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STUDENT MEDIA

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Logos

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STUDENT-RUN NEWSPAPER FOR UNIVERSITY OF THE INCARNATE WORD

EST. 1935

UIW monitors vaccination, positivity rate

By **Victoria Velazquez**
LOGOS STAFF WRITER

The University of the Incarnate Word is moving closer to the Oct. 31 deadline for all its employees to prove they've been fully vaccinated for COVID-19 or show why they cannot.

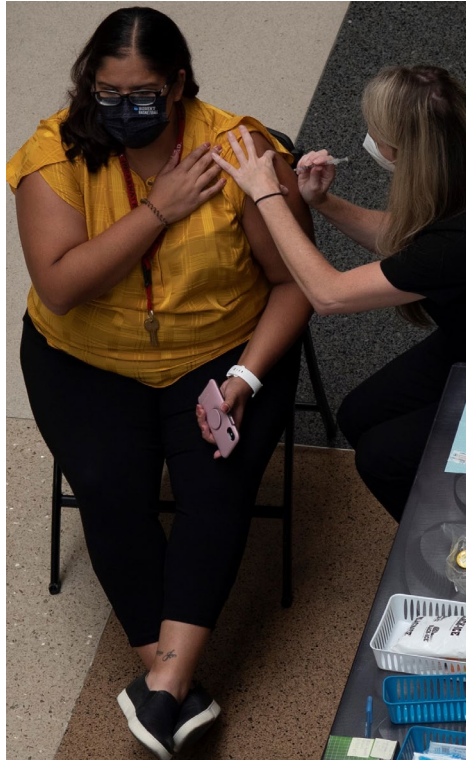
Even employees approved for accommodations "due to a disability or sincerely held religious beliefs" will be required to wear a mask, test at an interval in accordance with current UIW testing guidelines, social distance from others, and may be subject to other COVID-19 mitigation measures," based on a policy released Sept. 14 by the Office of Human Resources.

Meanwhile, UIW's medical team continues monitoring the positivity rate.

"We are at a lower rate than the City of San Antonio and Bexar County -- and we are thankful to our community for taking the appropriate measures to keep themselves and their families safe," said Dr. Shaylon Rettig, UIW's medical director.

COVID-19 cases appear to be declining in the area, but UIW must remain vigilant, Rettig said, pointing out the vast majority of cases involve the Delta variant and unvaccinated people.

The federal Centers for Disease



Faith McWalter/LOGOS STAFF
A nursing student, right, administers a vaccine in the SEC during a pop-up clinic. COVID-19 and flu vaccines were available.

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Conference to look at trauma issues

By **Alexis Gonzales**
LOGOS STAFF WRITER

The University of the Incarnate Word is hoping faculty will get their classes to join an online conference Oct. 29 dealing with "trauma-informed" pedagogy or practice, an administrator said.

UIW is hosting the "Resilience and Empowerment for Stressful Times" (R.E.S.T.) conference, said Dr. Susan Hall, director of the Center for Teaching and Learning on the second floor of the Administration Building.

"The provost (Dr. Barbara Aranda-Naranjo) has invited faculty to bring classes to conference presentations, when possible," Hall said.

There will be three general sessions featuring such subjects as "Moving Forward: Student Considerations on the Journey toward Success" with Dr. Lisa Gunderson; "What Have We Learned from the Pandemic that can Make Teaching and Learning Stronger Than Ever" with Dr. Todd D. Zakrajsek; and "The Art and Science of Well-Being," with Catholic Charities USA co-presenters Ben Wortham and Father Ragan Schriver.

The event addresses health and mental wellness through social awareness of the pandemic's impacts on students. The session featuring Gunderson, a college professor and clinical

Jump 'trauma' page 2

UIWtv wins five Lone Star Emmys

By **Dior Enriquez**
LOGOS STAFF WRITER

UIWtv, which won two Lone Star Emmys last year, has raised the bar even higher after the online station reaped five awards from nine nominations this time around.

The station won for "General Assignment/Light News," "Public Service Announcements," "Animation/Graphics/Special Effects," "Talent" and "Director." The nominations include "Newscast," "Sports,"

"Magazine" and "Photographer."

Multimedia journalist Joy Burgin, a communication arts major concentrating in multimedia-journalism, was a double winner in the "General Assignment/Light News" and "Talent" categories. Business major Serin Gupta produced the winning PSA. Station Operations Manager Antonio

Bocanegra II, a communication arts major concentrating in multimedia-production, came up with the winning animation/graphics/special effects. And Bocanegra, who won a PSA Emmy last year, shared this year's "Director" award with Alyssa Munoz, a communication arts major who serves as UIWtv's news director.

"(The awards) say a lot about the work students are doing," said Theresa



Dior Enriquez/LOGOS STAFF
Abigail Velez, a communication arts major from El Paso, prepares to audition in the studio for a UIWtv anchoring role.

Jump 'UIWtv wins' page 2



UIW monitors cont.

Control and Prevention recommends people aged 65 and older, residents 18 years and older in long-term care, and people aged 50-64 years with underlying medical conditions receive a booster dose of Pfizer-BioNTech's COVID-19 vaccine at least six months after completion of their Pfizer-BioNTech primary vaccine series. "Studies show that SARS-CoV-2

infections with the Delta variant within fully vaccinated persons are associated with less severe clinical outcomes than infections in unvaccinated persons, but at this time, there is uncertainty about how waning immunity amidst circulation of the Delta variant may impact fully vaccinated persons over time," Rettig said.

One of the main challenges faced by the medical community in the fight against COVID-19 is misinformation regarding coronavirus and vaccines as individuals are still choosing to not get vaccinated vs. following science-based recommendations from public health and medical professionals, he said. "Each time an individual gets infected it provides an opportunity for the virus to spread and mutate. To end the pandemic, we need people to get vaccinated." Of the millions receiving vaccines,

Rettig said, "0.003 percent" experienced adverse effects. "It's heartbreaking to see families torn apart because individuals refuse to vaccinate and have died after getting infected with COVID-19. Countless people are now widows, orphans, and generations within a family have ended prematurely because of misinformation."

UIWtv wins cont.

Coronado, a communication arts instructor who serves as adviser and general manager for UIWtv and KUIW radio station. "[The students are] always thinking about what will make UIWtv greater." Coronado also has had successfully applied for two \$50,000 public education grants through the city that has allowed UIWtv to update its studio and purchase new equipment to help students realize some of their ideas such as talk shows, more one-on-one interviews, and short-film showcases. UIWtv's officers were highly involved in the recent Emmy wins.



Antonio Bocanegra II

number of Emmy nominations. "It's great to see so many nominations," said Del Rosario, a communication arts major concentrating in multimedia-journalism. "It means we're doing great work that is actually being appreciated."

Del Rosario, a Puerto Rican native who aspires a professional career as a sports broadcaster, said she hopes to UIWtv can develop a weekly newscast.

"We've been keeping very busy spreading the word out, [getting] more and more people aware of who we are and what we do," she said.

As operations manager, Bocanegra oversees the entire organization while also handling day-to-day tasks, setting goals, keeping up with equipment and managing personnel. In the special effects category, he wanted to showcase "The Word on Campus" to embody the mission of UIWtv which is to serve the community and explore San Antonio.

"My hard work (and) the hard work of our officers, our volunteers and our people in the TV Practicum class have paid off," Bocanegra said. "It's great to see that, we are a small university, and we don't have the resources [other schools] have, so to see that we are accomplishing these kinds of things -- it's just grateful."

For Burgin's winning work on the "Snowpocalypse" assignment, she recorded, voiced, and produced this segment during the Valentine's Week Winter Storm of 2021. With no equipment other than her phone and only an eighth tank of gas, Burgin drove around her local area gathering footage and conducting on-the-spot interviews with other cold Texans. Burgin's "Talent" reel featured clips of her anchoring three broadcasts. "I was happy and excited," Burgin said when she learned her work had been nominated for awards. "We have a lot of exciting things coming up. We want to put everything we can into making this a huge asset for UIWtv." Munoz, who shared the "Director" award with Bocanegra, said their submission required filming the behind-the-scenes work during a newscast reel, showcasing a glimpse of the strong collaboration these officers have with each other. "We have a lot of fun with (UIWtv)," Munoz said. "We were all friends before we were coworkers. We want to set up a solid foundation for (the station), bring in new people and give them that learning experience so that they can take over when we are gone." UIWtv Program Director Zoe del Rosario said she was pleased at the

Trauma cont.

psychologist who works as an equity consultant and counselor, will look at ways to assist or create "excellent environments that can contribute to students' academic and personal growth and success across disciplines. Understanding how to service our students during this time is critical. Beginning with a quick grounding in the importance of the student on campus, we discuss our bias, the singular and cumulative impacts of (COVID-19), racialized violence and other traumas and how they might manifest in and outside of the classroom."

Zakrajsek, an associate professor in the Department of Family Medicine at the University of North Carolina-Chapel

Hill, describes his session as focusing on "what we learned during our shift to emergency remote teaching and, going forward, what can be kept, augmented, and even built upon to create even better educational experiences for our students." Wortham, vice president of behavioral health integration for Catholic Charities, and Schriver, a professor of social work at the University of Tennessee-Knoxville, will explore "ways to recognize stress and trauma in yourself and others close to you," emphasizing "how important it is in traumatic times to practice self-care to reduce stress and anxiety."

Students learn about mental health services

By Vanessa Palacios
LOGOS STAFF WRITER

University of the Incarnate Word students came out Thursday, Sept. 9, to hear about services available to help them maintain their mental health and keep them strong.

"Let's Taco bout Mental Health" was the brainchild of a committee wanting an interactive, positive, and student-friendly way to note September as "Suicide Awareness Month."

The outdoors event allowed students and the UIW community to understand mental health and increase access to mental health resources.

"We want students to feel that they are not alone, that there is help and in doing that we created this event to bring awareness to mental health, suicide prevention and education," said Dr. Kevin Milligan, director of UIW Behavioral Health Services. "I was anxious and excited in making this event, but

I am excited for it to see how it makes a difference to UIW students, faculty (and others). All the resources they get will be beneficial towards helping their mental state."

Mental health still has a stigma, Milligan said, that often keeps students who need help from seeking it.

"Mental health doesn't mean you're weak," he said. "(It) doesn't mean something is wrong with you. It means you're a person and you're dealing with life and with that we can help you, use our services. We are happy to help."

Suicide is the second-leading cause of death among college-aged students in the United States, Milligan said.

"Suicide is a permanent solution to a temporary problem," he said. "There is hope that we can help them through whatever they feel that is leading them to have suicidal thoughts, and we want to keep them alive and give them hope for a better future."

Volunteers check bulbs for 'Light the Way'

By Christina Emmett
LOGOS STAFF WRITER

There didn't appear to be any shortage of masked volunteers Saturday, Sept. 18, to help check Christmas lights to be used in the 35th annual "Light the Way."

The University of the Incarnate Word's annual holiday-lighting tradition kicks off Saturday, Nov. 20, but preparations for it go on year-round.

Since the university strings up more than a million lights, the work each student volunteer was doing in SEC Ballroom was crucial as well as allowing them to pick up community service hours required for graduation.

Each volunteer manned a table, wearing a mask and maintaining social distance as much as possible due to the pandemic. Some students walked around and picked up lights that had been checked to see if they were



Christina Emmett/LOGOS STAFF
Chloe Storer, a sophomore on the women's basketball team from Wangratta, Victoria, Australia, digs in with a tool and changes old bulbs in Christmas lights in the SEC Ballroom for the annual 'Light the Way' event. Several student athletes participated.

working properly, while others dropped off new lights and bulbs to be changed out. Both sides of the ballroom showcased large video screens of Christmas trees to convey a festive mood. And there was food.

"We understand that our army of students marches on their stomachs, so we go ahead and feed them some beautiful breakfast tacos and caffeine because coffee is great," said Meghan Kuentz, special event manager for

UIW's Office of Communications and Brand Marketing, which plans "Light the Way."

Many of the students already had earned their 45 community service hours but participated in the tradition anyway. Most of the participants were student-athletes representing baseball, swimming and diving, football, and men's and women's basketball. ("Light the Way" is) a year-round activity for the school's electrical team," Kuentz said. "Without them, it would never be completed."

"This is kind of a landmark for us to bring things back to a type of normalcy. A traditional event like 'Light the Way' will mitigate feelings of uncertainty and the anxiety that has come out of the past."

Festival requires COVID-19 health protocols

By Ana M. Lopez De Lara
LOGOS STAFF WRITER

The "Light the Way" festival is returning to some degree of normalcy, but vendors, students, staff, and faculty must follow health protocols related to the COVID-19 pandemic, a planner said.

The festival will take place 3-9 p.m.

Saturday, Nov. 20, but social distancing and masking as well as sanitary precautions will be emphasized, said Megan Kuentz, special events manager for the Office of Communications and Brand Marketing, in charge of planning the 35th annual event celebrating the holiday season.

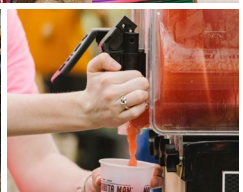
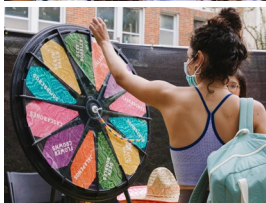
HEB is a key sponsor of the holi-

day-lighting tradition at the University of the Incarnate Word, which features more than a million Christmas lights. After the kickoff when the lights are turned on, they will stay on from dusk to dawn through Jan. 6.

Many volunteers help put on the event and a lot of preparation goes into "Light the Way," Kuentz said.

"(That's) what really brings UIW and the San Antonio community together," Kuentz said. "One of the best things about the University of the Incarnate Word is how dedicated we are to our community."

Latinx Heritage Month



Nimsi Coronado/LOGOS STAFF

The University of the Incarnate Word annually celebrates Hispanic Heritage month mid-September through mid-October. This fall, an outdoor event brought out several students to play games, try food and buy wares.

Non-traditional student leads SGA

By D'Angelina Clay
LOGOS STAFF WRITER

Not many full-time University of the Incarnate Word students can be a mother of two, wife, sorority president, experienced entrepreneur and still have time to lead the Student Government Association.

But that's exactly what Evalinda Davila is doing - ironically more than 20 years after her first experience on campus was getting married in the Chapel of the Incarnate Word.

"I remember being on campus, and there was just this feeling of family and comfort," Davila said.

Davila started college when she was younger but stopped when her mother became ill. Meanwhile, Davila started her own family and taught her children how to advocate for themselves.

Before returning to college, Davila described herself as a working-class mom, raising a daughter and son. She said she always strived to do what was best for her family and the people around her. When she found out her son had Asperger's syndrome, her work schedule conflicted with the doctor's appointments, so she decided

to start her own business.

After baking a cake for an attendance lady at her daughter's middle school, Davila was inspired to start a cake business.

"I catered to the working mom and dad who had a 30-minute lunch and wanted that sweetness to keep them going throughout the afternoon," Davila said.

Her cake business led her to meet many people and have incredible opportunities. She made cakes for people who supported the veteran community and public education. Her clients included renowned comedian Gabriel Iglesias. Not only did she meet George Lopez, but she got a proclamation from the Texas Senate.

After the cake business, she moved on to create a deli, and often donated food.

After her husband and daughter graduated from UIW, Davila decided to go back to school, starting at San Antonio College. Because she was an older student, Davila said she was always at school studying because she wanted to go through school quickly. She earned an associate degree in political science in a year-and-a-half at



Evalinda Davila

SAC before transferring to UIW.

But while she was at SAC, Davila said she became involved in student government. Since she was a non-traditional student, many people asked her for help, Davila said. It was like a calling to her. She had no intention of continuing being involved at UIW because she wanted to finish her studies in three years. She's still in political science with a concentration in American politics, but has also added criminal justice as another major.

But Davila said she was encouraged to run for SGA president by her predecessor.

"I saw that there was a need, and I saw that there wasn't a lot of information that went out to the students,"

Davila said.

Getting more involved was challenging. Davila was diagnosed with breast cancer in September 2019. She did chemotherapy, and it was a success. With the pandemic starting in spring 2020, she had to wait until early this year to have surgery. She had another surgery due to an infection and got out the Friday before campaigning for president with an agenda toward being a student advocate and pusher of traditions.

Davila represents students on UIW's Board of Trustees and Alumni Association's Board of Directors.. She's also president of Alpha Sigma Tau sorority.

Davila said her motivation for taking on demanding roles is helping people. She's been to Washington, D.C., and spoken to Congress about education for children with disabilities and housing for veterans.

"I feel like everyone should have everything supported to them, and it shouldn't be so hard to buy a house for a parent to advocate for their child if they need certain things to help with their education."

UIW River Jam



Nimsi Coronado/LOGOS STAFF

Cardinals enjoy the annual 'River Jam,' on Aug. 23, the first day of the fall academic year at the University of the Incarnate Word's Main Campus. The jam, featuring food, fellowship, band music and a comedian, was the opening of 'Welcome Week.'





The U.N. Humanitarian Air Service (UNHAS) operates this Bombardier CRJ-220J, seen at Dubai International Airport, for air missions. Jets are fast and offer a quick response, but the need of a dedicated runway and adequate infrastructure limits these jets' use.

Humanitarian air missions continue to take off

By Louis-Marie T. Dieudonné
LOGOS STAFF WRITER

As soon as humanity started to have associations dedicated to performing humanitarian missions, the means never ceased to expand, as more people as well as states began to be involved.

There are several humanitarian air services in the world, both public and private-owned. Reaching out to populations facing a serious and immediate danger requires the combination of several means of communication, coordination and transportation.

The air component is a cog in the greater machine that allows the transport of large quantities of supply at high speed in a single trip -- if there is somewhere to land. Such abilities led to the organization of several airlifts throughout history, among which the most famous is the Berlin airlift of 1948.

While most humanitarian air services are NGOs (non-governmental operations either controlled by an association of individuals or by a multinational organization), some may differ regarding their fundings or motives. Both the Humanitarian Air Services (European Union) and the U.N. Humanitarian Air Service (UNHAS) are funded by the member-states, respectively, of the European Union and the United Nations. But others such as Aviation Sans Frontières (based in France) or the Mission Aviation Fellowship (based in the United States) are partly funded by members, philanthropists, and businesses. The latter, as opposed to many others, is based on Protestant faith, and assists missions around the world.

All offer a variety of services, among which the most common are humanitarian logistics, initiation to flight, formations in school-workshops and for faith-based associations, helping with missionary missions. All missions previously described seem straightforward enough to understand their meaning, as they mainly strive for generating interest in the aviation sector as well as proposing formations, but human-

itarian logistics deserve a larger coverage. They account for 80 percent of all actions performed in the field and represent the backbone of the humanitarian missions everywhere in the world. Without them, all the humanitarian staff, equipment, supplies, means of communication, and means of transportation would be arriving in too few numbers too late.

In the ecosystem that is the sector of humanitarian logistics, all associations play a specific role related to its size. While the biggest actors such as UNHAS can deploy in every continent a sizable fleet of medium-sized aircraft from their own fleet or their partner's that requires the adequate infrastructure and maintenance, other smaller actors such as Aviation Sans Frontières are more specialized to reach smaller, less resource-consuming theatres of operation on a single continent thanks to their fleet that need little to no infrastructure support.

Some associations even have helicopters or seaplanes and are called by coordination agencies in case their specialty is required. Local air companies may exist, but they may not be as reliable as required for this type of mission and their coverage of the theatre of operations may be lackluster. Efficiency in this matter is ensuring supplies arrive well where they are intended to do so.

No two air operations are executed the same way due to constraints linked to the theatre of operations and the actors involved, but also how the airlift should be conducted (continuous stream of supply as opposed to a massive airdrop over a few months). Once again, the variety of actors and of airplanes available allows coordination agencies to do the best they can to meet the demands of an increasing population of people in need.

Thanks to these associations,



Louis-Marie Dieudonné

nationwide support has been successfully provided in the past, allowing populations in need to avoid an otherwise catastrophic crisis. The need to set up a large infrastructure to accommodate the basic and sometimes urgent needs of many individuals led to the organization of an airbridge over Beirut during the explosion of 2020, in which ASF took part. In coordination with International Health Partner (IHP), a British non-profit organization specialized in the coordination of medical supply, ASF successfully supplied Beirut with two metric tons of drugs, allowing 26,813 emergency operations to be performed.

Another example of an airdrop is the one organized by UNHAS in 2017 in South Sudan. The decision was motivated by several considerations: the roads were unsure and the deployment of personnel risky because the country was in a state of war on the one hand and on the other hand, a large population were concentrated inside Protection of Civilians camps, with the risk of famine. Due to the

huge costs, inherent to the nature of the equipment used, such operations are rare and only used as a last resort. Using eight aircraft carrying nearly 30 tons each, they dropped approximately 10 tons of supply just outside the camp, every trip.

While every person that acts in favor of humanitarian action represents a step further towards a safer, fairer and more liveable planet, one must not forget every job represented in the humanitarian action is just a cog in the greater machine. Food wouldn't be available if member-states of the World Food Programme did not create a reserve of such supplies. Food wouldn't be transported if it wasn't for the vast array of means available by both public and private services.

Finally, the food wouldn't be distributed where it needs to be if it wasn't for the agencies of coordination and transportation.

E-mail Dieudonné, an exchange student from France, at dieudonn@student.uwtx.edu



The Berlin Tempelhof airport -- seen from the ground in this 1948 photograph from the U.S. Air Force -- was crucial in delivering foods, coal, and clothing to trapped inhabitants and Allied troops in West Berlin for the famous airlift. The lack of direct and safe access to the area in which supplies are needed is an important factor in the decision to organize a humanitarian airlift to areas of need.

How life shaped my political values

By Justin Kraiza
LOGOS EDITOR

Binational Journalist, Alfredo Corchado's, "Midnight in Mexico," exposes a system of unregulated and unlimited campaign financing contributions. A state where the Sinaloa and Gulf Cartel subsidizes Mexican politicians and bureaucrats.

In this read, you get the illusion of democracy -- where politicians don't represent the people but illegal drug trafficking organizations. "Midnight in Mexico" isn't a guide on "how to survive a cartel hit for dummies." It's a groundbreaking story that prepares journalists in dealing with threats and verifying information in a country that stigmatizes the truth.

The truth of understanding who I am is shaped by two things: books and life experiences. Crazy, right? How could reading about what others believe help me better understand my belief? It doesn't. It helps me identify with perspective. No, it's not about understanding one's political position. It's about the value of

perspective. Whether it's built on credible and accurate information, that's how we separate an informed perspective from a misinformed one.

Historian and journalist Thomas Frank provides an informed view through his political commentary in "Listen, Liberal" and "The Wrecking Crew: How Conservatives Rule."

Frank expounds how contemporary Democratic politicians aren't representative of liberal values. The Obama Administration's TPP (Trans-Pacific Partnership) obstructed trade in cheap pharmaceuticals and pushed people to buy the expensive brand names -- leaving no protections for American workers, just competition. Or, "the party of the people" offshoring millions of American jobs through NAFTA (North American Free-Trade Agreement), established by the Clinton Administration, dramatically cutting labor costs.

It's the same private big-business profits and added governmental self-sabotage that has been a cornerstone of Republican rule. Putting federal

operations under the direction of people hostile to those operations' existence is the main tactic of conservative governance. Don't believe me? Look no further than former Environmental Protection Agency Administrator Anne Gorsuch, a Reagan hire with virtually no government experience. She stripped career employees' authority, concentrated power in a handful of cronies, and promised companies she wouldn't enforce specific EPA rules.

Think that's crazy?! What about stopping EPA action against air pollutants or attempting to undo a law reducing arsenic in drinking water. Frank's scathing commentary of both parties isn't only about fairness and honesty. His analysis understands belief comes not from political parties but from values. Values determine our thoughts, behavior



Justin Kraiza

and choice. The choice to elect a representative of our political values is sometimes present or absent.

I've come to understand I'm not a party loyalist nor a partisan hack. I'm an active observer. A person with liberal political values coming from an informed perspective. An educated perspective that liberalism has defeated fascism, established child labor laws, a minimum wage, public education, and labor unions that fought for workplace safety. It has led to virtuous institutions such as Medicare and the Social Security Administration that prevented millions of the elderly from spending their final years in abject poverty.

No, I don't view the Democratic Party as a monolith of liberal values. Not anymore at least. And, I would cautiously expect the same response from conservatives who vote Republican. Therefore, it's imperative to prioritize values over people and parties. Do you?

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

Keep track of your mental health

By Ruby Filoteo
LOGOS ASSISTANT EDITOR

Our emotional, psychological, and social well-being are all part of our mental health.

It has an impact on the way we think, feel, and act. It also affects how we deal with stress, interact with people, and make good decisions. From childhood and adolescence to adulthood, mental health is important at every stage of life.

A college student's academic performance and achievement might be impacted by mental health issues. Poor mental health can lead to a lack of motivation and difficulty focusing, which can result in poor grades.

Several studies have revealed that throughout the epidemic, young adults struggled with stress, anxiety, depression, suicidal

ideation, and substance addiction.

Mental health problems increased among Americans from August 2020 to February 2021, according to a report released in March by the federal Centers for Disease Control and Prevention, with the highest increases among those aged 18-29. Around 57 percent of those in that age bracket, up from 49 percent at the start of the poll, said they had anxiety or depression symptoms in the previous seven days.

So, how can college students help with mental health?

Counseling services are available through the University of the Incarnate Word's Behavior Health Services for students enrolled at UIW or related schools who are currently residing in Texas.

Take care of your health and well-being. Incorporate healthy nutrition,

physical activity, and social support into your everyday life to emphasize mental and physical wellness.

Time management is another critical skill that needs focus. Effective time management is essential for academic achievement. It's crucial to keep track of not only time, but also energy and mental well-being.

Maintain a record or notebook of mental health issues. We're all busy, and it's easy to lose sight of our mental health and how we're doing. If unpleasant feelings and symptoms worsen, students should seek mental health help from a professional as soon as possible.

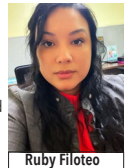
Finally, surround yourself with positive people, whether they are friends or relatives. Lack of social engagement can lead to depressive thinking, thus even if we feel lonely,

it's critical to engage in some constructive conversations.

It's natural to feel overwhelmed in college, but excellent mental health will help you manage stress, make better decisions, and socialize with others. You're succeeding by recognizing your worth and value, achieving your goals, and completing difficult activities, to name a few examples.

Rewarding yourself for all of your hard work is a good mental health tip.

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Writer: 'Woman's uterus belongs to no one'

By Camryn Leal
LOGOS STAFF WRITER

Women around the country are in disbelief and in fear with Texas's new "heartbeat" law that restricts women from having an abortion after six weeks.

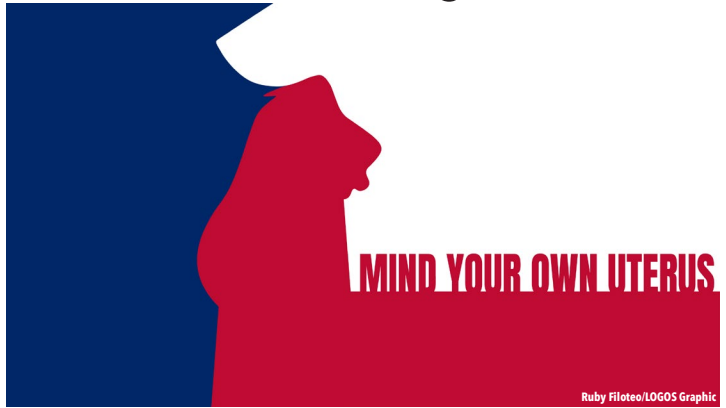
Why is it in Gov. Greg Abbott's best interest to have a say in a woman's body? Every woman should have the right to her own body, rather than that choice dictated by a man. This is not a pro-life perspective.

As a Latina, it is necessary to know the abortion rate among Hispanic women is double that of white women. Hispanic women also have a higher level of unintended pregnancy than white women. These higher rates reflect the difficulties within the Hispanic community when trying to access high-quality contraceptive services.

They use their chosen method of birth control consistently and effectively over long periods.

While many would agree this abortion law prevents children from becoming unborn, one should acknowledge the bigger picture: taking away a woman's right to what she wants to do with her body and her life.

Another factor towards this law is the scientific nature; the six-week time



A reference to "The Handmaid's Tale," a novel exploring themes of subjugated women in a patriarchal society.

period is when women discover they're pregnant -- in which now they cannot do anything about it. Abbott won't support exceptions in the abortion bill for victims of rape and incest, which reinforces the idea that women don't have rights, even when someone else violates their bodies.

The law also allows anyone who knows of someone terminating a

pregnancy to sue the woman.

There are many things wrong with the new law all around. No one should get involved with another woman's business, and more importantly, her choices. The way people can



Camryn Leal

receive money that they do not deserve through a lawsuit is unbearably wrong.

A woman's uterus belongs to no one. There cannot be anything more inhumane than Texas has established so far.

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Remembering 9-11-- 20 years after attack

By Gloria Gonzales
LOGOS STAFF WRITER

Twenty years have passed since al Qaeda terrorists hijacked four commercial airliners in a devastating attack against the United States.

The four aircraft strikes that occurred on 9-11 remain the deadliest attacks on American soil by a foreign entity. The events of 9-11 drastically changed our country, but for many the turmoil that unraveled from this historic day is remembered only through stories and documentaries.

The majority of the student body at the University of the Incarnate Word was not born the day Al-Qaeda attacked our country. For these students, watching videos of terrorists flying two airlines into the World Trade Center's Twin Towers is gut-wrenching to watch, but for their parents, it was a personal experience that changed their lives.

On Sept. 8, UIW's Interfaith Council and Mission and Ministry held a virtual service to remember the thousands of lives lost on Sept. 11, 2001. This year's remembrance marked the community's 19th remembrance service. It captured

the beauty of UIW's mission to unite its students with the global community.

"It is important that we keep having our 9-11 Remembrance Service with an interfaith presence because the attack didn't just impact New York City," Bishop Trevor Alexander, the Protestant chaplain for the university. "It also impacted the world. It wasn't just Americans who died during the attack. Employees from over 26 countries died at the World Trade Center."

The 9/11 Remembrance Service provided community members from all faith backgrounds to join in prayer. By the end of the service, it was clear the remnants from 9/11 would be with every generation regardless of age.

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Gloria Gonzales



The second plane is about to hit the second World Trade Center building on Sept. 11, 2001.



Nimsi Coronado/LOGOS STAFF

Cardinals running back Marcus Cooper, center, weaves his way for more yardage Sept. 11 in the first home game at Gayle and Tom Benson Stadium Saturday, Sept. 11, against Prairie View A&M University in the first home game. UIW won 40-9. The team is now 4-1.

Cardinals' season gets memorable wins

By Austin Montoya
LOGOS SPORTSWRITER

Faced with adversity at the season's start, the University of the Incarnate Word football team has responded with some memorable performances.

Expectations were sky-high as the team returned many key pieces from an offense that averaged 40 points a game

in the shortened six-game 2021 spring season. Following their work from February through April, quarterback Cameron Ward, and running back Kevin Brown had the team poised for a strong start.

The Cardinals led Youngstown State 41-38 with 39 seconds left in the first game of the season, Sept. 2, on the

road in Ohio. But Youngstown used that time to drive down the field for a game-tying field goal. In overtime, the Cardinals fell 44-41.

Head Coach Eric Morris and the Cardinals rebounded from that loss to four straight victories, disposing of Prairie View A&M 40-9, beating Texas State 42-34, shutting out Southland

Conference rival McNeese 31-0, and taking Northwestern State 38-27.

The Texas State victory was the UIW's first over a Football Bowl Subdivision school (FBS). And the Cardinals' win over McNeese was the school's first shutout since leaping to Division I.

Football team off to historic start

By Angelo Mitchell
LOGOS SPORTSWRITER

Nearly halfway through the season, the University of the Incarnate Word's football team is off to its best start in history with a 4-1 record.

Following an opening overtime loss 44-41 to Youngstown State, 41-44, on Sept. 2 in Ohio, the Cardinals have reeled off four straight wins, starting with a dominating 40-9 win at home over Prairie View A&M University.

On Sept. 18, the Cardinals rolled to a historic win over Texas State University's Bobcats 42-34 on the road in San Marcos - its first victory over a Football Bowl Series (FBS) foe. A week later, Sept. 25, the Cardinals shut out Southland Conference rival McNeese State 31-0, the first such defensive gem under Head Coach Eric Morris. After beating Northwestern State, 38-27, on the road Saturday, Oct. 2, in Natchitoches, La., UIW sits alone, undefeated in first place in conference play with a 2-0 mark.

Despite the success, Morris isn't resting on these laurels.

"We started just like this last season," Morris said, referring to the Cardinals' 3-0 start in the six-game spring 2021 season that ended up 3-3 after losing the last three.

"(We) can't be reading our own press clippings," he said. "We're not that good right now. (We) got to continue to crop wood at practice, week in and week out."

The last two seasons, UIW has had dismal, back-to-back second halves, which inspired the team's "Finish" theme this season. "Got to stay mentally and physically strong enough to make it happen."

So far, UIW's "Air Raid" offensive attack is playing with all weapons on deck and at its disposal, clicking on all cylinders. UIW's prolific offense is averaging close to 40 points a game, hasn't scored less than 31 points in any game, and is averaging 451.2 total yards each outing.

The high-powered offense starts with sophomore quarterback Cameron Ward from West Columbia, Texas. The 6-3, 220-pound Ward is averaging 327 yards a game. He's been intercepted three times while completing 16 touchdowns. His pass-completion rate is more than 60 percent. After the Texas State victory, Ward was selected Southland Offensive Player of the Week, his first of the season. His distribution of the football to different receivers has been exceptional. UIW has five receivers with at least 15

receptions through five games. Four of these receivers are in the top 10 in total yardage in the conference.

What has developed at the runningback position is UIW's version of thunder-and-lightning, with the duo of grad students Kevin Brown, 5-9, 205 pounds, from Mount Pleasant, S.C., and Marcus Cooper, 5-8, 185 pounds, from Altair, Texas. The duo is averaging 122.2 yards a game at 4.1 yards a pop and nine touchdowns between them. Brown earned the thunder moniker with his bruising style of running at a 4.8 rushing average and five TDs and Cooper is lightning with his elusive style on display with a 5.6 rushing average with four TDs. Both are in the top 10 for rushing touchdowns in the conference.

The defense was the big question mark coming into the season. One element that wasn't a concern was the experience returning. With 10 starters returning, the vision of the defense was only positive. Leading the defense is senior linebacker Kelechi Anyalebechi, a 6-foot, 240-pounder from Pearland, Texas. Based on the trajectory of his play, Anyalebechi, already a two-time Southland Defensive Player of the Week, could be a front-running



Angelo Mitchell

candidate for Defensive Player of the Year. He currently leads the conference in total tackles at 52 and is averaging a whopping 10.4 tackles per game.

The defense is sitting at No. 1 in the conference: giving up the least number of touchdowns (13), points (114), and average points per game at 22.8.

With the offense ranked No. 2 in the conference, the Cardinals are sitting right where they want to be with a one-two punch going into the second half of the season.

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Nimsi Coronado/LOGOS STAFF

Field of play: While the Cardinals football team rests at halftime, the University of the Incarnate Word's marching band takes the field at Gayle and Tom Benson Stadium.



NBA applies pressure on unvaccinated ballers

By **Abigail Velez**
LOGOS SPORTSWRITER

The National Basketball Association has decided not to require the COVID-19 vaccine for players on its 2021-2022 NBA roster.

However, players choosing to refuse the vaccine are now required to follow daily health protocols such as regular COVID testing and symptom-watching.

The NBA has required vaccinations for different areas of staff such as media representatives, trainers and medical staff, and referees. The only exemption of this rule would fall on the basis of religious beliefs. (One player denied a religious exemption,

Andrew Wiggins of the Golden State Warriors, was vaccinated recently. His sister, Angelica, once played guard for the women's team at the University of the Incarnate Word).

More than 90 percent of the league is vaccinated which some might say places extra pressure on those still refusing the vaccine with only a few weeks left of post-season.

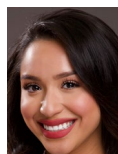
Despite the lack of NBA vaccine mandates, at the beginning of September, New York, San Francisco and surrounding areas agreed to make vaccines mandatory for players. Teams affected will be the Warriors, New York Knicks, and the Brooklyn Nets

where star point guard Kyrie Irving represents the new face of anti-vaxxers.

"I know the focus has to be at an all-time high, no distractions," Irving said Sept. 27 virtually at the Nets' Media Day. "This is the last thing I wanted to create. More distractions and more hoopla and more drama around this."

Irving attended his team's Media Day virtually due to Brooklyn city laws requiring at least one dose of the vaccine among athletes to participate in team events.

The NBA is cracking down on players refusing the vaccine, saying the league is willing to withhold pay from an athlete should they need to miss a



Abigail Velez

game, said NBA spokesman Mike Bass. This could potentially cost Irving \$300,000 a game.

"What (Irving) does is not on us to speculate what may be

happening, but we trust in Kyrie," Nets forward Kevin Durant said of his teammate. "I expect us to have our whole team at some point."

E-mail Velez at avelez@student.uiwtx.edu

UIW joins fencing federation

Special to the Logos

The University of the Incarnate Word men's and women's fencing teams are moving to a new conference -- the Mountain Pacific Sports Federation.

Mountain Pacific is comprised of 64 teams representing 33 institutions in 11 sports, said Foti Mellis, executive director of the federation which first competed as a conference in 1992-93.

The fencing Cardinals will continue parrying with traditional conference opponents Stanford, University of California-San Diego and Air Force. Each of these four programs enters Mountain Pacific after an historical year in the Western Fencing Conference (WFC), when all four advanced to the NCAA Championships and enjoyed

record-breaking seasons. WCF was an amalgamation of fencing teams.

UIW's men and women enjoyed their best finish ever last spring, when their six qualifiers scored 39 points to achieve a combined 14th place in the 2021 NCAA Fencing Championships in State College, Pa.

According to UIW head fencing coach John Moreau, the new conference will strive to schedule its championship meet each year to coincide with an NCAA regional, UIW Head Coach John Moreau said.

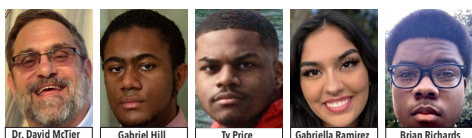
That will "give more student-athletes a chance to compete" in a championship setting, Moreau said.



John Moreau

Entertainment

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Theatre returns to live stage

Special to the Logos

"All Hail Hurricane Gordo," the first live production since fall 2019, opened Friday night in Elizabeth Huth Coates Theatre at the University of the Incarnate Word.

The play, a comedy by Carly Mensch, continues at 7 p.m. Thursday, Oct. 7, and 8 p.m. Friday and Saturday, Oct. 8-9.

"Theatre is back," Dr. David McTier, a professor and chair of the Department of Theatre Arts. He's had to contend with the changes wrought by COVID-19 when the spring 2020 season was cancelled and any semblance of theatre in the 2020-21 academic year involved virtual strategies.

McTier, who is directing "All

Hail Hurricane Gordo," has had to maintain safety protocols even during auditions that led to the casting of four theatre arts majors for the play.

The plot involves the Flynn brothers, Chaz and Gordo, whose daily struggles just to pay their apartment rent are interrupted when they take in a young female houseguest who's run away from home. Later, they must contend with the 18-year-old woman's father.

Gabriel Hill, a native of Orange, Texas, who is in his second year at UIW, plays the older brother, Chaz, and Houston junior Ty Price is Gordo. Gabriella Ramirez of McCombe, Texas, is India. Ramirez's in her fourth year at UIW. Brian Richards, a sophomore from San Antonio, plays India's father,



Chloe Hippolito-Unibe/LOGOS STAFF

Wearing masks, students Gabriel Hill, left, Gabriella Ramirez, and Ty Price rehearse a scene from 'All Hail Hurricane Gordo.'

Oscar Waterman, described as a successful 56-year-old man stuck in the mid-'60s trying to win back the affection of his rebellious daughter.

The players will do their scenes before an audience required to wear masks and stay socially distanced.

"We will adhere to UIW's COVID safety protocols to help keep everyone safe as possible," McTier said. "We ask that everyone wear a mask during the entirety of the performance and also sit with distance. Going with

approximately three feet distance, we should be able to seat 120, which is 50 percent occupancy."

FVI: University of the Incarnate Word students, faculty and staff may attend the show free with a valid UIW ID.

Otherwise, ticket prices range from \$12 for adults, \$8 for non-UIW students, and \$7 for groups of 10 or more.

For more information and ticket reservations, call (210) 829-3810.

Orchestra invites guest pianist for Beethoven concert

The Orchestra of the Incarnate Word will feature Russian-born pianist Osiip Nikiforov in a "Beethoven 251" concert at 3 p.m. Sunday, Oct. 10, in Diane Bennack Concert Hall.

Nikiforov, a doctoral student at Rice University in Houston, won the bronze medal in 2016 at the San Antonio International Piano Competition (now the Gurwitz International Piano Competition).

The pianist will be featured on "Piano Concerto No. 5 in E-flat, Opus 73" under the baton of orchestra conductor Terence Frazor. The other work that will be featured is "Symphony No. 7 in A, Opus 92."

Nikiforov, a native of Abakan, Russia, was born into a musical family. He received his first piano lessons at age 6 from his father. After winning numerous competitions and awards in Russia, Nikiforov came to the

United States where he graduated from the University of Minnesota.

In addition to regular appearances on the Salon Se Leve Concert Series in Minneapolis, Nikiforov has been heard in solo recital in the Schubert Club Courtyard Concert Series in St. Paul, Minn., and Myra Hess Concert Series in Chicago. He has also been heard on Minnesota Public Radio. As an orchestral soloist, Nikiforov has performed with the Minnesota Orchestra and Khkassia Symphony Orchestra in Russia.

He also has studied with Yefim Bronfman, an internationally recognized pianist, at the Manhattan School of Music in New York City. Nikiforov is a student of Jon Kimura Parker at Rice where he is pursuing a Doctor of Musical Arts degree.

Frazor, a Texas native, is a member of the music faculty at the University of the Incarnate Word, and serves as artistic director of San Antonio's Mozart Festival Texas. He founded the Laredo Philharmonic Orchestra and served 22 years as its musical director and conductor. He has served as a guest conductor with Manchester Camerata in the United Kingdom, Sao Paulo State Symphony in Brazil, UNAM Philharmonic in Mexico City, Symphony Orchestra in Zurich, Switzerland, Brooklyn Philharmonic (New York City), and National Orchestra of El Salvador.

Frazor is a graduate of Mannes College of Music in NYC where he studied with Paul Berl, and the Mozarteum (Salzburg), where he worked with Carl Melles and Herbert von Karajan. He also studied conducting



at McGill University in Montreal, Canada, with Alexander Brott and with Igor Markevitch in Monaco.

Beginning his professional career in the Big Apple, Frazor simultaneously held the positions of assistant conductor to the legendary Leopold Stokowski (American Symphony Orchestra) and Julius Rudel (NYC Opera and Caramore Festival). He also served as music director of NYC's Bel Canto Opera Company. In addition to several highly successful concert tours with the Bournemouth Sinfonietta throughout the south of England, Frazor conducted that orchestra on several recordings which include the music of Mozart, Villa-Lobos, Rodrigo, and Mexican composer Eduardo Angulo.

ORCHESTRA OF THE INCARNATE WORD

Music director and conductor: Terence Frazor.

Violin: Kevin Garcia-Hettinger, concertmaster, Cheyenne Kennel, assistant concertmaster; Jennifer Garcia-Hettinger, principal; James Mack, assistant principal; Scott Anderson, Taylor Andrews, Ashley Arvis, Hayley Bartlett, Tobie Cardenas, Sahari Cervantes, Ellen A. Chappell,

Leticia DeLeon, Cristina Flores, Darren Garza, Adam McGee, Noelle Nimchan, Natsume Petri, Susannah Rabourn, Iliana Richardson, Nicholas Ruiz, Christopher Singer and Gloria Wu.

Viola: Klaus Weinelt, principal; John Thornton, associate principal; Joaquin Gomez, assistant principal; Eloise Gray, Karen Jensen, Roseann Parkhurst and Samantha Rubiano.

Cello: Alexis von Biedefeld, principal; Jackie Lin, assistant principal; Vincent Garcia-Hettinger, Holland Kirks, Xavier Lefandre, Mary Ann McFee and Eric Pawkett.

Bass: Michelle Scanlan, principal, and Andrew Przybala, assistant principal.

Flute: Melvina Medley-Turner, principal, and Shirley Gauthier. Oboe: Brittany Hansen,

principal, and Leo Benavides. Clarinet: Stephen Moesen, principal, and Shaun Guzman.

Bassoon: Katie Martz, principal, and Vanessa Davies. Horn: Laura Renard, principal, and David Hale.

Trumpet: Erick Matta, principal, and Keith Hansen.

Timpani: William Gowan, principal.



These are pieces from the 46th annual juried exhibition featuring Fiber Artists of San Antonio work which will be displayed Oct. 8-Nov. 12 in Kelso Art Center's Semmes and Condos Student Gallery at the University of the Incarnate Word.

Reception set for annual Fiber Artists show at UIW

An opening reception for the 46th annual juried exhibition featuring Fiber Artists of San Antonio will be 6-8 p.m. Friday at the University of the Incarnate Word.

"The Language of Fiber Art" is theme for the exhibition featuring pieces Oct. 8-Nov. 12 in Kelso Art Center's Semmes and Condos Student Gallery.

"Fiber lends a unique expression in art that has its own distinctive delivery

of the message," according to a news release from Fiber Artists, a non-profit organization whose mission is to promote and advance fiber as an art form through education and exhibition opportunities. "Whether traditional or non-traditional techniques are employed, there is an observable richness through this medium. Come join us in sharing stories, ideas, or conceptual designs so specially told

through fiber art."

This exhibition will be juried by Sarah Fox, a San Antonio artist-educator. She is director of the innovative community art space Clamp Light Studios and Gallery, the creator and co-director for the Brick Gallery in the Blue Star Arts Complex.



Sarah Fox

Originally from New Jersey, Fox grew up in Houston and earned a bachelor's degree in art from Southwestern University in Georgetown, Texas. After spending some time pursuing a career in graphic design and illustration, Fox now spends an average of 60 hours a week generating collages, drawings, and paintings that she shows and sells in local and regional galleries.

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Build Your Network

In each location, students are paired with with local students to gain deeper understanding of the business and country culture. Excursions, events, and activities bring a variety of opportunities to build each student's network based on their specific interests.

Become a Global Business Professional

Students are invited to visit with diplomats and special guests before/after their presentations to the UIW community. These special events are also attended by selected UIW executive members, which will allow students to practice dialogue at an executive level.

4 countries, 1 degree

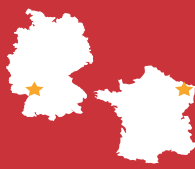
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Get to know UIW during your first year at UIW's San Antonio, TX campus in the U.S.



Year Two

Explore all Europe has to offer in year two, studying in Germany and UIW's Center in France



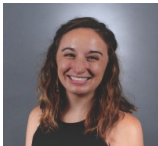
Year Three

Hone your skills Junior year at UIW's Mexico campuses while immersing yourself in vibrant business culture



Year Four

Prepare for your next adventure as you finish your senior year back in the U.S.



CONTACT:

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