



The Baylor Lariat

THURSDAY | SEPTEMBER 2, 2010

www.baylorlariat.com

SPORTS Page 5

Volleyball team cruises

The Bears waste no time sweeping UTSA, giving the team an overall record of 3-1

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Tips for success

Baylor's Academic Support and Counseling Services offer advice on study habits, sleep and more

A&E Page 4

Apple does it again

Apple's Steve Jobs announces product upgrades that are sure to please students, including improvements to iPod, iTunes and Apple TV

Vol. 111 No. 4

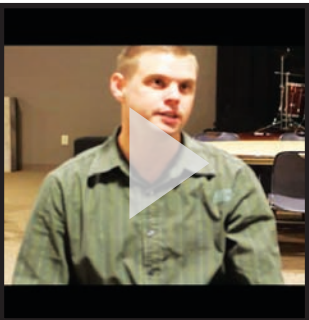
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Viewpoints

"Casual fans and those indifferent to sports need not memorize statistics or paint up and scream rabidly for every minute of every game. Just being there, standing up and being loud at important moments trumps the silence of empty metal bleachers."

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On the Web



Get involved

The Lariat spoke with staff from Acts Christian Fellowship, University Baptist Church and First Baptist Church Woodway about college ministries and how students can get involved

baylorlariat.com

Bear Briefs

The place to go to know the places to go

"Chalk Talk"

Baylor football coaches and players will discuss the team's upcoming game versus Sam Houston State from noon to 12:30 p.m. today in the Bill Daniel Student Center Den

Traditions Rally

The Baylor Traditions Rally, the annual football home opener rally and tailgate, will begin at 6:30 p.m. today at Fountain Mall and will feature live music and free food

Represent Baylor

Friday is national College Colors Day; be sure to sport your green and gold apparel on campus

Senate meeting

Student Senate, composed of 52 elected representatives, will meet from 4:30 p.m. to 8 p.m. Thursday in 103 Cashion Academic Center

QB Griffin prepares for first big hit



By CHRIS DERRETT
SPORTS EDITOR

On Saturday, thousands of people will collectively hold their breath when a certain player hits the new turf at Floyd Casey Stadium.

Baylor quarterback Robert Griffin has not been tackled since Baylor's 68-13 win over Northwestern State last year. Through spring drills and fall camp practices and scrimmages, he has sported a red, no-contact jersey traditionally worn by quarterbacks or other players recovering from injury.

Griffin was asked what he will do when he takes the first hit on his surgically repaired knee against Sam Houston State.

"Get up," he said.

"I mean, other people are asking (if) I want to just get hit and get it out of the way. I'm not really looking to go out there and just run into somebody... Whenever I get hit it will happen, and I'll get up from it and wave to the crowd."

Each time Griffin had an opportunity to make a play with his feet, drawing excited gasps from crowds watching the team's first fall scrimmage on Aug. 14, the referee's whistle stopped the play.

The Copperas Cove redshirt

sophomore still completed 16 of 23 passes for 166 yards and a touchdown.

"I know coach [Art] Briles is going to blow that whistle pretty quick," Griffin said. "Take two steps, and there it is."

Briles understands the importance of Griffin to both the offense and the team, but he has no qualms about his signal caller inevitably being tackled.

"I'm not anxious at all for him to get hit," Briles said.

"I understand that it is going to happen but he is well. He is healthy."

Although Griffin still brings his rushing ability on each play, he also used the injury time to consider his decision making when faced with the dilemma to slide or run out of bounds instead of face a tackler.

"I will try to play smarter and only run when I have to. I have the talent with these skilled guys around me that I don't have to run," Griffin said.

"The past couple of scrimmages I've just been throwing the ball and not really running at all, and we've been moving the ball."

Griffin has shown during scrimmages that he has not lost any agility from the injury. If the

SEE **GRIFFIN**, page 6

From assistant professor to first female provost

By SARA TIRRITO
STAFF WRITER

When Dr. Elizabeth Davis planned her career path years ago, she didn't know becoming a university provost was even an option.

Today, she is Baylor's first female provost, helping to open the door to another level of administrative positions for women at Baylor.

Davis was named interim provost in 2008 and was announced as executive vice president and provost in July.

"[The reception has] been overwhelming and humbling really," Davis said. "I've had so many faculty colleagues tell me how relieved they are that the 'interim' was taken off my title, and staff as well. I've gotten e-mails from students. That was really touching

that students would take the time to e-mail and understand the significance of what this means for me and the university."

Dr. Lenore Wright, an associate professor in the Baylor Interdisciplinary Core who teaches a course on philosophical issues in feminism, said she is glad to see Baylor making a step forward in women's equality.

"As a Baylor faculty member, I am proud to see Baylor modeling equality in the world," Wright wrote in an e-mail to The Lariat. "I believe Christian universi-

ties have an obligation to create equality wherever possible. With Dr. Davis's appointment, Baylor is now a leader rather than a follower with respect to women's roles in Christian higher education."

President Ken Starr said the decision to appoint Davis was made after taking into account the opinions of various groups.

"I had a very long process of conversations with the community, with the faculty, with the staff, with administrators," Starr said. "I listened a lot, and out of those listening sessions, the conclusion emerged that she was perfect for the position. Part of that was that she had served with such ability and excellence as the interim provost, so it was a very natural decision to make."

However, some were of the opinion that there should have been a national search to find the

provost. Starr said that he took that opinion into consideration, but out of a desire to keep the university moving forward quickly, he decided not to conduct a national search.

Davis said that although she knows some wanted a national search, the university needs to trust Starr's judgment.

"No one has said to my face that the president made a bad decision, but I am aware that that sentiment exists," Davis said. "I think we just have to be willing to rely on President Starr's judgment that this was what he wanted to do at this time."

Before working at Arthur Anderson & Co. as an auditor for three years and then going on to receive her Ph.D. at Duke University, Davis began her career at Baylor as an assistant professor in 1992. In her time at Baylor, she

has also been an associate professor of accounting, acting chair of the accounting department, associate dean for undergraduate programs in the Hankamer School of Business and vice provost for financial and academic administration.

Dr. Karla Leeper, chief of staff to the president, said Davis' time in the business school allows her to bring a unique perspective to the provost's office.

"Someone who brings that business background, I think, is going to have a very important contribution to make, and she has always brought that to the provost's office," Leeper said. "It is not that the university is a business, but so many of our academic decisions have to be attentive to financial implications and the aca-

SEE **DAVIS**, page 6

Discovery Channel gunman killed in shootout; hostages safe

By SARAH BRUMFIELD
ASSOCIATED PRESS

SILVER SPRING, Md. — A man who railed against the Discovery Channel's environmental programming for years burst into the company's headquarters with at least one explosive device strapped to his body Wednesday and took three people hostage at gunpoint before police shot him to death, officials said.

The hostages — two Discovery Communications employees and a security guard — were unhurt after the four-hour standoff. Montgomery County Police Chief Thomas Manger said tactical officers moved in after officers monitoring Lee on building security cameras saw him pull out a handgun and point it at a hostage.

An explosive device on the gunman's body detonated when police shot him, Manger said. Police were trying to determine whether two boxes and two backpacks the gunman had also contained explosives.

A law enforcement official speaking on condition of anonymity because the investigation was ongoing said authorities had identified James J. Lee as the likely

suspect. Police had not released the gunman's identity.

County Police and firefighters Wednesday night looked at a laptop screen that showed an image of a body lying face-up, surrounded by blood. Authorities also sent in a robot to disarm the explosive on the gunman's body. Police Capt. Paul Starks said the suspect had shot a gun at least once. He also said police believe the suspect was acting alone but are investigating all possibilities.

NBC News reported that after its producers called Discovery's general number, a man identifying himself as James J. Lee got on the phone and said he had a gun and several bombs.

"I have several bombs strapped to my body ready to go off. I have a device that if I drop it, it will ... explode," the man told NBC.

He said he built the bombs in about three weeks. "I did a lot of research. I had to experiment," he said.

Manger said the suspect held the hostages in the lobby area of the first floor. Authorities said they will methodically go through the building and identify any suspicious items.



ASSOCIATED PRESS

Maryland State Police troopers walk near the Discovery Channel network building Wednesday in Silver Spring, Md. Police shot and killed a man upset with the Discovery Channel network's programming who took two employees and a security officer hostage at the company's headquarters Wednesday, officials said.

Green and Gold Games, kickball new to intramurals

By KEVIN TAMER
REPORTER

Baylor Intramurals is offering a variety of new sports this fall, allowing students of athletic and non-athletic backgrounds the opportunity to get more involved in campus recreation.

In addition to dodgeball, volleyball, Ultimate Frisbee and flag football, which are usually offered in the fall, the Baylor Intramural Department is introducing kickball and the Green and Gold Games as a part of the fall lineup.

The Green and Gold Games is a single-elimination tournament, where teams will participate in a series of events including a soccer shootout, rock climbing, mini fitness challenge, a 3-point shootout, football toss, an obstacle course and tug of war.

Dominique Hill, coordinator for Baylor Intramurals, is excited about the Green and Gold Games

SEE **INTRAMURAL**, page 6



Baylor Nation should rise to Starr’s challenge

President Ken Starr has said it, athletes have as well, and it will likely stay on the minds of every Baylor regent and administrator for years to come. If this summer taught us anything about Baylor’s athletics program, it’s that the programs need fan support now more than ever before.

Everybody heard the rumors as a Big 12 collapse seemed certain. Baylor students, faculty and staff received the e-mails promoting Baylor’s athletics and academics. Even columnists like the Houston Chronicle’s Richard Justice weighed in on the Big 12’s situation, Justice specifically talking about Baylor.

Had it come down to picking sides, Baylor and four other schools would likely have been left watching from the sideline. Colorado, the only team many

believed Baylor could replace on the Pac 10’s invitation list, signed and joined the conference to Starr’s disappointment.

Some things, like Baylor’s location in a small television market relative to Denver, and the inherently smaller alumni base of a private university cannot be changed. Students, however, can help positively change some aspects of Baylor’s athletic programs.

When Baylor football took the field last season against Big 12 opponents at Floyd Casey Stadium, they saw seas of red, burnt orange and bright orange.

Each opponent managed to fill its quarter of the stadium and overflow throughout the rest of the seating while Baylor fans speckled the rows in loose packs.

Being schooled in proper media eti-

Editorial

quette, players never chastised fans for a lack of attendance.

Given the turnout from earlier in the season, though, Baylor showed the capability of providing a true, home-field advantage. More than 40,000 fans saw Baylor’s highly anticipated rematch against Connecticut.

Critics may be quick to reference the football program’s lack of success and bowl game drought as reason for skipping home games. Others might not have much, if any, passion for athletics in general.

Regardless of reasons Baylor family members may have for not attending

athletic events, this year’s fanbase will carry more weight than any recent years past.

Although the Big 12 has expressed intent to remain together, nobody can predict how conferences will be aligned in five or 10 years.

Whatever happens to the nation’s athletic conferences, Baylor needs to ensure that the athletics program receives support just like other student pursuits do at the university.

Similar to theater and musical performances, Baylor students reward their classmates for their countless hours of work and practice when they cheer them on.

Casual fans and those indifferent to sports need not memorize statistics or paint up and scream rabidly for every

minute of every game. Just being there, standing up and being loud at important moments trumps the silence of empty metal bleachers.

Baylor’s “Rise Up” slogan does not just apply to one sport, either.

Baseball and softball combined for 60 home games last spring, few of which Baylor students attended even during the temperate spring months.

Volleyball, soccer and tennis, all three of which offer spectator facilities, qualified for postseason play with small or absent student sections.

Baylor has a chance to show its student athletes and outsiders that the athletics programs are just as important to Baylor’s image as any other activities or accomplishments.

Personal connections are more than social networking

Over the summer I had the opportunity to reconnect with a high school friend. I had not seen him in at least a year and it had been about that long since I had talked to him at all. You see, Josh is one of those really weird Millennial kids who refuses to get a Facebook.

But despite that, we had so much fun this summer. We watched movies, looked at classic cars, got lunch together and we talked. We talked a lot. It turns out we had some life experiences that meshed, and it also turns out we both needed to talk to someone who could understand, at least a little bit, what we were going through.

Josh is in the process of recovering from a near death accident, which required multiple com-



Caty Hirst | City editor

plex surgeries, including brain surgery, and he is still suffering from a spinal fluid leak. A spinal fluid leak is a very, very bad thing and can easily lead to death if the

source of the leak is not found and dealt with. There is a 4 percent chance doctors will find the leak. Needless to say, Josh has had to come to terms with the possibility of death, as has his family. And death, as much as we hate to admit it, is scary.

My family has also had to reconcile the possibility of losing a loved one as my mom was diagnosed with Stage 3 lung cancer in December.

So we talked about his accident and how it changed his life. We talked about my mom and how hard this is for her. We talked about how these horrible things have become blessings for our families by bringing us all closer.

When it came time for me to leave for school, I urged Josh

to please get a Facebook. I knew coming back to school meant I would be too busy to call and talk to him on a regular basis, but I still wanted to retain this connection of someone who understood me and my fears.

I explained to Josh that Facebook is the best way to keep in touch with friends, and he just looked at me.

“Really, Caty? The best way?”

And I thought: Of course this was the best way to stay in touch. I get to talk with hundreds of people all over the world, how can this not be a win-win situation?

Josh seemed to sense my confusion, because he quickly explained that just because something is the easiest way, does not mean it is the best way.

And he is so right. I honestly cannot think of a time when I had a heart-to-heart conversation on Facebook. I cannot think of a time that my status update seriously affected someone’s life, or when a tweet rocked my world.

The handful of phone calls I get on my birthday mean infinitely more to me than the one hundred “Happy Birthday!” Facebook notifications I get.

The letter my boyfriend sends in the mail makes me smile all day—but a comment on my wall is, well, just easy.

The lack of effort that goes into Facebook, and most other Internet websites, makes them probably the cheapest form of communication.

Even if Josh had a Facebook, we never would have had the

conversations we had on Facebook chat. There are perhaps 10 to 15 people I keep up with on a regular basis. And those 10-15 people? I hardly ever look at their Facebook, and why would I? I talk to them almost everyday.

And the other 650 Facebook friends? I know nothing important going on their lives, and I probably never will. And that’s OK, because I know what is going on in the lives of people I care about.

I hope I never again make the mistake of assuming Facebook communication is an adequate substitute for the person-to-person contact I enjoy everyday.

Caty Hirst is a senior journalism major from Caddo, Okla., and the Lariat’s city editor.

theBaylor Lariat | STAFF LIST

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Opinion

The Baylor Lariat welcomes reader viewpoints through letters to the editor and guest columns. Opinions expressed in the Lariat are not necessarily those of the Baylor administration, the Baylor Board of Regents or the Student Publications Board.

Author talks about writing experiences

By Kavitha Muthukrishnan
MULTIMEDIA PRODUCER

Author Mark Andrew Olsen spoke to Baylor film and writing classes this week in a visit to his alma mater.

Q: Tell me a little bit about what you’ve done.

A: I’m an ’89 graduate of Baylor’s Professional Writing Program. I guess it’s called a major now. [It] was the very first year. I guess I was the first graduate. I have written nine published novels to date. I’ve had two studio feature films adapted from my work; one was a screenplay and one from a book I collaborated on called “Hadassah,” which was a bestseller, even though another guy’s name was on the book. I am currently involved with a number of other projects, which are kind of on the cutting edge of media and technology.

Q: How did you get started as a writer?

A: I started out as a basic English major, and I actually laid out and wasn’t sure if I was going to come back, and then I heard that there was going to be a professional writing major. And since that really was my love, I decided to come back.

Q: What was your first job?

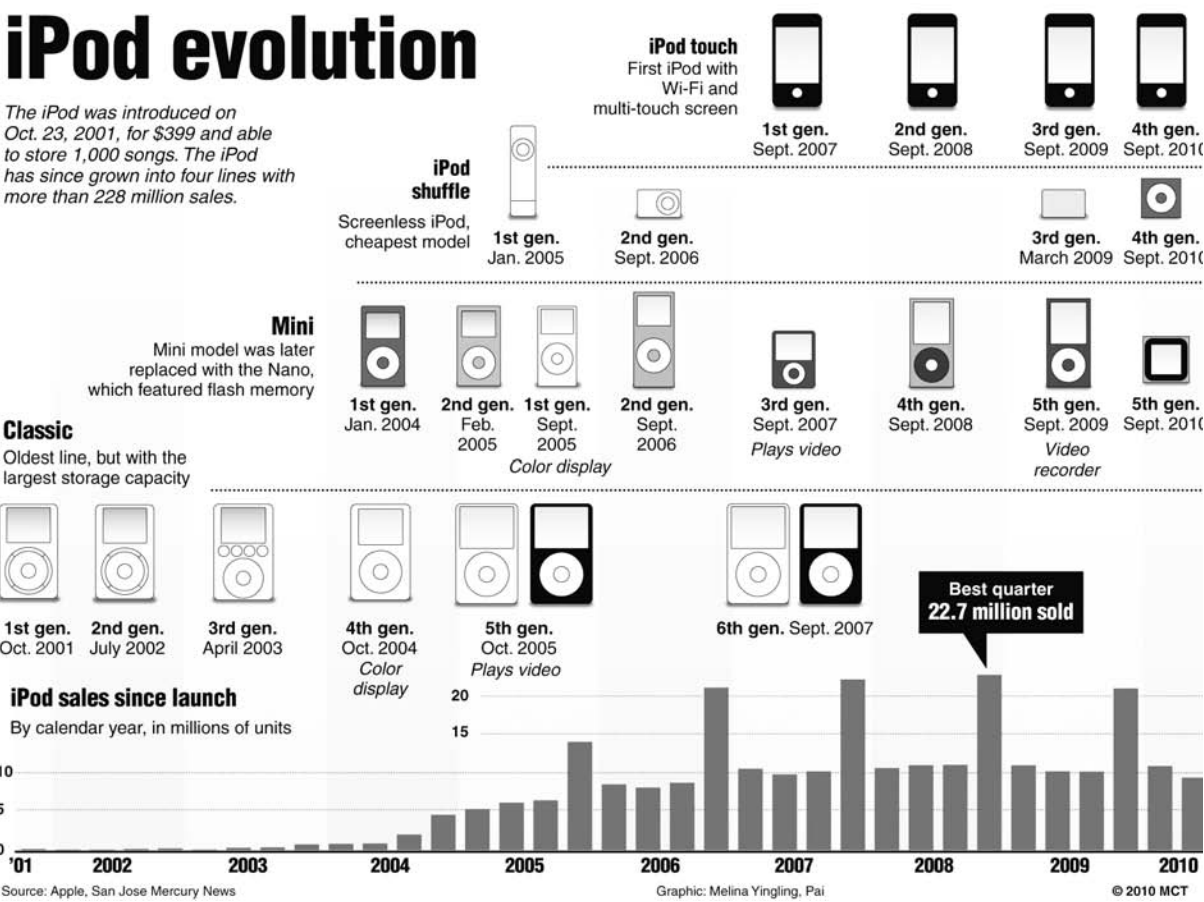
A: I got my first professional writing job with Word Publishing, which used to be a publishing giant... started here in Waco by a Baylor student in the ’50s, and I did it just to avoid getting a second job while I was finishing up my last year at Baylor. I actually crawled through the phone book and tried to track down a very cryptic last name that was in an ad in the Dallas Morning News, tracked the guy down at home, called his house. Basically pestered him into letting me have my first professional writing job.

Q: Who/what were your influences in becoming a writer?

A: As far as my influences, the greatest influence professional writing-wise was Bob Darden, [associate professor of journalism at Baylor]. He was a friend from the first day.

iPod evolution

The iPod was introduced on Oct. 23, 2001, for \$399 and able to store 1,000 songs. The iPod has since grown into four lines with more than 228 million sales.



Jobs reveals new Apple products

By Sarah Lundy
McCLATCHY-TRIBUNE NEWSERVICE

On Wednesday, Apple’s Steve Jobs stood before a crowd of reporters to unveil the latest gadgets and their features.

He mentioned a new and improved operating system, iOS 4.1, which will be available for free next week.

Jobs declared changes to the iPod were the “biggest changes” ever.

Here are the iPod highlights:

iPod Touch – It’s thinner. It has a retina display, which means a clearer screen. It will have a front facing camera and can do Face Time. The cost is \$299 for a 32GB and \$399 for a 64GB.

iPod Nano – It’s smaller and lighter. The Nano will have a touch screen that shows radio, clock, photos and playlists among other things. It has a 24-hour battery life. The cost is \$149 for 8G and

\$179 for 16G version.

iPod Shuffle – Apple brought buttons back. It also has a voice-over feature and will play 15 hours of tunes. The cost is \$49.

ITUNES

Jobs offered iTunes version 10, which has a new logo, and the site is entering into the social networking realm. Ping is a social network for music and is available on your computer and iPhone.

APPLE TV

Apple TV was introduced with not much fanfare in 2006 but people “love them,” Jobs told the crowd.

The company created a new Apple TV, he said. He held up something that looked about the size of a hockey puck. On the back, it has HDMI, USB, optical

audio and Ethernet.

Jobs said viewers just rent movies and TV shows. They don’t store any content on it.

He referred to iTunes as the largest online library. Customers can rent a movie for \$4.99 the day it comes out on DVD or buy a TV show for \$.99. (No commercials)

So far, ABC and Fox are on board but Apple believes other networks will join.

There are other features, such as the ability to stream Netflix and your computer. You can get photos from Flickr and MobileMe. Viewers will be able to push movies and photos from the iPad to the TV.

The cost is \$99—a drop in price from the original \$299. Apple TV will be available in four weeks.

Asher’s romance worth reading

By Lindsay Sprunger
THE COMMUNICATOR, INDIANA U.-PURDUE U.-FORT WAYNE VIA UWIRE

Stuffed poignantly with sugary charm, “Insignificant Moments,” a romance by Jeremy Asher, is a pleasant read with a hint of a storyline that has a whisper of Nicholas Sparks.

BOOK REVIEW

After spending much of his life writing for his own pleasure, Asher sent the woman he was dating (his current wife) a short story he had written as means of impressing her. With her encouragement to write a full-length book, Asher produced “Insignificant Moments” some years later.

Asher’s book takes the reader back and forth over the course of five years into the lives of three seemingly unrelated characters: Jaye, a library worker in the midst of a quarter-life crisis, Julie, a young woman trying to find a compromise between love and reality, and Anna, a widowed mother looking to start her life over again.

Over the years, they discover that their actions (their seeming insignificant moments) have a huge impact on their own lives and the lives of others. Companionship, grief, marriage, and love both won and lost lace each of their stories as they learn that life so often mysteriously works out for the best.

Though “Insignificant Moments” does tend to fall into a pattern of predictability that is often found in romances, Asher does a fairly good job of incorporating all loose ends which tie all the characters’ lives together in sometimes surprising ways.

This is an enjoyable, feel-good book for any afternoon or evening of light reading.

FUN TIMES

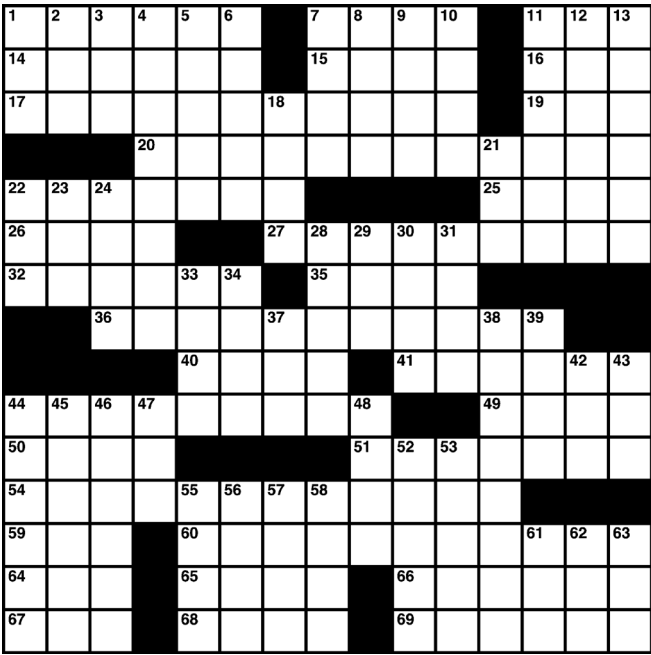
Answers at www.baylorlariat.com — McClatchy-Tribune

Across

- 1 Yankees’ div.
- 7 Deal
- 11 Jenny or jack
- 14 Alter, as boundaries
- 15 Slain shepherd
- 16 “Fer sher”
- 17 “Dense fabrics
- 19 Prior to, to Prior
- 20 “Ready to blow?”
- 22 Fettuccine follower
- 25 Aborigines of Hokkaido
- 26 Compress, in a way
- 27 “It’ll keep your hat on
- 32 Cat tail motion
- 35 Specialty
- 36 Three pairs of them end the answers to starred clues
- 40 Lots
- 41 Area 51 location
- 44 “Carquest stock
- 49 15-Across’s dad
- 50 Bingo call
- 51 Kettle pair
- 54 “”Top Chef” spin-off involving competitive baking
- 59 www address
- 60 “More than just grumble
- 64 Messenger letters?
- 65 Ain’t right?
- 66 Have suspicions about
- 67 One hairpin turn after another
- 68 Cribbage markers
- 69 Quixote’s squire ___ Panza

Down

- 1 Not easy, to a Cockney?
- 2 MGM mascot
- 3 59-Across ending
- 4 Botanical gardens
- 5 Soother
- 6 Rough wool cloth
- 7 Six-pack units
- 8 Notice with a bio, often
- 9 Czech hockey player Nedved
- 10 Threat ender
- 11 Music to a captain’s ears
- 12 Star sometimes seen oppo-



- site Venus?
- 13 Stepped on it
- 18 McDonald’s founder
- 21 Gathered dust
- 22 Six-pack units
- 23 Postgraduate study
- 24 Emma Peel’s hairstyle
- 28 “I wish I ___ seen that”
- 29 Factory outlet tag abbr.
- 30 Vegas gas
- 31 Identical
- 33 Show enjoyment at a show
- 34 ___ high note
- 37 Where the Lofoten Isl. are
- 38 Northwestern University city
- 39 Teen safety org.
- 42 Skip over water, as stones
- 43 Doc bloc
- 44 Officially retract
- 45 One-way street no-nos
- 46 Magnetic measures

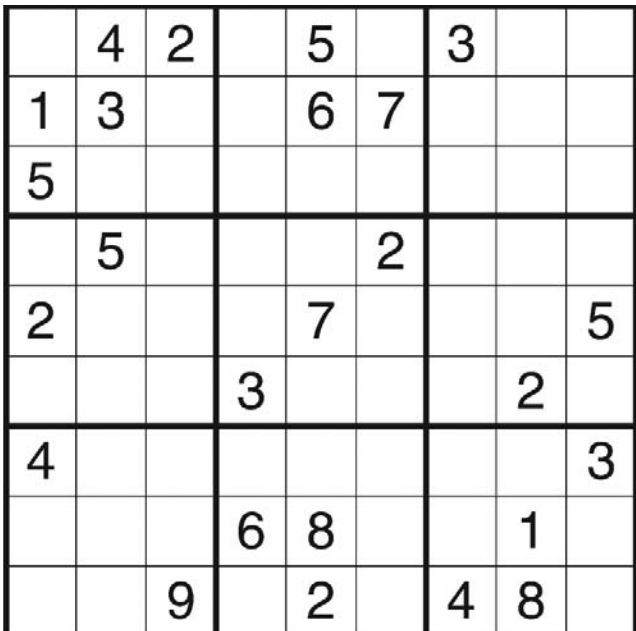
- 47 Hudson Bay prov.
- 48 Hook’s right hand
- 52 Saudis, usually
- 53 On the Aegean
- 55 Water waster
- 56 Slack off
- 57 Participate in karaoke
- 58 Grounded jets: Abbr.
- 61 Ltd. relative
- 62 Nonspecific extreme
- 63 “Koochie-___!”

SUDOKU

THE SAMURAI OF PUZZLES By The Mephem Group

Object: Each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

Level: **1** **2** **3** **4**



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Phillips, Jones ponder Cowboys’ final roster cuts

By JAMIE ARON
ASSOCIATED PRESS

IRVING — Every day since the start of training camp, and sometimes twice a day, coach Wade Phillips studies the Dallas Cowboys roster and picks the 53 guys he thinks should make the team.

He has to keep it fresh, because things keep changing.

Players improve or regress, get hurt or heal. It's not always as simple as erasing one name and jotting down another. If they play different positions, that could lead to another change. Or two.

Now, decision day looms. The 75-man roster the Cowboys will carry into the pre-season finale against Miami tonight must be trimmed to 53 by Saturday afternoon.

Phillips won't use Tony Romo and many other starters against the Dolphins to keep them healthy for the opener Sept. 12 at Washington. It also gives him a longer look at the guys fighting for jobs.

"I think this is a good opportunity to show you've got the ability to play or help us," Phillips said.

Cutdown-day decisions aren't as permanent as, say, the draft because guys can always be re-signed. Many will return to the eight-man practice squad, albeit for less money and will have to be added to the 53-man roster to play in games.

Yet there are similarities to the draft. These are the most and the toughest personnel decisions since then, and the process is similar: position coaches will lobby for their guys, Phillips will offer his big-picture view and the final say will come from

the man who pays the bills, Jerry Jones.

"What I'm looking at," Jones said, "is how they played in the preseason and how they've evolved from the OTAs and other things."

Picking the best 53 players is one thing. The challenge is balancing the best-overall list with the needs at each position because the needs at those positions change every year.

To get a better grasp, look at Dallas' season-opening roster the last five years, spanning Phillips' three-year tenure and the final two years under Bill Parcells.

Start with the most high-profile spot, quarterback. The Cowboys kept two quarterbacks from 2006-08, going with three in '05 and last season. Most teams keep three because the league essentially encourages it by allowing clubs to suit up an emergency quarterback who doesn't count against the 45-man active roster. (Oh, yeah, that's another thing: Even though there are 53-man rosters, eight guys are designated as "inactive" on game day.)

In 2007, Romo's first full season in charge, Dallas kept only Brad Johnson as his back up and released an undrafted rookie in hopes he would clear waivers and return to the practice squad. Instead, Carolina claimed Matt Moore and, because of injuries, he started games that December. He goes into this season as their main man.

That could be a factor as the Cowboys ponder Stephen McGee, a third-round pick last year who hasn't exactly lit it up, but is getting a big chance by starting against the Dolphins.

"We feel like Stephen's the kind of



ASSOCIATED PRESS

Dallas Cowboys No. 7 quarterback Stephen McGee is hit by Houston Texans defensive tackle No. 67 Malcolm Sheppard during an NFL preseason football game Saturday in Houston. Coach Wade Phillips and owner Jerry Jones are contemplating keeping McGee on the Cowboys' 53-man roster.

guy we can continue to try to develop as a backup player and a player who is playing all the time down the line," offensive coordinator Jason Garrett said. "We're still going through that process of evolution

and when you cut down that roster, you got to factor a lot of different things. ... It's the third quarterback vs. the tight end vs. the defensive back vs. the linebacker vs. the lineman."

Christenson, Bears thrash UTSA with solid hitting, stingy defense

By RACHEL ROACH
SPORTS WRITER

In their first away match of the season, the Bears enjoyed a sweep (25-19, 25-16, 25-17) against the University of San Antonio Roadrunners.

Baylor shined on offense during the match. Coach Jim Barnes had great things to say about his team after the game.

"This feels like a whole new team," Barnes said. "[We] really saw everyone step up and contribute, and that's what we were hoping for."

The Roadrunners caught up with Baylor's lead in the first set, only leaving a one-

point deficit at 12-11. Senior outside hitter Ashlie Christenson commented on the team's mood, saying, "I think we came out of the timeout really slow and just didn't have the mentality of going in."

However, the Bears quickly pulled it together, took back the lead and got UTSA out of their rhythm, winning the set 25-19.

In the second set Baylor took and kept the lead again. UTSA's offense was starting to click in the middle of the set, but that was no match for Baylor's attack and the team's ability to keep the ball in play and take smart swings. Briana Tolbert and Elizabeth Graham also did a great job on defense in the set with their blocking abil-

ity, and the team finished 25-16 in the second set.

Out to seal the game in three sets, sophomore Torri Campbell quickly earned the team a 5-0 lead with her four consecutive aces in the third set. Graham also played a big role in the team's success by putting the ball away, acquiring a .636 hitting percentage by the end of the match.

Christenson was a top player as well, her knowledge in picking and choosing great spots on the court that benefited the Bears. Finishing the game with 12 total kills and an impressive offensive display, the senior attributed the success to teamwork.

"I think we've just been working a lot on our passing," Christenson said.

Barnes was more than pleased with Christenson's performance against the Roadrunners.

"Ash had a great night [as] a veteran type player," Barnes said. "You have to love the spirit she plays with."

The team fed off of the energy in the gymnasium and never let UTSA score more than 19 points.

There was an all around team effort concerning hits, serves and defensive plays for a strong finish for the Bears. It was a match the team needed in preparation for its upcoming tournament. The Bears

are scheduled to play another away game against the No. 6 preseason nationally ranked University of Minnesota at 8 p.m., Friday, in the Diet Coke Minnesota Classic.

Other matchups includes No. 21 pre-season-ranked Dayton and No. 24 Northern Iowa, both of whom qualified for the NCAA tournament last year.

"Apparently we're the team that's not supposed to win in this tournament. We've got a lot to go there and prove," Barnes said. "We definitely carry momentum with us. We're looking forward to it."

The Bears return home next Tuesday to take on TCU at 7 p.m. in the Ferrell Center.

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Counseling Center adds mind-body health services

By MEGHAN HENDRICKSON
STAFF WRITER

The life of a college student is filled with stress, anxiety and sleeplessness. Baylor's Counseling Center recognizes these issues and is making a way to help students manage those stresses through new mind-body health services they will be providing this fall.

There are several new opportunities to learn about mind-body health this semester. Mind-Body Skills Training and a new mind-body health course are just a few of those ways to learn how to improve your health.

"There are mind-body skills and practices that have been around for thousands of years that we are only now discovering in psychology and medicine how effective and powerful these are," Dr. Roderick Hetzel, staff psychologist for counseling services, said.

"Research shows this improves success and well-being; this is truly a win-win program for Baylor stu-

dents."

The Mind-Body Skills Training has six individual counseling sessions with a staff psychologist who specializes in mind-body health.

The Mind-Body Skills Training is a new program created to assess mind-body health skills and provide a framework to use those skills in life by practicing them.

Hetzel said five main lessons will be learned through the six individual sessions of Mind-Body Skills Training:

1. Students will be taught skills to elicit relaxation responses, which are the physiological responses that the body goes through when it is feeling deeply relaxed and are the opposite of the stress response.
2. Students will be taught positive coping skills to deal with stressful things they deal with and will learn ways to reduce anxiety, stress or depression.
3. Students will learn how to eat healthier and therefore have a greater well-being.
4. Students will learn the impor-

ance of rest.

5. Students will connect with deeper faith and spirituality because having a sense of purpose and meaning in a student's life is important.

"Mind-body health is skills and practices that have been shown through research in medicine and psychology to have lots of positive outcomes," Hetzel said.

"And mind-body skills are part of Christian spiritual tradition. They called it different things, such as contemplative prayer and lectio divina, but it is essentially the same thing. These science-based treatments are also faith-affirmative."

According to the Baylor Chaplain, Dr. Burt Burleson, lectio divina means 'divine reading.' Lectio divina was developed by contemplative monks who found that when you sit with scripture and go slow, it is a form of communion with God.

"Sometimes we look at Scripture doctrinally, thinking to ourselves, 'What is this teaching me? How do I need to change? What does this

mean to me?'" Burleson said. "This is a good place to start, but what people noticed as they began to read sacred, old Scripture was that as they slowed down they met the old and saturated themselves with small parts of Scripture."

Christian tradition and historical spiritual practices play a large part in one's mind-body health.

"The body is another avenue for knowing God," Burleson said.

"We tend to think that knowing is what is happening in our head, but that is just one form of knowing. Though it is very important, the body is another instrument. If you kneel over and over, what might you come to know about humility instead of just thinking about it? Think about the scales you play on the piano that bore you to the core, and then one day you're playing something beautiful. Intuition is another way to know God. To the degree that you leave out any of those ways of knowing, you are going to be less spiritually healthy - everyone has a strong point and a weakness."

You don't have to be a Christian to take part in the mind-body health services the counseling center offers, though.

"We're presenting the best we know from science and psychology, but also in a spiritual framework that's from our Christian tradition," Hetzel said.

Counseling services are also offering a one-hour credit course titled EDP 1101-11: Mind-Body Skills for Stress Management and Academic Success held from 3:30-4:30 p.m. on Mondays Oct. 18 to Dec. 6. Students can still register for the course to learn valuable lessons and develop practical mind-body skills to enjoy greater well-being.

The counseling center has two staff members who are Harvard Medical Center-trained in mind-body medicine.

"If students are finding that they are feeling very stressed, if they're worried a lot, if they're having a hard time sleeping, or if they feel tired or fatigued, or easily upset and angered, if they become emotional

very quickly, or certainly your typical signs of depression, profound sadness, crying frequently, worry about body image or eating - all things a student should really pay attention to, they should consider mind-body health services," Hetzel said. "Here's a really neat thing - so often we have these feelings and we try to avoid them and sweep them under the rug, but they're warning signs there to teach us, so by avoiding them, we miss the lesson."

The M&M hour, short for meditation and mindfulness, is another mind-body health program started at Baylor last spring as a way to provide students with a broad range of meditation and relaxation approaches.

The M&M hour meets at 4 p.m. every Tuesday and Wednesday. Students do not need to make an appointment and there are no commitment fees attached to the hour. Research shows that the approaches learned in the M&M hour reduce stress, anxiety, depression, grief and eating struggles.



MATTHEW HELLMAN | LARIAT PHOTOGRAPHER

I'm on a Boat.

Campton Hills, Ill. junior Jake Dahms and Midlothian senior Matt Allen give Waco sophomore Sean Welshimer information about the Baylor Water Ski Team while sitting on the team boat Wednesday at Fountain Mall.

DAVIS from Page 1

demographic consequences of what we are doing. And so I think her business background brings a different perspective, and that is not to say that she doesn't have the same kind of educational grounding. It is just that it varies."

Davis said that although some might think she will give the business school preferential treatment, as a student there, she was taught to make decisions based on sensibility.

"I think people will suspect that the business school might receive greater favor, but my training from way back when I graduated from Baylor was to say that you understand and evaluate the landscape, and then you make the decision that makes the most sense for the organization," Davis said, "and sometimes that means the business school will benefit and sometimes it means one of the other academic unities will."

Davis will be leading the effort

to launch the university's strategic planning process, in which she said she hopes to engage the whole community.

"What I hope to accomplish with that is to be sure ... all constituencies feel that they have the opportunity to have a voice in what our next strategic vision will be and to be as open about the process as I can be," Davis said. "Everyone who has a stake in Baylor will have the opportunity to indicate where they think Baylor should head."

In her time as provost, Davis also hopes to help improve the new student experience. To do this, Davis and Dr. Kevin Jackson, vice president for student life, are working to increase the collaboration between academic affairs and student life, Davis said.

"Of course collaborations already exist in things like the living-learning center, but he and I are committed to do more and really keep this on the front burner of

our thinking that this is a joint effort," Davis said. "The whole new student experience needs to be sort of a seamless series of events that are designed to create the right environment and the right programming for all new students."

In the future, Davis said she also hopes to see Baylor reach top-tier status while maintaining its distinctive Christian mission.

"As far as the free-church tradition goes, we're about the only ones that are going to be able to do it, and there are a lot of folks who think we can't do it, and there are a lot of folks who hope we can't," Davis said.

"I think it's our obligation to be the light in the academy, and we can only do that as a top-tier institution. The thing that we need to always be aware of, though, is that we're not doing it to bring acclaim to Baylor University, but it's so that we can be the light on the hill that Christ calls us to be."

Intramural from Page 1

and what they offer to the overall program.

"Organizations will get medals and it will kind of have an Olympic feel to it," Hill said. "The good thing about it is that it won't be just Greeks. Everyone will be able to participate."

The Green and Gold Games is a one day event taking place Oct. 9. Organizations can enter as teams or individuals, depending on the event in the Green and Gold Games tournament. For example, the rock wall event will require only one participant per organiza-

tion, while soccer will require six members for a team.

Kickball will last for two weeks with games beginning Sept. 13. A team consists of 10 players and at least eight players are required to start the game. Kickball is a double-elimination tournament.

Baylor Intramurals offers students the opportunity to choose between two levels of competition in which they wish to participate. Division I, for example, is directed toward students who want to play in a more competitive environment, while Division II offers a

more recreational style of play.

"Intramurals provide the opportunity for people who have participated in sports in the past and people who have never played a sport in their life...the opportunity to participate in events they are interested in with other people who share the same interests," Hill said.

Colleyville senior Taylor Hazlewood says he is impressed by the vast accommodations provided by Baylor Intramurals and the opportunities the games present.

"I'm really excited about the upcoming intramural season," Ha-

zlewood said.

"The new games will hopefully bring about new interest from different organizations and give students a chance to get involved in different sports that they might not otherwise have gotten a chance to play."

Students who do not have a team to play on but still want to get involved can enroll in the Free Agent program. Students registered will then be assigned to existing teams or the Intramural department will create a new team composed of free agents.

"The advantage of intramurals is that you get to interact with different people while doing something you enjoy and staying in shape," Hazlewood said. "It definitely helps enhance your whole college experience," Hazlewood said.

Irving junior Corbin Bahcall has been playing intramurals since his freshman year and encourages people to get involved regardless of whether they are in an organization or a free agent.

"One of the best things about intramurals is that it brings stu-

dents from different organizations together and helps create a healthy competitive environment among those students at Baylor," Bahcall said.

For more information regarding Baylor Intramurals, visit www.baylor.edu/campusrec/intramurals/ or stop by the office located inside the McLane Student Life Center.

The registration deadline for the Green and Gold Games is Sept. 16 and the registration deadline for kickball is today. Registration for both intramurals is \$25 per team.

Griffin from Page 1

offense runs according to plan, however, the weapons around Griffin will move the ball just as explosively.

Wide receivers Laneous Sampson and Terrance Williams and inside receiver Kryss Buerck have caught touchdowns from Griffin during the team's three fall scrim-

mages. Along with inside receiver Kendall Wright, who saw limited action in the scrimmages, the receiving corps gives Griffin many options before resorting to scrambling.

The offensive line finds its job of keeping the pocket open is easier with Griffin at the helm.

"He'll make something happen," center Danny Watkins said. "If he gets in a bind, he's gone. I remember the first game I ever played with him against Wake Forest. He got in a bind, and all I saw was the No. 10 streak go by."

The Bears face stiff defensive opposition in 2010. Last year all

five of Baylor's Big 12 South foes ranked in the top 20 for team sacks, and upcoming opponent TCU was 31st with 32.

One thing is certain: Whether or not coaches, fans and teammates are ready to see Griffin tackled, he and his knee are prepared to take it in stride.

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