

JUNE 30

WHAT'S THE
WORD

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**CARDINAL COMMUNITY
LEADERS PROGRAM**

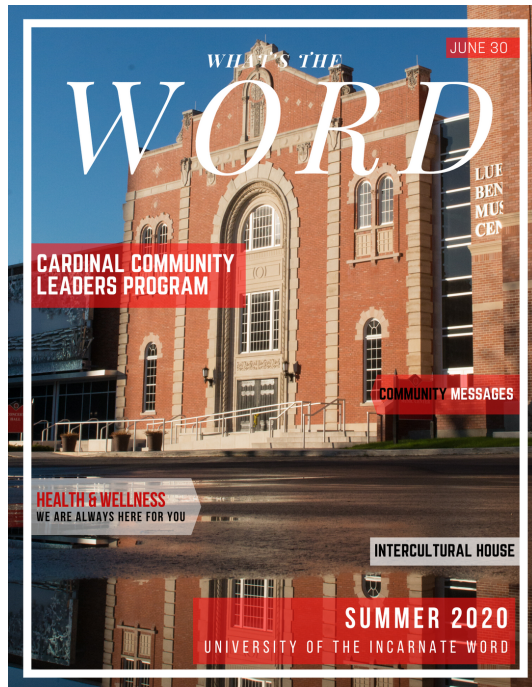
COMMUNITY MESSAGES

HEALTH & WELLNESS
WE ARE ALWAYS HERE FOR YOU

INTERCULTURAL HOUSE

SUMMER 2020
UNIVERSITY OF THE INCARNATE WORD

TABLE OF *contents*



- 3 Intercultural House**
International Office
- 6 University Mission and Ministry**
You Are Not Alone
- 7 Health and Wellness**
We Are Always Here for You!
- 12 Cardinal Community Leaders Program**
Ettling Center for Civic Leadership and Sustainability
- 15 Student Conduct**
Title IX Reminder
- 17 Community Messages**

Message from Campus Engagement

That was a quick month! Goodbye June! Hello July! We are half way through the year, but first we mark the 4th of July holiday and celebrate Independence Day! This week in What's The Word we highlighting some important aspects of our new normal. Find out how to earn service hours by declaring the importance of wearing your mask. Learn about national ice cream month and keeping fit at home.

Remember to stay ENGAGED by logging on to Cardinal Apps. Look for some fun events from Campus Engagement starting this weekend and chances to win prizes by participating on social media. We want to hear from you, so if you have any suggestions on what you want to see in your newsletter, please email us at campusengagement@uiwtx.edu. Enjoy the newsletter and be informed!

"Laughter is America's most important export."
Walt Disney

Praised be the Incarnate Word!



(I-HOUSE)

INTERCULTURAL HOUSE

The Intercultural House (I-House) Living Learning Community (LLC) is a residential space where international and domestic students can connect and grow together to become informed global citizens.


Apply today:

my.uiw.edu/housing

CORE VALUES

- **Respect:** Treat all people with dignity and be open-minded
- **Diversity:** Appreciate and acknowledge differences
- **Social Responsibility:** Commitment to making the world a better place
- **Accountability:** Taking responsibility for your actions
- **Education:** Continuously seeking opportunities for life-long learning

 dvogel@uiwtx.edu

 210-283-6915

 chiodobe@uiwtx.edu

 210-805-2357

Danielle Vogel

Immigration Advisor
ISSS

J.R. Chiodo-Benmuvhar

Assistant Director
Residence Life

Become a UIW Global Ambassador for the 2020- 2021 school year

UIW Global Ambassadors are leaders trained in mentorship, multicultural competencies, and more. This year the UIW Global Ambassador program will provide students with two tracks. Both tracks offer the same training and expectations, but allow you to work with different student populations. Students are able to apply to one or both tracks.

The International Students and Scholars Services (ISSS) track allows students the opportunity to inspire, encourage and impact UIW international students. The Study Abroad track requires applicants to have studied abroad in any capacity prior to applying and inspire, encourage and impact the lives of UIW students interested in going abroad.

Apply online at tinyurl.com/UIWGlobalAmbassadors by July 17, 2020!

INSPIRE, ENCOURAGE, IMPACT.

UIW **GLOBAL** **AMBASSADORS**

Those interested may apply via the link in our bio by July 17, 2020 for the 2020-2021 school year.

Become one of UIW International Affairs' Global Ambassadors today!





ARE YOU READY FOR THE 2020 CENSUS?

Get prepared!

EVERYONE COUNTS!



CONFIDENTIAL

By law your information cannot be shared with immigration enforcement, law enforcement agencies or allow it to be used to determine your eligibility for government benefits. The entire country observed Census Day April 1, 2020



LIVING ON CAMPUS?

Residence Life will distribute Census 2020 packets to all residents

In college? Living away from home? **Yes** fill out the form so you are counted.

Living with parents? Remind them to count you in their census form



WHY?

Universities and colleges benefit from federal student loans, legislation, campus funding, campus improvements and health and social services.

Redistricting is also impacted as well as determining how many seats a state gets in the House of Representatives

Everyone in the country must be counted every 10 years

Census Deadline July 31, 2020

The Census Survey can be completed online, a first in American history!
April 1, 2020 - July 31, 2020

You Are Not Alone

Bishop Trevor D. Alexander, Protestant Chaplain & Adjunct Faculty

Ecclesiastes 4:12, informs us:

And though a man might prevail against one who is alone, two will withstand him —a threefold cord is not quickly broken.

Some of you may be familiar with the term Trauma and the effects of it. Trauma happens to us all at various stages of our lives. For example, graduating from middle school and going into high school can be a traumatic experience. Another example, leaving your home and moving on campus can also be traumatic. Trauma is 100 percent “kin” to suffering. Trauma has the ability to become overwhelming and hinder one’s ability to cope.

To a certain degree our nation is suffering a sense of trauma. Trauma from the COVID-19 pandemic and trying to deal with the racial tension. I am sure that some of you are, in modern-day vernacular, “feeling some kinda way.” I want you all to know, you are not alone. You have people here at the University that want to hear from you. You have people that care about your well-being and helping you grow. Here are two questions for you to reflect on, first, “Do you know how to scream?” Second, “Do you understand your own language of lament?”

We human beings have a language of lament, but often it doesn’t sound very theological. For example, you may say to your best friend, “*You never have time for me. You can talk with your other friends all day, but you can’t find time to sit and talk to me, you are always too busy for me. Do you want this friendship to work?*” Your best friend may not be quick to pick up the words of lament, because s/he will usually be busy trying to defend his/her actions. Nevertheless, there is a cry of lament not being heard.

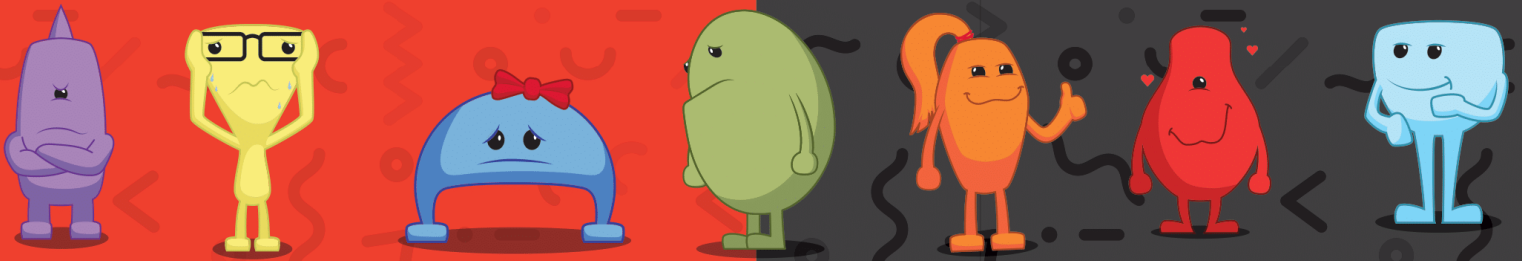
What is lament? Let me give you my working definition: Lament is about honestly tapping into our emotions and a willingness to engage in an external and internal conversation that will somehow transcend words and attitudes. Lament is the willingness to journey with our PAIN and an invitation for God to come into our conversations. On the Road to Emmaus, the disciples were feeling lost, hurt, and confused. Jesus showed up, uninvited and walked with them. He engaged them in conversation and caused a change in them, at the very least, internally. This internal change led to an external action. They journeyed back to Jerusalem.

If you are feeling confused, struggling, trying to find answers, reach out to us, reach out to someone. You are not alone. Invite the Lord into your conversation, your struggles. Maybe He is already present with you on this journey, but you are not aware of His presence, yet. Remember, “...a threefold cord is not quickly broken.” Truth can feel like a heavy burden for the hurting, but in most cases, it will provide relief for the pain/struggles/confusion we may be feeling.

STRONGER TOGETHER

ECCLESIASTES 4:12

WE ARE ALWAYS HERE FOR YOU!



WHETHER YOU WANT TO LEARN HOW TO BEST SET GOALS,
OR NEED HELP MANAGING YOUR ANXIETY,
THERE ARE OPTIONS FOR YOU TO GET HELP!

UIW

YOU OK?

www.uiw.edu/counseling

UIW COUNSELING SERVICES

Zoom or phone sessions for UIW students residing in Texas
210-832-5656

CareConnect Hotline
888-857-5462

In Case of Emergency...

EMERGENCY SERVICES
Call 911 or go to the nearest Emergency Room

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8755

HOME WORKOUT

RANDALLE WILLIAMS-DIAZ, ATC, LAT

BIRD DOG

3 SETS
15 REPS
8 SEC HOLDS



FIRE HYDRANT

3 SETS
10 REPS
5 SEC HOLDS



ALTERNATING ARM LIFT

3 SETS
10 REPS
5 SEC HOLDS



ALT. LEG EXTENSIONS

10 SETS
3 REPS
5 SEC HOLDS



GLUTE BRIDGE

3 SETS
6 REPS
8 SEC HOLDS



AB CURLS

3 SETS
12 REPS



REVERSE PLANK ON ELBOWS

3 SETS
1 REPS
15 SEC HOLDS



DEAD BUG

3 SETS
8 REPS



CHECK OUT THE FULL DETAILS OF THIS WORKOUT & MORE WORKOUTS AT UIW.EDU/WELLNESS

NOW HIRING

GRADUATE ASSISTANT POSITIONS

Club Lacrosse Coach

Trap & Skeet Coach

Men's Club Basketball Coach

Club Sports Coordinator

Intramural Sports Coordinator

Wellness Center Technician

Nutrition Consultant

Employee & Student Wellness Coordinator

Website & Social Media Coordinator

FIND POSTINGS AT: WWW.UIW.EDU/HR

EARN YOUR MASTER'S DEGREE

GAIN EXPERIENCE IN YOUR FIELD

RECEIVE 6 HOURS TUITION STIPEND

WORK 15 HOURS A WEEK

WORK DURING FALL & SPRING SEMESTERS



SPORTS & WELLNESS

FOR MORE INFORMATION EMAIL: UIWELLNESS@UIWTX.EDU

Lacrosse

Men's Basketball

Men's Soccer

Men's Volleyball

Trap & Skeet

Triathlon

Women's Basketball

Women's Soccer

Women's Volleyball



GET FIT WITH US



THINKING ABOUT JOINING A CLUB SPORT IN THE FALL?



FOLLOW TEAM TRAINING REMOTELY,
SELF-PACED, INDEPENDENT WORKOUTS,
MAKE FRIENDS & STAY ACTIVE

FIND US ON ENGAGE



I wear a mask for...

Practice compassion and share who you wear a mask for!

Practicing compassion can take shape in many ways, including wearing a face mask. This campaign is intended to inspire and educate the public on the importance of wearing a mask/face covering to help minimize the spread of COVID-19, which some research reveals may mitigate the spread of the virus by 40%. For more information, please visit the CDC website at <https://www.cdc.gov/>

Students may earn up to one hour of community service hour for submitting a video or picture sharing "I wear a mask for..."

Please follow these steps to earn up to one hour of community service:

- Register and add impact using this designated event <https://givepul.se/2w6i84>
- Submit a 15-30 second video or picture answering the phrase, "I wear a mask for..."
- Complete reflection questions
- By completing this activity and submitting your project to the Ettlign Center, you are authorizing and giving the Center permission to post and distribute your submission on their social media platforms



Should you have any questions or need additional information, please call (210) 832-3208 or email us at ccl@uiwtx.edu.

Ettlign Center for Civic Leadership & Sustainability
(210) 832-3208
ccl@uiwtx.edu

 UNIVERSITY OF THE
INCARNATE WORD
ETTLIGN CENTER FOR
CIVIC LEADERSHIP
& SUSTAINABILITY

2020-2021 CARDINAL COMMUNITY LEADERS PROGRAM

DEVELOPING LEADERS WHO PROMOTE SOCIAL JUSTICE IN
PARTNERSHIP WITH DIVERSE LOCAL & GLOBAL COMMUNITIES

WHY BECOME A CARDINAL COMMUNITY LEADER?

- GIVE BACK to your COMMUNITY
- Apply & learn SOCIAL JUSTICE leadership through a local, national, regional or international service experience
- Develop your LEADERSHIP skills through service & mentoring

PROGRAM REQUIREMENTS

- UIW undergraduate freshman, sophomore, or junior
- Cumulative GPA of 2.75
- Completed 12 hours of coursework or in progress (must have completed a Level I Religious Studies class or currently enrolled)
- Participate in a required Cardinal Community Leaders Orientation
- Participate in at least one Ettling Center Service Mission Trip (local, regional, national, or international)
- Commit to a minimum of 10 hours of service each fall and spring semester
- Commit to serve and assist in 5 Ettling Center events per academic year (this can include voter registration drives, volunteer fairs, community service days, lectures/presentations)
- Selected students will be required to enroll in RELS 3399 Social Justice Leadership course for Fall 2020
 - This is a Level II Religious Studies class and has a prerequisite of a Level I Religious Studies class. This class can fulfill the undergraduate UIW Core Curriculum requirement of an upper level Religious Studies or Philosophy class. Please consult with your academic advisor to review your degree plan.
- Commit to serve as a Cardinal Community Leader for 1-2 consecutive academic year(s).

HOW TO APPLY?

- For complete program requirements & application:
 - <https://uiw.campuslabs.com/engage/submitter/form/start/415403>

For more information on the program requirements and application process, please email or call Yesenia Caloca, Assistant Director, at caloca@uiwtx.edu or 210-805-2547.

APPLICATION

DEADLINE:

FRIDAY,

AUGUST 7



UNIVERSITY OF THE
INCARNATE WORD

ETTLING CENTER FOR
CIVIC LEADERSHIP
& SUSTAINABILITY



HAVE QUESTIONS ABOUT
COMMUNITY SERVICE HOURS?

Schedule a Virtual Appointment!

We would love to hear from you and answer any questions you may have regarding community service hours or how to track your hours on the UIW ENGAGE/GIVEPULSE system.

Please call us at (210) 832-3208 or email us at ccl@uiwtx.edu to schedule a Zoom appointment.

ETTLING CENTER FOR CIVIC LEADERSHIP &
SUSTAINABILITY
(210) 832-3208
CCL@UIWTX.EDU





Student Highlights: Green Service Project

Cardinals took on the challenge to build a garden, plant a tree, flower, other type of plant. Check out some of the projects!

Explore this service opportunity by scanning the QR code!





A Reminder from Title IX Department and the Student Conduct Office

**THE STUDENT CODE OF CONDUCT AND THE SEXUAL
MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.**

**IN ALL YOUR INTERACTIONS AS A
STUDENT, (EMAILS, BLACKBOARD MESSAGE
BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST
SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE
POLICIES:**

- **HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)**
- **DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR
INDECENT CONDUCT**
- **STALKING**
- **BULLYING/INTIMIDATION**
- **VERBAL OR WRITTEN ABUSIVE STATEMENTS**
- **DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST,
SEXIST, ETC.)**
- **ACADEMIC DISHONESTY**
- **FALSIFYING DOCUMENTS**
- **VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY**

**IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A
STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY
VIOLATION, PLEASE GO TO: WWW.UIW.EDU/REPORT.**

UIW CARE TEAM

If you or someone else is exhibiting behaviors of concern, please know that the UIW CARE Team is here to help with:

- Anxiety
- Depression
- Suicidal/homicidal thoughts
- Hopelessness
- Emotional swings
- Dramatic change in “typical” behaviors
- Concerns about or a positive test for COVID-19
- Falling behind with coursework
- Lack of motivation



Fill out a referral at
www.uiw.edu/report

or call us at
(210) 805-5864



REMEMBER! REMEMBER! REMEMBER! OFFICE OF CAREER SERVICES

WE ARE HERE TO HELP!

In light of the current COVID-19 pandemic, the Office of Career Services will now be assisting students virtually through Skype/Zoom, email/chat, and phone. Please make your appointment via Handshake or by calling our office. Visit our [website](#) for more information.

HOW CAN WE HELP?

- Résumé Review
- Cover Letter Review
- Mock Interview
- Career Assessment
- Online Job Database
- Career Counseling
- Job Fairs
- Professional Development

Student Engagement Center, Suite 3030
210-829-3931 | careers@uiwtx.edu



COMMUNITY

MESSAGES

- **UIW EMERGENCY AID PROGRAM**
- **COVID-19 REMINDERS**
- **UIW CAMPUS HEALTH PROTOCOL**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM STUDENT GOVERNMENT ASSOCIATION**

COMMUNITY MESSAGES

Message from the Office of the Provost **UIW Emergency Aid Program**

These unprecedented times have brought about many challenges that have impacted every one of you. For some, this may mean extra strain on your families, finances and college experience.

We remain committed to supporting you academically, spiritually and in times of need. This month, the University of the Incarnate Word launched an Emergency Aid program to help students overcome temporary financial hardship and difficulty covering expenses such as food, housing, course materials, healthcare, childcare, tuition and fees due to COVID-19.

The Emergency Aid program awards funds up to \$800 for qualifying expenses and is funded through the federal CARES Act and UIW's Emergency Impact Fund. Awards based on need, qualifying expenses and aid are available.

Students currently enrolled in Spring 2020 are eligible to apply, but priority will be given to those demonstrating hardship due to disruption of campus operations and/or changes to their course delivery platform due to COVID-19. Per the U.S. Department of Education, only enrolled, Title IV eligible students experiencing hardship and campus disruption due to COVID-19 may receive CARES Act funds, however all enrolled students experiencing COVID-19 hardships may apply for UIW Emergency Impact Fund awards.

Please visit <https://www.uiw.edu/finaid/emergency-aid.html> for more information about the application, qualifying expenses, special circumstances and additional resources. You may access and submit the application directly on the site.

We hope this program will assist you in navigating these trying times. If you have additional questions not addressed on the webpage or application, please contact the financial aid office at finaid@uiwtx.edu.

Stay safe, Cardinals.

Sincerely, Sandy McMakin
Associate Provost, Academic Support Services

COMMUNITY MESSAGES

COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

COMMUNITY MESSAGES

UIW Campus Health Protocol

In our continuing effort to protect members of the UIW community, offices will remain closed until further notice, and employees will continue working remotely. We will continue to monitor the situation and provide updates as appropriate.

Effective Friday, May 1, 2020, there will be a check-in station at all UIW campuses. In accordance with Gov. Abbott's directives for businesses, before admittance to campus, all employees and guests, working or visiting, will have their temperatures taken and will need to indicate if they have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

Please note that admittance to any UIW campuses will not be permitted if you have any COVID-19 symptoms. Employees also have a responsibility to self-report if they have any of the above symptoms directly to HR, their supervisor, or by completing the [online reporting illness form](#). Out of an abundance of caution for members of our community during this pandemic, employees and visitors are reminded to stay home if they are sick.

As a reminder, UIW requires all employees working on and visiting campus to comply with the face coverings directive issued by San Antonio Mayor Ron Nirenberg. For the safety of all employees, please ensure that proper safety precautions are followed. All employees and guests should wash or sanitize their hands upon entering the business and maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, other measures such as face-covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

Additionally, UIW requires all employees to display their UIW ID or nametag when working on and visiting campus.

For more details on the new statewide measures, please read the Governor's "[Texans Helping Texans](#)" report.

COMMUNITY MESSAGES

From UIW Behavioral Health Services

UIW Behavioral Health Services continues to offer counseling to students who are **physically in Texas** using Zoom or phone. To initiate counseling, please call us at **(210) 832-5656** between 8 a.m. and 5 p.m. and we will assist you in completing needed paperwork and getting scheduled immediately and seen as quickly as possible. Counseling is offered by appointment, 8 a.m. – 5 p.m., Monday through Friday. Some appointments are offered after 5 p.m. based on clinician availability. At this time, we do not provide services on weekends or holidays, but we are happy to direct you toward any needed weekend resources.

If you call us and leave a message outside of business hours, please be aware that we will return your call within 24 hours. If you contact us on the weekend or during a holiday, we will return your call the next business day.

If you are a faculty/administrator/staff member with concerns about classroom issues, in need of resource information, or inquiring about professional development/student presentations, please contact Director of Behavioral Health Services, Dr. Christie Melonson directly at (210) 829-3129 or via email at melonson@uiwtx.edu.

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report at this link and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

Here are some tips for managing anxiety at this time:

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

Helpful Behavioral Health Resources:

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255 \(24 hours a day\)](#)
- [Family Violence Prevention Services Domestic Violence Hotline: \(210\) 733-8810 \(24 hours a day\)](#)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

COMMUNITY MESSAGES

UIW Student Government Association

The University of the Incarnate Word Student Government Association mourns with and prays for the family of George Floyd and the countless others who have lost loved ones because of the continued violence towards the Black community. UIW has always been a University that serves the multitudes of every kind through an emphasis on social justice and Catholic Social Teaching. We are dedicated to the representation of all students and consider silence on the issue of systemic racism and any other form of unequal treatment to be a disservice to the students we are called to serve. In the fight for justice and equality, we stand in complete solidarity with the Black community not only at UIW but all across the country that have endured a lifetime of racial inequality.

The Student Government Association will advocate and amplify the voices of our students, especially those who are often underrepresented and silenced. We will continue to commit ourselves to the Mission of UIW in the search for and communication of truth, thoughtful innovation, care of the environment, community service, and social justice. In doing so, we wish to learn from our past and evaluate and express the sentiments shared throughout the world today as we work to serve all UIW students.

To our fellow students, we understand these are difficult and uncertain times. We promise to work to provide opportunities for our entire Cardinal community to discuss these very important issues to ensure equality on campus. The following are steps and actions the SGA is taking on your behalf. We will work to:

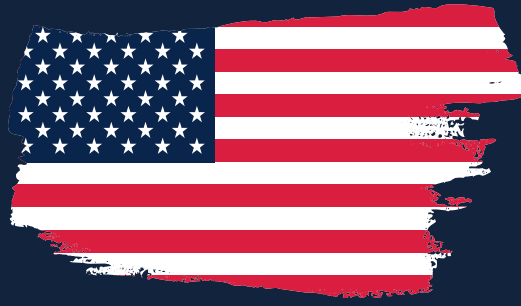
- Ensure there are open channels of communication between SGA and all students affected by ongoing racial injustice.
- Collaborate with UIWPD to continually enrich current policies to preserve the dignity of all students.
- Identify and provide educational opportunities for students to share their past and current experiences with prejudice or any other student concerns on campus to educate the community and provide an environment that promotes inclusivity of people of all backgrounds.

We call on our University community to join us in truly committing to diversity and inclusion efforts within our campus. We ask that you, the students, hold us accountable in our efforts to combat injustice within our community and beyond. We are committed now more than ever to do more than share our words of support. We are committed to showing you that UIW demonstrates equality through education, truth, faith, service, and innovation.

During this time, we call on our entire community – students, faculty and staff – to listen, to learn and to take the necessary time to reflect on the injustices suffered by many in the world. We call on our community to be the voice of change. In doing so, we can truly be the light we wish to see in the world.

Best Regards,
UIW Student Government Association Executive Council

Aimee Galindo, President
Alexa Cruz, Vice-President
Casey Iwuagwu, Chief of Staff
Imani Stewart, Attorney General
Jasmine Williams, Director of Public Relations
Natalia Sanchez, Treasurer
Edward Clark, Secretary Virginia Muniz, Intern



JULY 4TH

LIBERTY IS THE
BREATH OF LIFE
TO NATIONS.

— - George Bernard Shaw - —



- *Industrial production of ice cream began in 1851 in Boston.*
- *The largest worldwide consumption of ice cream is in the United States. One person consumes an average of 48 pints of ice cream per year.*
- *90% of American households eat ice cream.*

Did you know?



July is...

National Ice Cream Month

- *The most popular flavor of ice cream is vanilla. After it come chocolate, strawberry, cookies n' cream, and others.*
- *It takes 12 gallons of milk to create one gallon of ice cream.*





HEAT ADVISORY

- Drink plenty of water
- Take frequent breaks out of sun
- Check up on relatives and neighbors
- Know the symptoms of heat exhaustion and heat stroke
- Never leave young children or pets unattached in vehicles

Visit [weather.gov/heat](https://www.weather.gov/heat) for more information

Stay safe Cardinals!

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

UIW GREEK LIFE

INTERESTED IN GREEK LIFE? FOLLOW US TO SEE WHAT OUR GREEKS ARE DOING



@UIWGREEKLIFE

UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

