IHOP near Baylor to close Thursday

**Baylor hosts party for Lady and Joy**

BRIDGET SJOBerg  
Staff Writer

Baylor celebrated its two beloved on-campus bears, Lady and Joy, at a birthday party hosted at the Baylor Wellness FitWell Expo this Saturday. Steelman will be talking about safe mental health and exercise, topics to hear today.

The bears really bring the Baylor community together,” Dillenberger said. “This space is a great common ground, and I love to come and meet people here or just to see the bears as I’m walking on campus. It’s a cool space that Baylor has.”

The bears are cared for through Baylor’s Bear Program, which provides students with training on animal safety and well-being in interaction with and take care of the bears on a daily basis. Naya Naya said that he is able to interact with the bears daily as a trainer, and that he enjoys the personal connection that he has been able to form with Lady and Joy.

**Former congressmen turn yoga at speak to at expo**

CAMERON STUART  
Radio Director

Baylor alumni and former Texas congressman Alan Steelman will be the keynote speaker for Baylor Wellness FitWell Expo this Sunday, teaching students about viable solutions to mental health issues through his own career as a yogi and more from his best-selling book “Yoga on the Yellow Brick Road.”

The speech Wellness will offer on Sunday will focus on his book as well as practical strategies for students to attain better mental health, avoiding self-medication like drugs and alcohol. The speech will be in a workshop setting and afternoon health and exercise sessions between 11 a.m. and 6 p.m. on Feb. 2.

“Like the Wizard of Oz,” Steelman said about his book. “Through yoga and meditation, we can find our own path to very own Emerald City, a calm mind.”

Steelman came to Baylor on a baseball scholarship in 1980 and served as a Republican Congressman from 1973 to 1977. Not only was Steelman the youngest sitting member of Congress when he was elected, but he also now jokes that he is the only former congressman to be a certified yoga instructor. Steelman also ended his yoga career to the stress of his political and business career.

“Politics today is certainly a blood sport, if not a contact sport,” Steelman said. “The reason I have taken my new cause is not to contribute to the toxicity by running for office and helping to bring people together.”

Now, over 40 years removed from Congress, Steelman travels the world speaking to companies and students about his book. He also informs people of his new cause about the dangers of stress and how they can be combated safely and effectively. According to his website, he has worked with world leaders and over 1,000 CEOs in total.

When Steelman came to Baylor nearly six decades ago, however, he was in no position to be the one consulting others on mental health.

“When I got here [to Baylor], I was damaged goods,” Steelman said. “I was hopeful here, but things went dark.”

In August 1973, the assistant director of Wellness at Baylor, rallies Steelman in the perfect voice for students struggling with mental health issues in today’s culture.

“I think Alan [Steelman] is an extraordinary man with a wonderful story to share,” Smith-Davis said. “I think our students and our faculty and staff can go and be inspired by what he has to say.”

For the students themselves, Steelman’s message still

**Bears celebrate Lady and Joy's birthdays**

MADALYN WATSON  
Staff Writer

The International House of Pancakes (IHOP) on South 36th St. at the edge of Baylor’s campus will serve its last stack of pancakes by 2 p.m. this Thursday.

General manager Victor Melant said IHOP’s contract is going to expire this May and because IHOP is owned by California-based DineEquity, the IHOP’s franchisees in College Station have been required by corporate to give notice of when the franchise will close.

IHOP’s contract is set to close on Jan. 31, and will serve its last stack of pancakes at 2 p.m. this Thursday. IHOP’s Waco’s International House of Pancakes (IHOP) 4th Street location is set to close on Jan. 31, and will serve its last stack of pancakes at 2 p.m. this Thursday.

IHOP near Baylor to close Thursday

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**Madalin Watson**

Shay Farberdor | Multimedia Journalist

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IHOP near Baylor to close Thursday
Opinion

Context cures viral videos

Even those seemingly harmless videos of cats reacting to cucumbers have a deeper context: Scientists explain that "presenting anything behind a relaxed, unassuming cat can produce a myriad response." Meaning these cucumbers videos might be funny for us, but they cause car major anxiety.

Think about the consequences of your share — will someone be offended by the video? Will the video harm anyone involved or featured in it? Will the video cause damage to professional or personal reputations? Is there any indication that the video may be selling only one side of a story? All of these questions you should be asking before you share, especially when it comes to videos that are politically or socially charged issues. Along the same lines, if there is a video coming from an unknown or potentially unreliable source, be sure to check the facts before sharing — many biased media sites will incarnation or alter the video so their personal biases are validated.

If you don’t know you’re getting the video from a biased or unbiased source, search on Youtubers, so you can get the full video the way it was originally created.

In a digital age, many people believe their social media lives are as big as a billion gigabytes of data, meaningless and interconnected, in honest can be interpreted. Therefore, it’s important to be critical of everything you watch, and especially what you want and use to understand, but others, such as the video mentioned above, are politically charged and complex, with a lot of potential possibilities in honest can be interpreted. Therefore, it’s important to be critical of everything you watch, and especially what you want and use to understand, but others, such as the video mentioned above, are politically charged and complex, with a lot of potential possibilities in honest can be interpreted. Therefore, it’s important to be critical of everything you watch, and especially what you want and use to understand, but others, such as the video mentioned above, are politically charged and complex, with a lot of potential possibilities in honest can be interpreted. Therefore, it’s important to be critical of everything you watch, and especially what you want and use to understand, but others, such as the video mentioned above, are politically charged and complex, with a lot of potential possibilities in honest can be interpreted. Therefore, it’s important to be critical of everything you watch, and especially what you want and use to understand, but others, such as the video mentioned above, are politically charged and complex, with a lot of potential possibilities in honest can be interpreted.
Survey brings mental health awareness

CAMERON STUART

Baylor students attend a campus-wide email from Student Life last Tuesday with a mental health survey attached. The survey is aiming to provide feedback on the campus mental health resources.

"I went to the survey to gauge what students know and discuss future plans with them," said Dr. Carolyn Allen.

"This is part of an initiative for all of us as a holistic mental health professional campus. We'd like to talk to them all last semester to raise awareness of mental health issues on Baylor's campus. The Baylor Counseling Center would love to help all of the students needed."

Student Body President Rachel Causey also has a health department within her cabinet focusing on both physical and mental health of Baylor students.

"I think bringing the counseling center specifically is very important," Causey said. "Reaching those resources that are pushed out to our students all community at large, not just Baylor."

Statistics certainly back up the concerns held by Baylor student government. A study done by the National Alliance on Mental Illness, 75 percent of lifetime mental health cases are acquired before the age of 24. Additionally, 75 percent of students with a mental health issue developed it on campus, with 34 percent of those students saying their college was unaware of their condition.

"I think these issues start in college because this is where you're starting to figure yourself out," Causey said. "I think it's a tough time because you don't have your family right there or your friends you grew up with to help you."

Baylor counseling center director Hannah Causey said that was one of the reasons why this is already built in the five components within the Engagement program will connect groups of interdisciplinary students with a mental health issue on campus.

"Our counseling center is the broadest counseling center in the county," Allen said. "But there is a disconnect between the center and the students, and I think the way to do that is for the eight months being understood." A group of about a dozen counselors with the Hillel student group then gathered to talk about what they might need to pursue things they wouldn't have otherwise.

The counseling center will be hosting events on the Baylor Sciences Building, including a showing of the movie "A Beautiful Mind," lunch discussion regarding sexual minorities and mental health, and a showing of the movie "As Good as It Gets." Other events will include a showing of the movie "A Beautiful Mind," lunch discussion regarding sexual minorities and mental health.

"We just hope to educate people," counseling center Outreach Coordinator Dr. Elizabeth Joyner said. "Our theme for the day is destigmatizing mental health."

Services offered by the counseling center include counseling, outreach programs, group counseling, and information services. The counseling center will be offering feedback, Allen said. "I can see some students saying their concerns are not being addressed.

"We're hoping that they will return,"Causey said of the two critically injured officers. The other two officers who were shot were in stable condition and were able to walk around, Causey said. A fifth officer suffered a knife injury during the shooting and was also in stable condition.

"The day was a tough day for our (cadets)," said Houston Mayor Sylvester Turner. "I pray for the (injured) officers and pray for their families."

Tracie Terri Allen said in a statement that the shooting was a "shocking reminder" of the service and sacrifices made by officers.
Baylor freshman wins against cancer

MORGAN HARLAN
Staff Writer

On Dec. 29, 2018, Round Rock freshman Rylie York’s life as a normal 18-year-old girl was turned upside down. York was diagnosed with stage 4B Hodgkin’s lymphoma. She spoke about her experience during an interview with The Baylor Lariat.

“Baylor has been my light,” York said. “I was scared out of my mind to think I could die. I would just cry all the time, and I thought it was going to be over in a minute.”

The news came as a surprise to everyone. York’s family was devastated. But she had some hope, and she was determined to fight.

“I think it is really cool that he wants to come back to Baylor and talk about such an important topic,” said psychology junior Brooke Heckel. “It shows how much we all struggle with those kinds of problems, and he’s being a role model for us.”

York’s faith kept her going during her chemotherapy. She wrote a blog called “Rylie’s Next Chapter” to spread awareness about cancer and to support others. She decided to share her story on social media to help others understand what she was going through.

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Haas, an Austin native, reflected on his desire to create, which started from a very young age. Despite their more conservative values and parenting techniques, his parents noted his aptitude for reading and writing and allowed him to read more mature novels from around that age.

"When I was 10 years old, I asked for typewriter for Christmas," Haas said. "I was reading Stephen King books by then." Fortuitously, Haas also had teachers supporting his creative side. His English teacher would allow him to use class time to read his book, rather than participating in class activities.

"I wrote an 80-page story called 'The Gnome' because I had read 'The Hobbit' that year," Haas said. "My stepfather, a lawyer, didn't think I was wasting my time by waking up earlier to work on his projects."

Quickly, his passion for writing expanded into amateur filmmaking. Haas recalled one of his earliest film projects.

"My dad had a projector," Haas said. "I cut the old pages of a comic book and borrowed some mannequins, which, along with plenty of fake blood, were used as fake carnage in the video."

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Famed Baylor alumni visit campus to discuss film industry experience

THOMAS MORAN

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After completing his graduate degree from Baylor in ’95, Haas set off to Los Angeles in pursuit of his dream to become a writer and director. Following in the footsteps of Hancock who had already gained celebrity, particularly among Baylor students. “Chicago Fire” premiered in 2012 and the show is now in its seventh season.

Day to day Haas is involved with everything from casting to editing. However, his true passion has stayed the same all these years.

“I really really love writing more than any other part of the business,” Haas said. “There will always be something magical about sitting on a set, but the blank page is still awesome.”

His day doesn’t allow any time for writing. Haas makes time by waking up earlier to work on his projects.

After his time working as a lawyer, Hancock finally gave into his deeper desire and moved to L.A. in hopes of making it in the film industry. He described how the business has changed since he was a young ambitious writer new to the industry.

“I was much more about getting in to face with people and handing a script,” Hancock said. “I think it’s harder to break into the industry today than it was then.”

After an agent pulled him up as a grad student, Hancock submitted a script to her which she sent out to a few producers.

A few days later, he had five producers calling to set up meeting to talk about his script. Since then, Hancock has written, produced and directed creative projects across a variety of genres.

Having earned renown, Hancock and Haas shared the bits of advice they wish they’d known as Baylor students, soon to enter the industry.

“Every screenwriting class that the MFA students take now I’d tell myself when I was freshman at Baylor would be follow your bliss,” Hancock said. “The thing that fills your up and gives you joy (Better than I think) that fills your up and gives your joy. This is the only way you’ll ever write or act or write.”

For help with writing, Hancock said it’s important to sit down near a coffee shop, perhaps even with friends.

“If I don’t have time for writing,” Haas said. “I really really love writing more than any other part of the business.”

Haas and Hancock, both involved in the film industry, visited campus Friday afternoon to share their experiences in the field.

The Neoclassical Gaze | Museum of Art | 10 a.m. - 6 p.m. | Come see the new exhibit exploring engravings of ancient Roman and Greek sculpture.

Open mic night at Common Grounds | 8 - 10 p.m. | The coffee shop will host its open weekly mic night with slots given on a first-come, first-served basis.

The Neoclassical Gaze | Museum of Art | 10 a.m. - 6 p.m.

Wednesday

Therapy Dogs | 6:30 - 8 p.m. | Beauchamp Addiction Recovery Center | Stop by the BARC to de-stress with dogs from Angel Paws.

The Baylor Lariat
Tuesday, January 29, 2019

TOOMEY

By: Jim Toomey

On FIRE Baylor graduates John Lee Hancock, director of “The Bird Side” and Derek Haas, creator of “Chicago F.D.” visited campus Friday afternoon to speak with students and faculty about their successful careers in the film industry.

RIDDLE ME THIS

A woman is found dead in the street with a bug on her.

How did she die?

Check the Lariat Instagram story tomorrow for the answer!
Lady Bears climb to No. 1 ranking

BEN EVERETT

The Associated Press Top 25 named Baylor women’s basketball the No. 1 team in the country in a poll released Monday.

"Anything that’s considered positive for our program and Baylor, we welcome,” Mulkey said. “But, really, what does it mean? It doesn’t mean anything. It doesn’t win a championship for you; it just puts a bigger target on your back. It’s not the first time we’ve been ranked No. 1. I don’t think it will change anything about our practices. Our focus right now is Oklahoma State and our big focus is winning another Big 12 championship.”

Baylor is 17-1 on the season with an average margin of victory of 21.4 points.

On Jan. 3, Baylor defeated then-No. 1 UConn 80-57 at the Ferrell Center to snap the Huskies’ 138 game regular season winning streak.

In addition to the upset of UConn, the Lady Bears have defeated ranked teams such as Arizona State, South Carolina and Iowa State, amassing a 3-1 record against teams in the AP Top 25.

Baylor has been ranked in the AP Top 25 for 84 straight weeks, good for third in the country.

Baylor looks to extend its win streak to 10 when it faces Oklahoma State at 7 p.m. Wednesday in Stillwater, Okla.

Baylor senior guard Chloe Jackson glides in for the layup against Southern on Nov. 15 at the Ferrell Center. The Lady Bears moved up to No. 1 in the Associated Press Top 25 for the first time since March 18, 2013. Baylor is 17-1 on the season and 7-0 in Big 12 Conference play.
Lady Bears thrash Sooners to Oklahoma (7).

Bears’ points came from second-chance points. Their success in rebounds, nearly a third of the Lady had 50 rebounds while the Sooners had 32. Giving Sooners. To capitalize on offensive rebounds 23-9 against the momentum also came from the Lady Bears being able came from Oklahoma turnovers. A notable point of goal percentage 41 to 25. Baylor’s offense outplayed the Sooners’ defense. In the second half, the Lady Bears led the Sooners in field points per quarter compared to Oklahoma’s 13.3, Baylor the last edge they needed for the win. The Lady Bears next play Oklahoma State at 7 p.m. Wednesday in Stillwater, Okla.