



rattler

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San Antonio Coffee Must-Tries

According to St. Mary's Students

KENDRA TURNER
STAFF WRITER

Looking for a place to study or visit for a daily sweet treat? San Antonio is home to dozens of local coffeehouses and shops with unique specialties. These are just a few shops that San Antonio has to offer.

Vice Versa Coffee & Vinyl Records is located in the heart of St. Paul Square by the Alamodome. Celebrating its one-year anniversary in 2023, the coffee shop has already impacted the local

community. Besides just selling coffee and delicious pastries, Vice Versa sells records and offers listening spaces to enjoy tunes. While also hosting public events like poetry and chess nights. Last year, Vice Versa created a space for people to study, relax and feel at home.

Unfortunately, the coffee shop's AC broke down last June, forcing them to close for days. They posted a statement, via Instagram, stating, "Here we are four months later, and still trying to crawl out of that hole." Due to this

event, Vice Versa is asking for help from the community. There are various ways to help this beloved coffee shop by simply buying a coffee, sharing events, attending their jazz nights or donating directly to their GoFundMe. Their link, posts and stories are available through their Instagram @ viceversa.sanantonio.

New to San Antonio? Visit the Historic Pearl. The Pearl supports various restaurants with different types of cuisine and small businesses with curated and

market every weekend, and special night markets throughout the month of October.

The Pearl is home to Local Coffee Founders, located in the corner of the Pearl. Whether farmers market or roaming the pearl, Local Coffee provides a mid-day pick me up. Their menu boasts a selection of in-house syrups,

vanilla and salted caramel, to add something special to your drink. Their in-house horchata provides a delightful twist on traditional coffee offerings. The shop has a warm atmosphere making it perfect to sit down and work. If unsure about an order, the friendly baristas will help.

Another San Antonio gem is Indy Coffee Club off UTSA Blvd. This coffee shop focuses on Texas and American Southwest culture. They are known for their cereal milk latte, a drink that combines the comforting flavors of cereal-infused milk with the rich taste of espresso to create a nostalgic drink. Similar to Vice Versa, Indy Coffee hosts different events like the FotoSeptiembre that happened earlier this month, showcasing the life of San Antonio on film.

San Antonio coffee shop honorable mentions are Stranded Coffee, Theory Coffee and Bright Coffee. Stranded Coffee is a coffee truck that offers seasonal menus with fun syrups and flavor combinations. It's located next to another truck that offers breakfast tacos for a morning combination of

handcrafted pieces. They host a farmers

including flavors like Mexican

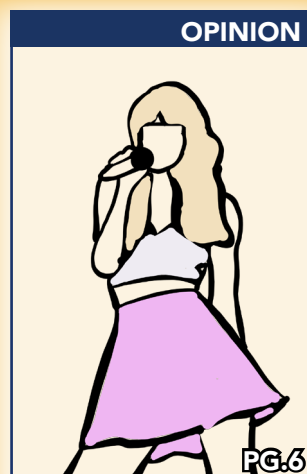
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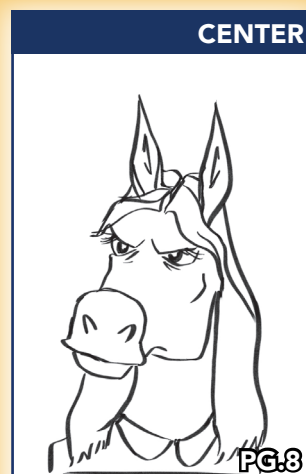
Graphic by: Victoria Olguin



Hispanic Heritage Month on campus



Taylor Swift's cultural impact worldwide



Learn all about Texas urban legends



Women's tennis ITA regional results

THE RATTLER

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Hispanic Heritage Month at St. Mary's starting out strong

SOPHIA KUSSEL
MANAGING EDITOR

St. Mary's University started celebrating Hispanic Heritage Month with its annual kickoff event in the University Center (UC). It's a long-standing celebration of Hispanic culture and history.

Before National Hispanic Heritage Month, there was only a commemorative Hispanic Heritage week, which was hardly enough time to celebrate all Hispanic contributions. The week was introduced in June 1968 by California congressman George E. Brown, a Quaker, civil rights activist and anti-war protester. Congressman Brown represented portions of East Los Angeles and the San Gabriel Valley, regions that contained large



Juan Pablo Valenzuela, Program Manager of Construction Management, shares the importance of HSIs. | Photo by Ashton Jeffers

Hispanic populations in California. The creation of the celebration stemmed from the momentum of the 1960s civil rights

movement and the push for Hispanic recognition in the U.S.

On Sept. 17, 1968, congress officially



Stella Silva, Ph.D., discussing the future of HSIs. | Photo by Ashton Jeffers

recognized the commemorative week, establishing Sept. 15 and 16 as the start of celebrations. In 1988, during the Reagan administration and thanks to legislation sponsored by Representative Esteban Torres, a full month was dedicated to establishing and celebrating National Hispanic Heritage Month.

St. Mary's University participates in celebrating Hispanic Heritage Month each year, with events happening on campus nearly every week until Oct. 24. The Hispanic Heritage Month Kickoff Event is the first event and occurs on Sept. 14 annually. During this event, multiple conferences that discuss St. Mary's role as a Hispanic-serving institution are held.

This year's event hosted two talks. The first was Building a Hispanic-Serving Institution Through Title V Initiatives, featuring Jason Pierce, Ph.D.; Margaret Alarilla, Ed.D.; Gary Ogden, Ph.D.; Betsy Smith, Ph.D.; and Jennifer Zwahr-Castro, Ph.D. The second was The Past Present and Future of St. Mary's as a Hispanic

Serving Institution, featuring Margaret Cantu-Sanchez, Ph.D.; Gerald Poyo, Ph.D.; Stella Silva, Ph.D.; Arturo Vega, Ph.D.; and Belinda Román, Ph.D.

The first session covered the complexities and benefits of Title V and its availability for St. Mary's students. Title V was originally given to schools in the 1990s that had large populations of Hispanic students. The Title V Promoting Postbaccalaureate Opportunities for Hispanic Americans (PPOHA) Program Grant was awarded to St. Mary's University in 2014 by the Department of Education, providing much-needed assistance for prospective graduate students. The University was given six grants in total.

St. Mary's PPOHA program aims to tackle the University's shortcomings in providing support for its large Hispanic student body and underprivileged post-baccalaureate students, to help them achieve their goals without obstacles. Speaking about promoting Title V, Dr. Zwahr-Castro, stated, "PPOHA is designed to remove barriers."

The second talk discussed the history and progress of St. Mary's as a Hispanic-serving institution. Being a Hispanic-serving school is integral to St. Mary's identity. Though the university is a Hispanic-serving school, it is often not discussed, specifically among students. The panelists argued that the university should lean into the Hispanic identity and not be reluctant to be proud of it. Being a Hispanic-serving institution has been a deep part of St. Mary's history since the 1950s. According to Dr. Vega, individuals need to think about attending a Hispanic-serving institution in terms of intentionality, what it should mean and produce for the school's future.

STANDARDS

The Rattler upholds the Mission Statements of St. Mary's University. The publication follows the Canons of Responsible Journalism, the Associated Press Stylebook and the Student Publication Policy. The Rattler is a member of the Associate Collegiate Press, the College Media Association and the Texas Intercollegiate Press Association.

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The content published in the Rattler is the responsibility of each respective writer. The views expressed in the staff editorial reflect the views of the majority of the editorial staff.

MISSIONS

Grounded partially in the Marianist values of family and community, we maintain an open forum for discussion. We strive to produce quality content that informs, not inflames; encourages, not discourages. We must be sensitive, not sensationalistic; reasonable, not ridiculous; balanced, not bitter.

Remembering university alumni, Kenneth Adam Cruz, Jr.

ASHTON JEFFERS
NEWS EDITOR

On Sept. 15, 2023, Kenneth "Kenny" Adam Cruz, Jr., age 23, passed away and joined his Heavenly Father. Born on Sept. 13, 2000 in San Antonio, TX, Kenny, affectionately known as K.C. by his family and friends, is survived by his parents, Kenneth Sr., and Linda Cruz; brother Kolby Cruz; grandparents, Delfina and Antonio Abundis; grandmother, Pearl Cruz; his beloved cat Gumball; and dog/nephew Jake, along with many aunts, uncles and cousins. He was preceded in death by his paternal grandfather, Antonio Cruz, and uncle, Carlos Abundis. Kenny was considered to be a gentle soul and a warrior with a heart of gold, firm in his faith in God.

He attended and graduated from Central Catholic High School as part of the Class of 2019, where he made many memories and friends. After high school, Kenny studied at St. Mary's University, earning his Bachelor of Arts degree in Chemistry on his 23rd birthday. The Cruz family shared, "The Cruz family would like to extend our sincere gratitude to all his professors for never giving up on him, and for the unconditional support they have given our family. Thank you to Dean Bessler,

Dr. Winston Everles, and Brother Tim for their unwavering support of Kenny and the Cruz family. We are forever grateful."

A great son, brother and friend, Kenny was an ardent student at St. Mary's, who planned to continue his education in medical school to become a pediatric oncologist. Along with Kenny's plans and interest in the medical field, he constantly supported his friends and peers through his love of music. Kenny enjoyed playing guitar, bass and ukulele, sharing his talent through social media and encouraging positive messages to those he knew. "Kenny was such a warm-hearted person," stated Brianna Valadez, junior engineering science major. "I am so honored that I had the chance to serve the Lord alongside his beautiful soul [at] Rattler Awakening. Over a short period of time, Kenny became such an important person in my spiritual life, which I will forever be grateful for. I will miss you dearly Kenny."

Kenny loved attending St. Mary's University for many reasons. He loved attending Rattler Awakening, participating in Catholic School Association, and helping his classmates in any way he could. Kenny enjoyed spending time with his family and friends, and fishing trips to Rockport. "Kenny

seemed so loving and kind towards everyone around him," stated Ava Berry, a sophomore



Kenny receiving his class ring. | Photo provided by Linda Cruz

biology major. "For just knowing him for a little amount of time, you could really see his love for God and those around him when serving on the Rattler Awakening retreat." Kenny was an amazing and tenderhearted student, son, brother, grandson and warrior for the Heavenly Father. He will be dearly missed by everyone whose lives he touched.

St. Mary's welcomes Stella Silva as next V.P. for Office of Inclusive Excellence

ASHTON JEFFERS
NEWS EDITOR

This fall semester, St. Mary's University welcomed Stella Silva, Ph.D. Dr. Silva started at St. Mary's on Aug. 7, 2023, and has already begun partnering with different groups and programs on campus that promote discussions of diversity, equity and inclusion. Dr. Silva will succeed Sheri King, Ph.D., who retired on May 31, 2023, and who served St. Mary's as the inaugural Associate Vice President for Diversity, Equity and Inclusion. This semester started strong with different opportunities for community engagement and involvement with events on campus that are important to recognized national holidays and celebrations like Hispanic Heritage Month, Black History Month and St. Mary's Marianist Foundation.

The Office of Inclusive Excellence began in 2021, upholding efforts to support, cultivate and highlight the inclusive atmosphere that St. Mary's campus fosters. The Office of Inclusive Excellence continues to engage in building community while combining Catholic and Marianist values and understanding the value of having different cultures and traditions present in a learning setting of a Hispanic-Serving Institution (HSI). The Office of Inclusive Excellence (IE) participates and plans important events of discussion and cultural engagement on campus, and provides online and campus resources that help students navigate in an educational environment and, eventually, in the workforce.

Dr. Silva has 27 years of experience in Texas higher education roles, in both teaching and administration, having a lot of experience working with students, and is prepared to take on a role in IE. She values bringing different experiences and backgrounds to

the table and knows its potential in a learning environment. "As a Catholic Marianist University, inclusive excellence is innate to our value system, specifically, in support of justice and peace, and seeing ourselves as part of a larger familia that supports each other," Dr. Silva stated when asked about why it's important to have IE on a college campus. "It is important that inclusive excellence opportunities are available for St. Mary's as a community so that we can consistently acquire, enhance and practice our inclusive excellence skillset. This involves engaging with each other productively even when we may not agree, increasing our level of cultural awareness to respect and celebrate cultural similarities and differences, and being able to see each other as children of God who are all welcomed at the Marianist table," Dr. Silva continued.

Having previously served students and campus communities at the University of Texas of San Antonio, Palo Alto College and Texas State University, Dr. Silva is well-versed in student affairs, event planning and coordination, demonstrated by her serving on one of the panels during the Hispanic Heritage Month kickoff event, covering topics of ongoing research and what it means to be an HSI. Dr. Silva looks forward to participating in more conversations about IE and how it applies to a wide range of disciplines and day-to-day experiences. "I hope to continue to spend time meeting and discussing with faculty, staff and students, ways to enhance inclusive excellence initiatives that are already in place, plus developing ways to implement new innovative inclusive excellence initiatives," Dr. Silva stated about future IE programming and opportunities to be involved on campus.

Dr. Silva spoke about her excitement for

future IE experiences and opportunities on campus and how to balance the needs of the St. Mary's community through IE.



Photo provided by St. Mary's University Digital Communications

"After almost two months serving as the Associate Vice President for Inclusive Excellence (IE), I can honestly say that I am thoroughly enjoying my experience here at St. Mary's," Dr. Silva stated. "Everyone has been so kind and helpful, and I am learning so much. However, before proposing new programming ideas I am engaging in the important process of gathering information about inclusive excellence needs across the institution and identifying areas [where] IE can be effective and impactful. This involves meeting with as many members of the St. Mary's familia as possible through one-on-

one meetings, attending faculty and staff gatherings, student organization meet-and-greets, and doing a lot of listening."

Dr. Silva is not alone in representing IE on campus. Students, faculty and staff participate in the culture-making experiences around St. Mary's and continue to find ways to work with each other to make these events successful in ways that individuals can learn from and enjoy in a safe and open environment. "Inclusive excellence is important in the world today and more specifically here at St. Mary's because it is used as an overarching framework for diversity, equity, inclusion and accessibility," Dr. Silva shared about the continuing need for IE in modern setting. "It is necessary because it allows for the potential for all members of the St. Mary's Familia to experience feeling welcomed, valued, and a sense of belonging. As a chosen 'home away from home' for our students and 'an extension of home' for faculty and staff, it is very important for St. Mary's as a community to provide inclusive excellence experiences that allow for building a skill set grounded in love, compassion and empathy. These are all qualities needed to engage positively with people around us and even sometimes with people who think differently than we do. As children of God, we all deserve to be treated with respect and consideration. With this in mind, practicing inclusive excellence helps us reach this higher level of humanity."

For more information on the Office of IE resources and events, visit the Inclusive Excellence page on St. Mary's University's official website.

Student Health and Wellness Programs extends holistic practices to campus

ASHTON JEFFERS
NEWS EDITOR

This semester when students are going to and from classes, to their extracurriculars, internships, and other priorities, it is important to take care of oneself, both physically and mentally. St. Mary's University's department of Student Health and Wellness Programs



It's On Us, St. Mary's University chapter logo. Photo provided by Student Health and Wellness Programs

is a resource that students can utilize to support their wellbeing. These services can benefit students during their busy and active lives. Four of the offices within Student Health and Wellness Programs are located in the Center for Life Directions followed by the Student

Health Center located in Charles Francis Hall. Student Health and Wellness Programs work to support students who are seeking methods of holistic wellness throughout their time at St. Mary's.

Most recently, Wellness Programs hosted "Yoga on the Plaza" on Saturday, Sept. 23, 2023, which allowed students to participate in a yoga session. The session was taught by yoga instructor, Jonathan "Jody" Whiting, who runs the local nonprofit, Cornbread Yoga (CBY). During this early workout session, food, including cornbread, was given to participants who came out to this event. Not only was this opportunity able to provide students a space to engage in an activity that promotes physical and mental wellness, but introduced them to a community leader that promotes community engagement and wellness. If interested in CBY and seeing more of their work and events around the San Antonio area, follow them on their Instagram @cornbreadyoga.

Wellness Programs often work with other Registered Student Organizations (RSOs) on campus that assist in coordinating student involvement events on campus to promote holistic wellness.

On Thursday, Oct. 5, 2023, Wellness Programs is having a kickoff event for the National College Health Assessment. The National College Health Assessment is a

survey for students that asks questions related to student health and wellness



Resources for holistic wellness now include the Rattler Calm Center. Photo by Ashton Jeffers

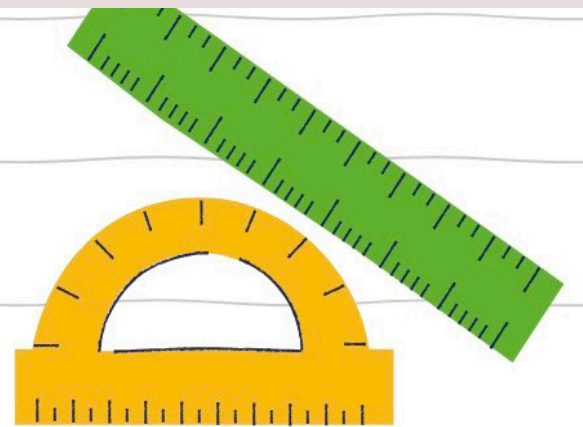
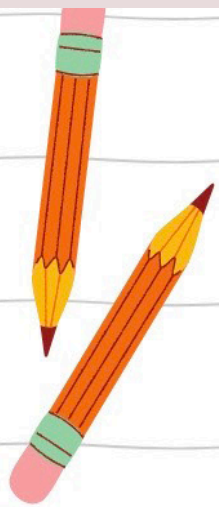
needs and practices. Upon completing the survey, students are entered into a drawing for one of three prizes. If students complete the survey and attend the kickoff event, they will be entered into other giveaways where they may receive household essentials, gift cards, or a LEGO set. Student Government Association is sponsoring the prizes and food for the kickoff event.

Wellness Programs also sponsor initiatives such as It's On Us and Peer Health Educators. St. Mary's University's

chapter of It's On Us is a student-led organization that focuses on supporting survivors and promoting sexual assault prevention on college campuses. Advised by the Wellness Coordinator, Elisa Garza, It's On Us has a grassroots-nonprofit approach to advocating for sexual assault survivors on campus and educating their peers about sexual assault awareness on college campuses. It's On Us hosts big events on campus such as Shatter the Red Zone and Take Back the Night. Other outreach events include Demin Day, which encourages people to wear denim in solidarity with sexual assault survivors and to promote education on sexual violence. It's On Us is also looking for new members and those interested in a potential leadership position in the organization. Officers would be responsible for event planning, coordinating with members and other organizations, as well as being involved with possible fundraising opportunities. If interested in learning more about becoming involved with It's On Us, reach out to Elisa Garza in the Center for Life Directions or message via email at egarza82@stmarytx.edu

If interested in seeing more events a full semester calendar can be accessed through the link in the @stmu_well Instagram page's bio.

HAPPY HALLOWEEN



Good luck on
midterms



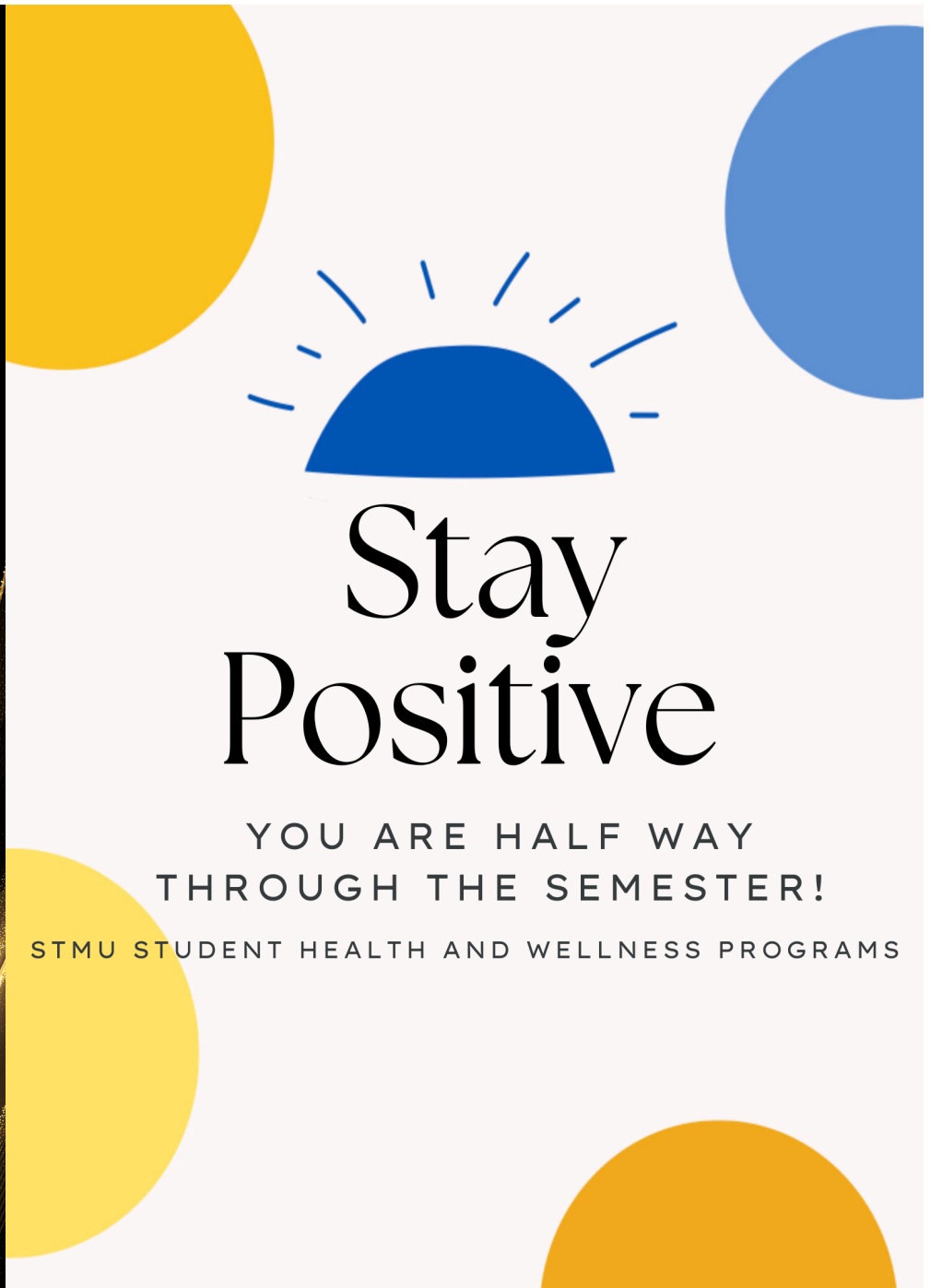
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Taylor Swift: her journey and record-breaking world tour

VALERIA CANTU
CONTRIBUTING WRITER

Groundbreaking global superstar, artist, advocate, and writer Taylor Swift has swept the world and music industry by storm once again in 2023. Jet-setting her career in 2005 as a Country singer, Swift has successfully transitioned through a variety of musical genres. From Country Alternative, Folk, and Pop, Swift has debuted her immense talents across these styles. Fans have either grown up with her or followed her throughout her phenomenal progressions. Following the success of her career, Swift announced the Eras Tour, a three-hour show that showcased songs and performances from her 13 albums. In this tour, fans get to experience the nostalgia of an album that they grew up with or connected with emotionally. All in one night, fans were allowed to experience both their childhood and adulthood intertwined. This tour played a significant role in musical history by shifting society's culture tremendously; Swift's tour has brought communities together, fulfilled childhood dreams and created a universal safe space.

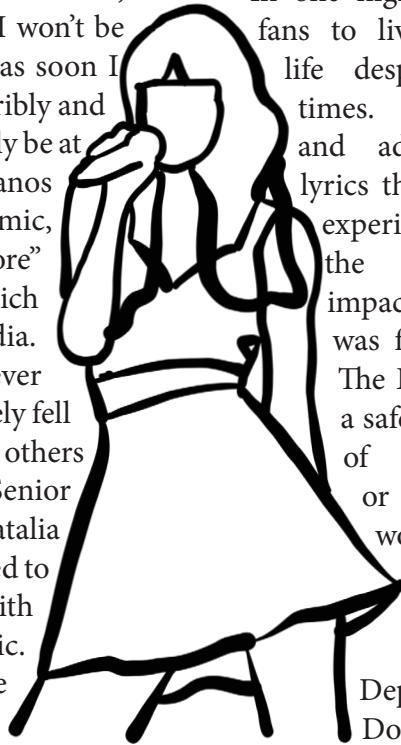
Due to the pandemic, the world completely shut down. People around

the world had to adapt to this drastic change and temporarily say goodbye to their loved ones. It fostered the fear of isolation and individuals turned to social media to form connections. During that time Swift had to cancel her debut tour for "Lover" and her following albums. In an article for the Rolling Stones, Swift expressed her concerns about her decision, "I'm so disappointed that I won't be able to see you in person as soon I wanted to... I miss you terribly and can't wait 'til we can all safely be at shows together again" (Spanos 2021). During the Pandemic, Swift released both "Folklore" and "Evermore," which blew up on social media.

Individuals who had never listened to Swift immediately fell in love and connected with others over her debut albums. Senior political science major, Natalia Bustamante was interviewed to talk about her experience with Taylor during the Pandemic. Bustamante was one of the many fans who connected with Swift during the lockdown. "I have always been a big fan of Taylor Swift growing up, but I think my interest memorably heightened during the release of

her two albums. Her storytelling in both records was comforting," Bustamante said. She pointed out her formed emotional connection to Swift's music, "You appreciate storytelling in scary times, Taylor offered a beacon of hope for everyone who thought there was no chance of being out in the world again."

In one night, Swift allowed fans to live and celebrate life despite unfortunate times. Kids, teenagers and adults all praise lyrics that describe their experiences. One of the largest cultural impacts she achieved was forming a union. The Eras tour became a safe space regardless of race, gender or viewpoint, all worries are relieved upon one's entrance. Head of the English Department, Dr. Doty expressed his



Graphic by Victoria Olguin

view of the Eras tour, "People are drawn to her in a way that gives [them] a sense of community that most of us tend to have lost." After discussing reasons

for attending the tour, Doty shared a comforting response to all listeners of Taylor Swift: "You have people who [are] clamoring to be a part of the Eras tour, to be a part of something bigger if only for a moment, to meet people that you know for certain that you share something [with], and that is your love for Taylor Swift."

For many fans, their favorite lines from Swift comes from the song "Long Live." In the song's bridge Swift recites the lines, "...if you have children someday, when they point to the pictures, please tell them my name. Tell them how the crowds went wild, tell them how I hope they shine." Millions around the world screamed these lyrics during the tour show how far Swift has come as a person. many people attended the tour because they wanted to be a part of an event that goes down in musical history. Swift is shifting society by creating communities and environments where anyone can feel welcome to thrive. Here is to the woman who has stolen the hearts of millions around the world, to the woman who has written lyrics that encapsulated universal human experiences: Taylor Swift has taken the crown as the woman who has changed the course of music history forever.

From latino/a to latinx: a linguistic evolution and its reprisal

MICHELLE RAMIREZ-RANGEL
STAFF WRITER

To define Latinx, one must understand its history. Dr. Cantu-Sanchez, Ph.D. a Visiting Assistant Professor of English and the Coordinator of Mexican American Studies Symposium at St. Mary's University says, "The term 'Latinx' is one that arose in the early 2000s and was developed and utilized by academics, scholars, and LGBTQ+ activists to be inclusionary of non-binary and other LGBTQ+ individuals. This is in direct contrast to the masculine and feminine binaries used in the Spanish language when ascribing the 'o' ending to terms like Latino to mean males or the 'a' ending to 'Latina' to refer to females, which might be seen as problematic to those who do not ascribe to traditional gender binaries. The term is not widely known beyond academia and activists and when it is used in public is often ridiculed by the mainstream."

Many of the younger generations tend to be more accepting of "Latinx" as it's more inclusive, and they strive to encourage older generations to use it too. Despite their efforts, the term is not widely used as Dr. Cantu-Sanchez explains, "Ultimately, scholars, academics and activists use the terms 'Latinx,' 'Chicanx' and 'folx,' in an attempt to be more inclusionary." According to a national bilingual survey of U.S. Hispanic adults conducted in Dec. 2019 by Pew Research Center, only 23% of U.S. adults who self-identify as Hispanic or Latino have heard of the term Latinx, and merely 3% claim they use it to describe themselves.

Ashley Castillo, a St. Mary's University senior political science major, says, "When I first heard the term Latinx I was a bit confused as to how it was different [from] being Hispanic and whether I would be considered a part of that group."

Despite many saying that "Latinx" is a progressive, "woke" term due

to it not being gender-conforming, many Hispanics argue against its usage. In July 2022, both Argentina and Spain banned the usage of "Latinx" or any gender-neutral term arguing that it goes against the rules of the Spanish language. It's interesting because it concerns governments against this term, which raises the question, is "Latinx" appropriate outside of academics?

Government officials in the U.S. are against the usage of "Latinx" in official government documents. U.S. Congresswoman Monica De La Cruz argued on Twitter that the term was invented by "woke liberals" who want to make Hispanics "feel like victims." The usage of the term by staff has been banned by U.S. Congressman Ruben Gallego because he argues it is used to "appease rich progressives."

Although the term raises political controversy, its usage is slowly increasing due to its continuous introduction to the academic world. Regardless of its controversy,

many are happy to finally have a group where they can identify as themselves, a group that encompasses Black Latinos, transgender Latinos, queer Latinos, Indigenous Latinos and Spanish-speaking Cuban Americans in Florida.

Dr. Cantu-Sanchez mentions, "Some native Spanish speakers also have a problem with the term given the difficulty of pronouncing the 'x' in the same way one might in English so they might use the term Latine (lah-teen-eh)." This term better adheres to Spanish grammar while remaining gender-neutral.

Most Hispanics don't identify with the term "Latinx." It's not a commonly used word in Spanish-speaking countries and was introduced by Americans with higher educational backgrounds making it difficult to be accepted by the Hispanic community. The majority will prefer to be referred to as "Latinos" or "Latinas" because that is what they feel closely related to.

The scorching reality: understanding the recent heatwave

MARIANA CHAMORRO
OPINION EDITOR

It's that time of year when the heat dominates the St. Mary's campus. A heat wave can be likened to nature cranking up the thermostat, turning our surroundings into an unrelenting furnace. There is a prolonged stretch of hot weather together with stifling humidity that makes one feel as if they are roasting. These oppressive occurrences are not exclusive to college campuses.

This heat wave is more than just an inconvenience, it's a health hazard. Heat waves can lead to various problems for college students. The instant one goes outside into the hot sun, they run the danger of suffering from heat stroke or, even worse, heat exhaustion. Heavy perspiration, wooziness and nausea are some of the signs and symptoms of heat exhaustion. A dangerous medical issue known as heat stroke might develop if ignored. High body temperatures, disorientation, convulsions and unconsciousness are all possible symptoms.

Everyone is susceptible to the heat wave, some more than others. Consider an individual with asthma or a friend who is often tardy due to

procrastination, these people are at a higher risk. The heat wave doesn't discriminate. It's important to have each other's backs during this time to extend a hand, be on the lookout for symptoms of overheating, or offer companionship to someone resting in the shade. Hospital visits drastically increase during heat waves and the loss of lives skyrockets as well.

Heat waves affect the college experience; students' routines, finances, and well-being are threatened. Campus life may become chaotic when the heat wave arrives as classes may be moved to rooms with air-conditioner access or worse, cancelled in its entirety. Students' preferred study locations could turn into intolerable saunas. Avoid planning outdoor gatherings at all costs; it is dangerous and would be equivalent to throwing a pool party without a pool.

Additionally, the heat wave threatens a great financial loss. Many students who live at apartments off campus will face skyrocketing electricity costs from running the air conditioner nonstop to combat the heat. How can one escape this

dangerous situation and combat the flame-like heat?

Water, water, water. It's a new best friend. Guzzle it down, even if not thirsty to retain appropriate hydration levels. Avoid the tempting trap of alcohol and caffeine, they're dehydration foes. If the inside of one's mouth feels like a desert, they're already dehydrated.

Be cautious of the heat and possible, try to stay inside during the warmest hours of the day. Turn on the fan, draw the drapes and create a cool haven in the dorm room. Plan outside activities around colder hours, wear light clothing, and use sunscreen to prevent skin irritation, burn and damage.

Heatwave superheroes know the drill. Conduct self-research to inform friends and peers about the symptoms and diseases that result from excess exposure to the heat. Don't hesitate to seek assistance upon notice of someone acting strangely, such as excessive perspiration, bewilderment, or worse.

To prepare and ready a room for a heat wave—close the blinds and drapes during the warmest times of the day

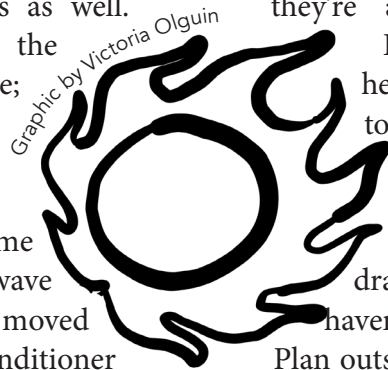
to keep it cool. Also, use the fans to circulate cool air around the building.

A heat wave where the electricity goes off is a nightmare. To prevent panic and prepare for this situation, have an emergency kit on hand. Have a section of a cabinet dedicated to holding packs of water, non-perishable foods, flashlights and batteries. When the AC takes a sleep, it's a lifesaver.

The culprit of this heat in the broader picture is climate change. It's not a faraway issue and it contributes to the increasing heat and frequency of heat waves. Every individual is responsible for lowering their carbon footprint and taking action to prevent climate change.

Cities play a major role as they can cool down and benefit the environment by planting more trees, designing buildings with sustainability in mind, and creating green spaces. It's all about making the campus and neighborhoods less like an oven.

College students may feel like they're in the hottest seat during exams but with a little know-how they can conquer the heat. It's not just about getting through this heat wave, it's about working together for a cooler, more sustainable future.



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LETTER TO THE EDITOR POLICY

The Rattler welcomes letters to the editor. Letters should not exceed 500 words and must include writer's name, classification, major and telephone number. Editors reserve the right to edit submissions for length, grammar, spelling, and content. For more information, call the newsroom at (210) 436-3401 or email rattlernews@gmail.

Students' perspective on campus upgrades

MARIANA CHAMORRO
OPINION EDITOR

St. Mary's University, a place of academic growth and personal development, has always valued the voices and needs of its students. As the campus continues to evolve, they are committed to ensuring it meets the expectations of its diverse student body.

The rich history and variety of architectural styles at St. Mary's University are sources of pride. However, certain structures become dated. Students have shown a significant desire to renovate certain buildings. Updates and improvements are necessary to increase function, safety, and to enhance their appearance. These initiatives aim to revitalize the campus while preserving its old-world charm.

One can develop environments that promote learning and cooperation by embracing cutting-edge design and technology.

It is necessary to improve accessibility features to serve the needs of the university community. Dining alternatives are essential to

student life, and St. Mary's University students have recognized various opportunities for improvement. There are drawbacks to the existing cafeteria arrangement, like overcrowding during busy times. Many students request a more diverse and healthier food selection. One solution is to provide a wide variety of culinary alternatives that satisfy a variety of tastes and dietary requirements to improve the dining facilities. A renovated or added cafeteria can operate as a focal point for student engagement and promote a sense of belonging at the university. The addition of a new cafeteria closer to the Village may be considered to make dining easily accessible to students.

Enhancing exercise alternatives available to students improves their time on campus. A way to accommodate a wide range of interests and fitness levels is to provide a larger selection of exercise courses including yoga, pilates, dancing, HIIT and mindfulness sessions. It's simple for students with hectic schedules to prioritize physical exercise when fitness classes offerings are

increased throughout the week. Offering these classes free of charge is what will transform the game.

Students at St. Mary's University want to see more visually pleasant outdoor areas.

Outdoor spaces influence campus life and help students develop a connection to nature and improve their physical and emotional health. The campus would look better and be more inviting with enticing pathways, lush greenery and picturesque areas. Green areas improve the aesthetics of the campus and support sustainability initiatives. Including recreational facilities increases the chances for pleasure and fitness. The redesign of these areas aims to meet both academic and recreational objectives by promoting outdoor learning and activities.

St. Mary's University recognizes that the lifeblood of its institution is its students. Together, the community designs a campus that supports the development of students and reflects their goals, ensuring that St. Mary's continues to be a centre of excellence and opportunity.

TEXAS URBAN LEGENDS

The Donkey Lady

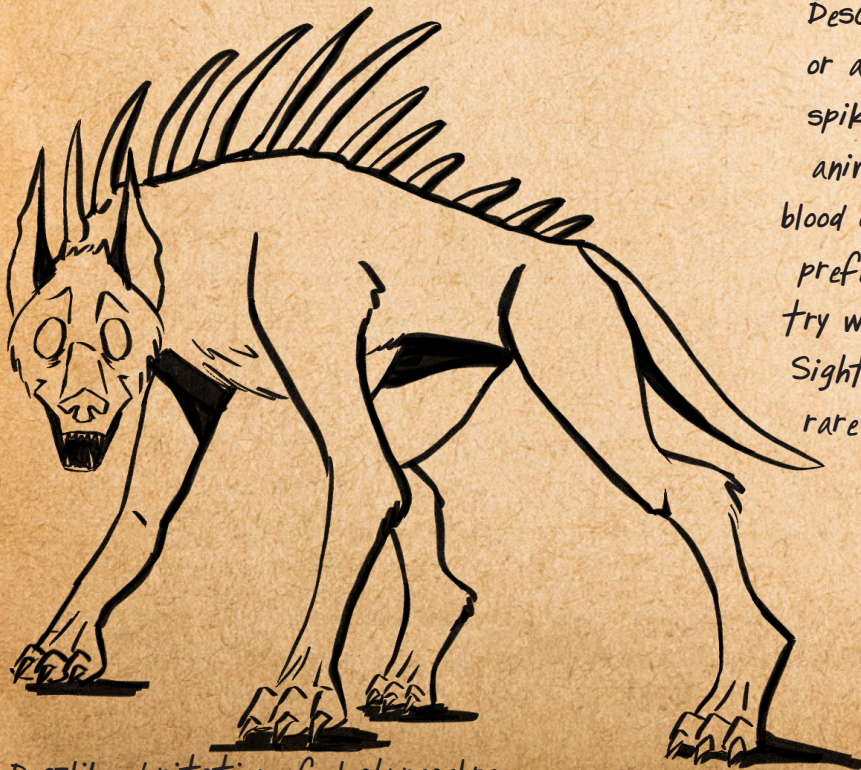
The origins of the donkey lady are a bit unclear. Some state she was a farmer's wife whose husband set fire to their entire property. Others state a complete stranger started the flames which engulfed her and left people describing her as having features of a donkey. While she is said to haunt a bridge in San Antonio, school children tell stories of hearing her bray when dialing random phone numbers.



Depiction of the Donkey Lady

El Chupacabra

Described as both a dog-like or a reptilian creature with spikes along its back, this animal is said to drink the blood of livestock, el chupacabra prefers to roam the hillcountry where the food is plentiful. Sightings of el chupacabra are rare and often mistaken for animals with mange.



Dog-like depiction of el chupacabra



La Llorona emerging from water

La Llorona

La Llorona also known as the Weeping Woman is said to haunt lakes in search of her children however, she seems to prey on any who are unfortunate enough to cross paths with her. Witnesses of this being report her wearing all white and a anguished expression usually accompanied by her wails which can echo through the night.

La Lechuza

While the word "lechuza" translates to owl in Spanish, La Lechuza refers to an old witch who can shift between an owl and an old lady. This witch targets misbehaving children and even just seeing her in owl form is supposed to bring bad luck.



La Lechuza in owl form

Interested in learning more? Use the QR code to get more information.



Graphics by: Kasha Casiano
Layout & Design Editor: Kasha Casiano

Taylor Swift: su viaje, gira mundial y el gran impacto cultural sobre el mundo

VALERIA CANTU

ESCRITORA CONTRIBUYANTE

La superestrella, artista, defensora y escritora mundial, Taylor Swift ha arrasado en el mundo y la industria de la música una vez más en 2023. Empezando su carrera en 2005 como cantante de country, Swift ha hecho una transición exitosa a través de una variedad de géneros musicales. Desde Country, Alternative, Folk y Pop, Swift ha debutado con sus inmensos talentos a través de estos estilos. Los fanáticos han crecido con ella o la han seguido a lo largo de sus progresiones fenomenales. Tras el éxito de su carrera, Swift anunció el Eras Tour, un espectáculo de tres horas que mostraba canciones y actuaciones de sus 13 álbumes. En esta gira, los fanáticos pueden experimentar la nostalgia de un álbum con el que crecieron o con el que se conectaron emocionalmente. Todo en una noche, a los fanáticos se les permitió experimentar tanto su infancia como su edad entrelazadas. Esta gira jugó un papel importante en la historia musical al cambiar enormemente la cultura de la sociedad; La gira de Swift ha unido a las comunidades, ha cumplido los sueños de la infancia y ha creado un espacio seguro universal.

Debido a la pandemia, el mundo se cerró por completo. Las personas de todo el

mundo tuvieron que adaptarse a este cambio drástico y despedirse temporalmente de sus seres queridos. Fomentó el miedo al aislamiento y las personas recurrieron a las redes sociales para formar conexiones. Durante ese tiempo, Swift tuvo que cancelar su gira debut para "Lover" y sus siguientes álbumes. En un artículo para Los Rolling Stones, Swift expresó su preocupación por su decisión: "Estoy tan decepcionada que no podré verte en persona tan pronto como quiero... Te extraño terriblemente y no puedo esperar hasta que todos podamos estar juntos en los shows de nuevo", (Spanos 2021). Durante la pandemia, Swift lanzó "Folklore" y "Evermore", que explotaron en las redes sociales.

Las personas que nunca habían escuchado a Swift inmediatamente se enamoraron y se conectaron con otros durante sus álbumes debut. La estudiante de ciencias políticas, Natalia Bustamante, fue entrevistada para hablar sobre su experiencia con Taylor durante la pandemia. Bustamante fue uno de los muchos fanáticos que se conectaron

con Swift durante el encierro. "Siempre he sido un gran fan de Taylor Swift mientras crecía, pero creo que mi interés aumentó memorablemente durante el lanzamiento de sus dos álbumes. Su narración en ambos discos fue reconfortante", dijo Bustamante. Ella señaló su conexión emocional formada con la música de Swift: "Aprecias contar historias en tiempos de miedo, Taylor ofreció un faro de esperanza para todos los que pensaron que no había posibilidad de volver a estar en el mundo".

En una noche, Swift permitió a los fanáticos vivir y celebrar la vida a pesar de los momentos desafortunados. Niños, adolescentes y adultos elogian las letras que describen sus experiencias. Uno de los mayores impactos culturales que logró fue formar un sindicato.

La gira de Eras se convirtió en un espacio seguro independientemente de la raza, el género o el punto de vista, todas las preocupaciones se alivian a la entrada. El jefe del Departamento de Inglés, Dr. Doty, expresó su opinión sobre la gira de Eras: "La gente se siente atraída por ella de una manera que les da un sentido de comunidad que la mayoría de nosotros tendemos a haber perdido". Después de discutir las razones

para asistir a la gira, Doty compartió una respuesta reconfortante a todos los oyentes de Taylor Swift: "Hay personas que claman por ser parte de la gira de Eras, por ser parte de algo más grande, aunque solo sea por un momento, por conocer gente con la que sabes con certeza que compartes algo, y ese es tu amor por Taylor Swift".

Una línea favorita popular de Swift proviene de la canción "Long Live". En el puente de la canción, Swift recita las líneas, "...Si algún día tienes hijos, cuando señalen las fotos, por favor díles mi nombre. Díles cómo se volvieron locas las multitudes, díles cómo espero que brillen". Millones de personas en todo el mundo gritaron estas letras durante la gira que muestran lo lejos que ha llegado Swift como persona. Muchas personas asistieron a la gira porque querían ser parte de un evento que pasa a la historia musical. Swift está cambiando la sociedad mediante la creación de comunidades y entornos donde cualquiera puede sentirse bienvenido a prosperar. Aquí está la mujer que ha robado los corazones de millones de personas en todo el mundo, la mujer que ha escrito letras que encapsulan experiencias humanas universales: Taylor Swift ha tomado la corona como la mujer que ha cambiado el curso de la historia de la música para siempre.

Grafico por Victoria Olguin



St. Mary's Tennis participa con éxito en las Regionales Centro Sur de ITA

SOPHIA KUSSEL

EDITORIA GERENTE

Los equipos de tenis de la Universidad de St. Mary's han avanzado este otoño al participar en el torneo South Central Regionals de la Asociación Intercolegial de Tenis (ITA). Con la temporada en marcha, tanto el equipo de tenis masculino como el femenino han estado entrenando diligentemente y poniendo sus miras en los próximos meses.

La visión de ITA es servir como plataforma para el tenis universitario y garantizar la prosperidad del tenis universitario a largo plazo, utilizando la competencia para empoderar a los estudiantes atletas. Los atletas de tenis de St. Mary's participaron en las regionales, representando a la universidad entre otros equipos universitarios mientras probaban su excelencia individual.

Del 28 al 30 de septiembre, el equipo de tenis masculino viajó al oeste para las Regionales del Sur Central de ITA, y el torneo tuvo lugar tanto en el Penny Gullo Tennis

de torneos. Su participación proporcionó una visión más profunda del nivel de competencia y permitió a los jugadores medir sus fortalezas y debilidades para el semestre de primavera.

Cuando se le preguntó sobre la experiencia de ITA, la estudiante senior

la oportunidad de competir a un alto nivel, pero definitivamente me ha motivado a seguir trabajando duro para prepararme para la primavera".

El equipo de tenis femenino comenzó su sesión dos semanas después del semestre de otoño y preparó a las atletas de tenis para

la piscina en preparación para los torneos de otoño.

Durante el ITA South Central Regional durante el fin de semana, el equipo de tenis femenino de la Universidad de St. Mary's tuvo un buen desempeño, a pesar de perder a tres jugadoras clave en el último año. La estudiante de primer año y tenista de St. Mary's, Selina Wu avanzó a través del torneo, avanzando hasta la final, pero cayendo en la final de la competencia y ocupando el segundo lugar detrás de su compañera competidora Alessa Maier de Texas A&M Kingsville.

Alessa Maier tuvo una actuación admirable en la cancha y durante todo el torneo ITA, asegurando firmemente su lugar en el cuadro principal de individuales y ganando el título de campeona de ITA South Central Regionals. Esto concluyó el torneo final de Texas A&M Kingsville para la sesión de otoño. Sin embargo, el equipo de tenis femenino de St. Mary's no tendrá otro torneo hasta el último fin de semana de



Subcampeón de ITA, Selina Wu. La universidad de St. Mary's y el departamento deportivo están orgullosos de este momento. | Photo de Danny Torres

Center en el campus de LCU como en Coronado High School. En el momento de escribir este artículo, el resultado del equipo de tenis masculino de St. Mary's aún no se conoce. Sin embargo, el equipo de tenis femenino de St. Mary's compitió en los ITA South Central Regionals solo dos semanas antes durante un período de cuatro semanas

de comunicaciones y jugadora de tenis femenino, Baily Godwin declaró: "Fall Regionals siempre es una experiencia diferente porque puedes competir contra toda la Región individualmente. Fue mi primer Regionals de otoño jugando en un sorteo tanto para individuales como para dobles, así que estaba emocionado de tener

la próxima temporada de primavera, que según Godwin, "[es] nuestra temporada más importante". Su entrenamiento esta temporada incluye práctica de bateo, ejercicios, partidos de práctica contra compañeros de equipo, levantamiento de pesas, pruebas de aptitud física en la cancha y acondicionamiento de entrenamiento en

octubre, que marcará la última competencia de la temporada de tenis de otoño. Cuando se le preguntó qué esperaba ver este año, Baily Godwin dejó el Rattler con esta respuesta: "Estoy emocionada de trabajar duro y reconstruir este semestre como un equipo más nuevo y establecer cuáles serán los roles de todos este año".

El Mes de la Herencia Hispana en St. Mary's comienza fuerte y exitosamente

SOPHIA KUSSEL
EDITORA GERENTE

St. Mary's University comenzó a celebrar el Mes de la Herencia Hispana con su evento anual de lanzamiento en el Centro Universitario (UC). Es una celebración de larga data de la cultura y la historia hispanas.

Antes del Mes Nacional de la Herencia Hispana, solo había una semana conmemorativa de la Herencia Hispana, que apenas era tiempo suficiente para celebrar todas las contribuciones hispanas al mundo.

La semana fue introducida en junio de 1968 por el congresista de California George E. Brown, cuáquero, activista de los derechos civiles y manifestante contra la guerra. El congresista Brown representó partes del este de Los Ángeles y el Valle de San Gabriel, regiones que contienen grandes poblaciones hispanas en California. La concepción de la celebración surgió del impulso del movimiento de derechos civiles de la década de 1960 y el impulso por el reconocimiento hispano en los Estados Unidos.

El 17 de septiembre de 1968, el Congreso reconoció oficialmente la semana conmemorativa, estableciendo el 15 y 16 de septiembre como el inicio de las celebraciones. El 15 de septiembre es significativo ya que es el aniversario de la independencia de Costa

Rica, El Salvador, Guatemala, Honduras y Nicaragua, mientras que el 16 es el Día de la Independencia de México. En 1988, durante la administración Reagan y gracias a la legislación patrocinada por el Representante Esteban Torres, se dedicó un mes completo a establecer el Mes Nacional de la Herencia Hispana.

St. Mary's University participa en la celebración del Mes de la Herencia Hispana cada año, con eventos en el campus casi todas las semanas hasta el 24 de octubre. El evento de lanzamiento del Mes de la Herencia Hispana es el primer evento y ocurre el 14 de septiembre anualmente. Durante este evento, se llevan a cabo múltiples conferencias que discuten el papel de St. Mary como una institución que sirve a los hispanos.

El evento de este año acogió dos charlas. El primero fue Building a Hispanic-Serving

Institution Through Title V Initiatives, con Jason Pierce, Ph.D.; Margaret Alarilla, Ed.D.; Gary Ogden, Ph.D.; Betsy Smith, Ph.D.; y Jennifer Zwahr-Castro, Ph.D. El segundo fue The Past Present and Future of St. Mary's as a Hispanic Serving Institution, con Margaret Cantu-Sanchez, Ph.D.; Gerald Poyo, Ph.D.; Stella Silva, Ph.D.; Arturo Vega, Ph.D.; y Belinda Román, Ph.D.

La primera sesión cubrió las complejidades y beneficios del Título V y su disponibilidad para los estudiantes de St. Mary's. El Título V se otorgó originalmente a las escuelas en la década de 1990 que tenían grandes poblaciones de estudiantes hispanos. La subvención del Programa de Promoción de Oportunidades de Postgrado para Hispanoamericanos (PPOHA) del Título V fue otorgada a St. Mary's University en 2014 por el Departamento de Educación, brindando asistencia muy necesaria para futuros estudiantes de

posgrado. La Universidad recibió seis becas en total. El programa PPOHA de St. Mary's tiene como objetivo abordar las deficiencias de la Universidad en la prestación de apoyo a su gran cuerpo estudiantil hispano y estudiantes desfavorecidos de post-bachillerato, para ayudarlos a alcanzar sus metas sin obstáculos. Hablando sobre la promoción del Título V, el Dr. Zwahr-Castro, declaró: "PPOHA está diseñado para eliminar barreras".

La segunda charla discutió la historia y el progreso de St. Mary's como una institución al servicio de los hispanos. Ser una escuela que sirve a los hispanos es parte integral de la identidad de St. Mary. Aunque la universidad es una escuela que sirve a los hispanos, a menudo no se discute, específicamente entre los estudiantes. Los panelistas argumentaron que la universidad debería apoyarse en la identidad hispana y no ser reacia a estar orgullosa de ella. Ser una institución que sirve a los hispanos ha sido una parte profunda de la historia de St. Mary desde la década de 1950. Según el Dr. Vega, las personas deben pensar en ser una institución que sirve a los hispanos en términos de intencionalidad, lo que debe significar y producir para el futuro de la escuela.



Juan Pablo Valenzuela, Gerente de Gestión de la Construcción, comparte la importancia de las HSI. | Photo de Ashton Jeffers

Café de San Antonio que debes probar según los estudiantes de St. Mary's

KENDRA TURNER
REDACTORA DEL PERSONAL

¿Buscas un lugar para estudiar o visitar para un dulce diario? San Antonio es el hogar de docenas de cafeterías locales y tiendas con especialidades únicas. Estas son solo algunas tiendas que San Antonio tiene para ofrecer.

Vice Versa Coffee & Vinyl Records se encuentra en el corazón de St. Paul Square junto al Alamodome. Celebrando su primer aniversario en 2023, la cafetería ya ha impactado a la comunidad local. Además de vender café y deliciosos pasteles, Vice Versa vende discos, ofrece un espacio de escucha para disfrutar de melodías y organiza diferentes eventos como poesía y noches de ajedrez. El año pasado, Vice Versa creó un espacio para que las personas estudien, se relajen y se sientan como en casa. Desafortunadamente, el aire acondicionado de la cafetería se rompió en junio pasado, lo que los obligó a cerrar durante días. Publicaron una declaración, a través de Instagram, diciendo: "Aquí estamos cuatro meses después, y todavía estamos tratando de salir de ese agujero". Debido a este evento, Vice Versa está pidiendo ayuda a la comunidad. Hay varias maneras de ayudar a esta querida cafetería simplemente comprando un café, compartiendo eventos, asistiendo a sus noches de jazz o donando directamente a su GoFundMe. Su enlace, publicaciones e historias están disponibles a través de su Instagram

@viceversa.sanantonio.

¿Nuevo en San Antonio? Visita la Perla Histórica. The Pearl poya a varios restaurantes con diferentes tipos de cocina y pequeñas empresas con piezas curadas y artesanales. Organizan un mercado de agricultores todos los fines de semana y mercados nocturnos especiales durante todo el mes de octubre.

The Pearl es el hogar de Local Coffee Founders, ubicado en la esquina de Pearl. Ya sea que esté en el mercado de agricultores o vagando por la perla, Local Coffee ofrece un servicio de recogida al mediodía. Su menú cuenta con una selección de jarabes internos, que incluyen sabores como vainilla mexicana y caramelo salado, para agregar algo especial a su bebida. Su horchata en casa ofrece un delicioso giro en las ofertas tradicionales de café. La tienda tiene un ambiente cálido por lo que es perfecto para sentarse y trabajar. Si no está seguro acerca de un pedido, los amables baristas le ayudarán.



Café con arte en un restaurante. | Photo de Kendra Turner

Otra joya de San Antonio es Indy Coffee Club en UTSA Blvd. Esta cafetería se centra en la cultura de Texas y el suroeste de Estados Unidos. Son conocidos por su café con leche de cereales, una bebida que combina los sabores reconfortantes de la leche con infusión de cereales con el rico sabor del

espresso para crear una bebida nostálgica. Similar a Vice Versa, Indy Coffee organiza diferentes eventos como el FotoSeptiembre que ocurrió a principios de este mes, mostrando la vida de San Antonio en una película. Las menciones honoríficas de la cafetería San Antonio son Stranded Coffee, Theory Coffee y Bright Coffee. Stranded Coffee es un camión de café que ofrece menús de temporada con divertidos jarabes y combinaciones de sabores. Está ubicado al lado de otro camión que ofrece tacos de desayuno para una combinación matutina de tacos y café. Theory Coffee es otro camión de café que ofrece un menú simple, pero es reconocido localmente por uno de los espressos

más deliciosos de San Antonio, así como sabrosos kolaches y pasteles perfectamente mantecosos. Bright Coffee es una opción más cercana al campus y un espacio de estudio ideal. Manteniendo un ambiente tranquilo y relajado, el amplio ambiente lleno de plantas ayuda a los estudiantes de estudio a relajarse y concentrarse mientras se encuentran en un espacio bellamente llamativo. Además de un menú de café tradicional, Bright Coffee infunde inspiraciones coreanas en sus creaciones, lo que resulta en bebidas divertidas como su café con leche de plátano favorito de los fanáticos y el café con leche de frijoles rojos sin cafeína. Yael Balbuena, estudiante de último año de marketing, le dijo a The Rattler: "Bright Coffee es uno de mis entornos favoritos para estudiar. El personal es increíblemente amable y sabe cómo hacer una taza perfecta de espresso." Actualmente para el otoño, Bright Coffee ofrece un chai latte de plátano fantasma con salsa de plátano y leche, así como un espresso de calabaza con jarabe de calabaza casero. Las cafeterías de San Antonio tienen mucho que ofrecer en términos de satisfacer las necesidades de cafeína de un individuo y varían en una combinación de formas. La mayoría de los lugares son tan atractivos debido a su énfasis en fomentar un sentido de comunidad y cultura. La próxima vez que necesite una dosis de cafeína, cualquiera de estos lugares tiene algo perfecto en la tienda.

FROM "COMBINATION OF" tacos and coffee. Theory Coffee is another coffee truck that offers a simple menu but is



Cup of espresso with a lavender cinnamon roll from Vice Versa Coffee | Photo By Kendra Turner

locally recognized for one of the most delicious espressos in San Antonio as well as savory kolaches and perfectly buttery pastries. Bright Coffee is an option closer to campus and an ideal study space. Keeping a calm and laid back ambiance, the spacious environment full of plants helps studying students relax and focus while in a beautifully eye-catching space. Besides a traditional coffee menu, Bright Coffee infuses Korean inspirations into their creations, resulting in fun drinks like their fan favorite banana milk latte and caffeine-free red bean latte. Marketing senior Yael Balbuena told The Rattler, "Bright Coffee is one of my favorite environments to study at. The staff is incredibly

friendly and know how to make a perfect cup of espresso." Currently for the fall, Bright Coffee is offering a ghost banana chai latte with banana sauce and milk, as well as a pumpkin espresso with homemade pumpkin syrup.

San Antonio coffee shops have much to offer in terms of suiting an individual's caffeine needs and vary in a combination of ways. Most places are so appealing due to their emphasis on fostering a sense of community and culture. When next

in need of a caffeine fix, any one of these places have something perfect in store



Pain au chocolate and coffee adorned with latte art | Photo by Kendra Turner

TV Girl ushers in North American tour at the Aztec Theatre

JORGE GUERRERO
ARTS & CULTURE EDITOR

Downtown where the Riverwalk meets N St. Mary's Street, the Aztec Theatre stood mighty as their box office signs read SOLD OUT, with a line of dedicated fans wrapped around the block, where they each sat patiently but anxiously to get in. Having debuted in 2014 with their dreamy album "French Exit," the San Diego indie pop sensation TV Girl, comprising of Brad Petering, Jason Wyman, Wyatt Harmon and their touring band members, the "Traveling All-Star Band," embarked on their North American tour at the historic San Antonio venue to support their most recent summer album release, "Grapes Upon the Vine." Their album is heavily influenced by old gospel music and its themes but still retains the indie pop DNA of TV Girl with its masterfully chopped samples and charming, lackadaisical nature.

Opening the night off, Los Angeles-based artist, Neggy Gemmy warmed up the crowd with her sparkling vocal hooks and floating atmospherics alongside powerful



Neggy Gemmy performing on stage at the Aztec Theatre | Photo by Jorge Guerrero

chest-caving bass, that rocked the local San Antonio venue. Once TV Girl walked on stage, the crowd erupted as the southern California band made their long-awaited return to a North American stage and began their performance with fan favorite, "I'll Be



TV Girl frontman, Brad Petering, Shining under the lights of the Aztec Theatre | Photo by Jorge Guerrero

Faithful," from their newest album. Singing every word without missing a beat and swaying side to side, the audience cheered and danced as TV Girl showered listeners with a stream of fan favorites and viral Tik-Tok hits like "Birds Don't Sing," "Cigarettes out the Window" and "Not Allowed."

With concrete preciseness, frontman Brad Petering tapped away throughout the

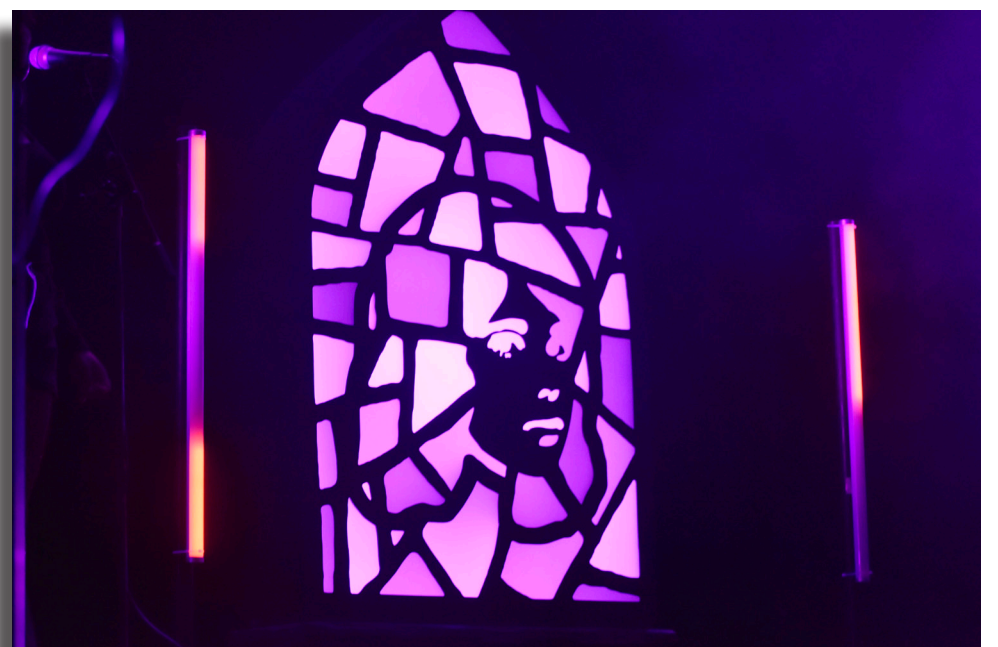
night on his SP404 sampler loaded with loops and snippets of his deep discography synchronized with captivating visuals. Petering thanked his tour sponsor, Mountain Dew: Code Red, before telling everyone to purchase the

band's newest album, "Because the record is made out of plastic that will outlive you and when your collection is discovered in a thousand years, they'll know you had good taste!" As the night proceeded and the crowd cooled down, per Brad's request, TV

Girl continued their concert and dove into the slower and more heartfelt tracks of their discography such as, "Fire," "Safeword" and "Blue Hair," as fans swayed and lit up the band with their phone lights. After a brief walk off stage following their performance of "Heaven is a Bedroom," TV Girl returned as screaming fans begged and chanted for the band to play their most popular song, "Lovers Rock." Petering and his band gave into the jeering locals' demands and closed

out the concert, singing along with an echoing crowd to his love ballad that became their most recognizable track. Following the concert, exercise and sports science junior, Jordan Burks, told The Rattler, "[The performance] was incredibly moving. Lovers Rock was my favorite part". Sophomore and psychology student, Marina Palacios, also chimed in, "Finally experiencing TV Girl and seeing them perform songs I first heard on Tik-Tok like Not Allowed and Pantyhose was magnificent. Their presence was joyful and the crowd did not miss a beat"

Stretching until December and ending home ground at The Observatory in Santa Ana, California, TV Girl and their "Traveling All-Star Band" set about their North American tour at the fabled San Antonio venue, the Aztec Theatre. With a night full of indie, hypnotic pop full of tranquil synths and captivating bass lines, the now Tik-Tok viral band, which has become a notable indie pop project, graced the city. Their remarkable and unforgettable performance of nostalgic but sarcastic, bright tracks are full of motifs about heartbreak, cynicism, memories, loneliness, and hopeless romance.



TV Girl's luminous stained glass window logo. Center piece of stage | Photo by Jorge Guerrero

Local business spotlight: Brainwave Records deals with adversity

GUADALUPE AREVALO
CONTRIBUTING WRITER

Local record shop, Brainwave Records, was enjoying their summer and reaping the benefits of a growth in business until late one night in June a careless driver under the influence of alcohol crashed into the storefront window of the small shop in the middle of the night, greatly damaging their front door and destroying their recognizable logo. Brainwave Records is a local shop

equipment and memorabilia. The store shares the same building as the Fringe Complex recording studio and is managed by two employees along with Ryan McKnight, the store's owner, who has been a record collector since 2003.

Since its inception in June 2022, Brainwave Records has become a beloved staple for San Antonio record collectors and curious audiophiles, rapidly gaining popularity over the past year. Despite the incident, McKnight is optimistic about the future of the store and is glad about its impact on the people of San Antonio. "It is great to see how it [the store] brings people together through music and art," McKnight stated

McKnight's decision to open the store has been beneficial for his previously online-only business, enabling him to reach out to a larger clientele, but it has not been an easy path. The store was forced to close for a few days to make sure customers could enter the store safely,

but the final repairs took months to finish. Thankfully the damages were minimal overall, and no lives were lost, however, the

effect the incident had on the shop can't be denied.

Brainwave Records is the perfect place for any collector. Although its modest exterior and missing logo may dissuade a customer at first, the store is full of life inside. When one steps in, they are greeted by a great selection of music that creates an energetic atmosphere that gives them the feeling of being transported back in time. The smell of the wooden shelves and vintage records is an indicator that they discovered a hidden gem. Besides the mixture of vinyl records and audio equipment, customers are welcomed by Paul, Will and Madison, a couple of humorous and easy-going guys who are happy to answer any questions clients may have.

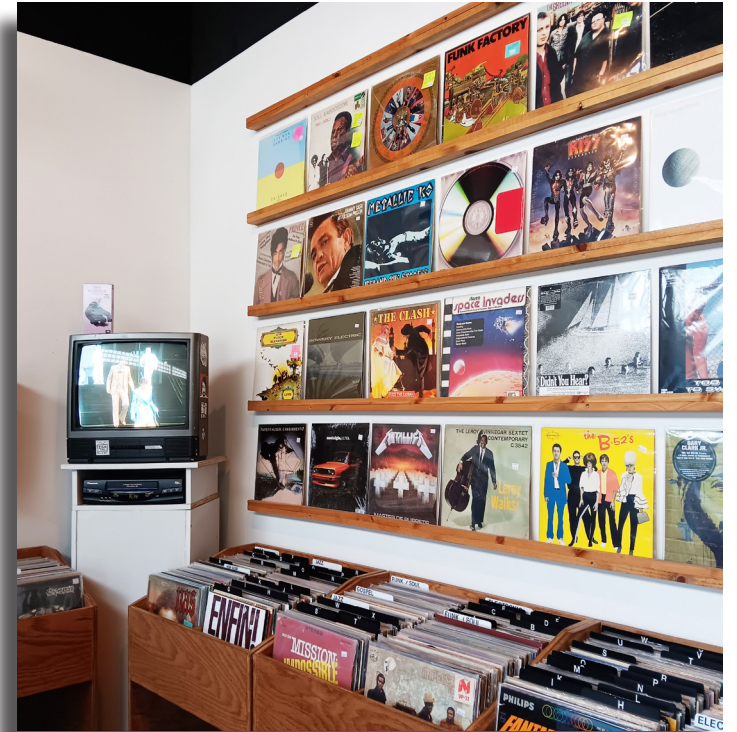
Brainwave Records and Audio has extremely affordable prices that make it accessible to a variety of people. It's conveniently located across from Crystal's Café and near La Poblana Bakery, two

Mexican restaurants where customers can grab a bite to eat after they browse through the store. Some of the store's stock is sourced from McKnight's personal collection and has a wide variety of music available. One can find albums from country music artists, such as Dolly Paton, to heavy metal artists, such as Ozzy Osbourne. The shop has been open for a little over a year and welcomes all types of music lovers. Whether one is a vinyl enthusiast or looking for a fun day out, Brainwave Records is worth a visit.



Brainwave Records owner Ryan McKnight at the store checkout counter | Photo by Guadalupe Arevalo

located on West Woodlawn Avenue that specializes in selling classic vinyl records, cassettes, and both vintage and new sound



Wall of records available for sale and bins flowing in alphabetical order at Brainwave Records | Photo by Guadalupe Arevalo

Fotoseptiembre begins at Indy Coffee Club with photography event

MICHELLE RAMIREZ
CONTRIBUTING WRITER

On Sept. 22, 2023, Indy Coffee Club opened their new exhibition for Fotoseptiembre "A Day in the Life in San Antonio," a photo show on film sponsored by Indy Coffee Club's film supply club and local photo lab: Digital Pro Lab. The showcase was inspired by the work "A Day in the Life of America," by Ricky Smolan, where 200 photojournalists were sent across America to capture the life of the nation in one day.

Similarly, the Indy Camera Club took

on a project for Fotoseptiembre, a yearly celebration of photography throughout San Antonio and the Texas Hill Country, featuring eight talented, local photographers of all experience backgrounds, from hobbyist amateurs to well-trained professionals, to capture the life of San Antonio in a single day. The featured photographers included Adolfo Acosta, Lynn Cano, Vito Cantu, Eddie Fernandez, Amanda Gallegos, Abby Gonzales, Jill Huskin and Caleb Saenz. Additionally, the clubhouse sells a wide array of film rolls and photo supplies as part of the film supply club

portion of their shop. These photographs were taken on 35mm film. Their results were intriguing to look at as they displayed a diverse set of individuals' perspectives of San Antonio. Each perspective reflects different parts of the community and the culture throughout the city. Some photos

showcased individuals with stories from their respective local communities, while others displayed the hidden beauty of San Antonio and its rich Hispanic influences.

For the opening reception, the turnout was large and filled the clubhouse. Seeing so many people support the community and gather to view and reflect on different aspects from varying perspectives of San Antonio was heartwarming and exciting for the photographers. The photo show became a celebration of the city as there was much to be appreciated through the photographs. Many families were present at the Fotoseptiembre event, pointing at the photographs of themselves or familiar places, all different generations admiring the photos on film. Each photographer highlighted different things according to their style from buildings and landscapes to people.

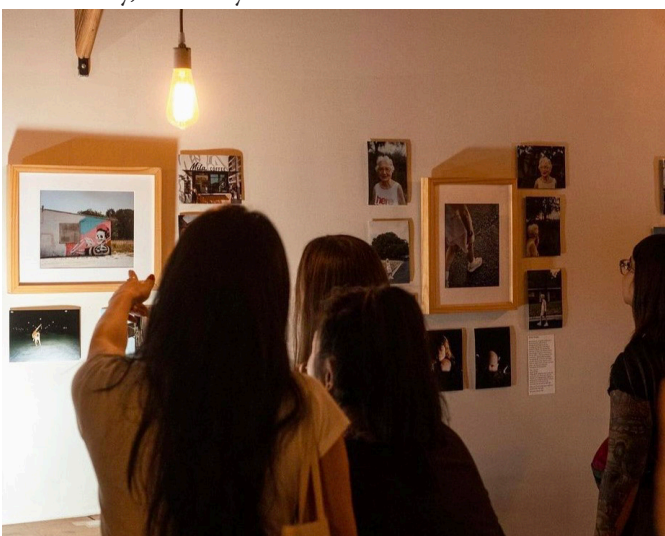


Collection of photos shot around San Antonio on 35 mm film by Lynn Cano | Photo by JoMando Cruz

"There are some places that look so familiar, but it just feels so weird seeing it in a different way," says Ana Martinez, freshman political science major at St. Mary's University.

"[I'm] really thankful for the opportunity [and] glad the community came together for the love of film!" Said Amanda Gallegos, a local, featured photographer.

The photo show will remain on display inside the Indy Coffee clubhouse for a month until Oct. 31. Located at 7114 UTSA Blvd. #103, check out the brilliant exhibition and experience "A Day in the Life in San Antonio" while it's here



Visitors checking out the Fotoseptiembre event at Indy Coffee Club | Photo by JoMando Cruz

St. Marys tennis participates in ITA South Central Regionals

SOPHIA KUSSEL
MANAGING EDITOR



ITA runner-up, Selina Wu. | Photo by Danny Torres

The St. Mary's University tennis teams have made strides this fall as they participate in the Intercollegiate Tennis Association (ITA) South Central Regionals tournament. With the season well underway, both the men's and women's tennis teams have been training diligently and setting their sights on the upcoming months.

ITA's vision is to serve as a platform for college tennis and to ensure the prosperity of college tennis in the long run, using competition to empower student-athletes. St. Mary's tennis athletes participated in the regionals, representing the university among other collegiate teams while testing their individual excellence.

From Sept. 28 through Sept. 30, the men's tennis team traveled West for ITA's South Central Regionals, with the tournament taking place at both the Penny Gullo Tennis Center on the LCU campus and Coronado High School. At the time of writing, the St. Mary's men's tennis team's outcome is yet to be known. However, St. Mary's women's tennis team competed in the ITA South Central Regionals just two weeks prior during a four-week stretch of tournaments. Their participation provided a deeper insight into the level of competition and allowed the players to gauge their strengths and weaknesses for the spring semester.

When asked about the ITA experience,

senior communications major and women's tennis player, Baily Godwin stated, "Fall Regionals is always a different experience because you get to compete against the entire Region individually. It was my first fall Regionals playing in A draw for both singles and doubles, so I was just excited to have the opportunity to compete at a high level, but it definitely has motivated me to keep working hard to prepare for the Spring."

The women's tennis team began their session two weeks into the fall semester and prepared the tennis athletes for the upcoming spring season, which according to Godwin, "[is] our more important season." Their training this season includes hitting practice, drills, practice matches against teammates, lifting weights, on-court fitness testing, and pool workout conditioning in preparation for fall tournaments.

During the ITA South Central Regional over the weekend, St. Mary's University women's tennis team performed well, despite losing three key players in the last year. St.

Mary's freshman and tennis player, Selina Wu advanced through the tournament, progressing up to the finals, but falling in the competition finals and ranking second to fellow competitor Alessa Maier of Texas A&M Kingsville.

Alessa Maier delivered an admirable performance on the court and throughout the ITA tournament, firmly securing her spot in the main singles draw and earning the title of ITA South Central Regionals champion. This wrapped up Texas A&M Kingsville's final tournament for the fall session. However, St. Mary's women's tennis team will not have another tournament until the last weekend of October, which will mark the last competition of the fall tennis season.

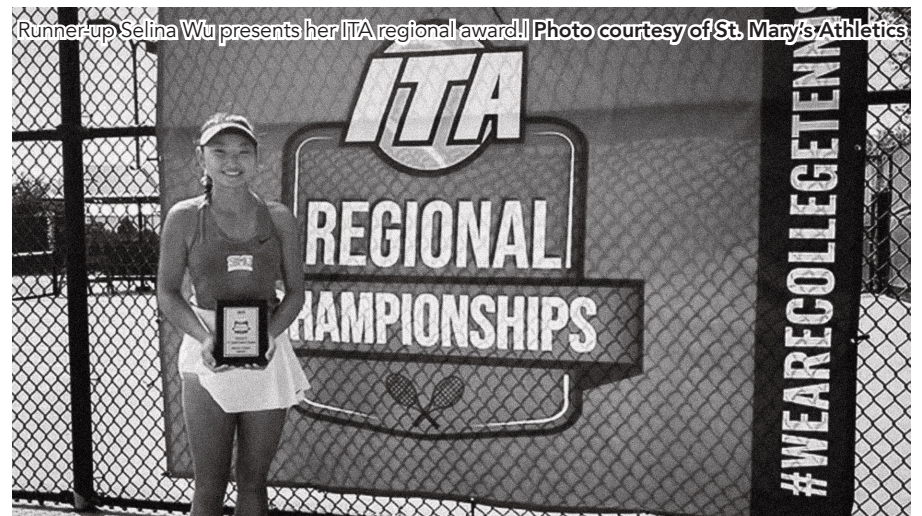
When asked what she hoped to see this year, Baily Godwin left the Rattler with this response, "I am excited to work hard and rebuild this semester as a newer team and establish what everyone's roles are going to be this year."



Aaron Ben Anton reached semifinals of the consolation round at the regionals. | Photo by John Moore



Callah Preti won in round 32, but lost round of 16. | Photo by Antonio Morano Photography



Runner-up Selina Wu presents her ITA regional award. | Photo courtesy of St. Mary's Athletics

#WEARECOLLEGETENNIS

On the road: how St. Mary's volleyball team handles traveling

VICTORIA OLGUIN
EDITOR-IN-CHIEF

There are many ways to show university pride here at St. Mary's. A lot of pride and joy can be found with the Rattler Volleyball team, a student favorite. Just recently, the team accomplished a victory over the Mustangs through perseverance and a lot of teamwork. The victory came right after a loss, which allowed the team to recover. "To come off of the loss from the day before, they bounced back really well. They were super resilient. They were not holding on to anything negative from the day before and so I think that helped us a lot. I think they did a really good job out there," Coach Ulrich said. "That's what I was excited to see the most...was just the team working together," Ulrich continued. Though the team originally experienced a loss, it was their mindset that allowed them to overcome their obstacles and achieve success. "Learning how to have the right mindset going into those matches and being able to compete on

a court that's not your home court, I think is really important if you want to be successful so that part is something we talk about a lot too, is how to be confident going into



St. Mary's volleyball team. | Photo St. Mary's athletics.

match," Ulrich said.

How does the team maintain successful

results? Sometimes, it's the simple bonding moments the team experiences through travel that create great teamwork. Though traveling could be time-consuming, this is something many student-athletes use to their advantage as this opportunity is something not many get to experience. "I think being on the road is special in the way that you are spending 100% of your time with your teammates on a long bus ride. You have a group that will play games on the bus, you will have other people that are getting their homework done on the bus, and it's kind of your own time too. Napping on the bus is a big thing so you'll have people that don't mind traveling at all," Ulrich said. "They stay in hotel rooms together and we switch up who their roommates are, so I think that their bonding experience is kind of fun. They get to stay with different people, not their roommates from campus, and when we have the space and the time, Fridays in particular, we don't play until 6 p.m. so we'll try to go to a mall or we'll

try to go to some kind of experience where we've traveled to," Ulrich continued.

Such experiences foster the start of a strong team who cares about each other. "This team cares a lot, whether it is about each other or about the volleyball side of things. All 19 of them really care. I love the engagement that I see from the non-starters and how they're pushing their teammates and involving them during games. How they're pushing them at practice and competing. It's a really cool environment to be a part of. Off the court, they really care about connecting with each other and building those relationships and I think that's another special piece of it," Ulrich said.

You can expect the Volleyball team to be traveling more and experiencing more bonding and success moments very soon. "We'll be on the road this weekend and they'll be home next weekend," Ulrich said. To see the full Volleyball schedule, visit: rattlerathletics.com.

St. Mary's women's soccer readies for upcoming Lone Star game

SOPHIA KUSSEL
MANAGING EDITOR

This week, the Rattler sat down with coach Driggs to get an insight about the upcoming Lone Star home game and St. Mary's women's soccer team. The women's soccer team's Fall session is well underway, making this home game a drop-in-the-bucket.

The team is poised to change up their formations this game but they have yet to be revealed. Coach Driggs discussed the change, stating "We're going to change our formation. If we can execute that change in our formation, that'll help us a lot. I feel like we're really good players, we just need to execute a little bit more on and what it is we're trying to accomplish. So, whether it's finishing or crossing, or whatever the situation might be, it's just execution, and just working hard at this point will get us pretty far."

This home game is anticipated to be similar in feel to previous games in the session, as

the women's soccer team is in conference. The players have become familiarized with one another and understand their team and the individual challenges they are yet to face. This game will show how hard the players have worked up to this point. Coach Driggs noted, "The challenges are the same. Can we work hard enough and can we execute what we're doing? That'll be a common theme throughout the rest of our year."

As this upcoming game will be a home game, the St. Mary's Soccer team should have the advantage. Playing at home provides a physiological benefit, as players are familiar with the venue and aren't required to travel, and the players have more support from family and local fans. Although St. Mary's lost the last game, this could provide much-needed motivation for the team to redeem itself. As Coach Driggs said, "Obviously at home, we feel like we should win all our home games. Doesn't matter who we're playing. You know, it sounds egotistical, but it's the truth." In soccer, the home team

is reported to win at least over 50% of their games according to the NIH.

In terms of team motivation, Coach Driggs said, "Motivation to continue to play in the postseason is a big motivation. To play at home in front of their parents as big. Our administration has put a lot of money into soccer, so to play in front of our administration should be a motivating



St. Mary's player Love' Tovar | Photo by Eddie Kelly

factor. And then just, you know, committing to something you signed up for would be, the ultimate motivation for me to get them to really work with what they say they love to do." Motivation is the driving force behind action and is essential for athletes to reach their full potential on the field.

Players often use game day rituals and

routines to help them stay focused before the game. Sports rituals boost athletes' self-confidence and provide a greater sense of control. A good mindset is important before a game, as going on the field with any uncertainty can jeopardize a player's performance. They help players feel connected with their team, and more secure. When asked about team rituals or routines, Coach Driggs replied, "There are a couple, yeah. They like to listen to their music really loud in the locker room, and, you know, they do stuff like that. We do a warm-up that's pretty similar. Every game, they do some stuff at the end of the anthem and it's all kind of the same every week. So there's some- I wouldn't say superstitions- but there's definitely some patterns that they follow to get them ready for each game."

As the Lone Star game draws near, the women's soccer team works harder than ever in preparation. Their resiliency, consistency and home-field advantage should come in clutch soon.

Feeling spooky ? Take this quiz to find the perfect costume

SOPHIA KUSSEL
MANAGING EDITOR

It's October— that's right, Halloween is right around the corner. It's time for pumpkin spice, cooler weather, sweaters, and, most importantly, spooky costumes at long last. Choosing the perfect costume is far more important than most would think. What costume someone chooses will dictate the rest of their life: marriage, career, happiness, all hang in the delicate balance of spooky season. How? That's not important right now. Stop asking questions. What matters is knowing what supernatural stinker you will dress up as this fall. These are matters of literal life and death and not to be taken lightly. Fret not, dear reader; a quiz has been specially designed by leading experts in the field to answer this urgent question of dress. So, take this cool, neat quiz or else.

IF YOU HAD TO CHOOSE, WHAT GENRE WOULD YOU PICK?

- A. POP.
- B. CLASSICAL MUSIC.
- C. METAL.
- D. 70S ROCK.

WHAT IS YOUR MORNING BEVERAGE?

- A. A STARBUCKS UNICORN FRAPPE.
- B. CATNIP TEA.
- C. A FUN BREW.
- D. GREEN ECTOPLASM.

WHAT'S YOUR IDEA OF PERFECT DAY?

- A. FROLICKING IN A FIELD.
- B. MEOWING AT THE MOON.
- C. CURSING YOUR FRIENDS AND FAMILY.
- D. HANGING OUT AT YOUR FAVORITE HAUNT.

CAN YOU CHOOSE A STYLE?

- A. PRINCESSCORE
- B. CAT LADY VIBES
- C. GOTH.
- D. VINTAGE.

CHOOSE ONE OBJECT TO TAKE ON VACATION?

- A. GLITTER.
- B. A GOOD BOOK.
- C. A FAMILIAR (PET).
- D. A POLAROID CAMERA.

WHAT ARE YOUR RESULTS?



- A. AN ACTUAL UNICORN.
- B. A WERECAT.
- C. A WITCH.
- D. A REALLY COOL GHOST.