

BU BAYLOR LARIAT

News for the students by the students



Waco PD urges apartment precautions over break

LUKE LATTANZI

Staff Writer

As students prepare to leave Waco for spring break, the Waco Police Department is advising those who live off campus to take precautions before leaving for the week.

Safety is Waco PD's No. 1 priority, Waco PD spokesperson Cierra Shipley said via email.

"The Waco Police Department works very closely with the Baylor Police Department no matter the time of year," Shipley said. "If students are choosing to leave their residence for spring break, we ask you make sure all doors, windows, garages and gates are locked. Do not leave spare keys outside or with an individual you do not know well."

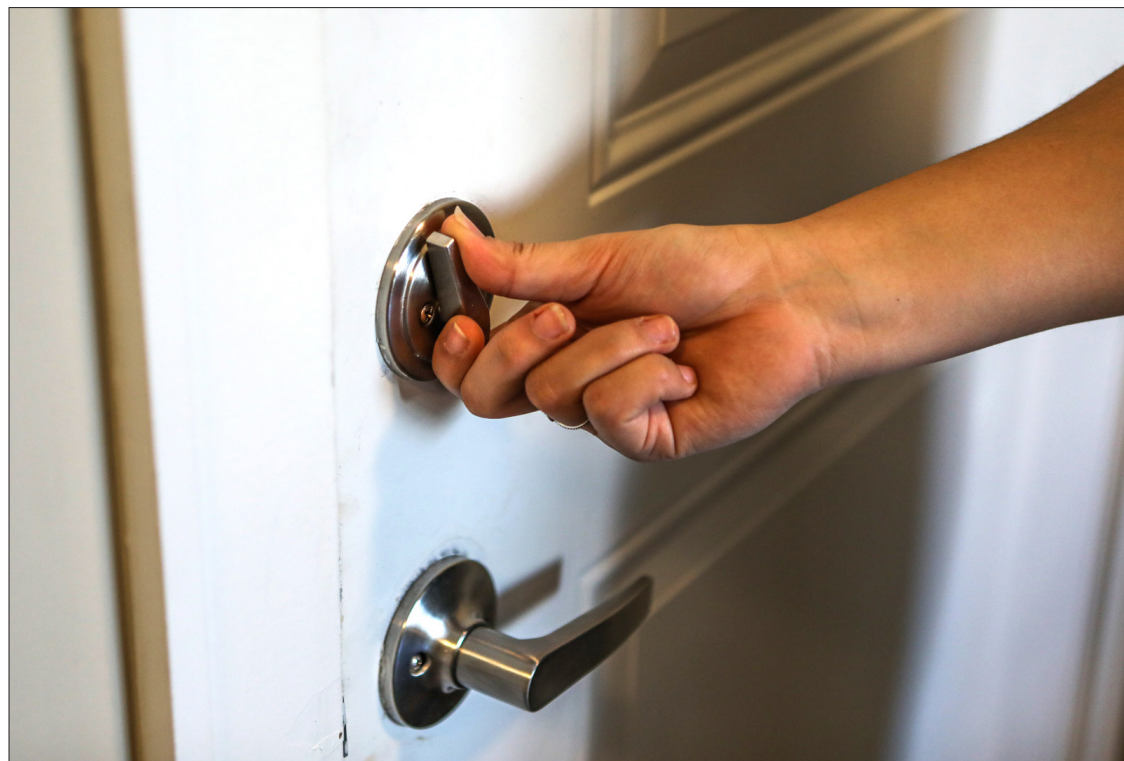
Baylor also has the Crime Free Multi-Housing program, which is a partnership between police and managers of rental properties that increases the ability to "reduce crime, drugs and other criminal activity on the property."

"The Crime Free Multi-Housing program approaches crime on many fronts," its website reads. "The police cannot solve crime problems alone. Neither can the management or residents of rental properties. But by working together, the end result has been the most successful

approach to crimes in rental communities."

Santa Clara, Calif., junior Hannah Po, a resident of U Pointe on Speight, said she feels

safe in her apartment but is cautious about surrounding areas, especially when it gets dark outside.



Kenneth Prabhakar | Photo Editor

SAFETY FIRST Waco Police Department advises students to take necessary precautions, like locking all doors, gates, garages and windows to keep their apartment safe over the break.

"When it gets really dark, then the area seems a little bit unsafe," Po said. "But overall, it's pretty close [to campus]. When I'm on campus, I don't feel scared. It's the moment I step off campus that I get a little bit paranoid."

Po also said while she hasn't seen any suspicious activity herself, she has heard stories of said activity from her friends.

"A friend of a friend, she took a walk at night — which is obviously not a good idea — and she actually got attacked," Po said. "This guy just hit her, and she started bleeding from her head."

Waco PD also advised no matter where students are going for spring break, they should always be aware of their surroundings and report suspicious activity.

"[No] matter where the students are for the spring holiday, you should always stay vigilant and aware of your surroundings," Shipley said. "If you see something, say something, and do not hesitate to call 9-1-1 in an emergency."

Shipley also urged students to call Waco PD's non-emergency phone number at 254-750-7500 if they require other forms of assistance.

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Baylor springs into break way too soon

ABBEY FERGUSON
LTVN Reporter/Anchor

I was already hours into planning an extensive road trip to Yosemite National Park for spring break before my roommate and I realized



most roads would be snowed in, and our dreams for a beautiful, warm camping trip were quickly crushed.

Unfortunately, early March in Northern California and so many other places across the country still undergo winter-like weather. A majority of my friends from high school who attend universities all around the country are able to travel to vacation destinations during their spring breaks in late March or early April because the weather has shifted to be more travel-friendly.

Baylor's spring break is too early compared to other universities.

According to Studentcity, only 20% of colleges across the U.S. have the same 2023 spring break dates as Baylor, with the remaining 80% having their break planned for a later date.

Most of my hometown friends' spring breaks align with one another's, meaning they can meet up in our hometown, but Baylor's oddly early spring break means I will be home two weeks before them.

On top of the weather-related drawbacks, Baylor's

spring break timing doesn't allow students to feel fully adjusted to the new semester before disrupting that period of adaptation with a long break.

Baylor students have only been on campus for seven weeks before spring break hits. On the other hand, for example, Grand Canyon University students will have been on campus for 10 weeks before their spring break starts.

Even those extra three weeks can leave students feeling more adjusted to new semester classes and falling into a scheduled routine without the quick turnaround from winter to spring break. Midterms and project due dates also fall either right before or right after the weeklong break, leaving students feeling stressed during a time set aside for relaxation.

However, some students enjoy an earlier break because it's an interruption. Especially because the turnaround is quick between winter and spring break, an earlier

spring break can provide much-needed rest to recharge and prepare for the final push during the last half of the semester.

Pushing Baylor's spring break back even one week would give students a period of rest, but provides more benefits than the current schedule in place, especially regarding weather and midterm timing.

Baylor's Calendar Committee told The Lariat via email they have never discussed changing the timing of spring break. They said one change to the calendar they had discussed in the past was the transition to a weeklong Thanksgiving break, which was implemented in the fall of 2021.

Baylor shouldn't jump into the spring break celebration too soon and instead push it back to align with the majority of other universities across the U.S. Maybe then I could actually enjoy the warm sunshine of beautiful Yosemite in late March.

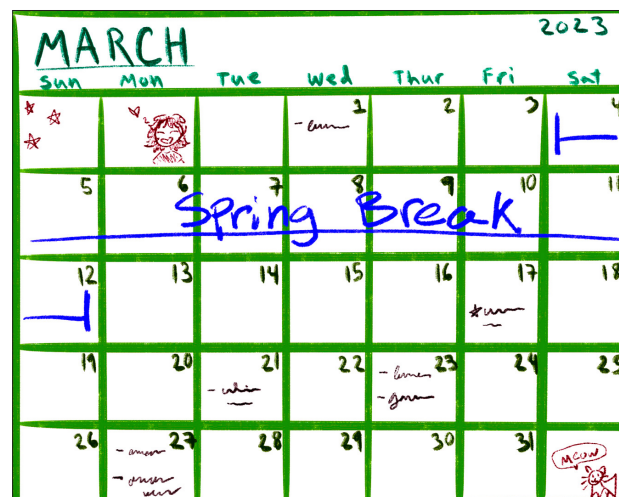


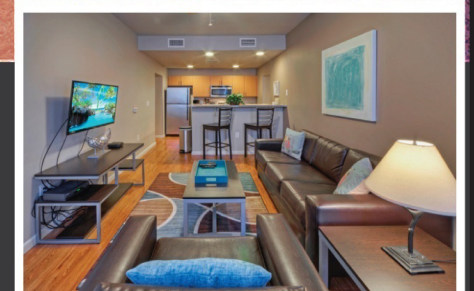
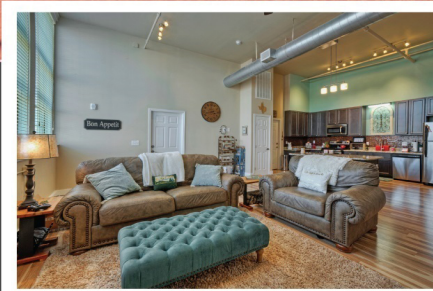
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Baylor & Beyond takes bite of the Big Apple over the break

OLIVIA TURNER
Staff Writer

While most Bears go off to have their own adventures during spring break, many North Russell Residence Hall residents stick together for their travels. This year, Baylor and Beyond, the Living-Learning Community at North Russell, will travel to the East Coast for a week in New York City.

The purpose of Baylor and Beyond is to expose students to new experiences to promote engagement in the Baylor community, said Leia Duncan, the program director. Baylor's 15% international population provides exposure in and of itself, but she said she wants to take it a step further with the New York trip.

"That's what we do when we go to New York: we learn about all the history, we learn about the different communities that have come through from the world," Duncan said.

She has planned activities in a narrative order, she said, which will help the students better understand the history of the city and state.

The itinerary starts residents at Liberty and Ellis Islands to learn about the city's beginnings, then to immigrant neighborhoods to indulge in historic eats, to Broadway for a "Hamilton" showing, a walking tour in Harlem to learn about the Harlem Renaissance and ending at the The National September 11 Memorial & Museum on the last day of the trip.

"It is kind of building a story as they go, too, starting with the history and ending up with learning about the whole world," Duncan said.

While there are plenty of learning experiences to be had on the trip, Duncan said students are also granted free time to walk around the city. She said she would argue there is learning that happens even during the leisure.

"You are learning when you travel, even if you don't realize it," Duncan said. "You're absorbing all this amazing new information, and that's what we wanted to create with this trips."

This trip comes with a price tag. Expenses such as hotels, food and transportation must be taken into account, which leaves students with a price tag of up to \$1,300, Duncan said.

To combat the cost, Duncan said the Baylor and Beyond LLC travels with the Fine Arts LLC for the trip, though they have their own itinerary to align with their arts experiences. Duncan also said the languages department has given them a scholarship to lessen the costs even further, leaving \$1,000 for students to pay.



Photo courtesy of Leia Duncan

WELCOME TO NEW YORK San Antonio sophomore Taylor Jerry (left) visits Liberty Island with fellow residents.

This is the best price you could get to be in New York for a week," San Antonio sophomore Taylor Jerry said.

Jerry is a community leader in North Russell traveling with the Baylor and Beyond LLC, and this will be her second year going on the trip. She said her involvement with the LLC has been the best part of her Baylor experience and the New York trip is a wonderful experience for students.

Jerry said her involvement with Baylor and Beyond and her time spent living at North Russell has shown her that exposure to different people and cultures is significant, especially to students and their futures.

"There are very few places on campus where you can be exposed to so many people from different cultural backgrounds," Jerry said. "I always believe that no matter what profession we end up in, we all strive to help as many people as we can. And to do that to the best of our ability, we must learn and expose ourselves to other cultures to truly understand their needs."

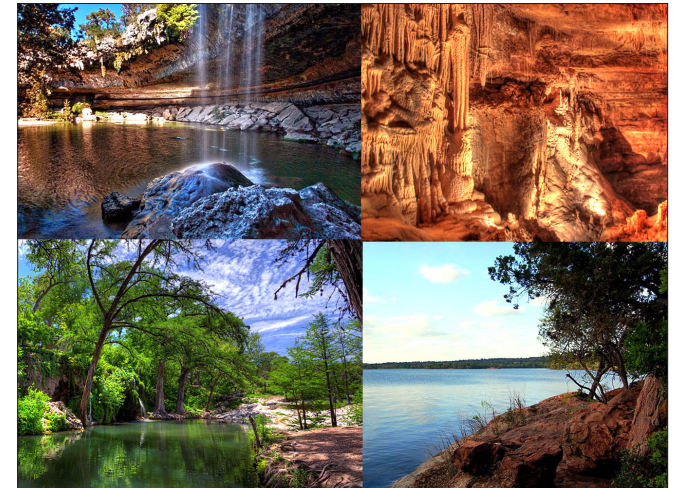


Photo courtesy of Wikimedia Commons

SPRING BREAK SPOTS From mountains to plains, Texas's many geographical locations make for the ideal exploration spots.

Lone Star sightseeing: Road trips worth your time this spring break

MAXIMILIAN DIEHL
Staff Writer

Texas is a wonderful, wild and wide state that all Baylor students call home to some degree. Whether you're just here for school or are a lifelong resident, there is something to discover on this list.

NATURAL BRIDGE CAVERNS AND SAFARI

With two distinct parks next door to each other near San Antonio, one day can turn into an adventure of both cave exploration and wild experiences with exotic animals. The caverns are a grand adventure into a prehistoric cave system with massive rock features, floor to ceiling stalactites and stalagmites and a stunning moment where they shut off the lights to leave the tour group in true darkness.

To call the other a safari is no exaggeration: gazelles, zebras and giraffes alike will all come right up to your car looking for a snack. The ostriches are not your friends.

HAMILTON POOL

This Austin icon will inspire awe. While there isn't much to do apart from the hike, packing a lunch and taking in the scenery makes for a good day.

One suggestion: go in blind. Pictures just don't do it justice, and you won't believe your eyes when you're really there.

BLUE HOLE WIMBERLY

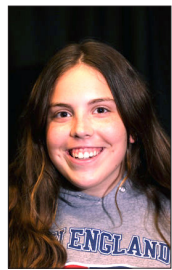
Cold water, mangrove trees, a whole lot of shade and a diving board make this spot close to Austin great for a cool dip as the heat returns. Bring a towel and be sure to pack lunch to make the most of your trip to this adorable little town with a vintage Texas feel.

Call me lame: Spend your spring break resting, not partying

CAITLYN MEISNER
Copy Editor

Finally, spring break is almost here. I know this is the moment we've all been waiting for.

When it comes to spring break, I think we can all agree this is the time to rest and recharge before we slide into the second half of the spring semester. After all, it is just a few short weeks before summer arrives.



Though many of us may believe it's time to relax, that is not the consensus for all college students. I mean, there's dozens of movies about the notorious week in March when college students go crazy on beaches and get in all sorts of trouble.

I wish I could say my spring breaks have lived up to this hype, but they haven't. As a freshman, I didn't even have spring break because of COVID-19. I've really only had one shot to make it as unbelievable as the film industry makes it out to be.

I've always taken my breaks during the school year as a time to relax, see family or just spend time with the people I don't get to see or talk to as often because my schedule is so hectic throughout the week. This year, I'm flying to Washington, D.C., to spend some well-deserved relaxation time with my boyfriend.

Although I do have to get on a plane and spend time in some of the finest airports Texas has to offer, I know my time in the district will be full of rest with some light sightseeing. I have absolutely no plans to pack my days with events, partying or working; I simply want to sleep as much as possible and spend my days the way I want because I'm not able to during the semester.

I've written a lot about setting realistic expectations and making sure you get enough rest, and it's one of my most-voiced opinions. I truly believe the only way you can be successful is by resting the appropriate amount of time so you can continue to put

out your best work.

For me, it's not possible to put out my best work and strive for good grades if I don't take this designated break.

“

I truly believe the only way you can be successful is by resting the appropriate amount of time so you can continue to put out your best work.

CAITLYN MEISNER |
COPY EDITOR

So, instead of traipsing around the beaches of Florida or California, or even packing your days full of New York City tours, find a space to relax and recharge this week. I know I'll be catching up on some much deserved TV binge-watching and quality time with my boyfriend. This week, I'll be watching Julia Louis Dreyfus in "Veep," one of my favorite political comedies, on HBO Max.

Call me lame; I don't care. This is the perfect way for me to spend my break, and it's OK if your way differs.

If you want to go ahead and party the days away, then be my guest. Just don't complain to me when you're flying back on Saturday and you're still exhausted come Monday in your 8 a.m. class.

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Graphic illustration by Olivia Havre | Photographer

A&L Tunes-day: Spring break

EMMA WEIDMANN
Arts & Life Editor

If you're in search of the week's best new music, look no further. Here's a short list of the music worth a listen to start your spring break off right and the releases to look forward to over the break:

"KICK IN THE TEETH" BY HIPPO CAMPUS (FEB. 21)

"Kick in the Teeth" is a chill, laid-back track for the start of spring. The whiny guitar gives it a nostalgic, nearly western-inspired feel, but the brass instruments almost swing the song towards jazz, all while still being solidly indie. Hippo Campus is one of those bands that I "gatekept" in high school so that I could remain cool for as long as possible. Do me a favor and listen to "Kick in the Teeth" by Hippo Campus.

"MOONLIGHT" BY KALI UCHIS (FEB. 24)

"Moonlight" has Uchis' signature magical sound. From the first seconds of the song, you're immediately drawn in to her dream world. Her voice floats softly over the retro-inspired throwback instrumental, creating an atmosphere that perfectly matches the lyrics. The mix of Spanish and English on this song adds another level of enjoyment, too.

"TARANTULA" BY GORILLAZ (FEB. 24)

Gorillaz released their ninth studio album, "Cracker Island" last Friday, with some pretty stellar features with the likes of Stevie Nicks, Thundercat, Tame Impala, Beck and more. "Tarantula" is free of features, and that's why I think it shines on this album. Catchy, upbeat and energetic, this song captured my attention out of a relatively short album.

"BRUISES" BY RENÉE RAPP (FEB. 24)

Reneé Rapp, perhaps better known for her role on the Hulu show "The Sex Lives of College Girls," is making a splash in the music industry with her new EP, "Everything To Everyone." Rapp released an extended version on Friday, which included a new song, "Bruises." It's catchy, but heartfelt. It's deep and a little sad, but not so much that you can't enjoy listening at any time of day, in any mood.

LOOK FORWARD TO:

"One Thing at a Time" by Morgan Wallen (March 3)

"Red Moon in Venus" by Kali Uchis (March 3)

"Aurora" by Daisy Jones & the Six (March 3)

"Endless Summer Vacation" by Miley Cyrus (March 10)

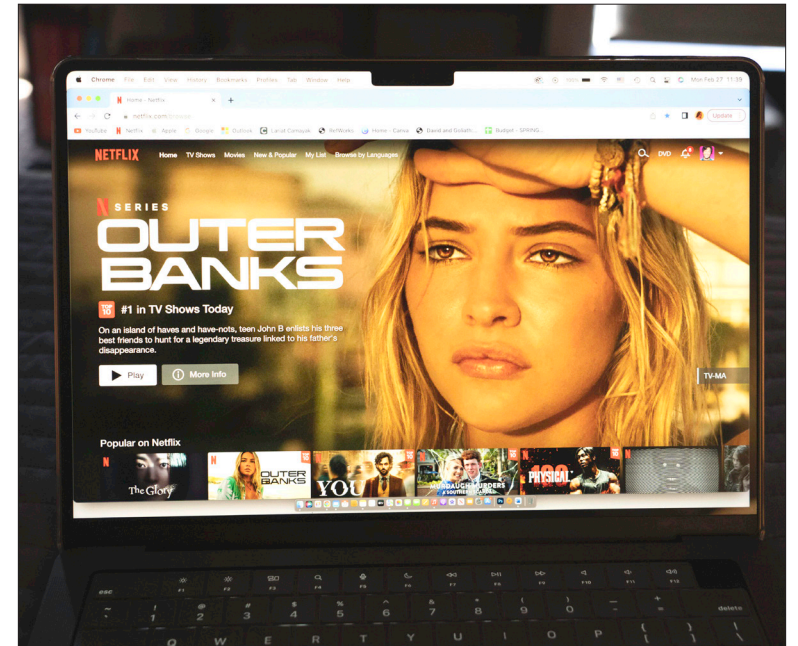
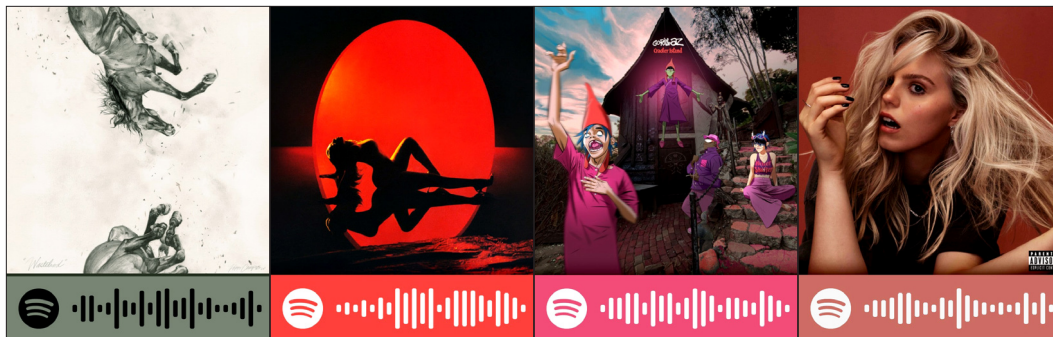


Photo illustration by Grace Everett | Photographer

Out-of-state students nestle in for Waco staycation

MAX DIEHL
Staff Writer

Spring break is here, and with it comes a plethora of different plans for the Baylor community. Many students leave campus when this time of year comes around, opting to go home, head out on vacation or even stay in Waco. Some of the students who chose to stick around Waco are from outside of Texas, or even out of country.

As both Baylor and Waco continue to grow, the community becomes more accessible to college students in terms of recreational and leisure activities, meaning the city is more enjoyable than ever.

Students staycationing over a week-long break opens up an opportunity to explore the city. Many students said Top Golf, Cinemark and Main Event — as well as some of Waco's more well-known haunts like the walking trails in Cameron Park, the Magnolia Silos and the artsy coffee shops around town — are some of the places they plan to visit during the break.

"My week will be spent between

Cameron Park and trying to explore some of the coffee shops I haven't quite had a chance to go to," San Francisco sophomore Cheyenne Garza said. "It'll also be great to have a chance to catch up on homework."

For many students, a spring break staycation does provide a perfect opportunity to do homework, as well as get some rest at an integral midpoint in the semester. With nine full days off, the opportunity for catching up on recently released movies and TV shows is also readily available.

"Sleep and binge watching 'Outer Banks' also look to be in the cards," Garza said.

Other students staying in Waco have family come into town, giving their family a view into their life as a student.

Kenya senior Jonathan Mwangi said he plans on bringing his family to some of Waco's most famous spots for a true taste of this college town.

"I'm really excited for my family to finally come into town, getting a chance to show them my home away from home," Mwangi said. "I'll definitely have to bring them to Magnolia and give them a tour of campus."



Katy Mae Turner | Photographer

WATCH THIS Spring break is the perfect time to relax and catch up on some new TV shows.

Feel-good shows for your break binge

OLIVIA TURNER
Staff Writer

For some, spring break is a time for traveling and having adventures, and for others, it's a time to rest and recuperate after those tough winter weeks and midterms.

If you're a member of the latter group, I recommend plopping down on the couch to binge some of your favorite shows or movies. Spending time with some cheerful television personalities that make me laugh or put a smile on my face always leaves me feeling energized, and what better time to do so than spring break?

Whether you're looking for something familiar or something a little off your radar for your marathon, hopefully these feel-good recommendations can lift your spirits and get you back into fighting shape for the remaining weeks of classes.

"NEW GIRL" (NETFLIX)

"New Girl" is many things — quirky, uplifting and even cringey at times, but it's never boring. All of which makes it the perfect contestant for your spring break binge. Follow the hectic happenings of Jess (Zooey Deschanel), an eccentric woman determined to fulfill her dream of becoming an elementary school teacher. Her life only gets crazier when she moves into an apartment full of three guys: Nick (Jake Johnson), Schmidt (Max Greenfield) and Winston (Lamorne Morris), who stick with her through thick and thin.

You're likely to experience Netflix's "Are you still watching...?" feature when getting caught up in Jess's

comical day-to-day.

Each one of these roommates' iconic personalities are what makes "New Girl" so endearing. Although I've already gone through my "New Girl" craze, I still come back to watch my favorite episodes occasionally because I miss Jess and the guys.

"SOMEBODY FEED PHIL" (NETFLIX)

If you love food, film and fantastic theme songs, you're sure to love Phil. In this food documentary series, Phil Rosenthal, creator of "Everybody Loves Raymond," explores the world with his camera crew, eating delicious dishes from each country along the way. He even has an Austin episode, trying local favorites like Torchy's and Amy's.

When watching "Phil," I can't help but feel at home. He talks to the camera like a friend, eagerly describing the people, places and foods he encounters with the utmost respect and gratitude. There's nothing he won't try. His wholesome demeanor, openness to new experiences and priceless facial expressions are what make "Somebody Feed Phil" worth the watch.

"MY NEXT GUEST NEEDS NO INTRODUCTION WITH DAVID LETTERMAN" (NETFLIX)

Take a look into the lives of some of today's hottest celebrities with David Letterman in this interview-style show. Each episode features a unique setting

reflecting Letterman's subject, usually their homes, private studios or favorite places. The environment Letterman creates in his interviews is so natural and comforting that it feels like catching up with an old friend.

Letterman's charismatic interviews are what make this show a must-watch, providing viewers with stories and commentary from icons that often can't be found anywhere else. Thanks to this show, I have found myself obsessing and Googling celebrities I never found interesting before.

"OUR FLAG MEANS DEATH" (HBO MAX)

We venture away from the world of Netflix and into the land of HBO Max with this original rom-com. When Stede Bonnet (Rhys Darby) ditches his gentlemanly life of leisure for that of a pirate, things don't always go as planned, especially when he crosses paths with the fearsome Blackbeard (Taika Waititi). Waititi is also a director and executive producer of the show. Think pirate adventures, but with a surprisingly wholesome twist.

There's something about shows that pair historical settings with modern comedy that just tickles me, and "Our Flag Means Death" has plenty of that to go around. The character of each member of the crew had me rooting for their pirating success from the very start, though sometimes attained by silly and unconventional means. Though comedic for the most part, watch out. The ending of this season will leave you hooked for the next.

TOUR TEXAS from Page 4-

INKS LAKE

Inks Lake is another great swimming spot, boasting miles of hiking trails through multiple unique terrain types and some cliff jumping as well. This is right in the heart of a lot of great parks, so if you decide to spend a day at Inks, check out the other state parks right next door.

ENCHANTED ROCK

The pink granite Monadnock mountain boasts one of the most novel experiences in the state. With great views from the top, a naturally beautiful area and cave systems hidden away on the back of the rock itself, there is more than enough at Enchanted Rock to entertain for a whole day. Be sure to make a reservation before heading out.

KRAUSE SPRINGS

Texas has a lot of biodiversity in terms of climate and geography, from mountains and deserts out west, forests and gulf plains in the east and the beautiful hill country in between. Krause Springs is a little island of inexplicable tropical vibes right in the midst of the Hill Country. Bring a towel, a packed lunch and a chair to enjoy a whole day of sunbathing, swimming and natural beauty.

BUFFALO BAYOU

Located just outside of downtown Houston, Buffalo Bayou offers a 20-mile trail to run, walk or bike alongside the waterway. This 160-acre green space is newly-enhanced and includes lawns with beautiful views of the city, a skate park, scenic gardens, dog parks, public art and a place to paddle down the bayou. If you love spending time outdoors but can't bring yourself to leave the city, this is the perfect spot to place your picnic blanket.

MEMORIAL PARK

Another newly enhanced city spot, Memorial Park is Houston's largest urban park. It is home to nine park areas including the city's newest land-bridges, the arboretum, a gold course, a bird sanctuary, an archery range and a sports complex. There are 11 multi-use trails, a playground, a pool and plenty of picnic spots.

LAKE LIVINGSTON STATE PARK

If you're an avid fisher, look no further: this Texas spot is known for its white bass population. Lake Livingston is an hour north of the Houston city limits and a charming spot for biking, hiking, swimming, fishing, boating, and camping. If you love being surrounded by nature, you'll have endless activities to choose from.

GALVESTON ISLAND

Moody Gardens Hotel is the place to start, with great exhibits and rotating seasonal activities around the campus. While Galveston beaches aren't pristine or scenic, they're a great escape from the heat. The further one goes down the island, the better the beaches are in terms of crowds and water clarity. San Luis Pass is a great spot to let the waves wash you into relaxation.



Photo illustration by Grace Everett | Photographer

PHONE FEVER Take a break from social media over spring break and be mindful of your posts.

Think before you post

Don't let social media steal spring break

ANA RUIZ BRICHTSON
News Editor

The eve of spring break calls for a reminder: Be careful what you post on social media when you're on vacation. If you are planning on going on a trip with friends and you're not sure what's going to happen, I recommend you forget about your phone and live in the moment. Not everyone on social media has to know what you are up to during your break, and not everyone should know.

Instagram, Snapchat, Facebook or whatever platform you prefer are almost impossible to avoid when you want to know what other people are doing over break, but they will lead to no good.

Remember, when you post



something on social media, it's permanent. Think twice about what you are going to upload.

I understand social media is a gadget that allows us to inform others about what we're up to, but know that "college student" and "spring break" don't mix well, especially in the eyes of those who aren't in college.

If you are a junior or a senior, think twice about what you are uploading throughout this eventful week, as it can reach potential employers as well as younger students for whom you are a role model. Although your platforms don't necessarily represent who you are as an individual, they speak highly of your judgment regarding what you believe belongs or doesn't belong on the internet.

Use this time off to take a break from social media. After

experiencing a lot of stress from midterms and feeling heavy pressure from these last few weeks, it's important to rest and relax.

According to the Pew Research Center, social media can spark stress in multiple ways, such as having a large network and "feeling jealous of their well-documented and well-appointed lives."

Instead of being locked into your phone throughout the week, I recommend you look for new things to try or do an activity you don't regularly get to do while you're at school.

Try making new recipes, or start a new book. If you're traveling to any exotic places, just walk around, ride a bike or catch up on the sleep you missed.

Whatever you choose to do, make sure it doesn't involve posting something on the internet that could haunt you forever.

How to spring back after break

TATUM MITCHELL
Opinion Editor

I'm an overthinker, and it makes me an overpacker. I shove things into my suitcase until I have to sit on top of it and wrestle with the entire bag until it completely zips. It's almost as if I truly believe I will change my outfit 10 times a day every day of the trip.

Coming back from any vacation, my very large, very packed suitcase stays on my bedroom floor for much longer than



I'd like to admit. The thought of unpacking, sorting through the clothes and doing laundry haunts me (but, unfortunately, not enough to make me do it in a timely fashion). I would seriously call it the elephant in the room.

My habit of overpacking and leaving the remains of my trip untouched for days is something I've tried to combat over the years. Through this, I've noticed returning from a trip or break from school is incredibly difficult, and it's not limited to my avoidance of unpacking.

Most people say breaks are supposed to be restful and refreshing, but I've had the opposite experience, even if I use the time to sleep and take care of myself.

Breaks seem to roll around right when I'm feeling the most burned out. Whenever I'm dragging my feet on my way to class, feeling overwhelmed and generally exhausted, I love a good countdown to break. So why do I come back feeling worse than I did before leaving for a week?

Yes, it's nice to get away from school for a little, but it can be really hard to get back into the swing of things after vegging out for a handful of days.

Most college students have a lot of routine in their life: class at the same time on the same days, meetings, friends, commitments and other habits. Spring break is a disruption to your routine, and it's understandably difficult to hit pause

for a week and be expected to bounce back right away.

As someone who ignores their still-packed suitcase, I know how challenging coming back and getting organized after spring break is; I've learned from experience. Personally, I like to come back with a day to spare so that I don't have to immediately jump into the first week back.

To make the transition easier, dedicate one full day to bouncing back and unpacking.

I can't say I've ever unpacked or thought about unpacking the day after getting back to school, but my personal goal is to have it done within a week. Schedule a laundry and organization day for yourself to gradually get things together.

Sit down and plan your week following a break and take time to recuperate from any travel.

Changing up routines can be healthy, just be sure to prepare yourself to get back to it — and don't procrastinate unpacking.



Spring break is a disruption to your routine, and it's understandably difficult to hit pause for a week and be expected to bounce back right away.

TATUM MITCHELL |
OPINION EDITOR



Photo courtesy of Chris Navarro

COWABUNGA The men of Phi Kappa Chi pose in Englewood, Tenn., at the Mayfield Dairy Farms.

Phi Kappa Chi heads back to camp to serve Christ

KASSIDY TSIKITAS
Staff Writer

Phi Kappa Chi will be hitting the road with 38 members for their spring break mission trip at Camp Living Stones in Englewood, Tenn.

For over 20 years, members of Phi Kappa Chi — a fraternity founded on serving others — have volunteered at the Christian outdoor adventure youth camp. Last spring break, they rebuilt bathrooms for the campers.

“Through community service, Christian fellowship and physical and academic discipline, the fraternity will strive to maintain encouragement and comfort while urging our brothers to live lives worthy of God,” Phi Kappa Chi’s Connect page reads.

San Diego junior and Phi Kappa Chi service chair Chris Navarro said the mission trip not only benefits Camp Living Stones but also helps form strong bonds between them and members of Phi Kappa Chi.

“There is definitely a side that is more a moral development but also more developmental life skills that you learn from here,” Navarro said.

Navarro said he wants to see every member grow during the mission trip.

“I hope the guys can see the importance of service within building our moral character,” Navarro said. “There is lots of fun within service that is hard to find in material things. We were made to serve others.”

The Phi Kappa Chi mission trip aims to improve specific parts of the camp, but Navarro said it is much more than that and helps members learn to be present in the moment.

Huntington junior Reese Modisette said those who are going on the trip are excited to serve in whatever way they can and will help the camp to the best of their abilities. He also said there are more levels to it than just committing an act of service.

“We get to follow in the footsteps of our brothers and hear stories about how we have been able to provide for the camp,” Modisette said. “On a spiritual level, we get to give back to someone in the world, and as Christians, we are called to serve.”

Modisette said the brotherly bond improves over the course of week. He said members, especially the newest ones, take time to get to know each other on the trip.

“One thing we do that is impactful are worship nights and have brothers tell testimonies,” Modisette said. “We get to push each other to develop our relationships with the Lord better.”

Modisette said the mission trip is a way for members to escape their phones and everyday distractions and focus on the impact that the fraternity is leaving on the camp.

“It allows God a larger space in our lives and helps us focus on what he is doing for us around the world,” Modisette said.

What to Do in Waco: Spring break edition

WACO DOWNTOWN FARMERS MARKET

March 4 | 9 a.m. to 1 p.m. | 500 Washington Ave. | This weekly event hosts local vendors, artisans and craftsmen in the heart of downtown Waco, accompanied by live music.

THOMAS CSORBA

March 8 | 8 p.m. | Pinewood Coffee Bar, 2223 Austin Ave. | See Houston native, singer-songwriter Thomas Csorba perform live, and grab a coffee while you’re at it. Tickets are \$15.

8TH STREET MARKET

March 10 - 11 | 9:30 a.m. to 6 p.m. | 407 S 8th St. | Enjoy a wide variety of vendors, from ironworking to artisan donuts.

ART A LA CARTE

Until March 11 | Art Center Waco, 701 S. 8th St. | This collective art exhibition features a variety of works from 17 Central Texas artists.

IN THE RING: GOYA’S “LA TAUROMAQUIA”

Through March 12 | 9 a.m. to 5 p.m. | Mayborn Museum Complex | The Mayborn highlights Spanish painter Francisco Goya’s techniques, national identity and creativity.

CARDBOARD CRAZE

Until April 2 | Mayborn Museum Complex | Tickets free for Baylor students | The Mayborn dives into the science of recycling and trash as it invites people of all ages to build cardboard cities, forts, mazes and more.

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Antioch College Ministry preps for ‘Awaken’ trip

SHELBY PECK

Staff Writer

Antioch College Ministry is heading to Edinburg, Texas, next week for its annual “Awaken” trip with hopes for students to grow in community, serve the people in the city and see transformation of lives.

Although Antioch has traveled to Edinburg for the Awaken trip for over 10 years, this is the first time it will return since the beginning of the COVID-19 pandemic. Over 100 students will be making the six-hour drive on charter buses on March 4. Last year, they went to Panama City Beach, Fla.

“We really just want to create space for our students to meet with Jesus,” Sarah Grace Freeman, assistant college pastor at Antioch Waco, said. “We’ll have these morning times where we’ll get to hear from different speakers. We’ll have extended times for worship and really just want to soak in the presence of God and allow Him to transform us and bring freedom.”

Students on the trip will also serve the local community through outreach programs, benefits and service projects at the nearby University of Texas Rio Grande Valley. Freeman said the goal of this outreach is to connect the people of Edinburg to local church bodies.

“I pray for the Holy Spirit to come and just be present in the midst of everything — from the bus drive, to worship times, to outreach, to random fun times,” Freeman said. “That



Photo courtesy of Shep Helton

SHARING THE GOSPEL The Antioch College Ministry took a trip to Panama City Beach in March 2022 for their yearly mission trip.

transformation in students would really impact the community.”

After watching God move across many college campuses, including Baylor, Freeman said she sees the intentionality in the planning and timing of the trip.

“It can be a daunting thing, but it’s another

thing God is really wanting to do,” Waco sophomore Shep Helton said. “At the base of it is just posturing your heart toward the Lord and knowing and living out what Christ is wanting us to do.”

Helton, who has been involved at Antioch for over a decade, said he attended the Awaken

trip to Panama City beach, Fla., last year. He said the trips are designed to be restful and are many students’ introduction to evangelism.

“It’s really a great time to not only see evangelism for the first time if you haven’t, but also to see the Holy Spirit move in a way that you’ve never seen him move before,” Helton said.

Freeman said while most students attending the trip are members of Antioch, they also host several students who attend different churches. She said anyone who is interested in attending the trip is always welcome to email sarahgrace.freeman@antiochwaco.com to apply until the day they leave for Edinburg.

“We’re just really trusting the Lord with finances,” Freeman said. “We want to make a way for everyone to come just because we really feel like it could be such a catalytic, transformative experience.”

Freeman said Antioch is praying for students who attend the trip to leave feeling more connected with deeper friendships.

Helton said he is praying for the logistics of the trip to run smoothly and for the team to find confidence in its purpose, which is to be on mission and reach the unreached.

“Let’s just go out and share what we love, which is the Gospel, to people who don’t know it,” Helton said. “I pray this week leading up to Awaken that we would really be able to posture our hearts as a team — know what the goals of the trip are, what we want to get out of it and what God wants to do, letting God take over.”

Mental health services to continue through break

SARAH WANG

Staff Writer

Throughout spring break, all administrative offices will continue offering services to students, faculty and staff, according to Christiana Owusu-Ankomah, assistant director for well-being initiatives in the wellness department.

These offices provide multiple services, including the Career Center, Counseling Center, the Title IX Office and Academic Advising.

Owusu-Ankomah said mental health changes throughout the break depending on the individual and their circumstances.

“I would posit that most people experience positive improvements in their mental health when there is a break from school or work,” Owusu-Ankomah said. “This can particularly be the case if the person is intentional about practicing positive self-care — such as engaging in mindfulness or connecting with others — throughout the break.”

According to the National Alliance on Mental Illness, when people experience long-term stress, their brains are exposed to increased levels of a hormone called cortisol. This exposure weakens their immune systems, making it easier for them to get sick.

Although mental health problems are handled on a case-by-case basis, Owusu-Ankomah said those who are able to rest or engage in healthy activities they enjoy will likely experience less stress.

Owusu-Ankomah also said people getting sick after they finish a stressful period depends on multiple factors, such as the individual, their immune system and their exposure to others who may be sick.

Yangzhou, China, sophomore Jiaqi Sun said she has not yet decided how she will spend her spring break. She said she has given thought to devoting it to something fun that can allow her to rest from the heavy workload of the semester.

“I felt a lot of stress during these weeks because of my exams and papers,” Sun said. “I hope I can give myself enough rest in this spring break so that I can be able to deal with the second half of the semester.”

Sun also said the administrative offices remaining open during spring break is good news for international students like her who cannot go back home.

“It’s definitely good news to see that services will be open for students during the break,” Sun said. “It gives a sense of safety to students who want to stay on campus during the break and a resource to cope with their physical and mental needs.”



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