



New riding policies

Mariana Garza/THE RIDER

UTRGV will implement a new personal transportation riding device (PTD) policy that will ban the use of bikes, skateboards, scooters and golf carts on the Bronc Trail in Edinburg and bridges on the Brownsville campus. Students will have to unmount their PTD when arriving at covered walkways, pedestrian bridges and breezeways.

Omar E. Zapata
THE RIDER

UTRGV has implemented new policies for personal transportation riding devices (PTDs) that will go into effect this semester.

According to the UTRGV Handbook of Operating Procedures, under personal transportation riding devices, section 2a states, "Personal transportation riding devices are prohibited from use on covered walkways,

breezeways, and pedestrian bridges on all UTRGV campuses."

A PTD includes but is not limited to roller skates, scooters, bicycles, skateboards, Segways, hoverboards and unicycles. PTDs are prohibited on the Bronc Trail on the Edinburg campus and the Lozano-Banco Bridge on the Brownsville campus.

This policy applies to faculty, students, visitors, volunteers, contractors or vendors in or on the premises and facilities

owned, leased, operated or otherwise controlled by UTRGV.

Richard Costello, director of Environmental Health, Safety & Risk Management, said there are two reasons for these new policies for the safety of pedestrians and individuals riding PTDs on campus.

"It's unfortunate, but we got a number of complaints over the years regarding the failure of the individuals that are operating PTDs to have some

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Roxanna Miranda/THE RIDER

Key to keeping resolutions

Alejandra Yañez
THE RIDER

UTRGV students are ringing in 2020 with their resolutions and experts have some tips on how they can keep them.

This week's Ask the Expert questions come from Valeria Martinez, a studio art sophomore, and Gerson Rivera, a criminal justice junior.

Rivera said his resolutions are to "pretty much just to better myself. Be more confident, actually get a new body physique ... join more clubs, be more outgoing with people, meet more people."

Martinez said her resolutions include focusing more on her

Ask the Expert: Sixth in a series

schoolwork and putting an end to her habit of procrastinating.

Asked if she normally keeps her New Year's resolutions, Martinez replied, "I try to but sometimes, you know, I slack off a little bit, but I'm gonna try to."

Both students told The Rider that they plan to stay faithful to their resolutions and commit to their goals this year.

Asked what she is most looking forward to in 2020, Martinez replied, "The classes I'm taking actually, because they're focused

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UTRGV students react to U.S.-Iran tension

Victor G. Ramirez
EDITOR-IN-CHIEF

Over the winter break, several UTRGV students watched tensions between the U.S. and Iran rise after the death of Maj. Gen. Qassem Soleimani and a missile strike in Iraq, leaving some worried and frightened.

Gabriel Figueroa, a UTRGV exercise science graduate student, said he is unsettled with the situation.

"There should probably be some de-escalation on both sides because, I mean, if we do go to war with Iran, it's not just going to be Iran," Figueroa said. "China and Russia are also involved so nuclear wars,

you know, may be imminent if everyone just goes all out."

Exercise science freshman Michael Leal said the tension between the U.S. and Iran is pointless.

"I don't think there should be any tension to begin with," Leal said. "I don't know why they could never just sit down and just talk peacefully instead of attacking each other."

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Last Tuesday, Iran launched missiles against U.S. military and coalition forces in Iraq in response to the Jan. 2 killing of Soleimani, the head of the Islamic Revolutionary Guard Corps-Quds Force, a U.S.-designated

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SCREENSHOT FROM THE WHITE HOUSE WEBCAST

President Donald Trump speaks during a news conference last Wednesday at the White House about the missile strike launched by Iran against Iraqi bases housing U.S. troops. Trump said there were no casualties.

MARCH 3
PRIMARY

VOTER REGISTRATION
COUNTDOWN:

21
DAYS

DEADLINE
FEB. 3

THE RIDER

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MORE THAN A NEWSPAPER



ANNOUNCEMENTS



Today Vaquero Hot Chocolate

The Student Union will have a **hot chocolate bar with toppings** to choose from noon in the Student Union Commons on the Edinburg campus.

Tuesday

Back to School Bash

Students can talk to organizations, university departments and college

representatives starting at 3:30 p.m. during the **Back to School Bash** on the Student Union lawn and at the same time Thursday in the Fieldhouse on the Edinburg campus. **Free food, games and s'mores** will be provided with a valid student ID.

Wednesday

Census Roll Call Day

Students can learn **census facts** and **spin-the-wheel** to win prizes from noon to 2 p.m. at the Student Union Commons on the Edinburg campus.

Thursday

Women's Basketball

The **UTRGV Women's Basketball Team** will face off against **Seattle University** at 7 p.m. in the Fieldhouse on the Edinburg campus. Admission is free to all UTRGV students with a valid ID.

UNO Tournament

An **UNO tournament** will take place at 12:30 p.m. in the Game Room on the Brownsville campus. Students will have the opportunity to earn **VBucks**.

--Compiled by Brigitte Ortiz.

POLICE REPORTS

The following are among the incidents reported to University Police between Jan. 2 and 6.



Jan. 2

10:12 a.m.: A staff member received an electrical shock when working on a water leak in Rusteberg Hall on the Brownsville campus. The

member did not have visible injuries and declined medical attention. Facilities Services was contacted.

Jan. 3

5:35 p.m.: UTRGV Police officers were dispatched to the B1 parking lot

area and Sabal Hall after being alerted by U.S. Border Patrol that they were searching for a male by River Levee Road. The man was found in the wooded area south of the land bridge between Ringgold Road and Main in Brownsville.

6:39 p.m.: A non-affiliated operator was arrested for driving while intoxicated after being stopped for a traffic violation. The operator failed to complete sobriety tests satisfactorily. Her breath tests revealed her blood alcohol content was at 0.169 and 0.174 respectively. She was issued a written

warning for the traffic violation and jailed in the Brownsville City Jail. The vehicle was released to the registered owner at the scene.

9:47 p.m.: A male student from the Edinburg campus was transported to a local hospital by EMS after experiencing chest pain.

Jan. 6

10:14 p.m.: A staff member from the Brownsville campus lost a University access card in an unknown location. The card is in the process of being deactivated.

--Compiled by Sol Garcia

POLICIES

Continued from Page 1

level of respect for the pedestrians," Costello said. "They're just basically zipping in and out, especially on the covered walkway."

He said individuals have even retained attorneys and filed for worker's compensation from accidents and near misses on covered walkways in the past.

"We had a skateboarder that ended in the hospital because they ran into one of the [covered walkway] supports," Costello said.

He suggests that students find alternate paths instead of the Bronc Trail to get around the Edinburg campus and to navigate around the Lozano-Banco Bridge on a trail south of it.

"There are plans in the making to actually build up the infrastructure to have what we call the cart paths because we have a lot of carts on campus," Costello said. "So, they'll be cart paths and they'll actually better the paths for the bikes and for the carts so they will relieve a significant amount of congestion."

Alejandro Torres, a biology senior, sees the new policy as a negative thing, especially near or around campus.

"Those people are probably the only ones using [the Bronc Trail], those people that live here or down the street," Torres said. "Because if they have class on the other side [of campus], they will have to go around the university."

Another issue that Costello brought up was pedestrians are not paying attention as well.

"A large majority of [pedestrians] are on their cell phones and they have their AirPods and they're just not paying attention to their surroundings," he

said. "So, what you have is a situation where you have a group full of cyclists ... going in and out of the covered walkways, coupled with pedestrians that are not paying attention and it's just not a good situation."

Shaik Merkatour Hakim Marjuban, a mechanical engineering graduate student from Bangladesh, thinks a bike is the most suitable way for short transportation. Ever since Marjuban began attending UTRGV last January, he has used his bike for transportation.

"I've been riding this bike for, like, one year, so the Bronc Trail, I mainly use is ... a shortcut," he said.

Marjuban said these new policies will make things better for campus traffic.

"The thing that happens is that when [pedestrians] wear headsets, they don't listen to anything when you are on their backside," he said. "You need to shout or you need to make some noise and that's a thing that happens a lot."

Section 2E deals with scooter-sharing systems, due to the new pilot program launched last December between the City of Edinburg and Blue Duck scooters.

This section states, "personal transportation riding devices owned by a vendor and made available directly by the vendor to individuals, such as through scooter-sharing systems for short-term rentals, are prohibited in or on the property or facilities owned, leased, operated, or otherwise controlled by UTRGV unless the vendor has entered into a contract directly with UTRGV. These devices will be subject to immediate impound and an impound fee if discovered anywhere on University-controlled property."

Even with the pilot program in Edinburg, these scooters are prohibited

on UTRGV grounds with a geo-fence and will be impounded with a \$100 fee that will be charged to the company.

"Other campuses, such as UT Austin, have had a significant number of injuries associated with the use of those scooters, and [UTRGV] decided that it was not a good idea," Costello said. "We may at a later date, but at this point, we decided that it wasn't a good idea to allow these scooters on campus."

Torres said he had used them before in Austin and was excited when he first saw them in Edinburg.

"I live nearby, maybe like six [minutes] away," he said. "If I check the map randomly and see one there, I'll probably just use it to go nearby."

Costello said University Police will enforce these new policies.

"Nobody is going to be throwing anyone in jail, it's just going to be a, 'Hey, there's a reminder, see the sign?'" he said.

Section 3A states, "Bicycles attached illegally to structures other than designated bicycle racks may be removed and impounded."

Students will not be charged a fee if they get their PTD impounded, Costello said.

"The institution is not going to charge students for their personal transportation devices," he said. "What's interesting about working for the institution is that they don't want to burden the students with any of these types of administrative cost. ... It's more of a warning."

According to Costello, this is not meant to be a confrontational policy, but identifying an issue and having some type of administrative control to address it.

RESOLUTIONS

Continued from Page 1

more on my major. So, it's like I'll be more into it than, you know, before the classes I had to take."

Rivera said what he is most looking forward to is to see results this year. Asked if he usually keeps his resolutions, he replied, "Yes, I'm a man of my word."

Both students told The Rider that they would like advice from experts on how to achieve and stay on track of their goals for this year.

UTRGV Experts

Jason Popan, a psychological science

associate professor with a specialization in social behavior, shared some of his expert advice with students on how to achieve their New Year's resolutions.

He explained the reason people make New Year's resolutions.

"I think, it's that of a desire for self-improvement and growth and the new year gives us an opportunity to, at least in our mind, reset ourselves and potentially start a new beginning for self-improvement and self-growth," Popan said.

For students whose resolutions include being more social, he said, "I think to start small ... Now we have to

understand that some people are just naturally not very sociable, but if your goal is to increase your sociability, then you need to put yourself a little bit outside of your comfort zone in situations that might cause you to socialize more."

Popan said another thing students can do to increase the likelihood of being successful in their resolutions is to get other people involved in their goals.

"If you get other people involved, first you might want to tell other people about it, people who maybe you care

Spring enrollment increases

Brigitte Ortiz
THE RIDER

As of last Tuesday, UTRGV's preliminary numbers show 22,071 undergraduate and 3,623 graduate students are enrolled this semester, an increase of 29 and 116, respectively, compared to last spring.

There are 3,562 freshmen, 4,272 sophomores, 5,942 juniors and 8,295 seniors, according to Magdalena "Maggie" Hinojosa, vice president for Strategic Enrollment.

She said the most popular majors at UTRGV are biology, criminal justice, interdisciplinary studies, nursing and psychology. On average, undergraduates are enrolled in 12.7 credit hours.

Hinojosa said numbers tend to peak the fourth day of class, which is the last day to enroll.

"For spring, we're always looking at being ahead from the prior spring, which I'm happy to report that we are at 26,809 students and we are trending above last year," she said.

The vice president said the Strategic Enrollment office's focus for the spring is transfer students because there are



Roxanna Miranda/THE RIDER

Biology junior Leslie Juarez makes a payment for the Spring 2020 semester Tuesday at the Bursar's Office in the Tower on the Brownsville campus. As of last Tuesday, there is an increase of 29 undergraduate and 116 graduate students at UTRGV compared to last spring.

not many entering freshmen during the spring semester.

"In general, as an institution, as a whole, we all work together to recruit students to the university," she said.

"But spring is very different than fall, so the main focus of spring is continuing students, ensuring that students continue from fall to spring who have not graduated."

Hinojosa said she believes numbers increase or decrease, depending on the effort students and staff put forth.

"But there's all sorts of factors that play a role in enrollment, so there isn't just one thing that impacts the numbers," she said. "It's a true effort on everyone's part."

Parwinder Grewal, executive vice president for Research, Graduate Studies and New Program Development, said there are 3,623 students in the Graduate College, an increase of about 4% compared to Spring 2019.

About 3,150 are pursuing a master's degree and 473 a doctorate.

According to Grewal, the Graduate College offers more than 55 master's programs and five doctoral.

"There are several programs in the works that could start in the fall," he said. "I would say around five new programs we will start in the fall."

Grewal hopes to receive approval for Fall 2020 for the following graduate programs: applied statistics and data science, UX/UI design, higher education administration, art education, computational biology and bioinformatics and actuarial science.

Welcoming a new semester

Hania Rocio
THE RIDER

UTRGV students will have the opportunity to enjoy and participate in various activities during Week of Welcome, which is dedicated to celebrating UTRGV's traditions with students on both campuses.

Campus Activities Board, Student Involvement, Student Union and University Recreation will host activities throughout the week.

"Viva Vaqueros" is a brand-new event that will focus on teaching students and staff about Vaquero pride. This event will take place from 11:30 a.m. to 1:30 p.m. today on the University Library lawn in Brownsville and from 4:30 to 6:30 p.m. Wednesday at the Vaquero Village in Edinburg.

"There's also a lasso activity that [students] can participate in, which is a ring toss activity, but it's to symbolize the lasso, the strength and power that the vaquero has," said Elianey

Moya, Student Activities program coordinator. "I wanted to create an event that excited students, faculty and staff to kick off the second semester this school year ... to have that spirit event to finish the academic year strong."

Students can meet with organizations and university departments and enjoy rides, games and food at the Back to School Bash. The event will take place from 3:30 to 6 p.m. Tuesday on the Student Union lawn in Brownsville.

In Edinburg, the bash will take place from 3:30 to 6 p.m. Thursday on the Vaquero Village Lawn, walkway and Parking Lot E1 6. Upon showing a valid UTRGV ID, students can enjoy free activities, prizes and snacks, as well as a limited number of Week of Welcome T-shirts.

Week of Welcome will also provide Info Depots, which focus on helping students find their way around campus on their first day. Info Depots will



RIDER FILE PHOTO

UTRGV students from the Brownsville campus participate in last year's Week of Welcome Back to School Bash. Students enjoyed carnival rides and played games to celebrate the first week of the spring semester.

take place from 8 to 10 a.m. today and Tuesday and can be found at various locations around both campuses.

On the Brownsville campus,

Info Depots will be located on the Student Union lawn, Main north lawn, Sabal Hall lawn, the Main Courtyard, Music Science & Learning Center

Courtyard.

In Edinburg, Info Depots will be located on the walkway between HPE 1 & 2, outside the

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UTRGV gives back on Martin Luther King Jr. Day

Sol Garcia
THE RIDER

During the Martin Luther King Jr. Day of Service, 300 UTRGV students are expected to volunteer throughout the Rio Grande Valley.

Vanessa Sandoval, program coordinator for the UTRGV Office of Leadership and Mentoring, said the day of service is an opportunity for students, faculty and alumni to help their community by volunteering at various nonprofit organizations.

"Students who volunteer not only give back to their community but it is to honor Martin Luther King [Jr.] and what he stood for," Sandoval said.

Last year, about 250 students

from both Edinburg and Brownsville campuses volunteered. This year's goal is 300 volunteers from both campuses.

Students can volunteer at several organizations, including the Good Neighbor Settlement House in Brownsville, Amigos del Valle in Edinburg, the McAllen Nature Center and Pharr's Food Bank of the Rio Grande Valley.

Morning volunteers will arrive at their location at 8 a.m. and work until noon. Those who choose to volunteer in the afternoon will work

from 2 to 5 p.m.

Students interested in volunteering can sign up on Engagement Zone until Sunday.

Other upcoming volunteering opportunities are UTRGV's January Chambery. This event will raise awareness of nonprofit organizations to the UTRGV community. For Brownsville, students will volunteer Jan. 21 and Edinburg students are designated to volunteer Jan. 23.

"It'll be a community service fair

for students, faculty, staff to learn and engage with our nonprofit agencies from the community," Sandoval said.

Alternative Spring Break is also approaching. Days will be designated for student volunteering in the community. By the end of the week, students should have gained a total of 20 service hours, Sandoval said.

On Service Saturdays, there are sites in the upper and lower Valley where students can volunteer.

"Volunteering allows you to realize that there are other people worse off than you and you giving back to them ... is your way of trying to help them," said Mark Pease, an economics freshman with volunteering experience.

Pease plans to volunteer again soon.

 **Volunteering opportunities can be found on Engagement Zone at ez.utrgv.edu.**

VAQUERO VOICE



U.S. AND IRAN TENSIONS



"I know there has been ... a lot of talk about a World War III going on because of the political decisions the U.S. [has] taken with Iran. ... I just think that it's awful how we tend to dehumanize what's happening, what's really happening in the small cities. Not only in the U.S. but also in Iran. And all this violence that's creating paranoia and what not, it's only getting worse for people here in the U.S. and Iran. I think that it's very important for people to understand that this is not about wars, this is not about money, but it should be about humans and compassion and love and not anything bad."

Manuel Rios
Marketing junior

"Yo creo que todos estas tensiones que tenemos nosotros no son necesarias. El sistema político no está muy puesto ahorita, por las cosas que están pasando con el presidente para poder sacarlo. Yo creo que para estas tensiones o para ayudar aliviar las tensiones necesitamos votar este año en 2020 y todos los años que siguen. Para que nosotros tenemos una voz y que para todas estas tensiones se paren por siempre. Porque estas tensiones son juegos de niños. ... Yo creo que todas estas tensiones no son necesarias".



Layla Garcia
Estudiante de tercer año en biología



"Well, I mean, tensions in the Middle East have always been relatively unstable for the last, I'd say, half century; I feel the U.S. should have a better diplomatic channel with Iran to prevent any further discourse and to prevent another assassination of so many without due cause. I mean, you can't just go kill the general or anybody from a random country. How would we respond if they kill, let's say, [Jim] Mattis or [Herbert Raymond] McMaster or even [our Secretary of State] Mike Pompeo? I mean, how would we react, right? We would be very angry, so it's pretty much like I said, more diplomacy and less violence."

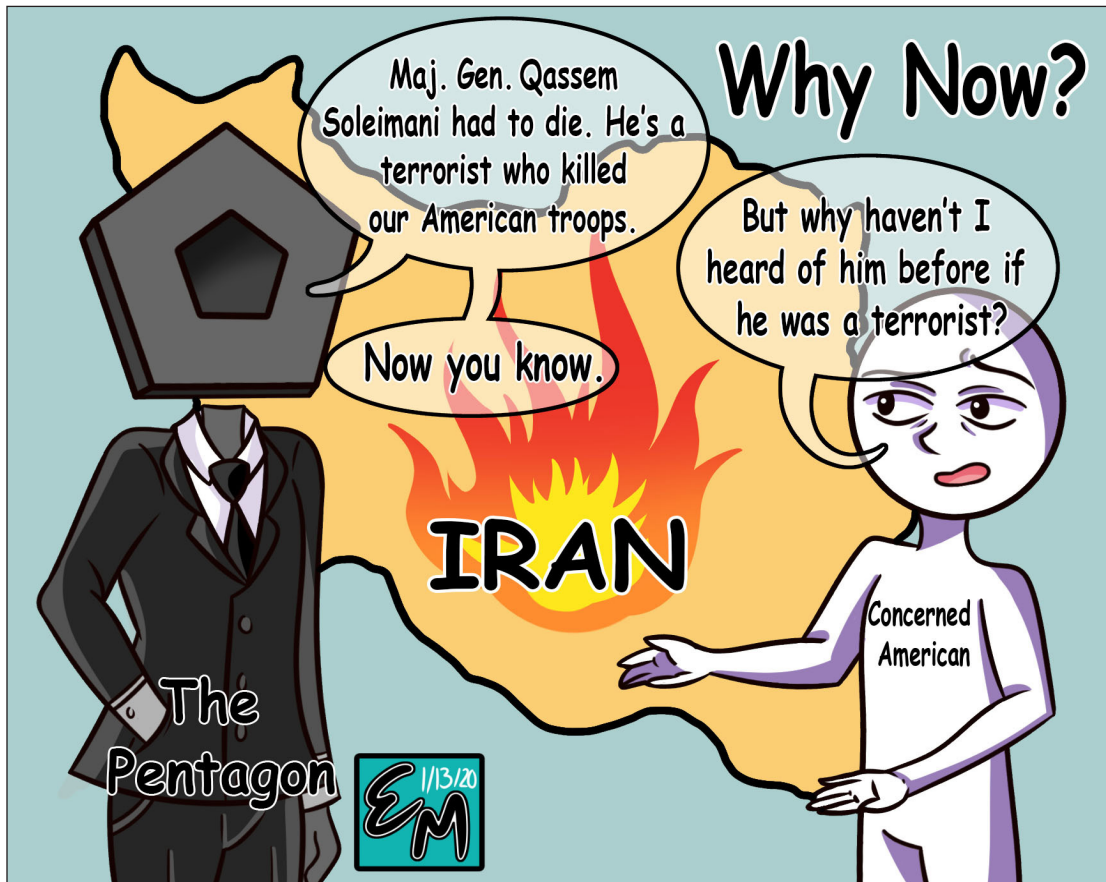
Victor Garza
Biology senior

"Yo creo que es un problema que nos, pues, nos concierne a todos pero, pues, simplemente pienso que ahorita todas estas guerras se hacen porque las personas que las deciden no son los que van a luchar. Entonces, si se pusieran en lugar de las personas que tienen que ir realmente a la guerra, no habría realmente tantas guerras".



Valeria Villanueva
Estudiante de primer año en administración de negocios

--Compiled by Eduardo Galindo and Aaliyah Garza



A foreign student's journey



Paulina Longoria
THE RIDER

I am from Rio Bravo, Tamaulipas, Mexico. Whenever I introduce myself to someone, they may know where it is, or they might confuse it with Reynosa, Tamaulipas, a city right next to it. Mostly, everyone knows Rio Bravo is less than an hour away, so it is not that bad living out of town, right?

The thing is, I have been a foreign student for approximately five years. When I was 14 years old, my parents sent me to a boarding school in Kingsville to improve my English for "a year." But then, after that year, it became another and another, until I finally graduated from high school.

Almost everyone who attended that school were also foreign students: some even from countries such as Rwanda, Kenya, South Korea, Venezuela, etc. So, it was almost like I was not allowed to complain about being from

Rio Bravo, which is only two hours away from Kingsville, because "they had it worse."

However, I never saw it as a competition of who was the farthest away from home because we were all going through the same thing. We were all so young trying to learn a foreign language while also trying to decide what would be the next step in our lives. To be honest, we were so pressured in school that being in college does not even feel like that much work anymore. I was so accustomed to being out of my dorm room from 7 a.m. until almost 12 hours later, when I would finally come back after all the daily activities.

I think what really matters about being a foreign student is acknowledging all the people who are supporting you to achieve your goals and to complete your education. The reason why everyone tries so hard is because there may be someone back home hoping you are safe, that you are healthy, that you are eating, that you make friends or that you are not alone. With time, we all learn to take care of ourselves, we become independent and

the real pressure is to not disappoint whoever expects the best from us.

I believe I speak for every other foreign student when I express how hard it is to, once again, get accustomed to the routine after you come back from the break. Now, we need to walk to school, ride our bikes, while some lucky ones can ride in their cars to go to school. We also need to start making our own food and doing our laundry. The list of the things we all do to survive the semester can continue because we all make sacrifices. And be certain, they will be worth it when we have our diploma.

When I look back at the time my parents decided I would study in the United States, I never imagined I would last all these years, or that I would end up pursuing an English degree at UTRGV. I am 19 years old now and, while I have experienced some insecurities about my English grammar or my pronunciation and how hard it was to decide the career I wanted to follow, I do not regret ever starting this path.

Letter to the Editor

A great way to start 2020

It's a new year and that can mean many different things for everyone. Many take this time to set new goals for themselves in regard to their health, family, religion and even economic growth. The new year can be filled with many exciting changes, and some of those changes can be stressful.

There are a variety of stress coping strategies, but unfortunately, not everyone chooses the safest ones. Binge drinking, smoking marijuana or tobacco and taking prescription, over-the-counter or illicit drugs are examples of

unhealthy responses to stress. What our communities fail to realize is habits such as binge drinking or smoking can start off as a casual affair but can rapidly result in serious health consequences. Trying out healthier approaches to deal with stress can be a great way to start the new year. These stress-coping strategies include anything from taking a run instead of taking a drink, meditating instead of getting high and even phoning a friend instead of smoking a cigarette.

In 2017, 2,005,395 individuals [received]

some sort of substance abuse treatment nationally, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). These treatments could, perhaps, have been avoided by introducing other techniques of stress management such as those mentioned earlier.

Since we cannot avoid stress altogether, suggesting healthy coping mechanisms as early as possible to youths can prevent future drug abuse and dependence. Abusing

Nuevas normas circulan por el campus



Mariana Gomez/THE RIDER

El Departamento de Salud, Seguridad y Gestión de Riesgos Ambientales de UTRGV ha implementado una nueva política de Dispositivos de Transporte Personal (PTD) que prohíbe el uso de bicicletas, patinetas, carritos de golf y otros dispositivos en los corredores, el Bronc Trail en el campus de Edinburg y el Puente Lozano-Banco en el campus de Brownsville.

Omar E. Zapata

THE RIDER

UTRGV ha implementado nuevas políticas para dispositivos de transporte personal PTD (por sus siglas en inglés) que entraron en vigencia este semestre.

De acuerdo con el Manual de Procedimientos Operativos de UTRGV, bajo los dispositivos de transporte personal, la sección 2a establece: "Se prohíbe el uso de dispositivos de transporte personal en pasarelas cubiertas, banquetas y puentes peatonales en todos los campus de UTRGV".

Un PTD incluye, pero no se limita a, patines, scooters, bicicletas, patinetas, Segways, y monociclos. Los PTD están prohibidos en el Bronc Trail en el campus de Edinburg y el Puente Lozano-Banco en el campus de Brownsville.

Esta norma se aplica a los docentes, estudiantes, visitantes, voluntarios, contratistas o vendedores en las instalaciones, propiedades arrendadas, operadas o controladas por UTRGV.

Richard Costello, director de Salud Ambiental, Seguridad y Gestión de Riesgos, dijo que hay dos razones para estas nuevas políticas, para la seguridad

de los peatones y las personas que viajan con PTD en el campus.

"Es desafortunado, pero a lo largo de los años recibimos una cantidad de quejas con respecto al fracaso de las personas que operan PTD para tener cierto nivel de respeto por los peatones", dijo Costello.

"Básicamente están entrando y saliendo, especialmente en el camino cubierto."

Dijo que las personas incluso contrataron abogados y solicitaron compensación laboral por accidentes y posibles accidentes en estos caminos cubiertos en el pasado.

"Tuvinimos un patinador que terminó en el hospital porque se accidentó con uno de los muros de soporte [del camino cubierto]", dijo Costello.

El sugiere que los estudiantes encuentren caminos alternos en lugar del Bronc Trail para moverse por el campus de Edinburg y navegar alrededor del Puente Lozano-Banco en un sendero al sur del mismo.

"Hay planes en marcha para construir realmente la infraestructura para tener lo que llamamos las rutas de los carritos, ya que tenemos muchos carritos en el

campus", dijo Costello. "Por lo tanto, serán caminos de carritos y en realidad mejorarán los caminos de las bicicletas y los carritos para que alivien una cantidad significativa de congestión".

Alejandro Torres, estudiante de último año en biología, ve la nueva política como algo negativo, especialmente cerca o alrededor del campus.

"Esas personas son probablemente las únicas que usan [el Bronc Trail], esas personas que viven aquí o a la vuelta de la calle", dijo Torres. "Porque si tienen clases al otro lado [del campus], tendrán que rodear toda la universidad".

Otro problema que planteó Costello fue que los peatones tampoco están prestando atención.

"Una gran parte de [los peatones] están en sus teléfonos celulares y tienen sus AirPods y simplemente no están prestando atención a su entorno", dijo él. "Entonces, lo que tienes es una situación en la que tienes un grupo lleno de ciclistas ... entrando y saliendo de los caminos cubiertos, junto con peatones que no están prestando atención y simplemente no es una buena situación".

Shaik Merkatour Hakim Marjuban, un estudiante graduado en ingeniería mecánica de Bangladesh, cree que una bicicleta es la forma más adecuada para el transporte corto. Desde que Marjuban comenzó a asistir a UTRGV en enero pasado, ha usado su bicicleta para el transporte.

"He estado montando esta bicicleta durante un año, así que el Bronc Trail, que uso principalmente es ... un atajo", dijo él.

Marjuban dijo que estas nuevas políticas mejorarán las cosas para el tráfico del campus.

"Lo que sucede es que cuando [los peatones] usan auriculares, no escuchan nada cuando estás de espaldas", dijo él. "Necesitas gritar o hacer algo de ruido y eso es algo que sucede mucho".

La Sección 2E se ocupa de los sistemas para compartir scooters, debido al nuevo programa piloto lanzado en diciembre pasado entre la ciudad de Edinburg y los patinetes Blue Duck.

Esta sección establece que "los dispositivos de transporte personal propiedad de un vendedor y puestos a disposición directamente por el vendedor

a individuos, como a través de sistemas de uso compartido de scooters para alquileres a corto plazo, están prohibidos en la propiedad o instalaciones arrendadas, operadas o controladas por UTRGV, a menos que el proveedor haya firmado un contrato directamente con UTRGV. Estos dispositivos estarán sujetos a una incautación inmediata y a una tarifa de incautación si se descubren en cualquier lugar de la propiedad controlada por la Universidad."

Incluso con el programa piloto en Edinburg, estos scooters están prohibidos en terrenos de UTRGV y serán embargados con una tarifa de \$100 que se le cobrará a la compañía.

"Otros campus, como UT Austin, han tenido una cantidad significativa de lesiones asociadas con el uso de esos scooters, y [UTRGV] decidió que no era una buena idea", dijo Costello. "Es posible que en una fecha posterior, pero en este punto, decidimos que no era una buena idea permitir estos scooters en el campus".

Torres dijo que los había usado antes en Austin y que estaba emocionado cuando los vio por primera vez en Edinburg.

"Vivo cerca, tal vez como a seis [minutos] de distancia", dijo él. "Si reviso el mapa al azar y veo uno allí, probablemente lo usaré para ir a algún lugar cerca".

Costello dijo que la policía universitaria aplicará estas nuevas políticas.

"Nadie va a arrojar a nadie a la cárcel, solo será un 'Oye, hay un recordatorio, ¿ves el letrero?'", dijo él.

La Sección 3A establece que "las bicicletas adheridas ilegalmente a estructuras que no sean bastidores de bicicletas designados pueden ser retiradas y confiscadas".

A los estudiantes no se les cobrará una tarifa si se confiscan su PTD, dijo Costello.

"La institución no va a cobrar a los estudiantes por sus dispositivos de transporte personal", dijo él. "Lo interesante de trabajar para la institución es que no quieren cargar a los estudiantes con ninguno de estos tipos de costos administrativos. ... Es más una advertencia".

Según Costello, esto no pretende ser una política de confrontación, sino identificar un problema y tener algún tipo de control administrativo para abordarlo. --Traducido por Mariana Gomez

RESOLUTIONS

Continued from Page 2

what they think about it," he said. "Let's say you wanted to quit a bad habit. You might tell someone that you care about that you're going to do that and that makes it more likely that you'll be accountable for your actions. Or you might want to post it on your social media that you're going to be doing that and that accountability factor makes you more likely to do it."

Asked what advice he has for students who want to be more confident, Popan replied students should try to become more successful at things that are important to them.

"If academics are very

important to you, setting goals with regard to preparing for exams and reading course materials and maintaining a good level of attendance in your courses, I think that would go a long way towards improving self-confidence," he said.

For students who want to quit their habit of procrastinating, Popan said, "So, procrastination can sometimes be rewarding when it works, but it also tends to create a lot of stress and even anxiety in many people."

To avoid procrastinating, he suggests students get into the habit of giving themselves enough time to complete assignments and dedicating specific times and locations to work.

Norma Beardwood-Roper, a

health and biomedical sciences professor and registered dietitian, shared some of her expert advice as to how students can be healthier this year.

"If you're gonna have a New Year's resolution, it has to be SMART," Beardwood-Roper said. SMART stands for specific, measurable, achievable, reasonable and timely.

Asked what advice she has for students who want to be healthier during the new year, she replied, "When I'm working with patients or talking to someone about it, I tell them, small baby steps. We can increase the goal as time goes by, but we wanna start off small."

Beardwood-Roper also has some tips for those who want to eat healthier.

"People get all caught up in, 'Oh, low carb, low carb,'" she said. "But you don't want it to be necessarily low carb, that's kind of a misused term. You want it to be low refined carbohydrates. Refined carbohydrates are the cake, the pan dulce, churros, the buñuelos, all that kind of stuff. That's refined carbohydrates. What you do need to have is whole grain, which we refer to as complex."

The registered dietitian said she is not a fan of the ketogenic and Atkins diets and suggests using the DASH or Mediterranean diet.

DASH stands for dietary

approaches to stop hypertension and consists of low-fat dairy products, fruits, vegetables and lean meats, according to Beardwood-Roper.

The Mediterranean diet consists of foods such as olives, olive oil, grilled peppers, mushrooms, onion, tomato, eggplant and lean meats.

Beardwood-Roper said she doesn't believe in "superfoods."

"I think we need to have a balanced diet of foods, a variety of things," she said. "So, yeah, eat fruits but get a variety. Strawberries, blueberries, blackberries, bananas, oranges, pears, whatever, because each of them has a unique set of vitamins and minerals. ... So, it needs to be a variety."

IRAN

Continued from Page 1

Foreign Terrorist Organization, according to news releases from the U.S. Department of Defense.

"At approximately 5:30 p.m. (EST) on January 7, Iran launched more than a dozen ballistic missiles against U.S. military and coalition forces in Iraq," a news release from last Tuesday states. "It is clear that these missiles were launched from Iran and targeted at least two Iraqi military bases hosting U.S. military and coalition personnel at Al-Assad and Irbil."

No casualties were reported and minimal damage was sustained to the military base, President Donald Trump said during a news conference last Wednesday.

"No American or Iraqi lives were lost because of the precautions taken, the dispersal of forces, and an early warning system that worked very well," Trump said. "I salute the incredible skill and courage of America's men and women in uniform."

Nicholas Kiersey, a political science professor at UTRGV, said in an interview last Thursday that the immediate risk of an escalation is over.

Asked if the U.S. and Iran can go to war, Kiersey replied, "Yes, they can. Yes, they absolutely can, but I don't think any of them want to. If they do go to war, it will be terrible for Iran. The United States will win, but the United States will only defeat Iran at a cost."

During the news conference, Trump said the U.S. will impose additional punishing economic sanctions on the Iranian regime.

"These powerful sanctions will remain until Iran changes its behavior," the president said.

Last week, social media users aired concerns or mocked the possibility of a

potential draft if the U.S. and Iran went to war.

Kiersey said if Trump were to introduce a draft, he would most likely not be re-elected.

"Of course, there can be a draft, but I mean, anyone who's introducing the draft would be committing suicide," he said.

"I feel [all of this] will settle down in a couple of days," said Daniel De La Cruz, a criminal justice junior. "I don't think it'll escalate into something bigger or World War III like everybody is talking about. I think it'll just all settle down."

New year, new attitude



Aaliyah Garza/THE RIDER

Junior guards Trelynn Tyler and Valeria Tapia practice last Wednesday at the Fieldhouse.

Angel De La Cruz
THE RIDER

UTRGV Athletics has high expectations for this semester. On Jan. 4, the women's basketball team ended its five-game losing streak by

defeating California Baptist University 87-68, improving its record to 6-8.

The Vaqueras intended to send a message to their next opponent, the University of Missouri-Kansas City Roos last Thursday in Missouri, but lost the game 60-56.

"Our preseason didn't go as well as we wanted it to, but I think the first game against CBU really showed our conference what we can do," redshirt junior point guard Amara Graham said.

By ending its losing streak at home against CBU, the

team feels more confident than ever.

"We came out and played exactly how we wanted to, and we came out with the win," Graham said. "So, I think these next upcoming games will also send a message out to our conference and let them know UTRGV is not the one to play right now."

Unfortunately, the Vaqueras came in short against the Roos.

However, Coach Lane Lord believes the team is progressing.

"Now that we got everybody together, we are really playing well,"

Lord said. "We came back right after Christmas and we played the best game of the year in our conference opener. We feel like we are all coming together at the right time."

The Vaqueras will be back in action at 7 p.m. Thursday to battle against Seattle University at the Fieldhouse in Edinburg.

The UTRGV Men's Basketball Team ended its five-game losing streak against the Roos last Thursday at the Fieldhouse with a score of 76-64.

The Vaqueros are 5-10 overall, winning five of the six games played at home.

While the men's and women's teams continue with their season, track and field athletes

prepare for the Ted Nelson Invitational starting Friday and continuing Saturday in College Station.

"It's really just a chance for us to get back into the groove, get back into the

routine and start competing again," Track Head Coach Darren Flowers said about the invitational.

"I don't have high expectations as far as the result, I have a high expectation as far as their effort and attitude," Flowers said. "That's always a high expectation."

"Now that we got everybody together, we are really playing well. We came back right after Christmas and we played the best game of the year in our conference opener. We feel like we are all coming together at the right time."

Coach Lane Lord

Rounding up the fans

Aldo Nava
THE RIDER

UTRGV Athletics has released its first-ever GoUTRGV app to enhance the fan experience.

The GoUTRGV app was released at the start of the new year and is available for free download on the App Store and Google Play.

Sarah Hernandez, UTRGV assistant athletic director for marketing, said the app was made to better inform fans about future games and keep up to date with UTRGV Athletics' social media.

"You can find out everything that you need to know about our games, whether it's a stat, the schedule or even the Twitter feed, social media, pictures, everything that you're able to find on the website plus many other things," Hernandez said. "You can do it on the app, so, really just enhancing the game-day experience for our students and fans."

Students and fans can purchase tickets and merchandise directly from

the mobile app.

Communication graduate student Andi Rubalcava is interested in the app and its features.

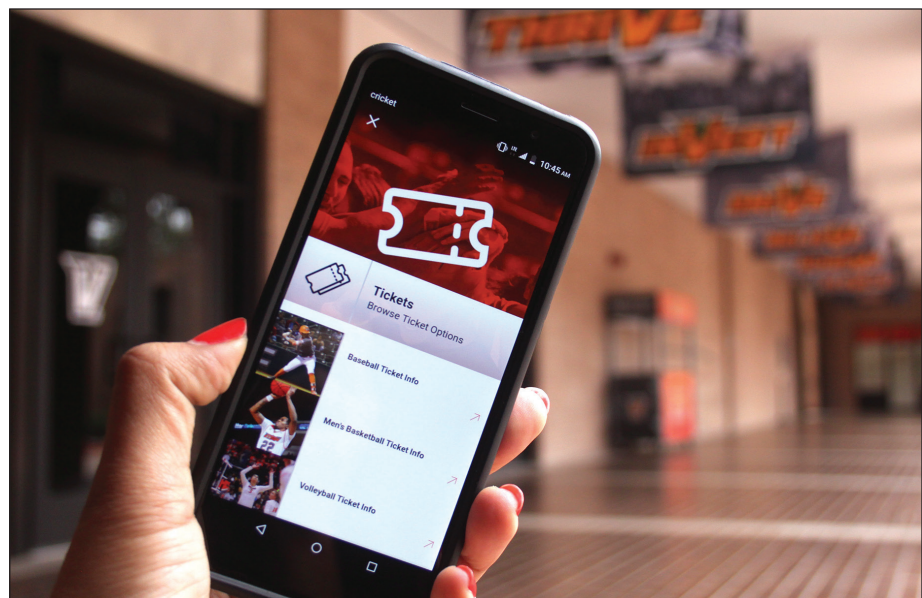
"I mean, I watch NFL on my phone so that would be pretty cool to be able to watch all the different sporting events that we have on campus here," Rubalcava said.

The GoUTRGV app also offers fans and students a reward point system to redeem prizes when attending all home games, according to a Jan. 2 Athletics news release.

Asked what the ultimate goal for the app is, Hernandez replied, "Really just enhance the fan experience, whether you are in our venue or you're listening on the radio or you're watching on the WAC Digital Network or you're just at home and there's no game going on but you still want to interact with us. Then there's all sorts of information."

Hernandez invites UTRGV students to download and explore the app.

For more information about the app, visit GoUTRGV.com.



Amanda Vela/THE RIDER ILLUSTRATION

The new game day app GoUTRGV is now available for download, connecting Vaquero fans and students to their preferred teams. The application allows users to purchase tickets and merchandise, check game schedules and earn loyalty points that can be redeemed for various prizes on game days.

LETTER
Continued from Page 4

drugs and alcohol can quickly become a mental disorder if not tended to in the correct time frame.

Sometimes teens start off with "softer" drugs, such as marijuana, and can quickly move on to the "harder" drugs, such as various prescription medication and even cocaine. Marijuana is often called a gateway drug and is one of the drugs that has been legalized by communities across our nation. Because of its normalization, it is not seen as a threat by many, but the

marijuana of today is much more potent than that of the past.

As reported by the Office of the Surgeon General, the THC concentration in marijuana increased three-fold from 1995 to 2014 (4% and 12%). This means that the risk of dependence is now higher due to the increased amounts of THC.

As stated in the Prevention Resource Center 11's 2019 Regional Needs Assessment (RNA), according to the Texas Health and Human Services Commission in 2017 Region 11 had the second highest youth admissions for mental health and substance use disorders

in Texas with 11,121 clients. Out of the region, Cameron County had the highest number of admissions, followed by Hidalgo County and Webb County.

Keep in mind that the RNA defines "youth" as anyone between the ages of 10 and 17. Though there is no specification in the range of ages for the youth admitted in 2017, these are our community's children, friends, neighbors and our future.

When a new year starts, so do people's new goals, hopes and ambitions. Oftentimes, all someone needs is a little fuel to keep the flame going.

Advocate for good habits and prevent the community from developing harmful ones. Be informed of preventative care and share the information with others to ensure their safety so that we may progress as one region and one community.

The Prevention Resource Center (PRC), a program of Behavioral Health Solutions of South Texas, serves as the central data collection repository for Region 11 and the developer of a yearly Regional Needs Assessment (RNA), which is available to community members at no cost. To find out more about

the prevention work being conducted in your community, download the latest Regional Needs Assessment at www.prc11.org/data.

If you are interested in becoming a part of this project and would like to play a role in the 2020 Regional Needs Assessment process, contact me at 787-7111, Ext. 243, or Karen Rodriguez, PRC data coordinator, at 787-7111, Ext. 245.

Eduardo Salinas
Prevention Resource Center
Public Relations Coordinator

Exhibit reconnects to nature

Paulina Longoria
THE RIDER

UTRGV Masters of Fine Art student Tania Viveros will present her exhibit, titled "Tetelestai," starting today until Feb. 5 in the Visual Arts Building in Edinburg.

Viveros is an art teacher at PSJA North Early College High School and plans to pursue her doctoral degree in Cuernavaca, Morelos, Mexico after completing her master's.

The title of her exhibit, "Tetelestai," translates to "it is finished" in Hebrew.

"My complete exhibit talks about the loss [of] and reconnection [to] the Garden of Eden, so everything is wrapped around," Viveros said.

The exhibit is composed of 12 canvases portraying the landscape texture in a 3D form, focusing on the appealing aspects of the palm tree leaves and seeds.

"The moment you enter that exhibit, the first vanishing point piece that you'll see is gonna be a large [Passiflora] flower, debris, paint," she said. "It's a garden wrapped in a space, referencing that dead connection that was lost in the beginning. The first garden that was ever talked [about] in history."

The artwork in Viveros' MFA thesis exhibit took about three years to finish, but the idea

emerged in 2011 while she was an undergraduate at the University of Texas-Pan American. She will be graduating with an MFA in studio art this semester.

Viveros' exhibit was selected by mentors and is part of the requirements to graduate from the MFA program.

Paul Valadez, an assistant professor in the Art department, believes that her work is spiritual and interesting because in order to create it, she uses materials found locally, such as palm trees.

"If I had ... to describe her work, I would use the word 'glorious,'" Valadez said.

He is among Viveros' mentors throughout her career as an artist, and she has taken inspiration from his talent, knowledge and references to grow.

"Keep making work that feeds you, and if it feeds you, then it could feed others," Valadez advised her.

Viveros was drawn to art as she realized the Rio Grande Valley was surrounded by dirt and seemed like a poor environment. So, she wanted to create a more colorful landscape. She was exposed to nature at a young age as she was raised by her grandmother. Planting trees and gardening became one of her hobbies.

A way Viveros starts her process of creating art is by listening to worship music



Fernando Ramirez/THE RIDER PHOTOS

Graduate student Tania Viveros hangs her artwork, titled "Love was Greater (Passiflora Caeruela)," last Wednesday in the Visual Arts Building in Edinburg. The piece consists of acrylic on canvas, with palm tree debris, seed pods and spray paint. Viveros tells the story of the Gospel through her connection with nature and landscape.



Tania Viveros

while driving or walking and then textures and colors arise in her mind. She continues to go outside to select a palm tree led by the amazement of its movements and volume.

First, Viveros cuts the stem and starts stacking and shredding the leaves, connecting them to depict the Passiflora flower. She emphasizes the importance of the flower because it is connected to the Garden of Eden ever since a priest found it back in the 15th century in South America and instantly

connected it to the Passion of Christ.

UTRGV Gallery Technician and MFA student Alexis Ramos has been one of her closest classmates since they met as undergraduates.

"I haven't met a person more dedicated and more passionate about their concept than she has been," Ramos said.

Viveros decorates her pieces with acrylic paint, trying to go back to the Baroque era as a resemblance to the cathedral scenarios. Besides

symbolizing the death and the loss of the Garden of Eden and the landscape, she also accentuates the richness of colors with her techniques.

"I would like for them to take away that reconnection to landscape because we live in a world where there's so much technology," she said of her audience.

Admission to the exhibit is free. Opening night will be held from 6 to 9 p.m. Jan. 30 in the Visual Arts Building, located at 2412 U.S. Business Hwy. 281.

WOW Continued from Page 3

University Library between the library and Robert C. Vackar College of Business and Entrepreneurship building, Troxel Hall lawn, the Visitors Center and on the Student Union north lawn.

"This is a great opportunity for new students to get plugged in," said Lauren Contreras, Student Activities

assistant director. "To the university, it's an opportunity for them to see how we showcase our Vaquero pride. It's a great opportunity for them to meet different departments and other campus resources. At all of our events, we should have departments there who are giving out information."

To prepare for the upcoming athletic games, The Herd, UTRGV's official student section, will host "The Herd: Rumble." New students can learn

cheers to support their teams during upcoming home games. The event will take place from 7 to 8:30 p.m. Wednesday at the Vaquero Village in Edinburg.

On Thursday, Week of Welcome's Back to School Night will be hosted from 7 to 10 p.m. during the UTRGV Women's Basketball Team game as it takes on Seattle University in the Fieldhouse in Edinburg. Students receive free admission to all home

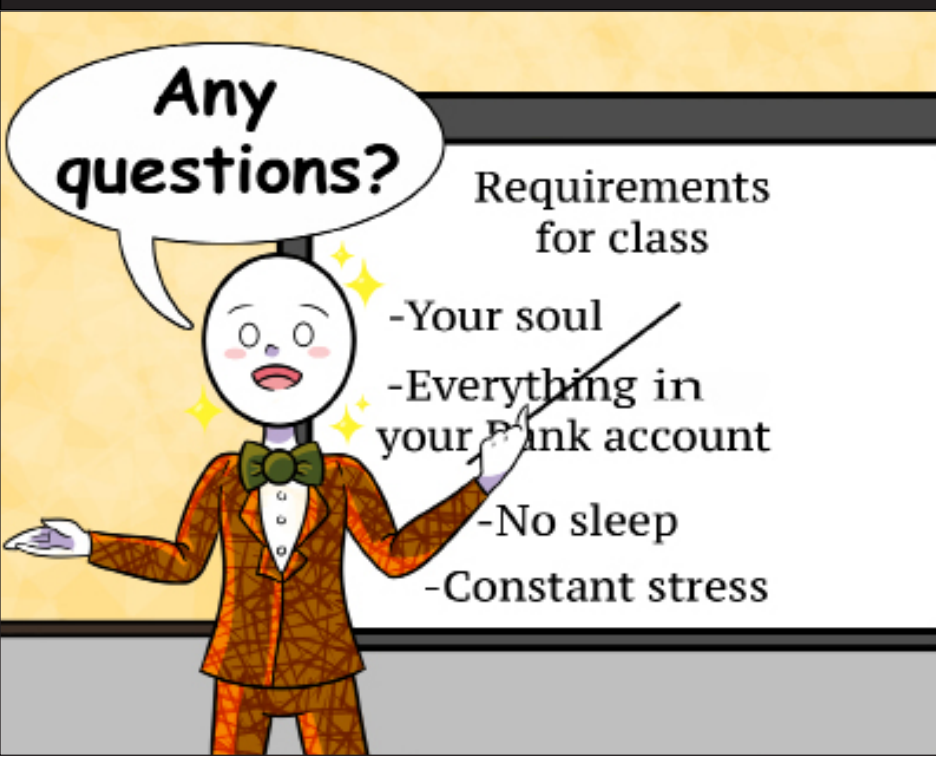
games and up to 50% off concessions with a valid UTRGV ID.

Javier Gonzalez, an international business junior, said he has always been involved in student activities. He encourages his friends to attend events and sports games.

"I think the Week of Welcome is a good attempt to bring everyone together, like for the first week," Gonzalez said. "It's pretty cool. I like the vibe that it gives off."

The Doodler

By Elizabeth Mendoza



LUNCH SPECIALS

11AM-3PM

SUNDAY BRUNCH

11AM-3PM



2405 W. University Drive, Suite F - Edinburg, TX (956)380-4444



WWW.UTRGV.EDU/WEEKOFWELCOME

FOR MORE INFORMATION OR ACCOMMODATIONS
CONTACT STUDENT ACTIVITIES AT
956-665-7364.

MON. JANUARY 13

INFO DEPOTS
8 A.M. - 10 A.M.
BROWNSVILLE & EDINBURG

VIVA VAQUEROS
11:30 A.M. - 1:30 P.M.
BLIBR LAWN

TUES. JANUARY 14

INFO DEPOTS
8 A.M. - 10 A.M.
BROWNSVILLE & EDINBURG

BACK TO SCHOOL BASH
3:30 P.M. - 6 P.M.
BSTUN LAWN

WED. JANUARY 15

VIVA VAQUEROS
4:30 P.M. - 6:00 P.M.
VAQUERO VILLAGE LAWN

RUMBLE
7 P.M. - 8:30 P.M.
VAQUERO VILLAGE

THURS. JANUARY 16

BACK TO SCHOOL BASH
3:30 P.M. - 6:00 P.M.
VAQUERO VILLAGE LAWN

BACK TO SCHOOL NIGHT:
WBB V SEATTLE U
7 P.M. - 10 P.M.
EHPE 1: FIELDHOUSE

SAT. JANUARY 18

WBB VS UTAH VALLEY
12 P.M. - 2 P.M.
EHPE 1: FIELDHOUSE