



# Entangled

Baylor Lariat Spring 2014

# There's more to it than meets the eye

By GREG DEVRIES  
EDITOR-IN-CHIEF

From a young age, we're taught to avoid certain behaviors, and the seven deadly sins are supposed to be the worst of the worst. They can deform our character and turn us into horrible people.

Last semester, I took an ethics class centered around the seven deadly sins. David Echelbarger taught the class, and he my interest in the topic and taught me a lot.



Greg DeVries | Editor-in-Chief

As a child, I learned the seven deadly sins. My understanding was far too minimalistic. The sins are complex and powerful — they are very worthy of the title “deadly.”

We read “On Evil” by St. Thomas Aquinas, and this really opened my eyes. Aquinas painted a picture of the seven sins that I hadn't thought of before: Pride was the tree from which other sins stemmed because they are rooted in prideful tendencies.

Aquinas also wrote extensively on each of the sins. Before the class

started, I thought I did a good job avoiding the pitfalls of the seven deadly sins. After the course ended, I realized I fell victim to each one routinely, and the disconnect came from the limited view of the sins themselves.

If you ask someone what gluttony is, that person will probably paint a verbal picture of a fat guy that stuffs his face with cake. Sure, this is gluttony, but there is a lot more to the picture.

We read a story of an old woman that went to a restaurant and ordered tea and a small sandwich. Each time the waiter brought her plate out, she would find something wrong with it. This, as it turns out, is gluttonous as well. In fact, Aquinas outlines many ways to commit gluttony. The other sins are just as complex, and our special section should shed some light on sinful behaviors.

Take the time to read what Aquinas and our special section say about the seven deadly sins. You might find out you're just as sinful as I am.



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Pride



# HERE FOR THE PARTY

## On-campus political dividing line magnifies differing opinions

By ASHLEY ALTUS  
REPORTER

The different political views and ideologies that students are confronted with in college can cause a division among peers.

Fairfield junior Caleb Gunnels said he has seen a division of Baylor students who have only one ideology. He said views he does not agree with strengthen his personal beliefs, which becomes productive to learning.

"I've been criticized for being close-minded and not with it and too old school simply because I feel a moral obligation to believe certain things and support that moral obligation," Gunnels said. "I don't strive to be a prideful person, but I'm very proud of the beliefs I stand for."

Gunnels got his license to preach at Northside Baptist Church in Mexia. Although he grew up around conservatives, Gunnels said he chose on his own to be a conservative Republican because most of their ideologies and opinions reflect closely with Christianity.

"I feel more of an obligation to be conservative. I feel that a lot of democratic social policies violate bonds of Christianity and Christian morals," Gunnels said.

Dr. Patrick Flavin, assistant professor of political science, said there are students who are prideful in their political views and some who are more soft-spoken and don't talk about them at all.

"Those who are really committed, sometimes it can be-

come perceived that when someone challenges their view, it almost becomes personal, which I don't think is what we should be shooting here at Baylor," Flavin said.

El Paso junior Andy Davila said he believes Baylor's Baptist roots and geographic location in the South give the school a conservative reeotype.

However, Flavin said he has a good mix of different student beliefs in his classes.

"The popular perception is that Baylor students on average are more conservative than like UT Austin, but my experience has been that there is a good amount on both sides, which from my viewpoint of teaching a class is a good thing," Flavin said.

"It's better discussion in class whenever we talk about political issues."

Flavin said studies show a nationwide trend that students become a bit more liberal and Democratic as they go through college.

He is unsure whether or not the national standard exists at Baylor.

Gunnels said he doesn't think there are any political stigmas at Baylor.

"Democrats say Baylor is pushing too conservative, but strong conservatives look at Baylor and say it isn't conservative enough," Gunnels said.

Dallas senior Hayley Cumberland said students are either too passionate in their political views or say nothing because they are scared or uninformed. This is especially apparent in her Politics

and Communication class, she said.

"Some students are respectful, and others seem to hold politics and their ego on the same level," Cumberland said.

She said some students can't accept different political viewpoints without being personally offended.

Flavin said he tries to encourage his students to be passionate about their political views but to discuss them in a responsible, respectful manner.

Davila said he believes the majority of his peers are respectful of other people's beliefs.

"You can tell a lot of the times by other people's mannerisms or facial expressions with people who don't agree with what is being said are judgmental," Davila said. "People just tend to judge right away."

Gunnels said he doesn't see the views of the younger generation reflecting what Baylor's view is.

"People with conservative views have been seen as bigots," Gunnels said. "Any time you have a mindset or ideology that differs from the majority you're treated as close-minded because you won't conform to the views of society."

He said students are more concerned with social acceptance rather than a moral obligation.

"Students have unsolidified views and there needs to be more participation in what they think personally matters and not what friends and society says is right or wrong," Gunnels said.



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CALEB GUNNELS  
FAIRFIELD JUNIOR



# W I go to Baylor: hat's your excuse?

Private universities can breed entitled people

By REUBIN TURNER  
ASSISTANT CITY EDITOR

The ability to attend one of the most prestigious Christian universities in the world comes with a hefty price tag — \$50,000 a year to be exact.

Upon admission into the university, late nights and heavy workloads are sure to ensue as students work toward obtaining a degree within the next four years.

Keller senior Courtney Roberts said these attributes of the university can lead to a sense of entitlement from students across campus.

In the spring of her junior year, Roberts applied for two major

*“Many times, parents, teachers and coaches have a tendency to praise kids undeservingly, which eventually starts to manifest after a while.”*

Dr. Wade Rowatt | Professor of Psychology

internships. Although both were reputable, Roberts was excited about a particular one in Dallas.

She was already in the process of completing one internship and was working to secure one for the summer.

“Both were public relations firms, but I had a friend who worked for the one in Dallas, so I was almost positive I would get that one,” Roberts said.

But after weeks of waiting for a response, Roberts never got one.

Because Roberts had worked hard in school to maintain high marks, and because she went to Baylor, she said she felt that securing the internship would not have been difficult.

“I knew it wasn’t something that wasn’t going to be handed to me, but I did feel that I would at least get an interview,” Roberts said.

She said she felt achieving high marks at a school with a name such as Baylor would have landed her the internship.

Dr. Wade Rowatt, associate professor of psychology, said stories like Roberts’ represent a growing sense of entitlement across the country.

Rowatt studies behavioral psychology, and described narcissism as having an excess love for one’s self.

Rowatt said this entitlement stems from a number of factors, including inflated GPAs and instilling a false sense of accomplishment in children at a young age.

“Many times, parents, teachers and coaches have a tendency to praise kids undeservingly, which eventually starts to manifest after a while,” Rowatt said.

He said practices such as giving a trophy to everyone on the team may be well-intentioned,

but can have negative consequences in the long run.

According to a study conducted by Jean Twenge, Sara Konrath, Joshua Foster, Keith Campbell and Brad Bushman, the Narcissistic Personality Index has shown a linear trend since the mid ’80s.

The NPI is a test many psychologists and others such as internist Dr. Drew Pinsky, use to gauge narcissism within an individual.

Pinsky, who was the host of television reality show “Celebrity Rehab,” co-authored “The Mirror Effect: How Celebrity Narcissism is Seducing America,” in which he included the NPI test.

Roberts said she believes Baylor falls within the parameters of the trend because she has seen this characteristic exhibited in various ways.

“I know a number of people who thought their parents’ positions or someone they knew could get them jobs or internships,” Roberts said.

She said she even knew someone who had a position created for them because they were friends with the CEO of the company.

Roberts said no matter what she thinks in the future, she will always let

her abilities and hard work dictate her achievements.

“Entitlement is understandable in a sense,” Roberts said. “I just choose not to rely on it.”



# It's a bird... It's a plane...

## Baylor alumni find superhuman confidence after graduation

By TORI JACKSON  
REPORTER

Baylor graduates receive more than a diploma when they cross the Ferrell Center stage; they receive an opportunity.

Alumni have the chance to show pride in their alma mater, which they will go out into the world to represent.

"Baylor has given me the opportunity to develop spiritually, academically, social and professional," said 2012 alumnae Tiffany Clark. "Like most other freshmen, I came to Baylor with a desire to grow, and this university has more than succeeded in helping me do that."

Baylor prides itself on education and prepares each student for success. The 15:1 student-faculty ratio at Baylor helps students succeed in the classroom and in the future.

"I am a proud alum because I know that it is my education at Baylor that has set me up to achieve my goals in my career field," said 2012 alumnae Robin Reidmiller. "My time at Baylor allowed me to grow socially and be willing to step out of my comfort zone to meet new people. As a professional in the sales field, it is important that I am able to be outgoing and make connections, and my time at Baylor taught me how to do that."

Clark said she is forever proud to call Bear Country her home away from home because of all the opportunities Baylor provides to stay connected. The Baylor Alumni Network provides opportunities for current Baylor students and graduates to come together as a family across the globe.

"Baylor does a great job of making sure that alumni stay connected to the university and make sure alums stay current with what's happening on campus," Clark said.

The Baylor Alumni Network



KEVIN FREEMAN | LARIAT PHOTOGRAPHER

stretches beyond the boundaries of Waco and even Texas — whether it's a watch party for a Baylor football game or business network breakfast to meet young alumni in the job market, Baylor thrives on keeping its community connected.

"It's great to see Baylor's network throughout the world," said 2011 alumnae Briana Tolbert. "No matter where I am, there's an alumni ready to throw up a Sic 'em. Our network continues to grow and expand. Baylor alumni are doing really wonderful things in all places of the world."

Because of the success of Baylor athletics, more and more alumni are coming back to Waco to support their alma mater to victory.

"I am most proud of the way student-athletes, coaches and community have all come together and contributed to the success of the program," said Tolbert, a former member of the Baylor volleyball team. "So many have played such a pivotal role in helping BU to 'rise up,' and it's really something to be proud of."

It's not just former athletes who make note of Baylor's journey to success on the field—students in the stands are taking notice too.

"I am also incredibly proud of all the exciting things that are happening with Baylor athletics," Reidmiller said. "I remember games my freshman year when people would leave at halftime, but I stayed because I wanted to be a part of the Baylor experience. Now we're Big 12 Champions, and that's huge."

Baylor alumni may be many miles away from each other, but Clark believes that Baylor is more than a university; she believes Baylor is a family.

"I am proud to call Baylor home because it is a university that thrives on making sure its current students and alumni feel like a family," she said.



Sloth

# Let's do that tomorrow...

## Procrastination strikes, grades suffer the blow

By RYAN HANNEGAN  
REPORTER

A beast that rears its ugly head at the sight of a deadline. The little voice in our heads that says there's plenty of time later. The urge to choose an all nighter to write a paper instead of finish it in over a full semester.

It's called procrastination, and for many, it comes with more than just sleepless nights clinching a coffee cup at the library.

At one time or another, most people have been guilty of putting off some task they know they need to take care of but cannot get motivated to begin.

While they might all be familiar with procrastination, many of them do not really know why they do it.

College students have varying opinions on whether waiting until the last minute affects quality of work. Some think it hurts studying and remembering information for a test.

"By doing something over time, you encounter information multiple times which helps you remember it better," said Houston junior Andrew Kliphon. "If you procrastinate you only look at something once and don't remember it as well."

Others see it as inspiration to get things done and completed before it's too late.

"It motivates and forces me to learn the subject," said Richardson sophomore Julio Pineda. "I may not comprehend everything, but I gain a general knowledge about the subject."

Some students view procrastination as a helpful tool when studying.

"It allows me to keep my mind clear of stress in the weeks prior, which allows me to have a healthy sleep schedule and have an overall healthy body come crunch time," said Bozeman, Mont., junior Matt Naden.

Scientists and researchers have created numerous studies to attempt

to understand exactly why procrastination takes place, many studies with intriguing and sometimes surprising results.

Researchers at Ohio State University gave a survey in 2002 to 116 students where they answered questions that, when calculated by researchers, rated them as high, moderate or low procrastinators.

They found that the worst procrastinators had significantly lower grades in a college course with several deadlines than did those ranked as low or moderate-level procrastinators.

The worst procrastinators were also more likely than others to use rationalizations such as "I work best under pressure" to justify their behavior in school.

However, the lower grades received by the worst procrastinators show these rationalizations are nothing more than wishful thinking.

"The results show that procrastinators don't work better under pressure, but it may be the only way they work," said Ohio State University professor Bruce Tuckman who led the study. "They don't have any idea how well they might do if they didn't procrastinate."

Tuckman also said how results showed low procrastinators were much less likely than moderate or high procrastinators to use rationalizations.

Tuckman said procrastinators are somewhat selective in the way they rationalize, tending to choose rationalizations that make it seem that waiting to do an assignment is a good thing for them.

The study found although procrastinators did much worse in classes with deadlines, overall, the GPA did not differ that much between low, moderate and high level procrastinators.

A 2007 study conducted at the



CONSTANCE ATTON | LARIAT PHOTOGRAPHER

Massachusetts Institute of Technology confirmed classes with long deadlines cause heavy procrastinators to suffer.

The study suggests in classes in which a paper is due at the end of the semester, the students earned the worst overall grades despite having a longer amount of time to work.

Most admitted to putting off the

bulk of the work until the end of the semester.

The classes with the highest grades were those that required papers turned in at set intervals throughout the semester, perhaps because it helped to spread out the workload and forced students to do at least some amount of work each week.

"The key to overcoming procrastination

may be to recognize the inaccuracies of the common 'wishful thinking' rationalizations," Tuckman said. "There's no way to know if you do your best work under pressure if you never try another way. If students tried to do their assignments in a more timely way, they may be surprised at the results."



# Not all attendance policies are created equal

By PAULA ANN SOLIS  
STAFF WRITER



CARLYE THORNTON | LARIAT PHOTOGRAPHER

Skipping, ditching, playing hooky — an absence by any name can add up to a world of trouble at Baylor, where losing class time can result in losing credit.

“This semester I had a piano class that I failed due to absences alone,” said Keller freshman Esther Nyangani. “I understand that Baylor has their standards as a private school, but at the same time they need to understand and respect that we’re students, we do get tired and we have extracurricular activities that are university sponsored.”

Nyangani is a member of the Women’s Choir and said she often missed Monday and Wednesday classes because of performances and school sponsored events.

Three weeks ago, her professor called her into his office and said she would receive an F for the course, despite having a B+ average based on class work, because she had exceeded her maximum absence allowance.

Baylor’s School of Music, like several academic units at Baylor, retained the original 75 percent attendance requirement after the university abandoned the campus wide policy in 2011.

University officials now allow each school to dictate class policies after the U.S. Department of Education required universities with campus-wide attendance policies to keep a log — an act too difficult for Baylor, said Dr. Wesley Null, vice provost for undergraduate education.

The policy Baylor now follows is a liberal, all-campus one that grants professors final say on how attendance is monitored.

Even schools such as the College of Arts and Sciences, though it has a 75 percent class attendance requirement, allows professors to disregard or further tighten the reins on absences.

“Faculty members may establish more stringent requirements regarding attendance, punctuality, and participation,” according to Baylor’s student policies and procedures website. “Any attendance requirements and

penalties for excessive absences will be set forth in the syllabus for each course.”

Nyangani said she was shocked because she thought she had gone through all the proper channels to excuse her absences. She spoke with the dean of her school to validate her absences as school related. Unbeknownst to Nyangani, that doesn’t mean much since excused absences are still counted against students if the professor so desires.

“It’s partially my fault,” Nyangani said. “I was under the assumption that if you turn in a dean’s note, like from high school, you’re excused and it does not count against you as an absence.”

Since having experienced this failure by absences, Nyangani said she is more diligent about understanding attendance policies for other classes and works closely with professors to understand where she stands.

“I’m not saying it’s entirely the policy’s fault; I will be honest, there was some negligence on my part,” Nyangani said.

The seriousness of absences is a concept learned early by Baylor students through mandatory Chapel freshman year.

But despite this lesson, even upper classmen get caught off guard by the penalties of absences.

Corpus Christi junior Amanda Yarger said excessive absences aren’t always the sign of laziness or lack of understanding. Some students have issues that attendance policies do not take into consideration.

“I have maxed out my absences for the last two years,” Yarger said. “When I took pre-cal, I failed by attendance. When I took history my sophomore year, my professor deducted my entire participation grade because, although I was an active member of class when I was there,

had high test scores, and paid attention, he felt I didn’t deserve my full grade because of being gone.”

People have incorrectly stereotyped Yarger as lazy or apathetic, she said, but don’t know her whole story.

Yarger has a medical history that includes depression and anxiety, which makes attendance more difficult for her than most.

Medication is an option, she said, but she opted to not be medicated while in school and that choice has dire consequences.

“Relating this information is difficult to professors who openly tell their students that any absence outside of a doctor’s note is not permitted,” Yarger said. “Whether it be personal or family related, the attendance policy puts a strain on the professor and student relationship.”

Abandoning the liberal attendance policy is not likely considering the consensus among professors

required, Null said.

“Faculty autonomy is an important issue to remember,” Null said. “We don’t tell instructors when to excuse or not to excuse an absence; that’s the prerogative of an individual professor. There is no way to come to a general consensus on what to do with excusing or not excusing absences because, if you get five professors in a room, you’ll probably get five different policies.”

Dr. Heidi Bostic, modern languages and cultures department chair and French professor, said students can plan ahead to avoid the penalties of absences.

Bostic teaches in the department and said language professors have a more rigorous attendance policy than other departments — 80 percent class attendance or an automatic F.

Attendance policies are often linked to a participation grade, which will decrease a student’s overall grade after each absence. This is an unfair practice, Yarger said.

“There are people who show up every day to browse Facebook or Twitter and don’t contribute to class discussion at all, but are technically present,” Yarger said. “I feel it would be a more productive system if participation was earned by the name-sake — participating.”

Bostic said she realizes students will miss a class and that it is not a direct correlation to their participation. She said she encourages students to carefully read each course syllabus, save absences for sick days and take full advantage of the class time.

“There is a recognition that learning a language is sort of like practicing a musical instrument, something you really have to participate in,” Bostic said. “But participation is not simply attendance. It’s being on time, being prepared — that kind of thing. This policy is designed to encourage learning.”

The amount of time spent practicing those instruments, whether languages or pianos, will continue to vary from one professor to the next. The only thing left for students to do is set their alarms or accept the consequences.



# Netflix binge: (n) a new way to devour media

KEVIN FREEMAN | LARIAT PHOTOGRAPHER

By TAYLOR GRIFFIN  
NEWS EDITOR

On Valentine's Day earlier this year, sleazy politician Frank Underwood wooed the world once again with his syrupy-sweet southern accent and maniacal tilt of the head. After a yearlong hiatus, both he and his equally diabolical bride strangled the life out of allies and foes alike with their conniving, cunning charm.

Despite the sickening debauchery, America fell in love with the Underwoods. While they're only fictional characters in the Netflix original political drama, "House of Cards," the couple managed to lure in upwards of 5 to 15 percent of all Netflix subscribers watching at least one episode during the second season's weekend release, according to a survey by Pro-cera.

In addition, about 2 percent of the 33.4 million — upwards of 665,000 — Netflix users finished the 13-episode season over the weekend.

Furthermore, a fourfold increase in viewership from the first season's weekend release last year solidified the growing sensation that has fed television enthusiasts and procrastinators: Netflix binge watching.

As the runner-up for 2013's word of the year, this idea of gorging on hours of TV is transcending the way people intake media.

"It's changing the way we consume television, and it's changing their [consumers] expectations about it," said Chris Hansen, associate professor of film and digital media.

Although the idea of television binge watching began with boxed DVD sets or re-run marathons, the invention of Netflix, Hulu and other streaming services created an on-demand presence — a breeding ground for obsessive bingeing.

This process also made way for experimenting in original series such as "Orange is the New Black" for Netflix or giving viewers the opportunity to catch up on past seasons of shows such as AMC's "Mad Men."

The on-demand model of television and dropping whole seasons at once is a real game changer, Hansen said. For Netflix in particular, rebooting Fox's "Arrested Development," a sitcom that aired for three seasons, was a smart move considering it had a built-in fan base.

"I already think that people of your generation expect to have access to things like that on demand when

they want it and not on a schedule," Hansen said.

Though it can provide an excellent means of escape from the day-to-day grind for college students in particular, regular binge watching has the potential to be detrimental to performance in the classroom, Hansen said.

"While it's fun to binge watch a season of 'Arrested Development' because everybody loves it, if it means you're missing studying for your midterm, then it's being slothful," he said.

To further analyze its own success, Netflix worked alongside cultural anthropologist Grant McCracken to interpret the bingeing phenomenon as well as predict the path it might take society.

He found that a perfect storm of quality TV, the current economy and the explosion of the digital lifestyle all equally contributed to the rise of the couch potato.

McCracken also concluded that the over-digitalization of this culture leaves audiences craving juicier, longer storytelling in television.

"TV viewers are no longer zoning out as a way to forget about their day," he said. "They are tuning in, on their own schedule to a different world. Getting immersed in multiple

episodes or even multiple seasons of a show over a few weeks is a new kind of escapism that is especially welcomed today."

Hansen said the characters, however, are the heartbeat of a show's ultimate success. Kevin Spacey's delightfully diabolical schemes in "House of Cards" and the black comedy-infested jail cells of "Orange is the New Black" are the driving tour de force behind these shows.

"Addicting television is just about a character that interests us, for whatever reason, and we'll follow them," he said.

Despite the growing sensationalism of immediate watching, good storytelling hasn't changed with the Netflix movement, Hansen said, and as long as the show has dynamic characters, thoughtful writing and quality acting, it has the perfect recipe for success.

"Some people are going to absorb it all immediately, and some people are going to discover it later," he said. "And that's the genius of the model; it's just always there."

But for some students, binge watching isn't necessarily taking away from study time. As a film and digital media major, Irvine, Calif., junior

Alex Zack said she sees her self-proclaimed obsession to anything in the horror genre as an extension of her schoolwork.

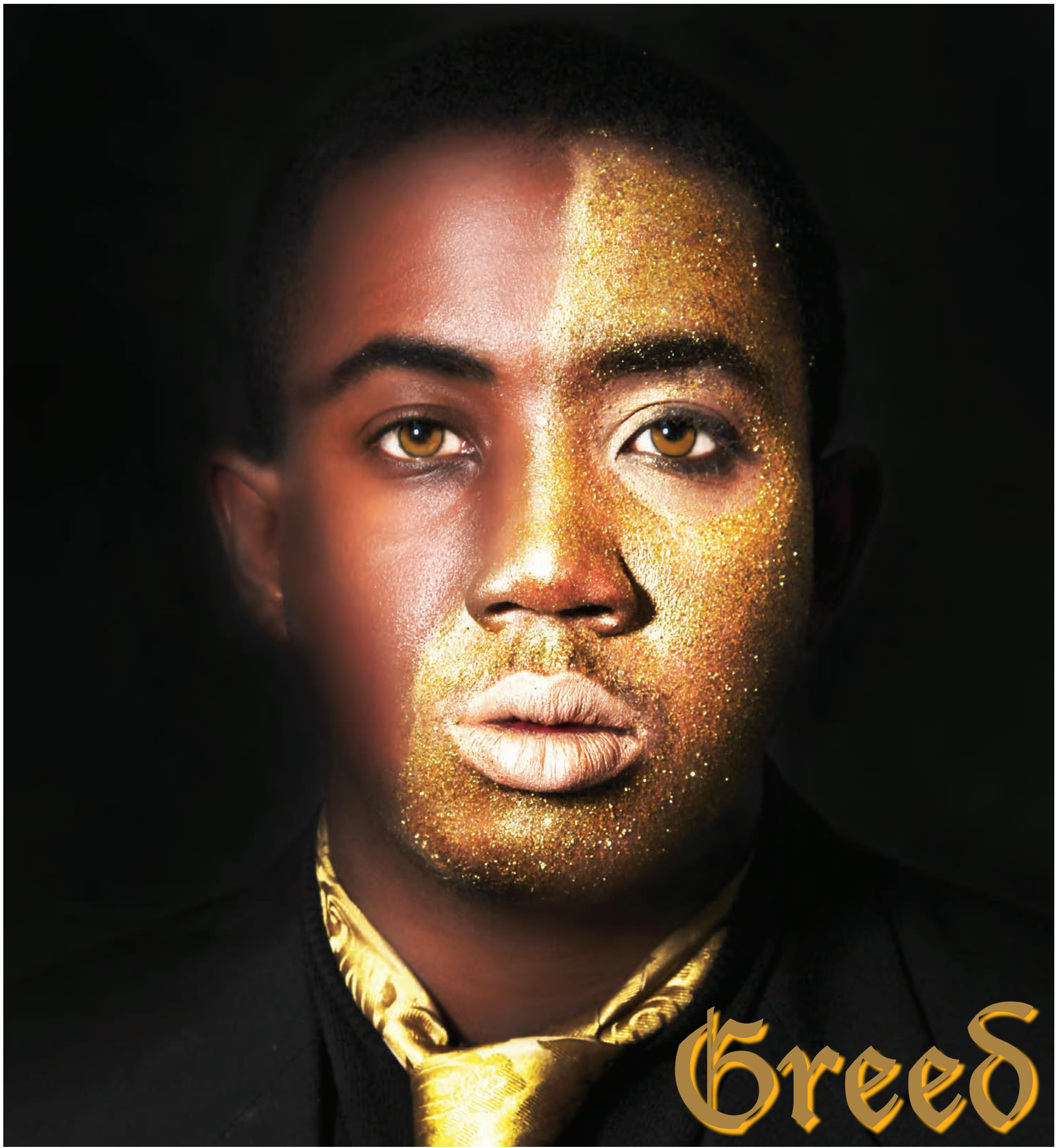
Hit shows like "Breaking Bad," "American Horror Story" and "Bates Motel" all feed her Netflix appetite, which she said is at least an hour a day.

"I learn from watching these shows and see how they're edited, which in turn improves my skills in editing," she said.

Whether or not it distracts from commitments, Hansen said the phenomenon of television binge watching is timeless; people simply don't want to miss out on a great story.

For many, catching the show in the cultural moment in which it is occurring is the essence of the experience, Hansen said, and binge watching becomes the only medium to fulfill this need.

"When presented with something worthy of their attention, people will give it for hours and hours at a time," Hansen said. "The reality is that a lot of stuff out there is not worthy of our attention. I think we do crave it, but I also think we're just as capable now as we ever were of delving deep into things."



Greed

# A major money issue

## Students select field of study based on money, passion

BY KAT WORRALL  
REPORTER

It's a classic opening question – what's your major and what do you want to do with it?

Every college student is asked this at some point in their college career, and by the time many graduate, they have perfected their answer, whether the motive is for salary or a true passion in their career field.

Some students choose what they love, despite the diminishing career prospects. Others give up passion and attempt to replace it with another career, one that has a promising future. While some students' true talent and interest is a major brimming with money and achievement, it seems many students have to choose between doing what they enjoy or making a comfortable salary with a different major.

Kimberly Mencken, senior lecturer in the economics department, said she sees students each semester enter the business school just for the salary they expect to earn after graduation. The choice, sometimes because of pressure from parents to choose a profitable major, can make an obvious negative impact on students, she

*"If we choose to follow after something with the sole purpose of money, we tend to live unhappy lives."*

Brian Thompson | assistant chair of computer engineering

said.

"You're going to spend 40 hours a week, 50 weeks a year, doing whatever you've picked in college, at least for a while," Mencken said. "I'm not saying you're going to do the same thing forever, but you're going to

spend an awful lot of time doing this thing you picked. If you're not happy doing it, you're going to be very unhappy in general."

Dallas senior Anna Waggoner is an apparel merchandise major and business minor. She might not have taken the most traditional approach on a career, but she said the financial sacrifice is worth the happiness.

Waggoner said she has always wanted to enter the fashion industry. As a child, she would come home from church and describe in detail to her mother what the older girls were wearing. She has interned with Shoshanna in New York City, working in wholesale and knows this is what she wants despite potential financial instability or unemployment.

She said she briefly considered switching her major to business, but knew that wasn't her true passion and decided taking a risk with apparel merchandising was worth it.

"Money wasn't as important to me as being happy doing what I'm doing," Waggoner said. "I would be miserable making a ton of money doing a job I hated."

San Antonio junior Trey Garcia has taken a different approach. He chose his major, accounting, for the potential job and salary outlooks in the corporate world.

"More importantly, I wanted to have a good job when I get out of college," Garcia said. "I didn't want to be searching everywhere for one. Baylor has a really good accounting program and their job placement percentage is really high."

While he briefly considered a career in physical therapy, he chose accounting for the salary and job hours compared to physical therapy. After receiving his masters, Garcia said he hopes to work for a big floor accounting firm and later transfer to a sports or apparel industry's accounting firm. He said he expects to work around 60 hours a week when he graduates with

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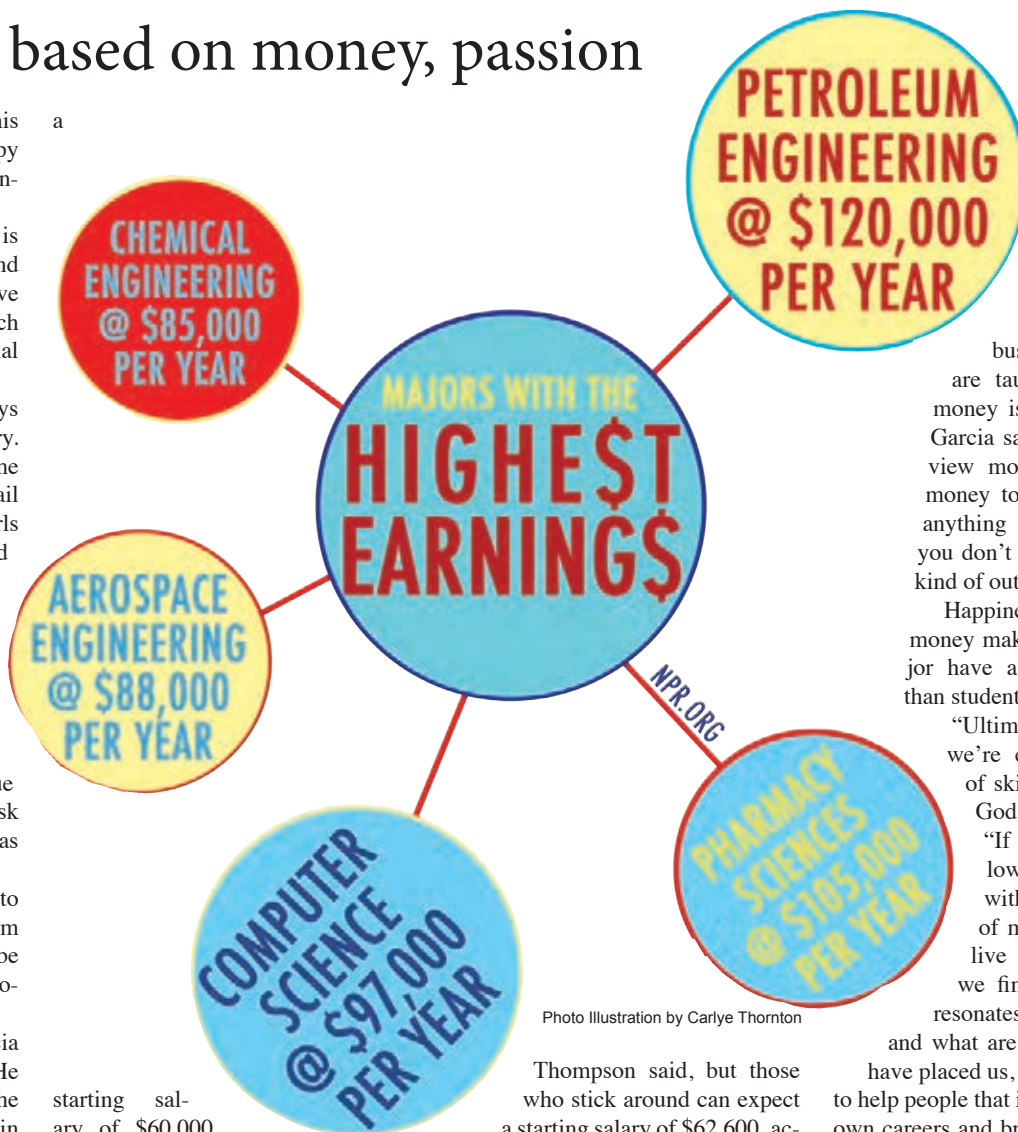


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starting salary of \$60,000 to \$75,000 per year.

"Accounting is very dry, but in my opinion, it is worth doing and it is worth sticking out because everyone needs an accountant at some point or another to do their taxes or to help them audit their company," Garcia said. "Sometimes I think about doing the physical therapy route, but then I stop daydreaming and come back to being an accountant."

Brian Thompson, senior lecturer and assistant chair within the electrical and computer engineering department, works with one of the most financially promising majors students can choose. During the first semester or two, some students drop,

Thompson said, but those who stick around can expect a starting salary of \$62,600, according to 2013 release by Forbes.

In comparison, a theater performance major can expect \$26,000, according to a 2011 study by Georgetown University.

However, Thompson said it isn't the salary that draws students, but the estimated 400 engineering majors at Baylor are interested in designing things that benefit people in one way or another. "There are some that choose it because they feel like it's a good job outlook or to make a comfortable salary," he said. "But I think that it's a minority of students that do that here."

Recent graduates from the business school with majors such as eco-

nomics have been earning on average \$40,000 to \$50,000 a year, Mencken said.

"At the Baylor business school, we are taught that making money isn't a bad thing," Garcia said. "It's how you view money. If you love money to where you'll do anything for it then yeah, you don't want to have that kind of outlook on it."

Happiness, sacrifice and money make choosing a major have a deeper meaning than students are aware.

"Ultimately, I think we're each given a set of skills and talents by God," Thompson said. "If we choose to follow after something with the sole purpose of money, we tend to live unhappy lives. If we find that thing that resonates with who we are

and what are skills and talents have placed us, we can find a way to help people that is satisfying to our own careers and brings us happiness in our work."

For Garcia, he said he plans on finding his happiness in the success of his work and using that to do what he enjoys.

"If you are really passionate about it and you don't care about money and whatnot, you just want to do what you love, then I say go for it," Garcia said. "But if you want to be able to support your family and want to sleep at night knowing that 'hey, my chances of getting a job are a lot higher' or 'I don't have to be couponing all the time to get by,' I would say do something that translates into a job that can make money and then use that money to do what you love."

# Students forced to cut corners to afford college

By LAUREN TIDMORE  
REPORTER

#poorcollegestudent #ramennoodlelife #noshame #collegestruggles – We’ve all seen these stereotypical phrases being posted by college students while checking Facebook and Twitter.

Yet when labels such as “poor college student” are overused, students can sometimes lose a sense of what it really means to be poor. The problem is that a majority of students have one extenuating factor that skews the poor college student stereotype—parents.

“It’s kind of like I still have a net if I need it,” said Tyler junior Hannah Beth Roberts.

Roberts relies on her parents for tuition, books, rent, some monthly bills and some food, depending on the outgoing costs each month. Her 10-hour-a-week campus job pays for student organization dues, the majority of her monthly grocery bills, gas and entertainment.

Some students have to pay for nearly all of their needs and bills. Katy senior Kate LeTourneau is required to provide funds for tuition, books, rent, utilities, food and gas.

“I pay for things,” LeTourneau said. “I work hard.”

When not in school, such as during the spring, summer and winter breaks, she works three jobs, amounting to 50 to 60 hours of work per week.

Dallas junior Jess Numrich works two childcare jobs during school semesters to support herself.

“I hear a lot of people complain about not having any money, but they don’t have any semblance of a job,” LeTourneau said.

Finding the diligence to maintain her lifestyle is difficult, she said.

“It’s hard to want to work when your friends don’t have to, for me personally,” LeTourneau said.

Roberts and LeTourneau, like other college students, have both learned to save and budget in their living expenses. Some of these include saving in gas via carpooling, reducing use of utilities and lowering expenditures in food.

“My roommates and I have worked really hard at saving water, turning lights off, unplugging stuff and trying to save money on electricity and water,” Roberts said.

In fact, some techniques for saving in utilities could be considered extreme.

“I haven’t had my heat on,” LeTourneau said. “I mean, I’m really careful about my utilities. Although, when it’s 20 degrees outside, you have to turn the heat on somewhere.”

To save money on food, both women cut back on eating out, rely on leftovers of home-cooked meals and purchase healthy, good food they would be more likely to eat.

“I brew coffee at home almost every morning instead of going to Starbucks on the way to class,” Roberts said.

Roberts’ parents have also emphasized budgeting and saving. She referred to her dad as the “super budget person.”

“When I have all the basics covered, he really encourages me to stock money away in my savings account,” Roberts said.

She also uses the “Mint” application on her phone, which calculates and categorizes spending habits.

“If you actually keep up with it, it’s really helpful,” she said.

Even with such calculated spending habits, an empty bank account is sometimes inevitable. LeTourneau remembered experiencing that this past semester.

“All I had was lettuce,” LeTourneau said. “I didn’t even have

Ramen in my house. So for a week, I would either eat on campus or I would eat lettuce, not salad, just lettuce.”

Numrich has experienced similar situations, which forced her to think outside the box to save and bring in money.

“One time I went up to CSL Plasma and sold my plasma for \$25,” she said. “I reuse plastic utensils. I post things on Facebook that make my family feel really bad for me like, ‘Oh. Just here

– lonely college student. If only I had some family to send me some money. Oh Well. Sad face.”

After posting to Facebook, Numrich received \$20 from her aunt in the mail. Sometimes drastic measures are taken to make it until that next paycheck.

“I ran out of toilet paper for like a week and a half, and I didn’t get paid until the next Friday, so I came up to Baylor on a Friday afternoon and stole 300 newspapers from every single building,” Numrich said.

Couponing is another way to save money, Numrich said.

“Coupons – whenever you can,” said Dallas junior Biosha Jones.

Such situations can be extremely stressful, Letourneau said. She still sees the underlying value of her circumstances.

“I’m OK with living like this and learning that I can live on not a lot and still be really content in life,” she said.

She said she also believes her work schedule has benefited her.

“From the people I’ve talked to that are employers, that’s one of the things they look for most because you can train them to do just about anything,” LeTourneau said. “You can’t give someone a work ethic.”

She said she is thankful even through difficult living conditions.

“I get to be at Baylor, which I would sacrifice anything – it’s worth not getting to go on a cruise for spring break or something to get to be at Baylor and do all that I do,” she said.



Kevin Freeman | Photographer

## Ways to Save

- Brew your own coffee
- Buy items such as toilet paper, paper towels and shampoo in bulk
- Prepare meals at home rather than going out to eat

# Athletics over academics?

## The price of success is steep for Baylor sports



Photo Illustration by Carlye Thornton

athletic director Ian McCaw told the Lariat in November. "I think the success we've had has re-engaged some of the alumni who had gone off before and put us on the map nationally, which certainly helps with fundraising, recruiting students and getting the university name out there from an institutional and branding standpoint."

Not every sport enjoys the same level of compensation as basketball and football. Only salaries up to a certain point have to be reported on tax forms. Out of 17 sports at Baylor, only the aforementioned three, assistant football coach Phil Bennett and longtime baseball coach Steve Smith are paid enough to be included on Baylor's tax forms, making \$399,077 and \$483,994, respectively. For faculty to be included on the tax form, members must earn a minimum of \$150 thousand.

Briles reached Baylor in 2007 and has led the program to its first four-bowl streak in Baylor history, including their first BCS bowl appearance.

Drew took the helm of a basketball program in 2003 that was mired in scandal, tragedy and penalties, but has led the Bears to multiple Elite Eight appearances and a National Invitational Tournament championship.

In 2000, Mulkey took over a women's program that had not reached the national post-season tournament since 1977 and has turned it into a consistent top five national program and two-time national champion.

Putting this money towards athletic coaches in the major sports is a way of marketing Baylor's brand and increasing the profile of the university and value of its degrees.

\$5,266,667, substantially more than university president Bill Powers' \$613,612. The average Big 12 football coach is paid nearly \$3 million and men's basketball coaches are paid over \$2.2 million on average.

Presidents of Big 12 universities are paid an average salary of \$541,562, which is only 21 percent of the salary of football or basketball coaches.

Even more than academics, top-of-the-line athletics increases the reach of a university on a national level. When football was ranked in the top 10 and RGIII won a Heisman, Baylor was featured on ESPN constantly. The same was true of men's basketball during their Elite Eights and women's national championship run.

The increased exposure in athletics has led toward increased enrollment in the classroom at Baylor. The university welcomed its largest freshman class after the Year of the Bear while boasting the lowest acceptance rate in the Big 12. Baylor administrators know the effect that athletics can have on academics when it comes to brand profile and funding.

"On a college campus, athletics is so visible," Baylor

led Baylor to an Alamo Bowl victory, women's basketball won a championship, men's basketball made the Elite Eight and every varsity sports team at Baylor qualified for postseason competition.

After an 11-2 season in 2013, Briles signed a 10-year extension with Baylor in November that reportedly included a pay increase. Mulkey and Drew also likely received bonuses for their on-court success in 2012.

Baylor's mission statement emphasizes the university's commitment to education and faith. Even the athletic department's mission statement emphasizes that its main purpose is to complement Baylor's existing statutes.

The rates Baylor pays out to its coaches are consistent with the level paid to other coaches in the Big 12 conference.

At the University of Texas at Austin, former football coach Mack Brown was paid

the same time frame.

Ken Starr, president and chancellor of Baylor

and the fourth most compensated employee at Baylor, was paid \$706,426 in 2011, less than Mulkey and a third of what Drew and Briles collected. Starr was the third-highest paid president in the Big 12.

The following year, Baylor had the "Year of the Bear," a period where former Baylor quarterback Robert Griffin III won a Heisman Trophy and

\$2,426,260 and \$2,133,120 respectively in 2011. Mulkey made \$1,085,380 on top of that.

The salaries of the highest paid academic officials pale in comparison to the top of the athletic department. Baylor chief academic officer Elizabeth Davis and Dr. Lee Nordt, dean of the College of Arts and Sciences, earned \$310,793 and \$272,311 respectively during

By SHEHAN JEYARAJAH  
SPORTS WRITER

Baylor men's basketball coach Scott Drew, women's basketball coach Kim Mulkey and football coach Art Briles are the three highest paid employees at Baylor University, and it's not really close.

According to the most recent tax records available, Briles and Drew made

# Gluttony



# Freshman 15

## College brings with it changes in diet and lifestyle

By MALEESA JOHNSON  
COPY EDITOR

Have you ever looked at pictures of yourself from high school, sighed and said to yourself, “Man, I looked good back then.” You are not alone.

In college, weight fluctuation is almost inevitable. According to Academy of Nutrition and Dietetics, one out of four students gains about 10 pounds during the first year of college.

Kilgore senior Dustin Dubose was one such student. He said he gained about 10 pounds his freshman year. There were multiple factors that led to him adding pounds.

“Any weight I gained as a freshman was more because of the choices I made on what to eat than the amount I ate,” said Kilgore senior Dustin Dubose. “I didn’t eat any more than I had before, but I ate a lot more Penland pizza, hamburgers, burritos and quesadillas. I ate a lot of quesadillas that year.”

Georgetown senior Briana Trevino, a nutrition major, is conducting a study on college weight gain with Dr. Donna Burnett, assistant professor of family and consumer sciences. The study follows the trends that cause student to put on a few extra pounds.

“It’s been really interesting,” Trevino said. “We’ve been finding a lot of trends we noticed just in our research, but we’ve found even more here on Baylor campus.”

Trevino and Burnett’s study analyzes all classifications at Baylor. The causes of weight gain tend to change based on the location of the student. Since all freshmen are required to live on campus and have a meal plan, the trends were different for them.

One of the main trends Trevino noticed for freshmen or meal plan holders was the obligation to make the swipes worth it. The cost per swipe on most meal plans averages between \$8 to \$9.

“People were realizing, ‘I need to get more bang for my buck. I can’t just go in there and get a salad, that’s not worth \$9,’” Trevino said. “So they would go back and get what they felt was worth the cost of a swipe.”

Another factor with meal plans is the availability to all types of food. No matter what day it is, students will always have access to less healthy options at the dining halls. In Penland Dining Hall, for example, pizza is available daily almost anytime of the day.

Trevino said stress eating is a common problem, but some students in the study have lost weight from stress. Dubose said he fell into that habit as well. Anytime he would stress, he would eat more and, inevitably, gain more.

College students’ schedules typically change immensely in comparison with high school years. Eating outside of a normal schedule, especially eating late at night, strains the metabolism.

“A lot of students we talked to said they didn’t have an eating schedule,” Trevino said. “That’s a big difference from life at home. Mom isn’t ringing any bells for dinnertime.”

Dubose was one of those students without a meal schedule. His freshman year, he was part of the Golden Wave Band. That added to the difficult transition of budgeting time in college. Dubose selected a meal plan based on his schedule.

“I had a block plan, 250 meals or something like that,” Dubose said. “It was way better than any of the weekly meal plans because you could use the meals anytime during the semester, and my study habits were irregular.”

The transition from meals plans to living off campus also created trends in weight fluctuation. Trevino said the cooking environment played a large role. Many students said if the kitchen was dirty from their roommates, they weren’t going to clean it up and would go out to eat instead. Dubose echoed that sentiment.

“As far as living off campus, living on my own brought on a whole range of chores and responsibilities,” Dubose said. “But the most difficult thing was living with three slob. The kitchen was a mess, so I ate out a lot.”

Fast food is both convenient and cheap, but it lacks necessary nutritional values. Given the proximity to campus, students will often choose to eat fast food.

“Off campus I ate a lot of fast food junk,” Dubose said. “Bush’s on Sunday was almost sacred to freshmen. McAlister’s if I wanted to pretend to eat healthy.”

Trevino said not knowing how to cook was another hurdle to healthy living off campus. With that came a lack of knowledge on what to buy at grocery stores. Easy options for culinary-challenged college kids include Easy Mac and Ramen, neither of which offer any nutritional value.

Trevino said a big misconception with nutrition was carbohydrates and calories.

“Your body need fats and carbs,” Trevino said. “Moderation is the key, not avoidance.”





# Food for Thought

## Baylor aims to reduce food waste on campus

By JORDAN CORONA  
STAFF WRITER

There's a gravy-soaked cookie riding a greasy plate down the conveyor belt to the kitchen sink at a cafeteria somewhere. No doubt, you've probably seen it around campus.

While the green and gold has felt pressure to go green with in the last decade, the question for sustainable operations, particularly when it comes to food service, finds a home at the south end of a ledger. Sustainability is about dollars, not necessarily sense.

Food is important for staying healthy and maintaining social interaction, and the dining halls play a special part in that around campus. But for as much good campus dining does for the institution, for the students, food is a bad buy for the university when it gets wasted. University Dining Services are a coordinated effort between the school and an industrial food corporation, Aramark.

James Wharton, senior food services director for waste management, said wasted food is costly. That's part of the reason the university's contracted food provider, Aramark, revised a few policies to cut down on wasted food at its cafeterias. "With the new management of food waste, there was an effort to reduce costs and adhere to new recipes," Wharton said. "With the new corporate program, we're better able to adjust to what students will use."

But there are different parameters to thinking about what to do with food parts that no one will eat. Lemon peels, for example, are not exactly wasted food as no one plans to eat them. What students will or will not use is, by and large, an unmitigated gap in the Dining Services' efforts to curtail irresponsible food production.

Jessica Woods, dining services marketing director, said that's why dining hall staff pay such special attention to the portion sizes they distribute. There's a rule in effect to serve as many people as possible, with a reasonable amount of food.

Retail dining in the Bill Daniel Student Center began collecting food scraps into five-gallon buckets and recording weight a number of years ago said Smith Getterman, assistant director of sustainability and special projects.

He said collecting scraps was part of the Aramark's mandate in order to reduce food waste across the board. Campus dining halls use the same practice to estimate how much food to prepare.

The Campus Kitchen, a nonprofit student organization, collects dining hall leftovers and repurposes them to feed folks who are hungry in the community.

Though University Dining Services did not release its food waste numbers, Campus Kitchen reported receiving just over 5,000 pounds of donated foodstuffs since fall 2013. But health and safety regulations determine what they can take and how much, leaving unaccounted sum of wasted food for the trashcans out back.

Food waste that's not repurposed ends up in the pulper, a machine for grinding organic matter so it takes up less space in the trash bins outside the cafeterias.

As it stands, corporate policies equip Dining Services to retroactively account for and anticipate how much food students and faculty will eat.

"All-you-care-to-eat" block meal plans give a purchaser access to unlimited meals.

The problem, at least as waste management see it, is that campus dining patrons often don't care to eat what they've selected.

For just over \$2,000 a year, one may purchase a set of meals with absolutely no stipulations on serving sizes or refunding for meals that remain unused by the end of the semester.

"They're also thinking about the transitional stage of life many students are in," Woods said. "Campus dining can help remove the stress of having to feed themselves."

# Caffeine Addiction

## Students weigh in on importance of coffee, tea

By MADI ALLEN  
REPORTER

We've all been there — it's 2 a.m., you just finished a paper that's due in three hours, and you haven't even started studying for a test you have the next day. The automatic next step is to turn on the Kuerig you got for high school graduation and make yourself another cup of coffee.

College students feel a need to constantly work. Oftentimes students choose to focus on school and social life, neglecting their sleep, and let a caffeine habit fill in the gaps. When it comes to turning in an assignment on time or getting a full eight hours of sleep, students choose schoolwork and their deep sleep cycle suffers.

"When people begin to drink more than the recommended 300 milligrams of caffeine a day, they can begin to suffer withdrawal," said Stan Wilfong, registered dietician and lecturer in nutrition science. "Minor symptoms like headaches, irritability and difficulty concentrating can occur."

The DSM-5, a 2013 manual published by the American Psychiatric Association that includes all recognized mental health disorders, lists caffeine intoxication as a clinical syndrome. Caffeine intoxication is described by the following: recent consumption of caffeine and five or more symptoms that develop during or shortly after caffeine use, including restlessness, nervousness, excitement, insomnia, flushed face and gastrointestinal complaints. People who do not consume caffeine regularly have a higher risk of this, but anyone who consumes more than what their body is used to or can handle is at risk.

"I usually drink four to six cups of coffee a day, even more if it's a busy week," said Naperville, Ill., sophomore Addy Hubbard.

The NDP group, a company that researches consumers and analyzes trends, found in 2002 that about 25 percent of 18- to 24-year-olds reported they drank coffee on a regular basis. In 2012 those numbers spiked to 39 percent. This is a growth of 14 percent in 10 years on the amount of coffee drunk by 18- to 24-year-olds.

Many college students follow this same habit. A cup or two in the morning to wake up, one in the afternoon to prevent a crash and another at night to keep themselves awake during the long hours of studying.

"I have a real addiction," Houston junior Carla Resendez said. "I get headaches when I don't drink it and use coffee as a way to keep me going."

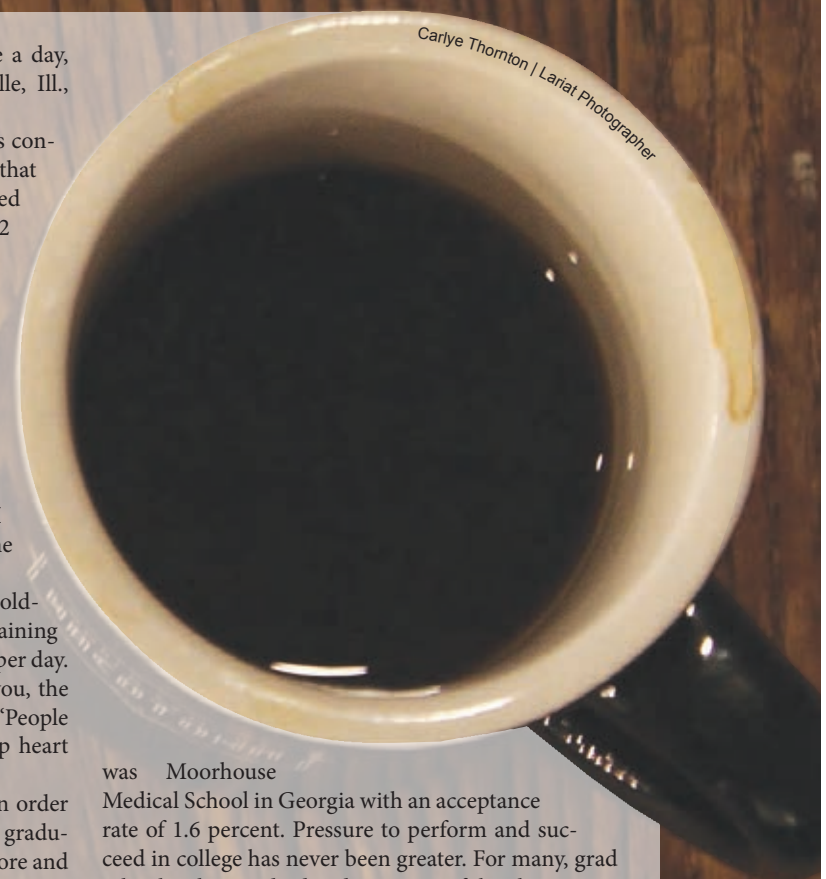
According to the FDA, the U.S. population older than 14 consumes about 353 beverages containing caffeine per year, equaling about three servings per day.

"Though too much caffeine isn't great for you, the real danger are energy drinks," Wilfong said. "People who drink too many of these begin to develop heart problems and could wind up in the hospital."

Many students use caffeine to stay up late in order to keep up with their peers who are vying for graduate school. Graduate programs are becoming more and more competitive. According to usnews.com, Oklahoma State University had the highest acceptance rate for medical schools in the fall of 2013, with an average of only 21.5 percent, the lowest acceptance rate that year

was Moorhouse Medical School in Georgia with an acceptance rate of 1.6 percent. Pressure to perform and succeed in college has never been greater. For many, grad school is the standard and necessary if they hope to get a job in their desired field.

Is caffeine just a stepping-stone to achieving that desired success?



Lust





# Tinder changed the game



BY SHANNON FINDLEY  
REPORTER

Tinder, the dating app that caught fire on college campuses all across America, has made its mark on Baylor. Whether someone is looking for a friendly date, a hookup or simply an ego boost, Tinder makes it easy to find the perfect match with a simple left or right, “yes” or “no” swipe of the thumb. App dating’s simplicity is its strength, although the simplicity of it could be viewed by many as superficiality.

Tinder is a location-based app that allows the user to set his or her “search radius” anywhere from six miles to across the globe. Using Facebook profiles, Tinder gathers users’ basic information and matches potential candidates that are most likely to be compatible based on geographical location, number of mutual friends and common interests. Matches appear on the user’s phone screen one by one, and the user determines whether to swipe left for “no” or right for “yes.” The app only allows Tinder users to talk when both parties have selected one another as “yeses.”

According to Bloomberg Businessweek, 2 million matches happen on Tinder each day. It’s the fastest-growing free dating app in the U.S. Whether someone uses the app to avoid face-to-face rejection at a bar, to fulfill a sexual lust or to see if that hottie in their English class thinks the same thing about them, Tinder turns the rejection and selection of people into a kind of game, making it as quick and easy as the swipe of a finger.

Jeremy Uecker, assistant professor of sociology at Baylor, said online dating skyrocketed in the 2000s. He speculates that part of the reason people opt for meeting potential partners via the Internet or an app such as Tinder is because simply clicking “yes” or “no” on someone online does

not require the same amount of boldness it would take to, say, walk up to someone at a bar at introduce yourself.

Dallas sophomore Megan said she met her current boyfriend Mark over Tinder. Megan and Mark’s relationship panned out very differently than the multiple hookup relationships that Tinder results in every day. Megan said she first noticed Mark on Tinder because of his attractiveness, but soon became drawn to the gentlemanly, non-sexual way he initiated conversation with her via the app.

“It started with a simple ‘Hey, how are you?’” Megan said. “It definitely felt like the start of a legitimate friendship right off the bat. It wasn’t sexual at all.”

Uecker said men are far more likely to initiate connections online, just like in other settings.

Megan and Mark chatted via Tinder for about a day before Mark asked for Megan’s number. They continued to text and Skype for about a week before Mark, a resident of College Station, decided he wanted to drive down to Megan’s apartment and take her to dinner.

“I had checked out all his social media profiles and lots of his friends,” Megan said. “I creep hard, so I wasn’t nervous about him being weird or dangerous when we finally met in person.”

The first face-to-face encounter between Megan and Mark was a little awkward, Megan said, but the two still clicked just like they had over text and Skype.

“We are both just very specific people and we’re both just really nerdy,” Megan said. “We talked about things that people don’t usually talk about, like Star Trek.”

After their first dinner date, Mark drove down to Waco once every week for a month to visit with Megan and get to know her before asking her to be his girlfriend. The couple still sees each other weekly.

“My advice to people actually seeking out a legitimate relationship via Tinder would be to be very forward about what you’re looking for,” Megan said.

Statistically speaking, Megan and Mark’s relationship has quite a high chance for success. Uecker said over the course of the past year, only 16 percent of relationships that started online ended in a breakup.

“Relationships that began online have similar relational qualities as other relationships,” Uecker said. “There are no findings of any negative or positive relational effects of relationships started online.”

The only negative effect of statistical significance that is reported in the context of relationships that began online is, Uecker said, that people often report less social support of the relationship by friends and family.

However, Uecker says that there is definitely less stigma these days about meeting people online or via an app. According to him, using the Internet to meet people is kind of a natural extension of how people do everything – online.

Megan admits although her experience from Tinder resulted in a dating relationship, most people she knows use the app for hookups.

“One guy was like ‘want to go halvesies on a baby?’” Megan said. “You get messages like that.”

Uecker recently learned of the Tinder phenomenon and said while an online dating site such as eHarmony or match.com is geared more toward relationship building, an app like Tinder probably leads to more casual physical encounters.

“Whether or not people are looking for legitimate relationships or to find hookup partners is going to be based on the site,” Uecker said.

Tinder users’ reasons for swiping right may vary, as is exemplified by Megan and

Mark’s relationship, but a match’s looks are invariably a factor in the case of this app.

“If I’m going to swipe right, they have to be hot,” Megan said. “They also have to be at a good university.”

“In order for me to swipe right, a girl has to be generally attractive,” Baylor sophomore Jason said. “She also has to be not [pictured with] a big group of girls.”

Uecker does not necessarily agree that online or app dating has anymore to do with looks than any other type of dating.

“I would say that online dating is not based on looks any more so than ‘regular’ means of meeting people,” Uecker said. “Race and other factors are big things that people sort online more so than looks.”

Jason, who has been using Tinder for about three months, admitted he mainly uses the app as an ego boost — a way to see if girls he finds attractive find him attractive too.

“Usually I don’t spend very long on Tinder,” Jason said. “But if I’m bored and drunk, then I’ll spend hours on the app.”

When used as an outlet to scope out potential hookup partners, Tinder makes it easy for just about anyone to find what they are looking for which has the potential to pose a threat to pre-existing relationships.

“I’ve come across guys on Tinder looking for hookups that I know are already in a relationship,” Megan said.

Both Megan and Jason said the majority of their friends use Tinder regularly. Uecker says that he is not surprised that an app like Tinder has swept the Baylor campus.

“It is a way to expand the pool of eligible partners,” Uecker said, referring to online and app dating. “It kind of cuts out all the hassle of filtering through people you’d never consider. A lot of dating apps do that for you.”

*First names have been changed for privacy purposes.*



# The **STIGMA** of **SEX**

## Baylor students weigh morality, reputation

By EMILY BALLARD  
REPORTER

Baylor students have mixed reactions to the increasingly open sex culture of America. As students at a Christian university, their school expects them to behave in ways that reflect Baylor's Christian principles which maintain that sexuality is a gift from God and that temptations to deviate from this include heterosexual sex outside of marriage and homosexual activity.

Through Baylor policy, students are encouraged to behave and dress modestly. While some students maintain the same identity on and off campus, others have a more lax approach to behavior — especially when it comes to sex.

The prevailing stereotype is that men can enjoy more sexual freedom than women without gaining a bad reputation.

The social learning theory helps explain this double standard by stating men receive admiration or popularity for promiscuity while women are punished or isolated for similar behavior, according to a study in *The Journal of Sex Research*.

"Men can have sex and have no stigma assigned to them," said a female junior at Baylor who wished to remain anonymous in describing the sex culture at Baylor.

Growing up in a small town outside Houston and attending public schools until college, she said even though people gossiped about sex, most people — once in high school — accepted it as a normal activity. While she expected an even broader "norm" for sexual behavior in college, she said she was surprised the subject was off limits.

"Everyone here has a naïve approach to sex in terms of what the real world looks like," she said.

Male and female Baylor students disagree about which gender is hurt more when women feel they must conceal or lie about their sex lives.



KEVIN FREEMAN | LARIAT PHOTOGRAPHER

"If men end up successful, it's the woman's fault since she is supposed to be the gatekeeper, so the blame is put on her," the female student said.

Coppell freshman Daniel Day agrees there seems to be a double standard for female Baylor students in terms of openness about sexuality.

"You hear a lot more guys talk about girls hooking up with guys than girls talking about guys doing the same thing," he said. "It seems flip-flopped around."

An anonymous junior male Baylor student said he sees the perceived double standard as more potentially harmful for men, but sexual assault or rape may be not brought up simply because the victim would have to admit that sex was involved.

"If sex happens and the girl 'regrets' it, her friends will single out the guy," he said. "In today's society, men are blamed more."

This student transferred to Baylor from a state university in Texas in fall 2012.

He said he sees an obvious disconnect between Christian values represented by the school and the behind-the-scenes behavior of students.

"Sex is very prevalent," he said. "However, unlike other places, it is considered taboo."

Day made a similar observation about Baylor's sex culture.

"Quite a few more people here are sexually active than I thought there'd be," he said. "But there are still lots of people here who don't have sex."

Female Baylor students have deceived him in regard to their sexual history, which has caused him heartache and relationship issues, he said.

"I've been in a few instances in which I felt the girl was less sexually involved in previous relationships," he said. "When the truth came out

about how many partners she's had, it caused problems."

In another instance, he was talking to a girl who portrayed herself as goody-two-shoes, he said, and then heard she had been kissing another guy the same night.

The nature of women's sexuality at Baylor frustrates the female student.

"I am completely autonomous and satisfied with my decisions, but just to be able to keep face with other girls here, I have to cover up what I truly believe," she said.

Even as a member of a sorority and living with four other girls she considers some of her best friends, she says there is a disconnect between what she and her friends say they do and what they actually do behind closed doors with guys.

"To be accepted by girls, I can't have the attitude a man has because I'd be looked at as an anomaly," she

said.

Day said he has not felt pressured to portray his romantic life differently to certain groups of people out of fear of judgment.

He takes a neutral stance on how students should or should not display their sexuality off campus.

"I'm okay with it either way," he said. "It's their decision."

Both unnamed female and male students said they would like to see sex become a subject more open to discussion.

"Women and men need to understand that a natural sexual expression is paramount for healthy sexual attitudes and behaviors," said Brittany Plothow in an article for *Utah Valley University Review*.

The female Baylor student said she does not think Baylor students' openness and truthfulness with their sexual conduct will change in the near future, but if it does, their attitude toward sex must also change.

"I think people at Baylor need to change from the commodity model of sexuality where it can be given and taken for a certain value to a performance model where sex is viewed as not tangible," she said.

She said the number of sexual partners someone has had should not be the only factor determining the value or lack of value he or she places on sex.

"You do it or you don't," she said. "A human cannot be compared to a piece of gum that loses flavor the more it's chewed."

"If you're going to do something, do it," the male junior Baylor student said. "Don't try to cover it up. Be open."

But with honest and open talk about sex, students open themselves up to criticism from students who have differing values and beliefs. This student said people's differences should be accepted in the learning environment of a university.

"On the other end, not passing judgment would help," he said.

# Porn: When curiosity takes over

By REBECCA FLANNERY  
REPORTER

“Lust is the craving for salt of a man who is dying of thirst.”

At the end of his interview, the addictive behavior specialist for the Baylor wellness department, Dr. Don Arterburn, said this is one of his favorite quotes from American writer and theologian Frederick Buechner. The quote resonates as one of the underlying causes of any type of addiction: the satisfaction of pleasing one’s self is greater than the need to get rid of it.

In its simplest form, pornography is any medium of visual display of sexual organs, actions or scenarios that is designed to stimulate erotic behavior in its viewer.

However, more than physical satisfaction, Arterburn said pornography also satisfies emotional and psychological aspects as well.

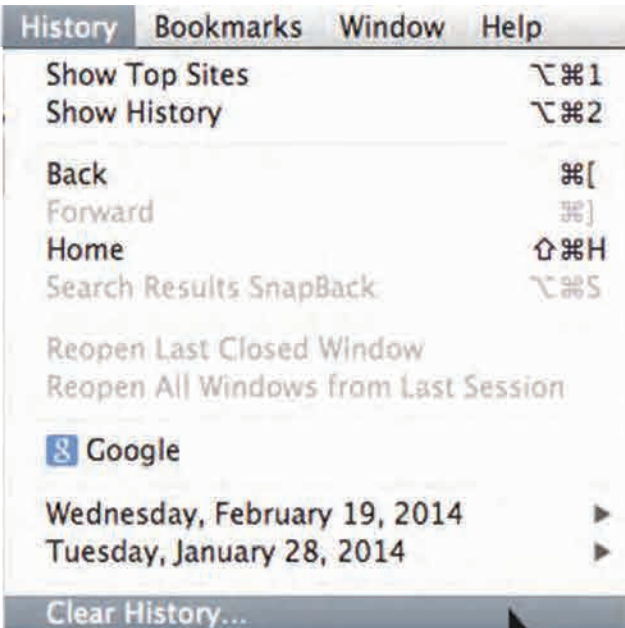
“Anytime you have trauma or are wounded, you have physical pain and psychological pain,” Arterburn said. “But the power of pornography is that I can have the acceptance fantasy that takes care of the psychological pain, and the physical pain is taken care of, so for at least for a short amount of time I can satisfy both types of pain.”

The acceptance fantasy plays into addictive behavior as those who frequent pornographic websites feel an affirmation from those on their screen.

Arterburn said in daily life, no one would want to be with someone who thought badly of them, so when porn offers positive compliments, people accept that fantasy as reality.

According to Baylor’s pornography counseling website, pornography exposure can start at a young age. Once exposed, curiosity takes over and an addiction settles in.

“There are kids in junior high who as soon as they start understanding and have access to technology, they get on the Internet,” Arterburn said. “Pornography sites know what popular searches are, so they name their sites some-



thing along those lines in order to flood you with their images that you weren’t even initially searching for. It’s dangerous.”

The porn industry is a multibillion-dollar business and cranks out enough sexual propaganda to last someone a lifetime. An Internet safety website says that porn is a \$97 billion business worldwide, \$13 billion alone from the U.S.

However, the pornography industry is not the only business perpetuating the over-sexualization of society. Sex sells because it’s what society demands. There are scenes in PG-13 movies that used to be restricted to only R-rated movies.

Even video games have begun to integrate sexualized images into the virtual reality that so much of the population takes part in.

An online article from a European publication called *The Independent* says, “Today there is almost no soft-core porn on the Internet, because most of it has migrated into pop culture. What we are left with is a porn industry that is now so hard-core that even some of the big-name porn producers and directors are amazed at how far they can go.”

Magnolia sophomore Jordan Richerson said she is never shy to post blog posts that may be construed as controversial on her Facebook. On March 3, she posted an article about the sexualization of society as well as the pornography industry.

“Sex, sex, sex, sex: songs about sex, ads about sex and being sexy, tweets about the ‘great sex’ in sororities and frats, movies with sex scenes,” Richerson wrote in her Facebook status. “America contributes grossly to the over-sexualization of the world.”

This post, accompanied by a video about the commercial sex industry, accumulated 19 comments. One-thousand four-hundred ninety words later, the topic was thoroughly discussed by students, parents, pastors and friends about the prevalence and denial of pornography in each other’s and their families’ lives.

“I have seen the degradation in American culture in general, just in looking at statistics, reading blogs and listening to people talk. So the whole porn industry plays into that,” Richerson said in an interview. “I think people need to be aware of what’s going on. The fact is that watching porn on your computer in your bedroom is actually playing into a bigger epidemic of sex slavery and sex trafficking.”

This addiction is so prevalent today thanks to the ease in access to the material. One of the comments on Richerson’s post was made by Richerson’s mother who said, “When I was a child, porn was generally something found in a magazine, usually found in a father’s bathroom or bedroom... Now with the Internet, there is no end to the amount of access kids can have if their parents aren’t monitoring them.”

The boom in the porn industry since the

advent of the Internet echoes this truth. When the digital era came about, the medium made accessibility for pornography easier than ever before. The shame that came with buying magazines in the old days disappeared when the Internet started to offer it.

“It’s as easy as misspelling a word in a search engine,” Arterburn said. “Once someone is exposed, there’s no unseeing it. And that’s how the industry gets you hooked. They show you what they have for free, and once that’s not enough, they’ll charge you to go deeper into the material.”

Just like any other addiction, pornography viewers begin to get desensitized to nudity and sexuality because of the amount of it they see in porn. It then becomes a challenge to find the next big thing in order to be surprised anymore — in order to shock or arouse them. This gives way to a deep addiction that ultimately alters not only the viewer’s life, but lives around them as well.

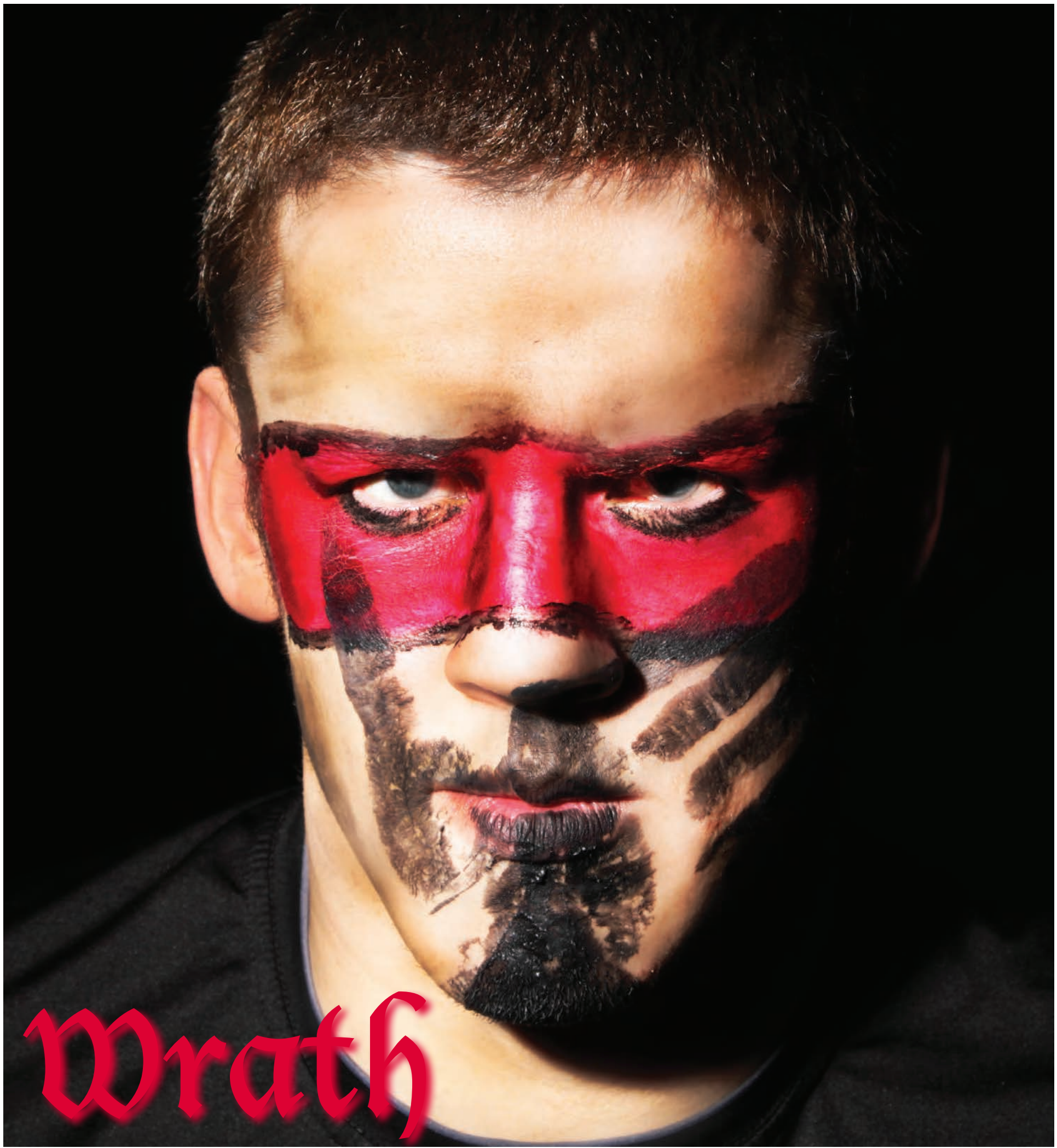
“It’s scientifically proven that once a male partner has been in the same sexual relationship with a female for an extended period of time, they lose the ability to get as aroused as they did when the relationship first started,” Arterburn said. “The access to porn eliminates the need to be with only one woman, as there are literally thousands upon thousands of women on the Internet willing to do just what the viewer wants.”

The Baylor online information about pornography says, “If you struggle to see the dangerous effects of pornography, you are not alone. Many people decide anything that brings a pleasant feeling must be good, but they never consider the implications.”

Arterburn encourages students struggling with this addiction to seek community that will tell them that “They’re not alone, most people are dealing with some aspect of this and there’s help available.”

Counseling services are available in the McLane Student Life Center to help battle addiction with pornography.





Wrath

# Driving around in soapboxes

## Students' road rage manifests on campus due to pace, transportation methods

By ANJA ROSALES  
REPORTER

Anger, anxiety, depression, sleepiness and being under the influence. Some people may experience these feelings and emotions more than others and some may only experience one of these emotions. No matter how often a person experiences this, we have all been in one of these states of being before, even when behind the wheel. These states also cause road rage.

Dr. Michael B. Frisch, a psychology professor, said two-thirds of drivers experience road rage and only 2 percent or less get into an actual altercation.

"Don't use your car as a classroom or soapbox," Frisch said. "You are not there to teach people how to drive. If you confront an angry, impulsive psychopath, they can't control themselves in trying to hurt you."

According to the American Automobile Association, aggressive driving is a major concern

and a real threat to the safety of the American public. The association offers tips on how to avoid being a victim of a driver with road rage. These tips include not cutting drivers off, not driving slow in the left lane, not tailgating and not making obscene gestures. Basically, be smart and courteous behind the wheel.

Frisch said people experience anger behind the wheel from the belief that they are being treated unfairly.

"The sense of fairness gets in the way of what we are trying to achieve while behind the wheel," he said.

Some spots on campus tend to be more infuriating to drivers than other places. The variety of modes of transportation can also lead to frustration.

Avon junior John Byers said he has noticed problems among scooters and cars on campus.

Byers said it is a problem when motorized scooters pick and choose when they want to follow traffic laws. He said when there is a lot of traffic at an intersection, motorized scooters

will drive in the bike lane to pass the long lines of cars at stop signs.

"I have seen cars angrily block scooters from passing them in the bike lane," Byers said. "It is especially prominent down Second Street."

Sherman sophomore Jordan Motley said slow drivers really push her buttons.

"I get so mad when I move over and try to pass them and they speed up, not allowing me to get in front of them," Motley said. "Its just so frustrating."

Part of the problem with her road rage comes from being in a hurry. She said she thinks when people are in a rush; they become more prone to getting angry at the littlest things that may make them late.

"I know part of the problem is on me," Motley said. "I have to do a better job at not waiting until the last minute to go somewhere so I'm not in a hurry."

Frisch said leaving on time is very important so there is no rushing or reckless driving while trying to get from point A to point B.

"Ask yourself what's the worst that could happen if I'm late to something?" Frisch said. "Then think if it's worth risking not only your life, but others' lives as well, just because you didn't want to be late."

Red Oak senior Sergio Munoz said he is usually the one with the road rage, not causing it. He said he gets mad at slow drivers, causing him to succumb to road rage.

"I can't stand when people take too long at stop signs or when people take really slow turns," Munoz said.

Frisch said an important way to reduce road rage is to make a lifestyle change to foster positive thoughts and optimism everyday. He said he suggests people try and listen to more calming music while driving, or even educational books.

"Live a life of inner abundance and care for yourself in a very thoughtful way," Frisch said. "This will decrease anger, the chances of road rage and give your life great health benefits."





# Only time can tell...curse words are here to stay

By NICO ZULLI  
REPORTER

It may seem nuckin futz, but swear words are considered the hottest verbal commodity in the world today. For hundreds of years, these no-no words have been used by people in the English language to express, impress, insult and de-stress.

In fact, many linguistic scholars have worked to trace these words back to their Latin roots in order to explore their development over time. And, holy frijoles, have they evolved.

“Shadoobie,” said Baylor alumnus ‘13, Preston Blackburn. “I say that in place of the S-word sometimes, like so, ‘I have to go take a shadoobie.’”

But, it seems not everyone is quite as modest as Blackburn.

Prospect Magazine reported in a recent article that studies by psychologists have revealed swear words to be the most commonly used words in the English language next to pronouns and prepositions - but they can't stop won't stop there.

There have been extensive studies conducted around the history of the evolution of swear words, and believe it or not, they were not considered obscene back in the day. However, some swear words have developed a wide-variety of non-traditional meanings and applications in today's world of words.

“I'm pretty bad about cursing, but Sugar Honey Iced Tea, is how I say the S-word when I catch myself in time,” said Washington, D.C. senior Christina Helmick.

While Shadoobie and Sugar Honey Iced Tea sound like a great southern meal you can order at a down-home Texas bistro, Business Insider reports that the original ‘S’ word derives from the Old English scitte, meaning “purging, diarrhea” or the basic form of excrement. Clearly, this word, along with many others, no longer always imply its literal meaning.

Time Magazine said in a recent article that due to this evolution of swear words into multidimensional, explosive, often non-literal descriptors, society during the Victorian Era deemed them inappropriate to use in conversa-

tion.

With the rise of the middle class during this time period, a person's character and morality was generally judged upon their compliance with social rules and conventions. However, Time also said that the upper class of the Victorian Era generally tended to use

people still do it?

“I am pretty bad about cussing in every day conversation for no legitimate reason,” said Los Angeles junior Hayley Di Naso. “I think I do it to be rebellious and to make more of a point, because those words are noted as bad, and it makes me feel like what I'm saying will get more notice.”

J e s -  
s i c a

Essentially, swearers of this nature use the cultural notoriety surrounding swear words to assert and bolster their presence in conversation. Other swearers, use curse words for comic release.

“I sometimes joke around with friends, and the occasional curse word is thrown around to be funny,” said Houston senior Humza Saleem.

Studies conducted by psychologist Timothy Jay of the Massachusetts College of Liberal Arts in North Adams support this idea of comedic release. Jay's studies have found that swearing can be a catharsis - providing both release and relief from pain and stress.

Regardless of these differing reasons and motivations, none will justify the use of swear words when it comes to Baylor intramural sports.

“We have a zero tolerance policy for any use of profanity in sports,” said Dominique Hill, assistant director for Baylor intramural sports. “If you do use profanity, and our referees hear it, you will be ejected immediately, miss the next game, and meet with me to discuss the use of profanity.”

Hill said he has found that 95 percent of the time, the use of curse words in intramural games are a ‘slip of the tongue.’

Lawren Kinghorn, Baylor student government internal vice president, said Baylor's Student Body Constitution states that students, and student government representatives themselves, are charged with the duty to uphold a Christian code of ethics and professional atmosphere.

“I don't really curse, and that's just a personal preference,” Kinghorn said.

“I believe that, as student government members, it's more of an expectation we have of one another to portray ourselves professionally. It would be shocking to hear someone use a swear word in a Senate meeting.”

Despite attempts by field experts, scholars, college faculty and student organizations and individuals to reason and justify, rebuke or accept, curse words - the fact of the matter is that these little verbal fireworks are here to stay.

And all the swearers out there get to continue being hilarious badassess who switch to professional mode when it's necessary, because that's how things really work, right?

s w e a r  
words more  
freely, because they  
felt as though they could do no  
wrong as an aristocrat in society.

Perhaps this sense of entitlement to word choice explains why Time reported, today 0.7 percent of the words a person uses in a 24-hour period are swear words.

But, why the H-E-double hockey sticks do

L o v e ,  
Ph.D. in cog-  
nitive psychology  
and science writer and edi-  
tor at Northwestern University said in  
her article, ‘On the Psychology of Swearing,’ that  
some researchers have suggested that these ta-  
boo swear words have a hold on us that goes be-  
yond their emotional impact or distinctiveness -  
that, like Di Naso, many people use these words  
to ‘intensify’ communication more efficiently.



# Waco works to batter domestic abuse

By RAE JEFFERSON  
STAFF WRITER

"You whore! You are nothing but a whore!" Her face smashed into the dashboard.

\*Sarah could not hear the words her husband, \*James, was screaming. They were muffled in the moment – lost in the sheer shock of what was happening. Head throbbing, ears ringing. She knew this was bad. This was not the first time, but it had never been quite like this.

Dashboard again.

Sarah's thoughts were muddled, but she tried to remember how things escalated so quickly. So violently. She and James had what she had considered to be a slight disagreement, but he interpreted it as outright disrespect.

His fingers were bunched into a fist, her hair wired in the middle to keep a grip on the back of her head. He drove her forward into the hard plastic again.

They had been visiting a friend only 20 minutes ago when he stormed out of the house, commanding her to get in the truck so they could leave. Knowing the kind of man he was, she quickly, silently obeyed him to mitigate his irrational anger.

"You whore!" Dashboard.

Now driving, James cursed as he missed his turn. He pulled into a gas station to make a U-turn. The instant his grip released to turn the steering wheel, Sarah snatched her head away, flung the door wide, stumbled out and ran as fast and as far as she could muster.

This story is based on one of more than 20 narratives in a book of vignettes that has been compiled by Waco's Family Abuse Center, which offers living quarters and resources for domestic abuse victims free of charge. The collected essays and poems cover the experiences of a handful of the center's former clients

Domestic abuse is a term used to describe the dominance of one individual over another within a family unit by means of physical, sexual, psychological or emotional abuse, said Sgt. Chad Ashworth, supervisor of the Waco Police Department Family Violence Unit.

According to "Domestic Violence: How much do you know about it," a handout from the Family Abuse Center, aggressors are generally motivated by a need for controlling others around them, and were often victims of domestic abuse themselves.

Common characteristics of abusers include low-self esteem, jealous and possessive qualities, emotional dependency and a "Jekyll and Hyde" personality, which describes an oscillation between pleasant and aggressive demeanors, according to the handout.

Reid said domestic abuse is a serious problem in Waco. The center sees upwards of 600 unduplicated, or first-time, clients each year, she said.

"Weekly, if not daily, I go to the front door and open it to someone who is shaking – sometimes with the police there or children in tow – who's terrified," she said. "We give her a safe place to go."

The Waco Police Department has received about 400 to 500 phone calls reporting arguments or violence between family members in the past 30 days alone, but that's just the beginning.

This number does not include the number of calls that

are made for other reasons and turn out to be cases of domestic violence.

In reality, 500 calls is a conservative number, Ashworth said. Many instances of domestic abuse never find their way to the ear of an officer because victims often hide it.

"Half of the people who go out to the Family Abuse Center have probably never reported it," Ashworth said.

Ashworth said males tend to hide abuse more than females, meaning a large number of unreported cases involve male victims.

Reid said victims are traditionally female, but can come from any racial or economic background. The Family Abuse Center has had clients from the wealthiest parts of Waco to the poorest, she said.

Ashworth said many victims in violent relationships do not know their aggressor is abusive until well into the relationship.

"There's a cycle," Ashworth said. "It starts out with the honeymoon phase when they're nice and pleasant, and then it goes on to where things get violent. It then builds up until an assault occurs."

Rather than allow victims to escape the violent circumstances, aggressors often promise to stop hurting the victim, Ashworth said.

As this cycle of violence continues on, the violent outbursts generally become more and more aggressive, Reid said.

"It's not just a flat circle; it's a spiral," she said. "The tension builds and the honeymoon phase is smaller each time, and sadly there's a lot of minimizing that occurs."

Minimizing is a practice that victims and aggressors both use to justify domestic violence. Aggressors will blame outbursts on the provocation of victims, and victims will blame an aggressor's actions on things like anger problems or substance abuse, Reid said.

Ashworth said this unwillingness of some victims to leave their abusive homes is just as big of a problem as an aggressor's forceful retention of a relationship.

"They don't want their loved one to get in trouble. They just want the abuse to stop," he said.

Victims who have only ever seen abusive relationships modeled by their parents or guardians often think that is the way relationships are supposed to work, Reid said.

"They get themselves, very easily, into these relationships," she said. "It's very different from someone who grew up with a strong mom who was a role model for good decision making."

Other victims are bound by the inability to fight off an aggressor, whether it is because they do not know they have the right to defend themselves or they do not have the physical ability to do so, Ashworth said.

"People are in shock when these things happen," he said. "They don't know what to do because they can't believe what's going on."

Psychological abuse is just as powerful as physical abuse, Reid said. Victims who face this type of abuse are often broken down by a lack of self-esteem after years of being verbally demeaned by an aggressor, she said.

"The women tell me all the time, 'You break your arm, you break your leg, it heals,'" she said. "But this is lasting stuff."

Other victims feel trapped in relationships because of

financial dependence, Reid said.

Because domestic abuse is most prevalent among lower-income families, victims do not always have the educational background or financial means to support themselves or their children.

Although domestic violence has made its way into some Waco households, hope has sprung up across the city.

The Family Abuse Center is one of the most prominent domestic violence centers in Waco. Located at an undisclosed location, it generally offers refuge for men, women and children, Reid said.

Ashworth said the center, which is one of the best places in the Waco-area to seek relief from an aggressor, does an excellent job of getting victims connected to the necessary resources.

"You don't have to go to the center to take part in the programs they have," he said. "They have a lot of out-clients that have never stayed a night in the center."

Reid said the center works in tandem with other organizations around the city to get clients connected to programs that offer things like GED classes, financial planning, drug rehabilitation, child and adult counseling, housing and legal services.

Reid said working in her field has changed the way she sees American culture and the world.

Creating a world where females "expect respect" and males realize masculinity does not equate to power or control would help with the issue of domestic violence, she said.

"I'd love for us to stop talking about how short her skirt was and start teaching our sons that non-consensual sex is rape," she said. "I'd like for us to hold people accountable, and to raise our children to not be victims and not be offenders."

Victims of domestic abuse looking for help can call a 24-hour hotline at 1-800-283-8401. Bilingual services are available.

*\*Names were changed to protect the identities of those involved.*



Envy





PHOTO ILLUSTRATION BY CARLYE THORNTON

LARIAT PHOTOGRAPHER

## Tweets on #SocialMediaEnvy



# Tweeting with Envy:

## SocialMedia is a source of #isolation, #motivation

By IAN CURRIE AND RAE JEFFERSON  
 REPORTER AND STAFF WRITER

Social media, sadness and envy are not three words often advertised together. A new study reports they are inextricably linked.

A number of studies suggest that using various forms of social media often results in very negative emotions towards oneself and others you connect with on those platforms.

A German study conducted at the Institute of Information Systems, Berlin, showed the more time people spend browsing on Facebook, as opposed to actively creating content and engaging with it, the more envious they felt about the content they were consuming. This was a result of the principle of social comparison.

People tend to portray the best version of their own lives on social media, and because of the nature of the 'Friends,' or the company kept, on social media sites, these versions can often hamper ones self-image.

Brentwood, Tenn., senior Thomas Leathers said, "Social media allows you to be the person you want the world to see."

According to the study, "friends" tend to be people with similar interests or common experiences, and their successes as portrayed on social media can make others feel like they are falling short in their own lives, leading to sadness, frustration and envy.

Shreveport, La., graduate student Audrey Richardson said she finds that social media causes her to use her time in worlds that she has no real interest in.

"There is a feeling of isolation as I disinterestedly sit behind my computer screen investing my time in this virtual world in which I have no obligation to invest my emotions, intellect or even identity," Richardson said.

Social media, as part of its basis in networks a user develops, causes subconscious comparisons to the lives of the other people in the network.

However, some users try to see through the mask of lives people present on social media.

"It can be a little too showy and seem insincere," Leathers said. "And that can rub me the wrong way."

Belton junior Anthony Garcia said he does not feel like social media has ever caused him to envy his peers because he reminds himself that profiles, status updates and tweets are just one side of a person.

"It's just the best part of a glimpse of people," he said. "So I try not to think of it as all of that person,

but just a part."

It is important to remember that everyone has areas of their life that they want to keep hidden, Garcia said.

"Everybody has something, it's just not on their Facebook," he said. "You just have to be mindful that people are trying to present their best selves online, whether it's for employers, family or just for the sake of trying to keep up a reputation."

Waco graduate student Emily Martinez uses social media posts to better herself, as opposed to letting them negatively impact her.

"I've never seen anything on social media that made me feel bad about myself," Martinez said. "I am very competitive and posts have challenged me to push myself."

Tyler sophomore Kate Googins said she does not feel jealousy over social media and thinks people who are more prone to jealousy may be the ones who feel the effects of social media induced envy.

"I guess people who play the comparison game are more prone to jealousy," she said. "When you're looking through someone's photos and are thinking, 'Oh my gosh, they're so beautiful and don't have any acne,' you should also think, 'Wait, they probably photo-shopped that.'"

Garcia said jealousy felt over social perceptions is not a new concept.

"In the generation before us, there was always keeping up with the Joneses," he said. "It's the same thing that's always been around, but it just seems to be magnified with social media."

Garcia said this 'Joneses' mentality carries a deception that mirrors younger generations' use of Facebook, Twitter and other social media platforms.

"Just like you're only seeing the outside of the family, you're only seeing the outside of a person with social media," he said.

The German study points particularly to Facebook when examining the link between social media and envy.

"This magnitude of envy incidents taking place on FB alone is astounding, providing evidence that FB offers a breeding ground for invidious feelings," the authors write.

If social media is largely a breeding ground for resentment and self-criticism, it is clear that it is missing the mark of its intention to bring people and ideas together.

# Athletes should bench envy of teammates

By JEFFREY SWINDOLL  
SPORTS WRITER

There are a shocking number of stories and sagas behind the scenes of college sports that rarely ever get talked about, much less even known to others outside the lines. The focus hardly ever goes to players waiting their turn in college, struggling to feel affirmation for their hard work.

If asked honestly, how many players would truly describe how they felt seeing their teammate above them in the depth chart, continuing to succeed on the field? Success for the starter diminishes the chances for the reserve player who is restlessly anticipating his opportunity to shine, let alone play.

Dr. Tamara Rowatt, senior lecturer of psychology at Baylor identified causes, consequences and methods for eradicating envy, even if it is in such a specific form as success envy. Overcoming success envy is difficult, but a doable task for student athletes, Rowatt said.

“Theory would predict that if two people are competing for the same resource — in this case, playing time — they’re especially likely to be jealous or envious if they’re close,” Rowatt said. “On the other side, you can be happy for that person in their success, but you’re more likely to be jealous or envious of that person than happy for them because playing time or success in your sports career is what you want.”

For the second and third string players, those emotions can lead to one of two states — happiness for their teammate prospering, or envy in their rival’s success. They are on the same team, but that does not mean they automatically want each other to succeed in all circumstances.

“There’s ample literature that suggests that jealousy is a sign of insecurity,” Rowatt said. “Jealousy or envy can have very detrimental effects on relationships depending on how far people take their emotions.”

Insecurity is a frequent root source for success envy. The obvious counter to insecurity is striving to improve one’s own self-worth. Working on yourself and the elements in your own power as a way of building up self-esteem is generally the right direction for dealing with envy, Rowatt said.

Self-bolstering for student athletes would help remind athletes of their positive qualities, and accurately assessing themselves for effective self-improvement.

“[The unsuccessful players] have to find something of value that they’re doing so that you can maintain a positive self-concept in that you’re coming in second,” Rowatt said. “That takes real strength of character to root for that guy or girl who’s playing in front you because you definitely want to be there. To have their success not affect you in some way would be hard.”

Some strengths or roles

that the backup players can accept if they see they will not be playing much in their career could be improving themselves as supporters for their teammates. That could mean being a better brother in Christ to teammates, continually working toward a good sense of comradery with the other players. Accepting and taking that initiative is certainly not an easy task, though, Rowatt said.

“If a player does not believe they deserve a starting job, then they probably shouldn’t be playing college sports. Of course they should feel something when they don’t get to play game after game,” said an athlete who asked to be left anonymous due to the fact she is still on a team.

Lisa Sliwinski, former player for Baylor women’s soccer, experienced both ends of the spectrum. Sliwinski played in many big games in her Baylor career, but she also had to watch her colleagues from the sideline during some big games. It can be frustrating, Sliwinski said, but regardless of those emotions, players have to come to work hard every practice and game.

“The most helpful thing that I learned to do in a situation where I wasn’t playing as much as I would have liked was to not allow my feelings about the situation to pollute my opinion of the game,” Sliwinski said. “You have to actively re-focus your mind to the fact that you are blessed to have the health and resources to be playing the game you love with your teammates so that any bad feelings about disagreements over per-

sonnel decisions won’t bleed across the whole experience.”

Someone is going to play and someone is going to be sidelined, and that is just part of sports, Sliwinski said. The competition is often what can and does make a team better in the long run.

“There ought to be no difference between the way that a starter and a sub approach training,” Sliwinski said. “If you’re a sub, you have to perform because you’re trying to fight your way into the lineup. If you’re a starter, there are always several people nipping at your heels, happy to take your minutes if you’re not performing.”

Sliwinski also emphasized how fortunate athletes are to be able to both play at such a high level as well as be healthy enough to do these things, whether they ride the bench or not. That kind of humble attitude can sometimes help a player get the starting job, but either way, the player’s satisfaction cannot lie in starting. There are more things to be happy about, Sliwinski said.

“I found some peace in focusing on maximizing the things I could control, like my performance,” Sliwinski said. “Pouting won’t get you anywhere in that situation. The only way to change a coach’s mind is to improve yourself to the point that they can’t afford to take you off the field. And if that doesn’t work, you still woke up today and got to play soccer. So it was a pretty good day.”





PHOTO ILLUSTRATION BY KEVIN FREEMAN | LARIAT PHOTOGRAPHER

# Media portrayal of body image affects self-acceptance

By JESSICA ABBEY  
REPORTER

Skinny models, perfectly sculpted muscles, impeccable hair, thick eyebrows, flawless skin and a straight nose. These are the qualities most models in photoshopped advertisements have.

Some at Baylor are saying the unrealistic portrayal of people in the media is responsible for people having a negative body image.

Dr. Emma Wood, a staff psychologist in the Baylor Counseling Center, said media outlets are more prominent and more accessible than ever, and the impact they have on body image is almost universal.

Cupertino, Calif., sophomore Justin Young said she believes the media affect body image negatively as well.

"They specifically choose the tallest, skinniest models, and even the gorgeous models are photo-shopped," Young said.

According to the website for the National Eating Disorders Association, negative body image is a distorted perception of shape, believing that body size and shape is a sign of personal failure, feeling ashamed, self-conscious, and anxious about one's body, or uncomfortable or awkward in one's body.

In contrast, Wood said having a positive body image doesn't mean you have to love every part of your body. She said it is about self-acceptance and having permission to be "perfectly imperfect."

Young said she believes a positive body image is being able to focus more on what a person likes about themselves and understanding that everyone has a different body shape and size.

Wood said a negative image can affect men and women differently. One example of the different effects is in eating disorders.

"For every one man with an eating disorder, there are 10 women," Wood said. "Men are much less vulnerable to the pressures of having a perfect body."

She also said body image is beginning to affect people much younger.

"Ten to 15 years ago it would have started around puberty, but now, little girls as young as 4 or 5 are on diets and having a negative body image," Wood said.

The age range of college students, 18 to 24, has a lot of pressure and social comparison.

"It is quite a dangerous time for body image issues," Wood said.

Altus, Okla., junior Carlos Aleman said he felt he was an outcast when he came to Baylor.

"Baylor is a pretty fit campus compared to other schools that I've seen, which was a bigger motivation," Aleman said.

In the spring of his freshman year, Aleman decided to make changes in his fitness. He said he started working out more and eating a better diet in order to be healthy.

Aleman has lost 70 to 75 pounds since his freshman year, and his body fat has gone down from 49 percent to 23 percent.

Aleman also said he set realistic goals about his fitness.

"I don't beat myself up if my weight doesn't go down," Aleman said.

Young said she believes many people exercise and diet for the wrong reasons, like in order to look like someone else.

"I feel like if you want to get fit and in shape, it's not a bad thing, but you should want to do it to feel better and be healthier," Young said.

Wood similarly said people should simply do what their body is telling them. For instance, she said if someone wants to eat pizza, then go for it. Eating more than one or two slices, however, will leave them feeling too full.

"Dieting has been proven to cause weight gain," Wood said. She said this is because most diets fail and cause binge eating. Instead, she

said there should be an emphasis on what makes the body feel good and appreciating what a body can do.

Another way Wood said people can improve body image psychologically through having body image role models.

She said Maya Angelou is an example of one such person as seen through her poem "Phenomenal Woman." In this poem Angelou describes herself by saying she isn't like a model, but she is still proud of the woman she is and holds herself with confidence.

Young said the media could make steps toward helping others improve body image by having a wider representation of body types and sizes. She listed Aerie and Dove as some businesses that have done this by creating ads that are not photoshopped to make women appear thinner.

"It's slowly getting better," Young said.

Wood also said there is a long way to go in improving body image, because she believes that industries make money off of making people feel inadequate and insecure in their own bodies.

"If Baylor students are willing to work to have better body image, then it will affect the entire community," Wood said.

# Entangled

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## *Envy pg. 27*

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This special section is different than anything the Lariat has done before, employing a more artistic approach to design. In planning, we wanted to illustrate how simple it is for a sin to take you over. We utilized our staff to personify the sins and think the design speaks for itself. We hope you find as much passion and creativity in this design as we did creating it.

Enjoy,  
 The Lariat Design Team



See how the Lariat came to embody the Seven Deadly Sins in the time lapse video at [baylorlariat.com](http://baylorlariat.com).



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