

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

Welcome back!

Register for the Baylor Freshman Year Retreat

You may register online at www.baylor.edu/spirituallife/index.php?id=63855. This event will be held on *Friday, September 13*, and *Saturday, September 14*, at Pine Cove Outback Camp in Columbus, Texas. The cost of \$85 includes meals, transportation, a t-shirt, and more. For additional information, contact Jessica_Robinson1@baylor.edu.

Baylor School of Music Presents Diaspora Duo

Tuesday, August 27, 7:30 p.m. at Roxy Grove Hall. For additional information, visit www.baylor.edu/music or call 254-710-3571.

Multicultural Affairs Hosting Annual Mosaic Mixer

Wednesday, August 28 at Fountain Mall. Free food and games will begin at 5 p.m. and the showcase will begin at 7 p.m. Freshmen and transfer students are invited. Come enjoy performances by student organizations. This is a great opportunity to get plugged in on campus. For additional information, contact Anika_Strand@baylor.edu.

The Union Board Hosting Labor Day Movie Extravaganza

Monday, September 2, 7-10 p.m. at the SUB Bowl. They will be having a free showing of *The Blind Side*. Local Waco vendors will be selling various food items. Bring a blanket, cash for food, and a group of friends to watch a classic football movie. For additional information, contact Holly_Smith1@baylor.edu.

Chalk Talk

Every Thursday before a football home game, 12:30-1 p.m. in the SUB Den. Join Baylor football players, coaches, and fans for free food and a breakdown of this week's game. This event is presented by Baylor Athletics and Student Activities.

My HEALTH

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

Monday Healthy Tip

Set aside the soda. Soft drinks are the single largest contributor to the total calorie intake of Americans, and numerous studies have linked increased intake of sweetened beverages to rising American obesity rates over the past few decades. While this information may motivate you to reach for a diet soda, there are disagreements over the benefits of artificially sweetened beverages; they may actually increase appetite and encourage weight gain. Try to kick your soda habit this week. Choose water with a

squeeze of citrus, unsweetened tea, or 100% fruit/vegetable juice instead of a soft drink to save calories and reduce your hunger.

Hot Opportunities

Freshman Class Council Applications

Applications are available online at www.baylor.edu/studentactivities. Applications are due *Friday, September 13*. For additional information, contact Meredith_Walkup@baylor.edu.

SUPPORT BAYLOR ATHLETICS

Volleyball - Green/Gold Scrimmage

Tuesday, August 27, 6 p.m., Ferrell Center

Cross Country – Bear Twilight Invitational

Friday, August 30, 6:30 p.m., Heart of Texas Soccer Complex

Football vs. Wofford

Saturday, August 31, 6:30 p.m., Floyd Casey Stadium. Baylor students can park for free in a public parking lot with a valid Baylor ID and current parking decal. Catch the free student shuttle on 5th Street (between Penland Hall and the SUB) to Floyd Casey Stadium beginning three hours prior to kickoff. The tailgating party will begin at 3:30 p.m. at the Student Tailgating Lot next to the Sneakers Touchdown Alley.

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

Sic 'em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* to StudentLife@baylor.edu. You can find the most up-to-date calendar information at <http://www.baylor.edu/calendar/>.

View past issues of *On the Baylor Horizon* at http://www.baylor.edu/student_life/index.php?id=34626.