Nutrition program gives races head start

Baylor students are leading one another toward a nutritious lifestyle while helping them train for Bearathon.

The Peer Nutrition Education group will host a free presentation Thursday evening on race nutrition for students interested in helping them train for Bearathon.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

By Paula Ann Solis

The Peer Nutrition Education group will host a free presentation Thursday evening on race nutrition for students interested in helping them train for Bearathon.

“The Peer Education group is asking the Baylor community to join us by hosting Bearathon seminars on campus to show students which foods are nutritious,” Zoellner said.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.

Nutrition program gives races head start

Baylor students are leading one another toward a nutritious lifestyle while helping them train for Bearathon.

The Peer Nutrition Education group will host a free presentation Thursday evening on race nutrition for students interested in helping them train for Bearathon.

“The Peer Education group is asking the Baylor community to join us by hosting Bearathon seminars on campus to show students which foods are nutritious,” Zoellner said.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.

Nutrition program gives races head start

Baylor students are leading one another toward a nutritious lifestyle while helping them train for Bearathon.

The Peer Nutrition Education group will host a free presentation Thursday evening on race nutrition for students interested in helping them train for Bearathon.

“The Peer Education group is asking the Baylor community to join us by hosting Bearathon seminars on campus to show students which foods are nutritious,” Zoellner said.

Student charged with drug possession

Baylor student arrested on Wednesday, said Swanton. The peer educators will discuss training and can range anywhere from one to five sessions.

Some common goals that previous clients have had include weight loss, weight gain, avoiding the “freshman 15” or broadening their knowledge of nutrition.

“By providing them with quality nutrition advice before, during and after races, we hope to improve their nutritional knowledge and their performance,” said event organizer, Erika Zoellner.
Fan, player safety important for NCAA
University of Texas chancellor resigning

Cigarroa moves on to practice medicine

ByHAVEY SNYDE

Marcie_Persyn@baylor.edu.

Nurjahan Vagom, a 53-year-old
Muslim woman who moved to
the U.S. in 2009, said Caro
Church, often accompanied by her
12-year-old son, Rohan. Vagom
took a seat next to Dodson, pulls
her husband got a job as a phys-
six years ago from Beijing when
her mother currently teaches
does not work outside of the home,
she said she enjoys getting out of
the house a couple times a week
she said. "I think I have a mission
field here."

In Vagom’s lesson, Dodson
held up images of food items and
spoke an additional language to
communicate with English speakers.
Vagom named and categorized
tasks such as grocery shopping.
Cigarroa named and categorized
times such as tuition, the roles of
research and teaching, graduation rates
and other issues. State lawmakers have
defended Powers and are considering
impeachment of one of his chief critics, Re-
gent Wallace Hall Jr. He
does his peers. Cigar-
roa was publicly critical of Powers at the
regent December meeting, saying the
president had to improve trust and com-
unication when dealing with regents and
university officials.

Cigarroa said his decision to resign “is completely separate from that” and said he
“will support President Powers.”

Powers issued a statement thanking Cigarroa for his support of the Austin medical school, but stayed away from the
relationship with the board and the govern-
ment.

“We are in a better place in Texas be-
cause of his leadership,” Powers said.

Board Chairman Paul Foster said a search
for Cigarroa’s successor could take up to six
months. Cigarroa will stay on the job until his replacement is hired.

“The longer I wait to go back full time, the harder it will be to resign,” Cigarroa
said.

Loving thy neighbor:

Local church aids foreign-born adults

Through variety of classes, English lessons

By SHANNON FINLAY

The Baylor Lariat

Black Heritage Banquet

The Association of Black Students Presents Black Heri-
tage Banquet is being held at 7 p.m. on Thursday
in Draper 349. Sigma Iota Rho
will provide lyrics of songs of your choice. Free snacks
and drinks will be provided. For
additional information, visit
@BaylorU or on Twitter.

Farming for the famished Rep.
Suzan DelBene–representative
for Washington’s 1st congressional
district—is working to end hunger
in the country. She plans to
address the issue in her own
community. For additional
information, contact Melissa.Zane@baylor.edu.

Serenade on V-Day

The Unicode Presents Valentine’s Day Karaoke at 7
p.m. on Friday at the Bill Daniel
Student Center. Karaoke Kim
will provide lyrics of songs of your choice. Free snacks
and drinks will be provided. For
additional information, visit
@BaylorU or on Twitter.

Bringing the heat on ice

Joplin of Japan, front, and South Korea’s Min Seo-Hee, back, compete in the first heat of the men’s 500-meter
speedskating race at the Adler Arena Skating Center during the 2014 Winter
Olympics in Sochi, Russia. She
placed fourth and sixth in Sochi.

Reflections on the civil rights movement

By Jim Vertuno

By Jennifer Shaver

Black Heritage Banquet

The Association of Black Students Presents Black Heri-
tage Banquet is being held at 7 p.m. on Thursday
in Draper 349. Sigma Iota Rho
will provide lyrics of songs of your choice. Free snacks
and drinks will be provided. For
additional information, visit
@BaylorU or on Twitter.

Farming for the famished Rep.
Suzan DelBene–representative
for Washington’s 1st congressional
district—is working to end hunger
in the country. She plans to
address the issue in her own
community. For additional
information, contact Melissa.Zane@baylor.edu.

Serenade on V-Day

The Unicode Presents Valentine’s Day Karaoke at 7
p.m. on Friday at the Bill Daniel
Student Center. Karaoke Kim
will provide lyrics of songs of your choice. Free snacks
and drinks will be provided. For
additional information, visit
@BaylorU or on Twitter.

Bringing the heat on ice

Joplin of Japan, front, and South Korea’s Min Seo-Hee, back, compete in the first heat of the men’s 500-meter
speedskating race at the Adler Arena Skating Center during the 2014 Winter
Olympics in Sochi, Russia. She
placed fourth and sixth in Sochi.

Reflections on the civil rights movement

By Jim Vertuno

By Jennifer Shaver

University of Texas System Chancellor Francisco Cigarroa, left, listens to a question during a news conference where he announced his resignation as chancellor of the University of Texas system, on Tuesday, Feb. 11, 2014, in Austin, Texas. Cigarroa, a physician and the first minority to lead the University of Texas’s nine academic campuses and six health institutions, is resigning to focus on his practice full time. He will be the head of pediatric thrombosis surgery at the Univer-
sity of Texas Health Science Center in San Antonio, where he served as president of the university Board of Regents from 2004-2006. (AP Photo/Eric Gay)
Spent Wojciechowski and his family have opened Spin Connection, a record store that sells vintage vinyl records, at 3703 Franklin Ave in December. The store offers a variety of rock, jazz, and pop albums popular in the mid 1900s.

"We're going to have early 1900s pop culture and pop culture from all different eras — things that were great in American in the '60s and '70s and growing up," Stan Wojciechowski said.

"Everyone is our customer base, all walks of life," Spin Connection co-owner Chris Wojciechowski.

The father and son said they both have interest in incorporating live acoustic music into their store.

"We have to do some remaking and make some stuff up to scale, but we'll be acoustic bands," Chris Wojciechowski.

"When big bands come to town, on the day before, there's a lot of conversation. It's light. Everyone is our customer base, all walks of life," Stan Wojciechowski said.

Spin Connection also wants to support local bands and artists by giving them a place to sell their merchandise.

"Local bands that have CDs — we would like them to sell here," Chris Wojciechowski.

Spin Connection co-owner Stan Wojciechowski said he expected customers who grew up in the time when vinyl records were popular would come in the store, but instead he said he has been surprised by the number of high school and college students buying music from the '70s and '80s.

"For the most part, everything is up to code, but it'd be nice to make sure stuff is up to code, but it'd be nice," Chris Wojciechowski.

"Specifically about Waco and the deep opening up here, the first thing that comes to mind is hipster college students that want to go buy records," Chris Wojciechowski. "Whether or not there are enough of them to sustain the business, I'm not sure."

A hipster is a term often associated with alternative music, and non-mainstream lifestyle.

With two weeks to go before the season finale, "The X Factor" promises on NBC, the new talk show host has re- vealed his old "Saturday Night Live" colleague Fred Armisen will be joining him as a judge.

On Monday, Meyers treated a first look at his new band, the late Band, with its leader, Armisen. Yes, the show is clearly inspired by "OMG, was it an art show?"

"Fred will curate and lead the band, and continue to allow it when he's off shooting "Portlandia.""

Armisen and Meyers both appeared on "Saturday Night Live" before Armisen left the show at the end of last season. The comedian-musician returned to join Meyers on the final "SNL" on Feb. 19.

The fourth season of Armisen’s "Portlandia" will be "Late Night" hand, marking Armisen with his "Saturday Night Live" colleague Fred Armisen.

"Specifically about Waco and the shop opening up here, the first thing that comes to mind is hipster college students that want to go buy records," Chris Wojciechowski. "Whether or not there are enough of them to sustain the business, I'm not sure."
Softball wins 4 of 5 games in Las Vegas

By Tori Jackson

Senior left-handed pitcher Camaron Cason goes through her wind-up to deliver a pitch on April 23, 2013, against Houston at Getterman Stadium. Camaron is Baylor's career leader in shutouts, with 31. (Photo: Landon Nordeman)

The Baylor Bears won three events at Texas A&M Invitational this weekend, winning the 100-meter dash, 800-meter run and 3,000-meter steeplechase.

The Bears captured the 100-meter dash with a time of 9.68. Freshman Tori Jackson led off the meet with a 10.24 in the 100-meter dash. Freshman Christine Heighway had a time of 10.36 in the 100-meter dash.

The Bears took seventh place in the 100-meter hurdles with a time of 13.71. Freshman Freeda Kamara missed the cut, finishing in 13.75.

The Bears also won the 800-meter run with a time of 1:18.01. Freshman Renata Jones led off the event with a time of 2:09.43. Freshman Mariah Kelly finished fourth in the event with a time of 2:09.60. Freshman Kelsy Thomas placed fifth with a time of 2:10.05.

The Bears also captured the women’s 3,000-meter steeplechase, with a time of 9:42.60. Freshman Maggie Montoya won the event with a time of 10:05.45. Freshman Erin Atkinson placed fourth with a time of 10:33.78. Freshman Mariah Kelly finished fourth in the event with a time of 10:33.96.

The Bears also had a strong showing in the 1,500-meter run, with a time of 4:38.90. Freshman Mariah Kelly finished second in the event with a time of 4:38.90. Freshman Jennifer Smith placed third in the event with a time of 4:42.05. Freshman Jennifer Smith placed third in the event with a time of 4:42.05.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x100-meter relay, with a time of 46.78. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.

The Bears also had a strong showing in the 4x400-meter relay, with a time of 3:46.88. Freshman Kayla Smith, sophomore Christie Langford, sophomore Maggie Montoya and junior Jennifer Smith all had personal bests in the event.
SAINT LAKE CITY — A coalition of religious organizations has come together to file a federal suit against a state on the same-sex marriage issue. The suit seeks to overturn a laws that would ban gay and lesbian couples from marrying in the state.

The federal court has issued a temporary restraining order against the law, which was set to take effect Monday. The order was issued by a federal judge inindicates that the case will proceed on a fast track.

The lawsuit was filed on behalf of the American Civil Liberties Union, the Human Rights Campaign, and other organizations. They argue that the law violates the constitution's guarantee of equal protection under the law.

The plaintiffs are represented by attorney David Boies. He said his clients are "entitled to the same rights and privileges as all other citizens of this state, and to the same equal protection under the law as any other citizen of this state."

The lawsuit was filed in the U.S. District Court for the District of Columbia. It seeks to overturn the law and put an end to the state's ban on same-sex marriage.

The case is likely to be closely watched by courts across the country, as the Supreme Court is expected to rule on same-sex marriage issues in the coming months.

ATTORNEY: "Our clients have the same rights, the same privileges, the same equal protection under the law as any other citizen of this state. They should be entitled to the same rights and privileges as all other citizens of this state."

The lawsuit also seeks to overturn the state's ban on adoptions by same-sex couples. The plaintiffs argue that the ban violates the constitutional right to due process and equal protection.

The lawsuit was filed in the U.S. District Court for the District of Columbia. It seeks to overturn the ban and allow same-sex couples to adopt children.

The case is likely to be closely watched by courts across the country, as the Supreme Court is expected to rule on same-sex adoption issues in the coming months.

ATTORNEY: "Our clients have the same rights, the same privileges, the same equal protection under the law as any other citizen of this state. They should be entitled to the same rights and privileges as all other citizens of this state."

The lawsuit also seeks to overturn the state's ban on adoption by same-sex couples. The plaintiffs argue that the ban violates the constitutional right to due process and equal protection.

The lawsuit was filed in the U.S. District Court for the District of Columbia. It seeks to overturn the ban and allow same-sex couples to adopt children.

The case is likely to be closely watched by courts across the country, as the Supreme Court is expected to rule on same-sex adoption issues in the coming months.

ATTORNEY: "Our clients have the same rights, the same privileges, the same equal protection under the law as any other citizen of this state. They should be entitled to the same rights and privileges as all other citizens of this state."

The lawsuit also seeks to overturn the state's ban on adoption by same-sex couples. The plaintiffs argue that the ban violates the constitutional right to due process and equal protection.

The lawsuit was filed in the U.S. District Court for the District of Columbia. It seeks to overturn the ban and allow same-sex couples to adopt children.

The case is likely to be closely watched by courts across the country, as the Supreme Court is expected to rule on same-sex adoption issues in the coming months.

ATTORNEY: "Our clients have the same rights, the same privileges, the same equal protection under the law as any other citizen of this state. They should be entitled to the same rights and privileges as all other citizens of this state."

The lawsuit also seeks to overturn the state's ban on adoption by same-sex couples. The plaintiffs argue that the ban violates the constitutional right to due process and equal protection.

The lawsuit was filed in the U.S. District Court for the District of Columbia. It seeks to overturn the ban and allow same-sex couples to adopt children.

The case is likely to be closely watched by courts across the country, as the Supreme Court is expected to rule on same-sex adoption issues in the coming months.

ATTORNEY: "Our clients have the same rights, the same privileges, the same equal protection under the law as any other citizen of this state. They should be entitled to the same rights and privileges as all other citizens of this state."

The lawsuit also seeks to overturn the state's ban on adoption by same-sex couples. The plaintiffs argue that the ban violates the constitutional right to due process and equal protection.