By Alice Ramirez

The UIW Jazz Ensemble, which consists mostly of students along with some professional musicians and music educators, is trying to raise an estimated $60,000 to perform at two noted festivals in Europe.

The news about the Ensemble was part of the University of the Incarnate Word’s formal announcement at a news conference that the optometry school had received pre-accreditation approval and UIW would offer a new vision care degree.

The Accreditation Council on Optometric Education of the American Optometric Association granted pre-accreditation approval, which allows the university to pursue student recruitment, selection and admissions. “Preliminary approval is granted to a professional degree program that has clearly demonstrated it is developing in accordance with council standards,” the association stated.

Dr. Lou J. Agene Jr., UIW’s president, said the optometry school is in the 20th in the nation and the first at a faith-based university. He estimated the School of Optometry, which opens this fall, will offer a new vision care degree.

University of the Incarnate Word students will begin a series of forums with major candidates for San Antonio mayor at 3 p.m. Wednesday, April 1, in Marian Hall Ballroom.

The first forum will feature Julian Castro and include a question-and-answer session from students, according to the sponsoring Student Government Association, Pi Sigma Alpha and Phi Alpha Delta.

With only one month remaining till San Antonio voters choose their next mayor, the four

Students to quiz mayoral hopefuls

Jazz Ensemble seeks help for overseas gigs

New priest coming

Optometry School plans clinics

By Rachel Cywinski

Father Philip Lumbery’s passing last July left not only mourners but a vacancy in the position of university chaplain that is being filled April 1 by Father Tom Dymowski.

The chaplaincy has been difficult to fill due to “a shortage of priests across the nation,” said Beth Villarreal, director of Campus Ministry.

Villarreal explained it takes more than a year to find a priest whose order can accommodate the extra duties. Dymowski, a member of the Trinitarian order, will continue his duties as director of pastoral care at Oblate Theological Seminary, said the Rev. Dr. Trevor Alexander, assistant director of Campus Ministry. Dymowski assumed the post April 1.

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UIW plans bevy of Earth Month activities

Dr. Hani S. Ghazi-Birry, the school’s founding dean, said the school also will offer students “an opportunity to pursue a Spanish certificate, which will help fill a void for the Spanish-speaking residents of this region.”

The main campus for the optometry school will be a 60,000-square-foot location on Datapoint. The 3,000-square-foot clinic will offer.

UIW officials said a strong foundation in the vision sciences, optometry advances the workforce as a vision-related professional program, such as medicine and dentistry, offered on a biomedical graduate research career, or to enter a career that will satisfy the requirements for entrance in the School of Optometry.

The band's instrument post of the University of the Incarnate Word schedule

San Antonio-based composer, the University of the Incarnate Word schedule.

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March 2009

FEATURES

Fashion folks dol’ up for ‘Cutting Edge’ show

The winners of the doll-dressing contest won’t be announced until the ‘Cutting Edge’ fashion show scheduled April 10.

Prestige Dance Team holds tryouts

For UIW students who love dance and have a lot of school spirit, that’s what the Prestige Dance Team offers. It provides an opportunity to express the enthusiasm that many students have for dancing.

Prestige had seven returning members from the 2008-09 year but held tryouts March 4 through 6 and April 7 through 9 to expand the team. They look for dancers who are enthusiastic about putting in the time and effort needed each day. The team took place three days a week – along with academic and athletic responsibilities.

The second day, dancers were taught a routine based on the cutting-edge designs. They were taught with colors and deciding on the miniature model form. The contest began Feb. 16, and the last day to submit dolls was March 9. There were 50 entries and senior Winona Johnson was one of them.

“My dolls were unique in many ways. My dolls were created as pieces of art that brought the attention of the public and were made from fresh, organic vegetables, dyes, and paper brought from Mexico. I was the original designer to use paper-stick to dress the dolls. The techniques and skills I used were taught by Mexican artisans.”

Dress the Doll contest winners will be revealed at the 2009 Cutting Edge fashion show on Monday, April 20, at Marriott Rivercenter Ballroom. Celebrating Cutting Edge shows will be done at 11:30 a.m. and follow up with lunch. For ticket information, call (210) 858-6875.

Email Johnson at mjjohnson@uiw.edu

By Marisa Ayon

Gett ing your daily intake of fruits and vegetables can sometimes be a difficult task. For some people, eating fruits and vegetables is natural and for others it is a huge challenge.

I am going to try to show you how you can make the ways to squeeze five servings of thing every day without much thought. If you’re daring and want to shoot for nine servings daily.

First, I want to tell you why you should include fruits and vegetables in your diet (diet means food consumption, not a fad diet for weight-loss). Besides being jam-packed with wonderful flavor (especially the flavor!) they contain essential vitamins, minerals and fiber that your body needs each day. It’s these key players that are so beneficial to you when you eat healthily. Also, these nutrients make fruits and vegetables your friend for preventing chronic diseases such as stroke, CV disease and certain cancers that are plaguing people as they age.

So, what’s the deal? What does a serving of fruit look like? A single serving of fruit is 1/2 cup (meat to the cup), 1/4 cup of fruit juice (no sugar added), or 1/2 cup of dried fruit. A few examples include one very small apple or 1/2 of a medium-large apple, four dried apple rings, one banana, 1/2 cup of blueberries, one small orange, 1/2 can of canned peaches, 1/2 cup of fresh pineapple, two table spoons of dried strawberries, 1/2 cup of whole strawberries, two small tangerines, 16-17 grapes, 1/3 cup of cranberry juice and fruit juice blenders, and 1/4 cup of most vegetables.

Vegetable servings are similar.

One serving consists of:

1/2 cup of steamed vegetables (corn, potatoes or beans),
1/3 cup of cooked vegetables (steamed /boiled /stir fried),
1/4 cup of raw vegetables, some examples include:

- six baby carrots,
- broccoli florets, one Roma tomato,
- half of a sweet potato,
- one cup of corn, one cup of raw spinach or lettuce, five spears of fresh asparagus, eight brussel sprouts, 1/2 of a large eggplant, 14 chili mushrooms, seven cherry tomatoes, one hand full of sugar snap peas or snow peas, and 1/4 of a large zucchini.

How you should have a good idea of how many fruits and vegetables it will take to help you eat five servings a day. If you find it difficult to get in the recommended five servings a day, then simply make it a point to put them on your plate. When you crave something sweet, try an apple, a banana, a handful of grapes, or some baby carrots. You will save yourself from the excess fat and lack of nutrients that sweet snack has and benefit from the vitamins, minerals and fiber from the fruit and vegetables.

Here are just a few easy ways to incorporate these healthy foods into your diet:

- add strawberries, blueberries, or a sliced small banana to your cereal,
- dip baby carrots or fresh asparagus into hummus, a sauce with garlic and a little black pepper to add as a side dish, carry a trail mix with dried cranberries and raisins for a snack, or slice a sweet potato and bake it for potato chips.

If you look at what a single serving is for fruits and vegetables, you will see that eating five servings a day or more is not as hard as it may seem. You can easily knock out two servings of veg-

Email Avey at avey@uiw.edu
KUIW celebrates fourth anniversary

By Gladys Schulze

March 28

The memorial for Cosette Reyes-Varela, a 2005 graduate and tennis player, took place in Our Lady’s Chapel. Reyes-Varela died in Mexico in a car accident on Dec. 13, 2007.

Her former professors organized the service, inviting friends and family for remembrances. A video showing Reyes-Varela’s preparation for the “Cutting Edge” fashion show was projected on the wall.

Many students also commented about the tameness of the shuttle. A shuttle takes about 15-20 minutes from the tower near the student center to Marian Hall.

“I have to catch the shuttle 30 minutes before my class starts to arrive on time. During rush hour traffic in the afternoon, the shuttle takes up to 45 minutes to go from Marian Hall back to the tower to arrive to the classroom,” said the student.

“With construction on campus because it impacts the hours of operation of the cafeteria, many students are sometimes left with no other choice than to eat at other dining facilities. Only $300 of every meal plan is designated to other dining plans. We are constantly finding ways to improve our food service,” said Dr. Renée Moore, dean of Campus Life.

Administrators address student concerns

By Gladys Schulze

Students voiced their concerns with parking, student life, technology, meal plans and teacher evaluations among other issues to administrators at a March 5 open forum sponsored by the Student Government Association.

A senior questioned premium parking rules.

“Once a new senior I was looking forward to getting the premium parking pass, but I have seen that you have done away with it,” she said. “Premium parking is new only given to faculty and staff and no longer to seniors. Why was it taken away?”

Dr. David Jurenovich, dean of enrollment planning, said the premium parking availability for seniors was discontinued due to lack of space.

“As it is, there isn’t any (enough parking for) faculty and staff in the front,” Jurenovich said.

“We have always tried to cater to our students’ needs. That is why we built the new garage (Anisia Parking Tower) to relieve parking problems. I know it is far and out of the way, but it is our way to show that we are trying to solve the problem.”

Many students also commented about the tameness of the shuttle. A shuttle takes about 15-20 minutes from the tower near the student center to Marian Hall. Students have to catch the shuttle 30 minutes before their class starts to arrive on time.

During rush hour traffic in the afternoon, the shuttle takes up to 45 minutes to go from Marian Hall back to the tower to arrive to the classroom. “We like construction on campus because it impacts the hours of operation of the cafeteria in the Student Center. “The cafeteria closes two to three times a day,” a student said.

Actually, the cafeteria is closed from 10 to 11 a.m. and 2:30-3 p.m. Students are sometimes left with no other choice than to eat at other dining facilities. Only $300 of every meal plan is designated to other dining plans.

“We are constantly finding ways to improve our food service,” said Dr. Renée Moore, dean of Campus Life.

Richard Morgan, general manager of Sodexo on campus, explained the cafeteria has to close several times throughout the day to switch and clean up stations.

“We close because we need to clean,” Morgan said. “But students will be pleased with the increased amount of money balance on their cards. There will be an increase in the amount of declining points. We are always looking for what can be changed.”

Dr. Denise Doyle, re- minded students of the new online teacher evaluation forms and how important they are.

“We hope students do the evaluations online,” she said.
Interfaith discussion shows similarities vs. differences

Forum addresses dangers in Darfur

By Arianna Ingles
LOGOS STAFF WRITER

The group, S.T.A.N.D. (Students Taking Action Now for Darfur), along with Dr. Sally Baynton, UIW Religious Studies instructor; Rachel Walsh, UIW Hebrew teacher; and Barbara Gorelick and Narjis Pierre, leaders in the San Antonio Tri-faith Dialogue and the peaceCENTER.

The event took place in the Special Collections Room on the second floor of J.E. and L.E. Mabee Library.

To fully understand the unity behind these seemingly different traditions, Kirk introduced the evening with a “zakat” which displayed Abraham at the root and all the branches that grow upwards in the form of Islam (from his son Ishmael), Judaism (from his son Isaac), and Christianity. Not only was this bit of history quite important in understanding the unity behind the three religions, but it also reminded the culturally diverse crowd of their unity as humankind, all living in a world with not-so-distant ties.

After Kirk’s introduction, Walsh and Gorelick, who are devoted members of the Jewish community, explained Jewish practices and prayers. Walsh and Gorelick pulled a heavy parchment scroll out of a wine-colored velvet bag. The scroll or Torah, which seemed approximately two feet in length and weighed between 20 and 25 pounds, serves as Judaism’s final authority and complete set of all ethical and legal religious text.

Walsh explained the sanctity behind the Torah. Gorelick threw light upon the Shabbat, or Jewish Sabbath, which marks the holiest day of the week for Jews. Walsh chanted a Jewish prayer that left the audience stunned, both at the beauty of her voice and the spiritual power of the prayer’s words, despite the fact that it was recited completely in Hebrew.

“Indeed happy that I was listening to something that has been written for over 2,000 years,” UIW student Chance Madera said.

Kirk and Maddox asked, “How do Christians pray in the seasons of the year and in the seasons of life?” Although many of the students at the discussion were very familiar with traditional Christian prayers and explanations behind Christian holy days in comparison to both the Jewish tradition and later on in the evening, the Islamic tradition, Ayady and Narjis Pierre, a longtime friend of Kirk’s, led the group into the final installment of the dialogue — Islam. Life cycle observances are important to Moslems, said Ayady, who explained different rituals performed at birth, marriage and death.

“Our great idea covering some of the important things...” Aryn Hatfield said. Pierre and Ayady explained the importance of the Hajj, or individual pilgrimage, that Moslems are called to do at least once in their life to Mecca (the birthplace of the Prophet Mohammed, the man who founded Islam around 1,400 years ago). As they spoke, colorful slides with different prayers (written in the original Arabic and English translation) recited by Moslems flashed on a large screen.

IUW student Zeki Can Kavgaci, originally from Turkey, expressed positive emotions.

“It’s the 21st century version of the Hicazite,” Robert Rodriguez, president of S.T.A.N.D., said. “People are dying and suffering. We should not let this situation go on. It is time to open eyes.”

Sophomore Dustin Lemley put it into perspective: “Everyone was there to understand and grow in tolerance with one another, to see that we aren’t all different.”

UIW student Cam Van Nguyen shares her [Islamic] ceremony.

Afterwards, the feeling of communion with people of all backgrounds could not be ignored.
Tennis team members help, push each other

The men’s and women’s teams for Incarnate Word won by landslides over other teams in the Rocky Mountain Athletic Conference Championships — held Feb. 19-21 in San Antonio.

UW competed against five other schools — University of Nebraska at Kearney, Colorado Mines, Grand Canyon University, Mesa and University of Texas-Pearman Baseball with Davis Naturale.

The women Cardi- nals scored 913 points, 114 points higher than second-place Mesa State (799 points). UW men fin- ished with 708.5 points in their win, helping to bring UW’s total to 1,711.5 points, almost 500 points higher than second-place Colorado Mines (1,235 points). Although both teams did exceptionally well, both the men and women said nerves were definitely there.

“There are always a lot of nerves, as well as a lot of excitement by the time we come to a conference championship,” said Davis Naturale, who was named the Heartland Coach of the Year. “And we’ve had a lot of freshmen on the team. So it’s learning how to control those nerves and emotions and still be able to perform.”

By the second day of the conference championships, the UW men’s team already had broken three school records. Freshmen Patrick Cardenas, Alec Bobit, Daniel Marrea and LukeBernard went the distance, with a record of 1:24.21, in the 200-yard freestyle relay. Patrick Cardenas a new school record in the 50-yard fre- style with a time of 21.64, which lowered Bernard’s time of 21.32, set last De- cember. Sophomore Blake McKay finished second in the 200-yard individual medley, breaking his own school mark by a finger- nail to a time of 1:55.97 from 1:55.94 earlier this month.

The women’s team won 14-events with Rachel Wat- son winning the 50-yard freestyle in a time of 24.80.

By Teresa Velasco

LOGOS STAFF WRITER

Heartland Conference, University of Nebraska at-

five other schools — Uni-

Swim, dive teams win championships

Last year, UIW’s men’s and women’s swim, dive teams won championships.

This season, both teams have again strong records, but the players are more focused on supporting each other than always winning.

“We like to be togeth- er and work as a team,” said junior math major Karen Rodriguez of Eagle Pass, adding the chemistry among the players, as key to the teams’ success.

Junior sports manage- ment major Max Moreau echoed her. “We support each other in good and bad moments,” he said.

Moreau, originally from Guerise, France, de- scribed the team as a sub- stitute family.

Besides him, there are international students on the team from France, Germany, Spain and Mex- ico.

Junior psychology ma- jor Erica Engberg said, “It has been great to play with so many different individu- als, and it has helped me to become the player I am today.”

The coaching staff is also paramount to the success of the teams.

Lifeweights to slim down

What you need to do is start lifting weights.

When you skip the weight room, you skip out on melting away fat, fast. Two sessions of weight- training a week can re- duce overall body fat by three percentage points in just 30 weeks, even if you do not cut a single calorie from your diet. If you do cut calories, then that percentage increases drastically. That tran- latesto as much as three inches off your waist and hips.

Even better, all that newly developed muscle pays off in the long term by boosting your me- tabolism, which helps keep your body lean and sculpted. Suddenly, dribblebuts sound like a brilliant idea.

Though cardio burns more calories than strength-training during those 30 minutes, weight- lifting cuts more calories overall. Muscle accounts for about a third of the average person’s weight, so it has profound effect on their metabolism. This effect burns more calo- ries, because muscle, un- like fat, is metabolically active. You are not only in the gym, your muscles are burning calories. If you replace 10 pounds of fat with 10 pounds of muscle, you will burn an additional 25 to 50 calo- ries a day without even trying! An easy way to jump- start your routine is to start with two to three weight-training sessions a week. For the great- est calorie burn, aim for total-body workouts that target your arms, abs, legs and back. For example: squats, lunges, dumbbell lifts, triceps dips, Y-up sit-ups, etc., are all great exercises that target many muscles within the body. For each exercise that you do try to get in 10-12 reps with three sets.

Last but not least, don’t forget to get enough protein in your diet, which is key for lean muscle-building and calo- rie burn.

If your body is not working yet for a reason for-n o t weight-training is that you fear bulking up, then you are cheating yourself of the fastest fat- burning activity there is.

There comes a point when one gets tired of sweating it out on cardio equipment and not getting the results they want, for example, weight loss.

E-mail Stafford at es- tauffer@uiwtx.edu

SPORTS

March 2009

U N I V E R S I T Y O F T H E I N C A R N A T E W O R D

Tennis team members help, push each other

By Rachel Walsh

LOGOS ASSISTANT EDITOR

Junior tennis player Max Moreau of France prepares to serve.

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By Rachel Walsh

LOGOS ASSISTANT EDITOR

Junior tennis player Max Moreau of France prepares to serve.

If your body is not working yet for a reason for not weight-training is that you fear bulking up, then you are cheating yourself of the fastest fat-burning activity there is.

There comes a point when one gets tired of sweating it out on cardio equipment and not getting the results they want, for example, weight loss.

What you need to do is start lifting weights.

When you skip the weight room, you skip out on melting away fat, fast. Two sessions of weight-training a week can reduce overall body fat by three percentage points in just 30 weeks, even if you do not cut a single calorie from your diet. If you do cut calories, then that percentage increases drastically. That translates into as much as three inches off your waist and hips.

Even better, all that newly developed muscle pays off in the long term by boosting your metabolism, which helps keep your body lean and sculpted. Suddenly, dumbbell looks like a brilliant idea.

Though cardio burns more calories than strength-training during those 30 minutes, weight-lifting cuts more calories overall. Muscle accounts for about a third of the average person’s weight, so it has profound effect on their metabolism. This effect burns more calories, because muscle, unlike fat, is metabolically active. You are not only in the gym, your muscles are burning calories. If you replace 10 pounds of fat with 10 pounds of muscle, you will burn an additional 25 to 50 calo- ries a day without even trying! An easy way to jumpstart your routine is to start with two to three weight-training sessions a week. For the greatest calorie burn, aim for total-body workouts that target your arms, abs, legs and back. For example: squats, lunges, dumbbell lifts, triceps dips, Y-up sit-ups, etc., are all great exercises that target many muscles within the body. For each exercise that you do try to get in 10-12 reps with three sets.

Last but not least, don’t forget to get enough protein in your diet, which is key for lean muscle-building and calorie burn.

E-mail Stafford at es-tauffer@uiwtx.edu

SPORTS

March 2009

U N I V E R S I T Y O F T H E I N C A R N A T E W O R D

Tennis team members help, push each other

By Rachel Walsh

LOGOS ASSISTANT EDITOR

Junior tennis player Max Moreau of France prepares to serve.
The first football team in the University of the Incarnate Word's history is undergoing its first spring football drills in preparation for its first spring football game on April 8 and first opponent on Aug. 29.

Team prepares for historic spring football game, season

By Stephanie Tomasik

HEARTLAND HEROES

Jeremy Tucker, a trainer, is excited about his journey through CrossFit.

Spring Fling to raise funds for softball, volleyball teams

When the Lady Cardinals lost their game at San Antonio, they knew it was a must-win game.

Softball team wins three of four games

By Pamela Martinez

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Susan G. Komen Race to run April 4

The fourth annual Spring Fling, which features a rubber turtle race, is a fundraiser for the Lance Armstrong Foundation.

First Football Foes

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When the Lady Cardinals lost their game at San Antonio, they knew it was a must-win game.
The smell of hamburgers and popcorn filled the air as the Campus Activities Board held its third annual Cardinal Carnival and Golf Cart Parade for Incarnate Word Day, March 25, on Dubuis Lawn.

The carnival featured rides, games, music from KUIW and booths sponsored by various campus organizations. Some campus organizations sold food or goods at their booths in order to raise funds for their individual causes while others sponsored booths for off-campus local organizations such as Lambda Chi Alpha did for the National Bone Marrow Donor Program.

“The carnival is a good way to bring students and faculty together to have a fun time and support causes and organizations on campus,” said junior Joe Urby, who helped sign people up for the donor program. Rides like “The Gyro” — a single-person ride in which the person is secured and spun around a rotating platform — and a mechanical bull were free to students. “It was out of control,” said sophomore Steven Tiffany, who rode the mechanical bull eight times. “I felt like a true bull rider in the Houston Rodeo.”

A balloon maker and cartoonist also contributed their talents to the students at no cost, although some activities were not free and required a donation — such as the popular dunking booth in which all proceeds went to benefit the campus chapter of S.T.A.N.D. (Students Taking Action Now for Darfur). The Golf Cart Parade highlighted the event as organizations decorated campus golf carts according to a particular theme and competed against one another for prize money. UIW Peer Mentors led the parade with their Fiesta decorated cart and theme, “Remember the Alamo and Your Peer Mentor.” Residence Life entered two golf carts, one by the main campus and Hillside resident assistants; the other by Avoca R.A.’s. The main campus and Hillside R.A.’s decorated their cart like the popular “Magic School Bus” children’s book series and titled it, “Magic School Bus – The Universe is Yours.” The Avoca R.A.’s decorated their cart like the ninja turtle with the theme, “Tenant Turtles.” The AESM Engineering Club, Chemistry Club, UIW Cheerleaders, Campus Police, S.T.A.R.S., and Logos newspaper also decorated carts.

First place went to the Avoca R.A.’s with the Engineering Club and main campus and Hillside R.A.’s placing second and third, respectively. They each won $100 in prize money for their organization.

“Last year the weather wasn’t as good, but this year it’s better so we were able to get better activities and it’s attracted more people,” Webber. “We started planning a month ahead of time and it’s proved to be a lot better.”
Sister Martha Ann Kirk reviews 'Magnificat' documentary

Multimedia specialist Adela Gott gets honor

Sophomore Lauren Wappelhorst called 'servant-leader'

Sophomore Lauren Wappelhorst received this year's CCVI Student Spirit Award, the high- est award a student can achieve at the University of the Incarnate Word. Campus Ministry Di- rector Elizabeth Villarreal said Wappelhorst was the student who best exemplified the five tenets of the mission: Faith, Innovation, Truth, Education and Service.

This spring, Wappelhorst also initiated the first 24-hour Pray-a-thon. "Lauren is truly a serv- ant-leader," Villarreal said, adding that she "can, to show that I truly am blessed."
Fog challenges unsuspecting motorists

The poet Carl Sandburg described fog as "coming on little cat feet. It sits looking over harbor and city on silent launters and then moves on." To the airline pilot, fog is thick enough, and visibility is reduced to just a few feet, driving becomes extremely hazardous.

"What is it? Fog! Pilots and sailors, however, do have access to "eyes," called the fog, known as radar. For us motorists, our real eyes have to do with the fog being thick enough, and visibility is reduced to just a few feet, driving becomes extremely hazardous.

Radiation fog is the one that concerns most motorists. It is usually quite shallow, less than a few hundred feet thick, and normally lingers for a few hours after sunrise, allowing visibility to improve and driving conditions to improve. What can we as motorists do to counteract the adverse driving conditions caused by fog? Allow extra time to get to your destination, especially during early morning rush-hour traffic times. Allow extra car lengths between you and the vehicle in front of you. In some cases, pulling off the road or parking is necessary. Drivers should turn on their lights and watch out for the other guy. Always drive with your lights on and drive with caution, even during daylight hours. Be seen by other motorists. Like with most other types of hazardous weather, advance planning and common sense are our best means of protection against weather that "comes on little cat feet."

E-mail Peabody, an adjunct instructor in the Department of Meteorology, at peabody@uiwtx.edu.

Barack Obama inauguration inspiring


Obama's inauguration began the change he so frequently spoke of – becoming the U.S.'s first African-American president. I myself, was unable to travel to Washington, D.C., to see his inauguration. I have watched the news for the live coverage of the event because I was in class. I did see a news program after the inauguration. Fog is a surface-based phenomenon that occurs when the air is cooled to the dewpoint temperature at the surface (where moisture condensations). There are two types of fog that affect driving conditions – radiation fog and advection fog. Both occur most often in winter and spring, but like most other forms of weather, can form at other times when conditions are right.

Barack Obama inauguration inspiring

Today's libraries are modern community centers where everyone is invited to explore, dream and learn. Schools, campuses and communities across the country will celebrate National Library Week, April 12-18. It is a time to re-member the contribution librarians, library workers and community members make to their communities everyday.

Take a break from the finals and celebrate with the UW-op library staff on Wednesday, April 15, with cake and cookies, music and, if you're feeling adventurous, the library's front porch from 3:30 to 5:30 p.m. We want to hear your suggestions on how we can better serve our community. Bring your curiosity, imagination and creativity, and see how worlds connect @ your library.

Letters to the editor

As an undergraduate, I first considered law school. I had a rough time when I was a junior law student. It was really tough for me at that time.

Texas fog challenges unsuspecting motorists

Tough financial choices to address budget shortfalls, layoffs and other tough financial choices to ensure their fiscal viability as the country undergoes yet another economic downturn.

Fortunately, Incarnate Word is not only weathering the storm, but we are cautiously optimistic for the future.

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Amelia Hernandez  

Do you ever see your friends refer to you as a notoriously compulsive buyer? Do you look at your empty pockets and purses, then at your belongings and wonder where all the cash went? Do you find yourself down and out because of your less-than-ideal finances? You are not alone in the club of buying. Today’s society is obsessed with buying and spending, a phenomenon that poses a threat to our daily lives. 

The media and pop culture have been Knights of the Armoury in this new unspoken war, spreading these mindsets. Unfortunately, that kind of obsession can evolve around admiration or admiration of the possessions one owns. Do you admit to yourself that you are a notorious compulsive buyer? Do you find yourself down and out because of your less-than-ideal finances? 

The problem does not end there. Binge-eating is a common problem. It is often accompanied by stress, low self-esteem of all minds and their lives. When you learn to make a habit of it, you can deal with them in a healthy way. 

The steps listed below will help you get rid of this bad habit.

1. Identify the stressors that are making you overeat. Stress can begin with something as simple as a photo of your favorite jeans. Aiming for perfection is often accompanied by Binge-eating. 

2. Break down the urge. Stress is often accompanied by a binge-eating pattern. 

3. Take it one meal at a time. When you learn to make a habit of it, you can deal with them in a healthy way. 

4. Find a new hobby or activity. Stress can begin with something as simple as a photo of your favorite jeans. Aiming for perfection is often accompanied by Binge-eating. 

5. Take it one meal at a time. When you learn to make a habit of it, you can deal with them in a healthy way. 

6. Find a new hobby or activity. Stress can begin with something as simple as a photo of your favorite jeans. Aiming for perfection is often accompanied by Binge-eating. 

7. Take it one meal at a time. When you learn to make a habit of it, you can deal with them in a healthy way. 

8. Find a new hobby or activity. Stress can begin with something as simple as a photo of your favorite jeans. Aiming for perfection is often accompanied by Binge-eating. 

9. Take it one meal at a time. When you learn to make a habit of it, you can deal with them in a healthy way. 

10. Find a new hobby or activity. Stress can begin with something as simple as a photo of your favorite jeans. Aiming for perfection is often accompanied by Binge-eating.
‘Eleemosynary’ stages audience

By Karla Torrado

“Eleemosynary,” a play featuring three ac-
tresses and an innovative scene design, op-
ens Friday, April 17, at Elizabeth Heth Cotter Theatre.

The chair of the The-
atre Arts Department, Dr. Robert Ball, is directing the play written by Lee Blessing. He considers getting to work with three very talented actresses the best part for him in this great ex-
perience.

“(The play) focuses on three generations of highly intelligent women: Dorothea, a wealthy, self-
proclaimed eccentric; her daughter, Artie, a woman very talented actresses and an innovative play featuring three ac-
tresses and a scene design that moves back and forth in time in short fragmented scenes until finally a complete picture of events is formed,” Ball said.

More specifically, the play tells the shared story of Dorothea, Artie and Echo through three dif-
ferent points of view. The characters often speak directly to the audience, each telling their side of the story. In this way, the audience becomes able to understand the reasons their family has broken apart and what it will take to bring it together again.

“It’s an unflinchingly courageous and oftentimes funny play about family, love and forgiveness,” Ball said.

Rigel Nunez, a former UIW theatre student, has designed the stage for the production.

“Nunez has placed the audience seating on the stage and some of the set-
tings out in the auditorium where the audience non-

directly sits,” Ball explained.

This choice not only helps the audience to see the telling of the story, but also gives the audi-
cence a new outlook and helps transmit the heartfelt feelings of distance and closeness.

“Two long walkways lead the stage into the space normally used for the audience and much of the action is played on from the walkways and a single platform, the stage is almost bare,” Ball said.

Theatre Arts faculty members Margaret Mitch-
ell (costume designer) and Melissa Gaspar (light-
ing designer) join Ball and Nunez on the artistic team. UIW students Renee Garvens (Dorothea), Kat O’Neal (Artie) and

Residents Evil: To hype or not to hype

By Carolina Gonzalez

The buzz around Resi-
dent Evil 5 has been grow-
ing ever since its release dates were announced by Capcom.

It’s been nearly a month since the game’s release and many people who were reluctant to buy it are now wonder-
ing if the hype was well-
deserved or just that — hype. As a sequel to such a widely successful series, it carries quite a bit of weight on its shoulders, especially in this era of realism and HDTV’s.

In my gaming opinion, RE5 lacks as a co-op game and displays most of its shining success in that mode. Co-op begins on a split screen, as both play-
ners can venture as far as possible from each other without exiting the level. Co-op mode has several helpful little mechanisms, one being to help a buddy who is under fire from infected. A simple push of a button will locate your partner on your screen via a pulsating circle. Ex-
changing items is pretty simple, too; you have the option to either flat-out give the person your item or, if both inventories are full, request an exchange.

The one downside is that you cannot exchange weapons once you bring one or both inventories up, but ammo can be freely passed between partners.

In addition to its main storyline and game play, RE5 offers some pretty spiffy unlockable stuff. After completing the first run-through of the game, you will unlock two new outfits (one for Alhur and one for Redfield) plus two filters for the game which can be viewed under special settings. There are two additional outfits and more special settings available, but you’ll have to find out on your own how to get them.

Resident Evil 5 can currently be purchased on the XBOX360 and Play-
station’s, with plans to port it to PC coming soon. There will be downloadable
able content available, but the latest data on that has been pushed back to April.

E-mail Gonzalez at ska-
sumi@gmail.com

SHOW, TICKET INFORMATION

“Eleemosynary” will be staged at 8 p.m. April 17, 18, 24 and 25, and 7 p.m. April 23 at Cheever Downstage II Theatre.

“Eleemosynary” shows us how love and forgiveness bring and keep families together, no matter how complicated the circumstances.

And in case you were wondering, eleemosynary means “charitable,” giv-
ing people something they need.

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‘I Love You, Man’ hangs on ‘bromance’

It was confusing at first to see the human mind and how it works, as confusing as finding what your true purpose in life is and as confusing as the unknown. It being the music industry.

The music industry changes and grows as an adolescent boy would through puberty. His voice changes, he has growth spurts, acne, and well, as most boys seem to be, just plain smelly. The music industry continues to evolve in ways that would not have been possible more than 50 years ago.

OK, so how does the music industry change? First, as much as people want to say music is an art more than a business, I have to disagree. I believe music is a business as well as a form of art for those who are lucky enough to have the talent to work through a different lifestyle. The digital age has become a major influence in the music industry. As part of the ones who understand technology, it still amazes me how the use of the Internet has benefitted and harmed the music business. Unimaginable 50 years ago, there is still a downside to the age of new technology. If radio stations own anywhere in the music business wants to survive, we have to accept that new technology is here to stay. In addition, podcasts are being used by the Internet to reach more listeners.

As good as this sounds, there is still a downside to the age of new technology. “If radio stations own anywhere in the music business wants to survive, we have to accept that new technology is here to stay.”

Yet, we all know how we have done it at least once since we understand. There are endless possibilities of digi-However, the children’s scenes are now using comput-
McNair adds 13 scholars to program

Students to begin research this summer

Thirteen University of the Incarnate Word students make up the newest group of McNair Scholars who will be engaged in a variety of summer research projects. The students selected, their majors, hometowns and mentors include:

- Elyse Alanzu, communication arts, San Antonio. Mentor: Dr. John Perry.
- Britina Alvarado, psychology, San Antonio. Mentor: Unassigned because she will be waiting until next summer to do research.
- Lauren Bernal, double majoring in psychology and biology, San Antonio. Mentor: Dr. Harold Rodinsky. Dr. Julian Davis and Ben McPherson.
- Justin Barklow, double majoring in history and philosophy, Austin, Texas. Mentor: Dr. Lopiota Nair.
- Kent Campbell, psychology, San Antonio.
- Meniors: Rodinsky, Davis and McPherson.
- Christine Clark, engineering management, San Antonio. Mentor: Dr. Michael Fye.
- Anna Marie Evans, psychology, San Antonio. Mentor: Dr. Lisa Luckhart.
- Guadalupe Flores, double majoring in English and theatre, San Antonio. Mentor: Dr. Robert Bull.
- Carmen Guzman, psychology, San Antonio. Mentor: Dr. Maria Felix-Ortiz.
- Colleen Otegón, double majoring in English and computer information systems. San Antonio. Mentor: Dr. Pat Lonchar.
- Caitlyn Vázquez, English, San Antonio. Dr. Hector Pérez.
- Adrian Zapata, chemistry, San Antonio. Mentor: Dr. Rafael Adrian As one of the federally funded TRIO programs, the program is aimed at providing people who are economically disadvantaged and first-generation college students with academic and career support in education and professional development, participation in conferences around the nation, preparation for the Graduate Record Exam and assistance with the graduate school application process.

The Logos is holding a contest this semester!

Three categories:

- Best Documentary Photo
- Best Creative Photo
- Best Campus

Prize:

Half-page, color spread in May 2009 Logos.

Deadline: April 12

Rules:

- Photos must be submitted electronically to angela@uiw.edu. Files must be jpeg or tiff format and no larger than 1 megabyte. Photos must be of a size suitable for publication in Logos.

How to Submit:

Send photo to angela@uiw.edu. Include your phone number and photo title/s within the e-mail.

Our Cup Overflows

A student-led project, madeup of Incarnate Word’s TRIO Student Success Program and McNair Scholars Program mentors and tutors, have formed a partnership to organize a community service project. Calling it “Our Cup Overflows,” the goal is to collect and accept donations from the UIW community for all halfway transitioned transitional houses.

The theme, taken from Psalm 23, was selected because it corresponds with the TRIO and McNair campaigns.

Everyone involved in this project is very excited, having the opportunity to assemble the donations the second week of April and then delivering them to shelters.

TRIO is under the direction of Lydia Perez Roberts and McNair is under the direction of Dr. Robert Leichman. Both programs have some similarities in serving mostly first-generation college students. Since the care packages will be given to adults living in transitional situation halfway houses, an often overlooked population, emphasis is being placed on overlook people who are individually wrapped coffee mugs – crack and chip free, of possible, unopened, small toiletries, such as sample/hotel shampoo, soap, lotions, etc.; individually wrapped tea bags, instant coffee bags, and hot chocolate packets; and chip free, if possible; dies; toothbrushes and small toothpaste tubes; and any other small item that might be useful for an individual in transition.

Components of the program include: an intensive paid summer research internship with a faculty mentor, career and professional development, participation in conferences around the nation, preparation for the Graduate Record Exam and assistance with the graduate school application process.

TRIO-McNair team up for service

### --PHOTO CONTEST--

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If you are selecting an email group or photo title, you specify which photo is for which category.
Two major faculty awards

In fact, information is part down fairly well now. Information to the people” have gotten the “get the knowledge” and comes knowledge. Look only useful when it be- comes knowledge involves perception (the aware- ness part), learning and communications (which have many levels of pro- cesses, completeness and implications), association (links among information, senses, and even imagina- tion) and reasoning (draw- ing inferences and conclu- sions in a logical manner). They will tell you that the classic (Plato’s defini- tion of knowledge (not including cases of tricky coincidences or decep- tion) is “justified true belief” where “justified” may refer to observation and intellectual intution as well as to faith and feeling, “true” may refer to that which corresponds to formal logic or to the observable world, or that completes a system, or that is right for the time and culture, or is what the majority believe, or what conforms to divine intellect (hmm… what is truth?), and “belief” “do I need to define that?”

So what does all this have to do with “comput- ers in your life”? Well, primarily I wanted to share with you informa- tion about a new search engine coming out in May that its creator refers to as a “computational knowledge engine.” Unlike existing search tools that provide you with documents that may contain an answer to your question, or with articles written about the topic, or with an answer based on parsing your question into keywords, this tool is re- ported to be able to comprehend your ques- tion using a natural lan- guage interface and then compute an answer based on programmed models derived from the theories, algorithms, heuristics, rules, and facts in a variety of fields of knowledge not just science, but weather, cooking, travel, people, music, and more.

I have been asking my- self if this new tool will be beneficial, and if yes, then to whom and under which circumstances, and what are the possible ramifications of this? This line of questioning was triggered by my discovery the other day that most of my stu- dents do not understand the concept of a scien- tific experiment or what a “theory” is and I was disturbed about the rami- fications of this discovery. I have decided to take two articles to explore this, starting my next article with taking a trip back- ward to what I think was the first movie to depict a computer, “Desk Set” (1957). Watch for that article. I welcome your comments and questions.

E-mail Youngblood at youngble@uiwtx.edu

March 2009

Two veterans captured major faculty awards at the annual Faculty Appreciation Banquet held Friday, March 27, in Rosenberg Sky Room.

Theresa Tiggerman, an accounting professor who has run the Volunteer Tax Assistance Program more than 20 years, received the Presidential Teaching Award, which includes a $5,000 cash prize.

Tiggerman, who is with the B.B. School of Business and Administration, had to be nominated and to support material- including a philosophy of teaching.

Dr. Lou Jr. Agnese Jr., who awarded Tiggerman the plaque, established the award this century.

Dr. Mary Ruth Moore, a professor with the Dree- ben School of Education, was named the Moody Professor.

As Moody Professor, Moore will deliver the commencement address in December, carry the academic mace this fall and next spring in com- mencement ceremony pro- ceedings; and give public lectures at UIW and Our Lady of the Lake.

Dr. Denise Doyle, the provost, announced the winners as a climax to the annual Faculty Apprecia- tion Banquet held Friday, March 27, in Rosenberg Sky Room.

The Moody Foundation established the annual award at UW and Our Lady of the Lake.

Lady of the Lake Univers- ity during the 2009-10 academic year.

Moody candidates are nominated by the vari- ous schools. The Moody Foundation established the annual award at UW and Our Lady of the Lake.

Theresa Tiggerman

Dr. Mary Ruth Moore

Back to the future with conceptual knowledge engines: Part I

A couple of arti- cles ago I wrote about how

Dan Pink has suggested we are shifting from the Information Age (which started 50 years ago) to the Conceptual Age.

The idea behind this pronouncement (or at least an amalgam of his and my ideas) is that we have gotten the “get the information to the people” part down fairly well now. In fact, information is overly abundant. It piles up like a flood at our feet and frequently over- runs those with documents that may contain an answer to your question, or with articles written about the topic, or with an answer based on parsing your question into keywords, this tool is reported to be able to comprehend your ques- tion using a natural lan- guage interface and then compute an answer based on programmed models derived from the theories, algorithms, heuristics, rules, and facts in a variety of fields of knowledge not just science, but weather, cooking, travel, people, music, and more.

I have been asking my- self if this new tool will be beneficial, and if yes, then to whom and under which circumstances, and what are the possible ramifications of this? This line of questioning was triggered by my discovery the other day that most of my stu- dents do not understand the concept of a scien- tific experiment or what a “theory” is and I was disturbed about the rami- fications of this discovery. I have decided to take two articles to explore this, starting my next article with taking a trip back- ward to what I think was the first movie to depict a computer, “Desk Set” (1957). Watch for that article. I welcome your comments and questions.

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March 2009

Two veterans captured major faculty awards at the annual Faculty Appreciation Banquet held Friday, March 27, in Rosenberg Sky Room.

Theresa Tiggerman, an accounting professor who has run the Volunteer Tax Assistance Program more than 20 years, received the Presidential Teaching Award, which includes a $5,000 cash prize.

Tiggerman, who is with the B.B. School of Business and Administration, had to be nominated and to support material- including a philosophy of teaching.

Dr. Lou Jr. Agnese Jr., who awarded Tiggerman the plaque, established the award this century.

Dr. Mary Ruth Moore, a professor with the Dree- ben School of Education, was named the Moody Professor.

As Moody Professor, Moore will deliver the commencement address in December, carry the academic mace this fall and next spring in com- mencement ceremony pro- ceedings; and give public lectures at UIW and Our Lady of the Lake.

Dr. Denise Doyle, the provost, announced the winners as a climax to the annual Faculty Apprecia- tion Banquet held Friday, March 27, in Rosenberg Sky Room.

The Moody Foundation established the annual award at UW and Our Lady of the Lake.

Lady of the Lake Univers- ity during the 2009-10 academic year.

Moody candidates are nominated by the vari- ous schools. The Moody Foundation established the annual award at UW and Our Lady of the Lake.

Theresa Tiggerman

Dr. Mary Ruth Moore
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