



What a Jackass
Find out what it means to be a true "Jackass" **PAGE 4.**



Spike!
The volleyball team looks to improve on its 12-2 season **PAGE 6.**



It's All Greek to Me
TCU Theatre presents two versions of Sophocles' Greek tragedy in "Antigone in Rep" next week. **Find out more TUESDAY.**



TCU DAILY SKIFF

FRIDAY

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Dining Services rids campus of unhealthy spinach

BY KATHERINE LANE
Staff Reporter

Spinach lovers should start finding another salad option to munch on until the E. coli outbreak is resolved, said TCU Dining Services staff.

Since the recent outbreak, Dining Services has taken all frozen and fresh spinach products off the menu and out of the kitchen, said Legia Abato, marketing manager for Dining Services.

Rick Flores, general manager of Dining Services, said the Dining Services staff "have thrown out the four cases of spinach we had and will not order more until the FDA says it's safe to."

Abato said Dining Services is trying to find alternative types of lettuce for the menu items that have been removed,

such as the Pond St. Grill spinach salad.

Dining Services is not the only place in town clearing out the spinach.

"All spinach products have been pulled from the shelves since the story hit the news, mainly for quality assurance," said Val Aguilar of the Fort Worth Central Market.

An estimated 146 cases of illnesses and one death caused by the E.coli infection have been reported, according to the U.S. Food and Drug Administration as of Wednesday night.

The main product in question is Dole baby spinach, labeled "Best if Used by August 30," according to the FDA. Millie Norris, a sophomore nursing major, said she is happy TCU has taken the initiative

and gotten rid of the spinach. Mimi Daniels, a freshman middle school education major, said she feels differently.

"Well, I'm a big fan of the spinach salads," Daniels said. "I think it is unnecessary to get rid of all of it, but as long as they want to keep us safe, it's OK."

At the Fort Worth Central Market, Aguilar said the financial loss that goes along with throwing out an entire product is not a concern.

"You know there will be a very small loss, but the rest is covered by quality assurance, which is similar to a risk management program," Aguilar said.

Aguilar said there has been an increase in sales of other types of lettuce because



Professors harvest spinach growing in a greenhouse in Lansing, Mich. Since the recent E. coli breakout, TCU Dining Services has removed spinach from the menu. **See SPINACH, page 2**

Anchors Away!



Phi Gamma Delta pledges dress up in their finest for the Delta Gamma Anchor Splash event Thursday afternoon in the University Recreation Center. The event benefits Delta Gamma's philanthropy Service for Sight.

Facebook group brings TCU secular humanists together

By SARAILEYNN FRANKLIN
Staff Reporter

A group of students is using a Facebook group, described as a place for Horned Frogs who don't believe in a deity or afterlife, as a segue to implementing an alternative religious organization on campus.

Joshua Donnoe, founder of the Facebook group "Secular Humanists are People Too!", said he knows his beliefs are in the minority at TCU, but also knows there are other students who don't follow any religion.

To bring these students together, Donnoe said he is currently working to have his idea for a club become part of the more than 20 officially recognized religious organizations at TCU. The club would be called the Student Association of Secular Humanists, said the sophomore math major.

"There is no community for us. We don't organize, we're just sort of unrepresented," Donnoe said, "SASH would exist to promote a positive image of secular humanism and interact with the TCU student body in much the same way that any student religious organization would."

Donnoe said in order to establish his club, he, along with the eight other TCU student members of the Facebook group, must construct a constitution, acquire an official secular humanist faculty adviser and attain 10

signatures from students who are in support of the club.

Donnoe said the group has already obtained seven signatures through networking in its Facebook group.

Donnoe said he used to describe himself as an atheist, but said this term is inaccurate because it describes more of what you're not.

Like the rest of his Facebook group, Donnoe now describes himself as a Secular Humanist, which he defines as one who promotes the good will of humankind without a mandate from a deity. He said this term is different from atheism because it's more positive.

However, although he doesn't believe in a deity or afterlife, Donnoe said he does "still have morals, which some people are surprised by."

Donnoe said the idea for this club originally came about through a lighthearted conversation with a secular friend of his a year ago in which Donnoe jokingly said the two of them should meet while everyone else is at church. Donnoe said the idea to construct the Facebook group sprung from there.

Rev. Angela Kaufman, minister to the university, said secular humanism is not a religion, but more of an ideology.

"I think the way he went about it is

"There is no community for us. We don't organize, we're just sort of unrepresented."

Joshua Donnoe
Sophomore math major, on students who don't believe in a deity or afterlife.

See FACEBOOK, page 2

Grad to play Beethoven sonatas

By COURTNEY STRUBE
Staff Reporter

The classical sonatas of Beethoven played by one of TCU's own can be heard on campus. Alumnus Adam Golka, pianist, is performing a free public concert Sunday in Ed Landreth Hall Auditorium.

Golka said it is a dream come true for him to be able to perform all 32 of Beethoven's sonatas at TCU.

"Beethoven has an important place in the lives of pianists, and it's really been a dream of mine to perform again at TCU," Golka said.

Golka is a recent graduate of TCU's Artist Diploma program, a three-year program designated to help prepare advanced and gifted piano performers who demonstrate the potential to become concert artists, said Richard Gipson, director of the School of Music.

Gipson added Golka as one of the programs most prized and highly recognized graduates, and it is meaningful that he has chosen to perform this series of recitals at TCU.

"It is a great benefit to us all to hear this remarkable Beethoven repertoire performed by one of our own," Gipson said.

Gipson, who has attended several of Golka's performances, said the recitals draw crowds of 200 to 250 people on average.

Golka said his concerts are not average piano performances because he tries to bond with the audience.

Before each sonata, Golka said he talks to the audience and gives them an overview and history behind what they are about to hear.

Golka also said he strives to be laid back.

"There are no rules," he said. "I want everyone to be casual and have fun."

Chancellor Victor Boschini said the pianist is a rare talent.

"He played a concert my wife and I held in our home, and he was superb," Boschini said in an e-mail. "Adam Golka is nothing short of amazing."

Golka has performed with orchestras in Houston, Dallas, San Diego and New York City, and has completed nearly 150 concert performances, according to his Web site.

Golka's most recent concert was in Osaka, Japan where he performed at Nakanoshima Hall, the oldest musical hall in the country, he said.

Golka said the most rewarding thing for him is getting to play music.

"I live for the music," Golka said. Although he didn't begin his study at TCU until he was 15, Golka said his pursuit for a life in music began years before.

At age 13, Golka said he began taking private lessons under Jose Feghali, a Brazilian-born artist-in-residence professor at TCU. Feghali is also a pianist and gold medal winner of the 1985 Van Cliburn International Piano Competition.

"Once a week, my mom would drive me from Houston, about five hours, to have lessons with Mr. Feghali," Golka said. "We would drive back home the same night."

Golka said he considers Feghali one of his most influential mentors and a great friend.

Feghali will perform as a special guest at Golka's eighth concert Nov. 12.

According to a press release, Sunday's concert, sponsored by the TCU School of Music, is the sixth of nine recitals Golka is performing as a part of his series, "Beethoven: The 32 Sonatas."



GOLKA

Concert 6 of "Beethoven: The 32 Sonatas" is Sunday, Sept. 24, at 2:30 p.m. in Ed Landreth Hall Auditorium.

Christian speaker, local band to perform on campus

By RACHAEL EMBLER
Staff Reporter

The ministry series AFTERdark, which will feature a dramatic interpretation of scripture and a performance by the band Green River Ordinance, will visit Ed Landreth Hall on Monday, said a student representative of the series.

AFTERdark:
8 p.m. Monday in Ed Landreth Hall Auditorium
Free performance by AFTERdark and Green River Ordinance

Cameron Sparks, the on-campus student representative, said when speaker Joe White, who performs the interpretation, came in the spring of 2003, Ed Landreth was filled to capacity with about 1,000 people.

Sparks, a senior communication studies major, said he thinks the event will be popular because students have recently expressed an interest

in having the series return.

"No matter what they think when they walk in the door, it's hard to find one in a thousand that hasn't enjoyed it when they leave," said Don Ford, director of AFTERdark.

Sparks described White's

performance as "unique and dynamic."

"It's not really in your face, but it will make you think," Sparks said.

Ford said they decided to have local band Green River

See DARK, page 2



The colorful sidewalk chalk displays for AFTERdark can be seen all over campus this week. Performers will deliver a dramatic interpretation of scripture. **JENNIFER BICKERSTAFF / Photo Editor**

WEATHER
TODAY: Partly Cloudy, 97/77
SATURDAY: Isolated T-Storms, 89/65
SUNDAY: Mostly Sunny, 81/58

PECULIAR FACT
NOVATO, Calif.- A man was convicted of various theft charges after prosecutors said he stole computers from the courthouse while he was on trial for computer theft. — AP

TODAY'S HEADLINES
OPINION: Help Bono fight war on poverty, page 3
FEATURES: Fad diets are on the outs, page 4
SPORTS: Q&A with kayak polo's Rachel Lamb, page 6

CONTACT US
Send your questions, compliments, complaints and hot tips to the staff at **NEWS2SKIFF@TCU.EDU**

DARK

From page 1

Ordinance perform at the event rather than one of the national bands they usually use because they felt it would bring in a bigger crowd on campus.

The band has been on tour, but came back into town for a performance at The Aardvark and was glad to perform for the event, Sparks said.

Ford said he and White created the series in 2000 in order to spread the Christian gospel to college students in a unique way.

"We hope that they understand the love and forgiveness of God that is found through a relationship with Jesus," Ford said.

Sparks said the performance consists of White bringing two trees on stage and nailing them together into a cross while he is talking about the gospel.

Ford said the series is free because it is funded by organizations and private donors.

AFTERdark has been performed 92 times at 65 schools, with an average of about 1,500 people at each event, Ford said.

Asher Fogle, a senior English major who helped advertise for AFTERdark, said word-of-mouth has been important in spreading the news of this event.

"I'm coming with just as many questions and just as much excitement as anyone else," Fogle said.

SPINACH

From page 1

people are trying to find a substitute for spinach.

Dining Services will get its money back from American

FACEBOOK

From page 1

innovative," said Kaufman, commenting on Donnoe's method of creating a religious organization.

One of the eight members of the Facebook group, Eric Stone, said he agrees an alternative to traditional religion is needed.

"What I find least appealing about most Western religion, is the belief that

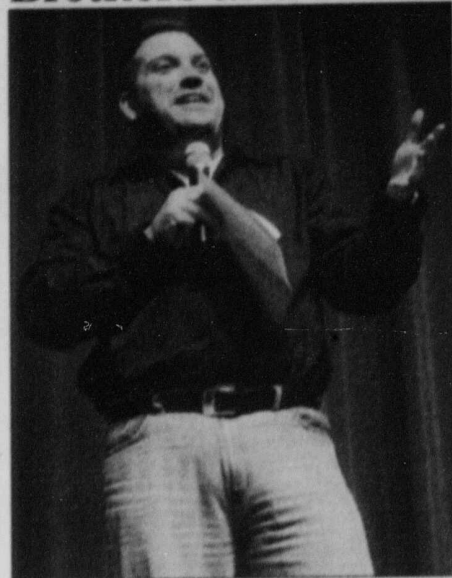
Produce, the company all produce is ordered from, Flores said.

"It is more important to us to serve quality food that is good to eat," Abato said. "It would be more of a loss to keep serving spinach."

our world is only a stepping stone to heaven," said Stone, a junior English and philosophy major. "Most religions seem to be a religion of death, requiring you die to experience paradise."

Donnoe said so far he hasn't received opposition to starting this club. He said he and the rest of the group believe they have a good chance to "put out the (other) word," as the Facebook page reads.

Brothers and sisters



LESIA ADAMS / Staff Photographer
T.J. Sullivan, public speaker against hazing from the organization Campus Speak, talks to the TCU community on how to handle hazing issues.

"Stop thinking like a sorority or a fraternity and start thinking like a sister or a brother."

T.J. Sullivan
Public speaker against hazing

ONLINE

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Jackass: Number Two R - 12:00, 2:05, 4:10, 6:15, 8:20, 10:25	Jackass: Number Two R - 12:45, 3:00, 5:15, 7:25, 9:35, 12:00am	Jackass: Number Two R - 12:00, 2:05, 4:10, 6:15, 8:20, 10:25	Jackass: Number Two R - 12:45, 3:00, 5:15, 7:25, 9:35, 12:00am
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The Wicker Man PG13 - 12:00, 5:00, 9:45		The Wicker Man PG13 - 12:00, 5:00, 9:45	
Sun, September 24		Mon, Sept. 25 - Wed, Sept. 27	
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The Black Dahlia R - 12:00, 2:25, 4:50, 7:15, 9:45	The Covenant PG13 - 2:30, 7:25	The Black Dahlia R - 12:00, 2:25, 4:50, 7:15, 9:45	The Covenant PG13 - 2:30, 7:25
The Wicker Man PG13 - 12:00, 5:00, 9:45		The Wicker Man PG13 - 12:00, 5:00, 9:45	
Thur, September 28			
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Jackass: Number Two R - 12:00, 2:05, 4:10, 6:15, 8:20, 10:25	Jackass: Number Two R - 12:45, 3:00, 5:15, 7:25, 9:35	Jackass: Number Two R - 12:00, 2:05, 4:10, 6:15, 8:20, 10:25	Jackass: Number Two R - 12:45, 3:00, 5:15, 7:25, 9:35
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Jackass: Number Two on 2 SCREENS \$4 movie tickets
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TCU Box 298050, Fort Worth, TX 76129
Phone: (817) 257-7428 Fax: (817) 257-7133
E-mail: news2skiff@tcu.edu

Editor in Chief: Amy Hallford
Managing Editor: Adrianna Lang
Associate Editor: Leslie Honey
News Editors: Kathleen Thurber, John Laurent Tranche

Opinion Editor: Jordan Cohen
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David Hall

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BACK HOME SAFELY

Space Shuttle Atlantis and its six astronauts ended their 12-day mission by safely landing in Cape Canaveral, Fla. yesterday.

—Associated Press

THE SKIFF VIEW

Limiting transfer credits costly

College students are always looking for ways to save a little extra money, but TCU has just taken away one option students used to have.

Now, once students have enrolled at TCU, they are only able to transfer in up to 12 credit hours from a community college, institutions where students usually go during summer and winter breaks to knock out lower-level courses for a fraction of the price.

These 12 hours must be completed before a student has earned 54 cumulative hours.

To take classes outside of TCU, whether at a community college or another university, a student must obtain special permission from the dean of his or her specific college.

Many students used to take summer or winter classes at their local community colleges, but with the policy change, they may not be able to do this anymore.

Currently, TCU charges \$800 for every credit hour taken, while the same class at Tarrant Community College is only \$50 for

every credit hour.

Tuition rises every year and currently stands close to \$23,000. Why not allow students the opportunity to earn additional lower-level classes completed for a fraction, almost 94 percent less, of the cost?

William Slater, dean of the College of Communication, said the limit will ensure that students graduating from TCU received a TCU-accredited education, but does it really make a difference where you take a basic public speaking class?

Not all students, or their parents, can afford enrollment in TCU's summer school sessions. Limiting the number of transfer hours allowed puts these students in a financial bind.

Some students already feel TCU is taking them for all they're worth. Does TCU really need another reason to make them feel this way?

Students are always scraping for money. Don't take away one of the easiest ways for them to save it.

—Features editor Jeff Eskev for the editorial board

OOOFSPOOF • ROLF NELSON



COMMENTARY

Quiet hours should apply outside

Ah, the sweet serenade of the TCU alma mater. Nothing's greater than a group of students getting together and expressing their school spirit by singing this revered tune. Last Wednesday night, I attended such a performance. The problem is, it was occurring outside of my dorm room window at 3 in the morning.

COMMENTARY



David Hall

Yes, it's true. And as if that weren't enough, they proceeded to sing the fight song and then have a 45-minute conversation in the alleyway between Milton Daniel and Moncrief halls. By the time everything was all said and done, it was about 4 a.m. and

the REM sleep I had been enjoying mere hours before was but a distant memory. What's more, I couldn't fall back asleep for the life of me.

Simply put, the same quiet hours that apply within most residence halls, 10 p.m. to 10 a.m., should also be strictly enforced outside, as well, with the obvious exception of weekends.

Sound travels a lot better through a thin sheet of glass than it does through an eight-inch thick wall. Also, when some people are outside, they seem to think it is their God-given right to scream at the top of their lungs or start dropping F-bombs like they are attacking an Iraqi weapons factory.

I'm not trying to say those walking around outside after 10 p.m. should have to act like monks who have just taken a vow of silence, but conversation should be kept to a casual tone. Romantic strolls with your sweetie are fine, a shouting match between your friends about who can drink more beer while riding a Sit 'n Spin is not. Also, traveling in large groups, such as the nine-person fiesta that I was unfortunate enough to sit through, should be strongly discouraged.

Some people may think this proposal is unreasonable. Consider this: Would you be happy if I snuck into your room in the middle of the night wearing a wedding dress while simultaneously scratching a chalkboard and repeatedly screaming, "I am the emperor of ice cream!" Of course you wouldn't.

Bottom line: Whatever the cause, it's very

annoying to be awoken in the wee hours of the morning.

We should have a quasi-police service patrol the area to look for people acting obnoxiously. You know, instead of Froggie Five-O, we'd have Froggie "Shut Yo' Mouth." The operation would consist of SuperFrog driving his golf cart around campus and levying fines to those who cause a ruckus late at night.

Why SuperFrog? You know as well as I do that it's impossible to say no to that face. Those who resisted the fines would be forced to look at SuperFrog's jovial smile and would have no choice but to pay up. Seriously, I'd give that creature the deed to my car if he stared at me long enough.

Anyway, crazy daydreams of mine aside, we should all take it upon ourselves to be more considerate of our neighbors' sleeping habits. Respecting the slumber of individuals campus-wide will lead to better sleep. Better sleep leads to better grades, better grades lead to better jobs and better jobs lead to a better life.

Don't we all want to own a Ferrari and have the financial means to purchase Liechtenstein? Let's take the first step together.

David Hall is a freshman news-editorial journalism major from Kingwood. His column appears every Tuesday and Friday.



IMAGE MAGAZINE

COMMENTARY

Join Bono in fight on poverty

The war on terror has been the United States' global battle for the past five years. While it is debatable whether the United States is winning the war, it has no doubt dominated our national attention.

There is another war, however, that has been going on for ages and has been all but ignored by the general public: the war on poverty.

It is reprehensible to imagine the amount of resources we waste that could be used to help eliminate poverty.

Thanks to a new organization called ONE we now have a way to let those in power know we are pledged to fight the global AIDS epidemic and extreme poverty.

The ONE campaign gets its name from the U2 song "One." The organization believes, according to one.org, that by allocating 1 percent of the U.S. budget toward providing basic needs such as health, education, clean water and food, "we can help transform the futures and hopes of an entire generation in the world's poorest countries."

Bono, the lead singer of U2 and spokesperson for the ONE campaign, told a reporter from Rolling Stone Magazine last November that, "... this generation will be able to eradicate extreme poverty ... I call it stupid poverty: kids dying of starvation."

Unlike other charitable endeavors, the ONE campaign seeks your voice not your money. Its goal is to make the government aware of the public's desire to see senseless poverty and disease end. ONE is aligned with various charitable organizations such as World Vision, Bread for the World and DATA or debt, aids, trade, Africa. Poverty is one of the main causes of

war. Desperate nations do desperate things to get the world's attention. A poor African or Asian who sees the vanity and waste in U.S. culture, while his or her children go hungry, probably can't help but wonder where our values lie.

The United States has a sublime opportunity to redeem itself in the eyes of the world from its current reputation as a war-mongering bully. The ONE campaign is an opportunity to make a different American ideal a reality for the rest of the world.

In his book "Where Do We Go from Here: Chaos or Community," Martin Luther King Jr. wrote: "The time has come for an all-out war against poverty. The rich nations must use their vast resources of wealth to ... feed the unfed."

No excuse remains for the continued loss of life from preventable diseases and starvation. The United States has been given its blessings, not to hoard, but to share with the rest of the world. King adds in his aforementioned book: "Ultimately a great nation is a compassionate nation. No individual or nation can be great if it does not have a concern for 'the least of these.'"

To summarize what Bono told the audience during a U2 concert in Chicago, this is our movement — meaning the young generation born after the 1960s. We have an opportunity to be remembered for something more than iPods and cell phones — the chance to eliminate hunger on a worldwide scale. Visit the one.org and "e-sign" the declaration to show your support for the goals of ONE. Let the policymakers in Washington, D.C., know that the poor have a voice — yours.

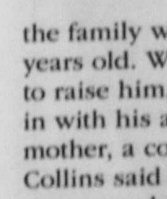
Erick Raven is a first year graduate student in the school of education from Grand Prairie. His column appears every Friday.

Mentally ill citizens deserve fair treatment under the law

Tadrick is a prisoner at the Tarrant County Jail in downtown Fort Worth.

Linda Collins, a clinical psychologist at the Tarrant County Justice Center, said that in Tadrick's youth, his mother was constantly finding herself in prison for theft and drug dealing. His father ran away from the family when he was 2 years old. With no parents to raise him, Tadrick moved in with his abusive grandmother, a cocaine addict. Collins said eventually, he was moved to a foster home; however, the sexual and

COMMENTARY



Matt Buongiorno

physical abuses of his grandmother inflicted damage on the amygdala of his brain, halting his mental growth at the IQ of a fourth grade student. Foster homes had difficulty tending to his needs, so Tadrick spent his first 18 years consistently moving from one home to another.

When he turned 18, he could no longer live in a foster home, and his grandmother declined to take him. Mentally ill and enraged, Tadrick assaulted her and was arrested, Collins said.

A priority on any politician's agenda is to lock up the guilty, and by building more prisons, we're accomplishing just that, right?

In recent years, media exposure of mentally ill wrongdoers has stigmatized

mental illness as an excusable reason to commit a crime. The goal of jail diversion programs, in contrast, is to decriminalize the mentally ill. The decision making behind these crimes isn't within the mental capacity of the patient.

Collins works under Judge Brent Carr's jail diversion program. The program works to keep the mentally ill from being locked behind bars by enrolling them in a comprehensive program to correct mental instability.

Since the de-institutionalization of mental asylums in the 1960s, the amount of mentally ill inmates in prison has skyrocketed from 16 percent to more than half the population, according to the Bureau of Justice Statistics.

I worked for Collins and observed the conditions prisoners must endure. Small cement and iron cells consumed with painful screams and the smells of urine and vomit do not create an environment mentally ill patients need to grow in and become competent.

Since 50 percent of these patients are homeless, according to Collins, many are represented by appointed defendants. Because they have no teachers or family members pushing for their cases and are too mentally incompetent to speak for themselves, most will be guilty as charged, serve their sentences, and then "two or three days later, find themselves back in prison again," Collins said.

The system is endless. The grisly truth is that, as a county, we are neglecting the needs of our citizens. The interests of the mentally handicapped are fundamental needs. We should provide what Collins calls "Happy Housing" for people such as Tadrick — shelters that supply highly-structured routines that the mentally ill need.

"What these people don't understand is that, when you commit a crime and you're mentally unstable, you may not even realize what you're doing.

"Sometimes people say, 'Well that's horrendous that they did that. Lock them up, they're guilty,'" Collins said. "And while it is horrendous, what they don't understand

is that these people are sick. Don't you go to the hospital when you're sick?"

According to Collins' paper, "A Review of the Methodology in Literature Used to Study the Problem of the Homeless Mentally Ill Population," keeping these patients in prisons is more expensive than building institutions.

We're paying tax dollars to support unneeded incarceration as well as subconsciously dissenting a humanitarian concern for the better treatment of the mentally ill. Until our community voices a concern for these people, they will continue to be suppressed.

Matt Buongiorno is a freshman political science major from Arlington. His column appears every Friday.

AMY HALLFORD
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STUDIO 60 & THE SUNSET STRIP

The new TV season is getting underway. See if the most talked about show is worth all the hype on Wednesday's Entertainment page.

Q&A

Johnny

Knoxville

By JEFF ESKEW
Features Editor

Q. What was the first stunt you ever performed for money?

A. We never did "Jackass" as a way to get money. Money was never even in consideration when we started doing this.

Q. About how many times have you been in the hospital as a result of stunts performed on "Jackass?"

A. I think I have been to the hospital around six to seven times, but I never had to stay overnight.

Q. Do you have any permanent scars as a result from the show?

A. I am sure there is some liver damage I've done,

but nothing too big.

Q. Who is the biggest "jackass" on and off the set?

A. I don't know. It is hard to say because each cast member and crew member can be the biggest problem on any given night.

Q. What type of preparation, mental and physical, do you go through before performing any stunt?

A. Basically, the only thing I can do is stand in one spot or hang on to something, so not too much preparation.

Q. Is there any certain stunt you will never perform?

A. I do not like cold weather or cold water, so I won't do a stunt involving either of the two.

Q. Do you hang out with the rest of the cast when you are not shooting?

A. We are all friends and hang out with each other even when we are not shooting.

Q. Is there any chance we will see "Jackass" make a return to television?

A. No, "Jackass" will not be back. We kind of became a liability for MTV.

Q. How old are you and how old were you when you started doing "Jackass?"

A. I was pretty old when we began. I am now 35 years old.



Johnny Knoxville thinks he can withstand being run over by a yak in "Jackass Number Two," which opens today in theaters. PARAMOUNT PICTURES



The original cast and creators of "Jackass" running away from a stampede of bulls in the opening scene of "Jackass Number Two." (Left to right) Dave England, Steve-O, Ryan Dunn, Johnny Knoxville, Bam Margera, Wee Man, Chris Pontius and Ehren McGhehey. PARAMOUNT PICTURES

**Don't
BE a
jackass**

By Jeff Eskew
Features Editor

First it was a TV show on MTV, then it became a movie in 2002, and now it's back with a sequel bigger and more over-the-top than its predecessor.

The movie "Jackass Number Two" unleashes its no-holds-bar scenarios on audiences with more outrageous stunts.

The problem with reviewing a movie like "Jackass" is there is no plot, and you can't really talk about the film without giving anything away.

The movie doesn't start out as strong as the opening in the original,

where the "jackasses" are rolling down the street in a large shopping cart, but "Jackass Number 2" picks up speed as the movie cruises along for the next hour and a half.

As the movie progresses, you begin to realize there is literally next to nothing this group of men won't do to themselves, their friends or family.

There is nudity, vomiting and even a little of crying from Johnny Knoxville, Steve-O and the rest of the gang.

It's difficult to say whether the minds behind "Jackass" are just plain

dumb or absolutely brilliant.

On one hand, anyone who would put his body through so much unnecessary punishment to make people he doesn't know chuckle, obviously needs some counseling.

They place themselves in the direct path of dangerous animals such as cobras, hammerhead sharks and bulls.

But on the other, the producers and participants found a way to amuse people using very little money.

According to the-numbers.com, a Web site that lists a movie's budget and total gross, the original "Jackass"

cost a measly \$5 million dollars to make, and drew in a domestic gross of more than \$64 million becoming Paramount Pictures highest grossing movie of 2002.

"Number Two" should be able to make back its production cost of \$10 million in its opening weekend or at least come close.

This movie is clearly going to appeal to the everyday macho college-guy stereotype, but the participants also have found a way to break out of this limited audience.

In a majority of the stunts, the guys are nude and often touching

one another, making the already stupid stunt more homoerotic.

As expected, "Number Two" will not set a new benchmark for cinema as we know it, but it might just show movie producers and companies that everything doesn't need to be a future Academy Award contender.

Bottom line is that if you were a fan of the TV series and first movie, then you will absolutely enjoy this film, but if you are not a fan of disgusting stunts and people hurting themselves, then I would sit this one out.

Weigh options before considering fad diets

By JOANNA BERNAL
Staff Reporter

Students often look for a quick and easy way to lose weight, stay awake or perform better, but these results are not usually long-term, according to health experts.

Fad diets are identified as weight-loss plans that offer quick and easy methods to lose a lot of weight in a short period of time, according to familydoctor.org.

Fears such as the "freshman 15" contribute to the pressures of dieting, said Laura Crawley, the assistant dean of Campus Life.

However, she said, according to a recent study of the American College of Health Association, the average weight gain is only five to seven pounds, and that students don't always gain weight.

Crawley said fast weight loss however, is not always healthy.

"You lose weight too quickly, and that's going to mess up your metabolism and in the long run, it's not going to be what's good for you," Crawley said.

Nutritionists say that stopping a fad diet can contribute to more weight gain.

Stephanie Dickerson, a nutrition counselor for Sodexo, said people are just looking for the easy way out and do not really want to change.

"The majority of the time, you're going to gain double that back because you didn't learn how to eat properly," Dickerson said.

Crawley said another problem with fad diets is they do not provide information on how to eat healthy after the program.

"You still haven't learned how to manage your own portion control," Crawley said.

"You're going to go right back to your eating in The Main or going over to Fuzzy's Tacos."

Some popular fad diets and methods right now include the South Beach Diet, the Sonoma Diet, WeightWatchers, Jenny Craig, a raw food diet and vegetarianism.

High carbohydrates and high protein diets such as Atkins allow for the consumption of unhealthy ingredients, said Gina Hill, an assistant professor in the Department of Nutritional Sciences.

"Atkins is a free ticket for eating a lot of saturated fats and cholesterol because it doesn't really matter where your protein source comes from," Hill said. "A lot of people tended to eat higher amounts of sodium and cholesterol and other things we recommend people moderate their intake of."

Hill said the Sonoma Diet and the South Beach Diet are not as bad because they allow some more variety.

"It includes a lot of whole grains and vegetables," Hill said. "Compared to some other diets, it does have more beneficial components to it. It is still somewhat of a high protein diet, but it does incorporate some more veggies and healthier carbs."

Crawley said programs such as Weight-Watchers do teach some sort of method of portion control.

"Anytime you can assert some control over what it is you're eating and you can balance the diet yourself and you learn those tools, I think you're going to be in better shape," Crawley said.

A vegetarian diet, unless used properly, is not necessarily a healthier choice, Hill said.

"If they have a lot of whole grains, fruits

and vegetables, then that's a healthy diet," she said. "However, you can be a vegetarian and live on chips, candy, soft drinks and stuff like that. It's not a healthy diet even if you are a vegetarian."

Another method to lose weight quickly and be healthier are weight-loss supplements and vitamins. Health experts advise to take caution with the contents of supplements.

Some vitamins can interact with certain prescription medications, and people should consult a doctor before taking them, Crawley said.

"They may or may not be able to prescribe something for you until some of that stuff's been worked out of your system," she said.

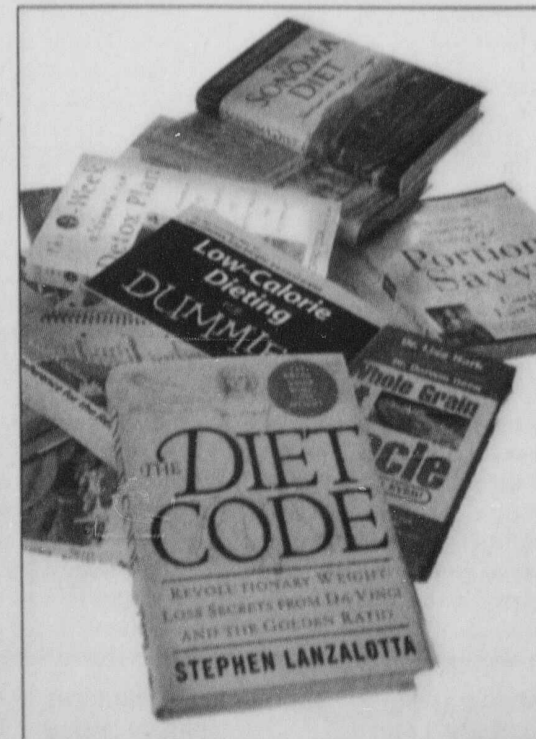
Crawley said vitamins that are supposed to calm someone down, such as St. John's Wort, particularly affect students who are taking medication for anxiety and depression.

Hill said taking too many vitamins, either through supplements or in beverages, can cause levels of toxicity.

For example, Red Bull has 250 percent of the recommended daily dosage of vitamin B6.

"If you get toxic levels of B6 in, you can actually start losing feeling in your extremities, your fingers, your toes, and if you do that long enough, it can become irreversible," Hill said. "If people drink enough of that stuff, it potentially, theoretically can happen."

There are high levels of sodium in energy drinks, which can cause hypertension Dickerson said. She also said that recently scientists have found that too much caffeine can affect the development in women.



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FAMOUS QUOTE

"I like long walks, especially when they are taken by people who annoy me."

—Noel Coward

TODAY IN HISTORY

1980: Long-standing border disputes and political turmoil in Iran prompt Iraqi President Saddam Hussein to launch an invasion of Iran's oil-producing province of Khuzestan.

Quigmans

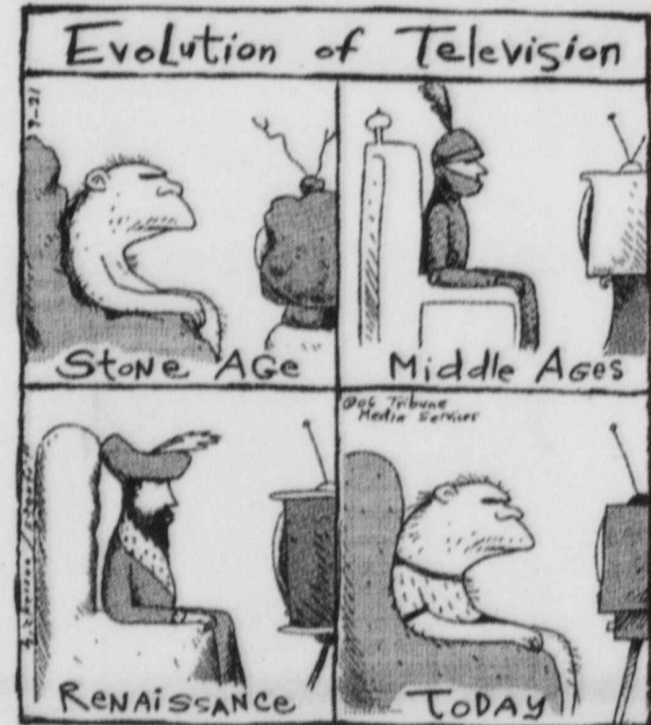
by Buddy Hickerson



"You still haven't learned to let go, have you, Steve?"

Quigmans

by Buddy Hickerson



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5		6				8		
		7		4			6	1
					4			8
9		3					4	7
		8		7				
	7	1		6		3		
			4			8		6
				5		9		

Directions
Fill in the grid so that every 3x3 box, row and column contains the digits 1 through 9 without repeating numbers.

See Tuesday's paper for answers to today's Sudoku puzzle.

Thursday's Solutions

6	3	1	4	7	8	2	9	5
9	7	4	3	5	2	1	6	8
8	2	5	1	9	6	7	3	4
7	6	8	2	1	5	9	4	3
2	1	9	8	4	3	6	5	7
4	5	3	7	6	9	8	1	2
1	9	2	5	8	4	3	7	6
5	8	7	6	3	1	4	2	9
3	4	6	9	2	7	5	8	1

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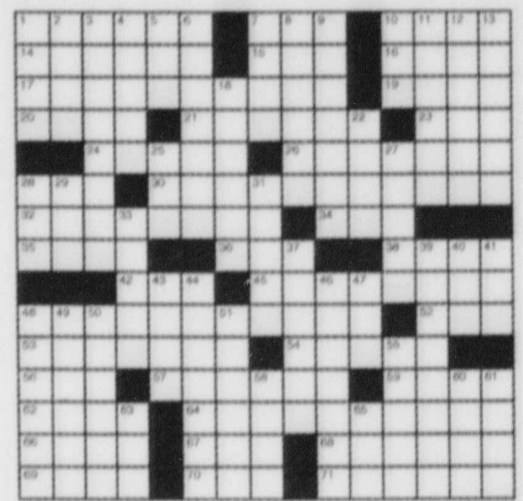
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ACROSS

- Hurt
- Immigrant's suffix
- Scottish Gaelic
- Dennis of "Brewster's Millions"
- Actress Ruby
- Atlas contents
- Harry Anderson sitcom
- See 12D
- Give out
- Track down
- Writer Levin
- Of the nose
- Outfielder Kirby
- Ms. Thurman
- Quick training session
- Bookstore section
- Wrap up
- "M*A*S*H" star
- Track org.
- Protest-singer Phil
- Hammup!
- Brownie pic
- Gem in the Smithsonian
- Frozen
- Leading
- Chick of jazz
- Luau loop
- Edberg of tennis
- Links grp.
- Ms. Menzies
- "Norma Rae" star
- Adam's garden
- Smile center
- Like the Tower of London
- Made in the
- Cooking fat
- Singer Ratter
- Feels

DOWN

- Sharpen
- Actor Tamiroff
- Elton's real first name
- Conductor Zubin
- Young newt
- Asker!
- Part of NEA
- West Coast-based petroleum company
- Faddish plants
- Ad committee
- Pigs' digs
- Fusses
- Alludes to
- Fake names
- Medical info bible
- Ancient Jewish rabbi
- Iroquois tribe
- Celebrex maker
- Command to relax
- Cuban boy in the news in 2000
- Linen source
- Jubilation
- Tracks on
- Up-coming connector
- Adversary



By Allan E. Parrish
Mentor, OH

9/22/06

Thursday's Puzzle Solved

D	O	N	T	S	H	I	P	S	A	M	A	H	
A	V	O	P	E	D	A	L	L	A	V	E		
D	A	T	A	G	R	A	T	E	L	O	A	F	
N	P	R	H	I	E	S	R	S	T				
J	U	D	G	E	A	B	O	O	K	B	V	I	S
E	P	I	S	O	D	E							
E	S	C	N	I	L	E	R	O	L	L	O		
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*The Flyboys-PG-13 (Fri-Sat) 12:40, 3:55, 7:10, 10:20 (Mon-Thu) 2:55, 7:10, 10:05
*Jet Li's Fearless-PG-13 (Fri-Sat) 11:10, 1:55, 4:35, 7:25, 9:50 (Mon-Thu) 1:45, 4:35, 7:20, 9:50
*All the Kings Men-PG-13 (Fri-Sat) 1:30, 4:30, 7:35, 10:40 (Mon-Thu) 1:20, 4:20, 7:30, 10:20
*Gridiron Gang in DLP Digital Projection-PG-13 (Fri-Sat) 11:15, 1:00, 2:15, 5:15, 7:15, 8:30, 10:30 (Fri-Sat only) (Mon-Thu) 1:00, 2:05, 4:05, 5:15, 7:15, 8:30, 10:00
*The Black Dahlia in DLP Digital Projection-R (Fri-Sat) 1:15, 4:15, 7:45, 10:45 (Mon-Thu) 1:15, 4:15, 7:45, 10:25
*Everyone's Hero in DLP Digital Projection-G (Fri-Sat) 11:50, 2:30, 5:00, 7:25, 9:45 (Mon-Thu) 2:10, 5:00, 7:25, 9:45
*The Last Kiss-R (Fri-Sat) 12:00, 2:45, 5:20, 7:55, 10:30 (Mon-Thu) 2:45, 5:20, 7:50, 10:30
*Hollywoodland-R (Fri & Sat) 11:00, 4:50, 10:35 (Sat) 4:20, 9:35 (Mon-Thu) 1:10, 10:15
*The Covenant in DLP Digital Projection-PG-13 (Fri-Sat) 11:25, 2:10, 4:45, 7:30, 9:55 (Mon-Thu) 2:00, 4:45, 7:35, 9:55
*The Illusionist-PG-13 (Fri & Sat) 2:05, 7:50 (Sat) 7:25 (Mon-Thu) 1:25, 7:40
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Religion Directory

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Agape Baptist Church
4833 Selkirk Drive Ft. Worth, TX 76109. www.agapebaptist.org. Sunday services 11 a.m. and 6 p.m. Sunday school 9:30 a.m. College Bible study led by David Bedford.

Church of Christ
Spend your Sunday mornings wisely! Join in worship with an energetic group of TCU Christians. Be part of Frogs for Christ at Southside Church of Christ (2101 Hemphill St.) 9:30 a.m. worship, 11 a.m. college class. www.frogsforchrist.org

Non-denominational
Hopeworks Fellowship www.hopeworks.us
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Catholic
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Disciples of Christ
University Church of Christ
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Find out how the soccer team fared over the weekend, and what this means for the remainder of the season.

Q&A

Kayak Polo's
Rachel Lamb

By MARCUS MURPHREE
Staff Reporter

Q. How did you first get into kayak polo?
A. I got into it because of my dad. I started kayaking when I was 8 years old. I started playing kayak polo when I was about 10, when parents got together and wanted to start the sport with their kids in the Dallas area.

Q. What are the basic rules of kayak polo?
A. It's very similar to water polo, but with a smaller goal raised off the water. You can hold the ball in your hands or balance it on the paddle, and you are not allowed to move while holding the ball. There are a lot of different skills involved in it. Most people have kayak skills not ball handling skills; the more you practice the better you will become. Most women start off as kayakers and become better ball handlers.

Q. What is the difference between kayak polo and canoe polo?
A. Canoe polo is the international name for the sport.

Q. How much of a global phenomenon is the sport?
A. It is very big in Europe. China and the U.S. are catching up. The women's team finished 17th in the world competition in Amsterdam, and men's and boy's teams were last.

Q. How much time do you spend practicing?
A. Over the summer, I practiced an hour a day. I practice on weekends during the year in two or three-hour blocks.

Q. For that matter, where do you practice?
A. You can practice paddling and ball skills anywhere with a body of water. An Olympic-size pool is ideal for competition, but it is often played in a lake or a very still river.

Q. What position do you play?
A. I am the women's team goalie. Men are sometimes better at it, because they sit higher above the water in their kayak's.

Q. Outside of training with the national team, what are some of your hobbies?
A. I play the harp. It is the largest still-portable instrument that I know of.



JENNIFER BICKERSTAFF / Photo Editor
Rachel Lamb has played in and won seven national championships with her kayak polo team in Dallas. She started playing at age 10.

Kayak polo continues to grow in U.S.

By ELISA GOMEZ
Staff Reporter

Golfers hit a tiny white ball with a golf club, and tennis players hit a slightly larger ball with a racket. But kayak polo players? They juggle a ball on a paddle as they try to score a goal that is seven feet high, while fighting off defenders.

Kayak polo, or canoe polo as it is internationally known, is played like a mix between hockey and basketball, but instead of skating on ice or running on hardwood, the players use boats. Four players and a goalie paddle and maneuver their way around a rectangular pool. There are eight players on a team, and substitutions are allowed at any time during the game.

The pool is a minimum of 27 yards long and three feet deep. An Olympic size pool, either indoor or outdoor, is ideal for play, but teams can also compete in a calm stream.

The netted goal is just three feet by five feet and it is hung vertically. Players try to score by throwing the ball into the goal with their hand or paddle.

The kayaks used are about three yards long and must have curved ends, because they constantly bump into each other while players try to gain advantage and score.

Paddles are double bladed, but they cannot have any sharp or dangerous features. If the paddles do appear dangerous, they must be taped up or not used in play.

Players wear protective helmets and masks similar to hockey masks in hopes of preventing any serious injury.

Kayak polo games are made up of two 10-

minute halves with a three-minute halftime. During play, opponents are not allowed to hit each other with their paddle or their boat. Although players will bump into each other, the action can not be intentional.

When the ball is in play, players can use their paddles or hands to make passes to teammates. Players can not hold the ball for more than five seconds or bat the ball down with their paddle.

"Paddling is a skill that takes a while to learn," said Mark Pointdexter, coach of the under-21 U.S. men's team. "Even when you get it down, it still takes a few years

to perfect." Although the sport looks aggressive, it's not really as physical as it may appear, Pointdexter said.

Kayak polo has three types of penalties similar to soccer. A green card is used as a warning, a yellow card gives a two minute suspension and a red card suspends the player for the remainder of the game.

The sport is popular in Europe and Australia, where it began. According to usacanoeokayak.org, it is continuing to grow in the United States where there are currently 11 club teams, including Dallas' own Texas Tornadoes.



COURTESY OF Rachel Lamb
Rachel Lamb, plays goalie for Texas Tornadoes in Dallas. The sport can be played indoors or outdoors with special kayaks and a water polo ball. The sport is gaining popularity nationwide and is already popular in Europe and Australia.

Large crowd turnout boosts Horned Frog football morale

By KELLY FERGUSON
Staff Reporter

The record number of fans that packed into Amon Carter Stadium for the TCU vs. Texas Tech game helped the Horned Frogs play well, said head coach Gary Patterson.

"The bigger the crowd, the better we play," Patterson said. "The players get this adrenaline that makes a difference."

Senior safety Marvin White said having a lot of fans in the stands motivates the team to play at an even higher level.

"We need them when things go bad," White said. "The fans keep us up."

Former TCU wide receiver Cory Rodgers, who now plays for the San Francisco 49ers, said he likes playing in front of large crowds but tries to not let them affect his performance.

Senior offensive tackle Herb Taylor said he enjoyed seeing a full stadium, and he said he hopes the stands will be full all season.

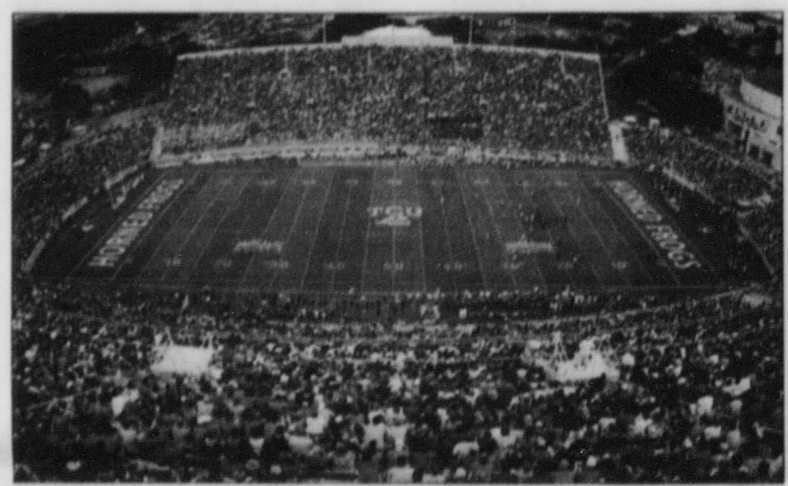
"At the UC Davis game, you could pretty much hear crickets," Taylor said. "It was nice to see a packed stadium Saturday."

Taylor said the crowd energy reminded him of last season's game against Oklahoma, and he said he hopes the strong support shown Saturday will get more people to attend football games.

"The fans were actually into the game, waving towels around and yelling," Taylor said. "It was a great college experience, the kind of experience you just grab onto."

After attending the game Saturday, senior finance major Jonathon Jaskot said he plans to go to more games this season because the team's success makes them more enjoyable.

Home crowd support motivates the team, but the crowd doesn't



ANDREW CHAVEZ / Staff Photographer
Horned Frogs and Red Raider fans pack Amon Carter Stadium during the third quarter Saturday. Players say large crowds at games help them perform better.

have a direct effect on the game's outcome, Taylor said.

"In the end, as a team, we're all we have, and we have to play for ourselves," Taylor said. "But it definitely gives us a little more encouragement when we see people in the stands."

Rodgers said the intensity of the crowd probably helped the Horned Frogs win Saturday.

"The players fed off of the fans tremendously," Rodgers said.

Good attendance by TCU students and the Fort Worth community is important to TCU's success this season, Rodgers said.

"You always want a big turnout, whether you're playing at home or away," Rodgers said. "So, if TCU could have more sellouts, then that would make the guys play even better."

Lady Frogs start season strong

By KYLE ARNOLD
Staff Writer

Conference play has begun, and the Lady Frogs have continued their winning ways with a victory over their first conference opponent, the Lady Cowgirls of Wyoming.

They will open up further conference play on the road, when they battle the Air Force Falcons and the Colorado State Rams Friday and Saturday.

Freshman defensive specialist Katelyn Blackwood said the Frogs keep the same kind of simple game plan against all of their opponents.

"Our game plan is always to go out and play like a team," Blackwood said.

The team unity the Frogs have displayed throughout the season has been a big factor in the team's continued success.

"We do not really have any drama that a lot of teams have to deal with, and everybody really likes each other, and no matter who is on the court, we mesh well," Blackwood said. "As long as we keep that, I think we will do really well this season."

The 12-2 Frogs still have some kinks to work out, Blackwood said.

"We have been missing a lot of serves, and it has really been a mental thing," Blackwood said. "We have been working on fixing that in practice."

Head coach Prentice Lewis said she urges her team to go out every night and compete, especially now since conference play has begun.

"Our conference is one of the toughest volleyball conferences, and every night, we have to come out and play," Lewis said. "We have to bring our A-game."

As far as any specific type of strategy for these upcoming opponents, senior outside hitter Calli Corley said it changes with each team.

"With Colorado State, they have really good attackers, so we really need to work on our blocking, and with Air Force, we need to work on being consistent and pushing from one to

30 (points)," Corley said. "They (Air Force) are a team that, if you let them play with you, they will."

Lewis is excited about how hard her players work each day at practice.

"I like how hard our athletes have been playing," Lewis said. "We just have to keep plugging along."

Lewis attributes the team's success to its ability to work together.

"It has been a complete team effort," Lewis said. "There is no one individual that stands out over everybody else."

Blackwood, Lewis and Corley all said they agree that a big part of this team's success has been the result of chemistry on and off the court, and that future success will depend on this as well.



ROBYN SHEPHEARD / Staff Photographer
Sophomore setter Nirelle Hampton watches as junior right-side hitter Emily Allen spikes the ball during the volleyball team's match against the Wyoming Cowgirls.

University draws media attention

By MORGAN BLUNK
Staff Reporter

TCU has been attracting a lot of attention thanks to last week's win over Texas Tech, and people nationwide are starting to take notice.

Since the game, The New York Times, The Washington Post and USA Today have all featured articles about TCU, said Tracy Syler-Jones, assistant vice chancellor for marketing and communication.

The Horned Frogs went from No. 20 to No. 15 in the USA Today Top 25 poll after they beat the Red Raiders 12-3 Saturday in front of the first sold-out crowd at Amon Carter Stadium since 1984.

One day after the Tech game, 33 news stories ran about the university locally and nationally, Syler-Jones said.

"Coverage in local newspapers has increased," Syler-Jones said. "And, at the national level, as we continue to win, the coverage continues to increase."

This week's issue of "Sports Illustrated" also mentioned TCU, said Scott Kull, associate athletic director of external operations.

Under the headline "TCU is for Real," the magazine said TCU had a decisive win against Tech.

But Syler-Jones said TCU was receiving coverage long

before the Tech game.

"We monitor our news electronically, so I noticed that 700 articles were written about TCU as a result of TCU beating Baylor," Syler-Jones said.

TCU's very own sports Web site, gofrogs.com, has been viewed more this semester than normal, Kull said. He said it's up 13 percent this August compared to last, and first-time visitors to the site have increased 37 percent since last year.

The Skiff's Web site, which usually receives about 1,300 hits each weekday and 1,200 hits each weekend, has also catered to a larger audience this week, said Paul Sanders, junior radio-TV-film major and Skiff Web editor.

Sanders said, as a disclaimer, Skiff staff members look at the Web site often to see stories they've written, but readers definitely check the site as well.

"Our sports weekend site's hits have improved significantly," Sanders said. "The football story is always read the most."

Monday's sports story was no exception.

Sanders said Monday after the Tech game, the Skiff Web site had about 1,600 hits, which is 300 more than a normal weekday.

The surplus of recognition lately has benefited the university in more ways than one, Kull said.

"When the tide rises, all the boats rise," Kull said. "Everyone profits from a win like last weekend's. Sodexo profits, Proline, our merchandiser, profits and TCU does."

Syler-Jones said athletics and academics go hand in hand, both working together to create visibility. She said she's encountered people outside of Texas who know about TCU's academic programs — which have their own recognition — and athletic teams.

As recently as Thursday, the Fort Worth Star-Telegram ran a story about how The Wall Street Journal ranked the School of Business No. 11 among regional schools and first in Texas for its graduate business program.

"I can go just about anywhere in the country, and oftentimes I notice that when I tell people I work at TCU, they say, 'Oh,' and immediately recognize the university," Syler-Jones said.

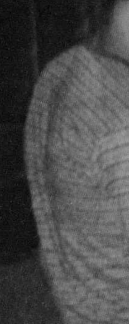
In the coming weeks, the nation will be seeing a lot more of the Horned Frogs. All of TCU's remaining football games will be televised, including the next home game Thursday against Brigham Young University.

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Yearbook staff public relations

Add look

By AMBER PA...

Staff Reporter
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