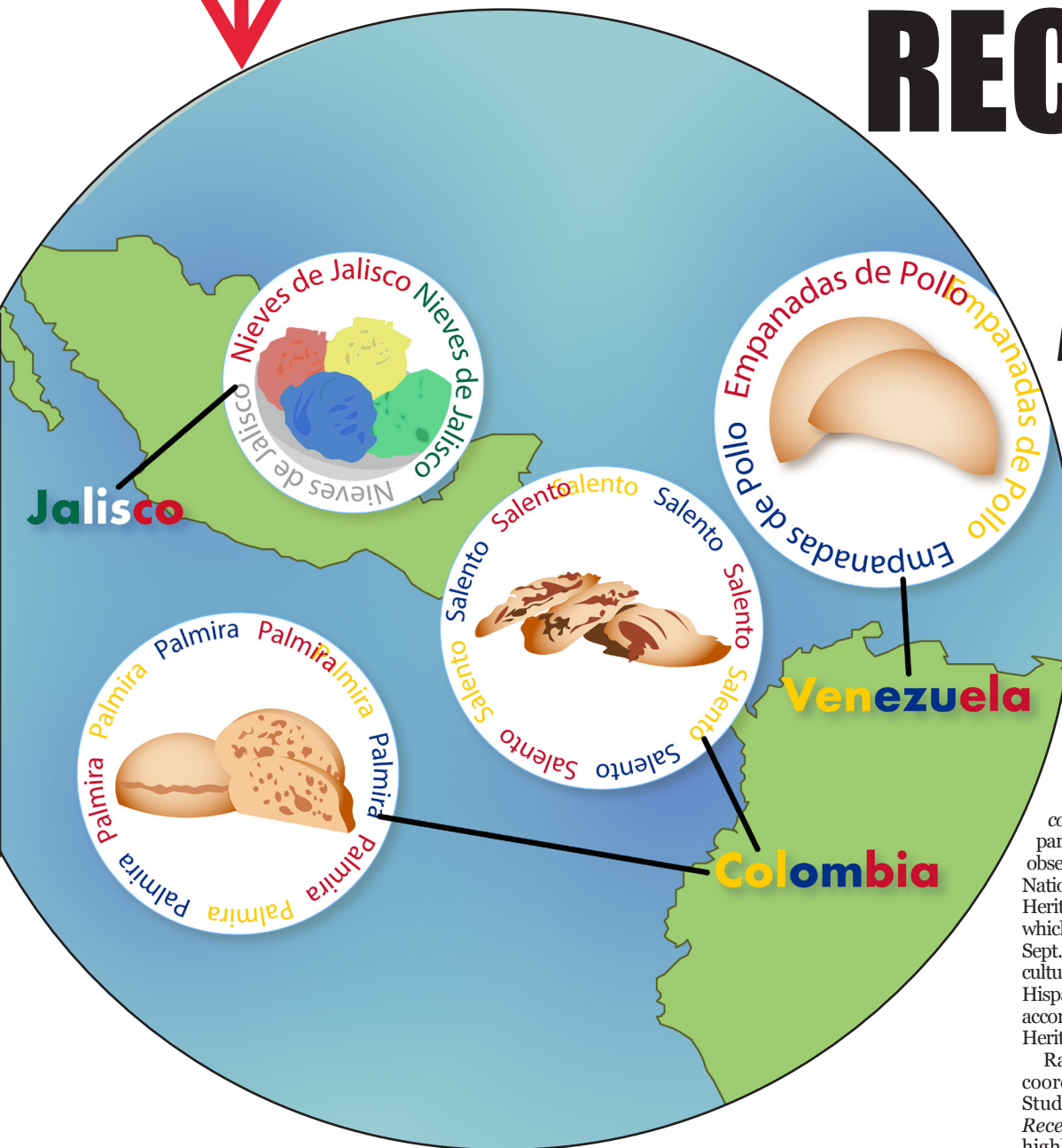


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Aura Velasquez/THE RIDER GRAPHIC

RECETAS CON AMOR

Fatima Gamez Lopez
 SPANISH EDITOR

The Center for Student Involvement and the Council for Cultural Activities will host *Recetas con Amor* on both campuses to embrace the Latinx heritage through the universal language of food.

The event will take place from 11 a.m. to 1 p.m. Tuesday in Salón Cassia on the Brownsville campus and from 5 to 7 p.m. Thursday in the University Ballroom on the Edinburg campus.

Recetas con Amor is part of UTRGV's observance of National Hispanic Heritage Month, which is celebrated each year from Sept. 15 to Oct. 15 to honor the cultures and contributions of both Hispanic and Latino Americans, according to the National Hispanic Heritage Month website.

Raul Leal Jr., program coordinator for the Center for Student Involvement, said *Recetas con Amor* was created to highlight comfort foods.

"So foods that make people

feel warm and reminds them of home," Leal said. "We were also thinking about our Latinx students who are not necessarily from the area and probably are missing that home-cooked meal from mom and dad."

The Center for Student Involvement and the Council for Cultural Activities tried to make the event "sound like a love letter to Latin American countries and provide students with an opportunity to get to try some foods from Latin American areas," he said.

The council used to host a similar event called Café Latino Americano, but this year they wanted to change the event and focus on "comfort foods."

"We opted to change the title of the event to *Recetas con Amor*," Leal said. "We were wanting it to be kind of like a love letter to Latin America, to the culture, and just making sure that we were highlighting as much as we possibly could."

Attendees will be able to enjoy different Latin American dishes.

"The first one is an ice cream

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Do not struggle in silence

Yamilet Galvez
 THE RIDER

Mental Illness Awareness Week, observed during the first week of October, was created by the National Alliance on Mental Illness to raise awareness and educate about the condition.

According to NAMI, one in five U.S. adults experience mental illness each year.

Fidencio Mercado, the interim school director for the School of Rehabilitation Services and Counseling, addressed the most prevalent mental health issues and the challenges individuals face today.

"I think now, over the last three years, we've seen somewhat of an increase post COVID," Mercado said. "... We've seen that increase in anxiety and depression primarily with younger clients, with adolescents. So as rehab professionals, we've identified these needs."

The UTRGV Counseling Center offers free and confidential services to address mental health concerns among the campus community through education and outreach services. The center is located in Student Union Room 2.10 on the Brownsville campus and in University Center Room 109 on the Edinburg campus.

Students can receive a range of See **HEALTH**, Page 3



Azenett Valdez/THE RIDER

Richard Clayton, a clinical therapist for the Counseling Center, advises students to spread the word about the different services the center has to offer last Tuesday on the Student Union Lawn on the Brownsville campus. Also shown are the Recovery Center of Cameron County Interim Executive Director Jesus Daniel Ramos and center Lead Counselor Dulce Campes.

VOTER REGISTRATION DEADLINE



ELECTION DAY IS NOV. 7

