

MARCH 2

WHAT'S THE
WORD

**WOMEN'S
HISTORY MONTH**

COMMUNITY MESSAGES

**BLOOD DRIVE
DONATION**

SPRING 2021

UNIVERSITY OF THE INCARNATE WORD



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Message from Campus Engagement

While we are challenged to find some normalcy in yesterday, today, and tomorrow please remember that your safety and wellness is of the utmost importance. We hope you are all doing their best to keep yourselves safe during these unprecedented times.

If you are looking for an organization to join as we pass the half way mark of the semester, log on to ENGAGE found in Cardinal Apps. Spring break is only a week away. Remember to stay up to date by following us on social media for virtual and face-to-face events scheduled before and after the break. We want to hear from you, so if you have any suggestions on what you want to see in your newsletter, please email us at campusengagement@uiwtx.edu.

"The mind reflects the world, and the world reflects the mind."
- James Pierce

Praised be the Incarnate Word!

GET YOUR THERMOMETERS READY!

CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

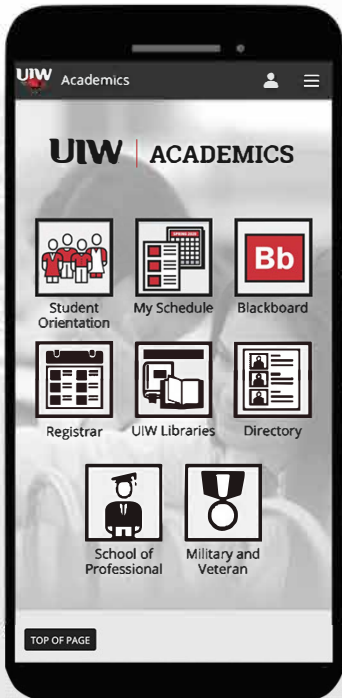
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



Scan this QR code to go to the Cardinal Daily Health Check.



DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

UIW ENGAGE



YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

STEP 1

Visit uiw.edu
and log in to
Cardinal Apps

STEP 2

Click on the **ENGAGE** tab. Use
the search bar to find an
organization or view events
that are listed.

STEP 3

Click on the event and enjoy!
Win prizes and swag and have
fun!

WHAT WILL YOU FIND?

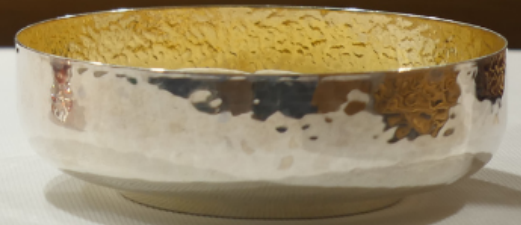
- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6034



Sunday Morning Mass Returns



IN-PERSON SUNDAY MASS FOR UIW STUDENTS

University Mission and Ministry has prepared Our Lady's Chapel for in-person Sunday Mass. Seating is limited to adhere to social distancing protocols and registration will be required.

Mass will also be live streamed.

To attend in-person sign up each week through Flocknote:

<https://universityoftheincarnate.flocknote.com/>

To attend virtually register here: <http://bit.ly/UIW-1st-Sun-Lent>



ministry@uiwtx.edu



LEADING A HEALTHY LIFESTYLE

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.



EXERCISE REGULARLY

Regular physical activity helps keep your brain healthy, helps you manage your weight, reduces disease, strengthens bones and muscles, and more. Getting at least 30 minutes of exercise for 5 days a week can really boost your immune system.

DRINK LOTS OF WATER

Adults and children need to consume water every day as it benefits overall health. With zero calories, it lubricates joints, helps get rid of waste, protects the spinal cord, and prevents dehydration.

EAT NUTRIENT-RICH FOOD

A healthy diet not only helps you manage your weight, but also builds and strengthens your body. Focus on adding fruits, vegetables, whole grains, and lean proteins.

REST AND REFRESH

Getting enough sleep and recharging your mind is also a good way to stay healthy. Meditation, breathing techniques, and a soothing sleep environment can add balance to your mental well-being and restore your body for another day.



10 TIPS FOR EXERCISING SAFELY

IT'S WISE TO TALK TO A DOCTOR

10 TIPS FOR AVOIDING INJURIES

IF YOU HAVE ANY QUESTIONS ABOUT YOUR HEALTH OR PLAN TO START MORE VIGOROUS WORKOUTS

IF YOU HAVEN'T BEEN ACTIVE RECENTLY

IF YOU SUSPECT YOU MAY HAVE AN ILLNESS THAT WOULD INTERFERE WITH AN EXERCISE PROGRAM

IF YOU HAVE ANY INJURIES

IF YOU HAVE A CHRONIC OR UNSTABLE HEALTH CONDITION, SUCH AS HEART DISEASE OR SEVERAL RISK FACTORS FOR HEART DISEASE

IF YOU SUSPECT YOU MAY HAVE AN ILLNESS THAT WOULD INTERFERE WITH AN EXERCISE PROGRAM

(a respiratory ailment like asthma, high blood pressure, joint or bone disease, including osteoporosis, a neurological illness, or diabetes)

DON'T FORGET 5-10 MIN WARM UP AND COOL DOWN

GRADUALLY BOOST UP ACTIVITY LEVEL

DO A MIX OF DIFFERENT KINDS OF ACTIVITIES AND SUFFICIENT REST TO AVOID OVERUSE INJURIES

LISTEN TO YOUR BODY

DROP BACK TO A LOWER LEVEL OF EXERCISE AFTER STOPPING EXERCISING FOR A WHILE

HYDRATE APPROPRIATELY

CHOOSE THE RIGHT WORKOUT CLOTHES

REMEMBER THAT PROPER FORM IS WHAT MATTERS, MORE SO THAN THE WEIGHT ITSELF

ADJUST PACE IN HIGH TEMPERATURES TO PREVENT FROM OVERHEATING AND DEHYDRATION

DRESS PROPERLY FOR COLD-WEATHER WORKOUTS TO AVOID HYPOTHERMIA



9 WAYS TO PRACTICE MINDFULNESS

We have more control over our mind and thoughts than we think. The power is within and comes from waking up to what we let run a muck in our mind. The tips below will guide you to not attach to harmful thoughts and cultivate your mind for success and happiness.

1

AWARENESS

To stop thought taking control and being on automatic pilot you first have to become aware of your thoughts. What dominates your mind when you're vulnerable, sad, tired, happy? Be curious

2

HABITS

To break from old habits and thoughts that are keeping you in unhappiness you must become aware of them and change your relationship to them. With awareness the thoughts and habits will change naturally.

3

COMPASSION

Forgive yourself for feeling stuck and overwhelmed at times. It happens. This is when it is most important to have compassion for yourself.

4

GRATITUDE

The sun rose today and so did I. How will you make this day a positive one? Practice gratitude and kindness. Be Grateful for kindnesses done to you, and give others a kindness to be grateful for.

5

SEEDS

If your mind is a garden and your thoughts are seeds, what seeds will you plant today? What weeds are getting in the way of joy. Cultivate and nourish your mind garden wisely.



6

RELATIONSHIP

It is not necessary to change your thoughts. That is impossible most times. It's necessary to change your relationship to them. See them as thoughts and watch how they change constantly, without getting attached to any one particular thought.

7

SELF-LOVE

Our greatest desire is to be loved. Start with loving yourself. Spend time each night to recall 5 things you did well today. Either a job completed, a step taken, or a kind word to another,

8

INFLUENCES

There are always people out there who are negative and hurtful. Choose your relationships wisely.

9

IT'S NOT PERSONAL

Take nothing personally. How others react and how they treat us is coming from them. Just as our behaviour is coming from us.

Celebrating Women's History Month

WOMEN IN EDUCATION

60% of college graduates are women.

Master's degrees earned in the U.S. by **women** & men:

1970



Women - 40%
Men - 60%

Today



Women - 60%
Men - 40%

Doctorates earned in the U.S. by **women** & men:

1970



Women - 11%
Men - 89%

Today



Women - 52%
Men - 48%

WOMEN IN THE WORKPLACE

Women currently make up 47% of the U.S labor force.

How much **women** earn compared to men:

1970

Women earned **58 cents** for every dollar men earned.

Today

Women earn **79 cents** for every dollar men earn.

Leading occupations for **women**:

1970

Secretaries
Bookkeepers
Elementary school teachers

Today

Secretaries & administrative assistants
Registered nurses
Cashiers

WOMEN IN CONGRESS

Today, women hold more of the 535 elected positions in the federal government than ever before.

1980

Women held 11 seats in Congress.

2000

Women held 23 seats in Congress.

Today

Women hold 104 seats in Congress.

WOMEN'S HISTORY MONTH



MARCH 2021

MARCH 2

Starlight Movie Series - Ocean's 8
OFFICE OF CAMPUS ENGAGEMENT

Back Fields/Headwaters

7 p.m. Food Truck

8 p.m. Movie Screening

MARCH 2

Conversations with the Congregation: Stories and Adventures from the Incarnate Word Sisters

DEPARTMENT OF HISTORY, DEPARTMENT OF PSYCHOLOGY,
DEPARTMENT OF RELIGIOUS STUDIES

Zoom | 1:30 p.m. - 2:45 p.m.

MARCH 2 - 3

South Texas Blood & Tissue Center Blood Drive

OFFICE OF CAMPUS ENGAGEMENT

ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY

SEC Ballroom | 10 a.m. - 3 p.m.

MARCH 3

Diversitea - Women's History

CAMPUS ENGAGEMENT

ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY

Clock Tower | 11 a.m. - 1 p.m.

MARCH 3

Film Screening & Discussion of "The Caged Bird: The Life and Music of Florence B. Price"

UIW DEPARTMENT OF MUSIC

WOMEN'S AND GENDER STUDIES

Zoom | 6 p.m. - 8 p.m.

MARCH 8

International Women's Day

MARCH 17

Graciela Sanchez Lecture - Westside Women

Activists: Cultural Loss and Preservation

WOMEN'S AND GENDER STUDIES

Zoom | 6 p.m. - 7 p.m.

MARCH 19-20

UN Women's Conference:

Commission on the Status of Women

SISTER MARTHA ANN KIRK

Free Conference Registration

MARCH 22

The Night I Found You: Confronting Dating

Sexual Assault

DEPARTMENT OF THEATRE ARTS

Zoom | 4:15 p.m.

MARCH 23

Recovering Mary Saunders Poetry: A Nineteenth-Century Texas Poet

WOMEN'S AND GENDER STUDIES

Zoom | 3 - 4:15 p.m.

MARCH 24

Women's History Month Trivia Night

CO-HOSTED BY TERESA HARRISON AND RENEE BELLANGER.

PRIZES SPONSORED BY THE COLLEGE OF HUMANITIES,
ARTS, AND SOCIAL SCIENCES.

Zoom | 6 p.m. - 8 p.m.

MARCH 25

Women's History Month Read-In

WOMEN'S AND GENDER STUDIES

Dubuis Lawn | 12:30 p.m. - 1:30 p.m.

HER Drive (ends March 8)

HER DRIVE IS A NONPROFIT ORGANIZATION THAT COLLECTS BRAS, MENSTRUAL PRODUCTS, AND GENERAL HYGIENE FOR PEOPLE IN NEED. DROPOFF YOUR DONATED GOODS AT THE CAMPUS LIFE OFFICE (SEC 3150) FROM MON-FRI 8-5PM.

Farhad's Film Series - Picture a Scientist (2020-97 min.)

IN CELEBRATION OF WOMEN'S HISTORY MONTH, FARHAD'S FILM SERIES PRESENTS PICTURE A SCIENTIST, CHRONICLING THE GROUNDSWELL OF RESEARCHERS WHO ARE WRITING A NEW CHAPTER FOR WOMEN SCIENTISTS.

Be sure to also check out the Women's History UIW Library Guide!

For full event details at:

<https://www.uiw.edu/studentlife/womens-history-month.html> or

UIW Engage > Women's History (Events and Programs)

#UIWWHM

South Texas Blood & Tissue Center

MARCH 2 & 3

10 AM TO 3 PM

BLOOD DRIVE

SEC BALLROOM

WALK-INS WELCOME

Donors will have the opportunity to receive community service hours, a UIW t-shirt, a gift card and earn donor points to redeem online.

Register your service hours at: <https://givepul.se/n7ztic>

FOR YOUR CONVENIENCE...

Book your appointment now!

MARCH 2 https://donor.southtexasblood.org/donor/schedules/drive_schedule/128585

MARCH 3 https://donor.southtexasblood.org/donor/schedules/drive_schedule/125083



For more information, please contact Campus Life at nagutie1@uiwtx.edu or the Ettlting Center at caloca@uiwtx.edu.

STARLIGHT MOVIE SERIES



OCEAN'S 8

TUESDAY | MARCH 2

7 PM HIJO-E-SU TACO TRUCK OPENS

8 P.M. MOVIE STARTS

ON BACK FIELD
(BEHIND THE SOFTBALL/BASEBALL FIELD)

BRING YOUR OWN
BLANKET!



@UIWCAMPUSENGAGE

ALL EVENTS WILL BE ADHERING TO THE EVENT AND SOCIAL DISTANCING GUIDELINES LISTED IN THE UIW CARDINAL FLIGHT PLAN.

SAVE THE DATE

DIVERSI-TEA SPOTLIGHT

SPRING 2021

MARCH 3, 11 A.M. - 1 P.M.

at the UIW Clock Tower



*Come celebrate diversity, culture and
the beauty of our community!*

JOIN US IN THIS VIRTUAL PRESENTATION

**"RECOVERING MARY INGLE SAUNDERS:
A NINETEENTH-CENTURY TEXAS POET"**

**WEDNESDAY
MARCH 23, 2021
ZOOM | 3 - 4:45 P.M.**



**SCAN HERE FOR MORE
INFORMATION OR VISIT
[WWW.UIW.EDU/WOMENS-
HISTORY-MONTH](http://WWW.UIW.EDU/WOMENS-
HISTORY-MONTH)**

**PRESENTED BY:
ERIKA A. HASKINS, PHD STUDENT
DREEBEN SCHOOL OF EDUCATION
GRADUATE RESEARCH ASSISTANT,
WOMEN'S AND GENDER STUDIES**

**WOMEN'S
HISTORY
MONTH
2021**



**SPONSORED BY:
WOMEN'S AND GENDER
STUDIES DEPARTMENT**

**2021 - 2022
SCHOOL YEAR**

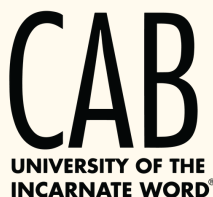
Campus Activity Board is looking for:

CAB BOARD MEMBERS!

If you want to plan FREE fun and engaging events for UIW students, apply today! A stipend is available for board members.

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

[UIW Engage > Campus Activities Board > Forms](#)



**FOR MORE INFORMATION, PLEASE CONTACT
PAULINA ZELAZNA AT
ZELAZNA@STUDENT.UIWTX.EDU**



**2021 – 2022
SCHOOL YEAR**

CAMPUS ACTIVITY BOARD IS LOOKING FOR

CABbies

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes, and attend a special event!

**FOR MORE INFORMATION, CONTACT
KARLA RAMIREZ AT
KKMARTIN@STUDENT.UIW.EDU**

CAB
UNIVERSITY OF THE
INCARNATE WORD®



CYBER CAUTION: ONLINE SAFETY TIPS

Protect yourself when you're
online!

Learn more at: www.reallygreatsite.com



Passwords and privacy settings matter.

Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

Watch what you download.

Some programs and apps carry malware and try to steal your information. Download content from trusted sites only.

Be careful with your online social life.

Exercise caution with each online interaction so you can steer clear of scammers and fake users. Do not give personal information or send private photos.

Shop safely.

Shop from secure websites, and avoid saving your credit card information. Take time to read reviews and ask questions when making purchases.

Think before you post

Be mindful of every post you create. Do not publish content you wouldn't want family, friends and potential employers to see.



#StopTheSpread

CORONAVIRUS SYMPTOMS

**The following symptoms may appear
2-14 days after exposure**

These symptoms are usually mild
and begin gradually

- Fever
- Fatigue
- Shortness of breath
- Cough

Seek medical advice if:

- You live in the an area with an ongoing spread
- Have been in close contact with a person known to have COVID-19
- You develop symptoms

COMMUNITY

MESSAGES

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM THE OFFICE OF STUDENT ADVOCACY AND
ACCOUNTABILITY**

COMMUNITY MESSAGES

COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

COMMUNITY MESSAGES

From UIW Behavioral Health Services

UIW Behavioral Health Services continues to offer counseling to students who are **physically in Texas** using Zoom or phone. To initiate counseling, please call us at **(210) 832-5656** between 8 a.m. and 5 p.m. and we will assist you in completing needed paperwork and getting scheduled immediately and seen as quickly as possible. Counseling is offered by appointment, 8 a.m. – 5 p.m., Monday through Friday. Some appointments are offered after 5 p.m. based on clinician availability. At this time, we do not provide services on weekends or holidays, but we are happy to direct you toward any needed weekend resources.

If you call us and leave a message outside of business hours, please be aware that we will return your call within 24 hours. If you contact us on the weekend or during a holiday, we will return your call the next business day.

If you are a faculty/administrator/staff member with concerns about classroom issues, in need of resource information, or inquiring about professional development/student presentations, please contact Director of Behavioral Health Services, Dr. Christie Melonson directly at (210) 829-3129 or via email at melonson@uiwtx.edu.

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

Here are some tips for managing anxiety at this time:

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual Bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

Helpful Behavioral Health Resources:

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255 \(24 hours a day\)](#)
- [Family Violence Prevention Services Domestic Violence Hotline: \(210\) 733-8810 \(24 hours a day\)](#)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

COMMUNITY MESSAGES

from the Office of Student Advocacy and
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin
Dean of Campus Life



A Reminder from Title IX Department and the Student Conduct Office

**THE STUDENT CODE OF CONDUCT AND THE SEXUAL
MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.**

**IN ALL YOUR INTERACTIONS AS A
STUDENT, (EMAILS, BLACKBOARD MESSAGE
BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST
SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE
POLICIES:**

- **HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)**
- **DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR
INDECENT CONDUCT**
- **STALKING**
- **BULLYING/INTIMIDATION**
- **VERBAL OR WRITTEN ABUSIVE STATEMENTS**
- **DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST,
SEXIST, ETC.)**
- **ACADEMIC DISHONESTY**
- **FALSIFYING DOCUMENTS**
- **VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY**

**IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A
STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY
VIOLATION, PLEASE GO TO: WWW.UIW.EDU/REPORT.**

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

UIW GREEK LIFE

INTERESTED IN GREEK LIFE? FOLLOW US TO SEE WHAT OUR GREEKS ARE DOING



@UIWGREEKLIFE

UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

