

INSIDE THIS ISSUE

CL Spotlight:
Martha Ayewah
...Page 4



Health & Nutrition
Community Immunity
...Page 5

THE TORCH

the brooks college newsletter

Nov. 6, 2009

Volume 3 Issue 4

Published Since 2007

It's All About Balance



Nathan
Fischer
*Staff
Writer*

"College teaches you how to balance many things at once, while grad school teaches you how to focus intently on a few things." - Tyler Walton

Although this whole quote doesn't necessarily apply to all of you, the first part does very much. While some may not believe so, being a well-rounded person does not mean getting all "A's" in every class, but also having good social skills. Finding a balance between these two factors can be quite difficult and even I am still trying to find it.

After not doing too well in some classes because I spent way too much time chatting and not studying, I began to realize that

SEE **BALANCE**, PAGE 3

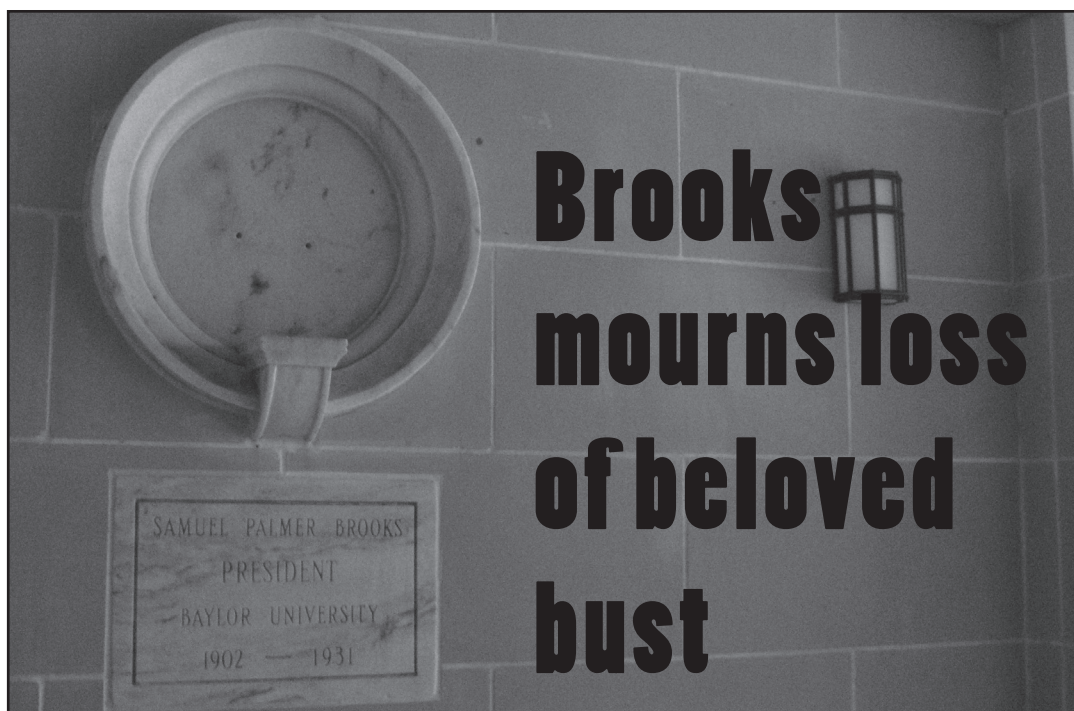


PHOTO BY EMILIE MOORE

The bust of Samuel Palmer Brooks has been missing from the Brooks College archway since the night of Oct. 20.



Katy
McDowall
Editor

On the night of Oct. 20, the historic bust of Samuel Palmer Brooks was stolen from the Brooks Residential College archway.

Little information is known about who stole it, or how and why it was taken.

"I am deeply saddened that someone would steal our bust," Amber Como said. "It was the original bust of Samuel Palmer Brooks that was on display in the old Brooks Hall and it is a shame to lose that piece of history."

The Torch recognizes the severity of this issue and hopes that those with any information regarding the bust's disappearance come forward as soon as possible.

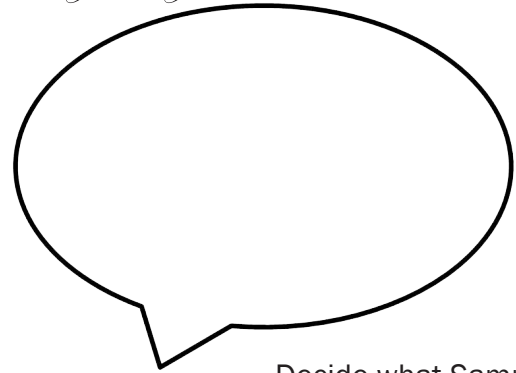
That said, *The Torch*, despite the loss of something very important to our community, has been able to find some humor in the situation.

Although S.P. Brooks is no longer in his rightful place in our archway, he is here, throughout this issue, as this newsletter attempts to make light of what is a very serious issue for our entire community. ■

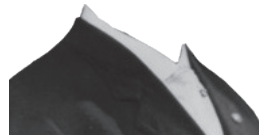
UPCOMING EVENTS

Poverty Summit	11/6-11/8
Movie on the Quad @ 7pm	11/7
Intersections	11/10
Torch Meeting! Seminar Room @ 8pm	11/12
Bed Races & Chili Cook-off	11/13
Football v. Texas	11/14
Acoustic Cafe	11/19
Steppin' Out	11/21
Thanksgiving Break	11/25-11/29
Oh Christmas Tree	11/30
Annual Christmas Marketplace	12/2-12/3
Christmas on Fifth Street	12/3
Santa's Workshop	12/4
New issue of The Torch!	12/4

Sammy says...



Decide what Sammy says!



DISCLAIMER Unfortunately, Sammy was unavailable for comment this issue. Sorry for any inconvenience.

E-mail your idea to
BROOKS.TORCH@GMAIL.COM
and maybe you'll see it
here next issue!

Grace Breaks Through

Kyndall Renfro

Chaplain

Sometimes it is dark and I cannot find light.
Sometimes the doubt overrides assurance.
Sometimes the sadness weighs down my heart.
I feel hit from behind, I can't keep my balance.

Will grace break through? Will grace break through?

The messy places—I cover those up.
To remember is pain, confusion, exhaustion.
I shove the memories behind my smile.
I keep pretending; I need not mention.

Will grace break through? Will grace break through?

I cry real hard when I'm all alone.
Or sit with dry eyes and wish for one tear.
At least a tear might let out some pain.
Strange how the hidden things cut the most severe.

Will grace break through? Will grace break through?
I want a downpour, but down comes a trickle.
I long for embrace, but feel just a pat.
I crave to understand and only see a glimpse.
I need all this . . . and only got that?

Will grace break through? Did grace break through?

Sometimes it trickles and sometimes it pours.
But the smallest of graces can be the birthing of hope.
There is hope in the trickle, the glimpse, and the pat.
I still need all this . . . but at least I have that.

Grace.

Breaks.

Through.

SURVEY!

Which Brooks College event did you enjoy the most?

- a. Brooks Blaze
- b. Homecoming Decorations
- c. Autumnal Masquerade (Fall Formal)

Send your response to
The Torch e-mail:
BROOKS.TORCH@GMAIL.COM

Next issue we'll post the favorite and we'll have another survey for you!

Contributed By:
Sarai Ingram

Student Government: Get Involved



Daniel Abernathy
Staff Writer

I have now been a member of Student Senate for more than two months, and I've learned a lot about how the student body is represented. I'd like to give the members of Brooks a quick overview of Student Senate, explain how students can make Student Senate more effective, and encourage Brooks members to get involved with any branch of Student Government.

Baylor's Student Government, like our federal government, is comprised of legislative, executive, and judicial bodies. The analogy can't be stretched very far, though; the interactions and purposes of the three branches are very different than in the branches of the U.S. gov-

ernment.

Student Senate is the legislative body. Each class has up to 13 senators. All members of Senate are members of at least one committee (I am on the Community Affairs Committee), which allows us to focus on particular sets of issues. The legislation that Student Senate passes is intended to reflect the opinions and needs of the student body, and any senator can propose legislation. There are a few different kinds of legislation, and I'll discuss the two most frequent and most important.

Student Senate controls distribution of the Student Government Allocation Fund, or the SGAF. Every student pays \$5 per semester toward the fund. Any student organization or individual student may apply for money from the SGAF to put toward an event that benefits Baylor as a whole. Some events that have received funding from the SGAF so far this year include Fiji and Tri-Delt's Fright Nights, Pi Beta Phi's All Univer-

sity Howdy, the Poverty Summit, and the OneBU event.

Student Senate also serves as the link between the student body and the Administration. Senate passes legislation which makes recommendations to the administration on issues including student safety (we recently recommended that treading be placed on the library steps), campus life, academics (we recently proposed the creation of a "President's List" honoring students who receive a 4.0 in a given semester), and other issues.

What Student Senate needs the most in order to do its job is input. We've been gathering a lot of opinions lately with the "Issue of the Week" booths at the SUB, BSB, and library. This program, initiated by the Executive Branch officers, has been an effective tool for all of Student Government to gauge opinions and attitudes of students. We need more than this, though! Here's what you can do:

- Identify students' needs and problems that need to be addressed

- Find a Student Senator or contact one of your Student Body Officers (Baylor.edu/sg)

oBrooks College is home to many Student Government members. I know of at least 3 senators, including myself, that live at Brooks, and multiple members of the Student Court and the Electoral Commission live here.

Lastly, I want to encourage all members of Brooks to look into Student Government involvement. When you do get involved, your position is what you make of it. You should be very proud to have many dedicated members of Student Government representing your interests, but it is very easy to join and not get really involved. I know that Brooks houses some of the brightest and most hard-working students on campus, and these are the students that I want to see serving the student body.

BALANCE

CONTINUED, PAGE 1

somehow I would need to maintain the social and academic world with respect to each other. For me, the easiest way to do this was to somehow integrate or mesh together the academic world with the social world.

I know that sounds

kind of odd and not necessarily appealing, but by integrating "college (knowledge) into life" seems to keep the two from opposing each other during the weeks and months of study. My life here so far has taught me that the social aspect cannot be an exact opposite of sitting in class and taking notes, but a

combined effort between what we learn in class and how we discuss that throughout life. In short, I have learned that learning and socializing are not two separate worlds at all, but are in cohorts with each other to make us grow in each the same amount causing a gain of great dimensions for the brain and the heart. ■

TAKE IT FROM ME...

Got something on your mind?

Write an opinion article!

Send it to
BROOKS.TORCH@GMAIL.COM

Get to know your Community Leaders!

CL Spotlight: Martha Ayewah

FLOOR: 1D

YEAR: SENIOR



HOME: Warri, Nigeria

MAJOR: Biology Major, Asian Studies and Chemistry Minors.

ACTIVITIES:

AED (Alpha Epsilon Delta) Premed Honors Society - President, Leadership Fellow, BIC and Honors Program, and Life group and other church activities.

LIKES:

I've decided that I like the color purple a lot. Besides that, I enjoy singing, cooking, spending time with lovely people, travelling, shopping, reading when I have the time, and watching "House," "Bones," and Discovery Health!

DISLIKES:

Peas! Physics, rainy days, phone bills, (and occasionally, I don't like being so far from home).

DREAMS AND AMBITIONS:

More than anything, I want to be a mother and raise a family with a God-fearing spouse. I want to become a doctor in the future, and work all over the world, but more specifi-



cally in China and other parts of Asia. I also dream of doing medical missions and caring for orphans and elderly people.

WHAT IS ONE OF THE BEST PARTS OF THE CL EXPERIENCE?:

For me, the best part about being a CL is watching your residents grow, mature, adapt to college life, and emerge as confident leaders in their communities. It is so worth it to give up my time and share my life with the lovely ladies under my care because I know that the impact of such love can last for a lifetime.

PURPOSE AS A CL:

To make a difference in the lives of young women by speaking God's purpose over them, being a friend and supporter to them, and helping them to appreciate the ups and the downs of their college experience.

WHY DID YOU CHOOSE BROOKS?:

As it turns out, Brooks College chose me to become a member of the first CL staff in its history. Three years later, I'm still here and am still enjoying the rich and nurturing community that is truly unique to Brooks College.



photos courtesy of martha ayewah

Health & Nutrition:

Community immunity



Emilie
Moore
*Staff
Writer*

Flu season is a war, and our bodies fight lots of battles along the path (hopefully to victory). No preventative measure is a panacea; the shot doesn't necessarily defend you against all invisible foes. Then again, neither does enough rest. We shouldn't think that one area of prevention is enough by itself. I am going to advocate for the more natural approach, but this issue's topic is not the end of the discussion. Here, we are going to focus on food – one of my favourite things! :)

To start, we have two columns below. On the left are foods, and on the right are nutritional ingredients. Try to match each food with its vitamin/benefit. Then continue on.

- | | |
|-------------|---------------|
| • Yogurt | • Selenium |
| • Citrus | • Vitamin E |
| • Mushrooms | • Probiotics |
| • Seafood | • Catechins |
| • Green tea | • Vitamin C |
| • Nuts | • Beta-glucan |

Probiotics are live bacteria that actually benefit you when you consume them in adequate amounts. These 'good' bacteria are important for your large intestine. Yogurt contains probiotics, but there are certain strains known to boost immunity, and these include: *Lactobacillus casei* and *Lactobacillus reuteri*. Look for them at the grocery store!

While Vitamin C supplements or just extra vitamin C is not recommended on a daily basis, at the beginning of a cold or flu, it seems to have great results, such as: shorter and milder colds and upper respiratory infections. Try to put things into your diet like orange, kiwi, cantaloupe, strawberries, and watermelon. Yum!

Some beta-glucans improve immune response. The beta-glucans in mushrooms help ward off infection. Examples include: shiitake, reishi, crimini, and white button mushrooms. So when you get in line for pasta or stir

fry, have them toss a few in to protect your wellbeing.

Selenium is an antioxidant that assists with immune response by improving white blood cells. You can find selenium in various kinds of seafood, and enjoy the omega 3 fatty acids on top of the antioxidants!

You may have heard that green tea offers high levels of antioxidants; some of those antioxidants are called catechins. Green tea extract helps fight viruses, a benefit that can also be achieved by drinking 6 cups of tea (or more!). If that seems like too much, just try adding a couple cups here and there throughout the day. Black tea also has some benefits, but here's the message: go green!

Vitamin E abounds in nuts, and may help prevent colds. Like seafood, there is more to the nut than some omega-3 fatty acids. The more unsalted, the better! Also look to whole grain cereals for similar benefits.

And don't forget about

water, fruits, vegetables, and protein! I think a good many of us know what we should eat, but don't necessarily adhere to that knowledge. That might seem fun or tasty or easy now, but in the future, your past decisions will matter. So be wise! You don't have to morph into a crazy health-nut (although that wouldn't be so bad :)), but you do need to make good choices.

And here's some further advice on health, from ages ago...

"Do not be wise in your own eyes; fear and respect the Lord and shun evil. This will bring health to your body and nourishment to your bones."

Proverbs 3:7-8

If you have any questions, suggestions, etc., please e-mail them to BROOKS.TORCH@GMAIL.COM!

This author learned a lot from HEALTHCASTLE.COM.

HANDING OUT THE TORCH SINCE FALL 2007

Daniel Abernathy
Matthew Carrington
Ashley Davis
Nathan Fischer
Anson Jablinski
Emilie Moore
Andrew Hwang
Katy McDowall

Staff Writer
Staff Writer
Staff Writer
Staff Writer
Staff Writer
Staff Writer
Cartoonist
Editor

Join the Torch team!

If you have any interest in writing, photography or other useful skills, please consider contributing.

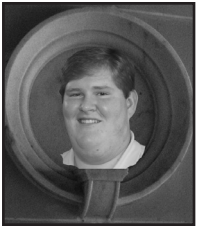
No former background is required.

Please contact us at BROOKS.TORCH@GMAIL.COM.

Join The Torch group on Facebook!

Search for "The Torch: The Brooks College Newsletter"

Ten Bronze Statues



Matthew Carrington
Staff
Writer

You're an anthropologist in the far off future. Your area of expertise is the early twenty-first century. You're here, where a "Baylor University" once stood.

When you first arrive on site, the first thing you see is the magnificent ghost of an edifice, weather-scarred and partially in crumbles; the great pillars on the front of the structure are slightly cracked, but still hold firmly to their foundation. As you pass it by, you read an archaic English inscription above the pillars: "By Him all things are made; in Him all things are held together." You recognize the words as a verse from Colossians.

As you move onward, toward the center of the site, you pass many more structures, some no more than the remnants of a foundation, some still clinging to hollow life, some brought down to their knees, their tarnished silver pinnacles littering the ground.

You finally arrive at your destination, a courtyard-like opening surrounded by somber

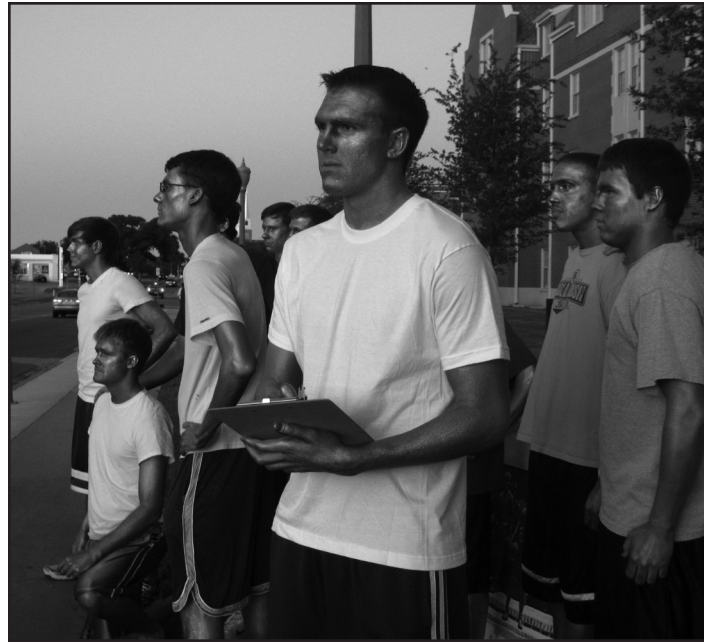


PHOTO BY EMILIE MOORE
Brooks residents pose as the Immortal Ten as a part of the College's Homecoming decorations.

buildings and rubble. Before you stand ten resolute bronze figures. Time and chance seem to have treated them with more respect than the rest of the structures, although they do show disproportional smoothness along their still surfaces in varying degrees. The statues were obviously some kind of monument or memorial.

On the reverse side you read a plaque inscribed: "For they are the we of us." More archaic English. You wonder what exactly that could mean in the context of the Baylor University you have been studying that existed on this very site. You pause for a moment to read the text below.

Now you're at Baylor University here and now. You're surrounded by your close friends, as well as the rest of your class. The story

of the Immortal Ten has unfolded before you, inspired you, challenged you. Now it is time for you to honor their memory.

You step out into the chill of night, warm bodies and candles making a trail through the semi-darkness toward Fountain Mall. After what seems like forever you arrive there. The purpose of your task is reiterated before you, and your heartbeat grows stronger with excitement. It is time.

You march to the piles of wood with your friends, retrieving pallet after pallet. Your only goal is to get them back to the mound as quickly as you can so you can go and get more; all the while those words echo through your head, "For they are the we of us." Even strangers aid you in your noble endeavor.

Soon, the night has be-

come early, and the bonfire is completed, ready to fulfill its purpose the following day. You savor the time of jollity and mirth, basking in the goodwill of those who have gone before you.

You're an anthropologist again. As you finish reading the story of the statues you now know as "The Immortal Ten," you walk back around to look them in the eyes; even though they were young men of an age long gone, you somehow connect with them, understand them and how they relate to this mysterious place.

You begin to realize that the crumbling remains of Baylor University which surround you are not what draw you to the ten figures before you; not even the majesty of that first great building can answer what you feel. Then you realize the significance of Baylor University. Baylor University wasn't just buildings, for buildings, as all physical things do, will all pass away. No, Baylor University were those who daily entered and exited those buildings and who cherished their communion with one another so long ago. It even exists in you now as a tiny part of what was.

Baylor University will always thrive in the hearts of those who recognize that Baylor is so much more than the campus that is named after it.

FineARTS FORECAST



Anson
Jablinski
*Staff
Writer*

E-mail me if you want
an event to be in the Fore-
cast!

The Fine Arts Forecast
features as many perfor-
mances and exhibits fea-
turing Baylor students as
possible.

Unless otherwise noted,
all events are at **7:30 pm in
Jones Concert Hall** (in the
McCrary Music Building)
and **totally free** of charge.

MONDAY, NOVEMBER 9

8 PM, JONES HALL

Conjunto

Latinoamericano

A new faculty and student
ensemble performing music
from Central and South
America!

DECEMBER 1-

DECEMBER 6

Baylor Theatre:

"Fuddy Meers"

See [www.baylor.edu/the-
atre] for showtimes and
ticket information.

THURSDAY, NOVEMBER 12

Concert Jazz

FRIDAY, DECEMBER 4

&

SATURDAY, DECEMBER 5

School of Music

Christmas Concerts

Tickets available online or
from [254-710-3571].

TUESDAY, NOVEMBER 17

6 PM, JONES HALL

Campus Orchestra

THURSDAY, NOVEMBER 19

Jazz Ensemble

OCTOBER 20-

NOVEMBER 14

Martin Museum of Art

Yih-Wen Kuo and
Baylor Contemporary
Quilt Invitational

MONDAY, NOVEMBER 23

Wind Ensemble

MONDAY, NOVEMBER 30

Symphonic Band

See [www.baylor.edu/martin-
museum] for museum hours
and other information.

Torch Verse

Autumn Leaves

by Ashley Davis

Although a year has passed since you've gone,

I still feel lost without you, and quite alone.

My memories are of laughs we shared and times we cried,

of untouchable innocence and summer skies.

Never in our happiness could we have imagined

A world where November 15th, 2008 happened.

When you were taken away, the days grew long.

And soon I'll hear winter's sad song.

But I miss you, my friend, most of all

When Autumn leaves start to fall.

Note: This work is in memory of my best friend, Missy Blackbird, who I lost to a car accident last November. I think of her every day. We used to write poetry together, and so I thought it would only be appropriate to attempt to honor her memory with poetry as well. The last four lines are heavily inspired by Nat King Cole's "Autumn Leaves."

Write short stories or poetry? Don't be shy; send an e-mail to
BROOKS.TORCH@GMAIL.COM and get your work in the next issue.

IN

not getting sick

rain boots

Common Grounds

study parties

riding your bike

with a trash bag on

the seat

archway peace

Brooks' bust

Brooks' head

Bust of Brooks

Brust

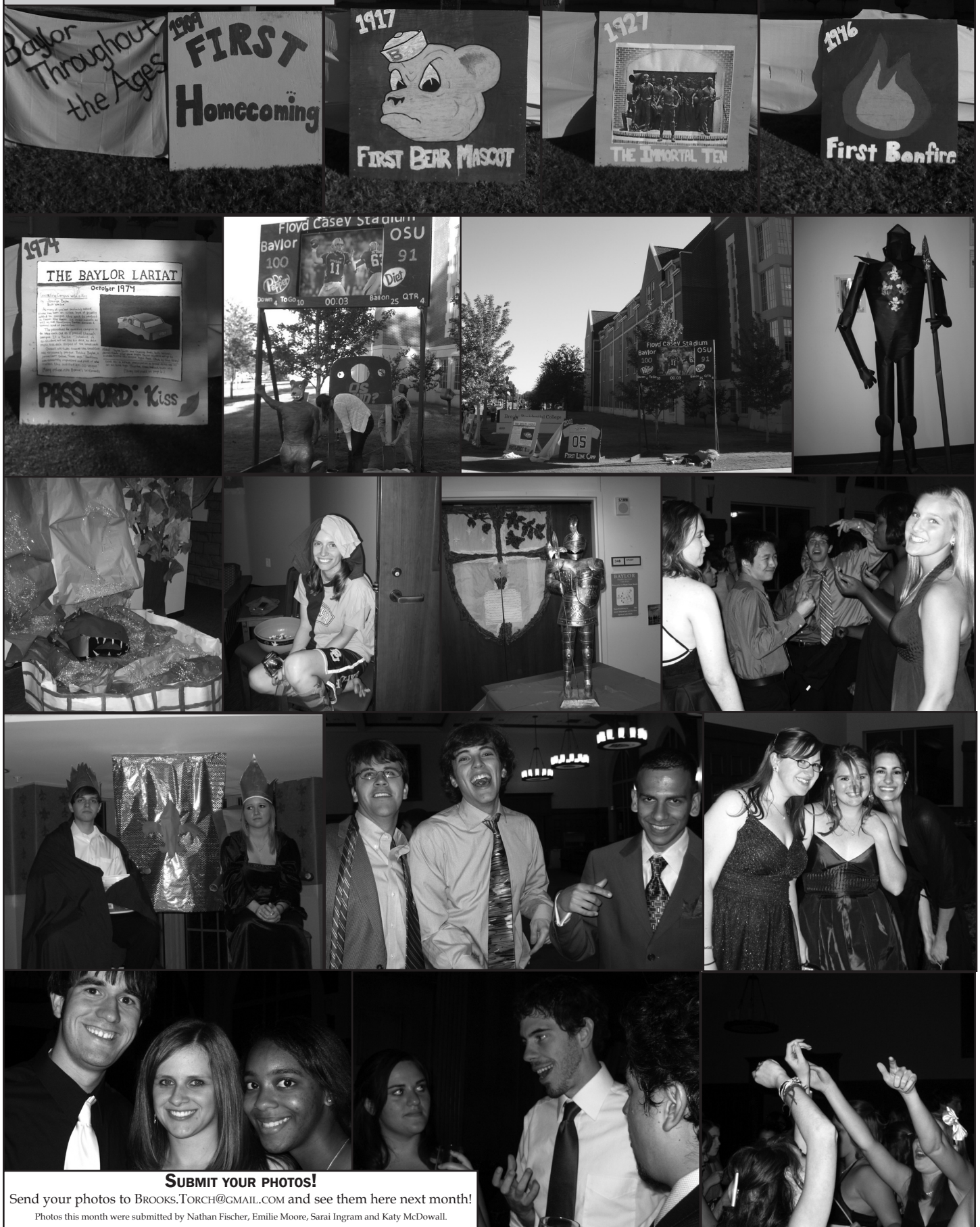
stealing

OUT

What's in and what's out?

E-mail your ideas to BROOKS.TORCH@GMAIL.COM.

THE MONTH IN PICTURES



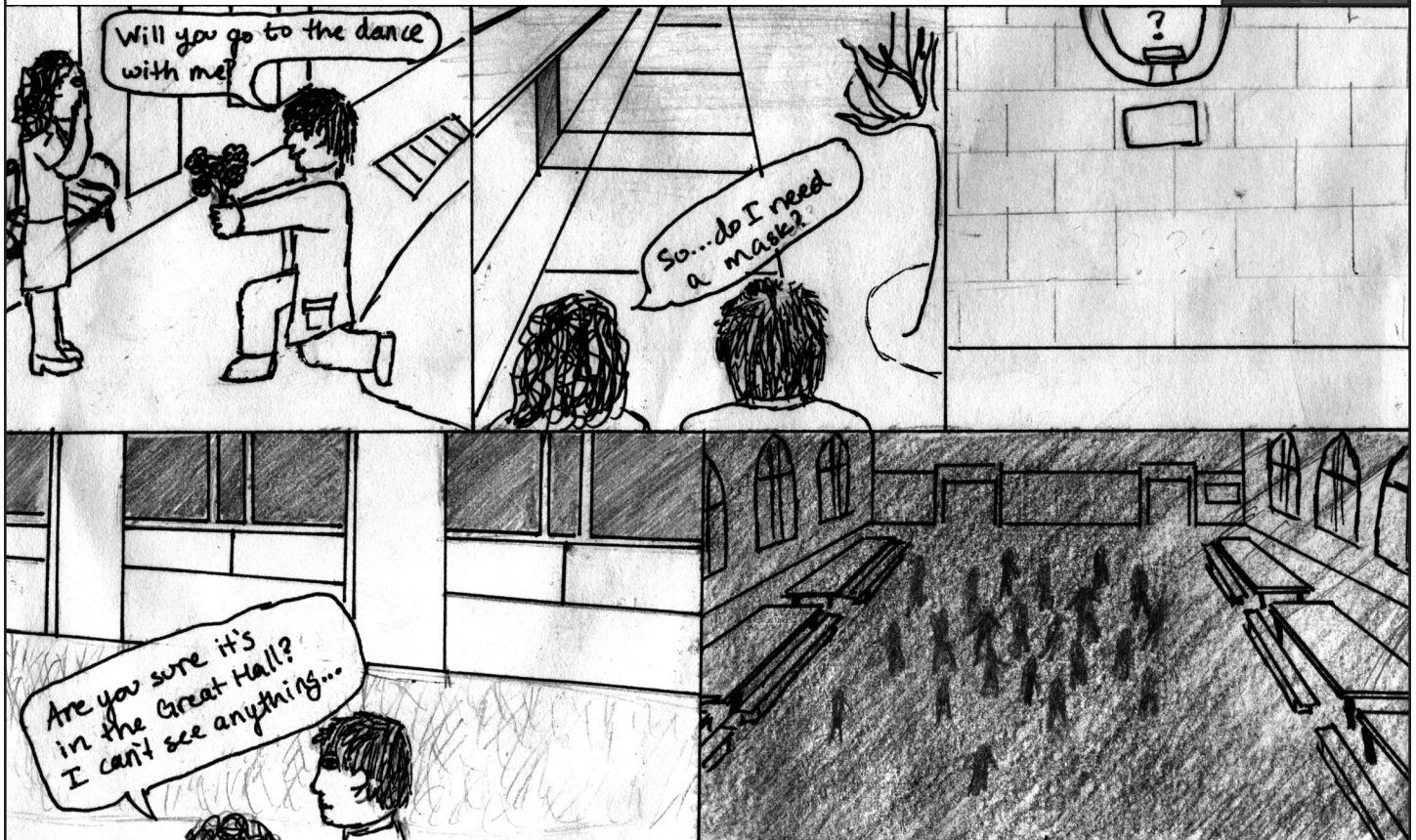
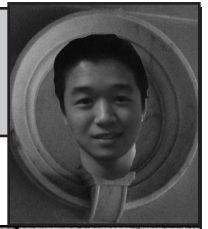
SUBMIT YOUR PHOTOS!

Send your photos to BROOKS.TORCH@GMAIL.COM and see them here next month!

Photos this month were submitted by Nathan Fischer, Emilie Moore, Sarai Ingram and Katy McDowall.

TorchJoons

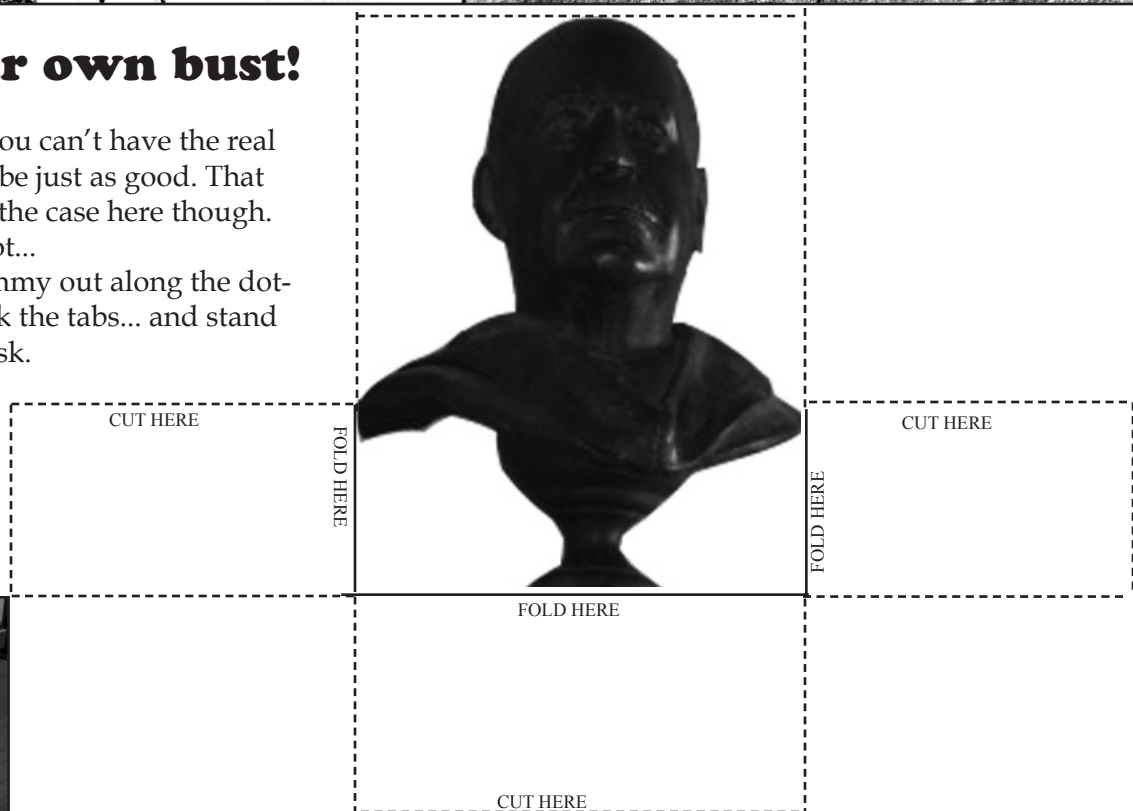
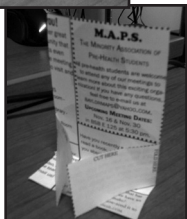
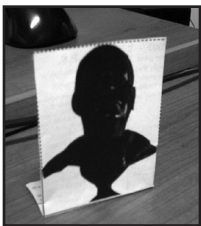
Andrew
Hwang
Cartoonist



Make your own bust!

Sometimes when you can't have the real thing a replica can be just as good. That probably won't be the case here though. But it's worth a shot...

Go ahead... cut Sammy out along the dotted lines... fold back the tabs... and stand him up on your desk.



I Spy the Brooks Bust Challenge

Sammy is missing!
Can you find him?
He's a sneaky fellow and
has found himself 15
hiding places.
Good luck...

Bring proof of your finds to
The Torch meeting next Thurs-
day @ 8 pm and you will be
rewarded!



Congratulations to the winner of last issue's pumpkin count challenge, Christian Latham, who successfully found all 41 pumpkins hidden throughout *The Torch*.

BROOKS CLASSIFIEDS

THE COMMUNITY NEEDS YOU!

If you're interested in meeting other great people, contributing to the community that supports you and making Brooks even better, why not stop by a committee meeting this week? You can join any time, so visit and find the one that fits you!

COMMUNITY AND TRADITIONS

- Tuesdays - 9:30 PM - Seminar Room -
ARTS AND ACADEMICS

- Every other Sunday - 4:30 PM - Library -
CAMPUS LIFE

- Every other Monday - 9 PM - Seminar Room
SERVICE AND MINISTRY

- Mondays - 7 PM - Seminar Room

Need prayer?

The Brooks Prayer Team meets daily to pray for requests from the College and beyond. If you have a request, send an e-mail to BROOKSPRAYER@GMAIL.COM. Let us know how to pray! Also, if you are interested in joining, please do. The team is open to all. For more information, e-mail us!

M.A.P.S.

THE MINORITY ASSOCIATION OF
PRE-HEALTH STUDENTS

All pre-health students are welcome to attend any of our meetings to learn more about this exciting organization! If you have any questions, feel free to e-mail us at BAYLORMAPS@YAHOO.COM.

UPCOMING MEETING DATES:

Nov. 16 & Nov. 30
in BSB E 125 at 5:30 pm.

Letters to Santa

The next issue of The Torch will be the last one before Christmas, so join us in spreading the holiday cheer by sending us your letter to Santa. The favorites will be featured in the next issue. Send them to Brooks.Torch@gmail.com by Nov. 30.

Are you in an organization that has an event coming up soon or have an announcement to make?

Let your community know-send it to BROOKS.TORCH@GMAIL.COM.

Movie on the quad!

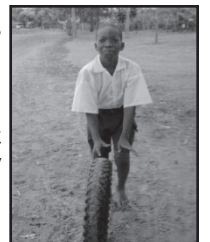
Tomorrow (Nov. 7)
@ 7 PM



Finding Nemo

Help support Victor!

For the third year in a row, Brooks is sponsoring Victor Omondi, a Kenyan child and honorary Brooks member. Let's bless him and pray for him, as well as give to support him! Just a dollar every few weeks will really make a difference...but only if EVERYONE does it!



Exciting Brooks Opportunities!

Be a part of ATO Bed Races on Nov. 13!
Sign up at the front desk by Today (Fri., Nov. 6) @ 5 pm.

Interested in being a part of the Brooks College Stompfest team?
Stop by the front desk and leave your e-mail!