

THE RIDER

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MESSAGES

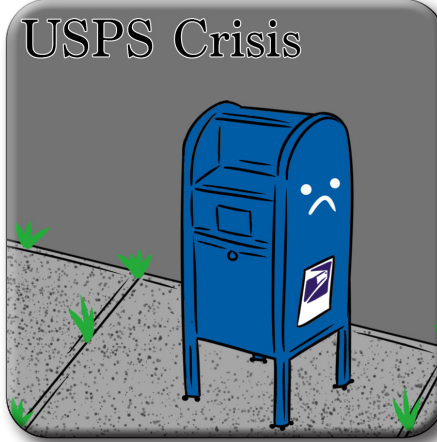
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The Rider Newspaper

A virtual welcome back to all Vaqueros!



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The Rider is the official, award-winning student newspaper of the University of Texas Rio Grande Valley. The newspaper is widely distributed on and off campus in Brownsville and Edinburg, Texas. Views presented are those of the writers and do not reflect those of the newspaper or university.

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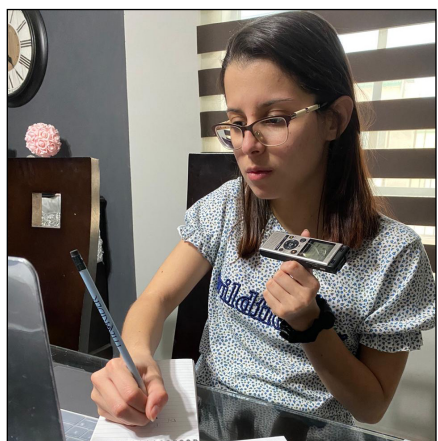
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MORE THAN A NEWSPAPER

Delivering news to UTRGV no matter the circumstances.



ANNOUNCEMENTS



Today Virtual Summer GX
Students can take a variety of GX classes Monday through Saturday from 9:30 a.m. to 12:15 p.m. and 5:30 to 6:30 p.m. Classes include **STRONG, Family Zoomba, Yoga, POUND, and Abs and Zoomba Toning.** The classes will be available through the Zoom meeting ID: **211 760 632.** For more information, email urec@utrgv.edu.

Info Depots
UTRGV Admissions will host a Facebook Live at 3 p.m. for students who have questions or need information about campus. The Info Depots will also be available Tuesday at the same time on the **UTRGV Writing Center and Parking and Transportation** Facebook pages.
Wednesday
Virtual Coffee & Careers
The **Career Center** will host **career conversations** every Wednesday from 2:30 to 3 p.m. via Zoom. Students can register on Handshake

and join the meeting with ID: **870 329 116.** For more information, email careercenter@utrgv.edu.
Thursday
Plain White T's Concert
A live virtual concert by **The Plain White T's** rock band will take place starting at 7 p.m. Students can register on **VLink** to attend.
Friday
Virtual Murder Mystery
Students can enjoy a **night full of mystery** starting at 5 p.m. via Zoom. To RSVP, visit **VLink**.
--Compiled by **Brigitte Ortiz**

POLICE REPORTS



The following are among the incidents reported to University Police between Aug. 12 and 16.
Aug. 12
9:26 a.m.: A staff member reported losing a university-issued key to her office in March. The case was generated for documentation purposes.
10:33 a.m.: The UTRGV Police Department received information of an incident of two females in the water fountain at the Edinburg Performing Arts Complex, while a third female

recorded them. All three females were confirmed to be current students. The case was referred to Student Rights and Responsibilities for further review.
11:42 p.m.: An Edinburg officer requested assistance with a narcotics canine for a traffic stop in Hidalgo County, where the operator, a non-affiliated female, refused to provide consent to search. K9 Odin conducted a sniff of the vehicle's exterior, which indicated no presence of a possible narcotic odor. The case was generated for documentation purposes.

Aug. 14
11:54 a.m.: A public safety officer was dispatched to Edinburg campus parking lot E10 in reference to a lost property report. A staff member reported losing his university-issued identification and access card while working at the COVID-19 testing site. The IT department was contacted to deactivate the card's access.
--Compiled by **Fernanda Figueroa**

A momentous return to campus

Alejandra Yañez
THE RIDER

As students return to campus for the Fall 2020 semester, they will be faced with more than just first-day jitters with COVID-19 still prevalent in Brownsville and Edinburg.

This weeks Ask the Expert questions are from Priscilla Krantz, a pre-med clinical laboratory science senior, and Mirna Zamudio, a communication science and disorders sophomore.

Both students will be attending labs in person for Fall 2020.

Krantz anticipates trying not to contract COVID-19 and keeping up with her program will be the biggest challenges for her this semester.

Asked how she felt about returning to campus, Zamudio replied, "I'm kind of hesitant because of everything going on with the pandemic. I'm not really sure how the class is gonna work, or how the atmosphere is gonna be."

Krantz also had her reservations about going back to campus, but told The Rider once she spoke with her professors about the guidelines and environment UTRGV will provide, she felt more comfortable with her decision.

Asked what questions Zamudio has for UTRGV officials, the sophomore replied she wants to know what she can do to ensure she maintains her focus and stays motivated to learn during the pandemic.

She anticipates the greatest challenge this semester will be collaborating with her peers during labs. Since the logistics have not been explained yet, Zamudio said experiments could be overwhelming for just one person.

"I feel like we're gonna be separated and not really

ASK THE EXPERT: TIPS ON RETURNING TO CAMPUS

Stay organized **Don't test your limits**
Talk to your professors **Be prepared**

STAY POSITIVE! STAY SAFE!

Roxanna Miranda/THE RIDER GRAPHICS

be able to do partnered stuff like we used to in the labs," she said. "For the experiments, we usually have partners and I feel like it's gonna be everyone on their own. So, we're not really gonna have anyone to lean on but ourselves and the professor." Both students told The

on a busy campus. "You can only separate yourself so much in one classroom and walking to each building, and stuff like that," Zamudio said. Asked how she thinks she will fare academically during this unique semester, Krantz replied she feels she won't do

interim chair for the department of psychological science, addressed some of the concerns and questions students brought up.

His biggest piece of advice for students is to heed the CDC guidelines and talk to their professors regularly throughout the semester.

"When possible, stay out of the crowds," Sale said. In response to Zamudio's question regarding partnered activities, Sale suggests maintaining connections at a distance with peers, but not to isolate oneself in the process.

If a student becomes uncomfortable with their situation on campus due to COVID-19, Sale replied, "Never just stop showing up. Talk to your professors about it."

Maria Alejandra Mazariegos, a clinical therapist at the Counseling Center, said, "I think that if a student has a reservation about going back to campus, they really need to explore the options that UTRGV has for services via telehealth or remotely. It's my understanding that pret-

UTRGV Experts
Paul Sale, professor and

See **ASK**, Page 5

Small businesses on the rise

Sol Garcia
THE RIDER

During quarantine and summer, many people chose to open a small business as a way to stay busy, express creativity or maintain income.

Sisters and UTRGV students Clarissa and Vanessa Diaz decided to open their own sticker shop, Diaz & Grace, after noticing stickers were popular in the Catholic faith community, especially with college students, said Vanessa, a mass communication sophomore.

"That's why we thought it could be very relatable, especially being that we're both in college and if we were to sell to our peers, like that would be kind of, like, the market, you know, the target audience," she said.

Since the shop's launch four weeks ago, the sisters make and sell stickers based on their religion, celebrities, logos for other businesses and customs, said Clarissa, an incoming communication graduate student.

"It's really cute ... to see people put them on their laptops, or on their water bottles, you know, their phone cases," she said.

Clarissa and Vanessa also decided to open their shop recently to ensure they had extra money during the COVID-19 situation, Vanessa said.

"We both wanted to have an extra amount of money, just in case anything were to happen, especially with school starting right now," she said.

One of their main missions with the business is to share their faith and personality.

"It's not just a way to make a profit," she said. "We're doing this to spread the word of God and ... like small, cute stickers as well."

Owning a business has

taught them responsibility, the logistics of running a small business and that time management is very important, Clarissa said.

"It's not just products and sell," she said. "There's a lot more that goes into it... the time, the effort, the financial, I guess, like taking care of financial needs and things for the business that they may need, and so being a college student along with running a business can be very time consuming."

Vanessa says they must have accountability and strong communication with each other. Their equipment is set up in their room, and the two of them handle every part of the business together.

"In order to run the business, we really don't rely on anyone besides each other," she said.

The shop has been successful in terms of support. Customers return for another sticker several times and seeing how many people support Diaz & Grace is how they define their success, Clarissa said.

"We've been very blessed to have this business succeed so much in three weeks," she said.

Diaz & Grace is promoted on Instagram, Facebook and on its website www.diazandgrace.com.

Another small business that recently opened up is My Dream Badge, a shop that sells custom badge holders.

Melody Hernandez, an incoming biology freshman, had the idea of designing badge holders after taking a summer certification class that required wearing IDs. She recalled her aunt had worn a decorated badge holder, and Hernandez thought it would be fun to design some for herself and for others.

See **BUSINESS**, Page 7



Clarissa Diaz



Vanessa Diaz



Plain White T's to headline The Stomp's virtual concert

Jacqueline Peraza
EDITOR-IN-CHIEF

Student Activities has modified this year's Best Week Ever to welcome Vaqueros back to campus while celebrating UTRGV's fifth anniversary and continuing to ensure the safety of students, faculty and staff.

According to the Student Activities' event page, "Best Week Ever is your chance to meet fellow Vaqueros, participate in campus traditions, and get excited about the next step of your academic journey."

The weeklong celebration will kick off today and end Friday.

Its signature event, The Stomp, is scheduled for 7 p.m. Thursday and will be open for students, faculty, staff and the community to attend.

"[The Stomp] is a celebration of coming back to school. ... We have student organizations, university departments and colleges gather at one location, turning it into this huge event on campus, but due to COVID-19, we've had to make some slight changes," said Elianey Moya, Student Activities program coordinator. "This year, The Stomp will be a virtual concert."

Opening this year's event will

be modern pop and synth rock artist, DPAK | Robot Nature, and headlining will be American rock band, the Plain White T's.

The concert, hosted by Student Activities, in collaboration with Student Media, Leadership & Mentoring, Residence Life & Residence Hall Association, Campus Activities Board, Student Union, Athletics, University Recreation and Auxiliary Services, will be livestreamed on the Best Week Ever's university page.

The artists were selected this summer after Student Activities posted a Facebook poll for students to vote on their preferred music genres.

"The No. 1 genre was rock ... No. 2 was country, and the third top genre was alternative," Moya said. "So, kind of putting alternative and rock together, we decided on bringing the Plain White T's and the opening act, DPAK | Robot Nature."

Mass communication senior and Vaquero Radio station manager Samantha Garza and marketing sophomore Anna Armenta will be this year's student hosts from home.

"[Student Activities] put so much hard work into this and

it's going to show," Garza said. "It's going to be an amazing show for everyone to tune into. It's something they don't want to miss. I can't stress enough how much of a great event it's going to be."

Armenta said The Stomp is a great way to excite incoming freshmen about entering college despite the circumstances.

"Although, with what's going on, [the event] is not in person ... they know we're still here for them, no matter if they don't know us," she said. "[It's] for them to get excited about it and not to get down and be like, 'Oh, well, it's my first year of college and it's not what I wanted.'"

During the event, attendees can interact throughout the concert for a chance to have their names entered in a raffle to win exclusive, student-designed Stomp T-shirts, an iPad, Apple Watch and two \$100 University Bookstore gift cards. One student from the Edinburg campus and another from Brownsville will win the gift cards.

Moya said the prize winners will be contacted by the department after the drawing takes place.

See **STOMP**, Page 7

Professor: U.S. economy still needs help

Brigitte Ortiz
THE RIDER

Democratic and Republican lawmakers agree that there should be a second stimulus check, although they have yet to come up with a solution.

As reported by The Rider in April, President Donald Trump signed the CARES (Coronavirus Aid, Relief and Economic Security) Act March 27 to provide economic relief to small businesses and families during the coronavirus outbreak.

Though discussion is still up in the air about a second stimulus check, complicating matters is a new, much smaller COVID relief bill from Republican lawmakers that is expected to address a subsection of the issues raised in the Republican HEALS (Health, Economic Assistance, Liability Protection and Schools) Act and Democratic HEROES (Health and Economic Recovery Omnibus Emergency Solutions) Act, according to an article published last Thursday by CNET.

The HEALS Act proposes an upper limit of \$1,200 per qualified person, although

the tax filing status is the biggest factor determining how much money they will receive. The plan would also include \$500 for dependents regardless of age.

On the other hand, the HEROES Act would place a cap of \$6,000 for households of five or more, according to the CNET article.

It proposes \$1,200 for each adult and dependent, with a maximum of three dependents per family.

Salvador Contreras, an economics and finance associate professor, said it does not seem that Republicans and Democrats in Congress are close to an agreement.

"What you would expect is that they would be far more likely to reach an agreement now than before," Contreras said. "If we get close to the election where individual parties will be thinking about their re-election campaigns and it would be a lot more difficult for them to make compromises in certain areas that they feel their constituents may not agree with. So, I think the time to do the second stimulus would be now given the current state of the negotiations."

HEROES Act	HEALS Act	CARES Act
\$1,200 to single filers earning less than \$75k a year	\$1,200 to single filers earning less than \$75k a year	\$1,200 to single filers earning less than \$75k a year
\$2,400 to joint filers earning under \$125k per year	\$2,400 to joint filers earning under \$125k per year	\$2,400 to joint filers earning under \$125k per year
\$500 for dependents 16 & younger. College students, 24 & under are not eligible	\$1,200 for dependents, max of 3	\$500 for dependents regardless of age

Source: cnet.com

Asked about the \$300-a-week federal boost for unemployment, he replied, "So, under the original CARES Act, the boost was \$600 a week and that ended at the end of July, so all the people who received unemployment insurance lost that \$600. The idea is that Congress should act and try to protect these workers by reinstating back the \$600."

President Trump issued an executive order in early August

that would provide \$400 per week for the unemployed. The federal government will provide \$300 and states could decide whether to contribute an additional \$100.

"This money is likely to work for about a month to two months before it runs out of money, depending on the states who participate in this," Contreras said. "But, again, this is to replenish the \$600 that went away, so you would get part of what you were get-

ing before the \$600 stimulus was in place."

He said the unemployment rate, as of last Wednesday, stands at 10%.

"Even though it's an improvement from 15% back in April, they still had people who were unemployed," Contreras said. "The economy is still not back to its pre-COVID levels and, so, it appears that it needs help from the federal government to try to get back to a healthier position."

Robert Benavidez/THE RIDER GRAPHIC



Fall 2020 Challenges

On Aug. 17, The Rider conducted a poll on social media asking students, "What do you anticipate will be the biggest challenge for the upcoming semester?" The results are shown below.

facebook

MENTAL HEALTH 61

MOTIVATION 27

TIME MANAGEMENT 9

twitter

12 MOTIVATION

8 MENTAL HEALTH

5 SAFETY

4 TIME MANAGEMENT

Instagram

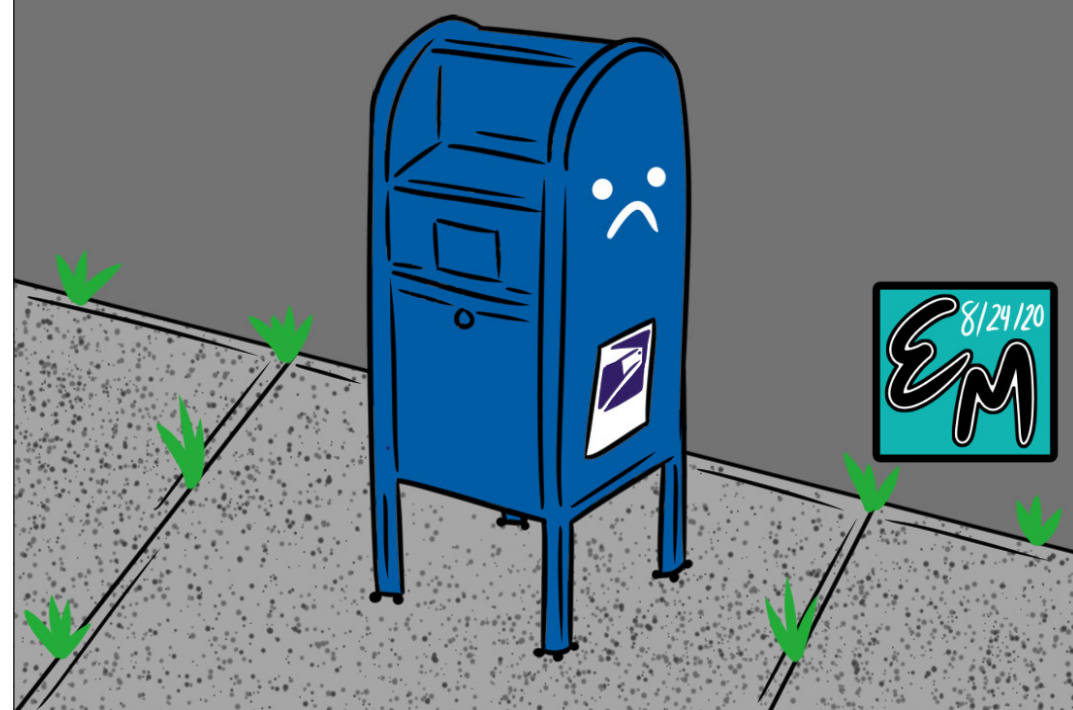
MOTIVATION 2

TIME MANAGEMENT 2

MENTAL HEALTH 1

FOLLOW US ON SOCIAL MEDIA TO PARTICIPATE @UTRGVRIDER

USPS Crisis



Editor's Note

Moving forward together



Jacqueline Peraza
EDITOR-IN-CHIEF

As we go into the new school year amid a global pandemic, students and faculty may return with some fear or anxiety about what is yet to come. It seems as though the last seven months have flown by, and yet 2020 feels as if it has been one of the longest years many have experienced in their life.

Even though the future is unclear and no one can possibly know what may happen in the next couple of days, weeks or even months, one thing is for sure: The University of Texas Rio Grande Valley's student-run newspaper has pre-

pared all summer to deliver the best campus, community and state news coverage to the student body.

Instead of sitting in our newsroom and working together in person, we will now be working twice as hard to interview sources, transcribe interviews, write stories, photograph, edit and communicate electronically with one another all from our homes to deliver news in a timely manner.

Taking on a new role as The Rider's editor-in-chief during these unprecedented times has shown to be a challenge, especially with how fast-paced the world is right now. However, I know the reporters, photographers and editors are all working together to help make this transition into the new "normal" as easy as possible.

Before we kick off this upcoming semester, I want the campus community to know the best way I believe we can all have a successful school year is to stay positive, stay motivated and stay safe.

No one could have been prepared for how fast our lives changed in a span of a couple weeks. While words of comfort may fall flat during times like these, the one thing the UTRGV community can rely on not to change is The Rider's commitment to upholding our journalistic standards to seek truth and report it, minimize harm, act independently, and be accurate and transparent.

Here's to a great school year. Good luck and stay safe, Vaqueros.

Submit a Letter to the Editor

The Rider encourages letters but does not guarantee publication. We reserve the right to edit letters for grammar and content. Letters for The Rider may be sent to therider@utrgv.edu. All letters must be typed and no longer than 400 words. Letters must include the name, classification and phone number of the letter's author or the letter cannot be published. Opinions expressed in The Rider are those of the writers and do not necessarily reflect the views of The Rider or UTRGV administrators.

Have a story idea?

Let us know at
882-5143 or 665-5085

'En Solidaridad con los Inmigrantes'

Paulina Longoria
THE RIDER

Con la incertidumbre del futuro de DACA, los beneficiarios del programa pueden acudir al Centro de Recursos DREAM de UTRGV para obtener servicios de apoyo y otros recursos.

Aaron Hinojosa, el coordinador del centro, empezó una serie de podcast llamada "Community Connections" ("Vínculos con la Comunidad") para explorar la diversidad e identidad en el campus. El 12 de junio, Hinojosa organizó un episodio en vivo llamado "En Solidaridad con los Inmigrantes" junto a Abraham Diaz, un graduado de UTRGV y especialista en educación de La Unión del Pueblo Entero (LUPE).

"Le hice unas cuantas preguntas y hablamos de ... ser indocumentado o inmigrante en el Valle [de Río Grande] ... y cuáles fueron los resultados que pudieron haber ocurrido con la decisión de la Corte Suprema y cómo pudo haber afectado justamente a nuestros estudiantes", Hinojosa dijo.

Durante el episodio de casi dos horas, Diaz compartió su experiencia siendo un beneficiario de DACA y las dificultades por las que tuvo que soportar al crecer indocumentado.

"Yo también fui ... indocumentado durante prácticamente toda mi vida hasta el 2012, cuando el programa de DACA fue anunciado", él dijo en el episodio. "Un año después, en el 2013, pude ... aplicar para el programa".

Diaz también desglosó meticulosamente lo que está pasando con DACA. Él dijo que él describe la situación como complicada y que puede resultar en múltiples escenarios.



"La Corte Suprema puede decir que el presidente tiene el poder para terminar con el programa, pero él debe dar una razón", Diaz dijo en el episodio.

Él también dijo que hay varias decisiones que la Corte Suprema puede tomar para salvar a DACA.

En una entrevista por teléfono con The Rider, Hinojosa dijo que la universidad apoya a los estudiantes que están tratando de perseguir una educación superior.

Se le preguntó por su opinión acerca de la situación actual con DACA.

"El Centro de Recursos DREAM es una de las vías en la cual los estudiantes pueden encontrar apoyo", Hinojosa respondió. "DACA convierte a la educación superior más posible; les proporciona un [número de] Seguro Social que funciona. No sólo son capaces de trabajar en el campus ... también pueden trabajar fuera del campus.

"Entonces, son capaces de navegar estos lugares de una manera más segura. No es un camino para la ciudadanía pero, es una solución temporal para los estudiantes que solo están tratando de perseguir sus sueños y luego continuar con sus vidas y su futuro. Pienso en eso cada vez que estas resoluciones salen a la luz pero, también me preocupo sólo porque existe el miedo de que DACA desaparezca para siempre".

El centro proporciona una lista de contactos "DREAM Advocates" que cuenta con docente, personal y estudiantes de UTRGV preparados para ayudar a cualquiera que se identifique como indocumentado o "DACamentado". Los miembros fueron capacitados para poder ayudar a los beneficiarios.

Para obtener acceso a la serie de podcast, visite UTRGV Student Life en YouTube. Para obtener acceso a la lista, visite utrgv.edu/studentlife.



Estudiantes de UTRGV sostienen carteles apoyando a DACA durante una protesta el 12 de noviembre del 2019 en el campus de Edinburg.

La incertidumbre de DACA

Paulina Longoria
THE RIDER

Conforme el gobierno de Donald Trump continúa encontrando nuevas formas para terminar el programa, el futuro de DACA permanece incierto para más de 600,000 beneficiarios actuales a través de la nación, incluyendo alrededor de 900 en UTRGV.

El pasado martes, el fiscal general de California, Xavier Becerra, firmó un expediente judicial pidiéndole al gobierno de Trump tener una reunión con la Corte Suprema para desafiar al memorándum del Departamento de Seguridad Nacional (DHS, por sus siglas en inglés) firmado por el secretario interino Chad F. Wolf el 28 de julio, el cual requiere cambios hacia DACA.

"Habida cuenta de lo anterior, los Demandantes esperan traer desafíos al Memorándum de Wolf y creen que una reunión con las partes sería útil para discutir cuál sería la mejor manera para proceder con este asunto, incluyendo un proceso ordenado para atender las quejas y recibiendo un récord administrativo en respecto al Memorándum de Wolf", la orden indica.

Aunque el gobierno de Trump no esté de acuerdo con la carta de Becerra, éste no se opone a su petición.

"Nos hemos reunido y conferido con los Demandados de acuerdo a nuestros planes y compartimos el contenido de esta carta con ellos. El asesor legal de los Demandantes pidió que reportáramos su posición como la siguiente: "Los Demandados no están de acuerdo con la mayoría de los argumentos legales y factibles en la carta de los Demandantes pero, no se opone a la petición de los Demandantes por una reunión con las partes", el expediente también indica.

En respuesta a la decisión de la Corte

Suprema con respecto a DACA a principios del verano, Wolf ordenó al personal de DHS a:

--tomar todas las acciones adecuadas para rechazar todas las futuras peticiones iniciales y pendientes por DACA;

--rechazar todas las futuras peticiones iniciales y pendientes de la página 2 por la libertad condicional anticipada a falta de circunstancias excepcionales;

--y acortar las renovaciones de DACA coherente con los parámetros estable-

En "Department of Homeland Security et al. v. Regents of the University of California et al., the Supreme Court" se dictaminó: "Abordamos solamente si es que la agencia acató con el requisito procesal que proporciona una explicación razonable de su acción. Aquí la agencia falló en considerar las cuestiones destacadas de mantener la tolerancia y qué hacer, si es que hay algo, con respecto a las dificultades de los beneficiarios de DACA. Ese doble fallo genera dudas sobre si la agencia apreció el alcance de su discreción o si fue ejercida de manera razonable.

Por lo tanto, el recurso adecuado es devolverlo a DHS para que pueda considerar el problema de nuevo".

La base del caso fue "La decisión del Departamento de Seguridad Nacional para rescindir el programa de Acción Diferida para los Llegados de la Infancia fue arbitraria y caprichosa bajo el Procedimiento Administrativo", según el blog de la Corte Suprema de los Estados Unidos.

Terence Garrett, un profesor de ciencias políticas de UTRGV, le dijo a The Rider que, probablemente, los cambios no sucederán por la decisión de la Corte Suprema en contra del gobierno de Trump.

Él predice que aunque la Corte Suprema ya haya tomado una decisión, el gobierno de Trump pueda intentar otras maneras para implementar cambios a DACA.

"Sólo porque el gobierno de Trump quiere eliminar a DACA ... [eso] no necesariamente significa que ellos van a triunfar al intentarlo", Garrett dijo. "Trataron de eliminar el programa pero, la Corte [Suprema] dijo que no. Eso es algo que no pueden simplemente hacer; tienen que encontrar una manera para lidiar con ello".

during unpredictable times, and may even bring new opportunities.

In response to Krantz's question about how to ensure you practice social distancing on campus, Mazariegos replied, "If you're gonna go out on campus, take some time in the car to remind yourself that you're gonna practice social distancing and CDC guidelines. ... Engage in mindful stress reduction exercises such as deep breathing or meditation. That way, you can go into campus calm even before getting there."

For more tips on how to have a successful semester, students can follow the Counseling Center's Instagram page @utrgvcounselingcenter.

If students are feeling emotionally overwhelmed, they can always call the Crisis Line, active 24/7, at (956) 665-5555.

"Sólo porque el gobierno de Trump quiere eliminar a DACA ... ¡eso! no necesariamente significa que ellos van a triunfar al intentarlo".

Terence Garrett
Profesor de ciencias políticas

cidos en este memorándum.

"Con este memorándum, estoy rescindiendo los memorándums del 2017 y 2018 y, haciendo ciertos cambios inmediatos a la política de DACA para facilitar mi consideración completa de cómo abordar a DACA ante la decisión de la Corte Suprema", el memorándum indica.

El 18 de junio, la Corte Suprema emitió una resolución indicando que el gobierno de Trump debe comprometerse a dejar a DACA en su lugar e inmediatamente abrir nuevas aplicaciones, según el sitio web de Moving America Forward (FWD.us).

FWD.us es una organización política bipartidista que cree que las familias, comunidades y la economía de Estados Unidos prosperan cuando más personas son capaces de alcanzar su máximo potencial, según su sitio web.

life-and-death situation," Mazariegos said. "So, I think that anxiety around the topic is absolutely normal and they shouldn't feel pressure on themselves to have to stick with their original plan of attending in-person classes if they are becoming anxious about it."

In response to Zamudio's question regarding maintaining focus throughout this unique semester, Mazariegos replied to stay flexible during this trying time and to set up a routine that works for you.

"Don't try to recreate Fall 2019 in Fall 2020, because it is a completely different way of life now," she said. "So, have an open mindset to trying new things and being open to exploring different options."

Mazariegos said keeping a mentality of adaptation is important to remember

ASK
Continued from Page 2

ty much every office at the university has a virtual space and accommodation. So, they don't ever have to feel pressured to come to campus."

For students who are feeling anxious about having classes in person, Mazariegos advises to look into other options, such as taking an online class instead, getting on a waitlist, speaking with an academic adviser for more options or even withdrawing from the course.

She said students need to know that their well-being and mental health is more important than any class.

"This [anxiety] is different, this is not just like, 'Oh, I'm anxious about going to class', this has to do with a potential

AN UNKNOWN FUTURE

Ivan Palacios
THE RIDER

know I'm just staying positive. That's the most important thing."

After being sent home in March amidst the pandemic, Kingsbury took some much needed time off to allow herself to prepare for the road ahead.

"Over the past two months, I took a little break when we were let off in March," Kingsbury said. "I let myself recharge and physically let my body rest cause we were just go, go, go."

Now, with the fall season officially canceled, Kingsbury has shifted her attention to preparing for a possible spring season.

"Really all we can do is wait and try to make the best out of the time that we have from now in August until January and February," Kingsbury said. "If we are doing all the right things such as practice, the weightroom and eating, we should have a pretty good outcome by December being ready for the spring season."

Despite the uncertainty, Akio also remains ready for whatever the future brings for the soccer season.

"It's a time in our lives that we can use to better ourselves," Akio said. "But at the same time still be focused on the goal. Still be ready mentally for anything because you know the season could have been on and I could have been ready cause I've been training these last four or five months."

Along with the challenges faced by the cancellation of the season, players must also deal with the challenges brought forth from the pandemic itself. Finding ways to stay busy outside of sports seems to be the most challenging.

"We'll play Fortnite or Warzone," Akio said. "That's actually very fun because it's just a



Senior forward William Akio (center) chases after the ball during the second half of an Oct. 4 soccer match against Utah Valley University at the UTRGV Soccer and Track & Field Complex.

little side for us to kind of have our own little fun. So that's been the biggest one so far."

Kingsbury said that she's not really one to stay home.

"But when that's the only thing you can do, it's pretty rough," she said. "With that, probably just staying mentally in tune with yourself and just trying not to think so negative when negative is all that's around us right now."

With so much negativity surrounding the cancellation of fall sports, coaches and players alike look on the positive side of it. With the season being possibly delayed until the spring, teams will now have a larger window to prepare and help new players adjust to the college level.

"In my 17 years of coaching I've never had a new group that I have three months to get ready instead of two weeks," said Lowery. "As many negatives [as] there are, there is a

handful of positives that kind of make it exciting."

Leese said the team has additional time to adjust.

"For the first time ever during the fall they will have a period where they can adjust and integrate into the team," Leese said. "This will give us an opportunity to work with our new players, integrate them into the team, and hopefully, be stronger."

While preparing for a possible spring season, Akio and Kingsbury both look ahead to their futures beyond UTRGV.

"Of course I don't want to just push off my future until it's time," Kingsbury said. "My major is criminal justice, so I feel like there will always be a need for law enforcement whether it's local or federal. But right now I'm really just trying to roll with the punches."

Akio said it's tough to say what his future will look like.

"I'm just 100% focused on

staying healthy," he said. "Staying fit. And just continue to train every single day. Make sure my grades are good cause at the end of the day that's what I came here for and as long as I have those done, everything else will fall into place."

With the COVID-19 pandemic bringing more uncertainty than answers, coaches remain focused on being there for their athletes.

"Your team is your family," Leese said. "I know that we will all benefit from that support that we get from each other. To keep working. Stay positive. Be focused on everything that is good in your current situation and help stop you from focusing on the negative distractions."

One thing is certain though, these players are resilient and are ready to face whatever obstacles this year may bring.

Staying healthy, active in pandemic

Omar Zapata
THE RIDER

With the majority of students having to stay home and take classes online this fall semester due to COVID-19, UTRGV professors offer insight on how to eat healthy and stay active.

Lisa Salinas, a clinical assistant professor in the Nutritional Sciences Program and a registered dietitian nutritionist, told The Rider that an important message she wants to give to everybody is that healthy eating does not need to be fancy or expensive.

"There's absolutely nothing wrong with having frozen vegetables, canned vegetables or frozen fruits as well," Salinas said.

She said that mostly everyone tends to focus on fresh vegetables or fruits, but sometimes people cannot get produce or it is expensive.

"The frozen fruits and vegetables are actually picked at their peak ripeness," Salinas said. "So, you're often going to find a really high concentration of all the great vitamins and minerals in those products."

She wants to promote a high intake of fiber with plenty of hydration.

"I think one of one of my favorite things to eat, honestly, is something like rice and beans, which is really high in fiber, and it's very filling," Salinas said. "It's easy to make, it's easy to eat and you can also add things to it or take away things from it, so, it's a really versatile dish."

Being hydrated means drinking lots of water daily and staying away from sugary beverages, she said.

"What happens typically is, with the sugary beverages, is that you kind of get a little bit of a high off of them and then you can have kind of a slump,"



Enrique Leal, a senior accounting major at UTRGV, runs on the Bronc Trail on the Edinburg campus last Wednesday.

Salinas said.

With students having to juggle school amid a pandemic, they might turn to stress eating and Salinas said this is a complicated, multifactorial issue.

"There is an increase in various hormones in your body when you're stressed, so it really causes kind of an imbalance [in your body]," she said.

Salinas said the best way to combat those types of situations is to remove yourself from trigger foods that you might eat if they're in your vicinity.

"Trying your best to not be around foods that you know are your go-to foods. ... If you know that Cheetos are your weakness, I would say try your best to not be around Cheetos," she said.

Asked what her thoughts are on a vegan or vegetarian diet, Salinas replied she highly recommends a more plant-based

diet but doesn't necessarily mean to go full-on vegan or vegetarian.

"There's a lot of evidence coming out ... suggesting that at the very least, plant-based eating is an overall healthier eating plan," Salinas said.

She said students who want to find more information about nutrition can go to choosemyplate.gov where they input various information to create their own general nutrition plan.

Salinas also said students can reach out to the UTRGV Nutritional Sciences Program for additional information.

"We are busy teaching, but we love to spread the word of good nutrition, so we really like to be available for the community," Salinas said.

Zasha Romero, an associate professor for the Department of Health & Human Performance, said he encourages

people to stay active, even if it's not actually exercising.

"A lot of people, these days, think that if you're not out running marathons or hitting the gym and lifting so many weights that you're not active, but we can do a lot of different things to be active, especially during these trying times," Romero said.

Simple things like cleaning your house or car, cutting the yard or even just walking around your house are good ways to stay active, he said.

"The recommended amount of time for a sedentary person is at least 30 minutes," Romero said. "That means somebody that's not active, somebody that is just dedicated to staying home and really not seeing that much physical activity, the goal is at least 30 minutes a day."

Asked what people can do to exercise at home or if they are not able to go to a gym or the park, Romero suggested buying small gym equipment for the home, such as a jump rope, weights, barbells, and also doing body-weight exercises, such as pushups and pullups.

Romero said he noticed that at the start of the pandemic, people bought gym equipment from retail stores such as Walmart and Academy.

He suggested just going outside for a walk or a run but to be cautious and maintain social distance in public spaces.

"You still have to take care of yourself, not being in large groups, staying away from people you don't know, staying away from people even if you know them," Romero said. "You don't know what they've been around."

Javier Gonzalez, an international business junior, said he picked up biking during the pandemic and that is how he stays active.

"I really enjoy it because it's a stress reliever for me," Gonzalez said. "I used to run before, so it's kind of the same thing for me."

He said when something is overwhelming him, he goes biking to think about the situation by himself.

Gonzalez bikes about 10 to 12 miles three times a week.

"Just keep your head up and stay active," he said. "Just pick up something, man. As long as you think of something, you'll be fine. You won't go crazy."

Salinas and Romero both said that people need a combination of healthy eating and staying active to maintain an overall healthy lifestyle.

Intramurals canceled for fall

Karina Rodriguez
THE RIDER

UTRGV Athletics has seen an array of cancellations amid COVID-19, and unfortunately, intramurals are no exception.

With the virus continuing to spread throughout the Rio Grande Valley, UTRGV officials have made the difficult decision to cancel all contact sports normally played during intramurals.

University Recreation Director Kimberly Rottet explained that they are still seeking approval from UTRGV about continuing single-person sports, such as tennis. At the moment, there is not a confirmation on whether or not that will happen.

In an interview with UTRGV Intramural Referee and player Samantha Avila, she said that she is going to miss participating in intramurals on campus.

"It's just welcoming," Avila said. "You get to meet a bunch of people and make connections with them and make friends outside of your normal groups."

She has been a participant in intramurals since 2016 by playing in volleyball, basketball and dodgeball.

"It's been an escape for me outside of classes. So, it is going to be a little different," Avila said.

UTRGV Intramural Referee and player Jannette Loera shared similar sentiments when asked about how she felt about the cancellation of intramurals.

"My favorite part was getting to do something active in real game settings, not just working out, which is great," she said. "I like the other stuff that the Rec offers, but I like the competitive side of intramurals."

For Loera, she has found a healthy balance through at-home workouts. She found that going through a pandemic is quite similar to her off-season time during her high school years.

"There was a time in high school when we didn't have seasons, sports or actual game sports, so I got into the routine of doing at-home workouts," she said.



COURTESY PHOTO

Students play intramural flag football on the Edinburg campus. University Recreation will not host intramurals this semester.

STOMP
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The department began brainstorming ways to host the event virtually after Leadership & Mentoring recommended it when the university campus transitioned to online in March.

"In May [and] June, we started getting the ball rolling

to look into what virtual acts could be put on, or who would want to come to UTRGV's virtual platform to host an event," Moya said.

Student Activities and 22 other campus partners will collaborate to host other events this week as well. Those online events include International Poster Parade, a Mariachi Aztlán and Ballet Folklórico Con-

cert, UTRGV Day of Giving, Virtual Murder Mystery, and many other events. Info Depots will be virtual this semester, too.

For a complete schedule of Best Week Ever events, click here.

"Student Activities and campus partners have been working really hard and diligently all summer long to bring this

virtual experience and virtual welcome to the UTRGV students, faculty and staff," Moya said. "We're excited to have everyone join us on Thursday night for The Stomp virtual concert so we can listen, and enjoy, and welcome, and dance along with the Plain White T's."

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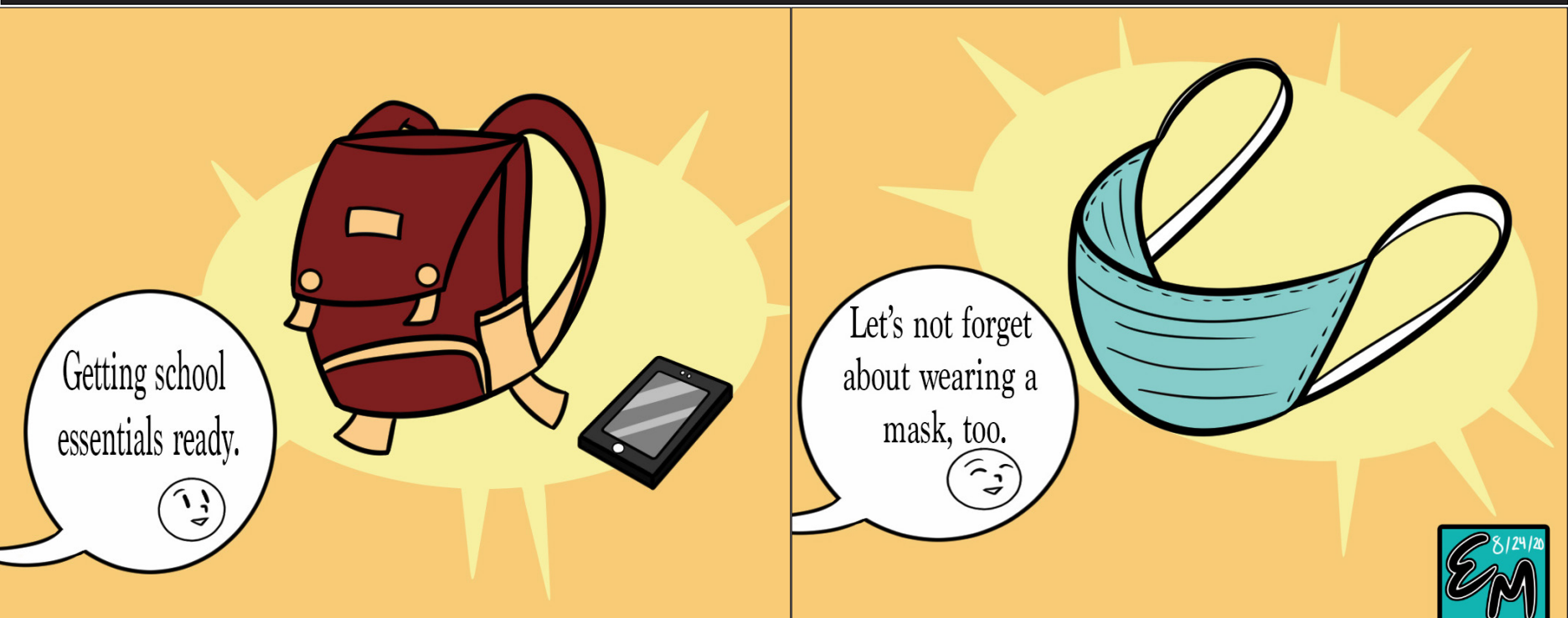
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The Doodler

By Elizabeth Mendoza



Getting school essentials ready.

Let's not forget about wearing a mask, too.



Funeral expense aid part of COVID-19 relief

Fernanda Figueroa

THE RIDER

The Hidalgo County COVID Condolence Program (HCCP) has been established to help individuals who have lost a loved one due to COVID-19, with up to \$2,000 for funeral expenses.

"We understand the heartbreak and hardships our residents are facing as they deal with the untimely death of their loved one," Hidalgo County Judge Richard F. Cortez said in an Aug. 9 news release. "This program will help alleviate some of the financial burden they are facing."

The program is run by the Hidalgo County Health and Human Services Department, whose staff will interview and determine eligibility of applicants.

The following criteria will determine eligibility:

- a resident of Hidalgo County,
- COVID-19 related cause of death,
- affected by COVID-19 due to loss of income, income below 300% Federal Poverty Income Limits,
- household composition, and
- have signed quote or contract from the funeral home.

More than \$2 million were allocated for the program through funding from the CARES Act. The program will remain until funds are disbursed.

Individuals must apply to the program before finalizing any funeral services. If deemed eligible, the



Elizabeth Mendoza/THE RIDER ILLUSTRATION

Eligibility Specialist will sign and fax, or email, the funeral home a voucher from the HCCP in the amount of \$2,000 and instructions on how to submit payment.

To apply, visit www.hidalgocares.org/covidcondolenceprogram or apply in person at Hidalgo County Health and Human Services. Office locations can be found by visiting <https://www.hidalgocares.org>.

This program is only available for funeral expenses after eligibility has been determined. There will be no reimbursements for expenses that already occurred.

Hidalgo County is also offering the Hidalgo County CARES Small Business Grant Program to help with

costs related to business disruption due to the coronavirus pandemic.

"A lot of people have lost family members, jobs, they've lost their way of living and these assistance programs will help them get back on their feet during one of the most difficult times in modern history," said Carlos Flores, the Student Government Association vice president for Brownsville.

The program is run by PeopleFund, which provides assistance to applicants. Funding for this program is provided through the CARES Act and will be awarded on a first-come, first serve basis until all funds are dispensed.

To be eligible, businesses must meet the following criteria:

- located in the unincorporated area of Hidalgo County (businesses located within city limits of any city in Hidalgo County are not eligible),

- demonstrate that it has experienced a loss of income of at least 10% due to COVID-19 since March 2020,

- demonstrate that it was in operation as of Oct. 1, 2019, and

- have a total net income under \$250,000 but no less than \$10,000.

Businesses that are eligible could receive a grant in the amount of \$5,000 or \$10,000. Grant money may only be used for operating expenses, and may not be used to pay property taxes.

To apply, visit www.hidalgocares.org/SmallBusinessGrantProgram.

BUSINESS

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"I was like, 'I would love to design some for people and then even, like, customize some for anybody ... something, like, they prefer, and it's not really something that you can find, mostly, like, anywhere here, like, in the store,'" she said.

My Dream Badge opened on Aug. 15 and has received "a good amount of orders." Hernandez thought medical students would be her main customer base but was pleased to see customers from other professions, she said. "I just got different people from, like, different places," she

said.

Hernandez designs and runs the store by herself from home, and one of the biggest challenges is getting all of the little details right.

"Putting everything together, like one by one, it's a little difficult because they're really small items," she said.

My Dream Badge is promoted online via Instagram, Snapchat and Twitter. Hernandez uses her personal account to promote, and the shop's Instagram is @my_dreambadge.

"For the business account, I also just use some hashtags as well," she said. "That's something that also, I think, really

helps, too."

Since their rise in popularity, small businesses are being taken seriously and should continue to be supported because it's the only source of income for some people, and each item is handmade, Hernandez said. She's also noticed most small businesses do customs.

"I think that's really special because it's something that you can't find, like, in a regular store," she said. "It's something that is crafted with love and care."

To ensure steadiness, all small businesses need to be selling online, especially now, said Cristina Cantu, senior business adviser of the UTRGV Small Business De-

velopment Center.

"Now, it's not only about being online," Cantu said. "It's being able to provide products and services online."

Small businesses should also know who their target audience is before selling, she said.

Cantu offers these questions to consider: "What are you selling, whether it's a product or service? Who can afford it? Will they want to buy it from you?"

Business owners or people considering starting a business can contact the development center for virtual training or advising services at 665-7535 or sbdc@utrgv.edu.

Arturo Vasquez, market-

ing professor in the Robert C. Vackar College of Business & Entrepreneurship, said small business owners have taken this time as an opportunity to satisfy customers' needs.

"In specific periods of time, like during this pandemic, lots of new needs, and improvisation is something that you see at the beginning of how businesses take those opportunities," he said.

Vasquez advises all business owners to not advertise in a deceitful way.

"Do your ads properly, professionally, but do not exaggerate," he said.

UTRGV

STUDENT MEDIA



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