

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

Waco Wonderland December 2-7

Waco Wonderland promises eight days of lights, ice, and holiday spice in downtown Waco. The celebration began Saturday, November 30, with the annual tree lighting at Heritage Square and downtown fireworks show. Show your support for Baylor student and *The Voice* finalist Holly Tucker at the free Christmas concert on *Friday, December 6*. Festivities conclude Saturday, December 7, with a holiday parade down Austin Avenue. Photos with Santa and ice skating will be available every day. For additional information or for a detailed schedule of events, visit www.WacoWonderland.com.

Bearathon Registration Opens Today!

Registration for the 2014 Student Foundation Bearathon, Half-Marathon and 5K is now open. The race will be held on *Saturday, March 22, 2014*. Proceeds from the race will go towards scholarships for Baylor students. For additional information or to register, visit www.baylor.edu/student_foundation/index.php?id=49828.

Active Minds Meeting

Wednesday, December 4, 5 p.m. in the Baylor Sciences Building Room C123. This organization is dedicated to raising mental health awareness and reducing the stigma associated with mental illnesses. Come watch documentary called "Killer Stress," among other activities. For additional information, contact Zach_Warman@baylor.edu.

Tunnel of Oppression Interest Meeting

Wednesday, December 4, 5-6 p.m. at the Martin House in Conference Room B. Join Baylor's International Justice Mission and the Office of Community Engagement and Service as we roll out Justice Week 2014. This meeting is for all organizations interested in performing a skit centered around an issue of oppression and/ or human rights for the annual Tunnel of Oppression event. Come with topic ideas for your skit. For additional information, contact Aspen_Clemons@baylor.edu.

The Dash

For students' convenience in attending Waco Wonderland, the Dash service will be expanded to run from 8 p.m.-2:30 a.m. on the 6th. The basic route will be expanded to go around campus from 3rd to 8th to Bagby then to downtown from 4th to Washington.

Saturday Clinic

The Baylor Health Center's Saturday clinic will be on Saturday, December 7, 9 a.m.-12 noon.

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

Think small; save big. The size of our plate plays a large role in how much we eat. Studies have shown that the bigger the container, the more we are likely to consume. The bottom of the bowl is a useful mental cue for us to stop eating and check if we're full. Turns out smaller portions can be just as satisfying. This week, enjoy your meals on a salad plate or in a small bowl. If eating food out of a package, put it on a plate first. This simple step can make all the difference in calories consumed.

Hot Opportunities

Global Missions Applications

Thinking about going on an international mission trip with Baylor in 2014? Join us on one of our 25+ discipline-specific missions teams going to 13 different countries during spring break, May, and summer. Whether it's Ghana or El Salvador, now is the time to finish your application. There is no deposit, and all students are eligible for fundraising and additional financial assistance once accepted to a team. For additional information or help applying, contact missions@baylor.edu. Applications and 2014 trips are available online at www.baylor.edu/missions.

SUPPORT BAYLOR ATHLETICS

Women's Basketball vs. San Jose State

Tuesday, December 3, 7 p.m., Ferrell Center

Football vs. Texas

Saturday, December 7, 2:30 p.m., Floyd Casey Stadium

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.