

On the Baylor Horizon.....a publication of the Division of Student Life

Healthy Monday Tip

Cherish every pound. If you need to lose weight, take it slow. One to two pounds per week is a healthy and sustainable weight loss goal. Visit www.baylor.edu/wellness to learn more.

Baylor/Downtown Area Shuttle (DASH) Expands Downtown Service for Spring 2010

Baylor University students can take advantage of an expanded Downtown Area Shuttle (DASH) service from the Baylor campus to downtown area restaurants and merchants. In addition to those downtown stops, the expanded DASH route will support the relocation of Baylor's clinical psychology program, which has moved to the Wells Fargo Tower on Washington Avenue in downtown Waco. The DASH will continue to pick up Baylor students, faculty, and staff in front of Penland Hall between 7:30 a.m. and 5:30 p.m., Monday through Friday. The DASH runs approximately every 20 minutes and operates in conjunction with Baylor's academic calendar, offering service each day Baylor is in session. The shuttle uses a "flag stop" system, which means the shuttle can stop for passengers anywhere along the route as long as the driver deems it a safe stop. To view the route map on the Baylor's Parking and Transportation Services Web site, visit www.baylor.edu/parking, and click on the B.U.S. icon at the bottom of the page. The DASH is a cooperative effort between Baylor, the Downtown Merchants Association, developers and the Public Improvement District (PID).

Sign up for Campus Kitchens Project Day of Service

The Campus Kitchens Project (CKP) at Baylor University will be participating in the National Day of Service on Martin Luther King Jr. Day on Monday, January 18. Along with the World Hunger Relief, AmeriCorps and other community partners, CKP will be hosting a day of service that involves community gardening at nine sites around Waco. CKP will provide the meal to all volunteers. For additional information or if you are interested in helping prepare the meal, deliver the meal, or gardening, contact bucampuskitchen@gmail.com. There are three shifts available, *Saturday, January 16*, 2-4 p.m.; *Sunday, January 17*, 2-5 p.m.; and *Monday, January 18*, 10 a.m.-2 p.m.

Fitness Events

Monday, January 11, to Thursday, January 14: Bear FIT Fair, 3-5 p.m. in the McLane Student Life Center Lobby. You'll be able to register for Bearobics and Bear Cycle classes, check blood pressure and body fat, and visit the Body IQ team. There will be free giveaways.

Wednesday, January 13: Bearobics Bash, 4:30-6 p.m. in the McLane Student Life Center basketball Courts 1 and 2. Come meet your spring 2010 instructors, get a super workout, and enjoy awesome door prizes.

For additional information, contact Clint_Patterson@baylor.edu.

Heath Services H1N1 Influenza Immunization Clinic

Thursday, January 14, 11 a.m.-1 p.m. (while supply lasts) in the McLane Student Life Center, Room 308. The cost is \$15. Clinic is open to all faculty, staff, and students.

Dr. Martin Luther King, Jr.: Remembering the Visionary and Responding to a Call to Action" Service Worship and Reception

Sunday, January 17, 3:30 p.m. in Miller Chapel of Tidwell Bible Building. The guest speaker will be Reverend Delvin Atchison. Reception and refreshments will immediately follow at Bobo Spiritual Life Center. For additional information, contact Rachael_Linthicum@baylor.edu.

Uproar Records Hosting Music Video Competition

Want to direct an Uproar Records music video? Baylor's student-run record label is hosting a music video competition open to all Baylor students. The winner will have the opportunity to direct the label's next music video featuring new recording artist Zoo Studio. Entries are due by *Monday, February 1*. For additional information or to enter, visit www.uproarrecords.com/uproar/videos or contact Nikki_Gafford@baylor.edu.

THIS WEEK IN STUDENT GOVERNMENT

J.H. Hines Elementary Reading and Mentorship Program

Are you interested in tutoring Waco elementary students this semester? J.H. Hines Elementary and Baylor Student Government are coordinating a reading program every Tuesday and Thursday, 3:15-4:15 p.m. at J.H. Hines. A training session will be held on *Tuesday, January 19*, at J.H. Hines. The program will begin on *Thursday, January 21*. If you or your student organization is interested in this service opportunity, contact Rachel_Canclini@baylor.edu.

SUPPORT BAYLOR ATHLETICS

Women's Basketball vs. Oklahoma

Wednesday, January 13, 7 p.m., Ferrell Center

Men's Basketball vs. Oklahoma State

Saturday, January 16, 3 p.m., Ferrell Center

Log onto www.BaylorBears.com for all the latest information about Baylor Athletics.

Sic' em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Friday at noon* to Student_Life@baylor.edu. You can find the most up-to-date calendar information at <http://www.baylor.edu/calendar/>.

View past issues of *On the Baylor Horizon* at http://www.baylor.edu/student_life/index.php?id=34626.