Spring Ring Week
Monday, February 18, to Thursday, February 21, 10 a.m.-3 p.m. in the SUB. Baylor licensed jewelers from the local community will be showing their Baylor branded seal and dinner rings, as well as the Official Baylor Class Ring from Balfour. Those jewelers will include Gholson Originals Fine Jewelry, Mastercraft Jewelry, and San Jose Jewelers. In addition, Balfour and the Baylor Bookstore will be present. As a reminder, the Official Baylor Class Ring provided by Balfour is reserved exclusively for students in good standing who have completed at least 75 credit hours. For additional information on Spring 2013 Ring Week, call 254-710-4552 or contact Omar_Pachecano@baylor.edu.

RSVP for Multicultural Affairs’ Empower Leadership Series
For additional information or to RSVP, contact Lanese_Aggrey@baylor.edu. Come learn how to dream big and lead with purpose. This event will be held on Monday, February 18, 12:15 p.m. in the Beckham Room of the SUB. There will be free food. The deadline to RSVP is Thursday, February 14.

Volunteer for Kaleidoscope
For additional information or to volunteer, contact Jessica_Steptoe@baylor.edu or Leslee_Paret@baylor.edu. Kaleidoscope is a fun event designed to showcase Baylor University to prospective students from diverse backgrounds. We are looking for organizations to volunteer for the showcase and lock-in. You’ll help recruit some wonderful students for Baylor and for your organization. This event is presented by Baylor Admissions, Multicultural Affairs, the Big XII Council, and Freshman Action Team.

Baylor American Student Dental Association Meeting
Monday, February 11, 6 p.m. in the Baylor Sciences Building, Room E231. If you’re interested in pursuing a career in dentistry, you’re welcome to come. For additional information, contact Erin_Phan@baylor.edu.

International Student and Scholar Services’ Hosting Study Abroad Fair
Tuesday, February 12, 3-5 p.m. in the Barfield Drawing Room of the SUB. All students are welcome to attend. For additional information, contact Jessica_Korona@baylor.edu.

Baylor Fencing Club Meetings
Every Tuesday and Thursday, 6:30-9 p.m. and every Saturday, 2-5 p.m. at Russell Gym. No experience is needed; equipment is provided. For additional information, contact Marsha_Suliman@baylor.edu.

Baylor Fitness Women on Weights
Wednesday, February 13, 3:30-4:30 p.m. in the Baylor Sciences Building, Room A207. Come learn about the benefits and techniques of weight training. For additional information, contact Becky_Louber@baylor.edu.
Habitat for Humanity Meeting
Wednesday, February 13, 6 p.m. in the Baylor Sciences Building, Room E231. Anyone is welcome to come. For additional information, contact Katrina_Herzik@baylor.edu.

Outdoor Adventure Programs
Tuesday, February 12, and Wednesday, February 13: Spring Break Interest Meetings, 6 p.m. in the McLane Student Life Center, Room 314. Come learn more about the Florida Canoeing Adventure. For additional information, contact Mark_Mullert@baylor.edu.

Tuesdays: High Ropes Challenge, 3-6 p.m. You may sign up at the McLane Student Life Center front desk. This event is free and available on a first come first serve basis.

Thursdays: Team building, cohesiveness, self-confidence, and self-esteem courses, 3-6 p.m. This course is designed for sororities, fraternities, leadership groups on campus, and residence life or any other group from 6-30 people. For additional information or to schedule an event, contact Cody_Schrank@baylor.edu.

Wednesdays: Free Backpacking Series, 6-7:30 p.m. For a complete list of titles, visit www.baylor.edu/campusrec/oa. For additional information, on any of these events, visit www.baylor.edu/campusrec/oa.

My HEALTH
My HEALTH is your online portal for access to the Health Center. Go to www.baylor.edu/health_center and click on MY HEALTH in the upper right corner. Log in using your Bear ID (firstname_lastname) and you can make appointments, receive secure messages, print immunization records, and sign up to receive a reminder text message one hour before your next appointment. Give it a try today!

THIS WEEK IN STUDENT GOVERNMENT

Involvement Opportunity- Student Government Programming Agency
Student Government is launching Student Government Programming Agency this semester. This program is designed to involve students who have been neither elected nor appointed to a position within Student Government. This program is intended for emerging leaders at Baylor University. Interested students will work as a team to plan and host numerous Student Government events. The members will also get an in-depth look into Student Government and the University that the average student does not get to experience. Group interview and first meeting will be held this week. For additional information or for an application, contact B_Kim@baylor.edu.

Student Government Vacancies
Vacancies for senior senate are still available. For additional information, contact B_Kim@baylor.edu.
**Monday Healthy Tip**
When your body is stressed, it releases the hormone adrenaline, which increases your heart, breathing, and blood pressure rates. A faster heart rate and higher blood pressure make your heart work harder and can weaken artery walls if these symptoms persist over time. In this way, chronic stress may increase your risk for heart disease, the leading cause of death in America. This week, investigate your stress levels and heart disease risk factors. If you often exhibit Type A behaviors (feeling rushed, impatient, irritated, angry or hostile), focus on reducing the frequency of these behaviors to stay heart healthy. For additional information, contact Lori_Genous@baylor.edu.

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**Hot Opportunities**

**Baylor Activities Council Applications**
Applications are available in the Student Activities office or contact Sydney_Pullman@baylor.edu. Interested in getting involved on campus? Baylor Activities Council may be the organization for you. Apply for the role as Program Coordinator and be actively involved in planning many of the events on campus. Applications are due on **Monday, February 18**. For additional information, contact Sydney_Pullman@baylor.edu.

**Campus Diversity Committee Nominations for the Annual BU Diversity Award**
For additional information or to submit a nomination, visit Campus_Diversity@baylor.edu. The award is given to individuals (staff and faculty), organizations, or programs within Baylor University that strengthen and promote respect for diversity through innovative leadership and service or practices and programs designed to enhance a climate of understanding and respect throughout the campus community. Nominations are due **Monday, April 1**.

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**SUPPORT BAYLOR ATHLETICS**

**Softball vs. Southern Miss**
Tuesday, February 12, 4 p.m. and 6 p.m., Getterman Stadium

**Women’s Basketball vs. Texas Tech**
Tuesday, February 12, 6 p.m., Ferrell Center

**Men’s Basketball vs. West Virginia**
Wednesday, February 13, 8 p.m., Ferrell Center

**Softball vs. Northern Colorado (Miken Classic)**
Friday, February 15, 3 p.m., Getterman Stadium

**Softball vs. Pacific (Miken Classic)**
Friday, February 15, 5:30 p.m., Getterman Stadium

**Men’s Tennis vs. Texas-Pan American**
Saturday, February 16, 11 a.m., Hurd Tennis Center

**Softball vs. Texas A&M Corpus Christi (Miken Classic)**
Saturday, February 16, 12:30 p.m., Getterman Stadium

**Women’s Basketball vs. TCU**
Saturday, February 16, 1 p.m., Ferrell Center

**Women’s Tennis vs. Vanderbilt**
Saturday, February 16, 1 p.m., Hurd Tennis Center

**Men’s Tennis vs. UT Arlington**
Saturday, February 16, 3 p.m., Hurd Tennis Center

**Women’s Tennis vs. Pepperdine**
Sunday, February 17, 1 p.m., Hurd Tennis Center

**Softball Championship Round (Miken Classic)**
TBA, Getterman Stadium

**Softball Bracket Play (Miken Classic)**
TBA, Getterman Stadium

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

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**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/.