

‘Good Works’ guy

Cardinal linebacker going to Suger Bowl for recognition as halfway house basketball league coach, youth mentor

By Kelsey Johnson
LOGOS SPORTS EDITOR



Michael Allen

A University of the Incarnate Word linebacker is 24 members of the 25th annual Allstate AFCA Good Works Team 2016 for his positive impact off the field. Michael Allen, a senior criminal justice major from Garland, Texas, was chosen from among 165 nominees representing the NCAA Football Bowl Subdivision, and NCAA Football Championship Subdivision, Divisions II, III and the NAIA. Allen, 21, has done several charitable works in the San Antonio community such as volunteering at Ayres Halfway

House for juveniles, where he created a basketball league and mentoring program. “I went to a team meeting with them once, and they told me they work with juveniles at the halfway house” Allen said. “And before I could go over there, the director of the halfway house called me and asked if I wanted to help create an athletic department for them and I said, ‘Of course.’” During the summer, Allen coached a team of eight boys for basketball through the Boys and Girls Club, finishing third place. But he said it’s more than just a game. “There were eight kids on our basketball team,” Allen said. “And of the eight kids, six went back to high school and they are doing good, and even trying out

for sports.” Allen, whose father, Michael, played football for Oklahoma State, is now head coach for the team’s fall sport -- flag football. He said UIW’s coaching staff has supported him along the way. “I’ve had so much support and they’ve really helped me with my projects from donating equipment and T-shirts to coaching advice,” Allen said. Allstate also recognized Allen for his summer internship. “This summer I had an internship that helped organize a citywide campaign to connect faith-based organizations and returning citizens from prison re-integrate into society,” Allen said. All members of the Good Works Team that Allen is on represent good

character, leadership, and good academic standing, according to a news release. The Good Works Team will be invited to New Orleans where they will be recognized on the field during halftime of the 2017 Allstate Sugar Bowl. Allen and the other nominees will also get to participate in a youth football clinic before the game. “I’ve learned to love helping people, and I believe that everyone should learn how to use their craft to help somebody else,” Allen said.

FYI

You can go to ESPN.com/Allstate to vote Cardinal linebacker Michael Allen as captain of the 2016 Allstate AFCA Good Works Team.

Thousands apply for UIW’s medical school

By Lexi Salazar
LOGOS STAFF WRITER

The new School of Osteopathic Medicine is expecting to open next fall at Brooks City Base with 150-162 students. And more than 3,600 students already have applied to be members of that first class since applications began being accepted June 2, said Andrea Cyterski-Acosta, associate dean of admissions for the school.



Lexi Salazar/LOGOS Staff
The School of Osteopathic Medicine will open its doors to students in July 2017.

“We anticipate interviewing approximately 700 students for (the spots),” Cyterski-Acosta said. Of the

3,600 who have applied, “1,744 are complete and have been verified by the centralized application service. Our first interview weekend was Sept. 9-10.” On July 31, 2017, the inaugural class will begin coursework at the school, which hopes to address the primary care physician shortage in South Texas, administrators said.

In 2012, Dr. Louis J. Agnese Jr., then-president of the University of the Incarnate Word, had the idea to open up a medical school. From there, the university had to decide whether to open up an allopathic medical school leading to the M.D. -- or an osteopathic one leading to an O.D. A business administration student used his capstone project to help

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-Thousands apply for medical school



Valerie Bustamante/LOGOS Editor
University of the Incarnate Word students can register to vote inside the Ettling Center for Civic Leadership office.

Ettling Center promotes voter registration

By Nancy Benet
LOGOS NEWS EDITOR

Texas has one of the lowest rates in voter turnout in the United States. And college students, in particular, are among the weakest group when it comes to voter turnout. This year, the University of the Incarnate Word has

taken the initiative to encourage students to vote not only in the upcoming election but also in other elections to come. The Ettling Center for Civic Leadership, in particular, has hosted numerous events to encourage po-

litical participation among UIW students who are eligible to vote. “I think it is important to vote in every election, not just during a presidential election year,” said Monica Cruz, director of the Ettling Center. “However, because

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-Center promotes voting

No concealed guns, no worries on campus

By Victoria O'Connor
LOGOS FEATURES EDITOR

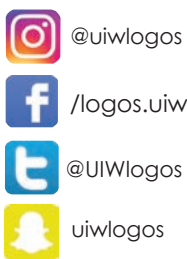
Although University of Texas at Austin students are protesting concealed handguns being permitted on campus, University of the Incarnate Word students aren’t taking up arms at all. Thanks to the UIW Board of Trustees, Cardinals go to class on a concealed gun-free campus. Texas law, signed June 2015 by Gov. Gregg Abbott, did allow private Texas universities to opt out of the requirement before fall 2016 to allow concealed handguns on campus and UIW is among those which did.

Not having to worry about concealed handguns on campus is just fine with UIW junior Madison Craney, who’s from Canada. “I think there should be no guns on campus at all,” Craney said. “Being from Canada, we have no guns. So I feel we are safer on campus without them. The gun culture is very different compared to the country I come from. We share a different opinion compared to most



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SPORTS



Volleyball team takes on several schools in ‘Cardinal Classic.’

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HISPANIC HERITAGE MONTH



The Campus Activities Board starts Hispanic Heritage Month with ‘Arriba!’

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ENTERTAINMENT



‘Day Room’ play explores the line between what’s real and what’s not.

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Golfer Arnold Palmer dies at 87

Legendary golfer Arnold Palmer died Sunday, Sept. 25. Palmer won four Masters, one U.S. Open, two British Opens, 62 tournaments on the PGA tour and 93 worldwide tournaments. He had much support from “Arnie’s Army” on the good days and the bad.

Singer, model welcome first child

Maroon 5 singer Adam Levine and his wife, Behati Prinsloo, a Victoria’s Secret model, had their first child Sept. 21. The couple has posted a picture of baby girl Dusty Rose Levine.



Dusty Rose Levine

Drones made for children

A new drone has been built from Legos. Three engineers created a drone out of Legos and have made it possible for customers to build the item themselves. A San Francisco company, Flybrix, has made kits for children 14 and up to assemble their own Lego drones. The kits range from \$150 to \$190 and take about 15 minutes to create. The drone might break if it hits against a hard surface, but because it is composed of Legos it is always a simple and cheap fix. The goal of this new product is to allow children to get interested in geometry, engineering, and aerodynamics.



Farewell to Charles Osgood

After 22 years, veteran broadcaster Charles Osgood hosted his last “CBS Sunday Morning Show” on Sept. 25. He had been with CBS for 45 years. Jane Pauley, former “Today Show” host, will be the new “Sunday Morning” host.” Osgood, known for his collection of vibrant bowties, wore one with the “Sunday Morning” logo on it for his last broadcast. Pauley informed the audience, as well as Osgood, that the bowtie would go in the Smithsonian Institution National Museum of American History in Washington alongside the original “60 Minutes” stopwatch. Osgood will still appear on the show from time to time, perhaps with a song or two since music has been his passion all these years.

UPCOMING EVENTS

Compiled by
Victoria O'Connor
LOGOS Features Editor

FRIDAY, SEPT. 30

UIW Theatre Arts presents ‘The Day Room’

What: The UIW Department of Theatre Arts invites you to witness a “mind-bending” look on the boundaries of reality and imagination.

Where: Cheever Theatre

SATURDAY, OCT. 1

Yanaguana Indian Arts Market

What: Visitors will get a glimpse into the Native American culture and tradition at the Yanaguana Indian Arts Market.

There will be handmade art and music performances and demonstrations

Where: Briscoe Western Art Museum (210 W. Market St.)

MONDAY, OCT. 3

St. Francis of Assisi Blessing of the Animals

What: The UIW community is invited to bring their pets to be blessed at the annual Blessing of the Animals and Prayer for Creation.

Where: Entrance to the Headwaters Sanctuary

WEDNESDAY, OCT. 5

Heritage Day Ceremony

What: The 23rd Annual Heritage Ceremony will be recognizing full-time employees who “have contributed millstone years of service.” The ceremony will be followed by a reception in the Heritage Hall at the Village of Incarnate Word.

Where: Chapel of the Incarnate word

SUNDAY, OCT. 16

Japan Fest

What: A fall festival that promised a variety of food, merchandise booths, performances and demonstrations along with representatives from the City of San Antonio, State of Texas, and Japanese Consulate.

Where: Japanese Tea Garden (3853 N St. Mary's St.)

Cont. Thousands apply to medical school

determine this. After researching, a School of Osteopathic Medicine was determined to be the right choice.

“It fit with the tradition of the sisters,” said Dr. Robyn Phillips-Madson, founding dean of the school, referring to the Sisters of Charity of the Incarnate Word, founders of the university. “It’s a holistic model, community-based.”

While there are plenty of similarities between osteopathic and allopathic medicine, there are also a few key differences. Both require medical school, three to eight years of internships, and board licensure. However, the approach is the big difference.

“We have a philosophy,” said Phillips-Madson. “Doctors of osteopathic medicine treat the person as a whole person.”

The osteopathic approach focuses on multiple factors when treating a patient. They do focus on physical and mental health but they also look at external factors, such as environment and profession.

Another distinguishing difference, is that a greater percentage of osteopathic, or

D.O. graduates choose primary care specialties, such as family medicine, pediatrics, internal medicine, or geriatric care. According to the National Center for the Analysis of Healthcare Data’s 2013 Enhanced State Licensure, only 40 percent of Texas M.D.s practice a primary care specialty, whereas 59 percent of Texas DOs practice a primary care specialty.

This is an important difference today, given the growing lack of primary care physicians in the country.

“Primary care has become fragmented,” said Phillips-Madson. “There’s a shortage for a number of reasons.”

Earlier this year, the Association of American Medical Colleges released physician workforce projections, showing the nation will likely face a shortage of between 46,000 and 90,000 primary care doctors by 2025. The study suggests the demand for physicians is growing faster than supply. A 2015 report by Merritt Hawkins, a national physician search and consulting firm, showed Texas’ physician-to-population ratio to be problematic in rural areas and

areas of low population.

The school’s location at Brooks City Base in south San Antonio is deliberate. While Bexar County as a whole isn’t a medically underserved county, there are still areas in the county where demand exceeds supply.

“We are at a medically underserved part of town,” Phillips-Madson said.

The medical school’s service area was drawn to target South Texas, up to Abilene. According to the National Center for the Analysis of Healthcare Data, 68 percent of the population in this service area resides in medically underserved areas. The school is still figuring out how to create residency programs for future graduates in the service area.

Phillips-Madson said the curriculum for UIW’s medical school is a little bit different than it would be at another medical school. Among the curriculum’s threads are mental health and wellness, spirituality, and social accountability.

“We always talk about wellness being about mind, body and spirit,” said Phillips-Madson. “So why don’t more medical schools address the spirit?”



Dr. Robyn Phillips-Madson

Since many residents in the school’s service area will likely speak Spanish, there are also discussions being held about how to incorporate medical Spanish into the coursework, as is already done at UIW’s other professional schools.

Construction isn’t yet finished since the U.S. Department of Education still has to approve the address. Nevertheless, Phillips-Madson said she has been pleased with how supportive the community has been.

“We just have great partners, a great team from all over the country. Just amazing people committed to this mission,” she said.

Cont. No concealed guns, no worries on campus

people from the United States because they see (guns) as a means to protect themselves.”

UIW got in the news last fall after reports of a gunman caused panic. Although it report was proved false, having a gun might have made senior Jasmine Shalchi feel safer on campus.

“I would’ve wanted to have my gun in order to feel safe,” Shalchi said. “Even if it wasn’t a gunman, there is always that ‘what-if’ situation.”

As for the protests on campuses such as UT-Austin, that’s just a lot of hype, Shalchi said.

“Everyone is making a big deal out of something that is already a law,” Shalchi said. “It doesn’t matter if I’m sitting next to someone with a concealed handgun at a restaurant, or sitting next to someone in class. If I couldn’t tell there was a gun on them, then it’s out of sight, out of mind. Honestly, they might as well just have passed it.”

Allowing concealed guns at UIW would have made a bad situation worse, junior Beatriz Regly said.

“I think it could have been worse if we were allowed to carry guns,” Regly said. “Someone [with a concealed handgun] could have made an action that wasn’t safe. I don’t think it’s necessary to have

guns on campus.”

Which is why several UT-Austin students have been protesting the presence of concealed handguns, even displaying sex toys around campus in protest of the bill.

“I think they are taking more action, but it is kind of turning into a joke,” Craney said. “I have a friend that goes to UT-Austin and she says it is crazy because [the protest] is everywhere.”



Valerie Bustamante/LOGOS Editor
A ‘gun’ sign seen at the University of Texas at Austin campus.

Cont. Center promotes voting

there is so much media coverage regarding voting during a presidential election year, it is a good way to get students excited about voting and make it a habit for a lifetime.”

Texas law requires for all citizens who are interested in registering people to vote to undergo training in order to become a certified Volunteer Deputy Registrar.

On Tuesday, Sept. 8, the Ettling Center collaborated with Bexar County Elections and hosted a Texas Volunteer Deputy Registrar Training session in the Special Collections Room on the second floor of J.E. and L.E. Mabey Library.

“We wanted to train students to serve and help with the registration process,” Cruz said.

The training was an hourlong event that allowed any student on campus who was a U.S citizen and above the age of 18 to become certified to register people to vote. Both students and faculty attended the event, and became certified volunteer deputy registrars

in Bexar County.

The Ettling Center also has organized events specifically to register students to vote on campus. The center is setting up a voter registration table at the AT&T building made up of volunteer deputy registrars every week on Tuesday, Wednesday and Thursday until Oct. 11, the last day to register to vote in time for the Nov. 8 presidential election.

Students can also stop by the center in AD 158 to register to vote anytime between 8 a.m. and 5 p.m.

In the future, the center plans to continue to encourage students to vote for as many elections as possible and would like to sponsor candidate forums in the future. Meanwhile, the center is concentrating on this election.

“Voting is a fundamental right in our democracy and the Ettling Center’s hope is to help students realize that their vote counts and it should it be a civic responsibility that they believe in,” Cruz said.



Brittany Dieke/LOGOS Staff
Jim Waller, coordinator of the music industry studies program at the University of the Incarnate Word, is spending more time in this state-of-the-art recording studio in Luella Bennack Music Center as more people get to use it.

Music Center boasts top-of-the-line recording studio

By Brittany Dieke
LOGOS STAFF WRITER

A state-of-the-art music studio in the Luella Bennack Music Center is allowing University of the Incarnate Word students to use industry-like tools.

The studio is equipped with all the software and tools needed to record and produce industry-quality tracks. It was also built with a main engineering room, designed with individual recording rooms with enough space for any instrument to fit.

“It’s really not a stretch to say that this is a state-of-the-art music studio,” said Jim Waller, coordinator of music industry studies. “It’s just as good as what you’d find in Los Angeles or New York.”

The studio’s qualities are no coincidence. “It’s designed by one of the top studio designers in the world -- Russ Berger,” Waller said. Berger, owner of the Russ Berger Design Group, has designed studios and home theaters for some of

the most elite in the business. Their music studios have been built for companies such as NFL Films, WWE and NPR, while their home theaters cater to the likes of those such as Whitney Houston, Mariah Carey and Michael Bolton.

Waller said the studio features hand-chosen equipment, including a Solid State Logic console made in Oxfordshire, England, a 24-track tape deck, and Pro Tools. The studio is built with the importance of sound isolation in mind for better recording quality of sound acoustics.

Waller also noted that while he has an in-home studio, designed with the help of Berger, he is now spending a lot more time in the university’s music studio.

Currently, there has only been one class held in the new music studio, which took place last spring. However, there should be a second class held in the studio

this spring. The UIW music studio has plans to eventually be open to the public part-time, while still providing an exclusive type of access to students and offering recording services in the future. This kind of studio access will allow students to work as engineers in a real-world setting, Waller said.

The studio has hosted and recorded several artists such as Richie Cole, Bill Watrous, and the latest being Johnny P. and The Wiseguys, who Waller said, has played trumpet and sang with the UIW Jazz Band.

While only jazz has been recorded in the studio thus far, there is an open door for any genre. Since the studio has so many capabilities, many different things can be recorded in the studio, Waller said.



Belly up

A dancer shows how to strike a pose at a Sept. 7 belly-dancing exhibit at Dr. Burton E. Grossman International Conference Center.

Photos By Sonia Daniels

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Study Abroad Fair

Sister Martha Ann Kirk, left, a religious studies professor, talks to a student interested in studying abroad at the annual fair which was held this time in Cardinal Courtyard outside the Administration Building.

Photos By Bianca Jimenez

LOGOS Social Media Editor





Marketing leader to discuss advertising strategies

A marketing executive will discuss the impact of generational advertising at noon Wednesday, Oct. 5, for a special program at the University of the Incarnate Word.

The event featuring Sandra Gómez Obregón, chief of strategy and implementation at Emprendedora – Multicultural Marketing Solutions, will be in J.E. and L.E. Mabee Library Auditorium.

Obregón's topic is "Multicultural Millennials and Generation Z – An Advertising Perspective," according to the Department of Marketing in the H-E-B School of Business and Administration.

Obregón, a UIW graduate, grew up in central Mexico in a small town in the state of Zacatecas as well as on San Antonio's south side, said Dr. Scott Roberts,

an associate professor of marketing

After navigating between the two countries, languages and cultures for most of her childhood, Obregón said, she eventually established herself permanently in the United States at the end of the '80s, where she became the mother of four and now includes a granddaughter.

Obregón said her "ambi-cultural" experience gives her an edge among peers in the multicultural marketing industry. Starting her career at Sosa, Bromley, Aguilar & Associates in the early '90s, then the top Hispanic marketing firm in the country, allowed her to learn from the best and become a true example of Hispanic immigrant success, she stressed.

After 15 years of experience working for an estab-

lished company, in 2010 -- in the middle of an economic recession -- she took a leap of faith and opened Emprendedora, a marketing consulting firm based in San Antonio with partners throughout the United States and Latin America.

Her volunteer experience has been spent with the YMCA of Greater San Antonio, Any Baby Can, American Diabetes Association, and Autism Community Network.



Sandra Gómez Obregón

Navy vet-author to discuss trauma

A U.S. Navy veteran who's written several books will be at the University of the Incarnate Word Oct. 31-Nov. 2 for classes and a public forum related to coping with trauma, administrators said.



Brandon Courtney

Brandon Courtney's appearance is part of a three-year, "Trauma: Conflict and Aftermath" study that UIW is conducting about psychological trauma that results from conflict. The study is funded by a \$100,000 grant the National Endowment for the Humanities awarded UIW last December.

Now halfway through its first year, the project seeks a pedagogical approach to studying trauma and post-traumatic stress disorder, said Dr. Zenon Culverhouse, an assistant

professor of philosophy who is directing the trauma project for the College of Humanities, Arts and Social Sciences.

Each year the project will focus on trauma in a particular population, Culverhouse said. Year one has focused on military veterans, 2017 will focus on victims of sexual violence, and the third year will focus on refugees.

Courtney is the author of "The Grief Muscles" (The Sheep Meadow Press, 2014), "Rooms for Rent in the Burning City" (Spark Wheel Press, 2015), as well as the

chapbook, "Inadequate Grave" (YesYes Books, 2016).

YesYes Books will publish a full-length collection of Courtney's works in 2017-18.

Courtney, who lives in New Jersey, has received fellowships and scholarships from Sewanee Writers' Conference, Colgate University, Juniper Summer Writers' Institute, and Seaside Writers' Conference.

In preparation of Courtney's visit, UIW's Office of the Provost and National Endowment for the Humanities Fellows are sponsoring a student reading group this semester as part of an NEH grant UIW has received.

The reading group's first meeting is Oct. 5, said Dr. Joshua Robbins, an assistant professor of English and Creative Writing. The first 10 students to sign up will receive a copy of Courtney's "The Grief Muscles."

Students do not need to every meeting of the group, Robbins said.

"The easiest way for students to sign up for the reading group is to contact me via e-mail at joshua.robbs@uiwtx.edu; they can also go to signupgenius.com and do a search for that e-mail address.

"Courtney's work is primarily about his time in the Iraq War and about coping with PTSD," Robbins said. "It's deeply moving, violent, empathetic, and frequently ecstatic work."

UIW remembers 9/11

By Amanda Acuna
LOGOS STAFF WRITER

On Thursday, Sept. 8, the University of the Incarnate Word hosted a day of remembrance for the terrorist attack on America that took place Sept. 11, 2001.

This event included the ringing of the chapel bells three times at 9 a.m., followed by a moment of silence, as well as a prayer service in Our Lady's Chapel.

It was a day for the community to reflect on the tragedy and all the challenges in the world that make it hard for peace. The prayer service was for people of any religion to unite with one another and remember those affected.

The prayer service opened with greetings from the Rev. Dr. Trevor D. Alexander, Protestant chaplain co-chair and member of the UIW Interfaith Council. He thanked everyone for attending the service and reminded everyone why 9/11 should be remembered.

The UIW Cardinal Singers sung the "Star-Spangled Banner." A call to gather was made by Dr. Renee Moore, associate dean of Campus Engagement. She gave the first prayer of the afternoon.

Dr. Doshie Piper, an assistant professor of criminal justice, gave an "As We Remember" presentation on the events

that happened in New York City.

Itza Casanova, administrative assistant to the provost, lit a Peace candle as she asked God for peace in the world.

Dr. Lopita Nath, co-chair of UIW's Interfaith Council, continued the service with a Hindu Prayer for Peace in which she prayed for the victims of 9/11 in Hindu and translated her prayer into English as well.

"May there be peace everywhere; may there be peace and only peace," Nath said.

Two women from the Southwestern Conference Liturgical Dance Ministry African Methodist Episcopal Church performed a dance signifying remembrance.

Following the dance, Dr. Kevin Vichcales, an associate provost for the university and dean of the College of Humanities, Arts and Social Sciences, spoke of an act of remembrance, asking for care and healing on all those affected by 9/11 -- not just those passengers or workers in the World Trade Center, for instance, but for those who risked their lives to help those in need on that day.

Dean of Enrollment Jennielle Strother introduced Rabbi Marina Yergin, as-

sistant rabbi at Temple Beth-el, a Jewish synagogue, as a guest speaker. Yergin spoke of the difficulties to surpass 9-11 horrific events that bring the nation one step back and leave the nation clueless as to whom to turn to.

"We cry. We hurt. We sympathize. But where we go from here?" Yergin asked.

Yergin also shared a prayer by Alden Solovy for 9/11 survivors. The prayer asked for healing for the survivors, not only from their physical wounds but also for their emotional wounds that still haunt them today.

Dr. Ricardo Gonzalez, program coordinator for the Ettling Center for Civic Leadership, gave a prayer thanking God for his love.

There were three readings from the Sacred Scriptures: the Tanakh, Hebrew Scriptures read by Dr. Omit Eylon, an assistant professor in the Department of Music; the Second Testament, Christian Scriptures read by Dr. Derek Riedel, head coach for the cross country, and men's and women's track-and-field teams; and UIW student Alhanouf Jaffal, who read a Muslim Scripture from the Holy Qur'an.



Andrew Palacios/LOGOS Staff
A dancer performs at the annual 9-11 observance service.

Student Hollie Oaks read the Litany, speaking on events that many may turn their hearts to God. Father James Mark Adame and Alexander read the Act of Recognition of Our First Responders, Active Duty and Retired Military.

The UIW Cardinal Singers closed out with a song called "The Race Is Won".

Alexander gave the closing prayer and Adame gave the dismissal as well as blessing, but the ones in attendance were given a time to reflect and moment of silence with questions that were to be pondered throughout that day.

"I loved that the service didn't just include one religion but many others as well," senior Spencer Sanders said.

Speaker: Country's taking steps back on voting rights

By Carolina Solis
LOGOS STAFF WRITER

America is going backward rather than forward in protecting voting rights, a guest speaker said Sept. 20 at the annual Constitution Day program at the University of the Incarnate Word.

"We are in trying and terrible times," said Dr. Keith Gaddie, chair of the Department of Political Science at the University of Oklahoma. The country is "taking

L.E. Mabee Library Auditorium.

Gaddie said Southern states have always tried to prevent minority voting, from when black slaves weren't even counted as a whole person, to when citizens were forced to pass a literacy test to vote, or when all ballots were printed in English and Mexican-American citizens who only spoke Spanish could not participate.

After his address, Gaddie then opened up the floor for questions.

The first question covered voter fraudulence.

"Here's the thing about voter identification and voter fraud," Gaddie said. "Two things -- the first thing worth noting is that in 10 billion instances of ballots cast for different offices, we've identified less than 10 instances of fraudulent ballots. It just doesn't happen. It's a made-up problem."

Other questions led to discussions of the lack of effectiveness caucuses have, and alternative voting methods to find a solution to low voter turnouts.

Gaddie suggested "jungle voting" as they do in Louisiana. Voters come out to events to cast their ballots regardless of party preference.

Gaddie also spoke about an "opt-in-opt-out system where you're registered unless you don't want to be, as opposed to our opt-in system where you're not registered

unless you decide to be."

Automatic registration should raise participation, but people "just don't show up" to vote, he said. "I would bring voting technology into schools so that people know how to use it."

He contended voting technology would get people engaged and involved early on. Because voting is a right and cannot be a forced action, taxing for not exercising your voting right would not be effective, he said.

However, Gaddie jokingly mentioned shaming those who don't vote might have an effect.

As for the future of voting rights, possible changes that Gaddie expressed include voting regardless of homelessness or age.

"Why shouldn't a 16-year-old be able to vote," Gaddie asked. He also stressed if you are old enough to have a job and pay taxes, you should have the right to vote.

"One of two things can happen in your relationship with government, which is: you can either participate, and yield some of that power and make decisions, or you can have them made to you," Gaddie closed with.

Junior Sofia Rodriguez, who was at the program, said, "I expected to hear a lot about politics, a lot about the Constitution, and a lot more of what's going on in our society today. I learned a lot about voting rights and how we don't have enough voters, and how participation works in different states."

Asked if she was going to vote in the presidential election, Rodriguez replied, "Of course!"



Victoria O'Connor/LOGOS Features Editor
Dr. Keith Gaddie, a University of Oklahoma professor, speaks at 'Constitution Day' program.

a step back" in terms of equality and justice for Americans, he added.

Gaddie was addressing the topic, "Voting Rights at the End of the Second Reconstruction," in J.E. and



Courtesy Photo



Courtesy Photo



Photo by Dr. Zazil Reyes Garcia

University of the Incarnate Word students tackle a number of tasks during the annual 'Meet the Mission' day of community service. Some went as sports teams, others as department teams, or groups of like-minded individuals. Several faculty and staff members led teams.



Justine Tausch/LOGOS Staff



Courtesy Photo

‘Meet the Mission’ delivers community service

By Nancy Benet
LOGOS NEWS EDITOR

More than 200 University of the Incarnate Word students and some faculty and staff spent Friday, Sept. 16, engaged in the 11th annual “Meet the Mission” day for community service.

Meeting as early as 7:30 that morning at Alice P. McDermott Convocation Center, they left in two waves for their designated community partner sites.

The day of September service, which allowed participating students to earn nearly seven hours toward the 45 community service hours required for graduation, is organized and sponsored by the Office of Mission and Ministry, under the leadership of Sister Walter Maher, its vice president. The event encourages students and faculty to learn more about the service portion of the university’s mission by engaging in service around the San Antonio community.

Since it started, the event has grown to attract over 200 members of the university that deploy to over 20 community partner sites. This year, more than 200 students and faculty attended the event and provided 1,500 hours of service.

Students swiped their IDs at the start of the event

to receive community service hours before joining their designated group for breakfast tacos and refreshments. After a short prayer, and presentation introducing the event, tables were called out one by one to head to their partner site on UIW shuttles.

Among these community partner sites were repeating participants, such as Travis Park United Methodist Church, St. PJs Children Home, the Salvation Army, and Inner City Development. Many of these sites were religious institutions, such as the Catholic Charities Archdiocese of San Antonio. Students have been collaborating with this organization the past five years

Organizations such as the UIW Business Club, synchronized swimming, women’s basketball, and various classes led by their professors went to these sites and participated in activities such as shoe drives, building gardens, and touching up playgrounds.

Some students led by Dr. Lopita Nath, an associate professor of history and chair of her department, helped refugee clients of Catholic Charities learn English by practicing conversation skills, playing games, and reading.

“The biology club visited the San Antonio Missions located on the south side of town, and we went to Mission Concepcion. We got a quick tour of the mission before we started gardening in the Grotto,” Marina Alexis Rodriguez, biology club member said. “By working on the grotto, my team and I were able to bring more beauty and life for the mission to continue on bringing the rich culture and faith that is stored in it to all its future visitors.”

When all activities were completed, students and faculty met back at school for pizza, refreshments, and some reflection time. Almost all organizations engaged in a reflection of their activities and expressed their feelings toward the service they did earlier that day.

Every year, students and faculty use social media to share their experience. This year was no different. They shared their new “Meet the Mission” memories on Twitter, Instagram and Facebook, seeming very satisfied and grateful for the opportunity to serve the communities in San Antonio.



Ready to pass stress test?



EDITOR'S DESK

By Valerie Bustamante
LOGOS EDITOR-IN-CHIEF

The walls of the doctor's office were white, empty and uncomfortable.

My legs swung back and forth as I sat on the covered examination chair, anxiously waiting for the doctor to come in. I glanced over at my mom who came into the room with me because that's what moms do, to keep their babies calm, even if their baby is 21 years old.

I was visiting the doctor because a week prior, three small red patches had unexpectedly popped up on my neck, but after a couple days they went away.

But when I woke up for school the following Thursday I noticed the redness had come back and developed into a larger blotch going down my collarbone. This time, I was becoming very concerned.

I left for school with a quarter-sleeve striped blouse, hoping the collar would cover it up. It obviously didn't but at this point I didn't want anyone looking at it.

The rest of the day nothing improved. Itty-bitty hives began showing up and it became warm. The itchiness became unbearable. I could not think of what might have been the cause of it. I had not changed my face foundation or laundry detergent. Everybody asked if maybe my body had had an allergic reaction to my perfume but it has never done that before.

The only thing I could think of was maybe it could be from all the stress I'd

been going through. I've heard anxiety and stress can cause skin flareups. That night I took two Benadryls and applied Hydro Cortisone cream, praying it would go away.

The following morning the red patch was still there. However, it wasn't as bright-red as before but there was still an itching sensation.

Wanting a professional's opinion, I went to the CVS Minute Clinic. When I got there I sat in the waiting area, hoping maybe I'd just get prescribed a cream to apply. Well, I was wrong.

The doctor called me in and asked my reason for visiting, then asked for my insurance card. First, he said they didn't accept my UIW insurance. Go figure, right? Their website clearly said the insurance was accepted but whatever. Second, he recommended I visited Gonzaba Clinic across the street.

Which takes me to sitting in the scary doctor's office.

The doctor, who didn't introduce himself, glanced at my neck quickly without saying a word and sat down, which brought me more frustration. Doctor "No Name," without an explanation, automatically said I needed to be tested for thyroid issues and probably Lupus. He then walked out the room.

As much as I dreaded crying in public, I could feel my eyes watering up as soon

as he walked out. What kind of person just walks out without explaining to a patient what he just told her?

The nurse then walked in stating an ultrasound had to be done on my neck and blood had to be drawn from me so it could be tested.

Not only was I confused on everything going on but the No. 1 thing going through my head was I could not afford to get sick. Like any college student out there, I have so many things going on, which I need to focus on. I have an internship, my job here at the Logos, classes I need to attend to, a trip to a college newspaper convention in Washington, D.C., coming up and I'm trying so hard to stay on track for graduation in May.

After crying with my mom and turning all puffy and pink-faced, I went forward with the neck ultrasound and the blood work needed to test for any issues. Eight tubes of blood were taken.

My ultrasound came back stating I do have thyroid nodules. However, they're benign, meaning they're not cancerous or harmful.

As for the blood work, everything came back normal.

I still can't believe I went in for this red blotch that went away within days after constantly applying Hydro-Cortisone cream and taking Benadryl and came out being told there was a possibility all these things could be wrong with me when in fact nothing was wrong.

I came to the conclusion my mysterious red blotch developed from being so overwhelmed and stressed out.

I know some of you all may be wondering why I'm telling everyone this.

Well, in past columns I've mentioned writing is my outlet and it helps me deal with situations such as these. But second, I don't want anyone else to have to go through what I did. I don't want someone breaking out with an anxiety rash like the one I had or something even worse.

Stress is such a common thing among college students. According to the Anxiety and Depression Association of America, it is reported 80 percent of college students feel stressed.

If you're under stress don't let the stress get to you. I know it's easier to say than to do. However, it's important to take care of yourself first.

Go for a walk. Listen to some music. Step away from whatever you're doing. Get proper sleep. Utilize the resources at your school. If you're having a hard time with a class, go to Tutoring Services or visit with the professor. Visit with the Office of Counseling Services.

Don't break your head over something that can't be done today. Give yourself space so you're not cramming everything at the last minute.

Learn to talk with your friends or your family.

The moment I feel like I'm going to panic or become overwhelmed with something I step back from it and leave it. I know I'll go back to it soon but I'd rather step back then have this red patch come back or become ill from something else.

E-mail Bustamante at vbustama@student.uiwtx.edu

Help wanted with fall frenzy



By Gaby Galindo
LOGOS ASSISTANT EDITOR

Fall has always been an especially busy time of year for me. There are holiday preparations, the

Logos, the UIW Peer Mentorship Program (which has combined efforts with the Admissions, Financial Aid, and Career Services offices), UIWtv, and now my new internship -- a course required for graduation -- at Local Community News.

This semester has me running around in circles and pushing my organization, planning, and time management skills to the extreme. There are moments where I feel everything collapsing around me and that I just can't go on any farther.

Then I remember fellow Cardinals, now graduated, and all the challenges they faced during school. Some had more than one job, families and children to take care of, limited transportation, little money for school supplies, and other difficult situations at home, school or work. I think of them in moments of despair and remember how hard they fought to get where they are

now. I see all they've accomplished.

Everybody is experiencing hardships and facing different obstacles in their life right now. And it's not always obvious when someone is struggling. They might feel they must face their trouble alone, or maybe they're afraid to impose and ask others for help -- like me.

That's why it's always important to lend a hand and show kindness to everyone. You don't know what that person may be going through, and a small helpful gesture would mean the world to them.

Maybe it will help them realize it's just a bad day, not a bad life, and that tomorrow will bring new opportunities to rise above what life throws at them next.

E-mail Galindo at ggalindo@student.uiwtx.edu

Some tips for bad tipppers



By Priscilla Aguirre
LOGOS ASSISTANT EDITOR

One of my many jobs is being a server/waitress at Cheddar's Scratch Kitchen. I've been there

that has happened to me.

My thoughts on this are if everyone in your party leaves at least \$5 or more than that should be an OK amount to leave your server.

I've served a party of 30 by myself with only the two hands I have.

Be nice and understanding if the server of your big party makes small mistakes. Set aside your plates so it's easier for your server to clear off the table. The most important tip for big parties is if you have children with you, clean up after them.

General Rule for Tipping

The general rule of thumb (for me) is to round the bill up to the nearest \$10 and leave 20 percent. I know some people only leave 15 percent but if you leave 20 then you will leave your sever extremely happy and the next time you come we will remember that.

Don't ever not tip. Even if your server didn't give the best service, leave at least something. Maybe they were having an off-day and if you can see that, leave a kind note on the receipt with at least \$1 to \$5 on the tip line. Believe me, a \$1 tip will be noticed much more than no tip.

Something to keep in mind is that even if you leave an OK tip, the servers at some restaurants (like the

one I work at) have to tip out/share their tips with the bussers, hostesses and bartenders or other additional serving staff.

Don't Camp

Not long ago, I went in for a shift at 11:30 a.m. and worked with a party of three guys that was there more than two hours. The first guy sat there for 30 minutes, waiting for the other. When the other two arrived, they ordered and the party paid out by 1:30 p.m. I thought they would leave after that but they didn't. They stayed till 3:30 p.m. and when I went to look at the tip they gave me \$5.

We call those people "campers." The people who stay at your table all day and just talk. That's fine if you tip well. A server is only given so many tables. So when you camp at one we lose out on the possible money that could have come from that.

Final Thoughts

As I said, I could go on and on about why you should tip well and the etiquette of going out to eat. But my No. 1 saying that I will always stand by is if you can't afford to tip, then don't go out to eat. Go to a fast-food restaurant where you don't have to tip. It's that simple.

E-mail Aguirre at praguirr@student.uiwtx.edu

LOGOS STAFF

Editor: Valerie Bustamante
Assistant Editors: Priscilla Aguirre and Gaby Galindo
News Editor: Nancy Benet
Sports Editor: Kelsey Johnson
Features Editor: Victoria O'Connor
Opinions Editor: Marco Cadena
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Signed editorials in *The Logos* are the express opinions of the writer, and not necessarily that of this newspaper, its staff or administration.
The Logos office is in AD 277. The adviser may be reached at (210) 829-6069 or mercer@uiwtx.edu. The editor may be reached via e-mail at vbustama@student.uiwtx.edu
The postal address is 4301 Broadway,

CPO 494, San Antonio, Texas 78209. The web page URL is www.uiw.edu/logos/ and the interactive website is www.uiwlogos.org.
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✉ LETTERS TO THE EDITOR ✉

Student: Freemasonry promotes brotherhood



By Joshua Martinez

I am a Freemason.

Freemasonry is the oldest and largest fraternal organization in existence. Among its members are founding fathers (George Washington, Benjamin Franklin, John Hancock, etc.), celebrities (John Wayne, Audie Murphy, Danny Thomas, Bud Abbott, etc.), and many more. There are also

many famous Texas Masons including Sam Houston, Davy Crockett, Stephen Austin, Edwin “Buzz” Aldrin, etc.

Freemasonry is a brotherhood that transcends all religious, ethical, social, cultural and educational differences. In fellowship, a Brother Mason can find ways to serve his God, his family, his neighbors, as well as his country. Freemasonry is often described as “a form of morality, veiled in allegory, and illustrated by symbols.”

I am a transfer student and classified as a junior. This is my first semester here at the University of the Incarnate Word. I am an accounting major and a Spanish minor. I was born and raised in San Antonio. Also, I am the current Worshipful Master of Anchor Masonic Lodge 424, located at 700 Hot Wells Blvd.

On Oct. 23 at 2 p.m., every Masonic Lodge chartered by the Grand Lodge of Texas A.F. & A.M., will be hosting an open house with our sister Lodge -- Highland Hills Masonic Lodge 1373 -- with their Worshipful Master, Thomas Evans. The Lodge room will be open to everybody. All are welcome -- friends and family included. We will be happy to answer any questions about our fraternity and fill you in on our history. We will also have representatives of the appendant bodies such as the Shriners, the York Rite, and the Scottish Rite.

Please feel free to find a Lodge near you by visiting the Grand Lodge of Texas website at www.grandlodgeoftexas.org

E-mail Martinez at jbmarti1@student.uiwtx.edu



Review: ‘Tapestry of Immigrant Stories’



By Lilly Ortega
LOGOS STAFF WRITER

wouldn’t have known about our personnel facing such adversity as immigrants if I hadn’t attended the reenactment done Sept. 9-10 in J.E. and L.E. Mabee Library Auditorium by the Extended Run Players.

Sitting there in the audience, I wasn’t quite sure what to expect, but as I watched and listened I was truly moved by their stories and their perseverance. I found myself walking away with a greater respect for our staff and thankful for the life I have been given.

Not only was the reenactment strongly executed, but allowing so many of us to share their plight as immigrants was an incredible undertaking. Their achievements as immigrants required great courage, heart and strength.

It was their heartfelt emotions that were presented throughout the readings

that taught me so many things about our university staff. Immigrating to another country and leaving everything they have known all their life is possibly one of the most difficult decisions immigrants have to make.

Starting a new life and making many sacrifices along the way can be both heartbreaking and exhilarating. Our personnel have pushed through all the adversity and come out on top. Their accomplishments are our accomplishments.

So whenever you walk around our campus or sit in a classroom, think about the many obstacles they’ve overcome. Think about the huge impact they’ve had at our campus and community.

Community played a crucial role in the readers theatre production because they wanted us to know they are part of our community and not some separate

entity.

We are all one, we may not all be the same but we are all still a nation of one. Cast member Jo Grabow said it best: “Everyone in their color or religion is my brother and sister.”

This reenactment taught me to value my home, to really pay attention and appreciate the lives of all our immigrants. Even though we may come from various countries and many different backgrounds, we must never forget that we are all Americans – proud Americans.

To the staff of the University of the Incarnate Word, I want to thank you for all your sacrifices, your dedication, and most importantly for the love you have given our students.

E-mail Ortega at liortega@student.uiwtx.edu

Dealing with electronic waste



By Michael-John Baker
Special to the Logos

In a world where technology is advancing and electronics are becoming more complex, we tend

nological devices. This can easily be solved by capping the amount of hours you can gain. This is a simple and effective way to get students involved and educated on the benefits of recycling “E waste.”

Another method that could be implemented in order to manage the technological development and growth on campus is by offering classes on the subject of “E waste.” This could be problematic seeing as how students might not want to take such a class. A solution to that could be by incorporating it into core classes that must be taken such as Dimensions of Wellness. If Dimensions of Wellnes is a required class because it is important as human beings to be aware of the well-being of our bodies, then the same could be said for the well-being of the planet. As the foremost destroyers of the planet, it seems very practical to have a class that educates on the negative effects of the technology we use so abundantly.

One final step that can be taken in order to manage the technological development and growth on campus is by holding seminars or lectures about “E waste.” These presentations can be held every couple of months. Something that could be problematic is getting students to attend such seminars. An easy solution to this problem is getting the staff and teachers to offer extra credit in exchange for attending these seminars or lectures. Students are more likely to attend events and take action if it somehow benefits them, especially



to forget the consequences that follow.

As humans, we become so excited about our achievements in the moment that we forget what could happen farther down the line. Electronic waste or “E waste,” has become a serious problem in today’s society.

Electronic waste can range from discarded computers, office electronic equipment, entertainment devices, mobile phones, television sets, and refrigerators. As we all know, universities need technology such as these in order to function. However, no one ever asks the question, “Where does it all go when it becomes obsolete?”

UIW can manage this technological development and growth in various ways. For example, grant community service hours to students who properly get rid of their “E waste,” offer credit classes on the subject of “E waste,” and hold seminars on campus about “E waste.”

Statistics show the average 18-to-34-year-old college student owns seven tech devices. The question is what happens after these tech devices become obsolete and are replaced? The answer is most of them end up collecting dust in the back of forgotten drawers or they end up in dumps which is a continuous problem for our planet.

Situations such as these could partially be avoided if college campuses offered some kind of community service hours for recycling students’ old or used technological devices. Some might argue that students will avoid other forms of community service because they will be supplementing hours by recycling their tech-

when it affects their grades. Education is key in the fight for the health of our planet. Many of these issues arise because the general population is unaware of what is going on.

Nelson Mandela once said, “Education is the most powerful weapon we can use to change the world.” If there is to be a change in the way we treat our environment, we must take the initiative and find ways to spread the word about the negative effects of “E waste.”

Getting motivated and taking action can be a difficult task in itself, yet it can be accomplished with a little incentive. By offering service hours, classes and seminars on the subject of “E waste,” we can begin to get more students engaged in the fight for the well-being of our planet.

E-mail Baker at mjbaker1@student.uiwtx.edu



UIW gets Asian Studies conference

A former U.S. ambassador will be the keynote speaker for the 45th Southwest Conference on Asian Studies meeting set Oct. 14-15 at the University of the Incarnate Word.



Dr. Lopita Nath

San Antonio has been host to the group several times – mostly at Trinity University -- but this is the first time ever the conference has been held at UIW, said Dr. Lopita Nath, an associate professor who chairs the Department of History and coordinates UIW's Asian Studies Program. Nath is conference president and the local chair for the gathering.

UIW's College of Humanities, Arts and Social Sciences, its Department of History and its Asian Studies Program

are co-hosts for the conference expected to draw participants from universities and colleges around the United States, Canada, India, Japan, China, Korea, Taiwan and Bhutan. The conference will have sessions on a variety of topics including Asian history, literature, art and politics.

The keynoter, Sichan Siv, is a refugee from Cambodia who became an American citizen in 1982 and later rose to international prominence.

Siv's father was chief of police of Cambodia's Phnom Penh district. His entire family -- 15 total, including his mother -- were killed in 1975 during Prime Minister Pol Pot's reign of terror in the "killing fields" with the Khmer Rouge -- the name given to the followers of the Communist Party of Kampuchea. More than a million people were killed between 1975 and 1979.

Siv escaped in 1976, arriving in New England with his mother's scarf, an empty rice bag, and two dollars. He picked apples in Connecticut and drove a taxi in New York, before enrolling in Columbia University's Master of International Affairs Program with a full scholarship.

In 1988, Siv volunteered in the presidential campaign of George H.W. Bush and was appointed in 1989 as Bush's deputy assistant. He later served as deputy assistant secretary in the State Department and attended U.S. Army War College. In 2001, the U.S. Senate confirmed President George W. Bush's nomination of Siv as U.S. ambassador to the U.N. Economic and Social Council.

Siv, who is married to Martha Pattillo of Pampa, Texas, has received the George H.W. Bush Award for Outstanding Pub-

lic Service, DAR Americanism Medal, U.S. Army Commander's Award, and Brazilian Academy of Art, Culture and History Honors. He has been a volunteer in the Civil Air Patrol and an honorary commander of the U.S. Air Force.

Siv's autobiography, "Golden Bones: An Extraordinary Journey from Hell in Cambodia to a New Life in America," was published by HarperCollins in 2009. He also authored the fictional thriller, "Golden State, Love and Conflict in Hostile Lands," which was published in 2014.



Sichan Siv

Hanks navigates playing heroic 'Sully'

By Meg Murry
LOGOS STAFF WRITER

Seven years ago, on Jan. 15, 2009, on a bitter New York afternoon, an emergency water landing turned itself into a miracle.

Following multiple bird strikes and losing thrust in both engines, Capt. Chesley "Sully" Sullenberger safely landed US Airways Flight 1549 on the Hudson River, saving all 155 souls, both passengers, and crew, on board. It was a cinematic act of heroism, of 208 seconds, mid-flight.

Tom Hanks stars as Sully, the kind of good-hearted leading man he was born to play. He perfectly captures the real captain's calm, reserved persona. The film gives you no reason to question his actions, but it does introduce three investigators who look to do so for you.

Hanks plays the identifying role with an immediate dignity only his level of onscreen reparatur can bring to the table; his authority lends an air of poise and ease to the leading character, who questions whether or not he made the right decision.

At first, director Clint Eastwood resists showing his audience what happened and instead takes a nonlinear approach, beginning with Sully already at the heart of an active National Transportation Safety Board investigation, and then periodically flashing back to the beginning of Jan. 15, when the "Miracle on the Hudson" occurred.

Alongside Hanks' second, First Officer Skiles (Aaron Eckhart), Sully endures questions from a committee of three (Mike O'Malley, Anna Gunn and

Jamey Sheridan) looking to find someone culpable for the "crash."

The audience hears the details of what happened from the pilot, but also how the flight computer contains evidence that doesn't corroborate Sully's earlier statements. At the same time, throughout the investigation in New York, Sully expresses his doubts via phone conversations back home to his wife Lorrie (Laura Linney).

Ultimately, when the NTSB investigation meets to decide the fate of both Sully and Skiles, both make their final stand on what they feel the committee is truly missing as a whole.

If you take the word of computerized simulation flights, you not only take all humanity out of the cockpit but of the flight altogether. As both professionals state, Flight 1549 was not some "computer game." It boiled down to two choices in 208 seconds: life or death.

The investigation reaches a close, Sully and Skiles were cleared to fly again, with the NTSB's gratitude. Sully was dubbed as a hero although Sully maintained throughout his story, "I am no hero, just a pilot doing his job."

Like the landing itself, the film is fleeting yet an effective reminder that miracles don't just happen on the big screen at the movies.

In reality, no one tried to burn Sully under the microscope. The real investigative committee was just doing their jobs, with their questioning ending quick and precise. But it's occasionally entertaining to



Tom Hanks stars as Capt. Chesley 'Sully' Sullenberger in the new movie.

watch both Sully and Skiles put them in their places, especially when they butt heads with the leader of the investigation, Charles Porter (O'Malley), who seemed to be having fun sinking his front teeth into the role of lead investigator.

Ultimately, though, Sully is too good of a guy to make you worry he has any enemies who could possibly take him down while trying to strip him of his wings. Be glad he got to keep his wings, too. Why?

He landed on the Hudson River! How could you not want a captain like that, piloting you home?

E-mail Murry at mmurry@student.uiwtx.edu

'National Night Out' set Oct. 4



Last year's National Night Out brought several University of the Incarnate Word students to attend.

The University of the Incarnate Word's annual "National Night Out" will be 4-7 p.m. Tuesday, Oct. 4, outside Alice McDermott Convocation Center.

The NNO 2016 theme is "The University that brings us together" is the theme for the 2016 event where participants will be able to enjoy free food from Pugel's Hot Dogs and Bahama Bucks Shaved Ice. Guests will also receive free T-shirts and NNO collectable pins to commemorate the event.

Representatives from Mothers Against Drunk Drivers, the Bexar County Sheriff's Department, and UIW's Environmental Health, Safety and Risk Management team will provide hands-on demonstrations and other interactive opportunities. The event will also feature self-defense demonstrations from Krav Maga and You in the Driver's Seat.

Included in the entertainment will be chances to win cash from the IBC Money Box, a Lip Sync Competition and a Dance Off. Door

prizes also will be drawn throughout the event so participants should be sure to sign in and pick up an event passport.

The event is being cosponsored by UIW Campus Engagement, Office of Communications & Marketing, UIW Police Department, Residence Life, the Wellness Center, Ettling Center for Civic Leadership and the Office of Title IX and Compliance.

"National Night Out is celebrated citywide each year to promote healthy living, positive choices and a chance to get to know your UIW Police Department and the UIW community," said key planner Janine Chavis, administrative secretary and office manager for Campus Life.

"In 2014 and 2015, UIW won first place among San Antonio's universities and colleges for participation in the National Night Out Competition," she said. "In addition, over 600 students, faculty and staff have enjoyed the event. Help UIW make (the third year) bigger and better than ever."

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The volleyball team goes up against one of the three guest opponents in the Sept. 9-10 Cardinal Classic tournament held in the Convocation Center.

Bethany Melendez/LOGOS Photo Editor

Volleyball team holds Cardinal Classic tournament

By Zachary Lucero
LOGOS STAFF WRITER

Volleyball took center stage Sept. 9-10 as the women hosted the Cardinal Classic at Alice McDermott Convocation Center.

The classic was the first tournament at the University of the Incarnate Word since UIW began moving up

to Division I. Besides the home team, the tournament Texas Southern, Prairie View A&M and Fresno State.

The Cardinals opened up the tournament with 3-0 sweeps against Prairie View and Texas Southern, which were the Cardinals' first home wins of the season after

going 5-3 at home last year. However, the third match of the tournament did not go the home team's way as they lost 3-0 to Fresno State who boasted an undefeated record for the weekend.

Sophomore outside hitter Autumn Lockley, a reha-

- Cont. on page 11

-Volleyball team holds Cardinal Classic tournament

Spurs coach 'pops' in at Cardinal dinner

By Kelsey Johnson
LOGOS SPORTS EDITOR
Powered by Aurasma



Veteran Spurs Coach Gregg Popovich, center, poses with some members of the men's basketball team for the university.

Kelsey Johnson/LOGOS Sports Editor

San Antonio Spurs Head Coach Gregg Popovich made a guest appearance Thursday, Sept. 22, at the eighth annual Wild Game Dinner benefitting the University of the Incarnate Word's basketball program.

The event, which was started by UIW Board of Trustees member Mike Beucler, and UIW's former president, Dr. Louis J. Agnese Jr., helps assist the men and women's basketball teams.

This year, the dinner took place at Leon Springs Dance Hall off Boerne Stage Road. A live auction took place with items such as signed sports memorabilia, and jewelry. All the proceeds from the event go towards team uniforms, travel budgets, and recruiting trips.

The money was for a good cause but it was obvious Popovich's appearance was the big hit of the night.

"Coach Pop, I've known him for 30 years -- I don't want to give my age away," UIW Men's Basketball Head Coach Ken Burmeister said in introducing Popovich. "But for him to come over here, it's special."

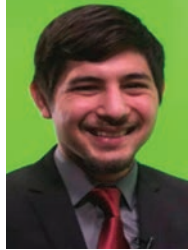
Several Spurs players have made it to campus over the years. They're no strangers to UIW basketball. And the university's accomplishments made it easy for Popovich to say yes to the event.

"Well, this is hometown stuff, right?" Popovich said. "And UIW has done

- Cont. on page 10

-Spurs coach 'pops' in at Cardinal dinner

Cardinals fall short in comeback against Cowboys



By Chris Reyes
LOGOS STAFF WRITER

The McNeese State Cowboys came to town ranked 20th in the FCS coaches poll but the Cardinals put a fourth-quarter scare in the visitors after closing a big deficit.

The game got off to a good start for the Cardinals as they drove down the field into the end zone and took an early lead at Gayle and Tom Benson Stadium. However,

the Cowboys showed why they are the ranked team in the coaches poll by scoring the next 28 points.

Before the half, Cardinal quarterback Trent Brittain drove the team into the end zone. The Cardinals looked as if they would have some momentum going into the back half of the game. But on the ensuing kickoff, Cowboys return man Khali Thomas

ran 97 yards, taking it into the house for a touchdown.

The score going into the half was McNeese 35, UIW 14.

McNeese put up one touchdown in the third having a commanding 42-14 lead going into the fourth quarter. However, UIW cut



The Cardinals put up a valiant comeback before falling 42-35 to visiting McNeese.

Karissa Rangel/LOGOS Staff

- Cont. on page 10

-Cardinals fall short in comeback against Cowboys

Women's coach adds three assistants

New women's basketball coach Christy Smith has three new assistants to help her get the University of the Incarnate Word's team ready for its 2016-17 season.

Smith, who was an assistant coach at the University of Arkansas until her hiring at UIW in April, has added Betsy Adams, John Clark and Marvin Walker to her coaching staff.

Adams and Clark both worked with Smith at Arkansas while Walker is a graduate of the University of

Texas-San Antonio who has coached at the high school and college levels.

Before coming to UIW, Adams, a native of Monticello, Ind., served two years as a graduate assistant for the women's basketball team at Arkansas where she earned her master's degree in sport and recreation management this year.

Adams also holds a bachelor's degree in business administration from Valparaiso (Ind.) University. She played for Valparaiso's Crusaders from 2008-11 and was

a three-year letter winner and two-year captain. She finished her career at Florida Gulf Coast University in 2013, having scored more than 1,000 points and making more than 200 three-pointers in her career

Her first coaching job was serving as an assistant at Cypress Lake High School in Fort Myers, Fla.

"Betsy is incredibly knowledgeable of the game of basketball and understands what it takes to be a successful student-athlete," said Smith. "She has remarkable intuition and understands the complete development of a play-



Christy Smith



Betsy Adams



Marvin Walker



John Clark

- Cont. on page 10

-New assistants added to woman's basketball staff



Cont. Spurs coach 'pops' in at Cardinal dinner

a great job in so many areas, both on the academic side and the athletic side, and the community side. They reflect the same goals that we have with the Spurs, that's one reason." But it may have been his friendship with his longtime pal that sealed the deal. "Kenny Burmeister has been a good friend for many, many years," Popovich said. "He's the most energetic man in show business. And he's incredible. I always say if I had half his energy we'd have 10 championships," the five-time NBA championship coach said. Popovich shared a laugh

upon his arrival with Burmeister and Beucler before patiently taking pictures with fans and huddling up to talk to the basketball team. The men open their season away on Nov. 11 in Austin against the University of Texas Longhorns. Cardinals shooting guard Jorden Kite was impressed with the chance to meet Popovich. "I think he's one of the top coaches in the NBA, so I mean anytime you have a big basketball celebrity like that, that helps a lot for guys like us trying to reach the goal of the NBA," Kite said.



Kelsey Johnson/LOGOS Sports Editor
Spurs Coach Gregg Popovich talks with a fan while Sister Kathleen Coughlin, vice president of institutional advancement, waits in line.

Cont. Cardinals fall short in comeback against Cowboys

the lead to 42-21 after a 13-play, 80-yard drive ended with Brittain tossing a five-yard touchdown pass to wide receiver Kody Edwards. Later in the quarter, the Cardinals broke off a huge play when running back Dorland Fields took the handoff, exploded through the line and ran 53 yards for a touchdown, cutting the lead

to 42-28. With only a few minutes left, Brittan used a six-play, 36-yard drive to get his Cardinals in the end zone again, cutting the lead 42-35. The game came down to the right leg off kicker Cody Sidel who attempted an onside kick. The kick was a good one that took an awkward bounce, but it found its way into the arms of a McNeese player,

sealing the game for the Cowboys. Brittain had another strong game going 20-40 with two touchdowns and one interception. The offense as a unit actually outgained the Cowboys, getting 392 yards on the day. However, McNeese's quarterback, James Tarby, was just too much for the Cardinals defense. He had a superb game going 14-20 and throwing

for 223 yards for the day. The Cardinals will be on the road Saturday, Oct. 1, heading up Interstate 35 for their lone FBS opponent, the Sun Belt's Texas State Bobcats. The last time the Cardinals faced an FBS opponent it came down to the wire in the Sun Bowl in El Paso. Kickoff is set for 6:30 p.m.

Cont. New assistants added to woman's basketball staff

er: mentally, physically, emotionally and spiritually. I'm thrilled to have her a part of UIW women's basketball and to watch her grow as a coach." Clark served as a graduate assistant for the Arkansas women's basketball program for the past two years, and was instrumental in an NCAA Tournament appearance and first-round victory in 2014-15. His duties included assisting with day-to-day operations, organizing and recruiting the male practice team, film breakdown, film exchange, player development and practice planning. In 2013, Clark worked for Krossover Intelligence, a basketball video analysis company that breaks down high school, college and professional games. He has worked numerous basketball camps including the Bill Self Basketball Camp, Jimmy Dykes Basketball Camp, Oklahoma City Thunder Basketball Camp and New Orleans Hornets Basketball Camp. When he was in college, Clark played basketball at St. Gregory's University and helped lead the team to an NAIA Final Four appearance as a senior. He earned a degree in social studies education from St. Gregory's in 2014 and his master's degree in sports management from Arkansas this year. "John is a tireless worker on and off the court," Smith

said. "He understands the game of basketball, recognizes shifts in the game, and knows how to bring the best out of players on the court. His knowledge, passion and willingness to continually learn is contagious. John will have many different responsibilities and I am delighted to have him onboard with UIW women's basketball." Walker has nearly 20 years of coaching experience, including the last three as athletic director, basketball and football coach and physical education teacher at St. Luke's Episcopal School. Prior to St. Luke's, he spent a year as an assistant coach at Binghamton (N.Y.) University and two seasons at Trinity University in San Antonio. He was a volunteer assistant for the Tigers in 2010-11 before being promoted to a full-time assistant his second year. Walker spent five years as head coach for St. Mary's Hall girls' basketball team. The team only won two games his first year but registered 37 victories over his final two seasons. He was previously an assistant at San Antonio Taft High School for a team ranked No. 1 in Texas, and advanced to the 5A state semifinals in 2004. Walker founded Infinity Hoops, a one-on-one basketball training company and has extensive experience in training athletes ranging from elementary

school through college. He has other coaching stops at Mosley High School in Florida and The Episcopal School of Texas. Walker is a member of the Women's Basketball Coaches Association, Texas Association of Basketball Coaches, Black Coaches Association and Texas Girls Coaches Association. He was selected to coach the 2005-06 TABC Girls All-Star Game and TGCA All-Star Game. He earned a bachelor's degree from UTSA in 1997 and his master of sport science degree from U.S. Sports Academy in 2002. He and his wife, Tiffany, have a son, Gavin. "(Walker) knows girls basketball in this area very well," Smith said. "He will be over recruiting and we will all rely heavily upon Marvin helping us get connected in the San Antonio and surrounding areas. He has worked with both girls and boys basketball programs over the past 20 years and is excellent at developing players on the court. We are fortunate to have Marvin and I am really excited that he has chosen to be a part of UIW women's basketball."

CATCH THE CARDINALS
October Games

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 MS vs. Air Force @ 1 p.m.	3	4	5	6 WV vs. Sam Houston State @ 7 p.m. MS vs. UMKC @ 7 p.m.	7 WS vs. Texas A& Corpus Christi @ 7 p.m.	8 WS vs. Stephen F. Austin @ 11 a.m. MS vs. UNLV @ 12 p.m. FB vs. Sam Houston State @ 6 p.m.
9	10	11	12	13 WV vs. Lamar @ 7 p.m.	14 WS vs. Mcnesse State @ 7 p.m.	15 WV vs. Houston Baptist @ 11 a.m.
16 WS vs. Lamar @ 1 p.m.	17	18	19	20	21 MS vs. Seattle @ 7 p.m.	22
23	24	25 WV vs. UTRGV @ 7 p.m.	26	27	28 WS vs. Abilene Christian @ 7 p.m.	29 FB vs. Stephen F. Austin @ 6 p.m.
30						



SOCCKER SATISFACTION

The University of the Incarnate Word's club soccer team plays against a club team from Texas State University.

Photos By
Nico Ramon/ LOGOS Staff



Cont. Volleyball team

bilitative sciences major from Leander, Texas, finished the tournament with a team-leading 41 kills, while as a team the Cardinals hit .297. Junior setter Madison Williams, an education major from New Braunfels, finished the tournament with 81 assists.

Blocking was also a big factor for the Cardinals all tournament as they outblocked their opponents 14-13 for the weekend.

“When it’s crunch time, you gotta think about taking over and have a nothing-gets-past-me attitude,” said junior middle blocker Bryauna Hall, an early childhood education major from Copperas Cove, Texas, about her mentality when it comes to blocking.

That mentality helped lead the Cardinals into a great weekend at the net.

Sophomore defensive specialist Brittany Muller, a biology major from San Antonio, said she credited the home crowd for “creating a fun and competitive environment which gives us a competitive edge over our opponents, especially for multiple games in a row.”

The UIW fans were in full force over the tournament weekend as the volleyball games drew an average of 370 people for each of the three games. Multiple sports showed their support for the Fresno State game as that game had the highest attendance of the weekend at 510 attendees.

Williams recognized the connection she had with her hitters as a key to her big numbers.

“My hitters and I just had a really good connection, and we were able to build that connection even more throughout the tournament because it was so many games in a row,” Williams said. “We had a great week of practice leading up to the tournament, so I had a feeling it was going to be a good weekend.”

Following the tournament, the Cardinals fell victims to a five-game losing streak, which included conference foes Stephen F Austin and Abilene Christian. Those losses have brought their conference record down to 1-3.

“We still have room to grow, which makes me very excited especially since I have seen such bright moments from this team,” said Williams.

The team is very young; seven of the 13 women on the team are underclassmen. Two different setters have played for the Cardinals -- Williams and junior Sierra Moses of the Austin-Round Rock area who transferred to the team from Panola Junior College in Carthage, Texas.

However, after a short trip to Prairie View, UIW hopes to rattle off seven conference wins, as they play seven conference opponents in a row, four of which will be at home.

“We believe we have the ability to put up a fight against every team on the rest of our schedule,” Muller said. “If we were to play to our fullest potential, we are a team that will be really tough to beat.”



Your feedback matters to UIW®!

Participate in the Noel-Levitz SSI or ALI Surveys

After **September 26**, you may receive the invitation for the Noel-Levitz Student Satisfaction Inventory (SSI) or the Noel-Levitz Adult Learner Inventory (ALI) in your Cardinal e-mail.

The SSI and ALI are surveys for students, which ask about your expectations and your degree of satisfaction with UIW services. Give UIW leadership insights about what’s important to you as well as how satisfied you are with your UIW experience so far.



Complete
the survey for a
chance to win
one of 4
\$250 Visa
gift cards.

If you have questions about the surveys or are interested in the results, please contact the Office of Institutional Research, at surveyir@uiwtx.edu or (210) 283-6330.





‘Arriba!’ adds flavor to Hispanic Heritage Month

By Renee Muniz
LOGOS STAFF WRITER

The Campus Activities Board continued the celebration of Hispanic Heritage Month with an “Arriba!” event on Wednesday, Sept. 21.

“Hispanic culture is such a big deal nowadays, especially here in San Antonio where we celebrate Fiesta and [other Hispanic-cultured events],” said CAB President Lexi Pedregon, a senior music industries major.

Pedregon said celebrations and events such as these are always fun because everyone can dress up in colors and try different foods.

“We planned this for five to six weeks and before school even started we had been coming up with ideas,” Pedregon said.

The event turned out well for CAB as students lined up for food, pictures and games. CAB has hosted similar events for Hispanic Heritage Week in the past, but Arriba proved to be different this year.

“CAB has served food during the day for Hispanic Heritage Week, but we usually get taco trucks and we wanted to do something different,” Pedregon said. “We had Puerto Rican food and we imple-

mented the trivia questions to get people engaged and win prizes.”

Students were also eager to pick out their favorite paleta (popsicle) from the ice cream cart.

Freshman marketing major Ilsa Reyes said the event was a good reminder for Hispanics.

“As a Hispanic I feel that we often forget where we come from or the things that make us who we are, and our heritage is definitely one of the most important things that defines us,” Reyes said. “I feel that the reminder of having a month to celebrate who you are gives you that confidence or that boost to remind you that where you’re from is important.”

International business major Marbel Garcia, a freshman, said this event was fitting, especially for this particular university “with different diversities of people.”

Other students also saw the importance cultural awareness in CAB’s event.

Freshman Carrie Stanley, a member of CAB, said this event was beneficial because “it’s good to know what else is out there and how people live.”

FYI

University of the Incarnate Word students will be able to learn more and continue the celebrations of Hispanic Heritage Month in the weeks to come.

The film, “La Misma Luna” (Under the Same Moon), will be shown in the Student Center at 7 p.m. Thursday, Sept. 29.

To wrap up all the festivities, La Celebracion will take place 11 a.m.-2 p.m. Tuesday, Oct. 11, in Cardinal Courtyard. Information about the unique cultures of different Hispanic countries will be featured.

LITTLE HISTORY

Hispanic Heritage Month first originated as only a week of celebration during the administration of President Lyndon Baines Johnson, but became a month of celebration in 1988 under President Ronald Reagan.

Ever since Reagan set aside the month for Hispanic heritage, it has been celebrated beginning Sept. 15 and ending Oct. 15 in the United States, Canada and Latin America.



Renee Muniz/LOGOS Staff



Photos By
Renee Muniz/LOGOS Staff



University of the Incarnate Word students sample free food offered by the Campus Activities Board during ‘Arriba!’ on Sept. 21 on Dubuis Lawn. Some struck a pose and others try answering Hispanic heritage trivia questions.



SAUDI CELEBRATION

Saudi students at the University of the Incarnate Word share their 'Eid al Adha' event on Sept. 14 with others, using Dubuis Lawn as a place to sample tea and coffee, food, try on cultural attire, visit a tent, and get henna tattoos. Arts and crafts also were displayed during the event that drew in several participants passing by.

Photos By
Bethany Melendez/LOGOS Photo Editor





OCT. MOVIES

Compiled by
Nico Ramon
LOGOS Staff Writer

OCT. 14 Kevin Hart: What Now?

Rated: R
Genre: Comedy/
Documentary
Starring: Kevin Hart

The Accountant

Rated: R
Genre: Drama
Starring: Ben Affleck,
Anna Kendrick,
J.K. Simmons, Jon
Bernthal, Jean Smart,
Cynthia Addai-
Robinson, Jeffrey
Tambor

OCT. 21 Boo! A Madea Halloween

Rated: PG-13
Genre: Comedy/
Horror
Starring: Tyler Perry,
Bella Thorne, Brock
O'Hurn, Jimmy Tatro,
Liza Koshy, Diamond
White, Yousef Erakat

Jack Reacher: Never Go Back

Rated: R
Genre: Action/
Adventure
Starring: Tom Cruise,
Cobie Smulders,
Robert Knepper, Aldis
Hodge, Sue-Lynn
Ansari

Keeping Up with the Joneses

Rated: PG-13
Genre: Action/
Comedy
Starring: Zach
Galifianakis, Isla
Fisher, Jon Hamm,
Gal Gadot, Patton
Oswalt, Matt Walsh

Ouija: Origin of Evil

Rated: PG-13
Genre: Horror/
Suspense/ Thriller
Starring: Henry
Thomas, Elizabeth
Reaser, Annalise
Basso, Alexis G. Zall,
Lulu Wilson, Doug
Jones

OCT. 28 Inferno

Rated: PG-13
Genre: Mystery/Thriller
Starring: Tom Hanks,
Felicity Jones, Ben
Foster, Irrfan Khan,
Omar Sy, Sidse Babett
Knudsen

Rings

Rated: N/A
Genre: Drama/ Horror
Starring: Aimee
Teegarden, Johnny
Galecki, Laura
Wiggins, Zach Roerig,
Alex Roe, Surely
Alvelo,



Actors rehearse their lines for 'The Day Room,' which opens Friday, Sept. 30, at Cheever Theatre.



Marco Cadena/LOGOS Opinions Editor

Theatre Department ready to open 'The Day Room'



By Marco Cadena
LOGOS OPINION EDITOR

With a mind-bending look at the thin line between what is real and what is not, "The Day Room," opening Friday, Sept. 30, celebrates the power of the imagination in an ever-changing reality.

Written by American novelist Don DeLillo and directed by Dr. Robert Ball, chair of UIW's Department of Theatre Arts, the play explores themes such as empathy, personal identity, and the seeming impossibility of significant communication.

In the play, a man checks into a hospital for standard tests, a rest really, that gets disrupted by escaped inmates from the adjoining psychiatric wing who impersonate the hospital staff.

Performed by UIW students ranging from sophomores to seniors, "The Day Room" engages audiences in an often-funny exploration of reality and role-playing.

"Role-playing can be a fun and healthy way of testing the limits of who and what we can be so long as one doesn't get lost in the roles they play, or fail to recognize that they are merely roles," Ball said.

In the first act, the play introduces two hospital patients -- Mr. Budge, played by Nicholas Bright, and Mr. Wyatt, played by Michael Ciaramitaro -- as well as a sequence of odd incidents.

"Mr. Budge is a friendly, talkative fellow who just wants some company," Bright, a junior theatre arts major, said.

The play, along with its non-traditional style, features comedic and dramatic tones.

"When strange events begin to take place, we have to ask ourselves, 'Are they both really hospital patients in for simple tests? Just what kind of hospital is this? Are they really Mr. Budge and Mr. Wyatt? Is at least one of them insane?'" Ball said.

The play treats people's needs as social animals for company and interaction.

" 'The Day Room' grapples with issues related to the separation of those in authority and those for whom, and on whom, their authority

is exercised -- especially in cooperative ventures, like the care of the mentally ill," Ball said.

Along with the transformation of identities, the play will feature the changing of scenarios. For the second act, the location shifts to a cheap motel where Gary, played by Devin Donovan, and Lynette, played by Joan Ewing, are in the search for a notorious, yet mysterious avant-garde performance group capable of life-changing performances.

"The Day Room" features production directed and designed by Theater Arts faculty members, costume design by Margaret Mitchell, lighting design by Justin Bennett, and scene design by Christopher McCollum that resembles a contemporary art installation that evokes the audience's transition from one world into another.

The 2016-17 theater season features four plays that involve the search for the truth as the central theme.

In mid-November, the department will stage "Rosmersholm," a haunting psychological drama written by Norwegian playwright Henrik Ibsen.

"How do we know what is normal and what is crazy? How do we really know who is sane and who is not and whether or not we are sane? I think that is worth thinking about," Ball said. " 'The Day Room' [is] a place where locations and identities shift in an instant, where the moment we think we have a handle of what's real, everything changes."

FYI

Curtains for "The Day Room" will open in Cheever Theatre at 8 p.m. Sept. 30; Oct. 1, 7 and 8; 2 p.m. Oct. 2; and 7 p.m. Oct. 6.

University of the Incarnate Word students, faculty and staff may attend free by presenting their valid ID. Other prices include \$12 for adults, \$9 for seniors, \$8 for non-UIW students and \$7 for groups of 10 or more.

For more information or reservations, call (210) 829-3800 or (210) 829-3810 during regular business hours.

Review: 'Magnificent Seven' reflects true Western



By True McManis
LOGOS STAFF WRITER

"The Magnificent Seven" is a Western in every sense of the word, complete with impossible gunslinging, intense duels, and a plot that moved right along.

The remake stays fairly true to the original, with a few changes thrown in that don't detract from the film. It was overall a fun film to go see in theaters.

The roles of the seven characters remain similar to the original, but the changes will be interesting to those who have already seen the original and want a different experience through the character introductions and developments.

Director Antoine Fuqua made the cast more diverse than the original movie in order to make the film historically accurate. It worked out well, though I do wish they had given the characters that didn't primarily speak English more lines of dialogue. They were interesting characters that rarely spoke after they were introduced.

The cast was pretty strong and had a good chemistry together, with Denzel Washington and Ethan Hawke really shining throughout the film.

Chris Pratt played Josh Faraday, and audiences familiar with his antics will likely feel they have seen this character before but not

necessarily to the role's detriment. Pratt played well off of the other actors, especially Manuel Garcia-Rulfo, when providing a good source of comedic relief.

Most of the cast had to go to cowboy camp and learn how to ride horses for the movie with Martin Sensmeier picking up how to ride bareback. This was a really nice touch for something that wasn't even addressed in the movie.

Peter Sarsgaard's performances often fell flat, and his character felt unrealistic and hard to relate to, which are both essential things for a good villain to have.

From the very first scene it's clear "The Magnificent Seven" isn't trying to blaze any new trails. The antagonist of the film promptly establishes himself as an irredeemably bad guy and presents a straightforward problem to the audience: he's taken over the town and wants everybody either out or dead so he can mine for gold.

The plot isn't demanding to follow at all, but the plot for Westerns rarely have to be, provided they get the ball rolling, which is something this tried-and-true idea does pretty well.

The action throughout the film felt stylish yet contained, much like in classic Westerns, but unlike that in bloodier recent ones. Many of the shootouts involve a buildup prior to the lead flying, which is something many



'The Magnificent Seven' cast includes Denzel Washington, Ethan Hawke and Chris Pratt.

action movies forgo in favor of straightforward action.

These fight scenes take a little bit getting used to, but after the first few, the rhythm began to feel natural and enjoyable. The action scene at the end was what the whole movie had been building to and it did not disappoint -- taking around 30 days to fully shoot.

The huge scene impressively allows for audiences to distinguish the main characters from the rest with finely tuned camerawork, combined with all of the character's unique outfits and dialogue quips.

The costumes were all distinct and interesting to look at, just like the beautiful backgrounds many of the scenes were set to. The layout of the town that the final battle takes place in is important, so it was nice to see a lot of effort was put into the town as well.

The lighting, from the very first scene, was done phenomenally. When the scene is indoors, there doesn't seem to be sources

of lighting coming from inside. When fire is shown onscreen, it is portrayed accurately, which is something a lot of movies fail to get right.

While the music was an excellent homage to older Western films that fit perfectly with many scenes, the actual audio was edited poorly in certain scenes -- specifically when noises were heard off-screen.

Overall, "The Magnificent Seven" is an homage to classic Westerns that brings with it a lot of thrills. If the original movie had been made in 2016, it would probably have ended up being a lot like this one. The plot does drag on at points, but generally only to build things up later.

Being a big fan of the original, I was thoroughly impressed with the way this remake was presented and hope to see similar things from Fuqua in the future.

E-mail McManis at mcmannis@student.uiwtx.edu



New group aims at relieving stress

By Joshua Borlinghaus
LOGOS STAFF WRITER

Everyone faces challenges every day that can leave one with feelings of depression and anxiety, but a new Mindfulness Group, which is meeting on Fridays through Oct. 28, is helping alleviate that stress.

Dr. Christopher Leeth, associate director with the Office of Counseling Services, has created the group in order to provide a comfortable atmosphere for students, faculty and staff to come together and openly share how they react to life's many obstacles.

By definition, "mindfulness" is a mental state achieved by focusing awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations as a therapeutic technique. It is also a tool used for relaxation and alleviating anxiety.

The practice has existed for many years and can take on different forms, such as yoga and meditation. Mindfulness helps with productivity, depression and despair, and changes how one might think and operate.

Leeth compares life and how we deal with obstacles to a game of Tetris.

"We see the pieces and it's easy to know where they should go, but it can quickly get complicated," Leeth said. "It's not a 'one dose' and you're good for the rest of your life. You have to practice mindfulness, but practicing is easy."

Rosalinda Villarreal, an administrative assistant at John and Rita Feik School of Pharmacy, said she practices mindfulness herself.

"Anything I do that's difficult, I have to focus and get rid of outside distractions," Villarreal said.

Each Mindfulness Group session will focus on a



Dr. Christopher Leeth, associate director with the Office of Counseling Services, leads a session Friday, Sept. 23, of UIW's new Mindfulness Group. Joshua Borlinghaus/LOGOS Staff

different technique. The first session focused on mindfulness breathing, which is similarly done in meditation and yoga.

The group sat in a circle and shared with each other personal situations and how they normally deal with them.

Folding paper was used as a metaphor for how easy mindfulness can be with constant practice and repetition. Hershey's Kisses were also used to examine how it's packaged and then opened for one to enjoy, making one more appreciative of what was about to be consumed.

These are just some examples of how someone can practice mindfulness in everyday life. Each Friday session will focus on mindfulness techniques like draw-

ing, meditation and prayer, and progressive muscle relaxation.

"It's the first of its kind here at UIW," Leeth said.

"We saw a need not only for students, but for the professors and staff as well to have a place they can go, speak openly, and learn new techniques so they have a better understanding on how to deal with difficult situations."

Senior Chris Gonzaba believes the mindfulness sessions are beneficial.

"As a student, the end of each semester can be overwhelming with projects, group projects, exams, and presentations, but these exercises can really help," Gonzaba said.

Employees to receive recognition during Heritage Day

Nearly 125 University of the Incarnate Word will honor nearly 125 of its workers for their years of service at an annual Employee Recognition Program at 2 p.m. Wednesday, Oct. 5.

The program, part of Heritage Day activities, will be in the Chapel of the Incarnate Word. A reception will follow in CHRISTUS Heritage Hall.

The recognition program is the last event scheduled for Heritage Day which begins at 8 a.m. in CCVI Cemetery to honor the deceased members of the Sisters of Charity of the Incarnate Word – founders of the university – and continues with a noon liturgy in Our Lady's Chapel.



Dr. Kathleen Light.

Those honored in the Employee Recognition Program have worked five, 10, 15, 20, 25, 30 and 35 years, according to the sponsoring Office of Human Resources.

The honorees include:

35 Years

Lorraine Ewers and Dr. Kathleen Light.

30 Years

Dr. Esmeralda De Los Santos, Stephen Heying, Elaine

Martinez and Linda Wages

25 Years

Dr. Cheryl Anderson, Dr. Irene Gilliland, Dr. Christy MacKinnon, John Newman and Armando Rey.

20 Years

Dr. Paul Foglesong, Dorothy Mills and Mark Papich.

15 Years

Dr. Glenn Ambrose, Jose Arriaga, Jacinto Cardona, Michael Clayton, Esmeralda Collins, Miguel Cortinas, Brenda Dimas, Theresa Elizondo, Earl Harmsen, Dr. Sara Jackson, Mary Leal, Rene Lopez, Jose Maldonado, Sandra McMakin, Michael Mercer, Dr. Michael Moon, Daniel Ochoa, Diana Salazar, Eugene Scammell, Christine Young and Dr. Nursen Zanca.

10 Years

Cristen Alicea, Kenneth Burmeister, Michael Castilleja, Dr. Julian Davis, Phillip

Davis, Latrecia Davis-Johnson, Cynthia Escamilla, Dr. Shandra Esparza, Louis Fox, Brandy Garcia, April Garza;

Dr. Maria Gillespie, Ana Gonzalez, Ann Greene, Dr. Amanda Johnston, Wynette Keller, Sylvia Kutschenreuter, Dr. Lila LaGrange, Albert Martinez, Marisol Martinez, Dr. Paul Messina, Dr. Julie Nadeau;

Dr. Marcos Oliveira, Brian Palmeri, Rochelle Ramirez, Raul Rodriguez-Barocio, Armando Saliba, Dr. John Stankus, Dr. David Trang, Dr. Kevin Vichcales and Dr. Amy Witte.

5 Years

Mallory Angier, Paul Ayala, Rickie Baker, Pierce

Brandan, Marcos Calvillo,

Blanca Camarillo, Audra Cardona, Veronica Castillo, Dr. James Chapman, Dr.

Russell Coates, Edward Conlee, Sylvia Cuellar-Rascoe, Suzanne Daube;

Graciela DeJesus, Lydia Doubleday, Betsy Dvorak, Dr. Brian Foutch, Amanda

Gamboa, Dr. Charles Garcia, Maricela Garza, Linda Gomez, Jacqueline Gonzales,

Dr. Cynthia Gonzalez Aguirre, Robin Granato, Dr. Randall Griffiths; Dr. Georgan Guerrero, Glenn Holchak, Lawrence Kennan, Joseph Labatt,

Derek Lenz, Theresa Lopez, Rita Maltos, Bradford Martin, Homer Martinez, Polly McCord, Edgar Menchaca, Ryan Mitchell, Larry Moore;

Dr. Srihari Narayanan, Alice Olson, Daniel Ortiz, Dr. David Ortiz,

Elizabeth

Poulter, Amanda Rakowitz, Armando Rey II, Diego Rivas, Dr. Scott Roberts, Jose Manuel Rodriguez, Shannon Root, Dr. Kevin Salfen, Dr. Amanda

Sharpe;

Kevin Smisek, James Stiffler, Mary Teal, Annette Thompson, Michelle

Turney,

Michael Weil and Gracie Zuniga.



Lorraine Ewers

Cartoons, trigger warnings and 'Illusion of Anonymity'



By Phil Youngblood

I have been thinking of cartoons and communication.

As a work of art and record of social commentary, I think cartoons have been largely underappreciated.

Satirical cartoons from the 1800s have remained a viable record of how people viewed happenings of the day and speak volumes in one illustration that volumes of writing could not.

Succinct and biting, they could be understood by nearly everyone, in a day when literacy rates were not as high as today, much like the stories found in stained-glassed windows.

My personal memories go back to the days when people got their news primarily from newspapers and television and of the impact of a classic cartoon called "Pogo" on Earth Day 1971 that read, "We have met the enemy and he is us" (one source: http://teachers.yale.edu/curriculum/viewer/initiative_09.05.08_u).

I feel that that cartoon is as relevant today as back then in many ways, particularly in context since it referred to what we were doing to our planet and how we treat each other today.

Another classic cartoon I have kept is from the July 1993 New Yorker magazine, with the caption, "On the Internet, nobody knows you're a dog" (see <http://www.plsteiner.com/>). The author did not have profound

intentions when he drew it (perhaps he just needed to publish something), but the cartoon has come to symbolize both the anonymity of online communication as well as its leveling effect, whereby anyone can be an author or artist and anyone can read what they wrote or created.

Twenty years ago the author could not have known his drawing would be the most downloaded cartoon from the New Yorker magazine or that it would be so widely seen. That cartoons and other commentary can be widely seen by anyone worldwide is one of the wonders of global online technology, but sometimes free and open communications do not synch with cultural views held by many, and anonymity is not assured. I am thinking of the cartoons printed in Denmark in 2005 and the uproar they caused, of the cartoons published by Charlie Hebdo during the decade before that led to the murders in 2015, and of the Jordanian cartoonist murdered outside the courthouse this week.

In my last article I wrote about another cartoon I have kept from the 1970s of a bespectacled, mustachioed, labcoat-wearing professor, arms folded, standing in front of a blackboard full of math equations, asking, "Any questions?" I remarked the role of "teacher as fountain of knowledge" and "student as willing sponge" has largely been supplanted by ready access to an overwhelming amount of information on virtually any subject that can be found online -- my point being that what you find online is not only overwhelming in volume but often incomplete, inaccurate, reviewed by commenters

rather than experts, and sometimes just opinion or fabrication-designed-to-shock-and-sell rather than to inform. More than ever, we as teachers must get into our students' heads to discover how they are associating the information they see and what conclusions they are drawing, because information without context, without critical thinking, and without a discerning eye on the source, is not education.

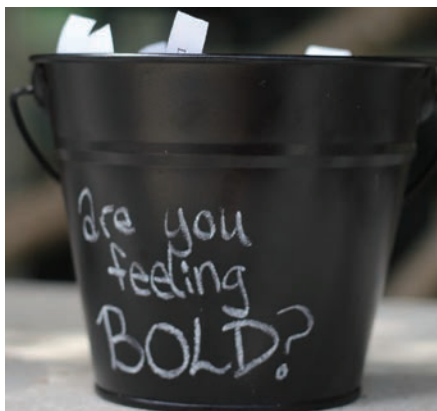
In these contentious times, I have also been reading about "trigger warnings" used by teachers to signal material in textbooks or that may be discussed in class which may trigger memories or sensitivities in some students -- see <http://www.nytimes.com/2015/09/20/opinion/sunday/why-i-use-trigger-warnings.html> for one professor's viewpoint. The problem is that while we try to get into our students' heads to understand how they associate information, we cannot be successful with everyone because we do not have their experiences, and the university is a place to challenge one's beliefs and experiences. What do you think? More later... [I have to get something published!]

In 2016, I am writing about the 'big picture' of technology and its impact on individuals and society. As always, I invite your feedback, dialogue, and differing opinions on this topic.

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



University of the Incarnate Word students involved in Civility Week activities learned more about themselves and other cultures as well as how to get along better.



Photos By
Bethany Melendez/LOGOS Photo Editor



Civility Week seeks 'common good' on campus

By Elizabeth Morales
LOGOS STAFF WRITER

Making friends and sharing smiles was the attitude during the fourth annual Civility Week, as the Cardinal Community kept the spirit of unity alive by promoting respect and kindness Sept. 6-8.

This event, fostering esteem within cultures and communities, was cohosted by the Office of Campus Life and the Ettling Center for Civic Leadership.

The event kicked off on Tuesday, Sept. 6, with an all-day "Say Hey Day" where University of the Incarnate Word students were challenged to say hello to someone new and photograph their new friend for the chance to win a prize. The picture featuring the new friendship was posted on Campus Engagement's Snapchat account.

Earlier that morning, a presentation of "Boards in the Courtyard" was held in Cardinal Courtyard, where students had the opportunity to connect as a community and share messages about "Who U Are," "Who I Am" and "Who We Are" in chalk.

"This is nice, seeing people share such positive messages," said UIW student Saeisha Jones.

Students also were able to participate in a walk which began at Jordan Carillion clock tower, consisting of several stations about situations regarding

cultural perceptions.

Attendees were encouraged to think about what they would do if they encountered different scenarios, such as a public protest. The conversation generated questions on perception and moral responsibility for some of the contributors.

"It really makes you think about what you would do, answering those questions," Jones said. "I do like that it sends a good, loving message about care. And we're able to meet new people."

Students, staff and faculty passed on the positivity by sharing cards with optimistic messages to one another. After completing all four stations, contestants received a free Civility Week T-shirt.

To close out the week, a discussion on "What is Islam?" was held in the Special Collections Room on the second floor of J.E. and L.E. Mabey Library on Thursday, Sept. 8, hosted by Sister Martha Ann Kirk, a longtime religious studies professor at UIW and a member of the Sisters of Charity of the Incarnate Word, founders of the university. Throughout the talk, guests learned about Islamic culture and broke down stereotypes and preconceived ideas.

The group forum connected the culture to one they were fa-

miliar with and examined what current exchange students from the Islamic culture might be experiencing.

Junior Xenia Bulgakova, a Russian exchange student studying at UIW this fall, was fascinated by Civility Week.

"Where I come from, and in many other places, I'm sure, people go around too busy with their lives to stop and say 'Hi' to each other, or even to stop and consider how the other person may be doing," Bulgakova said.

The event inspired a feeling of togetherness for students such as Bulgakova, who took part in the different activities.

"During these changing times, people should get to know each other and meet as one society, develop as one culture,"

Bulgakova said.

Civility Week aims to address culture diversity, respect between current and future coexisting cultures, and the common good.

"The talk we had today clears up stereotypes and promotes minorities and diversity," Bulgakova said. "I think it is important for every community to engage in some kind of talk of cultural civility."

Kirk said she was delighted to be continuing the mission of the Sisters' Constitution.

"Civility Week is important to celebrate anytime," Kirk said. "It builds friendship and understanding, peace and community. Most important of all though, it passes on and promotes the essence of human dignity."



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