

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

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## **Important Announcement!**

On Thursday, November 7, the McLane Student Life Center will close at 5 p.m., so that students may get to the 6:30 p.m. football game.

## **Medical Humanities Department Hosting Holiday Book Drive for Children, November 4-30**

The Medical Humanities department at Baylor University is partnering with the Heart of Texas Community Health Center for a children's book drive for the holiday season. You may drop off your donations in the Medical Humanities office, located in Baylor Sciences Building, Room D108. Any new or pre-owned book in good condition for infants to age 14 would be greatly appreciated. All donations will be delivered to the Martin Luther King Clinic, the main clinic for pediatric visits. Nurses at the clinic will wrap the books and deliver them to children according to age. For additional information, contact [Sue\\_Mock@baylor.edu](mailto:Sue_Mock@baylor.edu).

## **RSVP for the School of Social Work MSW Preview Day**

For additional information or to RSVP, contact [Kathryn\\_Bell@baylor.edu](mailto:Kathryn_Bell@baylor.edu) or call 254-710-4484. This event will be held on *Friday, November 15*, 8:30 a.m.-3 p.m. at the School of Social Work in Downtown Waco. Come learn more about obtaining a master's degree in social work.

## **Peru Missions Trip Interest Meeting**

Monday, November 4, 6-7 p.m. in the Fentress Room of the SUB. Interested in going on a missions trip this summer? Come learn about a two-week opportunity to serve in Peru with the Baylor Missions Programming and Community Development Team. For additional information, visit [www.baylor.edu/spirituallife/index.php?id=99222](http://www.baylor.edu/spirituallife/index.php?id=99222). Follow us on Twitter at @BaylorPeru.

## **Latinas Unidas Interest Meeting**

Monday, November 4, 6:30 p.m. in the Beckham Room of the SUB. What is Latinas Unidas? A time to build community with fellow Latinas at Baylor. Why? To encourage and empower each other through the mind, body, and soul. Come join the community and discussion. Hot chocolate and pan dulce will be served. For additional information, contact [Gabriela\\_Olaguibel@baylor.edu](mailto:Gabriela_Olaguibel@baylor.edu).

## **Baylor Latin Dance Society Hosting Dance Party**

Monday, November 4, 9 p.m. in Russell Gym. Come learn salsa, bachata, cha cha, and much more. Bring your friends and enjoy free food. No experience necessary. Make sure to bring your ID. For additional information, contact [Adam\\_Nall@baylor.edu](mailto:Adam_Nall@baylor.edu).

## **Mindfulness Meditation Program for Psychological Well-Being and Academic Success**

Wednesday, November 6; Wednesday, November 13; and Wednesday, November 20, 4-5 p.m. in the Counseling Center. Practicing meditation can help you increase your ability to regulate your emotions, decrease stress level, and increase your ability to concentrate and focus. For additional information or to schedule your required pre-group meeting, call the Counseling Center at 254-710-2467.

### Fall Festival

Wednesday, November 6, 5 p.m. at Burleson Quadrangle. Join Student Foundation for pumpkin carving, a showing of "Remember the Titans," face painting, and a variety of other fall treats. Canned foods will also be collected at the event to benefit Caritas. For additional information, contact [Mand\\_Elliott@baylor.edu](mailto:Mand_Elliott@baylor.edu).

### Active Minds Events

- **Wednesday, November 6:** Meeting, 5 p.m. in the Baylor Sciences Building, Room C123. This organization is dedicated to raising mental health awareness and reducing the stigmas associated with mental illnesses. This meeting will assist students on planning their schedules for the next semester in the majors of psychology, biochemistry, philosophy, English, and professional writing. You will also be taking part in some stress relieving activities.
- **Saturday, November 9:** Puppy Play Day, 10 a.m.-2 p.m. at Fountain Mall. Use this time to reduce stress and anxiety by playing with cute puppies.

For additional information, contact [Zach\\_Warman@baylor.edu](mailto:Zach_Warman@baylor.edu).

### Peer Leader Interest Meeting

Wednesday, November 6, 5:30 p.m. in the Bobo Spiritual Life Center. The Peer Leader Program will also be recruiting peer leaders for Fall 2014 in the following areas: New student experience, health and wellness, and service. The application will go live soon. For additional information, contact [Lizzy\\_Daivs@baylor.edu](mailto:Lizzy_Daivs@baylor.edu) or [Josh\\_Donath@baylor.edu](mailto:Josh_Donath@baylor.edu).

### Phi Iota Alpha's Phiota Week 2013 - National Day of Service: "UP (United with Purpose) Campaign"

Saturday, November 9, 9 a.m.-12 noon at the Caritas Thrift Store in Bellmead. Come join the sororities of Gamma Alpha Omega, Kappa Delta Chi, and Sigma Iota Alpha. Carpooling will be 8:31 p.m. from the SUB Den. Make sure to be on the lookout for upcoming Phiota Week events. For additional information, contact [Saul\\_Santoyo@baylor.edu](mailto:Saul_Santoyo@baylor.edu).

### Athens, Greece 2014

The Missions Team to Athens is looking for five men and five women to minister with Albanian students for two weeks in July 2014. Deadlines for applying are approaching, so inquire soon. For additional information, contact [Jeff\\_Walter@baylor.edu](mailto:Jeff_Walter@baylor.edu) or [Kelli\\_McMahan@baylor.edu](mailto:Kelli_McMahan@baylor.edu).

### My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to [www.baylor.edu/health\\_center](http://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!

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## THIS WEEK IN STUDENT GOVERNMENT

### Focus Groups

Student Government is looking for students interested in sharing their opinions during scheduled focus group sessions. We'd love for you to be a part of this great opportunity. For additional information or to get involved, contact [Lawren\\_Kinghorn@baylor.edu](mailto:Lawren_Kinghorn@baylor.edu).

### Passport Waco

The Office of the External Vice President is launching Passport Waco. Stop by the Student Government office to pick up your very own passport. Just visit stores and restaurants around Waco to be entered to win an iPad.

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### Monday Healthy Tip

One man's trash is another man's measure. Keep track of how much you're eating by living with your food packaging and remains. One study offering all-you-can eat chicken wings found that participants whose leftover bones had been cleared away ate 34% more than diners whose remnants remained at the table. That's a lot of wings. Visual reminders – like candy wrappers, soda cans and take-out receipts – can help you keep track of how much you've already consumed, so you'll be less likely to overeat. This week take the no-throw challenge and keep your wrappers, empty containers, bones and other bits on the table during the entire meal.

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## SUPPORT BAYLOR ATHLETICS

### ***Women's Basketball vs. Oklahoma City (Exhibition)***

Tuesday, November 5, 7 p.m., Ferrell Center

### ***Football vs. Oklahoma***

Thursday, November 7, 6:30 p.m., Floyd Casey Stadium

### ***Women's Basketball vs. Grambling St.***

Saturday, November 9, 7 p.m., Ferrell Center

Log onto [www.BaylorBears.com](http://www.BaylorBears.com) for all the latest information about Baylor Athletics.

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## Sic 'em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* to [StudentLife@baylor.edu](mailto: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](http://www.baylor.edu/student_life/index.php?id=34626).