
The truth about food is that it is

At the

CORE



of everything

DP&BU

A special bond
between Dr Pepper
and Baylor runs
deep, wide

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Grounded cause

A local coffee cupping
looks to support
Guatemalan orphanage

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Diamond delights

Baylor Ballpark offers
more than just peanuts
and Crackerjacks

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Food's reach allows for beefed-up coverage

Here's the thought I had: Let's write about food. I thought of the idea to dedicate months of work to such a broad topic, thinking I wouldn't get past the brainstorming stage. In the concept stage, however, I realized food is at the core of everything. In reality, the prevalence of food has lulled humans into an ignorant trance that takes many forms.



Nick Dean | Editor in chief

For instance, the overindulgence state — where some humans consume so much food, according to a recent study, they have become just as addicted to food as drug addicts are to narcotics. Then there's the ignorance state — where food intake is all some humans think they can control, causing them to starve themselves.

But food affects all of us — not just the major eaters or the body-conscious. Food affects religions and careers. It has a stake in the U.S. economy and propels the business models of several multibillion-dollar food chains.

And with the haves come the have-nots. The intriguing aspect of food is that any food will suffice when it is scarce. When someone has gone days without eating, in kicks desperation — a feeling so intense and painful there are campus and national organizations solely dedicated to the cause of filling the stomachs of the hungry.

But as we begin to settle into somewhat affluent

lifestyles, we expect more from our food, invest more into nutritional habits or disregard all forms of discretion.

The last tendency is the most detrimental. It's the reason the first lady has dedicated her time to warding off childhood obesity. Americans have forgotten that preparing your own food and eating foods grown from this soil are actually enjoyable — and healthy — activities. There are, however, trends fighting against American forgetfulness. There are the homegrown food lovers and the people who choose fresh over frozen. And there are the local restaurant owners looking to provide simple meals with wholesome nutrients.

We all have different views on food — for the daily volunteers and the hungry, food is at the epicenter of their lives. For the busy-bodies always on the go, food is seen as a hassle, taking precious time away during which they could be working.

It's interesting, then, how there are so many organizations set out to change our perceptions of food. Perhaps we have to understand its ubiquity before we transform our perceptions.

The Lariat staff set a precedent last semester, winning a national first place award for its special section on Generation Y at this year's Associated Collegiate Press conference. Clearly, the staff's hard work paid off. But I think special sections — particularly those sections that are done exceptionally well — offer more than a chance for a staff to garner awards.

Special sections are focused. Centered on one topic, staffs delve into an adventurous species of journalism. The best special section writers are on the prowl for the angles others have consistently missed regarding the sections' specified subjects.

The Lariat staff has been back on the hunt for the past month. And this time, we bring you nothing but the best stories surrounding a foundational aspect of human life — food. Chew on this, Baylor Nation — there's much information-rich content here for your brain to digest.

— Nick Dean, editor in chief

Fast Facts

>> 925,000,000
the number of people who do not have enough to eat.
of those hungry

- 578 million are in Asia and the Pacific
- 265 million are in Sub-Saharan Africa
- 53 million are in Latin America and the Caribbean
- 42 million are in the Near East and North Africa

>> 65 percent
of the world's hungry live in only seven countries:
> India > China > Democratic Republic of Congo
> Bangladesh > Indonesia > Pakistan > Ethiopia



Graphic by Nick Dean

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Photo illustration by Nick Dean and Amy Heard

Waco community joins to feed kids

By Sara Tirrito
Staff writer

For the 27,000 students on free and reduced lunch at schools in McLennan County, finding balanced meals throughout the summer can prove challenging.

This year, several Waco groups are joining together to strengthen the city's branch of the USDA Summer Food Services Program, which provides free meals to any child between the ages of 1 and 18 at various sites throughout the summer regardless of their socioeconomic status. Some sites provide breakfast as well. Sites are located at various schools in Waco, Connally and La Vega Independent School Districts, and also at other organizations and churches that volunteer to become sites.

"Part of the challenge with hunger issues is there's not really anybody that it stops with," Alexis Weaver, a member of the executive committee of the Food Planning Task Force of McLennan County and director of community development for the Greater Waco Chamber of Commerce, said. "It's not anybody's responsibility, and so we really want to make this feel like it is a community responsibility."

Currently, the program in Waco faces some challenges. Not all of the sites at schools can stay open once summer school ends because of the cost of keeping buildings open and having staff present. Transportation to the sites has also been a hurdle for some students, and Weaver said many do not even realize they can receive the free meals without being enrolled in summer school. But this year, the

Food Planning Task Force of McLennan County, the McLennan County Hunger Coalition and the Baylor School of Social Work chapter of the Texas Hunger Initiative are partnering with local school districts, church congregations and community groups to help increase the number of sites available for the Summer Food Services Program and to increase student participation in the program. The groups are being asked to plan simple activities that last 45 minutes to an hour and a half to encourage the students to take advantage of the program.

"Research shows that just saying 'come eat free food' is not enough to bring people out. And so what's really needed is essentially almost like a mini summer camp. It doesn't have to be a lot or an extensive activity, but being able to promote like come and read this summer or come and play basketball or whatever thing," Weaver said.

Last Tuesday, the Food Planning Task Force of McLennan County, the McLennan County Hunger Coalition and the Baylor School of Social Work chapter of the Texas Hunger Initiative hosted the area's first Summer Meals Summit to bring the churches and community groups together to discuss what they can do to strengthen the program this summer. Weaver said three churches signed up to serve as feeding sites at the summit and others agreed to meet again for further discussions in the coming weeks. Getting the community involved in the program has been a longtime goal of Cliff Reece, Waco Independent School District director of child nutrition services. He said the community's involvement will help get the word out, and that the passion and commitment of those volunteers will help increase families' comfort and participation in the program.

"Once you get to that level, there's a lot of confidence between them and people feel comfortable," Reece said. "If you can get the community to buy into something, understand it and then disseminate the information, I think we can actively get more

children involved in the program, especially the kids that need the program."

Reece said he hopes community involvement can also help to bolster participation even after summer school ends so the school district administration can support keeping more school sites open through the end of summer, despite costs. The district generally has 27-32 sites, about half of which are located at schools.

"In the past, unfortunately, when summer school ends the participation drops dramatically," Reece said. "What I'm hoping is through the community effort, we can keep those participation levels up and we can keep those sites open."

The Rev. Kenneth Moerbe, chairman of the McLennan County Hunger Coalition, said it is important to expand the Summer Food Services Program because there is poverty in Waco, but there is also nutritious food available for those who are hungry - many simply don't know that it is available. Moerbe said the results of poverty in Waco are often visible in the obesity of children who have had to substitute fast food and other unhealthy options for more expensive fruits and vegetables that their families cannot afford.

"Wherever there's poverty, there's hunger. It's not the kind of thing that you see in Third World countries," Moerbe said. "You are going to see a lot of obese children."

Because the Summer Food Services Program is federally funded, sites are reimbursed for the food they distribute to those under 18. However, grants and donations are needed in order to make meals free to parents and guardians accompanying the students. When such funding cannot cover the cost, parents and guardians can eat for \$3 per meal.

The McLennan County Hunger Coalition has provided funds for the past two years to allow parents to eat in an initiative called Have Lunch on Us, and will be doing so again this year. Last year, the funds were distributed to five feeding sites in

the area and approximately 500 parents were able to eat for free.

"We thought it would be encouraging to parents to bring their children if we bought them lunch," Moerbe said.

Anyone under the age of 18 can eat at any site for free no matter where they live, where they go to school or their socioeconomic status.

For those with interest in volunteering for Summer Food Services Program, Reece can be reached at 254-752-5522 or creece@wacoisd.org.

Fast Facts

- Of the 19.4 million children who receive free or reduced-price lunch each school day, less than half receive breakfast and only 11 percent access summer feeding sites.

- For every 100 school lunch programs, there are only 86 breakfast sites and just 34 summer food program sites.

- Nationally, more than 30 percent of children live in low-income working families (families who earn less than twice the poverty line).

- Nearly one in four children is at risk of hunger. Among African-Americans and Latinos, one in three children is at risk of hunger.

Source: Bread for the World

Over the Limit and Around the Binge

By Leigh Ann Henry
Reporter

The word addiction brings to mind images of people popping prescription pills, injecting, inhaling or smoking dangerous substances. Most people don't realize an addiction can be just as dangerous with a seemingly innocuous substance vital to a person's survival: food.

According to the "Neural Correlates of Food Addiction" study published in the March 2011 Archives of General Psychiatry, food addictions activate the same areas of the brain as hard drug addictions.

This test is not the first to show correlation between food and drug addictions — researchers have been aware that both food and drugs trigger the release of dopamine. This study marks the first time the correlation between food and drug addictions has been researched among food addicts.

Some characteristics of food addicts include consuming spoiled or frozen foods or hiding food much like an alcoholic will sometimes hide alcohol, said Naomi Lippel, managing director of the world service office at the world headquarters of Overeaters Anonymous.

Also, food addicts may eat an acceptable amount when in public or with company, but binge eat at home until they've made them-

selves physically sick or pass out.

Overeaters Anonymous is a support system based out of New Mexico that addresses food and compulsive eating in the same way Alcoholics Anonymous seeks to aid an alcoholic in their recovery.

Overeaters Anonymous holds meetings in Dallas, Austin, Fort Worth and many other areas including Waco on Monday evenings.

One-third of the American adult population is considered obese, and obesity is the second-leading cause of preventable death, according to the study.

According to the Centers for Disease Control and Prevention, obesity falls second to smoking.

"Not everyone who comes to our meetings struggles with obesity; maybe due to their weight they become depressed and suicidal or a lot of them may binge eat and then throw it up or over-exercise to avoid becoming fat, but they still have a problem," Lippel said.

Overeaters Anonymous hosts more than 6,700 meetings in 80 countries, Lippel said.

"It is a 12-step program designed to address physical issues and also the underlying cause of the eating

problems," she said.

Lippel draws similarities between the characteristics of food addicts with those of alcohol addicts. The abuse of food parallels that of drugs as well.

"Both drugs and food can be a compulsive behavior that people turn to when they're under stress and pressure," Dr. Don Arterburn, addictive behavior specialist at Baylor, said.

A team of researchers at Yale University, headed by doctoral student Ashley Gearhardt, the investigation completed in March 2011.

The study used the results of brain activity in 48 women of varying weights, from thin to obese, all diagnosed with a food addiction called binge eating.

Researchers used a functional magnetic resonance imaging to study the women's brain activity.

Initially, they were simply asked to look at a chocolate milkshake and results from this test showed brain activity in the anterior cingulate cortex and medial orbitofrontal cortex, which are the same areas that have been accused of activity in an addicts urge

to use hard drugs.

Researchers chose to use chocolate milkshakes because they are so high in fat and sugar.

There were several factors not addressed in the study, two of which were only women were tested and hunger was not taken into account.

There has been a recent rise of eating disorders in the male population, Arterburn said.

"Compulsive eating may induce obesity which comes with a whole host of issues like heart disease or diabetes. Perhaps being overweight they have run the gamut with every diet and not having luck become depressed or suicidal," Lippel said.

During the study, the part of the brain that reacted to the milkshake lead researchers to the conclusion that food addiction is probably based on the idea of reward. By eating food, the addict is rewarded with a good taste.



Reaching for the Stars...

By Bonnie Berger
Reporter

The lights burn bright as members of the crowd talk among themselves, a dull drone humming throughout the room. Jennifer Bell, a 22-year-old University of Texas student and singer, takes the stage at a local coffee shop, centering herself before performing her newest work.

"It's nerve-wracking putting yourself out there with your music," Bell said. "I don't have an instrument to hide behind — it's just me out there."

Without an instrument to blame for hitting a wrong note or any external factors to hold accountable for a mistake, Jennifer internalizes this strain as it ultimately manifests itself in unhealthy and unconventional ways.

"You see these pictures of beautiful singers and celebrities looking trim and polished," she said. "How am I going to 'wow' an audience if part of my physical performance is lacking?"

Admittedly skipping meals to shave off the pounds, the aspiring vocalist said she hopes the combination of her voice and appearance will get her the fame she craves.

"As a performer, people are always looking at me. ... I don't want them to be disappointed," she said.

Unfortunately, Jennifer's mindset and coping methods are not uncommon for those in the spotlight.

"When you're involved in performing, you want to be the best," Dr. Emma Wood, Baylor Counseling Center staff psychologist, said. "The healthier attitude would be to be your best."

A strong sense of perfectionism, low self-esteem and extreme self-discipline are key components in developing unhealthy eating habits, Wood said.

"You fall into this mindset of 'I know I'm hungry, but I'm going to ignore that because it's not giving me the body I need to perform,'" she said.

Such mindsets are reinforced through coaches, trainers and even parents as the weight continues to drop.

"There's a pressure to embody the certain look culture and society call for," Wood said.

Wood said a disturbance in one's sense of identity springs from a skewed body image, resulting in deep-seated issues that must be addressed in order to overcome the disorder.

Similar to drugs and alcohol, disordered eating can become addictive, taking over people's lives before they realize it.

"If you get addicted, it's a slippery slope. ... People don't know that," Bell said. "A lot of times, we're trying to defy genetics. Only 5 percent of women are genetically capable of achieving the model look."

Although falling into unhealthy habits seems overwhelming, such disorders are beatable with determination, self-love and a strong support group.

"Early prevention is key," Wood said. "Con-



PHOTO ILLUSTRATION BY MAKEELAH CRUTSON

sidering the 'new normal' is not normal. Go seek counsel, or check in with a friend with [a] healthy body image."

In a society where thin reigns supreme, artists who have embraced their curves have found success in the music industry and happiness to be easily attainable.

British vocal powerhouse Adele Atkins, known for her recent hit "Rolling in the Deep," is one such example, tossing criticism to the wind and accepting herself as she is, not striving to look like the typical performer.

"I don't believe I need to look like that," Atkins said in a 2008 interview with "The Observer." "Until I start not liking my own body, until it gets in the way of my health or stops me having a boyfriend

then I don't care. I'm fine."

Despite the prevalent mantra that thin is the preferred look these days, individuals have their own unique body type and structure, making an excessive amount of weight loss unhealthy as well as undesirable.

"It's a constant struggle to accept yourself where you're at, but it's going to be worth it when I find that balance between my singing and appreciating the way I look," Bell said. "I want to be able to look back at this someday and feel good about how far I've come. ... I want to start really loving myself."

The Counseling Center offers a myriad of services to help people struggling with body image or weight issues. Along with providing a specially qualified eating disorder assessment team and gen-

eral counseling, women and men's issue groups are available as well. Recent efforts such as the "I Heart Me" campaign also strive to reinforce positive body image in students. Located on the second floor of the McLane Student Life Center, the Counseling Center can be contacted at 254-710-2467.

"It takes a lot of strength to know when you need help," Wood said. "A lot of the time your friends are going through the same thing. Seeking help is not saying you're weak; it's a tribute to your strength."

For privacy purposes the name Jennifer Bell is a pseudonym.

Urban café with restorative roots

The Olive Branch balances business with charity while adding to the ongoing restoration of downtown

By Nick Dean
Editor in chief

It's 9:01 a.m.

Two men leave after sitting and talking over a cup of the downtown blend and the plantation blend — dressed ready for work. They are headed in for the 9-to-5 day.

Four women sit around a center table, Norah Jones' smooth voice audible but not blaring. Laughter and smiles ebb and flow throughout the women's conversation. Juxtaposed behind them on an olive green wall in a white, heavy serif font is the mission of this place: The Olive Branch is to me a symbol of the promise of restoration and of things to come. Leah Stewart, owner of The Olive Branch restaurant, wrote that at the start of her business. And now, after two moves, she has resettled in downtown Waco, a location in need of her restorative dreams.

Stewart's bakery and café originated in August 2003 at the corner of Sixth Street and Franklin Avenue. After five years at that location, Jonathan Graves, assistant manager for The Olive Branch, said the restaurant was asked by the Waco Town Square project to move downtown.

"[Stewart] wanted to be one of the first businesses to help that. She has been huge for downtown and wanting to get this place revitalized," Graves said. "So she went out on a limb, moved her business to the Waco Town Square project, which didn't get finished in time and that caused her to be shut down for eight months."

A delay in the town square project closed the restaurant for eight months — though Graves said the restaurant retained most, if not all, of its customers despite the major lapse before it moved to Austin Avenue and Fourth Street. The Olive Branch outgrew that space after only 13 months and found its current location — a 5,200-square-foot space nestled below the Shops at River Center.

The new location allows The Olive Branch to keep all of its operations on one level for the first time.

The restaurant's new kitchen is the largest The Olive Branch has ever had. The large space gives Stewart and her crew plenty of space to work and Stewart said the extra space allows her to keep raw and cooked food preparation separate. On the second level are offices and a balcony.

Garza said the restaurant's long-term goals include adding additional seating space on the second level once the number of customers calls for

that extra space. Currently, half of the first floor space is used as the retail restaurant — with round and square tables adorned with fresh flowers filling the space in between the brick and Sheetrock walls that stretch upward in the warehouse-like shop.

What happens at those tables, such as eating and conversing, is what matters most to Stewart.

Meant to cook

Stewart, a Baylor alumna, took to food as a major form of entertainment in college. She preferred putting together dinner parties to the traditional dinner and a movie. Perhaps an earlier sign of food being a major part of Stewart's life is when her grandfather was in the hospital when she was in high school. Stewart, stressed throughout her grandfather's hospital stay, found relief in cooking. Her mother — returning home from visiting with Stewart's grandfather — found Stewart in the kitchen surrounded by a three-layer cake, four dozen cupcakes, decorated cookies and a pan of brownies.

"Cooking and baking was soothing for me," Stewart said. "I enjoyed it. And we ended up giving all that food to the nurses."

The Olive Branch specializes in breakfast and lunch and offers a variety of simplistic food combinations, which to Stewart are not "fancy," offer wholesome portions and healthy ingredients.

"It is really important for me that this be a place for all people from different walks of life, belief systems, to feel like this is home," Stewart said. "I want them to sit down, eat some good food that they know what is in it."

College kids: A generation of foodies?

Stewart doesn't believe the misnomers of college students as Ramen noodle-only eaters or as a population of drive-thru-loving haphazard eaters.

"I think students are interested in putting their money toward a healthy option. College kids will come in here and order a chicken pesto and they know they are going to pay more for it," Stewart said. "It is not a Big Mac or Wendy's drive-thru, but they'll take half home for dinner. It is definitely healthier and it is a big portion."

A rarity in comparison to the mega fast food chains that populate Waco, The Olive Branch bakes and prepares all of its food on location. Graves said the restaurant is looking to attract more college students by offering small foods — like bagels and cupcakes — that are affordable.



JED DEAN | LARIAT PHOTO EDITOR

Lynnne Gackle, an associate professor in the School of Music, and graduate student John Lassitter talk over lunch at The Olive Branch.

"College kids can come in here, say from like 1 to 3, after the lunch rush and can have coffee and a bagel and not spend 8 bucks on a meal, but you can get a good and well-prepared snack," Graves said.

"We want that atmosphere, too. For them to come in during the morning or afternoon and enjoy this space."

Stewart describes her establishment as a restaurant with a coffee shop feel. Her goal is to have students utilize the free Wi-Fi and large tables before and after the lunch rush, a hybrid she said she hopes to maintain throughout her business' life.

"I think that downtown is really close and Baylor kids still don't come to downtown," Stewart said. "With Baylor expanding, they are going to be forced out of their comfort zone. I think it is really important right now to establish a downtown that attracts college kids."

A delicate balance

Waco — which holds the fifth-highest homelessness rate in Texas — is a setting that causes restaurant owners to confront the need of the city's homeless while simultaneously trying to stay profitable.

Stewart, a Christian from a young age, said she has had to seek out plausible ways to help the homeless that stand outside her door.

"Homelessness was something I struggled with a lot in my first location at Sixth and Franklin. It hasn't been bad here. But as a local business owner, I have a big concern, and not just from a business standpoint but from a heart standpoint, too," Stewart said.

art said.

"I am concerned for those people; I am concerned also for my business. It is hard sometimes to make decisions that encompass both. I can't give someone a sandwich every day. That is not an applicable thing for me."

The Olive Branch is in the process of partnering with Project 254, an initiative that works with local businesses in an effort to raise funds for the various needs of the community. Products at the participating businesses — like Stewart's cookbook that is on sale at The Olive Branch — are listed as part of Project 254 and a percentage of each sale goes toward providing funds for the less fortunate.

"It's a way to help the people standing outside my door and to help them in their efforts to re-establish life. It is staying in this community," Stewart said.

"With my heart for the Lord, I have always felt a need to help my community. I am planted. I am involved and help my community. I am excited to help the people that are right here, right outside my door. To be able to choose something that helps this community, I am ecstatic. It is a win-win for me and the people outside my door."

Stewart said balancing the desires to help the needy in downtown and the paying customers in her restaurant is important and she hopes to aid those that walk in by providing a place to eat, talk and enjoy life.

"I appreciate that aspect of the meal and that is the biggest concept for me here. I just want it to be good. I don't ever want someone leaving here feeling that they didn't get enough. I want them to leave



JED DEAN | LARIAT PHOTO EDITOR

The Olive Branch, located at 215 South Second St., sells breakfast and lunch entrees along with several restaurante-specific coffee blends for patrons. In the evenings, the café caters events.

happy,” Stewart said.

Noah's Namesake

The writing on the wall telling the mission of her business begins with the biblical story of Noah, the man charged with building an ark and then journeying through a flood and eventually renewing the earth.

“My favorite part of his story is when his journey is tiresome and seems endless, yet not giving up, his trust compels him to soldier on in seeking the reward promised,” the front wall of the restaurant reads.

“How I wish I could have been there that day when a glimmer of hope showed up in the form of an olive branch, a tangible nudge to keep believing.”

The restaurant's budding business and Stewart's pursuit to revitalize downtown Waco mimics that restorative intention.

Seeking to be a tangible peace offering, The Olive Branch extends college students an invite to the burgeoning world of downtown Waco through what Stewart deems “simple food” and a “comfortable atmosphere.”

“I think eating at a table with food that everyone likes levels the playing field in all arenas. I want people to come here and be comfortable. I don't care what you look like — we are here for you. Opening a restaurant has opened my mind as far as accepting all different kinds of people,” Stewart said.

“You get to know people over food and I really like that concept of being able to bridge the gap between people.”



Lariat Online

For a lesson in alfredo sauce making and a little history behind The Olive Branch, Check out baylorlariat.com

A cookie-cutter path to a career? Not exactly.

By Kelly Galvin
Reporter

If you find yourself passing out cupcakes to friends and only getting silence in return, you might have used salted butter.

Flower Mound junior Casey Evans is known by her family and friends as the one to go to for an amazing home-cooked meal, but in this case she learned the hard way if salted butter is used in banana chocolate cupcakes, a recipe that already calls for salt, your friends will hesitate eating your food again. Although making the occasional culinary mistake, Evans has won cooking competitions since being at Baylor, including Collins Top Chef, by baking moist banana chocolate layer cake with chocolate fudge icing, and Kappa Sigma Fish Fry, by preparing double fried banana peanut butter and Nutella sandwiches topped with powdered sugar.

“My first memory of cooking was with my pink Easy-Bake Oven, but when I became mature enough to realize my actual interest in food, I would critique how other people made food and started to make it to my own taste,” Evans said.

Evans found her cooking abilities could not only satisfy her want for food, but her want for money.

“My dad said I needed to get a job when I turned 19, and I like to do things on my own so I started my own business called Casey's Cakes, Cookies and Cupcakes. I made business cards and devoted my summer to specialty fondant cakes and every cookie and cupcake you could think of, and I made just as much as my friends with real jobs,” Evans said.

Evans said it showed her that she liked being her own boss, and thinking creatively with no boundaries was something she knew she wanted in her future.

“I plan to go to cooking school after Baylor, but I want to start my own business that incorporates cooking and baking,” Evans said.

Evans, a general family and consumer science major with a minor in entrepreneurship, said she knows it will help her start a company to have a business background while being able to cook.

Her love of food is something she can't deny, and when asked to describe her favorite dish her head began to race with recipes and meals.

“My favorite food is anything Italian for whole meals but anything sweet is my forte. But when I'm



JED DEAN | LARIAT PHOTO EDITOR

Flower Mound junior Casey Evans explored her love of food and developed her own sweets business, Casey's Cakes, Cookies and Cupcakes.

in a hurry one of the quickest meals is turkey burgers or seasoned grilled chicken. They are easy and delicious,” Evans said.

Evans said she loves food herself, but cooking for others is more fun and helps her clear her mind when she needs to spend time alone.

Waco junior Lincoln Downs, Evans' boyfriend, receives her cooking on a regular basis.

“My favorite thing that Casey has cooked for me would be her chocolate chip cookies with chocolate drizzle. I took them back to my house and within an hour my roommates had eaten them all,” Downs said.

They both agreed that they share a love for food, and Downs says cooking is something fun that they can do together.

“Casey has taught me that if you make food properly, the leftovers can be good the next day, because usually I hate leftovers,” Downs said.

Evans might have begun learning to cook from an Easy-Bake Oven, but her mother's great cooking helped as well.

Jacque Evans, Casey's mother, said her daughter always had an interest in the kitchen and would help her any chance she could. Evans' mother said she loves the perks that have come to fruition after teaching her daughter to cook.

“I always love when Casey comes home from college and gives me a new recipe that she has found successful in college,” Jacque said.

Her mother said she is glad Casey has found something she is passionate about and can incorporate into her future.

Fasting feeds the spiritual

By Stori Long
Reporter

In the Gospel of Luke, Jesus retreated into the wilderness in order to fast for 40 days. For Muslims, fasting is one of five pillars serving as a foundation of their faith.

Ghandi even employed fasting as a means to protest British dominance in India. Faiths all over the world have a rich history and tradition with fasting as a form of spiritual discipline or using it for means of prayer and worship.

The practice of willingly depriving oneself of food is by no means an ancient or dead tradition, but remains an important part of faith of many individuals, including students on Baylor's campus.

One of the primary goals of fasting is to demonstrate devotion and dedication to God by depicting how physical needs are less important than getting to know God better.

Charlottesville senior Chris Vanderpool and Pleasanton junior Elise Haykin participated in a fast with their church, Harris Creek Baptist Church, during the 40 days of Lent. At this time, they abstained from food after dinner on Sunday every week and fasted until the same time on Monday.

Fasting also serves to help the participant to re-evaluate the purposes of food.

"Food is a gift from God and it is meant to sustain us," Haykin said. "I can take it and turn it and make it sinful, like turning to food for comfort instead of turning to God. Food is meant to sustain us and help us to do his work better."

Similarly, in Hinduism, fasting displays the same desire to make physical needs secondary to dedication to God, Roy said.

"It displays a devotion to God that surpasses the needs of the material plane," Roy said. "It trains the body to accommodate spiritual demands and allows one to step away from the impurities of the physical plane and invest in the merits of spiritual cleansing."

Haykin said fasting also serves to remind those who participate of their own humanity and need for God.

"You really get a sense of your own weakness," Vanderpool said. "It provides God with a chance to speak to us."

Haykin said this is one of the greatest benefits of going through the fast.

"It really make me more dependent on God and makes me cling to him, especially when I feel a

Fast Facts

- Most of the world's major religions include fasting as a form of worship. Some of these religions are Islam, Christianity, Hinduism, Judaism and Jainism.

- Modern religions also engage in fasting, such as Baha'i, which began in 1844 in Iran, and Mormonism, which began in the 1830s in the United States.

- Fasting during Ramadan is one of the five pillars of Islam, along with prayer, a pilgrimage to Mecca, paying alms and a profession of faith.

- Many Christians fast during Lent, the 40 days before Easter. However, fasting during Lent is not limited to food, but can include activities as well.

Source: British Broadcasting Company

God more."

Despite the seemingly paradoxical discipline of depriving oneself of something necessary for surviving, many people in all kinds of faiths derive great benefits from the practice of fasting from food.

shows before," Haykin said. "But I think the whole thing about fasting from food is that it exposes our hunger and whenever we feel our emptiness we think it's food, but a lot of time it's God. This has helped me to turn my appetite to God and my hunger and thirst to him."

“But I think the whole thing about fasting from food is that it exposes our hunger and whenever we feel our emptiness we think it's food, but a lot of time it's God. This has helped me to turn my appetite to God and my hunger and thirst to him.”

"Fasting goes right to the heart of the issue of Christianity. That we need to deny ourselves continually in order to grow closer to Christ and fasting is a very effectual way to do this," Vanderpool said.

Kingwood senior Sandeep Roy, a Hindu, expressed a similar purpose for fasting— to move past the physical in order to grow closer to God.

"Fasting is a process in which mind, body and soul can be joined. ... Fasting allows a person to put their mind and body in alignment with the purposes of the soul, which is to know God," Roy said. "Essentially, fasting is a tool that individuals use to suppress the physical desires that impede knowledge of spiritual truth."



PHOTO ILLUSTRATION BY JED DEAN | LARIAT PHOTO EDITOR

Waco limits diet of Jews, Muslims



MATT HELLMAN | LARIAT PHOTOGRAPHER

During evening dining services at D's Mediterranean Grill, owner and operator Nizam Issa prepares a lebanese dish for one of his customers. The restaurant, located at the corner of 15th Street and Colcord Avenue in Waco, is one of the only restaurants in the Waco area to serve kosher foods, as well as authentic Lebanese cuisine.

Waco groceries lack kosher foods

By Sobia Siddiqui
Reporter

Students who eat kosher can expect trouble in finding kosher meat markets or dining areas in small cities such as Waco.

There is not a single meat market that sells kosher meat in the city, as confirmed by Waco Custom Meats & Seafood Inc, Michocana 1 Waco, TJ Grocery and all the other meat markets listed in the local Yellow Pages.

Kosher meat is meat that comes from animals deemed fit to eat according to the books Leviticus and Deuteronomy. In order for meat to be considered kosher even from the listed animals according to the law, the slaughter of the animal must follow strict regulations as outlined in Jewish law, which includes a single cut across the throat of the animal as well as a mandatory prayer said before the cut is made.

"The reason why there are no kosher or halal meat markets in Waco is because there are most likely either not enough people to demand it, or there is no one voicing their opinion of how Waco lacks it," said California freshman Sana Patel, who is Muslim.

What this means for students who only eat kosher meat is that their options are very limited.

Most restaurants serve vegetarian and seafood dishes, but not all restaurants are able to cater to kosher diets.

"No, there isn't a single place I found that sells kosher meat, so I just make my own food," said Jewish Midland sophomore David Wiseman. "Luckily the laws for seafood are not as strict, so I'm able to get my protein from fish."

Other Jewish and Muslim students take either the same option as Wiseman by making their own food, or take the

other option of buying kosher meat from nearby cities.

"It's difficult not having it [a meat market] right here in Waco," said Queens, N.Y. senior Marium Qureshi, who is also a Muslim.

Qureshi said she travels to Dallas to buy kosher meat.

Nearby cities such as Dallas, Austin and Houston have enough diversity in the demographic of the population that kosher meat is easily available in multiple establishments.

Other students who have meal plans or do not live on their own, such as Patel, essentially become vegetarians.

"I eat veggies or dairy products," Patel said. "I'm probably not having enough protein."

Students who eat kosher meat change their diets during the school year and simply eat what is available.

The only dining establishment that has kosher meat is D's Mediterranean Grill, located at the corner of 15th Street and Colcord Avenue in Waco, which serves kosher beef and lamb. But that meat is not bought in Waco.

"We buy our meat from Dallas, sometimes Austin," said Diane Issa, who owns the restaurant with Nizam Issa.

Diane is trying to find a way to have

“eat veggies or dairy products. I'm probably not having enough protein.”

at least one establishment in Waco that sells kosher meat, but she says so far there has not been progress.

According to the Baylor Institutional Research and Testing 2010 facts, there are 122 Muslim students at Baylor and 22 Jewish students.

Until there is a kosher meat market, Muslim and Jewish students will have to continue either shopping in other cities or subsisting on vegetarian meals — with the exception of meat served at D's Mediterranean Grill — during the school year.

Serving food, finding peace

Salvation Army serves three meals per day, 365 days a year to help nourish the needy

By Carmen Galvan
Assistant City Editor

It's just before 5:30 p.m. As volunteers prepare food for serving, a line of men, women and children form outside the door. The people in the line outside are carrying handbags and backpacks, or they are hiding empty hands in their pockets.

While each person comes for different reasons because of different backgrounds, they are all joined together in a daily community dinner provided by the Salvation Army Community Kitchen in downtown Waco.

The Salvation Army Community Kitchen is one of many community-feeding sites that prepare and provide donated food for people with difficult financial situations, but it is one of the only Waco area community kitchens open 365 days a year.

The community kitchen, which was renovated and opened last December as a state of the art commercial kitchen, provides three meals a day to those in need.

Roy Birdwell, assistant manager for the Salvation Army Community Kitchen and Red Shield Men's Lodge, said meals are prepared from donated food from around the community, including local area restaurants such as Red Lobster and Olive Garden.

Meals are also provided from the Baylor community through food conservation programs such as Campus Kitchens, a program that rescues food from local cafeterias and restaurants to provide for those in poverty.

"We work with Campus Kitchens there at Baylor, so they bring in a lot of the recovered food," Heather Helton, public relations and media director for the Salvation Army in Waco, said. "Then we have staff who make sure the food is at the right temperature, and they are able to save that food and serve it for dinner that night as well."

The majority of food the kitchen serves is donated, although the organization does purchase certain items through their grant funding.

"A bunch of food is from Baylor campus, the kitchens program, which brings in recovered food," Helton said. "Sometimes the food is donated, and there are some items we purchase, but a lot of it is run off of donations. Some food we do purchase, like lunch is sometimes a sandwich or soup, depending if it's cold out, and dinner ranges anywhere from chicken and mashed potatoes to green beans. But

whatever we get in that day is what can be for dinner."

Helton said the mission of Salvation Army is to serve and minister, as demonstrated through the kitchen and volunteers.

"This is one of our biggest programs," Helton said. "It's a feeding, it's for whomever needs a meal. If you're hungry, we're not going to let you go away hungry. They come eat, and we have volunteers, but we could always use more. People really like being over there because they get to interact with our clients."

Birdwell said the best part of working at the kitchen and lodge is the feeling of peace from helping others.

"I've been on the street, I know what homelessness is about, so I like helping people; it's right up my alley," Birdwell said. "I feel gratification, happiness, it's a peaceful feeling that's hard to describe. The look on their face when you know their name and help them out makes it worth it."

McKinney junior Katie Walsh said she occasionally volunteers at the community kitchen.

"Sometimes there are a lot of volunteers and you don't feel like you've made a difference, but when there's not many volunteers you think I'm really glad I came today," Walsh said.

While the kitchen is open every day for lunch at 11:30 a.m. and dinner at 5:30 p.m., Helton and Birdwell said the number of diners varies depending on the season, with numbers tending to increase towards the end of the month when money begins to run thin.

"It really does depend on time of the month and day of the week," Helton said. "Levels that we see are chronic homeless people, or they may just stay in the shelter a few nights, get a nice meal and then go on their way. Some coming in have families and can't get enough money together for a dinner like this. There's not just one type coming anymore; now it is a broad range."

Regardless of background or financial state, every person who goes to the kitchen for help can be guaranteed a warm welcome from people trying to please.

"I'm a people pleaser; I like to make people happy," Birdwell said. "Some say that's good, some say bad, but I see it as a plus. I see this kitchen as a place to be, a place to find peace."



During their evening dining services, Salvation Army Community Kitchen volunteers Lagos, Nigeria, junior Baylor student Silvia Nweze and Louisville, Kan. sophomore Blessing Amune serve food to Waco residents.



MATT HELLMAN | LARIAT PHOTOGRAPHER

Before the evening dining services, Roy Birdwell, assistant manager of the Salvation Army Community Kitchen and Red Shield Men's Lodge, assists Houston sophomore volunteer Simarjeet Grewal in preparing food.

Seeing Red to get fed

Local man with rough background uses experience to serve Waco

By Amy Heard
Copy Editor

For some people in Waco, food is not an easy thing to find.

The United States Department of Agriculture Economic Research Service defines food insecurity as a reduction in the quality, availability or desirability of food or a disruption in eating patterns and reduced food intake.



WAKEELAH CRUTISON | COPY EDITOR

Stanley "Red" Goode excels at his job due to his past and his tough love approach, friends say.

According to Feeding America's Map the Meal Gap, Texas has a food insecurity rate of 17.8 percent. This is 1.2 percent higher than the national food insecurity rate of 16.6 percent.

In McLennan County, 18.9 percent of people are food insecure. This translates to 43,120 people who are unsure from where their next meal will come.

For some of the 43,000 food insecure people in McLennan county, relief comes in the form of a hot meal from the Waco Salvation Army.

The man behind the meals, Stanley Goode, known to his friends as "Red," knows firsthand what it's like to fall behind — he was homeless for six years before becoming the food and shelter coordinator for Waco Salvation Army.

"This happened about going on four years ago, maybe a little longer, I was homeless. I had basically hit rock bottom. I was on the streets using drugs, drinking, the whole nine yards. I didn't want help from my family," Goode said.

Goode's past is what makes him good at his job, Amanda Allen, project manager for the Baylor Interdisciplinary Poverty Initiative, said.

"He knows how easily your life can change and move you from food secure to food insecure. His past naturally yields him respect from the people that come in," Allen said. "He immediately knows who's using and who legitimately needs a meal. No one pulls anything past him, because he's been in their shoes."

Luckily for Goode, the story did not end there. Goode came to the Waco Salvation Army for food and would occasionally stay after dinner to help clean the shelter up. Something about Goode caught the attention of the food and shelter coordinator at the time.

"He said it was something he saw and he said it didn't look like I belonged on the streets. That was his words," Goode said. "One thing led to another and I became his assistant, and when he left I took over his job. That's basically how I wound up here."

When Goode was homeless, drugs were his top priority, he said. Since he has become food and shelter coordinator, however, food has become the center of his life.

"I see that it helps a lot of people," Goode said. "We feed people that otherwise, some of them, wouldn't be eating, for one reason or another."

Allen was first introduced to Goode when she was an AmeriCorps VISTA (Volunteers in Service to America) working with Campus Kitchens.

AmeriCorps VISTA is a national service program formed specifically to fight poverty in America.

"He's always smiling, always cracking jokes, and is always optimistic about what he'll create with the food that's delivered," Allen said.

Salvation Army receives food from area restaurants such as Olive Garden and Red Lobster, in

addition to food at Baylor.

The Texas Hunger Coalition organized some of these relationships, while Salvation Army set others up, Goode said.

Goode is equipped to serve 200 people each night. The homeless are no longer the main consumers of the food Goode provides, he said.

"With the economy the way it is—I mean it's really sad — we see a lot of families, elderly people, and it's not so much that they're homeless. They

just can't make ends meet. So this kind of bridges the gap for a lot of people," Goode said.

Goode's role reaches beyond his official title at Salvation Army — he's helping change the way students think and society works, Allen said.

"While direct service is in no way the answer to a deep societal issues such as homelessness or hunger, students who go on a food pickups usually have conversations with Red about what life is like on the streets and may better understand the complexity of the issue because of those conversations," Allen said. "This may in turn encourage students to engage the issue through their discipline of study or vocation after graduation. And that is where societal change happens."



AMY HEARD | COPY EDITOR



MATT HELLMAN | LARIAT PHOTOGRAPHER
for Chinenye Iheme, Houston senior K.C. Emeanuru,
nts and homeless people.

Subway dominates new era of fast food

By James Stockton
Reporter

As Americans wage war on obesity, a restaurant chain that challenges its customers to “eat fresh” has become the largest food chain in the world.

Subway, which has been the largest fast food chain in America for the last nine years, overtook McDonald's earlier this year with over 33,000 stores worldwide. This is approximately 1,000 more stores than McDonald's.

“The trend of customers is they want healthier options,” Kevin Kane, manager of public relations for Subway worldwide, said. “[Our goal is to] provide the nutritional info so people can make more informed meal decisions.”

Subway has always been advertised as the healthy alternative to other fast food restaurants, but according to Kane, it was never Subway's intent to be the healthy choice. Instead they aimed to give customers more choices in what they could eat.

Dr. Suzy Weems, chair of the family and consumer sciences department at Baylor, analyzes nutrition as a registered dietitian and agrees with the increase in options on restaurant menus.

“Fast food is probably something that's here because of the lifestyle that Americans have chosen to live,” Weems said. “I do see that at most of those fast food restaurants you're seeing a better option choice on their menus.”

McDonald's and similar fast food restaurants are popular because of their convenience and good-tasting food, but there is an overall unhealthy perception of fast food in America.

“We were kind of offering healthier options before it was cool,” Kane said.

Although Subway has been at the forefront of healthier fast food, other restaurants - such as McDonald's - have adapted to consumer wants and are as successful as ever.

“It's all about delicious choices,” states the Mc-



JED DEAN | LARIAT PHOTO EDITOR

Subway has recently overtaken McDonald's as the largest commercial food chain, perhaps indicating that society is moving toward healthier fast food options.

Donald's website. “From our team of registered dietitians to our trusted suppliers, we're dedicated to making you feel good about choosing McDonald's foods and beverages.”

But while Subway has more units, McDonald's is still the cash cow of restaurant chains, making more than \$24 billion last year as compared to Subway's \$15.2 billion.

This statistic may be credited to McDonald's advertising and branding.

Weems cited a study which shows children recognize the McDonald's and Starbucks symbols the most.

“That just says that's where the parents were going, that's where the caregivers were taking those children,” Weems said.

Weems also said parents shouldn't be blamed for feeding their children so much fast food.

“It's the adult who determines what a child is offered; it's the child who decides how much of it they're going to eat,” Weems said, quoting a statement from Ellyn Satter, an author who teaches families how to eat.

But as the shift to healthier food is made, the effect on children must begin with change in parental care.

“Parents are becoming a lot more aware of the impact that they actually have [on a child's food choices],” Weems said.

Subway says its main focus is to give parents and children better choices.

“Because of the ease of operation, we're able to fit into locations other stores can't,” Kane said, giving examples of locations on a riverboat in Germany and in a Goodwill store in South Carolina.

As Subway continues to grow, perhaps Jared will become the new Ronald McDonald.

Benefit of agricultural subsidies in dispute

By Daniel Houston
Reporter

While there is disagreement among experts on whether government farm-support programs are beneficial or harmful, two such conflicting experts agree on one thing: these programs have a significant impact on the food Americans eat.

From 1995 to 2009, the United States spent \$73.8 billion on subsidies to corn producers, \$30.7 billion in wheat subsidies and \$17.9 in disaster payments to farmers whose crops were damaged by some unforeseeable natural cause, according to data collected by the Environmental Working Group, a non-profit public policy organization.

Bob Young, chief economist for the American Farm Bureau, argued the payments to farmers allow them to produce more goods than

they might be able to otherwise. He went on to say the costs associated with producing too much food are less than the consequences of producing too little.

“I think every country on the planet has some [government] involvement in agriculture,” Young said, “and if that's the case you want the governments to make sure there's a bushel too much rather than a bushel too little.”

Arguing for a far less involved approach to agriculture policy, trade policy analyst Sallie James of the Cato Institute, a Washington-based libertarian think tank, expressed U.S. farm subsidies have unintended negative consequences. James believes the effects of the taxation necessary to fund these programs are harmful, and tend to represent a transfer of wealth from the poor to the wealthy.

“That money has to come from somewhere, and it comes from consumers,” James said. “The

average taxpayer earns a lower income, has less wealth and more debt than the average farmer. So what you're doing is taking money from the relatively poor and giving it to the relatively rich.”

Young, when presented with this argument, responded that comparing averages of the population at large to specific sectors is misleading. Additionally, he argued that as long as the U.S. is committed to funding oil companies and other large business ventures, it should be committed to funding small business farms that provide a stable food supply.

Using the cotton industry as an example, James also said farmers worldwide are harmed by the exportation of subsidized goods. Small farmers in Africa cannot compete with their American counterparts when the Americans receive funding from the U.S. government, James said.

“What happens in America if we can't consume all the cotton we produce here,” James said, “is that we sell it on the world market and that depresses the price of cotton, and that has a depressive effect on the world market.”

James, in keeping with the libertarian think tank for which she works, believes “there is no constitutional justification for being involved in agriculture.”

“Ultimately, the best agriculture policy for the federal government is no policy,” James said.

Young disagrees. He believes pulling the plug on crop subsidies would lead to a reduction in the amount of food here and around the world, as well as steeper prices. While James is concerned primarily with the effect U.S. agriculture has on the taxpayer, Young argues the benefit to the producer and consumer is worth the cost.

Czech Stop: How the West was won

By Molly Packer
Reporter

Seventeen miles north of Baylor, in West, is a little piece of old-world Europe. Czech Stop, a combination bakery and deli, provides travelers and Central Texas residents alike with authentic Czech kolaches, sandwiches and sweets. Czech Stop is highly successful, serving close to 600 customers on busy days, but things were not always so good.

Czech Stop was established in November 1983 when owner Bill Tolk invested everything he had in the property on which the business now stands.

For the next five years, Tolk worked diligently to keep the store up and running.

"It was a really tough time back then," Barbara Schissler, Tolk's first employee, said. "He [Tolk] sold his house in Waco and bought a double-wide

mobile home which doubled as his home and office parked behind the store. It was some humble beginnings for sure."

Numerous small business loans and several oven upgrades later, Czech Stop's authentic Czech heritage food became popular in Texas and across the nation.

"We've been published in Southern Living," Schissler said. "We've also been on national TV when 'The Oprah Winfrey Show' shot footage here for three days."

Schissler also remembers waiting in lines and hearing people discuss Texas food at LaGuardia Airport in New York and O'Hare Airport in Chicago.

"They say, 'If you're going down I-35, make sure to stop at Czech Stop,'" Schissler said. "We are known around the country."

The bakery has become so popular that it now

sells approximately 106 pans of four dozen fruit-flavored kolaches per day, and sells more sausage kolaches each day.

While kolaches are traditional Czech pastries made of sweet dough and filled with fruit and sometimes cream cheese, they may sometimes contain sausage.

"My favorite kolache is usually the sausage," Robert Castro, a regular customer of Czech Stop, said. "My wife and I used to go to Austin to play in softball tournaments and we would stop by here. It's really convenient."

Czech Stop attracts customers traveling across Texas, as the restaurant's location just off Interstate 35 makes it easy for drivers to see it from the highway.

"I just think we are unique," Evelyn Cepak, a Czech Stop employee, said. "We have a terrific product and a great location, and we're open 24

hours, so we can serve that many more people."

Czech Stop's online guestbook is full of customer requests for shipments of kolaches they say are authentically delicious.

"My favorite part about working here is that people come in and say that the kolaches are like grandma's recipe," Cepak said.

But people needing food shipments from Czech Stop have to wait until temperatures reach below 50 degrees Fahrenheit.

"We do ship but only in the winter when it's cool because we don't use dry ice," Schissler said. "We have a separate department for shipping in the winter. That's how much we ship."

After 28 years of business, Czech Stop hopes to remain as popular as ever.

"I personally do not know the hundreds of dozens of items we sell," Cepak said. "But we eclipse all the other bakeries in town."

Tennis players discuss prematch eating habits

By Will Potter
Reporter

Food to an athlete is essentially the fuel necessary for peak performance.

When it comes to the Baylor men's tennis team, food is vital to performing at the highest level and quickly recovering. The routine is different for many athletes but the goal is the same — load up on food to provide the body with enough energy to last the body through a possibly grueling three-hour marathon match.

"If we have an afternoon match, I typically like to start off early in the morning by eating cereal and then egg whites with a muffin or two," junior Julian Bley said. "I will add some fruit depending on how tired I am and wash it all down with a V8 fusion."

The emphasis on eating as much food as possible during the day is obvious because once athletes run out of energy, they are not going to be able to compete on the court.

"I typically try to eat as much as I possibly can on a game day," Bley said. "I will eat a snack between classes of either a granola bar or fruit, and then right before the match begins, I will load up on some good pasta with some meat for my protein."

While there are many ways to fuel up for a big match, eating the right kinds of foods before the match is a very important aspect in the preparation of each individual player.

"I really like to eat a lot of proteins on the day of a match," senior Sergio Ramirez said. "A pasta with a lot of protein is key to playing the best ten-

nis and feeling the best on the court. Pasta, beef and chicken are my favorite foods to eat on game day. I try to keep my routine similar every day."

While there is a heavy emphasis on healthy food, the players were not shy about revealing their guilty food pleasures on the weekends or after a match.

"A day or two after a match I love to go and get

"We love to hit up A-1 buffet and dominate some food there. It's a good way to reward ourselves for our healthy eating habits all week."

myself a big burger," Bley said. "I don't do it often, but once a week I will hit up Whataburger and indulge."

While Bley indulges in his weekly burger binge, Ramirez admitted that he and his roommate and fellow teammate, sophomore Roberto Maytin, love to eat all they can eat.

"We love to hit up A 1 Buffet and dominate some food from there," Ramirez said. "You pay 10 bucks and you can eat pounds of food. It is a good way to reward ourselves for our healthy eating habits all week."



NICK BERRYMAN | LARIAT PHOTOGRAPHER

Junior Julian Bley delivers a serve in Baylor's match against Stanford on March 22. The Bears won, 5-2. Bley said before every match, he likes to eat as much as possible and load up on pasta.

BU Ballpark vendors cover all bases

By Daniel Wallace
Reporter

Peanuts, popcorn, hot dogs, cotton candy, nachos all mixed together with ... home runs, stolen bases and double plays. Sounds like a match made in heaven. For years, that type of food and a baseball game have gone together perfectly. Baylor Ballpark, however, has added a new dimension to the ballpark experience by offering a greater assortment of food.

A new concession stand behind the third base bleachers known as the Hot Corner offers a wide selection where everything is served straight off the grill or fryer, as opposed to steamers at the other concession stands. Chicken fajitas, sandwiches, onion rings and jalapeno peppers are among the popular choices at the stand.

The untraditional ballpark food offered at the Hot Corner gives fans all the more reason to come out and enjoy another day at the ballpark.

"People want to experience different types of food. The Hot Corner brings a lot of people back to the ballgames," Tino Juandiego, assistant concessions director for Baylor, said.

Not only is Baylor Ballpark home to Big 12 baseball, but the venue is also a place where the concessions complement the game and add to the experience. For the more traditional experience, the ballpark also offers all the basic items expected at any sporting event, such as the aforementioned food items, hamburgers, sunflower seeds and foot-long corn dogs.

All this variety makes it difficult to go hungry while watching the Bears battle on the diamond.

Phillip Johnson, Baylor concessions director,

said the food at the ballpark is geared toward fans of all ages, and all taste buds.

"There is something for everyone ... from a [small snack] to a catfish dinner. Everybody wants to eat; the more variety you give them, the more they will eat," he said.

There are also various options for people with different sized wallets, as prices range from \$1 to \$7.

Baseball games mean snow cones and ice cream just as much as they mean chili dogs and chips. That is why Baylor concessions added Kona-Ice as a vendor at the ballpark in the spring of 2010. Kona-Ice not only brings refreshment to fans with delicate shaved ice straight off the shaver, but their two trucks bring a lively atmosphere. The trucks are painted colorfully with a penguin named Kona holding a rainbow snow cone. The sun, a crab and a parrot painted along the beach also add color to the truck.

The Kona-Ice trucks are managed by Sharon Smith, who enjoys the energy her truck brings to the ballpark.

"The most fun part of the truck is the self-serve flavor wave. The kids love this — they can mix and match and put whatever they want on it," Smith said.

The wave provides 10 different flavor options for the shaved ice, including the best seller "Tiger's Blood" — a mix of strawberry and cherry. The trucks provide a total of 45 different combinations. They also sell 12 flavors of ice cream, whether on a stick or in a cone.

While the Bears battle their opponents on the field, fans' taste buds can be overwhelmed by all the eats and treats Baylor Ballpark has to offer.



NICK BERRYMAN | LARIAT PHOTOGRAPHER

Kona-Ice has become a mainstay at Baylor Ballpark with its familiar, colorful truck. Despite a wait time that can last an inning or more, Kona-Ice's shaved ice has become a hit with fans.



Step one: While hungry fans place their orders at the Hot Corner registers, employees prepare fresh burgers throughout the game.

Texas two step: Ordering at the Hot Corner

It happens every game to a few first-time Hot Corner customers. Ready to chow on a burger fresh off the grill, they reach their seats and open their containers only to find the meat missing from the burger. Chances are good they didn't listen carefully to the cashier, who tells everyone after paying that he or she must walk to the grill to pick up the centerpiece of the Hot Corner burger.

The two-step process leaves some confused and others perturbed, but those who frequent the Hot Corner know it ensures every burger is made to order in plain view.

PHOTOS BY NICK BERRYMAN | LARIAT PHOTOGRAPHER



Step two: Customers bring their boxes, with the buns and extra toppings, to the grill and receive their newly prepared meat patties.

Dr Pepper unites Waco, Baylor

By Jessica Acklen
Arts and Entertainment Editor

Few things define Waco as much as Dr Pepper does. It has been a staple in Waco since its creation where the drink was created in the 1880s.

Not only is Dr Pepper prominent in Waco, it is a fixture on campus. From Dr Pepper hour to the Dr Pepper products in the dining halls to the student organization parties often hosted at the Dr Pepper Museum, relationship between Baylor and the soft drink is evident.

“There’s a sense of identity. Definitely Dr Pepper is something for Waco to be proud of,” Matt Burchett, director of Student Activities, said. “It was founded here in the city and for [Baylor] to be a part of that I think is more than appropriate. ... I think things that make Waco distinctive also make us distinctive.”

So where did this relationship between Baylor and Dr Pepper begin?

Aside from both entities’ presence in Waco for more than 130 years, the partnership between Baylor and Dr Pepper became official in 1997 when the two made a deal that Dr Pepper would be the beverage of choice at Baylor.

“More than 100 universities across the country have similar relationships with soft drink companies, but this one has special meaning for Baylor. Not only was Dr Pepper invented in Waco, Jim Turner (then-CEO of Dr Pepper) is a graduate of

the university,” said then-president of Baylor Robert B. Sloan Jr. in a press conference in 1997.

Thus, Baylor entered into an agreement that solidified the relationship. Today, a mainstay on Baylor campus is Dr Pepper Hour, a tradition that only adds to that relationship.

What started originally as a weekly Coke Hour in 1953, was changed to Dr Pepper hour in 1997 following the agreement.

“It offers a time in the week for everyone in the Baylor community to come together for a few moments and have a Dr Pepper float and a conversation and just be together,” Burchett said.

With roughly 800 student, faculty and staff in attendance every week, it is one of the traditions that Burchett said defines the Baylor experience.

“I think its always going to be important for us to have a time to join together as faculty, staff and students and enjoy a Dr Pepper float and conversation,” Burchett said. “I think a lot of times our lives are so busy that we don’t get to stand around and have conversation and enjoy something simple. ... It’s one of those [incentives] that make the Baylor experience ... so unique and special.”

Not only does Dr Pepper unite the Baylor community, but Baylor also facilitated one of Waco’s landmark attractions — the Dr Pepper Museum.

Aside from the assistance that Baylor gave the museum by making the building available, members of the Baylor community play a role in the Dr Pepper Museum.

Baylor faculty and staff members have been

members of the museum’s board of directors, said Jack McKinney, executive director. The relationship between the school and the museum doesn’t stop there.

“The other way we are involved with Baylor is through the museum studies program,” McKinney said. “Several people on the staff here, as museum professionals, graduated from Baylor and used their masters degrees and undergraduate degrees from the museum studies program.”

In addition to the full-time workers from Baylor at the Dr Pepper museum, four part-time staff members at the museum are also students in the museum studies program at Baylor.

One such student, Robin Bischof, a second-year graduate student from Bloomfield, Miss., found a job at the Dr Pepper museum through the company’s interest in working with Baylor students.

“When I was a first year graduate student looking for a job, one of my professors was like, ‘One of my former students works at the Dr Pepper museum and she’s offering a job in collections,’ and so I applied for it and got the job,” Bischof said. “Evidently Dr Pepper was really interested in kind of helping the Baylor graduate students and giving them positions to work on collections specifically.”

Bischof said a number of her superiors are Baylor graduates and members of the Baylor family.

Both Bischof and McKinney said they believe the Dr Pepper Museum is an attraction for Waco visitors — students and parents alike, a possible party venue for Baylor students and a way to engage in Waco’s history.

“I think [the Dr Pepper Museum] is a very interesting place. It’s part of Waco history, if you really want to know about Waco,” Bischof said.

“When it’s Parents Weekend, those parents



JED DEAN | LARIAT PHOTOGRAPHER



MATT HELLMAN | LARIAT PHOTOGRAPHER

A welcome to Baylor Dr Pepper Hour held August 23, 2010, introduces new students to Baylor Dr Pepper traditions.

show up after you’ve been in school six weeks and students think, ‘Gosh, what am I going to do with mom and dad now that they’re here?’ You can walk around campus, but the Dr Pepper Museum is a great place to take the parents to show them something about Waco. ... We’re really one of the unique things about Waco, because Dr Pepper was invented here. It’s a piece of history,” McKinney said.

With the Dr Pepper Museum and Dr Pepper Hour, the soft drink is a tradition that current students and graduates can share.

“[Dr Pepper Hour is] something that we share together, that connects us to one another that isn’t anywhere else in the country,” Burchett said. “We’re the one place that has Dr Pepper Hour. That’s really unique for us, because if you mention that to a Baylor alumni, no matter what generation they are a part of, whether it’s 1953 to present, we all know what [Dr Pepper Hour] is and we can share that. We share not only what it is, but where it is.”

cupping for a cause

Common Grounds sponsors coffee tasting in support of Guatemalan orphanage

By James Byers
News editor

Common Grounds, located on Eighth Street in Waco, is known for its dizzying selection of specialty drinks. Plain black coffee isn't one of them.

But that's what about 25 students and other attendees drank Friday when Common Grounds hosted a coffee "cupping," or tasting, to benefit an orphanage in Guatemala. As it turns out, black coffee doesn't have to be bland.

The cupping was organized by Mark Montgomery, a manager at Common Grounds, and his brother Skot Montgomery, who visited the Los Fundaniños orphanage in Guatemala a month ago with his church from Johnson City, Tenn.

Los Fundaniños cares for about 60 children from poor or abusive families.

Skot and church members helped the orphanage for a week by painting, cleaning, installing a security system and, most importantly, spending time with the kids.

While there, the helpers learned that the orphanage must foot a \$516 gas bill each month to feed the children.

"We found out they have a need, and we're just trying to take care of that need for April," Skot said.

To help the orphanage pay its April bill, Common Grounds hosted the coffee cupping.

Cupping is a "process where you go through this flavor wheel and describe the different tones and aromas and flavors in your mouth," Mark said. "It's really pretentious."

The coffee given to the tasters was a single-origin Guatemalan, meaning it wasn't a blend of different coffees but a single product from a specific farm in Guatemala.

"We know where it came from," Mark said. "They were paid a fair wage because there's not a middleman in between."

The Common Grounds staff made the coffee with a French press rather than the more conventional and very American coffee dripper. The press allowed the beans to soak for four minutes, a staff member said, making the coffee infinitely more flavorful.

"The thing about coffee is the different flavors come from where it's grown in the world, so coffee grown in South America tastes different than coffee grown in Africa," Skot said. "Based on how it's roasted, it brings out all the flavors. So the single-origin

is a true Guatemalan flavor, as opposed to a lot of the flavors you have here that are blends from America, Guatemala and Africa all thrown together."

The black coffee was passed to the tasters, who were instructed to "breathe it back across the tongue and swirl it around like expensive red wine."

Attendees were given a paper flavor wheel to help them verbalize what they tasted. The wheel contained colorful adjectives like "acidic" and "pungent" to describe the taste and "leguminous" and "chocolate-like" to describe the aroma of the coffee.

Tyler sophomore Cynthia Estrada said she's usually more of a tea drinker and had difficulty enjoying the coffee. "I usually don't drink black coffee, so it was really bitter for me," she said. "I'm not used to that."

Estrada's friend, Lubbock junior Lauren Rodriguez, a Starbucks employee, was more open to the black coffee.

"I thought it tasted really fresh. It was really good," she said, adding that the coffee had a "chocolatey" aftertaste.

Her instinct was on point: After the cupping, the single-origin Guatemalan was revealed by the Common Grounds staff to be "medium bodied, with a clean-mouth feel, ripe berry notes and a chocolate/smoky finish."

Adding to the atmosphere of the cupping were pictures taken by Skot's wife, Jamie, of the smiling orphans. The photos were strewn on strings across the backyard of the coffee shop. Attendees were encouraged to take a picture home as a keepsake and to snap a picture of themselves in a photo booth to be sent back to the orphans.

Through the sale of the \$5 tickets to the cupping, sales of the single-origin Guatemalan coffee by the pound and sales of T-shirts branded "Chupete" in honor of the nickname of a personable orphan at the orphanage, Common Grounds raised more than \$1,000 — nearly enough to pay the orphanage's gas bill for two months.

This won't be the last cupping at Common Grounds. Mark said he plans to feature a different single-origin coffee from around the world each month to raise funds for a specific organization. On May 6, the shop will host a benefit for an organization in Rwanda.

"We're doing it to educate," Mark said. "We chose a cupping to teach the Waco audience how to like coffee, and not just Cowboy Coffees and really sweet, sugary stuff."



SARAH GROMAN | ROUND UP PHOTOGRAPHER

Blake Batson, Holden Whatley and Mark Montgomery prepare for a coffee cupping hosted by Common Grounds to benefit Los Fundaninos Orphanage in Guatemala.

Student group capitalizes on excess food

From cafeterias to local charities, Campus Kitchens collects from dining halls to halt wastefulness

By Caitlin Giddens
Reporter

While Baylor students waste countless dining hall meals, Waco families go to bed hungry.

But Campus Kitchens has made its mission to help solve both problems by recovering food from cafeterias and donating it to the Waco Salvation Army.

Leaders of the organization said they hope the organization fosters a new generation of leaders who are aware of the need for nourishment within the community.

"A large part of Campus Kitchen is trying to raise awareness that there is hunger in Waco because that's something a lot of people don't know," San Antonio junior Amy Heard, president of Baylor's chapter of Campus Kitchens said.

"A lot of times we hear people are hesitant to

"I know I didn't use all of my meals as a freshman. I think being at Baylor it's easy to forget about the Waco community."
— Ellie Keeling, delivery leader

help donate food because they think these people in need may not be working. But one thing that universalizes people is knowing that kids in the area are going without, because no one thinks kids should go hungry."

Campus Kitchens volunteers go to Memorial and Penland dining halls each afternoon to recover unserved food. After ensuring the food meets health standards, students transport it to the local Salvation Army.

"The amount of food we receive from the dining hall varies each week," Heard said. "The last time I picked up food there were five pans of chicken fried steak and mashed potatoes, but sometimes there's not as much. We take the food to Salvation Army, and then they can use it the next day. So when there's a lot of food, it helps them for the next day. They don't count on us, but we'd like to make it so they could."

Volunteers said they are hopeful a solution will be developed that will further help families struggling to provide adequate meals to their children.

"If we can continue community outreach by donating student meals, that'd be incredible," Victoria junior Ellie Keeling, a Campus Kitchens delivery crew leader, said. "I know I didn't use all of my meals as a freshman. I think being at Baylor it's easy to forget about the Waco community. Last year we delivered dinners to group of women and children who weren't going to have a meal that night. We ate with them and talked to them about nutrition. They want to provide their families with nutritious meals, but it's just not possible."

Although Campus Kitchens is present on 29



JED DEAN | LARIAT PHOTOGRAPHER

Volunteers Philip Spencer, Madeline Gregory and Julian Hunter transfer food from Memorial Dining Hall to a vehicle during a bi-weekly delivery shift. Baylor Campus Kitchen coordinates volunteers to pick up food from Memorial and Penland dining halls and deliver it to Waco Salvation Army.

campuses across the country, Baylor established the first Texas chapter in October 2008. Campus Kitchens was started in Washington, D.C.

"I hope Campus Kitchens grows and Baylor can influence other campuses in Texas to take this on," Keeling said. "This is a brilliant organization for Baylor, especially because we're close to the downtown area where the homeless and impoverished are."

In addition to feeding those in need and educating struggling families on the importance of proper nutrition, Campus Kitchens strives to teach its volunteers how to be community leaders.

To foster these leadership skills, Campus Kitchens volunteers partner with the Waco Art Initiative, a local organization that provides art education to low-income areas.

"We've begun to provide healthy snacks for the kids while they work on their art projects," Jennifer Spear, a Crawford senior and head kitchen manager for Campus Kitchens, said. "We make trail mixes and granola bars from scratch. This gives the kids something to look forward to each week."

While one cooking shift prepares healthy snacks for kids, the other cooks a balanced meal to be delivered to the women and children at the Family Abuse Center in Waco.

Since Campus Kitchens is a Capital Area food bank partner, the organization is able to purchase at a low cost or receive free large quantities of food to supplement what they receive in donations.

Campus Kitchens has also partnered with the Graduate Student Association and Baylor to build and plant a community garden.

Produce from this garden will be added to snacks and meals and donated directly to Campus Kitchen partners. The first harvest will occur this summer. Students interested in getting involved with this program should email Hannah_Laird@baylor.edu.

"One of the big struggles Campus Kitchen faces is maintaining consistent volunteering and not having too many or too few people," Heard said, noting too many cooks in the kitchen causes frustration among volunteers. "We're just trying to get students aware that we are here and we're here to stay."

Did you know?

29 | the number of Campus Kitchens across the nation

1 | Campus Kitchen in Texas

140 | the number of student volunteers at the Baylor Campus Kitchen Project

Resetting the bread crumb trail

Young adults have lost sight of home cooking, but a brewing revolution brings them back to the kitchen

By Molly Dunn
Reporter

It's hard to believe, but it used to be the norm for American families to sit down and eat a home-cooked meal every night. This lifestyle, prominent in the 1950s and '60s, seems to have disappeared over the past decades, but it may be making a comeback.

Dr. Janelle Walter, nutrition sciences professor in the department of family and consumer sciences department at Baylor, said that progression toward the automobile made more restaurants available to the public, and fewer meals were prepared at home as more women entered the workforce.

"If you look at how is this different for today from the 1950s, first of all, there were almost no places to eat at other than home," Walter said. "Home cooking is what everybody had because that's all they had."

Walter added that a professional meeting of the American Home Economics Association, held in

1994, predicted that women would not be preparing home-cooked meals in 10 years, and it was correct.

"Yes, they predicted it," Walter said. "But what they didn't predict was the fatness we have because we eat out."

After America stepped out of the kitchen and into the realm of dine-in and fast food restaurants, the practice of homemade cooking was lost.

Using the analogy of Hansel and Gretel, Walter said there is no pathway back to cooking in the kitchen because the memory of it is gone.

In order to revive the ghost of food preparation from earlier decades, young adult education in cooking basics is needed, Walter said.

"Not only do we not have models, we've found from our students, they don't even know how to get started," Walter said.

"They don't know how to go, let's say, find a recipe, make out a grocery order and go shopping. So it's easier not to do it and do something else, but it's not that hard if you just get started."

Dr. Suzy Weems, professor and chair of the department of family and consumer sciences, said two major barriers for cooking are that it takes too much time and the misconception that it costs more to buy groceries for a meal.

"When you get a list for a recipe that has 20 ingredients in it, a lot of people look at that and go, 'No way am I going to do that.' From that perspective, it's time expensive. Moneywise, it's probably less expensive," Weems said. "That's probably one

of my pet peeves is for persons to say, 'Oh, fast food is a lot cheaper than good food.' Monetarily, I don't think that's true."

Senior peer nutrition educator Julie Smith said compared to dining out all the time, it's cheaper to buy groceries to prepare meals.

"You save a lot of money," Smith said.

"By just simply planning out your meals for the week and making a list and sticking to it can save a lot of money, rather than going out three, four times a week."

Smith said not only should young adults and adults be educated in culinary basics, but children as well. She also said that starting young can help America return to the lifestyle of preparing home-cooked meals, as well as increasing the amount of time families spend with each other.

"We're not spending as much time at home with family, with friends," Smith said.

"Preparing a meal together can be a great way to spend time with friends and family and then sharing in that meal can go a long way toward building healthy relationships and just taking that time to slow down and enjoy a meal together."

Through focusing on building healthier relationships with family members, parents can instill a passion and love for cooking in their children.

"If you do cook food at home and you have children, you can cook together," Walter said. "It's a good time to pass along learning and it's fun. It builds interest. If you have involved them in the process, they are a player in it."

Allowing children to be a part of the process of cooking a meal allows families to not only spend more time together, but it teaches the children how to prepare a meal.

"I think that there's a huge shift encouraging people to learn to cook again," Weems said.

"I know with young children as soon as they're about two and a half, sometimes as young as two, they want to help whatever is going on. As we get away from 'the woman's place is in the kitchen' and get it back to 'the family's place is in the kitchen,' we're going to be looking at a lot healthier approach."

America's growing culinary interest has opened more doors for home cooking.

The vast number of cooking shows on television inspire some Americans to cook, but cooking shows seem to be more entertainment for its viewers than a means of education, Walter said.

"Cooking shows can't hurt anything, but I do think it's going to take some educational process, either in community centers or in churches or somehow to build those cooking skills one little step at a time," Walter said.

America isn't back to the 1950s and 1960s, but more Americans have certainly begun to regain motivation to cook, Weems said.

"It's really important that we start cooking again," Weems said. "It doesn't mean everything happens from scratch, but it does mean we know how to use those special things that are available out there for us anyway."

Busy schedules changing one meal at a time

By Sally Ann Moyer
Reporter

Busy college schedules mean that eating sometimes comes secondary to studying or other activities.

"The eating patterns of students over the years have become more varied, with the number of daily eating occasions and the times of day they eat both growing," Brett Perlowski, director of Baylor Dining Services, wrote in an email to the Lariat.

Baylor Dining Services acted to rectify this problem in the fall of 2004 by introducing continuous service at Collins Café and late-night residential dining at Memorial Dining Hall. The late-night dining later moved to Penland Food Court in the fall of 2008.

"The original idea came from surveys and focus group feedback from students," Perlowski said.

Since then, counts during both service times have continued to grow.

"Penland on average does as many people during the 8 p.m. to 12:30 a.m. window of service as



PHOTO ILLUSTRATION BY NICK BERRYMAN | LARIAT PHOTOGRAPHER

it does during the normal dinner time—over 800 nightly on average," Perlowski said.

Increasingly, late-night service has replaced dinnertime for students.

Lawton, Okla., freshman Mecia Lockwood said she eats at late night almost every night because she gets hungry later at night after eating a later lunch.

Killeen freshman Tonee Shelton normally eats

her dinner during late night.

"I just sleep during the day, and I usually go to the gym pretty late so this is the only thing open still," Shelton said.

She said when she wants to go to sleep determines how late she will eat her dinner.

While dinnertime has shifted to later hours, lunch remains a priority as both a break in the day and important time for social interaction.

Perlowski said noon to 1:30 p.m. is generally the busiest time of day.

"Lunch is by far the most popular meal – on average in the spring we have been right around 3,700, with counts for breakfast around 1,200 and dinner close to 3,000," Perlowski said.

Lunchtimes are also beginning to shift to later times.

Eating lunch after 2 p.m. has become a normal schedule for San Antonio freshman Bianca Hernandez.

"For me, it's mainly just if I have time," Hernandez said.

She tries to develop her class schedule on al-

lowing herself time for meals, but sometimes other commitments get in the way.

"It's rare that I skip meals, but if I'm really busy I will. It depends on meetings," Hernandez said.

Lockwood said she prefers eating with friends but will choose hunger first.

"If they're not hungry, then I just eat anyway. I can eat whenever. Sometimes I get granola and eat throughout the day," Lockwood said.

Lagos, Nigeria junior Denola Adepetun purposely develops his eating schedule around his friends' availability.

"It's more sporadic. I don't have a set time here because I'm in school. It's more like when my friends are free to eat," Adepetun said.

Later meal times have resulted in students snacking throughout the day to sustain themselves.

Adepetun also eats snacks in class or on the way to class sometimes.

"I only do it on Tuesdays and Thursdays when classes are longer, to sustain myself between classes," Adepetun said.

Student chefs simmer toward fresh future

By Jade Mardirosian
Staff writer

Students enrolled in the culinary arts program at Texas State Technical College are skilled. Need proof? One meal at the school's restaurant will have your taste buds convinced.

The Texas State Technical College Culinary Arts Restaurant serves lunch from 11 a.m. to 12:30 p.m. Wednesdays and Fridays during the fall and spring semesters and Tuesdays and Thursdays during the summer.

Students plan, prepare and execute the meals served at the restaurant, which can seat about 120 people.

This restaurant course, however, is just the capstone to a rigorous five-semester degree plan in which students graduate with an associate degree in culinary arts.

Students complete a variety of other courses, including classes on international cuisines, baking, pastries, nutrition, cost controls and safety and sanitation.

Chef Mark Schneider, director of the culinary arts program, said he student graduates are well prepared to work in the industry.

"We really look to try to be the cornerstone of what students need to build into becoming an executive chef," Schneider said. "We really want to make sure our students get in and get out into the industry and start working. Not only is that good for them, but it's good for Texas; we want to be a value-added program for Texas."

The program has about 230 students enrolled, but Schneider said that number would be larger if the current building had the capacity.



MATT HELLMAN | LARIAT PHOTOGRAPHER

During lunch dining hours for Texas State Technical College's student-operated restaurant, culinary arts director and executive chef Mark Schneider observes as fifth-semester student Rachel Hill prepares food for customer orders in the main kitchen along with fifth-semester students Mario Trevino and Cristine Chavez.



MATT HELLMAN | LARIAT PHOTOGRAPHER

During lunch dining hours for Texas State Technical College's student-operated restaurant, fourth-semester student Rudy Frett and fifth-semester student Rachel Hill prepare desserts for restaurant customers.

"We're busting at the seams with students and it's kind of a good problem to have," he said.

The solution to this problem has come in the form of a new culinary arts building, which has begun construction just across from the old building and is scheduled to be complete in November.

Schneider said the new building will have three culinary lab kitchens, larger dining room seating and technologically advanced classrooms, among

many other things. This new building will allow enrollment to reach 350 students, with classes scheduled to begin next January.

Many factors can be attributed to the program's growing enrollment, including the economy, said Chef Len Pawelek, an instructor for the culinary arts program.

"Nowadays with the economy being slow, people are going back to school and want a rather

quick specific training that gets them out and gets them a job," Pawelek said. "That's what one of our missions is, to get people trained and get them out there and get a job. That's really where we put our focus."

Students can expect to find a wide array of job options once they graduate from the culinary arts program.

"There's always a job in culinary arts. It might not be the grandest culinary arts job in the world, we include everyone from a hot dog vendor to the executive chef for the White House in our industry, so it's a huge range of job opportunities," Schneider said. "A lot of people see a chef's job as nights and weekends and holidays, but universities have chefs, banks have chefs, Exxon Mobil even has a chef."

Rudy Frett, a Waco second-year culinary student, said he was hooked after taking dual credit courses in the culinary program his senior year of high school. Frett was overcome by a huge smile and a loss of words when trying to explain his passion for cooking.

"Being in the back of the kitchen, you can make the perfect steak and send it out to the customer," Frett said. "Just seeing the face [of] the customer when they taste it is good to the heart. It's hard to explain; it's just something that feels good to you."

Frett has one more semester to complete before graduating. He has still not decided on what type of chef's job he would like, but knows he has many opportunities ahead.

"I got a job offer for a cruise ship, so I was considering that," he said. "But my mom and dad also want me to open up my own business, so it's a little up in the air right now. I have to consider what's

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By SHANNA TAYLOR



By EMILY UNDERWOOD

== Uncovering the unsung heroes ==