

Feeling Sick? Flu Season Is Coming!

Health Services is located on the ground level of the Agnese Living/Learning Center, directly behind the School of Nursing Building. There is a bright red awning over the entrance.

Two Registered Nurses are available during the hours of 8 a.m.—5 p.m., Monday thru Friday.

The Campus Physician is available Tuesday mornings from 8:30 a.m.—10:30 a.m.

The Health Center provides the following services: First Aid Treatment, Emergency Care, Minor Illness, Over the Counter Medications, Blood Pressure Screening, Blood Sugar Screening, Blood Cholesterol Screening, Health Promotion, Education and Counseling, Assistance with Student Accident and Illness Insurance and referrals to Physicians, Community Resource Agencies and Campus Resources.



UIW Basketball at St. Mary's: Jan. 24

Join the Cardinals as they face their cross town rivals at St. Mary's on Saturday. The Women's Team plays at 2 p.m. and the Men's Team plays at 4:30 p.m. The San Antonio Sports Foundation announced that "students should show your spirit on TV and get the chance to win a \$100 gift certificate to the book store too! All you have to do is show up as the Incarnate Word Women take on cross-town rivals and undefeated St. Mary's University on Saturday, January 24 at 2 p.m. The game at St. Mary's Bill Greehey Arena will be televised live on CBS College Sports Network."

GO CARDINALS!

Chinese New Year: Jan. 26

Celebrate the year of the Ox from 11:30 a.m. – 2:30 p.m. Monday, Jan. 26 in Marian Hall Ballroom. There will be food, games, cultural demonstration booths and performances.



Society Speaker: Jan. 27, Library Auditorium

Come watch the live broadcast of Tony Hsieh, CEO of Zappos.com, and learn how to build a brand that matters. Student interested in joining the Society of Leadership and Success can arrive at 5:30 p.m. for an informational meeting, speaker broadcast begins at 6 p.m.

Counseling Updates

The Counseling Center has a dedicated staff of Licensed Professional Counselors and Interns available for counseling appointments. Services are free and confidential, address a variety of issues such as anxiety/depression, relationship issues, familial concerns, time/stress management, and test anxiety just to name a few. For appointments: Call Terri @ 829-3126 Dr. Keith Tucker, LPC, LMFT – Director, 829-3129

Ms. Bunnie Saathoff, LPC, LMFT - Asst. Director, 829-3127

Interns:

Ms. Naomi Alvarez, LPCI

Ms. Sherry Garrett, LPCI

Ms. Stacy Grossman LPCI

Ms. Beth Levy, 805-3554

Ms. Kimberly Watts, 805-5829

Be A Leader at UIW: 09-10 Applications Available

Apply to become an FYE Peer Mentor

First Year Engagement is recruiting Peer Mentors for 2009-2010. Additional information and applications are available on the First Year Engagement web site- www.uiw.edu/firstyear. Complete applications are due no later than 5 pm on Wednesday, February 4. Please contact Rochelle Ramirez at rramire2@uiwtx.edu or 805-3004 for more information.

Orientation Leaders Needed

Have fun and get paid for it?! Here's your chance! Become a UIW Summer Orientation Leader! This paid position will allow you to meet new people, catch up with old friends, and stir up enthusiasm for all of the new, incoming Freshmen and Transfer students. Don't get stuck at a dead end job this summer... get involved!

Students must be planning to be enrolled, fulltime, for Fall 2009, be in excellent physical condition, and enthusiastic about UIW! Applications available in the Office of Admissions located in the Kathleen Watson Enrollment Center (the building across the street, in between Bill Miller's and Denny's). For more information, e-mail levy@uiwtx.edu

MLK March

Members of the Black Student Association, Stand Out Alliance, and Walk, Roll and Read joined members of the UIW and San Antonio community this past Monday. The t-shirts and vans were sponsored by the Student Center & Leadership Activities Office



UIW Bicycle Club: Tour de Cure

The University of the Incarnate Word Bicycle Club is proud to support millions of adults and children who are affected by diabetes by participating in the American Diabetes Association sponsored Tour de Cure fundraising event May 30-31, 2009. By participating in the Tour de Cure, the UIW Bicycle Club will be part of the mission to help 23 million Americans with diabetes and their families.

You can be a part of this fundraising event either by registering as a rider, as a volunteer in support of the ride, or by making a donation to the UIW Bicycle Club team. Register today! Registration fee will be waived for the first 30 riders who sign up. Please enter the promo code "UIW" during registration. To register, volunteer or make a donation, http://main.diabetes.org/site/TR/TourdeCure/TDC445518030?team_id=342408&pg=team&fr_id=5621&et=WThV5t32P_1Ro_vBHh08WA..&s_tafId=219367 For further information contact Haldun Unal at unal@uiwtx.edu



Cheer on your Cardinals this season.
For more information visit
www.uiw.edu/athletics

What's Happening Around Campus...

Jan. 28 & Feb. 10: Fiesta Texas, Information Table, Student Center, 11 a.m. - 2 p.m.

Jan. 30 & Jan. 31: "Golden Age of Radio" at 7 p.m. in the Cheever Downstage II Theatre

Feb. 1: "Golden Age of Radio" at 2 p.m. in the Cheever Downstage II Theatre

Feb. 10: Red Dress Fashion Show and Health Fair from 11 a.m. - 1 p.m. in Marian Hall Ballroom

Mar. 3: SGA Open Forum

Mar. 4: Wellness Fair, 10 a.m. - 2 p.m. Marian Ballroom & Life Coach, Christine Hassler, 7 p.m. Library Auditorium

March 5-Save the Date: UIW Job Fair, 2 - 6 p.m., Marian Hall Ballroom & Student Center

Rave Alert:

Emergency Notification Program

UIW officials strongly encourage students, faculty and staff to enroll in Rave Alert, an emergency text and email messaging service. Rave Alert enables UIW representatives to use quickly communicate with you in case of an emergency via email to your Cardinal Mail account and a text message to your cell phone.

www.getrave.com/login/uiw

**WANT YOUR EVENT IN "WHAT'S THE WORD?" SEND AN E-MAIL TO
SSMAKNOJ@UIWTX.EDU OR KMGARCIA@UIWTX.EDU.**