

Online: Black Hands Push Back lecture

Giving Back on Break

Students travel for mission trips on spring break

CHRISTINA SOTO
Broadcast Reporter

Most students tend to leave for vacation during spring break. However, some Baylor students spent their break serving people in different countries. Baylor offers several spring break mission trips in a variety of countries that students can attend.

Seattle, Wash., sophomore Yasmin Laird said she spent her break in Santa Elena, Costa Rica, through the Baylor School of Education. The mission trip was centered on her field of study: education. Through this program, Laird worked with students on English and helped develop and build a library for them.

“This was my second year going, and I would urge anyone who has any interest to go on the trip to go,” Laird said. “It is so rewarding and fun. Some of my friends from the trip have become my closest friends at Baylor.”

Las Vegas, Nev., sophomore Emily Weddell has volunteered in Antigua,



Courtesy Photo

SCORE! A girl's soccer team in Cartago, Costa Rica, gathers in a team huddle to display their brand new shirts and cleats. These items were donated by Baylor Athletics, Pi Phi sorority and the women's soccer program.

BREAK >> Page 5



Penelope Shirey | Lariat Photographer

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

Jubilee Food Market wins business award

KALYN STORY
Staff Writer

Keep Waco Beautiful, a nonprofit organization committed to making Waco more beautiful, cleaner and a safer place to live, named Mission Waco's Jubilee Food Market its Business of the Month.

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 realized a need for a market in that area and put a lot of work into economically expanding it,” Millerd said. “It's an eco-friendly way to give great food to citizens that desperately are in need of it. They recycle everything they use and will have compost for sale here real soon.”

Prior to the Jubilee Food Market's opening, North Waco was considered a food desert. Residents were about 2.2 miles

from the nearest grocery store that sold fresh produce and affordable groceries.

Oklahoma City, Okla., senior Grant Hudiburg said he can't think of a more deserving organization to be recognized than Mission Waco and the Jubilee Food Market.

Hudiburg worked as a public relations intern for Mission Waco last semester, and one project he worked on was marketing for the Jubilee Food Market by making a video documenting its opening in December and the work Mission Waco has done there.

“Their whole idea behind the grocery store is just incredible,” Hudiburg said. “They gathered the community and found out what they wanted in their space. It shows that Mission Waco is not doing this for any other reason than wanting to love and serve the community.”

Hudiburg said he loved working with Mission Waco and

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Author to speak on new book about Muslims in America

RYLEE SEEVERS
Staff Writer

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 3:30 p.m. Thursday in McClinton Auditorium in Paul L. Foster Campus for Business and Innovation, followed by 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, David Aycock. “He is a very respectful speaker, and I would say that of anyone

I've ever met, he is extremely well equipped to... navigate these waters of having a neutral conversation on the history of this faith tradition within the United States.”

The book addresses two main stereotypes about American Muslims: that they are newcomers to the United States and that they are anti-American, Hussain said.

“[I] want people to 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 America but helped us be better Americans,” Hussain said.

American Muslims have been major influencers in areas like sports

and music, in the United States. A notable example is Muhammed Ali, Hussain said, who refused to fight in the Vietnam War, not as a conscientious objector but as a Muslim.

“Part of this is teaching folks a little bit about the history,” Hussain said. “You might be surprised that our third president owned a Quran. 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 also said that American Muslims are living out the American



Hussain

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New organization hopes to alleviate stress

FAITH MILETELLO
Reporter

Ninety-five percent of college counseling centers 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 event from 3 to 5 p.m. Friday on Fountain Mall. The goal is to offer an outlet for students to relax and learn about ways to reduce anxiety in their lives.

“Active Minds is a mental health organization. We partner with the counseling center,” Edinburg senior Allison Le Grice, Active Minds president, said. “Our goal is to point people to the counseling center and also spread awareness about mental illness to reduce the stigma so people will receive help.”

Active Minds holds biweekly meetings that cover topics related

to mental illness and reducing the stigma of opening up about personal issues.

“We talk about different disorders in our meetings, and we try to do awareness events to help people understand what mental disorder looks like in other people and how to approach it,” Le Grice said.

The Active Minds event on Friday will focus on stress reduction in regards to to midterms. The group will have a variety of stress less methods including coloring, games and puppies, said The Woodlands junior Katie DeBacco.

“It is important that people realize you don't have to go far into a mental health issue before you get help,” DeBacco said. “It is good to take preventative measures, especially college students with stress. It is good to get in front of it rather than getting overwhelmed.”

The organization will also collect secrets for its campaign, Post Secret. It is a national movement where people send in secrets that



Photo Illustration by Liesje Powers | Photo Editor

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GOT SOMETHING TO SAY?

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

COLUMN

Out with the diet, in with the lifestyle

CHRISTINA SOTO
Broadcast Reporter

In today's society, people are pressured to comply with social expectations of being skinny, athletic and beautiful. Society tends to judge people's beauty



by their physical appearance or how many likes they get on an Instagram posts. With all the pressure to be skinny and fit, people, especially women, tend to diet or do intense detoxes. I believe that dieting never works because

of the mentality that comes along with being on a diet.

Before spring or summer break, we always hear about people going on extreme diets or crazy detoxes to lose 10 pounds in two weeks. Our Facebook, Pinterest and Instagram feeds are full of ways to lose weight quickly. Although they may seem like easy fixes and you may lose the weight in time for your vacation, these are not the best way to keep the weight off and maintain your body goals.

I believe that dieting never works because of the word "dieting" itself: It should be a change in lifestyle, not a temporary change in eating habits. Having the mentality of being on a diet makes things much harder. If you go in to changing your eating habits by saying you are changing your lifestyle, losing weight will be much easier. Your mind is your biggest enemy when it comes to losing weight.

Losing weight is a marathon, not a sprint. It takes time if you want to lose the weight and keep it off. If you just eat lean meat, fruits and vegetables and cut any fats, sugars and unhealthy carbs, your body will become unaccustomed to these foods, and when you return to your normal eating habits it will store them as fat.

Therefore, it is important to not cut foods out for a small period of time to drop pounds fast; rather, cut foods out little by little and eat in moderation. Instead of dieting and removing the things you love to eat, try reducing your calorie intake by eating smaller portions of the meals and foods you like.

Keeping in mind that moderation is key, eat whatever you want from time to time. Don't feel guilty for eating ice cream, just don't have a pint every night. Moderate your intake and control your portions.

By eating all the things you want in moderation and in smaller portions, your body will still be used to all the foods you're eating and be able to process things more easily.

Removing foods from your daily diet and later reintroducing them to your body can be worse for your health than the foods originally were. This is why simply eating more healthy foods, moderating the unhealthy foods and eating smaller portions is the best diet. It may not be an easy fix, but it will help you keep the weight off.

It takes 21 days to build a habit. Therefore, after 21 days you will have developed the habit of eating this way and changed your lifestyle forever while losing the weight the healthiest and the smartest way possible.

Christina Soto is a junior journalism major from Miami, Fla.

EDITORIAL

We are not solitary creatures

Editor's Note: This is the second installment in a four-part editorial series regarding prison reform and the issues surrounding it.

As the members of the Lariat editorial board, we have already expressed our stance on the state of the American prison system. As mentioned in our previous editorial, prisons should intend to rehabilitate their inmates, rather than simply serve justice.

Solitary confinement definitely lands in the realm of serving justice rather than rehabilitation. Long-term solitary confinement does more harm than good for the inmates, and because of the mental problems that are incurred or perpetuated during the inmates' time in solitary, the duration of time spent there should be limited – certainly not years or decades.

According to Solitary Watch, an advocacy program for prisoners in solitary confinement, it is estimated that there are currently 80,000 to 100,000 individuals in solitary confinement within the United States. The American incarceration rate already outnumbers the next four nations combined, so it comes as no surprised that America also leads in the number of individuals in solitary.

Scientist Harry Harlow conducted a series of experiments on rhesus monkeys in the 1950s at the University of Wisconsin – removing the infant monkeys from their mothers and placing them in different scenarios. It revealed that monkeys without any social interaction or connection to another monkey would be



Joshua Kim | Cartoonist

socially inept. When dealing with humans, how can we expect for people, many of whom are already mentally disturbed, to ever become contributing members of society if we lock them away in a small jail cell by themselves where they have no contact with anybody?

Solitary confinement also obliterates any interaction an inmate can have with their family, 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.

But as with all matters, there are caveats. Sometimes inmates are placed into solitary confinement for their own safety, such as LGBTQ individuals or children

who have been placed in adult prisons. However, these people are placed in solitary confinement despite the fact that they didn't personally do anything wrong to get there.

Other times, they are placed into solitary confinement for the safety of others. Perhaps the individual lashed out at another inmate or guard. It makes sense, then, that if an inmate who is already incarcerated proceeds to cause a riot, injure another inmate or breaks any sort of rules set in place by the prison, there should be some form of punishment, as there are other people's safety at risk. But the extended sentences that leave men and women sitting in solitary for years is not an adequate form of discipline.

In certain circumstances, there

are prisons that offer mental health units for the particularly disturbed inmates. Members of these wards will meet with a psychiatrist frequently and be making steps in order to ensure they are better suited for life beyond the mental health unit, whether that be general population holding or going back to solitary confinement. This type of rehabilitation is used to prime inmates for more social circumstances. If this is this case, wouldn't it suffice to give all inmates similar treatment while in solitary?

Some prisons recognize the detriments of solitary confinement. PBS's "Frontline" did a special feature on a maximum security prison in Maine, in which a new warden managed to cut down the number of inmates in solitary confinement by 50 percent.

There are plenty of interest groups arguing for the rights of incarcerated individuals, such as the change.org campaign for abolishing long term solitary confinement in Pennsylvania.

There are also inmates who have undergone solitary confinement who have since been released and are writing about their experiences. Joseph Dole recounts his 10 years in the infamous Tamms supermax prison, which has since been shuttered.

Of the multiple issues permeating the U.S. prison system, solitary confinement is unfortunately widespread. Rather than continuing to lock away thousands of mothers, fathers, brothers and sisters, let's focus on getting them healthy and preparing them for life after prison.

COLUMN

Online media design should be artwork

PENELOPE SHIREY
Lariat Photographer

In a world cluttered with advertisements, commercials, posters and new products, good design remains paramount for success.

According to a report published by the Wall Street Journal, YouTube alone now hosts over one billion hours of daily viewing, with 400 hours of new content uploaded every minute.

Internet video platform's 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 led a presentation at South by Southwest titled, "Your Movie Poster Doesn't Matter," arguing that traditional poster designs only remain for vanity. According to Gianakouros, movie posters originally had one purpose: "to attract your attention when you walked around outside the theater."

Today, the online experience demands intentional refinement to capture the fleeting attention of consumers. The inundation of available content on the internet means that customers must be able connect with the

content, and they must do it quickly. What has traditionally worked in the past may not be the most effective method of reaching modern consumers. Resizing a traditional movie poster to fit a smaller thumbnail online will not drive consumers to the content in a way that natively-generated content will.

Even with this knowledge, content creators have not found a new formula for what does successfully reach their audiences. Gianakouros said that consumer research studies at Netflix produced results that drive their current focus on design.

"What has traditionally worked in the past may not be the most effective method of reaching modern consumers. "

"Artwork was not only the biggest influencer to a member's decision to watch content, but

it also accounted for 80 percent of their focus while browsing Netflix," Gianakouros said.

He also said that they still have very little idea what types of artwork will translate into the most members actually watching the content. On a scale ranging from simple designs to elaborate constructions made with the latest talent costing over \$100,000, Netflix has found that each iteration of a design will consistently perform inconsistently in different global markets. Under all of this lies the idea that design will always be important. Even if its form must change to accommodate its purpose, being able to communicate well through solid design is a critical skill.

As a young creative professional, I have spent many hours in class and out learning the principles of modern design.

These principles shape society so we are able to communicate and connect in the best way possible. While some older ideas of design have faded away, replaced by new trends and preferences, there will never be a time when good design dies. It is therefore our responsibility to keep pushing the limits of creativity, both in movie poster design and in other works of art. By getting behind a camera, picking up a paintbrush or designing with digital tools, we are exploring what works best to connect with the people around us.

Penelope Shirey is a senior journalism major from Birmingham, Ala.

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Opinion

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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 neural science 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 60-20-20 or 60-30-10 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 stay on schedule, the body clocks are confused, 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, human performance and recreation at Baylor. “You can see from the study the impact that sleep has on health and exercise.”

In terms of applying this to daily life, there are a few recommendations experts have. Dr.



Jessica Hubble | Lariat Photographer

A REASON TO SLEEP MORE Research done by Texas A&M University shows that sleep, a commonly ignored part of healthy living, is more important than just diet and exercise. Inconsistent sleep patterns increase the risks of Type 2 diabetes, heart disease and weight gain. Sleep is an important part of our daily lives.

Jesse Parr, clinical professor with the Texas A&M College of Medicine and team physician for the Texas A&M University athletic department,

University Health Science Center. The experts recommend going to bed within the same hour every day to start noticing improvements.

“You could expect that there would be a shift in your diet due to a lack of sleep and a lack of activity, leading to putting on weight,” Gordon said. “There’s a benefit in maintaining consistent sleep patterns.”

Earnest said this research is important to pay attention to, especially for college students who tend to have irregular sleep schedules. Earnest said that college students are prime examples of social jet lag because as weekends approach, schedules change and students go to sleep even later and sleep in longer. This impacts one’s well being as a whole because the factor most commonly ignored is sleep, so students are seriously messing up their body cycles by doing this, Earnest said.

“Sleep is at the keystone because it’s not just the amount of sleep but the timing of sleep that is important because that is how our internal body clocks are being regulated,” Earnest said. “It’s not just sleep and wake times, but also meal times. The two really go hand in hand.”

Inconsistent sleep patterns have been linked to a higher risk for Type 2 diabetes and heart disease, Earnest said. This is because when you sleep less, you’re tired and are more likely to eat fatty, sugary foods to get energy, Gordon said. Gordon recommends trying to maintain normal patterns, putting the phone away and limiting alcohol consumption in order to jump-start sleep patterns, leading to a healthy diet and more energy to workout.

“We’re biologically designed to be active, but we can’t be active unless we eat properly and get plenty of sleep,” Parr said in the press release.

Car Smash



Penelope Shirey | Lariat Photographer

HELPFUL VANDALISM Pi Kappa Phi hosted a fundraiser for Habitat for Humanity Wednesday on Fountain Mall. Participants who donated money were allowed to smash the car with a sledgehammer.

Russian agents, hackers charged in Yahoo breach

ERIC TUCKER
Associated Press

WASHINGTON — Two Russian intelligence agents and a pair of hired hackers have been charged in a devastating criminal breach at Yahoo that affected at least a half billion user accounts, the Justice Department said Wednesday in bringing the first case of its kind against current Russian

government officials. In a scheme that prosecutors say blended intelligence gathering with old-fashioned financial greed, the four men targeted the email accounts of Russian and U.S. government officials, Russian journalists and employees of financial services and other private businesses, U.S. officials said.

“We will not allow individuals, groups, nation states or a combination of them to compromise the privacy of our citizens, the economic interests of our companies or the security of our country,” said Acting Assistant Attorney General Mary McCord, the head of the Justice Department’s national security division.

Texas approves texting while driving ban

DAVID SALEH RAUF
Associated Press

AUSTIN — The Texas House on Wednesday approved a statewide ban on texting while driving, advancing legislation either fizzled out or was vetoed in previous years.

Forty-six states have laws against texting while driving that typically also ban sending or reading email, using apps or engaging in other use of the internet. Dozens of Texas cities also prohibit texting while driving.

The proposal, carried for a fourth consecutive session by former Republican House speaker Tom Craddick, easily advanced on a 113 to 32 vote. It would prohibit the use of hand-held phones to “read write or send an electronic message” while driving. It would also assess a \$99 fine on first-time offenders and a \$200 fine on repeat offenses.

“This is a major cause of accidents and deaths in the country and in the state,” Craddick said.

Waco Symphony Orchestra

Stephen Heyde, Music Director/Conductor

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News

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dream and are an American success story.

“My father was a factory worker. I can be a university professor. You’re not bound by who your father was,” Hussain said.

To those who may be skeptical, Hussain said that common stereotypes are not the reality. The purpose of interfaith dialogue is to help others find what is meaningful to them, within their own religions, not to convert people, Hussain said. He is very interested in the New Testament and said that if hearing him talk about his favorite gospel, Mark, can help a Baptist live out those teachings, then that is a good thing.

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 struck by the division within the nation.

“It’s one thing to have difference of opinions. Those are wonderful things, but... on both sides it wasn’t ‘I’m right and you’re wrong,’ it’s ‘I’m right, you’re evil,’” Hussain said.

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

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

The event will also remind students about the services offered by 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. I think it is always good to have a professional help you,” Le Grice said. “And on campus, the services are completely free, so students should take advantage of that. The hardest part can be getting to that first meeting, and once they get to that point, it’s easier for them.”

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is still involved in the ministry. He said he is glad Keep Waco Beautiful is recognizing the Jubilee Food Market, and he hopes more people will see the amazing work Mission Waco is doing.

“Mission Waco is an outstanding organization, and I am proud to associate myself with them,” Hudiburg said. “Anyone interested should reach out and volunteer to join in with this amazing community and their work.”

Keep Waco Beautiful hosts quarterly river cleanups and semiannual neighborhood association cleanups, as well as organizes beautifications around town.

According to its website, the organization has an 18-member volunteer board from all over Waco and is funded solely from grants, donations, membership donations and a few small fundraisers held annually.

“Between the cleanups, educational outreach and beautifications, we try to recognize the businesses and campuses in the Waco area that really make a difference and help economically expand our city as well as educate our future adult citizens,” Millerd said.

BREAK

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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 truly see how God has worked and is working through ministries in Guatemala and even in and through my past trips,” Weddell said.

Weddell traveled to Antigua this year with the Baylor and Beyond program where she served in a malnutrition clinic in a village called San Juan Sacatapequez. 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 nannies are. It was also rewarding to see that new kids are at the malnutrition clinic than the kids who were there the last time I went with Baylor. This means the clinic is doing something right because

the first set of kids was healthy enough to go home,” Weddell said.

This spring break, the Baylor women’s soccer team and the sorority Pi Beta Phi helped children in Costa Rica through CoHope. CoHope is a nonprofit organization founder in honor of Baylor graduate and member of Alpha Tau Omega Coho Menk, who died last May.

Beth Messerly, founder and executive director of CoHope and Coho’s mother, established CoHope to serve children in the United States and internationally. The organization gives children the opportunity and tools to promote health, provide education and help the well-being of children.

“We want to spread the passion and spirit of Coho,” Messerly said.

The Lady Bears donated cleats and T-shirts that were distributed to children in Costa Rica. The cleats were donated to a local girls’ soccer team from Cartago, Costa Rica. The team name is Jugos Nacionales Cartago.

“The girls were absolutely thrilled to get these

items, especially the cleats as they are hard to come by and very expensive. This team consists of girls 16 to 18 years old, many from single-parent families who could never afford these items,” Messerly said.

Messerly said the youth small and medium T-shirts were donated to a kindergarten class in Matapalo, Costa Rica, by eight Baylor Pi Beta Phi sorority sisters, including Menk’s sister, Mahtomedi, Minn., junior Britta Menk.

“The kids, teacher and school were so excited and very grateful,” Messerly said.

To continue supporting their fallen brother, Menk, Alpha Tau Omega will host its annual Bed Races event to raise money to support CoHope from 6 to 7 p.m. on March 23.

“We are so very grateful for the ongoing love and support we are receiving from Baylor staff, students and Waco regarding the loss of Coho. We are comforted knowing Coho’s life plan was set by God and CoHope is the extension of his loving legacy,” Messerly said.

What’s Happening on Campus?

Thursday, Mar. 16 ☀️

Dr. Amir Hussain Lecture

3:30 p.m. Dr. Amir Hussain, professor of theological studies at Loyola Marymount University, will present “Muslims and the Making of America” at the Foster Campus for Business & Innovation, Room 240. A book signing will follow the lecture.

Thursday, Mar. 16 🕒

Men for Change

5:30 p.m. Join Men for Change every Thursday in the Bobo Spiritual Life Center Chapel to meet and discuss ideas of spirituality and masculinity.

Thursday, Mar. 16 🕒

USAF Thunderbirds

6:00 p.m. The Baylor Institute for Air Science will host a presentation by The United States Air Force Thunderbirds in Hankamer Academic Center, Room 101 [Kayser Auditorium].

Friday, Mar. 17 🌞

UBreak

10 a.m. Take a break from your busy schedule for a free breakfast, a cup of coffee and community in the Bill Daniel Student Center, UB Room. Be sure to B.Y.O.M. [bring your own mug] and we’ll store it for you for the year!

Saturday, Mar. 18 🕒

Waco Symphony Orchestra with VirtuOSO

7:30 p.m. Join the Waco Symphony Orchestra and Baylor’s vocal ensemble, VirtuOSO, as they participate in Orchestras Feeding America 2017. Attendees are encouraged to bring non-perishable food donations, which will be distributed by Caritas, to the 7:30 p.m. presentation of *By George!* in Waco Hall. For tickets, visit wacosymphony.com.

Tuesday, Mar. 21 🌞

Dr Pepper® Hour

3 p.m. A Baylor tradition since 1953, enjoy a Dr Pepper® float and catch up with friends in the Barfield Drawing Room or at Robinson Tower on the 6th floor.

Tuesday, Mar. 21 🌞

Women’s History Month Lecture

3:30 p.m. Join the Department of History and Phi Alpha Theta as Dr. Cathleen Cahill, associate professor at the University of New Mexico, presents “Who Fought for Women’s Suffrage? A More Diverse View” in Morrison Constitution Hall, Room 100.

Tuesday, Mar. 21 🕒

Human Trafficking Panel Discussion

6:00 p.m. Emily Mills [Jesus Said Love], Theresa Flores [trafficking survivor] and Robert Callahan [local UnBound chapter] discuss and explore aspects of human trafficking in our region and ways to help prevent this injustice. Join the conversation at the Foster Campus for Business & Innovation, Room 250.

This Matters ☀️🌙

Monday, Mar. 20 – 4 p.m.
Alexander Reading Room
Is America Welcoming?

Wednesday, Mar. 22 – 5:30 p.m.
Bobo Spiritual Life Center
Immigration

This Matters forums bring discussion panels connecting leaders from diverse perspectives together to offer context to society’s most challenging questions. It is an opportunity for students, faculty and staff to share ideas in a safe space, promote dialogue and enrich each other’s understanding of topics affecting the campus community.

For more, join Baylor Connect at baylor.edu/baylorconnect

Follow @BaylorSA, @BaylorMA and @BaylorUB on Twitter.



BAYLOR
UNIVERSITY

STUDENT ACTIVITIES

It’s Illectric!
Boogie woogie woogie!



Dayday Wynn | Lariat Photographer

LET’S GO DANCIN’ Illectric River is an EDM music and art festival that begins at 2 p.m. on Saturday at McLane Stadium. General admission costs \$55 and VIP admission is \$99. Some of the festival’s features inclue local food trucks, live graffiti artists, vendors, interactive art exhibits and, of course, live EDM DJs.

EDM festival to light up McLane

CAROLINE BENTLEY
Reporter

On March 18, 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 meant to show citizens of Waco and surrounding areas a variety of art and music not from the Texas community.

“Illectric River aims to go above and beyond to exceed expectations at all times,” said Illectric 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 décor, to minimizing wait times 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 Millsap | Illectric River Founder/Visionary Director

The Illectric River Music and Art Festival is a chance for people of all ages to come together and share their passion for arts. The festival lineup includes some of the nation’s top artists such as Up Art Studio, Nicky

Davis, Sno 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 those things at once,” said Illectric River Founder/Visionary Jason Millsap. “What makes Illectric River a one-of-a-kind experience is our approach to reaching others and the world by showcasing local and nationally-renowned electronic music producers and DJs.”

With a variety of internationally acclaimed artists and up-and-coming house, trap, bass and dub step artists, the founders of Illectric Music and Art Festival created an event for everyone.

“We curated this lineup to ensure that both seasoned EDM festivalgoers and first-time EDM listeners have an unforgettable experience,” said Talent Buyer Robert Brooks. “It’s important

to everyone on our team that these EDM newcomers leave Illectric River with a new passion for EDM and art.”

Brooks said unlike other festivals, Illectric River offers a canvas for artists to unleash talents in a location small enough to provide a sense of family but expansive enough to allow, the guests to enjoy a variety of environments featuring music and art from around the world.

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

The Illectric Music and Art Festival will be held at 2 p.m. at Baylor University’s McLane Stadium and is 18+. For more information about the festival or to purchase tickets, contact Robert Brooks at 404-372-1599 or email at robert@illectricriver.com.

This week in Waco:

>> 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.— Fiesta! Fountain Mall.

7-9 p.m.— Toney Rocks performs. Dichotomy Coffee & Spirits.

7:30-8:00 p.m.— Open Mic. Tea2Go.

7:30 p.m.— Jazz Ensemble Concert. Jones Concert Hall.

>> 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.— “Murder Most Green.” 7524 Bosque Blvd. Suite Q.

6:30-10 p.m.— St. Patrick’s Feast of the Isles. Provender Store.

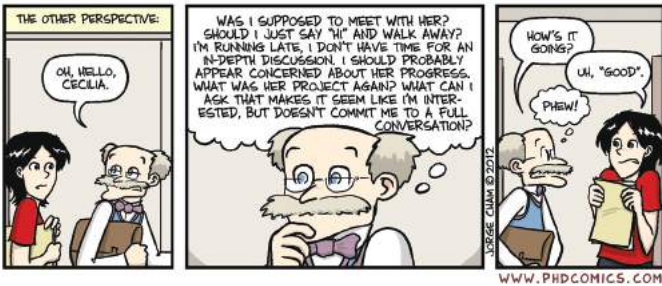
8-11 p.m.— Blue Water Highway performs. \$10. Common Grounds.

>> Friday

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

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

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	3			8		7	5	



For today’s puzzle results, please go to
BaylorLariat.com

Today’s Puzzles

- Across**
- 1 The Miners of the Lone Star St.
 - 5 Eurasia’s __ Mountains
 - 9 Fundraising gps.
 - 13 Caesar’s France
 - 14 Marner of fiction
 - 16 Hindustani language
 - 17 What Dobermans do for dinner?
 - 19 Innocent
 - 20 Retro wall unit
 - 21 Titanic undoing
 - 23 Not very bright
 - 24 Super-cold concoction at Baskin-Robbins?
 - 28 Yale alum
 - 31 Longtime Yankees announcer __ Allen
 - 32 First to play James
 - 33 Tall and lean
 - 35 “Sadly ...”
 - 38 Box
 - 41 World’s stealthiest detective?
 - 44 Got out of bed
 - 45 “So __ say”
 - 46 Crowd-sourced review site
 - 47 Asian takeover option
 - 49 Little trickster
 - 51 See 56-Down
 - 52 Cutest Baby contest champion?
 - 57 Security briefing org.
 - 58 Clothing part that might split
 - 59 Epic tales
 - 63 Singer James
 - 65 Massage epiphany?
 - 68 Agenda detail
 - 69 Gets mud on
 - 70 Phi __ Kappa
 - 71 Banks of 2000s TV talk
 - 72 Doing business
 - 73 “The Osbournes” patriarch
- Down**
- 1 Brand of sheepskin boots
 - 2 Biting
 - 3 Italian capital
 - 4 Fallback option
 - 5 __ Today

1	2	3	4		5	6	7	8		9	10	11	12
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63			64		65			66	67				
68					69					70			
71						72				73			

- 6 Tease
- 7 “I was out of town,” e.g.
- 8 Approach midnight
- 9 Place to hoist a pint
- 10 DBA followers
- 11 Madison Ave. field
- 12 In-your-face challenge
- 15 Feudal laborers
- 18 Protective barrier
- 22 El __
- 25 Authentic
- 26 Dole out
- 27 Like birds with worms, so it’s said
- 28 Designer Schiaparelli
- 29 Cowardly Lion portrayer
- 30 Facing serious trouble
- 34 Singer who formerly stylized her name with a dollar sign
- 36 “ __ du lieber!”
- 37 Yarn purchase

- 39 Squeal
- 40 Catch sight of
- 42 Raises
- 43 Many a gospel song
- 48 Brainstorms
- 50 Uruguayan money
- 52 Nail a test
- 53 Like Oscar Wilde
- 54 Mackerel relative
- 55 Beatnik’s “With ya”
- 56 Repeating movie role for
- 51-Across
- 60 “Sheesh!”
- 61 Animated bug film
- 62 Time at a hotel
- 64 Org. for docs
- 66 Pint to drink
- 67 AOL alternative

SCOREBOARD >> @BaylorBaseball 4 @DBU_Baseball 1 | March Madness live -> bit.ly/Roadto64

Baylor continues hot start, wins 4-1

NATHAN KEIL
Sports Writer

No. 10 Baylor baseball picked up its 15th win of the season with an impressive 4-1 road win at Dallas Baptist University 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 at the plate, while limiting Dallas Baptist to just five. Senior designated hitter Matt Menard led the Bears with three, and junior outfielders Kameron Esthay and Levi Gilcrease each had two hits.

Baylor got 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 then used five relievers, including sophomore pitcher Kyle Hill, who ended Dallas Baptist's bases-loaded threat in the seventh inning by inducing a routine groundout



GROUNDING INTO TROUBLE Baylor third baseman Steven McLean prepares to throw a ball to first base during warm-ups in a game against Arkansas-Pine Bluff on Feb. 28 in Waco. The Bears won the game 17-3. McLean was 2-for-6 with two runs batted in.

Liesje Powers | Photo Editor

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 of the season on a pinch hit home run from sophomore

catcher Garrett Wolforth. Montemayor did, however, earn his sixth save of the season in six tries.

The Bears' bats got going early as they plated two in the first and one in the second. With two outs in the top of

the first, freshman catcher Shea Langeliers kept the inning alive with a single to left field. Then on a 1-1 count, Patriots sophomore pitcher Coby Weaver left a hanging curveball over the middle of the plate that Menard hit well over the fence in left field for his first home run of the season.

Baylor got the job done once again with two outs in the top of the second. Freshman infielder Davis Wendzel walked and Gilcrease ripped a double to left center, bringing in the third run 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 load the bases with one out. Gilcrease then hit a chopper back toward the pitcher that Weaver threw wide of second attempting 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 8 p.m. Friday against West Virginia to open Big 12 play.

Nina Davis' last chance for Final Four starts this Saturday night

STEPHEN HAWKINS
Associated Press

WACO — Nina Davis arrived at Baylor as an undersized post player, with an unorthodox style and uncanny ability to get rebounds and slip around defenders to score.

The 5-foot-11 forward became an AP All-American, the Big 12 player of the year and will leave Baylor as only the fifth player in school history with more than 2,000 points and more than 1,000 rebounds.

But there is still something missing as she faces her last chance for a trip to the NCAA Final Four and a national title.

"I feel like I have accomplished a lot of things as far as player of the year and the things that just happened in the Big 12," Davis said. "But without that Final Four, and us getting into the national championship, that's for sure a huge piece of the puzzle."

Baylor (30-3) opens the NCAA Tournament at home Saturday against SWAC Tournament champion Texas Southern. The Lady Bears are the No. 1 seed in the Oklahoma City Regional, and are trying to get to their first Final Four since an undefeated 40-0 national championship five years ago.

Each of Davis' first three seasons ended with a loss in the Elite Eight. The finale last year was in Dallas, about 100 miles from the Waco campus — and where this year's Final Four will be played.

"It's a little different than it's been in the past three years, I guess, just knowing in the back of my mind that this is my last go-around, there's no more tomorrow," Davis said. "There's not an 'Oh, we lost in the Elite Eight this year, but there's still next year.' So it's definitely a sense of urgency."

For the only time in her career, Davis wasn't a first-team All-Big 12 pick this season, though she was on the

All-Big 12 Tournament team for the fourth straight year. She won't be an All-American again since her senior-season averages of 12.5 points and 5.6 rebound per game are both career lows.

But there is an easy explanation to why her numbers are down for Baylor, which won its seventh straight Big 12 regular-season title but lost in the conference tournament for the first time in that span.

"She had the carry the load for this program for two or three years, and then as you recruit, you get bigger, you get as-talented players, it's about the team," coach Kim Mulkey said. "Unfortunately, All-America teams are usually selected on stats, and not watching every kid that plays. ... Her name and her legacy will always be an All-American at Baylor."

Then Mulkey held up her hand, pointing to a ring finger, and pointing out that the only thing missing for Davis is a Final Four.

With former Duke transfer and scoring guard Alexis Jones healthy most of the season, the scoring load clearly shifted some. Meanwhile, sophomore post players Kalani Brown (6-foot-7) and Beatrice Mompremier (6-4) continued to develop inside, with that sophomore duo combining to average more than 23 points and 14 rebounds a game.

Davis knew her role would change with their emergence, and she was OK with that. She said it's been a great senior year so far.

"We're 30-3. I've been hearing all kinds of things, my numbers have been down, I wasn't first-team All-Big 12 for the first time, I wasn't All-American," Davis said. "It's been crazy. I've heard it all, but I'm happy where I'm at right now. ... I've been helping my team in the different areas that they need, and that's really all that matters."

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Baylor defeats Dallas Baptist 4-1, continues early season success

Full version online at baylorlariat.com

Sports Take: Champs or bust for Baylor

BEN EVERETT
Sports Writer

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



Penelope Shirey | Lariat Photographer

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 91-49. Baylor ended the season with a record of 25-6 before losing to Kansas State in the first round of the Big 12 Championship tournament.

R.J. Hunter.

With Baylor returning more than enough to make another run, they were determined to end the season on a better note. The Bears succeeded in qualifying for the

tournament as a No. 5 seed, but 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



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 and clinched their seventh-straight Big 12 regular season title.

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 Khadijah 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 motto. 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. It's the last chance they have to do so.

The 23rd Annual BEALL POETRY FESTIVAL

Today
MARCH 16



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
Adrian Rice

in Kayser Auditorium
(Hankamer)



MARCH 17

3:30 PM

Poetry Panel Moderated by **Chloe Honum**

7:00 PM

Poetry Reading by **Micheal O'Siadhail**



March 15-17

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finest contemporary poets, with readings,
a panel discussion 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**



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Caitriona O'Reilly

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