books. Here's the real skinny on how to traverse freshman year from actual UT students.



Class Tips

- Check out sites such as MyEdu and Rate My Professors when class registration comes up again. Knowing how different teachers grade, how their classes are structured and how easy other students thought the course was will help you find the right class.

- Don't stress if your grades aren't what they were in high school. College is more difficult, especially when you are adjusting to a new environment and different teaching techniques. If you need extra help, check out the free tutoring available at Sanger Learning Center. Each student gets five free one-on-one sessions each semester, and drop-in tutoring is free for all students.

- UT offers more than 450 different study abroad programs. Visit the study abroad website to find programs in your major, and visit the Study Abroad Fair on Wednesday, Sept. 9 at Gregory Plaza.

Matty Ice @DJmattmart01
go to class

Bobby @bobadont
Take classes that interest you...even if they aren't part of your Major.

Rob-T @RRTorres73
If you're not a morning person don't schedule 8am classes. #KnowThyself



Dorm Life

- Make your overly-cramped dorm an excuse to explore the city. With a different festival or event going on every weekend, you'll almost always have something to do. From poetry slams, comedy, improv and concerts, there's something here for everyone.

- Don't lose your key or student ID or forget it in your room. UT will start charging you after the fourth time.

- The Freshmen Fifteen is real, so be careful with your meals. Try to make your own food in the morning so you can save your Dine In dollars and Bevo Bucks for lunch and dinner. Be sure to check which on-campus dining places take Bevo Bucks and which take Dine In Dollars because your money can run out quickly.

- Be aware of campus dining schedules. They're not all the same, and nothing's more disappointing than walking across campus with an empty stomach to a closed dining hall.

- If you're planning on moving off campus in the future, plan early. West campus is a prime location for student living, and people start signing leases for the following year as early as October.



Connecting to Campus

- Check out the organization fairs throughout the year. Party on the Plaza, an event where students promote their organizations, takes place Sept. 2 at the Gregory Gym Plaza. UT has over 1,100 student organizations. Attending information sessions and trying out different clubs is a guaranteed way to make friends.

- If you don't find one you like, start your own. Check out the full list of student organizations on HornsLink.

- Understand that no one has friends during Moov-In week. Reach out to classmates online and in person. Campus Facebook groups can be helpful for finding people who share similar interests, hear about cool events on and off campus and buy and sell items you might need throughout the year. And don't be afraid to befriend upperclassmen, too.

Heidi @chippers87
use the librarians. USE THE LIBRARIANS.



Health & Safety

- Don't pull consecutive all-nighters. Every once in a while might work depending on your needs, but sleep is a must.

- Use the University Health Center — appointments are usually only \$10. If you are having health issues or feel like you need to talk to someone, the faculty is always there to listen.

- Set aside time to chill. Between classes, take a break in the Union recliners or nap on the second floor of the SAC.

- Anxiety is the number one mental health concern college students face. Don't brush it off. If you can't talk to a friend or family member about it, visit UT's Mental Health Center or, if it's urgent, call CMHC's Crisis Helpline at (512) 471-3515. The services are confidential and great when you need to let college or life stress off your chest.

- If you go to parties, you should always have someone you can count on to be there with you. If things get weird or you're ready to leave, you won't have to head out into the Austin streets alone.

facebook.



Abigail Fonseca
Don't be afraid of the university health center. It's full of really nice people.



Luis Barrientos
If it's raining, do NOT STEP ON THE PAINTED CURBS! They are so slippery.



Maggie Oxman
Also take every free tshirt you can

Chickpeas offer healthy alternative to many snacks

By Elisabeth Dillon
@thedailytexan

Hummus may be the go-to snack for many students, but its main ingredient often goes overlooked by the average consumer.

Chickpeas, also known as garbanzo beans, belong to the legume family, meaning they're related to lentils, peanuts and many varieties of beans. Legumes can lower a person's risk of heart disease, and chickpeas themselves offer other key nutritional boosts. High in fiber and protein, chickpeas are popular in vegan and vegetarian diets.

Chickpeas also contain 10 different vitamins, including folate, which aids in the development of red blood cells and potentially wards off birth defects. Three tablespoons of chickpeas provides roughly the same amount of potassium as a small banana. Chickpeas can be bought dried or in cans that typically list salt and other preservatives in the ingredients list. Canned chickpeas are lower in nutrition because of the canning and storing process. When dealing with dried chickpeas, they must be soaked and slowly cooked in boiling water.

Chickpea snacks can also be found lining the shelves of grocery stores — a more recent phenomenon for the bite-sized balls of protein. Many of the snacks involve roasted, crunchy chickpeas with added spices and herbs for flavor.

Skip the prepackaged snacks, however, and make your own crunchy chickpeas at home. Simply toss soft chickpeas in olive oil, salt and preferred seasonings, and then place them in an oven preheated to 425 degrees. Stir and rotate the pan a few times, then enjoy



Elisabeth Dillon | Daily Texan Staff

a healthy, homemade snack. Also, try using roasted chickpeas as crouton substitutes in salads or as taco toppers for some extra texture.

Chickpeas also make for a great dessert. The savory flavor of the beans can be masked by cocoa powder, vanilla extract and nut butters to create a healthier alternative to cookies and brownies. Many chickpea-based desserts also require little effort — just grab a blender or a food processor, and you're well on your way to a sweet and guilt-free treat.

Chickpea flour, also known as gram flour, comes from ground chickpeas. It is a naturally gluten-free flour that can also be used for baked goods — both sweet and savory. Try it in falafel or for your next pizza night. For sweeter uses, stick to using it in dishes that have stronger flavors, such as chocolate or peanut butter.

For more savory options, try adding chickpeas to your next pot of soup, or grab a good amount of spring vegetables, and stir-fry them with the chickpeas. Toss the finished mixture with some millet for a warm salad sure

to fill up your stomach.

Chickpeas are also the star of the show when it comes to hummus. With the help of a blender and a few other ingredients, you can have fresh hummus in less than five minutes.

RECIPE

Ingredients:

- 1 16 oz. can chickpeas, drained and rinsed
- 1/2 cup water
- 1/4 cup extra virgin olive oil, plus more to top
- 3 cloves garlic
- 1/2 lemon, juiced
- 1 tablespoon tahini or peanut butter
- 1/4 teaspoon salt
- 1/2 teaspoon red pepper flakes

Directions:

Place all ingredients in a blender and blend until smooth. If too thick, add more water.

Serve and enjoy!

LEADERSHIP EDUCATION continues from page 2

Government senior Bernie Paredes said the program should emphasize skills such as résumé writing and business etiquette.

"I think it would be more beneficial if it taught skills like professional development," said Paredes, who is a peer leader educator in the Leadership and Ethics Institute. "Leadership cannot be

taught; it has to be gained from a hands-on experience."

Cucolo said UT-Austin's signature UGS courses already form the "nucleus" of the chancellor's vision for the implementation of the core curriculum and may be a good candidate for a hybrid curriculum. He said the program would aim for a high

level of rigor and promised it would not delay graduation.

"I've done a cursory review of what other institutions are calling 'leadership education' — and frankly, some of it is quite lacking," Cucolo said. "We're talking about something disciplined, relevant, meaningful and something we hope will stick with the individual."

BUS HOURS continues from page 1

are funded through its police department and parking and transportation department.

At UC-Berkeley, the late-night walk program pays student employees about \$12.50 an hour and runs 7 days a week from 9 p.m. to 3 a.m., which Alfano said costs about \$150,000 a year. UC-Berkeley also pays for a late-night shuttle service through its transportation department, but the cost was unavailable.

"Tell [the University] to take 5 percent off the next home game ticket sale, and they can probably afford to run this program," Alfano said.

UT's SURE Walk, which provides walks accompanied by unpaid volunteers from campus to the West and North Campus areas, saw a 400 percent increase in users following Weiser's death. The University said it plans to provide resources to the previously inconsistent student-

run program.

The campus shuttle service at UT runs from 7 a.m. to 11 p.m. and receives about \$6 million a year in funding, according to financial documents from the Student Services Budget Committee, which oversees allocations for the service.

Blanca Gamez, assistant director of transportation and administrative services, said UT previously had a late-night shuttle service, but it was not used frequently.

"Often times, we were carrying one or two students," Gamez said. "So, as the operating expenses continue to increase, and the SSBC remains firm on the amount of money they give us each year, the shuttle service gets cut."

However, Gamez said PTS is working with Student Government to implement the program by the fall semester, which would require additional funding outside of the SSBC allocation. Gamez

“The 40 Acres is our home, and it's a place where we should be able to walk and feel free, safe and be able to walk all the time.”

-Dylan Adkins
Business Sophomore

said she could not give an estimate as to how much funding the program would need. Adkins, business sophomore and co-author of the resolution, said students deserve to see their tuition dollars used to ensure safety on campus.

"Instead of studying, we are fearing about how late we should stay and go to home," Adkins said. "The 40 Acres is our home, and it's a place where we should be able to walk and feel free, safe and be able to walk all the time."

INFLUENTIAL PEOPLE continues from page 1

Others featured on the list include Hillary Clinton, Ted Cruz, Stephen Curry, Pope Francis and Vladimir Putin.

Each alumnus on the list has accomplished a great deal in their career.

Alan Stern led the NASA mission that sent a spacecraft to Pluto. Darren Walker runs the second largest philanthropic organization in the

country. Jordan Spieth won both the Masters and the U.S. Open in 2015. Diane Natalicio is transforming the model for teaching students in the 21st century.

"Seeing UT alumni do great things in the world reminds me that we all have a potential to do great things as well," psychology sophomore Justin Fogarty said.

Susswein said the four alumni on the list are only a fraction of the total number of successful UT graduates.

"I think it reflects the achievements of our thousands upon thousands of alumni," Susswein said. "We enroll a lot of talented and smart people, and we help them achieve their potential."

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Internships offer real-world experience for film students

By Alex Pelham
@thedailytexan

Although there are a number of directors who didn't attend college, such as Quentin Tarantino and Stanley Kubrick, not all aspiring movie makers can simply pick up a camera and make it big.

As competition to write, direct and produce movies becomes more and more competitive, film schools across the country urge their students to gain real-world experience.

Film students hunt for internships to gain practical experience in the field. When they perform various tasks, such as editing footage or handling equipment, students see how filmmakers handle pre-production and post-production work.

Radio-television-film senior Lucas Doyle reads scripts, delivers packages and runs errands for his internship with production studio Arts + Labor. He said it's crucial to work closely with people in the industry because they help guide students through the do's and don'ts of filmmaking.

"You can work on your own stuff as much as possible or be on set as much as possible, but it's always helpful to see how professionals do it," Doyle said. "It's important to know what's ahead of you."

Anne Lewis, a senior radio-television-film lecturer and documentary filmmaker, said she learned to edit mainly by watching other editors work. She advised students to look into organizations, such as the Austin Film Society, that help students make useful industry contacts.



Connor Murphy | Daily Texan Staff

She said students should apply for UTLA — a program in which students spend a semester attending classes in Los Angeles and interning for a number of production companies.

"Getting out in the field from the very beginning is very valuable for students," Lewis said. "It's exposure to how things actually function in the real world."

Radio-television-film senior Kelsey Duncan works as an assistant editor and production assistant at independent film production company Alpheus Media. She said her internship helped her learn editing software and make useful contacts with potential employers. She also said internships help film students who are not as technically skilled at using cameras or editing footage.

"There are a lot of people who come into college with experience," Duncan said. "There are people who don't have internships, but they know more than I could ever

think about cameras and directing. For me, [interning] was a really great choice, and I'm glad I did it."

Lewis said working for bigger companies doesn't necessarily guarantee learning everything there is to know about film. She said large production companies look appealing and help students gain useful contacts, but independent studios offer students the freedom to learn skills in various aspects of film, such as editing and cinematography.

"There are advantages to working for a small company," Lewis said. "You probably get to do more than working for a large company, where you would be confined to one area."

Doyle said he appreciates working at Arts + Labor and feels he's receiving training for what he hopes to do for the rest of his career.

"It's nice to see what's actually going to be expected once you graduate and the day-to-day routine for the position I want," Doyle said.

UT Farm Stand brings fresh Austin produce to UT's East Mall



Joshua Guerra | Daily Texan Staff

By Stephen Acevedo
@thedailytexan

With an abundance of restaurants and a shortage of grocery stores around UT's campus, it is difficult for students to find convenient healthy food options. UT Farm Stand is working to change that.

UT Farm Stand is a monthly market that brings fresh produce to the 40 Acres from various local farms around Austin.

Mijal Grosman, UT Farm Stand materials coordinator and a geography senior, said the idea for UT Farm Stand came from conversations about how students don't have easy access to local organic food. With the help of the Division of Housing and Food Services, the group polled students to gauge their interest in bringing a farmers' market-type event to campus.

"A lot of people expressed interest but also assumed that organic food was either too expensive or difficult to get," Grosman said. "Those misconceptions are what really pushed us to start developing the idea more that became UT Farm Stand."

Neil Kaufman, DHFS sustainability coordinator and UT Farm Stand staff advisor, said the event is not quite a farmers' market. Instead of having farmers present to sell their products, the stand

brings in student volunteers to serve as the market's vendors.

UT Farm Stand held its first event at the end of February in the East Mall on campus, and Kaufman said the turnout was great.

"The first event totally blew away our expectations," Kaufman said. "We had a line of about 50 people the whole time waiting for an opportunity to buy our produce. While we don't want people having to wait in a long line at future events, we were excited that the folks in the line were enthusiastic and happy enough to wait for our produce."

Kaufman said UT Farm Stand is more of an educational experience than a business.

"For us, it's not just about doing the work," Kaufman said. "We train our volunteers to educate them about the vendors and why buying local food is important so they can share that information with our patrons. Our main intention is to have customers walk away with a better understanding and appreciation for buying local produce."

Chemistry sophomore Joshua McCauley said his first UT Farm Stand experience was both fun and practical.

"It was a really beautiful event, and everything was

priced really well," McCauley said. "The only disappointing part was the long line, but it wasn't enough to ruin the experience for me, and hopefully they'll have that problem solved by the next event." While the farm stand wants to distinguish itself from other produce services on campus like UT Microfarm and Farm to Work, it does not consider the others to be competition.

"What we do differently is offer an aggregation of different farmers from around Austin," Kaufman said. "We may only hold one event per month currently, but we offer a bit more variety at the events. That being said, we are very encouraging of other events like ours because we are all advocating for the same thing. We even include Microfarm as one of the vendors at our events."

While the stand might expand to include meat and dairy products or cooking demonstrations, Grosman said the project's primary goal is to become a weekly event.

"I would love to see Farm Stand become something students can rely on for healthy groceries on a weekly basis," Grosman said. "I want them to be able to opt out of buying conventional food or food from large companies that don't support the local economy if they desire."

Students Need More Sleep Trending

School, work, the smartphone culture and uncomfortable sleeping arrangements are causing students to stay up late, wake up early, and power through the day on caffeine. Sleep deprivation is a real condition among students and has some serious consequences including depression, anxiety, physical health problems, and even academic difficulties.

Sleep deprived students are at risk for impaired memory, lack of motivation, and poor judgment. Sleep is extremely important for brain development and plays a key role in creating memories and defragmentation. This has a direct impact on a student's performance and mood. Studies have found that students who get quality sleep get higher grades than those who do not.

The more quality sleep a student gets, the better they will perform and the happier they will be, ultimately improving their college experience. Here are some tips on how to get more quality sleep: study at a reasonable hour, avoid caffeine and bright electronics prior to bed, keep your bedroom quiet, dark and cool, sleep on a comfortable mattress, and write down three things you are grateful for, every night.

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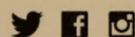
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