

Logos

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UIW sees consistent numbers



The final figures aren't in for the fall but the University of the Incarnate Word has seen growth in the number of international students, and 'consistency' among the usual generators of enrollment

By Stephen Anderson
LOGOS STAFF WRITER

The University of the Incarnate Word might not be setting a new enrollment record this fall when the final figures come in but there's plenty in the potential number to keep one administrator smiling.

"Our enrollment has been consistent over the past several years," Dean of Enrollment Andrea Cyterski-Acosta said. "Freshmen -- we'll probably have around 926. And we have around 300 transfer students coming in as well. It is a large class, but it's a consistent one."

"We work pretty closely with students. We're a unique institution. A student who may want a UT-type of a campus or an A&M-type of campus might not be happy here. So we want to be sure we have students we're a good fit for and who are a good fit for us as well."

Eighty undergraduate, graduate and professional degrees -- optometry, nursing, pharmacy and physical therapy -- have resulted in consistent numbers and on the horizon an osteopathic medical school is expected to open at Brooks City Base in fall 2017. In fact, Cyterski-Acosta will be the med school's first associate dean of admissions starting Nov. 1. UIW had three candidates to replace her on campus last week.

UIW has also expanded beyond San Antonio with campuses in Corpus Christi and Killeen. There are two campuses in Mexico, making UIW the only American university with two campuses in Mexico. The school also has a center in Heidelberg, Germany.

Another noticeable number that's been going up consistently is the trend of more international students choosing UIW to seek their degrees. International students,

representing more than 70 countries, make up 19 percent of UIW's roll.

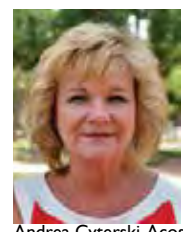
The community feel for the university is also cited as an attraction.

"Because of the type of institution we are, that strong sense of community sets the foundation," Cyterski-Acosta said. "I think that with that and everything that goes into being a student is how you conduct yourself. It is all about balance."

"I always tell a commuter student to not come, go to class and go home. There's things to be involved with. Even if you don't live on campus, get involved. For a resident student who is here all the time, they have the temptation to want to do everything. You can't do everything -- especially if you are making the transition from a high school senior to college freshman."

"I don't think students understand how important choosing a college is. You can't just take a campus tour and go home. You have to come and talk to people, talk to your future professors, students and even graduates."

"I would advise students to make sure and not wait until the end of their senior (year) to do that. Just as we did all summer we met with high school seniors about why UIW would be a good fit for them. We couldn't be happier to see our students happy. I'm happy if I know if the students we're enrolling graduate on time, if they're happy and they have a good experience."



Andrea Cyterski-Acosta

Cardinals split on campus carry

By Stephen M. Sanchez
LOGOS STAFF WRITER

University of the Incarnate Word students seem split on whether or not the university should opt-in on a Texas law allowing people with gun licenses to carry concealed weapons on campus.

The Campus Carry law, signed by Gov. Greg Abbott in June, allows students at public-funded universities such as the University of Texas-San Antonio to carry their concealed weapons in some areas of the campus

starting August 2016. Universities can declare some areas of a campus "gun free," but not the entire campus.

Under the law, private universities in the city such as UIW, St. Mary's, Our Lady of the Lake, and Trinity have the option to keep guns off campus altogether. School presidents -- such as UIW's Dr. Louis J. Agnese Jr. -- can write "reasonable rules, regulations or other provisions" related to guns after consulting students,

staff and faculty. UIW's Board of Trustees also must approve any rules before they go into effect.

Alex Saldana, an athletic training major, said students should be able to carry guns on campus if it makes them



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Campus gun carry cont.

Students slow to use library's extended hours

By Queen Ramirez
LOGOS STAFF WRITER

University of the Incarnate Word students are not coming in droves yet to take advantage of the library's extended hours this fall but the number is likely to pick up.

Most students using J.E. and L.E. Mabee Library are leaving between 11:30 p.m. and midnight although the extended hours are from 7 a.m. to 2 a.m. Monday through Thursday under a pilot program.

The extended hours are being made possible through the Legacy Fund the Student Government Association is managing.

The decision to extend hours came from the students themselves, said Dell Davis, director of public services for the library.

"We welcome students to come to the library to hang out and study," Davis said.

During the library's extended hours, services such as printing, photocopying, scanning, and reserving rooms are available until the last 15 minutes before closing time. However, once it is 10 p.m., students who choose to stay in the library must



Signs in the lobby of J.E. and L.E. Mabee Library remind students of the experimental extended hours for the fall.

present a valid student ID.

With students still adjusting to the first few weeks of school, it's likely many are unaware of the new extended hours. According to records kept from past school years, more students visit the library during October when the patronage reaches about 36,000.

In the article, "Students and Libraries May Benefit from Late Night Hours" by Richard Hayman, research shows the most popular time to visit a library as an undergraduate is between 11 p.m. and 2 a.m.

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Freshmen receive pins in traditional ceremony.

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NEWS

WORD UP

HAVE YOU HEARD THE NEWS?

Compiled by Assistant Editor Priscilla Aguirre

Chicago fire burns historic bowling alley

One of Chicago's oldest bowling alleys, Lincoln Square Lanes, was engulfed in flames on the north side of the city. Fire officials said the three-alarm blaze started around 1 a.m. on the second floor of the building, which featured the newly remodeled bowling alley on the second floor and a hardware store on the first floor. The roof of the venue collapsed in the flames. Two firefighters were hospitalized with minor injuries. The cause of the fire may have been the grill in the building but investigators had not yet entered the building. The fire remains under investigation.

Hokies honor gunned-down journalists

The Virginia Tech football team plans to wear helmet stickers honoring two alumni – WDBJ journalists Alison Parker and Adam Ward – who were shot and killed Aug. 26 during a live newscast. The two were killed by Vester Lee Flanagan, also known as Brice Williams, a former employee of WDBJ. The Hokies will wear the stickers, featuring teal and maroon ribbons, during their season opener against Ohio State on Labor Day. Teal was Parker's favorite color, and maroon – Virginia Tech's school color – will represent Ward.

Mount McKinley gets old name

The name of Mount McKinley, the tallest mountain in North America, has been changed back to its original native Alaskan, Denali. President Barack Obama announced the change ahead of a three-day visit to Alaska to highlight climate change. Alaska has been trying to change the name for decades but has been blocked by Ohio, the home state of



Denali is the original and current name of McKinley.

William McKinley, the 25th president. Denali translates as "High One" or "Great One" and is used widely by locals.

'Nightmare' film creator dies



Wes Craven left a legacy in horror films.

American horror film director Wes Craven, 76, died at his Los Angeles home from brain cancer. Craven wrote and directed "A Nightmare on Elm Street" in 1984.

His "Scream" franchise grossed more than \$300 million in the United States alone. Craven was credited with reinventing the teen horror genre when the first film featuring Freddy Kruger was released in 1984 starring a then-unknown Johnny Depp.

Texan held in deputy's shooting death

A Texas man is being held without bail after police say he shot and killed a sheriff's deputy Aug. 28 at a suburban gas station in Houston. The man, Shannon Jaruay Miles, emptied his 15-round handgun into the back and the back of the head of Deputy Darren Goforth. Houston officials did not disclose a motive, but took issue with recent protests against police officers. Prosecutors say Miles shot the officer 15 times. There is no evidence he and Goforth knew one another.

Campus gun carry cont.

feel safer. Saldana also said students carrying guns could help end a situation on campus, such as a school shooting.

In order to be able to carry a gun on campus, Saldana said, students should "register with the police and obey any rules the university sets."

However, the problem still arises as to how the university's police department regulates who is carrying a gun while they are on campus.

Saldana said the university's police department should be able to inspect students to create a safe environment but also believes "some people will take it as an invasion of privacy."

Sophomore interdisciplinary studies major Kaitlynn Fuentes said she would be against UIW allowing campus carry.

Students carrying guns on campus "would put students at a greater risk," Fuentes said. If there was a possibility of a conflict between students or faculty, she said, the "outcome of violence would be greater."

There is simply "no need for guns while learning in a classroom or trying to read at the library," Fuentes said.

Extended hours cont.

"Sixty-three percent preferred using the library late at night vs. standard daytime operating hours," Hayman wrote.

If the number of students visiting the library during the extended hours pilot program do not increase by the end of the semester, the extended hours may no longer be available. Should the program have to be put to an end, the opportunity may not arise again.

Freshman Natalie Medrano said she's glad to know the library has extended hours.

"I am in favor of the extended hours," Medrano said. "Students always need to be able to accomplish their assignments."

Game to feature new football fixtures

By Olivia Almirudis
LOGOS STAFF WRITER

New football uniforms, new band uniforms, a new student section and a new fight song will be highlights of the first home football game at 2 p.m. Saturday, Sept. 5.

As for the game itself at Gayle and Tom Benson Stadium, Head Coach Larry Kennan said he is "cautiously optimistic" as he anticipates the upcoming football season with 12 newly signed players and a talented, young team.

Starting quarterback Trent Brittain is back after a season-ending injury in last year's home opener, Kennan said, adding he's also expecting tight end Cole Wick and running back Junior Sessions to be key players in the team's success.

The team is healthy and ready to go against Texas A&M-Kingsville's Javelinas, said the coach, who is starting his fourth season.

"We've gotten a lot better each year: starting with 36 players on scholarship to 63 now. We're playing catch-up and haven't caught up yet. We've gotten closer.

I feel good about our guys and their talent. Building a program is a process, and I love working with our guys and seeing them grow as players and people. Our No. 1 goal for this season is to win more games than we lose and to be in the upper half. There're 17 seniors on the team, and we're all ready to win."



Shane and the Saints play at the River Jam on Monday, Aug. 17, the first day of school near Anne Barshop Natatorium along the banks of the San Antonio River at the University of the Incarnate Word. Students found plenty of food to please their palates as they listened and danced.

Jamming by the river

Photos By Casey Warford
LOGOS STAFF



Federal circuit court judge to discuss Constitution

A senior judge of the U.S. Court of Appeals will be the keynote speaker for the Sept. 17 observance of Constitution Day at the University of the Incarnate Word.

Judge Patrick E. Higginbotham will speak at 5 p.m. in J.E. and L.E. Mabey Library Auditorium on "The Constitution: Interpretation Dynamics and Historical Influences," said Dr. Gary A. Keith, an associate professor with UIW's Department of Government and International Affairs.



Judge Patrick Higginbotham

The department and the College of Humanities, Arts and Social Sci-

ences are key sponsors of the annual Constitution Day observance, which takes place nationwide, said Keith, who also serves as a pre-law adviser at UIW.

In 2004, then-U.S. Sen. Robert Byrd sponsored and pushed through a mandate for educational institutions to observe Constitution Day. Public Law 108-447 designates Sept. 17 as Constitution Day and stipulates this: "Each educational institution that receives federal funds for a fiscal year shall hold an educational program on the (U.S.) Constitution on (Sept. 17) of such year for the students served by the educational institution."

Higginbotham, this year's speaker, maintains his chambers in Austin, Texas, but still hears cases with the

Fifth Circuit based in New Orleans.

UIW is hoping the judge's appearance will spark interest in hearing a jurist's perspective on the Constitution and the UIW's Constitutional Law classes that Keith teaches.

"As citizens, we all live under the Constitution, and we talk about it, but how much of it do we really understand?," Keith said. "As students and academicians here at UIW, this annual Constitution Day observance gives us all the chance for a brief exploration of how the Constitution affects us, how it is interpreted, what its significance is."



UIW student makes Spurs' Silver Dancers

By Marco Cadena
LOGOS STAFF WRITER

A communication arts student from the University of the Incarnate Word is one of the 16 members of the Spurs Silver Dancers for the San Antonio Spurs' 2015-16 basketball season.

The announcement that Valerie Lopez, 20, would be among the women dancing was made July 26 at Arneson Theater on the Riverwalk in front of a live audience. The event featured performances from the 30 finalists and a celebrity judge's panel that included Spurs legend George "The Iceman" Gervin.

Applicants had to submit documentation as well as head and body shots to Spurs Sports & Entertainment. The auditions -- held at St. Anthony's High School -- lasted two days.

"Basically they want to know if you have a job, if you go to school, how many credits are you taking or if you have any experience with dancing or cheerleading," Lopez said. "They just want to get to know you."

At the end of the first day of auditions only 48 out of the more than 100 hopefuls remained and by the end of day two the 30 finalists were revealed.

"During auditions we learned a jazz and hip-hop routine as well as an across-the-floor technique with turns and jumps," Lopez said. "We had to execute this in front of the judges."

The 30 finalists attended a three-day boot camp at Gold's Gym at Concord Plaza. The selection process lasted a week and a day. Throughout this year's auditions the 30 finalists were allowed to invite family and friends

to vote for them as "fan-favorite" on the Spurs website. People were able to vote as many times as they wanted. The finalist with the most votes was automatically on the team. The judges chose the other 15 dancers.

"In order to audition you had to be at least 18 years old, however there was not an age limit," Lopez said. "The audition process was long but really worth it. I had to give it all on the floor as I had to fight for my spot."

Lopez, who is concentrating in bilingual communication arts, found out about the opportunity by having a foot inside the Spurs Sports & Entertainment organization as she danced for the San Antonio Rampage Ice Girls during the 2014-15 season. Lopez, who is news director for UIWtv, is currently a member of the WNBA Stars Squad for the San Antonio Stars for the second year in a row. This was Lopez's first time auditioning for the Silver Dancers after a sprained ankle prevented her from auditioning last year.

Lopez has danced since she was 3. She took three years of ballet, hip-hop and tap during elementary school and did cheerleading from sixth grade through her senior year at Judson High School.

"After graduating high school I took a break and I tried to focus on my first year of college," Lopez said.

Lopez's first interaction with the Silver Dancers was last year at a Junior Silver Dancer Clinic where girls aged 5-18 were able to learn routines from the Silver Dancers and perform at a Spurs game during halftime.

"It has always been a dream of mine to be a Sil-

ver Dancer,"

Lopez said.

"I remember how I would go to the Spurs' games with my family and I would be fascinated by the dancers. So right now I am living one of my dreams I have had since I was a little girl. I do not think of this as a job. I do it because I love to do it."

Lopez will

start practice for the new 2015-16 season this month with an opening game on Oct. 30. In the meantime, Lopez will make appearances for both the WNBA and the NBA.

"This was a step-by-step process," Lopez said. "It was really helpful to stay positive, to work hard and to be dedicated. Hard work pays off."



Valerie Lopez is among this year's Silver Dancers.

Civil rights veteran shares bus boycott memories

By Marie Gonzalez
LOGOS STAFF WRITER

A woman who participated with the late Dr. Martin Luther King Jr. in the historic Montgomery Bus Boycott came to campus Tuesday, Sept. 1, to share her civil rights journey.

Novella Lewis, who was a member of Dexter Avenue King Memorial Baptist Church in Montgomery, Ala., when King was pastor, spoke to Professor Robert Sosa's sociology's class, A Social History of the Civil Rights Movement and Beyond.

Lewis recalled for the University of the Incarnate Word students what it was like to grow up as an African-American during the time of the civil rights movement.

"We didn't know anything about segregation because we lived it," she said.

Lewis said King and other prominent leaders in Alabama organized the bus protests after Rosa Parks refused to give up her seat to a white passenger.

"We did not ride the buses for a year," Lewis said. "Black and white members of the community carpooled. We were (oppressed) and we wanted freedom."

The boycott was successful, resulting in blacks being able to sit anywhere they wanted on the bus rather than take a back seat.

During her presentation, Lewis passed around pictures she took from her most recent visit to Selma and Montgomery, where King was a part of the famous marches for voting rights. The pictures included signs from Dexter Avenue Baptist Church and various buildings from the area King frequented. No photos of buses were present, however.

After the protests, Lewis said she dropped out of the 12th grade. She worked as a hotel maid for a short time until she married her longtime boyfriend, Lee Lewis,

who came with her for the presentation.

The Lees moved around for several years as he was in the military. She decided she wanted to be a hair stylist and went to a beauty college, graduating in the top percentile of her class. She attended a Mormon school where she was the only black student. She worked as a hairdresser for 40 years -- living in San Antonio since 1972 -- before retiring in 2014.

"I've never set a goal that I didn't reach," Lewis said, adding she wants to write a book on her civil rights experiences she can pass on to her younger relatives.

Asked what she recalled about King as a person, Lewis said he maintained a quiet, peaceful demeanor and could relate to people of all ages. In the pulpit, he was mesmerizing, she said.

After Lewis spoke, Kalai Lopez, a sociology major, gave her a gift from the class -- a Hawaiian lei -- and hugged her.

"It was a very moving experience to learn about the past and not forget about it," Lopez said.

Sosa invited Lewis last year to speak to the class, which is offered each fall, and brought her back again.

"When I learned she was a member of Dr. King's church, I knew I had to bring her," Sosa said. "How often do we meet people that actually knew Dr. King?"



Novella Lewis

Development Office to train students for Phonathon

Phonathon training for University of the Incarnate Word students that will lead to community service hours and possibly paid jobs will be conducted Fridays in September, the administrator said.



Patrick Greener

If interested, students should call Phonathon Coordinator Patrick Greener of UIW's Development Office so he can get some feel for their telephone skills.

The Phonathon begins Saturday, Oct. 3, and goes through Oct. 14 in Room 126 of the Joyce Building, Greener said. However, training will be conducted in the McCracken House where Greener is stationed.

Participating students can "make friends, win prizes, learn valuable job skills and possibly land a job,"

Greener said, adding that the best callers will be hired at \$8.25 an hour to continue calling UIW alumni through November and next spring.

AT&T has loaned UIW 50 phones for the Phonathon, the proceeds of which goes for student scholarships, new faculty positions, campus activities and to improve classroom technology, Greener said.

The Phonathon is critical because UIW has to rely solely on gifts made from individuals, businesses and private foundations, he said.

"The 92 percent of current students receiving scholarships should know that complete strangers believe in them and are investing in helping them fulfill their dreams," Greener said. "When the money runs out, the students will need to take out school loans. This is a great opportunity to pay-it-forward and to personally thank these donors."



A scene from last year's Phonathon to raise money for UIW scholarships.

FYI

For more information about the Phonathon, e-mail development@uiwtx.edu or call (210) 805-5832 for volunteer training schedules.

Logos editors share lots in common

By Lauren Peterson
LOGOS STAFF WRITER

Logos Editor Angela Hernandez and her two assistant editors -- Valerie Bustamante and Priscilla Aguirre -- have more in common than their love for writing and editing the school's newspaper.

All three women graduated from Oliver Wendell Holmes High School where they worked together on the staff of The Gavel -- each taking a turn at being editor or co-editor of that newspaper. Aguirre was editor her senior year and later Hernandez and Bustamante were co-editors.

All three came in different years to the University of the Incarnate Word but each has chosen to major in communication arts with a concentration in journalism. And all three at one point were work-studies for the Logos. Hernandez and Bustamante came aboard in different years as freshmen staffers. Hernandez later became opinion editor and was an assistant editor last year. Bustamante was features editor last year and now is an assistant. Aguirre, who originally volunteered, got to do work-study last year.

Now they're leading the newspaper as student

employees -- and they've got big plans, including planning the 80th birthday of the award-winning newspaper.

"I want the student body to know we are here -- and without them we would not be here," Hernandez, 21, said.

"We want the student body to know us on a personal level," Aguirre, 22, added.

"This school year I want to get the Logos more involved with the student body and attend more events to get the word out about our amazing publication," Bustamante, 20, said.

The editors also plan to attend the National College Media Convention Oct. 28-Nov. 1 in Austin -- the world's largest gathering of college media students and their advisers -- and take the newspaper's four work-study students -- Nancy Benet, Marco Cadena, Gaby Galindo and Victoria O'Connor -- with them.

Galindo, a junior, joined the staff as a freshman from Providence High School in San Antonio where she was on her yearbook's editorial and photography staff.



Editor Angela Hernandez, center, has Priscilla Aguirre, left, and Valerie Bustamante as assistant editors to help produce each print edition and the online production.

Galindo has been so influenced by working on the newspaper as a writer-photographer that she changed her major.

"I was first an English major," said Galindo, now a communication arts major with a concentration in convergent media. She's still minoring in English.

"I love writing," she said.



Upcoming Events

Compiled by Valerie Bustamante
LOGOS Assistant Editor

Civility March
Tuesday, Sept. 8, 11 a.m.-2 p.m.
Location: Dubuis Lawn
Students are welcome to join a march around the library and visit four stations. These stations will contemplate different perspectives on respect. Students who participate will receive a free shirt.

What Would You Do?
Wednesday, Sept. 9, 4-5 p.m.
Location: Library Auditorium
Inspired by the ABC news show, "What Would You Do?," students can engage in a discussion that will change their views and perspective on the their community.

A Conversation of Civility
Thursday, Sept. 10, 4-6 p.m.
Location: Library Auditorium
A panel will be held providing the perspectives on gender, race, ethnic, and religious similarities and differences.

Catholic Sister: Who They Are and Why the World Needs Them
Saturday, Sept. 12, 9 a.m.-noon.
Location: Fine Arts Auditorium
In honor of the Year of Consecrated Life, UIW will partner with the National Religious Vocation Conference (NRVC). The symposium will feature Sister Mary Johnson, Sister Patricia Wittberg, and Dr. Mary Gautier

FYI

To volunteer for "Light the Way," visit <http://www.uiw.edu/lighttheway> to volunteer.

For more information, go <http://www.uiw.edu/lighttheway>, or e-mail Taylor Nurmi at nurmi@uiwtx.edu or call (210) 829-6001.



Auris Calvino/ LOGOS STAFF
Marie E. Gonzalez, a communication arts major concentrating in media studies, tries out.



UIWtv General Manager Hank McDonnell briefs students before they begin auditioning.

UIWtv to return to former format

By Auris Calvino
LOGOS STAFF WRITER

News, sports and entertainment once again will be featured each time UIWtv begins broadcasting live at 12:30 p.m. Sept. 10 on Channel 15 or at www.uiwtx.org

Last year, these three areas had separate broadcasts but are coming back together in the reformatted programming expected to air every two weeks, student managers said.

"There is a lot of excitement going around the Communication Arts Department and we can't wait to share that with our campus," said Entertainment Director Lissette Lewis, a communication arts major concentrating in production.

Pre-production process began Friday, Aug. 28, and continued with a makeup session Monday, Aug. 31, for anchors. Seventeen University of the Incarnate Word students – some of whom had anchored shows last year -- auditioned at the TV studio in AD 290 Friday and four auditioned Monday. All majors are welcome.

"We had such a great turnout," said News Director Valerie Lopez, a communication arts major concentrating in bilingual communication arts. "We had talented candidates. They all came in with professional attire and read well off the teleprompter. We are excited to kick off this semester."

"It was really exciting to see the huge turnout that we had," said Program Director Leonard Herbeck, a communication arts major concentrating in convergent media. "All of the candidates seemed to share our enthusiasm. We are really looking forward to see their contribution to UIWtv. With our broadcast evolving a lot this semester, it is vital to have a good team in place."

Volunteers sought for 'Light the Way'

Volunteers – especially University of the Incarnate Word students who need community service hours required for graduation – are needed for "Light the Way" Volunteer Day," an administrator said.

In the past, UIW's Office of Communications and Marketing – formerly the Office of Public Relations -- has held two workdays in September for volunteers to check the strings that make up the million Christmas lights that are lit through the holiday season.

However, all the work will take place on Volunteer Day, Saturday, Sept. 26, in two sessions: from 9 a.m. to noon and 1-4 p.m., said Special Events Coordinator Taylor Nurmi.

The work consists of replacing discolored and broken bulbs, Nurmi said, "to ensure our campus continues to shine bright."

Depending on when they work, participants will be served a free breakfast or lunch and enjoy some holiday cheer.

"Students, faculty and alumni are invited to participate," Nurmi said. "Families are welcome, but please no children under the age of 10."

The lights will be strung up in time for the "Light the Way" holiday-lighting event scheduled at 7:30 p.m. Saturday, Nov. 21, at the 6,000-seat Gayle and Tom Benson Stadium. When bad weather has occurred in the past, the event has been moved to Alice McDermott Convocation Center which can accommodate 2,000.

The holiday-lighting will be preceded Saturday, Oct. 10, by the annual "Light the Way" Design Board Contest that will take place 9 a.m.-1:30 p.m. on Dubuis Lawn. In case of rain, the event where campus organizations compete for cash prizes given to top boards will move to the seventh floor of Ancira Parking Garage.

"('Light the Way' is) one of the most anticipated events of the holiday season," Nurmi said.



Volunteers last year spent hours checking the Christmas lights for the 'Light the Way' display.

UIW installs water bottle filling stations

By Lisa Alvarenga
LOGOS STAFF WRITER

More University of the Incarnate Word students may be bringing their own bottles since brand-new, water bottle filling stations have been installed around campus.

Rather than buying bottled water, students now can refill their personal water bottles. The instructions are simple and there are illustrations to help.

The stations have sensors that send water through a filter. The stations will even let the user know the filter's quality. Also featured is a small display that shows the user how many plastic bottles have been saved from waste, giving students a numerical value of just how much of a difference they're making by refilling water bottles.

"I love those things," communication arts major Ryan Ibarra said. "I'm glad we finally got them."

"I've used them, they're really neat," said Leonard Herbeck, convergent media manager for UIWtv. "I was excited when I first

saw them because I think it'll really help the campus stay green and they'll help promote a green lifestyle. It's very practical to have for students to use the water bottle filling stations instead of having to buy water bottle after water bottle."

By using these stations, students can help reduce the number of bottles that may end up in rivers, streams, the ocean, and landfills. UIW does have recycle bins to recycle plastic bottles but many water bottles don't even end up being recycled and may never fully decompose in the natural environment. There is also the misconception that bottled water is "healthier" or "purer" than tap water. Tap water is tested rigorously to ensure public safety. The same water is used to fill ever-popular water bottles.

For student Kassie Martinez, having the stations is "better than having to put your bottle in the fountain and having water drip all over the place. Also, the water (from the stations) is really cold."



Gaby Galindo/ LOGOS STAFF
The Student Legacy Fund bought the stations.

SGA keeps eye on Legacy Fund, issues

By Anthony Maltos
LOGOS STAFF WRITER

The Student Legacy Fund took center stage at the first Student Government Association General Assembly meeting Tuesday, Aug. 25, in Room 129 of Henry Bonilla Science Hall.

The fund, which is accrued from a \$45 fee assessed to University of the Incarnate Word students, brings in more than \$400,000 a year.

Chief of Staff Olympia Cuellar pointed out the fund is appropriated into five different areas: student organizations, environmental sustainability, student wellness, education enhancement, and SGA endowment.

The Legacy Fund gives students the chance to submit their own proposals to better impact the university for current and future students alike.

The fund is being tapped to provide extended hours at J.E. and L.E. Mabree Library Auditorium, for instance. The new Elkay water bottle refilling stations around campus also were made possible through the fund.

However, the SGA Executive Council emphasized that managing the Legacy Fund is secondary to its main role of affecting the way students live on campus.

"First and foremost, our job is to express the opinions, ideas, and concerns of

the student body to the [Incarnate Word] administration," SGA President Kimberly Ibarra said. "SGA has worked all summer to create the right process, creating the right forms, and making sure students have access to these forms and these processes. We are hoping by giving people this organized way of Step 1, Step 2, Step 3, we can alleviate a lot of issues that we had last year."

SGA Adviser Paul Ayala, director of University Events and Student Programs, said, "Organization and process are definite major themes of SGA this year."

SGA Attorney General Justin Ramirez emphasized the council has taken care to spread the workload among its member.

"No single member has the majority of the workload due to the great leadership and the likemindedness of our team," he said.

FYI

Other Student Government Association General Assembly meetings are scheduled at 6 p.m. Sept. 8, Sept. 22, Oct. 6, Oct. 20, Nov. 3 and Nov. 17 in Henry Bonilla Science Hall.



Sisters Symposium set at UIW

The University of the Incarnate Word will be the launching pad for a special forum Sept. 12 on Catholic Sisters that will go from here to three other states through January.

In celebration of the Year of Consecrated Life, UIW's Office of Mission & Ministry is presenting "Catholic Sisters: Who They Are and Why the World Needs Them," said Sister Walter Maher, the ministry's vice president.

UIW is partnering with the National Religious Vocation Conference for the local event scheduled 9 a.m.-noon Saturday, Sept. 12, in the Fine Arts Auditorium.



Dr. Mary Gautier

The symposium, which will be presented later in Illinois, Pennsylvania and California, will feature two Catholic sisters who hold doctorates -- Sister Mary Johnson and Sister Patricia Wittberg -- and Dr. Mary Gautier, authors of the book, "New Generations of Catholic Sisters: The Challenge of Diversity."

The book is "highly acclaimed," Maher said, adding the co-authors will lead discussion on such topics as the changing demographics of Catholicism in the United States and the direction of Catholic orders in the future.

"Although the face of Catholic sisterhood has changed over generations, sisters maintain a significant role in the Church community," according to a news release about the symposium. "Their lives of service dedicated to the Church are needed more than ever in today's world. Come meet a new generation of young women and learn why they have said yes to being called 'Sister.'"

Gautier is a senior research associate at the Center for Applied Research in the Apostolate at Georgetown University in Washington, D.C. Gautier, who holds a doctorate in sociology from Louisiana State University in Baton Rouge, taught sociology at LSU and Texas Christian University in Fort Worth, as well as serving as a lay pastoral associate at St. George Parish in Baton Rouge, before joining the Georgetown center.

At CARA, Gautier specializes in Catholic demographic trends in the United States, manages CARA databases on Church information, and conducts demographic

projects and computer-aided mapping. She also edits The CARA Report, a quarterly research publication, and other CARA publications. She is co-author of eight books on Catholics in the United States.

Johnson is a Sister of Notre Dame de Namur, an order which founded Emmanuel College in Boston and Trinity Washington University in D.C. She serves as a professor of sociology and religious studies and co-director of the Billiart Center for Social Justice at Trinity Washington and was on Emmanuel's faculty.

Johnson is currently conducting -- with the Center for Applied Research in the Apostolate at Georgetown -- a national study of sisters -- sisters who work or study in the United States but who were born outside the United States. The GHR has funded this study.

Johnson's research areas include religious life, generational analysis in the Church, and Catholic Social Teaching. She is a member of many organizations, among them the Catholic Common Ground Initiative.

Wittberg, a Sister of Charity of Cincinnati, holds a doctorate in sociology. An extensive writer on Catholic parishes and religious life, she has taught sociology at Indiana University Purdue University-Indianapolis for 25 years. She recently moved to become a research associate for the Center for Applied Research in the Apostolate (CARA) at Georgetown.

Her books include (with Gautier and Johnson) "New Generations of Catholic Sisters,"; "Building Strong Church Communities: A Sociological Overview," and "From Piety to Professionalism -- And Back? Transformations in Organized Religious Virtuosity."

Besides the opportunity to interact with the special guest speakers, Maher said, the symposium "is a wonderful opportunity to come meet Sisters, not only (members of the Sisters of Charity of the Incarnate Word) but also members of other communities, learn about their work, and how they have served the larger community."



Sister Pat Wittberg



Sister Walter Maher

Two to lead Pastoral Music Workshop

Two noted Catholic musicians will be co-presenters at the 20th annual Pastoral Music Workshop set 7-9 p.m. Friday, Sept. 25, and 9 a.m.-4 p.m. Saturday, Sept. 26, in Our Lady's Chapel.

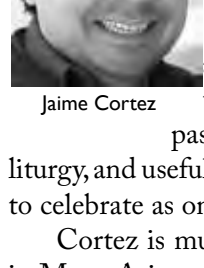


Curtis Stephan

The workshop, usually held in the summer in conjunction with the annual Pastoral Institute, was moved to this fall in hopes that more people could participate in it, said Sister Eilish Ryan, longtime director of the institute.

"We moved the event from its traditional summer date to September in order to make it more accessible to college students and young adults," Ryan said.

Two established pastoral musicians -- Jaime Cortez and Curtis Stephan -- will be co-presenters for the workshop whose theme is "The Song of the People: Music for your Whole Community." The guest musicians will kick off the workshop with a 7 p.m. concert Friday, Sept. 25.



Jaime Cortez

The workshop continues 9 a.m.-noon and 1-3 p.m. Saturday, Sept. 26, where such topics will be discussed as the theological and pastoral understandings that ground bilingual liturgy, and useful strategies to enable different language groups to celebrate as one.

Cortez is music director at Holy Cross Catholic Church in Mesa, Ariz., where six Masses are celebrated each weekend serving both the Spanish-speaking and English-speaking

communities.

He was born in New York and raised in El Salvador. He is fluent in Spanish and has dedicated a portion of his ministry to promoting better Hispanic liturgies and bringing cultures together for worship. His main instrument is guitar, although he is proficient in piano and other string instruments, such as charango, vihuela and bass guitar.

In addition to workshops, Cortez, who holds a bachelor's degree in music composition from Arizona State University in Tempe, gives concerts with both English and Spanish repertoire, alone or with volunteer groups. He and his wife, Kari, have three children.

Stephan is music director for St. Ann's Parish in Coppell, Texas, where seven weekend Masses are celebrated for the Spanish-speaking and English-speaking communities.

He holds a bachelor's degree in music and master's degree in jazz studies from the University of North Texas in Denton. He has appeared at three World Youth Day celebrations, The Living Global Rosary held in the Cotton Bowl -- which he directed -- and a special event for youth in Turin, Italy, that Pope Francis attended.

A 2006 Unity Award winner, Stephan has recorded three albums -- "Through the Storm," "Sacred Revolution" and "Born to Us" -- with spiritandsong.com

Stephan also has composed theme songs for the National Catholic Youth Conference and the Los Angeles Religious Education Congress Youth Day. His most recent composition, "Mass of Renewal" (a new Mass setting for the new Roman

Missal), is published in several Catholic missals and hymnals. is already a nationwide diocesan favorite.

He and his wife live in Frisco, Texas. They have two sons.

The guest musicians' expertise should attract attention and participants, Ryan said.

"Anyone with an interest in Catholic liturgical music would benefit from the workshop," she said.

WORKSHOP FEES

Early registration for the Pastoral Music Workshop through Sept. 11 is \$50 a person for the full workshop; \$40 a person for three or more from the same parish or group.

Friday evening only costs \$1 for the workshop. Saturday morning or afternoon only is \$20 a person. After Sept. 11, the cost is \$55 a person for the entire workshop, \$45 a person for groups; and \$20 for the concert only. The registration fee includes a light lunch on Saturday.

Tenth anniversary honors founder

Friday, Sept. 18, marks the 10th anniversary of "Meet the Mission" when participating University of the Incarnate



Dr. Harold Rodinsky

Word students earn community service hours toward graduation through various outreaches across town.

This year, faculty planners also are paying tribute to the man who started the fall program and the Alternative Spring Break -- Dr. Harold Rodinsky, an associate professor of psychology at UIW.

Rodinsky, a graduate of DePaul University in Chicago, modeled "Meet the Mission" from an ongoing project at DePaul -- the St. Vincent Day of community service.

"I came from a family who did community service and it showed me a different kind of responsibility outside of work," Rodinsky has told the Logos in earlier "Meet the Mission" articles. "My hope is that 'Meet the Mission' will benefit students in the long run from their experience. I hope they not only gain the knowledge and opportunity, but also the religious fulfillment to move them to volunteer later on in life."

Dr. Craig McCarron, an assistant professor of mathematics who is helping to plan this year's "Meet the Mission," said

Rodinsky really left a legacy of service.

"When you try to carry on a mission started by a pioneer, you feel honored to bear that yoke," McCarron said. "The old Cheyenne proverb says, 'Do not judge any man until you have walked two moons in his moccasins.' I have tried walking two moons in Harold Rodinsky's moccasins, and I can tell you they're pretty big."

"Service didn't start at the University of the Incarnate Word with Harold, and it won't end with him. He labored to establish traditions of service, 'Meet the Mission' in the fall and Alternative Spring Break in March. The success of these projects depended on a myriad of 'Harolds' working to make them a reality. 'Harolds' who embraced the spirit of service at the University of the Incarnate Word."

"Students and faculty enthusiastically volunteer for 'Meet the Mission' and Alternative Spring Break, ready to tackle any project, large or small, rain or shine, hot or cold. Harolds. So many Harolds. Accounting students and faculty preparing taxes for the folks who can't afford H&R Block. A steady supply of Harolds. Nursing students and faculty reaching out to children at Haven for Hope, comforting and encouraging them. Whether or not they know Harold, they are Harold. Nutrition students and faculty serving youths at a diabetes camp are living the life of Harold. Free eye clinics

offered by more Harolds.

"The spirit of Harold is not confined to the classrooms and lecture halls. Campus staff like Armando Rey and Raymond Leon make the missions possible, providing the tools and know-how to serve our community. Ed, driving the bus for Alternative Spring Break, climbs out of the bus and spends the days painting with us. Harolds, all Harolds. When I found myself short a driver for a painting mission, I sent a desperate email late at night to Sam Wages and Joe Cadena. I arrived on campus the next morning at zero dark thirty, and there was a shuttle bus and driver ready and waiting. Harolds everywhere."

"Oftentimes, the best way to show love for our fellow man is to wrap a towel around our waist and wash people's feet. Harold Rodinsky set that example by washing windows, painting houses, and so many other humble acts."

"At the University of the Incarnate Word, we value Education, Truth, Faith, Service, and Innovation. All of these flow from love, and all of these make us better able to love. Harold has shown how simple it is to show love: reach out and do something to help someone. I can't think of any other university that models Christ's love as universally as it's modeled at the University of the Incarnate Word. What a great environment for a young person to enter adulthood."

HOW TO SIGN UP FOR MISSION

University of the Incarnate Word students will be able to earn nearly seven hours of off-campus community service hours if they participate in the Sept. 18 "Meet the Mission."

This year, students will be sent out in three "waves" after breakfast in McCombs Center Rosenberg Skyroom so the times they report and are dismissed will depend on the "wave" to which he or she is assigned, planners said.

The first wave reports at 7:30 a.m., dismissing at 2 p.m.; the second wave reports at 8:30 a.m., dismissing at 3 p.m.; and the third wave reports at 9:30 a.m., dismissing at 4 p.m.

Students will travel to community partner sites for various service projects and after completing their assignments will return for the Skyroom for lunch, reflection and dismissal.

Students are encouraged to sign up with a faculty or staff member who is recruiting a crew of volunteers or sign up online as an "unassigned" volunteer at <http://www.uiw.edu/meetthemission>

For more information, contact Dr. Betsy Leverett, an assistant professor of chemistry, at leverett@uiwtx.edu or Dr. Craig McCarron, an assistant professor of mathematics, at mccarron@uiwtx.edu



From the Editor's Desk:

By Angela Hernandez



Get ready to deal with rejection

We have all been to an interview, whether it was for a job opportunity or an internship -- maybe even something between those two. They are a necessary evil in my book.

Interviews are nerve-racking. You have to worry about how you look, what to bring, how qualified you are compared to the other candidates and be ready for questions such as, "What's your biggest weakness?"

In your head you want to say, "Pizza. I want it for every meal, every day for the rest of my life." But you're forced to give an adult and relevant answer so you go with, "I'm a perfectionist. I won't stop working until the job is done, and completed to my liking."

Interviewees have to put their best foot forward in order to get the job whether it means giving generic answers to lame questions or dressing up in formal office attire.

You can imagine my excitement when I learned for the first time the roles would be reversed.

This year as editor-in-chief of the Logos, I had to recommend to our adviser which two students to fill the work-study positions we had open. Work-study is how I started at the Logos.

I was elated when 12 prospective employees submitted their resumes, cover letters and relevant work. I think I was more excited that people wanted to work with the Logos than having to hire someone.

The only way to narrow down the candidate pool was to conduct interviews. My assistant editors quickly found times to meet with the applicants, and we even had our own set of lame interview questions to ask.

After meeting with the first applicant I realized interviews are not only stressful for the interviewees, but also the interviewer. I was in charge of hiring two people who are willing and capable of working for the newspaper, and would be a good fit for the vision I have for the staff this year.

So many of the candidates were amazing! They were enthusiastic and very qualified. It took me about three weeks, but I finally

made my decision. I whittled the 12 applicants down to two future employees and recommended them to the adviser.

As a courtesy to all the candidates I didn't hire, I e-mailed them, thanking them for their time and effort and encouraged them to continue working with the publication.

I was met with some interesting and unexpected responses. Some of the interviewees were upset with my decision and informed me since they didn't receive the paid position they were no longer interested in being a part of the staff. Other applicants told me they weren't even sure what position they had applied for.

I didn't want to hurt anyone's feelings by not hiring them, but I figured some news about the status of their application was better than leaving them high and dry. If I could I would hire all of the applicants, but that is not how the world works.

My goal for writing this piece is not to call out any one of the applicants out of malice or to gain readers.

I want people to understand rejection is something that will happen in our lives more often than not, and how you handle rejection speaks great volumes in term of character.

We can't always get what we want, but rejection is healthy. It keeps a fire lit under our butts and a hunger in our stomachs.

Each time I didn't get the position I applied for, I worked even harder to improve my skill set for the next time.

Perhaps those few applicants didn't intend to come off as crass, but their reaction will most likely make me think twice before deciding to work with them again.

I hope these applicants learn from this experience and that it doesn't stop them from pursuing a career in journalism. I also hope they learn from this experience and have a better reaction for other future employers.

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Coping with losing my first love



By Valerie Bustamante
LOGOS ASSISTANT EDITOR

"I love you."

Saying those words to someone who gives you butterflies and just plain makes you shed a smile at the sight of their name can be so special. When I first said it and heard it from the one person who I believed to be my one true love, I was head over heels. I didn't have a care in the world and I believed this person to be the one.

I'd never had this feeling before, but it just felt right. Like most people I was trying to picture and want the fairy tale we see in pop culture, the reason why I was treasuring our relationship so much and could not see any troubles. I saw no wrong in the person and I thought he could do no wrong. We showed each other how much we cared for each other and made time for one another. Being a full-time student, sometimes it can be difficult to even develop a relationship like the one we had, but we made it work. He picked me up from school or we saw each other on weekends.

However, I never seemed to realize what would happen if things went wrong. I was blinded by the love I felt for this one person. I never expected to be faced with the decision to end the relationship. I'd given all the love I had for this person. I became his No. 1 supporter. I felt he had given it his all as well.

When I got a text message saying, "Look, there is someone else and I am no longer happy," I didn't know what to think. What had I done wrong? I had accepted him for his flaws, his habits, and his choices. I couldn't help but feel lied to and used at the same time. I was blindsided by his notion to end what we had and had built.

Dealing with heartbreak can be one of the most difficult situations a young adult can endure. They leave you speechless and sometimes in a daze -- almost an empty feeling.

I had my moment of continuous tears in my mom's arms and my moment of just pure anger. I sat with my mom almost two hours at our neighborhood Dairy Queen just talking and eating a banana split.

In the end he told him how he always would love me and I him. I wished him the best with this new person and I hoped he would find what he really wanted in life. Then I said "Goodbye."

We all deal with breakups in our own way and it's OK. Some may sit in their room, secluded from the world. Others just move on to the next. I've chosen to cope with the loss of my first love in writing.

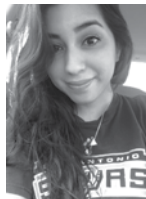
While sitting in my room writing this column, I've been able to express my emotions and deal with it on my own. Writing has always been my therapy and my salvation because it's always allowed me to transition or deal with my feelings easier. It's my cleanser and the one thing that allows me to transfer my energy.

If you are ever faced with a breakup, don't ever feel like you're small or less than a person because you're not. Connect with your loved ones -- whether it's a friend, sibling or parent. Talk to them about the situation. Cry if you have to because it's going to be OK. Find your distractions and the things that allow you to breathe for a moment and relax. Go to the gym to blow off some steam, or take up painting. Just focus on something else that will allow you to slowly pick yourself right back up.

While the wound may still be fresh, I know over time I will look at it as an experience and how it allowed me to grow as a person.

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My meaning of friendship



By Priscilla Aguirre
LOGOS ASSISTANT EDITOR

seven days of the week to have a strong friendship. If strong, when the time comes to see one another it's as if you didn't even stop talking.

My best friend, Leslie -- also known as Lala -- and I have been friends for 18 years. We first met at our church and since then we've stuck together. When I was 10, I moved to a small town named Raymondville in the Rio Grande Valley and Lala was my pen pal. Our parents didn't allow us to have cell phones so we wrote letters to each other. She would catch me up on the gossip from back home and I would explain to her the small town I lived in didn't have a mall. We continued this until I moved back to San Antonio and when I did she made me feel as if I never left.

In high school, I made some lifelong friends and lost a few along the way. My close friend, Kailee, who I've known since middle school, and I have developed an understanding of our friendship. Our sophomore year in high school, we were carefree individuals and talked on the phone all night about Jimmy from math class. Now we text each other long paragraphs and sometimes it takes us a few days to finish that conversation. We are both growing up and finding out our parents weren't kidding when they told us life was hard. But we still have that close relationship we had in high school.

Most of my relationships -- whether they are a close buddy, an acquaintance or a colleague -- have this type of friendship. We all still care for one another and would help each other if needed. I'm not saying to totally neglect your friends for two

Some say a true friend is a person you spend most of your day with and do everything together. I agree with that but not entirely.

As you grow older, life happens and you are trying to find your own path. You don't have to talk every minute of the day or see each other

weeks and then when you feel like having fun send them a text. I'm trying to explain it's perfectly normal to have a friendship where you don't see each other every day.

Finding time for friends is a bit difficult when you are a full-time student and have several jobs. True friends recognize you're busy and you will get back to them when you are finished reading those seven chapters for that one class. As my friend, Denisse, would say, "I'm sure we would all love to hang out all the time but life gets in the way with school, work or whatever shenanigans we get into nowadays."

People change and your friendship will sometimes grow apart. That's just how it is. I don't dislike the people that stopped being my friend because it just happens. My mother taught me you have to let go of the people that don't really care about you. Not everyone is going to like the person you become -- unless you're Oprah, then everyone loves you -- and that's OK. Those friends are now strangers with memories and if you happen to notice them at Central Market, well then smile.

High school is over and seeing your friends every day stops. You actually have to reach out to them to make memories together. Cherish the moments you do spend time together and have fun. In college, there are great people around you so get to know them and make new friends. Get to know the exchange student sitting next to you in class or the shy person in the corner who is scared to say "Hi" first. That's me.

I know everything I write in the column sounds a little cliché but it's just something I've learned through my experiences. My elders told me this would happen and I didn't believe them. I thought I would go to college with all my friends and have pizza for lunch every day in our penthouse. Nope. Life plays tricks on you and your plans will change. You just have to take it day-by-day and enjoy the ride.

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Congressman: Higher education must remain affordable



By U.S. Rep. Lloyd Doggett

As a new semester begins, I applaud your decision to attend the University of the Incarnate Word.

Over the past couple of years UIW has seen incredible growth, and I was happy to help cut

the ribbon on the School of Osteopathic Medicine as the newest addition to the Cardinal family.

Your campus is full of active, engaged students, so if you are a new student, I encourage you to continue this important UIW tradition of community involvement.

One of the many things that draws so many talented students like yourselves to UIW is the diversity of your student body and the rich curriculum that supports hands-on learning and experiences through a wide variety of study abroad and internship programs. Each semester, I am fortunate to have one or two Cardinals as interns in my San Antonio office and welcome those interested to apply for spring or summer 2016 internships as a way to gain valuable firsthand experience in working with the federal government.

One thing too many students encounter in college is a mountain of debt. The level of student debt nationwide now totals more than \$1 trillion – surpassing credit card debt. It is important that we pursue policies to reduce the student debt that burdens so many.

Despite challenges, I continue to work to help ensure all Cardinals are able to achieve their full God-given potential. Higher education success should depend on how hard you work, not how much you can afford to spend. My American Opportunity Tax Credit provides a tax cut for college expenses to students and families seeking higher education.

Additionally, I have introduced legislation to help streamline the FAFSA application process for families. This change would most benefit students from the lowest-income homes. I believe an investment in our students is one in the future of America, but it is essential that UIW families continue to make their voices heard and get involved.

If you would like to apply for an internship or if I can be of assistance on any federal issues, please contact my office by calling (210) 704-1080 or visit my website at Doggett.House.Gov.

-U.S. Rep. Lloyd Doggett is a senior member of the House Ways & Means Committee

E-mail Doggett, a senior member of the House Ways & Means Committee, at Lloyd.Doggett@mail.house.gov

This veggie, not that veggie -- Part I



By Jose Deanda
LOGOS STAFF WRITER

Have you ever found yourself wondering what the difference is between all those different colored and shaped lettuces in the

produce section of your

local grocery store?

What about those purple, yellow and orange carrots too?

The reality is all those different vegetables are different in phytonutrient content (biologically active plant-based compounds), with some being very low and only good for fiber content and others being so high they have the potential to be more powerful than pharmaceutical medications.

You might now be wondering how one is better for you than the other. That is because of modern farming. As we've been taming, farming and breeding plants from the wild, we've inadvertently bred out the powerful healthy phytonutrients that are characteristic of wild edible plants. Some wild strains of vegetables have been shown to contain up to a hundred times more phytonutrient content than their commercial relatives. This has occurred because plant breeding, up until recently, has been performed for the purpose of taste and commercial aspects. Farmers have been looking for plants that produce large yields and can endure the process of storage and transportation. That process in itself removes many of the beneficial aspects of fresh vegetables, but we'll get to that shortly. Just keep in mind that the wild ancestors of modern-day plants are and were far more potent nutritionally and medicinally.

Mankind has grown tremendously, so we no longer can hunt and gather as our ancestors. We must farm. What we can do is select the nutritious varieties of vegetables, which will in turn increase the demand and also the supply. Instead of farmers growing phytonutrient null vegetables, due to the new demand they will produce phytonutrient dense strains (so the paradigm says, right?). This will in turn shift to breeding for

nutritional value, instead of for sweet flavor, which is a hallmark in America nowadays.

The good news is there are still domesticated strains of the same vegetables you see occupying the majority of your supermarket that are very nutritious and good for you. How so? Well, these phytonutrients, such as lutein, allicin, resveratrol and falcarninol have long been associated with health benefits such as reduced risk of cancer, reduced risk of cardiovascular problems, lower rates of obesity and even reports of improved mood. Sure, a lot of the research has been performed on lab mice, but there are studies that have been performed on humans showing positive correlations between the consumption of foods rich in these aforementioned phytonutrients and general good health. Besides, haven't you noticed those foodies who will never eat anything that's not wholesome and organic look a lot younger than they actually are? Aren't they usually smiling and happy? It's the food. These foods are rich in antioxidants that have been associated with anti-aging characteristics.

Well, which ones are better for me than the others? Before we get into that, let's brush up on two key points on the procurement and consumption of those foods so you don't go spend your hard-earned money on the right ones then either pick, prepare or consume them sub-optimally and get the same effect as if you had consumed the commercial type.

First, since most vegetables are produced from far away on giant farms, they are picked early then spend weeks and sometimes months at a time on shelves and or in storage containers before you actually purchase and consume them. Many times they are picked way before they are ripe, and that deprives the fruit of the final phase of maturation. This process shortchanges you the full benefit of eating your veggies.

Second, there are also some techniques in preparing and storing your vegetables so they increase their phytonutrient content, instead of the typical downhill spiral.

It's all about consuming your food fresh. Most vegetables do not store well. You want to eat them as soon



as you get them, or a day or two later at most. These antioxidants (phytonutrients) decrease the longer the vegetable is stored, so, that broccoli that's been in the fridge for the past week is not going to do you much good. Ideally you want to pick them out of your organic home garden or a U-Pick Garden, or get them fresh from the farmer at your farmer's market. Look for the farmer who has his produce in an ice chest. He's storing it ideally so you get the most out of it. Another advantage of these You Pick Gardens and Farmer's Markets is they generally supply the more nutritious strains of vegetables than your conventional grocery store.

So keep in mind, you want the colorful plant variants, which are more nutritious like their wild ancestors. You also want to consume your vegetables as fresh as possible. The longer they sit, the more phytonutrients they lose. So make it simple. Keep things colorful and fresh, both literally and otherwise.

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Gender inequalities remain problematic



By Natalie Ortega
LOGOS STAFF WRITER

As society is ever-changing, the people of this modern generation are having to come to terms with the ways in which we were raised more often than not traditionally.

Our social environment, cultural traditions and the families we are born into have become the factors that weigh heavily in the way we view one

another in relationships, friendships, and our determination or ability to overcome any odds against us to obtain an education.

The most challenging aspect of today's generation -- mainly babies born in the mid-'80s in America and coming into America -- is specifically geared with gender roles and the power distributed amongst women and men.

Traditionally and historically, men have been the ones to provide while women were to be subservient, care for the children, and be limited to the types of jobs they can attain. Education in some decades was very restricted to women.

In today's families, the problematic situation seems to be when men and woman are having to deal with being traditional yet adhering to the modern expectations geared more towards women than men. As women now have become more open in their capability and are without question educating themselves, some men are having an internal conflict with women having more financial power than themselves. Women have internal conflicts having to pay half, work like a horse, yet be the mother, primary caretaker, be physically appealing and be able to provide their spouses with their needs intimately even after a long day at work and school.

It's unrealistic, yet an unfortunate way in which women are held accountable for more than what they are praised for than men. This has usually been the norm historically and presently. Ironically, in today's society men are also changing their views on their manhood which is a contradiction within itself.

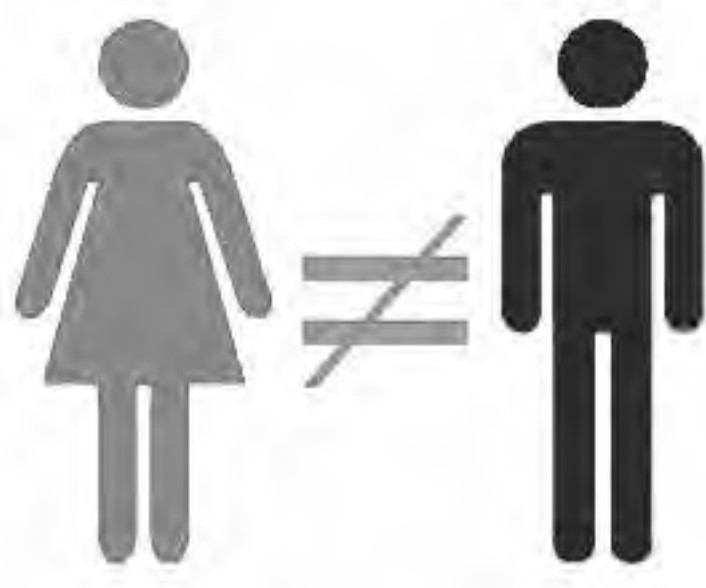
Some men want to stay home and have the woman work full time. Internally the man must accept he may not always call the shots or expect as much as if he were the breadwinner or doing his equal part. Some men are nurturers and are great stay-at-home fathers. A lot of men, however, in some cultures, do not want to work and simply

just want to be taken care of. A lot of men in their late 20s or early 30s are looking for what we now term a "cougar." This is mainly due to the fact younger women will not accept that whereas older women may be looking for someone to take care of subconsciously if they had children that are grown and off to college.

Because women are more becoming more educated, and may have more financial power, some men are against having to pay child support -- should there be a child born in a relationship. Granted, women are no less guilty at contributing to this stigma by using child support as a means to purposely not work, or not use it on the child at all.

While no one gender is truly to blame, the stigma nonetheless is occurring and becoming more of an issue than it once was 20 years ago.

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Student ‘forever changed’ studying abroad



By Robert Cavazos
Special to the LOGOS

Word.

You hear of these far-off lands with unique names like Heidelberg. Yet while initially intrigued, you soon begin to allow other thoughts to flood your mind: “I can’t afford a trip like that. I’ve never traveled outside the country before. I don’t know how to say: ‘No onions’ in German.”

Allow me to put your mind at ease: all those hindrances need not deter you from studying in another country and enriching your cultural, historical and political understanding of this increasingly interconnected world. During the month of July I studied abroad in Heidelberg, Germany, and was forever changed by the experience.

Prior to going, I simply knew I could never afford a study-abroad trip. When I attended the study abroad meetings discussing the upcoming July trip to Heidelberg, I immediately told myself no. Then an interesting thing happened. Many mentors, including a trusted professor, my mom, and even my financially prudent dad, encouraged me to go. I thought it over and decided I would make it work. God can be both subtle and obvious when it comes to leading you in the right direction, and in this case it was the latter.

I paid my deposit, bought my passport, and began saving up for a roundtrip plane ticket. Through the always helpful generosity of UIW, I applied for and received the first-come, first-serve Global Experience Travel award. Next, as made known to me by UIW, I applied for the U.S. State Department’s Gilman International Scholarship, a highly competitive national award. Everything was working much smoother financially than I had initially imagined.

Then disaster struck. Towards the end of the spring semester, days before the last day to cancel my trip and not have to pay the full amount, I was informed I had been placed on the “alternate list” for the Gilman scholarship. I would be given the award only if the recipient before me turned the award down.

Before the final cancellation date arrived, I determined I would go regardless of whether or not I received the scholarship. I scrambled to scrape together more funds. I worked two jobs and began pulling double shifts every day for the month leading up to the trip. My parents graciously loaned me the money for my plane ticket. I pulled a portion of the loans from my fall semester to cover the study-abroad tuition cost.

Studying abroad.

You hear that phrase quite often on the campus of the University of the Incarnate

Then, the week before I was to leave, as I was delivering a pizza, I discovered I had received the award, to the tune of a cool \$4,500. I was elated. I now had more than enough money to have a fantastic time in Europe and pay back my parents for the plane ticket. While everything did not go perfectly as planned in my financing of the trip, it all worked itself out right before I left and even managed to remind me of a couple of important lessons: one, that having a backup plan is always a good idea; and two, that working hard for what you want makes the end result even more satisfying. It was once again God showing me His plan for me required me to step back and not worry about planning it exactly the way I wanted to.

So it’s clear financing a study-abroad trip is certainly doable with a little faith and the excellent scholarship opportunities made available by UIW. What about the daunting idea of traveling abroad for the first time?

Well, not only was this my first time travelling overseas, but this was my first time away from my family for longer than a week. As a commuter, I am able to enjoy the company of my family a bit longer than most college students, so I was worried I might miss them.

My roundtrip flight reaffirmed this fear in a vivid way. Every one of my international flights to and from Germany was either delayed and/or cancelled. I did not have my dad to bargain for a discount for our troubles. I did not have my mom to ask around for assistance. I did not have my brothers to keep my spirits up. A strange thing happened, however. I survived. I found my lost luggage, I engaged in civil dialogue with customer service (multiple times), and unexpectedly made many new friends. I learned how to be a bit more independent, and that ultimately strengthened my confidence in interacting with strangers.

While in Europe, I experienced a multiplicity of new things in just one month. I visited more than 12 cities, with some highlights including the beautiful and lively cities of Rome, London, Berlin and Salzburg. I made friends who I now greet ecstatically in the halls of UIW, and some friends that I greet online from Colorado, California, Mexico and Russia. I learned it’s OK to get lost in Amsterdam for five hours and to try new foods like the absolutely effervescent experience that is the German Doner Kebab.

I learned to be gleefully spontaneous, like when I explored London’s vibrant SoHo district and walked into a record store to discover the street I was staying at and the street the record store was on just happened to be the same street featured on the cover of the vinyl album I had just bought. I was able to communicate



Robert Cavazos poses for a photograph during his summer study at Heidelberg, and connect with people who had amazing stories, like the college-aged girl I met in Frankfurt who had biked across Europe while making a crowd-funded documentary about fab-labs.

The most important thing I learned while studying abroad is the United States is one country --albeit a great one -- out of many on this planet, so we cannot focus exclusively on it. While in Europe I had the incredible privilege of visiting many important historical and governmental sites, including the Natzweiler-Stuthoff concentration camp and the European Court of Human Rights in Strasbourg, France. I also saw many sites significant to music history, such as Abbey Road, and Salzburg, where the “Sound of Music” was filmed. While abroad, I did not mind being away from home; there was too much to do and take in!

I took two classes at UIW’s European Study Center in Heidelberg with professors from the main campus here that I know and love. Each week the things we learned in class came alive in the locations we visited, and each week I learned a little more about how to be conscious of European history and culture, human rights, and issues facing the European Union and the Middle East.

I would encourage each and every one of you to not let little hindrances stop you from embarking on one of the most rewarding experiences of your life. If I had given up before going, I would not have the same knowledge; the same level of confidence; the same propensity to lead; and the sensitivity to this world’s cultural and political differences, that I do now. Loosen your grip on life’s reins a little, let God guide you, and study abroad!

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Student ready for Greek odyssey



By Sahiry Fragoso
LOGOS STAFF WRITER

pack. Every time I go on a vacation, I always end up packing that pair of high heels that I never use, “just in case.” Because you know, I need my “essentials” for survival.

Inevitably, I end up wearing the same outfit for a week and all of my contingency items remain in my suitcase. Worst part is, that the majority of the time, when I finish packing, I take one last look at my suitcase before I close it and I remind myself: It’s not overpacking, It’s being cautious.

While most of us love traveling, packing is always a nightmare, even if it’s just for a weekend. Imagine packing for a semester abroad and being prepared for every situation! My checklist is about as long as the “Lord of the Rings” trilogy.

Now, preparing to study abroad seems easy, but it takes a whole lot more than just checking boxes off of a checklist. I started planning this trip when I was a sophomore, which is when I found out I was able to study abroad while being an international student.

Having to choose one destination out of so many, maintaining a good grade point average, figuring out my degree plan, saving up money, and meeting all the requirements of the country I ended up choosing are a few of the things I had to do before I got to the point where my only concern was figuring out outfits for each day.

I knew I wanted to study abroad. Now it was time to see the destinations available for me. After staring for an eternity at the sister schools list on the University of the Incarnate Word website, I chose two finalists: Cyprus and Greece. After a lot of back and forth, I decided to go to Greece.

It was now time to keep my GPA as high as a kite, and I honestly wasn’t doing too bad at that, so my degree plan – a bachelor’s degree in communication arts with a concentration in production -- became the only thing keeping me awake at night. Like I mentioned before, I found out I could study abroad when I was a sophomore and by that time, I had taken most of my university core classes.

Having to figure out life is never an easy thing, and figuring out your degree plan is just twice as difficult. I finally came up with a plan that would work for me with the help of a few different advisers. That’s right, as the overthinker I am, I had to consult my plan with three people when in reality I just needed the approval of one. I have issues).

I now had my destination, my GPA was in good standing, and I had a degree plan that worked quite well. It was time to talk about money -- never an easy topic. At the time I was dealing with the process, the economy of Greece was six feet under, so plane tickets were on the dollar menu at any airplane company.

Excited on how cheap everything was going to be when I got there, I continued living like a regular college student. You know, Whataburger and Bill Miller’s were my daily bread. I did decide to save up a third of my paycheck for my trip, as well as any money gifts I would get.

Passport? Check. Socks? Check. Toothbrush? Check. More clothes than I can reasonably wear in a lifetime? Check.

If you have ever traveled, especially for long periods of time, you know how easy it is to over-

I then found out the process to get a student visa for Greece. My heart was broken. I needed an FBI background check, and as the criminal I am, I knew I was not going to be able to go anymore. Not really. But I know those take a while to make their way back, and mine did.


I applied for my background check last October and got it back in March, so I lost my chance to go at the beginning of my junior year as I expected. All my hopes and dreams were falling, but I did not give up. So this past semester I did the exact same process all over again.

I am now ready to get a tan worthy of a Greek goddess, devour gyros and dolmas until I explode, stuff my face on feta cheese, eat Greek frozen yogurt every day -- and I’ll stop while I’m ahead because my mouth is already watering. I can’t believe the next time I will be writing about my adventures for the Logos, I will be in the land of the gods and goddesses. Until next time, Yia sou!

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Cardinals prepare to tackle Javelinas



By Kelsey Johnson
LOGOS STAFFWRITER

The University of the Incarnate Word's Cardinals will kick off the 2015 football season at home when they take on Texas A&M Kingsville's Javelinas at 2 p.m. Saturday, Sept. 5.

The 2014 season for the Cardinals, who finished 2-9, got off to a rocky start in last year's opener against Sacramento when sophomore

starting quarterback Trent Brittain fell to a season-ending injury.

But Brittain is back – and Sean Davis, quarterback coach, expects the junior signal-caller's return to make a difference.

"In the passing game we will be able to do a lot more because of his ability to make certain throws," Davis said. "In the running game, we will be more diverse because the (opposing) defense has to account for his ability to run."

On the Cardinals defensive side, senior Myke Tavarres, 22, said he sees improvement.

"You can tell the guys are focused," said Tavarres, an outside linebacker playing his last season after being redshirted his first after transferring from the University of Arkansas.

"Last summer was optional, and this season we had about 98 percent of the team there ready to work hard," said Tavarres, who has been chosen a defensive captain this year.

"I just want to have a good season. If we can stay focused and handle adversity this

season then we're going to be really good."

The Javelinas had a rough 2014 season in the Division II Lone Star Conference – the last conference UIW was in before joining the Southland Conference in its transitional move to Division I. A&M was 0-7 in Lone Star. Now the Javelinas have a new head coach, Daren Wilkinson, who came aboard in December.

Cardinals Head Coach Larry Kennan is in his fourth season. He led the Cardinals to their first winning season in 2013.

In a Southland Conference preseason poll, the Cardinals were ranked ninth out of 12 teams in the conference by coaches and sports information directors.

But this is a new season.

"There were a lot of lessons to be learned last season," said Davis, the quarterback coach. "Now our guys are hungry to work harder as a team. In the end it's all about the ball. We have got to stay healthy and stay hungry."

Leadership qualities in the players have been a key aspect to the team as well. Asked how the leadership on the team has influenced changes in this season, offensive lineman and senior captain Nathan Thompson said, "Our leadership has stepped up -- so naturally our intensity has increased as well."

Thompson, 21, has played three seasons with the Cardinals, making this season his last. Last year, he started 10 games at left tackle.

"My personal goal is to make all-conference selection," Thompson said. "My team goal is to have a winning record and finish in the top three of the conference."



Mike Lugo/ LOGOS STAFF

Soccer season kicks off

The women's soccer team, above, defeated the University of Texas-San Antonio 2-0 in an exhibition game Aug. 14 at Gayle and Tom Benson Stadium. The team lost 2-0 at home to the Mean Green of the University of North Texas from Denton on Aug. 28. Meanwhile, the men's soccer team opened its season Aug. 29 at home with a 3-0 victory over visiting Oral Roberts University. On Sept. 25, the men will play their UIW Mexico counterparts at home.



Matthew Sherlaw/ LOGOS STAFF



Matthew Sherlaw/ LOGOS STAFF

A Cardinal goes heads up against an Oral Roberts University foe.

Four new assistants join basketball teams

University of the Incarnate Word basketball fans will see some faces among the assistant coaches for both the men's and women's teams this season.

Kate Henderson, head coach for the women's team, promoted part-time assistant coach Bryant Porter earlier this summer to a full-time role and replaced departing assistants



Johnny Brown

Alexis Green and Jamie Nash with Eric Dumas and Natalie Marlowe.

On the men's team, Coach Ken Burmeister has enlisted Johnny Brown, a veteran assistant basketball coach who was once drafted by the NBA Los Angeles Clippers, to join him courtside.

In a news release, Henderson, who is beginning her third season as women's head coach after serving some years as an assistant, said good things about her new staff members.

"Eric has a lot of experience in the Southland Conference and Natalie is a former Division I player who will bring energy to our practices," said Henderson. "Bryant is someone I know and trust and it just made sense to promote him from part-time assistant to a full-time role."

Dumas spent 12 seasons with the Southeastern Louisiana women's basketball program where he was associate head coach and recruiting coordinator. He also served as interim head coach for a time. While at Southeastern he recruited and coached players who earned first-, second- and third-team conference honors. The 2007 and 2009 teams were Southland East Division champs.

He formerly was an assistant men's basketball coach at his alma mater -- now-defunct Lambuth University in Jackson, Tenn. -- where he earned a bachelor's degree



Eric Dumas

in 1996 in health and human performance. As an assistant at Lambuth, he was part of a program that averaged 20 wins per season, including a high of 28. The team achieved a ranking of No. 9 in the NAIA and made it to the NAIA Sweet 16. He was part of three Mid-South Conference regular season championship teams and coached four players who earned All-America status.

Marlowe was a four-year starter at Chicago State, who earned Great West all-conference honors three times, finishing her career second in school history with 386 assists. She graduated in 2012 with a degree in communications.

Marlowe began her coaching career at Hendrix College in Conway, Ark., serving as the program's assistant women's basketball coach and recruiting coordinator. She coached two Southern Athletic Association Newcomers of the Year, an SAA Defensive Player of the Year, two first team, three second team and three honorable mention all-conference selections. In her final season, she recruited and coached the D3Hoops.com South Region Rookie of the Year. She has also been the head women's basketball coach and administrator for the Arkansas Select Basketball Club and the head girls varsity summer basketball coach at South Milwaukee High School.

Porter joined the UIW women's basketball staff in 2014-15, but has been with the university more than three years as a strength and conditioning coach. He played college basketball at Southwestern Illinois College and coached there in 2011-12. He also played at Missouri Valley College in Marshall where he was an all-conference selection.

On the men's team, Brown brings more than 20 years of coaching experience. In 1981, Brown started his college basketball career as a player at Loyola Marymount



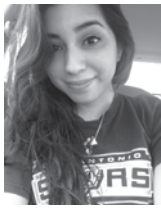
Natalie Marlowe



Bryant Porter



Fantasy football comes with perks



By Priscilla Aguirre
LOGOS ASSISTANT EDITOR

Remember when Odell Beckham Jr. of the New York Giants caught a 43-yard touchdown pass by snagging the

ball from behind his head with one hand?

Yeah, that was incredible.

To all my football fans the time has come and we are ready to see our favorite team win. Even if you like college football more than the National Football League (NFL) or vice versa, you still enjoy the excitement of the game. This is the time to cheer and support the team you love. Along with football season starting so does the strategic game of fantasy football.

Fantasy football is a competition in which participants select imaginary teams from the players in the NFL and score points according to the actual performance of their players. For example: Let's say you draft the quarterback of the Indianapolis Colts, Andrew Luck, and he throws four touchdowns in a game. For those touchdowns Luck threw, you earn points in your fantasy team.

The amount of points you get is up to your league commissioner (the person in charge of making decisions, money and the rules of the game) and he/she can customize your league to the littlest details. The commissioner can make rules that allow you to get a

point just because your player is on the home team, to losing 10 points if your QB throws an interception. If a player does well in a real football game, then you do well in your fantasy league.

You can join a league (which contains usually eight,10 or 12 people) and draft players from different teams. The object of the game is to get as much points as you can from your team to win the overall round against your opponent's team. You play every week when football season starts, earning your way to the Super Bowl. Some leagues play for money so it makes it even more competitive than before.

On your roster, if you play on ESPN.com like I do, you must draft one quarterback (QB), two running backs (RB), two wide receivers (WR), one tight end (TE), a flex (which can either be a RB, WR or a TE), a team's defense and special teams (D/ST) and finally a kicker (K). On your bench you have seven slots to fill up with whatever position you want. The point of it all is just to have fun with it and feel the thrill of the game.

I've been playing the game about three years now and since then I've noticed how big fantasy football is getting. More and more people are joining leagues and recognizing it's more than just a game. In fact, according to FanDuel, 70 million people are playing fantasy football this year. Some of my friends think it's lame and not worth the effort but if you are a sports fan then this is for you.

Having your own team allows you to feel the disap-

pointment if the RB you drafted fumbles the ball and you lose points. You feel the exhilaration when your WR catches passes and runs into the end zone. These NFL players know people are counting on them so they try to go out and do their best every week.

There is more to fantasy football than this article. Fantasy football has helped me appreciate sports and I've gained much respect for everyone involved. It's more than just a game to the players/staff/coaches and playing fantasy football has taught me that. I get to watch ev-

ery game, rooting for different players on several teams. In the end, it's just a friendly game and it's a chance for normal people like you and me

to have the experience of being a head coach, drafting and choosing which players to start depending on their upcoming weeks.

Who will be the Odell Beckham Jr. of this season? You just never know in football. It's unpredictable and that's what makes it entertaining.



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Four new assistant cont.

University in Los Angeles. After two years at the school, Brown transferred to New Mexico where he was one of four players to score more than a thousand points in two seasons for the school. In 1986, Brown's playing career continued as he was drafted by the Los Angeles Clippers with the 146th overall pick in the draft. Although he never played in the NBA, Brown spent five seasons as a player in the World Basketball League.

In 1992, Brown began his coaching career at Cal Poly in San Luis Obispo, Calif. His other coaching stops include Fresno State, Texas A&M-Corpus Christi, Northern Iowa, Eastern Oklahoma (twice), Binghamton, Montana State, New Mexico Junior College, Southern Utah and Ranger College in Kilgore, Texas.

Brown joins Burmeister's other two assistant head coaches: Brian Curtis and John Smith.

Henderson, who is beginning her third season as women's head coach after serving some years as an assistant, said good things about her new staff members in a news release.

"Eric has a lot of experience in the Southland Conference and Natalie is a former Division I player who will bring energy to our practices," said Henderson. "Bryant is someone I know and trust and it just made sense to promote him from part-time assistant to a full-time role."

Athletic Department hires new deputy director

A former professor in sports law and league associate commissioner is coming aboard Sept. 14 as deputy athletic director at the University of the Incarnate Word.

UIW Director of Athletics John Williams has selected Angie Torain to assist him in the administration of the department in its transition to Division I status.

Torain comes to UIW from The Summit League in Elmhurst, Ill., where she has served the past four years as associate commissioner for administrative services. In that role she led the league's strategic plan initiatives and was liaison for the NCAA Certification Program for member schools. She worked with the league's academic reviews, compliance reviews, Student-Athlete Advisory Committee and contracts.

In addition to working at the Summit League, she was an adjunct professor in sports law at Northern

Illinois University in DeKalb. She earned her Doctorate of Jurisprudence from Maurer School of Law at Indiana University in Bloomington.

Prior to her time at the Summit League, she was an associate athletic director and senior woman administrator at Indiana University-Purdue University Indianapolis. She developed and managed the athletic budget at IUPUI and reviewed all department contracts. In addition, she served as the liaison to human resources for all hiring as well as student housing and financial aid. As a sports administrator, she worked in game management, facility scheduling and athletics scholarship budgeting for all sports.

Torain worked at the NCAA for two different stints. She started there in August 1999 and was assistant director of enforcement/secondary violations for three years. She returned in September 2006 as assistant director of championships for a little more than a year. In between those two jobs, she was asso-

ciate commissioner for institutional services, championship administrator and senior woman administrator for the Mid-Continent Conference (now The Summit League).

Torain began her career as the director of compliance for the Horizon League (formerly Midwestern Collegiate Conference).

She was one of 12 people chosen to participate in the NCAA Pathway Program this year. She has served on a number of NCAA committees for rules, legislation and championships. Torain was a student-athlete at DePauw University in Greencastle, Ind., where she earned a bachelor's degree in sociology.

"Angie will be a huge asset to the University of the Incarnate Word," Williams said in a news release. "She brings a wealth of knowledge from her NCAA Division I athletic experiences on campus, in the conference office and at the national office. We are blessed to have someone of her caliber join our team."



Angie Torain

Catch the Cardinals

September games calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 FB vs Texas A&M-Kingsville @ 2pm
6 WSOC vs Baylor @ 1pm	7	8	9	10	11	12
13	14	15	16	17	18 WSOC vs Houston Baptist @ 5pm MSOC vs Central Arkansas @ 8pm	19 FB vs Nicholls @ 2pm
20	21	22	23	24	25 MSOC vs UIW Mexico @ 7pm	26
27 MSOC vs UIW Alumni @ 5pm	28	29	30 MSOC vs Bakerfield @ 7:30pm			



Kristen Pantoja



Lazaro Ramos



Marian Johnson



Salina DeLaGarza



Sheyla Camacho



Steven Reyes



Victor Vasquez



Tomas Moreno

Greek presidents share goals

Eight Greek Life organizations at the University of the Incarnate Word have goal-minded presidents.

The presidents – listed alphabetically by chapter -- include:

Alpha Sigma Alpha: Kristen Pantoja, a biology major from San Antonio, whose goal is “to use my capabilities to build strong women and leaders. I strive to get our chapter to a four-star chapter on a national level and to impact the community in a positive way.”

Alpha Sigma Tau: Sheyla Camacho, a psychology major from Dallas, whose goal is “grow within my sorority as a sister and a leader and to increase unity within my chapter.”

Chi Phi: Tomas Moreno, an engineering management major from Cotulla, Texas, whose goal is “to create an ongoing legacy for my chapter to continue.”

Delta Beta Chi: Mariah Johnson, a mathematics major from Llano, Texas, whose goal is “to build a stronger bond amongst our sisterhood but also bring our sisterhood closer to the other sororities and fraternities. I want our presence on campus to be known and to reach people that may not understand what ‘Being Greek’ means.”

Delta Xi Nu: Salina DeLaGarza, an athletic training major from San Antonio, whose goal is “to bring my chapter together to spread multicultural-

ism in our local communities and through the world.”

Lambda Chi Alpha: Lazaro Ramos, a rehabilitation science major from San Antonio, whose goal is “to lead a chapter of young, educated men, and to be well recognized among our campus and our community.”

Kappa Sigma: Victor Vasquez, an athletic training major from San Antonio, whose goal is “to raise the standard for my chapter and Greek Life as a whole.”

Omega Delta Phi: Steven Reyes, a music education major from Seguin, whose goal is “to find quality men and grow the chapter at UIW.”

Fraternities, sororities start informal recruiting

By Nancy Benet
LOGOS STAFF WRITER

Recruiting for Greek Life has officially kicked off at the University of the Incarnate Word.

UIW Greek students have begun to recruit incoming freshmen and other potential Greek members into their sororities and fraternities, where they offer a community for students to be a part of.

Greek Life at UIW is different than Greek Life at other universities because the term “rush” is not used as a form of recruitment. Instead of dedicating only a week to get to know to the sororities and fraternities UIW has to offer, Greek students recruit for a semester. A semester, rather than a week, of recruitment allows potential Greek students at UIW to get informed and familiarize themselves with all of the houses they are interested in.

Although formal recruitment has not started yet, Greeks at UIW have started to host and participate in informational events in order to provide potential Greek members with information about all of the sororities and fraternities.

“Multiple organizations that are part of UIW Greek Life took part in these events where all potential Greek students were welcome to come out, meet us and get information from the houses,” said junior Mercedes Esquivel, public relations chair for Alpha Sigma Alpha.

“During the fall semester, we have what you call ‘informal recruitment’ which means we recruit only by hosting events for informational purposes and informing new students as much as possible. That way, when the time comes for formal recruitment, they have a good idea of which house they like the most.”

Among those events – all on Dubuis Lawn – were “Meet the Greeks,” Aug. 18; Student Government Association’s Activities Fair, Aug. 20; and “Sorority Life,” Aug. 25.

“‘Sorority Life’ was a really laidback event where girls were able to come to us and ask UIW sororities any questions they had about the individual houses, or recruitment in general,” Esquivel said. “We got to know a lot of the girls who were interested in being recruited and it gave us a good idea about who we wanted to recruit.”

Unlike during formal recruitment, informal recruitment allows potential Greeks to pick and choose which events they want to attend.

“If someone is interested in only two out of four houses, they can choose to only go to the events hosted by those two houses during informal recruitment,” Esquivel said. “They do not have to attend every event by every house.”

Even though all students are welcome to join UIW Greek Life, there are some standards that need to be met in order to qualify for formal recruitment. Before going through recruitment, a student must have completed at least 12 hours while maintaining a minimum 2.5 grade point average.

“Of course some houses have higher GPA requirements than others but the minimum is 2.5,” Esquivel said. “It really all depends on which house you decide you want to join. If you are an incoming freshman with no college hours completed, then you would have to wait until you have the required hours completed.”

Official recruitment will begin during the spring semester.

“Even though we don’t formally recruit during the fall semester, it is still a great idea for interested students to attend as many events as possible so they can start getting to know the houses and putting their name out there,” Esquivel said. “That way when it comes time for formal recruitment, they will be able to have a better and more accurate idea of which house fits them best.”

Sodexo seeks to please palates

By Rory Dew
LOGOS STAFF WRITER

The renovation, revamping and reopening of Hortencia Café in the basement of the Administration Building is another way that UIW Dining by Sodexo is trying to meet students’ food demands.

“The remodeled location has more room for students than in the past and we are looking to expand our selection of Chick-Fil-A products in the near future,” Sodexo General Manager Murat Bora said.

The café is expected to help meet the demand of the University of the Incarnate Word community for dining options for at least two years until the new, state-of-the-art Student Engagement Center is ready. The \$29 million center will replace Marian Hall Student Center, which is about to be demolished.

Marian Hall had the main cafeteria but its name and Sodexo’s services live on in Marian Hall@ICC – built jointly by UIW and Sodexo using space for the old Circa

1881 outlet, the hall and the patio at Dr. Burton E. Grossman International Conference Center.

“We considered a number of alternatives including converting a floor of one of the residence halls or a section of a parking garage into a new

dining facility,” Bora said. However, he considers Marian Hall@ICC “a primary dining facility that will serve UIW until the completion of the new student center.”

However, “We understand that the ICC can be difficult to get to for students taking classes on main campus,” said Bora. That’s why UIW and Sodexo have gone to great lengths to ensure there are a number of dining options for students, he pointed out. If students don’t want to walk, drive, take the elevator near Avoca apartments or ride the shuttle up to Marian Hall@ICC, the options staying across the San Antonio River include Café A La Carte -- in the foyer of Dubuis Hall -- and a mobile Simply-To-Go cart constantly moving around. Both Café A La Carte and Simply-To-Go offer students convenience food items such as soups, sandwiches and other food products that can be eaten on the move between classes. Students with a meal plan may trade in one meal swipe for four items from either of these services. When the primary dining hall is open in the Student Engagement Center, Marian Hall@ICC will undergo significant change, Bora said. “(It) will be converted into three conference rooms for use by the University,” Bora said. The kitchen area will be converted into a fast service location, which will most likely host a local chain. We also plan to have another outlet of the local chain in the new Student Center.”



Greek Life at the University of the Incarnate Word features a variety of fraternities and sororities to join.



Café a la Carte in the foyer of Dubuis Hall is another main campus option for students.



Gaby Galindo/ LOGOS STAFF
Hortencia Café has reopened to use in the basement of the Administration Building.



New Cardinals get pinned on campus

By Victoria O'Connor
LOGOS STAFF WRITER

Only a few months past their high school graduation and ready to spread their wings for new beginnings, freshman students from near and far moved in Thursday, Aug. 13, to their new nests.

And to cap off the hectic day, the University of the Incarnate Word's traditional pinning ceremony took place that evening in Alice McDermott Convocation Center where bagpipers led the new students in and later out for refreshments with their families and friends cheering them on every step of the way.

Earlier, their families helped them move in as resident assistants and other upperclassmen trying to ease the process.

Excited, nervous, and overall exhausted from the eventful day, the freshmen residents began to embrace Cardinal life.

Freshman criminal justice major Zoe Pappas left Las Vegas, Nev., to come here.

"I wanted to start somewhere else and get the 'away from home' experience," Pappas said. "I had gotten an email from Incarnate (Word) and had decided to check out the campus. Before that (visit), it was all schools from California, I loved the community, I loved the teachers, I loved the small campus, and I just loved everything about it. It made me forego all of my California schools, and come here."

Pappas was not the only one who fell in love with UIW from a campus visit.

"When I did the campus visit I just really liked the feel of the campus," said Kelia Lopez, a freshman rehabilitation science major from Harlingen, Texas, who wants to be a physical therapist to children.

"The staff was really open to the students, and I really liked how the upperclassmen were helpful with the freshmen and incoming students," Lopez said. "They were encouraging us to get involved in the school."

Though UIW offers a diverse field of studies, it is also another kind of field that attracts students to come here.

"I'm from Beeville, Texas, and I came (here) to be on the football team," freshman Chase Ellerbee said. "It's a new Division I school and they're kind of coming up as a new Baylor. They also have a really cool medicine program, and they are building a med school here in 2017 from what I've heard."

Resident assistants helped the freshmen find their new spaces. Karime Martinez, a junior, said she was impressed with the variety of majors and their potential.

"From what we've seen, the students have a

lot of great potential," Martinez said. "Their majors are biology, nursing, music, all these different things. I think it's great their ambition is so strong, even in the beginning as freshmen."

"We want to make them feel welcome and not pick on the freshman," Martinez added. "Some are coming away from home. We care to make this transition as comfy as possible because we know how hard it is to start college. UIW really tries to make this community like a home."

As everyone came together to make move-in-day a success, the real welcoming committee was introduced as new freshmen attended the pinning ceremony brought together by administrators, faculty and staff. Key speeches came from senior English major Olivia Almirudis and UIW's longtime president, Dr. Louis J. Agnese Jr. Dr. Renee T. Moore, dean of campus life, led the students through a pledge ceremony. Then the student lined up to be pinned with UIW's emblem. The indoor ceremony ended with a prayer as the students held lit candles.

Freshman Ellie Dabrowski, an interdisciplinary studies major from Malibu, Calif., said she was impressed with ceremony.

"It set the start of the school year on a high note because they made you feel so welcome to the community," Dabrowski said. "It showed how religious the school is, how professional the school is, but also (how) confident they were in their students and how open they were to help. I really enjoyed Dr. Agnese's speech and the whole process with the candles."



Some freshmen student-athletes left their practices to join in the crowd that would be participating in the ceremony.



Freshmen hold candles near the end of the traditional pinning ceremony in Alice McDermott Convocation Center. While they were waiting, several students checked their ever-present phones. Faculty, staff and administrators pinned the students after they marched in led by the bagpipers -- the same unit that hopefully will lead them in at graduation four years later. Family and friends snap photos from their vantage points in the bleachers. Afterwards, food was served at under tents outside the center.



Photos by Victoria O'Connor



Chapel sees Mass of the Holy Spirit

By Bianca Jimenez
LOGOS STAFF WRITER

University of the Incarnate Word students, staff, administrators, faculty and friends gathered in Our Lady's Chapel on Wednesday, Aug. 26, for the annual Mass of the Holy Spirit marking a new academic year.

This Mass is celebrated to thank God for the blessings bestowed on UIW during the previous school year and to call upon the Holy Spirit to guide and assist the university throughout the incoming academic school year, according to ministers.

Representatives from each of the nine schools brought forth a symbol of their school to be displayed at the altar of the chapel. Symbols brought forward included a construction hat for the College of Humanities, Arts, and Social Sciences; a book from the Dreeben School of Education; globe from the HEB School of Business and Administration; human hands from the Ila Faye Miller School of Nursing and Health Professions; the Bowl of Hygieia from John and Rita Feik School of Pharmacy; a model of an eye from Rosenberg School of Optometry; a model of human hands from the School of Physical Therapy; a copy of the Cartesian Coordinate System from the School of Math, Science, and Engineering; and a color wheel from the School of

Media and Design.

"I think it (two hands) symbolizes the hands-on and the helping in the health professions," said Dr. Holly di Leo of the Miller School.

The Rev. Dr. Thomas Dymowski, campus chaplain for University Mission and Ministry, said the Mass of the Holy Spirit is nothing new to UIW, much less Catholic universities across the world. It was once celebrated as a Welcome Mass at UIW but the Welcome Mass and Mass of the Holy Spirit are celebrated separately now, he said.

The Mass of the Holy Spirit has been celebrated "since the middle ages with the beginning of the great universities in Europe," Dymowski said.

During the 14th century, Jesuit academic institutions would hold Masses in which communities would gather to invoke the Holy Spirit and ask for guidance and wisdom throughout the incoming year. Before being known as the Mass of the Holy Spirit, this Mass was known as the Mass of the Holy Ghost. The Mass has evolved into a celebration within Catholic universities that involves students, faculty, and members of the community.

"(The Mass is) a time for a Catholic university to

gather and recognize the need for God's help fulfilling the obligations of providing the best education possible," Dymowski said.

Students can use the Mass as a fresh start to a new school year, and as a way to grow spiritually.

Dymowski said he hopes students participating in the service will gain "a greater awareness of God's presence within our university and our need to respond to the call of the gospel in fulfilling the social mission of the church."

Though not known exactly when the Mass of the Holy Spirit began at UIW, there have been generations that have participated in the celebration.

Sister Martha Ann Kirk, a professor of religious studies, is a second-generation student at UIW – then Incarnate Word College. Her late mother, Ada Koenig, was a student at the former college and took part in the Mass.

"Back then they were praying that the Holy Spirit might guide them in the school year," Kirk said. "When I was a student here we also prayed that the Holy Spirit might guide us."



The Mass of the Holy Spirit is celebrated in Our Lady's Chapel to open the 2015-16 academic year. Representatives from the University of the Incarnate Word's schools bear items symbolic of tools used in their classes, fields, professions and industry. Worshipers -- students, staff, faculty, administrators and friends -- fill the pews and are invited to join in song by the songleader. The Rev. Dr. Tom Dymowski, campus chaplain for University Mission and Ministry, delivers his homily before communion.



Photos by Bianca Jimenez





Sept. Movies

Compiled by Valerie Bustamante
LOGOS Assistant Editor

Sept. 11 Goodnight Mommy

Rated: R
Genre: Suspense/ Thriller
Starring: Elias Schwars, Lukas Schwarz, Susanne Wuest

The Challenger

Rated: PG- 13
Genre: Action/ Adventure
Starring: Kent Moran, Michael Clarke Duncan, S. Epatha Merkerson, Justin Hartley

The Perfect Guy

Rated: PG- 13
Genre: Suspense/ Thriller
Starring: Sanna Lathan, Michael Ealy, Morris Chestnut, Charles S. Dutton, Tess Harper

The Visit

Rated: PG- 13
Genre: Horror/ Suspense
Starring: Kathryn Hahn, Deanna Dungan, Peter McRobbie, Ed Oxenbould, Olivia Dejonge

Sept. 18 Captive

Rated: PG- 13
Genre: Drama/ Suspense/ Thriller
Starring: David Oyelowo, Kate Mara, Michael K. Williams, Mimi Rogers, Jessica Oyelowo

Maze Runner: The Scorch Trials

Rated: PG- 13
Genre: Action/ Adventure
Starring: Dylan O'Brien, Kaya Scodelario, Thomas Brodie Sangster, Ki Hong Lee, Giancarlo Esposito, Aidan Gillen, Barry Pepper, Patricia Clarkson, Lili Taylor

Sept. 25 Everest

Rated: P- 13
Genre: Action/ Adventure
Starring: Jake Gyllenhaal, Josh Brolin, Jason Clarke, John Hawkes, Keira Knightley, Clive Standen, Vanessa Kirby

Hell & Back

Rated: PG- 13
Genre: Animated/ Comedy
Starring: Mila Kunis, T.J. Miller, Michael Pena, Susam Sarandon, Bob Odenkirk, Danny McBride

Hotel Transylvania 2

Rated: PG
Genre: Animated/ Comedy
Starring: Adam Sandler, Selena Gomez, Mel Brooks, Kevin James, Steve Buscemi, Andy Samberg, David Spade, Megan Mullally

The Anomaly

Rated: n/a
Genre: Action/ Adventure
Starring: Ian Somerhalder, Alexis Knapp, Art Parkinson, Luke Hemsworth, Brian Cox

The Intern

Rated: PG- 13
Genre: Comedy
Starring: Robert De Niro, Anne Hathaway, Rene Russo, Adam Devine, Andrew Rannells, Celia Weston

‘What Would You Do’ slated as part of UIW Civility Week

A “What Would You Do?” forum styled after the TV show is one of the Sept. 8-10 events planned for Civility Week at the University of the Incarnate Word.

Monica Solis-Hoeffl, assistant director of campus life, will be the host for the program set 4-5 p.m. Wednesday, Sept. 9, in the Special Collections Room on the second floor of J.E. and L.E. Mabee Library.

Three units -- the Office of Campus Life, Counseling Services and Ettling Center for Civic Leadership -- are involved in the planning and execution of Civility Week, said Dr. Ricardo Gonzalez, program coordinator for the Ettling Center.

“(We) are excited to support and promote the Fall 2015 Civility Week events celebrating the institution’s commitment in supporting a community of persons of diverse backgrounds, in the belief that mutual respect and interaction advances the discovery of truth, mutual understanding, self-realization and the common good,” Gonzalez said.

The events begin on Tuesday, Sept. 8, after Labor Day. There will be large boards set up in Cardinal Courtyard on the back side of the Administration Building for students to express “Who U Are,” “Who I Am” and “Who We Are.”

From Tuesday, Sept. 8, through Thursday, Sept. 10, there will be a “No Phone Zone” promoted from 9 a.m. to 2 p.m. at Finnegan’s in the lobby of J.E. and L.E. Mabee Library to encourage participants to meet and make new friends and not be tied to the phone.

A “Civility March” will be conducted 11 a.m.-2 p.m. Tuesday, Sept. 8, on Dubuis Lawn where participants will receive a free T-shirt if they march around the library and stop at four stations “to contemplate different perspectives about respect.”

The “What Would You Do?” program -- billed as a “friendly and engaging discussion that will challenge your views and perceptions of our community” -- is the question styled after the TV show that will be asked of participants.

The week will end Thursday, Sept. 10, with “A Conversation on Civility” from 4 to 6 p.m. in the library auditorium where a panel will provide perspectives on gender, race, ethnic and religious similarities and differences.

“This (is a) celebration of respect for others regardless of their race/ethnicity, gender, religion, disability, age, or creed to enhance civil respect throughout the UIW campus,” Gonzalez said.

Civility Week which began in 2012 and founded by the University Events and Student Programs Office was established



Monica Solis-Hoeffl

Disney’s animation studio gives student summer run

By Marco Cadena
LOGOS STAFF WRITER



Carlos Garcia spent the summer doing animation.

A student majoring in 3D animation and game design at the University of the Incarnate Word interned over the summer at Walt Disney Feature Animation Studio in Burbank, Calif.

Carlos Garcia, a junior, is the first student to ever apply for this internship from UIW. He found out about this opportunity after Matthew Tovar, an instructor, posted the link to the application in one of the department’s forums.

“I’m originally from California and have moved from state to state growing up,” Garcia said. “However, I proudly represented Texas and the University of the Incarnate Word while out there working. Our school is small and underrepresented so I wanted to show a large studio like Disney that even small schools that aren’t notorious for mass-producing world-renowned artists can output great learners and workers, too.”

The application was reviewed by Disney’s Talent Development Team and included Garcia’s work in a demo reel. This reel included character models, rigs and character sculptures that Garcia created during his sophomore year.

“There’s a vast amount of competition in the industry and I’m very understanding of that,” Garcia said. “When I did get an email stating I was in review, my hopes grew and the excitement started growing exponentially. When I finally received the call that I was accepted I couldn’t believe my ears. I was extremely grateful and in the following two weeks I was there, at Disney Feature Animation Studios, filling out new-hire paperwork to get my official nametag.”

The eight-and-a-half-week internship allowed him and 10 other interns to learn about feature film production, attend meet-and-greets and tour studios.

“My time there was spent learning and growing in all aspects of the feature film production pipeline, from concept to finished product,” Garcia said. “I was able to hang out with artists I’ve admired and looked

up to greatly and play foosball alongside them.”

Nine interns, including Garcia, worked on the making of a short film during the internship. The creation of this short film allowed interns to learn the way Disney does 3D animation and as of now will be unreleased to the general public. A future plan of release by the studio of this short film is still unknown.

“There was so much I was able to do that I couldn’t at any other workstation,” Garcia said. “For example, being able to work with Disney’s procedural texturing software and studio-specific software was a great learning experience alone. There was so much to do and explore.”

Some of the people he met at the meet-and-greets included Bob Iger, head of Disney Corporation; Eric Goldberg, animator of the Genie character in “Aladdin” (1992); and Chris Williams, director of “Big Hero 6” (2014). Interns also were able to tour studios such as Tujunga, Disney Toon Studio, Disney Imagineering and Riverside.

Get-togethers and barbecues featured screenings and updates on upcoming films such as “Zootopia” (2016), “Moana” (2016) and the just revealed “Gigantic,” an adaptation of the classic tale of “Jack and the Beanstalk” which will be directed by Nathan Greno (“Tangled”), feature collaborations from “Frozen” songwriters Robert Lopez and Kristen Anderson-Lopez and is set to premiere in 2018.

“I had never fathomed working with a major studio such as Disney so early in my academic career,” Garcia said. “The entire eight weeks were so memorable. Being able to eat and just have a good time with new friends was such a wonderful experience.”

Garcia said his passion for art has been present his whole life but it was not until the end of his senior year of high school that he discovered he could make a living doing what he loved.

“I was raised with a hard work ethic and competitive drive to reach my goals, and as I was nearing the end of my sophomore year I thought: ‘What better time than now to apply? And what can I lose in doing so? The worst they can say is ‘no.’ I was honored to have been chosen.”

Garcia’s ultimate goal after getting his degree is not only to grow artistically but also to help inspire young artists who share similar ambitions and aspirations.

“Wherever I end up in the future, be it a smaller studio or the big guys like DreamWorks, Pixar, Blue Sky, and Disney, to name a few. And perhaps, should I ever get the opportunity, I’d like to be a professor later on in life to help inspire and nurture the budding artists who stand in the shoes I once stood in.”

Switchfoot’s Jon Foreman inspires at Sam’s Burger Joint



By Shannon Sweet
LOGOS STAFF WRITER

On break from the massively successful alternative rock band Switchfoot, principal singer-songwriter and guitarist Jon Foreman, 38, is on a mission to spread the word of love and survival through music.

With two released and two yet-to-be-released extended plays from a collection of four called “The Wonderlands,” Foreman’s critically acclaimed approach to folk music is humane, touching and insightful with poignant, uplifting lyrics.

A recent laidback and intimate performance at Sam’s Burger Joint was a night of enlightenment. Stripped down and unplugged, backed only by drums (Aaron Redfield), cello (Keith Tutt) and his own guitar, Foreman’s lyrics took center stage, amplified by his brutally honest, consistently melodic songbird voice. Tones of happiness, fear, optimism and struggle made an appearance that evening, with Foreman’s wit and warmth tying it all together.

“Death seems to find a way to most my songs,” Foreman said in-between songs, “but I’m not a morbid person.”

As a well-rounded lyricist, his sentiment rings true, although the majority of his work deals with themes celebrating life, salvation, redemption, and his relationship with God.

“Heaven knows I tried to find a cure for the pain,” sings Foreman in “The Cure for Pain,” a tender crowd favorite ballad, “to suffer like you do it would be a lie to run away.”

Along with his Switchfoot material, covers of “Crazy” by Gnarls Barkley and “God Only Knows” by the Beach Boys, Foreman excited and surprised the audience with every aspect of his illustrious career. (His “The Wonderlands: Darkness” installment will premiere Sept. 4, and “The “Wonderlands: Dawn” will be out Oct. 23.)

But even though Foreman is a man of faith, he’s not preachy with his beliefs. The subtleness of his lyrics transcends the concepts of traditional Christian rock into music

that all faiths can understand, vibe to, and, most of all, enjoy.

“I don’t know some of these songs,” Foreman said to the audience, “I’m going to need your help.”

With song names and personal messages written on pieces of napkins, devoted fans passed them onto the stage, forming a large pile at Foreman’s feet. Weaving in and out of both request and personal song choices throughout the two-hour show, Foreman treated the audience like family, even meeting and getting to know them individually after the concert was long over.



Shannon Sweet/ LOGOS STAFF

The crowd at Sam’s Burger Joint presses in to get a closer look and listen to Jon Foreman.

E-mail Sweet at ssweet@student.uiwtx.edu



UIW lauds retiring couple for 60-plus years of service

Administrators, faculty, staff and students who've benefitted from 60-plus years of service rendered by a retiring couple came together to wish Dr. Keith Tucker and Marveen Mahon a fond farewell.

The Special Collections Room on the second floor of J.E. and L.E. Mabee Library was packed Friday, Aug. 14, for the reception honoring Tucker, who was director of Counseling Services, and Mahon, who was director of Health Services.

The University of the Incarnate Word was the place where the two met as colleagues before they married – this year being their 20th anniversary.

"I don't think I need to say it, but Marveen and Keith we love and appreciate you," Dr. Renee T. Moore, dean of Campus Life, said, oftentimes struggling during her tribute to hold back tears.

Tucker came to then-Incarnate Word College in 1975, in addition to counseling serving as a faculty member. He was chair of the old Faculty Association and served on the search committee that led to the hiring of Dr. Lou J. Agnese Jr., in 1985 as the college's president.

Mahon joined the Incarnate Word staff in 1992 as assistant director of health services and one week later was promoted to director, Moore said.

Since the two announced their plans to retire, Moore said, "for the past month, I have been in denial about this day. It's bittersweet. Keith and Marveen have served us well in so many ways. But I also know that they deserve time to get home at a decent hour for dinner; to sit on the patio at their beautiful home, to travel and hike and bike and shop and visit family and new places for as long as they like, without having to turn in a vacation request slip.

"Over the years I've called on both of them: morning, noon and night. The wee hours of the morning are probably their favorite times to hear from me. Keith is probably best-known on campus for his ears -- that is his listening and counseling skills.

"A common plea from me goes something like this: 'Keith, I have a student who appears depressed, may I bring him to your office now?' Or another who is contemplating suicide. 'What do you suggest? Yes, it is 3 a.m.' He has talked more than a few students off the edge. Last year I even called the office from India when we had a student in psychological crisis.

"And may I say Keith has assisted a few of us through difficult life decisions and dilemmas: the death of a loved one, or from cursing out a co-worker or maybe even quitting. Keith always has a word of encouragement or way of helping us to reframe a concern so that we can face it with some semblance of grace and grit and deal with it."

As for Mahon, Moore said, this was a common plea: "I need you to make a house call. There's a student in Room 625 in Agnese Sosa who can't get out of bed and needs help. Please come now."

"In the same way, many of us have stopped by the Health Office to have our blood pressure checked, or to have her check out the cut or bruise or pimple on our body. She has patched us up, given good advice, and offered a candid opinion and almost always her treatment plan includes a piece of medicinal chocolate. It cures every ailment.

"Marveen's gifts don't end with health care. She's good at directing, cooking, and makes jewelry -- some of which has been brought in hundreds of dollars over the years, when she had donated it to 'Swing In' (an annual fund-raiser)."

Sometimes the couple jointly planned special health-related events, Moore said, such as Sober Roads, World AIDS Day, Wellness Fairs, The Breast Mobile, blood drives, and Halloween trick-or-treating for small children enrolled in UIW's Brainpower schools.

Together, Tucker and Marveen also would present their "True Colors" personality styles workshop for nearly every department or school on campus.

"As a Campus Life Team, we have had many good



Dr. Keith Tucker, left, and his wife, Marveen Mahon, together spent more than 60 years serving the University of the Incarnate Word. "In the old days, leadership retreats with our students where Keith (and other faculty facilitated sessions) and Marveen did double duty as chef and nurse), Campus Life retreats, student events. Projects, programs, meetings and years of President's Spaghetti Dinners, student crisis, births, deaths and weddings of students, and colleagues, and friends. We have been together through it all with blood, sweat, tears and lots of laughter.

"Keith and Marveen, you have been great colleagues, (and) true assets to UIW for 60-plus years, but you will be my friends forever. I wish you all the best in your adventures to come."

University to celebrate Hispanic Heritage Month

The annual Hispanic Heritage Month celebration Sept. 15-Oct. 15 at the University of the Incarnate Word will get off to a saucy start with the return of a hot sauce competition.

Salsa y Salsa, which will be 11 a.m. to 1 p.m. Tuesday, Sept. 15, on the walkway near the Gorman Building, will feature celebrity judges and fun for the event sponsored by University Events and Student Programs.

"A Conversation on U.S. Immigration" will be conducted 7-8 p.m. Thursday, Sept. 17, in Room 365 of the Administration Building. Sponsored by the Ettling Center for Civic Leadership, participants will be able to talk with youth and families who have immigrated as well as local advocates for fair and just policies.

"The Immigration Reality of Today" will be off-campus Friday, Sept. 18, at Oblate School of Theology. Jonathan D. Ryan, executive director of the Refugee and Immigration Center for Education and Legal Service, will speak in Oblate's Whitley Center.

The Campus Activities Board has planned a "La Feria" celebration featuring free food, music and fun from 11:30 a.m. to 1:30 p.m. Wednesday, Sept. 23, on Dubuis Lawn.

Under Department of Athletics sponsorship, the UIW men's soccer team will be playing its UIW Mexico counterpart at 7 p.m. Friday, Sept. 25, at Gayle and Tom Benson Stadium.

The Hispanic Heritage Month Committee is bring-



ing Mexican pastries and coffee to share with members of the Sisters of Charity of the Incarnate Word, founders of the university, from 10:30 to 11:30 a.m. Monday, Sept. 28. Pan Dulce Con Las Hermanas will be in the Special Collections Room on the second floor of J.E. and L.E. Mabee Library.

A "Strolling Showcase" at 1:30 p.m. Tuesday, Sept. 29, will feature performances from members of Omega Delta Phi fraternity on Dubuis Lawn.

O. Ricardo Pimentel, a writer-columnist for the San Antonio Express-News, will be the speaker for a program from noon to 1 p.m. Wednesday, Sept. 30, in Room 312 of the Ila Fay Miller School of Nursing and Health Professions. His subject will be "Latinos, Texas and Destiny – A Brief History." Dr. Scott Roberts, an associate professor of marketing for the HEB School of Business and Administration, will be the host.

Sister Yolanda Tarongo, a former congregational leader for the Sisters of Charity and a current UIW

Board of Trustees member, will lead a conversation on "Las Hermanas: The Struggle is One" from noon to 1:15 p.m. Monday, Oct. 5, in Mabee Library's auditorium. Dr. Gilbert Hinojosa, an adjunct history professor, and Horacia Vela, a religious studies instructor, are co-hosts for the program focusing on a grassroot Latina movement.

Two speakers from the Hispanic Heritage Center of Texas are featured for a "Las Damas de Tejas" program in Mabee Auditorium from noon to 1:15 p.m. Thursday, Oct. 8. Erika Arredondo-Haskins, executive director, and Dr. Amy Porter, an advisory council member, will discuss highlights of the exhibit and what it's like to run a non-profit business. The host is Dr. Teresa Harrison, an assistant professor in the HEB School.

The Latino Student Association is bringing Mixteco Ballet Folklorico to perform traditional folklorico dance 1:15-2 p.m. Thursday, Oct. 8, in Mabee Auditorium.

"Las Marthas," a film following two Mexican American debutantes, will be shown in Mabee Auditorium on Tuesday, Oct. 13. A time was not given on the flier.

The closing "La Celebracion" event from 11 a.m. to 1 p.m. Wednesday, Oct. 14, in Cardinals Courtyard behind the Administration Building will allow participants to sample food from various Hispanic cultures, enjoy music, and traditional dances. It's sponsored by University Events and Student Programs.

Media ubiquity, availability: Boon or bane?



By Phil Youngblood

I admit one of the first things my wife and I do in the morning is to turn on our smartphones to

see "if the world is still out there."

Invariably it is. This can be reassuring or not, depending on where you go to find out.

Our approaches are a bit different. My wife checks Facebook to "catch up on friends" who may be current friends or people she has not seen in some time or even students. You might be surprised how much you can learn about current students and students who have graduated by reading what they share about themselves on social media.

Often my wife shares something with me that someone else has posted, particularly if it is something cute like a puppy video. Even on Facebook itself, many people share what others have posted.

She may also play scrabble games on "Words With Friends." Her phone gets a friendly chime when someone has taken their turn or invites her to play a game. She looks forward to hearing the chime because someone has thought of her, she can tell who is up early, or late, and she enjoys the intellectual challenge of the game. Then she might head to various sources of the news on Flipboard, which she can construct from different sources to include new sources, architectural

design, the latest gadgets, or whatever interests her.

Me, I go straight for the weather and the news. Lately I have been hoping for rain and not another week of 100-degree heat indexes and no rain. Sometimes I imagine I can hear my little plants in the front yard calling to me to water them and mourning lost relatives. At least I can chalk up "bad news" on the weather app to the weather, that is, something over which I have no power to change, save for the miniscule role I play in responsible use of resources so I do not exacerbate the drought or the inexorable march towards warming.

The news is another matter. I am not sure what I expect to see when I turn on the news apps. Perhaps I wish I would see mostly "happy" news such as people acting rationally, treating each other civilly, and building rather than destroying. Sadly, that is rarely the case and I frequently leave the app feeling a bit down and less sure about whether the future will be better or worse.

Two different approaches, two different results. In my wife's case, the ubiquity and availability of the media means she can keep up with the grandkids and their friends, even when they might not contact her directly very often, and with old friends so the friendship still seems fresh even when everyone has gone their own ways. She can also "converse" in other ways, such as through games, with people she knows and even with people throughout the world she has never met. Through the richer manners of expression available to people today through 4G LTE technology, she can see

imaginative creations that people have shared in photos and videos. "Puppy videos" make her smile and remind her of the more innocent and playful aspects of life.

In my case, I can choose to either be in a funk over bad news or step back and look at the bigger picture. For one, it helps to realize international and national news is often "bad" because that is what "news" often is – aberrant behavior. You do not read many stories about day-to-day things going right because it is not news and it does not sell, so I must remind myself I am reading about the unusual, not the way the world is.

I can also look for positive examples of what ubiquitous and available media brings us, such as my wife's examples. I can also look to what it brings to my classes. No matter what topic, a few well-chosen keywords or a phrase in Google or YouTube will bring me examples of nearly anything we are discussing to better illustrate or enhance or verify the point. Then there is the worldwide network of colleagues with which I interact online, which can lead to serendipitous professional relationships, but that is a story for another article.

In 2015, I am writing about exciting technologies that will change the way that computers work and how we work with them. As always, I invite your feedback, dialogue and differing opinions on this topic.

E-mail Youngblood, head of the Computer Information Systems program, at youngblo@uiwtx.edu

~~Adventure~~ Study Abroad

"There are no foreign lands. It is the traveler only who is foreign."

— Robert Louis Stevenson



Beautiful view of downtown Heidelberg and the Heidelberg Castle. Heidelberg, Germany is home to UIW's European Study Center.

Scholarships

Gilman International Scholarship

Application Deadline: Oct. 6

The Gilman Scholarship Program aims to diversify the kinds of students who study and intern abroad and the countries and regions where they go by offering awards to U.S. undergraduates who might otherwise not participate due to financial constraints.

Eligibility:

- Must be a U.S. citizen
- Must be an undergraduate student
- Must be receiving a Federal Pell Grant
- Must be studying abroad for at least four weeks in one country

For a complete list of eligibility requirements and further details, visit: www.iile.org/gilman

Global Experience Travel (GET) Award

Application Deadline: None

In an effort to support UIW students in obtaining an international experience, the university has designated funds for study abroad awards. These funds are meant to recognize students who are excelling academically as well as provide resources for students that would otherwise be unable to participate in international programming. Students may apply for these funds on a competitive basis to supplement the costs of a global experience.

Eligibility:

- Minimum 3.0 GPA at UIW
- Minimum 75 percent completion rate
- Must be degree-seeking
- Demonstrate need based on their 2015-16 FAFSA

Inquire in the Office of Financial Assistance or the Study Abroad Office.

UIW-JCU Scholarship

Application Deadline: Nov. 6

The University of the Incarnate Word (UIW) and John Cabot University (JCU) Scholarship was established to financially assist UIW students wishing to study abroad at JCU for one academic semester (fall, spring, or summer).

Eligibility:

- Must have been accepted to attend JCU for the upcoming summer, fall or spring semester;
- Have completed the required UIW study abroad documents;
- Participate in a face-to-face interview with the selection committee;
- Be legally and academically eligible to study abroad for the upcoming semester.

Inquire for more information in the Study Abroad Office.

YOUR ADVENTURE AWAITS

Composing a Competitive Essay: Tips for Writing Your Gilman International Scholarship Essays

Tuesday, Sept. 8, 1-2 p.m.
Special Collections Room (second floor of the Library)

One of the most important components to the Gilman International Scholarship application is completing your essays. These essays are closely reviewed during the selection process. This workshop will explain how to compose competitive essays for your Gilman Scholarship application and the specific guidelines for each required essay.

Funding Your Study Abroad

Wednesday, Sept. 9, 11:30 a.m.-12:30 p.m.
ICC, Boardroom 1

One of students' biggest concerns is how they will finance their semester abroad. A Financial Assistance representative will be available to answer questions about how financial aid can be used towards a semester abroad. The Study Abroad Office will also be presenting information on available scholarships. Come by to learn how to make your study abroad dreams a reality.

Study Abroad Parent Information Session

Thursday, Sept. 17, 6-7 p.m.
ICC Auditorium

Does your family have questions about study abroad? Invite them to meet with the Study Abroad Coordinator and parents of former study abroad students.

Friend us on Facebook: Uiw StudyAbroad

For more information on studying abroad, contact:
Alanna Taylor, Study Abroad Coordinator
Phone: (210) 805-5709 E-mail: studyabroad@uiwtx.edu
Dr. Burton E. Grossman International Conference Center, F111

