

# Baylor Lariat

WE'RE THERE WHEN YOU CAN'T BE



OCTOBER 21, 2015

WEDNESDAY

BAYLORLARIAT.COM

## BIG 12 CHAMPS

# Eating like pigs:

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



Photo illustration by Trey Honeycutt

**HELENA HUNT**  
Staff Writer

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

"Proper nutrition fuels your brain. If your brain's not working, you can't learn very well," Walter said.

Walter said eating balanced meals may be difficult as students adjust to university life. At home, many students had ready access to fruit, vegetables, dairy, meat, and whole grains — all five food groups. 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 temptations presented by the bounty at Penland or East Village Dining Halls.

Baylor's Department of Wellness is in place to prepare students to make these healthy choices. The department's programs educate and inform students on the requirements of a healthy diet and physical wellbeing.

One of the department's programs brings peer leaders to residence halls across campus to educate freshmen on developing good eating and exercise habits. These peer leaders give new students the tools to find good meals in the dining halls and healthy habits in their daily routines.

"There are a lot of incoming freshmen who weren't the primary ones making the meals," said Fort Worth senior

**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 Andres Camarillo said working with Mackey is almost like working with Mozart or Beethoven for these music students.

"He's very popular," Houston sophomore Julie Yu said. "Probably every band student in the nation has played his music before."

Not every student has had the opportunity to collaborate with him, like these Baylor students have this week. Mackey has worked with both the Baylor Symphonic Band and the Baylor Wind Ensemble.

His time with the wind ensemble has been a group effort, said Sugar Land senior Sam Asthana.

"You can look at the music and play it, but

only the composer knows how it's supposed to sound," Asthana said.

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

"He's very energetic, lively, and very nice," Yu said. "But he knows what he wants."

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.

Baylor's symphonic band played Mackey's piece "Kingfishers Catch Fire" at its concert on Monday. The wind ensemble will play "Sheltering Sky" and "Wine Dark Sea" during its 7:30 p.m. concert on Thursday in Jones Concert Hall.

Yu said that at first glance, "Wine Dark Sea" was very scary, but after listening to it and

working through it, it isn't so difficult now.

"With 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 wind ensemble's 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 take incredible risks in pulling every nuance — things I didn't even know were there — out of those 11 pages of music," Mackey posted on Facebook

Monday.

Mackey's pieces have been performed in the Sydney Opera House; the Brooklyn Academy of Music; Carnegie Hall; the

Kennedy Center; Weill Recital Hall; Jacob's Pillow Dance Festival; Italy's Spoleto Festival; Alice Tully Hall; the Joyce Theater; Dance Theater Workshop; and throughout Italy, Chile, Japan, China, Norway, Spain, Colombia, Austria, Brazil, Germany, England, Australia, New Zealand, and the United States, according to his website.

"He's obviously one of the foremost wind-band composers of our time," Camarillo said. "The fact that we're playing with him just sitting feet away from the stage is incredible."

Asthana said it is because of Wilson and Dr. Gary Mortenson, the dean of the School of Music, that Baylor students get so many opportunities to work in close quarters with composers. He said these are definitely special experiences and that Mackey is a true composer and an overall fun and energetic person to spend time with.

"I think we should all aspire to be like that," Asthana said.



Mackey

## SPECIAL GUEST

# Former congressman speaks about job opportunities

**STEPHANIE REYES**  
Reporter

Former United States Congressman Chet Edwards spoke on campus to students about careers in public service, internships and working in Washington, D.C. on Tuesday. The Office of Career and Professional Development hosted the event.

After spending approximately 20 years in politics, Edwards said, he could tell students about the good, bad and ugly side of public service. He believes students should pursue a career that they truly enjoy and are passionate about.

"Choose a career, choose a job that you love doing," Edwards said. "Something that you get up 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 1990 to 2011. He has also served on the House of Budget and Appropriations Committee among various others.



Trey Honeycutt | Lariat Photographer

**PUBLIC SERVICE ANNOUNCEMENT** Edwards came to Baylor Tuesday to share his experiences and insight into a life in public service.

Edwards said an important decision students will have to make once graduating college is deciding what kind of job they want.

"You are going to spend on average over 2,000 hours a year in this job," Edwards said. "At the end of the day, do what you love doing."

There are many jobs in public service and many of them are not in Washington D.C. or in the federal government, Edwards said. In addition, 15.7 percent of all the jobs in the United States are government jobs.

"There are many, many opportunities in the state and local level to jump in and be involved and make a difference," Edwards said. "It's a job you can feel good about at the end of the day."

Edwards said there are going to be various openings within the federal government for people once many baby boomers decide to retire in the next five to 10 years, including several million jobs within the federal government sector.

"I know many of you want to use your skills

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**GOT SOMETHING TO SAY?**

**We want to hear it. Send us your thoughts:** LariatLetters@baylor.edu

**COLUMN**

## Choose to love yourself

**ASHLEY WEBB**  
Reporter

"You're too quiet. You're too heavy." Ever since I was little, these comments were what I heard. I can't tell you how many times I stared in the mirror wishing I had a different body or a different personality. I was full of self-doubt, so I molded my personality based on my company.

To fix my ideal self, I began eating less, exercising more and becoming an extrovert, hoping people would like me more.

But I was hurting myself more than making friends. I hated myself. I wore baggy clothes and became even more isolated. I stayed in my room and became more and more reserved. I began to experience anxiety, self-loathing and shame.

College began, and I decided to reinvent myself. I joined clubs and became more sociable. I made friends and did what I thought college kids did. But it still wasn't good enough. Something was missing.

It seemed I had come to a crossroads: Continue the lie I had been living for the past four years or learn to accept myself.

I chose the latter. I realized that I was never going to be a size two, and I was not going to be the center of attention. That wasn't me.

I realized I wanted to make a change and embrace my imperfections. I realized my personality was something I should cherish.

Being shy makes certain things difficult, and it's something that I've been working on. I enjoy going out and socializing, but I also enjoy being alone.

The key thing about accepting yourself is to be kind to yourself while you're going through the acceptance process. Even though I'm still shy and not my ideal size, it's no longer my top priority. I exercise and eat healthy and no longer freak out when I have to talk. If I make a mistake or mix up my words, I laugh to myself about my nervousness and tell myself everyone gets nervous.

So I'm heading in the right direction. Am I completely accepting? No, I have a long way to go. It's a day-to-day process of embracing yourself and being fearless enough to share your true self with the world.

You'll have your good days, and you'll have your bad days. Yet you shouldn't beat yourself up about it. Acceptance is not easy, but you can do it. Nothing is more liberating than being yourself. When there's nothing to hide from, there is this confidence that you never want to let go of.

*Ashley Webb is a senior journalism and psychology major from San Antonio. She is a reporter for the Lariat.*

## WE SAY YOU SAY

**Tuesday's survey question:**  
Do you support UT-Austin's #cocksnotlocks protest to the campus carry law?

**67% said YES**  
**33% said NO**

**EDITORIAL**

## Go East, young man

### Waco has power to revitalize other side of Brazos

In recent months, the city of Waco has been pouring money into reconstruction and revitalization of downtown and its surrounding counterparts. The food truck row, the Hippodrome renovation and utilization of First Friday downtown have proven successful in bringing traffic to the heart of Waco, where small businesses have grown.

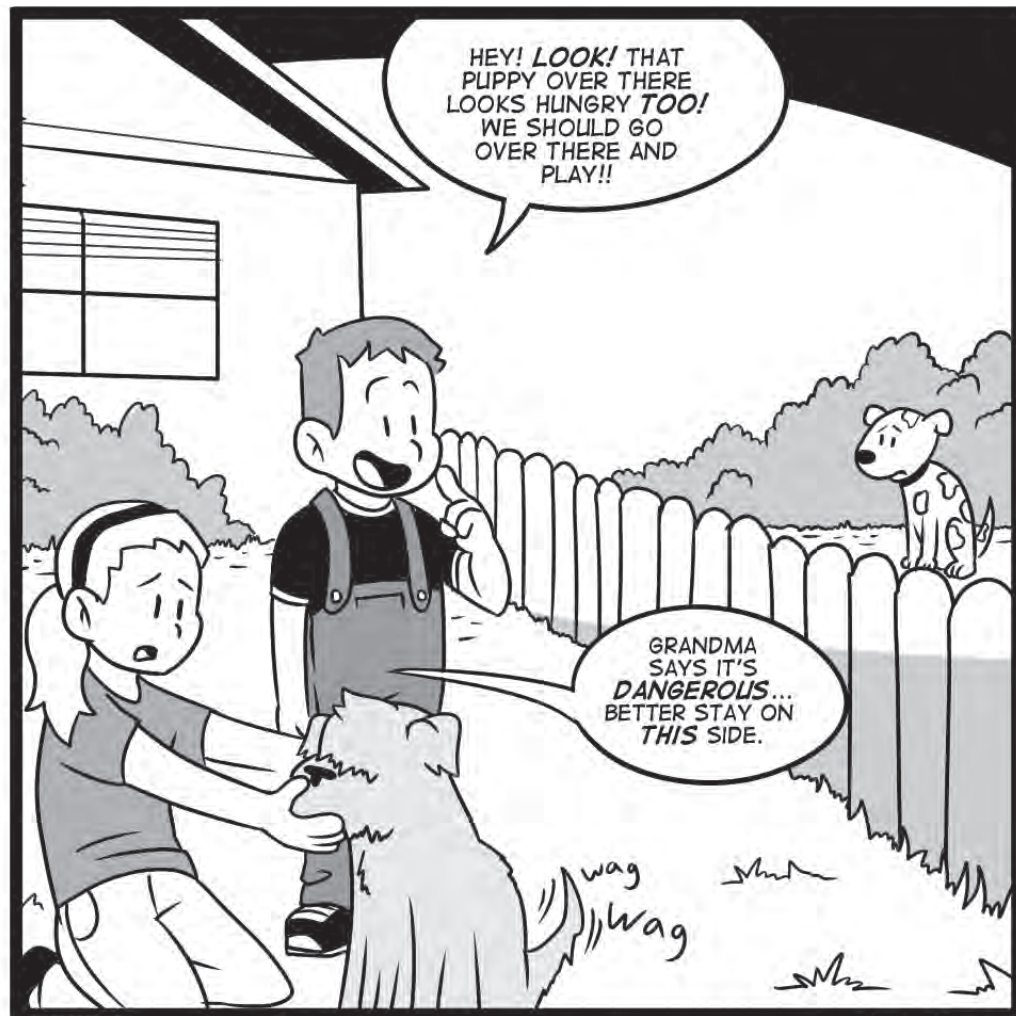
From 18th Street to University Parks Drive, downtown has become a place students and Wacoans live, explore and enjoy. However, on the opposite side of the Brazos, there's a community yearning for the same treatment.

East Waco is historically one of the lowest socioeconomic areas in the city. With the exception of Elm Street, the neighborhood is home to crumbling housing, abandoned buildings and a food desert. The stigma has existed since before our generation that East Waco should never be visited.

The city has the power to change this.

After speaking with a couple of small business owners in that area, it's apparent East Wacoans are aware of the stigma. While they're hopeful the distaste will subside, they said they don't understand why age-old mindsets are prevailing about the area.

Granted, the location isn't the most bustling. Elm Street



ASHER

@asherfreeman

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 quaint lunches, it's the only area available for enjoyment.

With a city effort to expand on the other side of the Brazos, East Waco could sustain an area where people could take part. Eventually this would revitalize and bring revenue into the neighborhood.

Art on Elm is an event celebrated once a year in East Waco. With vendors from all over Waco and local businesses on Elm Street supplying the goods for

everyone to enjoy, it's become a time to enjoy the company found in the east's community. They'll be the first to tell you, they're just as nice as the rest of the city.

This festive time is something the city should be investing in more. It ultimately draws traffic to the parts no one would have noticed before — a brilliant tactic used to inject revenue into the area.

With the placement of McLane Stadium on the east side of the river, the city has a jumping point to spur a chain reaction down into the community that inhabits the same side.

Let's make use of the acclaimed Waco Suspension Bridge and give it a purpose beyond using it as a backdrop for pretty pictures. Let's bridge the success of downtown revitalization with East Waco and truly end the stigma of keeping away from those who inhabit its streets.

If we start caring about what seems forgotten, its purpose will be unveiled as something beautiful — something that's already appreciated by those who live and work there.

So, East Waco, here's lookin' at you.

**COLUMN**

## Not interested? Then don't give him your digits

**THOMAS MOTT**  
Assistant Broadcast  
News Producer

Approaching a girl and asking for her number is an activity all men 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, one thing that isn't talked about is the fact that it's somehow OK for a girl to give a guy her number and then never reply when he texts.

Come on, guys. You know you've had this happen before. You're at a party or in class, and you see a girl you find attractive. Eventually, you build up the courage to talk to her and possibly even get her number. Later on the next day, you decide to text her and set up a date. Then, the worst happens: She doesn't reply. Or even worse, she replies with short

answers. Thinking maybe she's just busy, you decide to try again another day, but to no avail.

What did you do wrong? In my experience, you did nothing wrong. This is exactly the problem with our society today. Girls are too nice and do not know how to say that they are not interested. Why can't girls just say no to a guy they clearly have no interest in instead of giving him their number and then not replying to his texts?

I feel like girls have convinced themselves that ignoring a guy is much nicer than just telling the guy they are not interested. They don't want to hurt the guy's feelings.

However, from my experience, when a girl does not reply or makes up excuses as to why she never replied, it hurts the guy more. Personally (and I know I speak for the majority of guys,

at least) we'd rather a girl just not give us her number than have her ignore us.

Now, this thought process also applies to a guy and a girl who have gone out several times, just by themselves. Usually, if the girl becomes uninterested, she slowly withdraws from interaction via text until eventually he gives up.

She might use an excuse like, "I've been really busy." Girls, we know this is a lie. If a girl takes forever to reply to a guy's texts, she is just not interested. EVERY girl has her phone at all times nowadays; if they wanted to reply, they would have replied.

I'm initiating the idea that if the girl (for whatever reason) becomes disinterested in the guy,

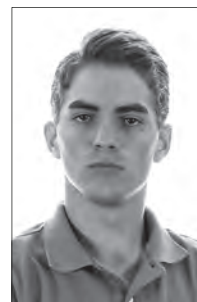
the girl needs to just tell the guy that she is no longer interested. Doesn't the guy at least deserve that?

So ladies, next time a guy asks for your number, and you don't

want to give it to him, or he's been talking to you for a while, just straight up tell him you're not interested. Do not lead him on with facade that would make him think you are actually interested.

He deserves an explanation. Yes, we will be upset at your bluntness at first, but we'd rather this than have you lead us on.

*Thomas Mott is a sophomore communications specialist major from Spring Branch. He is the assistant broadcast news producer for the Lariat.*



## Meet the Staff

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## Contact Us

**General Questions:**  
Lariat@baylor.edu  
254-710-1712

**Sports and Arts:**  
LariatArts@baylor.edu  
LariatSports@baylor.edu

**Advertising inquiries:**  
Lariat\_Ads@baylor.edu  
254-710-3407

## Opinion

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## Lariat Letters

To submit a Lariat Letter, email LariatLetters@baylor.edu. Letters should be a maximum of 400 words. The letter is not guaranteed to be published.

# 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 employment. ePortfolios are a window into that future.

ePortfolios gives students an opportunity to collect their own work and course assignments. Built into Canvas, ePortfolios can be used for establishing a small Web presence or displaying work samples.

"If you turn in a paper and did really well on it, you can bring that into your portfolio," 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.

ePortfolios allows students to import work from their devices as well as create several pages for their content. Pictures, text, course assignments and links can be added to any page. Through settings, users can rename their ePortfolio or make it public or private.

A private ePortfolio can only be seen if a user gives someone access via a link. All users can

see a public ePortfolio if they browse a person's page. There's an option to allow other users to leave comments different pages.

"Anyone can get to it," Grigsby said.

There are limitations, however. Since ePortfolios can only be shared with another Canvas user, it's limited in how users can share their work. It lacks the accessibility of a website or a blog. ePortfolios are easy to make, but lack a high level of customization.

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, materials 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 Kat

Adams, a member of Online Teaching and Learning Services.

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.

ePortfolios is an useful tool to help students build quick portfolios of classwork and assignments. There's use inside the Baylor network when it comes to applying for jobs and internship opportunities. It could substitute for a professional website or blog in a pinch, but doesn't have the longevity or access that either provides. The focus remains academic, Adams said.

"If users need a place to hold and present course assignment, ePortfolios is an option," Adams said.

## LENDING AN ARM



Sarah Pyo | Lariat Photographer

Chicago freshman Colton Wiseman learns how to create a makeshift sling on Phoenix sophomore David Roper during a first aid class on Tuesday evening at the McLane Student Life Center. The first aid class is provided by Campus Recreation once every month for \$35 per student. Visit [baylor.edu/campusrec](http://baylor.edu/campusrec) for a full list of safety courses, prices and dates.



Tribune News Service

## Finance seminar keeps professors in-the-know

**JENN WEBSTER**  
Reporter

The Baylor Finance department will welcome Alex Butler, a Rice University professor of finance, to campus Friday. Butler will give a lecture as part of an ongoing series of research seminars put on by the department.

The seminar will take place at 11 a.m. Friday at 302 Paul L. Foster Campus for Business and Innovation.

Butler has performed extensive research on how the local community is affected when a firm goes public. At the seminar, he will discuss his findings on whether or not the recognition of the company going public has a beneficial effect on the community and local economy.

While this is a great opportunity for faculty in the department of finance to stay informed, students who are interested in the topic that is being covered will also benefit from going, said John Martin, Carr P. Collins Chair of Finance. The event is open to anyone.

Martin is in charge of organizing the research seminar and started having these seminars at Baylor in 1998.

The seminars were started with the intent of keeping

faculty members up-to-date in their discipline and aware of what is going on in their field.

Dr. Mike Stegemoller, the Finance, Insurance and Real Estate department chair and an associate professor, said he always attends the research seminars because he likes to learn about what is going on in his field.

Stegemoller described the seminar as an opportunity to have a conversation about some of the more important academic works that are going on in the field of finance.

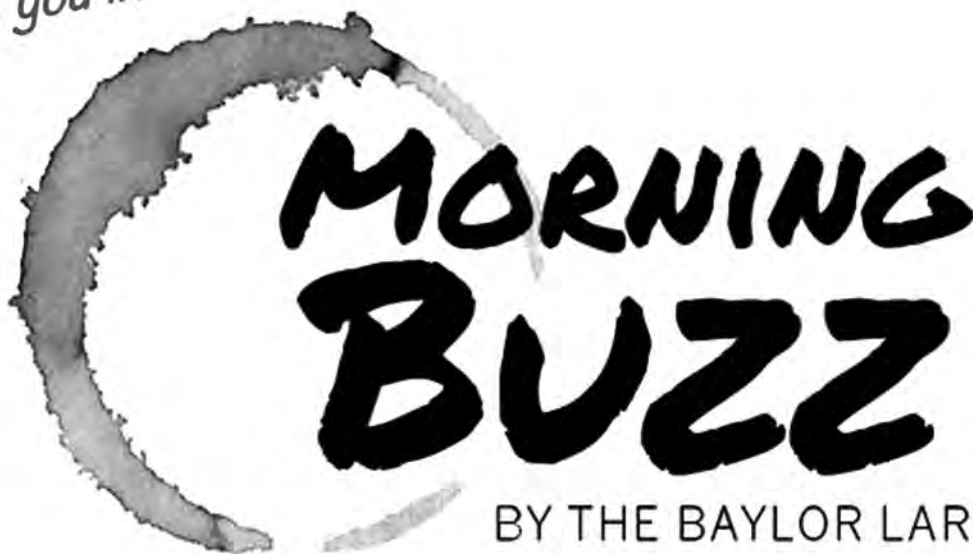
"It's a really good way to stay in touch with what people are working on," Stegemoller said. "The speaker explains what he's doing and the attendees give feedback."

There are six to eight seminars every semester, and each time an individual presents on a different topic that he or she has researched.

"These seminars are a way that we inform ourselves and engage in discussion of things that are actively being researched by our colleagues," Martin said.

The seminar will be a very interactive environment, Martin said. Attendees will be able to ask Butler questions throughout the presentation, rather than only in a designated question and answer session at the end.

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# Appeals court weighs \$1.8M award to Ventura

**STEVE KARNOWSKI**  
Associated Press

ST. PAUL, Minn. — An appeals court indicated Tuesday that it might agree to order a new trial in Jesse Ventura's defamation lawsuit over the book "American Sniper" because jurors were told the publisher's insurer would be "on the hook" for the \$1.8 million they awarded him.

An attorney for author Chris Kyle's estate said in oral arguments to a three-judge panel of the 8th U.S. Circuit Court of Appeals that the comments were so prejudicial that the judges should order a new trial at the least. Lawyer Lee Levine also asked the panel to throw out the entire judgment on First Amendment and other legal grounds.

Jurors awarded the former Minnesota governor \$500,000 for defamation and \$1.3 million for unjust enrichment last year in a trial over a passage in Kyle's book that Ventura claimed was a complete fabrication. Kyle, the deadliest sniper in U.S. military history, described punching out a man, later identified as Ventura, whom he said made offensive remarks about Navy SEALs and said the SEALs "deserve to lose a few" in Iraq. The book was also made into a hit movie.

Ventura, a former Underwater Demolition Teams/SEAL member, testified that he never made the comments and the altercation

never happened. He said the book ruined his reputation in the SEAL community.

During closing arguments, Ventura's attorney, David Bradley Olsen, told jurors the "insurer is on the hook if you find that Jesse Ventura was defamed." That followed questions he put to two HarperCollins employees about whether Kyle was covered by the publisher's policy.

Courts are reluctant to permit such testimony out of concerns that it could taint a jury's decision. Appeals Judge William Jay Riley challenged Olsen on Tuesday to cite precedents that would have allowed those statements. Olsen could not point to other cases with the exact same circumstances, but Riley gave him time for more research.

"In my experience this was over the line," Riley said.

Afterward, Ventura told reporters he has spent \$1 million pursuing vindication so far, and he's ready for a retrial if that's what it takes.

"I've suffered a great deal from this lie," Ventura said.

Kyle, who was killed in 2013 on a shooting range, gave sworn testimony before his death that his story was true.

The two other key issues were whether the judgment is allowed under the First Amendment, and whether there's a legal foundation for the \$1.3 million unjust enrichment portion.

Under the landmark *Times v. Sullivan* case in 1964, a plaintiff in a defamation case who's a public figure must prove a defendant acted with "actual malice" — meaning that defendant knew the statement in question was false or made it with reckless disregard for whether it was false.

The Kyle estate argued that the jury got faulty instructions. Levine said the jury should have been required to find there was "clear and convincing evidence" that Kyle's story was "materially false," rather than the less demanding "greater weight of the evidence" standard the court used.

Olsen said courts have never held public figure defamation plaintiffs to that higher standard, but Riley asked, "Why shouldn't we make it the law?"

Levine also argued that no court had previously awarded damages for unjust enrichment for allegedly defamatory speech. The \$1.3 million amounted to about a fourth of the book's profits up to then. That award was also unconstitutional under the First Amendment, he said.

Ventura said he stands by his statement that if he loses he'll probably move to Mexico, where he now spends his winters.

"I don't think I'd want to live in a country where you can profit from wrongdoing and the courts allow that," he said.



Associated Press

**COURT TIME** Former Governor Jesse Ventura makes his way to the Warren E. Burger Federal Building and United States Courthouse after a defamation hearing, Tuesday, in St. Paul, Minn. An attorney for the estate of slain "American Sniper" author Chris Kyle has asked a federal appeals court to overturn a \$1.8 million defamation judgment for Ventura. Ventura accused Kyle of making up a story in his book about punching Ventura at a bar in 2006.

# Texas teen arrested for homemade clock to move to Qatar

ASSOCIATED PRESS

DALLAS — A 14-year-old Muslim boy who was arrested after a homemade clock he brought to school was mistaken for a possible bomb will be moving with his family to the Middle East so he can attend school there, his family said Tuesday.

Ahmed Mohamed's family released a statement saying they had accepted a foundation's offer to pay for his high school and college in Doha, Qatar. He recently visited the country as part of a whirlwind month that included a Monday stop at the White House and an appearance Tuesday at the U.S. Capitol.

"We are going to move to a place where my kids can study and learn, and all of them being accepted by that country," Ahmed's father, Mohamed Elhassan Mohamed, told The Dallas Morning News before boarding an airplane from Washington back to Texas on Tuesday.

The statement said the family has been "overwhelmed by the many offers of support" since Ahmed's arrest on Sept. 14 at his school in Irving, a Dallas suburb. The family said it accepted an offer from the Qatar Foundation for Education, Science and Community Development to join its Young Innovators Program.

Ahmed, who along with his family will relocate to Qatar, received a full scholarship for his secondary and undergraduate education. Ahmed said he was impressed with the program

and thinks he'll "learn a lot and have fun, too." Ahmed took a homemade clock to his school to show a teacher, but another teacher thought it could be a bomb. The school contacted police, who handcuffed the boy and took him to a detention center. The school suspended him for three days.



Associated Press

**HEADING OUT** Ahmed Mohamed gestures as he arrives to his family's home in Irving. The family of the 14-year-old Muslim boy, who got in trouble over a homemade clock mistaken for a possible bomb, withdrew Mohamed from his suburban Dallas high school on Sept. 21.

A police photo of the device shows a carrying case containing a circuit board and power supply wired to a digital display. Police

ultimately chose not to charge Ahmed with having a hoax bomb, and the police chief has said there was no evidence the teen meant to cause alarm. His parents later withdrew him from the school.

But in recent weeks, the teenager has been traveling the world. Ahmed earlier this week told The Associated Press that he had visited Google and Facebook, along with other companies and institutions. He also visited with the president of Sudan, Omar al-Bashir, which has prompted some criticism because al-Bashir is wanted by International Criminal Court on charges of genocide and war crimes for atrocities linked to the Darfur fighting. Ahmed's father is a Sudanese immigrant to the U.S. and a former presidential candidate in Sudan who ran opposing al-Bashir.

Before attending "Astronomy Night" at the White House on Monday, where he chatted briefly with President Barack Obama, Ahmed said he was grateful. He said the lesson of his experience is: "Don't judge a person by the way they look. Always judge them by their heart."

On Tuesday at the U.S. Capitol, Ahmed stood alongside California Rep. Mike Honda as the Democrat praised the teen, saying Ahmed had used his negative experience to raise awareness about racial and ethnic profiling. Honda and more than two dozen other congressmen sent a letter to Attorney General Loretta Lynch last month calling on the Department of Justice to investigate Ahmed's detention and arrest.

## SPEAKER from Page 1

and move up and climb a ladder," Edwards said. "There are going to be countless opportunities for you to work in the federal government."

Public service is a field students should look into if they are looking for a meaningful job and one in which they feel they have made a difference during their life Edwards said.

"I've always thought how sad it would be if your life was like a footprint in the sand that as soon as you walked by the next wave wipes that footprint away," Edwards said. "I chose the federal government and public service because it was a way that perhaps I could impact a lot of lives and hopefully in a positive way."

Midlothian sophomore Candace Woolverton said she decided to come to tonight's event because she is considering working in a government field and wanted to see what her options

are from someone who has worked in the field such as Edwards.

"It gave me a perspective from someone that has been in public service for many years and has been on the same process I've been through, going through undergrad and trying to figure out what you want to do with your life," Woolverton said.

Dallas senior Robert Ochoa said he decided to come to tonight's event because he knew Edwards has been influential to students on campus and he wanted to get insight into his experience.

"He was very encouraging in the way he presented his time in congress to us," Ochoa said.

"He said don't be afraid of failure and to use that as a stepping stone to move towards your next step in life and I think that was really impactful."

If students want to get a taste of what public service is during their

undergraduate career Edwards said students should look into the Baylor in Washington summer internship program, sponsored by Bob Bullock Professor of Public Policy & Administration James Curry.

Woolverton said also she learned more about what public service is and how everyone struggles with choosing a career once they graduate college.

"Even congressman Edwards wasn't sure about his public service decision until later in his life," Woolverton said.

Ochoa said tonight's talk was helpful because it informed students about what public service is and it gave a different perspective from someone who has worked in the public sector for many years.

"Just getting a different perspective of life from someone who's had so much experience in business, politics and just being a father as well," Ochoa said.

## HEALTHY from Page 1

Katie Hornell, who is a health and wellness peer leader. "I just know it's difficult, especially if you live in the dorms, to find nutritious meals in the dining hall. They say it's getting easier, but it's still difficult."

Each peer leader is assigned to a Community Leader in a Baylor residence hall. Every month Hornell and the other peer leaders plans an initiative to educate students on healthy eating and exercise habits. In September Hornell coordinated a trip to the Waco Downtown Farmers Market to show students fresh local options for a balanced diet.

Walter said that it may not only be new students who need to develop healthy eating habits, however. Moving off campus can present its own set of challenges.

"Quite frankly, the ones who eat in-dorm food service usually eat better than the ones who are off-campus," Walter said.

"Quite frankly, the ones who eat in-dorm food service usually eat better than the ones who are off-campus."

Janelle Walter | Nutrition Sciences Program Coordinator

Walter said that in dining halls students at least have the option to

eat all five food groups at every meal. In addition, the Waco transit system operates a bus that runs twice every hour from campus to the H-E-B Plus on Valley Mills. Walter said that no matter where students are eating, they must remember to choose healthy options.

"The best thing to do when you choose meals is to choose meals from the basic food groups, the ones you learned back in elementary school," Walter said.

Walter also said that carbohydrates, which provide nutrition to the brain, are particularly important for college students.

However, the most important thing is to make balanced and rational choices during and between meals.

"We have to use reason in choosing what to eat and how much," Walter said.

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## 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 by themselves. Waco's Farm to Table Dinners, hosted by Milo Local Provisions and Kindred Event Studios, isn't 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 \$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, in a location adjacent to the Brazos River. The last 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.

"The dinner itself 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's talking to someone they didn't know before."

Talk More Tech Less began in Waco to emphasize relationships with people over relationships with cellphones. The nonprofit creates strategies to limit technology dependence and return to places like the Farm to Table Dinner.

"We want people to unplug, get away and talk to the people they're with," said Dawn Wible, founder of Talk More Tech Less. "We feel this dinner is going to represent Talk More Tech Less well with the idea of unplugging and communicating."

McEntyre said he also enjoys the opportunity to interact with the guests at Farm to Table Dinners. While he may not normally be able to communicate with the customers at his Milo food 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 an endive salad with hazelnuts and caramelized apples, Texas quail served with a wheatberry salad and an apple chess pie served with pecan espresso whipped cream for dessert.

"It's building a community for people who would normally drive to Dallas or to Austin for a good meal. We want to create that here, and I'm excited to see that happening here in Waco," McEntyre said.

McEntyre is already planning ahead for the next Farm to Table Dinner. He's planning a hog roast in collaboration with Balcones Distillery for December's Farm to Table Dinner.



To keep tabs on Milo Waco:

@MiloWaco on Instagram and Twitter



Courtesy Photos

**FEELIN' FRESH Top:** The Farm to Table Dinner held in mid-September was in a venue in downtown Waco. The meals are prepared with locally-sourced produce and meats. **Bottom:** Corey McEntyre, owner and chef of Milo, prepared a salad for last month's dinner. The meals are served family-style, further encouraging conversation.

## This week in Waco:

### >> Today

**11 a.m., 2:15 p.m.**— Classic Horror Film Wednesday: "Frankenstein," Waco Hippodrome

**8-10 p.m.**— Open Mic Night, Common Grounds

### >> Thursday

**11 a.m., 2:15, 6:30, 9:15 p.m.**— Wes Craven Film Thursday: "Nightmare on Elm Street," Waco Hippodrome

**7 p.m.**— Pigskin Revue: Club Night, Waco Hall

### >> Friday

**8 p.m.**— Dueling Pianos, Waco Hippodrome

**6:30, 10:30 p.m.**— Pigskin Revue, Waco Hall

### >> Saturday

**7-9 a.m.**— Baylor Homecoming Parade begins, Reaches campus around **7:30 a.m.**

**9 a.m.-1 p.m.**— Downtown Waco Farmers Market

**11 a.m.**— Baylor Football vs. Iowa State, McLane Stadium

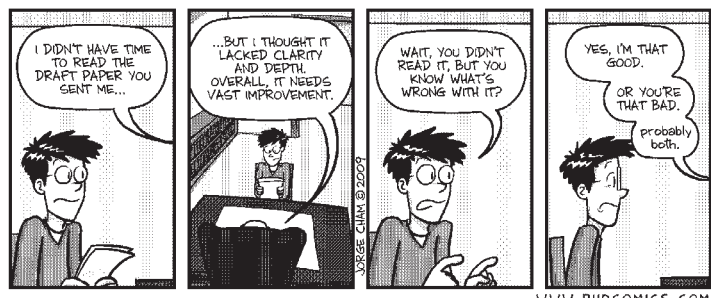
**7 p.m.**— Pigskin Revue, Waco Hall

### >> Sunday

**7 p.m.**— Patio Jams, Waco Hippodrome

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### Today's Puzzles

- Across
- Really frighten
  - 2010 Eminem / Rihanna #1 hit with the lyric "Just gonna stand there and hear me cry"
  - "Despicable Me 2" company
  - Something to grab
  - Eponymous magazine founder Eric
  - Ruler's domain?
  - Barred furniture
  - Finely contoured
  - God, in a midrash
  - Pickup spots?
  - City with a Pumpkin Run classic car show
  - Baguette surfaces
  - Angry Birds sequel setting
  - Valuable deposit
  - From square one, to Severus
  - Shock
  - One may be blonde
  - Hard
  - Fortune's 2012 Businessperson of the Year
  - Badly deteriorated
  - Complete
  - Uber
  - Means
  - Grand Canyon ride
  - Quantum theory pioneer
  - GI chow
  - Elgar work with an as yet unsolved musical theme
  - Threat in Season 3 of "24"
  - Ways to get high

- Down
- Musical connector
  - Like certain parlor containers
  - Real page-turner?
  - Wake-up call
  - Nice time for toasting
  - Robin's family
  - "I have broke your \_\_\_ to say so!": "The Tempest"

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65															
66															

- Obi-Wan portrayer
- Doesn't measure up
- Shakespearean cries
- News initials since 1851
- British classic cars
- Typically 81-digit diversion
- Omnium-gatherum
- Verizon bundle
- Film follower?
- Zookeeper's main squeeze?
- Square, in '50s slang, as shown by a four-fingered gesture
- "\_1": "Ghostbusters" car
- Should it happen that
- Locks in a paddock
- Hard-hit liner, in baseball lingo
- Spanakopita dough
- They're often lit
- Norwegian saint
- Fountain output

- Fruit remnant
- Depressed area?
- Prolonged lament
- Builder of Jerusalem's First Temple
- Worth writing home about
- Fountain output
- 1943 Pacific island battle site
- The Bahamas' \_\_\_ Islands
- Barbershop part
- OS X basis
- Shields may be used in one
- Operation Torch target
- Way up
- Phishers' fodder: Abbr.
- DOJ pooh-bahs
- 180 degrees from I
- 2012 film bear

For today's puzzle results, go to [BaylorLariat.com](http://BaylorLariat.com)

**TONIGHT >> @BaylorVball** duels TCU. Recap available online after the game.

BaylorLariat.com

## NFC East not living up to its potential

**TYLER CAGLE**  
Sports Writer

Things in the NFC East have not gone according to plan.

The Cowboys, who won the division last season, have been marred by injuries. The Eagles offense has not been as explosive, sometimes looking just plain confused. The New York Giants are about as consistently average as you can get. And the Redskins are just the Redskins.

In a division rich with history and electric fan bases, there has not been a single game where a viewer might think, "Wow, that was some good football!"

It is sad to see these teams play the way they have, especially when they have so much talent.

### SPORTS TAKE

Enough cannot be said about the losses of Tony Romo and Dez Bryant for the Cowboys.

Without Romo, the Cowboys' offense has been an utter disaster.

The explosion, the big time plays are all gone, as Brandon Weeden refuses to play with any ounce of emotion or courage.

Teams do not fear the Cowboys attack without Romo and Bryant, allowing opposing teams to stack the box and create difficult reads for Weeden. The Oklahoma State product has played decently, completing around 70 percent of his passes, but you cannot win in today's NFL with slants and check downs. Weeden, or even Matt Cassel, must play with more confidence if the Cowboys hope to be there in the end.

While the Cowboys still hold the best offensive line in football, they have had to stray away from a decently successful run game because their defense cannot hold teams.

So far, the only guys that have stepped up and played good football are Sean Lee, Byron Jones and Mo Claiborne.

On a defense that is devoid of great depth and freakish talent, the 'Boys are going to have to be more consistent on the defensive side if they hope to steal one victory without Romo and Bryant.

In Philadelphia, the Eagles have been as up and down as you can get. The Eagles lead the division at 3-3 tied with the Giants. However, the Eagles have been wildly inconsistent on both sides of the ball.

It could be argued that the Eagles could be 4-2, with the debacle of the Redskins' game still leaving fans scratching their heads and angrily chowing down cheesesteaks. Demarco Murray has been nothing short of a fail in the Chip Kelly attack.

Sam Bradford has shown himself capable of handling head coach Chip Kelly's offense, playing extremely well in some spurts. However, Bradford has also been terrible at times (this Monday) and has shown he just does not have the ability to run a prolific offense. Bradford has thrown nine interceptions, second most in the league, and has been as detrimental to the Eagles' success as Murray at times.

Defensively, I believe this Eagles squad can be special. Malcolm Jenkins at safety and Connor Barwin coming off the edge have shown themselves especially dangerous at their positions.

Without Romo and Bryant, the Eagles could capture this division as early as Thanksgiving, especially playing the stingy defense they have been recently.

While New York is tied with Philadelphia atop the NFC East standings, I don't believe they can sustain their current model of winning.

Although the Giants secured a very good win over the Buffalo Bills, the Giants have also given up two victories in the fourth quarter, one coming to Dallas on opening night and another to Atlanta a week later.

The Giants should be 5-1, yet they have not been able to step on their opponent's throat all season. Against the Eagles, Eli Manning looked like a scared school boy, tossing just 189 yards and two picks. Manning's play cannot be this subpar if the Giants want to win this wide open division.

The Giants simply do not have the defense they had during their Super Bowl runs. This season, the burden is placed strictly on Manning and the offense to pile on points and keep the ball away from opposing offenses.

Sadly, the Redskins are not even out of the hunt themselves. While they sit last in the standings at 2-4, any team can beat any team. If the Redskins can bottle up some lightning, even they could escape on top come Thanksgiving.

Now that Dallas has lost four in a row with no hope in sight, I believe this is Philadelphia's division to lose. Even when Romo and Bryant return, which for Bryant could be as early as this week, it might be too late for them to catch up.

However, someone must show themselves to be the true champion of this division and step up their play in order to gain momentum.



Trey Honeycutt | Lariat Photographer

**JUBILATION** Sophomore wide receiver Davion Hall celebrates a touchdown scored by senior wide receiver Jay Lee during a football game between West Virginia and Baylor at McLane Stadium Saturday. The Bears became bowl eligible with a 62-38 win.

## No Big Deal

### Baylor earns sixth-straight bowl-eligible season

**JOSHUA DAVIS**  
Sports Writer

You might expect a program that had struggled to make a bowl game just five years ago to be thrilled about being bowl-eligible through six games in the 2015 season.

However, for No. 2 ranked Baylor, qualifying to play a 13th game is just a part of the master plan.

"We've achieved the first goal to become bowl-eligible," said junior quarterback Seth Russell. "The next goal is to win the Big 12, and after that it's to win 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 expect bowl games and set their sights on loftier expectations of playing for a national championship.

Being bowl-eligible is expected for Baylor, especially after having done it for six years in a row, Russell said.

The Garland native recognized the achievement and said the team is thankful for the post-season berth, though.

Somehow, an appreciation for where the school used to be is lacking. Prior to

the Briles era, Baylor was the doormat of the Big 12, fighting to clinch a six win season, year in and year out.

Head coach Art Briles changed all of that over the past six seasons. In his eight seasons as the Bears head coach, Briles has taken Baylor to six bowl games.

Briles has led the charge in turning "Sic 'Em" into a national brand and helped the school garner respect from perennial powerhouses.

Briles' own quarterback, Russell, even admitted that he was unaware of Baylor's existence until the head coach showed up and made the program prominent.

One player, who appreciates the national rise, has been around for the majority of Briles' tenure at Baylor.

Senior left tackle Spencer Drango said many teams respect Baylor now. It's most evident by teams giving their best shot each week, he said.

Drango is mindful of what was once celebrated and how things have changed under the head coach. He said becoming bowl-eligible used to be a big deal for Baylor.

"A couple years ago, we'd celebrate in the locker room, and chant 'we're going bowling' type stuff," Drango said. "This year it was kind of like 'you got six wins,

good job.' We expect it now.

"It's interesting to see how the program's changed and how the mentality of getting bowl-eligible [has changed]. It's really cool to see how far we've come."

The left tackle mentioned that it's strange seeing incoming players and underclassmen who fail to realize the strides that have been made in the program.

"Last year whenever McLane opened, somebody made the comment that there will be a class of Baylor Bears that doesn't appreciate McLane," Drango said. "And I was just like, 'wait, what?'"

Drango said as Baylor continues to receive national recognition he won't ever forget what the program used to be.

Now that the No. 2 Bears have the respect of many expert analysts from around the nation, it's up to Baylor to continue justifying its position.

Drango said the team isn't worried about being ranked high and just wants to focus on taking care of business.

"Personally I've never worried about it in the rankings," Drango said. "It makes you have to execute even better. The only ranking that matters is the one at the end of the year."

## Volleyball faces test of character at TCU

**MEGHAN MITCHELL**  
Reporter

After sweeping West Virginia on Saturday night, the Bears look to continue dominating on the road against TCU at 7 p.m. today in Fort Worth at the University Recreation Center.

"It's great to get a win on the road, great to block the way we did," said head coach Ryan McGuyre. "We were down a little bit, but our service game really picked up. To have the aces that we did there was good. We've been tweaking some stuff, trying to maximize the talents these girls have."

The Bears (14-6, 2-4 Big 12) look to keep the momentum going against the Horned Frogs (14-5, 4-3 Big 12), after winning their first conference road game.

"On the road you want to get in and out as fast as possible," McGuyre said. "I've seen plenty of TCU. They are having a good year, and they are trying to turn things around up there as well. They do a good job of blocking and trying to support

one another. They're unique like us and maybe a little bit of a non-traditional lineup at times. They spread it around."

The Horned Frogs are ranked No. 4 in the Big 12, but the Bears are not far behind at No. 6. Although the Horned Frogs have won three of the last four meetings, the Bears will be even at 3-3 when playing in Fort Worth. The Horned Frogs are also going to have to get through a tough blocking Bears team who have averaged more blocks than their opponents.

"It's really hard to win on the road, in the Big 12 especially," said freshman middle hitter Shelly Fanning.

"I really think it means a lot to our fans and their fans to know that we can beat them in all the pressure and all the fans that they are going to have and bring out."

Baylor earned its first conference road win last weekend. The Bears look to repeat that tonight in Fort Worth.

"It's going to be a challenge for sure," Fanning said. "I like the challenge. I think it's going to be a fun environment, but I'm

just ready to go out and win."

The Bears' skill level will be put the test tonight, McGuyre said.

"We are really at a key point here in the season. This is conference. This is where it matters," McGuyre said. "I think how we play Wednesday is probably going to give me the best assessment of where we are at and what we are trying to do. Going on the road was good and definitely helps us moving forward."

Baylor's season began with promise and a winning record. However, Baylor has struggled since the start of Big 12 play.

"At this point in the season, you really want our identity to kick in. That's a team that is ready to battle, a team that really understands one way to play."

McGuyre said he admits the team has not played up to its standard in conference play. He said he still has trust in his players that they will find their late-season form soon.

"In the conference losses, I think we got after it," McGuyre said. "I'm still waiting for us to breakthrough into this dynamic style of play that we have seen many glimpses of that have helped us win."



McGuyre