General Counsel: UIW will opt out of state’s campus carry law

University of the Incarnate Word’s Board of Trustees will be asked to consider opting out of the state’s law allowing people with gun licenses to carry concealed weapons on campus.

That’s the stance General Counsel Cyndi Escamilla is recommending to Dr. Lou J. Agnese Jr., UIW’s longtime president, when he approaches the board about the matter.

“The University of the Incarnate Word plans to follow the statute which allows private universities to consult with university students, faculty and staff with the recommendation that we opt out of campus carry,” Escamilla wrote in a statement.

The Campus Carry law, signed by Gov. Greg Abbott in June, allows students at public-funded universities such as the University of Texas-San Antonio to carry their concealed weapons in some areas of the campus starting August 2016. Universities can declare some areas of a campus “gun free,” but not the entire campus.

Under the law, private universities in the city such as UIW, St. Mary’s, Our Lady of the Lake, and Trinity have the option to keep guns off campus altogether. School presidents — such as Agnese — can write “reasonable rules, regulations or other provisions” related to guns after consulting students, staff and faculty.

The board is meeting in October but Escamilla said she believes Dec. 4 will be the earliest the matter will be on the board’s agenda.

University prepares ‘National Night Out’

“Let’s Flock the Block” is the theme of the second annual National Night Out at the University of the Incarnate Word, which is celebrating it from 4 to 7 p.m. Tuesday, Oct. 6, this year.

Last year, UIW placed first among local universities and second in the city category for its National Night Out celebration, said Janice Chavez, the coordinator.

National Night Out — with the hashtag #UIWNNO — is being sponsored by all Campus Life offices with the assistance of the UIW Office of Communications and Marketing, Wellness Center, Ernberg Center for Civic Leadership and the UIW Police Department, said Chavez, who serves as officer manager for the Office of Campus Life.

The free event under the bleachers outside Alice McDermott Convocation Center will feature free food from Pugels Original Gourmet Hotdogs (sponsored by Wells Fargo), drinks sponsored by Sodexo), free T-shirts, giveaways and interactive activities from groups such as Mothers Against Drunk Driving, San Antonio Council for Civic Leadership, J.E. and L.E. Mabee Library, UIW’s professional schools (pharmacy, optometry and physical therapy) and the Rape Crisis Center.

“The mural was created and designed by sculptor Cakky Brawley, an art instructor at Palo Alto College in San Antonio.”

“This was our way of giving back to local talent,” said Coughlin, whose committee included Dr. Denise Doyle, immediate past UIW chancellor; Dr. Jack Hidy, former dean of the College of Humanities, Arts and Social Sciences; artist Robert Suss, UIW’s director of foundations, corporate and governmental relations; and Michael McChesney, who’s drawn up many UIW projects as the university’s architect.

“We felt that was good (getting local artist Brawley) vs. going outside of San Antonio,” Coughlin said. “We wanted it to be uplifting, reflective, spiritual, and creative, and she got it head-on. She nailed our depiction.”

UIW starts Writing Academy

Everybody agrees you need to be able to write well.

Unless their major requires more, University of the Incarnate Word students enrolled in two core Composition English courses that may not be so heavily focused on writing.

In order to become a fully accredited university, there are certain standards that a university has to observe,” she said. “One part of that process is that the universities have to create a Quality Enhancement Plan (QEP).”

However influential the QEP was in making the decision to begin the Writing Academy, Stampfl began looking at the exit surveys UIW’s graduating seniors
Writing Academy cont.

had taken. Most students leaving UFW felt there wasn't enough writing, and felt somewhat unprepared for the intensity of their senior projects. Seniors had reported few of their upper-level classes appeared not to give the opportunity to write essays or papers. With these reports at hand, it made easier to make the case for the QEP to ensure students have ample opportunity to write as much as possible in all of their courses.

Some may ask, “Why are we making a big deal out of writing?”

Why is writing so important? Why not math?

Although writing may sometimes feel like an assessment of the students’ abilities, Stampfl said, writing is beneficial in the way that it helps to familiarize students with the research process and understanding a subject, and is extremely beneficial to reflection (personal) academic writing.

The overall goal of the Writing Academy is for students to become better communicators and writers, while professors gain a better understanding of their students’ skills, and students

are able to progress in their majors. Numerous studies show strong writing skills increase communication and research skills.

“Be effective, you have to be able to write and understand your field well,” Stampfl said. “What we are in exit surveys, that seniors had heavy writing in (the first two years), and then not much at all until their senior projects was insightful.”

Students had an issue with this, feeling ill-prepared for senior courses. At the same time, professors were confused as to why students were coming into their senior courses, and struggling so much with their senior projects – thinking students had had enough writing practice in lower divisions courses. With the Writing Academy, the idea is to have a continuous amount of writing throughout the undergraduate courses.

The whole purpose of the QEP and the academy is to reach professors and majors that have very little writing involvement in their courses. Rather than rewriting a course’s entire curriculum, the Writing Academy will help professors adjust writing curricula within their own courses.

Instead of having a multiple-choice exam, there might be a short essay or two thought-provoking questions. Instead of just a quiz, students may be required to write a response essay to the chapter. From what Stampfl explained, the possibilities are nearly endless when adding writing to other course curricula.

Professors will be creating so-called “writing ladders” for their courses. These ladders will help build progression for students and help teach different writing skills and different times throughout the undergraduate courses.

The completion of the courses is to ensure students have the required writing skills to progress in their majors. Numerous studies show strong writing skills increase communication and research skills.

“Be effective, you have to be able to write and understand your field well,” Stampfl said. “What we are in exit surveys, that seniors had heavy writing in (the first two years), and then not much at all until their senior projects was insightful.”

Students had an issue with this, feeling ill-prepared for senior courses. At the same time, professors were confused as to why students were coming into their senior courses, and struggling so much with their senior projects – thinking students had had enough writing practice in lower divisions courses. With the Writing Academy, the idea is to have a continuous amount of writing throughout the undergraduate courses.

The whole purpose of the QEP and the academy is to reach professors and majors that have very little writing involvement in their courses. Rather than rewriting a course’s entire curriculum, the Writing Academy will help professors adjust writing curricula within their own courses.

Instead of having a multiple-choice exam, there might be a short essay or two thought-provoking questions. Instead of just a quiz, students may be required to write a response essay to the chapter. From what Stampfl explained, the possibilities are nearly endless when adding writing to other course curricula.

Professors will be creating so-called “writing ladders” for their courses. These ladders will help build progression for students and help teach different writing skills and different times throughout the undergraduate courses.

The whole purpose of the QEP and the academy is to reach professors and majors that have very little writing involvement in their courses. Rather than rewriting a course’s entire curriculum, the Writing Academy will help professors adjust writing curricula within their own courses. These ladders will help build progression for students and help teach different writing skills and different times throughout the undergraduate courses.

The whole purpose of the QEP and the academy is to reach professors and majors that have very little writing involvement in their courses. Rather than rewriting a course’s entire curriculum, the Writing Academy will help professors adjust writing curricula within their own courses.

Instead of having a multiple-choice exam, there might be a short essay or two thought-provoking questions. Instead of just a quiz, students may be required to write a response essay to the chapter. From what Stampfl explained, the possibilities are nearly endless when adding writing to other course curricula.

Professors will be creating so-called “writing ladders” for their courses. These ladders will help build progression for students and help teach different writing skills and different times throughout the undergraduate courses.

Sister Mary Johnson, Sister Patricia Wittberg and Dr. Mary Gautier, coauthors of the book, “New Generations of Catholic Sisters: The Challenge of Diversity,” spoke to attendees, who are encouraged to learn more about and to see what you want in life. "It’s something I’ve thought about but I’ve never really pursued it." For UIW sophomore Hilary Sanchez, the symposium was enlightening. "I think some people had questions about me doing this because I’m not getting married," she said. "I’ve had a lot of jobs, but this job is going to mean the most in fulfillment for me.”

The Incarnate Word Missionaries program is currently recruiting. For information, e-mail wgp.adagonzalez@gmail.com, or call (210) 222-2022, Ext. 297.
October Upcoming Events

American citizens have to understand the U.S. Constitution to enforce its laws, a senior federal appeals court judge said Sept. 17 at the campus celebration of Constitution Day.

“We have to understand how we got to the stance we are at with same-sex marriage and sexual equality,” Circuit Court of Appeals Judge Patrick Higginsbotham said to a University of the Incarnate Word audience in J.E. and L.E. Mabee Library Auditorium.

“We have to ask ourselves what is in it for us because we can outdistance our countries and their laws in this world but once they are all together, they either abide by the rule of law or they don’t,” Higginsbotham said.

Higginsbotham spoke about the constitutional conventions, the laws of the country, and the amendments that make up the Constitution in an observance of the federal government requires of all federal education institutions receiving federal funding.

“The Department of Government and International Affairs, part of the College of Humanities, Arts and Social Sciences, plans the annual program to meet the federal requirement. Constitution Day has been celebrated every year on Sept. 17 since 2004 when then-U.S. Sen. Robert Byrd amended a spending bill mandating the observance.

Higginsbotham talked about the history of the Constitution, beginning with the constitutional convention.

“You cannot just write a document,” Higginsbotham said. “Brilliant minds and people of integrity worked very hard on this thing, and it was the product of a lot of fighting and conflict.”

The Center for Hispanic Heritage Month, which includes monthly events highlighting Hispanic culture, was held Oct. 1-10.

Internship Fair Tuesday, Oct. 22, 2-6:30 p.m.
Location: Dubuis Lawn in the Headwaters Sanctuary west of the Administration Building, sponsored by the Headwaters, a ministry of the Sisters of Charity of the Incarnate Word, founders of the University of the Incarnate Word.

Sister Martha Ann Kirk, a longtime religious studies professor who celebrated her 50th year as a member of the Sisters of Charity of the Incarnate Word in Tanzania.

Participants are encouraged to bring live and stuffed animals to the program co-sponsored by UW Libraries, the Office of the Chancellor, and the Headwaters, a ministry of the Sisters of Charity of the Incarnate Word, founded by the university.

Following the blessing, there will be a 6:30 program on “A Catholic and Islamic Response to Climate Change” in Room 319 of the Administration Building, sponsored by the Cardinal Newman Society, Catholic Social Justice class.

Recently, Pope Francis I shared “On Care of Our Common Home” and Muslim leadership released “The Islamic Document on Climate Change,” said Sister Martha Ann Kirk.

“Living Compassion, Justice and Peace” is the theme of a series of events marking the October Season of Peace and Justice at the University of the Incarnate Word.

“The annual St. Francis of Assisi Blessing of Animals and Prayer for Creatures” will kick off the month at 5:15 p.m. on Thursday, Oct. 1, at the entrance to the Headwaters Sanctuary west of Sullifield Field.

Peace, justice events planned for October

Constitution Day: Federal judge praises historic document

“Loving Compassion, Justice and Peace” is the theme of a series of events marking the October Season of Peace and Justice at the University of the Incarnate Word.

“The annual St. Francis of Assisi Blessing of Animals and Prayer for Creatures” will kick off the month at 5:15 p.m. on Thursday, Oct. 1, at the entrance to the Headwaters Sanctuary west of Sullifield Field.

Participants are encouraged to bring live and stuffed animals to the program co-sponsored by UW Libraries, the Headwaters, a ministry of the Sisters of Charity of the Incarnate Word, founded by the university.

Following the blessing, there will be a 6:30 program on “A Catholic and Islamic Response to Climate Change” in Room 319 of the Administration Building, sponsored by the Cardinal Newman Society, Catholic Social Justice class.

Recently, Pope Francis I shared “On Care of Our Common Home” and Muslim leadership released “The Islamic Document on Climate Change,” said Sister Martha Ann Kirk.

“Living Compassion, Justice and Peace” is the theme of a series of events marking the October Season of Peace and Justice at the University of the Incarnate Word.

“The annual St. Francis of Assisi Blessing of Animals and Prayer for Creatures” will kick off the month at 5:15 p.m. on Thursday, Oct. 1, at the entrance to the Headwaters Sanctuary west of Sullifield Field.

Participants are encouraged to bring live and stuffed animals to the program co-sponsored by UW Libraries, the Headwaters, a ministry of the Sisters of Charity of the Incarnate Word, founded by the university.

Following the blessing, there will be a 6:30 program on “A Catholic and Islamic Response to Climate Change” in Room 319 of the Administration Building, sponsored by the Cardinal Newman Society, Catholic Social Justice class.

Recently, Pope Francis I shared “On Care of Our Common Home” and Muslim leadership released “The Islamic Document on Climate Change,” said Sister Martha Ann Kirk.

Peace, justice events planned for October

Constitution Day: Federal judge praises historic document

“Loving Compassion, Justice and Peace” is the theme of a series of events marking the October Season of Peace and Justice at the University of the Incarnate Word.

“The annual St. Francis of Assisi Blessing of Animals and Prayer for Creatures” will kick off the month at 5:15 p.m. on Thursday, Oct. 1, at the entrance to the Headwaters Sanctuary west of Sullifield Field.

Participants are encouraged to bring live and stuffed animals to the program co-sponsored by UW Libraries, the Headwaters, a ministry of the Sisters of Charity of the Incarnate Word, founded by the university.

Following the blessing, there will be a 6:30 program on “A Catholic and Islamic Response to Climate Change” in Room 319 of the Administration Building, sponsored by the Cardinal Newman Society, Catholic Social Justice class.

Recently, Pope Francis I shared “On Care of Our Common Home” and Muslim leadership released “The Islamic Document on Climate Change,” said Sister Martha Ann Kirk.

Peace, justice events planned for October
Student provides medical services in Mexico

By Yolanda Martinez

The UIW missionaries were part of a larger Los Quijotes contingent making its 16th annual mission to Oaxaca under the direction of Dr. Hugo Castaneda and the executive team of the organization, Los Quijotes de San Antonio. God bless the mission, to fulfill UIW’s mission, to become a global leader in faith, service and innovation.

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel, and a reception will follow featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.

Heritage Day activities set

The spotlight will fall on Dr. Louis J. Agnese Jr., Adela Gott, Sister Eilish McPherson Jr., Dr. Julie Miller, Albert Oliva, Dr. Carla Angella Lawson, John Leon, Estella Mallard, Benjamin Manual Hernandez, Michael Hood, Priscilla Johnson, Gladys Delgado, Gerardo Garza, Dr. Patricia Gower, Dr. Philio Lampe, Dr. William Carleton and Sister Eilish McPherson Jr., as well as others marking five, 10, 15, 20, 25, 30, 35 years.

At 2 p.m., the Employee Recognition Awards Ceremony will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel. The Heritage Day liturgy will be followed by a reception featuring coffee, juices and muffins. The Heritage Day liturgy will be at noon, Wednesday, Oct. 6, in Our Lady’s Chapel.
Some students tripping on double-dipping

“There was a time in my life when my family struggled financially and the kindness of strangers made my family’s life a little easier,” a senior at UIW said. “That was my family story, not necessarily my own story.”

In recent times I have taken on so many other responsibilities to do my part for our community, but I know she would be proud of me. But I couldn’t help and feel a little bit of sadness inside, but also joy. I thought not everything is as great as her, I still managed to do all of them and I’m still managing to do the job done.

E-mail Hernandez at amherna5@student.uiw.edu.
In Part I last month, I wrote about how modern farming has inadvertently removed many of the beneficial, biologically active compounds (phytonutrients) from our veggies and fruits, and how this has led to serious health challenges. I focused on the many strains of the same vegetable – say a grape tomato over a beefsteak tomato – are superior in nutritional terms. We also mentioned the importance of freshness when buying and eating your veggies (and fruits), and how grocery stores store their produce for long periods of time in the transport chain. It’ll get you preparing your food in such a way that will maximize the health benefits, and the selection of the better vegetables.

Exposing your vegetables to heat and cold, or the vegetable, can increase or decrease their health benefits. For instance, potatoes, if baked rather than fried, will increase their nutritional content greatly. A similar “t吀eate with care” occurs with carrots, if you boil them whole, cool them then refrigerate them, they will lose their health benefits drastically. Tomatoes exposed to heat will, in the traditional Italian-style simmer, will also greatly increase their anthocyanin content (whose color is red) and their flavor, in the processing they are exposed to high temperatures. Cannibis beans actually happen to be one of the most nutritious kinds you can consume, due to the high heat exposure during the capping process. The high heat happens to make some of these phytonutrients more readily available to your body and therefore more of it is actually absorbed.

One thing to keep in mind is this can go both ways in some cases. Let’s say you want to boil some onions. Onions are notorious for being one of the most health beneficial vegetables. They have a phytonutrient known as quercitin, which is currently under investigation for anti-viral, anti-bacterial, and anti-cancer properties. The only thing to avoid in the preparation is to boil them, unless you are convinced that it is okay to do so. You could boil your onion in white wine to help preserve their quercitin content. Steaming corns the vast majority of the phytonutrient content, however, and is recommended for one of the best ways to prepare corn.

Now for the selection of the more potent strands of vegetables. When dealing with vegetables, I normally prefer to buy the red and purple onion varieties are way better for you more colorful varieties are going to be more nutritious than the others, so gravitate to the colors. About 30 percent of the beneficial compounds will transfer to the boiling water. With onions you should opt for the red or purple ones for their quercitin content. Steaming corns the vast majority of the phytonutrient content, however, and is recommended for one of the best ways to prepare corn. Purple broccoli is way better at fighting cancer than green broccoli, but both are nutritious veggies and capable of destroying cancerous cells. Broccoli must be consumed shortly after being harvested, as it loses its phytonutrient content quickly. The shape of the broccoli, although it is too highly nutritious in its standard green variety. The reason is they preserve (lose water rapidly), forcing them to convert these phytonutrients you want for the vegetable’s sustainability. Eating meat is even more beneficial than the leafy greens, and the purple kind is better than the green. Just make sure you know they’re fresh. Rib together and if they squeak, it’s squelleaky fresh.

The best potatoes for you to eat are the small-purple and red-colored kind, sometimes called flagging potatoes. These don’t raise your blood sugar drastically like you at this big potato (the most common purple potato is known one) and these small size allows you to moderate your intake. Russet potatoes are good. They have the highest potassium content of all of the potatoes, but they will raise your blood sugar much more than their colorful cousins. The smaller the potato the smaller the ones are even better way than those even those expensive heirloom varieties. Always make sure you know they’re fresh. Rib together and if they squeak, it’s squelleaky fresh.

As I continued to walk around, there was a group of people having a yoga class. The (Farmers Market) I went to was different from what I’m used to but still fun to say anything. I walked around and mostly saw people who were buying some no chemical food to be all around, also saw people selling their own diet. I didn’t see much as far as fruit and vegetables and it was smaller than the ones back in Dallas. As I continued to walk around, there was a group of people having a yoga class.

Recently, I went on a Saturday with a friend to the Farmers Market at the Pearl. We decided to have brunch at Baky Lorentz and the Pearl was much more packed than I was expected because the Farmers Market was really fun and was different than the ones I’m used to going to back home. At home, mostly local farmers who plant their own vegetables and fruit. Most recently, they expanded on who gets to sell their products at the market and now people sell handmade soap, homemade salads, organic pastries and dog treats. The Farmers Market I went to was different from what I’m used to but still fun to say anything. I walked around and mostly saw people who were buying some no chemical food to be all around, also saw people selling their own diet. I didn’t see much as far as fruit and vegetables and it was smaller than the ones back in Dallas. As I continued to walk around, there was a group of people having a yoga class.

Farmers Market: Gem at the Pearl

As I continued to walk around, there was a group of people having a yoga class.
Dr. Zaidi Reem Garcia, above, an assistant professor in the Department of Communication Arts, leads a group of students at one of the worksites during ‘Meet the Mission.’ Their job was to get these books shelved in some kind of order. Although arriving late to the site due to transportation glitch, the group managed to get the job done. They were among an estimated several hundred students involved in the annual community service drive on Sept. 18, meeting first at McCombs Center Rosenberg Sky Room for breakfast in three different waves, fanning out to different sites, returning for lunch at the end of their shift and reflecting on their experiences.

Photos By Gaby Galindo
UIW men’s soccer team routs CIW-Mexico in Benson match

By Stephanie Anderson

UIW hosted Louisiana State University-Alexandria’s Generals.

“My teammates and coaching staff have been very welcoming,” she said. “They make me feel like I have been a part of this team for a long time. I couldn’t ask for a better group of people.”

Spaniard ready to play ball at UIW

By Jordan Lacy

Twenty-year-old Celia García-Paunero is weeks away from making her Division I debut with the Cardinals this November.

After two record-setting seasons with her former team and a dream became a reality two years ago when she was offered a scholarship to play for Otero Junior College in Texas.

After two record-setting seasons with her former team and a dream became a reality two years ago when she was offered a scholarship to play for Otero Junior College in Texas.

While growing up in her native Spain, this long-awaited opportunity was a once-in-a-lifetime opportunity - playing NCAA Division I basketball.

To several schools offering me scholarships to play for them, I decided to visit three schools from the offers I had. Finally, I decided that UIW was the best choice for me.”

UIW men’s soccer team routs CIW-Mexico in Benson match

By Stephanie Anderson

After a two-hour weather delay, UIW men’s soccer defeated CIW-Mexico 3-0 on UIW’s Gayle and Tom Benson Stadium late Friday night, Sept. 25.

The Cardinals prepared to take the field Saturday, Sept. 19 at UIW’s Gayle and Tom Benson Stadium.

The Cardinals take advantage of another penalty kick.

Senior tight end Cole Wick, along with junior running backs Broderick Reeves and Junior running back Reeves added 66 yards on nine carries.

Although Reeves was brought into the game during the fourth quarter, he was able to move the ball forward, giving the Cardinals the opportunity to score.

“It was a rollercoaster because we started off slow and had some turnovers,” Reeves said.

“I am really proud of that accomplishment because all the hard work throughout the years is finally paying off.”

“I was really excited because we started off slow and had some turnovers,” Reeves said.

“The hang on the interception by Nichols helped the game change for us. I was put in the right time to make the best opportunity of it.”

UIW’s men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.

UIW men’s soccer team routs CIW-Mexico in Benson match.
By Zach Lauter
LOGOS STAFF WRITER

The University of the Incarnate Word baseball team has been practicing since Aug. 24 and its players are busy with individual position workouts to gear up for the spring season.

Full team practices started Sept. 22.

"This season seems to have more positive energy than last year," said sophomore Tanner Wall, a business administration major from San Antonio. "We should be able to compete more than last year in conference and even against the big-time opponents."

The biggest hurdle for the upcoming season will be replacing 19 pitchers of last year’s starting rotation with the departures of key pitchers due to injury, graduation and even to the MLB draft — in the case of Geno Encino, who is pitching with the Bluefield Blue Jays, in the Rookie Appalachian League, a minor league team affiliated with the Toronto Blue Jays.

The Cardinals are only returning three out of five of the team pitchers with the best ERAs. One of the returnees is John Shull, a communication arts major from San Antonio.

"This year’s focus needs to be on pitching because in the past it has been our Achilles heel," said junior outfielder Mark Whitehead, a business administration major from San Antonio. "Our bullpen guys need to be able to get guys out."

The individual workouts have allowed players to focus more on the little parts of our game. Senior catcher Weston Pitts, a business administration major from San Antonio, has used the individual practices to get a closer look at some of the new faces on the pitching staff.

The team only has one junior college transfer from this year’s class, meaning the rest are freshmen.

"I’m looking for players who have had some experience in high school or college," said junior college transfer Lance Moonkowske. He opens up new possibilities for the team this season. "I’m excited to see (Shull) take on more responsibility and play the game like a guy who has been here a little longer."

With the start of team practices, the Cardinals will work more on specific plays and important live team scrimmages. The scrimmages will be a big opportunity for pitchers to grab starting and bullpen roles for facing live batters. The same goes for the batters, as they will face live pitching for the first time this fall. There are limited position battles at the middle infield positions and behind the plate at catcher. The live scrimmages will help players win or lose the starting job at those positions.

"In order to take pressure off some of the new pitchers our lineup will have to produce more hits and more runs," said Braden Martinez, a senior utility player from Andrews, Texas.

"We have to get our guys on the mound more confidence and time to rest."

With the recent release of the 2016 schedule the Cardinals, once again, have a tough non-conference schedule when they face eight teams that made NCAA regional. This matchup is exciting some of the players and they look forward to a challenge. The team has used the fall season to build chemistry for the upcoming season.

"This prepares us for the bigger stage of conference games," said Matt Morris, a business administration major. "It also helps people see us as a team that can compete with the top-tier teams nationally. The fall season has been all about the grind and everyone has grown into a very tight-knit group."

UIW Lacrosse Club seeks new players

By Kelsey Johnson
LOGOS STAFF WRITER

The UIW Lacrosse Club is in fall training and looking for new players to get involved with the group going up for the spring season.

"The team started two years ago when we gathered guys together who were interested," Samuel Martinez, founder and captain of the club, said.

UIW only has a men’s lacrosse team right now, but women are welcome to join and play.

"It’s a men’s team only, but women are allowed to play," Jeffrey O’Neill, head coach, said. "However they should be warned that they must play by men’s rules. I’m looking for players who are athletic, but no experience is necessary."

The team’s range of experience varies from players such as Will Biba who played the sport for six years prior to joining the team, to players such as Zach Miller who had no previous experience prior to joining.

"We have 19 members right now at the moment," O’Neill said. "But we want to expand to at least 25 players."

O’Neill joined the Cardinals this year as a graduate student who has played this sport for a while and wanted to stay involved in the sport he loves.

"Lacrosse is a great way to represent your university," Miller said. "The fact that we play against clubs such as A&M and UT Austin.

"Lacrosse is not an intramural sport in any university; the UIW Lacrosse Club competes against clubs such as A&M and UT Austin.

"Lacrosse is a great way to represent your university," Miller said. "The fact that we play against teams like A&M make me proud to say I play lacrosse at UIW."

"Lacrosse season begins in the spring and all students and staff are encouraged to support and spectate the games."

The UIW Lacrosse Club practices 9-11 p.m. Sunday through Thursday at Gayle and Ron Benson Stadium. Anyone looking to get involved is encouraged to attend practice times or e-mail Jeffrey O’Neill, head coach, at joneill@uiwtx.edu.

New, familiar faces lift baseball team’s hopes

By Zach Lauter
LOGOS STAFF WRITER

Braden Martin
Weston Pitts
Mark Whitehead
Matt Morris
Samuel Martinez, founder and captain of the club, said while the group gears up for the spring season.

"The team started two years ago when we gathered guys together who were interested," Martinez, founder and captain of the club, said.

UIW Lacrosse Club seeks new players

By Kelsey Johnson
LOGOS STAFF WRITER

UIW Lacrosse Club is in fall training and looking for new players to get involved with the group going up for the spring season.

"The team started two years ago when we gathered guys together who were interested," Samuel Martinez, founder and captain of the club, said.

UIW only has a men’s lacrosse team right now, but women are welcome to join and play.

"It’s a men’s team only, but women are allowed to play," Jeffrey O’Neill, head coach, said. "However they should be warned that they must play by men’s rules. I’m looking for players who are athletic, but no experience is necessary."

The team’s range of experience varies from players such as Will Biba who played the sport for six years prior to joining the team, to players such as Zach Miller who had no previous experience prior to joining.

"We have 19 members right now at the moment," O’Neill said. "But we want to expand to at least 25 players."

O’Neill joined the Cardinals this year as a graduate student who has played this sport for a while and wanted to stay involved in the sport he loves.

"Lacrosse is a great way to represent your university," Miller said. "The fact that we play against clubs such as A&M and UT Austin.

"Lacrosse is a great way to represent your university," Miller said. "The fact that we play against teams like A&M make me proud to say I play lacrosse at UIW."

"Lacrosse season begins in the spring and all students and staff are encouraged to support and spectate the games."

The UIW Lacrosse Club practices 9-11 p.m. Sunday through Thursday at Gayle and Ron Benson Stadium. Anyone looking to get involved is encouraged to attend practice times or e-mail Jeffrey O’Neill, head coach, at joneill@uiwtx.edu.
A former president of the American Association of Colleges of Pharmacy will speak Friday, Oct. 2, at Feik School of Pharmacy’s Class of 2019 at 1 p.m. in McCumber Center Rooingk Room by plane, and you can't refuse to pick me up at a different time in the airport. She told me they probably wouldn't be able to pick me up because I'd be arriving pretty late. It was then that I realized something: I SHOULDN'T BE DOING THIS, EVERYTHING IS GOING WRONG! But, I ended up stepping on that plane because I'm not going to let this guy break me. I'm going to be strong, and I'm going to make it through this. I'm going to make it through this, and I'm not going to let him break my spirit.

In my letter, I wrote something along the lines of: “When you read this, I’m probably going to be an airplane wondering what you’re doing right now.”

Chase was Gates Wigner Dean for Fellows Program. In this capacity, she has taught the academic curriculum and has spent almost 20 years serving as a director of pharmacy in hospitals with more than 650 beds.

Greece: A Greek Odyssey gets rocky start}

Have you ever been in that awkward situation when you say goodbye to someone and it turns out you are both walking in the same direction? Well, I experienced a similar situation before taking my plane to study abroad in Greece – only it was a little bit more awkward.

I'm never sure if this public or women or men can keep making your mouth, you will find it out. I suffer from a chronic disease called “bad luck.” It started when I was little. I would always find myself in some out-of-the-ordinary situations. Sept. it was no exception.

She was recognized as Hospital Pharmacist of the Year by the Maine Society of Health System Pharmacists, received the Outstanding Leadership Award from the Western University of Health Sciences, and Manager of the Year for the Oklahoma Medical Center.

In 2003, she was the recipient of the Terry Hageboeck Teaching Award from AACP’s Innovations in Teaching Program and a bronze award from the Indiana Wellness Foundation. She subsequently received the Haddad Award from the Maine League of Pharmacists, then became the first pharmacist to be recognized as the Health Educator of the Year for the State of Maine. She was also recognized as Hospital Pharmacist of the Year for the Oklahoma Medical Center.

Pharmacy school leader to address Feik’s Class of 2019

Dr. Patricia Chase will address John and Rita Feik School of Pharmacy’s Class of 2019 at 1 p.m. in McCumber Center Rooingk Room by plane, and you can't refuse to pick me up at a different time in the airport. She told me they probably wouldn't be able to pick me up because I'd be arriving pretty late. It was then that I realized something: I SHOULDN'T BE DOING THIS, EVERYTHING IS GOING WRONG! But, I ended up stepping on that plane because I'm not going to let this guy break me. I'm going to be strong, and I'm going to make it through this. I'm going to make it through this, and I'm not going to let him break my spirit.

In my letter, I wrote something along the lines of: “When you read this, I’m probably going to be an airplane wondering what you’re doing right now.”

Chase was Gates Wigner Dean for Fellows Program. In this capacity, she has taught the academic curriculum and has spent almost 20 years serving as a director of pharmacy in hospitals with more than 650 beds.
‘La Feria’ features festive food, fun

By Gaby Galindo

LOGOS PHOTO EDITOR

Plenty of free food, music and T-shirts brought many to Dubuis Lawn during the celebration of La Feria on Wednesday, Sept. 23, one of several events marking Hispanic Heritage Month.

University of the Incarnate Word students, staff and faculty helped themselves to fruit, roasted corn, margarita-flavored slushes and mini street tacos from Chela’s Tacos, while listening to a variety of songs performed by a mariachi group, at the event sponsored by the Campus Activities Board.

“I enjoyed having the time to go and enjoy some food and music after a long week,” said Devin Easley, 21, a junior computer information systems major from San Antonio. “It was very relaxing and welcoming.”

Nicole Garcia, CAB’s director of external affairs, said many volunteers helped promote and carry out the annual event.

“Our goal for this event was to give the students a break during the day by letting them embrace the Hispanic culture,” Garcia said.

CAB had to overcome several challenges while planning this event, especially when it came to managing the budget to finance it, Garcia said.

“Everything cost money and in order for us to give students quality giveaways it required a lot of compromise between the board and the vendors,” Garcia said. “This event is becoming a UIW tradition and will definitely continue for years to come. Hopefully in the coming years we can make the menu larger and bring in more entertainment.”

Easley said he looks forward to attending the event again in the future, emphasizing he has relatives who cherish Hispanic traditions.

“I grew up with stuff like this at home and I always enjoy going to events like this because I feel like I’m right at home,” Easley said. “If I could I would try to invite my grandparents next year. I’m sure they would love it.”

Photos By Gaby Galindo/
LOGOS Photo Editor

Campus Activities Board planned ‘La Feria’ on Wednesday, Sept. 23, as part of the University of the Incarnate Word’s celebration of Hispanic Heritage Month. Students, staff and faculty members lined up for free street tacos from a food truck or roasted corn from Sodexo. A mariachi band played under a sunny San Antonio day that allowed participants to make new friends or see old ones. Other events are planned through mid-October.
"Almost, Maine," a romantic comedy by John Wiley, will have its opening night on Oct. 10, at the University of the Incarnate Word’s Cheever Theatre.

The play is set in Autumn at an infinite road, where the new level he as he explores the theme of love," said Marta Pelaez, director of education and training at the Center.

"I hope for people to learn and take away that the films and conversations about domestic violence and rape, incest or domestic violence. Speaker: Jennifer Tristan, director of education and training at the Center.

"I truly hope the audience enjoys watching the show as much as I enjoy reading and preparing it with my theatre family."

For more information, call (210) 829-3800 or email theatre@uiwtx.edu.

"Almost, Maine," under the direction of Assistant Professor Matt Trimmer, opens at 8 p.m. Friday, Oct. 2, at Cheever Theatre at the University of the Incarnate Word.

The show runs through Oct. 7. The performance features plays, musical numbers and social discussion. The show will focus on domestic violence and rape, incest or domestic violence. Speaker: Jennifer Tristan, director of education and training at the Center.

FILM

"Almost, Maine," under the direction of Assistant Professor Matt Trimmer, opens at 8 p.m. Friday, Oct. 2, at Cheever Theatre at the University of the Incarnate Word.

"Almost, Maine," a romantic comedy by John Wiley, will have its opening night on Oct. 10, at the University of the Incarnate Word’s Cheever Theatre.

The play is set in Autumn at an infinite road, where the new level he as he explores the theme of love," said Marta Pelaez, director of education and training at the Center.

"I hope for people to learn and take away that the films and conversations about domestic violence and rape, incest or domestic violence. Speaker: Jennifer Tristan, director of education and training at the Center.

"I truly hope the audience enjoys watching the show as much as I enjoy reading and preparing it with my theatre family."

For more information, call (210) 829-3800 or email theatre@uiwtx.edu.

"Almost, Maine," under the direction of Assistant Professor Matt Trimmer, opens at 8 p.m. Friday, Oct. 2, at Cheever Theatre at the University of the Incarnate Word.

The show runs through Oct. 7. The performance features plays, musical numbers and social discussion. The show will focus on domestic violence and rape, incest or domestic violence. Speaker: Jennifer Tristan, director of education and training at the Center.

FILM

"Almost, Maine," under the direction of Assistant Professor Matt Trimmer, opens at 8 p.m. Friday, Oct. 2, at Cheever Theatre at the University of the Incarnate Word.

"Almost, Maine," a romantic comedy by John Wiley, will have its opening night on Oct. 10, at the University of the Incarnate Word’s Cheever Theatre.

The play is set in Autumn at an infinite road, where the new level he as he explores the theme of love," said Marta Pelaez, director of education and training at the Center.

"I hope for people to learn and take away that the films and conversations about domestic violence and rape, incest or domestic violence. Speaker: Jennifer Tristan, director of education and training at the Center.

"I truly hope the audience enjoys watching the show as much as I enjoy reading and preparing it with my theatre family."

For more information, call (210) 829-3800 or email theatre@uiwtx.edu.
University honors two retiring professors

The University of the Incarnate Word paid special tribute Thursday, Sept. 24, to two faculty members for the legacies that they’ve left recently retiring.

Dr. Kevin B. Vichales, associate provost and dean of the College of Humanities, Arts and Social Sciences, led Dr. Pat Lonchar and Dr. Harold Rodinsky, a psychology professor, for their contributions.

Rodinsky, former dean of the college, and Dr. Harold Rodinsky, a psychology professor, for their contributions.

Social Sciences, lauded Dr. Pat Lonchar, a longtime English professor and former assistant


GREEK LEADERSHIP BREAKFAST honors top chapters

Three Greek sororities at the University of the Incarnate Word were cited as Chapters of Excellence at a Sept. 23 Greek Leadership Breakfast.

Dr. Alpha Delta Beta Chi and Delta Xi No. earned the chapter honors under a Greek Cardinal Principles benchmark program launched last fall by University Events and Student Programs, which also oficially charmed the Paulinian Council, Interfraternity Council, and new Multicultural Greek Council for the 2015-16 year.

The Greek Cardinal Principles program is aimed at strengthening leadership, community service, chapter management, and campus involvement, said Paul H. Mahoney, student affairs director.

University Events and Student Programs.

Alpha Sigma Alpha, the first national sorority on campus in 1917, worked the last year to achieve its award, said Chapter President Kristen Pannell.

“This past year alone, the chapter has managed to raise nearly $5,000 to donate to our philanthropic partners—Glee Club and the Panhellenic Council.”

Greek Leadership Breakfast honors top chapters

On the Run, Special Olympics, ASA Foundation and 1998, did a lot in the last year to achieve its award, said Chapter President Kristen Pannell.

“Attending the Greek Leadership Retreat this year, I realized how important it is to respect and work alongside other UWG Greek chapters in order to continue to improve Greek Leadership Breakfast honors top chapters

Balance between exactitude and humanness

I saw that the logic was right and that the rule was right as long as the language remained the same. I was not thinking about the psychological phenomena at anything other than a very superficial level. You could see that software had real problems with my typing.

The text-to-speech accessibility feature of my computer’s operating system also had “fun” with this first sentence because I have the spelling, grammar and autocorrect features selected. As a consequence, the software deemed spelling mistakes.

For the first time, I have read that software can not only recognize the words we speak but “understand” what we are thinking by the words and grammar we use and respond to us with “a voice” we chose. I imagine a day not far off when softwares will be able to read inferences in our tone and body language how we are feeling and what our next thoughts or actions might be and accommodate us by adapting its responses accordingly. My students, growing up in a world of Twitter and intelligent personal assistants such as Siri and Cortana, must also learn abstraction beyond icons and tactile beyond selfcorrecting softwares. This comes hard to some of them who are used to abbreviation as the norm, ambiguity or error being “forgotten,” and for whom math is a foreign language. Programming in its many forms (from raw coding to operating systems admin to website development to database management) is an integral part of a science degree in computers. At that level, they must see the computer as a machine rather than

Dr. Pat Lonchar and Dr. Harold Rodinsky open their gifts in the Special Colleective Room on the request of Bishop Claude Dubuis.

Dr. Susan Hall, a professor of education and director of the Center for Teaching Excellence, shared how much Lonchar had played a role in writing successful grants to help fund educational improvements and innovations, as well as satisfy reaccreditation requirements.

Vichales said both retirees had many commonsides including learning skills, unselfish, commitment to mentorship, balance, generosity, huge hearts and “your drive to make the world a better place.”

Both Lonchar and Rodinsky, Vichales said, also possess a “wonderful laugh.”

“For me, as a signal of the true pleasure you so readily find in your work – in the people you’ve mentored, the students you’ve inspired – in the world a better place.”

For me, it is a signal of the true pleasure you so readily find in your work – in the people you’ve mentored, the students you’ve inspired – in the people you’ve mentored, the students you’ve inspired. So, I invite your feedback, dialogue, and differing opinions on this topic.

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

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

E-mail Younigblood, head of the Computer Information Systems program, at youngblood@uiwtx.edu.
Murals mean much to San Antonio’s west side

Jovita Urrea, a banking and finance major.

When psychology major Sara Suarez saw “Mi Barrio,” a mural that represents the community directly surrounding San Anto and how the community should take pride and protect each other, she shared her reaction. “It felt so much peace as if I was back home walking through my barrio and seeing my friends and family,” Suarez said.

At the class was looking at the murals on San Antonio Cultural Center and next door, a boy identifying himself only as “Jeremiah,” who lived across the street, came up and started visiting with the group. The boy who appeared to be about 10 or 11, proudly showed the boy identifying himself only as “Jeremiah,” who lived across the street, came up and started visiting with the group. The boy who appeared to be about 10 or 11, proudly showed the "Respect your Barrio" mural, right. On the "Peace and Remembrance" mural at upper right, names of people who have been killed are placed. The class also visited "Eight Stages in the Life of a Chicana" mural, center, and "El Barrio" mural, left.

The Christianity through Art class at the University of the Incarnate Word took a field trip Sept. 15 went to see some of the 49 murals painted on the city’s west side.

The class, under the leadership of Sister Martha Ann Kirk, a longtime religious studies professor, visited five of the murals that have been created by San Anto Cultural Arts: "Eight Stages in the Life of a Chicana," "Eight Stages in the Life of a Chicano," "Mi Barrio" (neighborhood), "Respect your Barrio" and "Salvacion." (saudades).

The class learned four men — known as "Manny," "Cruz" and "Juan" — came together in 1993 with an idea for creative projects. At first they were part of Inner City Development. Then in 1997, that work was established separately as San Anto Cultural Arts, 2120 El Paso St. This project consisted of the creation and protection of murals — murals that had a special meaning to those who created them. Leaders of the center ask people what they would like. Then they get a lead artist to be the event coordinator. Many people assist in the painting.

"Eight Stages in the Life of a Chicana" showed pre-birth, childhood, adolescence, adulthood and old age. "Peace and Remembrance" was painted to honor those who have been victims of domestic violence. On the left side are names of people killed. "Salvacion," a painting of Jesus, appears to express how one feels after going through trials in life. It has three words on it: "Paz," "Salvacion" and "Amor," translated peace, salvation and love. This mural, next to the group he was depicted in the "Respect your Barrio" one. "Jeremiah," who is painted in this mural, is an obviously bright boy, engaging and charismatic, which I believe is partially due to the influence of San Anto Cultural Arts," said English major Scarlett Pacheco.

Religious studies major Tony Yanez-Colon said, "What touched me the most from the visit was the apparent correlation between the work the center is doing in the community specifically the mural art, but obviously not limited to it — and a renewed sense of ownership, pride and perhaps hope that permeates among many of the locals like Jeremiah and Cecilia (no last name), and anyone else who becomes interested in supporting what is happening at El Barrio like former City Council member Patty Radle and her husband who came to greet us." For Sara Lee, a communication arts major, "Visiting the murals was an inspiring experience, and I would like to contribute to organizations that make a difference in the world."

An estimated 225 students — 160 on Saturday morning, Sept. 26, and 65 for the afternoon — participated in checking the strings of the estimated 225 students — 160 on Saturday morning, Sept. 26, and 65 for the afternoon — participated in checking the strings of the estimated 2 million Christmas lights used in the annual ‘Light the Way’ display. Students came not only from the University of the Incarnate Word but also San Antonio Christian College, Our Lady of the Lake University, St. John’s University, Texas A&M University, Texas Tech University, and Texas State University. The students were served a light breakfast and lunch depending on their shifts.

Sister Martha Ann Kirk, special events coordinator for the Office of Communications and Marketing, said the event was tremendously happy with the success for the workday and study to have a positive impact on the success of ‘Light the Way’ each year. This event is an example of our students living out the UIW Mission.’ For more information, go to http://www.sanantoniosd.org or call (210) 226-7466

San Anto Cultural Center will hold a “Huevos Rancheros” Gala on Saturday, Oct. 3.

For more information, go to http://www.sanantoniosd.org or call (210) 226-7466

Sister Martha Ann Kirk, special events coordinator for the Office of Communications and Marketing, said the event was tremendously happy with the success for the workday and study to have a positive impact on the success of ‘Light the Way’ each year. This event is an example of our students living out the UIW Mission.’ For more information, go to http://www.sanantoniosd.org or call (210) 226-7466

Leena Gonzalez/LOGOS STAFF

Seeing a ‘shirt’ Jeremiah, who was born across the street from San Antonio Cultural Arts Center on San Antonio’s west side, was a walk down memory lane for students living out the UIW Mission.’ For more information, go to http://www.sanantoniosd.org or call (210) 226-7466

For more information, go to http://www.sanantoniosd.org or call (210) 226-7466