

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

Announcement from Baylor Health Services

Beginning Tuesday, March 15, the Health Services will have online appointments. The first appointments available will be allergy shots, immunizations, prescription refill, and Well Woman exams. For additional information or to schedule an appointment, visit www.baylor.edu/health_center and click on the My Health button. Urgent Care appointments are coming soon.

Influenza Survey 2011

Are you prepared for the flu season? Take a moment to complete the survey about Influenza at <http://www.zoomerang.com/Survey/WEB22C2FYTDKHW/>.

Tickets for Student Activities' Intersection Lecture Series are on Sale!

Tickets are on sale at the SUB Ticket office. This event will be held on *Tuesday, March 15, 6:30 p.m.* in Jones Concert Hall. Join acclaimed authors Anne Lamott, author of *Traveling Mercies, Plan B; Further Thoughts on Faith, and Imperfect Birds*; and Donald Miller, author of *Blue Like Jazz, Through Painted Deserts, and A Million Miles in a Thousand Years* for an evening of conversation and questions about writing as an act of faith. An inaugural screening of *Blue Like Jazz*, based on Donald Miller's book, will be held on *Tuesday, March 15, 9 p.m.* and *Wednesday, March 16, 2 p.m.* at Mayborn Museum's SBC Theatre. For ticket information, call 254-710-4919.

Register for "I Heart Me" Workshop

For additional information or to register, visit www.baylor.edu/bodyiq. The workshop will be held on *Thursday, March 17, 7-8:30 p.m.* in the Baylor Sciences Building, Room D110. "I heart me" is a new initiative by the Body I.Q. Work Team in the Student Life Division. It is designed to meet the wellness needs of diverse student population. The main objective of the campaign is to inform students about the importance of caring for themselves and others by discovering a self-worth and identity based on their intrinsic value rather than the contingencies of appearance, success and social status. The campaign will also equip students with tools that they can use to begin to make a difference on campus and in the lives of friends and family by being role models expressing love, acceptance, awareness and growth. The first 125 participants to register will receive an "I heart me" t-shirt. A follow up workshop will be held on *Thursday, March 24, 7-8:30 p.m.* in the McLane Student Life Center, Room 308.

Last Chance to Sign up for Relay for Life Battle of the Bands

For additional information or to sign up, contact Ashley_Ayala@baylor.edu or Ashley_Thomas1@baylor.edu. Battle of the Bands will be held during Relay for Life on *Friday, April 1*, at Fountain Mall. If you're interested in a good cause and showcasing your talent, you're encouraged to register. The deadline to register is *Tuesday, March 15*.

Register for Delta Epsilon Psi Fifth Annual Sugar Free Bowl

You may register online at www.depsizeta.org/sfb. Sugar Free Bowl will be held on *Friday, April 1, to Sunday, April 3*. Sugar Free Bowl is a charity flag football tournament consisting of a men's and women's bracket benefiting the Juvenile Diabetes Research Foundation. Everyone who registers will receive a free t-shirt. The winning teams from

each bracket will receive \$500. Registration is \$90 per team if you sign up by *Tuesday, March 22*; \$100 per team if you sign up by *Tuesday, March 29*. For additional information, contact sfb@depsizeta.org.

Career Services Events

Wednesday, March 16: Lunch and Learn, 12 noon-1 p.m. in the Common's Area (West Wing) of Sid Richardson Basement. Not sure what's next? Need some advice from the professionals? Join Stephanie Scesney with Target and Sean McCormick with New York Life to answer your questions related to your job search. Bring your lunch. Cookies and drinks will be provided. For additional information, contact Kat_Evans@baylor.edu.

Thursday, March 17: Nonprofit/Government Job Fair, 1-4 p.m. in the Barfield Drawing Room of the SUB. Representatives from a wide range of nonprofit organizations and public sector agencies will provide information about entry-level administrative, policy and advocacy, human services positions, and more. It is recommended that you research the attending companies, dress appropriately, and bring several copies of your resume. For a complete list of companies, visit https://www.myinterfase.com/baylor/event_view.aspx?token=8m0VOwfF3zOPo8VKkMTLCQ%3d%3d.

Tuesday, March 22: Hot Dogs with Top Dogs, 11 a.m.-2 p.m. at Fountain Mall. Come out for a hot dog, get your resume reviewed, and learn how to find an internship or job. Donations of Pedigree dog and puppy food, Purina cat and kitten chow, bleach, liquid detergent, paper towels, trash bags-kitchen size and lawn and leaf, gently used towels, or cat and dog toys will be given to Fuzzy Friends. For additional information, contact Kat_Evans@baylor.edu or visit https://www.myinterfase.com/baylor/event_view.aspx?token=TsaF9i+gJ6m9yqikPHDrfw%3d%3d

Thursday, March 24: Etiquette Dinner, 6:30 p.m. in the Barfield Drawing Room of the SUB. For additional information or to register, contact Kat_Evans@baylor.edu or visit https://www.myinterfase.com/baylor/event_view.aspx?token=4Gv4WN1UkOX2UBLONmt+Cg%3d%3d. The cost is \$5 per person. You may make your payment online using your Hire A Bear account with MasterCard, Visa, or American Express or pay with cash or check at the Career Services office in the Sid Richardson Building, Room 116. The guest speaker will be Diane Gottsman with the Protocol School of Texas.

Register for Multicultural Affairs' All-Female 5-on-5 Basketball Tournament

For additional information or for a registration form, contact Paige_Jackson@baylor.edu or come by the Multicultural Affairs office. The tournament, sponsored by Department of Multicultural Affairs in honor of Women's History Month, will be held on *Friday, March 25*. Registration is free and is open to all female students. No organization affiliation needed.

Register for the 2011 Multicultural Student Leadership Summit

You may register online at www.baylor.edu/multicultural/index.php?id=66169. This event will be held on *Saturday, March 26*, 8:30 a.m.-3 p.m. in the Kayser Auditorium. This event is open to all Baylor students, especially our student leaders and those wanting to become student leaders. This event will include workshops, keynote speaker, and a free lunch. For additional information, contact Kelley_Kimble@baylor.edu.

Attention Seniors

Be a part of Baylor history through your participation in Ring Out. Those who want to participate in Ring Out need to attend at least one of two rehearsals scheduled on *Tuesday, April 26*, from 12:30-1:30 p.m. or on *Wednesday, April 27*, from 5-6 p.m. in Miller Chapel. A final rehearsal required for both men and women will be held at 3 p.m.

in Miller Chapel on Tuesday, May 3. For additional information or to register, visit www.baylor.edu/student_life/index.php?id=26730.

The Fitness Department's Free Indoor Cycling Classes

The Fitness Department welcomes Baylor back from spring break and encourages everyone to ride back to fitness. Try a free indoor cycling class during the remainder of March. Cycling has fun music and provides a great workout. You'll need to bring your Baylor ID, a water bottle, and a towel. All Bear Cycle Classes are held in the Bear Cave of Russell Gym:

Monday to Friday: 6:15 a.m., 7:30 a.m., and 4:15 p.m.

Monday, Wednesday, and Friday: 12:15 p.m. and 3 p.m.

Monday to Thursday: 5:30 p.m. and 7 p.m.

Saturday: 9:15 a.m. and 10:30 a.m.

For additional information, visit www.baylor.edu/campusrec/fitness.

The Association of Black Students and Kappa Alpha Psi Present Grab the Mic: Houston vs. Dallas

Tuesday, March 15, 7 p.m. in the SUB. Awards will be given for Best Houston act, Best Dallas act, Best Import for acts that represent either city, and Best Overall City. For additional information, contact Andrew_Sumpter@baylor.edu.

Outdoor Adventure Events

Wednesday, March 16: Intro to Sport Climbing, 7-10 p.m. at the McLane Student Life Center Rock. You may register at the Rock. The prerequisite is Rock Belay Certification and ability to climb cleanly a 5.9 on top rope. This class will cover safety, gear, lead belays, clipping, and taking safer falls. The cost of \$10 includes all equipment. The deadline to register is *Tuesday, March 15*.

Thursday, March 17: Bicycle Maintenance Clinic, 6-8:30 p.m. at the Outdoor Adventure Marina. Come learn how to take care of your trusty bike that gets you to and from class. Learn how to change a tire/tube, how to adjust your brakes, how to install a chain, and how to adjust your shifters and derailleurs. No experience necessary. The cost of \$10 includes all tools.

For additional information on any of these events, visit www.baylor.edu/campusrec/oa.

Kappa Omicron Nu's Taco Lunch

Thursday, March 17, 11 a.m.-1 p.m. at the Family and Consumer Sciences Building, Room 113. Students and faculty may come and enjoy unlimited tacos and desserts for \$5. You may purchase tickets from any Kappa Omicron Nu member or at the event. For additional information, contact Brittany_Egert@baylor.edu.

Subscribe to the Service Newsletter

Want to volunteer in the community? Ever wondered how? Cristina Galvan, Student Body External Vice President, and Sonja Davidson, Service and Learning Intern, have worked together to create a new resource for students - a weekly service newsletter. Each week's issue will include ways to serve through campus, serve through Waco, a feature story, as well as other helpful resources. To find this week's newsletter, visit www.baylor.edu/content/services/document.php/134270.pdf. For additional information, or to subscribe, contact Sonja_Davidson@baylor.edu.

Student Health 101

In March's issue: Learn how to cook a week of budget friendly meals, surefire ways to build your self-esteem, write the perfect paper, how to find your spiritual path, and earn more A's by getting more Zzz's. Check it out today at

<http://readsh101.com/baylor.html>. For additional information, contact Lori_Genous@baylor.edu.

Healthy Monday Tip

Avoid Feeling Your Feelings - Before you rush into an unhealthy food choice, ask yourself: are you truly hungry? You may just be bored, sad, stressed or lonely. Evaluating your emotions and eating mindfully can drastically cut unnecessary calories. For additional information, visit www.baylor.edu/wellness.

Hot Opportunities

Leadership Opportunities

For additional information or for an application, visit www.baylor.edu/multicultural or contact Paige_Jackson@baylor.edu. The Department of Multicultural Affairs is looking for a diverse group of students to serve as mentors to incoming freshmen in the fall. There are many leadership opportunities available. Everyone is welcome to apply. Applications are due on *Wednesday, March 23*.

SUPPORT BAYLOR ATHLETICS

Women's Tennis vs. Miami

Monday, March 14, 12 noon, Baylor Tennis Center

Men's Tennis vs. Tennessee

Tuesday, March 15, 2 p.m., Baylor Tennis Center

Softball vs. UT Arlington

Tuesday, March 15, 5 p.m., Getterman Stadium

Baseball vs. Florida International

Tuesday, March 15, 6:30 p.m., Baylor Ballpark

Women's Tennis vs. Kentucky

Wednesday, March 16, 5 p.m., Baylor Tennis Center

Men's Tennis vs. Louisville

Thursday, March 17, 5 p.m., Baylor Tennis Center

Women's Tennis vs. Kansas St.

Friday, March 18, 5 p.m., Baylor Tennis Center

Baseball vs. Texas Tech

Friday, March 18, 6:30 p.m.; and Saturday, March 19, 3 p.m.; and Sunday, March 20, 1 p.m., Baylor Ballpark

Women's Tennis vs. Kansas

Sunday, March 20, 1 p.m., Baylor Tennis 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 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.