Admissions office celebrates 10,000 th application received
 A celebratory spirit was in
the air at the admissions office the air at the admissions office Tuesday as the staff mingled "It's unprecedented and unexnear silver balloons form- tant to the dean of admissions. ing the number 10,000 and "It looks like we'll have 11,000 munched on Horned Frog by the end.
cookies. With the number of appliThe admissions staff mem- cations received this year,
bers were celebrating their Atwood said, there will be a bers were celebrating their Atwood said, there will be a
10,000 th application received, 100 percent increase from 2000 a milestone reached Friday. For the 2006 school year, "We're delighted that peoTCU received about 8,700 applications. This year's appli- place," said Ray Brown, this cations are ahead of last year's record, according to the admissions office, and the year isn't has also seen an increase in its over yet.
Though a specific rea- applications this year, said SMU Though a specific rea- Nancy Peterson, assistant dean
son behind the increase is of undergraduate admissions.

Lost business cited to lack of tenants


Alex Grosso, a junior computer information tuly wessstis photot ditior, Walks by an empty bottom floor of the GrandMarc apartments. A
GrandMarc official said the construction around Berry Street could be contributing to the lack of business in the apartments.

Camp conquers cold
by SUSAN GILMARTIN spurred some changes in the Even the cold weather could original plans for activities. not stop many transfer and first Instead of having activities year students from attending outside, Frog Camp facilitator
the first ever winter session of David Mitchell said they had he first ever winter session of David Mitchell said they had
to bring everything indoors to While attending a two-day stay warm.
camp Thursday and Friday, stu- "This was definitely the dents were given the chance to first camp that has ever been meet upperclassmen and fac-
ulty members and get to know out," Mitchell said.
Frog Camp student director their fellow classmates just like Nina Byers said most transfers a regular summer session. do not attend a Frog Camp. The summer Frog Camps "You don't get many transfer usually last three to five days, students to go to Frog Camp,"
in in order and outdoor activities. Bee FROG CAMP page

By SONYA CISNEROS
Saff Reporter
There is light at the end
of the tunnel.
While campus construc
tion has become a part of life at TCU, there's hope that within a year there won't be a crane in sight.
TCU began construction of the TCU began construction of he
Brown-Lupton University Union Brown-Lupton University Union
on Dec. 18, 2006 , which, when
finished, will complete the new finished, will complete the ne

## COMMON KNOWLEDGE

The Campus Commons is expected to be finalized by early summer 2008.
 See UNION, page 2 (ABOVE) A rendering of East Commons through an entry. (BELOW) A west view of the new Brown-Lupton Student

New student center to update dining options By LESLIE DYER
Staff Reporter
$\qquad$ in 2008 , both a new campus life and a new way to eat will come along with
${ }^{\text {it. }}$ TCL present a la carte plan with a buffet style program.
Rather than using an ID debit card at all of the dining facilities, students will swipe their IDs to gain access to the residential dining hall in the new Brown-Lupton Student Union, said
Rick Flores, the general manager of
Rick Flores, the general manager of
TCU Dining Services TCU Dining Services.
from a buffet of choices.

TCU is gathering ideas for this The membership-style plans at SMU membership-type program from allow for several choices. Some give
some neighboring universities, Flores the student an unlimited amount of said.
Bers the student an unlimited amount of
buffet meals in campus dining halls. Baylor University, Southern Method- Other, lower-priced plans allow the ist University, Texas Tech University student a certain number of on-camWord in San Antonio all provide a Because of the change in meal plans,
a change in price is also in the SMU offers seven different meal future plans, ranging from $\$ 200$ to $\$ 2.035$ The new plan will cost sudents per semester, that include both mem- because of operation costs and product bership entries and additional "Flex" prices, but the exact increase has not "Flex" dollars, like the current TCU been determined, Flores said. meal plan, are used like a debit card rant options will stay about the same on campus, according to the SMU Dining Services Web site.

See DINING, page 2
and hot tips to thlaints NEWS2SKIFF to the staf

## UNION

The commons area will also include four new residence halls and multiple indoor outdoor dining options.
This will give students a cen tral location in which to eat, talk and interact with each other, said Don Mills, vice ch
cellor for student affairs. cellor for student affairs.
The union will feature a 35 seat theater for films, lectures and performances; a ballroo and a conference center. It will benefit students both
academically and socially and academically and socially and
make TCU a more pedestrianfriendly, residential communi-
ty, Mills said. ty, Mills said.

Mills said a restaurant will disappointed that he won't be also be included in the union. able to reap the ben
"It will be like a sports without the bar," Mills said.
The completion of the new
met Mills said the new union union will cement a 12 -year will provide students with a relationship between Linbeck variety of programs and din- Construction and TCU. ing options creating "a very Tom Hale, senior project significant change in student manager, said the construclife". tion is progressing well and The union is being built adja- is scheduled to be complet-
cent to Stadium Drive across ed July 2008. Since Dec. 18 , cent to Stadium Drive across ed July 2008. Since Dec. 18,
from Amon Carter Stadium. As there have been two days of rom Amon Carter stadium. As there have been two days of
result, the parking lots of rain through which Linbeck Colby and Moncrief halls are employees worked. permanently closed. Hale said he is hoping for Travis Bowles, a junior com-weather cooperation and will nunication studies major, said do everything necessary to finhe thinks the new union will ish the project on time. TCU and will definitely age of "We will not finish late," TCU and will definitely attract Hale said. "That's not an
more applicants. He said he's option." more applicants. He said he's option.

| FOR YOUR INFO |
| :---: |
| FACILITIES TO BE COMPLETED |
| - March 2007 |
| Indoor footbali Practice faciiry |
|  |  |
|  |
|  |
| - Fall 2007 |
| J.E. and L.E. Mabee School of Education Complex |
| Steve and Betsy Palko Building |
| Barnes and Noble at Texas Christian University |
| - December 2007 |
| New residence halls |
| - July 2008 |
| Campus Commons landscaping |
| Brown-Lupton Univessity Union |

FROG CAMP
college before so a lot of them feel like they already know the ropes."
Byers said coming to TCU is still a new thing whether they
have been to another school Kay Higgins, associate dean Kay higgins, associate dean
of student development, said there are about 40 to 60 first. ear students this semester,
number she said is very high number she
Higgins said the camp wa mplemented to meet these students' needs. It is very hard to come into middle of the year, Higgin said. The winter Frog Camp wa at Lakeview Camp and Retrea ing to the Student Develop ing to the Student Deve
ment Services Web site. Higgins said the camp was 60 students attended and 10 Higgins said the camp was
focused mainly on commu time restriction during winter time restr
Break.
Sudent Students were put into
groups to get to know each other and become familiar with the TCU environment. Mitchell said there were
about 10 to 12 transfer students at the winter camp more than usually attend a summer Frog Camp session.
Sarah Hernandez a ransfer Sarah Hernandez, a transfer
student and student worker in the SDS office said she met some of the facilitators before she went to camp. "Some of the facilitators
were talking about camp were talking about camp
before we went, but I want ed to keep it a surprise," Hernandez said. She also said she felt a little weird going to Frog Camp as a
transfer student, only because transter student, only because
mostly freshmen attend. mosty freshmen attend.
Mitchell said about 55 to
60 students attended and 10 to 12 of those were transfer

## LEASING

## Ticu <br> Learning

 to change the world
## TCU Academic Affairs and

AddRan College of Humanities \& Social Sciences is pleased to present

## Nina Totenberg <br> National Public Radio Political Analyst and

 Legal Affairs CorrespondentWednesday, January 24, 2007
3:30 pm student forum, 6:00 pm Keynote address
Ed Landreth Auditorium
Texas Christian University
The event is free and open to the public

$K \leadsto$
,uturo
population, a trend that is quickly reversing.
Martin said the current occupancy is 70.9 percent, but will be as high as 84 percent during the spring semester. By the 2007 fall semester, he said,
the GrandMarc will reach capacity. the GrandMarc will reach capacity.
Because the GrandMarc is consid ered on-campus housing, TCU's latest mandate requiring all first and secondyear students to live on campus has spurred what the GrandMare's January
newsletter called "a flood of sophomores making reservations already for fall 2007,"
Moss admitted she would prefer to be further along in the leasing process, but she said she has remained op

Multiple life terms possible for suspect accused of kidnapping Missouri boys

By Robert Patrick $\qquad$ ST. LOUIS - The charge Michael J. Devlin faces in the abduction of William "Ben" in priso
in prison.
Investigators, and lawyers familiar with criminal statutes, said Tuesday he is likely to be named on federal and state charges that
could bring additional life terms. could bring additional to terms
Devlin is scheduled to be arraig day in Franklin County, Mo., on one count of child kidnapping. A spokeswoman for Prosecuting Attorney Robert Parks said he was not taking phone calls Tuesday and had not finat
ized a decision about additional charges. The crime transcends several jurisdic tions.
Shaw tions.
Shawn Hornbeck, rescued Friday from Devlin's apartment by police who had traced Ownby, disappeared from near his home
in Washington County, Mo., in 2002. The prosecutor there, John Rupp, did not return a call Tuesday, but has scheduled a press conference for this afternoon. The apartment where the boys were kept
is in Kirkwood, Mo., giving jurisdiction to St. is in Kirkwood, Mo., giving jurisdiction to St.
Louis County Prosecuting Attorney Robert P. McCulloch too. He could not be reached Tuesday. Jeannette Graviss, chief warrant officer for $\begin{gathered}\text { Tuesday } \\ \text { Devl }\end{gathered}$


## Chinion

## Business decision not political


n Jan. 8, a Dallas-based pizza chain,
Pizza Patron, began accepting Mexican pesos, in addition to the US . dot lar, as a form of payment from customers.
The decision by any business to accept a additional currency is entirely that: its decision.

Andrew Gamm, Pizza Patron's director of brand development, said the chain caters predominantly to Latitos and began ace
ing pesos as an additional service to its patrons.
Like all businesses, Pizza Patron has a
desire to make desire to make a profit by serving customers
and keeping them happy. Accepting pesos is one way to do that.
one way to do that.
Though the move is entirely legal, Gamm said, at first the company received many complaints via e-mail about the service. Some call it one more way Latino culture is invading the
U.S.
One week later, however, Gamm said the tide has turned and the majority of e-mails
the company receives are largely positive. While many U.S. residents might be upset
at the company's decision to accept pesos, it
stould be noted that many businesses in the
northern states already accept Canadian dolnorthern states already accept Canadian dol-
lars with little to no resistance or protest. lars with little to no resistance or protest.
As many have noted time and again, the United States is a melting pot of culture. Since its birth, our country has lived and breathed on the ideal of all cultures welcome.
The United States has seen waves of immiThe United States has seen waves of immi-
gration: Germans, Italians, Chinese and, now, gration: Germans, Italians, Chin
Central and South Americans.
It's only natural for this newest wave of
immigrants to bring with them art of their immigrants to bring with them a part of their own country, monies included. Gamm said he thinks a lot of money exists
in small amounts of pesos spread over many people in the state and accepting this currency is one way Piza Patron is differentiating itself from larger competitors and helping to keep its growing customer base loyal. plan as a business decision not a political plan as a bus
motivation.

BY RICKY ANDERSON


Gentlemen turn into boys around other men
 into rude, noisy, childish boys when they are
 Is it all
about the alpout he
alphate?
Where Where
are the are the
gentleman-
ly Rhett ly Rhett
Buthers with the Wind?" All I see are men who might
starred in "Jackass." starred in "Jackass."
For the most part, men show no respect for women
and their beauty and their beauty. Instead of
calling a woman "beautiful" or "stunning," they call her or "stunning," they call her
"hot" and then start discussions about how much they would like to get into her pants.
Now, I apologize to those Now, I apologize to those complete animals. But even you surely recognize that the childish and immature ways men act nowadays are
unacceptable. unacceptable. paying attention when I was younger, but now, when I see the boys who want to be called men, I
cannot help but wonder cannot help but wonder
what happened to respect what happened to respect
ful, gentle, manly men? Nowadays, it is rare to see a 20 -something man open a car door for a woman, or, even worse, hold the door
open for a woman as she is open for a woms.
walking to class.
How can I respect them? 1 realized the other day that I find myself compar-
ing my boyfriends to my
father. My dad is the epit ome of everything a man should be. Why can't men today take a lesson from
their fathers and act like their fathers and act like
the respectable people they the respect be?
shoun
The worst really comes
out when men get around out when men get around
other men. They become other men. They become
childish boys, wrestling childish boys, wrestling
each other, shooting each other with pellet guns and making crude remarks to
and about each other. All and about each other. All
charm, wit and charisma charm, wit and charisma
goes out the window as goes out the window as
they scratch, burp and ho
their ways to slobhood. their ways to slobhood.
I don't get it; I may never get it. And yet, even in the also say that today's women might be to blame. Putting all your goodies
out there does not teach out there does not teach
men to respect you or your men to respect you or your
body. You may complain that men don't look you in the eyes when they talk to you, but how can they when your double D's are
popping out? popping out?
Women, you to put up with unacceptable behavior. It is not in the DNA; it is a behavior that has been learned and can be unlearned. And,
if you happen to be one if you happen to be one
of the lucky ones who have found a man who is respectful and kind and loves you more for your IQ rather than your
hold on to him. There are not too many $\frac{\text { Rhett Butlers left. }}{\text { Erin Glated is a junior }}$
uenseditorial journatism
major from Las Vogas.

Fans considered MVP of basketball team

## If a tree falls in the fo est and there'

 est and there's no onthere to hear it, does make to hear it,
mand? This seemingly sim-
ple question has puzzle ple question has puzzled
mankind for ages. Maybe moving the setting to a
COMMENTARY more famil
 iar locale
will make
the will make
the answer more appar
ent. If a bas-
ketball
swishes swishes
through the net at Daniel-Meyer Colise
um , and there are no fans in the seats, does it really
make a sound make a sound?
You bet. There are 12 guys dressed in purple and white on the TCU
sideline who live for sideline who live for that
very sound and disheart very sound, and disheart-
eningly, live to play the game in front of meager, unenthusiastic crowds. I have seen seminars on
the merits of rust-proof the merits of rust-proof-
ing turbine engines more ing turbine engines more
densely attended than most TCU men's basketball games. But why is that? Maybe not enough people are aware of how fun the
games really are. games really are.
I have never considere myself a fan of basketball. let alone college hoops, until I came to TCU, I originally went down to
the coliseum one Saturday afternoon to pick up some tickets to the Texas Tech game so I could heckle Bobby Knight. In doing so, I hoped to send
the ol' ball coach into a the of ball coach into a
violent rage, causing him violent rage, causing
to tackle me and forcing him to pony up some ser
ous "hush money" so I
wouldn't press charges.
Seeing that a game was Seeing that a game was
currently in progress, my currently in progress, my
friend and I decided to sit friend and I decided to sit
and watch. While originally vowing to stay only a couple of minutes, lest we couple of minutes, lest we
miss our football tailgate,
we were soon pulled into we were soon pulled into
an exciting battle of wills an exciting battle of wills
that ultimately resulted in a double-overtime vic tory over UT Arlington.
Every game I've been to Every game I've been to
since then has been amazinge Be it crawling back
from a double-digit deficit in a close loss to a heavily favored Texas Tech team or throwing my hands up
and cheering as the Frogs knocked down a last-sec-
ond shot to beat Tulane. Besides the intense
competition on the court, competition on the court,
there is still plenty to there is still plenty to
keep you interested at keep you interested at
the game. Focus on such
things as the bater the game. Focus on such
things as the basketball
band hurling insults band hurling insults at the
opposing players, the well opposing players, the well
choreographed dances of choreographed dances of
the TCU Showgirls or the
peppy antics of the cheer peppy antics of the cheer-
leaders. Also, don't forget that
SuperFrog, the greatest mascot of all time, attends every game. If you're bored, stand in awe of his magical power
to make you smile. He could steal the credit card num-
bers of eyeryone in the bers of everyone in the coli-
seum, but if he gazed at the seum, but if he gazed at the
audience with that look audience with his face, every-
utter bliss on his one would be hypnotically forced to smile and applaud. No matter what violation of
civil rights or good sens civil rights or good sense
he could think up, peo he could think up, pe
ple would still love him to death. The Bush adminis tration could use a guy like

I understand the general momentum, and nothing $\begin{array}{ll}\text { sentiment around campus gets those guys pumped } \\ \text { is that the men's team isn't } & \text { up like a building full of }\end{array}$ is that the men's team isn't up like a building full of
good, given its $6-25$ finish screaming fans. Do you last season. However, in a think Duke or North Caro-
little less than a year, this lina would be as good if little less than a year, this lina would be as good if
team has grown from Moun-
they played in front of an team has grown from Moun- they played in front of an
tain West whipping boy to a empty house? The crowd tain West whipping boy to a empty house? The crowd
corps of glass-ating, motor-
oild drinking studs most important play$\begin{array}{ll}\begin{array}{l}\text { oil-drinking studs. } \\ \text { Take a look at the num- }\end{array} & \text { er in the building. Players } \\ \text { live or die by the support }\end{array}$ Tive or die by the support
bers. At the de facto half- of the so-called "sixth way point of this season, the man." It is time for us to
Frogs already have four more make a difference. There's Frogs already have four more make a difference. There's
wins than they did all of last a home game versus Col$\begin{array}{ll}\text { wins than they did all of last } \\ \text { season. Plus, theyre off to a } \\ \text { a } \\ \text { orado State tonight at } 7 \\ \text { p. start in the conference. }\end{array}$
p.m. IIl see you there. $\begin{array}{ll}2-1 \text { start in the conference. } & \text { p.m. Ill sec you there. } \\ \text { Same old song and dance } & \text { David nall sa areshman } \\ \text { as last year? I think not. } & \text { neusedilorial fournalism }\end{array}$

No reason to spend big bucks on fairy tale wedding; debt could add stress to newlyweds

It's the day every girl has been planning since she was little. The over-shed white dress, the cascades<br> the towering cake are iust a few of just a few of the details a the details a bride must choose from. The fairy-tale wedding, however, is costing someone a pretty penny. The average wedding cost has risen dramatically in the past few years, averag- ing nearly $\$ 30,000$ in 2005 , ing nearly $\$ 30,000$ in 2005 , according to CNNMoney. com.

Theweddingreport.com
confirms this sum, reporting
the average wedding in the
Dallas/Fort Worth area in
2006 cost $\$ 30,790$. This does
not include the price of the
honeymoon, the engagement
ring or a wedding planner.
But is one day really
worth $\$ 30,000$.
We all hope it only comes
around once in our lifetime,
but the price of a wedding
could be put toward true
investments, like a down
payment on a home or a
payment toward your col-
lege loans.
Brides spend too much
money on lavish, over-the-
top weddings. And, in the end, all those thousands of
dollars are blown in just 24 dolars. A lavish wedding at Disney World costs anywhere from $\$ 20,000$ to $\$ 45,000$. There goes that BMW or
Audi you've been dreaming about. It is important to start a marriage being as financial-
ly stable as possible. Repay

ing student loans can haunt bride's parents are the ones
suffering from these fairy add on more hefty debt? Jean Giles-Sims, profes-
sor of marriage and family sor of marriage and family,
said parents are increassaid parents are increas-
ingly unable to pay for the ingly unable to pay for the
lavish weddings brides and grooms want. She said, as a result, some newlyweds are left with the bill.
But for the most part, the
suffering from these fairy
tales. Tradition calls for the couple's parents to divide up the cost of the wedding
with the bride's half paying with the bride's half paying
more. But for those newlyweds who do decide to pay their own way, they may be in over their heads.
This can create a large
strain on the marriage early strain on the marriage early
on. Giles-Sims said financial difficulties are a reason many couples get divorced,
yet another sad but true rea yet another sad but true rea
son to choose the David's son to choose the Davics
Bridal gown instead of the Vera Wang. The divorce rate for first
marriages in the U.S. is 41
percent, withe highest percent of those divorces
occur among 20 to 24 -yearolds, according to divorcer ate.org. Many brides think
the fairy tale will last the the fairy tale will ast the
rest of their lives but find out their "Prince Charming is nothing more than an ugly frog. Although your wedding
day should be a special and day should be a special and
memorable event, there are ways to cut the costs and save some debt. Your fairy tale just may
last a little longer in the
Amy Kopea graduated in he fall
of 2006 with a bractonst
of 2006 with a broadcost journalism listed to the lef. The skit view is the collective writes and do not necessarily reflect the opinion listed to the left. The shiff view is the coliective
witiess and do not necion of the editional board and may not refect
of the editoial boad.
the views of the individial witers. Signed leters.
Letters to the editor:



## W:EOOME BIMCMStadentse

January 15th-18th 9am to 5pm


## CONCERT REVIEW



The Red Hot Chilif Peppers performat Chicago oon Aug.6.
Chili Peppers heat up Dallas with new hits

By AMBER PARCHER
Features Editor
$\frac{\text { Frezzing temperatures and }}{\text { (caures }}$ ice couldn't keep the Red Hot on Saturday. Despite canceling their Oklahoma City show the night before, the Chili Peppers rocked out Dallas' American Airlines Center in a high-pro-
file concert that showcased the band's exceptional music skills.
An all-star cast of drummer Chad Smith, guitarist John Frusciante, bassist Flea and
frontman Anthony Kiedis put on a show that lived up to their stature as one of the world's most talented rock bands. Opening with the up-beat fast-paced hit "Can't Stop,
from their 2002 album "By The Way," the band started the show running. Next in the line-up was the catchy, popthythmic "Dani California," the
first single from their newest album "Stadium Arcadium." Although the band is on tour to promote "Stadium Arcadium," its two-disc
album released in May 2006, it seemed to play it safe by sticking to older hits Saturday night. A sold-out crowd of almost 13,000 voices could be heard singing along with
Kiedis to some of the band's Kiedis to some of the bands
biggest hits, including "Scar Tissue," "Californication," "By The Way" and a superb rendition of "Under the Bridge" in an encore.
Fans of the Chili Peppers'
newer stuff weren't disappoint ed either. The Chili Peppers played the first five tracks off "Stadium Arcadium's" first disc Jupiter, including the title track
and the funky dance song "Hump de Bump."
And in one of the most spectacular moments of the show, Kiedis had almost the entire stadium up and jumping to the to-dance-to hit "Give It Away Now," from the band's 1991 album "Blood Sugar Sex Magic." It was a true testament to the band's consistent succ
for almost three decades. What makes the Red Hot Chili Peppers so red hot is the unstoppable combination of Flea's intricate bass lines, Frusciante's skilled guitar riffs,
Smith's groovy beats and Kiedis' charisma on stage. These mastermind musicians have managed to mesh hip-hop, funk and metal in a a genre of its own.
And even though the Red Hot Chill Peppers have nothing to prove, the band never
topped showing off its skills stopped showing off its skills
during the show Saturday. during the show Saturday.
Smith's numerous drum solo and Flea's and Frusciante's impromptu jam sessions in between songs showcased the musical skills that has elevated the band to stardom.
The Chili Peppers epidemic you can't help but catch and are surely on a path to etching themselves into a rock ' $n$ ' roll fame equal to
of The Rolling Stones.

## The WEIGHTING Game

Here are some tips on keeping up with your New Year's resolutions to stay healthy.

## By AMBER PARCHER Features Editor

 We ve all done it: As the new year rons around, we make promises to ourselves to eat healthier, work more often and get in shape. But, as school starts, priorities the gym take over, and healthy living takes a backseat to grades and partying. Not surprisingly, nutritionists agree food and exercise are funda-mental parts of staying healthy. And, while we may think we understand the age-old adage "you are what you eat," the truth is we
often underestimate the impact often underestimate the impact
food has on our bodies, said Dr Stephen Wangen, founder of the Irritable Bowel Syndrome Treatment center and specialist in food allergies and digestive problems. "Eating healthy is a very generic
definition," Wangen said. "We, as humans, have dramatically changed our diet with the development of agriculture."
Wangen said the main ingredients in almost every food produced
in America are wheat, dairy, eggs, from liquids.
in America are wheat, dairy, eggs,
corn and soy This can create problems for people whose bodies act adverse-
ly to these kinds of foods ly to these kinds of foods, Wangen
said. More than half of the populasaid. More than half of the popula
tion has some kind of food allergy tion has some kind of food allergy
which includes digestive problem fatigue, lack of clarity and constan colds.
So how can one eliminate these problems and eat healthier? Gina Hill, assistant professor for ences, said the key is to choose different foods from different food groups.
take of pesolving to make the misetables but then only eating green beans," Hill said.
Hill stressed eating all types of
food in moderation is food in moderation is one of the
best ways to eat healthy best ways to eat healthy.
"Moderation is a dietician's favorite word," Hill said. And for the women who made a resolution to diet this semester? Hill said watching proportion
size and, surprisingly, calories
"wenty to 25 percent of the calories comes from intake from said. Often, something as simple as cream and sugar to a coffee can add hundreds of calories to the drink, Hill said, who added black coffee is calorie-free.
But healthy
than just eating right. Matthew Johnson,
fessor of sports psychology, said exercise even in small amounts can significantly help a person stay healthy.
at an intensity that's comfortable for you," Johnson said.
Johnson said the majority of students who resolve to exercise for the new year generally do well and school becomes a priority for the rest of the semester.
The way around these "road
blocks," as Johnson called them, is to plan ahead.
"If you know you have a big
test coming up, plan to eat healthy test coming up, plan to eat healthy
snacks as you study," Johnson said "and make time to work out." Johnson said the three main barNers to working out are a perceive motivation.
To overcome these, Johnson re ommends that people think abou the time in their lives they were the healthiest and identify what the were doing righ
Were you training for something? Did you have more time?" Johnson asked. "The key is to focus on what has been
what hasn't." Small changes are going to make the most difference because a person is more likely to adapt to small hanges than large, overwhelming nes, Johnson said. strengths and successes," Johnson said.
The bottom line from all the experts: living a healthy lifestyle
is feasible, even for busy college



[^0]
## WEIGHING YOUR OPTIONS

Know what foods are good for you and why? Here's a quick list of the best food sources to give your body the nutrients it needs to stay healthy

## CALCIUM

Calcium is key to strong bones and teeth, as well as proper nerve and muscle function, and while milk is instantly considered as a source of calcium, there are many other foods that can he
you get the calcium you need
Milk, Other Dairy Products, Cornmeal, Wheat
Flour, Sardines, Spinach, Soybeans

## - VItAMIN C

Vitamin C helps your body repair itself, fight
off diseases and intections and even has shown off diseases and infections and even has shown
some indications of fighting off cancer. Here are some of the foods that pack the highest Vitamin
$\qquad$ Oranges/Orange Juice, Peppers, Grapetuit
Juice, Strawberries, Broccoli, Brussel Sprouts

FIBER
Fiber keeps digestion on track and has been shown to help prevent heart attacks, intestinal problems and several types of cancer: Dates, Tomato Products

## - ANTI-OXIDANTS

Anti-oxidants are chemicals that may help prevent An-oxidanis are chemicals that may help prevent and Alzheimer's: Blackberries

- FOLIC ACID

Folic acid promotes cell division growth, red cell development and helps prevent some birth defects
and can help reduce the risk of some types of and can
cancer Turkey, Orange Juice, Beans (specifically kidney, pinto, navy), Okra, Spinach

## - IRON

Iron helps carry oxygen through our bodies. If you don't get enough you can become anemic, which will make you feel tired and weak:
Mollusks, Clams, Enriched Rice, Mollusks, Clams, Enriched Rice, Spinach
Beef, Baking Chocolate (unsweetened Beef, Bakin
squares)

Source: USDA, National Institute of Health

## College applicants hope for tuition assistance from 'new' Congress

## Y PAMELA Darlas Morning Neus

The Dallas Morning Neus
DALLAS-As families begin fill
ing out college financial aid forms ing out college financial aid forms this month, they do so with the hope that the new Democrat-controlled Congress will follow through
on its promise to make paying for on its promise to make paying for
college less expensive. As part of its promised first 100 hours of the new Congress, Democrats introduced the College Stu dent Relief Act of 2007, whic would cut interest rates on federal
student loans in half for middle class borrowers.
"The cost of higher education has skyrocketed," Rep. George Miller, the new chairman of the
House Committee on Education and Labor, said in a letter last week to colleagues. "Over the last five
years, tuitionat public colleges and years, tuition at public colleges and
universities increased by 35 per universities increased by 35 per-
cent. This represents the highest cent. This represents the highest
increase in any five-year period increase in any five-year period
since 1976."
To pay for it, more students are To pay for it, more stut
relying on loans, he said. relying on loans, he said.
"In fact, loans now represent over half of all college aid to undergraduate students," said Miller, D-Calif. Citing data from the Congressional Advisory Committece on Studen
Financial Assistance, he said finan Financial Assistance, he said finan
cial barriers will prevent 4.4 million cial barriers will prevent 4,4 milho high schoor graduates from attend-
ing a four-year public college in the next decade, and prevent 2 mil lion eligible students from attend ing college at all.
The Democrats' legislation would phe Democrass in interest ate cuts over five
years for undergraduate borrowers of new subsidized student loans -

## poure in school - from a fixed rate some silion over five years. of 6.8 percent to a fixed rate of 3.4 "Democrats have not explained recentent to a fixed rate of 3.4 <br> $\qquad$

 ke effect July 1 . "When the interest rate cut is ully phased in, a borrower with13,800 in debt would save approximately $\$ 4,400$ in savings over the life of their loan, helping approximately 5.5 million und
students," Miller said.

## Other things Democrats want to do to make college more affor

 do to make college more affordable include raising the maximum Pell Grant to needy students from$\$ 4,050$ a year to $\$ 5,100$ a year and $\$ 4,050$ a year to $\$ 5,100$ a year and
raising the HOPE Scholarship tax raising the HOPE Scholarship tax
credit from $\$ 1,650$ per student to $\$ 3,000$ per student.

## Those two proposals stand a

 better chance of getting through rates, said Mark Kantrowitz, pub rates, said Mark Kantrowitz, pub-lisher of FinAid.org, a Web site that gives information on paying
for college. for college.
The Pell Grant proposal has parThe Pell Grant proposal has par-
ticular appeal to Kantrowitz ticular appeal to Kantrowitz.
"It hasn't been increased in over four years," he said. "It's the over four years, he said, "t's the
most effective student-aid program because it's targeted at the students with the greatest financial need.
It helps increase the number of It helps increase the number of
students enrolling and graduating from college."
Raising the HOPE Scholarship Raising the HOPE Scholarship
credit also has potential. credit also has potential.
"It's, in effect, a tax cut, and I've yet to see Republicans shy away yet to see Republicans shy away
from a tax cut," Kantrowitz said. Experts say cutting student loan ates will be harder to get through rates will be harder to get through
Congress because of how much it
would cost the government, which how they will pay for this propos al," said Rep. Adam Putnam, R-Fla. chairman of the House Republica Conference. "Wor this proposal?" Miller said the rate-cut legislation is in keeping with Democrats
promise to restore fiscal discipline promise to restore fis.
$\qquad$ Tible first step that will make co lege more affordat will make col and their families," he said. The interest rate cut will be offset over five years in accordance with
a newly restored rule that that any tax cut rule that requires tement spending be offeet by an increase in taxes or reduction in
other entitlement spen other entitlement spending, rath
than being deficit-financed than being deficit-financed.
"It's an incredibly expensive proposition," Kantrowitz said. "I don't think anybody realized how
expensive it's going to be when expensive it's going to be when
they made the sound bite." What's more, critics say, cutting student loan rates does nothing to address how to make it possible for students to get into college in
the first place. the first place.
The immediate
families is how much cash they need to come up with to get their children through the doors of high-
er education. er education.
"Democrat pr
"Democrat proposals do more for
college graduates than they do for college graduates than they do for
college hopefuls," Putnam said. "Democrats are not spending a
dime of taxpayer money in dime of taxpayer money in their
first 100 hours in power to make in which the federal government would cost the government, which college more affordable for those
 The debate over college costs Take care to be accurate, parand their families.
$\qquad$ January is when students attend
ng college in the fall can start ing college in the fall can start cific to the federal income tax submitting the Free Application return," Kantrowitz said. "Howevor Federal Student Aid form, also er, families should not wait to fill out PAFSA until they've submitted
The form is the starting point their income tax return and should for applying to almost all student estimate the values based on their inancial assistance programs and $W$-2s and 1099 s , or the last pay stub determines eligibility for federal of the year."
financial aid. Mariy schools also You can get inancial aid. Masy schools also You can get a FAFSA form at high see it as part of their application school guidance offices or libraries,
by phone from the Department of
lor non-federal aid. by phone rom the Department of
Families should fill out the form Education at 1-800-433-3243, or at as soon as possible because finan- federalstudentaid.ed.gov.
Rising college costs

ing his daughter after fleeing state

$\square$ a new provincial government with Dole as president.

WORTH A LAUGH - BUT ONLY ONE Q: Why are pirates, pirates?

A: Cause they Arrmmerr...

The Quigmans
by Buddy Hickerson

"So, THIS is why you wanted to have me cloned."

> The Quigmans


SUDOKU PUZZLE


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

Directions
Fill in the grid so that every $3 \times 3$ box, ow and column contains the digits 1 through 9 without repeating numbers. See Thursday's paper for answers to today's sudoku.

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Sports
TRACK
Find out who the big winners from the flying frogs are
in the Arkansas In
TOMORROW

Frogs aim for Conference title; leaders propel squad to 2-1 start


Crossing the pond from football to soccer

## By ANN KILLON San Jose Mercury Neus MLS was only league willMLS was only league will- ing to shower Beckham with

 drennial seaits standing. A charismatic national coac, prestigious depth and diversity in talent pool - those are the
things that can things that can move soccer
forward in this country. Beck ham is merely a diversion.
Here's one way his arrivil Here's one way his arrival
is different than that of Pele is different than that of Pele
three decades ago: The New three decades ago: The New
York Cosmos hired the best player in the world, whereas
the Galaxy has hired the most famous player in the world.
But Beckham's moment as But Beckham's moment as
the world's most famous aththe world's most famous ath-
lete is near its end. His critics say his fame has never matched his talent (though
his skill on set pieces is unmatched and his crosses are still right on the mark). MLS had better hope he still
has enough skills - though has enough skills - though
that's a double-edged wish. If Beckham arrives and is
clearly the best player in the clearly the best player in the
league, it will only confirm the rest of the world's opin-
ion that ML.S is a third-tier organization.
That's because Beckham, 31, comes to Los Angeles
basically out of other socer

David Beckham Signed a five-year
contratt with Los
Angeles Galaxy contract with
Angeles Galaxy
worth an estim worth an estima
$\$ 250$ million. $\$ 250$ million.
Born May 2, 1975 in
Leytonstone, U. K . Height 6 ft. $(1.82 \mathrm{~m})$ Weight 163 lbs . $(74 \mathrm{~kg}$ ) Family Married to Victoria
(tormerly Posh of Spice Girls (tormerly Posh of Spice Giriss
pop group), three children Careor
Manche Career
Manchester United (1992-2003) Preston North End, on loan
$(1994-95)$ (1994-95)
Real Madrid Real Madrid (2003-2007)
Los Angeles
Gaiaxy
(August 2007)
Position Right
wing, but wing, but
ocasionaly
oftensive play Games, total Goals, total .
${ }^{\text {An }}$ A ot Jan. 11,2007 I



Frogs look to continue success against Rams
anmous


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KAPLAN) M,N:%"
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ourse in anuary and prepare for any 2007 test dote. You'll have unlimite
Classes begin January $20^{\text {th }}$ at TCU February $3^{\text {rid }}$ at the Ft . Worth Kaplan Center

## Enroll by lanuary 31 "

Head coach Neil Dough erty said, in a teleconference
call, the Frogs ran into a hot STANDINGS team in the Cougars. He said
he was still pleased with the way the team was playing despite a wave of injury and sickness during the break,
highlighted by a knee injury sustained by junior forward Alvardo Parker.
"As our health improves,
our team will improve along our team will improve along
with that," Doughtery said in the teleconference.
In order to rid themselves
of the bad taste left by the
BYU of the bad taste left by the
BYU game, the Horned Frogs
will have, to get by R will have to get by a Rams
team (12-4, 2-2 in conferteam (12-4, 2-2 in confer-
ence) led by Jason Smith, a $7-$ foot junior center averaging a little more than 17 points
and nearly 10 rebounds a and nearly 10 rebounds a
game. Like Parker, Smith is also battling a knee injury.
Colorado State head coach Dale Layer told reporters in
the teleconference call that the teleconference call that
he "doesn't think there's a problem with (Smith) play CURRENT MOUNTAIN WEST CONFERENC
STANDINGS

W-L
Air Fo
BYU

| BYU |
| :--- |
| TCU |

$\begin{array}{lll}\text { Wyoming } & 2-1 \quad 1.5\end{array}$

| UNLV | $2-2$ | 2 |
| :--- | :--- | :--- |
| CSU | 22 | 2 |

CSU
SDSU $\quad 1-2$
New
Mexico

| Mexico |
| :--- |
| Utah |

Utah

## Spring BreakTisps

Acapulcoo Gaboo Las Vegas
Disney-DaytonaBeach
1599


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