

# THE BAYLOR LARIAT

## Student Government Elections

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**Michael Wright**

for student body president



**Ben Aguinaga**

for student body president

**Kate Williams**

for external vice president



**Cristina Galvan**

for external vice president



**Ross Watson**

for internal vice president



**Michael Lyssy**  
for internal vice president



**Paul Baumgardner**  
for Internal Vice President



# Race: mine to proclaim, unless I'm Hispanic

## Point of View

By JONATHAN ANGEL



Kenyan? Black, African-American, or Negro. Melanesian? Other Pacific Islander. Native Guadalupean? Raceless.

Sunday afternoon, I received my Census 2010 Individual Census Report. For the following two hours, discovering our races became my and my Hispanic roommate's quest for the Holy Grail. On the journey, I learned about my family's past, the history of the eastern Mediterranean and central-western Mexico and the failures of human classification.

Although I am a third-generation American citizen, I consider myself seven-eighths Hispanic-American and one-eighth Palestinian-American. My mother's parents are both from Guadalajara in the Mexican state of Jalisco; because I haven't seen my father since he left many, many years ago, I know little of his Mexican roots.

So where does the Palestinian-American come from? My grandmother — whom my mother and I had always supposed had parents from Lebanon or a nearby land due to her unique schnitzel recipe.

For my family heritage, I consulted my mother ("We left that part blank" for her Guadalupean heritage and uncertainty about her Middle Eastern past) and my uncle Fernando ("From Jerusalem in about 1910, at that time part of the Ottoman Empire [...] Do not tell anyone"). The one telephone number I have for my father? Answering machine. Perhaps he still doesn't want to speak to me.

In the process, I learned more about Mexico and the Holy Land than I ever wanted to know. For example, did you know that the town of Santiago de Tequila, famous as the birthplace of the alcoholic drink, is less than 40 miles from Guadalajara? Or that Muslims, Christians and Jews in 20th-Century Ottoman Palestine were given municipal jurisdiction over their adherents?

Now that I at least had the history correct, I could start to determine race. Does the Census consider Palestinians White or Other Asian? Are the native peoples near Guadalajara a unique race?

Well, the first question was fairly straightforward, though unreasonable, for me. "Mark the 'White' box if this person has origins in any of the original peoples of Europe, the Middle East, or North Africa" proclaims the 2010 Census Questionnaire Reference Book that I found online. If Laotian, Thai, Cambodian and Burmese are distinct races, why aren't Afghan and Scottish?

In addressing the second ambiguity, the Census 2010 Telephone Questionnaire Assistance ("People who identify their origin as Hispanic, Latino, or Spanish may be of any race."), the Census 2010 web site and Wikipedia were all useless.

Is my Mexican heritage

considered American Indian and Alaska Native? That depends, says the Census, on both my ancestors' home and my attachment to the local culture. Well, Mexico is indeed part of North and South America (including Central America), but am I connected?

Surely if most Hispanics understood the requirements for this race option, they would choose it. After all, most would identify themselves by origin, as Puerto Ricans and Quechua (a people of the Andes) do. Certainly, many "maintain tribal affiliation or community attachment" to their home.

But what about the rest of us? Those unsure of how much attachment and affiliation are necessary to be relevant? Those who can't determine if their group identification is specific enough to be considered a tribe or community? After all, I consider Central Texas and my hometown of Flower Mound distinct communities, but would hesitate to call either the city of Waco or the Metroplex one.

In the end, my roommate refused to answer the race question, partially due to the offense of not having an option to choose Hispanic. I selected White, for my Palestinian roots, and American Indian and Alaska Native (tribe "Mexican") for my Guadalupean roots.

Hopefully, my uncle's fears will not be realized when my family's past is revealed. Will Jews really hate me because my great-grandfather was Halil Bitar? Will anti-Arab extremists hate me because my great-grandmother was Guardia Sesin? Will any of that hate lessen when they learn I'm a Christian and a man of peace?

What will it take for Congress and the president to allow the rest of the federal government to recognize certain Hispanic groups as races of their own? A Hispanic-American president? One thousand other people crying out in print and online to be heard? A march on Washington 46 million strong?

The government needs to update its standards. Almost every black or African-American person considers Negro an offensive and racist option; many Hispanics find their lack of options pejorative and a glaring reminder of our nation's ignorant past.

Why hasn't acceptance reached Pennsylvania Avenue? Is the government truly unable to move forward until I mail it back, incomplete? Until they receive 46 million forms with question 5 blank?

In at least this one respect, the Census agrees with The Minute-men Project: my race is mine to self-identify boldly, unless I choose Hispanic.

*Jonathan Angel is a Flower Mound sophomore majoring in biochemistry. He is the Web editor for the Baylor Lariat.*



# Media ban at Obama's summit: slap in the face to U.S. free press

## Editorial

For many years Washington, D.C., has been the epicenter of free speech, as demonstrated by protesters, opposing vocal opinions and reporters flocking to this journalistic haven.

On April 13, dictators from around the world met in Washington for President Barack Obama's Nuclear Security Summit. An unintentional lesson may have surfaced, though, when Obama taught these foreign leaders about political relationships with the media by asking all journalists to exit the premises. By barring members of the media from doing their job, Obama set an unfortunate example for foreign leaders to bypass their own pesky journalists.

While most citizens of the United States would agree that advanced freedoms for foreign nations would be a nice change, this was a lesson

void of transparency and directly opposing furthering the press's freedoms. Obama's request has left many U.S. citizens asking frustrated, unanswered questions of intention and many foreign leaders debating just how free this country is.

The entire conference concerning nuclear security was closed to the media, all of them asked to leave by the president of the free states of America. Yet no logical reason exists for barring the media from the Nuclear Security Summit.

Journalists are in place to provide accountability and public enlightenment. In such an important, pivotal event, the media needs to be an intricate, active participant.

In order to show foreign nations what kind of freedoms are offered within

the free press of the United States, those freedoms must be demonstrated without exception.

Not only does Washington, D.C., set precedents for most of the rest of the nation, it also sets the pace for many places around the world. Furthermore, even if this were false, Obama's Nuclear Security Summit was the perfect opportunity to set an example, with a captivated audience of foreign world leaders.

The Washington Post reported that several foreign media outlets admitted for the first time that the United States seemed less free than it had in the past. The foreign leaders were much more open with their media than Obama was with the United States. Perhaps, the nation hosting the summit could take some lessons from its

guests.

The media was invaluable in getting Obama elected. He worked with and through them to gain mass appeal during the 2009 election. Banning them from this conference was a slap in the face to free press and to the men and women who brought him such high standing.

Obama has many new, progressive ideas for the future of this country. While many may be positive, the U.S. citizens will never know their details if journalists are not allowed to do their job. Accurate reporting is a necessity to the communication of Obama's ideas.

It is illogical and unethical to ban the media from events such as this.

If this is any indication of how the media will be handled in the future, U.S. citizens should be concerned about their freedoms.

## Lariat Letters

# Hannah gives preference for next year's president

Baylor student body,

As the current student body president, I am offering my endorsement to Michael Wright, candidate for student body president for 2010-2011. It has been an honor and privilege to serve alongside Michael in his capacity as student body internal vice president. Throughout this past year, I have seen Michael serve the student body with integrity and lead Student Senate in an efficient and respectful manner.

This year, Michael was a key player in student government regaining credibility

with Baylor administrators and the Board of Regents.

He has established strong working relationships based on mutual trust and respect with key decision makers on Baylor's campus, including regents. This respect and trust has come from Michael's dedication to serving students' opinions with integrity, not his own opinions. He is dedicated to understanding student opinion on Baylor's campus in order to fairly represent you to all Baylor constituencies, the public, and other colleges and universities.

Michael listens to the stu-

dents. You told him that your major concern was the rising cost of tuition and that you need more financial assistance. He hears you and continues to advocate for a more affordable Baylor education. He has voiced this concern to the Board of Regents, Interim President David Garland, and even President-Elect Ken Starr. He understands what students want and has spoken on your behalf. No other candidate can say that they have advocated on a major student issue to our university's administration.

Through his experience as a student body officer and

the working relationships he has already established, Michael provides a continuity of leadership that is very valuable for student representation at Baylor. He is a proven servant leader on our campus who is dedicated to building a better Baylor. You can't go wrong with Michael Wright for student body president. Please vote today and let your voice be heard!

Sic 'Em Bears,

*Jordan Hannah  
Student Body President,  
2009-2010  
Cleburne Senior*

## Opinion

The Baylor Lariat welcomes reader viewpoints through letters to the editor and guest columns. Opinions expressed in the Lariat are

not necessarily those of the Baylor administration, the Baylor Board of Regents or the Student Publications Board.

The Baylor Lariat is committed to ensuring fair and accurate reporting and will correct errors of substance on Page 2.

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Corrections can be submitted to the editor by sending an e-mail to [Lariat\\_letters@baylor.edu](mailto:Lariat_letters@baylor.edu) or by calling 254-710-4099.

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## Letters

Letters to the editor should include the writer's name, hometown, major, gradua-

tion year, phone number and student identification number. Non-student writers should

include their address. Letters that focus on an issue affecting students or faculty may be

considered for a guest column at the editor's discretion. All submissions become the

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Please Recycle This Issue

# Meet the student government candidates

By **KATY McDOWALL**  
REPORTER

The campaign craze will soon be over for student body officer candidates when election results are announced Thursday. The Lariat sat down with candidates to hear their campaigning goals.

## Student Body President

Houston sophomore Ben Aguinaga and Houston junior Michael Wright are running for student body president.

Aguinaga, who is triple majoring in political science, philosophy and history, said student government is currently moving away from the principles it was founded upon and that it needs to better serve students.

**"I feel that the student body deserves to know who is serving them."**

Ben Aguinaga  
Houston sophomore

"Overall my theme is building the Baylor bridge," Aguinaga said. "In essence my slogan basically refers to building the bridge of relationships across the gap that has separated student government and the student body."

Aguinaga has served two years as a senator, and is currently chair of Senate's diversity committee.

"My goal is to make student government more visible," Aguinaga said. "I want to buy lapel pins out of my own pocket for student government members."

Aguinaga said next year he will be living on campus and, as president, he will be at Memorial Dining Hall daily to meet with students for an informal lunch.

"I feel that the student body

deserves to know who is serving them," Aguinaga said.

Wright, a pre-med Baylor Business Fellow and economics major, is currently serving as internal vice president.

**"If elected, I'll be able to hit the ground running."**

Michael Wright  
Houston junior

"I am running for student body president because, as our university is moving through this period of transition, shifting to more permanent leadership, it has become evident to me that we need to have strong student leaders rise up to the occasion and make sure student voices are heard and not lost throughout the shuffle," Wright said.

Wright said he has been an active member of student government for the past three years and has already established relationships and connections with the university and university decision makers.

"If elected, I'll be able to hit the ground running," Wright said. "I won't have to spend first semester making those connections."

Wright said important issues to him are financial aid, on- and off-campus safety and making sure students have a voice and their opinions are heard.

"I always surround myself by a diversity of a opinion and I'm committed to listening to the right answer whether or not that's coming from the right person," Wright said.

## Internal Vice President

The three candidates running for internal vice president are

Louisburg, Kan., sophomore Paul Baumgardner, Falls City sophomore Michael Lyssy and Austin junior Ross Watson.

Baumgardner, a University Scholar with concentrations in philosophy and political science, said functions of student government are not necessarily lacking but can be improved.

"As internal vice president, I think there are ways that we can more scientifically and pragmatically understand and utilize information gained from the student body in order to properly gauge decisions," Baumgardner said.

Baumgardner has been a member of Senate for two years, is currently chair of the finance committee and is also chairman of the State Farm Youth Advisory Board's access to higher education group.

Baumgardner said Lariat dialogue has been a big platform in his campaign, as well as opening student government's Blackboard for students to see bills and other legislation because it has become an insulated structure within student government.

"We can become more accountable, and I think that's the position of the IVP," Baumgardner said.

Baumgardner said allocation amounts and other resolutions should be open to every student and not just for the eyes of student government, as it is currently.

"Unless we just really miss the ballpark, no one is really going to come and cry to us about the action we have taken, and I don't like that," Baumgardner said.

Lyssy, an international studies major, said, as a senator, he has seen the good things student government can do but has seen room for improvement.

"I don't think we're living up to our potential as a representative body for students," Lyssy said.

Lyssy has been a senator for two years and has served on the

## Voting information

Time: 8 a.m. to 5 p.m.

Date: Today and Thursday

Place: [www.baylor.edu/sg/vote](http://www.baylor.edu/sg/vote)

campus improvements committee, limited allocation fund committee and operations and procedures committee.

"I want to first increase student awareness of Senate," Lyssy said. "Students complain to me personally, especially when campaigning, because I'm talking about Senate constantly. One thing I hear is no one knows who their representatives are."

Lyssy said as IVP he will meet with Baylor officials, but also wants to meet more with students.

"We need to spend our efforts trying harder to find out what students want," Lyssy said.

Watson, who is a write-in candidate double majoring in finance and economics with a concentration in accounting, said he knows how the Senate process works.

"I'm ready to take the next step into a student body role," Watson said. "I feel like I can adequately represent the student body. I'm definitely ready for a challenge."

Watson has been a senator for two years and has served on the safety committee, finance committee and campus improvements committee.

"What's really important to me is welcoming Ken Starr, making him feel welcome among the students," Watson said. "It's been a while since we've had a president and a leader figure."

Watson said another issue important to him is campus improvements and he also wants to sit down with the financial part

of the administration and discuss fees.

"I'm kind of what you see is what you get kind of guy," Watson said. "I'm not going to play like I'm somebody I'm not. I'm very pragmatic. I'm very, 'What's the most practical way we can get something done? What's the most efficient way we can get something done?'"

## External Vice President

Houston sophomore Cristina Galvan and Thousand Oaks, Calif., junior Kate Williams are running for external vice president.

Galvan, an accounting major, said she is running for EVP because she has really enjoyed her time serving as senator and wants to serve in a different capacity.

"I think this position puts you in a really unique position, and I think a big part of this is to foster and create relationships, and that's something I really like to do," Galvan said.

Galvan has served as a senator for a year and a half, and has been a member of the diversity committee, secretary of the diversity committee and a member of both the finance committee and community affairs committee.

"I've seen a lot of bills," Galvan said. "A lot of what we do is financing events. I've really, genuinely looked through them to see how they could be improved, and just what ways students' money can be used best."

Galvan said her priorities in-

clude increasing communication with the student body, helping students save money, expanding volunteer opportunities and holding student government accountable.

"We don't just have these titles so we can put them on our resume," Galvan said. "They actually stand for something, and we need to be responsible and really do a good job in our capacity."

Williams, a political science major and public relations minor, is a write-in candidate and currently serves as student government director of communications.

"This position has allowed me to work with every branch of student government from the EVP and to the SBP, providing unparalleled experience," Williams said. "I have worked on the most pressing concerns over the past two years, including presidential search committee, diversity on campus through events like Blind-ed and Ken Starr's appointment." Williams said she worked for a public relations firm in Washington, D.C., last summer where she represented a U.S. senator, several bestselling authors and local non-profits.

"This factors into the office of EVP because the EVP needs to understand how to communicate and work alongside our local, state and national leaders," Williams said. "I have had firsthand experience at the highest level in our nation's government."

At the local level, Williams said she wants to continue Box-Tops for Education and reading programs at J.H. Hines Elementary. At the state level she wants to promote tax-free textbook legislation and at the national level she wants to expand Baylor's presence in Congress.

"These are a few of my larger goals that will guide my administration next year. However, I will never be too busy to address the everyday student issues," Williams said.

## HPV Fact #19:

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# Chamber helps Diadeloso go green

By CATY HIRST  
STAFF WRITER

Diadeloso has been an exciting tradition at Baylor for many years, but this year Diadeloso will be getting a makeover. For the first time, Dia will be going green.

Boerne junior Scott Neumann, Diadeloso chair for Baylor Chamber of Commerce, said Chamber decided to go green for Dia because it falls on Earth Day.

"When we noticed that, we thought it would be a great time to start implementing some changes at Dia," Neumann said.

Neumann said he has been working closely with Smith Getterman, the sustainability coordinator for Baylor, to come up with sustainable ideas.

The sustainability committee was helpful in assisting Chamber with making green decisions, Neumann said. "We just basically went through and broke it down piece by piece and tried to see where we could make improvements green wise, to make improvements for the environment, not just for Earth Day, but for future people," Getterman said.

Neumann said the main way Chamber is going green is by eliminating paper waste. Chamber switched to electronic registration for activity booths and other organizations, which saved more than 2,000 pieces of paper. Previously, they would send a seven-page packet to more than 300 organizations.

"That is something we are

really excited about, not only because of the sustainability piece, but also because of the simplicity of it for us," Neumann said.

Neumann said going green has saved time and money for Chamber in putting together activities. Katrin Cooper, general assistant for the Diadeloso committee, said Diadeloso going green is a good step for Baylor.

"It is important for us to go green because there is a growing awareness of our surroundings," Cooper said. "It is important for an organization such as ourselves to take part in that and set an example for others."

Some other things Chamber is doing to go green is encouraging organizations to be sustainable at their booths and using canned

**"It is important for us to go green because there is a growing awareness of our surroundings."**

Katrin Cooper  
General assistant, Dia committee

drinks instead of Styrofoam cups, because aluminum is recyclable.

"We are in our early stages of implementing things that are going to help us be more environmentally friendly," Neumann said. "It is hard to get it going because this is the first year we have had the initiative to do that."

Chamber has encountered

some challenges with this initiative. "I think the challenge of going green is that we have our habits in the way things have always been done," Cooper said. "It was different shifting to the online system and not having paper forms. We definitely learned some things we need to change for next year. There have been some things we have learned along the way and some things we will change in the future."

The sustainability committee is going to have a booth at Dia, urging people to comment on ways to go green. "I have a lot of great ideas and the University Sustainability Committee has a lot of great ideas, but there are a lot of even better ideas out there that we just miss," Getterman said. "I would love to hear what

the feedback is from people on campus, what else they would like to see happen."

Getterman believes Baylor has a unique obligation to go green because of its Christian mission. "We are not regular folk," Getterman said. "We are committed to the mission of Christ. We are looking at Earth Day beyond the environmental thing. We are looking at, 'How do you care for creation?' It is really, 'What are doing to take care of this gift God has given us?'"

Chamber is excited about Dia, especially since it will be sustainable.

"We really hope that all the participants that come to Dia enjoy the day," Cooper said.

Michele Boggs contributed to this story.

# Baylor professors criticize State Board of Education

By LAURA REMSON  
STAFF WRITER

In an open letter to the Texas State Board of Education, two University of Texas professors have created the opportunity for those unhappy with the possible changes to the high school social studies curriculum to speak out.

Dr. Emilio Zamora from UT Austin and Dr. Keith A. Erikson from UT El Paso, both history professors, wrote and placed a letter online that details their hopes that the Board of Education will consider slowing down this review process of the social studies curriculum.

An undisclosed number of Baylor professors have signed the letter in support, Erikson said. He explained that he could not release these names.

"When we collected the signatures, we told everyone that their names would be presented in writing to the board, but that we wouldn't release their information otherwise," Erikson said.

Baylor Director of Media Communications Lori Fogleman explained that this sort of situation

had happened before, when the board was considering changes in science curriculum regarding to the inclusion of creationism. Fogleman emphasized that any professor who had signed the letter would not face university criticism or reprimand.

"This is a good example of academic freedom," Fogleman said. "Baylor faculty are free to express their opinions on a multitude of academic issues."

Erikson explained that the letter was not written with the intention to throw the board out or stop this process completely, as some critics have called for. Instead, they are just asking the board to slow down this review process and to include more of the experts as they were once doing.

The Board of Education was quick to respond to criticism they've received. In an op-ed piece in USA TODAY, board member Don McLeroy criticized those who have questioned the board's judgment.

"The proposed changes have attracted national attention because they challenge the power-

ful ideology of the left and highlight the great political divide of our country," McLeroy wrote. "The left's principles are diametrically opposed to our founding principles. The left believes in big, not limited, government; they empower the state, not the individual; they focus on differences, not unity."

While the website was only set up about one week ago, it has received 1,100 signatures as of Tuesday. It will be left up until the final vote in May, Erikson said.

"We invite, on the Web page, anybody who researches, writes, teaches or shares history with the public," Erikson said. "So we've got signatures from college and university professors. Also from what they usually call the public history field: museums or archives or historical commissions. We also get people who just say concerned citizen, fewer of those though. A lot of schoolteachers though, I do see people saying high school teacher."

Zamora, who authored the original letter, explained that it came from a number of con-

versations with friends and colleagues.

"The number of colleagues throughout the country, through e-mail and phone conversations, had indicated a concern about the way that the State Board of Education was handling historical knowledge," Zamora said. "I myself had been concerned for some time and had even testified before the board expressing my concern. ... It was at that point that I realized that it was necessary to give voice to friends and colleagues throughout the country who would not be able to participate at the hearing, give them an opportunity to express their views. The best way that I thought this could be done is by organizing an electronic call for signatures of support of an open letter to the board."

Erikson explained that a major change of heart occurred after the March hearings on the curriculum.

"Collectively, we decided to get involved after the March hearing," Erikson said. "That's a significant turning point for a couple of reasons. One is that March is the

point where the board stopped listening to expert opinion. This process has been going on since January 2009. They had review committees; they had educators, citizens, historians involved in doing the first two drafts of the changes... but that all ended. The board, between January and March, they started turning on their very own experts, saying things like, 'We're going to stand up to these experts,' or 'These experts messed up the educational system.' Which is kind of ironic because they were called by the board."

Erikson said leaving out experts is a serious problem for the future of Texas social studies curricula.

"After the board said we're not going to take anymore expert advice, they made over 100 changes to the curriculum," Erikson said. "That was sort of the spur that got us all going to say, Hey, they've shut down the process of conversation here. They've added a bunch of amendments that nobody has looked at until they were released last Thursday. And then they want to rush it

through after 30 days, vote it and be done."

Zamora recognizes that he might not be able to affect the actual changes going into the curriculum. Still, he hopes that this letter will have an impact.

"First of all it's going to encourage greater civic participation by folks who teach or research history in colleges and universities throughout the country," Zamora said. "We gave them an opportunity to voice their concerns and we hope that these concerns will continue to be expressed by them in a number of ways. Secondly I hope that the letter and the number of signatures that we will have by April 28 will also contribute to a possible legislative initiative that will monitor the work of the State Board of Education more closely. And lastly, I hope the State Board of Education considers a greater input of experts in the area of social studies, including history."

Full text of the letter: <http://seniorhistory.blogspot.com/p/letter.html>



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# Baylor professor ranked among most brilliant



DANIEL CERNERO | STAFF PHOTOGRAPHER

Professor Robert Marks discusses his ranking in the top 20 Christian professors Tuesday in his office in the Rogers Engineering and Computer Science Building.

By SARA TIRRITO  
STAFF WRITER

A distinguished professor in electrical and computer engineering, Dr. Robert Marks' work spans multiple areas, including computer program evolution simulation, swarm intelligence work for the U.S. Navy, intelligent design and information theory.

Recently, Marks was honored as one of the 20 Most Brilliant Christian Professors by collegecrunch.org. The list includes professors from universities such as Boston, Princeton, Stanford and Cambridge, among others.

"It was a complete surprise. I had no idea the list was coming out," Marks said. "It's astonishing. That's the greatest sort of thing that can happen, when something comes totally out of the blue. I think the really surprising thing is some of the incredible people on there whose company I keep."

Marks' work dealing with aspects of intelligent design has caused controversy on campus in the past, leading to the removal of his evolutionary informatics

website from the university's server. However, Marks remains hopeful that Baylor will become more open to controversial research of this type.

"They want to be recognized as a research university and also celebrate the lordship of Christ," Marks said. "We're told as Chris-

"I think it's also important to see that from within Christianity can also come some of the greatest intellectual ideas."

Dr. Ian Gravagne  
Associate professor of electrical and computer engineering

tians we should not pursue the recognition of man. Our job should be rather to please our Lord, not man, and this isn't present in every decision that Baylor makes, but certainly in a number of them and will determine whether Baylor will achieve this

lofty goal of being a research university that celebrates the lordship of Christ.

"I think if there's anywhere in the world there should be a dialogue about the sort of work I'm doing, it should be at Baylor."

In his time at Baylor, Marks has worked with various professors in the electrical and computer engineering department.

"I came to Baylor because of 2012 — they wanted to be a cutting-edge university in terms of research and celebrate the lordship of Christ and I said that's what I want to spend my career doing," Marks said. "I spend most of my time actually doing research with other people; that's why I feel that I'm here."

Currently, Marks is working on a project with Dr. Charles Baylis, assistant professor of electrical and computer engineering, who said Marks' work stands out because of his desire to honor Christ through his research.

"From what I can tell and what I've observed, Dr. Marks is interested in doing his work to bring honor to Jesus Christ. He's committed to following Jesus Christ first and honoring him first and he sees his research as a way of

doing that," Baylis said. "I think it's interesting too because I think our mission here at Baylor is so unique. We train our students to first be followers of Christ who happen to be engineers. I think he embraces that role of training students to do that."

Dr. Ian Gravagne, associate professor of electrical and computer engineering said that because Marks' work integrates both faith and academics, it can serve as a reminder that faith doesn't have to be abandoned in pursuit of knowledge.

"I think it's also important for the world generally to see that from within Christianity can also come some of the greatest intellectual ideas," Gravagne said. "That's not a new concept, but I think lately we've sort of forgotten that many of the giants in science and mathematics in the past were Christians."

Marks said he hopes being included on collegecrunch's list will also help show others that faith and intellect can coexist.

"I hope this list in general shows there is no reason that a person who is intellectually gifted should not be a Christian," Marks said.

# Thong race event for animals to take place on Dia

By TORI LIGGETT  
REPORTER

As the Baylor campus gets ready for Diadeloso, a group of students is gearing up for the Bear-A-Thong.

Like most students on Dia, the residents of "The Big Green" house will host a party - only theirs is for a cause.

"There are so many stray dogs around my house across LaSalle, and walking around campus, especially by Collins, you see so many stray cats," said Austin senior Ashley Anderson, founder of Bear-A-Thong. "The Waco Humane Society is trying to help with this problem; they do so much. We would just like to help

give back."

With their mutual love of humor, the girls decided to host a mile and a half run down 10th Street to benefit the Waco Humane Society (www.wacohumane.com)

"Animals just seem to find their way to our house," Lufkin senior Alyssa Massingill said. "My roommate Miranda has a soft spot for animals. She feeds several stray cats and a lost puppy who found their home on our porch."

While brainstorming for a name for their charity run, someone comically suggested Bear-A-Thong and it stuck.

Instead of making T-shirts for

the event, everyone receives a thong, which will be worn on the run, outside of clothing.

The run will take place at 11 a.m. Thursday. The race begins and ends at 1624 S. 10th Street.

The students have extended the invitation for the charity run to anyone who wants to participate. To be included in the run, you have to join the Facebook group Bear-A-Thong, bring \$10 to donate to the Waco Humane Society, and grab a thong.

"Do not worry if you are shy or a wallflower: you can always put the thong on your bike or your head," Anderson said.

Since the run is to benefit the Waco Humane Society, participants are encouraged to bring

their dogs to run with them in the race.

Although the students of "The Big Green" do not officially own their own dogs - Bruce, a Chinchilla, Ernie, a McCaw Pirate; and Sky, a Siberian Husky - will be out on the porch cheering their owners on.

"I am really excited about the Bear-A-Thong. Every year Diadeloso is a huge celebration for college students. Now we can still have fun but help donate and save lives," Canyon senior Lauren Smith said. "We are giving the donation to the Waco Humane Society the day after the run; we hope to raise around \$500. Do it for the Thong, do it for the animals."

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# BU law trial advocacy program ranked fourth

By HOGAN ALLCORN  
REPORTER

U.S. News and World Report ranked Baylor Law School fourth in the nation for trial advocacy in its report released Thursday.

Baylor's Trial Advocacy Program ranked seventh last year. This category is one of 10 specialty rankings that also include legal writing along with tax, international, intellectual property and environmental law.

Stetson University in Gulfport, Fla. finished first in the trial advocacy category, followed by Temple University in Philadelphia and South Texas College of Law in Houston.

Professor of Law Gerald Powell

said the recognition is a result of students' diligence.

"I think it is directly related to the performance of our students in head-to-head competitions with other law schools," Powell said.

"We have won three national championships since 2005, in addition to many tournament championships, regional championships and quarter-final and semi-final appearances. How well do we train our students?" he said. "The proof is in the pudding."

Powell said it is important to do well in U.S. News and World Report's annual rankings because students pay attention to them.

"If we want to continue to attract the top students in the country, we need to do well in the survey," Powell said.

Baylor Law School ranked 64th in the overall law school rankings, which lands the school in the top tier.

Baylor tied with Lewis and Clark College in Portland and the University of Kentucky in Lexington.

Other Texas law schools in the top 100 included the University of Texas at Austin at 15, SMU at 48 and the University of Houston at 60.

Brad Toben, dean of Baylor Law School, plans to further improve the program's ranking

through initiatives like the Jaworski Fellows Program, which was started during the last year.

"This program enables us to bring in topflight practicing trial lawyers to work one-on-one with our students in the second half of Practice Court," Toben said.

"These are some of the most successful and talented lawyers anywhere. Though our full-time Practice Court faculty is both experienced and talented, it always helps to get different perspectives," he said.

One common reason given for the success of Baylor Law School is the Practice Court Program, which is taught by Professor of Law Jim Wren and Powell.

"We believe that a young lawyer must be able to think like a lawyer, and additionally must be able to put that thinking into action in the actual representation of clients," Powell said.

"Teaching the skills of a lawyer is important. In that respect we are much more like a medical school than the average theory based law school," he said. "How would you feel about going to a doctor who knew only the theory of your disease, but could neither diagnose nor treat it? Practice Court is the most rigorous application of our practice-oriented, skills-focused mission."

Dillon Meek of Edna finished the program and graduated three

months ago from the law school.

"You really learn a lot in this program and also appreciate the real-life experience that it provides," Meek said.

Each year U.S. News and World Report ranks professional-school programs in law, business, education, engineering and medicine. It surveys more than 1,200 programs and some 12,400 academics and professionals, according to the organization's website.

These rankings are based on expert opinions about program quality and statistical indicators that measure the quality of a school's faculty, research and students.

# Tennessee gunman declared mentally unstable



ASSOCIATED PRESS

Public safety personnel swarm the patient discharge exit of Parkwest Medical Center after the shooting Monday in Knoxville.

BETH RUCKER  
ASSOCIATED PRESS

KNOXVILLE, Tenn. — A mentally ill convenience store operator took a revolver with him to look for the doctor he believed implanted a tracking device in his body during an appendectomy in 2001. Told the doctor wasn't at the hospital, he went to a nearby parking lot and opened fire on three hospital workers he apparently didn't know, killing one of them.

Gunman Abdo Ibssa entered a medical tower near Parkwest Medical Center before Monday's attack and asked for the doctor who performed the appendectomy, Knoxville Police Chief Sterling Owen IV said. Unable to find the doctor, Ibssa went to another area where patients are discharged and opened fire on the women as they walked out of the building.

Ibssa, who police believe had been skipping doses of medication for psychotic behavior, killed himself to end the shooting, which occurred a day before his 39th birthday.

"There was less than 5 seconds from the time of the first shot un-

til the last shot," Owen said at a news conference Tuesday.

Investigators found a note at Ibssa's Knoxville apartment in which the gunman said the doctor had implanted a chip that was being used to track his movements, Owen said.

Ibssa had a successful appendectomy at Premier Surgical Associates in November 2001 and suffered no complications, according to a statement from CEO Kevin Burris. Police and Burris declined to identify the doctor who treated him, but Burris confirmed that Ibssa was at the medical office Monday looking for the surgeon.

Haloperidol, an antipsychotic medication used to treat schizophrenia and Tourette syndrome, was also found at Ibssa's apartment, but investigators believe he hadn't been using it, Owen said.

Owen said relatives of the naturalized citizen from Ethiopia had him committed for mental treatment in February.

Also found during the search were a second handgun, a bag of marijuana and a copy of the book "The Official CIA Manual of Trickery and Deception" — a

reproduction of a Cold War-era CIA handbook on the use of illusion and deception for acts of espionage.

The gun used in the shooting had been reported stolen in March, while other one had an altered serial number but wasn't reported stolen. Police were not sure how Ibssa obtained either gun and said he did not have a handgun permit.

Police said Ibssa operated a convenience store near downtown Knoxville, which was closed Tuesday.

On Monday, a cab driver picked Ibssa up outside his apartment building, and the gunman told him to take him to the western side of Knoxville, eventually specifying the medical center.

Cab driver Freddy Sakhleh said Ibssa said seemed angry and depressed and said little about himself.

Ibssa directed the cab driver to the medical center tower and told to wait for him to come back. Inside, the gunman was told the doctor he sought wasn't there.

When Ibssa returned, Sakhleh said, he told the driver to take him to the hospital entrance where some patients are discharged.

Owen, the police chief, said Ibssa fired four shots at people exiting the building, hitting the three hospital workers.

"I called 911, and I said, 'Please send some people here, this man is shooting like crazy,'" Sakhleh said.

The two women who survived the shooting were taken to the trauma center at the University of Tennessee Medical Center. Owen said Tuesday afternoon the women — Ariane Reagan Guerin, 26, and Nancy Chancellor — were in stable condition.

The woman killed was Rachel Wattenbarger, 40. Her father, Ray Wattenbarger, said she had worked at the hospital for about five or six years, helping discharge the elderly.

In January, Ibssa was sued by a man who claimed a 2009 driving incident outside a store escalated into an attack.

The lawsuit by Jalal Boudarga said that Ibssa first used his car to block Boudarga's vehicle, began yelling at him and then threw him to the ground, breaking his leg. The two didn't know each other before the attack, according to Boudarga's attorney, Jerry Martin.



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# New station hits radio waves

By RACQUEL JOSEPH  
REPORTER

Clear hip-hop music bumping through the windows of cars on campus usually come from CDs or MP3s. Many hip-hop fans discover that as soon as they arrive on campus, urban radio is beamed in from Dallas, unreliable and statically.

Port Arthur junior Stetson Olaye used to listen to Dallas stations whenever he tired of the CDs in his car.

"I listened to 97.9 and K104 out of Dallas and it really depended on where I was going if I could hear it."

Those days are over. On April 1, 104.9 "The Beat" arrived in Waco's airspace. Describing itself as rhythmic contemporary hit radio, 104.9 plays a mix of hip-hop, rap, R & B, chart-toppers and old school.

Edward Graham III, who attended Baylor for three years, along with friend and fellow DJ, James Lewis, were instrumental in the creation of 104.9, putting large amounts of work into the station.

"Being in the radio business, you have to care for a station like it's your own child," said Lewis,

also known as DJ Batman.

DJ Batman is on the air Monday through Friday doing a quick mix for the Russ Parr Morning show.

At noon, listeners hear his old-school hour while they go to lunch.

At 5 p.m., he mixes up-to-date music for the drive home. At 9 p.m., the Tight at Night show spins R&B and finally, DJ Batman's day ends.

According to Lewis, Graham works just as hard.

"Ever since he left Baylor, he's been working his way up to try to get Waco its own station so we don't have just K104 out of Dallas," Lewis said.

Graham has spent the past 10 years working in the radio industry throughout Texas.

As he worked, he pitched the business sense of establishing the station.

"Supply and demand," Graham said. "There was a demand here that was being supplied by Dallas and nothing here locally."

Lewis points to the ratings book for justification.

"K104 is always one of the top stations listened to here in Waco. When we would tell one of the owners, they just didn't believe

in it," Lewis said.

The two men went through two or three cars driving back and forth to Bryan-College Station to pay their dues and work at procuring the station.

Success came at last when Simmons Media Group sold the radio cluster that included 104.9 to M & M Broadcasting.

"M & M Broadcasting buying this cluster is the only way that this radio station is here," Graham said.

When Olaye heard about a radio station in Waco, he was skeptical.

"I kind of questioned it at first because I wasn't sure about the quality but now I've listened to it, it's good. I especially like the R&B at night."

The need for a local hip-hop station has been unmet since the closing of 96.7 KLNT in 1986. And the reasons why are complicated.

Lewis remembers KLNT shutting down as a closing the door on urban music. He blames poor management for the station's death.

"I think the radio station [KLNT] run like that scared a lot of your big-time radio owners around here. When it closed it was assumed urban music

couldn't work in Waco," Lewis said.

Which explains the fundamental problem of establishing 104.9 in Waco: the misunderstanding of its target audience.

"If you go to any type of nightclub, whether it's country or rock, you're going to hear hip-hop and R&B. This station is not a black station, it's a musical station and music is universal," Graham said.

In fact, 104.9 "The Beat" bills itself as multicultural catering to the 18-34 demographic.

As a Waco station, "The Beat" hopes to support the residents.

"We're big Baylor fans. Now, we get to support Baylor and some of the local high schools," Lewis said.

For both Lewis and Graham, all of their hard work has been worth it.

"We've done different events out in the community and the people love it. The phones never stop ringing," Graham said.

104.9 "The Beat" will be on campus from noon to 3 p.m. today in front of the Bill Daniel Student Center in conjunction with Hump Day, with stepping, food and music, hosted by Alpha Phi Alpha and Alpha Kappa Alpha.



Grammy Award winner Colbie Callait will be performing at 10:30 p.m. Thursday at Diadeloso on Fountain Mall.

# Networks announce fate of fall shows

By GAIL PENNINGTON  
ST. LOUIS POST-DISPATCH

With just a month to go before the broadcast networks announce their fall schedules, fewer shows than usual have reason to worry.

ABC, CBS, Fox, NBC and the CW have already renewed a total of 26 series, ranging from old favorites ("The Simpsons," "Two and a Half Men") to newcomers ("Modern Family," "The Vampire Diaries").

Other shows got the bad news early and officially. ABC even pulled the plug on "Ugly Betty" in time for a series finale.

But a lot of shows still remain "on the bubble" — a term, drawn from a carpenter's level, meaning that the network decision could go either way.

While casts and producers sweat out the wait and view-

ers launch "save our show" campaigns, the people with the power are playing a big game of schedule Scrabble.

This time of year, network programmers are looking at pilots and considering their options. What spots on the schedule are open and which shows should get them? Should a long-running series with OK ratings but increasing production costs be sacrificed in favor of a new entry, cheaper but risky? How do current shows that might have disappointing ratings but established audiences measure up against potential newcomers that might break out as hits?

NBC and Fox announce their fall schedules on May 17, followed by ABC May 18, CBS May 19 and the CW May 20.

NBC has the biggest needs for next fall, after turning 9 p.m.

EDT weeknights over to the now-canceled "Jay Leno Show" this season. This could be good news for current NBC shows such as "Parenthood." But NBC also developed more new shows than any other network, which should give its schedulers the most options.

CBS, on the other hand, has such a strong and stable lineup that average ratings might not be enough to save a show such as "Numb3rs," widely expected to be canceled. CBS may also feel confident enough to cut loose a show such as the increasingly expensive "Cold Case."

ABC scored big with comedies this season and had a hit with the lighthearted procedural "Castle." This could make the network less eager to bring back such ambitious but dark shows as "Flash Forward" and "V."

Fox can't seem to create a successful live-action sitcom and finally gave up on Joss Whedon's "Dollhouse." Will the network's future look more like wry "Lie to Me" or comic-bookish "Human Target" — or neither?

The CW's one big question mark is the one show that feels like a legacy from the old WB days: "Life Unexpected." The sweet drama reached a turning point last week in an episode that fans hope won't be the series finale.

And any look at "on the bubble" shows can't omit NBC's "Chuck." Last season, fans' passion and Subway's sandwiches saved the low-rated spy dramedy. This spring, "Chuck" is in danger again, and its fate will depend on what else NBC likes. In other words, the decision on "Chuck" could go either way.

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	10:30-10:45	Swing Dance Society	
	10:50-11:05	Latin Dance Society	
	11:10-11:25	Baylor Dance Company	
	11:30-11:45	Diadeloso Dog Show	
	12-1	Step Show	
	1:15-1:45	Baylor University Jazz Band	
	2-2:30	High Valley	
	2:45-3:15	Brin Beaver	
	3:30-4	Garrett Muston	
	4:15-4:45	Drew Greenway	
5-5:30	David Dulcie		
5:45-6:15	Michelle Piland		
6:30-7	Zoo Studio		
7:15-7:45	Shapes Stars Make		
8-8:45	The Steps		
9:15-10	SPEAK		
10:30-11:45	Colbie Caillat		

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  - 14 Aggressive poker bet
  - 15 Spooky-sounding lake
  - 16 Musician Clapton
  - 17 Consequence of the subprime mortgage fiasco
  - 20 Start of something?
  - 21 Accident investigation agcy.
  - 22 Lowly assistant
  - 23 Swindle
  - 24 Move quickly, as clouds
  - 25 Exit spectacularly
  - 31 Get out of bed
  - 32 Hunan pans
  - 33 Consume
  - 35 Cellar stock
  - 36 Blin, in Blois

- 38 Chip's buddy
- 39 Frat party staple
- 40 Mindless repetition
- 41 Championship
- 42 Punished severely, with "on"
- 46 Guns
- 47 Word after open or seven
- 48 Take big steps
- 51 Hit or miss?
- 52 Special \_\_: military force
- 55 Complaint from one trying to concentrate, perhaps—and this puzzle's title
- 58 Aqueduct feature
- 59 Lob
- 60 Narrow canyon
- 61 Cook in the microwave
- 62 Fencer's weapon
- 63 Tic, e.g.

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- 2 Martinique et Réunion
- 3 "\_\_\_, poor Yorick!": Hamlet
- 4 Zilch
- 5 Musically monotonous
- 6 Zippy watercraft
- 7 Like about 20% of Israeli citizens today
- 8 Univ. near Harvard
- 9 Stud muffin photos
- 10 Chilean poet Pablo
- 11 Algerian seaport
- 12 Game played on a world map
- 13 Sore
- 18 Store in a hold
- 19 Clover-shaped suit
- 23 Artful stratagem
- 24 Engage in retail therapy?
- 25 Stare in wonder
- 26 Bay window
- 27 New Wave band \_\_\_ Boingo

- 28 Tammany Hall name
- 29 "Peachy keen!"
- 30 Carlo Rossi wine-maker
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- 36 Sports car named for a small warship
- 37 Info in AAA TripTiks
- 38 "That's mine!"
- 40 Saxes and oboes
- 41 They usually have strings attached
- 43 Twist in pain
- 44 Scary African fly
- 45 Frau's spouse
- 48 Ugly duckling, actually
- 49 Drive-\_\_\_ window
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- 52 Gumbo pod
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- 54 Stern's opposite
- 56 Emulate Kanga
- 57 Radar gun aimer

## SUDOKU

THE SAHUKAI OF PUZZLES By The Mephram Group

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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

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# Pinckard's versatility provides invaluable asset to Bears

By **MATT LARSEN**  
SPORTS WRITER

Blowing a 95 mile-per-hour fastball past a flailing batter to polish off a victory or smacking the game-winning hit into the gap?

When it comes to sophomore center fielder and pitcher Brooks Pinckard, no one has to choose.

The Baylor closer has posted a 0.55 ERA and converted all nine save opportunities thrown his way. Those stats alone have him with the second-most saves in the Big 12 and landed him a spot on the National Collegiate Baseball Writers Association Stopper of the Year Watch List.

His pitching identity gets left behind, though, when he's on the other end of a fastball.

The center fielder has notched the second-most runs, doubles, triples and walks on the squad. He also leads the team in stolen bases this season, tormenting opposing pitchers to the tune of 12 stolen bags.

"He is one of the best athletes I have ever seen," head coach Steve Smith said. "I think people are still undecided even now. Is he a posi-

tion player? Is he a pitcher?"

The answer to that question all depends on who you ask.

For opposing batters and the catcher on the other end of Pinckard's fastball, it is most definitely a pitcher.

"Brooks has electric stuff," senior catcher Greg Glime said. "One of the most fun guys I've ever caught in my career."

What is fun for Glime has been a nightmare for opposing batters, as the Bears are currently 17-0 when leading after six innings.

"If we have a one-run, two-run lead in the ninth inning, Brooks is the guy I want coming in there, just because I know how good his stuff is and how good of a competitor he is," Glime said.

Smith revealed the same level of faith in his stopper.

When asked how much confidence he had in him when he tossed him the ball late in the game, Smith didn't need many words.

"More than anyone else," he said.

Pinckard's pitching abilities don't translate to any kind of sympathy for opposing pitchers when

he is at the plate or on the base-path, however.

In addition to the 12 stolen bases, Pinckard also uses his speed to get on base.

"He can beat you by hitting a home run, and he can beat you by dropping a bunt down," Glime said. "That's just what I've been amazed the most about is that the other team knows he is going to bunt, and he still beats the pitcher over to first."

When asked which role he finds more exciting, Pinckard laughed and just expressed his desire to fulfill his role.

"It's pretty exciting to be out there on the mound shutting the door, especially on a good team," he said. "But getting the game-winning hit is something pretty special as well, everybody jumping on top of you. But whatever coach asks me to do, I'm here to help the team."

Though Pinckard knows he must one day make either his arm or his bat the focus, he feels blessed to be able to enjoy the benefits of both for the time being.

"It's a gift from God," he said. "Something really special. I'm just trying to take advantage of it."



SARAH GROMAN | LARIAT PHOTOGRAPHER

Sophomore Brooks Pinckard squares for a bunt during Tuesday night's win against Sam Houston State University. Pinckard, the No. 2 hitter in Baylor's line-up, has also converted nine save chances.

## Men's tennis seniors leave lasting legacy on Bears

By **JEREMY JOSEPH**  
REPORTER

Once this season is over, fans will be able to look in the Baylor men's tennis records and find seniors Attila Bucko, Denes Lukacs and Dominik Mueller in the top 10 of singles wins and dual-match singles wins.

Lukacs is in second place on the singles win list with 130; he is behind professional tennis player Benjamin Becker, who has 141. Lukacs could find himself on top of that list, but he would have to win out, and the Bears would have to make a deep run in the NCAA championship.

Mueller is just two wins away from jumping Becker on the dual-match career wins list; he currently has 91. Bucko is six wins away from jumping into the top 10 of both of those lists.

"There are a lot of ways to

define a career, the team success and the wins lead. When you look at the top 10 guys on that list, it's a pretty incredible list of guys. It says a lot about their character and what they've brought to the team over their career," head coach Matt Knoll said.

Things were not always easy for the three seniors, though.

"When you come here there's so much new stuff, and there's a culture to this program going way back," Bucko said. "For example, when you're going on a trip you have to wear a business suit."

"The first trip I didn't know that so as a punishment, the next trip I had to wear a suit and it was a bus ride to Houston so I was sitting uncomfortably on a bus to Houston."

Lukacs had trouble adjusting to the American culture and did not know if he would be able

to make it past his first spring workout, but as he said, "I'm here now, so I made it."

Mueller had it a little bit easier than Bucko and Lukacs because he and former Bear Lars Poerschke were both from Germany, so Mueller had someone who could prepare him for the things to come.

Bucko, Lukacs and Mueller came to Baylor to keep the program's legacy going, and they have done that, Knoll said.

They have won three straight regular season conference titles and three straight Big 12 tournament championships.

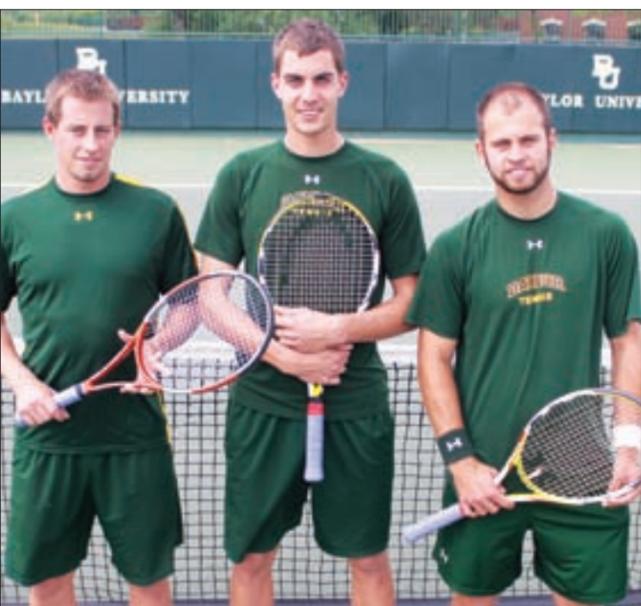
"The thing about seniors is that some are irreplaceable and some you can't wait to replace. These are the former," Knoll said.

The things the trio will leave Baylor with is great memories and stories they will be able to tell all for the rest of their lives.

Bucko, Lukacs and Mueller all agree one of their favorite stories happened their freshman year when the team traveled to play the University of Florida.

"I remember about the same game Michal Kokta destroyed his racquet and threw it in the corner and we three [Denes, Dominik and Attila] were the last in the facility, and we saw it happen, and we didn't know how to handle it," Mueller said. "We were like, 'He destroyed his racquet. If coach sees this we're going to be in big trouble.' So we took the racquet, put it in our bags and traveled with it back to Waco because we had no idea how to handle that situation."

The No. 9-ranked Bears will play No. 13-ranked Texas Tech University at 6 p.m. Saturday in Waco. Bucko, Lukacs and Mueller will be honored at the match.



JED DEAN | PHOTO EDITOR

From left: Denes Lukacs, Attila Bucko and Dominik Mueller stand on the Baylor Tennis Center court after practice Tuesday afternoon. The trio will play in the final regular season home game at 6 p.m. Saturday.

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# Bears collect 13th consecutive nonconference win

By CHRIS DERRETT  
SPORTS WRITER

Baylor's Tuesday night matchup with Sam Houston State became a power contest, as the Bears blasted past the Wildcats, 9-5. Dan Evatt hit his first home run of the season as part of a three-run fifth inning that put the game out of reach.

Max Muncy drew a two-out walk for the Bears (22-14, 5-8) to set the table for Evatt in the fifth. Evatt's two-run shot soared just right of the batter's eye 400 feet from home plate and pushed his team's lead to 6-3.

Gregg Glime then singled, and Jake Miller's deep fly ball nearly echoed Evatt's homer but bounced off the batter's eye instead for an RBI triple.

"It was nice to get off the goose-egg personally and finally get a homerun," Evatt said.

Every Baylor hit other than Glime's single went for extra bases Tuesday night. Evatt and Cal Towe, neither of whom regularly start in conference play, combined for five RBI.

"It feels good. I'm just trying to relax, not do too much and stay within my swing," Towe said.

Towe entered the game batting .115, though all five of his hits this season have been extra base knocks.

His third inning double against the Bearcats got the Bears on the scoreboard first, bringing Raynor Campbell around to score. Towe later scored on a Joey Hainsfurther groundout as Baylor took a 2-0 lead.

Baylor starter Trent Blank left the game after a pre-determined three innings of work, in which he surrendered zero runs on two hits. In the first two innings, he retired the side in

three-up, three-down fashion.

"I thought Blank was really sharp at the beginning of the game. That might be as good as I've seen him throw in two years," coach Steve Smith said.

Jon Ringenberg and Shawn Tolleson combined for six innings of relief after starter Blank's night was over. Ringenberg improved to 3-0 on the season, and Tolleson held Sam Houston State to two late-inning runs to record his first save.

The game was also Baylor's first win with Tolleson pitching in relief. In Tolleson's previous six relief appearances, the Bears lost each game.

Ringenberg's only hiccup came in the fourth. Braeden Riley doubled to lead off the inning, and Chris Andreas followed with a triple that Riley used to trot home. An Evatt error at first let Andreas score two batters later. Jared Wondra tacked on a solo home run over the left field fence before Ringenberg escaped the inning.

Ringenberg and the Bears' offense responded in the fourth, with the Fort Wayne, Ind., junior striking out the side in the top half of the frame. In the home half, Towe launched a fly ball to left center field, which slipped out of the leaping left fielder's glove. Towe raced around for a triple, and both Glime and Campbell scored on the play.

"We have the bats and pitching to do something pretty good. It is always fun when you have both of those things going at the same time," Towe said.

Brooks Pinckard doubled in the sixth inning to score Towe's second run of the night and seventh of the year. In the eighth, Pinckard's sacrifice fly plated Chris Slater.



SARAH GROMAN | STAFF PHOTOGRAPHER

Sophomore pitcher Trent Blank hurls a pitch in Tuesday's 9-5 Baylor victory against Sam Houston State. Blank started and pitched three shutout innings before passing the ball over to Jon Ringenberg, who picked up the win. The Bears will travel to San Marcos tonight to take on Texas State University.



ASSOCIATED PRESS

Atlanta Hawks guard Joe Johnson (2) shoots over the defense of Milwaukee Bucks guard John Salmons (15) during the second half of a first-round NBA playoff game Tuesday night in Atlanta. Atlanta won 96-86.

## Hawks claw Bucks, take 2-0 lead

By PAUL NEWBERRY  
ASSOCIATED PRESS

With Joe Johnson and high-flying Josh Smith leading the way, the Atlanta Hawks avoided another Game 2 letdown.

Johnson took control in the fourth quarter to finish off a 27-point effort, Smith finished one assist shy of a triple-double and the Hawks ran away from the pesky but outmanned Milwaukee Bucks for a 96-86 victory in the Eastern Conference playoffs Tuesday night.

Atlanta was mindful of last season, when it blew out Miami in its playoff opener — then lost at home and had to go the full seven games.

This time, the Hawks took care of business on their home court. They'll head to Milwaukee on Saturday night with a commanding 2-0 lead, the first time they've won the first two in a best-of-seven series since 1970.

Again, the Hawks' balance and size advantage on the inside were just too much for the Bucks, who knew they'd face a huge challenge in this series after 7-foot center Andrew Bogut took a hard fall late in the regular season and was done for the playoffs.

All five Atlanta starters reached double figures for the second game in a row, and the two guys on the inside sure took

advantage of Bogut's absence.

Smith had 21 points, 14 rebounds and nine assists — not to mention two steals and two blocks. He had the crowd on its feet with four thunderous dunks and a couple more above-the-rim layins. Center Al Horford was nearly as dominant, scoring 20 points, snatching down 10 rebounds and blocking three shots.

But Johnson, as usual, took over in the fourth quarter. After Milwaukee had closed to single-digit range, he buried four straight jumpers, the last of them a 3-pointer from the corner after snaring a rocket pass from Smith, pushing the Hawks to an 87-74 lead that essentially finished off the Bucks.

Johnson scored 10 points in the final period, and bolstered his all-around effort with six assists, two blocks and a steal.

The Bucks head home, hoping to turn things around in the next two games. But they've led only three times in the series — never by more than two points — for a total of 1 minute, 32 seconds.

John Salmons scored 21 points, and Ersan Ilyasova came up big off the bench with 13 points and 15 rebounds. But rookie Brandon Jennings, after scoring 34 points in Game 1, managed only nine points on 3-of-15 shooting.

The Bucks grabbed their first lead of the series, 4-2, on Luc

Mbah a Moute's putback less than 1½ minutes into the game. But Atlanta looked like it was headed for another first-half blitz, pushing out to 22-12 lead on Marvin Williams' three-point play.

In Game 1, the Hawks led by 20 in the opening quarter and 22 at halftime.

This time, Milwaukee kept it respectable in the early going, ripping off an 8-0 spurt to get right back in the game. But the Hawks scored the final six points of the period in flamboyant fashion. Smith stole the ball in the defensive end and took off, going all the way to the hoop for a thunderous left-handed jam that brought the crowd to its feet.

After Salmons turned it over, the Hawks were running again. Jamal Crawford missed on an attempted slam, but Smith grabbed the rebound and put it in off balance with 2 seconds remaining to put Atlanta ahead 28-20.

Milwaukee got off a quick start in the second quarter, starting with a 12-2 run that gave the visiting team another brief lead, 32-30. Again, the Hawks quickly reclaimed the upper hand, scoring the next six points and leading the rest of the period — though never by more than seven. Johnson finished off the half with a driving layup that sent Atlanta to the locker room with a 52-46 lead.

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# Students face fear of learning foreign language

By Lela Atwood  
Reporter

To some students, learning a foreign language is scary. Simonton freshman Kendyll Kirkland, an accounting major, said she gets nervous sometimes because the class moves so quickly.

"I honestly dread it," Kirkland said. "I took French in high school, so it's confusing a lot of the time. And then a lot of other people in my class know what's going on because they took Spanish in high school, so I'm really behind the curve."

Despite the fact she feels behind in Spanish, Kirkland said she is optimistic about learning the language.

"It will all be good," Kirkland said. "My teacher works with us a lot. It will be good in the long run."

Simonton sophomore Rachel Smith said she is not as sure

about the benefits of learning a language.

"I really want to focus on other things," said Smith, who is a film and digital media major. "I feel like a language won't really help me outside of college. I'm a film major, so I plan to live in California or New York. I don't want to go anywhere else."

Dr. Xin Wang, an associate professor of Chinese, said learning a foreign language is important, however, because it helps students understand other cultures.

"As a professor, I think we need to introduce that concept that culture, language [and] society is three in one," Wang said. "A language is so beneficial for students to appreciate other cultures and societies because they will see things from other people's mind, from other traditions of reasoning."

Wang said any student on campus can learn a language, even one with a different alpha-

bet like Chinese, if they discover their learning style and put in the required time.

"Many of my top students have no Chinese language background at all," Wang said. "With the right learning and teaching methodology, students have that opportunity to learn and be able to speak Chinese."

Dr. Adrienne Harris, an associate professor of Russian, said students can learn a language if they practice regularly and do their homework.

"I find that if a student spends an hour a day on Russian, really working on it, almost all of them are successful in my class and make A's," Harris said. "Russian is not an easy language for native English speakers. Those who come to class regularly and do their homework, they succeed."

Waco sophomore Amanda Seward, is taking a language course with Dr. Cristian Bratu, assistant professor of French.

Seward said it is helpful for

**"A language is so beneficial for students to appreciate other cultures and societies because they will see things from other people's mind, from other traditions of reasoning."**

Dr. Xin Wang  
Associate professor of Chinese

her to repeat what her professor says.

"He speaks the language so well so you're just like, 'So that's what it sounds like,' and you try to match with what he says," Seward said.

Seward said she is also intentional about talking to her professor in French, even outside of class.

"I want to have that connection with them because they are the ones who speak French to me," Seward said. "It really works."

In his classes, Wang encourages communication and vocabulary usage by setting up practical scenarios. One of his scenarios involved students getting on the wrong bus in China. "Use the vocabulary with a twist, and students will laugh at it," Wang said. "But it's silly, it's fun."

He said having a good time is an important key to language learning.

"A principle I follow is making learning fun, because otherwise learning a language is very

boring, repetitive, and mechanical. You want to turn the class into a fun, happy learning environment," Wang said.

Harris said that one fun thing that helps her is listening to music in the language she is learning.

"I found I really like having Russian music in my car," Harris said.

"Hearing the music and the sound of the language is good and if you know some of the words, singing along is great. I've learned so much slang on that."

When it comes down to it, however, Harris said students must be serious about working on the language outside of class and making vocabulary flash cards. They shouldn't expect the professor to spoon-feed them.

"Acquiring a new language is an active process," Harris said. "The teacher can't put it in your head. You have to memorize it yourself."

# Talks starting between United, Continental Airlines

By David Koenig and Joshua Freed  
The Associated Press

DALLAS — United Airlines and Continental Airlines are in the early stages of exchanging financial information that could lead to a deal to combine and create the world's biggest airline, people briefed on the talks said Tuesday.

United had been talking with US Airways about a combination, but speculation has increased that United is more interested in the larger Continental.

The exchange of information between United and Continental was confirmed Tuesday by two people who were briefed on the talks. They spoke on condition of anonymity because they were not authorized to publicly discuss the negotiations.

One person said bankers for United and Continental are discussing how to value the companies in a stock-for-stock swap.



THE ASSOCIATED PRESS

Transport Workers Union Local 513 members conduct an informational picket line to protest American Airlines executive bonuses on Thursday at the Dallas/Fort Worth International Airport.

That person said talks between United and US Airways have stopped for now with no firm date for starting again. However, the

person stressed that United hasn't ruled out a combination with US Airways.

Another person briefed on

the United-Continental talks said the two began exchanging information over the weekend. That job might be easier because the airlines considered combining in 2008, until Continental broke off talks.

A merger then was seen as risky because of soaring prices for jet fuel and weak balance sheets in the airline industry. Oil prices are lower today, U.S. airlines have built up cash reserves, and airlines have cut capacity, which should give them more power to raise fares this summer.

Former Continental CEO Gordon Bethune said if United and Continental are talking, each would want to understand the other's assets, liabilities, leases, union contracts and other details.

Due diligence, as the process of assessing a potential partner is called, is done to value a company that executives already believe is a good strategic fit, he said.

Bethune, who said he doesn't know whether his former company is holding merger talks, said Continental is attracted by United's strength in the Pacific, on the West Coast and its hub in Chicago, while United values Continental's network in Latin America and its hub in the New York area.

One holdup to a United-Continental deal could be a provision in the Continental pilots' union contract that bars their company from sharing revenue in a joint venture with another U.S. carrier.

Amy Flanagan, a spokeswoman for the Continental pilots, said the clause is the subject of current negotiations on a new contract. She said her union had not taken a position on a combination with United. The leader of the pilots' union at United has signaled more support for a tie-up with Continental than with US Airways.

Continental, which is based in Houston, rejected a combination

with Chicago-based United in 2008 and instead joined United's Star Alliance in which they sell seats on each other's flights and will work closely together on international service.

But if Continental stands by now while United and US Airways combine, it would leave Continental by far the smallest of the so-called legacy carriers, also trailing AMR Corp.'s American Airlines.

If they combine, United and Continental would vault over Delta Air Lines Inc. to become the world's largest airline by traffic. A combined United and US Airways, which is based in Tempe, Ariz., would be smaller than Delta, which gained the No. 1 spot by buying Northwest in 2008.

In Tuesday trading, shares of UAL rose 12 cents to \$21.78; Continental shares fell 4 cents to \$21.94, and US Airways Group Inc. gained 25 cents, or 3.6 percent, to \$7.14.

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# Healthy Living

*A special section  
by The Lariat*

## >MIND

Colleges across the nation have seen a rise in suicide attempts, Baylor included. But there is hope.

Page 2

## >SOUL

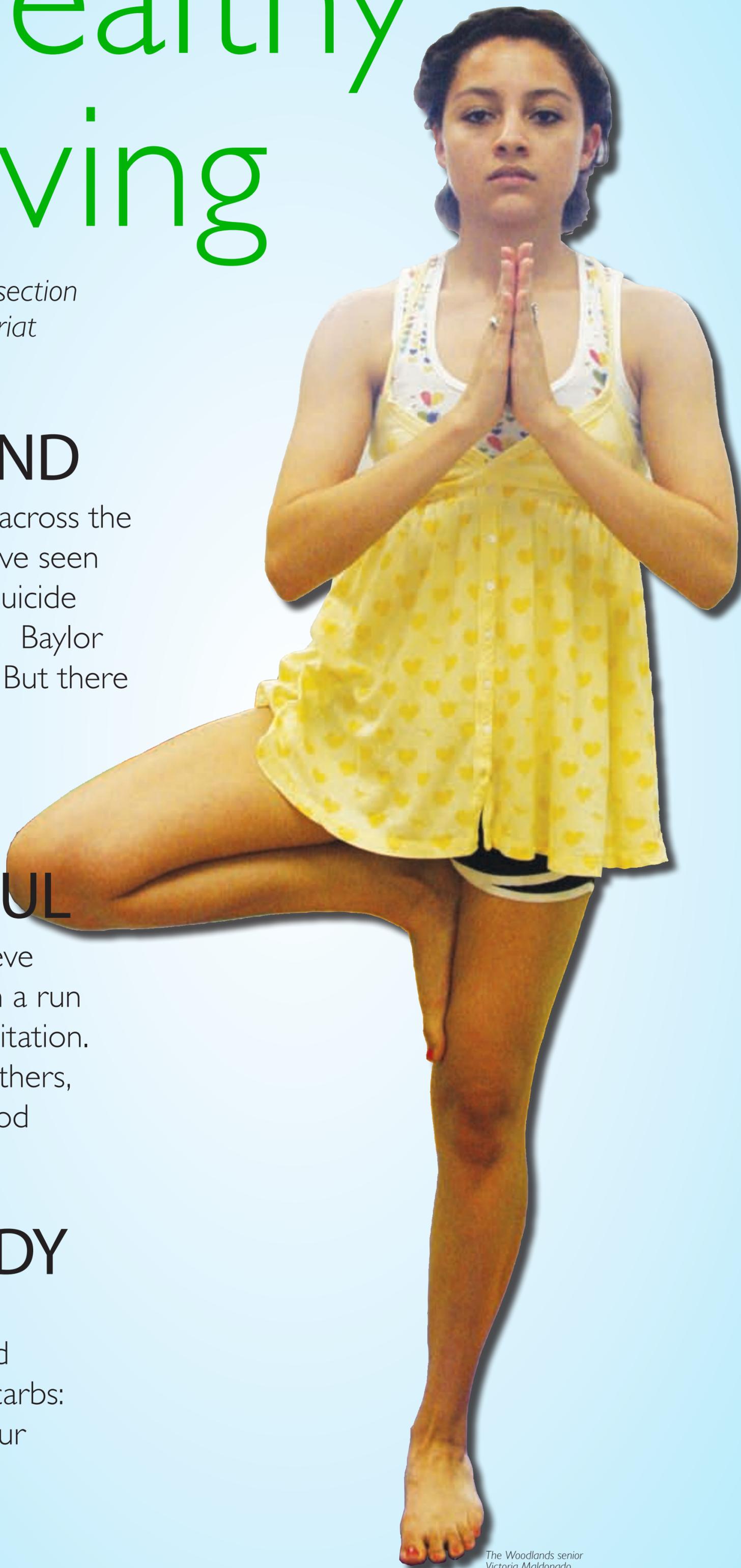
Some relieve stress with a run or by meditation. And, for others, there is God

Page 3

## >BODY

Watch the calories and count the carbs: Keeping your body fit

Pages 4-5



*The Woodlands senior  
Victoria Maldonado*

# Hope remains despite suicide attempt rates

By **SOMMER INGRAM AND CATY HIRST**  
CITY EDITOR AND STAFF WRITER

As the second-leading cause of death among college students, suicide is a growing health concern across the nation at universities.

Baylor has seen an increase in suicide attempts in the 2009-2010 school year compared to data from the 2008-2009 academic year. These numbers include students that live both on and off campus.

"Our office has been involved in eight attempted suicides this school year, with two being successful," Baylor Police Chief Jim Doak said. "That's considerably higher than last year."

Doak said that last year the police department saw six attempted suicides.

"It's disturbing to us from a police standpoint," Doak said. "These are all individuals on different tracks making decisions based on their own situations and pressures and not being able to find that coping mechanism. There is a common thread between them all, which is a sense of despair."

Dr. Jim Marsh, director for counseling services, said untreated depression is the No. 1 cause of suicide.

"When we're trying to prevent suicide, one of the things we look for is people who are depressed," he said. "Usually a student is facing a major problem or a series of major problems in their life. I refer to this to show that suicide is not the problem — it is the solution to a perceived unsolvable problem."

Dr. Martha Lou Scott, associate vice president for student life, said depression can be connected to students with a lack of resiliency and hope. The loss of a sense of hope is a warning sign for counselors when evaluating a student's mental state.

"The most common symptom of depression related to suicide is hopelessness and is one of the symptoms I'm always looking for," Marsh said. "Someone that's hopeless — that's the one I'm really worried about. I think that hopelessness comes from the fact that they just aren't able to see past their current problem."

This inability to see beyond the immediacy of discouraging situations or debilitating emotions is something Marsh perceives as a real threat to students.

"They're afraid of what's going to happen, and they enter into this window in which they have a hard time seeing that there is another side," he

said. "This window is what I worry about. It's a dangerous point because they feel that they can't solve the problem, can't make it go away, so that's when suicide enters the picture and becomes a solution."

Marsh said that the two busiest months of the year for the counseling center are November and April.

"A part of it is that finals are close, but the other side of it is that everything from the entire semester catches up to somebody," he said. "If they're worried about catching up, worried about what they're going to do next semester, worried about graduation — all of those issues and decisions come to a head right at the end. The semester puts a timeframe on things, so it creates this endpoint and everything is happening right now."

While Marsh agrees that it is beneficial to be involved in extracurricular activities, there can be risks if students don't handle the stress appropriately.

"Something that happens with students who feel like they've got to do all these things, perform at such a high level, is that a student can get overwhelmed," Marsh said. "And I think being overwhelmed can be a first step to becoming depressed."

Scott said that the university can help alleviate the constant pressures students may feel by reminding students of the importance of balance in their lives.

"I think today's student more than any other generation has such a busyness about their lives that it doesn't give them any chance to put things into perspective as frequently as they need to," Scott said. "There is more conversation about this now than in the past. Even one student death is obviously too many."

Departments across campus come together to provide students the best support system possible in all aspects of life. Spiritual Life is another department on campus that deals with issues students may face.

"Studies show that about 50 percent of Baylor students are going to deal with some form of depression that is going to get in the way of their studies," Dr. Burt Burleson, university chaplain, said. "Our work is different — we are not therapists. Our work tends to be to walk alongside people and stay with them. We are at the front lines in a lot of ways. We may see it long before someone actually makes it to a counseling center. Ours is a different role than that of the counseling center."

Burleson said that members of Spiritual Life find themselves in conversa-

tions with students that sometimes indicate that the student is depressed. From there, they assess whether the person is feeling suicidal and take the necessary precautions.

"What you need to do is offer ongoing care," Burleson said. "If the person is a threat to themselves, you have to make sure they are safe. So in that case it really depends on the circumstances. It may involve notifying the police, bringing in a hall director or other sorts of support in order to get them the help they need to make sure they are safe. It will almost always involve trying to get them set up with the counseling center."

Through the counseling center, students, faculty and staff can go through QPR, a suicide prevention program that teaches people how to identify depression, how to ask certain questions, and intervene effectively.

"One of the main myths about suicide is that talking or asking about suicide will put the idea into a person's head — that just doesn't happen," Marsh said. "We've found that by asking directly about suicide and intent, it lowers a person's anxiety, opens up communication and decreases the risk of them doing something impulsive."

QPR involves questioning the person considering suicide, persuading them to live, and referring them to get help.

"If you're with someone who is really depressed and feeling hopeless, the best thing you can do is say let's go right now to get some help," Marsh said. "They don't believe anything's going to help, so they need someone to be that vision, to be those eyes to the future."

Research also shows that people who are considering suicide usually provide signs to those around them a week or two before they attempt it.

"What this shows is that people thinking about suicide are ambivalent," Marsh said. "I believe that if they have some other option, they will gladly take it."

Marsh said the signs may come through a variety of ways: direct verbal expression of a desire to not live anymore, indirect comments about not wanting to be here anymore, giving away prized possessions, or touching base with people they may not have been in contact with for a while.

"Literally any positive action a person takes to help someone, to talk to them, to walk with them, can save a life," Marsh said. "While certainly you want to get them to a professional, preventing suicide is everyone's business."

## How to get help:

A Baylor University Counseling Center professional is on-call 24 hours per day for after-hours and weekend crises. For assistance, call 254-710-2467.

## Red Flags:

Some signs that indicate a student may be experiencing more stress than she/he can handle are:

- Nervousness, agitation, excessive worry, irritability and sudden outbursts of anger, threats of harming others, aggressiveness or nonstop talking.
- Abrupt or radical changes in behavior or bizarre behavior, speech, writing, or thinking.
- Isolation from others.
- Extreme dependency on faculty, staff or community leader

Students can also help their friends by listening and being there as a source of support.

Alumus Andi Nakasone, who graduated last May, helped a friend deal with suicidal thoughts.

Nakasone's friend attempted to commit suicide, which prompted Nakasone and other friends to take drastic measures to help him recover from depression.

"What happened was it was conversation at a restaurant when our friend told us that he attempted suicide the night prior," Nakasone said. "We were trying to get his mind off the issue a little bit and trying to deal with it, because we knew it was a serious thing. People just started joking around, and one of us said it would be nice to bike cross country. And then somebody else said it would be nice to go to Alaska and then things just came together and we came up with the idea of biking to Alaska."

The young college students created a Facebook group to bike to Alaska and said they would go on the trip when they had 250,000 members. They reached their goal in three weeks and started to prepare for the trip.

The group left Waco May 15, 2008, and biked to Anchorage in 73 days.

"It is not like what we did would be the answer to everybody's thoughts of depression or suicide," Nakasone said. "But it helped our friend. He was made better because of it. He put his life into perspective, in a way. And that is what our goal is for that kind of depression where you think there is nothing to strive for, there is nothing to live for, don't have a purpose. We kind

of felt like if you feel that way, then we wanted to show anybody and everybody that there is a way to change that.

Nakasone said college can be a stressful environment, often conducive to depression and suicidal thoughts.

"I believe the college environment can be very stressful for people our age and there are a lot of young kids getting out high school and trying to be a success, either in their parents eyes or their own eyes, and that can be very stressful," Nakasone said. "Things can get pretty tough."

Marsh said one of the most important things to remember is that dealing with feelings of depression and suicide is not something to be ashamed of.

"There is a challenge sometimes to this idea that because [we're] Christians, these problems won't exist," he said. "The reality is that they do. There's a sense where people feel like if they're depressed, they're not as much of a Christian. To me, that is a dangerous thing. One of my hopes is that we can somehow make it to where this something that we let our Christian brothers and sisters come together and help us walk through."

Above all, Marsh stresses the need to maintain hope.

"I believe that the problems students face, although they can be challenging and they can be many, can be worked out," he said. "I go back to that window, and I want students to know that there is another side. You may be in that window of time now, but we can work on those problems, and you can come out on the other side."

# Negative perceptions of body image prevalent on campus

## Student shares experience with disorder

By **STEPHANIE LEE**  
REPORTER

The number of individuals who suffer from eating disorders is astonishing, according to Emily Hertz, an intern and volunteer at The National Eating Disorder Association.

"Before I came to work here, I didn't realize that so many individuals suffer from such sicknesses," Hertz said. "Approximately 10 million women and 1 million boys suffer from an eating disorder, and there are still a number of those who haven't been counted."

Hertz said her organization recently conducted a survey across college campuses, asking women about the self-control of their appearance. According to the survey, 91 percent of women have tried to control their weight, and more than 50 percent of teenage girls use unhealthy practices to control it.

A number of things, such as genetic predispositions, mental illnesses and sexual abuse, can contribute to eating disorders, Hertz said. Another factor that contributes to insecurities are the unhealthy practices for losing weight that media advertises.

"An individual may have low self-esteem, feelings of inadequacy or lack of self-control, being teased or ridiculed, difficulty in expressing emotions and cultural stereotypes and appropriate cultural norms," Hertz said. "For example, a North American thinks she should look tall, thin and 'pretty,' thus creating these feelings," Hertz said.

Dr. Cynthia Wall, a staff psychologist at Baylor, said eating disorders have many unprecedented psychological side-effects, which are discovered during therapy sessions.

"Most students feel inadequate," Wall said. "It's a need to be wanted and accepted and to have self-control. The student who suffers from a disorder ... [feel] their significance and self-worth is measured by a number on a scale," Wall said.

Wall said this type of behavior can cause social relationships to be sacrificed and can impact an individual's daily functions and academic success.

One student who wishes not to be identified suffers from anorexia nervosa and bulimia nervosa. This person said her suffering is difficult to cope with and causes many problems.

"I get headaches a lot from the hunger. The diet pills give me really bad diarrhea. I also

get really bad shakes, and obviously the hunger really sucks," she said.

This individual also said events we experience in our everyday lives can be an impossible task for someone who suffers from an eating disorder.

"Food situations can get awkward, especially if I go to the bathroom right after the meal. I get a lot of 'I'm here to help you' notes and e-mails from teachers, friends, and family," the source said. "[People] just look at me and wonder why I'm so thin."

The eating disorder also causes planning to become a vital part of this person's everyday life.

"I have to plan how and when I can eat so I can get the most out of my minimal calories and so that I avoid awkward situations. Also, the shaking and hunger are really hard to fight sometimes. I can get a little irritable too when I am really hungry," she said.

Hertz also said that many health side-effects are present for every eating disorder.

Bulimia causes can wear away tooth enamel and the esophagus and binge eating can cause a potential gastric rupture, Hertz said. Other results of Bulimia include chronic irregularity, pancreatitis and peptic ulcers or even cardiac arrest or death.

"[Binge eating] can result in high blood pressure, high cholesterol, type 1 and 2 diabetes and Gallbladder disease," Hertz said.

A wide range of treatments are used, Hertz said.

"Treatments can range from out-patient therapy to residential rehabilitation. Psychotherapy is the most excepted method of treatment," Hertz said.

She also said people with eating disorders should seek immediate medical care and can call the National Eating Disorder Association or have someone they trust do this for them in order to get help.

There are ways for students to get help cope with their suffering on campus.

Wall said Baylor has an Eating Concerns Assessment Team which consists of a physician, dietician, psychologist and psychiatrist.

When a student is struggling with an eating disorder, they are referred to this team and after the students needs are assessed, recommendations regarding treatment are made, Wall said.

Staff writer *Caty Hirst* contributed to this story.

## Men show increased interest in appearance

By **JAMES BLAKE EWING**  
REPORTER

Body image issues are commonly associated with women, but recent trends have shown them to be increasing among men.

Cynthia Wall, staff psychologist at Baylor, said she has seen a rise in the number of men coming in with eating disorders.

Wall said this is rooted the rise of increase in body image media directed at men.

"Eating disorders among males are not discussed nearly as much as female eating disorders, and generally — though this is not always the case — eating disorders among males manifest through a desire to be bigger, with more muscle," said Keith Frazee, coordinator of student productions. "This is different from the eating disorders common among females, which tend to manifest through a desire to be thin."

Frazee said addressing the problem must start in the same place for both men and women. "The hardest part for me in addressing male eating disorders and body dissatisfaction is in combating the idea that the ideal body can be achieved through anything other than hard work and healthy choices," Frazee said.

He said that often people seek pills and machines advertised on television instead of doing the hard work. He added that often anything easy to achieve is of little worth.

"Men are beginning to look at magazines and want to be buff," said Regina Mastin, a registered dietitian at Baylor. "They are trying to look big and muscular to be attractive to women."

Men are also shaping up on the field. Some sports pressure people into looking a certain way.

"Many sports that emphasize lean bodies [and] often lend themselves to more [eating disorders] like cross country," Mastin said. "Coaches can sometimes encourage an athlete to lose [weight] even when they are at a healthy weight."

When Mastin deals with clients who have eating disorders, she goes through an initial assessment period.

"Each client has to be assessed individually. There is no set treatment plan for [eating disorders]. We have to look at their history, what they are currently doing and what they are willing to do to change," Mastin said.

She said that sometimes it's a struggle to

Check out The Lariat's video on men's body image  
[www.baylorlariat.com](http://www.baylorlariat.com)

get patients to get back into healthy eating habits. Often the patient is not willing to make a big enough change, but Mastin has to tell herself that any progress, however small, is an improvement.

"That is really tough for me sometimes because I want them to do what I know will make them better now, but they may not be ready for that. If I tried to force them to do it my way, they would most likely resist," Mastin said.

Mastin said that she encourages a healthy, balanced diet for clients. For instance, carbohydrates are something some people often avoid that are important.

"Carbs provide energy for the body. If one severely restricts this group, then their body has to figure out how to fuel your body to do the things you want to do. You will lack the B-vitamins, fiber, iron and other essential nutrients without carbs," Mastin said.

Other sources of constructing a negative body image include self-esteem issues and people buying into what is promoted as positive in the media culture of today.

"Everybody is susceptible because we all live in our culture. What you look like physically has nothing to do with self-esteem," Wall said. People with high self-esteem place their self worth in such things as their values, character and knowledge instead of their body.

However, media images can often spur dissatisfaction for people who compare themselves to media images, leading to problems such as self-consciousness, social anxieties and depression. These feelings can lead some to begin avoiding social situations.

"If you have a negative body image, you can become very self-conscious in social situations," Wall said.

These people often feel ashamed about their appearance and believe that other people are judging them by their appearance, Wall said, adding that sometimes a person will be so ashamed that they avoid any eye contact or conversation.

"We live it, we see it, we breath it 24/7," Wall said. "It's everywhere. We can't escape it."



JED DEAN | PHOTO EDITOR

Grains grown in Homestead Heritage's field are ground using power from a water wheel in their 16th century restored gristmill. The flour produced in this mill is sold in the village store and used to make fresh bread in the community restaurant.

## Holistic living at Homestead

*Homestead Heritage prides itself on a thoughtful lifestyle*

By **BRITTNEY HERMAN**  
REPORTER

Across a 510-acre lot, Homestead Heritage lives the healthy, organic lifestyle. This craft village caters to both Waco and Dallas restaurants that have recently started buying its artisan cheese, wheat, bread and beef, the most popular item.

"All of our animals are grass-fed, which is why our burgers are top of the line," said Rebekah Delong, Homestead deli and bakery shop worker.

Delong shared concerns about the commercial meat industry.

"The meat industry is unsafe, so we focus on that specifically," she said.

**"All of our animals are grass-fed, which is why our burgers are top of the line."**

Rebekah Delong  
Deli and bakery worker

Delong also said most come to their restaurant to try the two most popular burgers: The south of the border burger and the quesadilla burger.

"Many [customers] come to Homestead for their sweet potato jalapeño soup," Delong said.

"We were voted best in Waco in the Wacoan for this item."

The roots of this all-natural craft village "have been around since the 70s and began in New York City as a small mission on East 14th Street, said Gristmill worker Kathy Miller.

After moving to Waco, Homestead Heritage gradually added facilities to its grounds. The most unique addition was

the gristmill, which turns all grains and seeds into wheat for baking and selling purposes.

The system is completely run by a water mill right outside of the building.

"The gristmill has been here for the past eight years and produces 150 pounds of flour a day," said Gristmill worker Hannah Wiley. "It is run by a water mill, which allows for 19 different types grains to be produced."

"We use a stone-ground grinder, which is much healthier than a grain processor that most mills use," Wiley said. "Processors have more heat involved in the grain grinding process and that takes out the nutrients. It also tears the grain."

There are many reasons why people choose to eat organic. Miller gave her insight on reasons why people choose this organic living style.

"It eliminates the worry of disease and sickness when you eat healthy, and it's also easier on the land when harsh chemicals are not used," Miller said.

The water mill, which powers the entire gristmill, involves a complex process.

"The process begins with the water mill, which is located outside of the gristmill. It turns the shaft which powers the belt, then powering the millstone. This millstone turns and as the grain falls from carriers located right above it, it then pours the grain into the stone grinder," Miller said.

Homestead is also used as a venue for all kinds of events.

"We are always having events here or catering for local venues in Waco," Miller said.

"We have 8,000 kids come here each year for field trips and other school trips. The kids get fresh, free homemade ice cream too. We have also most recently had a wedding reception here at our restaurant," she said.



JED DEAN | PHOTO EDITOR

In the Homestead Heritage threadshop, a community member spins wool thread from a sheep she sheared a week earlier.

Barn worker Paula Anz said she enjoys reaping the rewards of the hard work associated with a healthier lifestyle.

"It's much more fulfilling and rewarding when you do it yourselves, rather than buying something. We like to make everything ourselves," Anz said.

Not only does the community of Homestead Heritage grow its own food, but it also makes its clothes.

"We grow all our linen, spin fibers and cotton," said Overseer of the Homestead weaving shop, Sue Linzer.

She said people often visit to buy fine fabrics. Linzer specifically referenced a woman who bought handwoven placemats from her 10 years ago and

Linzer recently found out the woman still washes and reuses them today.

A handwoven cotton suit was on display and Linzer said the piece was "a long, yet rewarding effort."

Homestead Heritage takes the simplest things in life and uses them for all they are worth. Creating a healthy lifestyle is what really matters at this craft village.

"The organic and natural lifestyle is what we focus on most and we are proud of it," Delong said.

This Waco attraction is located off of Gholson Road and is open 10 a.m. to 6 p.m. Monday through Friday.

## Depression: A Christian take on the disease

By **ERIN NIPPER**  
REPORTER

"Who you will become begins here." At least, that is what can be read on Baylor's Web page for Undergraduate Admissions.

Students have different reasons for choosing to attend Baylor, and among those reasons is to receive a Christian-based education.

Graduate student Kristen Nielsen, who is working on her Master's in Divinity at Truett Seminary, said students need to be disciplined in academics, but there is more to college than what high school students see on television.

"The media portrays very idealized views of college and what college life is going to be, and for some students it is that. It's dreams come true. It's the 'Saved By The Bell' version of college," she said. "But for some, it's rough. No one anticipates trauma."

Rev. Wesley M. Eades, Ph.D., is a professional counselor who has worked with many Baylor students. Eades said students often come to college with different expectations than the reality they encounter.

"Lots of times when students get to college, a lot of their ideas of faith and spirituality begin to become challenged," Eades said. "It's not uncommon for a lot of young people who have been active in church and who have found a lot of support in church to head off to college and take a break from that."

Eades said that the pressures students are faced with can be overwhelming and when they no longer have a church community to support them, feelings of isolation may follow.

"One thing students have to deal with is loss of social support," Eades said. "Church has been that for them, and if they don't get involved with that when they get to school they end up being disconnected and lonely."

Nielsen said that community is the answer to preventing depression in college.

"You have to challenge yourself and find the best, balanced version of yourself, [through community support]," she said.

2008 alumna Amy Hanes Tony said that even within the Christian community, pressures arise.

"In my mind, it's a lot harder at Baylor, because there are a lot of pressures to be Christian," Tony said. "Kids want to rebel out from underneath that in college."

Tony said that for her, finding someone to talk to who was what she called "wise counsel" proved critical.

"[My social and spiritual lives were] balanced with [a person to confide in] speaking the truth and Christian faith, and who I am," she said. "Be honest about where you are in life and what you need. That is why God has given us community in faith, to get an outside perspective from someone who has been there."

For those who are depressed, finding community may not be the only answer.

San Antonio senior Kendall Miller struggled with depression before she came to college, and wanting to be alone was one effect of her depression.

"My faith was always important to me and I felt like something was wrong because I had been blessed with so many good things," she said.

"I was going to a good school and I had a supportive family. I kind of felt like I had so much going for me ... I struggled with it for three years."

Miller said she tried to plug into Christian circles at Baylor, but never felt as though she fit in.

"Baylor's student body pressures you to portray this image of almost being perfect, and even though it's a Christian environment there is so much pressure," Miller said.

Miller said her depression became so severe that she even considered ending her life.

"It was six months of going downhill. The breakup of a long-term relationship, the loss of a close friend of mine," she said. "By the beginning of summer, I hit rock bottom."

In Deuteronomy 8:2, it says "Remember that the Lord your God led you on the entire journey these 40 years in the wilderness so that he might humble and test you to know what was in your heart, whether or not you would keep his commands."

This verse is believed by many to indicate that God intentionally places individuals in bad situations to test them and bring them closer to Him.

Nielson disagrees. "The 'wilderness' happens," she said. "God doesn't put us there, and there are lessons to be learned from that. There are lessons to be learned in the 'dark' places. But, some believe that God puts people there, and there is danger in that."

Miller said that her relationship with God was not a factor in her depression.

"I had a close relationship with God, and I knew that suicide is a sin, and that's not how He planned my life to be at all, but the pain was beyond anything I had ever felt before," Miller said. "The pain was so overwhelming that I thought that maybe this was the way that God planned my life to be."

Nielson said that she does not believe that depression is of God.

"I think that in the really dark points of the soul, and in the silences of God, the 'dark' periods, you can't find your own way," she said.

"It is the responsibility of those around you to speak hope, and when you can't carry those times with hope and goodness, those people will carry it for you."

Miller sought out professional help, and was prescribed medication for her depression — something that many people feel is an easy way out of dealing directly with problems. In Miller's case, it saved her life.

"Asking for help isn't a sign that you are weak," Miller said. "It's acknowledging a change that you need in life. Asking for help saved my life."

## When stress overwhelms, faith may prove crucial

By **LELA ATWOOD**  
REPORTER

For college students, coping with stress can be a daily struggle, stemming from academic obligations, social situations and a variety of other factors.

Clive, Iowa, senior Ross Irons said stress is a problem, even when there are no obvious external circumstances to trigger this emotion.

"Worrying and stressing out is a huge downfall of mine," Irons said. "I worry about everything and if I'm not worried or nervous about something, then I get worried and nervous for no reason. It's awful."

Irons, a member of St. Nicholas Greek Orthodox Church, said focusing on God and praying for others helps him to focus on the big picture and put his problems into perspective.

"For me, just praying about anything connects me with the eternal. It reminds me that my life is not nearly as big as I think it is," Irons said.

Spring sophomore Bethany Bullock, a member of Antioch Community Church, said she connects with God through worship when the stressful times come.

"A good way I find to deal with stress is to worship God," Bullock said. "This takes my

eyes off myself and helps me focus on the Lord. By doing that I remember that there are things bigger and greater than my problems and it is very stress-relieving to me."

Dr. David Pooler, assistant professor of social work, said religious practices and meditation are positive ways for students to handle feelings of stress.

"In my own experiences, I certainly think that praying, taking a walk, doing anything that is meditative are active coping strategies because you are asking for help and opening yourself up to a source of strength beyond yourself," Pooler said.

Pooler said active coping

strategies are strategies that bring students closer to solving their problems, such as confronting the situation or seeking help from the counseling center.

Besides prayer, Pooler said that there are other important steps students should take to prevent and deal with excess stress.

"I think that meditation alone may not be enough. These things coupled with other active strategies like getting appropriate exercise, getting people around you that you are safe with, that you can talk with are very helpful," Pooler said.

He also encourages students

to check out the Counseling Center if needed.

"There is no stigma whatsoever about needing to get help," Pooler said. "Getting help is perfectly normal and you have a resource right here on campus."

Bullock said it helps her to know that God is a father figure involved in her daily life.

"I think God definitely cares about us when we are stressed because we are his children and he is involved in our daily lives. He doesn't want stress to overwhelm us," Bullock said.

Pooler said trusting God and joining a church community helps to foster close relation-

ships and brings relief to situations where students feel out of control.

"I think sometimes when we decide we have to push and we're putting almost a burden on ourselves to do something that is not even possible," Pooler said. "I think that's why being a part of a community of faith and trusting that God will meet our needs and guide our path is a part of the solution."

Students interested in making an appointment with a counselor or receiving more information about the counseling center may call 214-710-2467 or go to [baylor.edu/counseling\\_center](http://baylor.edu/counseling_center).

# BU personal trainers inspire, promote wellness

By **SARA TIRRITO**  
STAFF WRITER

For some students, faculty and staff, physical fitness is more attainable by the personal training option available at the Student Life Center.

The personal trainers can help clients to learn the proper techniques and gym safety, make programs specific to each of their needs, and hold them accountable for working out, fitness coordinator Van Davis said. They also must be nationally certified.

"With a personal trainer, you get something that is personalized for that person, and their fitness level and their goals and objectives," Davis said. "It's not a general program. It's just for that person."

The SLC also offers a free orientation program for those who would like to learn how to use the equipment.

"There's a place for someone to get started at any time, with a personal trainer, with an orientation program," Davis said. "So don't be shy and stay away because [you're] not quite sure what to do."

Currently the SLC has three personal trainers on staff: Friendswood senior Timothy Walker, Dallas junior Josh Brame and Waco post doc Ashley Smith.

Students can sign up for a trainer by asking for a client

application form at the front desk in the SLC.

The trainers work with clients to schedule workouts and personalize them to help clients achieve their own goals.

Brame said in his training sessions, he tries to mix things up to teach his clients more and keep the training interesting.

Working with Brame helped Frisco junior Whitney Newman drop three dress sizes.

"It wasn't necessarily something I was aiming for, it just so happened that was one of the results," Newman said. "It made me feel that I'd accomplished something that I didn't even know could be achieved."

The two have been training together for two years and plan to continue next year.

Newman said students who want to see results from working with a personal trainer should remember that the process takes time.

"Definitely do a preliminary measurement before you start, but it's not necessarily going to be beneficial for you to measure yourself every other day or every other week," Newman said. "It's going to take a little time, and you have to stick to it. Everybody wants quick results, everybody wants to do the new Hollywood diet, but when it comes to it you just have to work hard and try not

to be so [focused on immediate gratification]."

Seeing results gave Newman even more motivation to work out.

"It's kind of like once the wheel is put in motion, you don't want to stop the flow of energy," she said.

Because of the attractive price and the trainers' knowledge about training techniques, Newman said she would recommend the personal training to other students.

"It's the cheapest trainer you'll ever have, and they have to be certified just to train you," Newman said.

"And then they're also usually currently studying that in school, so they know the newest techniques and things that are in," he said. "Whereas a trainer outside of the gym might have done that, but they're not necessarily up on the current stuff going on - they could be, but there's no requirement that they have to be."

Walker, an exercise physiology major, said he feels that his job as a personal trainer is to organize, motivate and educate his clients.

"I consider myself an educator, so the goal of personal training is to teach someone how to do it on their own," Walker said. "If I can teach someone how to work out for the rest of their life, then my

job's been very successful."

Attending multiple training sessions each week helps clients to see results, stay organized and concentrate on different parts of their bodies, Walker said

**Prices:**  
**Single session:**  
**\$20**  
**5 sessions:**  
**\$95**  
**10 sessions:**  
**\$180**

For more information:  
[baylor.edu](http://baylor.edu)

"Training specificity can be more intense when you train multiple times a week rather than do one full-body workout a week," Walker said.

In her previous work as a personal trainer in Austin, Smith saw one client who lost more than 30 pounds by train-

ing three to four times a week over several months.

"I've seen people whose lives have changed totally," Smith said.

"But that takes a while, usually [several] months, to see really significant changes in your body. It depends on how often you train, what you're eating."

Eating well and sleeping well, in addition to working out, is important for those who want to be healthy, Walker said.

"Looking and being healthy is holistic," Walker said. "If you're going to want to make physiological improvements, or appearance improvements, you have to tackle multiple areas of your life rather than just working out twice a week or three times a week."

Walker said most people are motivated to work out not because they want to be healthier, but because they want to look better.

However, he said taking care of your body does improve more than just looks.

"People don't necessarily work out because they think this'll make me less likely to suffer from heart disease at a young age. They just say I want to look hotter so I'm going to work out," Walker said. "You will look better if you are spending time taking care of your body - everything from

the way your skin looks to the way you smell, to the way your body digests and evacuates food. If you work out, your body will work better."

When working with clients, Walker tries to find what motivates them deep down.

"The long-term life-changing things will be when you find what intrinsically motivates you," Walker said.

"Part of my goal is to find out about the clients so I can form a plan around tweaking their intrinsic motivation and heightening it so that their fitness is not relying on how many people see them walking in the gym, it's relying on the fact that they feel that they need to do it just so that they are accomplishing something they want to accomplish."

Walker said his work with clients at the SLC has taught him about the frustrations many have with their bodies and beauty.

"When you do it long enough, you kind of see how different people see themselves and how they want to change but don't know how to change," Walker said.

"People are beautiful in different ways, and if you look at a magazine cover and say that's the only way to be beautiful, you're going to be sorely disappointed down the line."

# Campus Jiu Jitsu club encourages healthy discipline

By **HOGAN ALLCORN**  
REPORTER

The Baylor Brazilian Jiu Jitsu and Submission Wrestling Club has challenged hundreds of Baylor students since being chartered.

The club's existence is due to Jimmy Williamson, Professor Emeritus of the School of Education, who started the club in 1998 after studying Brazilian Jiu Jitsu during a sabbatical in Washington, D.C., under current Ultimate Fighting Champion referee Mario Yamasaki.

Williamson, who is often simply referred to as "Doc," was 63 years old at the time.

"When I got back from D.C. we started casually with just a few students," Williamson said. "Then some other students saw what we were doing and wanted to join. By the end of the first year we had about 15 to 20 people training."

Williamson said that when

the UFC became more mainstream about five years ago, the group grew to about 30 to 40 members.

"We don't fight like they do in the UFC," he said. "However, Brazilian Jiu Jitsu is a huge part of mixed martial arts. The popularity of the UFC has certainly contributed to the growth of Baylor Jiu Jitsu."

Brazilian Jiu Jitsu consists of just wrestling and sees two opponents battle each other until one submits or "taps out" after being put into a submission hold.

Williamson started training Brazilian Jiu Jitsu in 1996 when he was in his early 60s. Now, Williamson trains part time but still works out with his personal trainer three times per week. He believes that Jiu Jitsu is a fantastic contribution for a healthy lifestyle.

"There are three things in life that should always be balanced and kept sharp: your

physical, mental and spiritual wellbeing," Williamson said. "Jiu Jitsu can help with at least two of these things. Jiu Jitsu is, of course, physically demanding. It's also as mental as a chess match. And of course really anything we do can contribute to our spiritual lives. It's certainly a lot more fun than running."

The Baylor club currently practices three times per week in Marrs McLean Gym Room 320 and at Central Texas Submission Fighting and Sports Specific training facility in Robinson with professional mixed martial artist Chris Spicer.

Houston junior Kyle Calkins, a blue belt in the group, has served as the president of the club for the last two years.

"I'm very impressed by Doc's movement, especially since he's in his mid-70s," Calkins said. "It's inspiring and motivating for someone

to be that active at that age. There's a vision for the club that he has. He doesn't really force it on people but rather guides the whole clubs towards its goals."

Former member of the Baylor Brazilian Jiu Jitsu and Baylor alumnus Jason Whittington said that without Williamson, he doesn't know if he would have continued with training.

"I don't even know how old he is, but his strength and stamina are just incredible," Whittington said. "It's crazy how he can come in and beat up on all of the young guns. He's definitely a great role model."

Whittington attributes his continued love for Jiu Jitsu to the fun and laid-back atmosphere of the Baylor Brazilian Jiu Jitsu club.

Club members who have attained the rank of blue belt or above may conduct instruction under the current faculty sponsor and Dr. Paul La Bounty and

black belt Phil Cardella of Austin.

"There is no way we could have put on any of our tournaments without Phil," Williamson said. "His morals and values fit Baylor and what we wanted for the club."

La Bounty is an assistant professor of human anatomy, physiology, and nutrition and actively trains with the club as a blue belt. As a former writer for Full Contact Fighter, he holds a unique view and sense of the world of Mixed Martial Arts.

Williamson, La Bounty and Calkins share the blue belt ranking, which is the second-lowest adult ranking that takes most competitors years to accomplish.

Williamson said Cardella is the youngest trainee under the Relson Gracie Brazilian Jiu Jitsu system to achieve black belt status, an accomplishment that often takes a lifetime to

achieve.

Calkins said that both Williamson and La Bounty have been instrumental in keeping the Baylor Brazilian Jiu Jitsu club going.

"The community at Baylor BJJ is great," Calkins said. "While Jiu Jitsu is an individual sport, we are very team oriented. We are always putting each other first and looking out for each other. We're like a family."

Calkins also said that the club has not only given him a great social outlet, but also a great motivation to pursue and healthy lifestyle.

"BJJ is extremely mental and physical as well as mental; It's like physical chess," Calkins said. "It's caused me to live a healthy lifestyle. BJJ has motivated me to hit the weight room and eat my vegetables."

For more information on Baylor Brazilian Jiu Jitsu, visit [www.baylorbjj.com](http://www.baylorbjj.com).

# Examining relationships essential for good life

By **NEELY GUTHRIE**  
REPORTER

No man is poor who has friends, at least according to George Bailey in "It's a Wonderful Life." But maintaining strong, healthy friendships is not always easy.

In his work, "Nicomachean Ethics," Aristotle wrote, "Bad men will be friends for the sake of pleasure or of utility, being in this respect like each other, but good men will be friends for their own sake... in virtue of their own goodness."

Have you ever had a friend only seek your company when it was advantageous for them? Maybe they needed help studying and or a ride somewhere, and perhaps you needed the same. A friendship of utility.

This type of friendship is unhealthy because each person pursues the friendship for its usefulness, not for its sincerity. A friend is as a person attached to another by feelings of affection or personal regard; a person whom one knows, likes and trusts.

Aristotle claims that all friendships have a mutual consideration, either solely for pleasure or utility. One-sided friendships do exist, but he would not call it a friendship at all.

Dallas junior Keely Roberts had a friend who came to her when it was convenient.

"I've been in a relationship where we started out as friends and then it kind of became a very one-sided relationship in their favor," Roberts said. "I was the dumping grounds for their issues but was never asked anything in return."

The second kind of friendship Aristotle describes is one of pleasure. This type of friendship entails wanting to befriend someone because they are enjoyable but not because they are caring or trustworthy.

"It is not for their character that men love ready-witted people, but because they find them pleasant," Aristotle said. This type of friendship does not cater to each person's needs. Lori Genous, director of wellness, said talking is key for a healthy friendship.

"Relationships [are unhealthy] where there isn't good communication and you can't talk to each other. There's not a give and take or balance," Genous said. "That can definitely be unhealthy when one person is getting what they need and the other isn't."

Sometimes each person communicates poorly, but Genous said there are other individual factors that can influence a friendship's health.

"I think that jealousy sometimes sneaks up on us and we don't really realize that ... that really deals with a person having to examine themselves in

why they feel that way," Genous said.

It is easy to get jealous of a friend very quickly. People also tend to ask how someone's friend is doing and never expect an answer other than good or fine.

Genous describes the essentials to maintain a health relationship that will last.

"Honesty is right up there with communication. You've definitely got to have both of those things," Genous said. "And someone who listens. It's great to offer advice but sometimes friends need for you to just be that ear for them."

San Antonio junior Becka Bovio said she has a friend she can talk to and expect to listen. She also knows they have each other's welfare ever at heart.

"My best friend and I have a complete trust in one another and often we put each other before ourselves, and we desire the wellness and the happiness of the other person as equal to our own wellness and happiness," Bovio said.

Ultimately, it takes a conscious effort to make a friendship grow and flourish into a health relationship but it is well worth the effort. Aristotle sums it up well.

"It is among good men that trust and the feeling that 'he would never wrong me' and all the other things demanded in true friendship are found."



MATTHEW HELLMAN | STAFF PHOTOGRAPHER

## Jogging to her own tune

Mission Hills, Kan., junior Betsy Morris exercises and maintains a healthy lifestyle by jogging the Bear Trail on Tuesday.

# Temptations to ignore

By **Tori Leggitt, Reporter**

OK, kids. Listen up. Yes, we are all busy with this thing called college. You came here for an education and ended up with a life so stuffed with junk that you can barely function. So, when Mom calls and is concerned with your "eating habits," fondly known as the love tire around your middle, you realize that it is time for a change.

Lucky for you, I can give you some of the top foods to stay away from and deflate that tire right before you head home for the internship this summer. You may even have a chance with the guy or girl three cubicles over who you flirt with at the water cooler.

## Foods to die for:

### 1. R.I.P. Pillsbury Doughboy

If you are up late and want a little something sweet, you may grab a Pillsbury Grand or Cinnabon Cinnamon Roll with Icing, but watch out. One of those guys has 310 calories, 2 grams of saturated fat, 2 1/2 grams of trans fat, and 23 grams of sugar. Oh, and P.S.: trans fat is the worst for you; health experts say no more than 2 grams a day.

### 2. Chubby Chipotle

Everyone's favorite on the menu ... Chipotle Chicken Burrito: all that goodness of rice, beans, chicken, cheese, sour cream and salsa wrapped in a tortilla. But not only does one burrito have 970 calories, it also has 2,200 mg of sodium. A person's recommended daily intake should only be 1,500 mg. Eat one of these bad boys a day, and you may become the new poster child for the American Heart Association.

### 3. Le Tour de FAT

So you want to take that special someone to a nice restaurant ... perfect, Olive Garden. Well, watch out, sweet cheeks — you better split the meal unless you both want to end up on "The Biggest Loser: Couples Edition." Olive Garden's Tour Of Italy contains 1,450 calories. 33 grams of fat, 3,830 mg of sodium. Plus, top that off with a salad (350 calories) and a breadstick (150 calories), and you just ate 2,000 calories.

### 4. Coffee Cancer

After no shut-eye last night, you run by Starbucks before your first class to grab a Starbucks Venti (20 oz.) White Chocolate Mocha with 2 percent and whip. Little do you know that you just voluntarily consumed 580 calories and 15 grams of saturated fat. Clearly, girls, you should have gone to CG. At least there the cute guy behind the counter that just winked at you drives a jeep and is good with whipped cream.

### 5. Hate me for this one

The Cheesecake Factory Chris' Outrageous Chocolate Cake, weighing in at three-fourths of a pound, is made of delicious goodness and a gift of type 2 diabetes if you're not careful. This 5-inch-high piece is packed with 32 teaspoons of sugar with an added bonus of 5 grams of trans fat and 1,380 calories.

### 6. Porky Pig Problem

Any type of meat that is ground up and put into a collagen casing or skin made from an intestine cannot be good for you. One pork link contains 217 calories and 19.5 grams of fat. Stay away from this food, or your epitaph might read "That's all, folks."

Source: Nutrition Action and the Center for Science in the Public Interest.

## Exercise

Now that we have the food thing covered, we need to touch on a more sensitive subject: Exercising.

Kids, let's be real. "Honoring your Mother and Father gives you long life," but if you are not healthy, that's going to be a miserable sit-on-your-butt long life.

First we have to come to the realization that exercising is important, very important, and walking to get the mail does not count. Yes, those runners with their sweatbands on the Bear Trail are intimidating, but who said you have to run the BT three times to call it exercise? Exercising is so much more than bulking up. It has to do with what is happening on the inside. Cardio workout keeps your heart healthy, lowers blood pressure and expands your lung capacity.

1. You have to commit: Even just 30 minutes a day can do a world of difference. And don't worry, boys. This type of commitment has no emotional needs. Zoning out and changing plans at the last minute is completely acceptable.

# Epicurian dining hits Waco

By **LAURA REMSON**  
STAFF WRITER

Although Waco may not be traditionally known as a Mecca for healthy food or healthy living, one Waco resident is trying to change that image.

Han Ashley, owner and executive chef of The Epicurean Chef, has been bringing healthy takeout and eat-in meals to the Waco area since 2003.

Unlike any of the other takeout or restaurants in the area, Ashley's menu is different in that many items are vegetarian, vegan, gluten or dairy free. The Epicurean offers food in a variety of ways: fresh or frozen takeout every day, Tuesday through Thursday set lunches and a Friday healthy living vegan buffet. Additionally, on the first Sunday of every month, Ashley creates a traditional brunch menu. Ashley explained that her business is more than just about food; it's about a lifestyle.

"My business is mainly takeout, and I'm trying to say [families] can come together and eat a good meal that's healthy and they get face time together," Ashley said. "I'm providing a service that helps them have a healthier lifestyle overall. It's about healthy living, so not only are they getting a wonderful meal that they couldn't prepare on their own if they had the time or knowledge, but they are spending time with their families too. So it encompasses more than just the food. It's a lifestyle. And that's what the Epicurean stands for — devoted to good food and comfort."

Ashley started cooking at age 9.

"Back when I was a very young girl, my mother sent me to Weimar Health Institute to take a cooking course, and at that place I learned how to



JED DEAN | PHOTO EDITOR

Juanita Barrientos, Jakarta Mud Hut head chef, pours the final sauce on her veggie meatloaf Tuesday. Barrientos holds a nutrition degree from Texas A&M University and a cooking degree from the Cordon Bleu in Austin.

cook without oil, butter, sugar or salt and mainly just vegetable or plant-based proteins only," Ashley said. "My mother said, 'If you can make that taste good, you can make anything taste good.' And once I came home, our family ate that way, and my mother expected me to prepare every dinner meal from then on."

Ashley describes her cooking as "responsible consciousness."

"I couldn't put butter in the food anymore because I knew how to make it taste good without it," Ashley said. "I just couldn't hurt my clients. A lot of them I feel like are more than just clients because they have heart conditions, high blood pressure, diabetes, all sorts of things. That's where I believe that the success of the business is because the food speaks for itself. We just stay true to them."

Ashley explained that when she attended college in the Napa Valley in California, then went on to graduate school at Loma Linda University, she learned that body philology and food play a collaborative role in a person's health.

"It made sense to me, how the food we eat does affect our body," Ashley said. "We really are what we eat — it's true."

After moving to Texas, Ashley started bringing in healthy meals for her former husband's meetings with drug representatives. From these experiences, Ashley found a way to combine her culinary knowledge and passion into a successful business.

Ashley encourages even picky or non-adventurous eaters to try her food.

"Once you try it, you can be the judge," Ashley said. "There's a lot of dishes that we prepare that you might not want to taste, which is fine, but we have a lot of others that you can too that we think would bridge or challenge your taste buds a bit. A lot of people think that healthy food doesn't taste good, and our challenge to you is to come taste it and see for yourself."

One of the most important things about her food, Ashley explains, is that that all of the food sold at the Epicurean is extremely affordable, with main courses costing no more than \$5 per serving.

For Gabby Nestande, a senior from Newport Beach, Calif., it's what will keep her coming back.

"Everything was really healthy but so cheap, and I really like that," Nestande said. "I think that's also really good that it's inexpensive. More people will be able to buy [the food]. A lot of times when you eat out as a college student, people don't want to spend a lot of money. But with her food, people can buy it constantly because it's not expensive at all, and you don't have to cook."

Nestande went to a Friday vegan buffet where she tried a vegan cheesecake made from seasonal fruits and tofu. "It's seriously better than regular cheesecake," Nestande said. "It's so good." Knoxville, Tenn., junior Nina Martin tried the Epicurean only recently.

"I've been getting her takeout for a couple of weeks now, and it's great variety," Martin said. "I have a friend that's gluten-free, and it's really nice to have food at the house that's gluten free that she can eat and [it] still tastes good."

The Epicurean was Martin's first taste of vegan food. "I've never eaten vegan or gluten free foods before, but tasting her food and eating her food, you would never know that it was vegan or gluten free," Martin said. "It tastes great. It tastes like something normal that you would order elsewhere." Martin believes that the Epicurean has made a difference in her future food choices.

"I think it definitely broadens my horizons in terms of foods that I would turn my nose up to," Martin said. "Her food is vegan and I can't tell. It makes me think twice about ordering that stuff in the future."

# College kids and their caffeine: A tragedy

*The bodily chemical imbalances caused by the mostly-carbon concoction are explored*

By **KATY McDOWALL**  
REPORTER

Jillian Buttecali needs her Starbucks Cafe Au Lait before she goes to class no matter what.

Because she only gets four to six hours of sleep a night, she gets the extra energy boost during the day by drinking one to two cups of coffee.

"I have a cup of coffee after my first class every Monday, Wednesday and Friday, like clockwork," Buttecali, a sophomore from The Woodlands, said. "I would rather be a few minutes late than miss my cup of coffee. Every other day, I usually make a point to getting in a cup, even if it's in the afternoons."

Buttecali said as well as coffee, she usually drinks ice tea at meals, which is also caffeinated, but she does not like energy drinks or caffeine pills.

"I know caffeine is bad for you," Buttecali said. "In fact, freshman year I was having chest pains and went to the doctor."

After a few months of trying to figure out what was wrong, caffeine over-consumption and anemia were found to be the culprit, Buttecali said.

"I admit, I took the iron supplements needed, but did very little in the way of cutting back my coffee intake," Buttecali said.

Excess caffeine intake can cause jitteriness, difficulty sleeping, headaches, anxiety,

nausea and accelerated heart-beat, according to About.com.

Other students, like Buttecali, have experienced the effects of too much caffeine.

Kansas City, Mo., sophomore David Howard Jackson said he overdosed on caffeine during his senior year of high school.

"I just had so much caffeine in my system that I started shaking," Jackson said.

Jackson said he had been taking caffeine mints all day and had drunk a Rockstar Energy Drink and about a gallon of Diet Coke.

"I could feel my heart in my chest going boom, boom, boom, boom," Jackson said. "It was like I was running a marathon and I was at the end, except I wasn't. I was sitting on a bed in the middle of the night playing a game of Call of Duty, which really is not all that intense."

Jackson said he went home, got in bed, fell asleep and woke up the next morning fine.

"Since then the only thing I've ever had to drink that is caffeinated soda and tea," Jackson said.

Jackson said he thinks that in moderation caffeine does not have negative effects, but in the way a lot of people drink it, it does. "I think that caffeine should not be used as a tool," Jackson said. "It is not a tool. It is a recreational drug and should be used as such, like nicotine."

Unlike Jackson, Buttecali



PHOTO ILLUSTRATION BY SARAH GROMAN AND MATTHEW HELLMAN | STAFF PHOTOGRAPHERS

uses caffeine to study and pull all-nighters for two reasons.

"One, because I am over-involved throughout the day and tend to not get a moment to study until it is nighttime, and two, because there is no point staying up that late if I am not going to be productive," Buttecali said.

Buttecali said to her, coffee equals great productivity, a sentiment other students seem to agree with. "If I feel like I have some energy, then I feel more able to do my work and do it efficiently," said The Woodlands sophomore Ashley Davis.

"I generally feel less distracted while doing work if I'm not falling asleep on top of it."

Davis said she does not use caffeine to pull all-nighters, however, because she understands its long-term effects.

"High caffeine intake is not healthy for anyone, because it leads to a higher resting heart rate and blood pressure over time," Davis said.

"High heart rate and high blood pressure, especially if they are induced by too much caffeine, could potentially cause serious problems," Arlington senior Jennifer Groves said. She drinks caffeine, mainly coffee and soda, throughout the day, because it keeps her going and she doesn't get enough sleep or have time for naps.

"I know that it is very bad for me and I have even quit drinking it in the past, but it is so easily accessible and 'going for coffee' is such a typical outing for college students," Groves said.

Buttecali said that it is not good to drink too much coffee or become chronically sleep deprived, but it is difficult not to in college.

"It is hard to break the cycle, because it is part of the college culture," Buttecali said. "College students tend to sleep on the weekends and pack everything possible into their week days."

2. Pick an activity that you enjoy: Exercising does not have to happen at the SLC. If you were a hopscotch champ in elementary school, bring it back. Chalk it up on the street.

3. Track your progress: Everyone likes a pat on the back, even if you are the only one doing the patting. You can get a pedometer and keep check of how far you go, or those pants you have to lay down to zip try standing up to zip them after a week or two. Whatever you do, just please don't blog about your progress. Honey, sorry, but no one really cares that much.

4. Never pull the tired card: I know that some of you are definitely busier than others, but priorities are priorities. Most of us are still in our 20s or younger, so let's face it. It only goes downhill from here.

5. Most importantly, reward yourself: If you met a goal of walking for 20 minutes, celebrate. Throw a party because clearly we party for everything else.



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