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Logos

'Red Dress' pageant pushes heart health

Kenedy Navarro / STAFF WRITER

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 number of women and men die 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 and the community here in San Antonio 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

Jump 'Red Dress' page 2



One of the models in the annual 'Red Dress Fashion Show' presents herself in the Student Engagement Center.

Bethany Melendez / PHOTO

UIW program offers free tax help

The University of the Incarnate Word's annual Volunteer Income Tax Assistance program is planning a special day to freely help income-eligible faculty and staff with their taxes this year.

And that's in addition to the free help UIW-VITA's give those in the community a

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 flier, 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 UIWVITA.com

Groups create mobile food pantry to feed hungry

Alyssa Peña / STAFF WRITER

The Student Government Association and other organizations across campus have come together to create the Cardinal Cupboard, a mobile food pantry to help hungry students.

In a recent study conducted by the U.S. Government Accountability Office, 50 percent of students across U.S. campuses have said they have experienced insecurities when it comes to food. This is a hidden issue on college campuses -- and UIW is no exception.

The cupboard officially began last fall, but SGA President Mariana Barron Esper, a senior, said this project has been in development for a few years.

Alotaibi Malak - a past SGA senator for the HEB School of Business and Administration - developed a proposal because he saw a need for students to have access to food.

He spoke with many faculty members and developed the idea for the future.

However, when Esper became SGA president, she came in with a plan for student government to put the idea into action.

"We represent the students here and the cupboard came up again [on my list to do] and I thought that this is something that needs to be addressed," Esper said. "We shouldn't have students that have food insecurities and can't have a fulfilled college experience."

She met with Sister Walter Maher, vice president of Mission and Ministry, Dr. Paul Ayala, associate dean of campus engagement, faculty from different departments and the Ettling Center for Civic Leadership and Sustainability. That was when SGA decided to team up with St. Vincent de

Paul - a partner also in SGA's Golden Harvest food drive. St. Vincent de Paul let SGA borrow a truck to create a mobile food pantry.

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."

So, once a week - alternating on Wednesdays and Thursdays - the pantry is open; students and the UIW community can stop by to receive non-perishable canned food they need for them and their families.

Since the cupboard is a student-led organization, the pantry is led by students, too; senators from SGA, student volunteers, and now volunteers from the nutrition department, master's students, and from the Ettling Center. Students can also receive community service hours for helping out for a few hours each time the pantry is open. And Esper said if students are interested, then they can contact the Ettling Center.

So far, the Cardinal Cupboard has been a success, Esper said, but she knows this endeavor has so much more potential.

"I just presented to the President's Council to get recognition and support, so we can get an official location," she said. "The truck is temporary."



WORD UP

Compiled by Jake 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 breaking community guidelines. This means videos related to conspiracies or topics that are inaccurately covered are no longer likely to be in the recommended videos section.

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 10 bears roaming the town, chasing citizens and entering buildings on frequent occasion. 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.

Australian teens seek shots despite parents

Some Australian teenagers have decided to rebel against their parents by getting immunizations against life-threatening diseases. Those in Queensland who are 15 and older can use a state law to get medical care without the consent of their parents. With the anti-vax movement in full swing, many parents in Australia have decided against vaccinating their children, bringing the percentage of vaccinated families in the country down to about 89 percent, a far cry from a goal of 95 percent set by Australian health officials.

‘Red Dress’ pageant pushes heart health

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to be modeled along with those from UIW students. The high schoolers’ pieces ranged from prom dresses to street wear. At the end of the event, four lucky high school students were given various scholarships for their dresses -- if they plan to attend UIW in the future.

Students from the fashion department also volunteered to help make this event a success. Edith Barron, a freshman fashion merchandising major, was one of many volunteers who helped out.

“I wanted to volunteer to get familiar with the event,” Barron said. “This is my first event being a freshman and I always heard (fashion faculty members) Dr. (Cat) Studak and Professor (Teri) Lopez

talking about the red dress, so I never had the opportunity to come to this as a high school student, so I am really excited to do it as a college student.”



Spectators saw a variety of styles sporting red.

Nominations sought for two awards

Feb. 28 is the deadline to send nominations for two major awards.

The Office of the Provost is accepting nominations for the 2019 Presidential Teaching Award and the Office of Mission and Ministry seeks candidates for the CCVI Spirit Award.

The provost’s annual award acknowledges a full-time faculty member who exemplifies excellence in teaching that leads to student engagement. Current students, alumni and colleagues are encouraged to submit the online form -- www.uiw.edu/teacher -- with rationale stating why the nominee is deserving of the award.

Sister Walter Maher, vice president for Mission and Ministry, wants nominees sent through campus mail for the CCVI award.

Those making nominations should give “specific examples of how the nominee demonstrates the CCVI spirit” in three categories: UIW’s core values, major service to UIW and ways in which the nominee serves the local/national community.

Sexual violence survivor to keynote UIW

A philosophy professor who wrote a book sharing her personal experience with sexual violence will be the keynote speaker for an April 12-13 symposium at the University of the Incarnate Word.

Dr. Karyn Freedman, an associate professor of philosophy at the University of Guelph in Toronto, Ontario, Canada, is the featured speaker for the “Conflict and Aftermath” symposium being co-hosted through a National Endowment for the Humanities grant to UIW and its Women’s and Gender Studies program.

“Freedman has written several influential works that address the philosophical, psychological, and neuroscientific dimensions of trauma, drawing from her personal experience with sexual violence,” said Dr. Zenon Culverhouse, an assistant professor of philosophy at UIW who is directing the grant program.

The symposium also will feature presentations from UIW students and faculty at UIW. March 1 is the deadline for submissions, said Dr. LuElla D’Amico, an assistant professor of English involved with the Women and Gender

program.

“Abstracts of 250 words and a one-to-two-sentence biography should be sent to traumaandwgssymposium@gmail.com,” D’Amico said.

Further details about the event’s timetable and venue will be announced later this month or early March.

The symposium also will feature presentations from UIW students and faculty at UIW. Further details about the event’s timetable and venue will be announced later.

Freedman’s “One Hour in Paris: A True Story of Rape and Recovery” was published in 2014 by the University of Chicago Press. In the book, she shares how when she was 22 she was raped at knifepoint while backpacking near Paris.

“I tell the story of my personal experience of rape and recovery, interweaving autobiographical facts with philosophical, neuroscientific, and psychological reflections in order to draw out the book’s central themes of trauma and gender inequality,” Freedman writes. “One of the issues that I discuss in the book is the problem of

recalcitrant emotions: fear in the acknowledged absence of danger. I have been exploring the epistemology of recalcitrant emotions in a couple of new papers, drawing out some connections between recalcitrant emotions, epistemic akrasia, and the perceptual theory of emotions.”

Freedman said she also has been researching the issue of violence against women “against the backdrop of male privilege viewed as a kind of ‘motivated ignorance.’ For this project I am drawing on Miranda Fricker’s work on epistemic injustice as well as Charles Mills’ work on White Ignorance. I have given a few conference presentations in this area, and also published some of it as ‘public philosophy’.

Before writing the book about her rape, Freedman had shared her experience around 2006 in some academic papers. According to an interview with a Guelph university relations administrator, Freedman said she spent nearly a decade “just ignoring what had happened to me.”

After starting to work with a therapist, Freedman said, “I became really interested in the idea of psychological trauma and how it metabolizes in our bodies and what happens to our bodies and minds. As I did my research, I was able to see that these people who were writing about

trauma hadn’t experienced trauma necessarily; these were people who were writing about our beliefs in the world, but doing so without the benefit of a personal experience that shatters some of those beliefs. I felt an impulse to write about it because there were gaps in the literature. I thought I had something to offer. It took about two or three years before I started to write about this. I’d sit down to write about it and I couldn’t escape flashbacks.”

Before taking her first academic sabbatical, “I started wondering what I would do with myself. Some people had been asking me if I would write a book during that time. I started to think about it and the shape of this book just materialized. By then I had reached a point in

my own recovery where I was feeling relatively stable and I didn’t think it would be a difficult process for me from an emotional or psychological standpoint.”

Writing the “book was fun,” Freedman said. “People are surprised to hear that because it’s such a hard subject matter, but from my perspective, I had already been in therapy for close to a decade and I wouldn’t have written this book if it were difficult. The writing for me was like trying to fit the pieces of a puzzle together. I was trying to write a good story. It was all very engaging intellectually and creatively.

“I was slightly apprehensive about what my students would think, especially the female students because I was sort of their age when I was raped. By what we know about rape, I wondered just how many students of mine have themselves experienced this. It can be hard for someone who has just gone through this experience to read a book like mine. But my students didn’t shy away from it. They weren’t afraid of it. They wanted to talk about it.”

Student starts spring abroad in Barcelona



Mariajose Casillas /
STAFF WRITER

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.

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Mariajose Casillas, a bilingual communication arts major, tours Park Güell shortly after arriving in Barcelona, Spain.
Courtesy photos

Panelists: Domestic abuse leads to 'Why Women Kill'

Anette Garcia / STAFF WRITER

Mostly women watched "Why Women Kill," a 1992 British Broadcasting Corporation documentary, before listening to a panel Jan. 23 discuss laws mostly dealing with domestic abuse.

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 1988, Walker was found guilty of murder for hire. According to the prosecution, she lured her husband into the woods where two of her nephews 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 obliged 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 acclimate 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.

Cheerleading can lead to injuries



Armando Zuniga / STAFF WRITER

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, UIW 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@student.uiwtx.edu



The cheer team performs a pyramid at a game honoring military veterans. Armando Zuniga/PHOTO



Sarah Benson

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 alumnus 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 matter, Gonzalez said.



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 Bowdoin College in Brunswick, Maine, from 6 to 7:15 p.m. in Irene Seddon Recital Hall of Luella Bennack Music Center. Chakkalakal (pronounced “Chah-KAHL-ickle”) will

examine how the political influence of wives in the United States has long been a feature of sentimental fiction, said Dr. LuElla D’Amico, an assistant professor of English at 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 antislavery novels of Harriet Beecher Stowe to the anti-segregation fiction of Charles W. Chestnut.” 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 epit-

ome 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, Marriage, and Freedom in Nineteenth-Century America,” 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 2008, she taught at Williams College in Williamstown, Mass., and Bowling Green (Ohio) State University.

Sisters to celebrate 150th year in San Antonio

2019 marks the 150th Anniversary of the arrival of the Sisters of Charity of the Incarnate Word to San Antonio, and the Sisters and UIW are commemorating that event in several ways.

The Eucharist will be celebrated at 10:30 a.m. March 3, with Bishop Gustavo García Siller presiding in the Chapel of the Incarnate Word. UIW's Cardinal Chorale will give a 3 p.m. concert in the same chapel.

UIW plans a series of "Sisters' Stories" published and podcast every Tuesday

and Thursday during March. Additionally, the "PhotoHistory of UIW" Exhibit will be displayed in Kelso Art Gallery throughout March.

The Sisters came to San Antonio in 1869 in response to the call of Bishop Claude Dubuis, pleading that "Our Lord Jesus Christ, suffering in the persons of a multitude of sick and infirm of every kind, seeks relief at your hands."

That response involved establishing a clinic that would become Santa Rosa Hospital, which would in time evolve into the CHRISTUS Health

System that spans to Louisiana and Missouri and to Mexico and South America.

An orphanage sprang from the clinic, and that necessitated starting a school. The experience in education inspired the founding of Incarnate Word Academy. As students progressed in their studies, their school became the College and Academy of the Incarnate Word. The higher education program came to be known as Incarnate Word College and, later, the University of the Incarnate Word.



Mother St. Pierre, left, and Mother Madeleine

Peace proponent to give Pierre Lecture

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 centrality of gospel nonviolence, proposed the World 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. Lay people, theologians, members of religious congregations, priests, and bishops from Africa, the Americas, Asia, Europe, the Middle East and Oceania gathered to call on the Catholic Church to take a clear stand for active nonviolence and against all forms of violence.

The conference was cosponsored by the Pontifical Council for Justice and Peace and Pax Christi International,

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

with the support of the Justice and Peace Commission of the UISG/USG, Conference of Major Superiors of Men, Leadership Conference of Women Religious, Maryknoll Office for Global Concerns, St. Columban's Mission Society, and Pace 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 a needed and positive contribution."

After days marked by communal prayer, careful listening, and honest dialogue, participants affirmed "An Appeal to the Catholic Church to Recommit to the Centrality of Gospel Nonviolence," a call to further the Catholic understanding and practice of active nonviolence on the road to just peace.

In 2016, Dennis received the Public Peace Prize and was named Person of the Year by the National Catholic Reporter. She now serves on the steering committee of the Catholic Peacebuilding Network and on the boards of the Alliance for Peacebuilding and the Center of Concern. She has previously served on the national boards of JustFaith Ministries, Sojourners magazine, Jubilee USA Network, Washington Office on Latin America, Latin America Working Group, International Resource Center, and Washington Office on Africa.

She has been Pax Christi International's co-president

"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."

since 2007, a position she shares with Bishop Kevin Dowling from South Africa. She worked for the Maryknoll Missioners 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 West Springfield, Va., and honorary doctorates from Trinity Washington (D.C.) University and Alvernia University in Reading, Pa.

A laywoman and mother of six, Dennis is author or co-author of seven books and editor of the 2018 Orbis Book, "Choosing Peace: The Catholic Church Returns to Gospel Nonviolence."

Sister Martha Ann Kirk, a longtime religious studies professor at UIW and member of Sisters of Charity of the Incarnate Word, said the lecture on peace is an opportunity to get people thinking about resolving such issues as peace and hunger.

"Three percent of the U.S. Military spending could end starvation in the world, according to the World Beyond War website," Kirk said. "The prophet Isaiah suggested that people be creative to 'beat swords into plowshares.' The Catholic Nonviolence Initiative is inviting creative thinking, like that of Isaiah.

'Mission Continues' awards go to faculty

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 service, mentoring and peer counseling. Kirk is also a member of the Sisters of Charity of the Incarnate Word.

Piper Professor Nominee: Dr. Brian McBurnett, a professor of chemistry, now is eligible to receive one of 10 possible \$5,000 awards in state Piper competition. McBurnett also was nominated last year.

Sister Maria Goretti Zehr 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 material 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."

Sister Margaret Rose Palmer Education Award: Dr. Tanja Stampfl, an associate professor of English, "engages students in the learning process."

Mother Columkille Colbert Service Award: Dr. Betsy Leverett, an associate professor of biochemistry, for being

one who "embraces a global perspective and emphasizes social justice."

Sister St. Pierre Cinquin Faith Award: Dr. Julie Nadeau, an associate professor of nursing, for being "committed to educational excellence in the context of faith and fosters the values of the University."



Sister Martha Ann Kirk



Dr. Brian McBurnett



Dr. Jeff Rabin



Dr. Robert Garner



Dr. Tanja Stampfl



Dr. Betsy Leverett



Dr. Julie Nadeau

Blessed with stress: A lesson learned



Queen Ramirez / EDITOR

A homeless woman at Walgreens asked me for a couple of dollars. But after seeing me, she said, “Oh no, keep your change. You look tired. Go home and rest in your bed because you look like you need it.” Dumbstruck, I said, “Oh, OK,” and got in my car. Driving away, images of myself flashed in my mind and every red light offered the opportunity to sneak a peak in the mirror. I felt tired, but I did not know my appearance betrayed me. January felt like the worst month of my life, and I guess it showed. January began with plenty of wine and celebration but ended with calling the intensive care unit (ICU) home a couple of days. Wires dripped from me. Machines beeped. A doctor thought I fell into a comatose state (or at least I don’t remember being in one). Nurses took blood every two hours, and my veins

stung and felt frozen from all the IVs. Nurses, doctors, residents and specialists surrounded my bed and constantly explained my complication with a bombardment of information. The smell of saline disgusted me, and I still have not successfully scrubbed off all the residue the tape and sticky pads left from the IV lines and heart monitors. However, despite my diagnosis and the many wires, a glimmer of comedy shone in my ICU experience when the night nurse came in and lined up all my medications in small cups. She even brought in a lime – and apologized for not finding an orange – for me to practice giving my medicine to before attempting it on myself. So, my spaghetti of wires tangle as I fumbled around with my lime and gave it injections. She started playing “Shots” by LMFAO while singing along and dancing around my room in an attempt to cheer me up. Meanwhile, I downed the row of foul and horrid-tasting medicine along with pills large enough to pose a choking hazard. Then she came back with real medicine for me to inject myself with -- not the lime.

In the ICU, the questions, “Do you know where you are?” and “What city are you in?” stumped me. In those moments attempting to retake an exam for a class I took a year ago seemed easier. And for a short while – no more than 10 minutes -- the memory of what I study at school escaped me as well as the names of my professors and friends. But finally remembering felt like winning the lottery. Now, that a little more than two weeks have gone by since my hospital stay, I feel far better despite not feeling 100 percent. For the first time in a long time pain does not greet me in the morning, and my sleep has improved tenfold. Had I decided against seeing a doctor after three days of feeling horrible, my predicted outcomes were coma or possibly death. Usually, my choice would be to wait out my sickness. However, for an unknown reason, going to a doctor this time around felt like a good idea. That was the scariest part; not that I was sick in the ICU, but had I decided against seeing a doctor this column would not exist nor would my goals or aspirations be something to look

forward to. I have stopped studying so much (too much stress won’t do me good) Breaks now exist as an integrated part of my schedule. And when my parents or family offer to spend time with me I take them up on their offer (something I frequently turned down in place of productivity). The idea of not seeing my family and friends feels worse than taking residence in the ICU. I would caution everyone to think about taking care of themselves before something happens that scares you into taking care of yourself. Don’t let yourself get to the point where you need to radically change your self-care from one day to the next just to avoid hospitalization or worse. If anything, don’t get yourself in a position where you practice giving a lime an injection. Despite our age, sickness remains a real possibility. Yes, we can take on more now than we can later in life, but no good excuse exists for a lack of self-care. E-mail Ramirez at qaramire@student.uiwtx.edu

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 punch to the face. Going from lying in bed and binge-watching Netflix in your pitch-black room protecting yourself from the Texas “winter” to sitting in a classroom listening to lectures -- hours on end --may not be the most pleasant experience. My first exams of the semester are coming up and I’ve been struggling to pull it together. Getting back into a routine has been difficult but here 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 cleared off except for what 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 it smelling nice and refreshing, too, by lighting a candle. 2. Comfy Clothes: What you’re wearing does matter. Putting on clothes like a T-shirt and my sweat-pants help me feel more comfortable when I’m sitting in a chair studying. Slippers or socks are important and necessary for my comfort. But don’t get too comfortable and think it’s OK to migrate to your bed and do home-

work because nine times out of 10 you’ll end up watching “The Office.” NO PAJAMAS! 3. Take breaks and eat snacks: Keep that brain food coming. I usually keep a granola bar or banana with me if I’m studying in the library. I do this because if I’m not fed regularly I get a little “hangry.” Eating snacks helps you to maintain your energy levels when doing work. It is also very important to take breaks just to clear your head a little, so you don’t burn yourself out. Get up and walk around a little to get the blood flowing again. 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. I like to listen to “chill” instrumental music. For example, I literally type in “chill music” on my Apple music app and I’m set. But I highly recommend making a study playlist. 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 on airplane mode. This is good so your notifications won’t pop up on your screen and distract you. I saw if I get a text or Instagram notification, then I get sucked back in and waste so much time scrolling through my feed again. I hope these tips help you with staying motivated and productive. Keep in mind they only work if you want them to and stick to them.

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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. I love seeing the specialty candies and seasonal clothing that come out during this time of year. Despite how gimmicky and cliché these department store gifts are, I cannot lie and say I don’t want to be spoiled with these items. Though I would love to write about the unconventional ways my fiancé, Matthew, and I have celebrated Valentine’s Day (like the time he arranged HEB sushi in a heart with “I love you” written in siracha), I want the first column of the school year to be about the progress of my 2019 resolution: practicing self-love. I have not been shy about writing about my struggle with depression and family woes in previous columns throughout the years. Rather than talk about how 2018 was not my year, I wanted to reflect on how 2018 changed and prepared me for 2019. So what does self-love mean to me? To be honest, I am still trying to figure that out. I knew I needed to start being kinder to myself, so I made it a goal to start seeking counseling in January. I already knew what was going on in my life, but it’s nice to have someone listen without

judgment or bias. So far, this has been a great starting point. The first step is almost always the hardest, and this step was over a decade in the making. February, so far, has been about building meaningful relationships. I am surrounded by amazing people on a daily basis, whether it is at work, class or in my community. Despite knowing this, I kept my distance by telling myself, “I don’t like people” or “I don’t have friends, and I’m OK with that,” since 2015. All relationships require work. Doing nothing is just as upsetting to anyone as actively trying to destroy what is built. This lesson hit me in two ways. Not only did I need to put effort into people I cared about, but I also needed to leave behind the people who were stagnant in my life. Unfortunately, this included family, future in-laws and people I thought were meaningful to me. Though I still love these people, I need to love from a distance while I work to build myself and support system up. This is still a work in progress. After all, there is still over half a month left. While I look forward to Valentine’s Day, I am more excited on how I will be looking back on these months a year from now. I can’t say what I have planned for March, but I know when the time comes I will be ready and full of more love and life than I was prior.

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Lessons learned from love



Jake Fortune/
STAFF WRITER

“How Music can Embody Love: A Valentine’s Day Tale.”

Life can be referred to as a symphony with soaring highs and deep crashing lows. Few people understood this concept more fully than Hector Berlioz, a 19th-century composer who fell head over heels for Irish actress Harriet Smithson.

Berlioz saw Smithson playing Ophelia in 1827 at a Paris showing of Shakespeare’s “Hamlet” and was immediately captivated by the intense performance she gave.

The two would not meet again for several years, but Berlioz had not forgotten the beautiful and intelligent woman he witnessed on stage. Just over two years after seeing that showing of “Hamlet” in Paris, Berlioz was working on a new symphony to describe the profound emotional torment of his unrequited love. This

piece would be named the “Symphonie Fantastique.”

Watching that show in 1827 was a life-changing experience for Berlioz. After writing a couple of pieces dedicated to different works of Shakespeare, Berlioz realized he could not escape thoughts of Smithson.

Such obsession prompted Berlioz to send letters to Smithson and rent rooms near wherever she might have been staying. But all of this effort put forward was fruitless.

Still not having caught Smithson for even a short dialogue, Berlioz began work in 1829 on the “Symphonie Fantastique.” The work would be autobiographical, encompassing the emotional journey Berlioz was on in each movement, transitioning settings from a festive party, to walking in the woods, to opium hallucinations, even depicting a sabbath for witches.

To Berlioz, Smithson was no less grand than one of the characters written onto the stage by Shakespeare.

Berlioz would refer to Smithson as Ophelia, Juliet and Desdemona in his personal writings and letters.

Unfortunately, when the symphony

composed by Berlioz finally premiered in 1830, Smithson was not actually there to witness it. Devastated by this, Berlioz fell into a depression, as well as a short and unsuccessful relationship with pianist Marie-Felicite-Denise Moke which ended in disaster.

Berlioz would not return to Paris until 1832, where he happened to rent a room recently vacated by Smithson herself.

This reignited the spark Berlioz felt for Smithson, and at this point he would not stop until she heard his sweet symphony.

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 October 1833.

The most surprising part of this story is what happened after the couple rode off into the proverbial sunset.

The marriage did not exactly work out as intended, and after having a son named Louis a year after the marriage, the two actually ended up

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

separating.

After the split, Smithson’s career fell apart as she fell for the sweetness of liquor instead.

Berlioz got together with a singer named Marie Recio. They married shortly after Smithson passed in 1854.

So with Valentine’s Day on the horizon, what can this story tell 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 while it can never last quite forever like most yearn for, 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.

That is the lesson taught by the love story of Hector Berlioz and Harriet Smithson.

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Uses – pros and cons for USB sticks



Robert Meyer /
SPECIAL TO THE LOGOS

Rosalinda and Patty – not their real names -- left the Student 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! “I want it.” said Rosalinda. “No, I need it. I have a project due.” said Patty. In the end, they agreed Patty could have it and they went on their way.

Two days later, Rosalinda was startled by banging on her door. It was Patty. And Patty was frantic!

“My project is due and my computer is freaking out!” Patty said.

“What happened?” said Rosalinda.

“I was working on my project and had all the pieces worked out. I was ready to put it all together in a presentation and wanted to save it. Remember the USB drive we found? I put it in my computer so I could save all my stuff in one place, and my computer started freaking out! Now I can’t do anything with my computer! Nothing works even after I restart it!”

Patty just learned a hard lesson about USB drives. In using the USB they found, Patty released a destructive virus onto her computer. If only she had scanned 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 gear. We can all plug in a regular electric cord to a regular electrical outlet. When stuff needs electricity, we plug it in. The coffemaker, the alarm clock, the refrigerator – they’re all “plugged in” and

they work.

It’s magic.

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 cannot find a “hot spot.”

Did you know it is possible to run an entire operating system from a USB? Or that you can keep your apps on a USB to use on more than one computer?

Additionally, you can keep your videos, files and presentations on a USB stick ready to use even if the Internet is down.

USB sticks can be used to clean viruses off your laptop or PC.

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, then you can often revive that old box if it decides not to start.

At UIW, USB drives are a great way to leverage the VLab to build your 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 prying eyes out of your computer. USB drives can be configured to provide quick access to wireless networks and synchronize important files between locations.

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

E-mail Meyer, a student in the cybersecurity program at UIW, at rmeyer@student.uiwtx.edu

Vigil spotlights guns’ impact on victims



Jackie Velez/
FEATURE EDITOR

Newtown 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 religious studies professor at the University of the Incarnate Word, was the motivation behind the Dec. 13 event on campus. She planned it from the moment she knew the foundation was going to hold its event.

I am extremely proud of Sister Kirk and UIW for making this vigil happen; UIW was only one of two held in Texas.

I assisted a few students from the Social Justice Leadership class, taught by Sister Kirk, with setting up the event hours before it was held. Together, we handed out programs and candles, which were set around the entrance of the vigil, so attendees could pick them up on their way into the event.

A few cosponsors and I took the stage and held big signs representing our respective organizations, which included the Women’s Global Connection, Moms Demand Action for Gun Sense, Ettling Center for Civic Leadership and Sustainability, Social Justice Leadership, and Sisters of Charity of the Incarnate Word, UIW’s founders. I participated on behalf of the Ettling Center

It was such a surreal moment because I had never participated in a vigil before, especially one dealing with victims of gun violence. This was an experience like no other. It puts things into perspective. Life is fleeting, and it could be gone in an instant.

The song, “Who Will Speak If You Don’t,” was sung by student Christian Rodriguez, with an added verse: “Who will speak for the victims of gun violence.” The song set the tone for the night as many stories would echo this

sentiment.

The cosponsors took to the podium one by one; each telling their stories and expressing their concerns on the all-too-often gun violence that plagues the nation. As I sat and listened to each 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 advocate for those who have lost their lives to the violence. Especially the lives of children.

It was an honor and privilege to participate in this event. It humbled me to no end.

What was 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.

Therein lies the problem. Every single one of us has a voice, and we should use that voice to speak up when injustices in the world happen. I’m not talking about shouting at one another, so other voices are drowned out. I am talking about sitting down and having a true, deep conversation about an issue that is continuously ignored or used as a pedestal for politicians to get ahead only to make empty promises because they were not really interested in doing something about gun safety.

For sophomore biochemistry major Selena Casanova, the vigil meant a lot.

“I guess I would say that the vigil was really important to 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 grow up with the fear that 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 ‘inevitable’ because it is not that at all.”

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GAME DAYS

Compiled by Bethany Melendez/
STAFF WRITER

Feb. 15

Men’s tennis vs. St. Mary’s University
10 a.m.
Mabry Tennis Center

Women’s tennis vs. Southern Utah University
2 p.m.
Mabry Tennis Center

Men’s basketball vs. Hofstra University
6:30 p.m.
McDermott Center

Women’s swimmingl vs. Old Dominion/ UNT TBH
Ann Barshop Natatorium

Feb. 17

Women’s tennis vs. Louisiana Tech
10 a.m.
Mabry Tennis Center

Men’s basketball vs. Hofstra University
1 p.m.
McDermott Center

Feb. 21

Men’s basketball vs. Eastern Michigan University
6 p.m.
McDermott Center

Feb. 23

Women’s tennis vs. Trinity University
2 p.m.
Mabry Tennis Center

Feb. 24

Women’s tennis vs. Laredo Community College
10:30 a.m.
Mabry Tennis Center

March 2

Women’s basketball vs. Texas A&M-Corpus Christi
1 p.m.
McDermott Center

March 3

Men’s tennis vs. University of Texas-Rio Grande Valley
4 p.m.
Mabry Tennis Center

UIW football signs 30, reloads for fall

Angelo Mitchell/SPORTS EDITOR

Following a record-breaking season that saw the University of the Incarnate Word’s first Southland Conference title and Division I playoff berth, the football program is reloading with 30 new players.

The Cardinals began preparing for next season by signing 23 in the early signing period on Dec. 19 and added seven more on Feb. 6 -- National Signing Day.

“I’m thrilled with this signing class,” Head Coach Eric Morris said. “We are adding more depth to an already special team, and I’m excited to see what each of these young men bring to the program.”

The Cardinals signed 16 student-athletes to defense: seven defensive backs, one linebacker, five defensive ends and two defensive tackles. UIW rounded out its signing class by signing 14 student-athletes to offense: one quarterback, two running backs, five wide receivers, one athlete, and five offensive linemen.

This was Morris’s first full class where he and his coaching staff had a full year to develop relationships with recruits, coaches and the families.



Head Coach Eric Morris talks to the media on National Signing Day, Feb. 6.

Photo by Anthony Brandt

Morris gave kudos to his coaching staff for doing a tremendous job with recruiting, using two main factors: students with high academics and tough players willing to compete right away.

Incarnate Word immediately got bigger and stronger up front with its newest players.

The Cardinals lost two key components on the defensive line, but both positions have been filled with new recruits. Morris highlighted the junior college transfers to help fill that void. Three of the defensive linemen are JUCO transfers.

Morris said he felt like the defense lacked speed, so he made speed a big factor when recruiting. From the DB position, the Cardinals

signed seven DBs. Morris wanted versatility as well, wanting defensive backs who can play corner or safety.

On the offensive side of the ball, wide receiver was a point of emphasis which resulted in UIW signing five WRs. Morris said he wanted to get bigger, add length and get faster so he signed five student-athletes over six feet.

UIW lost two huge contributors at receiver with the departures of Kody Edwards and Phillip Baptiste which both were 1,000-yard receivers.

Another position of interest was offensive line but for a different reason.

“[Offensive line is the] hardest position to come

in and play as a true freshman,” Morris said. “The entire offense line is back next year so that should be a strong suit of the team so with the offensive linemen, we have some time to develop, put on some strength and weight.”

A big highlight of this recruiting class was the signing of local talent. Morris was able to sign four local players.

Morris said he believes Central Texas is an under-recruited area and therefore it will normally be an area of focus for the Cardinals. Morris said he would like to sign four to six players from Central Texas annually. Having local talent stay close to home helps generate excitement and carries weight when recruiting local talent in the future, he said.

The spring football game will be 5 p.m. Saturday, March 2, and the opening season game will be Aug. 31 when the Cardinals play the Road Runners of the University of Texas-San Antonio in the Alamodome.

Morris is expecting some of the new players to “be ready” to play.

Baseball begins second season under Hallmark

Alma Solis/ SPORTS EDITOR

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

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

Although UIW was voted by the Southland Conference 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 senior 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 achievers 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 first team, Bergeron was also named to the Bobby Bragan Collegiate Slugger Award watchlist.

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 homeruns to record a team-leading .466 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.

Flores was the Cardinals’ first baseman last season, starting in 44 games.

Flores ended the season with a .329 batting average, 19 runs, 53 hits and 23 RBI. He also led the team with 310 putouts.

Another key returner is sophomore outfielder Ridge Rogers. Rogers was named to the 2018 Collegiate Baseball Freshman All-American Team, becoming the first Cardinal to earn the honor since UIW joined Division 1 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 3.28 ERA.

Senior pitcher Bernie Martinez was another consistent player for 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 Irish Classic, the annual tournament UIW co-hosts with Notre Dame at Wolff Stadium.



Patrick Hallmark



Kyle Bergeron



Cody Allen



Eddy Gonzalez



Ridge Rogers



Ryan Flores

SHARE YOUR EXPERIENCE FOR A CHANCE TO WIN!



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



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.



Your
feedback
matters
to UIW!



UNIVERSITY OF THE
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To learn more about
the NSSE survey, visit:
<http://nsse.iub.edu/>



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MOVIES OF THE MONTH

Compiled by Alyssa Pena/
STAFF WRITER

Feb. 22
How to Train
a Dragon: The
Hidden World

Rated: PG
Genre: Family
Starring: Gerard Butler,
F. Murray Abraham,
Kristen Wiig

Fighting with my
Family

Rated: PG-13
Genre: Comedy
Starring: Lena Headey,
Nick Frost, Dwayne “The
Rock” Johnson

March 1
Tyler Perry’s A
Madea Family
Funeral

Rated: PG-13
Genre: Comedy
Starring: Cassi Davis,
Patrice Lovely, Tyler Perry

March 8
Captain Marvel

Rated: NR
Genre: Action & Sci-Fi
Starring: Brie Larson,
Samuel L. Jackson, Ben
Mendelsohn, Lee Pace

March 15
Five Feet Apart

Rated: PG-13
Genre: Romantic, Drama
Starring: Cole Sprouse,
Haley Lu Richardson,
Moises Arias

Wonder Park

Rated: PG
Genre: Comedy, Family
Starring: Mila Kunis, Ken
Jeong, Jennifer Garner

March 22
Us

Rated: R
Genre: Horror
Starring: Lupita Nyong’o,
Winston Duke, Evan
Alex, Shahadi Wright
Joseph

March 29
Dumbo

Rated: PG-13
Genre: Family
Starring: Danny DeVito,
Colin Farrell, Nico Parker

‘Constellations’ tells cosmic love story

Anette Garcia /STAFF WRITER

The moment two people meet can be truly defining. The outcomes of this faithful encounter can range from one extreme to another. But when multiple universes are involved, it goes every way possible.

“Constellations” by Nick Payne, a two-character drama featuring University of the Incarnate Word students Brandon Bulls and Megan McHugh, will focus on their relationship beginning Feb. 22 and ending March 2 in Cheever Theatre. Dr. Robert Ball, chair of the Theatre Department, is the director.

The play, which had its debut Jan. 19, 2012, in London, England, has since then been rewritten and adapted. It was originally staged in a small space in Royal Court Theater but soon it crossed borders and seas and found its way to the Big Apple. Arriving at Broadway was a big move, specifically with the parts being cast to big names such as Jake Gyllenhaal and Ruth Wilson.

UIW’s rendition takes place in Los Angeles, where a relationship blossoms between what’s billed as “lovable nerds” Roland (Bulls), a beekeeper, 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 hard to conclude this isn’t your typical love story. The playwright structured this play using the idea of multiple universes in non-linear time.

Marianne and Roland’s relationship experiences every alternative that can be thought of. Its boy-meets-girl, girl-meets-boy, tragedy strikes boy (or girl), girl (or boy) loses boy (or girl) -- the possibilities are endless.

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

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



Dr. Robert Ball

“They were the most skilled, highly professional actors that were available,” said Ball, who himself is leaving UIW this semester as well.

“I think Robert is a phenomenal 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-sweet thing.”

The subject matter of the play turns into some heavy scenarios, which can cause an emotional trigger for some. However, the take-away message can be an eye-opening experience that sources one to reevaluate the relationships with the people in their life.

“My goal in telling this story is for people to engage in it,” Ball said. “I want the audience to have an exciting, and in some way, fun experience that causes them to have a conversation, especially with someone they care about. If I can accomplish this, then I’ll

be happy.” Time is a major component of this play, especially the lack or misuse of it, McHugh said. “One should value the time with people while they are here,” she said. “Not taking advantage or taking for granted the time you have with someone you love is very unfortunate,” McHugh said.

EYL

“Constellations,” directed by Dr. Robert Ball, opens at 8 p.m. Feb. 22 in Cheever Theatre.

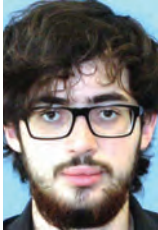
Subsequent performances are 8 p.m. Feb. 23, 2 p.m. Feb. 24, 7 p.m. Feb. 28, and 8 p.m. March 1-2.

Scenic design is by Christopher McCollum, costume design by Margaret Mitchell, and lighting design by Melissa Gaspar.

Seating is limited. UIW students, faculty and staff get a ticket free with valid ID. Otherwise, tickets are \$12 for adults, \$9 for seniors, \$8 for non-UIW students, and \$7 for individuals in groups of 10 or more.

For more information or reservations, call (210) 829-3800 or (210) 829-3810 during regular business hours.

Review: Netflix’s interactive ‘Bandersnatch’ film



True McManis/
STAFF WRITER

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

Those unfamiliar with “Black Mirror” aren’t alone as the show was only moved to Netflix following the release of its first two seasons.

Taking place in the early ‘80’s, the experience puts audience members into the shoes of a young game designer tasked with the role of transcribing a choose-your-own-adventure book into a video game. This makes the experience extremely meta from the start and helps the audience to quickly empathize 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” is known for a certain amount of foreshadowing. As well, every time something meta is referenced throughout the experience, it raises the tension by upping the stakes through a particularly well-crafted story I don’t want to spoil for anyone.

While the story is excellently crafted, so too is the

realization of the branching storylines. A problem inherent with interactive experiences, such as this one, is the quality of the various branches doesn’t often stay consistent. In this experience, however, all of the paths feel finished, fully realized, and consistently high quality.

Speaking of the various paths, the user may often feel they aren’t making the “right” decision, but after going down all of the branches, I conclude there is no “right” path other than the ones that allow the audience to advance the story.

While some paths will result in an almost video game like “Game Over” status, they’re still all fully watchable and extremely entertaining.

The first of such game overs comes much earlier than expected, but these setbacks leave the audience eager to try again. The creators made the decision to replay things in the form of a quick montage leading back up to the decision that led to a game over, so viewers don’t have to rewatch everything they’ve already seen. Overall, this is responsible for the experience feeling more engaging than punishing.

Another problem many similar experiences have, in a plethora of platforms; while choices may impact the storyline leading up to the end, choices often do not change the ending, or the ending is limited to one of two options. “Bandersnatch,” however,

has a variety of endings depending on the culmination of several choices.

One of the most interesting things to me about “Bandersnatch” was definitely the lore, as it had me wishing there was a book published alongside the episode. I desperately wanted to learn more about it, and thus felt compelled to experience all the options available. This can be particularly fun when experienced with others, as most of the endings have some kind of twist.

Because “Bandersnatch” takes place in the ‘80s, the aesthetic is mostly captured in the form of retro games, clothes and music which makes the aesthetic limited but noticeable. The soundtrack is a collection of admittedly catchy tunes from the period, including the Thompson Twins, Depeche 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.

My favorite duo was a designer and his producer. While both of them are similarly rich, one constantly smokes cigarettes, eats candy, 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 exclusively on making the perfect product, regardless of the toll it takes on him. This juxtaposition between many of the characters plays with the idea of different paths, furthering the meta narrative of the experience.

The majority of the actors did a fantastic job at portraying the kind of character they were meant to represent. The protagonist, his fellow game designers, and his father were all expertly acted and notable performances that are easy to recollect. The single exception I have to this would be the protagonist’s mother, but she didn’t have very much screen time so it wasn’t too big an issue.

As well as the acting, the visual effects were great. I found myself impressed by the camera shots, as well as a number of effects that serve to make the world feel like a slightly more beautiful, albeit more disturbing, reality.

While the concept of an interactive movie isn’t new, this is the first time I’ve experienced one of this quality and would highly recommend it to anyone with an interest in it, whether they’re a seasoned “Black Mirror” fan or totally new to the series.

E-mail McManis at mcmanis@student.uiwtx.edu

WORD SEARCH

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

WORD BANK

BLOOM
CHOCOLATE
CUPID
FLOWERS
ROMANCE
ROSES
SPRING
SWEETHEART
TEDDYBEAR
VALENTINE

RIDDLES

What did the hamburger buy his sweetheart?

What did the lightbulb say to his girlfriend?

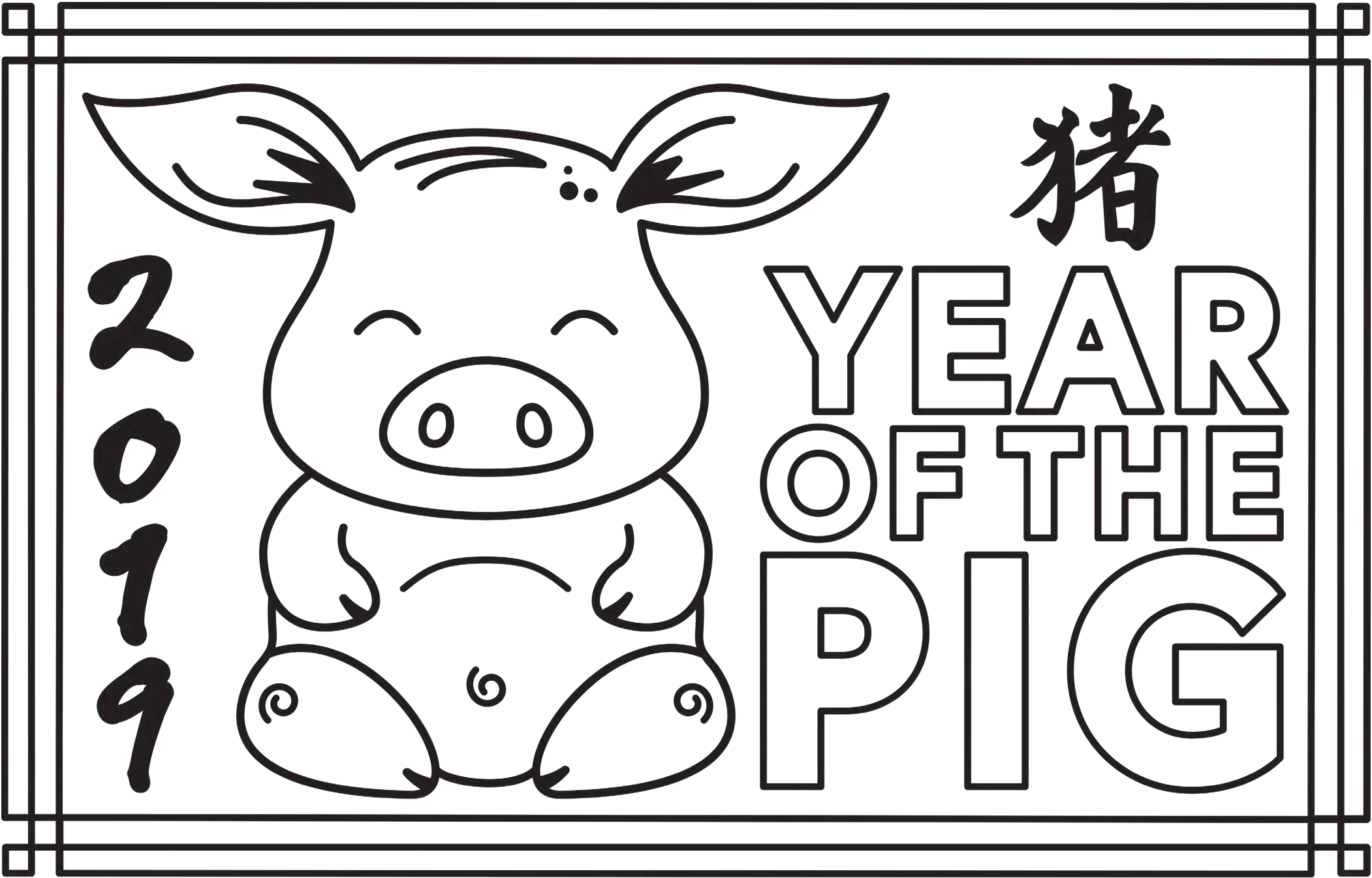
What did the snake say to his girlfriend on Valentine’s Day?

How does Cupid visit his girlfriend?

What did one pig say to the other pig?

JUMBLE

taed tihng	crontima
euqtbuo	xbo fo echoclatso



Nico Ramon / GRAPHICS EDITOR

Library film spring series set

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.

ANSWERS:

Miranda Hanzal /
PHOTO EDITOR

RIDDLES

An onion ring
I love you a whole watt
Give me a hiss
On an arrow-plane
Let's be pen pals

JUMBLE

date night
romantic
bouquet
box of chocolates

WORD SEARCH

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

STUDY ABROAD SCHOLARSHIPS



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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

- Fall/Spring Semester: Up to \$1,000
- Find out more at:
www.scottscheapflights.com/scholarship



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



- Must be a U.S. Citizen or permanent resident
- Must be accepted to or in the process of applying to a study abroad program
- Requires essay writing
- Must show financial need based on FAFSA
- GPA** Must have above a certain GPA or in Good Academic Standing