Yoga, Christianity not mutually exclusive

THOMAS MORAN
Staff Writer

In recent years, yoga has become one of the most popular and widely practiced forms of physical fitness in the western world. Yoga, which is commonly offered in gyms and almost every fitness center, is said to help with stress relief and the practice of yoga and its practice.

More recently, a debate has arisen in relation to the mind body and the practice of yoga. The site explains that the word “yoga” means to unite in reference to the mind and body.

The official website of the government of India’s Ministry of External Affairs (MEA) offers a detailed history and explanation of yoga.

The site explains that the word “yoga” is derived from the Sanskrit word “yuj,” which means to unite in reference to the mind and body.

Supporting the claim that yoga is inherently linked to Hinduism, some yoga literature suggests that Siva, one of the most prominent Hindu gods, was the “yogin,” one who is masterful in the practice of yoga. In its early stages, the spiritual elements of yoga were seen as practices with emphasis on meditation and was used in many religious rituals, the NIA site said. (Page 4)

SING

Meet the Sing chairs who are responsible for the creation of the act. These individuals choose the theme for the act. The planning and design process starts back in March of the year prior. Generally, the first order of business is the choosing of a theme, followed by the selection of songs that help convey the theme.

“It’s a lot of work, but I think every second of it is worth it,” said Waco’s “vector chair” site chair for Phi Kappa Psi. “Even the times that are a little nerve-wracking or scary.”

Placing a focus on Singer’s performances, the program is not taken lightly by a majority of Sing chairs. Many groups have practices up to five times a week, in addition to allotted time for working on their background. This large

SING → Page 4

FINDING BALANCE Students stretch in a yoga pose in class at the McLane Student Life Center.

Finding Balance

Prost pair with engineering, computer science students

SAMANTHA AMARO
Staff Writer

A new mentorship program is being implemented this month for the School of Engineering and Computer Science. This program will enable students to connect skilled professionals and mentors to each other, allowing them to grow in their careers.

If a student is looking for a mentor, they could potentially find one through this program. The program is open to all students, and mentors are able to choose which students they wish to mentor.

The mentorship program is available to students in a long-term or shorter-term basis. The long-term program is set to last for a period of six months. If students are looking for a shorter mentoring period, they could potentially find one through this program. The program is open to all students, and mentors are able to choose which students they wish to mentor.

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A call for better beauty brands

Cosmetic companies need to reflect inclusivity in products

Not all women wear makeup, and that’s completely acceptable. However, some cosmetic companies fail to represent women of all colors equally, and that’s entirely unacceptable.

On Martin Luther King Jr. Day, Tarte Cosmetics released its new Shape Tape Foundation, which many women had been waiting especially for its line of the company’s extremely successful Shape Tape Concealer. However, the range of shades for their new foundation has a severe lack of diversity and does not wholly represent people of color and their skin tones.

Makeup and cosmetic companies such as Tarte should be fully aware of their customers base, and in doing so, represent their customers accurately and equally, regardless of the color of their skin.

This innovative move from Tarte comes unexpectedly, as some of its other types of makeup have been deemed inauthentic, according to beauty. Unacceptable, and ironic, is the fact that Tarte issued in their new foundation on a day honoring a man who stood for equality and respect for people of all races and colors. This thoughtless action is a slap in the face to everything King stood for, as well as to every modern activist for civil rights.

And, similarly, Tarte responded to the criticism and complaints from Instagram, calling it a “ridiculous misstep” and “one of the most shocking and more colors, along with an apology to the customers that didn’t fit within their whitewashed assumptions. Before making a statement, Tarte deleted the comment function on its Instagram page, further angering consumers who felt they were being silenced.

While there are cosmetic companies such as Fenty Beauty and Maybelline that are well known for their thorough representation of all shades of skin, Tarte is not the only company to have struggled with cultural inclusivity, such as Dove and Shea Moisture.

Last October, Dove released an ad that depicted women of multiple colors changing shirts to indirectly show how one becomes clear with Dove body wash. Whether intentionally or unintentionally, Dove showed women of color with a dirty connotation, and white women with a clean connotation, even if the original intent of the commercial was not meant to be offensive. Not only is this inherently inaccurate, but also incredibly inaccurate – in no way does one’s skin color relate to one’s overall personal hygiene.

And, unfortunately, it’s not just cosmetic and beauty companies that struggle with inclusivity projects and culturally insensitive ads. Toward the start of 2017, Pepsi issued an ad that featured a scenario of social justice movements and protests instead of the products that they could’ve sold, such as a soda. According to the New York Times, Pepsi pulled the ad, stating that it aimed to promote global peace and unity, but that it clearly “missed the mark.”

Similarly, Tarte responded to the criticism and complaints from its Instagram audience on its Instagram story. The last half of the statement reads, “We wanted to get the product out as fast as possible, and we made the decision to move forward before all the shades were ready to go. We know there is no excuse [and] we take full responsibility for launching this way.”

While we can understand the industry in its industry, (and for those who feel alienated in our community, we want to personally apologize. We’re doing everything in our power to bring those unlimited shades as far as we can, as soon as we can. We CAN AND WILL DO BETTER.”

While making a statement and apologizing was certainly the right thing to do, its wording does come with skepticism. If Tarte had intended to include other colors in the foundation, but did not simply because it “wanted to get the product out as fast as possible,” then why not announce that in the first place? Or better still, why not delay the release of this highly anticipated makeup until all shades can be presented? It seems slightly suspicious that the other, more inclusive shades weren’t ready to be released, and that no one knew there were other colors until Tarte had already been called out for its lack of diversity. Instead of addressing the issue after a social media tantrum takes place, Tarte could have made a visible stance instead of simply reproducing diversity in their customers in the future.

Unfortunately, this issue has been around for a long time, and despite the fact that Tarte’s offense occurred recently, the lack of representation for people of color will continue until cosmetic companies begin to listen to their customers.

With so many options for makeup and beauty products, we should be able to choose from a wide range of products and companies. In this case, the company decided to miss the mark. Tarte’s decision to delay their new foundation as a mistake, if not for the multitude of other examples of companies with culturally insensitive products and advertisements. Do better, cosmetic companies, and do it right the first time, not after being damaged and crushed on social media for your absence of equity.

#Goals should not define personal aspirations

In the era of social media, the term ‘goals’ has become a way to label something as perfect– about anything– relationships, vacations, life, etc. The phrase can appear anywhere– Twitter, Instagram, Facebook, and in interviews. The phrase has become a way to label something as perfect– even if the original intent of the commercial was not meant to be offensive. Not only is this inherently inaccurate, but also incredibly inaccurate – in no way does one’s skin color relate to one’s overall personal hygiene.

However, goals should not be taken too seriously. A goal, by definition, is something you strive for and work toward achieving, but goals are different. More often than not, you’re not actually working toward accomplishing those relationships, vacation or life goals– you’re just comparing yourself to others on social media, looking at all those seemingly perfect lives and then comparing them to your own less perfect life. And it isn’t fair for you to compare your own life to the “peak” you see on social media. It’s not for you to become. In fact, all of those “peaks” aren’t real in reality, and second of all, real goals shouldn’t be counted from every. When we see those “peaks,” we often forget that social media accounts do not represent a person’s total life. We shouldn’t see the perfect, the vacation and the perfect life, and we are certain that ours pales in comparison. However, we need to keep in mind that what we post on Twitter, Facebook, Instagram and Snapchat is not real life. On social media accounts just presents the life people want to show others, behind the scenes, others’ lives are not as imperfections. Despite their perfect posts, they deal with stress, stress, stress– all the hard things about life– just like you.

Instead of making their trips lifestyle your own personal goals, focus on yourself and think about what you want to improve in your own life. Goals shouldn’t be based on envy. If you strive to have what someone else has, you’ll never feel satisfied. Because there is always going to be someone else who has. If you make your goal be to be as happy as that one couple, once you reach that, another couple will just seem even happier. If your goal is to plan a vacation as beautiful as your friends family, once you reach that, another friends vacation will seem even more captivating than yours. If your goal is to be as successful as your sibling, once you reach that, they will be another person with a bigger house and a nicer car. Goals based on the envy of others can never be fully satisfied because you will always be looking at people who have more than you.

Instead of focusing on social media goals, we should stop looking at other people lives and start focusing on our own goals. We should come from self-reflection and realizing what we would like to do better. Once we can self-reflection with goals, setting real goals will help you to become better.

Julia Vergara is a sophomore journalism major from Katy.
Lady Bears vs Texas
January 25 • 6pm
Ferrell Center

BAYLOR LIGHTS BASKETBALL GAME

T-Shirt and Glow Baton Giveaway
While supplies last.
Light up the Ferrell Center and enjoy a special halftime performance.

BAYLORBEBARS.COM/TICKETS
YOGA from Page 1

Today, 5,000 years since beginning, the uses and benefits of yoga seem to be ever-expanding.

Prenyachakra and her student, Emily Sandvall played a critical role in earlier this month. It will be the first time students to be able to access to the students.

"I think that we grow out. "Just do it. You won't never go see it during your time at Baylor, you're missing a unique experiences, you learn a lot about yourself.

"What you focus on will really determine what you get out of it," Caldwell said. "I also think students need to separate my yoga practice from that," Wielenga said. For this reason, one can choose to reap any combination of the potential emotional, spiritual and physical benefits that yoga offers, she said.

"If you focus on really developing yourself, you can get out of it," Wielenga said. Offering a potential solution to the ethical dilemma, Yoga Pod offers a Christian-minded Mind, Body and Grace class Friday evenings that have scriptpurified throughout, Wielenga said.

ABROAD from Page 1

Another new program in Prague, Czech Republic, seeks to offer students as a new addition to the science and international studies.

Leis says Baylor began researching ways to begin a semester program after students who had visited Prague, Czech Republic, with good reports.

Springing, Chile, the fourth new program this year focuses on exposure to Spanish language and culture.

This program also allows Baylor to become more engaged in Latin America, something Leis views as important for the university and students.

"Considering how close we are to Latin America geographically and how many students are [majoring] Spanish -- we wanted to be more involved with that," Leis said.

Leis said he believes studying abroad can be incredibly formative. He sees the experiences students have while in another culture help open their minds and gain confidence.

"I think that we grow anywhere we do something different and outside of our Comfort zone," Leis said. It helps us to realize what we are capable of."

"It is very helpful that studying abroad can be beneficial when searching for jobs or internships."

"I think students need to consider that these are things that highlight your portfolio. These are things that make you stand out as a candidate," Leis said.

Manuel Alvarado Alvarez attended Baylor Business in Europe, where students visit 10 cities in Europe. Alvarez said his study abroad has been an important part of his career.

"It was my first time leaving the country," Alvarado Alvarez said. "However, it was my first time really seeing different cultures. It was just really fascinating."

New Brunswick, Canada Ethin Sadow also studied abroad. While attending Brock University in Maastricht, she enjoyed exploring the city as well as attending Maastricht University.

"Just do it. You won't regret it," said Sadow.

Leis believes that although living in another country can be an incredible experience, it is ultimately beneficial students.

"I want students to go abroad and have a good time but that far less interesting to me -- students growing and learning," Leis said. "When you come out on the other side of these unique experiences, you learn so much about yourself."

"It is very important for our students to be able to go abroad and connect to alumns who are in those specific industries," Anderson said.

And it is important for the students to have someone in their careers to look up to, the matters themselves could find their own merits to be involved with this program.

"It's a way that they can give back to Baylor and give back to students or maybe fill up a way that they felt during their college experience, to provide that connection and advice and support," Anderson said.

Over 50 mentors are signed on to the program since it has opened to the students. The students themselves could find their own merits to be involved with this program.

Baylor University Honor Council is charged with the responsibility of reporting violations of the Honor Code to the campus Honor Council hearings. The other 70 cases were handled by faculty. Some cases are still pending.

The following student organizations have been disciplined for hazing or convicted for hazing during the previous community each semester.

The Baylor University Honor Council is charged with the responsibility of reporting violations of the Honor Code to the campus Honor Council hearings. The other 70 cases were handled by faculty. Some cases are still pending.

The program can be beneficial for both the mentors and the mentees involved. Though the program is centrally student-driven because it is important for the students to have someone in their careers to look up to, the matters themselves could find their own merits to be involved with this program.

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Women of Waco join worldwide movement

ALLYSSA WARD
Contributor

Over 300 individuals participated in the Waco Women’s March Saturday in downtown Waco. The rally, hosted by Centex Action Network, marked the one-year anniversary of President Trump’s inauguration and the first women’s march on Washington.

Many speakers shared personal stories and encouraged attendees to continue inspiring change among the community. They called for marches to remain active in political and social movements and encouraged them to be registered voters.

“We’ve cried for young college-age adults whose voice we’ve lost. They don’t like it, get involved. Don’t be dispirited,” said attending the march was an example of peaceful protest. A large portion of the speakers encouraged attendees to embrace compassion and kindness on their journeys inspiring change.

The event embraced inclusivity by creating an atmosphere of open dialogue about 2017 achievements and setting goals for 2018. Participants included encouraging others to be registered voters, and to find their voice by volunteering for a movement they are passionate about.

Though most of the attendees were women, male voices were also heard supporting the movement.

Cody Phillips, teacher at local school Talitha Koum, said attending the march was crucial for him because many of the important people in his life are women.

According to the Centex Action Network website, Centex’s objective is to “advance Central Texas progressive ideals by serving as a resource for legislative advocacy and political education.”

Event organizers were hopeful that marches nationwide in years to come will grow in size, and that the momentum behind the movement will not diminish.

A crowd of 300-plus people gathered on Heritage Square for the Waco Women’s March Saturday afternoon. The march marked the one-year anniversary of President Donald Trump’s inauguration and the first women’s march on Washington.
Hidden history of Waco uncovered at Fort House

MOLLY ATCHISON

The Historic Waco Foundation is hosting both tourists and locals with their exhibit "A Fashionable Past," an exclusive collection of traditional garb displaying how fashion has changed throughout time. Fabrics, accessories and traditional footwear from the late 1800s to the 1940s are on display, the most expensive items on the menu, averaging around $11. Our water was served promptly, and the waiter even instructed to wait in the backyard of the building, which contains while the kitchen and the area where the waiting is taking in the mountains. We were eventually seated in one of the two separate dining rooms, which required a long wait up a thin staircase.

Upon arrival, visitors are greeted by friendly Fort House docents who move from Virginia to visit the dusty village of Waco. The Fort family was an integral force in making Waco an industrial city in no time. By helping build the first bridge in Texas called Waco. The Fort family was an ostentatious grecian-style house. Vibrant curtains and paintingsHang proudly on the walls and windows, and a cozy, wood-paneled staircase adorned an air of nostalgia to the tour. Visitors could easily imagine a family gathering in the sitting room together at night, enjoying one another's company and a warm fire emerging from the standby fireplace. The house, an ornate graciounce building, was built by William Albritt Fort, which housed himself in addition to 10 family members who moved to Waco from Virginia. The Fort family lived in Waco for nearly 100 years, and appears very clean.

As someone who loves fashion, seeing these items was something incredibly special — it gave me an idea of how women lived in each respective era, and how fashion grew into what we know it to be today. For anyone who wants to learn more about the hidden history of Waco, or to escape the Magnolia crowds on the weekend, I highly recommend taking a stroll through history at the Fort House. The house is open Tuesday through Friday from 11 a.m. to 3 p.m., and Saturday from 10 a.m. to 4 p.m.

Tuesday, January 23, 2018

THE BAYLOR LANTAN

CRAZY FOR COFFEE: Tesla's Café and Coffee Pub, located at 1305 Washington Avenue, is Waco's newest addition to a growing coffee and breakfast scene. Tesla's is open 7 a.m. to 9 p.m. Tuesday through Thursday, an opening hours on the weekends.

CHEESE PLEASE: Tesla's French country clientele, which comes with a choice of sides and a cup of coffee, was the most expensive item on the menu, priced at $11.

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Bears fall short at Immortal Ten game

NATHAN KEIL
Sports Editor

With hours to go before Sunday, Baylor looked to honor the memory of former Lady Bear Chameka Scott, as well as that of the Immortal Ten basketball players killed 91 years ago with a victory. However, Kansas State had its own game plan, which they executed to perfection. Former guard Barry Brown told a balanced Kansas State attack scoring 36 points, including four of eight from three-point distance, leading the Wildcats to a 90-83 victory over Baylor Monday night in Waco.

Kansas State junior forward Dean Wade added 24 points as Kansas State stretched the lead to the top of 79 percent from the field.

Baylor began both halves sluggish, missing its first five shots from the floor in the first half ending buried by as many as 16 points. In the second, Baylor once again struggled to maintain offense as Kansas State pushed the lead to 44-31 at halftime.

Baylor coach Drew Scott said the effort wasn’t consistent enough to get the win and the poor start to both halves helped lead to the starting lineup.

“We had the first and second and we didn’t get it done,” Scott said of whatever, the bottom line was it was unanswerable. Scott said “Don’t get it opportunities to go back and do things as we need. We can’t do what we didn’t happen again. In sports we played hard enough and competed but not hard enough to win a game like this. I was disappointed in our effort.”

Baylor’s guard King McClure, 11, senior forward Nuni Omot and junior guard Tristan Clark had 14, 15, freshman forward Tristan Clark had 14, McClain, 11, senior forward Nuni Omot and Momen each added 10 on the Bears finished in double figures in scoring.

For Kansas State, sophomore forward Makol Mabit finished with 11 and Omot added 18.

Baylor won the battle on the glass, out-rebounding the Wildcats 36-20, but committed five more turnovers that Kansas State turned into 20 points.

Kansas State (15-5, 5-3) extends its winning streak to five games over Baylor by knocking back to back at the Ferrell Center and in the Big 12 with the win. The Wildcats will return home to host TCU on Saturday as part of the Big 12/SEC Challenge.

Baylor (12-8, 4-2) will travel to Kansas City, Mo., for a showdown with No. Florida. The game with the Gators will tip at 11 a.m. Saturday. The game will air on ESPN.

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NATHAN KEIL
Sports Editor

Remembering the Immortal Ten

LADY BEAR FOREVER

LADY BEAR FOREVER

Former Baylor star Chameka Scott died Sunday from cancer

BEN EVERETT

Former Baylor women’s basketball player Chameka Scott died Sunday night from cancer. The 38-year-old was a starting guard in the Lady Bears’ 2005 National Championship season.

Baylor head coach Kim Mulkey, who was with Scott in her last moments, and she was a shining example of those around her.

“We were all blessed that she came into our lives, that we got to be a part of Chameka’s life,” Mulkey said.

Scott played at Baylor from 2002 to 2006, starting 177 games for the Lady Bears in her final two seasons. Scott averaged 7.6 points and 4.3 rebounds per game during the 2004-05 championship season, the finished No. 10 in the Big 12 in 3-point percentage, shooting 48.8 percent from deep in the season.

Mulkey said Scott wasn’t a high-end talent coming into college, but she worked hard to bring her skills.

“She did it the right way,” Mulkey said. “She worked out her craft out of the grit of her heart, just like Barry Brown. She was the most unselfish player I’ve ever coached. I’m asking questions about how she could improve. She basically worked her craft up the ladder into the starting lineup.”

Three of Scott’s teammates, Aishah Wainwright, Chelsea Whitaker and Jordan Davis visited her often during her illness, Mulkey said.

“As a coach, one thing that really touched me was seeing three of her teammates taking care of her,” Mulkey said.

“So, we played better down low, but Chelse and Jordan are both in both China and would go down there every weekend after they got off work. That unselfishness, that unselfishness, is what that team is in 2005 won a national championship.

Scott was undrafted in the 2006 WNBA Draft, but signed with the Sacramento Monarchs, who made a move to the WNBA Finals that season. Her professional playing career continued after the 2002-03 season, was diagnosed with Charcot’s disease, which diagnosed in 2015 when a colonoscopy found a malignant blockage, according to ESPN.

Whitaker said although she will miss Scott, she is treasure that her pain is gone.

“I was just glad that the love was no longer in pain,” Whitaker said. “That wasn’t the same athlete body. It wasn’t the same athlete, she’s the same athlete, she’s the same athlete, she’s the same athlete, she’s the same athlete. She’s the same athlete, she’s the same athlete. She’s the same athlete.”

The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous. The Lariat has been a part of my Baylor experience since my freshman year, and fostered a bond with the team. Although I was a service as sport, it was a great experience that I never thought I’d be as famous.
New proposals passed at NCAA Convention

Last week at the annual NCAA convention in Indianapolis, members of the Division I Committee passed legislation that will improve medical care to student-athletes, move up the start of basketball season, and provide a mandatory three-day break during the holiday season.

The autonomy discussion forum of the annual convention at the Atlantic Coast Conference, Big Ten, Big 12, Pac-12 and Southeastern Conference (SEC) added 65 schools in the conference plus those student-athletes from each conference voted for the proposal. The medical care proposal passed on Friday with an overwhelming vote of 78-1 and will go into effect beginning Aug. 1.

Two other proposals passed, specifically surrounding the area of NCAA rules and procedures. The first one, which passed Wednesday, moves up the start of the 2019-2020 basketball season. The season will now begin Nov. 6 instead of Nov. 9.

Council chair and athletics director at the University of Miami (Florida) Blake James said the move would hopefully create a heightened sense of excitement around the start of the season, as well as allow for more flexibility in scheduling.

"We found that the start date for basketball will create an excitement around the tip of the season and provide better scheduling for conference games and during a crucial meeting. Wednesday athletes also increase the number of games, which also will have more flexibility to provide student-athletes time off during the holiday," James said.

Blake James, athletics director at the University of Miami.

NORTH 40 NET: Freshman forward Mark Vital reaches for the ball, setting up two points to the scoreboard for the Bears.

Shreveport athletic coordinator from Bethany Dodge says she is excited for the new proposals as well.

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Two other proposals passed, specifically surrounding the area of NCAA rules and procedures. The first one, which passed Wednesday, moves up the start of the 2019-2020 basketball season. The season will now begin Nov. 6 instead of Nov. 9.

Council chair and athletics director at the University of Miami (Florida) Blake James said the move would hopefully create a heightened sense of excitement around the start of the season, as well as allow for more flexibility in scheduling.

"The hope is that the change in start date for basketball will create an excitement around the tip of the season and provide better scheduling for conference games and during a crucial meeting. Wednesday athletes also increase the number of games, which also will have more flexibility to provide student-athletes time off during the holiday," James said.

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