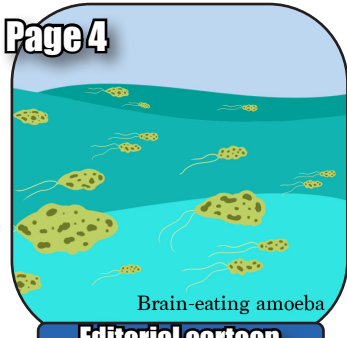


Page 3
Distinguished Speaker Series



Page 4
Brain-eating amoeba
Editorial cartoon



Page 6
Athlete of the Week



Page 7
Student study spots

A guide to taking midterms online

Alejandra Yañez
THE RIDER

With midterms approaching, UTRGV students are doing their best to navigate through this semester's unique testing methods with the help of experts.

This week, Marianne Canales, a psychology senior, and Miguel Cortez, a political science senior, ask about study tips.

Both students take all their courses online and are anxious to get through midterm week.

Cortez anticipates taking his tests online through Zoom will be the biggest challenge for him this semester.

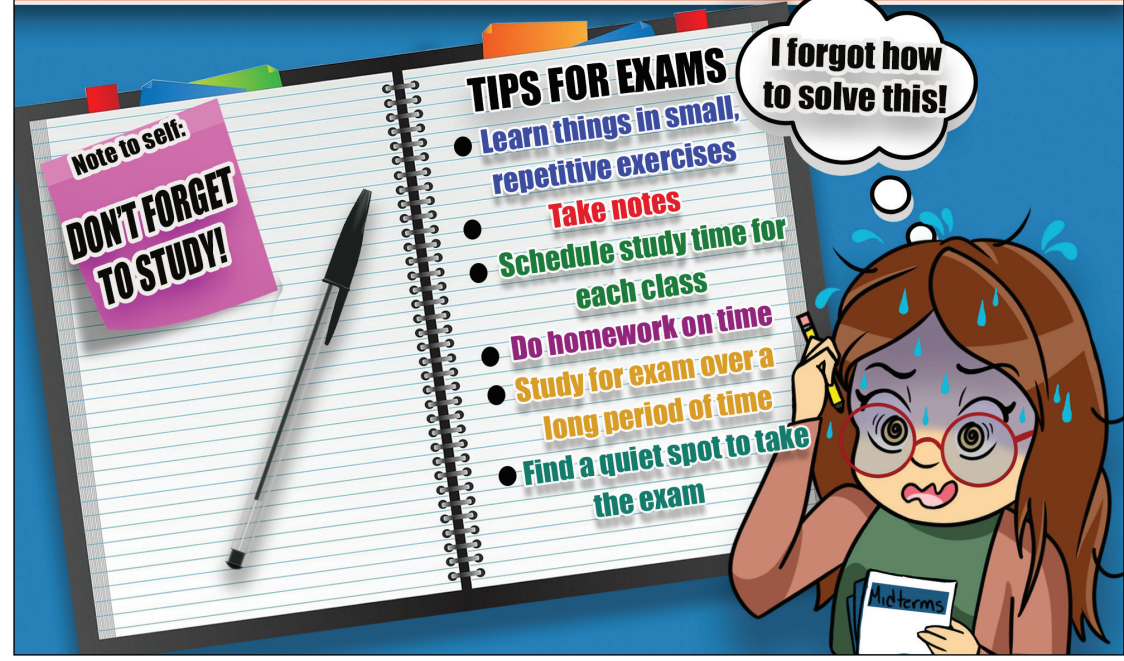
Ask the Expert: Second in a Series

"Sitting through an hour- or two-hour-long midterm and just being in front of your computer, rather than being in front of a teacher in a classroom, [is tedious]," he said.

Cortez said two of his courses will be implementing the LockDown Browser during testing.

"Obviously, it's always a scary situation with lockdown, just because you have

ASK THE EXPERT: TIPS FOR MIDTERMS



Roxanna Miranda and Elizabeth Mendoza/THE RIDER GRAPHIC

to have your webcam on and all of those things that come with you being in front of a camera and being recorded," he said.

Asked what her biggest struggle is when it comes to test taking, Canales replied that the time factor plays a large role in her concentration.

"I don't like when tests are timed because they don't give

me time to read the questions or concentrate, because I'm way more focused on finishing the test faster instead of answering everything correctly," she said. "So, time management is a struggle for me."

Canales said the way she prepares for an exam is by reviewing her notes on previously assigned readings.

Asked what advice they would like to hear from ex-

perts, both students replied that they are open to new study tips.

In comparison to previous semesters, Cortez said this semester has been the most grueling in terms of finding motivation.

"Sometimes I feel like being fully online, it's a hassle," he said. "It's a drag, it's like I don't want to sit through a

See ASK, Page 5

Appointment for Chair of Academic Affairs Committee

Senator DesiRae Smith



SCREENSHOT BY AALIYAH GARZA FROM THE SGA MEETING VIA ZOOM

Last Wednesday, the Student Government Association appointed DesiRae Smith as chair of the Academic Affairs Committee. Smith is a senator for the Graduate College.

SGA stipends proposed

Sol Garcia
THE RIDER

UTRGV is considering stipends for all members of the Student Government Association.

During last Wednesday's SGA meeting, Jodie Dominguez, SGA adviser and director of Leadership and Mentoring, discussed stipends for all members, which have never been previously offered.

"We have proposed to issue out a

monthly small stipend to our SGA members," Dominguez said. "This is something we've never done in the past, and we're excited for the opportunity to be able to do that."

Each SGA member's unique financial situation is being checked with the Scholarship Office, so the stipends do not affect their financial aid packages, she said.

"That way, we can present it to each

See SGA, Page 8

Creative cloud software available for students



Jacqueline Wallace/RIDER FILE

Jesse Farias, a psychology senior, uses Adobe Creative Cloud at the UTRGV Baptist Student Ministry building in Edinburg.

Sol Garcia
THE RIDER

Students were granted access to Adobe Creative Cloud through Virtual Labs Sept. 15, as long as they are connected to UTRGV's Wi-Fi.

Adobe Creative Cloud includes Photoshop, InDesign, Lightroom, Premiere Pro and 17 other programs that students can access at no cost while connected to the university's Wi-Fi, said

Jeff Graham, chief information officer for Information Technology.

"The only caveat is you have to be on campus to access it because of our licensing," he said. "You have to be connected to the Eduroam network [UTRGV's Wi-Fi network] or actually be on campus."

To access Adobe's programs, students must first log in to Virtual Labs with their UTRGV credentials. Once

See ADOBE, Page 2

THE RIDER

The Rider is the official, award-winning student newspaper of the University of Texas Rio Grande Valley. A PDF copy of the newspaper can be accessed online at utrgvrider.com. Views presented are those of the writers and do not reflect those of the newspaper or university.

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MORE THAN A NEWSPAPER

Delivering news to UTRGV no matter the circumstances.



ANNOUNCEMENTS



Today Stress Management
The **Counseling Center** is offering students new strategies to help

deal with stress from 1 to 2 p.m. via Zoom. For more information, contact the Counseling Center at 665-2574 or email counseling@utrgv.edu.

Recovering your Inner Child

Students can discover their forgotten emotions, creativity, wisdom and wonder of their inner child that might be suppressed by trauma or difficult life circumstances in an eight-week closed group. The group will meet at 2 p.m. via Zoom. For more information, contact the Counseling Center at 665-2574 or email counseling@utrgv.edu.

Tuesday

United Union

The Student Union invites students to get together and discuss resources for LGBTQA+ Vaquer@s at 6 p.m. via

Zoom. Then, have a Kanopy Watch Party of "The Mask You Live In." RSVP is available on VLink.

The People Series: MUXE

Students can learn about Mexico's "third gender" (in Zapotec cultures of Oaxaca) at 11 a.m. Registration is available on VLink. The event is hosted by the **Center for Diversity & Inclusion and DREAM Resource Center** as part of its "People Series," which is designed for the UTRGV community to learn about influential people and discuss the impact of their work.

Self-love 101

The Counseling Center is hosting Self-love 101 for students to learn the basic skills and key concepts of self-love in a six-week closed group. The group will meet at 3 p.m. via Zoom. For more information, call the Counseling Center at 665-2574 or email counseling@utrgv.edu.

Wednesday

The People Series: Marielle Franco

Students can learn about and honor the legacy of Brazilian human rights activist **Marielle Franco** engage in conversations and share what they know. The event will take place at noon via Zoom. Registration is available on VLink.

A Time to Grieve

An eight-week group, hosted by the Counseling Center, will meet at 2 p.m. via Zoom to provide a safe place for healing and remembering loved ones. For more information, contact the Counseling Center at 665-2574 or email counseling@utrgv.edu.

Friday

Netflix Watch Party

In celebration of **LGBT History Month**, UTRGV Leadership and Mentoring will show the movie "Moonlight" at 7 p.m. RSVP is available through VLink. The first 30 students to RSVP will receive a movie snack pack.

--Compiled by *Brigitte Ortiz*

POLICE REPORTS

The following are among the incidents reported to University Police between Sept. 22 and 28.



Sept. 22

8:44 a.m.: A staff member reported losing her university-issued identification card at the UTRGV Baseball Stadium on Sept. 21. Access Control has been notified to deactivate

the card.

3:04 p.m.: A staff member reported losing his university-issued identification card off campus in Mission. Access Control has been notified to deactivate the card.

8:44 p.m.: Officers made contact with a non-affiliated man at his off-campus apartment in Edinburg to issue him a criminal trespass warning for attempting to speak to a student on two occasions. The student, at this time, does not want contact with the man.

11:10 p.m.: Officers were dispatched to the field north of the UTRGV Baseball Stadium in response to a loose bull grazing in the area. The Hidalgo County Sheriff's Office was notified and responded to secure and remove the bull. The bull caused minor damage to the hood of a University Police patrol unit. No injuries were reported.

Sept. 23

2:13 p.m.: A staff member reported he found a pile of tree cuttings on a vacant lot in Brownsville owned by UTRGV. City of Brownsville "No Dumping" signs are posted in the area. A City of Brownsville Health Department employee arrived at the location and was able to identify the non-affiliated individual responsible for the dumping of the tree cuttings. The

Health Department employee enforced city ordinance and gave the individual seven days to remove the tree cuttings from the lot.

Sept. 24

10:36 a.m.: An officer responded to Lot H-5 on the Harlingen campus in regard to an injured Veteran Affairs staff member who tripped and fell causing injury to her face. She tripped on the stairs of a recreational vehicle in the area. The staff member was later transported to a hospital.

Sept. 25

10:01 a.m.: Officers responded to the report of a disturbance involving two students at the Village Apartments. The investigation revealed one of the students had intentionally struck the entry door to a room causing minor damage. A check on one of the students revealed an active misdemeanor warrant for possession of marijuana from the Texas Department of Public Safety. DPS arrived at the location and took custody of the student without incident. The incident will be referred to Student Rights and Responsibilities for further review.

Sept. 26

5:35 p.m.: An officer patrolling in a marked unit accidentally jumped the curb and struck a light post in front of the Performing Arts Complex on the Edinburg campus. The vehicle and post sustained visible damage. No injuries were reported.

Sept. 27

2:18 a.m.: An officer was dispatched to the Casa Bella Apartments in Brownsville in reference to alcoholic beverages found in a room by a resident

assistant. Four students were involved, and two admitted to the ownership of the alcoholic beverages. The incident will be referred to Student Rights and Responsibilities for further review.

11:09 a.m.: A student reported that her bicycle was stolen from a bike rack outside the Village Apartments in Edinburg. The case is under investigation.

Sept. 28

8:52 a.m.: An officer responded to the University Financial Services building on the Edinburg campus in regard to four fraudulent checks that UTRGV attempted to cash off campus. The case is under investigation.

9:59 a.m.: An officer responded to the University Financial Services building on the Edinburg campus in regard to three fraudulent checks that UTRGV attempted to cash off campus. The case is under investigation.

11:39 p.m.: An officer responded to the UT Houston Regional Academic Health Center on the Brownsville campus in reference to a suspicious man in the area. The non-affiliated man was identified and confirmed to have an active criminal trespass warning forbidding him from UTRGV property. The warning was issued at the Harlingen campus in March. Due to COVID-19 restrictions at the Brownsville jail, the suspect was reminded of the consequences of violating the warning, and he left the area without incident.

--Compiled by *Fernanda Figueroa*

ADOBE

Continued from Page 1

on Virtual Labs, students can select any Adobe Creative Cloud program. Virtual Labs allows students to run about 16 different programs and can be used on any device, Graham said.

"You can run all of the programs we have available in our physical labs," he said. "It's run in a web browser on your device."

Besides Adobe Creative Cloud, all other programs on Virtual Labs can be accessed off campus, Graham said.

Students can access UTRGV's Wi-Fi from the university's parking lots, Graham said. On the Edinburg campus, the Wi-Fi can be accessed from parking Lots E-3, E-6, E-9, E-12, E-14 and E-16. Brownsville students can access it from parking Lot B-1, according to IT's webpage for student resources for working remotely.

Access to Adobe Creative Cloud will benefit students because experience with the programs is in demand in work industries, Graham said.

"The ability to use them, and practice

them, and become proficient at it would definitely be something you put on a résumé that make[s] you more competitive," he said.

Asked if students will still have access to Adobe Creative Cloud once students return to campus, Graham said they will continue to offer it.

"Yes, it's available in all the labs on campus, and it'll also continue to be available in the Virtual Lab[s]," he said.

Dustin Pruitt, a lecturer in the Department of Communication, believes access to Adobe Creative Cloud will allow students to learn and improve their skills with the software.

"The more time [students] spend with it, they're just gonna get better at it and faster," said Pruitt, who uses Adobe Premiere Pro in his classes.

Pruitt encourages students who do not have the software at home to come to campus to access Adobe Creative Cloud.

Ruben Loza, a mass communication sophomore, said access to Adobe Creative Cloud can help students with signing documents, editing photos and more. However, he is concerned that students may be at risk of contracting COVID-19

because students will need to connect to UTRGV's Wi-Fi.

"They would have to come to campus to be able to use that server," Loza said. "It could have a positive and negative influence because students could possibly be at risk of being subjected to the pandemic."

For further information or access to Virtual Labs, visit <https://www.utrgv.edu/it/software/vlabs/index.htm>.

Check out our stories online



utrgvrider.com



RACHEL MALEHORN
HTTPS://RACHELMALEHORN.SMUGMUG.COM/PORTRAITS/I-ZND3NGL

Amy Coney Barrett was nominated Sept. 26 by President Donald J. Trump to fill the Supreme Court vacancy left by the death of Justice Ruth Bader Ginsburg.

Amy Coney Barrett, next Supreme Court justice?

Fernanda Figueroa

THE RIDER

Amy Coney Barrett was nominated Sept. 26 by President Donald J. Trump to fill the Supreme Court vacancy left by the death of Justice Ruth Bader Ginsburg during a ceremony at the White House Rose Garden.

“If the Senate does me the honor of confirming me, I pledge to discharge the responsibilities of this job to the best of my ability,” Barrett said, following Trump’s announcement of her nomination. “I am truly humbled by the prospect of serving on the Supreme Court.”

Barrett, 48, is a mother of seven children. She serves in the U.S. Court of Appeals for the Seventh Circuit and is a former law clerk for the late Justice Antonin Scalia. Her views are in alignment with those of Justice Scalia and conservative Republicans.

“Barrett has become very popular in conservative legal circles because she is seen as a female heir to the late Justice Antonin Scalia,” said Andrew Smith, a UTRGV lecturer. “Her reported judicial philosophy is that of originalism, the idea that the Constitution, case law, etc. should be interpreted based on the original meaning of the Constitution

and the views of the Founding Fathers.”

Republicans are happy with the nomination because Barrett shares their political ideology. A majority of Republican senators have shown their support through statements on Twitter, with the official Senate Republicans’ account tweeting, “Judge Amy Coney Barrett is the perfect pick to fill this Supreme Court vacancy.”

Sen. Roger Roth (R-Wisconsin) also showed his support tweeting, “Amy Coney Barrett checks all the boxes! Career-driven with a proven track record of fairness and good judgement, an unyielding loyalty to the Constitution, mother of seven children, and the first woman with school-aged children to serve in high court.”

Democrats, on the other hand, are not happy with the nomination because of the political implications her confirmation could have on issues such as abortion, transgender rights and health care.

“[Democrats] believe [Barrett] will certainly vote to uphold tougher abortion restrictions,” Smith said. “Second, Democrats are concerned because Barrett will neutralize [Chief Justice John] Roberts’ vote. Her appointment would shift the court further to the ideological

See COURT, Page 8

Prioritizing mental health

UTRGV offers therapy support groups

Paulina Longoria

THE RIDER

The Counseling Center at UTRGV offers five virtual group sessions for students who complete a clinical screening and need help in stress management, grieving, behavior, self-love and recovering their creativity.

Director Christopher Albert said the Counseling Center provides free and confidential mental health services to students.

“We see enrolled students who are in need of mental-health help, so we provide professional counseling services,” Albert said. “We also do outreach and education in regards to mental-health manners.”

To initiate services at the center, students undergo a screening evaluation in their first appointment “to understand the nature and impact of the presenting concern and to provide options of what may be helpful in addressing it,” according to its website.

Andrew Perez, a supervising clinical therapist, conducts the “Engaging the Wise Mind” ongoing group sessions from 3:30 to 4:30 p.m. Tuesdays.

Perez said it is an open group that started in the spring and accepts students who may stay for as long as needed.

“It involves teaching students skills in order to manage things like mood and distress, and how they communicate with other people,” he said. “We [will] talk about some of those things and encourage students to support each other and practice those skills.”

Dialectical Behavioral Therapy is also the focus of the group.

“[DBT] has to do with opposites and understanding that there’s usually a gray area to life, not necessarily splitting things into right or wrong, or good and bad,” Perez said.

From 1 to 2 p.m. today, the “Stress Management” five-week group will hold its first session with Regina Sandoval, a counseling intern, and Albert.

“It’s to provide help with coping skills and helpful techniques,” Sandoval said. “We’ll begin giving information as far as anxiety and stress, kind of getting the basics on it.”

She also said it is a closed group, but if other students want to join they can do so in the first three weeks.

Albert said they will listen to the needs of each member of the group, but they already know what to teach in the first session.

“We’ll go over the basics in terms of what stress is, what happens in the body, in the mind, and then the funda-

See COUNSELING Page 8

“**They learn a lot about themselves and they’re able to grow together...**”
- Carmen Villegas
Clinical therapist

Group Counseling Sessions

Via Zoom

Mondays

1 p.m.

Stress Management

Starts today

Tuesdays

3 p.m.

Self-Love

Starts Oct. 20

3:30 p.m.

Engaging the Wise Mind

Open group

THE RIDER GRAPHIC

Leguizamo brings UTRGV students ánimo

Alejandra Yañez

THE RIDER

UTRGV Student Activities welcomed John Leguizamo Sept. 24 to kick off its 17th annual Distinguished Speaker Series via Zoom.

Leguizamo, an actor, stand-up comedian, producer, playwright, screenwriter and Emmy award winner, spoke to the UTRGV community about his experience in the entertainment industry, the lack of Latinx representation in Hollywood and the 2020 presidential election.

Students, faculty and staff enjoyed the presentation for free from the comfort of their homes via Zoom.

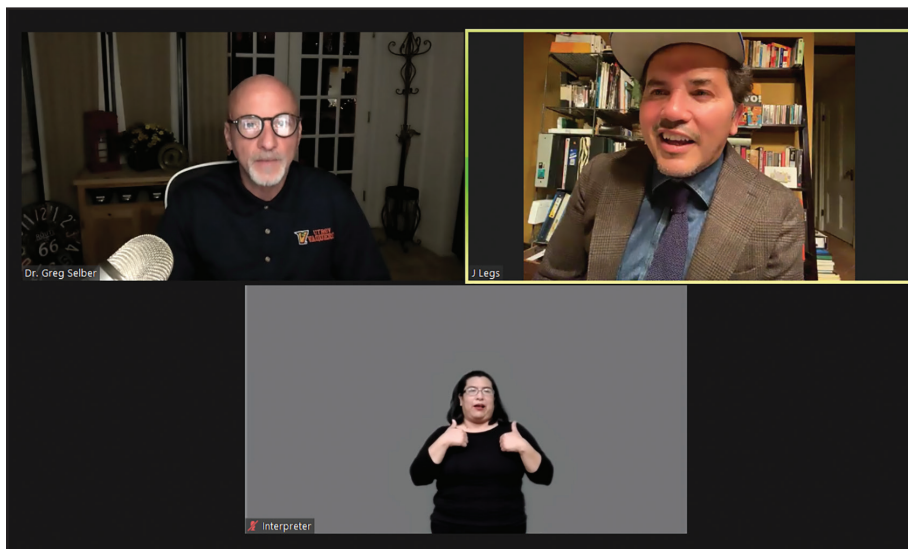
Originally, Leguizamo was scheduled to participate in the series in person in April, but due to the COVID-19 pandemic it was rescheduled to a virtual setting.

Greg Selber, a communication professor at UTRGV, moderated the event and introduced Leguizamo as a hilariously informative guest speaker from “the block.”

“We are very lucky to have this man with us tonight,” Selber said.

Many students might recognize Leguizamo from his role as the voice of Sid in the “Ice Age” film series.

Since then, Selber pointed out that he has been noted as the highest-paid Latino in Hollywood, to which Leguiza-



SCREENSHOT TAKEN BY ROXANNA MIRANDA DURING THE SEPT. 24 LIVESTREAM OF THE DISTINGUISHED SPEAKER SERIES VIA ZOOM

mo replied, “I never got into this business to be famous or make money. I got into it because I loved the craft.”

The actor talked about his aspirations as a young “troublemaker” from Queens, New York, who grew up without Latino representation on the big screen.

business is to study and never stop learning.

“Find the best teacher in your community, in your area, and study. Learn the craft, and then you can throw down with anybody,” he said.

The actor also discussed the lack of Latino representation in Hollywood, which inspired him to write his own stories.

“I was one of the first actors who created a show about his own life [House of Buggin],” Leguizamo said. “Not because my life is fascinating, but because I knew when I grew up in New York City, it’s like half-Latin, and we didn’t see ourselves anywhere. ... It was shocking to me that here’s my family, my friends, my community, and I see Latin people running things and heroes in my community, but they’re invisible everywhere else. It’s like some bizarre cultural apartheid.”

Asked why he boycotted the 2020 Emmys, he replied that it angered him how not one Latin person was nominated.

However, Leguizamo said the Emmys are not the problem.

“We’re almost 20% of the population. ... So, why aren’t they putting us in shows and why aren’t they telling our stories?” he said.

Leguizamo stressed that the message young children are receiving is

See DSS, Page 8



HISPANIC PARTY GAMES

On Sept. 28, The Rider conducted a poll on social media asking students, “Which Hispanic party game would you consider to be your favorite?” The results are shown below.

facebook

LOTERÍA 38

TOMA TODO 3

TAZOS 1

EL GRITO 1



twitter

16 LOTERÍA

2 JALAPEÑO EATING CONTEST

1 EL GRITO

1 TOMA TODO



Instagram

LOTERÍA 9

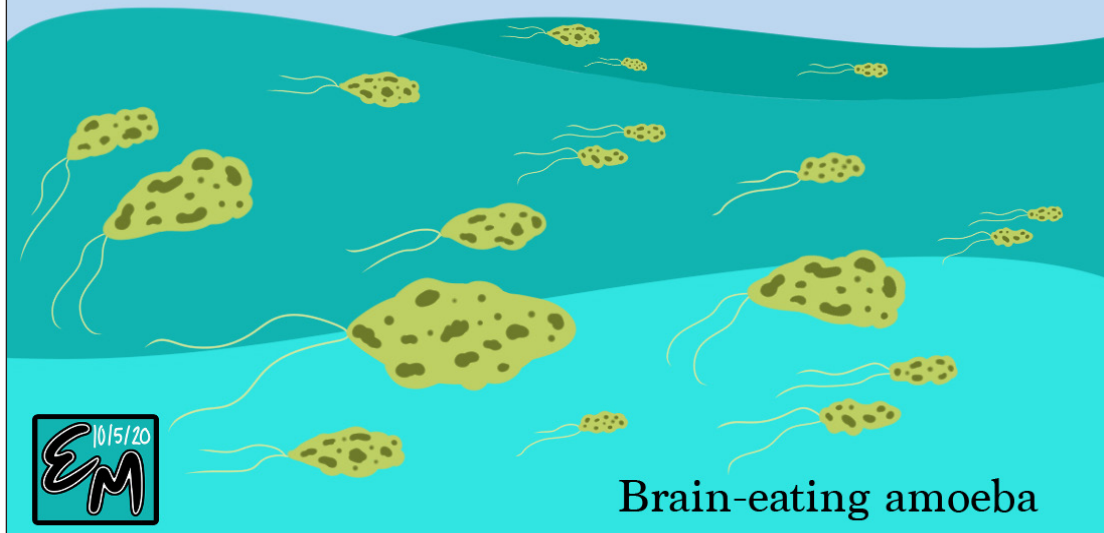
EL GRITO 3

JALAPEÑO EATING CONTEST 2



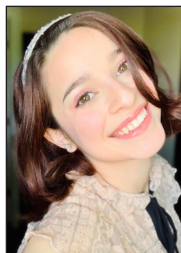
FOLLOW US ON SOCIAL MEDIA TO PARTICIPATE @UTRGVRIDER

Danger in the water



Brain-eating amoeba

Moving forward



Karina Rodriguez
THE RIDER

As a high school student, I was constantly told to take a step back from my college courses and save some of my “easy” classes to boost my college GPA. Being a stubborn teenager meant that I did not yield, and left high school with all but one of my basics done.

While I have done well academically throughout my first year of college, last summer presented a different issue. I had completed 15 hours during my first semester in college and 18 in the spring. By the time I started choosing my classes for the summer, I realized that I had already checked off many of my degree requirements.

I had always understood

that I completed two years of college as a high schooler, but what did not click was that I would finish my college career at age 19 and ultimately start graduate school.

As a type-A personality, I had gotten into the habit of collecting my course codes and classes for the coming semesters during the summer. By the time I realized that I would be ready to graduate in Summer 2021, it was time to apply to graduate school.

I sat in my room, contemplating how I had gotten myself into the position where I was already applying to a graduate program when I felt like I was barely getting the hang of my undergraduate education.

One night, I sat against my bedroom wall, thinking about all the decisions it took me to get here. I ultimately had pushed myself forward through middle school and high school

to get ahead in college.

I concluded that I lived a life of self-progression, and it had always seemed to work out for me in the end. I knew that while I was scared to take the next step toward my future, it was time. The child in me kept telling myself to “be Dory” and “just keep swimming.”

The next day I applied for my master’s in information sciences at the University of Illinois at Urbana-Champaign.

This act of bravery affirmed that I was ready to take on the next journey of my life, and was one of the first times I truly believed that I could do anything.

As I work through the last year of my undergraduate degree, I continue to urge myself to keep fighting toward my goals and to trust myself all the way. I encourage you to do the same.

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 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.

Visit us online at **utrgvrider.com**

Priorizando la salud mental UTRGV ofrece grupos de apoyo, terapia

Paulina Longoria

THE RIDER

El Centro de Asesoramiento de UTRGV ofrece cinco grupos de sesiones virtuales para estudiantes que completen un examen diagnóstico y necesiten ayuda con el manejo de estrés, luto, comportamiento, amor propio y recuperación de la creatividad.

Christopher Albert, director del Centro de Asesoramiento, dijo que el centro proporciona servicios de salud mental confidenciales y gratuitos para los estudiantes.

“Ayudamos a estudiantes inscritos que necesiten ayuda con su salud mental, así que les proporcionamos servicios de terapia profesionales”, Albert dijo. “También hacemos extensión en la educación de acuerdo a cuestiones de salud mental”.

Para iniciar servicios en el centro, se les realiza a los estudiantes un examen diagnóstico en su primer cita “para entender la naturaleza y el impacto del problema que presenten y se les proporciona opciones de que les podría ayudar a resolver sus preocupaciones”, según el sitio web.

Andrew Pérez, un terapeuta clínico supervisor, dirige las sesiones del grupo continuo “Integrando la Mente Sabia” (“Engaging the Wise Mind”) de 3:30 a 4:30 p.m. los jueves.

Pérez dijo que es un grupo abierto que empezó en el semestre de primavera y acepta estudiantes que pueden quedarse por el tiempo que necesitan.

“Involucra enseñarles habilidades a los estudiantes para manejar cosas como el estado de ánimo y angustia, y cómo se comunican con otras perso-

Sesiones de grupos de Asesoramiento

Por Zoom

1 p.m.	Manejo del Estrés Empieza hoy
Lunes	
3 p.m.	Amor-Propio Empieza el 20 de octubre
Martes	
3:30 p.m.	Integrando la Mente Sabia Grupo abierto

Centro de Asesoramiento de UTRGV: (956) 665-2574 | (956) 882-3897

nas”, él dijo. “Vamos a hablar sobre esas cosas y alentar a los estudiantes a apoyarse entre ellos mismos y practicar esas habilidades”.

La terapia dialéctica conductual (DBT, por sus siglas en inglés) también es el enfoque del grupo.

“[DBT] incluye opuestos y el entender que usualmente hay un área gris en la vida, no necesariamente es dividir las cosas entre correcto o incorrecto, o lo bueno y malo”, Pérez dijo.

El día de hoy de 1 a 2 p.m., el grupo de cinco semanas de “Manejo del Estrés” (“Stress Management”) tendrá su primera sesión con Regina Sandoval, una practicante de asesoramiento, y Albert.

“Es para proporcionarles ayuda con habilidades para enfrentar problemas y técnicas útiles”, Sandoval dijo. “Empezaremos dándoles información en cuanto a la an-

siedad y el estrés, tratando de enseñarles lo básico”.

Ella también dijo que es un grupo cerrado, pero si otros estudiantes quisieran unirse, ellos pueden hacerlo durante las primeras tres semanas.

Albert dijo que ellos escucharán las necesidades de cada miembro del grupo, pero ya saben qué enseñarles en la primera sesión.

“Explicaremos los términos básicos de lo que es el estrés, lo que sucede en el cuerpo, en la mente, y después las habilidades técnicas fundamentales para aprender, las cuales son técnicas de respiración”, él dijo.

Unos ejercicios que enseñarán en las sesiones son respiración con el diafragma, relajación muscular progresiva, técnicas de imaginación y consejos para la higiene del sueño.

Las terapeutas clínicas María Alejandra Mazariegos y Carmen Villegas llevarán a cabo

FOTO ARCHIVADA DE THE RIDER

el grupo de seis semanas “Amor-Propio” (“Self-Love”) de 3 a 4 p.m. los martes empezando el 20 de octubre. Será un grupo cerrado.

“[Es] un grupo de seis sesiones para mejorar nuestra autoestima, aprendiendo un poco sobre auto-compasión, auto-cuidado”, Villegas dijo.

Ella dijo que es la tercera vez que se lleva a cabo el grupo.

“Ha sido exitoso en la participación de los estudiantes”, Villegas dijo. “Ellos aprenden mucho de ellos mismos y son capaces de crecer juntos y participan y socializan, lo cual es algo que vemos menos durante estos tiempos desafiantes”.

Ella dijo que el grupo sería una buena oportunidad para que los estudiantes puedan establecer contacto con sus compañeros fuera de las clases.

Ashley Martínez, una practicante de asesoramiento, y Elsa García, una terapeuta clínica,

empezaron el grupo de ocho semanas “Un Momento de Luto” (“A Time To Grieve”) de 2 a 3 p.m. el pasado miércoles.

“Parte de la razón por la que sentí que era importante tener este grupo es que mucha gente está pasando por un proceso de luto durante este tiempo incierto”, Martínez dijo. “Por ejemplo, no ser capaz de hacer una debida sepultura para miembros de la familia, o no poder estar con sus familiares en hospitales”.

Ella dijo que el grupo no limitará a los estudiantes a hablar de una muerte reciente, también pueden hacer duelo y recordar muertes en su pasado.

“Yo pienso que el propósito del grupo también es sólo proporcionar un lugar seguro y [normalizar el] recordar a nuestros seres queridos”, Martínez dijo.

Christy Rivera, una practicante de asesoramiento, y Valerie Rivera, una trabajadora social clínica para la Facultad de Medicina, empezaron el grupo “Recuperando a tu Niño Interior” (“Recovering Your Inner Child”) hace tres semanas. Es un grupo de ocho sesiones que se junta de 2 a 3 p.m. los lunes.

“[Se] ... enfoca en las personas que pasaron por momentos difíciles en su infancia y tal vez reprimieron a su niño interior”, Christy Rivera dijo.

Ella definió el “niño interior” como tu creatividad, sentimientos e intuición.

“Se basa en actividades”, Christy Rivera dijo. “Hacemos muchos dibujos con diferentes colores y escribimos nuestros sentimientos. ... La meta es retomar el contacto con ese lado

Vea GRUPO, Page 7

Trump-Biden debate se convierte en caos

Fernanda Figueroa

THE RIDER

El primer debate presidencial entre el presidente Donald J. Trump y el ex vicepresidente Joe Biden se transformó en caos la noche del pasado martes mientras el presidente interrumpía constantemente a Biden.

Desde el principio, Trump interrumpió a Biden durante la mayoría de sus respuestas, haciendo que el vicepresidente perdiera el hilo de sus pensamientos. A 15 minutos del debate, mientras Biden alentaba a los ciudadanos a votar, las réplicas de Trump acabaron con el vicepresidente, haciendo a Biden decir, “¡Hombre! ¿Podrías callarte?”

Los dos candidatos mostraron un estilo diferente al debatir. Biden enseñó un método convencional, hablando directamente a la cámara para tratar de transmitir su mensaje. Trump usó las mismas tácticas que usó durante la elección del 2016, las cuales incluyeron ataques personales e interrupciones constantes.

“Señor presidente, su campaña aceptó que los dos lados tendrían respuestas de dos minutos. Sin interrupciones”, dijo Chris Wallace, conductor de “Fox News Sunday” y moderador del debate. “¿Por qué no respeta lo que su campaña aceptó como una regla básica?”

El debate, el cual tuvo lugar en Cleveland, fue dividido en seis segmentos para discutir temas como la Corte Suprema, COVID-19, economía, raza y violencia, y la integridad de la elección, todos escogidos por Wallace.

Se le preguntó a Trump sobre la nominación de Amy Coney Barrett a la Corte Suprema.

Trump alabó a Barrett y dijo que era el derecho de los republicanos el poder nominarla, alegando que los demócratas hubieran hecho lo mismo.

“Ganamos la elección, por lo tanto, tenemos el derecho de escogerla”, Trump dijo. “[Ella es] una nominada fenomenal, respetada por todos, destacada en la academia, buena en todas las maneras, así que pienso que ella será fantástica”.

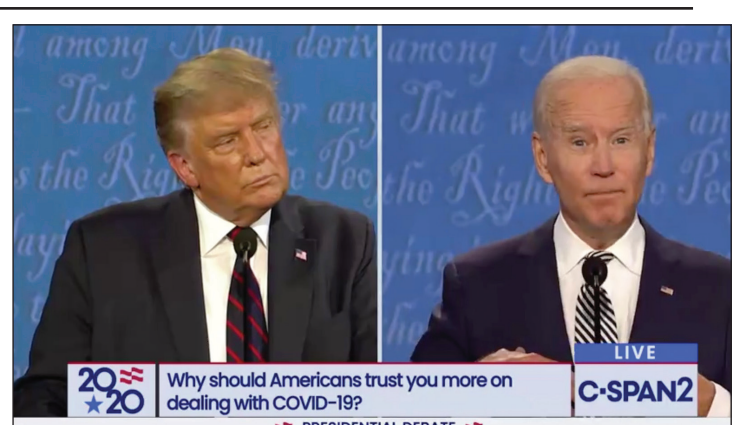
Biden, aunque no tiene prob-

lema con la cualificación de Barrett, dijo que el problema es que desde que la votación ya empezó, los ciudadanos no tendrán oportunidad de expresar adecuadamente sus opiniones respecto a la nominada.

“Los americanos tienen derecho a decir quien es el nominado para la Corte Suprema”, Biden dijo. “Eso ocurre cuando ellos votan por los senadores de los Estados Unidos, y ellos no tendrán la oportunidad ahora porque ya estamos en la mitad de una elección. Lo que debería pasar es que deberíamos esperar y ver cual es el resultado de la elección porque esa es la única manera en la que los americanos pueden expresar sus opiniones”.

En cuanto al COVID-19, Biden no se echó para atrás, culpando a las 200,000 muertes en los Estados Unidos en la falta de respuesta del presidente, diciéndole a Trump, “salte de la trampa de arena y del campo de golf” para ayudar a salvar vidas.

“Cuando le presentaron los números [a Trump] él dijo, ‘Es lo que es’. Bueno pues es lo que



El presidente Donald Trump (izquierda) y el ex vicepresidente Joe Biden responden a las preguntas durante el debate presidencial del pasado martes. Los temas que se incluyeron en el debate fueron la Corte Suprema, COVID-19, la economía, raza y violencia, y la integridad de la elección.

CAPTURA DE PANTALLA TOMADA POR ROBERT BENAVIDEZ DURANTE LA TRANSMISIÓN EN VIVO DEL DEBATE PRESIDENCIAL DEL 2020 POR C-SPAN

es por quien eres tú”, Biden dijo. “El presidente no tiene un plan. El no ha establecido nada”.

Trump tomó represalias, diciendo que millones hubieran muerto bajo el liderazgo de Biden, que él hizo cosas que Biden nunca hubiera hecho y que las “noticias falsas” están distorsionando su récord.

“Si vieras lo que hemos hecho, yo lo cerré”, Trump dijo. “Tenemos las batas, tenemos las máscaras, hicimos los ventiladores. Tú no hubieras hecho los ventiladores y ahora estamos a semanas para tener una vacuna”.

De acuerdo a los reportes

recientes de que Trump sólo pagó 750 dólares en impuestos de ganancias federales en el 2016 y 2017, Trump dijo que pagó millones de dólares en impuestos mientras Biden lo presionó a enseñarle a los americanos sus declaraciones de impuestos. Mientras Trump estaba discutiendo sobre el código de impuestos, Biden lo llamó “el peor presidente que América ha tenido”.

Cambiando al tema de raza y violencia, Wallace le preguntó a Trump si él condenaría y le pediría a los supremacistas blancos y los grupos de milicia

Vea DEBATE, Page 7

Loredo's Hispanic roots drive soccer career

Ivan Palacios

THE RIDER

Sergio Loredo Jr. remembers struggling to climb out of bed in the mornings growing up, as his dad woke him to get ready for soccer training. Loredo, now a graduate student at UTRGV, thinks back to those days and is grateful for his father pushing him.

"Apparently, when I was younger, my dad would always say I never wanted to wake up to play," said Loredo, a forward for the UTRGV Men's Soccer Team. "To be honest, he would force me when I was younger. But I'm glad he forced me because now I love it. I play every day and I'm always excited to go practice and play."

He grew up watching Hispanic greats such as Cuauhtémoc Blanco and Giovanni Dos Santos play for the Mexican national team. While he idolized these athletes, Loredo took the most from his dad, whom he watched play soccer growing up.

"He would always work hard at anything, not just playing, but all around in life," he said. "He would always say you need to work. Basically, if you want something, you need to work for it. Whenever I'd watch him play, he'd always be running around everywhere and he'd be tackling people just getting

the ball here and there. All around, that gave me messages to work for whatever I want."

Thanks to his father pushing him, Loredo came out of high school as the No. 7 recruit in Texas. Following the end of his high school career, he chose to leave his hometown of Houston to continue his soccer career at UTRGV.

Loredo credits the strong Hispanic culture and growth of UTRGV as some of the reasons

"But just for the school in general I am very excited to see what's in the future."

-Sergio Loredo Jr.

for him choosing a school.

"I had never really been here, so when I visited [UTRGV], it was like, not home, but I fit into the culture because it's Hispanic," he said. "Obviously, it's grown over the years. I've been here for five years now and, in those five years, I can tell the difference that the UT System brought in. It fit in with the culture. I can't complain. It's close to home."

Loredo's Hispanic roots run deep being the eldest son of



UTRGV Men's Soccer forward Sergio Loredo Jr. (left) marks his opponent at an away game against Texas A&M International University on Aug. 20, 2018. PHOTO COURTESY UTRGV ATHLETICS

Sergio and Lucy Loredo, who are from Mexico. Aside from his father pushing him to practice, Loredo was also driven by his parents to use soccer as a way to get an education.

"My parents were always, like, you can get your school paid for if you play," Loredo said. "They were pushing that, too, which I'm glad because now they can help out my brother and sister. It's just, like, little things that go down the line. My little brother and sister can go to college now. They have more money for that. It's just nice because they pushed school on all of us. That's a big thing so you could go to the next part of your life. Now I can help them out specifically."

Last spring, Loredo made it his goal to use soccer as a way to get an education. This became a reality when he graduated from UTRGV with a Bachelor of Multidisciplinary Studies. In doing so, he became the first person in his family to get a college education.

With a college degree now under his belt, Loredo is look-

ing forward to life after soccer and is excited to see what the future of UTRGV holds as well.

"We're supposed to play in the spring, so I'm just excited to get that started and, hopefully, it does play out," he said. "But just for the school in general I am very excited to see what's in the future. I've been here for a couple of years now. I'm like an old man on campus. It's nice to see where it leads to. And I'm excited to see in 10 years where it's at."

Loredo takes pride in being a Hispanic athlete at the collegiate level and hopes that his experiences can help other Hispanic athletes achieve their own dreams of playing collegiately.

"It feels nice," he said. "There are, honestly, younger kids from Houston messaging me and asking me questions. My friends' little brothers are asking me questions 'cause they know I'm in a D1 program. Obviously, as a younger kid you want to play as high as you can and be in school at the same time."

"I get asked quite a few 'What do I need to do?' or 'What's

something that you would recommend?' and things like that. It's nice because they do not look up to you, but they come to you for questions to figure things out. So, it makes me feel like I'm 'the man' sometimes. It's just little things like that. It's nice just to see people are thinking of you when they see something good. It's nice to represent where I'm from."

Going into what may be his final season at UTRGV, Loredo has begun to think about what life after soccer looks like for him.

"I was looking at either franchising a business or maybe get some houses and fix them up and then flip them," he said. "I have some buddies who do that in Houston and I actually just started working with one of them here. It's nice, not in the short term but in the long term, what it could add up to be. Obviously, you have to work with the construction part, but I'm willing to do that. It's something interesting to me."

Athlete of the Week: EJ Taylor

Junior multidisciplinary studies major EJ Taylor is a member of the UTRGV Baseball Team. Taylor started his athletic collegiate career at UTRGV during the 2020 season. Before 2020, he played with Northern Oklahoma College in Enid. He had his career-best 3-for-4 with a run scored during the UTRGV vs. South Dakota State game on Feb. 28.



EJ Taylor

Q: What is your favorite sports memory?

A: "It's got to be in 2019, when my junior college won the national championship. That was a big accomplishment for me and my teammates at that time and that was a goal

we set out to do. It was just as close to a feeling to being magical."

Q: What inspired you to start playing baseball?

A: "I played football and baseball growing up. I guess the environment I grew up in, too. I guess you can kind of put it on that and my family. My dad put the baseball bat in my hand when I was around 4 or 5, and I just kept it. It just kept going and it just grew. It just grew on me. I loved it. Ever since then I just continue to play it."

Q: What is your favorite thing about baseball?

A: "Everything about baseball, I would say, because it relates to life. It's one of the, I think, few sports that relates to life. You are going to fail sometimes, like in life. Baseball is a game of failure. It is all about how you come across it and how you respond to it."

Q: Who would you say is your sports model?

A: "Well, all sports in general, I would say LeBron James just because he is so consistent in what he does. I mean, he just handles everything, I feel, like in the right way. Baseballwise,

I would say Matt Kemp. He is from my hometown and went to the same high school as me. He made it to the biggest stage in baseball, so I feel like that's a goal. That is like a dream."

Q: What is your favorite genre of music?

A: "I'm passionate about my music taste. So, I would say definitely hip-hop and rap are my favorite. The reason why that is my favorite is because I feel [that I] can relate to it. A lot of those things they say in raps and in hip-hop about, like, growing up in the city are familiar to me. I feel like they say a lot of things and they put them into metaphors. I like when someone can, like, put how I feel into music on a beat and make words rhyme. I think that is one of the best arts."

Q: What is your favorite way to start your day?

A: "Probably wake up in the morning, pray and then after I pray, I listen to music and kind of just see what I got going on for the day. I usually make, like, the schedule for the day each day. So, I pray usually every morning and put on some music."



UTRGV Baseball Team first baseman EJ Taylor

COURTESY PHOTO

Safe studying

Karina Rodriguez

THE RIDER

Amid COVID-19, students have faced the issue of having to find convenient places to study while still being safe from the virus. Loud households, families all being at home and virtual learning has made studying at home difficult for many students.

Freshman theatre education major Briana Arechar said she prefers to study at the coffee shops MoonBeans Coffee and Starbucks because it is easy to get distracted at home.

"I'll get really distracted at home, and all I'll want to do is lay down, watch TV and be on my phone," Arechar said.

She sees her home as a place to relax rather than do homework.

"I kind of use, like, going home as a reward," she said. "I would tell myself, 'OK, when you finish all your work, you can go home, relax and have your leisure time.'"

Sophomore theatre major Yajaira Jaimez said she is careful and makes sure to take the proper precautions when she studies in public.

"When I study in public, I make sure to wear a mask, always have hand



Roxanna Miranda/THE RIDER PHOTO ILLUSTRATION

Many students have found it difficult to study from home and face the issue of having to find a suitable place to do so. "I study at coffee shops a lot. I guess only because the atmosphere is very slow. It is a place to concentrate," said biology junior Mickaela Casas.

sanitizer and always have disinfectant wipes," Jaimez said. "I also try to avoid going to well-known places."

She also said that while studying in public is good, studying at a

friend's house increased the amount of time she studies.

"In public places, I only study for about an hour," Jaimez said. "If I study at a friend's place, I feel like I can study

for as long as I need."

Junior biology major Mickaela Casas said having a family at home while she studies is difficult.

"I have family there that will try to talk to me, or even watching a movie that I want to watch with them," Casas said.

Her favorite places to study are coffee shops.

"I study at coffee shops a lot," Casas said. "I guess only because the atmosphere is very slow. It is a place to concentrate. I do not get distracted at coffee shops as easily as I do at home."

She said students should study outside of their homes if they believe it can benefit them as long as they take the correct precautions.

"I say go for it," Casas said. "As long as you take the right precautions, like wearing a mask, washing your hands and social distancing, you should be OK. If you feel that it's going to help you in the long run and help you concentrate, you should. ... Anything you can do to help you get through the semester, you should do as long as the right precautions are being taken."

The Doodler

By Elizabeth Mendoza



Spooky season is here!



GRUPO

Continúa de Página 5

tuyo que ha sido algo reprimido".

Valerie Rivera dijo que es un grupo cerrado y que no aceptarán que se unan más estudiantes. Ellas quieren que sus estudiantes actuales se sientan a gusto entre ellos mientras comparten sus vulnerabilidades sin sentirse expuestos a

nuevas audiencias.

Albert dijo que si los estudiantes están interesados en los grupos que ya comenzaron sus sesiones, el centro podría apoyarlos en el semestre de primavera.

También parte del Centro de Asesoramiento, el Programa del Centro de Recuperación Universitaria (*Collegiate Recovery Program*) ofrece cuatro gru-

pos de apoyo abiertos a estudiantes de UTRGV que batallan con problemas de alcohol, drogas y otras adicciones.

"Trabajamos para apoyar a los estudiantes [que] están en recuperación de varios tipos de adicciones", dijo Krystal Klein, la directora asistente del Centro de Asesoramiento y el Programa del Centro de Recuperación Universitaria.

Para registrarse, los estudiantes de-

ben mandar un correo electrónico a recovery@utrgv.edu.

"Razones para contactarnos o preguntarnos sobre nuestros servicios son que sabemos que cuando los estudiantes están en mejor estado en cuanto a su salud mental, ellos tienden más a tener un mejor rendimiento estudiantil, se sienten mejor y trabajan mejor generalmente", Albert dijo.

DEBATE

Continúa de Página 5

que se retiren.

"Claro, estoy dispuesto a hacer eso, pero yo diría que casi todo lo que veo es del ala izquierda, no de la derecha", Trump respondió.

Biden intervino, pidiéndole, "Dilo. Hazlo. Dilo".

"Proud Boys, retrocedan y estén listos", Trump dijo. "Pero déjame decirte, alguien tiene que hacer algo sobre Antifa y la izquierda porque este no es un problema del ala derecha. Esto es un problema del ala izquierda".

La organización Proud Boys se describe como "chauvinistas occidentales" y regularmente esparce memes de nacionalistas blancos, según el Southern

Poverty Law Center.

Antifa es un movimiento político de protesta en contra de fascistas.

El debate vicepresidencial entre el vicepresidente Mike Pence y la senadora Kamala Harris se llevará a cabo el miércoles y será moderado por Susan Page del periódico USA Today.

Trump y Biden tendrán su segundo debate presidencial el 15 de octubre en

el Centro Adrienne Arsht en Miami. Será moderado por Steve Scully de C-SPAN Network.

El último debate presidencial se llevará a cabo el 22 de octubre en la Universidad Belmont en Nashville y será moderado por Kristen Welker de NBC News.

--Traducido por Paulina Longoria

ASK

Continued from Page 1

course that's fully online, you know. I want to get that interaction with the professor. It's just completely different than any previous class."

Canales said she is overwhelmed with her workload this semester, but

feels she is absorbing more information by reading the material herself rather than being lectured.

"I have been reading a lot and I feel like I'm learning a lot, too, but my professors have assigned a lot of work," she said. "So, if I had the physical classes, I wouldn't have that much work, but I also wouldn't learn as

much as I am right now."

Asked what she anticipates to be the biggest struggle with her midterms this week, Canales replied, "I think concentrating in the classroom is way easier than taking a test online, mostly because there's more people around and because I think about other stuff that I have to do. So, when I'm taking

[the test] I think, 'I have to do this work and I have to go to this place today.'"

UTRGV Experts

Stephen Crown, a UTRGV mechanical engineering professor, addressed some of the questions and concerns the students have.

See ASK, Page 8

ASK

Continued from Page 7

In his own classroom, Crown will exercise the hybrid reduced seating arrangement to give his students the opportunity to take the exam on campus.

However, due to COVID-19, this will require four classrooms and hired test prompters to ensure that all students follow the Centers for Disease Control and Prevention (CDC) guidelines, according to Crown.

"I wanted to do face-to-face exams for all my midterms and possibly the final," he said. "I like to see students work. So, I want to see what they're doing, how they're doing that and give them credit for it, rather than just final answers. Online testing can be more challenging in that way."

SGA

Continued from Page 1

student individually, and then you all can determine from there if you'd like to accept the stipend or decline it," Dominguez told the SGA members.

She said there will, hopefully, be more information regarding the stipends within "the next week or so."

"I know it's taken us a little bit longer, but we want to make sure we're strategic and we're being thoughtful in the entire process," Dominguez said.

In an email to The Rider, Dominguez attached a photo of the possible stipends to be awarded to SGA members based on their positions. Stipends will range from \$50 monthly for associate justices, the executive cabinet and

Crown said he has encountered many issues with Zoom-issued exams in terms of integrity and, therefore, is using the lockdown browser as his second option for test-takers.

"Originally, I wasn't a big fan of [the LockDown Browser], but it does seem to help in terms of the integrity issue," he said. "It has a feature where if something looks suspicious, then it flags that in the recording."

Asked for his thoughts on this being arguably the most overwhelming semester for students, Crown replied that he completely understands and feels overwhelmed himself.

"I'm not really getting any extra work done, it's just so much less efficient doing things," he said. "It takes more time sometimes. ... I've been less efficient in this environment. So, I try to be understanding of that with the students because I feel it myself."

senators to \$75 for the chief justice and senate officers and \$150 for the senate chair and executive officers.

The SGA also appointed Senator DesiRae Smith as chair of the Academic Affairs Committee. Smith said she has been interim chair of the committee for more than a month.

"I feel I've led and helped to further student issues brought forth to the Academic Affairs Committee in just the little time that I have been interim chair," said Smith, who is a senator for the Graduate College.

Members of the new First Year Internship cohort introduced themselves to the SGA senators.

As previously reported by The Rider, FYI is a semesterlong leadership program for entering first-year college students to learn from an SGA mentor and

Crown's study tips for success include underlining important material, taking notes, attending class regularly, sticking to a schedule, repetition or re-writing notes, turning in assignments on time and reviewing notes.

"I think the best way to learn, and especially for an asynchronous class it's easy to let things build up, but I really believe our brains work best when we're learning things in small, repetitive exercises," he said.

The mechanical engineering professor strongly advises students to not get used to procrastinating and, rather, chip away at assignments in gradual increments.

"If students really want to do well, I would strongly suggest they have a schedule," Crown said. "I think sometimes there's too much focus on the exam and more of it should be on attending class regularly, doing home-

about the association.

Fifteen new interns spoke about themselves, and another was unavailable to attend the meeting.

Jose Rojas, FYI director, said the students showed "passion and dedication in the interview process and the application process."

"You are now a part of the SGA family," Rojas told the new interns. "We would like to think that this is a family; we are advocates for the students."

The SGA is looking for new members in all three branches. Vacant positions within the legislative branch include senators for the College of Liberal Arts, the Robert C. Vackar College of Business & Entrepreneurship, the School of Social Work and more, according to the SGA's Facebook page.

In an email sent to The Rider Sept.

work assignments on time, doing readings, reviewing your notes, re-writing your notes. And also, studying for exams doesn't have to be an all-day affair. It could just be something that takes a few hours before the exam to refresh your memory."

For students who find themselves unable to think clearly at home, Crown suggests coming to campus and finding a quiet spot to take the exam.

Crown said he commends students who have not given up during this difficult time.

"We understand it's a tremendous challenge," he said. "College is incredibly difficult just on its own, without all this. I've been so impressed with my students who really desire to continue to learn. ... We're doing all we can to help you get through this and we wish you all the success that your effort deserves."

24, Carlo Flores, SGA vice president for Brownsville, said there are 37 open positions. Five of the vacant positions are within the executive team, four are in the judicial branch and the other 28 are within the legislative branch, according to the email.

To apply for a position within the association, students can visit its VLink page at <https://utrgv.campuslabs.com/engage/organization/sga>. There, students can also fill out a Student Concern Form to submit any concern they may have within UTRGV.

Last Thursday night, the Student Government Association presented its annual State of the Student Body Address at 7:30 p.m. via Facebook Watch Party.

To view the address, visit the SGA's Facebook page at <https://www.facebook.com/utrgvsga>.

COUNSELING

Continued from Page 3

mental technique skills to learn, which are breathing techniques," he said.

Some exercises that will be taught in the sessions are diaphragm breathing, progressive muscle relaxation, imagery techniques and sleep hygiene tips.

Clinical therapists Maria Alejandra Mazariegos and Carmen Villegas will conduct the "Self-Love" six-week group from 3 to 4 p.m. Tuesdays starting Oct. 20. It will be a closed group.

"[It is] a six-session group on improving our self-esteem, learning a little bit about self-compassion, self-care," Villegas said.

She said it is the group's third cohort.

"It's been successful in students' participation," Villegas said. "They learn a lot about themselves and they're able to grow together and engage and socialize, which is something we kind of see less of during these challenging times."

She said the group would be a good opportunity for students to engage with peers outside of classes.

Ashley Martinez, a counseling intern, and Elsa Garcia, a clinical therapist, started the "A Time to Grieve" eight-week group from 2 to 3 p.m. last Wednesday.

"Part of the reason why I felt the importance of having this group is a lot of people going through the grieving process during this uncertain time," Martinez said. "For example, not being able to do proper burials for family members, or not being able to be with their family members in hospitals."

She also said the group will not limit students to talk about a recent death, but they could also grieve and remember past deaths.

"I think the purpose of the group also is just to provide a safe place and [normalize] remembering our loved ones," Martinez said.

Christy Rivera, a counseling intern,

and Valerie Rivera, a clinical social worker for the School of Medicine, started the "Recovering Your Inner Child" group three weeks ago. It is an eight-session group that meets from 2 to 3 p.m. Mondays.

"It's ... focusing on people who went through difficult things in their childhood and maybe suppressed their inner child," Christy Rivera said.

She defined the "inner child" as your creativity, feelings and intuition.

"It's activity-based," Christy Rivera said. "We do a lot of drawing with different colors and writing out our feelings. ... The goal is to get back in touch with that side of yourself that's been kind of suppressed."

Valerie Rivera said it is a closed group and will not allow other students to join. They want their current students to become comfortable with each other while they talk about their vulnerabilities without feeling exposed to new audiences.

Albert said if students are interested in the groups that have already started their sessions, the center could support them in the spring semester.

Also part of the Counseling Center, the Collegiate Recovery Program offers four support groups open to UTRGV students struggling with alcohol, drugs and other addictions.

"We work to support students [who] are in recovery from various types of addictions," said Krystal Klein, assistant director of the Counseling Center and Collegiate Recovery Program.

To sign up, students must email recovery@utrgv.edu.

"Reasons for contacting us or asking about our services is that we know that when students are in a better place mental-healthwise, they're more likely to do better as a student, they'll feel better and function better generally," Albert said.

DSS

Continued from Page 3

that they are "less than" by not having representation in picture books or cinema.

He urged the UTRGV community to recognize this struggle and join him in his fight to change the lack of representation for Latinos in the U.S., starting with the 2020 presidential election.

"If we Latin people are the largest

voting block at 32 million registered voters ... and Texas is 40% Latino and 12% Black ... we have a big chance of turning that blue," Leguizamo said.

His most recent film, "Critical Thinking," about a dedicated teacher who inspires a group of Latinx and Black teens to become chess champions, took him two decades to complete due to multiple rejections within the industry.

"There are no Latin executives who appreciate our culture," Leguizamo said.

debate, but due to the fact that Republicans hold the Senate, it is highly probable that she will get confirmed.

"Based on what we have seen publicly from statements from Republican senators, it does not appear to be the case that there are enough votes to say no," said Charles Olney, a UTRGV political science assistant professor. "The only important caveat out there is public opinion could change, and the process has already been pushed pretty quickly, and trying to force it before the election might be difficult. I don't see any reason to think she won't be confirmed."

Another issue that Democrats have with the nomination of Barrett is how close it is to the elections, especially when in 2016, Republicans refused to begin hearings for the nomination of

In response to the coronavirus, he said it has given him an opportunity to reconnect with his family and slow down.

"The pandemic really gave us a chance to reboot, to really rethink about ourselves and to think of ourselves as a nation," Leguizamo said. "I really think that Black Lives Matter really had a chance because of coronavirus. It tried to have a life two years ago and a year ago, but right now, everybody joined in."

Judge Merrick Garland in February because it was an election year.

"The law is what it is," Olney said. "They have not done anything illegal. They are just using the power of the Senate as best they can to exploit their advantages. However, you have to admit given the firmness with which they laid out commitment to a precedent, which they are now valiantly violating, it's hard to treat it as anything other than a pure operation of political power."

Smith further explained that constitutionally, Republicans have a right to nominate Barrett, but doesn't mean they should.

Sen. Elizabeth Warren (D-Massachusetts) has called out the nomination tweeting, "No confirmation before the inauguration."

He concluded the lecture by saying that Latinos are resilient and wished UTRGV students the best of luck in the rest of the semester.

"You got big futures ahead of you," Leguizamo said. "This is a Latin time, it's our time, and it's finally come, and it's come for you, and I'm glad you're gonna be a part of it."

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Continued from Page 3

right by virtue of nullifying Roberts' comparative ideological moderation."

If Barrett is appointed, the dynamic of the Supreme Court will shift to a new balance of ideologies.

"The ideological balance of the Court has been typically five conservative votes versus four typically liberal votes," said Charles Chapman, a UTRGV political science lecturer. "But, if Judge Barrett is confirmed by the Senate, which is probable, the five-to-four voting pattern will shift to six to three on cases with major ideological ramifications."

Whether or not Barrett will get appointed to the Supreme Court is up for

Despite the backlash from Democrats, Republicans have maintained their support of Barrett with White House Press Secretary Kayleigh McEnany making a statement during a press briefing last Thursday.

"If confirmed Judge Barrett would be the only Republican nominated woman on the court and the fifth woman in the court's history," she said. "Her qualifications are many, her character is unquestionable, her devotion to the Constitution and interpreting the law as written is steadfast. Judge Amy Barrett is the right choice to serve on the Supreme Court."

The Senate Judiciary Committee will begin the confirmation hearings Oct. 12.