

THE STUDENT VOICE OF THE UNIVERSITY OF TEXAS RIO GRANDE VALLEY

# THE RIDER

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*Spring Break Issue*



# What to do during Spring Break

## Port Isabel and South Padre Island tourist attractions

**Steven Hughes**  
THE RIDER

Spring Break is a time to relax and re-energize from a stressful semester. South Padre Island and Port Isabel offer plenty of other things to do than getting your party on.

Both cities have places from which to admire the Gulf of Mexico and its environment.

Sea Turtle Inc., a center with the mission to rescue, rehabilitate and release injured sea turtles, educates the public and assists with conservation efforts for all marine turtle species.

Sanjuana Zavala, marketing and public relations manager for the organization, said the community should visit the center to learn about the impact humans have on sea turtles.

“It is very important to us, [people living on SPI] and the people that visit to know what we treasure, and what we hold most dear to our hearts, and that is marine conservation,” Zavala said.

Sea Turtle Inc. has added a new facility to its Rehabilitation Center, the Educational Center, which includes a Marine Debris Tunnel.

“You get to come in and enjoy the Marine Debris Tunnel that you can go under, and look at all the trash and get some information of what our marine life, especially sea turtles, are encountering out in the wild, especially in our beaches,” Zavala said.

The center is open from 10 a.m. to 4 p.m. Tuesday through Sunday at 6617 Padre Blvd., South Padre Island.

Admission is \$6 for adults, \$5 for senior citizens and military members, \$4 for children, and free for children under age 4.

For more information, visit [www.seaturtleinc.org](http://www.seaturtleinc.org).

The Point Isabel Lighthouse, also known as the Port Isabel Lighthouse, constructed in 1852, was built to protect and guide ships through the Brazos Santiago Pass and barrier islands.

The lighthouse recently underwent restoration, which focused on the railing at the top of the tower and the exterior finish of the building. It features a catwalk, giving a 16-mile, 360-degree view from the top of the lighthouse. The project cost about \$600,000.

“The restoration was done through the Texas Parks and Wildlife Department,” said Valerie Bates, marketing director for the City of Port Isabel. “They actually own the property



Albert Monrroy/THE RIDER PHOTOS

Gerry the Atlantic Green sea turtle swims around his enclosure at Sea Turtle Inc., located at 6617 Padre Blvd. on South Padre Island. Sea Turtle Inc. provides rehabilitation and conservation of as well as education on sea turtles.

and the city manages it.”

The lighthouse is the only one on the Texas coast open to the public.

“While other lighthouses may be visible, some from land, most only by water, this is the only one that you can actually climb to the top, much like the

The lighthouse is open from 9 a.m. to 5 p.m. daily and is located at 421 Queen Isabella Blvd.

Admission is \$4 for adults, \$3 for senior citizens, \$2 for students and free for children up to age 5.

For more information, visit

foot nature center with an exhibit hall that takes visitors on an educational voyage from the Gulf of Mexico, through the dunes on beaches and into the Laguna Madre Bay.

The center is open from 7 a.m. to 5 p.m. daily at 6801 Padre Blvd., South Padre Island.

Admission is \$6, \$5 for students (ages 13-18) and senior citizens, \$3 for children (ages 4-12), and free for children under age 4.

For more information, visit [www.spibirding.com](http://www.spibirding.com).

The Original Dolphin Watch, which began in 1988 at American Diving, has become the most popular form of ecotourism on the Island, according to its website.

South Texas is a year-round home to several large pods of dolphins and The Original Dolphin Watch gives tourists the opportunity to view them in their environment.

Tours are from 11 a.m. to 12:30 p.m. for the Dolphin Watch Morning Special, which costs \$13 per person; 1:30 to 3:30 p.m. for the Dolphin Watch Eco-Tour, which is \$16 for adults and \$13 for children; and 4 to 6 p.m. for the Dolphin Watch Sunset Tour, which is \$16 for adults and \$13 for children.

For more information, visit [theoriginaldolphinwatch.net](http://theoriginaldolphinwatch.net).



Sea Turtle Inc. recently added an Educational Center to its facility. It is open from 10 a.m. to 4 p.m. Tuesday through Sunday at 6617 Padre Blvd. on South Padre Island.

lighthouse keeper did 150 years ago,” Bates said.

The lighthouse is preparing for Spring Break by conducting maintenance on the building and advertising tours.

“Spring Break for us in Port Isabel is not significantly different from another season that we prepare for,” Bates said.

[portisabellighthouse.com/lighthouse/](http://portisabellighthouse.com/lighthouse/).

The South Padre Island Birding and Nature Center, a nonprofit organization, is dedicated to educating the public about the birds, flora, fauna and Laguna Madre coastal area, according to its website.

The facility includes a 10,000-square-



The South Padre Island Birding and Nature Center, located at 6801 Padre Blvd., provides visitors a chance to see the native birds and butterflies of the Island. They also educate the public about the environment of the Island and the Laguna Madre coastal area.



The Port Isabel Lighthouse, located at 421 E. Queen Isabella Blvd., was built in 1852 as a guide for ships, but is now a tourist attraction and is listed on the U.S. National Register of Historic Places. It is also a Texas Parks and Wildlife State Historic Site.



# Save a life in two steps

## UTRGV medical students teach CPR method

**Lesley Robles**  
THE RIDER

Students from the UTRGV School of Medicine and other medical and undergraduate volunteers educated their peers about the signs of cardiac and respiratory distress, and how to save a life via Texas Two Step CPR.

The event took place Feb. 26 in the Student Union on the Edinburg campus in observance of Heart Health Month.

“If you are ever in a situation like this, basically you are going to panic if you are not trained, and even when you are trained you still get a little nervous,” said Rogelio Z. Mendoza, a second-year medical student and committee chair for Texas Two Step CPR. “The point is to keep it simple and do two steps. The two steps for this campaign are to call 911 and the second step is to start compressions.”

What makes Texas Two Step CPR different is that chest compressions are performed without administering mouth-to-mouth resuscitation. The recommended rhythm for the compressions is to follow the beat of



Lesley Robles/THE RIDER

Rogelio Z. Mendoza, a second-year medical student and committee chair of Texas Two Step CPR, teaches proper form and technique to mass communication senior Aisha Palma on Feb. 26 in the Student Union on the Edinburg campus.

the song “Staying Alive” from the Bee Gees or any huapango song.

A study published Oct. 6, 2010, in the Journal of the American Medical Association, found that an individual was 60 percent more likely to survive with chest compressions alone, than if they had no CPR or the chest and mouth resuscitation, according to the HealthCorps website.

Last year, more than 400 community members received training in a joint effort with 11 Texas medical schools, HealthCorps and American College of Emergency Physicians, among other associations.

This is the second year that School of Medicine students participate in this event and the first time they have one on a UTRGV campus. The medical students have taught in flea markets in Alamo and Brownsville, as well as at the Basilica of San Juan del Valle.

The campaign started in Texas, but is spreading to several other states now with the overall goal of teaching as many people as possible in the hope of equipping bystanders with the necessary training to help save lives.

## Don't run the risk

### Departments offer tips vs. violence, alcohol issues

**Zugay Treviño**  
THE RIDER

Students who may be too busy or hesitant to visit UTRGV's Counseling Center or Office of Victim Advocacy and Violence Prevention during the school year may

OVAVP director. “You are far less likely to finish school. You are far less likely to finish classes that semester.”

Jones also said OVAVP helps faculty and staff, but most clients are students.

OVAVP has several recommendations for staying



#### UTRGV Counseling Center

**Brownsville Office**  
882-3897

**Edinburg Office**  
665-2574

**Email:** counseling@utrgv.edu  
**Campus Emergency:** 882-2222

visit during Spring Break.

“Our job is to empower people who have already had their power stripped away typically 'cause when you've been subject to violence victimization, all sorts of other issues arise,” said Cynthia Jones, a philosophy associate professor and

safe during Spring Break. Students should lock the doors while idling in their vehicles, have several emergency phone numbers memorized, avoid walking alone, or ask campus security for an escort to their vehicles, and let a friend or family member know their schedule.



Joahana Segundo/THE RIDER

UTRGV's Counseling Center and Office of Victim Advocacy and Violence Prevention assist students who have been victims of abuse or are struggling with alcohol dependency. According to the Rape, Abuse & Incest National Network organization, every 98 seconds an American is sexually assaulted.

In social settings, students should also know it is OK to lie to exit an uncomfortable situation, and not drink unattended beverages or past their limits.

The organization will help campus community members who experience stalking, domestic and dating violence, and sexual assault. Students

who want to change their classes due to one of these problems will immediately receive assistance for this if they visit the office.

Jones also said there are several ways to help someone who may struggle with these problems.

“If somebody tells you that something has happened

to them, believe them,” she said. “Suggest resources. On campus if they start with us, we can give them all their other options, and they don't have to report.”

To help others, be supportive, believe them, listen and help them to talk to confidential and professional

See **PREVENTION**, Page 10

## Keeping it clean

### SPI's Shoreline Management triples its workforce

**Jesus Sanchez**  
EDITOR-IN-CHIEF

Every year, waves of college students from across the country hit South Padre Island for Spring Break and as they retreat, tides of trash flood the beaches, waiting to be picked up.

“Last year, we collected over 300 cubic yards of litter off of the beach,” said Brandon Hill, Shoreline Management director for the city. “We expect to have crowds that are, at least, comparable to last year to this year. A lot of the projections are saying even more. That is really why our shoreline staff have upped our numbers for the month of March.”

Shoreline Management aims to preserve and restore SPI beaches to maintain the quality of life and sustain the local tourism-based economy, according to its website.

In 2017, Shoreline Management department staff worked 623 hours overtime during Spring Break. This year, Hill said the crew increased from six to 18.

In efforts to maintain the beaches clean for everyone, Shoreline Management will

have two large beach cleanings each day during the break, one in the morning and evening.

Hill said all Shoreline Management staff will be out during the day working.

The department will be on the beach all day using its beach cleaner, cleaning via vehicles and on foot.

He encourages visitors to take ownership of their time on the Island.

“We do make available hundreds of beach barrels that are out there and are emptied multiple times a day,” Hill said. “First of all, we would encourage folks to identify the closest trash receptacle and make use of it.”

If visitors see trash that is not theirs and they have a bag, Hill encourages them to pick it up.

“I think everyone will enjoy their time at the beach if we all try to leave it a little bit cleaner than we found it,” he said.

For more information, call the Shoreline Management office at (956) 761-8166.



# THE RIDER

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

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MORE THAN A  
NEWSPAPER



## ANNOUNCEMENTS

**Today**

**Summer Registration**

Registration for **Mini-Term, Summer I and Summer II** sessions is open. For more information, call 665-2859.

**Monday Night Chess**

The **Chess Club** will host its **Monday Night Chess** event from 4:30 to 11 p.m. in ESTAC 1.112A on the Edinburg campus. For more information, email [david.ortiz02@utrgv.edu](mailto:david.ortiz02@utrgv.edu) or call (832) 908-5462.

**Tuesday**

**LGBT Ally Training**

**Student Involvement** will host its **LGBT Ally Training** at 4 p.m. in Student Union 1.28 on the Brownsville campus and University Center 205 on the Edinburg campus. For more information, call 882-5111 or 665-2660.

**Community Service Fair**

**Student Involvement** will host a **Community Service Fair** from 12:30 to 1:30 p.m. on the Main Building front lawn in Brownsville. For more information, call 882-5111.

**Orchestra Performance**

The **University Symphony Orchestra** will perform at 7 p.m. in the Performing Arts Complex on the Edinburg campus. Admission is \$5. For more information, call 665-3881.

**Wednesday**

**PTSD and Suicide Awareness**

In observance of rising rates of suicide among students and veterans, the **Counseling Services Center** and the **Collegiate Recovery Program** have partnered with **Student Veterans of America** to host **22 Pushups for PTSD and Suicide**

**Awareness** from 11:45 a.m. to 1:15 p.m. in the University Center on the Edinburg campus. For more information, call (360) 528-1425.

**Distinguished Speaker Series**

Entrepreneur and “**Shark Tank**” star **Daymond John** will be part of the Distinguished Speaker Series hosted by **Student Involvement** at 7:30 p.m. in the Performing Arts Complex on the Edinburg campus. For more information, call 665-7364.



**Have an announcement?**

Email us at  
**[TheRider@utrgv.edu](mailto:TheRider@utrgv.edu)**

**Rx Drugs Town Hall**

A forum to discuss dangers of misusing prescribed and non-prescribed medication, local trends among youth and adults, efforts to reduce misuse of medication and treatment options and resources will take place from 11 a.m. to 1 p.m. in the PlainsCapital Bank Theater in the Student Union on the Edinburg campus. The event is hosted by the **Department of Human Development and School Services School Psychology Program**, the **Uniting Neighbors in Drug Abuse Defense Coalition** and **Drug Enforcement Administration**. For more information, call Coalition Specialist Vianca Vieyra at 787-0004.

**Thursday**

**Graduate Fair 2018**

The **Graduate College** will host its **Graduate Fair** from 4 to 7 p.m. in the Health and Physical Education 1

Complex on the Edinburg campus. For more information, call 665-3661 or 882-6552.

**Alegría 2018**

The **UTRGV Ballet Folklórico** will perform its **Alegría 2018** at 7:30 p.m. in the Texas Southmost College Arts Center. Admission is \$15, \$10 for senior citizens and students, and \$5 for children. For more information, call 882-7025.

**Thursday Night Blitz**

The **Chess Club** will host its weekly tournament from 4:30 to 11 p.m. in ESTAC 1.112A on the Edinburg campus. Beginners and casual players are welcome. For more information, email [david.ortiz02@utrgv.edu](mailto:david.ortiz02@utrgv.edu) or call (832) 908-5462.

**Ongoing**

**Support Group**

The **Collegiate Recovery Program** will host an **Addiction and Recovery Support Group** at 11 a.m. Wednesday in Cortez Hall 220 on the Brownsville campus. For more information, call 665-2674.

**Recovery Meetings**

The **Collegiate Recovery Program** hosts **recovery meetings** as follows: **Alcoholics Anonymous** at 6:30 p.m. on Mondays, **SMART Recovery** at noon on Tuesdays, **Narcotics Anonymous** at 10 a.m. Tuesdays and Thursdays and noon Fridays, **Tobacco Intervention** at noon on Wednesdays, and the **Al-Anon Family Group** at noon on Thursdays. All meetings are held in University Center 102 on the Edinburg campus. For more information, call 665-2674.

--Compiled by Steven Hughes

## POLICE REPORTS

*The following are among the incidents reported to University Police between Feb. 21 and 23.*



**Feb. 21**

**8:41 a.m.:** A staff member reported writings in black-colored marker on a study carrel on the second floor of the University Library on the Edinburg campus.

Facilities was contacted to remove the markings. The case is under investigation.

**10:37 a.m.:** A staff member at the University Center on the Edinburg campus reported concerns over meetings between a student organization and the Dean of Students Office. The student organization tactics have been somewhat concerning. The staff member wanted to document the incident.

**10:56 a.m.:** The principal of the Math and Science Academy on the Brownsville campus reported that a student was concerned over another student's social media posts. According to the staff member, the student found the other student's posts and images

disturbing. The staff member provided the officer with copies of some of the images posted on social media and found the images to be music group album covers.

**1:05 p.m.:** A student reported his non-affiliated ex-girlfriend caused a minor disturbance at the University Library on the Edinburg campus. He wanted to document the incident.



**University Police**

**Brownsville  
Dispatch**

882-8232

**Edinburg  
Dispatch**

665-7151

Email: [Police@utrgv.edu](mailto:Police@utrgv.edu)  
Campus Emergency: 882-2222

**Feb. 22**

**10:56 a.m.:** A patron slipped and fell on the walkway leading to the auditorium at the Texas Southmost College Arts Center. She suffered minor scrapes to her knee and a bruise on her chin. She declined emergency medical services.

**3:41 p.m.:** A staff member reported losing his university ID and access

card. Facilities was contacted and asked to cancel all access for the card.

**4:32 p.m.:** A student on the Brownsville campus reported that she has been harassed via social media messaging by another student. The case is under investigation.

**8:03 p.m.:** A staff member at the Student Services building on the Edinburg campus reported \$251.03 unaccounted for from the money vault. The case is under investigation.

**8:03 p.m.:** A minor traffic collision was reported in Lot E36. No injuries were reported.

**Feb. 23**

**4:56 p.m.:** An officer was approached in Lot B1 by a student who reported that an unknown subject was masturbating inside a vehicle in the lot. The officer tried to conduct a traffic stop but as he approached the vehicle, the suspect fled the area and drove toward East University Boulevard, where the officer lost sight of the vehicle. The case is under investigation.

--Compiled by Britney Valdez

# Have a story idea?

Let us know at  
**882-5143** or **665-2541**

Visit us online at **[utrgvrider.com](http://utrgvrider.com)**



# ¿Vas a viajar a México?

## Si planeas hacerlo, esto es lo que necesitas saber

**Eric Montoya**  
EDITOR DE ESPAÑOL

Cada año, muchos estadounidenses viajan a México durante las vacaciones, incluyendo a los *Spring Breakers*. En 2017, 28.6 millones de turistas visitaron México y 8.22 millones fueron estadounidenses quienes viajaron por vías aéreas, de acuerdo con un reporte publicado por la Secretaría de Turismo de México.

En una entrevista con *The Rider*, Ashley Garrigus, una vocera de la Oficina de Asuntos Consulares del Departamento de Estado de los Estados Unidos, dijo que recomienda que los estudiantes sigan los cuatro pasos del *Traveler's Checklist*, o Lista del Viajero, antes de viajar al extranjero.

“El primer [paso] es informarse”, dijo Garrigus. “Así que, para México, queremos que la gente lea la información que tenemos ... en nuestra página”.

Información sobre México, y de cualquier otro país, como por ejemplo requisitos de entrada/salida, leyes locales o asistencia médica se puede encontrar en el sitio [travel.state.gov/destination](http://travel.state.gov/destination) buscando tu destino en la barra de búsqueda.

Ella dijo que el segundo paso es asegurarse que se tienen todos los documentos que se requieren.

“Tu pasaporte estadounidense, verifica la fecha de vencimiento antes de que viajes, para que así no se vaya a vencer mientras estás allá o que cuando llegues al aeropuerto te des cuenta de que ya está vencida, una vez estando en el aeropuerto”, dijo Garrigus.

El tercer paso es inscribirse en el programa *Smart Traveler Enrollment Program* (Programa de Inscripción para el Viajero Inteligente o STEP, por sus siglas en inglés), el cual es un programa que le permite a la Oficina de Asuntos Consulares contactar a viajeros estadounidenses en caso de una emergencia, dijo Garrigus.

“Digamos que estás visitando la Ciudad de México, si ocurre un temblor muy fuerte, nosotros podemos tener tu información de contacto archivada para contactarte si algo llegara a pasar”, ella dijo.

Para inscribirse en STEP, visita [step.state.gov](http://step.state.gov).

Garrigus dijo que la cuarta recomendación es comprar un seguro de viaje.

“Muchas veces cuando la gente viaja al extranjero, no se dan cuenta de que sus seguros de viaje no los cubren cuando están en el extranjero”, ella dijo. “Así que, tener el seguro de viaje, que en la mayoría de las veces se puede comprar junto con tu vuelo, significa que, si estás, tú sabes, en un evento muy divertido como parte del *Spring Break* y te resbalas y caes, lastimándote muy fuerte, puedes estar cubierto para cualquier tratamiento médico que termines necesitando mientras estás viajando”.

Samantha Lopez, directora de Servicios para Estudiantes y Admisiones Internacionales de UTRGV, dijo al *The*



Victor G. Ramirez/FOTO THE RIDER

El programa Smart Traveler Enrollment Program (Programa de Inscripción para el Viajero Inteligente o STEP, por sus siglas en inglés), es un servicio que le permite a la Oficina de Asuntos Consulares de los Estados Unidos contactar a viajeros estadounidenses en caso de una emergencia.

*Rider* que los estudiantes que planean viajar a México deberían checar los avisos de seguridad publicados por la Oficina de Asuntos Consulares.

“Mi recomendación es que sean muy cuidadosos”, dijo Lopez. “Básicamente, por ahora, están recomendando no viajar a los estados de Colima, Guerrero, Michoacán, Sinaloa y Tamaulipas. Sabemos que tenemos bastantes estudiantes de Tamaulipas, México,] pero no se puede hacer nada acerca de eso. Tenemos estudiantes que no son de México y que podrían querer viajar a alguno de los estados y nosotros les estamos diciendo, ‘Esto es lo que ellos están diciendo y al final del día, ellos son los expertos’”.

Ella dijo que los estudiantes aún pueden visitar otros lugares en México que no tienen una advertencia de peligro.

Para ver los avisos de seguridad, visita [travel.state.gov/destination](http://travel.state.gov/destination) y haz clic en *Country Information* y busca por tu país de destino en la barra de

búsqueda. En este caso, México.

Garrigus dijo que los estudiantes deberían de estar enterados de estos avisos de seguridad antes de visitar México.

“En general, México es un país muy seguro para viajar”, ella dijo. “Millones de estadounidenses viajan ahí cada año, pero

hay ciertas áreas dentro de México a donde no recomendamos que la gente viaje por seguridad. Queremos que la gente sepa esto antes de

que se vayan”.

Garrigus también recomienda a los turistas consumir alcohol responsablemente.

“En el último año, ha habido reportes de estadounidenses preocupados por haber consumido alcohol no regulado”, ella dijo. “Así que, solo les estamos diciendo a la gente que consuma bebidas alcohólicas responsablemente y con moderación. Para y busca atención médica si empiezas a sentirte enfermo y si tienes alguna pregunta sobre esto o necesitas reportar que ex-

perimentaste, lo que tú crees que fue, haber consumido alcohol no regulado, nos deberías de contactar”.

Dependiendo en donde estés en México, habrá un Consulado o una Agencia Consular de los Estados Unidos que esté más cerca de ti, dijo Garrigus.

Lopez aconseja a los estudiantes a tomar precauciones de seguridad.

“Cuando sea posible, usa siempre las carreteras de peaje”, ella dijo. “Evita conducir durante la noche. No muestres señales de riqueza, como usar relojes o joyería cara. Siempre se súper cuidadoso en los cajeros automáticos o cuando visites los bancos. Así que, si van a hacer eso ... [deberían] tener el dinero o su forma de pago lista para evitar visitar uno de estos lugares”.

Lopez también recomienda a los estudiantes a inscribirse en STEP.

Garrigus dijo que también hay una página que contiene información específica para los estudiantes.

Para ver la página, visita [travel.state.gov](http://travel.state.gov), ve a *International Travel* y haz clic en el botón de *Students Abroad*.

Para más información acerca de viajar a México, llama a la Embajada de los Estados Unidos al 011-52-55-5080-2000 o envía un correo electrónico a [ACSMexicoCity@state.gov](mailto:ACSMexicoCity@state.gov). En caso de una emergencia mientras viajas en México, llama al 01-55-5080-2000, Ext. 0. Para ver las localizaciones de todas las embajadas y consulados de Estados Unidos, visita [usembassy.gov](http://usembassy.gov).

**“En general, México es un país muy seguro para viajar ... pero hay ciertas áreas dentro de México a donde no recomendamos que la gente viaje por seguridad.”**

**--Ashley Garrigus**

Vocera de la Oficina de Asuntos Consulares del Departamento de Estado de los Estados Unidos





# SEAS THE DAY

*Spend this season in the perfect swimsuit*



Victor G. Ramirez/THE RIDER

March 12 marks the start of Spring Break for UTRGV students and swimsuit trends this season emphasize comfort, fashion and confidence at the beach, swimming pool or water park.

## Britney Valdez THE RIDER

Spring Break is quickly approaching and whether you're going to the beach, the swimming pool, or the water park, you're going to need a swimsuit. Popular swimsuit trends this season emphasize comfort and confidence.

Clarise Flores, Fashion and Feminism club president and marketing senior, said the biggest trends for women this year are vintage-inspired pieces and silhouettes.

Flores personally enjoys the retro styles because they not only flatter a wide range of body types, but they are also comfortable.

"I would recommend the high-waisted ones to all body types because they cinch the waist and make your upper body look slimmer," she said.

Finding stores that carry your ideal swimsuit can be a challenge. However, Flores said there are a variety of options available, such as online stores like ASOS.com and even local artists who upcycle vintage clothing.

"I would recommend online stores and vintage shops because you're able to find unique pieces," she said.

This Spring Break, men should prioritize comfort and durability, according to physics senior Alex Duran.

"Anything basic works, swimwear trousers, shirts are optional. As long as it's comfortable and you're not getting a rash," Duran said.

He said durable designs are easily accessible and can be conveniently found online and in department and retail stores.

"I prefer online because it's cheaper to find [swimsuits] and you have more of a variety to choose from compared to stores," Duran said. "But for stores, I'd say Walmart, Academy, Dick's, anything that deals with sports."

Despite the different preferences in men's and women's swimwear, comfort and confidence are two basic necessities, according to Maria Mazariegos, a clinical therapist at UTRGV's Counseling Center and Hannah Masso, a graduate student in clinical psychology and a clinical therapist intern.

"A lot of times people tend to focus on negatives or what they don't like about their bodies," Mazariegos said. "But how often do they look in the mirror and say, 'Maybe, I don't like this part of my body, but this other part is really nice.' My general recommendation would be for every flaw you see, look at a positive asset as well."

She also reminds students to push past their insecurities and live in the moment for this upcoming break.

"So enjoy whatever it is you may be doing and [try] your best to not focus on what you may be insecure about," Mazariegos said.

# What's Gucci, manne?

## Clayton's Beach Bar to host multiple artists



Albert Monrroy/THE RIDER

Post Malone, Future, Gucci Mane and other artists will perform at Clayton's Beach Bar & Grill as part of its South Padre Island Spring Break 2018 entertainment.

## Sydni D. Salinas A&E EDITOR

# How to stay fine-free

## Robert Benavidez Jr. THE RIDER

If you're planning to go to South Padre Island for Spring Break, here are some guidelines you may want to keep in mind to stay out of trouble.

The Texas Alcoholic Beverage Commission provided *The Rider* with the following information.

Minors who lie about their age to buy alcohol risk being cited with a Class C misdemeanor and may receive a fine up to \$500 upon conviction. There are also sanctions against their driver's license and in some cases, the judge may require community service.

Employees who sell alcohol to minors may face a Class A misdemeanor, which is punishable by a fine up to \$4,000 and a year in jail.

Any adult providing alcohol to a minor may be subject to a Class A misdemeanor charge with the same consequences of a fine up to \$4,000 and a year in jail.

TABC will incorporate operations called "minor stings," which will consist of undercover teams of TABC agents accompanied by a minor attempting to purchase alcohol from a retailer. If the sale is complete, employees involved in the sale will be cited with a Class A misdemeanor charge and the retailer will be notified of the violation.

The commission has about 220 enforcement agents across the state and will be "all hands on deck," Chris Porter, the TABC's

Spring Break is here, as is the magical time in which one can lose their phone, ID and dignity all in the same day, or sometimes, an hour at South Padre Island.

For many of you, your one goal is to see a performer who is playing at Clayton's Beach Bar, or for others, your one goal is to not remember your name in the morning.

Whatever reason you decide to flock to SPI, something to look forward to is the multiple artists in attendance this year who are performing some of your favorite hits throughout the break.

It kicks off Friday with a performance by Nghtmre, and Post Malone on Saturday.

The week follows with a foam party on Sunday, Party Favor on March 12, and Future and NBA Youngboy on March 13.

After that, Tekashi69 will be playing on March 14, with Gucci Mane and Rich the Kid appearing on March 15.

Then, Ultimate Music Experience 2018 (UME) will begin at Clayton's, featuring DJs Alesso on March 16 and Diplo on March 17.

Plus, other techno artists like Adventure Club, G Jones, Whipped Cream, San Holo, K?D, and Bonnie X Clyde will be playing as well.

Tickets range from \$10 to \$150, and can be purchased online at claytonsbachbar.com.

However, for UME, tickets are \$54.99 for single day, and \$99.99 for two days. They can be purchased online at umesouthpadre.com.

While it can get a little crazy, SPI Mayor Dennis Stahl is confident that local residents and visitors will have a secure Spring Break.

"We trust that it is going to be a safe and a great Spring Break," Stahl said.

However, it's important for your safety to not walk around by yourself at night and to travel with a friend, especially those who plan to walk from Clayton's or any location back to a hotel or condo.

SPI Police Department Lt. Juan Herrera strongly recommends the buddy system for Spring Breakers.

"Make sure that you stay together," Herrera said. "At least two of you, wherever you may go, whether it be at your hotel or whatever location. We just ask that you use the buddy system and watch over each other."

Transportation throughout Spring Break is provided through the Island Metro for free if you ever get lost. Their bus routes are posted on www.myspi.org.

If you are in danger or need medical assistance, call the Police Department at (956) 761-5454.

It cannot be stressed enough to plan and be safe.

All of that aside, have fun, whether you're at the beach forgetting your name, or spending your break binge watching TV shows.



# VAQUERO VOICE

## Spring Break Plans



"I'm going to be working all of Spring Break on [South Padre] Island. I just do henna tattoos and I go to school. Well, not during Spring Break. That's it; maybe go out to a couple concerts."

**Franchesca Sandoval**  
Nursing sophomore



"I'm going to Colombia with a friend [for] a week. The trip is from Matamoros [Tamaulipas, Mexico] to Mexico City and from Mexico City to Colombia. We're going to visit family members over there and then we're coming back because we obviously have school."

**Jaime Bernes**  
Management freshman



*"Lo que voy a hacer este Spring Break es ir a la playa con mis amigas y descansar para regresar con más energía."*

**Valeria Pérez**  
Estudiante de primer año de administración de negocios



"This Spring Break I hope to catch up with some old friends, hit the beach, [and] hang out with the family. Just rest and recharge to get back to school and kick ass again."

**Juan Zapata**  
Theatre sophomore



--Compiled by Valeria Alanis and Albert Monrroy

3/5/18

FINALLY  
SPRING  
BREAK!



# When 'no' means no



**Nubia Reyna**  
THE RIDER

If you were born in the last 100 years, and chances are you were, then you grew up with the idea that if a boy or girl treats you in a bad way, it's because they like you, and if a woman says "no" to you, what she actually means is "yes."

Let's face it. How many times have we seen or heard a little girl complaining to her parents that a boy in her class pulls her hair? Or how many times have we seen or heard a little boy complaining to his parents that a girl in his class makes fun of him?

We've seen it on TV. We've read it in books. We even see

it closely with our families.

And the parent's response 90 percent of the time is, "He/she likes you. That's why they bother you."

Then, as we get older and start dating, or at least having natural needs, if you know what I mean, we keep the idea that the meaner a woman is with a man, the more interested he will be.

And the more a woman rejects and says "no" to a man, the more interested she is because she is just *"haciendose del rogar"* which translated to English means, "She is just playing hard to get."

But in reality, chances are if a woman says "no" to you multiple times, it's because she actually means "no." And if a man is being mean to you, chances are he is just a jerk

and not interested in you, obviously.

With Spring Break around the corner, I can't help but remember how many times I've read about women being raped during that season and how many times I've read about men defending themselves by saying that even though she was really, really, really drunk--she actually wanted it. And even though she said "no" while being sober, she actually meant "yes" and she wanted it.

Women, let's make it clear for men. "No" just means no. There is no "secret code" to decipher about women's language.

Men, don't let your smaller head dominate your big head. She is not playing hard to get.

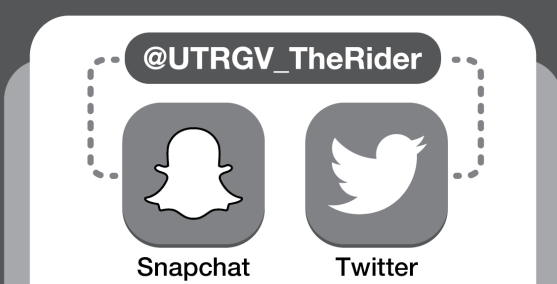
She's just not that into you.

Have a fun and safe  
Spring Break!

## Submit a Letter to the Editor

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

## FOLLOW US!





# Digging in the sand

## Revealing the essence of beach volleyball

**Alain Lestarpe**  
ONLINE EDITOR

As tempting as it is to hole up in the TV room during Spring Break, there’s a degree of accomplishment and satisfaction that comes when one participates in outdoor activities.

Beach volleyball is a staple when it comes to sandy environments and warm weather. A lengthy trip to the beach is not necessary in order to participate in this pastime. UTRGV, Sonic Drive-Ins and several local parks have good-quality playing areas.

It is easy to be reluctant to play volleyball when one sees the over-6-foot-tall, high-protein diet specimens who usually rule the beach court. You don’t have to be a volleyball guru to have fun.

Eric Garcia, an avid player and UTRGV student, said the first thing one has to do is get used to moving and playing in sand.

“Getting used to the sand court is not as easy as playing on a normal gym floor,” he said.

Other than playing in the sand, beach volleyball also introduces conditions, such as wind and continuous sun exposure, which are not a part of its indoor counterpart.

On the technical side, competitive beach volleyball differs from indoor volleyball in several aspects:

- teams are made up of two players instead of six;



Robert Benavidez Jr./THE RIDER

Beach volleyball is a no-contact sport that rewards players with fun and physical activity. Although the sport looks challenging, it is beneficial to one’s health and can provide an entertaining way to spend Spring Break on the sand.

- victory is determined by the best of three sets;
- the first two sets are played to 21 points. If a third set is necessary, it is to be played to 15 points;
- the teams change sides every seven points;
- there’s no footwear in the sand;
- other than the ball and the net, all you need to play are swimming shorts

for men and bikinis for women.

Apart from copious amounts of water, the Association of Volleyball Professionals, or AVP, also recommends sunblock and sunglasses.

For those who are hesitant to give the game a try, Martin Monreal, beach volleyball coordinator at Cascade Park in Brownsville, recommends getting acquainted with the rules and playing

with familiar people.

“I would suggest to read up the basic rules,” Monreal said. “It’s really important to know the rules. Start off by going with your friends or family. Have a good time out at the beach.”

Beach volleyball requires its players to be constantly moving and jumping. These efforts, combined with the sand, do wonders for the physique.

Garcia said the most evident benefit that comes from the sport is the exercise.

Monreal also said that making an effort to play will have tangible benefits.

“In the end, beach volleyball will help you burn some calories and stay healthy,” he said.

There is a high chance that those going to the beach during Spring Break will see large numbers of individuals playing volleyball.

Monreal said the trend is showing that beach volleyball is gaining more momentum.

“The sport is growing fast,” he said. “It’s growing so much. People like it because it’s a no-contact sport. It’s fun. You socialize with different people while playing. It will keep growing.”

Beach volleyball is the perfect sport to pick up during this month or any other time of the year. It will be an opportunity to have fun and exercise simultaneously. Best of all, the soft sand will break your fall. Feel free to dive for it.

# Staying safe this Spring Break

## Water and sun precautions for students

**Gabriel Galvan**  
THE RIDER

As Vaqueros prepare to celebrate their long-awaited vacation from classes, *The Rider* sought advice for students to take care of themselves during this Spring Break.

Swimming in the ocean can become hazardous.

Art Hurtado, chief lifeguard for the Cameron County Parks and Recreation Department, said that swimming in the ocean is not like swimming in the pool.

“If you don’t know how to swim, don’t go into deep water. Always go with a friend,” Hurtado said.

Before swimming, always check the status of the water first by observing the warning flags, he said.

The flag colors are the following: green for low hazard, orange for medium hazard, red for high hazard and gray for dangerous marine life.

“The Gulf of Mexico is unpredictable and it has wildlife in it,” Hurtado said. “The [rip current] is the No. 1 cause of death in the ocean.”

A rip current is a strong, fast-moving current of water. He said if swimmers want get out of a rip current, do not swim against it, instead swim parallel to the shore.

“Basically, you want to take the path of least resistance in the water,” Hurtado said.

Carlos Garcia, assistant director of Facilities and Services at the UREC, said swimming pools can be dangerous if safe practices are not followed.

He said to increase safety when swimming in pools, students should:

- know the surrounding area. Be familiar with who is around you, what potential hazards may be present and



Joahana Segundo/THE RIDER

UTRGV biology alum Andres Pecero trains in the Health & Physical Education Building 1 indoor pool to improve his overall performance. Art Hurtado, chief lifeguard for the Cameron County Parks and Recreation Department, and Angelica Urbina, a clinical assistant professor for the Department of Physician Assistant Studies, provided tips and advice to university students who will be outdoors or swimming during Spring Break.

know where the emergency devices are:

- know the depth of the pool;
- don’t swim alone. Stay in contact with your companions;
- make sure a lifeguard is present with equipment, such as an emergency phone and safety devices.

Garcia said that depending on the student, it is possible to learn how to swim before Spring Break begins March 12.

“I’ve taught ROTC members in two weeks to pass their officer training,” he said. “They’re not going to save someone’s life, but they’ll know enough to save themselves.”

Garcia said the UREC will offer

private and group swimming lessons during the summer sessions and the fall semester. However, the prices and dates of these lessons are still to be determined.

“It’s a life skill, and it’s something

that everyone should learn how to do,” he said.

**Sun protection**

Angelica Urbina, a clinical assistant professor, teaches a course in dermatology in the Department of Physician Assistant Studies. She said the main thing students should worry about is protecting their skin from the sun.

Urbina said the more pale your skin is, the more careful you have to be regarding sun exposure.

“Melanin protects the skin cells from UV radiation,” she said, referring to skin pigmentation.

Water reflects sunrays, so being in water does not necessarily protect you from sun exposure.

“Try to be under shade,” Urbina said. “Try to avoid being out when the sunrays are the strongest, which is between 10 a.m. to 4 p.m. Wear protective clothing, [such as] long sleeves, pants and hats, sunglasses.”

She said sunscreen is also important and should be at least an SPF of 30. It should also be reapplied every three hours, especially if the person is sweating or swimming.

“Those are the main steps you need to take to protect against sun exposure and to reduce the chance for skin cancer later in life,” Urbina said.



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# 10|SPRING BREAK

## Traveling to Mexico?

### This is what you need to know

**Eric Montoya**  
SPANISH EDITOR

Every year, many U.S. citizens travel to Mexico for vacation, including Spring Breakers. In 2017, 28.6 million tourists visited Mexico and 8.22 million were U.S. citizens who traveled by air, according to a report published by the Mexico Board of Tourism.

In an interview with *The Rider*, Ashley Garrigus, a spokesperson for the U.S. Department of State-Bureau of Consular Affairs, said she recommends students follow the four steps of the Traveler's Checklist before traveling abroad.

"The first [step] is to get informed," Garrigus said. "So, for Mexico, we want people to read the information that we have ... in our page."

Information about Mexico, and for any other country, like entry/exit requirements, local laws or medical care can be found at [travel.state.gov/destination](http://travel.state.gov/destination) by searching for your destination.

She said the second step is to make sure you have all the required documents.

"Your U.S. passport, check the expiration date before you travel, so it does not expire while you are there or you get to the airport and find out that it is expired when you are at the airport," Garrigus said.

The third step is to enroll in the Smart Traveler Enrollment Program, or STEP, which is a program that allows the Bureau of Consular Affairs to get in touch with U.S. travelers if there is an emergency, Garrigus said.

"Let's say you are visiting Mexico City, if there is a pretty serious earthquake, we can have your contact information on file to reach out to you if anything should happen," Garrigus said.

To enroll in STEP, visit [step.state.gov](http://step.state.gov).

Garrigus said the fourth recommendation is to buy travel insurance.

"A lot of times when people are traveling abroad, they don't realize that their medical insurance does not cover them when they are overseas," she said. "So, having the travel insurance, which a lot of times you can buy as you are purchasing your flight, means that if you are, you know, at a really fun event as part of Spring Break and you slip and fall and get really injured, you can be covered for whatever medical treatment you end up needing to have while you are traveling."

Samantha Lopez, UTRGV director of International Admissions and Student Services, told *The Rider* that students who plan to travel to Mexico should check the Mexico travel advisory published by the Bureau of Consular Affairs.

"My recommendation is for them to be very careful," Lopez said. "Basically, right now, they are recommending not to travel to the states of Colima, Guerrero, Michoacán, Sinaloa and Tamaulipas. We know that we have a lot of students that are from Matamoros, [Tamaulipas, Mexico,] but there is nothing that they can do about it. We might have students that are not from Mexico that they might want to travel to one of the states and we are telling them, 'This is what they say and in the end, they are the experts.'"

She said students can still visit other places in Mexico that do not have a travel warning.

To see these travel advisories, visit [travel.state.gov/destination](http://travel.state.gov/destination) and then click on Country Information and then search for your country of destination. In this case, Mexico.

Garrigus said students should be aware of these advisories before they visit Mexico.



Victor G. Ramirez/THE RIDER

Leave passports in a safe place when not in use. If a passport is stolen or lost, contact the nearest U.S. Embassy or Consulate office for further assistance at 1-877-487-2778.

"Overall, Mexico is a pretty safe country to travel to," she said. "Millions of U.S. citizens travel there every year, but there are certain areas within Mexico where we recommend people to not travel because of safety. We want people to be aware of that before they go."

Garrigus also recommends that travelers drink responsibly.

"Over the past year, there have been reports from U.S. citizens concerned that they may have consumed unregulated alcohol," she said. "So, we are just telling people to drink responsibly and in moderation. Stop and seek medical attention if you start to feel sick and if you have any questions about that or you need to report that you experienced what you think was drinking unregulated alcohol, you should contact us."

Depending on where you are in Mexico, there will be a U.S. Consulate or a Consular Agency that is closer to you, Garrigus said.

Lopez advises students to take safety precautions.

"Always use the toll roads when possible," she said. "Avoid driving at night. Do not display wealth, such as wearing expensive watches or jewelry. Always be extra vigilant at the ATMs or when visiting banks. So, if they are going to do that, they ... [should] have already their cash or their form of payment ready so that they don't go to one of these places."

Lopez also recommends students to enroll in STEP.

Garrigus said there is also a page that contains information specifically for students.

To view the page, visit [travel.state.gov](http://travel.state.gov), go to International Travel and click on the Students Abroad button.

For more information about traveling to Mexico, call the U.S. Embassy in Mexico at 011-52-55-5080-2000 or email [ACSMexicoCity@state.gov](mailto:ACSMexicoCity@state.gov). In case of an emergency while traveling to Mexico, call 01-55-5080-2000, Ext. 0. To see the locations of all U.S. embassies and consulates, visit [usembassy.gov](http://usembassy.gov).

#### FINES

*Continued from Page 6*

public relations officer, said in a phone interview from Austin.

Agents will be at most major travel corridors between universities such as the University of Texas at Austin and Texas A&M University down toward the Texas coast.

"For the Spring Breakers, as always, you know, go out there and have fun, but be sure to be safe," Porter said. "Keep an eye on your surroundings. Don't let your drink out of your sight, and just make sure you get back to class and stay safe."

The Island will also see help from the Texas Department of Public Safety, Texas Parks and Wildlife Department, and Texas Rangers.

In total, 186 law enforcement officers will be on the Island during Spring Break, all equipped with body cameras and electronic ticket devices.

Several SPI staff members also have licenses to operate drones.

"We will be using [drones] in a myriad of ways," City Manager Susan Guthrie said. "One of those is to observe crowds. We won't be flying over crowds, but possibly adjacent to crowds observing just to keep everyone safe."

In a news conference last Tuesday, SPI Police Department Lt. Juan Herrera provided tips on how to stay safe during Spring Break:

- stay with friends at all times;
- do not drink beverages left unattended;

- do not drink and drive;
- use the city's public transit services, such as Island Metro and taxis;
- ensure property is locked and secure.

The lieutenant also said the use of golf carts have become more popular than ever, but visitors must remember to follow all traffic laws when using them, including wearing seat belts and not driving on bike lanes.

During his 22-year career with the Police Department, Herrera said underage drinking is the most common crime he has seen during Spring Break. The second is driving while intoxicated.

In a meeting last summer, the SPI City Council approved a short-term rental ordinance for individuals who are planning to rent a condominium for a large crowd.

The ordinance prevents renters from making a profit out of house parties. Herrera said fines could add up to \$2,000 per offense.

"I want them to come down here and enjoy," he said. "If there's a necessity for any emergency services or anything else, dial 956 761-5454, but if it's an emergency, dial 911."

From March 1 to April 30 last year, the department received 5,176 calls for service. Of those, 1,123 incidents were reported, including 721 arrests and 234 motor vehicle accidents.

Herrera said the Island saw more than 13,000 vehicles commuting for Spring Break last year.

--*Jesus Sanchez contributed to this report.*

#### PREVENTION

*Continued from Page 3*

help. Most people indirectly ask for help from friends or family first before asking professionals, Jones said.

OVAVP's goal is for people who need their help to not see themselves as victims but as survivors.

She said warning signs include the other person being controlling, belittling, or socially isolating their partner.

For more information, Jones recommends students visit [joinonelove.org](http://joinonelove.org) and [taasa.org](http://taasa.org).

The Counseling Center also offers students couples counseling. The couple must be enrolled at the university and at least 18 years old.

Students have access to additional resources when they visit the Counseling Center. Those who are struggling with alcohol may be referred to Brief Alcohol Screening

and Intervention for College Students. The program, which consists of two sessions, helps students determine if they have an alcohol problem.

"Most students who enter that program are [from] a mandatory referral process because they have been identified as having a conduct issue on campus related to their alcohol," said Christopher Albert, the Counseling Center director. "[The program] ... helps them to know if they

have a problem with alcohol use, and if so, how severe is the problem."

After, students may be referred to the Collegiate Recovery Program or to the Counseling Center.

"Students who have gone through that program overwhelmingly report that it was a positive experience for them, that they learn a lot about themselves," Albert said.

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