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STUDENT MEDIA

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Logos

Vol. 122 No. 3 | OCT.-NOV. 2021

STUDENT-RUN NEWSPAPER FOR UNIVERSITY OF THE INCARNATE WORD

EST. 1935

Festival returns to kick off 'Light the Way'

"Light the Way," which usually brings thousands to the University of the Incarnate Word's Broadway campus to enjoy more than a million Christmas lights, is revving up Saturday, Nov. 20. Forced to be a drive-through-only

last year due to the pandemic, the annual holiday-lighting event and tradition, is returning to a kickoff festival before the lights go on that will feature nearly 30 vendors, a dozen performers and a fireworks finale.

Beginning at 3 p.m., the festival-goers will be able to engage vendors in the Shopper's Lane Marketplace on campus. Santa Claus will join in the fun at 4 and hang around until 9. Families can also play games in the Kids Corner.

At 6, KSAT 12's Steve Spriester will commence the Lighting Ceremony. Meghan Kuentz, special events manager for UIW's Office of Communications and Brand Marketing, **Jump 'Festival' page 2**

Best of NestFest
A costumed child and an adult take a break from the NestFest activities Friday, Oct. 29, to kick off homecoming weekend at the University of the Incarnate Word. The Alumni Association also added Trunk-or-Treat the same evening. See story on Page 3



Nimsi Coronado/LOGOS STAFF

UIW adjusts COVID-19 policies

By Victoria Velazquez
LOGOS STAFF WRITER
The University of the Incarnate Word's medical team, faculty, staff and students continue to adapt according to COVID-19 policies in the state of Texas. The Broadway campus has remained in a minimal to moderate phase as COVID-19 is continuously updated and monitored. Dr. Shaylon Rettig, UIW's medical director, said COVID-19 cases in San Antonio and Bexar County continue to decline. However, these cases are at higher levels compared to the beginning of summer. "Per the CDC we are still considered a high-transmission county," Rettig **Jump 'UIW' page 2**

Student suffers sting from venomous caterpillar

By Joy Burgin
LOGOS STAFF WRITER
A University of the Incarnate Word student has recovered after being stung Thursday afternoon on Broadway campus by what's commonly called an "asp," the most venomous caterpillar

in the country. Scarlett Crawford, a 21-year-old communications arts major from Gonzales, Texas, said she was sitting in front of AT&T Science Center for a class film project about 4:15 p.m. when she

felt a sudden stinging sensation on the back of her thigh. Upon investigation, Crawford, who is concentrating in multimedia-production, and her fellow Digital Film Production I classmates discovered a **Jump 'Caterpillar' page 2**



Southern Flannel Moth Caterpillar

University to launch pharmacy tech program

By Gabby Yanez
LOGOS STAFF WRITER
The University of the Incarnate Word is rolling out a new pharmacy technician training program beginning in January. Classes for the new program, which continues a previous training program offered through UIW's School of Professional Studies at UIW, will be 6-9 p.m. Tuesdays, Wednesdays and

Thursdays at John and Rita Feik School of Pharmacy, 703 E Hildebrand Ave. Class times are primarily held in the evening to accommodate current pharmacy students and working adults seeking their certification, said Glynis Sims-Bond, program director. Sims-Bond, a retired Air Force veteran, said University Health Systems is the primary training site. To pass the certification exam, students

must take courses concerning anatomy, physiology, therapeutics, pharmaceutical calculations, pharmacy technician law, and pharmacy technician simulation. Students have the option to pursue an entry-level certification or both an entry- and advanced-level certification, she said. Students enrolled in entry-level courses will be taking 27 credit

hours over 45 weeks. Students enrolled in entry- and advanced-level courses will be taking 41 credit hours over 65 weeks. Credit hours earned in the program are eligible for an associate of science degree in UIW Health Services. The program is also suitable to be accredited by the American Society of Health-System Pharmacists (ASHP). **Jump 'University' page 2**

NEWS

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Festival cont.

said the Sisters of Charity of the Incarnate Word - founders of the university - will offer the invocation at the ceremony. A representative from H-E-B, the main title sponsor, will speak before Dr. Thomas M. Evans, UIW's president, makes some remarks, noting the contributions of UIW's medical team during the pandemic. Then a trio of special guests will flip the switch. From that moment, the lights will be on from dusk to dawn through Jan. 6.

Other major donors to the event include Hill Electric, Spectrum Reach, San Antonio Food Truck Association and Sodexo.

Vendors include bella mia designs, Love & Daisies, J. Lacel Boutique, St. Nick's Ugly Sweater Shoppe, Rustic Elegance, St. Mary's Magdalen School, AIGA UIW, Huarachitos, Naturalcy Picks & Modernish Jewelry, POCOLOCO Socks, Que Retro Arts, Damsel in Defense, Younique, Terry Goose Crafts and Jewelry, Nicole's Bows, Organically Bath and Beauty, Emmanuel SA Artist, Pulquerios, Mary Kay, Betty's Bling & Things, Al's Gourmet Nuts, The Artisanry, stamped from the heart, Louis Afterdark!, Mariposa Bouquet LLC, Bandera Country Collection and Lola's boutique.

FESTIVAL LINEUP

@ 3 p.m.: Reyna Acosta Voice Studio.
@ 4 p.m.: Jackson Baker Trio.
@ 4:15 p.m.: Joshua Burns & Co.
@ 4:30 p.m.: St. Anthony Catholic High School Mariachi.
@ 5:15 p.m.: Ryley Hall (pop singer and recording artist).
@ 5:30 p.m.: Incarnate Word High School Emeraldettes.
@ 5:45 p.m.: Incarnate Word High School Madrigals.
@ Lighting Ceremony.
@ 6:30 p.m.: UIW Cheer and Dance teams.
@ 6:45 p.m.: Fool in Utopia band.
@ 7:30 p.m.: UIW Chorale and Cardinal Singers.
@ 8 p.m.: J-Darius band.
@ 9:30 p.m.: Fireworks Finale. Sponsor: Hill Electric.

UIW cont.

said. For these reasons, he encouraged to maintain a level of caution.

"Mitigation factors are keeping COVID cases on the Broadway campus to a minimum," Rettig said. He described the Delta variant of COVID-19 as the most dominant of the variants while the COVID-19 vaccine remains the most effective way to prevent infection and transmission.

"Misinformation regarding the safety of the COVID-19 vaccines remains the primary concern among the medical community," Rettig said. "COVID-19 vaccines have been taken by millions of people around the world and have proven to be effective

and safe with rare adverse events. "Another concern is how will influenza play out over the winter months and will there be another surge of COVID-19 at the same time."

Currently, UIW has issued a policy update informing the campus community about COVID-19 vaccines. UIW's workforce is 93 percent vaccinated for full-time employees, and 78 percent for part-time employees resulting in an 89 percent fully vaccinated rate.

In addition, President Joe Biden announced a new COVID-19 mitigation plan requiring employers under OSHA's jurisdiction with 100 or more employees "to ensure their workforce is fully vaccinated or require any workers who remain

unvaccinated to produce a negative test result on at least a weekly basis before coming to work."

Meanwhile, UIW's leadership is awaiting guidance from the federal Occupational and Health Administration (OSHA) - a division of the U.S. Department of Labor - before making further revisions to the UIW vaccine policy to implement this federal guideline.

Recently, Texas Gov. Gregg Abbott issued an Executive Order prohibiting private employers, such as UIW, from

enforcing full COVID-19 vaccines.

Cindy Escamilla, UIW's chief of staff and legal counsel, described how UIW has adjusted policies according to the mandate.

"The UIW policy requires employees to be vaccinated for COVID-19 with a date to report vaccination status by Oct. 31," Escamilla said. "Employees who choose to not be vaccinated may submit a request for medical accommodation or accommodation based upon a sincerely held religious belief. UIW will also allow employees who choose to not be vaccinated for reasons of personal conscience to submit an affidavit. This policy is consistent with the governor's mandate."



Dr. Shaylon Rettig

University cont.

Sims-Bonds said this program and the accreditation will help better-prepare students for the extra tasks pharmacy technicians have had to take on during the COVID-19 pandemic.

"ASHP has designed these standards

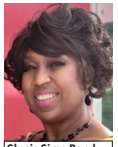
to make sure that the pharmacy technician is completely prepared for these new responsibilities that they're going to be taking on now in this new era," Sims-Bonds said.

The ASHP accreditation is one of the highest standards for pharmacy

technician programs. It is desirable by employers and can help students enter the workforce immediately following graduation, she said.

"We're just really shooting for an excellent pharmacy technician program. I really want to be able to put

a quality student out there that an employer will want to hire right after their training."



Glynn Sims-Bond

Caterpillar cont.

round fuzzy creature on the ground below her.

After consulting the Internet, one classmate, Christina Emmett, discovered the creature was a caterpillar, also commonly called an asp, wooly slug, or puss caterpillar, in Texas has the most painful sting in the United States, according to University of Michigan Health.

Some recipients even require a trip to the hospital for treatment.

Flannel moths get their name from the flannel-like appearance of the wings of the adult, which are clothed with loose scales mixed with long hairs.

The immature stages of flannel moths are caterpillars which are clothed with fine hairs and venomous spines. The spines, when brushed against the skin

produce a painful rash or sting. This caterpillar is often abundant and may infest shade trees and shrubbery around homes, schools, and in parks.

When a puss moth caterpillar rubs or is pressed against skin, venomous hairs stick into the skin causing a severe burning sensation and rash.

After a self-examination and discovering stings on both legs, Crawford went to UIW Health Services while her classmates continued to film. While waiting, Crawford said the pain continued to spread to both her legs and her rear.

She was prescribed a topical cream, Benadryl and Ibuprofen for treatment.

Professor Theresa Coronado, who teaches the digital film class, said she was shocked and saddened by the news of Crawford's injury.

"It makes me sick to my stomach anytime someone is hurt on set," Coronado said.

"Especially after what just happened with Alec Baldwin." (Baldwin, 63, is a famous actor who recently mistimed a prop gun on the set of "Rust," a western film, killing cinematographer and journalist Halya Hutchins, 42, and injuring another.) Communication arts major Jarryd Luna, 27, who also is concentrating in



Scarlett Crawford

multimedia-production, speculated the bite might energize Crawford in an unusual way.

"I hope she gets superpowers like Spider-Man. Except she'd be 'Caterpillar Girl!'"

Despite what she described as excruciating pain, Crawford, who is graduating in the spring, still maintained a sense of humor about the situation, even laughing when a nearby student referred to her condition as an "asp ass injury."

Now, just days after the initial sting, she said she's well on her way to recovery. She went to the doctor Monday and had it checked out.

"I've just been taking medicine and it feels a lot better," said Crawford. "Just achy."



Nimsi Coronado/LOGOS STAFF

Trunk-or-Treat

Alumni Association schedules event in sync with NestFest

By D'Angelina Clay
LOGOS STAFF WRITER

Having Halloween and homecoming the same weekend, the University of the Incarnate Word Alumni Association combined its annual Trunk-or-Treat event with the NestFest block party.

After a year of social distancing and limited events, planners went out of their way this year to bring back the UIW spirit. Not only did NestFest have live music, games, a rock-climbing wall, a pumpkin patch, and food trucks, there was a section for Trunk-or-Treat. The event was held in front of the campus, closed off for alumni, parents and friends to join in on a fun evening.

During Trunk-or-Treat, organizations from UIW decorated car trunks for Halloween and passed out candy to children wearing cute costumes. Participants saw such themes as Jurassic Park, Toy Story, and Hocus Pocus. Several stops included games.

Though it was an event mainly for the children, the organizations had many members dressed in Halloween costumes as well.



Costumed characters – cheerful and wickedly scary – filled the crowd Friday, Oct. 29, as the Alumni Association of the University of the Incarnate Word scheduled its annual Trunk-or-Treat to coincide with NestFest during the weekend.

'Little Women' play features mostly freshmen

By Pilar Garcia-Guzman
LOGOS STAFF WRITER

Rehearsing with safety protocols for COVID-19 since Sept. 13, Theatre Arts at the University of the Incarnate Word is ready to roll out "Little Women," its second live production this fall, on Friday, Nov. 12.

Featuring a cast comprised mostly of freshmen, the familiar story from the novel by Louisa May Alcott has been adapted for the stage by Kevin M. Cunningham.

"There are many versions of this play, but most of them end in Act 1," said Mark Stringham, an associate professor of theatre arts directing the play. "We wanted to tell the whole story because a lot happens after that. The version we are performing provides a more rewarding experience because it resolves some of the unanswered questions that hang at the end of other adaptations."

In this adaptation of the classic coming-of-age drama, four sisters navigate the challenges of growing up and finding their own path.

The play is student-led. A recent rehearsal opened to the Logos shows the chemistry between the actors works great on stage and creates an engaging, fun, and dynamic performance. Besides what's happening on stage, students



Macie Lipkke, left, Sharlee Krkosa, Iza Garza, Lili Sanchez and Aundria Nuncio rehearse a scene from "Little Women," opening Friday, Nov. 12, in Elizabeth Huth Coates Theatre.

behind the scenes also have taken on the challenge of preparing the set, props, and costumes. As opposed to previous years, this production will include automated scene changes – the larger props will be on platforms that will carry them in and out of the stage when needed, with the press of a button. This newly acquired technology was purchased by UIW but entirely assembled by the student crew.

Theatrical performances reopening all over the world have brought many concerns regarding the health and safety of everyone involved during the pandemic. Those participating in "Little Women" must abide by UIW's safety guidelines. Although the

actors will not wear their masks while performing, they will while they're off-stage. They are required to test for COVID every other day. The crew must wear masks and follow regular student guidelines required at UIW. During the live performances, audience members must wear masks and sit on every other chair to ensure social distancing.

Student Olivia Perry is assistant director, Sirena Sierra is stage manager, and Troy Daly and Liz Thompkins are assistant stage managers. The main cast is made up of freshman Iza Garza as Jo March, freshman Macie Lipkke as Amy March, freshman Lilianna Sanchez as Beth March, senior Aundria Nuncio as Men March, freshman

Luke Stout as Laurie Laurence, and senior Sharlee Krkosa as Marmee.

These are the people who will help the audience experience "Little Women" in what's been billed as a "timeless and heartfelt testament to the endurance of family, the power of love, and what it means to stay true to oneself."

FYI

"Little Women" opens at 8 p.m. Friday, Nov. 12, in Elizabeth Huth Coates Theatre.

Subsequent performances will be at 8 p.m. Saturday, Nov. 13; 2 p.m. Sunday, Nov. 14; 7 p.m. Wednesday, Nov. 17; 7 p.m. Thursday, Nov. 18; and 8 p.m. Friday, Nov. 19.

Immediately following the Nov. 18 performance, the cast and key behind-the-scenes workers will come to the stage for a talkback to answer questions from the audience.

Tickets are free with UIW ID for students, faculty, and staff. Otherwise, tickets are \$12 for adults, \$8 for non-UIW students, and \$7 for groups of 10 or more.

For more information and reservations, e-mail theatre@uiwtx.edu or call (210) 829-3800, Mondays to Fridays from 9 a.m.-5 p.m.



Evalinda Davila



Alexis Thomas



Klaire Bentley



Ricardo Lopez

Greek Life presidents share similar philosophies

By D'Angelina Clay
LOGOS STAFF WRITER

Four Greek Life presidents shared what drives their organizations, emphasizing membership helps build connections and memories among college students as well as leadership skills.

"I joined Alpha Sigma Tau because there was no shield or guard," said the sorority's president, Evalinda Davila, a senior from San Antonio, who is double-majoring in political science and criminal justice.

A non-traditional student - married with children - Davila also serves as president of the Student Government Association at the University of the Incarnate Word.

"(The sorority) was open and very welcoming. I wasn't looked at for being a non-traditional student or because I had a family or (was) an older student. None of that was looked at. They saw me, and I liked that. My favorite part about being president is being able

to teach the women, who have never had a leadership role, how to do their role and build a new foundation."

Criminal justice major Alexis Thomas, 21, of San Antonio, is president of the Delta Rho Chapter of Alpha Kappa Alpha.

"I joined AKA because it's just a really good organization to be in, especially as a black woman," Thomas said. "Other black women in my family were in AKA, so I just really looked up to them my entire life. I just knew I had to be in AKA whenever I got the chance." AKA has been challenged to hold fun yet socially distanced events during the COVID-19 pandemic, Thomas pointed out.

"We want to make sure our first priority is to make sure our members are safe by following all protocols," Thomas said. "With that being said, we've hosted seminars on women's health and wellness, we had a Ladies Night and competitions using games while greeting and getting

to know other UIW students."

Mathematics major Klaire Bentley, 21, of Allen, Texas, is president of Delta Sigma Theta sorority. Bentley said she saw the community throughout the organization and couldn't help but contribute.

"I personally chose Delta Sigma Theta Sorority Incorporated because I grew up seeing the community work that they have done," Bentley said. "The kindness and hard work that they show every day only made me more determined to become a Delta and continue the tradition. To add the cherry on top, my mother is a Delta, and she inspires me every single day." Being president also allowed Bentley to break out of her shell.

"I always wanted to become more outspoken, and I feel like now that I was placed in the position of president," Bentley said. "I don't have a choice but to let my voice be heard. God works in mysterious ways because when I joined this sorority,

I made it a goal to put myself out there more, and this position really amplified what I asked for times 10."

Accounting major Ricardo Lopez III, is president of Alpha Phi Omega, an on-campus fraternity that allows women and men to join, said the group's primary focus is to serve the community, which allows members to earn community service hours required for graduation.

"I love volunteering and doing community service for political campaigns or neighborhood initiatives," said Lopez, from San Antonio's south side. "So this was really up my alley."

"My favorite part about being president is to hear and listen to people's ideas and look at when they happen. I like to see having those thoughts turn into actions and seeing the fruits of their labor."

Students celebrate Korean alphabet

By Alexis Gonzalez
LOGOS STAFF WRITER

The University of the Incarnate Word celebrated Hangul Day, Thursday, Oct. 7 -- a Korean commemorative day marking the invention and the proclamation of Hangul, the alphabet of the Korean language.

Held at Westgate Circle by the Office of International Affairs, the event featured a raffle accessible to any students who visited more than four tables. There were various tables involving activities, information, and snacks for those interested in participating.

Two main activities were the "Djaki" and "Jegi chagi" games that offered fun learning opportunities about Korean culture.

Students learned how to write their names in Korean with tools such as the

traditional paintbrush and black ink.

Studying abroad was a subject discussed at most tables. A catalyst for studying abroad is exploring different scholarships and opportunities at UIW. However, one does not have to go overseas to learn as the Asian Culture Club partakes in cultural education by openness to all students. Their booth provided information about the Asian Culture Club and encouraged others to join. If students cannot study abroad, it's crucial to be involved in Hangul Day to learn more about Korean culture.

Another table was focused on matching students with U.S. service members stationed in Korea. One serviceman who was deployed to Korea in 2015 described the nation this way: "It's a great place! You have to try the kimchi. It may be good here, but it is great there."



Alexis Gonzales/LOGOS STAFF

A display explains the importance of Hangul Day and its role in Korea, highlighting the nation's alphabet.



Nutrition students man an information table set up Wednesday, Oct. 27, for Peace Day. Other students stand ready to hand out a free lunch featuring plant-based foods. Miranda VanDoren is ready to answer questions about SUSTAIN.

Peace Day evolves over 35 years

Special to the Logos

Peace Day at the University of the Incarnate Word marked its 35th year Wednesday, Oct. 27, in an all-day format that allowed in-person and remote participation.

Planned as part of the "October Season of Justice, Peace Creation," the program maintained a physical presence in SEC Ballroom but allowed the alternative participation through a Zoom link.

"Thirty-five years ago we started this (Peace Day)," said Sister Martha Ann Kirk, a longtime religious studies professor and one of the key planners who promote collaboration and buy-in across disciplines. "(The day) has not been the same format every year, but that is a good track record."

The diversity of events inside the SEC and online ranged from solo

and group presentations to panels and even an evening screening of a documentary whose creator joined the follow-up discussion via Zoom.

Some of the topics included growing compassion, the leadership of young women, debating the death penalty, virtual service-learning trips to India and the Dominican Republic, the rights and responsibilities of international and U.S. citizens, and the plight of military veterans coping with trauma caused by war.

Outside on the front porch of the SEC, a market exchange promoting sustainability was co-hosted by the Social Justice Leadership class and SUSTAIN organization. Around lunchtime, a nutrition class in food systems management offered a free meal featuring a choice of a garden veggie chickpea salad sandwich,

hummus veggie wrap, or turkey wrap with these add-ons: carrot sticks with hummus, cinnamon apple slices, apple cinnamon oatmeal cookie, washed down by watermelon mint-infused water, prepared by a nutrition class in food systems management.

Two new concentrations also were highlighted: sustainability and social justice and peace.

"These concentrations implement ideas and action plans described in Pope Francis' 'Laudato Si: Our Common Home,'" Kirk said. "They build a more compassionate and just world."

Kirk said concepts of peace and justice are central in the Bible, and from the very beginning the Sisters of Charity of the Incarnate Word – of which she is a member – "have promoted the human dignity of all people."

In 1986, Incarnate Word began

hosting annual Peace Fairs with educational content and planted a first "peace pole" monument to mark the beginning of its new master's degree in Peace and Justice.

"This degree was based on the words of Pope Paul VI: 'If you want peace, work for justice,'" Kirk said.

On Oct. 30, 1992, tragedy came to the Incarnate Word community when Dr. Bernard C. O'Halloran, an English professor, was murdered by a homeless man he had invited to his home.

"The Incarnate Word community remembers the anniversary date of his murder by these educational programs working towards a less-violent world through programs of justice and peace," Kirk said.

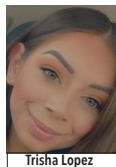
Student: 'Peace Day' participation changes perspective

By Trisha Lopez Special to the Logos

My experience at Peace Day not only changed my perspective on major issues in our world, but it also motivated me to take part in these issues to bring an end to them.

I had the opportunity of helping three events held on Peace Day: "Free Market Exchange," "Growing as a City of Compassion," and "This is Not a War Story."

Although all three events focused on different issues in our society, each one focused on the 12 sustainable goals of development in which Peace Day is focused on. These 12 sustainable goals



Trisha Lopez

of development deal with equality from education, financial status, available food, climate crisis, and many other important issues.

With the Free Market Exchange,

students and fellow staff members were able to donate and take any items located at the booth. The goal for this was to spread awareness of financial crisis, and the ability to share goods with one another without expecting any form of payment.

I then joined UIW faculty members and doctoral students with their mission to spread compassion throughout the UIW community. "Growing as a City of Compassion" was an informative presentation on current actions and plans at UIW to educate future generations on how they can be more compassionate, and even how compassion can be useful in the fields they wish to go into.

Finally, I had the opportunity of joining fellow Vietnam, Iraq, and Afghanistan veterans to watch "This is Not a War Story," a documentary that shows the perspective of veterans returning home after being deployed. The main

goal and message of this movie was to show the harsh reality many veterans have to deal with that are never shown through the majority of mainstream Hollywood movies.

Taking all of these events into consideration, I am glad I was given the opportunity to learn from many other people and have my perspective changed so I may share my new knowledge with others and do my part to bring peace to the world.

E-mail Lopez at tmlopez3@student.uiwtx.edu

Minimum wage needs congressional action

By Justin Kraiza
LOGOS EDITOR

Since 2009, Congress hasn't increased the federal minimum wage -- \$7.25 an hour.

National minimum wage increases are irregular, and prices have consistently risen annually. Each year the federal minimum wage remains unchanged, its purchasing power slowly erodes. This economic erosion effect means low-wage workers are forced to work longer hours to achieve the bare minimum standard of living despite labor productivity and growth soaring "119 percent over 56 years, 1968-2024," and increases in wages to a meager 28 percent, according to the Economic Policy Institute (EPI).

As an intended mechanism by President Franklin D. Roosevelt, the minimum wage is supposed to combat inequality and keep a middle-class lifestyle within grasp for all workers. Truthfully, this would actualize the "fairness" of the Fair Labor Standards Act, established more than 70 years ago. According to the EPI, "At the peak purchasing power of the minimum wage in 1968, a minimum wage worker earned \$10.59 per hour (in 2021 dollars), 46 percent more than a worker at the

\$7.25 federal minimum wage today."

Despite this, the economic capacity to deliver higher wages has more than doubled in the past 50 years as measured by labor productivity (the output produced by workers).

What's the holdup? Why are minimum-wage workers paid unreasonably and unfairly? Blame poor congressional action. If Congress applied minimum wage increases in correspondence with labor productivity and growth -- as they did until 1968 -- the minimum wage would be more than \$22 an hour. Proposed solutions are currently under congressional consideration by U.S. Sens. Bobby Scott, D-Va., and Bernie Sanders, an independent from Vermont. The Raise the Wage Act of 2021 -- a joint-action bill, which phases in a \$15 minimum wage by 2025 -- would raise earnings of over "32 million workers, 21 percent of the workforce."

The EPI think-tank states annual pay increases for year-round workers to be affected by \$3,300. The economic impact would be more significant for minorities, with "one in three black workers' wages rising (31 percent), and one in four Hispanic workers (26 percent)." Essential industries, including



Trevor Tealer/LOGOS Graphic

food, agriculture, healthcare, water, transportation, energy, manufacturing, government, and more, would see wage increases for 19 million people. The Raise the Wage Act wouldn't only end poverty wages but raise 3.7 million people -- including 1.7 million children -- out of poverty.

These ideas, notions, and facts are indisputable. While this left-leaning bill is matched with conservative criticism and opposition, minimum-wage increases have not led to sizable job losses. Authors Paul Wolfson and Dale Belmon reviewed 15 years of research published since 2001 -- which comprises 37 studies and 739 estimates -- and found the average estimated employment effect on minimum wage increases is very small.

Don't trust the perceived "politically influenced" authors? I suggest looking

no further than the Quarterly Journal of Economics.

The accredited publication conducted a meta-analysis (a statistical analysis

that combines the results of multiple scientific studies) among economists at the University of Massachusetts, University College London, and the EPI.

Studying data from more than 138 cities and states that raised the minimum pay from 1979-2016, the conclusion was reached that "low-wage workers received a 7 percent pay bump after a minimum-wage law went into effect, but there was little to no change in employment."

The time for a substantial pay increase for minimum wage workers is long overdue. It's necessary, just, and needed with an immediacy of action. It's time to double wages for workers expected to pay for rent, mortgage, food, water, public utilities, education, and car payments on a measly \$7.25 in Texas, and on a federal level.

E-mail Kraiza at kraiza@student.uiwtx.edu



Justin Kraiza

Personal reflections on decision-making

By Ruby Filoteo
LOGOS ASSISTANT EDITOR

For some reason this semester has really felt overwhelming, compared to other semesters.

I'm not sure if the transition from online to in-person this semester is a reason for me feeling this way. But it seems as if I'm not the only one. I have spoken to friends and professors of mine, and it seems as if a lot of people have lost their motivation and have felt overwhelmed lately.

I do admit I have a habit of doing too much, which sometimes can feel rewarding and other times feels overwhelming, but that is just the kind of person I am. I'm still working on finding balance with that habit.

One of my top strengths is an "Achiever." According to a recent assessment known as the "Clifton StrengthsFinder 2.0 Assessment," people exceptionally talented in the Achiever theme work hard and possess a great deal of stamina. They take immense satisfaction in being busy and productive. It has its benefits and its disadvantages, which I am currently working on.

I do plan on taking fewer classes this spring to help with the way I'm currently feeling right now. But what I am realizing about always being busy is I don't get time to relax and get "me time." Finding time for yourself is essential to healthy habits. Taking care of your health and happiness can

lower stress, which can then help with being more productive and having more energy. This semester, I felt it takes me longer to complete a project or read a book. I feel as if I'm pushing through something that is at the same time holding me back from finishing it.

So, by taking on fewer and less-demanding classes and classes, I believe I can relax and focus on other things more important to me.

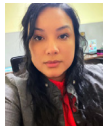
This semester has helped me realize life is precious, and nothing is more important than your health and happiness. Through self-reflection, making important decisions can help when learning from the past to help you make a choice in the future.

I am so looking forward to the

upcoming holidays and focusing on spending time with family, eating some good food, relaxing and enjoying the things I like to do. It's been so long since I have done that for myself.

Reflecting this semester has really helped me to think of what I want: "What makes Ruby happy? What do I want to spend my time on?"

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Ruby Filoteo

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Signed editorials in The Logos are

the express opinions of the writer, and not necessarily that of this newspaper, its staff or administration.
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The web page URL is www.uiwcommarts.com/the-logos/

The Logos is a member of the Associated Collegiate Press and Texas Intercollegiate Press Association.

Keep personal check on mental health

By **Camryn Leal**
LOGOS STAFF WRITER

Mental illness is a symptom of trauma, history of abuse, sexual assault, etc. Many live their lives unaware of their mental state, while others don't act upon it. Mental illness is when one experiences a lack of physical, mental, and social well-being.

Although we have a week and a month - Mental Health Awareness Week was observed Oct. 3-9 -- dedicated to mental health awareness, I believe we should practice it year-round. As college students, we have so much going on in our lives we tend to forget to take a step back and reflect on our mental state.

While it may be good to listen and support others and their struggles, it's necessary to become selfish in making sure we have the mental space for it. What good are we doing for ourselves if we feel mentally incomplete at the end of the day?

One of the most significant factors contributing to poor mental health for young adults is social media. Overindulgence in social media can stoke poor self-esteem, thus, affecting how we think, feel, and act.



Camryn Leal

Self-reflection is suitable for young adults like us because it's essential to tell reality from still learning how to be aware of our needs and rely on ourselves to meet them.

"Alone-time" allows us to pay close attention to our values and goals and evaluate whether we act in line with them. This exercise can strengthen our emotional intelligence, making it easier to cope with life's challenges.

You can do many different things to improve your mental health, such as staying positive, practicing gratitude, becoming physically active, getting enough sleep, connecting with others, meditating, etc.

It is just as important to realize change does not happen overnight. A person's mental health can change over time, depending on many factors. Improving your mental health takes a journey towards becoming the best person you can be.

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Jocelyn Jimenez /LOGOS Graphic

Remembering Native American Heritage Month

By **Victoria Velazquez**
LOGOS STAFF WRITER

November is here with dances and chants echoed by the spirits of Native Americans.

As more institutions celebrate Native American Heritage Month, we encourage the University of the Incarnate Word community to live the mission of service and become enlightened in the history, oral traditions, language, and culture of Native Americans.

In 1519, Spaniards entered Mexico and conquered the Aztecs as the conquistadors headed north in the name of "God, Gold, and Glory." As colonization expanded, so did the process of imposing European culture, power, and institutional structures on the natives.

Enforcing westernized education in a society pressures its human agents to assimilate in such a manner that traumatically impacts a population.

The experiences of the Native American population involved disease, starvation, retaliation, war, rape, murder, slavery, exploitation, reservations, and genocide.

Charles Alexander Eastman was a



Brandon Swaby/LOGOS STAFF

Indigenous Peoples' Day is celebrated Monday, Oct. 11, at the Blue Hole on the UIW campus.

Western-educated Native American writer and physician. He was stripped of his language, culture, identity, and forced to take a white name. Eastman was born of the Santee Sioux tribe in what is now known as Redwood Falls, Minn. He earned his bachelor's at Dartmouth College in Hanover, N.H., and his doctorate from Boston University.

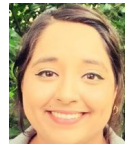
Eastman was a strong advocate for Native American rights and published numerous works offering a deeper perspective of what we refer to now as Native Epistemology, or the knowledge of Native American oral traditions, books, monuments, and art.

Dr. Horacio Vela, an assistant professor of religious studies at UIW, discusses

such concepts relative to his course on Our Lady of Guadalupe.

This course introduces the historical background of the religious icon with various cultural interpretations. The image first appeared after the event of Our Lady of Guadalupe, or the Virgin Mary, that had appeared to the native Aztec Juan Diego on the hill of Tepeyac in 16th-century Mexico City.

The various interpretations of the icon signify the depth of history and culture experienced through colonization, assimilation, and decolonization of the Indigenous population in Mexico as modern generations attempt to rediscover their identity and uncover their lost heritage.



Victoria Velazquez

Native Americans had a sophisticated and intricate system of agriculture, irrigation, music, dance, art, and holistic medicines. Comparable to other ancient societies, the Mesoamerica culture had violent tribal warfare and spiritual practices of human sacrifice.

They practiced a polytheistic religion, honoring different Gods and elements while tribal elders told stories of wisdom, war, peace, destruction, and healing.

This month is a reminder in the history of the people and places studied, remembered, and honored matters significantly.

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Two Cardinals celebrate Saturday, Oct. 30, during the homecoming game at Gayle and Tom Benson Stadium. The Cardinals won 49-21 over the visiting Houston Baptist University Huskies. The next home game is Nov. 6 Nimsi Coronado/LOGOS STAFF

Cardinals continue best start with homecoming victory

By Angelo Mitchell
LOGOS SPORTSWRITER

The University of the Incarnate Word's football team solidified its best start in school history with a dominating homecoming performance Saturday, Oct. 30, against conference foe Houston Baptist University, 49-21.

Overall, the Cardinals' 6-2 record lands UIW in second place of the Southland Conference at 4-1, its second-best start in school history, joining the 2018 Southland Conference champions.

Saturday's game showed UIW was getting back to basics including discipline. Coming off a disappointing 28-20 conference loss on the road Oct. 23 to McNeese in Lake Charles, La. — a team the Cardinals shut out 31-0 at home Sept. 25 — it was time to go back to the drawing board.

"We recommitted this week," Head Coach Eric Morris said after the homecoming game. "From a physicality standpoint, we challenged the offensive and defensive lines and they responded well. We really committed to running the football. (We were) well-balanced and we did well blocking up front. When we're balanced, it keeps the other team's defense off balanced. That's pretty good when we can get over 200 yards rushing. We preached a lot of discipline this week."

It's proven, offensively, the success of

the offense rests on the decision-making and arm strength of UIW's preseason All-America selection, sophomore quarterback Cameron Ward from West Columbia, Texas. Coming off his previous game where Ward threw three interceptions to McNeese, the 6-foot-3, 220-pound Ward said, "I knew what I needed to do to get better. Coach Morris — having a great offensive mind — helped me do what I needed to do. We played together, one of our best games this season."

Ward had his most efficient game as a college quarterback, completing 34 of 46 passes for 328 yards, and four touchdowns with zero interceptions. The most impressive stat was Ward's completion rate at 74 percent, also a career high. He also broke his own season record — set earlier this spring in a six-game season — for touchdown passes at 26. With the coaches putting him in a position to succeed on Satur-



Angelo Mitchell

days, it's likely that TD-pass record will be extended with three regular-season games to go.

The running-back tandem of grad students Kevin Brown from Mount Pleasant, S.C., and Marcus Cooper from Altair, Texas, combined for 197 rushing yards at Saturday's game. The 5-8, 185-pound Cooper gained 105 yards, with two touchdowns, averaging 5.8 a carry, while Brown, 5-9, 205 pounds, rushed for 92 yards and one touchdown, averaging 7.4 a pop.

Senior wide receiver Robert Ferrel from Sparks, Nev., led the team in receptions with 10, accounting for 102 yards and two touchdowns. Darion Chafin, a senior wide receiver from Wichita Falls, Texas, reeled in seven catches for 75 yards and one touchdown.

Senior linebacker Kelechi Anyalebechi from Pearland, Texas, led the defense with 11 tackles — one of them a sack. He had nine solo tackles and two assists. The 6-foot, 240-pounder is currently second in the conference in total tackles at 86 and is averaging a whopping 10.8 tackles a game. He's part of a conference-leading defense, giving up the least number of touchdowns (23), points (184), and average points per game at 23.

With the season coming down to the last three games, the conference championship could rest on the winner of UIW's last home game. At 2 p.m.

Saturday, Nov. 6, UIW will be hosting the Southeastern Louisiana Lions from Hammond, La. The Lions bring a 7-1 overall record and unbeaten and conference-leading 5-0 record.

Ward said he sees this meeting as a "must-win" game. "Everybody staying disciplined to the coaches is a huge key."

The "finish" theme has become part of this season's culture at UIW. Morris said, "We have to finish every drive, every quarter, every half. Not just on the game. I do feel good about the product we put on the field but we're not a finished product."

Discipline still plays a role in the team's success, Morris said.

"We can't have costly penalties," Morris said. "It starts with the coaches and the kids paying attention to detail. We're focused on each week, staying locked-in, focused on a conference championship. For us to do that, we have to win one game a week."

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Athletics administrator: Raising Cane's rallies build community

By **Aubrey Tovar**
LOGOS STAFF WRITER

The Thursdays before each home football game for the Cardinals, the University of the Incarnate Word's Athletics Department has been holding pep rallies at Raising Cane's restaurant, 1418 Austin Highway.

Incentivizing the attendance of these rallies is a football competition in which the winner receives free Raising Cane's

for a year.

The football competition encourages any attendee of the rally, patron of Raising Cane's, or any passerby to compete in a football-throwing competition for points. These points are accumulated from every pep rally and combined.

Free Raising Cane's for a year isn't the only incentive for UIW students and faculty; the department, team, or organization with the most points also receive UIW and Raising Cane's swag



Ashley Poronsky

bags. The current first-place individual is Johnathon Diaz. The UIW men's soccer team is the first-place organization. At the last pep rally, Thursday, Nov. 4, the winners will

be announced.

The Athletic Department hopes to use these events to encourage community-building between the San Antonio community and Incarnate Word.

"Marketing and sponsorships [are] a big part of what we do," said Ashley Poronsky, deputy assistant director of athletics, in stressing the importance of these events. "We want to get the UIW Athletics brand out to the community."

Volleyball heads for historic win season under coach

By **Austin Montoya**
LOGOS STAFF WRITER

The Cardinals volleyball team began its season with a 3-1 win over University of Texas-Arlington, two Cardinal Classic triumphs, and a hard-fought, 3-2 victory over the University of Louisiana-Lafayette.

Despite a strong start, the University of the Incarnate Word team, led by Head Coach Samantha Dabbs Thomas in her fourth year, has been plagued with minor injuries and COVID-19 protocols, causing key players to miss games.

Nevertheless, the Cardinals rank fifth in conference standings with three remaining matches on the road -- Nov. 4 at Northwestern State in Natchitoches, La., Nov. 6 at Southeastern Louisiana in Hammond, and Nov. 11 at Texas A&M-Corpus Christi.

The team potentially could surpass their previous best year under Dabbs -- 10 wins in 2018 -- and end the year with the most wins the program has had under her leadership.

The Cardinals look to compete in the Southland Conference postseason



UIW Volleyball Head Coach Samantha Dabbs Thomas discuss strategy with her team at a home game. **Nimsi Coronado/LOGOS STAFF**

tournament for only the second time in program history. The offense is an aspect of strength for the Cardinals as they lead the conference in kills and assists.

Senior outside hitter Bethany Clapp is leading the way, ranking third in the

conference in kills (3.24 per set) and service aces (.33 per set). Junior setter Natalie Martin has led the way with assists averaging 5.66 per set, placing her eighth in the conference.

Junior libero Macy Sumrall ranked fourth in the conference averaging 4.23

digs per set, and sophomore middle blocker Jacqueline Arrington is third in the conference in blocks per set at 1.12.

As of Oct. 29, the team's overall record was 10-16 and 5-6 in the conference. The home record is 5-7, 3-9 away and 2-0 neutral.

SOFTBALL SCENES



Three softball team players show their catching, batting, and pitching postures. The softball team at the University of the Incarnate Word is under a new head coach, Kimberly Dean, who was named in July. Last year's team had a 16-27 overall record and 9-18 Southland Conference record.

Nimsi Coronado/LOGOS STAFF



Justin Kraiza/LOGOS EDITOR "PIES, PIES, PIES" (1961). An oil painting featuring still lifes of mass-produced pies laid out cafeteria-style.



"UNTITLED" (DELI) (2016).



"STUFFED TOYS" (2004).

McNay celebrates 100-year-old artist

By Justin Kraiza
LOGOS EDITOR

The McNay Art Museum is exhibiting "Wayne Thiebaud 100: Paintings, Prints, and Drawings," a celebratory display featuring the California artist's accomplishments on canvas now through Jan. 16, 2022.

The career-long exhibition opens in Thiebaud's 100th year. As the largest survey of Thiebaud's work in 20 years, the exhibit highlights artwork by the Crocker Art Museum in Sacramento and the collection by Thiebaud Family and Foundation.

McNay Director and CEO Richard Aste, Head of Curatorial Affairs Rene Paul Barilleaux, and Assistant Curator Lauran Thompson organized the exhibit, presenting interactive aspects, including a personality color quiz foodie photo ops, tracing stations, and a #ThiebaudPhotoChallenge.

"People like to participate," Barilleaux

said. "We don't want visitors to have a passive experience. We want them to have an active experience in order to create memories for themselves."

Thiebaud built his reputation in the early '60s with still lifes of confections at cafeterias and middle-class diners, such as pies, cakes, ice cream cones, and other desserts.

By the mid-'60s, Thiebaud gained new recognition through fantastical interpretations of San Francisco's cityscape.

The McNay exhibit not only celebrates Thiebaud's legacy but recognizes how the California artist challenges himself by experimenting with brushstrokes, color, composition, light, and shadow.

"This is an artist reinventing himself," Barilleaux said. "He changes his technique, he adapts his style, he adapts his subject, he adapts his approach in order to push himself, but also to deliver the right message."

The message of appealing to "Americanness" is captured through still lifes, such as "PIES, PIES, PIES" (1961), to restitch the social fabric that defines American culture after over a year of separation.

Or the assortment of colorful monkeys, pigs, rabbits, and teddy bears, in "STUFFED TOYS" (2004). The "Americanness" of the West Coast is expressed in the broad river bends and colorful plains of Sacramento, "RIVER INTERSECTION" (2010).

"We worked with a community committee on organizing the exhibition," Thompson said. "A lot of our community committee members work in the restaurant industry. We got great feedback from them regarding the relevance of the exhibition. I think there are more elements that have become resonant [for people] after a year of isolation."

FYI

The McNay Art Museum, 6000 N. New Braunfels Ave., is open 10 a.m.-6 p.m. Wednesdays and Fridays, 10 a.m.-9 p.m. Thursdays, 10 a.m.-5 p.m. Saturdays, and noon-5 p.m. Sundays.

Admission is \$20 for adults, \$15 for students and seniors (65-plus), \$10 for teens, and free for children 12 and under and McNay members. Free admission for active and veteran military members and their families. Free access for recipients of SNAP, WIC and MAP.

This month, the McNay spearheads a citywide food and fund drive with cultural organizations across San Antonio, benefiting the San Antonio Food Bank. Locals will receive 10 percent off admission with any on-site food donations at the McNay through Nov. 30.

Professor settles into new role as faculty senate president

By **Gloria Gonzalez**
LOGOS STAFF WRITER

Twenty years ago, Dr. Glenn Ambrose was new to the faculty at the University of the Incarnate Word. Now he's leading his colleagues the next two years as Faculty Senate president.

Along the way, Ambrose has become an old hand at faculty governance, having chaired the Department of Religious Studies, and chairing the Senate's Faculty Affairs Committee. The Faculty Senate serves as the faculty's representative body. It is

the Faculty Senate's responsibility to initiate and review policies that foster the university's growth. As Faculty Senate president, Ambrose said he is committed to ensuring that UIW thrives, primarily through these difficult times.

Holding a seat on UIW's Board of Trustees, the longtime educator said he wants to provide fair representation and foster communication for a faculty that also includes his wife, Dr. Adrienne Ambrose, an associate professor of religious studies. "I understand that for faculty



Dr. Glenn Ambrose

members, a lot can be at stake when there's a change in leadership," Ambrose said. "I've been at the table for several years, and I recognize that not all institutions have shared governance like the one we have here at UIW. As president, I want there to be better communication between faculty and administrators. I aim to achieve this by regularly meeting with each

school's representative senator."

Dr. Tanja Stampfl, who chairs the English Department, said she's worked alongside Ambrose on faculty issues for many years and trusts his leadership.

"I had always appreciated Dr. Ambrose's willingness to listen to faculty and address important issues, such as when he served as the chair of Faculty Affairs," Stampfl said. "Now as Faculty Senate president, he actively solicits input from all schools, keeps us updated on any new developments, and I feel very confident in his leadership."

New director keeps campus engaged

By **Ala Hasan**
LOGOS STAFF WRITER

Shannon Twumasi has only been at work a few months as director of campus engagement at the University of the Incarnate Word, but she plans to keep Cardinals -- well -- engaged.

After kicking off the fall semester with a successful Welcome Week, Twumasi established creative initiatives to ensure a smooth transition into in-person learning, empowering students to revamp organizations

following the pandemic.

A San Antonio native, Twumasi said her undergraduate experience working with residence life inspired her to further her education in college student personnel administration at James Madison University in Harrisonburg, Va.

For the last four years, Twumasi has worked with the Student Programming Board at Trinity University -- a job that she said allowed her to gain hands-on experience with students and understand their passions.

And if she needed any further insight



Shannon Twumasi

in her SEC office about UIW's students, it probably doesn't hurt that just next door in the Gorman Building her mother, Dr. Tracie Edmond, is an accounting professor in the H-E-B School of Business and Administration. Plus Twumasi's sidekick, Janine Chavez, assistant director of Campus Engagement, is a longtime

administrator in the office.

UIW students appear to be enjoying the fruits of Twumasi's planning and labors, most recently a Spooky Pumpkin Patch. Making these events accessible to every student regardless of their schedule is emphasized within the calendar of events.

"I've been excited since I saw everybody dancing at Welcome Week," Twumasi said. "It's been a good time."

Showcase set to spotlight communication arts

By **Eileen Munoz**
LOGOS STAFF WRITER

The Department of Communication Arts is holding its second annual Communication Arts Showcase 6-8 p.m. Nov. 17 in the SEC Ballroom.

The showcase, which also will be livestreamed to reduce the crowd for COVID-19 safety protocols, will feature art, music, photography, short films, and fashion from communication art majors and more.

There will be music and a DJ at the showcase. Admission is free. Any student who has taken a least

one communication arts course can participate in the showcase as well as alumni and faculty who wish to display their talents as well.

Fliers posted on physical bulletin boards on campus as well as social media will include a QR code leading to a Google document for those who want to have their work displayed at the showcase. The form will ask for details like name, year, and the type of artwork, music, or media to be shown. However, the forms must be submitted before Nov. 3.

The first and last showcase was in



Dr. Darlene Carbajal

spring 2019. Dr. Darlene Carbajal, an assistant professor in communication arts, is working with her event planning class to prepare the showcase. Nathan Rodriguez, a communication arts grad student and teaching assistant, is working on a team with undergrads Lorenzo

Bustamante, Hillary Vargas, Layla Mireles, Kat Delgadillo, Jourdin Ortiz Carrasquillo, Maria-Elisa Trinidad and Jorge Quintero.

The team is working diligently to make the showcase a memorable one. "We are working to revamp the event from its first year," Quintero said.

Carbajal had this advice for those looking forward to the event.

"Make sure to save the date," she said.

Political science honors society picks leaders

Special to the Logos

The University of the Incarnate Word's chapter of Pi Sigma Alpha, a national political science honor society, has elected officers this fall.

Senior political science major Osvaldo Silguero, who is concentrating in pre-law, will serve as president. Silguero also represents the College of Humanities, Arts and Social Sciences

as the senior senator in the Student Government Association. A resident assistant and member of the Pre-Law Society, Silguero also has written for the Logos student newspaper.

Other officers for the group advised by Dr. Scott Dittloff, chair of the Department of Political Science, include Xaviera Newton, a junior political science major, as vice president;



Osvaldo Silguero

Louis-Marie Dieudonne, an exchange student from France and political science major, as secretary; and Jacqueline Navejar, a junior political science major, as treasurer.

Pi Sigma Alpha, founded in 1920, offers a variety of awards for students who excel in the field of political studies, such as scholarships, grants, and national conferences. Students interested in political studies are encouraged to join to promote their education and knowledge in political science, international relations, and public policy.



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