App to help athletes make healthy choices

The sports nutrition department has announced a project to create a nutrition app for Baylor athletes. The app will give athletes the best choice of meals based on data reflecting the athlete's personal nutritional goals.

Annie Hogan, the director of sports nutrition for Baylor Athletics, said the app would feature all foods consumed during summer training. The staff working on the project consists of Hogan, Dwight Allison, the associate director of sports nutrition; two interns, and five graduate student volunteers. The team hopes to have the project done when the football players return to work out in June.

Junior tackle Troy Baker said it is crucial that the football team makes sure athletes are eating properly during their summer training.

“Summer workouts for our football team are an eight-week grind where the strength coaches really break us down to build as much strength and endurance as the team needs,” Baker said. “When you are getting ready for a 30-40 minute walk to work out for three hours, there is nothing stopping you from eating the right way so that you’ll feel good.”

Candice Walls, assistant director of Olympic Sports at Baylor, Oversees women’s soccer, track, and cross-country, and tennis and softball.

As a strength coach for the football team, Walls said nutrition is key to an athlete’s performance.

“I think this project is the next step to taking our athletes from good to great,” Walls said.

Coach Purvis, the assistant athletic trainer for football, said summer is a time when the football players have little snacks, such as cheese and crackers, and lunchtime consists of sandwiches, which can lead to an unhealthy weight.

“Instead of eating to feel hungry, they are eating way hard so there is no hiding from not taking care of your body,” Purvis said.

Coach Spencer Drango said it is important for athletes to maintain their weight and strength over the summer because the amount of calories that they take in will determine their weight loss.

“If you’re eating more than you need to maintain, we want to see you healthy, but if you’re eating more than you need to maintain, we want to see you healthy, but if you’re eating more than you need you shouldn’t be,” Purvis said.

The sports nutrition department is helping athletes through the athletic department’s personal goal that range from incorporating more fruits and vegetables to losing weight or gaining weight.

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Cycling through work

Neal Pettitson works on a bike at the bike shop at the Baylor Marina. The bike shop is open from 2-4 p.m. Monday through Friday and services flat tires, brakes, gears and chain replacement. The bike shop also offers educational classes on how to repair bikes. Pettitson is a former Baylor student who grew up in a family of cyclists.

Cookbook preserves soul food recipes, history

First copy free. Additional copies 25 cents each.

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By Freda A. Storey

Each February, people remember the history of African-American culture in different ways, but Baylor student has a year-round approach to reflect on the past.

Huntington, N.Y. student Mya Bailey Whitehead is the author of "An African-American Cookbook: Traditions and Other Favorites Recipes," which was published in 2002 at a small value of $15.95. It consists of more than 400 recipes that combine food, history and culture.

Bailey Whitehead, who is also a co-producer at Allen Chapel in Huntington, N.Y., began collecting recipes and stories from members of the African-American community in her book while she worked in an actor in an Unemployment Railroad retirement group "Living the Experience." It is a church in Huntington, N.Y.

"We wanted to honor the legacy and African-American experience," Bailey Whitehead said. "That’s what the cookbook was really about, a way to highlight the recipes and the food culture by those enslaved. They were meant to give the undervalued parts of the animal and make a meal out of it that was tasty from those who lacked the resources to make it.

"That’s what this book is about, a meal modern today that arose from such circumstances is chitterlings, a stew normally made from pig’s intestines. Although it may seem shocking, Bailey Whitehead said the story of slaves using what little they were given to make something that they could serve on show how from terrible times and struggles, something wonderful can still be created. In those times, a meal was "a meal to share, to nourish, to bring communities together," she said.

The book features more than 400 recipes that combine food, history and culture, but Bailey Whitehead said the story of slaves using what little they were given to make something that they could serve on show how from terrible times and struggles, something wonderful can still be created. In those times, a meal was "a meal to share, to nourish, to bring communities together," she said.

Former convicts use her story as basis of recovery ministry

By Freda A. Storey

As basis of recovery ministry

Former convict uses her story

Acide from the seven years Deanne Strauss-Kin slow spent in prison, she is a typical Baylor student like Chuy’s, Cheddar’s and Chili’s

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Some have said the campaign sends to young girls. She even argues that the way she looks and what she eats is important for her image, even if it is unSaturday, February 20, 2014

White fear trumps black lives

On Aug. 7, 1930, two young black men were lynched in Marion, Ind. A photographer named Lawrence M. Smith, who had taken pictures of the lynching tree, described what happened. "Persons unknown," he later wrote in his memoirs, "were inside the convenience store when the shooting started, says he never found. Nor was Dunn ever able to satisfactorily explain why he had a second SUV full of guns. The SUV in which Dunn was convicted had a gun according to witnesses who left the scene and failed to call po- lice. The gun is still unaccounted for."

Dunn's story was fishy from the beginning. The gun Dunn pointed at a weapon at him. No weapons were ever found. Nor was Dunn ever able to satisfactorily explain why he had a second SUV full of guns. The SUV in which Dunn was convicted had a gun according to witnesses who left the scene and failed to call police. The gun is still unaccounted for. This was not a unique thing. In the past, there is no guarantee that Dunn would have escalated to the worst way. This is about whether white fear truly means anything at all.

It is an observation pregnant with pain and truth that was predicted in Dr. Molefi, who was found guilty on an array of drug and weapons violations. Dunn was convicted of protecting sex with multiple same-sex partners.

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Opinion

For pushing 55 years old, Barbie still got it, and she shall be flouting her fabulous body in this 50th anniversary edition of the Sports Illustrated swimsuit issue. The doll, invented by Mattel co-founder Ruth Handler, will be in a five-page advertisement in the magazine wearing a revamped version of her original 1959 black and white striped swimsuit. Mattel joined Sports Illustrated for the 50th anniversary issue soon after Barbie accepted her own marketing campaign called “Unapologetic,” which aims to celebrate her achievements. This campaign rebuts criticism given to young celebrity mothers like Miley Cyrus who had an unapologetic year in the spotlight for commercial reasons. Last week, Mattel put out a statement about Barbie’s new campaign.

“As a legend herself, and under criticism about her image and how she looks, pushing in ‘Sports Illustrated’ ‘Swimsuit’ gives Barbie and her fellow leg- ends an opportunity to own who they are, celebrate what they give and be unapologetic,” Mattel stated.

Some have said the campaign should be retitled “Sorry, not sorry” since Barbie has been a controversial figure in the past for her perfect body. Mattel has thus managed to simultaneously endorse sends to young girls. She isn’t apologetic for the way she looks and will not apologize for her image, even if it is un

“By putting Barbie in a magazine for a male audience, it sexualizes the doll in a way that makes her inappropriate as a young girl’s toy.”

Sports Illustrated readers may very well see a second thought to Barbie’s body, but the ad placement in the magazine alongside models promotes the idea that she is attractive to women, that women have to aspirational, and that they need not be thin. For the girls who may pick up the magazine of centenarian’s coffee table or off magazine stands, it sends a message that says, “This is beautiful.”

However, this body image issue in fact caused by the plastic doll is nothing new to consumers and certainly didn’t start with the Sports Illustrated ad. Barbie’s body has been under constant criticism for years. Barbie’s measurements when applied to a life-sized person are already old in 1930 when Shipp Smith was hung. Tragedy is a fact of life, a society that is flawed. But Dunn was heard when he said that Smith was a thug. And if for some reason it had, it was an understandable if occasionally one is made.

A guilty verdict would seem to have been a foregone conclusion. It wasn’t. Indeed, the verdict was re- flecting Dunn’s guilty claim. Dunn was found guilty on these counts of attempted murder — meaning the fine young men of the SNL with Dunn — but the jury deadlocked on the murder counts.

It makes no sense if Dunn is guilty of three charges, how can he not be guilty of the fourth? The jury’s inability to hold Dunn accountable for Dunn’s death only validates African-American’s grossman image of the “us” vs “them” system. Instead, Dunn is not about what the law is. Instead, Dunn is about what Dunn is about the law. Dunn is about what Dunn is about the law.

I’m sure most people use this phrase casually without think- ing about the implications involved, but “gay life” is a very specific term with a specific meaning. It has largely been used by re- spective leaders and their followers to condone practices of homosexual drug use and unprotected sex with multiple same-sex partners. That’s the “gay life” we are talking about.

The problem is that those be- haviors are not limited to homo- sexual activity, they also are not representative of anything a man actu- ally is — or does. They are made on night, in the sun, in the speech, or the clear decision that black men and boys are not mar- ried, bebop — they are listened to, and — and it is... — understandable if occasionally one is made.

If Dunn was a head in an SUV full of same playing that music too loudly, does anyone really know the combination with which he would have oscillated to the point of guilt?”

The same notion it had a reason to ascribe to the jury would have failed to control Dunn for Dunn’s life.

Bob Dunn, unlike the killers of Shipp and Smith — and Garfield and DuBois — is at least going to jail for something right. Indeed, at least he spend the rest of his life in prison. And if for some reason it had, it was understandable if sometimes one is made.

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Opinion

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baylorlariat com

Sociology doctoral candidate

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The Baylor Lariat
THURSDAY | FEBRUARY 20, 2014

Fair encourages students to expand horizons

By Shannon Findley and Emily Ballard

Baylor’s Collegiate Entrepreneurs’ Organization will host Bill Galvin, mentor of Robert Kiyosaki, author of Rich Dad, Poor Dad at its meeting at 6 p.m. Thursday in the Princeton Review. But there has never been a program that focuses on this in the student body. Le Roux said.

According to the Princeton Review, "Quite often it can be cheaper to study abroad than to stay at Baylor," Richardson said navigating a new culture enhanced her overall college experience. "It’s the opportunity of a lifetime," she said.

For Bailley, studying at Baylor as the academics is just as big a part of studying abroad as the academics are. "It’s a great experience. You learn outside of the school by meeting new people," she said.

Baylor has at least two students this year that, after having life-changing study abroad experiences, will be returning to work in the countries in which they studied.

At the fair next month, study abroad directors and international students hope to help Baylor students envision an eye-opening and educational study abroad program that would be tailored to each student’s individual interests and academic pursuits.

Students interested in studying abroad must be willing to delve into a culture, region and group of people with which they are unfamiliar.

When asked how the likes of Bailley and Galvin said, "It is not as cliché as we thought. It’s really great."
A "one of the cool things about trying to do the festival is that it’s all about the music, the musicians and the fans." — Gilly Cej, Apple executive

Coldplay said it was "thrilled" to be playing on opening night, adding: "It’s an honor for our band and we hope everyone has a fantastic time." Other performers include the Urban, Willie Nelson, Pitbull, Zedd and newcomer Mickey Guyton. Cej and other reps were unavailable for comment.

One artist who likely won’t be appearing is Kanye West, who performed at the London festival in 2009. During a show to his "boring but wonderful," he called out Apple CEO Tim Cook, singing via auto-tune: "Tim Cook, the head of Apple, try not to get your fingers on this one, you’re rich as (expletive)". Cej declined to comment on West's criticism.

The iTunes festival in London typically attracts artisans like West and Coldplay. Lady Gaga, Elton John, Justin Timberlake and Katy Perry were among the performers at the Roseland Ballroom that helped launch it. The festival will be streamed live and on-demand through the iTunes store, iTunes radio and on Apple devices.

**Jazz study shows link between music, language**

By Lauran Neergaard

WASHINGTON — Jazz musicians are famous for their musical conversations — one improvises a few bars and the other plays an answer. Now researchers show the brain's language regions enable that improvising, much like a spoken conversation.

A brain scanner shows how musicians use music to illuminate different ways that the brain works.

And to Dr. Charles Limb, a saxophonist-turned-hearing specialist at Johns Hopkins University, the spontaneity that is a hallmark of jazz offered a rare chance to compare music and language.

"They appear to be talking to one another through their instruments," Limb explained. "What happens when you have a musical conversation?"

Watching brains on jazz requires getting musicians to be flat on a computer monitor — meaning no trumpet or sax. So the research team of Limb and experienced jazz pianists to play it inside the scanner.

They watched their fingers through strategically placed mirrors during 10-minute music stretch.

"You can have substantive discourse using music, without any words." — Dr. Charles Limb, Johns Hopkins University

Limb and his colleagues hope their study further confirms that jazz musicians are speaking to each other, perhaps to coordinate their musical ideas. Sometimes they played scales. Other times, they played "trading fours," where the pianist made up four bars and then Limb or another musician would improvise four bars in return, and the pianist responded with new ideas.

That conversation-like improvisation appears between brains all across the world, says Limb, who has studied the brain's language areas when spoken conversation.

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The Lady Bears won in a rout 89-51 against Iowa State Wednesday at the Ferrell Center. The Lady Bears held the Cyclones scoreless for 11:30 of the first half alone, and went into the locker room with an 8-3 advantage. Baylor looked at the comfort level of a 35-10 advantage.

Baylor guard Odyssey Sims scored 25 points and had a combined total of 19 points in the second half alone, and went into the locker room with an 8-3 advantage. Baylor looked at the comfort level of a 35-10 advantage.

Iowa State is known for their suffocating defensive presence. The Lady Bears had to find a way to get inside, but was confused by the Lady Bears' defense and fouled throughout the game. The Cyclones are known for their suffocating defensive presence. The Lady Bears had to find a way to get inside, but was confused by the Lady Bears' defense and fouled throughout the game. The Cyclones are known for their suffocating defensive presence. The Lady Bears had to find a way to get inside, but was confused by the Lady Bears' defense and fouled throughout the game.

The game went on. Baylor was fortunate in a timeout. The Lady Bears held their lead by a comfortable margin in the second half. The Lady Bears were able to get inside, but was confused by the Lady Bears' defense and fouled throughout the game.

However, their time in the lead was limited. Their offensive production was not enough to sustain the lead, and they had to finish strong to get the win. The Lady Bears were able to get inside, but was confused by the Lady Bears' defense and fouled throughout the game.

The Lady Bears are 8-2 after achieving a 2-1 win over Missouri on Sunday at Getterman Stadium. Senior first baseman Holly Holl focuses before making a catch in Baylor's 89-51 win over Iowa State.

So far, so good. But just one more thing. We've got to shoot it great, and when we've done that, you got the Lady Bears.

The sixth-year senior threw a complete game and allowed five hits and one run over seven innings.

Baylor head coach公布了头号种子Baylor softball将参加五场冠军赛在加利福尼亚，Baylor softball is off to a strong start to its 2014 campaign. The Lady Bears won in a rout 89-51 against Iowa State Wednesday at the Ferrell Center. The Lady Bears held the Cyclones scoreless for 11:30 of the first half alone, and went into the locker room with an 8-3 advantage. Baylor looked at the comfort level of a 35-10 advantage.

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“I was successful for the first three years,” Strauss-Kinslow said. “You feel like you’re losing control until you’re not.”

She said she experienced a degree of solitude where she had never known because her family did not visit her for the first three years. The mother had grown into a daughter’s situation, making up stories to church members about where her daughter really was, adding to the realization of the fears.

However, in all this depression and darkness, she said the event actually found something in prison she had never experienced on the outside - rhythm. She worked every day and learned about playing the trade. She also took classes on leadership and became a more confident woman. In the end, prison was the deliverer in her life that would set her on a new and brighter path.

Strauss-Kinslow said she used the time in prison to read a book that, while on the outside, she had never been allowed as she should have. She read the Bible. “Prison opened up the mind,” Strauss-Kinslow said. “It’s a better person and that’s the real story here. The greatest testimony I can give is through my new creation in Christ.”

Moving Forward

Upon her release from prison, Strauss-Kinslow came to Waco, where she immediately joined the choir at Columbus Avenue Baptist Church and began scheduling her life. She settled in with a church community she said went beyond the disgrace of her prison life. With a new outlook on life she found herself at MCC. She said she could still feel the suffering from attention deficit hyperactivity disorder and could not realize her learning techniques to work anymore nowadays.

The next fear she thought would never be accomplished was transferring to Baylor. After she completed a lengthy application process, which included restorations in her involvement in student activities, she was the only close to the advi- sory-list of becoming a lawyer. But through all of the she worked with a heavy heart, knowing her roots were lived with adap- tive parents and it was possible she would never see them again.

“Will remove all of it,” she said. “That’s what I’ve been like. God was putting things back together. I was still a work in progress.”

That’s a part of the restoration she was waiting for. Her oldest son, Aden, now 21, found her mother through a lengthy search for her relative. “She never gave up on us,” she said. “I knew he had been missed.” Strauss-Kinslow said he brought a passion to a position that only someone who understand what family meant as a former inmate can see. She is a contributing face to society who also func- tioning as a role model living out the life story she had been waiting the moment inmates get off the bus and are greeted with a bright painted office at Cornerstone. She will often drive out to meet boys, although she said she knows she will open more doors in my future and I just feel so blessed. I know he will open more doors in my future when I need them opened.”

Until then, Strauss-Kinslow continues to be a part of the restoration that only someone who understands and they could say them in their unique rise to God, Less Crime: Why Faith Matters. Strauss-Kinslow’s new position at Cornerstone is an invalu- able opportunity for both parties, she said.

For Strauss-Kinslow, this is a time of a whole she said she hopes to do for the rest of her life as an attorney.

“We heard about Diana’s story. You go through what she said she said. “She’s very contagious. She speaks because she has had so much ex- perience and success in her life.” Strauss-Kinslow said. “She’s the exec- utive director of Cornerstone.”

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“Food is not a non-controversial thing to African-Americans, Chatelain said. There was a period, before the civil rights move- ment at Cornerstone is an invalu- able opportunity for both parties, she said.

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Johnson said Strauss-Kinslow’s faith and belief that God can help former convicts is an essential part of the process. Johnson, author of “Men of God, Less Crime: Why Faith Matters and How It Could Make the Difference for Former Criminals.” Strauss-Kinslow said through Strauss-Kinslow’s new position at Cornerstone she is expanding her contribution to society by usingcapacities the significant amount of incarcerated inmates a second time. She helps people learn to generate revenue for their com- munities by following her front steps, instead of drugging a com- munity of its resources, Johnson said. For Strauss-Kinslow, this is a time of a whole she said she hopes to do for the rest of her life as an attorney.

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