

BU BAYLOR LARIAT

News for the students by the students

FOODIE EDITION



Combating food insecurity: Baylor's on-campus resources

SARAH GALLAHER

Staff Writer

Rising tuition costs, a lack of transportation and the inability to find healthy food options are all factors that contribute to food insecurity among Baylor students. However, a variety of on-campus resources are available for students who need food assistance.

According to the Paul L. Foster Success Center, over 2,000 Baylor students experience food insecurity. Food insecurity has a wide spectrum, including both long-term and short-term needs. The Success Center offers a food insecurity self-assessment, but on-campus food resources are open to everyone.

The Store is Baylor's largest resource. It offers a variety of fresh and packaged foods in an on-campus food pantry located in Sid Richardson Building. Marketa McCoy, The Store's operations manager, said The Store serves a variety of students with differing financial and dietary needs.

"This resource in particular is targeted toward our students who are in need, but also those students who just find themselves needing something," McCoy said. "It offers everything from your normal grocery items, such as eggs, bread and milk,

to your quick breakfast stops, such as a piece of fruit, a pack of crackers, things like that. So it's not specifically for those who are only food insecure."

While not all students who utilize The Store identify as food insecure, research by Move for Hunger shows a recent increase in food insecurity among college students, with 30% of students at four-year colleges experiencing hunger.

"We have seen that there is a severe need, not just in Baylor's population but in populations of any institution from K-12 on through college," McCoy said. "After K-12, people still need help with food. There's still food insecurity in undergrad because they're not at home anymore. They don't get those things that their parents used to take care of."

McCoy said many students struggle to find healthy, affordable options within Baylor's "food desert." Without a grocery store nearby, students rely on campus dining options or the string of fast-food chains across Interstate 35.

"For students on campus, even if they had a few dollars to buy a snack or something, it might not be as healthy," McCoy said. "If some of the other shops would just offer produce, then it would definitely be taken

advantage of."

To address this issue, The Store created an additional program known as The Fridge. The Fridge places mini fridges across campus stocked with free, healthy snack options for students. With eight locations which can be found on the student resources website, The Fridge is a resource for students dealing with short-term hunger who may not want to fill out a form to gain access to The Store.

In response to the lack of nutritional, affordable food on campus, Baylor Dining also launched a new program this fall: The Daily Bread Cafe. Located in East Village Dining Commons, The Daily Bread Cafe offers \$2 meals with one protein, a starch, a vegetable and an optional whole fruit or drink.

"This program began in response to a need on the east side of our campus, particularly for off-campus and graduate students seeking alternative, retail-like, nutritious meals," Shannon Sytsma, marketing manager at Baylor Dining, said. "We saw the potential in a location conveniently located near a bus stop, making it accessible to a broader student community."

The cafe is open from 11 a.m. to



Lilly Yablon | Photographer

SWIPE ME IN The Daily Bread Cafe recently opened in the East Village Dining Commons as an affordable option for students.

2 p.m. Monday through Friday. In addition, students, faculty and staff can donate nonperishable food items and unused cookware, as well as guest meal swipes for the Bear Swipe Share program. Unlike The Store and The Fridge, The Daily Bread Cafe has the ability to provide hot meals.

"With the introduction of this new concept, we can now expand our offerings to include hot meals, further

enriching the dining experience available to our students," Sytsma said. "It's important to note that this location is open to all students, faculty and staff in support of Baylor's on-campus food pantry."

Students experiencing hunger are not alone. Baylor encourages students to take advantage of the resources available and to destigmatize food insecurity.

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The art of balance

Gavin Byers masters O-line diet

MICHAEL HAAG
Sports Editor

Baylor football's Gavin Byers has built a reliable reputation on and off the gridiron. Byers' teammates know they can rely on the senior offensive lineman in position and behind-the-scenes.

Redshirt offensive lineman Tate Williams said Byers' special talent is that he can eat a lot, and head coach Dave Aranda wasn't surprised to hear Byers was the primary source for a diet story.

"Gavin's one that he'll eat anything," Aranda said. "And so it's probably the reason why you're doing the story on him."

Standing at 6 feet, 5 inches and 318 pounds, Byers possesses an imposing frame that a typical offensive lineman at the power conference level needs. But there's more to it than just taking in a lot of calories. There has to be a proper balance, rather than "too much."

"I've definitely had troubles with it in the past," Byers said. "I think it is hard to find that balance, but you have to listen

to your body. ... You know if you're overdoing it."

Although not super often, when Byers feels like getting a "cheat meal" in, he said his favorites are pizza, wings and a trusty Caniac Combo from Raising Cane's Chicken Fingers.

Byers said his usual process of dieting starts at the Beauchamp Athletics Nutrition Center, which sits across from campus on University Parks Drive. Nicknamed the "BANC," it serves as the go-to spot for athletic meals.

An omelet usually pleases Byers in the morning before he grabs something quick for lunch. If he has more time, he ventures to Chipotle with his position group. Otherwise, the BANC gets Byers refueled for the second half of the day.

Before practice, Byers said he likes a healthy amount of food, with his preferences being a pair of deli sandwiches or a couple of bananas.

Dinner follows evening practices, and this grub is usually filled with proteins, meats, potatoes and vegetables, according to Byers.

Three meals won't cut it, though, and Byers said he will "snack a lot" in between breakfast, lunch and dinner.

Byers said he doesn't snack "just because." The Grapevine native said he just wants to stay within his weight goal,

which is set and intensely monitored with guidance from offensive line coach Eric Mateos.

Byers added that while the offensive linemen sometimes add too much weight, they often find themselves under the ideal threshold due to how much they burn in workouts, practices and games.

"If you're not in your weight goal, you have to go eat with [Mateos] at the BANC at 7:15 in the morning, because we do have a lot of guys underweight right now just because the season kind of wears on you and you start to lose a little bit of weight," Byers said.

Byers, now in his fourth year at Baylor, has gotten to the point where he doesn't need much dietary assistance. Aranda said the starting left guard has a strong grasp on his eating routine, which can't be said about everyone on the team.

"We have a fair amount of guys that need to put on weight and gain weight," Aranda said. "For some folks, it's kind of walking them side by side [and saying], 'Hey, this is the smart choice. This is maybe not as delicious but is the smarter thing.'"

Having conversations with the team nutritionist is what Byers said has allowed him to be on top of his diet. He said every young athlete should take their diet seriously to perform at the highest level.

"Every guy can benefit from talking to a nutritionist, especially because in the NFL, some of those top-paid guys, every single one of them will have a nutritionist, so I think it shows how important nutrition is," Byers said.

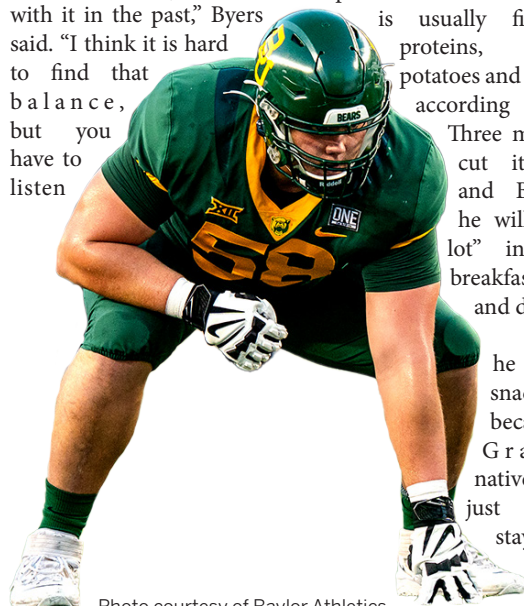


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Explaining a whole latte of lingo

EMMA WEIDMANN
Arts and Life Editor

Imagine you're standing right behind me in line at a coffee shop. This is what you would see, each and every time: I walk up to order my coffee, and as I'm staring into the tired eyes of a barista who's made about 70 iced vanilla lattes already, I suddenly forget every word in my vocabulary except for "iced vanilla latte." I swore this would be the time I ordered something new and different — something that would make the barista think, "Wow, her coffee order is, like, really cool" — but I've failed again. And you know what? The iced vanilla latte is never that good anyway.

Well, those days are over. Here's a full rundown of everything you need to know about coffee. Yes, including what in the world an Americano is. You're welcome.

LATTES

Starting off simple — or basic, if you're a coffee snob — we have the latte. A latte is made of one or two shots of espresso under a thick blanket of steamed milk, with a thin layer of frothed milk on top where the latte art you post on your Instagram goes. Lattes typically come in a variety of flavors, especially seasonally, such as vanilla, pumpkin, caramel, honey and lavender. I often find myself wishing that I could branch out, as I've had a lot of lattes that have tasted like vanilla syrup, burnt espresso and melted ice.

FLAT WHITES

The flat white is the same as the latte, but it has no foam. I get it: You're trying to be different. You're quirky. You don't order that "double caramel frappe-whatever" with sweet cold foam — but at this point, just get a latte, dude.

AMERICANOS

The Americano is one of two coffee orders your dad gets. These are made of espresso and hot water, and they pack a punch. If you love the taste of espresso but want to tone it down a bit, you can ask the barista to add a splash of milk to it. Order it hot or iced — it makes no difference. The Americano will wake you up in a pinch.

CAPPUCCINOS, CORTADOS AND MACCHIATOS

Cappuccinos, cortados and macchiatos are similar drinks, and the difference is all in the ratio of espresso to milk to foam. A cappuccino is the other thing your dad gets. It has an equal ratio of espresso, steamed milk and foam. It's about half the size of a latte, so it has much less milk and foam in total.

A cortado is the same as a cappuccino, but it lacks foam entirely. It's just equal parts espresso and



Illustration by Gracie Speer

GET ROASTED Coffee orders can be complicated with all the different lingo, and your favorite coffee order says a lot about your personality.

milk. See above: flat white.

Finally, a macchiato is not for the weak — espresso with a scoop of foam, no steamed milk. At a mere two ounces, it's tiny. Don't mistake a real macchiato for the popular caramel macchiato from Starbucks, which is closer to a latte and will not prepare you for the experience of drinking an actual macchiato. Don't say we didn't warn you.

Column: A 'cafe crawl' in search of Waco's best coffee spots

BELLA WHITMORE
Intern

We've all heard of the infamous "bar crawls," but let's put a tired, overworked college student spin on that. As we steadily head toward the mid-semester slump, we could all use a little bit of a pick-me-up and energy boost.

There is an abundance of good coffee shops in Waco, and I made it my mission last semester to try as many as possible to find and experience new places. What I found were cute, small businesses that contribute so much life, color and culture to our community, providing a space for people to do their work with a good cup of coffee in hand. So, ditch Starbucks and go explore what the Waco coffee community has to offer.

Here are some of the best coffee spots in town to study, relax with friends and fuel your caffeine addiction.

PINEWOOD COFFEE BAR

Located just off Austin Avenue, this retro cafe is my personal favorite. From the plants hanging on every corner to the many records adorning the wood-paneled walls, this rustic-style coffee shop has no lack of good vibes and good music. I recommend getting here at a not-so-busy time to snag a booth and beat the crowds, since this is definitely a popular spot for Waco locals and Baylor students alike. Pinewood has plenty of new flavors to celebrate the autumnal season, like the classic pumpkin spice and the new apple butter coffee.

Illustration by Gracie Speer



BE KIND COFFEE

Although this is a newer coffee shop in the Waco area, for what it lacks in history, it more than makes up in bright colors, unique recipes and a positive mission.

Among their unique drinks are the peanut butter mocha and the churro latte, which I specifically recommend. With three different locations scattered throughout the city, Be Kind Coffee does a wonderful job supporting the community through promoting kindness.

The interior design makes it stand out among typical cafes with modern styles and muted colors; the walls and counters of Be Kind are covered in bright murals and fun designs. This cafe is full of vibrance, smiley face doodles and fun drinks.

MAGNOLIA PRESS

This is the classic choice — and for good reason. Located right in the middle of Magnolia, Magnolia Press is perfect if you're looking to elevate your study space and are feeling a tad bit more put-together than usual. With delicious menu options, "Fixer Upper"-style renovations and tons of good food options in proximity, this cafe does not disappoint. When you bring your family for their infamous one-time-only trip to Magnolia, they are sure to love it too.

NIGHTLIGHT DONUTS

This is undoubtedly an underrated choice. Nightlight seems to only receive recognition for its donuts, not for its equally-amazing coffee. This cafe is characterized by its fun staff, lively environment and yummy menu options, including beignets and its signature house-blend lattes. Conveniently open until 10 p.m. every day of the week, Nightlight is perfect for an energy boost during a late-night study sesh.

Spreading Christian love starts in the dining halls

OLIVIA EIKEN
Staff Writer

Love is one of the main principles of Christianity, with stories and parables throughout the Bible speaking on its importance. Jesus called Christians to love, accept and respect their neighbors because He loved us first, regardless of what our neighbors' beliefs may be.

Baylor's student population has become more racially and ethnically diverse, but it also showcases religious diversity. As part of the university's efforts toward diversity, equity and inclusion, a growing number of students, faculty and staff believe Baylor has made progress but could improve in the inclusion realm, specifically when it comes to accommodating Muslim individuals with a halal diet.

According to the Baylor Civil Rights Policy, "As a religiously controlled institution of higher education that is operated within the Christian-oriented aims and ideals of Baptists, Baylor University is committed to the values of respect for all people, as each is imbued with inherent dignity by the Triune Creator."

In order for the university to uphold its commitment to respecting all people, that would mean providing dietary accommodations for practicing Muslim first-year students specifically, since they are required to purchase a meal plan. These students deserve to feel comfortable eating on campus without fear that they are going against their religious beliefs by doing so.

Joanne Cummings, adjunct professor of political science and director of Middle Eastern Studies, was born and raised in Beirut,

Lebanon, in an interfaith community. There, she said recognizing the significance of eating and preparing certain foods was normal.

"When it was a holiday, all of the different religions were represented in the cafeteria and would have the necessary food at the necessary time," Cummings said. "It has just always seemed normal to me that as Christian people, we would seek to show compassion for other people by recognizing things that, in their religious terms, they considered important."

Most Muslim students at Baylor who practice a halal diet typically avoid eating pork or consuming anything made with pork byproducts. The incorporation of a labeling system in dining halls would make it clear which items do not contain pork so as to eliminate the risk of cross-contamination.

"As a Christian university, we want to reflect the love of God," Cummings said. "We reflect the love of God best by showing care and compassion for other students. When we make it difficult for people to eat, then we're falling short at the most basic level of showing God's love."

Baylor alumna Noor Saleh said she believes Baylor is heading in the right direction with religious dietary inclusion because in 2022, for the first time, 1845 at Memorial offered pre-packed boxes for Muslim students who were fasting during Ramadan to pick up the night before.

"Baylor Dining Services did such an incredible job," Saleh said. "They sourced specific meat that was halal for students and made sure the boxes were a complete meal with proteins, fats and carbs. It was really great and a positive step for the Baylor community."

Easily elevate your dorm-esque instant noodles into a satisfying supper with these simple ramen hacks!



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Spreading love ‘one cup at a time’

ASHLYN BECK
Staff Writer

Belinda Olivares, who has worked at Baylor for 16 years, makes everyone who walks by the Moody Memorial Library Starbucks feel loved by calling them by name, knowing their coffee order and playing fun music.

Olivares started working on Aug. 13, 2007, when the idea for a Moody Starbucks hadn't even been discussed and the campus Starbucks was in Dutton Parking Garage. Now, Olivares is the supervisor of the Moody Starbucks.

Olivares said she has experienced ups and downs in her career at Baylor, but more than anything, she has loved creating relationships with the students and faculty she serves.

“I love my students,” Olivares said. “I’ve gotten acquainted with them. I’ve gone to some graduations where they’ve invited me, and then some do come for homecoming games to visit, so that says a lot.”

Olivares said she tries to see her customers not just as drink orders but as people with names and stories.

“That’s what keeps them coming,” Olivares said. “They want you to know them as a person, not just as a drink.”

Olivares said working at the Moody Starbucks helps her make customers’ days better, even if it is by something as simple as calling them by name when they order.

“I’m a people person,” Olivares said. “And at the beginning, I wasn’t. It just ... grew on me. It took [knowing]

all these students on a one-on-one basis and being on a personal level with them, asking them how their families are doing and everything.”

In addition to connecting with her customers, Olivares said she strives to make the store a comfortable and fun environment for her employees. They are encouraged to play music and try different drink concoctions.

“I always have that positive motivation for them,” Olivares said. “As a supervisor, I have to instill that with my team. I feel like the skill that I have is building them up ... to fulfill whatever it is they want to do.”

Ligia Tossato, an employee at the Moody Starbucks, said she would not have applied for the job if it weren’t for Olivares. Tossato said she went to Baylor and saw Olivares’ kind and

loving demeanor, which convinced her to come back after graduation.

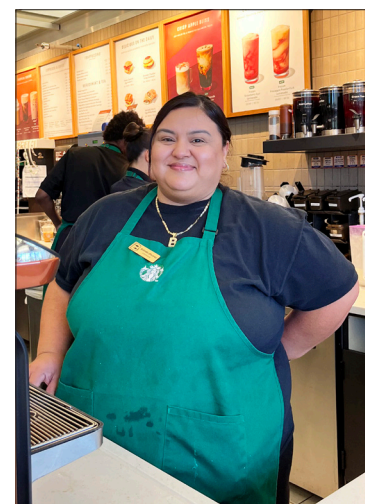
“Belinda ... always knew my order,” Tossato said. “She would always give me free treats, and she was always super nice with me. It was such an important part of my Baylor career. I wanted to work with her.”

Tossato said the love students have for Olivares is obvious, and Olivares makes working enjoyable.

“Everybody knows her,” Tossato said. “Everybody asks for her, and she’s just a really nice person to be around, and people respect her.”

Olivares said taking on greater responsibility can be challenging, but it is worth it to see her customers and employees every day.

“I just stay focused and say, ‘One cup at a time,’” Olivares said.



Abby Roper | Photographer

COFFEE COMMUNITY Belinda Olivares has worked at the Moody Starbucks for 16 years.

Molasses cookies

The best fall treat you’ve never had

Ingredients:

3/4 cup shortening
1 cup sugar (and some extra for rolling)
1/4 cup molasses
1 egg
2 cups sifted flour
2 teaspoons baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves

Step 1: Preheat the oven to 375 F. Fill a small bowl with a liberal amount of sugar, and set it aside.

Step 2: While the oven is heating up, mix the first four ingredients on the list together. Then, add in the next five ingredients one by one. Admittedly, this is easier if you have a hand mixer. But if you’re like me and you don’t go to the gym, you can mix it by hand and call it arm day.

Step 3: Once everything is mixed together, roll a walnut-sized ball of dough in the palm

of your hand. Then, generously coat the dough in sugar by rolling it around in the bowl you set aside at the beginning.

Step 4: Do this over and over until you’ve rolled all the dough into balls, and set them 2 inches apart on a cookie sheet. Pop them in the oven for 10 to 12 minutes — or until they’re golden brown on the top, but not too dark on the bottom.

Step 5: Eat way too many cookies — or, if you’re a super nice person, pack some up to give away to friends.



Photo courtesy of Emma Weidmann

GET COOKING Molasses cookies.



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A&L Desk Recs: Our families' best advice on college cooking

ERIKA KUEHL
Staff Writer

It's no lie that ramen noodles and pizza rolls constitute most college students' diets. A home-cooked meal is rare, and our stomachs suffer greatly throughout these four years. Our parents' cooking is a warm hug we all miss. The Arts and Life Desk asked our parents for their best advice on college cooking.

EMMA WEIDMANN

My mom says her first cardinal rule of college cooking is to keep it simple.

This means don't do too much when you're just trying to feed yourself on a budget. She constantly advises me when shopping to buy things that I can make a few simple meals with. For example, buying a pound or two of ground beef, cooking some and freezing the rest can yield tacos, spaghetti sauce or mini sliders — all from one purchase. And

come on, you already know what goes in a taco and what goes on a burger. This tip takes the guesswork out of cooking, and it's pretty wallet-friendly.

My mom's other tip? Eat your veggies.

Yeah, you might have heard that one from your mom too, but that's only because she's concerned for our health. Crazy, I know. But this is actually easy to accomplish, as all you really need to do is buy a bag of frozen veggies and bust that bad boy out every once in a while. Making chicken? Add some veggies on the side. Having pasta? Veggies. You get the idea.

ERIKA KUEHL

Nothing compares to my mom's rice pilaf and maple salmon. I've seen her make this a million times, but it doesn't hit the same when I make it. She told me the best way to recreate meals from home is to modify them. Instead of making the whole recipe, cut it in half. She said to remove any potentially

unnecessary ingredients and make use of what I have in my pantry. Use canned tuna or chicken to make a salad that will last for days when in a pinch. My mom uses filling foods like avocado and peanut butter to stay full for hours.

"Make sheet pan meals with veggies all on one pan, and shred up a rotisserie chicken," she said. "You can use the chicken for quesadillas, salads, tacos, soup. It can be used for anything. Coordinate with your roommates so you don't waste all your food. Oh, and don't leave me alone in the kitchen during the holidays. Try to learn after me."

OLIVIA EIKEN

The meal I miss most from living at home is my mom's buffalo chicken dip. It seems so simple, but it has never tasted like hers when I've tried to make it. I also have an irrational fear of undercooked chicken, so attempting to make it has never been enjoyable.

When I moved to Baylor, I knew the day would come when I would

have to face my fears and make the buffalo chicken dip myself. Mother Eiken has a few words for anyone wanting to recreate the comfort dish.

"You need a small Crock-Pot," she said. "You can get a small one on Amazon for 20 to 30 bucks, and if you take care of it, it should hold up for a while."

According to my mom, boil the chicken until it's white. After that, "Drain it, shred it, throw it in the Crock-Pot. Add four ounces of cream cheese, couple cups of Frank's buffalo sauce, cup of ranch and a couple chopped green onion pieces if you're feeling fancy. Then, give it one big stir. Cook it on low for a half hour or so until it's all melted."

BELLA WHITMORE

When I think of where to get good cooking advice, I think of my grandma. Whether it's asking how to work something on my oven or begging for her famous chocolate chip cookie recipe,

my grandma is always there to help me out in the kitchen. There was simply no better person to ask when it came to college cooking advice, and she did not disappoint.

"Spices are the key to the taste buds," she said. "Grill the meat of your choice, whether it's chicken, steak, pork or turkey, but make sure to use different seasonings for each one. For more variety, you should definitely incorporate more Mediterranean and Mexican spices when you can, and always remember, spices with no sodium are always healthier."

My grandma is a big advocate for eating healthy, even as a broke college student.

"Always try to eat healthy and cut out processed foods as much as possible," she said. "Crock-Pot and instant pot recipes are typically very easy, quick and nutritious. And in terms of saving time, cook all your food on Sunday and then freeze so you'll have plenty of meals for the week."



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Kassidy Tsikitas | Photographer

POPPING UP ON CAMPUS Pop's Lemonade is one of Baylor's many food trucks.

Local restaurants find campus home through Revolve, food trucks

TYLER WHITE
Staff Writer

Baylor's campus is home to several local restaurants through Revolve and food trucks. From Tru Jamaica to Oh My Juice, Baylor has allowed such businesses to expand their reach by giving students the opportunity to support them.

Sean McMahon, resident district manager with Baylor Dining, said Revolve is a program that started a couple years ago, bringing local restaurants into the Bill Daniel Student Center to set up shop for half a semester.

"It allows them to have a chance to make a little money and to get their name out in the community and really to get the students familiar with their business," McMahon said.

McMahon said the restaurants that rotate through Revolve add greater variety to the on-campus dining options. Oh My Juice is currently in the space.

"That's one of the great things about the program, is we're able to bring these folks in," McMahon said. "Whether it's Tru Jamaica or Oh My Juice and the different products that they offer, it just gives us a way to broaden the food horizons of our student population."

McMahon said he encourages the Baylor community to try these places and support the restaurants at their off-campus locations too.

"When you see a new food truck on campus or you see somebody new in Revolve, go use

your cash equivalency over there, go use your dining dollars, give it a try," McMahon said. "If you like it, tell your friends and support that business for the next four years that you're living in Waco and beyond."

Aniceto Charles Jr., owner of Tru Jamaica, said being on Baylor's campus has had a positive impact on his business while he's rebuilding his restaurant after a fire.

"Some students have been adventurous where they come to eat, and they frequent the restaurant," Charles said. "Some have even contributed to our GoFundMe page that's still active right now."

Charles said it's been great for Tru Jamaica because it gets to bring a new culture to Baylor's campus.

"The truth is, you're celebrating a different culture," Charles said. "You're embracing a different culture, and then on top of it, you're going out of your normal paradigm."

Charles said it's beneficial for students and local businesses to support each other and to develop a relationship that goes beyond campus.

"Local businesses are the backbone of the country," Charles said. "If I explore and try different restaurants and everything like that, there's so many different types of good food that's out there, and you're missing out when you don't go embrace it. ... Baylor's making a regional statement to say, 'We want you to explore and try other things in Waco besides what's on campus.'"

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