

WHAT'S THE

MAY 25, 2021

WORD

**SUMMER FRUIT SALAD
RECIPES**

COMMUNITY MESSAGES

**HOW TO SLEEP
BETTER**

SUMMER 2021

UNIVERSITY OF THE INCARNATE WORD



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Message from Campus Engagement:

Thank you, Cardinals, for all you have done throughout the year! Your perseverance and dedication to keeping our Nest safe does not go unnoticed. We cannot wait to have each and every one of you back on campus for the fall. Remember to stay engaged throughout the summer by logging in to your Cardinal Apps, where you can find information on fun and exciting events, chances to win prizes, and more!

"Be who you are and say what you feel, because those who mind, don't matter, and those who matter, don't mind." - Dr. Seuss

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.

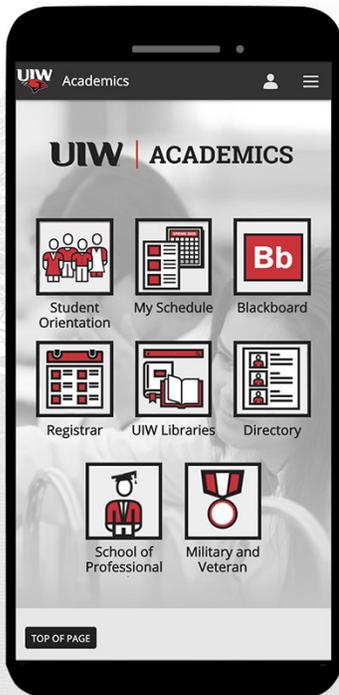
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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.

UIW ENGAGE



YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

STEP 1

Visit 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.

STEP 3

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

WHAT WILL YOU FIND?

- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with 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

210-829-6034

Chia Seeds

11 Health benefits

SUPERFOOD

One ounce (about 2 tbs)
139 calories,
4 g of protein, 9 g fat,
12 gr carbohydrates, 11 g of fiber,
& vitamins and minerals.

- 1 CHIA SEEDS DELIVER A MASSIVE AMOUNT OF NUTRIENTS WITH VERY FEW CALORIES**
Despite their tiny size, chia seeds are one of the most nutritious foods on the planet. They're loaded with fiber, protein, omega-3 fatty acids and various micronutrients.
- 2 CHIA SEEDS ARE LOADED WITH ANTIOXIDANTS**
Chia seeds are high in antioxidants that help protect the delicate fats in the seeds. They also have various benefits for health.
- 3 ALMOST ALL THE CARBS IN THEM ARE FIBER**
Almost all of the carbohydrates in chia seeds are fiber. This gives them the ability to absorb 10–12 times their weight in water. Fiber also has various beneficial effects on health.
- 4 CHIA SEEDS ARE HIGH IN QUALITY PROTEIN**
Chia seeds are high in quality protein, much higher than most plant foods. Protein is the most weight loss friendly macronutrient and can drastically reduce appetite and cravings.
- 5 THE HIGH FIBER AND PROTEIN CONTENT IN CHIA SEEDS MAY HELP YOU LOSE WEIGHT**
Chia seeds are high in protein and fiber, both of which have been shown to aid weight loss. However, studies on chia seeds have provided mixed results.
- 6 CHIA SEEDS ARE HIGH IN OMEGA-3 FATTY ACIDS**
Chia seeds are very high in the omega-3 fatty acid ALA. However, humans are not good at converting this into DHA, the most important omega-3 fatty acid.
- 7 CHIA SEEDS MAY LOWER YOUR RISK OF HEART DISEASE**
Studies on the effects of chia seeds on heart disease risk factors are inconclusive. Some studies suggest benefits, others do not.
- 8 THEY'RE HIGH IN MANY IMPORTANT BONE NUTRIENTS**
Chia seeds are high in calcium, magnesium, phosphorus and protein. All of these nutrients are essential for bone health.
- 9 CHIA SEEDS MAY REDUCE BLOOD SUGAR LEVELS**
Studies show that chia seeds may lower the rise in blood sugar after a high-carb meal, possibly benefiting people with type 2 diabetes.
- 10 THEY MAY REDUCE CHRONIC INFLAMMATION**
Limited evidence suggests that eating chia seeds may reduce an inflammatory marker known as hs-CRP. However, the health benefits are uncertain and more studies are needed.
- 11 CHIA SEEDS ARE EASY TO INCORPORATE INTO YOUR DIET**
Chia seeds are easy to prepare and are often added to porridge or smoothies.

source: https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#TOC_TITLE_HDR_12



MEDICINE GAME



BY: DAVYD SMITH
LACROSSE HEAD COACH

AS THE NEW UIW MEN'S LACROSSE COACH, I HAVE BEEN WELCOMED WITH OPEN ARMS AND POSITIVE ATTITUDES WHICH GIVES ME THE FEELING THAT WE ARE ON THE RIGHT PATH TO RECOVERY DURING THIS DIFFICULT AND CHALLENGING TIME. WE HAVE FELT THE CHANGES OF THIS PANDEMIC IN DIFFERENT WAYS AND MUST FIND OUR HEALING SANCTUARY TO MAINTAIN A POSITIVE OUTLOOK.

THE SPORT OF LACROSSE HAS MANY MEANINGS FOR EVERYONE ASSOCIATED WITH THE SPORT. ORIGINALLY DEVELOPED BY THE INDIGENOUS PEOPLE OF NORTH AMERICA, LACROSSE WAS SEEN AS THE "MEDICINE GAME", A GAME WHICH THESE INDIGENOUS PEOPLE USED AS A WAY TO HEAL ANY INTER-TRIBE DISPUTES AND BRING THE TRIBE TOGETHER. LACROSSE IS THE PERFECT SPORT FOR SUCH A TIME; WE ARE HEALING FROM A CHALLENGE THAT HAS TESTED US ALL AND HAS STRESSED OUR RESOLVE AS WE ADJUST TO A NEW "NORMAL". I HAVE USED LACROSSE AS MY OWN PERSONAL "MEDICINE GAME", A WAY TO HEAL FROM THESE CHALLENGES; GIVING ME THE RESET I NEED TO MAINTAIN MY MENTAL, PHYSICAL AND SPIRITUAL FITNESS.

IT'S AT THIS POINT, I WOULD NORMALLY PUT IN MY "PLUG" OF COMING OUT TO WATCH AND ENJOY UIW LACROSSE THIS FALL AND SPRING, (WHICH I BELIEVE I JUST DID). BUT MORE IMPORTANTLY, FIND YOUR "MEDICINE GAME"; WHAT MAKES YOU HEAL AND GETS YOU ON THE PATH TO RECOVERY AND SETTLED INTO THE NEW "NORMAL" AS UIW MOVES FORWARD.
CLUBSPORTS@UIWTX.EDU

CLUB LACROSSE
FIND US ON
ENGAGE



@UIWCLUBSPORTS



HOW TO SLEEP *better*

Eladio Garza III
Sports & Wellness Graduate Assistant

Get & stay on a sleep schedule

Sleep out of bed when not sleeping

No large meals before bed

Sleep 7 - 9 hours a night

Go to bed early

Wake up early

Appropriate sleep is important to keep the body and mind healthy and refreshed. As a college student it is important to balance all aspects of your life and to be sure to get the right amount of sleep. Sleep deprivation affects more than just alertness, it affects mental health, physical health, and overall performance. There are many reasons that lead to poor sleeping schedules and sleep deprivation, many of which are tied to working a job along with college courses, staying up all night to write a paper or studying for an exam, and watching tv during bedtime. Poor academic performance is tied to poor sleeping schedules among teens ranging from 13 years old to all throughout college.

Studies conducted by the American Academy of Sleep Medicine have shown that students perform equally poorly when they have sleep for 6 or less hours after two weeks as someone who has not slept for 2 days. Further studies have shown that sleep deprivation leads to learning, awareness, alertness, and memory deficiency. Sleep deprivation often increases risk for developing mental health issues especially in the students with insomnia. Depression, increased stress, and anxiety are all consequences of poor sleep schedules which effect how students approach everyday behaviors. Proper sleep patterns help with memory, mental health, physical tasks, mood, and behavior which directly affect performance in school and at work.





delicious summer fruit salad

Ingredients

2 plums, pitted and sliced
2 nectarines, pitted and sliced
2 peaches, pitted and sliced
2 to 3 apricots, pitted and sliced
1 cup blueberries
1 cup blackberries
2 teaspoons honey
1/3 cup fresh orange juice (from 1 orange)
1/2 cup small fresh mint leaves

Directions

Toss ingredients together in a large bowl.
Let sit at least 15 minutes before serving.

CLASSIC LASAGNA

PREP TIME

45 mins

COOK TIME

1 hour

SERVINGS

8 - 10

INGREDIENTS

2 lbs ground beef
1 medium onion, chopped
3 garlic cloves, chopped
1 tbsp olive oil
2 15 oz cans tomato sauce
1 15 oz can water
1 12 oz can tomato paste
1 tsp oregano

1 tsp basil
Salt and pepper,
16 oz mozzarella cheese,
grated
16 oz cottage cheese, small
curd, (or ricotta cheese)
½ cup grated Parmesan
cheese
1 16 oz box lasagna pasta

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a large pan, add olive oil, chopped onions and garlic. Saute until onions are soft and translucent.
3. Add ground beef and cook until completely browned, drain fat. Return to pan.
4. Add tomato sauce, tomato paste, water, oregano, basil, salt and pepper.
5. Bring to a boil over medium heat. Reduce heat to low, cover and cook for approximately 15-20 minutes.
6. Cook pasta according to package directions. Rinse and set aside. You can also add a tsp of oil to the water so the pasta doesn't stick together.
7. In a 14 x 11½ x 2¾ baking dish, or two smaller baking dishes, put a small amount of meat mixture in the bottom of dish.
8. Add lasagna noodles (approximately 5-6, and they will overlap onto each other).
9. Spoon half of the cottage cheese on top of the pasta and spread, covering the pasta.
10. Spoon meat mixture on top of the cottage cheese. Sprinkle with Parmesan cheese. Add ⅓ of the mozzarella cheese.
11. Repeat with another layer of pasta, cottage cheese, meat mixture, Parmesan cheese, mozzarella cheese.
12. The final layer is pasta, topped with the remaining meat mixture and the remaining mozzarella cheese.
13. Cover with foil and cook for approximately 1 hour.
14. Serve with salad and garlic bread.

Self-care is what's in this summer

Here are some tips on looking after yourself this summer.



Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths, and most importantly, get good rest. Aside from staying safe, stay healthy.





Make time to unwind.

Use a few minutes of your day to do something you enjoy. Take a walk, sit on your porch, or read a good book. Make time for yourself.

UNIVERSITY OF THE INCARNATE WORD

SAVE
THE
DATE

LOT'S OF FUN,
FREE FOOD AND
SWAG,
AND MUCH MORE!

JOIN THE FUN!

CARDINAL SUMMER REFRESH NALS

**JUNE
17**

SUMMER LUAU | 2-5 P.M.

Side of Natatorium



Learn to
hula 4 P.M.

Join Sports and Wellness for a kickoff to the summer with a luau full of fun water activities, snacks and more!

**JUNE
29**

SCAVENGER HUNT | 2 P.M.



Online: Zoom/Facebook event

Race to the starting line! Can you find these items at home as you get ready for the start to the new semester or the summer?

**JULY
9**

MARGARITA AND SALSA FESTIVAL | 2-5 P.M.

Friendship Garden

Make every day a F.I.E.S.T.A. - faith, innovation, education, service, truth and the A+ you earn in class.

**JULY
23**

UIW BLOCK PARTY | 4-7PM

Side of Natatorium

Embark on a journey to find all the hotspots on campus. Enjoy some free food, music and activities, and pick a fun interactive tour.



Kahoot Trivia and
livestream tour
(5:30 p.m.)

**AUGUST
10**

45 AND COUNTING | 9 A.M. - NOON

Westgate Circle

Join the UIW community in one of many service projects around campus. Start your day with giving back and end with a community picnic.



Online service
opportunity

**AUGUST
21**

CARDINAL CRAWL | 7-10 P.M.

SEC Ballroom

Celebrate the start of the semester as we kick off with different dance parties. Enjoy giant jenga, free food, and of course, new found friends!

COMMUNITY

MESSAGES

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM THE OFFICE OF STUDENT ADVOCACY AND
ACCOUNTABILITY**
- **FROM THE UIW MEDICAL TEAM**
- **FROM UIW COUNSELING 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

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 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 the Office of Student Advocacy and
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin
Dean of Campus Life

COMMUNITY MESSAGES

From the UIW Medical Team

Dear UIW Students,

We would like to take a moment to thank everyone for their participation in the UIW COVID Vaccine Clinic. Thanks to many in our community, the clinic was a great success. Over 1200 in our community are now fully vaccinated as a result. As we move forward with our planning it is important to gather information from our community that will assist with next steps.

The UIW Medical Team, working with IT and campus leaders, have formulated a survey to better inform vaccination planning for UIW Health Services. Your answers will help UIW Health Services gauge interest in offering the COVID-19 vaccine as supplies become more readily available. Your answers will not bind or require you to have the vaccine.

Participation in this survey is voluntary, and in doing so, you are advised not to provide or send any information related to any medical, genetic, or disability-related information.

You can access the survey here: [UIW COVID-19 Vaccine Survey](#).

Thank you for your assistance.

Sincerely,

The UIW Medical Team

COMMUNITY MESSAGES

from UIW Counseling Services

UIW Counseling Services has now updated their website and made their intake paperwork available to all students seeking counseling services. This change will now make it easier for UIW students to access counseling services and streamline the scheduling process.

If you are interested in getting a counseling appointment with our UIW counseling department, please follow the link: <https://my.uiw.edu/counseling/index.html>, complete the appropriate forms, send to the email link listed online, and counseling services will give you a call within 2 business days to check your availability and offer available times for an appointment.

In case of a mental health crisis/emergency, please call our office at (210) 832-5656, call 9-1-1, or campus police at (210) 829-6030.

If you have any questions, please contact Counseling Services at (210) 832-5656.

Sincerely,

UIW Counseling Services Team

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

