

# Logos

Student-Run Newspaper for University of the Incarnate Word

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November-December 2015

## Vigil pleas for peace

By Gaby Galindo  
LOGOS PHOTO EDITOR

Several community organizations staged a one-hour, candlelight silent vigil Sunday, Nov. 22, at the University of the Incarnate Word for all those suffering from violence in the world.

The event from 5:30 to 6:30 p.m. on Dubuis Lawn was cosponsored by the Council on American Islamic Relations, Community Relations Council of the Jewish Federation, Dialogue Institute of the Southwest, San Antonio Muslim Women's Association, San Antonio peaceCENTER, SoL Center University Presbyterian Church, and the Incarnate Word Sisters International Justice, Peace, and Integrity of Creation Committee.

People from all walks of life came with friends, families and even their pets to participate in this event calling for worldwide peace. They brought candles, battery-powered candles, or were given a small white candle.

Sister Martha Ann Kirk, a longtime professor of religious studies at UIW, began the vigil by introducing several special guests of different faiths, showing their solidarity and support of this event.

The attendees then began lighting each other's candles and proceeded to slowly and silently walk in a circle around a Peace Pole centered on the lawn. They continued circling this pole in silent, solemn reflection about half an hour.

Kirk then halted the walk and called everyone to gather close around the Peace Pole. She explained the Peace Pole was originated in Japan by Masahisa Goi. Greatly affected by the violence and destruction of World War II, Hiroshima and Nagasaki, Goi was inspired to spread the Peace Message, "May Peace Prevail On Earth" in 1955, Kirk said.

This message is inscribed into the Peace Pole in several languages, including Spanish, French, Swahili, Arabic, Vietnamese, etc. Kirk invited everyone to read the message of peace in whichever language they knew and spoke. Afterwards,



Gaby Galindo/ LOGOS Photo Editor

Some members of various community organizations huddle Sunday night near a Peace Pole Sunday lit by candlelight.

she encouraged everyone to talk with each other and make some new friends before leaving, saying the world is made into a better place with each new friend one makes.

"All the different religions in the world have one thing in common," said Sister Alice Holden, "Besides being born of a mother and a father, the common thing is that we are all sparks of the divine. We're all shedding that light of divinity from inside. Only when we come to realize it though do we live according to that spark."

Abdur-Rahim Muhammad, a retired chaplain, said the vigil helped promote "a greater recognition of the fact that we have good people who are doing their best to make a difference in a positive way."

In a notice sent out about the event, Kirk wrote the vigil was "for those suffering from violence, the families and the countries, the victims and perpetrators, ourselves and the others."

## Students ready to eat spaghetti

By Marie Gonzalez  
LOGOS STAFF WRITER

Cardinals are marking their calendars down for the 29th annual President's Spaghetti Dinner on Wednesday, Dec. 2.

The event is a special occasion, at which University of the Incarnate Word students, faculty and staff can celebrate a successful semester and upcoming winter break while enjoying a meal of spaghetti and meatballs. The dinner is meant to thank and encourage students for their hard work over the semester.

Each year, Dr. Lou Agnese Jr., who started the tradition, dons a chef's hat while leading the preparation of the meal. The spaghetti and meatballs will be prepared according to the treasured Agnese family recipe.

Students will be able to partake in the meal, free of charge to students with their UIW ID, from 4:30 to 7:30 p.m. in McCombs Center Rosenberg Skyroom. It is recommended that guests arrive early. In previous years there have been more than 1,000 hungry students



-Cont. on page 2  
-Spaghetti dinner cont.

## Dentistry student dies in car accident

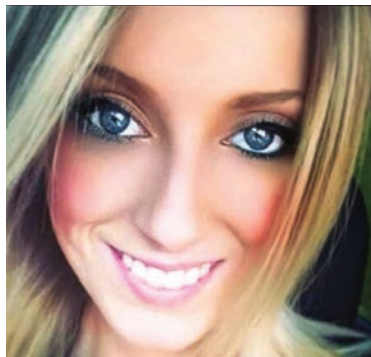
By Priscilla Aguirre  
LOGOS ASSISTANT EDITOR

A University of the Incarnate Word student who was planning a dentistry career died Nov. 1 in an automobile accident on Interstate 10 West near Casa Bella, according to sources.

Kirsten Casteel, 22, was driving a Ford Escape reportedly at a high speed when it spun out of control and ended up in a drainage culvert on the access road of Interstate Highway 10 West near the intersection of DeZavala Road, according to the San Antonio Police Department. She was not wearing a safety belt and was pronounced dead by paramedics at the scene, the report said.

Casteel was born in Carrollton, Texas, where she graduated from Creekview High School in 2011. She moved to San Antonio a few years ago.

In San Antonio, Casteel worked as a server/bartender for a restaurant and her studies had led to her receiving her dental assistant certification about a month ago.



Kirsten Casteel

## Linebacker tackles national attention

By Jorge Jones  
LOGOS STAFF WRITER

University of the Incarnate Word senior outside linebacker Myke Tavarres only got to play one season for the Cardinals but he's made the most of it.

Tavarres, 23, has been named on two national watch lists after a record-breaking season with the Cardinals and has been called an All-America candidate by UIW's Athletic Department.

A native of Lake Oswego, Ore., Tavarres was named to the 2015 College Football Performance Awards FCS Linebacker Award Watch List and the STATS FCS Defensive Player of the Year Watch List this November, both of which will announce their winners in early January.

The purpose of these awards is to recognize players that increase the overall effectiveness of their team, something Tavarres has accomplished throughout the 11 games that the 6-5 Cardinals have dueled out this season.

"I am very happy for these recognitions," said Tavarres, a communication arts major concentrating in media studies. "It means I am doing good things, which is pretty cool but it also means I have to keep working harder and harder every day."

After 11 games, his stats include 110 tackles, most of them solo tackles; 22.5 tackles for loss and 8.5 sacks – all school records. He might have had more but he just placed a little more than two quarters in Saturday's 30-3 road win at Houston Baptist University.

Prior to joining the Cardinals who are transitioning to Division I, Tavarres played for the Arkansas Razorbacks in Fayetteville and the two-year College of Siskiyous Eagles in Northern California, where he was a two-time all-conference selection. He was redshirted the first season he came to UIW.

When Tavarres was in high school, he not only played football. He also participated in wrestling and track. But playing for the Cardinals in what is his final year of college football is truly unique, he said.

"This was my last year here so I had to give everything I had," Tavarres said. "This is the last go-around so I had to make it count."

Cardinals Head Coach Larry Kennan cited Tavarres' leadership amongst his teammates as one of the factors that led



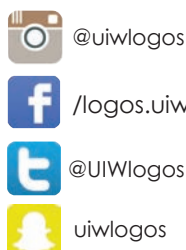
Myke Tavarres



The outside linebacker holds the school record for tackles.

- Cont. on page 2  
-Myke Tavarres

### SOCIAL MEDIA



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### OPINION



Follow simple steps that can help with finals.

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### SPORTS



Football season wraps up with winning record.

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### ENTERTAINMENT



Freshman singer releases first album, 'Heartbreak.'

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### LIGHT THE WAY 2015

UIW lights up the campus in annual 'Light the Way' event.



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## WORD UP

HAVE YOU HEARD THE NEWS?

Compiled by Nancy Benet/ LOGOS STAFF WRITER

### E. Coli outbreak linked to six-state illnesses

The outbreak linked to Chipotle restaurants that was initially only linked to 11 restaurants has now caused 45 cases of illness across six states, according to the Atlanta-based Centers for Disease Control. Sixteen of those ill individuals have been hospitalized. The source of contamination is still unidentified, but health officials believe it is a single ingredient that is causing the illnesses.



### Investigations continue in Paris deaths

Paris remains watchful after three groups of terrorists attacked six different locations in the city Nov. 13, killing more than 129 people and injuring more than 300. ISIS claimed responsibility for the attack and has threatened more. Pope Francis has said these attacks are part of the Third World War.

### Mali makes moves after attack

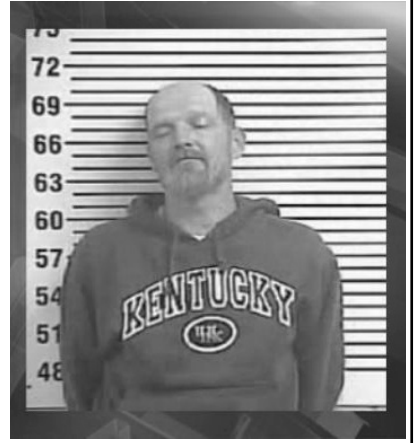
Mali declared a 10-day state of emergency in the wake of a terrorist attack Nov. 20 on Radisson Blu Hotel where at least 27 people died, including a U.S. public health worker, in the West African nation. The U.S. Embassy in Bamako has lifted its “shelter in place” and urges Americans to limit their movement around the city.

### Rat head found inside McDonald’s burger

An unidentified man in the northern outskirts of Mexico City said he found a mangled rat head in his McDonald’s burger. The restaurant was quickly shut down after the incident, and is now under investigation to see how the rat -- dead or alive -- ended up in the burger.

## Girl killed in Kentucky

A 7-year-old girl disappeared from a crowd at a youth football game in Scottsville, Ky., on Nov. 14, in a town of about 4,200 people. The game was halted and the crowd started looking for Gabriella “Gabbi” Doolin. Less than half an hour later, her body was found in a creek about 400 yards from the Allen County-Scottsville High School stadium, where the game was taking place. Timothy Madden, 38, of Scottsville, who was arrested Nov. 20, has been charged with murder, kidnapping, first-degree rape and first-degree sodomy. He said he’s innocent but authorities say they have DNA evidence.



Stephanie Saenz/ LOGOS Staff

UIW Student Media Gala Presents  
***A Night In Bollywood***  
February 28, 2016  
6-9 pm @ the UIW Skyroom

Come support the UIW Communication Arts Department with a fun-filled night including:

- Keynote Speakers
- Silent Auction
- 3 Course Meal
- Music and Entertainment
- Photobooth
- Bright and Colorful Attire

Tickets are \$35.00  
Students \$25  
Table Sponsorship \$300  
<https://commerce.cashnet.com/UIWEM62pay>  
**namaste**

## Trump takes on Texas

By Marco Cadena  
LOGOS STAFF WRITER

After countless campaign rallies and televised debates, Republican presidential candidate Donald J. Trump gave a speech at Ford Park Arena in Beaumont, Texas, on Saturday, Nov. 14.

The doors of the 8,500-seat arena opened to the public at 9:30 a.m., with a scheduled appearance of Trump at noon. Thirty minutes past the set time, the public welcomed the candidate to the arena with rock music and signs, some of which read, “The silent majority stands with Trump” and “Trump: Make America Great Again.”

Trump’s speech covered subjects such as the recent attacks in Paris, immigration reforms, President Barack Obama’s foreign policies and gun laws.

Trump began his speech with a moment of silence dedicated to the victims of the recent Paris attacks. Trump also addressed Obama’s decision to admit Syrian refugees into the United States.



Donald J. Trump

“Our president wants to take in 250,000 from Syria,” Trump said. “I mean, think of it. Two hundred and 50 thousand people. And we all have heart. And we all want people taken care of and all of that. But with problems our country has, to take in 250,000 people – some of whom are going to have problems, big problems. It’s just insane.”

Trump, along with other Republican presidential candidates, have voiced similar comments about the refugee plan. However, the numbers released from Secretary of State John Kerry and Obama seem to have been misunderstood.

Tweets sent from Obama’s official Twitter account read, “we’re increasing the number of Syrian and other refugees we admit to the U.S. to 100,000 per year for the next two years” and “we will provide refuge to at least 10,000 refugees fleeing violence in Syria over the next year after they pass the highest security checks.”

During the campaign rally, Trump addressed current gun laws in the United States in relation to the Paris attacks.

“When you look at Paris – the toughest gun laws in the world – nobody had guns but the bad guys,” said Trump. “I’ll tell you what. You can say what you want but if they had guns, if our people had guns, if they were allowed to carry, it would’ve been a much different situation.”

Amidst cheers, Trump, who’s mostly been leading the Republican pack in the polls, addressed his immigration propositions. He discussed his plan to build the “Trump wall” between the United States and México, as well as his intentions of removing 11 million illegal immigrants from the country.

“People will come through the openings in that wall,” Trump said. “We’ll have a few of them and they’re going to come in legally into our country and that’s what we want. And people that are here illegally will have to go. Some day they’ll come back and they’ll come back through the legal process.”

Trump also focused on U.S. government spending on immigration and its relationship to crimes, violence and so-called “anchor-babies,” children who were born in America of illegal immigrants.

“If you want to become a citizen of México, it’s the hardest thing in the world,” said Trump. “But over here, ‘Come on in, folks.’ You know the whole thing about the anchor babies. You have a woman, she is pregnant, walks on to the United States, has the baby, we take care of the baby for the next 85 years. Not going to happen.”

As support for his immigration proposal, Trump brought members of “The Remembrance Project,” a group of people whose loved ones allegedly died at the hands of illegal immigrants, up on the stage.

“Just in a nutshell on immigration because I know how important it is for Texas. We are going to have a wall. Mexico is going to pay for the wall. We are going to get the bad [illegal immigrants] out really fast. Everyone is going to be happy in the end, we are going to have jobs, we are going to be fair. It’s going to be done humanely.”

During his speech, the candidate addressed his current leading position in state and national polls including Texas. Trump also addressed the abundance of media outlets claiming he will leave the presidential race.

“I will not ever leave this race, ever. Not leaving it. And I am still No. 1 by a lot so that’s the reason I’m not leaving. You are going to be so proud of this country. Make America great again.”

## Myke Tavarres cont.

to Tavarres’ national recognition.

“When one of your best athletes on the team is a good leader it helps everybody because they all look up to the best,” Keenan said. “His teammates see him work extremely hard every day. When he talks, they listen.”

One of Tavarres’ strongest performances this season was in the homecoming game against Abilene Christian University: 11 total tackles, 4.5 tackles for loss and 1.5 sacks.



Matthew Sherlaw/ LOGOS Staff

“Myke has tremendous plays in every game,” Kennan said. “His greatest play (was) against Abilene Christian when they ran a reverse and he made an unbelievable tackle. It might have been a game-saving tackle because it looked like they were going to score and maybe win the game. He’s been a huge difference for us, he is what you call a difference-maker.”

Other awards that Tavarres has achieved during the 2015 season include the Southland Conference Player of the Week (Oct. 5) and College Sports Madness Southland Defensive Player of the Week (Oct. 5).

Now that the Cardinals football season has come to an end, Tavarres said, this season will be most memorable.

“I will miss my teammates,” said Tavarres. “They are my family, my friends. We’ve gotten a lot closer and the bond has gotten greater and I’m going to miss it when I’m gone.”

## Spaghetti dinner cont.

fed. Non-students are welcome but must pay \$9.

“I really enjoyed last year’s event,” senior Alex Jenkins said. “I think it’s a great way to cap off the semester and lead into the winter break.”

Traditionally, UIW staff and faculty volunteer their time to assist with the preparations, serving and cleanup related to putting on the dinner. They take part in baking desserts to actually rolling the meatballs the day before.

This year’s volunteers will meet at the Skyroom on the morning of Monday, Dec. 1, to begin preparations. Over the coming 24 hours, more than 3,500 meatballs will be hand-rolled.

On the morning of the event, Agnese will serve as quality control as he overlooks the final stages of preparation and cooking of the sauce, meatballs and sausage, which are flown in from Syracuse, N.Y.

“Every employee is counted on, before and after the President’s Spaghetti Dinner in order to make it a fantastic event,” Sodexo Marketing Manager Bianca Maldonado said. “The president personally monitors the sauce nearly the entire day leading up to the dinner.”

Not only do students receive a full-course meal, traditionally, Jim Waller, a music instructor, treats the audience with a live band playing classical jazz and holiday favorites.

“The event is very popular with students here at UIW,” senior Cole Wick said. “The line to get in always stretches out the doors of the Skyroom and by the elevators. I think it’s worth the wait though.”



## Students unwind at Relaxation Station

By Nancy Benet  
LOGOS STAFF WRITER

To prepare University of the Incarnate Word students for all the stress that comes with the end of the semester, the Campus Activities Board brought a relaxation station to campus.

“Relax, Renew and Refresh” was the aim of the station set up for a couple of hours during lunchtime on Tuesday, Nov. 3, outside near the Wellness Center.

“Toward the end of the semester, students tend to get really stressed because finals are right around the corner,” Jay Perez, CAB’s director of social media and promotions, said. “A lot of the time students are so focused on studying that they forget to take a break. We wanted to find a way for students to relax.”

The relaxation station offered aromatherapy scents such as peppermint, rose, lavender and lemon, and hot tea in flavors such as chai spice, lemon and ginger and pure peppermint. Masseuses and a yoga instructor were on hand, too.

Biology major Mahogani Frazier was one student who really liked the idea.

“I think it’s really important for students to take a break, especially towards the end of a semester when everybody is really stressed out with all of the papers that are due, and the tests we have to take,” Frazier said. “I think that a relaxation station is

a really good idea and should definitely be done at the end of every semester.”

The relaxation station also could help students prepare for study mode.

“I usually cram for my tests because I like to do my homework as it comes,” said freshman Brianna Coronado, who is double-majoring in criminal justice and communication arts. “If I have something else to do, and my homework isn’t due in a few days, then I usually put it off because it makes it easier to remember things if I study right before. A challenge about having two majors during finals week is that a lot of the topics blend together, and when I am taking a test, it is hard to differentiate between the two.”



Nancy Benet/ LOGOS Staff  
A student receives a welcome massage.

## Student designer lauds department for skills

By Shannon Sweet  
LOGOS OPINION EDITOR

A fashion student from the Fashion Design department at the University of the Incarnate Word is designing a tour de force



Fashion design senior Alejandro Garcia poses alongside one of his creations.

Senior Alejandro Charles credits his skills as both a designer and seamster to the Fashion Department.

“I feel people underestimate our fashion program because our school is so small compared to other schools,” Charles said. “However, that’s probably the program’s biggest strength, the fact that our teachers can readily help us out and fully help us grow as designers and merchandisers.”

Charles serves as treasurer for the UIW Fashion Society and has had his work featured in the 2015 UIW Red Dress Fashion Show, an annual

event to promote the American Heart Association and its “Go Red” campaign.

“Through the society and its connections, we are able to have our garments walk the runway and it’s always the most gratifying feeling,” Charles said.

The show also featured Charles’ favorite dress -- a red-fitted mermaid gown that was made at the beginning of the year.

“I made the dress and then added appliqués to the whole dress,” he said. “It was a learning experience. I underestimated how much hand-sewing the appliqués took, but the finished creation was outstanding. I like to feel inspired by images, whether it’s music videos, photography or real-life experiences. I take that and create a scenario and just start sketching away. My favorite part is the sketching, followed by fabric shopping. It’s amazing because that’s when you truly start to visualize your garment coming to life and, of course, constructing the garment is an amazing feeling to watch your idea grow to life.”

Charles, 23, has traveled to the fashion capitals of France, Italy and China on UIW-sponsored, study-abroad trips, but he said it’s his culture and upbringing in Mexico that’s been one of his main inspirations.

“I grew up watching telenovelas and the protagonist and villains were always super made-up, beautiful, and perfect,” he said. “So I like to make dresses that emulate that perfection. I tend to design sexy pieces with lots of drama.”

Charles’ mother frequently models his creations along with fellow UIW students.

His muses take the form of the youngest sisters in the Kardashian clan -- Kyle Jenner and Kendall Jenner -- to Latina popstar Belinda Peregrín, who he “grew up watching her grow from a child actress to Mexico’s biggest pop star.”

The Blonds, Alexander McQueen, Dolce and Gabbana, and Michael Costello are his designer favorites, and while their influence can be seen, Charles makes it his own.

On his aspirations for the future, Charles said, “In the next 10 years, I see myself being a designer for my own brand, and hopefully by then, my garments will be mass-produced and sold within a department store.”

## Studying abroad leads to self-discovery



By Sahiry Fragoso Ortega  
LOGOS STAFF WRITER

“Travel far enough you meet yourself.” – David Mitchell  
That quote is exactly how I would describe

my study abroad experience. I arrived in Greece three months ago and I’m less than a month from coming back to San Antonio.

I must confess, I feel ambivalent about going back home. I guess everyone who has gone through the study abroad experience has felt this way before, and I have been through this process of leaving a place to continue with my life previously, but this time feels different and I say that because a lot of things have happened since I last wrote. So let me update you all a little bit.

Last time I wrote, I mentioned a few things I have learned about the Greek culture and how excited I was to learn even more and I did. But while I was learning new things or exploring new places in Greece or in Europe in general, I found out even more things about myself.

On Sept. 25 I went to a Greek island called Mykonos -- or as some people may call it, the “Greek Ibiza” -- and I wish I would’ve known the nickname of the island before I decided to adventure there. There are many things to consider before going to Mykonos, but the most important one is to choose your company wisely. I went there with two of my roommates and one of them took the nickname of the island way too serious, and I ended up putting myself at risk for her.

Some of the things I did to be able to get her back in Athens in one piece were driving an ATV without my much-needed glasses at 1 a.m., and sleeping on an ATV on a parking lot. So, after my trip to Mykonos, besides wandering the streets of Little Venice, and seeing one of the most beautiful sunsets in Greece, I learned sometimes I end up giving a lot of myself to others because I think they would do the same for me. But sometimes, they won’t.

My next trip was to Barcelona, the only place that can combine the beach life, city life, and the arts in such a perfect manner. I went to Barcelona with one of my roommates and we had an amazing time even though we ran into a few small obstacles. It was nothing to worry about. Except for that one time where I thought I got pickpocketed.

My roommate and I went to have breakfast before we strolled around one of Barcelona’s most famous street, “Las Ramblas.” Everything was going perfectly until I wanted to buy something and realized I used all my cash at the breakfast place, so we headed to an ATM, only to find out my wallet was not in my backpack anymore. We freaked out because we knew pickpocketing was very big in Barcelona. But I decided to go back to the place where we had breakfast to see if maybe I left it there. We ran our way there and (it) turns out someone found my wallet and turned it in. Everyone kept telling me how lucky I was because that rarely happens in Barcelona. That day, aside from seeing all the Gaudi buildings in Barcelona, I learned I sometimes forget crime is everywhere and that I should be more aware of my surroundings and keep track of where my things are, not because of the fact I am in such a dreamy place.

On Oct. 21, my boyfriend, John, arrived in Athens from San Antonio. Yes, he flew overseas just to see me. Am I the luckiest or what? We embarked on our first trip together two days after his arrival. We went to a place called Meteora. It is a UNESCO cultural heritage with a total of 24 Greek Orthodox monasteries, but only five of them are in use. No amount of pictures can prepare you for this jaw-dropping sight. This place looks like you’ve just entered a dream. To John and I it definitely felt like it after walking a great amount of miles from the soulless train station we arrived at to our hotel. We arrived at Kalabaka at 5 a.m., thinking there were going to be taxis outside the train station to take us to our hotel. But we found out that wasn’t the case. So we walked on in the freezing cold without any sort of map, but hoping it would not be hard to find our destination. We were lucky to find a few people opening their businesses and they guided us on the right way, but we didn’t make it to our hotel until 6:30. On that trip, I didn’t only get to hike around the “middle of the sky” -- that’s what Meteora means -- but I also learned I wouldn’t have liked to get lost with another person, but with John. I learned even though I love traveling by myself, having the right company gave me that little extra confidence and sense of safety I sometimes lack.

One of my most recent trips was the best one so far. John and I went to Crete, the biggest island in Greece. This trip was very special for me, not only because I got a better taste of what being a local in Greece is like, thanks to John’s family, but because I got engaged there. Yes, it happened and I still can’t process it. I’m not going to



Sahiry Fragoso Ortega and her fiancé, John, check out the Acropolis.

get into detail on how it happen because it is a moment I would like to keep for myself, but that day it was the day I learned the most about myself.

I’ve always heard things along the lines of, “We must take adventures in order to know where we truly belong.” And I am here to tell you this is 100 percent accurate. I always travel with that idea in the back of my mind because I have always felt like I was yet to find the place I belonged to and this study abroad experience was no exception. But I never thought I have already found it.

After John’s visit and us getting engaged, I realized it was anywhere but with him where I belonged. I didn’t have to look anywhere else. I just had to open my eyes a bit wider. Studying abroad has definitely being a life-changing experience and even though it is coming to a close, it is not the end yet. All of what I’ve been through, I will not leave it at the airport gate. It is something I will always take with me.

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## English Department spotlights professor's creative writing

By Gaby Galindo  
LOGOS PHOTO EDITOR

When the Department of English at the University of the Incarnate Word kicked off its fall Poets & Writers in the Classroom series in September, it showcased its newest professor -- Dr. David Armstrong.

Armstrong read excerpts in the packed Special Collections Room that evening from his most recent book, "Going Anywhere," a collection of stories published in 2014, which won the Leapfrog Press Fiction Prize. Students and faculty had the opportunity to purchase copies of his book and have them signed after the reading.

When he introduced Armstrong, Dr. Joshua Robbins, an assistant professor of English, described some of Armstrong's works and accomplishments, such as Armstrong's second collection, "Reiterations," which won the New American Fiction Prize and will make its appearance in early 2016.

Armstrong was awarded a Black Mountain Institute Ph.D. Fellowship in Creative Writing and served as fiction editor of Witness Magazine before receiving his doctorate from the University of Nevada-Las Vegas.

Some of Armstrong's stories have appeared in Narrative Magazine, Iron Horse Literary Review, Mississippi Review, The Magazine of Fantasy & Science Fiction, and Carve Magazine, just to name a few. Others stories of his have won the Yemassee Journal William Richey Short Story Contest, New South Writing Contest, Jabberwock Review's Prize for Fiction, and the Mississippi Review Prize.

Robbins also shared some words from a review about Armstrong's book.

"Elizabeth Bales Frank, of The Literary Review, said, 'The characters in David Armstrong's story collection, 'Going Anywhere,' live in the darkness on the edge of town. Fractured by loss -- aimless infidelities, deflated ambition, damaged or absent children . . . they live on the raggedy edges of urban sprawl in shabby strip malls, through nights 'still as a crime scene photo.' It is Armstrong's gift . . . to show us how ordinary lives are streaked with both terror and tenderness. His stories are fundamentally about mystery: how we love, why we can't, and how we continue on regardless.'"

Robbins said Armstrong is "one of those writers who makes me want to write. The good thing for me, as a writer myself, is encountering a writer whose work demands more. A writer who makes me want to write better, who makes me want to work harder."

Armstrong said his interest in writing began early on when his mother read him J.R.R. Tolkien's books as a child. But it wasn't until he read Stephen King's short story, "Battleground," that he realized "a writer could make up anything. Anything at all. And if that writer was good, readers would not only go along with it, they'd enjoy it. That's awesome; that's an awesome job."

Armstrong said he knew he wanted to teach at UIW after meeting the faculty and students.

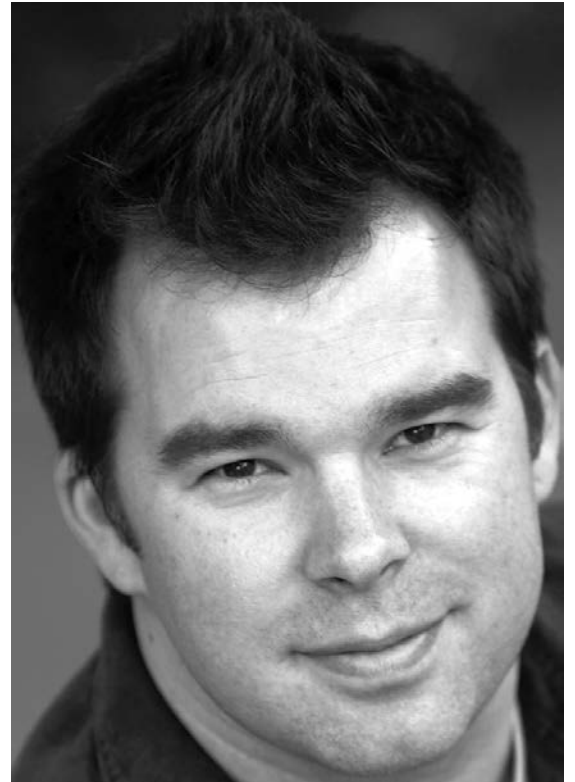
"It just clicked," Armstrong said. "It's a very welcoming and warm place we have here. It's a great mix of friendly people from incredibly diverse backgrounds, a real community. I'm always learning and refining my teaching for the classroom, but figuring out how best to empower my students to take pride in their work and to flourish beyond the classroom is the most important."

Teaching creative writing might seem difficult for some people, but Armstrong said the real challenge lies with the writer.

"An effective teacher of writers," he said, must first know the experience of sharing their work with the world for all to see. "Only then can you even claim to know what students need as they take the long and difficult journey of creating a work of imagination."

For Armstrong, the best part of being a creative writing teacher at UIW so far has been the students.

In his nonfiction class, he said, "I've already seen such amazing creativity and intellect. I've learned so much from their insights already. Makes me excited to keep working with the students here to see where they themselves and their work go."



Dr. David Armstrong

## Struggling with the letter 's'



By Leslie Diaz  
LOGOS STAFF WRITER

The year is 1992. I am in the second grade.

Me: \*taking a sip at the water fountain\*

Teacher: "Hello. What's your name?"

Me: "Hi. My name ith Lethlie!"

Here it begins, my never-ending struggle with the letter "S."

I didn't understand why the teacher kept asking me to repeat myself. What didn't she get? I told her my name -- five times, for crying out loud! The next thing I remember is being sent home with a letter to my mom, stating I needed to attend a special class.

According to my 8-year-old self, I said the "s" just

fine; or I guess I should say "juth" fine, and I didn't need to go to speech therapy. After all, even with my lisp, my point got across anyway. Of course, my mom and teacher didn't agree with me on that subject.

What my young mind couldn't comprehend was that I had a problem, and most importantly, that I had the power to correct it. I didn't have to just live with it.

Many times, when something doesn't go as planned or we don't like something about ourselves, all we do is complain. That, or we brush it under the rug, thinking we missed our chance. The truth is, that as long as you're breathing, it's not too late. And sitting around crying about it will get you nowhere.

What you can do is change your attitude and go do something about it. Sometimes when you're stuck, all you have to do is open up your mind and find another way to approach the situation. Or like in my case,

sometimes you have to go out and get a little help. After months of speech therapy, I am proud to say my lisp is non-existent. Well, almost non-existent (it slips out every once in awhile -- especially after a few glasses of wine). However, thanks to that particular teacher who noticed my problem, and gave me the tools I needed to help myself, I was able to continue on my life journey without the fear of saying my own name.

Your struggles aren't meant to stop you completely; they are simply obstacles to overcome. Trust me, once you do choose to push through, you come out stronger and more confident than you felt before.

After all, if there is no struggle, there is no progress.

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## Students start 'Feed Phil' campaign by filling banks

By Victoria O'Connor  
LOGOS STAFF WRITER

As the season of giving is approaching, University of the Incarnate Word students are already immersing themselves into the spirit by getting involved in the second annual "Feed Phil" campaign sponsored by P.R.I.D.E.



Ana Bribiesca

Phil, short for philanthropy, represents the importance of giving back to the university by using piggy banks to help save money. They serve as a reminder to students about the value of saving, and about how every few cents can make a difference.

"Student can adopt a piggy bank and for two weeks that piggy bank collects money that helps go to our scholarship funds," said Ana Bribiesca, a UIW graduate student who works full-time as a development associate in the Office of Development.

"Last year we collected around \$2,000 and we gave away 100 piggy banks," Bribiesca said. "The objective of the campaign is to educate the students and the UIW community in general about philanthropy and the importance of giving back."

In order to help promote the campaign, P.R.I.D.E brought mini pot belly pigs for students to see while they had the opportunity to adopt their piggy banks.

"Basically we're sponsoring giving back to the University, so we used pigs to promote our idea of saving money," P.R.I.D.E Vice President Oliver

Garnier said. "There are a lot of things the University needs to build upon, and the students' giving back helps build a bigger endowment fund to bring more students, build new facilities, and grow the UIW community."

Those who adopted a piggy bank and emptied their pockets of some loose change could help towards a peer's pursuit of higher education at UIW.

"I saw the organization outside and I thought (it) seemed really cool so I came by, picked up a pig, and started filling it up," sophomore Ashley Joyner said. "It feels good to give back. I'm using my own money which makes it feel even better."

Not only did the participants recognize the good of giving back but so did other students as they showed their gratitude with a signed banner from P.R.I.D.E.

"It's a great campaign," campaign member Golzar Hosseini said. "'Feed Phil' gets students to serve by giving back, and shows the donors what they're giving back to, and it really helps us connect. For a college student to give back to their school is huge; for anyone to give anything is what counts and that's what makes a huge impact for this campaign."

## Security experts: Cyberspace use can lead to crimes

By Jennifer Lynn Flores  
LOGOS STAFF WRITER

University of the Incarnate Word students should be mindful of what they share online that could lead to crimes.

"Cybercrimes: Prevention and Protection" was the subject of a recent seminar that Campus Life held in J.E. and L.E. Mabee Library Auditorium.

The two presenters -- San Antonio Police Detective Brian Stuhl with SAPD's Street Crimes Division and Technical Investigations Detail and Greg Garza, a cyberanalyst with the FBI -- shared information in regards to students' protection of identity and the crimes that can occur when sharing personal information and photographs on social media.

Some topics discussed were related to cyber crimes, financial fraud/account takeover, identity fraud, hacking into emails and other personal accounts online, and hardening computers.

Garza provided several ideas and tips to keep students aware of the consequences of releasing too much information on social media.

A few precautions Stuhl and Garza brought to the attention of students were hardening computers and smartphones. Exercising good security practices and performing anti-viruses on both can help harden them.

"You want to make it as hard as possible," Garza said. "There have been many crimes reported of hacking and cyber stalking. We've all done it."

Other tips included turning Bluetooth and Hot Spots off while not using them because it avoids having personal information hacked. They also suggested students should avoid opening attachments sent through email from unfamiliar sites, storing sensitive information on computers, and giving out passwords.

Monica Solis-Hoeffl, the assistant director of campus life who planned the seminar, also had some advice.

"Be cautious on how you present information," Solis-Hoeffl said. "For us, on campus, it's a situation that doesn't get reported often."





## Keeping up with crosses

Dr. Kevin Vichales, dean of the College of Humanities, Arts and Social Sciences, hangs up a cross in the Administration Building with the help of his administrative assistant Lorraine Ewers. Vichales ordered several crosses to replace those that went missing after some summertime classroom repainting. Sister Walter Maher at podium, enlists the help of three students holding crosses going in the new Kelso Art Center and Fine Arts complex during dedication services on Oct. 15.

# Alternative gift-giving yields global effects

By Karissa Rangel  
LOGOS FEATURES EDITOR

The holiday season is synonymous with gift giving and chaotic shopping scenes spanning from Black Friday to Christmas Eve.

But the Women's Global Connection – a ministry of the Sisters of Charity of the Incarnate Word – offers an opportunity for gift-givers to consider “alternative giving.”

Rather than worrying about what to give the person who has everything, WGC can channel the giving effort to donating perhaps pigs and chickens to women in Tanzania or funding preschool teacher training in Peru.

Alternative giving is non-traditional giving that allows gifting goods and resources globally to those most in need. Alternative giving capitalizes on the fact people have become more conscious of unnecessary spending for meaningless material gifts around the holidays.

Noted nonprofits for alternative giving include Heifer International and Oxfam. WGC's mission is to promote the learning and leadership capacity of women locally and globally. And its Alternative Giving Program, which is promoted during the holidays, is available on its website.

Far away from the shopping malls of America lives Godbertha Mushowa, a member of a Tanzanian women's group supported by WGC known as BUWEA, the Bukoba Women's Empowerment Association. Mushowa and her husband, Philemon, work as peasant farmers in the Kabale village with their three daughters and one son.

Through WGC's Alternative Giving Program, the family received a pig. When that pig had piglets, the

family was able to sell the piglets and pay for their daughters to go to school. Since then, all of their children have graduated from secondary school and their granddaughter, Catherine, started primary school.

Because of the generosity of others and the help of WGC, Mushowa has been able to change not only her life, but also the life of her family and future generations.

Similarly, 53-year-old Angela Faustine, the mother of six, received one pig through WGC's Alternative Giving Program in 2011. Since receiving the pig, Faustine has been able to help her husband by also contributing to the family's income. Her pig delivered five piglets after seven months. With the money she sold the piglets for, Faustine was able to pay school fees and buy uniforms for one of her children. Her pig continues to deliver piglets and its manure helps yield a flourishing harvest. So a single holiday gift from San Antonio continues to change the life of Faustine and her family on a daily basis.

Nicole Foy, WGC's associate director for communications and community development, said women such as Faustine and Mushowa are eligible to receive gifts through the Alternative Giving Program.

“Women apply to receive the animals and must do regular reporting to BUWEA and WGC about how they are adding value to their homes and businesses,” Foy said. “BUWEA acquires the animals there in Bukoba and grants them to the recipients. For the Global Business Partner program (available as part of the giving program), a donor is paired with a qualifying BUWEA woman who owns her own business, so that both may be in a relationship over the course of a year. They receive updates about each other's lives and ventures. It is a nurturing mentor program.

“We challenge people to think about how powerful

the giving spirit can be if even a fraction of holiday gift-giving budgets are aimed at directly improving the lives of the most vulnerable, rather than filling toy boxes and closets full of stuff that might be sold in a garage sale or donated a year later,” Foy said.

Alison Buck, WGC's associate director of administration and women's economic development, said although most of the items given are small, they benefit recipients directly.

“[The program] provides an opportunity for people who want to give...whether in honor/memory of someone or not, either at the holidays or some other time during the year,” Buck said.

Over the last four years, WGC has helped BUWEA women build 26 rainwater harvesters, providing clean water to more than 1,500 people in the Bukoba, Tanzania, region.

“When you take into account the granddaddy national nonprofits that excel at this, such as Heifer International and Oxfam, it is significant that San Antonio has its own local-to-global model of non-traditional, gift-giving through WGC,” Foy said. “One-hundred percent of the program's donations are placed in the hands of those most in need.”



Dr. Alison Buck



Nicole Foy

## FYI

For information on the alternative-giving program, call the Women's Global Connection at (210) 828-2224, Ext. 297.

To donate online, go to <http://www.womensglobal-connection.org/programs/alternative-giving>



## Sustainability Scholars

The Ettling Center for Civic Leadership has named five University of the Incarnate Word students among its first Legacy Sustainability Scholars. The students -- Carli Martinez, Leslie Reneau, Yasmine Lainez, Dominic Teran and Jessica Thompson -- till the community gardens.



Yasmine Lainez, in the photo at left, manages the compost bins while Carli Martinez, Leslie Reneau and Dominic Teran tend to soil.



Dr. Ric Gonzalez, second from left, works with Carli Martinez, Leslie Reneau and Dominic Teran in the garden behind Gorman.

# Students raise funds for blood cancer research

The University of the Incarnate Word's National Society of Leadership and Success raised more than \$3,000 for the Leukemia and Lymphoma Society through a “Light the Night Walk” fund-raiser.

And three UIW students in the chapter were recognized as the top fund-raisers in helping the chapter raise 53 percent -- \$3,076 -- of UIW's \$5,818 team fund-raising total for the Oct. 10 event held to fund research to find blood cancer cures.

The UIW trio included Anthony Reyna, a grad student from San Antonio working on a master's degree in healthcare administration, with \$730.75; Lauren Cooper, a music therapy

from Portland, Texas, with \$585; and Kiae Waite, a nursing major from Adkins, Texas, with \$250.

Reyna, Cooper and Waite will receive a complimentary NSLS graduation stole and cord set. All other chapter fundraisers raising more than \$50 each will receive a graduation tassel charm.

Because the NSLS chapter raised the most money of all participating organizations, the chapter will receive \$1,000 from the University Events and Student Programs office as part of an agreement between the office and the Ettling Center for the Center of Civic Leadership.



Anthony Reyna



Kiae Waite



Lauren Cooper





## From the Editor's Desk:

By Angela Hernandez



## Last classes sail through online race

I anxiously watched the clock through heavy eyelids, waiting for the clock to strike 8:30 a.m. I was tired from the night before because I tossed and turned awaiting registration.

My hands shook as I raced to type in the CRN codes to the classes I need to register for in order to graduate in the spring.

As I hit the enter key to submit the classes I was hoping to get for my last semester at the University of the Incarnate Word, I shut my eyes tight, I crossed my fingers and prayed I wouldn't run into the obstacles I have endured during my four years of registration.

There have been endless meetings with my adviser trying to figure out a way to take all the courses required to graduate.

I have had to beg the financial aid office for help paying my tuition; scholarships, grants, anything but more loans. I remember being

a terrified freshman working two jobs try to keep up my grades and looking at my tuition bill and thinking why couldn't things just go my way.

I know what it's like to see the business office offers a payment plan at an additional cost in addition to

paying your designated payment along with any late fee you may acquire.

The ladies at the registrar's office have seen me as a nervous wreck with papers in hand trying to get an override into a class that has been filled up already.

My alternate PIN number has been wrong; I have even had Bannerweb kick me out because too many people were registering all at once.

I have experienced the disappointment of trying to register for a class and Bannerweb telling me I do not have the prerequisites required for a particular class, even though I know darn well I do qualify to be in that class.

I've had backup schedules made for my backup classes when registering. I have even enrolled myself in classes way out of my comfort zone such as ballet.

You name it and I have dealt with it.

Each semester gets easier, I promise. Course work becomes manageable, grades improve, tuition bills shrink, and yes, registration isn't "The Hunger Games" of college experiences.

All the hardships I have endured when trying to register have made me a better person. I know the offices here on campus are meant to be helpful, not hinder us from reaching our goal of graduation. Taking last-resort classes can lead to learning about an awesome skill or hobby.

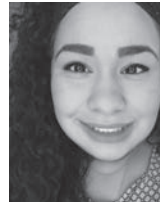
Once I finished my prayer, I uncrossed my fingers and opened my eyes to find I had registered for my last semester without any problems. I even got all the classes I wanted -- no backup plans needed.

Nostalgia got the best of me and I got sad that I would not be experiencing the exhilarating feeling of registration again.

If I had the chance to do it all over again I wouldn't change a thing because this is exactly how my college experience is supposed to be -- full of bumps, but worth it. I guess things are finally going my way.

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## Proud of my Latin roots



By Valerie Bustamante  
LOGOS ASSISTANT EDITOR

About a week ago my mom and I were sitting together in bed watching this new documentary on HBO called "The Latin Explosion: A New America."

This new documentary was created and produced by American music executive Tommy Mottola. It shares how Latin music helped America become the diverse country it currently is.

Some notable artists who served as pioneers for the wave of Latino culture were mentioned including Jose Feliciano, Desi Arnaz, Selena, Gloria Estefan and Marc Anthony. The film also touched base on some struggles Latinos faced such as in the Cuban Mariel boat-lifts and Cesar Chavez's fight for the rights of migrant workers through United Farm Workers.

As I was watching this film I couldn't help but feel orgullo (pride) to be a Latina and a third-generation Mexican American.

I grew up in a house where we spoke both English and Spanish at an equal amount. Our dinners consisted of beans, rice and many soupas (soups). The TV channels were always set to Univision 41, but also to ABC News. As a little girl I danced to the music of Britney Spears, but I also admired the music of Tejano singer Selena Quintanilla- Perez.

My life consisted of always appreciating and embracing my Latin roots.

I was taught at a very young age about the struggles Latinos

faced in this country, including my own ancestors who came to this country for a better life. My maternal grandma was raised in Mexico and as a young adult worked as a migrant, picking cotton. My maternal grandpa and my paternal great-grandfather both came from Mexico to escape the poverty.

My culture has been what has influenced and shaped me into the adult I now am. The Latin culture has shown me to be strong, humble, and to never back down. It's part of the reason why I fight to become a first-generation college student and Latina journalist. So many people from this culture have proven many things are possible as long as you fight for them.

My parents always told me as a child to never forget where I come from and to embrace my heritage -- for me to never forget I come from such a rich culture.

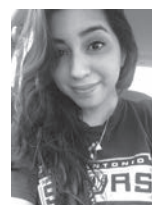
I come from a culture that has overcome many struggles, but didn't stop. I am a part of a group that now sits at a population of 54 million as of July 2013, according to the U.S. Census Bureau.

While I am American, I am also Mexican and I am so thankful to be a part of such an extraordinary culture.

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# Ways to help out during the holidays



By Priscilla Aguirre  
LOGOS ASSISTANT EDITOR

I find myself watching news outlets and can't help but have a heavy heart.

Most of the reports I hear about now are another bombing, a murder or abuse. Everybody on Twitter is using #PrayForThis or #SendingLoveThere and by the next day the daily trend is forgotten. Are you really helping by a hashtag?

Prayers are valuable but there is more you can do to show your support for others that need it

With all the negativity going on in the world, it's time to spread some positivity and find a way to help. The holidays are around the corner and there are so many non-profit organizations, families and clubs asking for others to lend a hand. Although I believe you should help year-round, I also feel at this time of the year if you show kindness it can speak volumes.

You can also knock out some community service hours while you are volunteering. If you are already maxed out, well then just do it from the goodness of your heart. Find a group of friends and family to go with you if you are afraid to go alone. I feel if more people give back to others, the world would be a better place.

Take time out of your schedule and give back. Plus you have nearly a month off from school. Instead of binge-watching Netflix, go and assist others. The community needs your service and by the end of the day you will feel like you made a difference.

There are several routes to take as far as volunteering and most of the time it's enjoyable. Don't be the one tweeting about helping. Be the one actually doing it. Actions are louder than words.

There are many more opportunities to help out in San Antonio, but here are a few organizations to look for during the holidays:

### Thanksgiving

• **San Antonio AIDS Foundation** - Every year, the San Antonio AIDS Foundation provides a turkey dinner for their guests and clients. If you'd like to bring your own dish, the foundation, 818 E. Grayson St., would appreciate it. sanantoniaids.org

### Christmas

• **Salvation Army** - Volunteer your time as a bell-ringer. One shift raises enough money for the Salvation Army to be able to house a family of four at its Family Emergency Shelter as well as provide them with three hot meals. salvationarmytexas.org/sanantonio/

• **Children's Hospital of San Antonio Holiday Hug Sacks** - Visit the Container Store to deliver new, unwrapped toys, books, games, or gift cards for kids staying at Children's Hospital of San Antonio. chofsa.org

### My Pick

• **Elf Louise** - Go and wrap presents and deliver them to children around Bexar County at 201 N. Frank Luke Drive (Building 1470), San Antonio, Texas 78226. View the calendar online and find the volunteering dates. elflouise.org

### Other

• **Red Cross** - Local help can make impacts internationally too. Through the Support International Disaster Relief Program, donate to the organization. The cash enables the local Red Cross organization in the affected country to identify and address the most immediate needs—such as providing food and water or repairing damaged homes. redcross.org

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## UIW's report card on campus accessibility

By Elijah Gonzales  
LOGOS STAFFWRITER

The topic of accessibility is something that is very important to me.

For those of you who don't know, I am physically disabled. You've probably seen me speeding around campus. Life with a disability is very difficult, but it becomes even more challenging when areas aren't accessible enough.

I've been a student here at UIW for four years now, and I'm about to graduate. I can remember my first semester here, and how the only push-button door I was aware of was the one at the back of the Administration Building. That wasn't really an issue back then because a majority of my classes were in that building. The real issue I had to deal with -- not only during my first semester, but every semester that followed -- was what I now refer to as the "old" elevator.

I think we can all agree the "old" elevator was small. Now, imagine trying to fit two power chairs in it. I'll just say it was a challenge. The size of the elevator wasn't nearly as big of a problem as the alarming rate at which the elevator broke down. I honestly can't tell you how many times I had to miss class because of that elevator. I know it wasn't anyone's fault, I just don't understand how it could break down as much as it did.

Think about other places you may go during the week that have elevators. How often do you think those elevators break down? I think this was such a big issue for me because UIW's Administration Building is the only place I come to during the week and it's been that way for about four years.

You're probably thinking I have absolutely no social life. You're right. I have been solely focused on my studies. That's why it was always so irritating whenever there was an issue with the elevator. All I wanted to do was go to my classes, and when I couldn't do that, it was very frustrating.

A lot of those issues have been remedied this semester though, with the new elevator being put in the Administration Building over the summer break. Honestly, I have nothing negative to say about the elevator. It's a lot more spacious, so my brother, Joshua, and I can now get in it along with plenty of other people. I do have a concern though. I've noticed the new elevator has already had some maintenance this semester. I'm worried there's a chance both elevators could go down at the same time. I know that's unlikely, but think about how often the old elevator has gone down. Is it that hard to imagine both breaking down? This is a concern for me because my brother will be back next semester. I'm praying he won't have to deal with that -- especially, since I will be graduating so I won't be on campus as much.

As you can probably tell by now, the elevators have made life pretty difficult for me, but there have been some positives as well. Every year I've come here I've noticed more push-button doors on campus. I am very pleased with that because it tells me UIW is working towards becoming a more accessibility friendly campus.

I will say this though; there are still some buildings that need push-button doors. The buildings I am thinking of are Gorman and the Fine Arts Building. I have a class in the Fine Arts Building this semester, and I have had some difficulties opening those doors. Those doors are very heavy. I usually get assistance from friends on my way to and from the class, but the same may not be true for other students. Having a push-button door there would be very beneficial in my opinion.

I believe the university has made great strides over the past four years to become a more accessible campus, but I think it's very important that improvements continue to be made. I'm sure that will be the case, but I'm not psychic. I want students with disabilities who might want to attend this university in the future to have confidence in the accessibility of the campus.

I am not too familiar with Americans with Disabilities Act requirements, but I think places of business try to do the bare minimum when it comes to accessibility. They try to meet the standards instead of exceeding them. I'm saying this based on my own personal experiences, but I would love to see UIW become the standard when it comes to accessibility on college campuses. Why not work towards becoming the most accessible campus in the country and the world?

Perhaps I'm thinking too far outside the box, or am I? Anything is possible with the right motivation.

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Gaby Galindo/ LOGOS Photo Editor  
Elijah Gonzales, a senior, is about to graduate after navigating obstacles.

## Ace finals with food, fun, R&R



By Jose Deanda  
LOGOS STAFFWRITER

It's the home-stretch for the semester with finals week coming up and Thanksgiving break just within arm's grasp, so it

can easily become a stressful event with grades on the line.

Don't worry. Everything's going to be just fine. Follow these few tips and you'll find yourself doing just fine and maybe even surprising yourself when the final grades for the semester post.

Your biggest tools are going to be getting quality rest, adequate nutrition, concentration and a little physical activity -- well, aside from the obvious studying. If you use these tools I'll be explaining, I promise you that you'll exceed your expectations. I've been surprised at just how effective they are. And guess what? I'm not the only one who's experienced their results. Participants in research have found these techniques have helped them achieve all sorts of goals.

The food you eat -- or don't eat -- will have a direct effect on your brain and its ability to learn and retain information. During the finals time, we need everything we can from it (the brain), so putting the right fuel into our driving force is going to be critical in getting those grades we're all looking to get. First and foremost, don't skip any meals, especially when you're studying, the day before finals and most critically before heading into a final. You especially need a quality source of rapid digesting carbohydrates to elevate your glucose sufficiently for the rigors of test-taking. Good options are bananas, oatmeal with honey, orange juice, coconut water, mangoes, pineapple, grapes, apples, dates and goji berries. You can find a lot of these options at Central Market.

I'm not the biggest fan of sports drinks. I prefer something natural such as coconut water. But sports drinks will elevate your blood sugars, and energy levels to perform well during the test. I'd go with an option made with sugars other than high-fructose corn syrup. Foods high in Omega-3 fatty acids such as nuts, chia seeds and fatty fish such as salmon are also great because they've been linked with increased brain function, specifically the part of the brain responsible for relational memory, the kind we use in class. A good pre-test meal could be a banana, a handful of nuts and some coconut water.

Caffeinated beverages could be good to boost your alertness, but beware. Caffeine is a stimulant and could increase your levels of pre-test anxiety, which will affect you negatively during the moment of truth. Especially avoid beverages such as Monster and Red Bull. They contain a concoction of different stimulants that can easily make you freak out and flunk the exam. If you're going to get some caffeine, opt for coffee, green tea, black tea, hierba mate or even better -- kombucha. Remember hydration is also very important so drink plenty of clean filtered water throughout the day and

the previous day as well.

Stress can be a big-time grade killer so countering it is a very powerful strategy to raise your grades. People overwhelmed by stress always perform at a lower level than those who manage it well. Stress is inevitable, and can even be used to your advantage if you channel it well. My primary tools are meditation and exercise. If you're already into working out, do not miss workouts leading up to the tests. Also avoid training too intensely before it's examination time.

If you're not very active, something as simple as going on a 10-to-20-minute walk can easily lower your stress and boost your performance during test time. Take a friend with you and talk about something relaxing such as how awesome your pet is, how cool your winter break plans are, or how amazing that movie you just watched is. Trust me. These little things can yield huge results. I've found when I miss too many workouts or flat-out skip them, my stress tends to skyrocket and I find myself performing way under my usual levels. Meditation is a powerful tool when used. I like to do a relaxing meditation with positive self-talk. Even saying those positive affirmations -- for example, "I've studied hard and I'm a very capable individual who's going to do very well on this examination" -- out loud can give them more power. There's something about hearing it out loud that inspires me more than when I just think it. If you're not too keen on saying it out loud, try writing it. It's very powerful as well. By doing this you program your mind to do what you want it to do, instead of letting it run wild and work against you.

One of my favorite meditations is called 4-7-8. You take a deep, four-second breath through your nose, hold it for seven seconds, then let it out smoothly through your mouth. The numbers are not set in stone, but the ratios are very helpful and people who use strategies such as 4-7-8 consistently report lowered levels of stress. You can do this a few times, until you feel more relaxed. It's been shown to lower your blood pressure which keeps you nice and relaxed, ready to ace that test with ease.

The last piece of the puzzle is rest and relaxation. Avoid studying for prolonged periods of time without rest. Take a break when you're starting to lose concentration. Even step away and do something such as stretch or go for a quick, five-minute walk, then come back. I've noticed I perform better on things such as writing a paper or memorizing material when I give myself time out when I begin to feel overloaded, frustrated or tired. A calm brain is a brain that will retain more and perform during the moment of truth, so give it a break from time to time.

Don't be afraid to ask for help! Partner up with your classmates and study together or go to the tutors for help. At the beginning of the semester I found myself

## Ace College Finals



struggling in math, which used to be my strongest subject when I was in high school, but when I made it to the math lab, their help brought me back to speed and I began to excel once again. It's a sign of strength to ask for help. Keep that in mind. There's no need to swim upstream or fight it out alone when we're in a community of scholars, many of which would love to help each other out.

Finally, get your sleep. It's far more important than you think. Get into a nice sleeping rhythm where you're consistently getting seven to nine hours of quality sleep a night. I find I remember things more quickly and learn things with greater ease when I have been sleeping eight hours consistently. Just recently I had a rough night of sleep and when I stepped into class and was asked to display information I had absolutely aced on the test, it took me a considerably greater amount of effort to remember the information and I even made a mistake, that had it been game day, would have cost me some points on the exam. These final days leading up to finals are going to directly affect your grade, so be wise. Avoid staying up late and partying. The last thing you need is your body focusing its energy on expelling toxins such as alcohol or working on lower reserves because you stayed up all night doing whatever. If you're going to party at least wait until winter break.

Fellow students, I wish you the best of luck on these examinations and I encourage you to try out these strategies. Make sure you eat well, especially prior to taking your final. Drink plenty of water. Don't let stress overwhelm you. Do your best to manage it. Even something such as picking up a book or magazine for a few minutes, playing video games, listening to music or watching a quick funny YouTube video and calling a friend or family member in between your study sessions can be big-time stress reducers, which will ultimately raise your performance. Give your sleep importance, it's more valuable than you might imagine. Try a slow yoga class like hatha or yin style and notice how well you sleep. Good luck and stay healthy!

E-mail Deanda at [1.4inf.zjwilson38a@gmail.com](mailto:1.4inf.zjwilson38a@gmail.com)



## Samba dancers use lawn for ‘Carnaval’

By Nancy Benet  
LOGOS STAFF WRITER

The Campus Activities Board held a Brazilian “Carnaval” in observance of International Education Week on Tuesday, Nov. 17, on Dubuis Lawn.

When thinking of which cultural Brazilian event to do, CAB took suggestions from international Brazilian students at the University of the Incarnate Word.

“We asked the international Brazilian students at UIW to see which event would be best,” Nicole Garcia, director of external affairs, said. “Everyone seemed to want to do the Carnaval because it is such a huge, well-known annual party in Brazil. After we decided on doing (it), they gave us suggestions on what kind of stations and food to provide for the students.”

“Carnaval de Brazil” is a festival, observed worldwide, that takes place between Friday afternoon, and Ash Wednesday, which marks the beginning of Lent. Originally, the event was a food carnival because it was the time for people to eat a lot before Lent. Over the years, it gradually became one of the world’s largest parties. “Carnaval de Brazil” takes place in multiple cities in Brazil, and often attracts millions of people. During the six-day parade, Brazilians often parade around cities with performers, music and costumes influenced by African-Brazilian and Portuguese culture

The CAB version had numerous stations, decorated

in vibrant colors, representing the actual Carnaval in Brazil. Free Brazilian snacks were given such as “Guarana Brazilia” and “Biscoito de Polvilho” chips. CAB also had a few giveaways, including a pair of Spurs tickets.

“We had a face mask decorating station where you could decorate your mask with paint, jewels and feathers,” CAB member Clarisa Salinas said. “We also had an air tattoo station, and a drum-playing station. I got to play the drums with the Samba band and it was a lot of fun. I really felt the culture within.”

Samba dancers -- one of the biggest attractions at the Brazil carnival – also were featured at CAB’s event.

Samba is a traditional African-Brazilian dance style that is performed throughout the carnival. The dancers wear extravagant costumes made of vibrant colors, and feathers. At the university carnival, students were able to dance with local Samba dancers from San Antonio to Brazilian-themed music.

International Education Week at UIW featured a



Nancy Benet/ LOGOS Staff

A troupe from San Antonio do the samba for ‘Carnaval’ which took place Nov. 17 on Dubuis.

bevy of food, culture, music and art. UIW has students from more than 60 different countries.

“(When the planners) called us and told us about International Week, we really wanted to host a cultural event in honor of International Week because we have so many international students,” Garcia said. “When we were deciding on which event to do, everyone thought of Brazil because they have awesome traditions.”



Gaby Galindo/ LOGOS Staff

Various wares from several countries were available for sale during the International Bazaar in Cardinal Courtyard.

## Bazaar brings lots of things

By Karissa Rangel  
LOGOS FEATURES EDITOR

International Education Week brought a colorful International Bazaar of vendors, art and cultural crafts directly to students in the Cardinal Courtyard on Thursday, Nov. 19.

Aside from the normal lunchtime bustle of the familiar courtyard in front of the Administration Building, students lingered longer than usual to make a dream catcher, grab a cotton candy, and get a jump start on Christmas shopping before heading to class.

Among the vendors were Women’s Global Connection (WGC), a ministry of the Sisters of Charity of the Incarnate Word in San Antonio. An internationally involved organization, WGC holds strong connections to Peru, Tanzania and Zambia. Its booth in the bazaar included items from both Tanzania and Pushaq Warmi, a fiber arts women’s collective from Peru.

Tamara Mencey Schlaff, administrative and development associate at WGC, explained where the table’s profits for the day were going.

“It’s all going towards preschool and childhood education programs in the countries we are involved in,” Schlaff said. “We are going to split the proceeds equally amongst them.”

The vendors displayed one-of-a kind items that could be easily used for gift-giving.

### Global Café serves tea, pastries, knowledge

By Victoria O’Connor  
LOGOS STAFF WRITER

Hot teas and pastries were served Monday, Nov. 16, at one of the kickoff events for International Week at the University of the Incarnate Word.

The Global Café also included a Study Abroad Fair and the chance to learn more about cultural opportunities offered at UIW.

The event was cosponsored by the Office of International Affairs, Asian Culture Club, and the European Study Center.

“The purpose is to not only bring awareness of the international opportunities we have on campus, but also bring awareness to the international students on campus and their various cultures,” Study Abroad Coordinator Alanna Taylor said. “Global Café is just a way to share different kinds of tea, speak in different

On the activities side of the event, the Office of Residence Life incorporated a number of cultural crafts for students, including Chinese scroll painting, bracelet making, and even dreamcatcher-building.

Resident assistant Pryanca Chaudhary, a biology major, helped organize the event.

“It was a collaborative effort between Res Life, CAB (Campus Activities Board) and International Affairs,” Chaudhary said. “I wanted to make a multicultural event that would be something active in a public space. It’s a chance for students to learn about new things.”

One of the new things was traditional Chinese knot art at the Institute of World Cultures booth. Shuying Chen was folding brightly colored rope at that location.

“It’s a kind of symbol for Chinese people,” Chen said. “It represents happiness, luckiness and are nowadays usually used as gifts. They are often used as reminders too.”

Students huddled tightly around a table full of string and loose beads creating their own personal mixes. Resident assistant Alexis Lindsey helped students tie together their Life Bracelets. She was wearing one herself.

“They come from Africa,” Lindsey said. “We are celebrating all different cultures.”

languages for students who are studying those languages, and to also be aware of the different study-abroad options.”

Students were encouraged to ask questions, try new things, and to talk with other exchange students, in order to immerse themselves in the cultural experience.

“The main goal is to have the students notice UIW has something international here, and that they don’t have to travel aboard to experience internationalism,” said Priyangana Risal, event coordinator and an adviser for international students. “Everyone is getting together and having conversation with one another, sharing their experiences and discussing what UIW has to offer.”

## Food Festival features foreign fare

By Sherry Kermani  
LOGOS STAFF WRITER

The University of the Incarnate Word celebrated its fifth annual International Food Festival on Wednesday, Nov. 18, where international students got to share a little taste of their own culture.

The event was held in Cardinal Courtyard just outside the Administration Building and students from all over campus came together to try more than 10 different foods. Each student got five tickets and got to get a little taste from whichever table they decided. They were able to pick from a variety of foods from different countries including Jamaica, India and Saudi Arabia.

“I think UIW has a extremely cultured student body,” Sheena Connell, one of the lead organizers for International Education Week, said between servings she was giving. “We have so many international students, compared to most schools, and I think that’s a benefit to all of our domestic students. We’ll even have students that go and spend the holidays with international students and their families.”

Alotaibi Malak, who is part of the Saudi Club Organization, was helping serve a Saudi dish.

“We are super-proud to share our culture in this campus,” Malak said. “The school has a good diversity, and we are glad to be able to share a part of it.”

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# Logos Sports

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## Soccer captain reflects on season, life

By Elijah Gonzales  
LOGOS STAFF WRITER

Although the men's soccer team ended its season with an 8-8 record, for team captain Jonathan Camarena, this year's run was still special.

"It has been a great year as well as all the other years I've been here," Camarena said. "For the four years I've (played) here, at Incarnate Word, I take each year differently. But I've definitely enjoyed being a part of this university and this program."



Jonathan Camarena

Camarena, a defender from El Paso, said one of the main memories is having a hand in securing three shutouts, keeping the opponent from scoring at all.

A senior Spanish major with a minor in kinesiology, Camarena played 1,158 minutes this season and maintained a 60 percent shot. In seven games he played the entire game. In 2012, he played a

total of six games but this season he played every game. He finished the season with a goal and two assists.

"One of the things that has really helped me a lot is God," Camarena said. "I want to say thank you to the team because without the team it wouldn't be possible. We could have done a lot better this season, but again it's something that we learned. Every year, every day, we go out there and practice, and train."

The team had a 6-1 record at home in Gayle and Tom Benson Stadium. Away, the Cardinals won one game and lost six. On tied games, the men lost one and won one.

"One thing that I really enjoyed about this year was the unity of the team," Camarena said. "We got to the point that we spent five days together of enjoying each other, being together as a team, going out to eat. Inside the field it was a great family as well as off. I'm thankful because I got to meet a great group of human beings."

The team is losing 10 seniors, he noted.

"It's emotional because of how many players are leaving," Camarena said. "It's been a good experience being around the seniors and fighting for each other and against the other teams."

Camarena played soccer in high school, but coming out he struggled with a knee injury in 2011 that required ligament replacement surgery. Due to the injury, he was away from soccer for six months.

"That was (a) tough time for me but after that I became closer to God," Camarena said. "I became closer to my family and I had the opportunity to play again. So this second time I just did it for God instead of doing it just for me."

Also this season, Camarena earned first-team honors in the Western Athletic Conference while junior forward Ben Conway made the second team for the Western Athletic Conference (WAC). The league's 11 head coaches determine the star players.

"Honestly, this is brand-new for me as well and this is the first time I shared this with someone," Camarena said. "I just thank God for this award. I take it as a steppingstone for me to keep going and to keep fighting for my goals. I was not expecting this award neither last year, nor this year I was not expecting it. It's just a great feeling honestly and I enjoy



Jonathan Camarena sometimes played entire games without taking a breather. receiving this honor."

Being an athlete requires a lot of commitment and self-discipline. There's a lot more that student-athletes have to deal with than just showing up on game day. Camarena understands as an athlete, he has the power to impact the lives of others. He is also aware of the fact that people who aren't athletes can have just as big of an impact.

"I want to say this for the people that are not athletes," Camarena said. "I believe that they still have power to impact other people's lives. The power that you have to impact people's lives is something great."

## Cross-Country Cardinal named top newcomer

Keila Rodriguez is no newcomer to cross-country running.

"I've been running cross country since the seventh grade," Rodriguez said.

But head coaches in the Southland Conference voted the 20-year-old sophomore from Brownsville, Texas, the Women's Newcomer of the Year in the sport earlier this month.

What's even more remarkable is Rodriguez, a transfer from Texas State University in San Marcos, did not join the University of the Incarnate Word's cross country team until midway through the season.

But Rodriguez finished in 18th place in the Division I race when she ran Oct. 10 at the team's home meet and on Oct. 30 she finished 42nd at the Southland Conference Championships.

Her running apparently made quite an impression on head coaches in the conference when it came time to vote on the top newcomer.

"Receiving this award was a bit unexpected given the fact that I had only been training for five weeks," said Rodriguez, who is majoring in vision science. "My mentality going into conference was to do the best I could for the team. Although I was not at my max/peak performance ability at conference I did give it my all every second of the race."



Keila Rodriguez



Matthew Sherlaw/ LOGOS STAFF

Cardinal sophomore wide receiver Kaleb Hardy hauls in a pass at the Nov. 14 Military Appreciation Day game against Lamar University.

## Cardinals wrap up second winning season

By Olivia Almirudis  
And Jennifer Lynn Flores  
LOGOS STAFF WRITERS

After a windy game Saturday, Nov. 21, at Houston Baptist University, the Cardinals clenched a second winning season in their history with a 30-3 win.

Getting the win and the winning season wrapped up, quarterback Trent Brittain said, "(was) 'something special, especially for the seniors.'"

Two seniors -- Myke Tavarres and Padyn Giebler -- put the team up 14-0 in the first quarter when Tavarres forced a fumble, which was recovered by Giebler, who scored his first career touchdown and the first fumble return for a touchdown since 2012. Senior Clint Killough led the team with 29 yards receiving.

Both teams had to deal with a strong wind throughout the contest. The Cardinals jumped out to a 14-0

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-Named top newcomer

- Cont. on page 10

-Cardinals wrap up second winning season

## Men's coach: Cardinals face tough court schedule

By Elijah Gonzales  
LOGOS STAFF WRITER



Ken Burmeister

Ken Burmeister, head coach of the men's basketball team, will likely see his 300th career win this season but it's likely going to be tough going at home and away.

The Cardinals are playing three teams in the top 20 with California-Berkeley, Purdue and Oklahoma on tap. On the road, the team will play Sacramento State, St. John's, Rice and Long Island at the Barclays Center. In the Southland Conference, the team will play major teams such as Northwestern State, Stephen F. Austin and Sam Houston State.

"Our schedule is one of the toughest in the country and playing such big teams will give UIW tremendous exposure," Burmeister said. "So the schedule is tough and it's very difficult in Division I to win on the road. Louisiana is going to be very good and Stephen F. Austin has been dominating the conference. So there'll be seven or eight teams that will challenge for the title, which makes for a lot of sleepless nights."

Last year's team, led by senior guard Denzel Livingston, was the seventh-highest scoring unit in the country as it recorded an 18-11 record --11-3 at home and 7-8 away. Upset wins on the road against Princeton and Nebraska reaped national headlines and the team played its first Division I playoff game, losing as the host team in a Collegeinsiders.com game to the Ragin' Cajuns of the University of Louisiana-Lafayette.

To get the team ready for a new season takes a lot of off-season work, Burmeister said.

"In Division I basketball you basically practice year-round," he said. "In the summertime you have two hours a week with the team and they have conditioning for six hours a week. And in the fall, it's the same thing. Thirty days before practice you can go for 20 hours a week. So you're really at it a long time with weights and conditioning."

On top of that, another challenge will be seeing how this team plays together.

"It's hard to say because we have a lot of new guys for this year, and we have a lot of skill players," Burmeister said. "We have players that can shoot the ball very well. On the

negative side, it's going to be our rebounding and inside scoring. If we have that, we could be pretty good."

The new guys include freshmen point guard Tyler Singleton, freshman forward Simi Socks, who is 6-7, and junior forward Derail Green, a 6-7 transfer from Wichita State. Burmeister he hopes the new guys will work well together with the more experienced players.

"Singleton is in a tough position to play in Division I," Burmeister said. "And then we have Socks who will give us a nice body. He needs to be a little more aggressive on the inside. And then we have Sam Burmeister, who redshirted last year. (Sam Burmeister is the coach's son). Those guys should help us quite a bit. We'll see, so we'll put the new guys together with the experienced guys and see where it goes.-"

Livingston's presence will be missed but the team will move forward without him, Burmeister said.

"Denzel signed a summer league contract with the Houston Rockets, and he was on their team until just recently, and he was getting some playing time," Burmeister said. "What Denzel gave us was that he could get us buckets going to the basket in critical situations. I'm not sure if we have anybody that could do what he did, so we have to do it collectively, as a group. Denzel had a nice four-year run and I'm really happy that he's given UIW exposure through his time with the Houston Rockets."

Before the season started Nov. 13, Burmeister was just eight wins away from 300 career wins, including his time being an assistant coach at Iowa, Arizona and DePaul. He's also been a head coach at University of Texas-San Antonio, Loyola of Chicago, and Trinity University in San Antonio.

"I'm happy for the players," said Burmeister, a native of Twin Lakes, Wis., who graduated from St. Mary's University in San Antonio.. "I'm happy for the family and we'll see where it goes. It's really not that big of a thing and I think that longevity of being in the business over 30 years is probably more impressive for me than 300 wins."





Matthew Sherlaw/ LOGOS STAFF  
Sophomore wide receiver Kody Edwards runs with a pass he caught at the Nov. 14 home game against Lamar.

## Cardinals winning season cont.

lead after one quarter going with the wind and then outscored the Huskies 14-3 going against the wind in the next two quarters.

It was the first winning season for the Cardinals since becoming a member of the Division I Southland Conference and the win landed the team fourth place in conference standings. However, the team will be ineligible for post-season play until the 2017 season.

The Cardinals won four of the games at home but lost the last home game 28-21 on Nov. 14 against Lamar University Cardinals of Beaumont. The last home game also was celebrated as Military Appreciation Day and Senior Day. Military leaders were on hand for the pregame coin toss and halftime enlistment ceremony.

The team recognized 16 seniors at Gayle and Tom Benson Stadium.

One of them, fullback Jamaal Ojo, a criminal justice major from Houston, said, "I love my teammates and I'll miss every single one of them after graduation. I have grown very much from being a part of this team."

## Named top newcomer cont.

Rodriguez was on the track and cross-country teams at Rivera High School in Brownsville where she was a State 5A qualifier in 2013 in the 800 meters. She had a personal best time of 2:14. During her freshman year at Texas State, she earned All-Sun Belt Conference honors in the indoor distance medley relay for a squad coming in as conference runner-ups. She finished seventh in the conference in the indoor 800 meters with a time of 2:16.

Dr. Derek Riedel, head coach of UIW's cross-country and track-and-field teams, said he's pleased Rodriguez earned the newcomer award.

"I'm glad to have Keila on the team," Riedel said. "She joined cross country halfway through the season this fall and immediately integrated herself to our way of doing things. She made an immediate difference with her work ethic and positive attitude. I look forward to her being able to make even more significant contributions once she has more training under her belt and is more confident."

Rodriguez has benefitted from the welcoming she has received.

"I also want to give a special thanks to Coach Riedel and the girls for their continuous motivation and support," she said. "(Getting the award) also serves me as motivation as we transition into indoor and outdoor track season. Motivation to train harder and improve my times. Motivation to again help my team in whatever possible way I can."



Keila Rodriguez takes her long strides on a cross-county run.

## Track-and-field, cross-country rosters rocket

By Zach Lucero  
LOGOS STAFF WRITER

This fall saw a huge jump in numbers for the cross country and track-and-field teams at the University of the Incarnate Word.

The freshman track class alone had 44 members. When Blair Sohl, recruiting coordinator and pole-vaulting coach, started his UIW coaching career in 2011, there were only 50 athletes combined in the program – a number he deemed unacceptable.

Sohl said the team initially didn't intend for the freshman class participants to grow so significantly, but last year's class had several women graduate. Reloading and growth were necessary to compete in Division I nationally and in the Southland Conference regionally.

This season and in upcoming ones, the program intends to focus more on the quality of the athletes and less on the depth of the roster. One way of doing this is, Sohl said, is by accepting fewer walk-ons in order to assure UIW has a greater chance of having the highest quality of athletes aboard.

"It was important for us to establish a foundation of size for the program," Sohl said. "Leadership is everything in any sport. Without the guidance of the upperclassmen, some of the younger kids end up going astray."

Quality is very evident in the fact that 26 of the incoming freshmen competed in state tournaments as high schoolers. With the amount of quality athletes they now have, it means there is constant competition and the underclassmen push the upperclassmen. Where there is competition, there also needs to be motivation and mentoring.

"When kids come in and have learned (from) other different coaches that gives some of us the opportunity to learn new things that we don't learn from the coaches here," pole vaulter Jacob Ulbricht said.

Aspiring to be a coach himself, Ulbricht, a senior history major from Spring Branch, Texas, now has an opportunity to help some underclassmen, giving him an insight into coaching he wouldn't get anywhere else.

Senior thrower Ernesto Aguilar, a business administration major from Devine, Texas, said he thinks the spike in numbers gives the team more opportunities. The more competitors, the more opportunities the team has to score points and ultimately win meets, Aguilar said.

"Conference titles are won as a team," Sohl said. "The number jump can be seen as a sign of good fortune for the program looking to gain a foothold in the Southland Conference and at the national level."

The Cardinals look to improve from last year when the women placed seventh at indoor conference and 11th at outdoor while the men took 10th and ninth, respectively. The women had only nine athletes that placed in their event at conference return while the men's team returned 12.

With indoor season starting Jan. 16 at the J.D. Martin Invitational at the University of Oklahoma, the UIW track teams hope to see their hard work pay off from this offseason while continuing to prepare for the indoor conference meet Feb. 15-16 in Birmingham, Ala.

"The indoor season is always exciting, but we all know that the outdoor season is where competition really starts to heat up," said senior sprinter Jasmine Waring, a rehabilitative sciences major from San Antonio.



Coach Blair Sohl



Jacob Ulbricht



Ernesto Aguilar



Jasmine Waring

## Catch the Cardinals

### December games calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 WBBvs UT-Rio Grande Valley @ 6 p.m. MBB vs Dallas Christian College @ 8:30 p.m.	4	5
6	7 WBB vs Houston @ 6 p.m.	8	9	10	11	12
13	14	15 MBB vs Our Lady of the Lake @ 7 p.m.	16	17	18 MSWIM vs UIW Christmas Invitational WSWIM vs UIW Christmas Invitational	19 MSWIM vs UIW Christmas Invitational WSWIM vs UIW Christmas Invitational
20 MSWIM vs UIW Christmas Invitational WSWIM vs UIW Christmas Invitational	21 WBB vs North Texas @ 6 pm.m	22	23	24	25	26
27	28	29	30	31		





Outfielder Anthony Ramirez



Outfielder Kyler Genenbacher



Pitcher Anthony Gomez



Infielder David Anaya



Infielder Garret Gonzales



Infielder Tanner White



First Baseman Lee Thomas



Infielder Kyle Bergeron



Pitcher Luke Taggart



Catcher Lukas Polanco



Catcher Sean Arnold



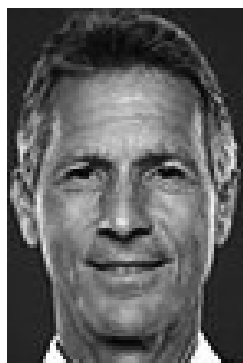
Infielder Nico Garza



Catcher C.J. Zepeda

## Baseball coach: Future bright with signing of large class

Baseball Coach Danny Heep has high hopes for the team's future at the University of the Incarnate Word after signing 13 Texas high school seniors who'll be here next fall.



Danny Heep

player – includes:

David Anaya, infielder at Veterans Memorial High School in Brownsville, Texas. Anaya bats, right, throws right. Noting Anaya's ranking by Perfect Game as the No. 13 infielder in the state, Heep added, "David is as good of a baseball player as there is in Texas. He is very skilled on the left side of the infield with a pure swing. Eventually he will be a power threat in the middle of the lineup as his body develops."

Sean Arnold, catcher at Rudder High School in Bryan, Texas. He throws right and bats right.

"Sean is a very athletic catcher," Heep said. "He is a plus runner that can play in the outfield too. We look for him to add a level of athleticism to our team that is unprecedented for a catcher. Depending on how he develops offensively, he will be a guy that can fill multiple roles in our lineup."

Kyle Bergeron, infielder at Bridge City (Texas) High School. He throws right and bats right. Bergeron is ranked by Perfect Game as a Top 500 player in the nation and No. 15 middle infielder. Heep called the 6-foot-3 player "a long, lanky, athletic middle infielder that can play multiple positions. He is a long lever guy that possesses power potential at the plate. Once his body fills out, he will be a middle-of-the-lineup hitter for us. He is a really good baseball player."

Nico Garza, infielder-pitcher at Coronado High School in Lubbock. He bats right and throws right. Ranked by Perfect Game as the No. 416 middle infielder in the nation and No. 30 in Texas,

"Nico is a truly gifted athlete that can play multiple posi-

tions," Heep said. "He can do more things as a baseball player than anybody we've ever had here at UIW. We don't know where he will play yet, but we do know he will have an impact at multiple positions. He will be a power threat at the plate as he can hit the ball as far to right field as he can to the pull side. He will also be a factor on the mound for us, as he has been clocked up to 91 mph."

Kyler Genenbacher, outfielder-first base at Frenship High School in Wolforth, Texas. He throws left, bats left. Ranked by Perfect Game among the top 1,000 players in the nation,

"Kyler is exactly what we needed for this class," Heep said. "We needed a left-handed-hitting, middle-of-the-lineup guy. We will look at him in left field and right field as well as first base. He is a really skilled hitter and already has the power that plays at this level. As he develops, he has a chance to be a really special hitter."

Anthony Gomez, pitcher at Banquete High School in Robstown, Texas. He throws right, and bats right. Ranked 79th as a pitcher in Texas and among the top 1,000 in the nation by Perfect Game, Gomez "is a smaller guy with a big arm," Heep said. "He will pitch in the 88- to 92-mph range and has a very quick arm. He comes from a well-coached high school program and will compete for innings as soon as he gets on campus."

Garett Gonzales, infielder at Madison High School in San Antonio, TX. He throws right but bats left. Ranked by Perfect Game as a top 1,000 player in the nation and No. 226 middle infielder in the state, Gonzales "is a perfect fit for us as a left-hand-hitting infielder that will be able to play any position," Heep said. "He is a good hitter and his power will continue to develop as he gets more physically mature in the next couple of years. He will be one of those guys that can do it all at the plate."

Lukas Polanco, catcher at Richland Hills High School in North Richland Hills, Texas. He throws right, bats right. Ranked by Perfect Game as a top 1,000 player in the nation and No. 28 catcher in Texas, Polanco is a "very skilled catcher that is ready to play at this level right now," Heep said. "He has great range behind the plate and throws the ball very well. He has some strength and bat speed at the plate. He will develop into a good hitter and will be able to drive in runs hitting somewhere in the middle of our lineup."

Anthony Ramirez, outfielder at Boswell High School in

Fort Worth. He throws right and bats right. Ranked by Perfect Game as a top 1,000 player in the nation and No. 44 outfielder in Texas, Ramirez is an "athlete, athlete, athlete," Heep said. "He comes from a great baseball family that we have a lot of respect for. He is our future centerfielder if everything pans out like it should. He needs to develop at the plate, but once he does, his upside has no limits."

Luke Taggart, pitcher at Gregory-Portland High School. He throws right, bats right.

Ranked by Perfect Game as the No. 94 pitcher in Texas, Taggart is a "tall projectable right-handed pitcher that we feel like will develop into a power arm," Heep said. "He is up to 88-89 mph at times and will be more consistent as he gets stronger and starts pitching full time."

Lee Thomas, first baseman at Cinco Ranch High School in Katy, Texas. He throws left, bats left. "Lee is a big, strong, left-handed-hitting first baseman," Heep said. "Again, he is a great fit for our program as a potential middle-of-the-lineup hitter. He is a very skilled hitter and has power to all fields. As he makes the adjustments to the speed of the game at this level, he has a chance to be very prolific."

Tanner White, infielder at Cypress-Fairbanks High School in Cypress, Texas. He throws right but bats left. Ranked by Perfect Game as a top 1,000 player in the nation and No. 32 infielder in Texas, Tanner is "another great fit for us," Heep said. "As a left-hand-hitting middle infielder, he will give us options. We expect him to come in and compete for a starting job as a freshman. He is a top-of-the-lineup-type hitter and adds depth of our team."

C.J. Zepeda, catcher at Sinton (Texas) High School. He throw right but bats left. Ranked by Perfect Game as a top 1,000 player in the nation and No. 29 catcher in Texas, Zepeda is a "left-handed-hitting catcher that will be ready to contribute offensively as a freshman," Heep said. "Behind the plate he has good hands and good feet. He will bring us balance offensively as a catcher that will allow us to have another left-handed hitter in the lineup when needed."

Overall, Heep said, "we are very happy with this class. Every one of these guys fits a need in our program. It was our goal to find left-handed hitters in this class with five signing with us. These kids show a lot of character on and off the field. We are anxious to get them on campus and get to work with them."





## Campus keeps holiday tradition

By Stephen Anderson  
LOGOS STAFF WRITER

The University of the Incarnate Word kicked off the Christmas season with the 29th annual “Light the Way” on Saturday, Nov. 22, despite a cold and chilly night.

An estimated crowd of 7,200 filled Gayle and Tom Benson Stadium for the traditional pre-lighting ceremony. KSAT 12 anchors Steve Spriester and Myra Arthur emceed the event, which ended with the lighting of the campus followed by a fireworks display.

Santa and Mrs. Claus also made appearances as they gave out hugs to children and spread some early Christmas cheer.

Dr. Lou J. Agnese started the tradition when he became UIW’s president in 1985. The lights will be on nightly to the public through Jan. 6.

The twinkling, multicolored lights drew “oohs and ahhs” from the crowd, leaving the parents smiling seeing their young ones’ reactions.

“It’s a city holiday must,” said Luis Hernandez of San Antonio said. “My family and I always come every year to see the lights and this is our first time at the ceremony. It was beautiful.”

“I love going to ‘Light the Way’ because I get to see campus transform into a beautiful Christmas spirit,” said Brittany Nelson, a communication arts major from Schertz. “The fireworks at the end of the ceremony were amazing and really kicked off the holiday season. It was definitely worth the cold.”



Leena Gonzalez/ LOGOS STAFF



Gaby Galindo/ LOGOS Photo Editor



Gaby Galindo/ LOGOS Photo Editor



Priscilla Aguirre/ LOGOS Assistant Editor



# LIGHT THE WAY 2015

November-December 2015

[www.uiwlogos.org](http://www.uiwlogos.org)



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Leena Gonzalez/ LOGOS STAFF



Leena Gonzalez/ LOGOS STAFF



Leena Gonzalez/ LOGOS STAFF



Gaby Galindo/ LOGOS Photo Editor

The annual 'Light the Way' prelighting ceremony inside Gayle and Tom Benson Stadium brought out an estimated 6,000 people to witness it. The event included performances of several groups connected with the University of the Incarnate Word including the marching band, dance team, cheerleaders, Cardinal Chorale, the high schools in the Brainpower Connection, and the grade schools. Mr. and Mrs. Santa Claus walked the field after arriving. The Clauses gave out plenty of hugs. 'Red,' the Cardinal mascot, also got in the act. KSAT 12 anchors Steve Spriester and Myra Arthur emceed the event, which ended with the lighting of the campus followed by a fireworks display. Senior Mario Mora holds a candle.



Gaby Galindo/ LOGOS Photo Editor



Maegan Pena/ LOGOS STAFF





## Dec. Movies

Compiled by Marco Cadena

### Dec. 4

**Krampus**

Rated: PG-13

Genre: Comedy/ Fantasy/ Horror

Starring: Allison Tolman, Toni Collette, Adam Scott, David Koehn, Luke Hawker

**Macbeth**

Rated: N/A

Genre: Drama/ War

Starring: Michael Fassbender, Elizabeth Debicki, Marion Cotillard, Sean Harris, David Thewlis

**Life**

Rated: R

Genre: Biography/ Drama

Starring: Robert Pattinson, Peter Lucas, Lauren Gallagher, Kendal Rae

### Dec. 11

**In the Heart of the Sea**

Rated: PG-13

Genre: Action/ Adventure/ Drama

Starring: Chris Hemsworth, Cillian Murphy, Brendan Gleeson, Ben Whishaw

**Legend**

Rated: R

Genre: Biography, Crime, Thriller

Starring: Tom Hardy, Emily Browning, Taron Egerton, Colin Morgan

**The Big Short**

Rated: N/A

Genre: Drama

Starring: Brad Pitt, Ryan Gosling, Finn Wittrock, Christian Bale

### Dec. 18

**Star Wars: Episode VII: The Force Awakens**

Rated: N/A

Genre: Action/ Adventure/ Fantasy

Starring: Harrison Ford, Mark Hamill, Carrie Fisher, Adam Driver

**Sisters**

Rated: R

Genre: Comedy

Starring: Amy Poehler, Tina Fey, Heather Matarazzo, John Cena, John Leguizamo

**Anguish**

Rated: R

Genre: Horror

Starring: Ryan Simpkins, Annika Marks, Karina Logue, Cliff Chamberlain

### Dec. 25

**Joy**

Rated: PG-13

Genre: Biography/ Drama/ Comedy

Starring: Jennifer Lawrence, Bradley Cooper, Robert De Niro, Elisabeth Röhm

**Concussion**

Rated: P-13

Genre: Drama

Starring: Will Smith, Gugu Mbatha-Raw, Bitsie Tulloch, Stephen Moyer

**Daddy's Home**

Rated: PG

Genre: Comedy/ Family

Starring: Linda Cardellini, Mark Wahlberg, Will Ferrell, Alessandra Ambrosio, Thomas Haden Church

## Profile: Freshman releases first album

By Shannon Sweet  
LOGOS OPINION EDITOR

As a singer-songwriter, Texas native Amanda Loving, a University of the Incarnate Word freshman, is expanding her wings and flying high like a Cardinal.

Loving soars through her music, a blend of pop, rock, blues

and ballads, all tied together with a country twang.

On “Heartbreak,” her debut five-song EP, Loving shows her potential while still leaving plenty of room to grow into herself.

Only 19, Loving, from Katy, is already an accomplished musician, as she was the runner-up in the 2014 International “Song of the Year” contest, a semifinalist in the 2014 Dallas Songwriters Association “Song-writer of the Year” contest, a recipient of the Akademia Music Award, and the Reverbnation selection for “crowd favorite.”

Loving showcases both her talent and heart in “Cassidy’s Song,” a tender, yet powerful piano ballad dedicated to Cassidy Stay, the sole survivor in the Spring, Texas, mass shooting that killed Stay’s whole family in 2014. The stripped-down song features Loving equipped with only her lyrics, piano, and, most importantly, her voice, as she sings to not only Stay, but to everyone who’s ever felt alone before.

Loving’s inspiration comes from within.

“The inspiration for my songs comes from a part of me that I honestly don’t even know much about,” Loving said. “It’s mainly just feelings that I’ve been stuffing away, and I like to take those feelings and make them into kind of a puzzle.”

Her personal lyrics don’t only reflect herself and her emotions, but

allow the listener to become fully immersed into Loving’s world as they, too, relate her words to their own life.

“I want my songs to mean something to each and every person, but I want them to mean something different to everyone,” she said. “It’s more fun when everyone interprets the song in a different way.”

Her dream collaboration would be with Nirvana frontman Kurt Cobain, she said, “because his writing technique is so interesting to me, and it’s also kind of hilarious.

Nirvana songs (especially off its “Bleach” album) grab your attention

because the lyrics make you think, ‘What the hell is this about?’ ”

Despite her credentials and talent, Loving, who is undecided about her major, is keeping herself humble and true to herself.

“Well, in the future I hope to make another album,” she said. “Maybe I’ll get a band together, and go on tour some day. Not a huge tour or anything. I know how tough the industry is, but just the chance to drive around one summer and play some music all over the country would be awesome.”

E-mail Sweet at [ssweet@student.uiwtx.edu](mailto:ssweet@student.uiwtx.edu)

Amanda Loving is planning another album.

## World Karaoke Night beckons participants

By Victoria O’Connor  
LOGOS STAFF WRITER

The first day of International Education Week on Monday, Nov. 16, ended on a high note with some musical notes at World Karaoke Night in Dubuis



Victoria O’Connor/ LOGOS STAFF

Some of the participants in ‘World Karaoke Night’ inside Dubuis.

in because I’m always hanging out here. If there were a little more people, it would have been a little more fun, but for the group of people we had it was awesome. I’ve always loved karaoke night.”

Lounge.

University of the Incarnate Word students got the chance to learn more about Asian pop culture, let loose and have fun while they participated in open karaoke, despite the event starting off on a low key.

“Not too many people showed up, like we had planned originally,” Lucas Kovacs, an Argentinean exchange student, said. “I think the reason why not too many people showed up was because there (weren’t) enough signs or posters for the event.”

“We were texting our friends in the international group to come because no one else showed up,” Linda Betz, a German exchange student, said. “Personally, I think students don’t hear about [the international events]. It’s just a feeling because there are things always going on, like Indian painting and what not, but it’s only ever international students that show up, and rarely American students here at UIW.”

However, onlookers quickly turned into participants as background instrumentals led into popular songs and a screen full of lyrics. Participants got to not only pick what song to sing, but also what language. As more people sang, the event began to draw in more of a crowd, whether they were singing themselves, watching or cheering on those brave enough to perform.

“I did not know it was World Karaoke Night, I just thought it was karaoke,” junior Roland Rodriguez said. “Most of the time when something is going on [in Dubuis Lounge] I always join

## ‘Rocksgiving’ showcases musical talents

By Victoria O’Connor  
LOGOS STAFF WRITER

Showcasing the musical talents of their club members, the Music Industry Club at the University of the Incarnate Word held its first “Rocksgiving” event on Thursday, Nov. 12, on Dubuis Lawn.

Students listened to a variety of live music performances, participated in a pie-eating contest, and entered in a chance to win a few prizes throughout the night.

“We thought this was a good time for the event because it’s far enough away from finals, but it’s close enough to the holidays for students to unwind by listening to some live music and maybe shove their face in a pie,” said Amy Poniatowski, club president. “A lot of us want to have careers in the music industry, and this club give us some hands-on experience. This was a lot of experience for us to put on an event, and to really get our hands into that, but this is also for the campus.”

Club members not only learned about what it takes to organize and plan an event that showcases live talent, but also learned what their organization’s mission was.

“We have artists from our own campus, so we are looking forward to showcasing UIW’s talent, especially in our music department,” Vice President Joshua Barrios said. “We just expect people to come out and listen to some music, have a good time, get

more connected on campus, and to make more of a presence for our club.”

Rocksgiving’s live-band lineup included UIW student Marcy Grace, debuting her original songs from her album, “Fireworks,” which was released last year. She had a release party at downtown’s Hard Rock Café.

“I call it ‘country,’ but it really features a combination of genres,” Grace said. “I don’t get to play on campus too often so it was nice to play my songs to my peers. Plus, I got great feedback and gave one of my albums away as a prize for the pie-eating contest. I really loved this event because it featured different musicians and bands.”

Throughout the night, different artist performed, catering to the different and wide variety of musical tastes that UIW students have.

“I think the students responded very well to the music because we don’t have just one genre, but



Victoria O’Connor/ LOGOS STAFF

A live band performs for the Music Industry Club’s first ‘Rocksgiving’ held Nov. 12 at Dubuis Lawn.

multiple,” club member Audrey Corbin said. “We had an acoustic singer first, then a DJ, and then a rock band. We had a lot of people come, and many of them have said that it’s really chill and very relaxed.”

The response makes it likely the club will plan another one.

“I know this is our first time putting an event likes this together, but we would like to try to do this every year,” Barrios said. “If it’s not ‘Rocksgiving,’ it will be some kind of fall event b

## UIWtv starts Spanish broadcast

By Ryan Ibarra  
LOGOS STAFF WRITER

Leonard Herbeck

UIWtv has added Spanish broadcasting to its programming this semester..

“The idea has been floating around a while.” UIWtv Program Director Leonard Herbeck said. “With the new shift of how we are doing our formatting with the broadcast, we decided we could probably add the Spanish segment with that.”

In the past, UIWtv has been made up of three separate broadcasts: news, sports, and entertainment. However, this year all the broadcasts were meshed into one.

“We decided we could probably add the Spanish segment within the new format,” Herbeck said. “It’s the best time because the people who can help us do it are actually in place to do so.”

UIWtv Communication Director Auris Calvino, a native of Panama, has played a huge role in getting the segment started through her experience in social media, and as a native Spanish speaker.

“We decided it would be a good thing to start this semester by introducing a small segment of Spanish-speaking anchors who could talk about the news and stuff that is happening here on campus and doing more of an effort to do more stories in Spanish,” Calvino said. “Here in San Antonio there’s a large Hispanic population and here in school we are getting more people who are Latinos and they speak Spanish.”



Auris Calvino

UIW, with a Hispanic student population of 53 percent – is considered a Hispanic-serving institution.

So far the response to the new broadcast has been positive.

“I have had people from the community being like, ‘Wow, it’s great,’” Calvino said. “We Hispanic people, whenever we see people who speak Spanish and see a broadcast in Spanish, are proud. And now more people on campus who speak Spanish could be interested in becoming part of UIWtv. Now that they know if their first language is Spanish, they can join us.”

The future of Spanish broadcasting and UIWtv looks bright, the student leaders said. “With each broadcast we are learning how to improve it and make it better,” Herbeck said. “I’m really excited about the growth of UIWtv and I hope we can continue to provide people with something worth watching.”

**FYI**

Anyone who is interesting in becoming part of UIWtv’s Spanish broadcast is welcome. For more information, go to the station’s office in AD 281. All other contact can be made





# New enrollment dean sees fertile ground for growth

By Lisa Alvarenga  
LOGOS STAFF WRITER

The University of the Incarnate Word is the largest Catholic university in Texas but the new dean of enrollment envisions UIW becoming the largest private school in the state.



Jennielle Strother

Jennielle Strother shares the vision of the president, Dr. Louis J. Agnese Jr., that UIW is headed in the right direction to overtake Baylor University, the current champion in enrollment among the state's private schools.

"Everyone I talk to in San Antonio has some sort of connection to UIW," Strother said. "You don't have to be alumni to have a really strong connection to UIW and that's part of the story I want to tell."

Strother, a San Antonio native, said she more than excited to be back home and working at UIW after previously working as vice president of enrollment at the Seminary of the Southwest in Austin. She replaces Andrea Cyterski-Acosta, who began working Nov. 1 as

associate dean of admissions at the School of Osteopathic Medicine set to open in fall 2017 off campus at Brooks City Base.

On the main campus, Strother will work with the Office of Admissions to try and increase enrollment as well as develop a successful student profile – a key element in the campaign.

UIW's physical growth is evidence that the university isn't standing still, Strother said.

"All of this expansion is proof that we are growing," Strother said. "That's a sign of health and in higher education expansion is not common. It's all meeting the needs of the growth."

One of her goals at UIW is to increase the number of first-generation students that have been in a similar situation to her own, said Strother, who holds a bachelor's degree in education from Dallas Baptist University, a master's degree in enrollment management from Capella University based in Minneapolis, Minn., and is working on a doctorate in organizational leadership from Northeastern University in Boston.

"Not only was I the first in my family to go to college,

I was the first to earn a master's degree, and now I am the first to be a doctoral student," Strother said. "I didn't know where I was supposed to go to apply or how to get financial aid. My parents were very supportive and navigating that path was intimidating."

"Because of that experience in my life, I have chosen enrollment management as my profession. I want to make sure students aren't guessing. We are here to help. I want to find students that feel lost in (the) application process because we are still able to make that one-to-one connection and shepherd them into the right degree program."

Strother has worked in higher education for quite some time and sees it as her way of giving back to the community.

"This place is really special," she said. "I have an overwhelming sense of gratitude for being here at this time in the university's history. I have been working in higher education for 15 years and I have not experienced this sense of community, innovation, and support anywhere else."

# Sustainability group pushes 'blue cleaning'

By Victoria O'Connor  
LOGOS STAFF WRITER

In an effort to be more environmentally friendly, the Sustainability Committee at the University of the Incarnate Word has stepped up pollution-cutting through Aramark's "Blue Cleaning" campaign.

"Aramark being a worldwide company in cleaning services, environmental services being one of their major divisions, wanted to attack the problem of environmental concerns," said Julian Gonzales, front line manager of Aramark's housekeeping office at UIW.

"While Aramark still purchases a lot of chemicals that are green-sealed certified by a third party, they wanted to do more than that," Gonzales said. "(We) feel cleaning with electrolyzed water not only passes all the EPA (Environmental Protection Agency) qualifications to disinfect and to sanitize, but is also the most environmentally responsible thing to do."

This electrolyzed water is processed in a machine for 45 seconds that infuses the water with both oxygen and electricity, creating a positively charged, sanitary cleaner.

"We take (care) of our business of helping clean the campus, while helping the environment," Gonzales said. "We started using electorally charged water in December of 2012. UIW was the first campus in the United States to be using the cleaning agent."

Though the cleaner is revolutionary in its technology, some custodial staff members were skeptical on how clean the agent really was.

"There has been some criticism, and they came directly from my employees," Gonzales said. "There was a lot of pushback saying, 'It doesn't smell clean, it doesn't look like a cleaning chemical,' but when you start breaking it down to its molecular structure, it does a better job than chemical. We find that over time we're reducing more and more particulates in the air, (and) residue on the floor, which ultimately results in a truer, cleaner building."

On-campus students are surprised at the lack of chemicals being used to clean the water.

"Eco-friendly, very short amount of ingredients, and it doesn't seem that harsh if it were to be in contact with skin," freshman Ellaine Elias said. "I think it would be very good to use the water, considering they're having to clean the campus every minute of the day. It would be more cost-efficient and safer for the school to use."

Since the debut of the electrolyzed water, the Sustainability Committee is doing more to get the word out as well as receive feedback.

"The Sustainability Committee has now formed an office and they have an advisory board with multiple subcommittees, and one of those subcommittees is 'education,'" Gonzales said. "We are trying to help spread the word through the campus on what we are currently doing and asking how we can do it better."

# SGA considers restructuring proposal

By Victoria O'Conner  
LOGOS STAFF WRITER

The Student Government Association has plans for change for both the University of the Incarnate Word and the SGA in possible proposals for improvements.



Kimberly Ibarra

"One of the things we noticed was the structure of the other universities," SGA President Kimberly Ibarra said. "We want to move forward in what structure we want to provide for the future of student government and to allow a sustainable type of organization."

The proposal for the changes in the structure of the House were inspired by SGA's meeting with other student governments councils at the San Antonio Higher Education Representative Assembly.

"We are looking into restructuring on how the House is and maybe consolidating some of that into the Senate, but of course none of this is official," Ibarra said.

Both concern and curiosity hit the other members on the change as they learned the representative seats would be reduced. Instead of four commuter seats and four resident seats, the organization will have two commuter seats and two resident seats.

"I know it seems like we're taking away representation if we eliminate the House, but we're just refocusing our priorities and making sure that whoever is representing their constituency that they are representing that constituency," Ibarra said. "We're not trying to taking away power or give more power to anyone and we are all the same organization. We are all working towards the same goal and that is to enhance the student experience."

Though this change may not take effect until next academic year, the SGA discussed changes that will be taking place very soon. SGA Chief of Staff Olympia Cuellar, who was invited to sit with the University OrgSync Committee, discussed UIW's paperless initiative.

"OrgSync is a new committee that has been drawn out," Cuellar said. "We discussed expanding our utilization of OrgSync, so things like community service where you would have to go to the registrar's office, it will now all be available on the website."

Along with the goal to go paperless, one member proposed an idea to help UIW be more environmentally conscious. Trevor Mason of SGA's House of Representatives had an idea of purchasing the new trashcans on campus through the last waste proposal that was passed last year.

"What I'm looking to do with that is to expand that into every building on this campus with classrooms and heavy student traffic," Mason said. "To be able to have good recycling creates awareness and the marking on them have shown that they are by the students. This is for the students to show that we have a commitment towards environmental sustainability."

The proposal for the new recycling bins has not yet been decided on as members discuss more about the measures to improve recycling rather than just buying new bins.

"Aramark is the custodial service on campus that picks up our recycling in the indoor locations," said Paul Ayala, who serves as the SGA's adviser besides being director of University Events and Student Programs. "It's all single-string, meaning Aramark does not separate it. If you throw away food on top of the recycling, which we have experienced since we've purchased these new bins, then they have to throw it out as waste. This just defeats the purpose."



Gaby Galindo/ LOGOS Photo Editor  
The Student Legacy Fund bought several of these pairs of cans.

# Artificial companions: 'Humans – You had your chance'



By Phil Youngblood

Imaginary friends have been with us forever.

Often associated with behavior

in children, I would argue we all have them. What I mean is that we have perspectives of others that may not synch with reality. You have likely heard, thought, or said, "I thought you were my friend!" which translates to "You did not behave as I imagined you would!"

There are many other examples -- ranging from what we imagine others are or were like from what we read or see or hear in the media -- to unrequited or unbalanced love, groupies and stalkers, people who harm or control others because of what they imagine the other person is or is thinking, and imagining authoritative messages that direct their actions.

People's reactions to discovering people with imaginary friends are as varied as people's reactions to discovering someone is relating to software, including games, or to someone not standing in front of them. Some are quick to label such relationships as pathological. Others feel it is an unhealthy substitution for face-to-face relationships. Others, such as psychologists, will tell you about childhood imaginary friends, view it as creative and intelligent behavior that supplements relationships in the physical world, notwithstanding addictive

behavior, a problem in any world.

For those who say face-to-face relationships are the only worthy kind, I would argue this kind of relationship is inherently risky and comes with cultural and psychological baggage. Some people would prefer a less risky and more predictably supportive relationship.

Since we are imagining, pretend you are in a nursing home. Your mind is active, but your close relationships are all gone and your family is busy living their lives and they rarely visit. "Hi! Glad to meet you. Will you come visit me again? All I want is not to be left alone all the time. I can read or watch movies, but that is not company. I could get more active on social media, but I really want a 24/7 physical companion. Get a pet? That is the 'acceptable' choice of millions of people in this country, but I cannot have one here. Don't tell me to 'find a friend' because I am unable to leave my room without assistance."

"I remember 20 years ago when I had a Tamogotchi, but that was not company. Maybe I will get an artificial dog or cat like Aibo or NeCoRo (see <https://www.youtube.com/watch?v=2l2P8Uz0LkA> and [/watch?v=aERq3ZBv-KI](https://www.youtube.com/watch?v=aERq3ZBv-KI)) or a GeriJoy Companion I can at least talk with (see <http://www.gerijoy.com>) or some other artificial companion (see <http://www.nbcnews.com/technology/my-robot-friend-people-find-real-comfort-artificial-companionship-6C10146787>)."

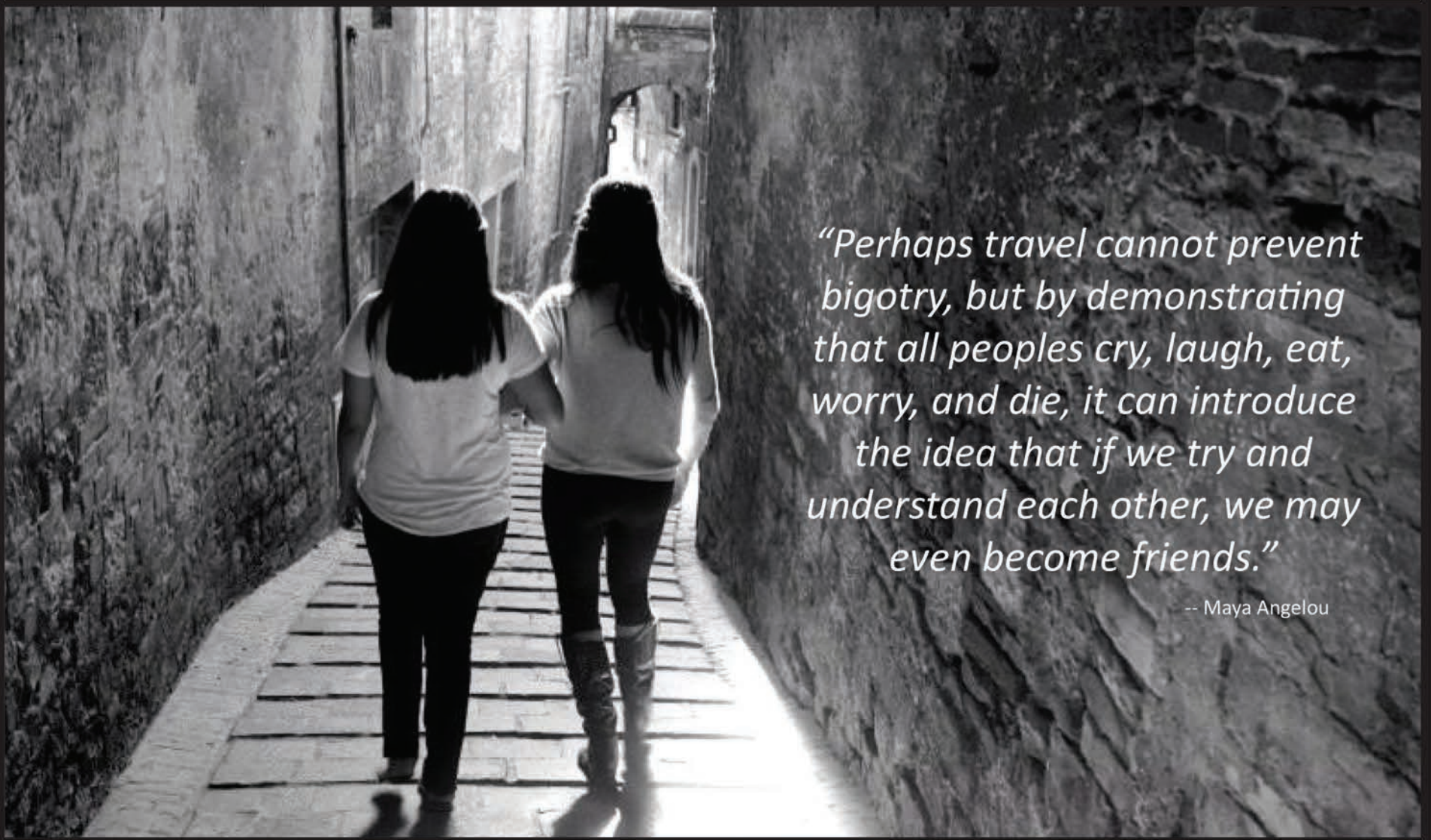
"A couple of weeks ago my granddaughter showed me her new 'Hello' Barbie. I looked it up and found it has about 8,000 possible replies. The doll connects to the 'cloud' and a company named ToyTalk listens to what she says and plays an appropriate response. What do you think about that?" What do you think others have written about this? Well, first, in the interest of critical thinking, let us learn what Mattel says. In addition to 'how to' aspects at <http://shop.mattel.com/product/index.jsp?productId=71355596> including that the doll "listens and remembers the user's likes and dislikes" and requirements are to be connected to Wi-Fi and an app on your smart device, Mattel also writes, "Parents and guardians are in control of their child's data and can manage this data through the ToyTalk account at any time." Reviews of Hello Barbie range from "Wow! That's great!" to more paranoid speculation on whether some of the 8,000 responses are advertising for other toys, whether Mattel uses the data to spy on a child's innermost thoughts, to nefarious characters hacking the dolls to say, "Are your parents home right now?" or worse. So, what do you think about artificial companions? They are coming. You had your chance.

E-mail Youngblood, head of the Computer Information Systems program, at [youngblo@uiwtx.edu](mailto:youngblo@uiwtx.edu)



~~Adventure~~

# Study Abroad



*"Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends."*

-- Maya Angelou

***Start planning your semester abroad,  
where will you go?***

Study Abroad Application Deadline:  
Summer 2016: March 1  
Fall 2016: April 1

(The above are UIW deadlines; host school deadlines may vary.)

## Scholarships

### ***Gilman International Scholarship***

*Application Deadline: March 1*

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.iie.org/gilman](http://www.iie.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: March 1*

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.

***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](mailto:studyabroad@uiwtx.edu)  
Dr. Burton E. Grossman International Conference Center, F111

