

OUR LADY OF THE LAKE UNIVERSITY

THE LAKE FRONT

NEWS FOR THE STUDENTS. BY THE STUDENTS.

NOVEMBER

TRAGEDY STRIKES

ALL TOO CLOSE TO HOME

PAGES 8-11

HOMECOMMING

PAGE 2

CANDLELIGHT

RETURNS

PAGE 7

PREPARING FOR

FINALS

PAGE 5



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THE LAKE FRONT
Our Lady of the Lake University

OLLU Welcomes Alumni Home

By Tichina Coleman

Homecoming week was held at Our Lady of the Lake University Nov. 2 to Nov. 5. Alumni and families were invited to have fun and celebrate the pride and spirit of OLLU. Homecoming week featured multiple conference championships in women's basketball and volleyball. Both teams are two of the most successful at OLLU — one celebrating its 10th year as an organization, and the other, its 11th year. Competed in the NAIA. There were special events that took place for the College of Arts and Sciences, Worden School of Social Services, and the Communication Disorders Programs.

The fun and events started Nov. 2 with the Mr. and Ms. OLLU Showcase that was from 7-9 p.m. Current OLLU students competed for the opportunity to be crowned Mr. and Ms. OLLU, the showcase included talent and eveningwear. Luis Contrera was named Mr. OLLU and Ms. OLLU was Alexa Aguirre. The day ended with the women's basketball program winning their season opener against TAMU, 96 to 64.

The fun continued Nov. 3 with a Greek Life Alumni Social from 5 to 6 p.m. where Greek organizations showed off their talent and personality through stepping and strolling. The Greek alumni were invited to wear their letters, and mingle. All Greeks were invited to participate, regardless of chapter status at OLLU. Then, the volleyball team played against Jarvis Christian College at 6:30 p.m. winning in three sets. The night ended with Casino Night, from 6-9 p.m.,

which featured casino games, prizes and dancing, included food beverages and \$1,000 worth of playing chips.

The next day started early at 9 a.m. with Breakfast and Providence Reflection with the Sisters of Divine Providence. There event featured breakfast with the CDPs, a tour of the Convent Heritage Room and a Providential reflection.

Core4STEM was presented by Student Success, the College of Arts and Sciences and the School of Business and Leadership. Middle school students were welcomed in the Library

I feel delightful to see how much the school has changed, because back in 1967 it was an all-girls school. The environment is filled with such high energy and spirit."

Miranda Beard - Class of 1967

Community Room and then saw technology, anthropology, chemistry, biology, and kinesiology demonstrations which took place in the Metz. Next, was the Welcome Home barbecue picnic, in the Mall Area, starting at 11:30 a.m. Following at 1 p.m., OLLU volleyball won in three sets against Texas College After the volleyball game, there was a volleyball alumni game where volleyball alumni from 2007 to 2016 played against the current OLLU volleyball team.

From 3-5 p.m., there was Art and Wine in the Providence West Social Room. During Art and

Wine, a Class of 1967 Reunion at 4:30 p.m. An hour later, the women's basketball team hosted SAGU, they won the game 89 to 55. The night ended with Hoppy Saints Craft Beer Tasting on the UWAC front lawn. The event featured craft beer tasting, tamales and dancing under the stars.

On the last day of Homecoming week, the university held Mass honoring special class years in the Sacred Heart Chapel. The classes of 1967, 1992, 2007 and 2012 were recognized. Afterward, there was an alumni awards brunch in Chapel Auditorium where OLLU honored outstanding alumni.

Returning alumnus Miranda Beard (1967) said, "I feel delightful to see how much the school has changed, because back in 1967 it was an all-girls school. The environment is filled with such high energy and spirit." Beard was anticipating one homecoming event.

"I am looking forward to Casino Night, because back home that's all I do is play casino games."

Former OLLU volleyball player, Audrey Marcells was excited to see OLLU's homecoming game. "I am thrilled that the girls won," said Marcells. "But to win conference with an undefeated record is so awesome." However, Marcells confessed, "I am looking forward to the volleyball alumni game and to school these girls in volleyball."



Courtesy Photo

Internships Beneficial For Future Employment

HELLO
my name is

INTERN

Courtesy Photo

By Bianca Garcia

When it comes to securing a job after graduation, it's not just about holding a degree. Employers often require previous experience within the field via internships.

Working as an intern puts you above the competition while in college and provides real-world experience.

In addition to gaining real-world experience, internships allow you to boost

your resume and build contacts that can be fundamental to landing your dream job.

The truth is, students who contribute more to their education make more money, and those who just do enough to pass college courses are struggle to find work post-graduation.

According to bigfuture.collegeboard.org, those who learn more, earn more –

depending on the level of their degree and hands-on experience.

"Internships have helped put textbook knowledge to hands-on experience," said Alexa Saavedra, a senior public relations major and communications and marketing department intern. "You gather a realistic expectation of field work and acquire a realistic view of the industry."

Students can take internships throughout summer months and the academic year. Whether paid, nonpaid or for credit; students obtain the vital experience needed to succeed in their future workplace.

According to USNews.com, median annual earnings for full-time working 25- to 32-year-olds with bachelor's degrees grew by nearly \$6,700 to \$45,500 from 1965 to 2013. During that same time, median annual earnings for high school graduates in that same age group fell nearly \$3,400 to \$28,000.

Internships.com is the world's largest internship marketplace and a great website to look for available opportunities in your area.

Saavedra said internships can easily be found by conducting a self-search, asking professors and networking.

"You must be confident, driven, will-

ing to learn, and be able to get back up when you fall," said Saavedra. "After all, it's a learning experience."

Internships provide field experience and are the only way to see firsthand how different companies work.

"The most beneficial part of my internship has been the ability to produce and practice what I have learned in class," said Saavedra. "Simple experiences such as using terms we learn in class and listening to them in action is exciting."

Aside from Internships.com, students can reach out to the School of Business and Leadership for internship opportunities with top area businesses including Rackspace, State Farm, Capital One Bank and Citibank. For more information, contact (210) 434-6711, ext. 2281 or email sbdean@ollusa.edu.

The most important thing is to get out there and apply yourself to real-world experiences, mingle with professionals, and gain as much knowledge as possible in your area of study.

"I think it's kind of like a try it before you buy it kind of thing," said Amanda Brown, clinical mass communication production professor, and television studio supervisor. "Internships are very important so that you don't end up with something you're not happy with."

Spending Thanksgiving Away from Home

By Chloe M Brown



Courtesy Photo

As the holiday season approaches, many students start planning out how to get home and begin thinking about their families. While it is nice to go home, not everyone is can afford the opportunity to leave for the week. This might seem sad, but sometimes there are events that happen to prevent students from going home. Here are a couple ways to cope with not being able to go home.

The first thing that students should do is find out which of your friends are commuters or live in the city. Find someone who isn't leaving for the holidays. Being alone during the holidays can be hard, but being with a friend always makes the downtime easier.

If holiday cheer is your jam, then go overboard. Don't feel bad about surrounding yourself with as much holiday joy as you can. Looking at all the things can distract you from missing home. This

is not a permanent solution, but it can help you get through a tough week of not getting to do all the things that normally come with the season. Doing a small thing that makes you feel good can keep your outlook positive.

The last thing to do to keep you from feeling too homesick this holiday is to think of this break – away from all distractions – as a chance to catch up. This is a time of no interruptions. Watch all the Netflix shows that you've been holding off on watching. Get all of the essays done that you procrastinated doing throughout the semester. Start working on the assignments that are due the next week. Treat yourself to a bit of relaxing compared to all the stress that goes on during the semester.

The holidays can be challenging as they are meant to be spent with family, but it doesn't always work out that way.

During this break, it's important to remember that while you are wishing you could be home, remember that sometimes it's not so bad taking the break to just relax where you are.

Happy
Thanksgiving
Everyone!

How To Survive Without Internet



Courtesy Photo

By Serapio Marquez

The internet is a necessity for college students. We use it to check our classes, do research, read books, even do school work with things like Google Drive. Internet access can be found just about everywhere. The problem arises when there is no internet access. That may be

because of an internet outage beyond our control, maybe we're in a dead zone or we just haven't paid the internet bill just yet. However, surviving without internet can be done.

Music is part of an average college student's life. It helps us relax, study, or

drawn out the sound of our loud dorm neighbors. There are many streaming services that require internet. Spotify which requires streaming, has the option to download a playlist. Once downloaded the playlist can be listened to offline. Of course, this is only for their subscribers. If you don't want a subscription there is always the radio. Who knows, you might find a new song you enjoy.

Another service that will allow you to access material offline is Netflix. Netflix is a widely popular streaming service. For its subscribers, they can download seasons on their mobile devices. Now you can watch "Stranger Things" seasons 1 and 2 without needing internet. The users just need to download their preferred shows. Not every show or movie will be available for download, and the downloaded shows or movies will only be available on your device for a limited time.

Books are an excellent way to spend time even if internet is available. Many popular movies are based on books. This would be a perfect time to pick one up. There's numerous genres to fit every interest whether it be fantasy, poetry or nonfiction. Each book has a world ready to be explored by us, and it's a fantastic use of time.

Or maybe try something new, like that cooking recipe you've been eyeing for a while. Step outside of your comfort zone. Follow the steps to create something new. You may find that cooking is something you rather enjoy. It does not have to be cooking either, maybe drawing or painting. Or spend more time with family.

There are lots of activities that can be done with family or friends. Maybe catch up on a movie you've wanted to see. If you don't have the money or maybe aren't feeling like being around a bunch of strangers, there's always those DVDs you buy and then never watch. Many times, movies are bought and forgotten on our shelves. This would be the perfect time to watch them. Everyone loves a classic. That may mean watching "Clueless," "Mean Girls" or even "Sweeney Todd." These movies are timeless meaning it's never a bad time to watch them.

No internet doesn't mean the world is ending, take the time to do something new or explore life. Do something out of the routine. May these suggestions make anytime without internet more bearable, until of course it comes back.

Bundle Up For The Season

By Maria Bonita Martinez

Bundle Up For Flu Season

It is that time of the year again. You are walking to class, and you have a runny nose, sore throat, sore muscles. It might just be symptoms of the flu. The flu season is here, and you might want to be vaccinated soon because this airborne viral infection is contagious. The Centers for Disease Control and Prevention analyzes flu data annually. Although Texas is not the highest in rank for flu, related death the number has increased drastically since 2012. The Centers for Disease Control and Prevention reports that the vaccine can cut your odds of getting the flu by 40-60 percent. One study in Japan found that when 85 percent of the population had flu shots; no flu-related deaths were reported.

If you are an OLLU student who is under the Consolidated Health Plan service provided by OLLU, it would not be a bad idea to get you shot as soon as possible. If you were an OLLU

student who is not under this plan but has external medical insurance, it would also be a good idea to get it now. If you are an OLLU student, who no Consolidate Health Plan or has another type of insurance, flu shots are available from your closest pharmacy provider. Major pharmacies like, CVS and Walgreens offer the standard flu shot for around \$20 without insurance and a \$0 copay with most insurance.

In the past five years, most people that have been tested have come out positive for either an Influenza Type A or B virus in the areas east of Texas. Highest flu concentrations in Texas are coastal areas like Houston, Corpus Christi, and also the Rio Grande Valley. Therefore, if you have any relatives or family members who live in those areas it would be wise to keep them aware, and encourage them to be vaccinated too. The drastic changes in the weather have been by far one of the major causes of the seasonal flu. The virus itself finds a peak in the

Symptoms of the Flu can include

RUNNY NOSE
SORE THROAT
BODY ACHES
FEVER
CHILLS
STUFFY NOSE
COUGH
FATIGUE
HEADACHES



Flu Symptoms

Courtesy Photo

change and spreads more drastically in cold or dry weather.

If you are a commuter or live on campus, it is best to keep yourself warm. The hot to cold weather changes can also cause immune deficiencies that make you more vulnerable to catching the flu virus. Although the flu can be easily avoided with vaccination, there

are ways in which you can fight it with natural remedies.

Water and lots of it. Water essentially makes up 70 percent of our body. Substituting it for other beverages is a huge step, but in the case of contracting the flu, water is the No. 1 option. Herbal tea is another natural remedy, because it helps boost the immune system.

Five Things To do Before Final Exams



Courtesy Photo

By Gabriel Torres

Get your pens and pencils ready, because finals are around the corner. There are two types of people during finals. One prepared and studied for weeks in advance, and the other one just realized that finals are in a couple of weeks, so it's time to cram. You don't need to worry; there

are ways to reduce exam stress. Here are five things to do before a big test.

NO. 5 Make sure that no tests overlap in your testing schedule. Nothing is worse than rushing through a test to dash to a test down the hall that starts five minutes from when you step

on campus. Dust off your syllabi that you got in the beginning of the semester and write out your test schedule. Doing this can help you see if tests will overlap, and how long you can sleep in to until you must get ready for your first test of the day.

NO. 4 Get a full night sleep. Sleep is wonderful thing that we all love and need. You heard through high school and you're hearing it again because it works. It's been shown that recall is better when you get enough sleep after studying. Plus, you won't fall asleep while taking the test that determines if you pass the class. Don't go to bed at 2 a.m. to take wake up in five hours to take a math test. Your brain is the strongest thing you have, and it needs it's sleep, so it can recharge.

NO. 3 Eat breakfast. Breakfast is the important meal of the day. It's the first meal that you eat, and it gives your brain the nutrition it needs to run and to wake up. Try to stop by the cafeteria and grab a banana or a breakfast taco. Don't forget to grab a drink as well. A glass of water or juice can keep you hydrated. If you're on a budget, the

local grocery store sells small cups of cereal for less than a \$1 and all you need is milk which you can get at the cafeteria or C-Store.

NO. 2 Partner with someone in your class. One is the loneliest number, but two is a great pair. We all have that one person who never missed class and has a Word document with every word that your professor said. Ask them to share notes and study together. Nobody wants to fail, and who knows, you might have something that they might need.

NO. 1 Take your time studying. Find the way to study that works best for you and take your time to digest the information – let it sink in. It won't help if you cram for nine hours to find out that only 25 percent stayed with you.

Don't stress too much and find your calm point. If you follow these tips you may possibly get a better grade on your final exam.

Coping with Exam Stress and Anxiety

By Destiny Camacho

Stress and anxiety ravage the average college student, and it only intensifies as exams approach. How do you know if you are stressed? Symptoms of stress include difficulty in concentration, headaches, nausea, negative thoughts, insomnia and irritability.

Here's a compiled list of ways to get those brain muscles going and how to keep them and yourself relaxed.

Before the Exam:

While studying it's best to eat foods that stimulate good brain function as well as keep you satisfied longer. Here are five snacks to help you stave off hunger during the long night.

- Bananas wrapped in a wheat tortilla with peanut butter
- Apple sandwiches with almond butter and granola
- Avocado toast
- Toasted pumpkin seeds
- Chia Yogurt Power Bowl

Ingredients
1 medium size container of Greek yogurt
½ cup of kefir (any flavor)
1 tablespoon honey
¼ cup chia seeds
•Toppings: puffed cereal, sliced bananas, blackberries, walnuts and honey

Managing your stress is not that difficult. Organize your time, if you plan when you're going to be studying for a subject and with whom, it takes the stress of finding a study buddy later. Studying with friends is not only a great way to de-stress, but it also allows you to test your skills and knowledge. Don't be afraid to have mix in fun with study – the more fun you have the better.

Organizing your study environment appropriately is also a significant factor in stress levels. Try to turn off all electronics, apart from your computer if that is needed, and empty your mind from other thoughts.

Another option is to try relaxation

exercises. For at least 15 minutes a day focus on just breathing and try to relax. It will also help to get enough rest and to spend a little time on physical activity daily. Playing with Bubble Wrap and puppies has also been known to relieve students stress and anxiety.

During the Exam:

The main thing to focus on during the exam is conscious breathing. When you feel a wave of anxiety or stress coming, take a moment to just breath.

Always start your exam by filling in what you know well. This will build your confidence and help you answer the more difficult questions.

After the Exam:

Treat yourself after the exam, whether that be going on a stroll in the park or taking a much-needed nap. It's best to try and engage in pleasant activities so you don't dwell on the test and the stress that follows.



Courtesy Photo

Everyone has their own way of coping with stress and anxiety, but there are some who falter when faced with it. Universities offer counseling services and other events such as Study Con in the OLLU Sueltenfuss Library.

This information was compiled from the "Huffington Post," "Go Conqr" and "Manage Your Life."

e OLLU Sueltenfuss Library.

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Tis the Season to Shop

By Br. Montie Chavez

Thanksgiving is right around the corner, and that means deals, deals and more deals for the upcoming Black Friday and Cyber Monday sales.

The Monday immediately following Thanksgiving is known as Cyber Monday and has some of the best consumer deals of the year to be purchased online. Cyber Monday deals are especially popular among college students as they can shop from the comfort of their own home. Students can save time, avoid overcrowded malls and avoid the Grinch-like holiday shoppers that like to push around everyone in their way.

Advertisements started making their debut both in newspapers and online, trying to market their products early before the Black Friday rush. The following are some special discounts from popular online retailers available to college students.



The electronic and retail-tech giant, BestBuy has special deals exclusively for college students. One simply needs to sign up to receive the monthly coupons on the latest TVs, laptops and tech gear.



Last on the list is the widely known free trial of Amazon Prime for college students. Simply sign up for a new amazon account with your .edu account and receive a six-month free trial of Amazon prime. After the trial expires, Prime is offered at a continued 50 percent discount.



If you are looking for your own personal subscription to the Adobe Creative Suite, Adobe offers a student and educator discount. Historically, the price has been additionally discounted for Black Friday and Cyber Monday offering students and educators



Athlete Of The Month

Natalie Fazio helped the Saints volleyball team capture the Red River Athletic Conference regular season and tournament crown and an appearance in the NAIA National Tournament Opening Round. At the conclusion of the season, she was selected as the conference's Newcomer of the Year, and she was named to the All-Tournament team. Natalie became the Saints all-time leader in a season in service aces with 58, and she tied for the most aces in a game with six. Natalie, a sophomore right-side hitter, is from Plano, Texas, and is majoring in communication.

Photo and Information courtesy OLLU Sports Information Office

a great deal.

OLLU freshman Anna Boone is looking forward to Cyber Monday and said that she, "will buy a number of Christmas presents at the last minute, and doing [shopping] it online is so much easier."

Of course, with hundreds of deals to choose from, there are also numerous shopping resources to help stay organized.



shopsavvy

& shopular

Apple and Android platform based apps such as ShopSavvy and Shopular provide coupons and other similar deals. Shopsavvy also has a price comparison tool that compares other retail and online store prices as well. If you have an iPhone and need help keeping a certain budget for the holidays, it might be helpful to look at the Santa's Bag app. This app allows you to maintain a budget established for each present and will help you to keep track.

Whether you are looking for a great deal or hoping to stock up on gifts, or score a new piece of tech, it might be helpful to consider additional student discounts, or do some "price shopping." This could save you some time, money and potential stress. Ultimately, these are just a few money-saving ideas and tools to help college students keep some cash in their wallets this upcoming Black Friday and Cyber Monday weekend.

Candlelight Returns

HOW TO GET CANDELIGHT TICKETS

1. Purchase your Candlelight ticket in the cafeteria for \$15*
2. Save the receipt!
3. Find SPB table in the cafe or go to Worden 25 to pick your seating and get one of these:

*Tickets can be purchased with a meal plan
spb@ollusa.edu

By Erica Guevara

Our Lady of the Lake University is known for its traditions. One of the best-loved traditions Our Lady of the Lake holds is Candlelight. An annual winter formal, Candlelight is dear to students, staff, faculty and alumni hearts. This year, the celebration will be held Saturday, Dec. 2. This is the 82nd annual Candlelight at OLLU, and the event celebrates holiday spirit and cheer.

With each year, comes a new theme to set the tone of the event. This year that theme is a bit different. OLLU senior and Saints Production Board president, Stephanie Fairweather said, "I like to think Candlelight is our prom. It is one of my favorite events to plan. The past couple of years have been destination themes, so we wanted to do something a little different this year. We hope our décor for this event

shows the creativity and hard work we put into all of our events."

The past themes have been "Hollywood Holidays," "Arabian Nights" and "A Night in Spain," to name a few. This year's theme is a "Regal Holiday," which is an extravagant holiday festivity. This year's theme is a brave approach because of its originality and that it is first of its kind. This theme is new at Our Lady of the Lake University and may extend expectations for upcoming years.

This holiday reception has four parts. These parts include a dinner, Advent prayer service, caroling and a dance. The dinner will be at 5:30 p.m. in Chapel Auditorium. The Advent prayer service will start at 7 p.m. in the Sacred Heart Chapel. Caroling will take place at 8:15 p.m. in the Moye Rotunda. Last-

ly, the dance will be at 8:30 p.m. in Chapel Auditorium. Formal attire is recommended for this traditional event.

This year, OLLU students are also able to purchase their Candlelight tickets with their meal plan through Chartwells. Students can buy their tickets in the cafeteria for \$15 each. If a student does not have a meal plan, they can always use cash or credit to purchase their tickets. They must save the receipt to get their printed ticket. To get the printed ticket(s) and to pick desired seats, students can visit the Saints Productions Board table set up in the cafeteria, or go to the Student Leadership and Development Office in Worden 25.

This year's Candlelight menu will have a gourmet flair. This is Chartwells' first year at OLLU and they hope to present an unforgettable meal. A garden salad, crispy chicken costoletta with a lemon sauce, green beans with bacon and onions, garlic mashed potatoes, dinner rolls, sweet tea, lemonade and water will be on the menu.

Although they have many other important events during the fall semester, Candlelight is always on Saints Production Board's minds. To manage all the details, months of preparation are needed for a well-run event. The Saints Productions Board have been planning Candlelight since May. It is one of their biggest events, and they do not take planning lightly. From the décor to the food, they carefully consider each detail.

Sophomore Angel Akins is chair of traditions and special events for the Saints Production Board. She said, "Though Candlelight is under my umbrella of events, I definitely wouldn't be able to do anything without my Saints Productions Board team. We have been working very hard to put everything together for Candlelight, so we are super excited that it is getting closer, and we cannot wait for Dec. 2." Akins added they want this night to be one that everyone will long remember.

**REGAL
HOLIDAY
82 ANNUAL
CANDELIGHT
DECEMBER 2, 2017**

**5:30PM - DINNER
CHAPEL AUDITORIUM**

**7:00PM - ADVENT PRAYER SERVICE
SACRED HEART CHAPEL**

**8:15PM - CAROLING
MOYE ROTUNDA**

**8:30PM - DANCE
CHAPEL AUDITORIUM**

FORMAL ATTIRE

SPB@OLLUSA.EDU

Tragedy Strikes All Too Close To Home

Small Town Turned Upside Down

By Destiny Camacho

It began like any other Sunday morning but it all changed the moment gunman, Devin Patrick Kelley, opened fire on the First Baptist Church in Sutherland Springs, Texas.

Shortly after services began, Kelley pulled up to the church dressed in all black and a tactical vest. With an assault rifle in hand, Kelley began firing on parishioners before entering the building. It was only a few moments, but that was enough to leave those in attendance in shambles. When Kelley emerged from within the church, a local resident fired two shots, hitting Kelley in the leg and the torso. The resident, Stephen Willeford, a plumber with no military experience happened to hit the gap between Kelley's body armor. Kelley jumped into his Ford Explorer and drove off toward the Guadalupe County line. Johnnie Langendorff, who witnessed the confrontation, was on his way to see his girlfriend.



Flowers left at a makeshift memorial for the victims of the shooting at Sutherland Springs Baptist Church.
ABC News

"I pulled up to the intersection where the shooting happened, and I saw two men exchanging gunfire, the other being a citizen of the community," he said, KSAT reported. "The shooter of the church had taken off, fled in his vehicle, and the other gentleman came and he said, 'We need to pursue him,' that he just shot up the church. So that's what I did. I just acted."

He and Willeford proceeded to follow Kelley. Langendorff recalls going around 95 mph, going around traffic. Eventually, Kelley lost control of his SUV and Langendorff put his vehicle in park. When law enforcement caught up to them, Kelley was already dead. The coroner's report states that he died of an apparent self-inflicted gunshot wound to his head.

Kelley was court-martialed in 2012 for two counts of Article 128 of the Uniform Code of Military Justice, assaulting his wife and child, according to U.S. Air Force spokeswoman Ann Stefanek. Kelley received a bad conduct discharge, confinement for 12 months and a reduction in rank, Stefanek said. Kelley was dishonorably discharged in 2014. Unfortunately, the U.S. Air Force had failed to enter Kelley's criminal history into the NICS database as required by federal law. This failure allowed Kelley to purchase firearms resulting in the tragic events that left 26 people dead and 20 more injured. Victim's ages ranged from 18 weeks old to 77 years old.

Kelley had purchased four guns in the past few years. The most recent purchase was a Ruger AR-556 rifle in April 2016 from an Academy Sports & Outdoors store in San Antonio, a law enforcement official said. When Kelley filled out the background check paperwork, he checked the box that indicated he didn't have any disqualifying criminal history. Kelley also listed an address in Colorado Springs, Colorado when he purchased the rifle.

Soon after the news broke, the media descended upon this small town approximately 21 miles east of downtown San Antonio, whose last known population was less than 500 people. As things began to quiet down and individuals were identified, people began to realize the extent of the event. With 26 confirmed



Sutherland First Baptist Church Where the shooting took place.

dead, Texas Governor Greg Abbott declared this tragedy as the largest mass shooting in Texas's modern history.

Prayer For Our Neighbors

By Alex Escobar

While there are many who are still recovering from the tragedy in Las Vegas, disaster struck again closer to Our Lady of the Lake University in Sutherland Springs, Texas. A gunman opened fire in the First Baptist Church killing at least 26 people and injuring more than 20. The tragedy took place November 5 at around 11:30 a.m.

With incidents of violence happening more frequently, students and citizens are having difficulty finding ease in day to day activities. It has been a little over a month since the Las Vegas shooting on Oct. 1 where 58 people killed and over 500 people were injured.

More recently, in Manhattan, on Oct. 31, a person drove a truck killing eight people and injuring 11.

With the incident being too close for comfort for many, fear looms over the areas surrounding San Antonio, as Sutherland Springs Texas, is only about 30 miles away. Sutherland Springs has a population of approximately 500 people. With 26 people killed, that is 5 percent of the population of the town affected.

Although not as small a place as Sutherland Springs, OLLU is a small

campus with a close-knit community. Students from around the area look to friends and counselors for support. OLLU Campus Ministry is also taking steps to help those in need by offering comfort and assistance during these challenging times.

Sister Patti Lohre said that OLLU Campus Ministry sent out a prayer request for the victims of the shooting.

"The word was first put out via email as a prayer request Sunday afternoon. On Wednesday (Nov. 8) at 12:25 p.m. the Mass in Sacred Heart Chapel was in remembrance for those in the Sutherland Springs shooting, and also for the Las Vegas shooting and Manhattan attack," said Lohre.

The violence taking place in America and close to San Antonio creates fear and sadness. Lohre explained that the doors at Elliot House on campus, which is where the campus ministry is located, are, "open for people to come and be listened to as they struggle with the violence in the world today," said Lohre.

For students who feel the need for more clarity and prayer, OLLU holds a daily mass Tuesday, Wednesday and Thursday at 12:25 p.m. in the Constantineau Chapel, located in the Walter Center.

Our Lady of the Lake University sends prayers and condolences to students, friends and family who have been affected by the recent tragedies that have taken place this past month and offers guidance and counseling for those who may benefit from it.

Tragedy Strikes All Too Close To Home

Sutherland shooter's domestic violence past comes to light

By Celeste Pineda

Details of Devin Patrick Kelley's life continue to paint a picture of a troubled man. Kelley is responsible for killing 26 people at the First Baptist Church in Sutherland Springs, Texas. As the investigation continues, officials probed into Kelley's past in hopes of determining a motive. Kelley, 26-years-old, appeared to have a violent and turbulent past that included a court-martial for injuring his stepson's skull from the Air Force, an arrest for animal cruelty, and harassment of his ex-girlfriends.

Kelley joined the military shortly after graduating from New Braunfels High School in 2009. In 2012, he was court-martialed on two charges of assault. He was convicted of fracturing his baby stepson's skull and assaulting his first wife. As a result, he was confined for a year and given a bad conduct discharge. Further records show Kelley's first wife divorced him in 2012, and he later remarried in 2014. A domestic situation with his in-laws was reported as a possible motive in the shooting.

Katy Landry, a former girlfriend of Kelley, told NBC News "He was very sick in the head."

Two other ex-girlfriends told NBC News that after their relationships ended with Kelley, he stalked them. The ex-girlfriends stated he would repeatedly call them to threaten and harass them.

There is one question that remains

on everyone's mind. How was Kelley able to purchase a firearm with a misdemeanor on his record? The U.S. Air Force recently admitted they failed to record Kelley's domestic violence conviction in a federal database; therefore, allowing Kelley to purchase a firearm. Had the information been recorded, it would have prevented the sale of a gun to Kelley.

Federal law states that people who have been previously convicted of any type of misdemeanor crime involving domestic violence are prohibited from purchasing firearms. Instead, Kelley could purchase a Ruger AR-556 rifle back in April 2016 in San Antonio. In the gun purchase paperwork, Kelley stated he didn't have any disqualifying criminal history on his background.

Domestic violence has been identified as a common trait often shared, on average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States.

The link between guns and fatal domestic abuse is unfortunately common and very strong. Domestic abuse can easily escalate to mass shootings, such as what happened in Sutherland.

Before the individuals who were responsible for the Orlando, Sandy Hook Elementary, and the shooting at Planned Parenthood committed their crimes, they were reported to have perpetrated domestic abuse against a loved one. The need and struggle for power quickly progresses from a private conflict to a public one.

Only 16 states require suspected domestic violence offenders to give up their firearms. A restraining order can be the first step to removing the firearms from the accused abusers. Texas does not have this requirement.

In a nationwide survey, 57 percent of mass shooters killed their family members from 2009-2015. Fifteen percent of these mass shooters were also documented as being previously accused of domestic violence.

There were many things that could have been done to stop this tragedy. With a troubled past like Kelley's, the ability to purchase a firearm should not have been as easy. Unfortunately, with tragic events such as this one, we are forced to face the reality of gun control issues in America.

Mental Health Linked To Gun Violence

By Chloe M. Brown

In the wake of the Sutherland shooting many are looking for answers about transpired that night. How could something so aggressive as this happen? When people consider gun violence they often blame mental health issues; however, the problem is far more complicated.

"These mass shootings are on a systemic level, to say that these are a mental health issue alone is not enough," said Amelia Romo, faculty at OLLU's Center for Women in Society. Romo said these mass shootings are a way that society mentally trains men to believe that the world is theirs to take. She stated the problem with these shootings doesn't just start when there are red flags, but by the way society allows violent behavior from men to accumulate until it's too late to stop this sort of behavior.

For a person with mental illness to lash out in such a violent manner would mean that the perpetrator would be extremely sick to get to that point. According to the Nation Ally for Mental Illness, there are only a small number of individuals with mental illness that are violent. People with mental illness tend



Flags lowered at OLLU to honor victims

to be the victim more likely than they are a perpetrator.

Often, the association with mental illness in gun violence is a political issue rather than a scientific issue. Mental illness is a word that is thrown out by politicians trying to console grieving families. While mental health is an issue that needs to be discussed, it is highly unlikely to be a predictor of violence in general. The majority of those with mental illness are not violent.

OLLU sits in the heart of a city that wrestles with mental health problems, and the stigma of these issues negatively affect nonviolent mentally ill more than they do violent ones. However, there still must be a means where mentally ill people cannot get their hands on guns.

"Whenever we talk about violence, whether its domestic violence, mass incarceration, we want to talk to students in the ways in which to disrupt dominant narratives on violence," Romo explained. For OLLU students, it's important that they understand that stopping a

Continued On Page 10



Sutherland Memorial clears out pews, replaces them with chairs to symbolize where their family and friends were murdered.

Tragedy Strikes All Too Close To Home

Mental Helath and Con Violence Continued



Holcombe family crosses at the Sutherland Memorial

violent person with mental health issues comes down to early identification and intervention. The beginning of ending violence is to find a way to stop it first through a disruption of the classic narrative that students see.”

A large part of this violence starts at home. With current state and federal gun laws, there are not enough regulations that would force mental illness patients to seek out help. The background checks required are not extensive enough in indemnifying the risk of violence among people with mental illness nor are their clear guidelines to show who should be reported as having a gun. According to a 2016 Gallup Poll, the majority of Americans are dissatisfied with the current gun policy. The gun laws in America allow for loopholes that end with a violent person having a gun in their hands. With each shooting, Americans are clamoring for stricter regulations as these events become more commonplace.

Stopping gun violence is an overall community effort that starts with average people looking at the others in their lives and recognizing the signs of violence. This can be done through educating yourself and helping those around you find appropriate treatment and support. People who are mentally ill and commit violent acts are often those who go unchecked for so long that violence is the only course of action. Understanding how these events transpire is understanding how there is more at work in

this issue than just mental issues alone.

What happened in Sutherland was a tragedy and many wonder if this event could have been prevented. If mental health was treated as more of a complex problem rather than a blanket term, the appropriate actions can be taken to decrease the number of violent, mentally ill people buying guns. The issue with mental health is not alone a gun violence issue, but as recent events demonstrate, it is an issue to consider.

Church Massacre Highlights Inefficiencies Of Military Treatment of Mental Health

By Maria Elena Cruz

SAN ANTONIO, TX – A small church in Sutherland Texas gathered for service on Sunday, a week after a lone gunman opened fire on the small congregation, killing 26 people including an unborn baby. The massacre was the final chapter in the disturbed life of Devin P. Kelley. Kelley, a former United States Air Force Airman, had served in the military before being discharged for misconduct and then sent on his merry way.

After the shooting in the small town southeast of San Antonio, many were left asking themselves whether the tragedy could have been prevented. Kelley had been court marshalled by the Air Force and charged with assaulting his

ex-wife and hitting her child, fracturing the boy's skull. Kelley's military career was marked by violence stemming from mental illness the Air Force clearly knew about. According to remarks made by military officials familiar with the case and published in the Express News, Kelley had been admitted to a psychiatric hospital where he later escaped and threatened superiors.

For many veterans and ex-military personnel, this story—albeit not as tragic—sounds uncannily familiar. Veterans have long complained of the ineffectiveness of military care, whether it be for mental or physical ailments.

Beatrice Blackmon, OLLU veteran and social work major says many of her friends and colleagues were treated unfairly upon their discharge from their military service. “I know a couple of guys who were out there, and they were homeless, I mean, even when I came to the VA I saw guys just waiting to get processes and get their disabilities and their services. They were just in limbo, or going around in circles,” said Blackmon.

Blackmon served in the U.S. Navy before being discharged in 2004. During that time she was shot and suffered PTSD. Trip to the VA became common and frequent for her, and while she says she may have been one of the lucky ones, she saw many others around her being denied or delayed proper care.

In Kelley's case, preliminary reports seem to suggest his mental health was largely ignored by the military once he became violent and aggressive. Kelley was found guilty by a general court-martial on two charges of domestic as-

sault against his wife and stepson under the Uniform Code of Military Justice. He was sentenced to 12 months confinement at Naval Consolidated Brig Miramar in California, according to the D.O.D website, but nothing is ever mentioned about his mental health or care he may have received while he was enlisted. His disciplinary discharge — a bad conduct discharge — did not prohibit him from owning an assault rifle which he later used to commit the murders.

Army veteran Michael Garcia says he is not surprised to learn Kelley was discharged and left to his own devices. “My experience after leaving the military was not a good one,” said Garcia. “I was left feeling anxious and always thinking something bad was about to happen to me. Military doctors did not help me. I felt alone and left to figure it out on my own too. I thought ‘is this how they treat people who were willing to give their lives for their country?’” President Donald Trump pointed out in a speech he made after the shootings the issue was not guns, but mental health. “We have a lot of mental health problems in our country, as do other countries. But this isn't a guns situation,” said the president during a press conference he gave from Tokyo.

“I agree with the president,” said Garcia, “I don't think it has a lot to do with guns rather than the people who get a hold of them. If they have unresolved mental issues and they are able to get their hands on guns, that's when bad things happen. I do think it is the responsibility of the military branch he served in to further address the issues he had or take the necessary steps



Sutherland Memorial Crosses

Continued On Page 11

Tragedy Strikes All Too Close To Home

to prevent him from purchasing weapons. That's just common sense, but the military don't care, all they care about is money." Blackmon agrees with that assessment "Many times [the military] is not giving them the proper diagnosis that they needed, and I think it really is because they wouldn't have to give them benefits. That's how I honestly feel about it," she said.

For Blackmon, she is the exception and not the rule when it came to obtaining the care she needed upon her exit from the military. "I really think it was the luck of the draw, I just happened to be at the right place at the right time and the right people got my file." No one could say for sure if given the proper treatment could have prevented Kelley from killing all those innocent people, however, it was clearly up to the Air Force to inform proper civilian law enforcement about his mental issues. "If he didn't get the care he needed then why didn't the Air Force report he had ongoing problems?" added Garcia. "Knowing that could have prevented

him from buying the guns and maybe those people would still be alive."

Today, an entire town has been left devastated by loss and grief. One week after the tragedy they bury their dead and attempt to move forward with their shattered lives. Hundreds gathered under a tent to worship and honor the dead Sunday. San Antonio resident Roberto Ramirez accompanied his daughter to the memorial services held Sunday. "I went just to pay my respects," said Ramirez. "My daughter Ranessa asked me if I would go with her to take part in the memorial and I said yes. I can't imagine the pain those parents are going through. It is a parent's worst nightmare to lose a child, especially in that way at church. You should feel safe at church; you shouldn't worry about getting shot up while you worship God. It's just crazy times we live in now. Everyone is angry, there is so much anger. Everyone has a gun, even folks who don't need to have them."

OLLU Volleyball Wins Conference

By Natalie Fazio

For the third consecutive year, OLLU volleyball captured the Red River Athletic Conference (RRAC) Tournament title. The Saints finished with an undefeated season of 14-0 and an overall of 23-8.

OLLU began the tournament with a match against the Wiley College Wildcats, whose conference record was 9-5. The Saints swept the Wildcats 3-0, with scores of 25-16, 25-19, 25-22.

"The girls really came out today and showed that they were going to come into the game strong and take it the whole way," Coach Jeremiah Tiffin said. "I feel like there was never a time in the match that the girls thought for a second that they were going to let up which is what myself and the coaching staff have been asking them to do all year."

OLLU went into the second day of play with a match-up against Huston-Tillotson University, a team with an 11-3 conference record. The Saints produced a win in three straight sets with scores of 25-17, 25-19, 25-22.

"This team was able to push through a long tough season, and we were really able to prove what we have been working day in and day out for on the court when it mattered the most," OLLU senior Raven Swain said.

OLLU moves on to the first round of the National Association of Intercollegiate Athletics National Tournament, against Oklahoma City University.

"Overall, I am very proud of them," Tiffin said. "We are not finished yet. This is just the beginning of where we want to be."

The Saints have a few more games to go before the NAIA National Championship this season. As they come off these past wins, their fans have faith that the championship dream is well in sight.

For more information:

Visit www.ollusaintsathletics.com for information regarding game times and locations for upcoming matches.

| SCHOOL | RRAC | * - Qualified for RRAC tournament. ^ - Clinched RRAC regular season title. |
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