Eating like pigs:

HELENA HUNT
Staff Writer

A study conducted by Oregon State University in 2011 found that more college students fail to consume the amount of fruits and vegetables recommended by the Academy of Nutrition and Dietetics. Baylor nutrition sciences professor, Dr. Eric Wilson, said that balanced diet is integral to students’ performance in the classroom.

“Proper nutrition fuels the brain. If your brain isn’t working, you can’t learn very well,” Walter said.

Wilson said eating balanced meals may be difficult in students’ daily routine. At home, many students had ready access to these foods. At school, students have to choose from among the options in a dining hall or prepare their own meals. Eating well, for many, may become more difficult when students have to make their own choices, Walter said. She also acknowledged that the dining hall provides access to all the food groups — but it is the student’s responsibility to avoid the temptation presented by the bounty at Penland or East Village Dining Halls.

Baylor’s Department of Wellness is in place to promote students to make these healthy choices. The department’s programs aim to educate students on the requirements of a healthy diet and physical well-being.

One of the department’s programs brings peer leaders to residence halls across campus to focus on developing good eating and exercise habits.

These peer leaders are current Baylor students who know the food options in the dining halls and habits in their daily routine.

“There are a lot of incoming freshmen who weren’t the primary cooks making the meals,” said Port Watts senior, Janelle Walter.

HEALTHY Page 4

BAYLORS BANDS

Composer commends music students during visit

EMMA KING
Staff Reporter

World renowned composer John Mackey is spending the week attending Baylor music students’ rehearsals and concerts. Corpus Christi sophomore, Andrea Canizzaro said working with Mackey is almost like working with Mozart or Beethoven for these music students.

“She’s very popular,” Houston sophomore, Isabela Yu said. “Probably every band student in the nation has heard his music before.”

Not everyone has had the opportunity to collaborate with him, like these Baylor students. Their music director, Dr. Eric Wilson, said he got the hang of working with Mackey over the years.

“Here on the university campus, we expose them to the highest level of music,” Wilson said.

Mackey, who is also an editor of The American Academy of Music; Carnegie Hall; the Kennedy Center; Wolf Recital Hall; pupils ofiants Festival in Italy; Seattle Opera House; the Brooklyn Academy of Music; the Royal Festival in London; Kennedy Center; Weill Recital Hall; Jacob’s Pillow Dance Festival; Italy’s Spoleto Festival; Austria; Brazil; Germany; England; Australia; Chile; Japan; China; Norway; Spain; Colombia; Austria; Brazil; Denmark; England; Australia; New Zealand; and the United States, according to his Facebook page.

“Wine Dark Sea” was very scary, but after listening to it and working through it, it isn’t so difficult now,” Asthana said.

“When a good director like [Baylor director of bands] Dr. Eric Wilson, you get the hang of it,” she said.

On his Facebook page, Mackey said the world premiere performance of “Wine Dark Sea” will blow the roof off of the music hall. He said their performance of “Sheltering Sky” will be jaw-dropping.

“I have truly never heard it sound better,” Eric Wilson and his students took incredible risks in pulling every nuance — things I didn’t think would work well — which will not leave out of those 11 pages of music,” Mackey posted on Facebook.

Mackey’s pieces have been performed in the Sydney Opera House; the Brooklyn Academy of Music; Carnegie Hall; the Kennedy Center, Wolf Recital Hall; Jacob’s Pillow Dance Festival; Italy’s Spoleto Festival; Alice Tully Hall; the Joyce Theater; Dance Theatre Workshop, Japan; Chile; China; Norway; Spain; Colombia; Austria; Brazil; Denmark; England; Australia; New Zealand; and the United States, according to his Facebook page.

“We’re obviously one of the foremost wind ensembles of our time,” Mackey said.

“When you’re working with him just seeing how far you can push the envelope, it’s exciting,” Asthana said.

It is because of Wilson and the opportunities to work in close quarters with the world’s foremost wind composers. He said that he definitely special experiences and that Mackey is a true composer and as an educator.

“Not that many people are in our position to make that kind of a commitment,” he said.

“Even if you should not apply to be like that Asthana,”

>> WHAT’S INSIDE

EMMA KING
Staff Reporter

Former United States Congressman Chet Edwards, spoke on campus to students about job opportunities.

“Choose a career, choose a job that you love doing,” Edwards said. “Something that you are ready to work everyday wanting to do.”

Throughout Edwards’ career he has represented portions of North Texas, Central Texas and the Brazos Valley in Washington D.C. from 1995 to 2011. He has also served on the House of Budget and Appropriations Committee among various others.

“Ends are life Farm to Table Dinner: Milo Local Producions and Kindred Event Studios host no tech get together.”

sports

Baylor Volleyball: The Bears look to finish TCU tonight and take down the Horned Frogs at the Ferrell Center.

Heads are where you can’t be.

Students may not be consuming the most nutritious brain food possible.

HELEN HUNT
Staff Writer

A study conducted by Oregon State University in 2011 found that more college students fail to consume the amount of fruits and vegetables recommended by the Academy of Nutrition and Dietetics. Baylor nutrition sciences program coordinator, Janellie Walter said that balanced diet is integral to students’ performance in the classroom.

“You can look at the music and play it, but...” Asthana said.

Mackey made it very easy for them to do that. Asthana said.

He said Mackey was very complimentary after they played his pieces for him, but that he gave some good feedback too.

“Very easy, very friendly, and very nice,” Yu said. “But he didn’t know what he was teaching!”

Asthana said rehearsals were a two way street, however, and that Mackey even noticed some techniques the wind ensemble was using that he told them he hadn’t thought of.

“His rhythmic sense is phenomenal. I think we should all aspire to be like that,” Yu said.

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Choose to love yourself

ASHLEY WEBB

“Two tux-ties. Too much tux.”

Ever since I was little, these comments were the first I can’t tell you how many
times I stood in the mirror wishing I had a different face. A different personality.
I was full of self-loathing, so I isolated my personal brand from my company.

To be my ideal self, I began begging, but

becoming an unretouched, unedited
person. People would like me
more.

But I was harassing myself
more than making myself
hated. I tried clothes
and became more
reserved. I began to
pressurize my friends
and shamed.

I began to doubt myself, but
I thought I could fix it. But it still wasn't good enough. I was always finding
something to be ashamed of.

I realized I wanted to make a change
and showed the real Ashley Webb.

The key thing about accepting yourself
is to be kind to yourself while also
accepting your imperfections.

So I'm heading in the right direction.

I have completely accepted" I tell myself
a long way to go.

It's a day-to-day process
of motivating yourself
and being kind enough
to share your true self with
other people.

You'll have your good days, and you'll
have your bad days. It's tough,
but you shouldn’t bear yourself up about it. Acceptance
is not easy, but try to do it.

Nothing is more liberating that living
your true self. When nothing's that to hide from, there's
this comfort of becoming yourself. Ashley Webb is a senior journalism and
psychology major from San Antonio. She's the reporter for the Lariat.

Waco has power to revitalize other side of Brazos

In recent months, the city of Waco
money into reconstruction and revitalization of downtown and
in surrounding communities. The Fixer Upper
renovation and revitalization of First Friday events have proven
successful in bringing traffic to the heart of Waco, where small businesses
are growing.

Starting from First Street to University Park
Downtown, downtown has become a
place to walk and enjoy nightlife. However, on the other side of the
Brazos River, downtown is
an issue for Waco.

Waco is historically one of the
most bustling. Elm Street
is home to crumbling housing
abandoned buildings and a food
court. Wacoans have become
aware of the issue since our generation
that East Waco has never been part of the
most bustling. Elm Street
houses a couple of art galleries
and the peaceful ground to table restaurant Lula Jane’s. While this
street attracts people to early-
morning breakfasts and granite
lunches, it’s the only area available
for acceptance.

With a city effort to expand on
the other side of the Brazos, East
Waco can create an area where
people could take part in new
activities. The city would like to
reconvene the old Elm Street
community.

Approaching a girl and asking
for her number is an art at
many have done at some point
in their lives. While some have mastered it and others have
struggled, it's a tough thing to do.

However, the thing she should
talked about is the fact that it's
she can be. For a girl to give a
guy her number and then
never reply when he calls
is a violation of rights.

On the other hand, you should
call her again and set up a date. Then, the worst happens.
She doesn’t reply. For even worse, she replies with short
answers. “Thinking maybe she's just free, you decide to give her
another day, but to no avail.”

What did you do wrong? In
girl's experience, you did nothing
wrong. This is exactly the problem
with society today girls are
too nice and do not know how to
say that they are not interested.

Why can't girls just say to a
guy that she clearly has no interest
in him without having to
hurt his ego?

I feel like girls have convinced
themselves that ignoring a guy a
much more safe than just telling
him that she is not interested.

They don’t want to hurt the
guy’s feelings.

However, from my experiences,
when a girl does not reply or
make up excuses as to why she
never replied, it hurts the
guy’s ego. Personally and I have
spoken for the majority of girls,

at least will rather a girl just
gives her number as her
touchy an open to give it to him.

Now, think through process also
applies to guys and girls who have
sent out several times, just by
themselves. Usually, if the girl
becomes confused, she will
slowly withdraws from interaction
until eventually he gives up.

She might use excuses like,
“Girls, we know this isn’t true.
It’s a guy takes
time to enjoy a talk, she is just not interested.

But the guy has been at
place at times
onesday, if they wanted to reply,
they would have replied.

I’m initiating the idea that
the girl (or whatever reason)
disappeared, caused the guy’s

Let’s make use of the acclaimed
Waco Simpson Bridge and give
something a purpose beyond it as
for background pictures. Let’s
bridge the success of downtown revitalization and
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To help us caring about what
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Students create portfolios with Canvas

JILLIAN ANDERSON  
Reporter

As students get ready to look for jobs, resumes and work samples are a must. More often than not, employers are looking for online information and sources. An online presence gives people an edge in the race to form a .zip file that opens in an HTML format.

Canvas, and they will be visible in chronological order with recent submissions at the bottom of the creation page. Users can choose which assignments to add. Users can create several pages with a low level of customization.

ePortfolios allows students to import work from their Canvas or Canvas, and they will be visible in chronological order with recent submissions at the bottom of the creation page. Users can choose which assignments to add. Users can create several pages with a low level of customization.

If you turn in a paper and did really well on ePortfolios allows students to import work from their Canvas or Canvas, and they will be visible in chronological order with recent submissions at the bottom of the creation page. Users can choose which assignments to add. Users can create several pages with a low level of customization.

"If you're ending your academic career, ePortfolios is an option, " said Lance Grigsby, a senior academic consultant with Online Teaching and Learning Services. Once a user creates an ePortfolio, he or she can access all assignments submitted to Canvas, and they will be visible in chronological order with recent submissions at the bottom of the creation page. Users can choose which assignments to add. Users can create several pages with a low level of customization.

"Anything can get to it, " Grigsby said.

"Anyone can get to ePortfolios, " Adams said. Online MBA students have used ePortfolios and that it is a great tool for graduate students looking to keep track of their work.

An ePortfolio doesn't give user a great deal of control over how the page can be viewed in terms of images and documents. However, anything posted to an ePortfolio can be exported in the form a .zip file that opens in an HTML format.

"If you're ending your academic career, ePortfolios can help you collect it, " said Ric Adams, a member of Online Teaching and Learning Services.

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"If you're ending your academic career, ePortfolios is an option, " Adams said.
steve karnowski
Associated Press

st. paul, minn. — an appeals court indicated tuesday that there is no longer a question whether a new trial in joseph vance's defamation lawsuit over the book "american sniper" is necessary because jurors were told the publisher's information during the trial.

the 8th circuit court of appeals said in its order that there is no new trial because the "jury was apprised of the evidence in the case at the time of its deliberation."

the case involves a dispute between vance, a former afghan war zone sniper, and his publisher, simon & schuster. the publisher was found guilty of libel and must pay vance $1.8 million in punitive damages.

the court said tuesday that the new trial was ordered because of an error in the jury instructions, which jurors were told to factor into their deliberations.

the publisher's spokesperson, brad stewart, said in an email to the minneapolis star-timer that the appeals court's decision is "valid and expected." he added that the publisher is "familiar with the decision and will move forward in a positive way for the case."
A Fare to Remember

Fresh food and tech-free time sets table for conversation

HELENA HUNT
Staff Writer

At most restaurants, diners come with friends and family and sit at a table side by side. Milo Farm to Table Dinners, hosted by Milo Local Provisions and Kindred Event Studios, is like that. At Thursday’s dinner, guests will be spread along a communal table meant to bring them together around food and conversation.

Although tickets for this week’s event are now sold out, Milo and Kindred Event Studios are planning on serving more dinners in the future. Tickets for the dinners typically cost over $75 per person and come with a full three-course meal and drinks.

Each Farm to Table dinner takes place in a different location. This week’s will be set up in Cameron Park, a location adjacent to the Brazos River. The first dinner, held in mid-September, was in downtown Waco.

The idea behind the Farm to Table Dinner, which will benefit local nonprofit Talk More Tech Less, is to start a community around delicious, locally sourced food shared with neighbors.

“This dinner is a lot about getting outside of what’s happening on your phone or what’s happening online. At the dinners, it’s one long table and there are no reservations,” said Corey McEntyre, the owner and chef of Milo. “Sometimes people come in couples, sometimes people come in groups. But you always end up sitting next to somebody you may not know. Most of our courses are served family-style, so you have to pass [the food] and talk to people you may not know. By the end of the night everyone is talking to someone they didn’t know before.”

Talk More Tech Less was founded by McEntyre and his wife. The group creates strategies to limit technology dependence and return to face-to-face conversations, and they do this through Farm to Table Dinners and other events like Talk More Tech Less well with the idea of unpluging and connecting.

McEntyre said he enjoys the opportunity to interact with the guests at Farm to Table Dinners. While he many not normally be able to communicate with the customers at his Milo farm truck, with a captive audience he has the chance to discuss his ingredients and cuisine.

Each dinner features fresh seasonal ingredients from local farms and purveyors. Thursday’s menu will include a wheatberry salad and an apple chess pie served with caramelized apples, Texas quail served with a fennel and endive salad with hazelnuts and argan, and a chile honey buttermilk cake served with figs. The meal will begin with a wine paired with local honey.

“We want people to unplug, get away and talk to the people they’re with,” said Donna Wible, founder of Talk More Tech Less. “We feel like dinners going to represent Talk More Tech Less well with the idea of unpluging and communicating.”

Today’s Puzzles

Across
1. Really frighten
2. Finely contoured
3. City with a Pumpkin Run classic
4. “Despicable Me 2” company
5. Nice time for toasting
6. Robin’s family
7. “I have broke your __ to say so!”
8. “Just gonna stand there and hear me cry” with the lyric
9. Something to grab
10. Musical theme
11. News initials since 1851
12. Homecoming Parade begins, 7-9 a.m.
13. Baguette surfaces at a car show
14. Valuable deposit
15. Shakespearean fame
16. A film follower?
17. 2012 film bear
18. 1943 Pacific island battle site
19. Obi-Wan portrayer
20. Eponymous magazine founder
21. The Bahamas’ __ Islands
22. Barred furniture
23. Gibraltar output
24. Verizon bundle
25. Square, in ’50s slang, as shown by the lyric “You know they’re bad when…"
26. 67th Street, “Waco Hippodrome”
27. God, in a midrash
28. Depressed area?
29. Things to grab
30. From square one, to Severus
31. Hard-hit liner, in baseball lingo
32. Hard
33. They’re often lit
34. Won’t measure up
35. Fountain output
36. Hard
37. Something to grab
38. Shock
39. Valuable deposit
40. Depressed area?
41. Prolonged lament
42. Shock
43. Builder of Jerusalem’s First Temple
44. Worth writing home about
45. Badly deteriorated
46. Depressed area?
47. Complete
48. Organ theory pioneer
49. 1970s sitcom with an unkind conclusion musical theme
50. Building at the end of the name, in midnight
51. _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ ..
Eyes on Manning as he drives Giants to victory

Joshua Davis

You might expect a program that had struggled to make a good game 25 years ago to be built around a defense that puts the ball away for six to eight games this season. However, for No. 3-ranked Baylor, qualifying to play in a 13-game season is just a part of the new plan.

“We’ve achieved the first goal to become bowl-sighted,” said junior quarterback Seth Russell. “The next goal is to win the Big 12, and after that it’s whatever bowl we get into and make it to the national championship. It’s just that first step of making history.”

The Bears’ changing of the guard has brought about a new mindset. Players have to expect bowl games and set their sights on better expectations of playing for a national championship. Being bowl-sighted is expected for Baylor, especially after having done it for four straight years, said Russell.

The trend native recognized the achievement and said the program is rebuildable for the post-season north, though.

Anyone is an expectation for where the school used to be. Prior to the 2015 season it was kind of like ‘you got six wins, you’re done this year,’ Russell said.

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On a defense that is devoid of great depth and a secondary, the Cowboys could continue to struggle. Without Romo and Bryant, the Eagles could capture the NFC East title and even the season at 3-3 when they play. Murray at times.

So far, the only guys that have stepped up and played well for the Cowboys are Sean Lee, Bryan Jones and Miles Claiborne.

Despite the struggles, Plummer has been placed strictly on Manning and the offense to pile on points and keep the ball away from opposing defenses. The New York Giants are out of almost as consistently as they are.

But in a division rich with history and electric fan bases, they have a chance to gain momentum. To have the aces that we did, you can get. And the Redskins are just the Redskins. In a division with rich history and electric fan bases, they have a chance to gain momentum.

Thursday can’t be said about the loss of Tony Romo and Dez Bryant. Without Romo, the Cowboys’ offense has been an afterthought.

The explosion, the big plays and the big games have gone away. Their fans scratching their heads and angrily chowing down with the debacle of the Redskins’ game still leaving them to catch up. The Eagles lead the division at 3-3 tied with the Giants. However, the Eagles have been down as you can get. Without Romo and Bryant, the Eagles could capture the NFC East title and even the season at 3-3 when they play.

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