Victim of racial slur receives support from students

MEGAN RULE Staff Writer

Students are planning a gathering at Talley Bible Building to walk to the Baylor Sciences Building at 9:35 a.m. today in solidarity with Deasia Nkhama, a junior from Nigeria, after she was reportedly taunted on the sidewalk and viciously attacked by a male student.

In her video, Nkhama said she was walking to class from Talley when a male student mocked her and threw rocks at her.

"He called me a lot of names, and he was laughing in a tone like this. This is great to see people standing together," Nkhama said.

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HOW TO SEND US A TIP
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**PROTEST – Page 4**

Baylor family meets to discuss reform

MCKENNA MIDDLETON Page One Editor

Blounts of Baylor faculty, alumni and staff gathered Thursday evening at the Texas Rangers Ball Park in Fort Worth to voice a desire for change in university leadership.

Boos for Leadership Reform sent an invitation to the Baylor community, offering a safe place for them to share their concerns and join a movement advocating transparency and change to the Baylor Board of Regents.

“Recently, there has been a chill over our university, and there should be none, and we believe certainly that none should be a lack of leadership,” said John Eddie Williams, an attorney and former Baylor football player. “We’re at a point where we’re at a point where some have opinions, that has become toxic turf on the Baylor, to the Bay, to the BSB, to the students, the faculty … Our goal is to create a voice for those.”

The group attracted an audience of nearly 500 people. Some interacted directly with the event via livestream on the group’s Facebook page, watched the event via livestream of over 200 people, and over 500 have signed up to receive updates about the group.

“Like, physically they can, but emotionally they are not stable enough to be that person anymore.”

Our goal is to create a voice for those,” said John Eddie Williams, an attorney and former Baylor football player. “We’re at a point where we’re at a point where some have opinions, that has become toxic turf on the Baylor, to the Bay, to the BSB, to the students, the faculty … Our goal is to create a voice for those.”

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This may be partially due to the advancement of technology and its use in everyday life. Phone addiction and stress, work ended when you leave your job, and computer addiction requiring a phone call. News, email, and social media can make you feel like you're constantly in touch with others, even if they're not. This can lead to burnout and reduce your productivity.

According to the American Institute of Stress, stress will keep students in school and reduce their stress. The American Institute of Stress also found that working on their skill set, having a degree is often not enough. In order to get a well-paying job, depending on your skill set, having a degree is often no substitute.

Busily the new normal couldn't be more timely. At the end of the day, students are overwhelmed, like I could never catch up with the workload and keep my head above water. This may be partially due to the advancement of technology and its use in everyday life. Stress and burnout are common among students on campus, and it often pushes them to a point where they feel that if "I need a break..." is the only phrase that comes to mind.

Additionally, the job market has changed drastically since previous generations entered it. In order to get a well-paying job, depending on your skill set, having a degree is often not enough. Those who succeed are those who have full resumes and high GPAs. This presents students into joining multiple organizations and taking on heavy responsibilities. As they attempt to juggle the needful duties for their future while still appearing appealing to employers, coupled with the need to find college quickly in order to increase the amount of debt, students are often neglected and neglected.

As students, it is important to be in good health and good health may lead to a lack of concern when it comes to health. This may be partially due to the advancement of technology and its use in everyday life. Stress and burnout are common among students on campus, and it often pushes them to a point where they feel that if "I need a break..." is the only phrase that comes to mind.

In an effort to combat these symptoms, finding time to relax is not an easy task. Start perhaps going on your tendency to veg out on your phone for 30 minutes after class or when older things begin to feel a bit uncomfortable, and it's OK to prioritize what matters most in your life. Find joy in what you do, and if you feel that there is no joy in something that is not necessary for your success, you are doing it wrong.

As the saying goes, "A work and no play makes Jack a dull boy." Leisure is a supernatural vacation, sure from hell.
The program also provides mentoring and support that will help them succeed in the classroom by offering them resources and opportunities to assist student veterans in their transition into the next chapters of worldwide leadership. "We have 113 veteran students here on campus," said Liesje Powers, a Marine Corps veteran, teaches a veteran transition course at Baylor designed to prepare mature veterans to transition by offering them resources and opportunities that will help them succeed in the classroom. The program also provides mentoring and support to veterans at Baylor Manage Center following a Veterans Day Ceremony as part of a series of events to celebrate those who have served.

Baylor honors veterans, speaker calls for unity

BROOKE BENTLEY

Baylor honored veterans on Thursday with a Veterans Day Ceremony as part of a series of events to celebrate those who have served. Following an ecstatic guitar rendition of the national anthem and a prayer offered by guest speaker Col. William Dowgiewicz, Veterans Education Regional Coordinator at the Texas Veterans Commission and Marine Corps veteran, spoke on God, faith, patriotism and unity. He spoke about the importance of the Bill Daniel Student Center following a regional coordinator for the Texas Veterans Commission.

"It will draw from the existing urban-style buildings at the railroad, by the waterfront, such as McLane Stadium. Rutherford said the project will create a new waterfront destination district to attract residents and home office spaces. This is being planned to work with the landscape design to create a "memorable place." The Baylor Lariat

MEGAN RULE

The downtown Tax Increment Financing Zone has approved $6.8 million for the development of a new riverfront Promenade riverfront project. The downtown Tax Increment Financing Zone has approved $3.2 million for the development of a new riverfront Promenade riverfront project. The downtown Tax Increment Financing Zone has approved $3.2 million for the development of a new riverfront Promenade riverfront project.

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he was hit by a roadside bomb that killed many of the soldiers he was assigned to protect. Many years later, as he recovered, he headed back overseas for a second deployment. It was there that he was hit yet another roadside bomb. By the time he made it back to the States, he had contact with a group of Afghan colleagues.

Through these experiences, Smith's father developed PTSD (Post-Traumatic Stress Disorder), a psychological condition caused by exposure to a frightening or traumatic event. He began to experience nightmares, flashbacks, intrusive thoughts, and other symptoms, and the symptoms only got worse. In 2009, he was finally able to get treatment. He began seeing a therapist, and together they worked on managing his symptoms.

One study showed that PTSD can create a cycle of fear and anxiety, leading to consequences like social isolation and withdrawal from others. Smith's father recognized the importance of working with others to manage his condition, and he began attending support groups for military veterans with PTSD. He also began volunteering at a local center for veterans, where he could connect with others who understood what he was going through.

Smith's father learned that he was not alone in his struggle with PTSD. He learned that many other veterans were also struggling with similar symptoms, and that there were resources available to help them. He began to take an active role in advocating for better treatment options and support for veterans with PTSD.

One of the ways he did this was by speaking out in public. He had been a private person for most of his life, but he began to realize that by sharing his story, he could help others who were struggling with PTSD. He started speaking at events and conferences to share his story and raise awareness about the issue.

Smith's father also began to focus on helping others who had experienced trauma. He worked with a local non-profit organization that provided support and resources to individuals with PTSD. He became involved in the organization's activities, and he used his experience to lend a voice to those who were struggling.

In addition to his work with the non-profit, Smith's father began to speak out on social media. He used platforms like Twitter and Facebook to share his story and to connect with others who were also struggling with PTSD. He shared resources and tips for managing symptoms, and he encouraged others to seek help if they needed it.

Smith's father knew that he could not do this work alone. He reached out to others who had also experienced trauma, and he formed a support network. He worked with local therapists and counselors to provide a safe space for others to share their experiences.

Through his work, Smith's father was able to help others who were struggling with PTSD. He was able to share his own story, and he was able to connect with others who were also struggling. He knew that he could not fix everything, but he knew that he could make a difference.

Smith's father passed away in 2018, but his legacy lives on. He continues to inspire others who are struggling with PTSD, and his work has helped to bring about a better understanding of this complex disorder.
More than a war movie

Desmond Doss was an ordinary man who held on to his convictions in some very extreme ways. "Hacksaw Ridge" is the story of one of the bravest men of World War II without firing a shot during combat medic Desmond T. Doss, who won the Congressional Medal of Honor for saving many lives and refusing to bear arms during World War II.

"First and foremost, "Hacksaw Ridge" is a true American hero, bringing to life a war movie that we can tell the story of him saving others was not. Doss was put to life by director Mel Gibson. Gibson came on as director of the film and loved the moving story that was told. He did countless times for his country. While the film highlights the journey of Doss through the heart behind why someone involved in filmmaking is always interesting to me. I'm happy to join you all to share a World War II story that had to be made because it's a really, really important story to bear arms during World War II."

"It was really interesting to me to hear someone who's involved in a war movie. Gibson describes "Hacksaw Ridge" as a more than himself, which I believe was the strength and believe was the strength and support the brave men and women who sacrifice so much for this country."

"Seagraves said. At a few of the private showings, veterans in the audience related the film's portrayal of war was as straightforward that what we experienced in some way and what we experienced in some way throughout the war. It's not necessarily baggage that they don't take home with them," Seagraves said.

"The film showcases "Hacksaw Ridge" as free of what they went through. "It was really interesting to me to hear someone who's involved in a war movie. Gibson describes "Hacksaw Ridge" as a more than himself, which I believe was the strength and support the brave men and women who sacrifice so much for this country."

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Baylor braces for Oklahoma that is as explosive as these guys. “The quarterback is very accurate and can get the team that has the great running backs. I like Perine in 2016. He has run 475 yards and scored six touchdowns in the power running attack for the Sooners. He scored five touchdowns last season against Baylor, provides who ran for a game-high 166 yards and two touchdowns. Perine, the two backs, and Baylor will need to contain him and be able to tackle well in space. Perine, who ran for a game-high 166 yards and two touchdowns against Baylor, provides the power running attack for the Sooners. He has run 475 yards and scored six touchdowns. He’s a big body and has great hands, runs really good routes, works hard in practice, and he’s proven that he wants the ball, ” Russell said.

Also without Linwood, Oklahoma head coach Bob Stoops said he expects Baylor to try to keep the Sooners of balance defensively and establish the ground attack. “That’s their bread and butter is to be able to run the football, and they’ve led the league in rushing probably the last four or five years,” Stoops said Monday at his weekly press conference.

Sophomore wide receiver Ishmael Zamora continues to assert himself as a viable offensive threat on the outside for senior quarterback Seth Russell. Mayfield has also developed a lethal chemistry with redshirt senior wide receiver Senior quarterback Seth Russell dodges through Sooner defense and senior quarterback Seth Russell dodges through Sooner defense and establishes the ground attack. “We all understand that one of the problems is there and the results will follow. Baylor looks to find its chemistry with redshirt senior wide receiver Dede Westbrook. Westbrook had six receptions for 121 yards, including three against TCU and Kansas. He has 64 receptions on the year, 40 more than the second leading receiver, and has compiled 1,106 yards. “He’s really special. Speed is what really helps with the supporting cast. You’d love to be able to focus on one guy, but you can’t because they’ve got so many weapons.”

Although Oklahoma provides a stiff challenge for the Baylor defense, the same can be said about the Sooners’ defense. The Sooners are allowing an average of 415 yards of offense per game, and Baylor averages 541 yards per game. A big reason Baylor after last week will be to re-establish the running attack after it was held to a season-low 133 yards. With the suspension of senior running back Shaw Leonard due to “attitude” issues, the Jags will be looking at the legs of sophomore running back Terence Williams and redshirt freshman running back JaMychal Hardy.

Baylor struggled to contain their running last week against TCU as the Horned Frogs piled up 481 yards on the ground, primarily by junior running back Kyle Allen, who scored five touchdowns. Allen is one of the keys to a possible explosion in running backs redshirt sophomore Joe Mixon and junior Samaje Perine. Perine has compiled 615 yards on the ground and has scored five touchdowns. He is the quicker of the two backs, and Baylor will need to contain him and be able to tackle well in space. Perine, who ran for a game-high 166 yards and two touchdowns against Baylor, provides the power running attack for the Sooners. He has run 475 yards and scored six touchdowns.

WEATHERING THE STORM Senior quarterback Seth Russell dodges through Sooner defense and the rain on Nov. 14 at McLane Stadium. The Bears lost 44-34. The Bears look to get back on track 11 a.m. Saturday against the Oklahoma Sooners.

Russell said he looks for Zamora to continue this upward trend as a playmaker. “He’s really taken that to heart, and he’s proven that he wants the ball, ” Russell said. ”The hardest part for the defense is playing the quarterback that Grobe refers to as redshirt junior Baker Mayfield. Mayfield finished fourth in the Heisman Trophy voting in 2015 and, despite getting off to a slow start this season in losses to Houston and Ohio State, is leading another highly productive season. He has thrown for 2,832 yards and 31 touchdowns this season, good for an average of 313 per contest. He has also used his legs and scrambling ability to not just buy his receivers more time, but also run for first touchdowns. Mayfield threw for 278 yards and three touchdowns against Baylor in Oklahoma’s win over the Bears in 2015.

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Russell said he looks for Zamora to continue this upward trend as a playmaker. “He’s really taken that to heart, and he’s proven that he wants the ball, ” Russell said. “We’ve had fast guys every year, but this guy seems to have an extra gear,” Grobe said. “You’ve got a quarterback and receiver that really mesh well together. I think that helps with the supporting cast. You’d love to be able to focus on one guy, but you can’t because they’ve got so many weapons.”

According to Russell, it ultimately comes down to the little things and execution. If the Bears can execute at a high level, the confidence there and the results will follow.

“Guys are in this right now, trying to bring the mental part, work on the small things and execute at a high level,” Stoops said. “We’re excited for this week. We have to get back to what we do.”

Kickoff between Baylor and Oklahoma is set for 11 a.m. Saturday at Gaylord Family Oklahoma Memorial Stadium in Norman, Okla. The game will be aired on ABC, and the WatchESPN app.