

NOVEMBER 17

WHAT'S THE

# WORD

**HEALTH & WELLNESS**  
OPEN SWIM HOURS

**NOVENA PRAYER**

**THE CARDINALS' CUPBOARD**

2020-2021  
**HOMECOMING COURT**

2020-2021  
**HOMECOMING ROYALTY**

**FALL 2020**

UNIVERSITY OF THE INCARNATE WORD



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Before You Go: A Guide to Safe Holiday Travel

## Message from Campus Engagement

As we enter the season of Thanksgiving, Campus Engagement hopes you are happy, healthy and ready to finish off the fall semester strong. This edition of What's the Word is filled with educational and motivational content, as well as information about upcoming opportunities to participate in campus life. Enjoy the Thanksgiving holiday, and be sure to check out Engage in Cardinal Apps for the latest information on events and activities available to you!

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities onto blessings."  
- William Arthur Ward

## Praised be the Incarnate Word!

# GET YOUR THERMOMETERS READY!

## CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

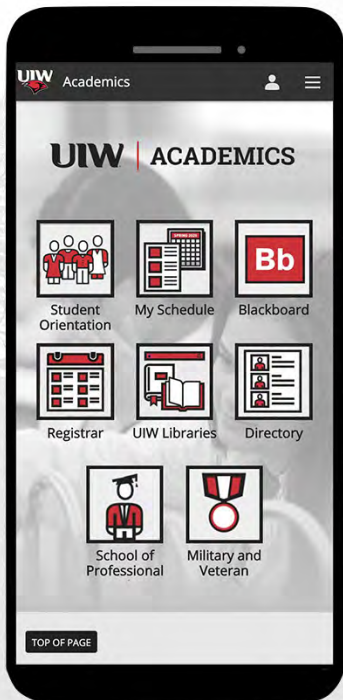
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



Scan this QR code to go to the Cardinal Daily Health Check.



## DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



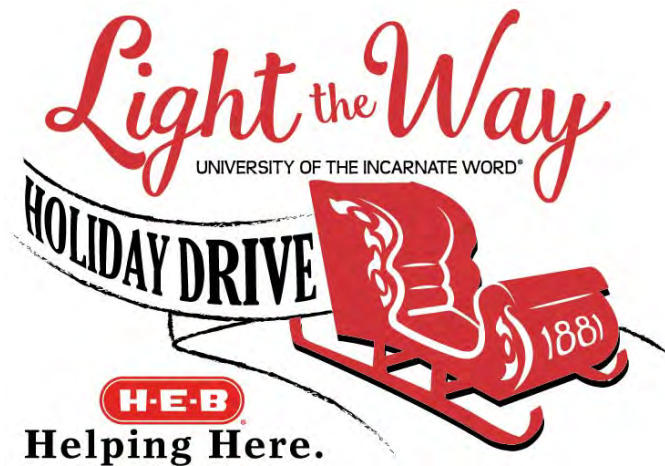
Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

# 34<sup>th</sup> Annual Light the Way: Holiday Drive Edition

## Important Event Information



**Various event displays will be in place around campus from Thursday, Nov. 19 through Monday, Nov. 23. PLEASE DO NOT sit on, climb, or touch set-ups and displays.**

### **When is Light the Way this year?**

Friday, Nov. 20, Saturday, Nov. 21 and Sunday, Nov. 22, from 6 – 9 p.m. daily.

### **How does this Light the Way differ from previous years?**

To allow for safe social distancing while continuing this beloved UIW tradition, this year's Light the Way event will be a drive-thru experience over the course of three days.

### **If I live on campus how does this affect me?**

If you are living on campus, please note that campus **will only allow one-way traffic from 6 p.m. – 11 p.m. on Friday, Nov. 20, Saturday, Nov. 21 and Sunday, Nov. 22.** The only entrance to campus will Broadway/Burr from 4 p.m. to 6 p.m. After the Hwy 281 campus entrance from 6 p.m. to 11:00 p.m. will be open. Two exits will remain available – one at Hildebrand and 281 (ICC), and one at Broadway and Burr.

Please be aware there will be longer than usual wait times to enter and exit campus. Campus will resume normal access and traffic flow starting at 11 p.m. each night.

Residents will be allowed to enter and leave campus during the event (Nov. 20 – 22, 6 p.m. – 11 p.m.), however, they will have to follow the Light the Way traffic flow, meaning there may be long wait times to enter and exit campus. **We strongly encourage residents to make arrangements to minimize the need to travel to and from campus during these times.**

Residents can park near their assigned Residence Hall. Vehicles will not be towed. Please be aware that Ancira Parking Garage is being utilize as a staging area for guests. It is highly encouraged to park outside of the garage to avoid difficulty accessing your vehicle and exiting the garage after from 4 - 11 p.m.

### **How do I show I live on campus if I need to get to my residence hall during the event?**

Residence Life and Housing will provide a yellow dashboard placard for students who have a vehicle beginning on Saturday, Nov. 14. If you are a resident with a vehicle and have not received a dashboard placard, please reach out to your assigned RA as soon as possible.

This placard must be visible to ensure your access on to campus and resident parking areas. Residents must still use the HWY 281 campus entrance if they are arriving from 6 – 11 p.m. UIW PD will be on site to direct residents in the correct direction depending on which residence hall they need to get to.

**Fri. – Sun., Nov. 20 - 22 | 6 – 9 p.m. | UIW Broadway Campus**



# Light the Way

UNIVERSITY OF THE INCARNATE WORD®



## ROUTE HIGHLIGHTS

1. Entry
2. H-E-B Welcome
3. Christmas River Float by the San Antonio Riverwalk Association
4. Christmas Light Tunnel by Spectrum Reach
5. Performances by UIW Cheer Team
6. Performances by UIW Dance Team
7. UIW Nativity
8. Santa's Send Off with Red

## KEY

Route Highlights



Vehicle Route



Speed Limit



Restroom



A sponsored activity of the  
SISTERS OF CHARITY OF  
THE INCARNATE WORD

The University of the Incarnate Word provides reasonable accommodation with adequate notice. To request disability accommodation for this event, visit [www.uiw.edu/ada](http://www.uiw.edu/ada)

10/20 1

## Summary

Light the Way will be held Friday, Nov. 20 through Sunday, Nov. 22, 2020, from 6 – 9 p.m. daily.

- Open vehicle access to campus will remain available until 4 p.m. each day
- From 4 p.m. to 6 p.m., only the Broadway/Burr campus entrance will be open
- From 6 p.m. to 11 p.m., only the only the HWY 281 campus entrance will be open
- From 6 p.m. to 11 p.m., only one-way traffic will be allowed on campus, towards Broadway/Burr
- From 4 p.m. to 11 p.m., two campus exits at 281/Hildebrand and Broadway/Burr will remain open
- Expect long wait times after 4 p.m. to enter and/or exit campus
- After 11 p.m., campus will resume normal campus access and traffic flow
- Please be courteous of guests driving through campus

For more information please visit [www.lightthewaysa.com](http://www.lightthewaysa.com)

# UIW ENGAGE



## YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

### STEP 1

Visit [uiw.edu](http://uiw.edu)  
and log in to  
"Cardinal Apps"

### STEP 2

Click on the **ENGAGE** tab. Use  
the search bar to find an  
organization or view events  
that are listed.

### STEP 3

Click on the event and enjoy!  
Win prizes and swag and have  
fun!

### WHAT WILL YOU FIND?

- Participate in competitions for awesome prizes
- Search over 100 student organizations to become involved
- Stay connected with Student Government and Campus Activities Board
- Movie night with your friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

[CAMPUSENGAGEMENT@UIWTX.EDU](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)

210-829-6034



## Feeding a need: Worcester family cooks and serves Sunday dinners for homeless

Bill Doyle (william.doyle@telegram.com)

WORCESTER, MA – The O'Connors give new meaning to serving dinner family style.

As a family, Dennis and Mary O'Connor and their children cook dinner at their home near Tatnuck Square on Sundays and serve it to homeless people, from November through March, through Net of Compassion. Two years ago, they began serving at St. John Church, then at North High School's gym and now at Ascension Church.

The O'Connors got involved as part of a service project for daughter Maggie at Holy Name High School. Maggie, 18, used to cook, clean and serve, but this fall, she began her freshman year at the University of the Incarnate Word in San Antonio, Texas. The rest of the family has continued the Sunday tradition without her.

"The No. 1 reason I do it," Dennis said, "is I want to teach my kids the importance of being a part of something and giving back."

"I like it," said 16-year-old Terry, a junior at St. Paul Diocesan Junior Senior High School. "I think it's a good thing to do, to help other people. It's just a small thing you can do to make somebody happier, healthier, and make them feel loved."

Normally, serving family style means to place the food on a table in serving dishes so people can help themselves. But in this case, the O'Connors cook and serve the food as a family.

Mary shops for the food and she and 14-year-old Claire do most of the cooking for up to 50 homeless adults. Dennis, Terry, Claire and 12-year-old Emma deliver the food to what's called Hotel Grace at Ascension Church and they serve it cafeteria style from behind plexiglass while wearing masks and gloves. When they're done serving, they dine themselves.

"They all really enjoy the serving part of it and just helping out," Mary said, "and for me, selfishly, it's a time for us to be together and work together."

Ascension is open 24 hours a day to the homeless from Nov. 1 through March 31, and volunteers provide meals each night. The O'Connors are the only family that cooks and serves every week, according to Sandy Meindersma, a volunteer who cooked last Wednesday and who finds people to cook each night. Meindersma is impressed with Dennis and his family. "I want to take parenting lessons from him," she said. "I'm not kidding. His kids are the greatest kids. They always have a great attitude. They're very giving. It's a really challenging situation with strangers that aren't the prettiest folks because of their circumstances. They always come in with a great attitude."

**CARDINAL  
SPOTLIGHT**

**DENNIS  
O'CONNOR**

"It kind of makes you feel grateful for what you have," Terry said. "Seeing how other people don't have as much as you, it makes you feel grateful and it makes us all feel good that we can help other people."

Pastor Richie Gonzalez, his wife, Elizabeth, and other volunteers founded Net of Compassion in 2010 to feed people in need. Gonzalez leads prayers before dinner at Ascension Church.

Terry admitted he was somewhat leery about serving meals during the pandemic, but he and his father continued to serve them at a shelter at North High last spring. "My mom gets a little nervous," he said, but I think it's safe. The Rev. John F. Madden, pastor at St. John Church, has watched the O'Connor family deliver and serve meals for years.

"The first thing you can tell really is how much they care for one another," Madden said. "You can see that that's a close-knit family. You can just feel it and sense it and see it as they do it. The second thing that strikes me is that they're so unassuming. There's a genuineness to it. They're doing the good because it's good and that's its own reward. It's really impressive and inspiring."

O'Connor and Madden are members of the board of directors at Net of Compassion, which is seeking a place for a year-round day shelter for the homeless. On Sundays, the O'Connors attend the 9 a.m. Mass at Christ the King Church. Dennis usually teaches catechism immediately afterward in the church's basement, but he's teaching it remotely this fall because of the pandemic. After lunch, the family begins preparing the food. They arrive at Ascension at 6:30 p.m. to set up and they start serving at 7 p.m. Mary remains home to clean up.

"Sometimes it's a little chaotic, but it's nice to see the kids working together," Mary said, "and hopefully for a common good. Our goal was for them to look to see what they can do for the community and support it." Neighbors and friends have pitched in at times by helping to prepare the food or by keeping the food warm in their ovens. Last year, Maggie's friends from her Holy Name field hockey team helped out, and next weekend Emma's softball team, the Worcester Rockets, will help prepare the food. Brendan O'Malley, 14, and Roisin O'Malley, 12, who live across the street, have often assisted.



On Nov. 1, the O'Connors served sweet potato chowder, soda and cookie brownies. "It was a very big hit," said Claire, an eighth-grader at St. Paul. We had many people come up for seconds and thirds and they enjoyed it a lot. "We're going to serve like we're serving Jesus," Dennis said. If Jesus was coming to eat with you, you wouldn't be throwing hot dogs in the microwave. You'd want to impress him. The family's other meals included chili, enchiladas, chicken pot pie and bread bowls with clam chowder.

Claire likes to make the desserts. Mary describes herself as an adequate cook. "I'm not by any means stellar," she said. As soon as Dennis gets home, I'm always, 'How did it go? Did they like it? He always says yes, but I don't know if he's just telling me that so we will continue to do it.' According to Claire, her father tells the truth. They're very appreciative of everything that they are given from us," Claire said, "and from everyone there and I get a lot of compliments on the food we bring.

The O'Connors aren't looking for compliments, however. "It's nice that we do it," Dennis said. "I get all that, but I also think it's what Christ calls us to do so I don't think it's worthy of a bunch of praise."



# Novena Prayer



Immaculate Heart of Mary,  
help us to conquer the menace of evil,  
which so easily takes root in the hearts of the people of today,  
and whose immeasurable effects already weigh down upon our modern world and  
seem to block the paths toward the future.

From famine and war, deliver us.  
From nuclear war, from incalculable self-destruction,  
from every kind of war, deliver us.  
From sins against human life from its very beginning, deliver us.  
From hatred and from the demeaning of the dignity  
of the children of God, deliver us.  
From every kind of injustice in the life of society,  
both national and international, deliver us.  
From readiness to trample on the commandments of God, deliver us.  
From attempts to stifle in human hearts  
the very truth of God, deliver us.  
From the loss of awareness of good and evil, deliver us.  
From sins against the Holy Spirit, deliver us.

Accept, O Mother of Christ,  
this cry laden with the sufferings of all individual human beings,  
laden with the sufferings of whole societies.  
Help us with the power of the Holy Spirit to conquer all sin:  
individual sin and the "sin of the world,"  
sin in all its manifestations.  
Let there be revealed once more in the history of the world  
the infinite saving power of the redemption:  
the power of merciful love.  
May it put a stop to evil.  
May it transform consciences.  
May your immaculate Heart reveal for all the light of hope.  
Amen.

# ORACIÓN DE LA NOVENA



Inmaculado Corazón de María,  
ayúdanos a conquistar la amenaza de la maldad,  
que tan fácilmente anida en el corazón de los humanos,  
y cuyos efectos inmensurables  
ya pesan sobre nuestro mundo moderno y parecen  
bloquear las sendas del futuro.

Del hambre y de la guerra, líbranos.  
De la guerra nuclear, de la incalculable destrucción,  
de todo tipo de guerra, líbranos.  
De los pecados contra la vida humana  
desde su inicio, líbranos.  
Del odio y del menosprecio por la dignidad  
de los hijos de Dios, líbranos.  
De cada tipo de injusticia en la vida de la sociedad,  
tanto nacional como internacional, líbranos.  
De la tendencia a quebrantar los mandamiento de Dios, líbranos.  
De los esfuerzos por erradicar la verdad de Dios del corazón  
humano, líbranos. De la pérdida de la conciencia del bien y el mal,  
líbranos de los pecados en contra del Espíritu Santo, líbranos.

Acepta, oh Madre de Cristo, este grito que carga  
todos los sufrimientos de los seres humanos y de sociedades enteras.  
Ayúdanos por el poder del Espíritu Santo a conquistar el pecado:  
el pecado individual y el “pecado del mundo”,  
el pecado en todas sus manifestaciones.  
Que se revele una vez más en la historia del mundo  
el poder infinito de la redención: el poder del amor misericordioso.  
Que ponga fin al mal.  
Que transforme las conciencias.  
Que tu Inmaculado Corazón revele para todos  
la luz de la esperanza.  
Amén.

# ***Low On Food Supply?***

**COME ON DOWN TO THE CARDINALS' CUPBOARD FOOD PANTRY!**

***We Provide A Diverse Food Selection  
For Those In Need In Our Community***

## **WHAT YOU CAN FIND AT OUR FOOD PANTRY:**

- **CEREAL**
- **MILK**
- **JUICE**
- **PRESERVED FRUITS**
- **CANNED SOUP**
- **PASTA**
- **CANNED MEAT**
- **COOKING INGREDIENTS**
- **HEALTHY SNACKS**



## **WE ALSO HAVE NECESSITY ITEMS SUCH AS:**

- **SOAPS**
- **TOOTHBRUSHES**
- **SHAMPOO**
- **CONDITIONER**



*Follow us on Instagram!  
@uivcc\_foodpantry*

**Location: Joeris Hall  
Hours: M-TH 10AM-3PM  
Open Friday by Appointment**



**FOR MORE INFORMATION  
(210) 283-6423  
OR  
CCL@UIW.TX.EDU**





RICHARD AND JANET CERVERA  
WELLNESS CENTER

WELLNESS CENTER HOURS

MONDAY - THURSDAY

10:30 AM - 11:30 AM  
12:00 PM - 1:00 PM  
1:30 PM - 2:30 PM  
4:00 PM - 5:00 PM  
5:30 PM - 6:30 PM  
7:00 PM - 8:00 PM

FRIDAY

10:30 AM - 11:30 AM  
12:00 PM - 1:00 PM  
1:30 PM - 2:30 PM  
4:00 PM - 5:00 PM  
5:30 PM - 6:30 PM

SATURDAY

12:00 PM - 1:00 PM  
1:30 PM - 2:30 PM

Must Register  
for Your  
Workout Online

Wear a **mask** at all times

Complete **temperature**  
screening prior to entering

Complete **Cardinal** Daily  
Health Check

Workouts are limited to 20 individuals,  
with an occupancy limit of 10 in each  
room.

**Disinfecting** Process

After the conclusion of each session  
the staff will perform disinfecting  
measures utilizing a handheld misting  
system to ensure adequate coverage.

[my.uiw.edu/wellness/](https://my.uiw.edu/wellness/)

📞 210 - 805 - 5872 | 210 - 805 - 5873

✉️ [uiwwellness@uiwtx.edu](mailto:uiwwellness@uiwtx.edu)

# UIW



## ANN BARSHOP NATATORIUM

### OPEN SWIM HOURS

**MUST REGISTER ONLINE**  
[my.uiw.edu/natatorium/](https://my.uiw.edu/natatorium/)

### TUESDAY AND THURSDAY

**5:45 PM - 6:45 PM**

**7:00 PM - 8:00 PM**

Wear a **mask** at all times

Complete **temperature** screening prior to entering

Complete **Cardinal** Daily Health Check





# FITNESS CLASSES

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**CYCLING CLASS** with Alexis  
WELLNESS CENTER 10 Spots Available

Monday & Tuesday  
12:00 PM – 1:00 PM

Wednesday & Thursday  
5:30 PM – 6:30 PM

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**OUTDOOR FITNESS** with Miggy  
OUTDOOR FITNESS COMPLEX 12 Spots Available

Monday & Thursday  
5:15 PM – 6:15 pm

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**ROWING CLASS** with Collin  
WELLNESS CENTER 7 Spots Available

Tuesday & Wednesday  
3:00 pm – 3:45 pm

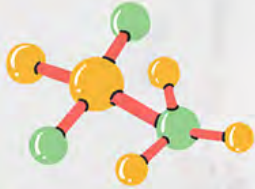
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OPEN TO ALL CURRENT UIW STUDENTS, FACULTY AND STAFF  
REGISTRATION REQUIRED ONLINE AT [UIW.EDU/WELLNESS](http://UIW.EDU/WELLNESS)



# Learning Communities Symposium

THE UNIVERSITY OF THE INCARNATE WORD  
PRESENTS



# UIW



# LEARNING COMMUNITIES SHOWCASE



NOVEMBER 20TH - 27TH

[HTTPS://SYMPOSIUM.FORAGERONE.COM/UIWLCS20](https://symposium.foragerone.com/uiwlcs20)



For more information, or to participate, contact Dr. Gabriel Saxton-Ruiz at [saxtonru@uiwtx.edu](mailto:saxtonru@uiwtx.edu)



# CAMPUS ENGAGEMENT



@UIWCAMPUSENGAGE

## November Events

NOVEMBER 9

### FIRST GEN DAY

SEC Concourse  
12 - 2 P.M.



NOVEMBER 10

### CRAFT TUESDAY

SEC Ballroom  
11 A.M. - 2 P.M.



NOVEMBER 11

### TRIVIA NIGHT

Red's Pub/ Zoom  
7 P.M.



NOVEMBER 13

### CAB AND SGA TREE LIGHTING

SEC Mezzanine  
6 - 9 P.M.



NOVEMBER 16

### PUJA CEREMONY

SEC Mezzanine  
6 P.M.



NOVEMBER 17

### CRAFT TUESDAY

SEC Ballroom  
11 A.M. - 2 P.M.



NOVEMBER 18

### TRIVIA NIGHT

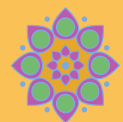
Red's Pub/ Zoom  
7 P.M.



NOVEMBER 19

### DISCOVERING RANGLI

SEC Ballroom  
7 P.M.



For more event information visit UIW Engage



# Design-a-Diya

November 17 | 11 am - 2 pm | SEC Ballroom

Come join Team Red to make your own one of a kind Diya to put in your room.

# Discovering Rangoli

November 19 at 6pm | SEC Ballroom

Rangoli; a traditional Indian form of decoration consisting of patterns made with ground rice that is typical during festivals.

Recreation Desk at Red's Pub

*Holiday Schedule*  
**Recreation  
Desk**

Must provide a valid  
UIW Student ID.



**Regular Hours**

Mon - Sat      5-9pm  
Sun              2-6pm

**Holiday Hours**

Nov 25 - Nov 29  
**CLOSED**

Dec 12 - Jan 10  
**CLOSED**

# Holiday Countdown

A circular inset image showing a whole pumpkin next to a white coffee cup with a patterned sleeve, sitting on a wooden surface.

9 DAYS UNTIL  
THANKSGIVING

A circular inset image of a decorated Christmas tree with red and white ornaments, surrounded by wrapped gifts.

38 DAYS UNTIL  
CHRISTMAS

A circular inset image of colorful fireworks exploding in a dark night sky.

44 DAYS UNTIL  
NEW YEAR

**COMMUNITY**

# **MESSAGES**

- **BEFORE YOU GO: A GUIDE TO SAFE HOLIDAY TRAVEL**
- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM UIW OFFICE OF THE REGISTRAR**
- **FROM UIW BUSINESS OFFICE**

# COMMUNITY MESSAGES

## Before You Go: A Guide to Safe Holiday Travel

As we prepare for Thanksgiving break, please review our risk reduction strategies to prevent the spread of COVID-19 on campus and to your friends and family. Please use this guide as you plan your holiday travel.

### **Begin immediately:**

- Get an influenza vaccination as soon as possible.
- Review regulations at your travel destination. Some states require completion of a traveler's form prior to arrival and others require a mandatory 14-day quarantine period.
- Minimize risk of exposure and infection during the time leading up to your departure from campus. Any exposure could disrupt plans to go home. If you are infected or exposed to a person who is confirmed to be infected, you will need to isolate or quarantine before traveling. Travelers who are ill, infected with COVID-19, or have recently been exposed to the virus will not be permitted to board airplanes and trains.
- Reduce the number of people you have close contact with prior to your trip. Any close interaction (eating in restaurants, riding in cars, social gatherings, bars, etc.) with people outside your immediate household or residence hall roommates will present an opportunity for infection.

### **Preparing to leave campus:**

- UIW strongly encourages all students and employees to receive free COVID-19 testing through Curative, Inc., approximately 2 to 3 days before traveling.
- Curative, Inc. has COVID-19 testing kiosks on the UIW Broadway and SOM campuses.
- COVID-19 tests through Curative, Inc. are free to all UIW employees and students.
- COVID-19 results take 24 - 48 hours.
- Testing only reflects one point in time. There can be false negative results, and in some cases the virus may be contracted during travel.
- A negative COVID-19 test does not eliminate the need for other safety measures such as mask wearing and physical distancing.
- It is important to self-quarantine until your COVID-19 results are back to eliminate the risk of contracting the virus while waiting for your results.

### **Day of travel:**

- Reduce the number of stops on the trip. Take a direct flight if possible, and if driving, pack food and snacks for the car trip home.
- Delay travel if sick or exposed. Anyone feeling ill, recently diagnosed with COVID-19 (within 10-days) or exposed to someone with COVID-19 (within 14 days) should isolate or quarantine and delay travel. Follow the guidance from your health care provider regarding when recommended isolation/quarantine periods are complete and travel can be resumed.

- Take safety precautions during travel, especially if using public transportation. Wear face masks at all times. Stay at least 6 feet away from other people; if not possible on public transportation, sit as far away from other passengers as possible. Carry and use hand sanitizer (with at least 60% alcohol) frequently.
- Use a disinfecting/sanitizing wipe to clean any touchable surfaces in the vehicle in which you are traveling. This includes planes, trains, and other forms of transportation.
- Double check for any requirements or restrictions at your travel destination.
- The least risky option is private transportation by yourself or your family members. If in a car with others outside the household, wear a mask and sit in the back seat if someone else is driving. If weather conditions permit, open the windows.

### **Arrival at home:**

The most cautious approach upon arrival at home is to quarantine for the first 14 days after arrival. This is especially important if there are vulnerable, higher risk individuals living in the home. This is especially important as San Antonio's community COVID-19 positivity rate is increasing. Quarantining in the home includes:

- Eating meals in a private space.
  - o Using separate serving ware, utensils, glasses, and plates.
- Using a separate bathroom from other family members. If not possible, disinfect the bathroom after each use.
  - o Avoiding physical contact including hugging, kissing, and shaking hands.
- Wearing a mask and maintaining a distance of at least 6 feet when in the presence of others.
- Restricting movement within and outside the home.
- If quarantine is not possible, stay physically distant from family household members, wear a face mask, and avoid close contact, including hugging and shaking hands, for the first 14 days home.

### **Medical and mental health and well-being while at home:**

- If you develop symptoms of COVID-19, please seek help from your primary care provider or an urgent care facility.
- If you are feeling sad, anxious, hopeless or having emotional distress, please seek mental health care. Visit [my.uiw.edu/counseling](https://my.uiw.edu/counseling) for resources.
- If you become ill or test positive for COVID-19 over the Thanksgiving break, please report your illness on the UIW COVID-19 Illness Reporting Form.

### **Return to campus:**

- As part of UIW's shared responsibility, students and employees returning to campus following Thanksgiving travel and gatherings should receive COVID-19 testing between days 5 and 7 of your return to campus.
- Free testing sites, through Curative, Inc., are located on the Broadway and SOM campuses.

### **Additional Resources:**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

# 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

## 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](mailto: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 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

From UIW Office of the Registrar

Dear UIW Class of 2020,

We have been working closely with our UIW COVID-19 response teams as we prepare plans for Fall 2020 Commencement celebrations. As arrangements near completion, we are excited to inform you of the ways we will safely honor you and your great accomplishment.

The Fall Class of 2020 will be honored in a virtual ceremony this December. The University remains in the “minimal to moderate” or “yellow” COVID-19 warning indicator. This level requires us to continue to maintain safety precautions such as physical distancing and only allowing a limited number of people to gather for in-person events. At the current time, the City of San Antonio has not yet permitted large events in arenas or convention centers to take place at full occupancy. The decision to celebrate our graduates virtually this fall was made with the safety of all students, families, faculty and staff in our hearts and minds, and in keeping with current regulations.

Because COVID-19 numbers in the Bexar County area have generally decreased however, we are excited to announce that this semester’s commencement festivities will also include an on-campus, socially distant, outdoor event on a different day than the virtual ceremony. Graduates and their loved ones will be invited to come to campus in their regalia to enjoy the Light the Way Christmas lights at a special commencement drive-thru procession from the safety of their vehicles. A portrait opportunity in a designated location where social distancing measures can be implemented will also be available at this event. We invite all members of the UIW Class of 2020, including May and August graduates, to participate.

More information regarding dates, times and specific details on how to participate in the virtual ceremony and on-campus event will be shared with the UIW Class of 2020 via email over the coming weeks.

We cannot wait to celebrate you with our entire UIW community and your loved ones this December. Congratulations, Class of 2020!

Praised be the Incarnate Word.  
Office of the Registrar

# COMMUNITY MESSAGES

From UIW Business Office

## UIW Parking Information

A parking permit is required to park on UIW parking lots. Refer to the Business Office webpage for instruction on 'guide to register your vehicle' or daily passes (\$5 per day) that are available for those who visit the university periodically. Parking is enforced Monday through Friday during the Fall and Spring Semesters (excluding UIW recognized holidays).

Hours of enforcement are:

- In Premium Lots from 7 a.m. – 7 p.m.
- In Economy and Off-campus lots from 8 a.m. – 5 p.m.

It is the responsibility of students, staff, faculty, visitors, vendors or UIW affiliates to know and follow the regulations set forth by the Parking Rules and Regulations document which is available on the [Business Office webpage](#).



## **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](http://WWW.UIW.EDU/REPORT).**

# Campus Engagement

[campusengagement@uiwtx.edu](mailto: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

