Students cast votes early: midterm elections under way

By Nancy Benet / STAFF WRITER

Midterm elections are expected to draw big crowds on Tuesday, Nov. 6, but students at the University of the Incarnate Word have already started voicing their choices through early voting. Texas has several important statewide races in the upcoming ballot, such as the race for governor, lieutenant governor, attorney general, and several state Supreme Court justices. The U.S. Senate seat now held by Republican Ted Cruz has received much national attention with the emergence of Congressman Beto O’Rourke as the Democratic contender. That race has especially caught the attention of many young adults who are first- or second-time voters. Not only is it considered a extremely close race between a Republican and a Democratic candidate in a red state, but because no Democrat has won a statewide election in Texas since 1994, Cruz and O’Rourke have had a couple of debates with one another in the past few months, one of which took place on a college campus, Southern Methodist University. One of the other debates that took place this month was in San Antonio. UIW biology major Victoria Hermosillo said her strategy on the midterm elections to “try to stay informed by watching a lot of interviews and keeping up with debates to see how each candidate does, and what their stances are. I also try to make sure I fact-check everything to assure that I am not reading any biased columns, and discus different candidates with friends that are also politically active and informed.” The Ettling Center for Civic Leadership and Sustainability provided rides Oct. 22-24 for students to participate in early voting. Early voting ends

Ex-Marine wants to aid troubled veterans

By Jake Fortune / STAFF WRITER

The sun is rising in a foreign sky as it sets at home in the west. Equipped with full combat gear and headed towards the front line, all that can be felt is a sense of pride – pride in defending one’s country, in keeping to a creed, in being trusted and respected among your comrades, in being a soldier.

This is a feeling Danny Valdez, 42, a sophomore psychology major at the University of the Incarnate Word, said he felt often while serving six years in the Marines. However, after returning to the States, Valdez said he met some personal triumphs and downfalls – the latter being the first to occur. He fell into drug abuse, depression, anxiety, and a general confusion. Valdez said he experienced what many veterans do upon returning home – a loss of purpose.

Valdez said it took him nearly a decade to find his footing in a world that looks at the veteran before the person. But he hopes to bring both himself and as many veterans as possible into a synergetic state with society once again with his research and book, “Post-Service Adjustment Disorder: A Different Perspective on Why a Veteran Falls Apart.”

So what exactly is PSAD, and what does it have to do with the struggles of the average veteran in the United States? PTSD or Post-Traumatic Stress Disorder has been the standard method of diagnoses for returning veterans. But it is becoming clear that PTSD is not the only solution. Veteran suicide, homelessness and mental illness rates are not decreasing. Nearly 11 percent of the adult homeless population are veterans, according to the U.S. Department of Housing and Urban Development. Valdez said there has to be a different perspective missing on this issue, and for him and many others, PSAD is that missing perspective.

PSAD is largely concerned with trauma, which is an emotional response to a terrible event. While there are veterans who have trauma and are affected immensely by that trauma, there are many other veterans who experience an entirely different problem upon returning home to their loved ones – a problem involved with adjustment.

To explain why PSAD would occur at all, context must be given regarding the training of the average U.S. soldier, Valdez said.

‘Light the Way’ festival gets ready to roll

By Renee Muela / ASSOCIATE EDITOR

Following up on last year’s festival format for the annual “Light the Way celebration,” the University of the Incarnate Word has been working the kinks for the Nov. 17 edition.

Until last year’s festival layout, the community-centered event had been in existence for more than 30 years as a “concert series,” said Ashley Davis, special events coordinator for the Office of Communications and Marketing. Partially from my own knowledge and partially from feedback given from Campus Engagement, we wanted it to be something for our community to look forward to, mark their calendar, and own as a campus,” said Davis, a UIW alum. Campus Engagement reported students continue-
India erects world’s tallest statue
India unveiled on Oct. 31 a 182 meter- tall statue of Sardar Vallabhbhai Patel, an influential independence leader in the country. The bronze monument cost around 29.9 billion rupees, or $430 million to construct, with more than half of that amount being paid directly by the Indian state of Gujarat. Farmers in the area are not happy with the monument and its cost, especially considering major droughts plaguing the area for the past few seasons.

Study: Hormone lessens learning ability
measured in the blood of the subjects, with higher levels often associated with physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.

PSAD: Ex-Marine wants to aid troubled veterans

Cont. from page 1

With most U.S. servicemen and women entering the military at age 18, usually just out of high school, they frequently encounter a different path than the average citizen with completely different lives and obstacles and learning experiences.

Valdez writes in the first chapter, “The Life,” of his book: “From the moment a person is taken off the civilian bus and flung into boot-camp mode, a massive overload of culture shock is instilled.”

Through ages 18-25 for a service member, the average person is taken out and the soldier is placed in.

These soldiers learn how to clean their bunk, what their rifle is and how it works, the blast radius of different explosives, things necessary to save lives, to save one’s own life and to maintain a sense of order and complacency amongst the chaos of active service.

Because of the difference between servicemembers and the average citizens between the ages of 18 to 25, many veterans return home and fall into a state of disillusion.

“They call it Disney World, but beyond that there is a defect home, the part of them that turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Danny, the high school guy” turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Not only are they having to adjust to civilians, as well as a change in the way programs help veterans, as well as a change in the policies these candidates are implementing that must occur in the way people think about veterans, as well as a change in the way programs help veterans adjust to civilian life,” Valdez said.

Tasks such as holding a job, being financially responsible and staying true to commitment – which may include seeking professional help – can be difficult for a veteran who might be suffering from physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.

‘Light the Way’ festival gets ready to roll

Cont. from page 1

With most U.S. servicemen and women entering the military at age 18, usually just out of high school, they frequently encounter a different path than the average citizen with completely different lives and obstacles and learning experiences.

Valdez writes in the first chapter, “The Life,” of his book: “From the moment a person is taken off the civilian bus and flung into boot-camp mode, a massive overload of culture shock is instilled.”

Through ages 18-25 for a service member, the average person is taken out and the soldier is placed in.

These soldiers learn how to clean their bunk, what their rifle is and how it works, the blast radius of different explosives, things necessary to save lives, to save one’s own life and to maintain a sense of order and complacency amongst the chaos of active service.

Because of the difference between servicemembers and the average citizens between the ages of 18 to 25, many veterans return home and fall into a state of disillusion.

“They call it Disney World, but beyond that there is a defect home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Danny, the high school guy” turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Not only are they having to adjust to civilians, as well as a change in the policies these candidates are implementing that must occur in the way people think about veterans, as well as a change in the way programs help veterans adjust to civilian life,” Valdez said.

Tasks such as holding a job, being financially responsible and staying true to commitment – which may include seeking professional help – can be difficult for a veteran who might be suffering from physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.

‘Light the Way’ festival gets ready to roll

Cont. from page 1

With most U.S. servicemen and women entering the military at age 18, usually just out of high school, they frequently encounter a different path than the average citizen with completely different lives and obstacles and learning experiences.

Valdez writes in the first chapter, “The Life,” of his book: “From the moment a person is taken off the civilian bus and flung into boot-camp mode, a massive overload of culture shock is instilled.”

Through ages 18-25 for a service member, the average person is taken out and the soldier is placed in.

These soldiers learn how to clean their bunk, what their rifle is and how it works, the blast radius of different explosives, things necessary to save lives, to save one’s own life and to maintain a sense of order and complacency amongst the chaos of active service.

Because of the difference between servicemembers and the average citizens between the ages of 18 to 25, many veterans return home and fall into a state of disillusion.

“They call it Disney World, but beyond that there is a defect home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Danny, the high school guy” turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Not only are they having to adjust to civilians, as well as a change in the policies these candidates are implementing that must occur in the way people think about veterans, as well as a change in the way programs help veterans adjust to civilian life,” Valdez said.

Tasks such as holding a job, being financially responsible and staying true to commitment – which may include seeking professional help – can be difficult for a veteran who might be suffering from physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.

‘Light the Way’ festival gets ready to roll

Cont. from page 1

With most U.S. servicemen and women entering the military at age 18, usually just out of high school, they frequently encounter a different path than the average citizen with completely different lives and obstacles and learning experiences.

Valdez writes in the first chapter, “The Life,” of his book: “From the moment a person is taken off the civilian bus and flung into boot-camp mode, a massive overload of culture shock is instilled.”

Through ages 18-25 for a service member, the average person is taken out and the soldier is placed in.

These soldiers learn how to clean their bunk, what their rifle is and how it works, the blast radius of different explosives, things necessary to save lives, to save one’s own life and to maintain a sense of order and complacency amongst the chaos of active service.

Because of the difference between servicemembers and the average citizens between the ages of 18 to 25, many veterans return home and fall into a state of disillusion.

“They call it Disney World, but beyond that there is a defect home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Danny, the high school guy” turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Not only are they having to adjust to civilians, as well as a change in the policies these candidates are implementing that must occur in the way people think about veterans, as well as a change in the way programs help veterans adjust to civilian life,” Valdez said.

Tasks such as holding a job, being financially responsible and staying true to commitment – which may include seeking professional help – can be difficult for a veteran who might be suffering from physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.

‘Light the Way’ festival gets ready to roll

Cont. from page 1

With most U.S. servicemen and women entering the military at age 18, usually just out of high school, they frequently encounter a different path than the average citizen with completely different lives and obstacles and learning experiences.

Valdez writes in the first chapter, “The Life,” of his book: “From the moment a person is taken off the civilian bus and flung into boot-camp mode, a massive overload of culture shock is instilled.”

Through ages 18-25 for a service member, the average person is taken out and the soldier is placed in.

These soldiers learn how to clean their bunk, what their rifle is and how it works, the blast radius of different explosives, things necessary to save lives, to save one’s own life and to maintain a sense of order and complacency amongst the chaos of active service.

Because of the difference between servicemembers and the average citizens between the ages of 18 to 25, many veterans return home and fall into a state of disillusion.

“They call it Disney World, but beyond that there is a defect home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Danny, the high school guy” turns home, the part of them shaped by their service is not completely gone, and it clashes with the expectations, nuances and requirements of society, Valdez said.

“Not only are they having to adjust to civilians, as well as a change in the policies these candidates are implementing that must occur in the way people think about veterans, as well as a change in the way programs help veterans adjust to civilian life,” Valdez said.

Tasks such as holding a job, being financially responsible and staying true to commitment – which may include seeking professional help – can be difficult for a veteran who might be suffering from physical changes in the brain that indicate early-onset Alzheimer’s disease. The lead researcher is Sudha Seshadri, a neurology professor who splits her time between Boston University and the University of Texas Health Science Center in San Antonio.
Systematic analysis of on-campus relationships was conducted, revealing that Catholic campuses fall into three categories: Very Catholic, Mostly Catholic, and Somewhat Catholic. These classifications were determined by the presence or absence of coed residence halls, study programs, and access to different activities and resources.

University of the Incarnate Word students using the iGrad financial wellness program have reported positive experiences, with feedback indicating that the platform is easy to use and beneficial. iGrad provides tools, courses, videos, and articles to help students get, save, and manage their finances effectively.

The human spirit concert, featuring the Cardinal Singers and Cardinal Chorale, will be held on Monday, November 11, at Tom Benson Stadium. The event is free for all, and tickets can be purchased via http://www.veterans.uiw.edu.

Panel looks at hookup culture at Catholic colleges

By True McManis / STAFF WRITER

Hooking up on a college campus got people talking Monday, Oct. 22, when a faculty member, two students and an administrator tackled the subject on behalf of the University of the Incarnate Word community. Dr. Julie Miller, chair of the Department of Religious Studies Club; and UIW football player; Silke Gonzalez, a psychology major, led the subject on behalf of the UIW Office of the Vice President for Student Affairs. The panel highlighted the impact of the hookup culture found on college campuses, which is predominantly Catholic but also includes a range of religious affiliations.

The panel's first task was to define “hooking up.” King's research on the subject found most campuses, and the hookup culture found on them, can be divided into three tiers. The first tier, “Very Catholic,” is a campus that is predominantly Catholic with more than 80 percent of students considering themselves Catholic, a requirement of three or more theology classes and residence halls segregated by gender. A “Mostly Catholic” campus had at least 75 percent of its students identify as Catholic, but had some coed dorms and a requirement of at least two theology classes. Last was the “Somewhat Catholic” campuses, with 65 percent of students identifying as Catholic, only one theology class required and exclusive coed residence halls.

Panelists discussed the hookup culture found on Catholic campuses, reporting less than 30 percent of students were involved in hookups, a stark contrast to 70 percent of college campuses in general. Mostly Catholic campuses, perhaps surprisingly, had the highest rate of hookups on Catholic campuses with 55 percent of students getting involved. The middle ground in this study was the Somewhat Catholic campus, with 45 percent of students there participating in hookups. Based on King's criteria, some panelists described UIW as Somewhat Catholic. Some felt UIW wasn’t predominately Catholic at all, with the attitudes of the students here most accurately reflected by the views at campuses that aren’t predominately Catholic in the article. Asked to define hooking up, some panelists said they felt hookups could be as innocuous as making out. Most described hooking up as sex without any expectations or emotions involved. One of the more personal questions asked was whether Catholic universities should have a different kind of hook up culture. Many students felt hookups should be addressed or tolerated less at Catholic campuses, contending that when you have sex with someone you’re essentially giving them part of your soul and that it should be frowned upon in a Catholic culture. Others felt doing that would be an impossible way of addressing the issue, and may make hookups less safe. Some said they felt hookup culture is detrimental to women and damages women’s autonomy, but that discussion led to many feeling this made women out to be delicate and vulnerable. According to one student, these thoughts were based on stereotypes and don’t actually represent a lot of women, who engage and enjoy hooking up the same way many men do. Some students felt hooking up involved using their partners, a very controversial statement, as others were quick to point out that they felt hooking up was liberating for them.

The discussion ended with a question as to what students would like UIW to do to address hookup culture. A student said she would have liked for chastity to be discussed with students rather than just abstinence, but someone responded she would prefer if UIW provided condoms to students so those that chose to hook up will have safe options. On that note, apparently UIW Health Services offers condoms and nearly nobody in attendance was aware of that. Even though the idea of contraceptives may be inherently anti-Catholic to many, there is an awareness among some students that there is a need for free contraceptives in a more open environment.

Financial Aid office: iGrad use continues to grow

By Lillian Ortega / STAFF WRITER

University of the Incarnate Word students using the iGrad financial wellness program have reported positive experiences, with feedback indicating that the platform is easy to use and beneficial. iGrad provides tools, courses, videos, and articles to help students get, save, and manage their finances effectively.

The human spirit concert, featuring the Cardinal Singers and Cardinal Chorale, will be held on Monday, November 11, at Tom Benson Stadium. The event is free for all, and tickets can be purchased via http://www.veterans.uiw.edu.

Panel looks at hookup culture at Catholic colleges

By True McManis / STAFF WRITER

Hooking up on a college campus got people talking Monday, Oct. 22, when a faculty member, two students and an administrator tackled the subject on behalf of the University of the Incarnate Word community. Dr. Julie Miller, chair of the Department of Religious Studies Club; and UIW football player; Silke Gonzalez, a psychology major, led the subject on behalf of the UIW Office of the Vice President for Student Affairs. The panel highlighted the impact of the hookup culture found on college campuses, which is predominantly Catholic but also includes a range of religious affiliations.

The panel's first task was to define “hooking up.” King's research on the subject found most campuses, and the hookup culture found on them, can be divided into three tiers. The first tier, “Very Catholic,” is a campus that is predominantly Catholic with more than 80 percent of students considering themselves Catholic, a requirement of three or more theology classes and residence halls segregated by gender. A “Mostly Catholic” campus had at least 75 percent of its students identify as Catholic, but had some coed dorms and a requirement of at least two theology classes. Last was the “Somewhat Catholic” campuses, with 65 percent of students identifying as Catholic, only one theology class required and exclusive coed residence halls.

Panelists discussed the hookup culture found on Catholic campuses, reporting less than 30 percent of students were involved in hookups, a stark contrast to 70 percent of college campuses in general. Mostly Catholic campuses, perhaps surprisingly, had the highest rate of hookups on Catholic campuses with 55 percent of students getting involved. The middle ground in this study was the Somewhat Catholic campus, with 45 percent of students there participating in hookups. Based on King's criteria, some panelists described UIW as Somewhat Catholic. Some felt UIW wasn’t predominately Catholic at all, with the attitudes of the students here most accurately reflected by the views at campuses that aren’t predominately Catholic in the article. Asked to define hooking up, some panelists said they felt hookups could be as innocuous as making out. Most described hooking up as sex without any expectations or emotions involved. One of the more personal questions asked was whether Catholic universities should have a different kind of hook up culture. Many students felt hookups should be addressed or tolerated less at Catholic campuses, contending that when you have sex with someone you’re essentially giving them part of your soul and that it should be frowned upon in a Catholic culture. Others felt doing that would be an impossible way of addressing the issue, and may make hookups less safe. Some said they felt hookup culture is detrimental to women and damages women’s autonomy, but that discussion led to many feeling this made women out to be delicate and vulnerable. According to one student, these thoughts were based on stereotypes and don’t actually represent a lot of women, who engage and enjoy hooking up the same way many men do. Some students felt hooking up involved using their partners, a very controversial statement, as others were quick to point out that they felt hooking up was liberating for them.

The discussion ended with a question as to what students would like UIW to do to address hookup culture. A student said she would have liked for chastity to be discussed with students rather than just abstinence, but someone responded she would prefer if UIW provided condoms to students so those that chose to hook up will have safe options. On that note, apparently UIW Health Services offers condoms and nearly nobody in attendance was aware of that. Even though the idea of contraceptives may be inherently anti-Catholic to many, there is an awareness among some students that there is a need for free contraceptives in a more open environment.
Did you know **Midterms** are more important than Presidential elections?

**VOTE**

**TUESDAY, NOVEMBER 6**

Problems voting? Call the Election Protection Hotline at (866) OUR-VOTE • (866) 687-8683

VOTE.ORG
Immigration issues were brought to life as a University of the Incarnate Word alum helped stage “The Line in the Sand: Stories from the US/Mexico Border.” Oct. 24 at UIW.

José Rubén De León, an award-winning director and minister of literature at St. Mary’s University, brought the production to UIW’s Concert Hall in Luella Bannock Music Center that he was first introduced to years ago while working at Our Lady of the Lake University.

“I read about this presentation and I had actually seen it at a religious conference,” said De León, 59, adding a priest had presented the piece as part of the conference opening. From there, De León did some research which led to his discovery of the script, which was commissioned by Catholic Relief Services.

“I got ahold of (the script), and I got students and some professors at Our Lady of the Lake to do a dramatic reading of it in one of their halls,” De León said, before he decided to develop it into a full-fledged production.

“I think what prompted this performance was the fact that I was reading a lot about the (immigrant) children that were being caged, and I wanted to do something to bring attention to that issue of immigration,” De León said. De León had just come off the heels of another play, “Bless Me, Ultima,” so he made the call to the actors, who had performed for that play.

With 10 actors in agreement to volunteer their time, the presentation of the play was set for production at OLLU and UIW.

The play surrounds a familiar topic played out repeatedly in the news today — immigration. The play is taken from events that occurred years ago when Catholic Relief Services sent a team of five writers and actors to the Arizona-Mexico border to investigate the immigration crisis. These are their stories. The play opens with a monologue of a woman who died in the desert trying to cross the border.

“The monologue comes from the interview with the son, who actually stayed with her until she passed, and also, the father, who ends up finding her remains,” De León said. “It sets the tone for the rest of the production. There’s nothing light or uplifting about the situation. This is certainly a drama throughout, so there’s no light moment. It sets the audience up for what’s about to unfold.”

Another moment plays when a camp volunteer, played by UIW alum Eiraina Porras, describes in detail the conditions some of the immigrants are in when trying to cross over — from blood-filled feet to blisters on their faces. Porras’ character also touches on the legality of the situation of finding people near death and the decision to evacuate these almost-dead human beings to safety vs. following the law.

“She’s really passionate, tired, frustrated and helps immigrants cross safely,” Porras says of her character. “I share her viewpoints. I don’t think that it’s wrong to help humans stay alive.”

Another notable scene involved actress Keli Rosa Cabunoc Romero’s performance.

“I play Monica, a young woman from Guatemala, who came to the U.S. to support her sick father and siblings,” Cabunoc Romero said. “She is detained crossing back into the U.S. after her family gets turned away.”

With 10 actors in agreement to volunteer their time, the presentation of the play was set for production at OLLU and UIW.

The play surrounds a familiar topic played out repeatedly in the news today — immigration. The play is taken from events that occurred years ago when Catholic Relief Services sent a team of five writers and actors to the Arizona-Mexico border to investigate the immigration crisis. These are their stories. The play opens with a monologue of a woman who died in the desert trying to cross the border.

“The monologue comes from the interview with the son, who actually stayed with her until she passed, and also, the father, who ends up finding her remains,” De León said. “It sets the tone for the rest of the production. There’s nothing light or uplifting about the situation. This is certainly a drama throughout, so there’s no light moment. It sets the audience up for what’s about to unfold.”

Another moment plays when a camp volunteer, played by UIW alum Eiraina Porras, describes in detail the conditions some of the immigrants are in when trying to cross over — from blood-filled feet to blisters on their faces. Porras’ character also touches on the legality of the situation of finding people near death and the decision to evacuate these almost-dead human beings to safety vs. following the law.

“She’s really passionate, tired, frustrated and helps immigrants cross safely,” Porras says of her character. “I share her viewpoints. I don’t think that it’s wrong to help humans stay alive.”

Another notable scene involved actress Keli Rosa Cabunoc Romero’s performance.

“I play Monica, a young woman from Guatemala, who came to the U.S. to support her sick father and siblings,” Cabunoc Romero said. “She is detained crossing back into the U.S. after her family gets turned away.”
I live in a cacophony of confusion. The more I get my act together, the more confusion and doubt enter my mind.

One second, my convictions are clear. The next second cannot find all the major colors of my future life. Is it making things worse, or is it that no one could be any more than me. And while some support me, others make things worse, I am not sure if I will be able to help myself and further my arrival to everything figured out. When in doubt, write it out. If you are feeling confused, then it means we must go down. Now that is the only way to go up is to drive ourselves into the ground. So going up means we must go down. Now that is contradictory.

But during my scribbling process I had to take a break (just) I turned 21 about two months ago. But I feel like I was flung into a world that was not yet meant to be mine. However, there is no law saying I must have everything figured out. I should not make mistakes and I do need guidance. But why do I have to have my life togeth-er and organized when I am going? I can hardly tell you what I am going to have for lunch today, much less what five years from the picked store. I am being made to feel confused and mad at myself for not having it together. Just five years ago I was just trying to do my best with what I have. Luckily, I have some ways to get me out.

If you are feeling confused, then it is OK. Get a piece of paper and write down all things you are confused on paper so you can see it and start organizing and making sense of what is floating around in your head. Write down your goals. Write your likes and dislikes. Decide on your scribbles. It won't cure your confusion, but at least you can start to discover or rediscover who you are. Be you who are and be proud of things you have done. Remember, there is always more. You must have everything figured out. You are more than enough.

E-mail Ramirez at qaramire@student.uiwtx.edu

Queen Ramirez / EDITOR

Phrases: ‘O’ for emotion

Renee Mulitz / ASSOCIATE EDITOR

There is something about a craft that makes me feel like it’s Christmas. I know. This is spooky season. But this is the type of thing to do with most of my arts and crafts. Maybe because midterms are already frightening enough, there’s no need to spend money on a haunted house or horror flick when I can just check Black- board for free. Creating is what keeps me happy and stress-free when I make time for it.

I like to consider myself a creator above everything else in life. Whether- ever it is writing, painting, acting, baking or crafting, my overall desire is to create. In my room, I have a mess of sketch pads, pencil sharpener, paints in various mediums, graphite pencils, colored pencils, nubs of charcoal and pastels, illustration pens, Sharpie markers, scrapbook paper, stamps, ribbon, Mod Podge, beans, clay and of course, glitter.

Trust me, these are just a few of the things I could list off the top of my head. I could continue on and prove why my room is such a mess with the ability to feel. I don’t have enough room to contain all I have, despite owning three crafting draw- ers that are always overflowing. But no matter the clutter, all of my arts-and-crafts supplies are need- ed. I have been a crafter since I was young. Especially now with holidays fast approaching. Threading circles is a hobby of mine, I have found ways of making money from it. Some of the most popular items I sell include hand- made pinatas, wreaths, and my per- sonal favorite, home-making mums for local high school students.

I like to think I get my creativity from someone in the family, despite always being referred to as “the ar- tistic” one in my house. Growing up, I loved participating in dance recitals, one-act play competitions, and art shows. Considering I had made enough time for it before college, I most like- ly would have looked into learning how to play an instrument. In fact, I find myself saying this again, almost four years later. If I had made enough time during college, I most likely would have pursued a double major in communication arts and art, other than communication arts and English.

But do I get wrong? I am glad I do write as an English major. Writing is a form of creativity that I am fortunate to learn and practice through my studies. I do not think I will ever be able to write what I strive for. It’s not the aesthetic that I aim to be. If I am not somehow covered in paint or glitter by the end of a day, did I really have fun? I hope to one day have children that are as enthusiastic about the arts as I am. To learn art is everywhere and it doesn’t require talent – just appreciation and passion.

So, now I am making as much time as possible to create more and work towards stress lessing. I want to work towards figuring out what I really am and have I can find inspiration in everyday life. My true identity above everything else is being a crafter. I hope one day, I will be recognized by my peers as such.

E-mail O’Connor at voconnor@student.uiwtx.edu

Victoria O’Connor / MANAGING EDITOR

My heart is into art

Renee Mulitz / ASSOCIATE EDITOR

The vowel “o” is usually used with emotion. The first three words of our national anthem. “Oh, say can you sing a song of the brave?”

Emotion. Through interactions and songs come emotion, a human attribute. Our world tends to shy away from emotion, especially when it comes to manifesting. I’ve seen my beloved younger cousin grow up learning not to smile because “baseball players don’t smile.” I’ve seen girls at retreats not wanting to sing because “that’s a girl thing.”

When did smiling and sing- ing become feminine? When was that right taken away from men? Rightfully, it was. It’s an actor famous for his role on the hit show “Game of Thrones,” and a song called “Redefining Masculinity.”

In one episode, Lewis Howes, a current guest on the Men’s National Handball Team, said, “I remember feeling like I always had to defend myself.” I mean, if anyone pick on me, if anyone said I was stupid. In sports, if anyone tried to abuse me. If I was stupid. It was like I had to come back with dominance to show that we was man enough. There is any man more than me.”

I’m pretty blessed to surround myself with friends who share their heart so genuinely, including my guy friends and even my boyfriend, Chris. I never had to pray for them for sincerity in conversation; if anything, they had to help me be transparent.

With our heads always buried in our phones, I’ve noticed we have lost the ability to feel. Someone dies and a relative puts obituaries filled with things. But then there came a moment when I realized these people are simply shouting into the void hoping someone would hear.

I began to realize it’s not their fault. It’s the fault of our world teaching us distance, to not engage with others. So, I began to direct messages those I saw hunting on social media. I continued my normal scrolling but with a better effort to notice.

In a world that tells us to be strong and move on, I challenge us to be OK with the struggle (so long as we don’t stay there permanently). In fact, I challenge us to reach out to both directions - reach out when someone is reaching out to you, reach out when you’re needing and have no one.

It’s interesting how it has become so immediate to either comment on or ignore a sad social media post, but so awkward to be authentically human.
(question: follow the leader or your conscience?

A global audience which includes the good, the bad and the indifferent should be followed? If followed against evil, or unethical? No one has the right, or obligation, to do what is wrong. Let a final question: If Americans really do believe God and religion should be part of society, then why do we attempt to exclude them from our society’s institutions?

E-mail Lamp, a professor of sociology, at lamp@uiwtx.edu

Editor: Queen Ramirez
Managing Editor: Victoria O’Connor
Associate Editor: Renee Mullen
Photo Editor: Miranda Hanzal
Graphics Editor: Nico Ramon
Sports Editor: Alma Solas
Features Editor: Jackie Velez
Contributing Writers: Nancy Neven

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

The Logos office is in AD 277. The adviser may be reached at (210) 829-6059 or mercer@uiwtx.edu. The editor may be reached at The Logos or e-carman@student.uiwtx.edu. The postal address is 4301 Broadway, CPR 485, San Antonio, Texas 78209.

The web page URL is http://www.uiw.edu/logos/ and interactive Logos is http://www.uiwlogos.org

Cyber Security tips to manage Wi-Fi use

Hakim and Luis went to high school together. Christmas is UIW Cardinals. They hang at the coffee shop to study, to have a drink, or to take advantage of the free Wi-Fi. They hang at the coffee shops to take advantage of the free Wi-Fi. Josie also goes to the coffee shop to take advantage of the free Wi-Fi. She sits at a table. Sometimes she uses her phone. Backing up your phone.

Just as easily as you lock the door, phone? Are they stealing your information? Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone. Consider installing a security app to your phone. Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone.

You should be the same. Apps from untrusted sources may steal your information, steal viruses, and wreak havoc on your phone.

Some Apparent Inconsistencies

If a person truly believes something is just, they will do what is right even if it does make sense that he or she should be expected to vote contrary to the belief just because you do not share the same belief or political party. This leads one to ask, “To be socially responsible, is it necessary of God to be moral and irrational?” And if there are, real important disagreements, which one should be the norm? Does a politician, who is more guilty if the action was immoral, and therefore harmful, is a moral or amoral? No one has the right, or obligation, to do what is wrong. Let a final question: If Americans really do believe God and religion should be part of society, then why do we attempt to exclude them from our society’s institutions?

E-mail Lamp, a professor of sociology, at lamp@uiwtx.edu

Editor: Queen Ramirez
Managing Editor: Victoria O’Connor
Associate Editor: Renee Mullen
Photo Editor: Miranda Hanzal
Graphics Editor: Nico Ramon
Sports Editor: Alma Solas
Features Editor: Jackie Velez
Contributing Writers: Nancy Neven

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

The Logos office is in AD 277. The adviser may be reached at (210) 829-6059 or mercer@uiwtx.edu. The editor may be reached at The Logos or e-carman@student.uiwtx.edu. The postal address is 4301 Broadway, CPR 485, San Antonio, Texas 78209.

The web page URL is http://www.uiw.edu/logos/ and interactive Logos is http://www.uiwlogos.org

Cyber Security tips to manage Wi-Fi use

Hakim and Luis went to high school together. Christmas is UIW Cardinals. They hang at the coffee shop to study, to have a drink, or to take advantage of the free Wi-Fi. They hang at the coffee shops to take advantage of the free Wi-Fi. Josie also goes to the coffee shop to take advantage of the free Wi-Fi. She sits at a table. Sometimes she uses her phone. Backing up your phone.

Just as easily as you lock the door, phone? Are they stealing your information? Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone. Consider installing a security app to your phone. Be cautious about granting apps access to personal information on your phone. Be cautious about granting apps access to personal information on your phone.

You should be the same. Apps from untrusted sources may steal your information, steal viruses, and wreak havoc on your phone.

Some Apparent Inconsistencies

If a person truly believes something is just, they will do what is right even if it does make sense that he or she should be expected to vote contrary to the belief just because you do not share the same belief or political party. This leads one to ask, “To be socially responsible, is it necessary of God to be moral and irrational?” And if there are, real important disagreements, which one should be the norm? Does a politician, who is more guilty if the action was immoral, and therefore harmful, is a moral or amoral? No one has the right, or obligation, to do what is wrong. Let a final question: If Americans really do believe God and religion should be part of society, then why do we attempt to exclude them from our society’s institutions?

E-mail Lamp, a professor of sociology, at lamp@uiwtx.edu

Editor: Queen Ramirez
Managing Editor: Victoria O’Connor
Associate Editor: Renee Mullen
Photo Editor: Miranda Hanzal
Graphics Editor: Nico Ramon
Sports Editor: Alma Solas
Features Editor: Jackie Velez
Contributing Writers: Nancy Neven

The Logos is a member of the Associated Collegiate Press and Texas Intercollegiate Press Association.
University of the Incarnate Word senior Gabriel Evans brought home his first singles tennis title after the team participated Oct. 26-27 at the National Intercollegiate Tennis Association Championships in Corpus Christi.

Coached by Jonas Anderson, that was a great win for how he continues to develop. Let’s hope he can keep this level of play up for the final tournament. It’s going to be a battle but I believe he will come through.

Evans came through that Sunday morning in the finals against a senior, more experienced TAMU-Corpus Christi opponent. Evans got off to a good start taking the first set, 6-3. He kept up the high level of tennis to take the title for the Cardinals, winning the match 6-3.

“Feels amazing to get my first singles college title and a tournament win for UIW,” Evans said. “I feel played some good tennis and I’m glad the hard work in pre-season paid off.”

Three University of the Incarnate Word tennis players are leading the Southland Conference in many categories.

Freshman quarterback Jon Copeland is second in the league and fifth in the FCS with 2,472 passing yards this season. He also leads the league and is No. 4 in the nation with 309.0 passing yards per game. Copeland, who is from Argyle, Texas, leads the Southland and ranks No. 6 nationally with 313.8 yards of total offense per game.

Senior running back Ra’Quanne Dickens leads the league and ranks No. 12 in the FCS with 6.92 rushing yards per carry. He also leads the league and ranks No. 21 nationally with 768 rushing yards. Dickens, who is from Shasta, Fla., leads the SLC and is No. 11 in the FCS with 10 rushing touchdowns; the 10 TDs is second in the SLC and No. 20 nationally in total touchdowns. Dickens leads the league and is No. 24 in the FCS with 76.8 rushing yards per game.

Marquel Cooks, a junior in the backfield (Corpus Christi), is second in the SLC in rushing yards with 622 yards on 130 carries. The Cardinals are No. 20 in the SLC in rushing offense.

Football players lead conference categories

Jon Copeland

Marquel Cooks

Freshman QB makes national watch list

SPECIAL TO THE LOGOS

Quarterback Jon Copeland is on a special watch list for freshmen players due to his record-setting play this season for the University of the Incarnate Word.

On Oct. 11, Copeland was placed on the STATS FCS Jerry Rice Award Watch List. Copeland has started every game for the Cardinals this fall, etching his name in the program record books multiple times in the process.

The Rice Award is awarded annually to the most outstanding freshman player in the Division I Football Championship Subdivision (formerly Division I-AA) of college football as chosen by a nationwide panel of media and college sports information directors.

Copeland has four games with over 300 passing yards -- Oct. 6). Since then, Copeland has broken the UW single-season passing record previously held by Trent Brittain. Copeland now has 2,472 yards, which is No. 2 nationally with 313.8 yards of total offense per game. Copeland became UIW’s first quarterback in program history to throw for 300 yards – Oct. 6). It’s hard for a freshman to start sometimes, but you wouldn’t know that by watching Jon play. He is composed during practice and games, and that has helped elevate the program as a whole. I’m excited to see what Copeland has in store for the Cardinals as a whole. I’m excited to see what Copeland has in store for the Cardinals as a whole.
Review: Old, new artists play ‘Austin City Limits’

AUSTIN – “Austin City Limits” took place on the first two weekends in October this year, featuring world-famous bands and artists such as Paul McCartney, Travis Scott, Metallica and many more.

Both weekends, the festival went on for a duration of three days: Friday, Saturday and Sunday. Each day consisted of a different lineup, which all started at 11 a.m. and ended at 10 p.m. Each artist performed on one of seven stages at a designated time. Several artists overlapped each other, and attendees with one or three-day passes were able to choose among many artists to watch perform.

Although the people came for the music, that is not the only thing the festival had to offer. ACL had a variety of places to eat and drink, from including many vegan, vegetarian and gluten-free options. ACL also had beer halls, lounges, an art market, and silent disco every night.

The weekend lineups differed from weekend to weekend, however several artists performed during both. McCartney, for instance, performed a two-and-a-half-hour set on both Fridays, and sang many of The Beatles’ classics, as well as some of his own songs from more recent albums such as “Egypt Station” and “Band on the Run.” Between songs, McCartney told stories about legends such as Jimi Hendrix and Eric Clapton. He entertained the crowd with a lot of different tales about his time as a Beatle. He also paid a tribute to his old Beatles bandmember, John Lennon, by playing “Here Today,” a song he wrote about him.

The crowd for McCartney differed from crowds at other shows such as Khalid, Hozier, or ODESZA, all of whom also performed Friday evening. Attendees at McCartney’s show were classic rock fans, while artists such as Khalid attracted a younger crowd. Khalid, who is from El Paso, sang some crowd favorites during his set such as “Loco” and “Young Dumb & Broke.” Saturday’s lineup was an interesting one, since it changed a bit since the initial lineup was announced earlier in the year. Originally, Childish Gambino was set to perform Saturday evening until he cancelled due to an injury. However, the festival booked Lil’ Wayne to replace him. Saturday also featured San Holo, Bazzi and Metallica.

The festival ended Sunday evening, with artists such as Arctic Monkeys, Shakey Graves, ST. VICTOR CENT and Travis Scott, most of whom attracted younger audiences than acts such as Metallica and McCartney. Scott and Arctic Monkeys, both headliners, overlapped each other’s performances but some attendees still managed to attend a bit of both shows.

Arctic Monkeys played songs from its most recent album, “Tranquility Base Hotel & Casino,” as well as some of their hits such as “Why’d You Only Call Me When You’re High?” Scott performed songs from his new album, “Astroworld,” and actually surprised fans with NBA legend Shaquille O’Neal on stage, a memorable way to end the weekend.

By Nancy Benet / STAFF WRITER

In colleges that offer the Army ROTC program you’ll push yourself more than you ever imagined. You’ll develop unmatched leadership supreme leadership skills while you earn money for college. And when you graduate and complete Army ROTC, you’ll commission as an officer in the U.S. Army.

Learn more at goarmy.com/rotc

For more information, please contact: UIW ROTC Enrollment Officer 210-832-3120 or ROTC@uiwtx.edu Visit goarmy.com/rotc/ipl6
MOGIES OF THE MONTH

A University of the Incarnate
Word theatre arts grad-
uate is making her return
to her alma mater’s stage
as director of “Endgame,”
which opens Friday, Nov. 9,
in Cheever Theatre.
Amanda Ireta-Goode, origi-
nally from Querétaro, Mexico,
is no stranger to the stage.
She grew up in San Antonio
and even while she was in UW she
studied dramatic literature
and its historical context,
while working at a deli.
What Ireta-Goode’s
learned at UW and away
with her identity theatrical
productions is helping her
directorial debut with
Samuel Beckett’s “End-
game.”
“I have long loved Samuel
Beckett’s work and, when
Dr. Robert Ball, chair of the
Theatre Department, reached
out to me to offer me the
role as director, I couldn’t
refuse,” Ireta-Goode said.
“I love Beckett’s complexity,
the way he explores human
experience in nuanced and
sometimes absurd ways.”
“Endgame” in particular
called to me because I think
it explores the kind of
self-reflective relationships
and the kind of simultaneous
futility and hopelessness in
depending on others to build
a life. This play is challenging,
and Beckett simultaneously
leaves a lot of room for inter-
pretation while having some
specific demands.
“I think an opportunity to
wrestle with that challenge
feels very creatively and
soothing to me about how
the world, and what I want
to build for myself. It’s also
wonderful to come back to
the department that was
an extended family for me as
a student and to work with
mentors I so respect.”
Ireta-Goode directs four
characters in “Endgame.”
The plot involves the four living in
one room after a disaster. The
roles and the cast members
include Hamm, the master,
played by Devin Donavan;
Clov, his reluctant servant,
played by Nicolas Guerrero;
Nagg, Hamm’s father, played
by Marc Cantu; and Neil,
Hamm’s mother, played by
Melissa Gaspar. Nagg
and Neil have long been
confined to two ashtrays
and are entirely dependent
on Hamm and Clov for their
care. Hamm is blind and con-
fined to a wheelchair. Clov
cannot sit and is the only
persona that Ireta-Goode
wants to move about.
“There is an abundance of
theories about who and what
the characters are,” Ireta-Goode said.
“Beckett is famously
difficult to decipher. The
prominent theory, which
I think informs our produc-
tion to some extent, is the
role that the superego, ego
and id play in our lives. In
this case, Hamm is the superego
or master controlling the situ-
ation; Clov is the ego oper-
ating day-to-day; and Nagg
and Neil are the id, limited
to our base needs and func-
tions. In more concrete terms,
I think the characters’ help us
explore what keeps us going
in seemingly hopeless situ-
ations. Whatever the recipe
called to me, the way Beckett
was able to do that was
amazing to me to go into a bit
of a new world in a life in a
comic situation that has the
characters rely on each other,
Ireta-Goode said.
“Throughout ‘Endgame,’
we explore what it’s like to
continue finding meaning
—or there is — in hopeless
situations; how we can both
be resigned to circumstances
and still search for the next
bit of enjoyment, or continue
to ‘play.’
“I think that in life, as
chess (the endgame in chess
is the last part of a game as
it nears its end and there
are limited moves), one can
see the end coming, or how
things will likely play out, and
choose to continue playing—and
how we do that regardless
of the outcome, is worth
examining.”
As for her own life, Ire-
Ta-Gooda joined the corpo-
rate world as a bilingual sales
and service representative
for an insurance company
after graduating from UW
in 2009. She is currently in
charge of fundraising as a
developmental director for
Gemini Ink, San Antonio’s
Literary Arts Center, a local
nonprofit organization whose
mission is to help people create
and share the human story
by building language
skills, self-esteem and a
love Beckett’s complexity,
the way he explores human
experience in nuanced and
sometimes absurd ways.”
“Endgame” in particular
called to me because I think
it explores the kind of
self-reflective relationships
and the kind of simultaneous
futility and hopelessness in
depending on others to build
a life. This play is challenging,
and Beckett simultaneously
leaves a lot of room for inter-
pretation while having some
specific demands.
“I think an opportunity to
wrestle with that challenge
feels very creatively and
soothing to me about how
the world, and what I want
to build for myself. It’s also
wonderful to come back to
the department that was
an extended family for me as
a student and to work with
mentors I so respect.”
Ireta-Goode directs four
characters in “Endgame.”
The plot involves the four living in
one room after a disaster. The
roles and the cast members
include Hamm, the master,
played by Devin Donavan;
Clov, his reluctant servant,
played by Nicolas Guerrero;
RIDDLES

What do you use to mend a jack-o-lantern?
Who won the skeleton beauty contest?
What do you get when you divide the circumference of your jack-o-lantern by its diameter?
What did one leaf say to another?
Why is Dracula so easy to fool?

JUMBLE

nravgn
deadyr

Graphic and riddle courtesy of the Cyber Security Club
Study abroad in Heidelberg, Germany for a full semester or summer term! UIW Heidelberg is housed in a historic villa nestled in one of Heidelberg’s most affluent neighborhoods. Rooms are comfortably furnished and classes will be taught on-site. Housing includes: Wi-Fi, a library, computer lab, laundry facilities, TV lounge, student kitchen, and a beautiful inner courtyard. Within walking distance of the villa is a bakery, grocery store, and pharmacy. The inner historical center is also just a short tram ride away. Housing with host families or in apartments is also available.

The comprehensive semester program includes: university courses all taught in English, German language courses, cultural activities, multiple excursions, and professional visits. For students with sufficient German skills, additional courses are also available. The program is open to students from all accredited higher education institutions. Transportation will be provided to and from the Frankfurt Airport upon arrival and departure and to any cultural activities included in the program.

SCHOLARSHIPS & FINANCIAL AID
The UIW Heidelberg program is equal to UIW tuition and can be paid for by both financial aid and UIW scholarships.

DEADLINES
Spring – Oct. 1
Summer I – March 1
Summer II – April 1
Fall – June 1

IMPORTANT DATES
Fall Semester:
Mid-August to Late December

Summer Session I:
Mid-August to Late December

Summer Session II:
Mid-August to Late December

Spring Semester:
Early January to Mid-May

HOW TO APPLY
Please visit this link for admission requirements:
www.studyabroad-germany.eu/apply

AREAS OF STUDY OFFERED:
Art History, European Studies, Literature, Business Management, International Business, Marketing, German Language, German History, International Relations, Political Science, Sociology, and Psychology.