

# BU BAYLOR LARIAT

*News for the students by the students*



# Cultivate: Urban REAP sows eco-friendly practices

**LILY NUSSBAUM**

Staff Writer

Nestled on the corner of 15th Street and Colcord Avenue, Urban REAP allows community members to learn and participate in creation care through environment-centered programming.

Urban REAP is a project that works toward creating a more sustainable future by taking action and being a “cleaner, healthier and more empowered community for everyone.”

As a branch of the local nonprofit Mission Waco, Urban REAP addresses social injustice by taking on environmental justice. The project has created four main initiatives to address these issues in Central Texas: the aquaponics food house; a compost bucket program; the Garden Center; and educational workshops and activities.

“Our motto is ‘loving our neighbor by loving our Earth,’” Emily Hills, director of Urban

REAP, said. “If you want to take care of your community, you can’t ignore the environmental quality.”

Hills said education is one of the most vital aspects of Urban REAP because “you don’t know what you don’t know.” By bringing in community members, she said, they hope to change the behavior of individuals for the better.

“Like thinking about trash — no one wants to live next to a landfill, but we all contribute to one,” Hills said. “So how can we be mindful of where our waste goes and be better stewards of that?”

According to the Natural Resources Defense Council, 40% of all food produced in the United States gets thrown away. Through its education and compost bucket program, Urban REAP hopes to turn this food waste into compost that can be used in the soil of produce gardens, which can then feed the 28% of people in McLennan County who are experiencing



Assoah Ndomo | Photographer

**POWER OF PLANTS** Urban REAP strives to create a more sustainable way of living.

food insecurity.

“It takes something that a lot of us think of as output — a waste — and it creates,” Hills said. “Rather than tossing our food waste, let’s reinvest it in our local soils so that we can reinvest it in our local food soils as well.”

In addition to the composting opportunity, Urban REAP has traditional volunteer work, internships and home-grown produce

available at Jubilee Food Market. In the community Garden Center, people can also purchase garden tools, succulents and native and non-native plants.

“There’s lots of opportunities to get involved in a smaller way that’s not like, ‘I’m committing my money and time for the entire semester,’” Hills said.

Clark, N.J., freshman Sophie Vastine said she is involved with Urban REAP

through Baylor’s work-study program. When looking at possible jobs, she said Urban REAP stood out because it would give her a boost in becoming more environmentally conscious.

“It seemed like such a daunting task,” Vastine said. “Being here and seeing how simple it is shows that anyone can do it. There’s resources out there; you just have to do your research.”

## Food pantry in need of volunteers

**GILLIAN TAYLOR**

Staff Writer

Shepherd’s Heart, a nonprofit food pantry aiming to “feed, clothe, empower and advocate” for families, urges Baylor students to consider volunteering to support its efforts.

Shepherd’s Heart gives back to the Waco community in several ways, one being its mobile food pantry. It has 17 mobile delivery options, delivers food to over 1,100 homebound seniors and supplies food to four local schools monthly.



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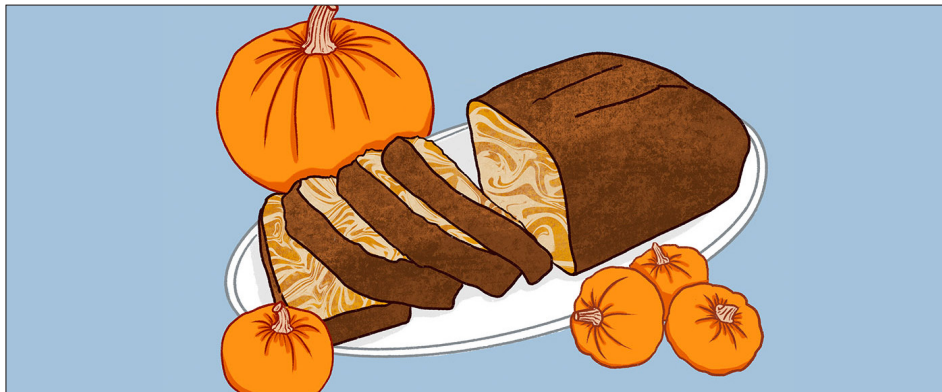


Illustration by Olivia Havre | Photographer

**SAY CHEESE** Adding cream cheese to pumpkin bread mix gives the classic dessert an extra tang.

# Fall in love with cream cheese in your pumpkin bread recipe

**AVERY BALLMANN**  
Staff Writer

It's finally fall, which means all things pumpkin. Whether you like it or not, pumpkin-flavored food items have already hit the stores, so why not hop on the fall bandwagon and make yourself a loaf of pumpkin bread, but with a twist.

## GETTING STARTED

First, grab your favorite pumpkin bread mix. I picked mine up from Trader Joe's. To spice up the boring pumpkin bread mix, we're going to make a homemade cream cheese filling with just five simple ingredients.

- 1 (8-ounce) package cream cheese (room temperature)
- 1/2 cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 large egg
- 1 tablespoon finely grated orange or lemon

I was inspired to add this twist because every time fall rolls around, my grandmother makes a cream cheese pumpkin roll. This is by far one of my favorite desserts she makes, and I had to put my own spin on it with my pumpkin bread.

## MIX IT UP

Once you've gathered your ingredients, combine the pumpkin bread and cream cheese filling in separate bowls. Before you begin mixing, be sure to preheat your oven to what the mix requires and spray down your pan or line it with parchment paper.

## COVER AND BAKE

Once all of the ingredients are mixed, fill up the pan a third of the way with the pumpkin bread mixture.

Then cover the pumpkin bread with the cream cheese filling, but save some of this mixture for the end to decorate. After you place the cream cheese filling, pour the rest of the pumpkin bread on top.

To garnish, drizzle the cream cheese mixture on top of the bread.

## WAIT AND WATCH

As you wait for your bread to rise, play Halloween music, listen to a spooky podcast, watch your favorite fall movie or just enjoy the aroma of pumpkin filling your house. Please note that all ovens are different, so set a timer with the shortest baking time the mix suggests.

Once the timer goes off, stick a butter knife into the bread; if the knife comes out relatively clean, the bread is fully cooked. If not, place the bread back into the oven. Once the bread has completed baking, set aside and let cool completely. This will help set the cream cheese and make slicing easier.

Now that the pumpkin bread is cool, it's time to dig in. I love the tangy cream cheese mixture swirled in between the layers of the warm, spiced pumpkin bread.

This sweet treat makes it feel like it's really fall, despite the temperature outside. To enjoy this dessert throughout the week, keep your bread in an air-tight container.

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# Old-fashioned burgers, homemade shakes: Health Camp succeeds with no breaks

CAITLYN MEISNER  
Staff Writer

Family-owned restaurant Health Camp has spent its 74-year history impacting the Waco community from just down La Salle Avenue.

The quaint diner located right off of the Waco traffic circle attracts both local and out-of-state customers to grab a bite after a long day.

Walking toward the restaurant, faint '50s music can be heard, and once inside, it is all-consuming.

The red, yellow and orange dining tables shine against the black-and-white tiled floor. The mini soda machine crunches and pops as new ice flows through.

Greasy brown bags litter the trash cans, signaling a busy day for the diner. Spoons and styrofoam cups with scribbled handwriting adorn the pick-up counter, awaiting their fate to be scooped up by a hungry customer.

Three Baylor students can be heard chatting and giggling in the back of the diner while a retired couple from Colorado walks into the restaurant, deciding what they want to order.

The retirees, excited yet puzzled, take a seat at an orange table facing the Waco traffic circle, astonished they found this

restaurant while waiting for their breakfast at Magnolia Table earlier that day.

Deborah Tinsley Humphreys, co-owner of Health Camp, greets customers with her southern drawl and assists her staff as customers come through.

Health Camp was founded in 1948 by Lou Stein and Jack Schaevitz, brothers-in-law from Ohio, who had recently moved to the James Connally Air Force Base in McLennan County.

As they became successful, Humphreys said, the men decided to purchase the original building, which continues to stand today. However, they argued intensely over what to name their new restaurant. Humphreys said the men eventually decided on "Health Camp," which was etched onto the eggs Schaevitz's father used to sell in Ohio.

Stein and Schaevitz sold the restaurant to Humphreys' father, J. David Tinsley, in the 1980s. Since then, the Tinsley family line has owned the restaurant for 37 years.

When Tinsley died, the business went to his three children: Scott Tinsley, Jeff Tinsley and Humphreys. Humphreys said she is at the restaurant every day and closes it up each night.

According to Humphreys, the University High School class of 1959 held a reunion at Health Camp on Sept. 29.

The graduates told her stories of when they would walk to the diner during their lunch breaks at school every day. The cooks would have trays full of cheeseburgers waiting for them to take back to campus.

One of the restaurant's regular customers, Crissy Browder, said she has been going to Health Camp since around 1966 or 1967, when she was 7 or 8 years old.

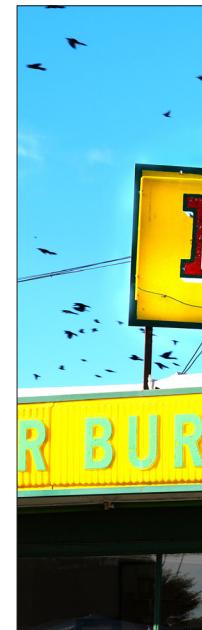
"I grew up going there since I was a little girl," Browder said. "I love going there now. It just takes me back."

Browder said she always orders a Big Red and a small chocolate malt whenever she wants her fix. She said she typically goes when she's in the area but will drive across town to come to Health Camp.

Both Browder and Humphreys said they hope whoever takes over Health Camp next maintains the old-fashioned feel of the diner. Browder said she remembers the jukebox that used to play music every time she came in to eat.

Humphreys said old-fashioned malts and simple cheeseburgers are the most popular orders at Health Camp. Her personal favorite is a cheeseburger with onions and ketchup, tater tots and vanilla ice cream.

The employees make their own shake concoctions. Health Camp team member Syneia McGhee said her favorite



SHAKE IT OUT He

mix of flavors is s' since starting in Ja concoctions come t

"One time, ther butter peach shake; paid extra to have l and bacon shake. I were just so fascina

## Check out how students feel about the increase in Hawaiian food options in Waco.

SCAN HERE



## Asian market bridges loc

SARAH WANG  
Staff Writer

When Tim Kulkarni and Joni Navarra, owners of East Market and Goods, first moved to Waco, they noticed the need for an Asian grocery store and made it their mission to fill it.

Located at The Shoppes, 6500 Woodway Dr. ste. 101, East Market and Goods opened in November 2020 after the married team of first-generation Texans traveled the world and started a home in Waco.

East Market's presence in Waco enables the international community to find foods from their hometowns without having to spend an entire day commuting to other cities like Austin for the products.

Kulkarni said they frequently receive positive feedback from their customers through reviews and customer statements.

"They usually tell us how long they've been here and that they've

had to travel to Austin, Dallas or Kulkarni said. "And now it's locally

Ho Chi Minh City, Vietnam, s a great experience at East Market, to other Asian markets. She said snacks and drinks from East Mar daily.

"They reminded me of my hom ingredients to cook for my homet

When she initially came to Bay be a deserted town with a lack of said she was happy to learn about longer needed to travel to other ci

"I think the remarkable openi the awareness of Asian communit also residents living here," Le said.

Sugar Land junior Lisa Liu m





Olivia Havre | Photographer

Health Camp has had much success since first opening its doors in 1948.

...mores and hot fudge or Oreo. She said  
January, she has seen some weird shake  
through the kitchen.  
...e was an old man [who] got a peanut  
he finished it,” McGhee said. “Somebody  
bacon in their shake, like a peanut butter  
think I have a picture of it because we  
ted with that.”

McGhee said she has loved working at a place like Health  
Camp, and her favorite parts are meeting people from all  
across the world and learning Waco history.

Humphreys said she is proud of the business and loves  
watching people come in and dance to the music.

“We make errors, but we try to be perfect,” Humphreys  
said. “It’s old-fashioned burgers and homemade shakes.”

# cal cultural gap in Waco

Houston to get what they need,”  
y available.”

ophomore Kaylee Le said she had  
even though it is small compared  
she often buys spices, vegetables,  
ket and uses the groceries almost

etown so much because I can buy  
own’s featured meal,” Le said.

ylor, Le said she expected Waco to  
Asian community. However, she  
East Market and to know she no  
ties for her everyday food.

ng of East Market at Waco raises  
y for not only Baylor students but

oved to the U.S. from China with

her parents when she was in fifth grade. She said the Chinese goods  
on East Market’s shelves remind her of her hometown.

“When I am craving for snacks from China, I would go to East  
Market and buy some,” Liu said. “The snacks and drinks they sell at  
East Market are very similar to what we would have in a Chinese  
market store.”

Liu said she believes East Market plays a vital role for the  
international student community.

“It helps international students to enjoy foods from their  
hometown when they are not adapting so well to this foreign  
environment,” Liu said.

Kulkarni said the demographics of customers are split, half  
Asian and half American. As a result, he said East Market “bridges  
a community gap.”

“Food is a universal language,” Kulkarni said. “One of the great  
[pieces of] feedback we recently got was, ‘You know, I wouldn’t have  
even considered Waco a home until East Market existed.’”

# Taco take: La Salle taquerias ranked

SAMANTHA GARZA  
Staff Writer

Everyone craves good Mexican cuisine once in a while, but sometimes you don’t have the time  
to sit down, order and wait for your food. It may be that late-night craving or a last-minute plan  
with friends when you ask yourself, “Where can I get the best tacos?”

Here are some of my suggestions on the best and worst taco places on La Salle Avenue.

## TOP TIER

**Taquisa Waco | 1425 La Salle Ave. (in the Route 77 Food Park & Bar)**

These tacos will hit the spot every time. With multiple meat options to choose from, they are  
delicious and affordable.

Their “tacos de asada” come in a tasty orange tortilla with meat, cilantro and onion. You also  
get to choose between mild or hot salsa. The place is very pleasant and clean, and the tacos are  
made in a timely manner. No complaints for this place. Their tacos were not too greasy, but not  
too dry. The meat was cooked to perfection, and the garnish was authentic to a real Mexican taco.

## MIDDLE TIER

**Taqueria La Milpa | 2011 La Salle Ave.**

These tacos are a great, quick way to fulfill a Mexican food craving. La Milpa is a food truck  
that offers a variety of options, including tacos, nachos and even corn in a cup.

**TACO BOUT IT >> Page 7**



Grace Everett | Photo Editor

**GOODIES** East Market becomes home to a variety of Asian goods.

## Lunchboxes: For adults too

Don't be insecure, bring lunch to campus

**AVERY BALLMANN**

Staff Writer

Students, don't feel embarrassed to bring your lunch to campus. It's convenient and affordable. I'll take those two pleasures over what any student might have to say about my butterfly lunchbox.



I live off campus this year, so I had to find a way to avoid paying for a meal plan or driving back to my apartment in the middle of the school day. When coming up

with a solution, I remembered what saved me throughout my entire K-12 education: a packed lunch.

I love the convenience and accessibility of a packed lunch. I have enjoyed taking my lunch to a pretty building on campus and meeting up with friends or just eating by myself. Now that the weather is cooling down, I am looking forward to eating my lunch outside.

These lunches don't have to be complicated or gross. Branch out from the subpar soggy sandwich, and pack something you enjoy. I like to make my lunches fun so that I look forward to eating them. Usually, I pack sides and a main dish, plus a lot of snacks for the days I'm on campus from 8 a.m. to 4 p.m.

Packed lunches can also be really affordable since you control what groceries you buy and use throughout the week. Usually, I pack leftovers or frozen meals I can heat up, such as chicken nuggets or potstickers. Sometimes

I am jealous of students who are eating at the Bill Daniel Student Center every day, but I remind myself that I'm saving money.

The All Access five-day meal plan for the dining halls is \$2,734.13 each semester, including \$200 in dining dollars. If a student buys three meals a day, five days a week, then one meal averages to roughly \$10.50. To me, paying that much for a meal you can't control isn't worth it. When packing your own lunch, you have the ability to choose how healthy you eat and how affordable the meal is.

There are block meal plans that are based solely on swipes, but when doing the math, this method isn't significantly cheaper. The Block 65 plan, not including dining dollars, is \$644.09. This plan has 65 swipes, so each meal averages \$9.90. That's only 60 cents cheaper than the amount it would cost you out of pocket. Paying this much for one meal while having to fight the long lines and crowded tables is simply not worth it.

When I first started bringing my lunch to campus, I was worried I wouldn't be able to heat up my food properly, but I have found several microwaves on campus; I frequently use the ones on the first floor of the SUB and on the second floor of Moody Memorial Library, right next to the vending machines. I've never had a problem waiting in line, and the microwaves work well.

If you're feeling insecure about being seen with your lunchbox on campus, just know that I will proudly be sporting mine. Having a lunch prepared by myself and eating it where I can relax in the middle of my day is a small blessing I look forward to.

## Meal plans save money

**CAITLYN MEISNER**

Staff Writer

Being a college student is hard enough. We don't need to make the essential tasks of surviving any more difficult than they already are. Feeding ourselves after having been



so used to our parents feeding us is a task in itself and can become a nuisance.

Despite working two jobs, I don't always have enough money to buy myself groceries that will last me three meals a day, seven days a week. If

I can barely afford gas prices, how can I pay over \$50 each week at the grocery store? That is why I buy a meal plan even though I live off campus.

Furthermore, I don't have the time to pack myself a lunch every single day and to remember to grab it on my way to class in the morning. I'm too worried about getting a parking spot in Speight, so I don't have much brainpower left at 9 a.m. Even then, how good can a sandwich be after it's been sitting in my backpack for five hours, squished by my notebooks and out in the hot Texas sun? I experienced that misery in high school, and I swore to never go back.

It is weird to subscribe to the mentality of thinking my food is "free" when I swipe my ID, when it clearly is not. I feel better knowing that the meal swipes and dining dollars loaded onto my ID are not taken directly from my bank account, so I might as well utilize them at the dining halls or Chick-fil-A.

Baylor's CampusDish website lists the prices for each meal as they were during the 2021-2022 academic year. Breakfast was \$6.75, lunch was \$10 and dinner was \$12.19.

If I were to go to campus every single day of the fall semester, that would be approximately 65 days. In theory, I would have to pay \$10 to eat lunch at one of the dining halls each day. That would cost \$650.

Not so bad, right?

However, we all love Chick-fil-A, Panda Express and Starbucks. Now you're paying even more out of pocket. Instead of paying out of pocket for these luxury dining experiences, you can choose a meal plan that comes with dining dollars for the times you want to ditch the dining halls.

Personally, I chose the Block 65 meal plan; it comes with 65 swipes per semester and \$225 in dining dollars, which I can use across campus.

Lastly, I get to maintain my ties to campus life. I love living in my own space away from Baylor, but I also enjoyed being surrounded by campus — being able to look out my window to see something going on in the courtyard of South Russell Hall or over at North Village.

Baylor's community ties run deep for underclassmen living on campus, so why can't upperclassmen have that too?

Next semester, get a meal plan. It has made me feel better about living off campus, as I know I can still feed myself during the day instead of waiting to go back to my apartment to eat dinner.

Even if I don't influence you, that's OK. More Memorial Dining Hall cookies for me!

## Conquer the grocery store

Scan here for meal prep tips, tricks

Many students learn to shop and cook for themselves for the first time once coming to college. In fact, less than half of college students reported cooking often in 2021. Here are some tips to stay healthy, well-fed and steer clear of ramen and microwave mac and cheese — on a college budget.



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# Not optional: Always tip service workers

**TATUM MITCHELL**  
Opinion Editor

The iPad at your favorite restaurant does that flip-around you know all too well, and the dreaded question appears: “10%, 15%, 20%” ... and the verdict comes after a long and painful pause.

You select “no tip.”

The employee’s face never changes, and you release the breath you were holding. After a fleeting moment of guilt, the day goes on, your food comes and all is well.

For the customer, it’s easy to move on from leaving a zero on the tip section. For the employee on the other end, tipping impacts both their paycheck and their livelihood.

According to the U.S. Department of Labor, employers in Texas are allowed to pay tipped employees as little as \$2.13 an hour. Tipping as a general practice leaves the door open for discrimination and mistreatment of service industry employees, according to the National Library of Medicine and Sage Journals.

Customers hold the power of employees’ paychecks in their hands. You never know what expenses your server has to spend their hard-earned money on. Service industry workers hardly get paid enough to survive as it

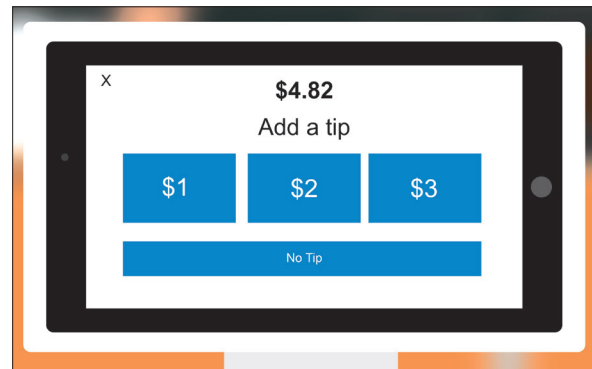


Illustration by Katy Mae Turner | Photographer

is, and not tipping can have a huge impact on their ability to get by.

The percentage of customers who always tip has steadily declined from 77% in 2019, to 75% in 2021, to 73% in 2022 — according to a survey from Credit Cards by Bankrate.

In 2021, the Department of Labor investigated employers in the food service industry, and found violations in 85% of the investigations. In light of these findings, the Department of Labor has renewed a nationwide initiative to hold employers accountable federally and help employees.

My personal suggestion is to leave a baseline tip of the normally recommended 20% of the bill. If the service doesn’t meet expectations or you just can’t afford it, then tipping under 20% is acceptable. However, if the quality of service wasn’t up to your standards, it could be due to the fact the U.S. has been suffering drastic labor shortages since COVID-19.

“As of April 2022, eating and drinking places were still 794,000 jobs — or 6.4% — below their pre-pandemic

employment levels. No other industry has a longer road to reach a full employment recovery,” research from the National Restaurant Association shows.

That being said, being able to afford eating out can be hard enough and spending a couple extra dollars on a tip might not seem doable. College students face their own financial stress. If there is only a certain amount in your bank account and you wouldn’t be able to afford food plus tipping, that’s understandable.

If you are financially struggling and trying to save money, budgeting for food expenses and factoring in tips is a good solution. As a college student, I live on a pretty tight budget. Something that has helped me is setting aside loose bills and change; I keep them in a separate pocket of my wallet and sometimes use them to leave tips.

Your privilege is showing if you think an employee’s well-being and paycheck aren’t your problem. Everyone deserves to earn a livable wage. There is never a good reason not to tip.

## TACO BOUT IT from Page 5

While some of their other stuff is great, their basic tacos de asada are average. The tortilla had a great taste, and the meat was good, but it could be better.

The meat was different compared to standard asada meat, so it was not what I was expecting. The salsa was below average, a bit watery, with not much spice. The garnish that they top their tacos with was not my favorite; it was a mixture of shredded cabbage and onion, which I ended up just taking off.

Price-wise, the tacos are cheap. The location is also pretty good, and the setup is good with clean tables and lots of space.



Grace Everett | Photo Editor

**TODOS LOS TACOS** Two ground beef tacos from Taqueria La Milpa.

### BOTTOM TIER

**Taqueria Zacatecas | 2311 La Salle Ave.**

These tacos were not satisfying at all.

Although I’m sure some of their other stuff is good, the tacos de asada were not appetizing. The tortillas were a bit thin and broke very easily, and the meat was what really missed the mark — dry and chewy. The toppings

were not great either. The tacos came garnished with what looked like a cabbage and onion mix, and on the side, there was a very watery, bland salsa.

The Zacatecas establishment, however, was nice and clean. It had a great setup with spacious seating and a drive-thru. The prices of the menu items were decent.



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