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UNIVERSITY OF MARY HARDIN-BAYLOR

# The Bells

RINGING IN THE TRUTH SINCE 1866

Friday, November 10, 2023

Vol. 170, Issue 2

## Mia Hanks crowned Miss MHB



Photo by Jackson Keenan/TheBells

Junior student art major Mia Hanks is surrounded by fellow Miss MHB contestants and judges as she is crowned the 2023 Miss MHB. Mia was a representative of Student Foundations and was personally advocating for creating a supportive community for students with special needs. Hanks was crowned Nov. 4 at Walton Chapel.

## Mission Emphasis Week Spreads Faith and Ideas at UMHB

By Xhaxany Cuellar  
Assistant Editor

During the week of Oct. 9 to Oct. 12, UMHB hosted its annual Mission Emphasis Week. Missionaries from around the globe came to speak on behalf of their organizations.

The goal of Pioneer Bible Translators is to make the Bible accessible to others in their own language. Since 1976, they have translated 189 million language speakers, 458,430 verses, and 123 language projects.

fill roles in a variety of industries, including IT, ASL, media arts, finance, and administration. The group recently gave the Maya people the alphabet and the first-ever capacity to read books in their own language. The Maya people are now able to comprehend God's word as a result.

To learn more about Pioneer Bible Translators, visit their website [Pioneer Bible Translators](#).

Wycliffe Bible Translators, a 40-year-old organization that translates the Bible into various languages,

got its start in translation | founder started several Christian Missionaries spanish-language Wycliffe Bible Translators and realized some ethnic groups in Mexico didn't understand Spanish. Wycliffe is in need of funding for a number of programs. Here is a handful of the projects mentioned: A complete Bible for the Nigerian Okpela people, Bible translations for the Border Kuna, the New Testament finished for the Mexican Steep Mountain people, and a complete Bible for the Dagara people.

To learn more about Wycliffe missions, visit their website [About](#)

In addition to Bible translations, Signs of Love focuses on language but from a completely different perspective. Signs of Love provides a complete translation of the Bible to the deaf community. The organization has a presence around the globe with an emphasis in Honduras, Peru and Argentina. The main focus is the deaf community in rural areas who have no access to language. The deaf community

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Photo by Victoria Kuntz

Speedy Wible, a representative from Hoops for Hope, explains how the program spreads the Gospel by teaching boys and girls in the K-12 age range how to play basketball. Speedy came to UMHB for Mission Emphasis Week Oct. 9-12.

## Concerns Raised Over Students' Mental Health

By Keely Mills  
Volunteer Staff

Mental health is one of the largest issues in college students today. There are numerous distractions and things tugging at their attention; it is very difficult to not become overwhelmed.

It becomes even harder during finals season at the end of the semester when students are incredibly busy, and burnout is inevitable. Life feels to be bursting at the seams, and stress is very constant. Not only is stress incessant but it is known that this time of year is when seasonal depression starts

to creep into young adults' lives. How can college students, particularly freshmen who have never experienced all these things before, battle such big emotions?

Karen DuBroc, director of Counseling Services at UMHB, describes the causes and solutions for the deterioration of mental health in college students from a counselor's perspective.

"There tends to be a lot of stress this time of year, but unfortunately the workload is so heavy as we come upon the end of the semester, that it tends to be hard for students to find time to come in for

counseling," DuBroc said when asked about types of issues she sees in freshmen this time of the semester.

As the end of the fall semester approaches, students become busier and busier with schoolwork and other activities that it is difficult for them to even find time to potentially get the help they need. She proceeds to say that students are rushing to finish make-up work or get projects done, or do the extra credit their grades need.

"Also, we see stress sometimes with students feeling anxious about going home for such an extended

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## Fashion Column: How to Dress Warm During Winter

By Rachel King  
Staff

Texas winters are nothing if not unpredictable. It could be 70 degrees and sunny one day and the next morning you could wake up to pouring rain and temperatures below freezing. Cold fronts are constantly coming and going. The past several years we have even seen some very severe winter storms. Entire towns and cities lost power during these storms. Many people had their pipes freeze and did not have access to working plumbing for weeks after the storms. Texans are ill

equipped to handle cold weather not only in their architecture, but also in their wardrobes. For many of us it can be a struggle to navigate dressing for such low temperatures while still being ready for a drastic change in weather at any moment. Here are some of our most valuable tips and tricks when it comes to dressing for Texas winters.

### Base Layer

First thing first, the base layer. Upon waking up to 30 degree weather our first instinct is typically to grab the thickest clothing item we own and live in that until further notice. While this

seems logical, there are a few other steps that need to be taken before throwing on that impenetrable sweater. Your first layer (aka your base layer) should be thin and tight. The purpose of this layer is to keep away moisture and keep you dry. This is of utmost importance when it comes to fighting off the cold, or worse, hypothermia. Ideally, this layer would be made of some sort of polyester or spandex material.

You want to try and avoid cotton blends because they will soak up moisture and stick to you, which does not help you out in any

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