



page 4

CAMPUS
Student shares
healthy food on
blog



page 7

OPINION
Getting blasts from
podcasts



page 8

SPORTS
Jumper leaps to
All-American status

STUDENT MEDIA

@uiwlogos | www.uiwlogos.org
@uiwtv | http://uiwtv.org
@kuiwradio | www.kuiwradio.org/

Logos

Vol. 120 No. 7 | MARCH-APRIL 2019 | STUDENT-RUN NEWSPAPER FOR UNIVERSITY OF THE INCARNATE WORD

EST. 1935

Retiring: Provost marks 39 years since joining faculty

Jackie Velez / FEATURES EDITOR

Dr. Kathi Light, provost at 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 Ila Faye 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 nursing 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-



Dr. Kathi Light is retiring as provost at the end of the 2019 spring semester.

Bethany Melendez / PHOTO

Jump 'Retiring' page 2

New UIW website goes live during spring break

Special to the Logos

Notice something different about the University of the Incarnate Word's website?

It's new. The new website went live during spring break.

Notable facts about the website -- courtesy of Michael Valdes, media and public relations manager for UIW's Office of Communications & Brand Marketing:

@ This is the first update

to the UIW website since fall 2014.

@ The new site is developed "in the spirit of the University's Strategic Planning, where promotion and strengthening of the UIW brand" is among the eight strategic priorities.

@ As research has shown that a third of the visitors to the UIW website do so

Jump 'Website' page 2

Statue seals Agnese's legacy

Special to the Logos

A statue honoring a former longtime president at the University of the Incarnate Word sits near the Student Engagement Center, one of the last major projects started by the man it honors.

Dr. Louis J. Agnese Jr., who was UIW's president 31 years, witnessed the statue's dedication and unveiling Friday, March 8, along with many faculty and staff,



The university's eighth president, Dr. Louis J. Agnese Jr., is back on campus.

Jake Fortune / PHOTO

Jump 'Agnese's Legacy' page 2

Campus elevators experience ups-and-downs

Jackie Velez / FEATURES EDITOR

Elevators across the University of the Incarnate Word seem to suffer periodic breakdowns and need constant repairs, causing hassles for faculty, students and staff who ride them.

But administrators point out that although the elevators go through a series of ups-and-downs there are plenty of good reasons elevators run one day, yet break down the next.

"We have 49 elevators, and as you can imagine, each 'car' is used constantly every day," said Philip W. Lopes Jr., assistant director of facilities at UIW. "Some elevators are new, other less so."

"Elevators are highly complex mechanical/electrical/hydraulic machines that are integrated with computerized systems. They also have multiple safety features to ensure

passenger safety. Additionally, only certified technicians may, by law, perform maintenance and annual inspections. While one may opt to drive his/her personal vehicle with a taillight out, elevators shut down when there is a safety problem, and rightly so. These facts, perhaps, lend credence to the perception that elevators are often non-operational."

Lopes has been working for UIW for five and a half years, so he is familiar with the elevator issues. He is the one who ensures elevator issues are fixed in a timely manner, even though it can feel as though the elevators are not being fixed and he understands the reasoning for that feeling.

"We work closely with the various elevator companies to schedule repairs imme-

diately. In fact, many of our elevators literally 'self-report' malfunctions directly to the elevator service center via internal software. Nevertheless, repair times vary depending upon the nature of the malfunction, parts availability, and other factors.

"We are in constant communication with the various elevator service management teams to ensure they are aware of our needs and mission and the impact to our students, faculty and staff when an elevator is out of service. Again, the length of time for repairs depends on many factors. For example, debris in the door-track will shut the unit down, but the repair is simple and straightforward. Conversely, replacing the 65-inch telescoping hydraulic shaft, which we are doing at the AT&T Science

Hall, is a large technical task. This involves multiple qualified contractors."

The original elevator in the Administration Building took some time to fix, for instance.

"The specific unit underwent major upgrades," Lopes said. "This type of work is laborious, technical and required city permits, inspections and state recertification," said Lopes.

When an elevator needs fixing, Lopes' office has to follow certain protocols.

"In brief, we dispatch an on-site technician to verify the problem," Lopes said. "Once verified, we notify and complete a work request with the appropriate elevator company. Next, we work closely with their team to schedule and have the unit repaired."

In short, elevators are

fickle machinery. When problems arise, Lopes said, his office tries its best to get to an issue as fast as possible to ensure the demands are met. Meanwhile, the Office of Human Resources is tasked with alerting the campus via e-mail to periodic problems. And fliers placed by many well-trafficked elevators alert users who to call weekdays and weekends.

"Operation and maintenance of elevators is a highly regulated industry," Lopes said. "Our elevators are serviced solely by certified technicians based upon manufacturer recommendations. Facilities budgets annually for elevator service and coordinates with senior administrators on capital budgeting for major upgrades. State inspectors certify all our elevators yearly."



WORD UP

Compiled by Jake Fortune / STAFF WRITER

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 foundation. Peter Tabachi, a 36-year-old Franciscan teacher, gave upwards of 80 percent of his wages to the poor children he taught in the Pwani village of Kenya’s rift valley. In a community rife with teen pregnancy, drug abuse and dropouts, Tabachi used what he had to buy uniforms and supplies for students who would have otherwise been neglected by society

Retiring: Provost sees 39th year on Incarnate Word's faculty

Cont. 'Retiting' from page 1

ademic officer and is sort of the dean of the faculty. The provost works closely with the deans and the faculty to make sure that the academic program is successful, so I had been doing that as a dean with responsibility for assuring academic quality in one school.”

Itza Casanova, who was administrative assistant to Provost Doyle, remained in the same position with Light.

“I remember Dr. Light as a dean of nursing,” said Casanova, who has worked for UIW more than 25 years. “She is a friend of the former provost, Dr. Denise Doyle. They created some really fun activities here at the university.

“Dr. Light has contributed so much of her life to the university. Her family has been very supportive of her contributions. She has participated in various innovative, important activities here at the university.”

Casanova said Light and Doyle worked on ways to communicate effectively to students using social media.

“They worked on faculty development; they were involved in creating activities for faculty to be involved with their students in different ways. They collaborated on various programs, both agreeing that faculty interaction with students in the classroom is very, very important.

“And also knowing that students (were) involved with so much social media that students needed to be reached with social media practices, they worked with

Dr. Susan Hall, in the Center for Teaching and Learning, to incorporate programs and activities for the faculty to participate and learn how to incorporate the social media programs and formats to enhance student learning.”

Casanova said she also has gotten the chance to know Light on a personal level throughout their years of working together and has picked up a few tips from Light.

“Dr. Light and I work very closely together. Dr. Light is a great listener, and so I’ve learned to be a good listener. To try and figure out what people are trying to ask even though they may not know what they are trying to ask, and to figure out what they truly need to achieve. The outcome of their concern.”

Casanova has also gotten to know Light – who was married to the late Dr. Bob Connelly, another longtime UIW faculty member and administrator -- from a family perspective.

“She has three grandchildren who can’t get enough of Grammy and we had a grandson who comes in to help us periodically and helps us deliver things to the mailroom. He’s 11 years old. It’s wonderful to see her in a different perspective from a grandparent’s point of view because I’m a grandparent, so it’s nice to see another grandparent playing with their grandchildren.”

“I want Dr. Light to know that I’m very grateful for the time we spent together, and even though it’s going to be bittersweet, her leaving, I do

want her to realize that I support her 100 percent and that she will be missed. But we all know that she will be having a great time, and that’s really what we want for her. We want her to be happy ‘cause she’s done so much for us.”

After Light departs, Dr. Thomas M. Evans, UIW’s president, already has tapped Dr. Barbara Aranda-Naranjo, currently associate provost of Health Professions, to take over as interim provost.

What is Light going to miss most?

“I think what I am going to miss is people,” Light said. “I’m going to miss students. I don’t teach anymore, but I enjoy the work-study students -- the students who work in my office. I get to know what’s going on at the university, so I’m going to very much miss being around students and the passion they have for the work that they’re doing, the excitement they have when they take a class and their world turns upside down because they learn something that they didn’t know before, and they share that. I love that!

“I’m going to miss faculty, watching faculty teach and get excited about teaching, and when faculty get excited also at graduation seeing their students be successful or when faculty come and say that a student has gotten a research paper accepted or they’re taking a student to a conference for the first time. I love that! I just love seeing the people achieve their goals.”



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

Jake Fortune / PHOTO

Statue seals Agnese’s legacy

Cont. 'Agnese's Legacy' from page 1

most of whom were hired during his administration.

His wife, Mickey, even took a seat next to a bronze likeness of her husband in jacket and tie, relaxing on a bench. The statue sits in the shade of a huge oak near Agnese-Sosa residence hall, where the Agneses and their children lived in a seventh-floor penthouse.

A plaque behind the bench reads, “In Grateful Appreciation For Your Leadership, Your Vision, Your Service.”

Agnese was the university’s eighth president, starting his tenure at then-Incarnate Word College with about 1,296 students, before leading it to university status and an enrollment just over 11,000 in 2016.

During his administration, the number of academic programs doubled which includes creation of the first Ph.D. program and the addition of doctoral programs

in business administration, pharmacy, optometry, physical therapy, nursing practice and osteopathic medicine.

UIW now has campuses throughout South and Central Texas, two campuses in Mexico, and two European Study Centers in Germany and France. The University also launched its first football program which has now moved to Division I status and just this past season won the Southland Conference championship. He also launched the annual “Light the Way” holiday tradition.

Before the statue’s unveiling, Agnese heard tributes from Dr. Thomas M. Evans, UIW’s current president; UIW Board of Trustees Chairman Charles Lutz; and Sister Teresa Maya, congregational leader for the Sisters of Charity of the Incarnate Word, founders of the university.

Logos Staff Writer Erika Stephenson contributed to this story.

New UIW website goes live

Cont. 'Website' 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 today 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, us-

er-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 of these constituencies, 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 the latest UIW happenings.

@ A full video tour of the website is currently available on the UIW Twitter page (@UIWCardinals), 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

Students get shot at \$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 read-

ing: there could be something in it for you.

Every three years, UIW works with the National Survey of Student Engagement -- an initiative from the Center for Postsecondary Research at Indiana University School of Education in Bloomington -- to gather information about collegiate quality and student engagement.

The information collected from first-year and senior students provides results as an estimate of how under-

graduate students spend their time and what they gain from attending college. The results are also used to identify aspects of student experience in and outside the classroom, and how they can be improved.

"Student engagement represents two critical features of collegiate quality," according to researchers. "The first is the amount of time and effort students put into their studies and other educationally purposeful activities. The second is how the institution

deploys its resources and organizes the curriculum and other learning opportunities to get students to participate in activities that decades of research studies show are linked to student learning."

This is why researchers are asking UIW students to share their experiences. When they do, it will help the administration understand what it is doing well and what can be improved so students can get the most out of their years here at UIW.

The survey sent to each stu-

dent is unique to the student, and should only take about 15 minutes, researchers said. Once the survey is complete, the student will be entered into one of two \$500 Visa gift card drawings! The winners will be selected at random by number generation and will be notified by e-mail after May 15.

All information collected is kept strictly confidential. Reports used by UIW are based on aggregated data and do not contain any type of identifying information.

Showcase to feature communication arts

True McManis / STAFF WRITER

Work made by Department of Communication Arts students not directly related to what they have been doing in class will be featured in a showcase 6-8 p.m. Friday, April 5, at the University of the Incarnate Word.

"We will be showcasing art, music, anything people want to submit that can represent any sort of art," communica-

tion arts major Jacob Martinez said about the event scheduled in the Student Engagement Center at the University of the Incarnate Word.

"It's going to be on the second floor of the (SEC)," Martinez said. "Everyone is welcome to come and show support.

"For me, personally, I'm

going to be showcasing my talent as an MC, as a host, how I can engage the people and the audience," Martinez said.

One of the primary student-organizers of that event, Jason Futrell, will be one of the primary figureheads. Futrell is responsible for much of the audio used in the commercials, as well as for com-

pletely producing a series of puppet-related shorts to help advertise the event.

With the event just a few weeks away, many students are getting ready for the showcase being shepherded under Dr. Darlene Carbajal, an assistant professor. With the work already submitted, however, there's only so much students can do to

prepare for the event, leaving many like Martinez eager.

"I am beyond excited," Martinez said. "The fact that it's the first, and that the Communication Arts Department is creating such a great event to showcase students talents and work. It's really awesome!"

CAB emphasizes variety at Block Party

Jackie Velez / FEATURES EDITOR

University of the Incarnate Word students gathered around Barshop 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 the campus together," freshman government major Alia Henderson said. "It really unifies the student body and I think it's just a really cool thing to host."

Food trucks catered 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 Kristen Caballero said. "It was really, really good. I got brisket. It was really good. Fantastic."

Honchos food truck was also back to serve their churros. The line stretched past a few other food trucks including Benjie's Munch Truck and Fajita Rita's.

"The previous years, we only had about four food trucks total, so it was three meal trucks and one dessert truck, but this year we decided to bring more, so you can choose from three food trucks and two dessert trucks," CAB President Dan-

ielle Delgado, a junior biology major, said.

KUIW's Jenn Gonzalez -- also known as DJ Quaver -- worked the event and provided the crowd with some music.

"It's amazing," Gonzalez said. "All the people out here love the music. There's so many different food trucks and games and everyone is having lots of fun."

Students who had never attended the party before made an appearance this year, including Caballero who was drawn to the Smoke Shack food truck.

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

is my first one. Since it's my senior year, I figured I'd try as much events as possible. I like that the food trucks are pretty much free. You just have to swipe your ID card. It seems like everyone is enjoying themselves."

Video games also were added this year to the party.

"We had a bigger budget and we didn't want to have just food," Delgado said. "We wanted something else. So we decided we haven't had a video game truck here on campus, so why not bring it? We have the Wii on there. There's Nintendo Switch, an Xbox, and there's virtual reality.

"We are hoping we can keep the video games, maybe 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 community, especially here at UIW, and just have fun."



Students at the Block Party.

Jackie Velez/ PHOTO

Annual Research Week ready to roll at UIW

Research Week, normally observed in February annually at the University of the Incarnate Word, moved to April this year to align it with National Undergraduate Research Week, a spokesperson said.

"A Celebration of Student Research" is the theme for this year's event April 8-13, said Dr. Trinidad Macias, director of graduate studies in the Office of Research and Graduate Studies.

"In 2008, a new tradition of celebrating and showcasing academic accomplishments was established through Research Day," she

said. "Over the years, the showcase has evolved into a weeklong event filled with multidisciplinary presentations, demonstrations and lectures."

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

"Experience Research in Conversation" is the subtheme 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.E. Mabee Library. The key question for the evening will be "How are we engaging in supporting community health and wellness?"

Poster sessions planned 3-6 p.m. Wednesday, April 10, will allow participants to "Experience Research on Display" 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 Seddon Recital Hall of the Luella Bennack Music Center.

Friday, April 12, will allow partakers 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 Gender 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 symposium 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 April 1 because many still are 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 enlightened citizens within the global community,'" Macias said.

Sexual violence survivor to keynote UIW symposium

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: Trauma and Women's and Gender Studies Symposium" being co-hosted through a National Endowment for the Humanities grant to UIW and its Women's and Gender Studies program. The symposium in the SEC also will feature presentations from several UIW faculty members in the College of Humanities, Arts and Social Sciences; UIW students; and guests. Freedman's keynote address at 6 p.m. Friday, April 12, in the SEC Ballroom, 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.

Topics feature variety of presentations

Friday, April 12
Session 1: "Criminal Justice and Trauma," 2:30-3:45 p.m., SEC 2040. "Free Battered Texas Women: Survivor-Advocates Organizing at the Crossroads of Gendered Violence, Disability, Incarceration, Race, and War," with Cathy Marston and Sheryl Craig, both of Free Battered Women.
Session 2: "Literary Theories and Applications," 2:30-3:45 p.m., SEC 2041. Panelists: Dr. Hector Perez, associate professor of English, on "Narrativizing Trauma and Its Challenges"; student Renee Muniz, "The Mystery of God in Fiction"; and student Clara Tamaz, "Approaching Gender through Speculative Fiction."
Session 3: "Motherhood, Trauma, and Literature," 4-5:15 p.m., SEC 2040. Panelists: Dr. Tanja Stampfl, associate professor of English, "In Search of the Maternal: Absence, Silence, and Trauma in Literature"; student Melanie Cerda, "An Analysis of Autobiography of My Mother by Jamaica Kincaid"; and Dr. Luella D'Amico, assistant professor of English, "Religion, Redemption and Motherhood in Elizabeth Stuart Phelps' 'Hedged In.'"
Session 4: "Psychology and Trauma," 4-5:15 p.m., SEC 2041. Panelists: student Sara Meyer, "Development and Validation of a Psychotic Symptoms of Anorexia Nervosa Scale (PSAN) - A Pilot Study"; Dr. Janice Dvorkin, professor of music therapy, "Music Therapy as Treatment for Female Adolescents Abused in Childhood"; Elisabeth Hand, music therapist with San Antonio's Ecumenical Center for Education,

Counseling and Health, "Music Therapy With Survivors of Trauma: Gender Implications"; and Mady Stovall, of Oregon Health and Science University in Portland, on "Moral Injury in Nurses." Reception, 5:15-6 p.m., SEC Concourse and second floor. Sponsor: College of Humanities, Arts and Social Sciences.
Keynote address, 6 p.m., SEC Ballroom. Speaker: Dr. Karyn Freedman, an associate professor of philosophy at the University of Guelph in Toronto, Ontario, Canada, on "One Hour in Paris: A True Story of Rape and Recovery."
Saturday, April 13
Coffee and breakfast, 9-9:30 a.m., SEC Concourse and second floor. Sponsor: College of Humanities, Arts and Social Sciences.
Session 5: "The Traumatic Gaze and its Aftermaths," 9:30-10:45 a.m., SEC 2030. Panelists: Dr. Benjamin Miele, assistant professor of English, "The Trauma of Surveillance: Destabilizing Gendered Asymmetries of Oversight in 'Much Ado About Nothing'"; student Victoria O'Connor, "Feminism and Pornography: The Gaze in Sexual Education and Gender Understanding"; and Dr. Gabriel Saxton-Ruiz, associate professor of Spanish, on "Feminine Memory and Political Violence: 'Blood of the Dawn' " by Claudia Salazar."
Session 6: "Global Trauma Considerations," 9:30-10:45 a.m., SEC 2050. Panelists: Dr. Lopita Nath, professor of history and director of the Asian Studies Program, "Cultural Trauma: Relations between Resettlement and High Rates of Suicide among the Bhutanese Refugees in

the United States," and Sister Martha Ann Kirk, professor of religious studies, "Women's Stories from Iraq."
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 specialist at Alamo Colleges; and UIW students Summer Vidal and Elijah Salazar.
Session 8: "Sexual Health" roundtable, 11 a.m.-12:15 p.m., SEC 2030. Dr. Leslie Martinez, assistant professor of psychology, and students on "Getting Real About Sexuality and Sexual Health: A Candid Discussion with Students and Researchers."
Session 9: "Feminism and Literature," 11 a.m.-12:15 p.m., SEC 2050. Panelists: student Aaron Chavez, on "Blind Strength through Christianity in Harriet Beecher Stowe's 'Uncle Tom's Cabin' and Susan Warner's 'The Wide, Wide World' "; student Shay Alexander, "The Woman Behind the Mask"; student Silke Gonzales, "Models of Feminism in 'The Wide, Wide World' "; and Dr. Emily Clark, professor of English, on "Fashion, Feminism, and Empowerment in Nancy Drew and the Betsy-Tacy Series."
Session 10: "Philosophy and Trauma," 11 a.m.-12:15 p.m., SEC 2051. Panelists: Dr. Doug Gilmour, associate professor of philosophy, on "Beauty for Ashes: Reflections on Aesthetic Experiences and Suffering"; Dr. William Duffy, faculty fellow at St. Philip's College, "Weaponizing Trauma: Medusa as Victim and Tool of Male Aggression"; and Dr. Zenon Cul-

verhouse, assistant professor of philosophy, "Trauma and the Problem of Personal Identity." Lunch, 12:15-1:15.
Session 11: Women in the Holocaust," 1:30-2:45 p.m., SEC 2030. Speaker: Dr. Roger Barnes, professor of sociology, "Women's Resistance Fighters in the Warsaw Ghetto Revolt, 1941."
Session 12: "Conflict in the Classroom: Trauma and Pedagogy, 1:30-2:45, SEC 2031. Panelists: student Katrina Bowers, "Trauma and Transformative Experiences in Education," and Scott D'Amico of Alamo Colleges, "Thoughtfully Addressing PTSD in the College Classroom."
Session 13: "Gender, Sacred Spaces, and Religion," 3-4:15 p.m., SEC 2050. Panelists: Dr. Julie Miller, a professor of religious studies, "Moral Injury, Sexual Violence, and the Church"; Dr. Jakob Rinderknecht, an assistant professor and director of the Pastoral Institute, on "Imagining the 'Voraus' of Christ: Gender, Deacons, and the Church"; and student Sophia Gilmour, "Trauma and Sacred Spaces: When Safe Spaces are Threatened."
Session 14: "Motherhood and Trauma," 3-4:15 p.m., SEC 2030. Panelists: Dr. Tanja Stampfl and students Jasmine Jaramillo and Kayla Olivieri.
Session 15: "War and Trauma," 3-4:15 p.m., SEC 2031. Panelists: Angela Moore of Concrete Yoga, "Yoga and Trauma"; speaker to be announced on "Art Therapy and Trauma"; and student Daniel Valdez, "Post-Service Adjustment Disorder."

Student shares healthy food on blog

Alyssa Peña / STAFF WRITER

Cooking a healthy meal can be a struggle 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 major 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 -- Plantshealth-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, plant-based resent is not a temporary, quick fix diet. It is for men and women who are needing

a boost to their current regimen, looking to lose weight, or wanting to add new recipes to their dining table." 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 VCRs were popular -- and I wanted to be the teacher of the exercise class. Then my dad and I would watch wrestling -- with guys like The Big Show, Hulk Hogan, The Rock, and Brock Lesnar -- and these people had 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 am not tech-sav-

vy, but the world we live in requires tech, so here I am." Honor 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." Health and wellness is a big passion for Honor. She believes folks need to focus on their health. She believes no matter the amount of money you have or the house you live in, if you have poor health, then the quality of a person's life is diminished. "We have been given a way to improve the quality of life through food and being active. All it takes is commitment and a change in habit." Her "Jazzy Beans and Rice"

includes red and green peppers, yellow rice, black beans, garlic, mushrooms and yellow onions. The meal takes about an hour to prepare if one plans to cook the rice and beans from scratch vs. buying an instant-made version. Honor said her favorite dish is a noodle soup with spicy bok choy. "The idea randomly came to me so I threw clothes on, rushed to the store, and grabbed everything I could taste in my head," she said. "There are many forms of art, and putting flavors and food ingredients together while teaching people the health benefits of the meal, just so happens to be my art form."



Beverley Honor

Secretary-gallery head receives CCVI Spirit Award

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 both the Art and the Music Departments, as well as coordinator of the Art Gallery.

The chairs of the departments he serves as well as a former chair jointly nominated Sul for the prestigious award. Dr. Thomas M. Evans, UIW's president, officially announced Friday, March 22, that Sul was this year's winner.

In a ceremony marking Monday, March 25, as Incarnate Word Day, last year's CCVI Spirit Award winner, Dr. Kevin Vichales, an associate provost and dean of the College of Humanities, Arts and Social Sciences, handed Sul the artwork that goes with the award. Sul gets to keep it in his office until he hands it off to next year's winner.

Among the witnesses at the ceremony in Our Lady's Chapel were those who nominated Sul.

"Roland is instrumental in helping with so many daily departmental tasks, that he is a completely indispensable part of the workings of our department," said Professor William "Bill" Gokelman, chair of the Music Department and director of choirs.

"Not only does he know,

and help with, so many program procedures, he does it with the joyful spirit of the Incarnate Word. He has a true heart of a servant in that he is always willing to assist, even if the hour is late and the task is large. Roland is much more than a secretary. He is a trusted friend and colleague."

Miguel Cortinas, an associate professor of art who chairs his department, and Kathy Vargas, an associate professor and former chair, of Art, said in their nomination that Sul "excels above and beyond what is required. He is respectful of everyone. He is patient, kind, helpful, and warm to any who need his help. He works to ensure that all succeed."

"I have never seen Roland in a bad mood," Cortinas said. "I have never seen him turn anyone away. I have never heard him say that he's too busy to help, and I have never heard him speak ill of anyone. His Christian charity is such that he serves all humbly and efficiently without ever seeking praise or even thanks."

In addition to his regular role, for two summers Sul assisted Sister Eilish Ryan, a member of the Sisters of Charity of the Incarnate Word, with the Pastoral Institute she once led. Three years ago, he became the Art Department's gallery coordinator. He also has organized two Christmas arts-and-crafts

fundraisers for the Art Department 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 and help 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 this constant search for one more way to help that makes Roland Sul an exemplary colleague and one deserving of the honor of CCVI Spirit Award winner."

In the announcement from Evans, the president acknowledged Sul "for his service to the Mission and to our community" and invited the community to "join me in congratulating him on this achievement and thanking him for his sincere dedication to the Mission of the University."

In a statement, Sul, a San Antonio native, told the Logos he "was very surprised to receive the CCVI Award. I am honored to have been chosen to receive this award recognizing my work here



Roland Sul gets to keep the CCVI Spirit Award in his office until next year.

Bethany Melendez/ PHOTO

at UIW. It is a wonderful event that brings the abstract concepts of the mission of UIW into a ceremony along with a beautiful piece of art that projects a deeper meaning to our mission in the service of others."

Sul, an Air Force veteran, has worked 18 years at UIW, starting in 2000 as secretary and box office manager in the Department of Theatre Arts. He later served as secretary to the dean of the College of Humanities, Arts and Social Sciences, and then an academic adviser in the Advising Center.

"I always try to perform my duties with the idea that if I were the one seeking assistance here, how would I like

my questions or situations resolved. Of course, I would want someone to assist me in the most expedient and courteous way possible. This has always been my approach.

"I would like to say that I must acknowledge all of the faculty, staff and students that I work with on a daily basis as they are an inspiration to me and I learn every day from them. Without them, I couldn't do my job and they are always ready to help and offer suggestions as to how we as an institution can always make improvements as we move forward into the future. Thank you for this wonderful award and honor."

Student recipient credits 'Sisters' for inspiration

It was a normal day at the University Mission and Ministry office – or so Rozlyn Bermea thought when Beth Villarreal, the director, called her Wednesday, March 20, to her desk.

"She had a big grin on her face," Bermea recalled. "And then she told me that I was chosen as the recipient for this year's (student) CCVI Spirit Award. When I first heard this, I was speechless, and overwhelmed with joy! I was not expecting this whatsoever." A Del Rio native, Bermea, 21, was recognized publicly with the award Monday, March 25, in Our Lady's Chapel at the annual Incarnate Word Day service.

That's when Villarreal formally read why Bermea was being recognized by peers, faculty and staff as "living the mission of the Sisters of Charity of the Incarnate Word in her/his service to the University and/or the broader civic community" – as one who exemplifies "the five values of the mission: Faith, Innovation, Truth, Education and Service" and "the spirit of the Congregation of the Sisters of Charity of the Incarnate Word."

Bermea, a junior interdisciplinary studies major with



Rozlyn Bermea

Miranda Hanzal/ PHOTO

minors in special education, reading and religious studies -- came to UIW to continue a legacy established by her mother and grandmother – both Incarnate Word graduates.

"Education is core to this young woman," Villarreal read. "Whether through her studies or her daily interactions with others, Rozlyn is a seeker of truth. And, her pursuit for truth is inseparable from her faith in God. In trying to understand the truths in her life -- why things have occurred or not occurred -- she turns to God for answers."

"In getting to know people, her faithful grounding opens her to knowing who others are -- as they are and where they are in their lives. It also allows her to share herself fully and sincerely with oth-

ers so that they can see God and the love God has to offer. This reinforces Rozlyn's amazing servant heart. Any given day of the week, you will find Rozlyn pouring 100 percent of herself into her students in the classes she is observing, to the residents and retired sisters at The Village each week, leading our Campus Court of the Catholic Daughters of the Americas as Regent, serving as a Peer Ministry intern with our Breathe Young Adult Group, and through sharing thoughtful gifts at various times of the year have touched the hearts of many."

Villarreal said Bermea "is always finding new ways of sharing God's love in simple and big ways. Her big innovations are through two new traditions aimed at connecting alumni, faculty, staff and students with the Sisters of Charity of the Incarnate Word."

"The first tradition began this year at 'Light the Way' with the Sisters Angel Tree Program sponsored by Catholic Daughters. The Sisters Angel Tree Program raised monies to provide a Christmas gift bag to the retired sisters living at The Village and upcoming programs this

year.

"The second tradition will occur during homecoming this year through the UIW Women of Faith Luncheon. The luncheon aims to connect current upper-class women with alumni and CCVI Sisters not only for networking, but for keeping the ties of legacy alive."

Although her mother and grandmother have a legacy at UIW, Bermea said she "feel in love with the community, the faith, and the history of the University" on her first visit.

"My first semester, I had an unexpected knee surgery, and thought I was going to have to put my education on hold. However, due to the amazing faculty, staff and community here at UIW, that was not the case. I was able to continue my education, and have since continued to grow deeper in my faith."

She's planning a teaching career following graduate school because of the impact her teachers and professors have left on her.

"The mark they have all left on me has inspired me to do the same for future generations by becoming an educator. I hope to help students fulfill their dreams, and realize the importance

of education. I'm not entirely sure where I hope to teach, so for now I leave that in God's hands."

Bermea said she loves visiting The Village.

"I dedicate much of my time to Mission and Ministry and my education, but when I get the chance, I love going to visit the residents, especially the Sisters, at The Village. My passion to serve has grown even stronger because of the Sisters. I'm inspired to do more as a result of the Sisters, especially reconnect our University with the Sisters." At her hometown parish, St. Joseph's Catholic Church, she still serves as Eucharistic minister.

Now that the Incarnate Word Day ceremony is over, Bermea said, "I am truly honored to be the recipient of the CCVI Spirit Award. While I've been at UIW, I've grown very close to many CCVI Sisters, and admire and all they have done and do. The Sisters mean so much to me that I am extremely honored to receive this award in their name. I have to thank the Sisters, for this award, but also for being such wonderful role models and servants of the Lord."

Embracing new priorities



Queen Ramirez / EDITOR-IN-CHIEF

Diabetes is making my life a little more complicated. I was diagnosed back in January, but doctors are still unable to pin point my type. However, I am supposed to find out in a few weeks thanks to some tests. And to my new knowledge, there are more types than just type 1 and type 2; there is even a type 1.5. But through my short journey with diabetes over the past few months I have learned and experienced a few new things; some are positive and some are negative. Let's start with the positive. My diet has changed. Despite my stellar test results (aside from blood sugar levels) changes were made because diabetes is like being allergic to sugar. My carbohydrates - carbohydrates (carbs) turn into sugar --must be kept low and sugar is an absolute no, so with open arms I have embraced my love for avocados, cucumbers and mushrooms. I am only allowed to shop the perimeter of H-E-B. It has been a while since I have entered the isles of the grocery store. I only go in the isles of the store for tea and coffee because everything else is off-limits to me. Coffee still accompanies my morning (no sugar of course), and the results are better sugar levels and more energy throughout the day. I no longer get that noon to 2 p.m. slump. I have completely revamped my exercise schedule to keep me stable without worrying much about a sugar spike.

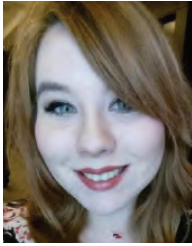
Another good thing is that my family has joined me in leading a better lifestyle and they have begun cutting out sugars, bread, pasta, and take out. Additionally, keeping up a routine that keeps my sugars stable is not easy. Carving out time for exercise was and is still not easy when that time was previously used for homework. Sure, I don't have to take time out for meals or for exercise, but the results of failing to follow a good daily routine will harm me later down the road and bring about more complications. It only takes three hours for me to start going into ketoacidosis - too many ketones and makes your blood acidic -- (or so my diabetes consultant warned), and I am not about to risk that since I already experienced ketoacidosis. Ketoacidosis is the reason for my diagnosis, and it made me feel like I was truly dying. Not skipping meals is even harder because I was used to skipping meals out of convivence. Three meals a day is necessary for everyone, not just me. And going to the gym is an adventure. Over exercising could lead to hypoglycemia (this has happened a few times) and I must monitor my sugar levels to make sure this does not happen. Exercise is necessary but going a few minutes too far could mean I end up eating away my hard work. Another thing is eating out; going out to eat with family means salad has become my go-to meal. Going to someone's house later in the evening makes me uneasy because if I am offered food I may have to turn it down and risk being rude because I have worked too hard to

stabilize my sugars just to ruin it for the sake of someone else's cooking. There is also a social aspect to eating sugar. I can't help but feel a little left out when being the only person to refuse a sweet. However, it doesn't feel that bad. Looking at sugary foods make me feel sick. The deliciousness of sugar is real, but I picture myself back in the hospital lying there with too many doctors around me trying to figure me out. That is enough of a deterrent to stay away from anything sweet. That, and I swear on my life that when thinking about eating sweets I can still smell and taste the saline the nurses used to flush out my IV lines and take blood. Who knew saline could smell so bad? It is hard for me to really know how to best take care of myself when my doctors don't know yet either. Reading about what could and will happen with poor diabetes management is the scary part. Let's gets awkward for a moment. No, I don't want to take insulin. No, I can't stop yet because my type has yet to be determined. Yes, when I have to take it I see you staring. I much prefer the comfort of my own home, but because of class and timing I have to take it while in class during a break and I don't feel like walking a mile to find a singular bathroom when a perfectly fine multi-stall restroom is available. I know it may be a strange site to see an insulin pen, but it was either the pen or opting for a vile and syringe. The pen seemed more socially acceptable, it is more accurate, and the needle is not as scary looking. For future reference, staring and then immediately looking away does

not convince me that I didn't see the stare. I see you see me, and that is okay. But try not to act so awkward or shocked. But currently the worse thing is maintaining my focus. Maintaining my level of work, focus and standards has become challenging. It's difficult for me to focus in class because I watch the clock to wait for the time to take my medicine. Or in class I realize my dinner should have been larger because my hands start shaking. I then pray for a break or sneak away to eat something. I think I just need a little more time to learn how to adjust. I know there will be a time when I can sit through a whole four-hour class without worrying. I still love going to class and school, but to say it's my priority would be false because now classes have fallen farther down my priority totem pole. My academics have fallen below diet, exercise and sleep. Why? Because a good life in the long run means eons more to me than what a teacher thinks of my work or if I am right or wrong. My homework has an allotted time to get completed, and what gets completed is all I will complete. Staying up late and stressing about class raises my sugar into a cautious and sometimes dangerous place. It's better that my grades take a small hit than I get sicker and risk missing a class or turning in homework. I still want good grades. But not finishing a chapter because I felt bad is not the end of my world.

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

Future life -- as wife -- sounds like a plan



Victoria O'Connor / MANAGING EDITOR

Graduate from college, find a job, move in with my fiancé, get married, and fully embrace the responsibilities of being independent -- all before the age of 25. Sounds like a solid plan on paper when I am caught in awkward small talk with relatives about life and school. I'm 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 "#adulting" 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 piñata 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. Though, if I am being honest, I did not start taking my finances seriously until I started budgeting for my future. School, a wedding, insurance, and cost of living are all expensive, especially as a student with high-interest loan payments.

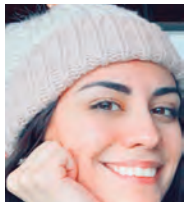
Making piñatas was one of the hobbies I turned into profit during the spring season, and high school homecoming mums are requested throughout fall. Though curling ribbon, spraying glitter, and building papier-mâché sounds like fun, it requires my weekends to be spent on creating and selling items in hopes my payments are secured. As fun as it may seem, it is stressful meeting deadlines and customer requests as a source of income on the side. Every penny saved so far has been put towards wedding planning. As of now, my venue, photographer and caterer have been set in stone with down payments. While I do want to celebrate these things are out of the way, there is still more to plan and budget for, like looking into apartment options for my fiancé and me to consider. While reserving money for a wed-

ding is an accomplishment, I can't help but feel defeated by the idea of putting hundreds of dollars in rented property. I am excited to be on my own, but not so much the \$750 a month for a shabby, outdated apartment on a sketchy side of town where crime in the surrounding area is the norm. I spent months saving for just my venue, and now that amount will be gone in no time in rent. Remind me again how my generation has it made easy? So no, I don't think I will have my life figured out and secured within the next three years. But I am confident I will be able to figure it out as I go. Because when it comes to adulting, I think it's all about being able to fake it until I make it.

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

Editor: Queen Ramirez Managing Editor: Victoria O'Connor Photo Editor: Miranda Hanzal Graphics Editor: Nico Ramón Sports Editor: Alma Solis Features Editor: Jackie Velez Contributing Writers: Jake Fortune, Gia Gutierrez, True McManis, Bethany Melendez, Robert Meyer, Alyssa Peña,	Vanessa L. Rendon-Cazarez and Erika Stephenson Photographers: Jake Fortune and Bethany Melendez Adviser: Michael Mercer	Signed editorials in The Logos are the express opinions of the writer, and not necessarily that of this newspaper, its staff or administration. The Logos office is in AD 277. The adviser may be reached at (210) 829-6069 or mercer@uiwtx.edu. The editor may be reached at The Logos or e-mail qaramire@student.uiwtx.edu	The postal address is 4301 Broadway, CPO 494, San Antonio, Texas 78209. The web page URL is http://www.uiw.edu/logos/ and interactive Logos is http://www.uiwlogos.org The Logos is a member of the Associated Collegiate Press and Texas Inter-collegiate Press Association.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Getting blasts from podcasts



Bethany Melendez /
STAFF WRITER

These are the top podcasts that inspire me to be healthier and happier.

Whenever I'm commuting 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 Schiavocampo, 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 podcast out from the start of 2018, so she hasn't been updating as regularly 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 fitness, health goals" and her latest one, "Transformation Inspiration."

"The Health Code" - Hosts: Sarahs Day and Kurt Tilse. 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: Cravings, Cheat Meals, Alcohol and Life Updates."

"Modern Love" - Host: The New York Times. This podcast is good for your mental wellness. It's a compilation 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 accomplishment with love. If your story is chosen, then it is read aloud by an acclaimed actor. These stories help me to feel connected and remind me we are all human, and everyone has their own story. Check these out: "The Language of Love" and "R We D8ting?"

"Self Service" - Host: Jerico Mandibur, 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 advice you can use 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 emotions 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 is so important that you should listen to every once

in a while. It is a show about stories of compassion and how one little thing or act of kindness can have a big impact on your life and on others. I think this explanation alone will make you want to check this one out. Check this one out: "#49: Refugee"

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

STD rates reach record high



Vanessa L. Rendon-Cazarez /
SPECIAL TO THE LOGOS

Citywide and nationwide, sexually transmitted diseases (STDs) are at an all-time high.

Chlamydia and gonorrhea are the most common bacterial sexually transmitted diseases in the United States, according to a 2013 report from the Atlanta-based Centers for Disease Control and Prevention.

STD rates among the student population are even higher, particularly among women and men, 15-24 years old. One out of two sexually active people will contract a STD by the age of 25, according to a recent report from the American Sexual Health Association.

According to the CDC, in 2017 Bexar County had 723 cases of chlamydia and 236 cases of gonorrhea per 100,000 people in 2016. That is nearly 69 percent and 62 percent, respectively -- higher than the national rates per 100,000 people, the CDC said.

This is a national health crisis as the country annually spends \$15 billion for the treatment of STDs, according to a 2018 report from the Office of Disease Prevention and Health Promotion.

The UIW Health Services Primary Care Clinic offers primary care services, annual physicals, well-woman exams, STD checks and treatment for positive results. Some STDs are asymptomatic -- where no symptoms are present. This means individuals with an unknown STD infection could spread the disease to their partners. While most sexually transmitted infections can be cured with antibiotics, some will require lifelong medical treatment.

Complications of undiagnosed STDs are discharge, fever, abscesses, ectopic pregnancies, pelvic inflammatory disease (PID), infertility and testicular pain.

The UIW Health Services Primary Care Clinic cares for the community -- students, staff and faculty alike, and encourages everyone to be screened for risks of STDs. April is National STD Awareness Month and activities are planned around campus to bring awareness to the problem. There is no better time than now to get yourself tested.

The clinic is located between Agnese-Sosa residence hall and the Ila Faye Miller School of Nursing and Health Professions. Clinic hours are 9 a.m.-5 p.m. Mondays and 8 a.m.-5 p.m. Tuesdays through Fridays. For more information, call (210) 829-6017.

E-mail Rendon-Cazarez at vlrendon@student.uiwtx.edu

Don't make life easy for cybercriminals



Robert Meyer /
SPECIAL TO THE LOGOS

Matthew likes to be on the computer doing his computer stuff: playing games, watching videos, chatting, posting, checking e-mail, and of course doing his class assignments.

It is a common occurrence for Matt's big sister, Sara, to offer advice to help her younger brother learn good computer habits, but he doesn't always hear it that way.

We are all like Matthew and Sara at one time or another. We all use multiple online accounts which require our name and password, and we have all heard about cybersecurity.

While human relationships are fraught with opportunities to misinterpret the intentions of others, cybersecurity is straightforward and easy to understand.

It's all about the data.

Cyber criminals do not care about you personally; they are after marketable data.

They are invisible, multiplying and looking for easy targets. Easy targets are plain to see and easy to find.

Easy targets use simple text passwords on open Wi-Fi networks.

Easy targets use their dog's name for every online account password they use, and they never change it.

Cyber criminals use computer programs and apps to collect massive amounts of data and then sort through it to find easy targets.

You need to know how to make it difficult for them. You need to use secure passwords. Secure means at least 6-8 characters with a mix of letters, numbers and symbols. Longer, random passwords are better than short and simple passwords.

You really need to use a unique password for each account you use.

This can be difficult to manage, so you might consider using a password "wallet" application. Password manager apps create secure passwords and store them securely on your device much like many of us do with our credit cards.

You need to change your passwords often. This simple strategy can be very effective, and it is easy to set up a reminder on your phone to change your passwords every month. Check haveibeenpwned.com just for fun to see if your account is already out there. Then change your passwords.

You need to use two-factor authentication. That means your online account can send you a text to verify you are the one accessing the account. It is an easy step you can take to not be an easy target.

Don't make it easy.

Protect your data.

Now go have fun.

E-mail Meyer at rmeyer@uiwtx.edu

SHARE YOUR EXPERIENCE FOR A CHANCE TO WIN!

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, survey@uiwtx.edu.

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

Your feedback matters to UIW!

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

A sponsored ministry of the **SISTERS OF CHARITY OF INCARNATE WORD**

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. Southearten Louisiana
Noon
Daniel Sullivan Field

April 9

Men’s baseball vs. Prairie View A&M University
6:30 p.m.
Daniel Sullivan Field

April 12

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

April 13

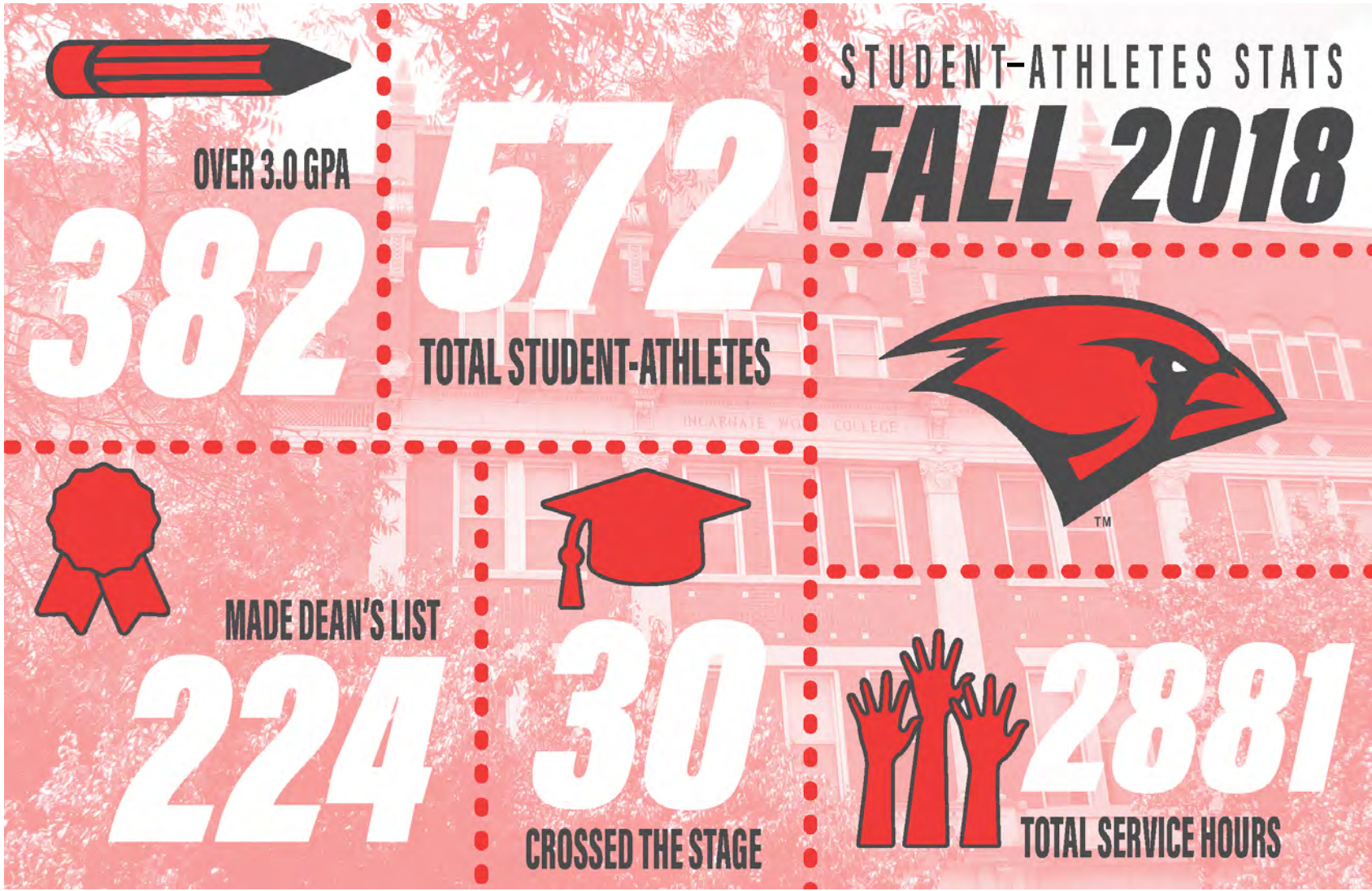
Women’s softball vs. Stephen F. Austin
Noon
Daniel Sullivan Field

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



Nico Ramón/ Graphics Editor

Jumper leaps to All-American status

Fifth-year senior jumper Sarea Alexander doesn'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-American recognition, the first track-and-field All-American in the history of Division I UIW track and field.

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 long list of accomplishments, starting at Douglass MacArthur High School where she was on the track and volleyball teams. Her senior year, she earned First Team All-District 26-5A honors in volleyball and was the State long jump and triple jump runner-up.

In 2015, Alexander set a pair of school records in an injury-ridden first year with the Cardinals: the indoor record in the triple jump with a leap of 38-2.25 at the New Mexico Lobo Invitational and the outdoor triple

jump record with a hop, skip and jump of 39-0.5 at the Southland Conference Championships to earn seventh place. She took fourth place at the indoor conference championships in the long jump with a distance of 18-11.75, the second-best mark in school history. She won the long jump at the Trinity Tiger Relays with a mark of 18-10.75. She finished second in the long and triple jumps at the Islander Open in Corpus Christi.

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 indoor triple jump record again with a leap of 39' 7.75" at the New Mexico Cherry & Silver 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 2017 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 trip jump; all-academic first team; and female field athlete of the year.

Dr. Derek Riedel, head coach for the track-and-field program at UIW, voiced pride in Alexander being named an All-American.



Sarea Alexander

"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."

"Sarea has a dream for her legacy to be that of setting the foundation for future conference champions and All-Americans that follow after her to know that their wildest dreams can come true if they believe, practice and compete with purpose and they stay true to the

process. We have other student-athletes currently on the team that I have no doubt can be All-Americans. 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."

Cardinals continue winning on diamond

Alma Solis/ SPORTS EDITOR

Thus 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 the home team has defeated two ranked teams in a season. Including a 15-7 win over Notre Dame on Feb. 23 at Woolf, this is also the first time in program history that the Cardinals defeated three Power 5 opponents in a season.

Against Texas, the Cardinals took an early lead in the bottom of the first frame. Sean Arnold scored on an Antonio Valdez sacrifice fly before Eddy Gonzalez came home on a Ryan Flores single to give UIW the 2-0 lead. The Longhorns scored a run in the top of the second to make the score 2-1, in favor of UIW, but the Cardinals extended the lead to 3-1 in the bottom of the frame when Ridge

Rogers scored on an Arnold ground out. The Longhorns got a run in the top of the fifth before the Cardinals’ defense secured the 3-2 victory.

Senior pitcher John Shull earned the win, striking out five batters in five innings pitched. Junior Luke Taggart got the save.

The Cardinals opened their season at home with a four-game series against Hofstra University. They went 3-1 in the series, starting with a 9-1 winner against the Hofstra Pride on Feb. 15.

In the season-opening game, senior shortstop Ryan Gonzalez led the team, hitting a three-run home run and driving in four Cardinals on the night. Taggart recorded 10 strikeouts and held Hofstra scoreless through seven innings.

Game two against Hofstra on Feb. 16 was a pitchers’ duel. Both teams were held scoreless through the first four innings before the Cardinals broke out in the bottom of the fifth inning, taking a brief 1-0 lead. Hofstra came back to take the lead with a three-run home run in the top of the sixth. UIW responded with a run in the eighth but its rally fell short as Hofstra took game two, 3-2.

In game three against Hofstra on Feb. 16, the Cardinals’ offense exploded to secure a 12-1 win over the Pride. Senior pitcher Bernie Martinez struck out seven batters while holding Hofstra scoreless through six innings pitched. Freshman outfielder Jordan Thompson paced the team offensively with a 2-for-4 outing, recording five RBI, a run and a double.

In the final game of the series 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 started the tournament with an 8-3 win Feb. 21 over Eastern Michigan. Sophomore first basemen led UIW with a 3-for-5 outing, recording two RBI.

The Cardinals then faced 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.

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

WOODLAWN
THEATRE
PRESENTS

IN THE
HEIGHTS

APRIL 12 - MAY 5

Music and Lyrics
by Lin-Manuel Miranda

Book by
Quiara Alegria Hudes


Concieved by
Lin-Manuel Miranda

STUDENT NIGHT ON APRIL 13
\$10 TICKETS WITH THE CODE: STUDENT

SHOW TIMES ARE FRIDAY AND SATURDAY AT 7:30 PM, SUNDAY AT 3:00 PM
*APRIL 21 SHOW AT 7:00 PM AND NO SHOW ON APRIL 26

PURCHASE TICKETS AT WOODLAWNTHEATRE.ORG OR CALL THE BOX OFFICE AT 210-267-8388
1920 FREDERICKSBURG RD, SAN ANTONIO, TX 78201

IN THE HEIGHTS IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH ROGER AND HAMMERSTEIN PRODUCTIONS.
A 501 (C) (3) NON-PROFIT ORGANIZATION





GET YOUR FIRST
MONTH'S RENT
FOR \$1!
Ask us for details!

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.

Key
STORAGE

mykeystorage.com

10835 IH 35 | 210-653-3282
310 E. Nakoma | 210-342-1871
6604 NW Expressway | 210-735-3255
8771 Crownhill | 210-822-1004
250 Spencer Lane | 210-735-1609

MOVIES OF THE MONTH

Compiled by
Bethany Melendez
STAFF WRITER

April 5

Shazam

Rated: PG-13
Genre: Action/
Adventure
Starring: Zachary Levi,
Dilmon Hounsou,
Michelle Borth

Pet Semetary

Rated: R
Genre: Horror/Thriller
Starring: Jason Clarke,
John Lithgow, Amy
Seimetz, Naomi Frenette

The Best of Enemies

Rated: PG-13
Genre: Biography/
Drama/History
Starring: Sam Rockwell,
Taraji P. Henson, Wes
Bentley, Anne Heche

Storm Boy

Rated: PG
Genre: Adventure/
Drama/Family
Starring: Jai Courtney,
Geoffrey Rush, Michelle
Nightingale, Erik
Thomson

April 12

Hellboy

Rated: R
Genre: Action/
Adventure/Fantasy
Starring: David Harbour,
Ian McShane, Milla
Jovovich, Daniel Dae
Kim

Missing Link

Rated: PG
Genre: Animation/
Comedy/Family
Starring: Zoe Saldana,
Timothy Olyphant,
Hugh Jackman, Emma
Thompson

April 19

The Curse of La Llorona

Rated: R
Genre: Horror/Mystery/
Starring: Linda
Cardellini, Raymond
Cruz, Marisol Ramirez,
Patricia Velasquez

Penguins

Rated: PG
Genre: Documentary
Starring: Ed Helms

Review: ‘The Umbrella Academy’ disappointing



True McManis/
STAFF WRITER

When it was announced that The 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 superpowers and tries to raise them up to be crimefighters, but through a combination of ridiculously bad parenting and the inherent danger that comes with fighting crime, all of them grow apart to become resentful, spoiled and entirely dysfunctional. No longer keeping in contact with each other, the show starts when they’ve got to come together due to the sudden death of their father.

Shortly thereafter, one of the characters learns the world is going to end in just over a week’s time. He decides, rather than even attempting to communicate this to his siblings in an attempt to stop it, he just goes off and does his own thing. The next nine episodes continue to confoundingly shatter any suspension of disbelief the viewer may have in extremely odd ways in order to stretch out a six-comic series into 10 hours, making every little thing take up as much time as possible.

I was asking so many questions the entire time I was watching the show, and when I finished I was left with more. What could have happened? How could something so promising go so horribly wrong? How did other comics with worse source material come out exponentially better?

Well, it is definitely worth mentioning this show was developed largely by Jeremy Slater, the writer behind such atrocities as the live-action “Death Note” movie, and the most recent “Fantastic Four” film. These films weren’t just mediocre. They were awful, and flopped to such an extent they will likely continue to live in infamy for years to come.

This is taken to a level that nearly made me recoil as the show tries its best to be as edgy as possible without making any actually edgy statements, giving it a bite that is totally toothless. In the end, it comes off more as an attempt to be quirky than anything else, with the

characters acting ridiculously unrealistic. Most of the actors are good too, 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 unrealistic, 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 characters nearly impossible to relate to purely because of how ill-advised their decisions are and how upset they get about the smallest things.

These small nuisances they faced seemed even more insignificant when compared to the looming threat that will inevitably amount in the total annihilation of the human race. There doesn’t even seem be much growth throughout the course of the show. The days just tick down to doomsday while the characters don’t communicate with each other and get upset about strange things until they are inevitably forced to act.

The challenges faced by the main characters seem even less realistic because of just how strangely written they all are. Vanya, Ellen Page’s character, seems to be hated by nearly all of the other characters for literally no reason. It seems almost like a joke, because she’s never

shown doing anything even remotely mean-spirited, yet so many people go above-and-beyond just to make her feel bad about herself.

Klaus is another character that is odd, but because he’s so poorly written yet so well-acted. His superpower allows him to talk to the dead, but that isn’t something he’s willing to do because it scares him. So he turns to drugs as a coping mechanism, as his power only works when he’s sober.

I thought this was an interesting concept, but the fact the character spends vast amounts of money on expensive drugs that don’t last long seemed to imply he was simply doing them because he liked them, entirely ignoring his characterization. I thought perhaps he started with these heavier drugs, or they give him more relief, but it is explicitly shown he started off smoking marijuana and gets a similar amount of relief from a small amount of it as he does with a large amount of opioids.

It is also worth mentioning that in nearly every single

flashback Klaus is doing things that are unrealistic for anyone to do, especially someone so young. The characters all hated their father, and mention how incredibly strict of a parent he was, which is demonstrated clearly in some scenes. The choice to show scenes of a young Klaus jumping on his bed with a roaring fire in his room, or rolling a joint at dinner with his father was a terrible idea because it undoes so much other writing. Logistically, it just doesn’t make sense.

But that’s the thing; the show doesn’t make sense. Just the idea of allowing a group of preteens to fight organized criminals isn’t something the public would get behind if their lives were this in danger. The audience never sees any backlash or negative response from the public. Instead they’re enthralled with the idea of children murdering criminals. One of the children even died fighting crime as a kid, and there doesn’t seem to be any backlash for putting the lives of these young kids in danger. Everyone just assumes it’ll be OK just because they have superpowers.

Many of the superpowers don’t seem suited for combat! It seems ridiculous to put a guy whose superpower 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 a concern that’s somewhat addressed and then just ignored.

There are just too many weird things in the show to mention, with nearly all of them shattering some suspension of disbelief. For example, police officers are never a problem. They never attempt basic things imaginable to solve some of the crimes these characters are involved in, making them somehow seem like they have immunity from the law.

Because of this, every encounter with cops has very little tension. There’s also an entire subplot about the characters’ father knowing the Apocalypse was coming, despite him having no basis to believe what he fears could bring about the end of the world.

There’s never any mention of the other 40-something people born with superpowers that didn’t happen to be adopted into the Umbrella Academy, even though these people seem like they’d be



Gerad Way created the comic, ‘The Umbrella Academy,’ that is now on Netflix.

prime suspects for reasons the world will soon be ending. Speaking of the world ending, the characters spend an inordinate amount of time dancing. I love musical numbers to the point where it can sometimes be a little embarrassing, but the inclusion of two to three musical montages in each individual episode was completely unnecessary and just painful.

The majority of the series feels like it’s trying desperately to emulate “Watchmen” in a variety of ways but actively fails to the point where I can’t even confidently call it a “Watchmen” rip-off. At its core, “Watchmen” is a satire on the traditional superhero genre, pointing out a myriad of flaws in the genre, such as the lack of empathy that would be inherent to a human with the power of a god, or the different boundaries inherent with different moral codes that cannot coexist peacefully, despite both codes preaching strict moral compasses. There are too many

criticisms of the genre for me to go over in this article, while “The Umbrella Academy,” in stark contrast, doesn’t really seem to make any poignant points about anything.

The fact “The Umbrella Academy” is bad is especially painful due to the great acting from the casts, excellent cinematography and big-budget special effects. While the effects generally look solid, most of them are used sparingly, likely because of the budget, that it makes the viewer question why people don’t use their powers more. That being said, the actors are clearly trying their best and doing a good job.

The effects, acting and sets in “The Umbrella Academy” were all undeniably great. The sets gave a sense of variety and the actors seem to be doing the best they can with what they’ve been given. In the end, it’s clear how much better it could have been, which makes the worst parts stick out even more obviously than they otherwise would.

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

ANSWERS:

Queen Ramirez /
EDITOR

JUMBLE

Rainbows
Weddings
Vitality
Beginnings

Crypto puzzle

a dirty usb stick makes
your computer sick
so practice computer

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

WORD SEARCH

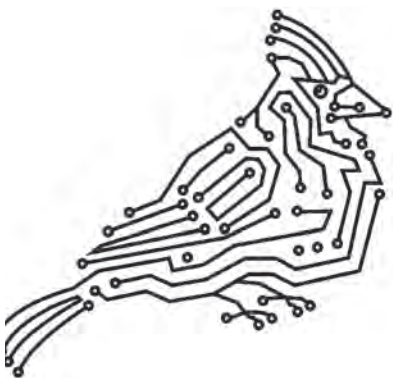
D A F F O D I L S P
I P M I O U P E U L
J R B I H Z A N N K
C I U K N S V T S S
A L J U T X R U H D
T W S E L E Z L I R
O D R U E R A I N T
C K R S Y S T P E U
D U C K S L P Y T B
E L H G N I R P S A
P I C N I C S S L O
B V F L O W E R S T

WORD BANK

- Daffodil
- Tulip
- Spring
- Easter
- Trees
- Ducks
- Sunshine
- Picnic
- April
- Flowers

The Crypto Cardinal says...

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



Graphic and riddle courtesy of the Cyber Security Club

B KRGLA WQS
QLRTH XBHYQ
ANWG TNXEWLYG
Q RTH QN EGBTLRTY
TNXEWLYG DAUYCY

JUMBLE

banoswri	swndeidg
avytiilt	gniinnbesg



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, buskers, colorful shopfronts and vibrant night-life, has a bohemian feel. The city explodes 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 32,000 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@uiwtx.edu

Find us on Social Media:

 **@studyabroadUIW**

 **@uiw_studyabroad**

