



# **GTU Newsletter October 6<sup>th</sup>, 2021**

## **Geography Department, Texas State University**

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## **Upcoming Dates & Volunteering Opportunities**

### **Downtown Clean Up: Every Wednesday, 8:30am-11:30am**

- Where: 202 CM Allen at San Marcos Chamber of Commerce ( 202 CM Allen at Hutchinson)
- Advertised as “Landscaping, sticker removal, litter cleanup, painting, and beyond!”
- They only need 3-5 volunteers per event
- Park at San Marcos Plaza Park (between Chamber and TXST River House)
- Contact: Josie Falletta ([jfalletta@sanmarcostx.gov](mailto:jfalletta@sanmarcostx.gov))

### **Main Street Music on the Square (MOTS): Every Thursday in October, 5:30pm-9:30pm**

- Where: Court house lawn on San Antonio St side
- Activity: helping set up and take down; helping with litter and eco-stations
- Special instructions: Volunteers should sign up individually at the link [bit.ly/MOTSVolunteer](https://bit.ly/MOTSVolunteer). Volunteers will be contacted directly with volunteering instructions.
- Contact: Freddy Medina ([amedina@sanmarcostx.gov](mailto:amedina@sanmarcostx.gov))

### **Plaza Park Adopt-A-Spot: Oct 10<sup>th</sup>, Noon-1pm**

- Where: San Marcos Plaza Park, 206 N C M Allen Pkwy, San Marcos, TX 78666
- Activity: Litter Pick Up
- Required Document: Email signed liability form (attached to email) to Azariah Reese ([amr413@txstate.edu](mailto:amr413@txstate.edu))
- RSVP: <https://www.signupgenius.com/go/8050b4eae23a0fc1-gtuplaza>
- Contact Azariah Reese ([amr413@txstate.edu](mailto:amr413@txstate.edu))

### **Downtown Clean Up: Oct 16<sup>th</sup>, 9:00am – Noon**

- Where: Meet at San Marcos Chamber of Commerce (202 CM Allen at Hutchison)
- Activity: Painting railing and litter cleanup
- Special instructions: Park at San Marcos Plaza Park (between Chamber and TXST River House); walk to N LBJ
- Contact: Josie Falletta ([jfalletta@sanmarcostx.gov](mailto:jfalletta@sanmarcostx.gov))

### **Sessom N.A. Volunteer Workday: Oct. 16<sup>th</sup>, 9:00am – 11:00am**

- Where: Meet at Vie Lofts parking lot (6 designated spots for park users). Parking is also available along Chestnut, Walnut, and Acorn Streets.
- Description: Tasks will include pulling chinaberry seedlings, removing purple trailing lantana and catclaw vine, and picking up litter to prepare for seeding this fall/winter. We may begin seeding depending on weather and site conditions. Gloves and bug spray provided, but bring a water bottle.
- RSVP: <https://www.signupgenius.com/go/30e084ba8ae2ca7fc1-habitat>

## **Literature in Geography:** “My Friend, The Fire Ant”: A Preliminary Analysis of the Role of Fire Ants in Grapevine Health

### **Abstract:**

“Texas is one of the most productive wine-producing states in the United States. However, both the physical and ecological environments of Texas can present challenges which can complicate viticultural practices. Insects in particular are difficult to control and growers typically use strong insecticides in order to sustain commercially viable vineyards. One grower claims to have observed a connection between vine health and the presence of fire ants and asserts that individual grapevines with ant mounds at their base tend to be healthier than others. Consequently, the grower uses fewer pesticides to combat other insect pests. The purpose of this exploratory research is to investigate the grower’s claim and determine whether fire ants can be ignored or perhaps encouraged as a means of integrated pest control in vineyards. Vineyard soil features and in-situ spectral characteristics of individual plants in two vineyards in the Brazos Valley region of Texas were examined and compared. Preliminary results show no statistically significant difference in vine health between the two vineyards, suggesting that the grower’s decision to encourage or discourage fire ants was not important. However, analysis of the pooled vineyard data suggested that the presence of fire ants and the degree of soil compaction may influence vine health”



Dr. Christi Townsend

### **Other Research by Dr. Townsend:**

- Dixon, R.W., Moore, T.W., Townsend, C.G. (2017). Baseline Climatology of Sounding-Measured Variates Associated With Atlantic and Gulf Coast Tropical Cyclone Tornado Clusters. Papers in Applied Geography. Forthcoming.
- Olson, E.G., Townsend, C.G. (2017). An ArcGIS Model for Avalanche Risk Assessment in the North Cascades, Washington. Papers in Applied Geography. Forthcoming.
- Townsend, C. G., Butler, D. R., & Dixon, R. W. (2016). The Challenge of Growing Wine Grapes in the Hill Country: An Evaluation of Changing Grower Perceptions of Natural Hazards in Texas Vineyards. Papers in Applied Geography, 2(1), 105–112.
- Dixon, R. W., Moore, T. W., & Townsend, C. G. (2016). Baseline Climatology of Sounding-Derived Parameters Associated with Atlantic and Gulf Coast Tropical Cyclone Tornado Clusters. Papers in Applied Geography, 1–8.
- Dixon, R. W., Peters, S. L., & Townsend, C. G. (2015). Burrowing Preferences of Atlantic Ghost Crab, *Ocypode quadrata*, In Relation to Sand Compaction in Padre Island National Seashore, Texas. Physical Geography, 1–14.

### **Where to find Dr. Townsend:**

- Email: [ct1086@txstate.edu](mailto:ct1086@txstate.edu)
- Phone: 512-245-8302
- Office: ELA 351
- [Research Gate](#)

## Professional Development

### Improve Your Professional Writing!

Take your writing skills to the next level!

How we can help:

- Peer Review your paper or project.
- Aid in editing or citing.
- Aid in presentation prep.
- Aid in research organization.
- Anything research related!!!

*In person or via zoom, GTU is here to help!*

Contact: Jessica Meyer at [j\\_m1228@txstate.edu](mailto:j_m1228@txstate.edu) to learn more!



## Financial Aid and Scholarship Resources

### [Bobcat Gold and More!](#)

Whether it's helping you understanding how the insurance system works, or giving you access to free Financial Coaches, BobcatGold gives you access to an almost endless well of resources that meet you where you are and puts you in the driver's seat of your financial future.



### [Bobcat Online Scholarship System \(BOSS\)](#)

“The Bobcat Online Scholarship System (BOSS) allows you to use one application to apply for as many Texas State scholarships as you're interested in. We are in the process of making all department and college scholarships available through BOSS.”





## Leadership and Professionalism and Humanity

*Leadership, professionalism, and humanity are three of the largest driving forces that impact the quality of our interpersonal connections, public perceptions, and world views. I think by getting back to the basics, we can start to use these characteristics as tools to become more influential and mindful, on purpose.*

### Leadership basics

#### [5 Different Types of Leadership Styles | Brian Tracy](#)



#### [Extreme Ownership | Jocko Willink](#)



### Professionalism

#### [Being A Professional | Dale Atkins](#)

- They deliver valued judgment
- The Cycle of Influence: Values, Behaviors, and Actions
  - Attitudes drive behaviors; behaviors drive actions; and actions drive attitudes.
- Being professional isn't an event; it's a journey
- 4-Part Framework: Knowing, Doing, Helping, Learning



### Humanity

#### [It Hurts To Hurt Someone | Maryann Jacobi Gray](#)

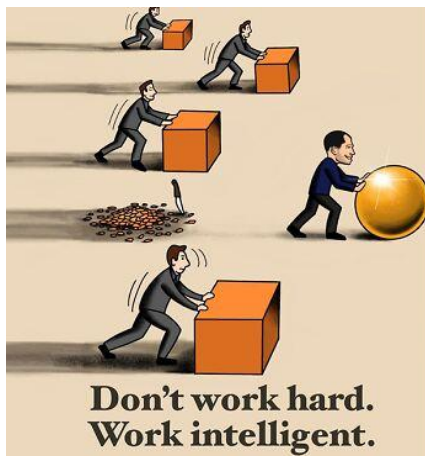
- Moral Injury and Unintentional Perpetrators
- 3 Conditions for Regaining Sense of Belonging
  - Accountability
  - Compassion
  - Community



*“Humanity needs heroic leadership from those who see all life as precious” ~ Bryant H. McGill*

Texas State Career Services

- [Resume Resources](#)
  - a. [Creating a Job-Winning Resume](#)
  - b. [Build an Accomplished Curriculum Vitae](#)
  - c. [Compose an Effective Cover Letter](#)
- [Free Headshots](#)
- [Interview Preparation](#)
- [Career Quick Guide](#)
- [Podcast: A Walk Across Texas State](#)
- [Career Closet](#)



Schedule an Appointment with Tori:  
[tori.graham@txstate.edu](mailto:tori.graham@txstate.edu)  
 Phone: 512.245.2645  
*Office Hours*  
 Tuesdays: 8am – 12pm  
 Wednesdays: 1pm – 5 pm

### Resume Building Tip of the Month:

***Know the difference between a CV and a resume.***

What the heck is a Curriculum Vitae, and how is it different than a resume?? While they are similar, there are some key differences between the two. The CV presents a full history of your academic credentials, and is mostly used by individuals seeking fellowships, grants, or in an application for graduate school. In contrast, a resume presents a concise picture of your skills and qualifications for a specific, usually industry position, so length tends to be shorter and things like years of experience and skills are key. – Dr. Krause (GTU Faculty Advisor)

For more resume writing tips, check out [Texas State Career Services](#) and all the info they have on [building your resume](#).

## Upgrade Your LinkedIn Profile

Step 1: Get One! <https://www.linkedin.com/>

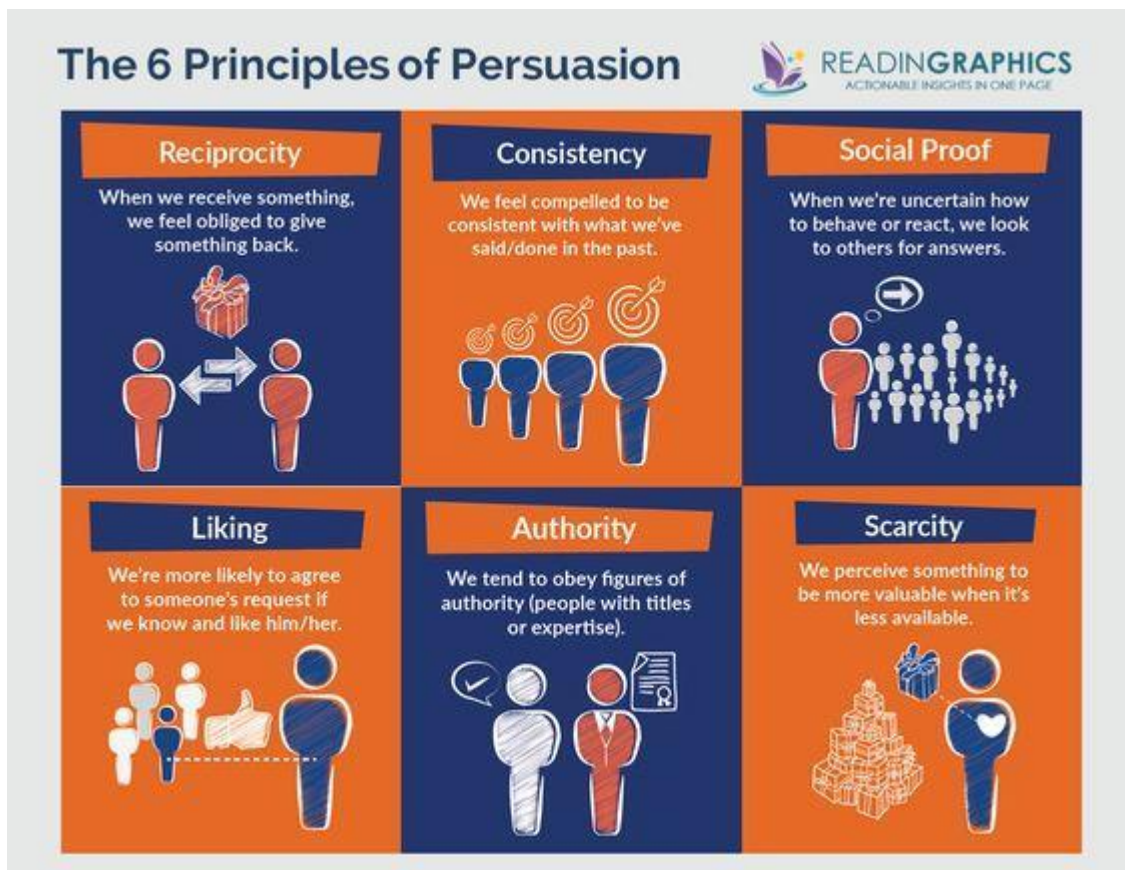
Step 2: Create a profile that influences

### 21 LinkedIn Tips & Tools to Take Your Profile to The Next Level

- Use the LinkedIn algorithm to your advantage
- Ask questions in the comments for more engagement
- By continually giving value to your network, you save them time and build authority in your market
- Have a more quality network
  - Define your niche
  - Connect with your niche
  - Answer their messages and comments in a pertinent manner
  - Public targeted content
  - Pitch them your content

### Top 5 LinkedIn Profile Tips! (2021)

- LinkedIn Summary Should Complement Your Resume
  - Resume should be tailored for the specific role you want
  - LinkedIn should serve as a general overview to add depth to who you are
- Get a Custom URL
- Using Free Online Tools for a More Professional Picture
  - <https://www.remove.bg/> (Removes the background from photo)
  - <https://www.canva.com/login> (Adds Backgrounds)



**Monthly Mindfulness: Expressions of Loss**

*This month we're observing the nature of goodbye and discovering the variety of ways it's expressed through art. Each artist exhibited here opens the door to parts of their lives, to let the world commune with their experiences. I invite you to sit with them a while and do nothing but feel who they are, in their moment of loss.*



*If I Should Go* by Joyce Grenfell (1910-1979)

If I should go before the rest of you  
Break not a flower nor inscribe a stone  
Nor when I'm gone speak in a Sunday voice  
But be the usual selves that I have known  
Weep if you must  
Parting is hell  
But life goes on  
So sing as well

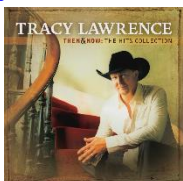
*Time Does Not Bring Relief* by Edna St. Vincent Mill (1892-1950)

Time does not bring relief; you all have lied  
Who told me time would ease me of my pain!  
I miss him in the weeping of the rain;  
I want him at the shrinking of the tide;  
The old snows melt from every mountain-side,  
And last year's leaves are smoke in every lane;  
But last year's bitter loving must remain  
Heaped on my heart, and my old thoughts abide.  
There are a hundred places where I fear  
To go - so with his memory they brim.  
And entering with relief some quiet place  
Where never fell his foot or shone his face  
I say, 'There is no memory of him here!'  
And so stand stricken, so remembering him.



Give it a Listen?

[If I Don't Make it Back](#) [Second and Sebring](#)



[For the Good Times](#)



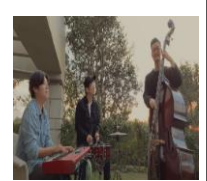
[I Miss Her](#)



[When I am Laid](#)



[Autumn Leaves](#)





### **Monthly Mindfulness: Compassion**

*In this section we'll see compassion described from four different perspectives. They all provide very concrete representations of compassion, but I think compassion is even deeper than what they explain it to be. Try looking for the essence of compassion trailing through their experiences, hinting at its own nature, welcoming you to continue its lineage within your own life.*

[Compassion and the true meaning of empathy | Joan Halifax](#)



[The Art of Being Your Own Best Friend | Carissa Karner](#)



[Reimagining compassion as power | Tim Dawes](#)



[Dare to Rewire Your Brain for Self-Compassion | Weiyang Xie](#)



## Mental Health Resources

We all need someone to talk to from time to time. Or maybe we just need to feel like we're not so alone. Or maybe we feel overwhelmed, anxious, depressed and not really sure how to feel better. Or maybe we feel like life is all a bit too much... Wherever you are in your life, even if you feel balanced in life [Texas State Counseling Center](#) has resources that equip you with information to help yourself, and helps you know how you can be there for others.

- [Upcoming Events](#)
- [Group Counseling](#)
- [At-Risk Training](#)
- [Bobcat Mental Wellness Videos](#)
- [Minds Matter: Caring for Yourself and Each Other](#)
- [Sexual Assault Reporting \(Title IX\)](#)
- [Make and Initial Appointment](#)
- [Counseling Services FAQ](#)



## [ABC's of ZZZ's: The Importance of Good Sleep](#)

**SLEEP Hygiene** [sleep hygiene index]

Make bedtime:

- Smoother
- Easier
- Relaxing

Make your sleep:

- Restful
- Uninterrupted
- Undisturbed

GOODNIGHT iPad

Elijah Miller

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## [Coping Through Episodes of Panic](#)

**PANIC**

- Sensation of choking
- Sensation of dizziness
- Chest pain
- Feeling of losing control
- Feeling of being disconnected from the world
- Feeling of being in a dangerous situation

**ANXIETY**

- Sensation of choking
- Sensation of dizziness
- Chest pain
- Feeling of losing control
- Feeling of being disconnected from the world
- Feeling of being in a dangerous situation

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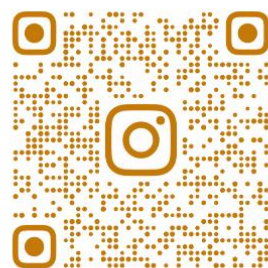
**Keep Up with GTU on Social Media !**

**Group Me**



[https://groupme.com/join\\_group/43390839/TsJGZ2](https://groupme.com/join_group/43390839/TsJGZ2)

**Instagram**



**TXST\_GTU**