

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

CHI'S Formal Rush

Monday, September 29, 7 p.m. in Cashion, Room 307. This is a mandatory event if you want to join. The organization asks that you wear a black dress. CHI'S is a service organization created in 1955 that focuses on serving the community and being part of a sisterhood of ladies. For additional information, contact Holly_Findlay@baylor.edu or Christine_Zhou@baylor.edu.

New Support Services Provided by Counseling Services (BUCC), Spiritual Life, and Multicultural Affairs

Tuesdays: "Come As You Are," 3:30-4:30 p.m. in the Bobo Spiritual Life Center. "Come As You Are" small group drop in meeting is an outreach service of Counseling Services in partnership with Spiritual Life, Borderlands. The purpose of the group is to provide a space in which Baylor students desiring a supportive community can meet and dialogue about challenges to "fitting in" or feeling connected or other pertinent issues. The group requires openness from participants to issues of diversity as well as a shared value of confidentiality that will assist in creating a safe space to share.

Wednesdays: "Let's Talk," 1:30-4:30 p.m. in the Multicultural Affairs Conference Room, 3rd floor of the SUB. "Let's Talk" is a program that provides easy access to informal, confidential consultation with a BUCC staff member. There are no appointments necessary. Students are seen on a first-come, first-served basis and the meetings typically last 30 minutes or less. The purpose of this program is to increase access to support for students who might be reluctant to seek more structured services, such as those offered at the BUCC or who are not in need of psychotherapy but could use a little advice.

For additional information, contact Monique_Marsh@baylor.edu.

Missions Fair

Wednesday, October 1, 9 a.m.-12 noon in Waco Hall during Chapel, and 12 noon-3 p.m. in the Bobo Spiritual Life Center. Meet representatives from several different international missions and ministry organizations who want to share about their work and ways that you can be involved. For additional information, contact Kelsey_Wiggins@baylor.edu or visit www.baylor.edu/spirituallife/index.php?id=99633 for a list of organizations that will be present.

Medical Service Organization Events

Wednesday, October 1, to Wednesday, October 15: Love Thy Neighbor Donation Drive. Collection boxes will be on either side of the atrium. Items needed include canned goods, boxed goods, rice, and beans. All donations support the Martin Luther King, Jr. Community Clinic and our Waco neighbors struggling with food insecurity. For additional information, contact Brittany_Calder@baylor.edu.

Thursday, October 2: Research Informational, 6:30 p.m. in the Baylor Sciences Building, Room B114. The event will be led by two current research students who will be answering any questions the students have about research such as time commitment, how to get research, and why research is becoming an important part of an application when applying to graduate or medical school. For more information, contact MSOResearchChair@gmail.com.

Hispanic Heritage Month Committee and Multicultural Affairs Hosting Hispanic Heritage Month

Wednesday, October 1: Fundraiser at Tres Mexican Restaurant, 4-10 p.m. Be sure to mention Hispanic Heritage Month.

Apply for the Hispanic Heritage Month Scholarship 2014 at

[https://docs.google.com/forms/d/1laxLKzTF2WAT-](https://docs.google.com/forms/d/1laxLKzTF2WAT-vvdGI7I36cTNqxyOONpjuVn2uTPI0/viewform?usp=send_form)

[vvdGI7I36cTNqxyOONpjuVn2uTPI0/viewform?usp=send_form](https://docs.google.com/forms/d/1laxLKzTF2WAT-vvdGI7I36cTNqxyOONpjuVn2uTPI0/viewform?usp=send_form). The scholarship winner will be announced at the Hispanic Student Association Hispanic Heritage Month Banquet on *Wednesday, October 22*, 7 p.m.

For additional information, contact Thalina_Garcia@baylor.edu.

Baylor Business Professional Development Program Events

Wednesday, October 1: First Wednesday, 5 p.m. on the 5th floor of Cashion. First Wednesdays provide an opportunity for students to hear from business professionals about various roles in sales and marketing. A panel of market research professionals will share about the value of market research in business, career opportunities in market research, and the future of the market research industry. For additional information, visit www.baylor.edu/business/marketing/pdp.

Wednesday, October 8: Marketing and Sales Career Fair, 4 p.m. on the 5th floor of Cashion. Explore career options and network with individuals in different industries. Use this opportunity to gather valuable interview and job search advice from seasoned, business professionals. If you are enrolled in a sales or marketing course, consult your course syllabus, as many courses require attendance and/or provide course credit for attending. The dress is business. Be sure to have your resume in hand for internship and/or career opportunities and your Baylor ID (attendance registered via card swipe). For additional information, visit www.baylor.edu/business/selling/pdp.

Baylor Habitat for Humanity Meeting

Wednesday, October 1, 6 p.m. at the Waco Habitat for Humanity Warehouse located at 220 North 11th Street. If you need a ride, meet at 5:45 p.m. at the Baylor Sciences Building, Room D109. Waco Habitat for Humanity workers will be demonstrating basic building techniques (hammering, sawing, etc.), so be sure to wear the appropriate clothing (especially closed toe shoes). For additional information, contact Allison_Carrington@baylor.edu.

Hispanic Student Association Meeting

Wednesday, October 1, 7:30 p.m. in Cashion, Room 203. Interested in joining a multicultural organization? This organization unites the Hispanic community and spreads knowledge and awareness of the Hispanic culture. Everyone is welcome to join. For additional information, contact Laura_Soto-Botero@baylor.edu.

Study Abroad Group Programs Information Sessions

Meetings will be held in Poage Library, Room 201B, 5-6 p.m.

- **Wednesday, October 1:** Baylor in St. Andrews with Dr. Thomas Kidd
- **Thursday, October 2:** Baylor in Maastricht with Dr. Tamara Hodges
- **Wednesday, October 8:** Baylor in London FIE with Ms. Lexi English

Come learn more about these great study abroad opportunities. For additional information, contact Lexi_English@baylor.edu.

Taize Worship Service

Thursday, October 2, 12:15 p.m. in the Armstrong Browning Library. Join Spiritual Life for this contemplative worship service. For additional information, contact Bob_Oei@baylor.edu.

Phi Iota Alpha Events

Thursday, October 2: Final Informational, 7 p.m. in Cashion, Room 109

Sunday, November 9: 14th Annual Miss Phi I A Scholarship Pageant in Waco Hall. The pageant donates a total of \$5,000 to the top four contestants.

For additional information or if you're interested in participating in the pageant, contact Tau@Phiota.org.

Baylor Vietnamese Student Association's Autumn Moon

Friday, October 3, 7 p.m. in the Barfield Drawing Room of the SUB. Autumn Moon is a cultural show celebrating the traditional harvest. Come and enjoy dances, performances, and free food. For additional information, contact Ashley_Nguyen2@baylor.edu.

Sign Up for Flag Football

Whether you are a gifted athlete or just want to play for fun, Baylor Intramurals has a place for you. Come by the McLane Student Life to sign up or join a team. Flag Football starts *Monday, October 6*. Wallyball, almost golf, and singles tennis are coming up. For additional information, contact Sarah_Langston@baylor.edu.

Zeta Phi Beta Sorority, Inc. Donation Initiative

Donations will benefit the ZHOPE Foundation (Zetas Helping Other People Excel). The items needed are: Depends, lotion, toothbrushes, toothpaste, deodorant, bar soap, blankets, and medium-sized clothes for women and men. All proceeds go to the Waco Family Abuse Center. For additional information or if you would like to donate an item, contact Brauna_Marks@baylor.edu.

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) to 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.

Monday Healthy Tip from Monday Campaigns

Cook to preserve nutrients. Raw fruits and vegetables usually provide more vitamins than their cooked counterparts, but there are ways to prevent nutrient loss while still savoring prepared foods. Careful cooking with minimized heat and water may only result in a 5 to 15 percent nutrient loss (compared to processed foods, which can lose 50 to 80 percent). This week, try steaming or quick sautéing vegetables and cooking meat over

low heat to preserve as many nutrients as possible. You might even discover a new favorite recipe.

Hot Opportunities

2015 BUMissions Global Teams Applications

Applications will be available on *Wednesday, October 1*, at www.baylor.edu/missions. Want to build solar panels in Haiti? Teach nutrition education in Guatemala? Do business consulting in Uganda? Baylor Missions has 40 plus discipline-specific teams going to 17 different countries for 2015. Where will you go and be transformed? Check out the teams and apply online at the new site launching October 1. For additional information, contact missions@baylor.edu.

Santa's Workshop Leadership Committee Applications

For additional information or for an application, visit www.baylor.edu/engage/index.php?id=89246. Thinking about Christmas already? Join the Leadership Committee for Santa's Workshop. Help plan a huge end-of-the semester Christmas event for children all over Waco. We're bridging the gap between the Baylor and Waco communities one gift at a time. Applications are due *Friday, October 3*, at 11:59 p.m.

Be More Involved on Campus!

Are you a first-year student looking to get involved on campus? Want to explore all of the exciting ways to get plugged in at Baylor? Schedule an appointment with a student involvement specialist. For additional information, visit www.baylor.edu/involve or www.baylor.edu/studentactivities/organizations/index.php?id=867178 or stop by the Student Activities office located on the 2nd floor of the SUB (next to Barfield), anytime between 10 a.m.-4 p.m., Monday through Friday.

SUPPORT BAYLOR ATHLETICS

Women's Volleyball vs. Texas Tech

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

Women's Soccer vs. TCU

Friday, October 3, 7 p.m., Betty Lou Mays Soccer Field

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

For additional information on gameday for students, including Baylor student tickets, visit www.baylor.edu/students/gameday/index.php?id=867021.

Sic 'em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* 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.