Alpha Phi Alpha Week November 7-12

**Monday, November 7, to Friday, November 11:** You may drop off your donations of winter apparel in the SUB for Brazos Middle School in Waco. Members will be available to help the Baylor community register to vote.

**Monday, November 7:** Student Activities Civil Rights Tour Informational, 7 p.m. in the SUB Den

**Thursday, November 10:** Baylor African Student Association hosting basketball tournament, 6 p.m. in Russell Gym. All proceeds will go to charity.

For additional information, contact Glenn_Starks@baylor.edu.

**Delta Kappa Delta Sorority Hosting 2nd Annual Spread the Warmth Service Event**

You may drop off your fleece donations at the SUB, Baylor Sciences Building, Moody Library, and all residence halls. Come help make fleece tie-knot blankets for the Family Abuse Center of Waco during this event, which will be held on **Wednesday, November 9**, 5:30-7:30 p.m. and **Thursday, November 10**, 7-9 p.m. at the North Village Community Center. T-shirts will be on sale for $12 on **Tuesday, November 8**, and **Wednesday, November 9**, 11 a.m.-1 p.m. at the Baylor Sciences Building and SUB. For additional information or for a t-shirt, contact Shivani_Kamboj@baylor.edu.

**Sign up for Baylor Business Sell-Off (BBSO)**

For additional information or if you are interested in signing up, visit www.baylor.edu/business/selling/index.php?id=77931. Baylor Business is currently looking for students interested in competing for the annual Baylor Business Sell-Off. Preference will be given to students enrolled in the Professional Selling Program; however, all students with interest are encouraged to sign up. The deadline to sign up is **Friday, November 11**.

**Baylor Fitness Events**

**Saturday, November 12:** The 2nd Strong Bear Power Lifting Competition, 10 a.m. in Russell Gym weight area. You may register at the McLane Student Life Center front desk. The cost is $15. Trophies will be awarded to winners in each weight class. Participants receive a shirt. Judging is based on weight ratios (body weight to amount lifted). For additional information, contact Eric_Schilling@baylor.edu or Clint_Patterson@baylor.edu.

- If you have not yet signed up for Bearobics, Bear Cycle, or Group X Combo, it is not too late. Baylor Fitness is offering November registration discounts.
  - Bearobics is now $20 ($10 discount)
  - Bear Cycle is now $20 ($10 discount)
  - Group X Combo (Bearobics and Bear Cycle) is now $30 ($20 discount)

Come by the front desk of the SLC and sign up anytime to be a part of the Group X Program. We offer 47 Bearobics classes and 31 Bear Cycle classes throughout the week. With over five weeks left, there are still plenty of opportunities to enjoy Bearobics and Bear Cycle workouts. For additional information, contact Meagan_Young@baylor.edu.

**Habitat for Humanity Christmas Build**

Calling all campus organization officer teams, students, and academic departments.
Baylor Habitat for Humanity and Kappa Omega Tau have teamed up to bring a house framing event to Fountain Mall in conjunction with the Christmas Tree Lighting ceremony on Thursday, December 1. Support this cause through financial sponsorship and your work efforts. All financial contributions made will be recognized by Habitat for Humanity. In addition, campus organizations and academic departments that contribute will be eligible for the Baylor Habitat “Studliest Stud Contest.” For additional information, contact Malcolm_Ladines@baylor.edu or visit www.wacohabitat.org/special/index.php.

**Association of Black Students Meeting**
Monday, November 7, 5 p.m. in the Houston Room of the SUB. The discussion will be about President Obama and Herman Cain and whether or not they have an obligation to help the black community. Everyone is welcome. For additional information, contact Eboni_Cleveland@baylor.edu.

**Zeta Tau Alpha Hosting Dr Pepper Hour with Race for the Cure**
Tuesday, November 8, 3-4 p.m. in the Barfield Drawing Room of the SUB. Come and learn more about breast cancer and enjoy some delicious Dr Pepper floats. Think Pink shirts will be on sale. For additional information, contact Megan_Nelson@baylor.edu.

**Baylor Women’s League Interest Meetings**
Tuesday, November 8, 7 p.m. and Wednesday, November 9, 6 p.m. in the Fentress Room of the SUB. If you would like to serve the Waco community, you are encouraged to attend. For additional information, contact Courtney_Lewis@baylor.edu.

**Final Hispanic Heritage Month Event**
Tuesday, November 8, 7 p.m. at Common Grounds. Multicultural Affairs and the Hispanic Heritage Month Committee will be hosting Latin Comedy Night featuring Gina Brillon, comedian, actor, and writer. The first 100 people will get free hot chocolate. Limited seating is available, so please bring chairs if possible. For additional information, contact April_Ortiz@baylor.edu or come by the Multicultural Affairs office.

**Alpha Tau Omega and Delta Delta Delta Hosting Spaghetti Not-so Formal**
Wednesday, November 9, 5-7:30 p.m. in Cashion, Room 510. Join us for a great Italian meal in this come-and-go Spaghetti dinner benefitting St. Jude Children’s Research Hospital. The goal is to raise $7,000 to help the fight against childhood cancer. Tickets for $5 may be purchased at Collins, Memorial, and Penland Residence Halls. For additional information, contact Lorin_Leake@baylor.edu or Danielle_Lacoste@baylor.edu.

**Kappa Chi Alpha Interest Meeting**
Wednesday, November 9, 6 p.m. in the Beckham Room of the SUB. For additional information, contact K_Hill@baylor.edu.

**Greece Mission Interest Meeting**
Wednesday, November 9, 8-9 p.m. in the McLane Student Life Center, Room 314. Hear stories from past participants, meet the team leaders, and get more information about how to apply for the second summer term mission to Athens, Greece. For additional information, call the Spiritual Life office at 254-710-3517 or contact Jeff_Walter@baylor.edu.

**Up ‘Til Dawn Letter Writing Campaign**
Friday, November 11, 7 p.m.-12 midnight at Russell Gym. Letter Writing Campaign raises money for St. Jude Children’s Research Hospital. Participants will address letters
to friends and family asking for donations while enjoying free food, games, and prizes. For additional information, contact Brianna_Smith@baylor.edu.

Outdoor Adventure Programs

Tuesday, November 8: Introduction to Climbing, 7-9 p.m. at the Rock. You may register at the McLane Student Life Center by 3 p.m. The cost is $5.

Wednesday, November 9:
- Introduction to Sport Climbing, 7-10 p.m. at the Rock. You may register at the McLane Student Life Center by 3 p.m. The cost is $10.
- Mountain Bike Skills Clinic, 4-6:30 p.m. at Cameron Park. Bring your bike, helmet, etc. You may register at the McLane Student Life Center by 3 p.m. The cost is $10.

Saturday, November 12:
- Women’s Only Rock Climbing, 7 a.m.-7 p.m. at Reimer’s Ranch. You may register at the McLane Student Life Center by Wednesday, November 9. The cost of $30 includes lunch (transportation not included).
- Mountain Biking Trip, 7 a.m.-7 p.m. at Reimer’s Ranch. You may register at the McLane Student Life Center by Wednesday, November 9. The cost of $30 includes lunch (transportation not included). Bring your bike, helmet, etc.

Sunday, November 13: Canoe trip from MCC to Baylor Marina from 3-6:30 p.m. You may register at the Baylor Marina or McLane Student Life Center by Friday, November 11. The cost is $5. Dress appropriately for the weather and be prepared to get wet.

Wednesday, November 16: Mountain Biking Skills Clinic, 4-6:30 p.m. at Cameron Park. You may register at the McLane Student Life Center by 3 p.m. The cost is $10. Bring your bike, helmet, etc.

Saturday, November 19: Mountain Biking Trip, 7 a.m.-4 p.m. at Ft. Hood. You may register at the McLane Student Life Center Wednesday, November 16. The cost of $20 includes lunch (transportation not included). Bring your bike, helmet, etc.

For additional information or for more Outdoor Adventure opportunities, visit www.baylor.edu/campusrec/oa.

Student Health 101

In November’s issue:
- Seven College Sleep Myths Debunked
- Exercises You Can Do by Your Desk
- How to Deal With Loneliness
- Nutrition: What’s on Your Plate?

Check out November’s issue at http://readsh101.com/baylor.html. For additional information, contact Lori_Genous@baylor.edu.

Healthy Monday Tip

Don’t let diet beat us. Physical inactivity, obesity, and high blood pressure are all risk factors that can lead to type-2 diabetes. November is American Diabetes Month, so reduce your risk by eating less, moving more, and focusing on a healthy diet of whole, unprocessed foods. For additional information, visit www.baylor.edu/wellness.

Hot Opportunities
Outdoor Adventure Living and Learning Center (OA-LLC) Applications
For additional information or for an application, visit www.baylor.edu/oallc. Do you enjoy climbing, kayaking, backpacking, and looking to meet friends with similar interests? Come be a part of OA-LLC and live together. Applications are open to freshmen, sophomores, and juniors.

SUPPORT BAYLOR ATHLETICS

Volleyball vs. Texas A&M
Wednesday, November 9, 7 p.m., Ferrell Center

Women’s Basketball vs. Howard
Friday, November 11, 6:30 p.m., Ferrell Center

Men’s Basketball vs. Texas Southern
Friday, November 11, 9 p.m., Ferrell Center

Equestrian (Hunter Seat) vs. SMU
Saturday, November 12, 10 a.m., Willis Equestrian Center

Women’s Basketball Preseason NIT
Sunday, November 13, 2 p.m., Ferrell Center

Men’s Basketball vs. Jackson State
Sunday, November 13, 6 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 StudentLife@baylor.edu. You can find the most up-to-date calendar information at http://www.baylor.edu/calendar/.