Student regents bridge university gaps

PHOEBE SUY Staff Writer

For some students, Baylor’s Board of Regents is an aloof governing body that seems out of touch with real-life concerns. For others, it’s a place to discuss things for everyone else. While this is mostly true — the regents meet quarterly to make important decisions — the regents are not detached, and in fact are taking steps to understand students, according to student regents Hannah Vecseri and Will Cassara.

For the last five years, at least one student representative has served on Baylor’s Board of Regents. Throughout the 2017-2018 school year, Vecseri and Cassara have worked to share the perspective of the student body with the board. To do so, they have worked to share the student perspective whenever they’re making these very important decisions — the regents are not capable of sharing the reality of what life is like for Baylor students.

“Every position where your job is literally to talk to students and get to know them and hear their thoughts and concerns, and help the board access those students’ thoughts and concerns so that they can take it into account whenever they’re making those very long-term decisions about our institution,” Vecseri said.

As a student regent, Vecseri said she believes it’s important to keep decision-making “centered on the people this institution is serving, which is students.”

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Bridging the Gap

In order to effectively operate as a bridge between the board and students, Vecseri and Cassara said they intentionally involve themselves and seek to connect with students from various organizations across campus. As a University Scholars major, Vecseri said she is involved in three disciplines — political science, great texts and finance — that provide her with the opportunity to interact with a variety of people across campus.

Vecseri and Cassara are the only two student regents on the 44-person Board of Regents, and Cassara said they intentionally involve undergraduate students from various organizations across campus.

“Instead, with the help of the company’s spiritual leadership, Wright was able to turn a corporate setting.

The founder and CEO of PacMoore, Bill Moore, is food manufacturing with a mission to transform lives. He began the presentation by speaking about Jamie Wright, a PacMoore employee who went through his own life transformation at PacMoore.

“Typically men like me would say, ‘That’s not what we do,'” Moore said. "But that’s not what we do." Moore said.

Instead, with the help of the company’s spiritual leadership, Wright was able to turn a corporate setting.
Turtles and mashed potatoes and stuffing. Oh, My! The holiday season is filled with family traditions and friendly events, many of which revolve around the eating of large quantities of food. Between the cookie season, Thanksgiving dinners and Christmas treats, food can be incredibly plentiful from October to January.

For many, these celebrations are a time to enjoy the company and unique aspect of the season. However, for one of the 10 million females and one million males in the United States that currently struggle with eating disorders, according to The National Eating Disorders Association, putting the holiday season into context means that participating in eating disorders is a continual challenge that needs to be overcome with anxiety about having to eat during these feasts.

The National Eating Disorders Association reports that the holidays can affect those with different eating disorders in various ways. For example, if you are struggling with anorexia nervosa, you may be overwhelmed with anxiety about having to eat with your family or friends for long periods of time while you eat and may be watching your portion sizes, worrying about whether you’re eating too much.

In contrast, if you are struggling with binge eating disorder or bulimia nervosa, holiday meals present an ample time to overeat as much as you want, which can lead to guilt and shame from comparing what you are eating and purging or throwing up for those with bulimia nervosa.

While these are just a few examples of the hurdles that come with coping with an eating disorder around the holidays, it is important to know that if you are struggling with this winter season, you are not alone in your fight.

Eating Disorder Hope states that four out of every 254 people suffer from an eating disorder in their lifetime, or someone you know who is dealing with an eating disorder.

Although the holidays can be tough, there are ways to cope with being surrounded by food and large groups of people. Mirror, Mirror, an eating disorder support website, offers a few options for surviving the holidays.

If you are in treatment for an eating disorder, spend time with your family or friends in your life who know you’re going through treatment and make sure your concerns are heard. You can ask them to see if there is a friend or family member that you would like –– from nudging them to table side or to sit with your family or friends for long periods of time during or after a meal, spend time with them. If you’re truly concerned about someone eating poorly, pull them aside and say something to them, pretending, not in front of a room full of people.

If you notice a family member or a friend that is suffering from anorexia, bulimia, or binge eating at that. It’s easier said than done. The crucial part is to make sure you don’t purge, support from a loved one can go a long way.

If you have not discussed your eating disorder with anyone that will be with you during the holidays, there are other ways to make it through. Planning ahead for family meals and going to the grocery store for yourself can help. For those especially for those that struggle with simply wanting to control what they put in their body. Mirror, Mirror also suggests that you reflect on the family meal in order to find your healthy eating style and go from something more positive, such as the people around you, or the football game on TV or all the Black Friday sales you’re going to see at the next day.

While a majority of Americans do not experience eating disorders during the holiday season, you can help someone you know who doesn’t have treatment on their side, just as you would to push them further into their disorder. Don’t comment on how much someone is eating, or how little someone is eating, regardless of whether or not they have an eating disorder. If you go to relatives, let them know, and if they’re queriously watching a nil and nothing, don’t call attention to it or force an entire table of people. If you’re truly concerned about someone eating poorly, pull them aside and say something to them, pretending, not in front of a room full of people.

If you notice a family member or a friend that is suffering from anorexia, bulimia, or binge eating disorder, it is also prevalent in other mental illnesses such as depression or bipolar disorder. Simply being present and being there for someone you love can make a huge difference in their holiday experience.

Above all, it is important to remember that if you are struggling with your eating disorder during the holidays, you are not alone. You can deal with it. If you do not deal with it, you can end up losing your family and friends.

Today, it’s time to start that you tried, and that you are actually trying to deal with your eating disorder.

You are not alone, especially during times of giving thanks and spreading love.

Keith Urban shows female empowerment in new song

JESSICA HUBBLE
Assistant News Editor

Female empowerment and country music are not usually two things you find together. Most country songs objectify women and imply that she asked for it just cause she was wearing a skirt, is that how that works?”

Point blank. He sings, “When somebody laughs or makes light of you, you can thank them for being so observant and telling you how to act. It’s OK, it’s OK. It’s OK. It’s OK.”

I was seeing progress but I still had low energy in the small victory. I allowed myself tea at first because it has less caffeine than coffee. I had a massive headache this morning, regardless of whether someone is eating, it can be easier to accept their disorder.

I’m not sure I will continue to stay away from coffee completely, especially with finals week coming up, but I know now that I am better off without it and will never think of coffee as much as I did before this experiment. I hope that this article provides insight on moderation, but my advice to all college students would be to drink as little coffee as I did before this experiment.

While many criticize Urban and say that he was being too soft, and not going into dollar-experts’ “It’s an easy attack to make, but I don’t think that attack is fair to him,” and he made the most of his platform to say that he has accomplished.

I am no professional at analyzing songs or critiquing them, but I do realize it was actually the problem.

Keith Urban is a sophomore major from Barton

Opinions expressed in the Lariat are not necessarily those of the Lariat editorial board. Lariat letters and columns do not necessarily reflect the views of the Baylor administration, the Baylor Board of Regents, the student body or the Baylor University community.
HOLLY LUTRELL

Student Foundation takes creative approach to prevent theft

Student Foundation brags fall festivities to Fountain Mall

LOCK IT UP: 20 of the 29 reported thefts on Baylor’s campus in October were bike thefts.

BUPD asks community to help prevent bike theft

SECOND FAMILY梆 Student body, faculty, and staff gathered at the residence evening on Fountain Mall for the All-University Thanksgiving meal.

Baylee VerSteeg | Multimedia Journalist

MONICA RODRIGUEZ

Student government invites students, community to Thanksgiving dinner

LOCK IT UP: 20 of the 29 reported thefts on Baylor’s campus in October were bike thefts.

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Mayborn Museum makes blankets for Humane Society

BROOKE HILL
Staff Writer

This year, furry friends in Waco will have something to be thankful for, too. The Mayborn Museum invited people to their Design Den on Thursday night to make fleece blankets to donate for use in animal shelters across the country.

"We are honored to be selected for this wonderful event," said Dan Bland, executive director of the Baylor Museum of Natural History and Learning, the Baylor Bear Foundation and the Mayborn Museum.

"It's a great opportunity to do good by people while also being good to animals," Bland said.

Students will apply with a resume, cover letter and program application individually for each job they're interested in and qualified for, "Washington said. So as a communications major, her responsibilities involved looking into other schools that had already developed a student employment office and getting information from them so that the office could be structured by looking at examples.

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Josh Ward, a country music singer from Montgomery, Texas, was named New Male Vocalist of the Year by the Texas Regional Radio Awards and received song of the year with his hit single “Whiskey and Whitley.” Ward will be performing in Waco on Saturday at The Melody Ranch.

Brandy Reed of RPR Media said before Josh formed his band in 2013, he started playing music in the parking lot of the rodeo circuit in 2003. “He has been called a country music traditionalist, delivering an old-school sound with a hauntingly country classic voice,” Reed said.

According to Ward, music has always been his dream and he caught the performing bug as a child. “From an early age on, I was always around music,” Ward said. “My grandparents would always have the radio on at the house. I started singing in the church choir at 4 years old just to be sung. When I learned to play guitar years later, being a country music singer kind of became the dream.”

Ward said he’s grateful his music has turned into a business and not just a hobby. Ward appreciates the freedom his job gives him, like how often he gets to travel and the weeks he’s able to be home with his family. However, Ward said the freedom doesn’t come without its struggles. “The most difficult part about making music is being gone and missing important things with the family,” Ward said. “Sometimes you’re gone on birthdays or special little moments. That’s a tough one. But there are solutions to that too. We go to run around the country and play for some of the best fans in the world. We get to live out a dream, literally.”

One of those dreams was fulfilled the first time Ward heard his song on the radio. He said he never thought in a million years that he would hear himself on the radio. “It was a blur, I can tell you that. That whole thing from the start to now has been a wild, crazy, wonderful ride of a ride, the ups and downs, good and bad,” Ward said. “I’ve been doing this for 15 years and I think we’re just now getting the ‘look’ from a lot of people. Although it has been a ride, Ward’s success wasn’t handed to him. He went from working in the rodeo to the oil fields and then straight into the music business. Ward said each field taught him perseverance and the will to succeed, and he hopes to pass that lesson on to aspiring artists.

“My simple advice would be hard work and clean living,” Ward said. “You have to have a no-quit, true grit attitude. There’s a lot of things that are going to get in your way, but don’t ever let anyone tell you that you can’t do something. Because it is possible if you put the hard work in and don’t let off the hammer, you’re going to succeed,” Ward said. “And I can honestly say being humble and kind to everyone you meet is where the majority of my success has come from. If you’re good to people, they see that in you and they’ll be good to you back.”

As for his performances, Ward said his pre-show rituals includes praying and listening to the artists he idolizes. “Praying before I go on stage is a given every night. It’s been something that I’ve done for a living, so I give thanks to Him first,” Ward said. “I need a little quiet time to get in the vibe. I’ll listen to Keith Whitley, George Jones and Merle Haggard while I’m getting ready. I honed my vocal skills around those guys because those were my favorites. They knew how to sing heartbreak songs, and I just gravitated to that. I’m a sucker for a sad song, I guess.”

And he sings them well, according to one of Ward’s fans, Amarillo junior Grant Gillispie. “He just has something that not many country music singers have anymore. His voice stuck with me because it’s like nothing else I hear on the radio. It’s a cool thing to do by taking his own path and getting country music back to its old-school roots,” Gillispie said.

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Six Thanksgiving dinners colleges student can make

MEGAN RULE

Directions: Traditionally, when thinking of Thanksgiving, we tend to think of cornucopias advertising long tables filled with dishes of food and dozens of people sitting around it. The table is set perfectly, the aesthetics are chosen to perfection and the food laid out is displayed on the table is dressed to the nines and every single plate or fork is chosen to a glamorous holiday setting. However, that’s not the case for many college students who don’t get to sit around a long table for a Thanksgiving feast on campus for the holiday. But you can still have the flavors of a home-cooked, healthy Thanksgiving meal with these six easy recipes to celebrate the holiday.

1. Full Falafel Salad
• Arugula
• Quinoa
• Butternut squash
• Cranberries
• Feta
• Butternut squash
• AlmondThyme dressing.

Top with balsamic vinaigrette once the ingredients are cold. The salad tastes better when made ahead of time and stored in cranberries, feta, butternut squash, and almonds.

2. Roasted Brussels Sprouts
Ingredients:
• Brussels sprouts
• Sea salt
• Pepper

Directions: In a large bowl, combine two handfuls of arugula and a little bit of cranberries, feta, butternut squash, and almonds. I usually buy these already cooked. Once in a while I try a little bit of goat cheese or sour cream if I have time. I tend to mix it all together and refrigerate it. Either way, the dressing is added later once the ingredients are cold. The amount of each ingredient is based on personal taste. Top with balsamic Thyme dressing before serving.

3. Roasted Sweet Potatoes
Ingredients:
• Sweet potatoes
• Olive oil
• Salt
• Pepper

Directions: Set the oven to 400 degrees Fahrenheit. Wash Brussels sprouts with water, then cut them in half. Line a baking sheet with aluminum foil and spread the chopped Brussels sprouts over the sheet. Drizzle olive oil on top, then add salt and pepper. Mix with hands to make sure the seasoning is evenly distributed. Put the mixture in the oven for about 30 minutes or until ready to your liking. I like the Brussels sprouts extra crispy, so I tend to cook them until they turn a very dark brown.

4. Green Bean Casserole
Ingredients:
• Green beans
• Olive oil
• Salt
• Pepper

Directions: Finely chop the green beans (chopped, about 2 cups) until creamy. In the pot from earlier, add three tablespoons of the mushroom with olive oil and the chopped onions. Sauté until they turn a golden color, then set aside for later. In a pot, boil the potatoes (about one cup) until they are cooked to your liking. Make them extra creamy, so I tend to cook them until the cinnamon on top tests a very dark brown.

5. Cranberry Pecan Muffins
Ingredients:
• 1 package of extra-lean ground turkey
• Olive oil
• Yellow onion
• Garlic
• Pecans
• Sea salt
• Ginger
• Pumpkin powder

Directions: Preheat oven to 350 degrees Fahrenheit. In a bowl, mix about a cup and a half of almond flour, a tablespoon of baking soda, and the spices mentioned above. In a baking dish, add the ground turkey, and the spices mentioned above. Bake in the oven at 350 degrees Fahrenheit, for about 20 minutes.

6. Pumpkin Pecan Muffins
Ingredients:
• All-purpose flour
• Baking soda
• Sea salt
• Pumpkin
• Pecans

Directions: Preheat oven to 350 degrees Fahrenheit. In a bowl, mix about a cup of pumpkin puree and a teaspoon of sea salt and mix in the nuts, pumpkin puree, and baking soda. Mix these ingredients and put into a greased muffin tin, set for about 30 minutes at 425 degrees Fahrenheit.

DINNER TIME: Opinion editor Megan Rule shares her favorite recipes for easy Thanksgiving meals that college students can make.

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

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The Baylor Lariat
News

REGENTS from Page 1
campus. Additionally, Vincent said she was involved in many campus organizations.

Vincent said she spent many months and a lot of her free time in a senior-level fellowship program in the spring of her senior year. As a result of this program, Vincent was provided with an opportunity to connect with students, faculty, and the administration.

In addition to her academic and social spheres, Vincent and Cassara said they make a point to attend student-run events that feature the international student community and the black student affinity group. Cassara said events like these give them an opportunity to connect with students that they wouldn’t otherwise meet.

Cassara and Vincent said they hosted an event last week called “Dinner with Diversity Makers.” Vincent said the dinner was an opportunity for students to connect with these regents as well as President Dr. Linda Lemon. Vincent explained she and her husband, Dr. Robert Parker, have been to several Zoo dinners, so when they heard the decision-makers needed tables to ensure they had an opportunity to speak with each group, they offered.

Vincent said a diverse group of students attended the dinner, including law students and students from George W. Bush Presidential Library and Museum and the Louis E. Howe School of Nursing.

“We had an amazing opportunity for just the regents and the students to interact,” Vincent said. “It was a great opportunity to get to know each other and to get to know one another’s experience, here’s what I stand up today, here’s what we’re doing. It’s an opportunity for them to see that I would just pray that other people in other communities see the amazing.”

PacMoore’s company strategy is unique in that she and her team implement student employees into the workplace to help transform them.

According to Moore, the steps in the PacMoore process start with recruiting. Moore trains employees for six weeks, increasing their experience and understanding of the workplace relationships, helping them resolve any current or previous life issues, introducing them to Jesus Christ and the Bible, and helping them build life skills. Moore said her strategy is unique because she has an employee training program that helps them gain access to the workplace. Moore said, “We have a program that completely takes them through an employee training program.”

“We have a different purpose and it’s for you to have the support system to help you understand this world — and we will — so that you will start to change and you can add the tools that are really building you back,” Moore said.

According to Moore, PacMoore provides several spiritual tactics, Moore said. For example, a giant portion of the company’s budget goes toward supporting the employees. The company also offers Bible classes and group projects to its employees.

“We typically try to do it get them involved in Bible. We go and look at these people. We’re out of people from some of the Catholic and something from the Bible. We convert them to Protestantism. Some people are Jewish, some people have come from missionary work, working in a church or in a nonprofit position as the jobs for “real” missionary work,” Moore said.

Moore said many people perceive the “real” job to be in the nonprofit sector, but she believes it is more the nonprofit sector is more of a component position as the jobs for “real” missionary work, working in a church or in a nonprofit position.

According to Moore, the jobs for “real” missionary work, working in a church or in a nonprofit position are more of a component position as the jobs for “real” missionary work, working in a church or in a nonprofit position are more of a component position as the jobs for “real” missionary work, working in a church or in a nonprofit position are more of a component position as the jobs for “real” missionary work, working in a church or in a nonprofit position are more of a component position as the jobs for “real” missionary work, working in a church or in a nonprofit position.

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The Baylor Lariat is the student newspaper of Baylor University. It is published every Tuesday during the fall and spring semesters and every other week during the summer semester. The Lariat is a free publication distributed by campus newspapers around the country. It is distributed weekly at the main campus of the University of Texas at Austin, and it is also available online at http://baylorlariat.com/employment/
Bears take on Cyclones for senior day

BEN EVERETT

Saturday at McLane Stadium.

Baylor football closes out its home schedule with a matchup against Iowa State at 1 p.m. Saturday.

The Bears (8-1-6) will honor 13 seasons in the historic home game of the season.

The seniors on the team are linebacker Taylor Young, running back Taron Smith, defensive end and punter Isaac Nutt, defensive line, Chance Wash, tight end and breakfast host. The team's offensive stars are quarterback Charlie Brewer, running back Jordan Foreh tighten, and Lauren Cox, running back.

Baylor said he had the utmost respect for the season for staying with the season despite the lack of Guerrero games.

"I think our seniors are just wonderful people," said head coach. "That's first and foremost."

There are a bunch of wonderful young men in this group. They've had an opportunity to go through all of these pieces of playing in college on a regular basis, so it will be an important game for them to contribute to the win.

In preparation for No. 3 Baylor women's basketball (14-3, 7-2 Big 12) vs. West Virginia (9-18, 2-12) on Saturday at the Ferrell Center, 25-14, 20-17, the Bears struggled down the stretch as K-State pulled away to win the second set 25-19 on Staiger's ninth kill to tie the match. But K-State continued to control the set, 14-10.

On offense, senior quarterback Kyle Kempt had a career-high 313 offensive yards per game against Kansas and Texas Tech after giving up an average of 465 passing attempts.

"I think Taylor Young is a quiet leader," Rhule said. "He doesn't get up and give speeches. He leads by example. He works hard and practices hard. He's a big reason why we're in the position we're in." In Round 1 of the Big 12 Conference Tournament, Young was named to the All-Big 12 First Team. The Bears take on Cyclones for senior day.

"I told him that, whenever he's done, if he's going to do anything, to let me know, because he just has a gift of av..." Rhule said.

The Bears enter the Big 12 Conference Tournament with a 16-6 overall record and 7-2 conference record, and are looking to win their first conference tournament title since 2016.

"You know, he's had it. He's had it," Rhule said. "I told him that, whenever he's done, if he's going to do anything, to let me know, because he just has a gift of av..."

The Bears begin their conference tournament run with a game against the Iowa State Cyclones Friday afternoon at AT&T Stadium in Arlington. The Bears lost to the Red Raiders 76-66 in Round 1 of the Big 12 Tournament and will look to get back on track against the Cyclones.
Women’s club volleyball set to start spring tournaments

BRANSON HARDCASTLE
Reporter

Baylor women's club volleyball (7-4) is looking to continue its recent success as it prepares for the spring semester.

The club placed 2nd in the Baylor Women’s Club Volleyball Tournament that the club hosted on October 14. On November 4, the club finished in fifth place at the University of Houston Veterans Day Tournament.

The club is highly competitive, with most members having high school and club experience before joining the club. Montgomery senior libero and vice president Emily Moon said the club added many new freshmen who are ready and excited to play this season.

“All of the freshmen are eager to play and they always have a really good attitude. It helps us seniors know that they want to have a really good year as well.” Moon said. “They always work really hard, so it definitely helps having them.”

The club also added a new coach, Terry Jorgins, who has experience both as a coach and a player.

Moon said he has brought a sense of community and professionalism to the club.

“He has put an emphasis on team bonding, which has helped us play better together. We are all friends outside of volleyball and that has helped us play better together,” Moon said. “He also has taught us a lot on technical things such as passing and serving. He has taught us more on how to do things rather than just playing.”

The club plays in the Southern Intercollegiate Volleyball Association, which is an organization that promotes organized collegiate club volleyball for both men and women.

Cypress junior outside hitter and president Nicole Yager said this year the club is hoping to recruit a high seed going into the national tournament.

“We want to be one of those teams in tournaments,” Yager said. “I think we have a good shot at nationals. Last year it was difficult. It is a very hard tournament because there are so many good teams out there. I think we can do well if we continue to play the way we have been playing.”

Yager said although the club is playing well, there are still things they need to improve, including communication, which will help elevate them to the next level.

The club will host its next tournament Feb. 3 at the McLane Student Life Center.

PREPARING FOR SUCCESS: Freshman outside hitter Avia Rogers spikes the ball in the women's club volleyball practice Wednesday night in the SLC.

14, 2018, in St. Louis.

The Southern Intercollegiate Volleyball Association is a league within National Collegiate Volleyball Federation, which is an organization that promotes organized collegiate club volleyball for both men and women.

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