Two dead in residence hall shooting at A&M-Commerce

SARAH PINKERTON
Staff Writer

Two women were killed and one child was injured during a shooting in a Texas A&M University-Corpus Christi dorm on Monday morning.

“The child has been taken to the hospital and is currently in stable condition. Identities of the victims have not yet been disclosed as police continue to investigate the situation. The incident occurred in Pride Rock residence hall, a three-story, co-ed dorm for first-year students. The motives of the shooter is currently unknown. Police said a student called in the situation around 10:17 a.m and the victims were found inside one of the rooms.

Pride Rock residence hall was blocked off as police investigated, and police have placed blockaded areas around campus. Campus police are stationed officers throughout campus, including all key gathering points, for security on campus.

“UPD has stationed officers in all key gathering points, for security on campus, including in remote locations, such as those in McKinney, Corsicana and Mesquite, as well as online courses. Faculty and staff are still asked to report to work. All services on the Commerce campus will be provided for students,” the university said in a statement. Faculty and staff should report to work as usual. Classes and other operations will resume on Thursday, Feb. 6.”

Police say a student called in the situation around 10:17 a.m. and the victims were found inside one of the rooms. Pride Rock residence hall was blocked off as police investigated, and police have placed blockaded areas around campus. Campus police are stationed officers throughout campus, including all key gathering points, for security on campus. Faculty and staff are still asked to report to work. All services on the Commerce campus will be provided for students, “the university said in a statement. Faculty and staff should report to work as usual. Classes and other operations will resume on Thursday, Feb. 6.”

Dr Pepper honors roots with championship bottles

VIVIAN ROACH
Staff Writer

Dr Pepper has commemorated the Baylor women’s basketball team’s last three national championship wins in 2019, 2021 and 2022 with limited-edition bottles.

The 12-ounce real sugar bottle featuring the interlocking BU logo by the side of the 2019 National Champions logo.

Pepsi has also dedicated a Mountain Dew can to the title. The can features the 2019 NCAA national championship.

Baylor women’s basketball player Lauren Cox said the commemoration reminded her of special championship moments.

“It means a lot to me and everyone on the team because it’s one of those things that reminds you of special moments,” Cox said. “We worked hard for it, and it’s a great feeling to get support from the Baylor and Waco community.”

Lauren Cox | Baylor Women’s Basketball Forward

“Dr Pepper was first manufactured in Waco, and the name is dedicated to preserving its history here. The Dr Pepper museum honors original memorabilia and soda bottles of the decades. The bottles are popular collector’s items and Dr Pepper said he expects to see this latest edition pop up in auctions online and around town too.”

Baylor’s bears celebrate 18th, 19th birthdays

MATTHEW MURR
Staff Writer

Baylor celebrated the birthdays of Lady and Joy, its two live mascots, Saturday at the Bill and Eva Williams Bear Den. The bears are 18 and 19 years old, respectively.

The sister bears were born at the West Coast Game Park in Brandon, Ore. Each came to Baylor as a 4-month-old cub and have spent nearly all their lives at the university.

The bears are cared for by students from the Baylor Chamber of Commerce through the Bear Program. With the bears new being the same age as many of Bearfront’s first shipments, including Karl “Big Bear” Cox, it’s a lead trainer with the Bear Program, said she likes to imagine how the bears would celebrate if they were human.

“I have some narratives in my head of what they would be like at 18 and 19 and how they would be celebrating that,” Chastain said. “Lady would definitely be the bear who goes and buys like I would do with scratch-off tickets and wins nothing, and I feel like Joy would be the one who definitely fills out some voter registration the day they turn 18. I think Lady would celebrate a little a little differently but still surrounded by love.”

In reality, the two bears are considered old for bears. However, Dr Pepper and Chastain, the Bear Program faculty sponsor, said Baylor’s bears can look forward to many more years ahead of them.

“If you look at the exact equivalent, they’re like the bear in our mid to late 20s,” Chastain said. “It’s hard to tell the exact equivalent, but you like to see the bears in their mid to late 20s, if they’re in their long-term human care they can live to those future 20s, mid-30s.”

Lady and Joy are the current torch bearers in a long line of residence hall on Monday morning.

BIRTHDAY - Page 4

Follow LTVN’s coverage BU’s live mascots

CHEERS FOR THE CHAMPIONS

Dr Pepper’s origins lie in Waco, as the first was first manufactured in the building that now is the Dr Pepper Museum. The museum is run separately from the brand of Dr Pepper and is maintained by a board of directors.

It means a lot to me and everyone on the team because it’s one of those things that reminds you of special moments that year.

LAUREN COX | BASKETBALL FORWARD

Dr Pepper honors roots with championship bottles

It means a lot to me and everyone on the team because it’s one of those things that reminds you of special moments that year.

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CHEERS FOR THE CHAMPIONS
COLUMN

Stop exploiting tragedy for profit

CAMILLE RASOR  Reporter

In the past week, Sing tickets went on sale, and a sold-out Waco Hall for six nights of performances. It is heartening to see that the MambaOnThree fund should be made because people care about other people and our world, not just themselves.

There are two main problems with this system. First, although the Queue-it system is supposed to prevent the server from crashing, it doesn’t work well enough. For example, when I was purchasing tickets for the basketball game against Texas Tech, the server crashed several times. I had to requeue my tickets several times before I could purchase them. These crashes caused a lot of stress for people who wanted to purchase tickets. It is not fair that a person who waits for their post to be scheduled to purchase their tickets so as to secure a ticket.

Another problem with Sing tickets is that the tickets are sold online. People can order tickets through a system called “Queue-it” at a price of $20. Once tickets are released, they are chosen at random to purchase their tickets so as to secure a ticket.

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Camille is a junior University Scholar in Journalism.
Yoga classes offer mental health benefits

PHOEBE ALWINE

Baylor offers yoga to students, staff, and faculty. It can be practiced during lifetime fitness courses and classes in the McLane Student Life Center with the FitWell program's certified yoga instructors. There are many different types of yoga, each one focusing on a different aspect of the body. Some major forms include hatha yoga, which focuses on breathing and postures; restorative yoga, which uses blankets and bolsters to help one stay deeper into relaxation and retrieval yoga, which combines breath work with poses. Keiley Stevens, a FitWell yoga instructor at Baylor University, prefers to teach the style of styles: she said the practice is both physically and mentally challenging.

Stevens said yoga is the practice of physical, mental, and spiritual elements that originated around 5,000 years ago. The practice of yoga offers physical and mental health benefits for the body and soul. Stevens has been practicing yoga for six years. Beginning in high school, she said she used yoga as an everyday activity to do with friends. However, over time she noticed the health benefits that coupled with the physical and mental growth she was getting out of it. “At first it was just something to do with my friends in high school. I kept trying and all of a sudden your mind and your body adapt and fall in love with it,” Stevens said. Stevens describes yoga as breathing strength, endurance, and flexibility. During yoga, every movement is combined with one breath, allowing the heart rate to increase and create a physically difficult workout. Boston University Medical Center’s research concluded that individuals who practiced yoga at least two times a week saw significant decreases in their depressive symptoms. The 2017 study found that yoga increases self-awareness and presence, which can help students find their virtues, stresses and depressive thoughts, and positively shape them through breathing, meditation, and relaxation. “It’s the next step for me, and whatever is outside those doors is outside your phone, so people can’t come in here to find the next 60 moments focus on you,” Stevens said. She begins each of her yoga classes telling her students these words. Stevens said that setting the power of yoga take one while in the classroom is the beginning of the mental healing process.

“Yoga teaches your body to instinctively start calming itself down… Relaxing training your lungs to not only hold space but hold a deeper breath, so I feel people who have anxiety or struggle with something everyday can benefit from yoga,” Stevens said. “(Yoga) can psychologically settle everything down. It’s a very powerful tool, but you have to be open to it.”

Meditation is often used in many yoga classes. It is a practice that increases mindfulness and focus, providing a clear and calm mind. “Meditation is a powerful tool,” Rickard said. “You do the pose, you go into it, and you let the power of yoga take over while distracting thoughts by clearing the mind.”

“Mindful breathing can decrease stress, anxiety and panic by canceling out the distracting thoughts by clearing the mind. “When I had my brain aneurysm last year, yoga helped me to deal with the physical pain as well as the mental,” Johnson said. “It helped my muscles stay fit, but also the breathing helped with my pain too.”

Kimberly Johnson, lifetime fitness yoga instructor and author of “Beginners Baseline Exercise,” said. “Putting meditation together with the pose and breathing is calming down the mind.”

Mindful meditation can decrease stress, anxiety, and panic by canceling out the distracting thoughts by clearing the mind. “When I had my brain aneurysm last year, yoga helped me to deal with the physical pain as well as the mental,” Johnson said. “It helped my muscles stay fit, but also the breathing helped with my pain too.”

These practices of mindful breathing, meditation, and pose are beneficial to mental health. Stevens said that Baylor students can greatly benefit mentally from practicing yoga because it is all about getting back up, not being defeated by a pose, get back to it. Some thing in the classroom. Put a test, study for the second test,” Stevens said.

Stevens said that because of yoga’s calming qualities, students can increase their focus in class. Signing up for yoga classes that Baylor has to offer can help to increase a healthy mindset in and out of the classroom.

DAILY DRAMA LOG

Jan. 30-Feb. 3

ARREST LOG

Provided by the Baylor Police Department

Change: PUBLIC INFORMATION

Arrest Date: 1/31/2020
Name: Cherry, Rachel
Disposition: Released to jail
Stat Code: Booked

The Baylor Lariat

FAZOLI’S DAILY DEALS!

TUESDAY/THURSDAY TRIO

$3.49

Spaghetti with Meat Sauce, Fettuccine Alfredo and Cheese or Pepperoni and Pizza Slice

WACO: 320 West Waco Dr.  254-776-1304 • 919 South 6th St.  254-752-2929

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BIRTHDAY from Page 1

1940, leading to the emergence of the Bear Program. Chism said this was part of the tradition that is special to her.

“Baylor is a really unique tradition of being honored and being in the presence of different backgrounds, all different ages, all different majors, taking care of the two best bears in the world,” Chism said. “It’s definitely something special to be involved in that. It’s a special calling home symbol for all of us.”

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Vinyl records live on in Waco

CLAIRE VAN ZEE Reporter

Across the world, hipsters and collectors alike continue to support the decades-old industry of vinyl records. Despite being one of the oldest forms of recorded music, vinyl continues to make a way for themselves in the age of streaming.

In recent years, vinyl sales have been on a continuous rise in the United States, according to Statista data recording LP album sales between 1995 and 2019 in the United States. During a time when you can stream any song imaginable within seconds, this continued growth is somewhat of a phenomenon.

Vinyl albums sales in the United States have shown consistent growth since 2006. By 2019, the industry was up by 14.5% from the previous year, having sold 18.84 million vinyl records, Statista reported.

However, the United States isn’t the only country experiencing the resurgence of vinyl popularity. In 2017, the Japanese arm of Sony Music announced in a press release it would open its own vinyl record manufacturing factory in order to keep up with the demand of the Japanese vinyl market.

But what is it about vinyl records that keep people interested?

Robert Dunlop, professor of journalism and communications and media, believes there is a warmth that comes through vinyl which other formats, like CDs and streaming, can’t compare.

“There is just something really authentic about vinyl records,” Dunlop said. “With vinyl, that just isn’t the case, it’s just a different environment.”

But what is it about vinyl records that keep people interested?

A lot of them want to come back because it’s just a different environment. It’s not a club where people just come to drink, or whatever. They like coming in because they appreciate it."

While the owners saw an increase in business throughout the years, they claim it’s not due to the increase in vinyl popularity, but simply through word of mouth.

Some nights, the space also doubles as a concert venue. Previous gigs include rock, funk and blue music performed by groups from all over Texas.

"A lot of them want to come back because it’s just a different environment. It’s not a club where people just come to drink, or whatever. They like coming in because they appreciated it," Wojciechowski said.

With pride, Wojciechowski tells the story of a woman who came into the store by recommendation of a friend, trying to figure out what all of the hype was about.

Instead of explaining it, Wojciechowski said he decided to share the hype by turning on an old AC/DC album.

REAL GROOVY The record store, like Spin Connection, are not only home to vintage vinyl but also carry records of newer artists such as the Orange County rock band, "Turned it on and was just standing there taking it in. When it was done, he said ‘I’ve never going to listen to that anymore.’”"}

GOT THAT VINYL STYLE Spin Connection sells new records from a myriad of different genres and artists, ranging from classic rock to jazz and classical to modern pop. Some of the vinyl records include spoken word or comedy.

The Baylor Lariat

CLIMATE CHANGE

Wojciechowski. They opened the store six years ago in its current location, 3703 Franklin Ave.

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GOT THAT VINYL STYLE Spin Connection sells new records from a myriad of different genres and artists, ranging from classic rock to jazz and classical to modern pop. Some of the vinyl records include spoken word or comedy.
I’d venture a guess that many fans of truly great television series wish their favorite shows could continue forever. But like a vacation, great television is special because it has to end, and Michael Schur’s masterpiece “The Good Place,” with its setting of literal eternity, is no exception.

When Schur announced “The Good Place” would end. After its fourth season, it wasn’t because NBC had canceled it—it was because Schur himself said he felt he had told a complete story. This level of care and planning is individually why the end of such character’s story feels earned, not just for the character itself, but for the narrative as a whole. It’s a moving end to a wonderful show.

To achieve this moving end, the finale runs light on humor. Those hoping to laugh their way through “The Good Place” finale will be sorely disappointed, as will those yearning for the series’ signature absurdism. Beyond a handful of largely inconsequential gags, you’d be hard-pressed to call the double-length bookend “funny,” but it’s not trying to be. The show’s writers have had four seasons to master lowering the audience’s guard to land an emotional right hook, and those skills are on full display. I’m not ashamed to admit real tears were shed before the credits rolled.

The Final Chapter isn’t without fault. There are a couple of story beats which are given little explanation and the smattering of side-character cameos can be distracting, as if the showrunners couldn’t decide which loose ends to tie up and which to leave dangling. However, in a series where the entire premise is rewriting the rules of the universe, I’m willing to let go of plot contrivances.

No discussion of the show would be complete without touching on its philosophical themes. “The Good Place” dabbles in what I would call middle-market intellectualism, falling in a sweet-spot between academia and fast-talking internet commentators whose vocabulary exceeds their logical grasp. The show frequently manages to apply the concepts of moral philosophy in an educational way, and more impressively, remains engaging and entertaining while doing so.

“The Good Place” doesn’t expect its audience to know the material it draws from, but trains it enough to apply the concepts when needed. In a way, the audience assumes the role of Eleanor, whose philosophical progress has been continually expanding since the first season.

For most of its run, the show has been content to focus its philosophical lens on what it means to be a good person as the gang tried to save themselves and humanity from eternal damnation. Now, with each character at the completion of their arc, there’s nowhere left to go but into discussions of eternity versus mortality. In the process, “The Good Place” argues that while a definite end is mysterious, terrifying even, it is also relieving. Perhaps Schur, who wrote and directed the last episode, is talking about the show itself, ending graciously and bittersweetly now that its run its course rather than trailing off.

So, to “The Good Place,” to Eleanor, Chidi, Tahani, Jason, Michael and Janet: “I hate to see you walk through the final door at the edge of existence, but I love to watch you leave.”

Forking great: ‘Good Place’ finale tugs heartstrings

MATTHEW MUIR
Staff Writer

I didn’t expect the series finale of Michael Schur’s afterlife sitcom “The Good Place” to be as moving as it was, or for it to push me to the point of tears. From start to finish, “The Good Place” has been a show that never fails to surprise me, and it’s not surprising that its finale would be any different.

“The Good Place” has always been a show that has managed to balance humor with emotion, and its finale was no exception. The final episode was a bittersweet mix of tears and laughter, as the characters say goodbye to each other and the audience is left with a sense of loss.

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Stafcood signs with Puerto Rican team

After five years at Bately Shelly Stafford is one step closer to achieving her dreams.

The All-American middle blocker signed her first professional contract Thursday to play for the Puerto Rican professional women's volleyball league.

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The Puerto Rican women's volleyball league kicks off its season on Feb. 12.

A Birthday Victory: A look back at BU’s win over TCU

- The Bears are now 18-1 on the season, 8-0 in Big 12 play.
- Baylor was ranked No. 1 in the nation for the third straight week.
- The Bears’ 18-game winning streak is the second-longest active streak behind San Diego’s 19 wins.
- Baylor is 13-3 against TCU since the Horned Frogs joined the Big 12.
- MaCio Teague scored a game-high 19 points.
- Jared Butler scored all 10 of his points in the second half for his 16th double-figure scoring game this season.
- Freddie Gillespie made a career-high six blocks.
- Tristan Clark was a perfect 4-for-4 with eight points.
- After a historic 2019 season, Stafford finished her Baylor career with a .367 hitting percentage, 1,261 kills, 328 digs, 415 total blocks and 65 service aces. Stafford earned her bachelor's degree early and went on to work on her master's degree in sports management.
- Stafford had her time in Waco prepared her for her future life and career. "I feel like Baylor has overall equipped me both physically for a professional career but also spiritually," Stafford said.
- Indiana native Shelly Fanning, the All-American married Samuel Stafford in May 2019.

Read the full recap at baylorlariat.com.
While it takes a team full of special players and coaches to win a Super Bowl, the Chiefs’ driving force this season has been superstar quarterback Patrick Mahomes.

After being drafted in the first round in 2017 and sitting out an entire season, Mahomes did something unbelievable. In 2018, his first season as a starting NFL quarterback, Mahomes won the league’s Most Valuable Player award. That year, Mahomes became just the seventh player to throw for 5,000 yards and just the third player to pass for 50 touchdowns in a season. He then led the Chiefs to their first AFC Championship game appearance since 1993 and came one overtime coin-flip away from leading the Chiefs to a Super Bowl.

This year, he proved that his first season was not just a fluke. While eventual MVP Lamar Jackson was busy lighting it up on the field and impressing fans, Mahomes was as steady as ever. In just 14 games, he threw for 4,000 yards and 26 touchdowns, with only five interceptions. He then had an incredible comeback against the Houston Texans in the playoffs. After starting out down 24-0, Mahomes threw five touchdowns. He followed that up with another comeback against the Titans in the AFC Championship, taking Kansas City to their first Super Bowl appearance in 30 years.

And on Sunday night, after looking slow and inaccurate for three quarters of the game, Mahomes showed his inner Tom Brady. He turned his game on in the brightest of moments, and led a 10-point, fourth-quarter comeback to help hold off the New England Patriots. He then led an incredible comeback against the Titans in the AFC Championship, taking Kansas City to their first Super Bowl appearance in 50 years.

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On top of all that, Mahomes is a winner. In his first two seasons as a starter, Mahomes has a 23-7 record in the regular season to go along with a 0-1 record in the playoffs. He has won regular season MVP awards on top of his Super Bowl championship. He is only 24-years-old.

Patrick Mahomes could be the best quarterback to ever play the game of football. He is the best quarterback to ever step on an NFL field. He combines the ridiculous arm talent of Aaron Rodgers with the never-dying clutch gene of Tom Brady. He is unstoppable and he is unshakeable.

Yes, Mahomes has a long way to go to be the greatest quarterback to ever play the game. He has to win a lot more games and rings and MVP trophies. But based on what he has already done in such little time, there is no doubt that he can pull off everything necessary to pass Peyton Manning and Joe Montana and yes, even Tom Brady.

Brady better enjoy the throne while he sits on it because Patrick Mahomes is coming. When his career is all said and done, Patrick Mahomes will be the greatest football player of all time.