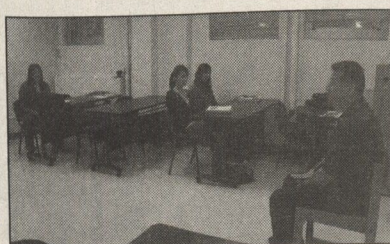


The online site for The Lake Front contains stories, videos, slide shows, blogs, an archive and more! Check it out at: lakefrontsa.com

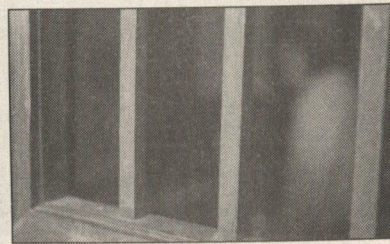
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Page 4: Father learns aside daughter



Page 6: Campus possible ghost home

THE LAKE FRONT

NEWS FOR THE STUDENTS. BY THE STUDENTS.

OUR LADY OF THE LAKE UNIVERSITY, SAN ANTONIO, TX

October 2012

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Dean Bisking to return to faculty position in math

Jordan Whitfield

Copy Editor

Our Lady of the Lake has been playing a game of musical chairs with deans in recent years, and the changes continued this week.

Robert Bisking, dean of the School of Business and Leadership and interim dean of the School of Professional Studies, will leave his current role for a faculty position in the math department in academic year 2013-14.

Bisking has served as dean of the School of Business and Leadership for eight years, twice the average length for business deans, he said. Yet, his "desire to go back to my first love" was too strong to resist.

"It's time," Bisking said of the change. "I miss the classroom and working with students."

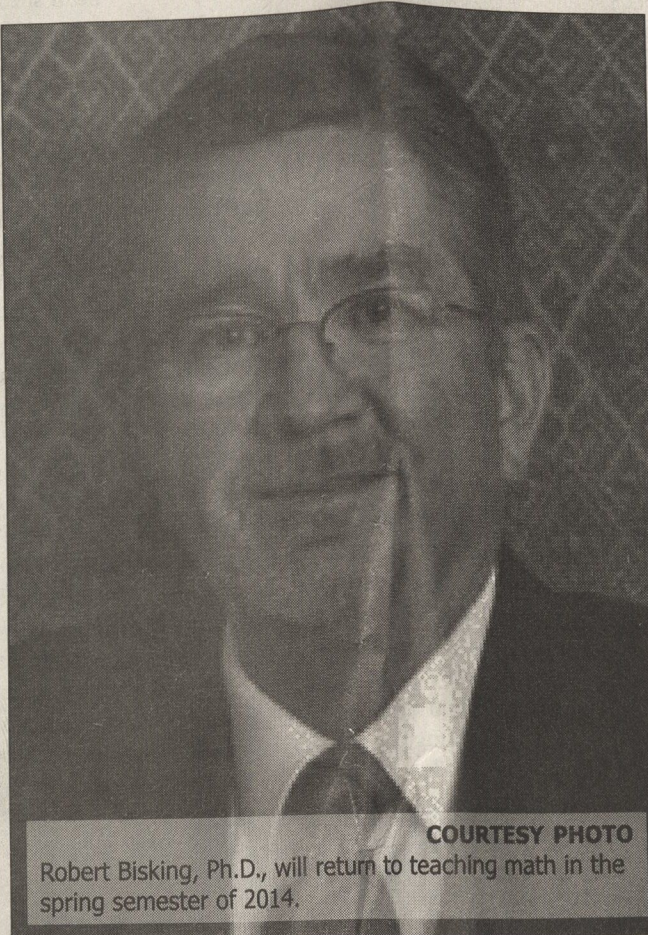
Earlier in his career, Bisking, who holds degrees

in engineering, taught math courses—primarily developmental math—at San Antonio College for 12 years.

"It's always a joy to teach math," Bisking said. "So many students have a phobia of math. It's great seeing the lightbulb moment."

Bisking will finish this academic year as dean, but in the fall will take a sabbatical before returning to teaching in the spring semester of 2014. Next fall, he will be working on a project that he cannot yet discuss publicly.

The university will conduct searches for Bisking's replacements. Judy Larson, dean of the library, will lead the School of Professional Studies search committee, and Michael Laney, dean of the College of Arts and Sciences, will lead the search for the School of Business and Leadership.



COURTESY PHOTO

Robert Bisking, Ph.D., will return to teaching math in the spring semester of 2014.

Students upset about new fee

Transcript charge latest expense

Jordan Whitfield

Copy Editor

In an already particularly fee-ridden semester, the university has added a \$5 fee for transcripts.

The new policy went into effect Oct. 1, requiring that all students pay a \$5 fee at the time they request a transcript. Previously, transcripts were free, and students have taken issue with the new fee added in the same semester the school has implemented a mandatory health insurance fee.

"We look carefully at fees every year," said Helen Streubert, vice president of Academic Affairs.

For one month after graduation, students will receive unlimited free transcripts.

"It could get

really expensive for upperclassmen," said Hailey Garcia, freshman and psychology major. "It could add up, and that's not good for students who already don't have a big money flow."

Students do not have to pay parking fees, Streubert said, so the university has to make up those costs elsewhere. The funds from the transcript fee may go back to the Registrar's Office to fund a fulltime position processing transcript requests or to the university's general fund.

A large part of what the Registrar's Office does is process transcript requests, but Registrar Norma Anderson does not see them as a problem.

"I liked it when we didn't charge students for transcripts," Anderson said.

New Fee continued on page 3

Dreams of a frat become a reality



PHOTO BY GIANNA RENDON
Jeffrey Martinez (left), founder of Omega Delta Phi chapter on campus, and ODPPhi prospectives.

Gianna Rendon

Reporter

YouTube videos inspired a student to start the new fraternity at Our Lady of the Lake University.

Last fall, Jeffrey Martinez was sitting in a dorm room watching Youtube videos of strolling, synchronized hip-hop dancing with some women of Kappa Delta Chi, when videos of their brother

organization, Omega Delta Phi, popped up.

"I thought, 'Man, I wanna do that on campus,'" Martinez said.

He then pulled out a spiral and wrote down the names

of 20 male students who would be good candidates for brothers.

Omega Delta Phi, a Latino based multi-cultural fraternity, started as names on a notebook, but by the beginning of the spring semester, 11 men will become full-fledged brothers.

For now, ODPPhi is listed as an emerging organization on campus and is in the process of earning recognition from its national organization.

Catherine Fragoso, the director of Student Leadership and Development (SLD), said Martinez had to present five different Greek organizations for review. She said the SLD looked at ODPPhi on St. Mary's and UTSA's campuses to see if the organization was in good standing and how well the organization would do here.

Martinez had to turn in a new organization packet to be approved by the Student Government Association, SLD, and the Division of Student Life.

Finally, in August 2012, it was approved, and Martinez's

dream became a reality.

"We went from being just a list of guys to getting together and going to eat," Martinez said.

The 11 prospective brothers are learning the history of the fraternity, and by the end of this process, they will earn their letters and will be a "colony," Martinez said.

He said, as founding members, they "feel passionate about passing the torch."

"We're making our mark right now. We're creating something new," Martinez said.

OLLU requires all Greek organizations to be service based, so when the ODPPhi chapter becomes official it will work with CASA, an organization that works with abused and neglected children, as part of their national service project. Members also will get to choose their long-term service project.

"I'm glad these gentlemen are interested in multi-cultural leadership," Fragoso said.

"This would be a service to men on campus."

Jeffrey Huber, president of Sigma Theta Epsilon, the Christian fraternity on campus, said he's glad to have another fraternity on campus because it is needed.

"Having another group allows us to hang out with other guys that wouldn't be in our group otherwise," Huber said.

He said he also is looking forward to having more competition at the annual Greek Olympics.

For seven years, Sigma Theta Epsilon has been the only fraternity on campus. Sigma Theta Epsilon has had a chapter at OLLU since 1999, but another fraternity, Lambda Epsilon Lambda, was active from 2001-2005 and lost recognition as an organization due to low membership.

Edward Barceleanu, junior, said he was drawn to ODPPhi because of the connection members have to each other. They already feel like brothers.

"They're that family away from home," Barceleanu said.

Mayor visits OLLU before early voting

Julian Castro promotes Pre-K 4 SA among voters

Jennifer Marroquin

Reporter

Mayor Julian Castro came to Our Lady of the Lake University on Monday, Oct. 15, to promote his new program, Pre-K 4 SA.

This program would improve the quality of education four-year-olds would receive in pre-K and make pre-K more available to all areas of San Antonio.

Castro wants to implement the plan because he believes it will improve the quality of education and encourage students to pursue a

college degree.

"In educational attainment, San Antonio ranks dead last," Castro said. "Sixty-four percent of all jobs require more than just a high school diploma."

Castro said this plan will not only help long-term education, but also help children learn more in their early development years. Education Policy Administrator Rebecca Flores said one major issue with early education is that many students are at different levels of education in first grade, and the teacher cannot cater to all

of them.

Flores said teachers hired through this program to teach pre-K through fifth grade would receive additional training on how to cater to all students, because if the plan is approved, students will be learning at a more advanced level.

She also said that although the learning content will be more advanced, students with learning disabilities would not be disregarded but catered to as well. This plan hopes to meet all student needs.

Castro said the program would hire seasoned and experienced teachers at a starting salary of \$60,000. For every twenty pre-K students, there would be one teacher, and a teacher's aide.

Castro believes that a full day of pre-K will be beneficial to our society, not only because children will be learning more, but because parents do not have to worry about leaving work early with only a half day of pre-K.

If the plan is passed, there will be a tax increase, however Castro said it will be no more than eight dollars a year, which he believes is well worth the cost. Citizens of San Antonio will be able to vote either for or against this plan on Nov. 6.

"We need to be greater," Castro said. "Our ambition as a city should not be to be at the same level as everyone else but to be greater than that."

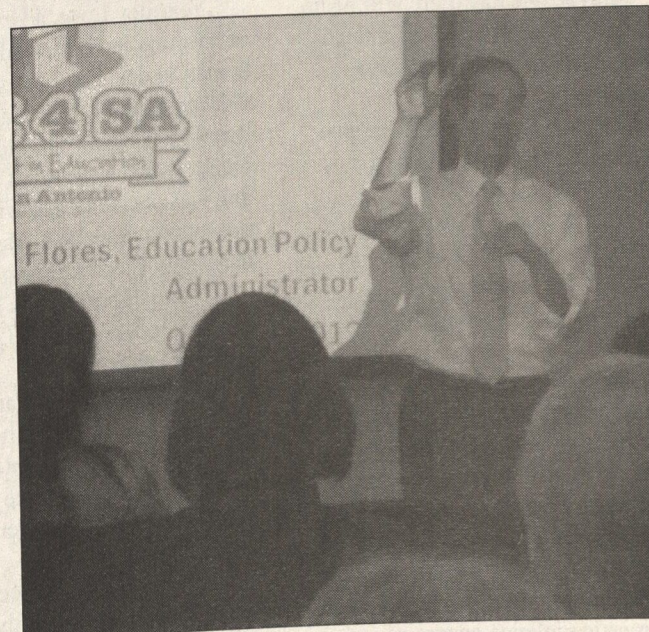
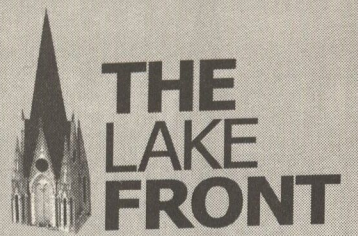


PHOTO BY JENNIFER MARROQUIN
Mayor Julian Castro visited the University on Oct. 15 to talk about his Pre-K 4 SA initiative.



OP-ED

Get involved, this election affects you

Ignacio Treviño
Reporter

The most crucial Presidential election of our lifetime is in one month, and at the risk of sounding like your dad I'm going to tell you why you need to vote.

This election will deal with a lot of issues that you may not be concerned with right now. Rest assured, they will all affect you down the line.

The most pressing matter is Social Security. SS basically determines whether you're able to retire at 65 or have to keep working. The program is running out of money and is projected to go bankrupt by 2033. This will not only affect us, but also our parents and the generations after us. You may be young and strong now, but look at any 65-year-old and tell me they're as capable as you are.

We've all heard about the one percent, but what about the other 99 percent? Unless you're very fortunate, you belong in the vast majority. Before casting that ballot, ask yourself who could use more financial assistance: the billionaire or the struggling college student. People tend to not know this, but financial aid is a form of welfare.

Another big issue is universal healthcare, which takes the form of a question of morality. Without universal healthcare millions of

legally documented, US-born Americans will go through life without any form of healthcare. If they are involved in a serious accident they have to pay the medical bill out of pocket with money they probably don't have. You need to ask yourself if you care whether or not they are protected.

The United States outspends every other country on military defense. The first and last major foreign-terrorist attack on U.S. soil was on September 11, 2001. We are so safe that we have excess troops who we station in other allied countries. Our national debt is over \$16 trillion.

At the Education Olympics, American students ranked 25th in math, 17th in science and 14th in reading. We are throwing away money on military spending that could go towards providing better school programs.

America has one of the richest traditions of democracy, but in order to uphold that tradition everyone eligible needs to take part in the process. There have been a number of presidential and lower-level elections won by one vote. Imagine how it feels to have your candidate lose because you didn't head to the polls.

Vote continued on page 6

OP-ED

Making a Change in nationality

Jennifer Marroquin
Reporter

Cuba, Puerto Rico, Brazil, Dominican Republic and Mexico.

These are only a few Latin American countries and provinces, but each has many differences and no two are completely similar, however, the US government has continued to put us all under one label.

The United States has decided to put all these different ethnicities and cultures together, along with Spain, and put them under one umbrella called "Hispanic." So now all of us Hispanics have been generalized and stereotyped into one culture, even though we are many different cultures.

The term "Hispanic" applies to any country whose primary language is Spanish. This is the term that has been used to define the nationality of the entire Latin American community and Spain, meaning that no matter what Spanish-speaking country or province you come from, you are automatically labeled as Hispanic, even though all of these cultures are different.

The definition of nationality is belonging to one nation, and a nation is defined as people with a common history, descent or culture inhabiting one country. Americans remain ignorant of the differences

between Latin American countries and their peoples and call us all the same thing.

This is most apparent in how Hispanics have been generally ignored and degraded in pop culture.

Let's take Lady Gaga's song, "Born this way" as an example. This song is supposed to make each individual feel proud of him or herself no matter what background he or she has, yet the song still found a way to be racist.

In one part of the song, where Lady Gaga is listing different nationalities, she describes Hispanic women as "Cholas." The word she used to describe our culture, when she has no idea, just offended every woman from Latin America by using a derogatory word.

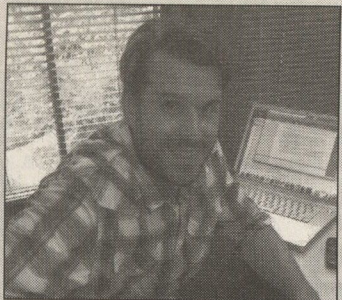
A Chola is defined as either a female Mexican gang member or a female lower-class Mexican. What is most significant, though, is that she doesn't even know that she was wrong in calling all Mexican women gangsters or lower class.

When pop culture icon Jennifer Lopez (who is Puerto Rican, not Mexican, Spanish or Hispanic) used a certain word to define all African Americans in her song "I'm Real" with Ja Rule, it was a big deal. People rioted, protested and refused to listen to her music.

Race continued on page 7

SOUNDING OFF

What is your current printing balance?



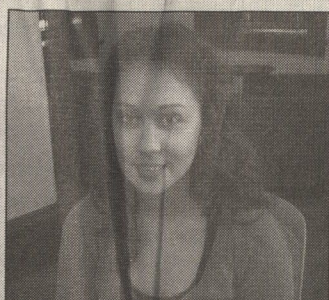
Tyler Tully, senior and theology major, has \$75 left. He said it doesn't bother him to have a limit as long as it is paid for.



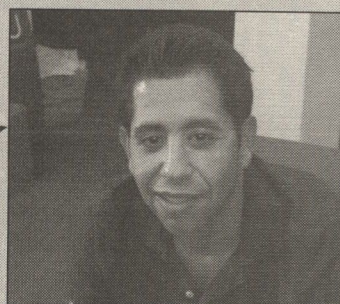
Jose Acevedo, senior and business major, has \$76. He thinks it will last him until the end of the year.



Norelly Guzman, senior and math education major, still has \$59.38. She didn't know the limit was for a year and not for a semester, so she said she didn't think it would last her. "I have a lot of papers, I have to find new places to print."



Naimara Acosta, freshman and psychology major, has \$71. "It bothers me to have a limit, I like to have stuff printed."



Nicholas Rodriguez, sophomore and CISS major, has \$74. "I don't print here, I print at home, so I don't have a problem."



Brandi Cruz, sophomore and biology major, has \$74 left. She said she can make it last if she is conscious of what she prints. "Now I do watch. I'll be okay."

IT'S COMPLICATED

The new 'It's Complicated' column explores life, love, and relationships through topics like contraception, domestic violence, homosexuality and dating rules. Some of these topics may seem controversial, but discussing them may help our readers understand touchy subjects, see a new perspective and inspire spirited discussions amongst the student body.

Gianna Rendon
Reporters

Maybe one day there will be no need for October to be designated Domestic Violence Awareness Month.

But that's not going to happen unless we realize that domestic violence affects us all.

One in three college women say they have been in an abusive relationship, according to Liz Claiborne Inc.'s Love is Not Abuse Poll.

Look around you. Count how many women are near. Statistically one or more of these women has been, is or will be in an abusive relationship.

Yet, domestic violence isn't a gender issue. It's a human issue that occurs all too often in relationships. Domestic violence occurs as frequently between same-sex couples, and men also are victims at the hands of women or male partners. Domestic violence remains a

problem because people like us don't intervene.

Yardley Love, a University of Virginia lacrosse student, was beaten to death by her ex-boyfriend George Huguely in her apartment three weeks prior to graduating. Huguely had a record of violence and was once charged with underage possession of alcohol. Huguely sent her email after harassing email.

If one of her friends knew something was going on should they have spoken up?

Not enough of us want to look that deep into people's lives. We put up barriers to keep people's private lives out of ours and vice versa. The result can mean a difference between life and death.

A support system needs to be ready at hand, either in the form of relatives or a good friend. It is up to us to be that support system.

It is our duty to recognize the signs that someone is abused and to call out potential abusers. It is our

duty to take care of each other. If our world is unraveling, it's because we allowed it to unravel.

Here, at OLLU we pride ourselves on being a small, loving community. "Community" happens to be one of our core values.

In a community such as ours, we have to be twice as diligent and be there for our fellow students.

Provide a shoulder to cry on. A smile to encourage.

Listen to each others' problems and recommend Counseling Services on campus if necessary.

If one of the members of our community is affected by domestic violence, we all are. Our community should be a place conducive to learning. This cannot happen if one of our own is mentally, physically or sexually abused.

Make domestic violence extinct. Educate yourself and others about the warning signs of abuse and intervene in situations before they have deadly consequences.

If you or someone you know is being abused you can call the National Domestic Violence Hotline at 800-799-7233 or 911.

Ten Warning Signs of Abuse

1. Checks cell phones or email without permission
2. Constantly puts you down
3. Is extremely jealous or insecure
4. Has an explosive temper
5. Financially controls you
6. Isolates you from family or friends
7. Has mood swings
8. Physically hurts you in any way
9. Is Possessive
10. Tells you what to do

Source: breakthecycle.com

To voice your opinion, visit The Lake Front's facebook page

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Submission requirements:

The Lake Front accepts letters to the editor for publication on the Opinion page of this newspaper. Letters should have the author's printed name and contact information. Anonymous letters will not be published. Letters can be submitted in person, electronically or by mail and become the property of The Lake Front upon receipt. The editor reserves the right to edit letters for libelous material, grammatical errors, space constraints and/or offensive language. The Lake Front does not discriminate because of age, gender, ethnicity, national origin, disability or sexual orientation. "Letters to the Editor" is intended to serve as a public forum for issues related to the OLLU community.

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Our Lady of the Lake University
411 S.W. 24th St.
San Antonio, TX 78207
(210) 434-6711, ext 2445
www.lakefrontsa.com
lakefront@lake.ollusa.edu
lakefrontads@lake.ollusa.edu

New policy restricts students' printing

Mariam Kevlishvili
Editor

If you logged on the computer in one of the labs at Our Lady of the Lake University and got excited about seeing \$80 instead of \$8.25 in the upper-right corner of the screen, prepare for disappointment.

Your monthly budget for color-printing hasn't miraculously become ten times bigger—\$80 is your annual limit for printing in general.

Black and white printing previously was free and unlimited. Now, undergraduate students have an \$80 yearly printing limit and undergraduate students have \$96. Some of the students said they're not happy with the new policy.

"I just don't like it," said Arsayh Alvizo, junior biology major. "I feel like we already pay a lot of money to come here, and I don't think we should be paying extra. It just doesn't make sense. We could use it without limit when the tuition was cheaper. I disagree with their policy."

In the new policy, printing in black and white costs 8 cents for a one-sided page and 12 cents for a two-sided page, while color copies cost 50 cents for one-sided and 75 cents for two-sided.

While it might be hard to realize this with a dollar sign blinking from the screen, technically, printing is still free, just limited.

"The \$80 and \$96 dollars are strictly out of our budget. The only time students have to pay from their pocket is when they run out of money," said Lizette D. Yanes-Lew, director of Web and Duplication Services.

The change happened in the university's attempt to go green and raise awareness for all the waste that occurred in computer labs, Yanes-Lew said.

Information Technology Systems and the ITS Steering Committee determined by monitoring OLLU's computer printing labs that the campus' top 7 percent of student users did 35 percent of all the

printing, while 76 percent printed fewer than 500 pages per semester.

ITS included the numbers in a FAQ sheet about printing and copying on the OLLU website.

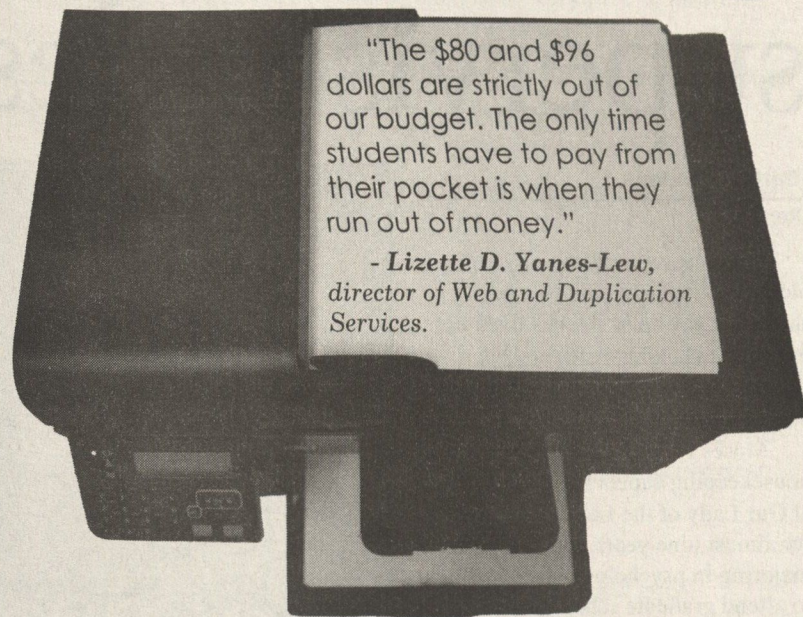
Katia Vargas, junior biology major, said she uses the printer frequently but isn't concerned about the new policy.

"I don't think it makes a difference. Eighty dollars is a good amount," Vargas said.

Alvizo, on the other hand, is concerned that the money will not last her the whole year. She has already used up \$30 of her share, she added.

"I feel like because I'm taking my research practicum I am printing a lot more things," she said. "For some of my classes I don't have to print anything, but with my research I want to have a paper with me, so I have been wasting my money."

If a student does not use up the whole amount allocated for printing and copying, the leftover money will not transfer for next year.



Compared to some of the other schools in San Antonio, OLLU has an affordable printing policy, according to Yanes-Lew.

For example, UTSA students only have 200 free pages and must pay 6 cents for every one-sided and

9 cents for every double-sided black and white page in case they run out, according to that school's website.

Yanes-Lew also said that ITS is awaiting feedback from students to see if the determined limit is appropriate.

NEW FEE

continued from page 1

At Academics and Appetizers, Streubert told students that the workload involved in processing transcript requests is so great that the university may need to look into hiring someone to handle them full time.

At other schools, students receive things at no upfront cost that they actually pay for in fees, like free laptops that are added to their tuition and fees. At OLLU, the technology fee students pay at the beginning of the semester pays for their free printing throughout the year.

Some schools charge a transcript fee every semester, so enrolled students pay a flat rate for four years for unlimited transcripts each semester and after they graduate.

Robert Bisking, dean of the School of Business and Leadership and interim dean of the School of Professional Studies, said at the same event that students should not "commit suicide." He encouraged students to ask questions if they're unsure of something and not to assume that things are a certain way.

"Students are the most important persons here," Streubert said. "Don't be afraid to talk to us."

A student suggested that the university consider giving seniors a set number of free transcripts to be used for graduate school and scholarship applications rather than the free month after graduation, when most deadlines have passed. Streubert said she would look into the idea.

Students become involved in 2012 Political Campaign

Selina Díaz
Reporter

The University of Texas at San Antonio launched a drive to register 5,000 new voters.

Our Lady of the Lake doesn't even have 5,000 students, but having a small campus makes it easy for everyone to get involved in politics.

Collaboration between the Political Science Student Association (PSSA) and the Student Government Association (SGA) is creating a political wave on campus through events such as voter registration drives and the second presidential debate watching party.

Recent visits from San Antonio Mayor Julian Castro State Representative Lloyd Doggett and candidate for state representative in district 125 Justin Rodriguez have further encouraged this political drive.

Recently, PSSA transported a group of students, faculty and staff, including Michael Laney, dean of the College of Arts and Sciences, and Kimberly Gibson, director of the Center for Women in Church and Society, to be sworn in as volunteer deputy voter registrars.

Students serving as voter registrars include Tahiry Contreras, Krystal Brown and Student Government Association President Steven D. Zumarán, among others.

"My experience registering voters gave me a sense of national pride, providing a service to my country that will help continue the democratic system," Zumarán said.

At the college stage, many students are just starting to develop their own political views, let alone decide for a political candidate.

On campus events "get people excited about politics [and] get them involved, [making] them realize why it's so important, what's at stake, and how it personally affects them," said Leda Barnett, political science professor.

The upcoming presidential election will be held on Tuesday, Nov. 6. This election focuses on a number of issues, including education, healthcare, immigration, the environment, economics, social issues and domestic and foreign policy. The votes of all citizens, including students, will determine which issues will be addressed in the next four years.

The two major candidates running are current President Barack Obama, Democrat, who is running for his second and final term, and former Massachusetts Governor Mitt Romney, Republican.

"My drive to be involved in politics comes from witnessing the struggle of my community and the positive changes that occurred from our current mayor," Zumarán said.

On campus, Zumarán serves as a link between students, faculty and staff through the SGA. Off campus, Zumarán serves Justin Rodriguez, a West Side born and raised San Antonian running for state representative in District 125, who attended the watch party Tuesday, Oct. 13.

Many college students stress over financial aid and job opportunities, which are political issues that need to make noise.

Once students decide what they care about, they can support the candidate that best represents them.

PSSA adviser Barnett, described

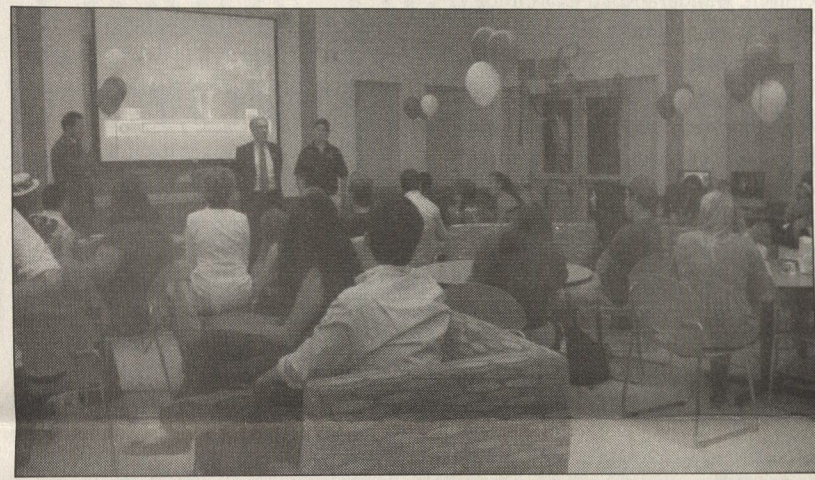


PHOTO BY SELINA DÍAZ

Students gathered at a debate watch party organized by SGA on Oct. 13.

some reasons for considering certain issues.

For students who care about education and immigration, the Dream Act may be a big part in deciding which candidate to support. Students who have been here their whole lives could qualify for the Dream Act.

Another issue worth considering, Barnett said, is the economy.

"Although we've seen a recovery since the recession, it's been weak and it's still not very stable, so I feel like if the wrong approach were taken it could easily send us back down," she said.

Since deciding which candidate or issues to vote for can be difficult, online sites can help voters narrow down their opinions and select the candidate that best fits them.

The technological era we live in simplifies the complexities of politics and voting. Specific websites have been designed to help people select which candidate aligns best with

their values.

The website www.iSideWith.com, recommended by OLLU student Victoria Wixon, provides a short yet concise quiz. The results rank the 2012 presidential candidates in order from greatest to least compatibility with your values, listing specific issues as a reflection.

Friends and family can be a good starting point too. Tuning in to past debates on social media like YouTube can also be a good starting point to learn more about presidential candidates and why their supporters follow them.

After gaining insight on the different presidential candidates, actually voting is what makes the difference.

"If you want something, vote for it, we have that right, utilize it, because everything revolves around voting," said Tahiry Contreras, student and volunteer deputy voter registrar.

H.U.M.A.N.s invade campus

New vending machines offer healthy options



PHOTO BY ANGELICA CASAS

Lazaro Leal, a sophomore, and friend Eddie Knight purchase a snack from Healthy Vending by H.U.M.A.N. for the first time.

Angelica Casas
Reporter

With no time to eat lunch between classes, Stephanie Cervantes, a freshman, found herself using the new vending machines on campus for the first time to purchase Barbara's Bakery Snackimals Oatmeal Cookies.

Healthy Vending machines, by Helping Unite Mankind And Nutrition (H.U.M.A.N.), began operating on Sept. 17 after winning a vending bid presented to the Student Life Division months ago.

The machines offer an assortment of Clif Bars, Krunchers! Kettle Cooked Potato Chips, Skinny Pop Popcorn, Pacific Good Teriyaki and Annie's Homegrown bunny cookies among other snacks, including Cervantes' choice.

"The company promotes products that are healthy great-tasting snacks," Jack Hank, vice president of Student Life, said in an email. "They provide education information on snack consumption

and will work with departments to promote wellness efforts. Besides that, the machines utilize 30 percent less energy than other snack machines on the market, which helps us stay green as a university."

The quality and healthy options offered by the machines were the differentiation between bids that won Healthy Vending its contract, Hank said.

Currently, there are eight vending machines on campus — five on the west side of 24th Street and three on the east side.

Their abundant locations on campus allowed freshman Graciela Oñate to have something to eat at 2 a.m. on a Tuesday when no other food was available on campus.

"[It was] the only thing open, so I was like 'I'll try the healthy food,'" Oñate said. Her Nutri-Grain bar came out cold, which she said was a plus.

"People have this perception that if it's healthy, it probably tastes bad," said Allen Moczygamba, owner of

San Antonio's Healthy Vending. "It doesn't."

Cervantes' cookies also came out cold, but if it were not for the lack of time between her classes, she wouldn't have bought them, she said.

"They were really good," Cervantes said. "[But] I probably would've gone into the cafeteria."

The machines only offer snacks because the school's contract with the Coca-Cola Company does not allow H.U.M.A.N. to offer drinks, Moczygamba said.

With the contract, the university will receive a percentage of commissions-based gross sales. The products' commissions are yet to be realized, since the contract is new, Hank said.

The company also distributes profits from the machines to educational organizations.

For more information on H.U.M.A.N. and Healthy Vending, visit healthyvending.com.

Psychology student, housekeeping supervisor desires new ministry

Darian Mendez
Reporter

If you were to talk to a 49-year-old parent with six children, he or she might say he or she has lived life, experienced experiences and been through it all. However, this is not about a cliché adult.

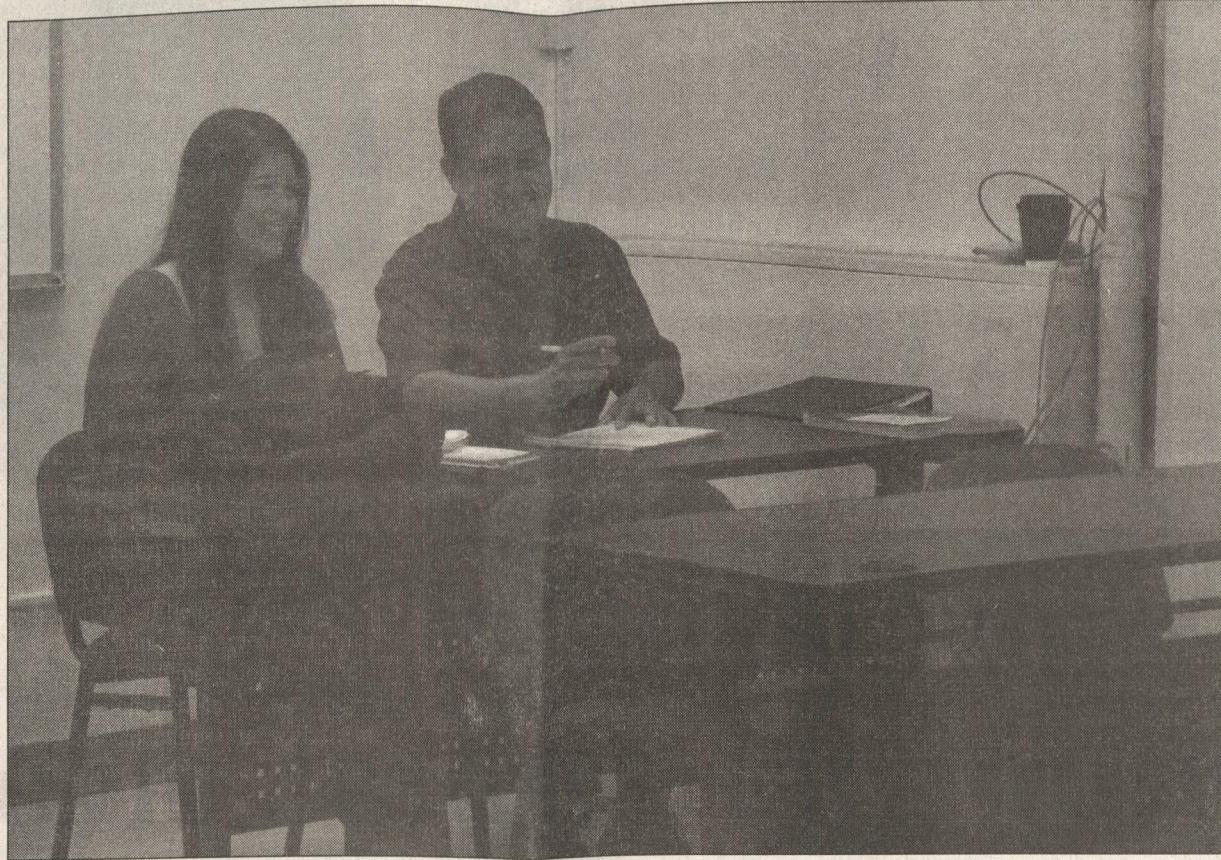
Moses Porras has held the housekeeping supervisor position at Our Lady of the Lake University for almost nine years, and is a junior majoring in psychology. He plans to attend graduate school and start a ministry for men and young dads. He has even talked to a few people at the Center for Women in Church and Society and suggested a Center for Men on campus.

"Men contribute to a lot of [women's] problems and mainly it's because they don't have the right tools," Porras said. "Some men don't know how to communicate but really want to."

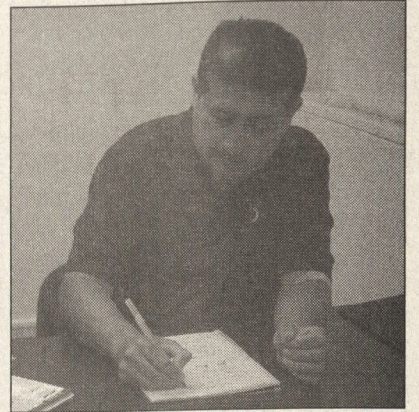
He volunteers for Meld, a parenting program by Methodist Healthcare Ministries, every Monday for two hours and talks to young fathers. He also volunteers at his church, Bandera Road Community Church, as a camera man.

But back in California, Porras was known as a choreographer for El Pachuco, a zoot suit shop that would host events ranging from parades to car shows. Porras even met Edward James Olmos, widely known for his role as Selena Quintanilla's father in the 1997 film "Selena," while working at the store.

Porras also took up two seasonal jobs as a sweeper at Disneyland when he was sixteen. A family friend was Mickey Mouse, and Porras used her



Moses Porras, housekeeping supervisor and psychology student, learns side-by-side daughter Josey Porras. This semester marks the second class they have had together.



brought him to San Antonio during Fiesta of 1986, and there he met his future wife.

His school life is just as unique. This semester marks the second class he has had with his daughter, Josey Porras.

Moses Porras said it was ironic that their first class together was math because when Josey was little, he would help her with math. In college it was the other way around.

They are currently taking a voice and diction class. Josey told Moses she could picture his acting in high school, where he had four years of drama experience.

"When she sees me up there she doesn't see her dad," Moses Porras said.

He said it's great that he gets to share that experience with her and loves having her for classes.

Josey said Moses is her best friend and everything a man should be.

"People tell me almost every day that they love my dad and that he's so sweet," Josey Porras said. "But it's not because he goes around telling people what they want to hear, but because he lives it."

PHOTOS BY MARIAM KEVLISHVILI

as a reference in his application.

But if you were to ask him about his favorite job, he would say his position at OLLU.

Porras still remembers where his interviews for the position took place, pointing towards the IFCC building, and meeting a staff member named Delfina. He also pointed toward the desk across from his, belonging to Richard Sanchez, and said Sanchez was the person who chose his application.

Porras said he and his 26 staff

members do more than cleaning for the students, recalling incidents when staff members would comfort crying and stressed students.

"We're like the aunts and uncles to the students," Porras said. "Especially for the [students] that aren't from [San Antonio]."

Despite the exceptional jobs Porras has held, he believes God had planned for him to work at OLLU because of the "passion and compassion" he has for helping people.

"God brought [OLLU] to me," Porras said. "I cherish my job."

His faith is reflected in his office, with a wall surrounded by crosses between pictures of family. A radio somewhere in the office plays the Christian station K-Love, and next to a dry erase board full of things to do is a small clipboard that's marked "Foster Grandparent Applications."

Porras also believes God brought him to San Antonio. While in the military at age 24, Porras was stationed at Fort Hood. A friend

When life gives you dogs, give them a home



COURTESY PHOTO

Jenny Cope, an international student, is the founder and president of Give a Dog a Home - German Shepherd Dog Rescue, a non-profit that shelters dogs at risk of being killed.

Angelica Casas
Reporter

Jenny Cope had more than one valentine last year – she had five. All five knew about the others but they did not mind, because after all, she was saving their lives.

On Feb. 14, 2011, Cope pulled five small pups from Bexar County's Animal Care Services shelter that were to be killed that day. Those were not the first pups she rescued from a close death.

Cope, an international student at Our Lady of the Lake University from England, is the founder and president of Give a Dog a Home, German Shepherd Dog Rescue (GaDaH), a non-profit organization that rescues German Shepherds from streets and kill shelters around Texas, giving them a home – her home – and nursing them back to health.

"Initially, I was only taking in pups," said Cope, who is currently housing 18 rescued pups and adult German Shepherds along with her own six dogs. "I just wanted to save dogs and find them the most perfect homes."

Before coming to the United States on a six-month tourist visa, Cope worked in Iraq as a reconstruction program manager for five years, and prior to that, two years in Bosnia with the British military. Even though she loved being surrounded by people with a similar mindset as herself, she was tired of living in highly stressful environments, so she left.

Within a month of being in the United States, Cope found two young German Shepherds in a kill shelter that had been badly beaten and were covered in fleas and ticks. She adopted them and nursed them back to health in a little over a month.

"Zeus and Zena are what made me want to save more dogs," Cope said. "Seeing them in the way they (were) and spending time with them, sharing love, a good diet, lots of vet trips (and) seeing the outcome."

She then called local rescues and signed up with the Helotes Humane Society to start fostering dogs.

"I had my furniture wrecked, and it was tough but worth it," Cope said. "Nothing intimidates me when I walk down the street with just one of my GSDs, let alone a few more of them. I feel pretty safe."

Currently, Cope, who has never been bitten by a dog, is having a large shed "rescue area" built behind her home with air conditioning inside and fencing surrounding it so dogs can go in and out as they please. She is also working to receive a 501c3 tax-exempt status, obtaining grants and buying a blood and plasma machine for rescues.

When dogs are treated back to health, they can be adopted from GaDaH. Interested adopters should complete an application, provide a vet reference and two personal references, and spend time with the dog through a meet-and-greet that lets Cope know if the dog and the adopter are a match.

"Both dog and family have to



be happy with each other," Cope said, "or else it's back to that route of heading to the kill shelter when things don't work out."

Although Cope's rescues are given another chance at life, not all of them always survive.

Of the five pups she rescued from death on Valentine's Day last year, two have died.

"The only comfort I could take was that even though they didn't make it, they knew love," Cope said. "Not just from me but from a pack of dogs."

Cope features the dogs she has lost to diseases and illness on the organization's website under the tab "Rainbow Bridge." She also cremates them and has their ashes in little boxes.

"People told me I was wasting money (on cremation)," Cope said, "but to me, those pups had been abandoned once. I wasn't going to abandon them again."

For more information on GaDaH or to help the organization, go to giveadogahome-sanantonio.org or email Cope at giveadogahome@live.com.

Students succeed outside of classroom



PHOTO BY COLLETTE ORQUIZ

Jaime Sanchez, film major, will represent OLLU at the RAW: Natural Born Artists showcase in Austin on Oct. 18 at The Parish. The event features local artists in film, music, fashion, art, photography, performing arts, and hair and makeup. Tickets are \$10 pre-sale and \$15 at the door. The show is for 21-and-up, cocktail attire and starts at 8:00 P.M. For more information on Sanchez, check out the profile of him the Lake Front did last year at www.lakefrontsa.com.



COURTESY PHOTO

Grace Sinyard, junior and psychology major, won a \$2,500 American Heart Association Go Red Multicultural Scholarship. She was one of 16 students nationwide to receive the scholarship. For more information, see the full story on the Lake Front online at www.lakefrontsa.com.

Local Beats



Pinata Protest will be at Sam's Burger Joint on Oct. 19. COURTESY PHOTO

Darian Mendez
Reporter

10/19 Reverend Horton Heat & Piñata Protest 8 p.m.
Location: Sam's Burger Joint, 330 E Grayson St.
Tickets: \$20-\$24- Everybody do the psychobilly freakout! Upbeat with a sound somewhere between country, swing and punk, the Reverend will definitely

give your ears a treat. Paired with that crazy accordion playing of Piñata Protest, it's definitely a show you wouldn't want to miss and a must for people who want to hear something different.

10/21 ZZ Top
Location: The Majestic Theatre, 224 E. Houston Street.
Tickets: \$45-\$95- If you don't

recognize the name, you'll definitely recognize the beards.

10/22 Artslam! Undead III 7 p.m.
Location: White Rabbit, 2410 St. Mary's.
Tickets: \$6- Completely zombie themed, enjoy live bands like dancelikeroBots, Wholesale Piracy and DJ Louie Dollars—which already sound like party zombies—while browsing LIVE undead art. No need to look alive.

10/25 Jason Aldean 7:30 p.m.
Location: AT&T Center, E. Houston St. & Coliseum Rd.
Tickets: \$52.25
Get your inner cowboy on, kick up your boots and relax with Aldean's smooth sultry country voice.

10/27 Vicente Fernandez 8 p.m.
Location: AT&T Center, E. Houston Street & Coliseum

Rd.
The King of Ranchero music will be hanging up his sombrero after this nationwide tour. This is your last chance to experience a legend.

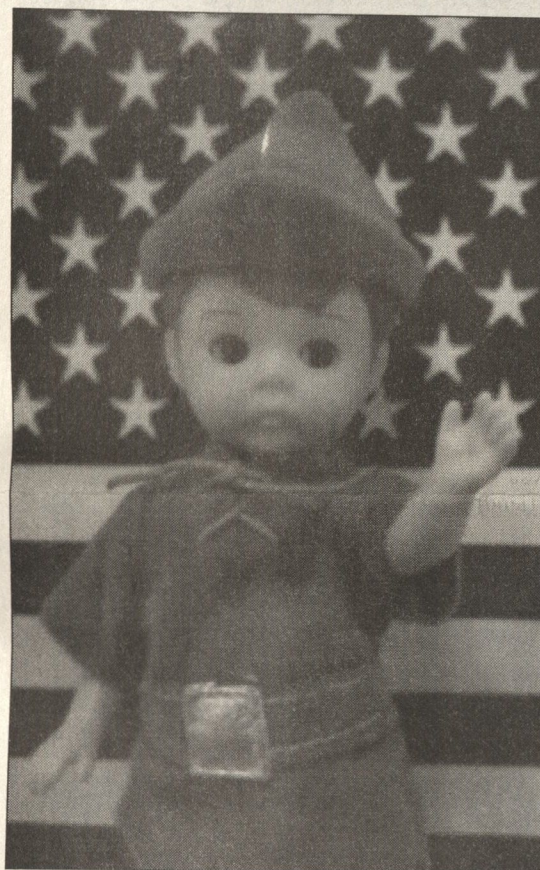
10/28 The Temper Trap & The Neighbourhood
Location: Stubbs Bar-B-Q 801 Red River in Austin.
Tickets- \$25-\$27- Who doesn't love that tambourine in The Temper Trap? They're practically the perfect "rainy-day" band—not too heavy but not too soft. That is where The Neighborhood picks things up with their fast-paced vocals and heavy drums.

10/19-21 52nd Annual Greek FUNstival 6-11 p.m. on Oct. 19; noon-11 p.m. on Oct. 20; noon-7 p.m. on Oct. 21
Location: St. Sophia's Greek Orthodox Church, 2504 N. St. Mary's

Tickets: \$3 gate admission OPA! Stuff your face with delicious Greek food while listening to plate-smashing Greek music. Don't become afraid if you are dragged into a line to dance. OPA!

11/4 Olivia Newton-John 7 p.m.
Location: Majestic Theatre, 226 E. Houston St.
Are you hopelessly devoted to Olivia Newton? Take the one that you want to spend a romantic evening getting physical.

11/5 Deftones 7 p.m.
Location: Sunken Garden Theater, 3875 N. St. Mary's
Tickets: \$35.50-81
Yeah, we've seen them change—but that's not a bad thing. Chino and the gang still hypnotize audiences with juxtaposed tones from totally devastating to pleasingly mysterious.



BABY PAN for **PRESIDENT**

"Let Everyone eat cake! I LOVE CAKE!"

Political party: **Pizza Party**

Platform: **Free printing for all, easier access to scholarships and more money to Liberal Arts on campus**



BABY PABLO for **PRESIDENT**

"Ask not what OLLU can do for you but what you can do for OLLU."

Political party: **Fiesta Party**

Platform: **More money to sport programs, more chances to study abroad and cheaper food on campus**

'Doubt' play, panel provokes discussion

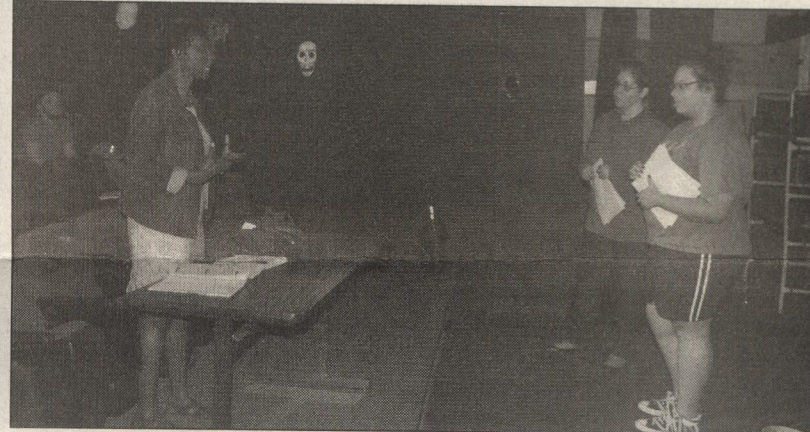


PHOTO BY MARIAM KEVLISHVILI
Antoinette Winstead, director of "Doubt: A Parable," communicates her expectations to students auditioning for parts in the play.

Darian Mendez
Reporter

This month in 24th Street Theatre, molestation, miscommunication and modernization in the church take center stage.

During the 1960's Catholic rules changed because of Vatican II. Women were allowed more freedom and responsibilities in the church. But because men were still above women in the church hierarchy, it was difficult for women to voice their opinions and ideas.

The fall theater production "Doubt: A Parable" brings the drama to life.

In "Doubt: A Parable," which takes place in 1964, Sister Aloysius experiences after a priest is accused of molesting the only African American student at St. Nicholas Catholic school.

Convinced without evidence that Father Flynn is guilty, Aloysius seeks out ways to bring him to justice without going to authorities who might not listen to her.

Sisters and nuns don't have the same representation in Rome as men do, Kimberly Gibson, director for the Center for Women in Church and Society, said.

Because the Catholic hierarchy (the pope, cardinals, bishops and priests) does not include women, sisters and nuns have their own organization and different goals, Gibson said.

While the pope wants to save souls, sisters want to help people because they're constantly around people—unlike the pope who isn't in the public very much, Gibson said.

"That's why the Sister in the play is concerned about the boy; she feels the pain and wants to help him," Gibson said.

While some students may be surprised that a Catholic university is doing the production, Professor Antoinette Winstead, director of the play, said OLLU has previously put on productions that are about social

issues.

It's hard to talk about God in a public school, Winstead said, "[but] I find that there's more freedom in Catholic schools because they support social justice."

While the lack of communication between the hierarchy of the Roman Catholic Church and Sisters has a big role in the play, it's not the only controversy present.

Gibson said she hopes the play will get people talking about issues like sexual abuse, trust and communication to make way for healing.

Cast member Evan Larson-Schulze points out another issue in the play that still exists today—bringing secular (non-religious) music to the church.

His character, Father Flynn, encourages the use of secular music in the Church, yet today, some parishes still will not play music by a non-Catholic composer, Larson said.

Other cast members include Briana Morales as Sister Aloysius, Karla Cruz as Sister James and Stephanie Hicks as Mrs. Muller, the mother of the child concerned.

There will be an opportunity for students to hear more about the play and its controversy during a panel on Oct. 22nd in the Providence West Social Room from 12-1 p.m. Speakers will include Winstead, Sr. Jane Ann Slater and Fr. Arturo Flores.

Besides the controversy, Winstead said the play leaves audiences with questions.

"And that's what good theater does," Winstead said.

The play is also considered a parable, a method that Jesus used to teach people, and leaves audiences questioning how doubt has affected their lives, said Winstead.

Students can purchase tickets the cast members for \$3

Performances of "Doubt: A Parable" will run Oct. 26 through Nov. 4, with an alumni showing on Nov. 16.

APOCALAKE

Get ready, my friends, the end is near

Check out The Lake Front's end-of-the-world blog on lakefrontsa.com for signs of the Apocalypse—Lake style.

Campus a possible supernatural haunt

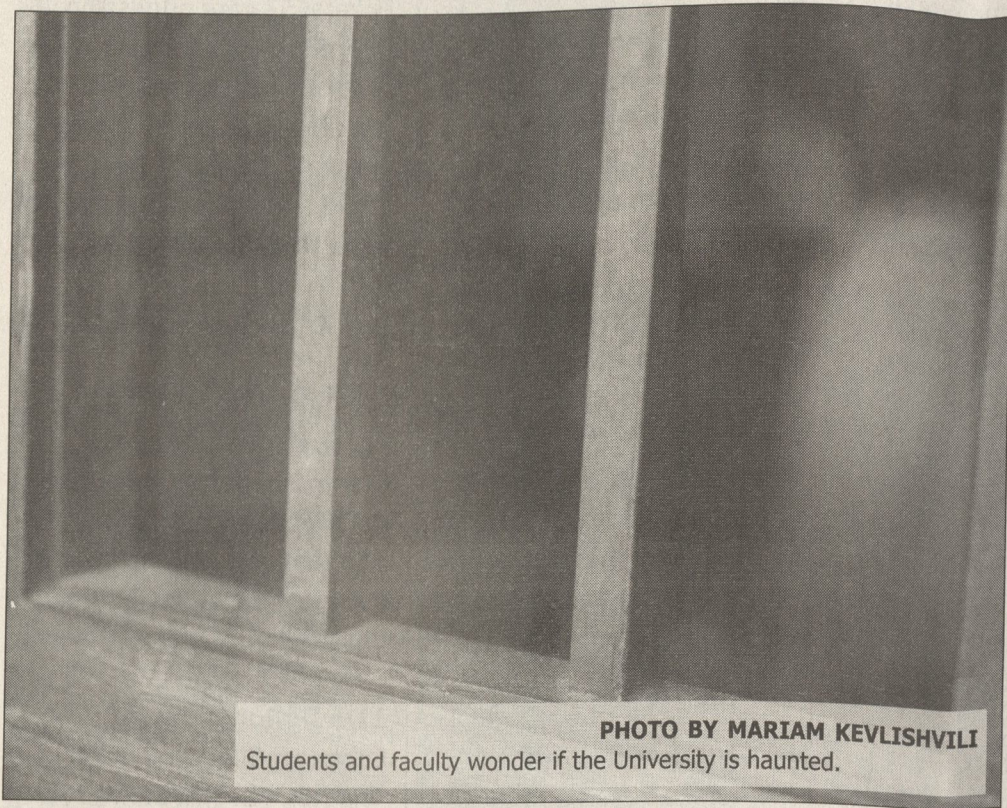


PHOTO BY MARIAM KEVLISHVILI
Students and faculty wonder if the University is haunted.

Mariam Kevlishvili
Editor

The street is dimly lit. The bright moon hangs above the chapel. Something is buzzing in the empty hallways, and every step anyone takes on the old stairs makes a terrifyingly loud squeak.

That's a usual late night at Our Lady of the Lake. After spending a day in a school of smiling faces, full of friends or familiar strangers, the night scene seems intimidatingly lonely and empty. It is not surprising that there have been rumors about ghosts roaming around in these classrooms, hallways and possibly your dorm room.

However, Sister Casilda Hyzek said students shouldn't worry.

"I would not be afraid because if it's a good ghost it couldn't harm them, and I don't think bad ghosts would

come to this campus because we consider it a sacred place," she said.

Father Kevin Fausz said that in the Catholic Church the term "ghost" isn't appropriate.

"We believe in a spiritual realm, a communion of saints... not in a sense of ghosts, but we do believe they are with us," he said.

He explained that feeling close to those who have gone before us was not something we should fear, but something we should rejoice. He said it is common to have such experiences, like a feeling of presence and consolations, after a family member or a loved one passes.

He suggested that students have their rooms blessed if they do feel negative vibes and are uncomfortable in the residence halls.

However, he expressed his doubts about such presences at OLLU.

"Is it just the air conditioning kicking on, or is it really some other phenomenon?" he asked jokingly.

However, even Sister Hyzek said she's heard the rumors about ghosts.

"I have heard many stories about ghosts being in Moyer Hall, St Martin's Hall, and that one ghost appeared to one sister in the Convent many years ago."

Anna Zapata, senior and chemistry major, claims to be able to sense them.

She said she felt such entities in the parking lot near the University Wellness and Activities Center. Zapata said that she had a feeling like she was being chased.

"The only thing that I see is that they're black," she said. "I don't see the face. I feel the energy and get chills if I don't like it."



LIFE retreat calls for student connections

Selina Diaz
Reporter

The Leadership Institute for Freshman Excellence (LIFE) is a leadership program that pairs freshmen with upperclassmen mentors from the First Year

Connection (FYC) program to serve as a role model and guide them through their first semester of college. The FYC mentors also help with Lake Days freshman registration days, Lake Orientation and peer mentoring the freshman

Applications of Learning courses.

On Sept. 22 and 23, LIFE held its retreat to get freshman involved their first semester of college. Below is what some mentors had to say about their experience with LIFE and their mentees.

"I came into the FYCEL [First Year Connection Executive Leader] role with an open mind, especially with the LIFE Program because I didn't participate in it during my freshman year. I feel that I am experiencing these sessions with the freshmen and it has been amazing. It has been really rewarding so far to see them all come together."

- Ivana Montenegro, FYC Executive Leader

"Being a FYCEL is both hard work yet rewarding at the same time. We worked all summer to ensure that this freshman class had a great orientation and cocurricular experience. I'm looking forward for a great rest of the program and getting to know these freshmen better."

- Jeffrey M. Martinez, FYC Executive Leader



One of my biggest enjoyments of the LIFE program is seeing mentees being able to collaborate with each other, and learn from each other so they can improve themselves as leaders."

- Margarita Salas, FYC Executive Leader

Margarita Salas (left on above photo) and mentee Irene Gonzalez. Mentor Marika Azocar (right) and mentee Theodore Chapa.



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According to the U.S. Census Bureau, the majority of college students are of legal drinking age. However, those under 21 should not drink at all.
*Source: American College Health Association - National College Health Assessment II, Fall 2008

RESPONSIBILITY MATTERS.
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Some athletic teams dominate, others hurt

Jennifer Marroquin
Reporter

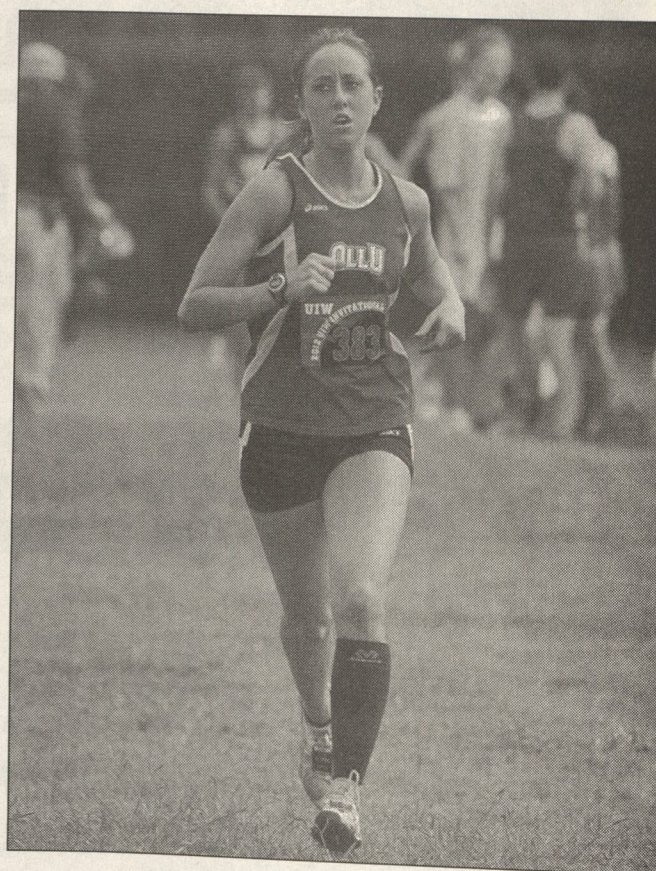
Students have been struggling with a tough week of midterms and a semester full of homework, but OLLU student athletes have excelled at their sports even as they dealt with these academic challenges.

One sport that is on the rise is soccer. The teams have been struggling to keep their winning record with a game nearly every weekend. After a rocky start, they have been able to get back on their feet.

The record for the men's soccer team currently stands at 5-4-1, but for the Red River Athletic Conference, it is a perfect 4-0.

The women's record is 5-4 overall and for the Red River Athletic Conference, a perfect 3-0. This will advance both teams further in the conference. The Saints soccer team has had its troubles defeating several teams, but as the semester progresses seems to be doing better—which is a trend the Saints' hope to see continue.

"We have been successful on the score board and will continue to be," Soccer Captain Abby DeLaney said. "But we will need more of an offensive presence going into the rest of conference and in the conference tournament."



COURTESY PHOTO
Although the women's cross country team is struggling, Coach Sherman is confident it will improve.

Another team that is dominating is the Saints golf team. Throughout the semester, the Lake's men's golf team brought in great rankings. When this fall season first started, the Saints started with a second place finish at the Coody West Golf Tournament.

They continued to do well in the U.C. Ferguson

Classic in Oklahoma City, finishing in fourth place. Overall, the Saints are ranked fifth in the Golf World and Nike Golf NAIA College Coaches' preseason poll.

If their streak continues, they will could bring home a first place win.

One sport struggling is the men's and women's cross country team.

Update continued on page 6

VOTE

continued from page 2

Before you can express yourself in the election you need to become a registered voter. In order to be eligible you need to be at least 18 years old by November 6th, a

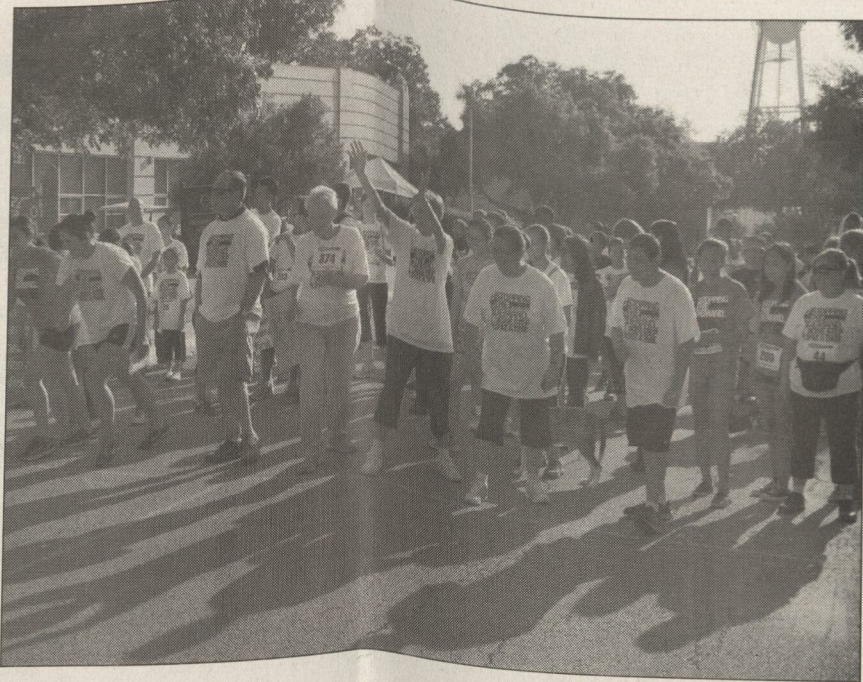
US citizen, and if convicted of a felony, to have completed all terms of the conviction.

Voter registration forms can be found online, in person (high schools, libraries, post offices), or requested through mail. Forms need to arrive at the county registration office 30 days before the election, so move fast. All of this

information can be found at www.lwvtexas.org or www.VOTE411.org.

I can't tell you who to side with but I hope I can persuade you to get involved. This affects you so you deserve the right to have a say in your future. Learn the facts, use your common sense, and let your voice be heard

THE LAKE SCENE



Participants gather at the start line to officially begin the Stop Child Trafficking Walk organized by the Center for Women in Church and Society on Sept. 22.

RACE

continued from page 2

It didn't take Lopez long to issue a public apology.

The only difference between that example and Lady Gaga's is that people decided to speak up.

Everyone who was hurt by Lopez's language blew up, talked about it, got angry and let the media know how she felt about what she had done. We should be doing that now, but people from this culture are not supporting each other yet and are hesitant to have our voices be heard.

As someone from Latin America, I believe we should all speak up, stand against ignorance and racism and let our voices be heard. We need to let people know that Puerto Ricans and Mexicans are not the same.

For example, most people don't know that, just like the United States, Puerto Rico is made up of many different immigrants from Spain, Africa, Italy and France, while Mexico is primarily made up of citizens that are descendants of the Aztecs and Mayans.

We, as many different cultures, are afraid. Citizens of the United States who came from Latin America are still primarily a minority and are not accepted into the mainstream. We choose not to raise our voices because we want to be accepted and appreciated.

Growing up, when someone who wasn't from Latin America or didn't speak Spanish, called me a Mexican, they meant it as an insult. That is the problem, the fact that not only non-Spanish speaking citizens see the words Mexican or Puerto Rican or Cuban as an insult, but we ourselves do as well.

We need to stop accepting the term "Hispanic" to define multiple cultures if we ever want to see a change in this country, and we need to have pride in being identified by our country or province. The fact is, I am not Hispanic. I am Mexican, and no one can ever insult me by calling me a Mexican, because that is my nationality.

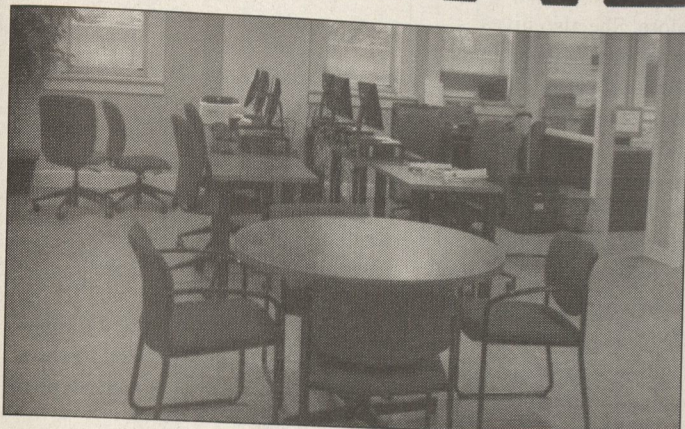


PHOTO BY ALEJANDRA CASAS Moyer Garden Level is now open to students after undergoing remodeling that began last spring semester. It is now the home of the Student Success Center.

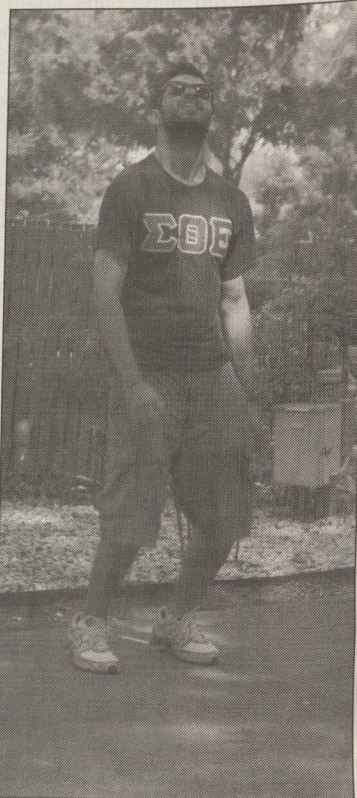


PHOTO BY MARIAM KEVLISHVILI Jesus Javier Garza Jr. waits for his frisbee to head his way during Sigma Theta Epsilon's hamburger giveaway on the second day of the semester.

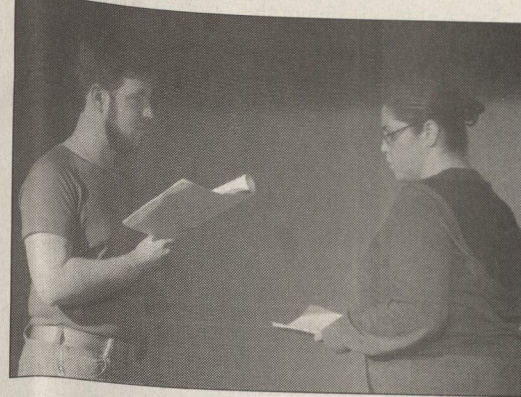


PHOTO BY MARIAM KEVLISHVILI Students audition for parts in "Doubt: A Parable."



PHOTO BY JORDAN WHITFIELD Students paint doorsteps through a residence life program.

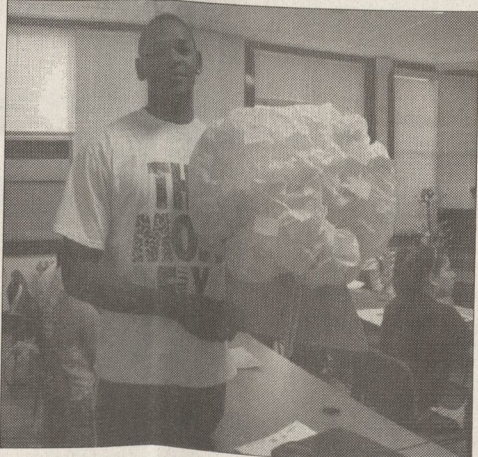
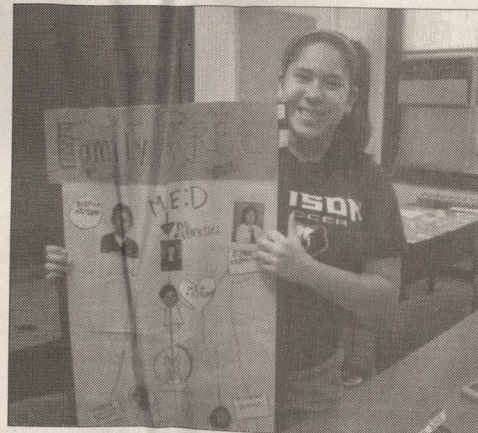


PHOTO BY ALEJANDRA CASAS Before beginning the Stop Child Trafficking Now Walk, participants and organizers gathered for prayer and a blessing.

Family trees represent wellness



PHOTOS BY JENNIFER MARROQUIN Dr. Randolph Dietz's Wellness Lifestyle class (above) displays their latest project - wellness family trees. Clockwise from upper left: Heather Cisneros, Aldo Galvan, Vanessa Nava and Deondre Logan.



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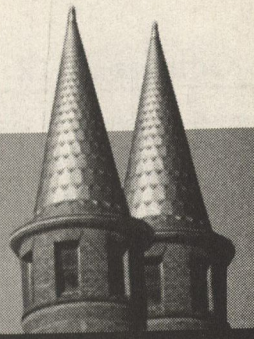
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UWAC helps students get fit

UPDATE

continued from page 6

Students can benefit from fitness classes offered on campus

Jennifer Marroquin
Reporter

Many students spend the majority of their time on school and homework. Some even have work and clubs to think about as well, but with so many things going on, students may be forgetting one important thing.

In a survey of 100 students at Our Lady of the Lake, 45 said they do not exercise on a regular basis.

However, living a sedentary lifestyle causes more deaths than smoking, according to a study conducted by the University of Hong Kong and the U.S. Department of Health.

This means that even more people die from the negative affects of a sedentary lifestyle than the 1,215 the American Cancer Society reports die every day from smoking.

Many students said they do not exercise regularly because they do not have time for it in their busy schedules, but Associate Athletic Director of OLLU Adrienne Rodriguez offers more explanations.

"[Students] have to show a commitment," Rodriguez said, "and for many that's the problem. They haven't found an exercise they like or they are too intimidated to go to the gym."

Rodriguez suggests that many students may try to implement a regular exercise routine, but do not keep up with it because they

do not like the exercises they have participated in.

"You just have to get up and move," Rodriguez said. "Basketball, dance, or walking, even skateboarding is exercise, as long as you are moving your body."

Health issues related to a lack of exercise and poor diet include obesity, heart disease, diabetes and depression.

"San Antonio is one of the fattest cities in America," Nurse Practitioner Julie Stuckey said. "Our student population reflects that statistic."

San Antonio was ranked as the third fattest city in America by Newsweek. Texas has three other cities in the top twenty: Houston, Edinburg and McAllen.

Stuckey said that when any student comes into her office, her staff test for early signs of health issues related to obesity.

"We measure BMI [body mass index], heart rate, respiratory rate and blood pressure," Stuckey said. "Those are the baseline vital signs we start with."

Although many students said these health issues related to obesity ran in their family, the students themselves did not suffer these diseases. However, when surveyed, about 20 percent said they felt tired and out of breath after performing tasks such as jogging for five minutes or walking up stairs, which is an early sign of high blood pressure.

Rodriguez said she is willing to help any student who comes to her for a one-on-one meeting sessions. Her office is located in the University Wellness and Activity Center, Room 101.

"I meet with many students and we try to come up with a

personalized plan that is best for them," Rodriguez said. "Even if they only have 15 minutes of free time in their day, we can still work with you."

She challenges students who are intimidated by the gym to stop by a few minutes a day to try to stay healthy.

"Everyone here, the athletes and regulars, are very nice and friendly," Rodriguez said. "It's easy to find help if you look for it. You just have to show commitment."

Rodriguez said as long as any student makes a commitment, he or she can meet fitness goals. Stuckey, whose office is also located in the UWAC, also helps students with protect their health.

"We usually ask students to keep a diet log and keep track of their exercise," Stuckey said. "From there, we can look at the quality and quantity of their food and help set an ideal goal weight."

According to Rodriguez, health is not the only reason students should

stay active daily.

"Exercise helps with self-esteem," Rodriguez said. "It's part of your mental health. When you don't exercise, you're not mentally healthy, and this causes you to not feel good and gives students low self esteem."

Rodriguez stated that exercising builds self-esteem because students usually find themselves accomplishing goals they never knew they could before. She also gives advice on how to improve not only physical activity, but eating habits.

"It's all about balance," Rodriguez said. "If you go a day eating foods like pizza and fries, that's OK, but the next day only eat foods low in carbs, sugar and fats."

She also advises students to stay away from sugary drinks because they are empty calories, which are calories that add to our weight but don't make us feel full or satisfied.

The UWAC is open from 9 a.m. to 9 p.m. Monday through Friday, and closes at 6 p.m. on Saturdays and Sundays.

FITNESS CLASSES AT UWAC

All classes offered in the Aerobics room

Monday	12-12:45 p.m. - All you can burn 5:30-6:30 p.m. - Yoga
Tuesday	6-6:45 p.m. - Total body toning 7-7:30 p.m. - Cardio dance
Wednesday	12-12:45 p.m. - All you can burn 5:30-6:30 p.m. - Yoga
Thursday	6-6:45 p.m. - Total body toning 7-7:30 p.m. - Cardio dance
Friday	12-12:45 p.m. - All you can burn



COURTESY PHOTO

The men's cross country team started off the season placing third.

The season started off with a third place win for the men's team at Trinity University. One runner that stood out in September's annual UTSA Ricardo Romo, Six Flags Fiesta Texas and HEB Classic meet was David Duque, who finished in fifteenth place in a group of 69.

"The progress I've seen this year with the men is headed in the right direction, but we need to show more," Cross country coach Stephen Sherman said.

Showing a little bit more of a struggle is the women's cross country team. They started off the season coming in last place, and have recently improved at the 2012 Bill Libby and McMurry Invitational in Abilene, taking fifth place of seven teams.

"The progress that I've seen not just this season, but in the past four years really is something to be excited about," Sherman said. "We are more talented and deeper than we've ever been."

Sherman is confident both of his teams will continue to improve and be recognized as a good cross-country team in every meet they attend. With these hopes and the team getting up at 6 a.m. almost every morning to practice, he says he

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