Flu season – how to avoid the health misconceptions

TYLER BUI
Staff Writer

Flu season is rapidly approaching, and medical professionals across the Baylor campus have been encouraging students to get their flu shot and avoid myths about the shot.

Some students are apprehensive to receive the flu shot because of the misconception that getting the shot will lead to the flu or a common cold. However, Dr. Sharon Stern, medical director at Baylor University Health Services, said there is no possible way that can happen.

“THERE ARE misconceptions about the flu vaccine, the most important one that we hear the most is that you can catch the flu from the flu vaccine,” Stern said. “That is not true. The proteins in the vaccine are killed viruses, so they cannot infect you at all.”

Stern said that one of the reasons why many people think the flu vaccine can cause the flu is the location and timing of a flu shot.

“Some students are apprehensive to receive the flu shot because of the misconception that getting the shot will lead to the flu or a common cold. However, Dr. Sharon Stern, medical director at Baylor University Health Services, said there is no possible way that can happen.”

“I think there is a reason people have a correlation [with the flu and the flu shot] because they typically go to get the flu shot in a doctor’s office during flu season, where they may come in contact with other people who may have the flu,” Stern said. “They might catch [the flu] from that exposure. There is no live virus in the flu vaccine. It’s because they typically go to get the flu vaccine in a doctor’s office during flu season, where they may come in contact with other people who may have the flu.”

Stern said that the flu shot also does not cause a common cold or weaken the immune system, although there can be cold side effects that can be triggered by any type of vaccine.

“The most common side effect is soreness in your arm. The flu shot does not weaken your immune system,” Stern said. “The vaccine triggers your immune system to work so that you build up antibodies against these strains of the flu, and that is improving your immune system, not making it worse. Any vaccine can cause in some people things like headaches and stiffness at the injection site. Our concern is to have those types of side effects.”

Stem said there are other misconceptions about the flu vaccine that doctors want people to get past the flu shot.

“One is that if you’ve already had the flu in the past, you don’t need the vaccine,” Stern said.
ALL MEMBERS MUST LEAVE THEIR BLINDS OUTSIDE THE WORKSPACE.

COLUMN

Christian values align with the other party

MATTTHIAS SODERBERG

Matthew 22:36-40 (now 1 Corinthians chapter 16 verse 14) stand out above all the rest. The first, love God as best we can. The second point is why more people don’t fit that mold, and he thinks “that’s what attacks on the Democrat group known as The Squad. It is your current administration.”

We seek members from diverse backgrounds and experiences, and we welcome open and diverse political leanings and viewpoints. If we are doing our job, someone has either personal or political values that we must confront. Our editorial board meets every week with our editors and contributors to discuss our editorial topics. Each topic is thoroughly discussed and debated. Based on the arguments made and evidence found, our opinions are often changed throughout the course of the meeting.

This thoughtful, democratic process at every becoming a helping hand to those who desperately need one. Jesus says “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For me the poor you represent is little more than the outlines of the solution they desire. The problem is a man who personifies nationalism and close-mindedness, which in a country of 328 million, is a huge problem.

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SOPHIE ACEBO

Baylor’s School of Education has spent a career preparing future educators of different levels to lead in the classroom.

“At University High, there is turning the school hallways into a grade 9 and 10 classroom and then back into the school building again by 3:45 p.m.,” Talbert said.

“One of the unique things about our School of Education here is that we get the students out onto campuses in the city earlier than other schools,” Talbert said. “Starting their freshmen year, they spend time working individually with students in areas schools.

Throughout their undergaduate years, students in the program work to take up working positions with elementary and individual and working with an entire classroom. During their senior year, all of the time is spent completing a year-long internship in a classroom. They also are in charge of classes while working alongside mentors.

Comprehensively, they spend much more time in the field than other students.

“Talbert said the level of support for these students in the secondary education concentration “One of the unique things about Baylor’s education students are exposed to real classroom experience as early as freshman year. Bethany Dawson, a graduate of Baylor’s School of Education, is currently a full-time teacher at Louins Primary School.

“Right from day one, I walked in and felt really happy that I stuck through it, even when things get hard,” Dawson said. “We’ve learned a lot, I’ve gained experience that I believe is really valuable.”

Dawson graduated from the School of Education in May of 2019 and is now a full-time kindergarten teacher at Louins Primary School. She said that she owes her success to the department.

“I just haven’t worked as tough as I would expect because of all the background and experience I’ve had,” Dawson said.

Dawson said that Baylor was able to help connect her to job opportunities through a job fair where a diverse group of Timn school districts went to3 recruit students.

“Four percent principal, I actually met at the job fair,” Dawson said. “It introduced myself to her and set up an interview and now we have her.”

Visit Baylor’s website for more information on the School of Education.

"They expect us to know these things already, of course. We’re not learning the content you’re learning how to teach. I think it’s hard for people who haven’t been in it to understand what it actually is.”

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“That’s not true because there are lots and lots of different strains of the flu.”

“The flu vaccine is created after extensive research to find the most prevalent strains of the flu for the given year. That’s a list of science that goes into the flu vaccine—time that we have never been to different strains, so it covers for several different strains of A and B.” Stern said. “We follow the flu from the southern hemisphere up to the north and that’s how we predict which [strains] will be the most common.”

Stern said that the vaccine can be anywhere from 40% to 80% effective, given the year and how accurate the strains are when identifying the strain that will be included in the vaccine. He also said that more strains are similar, so even if the strain wasn’t included in the vaccine, the vaccine can still help prevent the flu.

“Sometimes constant mutations that are new every year.” Stern said. “They’re just slightly different, so there is benefits to getting the flu vaccine every year. If the strains are close enough to the same, your immune system might be strong enough to fight it off. So it doesn’t put the [flu] on you.”

Stern said that the flu shot is not only beneficial to students, but also the individuals who are unable to get vaccinated themselves.

“I would say that it really is beneficial to you as students. If we immunize young people, it also helps to protect our elderly and our immunocompromised people from getting the flu because of herd immunity.” Stern said. “If you have strong people immunized, then the people who either can’t take the vaccine or the vaccine may not be as effective in them. They are protected when young people get the vaccine.”

Overland Park, Kan., Senior Jessie Jilovec said herd immunization is one of the main reasons why she got the flu shot every year.

“It provides immunity to people who can’t get the flu shot or they are allergic to eggs or have immune-suppressant drugs.” Jilovec said. “Everybody should go get the flu shot to help those people who can’t.”

Stern said everyone should receive a flu vaccine, especially college students who live in close proximity with each other.

“Flu vaccine is not 100% effective, but bring the college student live in close contact with each other, you are going to catch a lot of the same viruses from each other.” Stern said. “It’s important to get the flu shot. It’s really a good thing to do for your health, even if you have a little arm or someone else. It’s worth it not to get the flu shot and not to be contagious to other people.”

Students can receive flu shots at the Baylor University Health Center by appointment or walk-in, as well as at the clinic that will be held on Oct. 22 in the Baylor Law School or Oct. 29 in the Paul L. Foster Student Business and Innovation. Flu shots are $25 at the clinic locations.

Over 700 residents living at Ursa, this indicates a significant reduction in waste and, Jilovec said that shows there is a large portion of everyday waste can be reduced in this way.

“The informative American create [about] four pounds of waste per day.” Stern said. “I think about two of those pounds that can be recycled.”

Jilovec and Stern are working to bring other recycling complexes, pursuing agreements with The Grove, The Domain and The Outpost. Complaints with outdoor waste collection are the priority, as Jilovec said some apartments are not well suited to adapt to a recycling program.

“Many apartment complexes as we can get on board, the better.” Jilovec said. “When I see that the university have so much to offer, the more people that take part can’t put their recycling down the trash chute because it won’t go into a recycling bin. Right now we are focusing on outdoor ones.”

While currently the project is still collecting data, Jilovec and Stern have focused more on getting apartment complexes to adopt recycling programs. Stern said Jilovec helped one apartment complex set up a recycling service despite not participating in the study.

Jilovec helped the Ursa get their recycling, but unfortunately we weren’t able to collect data,” Stern said. Jilovec said that students are generally willing to participate in the surveys and keep the datapoints that come with it.

“I look really good on them, especially if we end up getting published this fall. Their names get to be in the publications.” Jilovec said. “They enjoy being on the forefront; they get to tell people they were some of the first people that got to recycle.”

Implementing the recycling program at Ursa involved inspections, certifying research, ordering materials and lots of time. Both students are seniors, and Stern said they are keen to finish the project.

“We’re looking for students to potentially take on what we’re doing now after we graduate,” Stern said. "They're the knowledge and resources students can gain while observing the on-campus trial."

“We believe that providing a visual representation of domestic violence’s oddity can gain while observing the on-campus exhibit. Students are encouraged to stop and engage with the exhibit.ATTENTION GRABBER
Hands on activities such as writing in the code for LTVN"

"Our [design] meetings are designed so they flow the way we have them,“ McCarthy said. "We end up working together to make them all into a cohesive plan aimed at creating Baylor’s new campus about sexual assault.”

McIntyre said that "Christmas in October" is meant to grab the attention of students, faculty, and staff, and is something that will be recurring for a holiday and months in advance.

At the Christmas in October event, students are encouraged to make ornaments and put them up on a yellow tree, “Tufenkijan said. "Bumble will be giving away free ornaments while students are encouraged to write about affecting change now and setting an example for others."

"Today we will be doing a special event in partnership with Bumble while students can actually sign up to go on a date,” Tufenkijan said.

“Students are encouraged to walk by the display and stop in and engage in conversation with those around to learn more about domestic violence.”

“We are excited for this event to continue with the Ameraucana and the Rettew’s team and the team at Bumble,” Tufenkijan said. "We are excited for this event to continue with the Ameraucana and the Rettew’s team and the team at Bumble, and we are excited for the opportunity to create a space where survivors can feel empowered and safe.”

This event is going to be a catalyst for campus safety and community,” McIntyre said. "My greatest desire for this organization is that we would consistently less people in the ways that they want and need to be loved, not in the ways that are easy or convenient.”

"This is our job here at Baylor,” McCarthy said. "This is our job here at Baylor, and it’s our job to make sure students understand why it is such a representation of domestic violence’s oddity can gain while observing the on-campus exhibit. Students are encouraged to stop and engage with the exhibit.ATTENTION GRABBER
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Dayton: Thursday evening kicked off a weeklong full of laughter, scares and community when AXO president Dr. Linda Livingstone and first gentleman Brad Livingstone expecting Pi Gamma Delta’s Fright Night haunted house.

Fiji event will continue throughout the weekend until Saturday evening, and tonight, the haunted house will not be the only event on Fountain Mall.

Alpha Xi Delta will be hosting AXO Block Party on Friday, which starts at 6 p.m. and will be followed by Fiji’s Fright Night haunted house from 8 p.m. to 12 a.m. 

AXO Block Party will feature food trucks and a concert by all-boy vocal ensemble Fraternity. The sorority sold shirts throughout the week, which raised money for the event and their philanthropy benefiting Natural Disasters Violence. Ashmont Mitchell and the Waco Family Abuse Center. Sherry’s House will also be sold at the event, with proceeds supporting the University of Indianapolis.

After Block Party ends, attendees will be directed toward Fiji’s Fright Night, which will be occurring further down Fountain Mall close to Moody Memorial Library. Fright Night is a three-night event, which began on Thursday night and will continue until Saturday night.

Fright Night is Fiji’s annual haunted house experience, and will feature tents divided into different rooms, filled with members intending to provide a good scare. Also featured are food trucks, a live movie and a photo booth. There will be a food truck this year, but Nightlight Food Trucks will only operate their food truck on Saturday night, which Fiji members say will mean when the event is over.

Although it’s usually our biggest night, let’s hope the weather is on our side.

“Last year we had to cancel a day because of weather,” Azuma, Cole, Janiee Drew McDougall, a Fright Night organizer.

Henry’s rain made Fright Night construction difficult in past years with tons being flooded in place, but members of Fiji said that they’re ready to adapt to make sure the event is a success.

“Weather always seems to be a problem, but that’s out of our control. We found a way to work through it,” Isunz, junior Wesley Isunz, a Community life organizer, said.

Both events have been held the past two years, but this year members of both Greek life organizations cooperated in promoting the events.

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Dr. Linda Livingstone and first gentleman Brad Livingstone welcomed hundreds to AXO’s Fright Night event on Thursday night, and tonight, the haunted house.

“It’s a lot of fun. It’s a great way to spend time together, we’ll create different types of experiences and attract new people to the community,” Linda Livingstone said.

“We love the way our students come together and create these kinds of experiences, not just for our students but for the community, and along the way raising money for good causes,” Linda Livingstone said.

Although Linda Livingstone said that she was calmed and confident while she was in the haunted house at first, one of the students managed to jump out and scare her.

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WHAT TO DO IN WACO

FRIDAY
Silobration 2019 | 9 a.m. to 6 p.m. | Magnolia Market, 601 Webster Ave. | Includes a Midway, Ferris wheel, 40+ artisans and shop vendors, food trucks
Climate Change Art Exhibit | 12 p.m. | Waco Winery Tasting Room & Rooftop Patio, 708 Austin Ave. | through Nov. 2 | Sponsored by the Waco Friends of Peace/Climate, professional and amateur artists of all ages are invited to enter
FIJI Fright Night | 8 p.m. to 12 a.m. | Fountain Mall | till Saturday | Haunted house with food trucks, lawn games, Halloween movies and a photo booth
AXO Block Party | Fountain Mall | 3 p.m. to 10 p.m. | Christian French concert for AXO’s philanthropy — food trucks, activities, information about the philanthropy and Domestic Violence Awareness
Guerrilla Troupe Improv-o-ween | 10:30 p.m. | Jones Theater in Hooper-Schaefer Fine Arts Center | $3 at the door, cash preferred but venmo accepted — Come in costume for a chance to win a prize!

SATURDAY
Waco Downtown Farmers Market | 9 a.m. - 1 p.m. | 510 Washington Avenue, across the street from the McLennan County Courthouse
Fall Fossil Festival | 10 a.m. to 3 p.m. | Waco Mammoth National Monument, 6220 Steinbeck Bend | Paint a free pumpkin, pet a camel, dig in our mock dig pit, and more! For $5 talk to rangers and see the world-famous in-situ fossil bed (in an air-conditioned building!)
FIJI Fright Night | 8 p.m. to 12 a.m. | Fountain Mall | haunted house with food trucks, lawn games, Halloween movies, and a photo booth
Guerrilla Troupe Improv-o-ween | 8 & 10 p.m. (Two shows!) | Jones Theater in Hooper-Schaefer Fine Arts Center | $3 at the door, cash preferred but venmo accepted; say “trick or treat” when you pay for some candy | Come in costume for a chance to win a prize!
Silobration 2019 | 9 a.m. to 6 p.m. | Magnolia Market, 601 Webster Ave. | Includes a Midway, Ferris wheel, 40+ artisans and shop vendors, food trucks
Jurassic Tour | 10 a.m. - 9 p.m. | Waco Convention Center, 100 Washington Ave | Tickets $24 – $29 | Embark on a prehistoric journey from the Jurassic through the Ice Age period and discover dinosaurs and mammals that ruled the earth for more than 150 million years! The main exhibit features over 50 life-size ultra-realistic dinosaurs in their natural habitat

SUNDAY
Silobration 2019 | 9 a.m. to 6 p.m. | Magnolia Market, 601 Webster Ave. | Includes a Midway, Ferris wheel, 40+ artisans and shop vendors, food trucks
Baylor football team takes on Tech in its final home game of the season as the Red Raiders come to town on Friday, October 18, 2019. The Bears are poised to improve upon their 7-2 record and move closer to a possible appearance in the Big 12 championship game next month. This week's matchup against Tech will test Baylor's defense against what is considered one of the top offensive teams in the conference. Head coach Matt Rhule has stated that the defense is key to success and that the unit needs to improve in some areas. The Bears have been strong on both sides of the ball, but the offense has struggled at times. The game is expected to be a close contest, with both teams fighting for a spot in the conference championship. The Red Raiders are a tough opponent, but the Bears are confident in their ability to win. The game will be broadcast on ESPN. ---

JESSIKA HARKAY, Sports Writer

No. 1 Bears take a breath before Tech

The Bears kick off the matchup at 6 p.m. Saturday at Boone Pickens Stadium in Stillwater, Okla., two years ago, the Bears suffered their sixth straight loss, falling to the Cowboys 58-16. This time around, Baylor will be looking to bounce back against the Cowboys' high-powered offense.

The Bears come off a 33-30 double overtime homecoming win on Saturday at McLane Stadium. Johnson, who led the Bears' defense, suffered a season-ending knee injury as he completed an interception play against the Red Raiders on Saturday.

“Once you get used to just one or two days to work on some things that were just not as sharp as they have been and get back to some fundamentals, and it also let us work on some things we knew we need to keep adding and improving upon for conference and most certainly for postseason.”

Although losing Johnston was a huge hit to the defensive core, head coach Matt Rhule isn’t worried. “We’ve got some special young guys that are just kind of waiting their turn,” Blide said. “I think when their time comes, they’ll be ready. We’re ready for them. The Bears defense will need to be all hands-on-deck as the Cowboys offense is nothing short of led. Led by rapid initial quarterback Spencer Sanders, OSU averages just 37 yards per game and 148 rushing yards in the air. But this isn’t the biggest true threat. The Cowboys’ ground game is led by sophomore running back Chuba Hubbard, who leads the Big 12 in total rushing yards, rushing yards per game and yards after contact. The Cowboys rank second nationally with 12 rushing touchdowns and reached the 1,000-yard mark for the season in only their sixth game. But, this is the same Baylor defense that ranks third in Big 12 defensive yards against per game (318) and has held its first five opponents to 10 or less points, returning them 23-15. Blide said the defense just needs “the physical battle.” The biggest thing with Hubbard is that you’ll never make 20 of the plays or 200 yards in one game. He’s got a great explosive play.”

“Once you get used to just one or two days to work on some things that were just not as sharp as they have been and get back to some fundamentals, and it also let us work on some things we knew we need to keep adding and improving upon for conference and most certainly for postseason.”

After having a break for the first time since before conference play, senior libero Tara Wulf said the team is ready to get back on track. “It’s been great to have this week, “ Rhule said. “I think we have guys that are just kind of waiting their turn.” Though the unit has forced their opponents to punt after their first possession in all seven games, Rhule said the “little details” and “knowing what’s expected” could make the difference in this game.

No. 18 BU football hunts for win against Cowboys

Kristen DeHaven | Multimedia Journalist

Friday, October 18, 2019
The Baylor Lariat

OLLIE RYAN

BaylorLariat.com

LONGHORNS, RAIDERS & COWBOYS, OH MY!

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Cross country runs back to College Station again

DJ RAMIREZ | Sports Editor

In preparation for the 2019 Big 12 Championship, Baylor cross country has headed back down Highway 6 to College Station for the Arturo Barrios Invitational at Texas A&M’s Dick Vitale Cross Country Course.

The Bears placed 16th in men’s and 17th women’s teams at the last race in Tallahassee. If we hadn’t seen that will kind of fill in some that we haven’t seen that will kind of float in there, Capron said. “So, there will be a lot of teams that we kind of expected to see down, Cal Baptist, some pretty good other regional competition with some other schools that we faced all through the fall. There will be new faces, as well as against teams they have raced in a bigger race against some new ones, as well as against some they have faced off against through the fall.

“Definitely going to be a really good kind of regional competition with some other schools that we haven’t seen too much. I mean we got brushing some the coming down, Cal Baptist, some pretty good other schools from other regions that are going to be a really good kind of regional competition with some other schools that we haven’t seen too much. I mean we got brushing some the coming down, Cal Baptist, some pretty good other schools and some regional competition that we are going to be facing this weekend.

Some of those holes in the race.

Baylor returns from the Chile Pepper Invitational in Fayetteville, Ark., where the women finished 18th in the meet and the men placed 14th.

The 6th-ranked women were led by Waco sophomore Callie Johnson who recorded a personal best in the 5,000-meter race with a time of 17:31.21. Senior Haley Drennen and Hannah Marsh, and freshman Chloé Ganjam at Arkansas, including Johnson, also recorded personal records in Arkansas. Hale said that looking forward to build off the men’s strong performance going into the strong PR and it makes me excited for the team just that we can all progress together. Definitely encouraging to see the training work out so well. Hale said, “We play our strengths during races, which is always usually helpful so I feel like this year we’re really looking to build on our team. It’s obviously paid off in big races.”

Senior Lindsey Walton will return from her team. “I think it’s going to be a really good kind of regional competition with some other schools that we haven’t seen too much. I mean we got brushing some the coming down, Cal Baptist, some pretty good other schools and some regional competition that we are going to be facing this weekend.

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