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STUDENT-RUN NEWSPAPER FOR UNIVERSITY OF THE INCARNATE WORD

EST. 1935

# Logos

## Med, pharmacy schools tackle 'food desert,' diversity

Special to the Logos

The School of Osteopathic Medicine has partnered with community health leaders to get rid of a "food desert" on the south side of town by making fresh, affordable produce more accessible.

And the John and Rita Feik School

of Pharmacy is receiving a \$15,000 grant from the National Association of Chain Drug Stores Foundation based on its current or proposed diversity program to advance pharmacy education in underrepresented populations.

The pharmacy school will provide its at-risk minority students with a "Pharmacy Readiness Program" during the summer prior to their first year in pharmacy school. The program features an innovative "group immersion" strategy followed by

peer mentoring throughout the Doctor of Pharmacy program to increase retention.

The osteopathic medical school located at City Base did a recent study that discovered a "food desert" existed when it comes to access to

Jump 'Med, pharmacy' page 2

## Fashion students shine at 'Cutting Edge'

Victoria O'Connor / Managing Editor

Senior fashion students ended Fiesta in style as they premiered their custom designs at the 39th annual "Cutting Edge Fiesta Fashion Show" Monday, April 29, at McNay Art Museum.

This student-run fashion show showcases collections the senior fashion design students at the University of the Incarnate Word have been working on all year in a capstone course as well as concept boards presented by product development students.

Industry professionals judge each collection and garment based on construction and design. Since 1980, the "Cutting Edge" has been an official San Antonio Fiesta tradition that raises money for scholarships towards the Fashion Management program.

This year's show featured three collections: "Tell Me Sweet Butterflies" by Veronica Carre-



Jump 'Fashion students' page 2

Models sport several fashion designs from three collections conceived by UIW seniors April 29 at McNay Art Museum.

Victoria O'Connor / PHOTO

## 'True' story: Student tries legal medicinal CBD

CBD, one of the active-ingredients in marijuana, was made legal for public use on a federal level following the 2018 Farm Bill.

"On April 5, they declassified hemp in the state of Texas and on Dec. 20 the new 2018 Farm Bill Act actually took it off Schedule 1," said Vincent Gabriel, owner of CBD American Shaman in San Antonio. "Because hemp was always an agriculture product and that allowed it to be legal in all 50 states and now farmers can grow a lot more as well."

The bill allowed hemp, which is defined in the bill as the cannabis plant, to be grown and sold openly provided the hemp does not contain more than .3 percent of THC, the other primary active-ingredient in marijuana known for its psychoactive properties.

With such a low percentage of THC, hemp cannot get individuals the "high" commonly associated with marijuana; instead it comes with a slew of potentially helpful medicinal effects. These potential effects are said to include treatments for depression and anxiety, insomnia, pain relief, acne, epilepsy, Parkinson's disease, high blood pressure and even the side effects of cancer treatments.

So how does CBD work? It releases a natural chemical that our bodies make on their own called 2-Arachidonoylglycerol or 2-AG for short.

"The best way to explain CBD really simply, what it does, is your body is already making cannabinoids called 2-AG and what it does is wake those receptors up and tells your body that something is wrong," Gabriel

explained. "Your body tries to put itself back into homeostasis, like a thermostat on your wall that regulates the temperature."

With that being said, the Food and Drug Administration is not doing a great deal of research into these effects, so in most places it isn't exactly legal to claim CBD has any of these effects because as far as the FDA is concerned, it very well may not.

However, there are thousands of testimonies online from people claiming to have been positively affected by CBD. In addition, there are numerous videos online showcasing its effect on patients with a variety of illnesses.

"Hopefully in the next few years we can say that CBD specifically does 'this,' " Gabriel said. "But in the



True McManis shows some of the products he's used that feature CBD.

Jump 'True story' page 2

Bethany Melendez / PHOTO





# WORD UP

Compiled by Jake Fortune / STAFF WRITER

African children get new malaria vaccine

Children 5 and under in Malawi, Kenya and Ghana are the first recipients of a new malaria vaccine being administered through the World Health Organization. The new vaccine has to be taken in four separate dosages, and has prevented four out of 10 cases in clinical trials.

Brazilian: Homosexuality ‘not welcome’

Brazilian president Jair Bolsenaro, who is on the far right, told Exame, a Brazilian magazine, he does not want Brazil to become a “gay tourism paradise.” Bolsonaro, who is also being accused of inciting hatred towards the LGBTQ community, added: “Brazil can’t be the country of the gay world, of gay tourism. We have families.”

Iran jails lawyer helping women

Nasrin Sotoudeh, a lawyer who’s become known for legally defending women who removed their hijabs in Tehran during peaceful protests, has been sentenced to 38 years in prison and 148 lashes. Her husband said Sotoudeh was arrested in her home by Iranian security agents and taken directly to jail before being sentenced.

# ‘True’ story: Student tries legal medicinal CBD

Cont. 'True story' from page 1

meantime we have to watch those claims because we’re not doctors, so we always encourage people just to try.”

So with this in mind, as well as the huge amount of potential health benefits the chemical may have, I decided to test it out for myself to see if I could confidently say, one way or another, whether CBD has any of the effects these studies claim.

Taking a quick look online, it quickly became apparent there were a large number of CBD shops located in San Antonio. Of the stores I visited and called, CBD American Shaman was easily the one that was the most informative.

Not only did they tell me everything I wanted to know, but they offered a variety of samples.

“When everyone comes in they’re more than welcome to a free sample as they walk in the door, even if they’re a returning customer,” Gabriel said. “If there’s something else they wanna try a lot of the time we’ll give them a sample especially with things like pain cream.”

The sheer variety in which they offered CBD-infused products was honestly astounding. It seems as though some of them are made to be used for specific things,

so people can pick the least option that will be the least intrusive for their personal lifestyle.

For my personal use, I decided on a few different ways to try CBD. For this experiment, I tested CBD-infused water, vapable oils, bath bombs, popcorn, and just straight hemp to see how they differed in both use and effects. With all of the research I had done, I was not surprised by the effects they had but I was definitely impressed.

The water affected me shortly after I drank it, and being able to continue to drink it for a while was convenient for controlling my intake of it. The taste was a little bitter but it worked well for flavors such as lemon or coconut that aren’t naturally incredibly sweet.

I could definitely feel a sense of relaxation when the CBD kicked in that was almost akin to drinking a small glass of wine. The relaxation helped settle my anxiety and, working in customer service, I found it useful for interacting with customers.

The vapable oils were unique and felt pretty noteworthy. While they did not seem to relax me as much as the water did, they seem like they may be more cost-effective

when dealing with chronic pain.

As someone who experiences regular pain in my jaw following a wisdom tooth operation that didn’t go as planned, I was able to use CBD as a replacement to the ibuprofen and hydrocodone I was prescribed for the pain.

I was ecstatic about this discovery because CBD is significantly less harmful for your liver than either of those medications.

To use the hemp I smoked it. I could feel the benefits of the CBD immediately when I did it this way, which was probably the best part of it. I can see the highest number of potential downsides to smoking hemp as opposed to the other options I tried because of how similar it looks and smells to marijuana.

While it doesn’t get you high, I didn’t think that would matter much to anyone who smelled me. I also doubted that, had I run into any police officers with it in my possession, I would be able to convince them it wasn’t something worth detaining me for.

While the immediate relief the pure hemp brought was nice, I’m not sure if I would consider it an even tradeoff for my lifestyle specifically.

“I like it a lot, I felt like it almost gave me a buzz similar to tobacco,” Kelly Clyde, an American Shaman customer, said in reference to the hemp. “With that being said the smoke made me cough and kind of burned my lungs, so I would recommend it more for people that smoke cigarettes and the edible options for people that don’t smoke.”

The popcorn was some of the best bagged popcorn I’ve had recently, and it had some nice effects in addition to being tasty.

It didn’t seem to affect me as quickly as any of the other options, but it was definitely the one that required the least amount of effort to consistently use and for that alone I can see why it could be worth it to some people.

Out of the different options I tried, the bath bomb was probably the one I had the lowest expectations for. Living in the dorms, I do not even have a bathtub to use it in. So, this was one of my first experiences with a bath bomb in general and I’ve got to say they do not disappoint in the slightest.

Relaxing with it in the tub was one of the nicest sensations I’ve had recently; it smelled absolutely fantastic and made my entire body

relax. Following the bath I was so relaxed I actually went to sleep.

Waking up the next morning I could still feel the effects of the bath bomb on my skin, and felt really nice for the rest of the day. While it is only a single-use product, I would highly recommend it in particular to anyone and everyone interested.

“It’s probably the best bath bomb I’ve ever used,” Liliana Aguilar, an American Shaman customer, said. “I felt like I was melting into the water and it completely erased the pain I usually have in my wrists and back.”

Aguilar went on to explain she has developed carpal tunnel in her wrists that has prevented her from painting as often as she would like. It wasn’t until she started using CBD that she was able to paint for extended periods again.

In summary, I was able to conclude CBD did indeed have a variety of positive effects for me. I was only able to scratch the surface of products available in this article, however, I encourage anyone who is curious to try them out for themselves.

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# Society to induct new members

Special to the Logos

als will receive an Advanced Leadership Certification in Practice Leadership. These active leaders must participate in three more speaker presentations, lead a success networking team, facilitate training, and network.

The society was founded in 2001 to build leaders who

make a better world, Armstrong said. Janine Chavez, an administrative assistant for the Office of Campus Engagement, serves as the adviser.

As of today, the group serves more than 650 active college chapters and more than 1 million mem-

bers nationwide, Armstrong said, adding “each of whom embody the Society’s mission and serve as a powerful force of good in the greater community by encouraging and organizing action to better the world.”

# Med, pharmacy schools tackle ‘food desert,’ diversity

Cont. 'Med, pharmacy' from page 1

fresh fruit and vegetables because there were no supermarkets located within the Southside Independent School District.

So the medical school is partnering with community health leaders to change all of that through the Viva SA Healthy Corner Stores Initiative which kicked off Friday, April 5. The project will allow South Side convenience stores to stock fresh fruit and vegetables to sell at a reduced price. The medical school will provide cooking lessons, recipes and market-

ing materials to the store owners.

“Studies have shown that, historically, people in San Antonio who live north of Hildebrand live 20 years longer than those who live south of Hildebrand,” said Dr. Anil Mangla, the study’s co-author and the school’s director of public health and research. “This project is the beginning of something that helps to change the health and lifestyle of many in San Antonio.”

According to the study in the National Journal of Public Health,

diabetes prevention could save San Antonio \$400 million in health-related costs. Lowering the diabetic population’s A1c levels by just 1 percent will result in significant reductions in kidney failure, amputations, blindness, heart attacks and strokes.

Besides the medical school, the partnership includes the Food Policy Council of San Antonio, San Antonio Food Bank, River City Produce & Happi Food, South Side business owners, District 3 City Councilwoman Rebecca Viagran and the City of San

Antonio which provided grant funding for the pilot program. Organizers hope to take the program citywide at a future date.

“This is a response to the neighbors and the community,” Viagran said in a statement. “They said they wanted access to fresh fruit and vegetables and we are here at this Viva San Antonio Healthy Corner Stores launch because so many partners stepped up to the plate and said, ‘Yes, let’s do this together.’ ”



## Outgoing SGA president tours European study centers

Mariana Barron Esper/ Special to the Logos

Linda Gianotti (the University of the Incarnate Word’s France and Germany campus liaison) and I were sent on a “mission” to visit these beautiful campuses and understand the student life in a wholesome manner.

This was to work with the Office of International Affairs for the domestic students to understand the experiences they could also experience if they were to attend for the summer, fall or spring.

Studying abroad at our two campuses in Europe has become so much easier and accessible for UIW Cardinals. As the president of UIW’s Student Government Association, I was happy and honored to be able to participate.

When we arrived at Heidelberg, I was instantly captivated by the vibrancy of the beautiful college town. On the first day we arrived, Thomas Leibrecht, director at UIW’s European Study Center, invited myself and Linda for a “welcome” dinner with the other UIW students who were currently studying there for the fall.

Right in that moment, the students and myself made an instant connection.

The family environment was evident in the center of Heidelberg because of the wonderful staff, students and professors.

I was amazed at how all the students seeking such different careers, at different points in their life, were so unified and supported each other during those amazing six months they spent together.

While at Heidelberg, I sat in for different classes.

Just like at UIW, the student-teacher ratio is intimate and personalized so the stu-

dents were able to succeed and learn to the best of their ability, which was also the case for Strasbourg.

In Heidelberg, students also have the option to take courses at “SRH” -- an international German university where students are able to interact with more cultures and learn from some of the best professors worldwide.

I also accompanied the students who were taking a course in refugees along with those who were getting their volunteer hours at a refugee camp located on the outskirts of the city where they went weekly to help serve children. The students said they had loved their experiences thus far. They said they had gained a new humanitarian and informed outlook on this global issue.

The students at Heidelberg and Strasbourg go on a weekly excursion to nearby cities, historical places, museums and more (which are included in their overall cost fee). I got the chance to travel to the city of Stuttgart with the students, the UIW Germany director and staff from the campus. Here, we got a personal city tour with the director and later went to the Mercedes Benz museum, the most historical museum of the automotive industry.

The “night life” at Heidelberg was also active. The students went to different places in the oldtown where they often go to relax and have some fun.

Gisel Torres and Claire Garza told me about the economic accessibility to travel in Europe and their many trips to different cities such as Budapest and Paris.

Our trip to the amazing international city of Stras-



Outgoing SGA President Marian Barron Esper visits the Chateau de Pourtales in Strasbourg, France, last fall.

Courtesy

bourg was like no other. The students reside and study at the historic Château de Pourtales, built in 1750 where historical figures such as composer Franz Liszt often performed and where members of the European parliament often stay and visit for conferences.

Here, I met one of the founders and director of the Strasbourg center, Ulrike Leibrecht, and her husband and founder, Harald Leibrecht, who warmly welcomed us and were able to have diverse conversations about the student life and ways to increase the connection to UIW at a major rate.

Ulrike gave us a tour of the

Château and told us about the multiple ways students can get academic and professional development while studying abroad.

We were able to travel the city and meet some of the students. I was blown away by the artistic and international activity that takes place in this city.

Strasbourg known as the “Capital de Noel” (Christmas capital) was filled with the Christmas spirit and cheer, especially in the many Christmas markets we visited in the different cities of this trip.

I am definitely looking forward to returning to this captivating city and hope you too will have the same oppor-

tunity which just became so much easier.

Visiting the UIW campuses in Germany and France for a week truly gave me a preview of what any student could and will experience in the near future. Go, Cards!

E-mail Barron Esper at [mbarrone@student.uiwtx.edu](mailto:mbarrone@student.uiwtx.edu)

**FYI:** For more information about the new price structure and studying abroad, contact Linda Gianotti at: [lgianott@uiwtx.edu](mailto:lgianott@uiwtx.edu) or (210) 832-2196.

Her office is in the Agnese/ Sosa Living & Learning Center, 7-115.

## Fashion students shine at ‘Cutting Edge’

Cont. 'Fashion students' from page 1

on, “Bidi Bidi Bom Bom” by Amanda Gaitan and “I Believe I Can Fly” by international student Keer Wang.

In a rarity, the judges chose Wang’s line as the overall winner in all three categories: Construction, Design and Best of Show. The audience vote towards the end of the show revealed Carreon to be the winner of the Pinkie People’s Choice Award.

Wang said the inspiration for her line was bird feathers and her journey away from China.

“I had a fashion dream since I was a young girl,” Wang said. “For three years, I studied fashion in college while in China. Now, I am like a newborn bird that flew abroad to America to keep

studying fashion. I wanted to make my dream of being a designer come true. I used my experience to create this collection. I used bird feathers to represent freedom, just like how birds leave their nest. Now, I am ready and free to fly.”

Wang said she began mapping out her ideas for her line a year ago. While at home in China last summer, she already was finding fabrics for her designs.

“Presenting at the ‘Cutting Edge’ fashion show was very wonderful,” Wang said. “I tried my best to finish all my designs on time, but I did not expect or prepare to be awarded anything. It was truly a great opportunity to have so many people see and ap-

preciate my work. I am very grateful to my professors, my friends and my parents for guiding me, encouraging me, and showing me what I am capable of. I am especially grateful to my husband for his incredible support throughout the whole process.”

Wang believes these awards are proof she is heading in the right direction towards her career.

“Winning all three awards reassures my confidence in my career and that I chose the right path for my life,” Wang said. “I must share my awards with my classmates and peers for their advice and guidance throughout my creative process.”



Several models walk the runway set up for the show at McNay Art Museum.

Victoria O'Connor / PHOTO



# 11 faculty members earn year-end awards

The University of the Incarnate Word recognized 11 faculty members with special awards at the annual Faculty Appreciation luncheon on Tuesday, April 9, in McCombs Center Rosenberg Skyroom.

Dr. Kathleen “Kathi” Light, who is retiring as provost, was the host.

Major awards – which also carried monetary prizes -- went to:

Presidential Teaching Award (\$5,000): Dr. Lopita Nath, professor and chair of the Department of History. A past Moody Professor winner, Nath was cited for her service-learning courses that engage students as mentors to local refugees. She regularly takes students on study abroad trips to India to make Asian culture come alive. She also heads the Asian Studies program. Her students say Nath goes “above and beyond” to make history alive.

Moody Professor (\$2,000): Dr. Stefanie Boswell, an associate professor of psychology. This award given by the Faculty Senate cites the recipient’s “contributions to teaching, scholarship and service.” Boswell, who was last year’s Presidential Teaching Award winner, will carry the university mace, give the commencement address in December and present a public lecture at UIW and Our Lady of the Lake University during the 2019-20 academic year.

Piper Professor (\$1,000): Dr. Lila LaGrange, a professor of pharmaceutical sciences. The Piper nominee

is selected by the Faculty Senate to represent UIW in state competition to name the Minnie Stevens Piper Teachers of the Year.

Kathleen Light Outstanding Teaching Award (\$1,000): Dr. Veronica Acosta, a professor of biology, and Dr. Julian Davis, an associate professor of chemistry. Dr. Thomas E. Evans, UIW’s president, created this new award honoring Light and her many years of service in teaching.

Ed Zlotkowski Faculty Service Learning Award (\$500): Dr. Yvonne Davila, an assistant professor and clinical liaison in the Department of Nursing. The award, named in honor of Dr. Edward Zlotkowski, a national leader in what noted educator Ernest Boyer called the “scholarship of engagement,” recognizes a faculty member “for creatively bringing the classroom into the community.”

Provost Legacy Teaching Awards (\$500): Dr. David Armstrong, an assistant professor of creative writing in the Department of English; Dr. Paulo Carvalho, an associate professor of pharmaceutical sciences; Dr. Bridget Ford, an assistant professor of biology; Dr. Julio Lujano-Gutierrez, an assistant professor of nursing; and Dr. Brett Richardson, an assistant professor of music who also serves as director of the band program. This award recognizes junior faculty or faculty relatively new to UIW.



Dr. Lopita Nath



Dr. Stefanie Boswell



Dr. Lila LaGrange



Dr. Veronica Acosta



Dr. Julian Davis



Dr. Yvonne Davila



Dr. David Armstrong



Dr. Paulo Carvalho



Dr. Bridget Ford



Dr. Julio Lujano-Gutierrez



Dr. Brett Richardson

# Members cite benefits of Greek Life

Gia Gutierrez / STAFF WRITER

A new semester means a new opportunity to join the Greeks in lifelong sisterhood and brotherhood all while gaining valuable skills and countless opportunities to network.

“[Being in Greek life] teaches you a lot, you get to meet a lot of different people,” Kristen Macias, president of the campus Panhellenic sororities, said. “It also looks really good on resumes to where you can make connections with future employers if they were also a part of Greek life during their college years.”

Kyra Pham, a newer sister of Alpha Sigma Tau, said being a part of Greek life has provided countless opportunities to develop new bonds and friendships with others.

“I really wanted to meet a group of girls that I could get to know,” Pham said. “When you sign that contract you’re sisters for life.”

Being able to participate in a number of philanthropic events with her sorority sisters was also a big factor in her deciding to go Greek, Pham said.

However, Greek life isn’t only about fun, games and lifelong friendship. Dora Cantu, president and a three-year member of Alpha Sigma Tau, said being a part of Greek life has taught her valuable life skills and given her opportunities to apply them in numerous ways.

“I think the biggest impact Greek life has had on me is definitely my professional development and learning how to handle myself in a more

advanced environment,” Cantu said.

Through her previous position in her sorority, she was given the responsibility of managing a budget and making sure all things financially were in order. Being able to add these skills and job descriptions to her resume has already reciprocated positively through job offers from multiple UIW alumni as well as outside the university, Cantu said.

Delta Beta Chi member Ronnie Perez said her ability to enhance her communication and social skills has grown as she gets the opportunity to interact with her sisters and other sorority and fraternity members.

Perez said joining Greek life helped her self-development and leadership skills in positions she’s held as treasurer and vice president.

Here at UIW, Greek life isn’t only about sisterhood. Omega Delta Phi is the only Panhellenic fraternity on campus and brotherhood members said they’re just as strong.

Joseph Martinez, a two-year member, said since joining the fraternity, he’s been granted the opportunity to network and connect with previous members who have graduated in his same field of study.

Through this brotherhood, Martinez said, he is confident in knowing his brothers who have established themselves successfully in their career will be able to help him by “putting in a good word” when it comes time to apply for jobs.



Armando Zuniga/ PHOTO

## Supa Soaka

University of the Incarnate Word students enjoy fun and games at the event on Dubuis Lawn put on by the Campus Activities Board.







# Getting some summer rest in quest



Queen Ramirez / EDITOR

This summer I am excited to get things done, go to class, study, read, take a little time for me, focus on feeling better, and read the stack of books I stockpiled.

In preparation for the summer, I have begun storing up my favorite teas and coffee for the time I plan to read and study.

I have boxes of my favorite fruit-flavored herbal tea – shout tout to the raspberry flavor, my favorite coffee from World Market, and a list of goals ready for my attention.

I want to study for and take the Graduate Record Exam (GRE), read two books a week, have fun in class, take care of plants, visit antique shops, take better care of my health, and learn to only drink two cups of coffee a day. (I think I have a coffee addiction).

Though all this seems great to me, it's because I need to take some time to relax on literal doctor's orders.

Enjoying myself is not something I often do, nor is relaxing. I would rather go 100 miles an hour with deadlines breathing down my neck than take 10 minutes to rest.

But if there is anything I learned from this semester, it is that my time management must change dramatically. My old ways work if I am perfectly fine, but the truth is that I am not.

And my life looks dramatically different than the one I had Jan. 1.

I know how much my memory is capable of remembering. I know how much stress I can handle. I know how fast I can read. And I know how to take on an "impossible" amount of work (ahem, the secret is in the third cup of coffee because magic happens at the third cup).

But I am on a mission to figure out how to do what I do without compromising my health or my goals. My normal way of doing things will and have caused damage to my health.

My sugar levels tell me what decision to make, but I must learn how to not let my sugar levels control my day.

Study enough and do homework for 12-plus hours of graduate work

but go to bed by 10 p.m.

Meet my deadlines but don't stay up late.

Exercise every day, but not too much because sugar levels will plummet.

Prepare and eat at least three meals a day despite class times and responsibilities interfering.

Focus on learning instead of the clock, but don't let the class itself prevent me from taking care of my health.

Overall, it is a tricky balance with no day the same.

But I am of the belief that God, or the higher power you believe in, would never give someone something they couldn't handle. If something is in my life it's because I can handle it and there are no excuses I can make.

Too much homework? Nonsense.

Too many courses/hours to keep up with? Never.

Four tests/quizzes in a week? Bring it.

Health issues getting in the way? Feels that way sometimes, but it's 100 percent manageable.

Personal issues getting too hard? Maybe, but that is not allowed be-

cause there are goals to reach.

Goals too ambitious? Absolutely not! If it's within the slightest realm of possibility then there is no reason not to go after it.

Overworked? Exhausted? That's OK! Get some rest and remember why you are doing what you do and don't let go of that reason. Sleep tight for a night and start fresh the next day.

Feel like a failure? No one is perfect. Learn from it and move on.

These things keep me going beyond what I think I am capable of.

This summer my load is lighter than it has been in years.

And I am looking forward to this summer and all the things I can learn from it. I am excited to get closer to my goals of reaching two master's degrees and to finally take a much-needed break.

I wish everyone an amazing summer with plenty of time to enjoy the sun.

Have fun, stay safe, and stay positive!

E-mail Ramirez at qaramire@student.uiwtx.edu

# Logging off finally from the Logos



Victoria O'Connor / MANAGING EDITOR

As I write this column, I find myself spending more time staring at the clock than actually writing.

Even as I prepare my final thoughts against the flashing neon deadline signs, I am thinking about minutes I have spent on everything and on absolutely nothing.

Minutes I have unconsciously eaten away from watching yet another episode of "The Office" on Netflix (adding up to another hour), napping until 9:45 p.m. when I thought it was only minutes, and realizing my last chance to get food on campus has passed.

Minutes spent stressing, hours spent studying, days spent on assignments, weeks spent on portfolios,

and years spent preparing for adulthood after UIW.

All these minuets spent on making up only a fraction of my college career.

I always thought my final column would be about graduation and the shaky optimism of what lies ahead of my future. But when it comes to ideal timelines, my timing always seems to be off.

My graduation is scheduled for December, while everything else is scheduled for yesterday. So no, time management has never been my forte, but neither has patience.

J. Alfred Prufrock measured out his life with coffee spoons. I measured out my past four years with Chick-fil-A chicken sandwiches.

I still don't know what I plan on doing after graduation, let alone this semester. As of now, my plans are to find a job, settle on an apartment with my fiancé, graduate, get mar-

ried, and finally convince myself I have my life together.

If not, then enjoy the ride as I continue to fake it until I do make it.

So how would I sum up my time with the Logos? I could measure it in spent minutes working on layout or on office lunches with chicken sandwiches. However, these are not the units of measurement I consider when talking about my time with the Logos.

I cannot begin to fathom the time invested in inside jokes, shared stories about crazy weekends, praise and about each other's work, and the criticism overall atmosphere we have built amongst each other in the office.

So, I guess the way I would measure out my time with the Logos is in the time spent in building friendships with my colleagues.

Though I have said in previous columns I do not see myself continuing

my career in media, I am grateful to have spent four out of seven years of my journalism experience with the Logos.

I am a firm believer that time spent having fun is never time wasted.

I want to say thank you to the previous editors who took a chance on me my freshman year and helped me grow as a writer, Angela Hernandez and Valarie Bustamante.

Thank you to the current editor, Queen Ramirez, for being a head-strong believer in making things happen with determination and for being an overall friend.

Lastly, I want to thank the future editors who will continue to strive for hard work and bringing new voices to the table: incoming Assistant Editor Jake Fortune and Managing Editor Miranda Hanzal.

E-mail O'Connor at voconnor@student.uiwtx.edu

# CBD provides therapeutical help



Bethany Melendez / STAFF WRITER

CBD: It's something you keep hearing. The word is buzzing. It's in the media. It's in the conversations and popping up in stores all around.

Though many people will have qualms about something so similar seeming to THC (given the stigma that surrounds it), CBD is safe and non-addictive.

According to project CBD, "Today the therapeutic properties of CBD are being tested and confirmed by scientists and doctors around the world."

As the number of people CBD helps rises, CBD is becoming the No.

1 suggestion for people seeking alternative, natural and holistic healing.

Now, I want to talk about my personal relationship with CBD. While before I had my doubts, after testing a CBD product for five months I have come to realize the many ways in which it has changed my life.

I will start from the beginning.

I have struggled with anxiety since I was in middle school. While I wasn't diagnosed and it wasn't until I started college that I put myself in therapy, I had always known I was a little different from my peers.

I just couldn't put my finger on it and I didn't have the knowledge to label it correctly. Let me tell you. This is not easy to talk about but I've come to realize talking and writing about it is the best way to help others.

Now, having been diagnosed with

depression and anxiety, I can take the proper actions to adjust to a lifestyle that works for me. I have told myself from the beginning I would do everything in my power to avoid a lifelong prescription of opioids.

And first I would try everything else under the sun.

For example, I have tried things ranging from meditation (using an app to help keep me focused) to vitamins such as St. John's Wort and magnesium.

Although these helped to soothe, they didn't quite have the effect I was looking for. That is when I decided it was time to try CBD; it took me six months of contemplation to finally use it.

After five months of testing, there is nothing I have ever felt worked better than CBD.

As a student I have noticed a differ-

ence in my day-to-day conversations and overall confidence.

What CBD has done is take my wandering-anxious mind and give me something I have never felt before -- peace in the present moment.

I believe CBD can be beneficial for college students struggling with similar anxiety and for overall wellness. It can be easily added to your morning routine. And if you are taking vitamins, just add it in the mix.

It is extremely refreshing to see a new industry and a new set of healers for those who want nothing more than to help their clients

I will continue to use CBD products for as long as they continue to help with my journey.

E-mail Melendez at bmelende@student.uiwtx.edu



# 'The Internet of Things' - Coming to a home near you



Robert Meyer /  
Special to the Logos

Gilbert and Jordan are finishing up the school year studying for finals and decide to take a break to talk about their summer plans.

"My dad is so excited to see me home this summer," Jordan said. "He bought a bunch of home automation devices and wants me to help him set them up.

"He bought a thermostat control system for the air conditioner, one of those voice-activated Alexa or Hey Google talkers, and he even bought some wireless cameras with built-in microphone for both inside and outside the house for 'security.' I think he just wants to keep an eye on me and my brother. Oh yeah, a couple months ago he also bought a fancy new TV with built-in Wi-Fi and a camera."

Gilbert: "Sounds like you guys are

going super high-tech. Did you talk to your dad about securing all these devices?"

Jordan: "No, not really, he said they are all plug-n-play now and we will be up and running in no time."

The Internet of Things (IoT) refers to the growing number of consumer devices which have Internet capabilities. Many currently available "wearable" technology and personal devices, kitchen appliances and audio-visual equipment provide the ability to connect to the Internet. Every network device provides risks as well as benefits, and it is wise to consider each.

Will connecting your refrigerator to the Internet provide a "bad guy hacker" an opening to access your personal home computer? Can your Wi-Fi-enabled TV be leveraged to expose your banking data stored on your laptop? Is there a risk?

Here are several steps you can take to secure your IoT devices:

1. Don't connect an IoT device unless it needs to be connected. Just because it can connect to the Internet doesn't mean you have to connect it. If there is no obvious benefit, do not

connect it to the Internet.

2. The simple step is to change default passwords. Read the owner's manual. Call the technical support team if necessary to find out how to change the default password. This is the most effective solution to minimize risk.

3. Once you know how to change the default password, use a different password for each IoT device.

4. Use a firewall or create a separate "guest network" on your home router to isolate your IoT devices from the rest of your network. This is not as hard as it might seem. Start by googling your router brand and model number.

5. Turn off the Universal Plug and Play (UPnP) feature if possible. UPnP allows IoT devices to "find" each other and "talk" to each other, but this "magic" communication can be a potential security hole. Also, be wary of "magic" cloud services which may provide another potential route into your home.

6. Manufacturers provide security patches as vulnerabilities are discovered, so make a personal maintenance schedule to check for

firmware updates at least every three months.

7. Using secure connections via SSH and encrypt every transmission with transport layer security (TLS). The SSH protocol (also referred to as Secure Shell) is a method for secure remote login from one computer to another. It provides several alternative options for strong authentication, and it protects the communications security and integrity with strong encryption. It is a secure alternative to the non-protected login protocols (such as telnet, rlogin) and insecure file transfer methods (such as FTP). Using such protocol is not too difficult, and the Google machine is your friend. Keep your IoT devices behind a firewall, and ensure the firmware is updated.

IoT is here to stay, and every day provides new adventure in the brave new world of cyber-space. Enjoy your toys, and help your relatives enjoy theirs, but play smart. Security awareness pays off in the long run.

E-mail Meyer at [rmeyer@uiwtx.edu](mailto:rmeyer@uiwtx.edu)

# Treat every day as 'Earth Day'



Anette Garcia /  
STAFF WRITER

The 1970s was the decade of the Gregorian calendar, the creation of Microsoft, the re-election of Richard Nixon, and the birth of the modern environmental movement.

At the time, American factories were burning old car batteries, releasing smog into the air. Ocean coasts were polluted, killing sea inhabitants and their homes. The industry was dishing out disgusting pollution habits with little worry and no legal repercussions. Air pollution was viewed as a symbol of prosperity and growth. Mainstream America was oblivious to the environmental damage that was being done to not only our world but to humanity as well.

April 22, 1970, marked the beginning of a global ecological awareness. Earth Day is a global event that takes place each year where more than a billion participants in 192 countries take part in combating this global dilemma. The founder, Gaylord Nelson, who at the time was a U.S senator, was moved after witnessing the results of the 1969 oil spill in Santa Barbara, Calif. He took inspiration from the student anti-war movement and decided he could use the same concept but emerge public consciousness about air and water pollution.

Earth Day 1970 motivated 20 million Americans to take the streets and rally for a healthy and

sustainable environment. Many colleges and universities around the country organized protests against the decline of the environment. Earth Day 1970 initiated support from many individuals such as Republicans, Democrats, farmers, tycoons and labor leaders who all took part in the representation of helping a cleaner world. At the end of 1970, the first-ever Earth Day led to the creation of the U.S. Environmental Protection Agency and the start of the Clean Air, Clean Water, and Endangered Species Acts.

Most of us today take the planet we live on for granted. We don't consider our everyday life to be damaging to the world we live in. But there are a few everyday activities you can change that will make a difference.

- Using disposable lunch items. Disposable plastic containers, spoons, plastic wrappers, plastic water bottles, brown bags all have a negative impact. Plastic is not biodegradable and fills up landfill space quickly. Considering using disposable goods to reusable goods can make a great change.
- Purchasing canned and processed food. Store-bought cans have become a major part of our modern everyday life, but very few people consider the environmental and health damages. Purchasing canned foods is cheaper and seems more convenient, but excess packaging is always bad for the environment since it all ends up at a landfill.
- The Three R's. Just like the Mitchel Musso song we would hear on The Disney Channel says, "If you're going to the market to buy some juice, you gotta bring your own bag of waste to reduce your waste." It's important



The 'Earth Day' celebration at the University of the Incarnate Word featured sustainable stuff.

Alejandro Abarca / PHOTO

to cut down on what we are throwing away to conserve natural resources and landfill space.

- Plant Green. Planting around your household helps save energy, clean the air and also helps combat climate change.
- Conserve Water. During showers, washing dishes, brushing your teeth, make sure if the water isn't being used to turn it off. The less water you use at home, the less runoff and wastewater that will eventually end up in the ocean.

Those are a few things that everyone should start inculcating in their everyday life. They're simple things that do make a drastic change. Although, Earth Day may seem like just another day, it's important we understand why this global awareness was created -- as well as the role we all carry not only on April 22, but every single day, because every day is Earth Day.

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GAME DAYS

Compiled by Alyssa Peña/  
STAFF WRITER

May 3

Men’s Baseball vs.  
University of Central  
Arkansa  
6:30 p.m  
Daniel Sullivan Field

May 4

Men’s Baseball vs.  
University of Central  
Arkansas  
2 p.m.  
Daniel Sullivan Field

May 5

Men’s baseball vs. Univer-  
sity of Central Arkansa  
1 p.m  
Daniel Sullivan Field

May 16

Men’s Baseball vs.  
Southeastern Louisiana  
University  
6:30 p.m.  
Daniel Sullivan Field

May 17

Men’s Baseball vs.  
Southeastern Louisiana  
University  
6:30 p.m.  
Daniel Sullivan Field

May 18

Men’s Baseball vs. Men’s  
Baseball  
1 p.m  
Daniel Sullivan Field



New women’s basketball coach gets set for season

Angelo Mitchell/ STAFF WRITER

The new head coach for women’s basketball at the University of the Incarnate Word has a history of winning.

Jeff Dow comes to UIW after five seasons as head coach at the University of Louisiana-Monroe (2014-2019). With nearly 30 years of coaching experience as an assistant and head coach, Dow has guided his teams to 500 victories. He is 258-192 as a head coach. “I’m thrilled to have Jeff joining our staff,” said Angela Lawson, senior associate director of athletics/academic affairs at UIW. Lawson headed the search committee for Coach Christy Smith’s replacement.

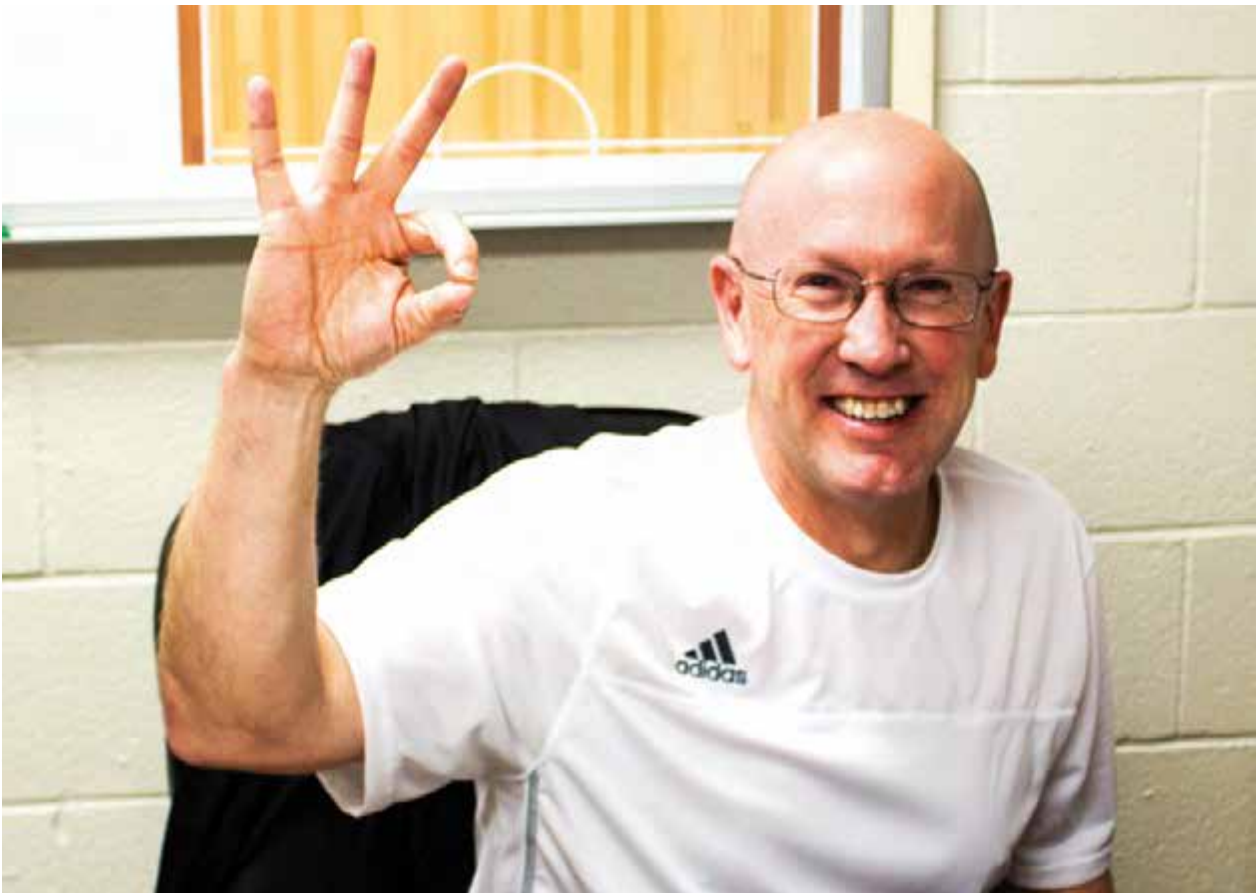
“One thing that stands out to me most is how detail-oriented he is, so I know he’ll take care of the little things on the court, like discipline and fundamentals,” Lawson said. “He has also been around the game for a long time and has had the opportunity to work for and with a lot of good coaches in the country. I believe this has put him in a situation to be confident in his systems and in his coaching style, which will help him be successful in the Southland Conference.”

Dr. Brian Wickstrom, UIW’s director of athletics, announced Dow’s selection in April.

“I’m excited to bring in a high-caliber coach in Jeff Dow,” Wickstrom said. “Knowing where we are currently positioned as a department within the Southland Conference and knowing where our programs are going, I know Jeff will be a great fit to lead our women’s basketball program to future successes. I want to thank Angela Lawson and the search committee for their time and efforts in making the best selection for our program.”

Dow’s legacy also has impacted coaches throughout the country.

“Jeff Dow is a terrific basketball coach and mentor whom I’ve known for over a decade,” said Shaka Smart, head coach for the University of Texas men’s basketball team. “His passion for his players and ability to build relationships are truly impressive. Jeff will do big



Coach Jeff Dow is hiring assistant coaches to help him take the women’s basketball team at UIW to another level.

Angelo Mitchell / PHOTO

In the eight years prior to his inaugural season at ULM, Dow averaged more than 23 wins a season with an overall record as a head coach of 187-57 (.766) and a 117-29 (.801) mark in conference play. Dow’s squads also registered winning seasons in each of those eight years.

While at ULM, Dow registered the Warhawks’ only non-conference winning record since the 2009-10 season, a feat his teams accomplished twice (2015-16 and 2018-19).

Dow also recruited and coached Arsula Clark, the 2017-18 Louisiana Sportswriter’s Freshman of the Year (first in school history) and a 2018-19 All-Sun Belt Conference selection. This marked the first time in ULM’s history that a sophomore had achieved that honor. In the postseason, Dow’s squad garnered first-round victories in the 2009, 2012 and

2013 NCAA Division II tournaments. He was also the first head coach in school history to win 20 games in his debut season, and to win 10 or more games in the PSAC West Division in five consecutive seasons.

During his tenure at IUP, Dow recruited and/or coached three players who were named All-Americans: Jahzinga Tracey, Sarah Pastorek and Lindsay Stamp. He also prides himself on being highly

were named PSAC Scholar Athletes. Dow’s experience in a variety of different opportunities on Division I and II levels has helped him expand recruiting connections and his network.

He also charges his assistant coaches to supervise and oversee players. He meets each player on a monthly basis, and before basketball is even discussed, they talk about school first. This helps him from being caught off guard in the middle or end of semesters, he said.

Dow said his success starts with recruiting players who can be successful in Division I and are going to be a good fit. He also wants to ensure his players are comfortable socially and academically. He lays out the academic path from the beginning, ensuring they understand what it takes to “graduate in four years” - not just what it takes to play.

Dow inherits a team that finished 5-24 overall and 5-13 in the conference.

“Honesty about what you have,” Dow said is key to his coaching philosophy, adding that one of the immediate goals is being one of the better defensive teams in the league.

Traditionally, Dow would like to play a bit half-court, woman-to-woman defense with some matchup zone. Also, he would like to press, but that’s based on the depth of the team.

ball,” Dow said.

A huge advantage to the Princeton Offense is that it’s unpredictable, he said. Within the offense, if a team stops one play, “we can counter with another,” he added. That gives versatility within the offensive set. “It allows you to play five guards and not the traditional position-player concept of a center, two forwards and two guards.”

Dow hopes to have pretty good balance, scoring around the rim with post-ups, and good shooting from the three-line as well.

A key player Dow will be relying on is returning senior standout Imani Robinson, a former conference Freshman of the Year.

“She’s had some success so (we) need to get her some quality touches,” Dow said, pointing out Robinson can make plays off the dribble and shoot it.

Other key players returning include senior guard Angelica Wiggins of Toronto, Ontario, Canada, sister of Minnesota Timberwolves small forward Andrew Wiggins; 6-foot-1

twins Lunden Henry and Alexis Henry, senior nEforwards from Springfield, Ill.; and sophomore guard Macy Ray of Katy.

The Henrys at the 5-spot should be solid, Dow said.

“”I’m impressed with their individual moves and footwork.”

Four Cardinals begin NFL journey

Two former University of the Incarnate Word football players have signed as undrafted free agents with NFL teams and two others have been invited to try out.

Linebacker Silas Stewart, who signed a contract with the Baltimore Ravens, and defensive end Justin Alexander, who signed with the New York Jets, are leaving for rookie mini-camps.

Social media also has

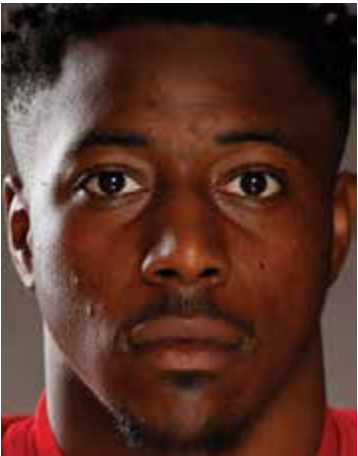
been buzzing with reports that defensive end Malik Harris has been invited to try out with the Kansas City Chiefs and defensive back Jamarkeese Williams with the Minnesota Vikings.

All four players were part of the 2018 team led by Eric Morris in his first year as head coach that won the Southland Conference championship only a year after winning one year.

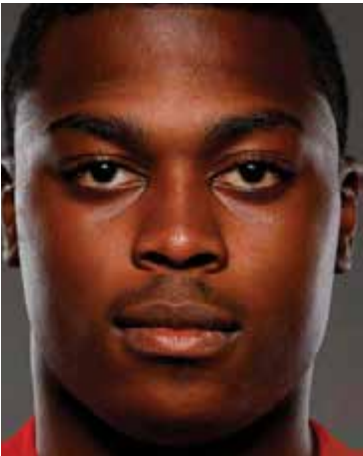
“I’m so proud of all four

former Cardinals who are starting their journeys in the NFL,” Morris told the Logos. “They have worked incredibly hard to get to this point, and I look forward to following their professional careers.

“These four are a testament to the type of program we are building here at UIW, and we look forward to continuing to train men who are not only successful on the field, but in life as well.”



Silas Stewart



Justin Alexandre



# Cheering squad competes at nationals

Nico Ramon and Armando Zuniga / STAFF WRITERS



The trophy UIW cheer team won in Daytona.  
Nico Ramon / PHOTO

After four years of not competing, the University of the Incarnate Word’s cheer team made an early-April comeback in Daytona Beach, Fla. UIW had not appeared at the National Cheerleaders Association, NCA collegiate competition since 2015. After earning a bronze bid in a NCA summer cheer camp, the team had the April 4-6 competition on their minds. “Nationals is the peak of our season,” said Elyssa Barrientos, a UIW cheerleader. “It’s the thing we have been working for months and it’s our final time performing together.” Besides Barrientos, UIW’s “Tenacious Ten” team included Ashley Poerner, Aurelio Alvarado, Greg Rodriguez, Jaclyn Adams, Lauren Tollefson, Nico Ramon, Samantha Coleman, Savanna Rivera and Taylor Petty -- along with Kenneth Pitre. The alternates were Amber Solis, Armando Zuniga,

Genella Rubio, Joanna Arredondo and Leuyen Do. The Cardinals flew to Daytona Beach a couple of days before the competition so they could acclimate to the weather. The whole week consisted of practicing, the competition, the award ceremony and team bonding. “To compete in Daytona, is something not every college cheerleader gets to do,” Jaclyn Adams said. The cheer team practiced in front of the Ocean Center the day before Day One. Samantha Coleman, one of the flyers, had hurt her ankle after landing incorrectly while coming down from the pyramid during a team run-through of the routine. Leuyen Do had to step in for Coleman. Day One of competition was on the legendary Daytona Beach Bandshell. In cheer terminology “UIW

hit Zero,” which means there wasn’t any deductions. Ready to show what they are made of for Day Two, the cheer team was practicing inside the Hilton Daytona Beach Oceanfront Resort. While going through the stunt portion of the routine, Adams, a side base, got hit in the nose from a dismount. Minutes before taking the mat, the Cardinals had to come together and rework the whole routine. UIW went in and gave it their all from the stunts, the pyramid and the dance. Out of all of the teams that competed, UIW placed 13th in the small intermediate division. The result was not exactly what the team was expecting, but with all the obstacles the team faced, and not being there the past four years, the team did well. E-mail UIW Spirit at [uiwspirit@uiwtx.edu](mailto:uiwspirit@uiwtx.edu)

# UIW student-athletes set academic record for conference honors

The University of the Incarnate Word had a record 104 student-athletes listed on the Commissioner’s Honor Roll for fall sports in the Southland Conference office. UIW’s previous record of 101 student-athletes was set in 2015. The Honor Roll recognizes student-athletes in the sports of men’s cross country, women’s cross country, football, women’s soccer and volleyball who maintain at least a 3.0 grade point average in the semester of their sport. “I’m proud of the student-athletes who earned this honor,” said Dr. Brian Wickstrom, UIW’s director of athletics. “Our student-athletes work hard in competition, in the community and in the classroom. We are excited to continue working hard as we strive to be a premier Division I university.” Fifteen Cardinals across the five sports achieved a 4.0 GPA: five from volleyball, three from women’s soccer, three from women’s cross country, two from football, and two from men’s cross country. The men’s cross country program had a league-high 14 student-athletes (tied with Central Arkansas) with a 3.0 or higher GPA, while the women ranked second with 13 honorees (100 percent of the team). In women’s soccer, UIW had 26 student-athletes on the list, another conference-leading number (tied with Abilene Christian).

The UIW honorees included: Football: Matthew Anthony Alvarez, Colby Reese Anthony, David James Balcomb, Mason J. Barnes, Gerald Ross Bowie, Sean Paul Brophy, Taylor Lee Brown, Joshua Matthew Centeno, Ricardo Cerda, Kyle Redale Covington, Connor C. Fisher, Brandon Joseph Floores; Adan Gabriel Garza, Chandler Lee Herman, Phillip Higgins, Trevor Dylan Howard, Ian Richard Irby, Jawun Rashad Jiles, Cameron Pate Johnson, Dawson S. Kier, Karter Lane King, Brooks Carlton Klutts, Cameron Jeffrey Knight, James

Cade Kostroun, West E. Lambert; Shaquarius Marquis Miller, John Foster Myers, Uzoma Derek Okere, Louis Jerome Otis, Tyler James Preston, Elijah E. Salazar, Cody Lane Seidel, Jared Allen Soyring, Levi Eugene Swang, Jamarkese Ki’Shawn Williams, Jeremiah V. Williams, John Wesley Williams, Javon Anthony Wright and Matthew Albert Yarbrough. Men’s Cross Country: Jordan Isaiah Cherin, Garrett Alexander Cortez, Marzine Farrell Denman, Christopher Joel Gonzalez, Deion E. Hardy, Matthew Daniel Hernandez, Adam Jose Herrera, Baptiste Jard, Cash Allen Kunkel, Aldo Martin Nava, Israel Orihuela, Jorge Luis Quintero, Jacob Roel Rodriguez and Christopher J. Winski. Women’s Cross Country: Andrea Maite Abeyta, Itzel Vanessa Alcantar Herrera, Ivette Veronica Alcantar Herrera, Dominique Marie Allen, Elizabeth J. Alvarado, Emily Rose Cartwright, Stephanie Diaz, Alia Destini Henderson, Madison Marie Henry, Megan Elizabeth Hernandez, Madeline Grace Marrone, Danielle L. Martinez and Katherine Ramirez. Volleyball: Alyssa Marie Carlin, Colleen Bethany Clapp, Pilar Rayne Gonzaba, Carissa Grace Mccarity, Chloe Pamela Patton, Emily Elise Perez, Madison Lynne Slaughter, Imani Stewart, Cameron A. Taylor, Allison Caroline Waits and Emily Ann Waller. Women’s Soccer: Alyssa N. Amaya, Keeley Marie Ayala, Samaris Batley, Isabella Beletic, Lillian Rae Bravenec, Ana Sislini Campa-Avalos, Ariela Colleen Cantu, Allison Leigh Crabbe, Cailey Rey-Ann Croson, Lilja Vigdis Davidsdottir, Annika Fields, Diana Mikayla Gasaway;

Isabel Gracia, Emily Siena Halal, Natalie Brooke Hanson, Sydney Shae Huntsinger, Taylor Hailey Husfeld, Sabrina Ann Martineau, Shelbi Hope Miller, Cloe Renee Morales, Giovanna E. Olivieri, Jade Lin Piper, Sydney Regan Posey, Andrea Alexis Reyes, Ana M. Rodriguez and Emani Taylor Stewart



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MOVIES OF THE MONTH

Compiled by  
Bethany Melendez /  
STAFF WRITER

May 10

Pokémon  
Detective Pikachu

Rated: PG  
Genre: Action/  
Adventure  
Starring: Ryan Reynolds,  
Justice Smith, Kathryn  
Newton

The Hustle

Rated: PG-13  
Genre: Comedy  
Starring: Anne  
Hathaway, Rebel Wilson,  
Tim Blake Nelson, Alex  
Sharp

Poms

Rated: PG-13  
Genre: Comedy  
Starring: Diane Keaton,  
Pam Grier, Jacki Weaver,  
Charlie Tahan

Tolkien

Rated: PG-13  
Genre: Biography/  
Drama  
Starring: Lily Collins,  
Nicholas Hoult, Laura  
Donnelly, Patrick Gibson

May 17

John Wick:  
Chapter 3 -  
Parabellum

Rated: R  
Genre: Action/Thriller  
Starring: Keanu Reeves,  
Asia Kate Dillon, Jerome  
Flynn, Ian McShane

The Sun Is Also A  
Star

Rated: PG-13  
Genre: Drama/Romance  
Starring: Yara Shahidi,  
Charles Melton,  
Faith Logan, Gbenga  
Akinagbe

A Dog’s Journey

Rated: PG  
Genre: Adventure/  
Comedy/Drama  
Starring: Dennis Quaid,  
Betty Gilpin, Abby Ryder  
Fortson, Kathryn Prescott

May 17

Aladdin

Rated: PG  
Genre: Adventure/  
Comedy/Fantasy/  
Musical  
Starring: Will Smith,  
Naomi Scott

‘Constellations’ flipped life’s script



Jake Fortune/  
STAFF WRITER

A love story set in parallel universes that encapsulates the complexities, tough decisions and hard truths about relationships was the first spring offering at Cheever’s black-box theatre. Originally produced by Nick Payne and directed for UIW by Dr. Robert Ball, head of the Theatre Department, “Constellations” had just two characters: Marianne and Roland. These roles were played by senior theater arts majors Megan McHugh and Brandon Bulls. Both actors have been in several UIW productions previously, and their collected talent was on full display during the 75-minute production that had no intermission. The continuous nature of this play kept viewers engaged through clever dialogue and honest performances. Marianne is a cosmologist who often refers to quantum physics and string theory

in conversation. Even her first introduction to Roland, a beekeeper, is somewhat philosophical, relating immortality to being able to lick one’s elbow. Roland often looks at life differently than Marianne. Where “Constellations” set itself apart from other narratives was the way in which it presented scenes: some often repeat, with changes to the situation and dialogue respectively. For example, Marianne and Roland’s first meeting plays and restarts several times at the sound of a gong, each time having a different sense of emotion and set of events. For instance, one scene appeared to be foreshadowing Roland and Marianne’s relationship, while another led in a more negative direction depending on what was said. The great mystery illustrated by “Constellations” was all of these outcomes could happen at any time, and which conclusion happened when was not always up to the individual. Such a potentially confusing narrative idea

worked extremely well and coincided perfectly with both characters and their philosophies on life. As one who studies the stars, Marianne saw the world as one of infinite possibilities and outcomes; all of which being relative. Roland saw things more simply and clean-cut, much akin to a worker bee in one of the hives he took care of. The couple’s opposing philosophies butted heads from time to time, but the scenes repeating played with this, showing how people can often contradict their own beliefs through action. There were different paths shown in the play for certain situations, yet the scenes still had a way of progressing the plot without annoying the viewer too much. Just when a scene started to feel tired, something new or unexpected hit the script to catch whoever was watching off guard. “Constellations” toyed with emotions and even its own content at times, but never meandered in one area or one idea too long before moving onto the next plot

development. While there were a variety of scenes in a variety of places, the stage design of “Constellations” seemed to accommodate these settings quite well. In a somewhat abstract design, the stage was a circular bench sitting atop a square wooden floor that was split directly in the middle so the actors could enter and exit at will. The opposing halves of the circular bench were played off by both characters who often switched sides along with the tone of a scene. The whole stage was watched by a large, blue circular art piece comprised of thousands of strips of blue paper. All of these strips swirled together into a coherent sphere, suggesting that while the possibilities in scene and in life may be endless, all the random outcomes came together in the end to form a beautiful whole that was absolutely worth appreciation. E-mail Fortune at jfortune@student.uiwtx.edu

‘Russian Doll’: Done to death?



True McManis/  
STAFF WRITER

The new Netflix original series, “Russian Doll,” operates on the unoriginal premise of someone repeating one specific day for the rest of their life. The show, which premiered in February, received abnormally high reviews. Looking into it, I quickly found the show was created by the incredibly talented Amy Poehler and Natasha Lyonne. Leslye Headland helped create this show as well, but I’m not a huge fan of anything she’s been involved in so this seemed like an interesting mashup. The show appeared to be possibly funny if nothing else. This was partially because I knew it had Poehler at the helm. However, the last movie I watched with this same premise, “Happy Death Day,” was a complete train wreck of a film that left me entertained purely by how poorly it was executed. I thought “Russian Doll” was executed exponentially better than “Happy Death Day.” The show manages to successfully juggle a myriad of tones that can be difficult to use together: the tense parts felt tense, the funny parts felt funny and the sad parts felt sad.

This was impressive to me because almost every episode features different writers, so being able to make a tonally consistent product telling a singular story sounds like a difficult goal. I’m sure they were able to do this because the show is episodic, but I definitely think having two experienced filmmakers helped. Speaking of having two experienced filmmakers, the show has a consistent feeling that speaks of experience with production; the camerawork is great for a television show and the props are second to none. There’s a sequence in the fourth episode, “Alan’s Routine,” that impressed me by how stylish they decided to be for the show when other similar films and shows easily get by with much less effort put in. As I mentioned before, the show does feature a different writer, or a different group of writers, for nearly every episode. While the filmmakers did a wonderful job keeping the tone consistent and making

the show interesting to watch, I felt some writers were much better than others. Because the writing often failed to live up to the expectations given by the better writers on the show, I ended up disliking the way some episodes panned out. There were plenty of cool ideas for how to fix the problem our protagonist finds herself in, but the fix the writers decided on was one of the most predictable ones. This was addressed with the characters coming up with their own theories as to what was going on, but most of them were played for comedy. The decision to use these as cheap jokes rather than having the characters make any sort of serious attempt to come up with a logical theory made the protagonist seem uncharacteristically dumb. Coupled with this, either through some fluke of writing or perhaps an idea that was just never fleshed out, was an arc relating to the protagonist’s mother towards the end of the series.

After watching the series in full, it seemed to have very little to do with the rest of the show, and fundamentally shook what felt like a solid foundation that had been established over the first half of the series. These flaws didn’t kill the series for me, but they left me disappointed over what could have been had the creators decided on more consistent writing styles. This may have been a good thing in the end. The final product is still enthralling, and leaving out certain writers could certainly have made the show worse. One thing I’m certain of after finishing the series are the capabilities of Lyonne as a writer as well as an actress; the episodes she wrote were some of my favorites and I’m shocked she hasn’t written more before now. While she’s primarily known as an actress, I’ll definitely be keeping an eye out for whatever she writes next. E-mail McManis at mcmanis@student.uiwtx.edu





WORD SEARCH

C W F I N A L S H  
D E A A D K G I O  
T F L O W E R S M  
B C W E W S A F E  
L D A M B T D I W  
S U M M E R U E O  
C O F F E E A S R  
Q D S D K S T T K  
S T U D Y S E A E

WORD BANK

study  
stress  
coffee  
homework  
finals  
fiesta  
flowers  
graduate  
celebrate  
summer

Riddles

When do you start at red and end at green?

You are in a dark room with a candle, a torch, and an oil lamp. You only have one match. Which do you light first?

What can run but never walks, has a mouth but never talks, has a bed but never weeps, has a head but never weeps?

What gets wet when drying?

JUMBLE

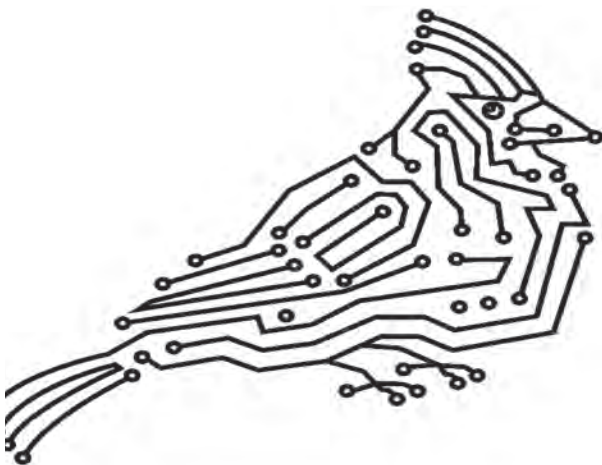
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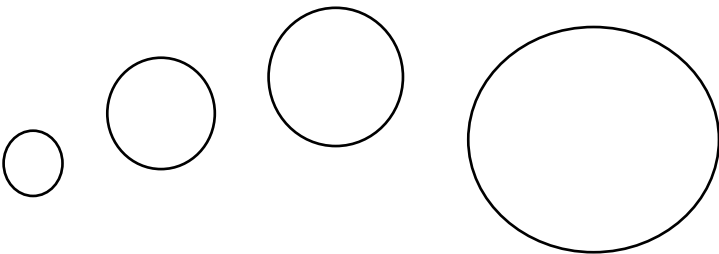
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The Crypto Cardinal says...

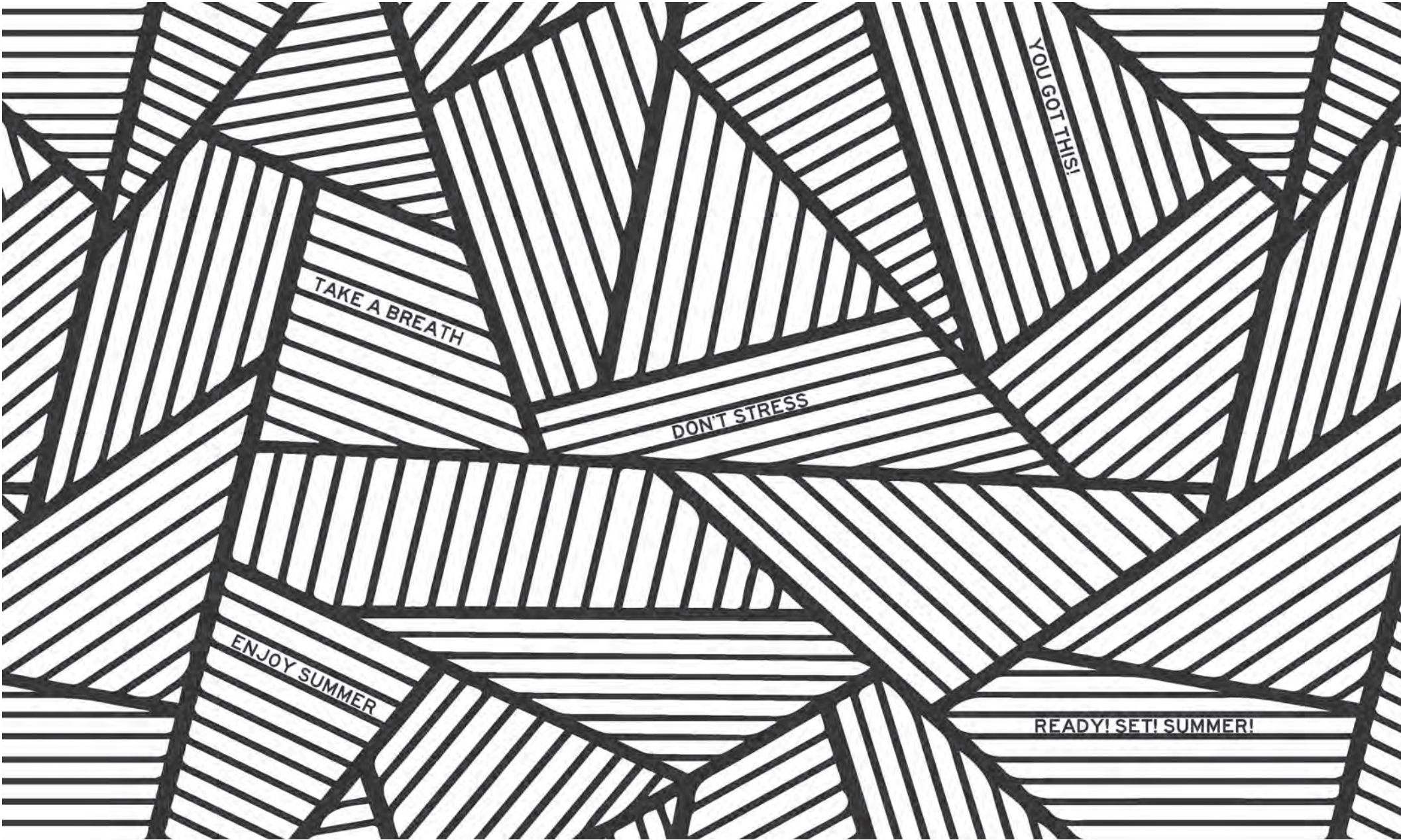


Graphic and riddle courtesy of the Cyber Security Club



Decipher the message behind the code. Each letter stands for another. HINT: R=P

SX RZXSGJS AXLZ  
KODXZFHSKXO  
HOP RZKEHJA,  
NGGR H JUGHO  
FHJYKO



Nico Ramon / GRAPHIC

ANSWERS:

Miranda Hanzal /  
PHOTO EDITOR

JUMBLE  
finals season  
flower pot  
summer time  
coffee break

Riddles

When you eat a water-melon.  
The match.  
River.  
A towel.

Crypto puzzle  
To protect your information and privacy, keep a clean machine

WORD SEARCH

C W F I N A L S H  
D E A A D K G I O  
T F L O W E R S M  
B C W E W S A F E  
L D A M B T D I W  
S U M M E R U E O  
C O F F E E A S R  
Q D S D K S T T K  
S T U D Y S E A E



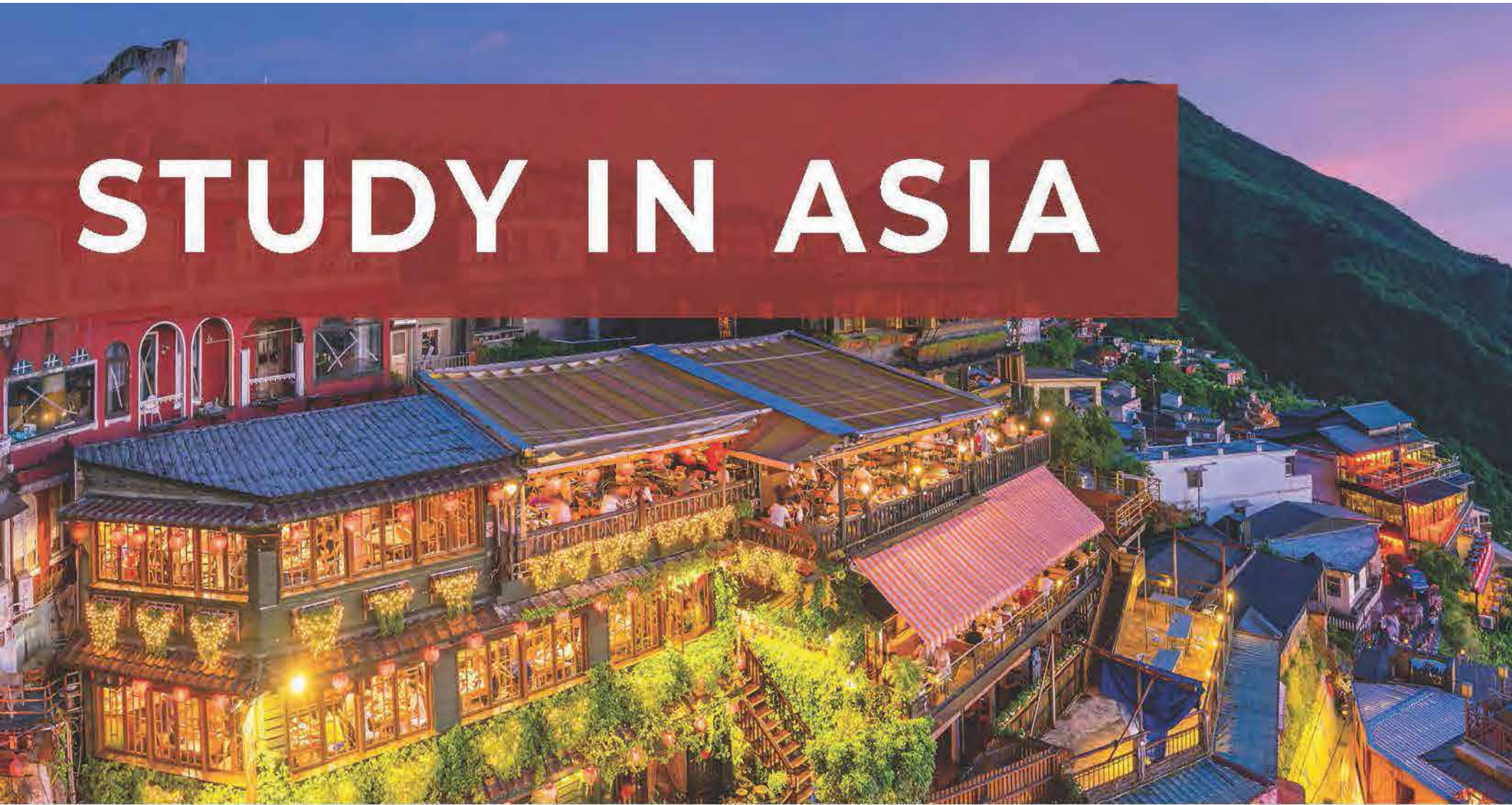


Figure above: Busan, South Korea. UIW has 15 sister school partners in South Korea.

**HONG KONG:**

Lingnan University offers programs grouped into three categories:  
Art, Business, and Social Science.  
Apart from courses in these respective disciplines, the General Education Programme and Chinese and English languages are essential components in each curriculum. Hong Kong’s location offers easy access to the rest of Asia, primarily Japan, Mainland China, and Korea, all of which are only a short flight away.



**SOUTH KOREA:**

Korea University, founded in 1905, is widely acknowledged as one of the country’s oldest, largest and top-ranked universities in Korea having placed 4th in the top 10 universities of South Korea by usnews.com. The historical campus is located in the center of the nations capital city of Seoul. The university’s academic breadth is extensive with its 81 departments in 19 colleges and divisions, and 19 graduate schools.



**JAPAN:**

Kumamoto Gakuen University is located near the center of Kumamoto City. Classes are small, oftentimes with 15 students or less. You can choose from over 100 clubs to join and make Japanese friends, keep up with your favorite sport, or learn a traditional Japanese sport or cultural activity. Once in Kumamoto, students are encouraged to explore the rest of Japan and Asia, with Tokyo a 90-minute flight and Seoul, South Korea just an 85-minute flight.



**ICON KEY**

- Buddy program
- Service learning
- On-campus shopping
- On-campus accommodation
- Airport pickup
- Bicycle rental

**COST ESTIMATES**

	HONG KONG	KOREA	JAPAN
On-campus accommodation	\$215/mo.	\$250/mo.	\$275/mo.
Monthly expenses	\$800-\$1,000/mo.	\$600-\$800/mo.	\$625-\$875/mo.
Round trip flight	\$1,000 round trip	\$1,500 round trip	\$1,500 round trip

“Thanks to UIW’s partnered sister schools I had the opportunity to go abroad to attend the Global Cultural Exchange Summer Camp hosted by Chang Jung Christian University in Tainan, Taiwan. The itinerary consisted of cultural lectures to inform the visiting students from nine other sister schools across the globe to learn about Taiwan’s history and native roots as well as getting familiar with some of its renowned companies in nearby cities. There is always an opportunity to make friends with students around the globe, it is extremely affordable, and language barriers are not something to sweat over as there are many ways to communicate.”



- Sandra Preciado, Class of 2020



Figures above: Great Wall of China, Fushimi Inari Taisha shrine in Kyoto, Japan, and a tram in Hong Kong