Thursday, October 23, 2025

baylorlariat.com



OPINION | A2

EDITORIAL:

Censoring history education is a dangerous standard



SPORTS | A4

FOOTBALL:

Walk-ons are making their mark on Baylor's 2025 season



A&L | A6

HAUNTED TENT:

FIJI Fright Night brings jump scares, Halloween spirit to campus

StuGov airport shuttle to open for holiday season



Photo courtesy of Nick Madincea

HOME FOR THE HOLIDAYS After a brief hiatus, student government is bring back a student airport shuttle.

ABRAM FARRINGTON

Staff Writer

From blueprints to the rubber on the road, student government's long-awaited promise has come to life — an airport shuttle that commutes to and from Dallas-Fort Worth Airport during the holiday seasons.

The bus will provide affordable transportation for the 35% out-of-state student population at Baylor. Pflugerville senior and Student Body President Landon Self has dedicated himself to serving the student body since his junior year campaign, with

one of his goals being to reinstate the airport shuttle bus that was not offered last year.

Tickets for a one-way ride are \$35 and are now available for reservation for Thanksgiving and Christmas breaks. Students can purchase tickets on the StuGov website.

"The shuttle bus will be open during Thanksgiving and Christmas break," Self said. "There will be a trip up to Dallas at the beginning of Thanksgiving and then a trip back after. For Christmas break, there will be a trip to Dallas on the last day of finals."

Student government members plan for the bus to become a permanent initiative. Self said he and student government will continue to push the mission of serving the student body.

"We want to emphasize that this service is back and ready to meet the needs of students who need an accessible and affordable ride to the airport," Self said.

Self said he is honored and excited to launch the shuttle, not only because of the hard work, but also because it serves a tangible

AIRPORT BUS >> A8

BU Baptist student population declines

ALEXIA FINNEY

Staff Writer

The number of Baptist students at Baylor is dropping, but students and faculty say this trend is bringing unity rather than division.

From fall 2018 to fall 2024, the number of Baptist students at Baylor declined by 10.1%. By contrast, the number of nondenominational students increased by 28.5%, according to Baylor's Office of Institutional Research.

Associate Professor of Higher Education and Student Affairs Dr. Rishi Sriram said Baylor's religious shift aligns with larger cultural patterns among college-aged Christians.

"When students come to college, they're aware there are lots of ways of acting out the Christian faith," Sriram said. "They are aware there's different ways to conduct sacraments and Christian practices."

Sriram said shifting religious demographics represents both challenges and opportunities for Christian universities.

"I think the next decade will present a unique opportunity for Baylor to fill a gap that most universities don't want to touch," Sriram said. "I think our younger students who are

POPULATION >> A8

Texas throws its hat into U.S. stock market ring

JULIANA VASQUEZ
Staff Writer

The U.S. stock market just got a Texas-sized addition. The Texas Stock Exchange received approval from the United States Securities and Exchange Commission to launch a new stock exchange, with TXSE set to begin trading stocks by early 2026.

The new venture is backed by major financial firms such as Citadel Securities, Charles Schwab and BlackRock, seeking to compete against other national stock exchanges like the Nasdaq composite and the New York Stock Exchange.

Dr. Shane Underwood, Baylor professor and Pat and Thomas R. Powers Chair in Investment Management, said TXSE is branded to welcome all the businesses currently flocking to Texas.

"It's to capitalize on this sort of excitement around Texas," Underwood said. "[There are] a lot of big financial companies moving to Dallas or expanding their operations there."

An October Texas Tribune article stated that, "Texas is home to the headquarters of the second most Fortune 500 companies in the country, leading New York and closely trailing California."

Additionally, the energy sector has boomed over the last couple of years, and Underwood said this growth would likely be largely represented in the TXSE.

"Energy is going to be disproportionally represented in the Texas Stock Exchange ... given the energy presence in Texas," Underwood said.

In terms of introducing a new exchange to the market, Underwood said the benefit of increased competition largely outweighs any risks that may be presented.

"There's really not much risk of introducing a new exchange, just more competition," Underwood said. "From an end user perspective, like a student wanting to trade stocks, they really won't see a difference in anything."

The emergence of this new exchange only highlights the importance of competition in a free market, Underwood said. Furthermore, he mentioned that technology has transformed the field of investments.

"It's really a different world than we were in just a few years ago, where so much of the trading actually happened on the floor of the exchange," Underwood said. "It was very active, and now pretty much everything happens electronically."

Kirkland, Wash., sophomore Zach Hayton said watching TXSE unfold is an exciting opportunity for finance students like him.

"Watching a new exchange launch from the beginning is a rare chance to see how market rules, regulation and innovation develop in real time, [which] makes finance feel active and changing," Hayton said.

For finance students like Hayton, the new exchange creates unique opportunities available right down I-35.

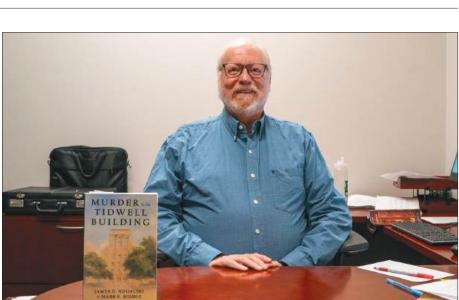
"Having a major stock exchange in Texas means more internships, research and industry contacts nearby," Hayton said. "It could also attract more financial firms, advisors and investment funds to the area, creating more jobs for students after college."

For students who may want to be early investors in TXSE, Underwood said to keep an eye out for which stocks begin to list.

"It's so early still, they're not planning to launch trading until 2026, so just see how many companies actually choose to list there," Underwood said. "You might want to support a local stock exchange."



Caleb Garcia | Photographer SOUTHERN HOSPITALITY In 2026,
The Texas Stock Exchange is set to launch.



Jake Schroeder | Photographer

SECRET MASTERMIND Dr. James Nogalski, Baylor's W. Marshall and Lulie Craig Professor of Old Testament, displays his latest co-authored creation, "Murder in the Tidwell Building" — a murder mystery set on Baylor's campus.

Murder mystery plot centers at Baylor in professors' book

ARDEN BERRY

Staff Writer

While others might think retirement means relaxation, Dr. James Nogalski and Dr. Mark Biddle have murder, mystery and more on their minds.

Nogalski is a Lulie Craig Professor of Old Testament, and Biddle is a founding dean of Sophia Theological Seminary in Virginia. They published "Murder in the Tidwell Building" recently, but the seeds were sown for the poyel long before

the novel long before.

Nogalski and Biddle have known each other for 50 years and started college together at Samford University, then did doctoral programs around the same time at the University of Zurich. One of their professors at the University of Zurich bet his children that he could get a detective novel published.

"They said, 'No, you couldn't; you just write all these academic things that nobody reads — 400-page books that maybe

two people in Europe read," Nogalski said.

He then wrote a novel that became a bestseller in Switzerland for several weeks in the early 1990s, winning the bet.

"We've told that story for years," Nogalski said.

Nogalski and Biddle went on to become professors themselves. In 2022, one of Nogalski's graduate students found the book on Amazon and gave him a copy. Nogalski then sent the book to Biddle.

"One of us said to the other, 'I mean, it was pretty good, but I could do that too," Biddle said. "So we just decided we would do one and see what happened."

As a retirement project, they decided to write a trilogy of detective novels, something far outside their expertise in religion and seminary departments.

"We don't watch daytime television, so what were we going to do?" Nogalski said. "[We said], 'Well, let's write something fun."

They would each write

a part, then swap edits, meeting on Wednesday nights to discuss what came next. Nogalski said trying to smoothly integrate their different writing styles seemed difficult at first, so they would write about different characters each chapter so the differences in voice made sense. However, Biddle said their writing became "homogenized" during the process.

"By the time we'd all gone all the way through it and we were going back for that final edit or two, I would read a passage and couldn't tell whether I had written it or Jim had written it," Biddle said.

According to the synopsis, the book is about a skeleton found during the 2020 renovation of the Tidwell Bible Building. Two detectives take on the case, investigating the suspects: three Baylor staff members who worked for the religion department at the time of

MYSTERY >> A8



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EDITORIAL

History education shouldn't be censored

As students, our introduction to U.S. history came from sitting crisscross applesauce while flicking through the pages of a new "Who Was...?" history picture book. From that introduction to book reports on heavier issues before graduation, history was a critical part of our education. Unfortunately, the tone surrounding history is changing as hot-button issues impact the next generation.

In the last decade, at least 20 states have passed laws or policies to restrict how history is taught in schools. Unbiased, balanced, neutral history education is waning in private and public schools, only worsened by the rise of technology and heated discussions around political policy.

From elementary school to master's level college courses, history departments in the U.S. are not trying to indoctrinate; they are trying to educate. And, yes, not all history shines a golden light on America, but by neglecting to teach and remember the country's whole history, we are doing something more dangerous: rewriting it.

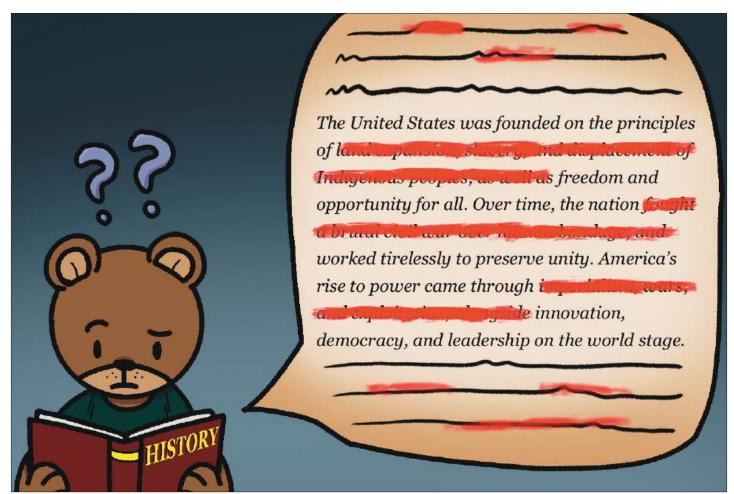
In March, President Donald Trump passed the executive order "Restoring Truth and Sanity to American History." In the order, Trump referenced several museums and monuments that had "advanced corrosive ideology." When talking about the Smithsonian Institution, the order read "in recent years, [it has] come under the influence of a divisive, race-centered ideology," further stating that it "promoted narratives that portray American and Western values as inherently harmful and oppressive."

The Trump administration sent a letter to the Smithsonian five months later calling for a "comprehensive review" of eight of its museums to "ensure alignment with the President's directive." In a Truth Social post the following week, Trump doubled down on his review.

'The Smithsonian is OUT OF CONTROL, where everything discussed is how horrible our Country is, how bad Slavery was, and how unaccomplished the downtrodden have been ...



The people who change the world are those who know and learn from history.



James Ellis | Cartoonist

This Country cannot be WOKE, because WOKE IS BROKE," Trump wrote on the platform. "We have the 'HOTTEST' Country in the World, and we want people to talk about it, including our Museums."

In the months following the orders aimed at museums, artifacts have rotated out of the African American History Museum and the Pentagon removed then restored a webpage on Jackie Robinson's military career, neither of which were confirmed to have any connection to Trump's orders. In September, however, the administration ordered several National Park Services to take down materials related to slavery and tribes.

History is not "woke," and the nation is treading a dangerous path by continuing to limit the reach of history. Students need to learn about slavery, the Civil War, racism and "divisive" concepts as well as the good parts.

Woke might whisper, but indoctrination

shouts. North Korean history classes are devoted to learning about the Korean revolutions against Japanese and Western forces, and the only biographies children read are those of the Kim family dictatorship. In Iran, research has shown that the Islamic Revolution is taught as a "model" and "ideal world" in textbooks, effectively radicalizing an entire generation.

We are fortunate to have the opportunity to pursue balanced and accessible education, but when we start censoring national history in the same way our declared global enemies do, are we truly a trailblazer?

In July, the White House announced plans for a 90,000 square foot ballroom to be built near the East Wing. When the plans were announced, President Trump claimed construction would not touch the existing structure. The East Wing was constructed in 1902 during President Theodore Roosevelt's first term and underwent significant renovations 40 years later. For decades tourists would enter through the East Wing, which is home to an office for the first lady and a movie theater.

Earlier this week, photos of the East Wing being demolished were posted online, contradicting the president's earlier claim. There have been numerous renovations and additions to the White House over the years, but aside from the time the British burnt it to the ground in 1814, an existing structure had not been demolished. By destroying an entire wing, the Trump administration is actively erasing a part of American history.

The opportunity to attend renowned academic universities in America is a privilege, but the removal of unbiased K-12 history education is a tragedy. The people who change the world are those who know and learn from history. If we continue with this standard, we risk reliving and rewriting it.

Silence, scenery or sources? Ranking Baylor libraries

AIDEN RICHMOND LTVN Reporter



When comes to finding place campus to study, research or even just relax with a book, Baylor students have no shortage of spots to go to. With

six libraries on campus: Moody Memorial, Jesse H. Jones, Carroll, Armstrong Browning, W. R. Poage and the School of Law. I ranked each library on its materials, atmosphere and convenience.

MOODY **MEMORIAL** LIBRARY

No surprise here. As Baylor's largest and most central library, it crosses the T's and dots the I's in all

three categories. The vibes on each floor vary. From lively groups talking together outside the Starbucks on the first floor, to focused silent study crammers on the second and small groups studying together on the third. At the heart of campus, it's hard not to call Moody "Baylor's all-purpose powerhouse."

JESSE H. JONES LIBRARY

Attached to Moody, Jones feels like the quieter sibling you don't hear talking at family reunions. Its smaller size allows Jones to provide a calmer environment that students prefer for their late-night studying or exam prep. Its collection covers most undergraduate coursework, and again, it's smack dab in the middle of campus. Close, comfortable and classic.

CARROLL LIBRARY

Located along Fifth Street,

Carroll lands in third after a good combination of atmosphere and accessibility. The library has gone through many renovations and has even been completely rebuilt after the 1922 fire. However, mixed with its modern interior but historic exterior Carroll's materials specialize in Texas and Baylor history. The building's quiet, open layout makes it a hidden gem for students looking for a change in scenery without traveling far.

W.R. POAGE **LEGISLATIVE** LIBRARY

Largely dedicated to political, governmental and public policy research, Poage Library ranks fourth. Its collections are narrower but deep, serving as a valuable resource in political science, history and business-related majors. Study spaces here are calm and professional, and the staff are known for the great assistance they give students when it comes to their projects. While right next to Moody and Jones, its specialized yet limited materials cripple its ranking.

LAW SCHOOL LIBRARY

Sitting on the banks of the Brazos River inside the Sheridan and John Eddie Williams Legal Research and Technology Center, aka the Law School Library, is one of the quietest and most disciplined study environments on campus. While its materials are almost entirely lawspecific, the facility is beautiful and well-organized. Its distance from campus, however, brings its score down, along with the fact that most students on campus won't ever

ARMSTRONG **BROWNING** LIBRARY

Now before everyone raises chaos for this ranking, Armstrong Browning only excels in its atmosphere — the end. Its Italian Renaissance design, stained glass windows and marble floors make it a campus architectural treasure. Dedicated to the works of Victorian era poets, Robert and Elizabeth Barrett Browning, the collection is highly specialized. For those seeking a space that gives off stunning looks and inspiration, it's the best by a mile, but its location on the edge of campus and specific content mark it down.

When determining the list of the "best" libraries on campus, it depends on what type of student you are. Moody and Jones dominate for general use and convenience, while Carroll strikes a balance of history and comfort. Poage and the Law Library cater to those in focused majors and Armstrong Browning remains a cultural gem where aesthetics trump practicality. In the end, whether you're chasing silence, scenery or sources, Baylor's library system ensures students a perfect

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Career Center offers mock interviews for next step in students' success



CAREER RESOURCES Midlothian sophomore Brisyn Rader speaks to a career success professional on steps toward landing an internship.

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Professor awarded 'Rising Star,' hopes to inspire women in STEM

AVA SCHWAB

Reporter

A Baylor engineering professor's Rising Star Award not only spotlights her accomplishments but also impacts many more at Baylor, reflecting a larger story taking shape: one where women are as valuable in engineering as any equation.

The Kern Entrepreneurial Engineering Network Rising Star Award honors faculty annually in their early career who model going "above and beyond" to equip undergraduate engineers with an entrepreneurial mindset. The award emphasizes teaching with creativity, impact and curiosity. Assistant professor of mechanical engineering Dr. Mary Lauren Benton was a recipient of

"Engineering with an entrepreneurial mindset helps students see beyond a single assignment to the people and problems they can impact," Benton said in an interview with Engineering Unleashed.

Benton is known for entrepreneurial mindset. Her approach has drawn attention from award-givers for combining rigor and focus, as well as involvement with students.

"One of my goals, either through helping student organizations or through my classes, is to help connect people to what they care about, what they're passionate about, and show them how these courses can help them accomplish those goals," Benton said.

Houston junior Cate Calderon, mechanical engineering major, said she feels like there is unneeded competition for women in the program. For her, Benton's recognition feels like a collective win.

"I want a woman in the room, even if it's not me," Calderon said. "It's really inspiring to see women in these fields being recognized and celebrated for

Baylor's School of Engineering and Computer Science currently reports twice the national average of women in its program. Still, the number of women



Brady Harris | Photographer

ABOVE AND BEYOND Dr. Mary Lauren Benton, an engineering professor, is the recent recipient of the Kern Entrepreneurial Engineering Network Rising Star Award.

enrolled is roughly 25% of the total.

"It's still a stark difference, but it's growing every year," Calderon said.

This very same progress extends beyond the classroom, she said. Calderon serves in Pi Tau Sigma, the Mechanical Engineering Honor Society, and said she was struck by the gender balance at the most recent induction.

"There were more women than men," she said. "That was really powerful. It proved that when we show up, people notice."

Benton also observed the increase in women getting involved in science. Engineering and computer sciences in particular are seeing increased involvement and interest by women.

"We tend to be underrepresented," Benton said. "It's nice to see, even since I've been here, more women showing

up in our classes and getting involved in extracurriculars."

As Baylor's engineering programs expand, Benton's award is more than an individual recognition — it signals a shift in how innovation and involvement work hand in hand, she said.

"I'd love to see more spaces and recognition for the women on campus who are doing really cool work and paving the way for others," Benton said. "The more you see people like you doing the things you want to do, the easier it is to see yourself following in their footsteps."

Calderon said that visibility is what matters most.

"The more women we see in leadership, the easier it is to picture ourselves there too," Benton said. "That's what this kind of recognition does — it makes space."

Baylor to be featured in faith higher education docuseries



UNAPOLOGETICALLY CHRISTIAN BYU TV's new docuseries explores the role of faith in higher education and includes an exclusive interview with Baylor President Linda Livingstone.

ABRAM FARRINGTON

Staff Writer

This October, BYU TV is recording a docuseries to advocate for the Christian vision in higher education, featuring different universities around the country including Baylor.

Since 2003, October has been designated Christian Higher Education Month, with universities around the country celebrating faithbased institutions. Baylor has been a collaborative partner with the Council for Christian Colleges and Universities to highlight the ways universities integrate faith and prepare their students for the world beyond the campus. The docuseries will feature Baylor President Linda Livingstone.

"The three-part series includes stories from students, faculty and staff with different faith traditions," Livingstone said in a press release. "I was asked to speak not only about Baylor, but also about the critically important role of Christian research universities higher education."

Livingstone emphasized that the role of faith is a key ingredient to successful education at Baylor.

"With 20,000 graduate and undergraduate students and a top research designation, Baylor remains distinct among our faith-based academic peers," Livingstone said. "To have a seat at this table was invaluable."

Livingstone said she is honored to speak on behalf of Baylor and the Christian impact on education. Baylor is distinct for both its quality of graduate students and faithbased academics.

Last summer, Livingstone spoke about the importance of faith in education at the Baptist World Alliance's Baptist World Congress.

There, she highlighted the importance of faith as the foundation of Baylor, emphasizing growth as a core mission to flourish as a university. Livingstone said it is important for students to grow not only in academics,

but also in their everyday lives. Mac Vanzant, a sophomore Nashville, Tenn., said having a faith-based education is vital for his college experience.

"I know personally, I chose Baylor because of its unapologetic Christian foundation and its integration," Vanzant said. "It is a campus that offers everything and welcomes ministries from all over."

Vanzant values his faith and has enjoyed the college experience and diverse lifestyle Baylor has to offer.

Vanzant said he thought it would be strict, but these past few years have shown him otherwise. Baylor's feature in the docuseries is important for the mission and recognition of other Christian institutions around the country.

President Livingstone also encouraged the student body not to lose sight of the bigger questions in higher education.

"I hope you will watch each episode and find joy in hearing how our mission to educate men and women for worldwide leadership and service by integrating academic excellence and Christian commitment within a caring community rings true," Livingstone said.



Every Tuesday and Friday DON'T FEED THE BEARS



Don't Feed the Bears gives you all the hot takes, highlights, and behind-the-scenes talk on Baylor sports.

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You'll never walk alone

Trio of former walk-ons shine for Baylor football

DYLAN FINK

Sports Writer

Josh Cameron. Jacob Redding. Ryan Lengyel.

Three stars for the Bears this season. Three players who came to play for head coach Dave Aranda's program for nothing more than chasing a dream.

"I think that walk-ons just give such a heart and soul to a team," Aranda said.

The Bears have been fueled this fall by three walk-ons who have gone from their scholarshipless freshman status to household names among Baylor fans.

Redshirt senior wide receiver Cameron is leading the team in yards receiving for the second year in a row, with 542 yards through seven games. Coming off a breakout year last season, Cameron is familiar with shining under bright lights.

"Confidence is the number one thing I can build on," Cameron said. "Whenever you can get confidence and then put it with all the other things, I mean, it becomes just, 'Watch out."

Cameron is no stranger to finding confidence in his work. The Cedar Park native had zero stars out of high school and only two offers — a preferred walk-on spot at both Baylor and Texas State.

"The love I got from Baylor was just different than anywhere I've ever been," Cameron said. "I immediately felt like I could do something

Cameron is doing big things on the Brazos. The wide receiver has found himself in his final year with the Bears, gaining national attention, including being named to the preseason watch list for the Biletnikoff Award, given to the best wide receiver in the country each season.

Redshirt sophomore safety Redding stepped into the limelight more recently.

Redding, a New Braunfels native, was a



Sam Gassaway I Photographer

PICK OF THE LITTER Redshirt sophomore safety Jacob Redding runs back an interception for a touchdown in the fourth quarter of the Bears' 35-34 win over Kansas State on Oct. 4

unanimous First Team All-District selection in his senior year of high school and he also thrived on the track, qualifying for state in the 4x100 and 4x200 meter relays.

The safety grew up watching the Bears, hoping to one day don the green and gold himself.

"This is something that I never really thought I would be at," Redding said. "I never really thought I would be doing this, so for this to even be a possibility, God had to open up my life and put me here in this position. I just thank

Redding found his way into a starting position after senior safety Devin Turner suffered a season-ending knee injury in spring camp.

Since making his way to the top of the depth chart, Redding hasn't looked back. Halfway through the season, the former walk-on has been responsible for arguably the two most impactful plays of Baylor's season: a fourthquarter interception in the Bears' 48-45 victory over SMU in Week 2 and a game-saving, 58-yard pick-six against Kansas State in Week 6. Redding also recovered an onside kick against

TCU in Week 8. "In that moment, I mean, that was surreal," Redding said after the SMU game. "That was something I've dreamed of doing since I was at Baylor games when I was 12 years old ... I've come to really believe in myself this last year

Redding, after his electric pick-six, was

named the national Burlsworth Trophy walk-on player of the week last week.

Redshirt senior offensive lineman Lengyel had higher expectations out of high school than Cameron and Redding, but took time to grow into his own for Aranda's program.

The former three-star held a handful of Division I offers out of high school. Most of them, including Baylor, were preferred walk-on spots that encouraged a redshirt year.

Lengyel came to the Bears for the 2021 season, where he got to spend his redshirt season learning behind an offensive line that paved the way for a Big 12 championship.

The 6-foot-6 lineman expected to get playing time immediately after his redshirt season, but found himself making rare appearances on the field as a reserve. He finally got an opportunity to show what he could do in 2024, when he started all 13 games for the Bears.

"The beginning of last season, I kind of used to figure out what kind of player I wanted to be," Lengyel said. "I had to kind of figure out how to play against our opponents because I'd just been going against our own defense the past three years."

Lengyel, now a tenured starter for the Bears, is using his path to playing time as motivation for younger guys in the same position.

"I've been telling some of them that we should pull up some of my freshman year fall camp tape," Lengyel said. "I've been trying to show them how much better they're doing than I was, because I was pretty freaking bad."

Three stars, once walk-ons, have been stellar for the Bears this season. As the team looks toward the looming second half, there is no intent to slow down.

Baylor's next game will be a visit to No. 21 Cincinnati at 3 p.m. Saturday at Nippert Stadium in Cincinnati. The game will be broadcast on ESPN2.



Mary Thurmond | Photo Editor **PLAYMAKER** Jacob Redding makes a tackle against SMU.



Photo courtesy of Baylor Athletics

BIG MAN ON CAMPUS Redshirt senior offensive lineman Ryan Lengyel has helped pave the way for a top-25 scoring offense.



Brady Harris | Photographer JUST JOSHIN' Redshirt senior wide receiver Josh Cameron

lunges for a pass against Samford Sept. 13. at McLane Stadium.



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Baylor football bands together despite underwhelming first half of season

JEFFREY COHEN Sports Writer

Baylor football had high expectations coming into the season. They returned the majority of their starters on a high-flying offense and revamped the defense with 13 transfers.

Through the first half of the season, Baylor (4-3, 2-2 Big 12) has struggled to connect the dots and reach its expectations. The Bears are searching for cohesion looking to rally after an underwhelming first seven games.

A top-25 offense hasn't been enough to salvage a 116th-ranked defense, as the team has struggled to play complementary football. Head coach Dave Aranda has noted that his squad hasn't been able to click in all three phases of the game at the same time.

Despite lackluster play, players and coaches say they have not

"Nobody knows the work that we put in," senior wide receiver Kole Wilson said. "With our brothers on

the sideline with us, I'm not going to give up on the defense. The defense is not going to give up on us."

Their hope comes from the potential they see in themselves, particularly in the defense. They believe that being able to execute continually is within reach.

"There are times where you watch the game, and you see the potential to be elite," redshirt junior linebacker Keaton Thomas said. "We just have to be able to do that consistently."

FOOTBALL >> A5



LIGHTNING DELAYS A pair of Baylor fans wait out weather issues during the

Bears' 42-36 loss to TCU on Oct. 18.

Cross country readies for Big 12 championships

MARISSA ESSENBURG

Sports Writer

After a regular season filled with recordsetting performances on both the men's and women's sides, Baylor cross country is set for its toughest test yet: the Big 12 championships in Lawrence, Kan.

Under head coach David Barnett, the Bears have steadily built momentum throughout the fall — marked by personal-best times, breakout performances and depth on both the men's and women's sides. Now entering the postseason stretch, Baylor aims to convert that progress into a statement against one of the deepest distancerunning conferences in the nation.

After being shorthanded in their first two meets, the Bears closed out the regular season at the Arturo Barrios Invitational in College Station, fielding a full lineup of seven men and 12 women against 36 schools. Baylor finished strong, with the women placing 16th and the men 27th in a loaded field that featured several nationally ranked programs.

Led by sophomores Ruth Kimeli, back in top form with an eighth-place finish running 19:44 in the women's 6K, and Jack Sterrett, who placed 109th of 323 in the men's 8K at 24:42, the Bears enter the Big 12 championships eager to prove their progress can stand up on the conference stage.

"Ruth had a great race," Barnett said. "She was racing against some of the top women in the country. Really pleased at how she competed, and I think her best races are still in front of

her, too."

For Baylor cross country, the story of the fall has been written by underclassmen on both sides — runners who traded inexperience at the college level for steady growth and impact, helping push the Bears into postseason contention.

Following the race, Barnett said the women's squad is close to breaking through.

"Overall, we're just one person away from really getting over the top and doing what we want to do," Barnett said. "Over the next couple weeks, hopefully we get some people healthy and just keep piecing it together, because if we have five women on the day, I think we'll be pretty good."

Rising to become the team's No. 2 runner with a 30-second improvement from her previous race, freshman Rachel Haws has emerged as one of Baylor's biggest stories of consistent growth, improving from an 89th-place finish (22:10.8) at the Gans Creek Classic to a personal-best 21:38.5 in College Station.

Sophomore Ella Perry has mirrored that consistency, following an 88th-place finish (22:09.9) at Gans Creek with another strong showing in College Station. Sophomore Sally Corder, who ran 23:33.2 in Missouri, also trimmed significant time to post 21:58.1, while Rickeisha Simms, in her first-ever collegiate race, rounded out the scoring five in 22:27.9 — a debut that underscored the team's growing depth down the stretch.

The growth also extended to the men's side, where a pair of freshmen broke the 27-minute mark to help pace the Bears. Caleb McCarver



Photo courtesy of Baylor Athletics

VYING FOR THE TITLE Sophomore Ruth Kimeli boasted an eighth place finish in the women's 6K at the Arturo Barrios Invitational in College Station, closing out the 2025 regular season.

(25:54.2) and Amon Malakwen (26:12.0) — making his collegiate debut — finished next for Baylor, while sophomore Caden Biltz closed out the scoring five in 26:26.8.

"I think we have to keep improving as far as getting a little bit fitter over the next couple weeks," Barnett said.

Since returning to Waco in July and integrating a wave of new faces, Baylor cross country has found its rhythm — training hard, racing consistently and building steady momentum on both sides in its first three meets. Now, with the Big 12 championships on the horizon, the Bears are aiming to peak at the

right time and earn a spot at the NCAA South Central Regional.

"The conference is not getting any easier, so I think it's so important to race against good people," Barnett said after the Arturo Barrios Invitational. "You can race against people that are maybe a little bit slower than you, and you can maybe feel good about it. But it's not really what you need to get ready for the championship. So, this race was really important to [us]."

Looking to turn the tables in October, the Bears will focus on training and recovery as the postseason begins next week with the Big 12 championships Oct. 31 in Lawrence, Kan.

FOOTBALL from A4

The Bears have improved from this point in 2024. They opened last season at 3-4 overall and 1-3 against Big 12 opponents, including a three-game losing streak. Now, they sit at 4-3 with two wins in conference play.

"Everyone wants to win, and I think everyone's really hungry for a win," Aranda said. "When you win a little, you want to win a lot."

To put the whole game plan together, the leaders are responsible for guidance.

"Guys are stretching their leadership, maybe where they're uncomfortable," Aranda said. "They know that's where they got to go."

Thomas, the leading tackler on the team, has seen his efforts to connect with the younger players succeed as the season has progressed. He has tried to break them out of the mindset they had in high school and see that there is more to learn and improve on.

"A lot of them were the guy from their hometown or their high school, so they're used to not being told when they're wrong," Thomas said. "Now you're finally seeing guys realize that, 'You guys are trying to help me and not hurt me."

Thomas and the linebacking corps have had to pick up more slack with the losses of redshirt senior Phoenix Jackson and senior Travion Barnes to injuries.

continue to work with what you're given."

With the younger core becoming more invested in growing with the rest of the team, Baylor has rekindled its energy and spark. The Bears want to play with that same kind of enthusiasm.

"I love that fire, I love that passion," Thomas said. "That's what football is about. Even if you're not playing, if you're at home watching the TV, you see dads getting amped up and jumping off the couch, spilling the popcorn. That's what it is."

Following a loss to TCU in Fort Worth, Baylor hits the road to take on No. 21 Cincinnati (6-1, 4-0 Big 12) in another trial. The matchup marks the second straight week the Bears will be the challengers for an opponent's homecoming game.

"I feel like it's always more about us than them," Wilson said. "I feel a little disrespected that they picked us for homecoming, so that should give us a little more energy and a little more edge going in there"

The feeling of disrespect has bled into the team's practice and preparation for the Bearcats. The Bears have felt the energy and drive to win that powered them through the week.

"I'm glad that we're getting to that this week," Thomas said. "It just makes it so much fun and makes preparation easier."

Baylor looks to keep its head above water as its Big 12 championship aspirations continue to wane with each loss.







'A great time to try new things'

54 local restaurants to offer discounted, special menus Friday

OLIVIA TURNER

Arts & Life Editor

Starting Friday, local foodies have the opportunity to get discounted meals and special menu items from over 50 restaurants, cafes and food trucks across town, all thanks to Waco Restaurant Week.

Since 2019, this food-focused event has been serving Wacoans tasty deals and raising over \$100,000 for local charities like Caritas and Keep Waco Beautiful, the event's current non-profit dedicated to promoting the city's sustainability and beautification. Founder of both Waco Restaurant Week and Keep Waco Beautiful, Carole Fergusson described the inaugural event as her "grassroots year." Now the likes of Uber Eats and Neighborly are partnering with Fergusson's dream come true.

"I just really wanted to see the vibrancy of our culinary destinations come to life," Fergusson said.

Danielle Young, owner of Revival Eastside Eatery and Street Dog Cafe, said Revival was a part of Waco Restaurant Week in 2019 and Street Dog has been a participant of the annual event ever since its opening in 2023. Young said she hopes this week brings a little more traffic to

Revival's special menu for Waco Restaurant Week features their signature burger — a beef patty with caramelized balsamic onions, whipped herb goat cheese, lemon garlic aioli and arugula, all on a brioche bun served with French fries. At Street Dog, the special menu combo includes a breakfast taco with egg, bacon, cheddar and potatoes in a flour tortilla and a cup of coffee, served either hot or iced.

"As a small business, it's a fun way to be a part of something bigger that's going on in Waco," Young said. "They do a great job publicizing small businesses and coming up with creative events. I think it's just kind of fun to see how vibrant the food scene has to become in Waco."

This year, Creative Waco's Dia de los Muertos festival will also be partnering with the event to highlight several local Hispanic restaurants and trucks. This Restaurant Week will also include a downloadable digital passport to view a map of the participating restaurants and track various deals and specials. The passport is free and requires no app installation. So far, over 1,000 Wacoans have downloaded the passport, Fergusson said.

"Every year, I've had a lot of people say, 'Man, there's just so much going on. I'm overwhelmed. I don't know where to go," Fergusson said. "So this is just an easy way for people to pull up information and see where they're located. It pulls directly from your Google listing, so it's easy to find."



Brady Harris | Photographer

HERE'S THE TEA As of Friday, Cha Community will feature a special menu item — jerk beef pan-fried dumplings for Waco Restaurant Week.

Fergusson said Waco Restaurant Week has allowed her to view the city's culinary growth over the years.

"There's a lot of incredible chefs in Waco," Fergusson said, "It's just really starting to change the landscape of fine dining in Waco."

Fergusson said she is looking forward to seeing some of the newer restaurants, cafes and food trucks get some recognition through Waco Restaurant Week, such as Frenchie Daddy French Toast, a local food truck, and Luna Cafe, which offers a safe space for mothers with young children to eat and get a coffee.

Anticeto Charles Jr., co-owner of Tru Jamaica and long-time Waco Restaurant Week participant, said he is anticipating welcoming customers into the brand new building after the restaurant's fire in 2022. Charles said he just hosted the Tru Jamaica grand re-opening on Wednesday at 937 Taylor St., the shop's original location.

Charles said the event is great for business, but more importantly, for sharing the culture through food.

"I'm really looking forward to, you know, bodies coming in, hearing some reggae music, enjoying our chill vibes and then enjoying some of our food," Charles said. "I'm looking for the community to come out and try all the different plates and different restaurants that are doing specialties."

Charles said Tru Jamaica will debut a special combo menu item called "Taste of Jamaica," which includes a traditional jerk chicken plate, peas, steamed veggies, fried plantains and sorrel, in addition to rum raisin bread pudding, back on the menu for the first time in three years. Charles said

he also recommends newcomers try the "Rasta Pasta," an earthy vegan dish of penne, bell peppers and a little spice.

Collaborating with Tru Jamaica on an Asian-Jamaican fusion menu item is Cha Community, a boba tea cafe. Jaja Chen, the cafe co-owner, said the special dish is jerk beef panfried dumplings, drizzled with the signature Tru Jamaica jerk barbecue sauce. These dumplings will only be available for Waco Restaurant Week and will be sold exclusively at the downtown location, located at 1001 Franklin Ave.

"Nowhere else can you find this in Central Texas," Chen said.

Discounts on regular menu items will also be available at their 1205 S 8th St. Baylor location, she said.

Cha Community has been a part of Waco Restaurant Week since its start. As a board member, Chen said she also has close ties with the event's non-profit, Keep Waco Beautiful.

"I care deeply about the organization and the great work that they are doing here with promoting recycling cleanups, river cleanups and all sorts of other sustainabilityrelated events and volunteering opportunities," Chen said.

According to Chen, Waco Restaurant Week is more than just a fun, delicious event. It's an opportunity for Wacoans to expand their culinary horizons.

"This is a great time to try new things, because so many of the businesses are offering specials and discounts," Chen said. "Go on the Waco Restaurant Week website and pick and choose a few that sound very interesting that you haven't tried before ... be a part of it."

WACO RESTAURANT WEEK PARTICIPANTS

AC LOUNGE AT AC HOTEL BE KIND COFFEE BLAINE'S THE BUTCHER'S CELLAR **CASA DO BRASIL CHA COMMUNITY CLAY POT CLUB SANDWICH CURRY UP & WOK THIS WAY** DICHOTOMY



... and many more! Scan the QR code to get the full list of participants.

FIJI, Zeta raise funds for Camp Mystic at Fright Night

LEXIE RODENBAUGH

Arts & Life Writer

Phi Gamma Delta's FIJI Fright Night haunted house took place Wednesday through Friday on Fountain Mall. This year, FIJI paired with Zeta Tau Alpha and the Baylor Activities Council to bring the biggest scares to Baylor's campus vet.

Hidden in the large white tents, members of the fraternity aimed to scare the attendees at different stages of the haunted house. They were dressed up in costumes, including clowns, prisoners and masked men with a common goal — giving the students of Baylor a truly frightening experience.

'That was actually really scary," Lakewood, Wash., sophomore Yuri Underwood said. "My boyfriend is a FIJI, so I knew how much work they had put into it this year, but I didn't expect to be as scared as I was."

Centennial, Colo., senior Piper Weygandt, FIJI's sweetheart, echoed Underwood's sentiment and saw the work that went into the event firsthand.

"My favorite thing about Fright Night is definitely the process of watching it all come together," Weygandt said. "The guys put in so much work to make this possible, so I couldn't wait to see it all pay off. I also love how this event brings the whole university together and is a source of excitement and community-bonding."

The fraternity didn't earn any money from the event, according to San Antonio senior Aiden Madden, FIJI's co-head of Fright Night



FREAKIN' OUT A scare actor jumps out of the shadows at Fiji Fright Night Wednesday evening.

and head philanthropy chair. All of the proceeds go towards the event's philanthropy.

"The American Red Cross is very important to our chapter because of all the good work they do," Madden said. "The guys are able to get together and know that we're working for something bigger than ourselves, and really just be able to help out people across the United States and around the world, right here in Waco."

The preparation for the event started over six months ago, Madden said. While preparing to make it the biggest Fright Night yet was a daunting task, the help of Zeta and the Baylor Activities Council made it possible.

The difference this year is we have a carnival outside with a dunk tank, Waco Axe Throwing and some carnival games," Madden said. "That's the biggest difference ... so hopefully the event will pull in 2,000 people this year."

This year, the event hoped to support a more local cause — Camp Mystic in Hunt, where a flash flood tragically took the lives of 27 campers and two counselors in July. Located only four hours from Baylor, the tragedy affected many students, and Fright Night brought the cause from the camp to campus.

Cypress senior Julia Sanchez was a counselor at the camp, and said the cause is very close to her heart and that she's grateful FIJI directed the money towards it.

"It's an amazing cause to raise funds for, but it's also very sad that funds need to be raised in the first place," Sanchez said.

Camp Mystic was a huge part of Sanchez's life, and she said she wants people to know that

it is a place of joy and love. "That's why girls continue to be counselors and campers year after year," Sanchez said. "It's a truly magical place where two weeks can feel like a month, and everyone feels like family.

... I'm proud to know Mystic and to have worked there." She emphasized the impact that Mystic had on her childhood and said it changed her in the

"I can truly see the impact of Mystic in my everyday life, even in the way that I met my best friend and little there," Sanchez said. "God played such an important role in that and used Mystic for His greater good. Mystic is love, and friendship and girlhood all wrapped up in one big green bow."

Webster Market gains Uptown Cheapskate, Wrangler, boutique

LEXIE RODENBAUGH

Arts & Life Writer

Webster Market is no longer just a promising idea — it's now a shopping, dining and community destination in the heart of Waco. This market at 1001 Webster Ave. is showing real signs of becoming one of the city's quiet, go-to recreational spots.

Last April, the Webster Market was in the early stages of development, promising to bring "both locals and tourists a place to enjoy local shopping close to downtown," Hannah Parker, property manager, said.

Now, the Market is home to Wrangler, The Flamingo Ranch, Conner Creek Boutique, Casa Do Brasil and Uptown Cheapskate. In addition to these, the market still has plenty of spots open for lease.

Bryce Shannon, owner of Conner Creek Boutique, said she chose the venue because she's always wanted to open a storefront in Waco.

"It's been really good, there's been highs and lows, but I feel like that's just part of a new building and a new experience," Shannon said. "I wanted to move my business to Waco really bad — it was in Hillsboro. We just kinda looked all over and found this location, and took a leap of faith and opened it."

Lexington senior Hayden Bexley is an employee at The Flamingo Ranch Boutique. She described the market as "up-and-coming."

"They're working on getting new vendors," Bexley said. "This is the second location. ... I love the environment of working here, the great big windows. It's been super fun. There's great people who work here, and it's been exciting to see the new stores open."

Uptown Cheapskate is another addition to the market, which hosts a place for Baylor students to sell their old clothes and get cash upfront. The storefront is currently open for buying hours from 10 a.m. - 7 p.m. Monday to Friday and 12-5 p.m. on Saturday, with plans to open for selling Thanksgiving week, according to employee Raven Gonzales.

"It's been so fun being in the Webster



Brady Harris | Photograph

DENIM FOR DAYS Wrangler opened a storefront in Webster Market in September.



Sam Gassaway | Photographer

TO MARKET, TO MARKET The outdoor market on Webster Avenue is set to be a popular hub for shopping, dining and leisure among Wacoans.

Market," Gonzales said. "We just had a ladies' night the other night and that was super fun. We're just kind of waiting to get this place open and get

all of this ready. Once we get all that done, I'm hoping it'll bring a lot more business over here, which will be so much fun for everybody."

Tunesday

A&L Tunesday: Oct. 21

OLIVIA TURNERArts & Life Editor

We're keeping it emo for this week's Tunesday, with new hits from 5 Seconds of Summer, King Princess and Tame Impala. If you haven't listened yet, and even if you have, tune in to learn more about the lore behind these weekend bangers.

"BOYBAND" BY 5 SECONDS OF SUMMER (OCT. 16)

Attitude is the name of the game in 5SOS's new single, with a self-proclaimed title that says: "Yeah, we're a boyband. So what?"

This track is just a taste of what's to come in "EVERYONE'S A STAR!" which will release on Nov. 14. In the song, lead singer Luke Hemmings sings about how being in a boy band doesn't always come with the most serious of connotations, hence the self-aware lyrics, "irritates the metalheads, it's your favorite (boy band)." While it's nothing of substance and much more of a "nahnah-nuh-boo-boo!" to all the haters, it's a jam nonetheless.

"CHERRY" BY KING PRINCESS (OCT. 17)

King Princess debuted this dramatic, melancholy tune under the heat of the five oʻclock sun on Friday at ACL. The performance was chilling, with Straus sinking past the mic to the floor as she sang each chorus, referencing her fictional archnemesis, "Cherry."

The song features a whining, retro-inspired guitar refrain paired with Straus' scratchy, husky vocals that sound desperate, almost manic, screaming "Ch-ch-ch-Cherry!" in tortured bursts. Somehow, the sound leaves a sickeningly sweet aftertaste, paired with the lyrics, which sing of pining for someone straight-up toxic.

"MY OLD WAYS" BY TAME IMPALA (OCT. 17)

A rather dismal, repeating, syncopated piano riff accompanied by Parker's voice, singing of a descent into past temptations, translates into a more beat-heavy, synthy tune that Tame Impala fans can resonate with. The ever-constant, but slight change in key throughout the song truly gives the sensation that the song is sucking the listener down a rabbit hole into madness.

This first track on Parker's new album, "Deadbeat," was a standout among singles like "Dracula" and "End of Summer." If you're looking to see Tame Impala live, the band will be performing Nov. 6 at the Moody Center.

Ranking iconic vampire media, from 'Dracula' to 'Twilight'

KALENA REYNOLDS

Opinion Editor

Over the course of monster media, vampires have been showcased in a variety of different ways, from metaphors about sexuality to high school love triangles. Regardless, the sunadverse immortals consistently capture fans' delight across cinema.

Whether you're a die-hard "Team Edward" stan or are more partial to the cinematic maturities of Bram Stoker's "Dracula," you can't deny that vampire media has remained a constant throughout both pop culture and film. Regardless of whether you're looking for a Friday night fright or searching for a new movie, here's a ranking of the most iconic vampire media.

1. "DARK SHADOWS"

Topping the rankings is one of the more intelligent vampire films. "Dark Shadows" surpasses the bar on both comedic timing and great acting. With a stacked cast consisting of Johnny Depp, Helena Bonham Carter, Michelle Pfeiffer and Chloë Grace Moretz, the film is unbeatable for its visuals and uniqueness.

2. "AMERICAN HORROR STORY: HOTEL"

OK, so we don't really know if these are vampires. It's never mentioned directly in the season, but Lady Gaga and Matt Bomer play an eccentric, blood-drinking, high-fashion power couple, and if that doesn't scream vampire, then I don't know what does.

Bringing the series to second place, "American Horror Story: Hotel" is leaps and bounds more unique than the majority of vampire media. While the word "vampire" is never mentioned in the film, the ambiguity crafts a lens of curiosity—bonus points for the soundtrack, which is unmatched.

3. "TWILIGHT"

I don't care what the critics say, "Twilight" was a crucial part of 21st-century youth culture. Between fluorescent lighting and "spider monkey" references, this movie has received its fair share of internet backlash. Regardless, I don't care. The visual elements of the Pacific Northwest scenery increase the film's *je ne sais quoi*. Sure, this series loses some street cred post-puberty, but no franchise has had me on the edge of my seat like this one. It's so bad, it's great

"Twilight" lands in third place on the list, not



Photos courtesy of IMDb

due to any over-the-top acting performance or plot narrative but rather because of the impact on Generation Z culture.

4. "THE VAMPIRE DIARIES"

Our favorite Abercrombie & Fitch-dressed blood suckers not only left a legendary mark on vampire media but also helped solidify vampire culture for the 2000s, bringing this series to fourth place. From Damon's long series to never knowing if you were watching Elena or Elena's evil twin, "The Vampire Diaries" was never short on a pretty face or mysterious new love interest.

Unfortunately, TVD falls into some routine vampire stereotypes, such as the centuries-old, hair gel-ridden vampire falling for the naive high school girl with a broken family. However, the show finds its redemption in its unforeseen plot twists and intelligent historical narratives.

5. "INTERVIEW WITH A VAMPIRE"

Let's be real, "Interview With A Vampire" walked so "Twilight" could run. It's unfortunate, however, that we had to waste Tom Cruise and Brad Pitt's vampiric debut on such a questionable storyline. While this is probably some of the best acting you're going to see in relation to vampire films, this plot becomes harder to digest the further in you get. Ultimately, this ranks sixth, due to the questionable narrative.

6. "DRACULA" (1992)

Guys, let's be honest here. Someone let this poor guy out of the closet. Sixth place.

7. "THE VAMPIRE ACADEMY"

This one falls to the bottom mainly because of the C-list acting chops, but the storyline is quirky and never fails for a cheesy Friday evening movie night with friends. This movie won't be winning any Oscars anytime soon, but it offers a fresh take on the vampire storyline.



MYSTERY from A1 —

"Two detectives meticulously and creatively pursue the killer, despite encountering bureaucratic resistance from the higher echelons of administrators in the Waco Police Department and Baylor University," the synopsis reads.

Nogalski said the characters in the book are amalgamations of people they have known.

"We say in the acknowledgments in the front of the book that this is the place where the authors usually thank the people who've helped them research things about things that they didn't know," Nogalski said. "We say, 'We didn't have to do this. This is about people we have known through our careers."

Students may recognize the detectives' journeys from their own class routes, as the characters in the book are scattered across campus.

"During that time, there were about 25 religion faculty, and they were in buildings all over campus, because they were supposed to be put in one place, but then COVID hit, and

they couldn't cram them all into that one space," Nogalski said.

For example, Nogalski said the detectives walk from Morrison Hall to Pat Neff Hall to the Alexander Residence Hall basement and Cashion Academic Center.

"One of our readers said, 'You know, Tidwell is actually a character," Nogalski said. "The Tidwell Building is actually a character in this novel, but so is Baylor University, because it's all over the campus."

The book also includes multiple restaurants around Waco, including Sascee's Southern Style Eatery, Cajun Craft and the downtown Café Cappuccino.

"I asked my wife if it sounded like two academics wrote the book," Nogalski said. "And she said, 'No, it sounds like two police detectives eat and solve crimes."

Nogalski said the next two books will be "Missing from the Tidwell Building" and "Mayhem in the Tidwell Building."

"We've already started the second novel,"

POPULATION from A1-

entering higher education are hungering for a deeper life ... spiritual answers. Most colleges and universities hands-off those questions."

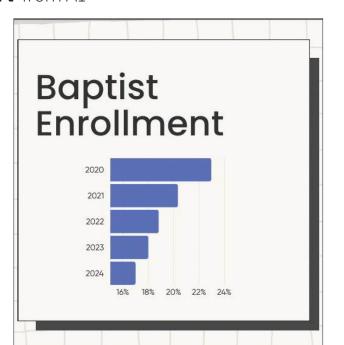
Although Baylor's student denomination has shifted, Sriram said he didn't see a large difference working in Student Affairs. Moreover, he said he witnessed connection rather than division.

"This is a great opportunity to exercise uniformity," Sriram said. "We can be reconciled and not believe all of the same things."

Eliiah Waco senior Bonow has witnessed the rise of nondenominational firsthand. Christianity Bonow grew up attending Antioch Church in Waco before his family moved to Houston when he was 10. In Houston, Bonow's father served as a pastor at Antioch in Houston. When his family moved back to Waco at the start of his freshman year, Bonow reconnected with Antioch in Waco and now serves as a life group leader and part of his church tech crew.

Bonow said his beliefs as a nondenominational Christian not different fundamentally those of other Christian denominations.

"It's easy to view a nondenominational church



Alexia Finney | Staff Writer

CHANGING POPULATION Baylor's Baptist student population has dropped by 10.1% since 2018 and more than 6% since 2020. Data for the 2025 school year has yet to be released.

as rejecting tradition," Bonow said. "For me, that's not the case because it's just the tradition and norms I am used to"

said nondenominational views Christianity as a different style, not a different belief, meaning all denominations honor the

"I think the point of a nondenominational church is to follow Jesus rather than of a denomination." Bonow

said. "I see plenty of friends in my circle who resonate with styles that are different from my own."

Baylor's As faith diversifies, students Bonow see the change not as a loss of identity, but rather a step toward a more inclusive expression Christianity on campus.

"I would love for the church to continue to grow toward less of a denominational split affiliate with the connotations and more interdenominational unity." Bonow said.

Mind and Motion offers new name, same gains

ARDEN BERRY

Staff Writer

Female students can strengthen their body and brain with Mind and Motion at Baylor, an all-women wellness organization.

Until this semester, the organization's name was GAIN. However, Owasso, Okla., junior Liz Lake, vice president of Mind and Motion, said they changed the name because prospective members kept confusing it with a weightlifting club with a similar name.

"We'd run advertising, they'd all sign up for the wrong club," Lake said. "But since changing the name, rebranding a bit, it's gone really well."

Phoenix senior Aleah Schippers, president of Mind and Motion, said Killeen senior Maya Alexander, secretary of the club, came up with the new name.

"We all just loved it," Schippers said. "That's why we picked it, because we felt like it covered both of the aspects of our club. We're a wellness club, so we try to focus on mind and motion."

To address both mind and motion, Lake said the club has "goal groups" that tackle different areas related to mental and physical well-being.

"I run a running group, so definitely more of a motion group, but there's also academic wellness groups and other things that are made specifically to what our members are wanting," Lake said.

Schippers said the organization has about

"We just wanted to be welcoming to all

Baylor women," Schippers said. "We don't want to have a certain demographic or anything like that. I know people are like, 'Oh, I've never worked out before.' And I'm like, 'Well, you would fit right in."

Additionally, Schippers said the club holds social events for these members.

"We have a gala at the end of the semester where all the girls that did all the credits get to come," Schippers said. "I think this semester we're going to go to Slow Rise on the Brazos."

For the motion part, Schippers said the biggest aspect of the club is that it partners with different workout studios around Waco

"I think our most anticipated events are what studios we're going to partner with," Schippers said.

As a bonus, Schippers said these studios often give Mind and Motion members discounts if they continue to work out there.

"I just really like that because you get to do a bunch of different stuff that you wouldn't normally do," Schippers said.

According to the Mind and Motion Instagram, workouts are members-only, but students who do join experience a variety of workouts.

"This month, there's a pilates push," Lake said. "We've done more intensive hip workouts in the past, like next week we have Anytime Fitness, so we have four different workouts with them, and MMA conditioning to just abs. So really a variety, so our members can pick what interests them."

AIRPORT BUS from A1-

need for a vast majority of the student body. For many out-of-state students, the commute back home is challenging and expensive, whether it's due to tedious transportation or long-term airport parking.

Boston sophomore Michael Thekaekara said he deals with these issues when he travels home for breaks.

"Traveling can be intense and expensive," Thekaekara said. "The public transportation system itself is inefficient, especially in Dallas."

The public transportation system is stressful for Thekaekara, and only a few bus rides from Dallas to Waco, the options are limited.

"The shuttle bus would ease my mind," Thekaekara said. "I wouldn't have to

worry about parking or expensive travel."

Glen Ellyn, Ill., junior Micah Johnson expressed having his fair share of difficulty traveling

"If you're out of state and don't have a car, it becomes a hassle because you have to ask your friends for a ride, and if they can't, you have to rely on bus tickets and Ubering," Johnson said.

Johnson said the public transportation system is unreliable and, at times, has few options.

"I missed my bus one time," Johnson said. "And there are not a lot of buses that come to Waco, so I had to buy an Uber that costs almost \$100."

Las Vegas sophomore Josh Kim said traveling back home is also a hassle. Kim usually asks for rides to and from the airport during breaks, but he said it's harder when he has to rely on others to take him.

"I usually try to give my friends a two to three week notice in advance, but even then, some will forget or change plans, which is hard to work around," Kim said.

For many like Kim, driving is out of the equation and the commute to the airport takes a lot of planning with friends.

Johnson said the airport shuttle bus is a necessity and will be a good service to the student body.

"A shuttle bus from Baylor allows students to have a more lax and comfortable connection to DFW airport and home," Johnson said.

