

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

---

## Register for Outdoor Adventure Events

- **Tuesday, November 30:** Introduction to Rock Climbing Clinic, 7-9 p.m. at the McLane Student Life Center Rock. You may sign up 24 hours before the class at the McLane Student Life Center front desk. The cost of \$5 includes all equipment. No previous rock climbing experience necessary. This clinic was designed with both the beginner and experienced climber in mind. It will cover important concepts, terminologies, and techniques while helping you to become more comfortable on the Rock.
- **Wednesday, December 1:** Introduction to Sport Climbing Clinic, 7-10 p.m. at the McLane Student Life Center Rock. You may sign up 48 hours before class at the McLane Student Life Center front desk. The cost is \$10. No previous sport climbing experience necessary. This class will cover safety, gear, lead belays, clipping, and taking safer falls. This is a required class for anyone who would like to become "lead-certified" at the Baylor Rock Wall and will prepare you to demonstrate your skills. The prerequisite is Rock Belay Certification and ability to climb cleanly a 5.9.

For additional information, visit [www.baylor.edu/campusrec/oa](http://www.baylor.edu/campusrec/oa), and click on "Trips and Events Calendar" or contact [Cody\\_Schrank@baylor.edu](mailto:Cody_Schrank@baylor.edu).

## Register for Baylor Fitness Department's Zumba Master Class

To register, contact [Van\\_Davis@baylor.edu](mailto:Van_Davis@baylor.edu) with your name and phone number. The Zumba Master Class will be held on *Saturday, December 4*, 1-2:30 p.m. at the McLane Student Life Center courts #1 and #2. The cost is \$5 for Baylor staff and students with a Baylor ID, and \$8 for members of the community. Attendees are encouraged to bring a canned food item for the Caritas food drive. The main instructor will be Shemane Nugent, along with certified Baylor Zumba instructors.

## Alternative Spring Break Interest Meeting

Tuesday, November 30, 3 p.m. in the Student Activities Service and Learning Office. If you're interested in going on the Civil Right Tour, Texas Hunger Trip, or the Anti-Human Trafficking Trip over Spring Break, you're welcome to attend. Come grab a Dr Pepper float and join us for a quick information session. For additional information, contact [Paige\\_Panter@baylor.edu](mailto:Paige_Panter@baylor.edu).

## Santa's Workshop Events

- **Monday, November 29, to Wednesday, December 1:** Drop off your donation of a non-battery operated, unwrapped toy to boxes located in most campus buildings, dining halls, and in Student Activities.
- **Tuesday, November 30:** Santa's Workshop Student Steering Committee will be hosting a volunteer open-house from 5:30-7 p.m. in the SUB dining area for students, staff, and faculty who wish to wrap presents, decorate the SLC gyms, and help the day of the event. You may stop by if you want to sign-up for a shift or have further questions about the program.
- **Wednesday, December 1, and Thursday, December 2:** Volunteer to wrap gifts during Baylor on Ice at the Fountain Mall and during Christmas on 5th Street in the SUB.

- **Thursday, December 2:** Help decorate the McLane Student Life Center gym from 4 p.m.-12 midnight for Santa's Workshop.
- **Friday, December 3:** Help children do crafts, eat lunch and get their gifts from Santa Claus from 8 a.m.-1 p.m.

For additional information or to volunteer, contact [Jimmy\\_Kohles@baylor.edu](mailto:Jimmy_Kohles@baylor.edu) or [Florence\\_Francis@baylor.edu](mailto:Florence_Francis@baylor.edu).

### **Baylor Triathlon Club Hosting Discussion Panel with Pro Triathlete**

Wednesday, December 1, 6:30 p.m. in the Baylor Sciences Building. The Baylor Triathlon Club invites you to join a private speaking engagement featuring professional triathlete and Ironman 70.3 champion, Amanda Stevens. This one-hour will allow students to gain insight into the life of a professional triathlete and the sport of triathlon. For additional information, contact [Alexa\\_Farris@baylor.edu](mailto:Alexa_Farris@baylor.edu) or visit [www.baylortriathlon.com](http://www.baylortriathlon.com).

### **Kappa Omega Tau's 45th Annual Christmas Tree Lighting**

Thursday, December 2, at Burleson Quadrangle. Come and enjoy performances by Phil Wickham and Matt Wertz. This event is free, and all proceeds will benefit the Mocha club. T-shirts and fleeces are on sale now in the SUB, Hankamer School of Business lobby, and the Collins and Penland Dining Halls. For additional information, contact [Brennan\\_Bailey@baylor.edu](mailto:Brennan_Bailey@baylor.edu).

### **Baylor University Graduate School Hosting Informational Table**

Monday, December 6, 11 a.m.-2 p.m. in the SUB lobby. Come learn about degree options, financial assistance, and general admissions criteria. Current students and admissions representatives will be available to speak for students and answer questions. For additional information, contact [J\\_Brewer@baylor.edu](mailto:J_Brewer@baylor.edu).

### **Student Health 101**

The November 2010 issue includes: How to build a positive body image, six secrets to better roommate relations, and improve your days by shutting down at night. Check it out today at <http://readsh101.com/baylor.html>. For additional information, contact [Lori\\_Genous@baylor.edu](mailto:Lori_Genous@baylor.edu).

### **Healthy Monday Tip**

You don't need a gym membership to take care of your health. This week, try leg lifts while watching TV or dancing in the kitchen. The Monday Mile is today at 12:15 p.m. Meet on the Bear Trail near the Baylor Sciences Building. In case of rain, we will meet at the track in the McLane Student Life Center. Hope to see you there. For additional information, visit [www.baylor.edu/wellness](http://www.baylor.edu/wellness).

### **SUPPORT BAYLOR ATHLETICS**

#### ***Men's Basketball vs. Prairie View A&M***

Monday, November 29, 7 p.m., Ferrell Center

#### ***Women's Basketball vs. Notre Dame***

Wednesday, December 1, 7 p.m., Ferrell Center

***Men's Basketball vs. Arizona State***

Thursday, December 2, 6 p.m., Ferrell Center

***Women's Basketball vs. Minnesota***

Sunday, December 5, 1 p.m., Ferrell Center

Log onto [www.BaylorBears.com](http://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 [StudentLife@baylor.edu](mailto:StudentLife@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](http://www.baylor.edu/student_life/index.php?id=34626).