Author to book about Muslims in America

RYLEE SEAVERS

Dr. Amir Hussain will speak at Baylor about his new book, “Muslims in the Making of America,” which details the role that American Muslims have played in defining what it means to be American. The event is at 7 p.m. Thursday at the Auditorium in Paul L. Foster Campus for Business and Innovation, according to a book signing.

Hussain has been a professor of theological studies at Loyola Marymount University in Los Angeles since 2005. His main area of study is Islam in contemporary North America, according to the LMU website.

“Hussain is an engaging speaker,” said marketing and sales manager at Baylor University Press, Dawn Appley. “He is a very respectful speaker, and I would say that of anyone I’ve ever met, he is extremely well equipped to… navigate those waters of having a neutral conversation on the history of this faith tradition within the United States.”

The book addresses two main controversies about American Muslims: that they are newcomers to the United States and that they are anti-American. Hussain said, “If you take away something of the reality of American Muslim life and the ways in which Muslim Americans haven’t just contributed to what it means to be an American but helped to be better Americans.”

American Muslims have been major influencers in areas like sports and music, in the United States. A notable example is Muhammad Ali, Hussain said, who refused to fight in the Vietnam War, not as a conscientious objector but as a Muslim.

“It is very important that people realize that you might be surprised that before General Washington was born, Muslim slaves were brought to America, or that when General Washington was two years old, people in London, England were reading an account of an American Muslim slave,” Hussain said. Also noted that American Muslims are being the American identity.”

New organization hopes to alleviate stress

FAITH MILETELLO

Staying free of college counseling center surveyed said significant psychological problems among students are a growing concern, according to the American Psychological Association. Active Minds is an organization that works to give Baylor students an opportunity to open up about their struggles.

The group is hosting a stress less sale here real soon.” Millerd said. “It's an eco-friendly way to give great food to citizens that desperatly are in need of it. They recognize. Their whole idea behind the grocery store is just incredible,” Millerd said. “It shows that Mission Waco is not doing this for any other reason than wanting to love and serve the community.”

Jubilee Food Market wins business award

KALYN STORY

Keep Waco Beautiful recognizes Jubilee Food Market with the Business of the Month award.

The executive director of Keep Waco Beautiful, Ashley Millerd, said the organization found the Jubilee Food Market to be the perfect group to recognize.

“Mission Waco made a market that is that put a lot into economically expanding it,” Millerd said. “It’s an equitably way to give great food to citizens that desperately are in need of it. They recognize. Their whole idea behind the grocery store is just incredible,” Millerd said. “It shows that Mission Waco is not doing this for any other reason than wanting to love and serve the community.”

Millerd, said the organization received the Jubilee Food Market with the Business of the Month.
In today's society, people are pressured to conform with social expectations of being skinny, fit and beautiful. Society tends to judge people's beauty based on physical appearance rather than achievements and character.

By eating all the things you want in moderation, you will become unaccustomed to these foods, and eventually your body will become accustomed to eating them.

Inmates can have with their family, friends, spouses and children. And once out of prison, if the effects of isolation take more of a toll, they will continue to cause the individual suffering and pain well beyond their stay in the dark and secluded cells.

To cut any fats, sugars and unhealthy carbs, eat lean meat, fruits and vegetables and cut out any fast, sugary and unhealthy foods. Your body will become unaccustomed to these foods, and eventually your body will become accustomed to eating them.

Losing weight is a marathon, not a temporary change in eating habits. Therefore, it is important to not cut any fats, sugars and unhealthy carbs, eat lean meat, fruits and vegetables and cut out any fast, sugary and unhealthy foods.

Online media design should be artwork

In a world diametrically opposed to commercials, advertisements, posters and new products, good design is essential, if not the key. According to a report published by the Wall Street Journal, YouTube alone now views over one billion hours of daily viewing, with 400,000 of new content uploaded into the platform per day. Internet video platforms are moving into a new era of prominence, which means that the design needs of digital content have changed. Netflix Product Creative Design Manager Steven Gianakouros presented a keynote at SXSW by Twitter titled “Your Movie Poster Doesn’t Matter,” arguing that traditional movie posters do not fit a smaller thumbnail online will not drive the audience to successful reach their audiences. Gianakouros said that consumer research studies at Netflix suggested that 80 percent of the decision-making process was in the first four seconds of a given content’s success.

Online media design is the key to engaging viewers and driving viewers to actually click on the video.

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Sleep conquers diet and exercise in research

Megan Rule
Staff Writer

In trying to live a healthier lifestyle, the debate over the importance of diet and exercise just got thrown a curve ball as recent Texas A&M University research shows that sleep is of even more importance than just diet and exercise.

"Sleep is what most people most commonly don’t account for when they’re looking at factors to improve or negatively affect health," said Dr. David Earnest, professor in the department of nutrition sciences and experimental therapeutics at the Texas A&M Health Science Center College of Medicine. "It’s what people most commonly ignore in their life."

Based on research from experts at the Texas A&M Health Science Center, all three factors are important to overall health, but the ratio of sleep, diet, and exercise is about 40-20-20 or 20-30-30 respectively. The main point of the research states that sleep is the most important because by maintaining regular sleep cycles and regular timing of sleeping and waking, the body’s internal clocks stay on schedule. If a person doesn’t stick to a schedule, the body clocks are out of phase, and that translates to problems with regulating metabolism, leading to weight gain, Earnest said.

"We certainly can verify that sleep plays a crucial role in daily functions," said Dr. Paul Gordon, chair of the department of health, being aware of the importance in maintaining a healthy lifestyle. "You can see from the study the impact that sleep has on health and exercise."

"You can see from the study the impact that sleep plays a crucial role in daily functions," said Dr. David Earnest, professor in the department of medicine. "It’s what people most commonly ignore in their lifestyle, and even though sleep is important because in our internal body clocks are being regulated, leading to weight gain, Earnest said.

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Guatemala, for six years. She began serving the people of Guatemala in high school and has continued throughout college.

“Since I’ve been six times now, the most rewarding thing for me is being able to see how God has worked and is working through missions in Guatemala and even in and through my past trips,” Weddell said.

Weddell traveled to Antigua this year with the Baylor Volunteer Corps, a week-long trip where students get to serve in a mission clinic in a village called San Juan Sacatepequez. In Guatemala, Weddell played with children, helped nannies feed babies, changed diapers, washed dishes and helped out with daily chores.

“It’s remarkable and humbling to see how dedicated, compassionate, and hardworking the nurses are. It was also rewarding to see that new kids are at the mission clinic than the kids who were there the last time I went with Baylor. This makes the clinic is doing something right because the first set of kids was healthy enough to go home,” Weddell said.

The community is doing amazing work Mission Waco Jubilee Food Market, and he is still involved in the ministry. According to its website, “Mission Waco is an outstanding organization, and I am proud to associate myself with it,” Weddell said. “And everyone should really consider volunteering their time and resources to join in with this amazing community-wide effort.”

Keep Baylor Beautiful hosts quarterly river cleanups and semimonthly neighborhood cleanups, as well as organizes beautifications around town.

According to the city, “The event is an 18-member volunteer board formed to bring together community and fund the city’s solid waste recycling donations and a few small fundraising efforts.”

“The卷是绝对是足够热情的去 to help others when they are in need and help people who need it,” Hussain said.

Hussain also said that people should talk about their common beliefs and understand that there will be differences of opinion. Hussain became a U.S. citizen in 2013, immigrating from Canada. The 2016 election was his first opportunity to vote, and he said he was torn by the division within the nation.

“It’s one thing to have differences of opinion. These are wonderful things, but in both sides it wasn’t ‘I’m right and you’re wrong,’ it’s ‘You’re right, I’m wrong’,” Hussain said.

STRESS from Page 1

are publicized anonymously. Across Minds will be posting the stories on posters around campus in April to support the cause.

“Seeing something anonymously helps people get it off their chest, and it also lets other people see they are not alone and their struggle,” Le said.

The women also remind us about the services the Baylor Counseling Center. Among students using counseling services, 67 percent saw an increase in academic performance, according to the American Psychological Association.

“I think everyone should go to counseling. It isn’t a talk and is always good to have a professional opinion, especially with changing careers,” Le said.

And on campus, people who are completely free, students should take advantage of these. The hardest part can be getting to that first meeting, and once they get to that point, it’s easier for them.”

AWARD from Page 1

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It’s Illectric!
Boogie woogie woogie!

EDM festival to light up McLane

CAROLINE BENTLEY
Reporter

On March 16, Illevated Sounds will host Waco’s first electronic dance music and art festival at Baylor University’s McLane Stadium.

Illectric River Music and Art Festival is a one-day music and art gathering that offers some of EDM’s largest artists and most creative music. The Illectric River Music and Art Festival is geared to show citizens of Waco and surrounding areas a variety of art and music outside the Texas community.

“The festival aims to go above and beyond to exceed expectations at all times,” said Electric River Co-Founder and Manager Ben Cobb. “We aimed to create something that was truly different, unique, safe and enjoyable. Everything from our top-notch production and art design, to maximizing vast areas at the water lines and maximizing staff for [attendees] safety. It’s all covered.”

“Get ready for a mind-blowing auditory and visual voyage.”

Jason McIlhap | Electric River Founder/Visionary Director

The Electric River Music and Art Festival is a chance for people of all ages to come together and share their passions for art. The festival included some of the nation's top artists such as Up Art Studios, Nick Dair,Status White, Party Thieves and Madhatter.

“After attending hundreds of art shows, concert and festivals, it became clear that none could present an immersive collection of these things at once,” said Electric River Founder/Visionary Jason McIlhap. “What makes Electric River a one-of-a-kind experience is our approach to reaching others and the world by showcasing local and nationally-recognized electronic music producers and DJs.

With a variety of internationally acclaimed artists and up-and-coming names, reggae, bass and dub-step artists, acclaimed artists and up-and-coming music professionals and DJs.

“Our festival is a collection of nationally admired and respected artists live art shows, interactive installations and light displays to offer a variety of fun, visual worlds.” McIlhap said. “Get ready for a mind-blowing auditory and visual voyage.”

The Electric River and Art Festival will be held at 1 p.m. at Baylor University’s McLane Stadium and is for free. For more information about the festival or to purchase tickets, contact Robert Brooks at 402-372-1599 or email at robert@electricriver.com.

>> Today

All day — Waco Annual Charity Open, Disc Golf, Brazos Park East & Cameron Park.

8 a.m.-7 p.m. — Spring at the Silos, Magnolia Market.

3:30-5 p.m. — “Muslims and the Making of America” McClinton Auditorium.

6-9 p.m. — Feast at First Mall.

7-9 p.m. — Tenney Rocks performs; Diplomats Coffee & Spirits.

7:30-8:00 p.m. — Open Mic; Teas4Us.

>> Friday

All day — Waco Annual Charity Open, Brazos Park East & Cameron Park.

8 a.m.-7 p.m. — Spring at the Silos, Magnolia Market.

6:30-8:30 p.m. — “Murdin Most Green,” 7524 Bosque Blvd. Suite Q.

6:30-30 p.m. — St. Patrick’s Feast of the Isles, Provender Store.

8:15 p.m. — Blue Water Highway performs. $10. Common Grounds. 

>> Saturday

All day — Spring at the Silos, Magnolia Market.

6:30-8:30 p.m. — “Murdin Most Green,” 7524 Bosque Blvd. Suite Q.

For today’s puzzles result, please go to BaylorLariat.com.
NATHAN KIEL
Sports Writer

No. 10 Baylor baseball picked up its 15th win of the season with an 8-4 road win at Dallas Baptist in the first of two meetings with the Patriots this season.

The two teams will meet again at Baylor Ballpark with first pitch beginning at 6:35 p.m. Tuesday. Baylor pounded out 11 hits to the plate, while holding Dallas Baptist to just five hits. Senior designated hitter Matt Menaul led the Bears with three, and junior outfielders Kevin Esthay and Levi Guillemot each had two hits. Betters got an another strong pitching performance from redshirt junior pitcher Alex Phillips, going four innings and allowing just one hit and one walk while striking out four. Phillips earned his third of the season.

Baylor head coach Steve Rodriguez has used this season as an opportunity to develop his pitching corps, and the Bears have scored in the seventh inning by inducing a routine groundout to third base. Junior closer Troy Montemayor then came on to shut the doors for good on the Patriots, but not before surrendering his first run on a pinch hit home run from sophomore catcher Garrett Wohlberg. Montemayor did, however, earn his sixth save of the season in the ninth.

The Bears’ box score going seven runs as they played two in the first and one in the second. With two outs in the top of the first, freshman catcher Shana Langheinrich kept the inning alive with a single to left field. Then in the third, Patriots sophomore pitcher Cole Wurster left a hanging curveball over the middle of the plate that Menaul hit over the fence in left field for his first home run of the season.

Baylor got the job done once again with two runs in the top of the second. Freshman leftfielder Darris Wardwell walked and Guillemot ripped a double to left center, bringing in the first of the game for the Bears. After a scoreless frame in the third, the Bears added one more insurance in the fourth. Baylor used two singles and a walk to lead the bases with one out. Guillemot then hit a chopper back toward the pitcher that Wurster fielded, force of second attempted to get an inning-ending double play. The Patriots were able to get the force at second, but an errant throw allowed Baylor’s fourth run to score.

Baylor returns home for a weekend series beginning at 9 p.m. Friday against West Virginia to open Big 12 play.

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Baylor continues hot start, wins 4-1

Baylor's busy baseball season continues Friday, March 17 at 6:35 p.m. when the Bears take on the Oklahoma City Regional, and Saturday, March 18 at 1 p.m. against the SWAC Tournament champion Texas Southern in Waco. The Bears enter the game with a 15-3 record on the season and are 2-1-1 in Big 12 play.

This series comes on the heels of an impressive performance by the Bears in their last series against Texas Southern, where the Bears won two of three games over the Patriots.

On Friday, the Bears will take on the Oklahoma City Regional and on Saturday, they will take on the SWAC Tournament champion Texas Southern in Waco. The Bears enter the game with a 15-3 record on the season and are 2-1-1 in Big 12 play.

GROUNDS TO TROUBLE: Baylor third baseman Steven McLean prepares to throw a ball to first base during warm-ups in a 4-1 road win at Dallas Baptist during season in six tries.

McLean was 2-for-6 with two runs batted in. Phillips, going four innings and allowing just one hit and one walk while striking out four. Phillips earned his third of the season.

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Sports Take: Champs or bust for Baylor

In recent years, the postseason has not been kind to the Baylor men’s and women’s basketball teams, but both hope to turn their luck around as March Madness starts this weekend.

Bears
When the men’s basketball team made the NCAA tournament for the first time under head coach Scott Drew in 2008, they were a No. 11 seed and fell in the first round to Purdue.

Those kind of finishes became a thing of the past, however, when Drew brought his team back to the tournament in 2010 and 2012 and led them all the way to the Elite Eight, losing to the eventual champion both times. In 2014, the Bears reached the Sweet 16 after a dominant upset of No. 3 seed Creighton before dropping a game to a Final Four team in the No. 2 seed Wisconsin.

In 2015, the Bears broke a trend of only qualifying for the tournament in even-numbered years as Baylor wound up as a No. 3 seed to make its first ever back-to-back tournament appearances.

The story ended quickly, though, with No. 14-seed Georgia State capping a miracle season with a 57-56 upset of the Bears in the round-of-64 behind a game-winning shot from coach’s son R.J. Hunter.

With Baylor returning more than enough to make another run, they were once again bounced in the first round, this time by guard Makai Mason and the Yale Bulldogs.

Fast forward to this season. Baylor, so far, has had arguably its best season yet. The Bears made the tournament field for a fourth-straight season and will play as a No. 3 seed in the East region.

The players have already expressed their motivation to extend lone senior Ishmail Wainright’s Baylor career by winning multiple games in the tournament.

At this point, it seems as though many expect the Bears to falter early. That should only further motivate them to perform at a high level.

Lady Bears
The Lady Bears are held to different standard under head coach Kim Mulkey. Having won two National Championships on three Final Four appearances, the Lady Bears are expected to be one of the last teams standing at the end of the season.

The past three years have seen Baylor make it all the way to the Elite Eight before falling. Two of those losses came to No. 1 seed Notre Dame, while last year’s was an upset loss to No. 2-seed Oregon State.

The current senior class of Nina Davis, Alexis Jones, Alexis Prince and Khadijiah Cave is the winningest of all time. Despite the regular season wins and Big 12 Championships, the seniors have never made a Final Four, something they are not afraid to talk about.

Prior to last year’s tournament, Final Four was the goal. Following the loss to Oregon State, it became a mantra. Mulkey’s team has stated all season long that the ultimate goal for this team is to finally break through and get to the Final Four.

With the seniors playing in their last NCAA Tournament, they should be ultra motivated to make the next step and reach that goal. 35 is the last chance they have to do so.

BEN EVERETT
Sports Writer

RIGHT OFF THE GLASS
Baylor sophomore guard Jake Lindsey goes for a layup in a game against the Kansas State Wildcats on Jan. 25 in Waco. The Bears won the game 84-45.

Penelope Shirey | Lariat Photographer

TAKING A SHOT AT IT
Lady Bears freshman guard Natalie Chou attempts a baseline jump shot in a game against the Texas Tech Lady Raiders on Feb. 25 in Waco. The Lady Bears won the game 86-48.

Penelope Shirey | Lariat Photographer

MARCH MADNESS PLAY-BY-PLAY
Live play-by-play coverage of Lady Bears tournament
bit.ly/lariatradio

Social Media
Follow us on Twitter for live in-game updates during March Madness:
@BULarryatSports

Baylor defeats Dallas Baptist 4-1, continues early season success
Full version online at baylorlariat.com

The 23rd Annual BEALL POETRY FESTIVAL
The Virginia Beall Ball Lecture in Contemporary Poetry:
“The Allegiance of a Pocket Mirror: Vona Groarke’s Imagination” in Carroll Science Building, Room 101

March 17
3:30 PM
Poetry Panel Moderated by Chloe Honum
7:00 PM
Poetry Reading by Michael O’Sidhail

March 15-17
A three-day celebration of some of the finest contemporary poets, with readings, panel discussions and the Virginia Beall Ball Lecture on Contemporary Poetry: “The Allegiance of a Pocket Mirror: Vona Groarke’s Imagination”
All afternoon events will take place in Carroll Science Building, Room 101

March 15th
Poetry Reading by Cathrina O’Reilly
March 16th
Poetry Radio by Adrian Rice
March 17th
Poetry Reading by Margaret Mills Harper

In Kayser Auditorium (Rankamer)

For MORE INFO, VISIT
www.baylor.edu/beall/

This event is FREE and OPEN TO THE PUBLIC

3:30 PM
Margaret Mills Harper
The Virginia Beall Ball Lecture in Contemporary Poetry: “The Allegiance of a Pocket Mirror: Vona Groarke’s Imagination” in Carroll Science Building, Room 101

7:00 PM
Poetry Reading by Michael O’Sidhail
7:00 PM
Poetry Reading by Adrian Rice

March 15-17
This page contains information about the 23rd Annual Beall Poetry Festival, featuring the Virginia Beall Ball Lecture in Contemporary Poetry and various poetry readings. The festival will take place in Carroll Science Building, Room 101, from March 15th to March 17th. Attendees can also access more information at the provided website. The event is free and open to the public.