

TCU DAILY SKIFF

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Fort Worth, Texas

Churches lead protest

By Jerry Madden
Staff Writer

Various denominations have banded together to protest the Reagan Administration's policies toward Central America during the Lenten season.

A special effort called "Lenten Witness for Justice and Peace in Central America" was launched by Catholic and Protestant national leaders to call attention to U.S. Central American policy.

Demonstrations by religious leaders will be held throughout the Lenten season, mostly in Washington, D.C.

Throughout the year, a number of TCU students and faculty members have gone to Nicaragua to witness conditions there first hand.

Mike Kirkpatrick, a senior political science major who visited Nicaragua in January, said the situation in Nicaragua is very different from what most Americans perceive it to be.

Kirkpatrick said the cost of the war with the contras has become a heavy burden on the Nicaraguan people.

Many items, like water, are rationed, Kirkpatrick said, and many of the Sandinista reform programs have been put on hold.

He said currently 50 percent of the national budget goes to defense. This, Kirkpatrick said, robs other programs of much needed money.

Ken McIntosh, a graduate student in history, visited Nicaragua last summer as part of a nationwide Disciples of Christ delegation.

McIntosh said most of his group made the trip to find out "what in the heck is going on down there" and to communicate that some Americans don't agree with the current administration's policy.

McIntosh said he "got a real sense of what poverty is like" while he was in Nicaragua.

McIntosh said during his group's stay near the Honduran border there was "an underlying tension of fear."

He said during their second night in the village of Quibuto a battle took place between the contras and the Sandinistas.

'We all huddled together and wondered what we would do if the battle came (to the village).'

KEN McINTOSH,
graduate student, history

McIntosh said the battle came as close as three kilometers from where they were staying.

McIntosh said the group could hear gunfire every night during their stay in Quibuto.

"We all huddled together and wondered what we would do if the battle came (to the village)," he said.

Many of the children in the villages he stayed in hadn't eaten for days, he said, so members of his group donated their food to the villagers.

While he was in Nicaragua, his group visited with Nicaraguan officials, built a bomb shelter in a village and talked to U.S. embassy personnel.

McIntosh said throughout his stay his group saw burned-out shells of buses and trucks that had been targets of contra attacks.

McIntosh said at one point during his stay the contras attacked a bus full of civilians, killing 11 members of one family.

Kirkpatrick said the strategy of the contras is to attack schools, health clinics, roads and buses rather than fight the Nicaraguan army.

Kirkpatrick said the contras do this to slow Sandinista reform programs and stir unrest against the government.

Of course, the Sandinistas aren't perfect either, McIntosh said. He said it isn't his intention to "paint a rosy picture" of the Sandinista government.

McIntosh said, however, the Sandinistas do have most of the popular support, although he did talk to people who favored the contras.

Kirkpatrick said among the people he talked to there was very little support for the contras, even from the opposition party members he talked to.

He said most of the people would view a contra rise to power as a return to the dictatorial days of Anastasia Somoza, since many contras are former members of Somoza's National Guard.

"It's very important for me for Nicaragua not to go communist," McIntosh said. "I don't think that's in the best interest of the Nicaraguan people."

McIntosh said his group came away believing it would be better for the United States to work with the Sandinista government than against it.

"We're close to an all-out war down there," he said.

Diane McDonald, a member of a local sanctuary church, said a strong local ecumenical movement has arisen to help Central American refugees.

McDonald, a member of St. Francis Presbyterian Church, said her church has helped about 30 families. Her church declared itself a sanctuary on Christmas Eve 1983.

McDonald said the sanctuary movement is designed to help provide relief for Central American refugees in the United States.

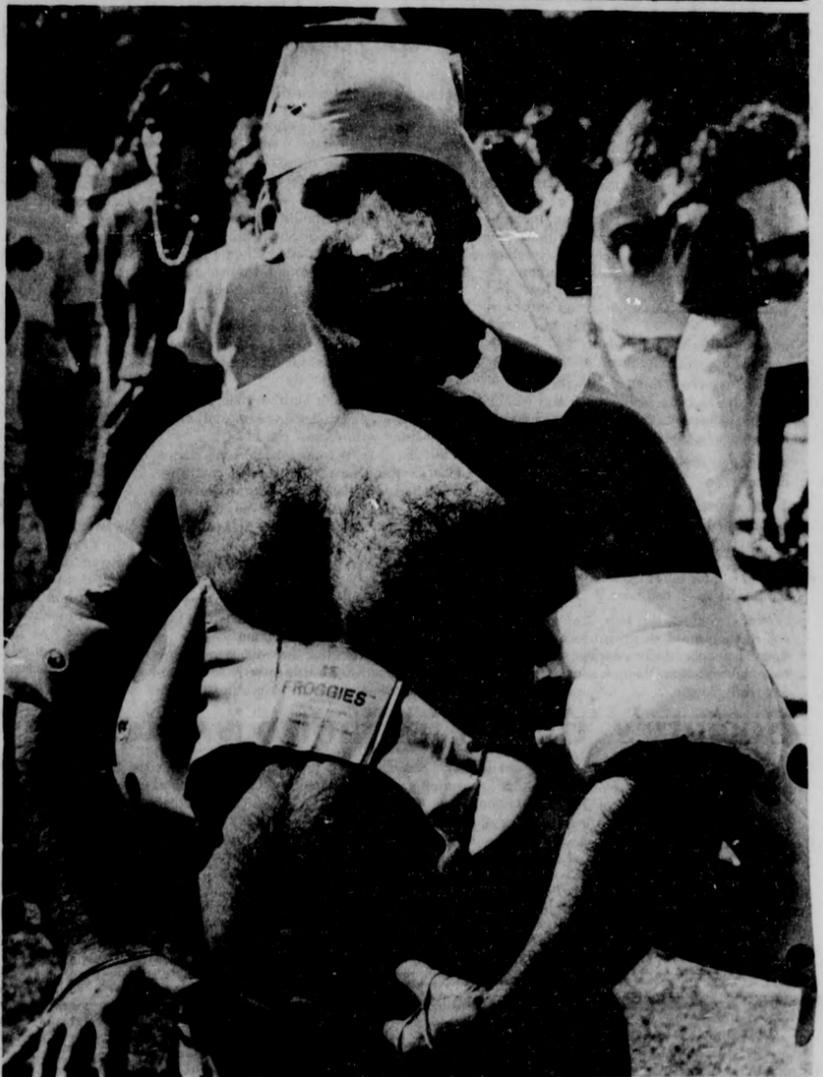
She also said her church is providing a place for refugees to speak publicly on problems in their country.

"They feel the best way to help their country is to let North Americans know what the problems are in their countries," McDonald said.

McDonald said 330 churches in the nation have declared themselves as sanctuary churches. She said this effort has led to a strong ecumenical movement.

"This has given us in different denominations a real vision together and a deepening of our faith," she said.

McDonald said the refugees tell "horrible stories" of how they, family or friends are killed, tortured or kidnapped by their governments for even the smallest thing like organizing.



All decked up - Steve Pick, a member of Sigma Chi Friday during Derby Day at Forest Park. Other activities included musical chairs with ice blocks and the egg swat.

Orientation session for minorities added

By Jacquelyn Torbert
Staff Writer

This summer an orientation session designed especially for minority students will be added to the regular freshman orientation program.

Freshman orientation at TCU will take place throughout the summer until Aug. 18. On Aug. 19, minority students enrolling for the first time at TCU will get an opportunity to discuss unique challenges they face entering a predominantly white university.

Associate Director of Admissions Audrey Abron said of the 1,178 freshmen who entered TCU in 1987, 7 percent were minority. That is approximately 82 students.

Of those 82 students, 3.2 percent are black, 2.2 percent are Hispanic, 1.2 percent are Asian and .3 percent are American Indian.

"The reality when they get here is seeing few people that look like them and not having support or feeling welcome," Abron said.

The minority orientation session will consist of informal talks designed to help the student adjust to

TCU, Vice Chancellor of Students Affairs Peggy Barr said.

"There will be programs in terms of how to get involved with university, how to get prepared for academic classes, along with information from older students about their successes and how they accomplished them within the university community," Barr said.

The difference between this session and regular orientation, Barr said, is that the groups will be smaller and more informal, which will allow for a more open discussion about the concerns of the new students and the experiences of the older students.

Academic adviser Teoby Gomez said primarily it will give the new students an opportunity to meet students already attending TCU, as well as some black and Hispanic faculty members.

But it will also be geared toward orientation into the Fort Worth community, Gomez said.

"It will give minority students a chance to find out where different resources are, both on campus and in the community," Gomez said.

Faculty Senate OKs shorter drop period

By Nancy Andersen
Staff Writer

Come next fall, students may have two fewer weeks to drop a class if the administration passes a resolution approved Thursday by the Faculty Senate.

As written by the Senate Committee on Academic Excellence, the resolution shortens the drop period from 10 weeks from the start of the semester to eight weeks. After eight weeks, a student can only drop a class by being granted a Q from the dean of his or her academic college.

Originally the resolution, as introduced by Ken Morgan, associate professor of geology and chairperson of the Academic Excellence Committee,

reduced the drop period to six weeks.

Associate professor of biology Durward Smith argued against a four-week reduction, saying some professors don't give their first exams until after six weeks.

He said he disagreed with a statement in the resolution that many students use the drop policy to withdraw from classes only to avoid a failing grade.

"In my class of 130 to 150, somewhere between seven to 13 take a W (withdrawal). About two take a Q," he said. "I don't think that's terribly bad."

Professor of physics C.A. Quarles said students often do not know what is expected of them in a class until after six weeks.

"It depends on the instructor giving an adequate syllabus and adequate explanations," he said. "But there may still be a few faculty members who don't tell students."

Margaret McWhorter, assistant professor of home economics, said the change would make the faculty's lives "more complicated."

"The dean's going to have much more requests for Q's," she said.

Morgan defended the six-week drop policy, saying that less drop time will help avoid grade inflation.

"We are all struck by the fact that at this school 90 percent of the grades are A's, B's and C's," he said. "Six weeks is ample opportunity for the student to make judgment about his or her qualifications for the course-

not (about his) grades for the course." An amendment was proposed and readily approved to make the new drop period eight weeks instead of six.

The shortened period "will continue our efforts to improve our academic integrity and will better meet our responsibility to our students of promoting appropriate academic standards at TCU," Morgan said.

Professors' and advisers' signatures will still be required on the drop slip before a student can be removed from a class, Morgan said.

"The signatures are strictly for information, not permission," he said. "It's not our intention to say (we are) actually giving permission to drop."

U.S. Embassy in Moscow to be checked

WASHINGTON (AP)—President Reagan said Tuesday he might order the new, unfinished \$191 million U.S. Embassy in Moscow torn down if it cannot be secured against Soviet eavesdropping, but that Americans would not be "run out of town" by spies.

Reagan also said that Soviet diplomats will not be allowed into their new office tower on a Washington hill-top until the Americans occupy the new U.S. facility in Moscow.

Speaking to reporters in the White House, the president said Secretary of State George Shultz would go to Moscow for arms control talks scheduled to start Monday, despite the belief that the Soviets had planted listening devices in the embassy—and in the replacement under construction next door.

The president said he was asking intelligence advisory boards to "evaluate the condition of our new building and ascertain whether it will ever

be secure or whether it may be necessary to destroy and rebuild it.

"I've instructed the secretary of state to make embassy security a major agenda item during his upcoming talks in Moscow. And I have asked former Defense Secretary Mel Laird to chair an assessment review panel," he said.

The intelligence review, and one by the Laird panel, are due in 90 days, Reagan said.

Reagan spoke to reporters after

State Department spokesperson Charles Redman announced that the U.S. government had formally accused the Soviet Union of "a breach of the norms of diplomatic conduct" by infiltrating the embassy with alleged spies and bugs.

The protest was filed in the Soviet capital by Ambassador Jack Matlock and announced at the State Department. "I don't think there are any doubts what our concerns are," Redman said.

Diet industry gains money as more dieters try to lose weight fast

The constant struggle to lose excess pounds is a problem that weighs heavily on the minds of the more than 32 million people considered overweight in America.

America's obsession with thinness has made dieting a billion dollar industry. Companies promise to melt the fat off prospective clients with chemicals, body wraps, pills or flavored nutrition drinks.

"People want solutions right away," said Hap Klinefelter, a psychologist at the TCU Counseling Center. "That's why fad diets are so appealing. It's a billion dollar industry, and those people are preying on people who want a quick fix and an easy answer."

But there is no easy answer to weight problems.

"People use them (fad diets) as a temporary solution to being overweight and never address the real problem. They get in the habit of overeating as a normal way of living. They go back and forth between dieting and overeating, and they never really learn healthy eating habits."

Klinefelter said our society sends out conflicting messages to "eat a lot, but still be thin." Restaurants give oversized portions and portray eating as a social activity, yet at the same time most advertisements convey the message that thinness equates beauty.

Klinefelter said many TCU students, particularly women, have succumbed to society's pressure by resorting to dieting. He said the most typical example of a student dieter is the college woman who gains the proverbial freshman 15.

Stacey Vernon, a senior political science major, is one coed who began dieting after putting on weight during her first year at TCU.

For Vernon, the fight to stay thin has become a constant battle that has led her through an array of diets. Vernon tried both the Beverly Hills Diet and the Dolly Parton Diet before she began to use the Herbalife Diet System last spring.

Dressed in sweats in preparation for her daily three-mile walk around campus, Vernon sipped a Diet Coke and discussed her reasons for dieting. A plaque admonishing her to "Think Thin" hung on the wall of her small apartment, while calorie counting guides and various treatises on weight loss lined her bookshelf.

"Fad diets seem like the quickest way to lose a few extra pounds," she said. "My normal eating habits aren't that bad, but fad diet advertising can sell you on a quick way to do it (lose weight). Plus, it is fun to try a new way sometimes."

"I'm only 5-foot-2, and the tall look is definitely in," she said. "You feel

wonderful when you diet successfully. There's no better feeling than looking in the mirror and liking the shape of your body . . . instead of grossing out on it."

"In our culture, we associate thinness with beauty, love . . . that idea of perfect. We associate fatness with lazy, unattractiveness and at best 'jolly.'"

Vernon was able to lose the weight she desired with Herbalife. The diet limits clients to two nutritional drinks a day and one balanced meal of lean meat—either chicken or fish. In addition Herbalife dieters use combinations of special herbs, vitamins and oil, which are supposed to curb the

appetite, cleanse the system and burn excess calories. The basic cost of all of the supplements for the diet comes to about \$34.50 per month.

While \$34 a month may seem a high price for a diet plan, many TCU students are willing to pay much more for the possibility of weight loss.

One TCU coed, a sophomore political science major, turned to Nutri-Systems after she gained 12 pounds during her freshman year at TCU.

At a cost of approximately \$900 to \$1,170 for nine weeks of participation, Nutri-Systems is one of the most expensive of the dieting giants today. Excluding the \$495 initial package

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OPINION



Skillful dancing is fast becoming an endangered species in the '80s



John Paschal

To a lot of humans, particularly the uncoordinated, dancing is sort of the indecipherable gyrating of the body and the effusive thrashing a-out of limbs, without the benefit of a common goal or purpose.

Arms, legs and head act independently of one another—sovereign appendages but destabilized, with no plans for the immediate future.

There is just one thing certain: the arms will spend the night in bed and the legs on the couch, so to speak. Apart and uncooperative, in sort of a bodily tiff.

Dancing, it seems, is steeped in its own difficulty.

You see, to a lot of people, writing is an exercise in diligence; reading is an exercise in patience; and dancing is an exercise in... well, it's just an exercise. Sweat globules accumulate for no other reason but to make the person smell bad later.

Now, I confess, this here is an exercise in self-righteousness. By my lambasting uncoordinated people, it does appear that I don't count myself among them. I, according to me, can really boogie.

Astaire's in no immediate danger

But when I enter the squares of realism, admittedly, Fred Astaire is in no danger of a major dance coup any time soon. I have smelled the coffee; I'm just your average, everyday caucasian.

I will never unscramble the letters of a famous person's name on Soul Train. I'll never even meet Don Cornelius. When I dance, people will not gather 'round, throwing nickels at my feet and giving me nicknames like "Scat Boy" or "Lightnin' Man."

I will not, cannot and feet-in-a-knot go gambling on "Solid Gold." And I will never make a workout video, even for pregnant women. Even for pregnant gerbils.

Instead, I'll sit right here, drinkin' a Coke, writin' about dancin'. Because I certainly can't dance about writin', now can I?

But like I said, some people can't dance about anything, for anything or with anything. When they "trip the lights fantastic," they just trip. Period. When they "cut the rug," they kind of scrape it a little, maybe rip a couple of fibers, and that's it.

It is a skill that has deftly eluded people of all races, colors, creeds and lunchmeat preferences. But I'll say this: At least I know which way is right and which is left, and which foot coordinates with which direction.

Sure, sometimes that direction is south-by-southwest, moving north-easterly to a position approximately north-by-northeast in relation to the prime meridian, then finally moving southward onto my partner's left Reebok. But give me this much—when I'm stepping on somebody's toes, buddy, I know it. Especially when they're my own.

That's the neat thing about dancing—you're easily recognizable of your status as a dancer. It's not like singing. When you sing in the shower you fancy yourself as Pavarotti or Sinatra or Bert Convy, even if five people are strewn across your neighborhood—still holding their ears—dead.

But when you're a bad dancer, truly bad, usually you know it, because the majority of your partner's metatarsals (those are in the foot) are snapped in half, and he or she is on the floor—still holding his or her feet—dead.

History of dancing

Such is nothing new, however. Dancing began many millions of years ago, and in fact, the Old World guy that started it was the same guy who invented the wheel.

One cold day up in the cliffs his common-law wife backed the wheel over his right foot, thus provoking a form of primal, frenetic dancing... and the birth of millions of years of git-down... until finally it culminated with, uh-huh, the Soul Train Word Scramble.

(Also born that day was a popular four-letter expletive. The injured man (some say his name was Ug) was screaming "She hit, she hit," and the villagers paraphrased his pointed message and carved it in stone).

Dancing received a crunching blow the day John the Baptist was born. Had he been John the Episcopalian or John the Church of Christ dude, perhaps Southern Baptists would never have gotten so snooty and prohibited dancing within their denomination. As it stands, Baptists stand.

That being the case, by the way, could somebody tell me, what do they do at that ROXZ in Waco? Do they have "stand contests" instead of dance contests, with a panel of three fundamentalist judges doing the scoring?

"His costume was wonderful. Great enthusiasm. He looked like he really wanted to be out there. And I especially liked the way he stood, kind of leaning to one side like that, his hands resting in his front pockets. Brilliant. I give him a 92!"

Baptists notwithstanding—wait, that should be standing—the 1940s brought with it the pinnacle of dance. Those dances in the '40s where this happened: man meet woman, man dance with woman, man and woman actually coordinate their movements—is really what dancing and other things are supposed to be like.

Then Elvis came along, and girls ran into fences and stuff. In the '60s people took drugs and fell down. And then they got back up and took drugs and fell back down again. That was dancing.

John "Revolta" Travolta highlighted the fabulous '70s with brazenly gaudy shirts and

tight, ugly pants. He moved around like a dog in heat only to keep blood circulating through his legs and hips. (We don't know why he wore those shirts)

Now it's the '80s, and dancing has digressed to the "she hit" era. There is no form or substance in dancing anymore, no theme or meaning. No precision. Everybody looks the same. Our ancestors had reasons for looking stupid: Elvis, drugs and tight pants. Today, people look stupid because everybody else is doing it, and doing it very well.

It's the same even in Fort Worth. Unless somebody is two-steppin' down in Cowtown or floppin' to the grinding blues at the Bluebird, that person is likely being a mirror image on some "Eurotech nouveau-groov" dance floor.

I have yet to stoop so far as to attend The Ocean Club, but I'm sure my hormones will take me there one of these nights. When that happens, I'll probably be a mirror image, too. That's because, I think, most humans are scared to be different, daring... unless they're dancing intimately with Jim Beam or Johnny Walker. It's the '80s, babe. Everybody's the same.

It's getting so dismal that you can't tell the uncoordinated from the coordinated, the good from the bad from the ugly, until there are humans strewn across the dance floor—still clutching their metatarsals—dead.

Society's 'thin is in' motto is often the root of dangerous eating disorders



Hap Klinefelter

Food-related problems are a major health hazard for women. The lives of hundreds of TCU students are severely handicapped by these dangerous, progressive food-related disorders.

As many as one in three female college students suffers from some form of chronic eating problem. Only 5 to 10 percent of the victims are men, but their numbers are on the rise.

Anorexia nervosa, bulimia and bulimarexia are the most common eating disorders. Anorexia nervosa involves self-induced starvation and a loss of at least 25 percent of normal body weight. Anorexics are easy to identify because of their emaciated appearance. They tend to be alternately hyperactive and depressed.

It has been called the "perfectionist's disease" because most anorexics are compulsive overachievers with an intense need to always feel in control. Without treatment intervention, between 15 to 20 percent will eventually starve themselves to death.

Bulimia is the medical term for compulsive overeating. Many people choose to overeat occasionally but are

not bulimic. Someone with bulimia has lost control and does not feel free to choose not to "pig out."

Bulimarexia or the "binge-purge" syndrome is by far the most widespread eating problem on the TCU campus. These individuals are usually within 10 pounds of normal weight but are inordinately preoccupied with appearance, weight and the fear of becoming obese. A bulimarectic will consume enormous quantities of food in a brief time span and then purge (most typically by self-induced vomiting or by using laxatives or diuretics).

Like alcoholics and compulsive overeaters, bulimarectics experience self-critical thoughts and severe depression after a binge. Self-esteem plummets as the illness progresses.

Both the anorectic and bulimarectic have distorted body images and are obsessed with food and terrified of becoming fat.

The dramatic increase in eating disorders since the 1970s is due to our society's fixation on food and bodies and our propensity for unhealthy dieting.

The media creates a double bind by stimulating our appetite for rich food and simultaneously conditioning women to equate beauty with being thin.

In our culture, "normal" eating has become a euphemism for overeating. This naturally results in gaining weight, which then impels people to diet in search of thinness. Typically, the dieter under-eats temporarily and

then resumes the former pattern of excessive food intake.

Eating disorders occur when this prevailing cultural pattern of alternately overeating and under-eating is carried to extremes. The anorectic starves, the bulimic binges and the bulimarectic gorges and purges; all three have lost control and need professional help to recover.

Eating disorders are complicated, multidetermined illnesses. Recovery is a costly, time-consuming and difficult process.

Unfortunately, the characteristic symptoms of denial and delusion keep anorexics and binge-purgers from seeing their problems objectively and seeking help before the disease progresses to the point where all control is lost.

In this acute phase, hospitalization is usually necessary. Early self-identification and self-referral are critically important, because the disorder is more amenable to treatment in its beginning phases and can be handled on an outpatient basis.

Given the nature of these diseases and the propensity for victims to avoid getting treatment in the early stages, what do you need to know to help minimize your risk for developing one? Also, what can you do to help a friend to seek professional help as soon as possible?

First, remember that those quick weight loss diets backfire in the long run. What's more, research indicates 60 to 70 percent of those who have lost moderate to large amounts of weight

end up bingeing and vomiting to avoid weight gain. In other words, crash dieting is extremely dangerous, since it dramatically increases your risk for developing an eating disorder.

Prolonged fasting and excessive, moderate dieting often precede the onset of bingeing and purging, but the diet-conscious consumer is never forewarned of these serious risks.

Each of us can choose not to be manipulated by the billion dollar diet industry by choosing to stick more regularly to eating reasonable amounts of food. Also, if we decide to diet, we can adopt the only safe, sensible approach by doing it gradually.

The alternative is to be suckered into taking some appealing, yet illusory and potentially harmful shortcut promised by those eager to capitalize on every dieter's wish for some nonexistent, quick, easy, magical solution.

How do people get eating disorders? There is no one simple answer, but we do know that these illnesses are stress-related and are often triggered when young women must face high risk, "critical periods." Food-related illnesses frequently begin immediately before or after puberty; experts view this as a subconscious attempt to postpone physical maturation.

Some specific stressful situations linked to the onset of an eating problem include 1) leaving home or contemplating it, 2) having family problems, 3) experiencing a romantic breakup and 4) critical comments by a boyfriend about your body or other

insensitive remarks after weight gain.

Let's look at the hypothetical examples:

1) A TCU student gains the proverbial "freshman 5, 10 or 20 pounds" and overreacts to the weight gain by fasting and/or drastically restricting her daily caloric intake.

She acts on the erroneous belief that losing the extra pounds will solve everything. She focuses solely on controlling her eating, failing to realize that other stress factors are also contributing to her unhappiness.

2) Some guy a girl likes, a coach, a parent or relative makes a comment about her being a little chubby. Hurt, embarrassed and angry (but usually afraid to assert herself), she embarks on an unhealthy diet to please her critic—at the cost of sacrificing an opportunity to learn how to deal assertively with her negative feelings about these remarks.

Either of the above two incidents may be the precipitating factor leading to the onset of an eating disorder. The real, yet avoided, issue involves managing unpleasant feelings, but this developmental task is sidestepped in favor of focusing on the red herring of dieting.

Controlling one's weight feels good, and bingeing anesthetizes uncomfortable feelings, but both the anorectic and binge-purger completely lose control of their relationship with food. What began as an attempt to regain emotional control and bolster a bruised self-image ultimately ends up in a self-destructive addiction.

Unlike anorexics, bulimarectics are notoriously difficult to discover and diagnose; those who binge and purge go to great lengths to keep their problematic obsession a secret. The tragedy is that their condition invariably worsens without treatment, and the bulimarectic's self-esteem takes a tremendous beating along the way.

Like an alcoholic, they promise themselves after each episode that this will be the last time; they become socially isolated and experience intense shame and guilt.

If you suspect someone you care about has an eating disorder, doing nothing is the most uncaring thing you can do. These diseases are progressive and only worsen over time.

Most potential interveners are afraid to do this for fear of angering the person and risking his or her friendship. It takes a good friend with lots of courage to intervene; there's a risk involved. It might not "work" right away, but it will at least "plant a seed" that may later bear fruit. Intervening is all you can do, and it's a lot.

For guidance on how to go about intervening, consult with your hall director or someone at the Counseling Center (921-7863). Confidential counseling (both individual and through an eating disorders support group) is available at no cost to TCU students, faculty and staff at the Counseling Center.

Hap Klinefelter is a psychologist at the TCU Counseling Center.

TCU DAILY SKIFF

The TCU Daily Skiff welcomes letters to the editor and guest columns. The opinion page is designed to offer a forum of thought, comment and insight concerning campus, state and national issues. All letters and columns must be typed and double spaced. Letters should be no longer than 300 words and must be signed. Both letters and columns must be accompanied with the writer's classification, major and telep one number.

Views expressed herein are solely those of the individual writers and contributors. Unsigned editorials represent the consensus of the editorial board. Signed editorials are the opinion of the writers.

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BLOOM COUNTY



FEATURES

Punko's dream of guarding president in reach

By Sally Ellertson
Staff Writer

Greg Punko's dream, though lofty, isn't far from his grasp. "I want to guard the president. I want to be one of those guys with the long trench coats on with the little wire running up to his ear and sunglasses," Punko said.

Punko's stature helps him carry off the role of a security guard easily in his past jobs and present internship. The 23-year-old's 6-foot-1, 190-pound athletic body and his short, thick, sandy brown hair look comfortable and at home in jeans, black Nikes and a dark blue Polo shirt.

If Punko gets to the Secret Service, it will be because of one reason. "I'm the luckiest person you'll ever meet in your life. Everyone will say that. Everyone says I have a guardian angel," Punko said.

That guardian angel has brought Punko safely through some physical injuries.

"I've had two knee operations for torn cartilages, and I got in a car accident. I cut myself up, and I was in the hospital for a couple of weeks. Then, I wasn't supposed to be able to use this hand (his left) again because my arm got cut to the bone," Punko said.

Punko needs that luck now that he is interning with the Fort Worth Police Department, Special Operations. Because of the secret nature of his internship, Punko could not reveal many details.

"I was in a helicopter in a high-

speed chase, and I've been on stake-outs with the cameras and binoculars. I'm in it because I want the risk. I'm not going to learn anything or know exactly what it's like in my internship if I'm sitting in the office all the time," Punko said.

He was the first TCU student to take the Special Operations internship. Punko told Bill Head, director of the criminal justice program, he wanted to work with a federal agency or in the internship he's in now.

"He had a really good idea coming in about what he wanted. Then he pursued it on his own," Head said.

Working for the Secret Service is a step in a different direction from the rest of Punko's family. His three older brothers—37, 35 and 28 years old—are into business. One brother is vice president of a financial firm, one is vice president of Waste Management and the other is an accountant.

"I've always been kind of the different one in the family. Money doesn't really spark me. I have no desire for lots of money. I just don't want to sit behind a desk, and with criminal justice I'll be out in the field," Punko said.

Punko's father worked in a steel mill for 25 years, and he flew 25 missions over Germany in a bomber. He's now a consultant for the steel industry.

"My dad is what you would call the iron hand, the discipline in the family," Punko said.

Punko's mother is a retired book-

keeper, and she's one of his biggest influences.

"I'm a lot like her. Nothing bothers me. I'm happy if I have money. I'm happy if I don't have money. I'm very even-tempered, which is good in my line of work," Punko said.

So how does Punko's family react to his career choice?

"They think I'm nutty. The realization hasn't hit them yet. They want me to be a salesman," Punko said.

Punko started out as a business major at the University of Wisconsin at Madison before he switched to police science and got his degree. Now he's here at TCU for a second degree in criminal justice. The sense of what's right is his driving force.

"I want to right all wrongs. I'm serious," Punko said, then laughed.

"I've worked a lot of security jobs in the past—at the steel plant, Summerfest (a lake-front festival) and at a hotel. I like it. People want to gain influence either through money or some other means, and that's how I would like to," Punko said.

"People think I'm tough. People say I'm mean when they don't know me. They won't come up and start talking to me because they think I'm a bad guy, but I'm not. It's kind of a self-defense mechanism, I suppose," Punko said.

People who know Punko say he's going to be like his father.

"My emotions are a lot like him. He's a really warm guy, but he won't

'People think I'm tough. People say I'm mean when they don't know me. They won't come up and start talking to me because they think I'm a bad guy, but I'm not.'

GREG PUNKO, TCU intern, Fort Worth Police Department

show anybody. I'm very shy, too. It's (the anonymity of a security guard) kind of like my personality, pretty shy," Punko said.

Punko grew up in Greenfield, Wisconsin, a suburb of Milwaukee. Greenfield is a laid-back town that's fairly large and semi-wealthy, with steel as its main industry. The majority of people don't go to college but instead stay in the area.

"I was sort of different, uprooting my roots and coming down here," Punko said.

Punko wanted to get away from the cold of Wisconsin. His brother Bob is an alumnus of TCU and encouraged Punko to come to Texas. Punko did in 1986 and now lives with Bob and his wife, Cathy.

"They are a major influence on me because they instill responsibility—or try to—in me. They are the law," Punko said.

Punko's brother Dan, 28, had an impact on him when he was younger. Dan was a 5-foot-5, 140-pound, all-conference flanker in high school who

had 18 touchdown receptions his senior year.

"I'd be sitting in the stands, and the fans would chant, 'Punko, he's our man, if he can't do it no one can,'" Punko said.

Punko's grandmother actually brought him up because both of his parents worked. He thinks he will be a lot like her.

"She was like my mother. Whatever I needed, she'd do for me. And that's how I'm going to be, too. I'm going to spoil my kids rotten," Punko said.

Punko has no shortage of mother figures. He has a second "Mom" here at TCU, Ruth Ver Duin, the sociology department's secretary.

"She's very easy to get along with, and she's fun. She's like my mom away from Mom," Punko said.

"If he's really dedicated to something, he'll go full-force. Greg has a lot of fun inside. There's a devilishness that could break out at any time," Ver Duin said, laughing.

But how does Punko deal with the

other side—the offenders and the criminal justice system?

"It is free will. If they choose to break the law, they know there are prisons there. They made that choice," Punko said.

Punko said realism will change his attitude as he gets more involved with the system.

"I think they'll (his attitudes) probably soften up as I find out that I'm not Superman, and I can't go out and change the world," Punko said.

When it comes time for Punko to have his own family, his thoughts about the career choice of a son are mixed.

"I would want sons like my other three brothers because they're all very successful in what they want. I'll be successful, but it will be a risk," Punko said.

Would Punko encourage his son to take the risk?

"Oh sure, sure, and he probably will want to too, you know, if his old man is," Punko said, then laughed.

There's no doubt that the risk involved is worth it to Punko.

"This is what makes my heart beat these days," Punko said.

But don't worry—Punko isn't worried about losing his happy-go-lucky attitude to the downers of the criminal justice system.

"Twenty-three years of it has worked!" he said.



Easy as pie - Billy Taylor takes a breath during the pie-eating contest Saturday at Frog Fest.

Gladney Home repairs lives

By Kathy Fuller
Staff Writer

Lori Hubbard, 19, boarded an airplane destined for Fort Worth. She was leaving the security of her family and friends at Kansas State University.

She had to be grown-up now. Lori was pregnant.

"Dad couldn't understand the fact that I didn't want to have an abortion. I left them all. The pressures of my family I thought would disappear when I got to the Edna Gladney Home," Hubbard said.

"It was a tough time. I'll admit I was homesick for the first few days. I really didn't like it at all. But then I told myself I wasn't going to waste my time. I was going to make this a learning experience," Hubbard said.

She wore sweatpants and a sweatshirt that is obviously a party favor from a fraternity party. Her physical discomfort showed from the expressions on her face and her constant change of positions on the couch.

She had just recently delivered and was awaiting her visitation day with her baby.

"When I see her... oh, I just want to shut the room door and hold her. I want to tell her I love her... I want her to find happiness. It's not that I don't want to love her, it's... I couldn't keep her. I hope she realizes that I loved her enough to let her go," Hubbard said.

She began crying, the tears making tiny paths on her face. She wiped her eyes. The tears were gone. But the feelings remain in her heart.

'I won't just be placing my baby in a stranger's home. Just listening to the parents reassures me because I see how much they love their adoptive child and want to give it the best.'

LORI HUBBARD, Edna Gladney resident

Those won't be able to be washed away, she said. Not now. Not ever.

"I won't just be placing my baby in a stranger's home. Gladney holds meetings for both the mothers and adoptive families. Just listening to the parents reassures me because I see how much they love their adoptive child and want to give it the best," Hubbard said.

But it doesn't soften the emotions. She has seen how parents have waited years to adopt. It helped to know that her baby will be a miracle and blessing to a family, Hubbard said.

She also said knowing that her baby is safe will make it easier for her to continue her life.

The center has taught her how to set goals and how to take the first step in achieving them, she said. Hubbard plans on finishing school and getting a degree in social work.

"I never really thought about the importance of college, but now that is my importance. I'm not going to go out partying all the time like I used to. Life is too short, and I have too much I want to do," Hubbard said.

But time for Kim Allan, a 23-year old resident of the center, doesn't matter. "I have set some goals. One is to get a job at an airlines. I don't care how long it takes me. I suppose it just takes some of us a little longer to reach our goals. The point is that I get there," she said.

Allan, a tall blonde, was wearing a bright pink and green outfit. She looked like something off the cover of a department store catalog.

"I get up every day, get dressed and try to have a positive attitude," Allan said.

Executive Director Eleanor Tuck said each girl usually leaves with a mental destination. Each one has a different opinion of achievement.

For example, she said one girl just said she learned to like herself.

But then again, that's the job of Edna Gladney.

Hubbard will be returning to Kansas soon, and Allan hopes to be employed by an airline.

The Edna Gladney Home has helped piece back together the shattered world of two women, but in actuality the repair came from inside the soul.

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Some diet programs bad for health

Continued from Page 1
 plan, most of the cost for Nutri-Systems stems from the weekly \$45 to \$75 grocery budget.

Clients of Nutri-Systems eat only special prepackaged meals prepared by the company. No other food, or drinks can be combined with the plan, which causes some dieters to give up.

"It bothered me that you don't eat real food," she said. "It is packaged food that you mix with water."

She opted to drop out of Nutri-Systems and was able to scale down her weight by sticking to a 1,000 calorie-a-day diet instead.

"Instead of complete denial of real food, I ate salads and worked out," she said.

While every diet won't work for every person, people interested in losing weight should consider the nutritional impact of a diet before making a choice, according to Nell Robinson, a professor of nutrition and dietetics at TCU.

Often fad diets can be dangerous for the participants. The diet industry doesn't take moral or ethical responsibilities for their clients, Robinson said.

"It's a shame they don't," she said. "But if they did most of these diets wouldn't be on the market anyway."

Total European Concepts, closed two weeks ago for health violations, is one company recently under attack for alleged unsafe and unethical operations.

Ron Dusek, public information spokesperson for the Attorney General's office in Austin, said Total European Concepts is accused of using hazardous chemicals in body wraps in addition to providing customers with food supplements and pills considered dangerous.

The company is also accused of selling oil of primrose, though it has been banned in the United States, Dusek said. In addition, the company is under charges of false advertising for claiming their method was an effective means of weight loss.

One TCU student who joined Total European in hopes of diminishing her 230-pound frame said she lost \$260 to the company.

"They suck you into it," she said. "They pump you and pump you to pay for the package and invest money into their program for you to lose weight so you'll be popular and accepted by your friends."

"Most of the people I saw there were lower to middle class people with severe weight problems. They were all looking for an easy way to lose weight," she said.

"I spent two and a half hours one day sitting over at Total European in a plastic raincoat and got smart enough to quit when I realized the program wasn't worth it," she said. "Since I signed a contract stating that I could receive no refund, I was out the bucks."

However, Robinson said not all diet programs are shams. She said Weight Watchers is one of the few diet plans that meets all of the nutritional and safety considerations for a diet.

For a \$13 registration fee and a weekly follow-up price of \$7, Weight Watchers members attend individual and group weight conferences where they are advised by staff members on how to successfully change their eating habits for the better.

However, as with any diet program, in order to keep the weight off, dieters must stick with the plan indefinitely. This proves to be the downfall for some dieters.

One TCU woman experienced this problem after quitting Weight Watchers.

"I tried Herbalife, Nutra-System's starvation and all sorts of diet pills, but I always gained the weight back," she said. "Then I went to Weight Watchers, and yeah, I took the weight off and kept it off for about three months after I stopped going."

"But you can never be free of them or their program," she said. "You have to keep going. You're like an addict except now you're addicted to a diet plan rather than food."

Although at one time down to a size 9 under the Weight Watchers plan, after quitting she gained all of the weight back. Now at a peak of 205 pounds hung on a 5-foot-5 frame, she has given up diets and is learning to live with her body size.

But this often becomes difficult in a culture that ridicules obesity, she said.

"People are mean when you don't conform to the norm," she said. "They just stare at you and point, and some are even so rude as to laugh in your face. But they made me a better student because I couldn't do anything but study."

"I'm tired of looking like milk all year because I'm too embarrassed to lay out," she said. "But I don't know what or when I'm going to do something about it."

"I think in a way I'm trying to rebel against this thin conscious society, she said. "By being fat I'm saying, 'I'm different, and I'm still human.'"

Story by Kathy Fuller, Karee Gallo-way, Kelli Metcalf, Julie Stelter and Yvonne Webb

Education bills allow increase in class size

AUSTIN (AP)—Gov. Bill Clements on Tuesday endorsed legislation that would allow elementary classes to grow in size from 22 students to 25, if a full-time, trained teacher's aide were present.

Clements said such a move would give financially strapped school districts an alternative to building additional classrooms and hiring more teachers without diluting the concept of smaller classes, as required by House Bill 72.

"This provides local educators the ability to judge what is best for the students in their local communities. Placing additional trained personnel in our classrooms is a significant commitment to the educational environment," Clements told his weekly news conference.

"If you stay with the strict, non-flexible 22-to-1 (ratio) and you have to build additional classrooms, you have to have the additional teacher. There is a very significant savings in money besides the flexibility," Clements said.

The legislation is being sponsored by Rep. Bill Haley, D-Center, chairperson of the House Public Education Committee, and Sen. Cyndi Taylor Krier, R-San Antonio.

Under their bills, the current maximum elementary grade teacher-student ratio of one teacher per 22 students could grow to one for every 25 students. However, for a school district to have that many students in a class, it also would need a full-time teacher's aide.

That aide would have to be trained in mathematics, reading and either child development or language arts. The aide would also have to be trained to recognize dyslexia, a reading disorder, as are teachers. Also, the aide would have to be in the classroom full time, not sharing duties between classes or working in the school library, for example.

"The aide has to be fully qualified when the aide arrives (in the classroom)," Haley said. He said although the class size would grow slightly, the students would be better off.

CAMPUS NOTES

Honors Week

Seniors Ray Herman, Clara Dina Hinojosa, Michele Groff and Christian Griffith, juniors Adam Lara and Willie Martinez, and graduate student Michael Pellicchia will be featured performers in the 12th annual Honors Recital tonight. The program begins at 8 p.m. in Ed Landreth Hall.

Other Honors Week activities include the Honors Convocation Thursday at 11 a.m. and the Honors Banquet Thursday at 6:30 p.m. Classes will be dismissed for the convocation.

Casting call

Anyone interested in auditioning for a part in TCU senior David Alan

Hall's motion picture, "Fragile Expressions," should call him at 926-3283 before Thursday for an interview.

Four major roles—two male, two female—are open, with many supporting parts and crew positions also available.

The movie, a feature-length drama, will be shot in the Dallas/Fort Worth Metroplex this summer.

PC committee applications

Applications are now available for students interested in chairing the new Programming Council Thank Goodness It's Friday ad-hoc committee. Applications can be picked up in

Student Activities Office and are due April 13. Interviews will be April 14 and 15.

For more information, call Laura Puckett, 921-7926.

Casino party

Phi Gamma Delta fraternity is holding an all-campus casino party benefiting muscular dystrophy Saturday from 9 p.m. to 1 a.m. It will be at the Hilton, 1701 Commerce St. Prizes will be awarded.

Full-tuition scholarships

Military science department has extended the deadline for three-year Army ROTC scholarships to April 15. Students must have at least a 2.7

grade point average to apply. The scholarships pay all tuition, books, fees and \$100 monthly.

For more information, call 921-7455.

University committee applications

Applications for university committees, such as Student Publications, University Court, Academic Appeals

and Traffic Regulation, are available now in the Student Activities Office.

Yearbook staff positions

Anyone interested in serving on the 1987-88 Horned Frog Yearbook staff can pick up an application in the Student Activities Office. Positions include editor, business editor, photography editor and section editors.

For more information, call Laura Puckett at 921-7926.

University Chapel

Milton Cunningham, college pastor at University Baptist Church, will preach today at University Chapel. The interdenominational service begins at noon in Robert Carr Chapel.

Canterbury meeting

Associate professor of art Margie Adkins is the guest speaker at tonight's Canterbury meeting, which starts at 5:30 p.m. at Trinity Episcopal Church, 3401 Bellaire.

Campus Police Report

The following is a summary of events that occurred on the TCU campus between March 26 and April 4.

- 264 traffic citations written.
- 11 vehicles towed for excessive violations.
- 1 auto tampered with on campus by unauthorized persons.
- 11 calls or reports on suspicious or unauthorized persons.

Campus Police officers evacuated the Student Center Thursday after being notified of a fire in the main cafeteria, according to police reports.

The Fort Worth Fire Department was called to the campus at approximately 4:45 p.m. to investigate.

According to reports, smoke from welding being done in the Student Center had been accidentally di-

verted to the building's ventilation.

In other reports, two minor residence hall fires occurred during the week. The first fire occurred at approximately 3 a.m. in Milton Daniel Hall after a pile of newspapers had apparently been placed on a stove burner and ignited. Also, a trash can fire was reported at 1:45 a.m. Wednesday in Sherley Hall.

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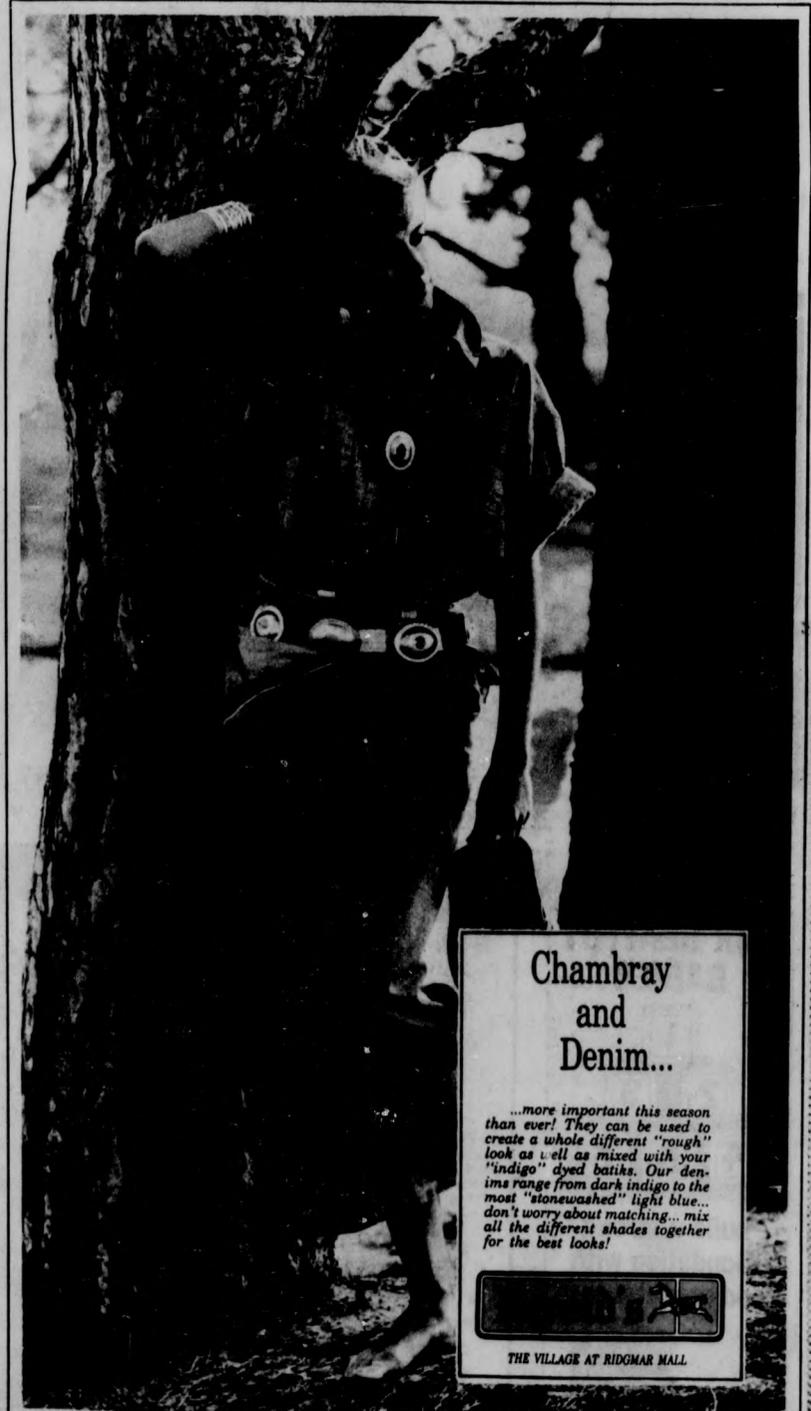
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WE'RE MORE THAN JUST BURGERS!

Soetenga's broken leg will not keep him out

By Sally M. Ellertson
Staff Writer

A broken leg isn't going to keep Loren Soetenga down long.

The day after he broke his left leg, a drugged Soetenga believed his buddies when they told him he didn't really break his leg (as he was lying in a hospital bed). So when they said they were going partying, Soetenga started to get out of bed to go with them.

The Medical Plaza nurses have their hands full with the 5-foot-11 inch, 210-pound walk-on running back from Burlington, Wis., who

broke both bones in his lower left leg during Friday's scrimmage.

One could say Soetenga was in the wrong place—or the wrong pile—at the wrong time.

"He was running the football around the side when he got caught up in a pile," said Noel Mazzone, TCU's running back coach.

"I planted my foot and someone drove into it. My leg broke in half, and the bones splintered. I looked down, and my ankle was touching my kneecap," Soetenga said as he lay in bed with his leg in a half cast, which covers his leg from foot to knee.

When Soetenga saw his leg twisted up, he grabbed his ankle and moved

his leg back down into place. The TCU trainers put an airbag around his leg, but because the athletic van was broken down, Soetenga had to ride in the back of a pickup truck to the hospital, with his leg dangling over the side.

When he got there the doctor picked up Soetenga's leg, pulled it apart and then forced it back together in order to set it, all before Soetenga received the aid of painkillers.

The doctor couldn't operate on Soetenga until the swelling had gone down, so Soetenga didn't enter the operating room until Tuesday.

"An intermediary rod was put in, which runs down the center of the

bone," said Ross Bailey, TCU's head trainer.

Soetenga said he will be plastered from toes to knee on Friday, and he'll sport that cast for the next six weeks. He'll graduate from the cast to a brace, which he'll wear for another six-week stretch. If everything goes as scheduled, Soetenga will be rehabbing his leg by the end of June.

"I'm shooting for the fall of '87 to come back," Soetenga said.

Bailey thinks it is still too early to tell when Soetenga will be able to return.

With all of the hitting Soetenga gave and took as a running back and an outside linebacker in high school,

Soetenga has only broken a bone one other time.

Then it was the wrong time, because Soetenga was just in the second game of his senior year when he broke his right forearm in three places. However, Soetenga decided to play with the cast and the pain and only missed one game.

"He's a strong, tough kid," Soetenga's father said from the corner of the hospital room as Soetenga relayed his tale.

Scott Bednarski, a junior running back, said Soetenga is also very much his own person.

"He doesn't try to be somebody he's not. He doesn't care if he fits in or

not, and he does what he wants. He's kind of wild," Bednarski said.

Football is what Soetenga wants to do, and that determination will be the key. After colleges turned away from him when he broke his arm in high school, Soetenga decided to start over in choosing a college.

He looked for a school in the South, even though it meant he would probably have to make it as a walk-on and then prove himself for a scholarship. Soetenga visited TCU twice in the spring of '86 before he decided to pack his bags and come to Fort Worth to stay last August as a freshman finance major.

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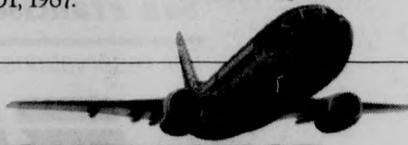
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