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STUDENT MEDIA

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STUDENT-RUN NEWSPAPER FOR UNIVERSITY OF THE INCARNATE WORD



Campus police: armed robbery investigation

Campus police apparently are still investigating a reported weekend incident where a University of the Incarnate Word student's car and cell phone was taken at gunpoint.

No further updates have been reported since the initial alert went out in a Rave notice around 11:40 p.m. Friday, Sept. 27, from the office of Campus Police Chief Robert Chavez.

Police said the incident occurred about 9:20 p.m. when the student – a woman who lives on campus but was not identified in the alert -- was robbed at gunpoint near the U.S. 281-Hildebrand area.

The student told police three males on foot -- two African American and one Hispanic, appearing to be ages 18-25 -- waved her down. When she stopped to ask if they needed help, they asked to borrow her phone,



then pulled a gun and robbed her of her phone and car, a gray 2018 Audi Q3. The suspects fled the scene in her car heading north on Hildebrand.

UIWPD reported San Antonio, Olmos Park and Alamo Heights police departments also were enlisted in the search for the suspects.

And the campus unit also stressed it had taken "extra measures" following the report that evening to secure the campus.



New UIW students -- most of them freshmen -- congregate in the Student Engagement Center between classes.

Queen Ramirez/PHOTO

Freshmen fill campus

Renee Muñiz/ Logos Staff Writer

The freshmen class seems to be the talk of the 2019-20 school year as the unofficial, largest class ever at the University of the Incarnate Word.

Although the exact numbers are yet to be released, the freshmen class has more than 1,000 students. Once the yearly census is released online, the numbers will be final, accounting for the "melt" -- students who enrolled for fall but left.

When the census is made available, it will be under the demographics section on the university website; however, a DASH log-in is required to view the Office Census Report. Currently, viewers can find an online fact book and graphs of current-student demographics.

UIW's growth as a whole, combined with the teamwork of the Office of Admissions, has produced the increase, said Maddie Slaughter, campus visit coordinator for Admissions.

In an April San Antonio Express-News interview with Heather Rodriguez, then-UIW's dean of enrollment, it was revealed that, "Compared to last year, applications and acceptances have jumped by more than 40 percent and the number of first-time freshmen who have already committed for the fall semester has grown by 30 percent."

Additionally, Rodriguez, who's since left UIW, reported the number of committed students as of April 2019 jumped from 404 in 2018 to 548 in 2019.

Recruitment goals are made by a specific group of people including Jessica De La Rosa, interim director of admissions; Dr. Cyndi Wilson Porter, vice president for enrollment management and student services; and Dr. Thomas Evans, UIW's president. The goals and benchmarks – short-term goals on track to the main goal – are made known to the staff involved in the admission process.

For the 2019-20 academic

year the team was aiming for more than 1,000 freshmen; this is a higher aim than in past years, said Slaughter, a former UIW student-athlete.

The growth of UIW through Division I athletics, program expansion and program uniqueness has attributed to the influx of students not only enrolling, but simply being familiar with the school.

"A couple years ago, when our counselors would go up to Dallas to recruit, people didn't even know what UIW was," said Slaughter. "But now we have schools from Dallas coming to visit us. So, they bring their whole classes down to see the campus. They bring all of the counselors down to come see the campus."

To Slaughter, who also served as an orientation leader while attending UIW, it is when the university shows up as people to a high school rather than an e-mail or letter that students feel significant. Putting a face to the name

Jump 'Freshmen' page 2

UIWtv gets first shot at Lone Star Emmy

UIWtv, which provides online programming for the University of the Incarnate Word, has been nominated for its first Lone Star Emmy, the general manager announced.

UIWtv is one of three schools nominated in the "College Newscast" category, said Theresa Coronado, instructor for media production in the Department of Communication Arts where UIWtv is housed.

The Lone Star Chapter Regional Student Production Awards focuses attention on outstanding achievements in television produced by students.

UIWtv is in its 10th year of providing students with hands-on experience in television production. The UIWtv newscasts air every other Thursday at 12:30 p.m. on Channel 15 and focuses on stories that affect the UIW community.

"This is the first nomination for the student-run television station," Coronado said. "The nomination is a testament to the talent and hard work of the UIWtv team, the news anchors and the reporters in the Television Practicum class."



Theresa Coronado



Recruiter seeks feedback for executives

The woman who helped the University of the Incarnate Word find its current president has been enlisted again to search for a new provost and chief financial officer.

Dr. Ann Die Hasselmo, senior consultant at Academic Search Inc., will be visiting UIW Oct. 10-11 and on those days will hold separate sessions with faculty and the community to get their feedback on what to look for in the next provost – the chief academic officer – and chief financial officer, both key members of the president's cabinet.

Dr. Barbara Aranda-Naranjo has been serving as interim provost since the retirement last spring of Dr. Kathleen "Kathi" Light. And Doug Endsley, currently vice president of business and finance, has announced he is retiring next spring.

Besides the open sessions with faculty and the community, Die Hasselmo will conduct some smaller group sessions.

An experienced higher education professional, Die Hasselmo has more than 40 years of



Dr. Ann Die Hasselmo

experience in a variety of positions, including having served as president of Hendrix College in Conway, Ark. The firm she's with led the presidential search which resulted in Dr. Thomas M. Evans' appointment as president in August 2017.



Hong Kong protestor shot pointblank

During a "national grief" protest march in Hong Kong, a teenager was shot point-blank in the chest by a riot officer. The teen, who was in a clash with police, was shot in the upper-left portion of his chest after hitting an officer on the arm with a metal rod. After staggering and falling backwards, the wounded teenager was helped by another black-clad protester before they were subdued. A police source claims the officer had issued a verbal warning to the teenager to stop hitting him before firing off the round.

Leaked audio plays private Facebook rally

Two hours of audio has leaked from a private meeting between Facebook CEO Mark Zuckerberg and high-level employees. The meeting was put together for employees concerned about the future of the company. In the leaked audio, Zuckerberg mentions wanting to keep complete control of the company, wanting to beat TikTok, as well as hinting at a legal battle between the company and U.S. Sen. Elizabeth Warren if she is elected president.

Mixer allows students, alumni to build rapport

Christina Emmett / STAFF WRITER

University of the Incarnate Word students and alumni mixed at the "Juntas Aprendemas" - translated "together we learn" - Thursday, Sept. 26, in the Student Engagement Center.

The event, part of the celebration of Hispanic Heritage month, brought several alumni back through the Alumni Association.

Junior kinesiology major Caleb Putman said he came specifically to talk to alumni Josh Gonzalez, owner-operator of 9Round Fitness, about a job with his company. Putman said he heard about the event at the last minute and was happy to hear he did not need to be in business attire to attend.

Alumni Association President Martin Padron Jr., senior analyst of com-

mercial risk at Marathon Petroleum, advised students how to make contacts and the importance of keeping them throughout their time in school. Padron was also willing to do on-the-spot interviews for students looking for jobs as analysts.

Nataly Lopez, director of Campus Engagement at UIW, said this was her first time at the mixer. She had this advice for students: "Keep your mind open and you will find what you are looking for."

Lopez shared a table with Teofilo Reyes Jr., community outreach coordinator for the Ettling Center for Civic Leadership and Sustainability.

"Don't be afraid to ask (questions)," Reyes said. "That is why we are her

Two-day event to honor heritage

The University of the Incarnate Word's annual observance of Heritage Day will take place Tuesday, Oct. 8, and Wednesday, Oct. 9.

Tuesday's activities will begin at 8 a.m. in CCVI Cemetery where founding members of the Sisters of Charity of the Incarnate Word - will be honored. Following the ceremony, coffee and pastries will be served. Cosponsors for the ceremony are University Mission and Ministry and the Community in Mission Committee.

From 11 a.m. to 2 p.m. Tuesday, participating students will paint five large flowerpots representing the five tenets of the university's mission. This event is sponsored by the Office of Campus Engagement.

A Heritage Day Mass will be conducted at noon Tuesday in Our Lady's Chapel under the sponsorship of University Mission and Ministry, followed at 1 by the dedication of Mission Lobby outside the Concert

Hall in Luella Bennack Music Center.

This affair is in celebration of the Sisters of Charity of the Incarnate Word's 150th anniversary. The order founded the university.

Two major events will take place Wednesday starting a Mission and Ministry presentation on incarnational spirituality from 11:30 a.m. until 2 p.m. in SEC 2030-31. The facilitator of the presentation – cosponsored by University Mission and Ministry and Mission Academy – will be

Dr. Meghan Clark of St. John's University in New York.

The final event will be a 2 p.m. Employee Celebration in the Chapel of the Incarnate Word (Motherhouse). UIW will recognize and award all full-time employees who are celebrating five years of incremental service. Immediately following the ceremony, a reception for employees and family members will take place in the SEC Ballroom under the sponsorship of UIW's Office of Human Resources.

Freshmen fill campus

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has proved appreciable as staff can converse with a student who they most likely met at a high school.

"We all work as a big team, and everyone gets along really well and we're all working towards the same goal," Slaughter said. "There are always counselors in the office, but we do so much traveling, especially in the fall. So, right now, we have six or seven freshmen counselors but only two of them are in San Antonio right now."

Not only must this office work swiftly at high schools, but also at home base.

On "Rising Senior Day" this past summer, any and all students going into their senior year of high school were invited to apply for the 2020-21 school year. On this day, the students brought in their transcripts and test scores in the morning so the Office of Admissions could process them throughout the day for the first time.

Meanwhile, students learned about UIW's different programs and campus life. By the end of the day, the school accepted the first 19 freshmen for 2020-21.

"That was super-exciting because we were able to post all over our social media that this group of students were the very first people to get accepted for the Fall of 2020," said Slaughter, stressing this was one of the first events she was completely in charge of.

"Even if they don't come to us, which obviously we want them to, it's helpful for them to know," Slaughter said. "So, early on, UIW is an option. They don't have to stress about the application process or retaking SATs if they don't have to."

The Office of Admissions also works with high school counselors before arriving on site to attain the transcripts and test scores of students wanting to attend UIW. When the team arrives, they are able to directly tell the students they have been accepted, or if not, what they need to do about it.

Recently, the Admissions crew has hosted Catholic schools from San Antonio such as Holy Cross and Central Catholic. Groups receive a presentation from Admissions and Study Abroad, a campus tour, lunch, and end in announcing which students have been accepted for fall 2020.

If the student population continues to grow at the current rate, it begs the question of the popular small student-to-teacher ratio promoted at UIW. Currently, the average class size contains 25 students and the student-to-faculty ratio is roughly 18:1. Slaughter explained that with continual increase brings more sections taught by professors.

"We don't have a ton of the big auditoriums we could fill with a bunch of kids and that's really not the goal or the plan at all," Slaughter said. "So, we're not going to be building any of those or anything like that."



Workshop attracts music lovers

Ian Comuzzie/ STAFF WRITER

University of the Incarnate Word students mingled with musical professionals and performers Saturday, Sept. 14, during UIW's first Music Industry Workshop.

Sponsored by the Music Industries Studies program, the event inside Luella Bennack Music Center featured panels, performances and presentations around the topic of music and how the industry works.

The workshop opened with a trade show that included many local and national music businesses such as the Sam Ash music store and Grammy U -- a national music organization that "provides aspiring professionals with the tools and opportunities necessary to start a career in music."

This provided networking opportunities for students at the workshop to get their foot in the music industry's door.

After the trade show, Jim Waller, coordinator of Music Industry Studies and director for the UIW Jazz Ensemble, welcomed everyone to the workshop. Speaking in Ingrid Seddon Recital Hall, Waller gave a short speech on how the workshop would go. He encouraged everyone to sign up for the tour of UIW's recording studio and the "Five on Ones" -opportunities for five people to sit with one of the professionals and ask them questions.

The first panel on engineering and producing featured four prominent and famous engineers and music professionals: Gilbert Velasquez, 14time, Grammy-winning producer and engineer; Michael Morales, a top 40 charting musician and multi-Grammy winner; Keith Harter, a producer and engineer in commercial music and film scoring; and Marius Perron, an award-winning engineer who has worked with such famous artists as Beyoncé, Selena and Flaco Jimenez.

Much of the conversation during the panel was on at-home engineering and how to monetize

They emphasized the importance of just doing it and not worrying about what others think.

Following the first panel, a short performance was given by Nashville-based, singer-songwriters Doug Gill and Lynn Langham, and UIW graduate Marcy Grace. Each one sang an original song they had written in the past. After the performance, all three songwriters and Velia Gonzalez, vice president and director of operations for a music marketing company called Why Not? Entertainment sat down for a songwriting and publishing panel to discuss the ins-and-outs of writing songs for publishers and publishing your own music.

"Sometimes I don't know the title of the song until it's over," Langham said about her songwriting. "I don't have a set way of writing a song. It's a very intuitive process for me. If something goes through my head, I grab it."

Langham also gave her view on what the collaborative songwriting process is like.

"It's like going into a room with someone you don't know and taking your clothes off," she said.

Gonzalez also explained much of the publishing side for new, upcoming songwriters who want to make money from their music.

"If you're a songwriter and you really want to do this professionally, sign up to a performance-rights organization," Gonzalez said. "Make yourself visible and get involved with the organization's events."

In addition to the panels and performances, Waller gave tours to separate groups throughout the day of the million-door, state-of-the-art recording studio.

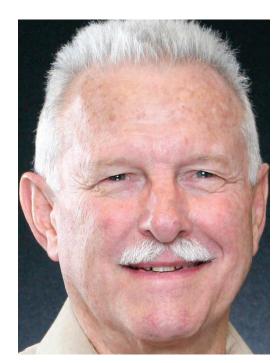
"(It's) on the level of a studio you'd see in Los Angeles, New York or Miami," said Waller, who runs the studio and has recorded some acts in

The workshop was concluded with an informational panel on not only UIW's Music Industries Studies but also programs at University of Texas-San Antonio, San Antonio College and even East Central High School.

"I have been teaching it for 19 years and it started maybe about six or seven years before I came here," Waller said about UIW's program. "When I was asked to teach the music industry class, I thought since I had been in the business before, I would give it a try."

With the music industry's potential for growth, Waller emphasized the point of getting out there and doing it as well as learning as much as you can in the program.

"If you have any inkling of wanting to be in any aspect of the music business, you will really learn more about it when you get out there and



Jim Waller

do it, but it's really great to have a foundation and know the basics so that when you go to apply for a job or an internship, you won't be starting out cold."



Waller, who planned the first Music Industry Workshop, also plays with the UIW Jazz Ensemble. **Courtesy Photo**

Lecturer recounts tale of Southern injustice

Ian Comuzzie/ STAFF WRITER

Pulitzer Prize-winning author Gilbert turmoil. The KKK had been reborn, King shared how he put together his latest book exploring injustice in the South before the University of the Incarnate Word community Wednesday, Sept. 11.

King was the featured lecturer for the Distinguished Speaker Series sponsored by the College of Humanities, Arts and Social Sciences. An earlier speaker in 2014, King's return visit took place in McCombs Center Rosenburg Sky Room.

King, a New York City-based writer, won a 2013 Pulitzer in general nonfiction for "Devil in the Grove: Thurgood Marshall, the Groveland boys, and the Dawn of a New America." This time he discussed his latest work, "Beneath A Ruthless Sun: A True Story of Violence, Race and Justice Lost and Found."

His books center around events and cases from the past about race relations, violence and injustice. This was a time when racial segregation was at its peak in the South. After the U.S. Supreme Court's decision to desegregate schools in the Brown vs. Board of Education case, the South became a place of racial terror and

causing an increase in bombings and lynching.

King's latest book takes place in this era of violence and injustice by centering on a case that is not well known to the public. The case in question takes place in Lake County, Fla., in 1957.

The case starts with Blanche Knowles, the wife of a citrus baron. While her husband was away for business, Mrs. Knowles was sexually assaulted by a man in her own home. She reported her assailant was black.

Sheriff Willis McCall, an infamous racist who had close ties to the clan, and his deputies went into black neighborhoods and arrested as many men as they could. But a few days later, all the suspects were released, and a white, mentally disabled, 19-year-old man named Jesse Daniels was arrested instead. When it came time for a trial, Knowles refused to go along with it and Daniels was thrown into an asylum for the disabled without a trial.

This story landed in the hands of a young reporter named Mable Reese. Through her determination, she took on McCall, reporting on his lies and uncovering corruption and white supremacy going all the way up to the governor of Florida.

Because of her reporting and the work of a lawyer, Richard Graham, Daniels was then released from the asylum and exonerated of the crime.

"These two became the voice of Jesse's freedom," King said. "They wrote about it, they filed lawsuits and together, the law working with journalism, was able to win Jesse's freedom."

While researching for the book, King said, he traveled to many of the same places in the book and tried to interview people who might have known about the case. Most people didn't want to talk about it and

refused to be interviewed, he said. Luckily, King met Noel "Evvie" Griffin, a former deputy to McCall. With the help of Griffin, King was able to obtain information that few had ever heard about the case and McCall. When the book was set to release, King sent Griffin an early copy which was read to him on his death bed. A day later, Griffin died.

"He (Griffin) became a vital part of



Gilbert King my research," King said.

Dr. Joshua Robbins, an associate professor of English at UIW, asked King what he thought young peoples' roles are in combatting racism and white supremacy in the modern

King said, "I like to find that young people, working alongside some old-time civil rights activists, really provide a lot of the energy or the emphasis."

CAMPUS

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SGA leaders share office goals







Imani Stewart



Sofia Sepulveda



Chloe Hipolito-Uribe



Aimeé Galindo



Ricardo Lopez

The Student Government Association's president and the other five members of the Executive Council have ambitious goals they hope to reach while they're in office.

SGA President Andrea Del Valle Soriano, a junior from Mexico City double-majoring in fashion merchandising and marketing, said she is determined to fulfill last spring's campaign slogan: "I am your action, I am your voice."

Del Valle Soriano said she decided to run for SGA president after getting involved in 2018 and seeing the opportunity to lead the organization "as a new opportunity to serve God and others."

Before running for president, she first served as service senator, was named an intern of the Executive Council and later as director of public relations. She was involved in getting volunteers for the Cardinals' Cupboard as well as serving on the committee to get it up and running.

Now, what is Del Valle's big plan she'd like to initiate for her term? An updated and useful version of the UIW app that will allow better shuttle tracking.

"I would like to solve [the shuttle issue] through a better app," she said. "The new app has to include live shuttle-tracking; as well as relevant news regarding the university.

Another goal is to get the student body more involved in what is happening in the university, which she believes will facilitate access to the university's information.

Del Valle said she is here for all of the student body.

"I am an excellent listener, but mostly I am a person who takes action and will not leave you hanging," she said. "So please, if you see me in the hallways or around campus, don't hesitate to speak with me. I want to hear your concerns, ideas, and comments about the university."

The vice president, Aimeé Galindo of El Paso, is double-majoring in economics and government.

"I am very excited for this upcoming academic year in student

government," Galindo said. "As vice president, my goal is to create a more positive and motivated home for all Cardinals."

Secretary Ricardo Lopez III is a native of San Antonio's south side. An accounting major, he said his main goal is "to ensure that accurate information is released in a constant flow for everybody to be well-informed of SGA's initiatives and future obliga-

"My commitment is to ensure that the body populous of the Incarnate Word is rightfully represented. As such, until every issue is acknowledged or is actively worked upon, I will never stop working for y'all. That implies that I may never get a rest. Oh, well, that's how I like it anyways."

Treasurer Chloe Hipolito-Uribe is a sophomore double-majoring in theatre arts and communication arts. The El Paso native said her goal as treasurer is "to find ways to accommodate everyone's needs by keeping track of our budget."

Sophia Sepulveda, the director of

public relations, hails from El Paso. A junior focusing on fashion design and product development, said her goals include building "our social media platforms by providing efficient and fun content so that more students are highly informed and are able to voice their opinions/concerns easier."

Junior Imani Stewart is director of student concerns. A native of Mansfield, Texas, she said her major is business administration with a double minor in pre-law and accounting.

"My goals for SGA include fostering a support system for our student body and effectively addressing student concerns," Stewart said. "Through our transparent leadership,

create an environment of trust and strong communication as we represent the student constituency. Lastly, through our efforts to promote inclusivity and diversity we will increase student morale, participation and awareness."



Largest group ever joins health trip to Mexico

Alejandra Escobar / Special to the Logos

The Ettling Center for Civic Leadership and Sustainability served as the leading coordinator on yet another successful health mission trip in Mexico. As Ettling's partnership with Los Quijotes of San Antonio-Ambassadors of Health continues to grow, so does the impact. The largest group UIW has taken to date -- 42 students, faculty and staff -- delivered an impressive amount of care to the state of Oaxaca. More than 5,000 patients were served during this year's health mission trip in Xoxocotlán, a small city located just outside the state capital of Oaxaca.

Students, faculty and staff from the Ettling Center, Ila Faye Miller School of Nursing and Health Professions, John and Rita Feik School of Pharmacy, Rosenberg School of Optometry, School of Physical Therapy, HEB School of Business and Administration, and the School of Math, Science, and Engineering all joined forces and created a vibrant team of servant-leaders.

The purpose of this annual health mission trip is to provide the indigenous people of Southern Mexico with compassionate pro bono medical care. The care provided by UIW's dynamic team and Los Quijotes focuses on services in the areas of nursing, physical therapy, community health and nutrition, optometry, pharmacy, pediatrics, gynecology, family medicine, dental, data collection, and business and administration. Promoting human dignity with an emphasis on providing excellent and compassionate care sits at the heart of providing medical attention to the vulnerable oopulation of Oaxaca.

The UIW team stayed in Oaxaca from Aug. 31-Sept. 8, running a five-day clinic for patients of all ages who begin lining up at the clinic gates around 4:30 in the morning. Isaiah Carrizales, a student in community health, said, "going to Oaxaca (was) an unforgettable experience, and it completely reaffirmed my decision to enter the healthcare field because it aligns with the ministry of Jesus Christ."

Students gained additional experience and skills in teaching and collaborating with health professional university students from Oaxaca and Mexico City, including medical, physical therapy and nursing students.

A unique addition to this year's trip included interprofessional teams, consisting of students from across disciplines to form groups that promote the idea of holistic healthcare. The main goal of these teams is to blend healthcare practices, while simultaneously exposing the students to various techniques besides the ones they are currently studying. The reason for doing this is to help students gain an array of skills when providing service to their patients

throughout their professional careers. Dr. Claire E. Pizzimenti, an optometry professor at Rosenberg School of Optometry and medical lead for the eye clinic in Oaxaca, said she was inspired by the interprofessional interactions among the students.

"The quality of care we provide as an interdisciplinary team is exponentially valuable to patients," Pizzimenti said. "Those interdisciplinary relationships have led to a collaborative patient education project between UIW nutrition and optometry students for the diabetic patients we serve in San Antonio."

The Sisters of Charity of the Incarnate Word constantly offer their support and prayers to the entire UIW community. This is especially the case for Sister Kathleen Coughlin, a senior adviser to Dr. Thomas M. Evans, president of UIW, and for Sister Teresa Stanley, a former

congregational coordinator for the order. Coughlin and Stanley provided spiritual guidance for the entire team.

Reflection is an integral part of service and "provides students with a deeper meaning and sense of purpose," said Yesenia Caloca, Ettling's campus community service coordinator. Caloca contributed a significant amount of time preparing to get the ball rolling before, during, and after the mission trip. The trip flowed successfully due to her talents in communication and attention to details.

The spirit of our university continues to move this mission trip into the future, and it is because of individuals such as Sister Maria Luisa Vela, who called on the physicians and nurses of Christus Santa Rosa Medical Center back in the late 1980s, which luckily sparked the development of the nonprofit organization, Los Quijotes of San Antonio-Ambassadors of Health. Through consistent efforts, the Ettling Center and Los Quijotes maintain an enduring connection with the government of Oaxaca to organize these highly needed health mission trips.

Never forgetting the ones who started these efforts allows the mission to continue expanding. Dr. Hugo Castaneda, one of the key founders of Los Quijotes and doctor of internal medicine, made an appearance to show gratitude for the team of healthcare providers. It is especially important to remember the individuals who have shared their extraordinary talents and significant contributions as they served the vulnerable populations in Mexico.

The late Dr. Roberto San Martin, a past president of Los Quijotes, died earlier this year, but his spirit lives and carries the mission in Oaxaca forward. San Martin is revered for his countless years of service in ophthalmology and his remarkably caring approaches while treating patients.

Students who have participated in this mission trip learn so much in such a short amount of time and gain skills they will carry when they are treating patients back at home.

"Providing eye care for the wonderful people of Oaxaca was a transformative experience for me as a young optometrist," said Dr. Alexander Martinez, a 2019 graduate and resident of Rosenberg School of Optometry. "I was humbled and grounded by the love and appreciation these patients showed us. This medical mission trip also allowed me to grow as a clinician and I will carry the knowledge, skills, and overall experience with me throughout my career."

E-mail Escobar, a graduate student studying organizational development and leadership through UIW's School of Professional Studies, at alescoba@ student.uiwtx.edu



Citizens of Oaxaca line up to receive healthcare from volunteers.

Courtesy Photo



Medical workers explain the effects of diabetes on eyesight to local patrons.

Courtesy Photo



UIW representatives check various medical conditions of the residents who attend the clinics.

Courtesy Photo

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Taking time to make lifestyle adjustments



Queen Ramirez/ EDITOR

When is the right time?
This question vexed
me over the past couple of

I don't know when the right time is, but I can tell you that for many things there is no better time than the present.

And presently, I have embarked on a journey to intentionally reincorporate the things I love, miss, and long for back into my daily routine.

Reading is something that makes my heart sing, but lately my only reading material consists of textbooks. Gross, I know.

My handwriting used to be beautiful, or so I have been told, but upon recent inspection I am greatly disappointed in my current handwriting abilities.

Health is important; therefore, exercise is important. But I have been dropping the ball.

When do I read? When do I practice my handwriting? When do I exercise?!

I didn't know. First, I tried to plan my day and see

where I could fit these activities into my already jampacked schedule that doesn't even allow me a few hours of sleep – another thing I needed to fix because of the havoc it wreaks on my daily energy levels.

This presented another problem. And I didn't realize it was a problem until a few weeks ago. Because of my poorly planned schedule I was beyond tired; I would dare say exhausted.

Exhausted, and still not doing the things I need and want to do – but my homework was getting done.
Behold another problem; the only thing I was doing is homework! Talk about a boring life.

One day, on accident, I skipped my morning cup(s) of coffee. And that was a mistake of epic proportions.

I depend on that magic elixir to breathe life and vigor into my day. Without it I had a horrid headache and I was forced to look at my sleepdeprived-too-tired-to-driveexhausted self in the mirror.

Oy, sleep-deprived-tootired-to-drive-exhausted me is not pretty or pleasant to be around.

"If this is how I am, then how on earth am I going to find time for those things I want to do?"

Then I had an epiphany! There is no time!

So, if there is no time, then I need to get cracking and act in the present.

First things first, I need to get reading. Yes, I love to read, and I am a firm believer there is always time to read. But my time is usually wasted on Netflix and YouTube.

When I get going, I am addicted to books, but I have lost the will, drive and passion due to many of life's circumstances; I have pushed reading past the back burner. At least the back burner is inside; I must have pushed reading out into the shed.

The shed is where things get lost, forgotten and go to

I went and looked in the "shed," also known as a drawer in my room, full of books I want to read. I pulled a few out and placed them on my nightstand. And I have been reading every night since because I decided reading is my priority.

Next is the handwriting. Now, I understand this may sound silly, but writing is an

In our age of computers, why should I care about the

quality of my cursive? Have you ever thought of handwriting a note or a letter? What about when you take a note down for yourself or your friends?

Don't you want nice handwriting? Letters form symbols, and these symbols have meaning, sound and interpretation.

I intend to honor the art of writing. Language is beautiful and deserves to be practiced in all forms. Can you tell I love writing?

My effort was plain and simple. If I was going to practice writing my letters, then I needed something to practice on.

While feeling like I was going to fall over (thanks to lack of sleep and other circumstances), I drove and bought a sketchbook and pencils.

Every day, for five minutes, I have been practicing writing certain letters. At the time of this writing this, I am working on the letter "A," and I think it is looking better every day.

The gym was a little harder. I was doing it religiously, but one thing led to another and that is how I found myself in this predicament.

My approach was to force myself through trickery. I packed my workout bag in the morning. And after parking the car I placed the workout bag on the driver's seat as a reminder.

To drive away I would have to physically move the bag. And you know what? It worked!

I am proudly exercising more regularly again.

Don't think this was a gradual inclusion process. No, I just did it all in about two days.

From cramming it all in I discovered I am actually happier, more productive, and am sleeping better.

But why? I added to my day; I did not subtract.

I only added things that I like and are meaningful to me. Yes, it is more work.

But who said work can't be play as well? This "work" is the mental break I need to keep going, keep improving, and keep learning.

There will never be a right time, and you will never quite know when.

But there is no better time to answer your "when" question than right now.

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Wrong path might be the right one



Miranda Hanzal/ MANAGING EDITOR

I have a hard time not setting expectations for myself, or for anyone for that matter.

My habit of setting up little hopes in my mind is ultimately my downfall. Life isn't perfect and everything you hope for just essentially won't happen 100 percent of the time. Even though I am aware of this, I still can't stop myself from creating them.

When I graduated high school, I thought I wanted to own my own photography business and set out to start school for just that. During my freshman year of college, I was struggling -- hard. I wasn't happy with what I was studying, or what work I was producing. I knew the major I chose wasn't meant for me. I dreaded coming to class, or even taking photographs which used to my passion. I was being forced to produce work I didn't believe in, for a future I didn't want. But I had set expectations for myself and I was angry I wasn't meeting them.

I tried so hard to do my best in what I had started, because I truly convinced myself this was my one and only path. This was what my life was going to be. I refused to let myself think it was OK to make mistakes and try new things. If it wasn't paved, I wasn't walking on it. I started failing my classes, not attending, and I stopped producing work I was proud of – or any work at all for that matter – and I started to curl inwards. I wanted to be small and disappear.

The end of my freshman year came, and I was searching for a summer job. I found a posting for the City of San Antonio Parks and Recreation Department for a "Recreation Assistant." The job indicated I would essentially be performing clerical duties for one of their myriad of recreation sites -- and with a guaranteed 40-hour work week I was sold. I went in for the interview, nailed it, and was hired on spot. Still, I expected my summer to be filled with sitting at a desk, answering phones. My first day was a shell shock, because "Recreation Assistant" actually meant "camp counselor."

I had never had any experience working with children before. I had never even baby-sat any other child besides my brother and other family members. But here I sat in a room, left alone, with 25 children staring blankly up at me, that I was now responsible for. I was scared. What if one of them got hurt under my watch? What if I can't gain control? What if the room starts an all-out brawl and all I can do is shut the doors and

let them duke it out? What was I even supposed to do? I was given no instruction, no lessons, no training whatsoever, and my supervisor hadn't shown up yet. I was stuck.

But I wasn't going to let this enormous misunderstanding ruin my expectation of myself, which was to complete my job to the best of my abilities. Luckily, I had four years of high school theatre games (glorified ice breakers, honestly) under my belt, and I was confident I remembered how to play duck-duck-goose. Twenty-five very understanding children and I spent the next eight hours playing game after game, making it through the day. I went home that night, utterly exhausted, but determined to give these children the best summer they've ever had, kind of. I stayed up that night writing a week's worth of activities - or very rudimentary lesson plans – in order not to fail at this job or fail these kids I was so loosely

entrusted with.

That summer was the best summer of my life. I had fallen in love with each and every one of those kids and had fallen in love with caring for them. They had consumed every aspect of my life, and I never wanted that job to end. But it did. The kids had to go back to school and so did I.

I was dreading going back to classes I wholeheartedly

hated, and I was sitting in my first 9 a.m. that semester. All I could think about were my kids. Then, as cliché as it sounds, it just clicked. I needed to teach. I needed to care for more kids. This was the hidden path my feet were searching for. I left that class and immediately went to an adviser and changed my major, without consulting anyone. It was the best thing I have ever done for myself.

Now, I teach art in an after-school program, combining my two passions and I have never been surer of anything. That one mistake -- combined with my stubborn

expectations -- cost me every goal I had set for myself but had gained me a lifetime of joy.

Even as I'm writing this, I can't wait to go to sleep so it can be tomorrow, and I can see my kids cover my classroom in paint.

Find your passions. Don't be too hard on yourself. It's OK to set expectations. But, embrace the mistakes. Sometimes they can be the best thing to happen to you.

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Children wear calavera masks they made for a Dia De Los Muertos celebration.

Miranda Hanzal / PHOTO

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Thoughts on maintaining balance



Jake Fortune / ASSISTANT EDITOR

To everything there is a balance. This is a philosophy that has been found everywhere on earth throughout time.

In life, it can often feel as though this balance is constantly being disturbed. Everyone has their own battles to face in giving each aspect of life its proper time and effort. The complexities of modern living interfere with the balance of life even further, and often some can feel overwhelmed or anxious about the weight of the world constantly shifting.

Shift as it may, it has been a journey for me to find this

balance will constantly be in flux. The world is not a perfect place. Being a human being, I am not perfect. The entire universe is imperfect, and rather than pursue perfection, one should always be aware of the shifting nature of his or her life. Obligations conflict, promises are not always kept, and sailing is not always smooth.

Rather than feel crushed by the shifting weight of the world, one can roll it off their shoulders and sit on it. I have learned in the past year the importance of taking time to sit down, take a deep breath, and evaluate my situation; I owe myself five or 10 minutes to do that. What is weighing me down? What can I do about it? What can be done first?

Taking a second to sit down and think keeps a perspective

fresh and free from clutter.
Sometimes life can feel like trying to balance a dozen spinning plates on tall, thin sticks. It is helpful to realize these plates do not always need to be spinning at the same exact time. Some priorities are higher than others. Some things, people and obligations can wait.
Realizing the value of mental clarity can lead to a more personal understanding of how time is relative.

Beyond acknowledging and accepting their imperfections, one can begin to create a framework from which to appreciate and organize life's shifting necessities. Instead of living in fear of personal obstacles such as anxiety or depression, acknowledgement and acceptance should lead to discovering ways of dealing

with those obstacles directly. Mental conditions can be massive obstacles for some, myself included. While people like myself can never simply turn off these feelings or impulses, we can learn to live beside them and reduce them to a negligible obstacle.

While being medicated is too complex and individual to discuss, much has already been studied and expressed about training the mind. Personally, over time I have found a few things that ease my stress and help to cope in a healthy way with any anxiety I may be feeling. What these coping methods are depends on the individual, but activities such as yoga, running, writing and painting are all therapeutic to me. These little activities are more important than most think, as they can often be like mental band-aids for a bad week, or a traumatic experience. Using hobbies, fitness and positive thought patterns are all things that can help one work through trauma or mental illness, rather than avoiding or letting negativity grow inside.

To stop worrying about the imperfections of an individual life, one must realize the paradox of balance. The paradox is that the balance of life, while even by definition, is never actually even. Every day, the scale will tip one way or another, but at the end of a life, when looking back, the scale never actually broke.

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Food choices can reduce climate change



Jacob Rodriguez / LOGOS WRITER

The city of San Antonio has come together as one family to work towards finding a way to fight a growing concern around the globe -- the issue of climate change.

San Antonio has recognized this problem is going to continue to get worse unless we come together and make a change within our community and within our own lifestyles.

On Sept. 20, we joined in a climate-change rally that took place in the center of downtown San Antonio. On that same day a little more than 4 million people around the world joined together to demand our leaders take bold action against the climate crisis.

The earth's climate is rapidly changing, and at a faster rate than has ever been recorded in the history of human existence. A major contributor to the global climate crisis is the chopping down and burning of trees. Just recently the Amazon rainforest suffered from a major wildfire which set much of the rainforest ablaze. The Amazon rainforest is the earth's major contributor of oxygen released back into the atmosphere. The Amazon rainforest is the lungs of our

planet, producing roughly 20 percent of the earth's total oxygen.

Our earth and its climate are at a critical point in time. What we do today will greatly impact the severity of what is to come for our future. Some ways you can take action and make a difference is to eat less meat. I know to many that seems like a crazy thing to even think about but did you know it takes 441 gallons of water to produce just one pound of beef!

The carbon emissions of commercial agriculture used in raising cattle and other livestock has a greater carbon emission than trains, cars, planes, and all other forms of transportation put together. Livestock alone is responsible for 18 percent of the world's totol carbon emissions.

I know change can be very hard but one of the main ways we are going to see a difference is by changing us. We blame big corporations for destroying the planet but we need to also take a step back and realize the choices we make on a daily basis -- especially with the food choices we make -- are what also contribute to the destruction or the rebuilding of the place we all call home.

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Sisters celebrate 150 years

The Sisters of Charity of the Incarnate Word, founders of the university, have a reason to celebrate.

"We invite you to celebrate 150 years of blessings at the following events," according to a news release.

The events include:
Friday, Nov. 1: 8:30 a.m.
Morning Prayer, Chapel of
the Incarnate Word, followed
by an unveiling of a "150"
commemorative plaque in the
Incarnate Word Cemetery,
honoring our deceased
Sisters. Friday, Nov. 1: 6 p.m.

Eucharist in the Chapel of the Incarnate Word honoring our "great cloud of witnesses" (deceased Sisters of Charity of the Incarnate Word).

Sunday, Nov. 3: 3 p.m. Concert by "Chanticleer" all-male vocal ensemble in the Chapel of the Incarnate Word.

Saturday, Nov. 23: 3 p.m.: Celebrate the annual "Light the Way" with the University of the Incarnate Word.

Tuesday, Dec. 3: 6 p.m. Eucharist celebrated with CHRISTUS Santa Rosa, remembering the first Mass celebrated at Santa Rosa Infirmary on this day in 1869 — Chapel of the Incarnate Word.

Celebrate the CCVI Jubilee and support their ministries by purchasing their 2019 medal. Medals may be purchased all year at the CCVI International Support Office (The Generalate, 4503 Broadway) or in Sister Kathleen Coughlin's (SEC 2053).



Library room rebranding Tracey Mendoza, left, dean of

Tracey Mendoza, left, dean of library services at the University of the Incarnate Word, hands student Jose Cruz a \$100 gift card as his prize for submitting the winning entry in a rebranding contest for J.E. and L.E. Mabee Library's computer lab. Cruz submitted 'The Cardinal's Nest.

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Cardinals tame ACU Wildcats at Benson

SPECIAL TO THE LOGOS

Never trailing, the University of the Incarnate Word Cardinals football team held on to a 31-24 win at home Saturday night, Sept. 28, against Abilene Christian University's Wildcats.

UIW kept the Wildcats' vaunted offense in check the first half and beat back a comeback effort in the second that kept the game in doubt until the home team could record its first Southland Conference victory this fall in a game celebrating Hispanic Heritage Month.

Now 2-2, the Cardinals maintained an undefeated home record at Gavle and Tom Benson Stadium established under second-

year Head Coach Eric Morris. At 6 p.m. Saturday, Oct. 5, the Cardinals will face Houston Baptist University at Husky Stadium.

The ACU-UIW tilt featured had several offensive stars: junior running back Keyondrick Philio rushed for a personal-best three touchdowns on 30 yards; senior wide receiver Kam Williams had a team-best 105 receiving yards on seven catches; sophomore quarterback Jon Copeland went 18-for-35 with 107 passing yards; and sophomore running back Ameer King added 66 rushing yards.

The Cardinals took the first lead of the game, 7-0, when

they marched down the field in a drive that took 7:35 off the clock. After 19 plays that encompassed 91 yards, the 6-foot, 210-pound Philio charged his way through ACU's defense for a five-yard touchdown with 3:05 left in the first quarter.

With nearly 4:53 left in the half, Philio rushed for 20 yards, putting the Cardinals at first and goal at the oneyard line. Philio, bolstered by the offensive line, then pushed his way across the goal line to conclude the 13-play, 56-yard drive. The Cardinals came up short on a two-point conversion attempt, leaving the score at 13-0.

ACU had first and goal on the UIW 7, but the Cardinals defense stood strong. The Wildcats settled for a 23-yard field goal from Blair Zepeda with six seconds left before the half to leave UIW with a 13-3 lead.

The Cardinals extended their lead early in the second half. The drive started with an interception from freshman safety Shawn Holton and included back-to-back 13yard passes from Copeland to Williams, a 17-yard rush by King, and then a one-yard touchdown scramble by King. The drive, which took five plays and 1:29 off the clock, gave the Cardinals a 20-3 advantage with 11:52 left in the third quarter.

The Wildcats cut into UIW's lead with 7:23 left in the third quarter, scoring when junior quarterback Luke Anthony found senior wide receiver Josh Fink in the end zone for a 15-yard touchdown. ACU added another touchdown with 3:42 left in the quarter when Anthony connected with junior wide receiver Justus Lee for a 14-yard score, leaving UIW up 20-17.

UIW took advantage of another ACU turnover.

Freshman cornerback Tre Richardson grabbed an interception and returned it 56 yards into Wildcat territory. Freshman Carson Mohr then hit a 36-yard field goal to push UIW's lead to 23-17.

The Cardinals scored again with 7:32 left in the game. Williams set up the score with a 26-yard reception before Philio walked into the end zone for a oneyard touchdown. Philio then succeeded in the two-point conversion attempt to put the Cardinals ahead, 31-17.

The Wildcats made their last attempt to cut into UIW's lead with 2:40 left in the game, when senior running back Tray James rushed one yard into the endzone.

The Wildcats forced UIW to punt the ball with less than a minute left and the Cardinals defense responded. Freshman Jaylon Jimmerson snatched his second interception of the game with two seconds left to seal the

Following the game, Morris critiqued the Cardinals' winning effort.

"We were just so sporadic," Morris said. "We made some third-down conversions on offense. "(We) put together some nice drives at key times. A couple key fourth downs there on the goal line were huge for us. Philio played amazing down there -- got a big body to get it downhill."

As for the defense, Morris cited the turnovers.

"I mean that was back to what they did last year. Young guys. I mean we have three freshmen that had interceptions. Possibly those three guys won us this football game."

Containing Anthony, ACU's quarterback, was a key factor, Morris pointed out.

"I think we got some

pressure on the quarterback to make him get it out of his hands. That was key. Our pass rush was better tonight, and then we had some blitzes schemed up. That way we knew the ball had to come out of his hands on these blitzes and let these guys kind of read the quarterback's eyes and get some interceptions."

Now he's working on a game plan for Houston Baptist.

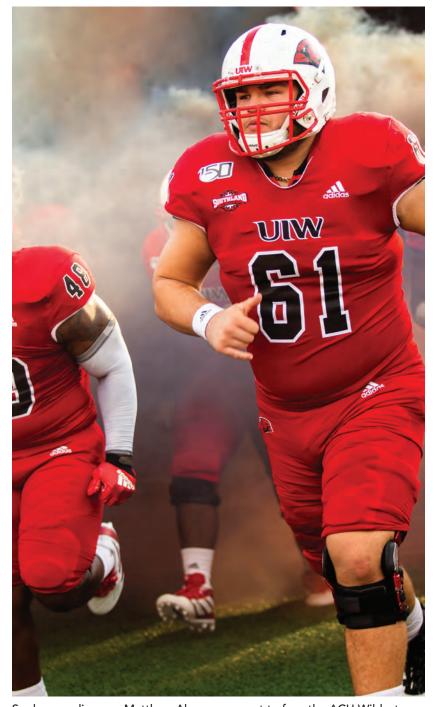
"(We) got to move forward in a hurry 'cause we face a good Houston Baptist team next week," Morris said.

Houston Baptist is 4-1, following a 36-34 seasonopening loss to UTEP in El Paso. Since then, HBU has reeled off four straight wins, three of them at home: 58-13 against Texas Wesleyan; 53-52 against South Dakota in Vermillion; 48-21 against Northwestern State; and 68-31 against Texas Southern.

The ACU game was good preparation for what lies ahead, Morris said.

"I thought these guys found a way to win together, which is the first time I've seen it in a while. Which is awesome as a head coach, I think anytime all three phases of the ball come up big together at certain points in the game. And I thought we played better together. We went off each other's energy a couple of times. We were able to capitalize a couple times when they made mistakes and make it cost for them.

"We'll continue to grow. This team's not even close to a finished product right now with the youth that we have right now. Got to get better each and every week. To find a way to squeak one out was awesome. A win's a win. I'll take it. I don't care about one stat on here besides the 'W.'"



Sophomore lineman Matthew Alvarez runs out to face the ACU Wildcats. Christina Emmett / Photo

Homecoming boasts active schedule

Marisa Allen / LOGOS WRITER

The University of the Incarnate Word's fall homecoming celebration kicks off with the Arts and Music Festival and Exclusive Thirsty Thursday on Oct. 24.

The Arts and Music Festival, an annual event, will be 5:30-7:30 p.m. in the SEC. Activities include a poetry slam, onsite visual arts, and more. There will be artwork for sale; proceeds will go to the Honors Program's Study Abroad Scholarship.

Exclusive Thirsty Thursday is an event marketed toward alumni to drink and mingle. It will take place 6-8 p.m. in the SEC's Cardinal Shoppe. The Cardinal Shoppe will remain open past business hours to host the event with an exclusive discount for UIW alumni and parents.

Friday, Oct. 25, is filled with even more events such as the Women of Faith Luncheon, Class of 1969's 50th Reunion Dinner, and the Block Party.

The luncheon, open to all UIW women of faith, will be at noon in the SEC Ballroom. It is sponsored by the Catholic Daughters of the Incarnate Word 2583 and University Mission and Ministry. Students will have the opportunity to share in prayer and fellowship with the special guest, Sister Helena Monahan, a former congregational coordinator for the Sisters of Charity of the Incarnate Word, founders of the university who are celebrating their 150th jubilee.

The 50th Reunion Dinner will be 5-7 p.m. in the Special Collections Room on the second floor of J.E. and L.E. Mabee Library. Graduates of the class of 1969 are welcome to buy their \$25 tickets online now.

The Nest Fest Block Party, from 6 to 9 p.m. in front of the Admissions Building, will feature live music, food trucks, children's activities, games, and more. Admission is free.

Saturday, Oct. 26, is the 50th Reunion Coffee Klatch & Campus Tour, which will begin at Finnegan's inside Mabee Library. From 10 a.m. to noon, participants will board golf carts and get receive a campus tour. This event is \$10 per person.

The afternoon will feature the Redzone Cardinal Tailgate for the football game against Northwestern State. Tailgate will be 1:30-3:30 p.m. in front of Barshop Natatorium. Tickets are \$12 for this event. Cheesy Jane's will be on-site providing meals.

Homecoming week comes to an end on Sunday, Oct. 27, with the Homecoming Memorial Mass honoring the Class of 1969 from 10:30 a.m. to 12:30 p.m. in the Chapel of the Incarnate Word Cardinal Brunch, followed by a brunch and evening event. The Mass includes a visit to the CCVI Cemetery.

The Cardinal Brunch is noon-2 p.m.

in the SEC Ballroom. Admission is \$12 per person. There will be a message from the Class of 1969 as well as a message from the UIW president, Dr. Thomas M. Evans, before the farewell.

The Trunk-or-Treat & Fall Fest will be 5-7 p.m. in front of the McCracken House. The event is free and will feature activities such as a haunted house, pumpkin patch, and fall crafts for sale.



Sophomore Alexia Chapa shows school pride. Bethany Melendez / PHOTO

SAN ANTONIO

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Castro: Big changes if elected president



Alyssa Pena / LOGOS WRITER

When it comes to immigration and education reform, Democratic presidential candidate Julian Castro has a plan for it.

Castro, a former San Antonio mayor and U.S. Department of Housing and Urban Development secretary, shared his thoughts with journalists Sept. 5 in a question-and-answer roundtable in the lobby of the San Antonio Express-News. The event was sponsored by the San Antonio Association of Hispanic Journalists.

Castro, a Mexican-American, said he has a three-step approach for immigration reform: reforming the immigration system, creating a human border policy, and establishing a 21st-century "Marshall Plan" for Central America.

The first part of his policy includes revamping the visa system, strengthening family reunification and allowing deported veterans who have served honorably to return to the United States, he said.

It also includes repealing Section 1325 of the Immigration and Nationality Act. Section 1325 allows for children to be separated from their parents. It also establishes detention centers. Castro said he wants to appeal this section because it separates families and deters migrants from turning themselves into the authorities because illegal immigration is seen as a criminal, rather than civil, violation.

The candidate also shared his five-pronged education policy that targets Pre-K, high school, student debt, teachers, and fairness in education.

According to Castro, "Education is at the core of the 'American Dream,'" Castro said. "It is the foundation by which we fulfill our collective promise to every student that if they work hard, they have a shot at reaching their dreams."

Castro's plan includes making Pre-K universal (affordable and accessible to children ages 3 and 4, closing the wage gap for teachers, supporting investments in the arts programs in high schools, creating accessible school environments, and providing monetary support for college students.

Castro is no stranger to the struggles of gaining a good education in higher education. He holds degrees from Stanford University and Harvard Law School, thus showing he sympathizes with students trying to better themselves by obtaining a better education.

Castro said he plans to dissolve tuition at public colleges, universities, community colleges, and technical schools. He also wants to alleviate student loan debts and create new programs to target loan forgiveness.

Asked how he plans to get parents further involved in their children's education, Castro said the first need is to lift up parents before they can be expected to do the same with their children.

"I want to make it easier for parents to get a good education for their children so that their children can go beyond them," Castro said, pointing out he created the Pre-K for SA program while he was mayor.

"From the very beginning we made sure that parental engagement was part of the program," he said. "The best models of that I've seen are that you have to get other parents to engage their peers. You don't want to talk at parents but have their peers converse with them."

Castro said family members can socialize and plan with other parents in the Pre-K for SA centers in family rooms.

Families are becoming more and more diverse. With his education plans, Castro wants to recognize non-tradi-



Presidential candidate Julián Castro speaks at San Antonio Express-News.

Alyssa Peña / Photo

tional families; grandparents, single parents, and LGBTQ families.

"We need to reach out to families and how they live now," he said.

When he was HUD secretary, Castro recalled a visit he made to a site.

"When I was in Cleveland [there was a] program in a public housing community that (was) set up for grandparents who are raising their grandchildren as their own child."

There are more than 2.8 million grandchildren in the country who are being raised by their grandparents, he said. This struck a nerve with Castro because it was something that him and his twin

brother, Congressman Joaquin Castro, had seen while practicing family law.

Castro believes that if we invest in families with certain opportunities such as education, employment and health care, it will lay the foundation of a strong 21st century prosperity.

This is what his People First Campaign has been about – putting the American people first.

"If we do it right, I am sure we can help parents lift up their kids because we empower them to do so," said Castro.

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Peace, justice programs set at UIW

SPECIAL TO THE LOGOS

The annual observance of the Season of Peace, Justice and Care of Creation at UIW began Wednesday, Oct. 2, with the Blessing of the Animals remembering St. Francis of Assisi.

Participants brought live and stuff animals to the ceremony which took place at the entrance to the Headwaters at Incarnate Word. The entrance to the sanctuary, a 53-acre nature preserve where the San Antonio River begins and native peoples have lived for more than 10,000 years, is near UIW's soccer fields. This ministry of the Sisters of Charity of the Incarnate Word – founders of the university – protects ecological diversity and spreads an ethic of care for creation.

The blessing ceremony was led by Sister Martha Ann Kirk's Religious Quest class.

The Oct. observance continues at 5:45 p.m. Thursday, Oct. 3, with the annual Women's Global Connection Gala in McCombs Center Rosenberg Skyroom. Participants will learn of WGC's projects in Latin America and Africa and the San Antonio Girls Global Summit.

Activities will continue at 6:30 p.m. Tuesday, Oct. 22, with the Taizé Prayer Service at St. Joseph's Chapel at The Village at Incarnate Word adjacent to the campus. Taizé is a service of contemplative worship in the tradition of Taizé, a community founded to seek reconciliation and peace in France in a time of war, "The Sultan and The Saint," a PBS documentary, dinner, and interfaith dialogue will

highlight a 6 p.m. Thursday, Oct. 24, program at St. Francis of Assisi Catholic Church, 4201 De Zavala Road. The documentary shares how the Muslim Sultan Malek al-Kamil and the Christian Francis of Assisi courageously entered into dialogue in 1219 during the raging conflict of the Crusades, paving a path that eventually led to ending the Crusades. In light of this 800th anniversary, Pope Francis and The Grand Imam of Al-Azhar Ahmad Al-Tayyeb met and shared the "Document on Human Fraternity for World Peace and Living Together" which will be discussed.

The observance will wrap up Wednesday, Oct. 30, with annual Peace Day, which is held in memory of Dr. Bernard C. O'Halloran, an English professor at UIW, who was murdered Oct. 30, 1992, by a homeless man he had invited into his home. The Incarnate Word community dedicated the fountain outside of the Administration Building in honor of O'Halloran and remembers him by working towards a less-violent world through programs of justice and peace.

The Peace Day program begins 9-10:15 a.m. in SEC 2051-52 when three speakers will discuss "Immigrants and Refugees, Our Brothers and Sisters." The speakers include Hope Frye, a San Francisco-based immigration attorney and director of Project Lifeline; Dr. Maria Felix-Ortiz, a UIW psychology professor; and Dr. Lopita Nath, a UIW history professor.

"Religions: Provoking Violence or Bridges to Understanding?" is the topic of a 10:30-11:45 discussion in



UIW celebrates peace.

SEC 2051-52. Speakers include Aly Escobar, a graduate student in UIW's School of Professional Studies; Dr. Sandy Guzman-Foster, an assistant professor of education; the Rev. Wyndee Holbrook, senior program consultant for the Academy of Preachers at Belmont University in Nashville; and Sister Martha Ann Kirk, a religious studies professor.

The noon program -- "God's Global Family in God's Garden" – in SEC 2051-52 will include free lunch.

"Who in your family needs to get shot before you get involved?" is the provocative focus of a session on guns and gun laws running 1:30-2:45 p.m. in SEC 2051-52. Speakers include Dr. Roger Barnes, a professor and chair of the Department of Sociology and Criminal Justice; Dr. LuElla D'Amico, an assistant professor of English; Dr. Benjamin C. Miele, an assistant professor of English; and Alex Lecombe of MOMS Demand Action for Gun Sense in America.

"The 400 Anniversary Year of the First Slave Ship in North America" Courtsey / Photo

will be discussed at 3 p.m. in SEC 2051-52. The moderator will be Brandi Coleman, induction coordinator for teacher education at the Dreeben School of Education.

Discussions will move to SEC 2030-31 beginning 4:30-5:40 p.m. with "Creativity and Conflict," a session led by Dr. Lalon Alexander, an assistant professor in the Department of Fashion Management.

"Stories of Compassion and Peace" from students who have traveled internationally will be discussed 5:45-6:20 p.m. in SEC 2030-31. The speaker will be Brooke Paynter, coordinator of UIW's Study Abroad program.

The day will end 6:30-8:30 p.m. in SEC 2030-21 with a program focusing on "San Antonio as a City of Compassion and the Global Compassion Movement." The presenter for the program organized by Eric Palacios will be Dhawn Martin, director of the SoL Center in San Antonio.

ENTERTAINMENT

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MOVIES OF THE MONTH

Compiled by Bethany Melendez / PHOTO EDITOR

Oct. 11 Gemini Man

Rated: PG-13 Genre: Sci-Fi/Thriller Starring: Will Smith, Mary Elizabeth Winstead, Clive Owen, Benedict Wong

The Addams Family

Rated: PG Genre: Animation/ Comedy Starring: Oscar Isaac, Charlize Theron, Chloë Grace Moretz, Finn Wolfhard

Oct. 18 Maleficent: Mistress of Evil

Rated: PG Genre: Family/Fantasy Starring: Emma Stone, Abigail Breslin, Zoey Deutch, Bill Murray

Zombieland: Double Tap

Rated: R Genre: Action/Comedy Starring: Emma Stone, Abigail Breslin, Zoey Deutch, Bill Murray

Oct. 25 Black and Blue

Rated: NR Genre: Action/ Thriller Starring: Naomie Harris, Frank Grillo, Reid Scott, Mike Colter

The Aeronauts

Rated: PG-13 Genre: Action/ Biography Starring: Felicity Jones, Eddie Redmayne, Himesh Patel, Tim McInnerny

Nov. 1

Terminator: Dark Fate

Rated: NR Genre: Action/Sci-Fi Starring: Arnold Schwarzenegger, Mackenzie Davis, Edward Furlong, Linda Hamilton

The Irishman

Rated: R Genre: Crime/Drama Starring: Robert De Niro, Al Pacino, Anna Paquin, Joe Pesci

'Threads of Magic' features fiber fare

SPECIAL TO THE LOGOS

An opening reception is set 6-8 p.m. Friday at UIW for a "Threads of Magic" exhibit featuring Fiber Artists of San Antonio.

The reception will be in Kelso Art Center's Semmes & Condos Galleries, said Roland Sul, gallery coordinator for the Department of Art.

The exhibit, which will be open afterwards 8 a.m.-5 p.m. weekdays through Nov. 15, features FASA's 45th Annual Juried Fiber Art Exhibit.

The non-profit group's mission is to advance fiber as an art form. The exhibit will feature work that spans the facets of fiber in stitching, weaving, manipulating cloth, as well as surface design on fabric such as painting, dyeing, foiling, photo transfer and stamping.

Fiber art as a grouping can take many forms including art quilts, wearable art, fiber sculptures, mixed media, fiber jewelry and more. For more information, contact Sul at sul@uiwtx.edu



Visitors to 'Threads of Magic' will see various samples of fiber artistry.

Courtesy Photo

Actors Troy Daly, left, and Eric Sledge rehearse a scene from 'Lobby Hero.'

Madeline Hemby/ Photo

Play opens on weekend

"Lobby Hero," the first production of the fall season for the Department of Theatre Arts at the University of the Incarnate Word, opens at 8 p.m. Friday, Oct. 4, in Cheever Theatre.

Other performances -under the direction of Mark Stringham -- are scheduled at 8 p.m. Oct. 5, 11-12; 2 p.m. Oct. 6; and 7 p.m. Oct. 10. UIW students, faculty and staff enter free with their valid UIW ID.

Otherwise, tickets are \$12 for adults, \$9 for seniors, \$8 for non-UIW students with ID, and \$7 for groups of 10 or

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

AIGA plans local creative conference

Nico Ramón / GRAPHICS EDITOR

Chapters representing San Antonio graphic designer and UIW graphic design students have been holding several social events and lectures along with a creative conference in the making for next year.

The city's chapter of AIGA is currently planning a creative conference that will be open to the entire creative community in San Antonio.

This conference is to celebrate Hispanic and Latino creatives with a mission to enlighten, empower and cultivate the surrounding area.

AlGA's national group was founded in 1914 with a goal of not only bringing creativity to the world, but to bring the creative world to more individuals. With more than 70 chapters and more than 25,000 members nationwide, AlGA is still the largest and oldest professional membership organization for design.

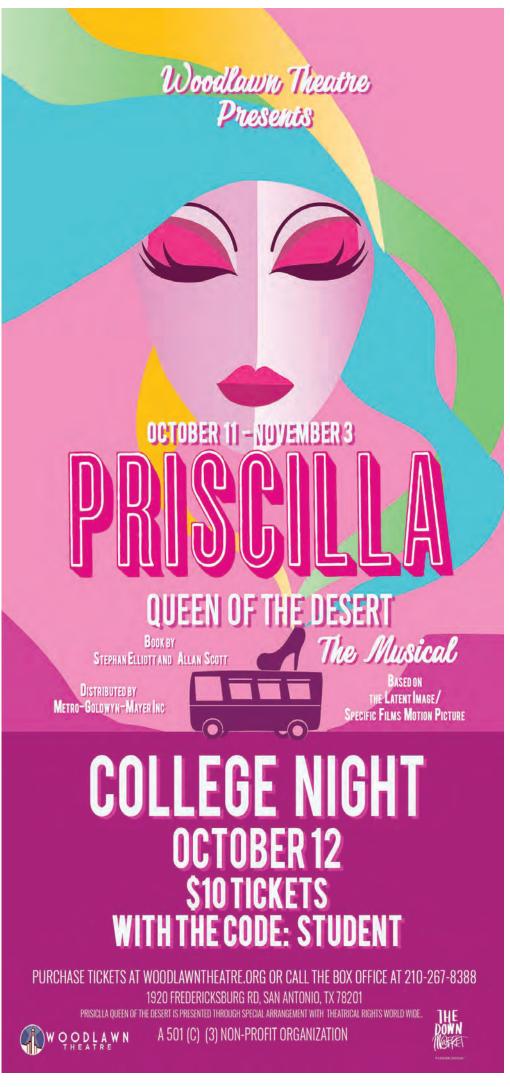
San Antonio's city chapter was established in September 2010 by local designers, Rolando Murillo and Cesar Rivera. It began with 21 members and has grown significantly since. In Fall 2015, UIW's Michael Clayton, a graphic design professor and former program coordinator for the department, established a student group.

On Sept. 17, AIGA-SA held a lecture called "Outside of the Artboard" with North Carolina native Doc Reed. Known as "Reedicus" for his illustrations and design studio in Charlotte, N.C., Reed explained his goals and aspirations in the creative industry.

"It can be a small local band's poster or the National Conference campaign," Reed said. "It doesn't matter if it's hand-drawn, printed or designed. Everything I do is done with the love for the craft."

UIW's chapter held a screen-printing workshop on Sept. 20 at La Printeria. Along with actually getting experience and bringing their designs to life, their posters were available for sale now. This is an effort to go out to the community to interact with local creatives and build a network for graphic design students.

For more information about the both chapters and the conferance contact Nico Ramon, nico@sanantonio.aiga.org



ENTERTAINMENT

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WORD SEARCH

GTVCPHCJPSCE LBREAKN

WORD BANK

CANDY CORN FALL BREAK GHOST HALLOWEEN PUMPKIN SCARECROW SPIDER TRICK-OR-TREAT VAMPIRE WEREWOLF WITCH ZOMBIE

RIDDLES

Which part of a road do Ghost's love to travel the most?

Why did Snap, Crackle and Pop get scared?

Why didn't the Mummy have any friends?

Why didn't the monster eat the crazy person?

How do you fix a jack-o-lantern?

What kind of make up is a ghost's favorite to wear?

Courtesy of https://www.riddles.com

JUMBLE

nrco zame

upminkp vaircgn

yandc rzaec

mapvrei sikses



Paris Negrete / GRAPHICS

ANSWERS:

Miranda Hanzal /

MANAGING EDITOR

umpkin carving **JUMBLE** candy craze corn maze

vampire kisses

They heard there was The Dead End Riddles

a cereal killer on the

He was allergic to nuts With a pumpkin patc He was too wrapped up in himself loose

U ★ O O ★ C O ★ C O ★ C O ★ C O ★ C O ★ C O ★ C O A K C O A **WORD SEARC**



A faculty-led program might be for you!

Faculty-led Programs allow students to go abroad with UIW faculty members and their peers in order to obtain academic credit. These opportunities are short-term and can last a week to a month!

SPRING 2020

Location	Course	Dates	Contact
Spain, Italy and France	Culture and Civilization of Spain	May 11 - 22	Dr. Amalia Mondriguez mondrigu@uiwtx.edu
Ireland	METR/BIO 4399: An Intro to Field Science	Dates TBD	Dr. Dave Starkey or Dr. Gerald Mulvey dstarkey@uiwtx.edu or mulvey@uiwtx.edu
Mexico	BINT 4360/6399	March 8 – 13	Dr. Adesegun Oyedele oyedele@uiwtx.edu
United Kingdom	Global Experiences in Nuclear Medicine NMED R499	March 2 – 9	Dr. Norma Gutierrez green@uiwtx.edu

SUMMER 2020

SUMMER 2020					
Location	Course	Dates	Contact		
Italy	Fashion, Interior Design, Graphic Design and Communication Arts	May 18 – 28	Dr. Melinda Adams; Dr. Dora Fitzgerald Mrs. Doris Palmeros-McManus; or Mr. Adam Nash madams@uiwtx.edu		
Spain	Spanish Language and Culture Courses	June 2 – 30	Dr. Gabriel Saxton-Ruiz saxtonru@uiwtx.edu		
Paraguay	Global Health Perspectives	TBD (May or June)	Dr. Kathleen Tilton ktilton@uiwtx.edu		

FALL 2020

Location	Course	Dates	Contact		
Mexico	Mission Program	Dates TBD	Dr. Ricardo Gonzalez rigonza4@uiwtx.edu		