The University of the Incarnate Word held its 16th annual “Red Dress Fashion Show,” where local high school students and UIW fashion students showed off their masterpieces.

The show and related health program is designed to increase heart awareness among women. This event is put on in association with the different professional health schools to motivate people to make healthy lifestyle changes.

The purpose of the red dress is to symbolize heart disease as the No. 1 killer of women. Around the same time each year due to heart disease in the United States.

So the pageant allows participants and patrons to be educated in a fun way. “Women’s health is not just an issue here in San Antonio, it’s a national issue and something we ought to be thinking about,” said Dr. Trey Guinn, emcee for the event. “As a dad to two daughters, I take pride in knowing our institution has such an active hand in educating not just to students here at UIW but the society in general about something as important as heart health and living a healthy lifestyle.”

Students from local high schools such as John Jay and Sandra Day O’Connor each designed a red dress hand 10 a.m.-noon Saturdays during tax season in Room 126 of the Joyce Building. UIW faculty and staff with annual incomes under $55,000, not filing “married separately” and eligible to file a US 1040 tax return may drop off needed tax information 9:30-11:30 a.m. Friday, Feb. 22, in Room 209 of the Gorman Building. Certified volunteers will conduct “live preparations” 10 a.m.-1 p.m. “In order to better assist you, and not to occupy your time, this will be a special drop-off day in which you can drop-off your tax information and we will complete your return while you are working,” according to a program flyer, adding that “live preparations” will be conducted 10 a.m.-1 p.m. for those who wish to wait. More information about what to bring to be served is available at UIVITA.com

The whole purpose of Cardinal Cupboard is to help students get food when they don’t have access to it. “Many students see food as a last priority, below books and gas,” Esper said. “So with many students, what happens is they might only have one or two good meals a day or they eat very little. That’s why we hope through the cupboard we can get more items so they can prepare food at home.”

The show and related health program is designed to increase heart awareness among women. Around the same time each year due to heart disease in the United States.
Polar bears invade Russian town

A large group of aggressive polar bears invaded the small Russian town of Belushya Guba. The town, located in an arctic archipelago, has recently become victim to constant attacks from polar bears in the area. Residents report six to ten bears roaming the town, chasing citizens and entering buildings on frequent occasions. Though the bears have become invasive, government officials still strongly condemn the shooting or killing of any as polar bears are still considered an endangered species internationally.

(word count: 209)

WORD UP

Compiled by Jala Fortune / STAFF WRITER

YouTube yanks ‘conspiracy’ videos

YouTube has decided to retract videos relating to conspiracies or medically inaccurate subjects from being recommended to viewers of the site. The company claims this is to stop the circulation of videos that come close to conspiracies or topics that are inaccurately covered to conspiracies or topics that are inaccurately covered

(word count: 91)

NEWS

NEWS

NEWS

NEWS
Preparing for Barcelona was definitely a challenge – starting off with getting all the documents ready for my study abroad there for the Spanish consulate.

After everything got approved, I had to start preparing myself mentally and physically. Accepting that I would not see my friends or family for a few months was difficult, but luckily I was able to spend time with everyone I love during Christmas break.

I also struggled a bit with packing everything I needed, but I took the advice from Alanna Taylor, coordinator of the Study Abroad office at the University of the Incarnate Word, to pack as if I was going on a trip for two weeks, which has definitely been a success so far.

The trip itself to Barcelona was quite exhausting. I took three different flights. First to Chicago, then Zurich and finally to Barcelona. For me the language has not been a barrier since I am fluent in Spanish and English. The only difficult part of the language is they also speak Catalan here, so understanding it is a little hard but reading it can be understood if fluent in Spanish.

I moved into my dorm two days after I arrived. So far everyone here has been so welcoming. My dorm is an all-girls, apartment-style home with 15 being the maximum number of girls because their purpose is to be able to grow close and feel like a family.

We have a tradition where everyone in the apartment gets together at 10 p.m. to talk about the day. They make our three meals here. The time people eat here is very different compared to the United States. Around 9 a.m., everyone eats breakfast. Around 1 p.m., everyone eats dinner. Around 8 p.m., everyone eats supper. On the weekends we eat supper together at 9 p.m. while watching a movie, or sometimes we go out to eat supper and tour the city. Some restaurants do not even open if it is not around those hours which was surprising.

Getting to know my university for this semester – Universitat Abat Oliba CEU – was a great experience. We had our orientation. There are around 80 international students studying abroad. Many are from Mexico. Only three of us are from the States. The other students are from European countries.

At the orientation, they went over grading style, classes and programs they offered, gave us a tour and had fun icebreakers so we could get to know each other.

Everyone became close quickly, and we even have a group message now to go out together. The university is pretty small compared to UIW, but very comforting – just like home.

E-mail Casillas at macasill@student.uiwtx.edu


The film screening was cosponsored by Free Battered Texas Women in conjunction with the University of the Incarnate Word’s Criminal Justice Department and Women & Gender Studies Program. The film examined the lives of domestic violence survivors who are convicted of killing their abusive husbands. Statistics show more than half the women on death row are imprisoned for killing abusive husbands.

The post-film panel commenting on the film included criminal justice researchers, victim advocates, a judge and a formerly incarcerated survivor.

The extent to which physical or psychological abuse becomes a mitigating factor in a murder case depends very largely on how the law is interpreted and practiced from state to state. In Alabama, for instance, women are rarely allowed to speak in court of the mental abuse they suffered at the hands of the man they killed. In one case, Maxine Walker married a man who had spent six years in prison after being convicted of kidnapping, sexually assaulting and choking a 15-year-old girl to death. Reportedly, her husband’s case was reduced to manslaughter on an appeal that he was mentally ill. In 1998, Walker was found guilty of murder for hire. According to the prosecution, she lured her husband into the woods where two of her nuncios waited to kill him. She allegedly paid them $50 each.

For women such as Walker, little will change in the foreseeable future until the Alabama courts are obligated to admit as evidence history of psychological and physical abuse.

In Texas, a bill has been passed allowing a woman to contend her abuse led to a defense on a murder charge. The new bill also applies retrospectively to women who can’t present evidence of abuse at their trial. The Board of Pardons and Parole selected 102 such cases for review. For many of the women it meant significant reduced sentences or were even released from prison.

Although Texas has made a change to its system to help women suffering domestic violence, states such as Alabama have not.

“We’re going to have to change the way we raise and acculturate our children to get along with society because what we’ve been doing isn’t working,” said panelist Rosie Gonzales, a Bexar County judge.

A purple ribbon is often used to represent survivors of domestic violence.
Guest lecturer to examine wives’ political roles

The University of the Incarnate Word will hear Feb. 20 from a notable specialist in Africana Studies and English about how wives influence politics in the United States.

“The Stress of Her Emotions: Sentimental Literature and the Dilemma of Women in Politics” will feature Dr. Tess Chakkalakal, the Peter M. Small Associate Professor of Africana Studies and English at the University of the Incarnate Word (UIW).

In 2016, the U.S. electorate almost elected a woman as the nation’s president,” D’Amico said. “It was no coincidence that this woman is the wife of a former two-term president. The political influence of wives in the United States has long been a feature of sentimental fiction. Indeed, it is difficult to conceive of women in politics without the tradition of sentimental fiction. This discussion will explore the limits and possibilities of women’s political influence through works of U.S. sentimental fiction, from the anti-slavery novels of Harriet Beecher Stowe to the anti-segregation fiction of Charles W. Chesnutt.”

Speaking of Stowe, “Reading Uncle Tom’s Cabin” is among the courses from Stowe’s most famous work that Chakkalakal teaches. Chakkalakal also has helped to restore Stowe’s house on Bowdoin’s campus,” D’Amico said.

“(Chakkalakal) is the epitome of a public intellectual herself, merging her theoretical work with a practical public history focus,” D’Amico said.

Chakkalakal has published widely on 19th-century African American and American literature. She is the author of “Novel Bondage: Slavery, antislavery, and the politics of race” which earned the Robert K. Martin Prize for best book on American literature. It was called “a must-read” title by Choice magazine. She also is co-editor of “Jim Crow, Literature, and the Legacy of Sutton E. Griggs.”

The visiting scholar, who received her Ph.D. from York University in Toronto, Ontario, Canada, has earned fellowships from the National Endowment for the Humanities, Social Science and Humanities Research Council, Duke University, Emory University, and the Mellon Foundation.

Before coming to Bowdoin in 2009, she taught at Williams College in Williamstown, Mass., and Bowling Green (Ohio) State University.

The University of the Incarnate Word will hear Feb. 20 from a notable specialist in Africana Studies and English about how wives influence politics in the United States.

“The Stress of Her Emotions: Sentimental Literature and the Dilemma of Women in Politics” will feature Dr. Tess Chakkalakal, the Peter M. Small Associate Professor of Africana Studies and English at the University of the Incarnate Word (UIW).

“In 2016, the U.S. electorate almost elected a woman as the nation’s president,” D’Amico said. “It was no coincidence that this woman is the wife of a former two-term president. The political influence of wives in the United States has long been a feature of sentimental fiction. Indeed, it is difficult to conceive of women in politics without the tradition of sentimental fiction. This discussion will explore the limits and possibilities of women’s political influence through works of U.S. sentimental fiction, from the anti-slavery novels of Harriet Beecher Stowe to the anti-segregation fiction of Charles W. Chesnutt.”

Speaking of Stowe, “Reading Uncle Tom’s Cabin” is among the courses from Stowe’s most famous work that Chakkalakal teaches. Chakkalakal also has helped to restore Stowe’s house on Bowdoin’s campus,” D’Amico said.

“(Chakkalakal) is the epitome of a public intellectual herself, merging her theoretical work with a practical public history focus,” D’Amico said.

Chakkalakal has published widely on 19th-century African American and American literature. She is the author of “Novel Bondage: Slavery, antislavery, and the politics of race” which earned the Robert K. Martin Prize for best book on American literature. It was called “a must-read” title by Choice magazine. She also is co-editor of “Jim Crow, Literature, and the Legacy of Sutton E. Griggs.”

The visiting scholar, who received her Ph.D. from York University in Toronto, Ontario, Canada, has earned fellowships from the National Endowment for the Humanities, Social Science and Humanities Research Council, Duke University, Emory University, and the Mellon Foundation. Before coming to Bowdoin in 2009, she taught at Williams College in Williamstown, Mass., and Bowling Green (Ohio) State University.

Cheerleading can lead to injuries

Rules, new talent and skills are annually added to the sport of cheerleading, and this constantly raises the level of difficulty and danger. Like football players, injuries such as concussions, pulled muscles, and hurt ankles and knees do occur.

The fans do not see a cheerleader’s injuries as much as a football player’s, but these injuries do occur in and out of practice while perfecting routines, stunts, jumps, tumbling and dance.

After years of cheering, I personally have encountered multiple injuries year after year. And I have witnessed my teammates endure injuries from broken bones, sprains, torn ACLs and concussions.

When attending therapy or recovery the athletes around me came from football, soccer, basketball, and a handful of other sports. As part of the learning process, as well as the process of learning a new skill, injuries occur.

Behind the pom-poms, sparkles, hair and makeup are six-hour practices or back-to-back cleaning, stunts, routines – All this in the effort to make everything look amazing.

“Cheer is just like any other sport,” said Genella Rubio, UW cheerleader captain. “We don’t do anything different that they (athletes) do and we enjoy cheering them on at the same time”

E-mail Zuniga at arzuniga@uiwtx.edu

Exhibit captures alumni artist’s 30 years of work

“Sarah Benson: A Retrospective Exhibition, 1978-2018,” showcasing paintings by an artist who is a University of the Incarnate Word 1987 graduate, is on exhibit 8 a.m.-5 p.m. weekdays through Friday, Feb. 22.

An opening reception for the artist and exhibit was held Friday, Jan. 18, in Semmes Gallery of Kelso Art Center.

Curated by visual and performance artist Roberto Jose Gonzalez, also an alumnum of UIW, the Benson exhibit is a collection of a lifetime of pieces featuring vibrant, geographic and abstract works of art.

“Some images may seem like pure abstraction, but they are rooted in reality, personal experience and memory,” Benson writes.

Some inspired by scenes of San Antonio, others from travel and others still by daily life, the works that make up the exhibition showcase Benson’s prolific career and unique perspective.

Of curating this exhibit, Gonzalez recalls viewing Benson’s paintings over the past few years and becoming convinced a complete viewing of her lifetime work was necessary. The added bonus was the opportunity to bring this project “home” to their alma mater, Gonzalez said.

E-mail Zuniga at arzuniga@uiw.edu
The co-president of Pax Christi International, a global Catholic peace movement, will discuss active nonviolence at the annual Pierre Lecture at 7 p.m. Feb. 26 at the University of the Incarnate Word.

Marie Dennis’ presentation on “Active Nonviolence: A Paradigm Shift to a More Peaceful World?” will be in the SEC Ballroom.

Dennis was a primary organizer of the 2016 Conference on Nonviolence and Just Peace cosponsored by the Vatican’s Pontifical Council for Justice and Peace. Held in Rome from April 11-13 that year, the conference called on the Catholic Church to re-commit to the central role of nonviolence, proposed the Day of Peace 2017 theme on nonviolence, and started the Catholic Nonviolence Initiative.

The conference brought together more than 80 people for an unprecedented gathering to discuss the Catholic Church’s history of, and commitment to, nonviolence.

The conference was cosponsored by the Pontifical Council for Justice and Peace and Pax Christi International, with the support of the Justice and Peace Commission of the USG/USG, Conference of Major Superiors of Men, Leadership Conference of Women Religious, Maryknoll Office for Global Concerns, St. Columban’s Mission Society, and Peace e Bene.

During the opening session, Cardinal Peter Turkson, president of the Pontifical Council, delivered a message from the Holy Father which called on “all people of good will to recognize what Christians profess as a consequence of faith: that it is only by considering our peers as brothers and sisters that humanity can overcome wars and conflicts.” He also said, “Your thoughts on revitalizing the tools of nonviolence, and of active nonviolence in particular, will be needed and positive contribution.”

After days marked by communal prayer, careful listening, and honest dialogue, the call to put on our green light and consider the world from a nonviolent perspective was affirmed.

The conference continued much of the U.S. Catholic bishops’ Pastoral Letter “Building a Culture of Peace” and the United States Conference of Catholic Bishops’ statement on the 45th anniversary of the U.S. bishops’ Pastoral Letter on War and Peace.

Since 2007, a position she shares with Bishop Kevin Dowling from South Africa. She worked for the Maryknoll Missionaries from 1989 to 2012, including 15 years as director of the Maryknoll Office for Global Concerns.

Dennis holds a master’s degree in moral theology from Washington Theological Union in Washington D.C., a master’s degree in divinity from Trinity Washington University in Virginia, and a doctorate in the sociology of religion from the University of the Incarnate Word in San Antonio.

She was named Person of the Year in 2016 by the New York-based Catholic Daughters of the Americas, in recognition of her work with the organization’s Commission on Nonviolent Peacemaking and Peace Building.

Seven University of the Incarnate Word faculty members received special awards – most under a “Mission Continues” theme -- Jan. 7 at an annual pre-spring semester reception.

Dr. Kathi Light, the provost, was the host for the reception at McCombs Center Rosenberg Skyroom. The recipients – five of whom received awards honoring notable deceased members of the Sisters of Charity of the Incarnate Word -- included:

Robert J. Connelly Faculty Leadership Award: Sister Martha Ann Kirk, a longtime religious studies professor, received this award given to a tenured faculty member with 15 or more years of faculty service who has excelled in leadership responsibilities, teaching, and peer counseling. Kirk is also a member of the Board of Directors of the Institute for the Office of the Incarnate Word.

Pipe Professor Nominee: Dr. Robert Garner, a professor of chemistry, now is eligible to receive one of five possible $5,000 awards in state Pipe competition. McBurnett also was nominated last year.

Sister Maria Goretti Zeh Innovation Award: Dr. Jeff Rabin, a professor and assistant dean of graduate studies at Rosenberg School of Optometry, received this award for being “open to thoughtful innovation which serves medical and spiritual need.”

Sister Eleanor Ann Young Truth Award: Dr. Robert Garner, an associate professor of inorganic chemistry, “searches for and seeks truth in scholarship and in the classroom.”

Mother Columkille Colbert Stampfl Education Award: Dr. Tanja Stampfl, an associate professor of English, “engages students in the learning process.”

Mother St. Pierre, left, and Mother Madeleine

Mission Continues’ awards go to faculty

One who “embraces a global perspective and emphasizes social justice.”

Sister St. Pierre Cinquin

Dr. Julie Nadeau

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Tanja Stampfl

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnett

Dr. Betty Leverett

Dr. Robert Garner

Dr. Jeff Rabin

Dr. Brian McBurnett

Dr. Julie McBurnette
Blessed with stress: A lesson learned

Blessed with stress: A lesson learned

OPINION

A homeless woman at Walgreens asks for a dollar or two. But after seeing her, she said, “oh no, keep your change. You look tired. Go home and get some rest because you look like you need it.”

Dumbstruck, I said, “OK, OK,” and got up and walked away.

Driving away, images of myself flashed in my mind and every red light offered the opportunity to sweep a peak in the mirror. I felt tired, but I did not know my appearance became problematic until January felt like the worst month of my life, and I guess it showed.

Exams had taken their toll on me. I was spent. I was exhausted. I felt like I had no energy left. I was not motivated. I was not productive.

Going from lying in bed and binge-watching Netflix in my pajamas for hours to sitting in a chair studying from the Texas “winter” to sitting in a classroom listening to lectures – how had this become the most pleasurable experience?

My first exam of the semester was coming up. I had been struggling to put it together. Getting back into a routine has been difficult but there are a few tips that helped me get focused and motivated.

1. Being in a clean environment/ having a clean space: For example, if you’re studying at your desk in your room, make sure your desk is organized and cleaned off for whatever you are working on. Something as simple as making your bed and picking up clothes off the floor can help make a room feel a little cleaner. I try to always have a minimal snack and refresh as well during this time of year. Despite how gimmicky and cliché these depart-

OPINION

Five tips for productivity

Bethany Melendez /
STAFF WRITER

The beginning of spring semester and the transition from a festive and relaxing winter break can feel like a physical challenge.

1. Breakfast: Make sure you eat breakfast. I know how important eating “Shots” by LMFAO while singing in the shower is. For example, I literally type in music. For example, I literally type in

Don’t leave self out of love

Victoria O’Connor / MANAGING EDITOR

I want to start off by saying I love Valentine’s Day. Well, maybe not the day specifically, but the entire month of February. Going from lying in bed and binge-watching Netflix in my pajamas for hours to sitting in a chair studying from the Texas “winter” to sitting in a classroom listening to lectures – how had this become the most pleasurable experience?

2. Environment: Keep your environment as clean and organized as possible, especially if you are studying in a noisy location.

3. Creating a study playlist: I like to listen to “chill” instrumental music. For example, I literally type in

4. Music: Music is an essential component when trying to be productive. Music helps drown out other noises especially if you are studying in a public place and people are talking.

5. Put away any distractions: This is by far the hardest one for me but if I don't put away my phone no work gets done. I notice how addictive social media is and I’m pretty much checking it all day long. So, I decided when it comes to getting work done I can spare a few hours and turn my phone off and focus on what I need to do. I also good so your notifications won’t pop up on your screen and distract you. I saw if I get a text or Instagram notifi-

6. Breaks: Make sure to take breaks. I try to

7. Nutrition: Make sure you eat a healthy breakfast. I try to

8. Sleep: Get enough sleep. I try to

9. Mindful breathing: Make sure to

10. Meditation: Make sure to

The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos office is in AD 277. The Logos o
Lesions learned from love

Jake Fortune/STAFF WRITER

“This Music can Embody Love: A Valentine’s Day Tale.” Life is referred to as a symphony with soaring highs and deep crushing lows. Few people understand this concept more fully than Hector Berlioz, a 19th-century composer who fell head over heels for Irish actress Harriet Smith. Berlioz sawsmith working on a new symphony to show off “Hamlet” in Paris, Berlioz was immediately captivated by the intense performance of the “Symphonie Fantastique.” This reignited the spark Berlioz felt for Smithson, and at this point he would not stop until he heard her sweet symphonies.

Berlioz arranged a second performance of the “Symphonie Fantastique,” this time with Smithson in attendance. She was absolutely won over by the music composed by Berlioz; and against the wishes of both of their families, the couple married in 1829.

The most surprising part of this story is what happened after the couple eloped into the post-sabbath sleigh ride. The marriage did not exactly work out as intended, and after having a second child and after the marriage, the two actually ended up separating. After the split, Smithson’s career fell apart as she felt for the sweetness of life was over.

Berlioz got together with a singer named Marie Recio. They married in 1854. So with Valentine’s Day on the horizon, what can this story tell us about love? That it is a lie? That it can only last for short moments? Quite the opposite.

The story shared between Berlioz and Simpson shows how it can never last but last longer. This year, love is a powerful emotion capable of driving people to do incredible things, and to believe in even more astonishing things about one they may be infatuated with. Love is an enigma: invasive but welcome, painful but yearned for, fleeting yet infinite.

Rosalinda and Patty – not their real names – met at UIW’s Engagement Center together at the end of another day at UIW. Headed for the residence halls, they found a USB memory stick on the sidewalk.

It was a nice aluminum USB with 64GB! “What is this?” Patty said. “That’s a USB drive,” said Rosalinda. “Can it be used to make a music stick?” Patty asked.

“In my project, yes. It is used to store music,” Rosalinda said.

“Do you know how to use it?” Pacita asked.

“You can put music into it,” Rosalinda replied.

“Is it possible to put music onto a USB stick ready to use even if the Internet is down?” Patty inquired.

“USB sticks can be used to clean viruses off a computer. It is possible to boot your computer from a USB loaded with virus-removal tools to find and fix computer problems. If you set up a USB drive as a recovery device, you can then recover old hard drives if they don’t start.”

Patty just learned a hard lesson about USB drives. In using the USB stick, Patty released a destructive virus onto her computer. If only she had learned that the USB drive for viruses before she used it.

These devices can be put to good or bad uses, and we should all be aware.

What is a USB? The Universal Serial Bus is a standard connector for computer devices, such as printers, cameras, “thumb drives,” and is continuously ignored or used as a means by which people can express their concerns on the all-too-often gun violence that plagues the nation. As I sat down to write this story, I thought about how small the children were who lost their lives at Sandy Hook, the United States experiences so many gun-related shootings. The vigil was a reminder of why it is important to address this issue and to never lose their lives to the violence. Especially the lives of children.

I am honored to have an opportunity and privilege to participate in this event. It humbled me to no end.

When reading about an even more of an honor was the fact the Telemundo station had a reporter who filmed me and asked my opinion on the vigil. Here I am, a college student, and I am the one being asked my opinion on a serious issue we all should be discussing to one another. The vigil meant a lot. I guess I would say that the vigil was a life-changing experience for me because we have seen so many disastrous outcomes at the hands of gun violence, Casanova said. “Events like Sandy Hook and so many others, are not something I want to imagine in the future. I don’t want future generations to wonder why we have, the fear of someone attacking them in their school, church, or even on the street. Collectively as a society we have a chance to stop the ‘irresistible’ because it is not that at all.”

E-mail Velez at javelez@student.uiw.edu

Robert Meyer / SPECIAL TO THE LOGOS

The Newtonson Foundation held its own vigil on the sixth anniversary of the Sandy Hook shooting and encouraged those around the world to join them in the fight against gun violence.

Sister Martha Ann Kirk, a longtime Social Justice Leadership class teacher, with Sister Kirk, with setting up the event hours before it was held. Together, we handled programs and candles, which were set around the entrance of the Ettling Center for Civic Leadership and the Women’s Global Connection, which were set around the entrance of the Ettling Center for Civic Leadership and the Women’s Global Connection. The vigil set the tone for the evening and encouraged those around the world to join them in the fight against gun violence.

Therein lies the problem. Every single one of us who voices our opinion on the vigil. Here I am, a college student, and I am the one being asked my opinion on a serious issue we all should be discussing to one another. The vigil meant a lot. I guess I would say that the vigil was a life-changing experience for me because we have seen so many disastrous outcomes at the hands of gun violence, Casanova said. “Events like Sandy Hook and so many others, are not something I want to imagine in the future. I don’t want future generations to wonder why we have, the fear of someone attacking them in their school, church, or even on the street. Collectively as a society we have a chance to stop the ‘irresistible’ because it is not that at all.”

E-mail Velez at javelez@student.uiw.edu

Vigil spotlights guns’ impact on victims’ sentiment. The cosponsors took to the podium one by one, each woman sharing her story and expressing their concerns on the all-too-often gun violence that plagues the nation. As I sat down to write this story, I thought about how small the children were who lost their lives at Sandy Hook, the United States experiences so many gun-related shootings. The vigil was a reminder of why it is important to address this issue and to never lose their lives to the violence. Especially the lives of children.

I am honored to have an opportunity and privilege to participate in this event. It humbled me to no end.

When reading about an even more of an honor was the fact the Telemundo station had a reporter who filmed me and asked my opinion on the vigil. Here I am, a college student, and I am the one being asked my opinion on a serious issue we all should be discussing to one another. The vigil meant a lot. I guess I would say that the vigil was a life-changing experience for me because we have seen so many disastrous outcomes at the hands of gun violence, Casanova said. “Events like Sandy Hook and so many others, are not something I want to imagine in the future. I don’t want future generations to wonder why we have, the fear of someone attacking them in their school, church, or even on the street. Collectively as a society we have a chance to stop the ‘irresistible’ because it is not that at all.”

E-mail Velez at javelez@student.uiw.edu

The story shared between Berlioz and Simpson shows how it can never last but last longer. The United States experiences so many gun-related shootings. The vigil was a reminder of why it is important to address this issue and to never lose their lives to the violence. Especially the lives of children.

I am honored to have an opportunity and privilege to participate in this event. It humbled me to no end.

When reading about an even more of an honor was the fact the Telemundo station had a reporter who filmed me and asked my opinion on the vigil. Here I am, a college student, and I am the one being asked my opinion on a serious issue we all should be discussing to one another. The vigil meant a lot. I guess I would say that the vigil was a life-changing experience for me because we have seen so many disastrous outcomes at the hands of gun violence, Casanova said. “Events like Sandy Hook and so many others, are not something I want to imagine in the future. I don’t want future generations to wonder why we have, the fear of someone attacking them in their school, church, or even on the street. Collectively as a society we have a chance to stop the ‘irresistible’ because it is not that at all.”

E-mail Velez at javelez@student.uiw.edu

Robert Meyer / SPECIAL TO THE LOGOS

“Opinion” is a forum for diverse perspectives of community members who wish to be published. Individuals interested in submitting an Opinion should contact the editor at jfortune@stu-dent.uiw.edu.

Usages – pros and cons for USB sticks

Emily Meyer, a student in the cybersecurity program at UIW, at emeiy@student.uiw.edu

“The two would not meet again for several years, but Berlioz had not forgotten the beautiful and intelligent woman he witnessed on stage.”

In the world of computers, the “magic plug” is the USB port. Keyboards, mice, printers, cameras, “thumb drives,” are all plugged in. Memory allows the computer to load web pages, run apps, calculate equations, and so much more. It is common today to use the “cloud” for our daily needs. We offload our stuff (data) to the cloud and can access it from anywhere. The cloud is magic until the Internet is down, or we find a “hot spot” is not working.

Did you know it is possible to run an entire operating system from a USB? Or use a USB drive on a computer not using more than one computer? Additionally, you can keep your videos, files and pictures on a USB stick ready to use even if the Internet is down.

USB sticks can be used to clean viruses off a computer. It is possible to boot your computer from a USB loaded with virus-removal tools to find and fix computer problems. If you set up a USB drive as a recovery device, you can then recover old hard drives if they don’t start.

At UIW, USB drives are a great way to leverage a student’s professional portfolio from semester to semester.

USB drives can be used to provide additional memory to speed up your system. They can also serve as security keys to keep an eye on eyes out of your computer. USB drives can be configured to provide quick access to wireless networks, and keep information safe on your files between locations.

USB sticks are easy to use, inexpensive, and useful. For more information, simply search “uses for USB drives.”

E-mail Meyer, a student in the cybersecurity program at UIW, at emeiy@student.uiw.edu
Men’s tennis vs. St. Mary’s
Ann Barshop Natatorium

Women’s basketball vs. Old Dominion/UNT
Mabry Tennis Center

Men’s basketball vs. Hofstra University
Mabry Tennis Center

Women’s swimming vs. Old Dominion/UNT
Texas A&M-Corpus Christi

Men’s basketball vs. Hofstra University
Mabry Tennis Center

Women’s tennis vs. Hofstra University
Mabry Tennis Center

Men’s baseball vs. Hofstra University
Mabry Tennis Center

Women’s tennis vs. Louisiana Tech
Mabry Tennis Center

Men’s tennis vs. Louisiana Tech
Mabry Tennis Center

Baseball begins second season under Hallmark

The University of the Incarnate Word baseball team hosted Hofstra this weekend to begin its second season under Head Coach Patrick Hallmark.

The Cardinals picked up many recruits and ended the 2018 season with a 29-26 record in Hallmark’s first season.

Although UIW was voted to finish in 10th place in the conference this season, the Cardinals have a lot to look forward to this season with many familiar faces returning.

Three Cardinals were named to preseason All-SLC teams. Junior Kyle Bergeron (second base) and sophomore Eddy Gonzalez (outfield) were named to the first team, while sophomore Ryan Flores (first base) earned second-team honors.

Hallmark said he was pleased with the recognition his student-athletes are receiving.

“It’s exciting to have Kyle, Eddy and Ryan recognized by the league,” Hallmark said. “They are all complete student-athletes in that they are high-character and on the field and in the classroom. We are proud of them and expect even more out of them this season.”

Along with being named to preseason all-conference teams, Bergeron was also named to the Bobby Bragan Collegiate Slugger Watch List.

Bergeron started most of his freshman season behind the plate being one of the Cardinals’ two starting catchers, but saw more playing time in the middle infield in the 2018 season, starting mostly at second base.

Bergeron, one of two Cardinals to start in all 55 games, ended last season with a .321 batting average, team-best 46 runs and a team-best 50 RBI. Bergeron led the team with 14 doubles and six home runs to record a team-leading .666 slugging percentage. He also led the team with 22 multiple-hit games and 13 multiple-RBI games.

Gonzalez has spent most of his playing time in the outfield, mostly in left field. Gonzalez also started all 55 games for UIW last season.

Gonzalez led the conference last season with 82 hits and 1.49 hits per game. He also had the conference’s second-best batting average (.371) and recorded 44 runs and 30 RBI. He tied a program record with two perfect 5-for-5 outings last season.

Gonzalez was the Cardinals’ first baseman last season, starting in 44 games. Gonzales ended the season with a .329 batting average, 19 runs, 53 hits and 23 RBI. He also led the team with 31 RBIs.

Another key returner is sophomore outfielder Ridge Rogers. Rogers was named to the 2018 CollegeBaseball Freshman All-American Team, becoming the first Cardinal to earn the honor since UIW joined Division I in 2014.

Starting in 54 games, Rogers ended the season with a .346 batting average, 33 runs, 71 hits and 34 RBI. Rogers led the active team with 12 stolen bases.

Senior pitcher Cody Allen was named to the National Collegiate Baseball Writers Association 2019 Stopper of the Year Preseason Watch List.

Allen recorded five saves for the Cardinals last season. In 21 appearances, Allen recorded 48 strikeouts and a 1.64 ERA.

Senior pitcher Bernie Martinez was another consistent player in the Cardinals in 2018. Martinez had 16 total appearances, including 12 starts for UIW last season, earning a 6-5 record.

Martinez ended the season with a 4.21 ERA, team-best 75 strikeouts, and .299 opposing batting average.

Junior pitcher Luke Taggart returns to the Cardinals after earning a 4-5 record last season.

Taggart ended his season with a 3.99 ERA and 57 strikeouts in 15 appearances.

The four-game series against Hofstra will be at Daniel Sullivan Field, sponsored by H-E-B.

After the opening series, the Cardinals participate Feb. 21-24 in the Alamo Invitational. The tournament is sponsored by the Alamodome.

Senior pitcher Cody Allen was named to the National Collegiate Baseball Writers Association 2019 Stopper

University of the Incarnate Word’s’ sports editor

Angelo Mitchell

Gonzalez led the conference last season with 82 hits and 1.49 hits per game. He also had the conference’s second-best batting average (.371) and recorded 44 runs and 30 RBI. He tied a program record with two perfect 5-for-5 outings last season.

Floros was the Cardinals’ first baseman last season, starting in 44 games. Floros ended the season with a .329 batting average, 19 runs, 53 hits and 23 RBI. He also led the team with 31 RBIs.

Another key returner is sophomore outfielder Ridge Rogers. Rogers was named to the 2018 CollegeBaseball Freshman All-American Team, becoming the first Cardinal to earn the honor since UIW joined Division I in 2014.

Starting in 54 games, Rogers ended the season with a .346 batting average, 33 runs, 71 hits and 34 RBI. Rogers led the active team with 12 stolen bases.

Senior pitcher Cody Allen was named to the National Collegiate Baseball Writers Association 2019 Stopper of the Year Preseason Watch List.

Allen recorded five saves for the Cardinals last season. In 21 appearances, Allen recorded 48 strikeouts and a 1.64 ERA.

Senior pitcher Bernie Martinez was another consistent player in the Cardinals in 2018. Martinez had 16 total appearances, including 12 starts for UIW last season, earning a 6-5 record.

Martinez ended the season with a 4.21 ERA, team-best 75 strikeouts, and .299 opposing batting average.

Junior pitcher Luke Taggart returns to the Cardinals after earning a 4-5 record last season.

Taggart ended his season with a 3.99 ERA and 57 strikeouts in 15 appearances.

The four-game series against Hofstra will be at Daniel Sullivan Field, sponsored by H-E-B.

After the opening series, the Cardinals participate Feb. 21-24 in the Alamo Invitational. The tournament is sponsored by the Alamodome.

Senior pitcher Cody Allen was named to the National Collegiate Baseball Writers Association 2019 Stopper

University of the Incarnate Word’s’ sports editor

Angelo Mitchell

Gonzalez led the conference last season with 82 hits and 1.49 hits per game. He also had the conference’s second-best batting average (.371) and recorded 44 runs and 30 RBI. He tied a program record with two perfect 5-for-5 outings last season.

Floros was the Cardinals’ first baseman last season, starting in 44 games. Floros ended the season with a .329 batting average, 19 runs, 53 hits and 23 RBI. He also led the team with 31 RBIs.

Another key returner is sophomore outfielder Ridge Rogers. Rogers was named to the 2018 CollegeBaseball Freshman All-American Team, becoming the first Cardinal to earn the honor since UIW joined Division I in 2014.

Starting in 54 games, Rogers ended the season with a .346 batting average, 33 runs, 71 hits and 34 RBI. Rogers led the active team with 12 stolen bases.

Senior pitcher Cody Allen was named to the National Collegiate Baseball Writers Association 2019 Stopper
On February 12, selected senior and first year students will receive an email invitation for the National Survey of Student Engagement (NSSE).

It takes about 15 minutes to complete. Your responses are confidential and will help administrators and faculty improve policies, curriculum and campus activities. Don’t miss your opportunity to help improve the UIW experience for you and your peers.

If you have questions about the survey or are interested in the results, please contact the Office of Institutional Research, surveyir@uiwtx.edu.

Complete the survey for a chance to win one of two $500 Visa gift cards.

Your feedback matters to UIW!

To learn more about the NSSE survey, visit: http://nsse.iuh.edu/
The moment two people meet can be truly defining. The outcomes of this faith- ful counterpart can range from one extreme to another. But when multiple universes are involved, it goes every way possible.

“Constellations” by Nick Payne is a two-character drama featuring University of the Incarnate Word students Branson McHugh and Marianne (McHugh), a Cambridge University student who specializes in “theoretical early universe cosmology.” Although Marianne’s field of study is complex, it’s not as complicated as making your typical love story. The playwright structured this play around the idea of multiple universes in non-linear time.

Marianne and Rolands relationship experiences every alternative that can be storylined. Its boy-meets-girl, girl-meets-boy, tragedy strikes boy (or girl), (or) they have boy (or) the possibilities are endless.

“We are used to the notion of people meeting for the first time, and in this ver- sion, it goes a lot of different ways,” says Ball.

In this 70-minute produc- tion, the two performances possess a different skill-set to be able to dominate stage for a long period of time. The experienced McHugh and Bulls - both graduat- ing seniors – are more than capable of executing their role’s demands. They have been involved in many UW productions in the past and exceeded their audiences’ expectations.

“Bandersnatch” is the first interactive movie put out by renowned British company “Black Mirror,” as well as the first interactive Netflix experience aimed at adults.

Those unfamiliar with “Black Mirror” aren’t alone as the show isn’t only known by us, but also to Netflix following the release of its first two seasons. While taking place in the early 80’s, the experience puts audience members into the shoes of a game developer tasked with the role of transcribing a choose-your- own-adventure book into a video game. This makes the experience extremely different from the start and helps the audience to quickly empa- thize with the protagonist.

These meta references foreshadow a myriad of things throughout the film for sharp-eyed viewers, but fans of the series will likely know “Black Mirror” for a certain amount of fore- shadowing. As well, every time a narrative meta switch- es in the protagonist, the roles are written to represent. The subject matter of the film doesn’t often stay con- stant. In this experience, however, all of the paths feel finished, fully realized, and consistently high quality. As well, after playing of the various paths, the user may often feel they aren’t making the “right” choices, but regardless of the ending, the audience is compelled to experience all the options available. This makes the viewer feel as if they are a seasoned traveler who has experienced with others, as most of the endings have some kind of twist.

Because “Bandersnatch” takes place in the ’80s, the aesthetic is mostly cap- tured in the form of retro games, clothes and music which makes the aesthetic limited but noticeable. The soundtrack is a collection of admitedly catchy tunes from the period, including the Thompson Twins, De- peche Mode and Frank Goes to Hollywood. As much as I like “Stranger Things,” I was pretty glad this ‘80s version stayed away from synthwave and neon lights. Characters are written to represent archetypes from that time period, which helps to make almost all of the characters feel unique and memorable. The main character’s designer and his produc- tor. While both are similarly rich, one constantly smokes cigarettes, eats can- dy, and is coldly calculating in order to make a profit – embracing his role in society. The other refuses to drive expensive cars, rolls his own cigarettes and focuses exclu- sively on making the perfect product, regardless of the toll on his well-being.

I think Robert is a phenom- enal director.” McHugh said. “I wanted at least one last time to work with him before we both headed off. All three of us are kind of on our way out so it’s kind of a bitter,” Ball said.

The subject matter of the play turns into some heavy topics such as cause and effect, which is an emotional trigger for some. However, the take- away message can be an eye-opening experience that sources its way to reevaluate the relationships with the people in their life.

“Time is a major component of this story is for people to engage in it,” Ball said. “I want the audi- ence to have an exciting, and in some way, fun experience that causes them to have a conversation, experience the story with someone they care about. If I can accomplish this, then I’ll be happy.”

Spring is a major component of this play, especially the time loss of mine, if McHugh said. “One should value the time more, if you think about it here,” she said. “Not tak- ing advantage or taking for granted the time you have with someone you love is very unfortunate,” McHugh said.

“Constellations,” directed by Robert Ball, opens at 8 p.m. Feb. 22 in Chevron Theatre. Subsequent performances are 8 p.m. Feb. 23, 2 p.m. Feb. 24, 7 p.m. Feb. 28, and 8 p.m. March 2-3.

Seating is limited. UW students, faculty and staff receive ticket free with valid D. Otherwise, tickets are $12 for adults, $3 for students, and $7 for non-UW students, and $57 for groups in 10 or more.

For more information or reservations, call (210) 829- 3800 or (210) 829-2277 during regular business hours.

I think Robert is a phenom- enal director.” McHugh said. “I wanted at least one last time to work with him before we both headed off. All three of us are kind of on our way out so it’s kind of a bitter,” Ball said. “I want the audi- ence to have an exciting, and in some way, fun experience that causes them to have a conversation, experience the story with someone they care about. If I can accomplish this, then I’ll be happy.”

Spring is a major component of this play, especially the time loss of mine, if McHugh said. “One should value the time more, if you think about it here,” she said. “Not tak- ing advantage or taking for granted the time you have with someone you love is very unfortunate,” McHugh said.

“Constellations,” directed by Robert Ball, opens at 8 p.m. Feb. 22 in Chevron Theatre. Subsequent performances are 8 p.m. Feb. 23, 2 p.m. Feb. 24, 7 p.m. Feb. 28, and 8 p.m. March 2-3.

Seating is limited. UW students, faculty and staff receive ticket free with valid D. Otherwise, tickets are $12 for adults, $3 for students, and $7 for non-UW students, and $57 for groups in 10 or more.

For more information or reservations, call (210) 829- 3800 or (210) 829-2277 during regular business hours.
J.E. and L.E. Mabee Library’s audio-visual librarian, Farhad Moshiri, has selected several films for his free spring series that runs February through April in Room 221.

First up from 2-4 p.m. Feb. 21 is a double feature: 2017’s “Celling your soul” and 2012’s “Sext up kids.” The former is a 48-minute film which examines the effects of “digital socialization” by taking viewers on a personal journey with a group of high school and college students who discover the power of authentic human connectivity and how there is “No App” or piece of technology that can ever replace the benefits of human connection. The latter is a 42-minute work that explores how unfiltered social media is bombarding kids with commercial sexual appeals like never before and what this radical transformation of the culture means “for young people, parents, and our very notions of childhood.”

From 2 to 4 p.m. March 20, viewers can watch 2018’s “A dangerous idea: Eugenics, genetics and the American dream,” a 106-minute film that looks at biological determinism, which views some groups, races and individuals as inherently superior to others and more deserving of fundamental rights. Despite the founding founders’ assertion that “all are created equal,” this idea was used to justify disenfranchising women, blacks and Native Americans from the earliest days of the Republic.

The series will conclude 2-4 p.m. Tuesday, April 16 with 2017’s “Footprint: population, consumption and sustainability,” an 82-minute film that takes a dizzying spin around the globe witnessing population explosions, overconsumption, limited resources, and expert testimony.
UIW International Affairs understands how daunting travel expenses can be, so we’ve compiled a list of study abroad scholarships below. If you meet the eligibility requirements we highly encourage you to apply and reach out to the study abroad coordinator Alanna Taylor to go over your application.

1. Gilman International Scholarships
- Fall, Spring or Summer: Up to $5,000
- Find out more at: www.gilmanscholarship.org

2. Tortuga Study Abroad Scholarship
- $1,000 scholarship for studying abroad
- Will get 1 travel backpack
- Find out more at: www.tortugabackpacks.com/pages/study-abroad-scholarship

3. Scotts Cheap Flights
- Summer: Up to $8,000
  (special initiative for STEM students only; 8 weeks minimum)
- Fall/Spring semester: Up to $10,000
- A Full Year: Up to $20,000
- Find out more at: www.borenawards.org

4. Boren Awards
- Summer: Up to $8,000
  (special initiative for STEM students only; 8 weeks minimum)
- Fall/Spring semester: Up to $10,000
- A Full Year: Up to $20,000
- Find out more at: www.borenawards.org

5. Freeman Asia Scholarship
- Summer: Up to $3,000
- Semester/Quarter: Up to $5,000
- Academic Year: Up to $7,000
- Find out more at: www.iie.org/Programs/Freeman-ASIA

---

Alanna Taylor,
Study Abroad Coordinator
Phone: (210) 805-5709
E-mail: studyabroad@uiwtx.edu

Grossman International Conference Center (ICC)
Office F111
847 E. Hildebrand
San Antonio, Texas 78212

---

UIW Study Abroad
uiw_studyabroad
#UIWStudyAbroad