Dr. Kathi Light, provost at the University of the Incarnate Word, will be retiring when the spring semester ends, marking the end of a 39-year faculty career at her alma mater.

Light has been a part of UIW since January 1981 and has been the provost — the chief academic officer — since June 2012 when she succeeded Dr. Denise Doyle. After graduating from Incarnate Word High School in 1970, Light joined the Army Nurse Corps. “I was in the Army Nurse Corps for active duty for three years, and then when I got out of the Army active duty, I went to work at Santa Rosa (medical center),” Light said. “I worked there for 12 years before I came to Incarnate Word (College).” She began teaching pediatrics in Incarnate Word’s nursing school but “I taught a number of things in nursing over the years.” Among the courses she taught were child health and nursing management. In 1998, Light became director and dean of what’s now called the Ilacay Miller School of Nursing and Health Professions. “It was good,” Light said. “I thoroughly enjoyed my 30-plus years in the School of Nursing as both a teacher and an administrator. I loved working with faculty and helping them achieve their goal of being the best nurses program and working with students and making sure that they were successful when they graduated and had the careers that they wanted in nursing.” When Doyle announced her retirement, Dr. Lou Agnese, then UIW’s president, asked Light to step up. “Dr. Agnese asked me if I would take the position, and I said I would do it for five years,” said Light. “I had been part of Dr. Doyle’s Dean’s Council for almost 13 years and knew the provost’s role. The provost is the chief ac-
Retiring: Provost sees 39th year on Incarnate Word’s faculty

Cost: ‘Retiring’ from page 1

through their mobile device, the site features a new look to help engage a growing mobile audience and improve their user experience. The content is meant to highlight the best of “our Cardinal Community to visitors for those who are already living in that community and attract future Cardinals to be a part of our community.” The site has been designed to be efficient, user-friendly, and offer better navigation. From the homepage, current students, faculty, and staff are one click away on the “Info For” button from accessing essential information for each respective page, via their own exclusive pages. Find them at: https://my.uiw.edu/current-students/ https://my.uiw.edu/faculty/ https://my.uiw.edu/staff/ From the right side of each respective page, there is easy access to the most used areas, events, social feeds to help everyone stay on top of what's next. UIW has a fully functional video tour of the website, which you will also find a link to a page addressing frequently asked questions. Additionally, there are interactive videos available on the website.

New UIW website goes live

Cost: ‘Website’ from page 1

Study shows lethal air toxicity

Researchers in Germany and Cyprus show air pollution killed more people than smoking at 790,000 deaths in Europe alone, and an estimated 8.8 million recorded worldwide in 2015. The researchers involved worked with data from a model that simulates atmospheric processes and how they interact with the earth. They then applied this data to the raw data of deaths caused by lung diseases attributable to pollution to find a correct estimation.

Science teacher from rural Kenyan named top teacher

A Kenyan science teacher has been given the world’s best teacher award from the Varkey foun-
dation. Peter Tabachi, a 36-year-old Franciscan teacher, gave upwards of 85 percent of his wages to the poor children he taught in the Pwani village of Kenya’s rift valley. In a community reeling from teen pregnancy, drug abuse and dropout, Tabachi used what he had to build uniforms and supplies for students who would have otherwise been neglected by society.

Statue seals Agnese’s legacy

Cost: ‘Agnese’s Legacy’ from page 1

A full video tour of the website is currently available on the UIW Twitter page (@UWCardinals), where you will also find a link to a page addressing frequently asked questions. Additionally, there are tutorial videos available on the website.

This is a screenshot from the home page of Incarnate Word’s new website.

Courtesy Photo

This statue of Dr. Lou J. Agnese Jr. has a permanent home on the campus.

Jake Fortune / PHOTO
Students get shot $500 in survey
Gia Gutierrez / STAFF WRITER

Selected seniors and first- time freshmen at the University of the Incarnate Word could win $500 helping researchers learn how students spend their time and what they gain from college.

These UIW students were sent a link through their Cardinal e-mail Feb. 12 to help researchers, according to the Office of Institutional Research.

If you were among one of the selected and immediately disregarded the e-mail, you might want to continue reading:

University of the Incarnate Word students gathered around Bannock Natatorium Feb. 27 to enjoy music, food and fun at the Campus Activities Board's fourth annual Block Party.

"It's really cool because it brings everyone together," said freshman government major Allia Henderson. "It really unified the student body and I think it's just a really cool thing to host." 

I celebrated the event once again with Smoke Shack's barbecue being one.

"When I saw that they had the Smoke Shack here, I was like, that's the first thing that I needed to get, and that's what I wanted, so that's what I got," senior communication arts major Caballero said. "It was really, really good. I got brisket. It was really good. Fantastic. 

Horchoso food truck was also back to serve their churros. The lines stretched past a few other food trucks including Benji's Munch Truck and 5th Street Rico's.

"The previous years, we only had about four food trucks it was just meat trucks and one dessert truck, but this year we decided to bring more, so you can choose from those food trucks and two dessert trucks," CAB President Danielle Delgado, a junior bioloby major, said.

"I haven't been to any UIW events," Macias said.

The results are also used to communicate with the campus. 

"It's really cool because it brings everything together," said freshman government major Allia Henderson. "It really unified the student body and I think it's just a really cool thing to host."

I celebrated the event once again with Smoke Shack's barbecue being one.

"When I saw that they had the Smoke Shack here, I was like, that's the first thing that I needed to get, and that's what I wanted, so that's what I got," senior communication arts major Caballero said. "It was really, really good. I got brisket. It was really good. Fantastic. 

Horchoso food truck was also back to serve their churros. The lines stretched past a few other food trucks including Benji's Munch Truck and 5th Street Rico's.

"The previous years, we only had about four food trucks it was just meat trucks and one dessert truck, but this year we decided to bring more, so you can choose from those food trucks and two dessert trucks," CAB President Danielle Delgado, a junior bioloby major, said.

"I haven't been to any UIW events," Macias said.

theworld had the Wii on there. We have the Nintendo Switch, an Xbox, and there's virtual reality.

"We are hoping we can keep the video games, may- be add something else next year, but it all depends on the turnout for this event. I just want everyone to be able to make new friends and feel comfortable in their communite especially here at UIW, and just have fun."

Research Week, regularly observed in February annu- ally at the University of the Incarnate Word, moved to April this year in light of National Undergraduate Research Week, a spokesperson said.

"A Celebration of Student Research" is the theme for this year's event, said Dr. Trinidad Macias, director of graduate studies in the Office of Research and Graduate Studies.

"In 2008, a new tradition of celebrating and show- casing academic accomplishments was established through Research Day," she said. "Over the years, the showcase has evolved into a weeklong event filled with multidisciplinary presenta- tions, demonstrations and lectures."

The week opens Monday, April 8, with the subtheme of "Experience How to Become Active in Research." The welcoming program begins at noon in the SEC Ballroom with a keynote address fol- lowing that ends at 1. From 1 to 5, student podium ses- sions will be in the ballroom.

"Experience Research in Conversation" is the sub- theme for Tuesday, April 9, when the featured event will be a World Café from 6 to 9 p.m. in the Special Collections Room on the second floor of J.E. and L.M. Babcock Library. The key question for the evening will be "How are we engaging in supporting community health and well- ness?"

Poster sessions planned Thursday, April 11, will allow participants to "Experience Research on Dis- play" in the SEC Ballroom.

Two major events are planned Thursday, April 11, to "Experience Research and the Arts" with faculty podium sessions running 11 a.m.-3 p.m. in the SEC Ballroom and the "Thursday Night Live," featuring performances from 5:30 to 7 p.m. in Irene Sed- don Recital Hall of the Luella Bennis Music Center.

Friday, April 12, will see poster participants to "Experience the Mission" with faculty service learning presentations going on from 9 a.m. to 4 p.m. in the SEC Ballroom while a "Conflict and Aftermath: Trauma and Women's Gen- der Studies Symposium" kicks off a two-day run 2:30-7 p.m. in SEC meeting rooms.

"Experience Healing Through Research" is the final subtheme as Research Week concludes Saturday, April 13, with the sympo- sium continuing 9 a.m. and wrapping up at 4 p.m. in SEC meeting rooms.

More specific information about the poster and podium sessions will be released after Ter- rae April 1 due for many still be working toward a March 29 deadline, Macias said.

"At the University of the Incarnate Word, we take pride in our research and know that through our search for and communication of truth, we become stronger in educating ‘concerned and committed citizens for the global community,’” Macias said.
A philosophy professor who connects 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 Friedman, an associate professor of philosophy at the University of Guelpht in Toronto, Onta- rio, Canada, is the featured speaker for the Conflict and Aftermath: Trauma and Women’s and Gender Studies Symposium being co-hosted through a National Endowment for the Human- ities grant to UIW and its Women’s and Gender Studies program.

The symposium in the SEC also will feature presenta- tions from several UW facul- ty members in the College of Humanities, Arts and Social Sciences; UW students; and guests.

Friedman’s keynote ad- dress at 6 p.m. Friday, April 12, “Sexual Violence: A Call to Act,” will be from her book, “One Hour in Paris: A True Story of Rape and Recovery.” In her book – published in 2014 by the University of Chicago Press - the author shares how at the age of 22 she was raped at knifepoint while backpacking near Paris.

Friedman is a former radio journalist and host of “Jazzy Beans and Rice,” a food and fitness blog for her mission to help men and women, looking to lose weight, improve their health. She believes folks need to focus on the “nutritious ingredients, putting flavors and food together while benefitting from the expensive ingredients,” because “you live in, if you have poor health, then the quality of a person’s life is diminished.”

“Healthy and wellness is a big boost to our current regi- men, looking to lose weight, or wanting to add new recip- e to their dining table.”

An honor, an Army veteran, said her love of health and fitness began when she was little.

“My mom used to get those workout tapes - back when there were popular VHS, Yoga and Pilates, I wanted to be the teacher of the exercise class. Then my dad came home and I said ‘He’s the one who does it’ and ‘He’s the one who has a huge influence on me.”

She said she started her blog last May.

“It was a way for me to answer multiple questions at once. A blog for me was the last thing on my mind because I’m not tech-sav- vy, but the world we live in requires tech, so here I am.”

Honored said her blog is how she answers questions for her clients and the recipes are a gift from her to them.

“It has been a blessing because many of the people who subscribe have been people I’ve never met.”

Cooking a healthy meal can present a challenge for many. Finding the time to cook, the expensive ingredients, and finding recipes that work are also a struggle. However, Beverley Honor, a communication arts ma- jor at the University of the Incarnate Word, has made it her mission to help men and women meet their health and fitness goals.

Her blog – Planthealth- fitness.com - focuses on a plant-based health lifestyle. The site consists of various plant-based recipes, fitness plans, and other tips for the health guru or someone looking to better their health.

According to the website, the 30-day challenge the enrolled resident is not a temporary, quick fix diet. It is for men and women who are needing a boost to their current regi- men, looking to lose weight, or wanting to add new recip- e to their dining table.”

Counseling and Health, “Mu- ral and Stovall, Oregon Health and Science University in Portland, on “Moral Injury in Nurses.”

Session 5: “The Traumatic Gaze and its Aftermaths,” 9:30-10:45 a.m., SEC 2030. Panelists: Dr. Benjamin Miele, associate professor of English, on “Feminism and Pornography; The Gaze in Sexual Education and Gender Understanding,” and Dr. Gabriel Sanabria, associate professor of Span- ish, on “Blind Strength through Feminine Memory and Political Violence; ‘Blood of the Dawn ’ by Claudia Sandoval.”

Session 10: “Philosophy and Trauma,” 11 a.m.-12:15 p.m., SEC 2051. Panelists: Dr. Doug Gilmore, associate professor of philosophy, on “Beauty for Ashes: Reflections on Aesthetic Experi- ences and Suffering”; Dr. William Duffy, faculty fellow in English, at St. Philip’s College, “Wea- ponizing Trauma: Medusa as Victim and Gyno- gression”; and Dr. Zenon Cul- verhouse, assistant professor of philosophy, “Trauma and the Problem of Personal Identity.”

Session 7: “The Best a Man Can Get: Toxic Masculinity and the Gillette Ad” roundtable, 9:30-10:45 a.m., SEC 2031. Participants: Dr. Glenn Ambrose, professor of religious studies; Scott D’Amico, faculty development special- ist at Alamo Colleges; and UW students summer Vidal and Elijah Salazar.

Session 8: “Sexual Health” roundtable, 11 a.m.-12:15 p.m., SEC 2030. Leslie Martinez, assistant professor of psychology, and students on “Getting Real About Sexuality and Breakdowns: A Candid Discussion with Students and Researchers.”


Session 11: “Women’s Resis- tance and Tool of Male Ag- gression”; and Dr. Gabriel Saxton-Ruiz, assistant professor of English, on “Feminism and Pornography With Survivors of Trauma: Gender Implica- tions and Applications,” 2-3:45 p.m., SEC 2041. Panelists: Dr. Hector Pe- rez, associate professor of English, on “Narrativizing Trauma and its Challenges”; student Renee Muniz, “The Mystery of God in Fiction”; and student Clarie Clarke, “Approaching Gender through Speculative Fiction.”


Session 9: “Feminism and Literature,” 11 a.m.-12:15 p.m., SEC 2050. Panelists: Dr. Benjamin Miele, associate professor of English, on “Feminism and Pornography; The Gaze in Sexual Education and Gender Understanding,” and Dr. Gabriel Sanabria, associate professor of Span- ish, on “Blind Strength through Feminine Memory and Political Violence; ‘Blood of the Dawn ’ by Claudia Sandoval.”

Session 10: “Philosophy and Trauma,” 11 a.m.-12:15 p.m., SEC 2051. Panelists: Dr. Doug Gilmore, associate professor of philosophy, on “Beauty for Ashes: Reflections on Aesthetic Experi- ences and Suffering”; Dr. William Duffy, faculty fellow in English, at St. Philip’s College, “Wea- ponizing Trauma: Medusa as Victim and Gyno- gression”; and Dr. Zenon Cul- verhouse, assistant professor of philosophy, “Trauma and the Problem of Personal Identity.”

“Much Ado About Nothing” and Dr. Gabriel Saxton-Ruiz, assistant professor of English, on “Feminism and Pornography With Survivors of Trauma: Gender Implica- tions and Applications,” 9:30-10:45 a.m., SEC 2030. Panelists: Dr. Benjamin Miele, associate professor of English, on “Feminism and Pornography; The Gaze in Sexual Education and Gender Understanding,” and Dr. Gabriel Sanabria, associate professor of Span- ish, on “Blind Strength through Feminine Memory and Political Violence; ‘Blood of the Dawn ’ by Claudia Sandoval.”
When the University of the Incarnate Word’s president announced the winner of the 2019 CCVI Spirit Award, its recipient was shocked.

“I was taken by total surprise,” Roland Sul recalled. Sul, 59, serves as secretary to the chair of the Department of Theatre and this year will assist a UIW arts fundraiser whose funds will benefit community gardens on San Antonio’s west side. Cortinas and Vargas also noted Sul has made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”

In a statement, Evans, the president announced Cortinas had made it his mission to seek out every young artists obtain knowledge of professional practices, including contracts, public relations, exhibit opportunities, grant opportunities and much more.

They wrote: “All of this has been of great benefit to these young artists as they take their first steps into the professional world. Through this vital work he has once again found a way to serve. It is a search for one more way to help that makes Roland Sul an exemplary contributor and one of the recipients of the CCVI Spirit Award.”
Future life as wife – sounds like a plan

Graduate from college, find a job, move in with my fiancé, get married, and fully embrace the responsibilities of living independent – all before the age of 25.

Sounds like a solid plan on paper when I am caught in awkward social talks with relatives about life and school. I am 22 and can make a doctor’s appointment on my own. That alone merits unexpected praise from middle-aged adults who assume I don’t know how to talk to professionals over the phone without later tweeting about “Redacting” as a means to praise myself. But unfortunately, my woes of early millennial adulthood do not include running out of avocados for my toast or spiraling into depression over no access to WIFI. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hoping to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively.

Not taking meals is even harder because I was using to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively.

Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.

If I hear one more baby-boomer tell me “it only gets harder from here,” I am going to scream! That, or just continue to smile passive-aggressively. Not taking meals is even harder because I was used to skipping meals out of convinience. Those are not necessities we do not have access to WiFi. It is me spending weekends with hands caked in papier-mâché paste as I build, decorate and sell another papilote online hopenoh to make enough money towards my savings while also working part-time with the Logos. And let’s not forget maintaining full-time student status.
Getting blasts from podcasts

Bethany Melendez / STAFF WRITER

These are the top podcasts that in- spirate me to be healthier and happier. "Girl Boss" is a podcast that speaks to me when I am communting or getting ready in the morning I listen to these podcasts. I am completely hooked on these shows! I listen to these on the Apple podcast app. You can also find them online.

"Motivated" - Host: Mara Schiav- oampo, Emmy-award-winning ABC news correspondent. The title of this podcast is self-explanatory. I listen to this one when I'm interested in learning something new about health or if I need a little extra motivation to start my day. She only has one pod- cast out from the start of 2018, so she hasn't been updating as regu- larly but the older podcasts are still worth listening to. I was impressed by the quality of information she gives her listeners. Her podcasts focus on physical wellness and exercising. If you’re looking for all things health, nutrition and spirituality with top experts as hosts then definitely give this one a listen.

Check these out: “Staying on track with your health goals” and her latest one, “Transformation Inspi- ration”.

"The Health Code" - Hosts: Sarahs Day and Kurt Tilsie. This is one of my favorite podcasts. I've been following and keeping up with her on her blog and YouTube channel a few years now. She is the ultimate health and- wellness guru. She has gained so much experience from dealing with her own personal health battles that she, in return, helps others. All of her health hacks and smoothie recipes are revealed on this podcast. Check these out: “Healthy Hacks & Tips We Can't Live Without” and “Discussing all things: Crazing, Cheat Meals, Alcohol and Life Updates.”

"Modern Love" - Host: The New York Times. This podcast is good for your mental wellness. It's a com- position of stories from the public that are sent to the NYT. People send in their stories that have to do with some sort of battle or accomplis- hment. Usually someone's life is chosen, then it is read aloud by an acclimated actor. These stories help me feel to connected and remind me we are all human, and everyone has their own story. Check these out: “The Language of Love” and “If We Dnit this”?

"Self Service" - Host: Jerico Man- diles. Jerico is one of the editors for the blog, “Girl Boss.” This podcast is fairly new. (And if you haven't been on the "Girl Boss" site, you HAVE to check it out at https://www.girlboss.com). In this podcast Jerico focuses on giving you tips on how to use technology to benefit your connection with yourself and your goals. She explains we are all going through the same journey, and we can use positive advice and uplifting messages to help others along their own journey. Jerico talks a lot about self-love and embracing your emo- tions and your feelings.

Check these out: “What Is Self- Care?” and “Vulnerability and Social Media.”

"Kind World" - Host: WBUR. OK, I saved the best for last. "Kind World" is a podcast! I feel so important that you should listen to every once
SPORTS

GAME DAYS

Compiled by Alyssa Peña
STAFF WRITER

March 30
Men’s baseball vs. New Orleans
Noon
Daniel Sullivan Field

March 31
Men’s baseball vs. New Orleans
1 p.m.
Daniel Sullivan Field

April 3
Women’s softball vs. UTSA
6 p.m.
Daniel Sullivan Field

April 5
Women’s softball vs. Southeastern Louisiana
5 p.m.
Daniel Sullivan Field

April 6
Women’s softball vs. Southeastern Louisiana
Noon
Daniel Sullivan Field

April 9
Men’s baseball vs. Prairie View A&M University
Noon
Daniel Sullivan Field

April 12
Women’s softball vs. Stephen F. Austin
Noon
Daniel Sullivan Field

April 13
Women’s softball vs. Stephen F. Austin
Noon
Daniel Sullivan Field

April 18
Men’s baseball vs. Houston Baptist
University
6:30 p.m.
Daniel Sullivan Field

April 19
Men’s baseball vs. Houston Baptist
University
6:30 p.m.
Daniel Sullivan Field

Jumper leaps to All-American status

Fifth-year senior jumper Sarea Alexander didn’t mind being the University of the Incarnate Word’s first track-and-field athlete to be named a Division I All-American. But she’s not selfish. “I’m fine with being the first but this is an opportunity I want for those who come after me to know is attainable,” said Alexander, a 23-year-old athletic training major. “If I can do it, then it is possible.”

When Alexander turned in a long jump of 6.29 meters (20 feet, 7.75 inches) at the Indoor NCAA Championships this spring at the Birmingham (Ala.) CrossPlex, it earned her seventh place in the nation and resulted in an All-Independent indoor track and field first track-and-field All-American in the history of Division IIUIW’s program.

She bested jumpers from Houston, Florida State, Arizona State, University of Southern California and Texas Tech — among others — to accomplish this feat. Her accomplishment helped UIW’s women’s team claim third in the Southland Conference, its best team result in program history.

A native of Bakersfield, Calif., Alexander’s built a strong resume throughout UIW history and resulted in an All-Southland Conference Championships Long Jump at the Southland Conference Championships. Alexander topped competitors with a 19’4.75” mark indoors, and a record-breaking 20’4.5” outdoors. And she was named UIW’s Female Athlete of the Year. Alexander red-shirted her 2015 indoor and outdoor seasons of competition. She competed unattached at the UIW Cardinal Quadrangle meet and UIW Invitational. 2018 saw her being named to the Southland Conference’s first team for long-jumping — indoors and out, second team for the triple jump; all-academic first team; and female field athlete of the year. Dr. Derek Riedel, head coach for the track-and-field team at UIW, voiced pride in Alexander being named an All-American.

To say that the track-and-field program and I are proud of Sarea earning an All-American nod in the long jump would be an understatement,” Riedel said. “We are a family and when one of us does well the whole program does well and is proud.”

“Sarea represents UIW’s program with dignity, integrity and a relentless work ethic that sets the tone for the rest of the program. I have always said that when your best athletes are also your best leaders and hardest workers you have special teams. That’s exactly what we have had the last two years. Our most accomplished athletes are also our hardest workers, our outspoken leaders and the heartbeat of the program.”

She opened the 2016 indoor season at the J.D. Martin invitational shattering her own triple jump record with a jump of 39’3.25”. She also recorded a personal best of 7.96 in the 60-meter dash. A week later she broke the year’s indoor triple jump record again with a leap of 39’ 7.75” at the New Mexico Cherry & Gulf invitational. Alexander registered a personal best in the long jump with 19’9” to finish second. She earned back-to-back titles in the Long Jump at the Southland Conference Championships. Alexander topped competitors with a 19’4.75” mark indoors, and a record-breaking 20’4.5” outdoors. And she was named UIW’s Female Athlete of the Year. Alexander red-shirted her 2015 indoor and outdoor seasons of competition. She competed unattached at the UIW Cardinal Quadrangle meet and UIW Invitational. 2018 saw her being named to the Southland Conference’s first team for long-jumping — indoors and out, second team for the triple jump; all-academic first team; and female field athlete of the year. Dr. Derek Riedel, head coach for the track-and-field team at UIW, voiced pride in Alexander being named an All-American. When you’re an All-American in track-and-field, you truly are elite. It is no secret that we have the lowest percentage of All-American slots to total number of athletes participating in track-and-field. It’s not even close when compared to other NCAA sports.”

When she learned she had become an All-American, Alexander said, “My initial reaction was appreciation. I was so happy to have been given the opportunity to go to Nationals and represent my school and be able make my family, my teammates, and my coaches proud. “I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”

Sarea Alexander

“Sarea has a dream for her career. She is a dreamer and a true believer. She has worked hard every year to be named an All-American. She is going to have a dream team in the future when she returns to UIW and becomes an assistant coach.”

Dr. Derek Riedel

“I felt very accomplished with having come home an All-American because it was not just a title or even about me. It was about those who look up to me and those who will come after me. So I had to set the tone. A tone that I wish could resonate throughout UIW history and light a fire under those who want it just as bad as I do.”
Cardinals continue winning on diamond

Although the team is performing well, Hallmark said, “If we get content, we're gonna go backwards.”

Thru far, the University of the Incarnate Word baseball team has maintained a winning record, including its first win ever over Texas. The Cardinals defeated the No. 7 Longhorns 3-2 at Nelson Wolff Municipal Stadium in front of a program-record 2,872 fans Tuesday night. The squads had met twice before, but the third time was the charm for UIW.

On Feb. 27, the Cardinals beat No. 23 Texas A&M at College Station—so this is the first time in program history that the Cardinals defeated three Power 5 opponents in a season. Including a 15-7 win over Notre Dame on Feb. 23 at Wolff, this is also the first time in program history that the Cardinals defeated three Power 5 school.

The defense continues to be the most gratifying thing,” Hallmark said. Hallmark has also expressed satisfaction with the players who broke out early offensively. “We’ve got a few good hitters and we’re happy with those guys,” Hallmark said.

The Cardinals opened their season against Hofstra on Feb. 17, the Cardinals continued to show their offensive power and secured a 11-1 win. Sophomore pitcher Aaron Celestino earned the win, recording five strikeouts over five shutout innings.

The Cardinals had a 3-1 record with their participation Feb. 21-24 in the annual Alamo Irish Classic, hosted by Notre Dame at Wolff. UIW faced Eastern Michigan twice and Notre Dame twice.

UIW came back to beat Notre Dame, falling 2-1 to the Fighting Irish Feb. 22. Senior pitcher Tyler Miller suffered the loss but recorded a career-high 10 strikeouts and allowed just one run in six innings pitched.

UIW came back to beat Notre Dame, 15-7, on Feb. 23. The game was highlighted by three home runs. Freshman catcher Taylor Smith recorded his first two home runs as a Cardinal, while Flores hit a home run as well. The victory was the first time in program history that UIW had scored 15 or more runs against a Power 5 school.

Head Coach Patrick Hallmark said he’s pleased with how the defense has performed this spring. “The defense continues to be the most gratifying thing,” Hallmark said. Hallmark has also expressed satisfaction with the players who broke out early offensively. “We’ve got a few good hitters and we’re happy with those guys,” Hallmark said.

You crammed a lot of living into the last year. Why cram it all in your car when you can leave it with us? We’ll make sure everything is safe and secure and waiting for you in the fall. Your first month’s rent is just a buck. So make your trip home a little easier, make the smart move with Key Storage.
When it was announced that Showtime’s Umbrella Academy was going to be adapted into a show for Netflix, I was just too excited. The comics have been innovative and interesting as far as I’ve read into the series, and I usually love comic-book adaptations. But this was one of the biggest disappointments I’ve encountered in the field, and left me with too many issues to even know where to start. For anyone unfamiliar with the show, the basic premise is straightforward: an eccentric billionaire adopts a group of kids with super-powers and tries to raise them up to be crimefighters, but through a combination of ridiculously bad parenting and the inhuman dangers that comes with fighting crime, all of them grow apart to become ruthless, spoiled, and entirely dysfunctional. No longer keeping in contact with each other, she shows up when they’ve got to come together due to the sudden death of their father. Shortly thereafter, one of the characters learns the worst going to end just over a week’s time. He decides, rather than even attempt to continue this to his siblings in an attempt to stop it, he just goes off and does his thing. The next nine episodes continue in this fashion, Unfortunately shat- ter any suspension of disbel- ieve the viewer may have in extremely odd and weird ways in order to stretch out a six-comic series into 10 hours, making even enjoying it incredibly hard as much time as possible.

I was asking so many questions while I was watching the show, I was left with more than what could have happened? How could something so promising go so horribly wrong? This odd other comics with worse source material come out exponentially better.

Well, it definitely is worth mentioning this show was developed largely by Jeremy Slater, who wrote the show rather than as the live-action “Death Note” movies and the most recent “Fantastic Four” film. These films weren’t just mediocre, they were, and flipped to such an ex- tent they likely could never live in infamy for years to come. They take a level to that nearly made me recoil as the show tries its best to be as real as possible without making any actual eye- Johnny Krakowski. The characters are acting ridicul- ously unrealistically. Most of the characters are good, with the exception of the English-born Tom Hopper’s atrocious American accent, so it feels like a direct result of some awful writing. When I said the characters act unrealistically, I meant it. I know the writers were trying to make them dysfunctional, but they did it in a way that makes most of the charac- ters nearly impossible to relate purely because of how illogical their deci- sions are and how out of step they get about the smallest things.

These small nuisances they faced seemed even more insignificant when com- pared to the looming threat that will inevitably amount to some kind of human race. There doesn’t even seem to be much growth from the comic or the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.

The fact “The Umbrella Academy” is bad is important. The choice to show scenes of atrocities inherent with different moral codes of right and wrong, both codes preaching strict moral compasses. There are too many. The criticism’s of the genre it goes for me to go over in this article, the umbrella of the "Watchmen" genre, in stark contrast, doesn’t even seem to make any poi- nent points about anything. People to use it, the show. The days just tick down to doomsday while the children don’t even attempt to communicate with each other and get upset about small thing until they are inevitably forced to act. One of the main characters faced by the main characters seem even less realistic because cause he liked them, entirely without any reason.

Klaus is another character who just to develop, his story is ripped right out of the “Sixth Sense” into a squad of people with orders to maim and kill dangerous criminals. Even more so, Vanya isn’t allowed to help out the team because she doesn’t have powers. So this is something that’s addressed and then ignored. The goal here is to make everything weird things in the show to mention, with nearly all the characters’ moral compasses. There are no moral codes that cannot be ignored points about anything.
The Crypto Cardinal says...

Decipher the message behind the code. Each letter stands for another. HINT: B=A / X=M

B KRGLA WQS
QLRTH XBHYQ
ANWG T N E W L Y G
QRTH QN E G B T L R T Y
TNXEWLYG DAU CY

Graphic and riddle courtesy of the Cyber Security Club

HAPPY NATIONAL WOMEN’S MONTH

The Crypto Cardinal says...

Decipher the message behind the code. Each letter stands for another. HINT: B=A / X=M

B KRGLA WQS
QLRTH XBHYQ
ANWG T N E W L Y G
QRTH QN E G B T L R T Y
TNXEWLYG DAU CY

Graphic and riddle courtesy of the Cyber Security Club

HAPPY NATIONAL WOMEN’S MONTH
Sister School Highlights:
Discover Ireland, Australia, or the UK!

Don’t let language keep you from going abroad!
Consider studying at these sister schools within English-speaking countries:

Language immersion can be a very fulfilling experience, both personally and academically. However, it’s understandable to find daunting the thought of spending large amounts of time in a new place where you don’t speak the language, especially if it is your first time traveling abroad. Studying in an English-speaking country is not only a great start for those who haven’t traveled often, but also it offers a wider variety of classes taught in English compared to sister schools in countries where English is not the dominant language.

NUI Galway
Located on the west coast of Ireland along the Wild Atlantic Way, Galway City is considered the cultural capital of Ireland. Galway is a UNESCO City of Film and was recently selected as the European Capital of Culture 2020. Galway, with its narrow medieval streets, historic buildings, bookstores, colorful shopsfronts and vibrant nightlife, has a bohemian feel. The city thrives with energy during the month of July when the festival scene reaches its zenith. Galway Film Fleadh, Galway International Arts Festival and Galway Fringe Festival, bring visitors from around the world to experience the best in music, film, theatre, literature and visual art. The weeklong horse-racing festival, the Galway Races, at the end of July is Ireland’s most well-known racing festival.
Students can study at NUI Galway for a semester or a full academic year. The fall semester runs from September to December. The spring semester runs from January until May. NUI Galway also offers an International Summer School.

Australian Catholic University (ACU)
You’ve likely seen pictures of Sydney’s opera house and harbour bridge, but there is also Melbourne’s laneways to explore, Queensland’s Great Barrier Reef to enjoy, Ballarat’s rich gold-mining history to dig into, Sydney’s Blue Mountains to hike and Canberra’s political intrigues to uncover.

ACU has campuses all over Australia in the cities of:
- Adelaide
- Ballarat
- Brisbane
- Canberra
- Melbourne
- North Sydney
- Rome
- Strathfield

Students can study at ACU for a semester or a full academic year. The fall semester runs from February to July. The spring semester runs from July until November. A summer study abroad program is also available.

University of Leeds
The Leeds campus is one of the largest in the UK and just a short walk from Leeds city center. There are 25,000 students attending Leeds, including 7,000 international students from over 140 countries.
Leeds is a large, affordable and multicultural city, surrounded by easily accessible countryside. It is just two hours by train from London and three hours from Edinburgh. The city center has over 1,000 shops, 300 bars and restaurants, 16 galleries and museums and four major theatres.
Students can study at Leeds for a semester or a full academic year. The fall semester runs from October to December. The spring semester runs from January until May. A summer study abroad program is also available.

To find out more information about how to study abroad, study abroad scholarships, and budgeting plans, please email: studyabroad@uwt.xedu

Find us on Social Media:
@studyabroadUIW
@uwt_studyabroad