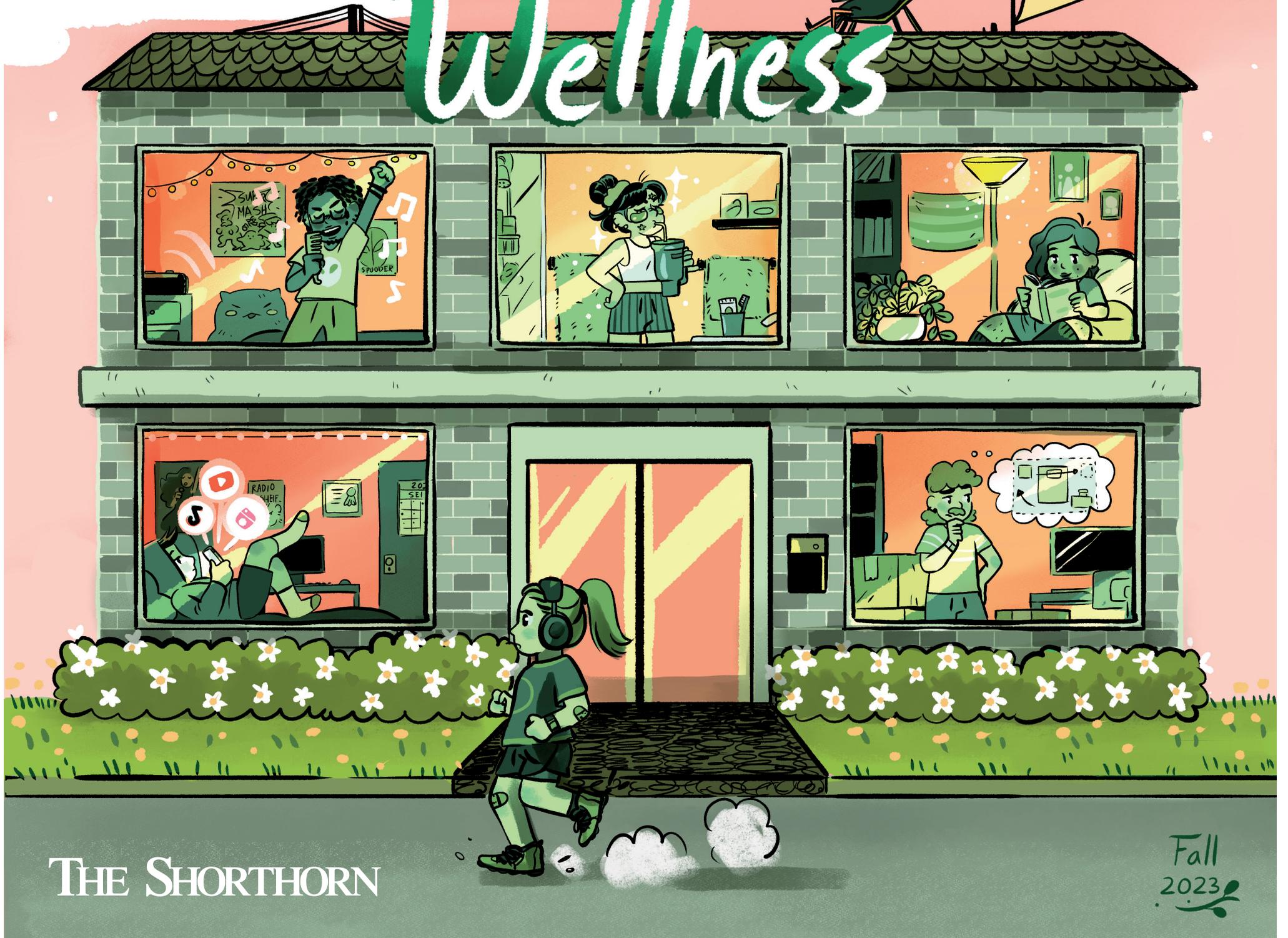


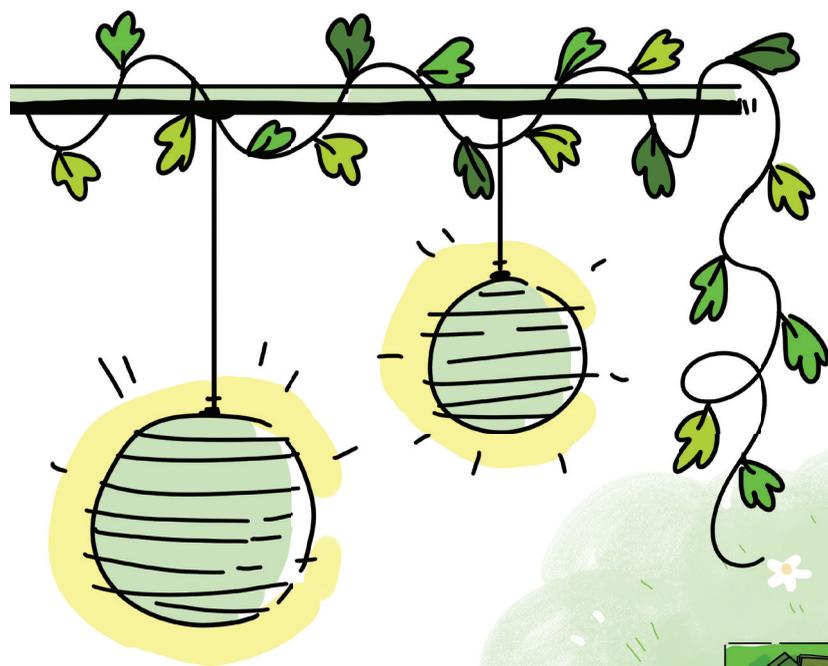
Health and Wellness



SPIRITUAL

Get funky with feng shui

Dorm rooms are small and often cramped. To make use of that space, consider an ancient art.



BY MARIE RENEA
The Shorthorn staff

Living in a dorm can make the world feel smaller. With work, homework, studying, exams and maintaining a social life, the space a student lives in can end up their last priority. If your space is feeling cramped and tired, consider the art of feng shui.

Feng shui is an ancient Chinese practice rooted in early Taoism. According to *National Geographic*, feng shui means “the way of wind and water.” It is a method of arranging furniture, decorations and space in a given environment to achieve harmony and balance.

Jenny Nakao Hones, interior designer and certified feng shui consultant, studies a type of feng shui known as form school feng shui. There are many different schools of feng shui, but form school focuses on objects and shapes in an environment, Hones said.

“Anytime you move something, even if it’s an inch, it changes and how you feel changes,” she said. “That’s really the fundamentals of feng shui.”

Ancient Chinese people considered feng shui both an art form and a science. They practiced it in their homes and towns to channel positive chi, the life force that inhabits everything, according to *National Geographic*. This practice has become popular in Western countries and can be



Illustrations by Cristina Del Coro Trio

applied anywhere, even in a dorm room.

Hones described how she implemented feng shui in her son’s dorm room in a blog post from July 2012.

“First, the main purpose of the room is to study and sleep,” she wrote. “Eating and socializing is secondary, so the placement of the bed and desk should take priority.”

Positioning beds with the headboard against the wall puts them in a “command position,” Hones wrote. Some recommend placing the bed in an indirect eyeline from the door. This allows positive chi to flow freely within the space.

Hones also describes how one’s desk should be placed in a room.

“Moving the desk with a solid wall behind the chair and a view out the window keeps one grounded,” she wrote. “This view promotes mental agility and expansion.”

The practice doesn’t end with furniture, as feng shui assigns energy to all possessions, according to the book *Dorm Room Feng Shui: Find Your Gua, Free Your Chi* by Margaret Donahue, Elizabeth MacCrellish and Katherine Olaksen.

This book mentions that all items contain “energetic imprints” that emulate the feelings one held at the time of acquiring them. Choosing what personal items to keep in a dorm is an important decision.

Hones also described the importance of choosing the right personal items for a dorm room. Items brought to a dorm

should have an emotional connection to them, she said, such as pictures of a family vacation or something inspiring.

“You go to Target and you buy a picture of a flower and it’s a pretty color. Yeah, it’s a pretty color, but you don’t connect to it from a heart point of view. It’s just a visual,” Hones said. “So, having that one more step beyond the beauty is good.”

Objects and furniture are just the tip of the feng shui iceberg. Energy and vibrations exist in all parts of the natural world, including relationships.

Choose to spend time with people who make you feel good, Hones said. Putting positive energy into relationships is vital in maintaining a healthy outlook and a close, secure circle of friends.

Hones emphasized the importance of relationships and social environments on campus after she explained that humans vibrate at a higher level than plants or animals.

“We connect to things that are closer to our vibration,” she said. “So people connect more with people.”

The goal of feng shui is to invite positive energy into your home.

Surrounding oneself with positive energies, mindsets and beneficial relationships can improve one’s mood, boost productivity and create a feeling of comfort within a space.

Students can make their home away from home more cozy with feng shui, supporting their mental health in the process.

Editor’s Note: While feng shui can aid the overall comfort and energy of an environment to boost one’s mood or productivity, it is not a replacement for certified medical or mental health treatment. If you or someone you know is struggling, please seek accredited medical attention.



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HEALTH & WELLNESS

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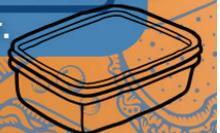
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FINANCIAL

Give yourself some credit: get started in college

There's no one-size-fits-all for finance, but students should find what works for them

BY AMANDA ALDRIDGE
The Shorthorn staff

College is the perfect time to start thinking about credit, which means it's time to learn what that means and how to maintain a credit card.

Credit cards open a line of "credit" that is used to make purchases and balance transfers, requiring users to pay back the loan every month by the due date, according to the U.S. Bank. Having an open line of credit will grant a credit score, which reflects a user's spending and repayment habits and creditworthiness.

Amelia Barber, financial literacy coordinator for UTA's Student Money Management center, said that students should only think about opening a credit card if it makes financial sense for them. However, it should be on their radar, and they should be researching which credit card would best fit them. There's not a "one size fits all" for credit.

"If you absolutely have no credit history, then I would look into seeing what your approval odds are for different credit cards," Barber said. "It is absolutely expected and encouraged that you shop around for the best fit for you."

For beginners, students should look into "credit-builder cards" and "student cards." These are designed for those without a credit history since the approval odds are greater than other cards that require a higher credit score.

Kay Byington, the Money Management Center's assistant director of student accounts and money management, said it is important for people to focus on their credit score, because it will be checked for houses and car purchases, and employers also check it to ensure the applicant is reliable and trustworthy.

Even if students haven't opened a credit card, it is still possible for them to have a credit history due to taking out student loans and other factors, which could include fraud. This is why it is important to check credit scores consistently.

"How would you know someone has a credit card opened in your name if you never check?" Byington said.

While it is preferred for students to pay their full credit balance at the end of the 30-day billing cycle, there are alternative options, which include just paying the minimum payment, the entire balance for the last billing cycle or

a custom amount. To avoid paying any interest, students should pay the full balance at the end of the billing cycle, Barber said.

It is important for students to reflect on their financial situation before deciding to open a credit card. While the accounts can give students benefits for future purchases, they could also do more harm than good if it's not used responsibly. Byington suggests using a credit card for gas and emergencies, so students are able to pay off their credit card in full at the end of every billing cycle.

If a student doesn't feel comfortable having a credit card anymore, Byington suggests "cutting up the card," or finding a way to hide it, instead of closing the account. Students will still have a line of credit open for emergencies and will be able to maintain a good credit score by having a standstill account, as opposed to hurting their score from closing the account.

"When I was younger, I actually gave my actual physical credit card to my mom to lock in the safe and to not give back," Byington said.

If students are looking to build credit while avoiding the tempta-



Illustration by Kennedy Coit

tions of spending too much with their credit card, they should consider opening a secured credit card, which builds credit score with no risk of going into debt.

Another option is to open a joint credit card with a parent, so the student can build their credit while their parent uses the card. Byington suggests students do this if their parents are disciplined and good with credit.

While the answer differs depending on who you ask, according to Byington and Barber, a good credit score should range from high 600s-800s. However, each student has different financial factors that

can affect this score.

"If you're only 20 years old, and you only started building credit a year and a half ago, you can't make that piece of your score go higher except by continuing to age," Byington said.

Byington's advice to students is to not hide from their credit. If students are feeling unsure about what to do with their accounts, they should call someone who can help them work through the issue, because "you're not alone."

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Bring factual errors to *The Shorthorn's* attention via email to editor.shorthorn@uta.edu or call 817-272-3188. A correction or clarification will be printed in this space.

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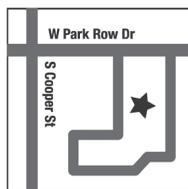
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SOCIAL

How to healthily use social media

Despite its stigma, social media can be a positive influence if used in moderation

BY ELLA SCOTT

The Shorthorn engagement editor

Social media often gets a reputation for being addictive and worsening mental health, but are the inanimate programs at fault or is it user error?

It's up to the consumers — along with their time spent on certain platforms and what they are actively consuming — to determine if the risk is worth the reward. Social media can be the most beneficial product of the new generation if used healthily. Here's a guide to using social media healthily.

Understand the platforms

Instagram is a visual platform that offers a variety of posting options. The Reels feature allows for short video content. Regular posts allow users to create personalized feeds with their own aesthetics, while Instagram Stories can be used similarly to Snapchat Stories. However, Instagram offers the ability to save these posts from disappearing after 24 hours by adding them to a highlight reel.

X, formerly called Twitter, is mostly text-based. Photos and videos can be added to posts with a lower resolution and limit of four visuals. This platform limits posts to 280 characters, which explains the common use of threads to link multiple posts together.

The oldest of these social media platforms, Facebook, was founded in 2004. The platform is used by the Baby Boomers and Gen X generations more than other platforms, according to a Pew Research Center 2021 study.

Offering themed groups and its own marketplace, Facebook is often used for connection and community purposes. Narda Perez, senior audience engagement editor at *Slate*, saw a Facebook community rally together to help a family of five after their house burnt down. With the help of social media, a neighbor raised thousands of dollars for the family along with other donations.

"That's something that would not have spread as quickly if it wasn't posted on Facebook and these Facebook groups," Perez said.

TikTok provides an abundance of short-form video content including things like makeup tutorials, sports commentary, news and food reviews. The content can vary from just seconds long up to 10 minutes. However, some find the app consuming like, Amanda Jordan, department of communication advertising lecturer.

Though she enjoys TikTok, time seems to pass "entirely too quickly" as she scrolls through video after video, and it seems susceptible to false information, Jordan said.

"It's a buyer beware situation," she said.

It's up to the user to decide what content they want to consume, and from there, choose which platforms they will be on more.



Illustrations by Sooa Pyo

Consider your intentions and time management

"I think it is all about intent," Jordan said when asked whether social media is more positive or negative.

Reasons for using social media can range from connecting with long-distance relatives to finding like-minded strangers to befriend. Using a platform with positive intentions will lead to positive media consumption.

Only utilizing these apps for likes, views or attention can lead down an unhealthy path, Jordan said.

After understanding what each platform offers, users should decide what content they want to consume on which platforms.

Twitter provides a plethora of sports content and to-the-minute news, Jordan said. She attempts to not doomscroll or consume too much news as she finds it overwhelming, so she walked away from the app.

Instant connectivity and easily accessible forms of communication are benefits of social media.

With an almost seven-hour drive to her hometown in Shattuck, Oklahoma, Jordan often uses it to stay up-to-date with her family and high school friends.

Perez also finds the various communication options of social media beneficial, especially during the recent pandemic. Most of her family lives in México, so Perez uses platforms like Facebook and Messenger to stay in contact with them.

In a Pew Research Center study, 71% of teens said social media feels like a place to express creativity, and 67% said these platforms make them feel they have people who can support them through difficult times.

These positive aspects can be more of a reason for younger people to stay on the apps longer, but time management on social media is important to consider.

Perez mentions the quote from her mother: "Anything in excess is bad, so as long as you are doing everything in moderation, you should be fine."

Though her mother says this about everything, Perez thinks this is true for social media. The platforms can be draining or provide rampant misinformation but also allow for opportunities previous generations didn't have.

"You can't consume a million grams of sugar every day, because you'll get sick," Perez said. "It's kind of the same with social media."

Curate a positive feed

Creating a safe space within these platforms may be the most effective, healthy way to use social media.

To combat the false news some platforms contain, Perez only follows reputable news outlets. She curates her feed with credible news organizations and accounts with content that matches her interests.

Perez recommends being aware of how certain content makes you feel and then taking action. Temporarily deleting an app or setting a time limit for certain platforms can boost your mood and improve your mental health, Perez said.

"I tend to keep my social media pretty personal, like fun topics related to makeup, skincare, food," she said.

Determine which people in your feed are not good for you, Jordan said. Then, either mute them for a little while or unfollow them completely.

"Nothing is as shiny as it seems," she said.

Jordan has to remind herself of this as it is easy to become jealous of someone's life when viewed through social media. However, people only tend to show their best moments online while not showing any of the bad, she said.

She recommends being cautious of what you consume and fact-checking all information before considering it true. Know what kind of content bothers you or causes problems for you and avoid it or minimize how much you consume.

"If you are putting good content out there, you usually are going to get good content in return," Jordan said.

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PHYSICAL

Girl dinner: perfect meal for the imperfect

Some have criticized the social media trend as promoting unhealthy eating habits, but for some it normalizes eating what your body craves.

BY ALEXIS MARTINEZ
The Shorthorn staff

It's a Wednesday night and there's nothing to cook and eating out is too expensive. What's the solution? Girl dinner.

The social media trend "girl dinner" is a home-made lunchable for adults defined by *The New York Times* as, "an artfully arranged pile of snacks that, when consumed in high enough volume, constitutes a meal."

"Girl dinner is the leftovers I didn't eat two days ago and a bag of chips and two fun drinks and also an Oreos," musical theatre junior Bridgette McFall said in a text message.

As college students, it can be stressful to manage a healthy well-balanced meal alongside other responsibilities.

Some praised girl dinner for starting a trend that creates a space where diverse eating habits and quirks are validated. It can be relieving to know you share an experience with others.

However, some portrayals

of girl dinners on social media are less than relatable. While the majority of creators have good intentions, some have critiqued girl dinner as promoting disordered eating habits, skipping meals or minuscule portions, under a self-deprecating mask.

Do trends like this on social media contribute to disordered eating and idealization?

According to a 2019 study from the *International Journal of Eating Disorders*, 51.7% and 45% of girls and boys respectively with

a social media account were likely to report disordered eating routines, such as skipping meals or strict exercising.

While many of these studies focus on eating disorders that cause weight loss, we often forget that binge eating disorders are just as harmful. Our content consumption can have a direct effect on our perception and behaviors in real life.

So, does that make girl dinner a dangerous concept? McFall opened up

about how she has struggled with disordered eating habits, like overeating to compensate for undereating, and she doesn't think it's appropriate to make comments on how much someone is eating.

"Whatever your body needs is what your body needs," she said.

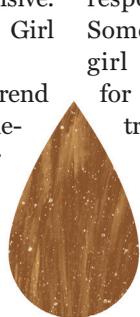
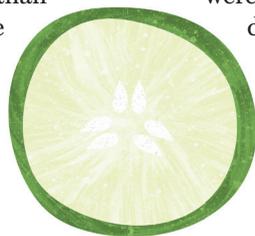
Girl dinner caters to her specific cravings and what she needs to be satisfied — not to fit the formula of the perfect meal, McFall said.

It should be a celebration of freedom in a

rigid world of precision. Sometimes it's OK to ditch the perfectly balanced protein, vegetable and starch meal prep and eat the snacks you're craving, like McFall's go-to girl dinner: colby jack cheese cubes and strawberries.

For more resources and support on eating disorders visit the National Eating Disorders website. Otherwise, enjoy your girl dinner.

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Illustrations by Kelsey Wells

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EMOTIONAL

How to spot burnout before it blows up

Burnout is not uncommon among college students. Being able to identify the signs is the first step to handling it and achieving a better mindset.

BY JAMES WARD
The Shorthorn staff

Academic burnout affects many students. Whether it's studying too hard, too much or not taking needed breaks, burnout can be dangerous for students if not identified and treated.

Some of the most common symptoms or signs of burnout include exhaustion, reduced performance and alienation from activities related to the source of the burnout, according to InformedHealth.org.

Exhaustion can cause people to feel physically and emotionally drained, like they're tired and unable to cope. Reduced performance can affect students' work, school and home

life, causing them to lose creativity and have difficulty concentrating. Alienation from activities comes from people suddenly feeling their jobs are too stressful.

Joseph Allberg, counselor and outreach coordinator for Counseling and Psychological Services, said a reason some students become burnt out is because at 18 years old, they think they have to pick what they're going to do for the rest of their lives right when they get to college.

Allberg said he came to college as a communications broadcast major because that's what he thought he wanted to do. However, after having conflicting feelings with the curriculum, he switched to pursue psychology.

"I did a little bit of that practice and work and just had to drag myself through it, it was boring, it wasn't stimulating," he said. "You know, the



Illustration by Yvonne Collier

action of doing it is fun, but hooking up all the wires and setting everything up is awful. Sometimes you just have to be honest with yourself, when you get the experience, you have to make a change sometimes."

Combating burnout can be as

simple as adjusting schedules to find a balance between studying and homework, while also making time for a social life. Another adjustment could be procrastinating less, so students don't lead themselves into "binge studying," he said.

Allberg said the big key to avoiding burnout is making sure students have a variety of social interactions. One way is by being involved at school through organizations and regular events. Being engaged socially helps to make sure that college isn't just studying.

When it comes to academic burnout, any student can be affected. Over-studying and devoting too much time to school are the main causes. The best way for students to get through burnout is by keeping a part of the day free to do whatever they want to do.

"Just be mindful, listen to yourself," Allberg said. "You know yourself better than anybody else does."

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ENVIRONMENTAL

Pause, take a deep breath, go hiking

Leave the concrete jungle to find these hidden gems in the Metroplex and beyond



The Shorthorn: Drew Shaw

BY DREW SHAW

The Shorthorn managing editor

Hiking is a hobby worth trying. It lets people slow down, escape their noisy city lives and quiet their thoughts. It's also a simple, natural form of physical exercise.

Spending time in nature acts as “a balm for our busy brains,” according to the *American Psychological Association*. Various studies have found hiking leads to cognitive benefits like higher attentiveness, overall better moods, mental health and emotional well-being.

Though the Metroplex isn't renowned for its hiking scene, there are plenty of pockets within nature and around the area for green-

starved city slickers to escape to. The following places feature hiking trails that range in length, accessibility and intensity, offering students options on how to spend their next free weekend outdoors.

River Legacy Park

River Legacy Park sits in north Arlington and is dubbed “the crown jewel of Arlington's park system,” according to the city's website. It's a 10-minute drive from the university and is accessible through the city's rideshare service, Arlington On-Demand.

The park offers over 1,300 acres of forest floodplain park and over 10 miles of trails. By

the end of 2024, the park is expected to be part of a developing 66-mile trail connecting Fort Worth to Dallas and will run through five cities, said Montana Williams, Administrative Services Coordinator II for the Arlington Parks and Recreation Department.

Village Creek Historical Area

A small, east Arlington-protected greenspace, Village Creek Historical Area holds the trailhead to a nearly 24-mile, out-and-back paved trail that weaves through slivers of Arlington greenery. The area's parking lot is about 10 minutes from UTA and is accessible using Arlington's rideshare service.

A trail map under the name “Pioneer Trail” is available on AllTrails.com.

Cedar Hill State Park

Nestled 20 minutes from UTA near the heart of the Metroplex, Cedar Hill State Park advertises itself as an “urban oasis.” The park borders the 7,470-acre Joe Pool Lake and provides an easy escape from the city's sprawling concrete.

The park is known for its camping and fishing, but it's also laced with well-established hiking paths for cycling and walking. Trails range from simple 0.6-mile strolls to the 12-mile Dallas Off-Road Biking Association Trail.

Although it's surrounded by the Metroplex, Cedar Hill State Park manages to feel like a quiet, isolated world. The park is well-trafficked and far from rugged, but its expansive forest is a breath of fresh air in an ever-crowding city.

The park has a daily entrance fee of \$7, and trail information can be viewed on the park's website.

Fort Worth Nature Center & Refuge

About 40 minutes west of UTA, through Fort Worth, the Fort Worth Nature Center & Refuge covers 3,621 acres of green space and houses over 20 miles of hiking trails. The center's history dates to 1914, with a focus on providing a wildlife sanctuary of diverse fauna and flora.

The refuge charges a \$6 entrance fee, and its trail information can be found online.

Ray Roberts Lake State Park

A little over an hour from the university, Ray Roberts Lake State Park houses over 3,000

acres of greenspace across its several units. Its two biggest units, the Johnson Branch Unit and the Isle Du Bois Unit, have trails up to 9.2 miles, some of which are paved.

Being more on the outskirts of the Metroplex, the park sees slightly less traffic than Cedar Hill State Park. It charges a \$7 daily entrance fee.

Caprock Canyons State Park & Trailway

Those looking for an overnight trip to a different, more sandy part of Texas could brave the around five-hour drive to Caprock Canyons State Park & Trailway. The area encompasses 15,313 acres of colorful rock formations surrounded by the state's northwestern desert.

The nearly 90 miles of established trails meander over the mountainous red rocks. The area is far from city life, and hikers could come in contact with wild bison in the plains and bats in the canyon.

A daily entrance fee is \$5, and campsites start at \$10 per night. Reservation and trail information is posted on the park's website.

Ouachita National Forest

People wanting to shake Texas asphalt off their shoes could consider spending a weekend in Arkansas or Oklahoma, which share the 1.8-million-acre Ouachita National Forest. The nearest border to the area's rolling, forested hills is about four hours from UTA, though travel time to different trailheads varies.

The area has plenty of day hikes, but it also features longer trails like the Horsethief Springs Trail, an 11-mile loop through forested streams, or the Eagle Rock Loop, which can cover about 27 miles of tree-covered mountains.

Trail information and maps can be found on the park's website. The closest section of the forest, Oklahoma's Billy Creek Recreation Area, doesn't take online campsite reservations and instead issues them on a first-come-first-serve basis.

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PHYSICAL

How better sleep at night can save your day

Many students don't get enough sleep, but studies show this can lead to a number of side effects including health, attention and autoimmune deficiencies.

BY PEDRO MALKOMES
The Shorthorn staff

If you've not yet encountered someone snoring during your morning lectures, consider yourself lucky.

At least 60% of college students do not get high-quality sleep. Seven to nine hours of sleep is recommended for young adults, and it is important for students to meet this recommendation, according to the Centers for Disease Control and Prevention.

Past research concluded that 75% of college students reportedly experience sleep disturbances. Lack of sleep can lead to depression and negatively impact academics.

Sleep serves as a time for people to engage in their systems' restoration and repair. This state enables growth and restoration, according to previous *Shorthorn* reporting.



Illustration by Lita Cruz

There are five general stages of sleep, all identified by specific brain activity. Stage four is referred to as deep sleep: the most difficult stage to awaken someone from. The fifth

stage, rapid eye movement, is associated with dreams.

Students regularly deprived of REM or deep sleep tend to have an increased risk

of cancer and heart disease. Lack of these stages may also result in an impaired immune system and in cognitive function.

Communication technology senior Timilehin Lamoriu said he struggles to get proper sleep, generally sleeping for four to six hours a night.

"I don't think it's enough," Lamoriu said. "I think I need at least eight to 10 because it goes by pretty fast and I still lose my sense of self in classes because I don't get enough sleep."

He often wakes up 30 to 45 minutes prior to class and struggles to focus throughout the day.

Lamoriu works two jobs and, since it's his final year, he is taking difficult classes. He said it is difficult to sleep well when balancing all these factors.

Lamoriu has a job coaching his peers on campus and believes most students struggling in class is a result of lack of sleep, not laziness.

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PHYSICAL



The Shorthorn: Mary Abby Goss

Lifting weights to lift your spirits

Staying healthy is crucial as a college student, especially when considering physical exercise. Here are some pros and cons.

BY JAKOB GORTON
The Shorthorn staff

The freedom that comes with being a college student offers numerous opportunities to maintain a healthy lifestyle through regular exercise.

Stephen Urias is a graduate of UTA's athletic training master's program and has worked with various programs as an undergraduate student at University of Texas at San Antonio and UTA. Urias gave his thoughts on both the pros and cons of exercising as a college student.

The Pros

Urias said that regular exercise has plenty of benefits including bone, joint and overall physical health. Muscle growth, which happens when you work out, will help you burn adipose tissue, or fat tissue, and decrease your chance of heart disease, diabetes, and other illnesses.

"People feel better when they work out. They look better so they feel better," he said.

Seeing results of physical exercise is one of the ways Urias has seen people's mental health improve in

his past experiences working with college athletes.

"That's a big motivator for people that have a tough time sticking to something," Urias said.

The Cons

Perhaps the biggest risk one takes when engaging in any form of physical exercise is injury. Urias said that he has seen a lot of chronic issues stem from recreational workouts.

"A lot of people get back injuries because they don't know how to do the correct form," he said. "Or maybe they just lift a little bit more heavy than what they're used to."

Another con of working out is the struggle of balancing the busy schedule of being a college student with having a consistent routine of physical activity, Urias said. He said that you have to have not only the motivation, but also the discipline to get in the gym every day and work out.

"I'd recommend, especially if you're first starting out [as a] freshman, just getting a routine down," Urias said. "So once you have your routine and your schedule down, then you can start to figure out 'where can I try to get more physical activity in?'"

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PHYSICAL

Think before you drink: how to practice smart drinking in college

Most students will encounter alcohol in college. Here are some tips to drink safely.

BY LEO ROSAS
The Shorthorn staff

For many students, working during the week means they can enjoy themselves on the weekend. After all, a bit of fun is expected when students enter college. But the newfound freedom can entice some students to overindulge.

"Drinking at college has become a ritual that students often see as an integral part of their higher education experience," states the National Institute on Alcohol Abuse and Alcoholism about harmful and underage drinking.

Roughly 80% of college students consume alcohol to some degree, according to AlcoholRehabGuide.org.

The taste of strong liquors like vodka or tequila alone can deter most people from getting drunk, but as college students face social pressures and suffer from drinking inexperience, there can be consequences.

First-time drinkers have more to

worry about. Going into an activity not knowing what to expect can have surprises, especially when dealing with a hard substance like alcohol.

Underage Drinking

According to the NIAAA, researchers estimate that every year: 1,519 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.

696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

About one in four college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.

Alcohol Consumption

If underage drinking is inevitable, young people should foster safe drinking practices.

First, remember to eat something before drinking. According to the *Times of India*, food present in your stomach dilutes the alcohol, slows down its absorption and

provides your body with vitamins and minerals that the alcohol can deplete.

Alcohol is dehydrating. It's recommended people drink one glass of water for every alcoholic beverage to help offset the diuretic effect of alcohol, which contributes to the discomfort of a hangover.

Micki Washburn, assistant professor of social work, said it's also good to avoid drinks with lots of sugar because it intensifies alcohol as well as affects how your body metabolizes it.

Washburn also recommended people always go out with a group of friends. "Don't stay at a party if everybody else has left."

She said everyone should try to be aware of how much alcohol is in their drink. This can be especially difficult to determine when one is handed a drink like a punch, which could have multiple liquors mixed in with each other.

"That's when it's really hard to control or monitor how much you're intaking," Washburn said.

Young people might feel pressured to binge drink because others around them are doing so. Binge drinking is defined differently depending on one's sex — when a woman has four or more drinks, or when a man has five or more.

"Nursing your drink slowly and being seen with it through the evening is the trick to not getting intoxicated," notes *Architectural Digest*.

"Know that you don't have to [drink]," Washburn said. "You have options, and it's okay to choose not to drink, and it's okay to drink in moderation."

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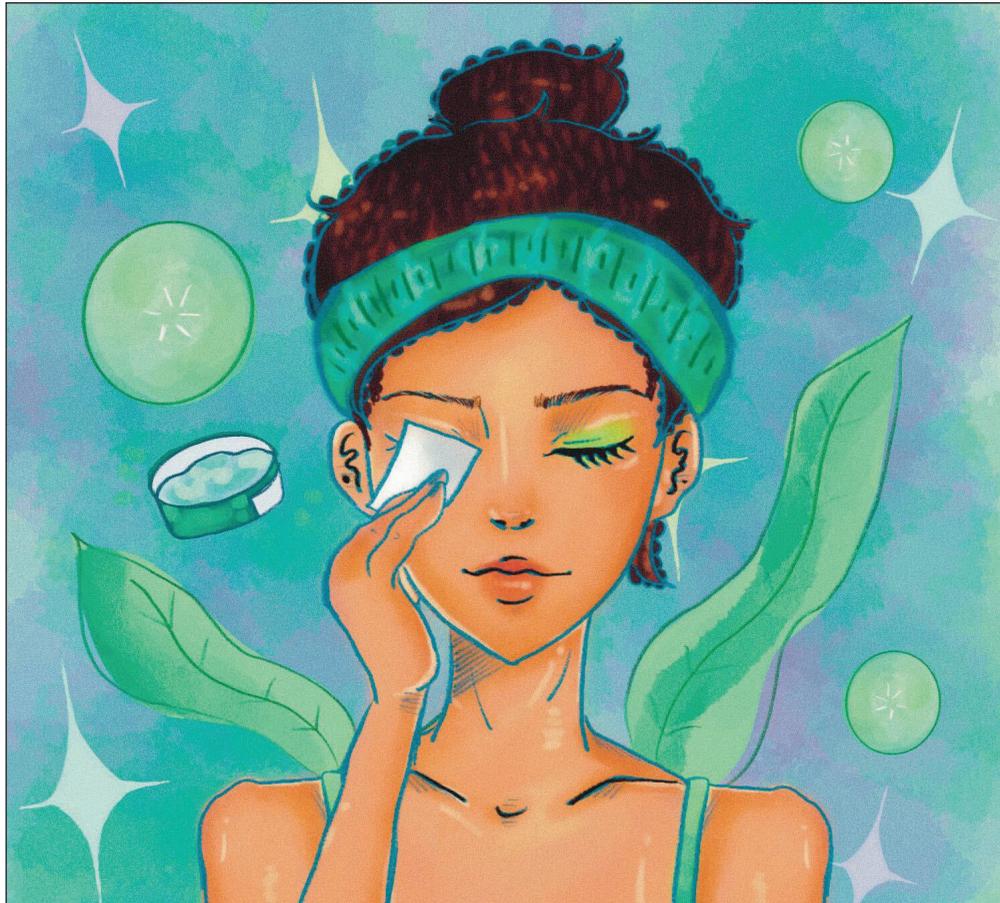


Photo Illustration by Ronaldo Bolaños

PHYSICAL

Self-care solutions for every student

Skincare is not as complicated as it seems. Know what to look for in products for different skintypes.



Illustrations by Lita Cruz

BY RABBIA MOLAI
The Shorthorn staff

Self-care isn't always at the top of a student's priority list. With the stress of classes, work and personal issues, it can be hard to find time to check in and take time for oneself.

The idea of self-care has become popularized on social media as an extravagant activity that can take a lot of time and money. But, sometimes self-care is as simple as washing your face every night and putting sunscreen on in the morning.

Licensed cosmetologist Kaitlyn Wood said skincare and self-care go hand-in-hand with one another.

People's skin and how

they care for it are heavily tied to one's self-confidence, according to Wood. Taking the time to do a skincare routine can very well change the way people feel about themselves.

"Through all the hectic stuff that we have going on throughout the day, you have to take at least 10 minutes for yourself," Wood said. "Keeps us sane, I think."

A basic everyday skincare routine consists of a cleanser, moisturizer and sunscreen. She said those three products when used consistently, morning and night — except for the sunscreen — can provide the skin with just about everything it needs.

As important as it is to

know what one should use for healthy skin, it is just as important to know what to avoid. Wood said using methods like at-home dermaplaning and rough sugar or salt scrubs can be extremely harmful, as they can cause microtears in the skin.

The first step to a safe and healthy routine is to find your skin type. Skin types can be identified by its look and feel. Wood said the appearance of large pores or blackheads can indicate oily skin, and the appearance of flakes or tightness can indicate dry skin.

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Here's a breakdown of ingredients to look for in skincare products based on skin type:

Combo skin

Dioic acid diminishes acne bacteria, glycolic, lactic, lipo hydroxy, salicylic acid and benzoyl peroxide help with exfoliation, hydroxyethyl piperazine ethane sulfonic acid (aka HEPES, enzyme exfoliation), kombucha, niacinamide, panthenol, retinol and zinc oxide.



Normal to oily

Salicylic acid for exfoliation and oil control, niacinamide for tone correction and oil control hydration, panthenol for hydration, aerated silica and dioic acid to help oil control, lipo hydroxy acid, a derivative of salicylic acid, hydroxyethyl piperazine ethane sulfonic acid for enzyme exfoliation.



Sensitive skin

Algae extracts, aloe barbadensis leaf extract, baicalin, bisabolol, chamomile extracts, cholesterol, cucumber extract, hyaluronic acid for hydration, lactic acid for exfoliation, niacinamide, orchis mascula extract, panthenol, phytosphingosine, sorbitol, thyme extract and zinc oxide.



Normal to dry

Lactic acid for exfoliation and hydration, hyaluronic acid, allantoin and aloe barbadensis help with hydration, glycolic acid for exfoliation and minor hydration, alpha-tocopherol for vitamin E, ceramides, citric acid for exfoliation, cucumber extract, dipotassium glycyrrhizate, licorice root extract, fatty acids, glycerin, hydroxyethylpiperazine ethane sulfonic acid, hydroxyethyl urea, olive leaf extract, panthenol, peptides, purple rice extract, sorbitol.



EMOTIONAL

The Shorthorn editors' comfort items

Comfort can take many different physical forms. Here's how it manifests to us.

*Chris Huddleston
opinion editor*

Being able to write down my thoughts has always been important to me, so I've always liked journaling. This was the first real journal I bought for myself, and I take comfort in knowing that there is always a place to put my thoughts.



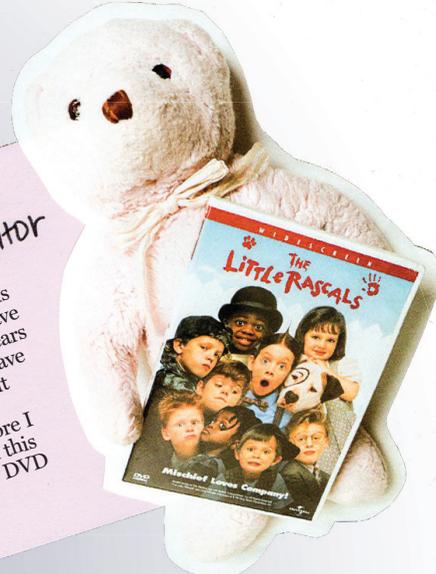
*Mandy Huynh
editor-in-chief*

I keep all the cards I've received since kindergarten, and this folder is the fifth iteration of my collection. When I feel insecure, I read through them for comfort. I had begged my parents for *Pokémon White*. It's the game that I've replayed the most, and I still pick Oshawott as my starter each time.



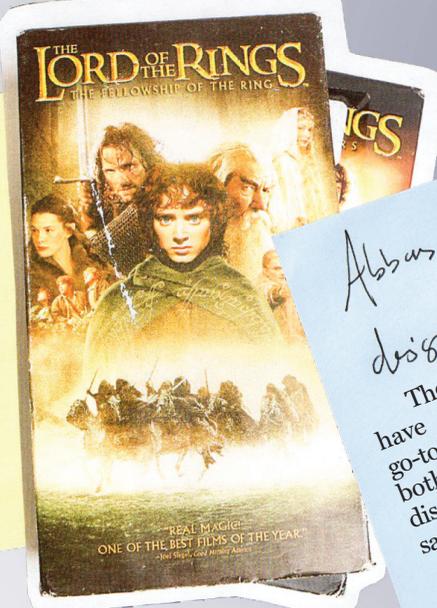
*Ella Scott
engagement editor*

My dad bought me this pink teddy bear, and I have had it since I was two years old. I am now 21 and have slept with it every night since I got it. The summer before I turned 13 I watched this exact *Little Rascals* DVD nearly 100 times.



*Drew Shan
managing editor*

My dad introduced me to *The Lord of the Rings* when I was 13, after a childhood of being barred from watching them "until I was older." I was immersed by it all — the soundtrack, the characters, the lore. Later, I read all of J.R.R. Tolkien's books, and the franchise still strikes a deep chord in me.



*Abbas Ghor
design editor*

These two drinks have become my go-to comfort items, both offering a distinct form of satisfaction.



*Deekota Diaz
Copy desk chief*

My neighbor gave this to me in fourth grade before she moved away. Growing up, I would take it with me everywhere. I've never seen another plush like it.



*Hannah Garcia
news editor*

My grandma gave me so many Beanie Babies growing up, I think she thought they'd be worth a lot one day. Maybe not monetarily, but they're worth plenty to me. *Pokémon* is a comfort show of mine, one my brother and I could always agree on watching together. Poison, Ghost and Dark types are my favorite — they're just misunderstood!



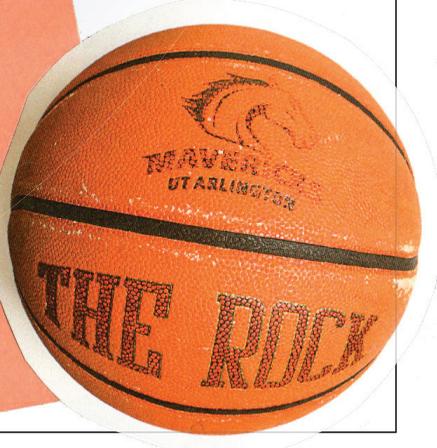
*Christine Vo
multimedia editor*

I got this hoodie at my sister's Marine graduation to honor both my brother and sister who are currently serving. This axolotl was a gift from my boyfriend after his trip to Hawaii. I have slept with it every night since.



*Isaac Apple
Sports Editor*

Ever since I could walk, I've loved basketball. This ball has special meaning to me because I received it at UTA basketball camp when I was in middle school.



EMOTIONAL

Practice your self-love through self-talk

Affirmations aren't for everyone, but practicing positive affirmations and self-talk can improve one's mental health.

BY ALEXIA MUÑOZ
The Shorthorn staff

Whether people realize it or not, how they talk to themselves affects their emotions and actions.

Mayo Clinic defines self-talk as the endless stream of unspoken thoughts running through someone's head. They naturally arise from logic, reason and misconceptions created by misinformation and expectations.

Since people's inner voices are often subconscious, they are often overlooked. But the conversations people have with themselves are impor-



Illustration by Haley Walton

tant, as they can be beneficial or harmful.

A common misconception about positive self-talk is that it tricks someone to view everything as "perfect," regardless of if it is or not. But the purpose of positive

self-talk is actually to affirm yourself with supportive phrases.

"When it comes to positive self-affirmations, it is about how you use self-talk, how you're viewing a situation," said Joseph Allberg, UTA

counselor and outreach coordinator for Counseling and Psychological Services.

A hopeful mindset can be learned, but it can take time. Focusing on what's said and how it's said can help avoid negative self-talk.

For example, if you receive a bad grade on an assignment or test, it is better to note mistakes and agree to do better rather than degrade yourself.

"If you never acknowledge having failures, then you won't be able to learn from them," he said. "We make mistakes, but if we can see where the mistake happened and plan for it in the future, then we can feel hopeful."

Being mindful and aware that you make mistakes is important.

Altering a mindset isn't easy, but there are ways to make negative self-talk something more positive. Self-affirmations send relevant, encouraging messages to yourself, Allberg said.

Communications junior Alexia Picon recently tried using affirmations and noticed that they weren't beneficial for her. She'd talk to herself in the mirror and leave messages on sticky notes in hopes of feeling better about herself, she said.

"They're not beneficial because whenever I would say those self-affirmations I would feel a little bit more down than before I tell myself this self-affirmation," Picon said. "I knew that I was feeding myself lies."

She didn't think the affirmations themselves helped, but she realized they helped guide her to practice more positive self-talk. It felt more like a genuine conversation with herself, helping her figure out how she felt and how to navigate her day, she said.

"I think positive self-talk has helped me in a sense of just kind of looking at life in a different outlook," Picon said.

Negative self-talk can affect your confidence, motivation and anxiety level, Allberg said.

"How you talk to yourself is pretty much everything when it relates to your self-esteem," he said.

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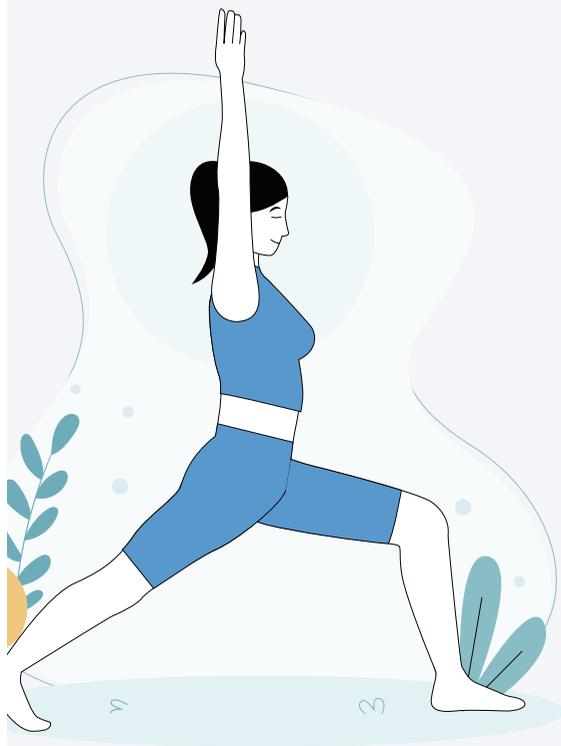
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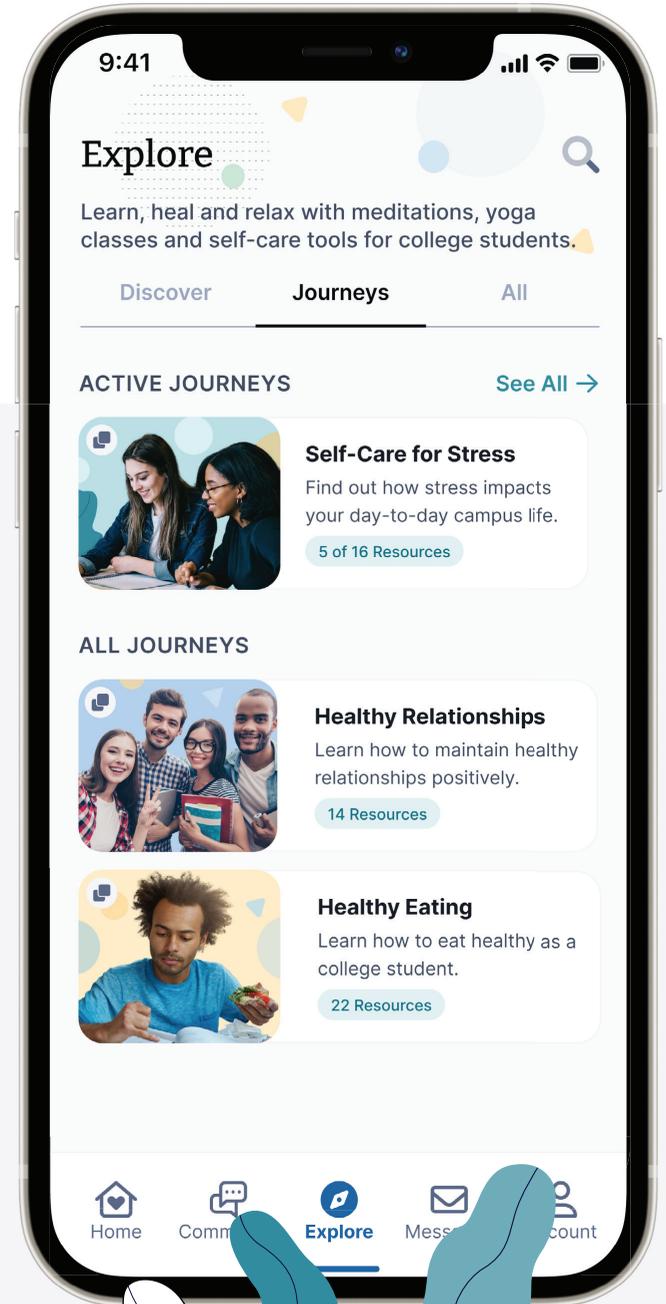
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