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TCU DAILY SKIFF
Serving Texas Christian University since 1902
Wednesday, March 30, 2005 | Vol. 102 • Issue 88 • Fort Worth, Texas

Burns case poses questions for campus police

Administrators say officers must remain objective in sensitive cases.

By CHRISTINA RUFFINI
Staff Reporter

University police may be placing the school's interests above that of the students when administrators have a vested interest in the outcome of a particular case, said Mark Goodman, executive director of the Student Press Law Center in Arlington, Va.

This issue of conflicting loyalties, Goodman said in an interview last Friday, might have played a role at TCU during the recent controversy surrounding the dismissal of communications professor Ryan Burns.

Burns was dismissed Feb. 11 on a misuse of university equipment charge after compromising photographs of a former student were found on his TCU hard drive, according to statements made by university sources.

Ryan Burns

Don Mills

Chief of Police Steve McGee and Assistant Chief of Police J.C. Williams said that in this case, TCU Police advised the former student not to file formal charges because she simply did not have grounds to support a criminal charge. McGee said they investigated and found no criminal offense.

David Montague, an assistant district attorney for Tarrant County, said he could not think of any criminal charge the police could have filed under these circumstances.

Provost and Vice Chancellor for Academic Affairs Nowell Donovan said TCU Police always do a very professional job, including this particular investigation.

Burns, who on Tuesday night responded for the first time to the Skiff's attempts to contact him, said he did not know any specifics about how the police handled this investigation and that all other questions should be directed to his attorney.

Administrators became aware of the photos after the former student, who said she had been in a relationship with Burns, told TCU Police

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Enjoying a blast from the past

The Student Center turned 50 this month and students were treated to a 1950s party.

By ANNE SPENCER
Staff Reporter

Students were taken back to a time when Elvis was king and poodle skirts were fashionable as the Brown Lupton Student Center celebrated its 50th anniversary Tuesday.

The Student Center Lounge was transformed into a '50s sock hop as students sipped coke floats and ate candy cigarettes.

"It's something unique," said senior secondary education major Laura Noneman, who took part in the festivities. "It's a fun thing to do to celebrate."

Students were treated to 50-cent hamburgers, chips and bottled water.

The Student Center was dedicated in March of 1955.

Junior advertising/public relations major Catherine Todd, the programming coordinator for Programming Council, was participating in the events.

Todd said the directors of the Student Center had approached PC about the event, which has been planned since last fall.

"I thought it was done really well," she said. "There was good student involvement with the students walking through."

A popular '50s toy, the hula hoop, was on hand and some students participated in a contest.

Todd said she had not used a hula hoop in years, but admits she was not as bad as she thought she would be.

"I'm kind of mad I didn't enter the competition," she said.

Larry Markley, director of the Student Center, wore a leather "T-Birds" jacket from the 1950s movie "Grease" to show his support.

"We decided we'd do a fun thing for everyone today," he said.

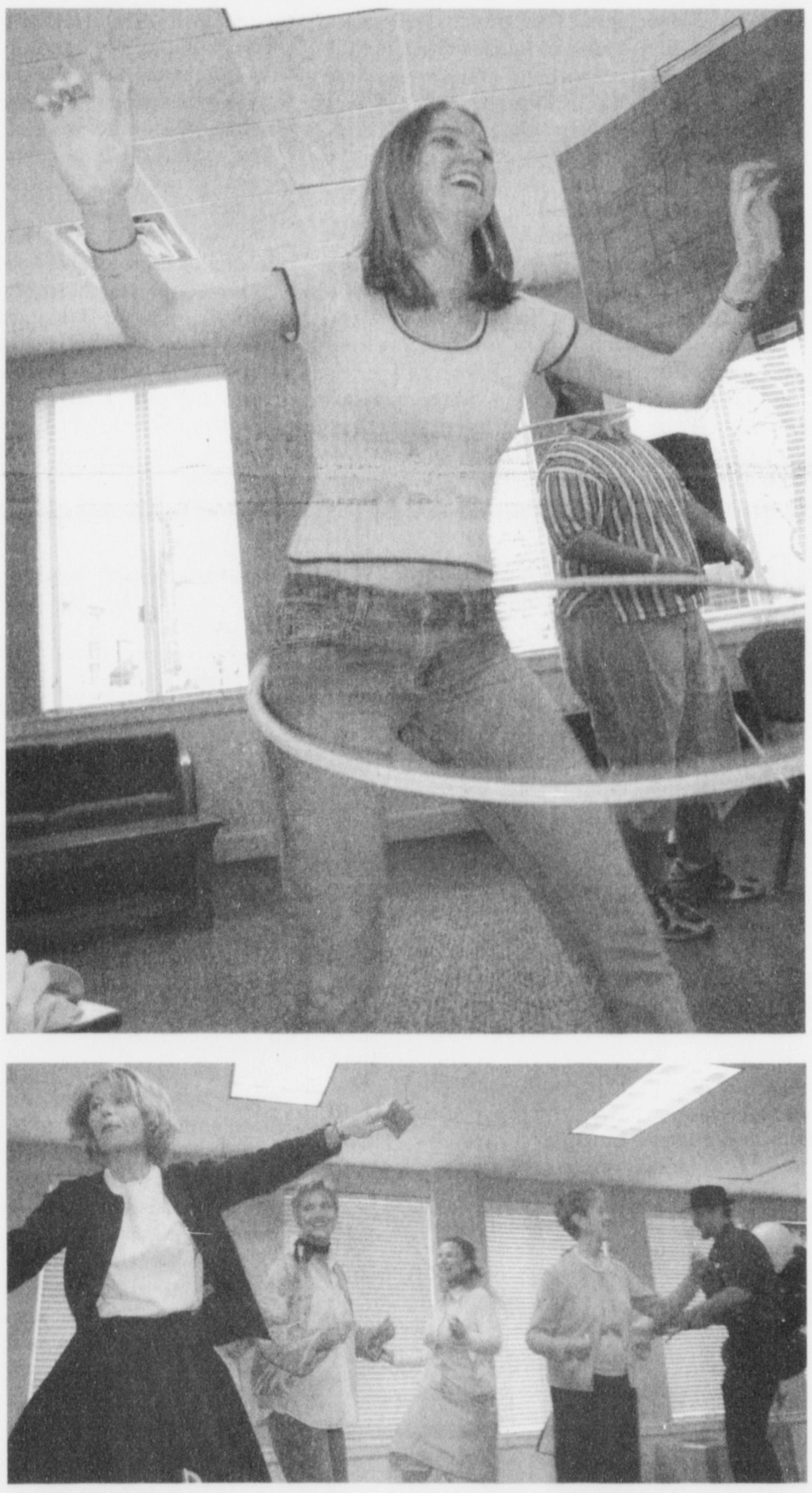
Markley said he and his coworkers had been looking online trying to think of things to do for the festivities.

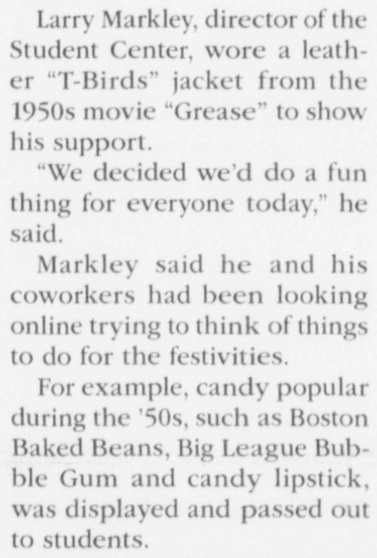
For example, candy popular during the '50s, such as Boston Baked Beans, Big League Bubble Gum and candy lipstick, was displayed and passed out to students.

Markley said he had found a lot of candy online through various Web sites and at a candy store in Nevada.

"We have a little bit of everything," he said, grabbing some candy vampire teeth.

On display in the Student Center Lounge were the building's original blueprints, old yearbooks and pictures of the building under construction.





Stephen Spillman / Photo Editor
(Top Left) Junior advertising public relations major Catherine Todd hula hoops in the Student Center Lounge Tuesday. (Left) Contestants of the 50's look-a-like contest dance as part of the competition. (Above) Stephanie Dickerson, the nutritionist for TCU, serves coke floats outside of Frog Bytes.

Meningitis more fatal, vaccine now available

A disease commonly mistaken as the flu is affecting more and more college students every year.

By COURTNEY REESE
Staff Reporter

Cases of meningitis among college-aged young adults have more than doubled since 1991 and students need to be aware of the risks, researchers say.

A Colorado State University freshman was hospitalized Friday due to a rare but potentially fatal form of bacterial meningitis, according to The Fort Collins Coloradoan.

Lisa Duggan, the infection control registered nurse at the Hartshorn Health Service at CSU, said the student was showing signs of a stiff neck, fever, headache and rash.

Marilyn Hallam, assistant to the director in the Health Center, said meningitis has not been a problem at TCU and there have been no reported cases of the disease. However, she said students are still urged to get a vaccine anyway.

Duggan said 10 percent to 15 percent of the population carries meningitis in the throat and can pass it on to others, even though the carriers never get physically sick with the disease.

She also said a new vaccine that was approved by the Centers for Disease Control and Prevention will prevent the people who are carriers from passing the disease to others, whereas the old vaccine did not.

The new vaccine does not mean the old one was not working or was inefficient, but the new one is better, Hallam said.

The TCU Health Center offers the vaccine and it can be billed to the student's account.

TCU does not require that students be vaccinated, but it is required by the Texas Board of Health to inform students about the potential dangers of meningitis.

Hallam said there is a screen that appears

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LSU's drunken students safer

A "Drunk Bus" is offered as an alternative to drinking and driving.

By LAURA MAYBERRY
Staff Reporter

Louisiana State University students have the luxury of a bus that picks them up and takes them home from local bars.

Sound too good to be true?

Not so for those who opt to ride what is called the "Drunk Bus."

As a result of their own initiative, LSU students have been able to hop onto Night Route-A and be safely escorted to the local bar strip since the fall of 2001, said Gary Graham, director of parking, traffic and transportation at LSU.

"(Students) proposed to add another night route and to expand the existing night route by adding another bus and extending service to 3 a.m. on Thursday and Friday and adding Saturday to it as well," Graham said.

While a bus system is not likely in the future for TCU students, other options are being explored to decrease the number of students who drink and drive, said Angela Taylor, the associate dean of student development.

"We will not promote bar crawls," Taylor said. "However, getting students back from bars when they have had too much to drink is definitely part of our discussion."

TCU has a lower rate of high-risk drinking than LSU, but options such as a cab voucher system are being explored, Taylor said.

Chancellor Victor Boschini has had experience at another school with a system similar to the LSU late-night route, and he said it was "fraught with problems" that led to the program's cancellation.

"The biggest issue was getting a good, consistent number of people who would actually be on the routes to ensure the safety of other students," Boschini said.

As with all LSU bus transportation, Night Route-A is contracted with a local bus company that handles the hiring, training and maintenance on their own, Graham said.

more on LSU, page 2

Johnnie Cochran dies at 67

By LINDA DEUTSCH
Associated Press

LOS ANGELES — Johnnie L. Cochran Jr., who became a legal superstar after helping clear O.J. Simpson during a sensational murder trial in which he uttered the famous quote "If it doesn't fit, you must acquit," died Tuesday. He was 67.

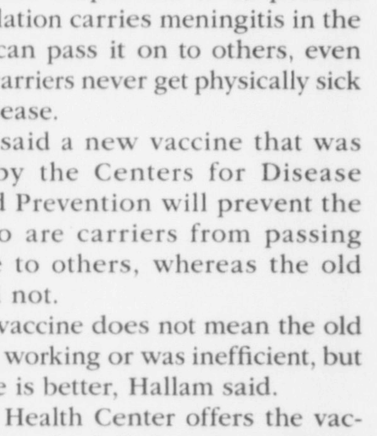
Cochran died of an inoperable brain tumor at his home in Los Angeles, his family said. Cochran, who was diagnosed with the tumor in December 2003, was surrounded by his wife, Dale, and two sisters when he died.

"Certainly, Johnnie's career will be noted as one marked by 'celebrity' cases and clientele," his family said in a statement. "But he and his family were most proud of the work he did on behalf of those in the community."

With his colorful suits and ties, his gift for courtroom oratory and a knack for coining memorable phrases, Cochran was a vivid addition to the pantheon of America's best-known barristers.

The "if it doesn't fit" phrase would be quoted for years afterward. It derived from a moment during which Simpson tried on a pair of bloodstained "murder gloves" to show jurors they did not fit. Some legal experts called it the turning

more on COCHRAN, page 2



Chuck Burton / Associated Press
Attorney Johnnie Cochran relaxes before speaking to students at Winston-Salem State University in Winston-Salem, N.C., April 15, 1999. Cochran, who helped clear O.J. Simpson of murder, died Tuesday.

Campus Lines

Your bulletin board for campus events

Announcements of campus events, public meetings and other general campus information should be brought to the TCU Daily Skiff office at Moudy Building South, Room 291, mailed to TCU Box 298050 or e-mailed to (skiffletters@tcu.edu). Deadline for receiving announcements is 2 p.m. the day before they are to run. The Skiff reserves the right to edit submissions for style, taste and space available.

- The Schieffer School of Journalism will host a reception for Dallas Morning News senior staff photojournalist Louis DeLuca at 6:30 p.m. Thursday in Moudy Building South, Room 279. For more information, e-mail t.jones@tcu.edu.

- Reservations for student organizations and university departments to use space in the Student Center will be accepted starting Friday. Reservations made by April 30 will allow organizations to maintain priority status. Forms for reservations can be found in the "Forms and Policies" section at www.sc.tcu.edu or picked up at the Information Desk, and turned in at the Information Desk or faxed to (817) 257-5788. For more information, contact Shawn Wagner at (817) 257-5353.

TCU DAILY SKIFF

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EXTRA INFO

A memorial for Paisley Caldwell will be held in Robert Carr Chapel today at 3 p.m. The memorial was organized by the Caldwell family, the women of Delta Gamma sorority, Fraternity and Sorority Affairs and University Ministries. A reception will follow the service in the cloister area behind the chapel.

MENINGITIS

From page 1

during online registration for classes to help educate students about meningitis. The screen, however, only appears for new students, so returning students will not see this.

Duggan said the most common way to contract the disease is to share water bottles or eating utensils, and that college students living in residence halls are more likely to be sharing these things.

She also said being around excessive amounts of cigarette smoke can raise a person's risk for contracting meningitis.

Duggan said college students are out late at bars where they are around smoking and drinking, and this can wear their bodies down and make them more vulnerable, she said.

Gwen Tran, an assistant professor of medicine at the University of North Texas Health Science Center, said there are two forms of meningitis, viral and bacterial.

Viral meningitis cannot be treated with antibiotics, but is usually less severe than the bacterial form, she said.

"The body can fight it on its own," Tran said. "It's not as detrimental."

Bacterial meningitis, the most common form in college students, is easily treated with antibiotics if it is caught, she said.

The survival rate is high when treated, she said.

"If you don't treat it, it can be detrimental," Tran said.

While meningitis is a rare disease, it can be potentially fatal if untreated, Duggan said. It can be very fast and overcome a person, she said.

According to research studies, meningitis strikes about 3,000 Americans every year and claims the lives of about 300. Between 100 and 125 cases of meningitis occur on college campuses and about 15 of those students could potentially die from the disease.

Duggan said she does not think that colleges need to require the vaccine but that she does think students need to be aware and then decide for themselves whether getting a vaccine is a good idea.

"Everyone coming to college and their parents should know the risks of meningitis," Duggan said.

BURNS

From page 1

that he threatened to post the pictures on the Internet without her consent, sources said.

The former student, a 23-year-old woman who spoke to the Skiff under the condition that her name not be used, said taking criminal action against Burns was never her intent.

"When I went to TCU with this e-mail, my intention was not to get him fired; my intention was to get the pictures off of his computer," she said.

The woman said she was also concerned that if she filed a formal report her name could not be kept confidential given the nature of the offense.

"They gave me the option to file a formal report for harassment or go through the administration route," she said. "They said they recommended a university investigation because that way they could keep my name private."

Williams said they gave the woman the option of filing harassment charges.

"We told her that if she felt the professor was going to try and continue to contact her after she told him not to, I told her we could pursue a possible harassment charge," he said. "She decided not to pursue that and we were not trying to talk her out of filing charges or anything like that."

Campus police in this situation should not have given advice on whether to file formal charges because they were not advising from an objective standpoint, Goodman said.

"In this situation, I think it is hard to trust the school's judgment in advising her of that when obviously the school has a huge interest in trying to cover this up as well because of the embarrassment it will cause them," he said.

Goodman said universities should hire independent counsel to advise students on the best course of action to ensure they understand and explore all their rights under the law.

Questions about the impartiality of campus police departments are not reserved to TCU, Goodman said.

"This is a real problem and it happens all around the country," he said. "We hear about it informally."

"Crime victims who say they were told by campus officials, 'You don't want to make this public, you want us to handle it internally, so you won't be embarrassed,' and then when the response of the university officials turns out to be wholly inadequate the student realizes that they have really been taken advantage of," Goodman said.

One such case, Brzonkala v. Virginia Polytechnic Institute and State University, made national headlines in 2000 when a freshman, who allegedly had been raped by two football players, filed suit against the university for mishandling the investigation.

Goodman said in the Brzonkala case the woman was discouraged from filing formal charges by the campus police, but current Virginia Tech police chief Debra Duncan said that was not the reason the matter was handled internally.

"The football players were not charged because the grand jury did not indict," she said.

Duncan added that school administrators have always been supportive of the campus police and there is no conflict of interest on their campus.

Problems with campus police departments are present at all types of universities and colleges all across the country, Goodman said.

"I think it probably occurs at both public and private schools, but the problem perhaps is a little greater at private universities simply because there are not as many disclosure requirements for them," he said.

Jim Doak, chief of police at Baylor University, said that he has never had a problem with university officials trying to influence a police investigation.

"I have been here 19 years and in that time not once has an administrator, the president of the university, or my boss said that we should not do this or file charges, and that includes athletes," Doak said. "It is an ethical issue and we recognize that."

Roy Baldridge, the director of the University of Texas System Police, and Bert Kretzschmar, assistant director of criminal investigations at Texas A&M, both said that administrators at their respective schools have not tried to exert influence over campus investigations.

Vice Chancellor for Student Affairs Don Mills said that TCU Police officers must remain objective in all cases, especially those that are potentially damaging to the university.

"Professional police officers must maintain objectivity or their value to the university is severely diminished," he said. "It would be far more damaging to a university to fail to be objective than otherwise."

Mills said he is more than pleased with the work of the TCU Police.

"I believe that TCU has one of the most professional police departments in the country," he said. "They are student oriented, but fulfill an important regulatory role on the campus. I am quite pleased with the high caliber of officers and the quality of their work."

COCHRAN

From page 1

point in the trial.

Soon after, jurors found Simpson not guilty of the 1994 slayings of his ex-wife Nicole Brown Simpson and her friend Ronald Goldman.

"Johnnie is what's good about the law," Simpson said in a telephone interview from Florida. "I don't think I'd be home today without Johnnie."

For Cochran, Simpson's acquittal was the crowning achievement in a career notable for victories, often in cases with racial themes. He was a black man known for championing the causes of black defendants. Some of them, like Simpson, were famous, but more often than not they were unknowns.

"The clients I've cared about the most are the No Js, the ones who nobody knows," said Cochran, who proudly displayed copies in his office of the multimillion-dollar checks he won for ordinary citizens.

"People in New York and Los Angeles, especially mothers in the African-American community, are more afraid of the police injuring or killing their children than they are of muggers on the corner," he once said.

By the time Simpson called, the byword in the black community for defendants facing serious charges was: "Get Johnnie."

Over the years, Cochran represented football great Jim Brown, actor Todd Bridges, rappers Tupac Shakur, Snoop Dogg and Sean "P. Diddy" Combs.

"He was a brilliant strategist who never lost touch with the common man," said Sanford Rubinstein, an attorney who worked with him on the case of Haitian immigrant Abner Louima, who was tortured by New York police.

He also represented former Black Panther Elmer "Geronimo" Pratt, who spent 27 years in prison for a murder he didn't commit. When Cochran helped Pratt win his freedom in 1997 he called the moment "the happiest day of my life practicing law."

LSU

From page 1

Junior communications major Jimmy Hodges lives close enough to walk to his favorite bars, but he fears for his friends that have to drive or catch rides because they live farther away.

"I'm sure that parents wouldn't mind paying extra money to ensure that their kids are safe," Hodges said.

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Skiff View

Understanding of legal help a must

Burns case illustrates a need for students' rights

The purpose of police at a university is to protect the rights of the people living in that community.

However, the question is raised as to how much protection the community actually receives if administration is involved in police proceedings.

Students must be made aware of their rights in order for those rights to be fully protected. The best way for this to occur is to provide students with impartial legal counsel.

A prime example of this shortcoming is the recent scrutiny TCU police have come under because of the Ryan Burns case, in which a professor was dismissed from the university for having explicit pictures of his ex-girlfriend on his TCU computer drive.

Regardless of whether Burns' ex-girlfriend received a full debriefing on her rights and options from campus police, being provided with impartial legal counsel would have eradicated any chance that her chosen course of action was based on ignorance of other options.

Even if police are completely impartial and provide students with the same advice as a lawyer, their impartiality will be questioned solely on the basis that the university pays their salaries.

Members of the TCU community need to feel that the university is willing to protect their rights — even at the risk of embarrassment. If the university would provide students with impartial legal resources, it would gain a strong reassurance that TCU truly cares — as it says it does — about protecting students' rights.

Other View

Opinions from around the country

Guns need to be kept out of the hands of students and teachers

When 10 people die in a shooting at a school, the logical consequence should be to evaluate gun control laws.

Yet a National Rifle Association vice president suggested this weekend such an incident would be avoidable if teachers were allowed to carry guns in class.

NRA Vice President Sandra S. Froman said, speaking to the Associated Press, "I'm not saying that means every teacher should have a gun or not, but what I am saying is we need to look at all the options at what will truly protect the students."

Froman said further that if teachers carried guns, they could keep gun-toting students at bay, like a teacher did in an incident at Pearl, Miss., in 1997, when he went to his car to get a gun.

Froman is right to say that the existing laws that ban weapons from most schools did not stop this incident.

But this should not mean to ban such laws, but rather to look at what went wrong.

This would amount to an arms race between education officials and students and would only escalate the situation even more.

The Washington Post published an article earlier this month stating that many of the known terrorists residing in the United States and on a terrorist watch list had legally purchased firearms.

There are many reasons why U.S. citizens like owning guns, many of them legitimate.

But the shooting, as well as the article by the Post, illustrates clearly that not everyone purchasing a gun has such legitimate uses in mind.

Schools are the last place where such guns should end up.

It is already hard enough to ensure firearms are not brought to school, but to suggest that even more guns should be brought to learning environments is dangerous and irresponsible.

This staff editorial from The Oracle at the University of South Florida was distributed by U-Wire.

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Editorial policies

Editorial policy: The content of the Opinion page does not necessarily represent the views of Texas Christian University. Unsigned editorials represent the view of the *TCU Daily Skiff* editorial board. Signed letters, columns and cartoons represent the opinion of the writers and do not necessarily reflect the opinion of the editorial board.

Letters to the editor: The Skiff welcomes letters to the editor for publication. Letters must be typed, double-spaced, signed and limited to 250 words. To submit a letter, bring it to the Skiff, Moudy 291S; mail it to TCU Box 298050; e-mail it to skiffletters@tcu.edu or fax it to (817) 257-7133. Letters must include the author's classification, major and phone number. The Skiff reserves the right to edit or reject letters for style, taste and size restrictions.

Names given at birth trump ones sold in stores

COMMENTARY

Carlos Alvarado

Eminent scholar and theologian Rodney Dangerfield once posed the question "What is in a name?" and followed with a discourse of such wit and grandeur that would leave any audience with tears running down their cheeks and stitches in their sides.

OK, so he was only a comedian, but he brings up a good question: What is in a name? What is it about names or brands or logos that we find so appealing?

We are given names at birth to identify us to the world. Our parents can direct their love or anger to us by simply calling out our name (and in some instances our full name). With names we are able to delineate ourselves from others, we know who we are and they know who we are. That is, of course, if we can remember those names, which can be difficult at times, especially when meeting a young lady at a bar.

It isn't the names that have me thinking, because we need those, but the names we have on our shirts, our shoes, our cars and our soda bottles.

Pepsi or Coke. Nike or New Balance. This fraternity or that sorority. We identify ourselves by these brands and logos, but what do they really mean? What is in the name we have chosen to associate ourselves with?

When I drink a Pepsi, does that make me a Pepsi person? What, then, is a Pepsi person? What does it say about me to drink a bottle of Pepsi over Coke? Is there some secret decoder ring I get for being part of the group? Will I make a new set of friends based on the beverage I drink? The fact is I drink whatever is cheap but not the Albertsons or Wal-Mart brands; that is too cheap for me. I can dig RC Cola or Coke as long as it is 79 cents a two-liter.

This diatribe does not bring me any closer to answering my original question: What is so important about a name that we would do extreme things just to have it across our chest? Take a look at fraternities and sororities on this campus — what is so important about having these huge letters across your chest? I like secret organizations much better; they know who they are, and they don't have to tell the world. They do what they have to do, and don't say a word about it.

A Pepsi has no choice — a Pepsi is what it is. It comes off an assembly line and is tested before it is put out, ensuring that each Pepsi tastes exactly the same. We have confidence in knowing that each Pepsi bought, no matter how cheap, is going to taste as good as every other Pepsi I have ever had.

We have a choice. We are not defined by the letters or logos across our chests or on our shoes, hats or watches. We are not quality checked at the plant. We can put on whatever we want, insofar as we can afford it and walk around pretending to be something, even when what we are inside has nothing to do with what we show the world.

What is in a name? Nothing. It is only a name. As much as we want our rings, sweaters and Greek letters to say something about us, they only say that we did something to get those names on our bodies.

The only name that really matters is the name we are given, because our names will say more about us — it is who we are. So go out, put on a name tag and let us all know your name, because it is better to be known by your name than "Hey, Pepsi guy!"

Carlos Alvarado is a senior secondary education major from Weslaco.

Your View

Letters to the Editor

Editorial staff needs to show better judgment with cartoons

TCU Daily Skiff editorial staff and Skiff cartoonist Christina Ruffini made grievous errors in judgment when they decided to publish the editorial cartoon in the Thursday, March 24 edition, which suggested campus parking problems stem from an overabundance of designated parking for the disabled.

Not only did the cartoon suggest that students' parking problems might be addressed by limiting the number of designated spaces, it further suggested these spaces are unnecessary because disabled students do not have cars on campus. The cartoon lacked tact and sensitivity and showed blatant disrespect for those who value a diverse campus community.

The cartoon failed to address any substantive parking issue in a satirical manner, one of the important functions of an editorial cartoon. The opinion section of a community newspaper can play a critical role in raising important, often unnoticed issues and can act as a catalyst for action and change. However, the cartoon is so plagued with inaccuracies that it only manages to be offensive.

The staff should remember that the campus newspaper speaks volumes about the Schieffer School of Journalism. Shame on the students and the advisers who monitor their work. You discounted the school's own mission statement, which articulates a desire to educate students and help them develop the professional competencies essential for employment as responsible, ethical and globally aware communicators. There seems to be a major disconnect.

I urge the Skiff staff and department officials to act quickly and with great consideration to improve editorial decision-making for student publications. The campus newspaper should play an important role in university discourse, but credibility is key. Unfortunately, actions like printing this cartoon undermine what little credibility the Skiff has on campus outside the College of Communication. With this editorial cartoon, the Skiff has shown that student journalists are either not learning lessons about ethical leadership and appropriateness, or they have not taking that instruction to heart.

As a former Skiff staff member and a department alumnae, no one is a bigger advocate for the Skiff or the freedoms of the student press than I. But one of the most important lessons I learned at

TCU is that student journalists must understand the delicate balance between rights and responsibilities and weigh the consequences of their actions before publication. It is obvious the staff took no such considerations when they decided to publishing such an obscene cartoon. They offended many, and they should consider an apology.

Maybe the Skiff staff should have considered the misuse of handicapped parking spaces as the subject of their cartoon. According to TCU Police Department records, 135 tickets for misuse of these spaces have been written during this academic year alone. That means police have collected $13,500 in fines from the misuse of 227 spaces or less than 27 percent of the university's overall available parking. There's some data that could offer rich fodder for an appropriate editorial.

Jaime Walker Blanton, an '02 journalism graduate, is an advising assistant in the Center for Academic and Disability Services.

The Skinny on Dieting

By CHRISTINE WILSON
Staff Writer

After reading with interest about "The Ultimate New York Body Plan" in a magazine, Jennifer Jensen and her roommate were ready to embark on the high-powered exercise plan and customized diet leading to "total transformation."

The two-week diet, developed by fitness guru David Kirsch of ABC's "Extreme Makeover," proposes a total-body makeover.

At first, they were enthusiastic about the diet. Jensen said she identified with the magazine writer who confessed to finding it difficult at first but later loved the diet and the resulting compliments.

"But I never ending up loving the diet," said Jensen, who stayed with the regimen for three days. "I was miserable."

The plan prescribes a specific meal for a specific time of day, starting with a protein shake at 7:30 a.m., the senior broadcast journalism major said. The special "ABCDEF" diet bans alcohol, bread, starchy carbohydrates, dairy, extra sweets, fruits and most fats. In addition, it includes a rigorous 90-minute routine of cardiovascular and sculpting exercises.

"It ends up running your life," Jensen said.

And that's why registered dietitian Anne Fletcher says many people find it difficult to maintain a diet if it includes too many restrictions.

More than 54 million Americans are currently on a diet, but the average one lasts only 42 days.

"A restrictive and radical approach to weight loss invariably sets someone up for failure," Fletcher writes in her book, "Thin for Life."

Yet with obesity on the rise, many people are looking to fad diets for an easy solution to weight loss. Fad diets promise dramatic results and appeal to those seeking a short-term fix.

Jensen describes her plan for a pre-Spring Break shape-up as a "crash diet" because it is designed to produce dramatic results in only two weeks.

A flood of fad diets — South Beach, Zone, Mediterranean, Hamptons, most notably Atkins and even the Grapefruit diet — have helped contribute to the growing U.S. diet industry, which rakes in almost $40 billion annually.

> "A restrictive and radical approach to weight loss invariable sets someone up for failure ... 'Thin for Life.'"
> **Anne Fletcher**
> Registered dietitian

Gina Hill, assistant professor of nutritional sciences, says that people choose fad diets because "the quick fix is more attractive." Fad diets are often viewed as an easier approach to weight loss because the results are quicker and the eating changes are not permanent, Hill says.

Some dieters are turning to an old-school concept.

Sid Weigand, the owner of Smoothie King located on University Drive, said he follows Weight Watchers guidelines to make healthier choices.

"Weight Watchers is my all-time favorite diet. Even though it was founded in the '60s, people still lose weight on it," Weigand said. "It restricts calories, minimizes fat intake and encourages consumption of fiber and calcium."

Hill says she's seen a lot of patients who have had success with Weight Watchers "because it teaches you about portion control."

Tiffany Ameen, who tried the Atkins diet for a couple months, said she now thinks a diet structured like Weight Watchers is better.

Ameen, a senior communications major, said the Atkins diet was not practical. A lot of her favorite foods — omelettes, steak, chicken and Caesar salad — were included. But Atkins also calls for eating a hamburger without a bun and turkey without the bread. And forget about chocolate cake.

She said if she was going to an event where there was a set meal being served, pasta for example, she couldn't plan ahead. "It was inconvenient to have to worry about it," Ameen said.

"Plus, the minute you get off it, you gain all of the weight back," she said.

Hill said that not only is weight fluctuation unhealthy but that over time, it can actually make it harder to lose weight.

Another problem with high-protein diets like Atkins is that they restrict some food groups necessary for balanced nutrient intake, Hill said.

"A red flag for fad diets is if it cuts out a food group or multiple food groups," she said.

Ameen said that now she realizes that Atkins "was definitely not healthy."

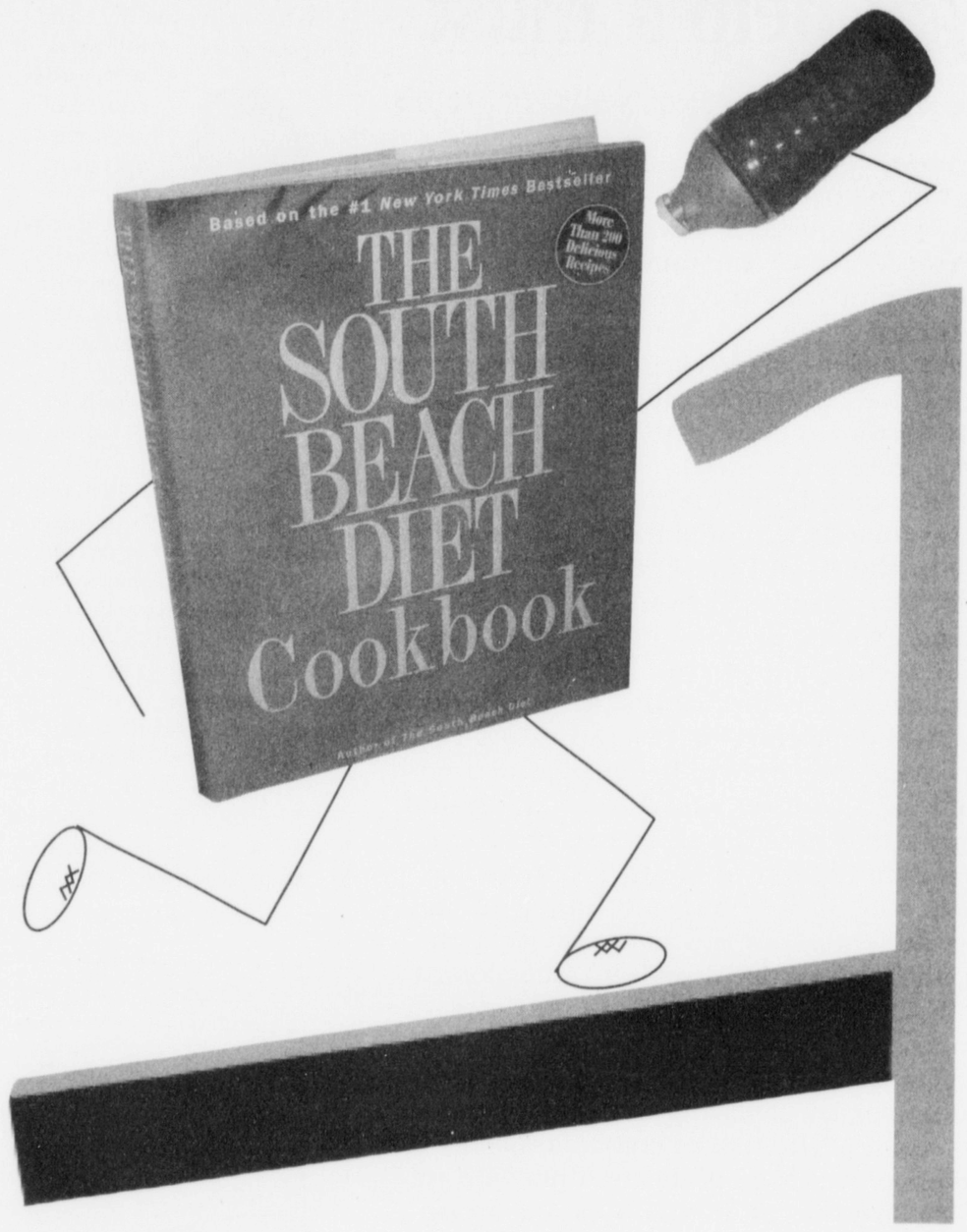
"It's better to stick to a diet where you get all the nutrients and a balance of healthy foods," she says.

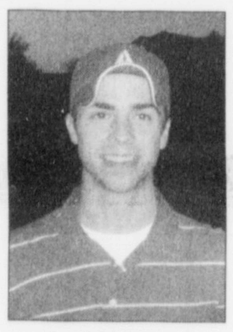
For long-term success, Fletcher recommends that "you need to get out of the 'diet' mentality, focus on eating for good health and establish new habits that you can stick with for life."

Hill has similar advice. Her tips for healthy eating include picking a variety of fruits and vegetables, following the dietary recommendations from each group, and watching portion sizes.

To avoid becoming a victim of fad diet failure, Weigand says the answer isn't a new diet, but healthy eating and smaller portions.

After all, he asks, "Do you think God would put fruits, vegetables and grains on the earth if he intended everyone to be on the Atkins diet?"





"You should eat whatever you want and have some fun with your life."
— Adam Clawson, sophomore pre-major

"The Fat Flush diet worked for me. I lost 7 pounds in two weeks, but it was almost impossible to cut the carbs. I am still going strong."
— Charlotte Williams, a senior speech language pathology major

"Dieting's important because it's general maintenance. You've got to keep everything working right."
— Trey Cammack, freshman pre-major

Crucial carbs: Nutritionists say whole grains essential to diet

By LIBBY QUAID
Associated Press

WASHINGTON - Go ahead, have a piece of bread. Have three. Make it whole-grain, and you'll be following government advice for eating right.

Three servings of whole grains each day will reduce your risk of heart disease and type 2 diabetes. It doesn't have to be bread. Brown or wild rice, oatmeal, cold cereal flakes, popcorn — without the salt and butter — and even trail mix will do.

Of all the new advice in the government's new dietary guidelines, eating enough whole grains may prove the easiest.

But if eating whole grains is so easy, then why aren't people doing it now? Most Americans are eating one serving or less each day, according to the Agriculture Department.

One reason may be that a little sleuthing is needed to figure out which foods have whole grains.

Just because a bread slice is dark, or a cracker looks grainy, doesn't mean the whole grain is there. They could be darkened by molasses or other coloring.

You need to look on the ingredient list to make sure you've got whole grains. The words "whole" or "whole grain" should come before the grain ingredient. And that should be the very first thing listed.

Food companies are trying to make it easier. General Mills Inc. last year converted all its breakfast cereals to whole grain and now puts a big "Whole Grain" logo on the front of the box.

Some companies are using a black-and-gold label shaped like a postage stamp for identifying products that contain whole grains. Bruegger's Bagels, Kashi, Gardenburger and Snyder's of Hanover are among those using the stamp, which was developed by Oldways Preservation Trust, a Boston-based think tank that specializes in food issues.

Once purchased, eat three ounce-equivalents a day. It's not hard to do. These measurements equal about an ounce:

- A half-cup of cooked cereal, rice or pasta.
- A slice of bread.
- 1 cup of cold cereal flakes.
- An ounce of dry pasta or rice.

"If you have a cereal high in whole grains, and you have a sandwich with whole grain bread for lunch, you can get your number of servings right there," said Joanne Lupton, a Texas A&M University nutrition professor who helped write the guidelines.

Mark Andon, technical director for nutrition at Quaker, said a cup of oatmeal for breakfast counts as two servings of whole grains.

"When you think about a snack, think about trail mix. It's not weird food," said K. Dun Gifford, president of Oldways.

This effort may seem to contradict the thinking behind popular low-carb diets such as Atkins and South Beach. But while both of those diets insist that people eliminate most carbohydrates in the first two weeks, after that it's all about choosing "good" carbs, such as whole grains.

Scientists don't quite understand how and why whole grains are good for the body.

"It would be nice if we knew the answer to that question; unfortunately, we don't," said Lupton. "It's not just the fiber. It's something in addition to that has to do with having the whole grain."

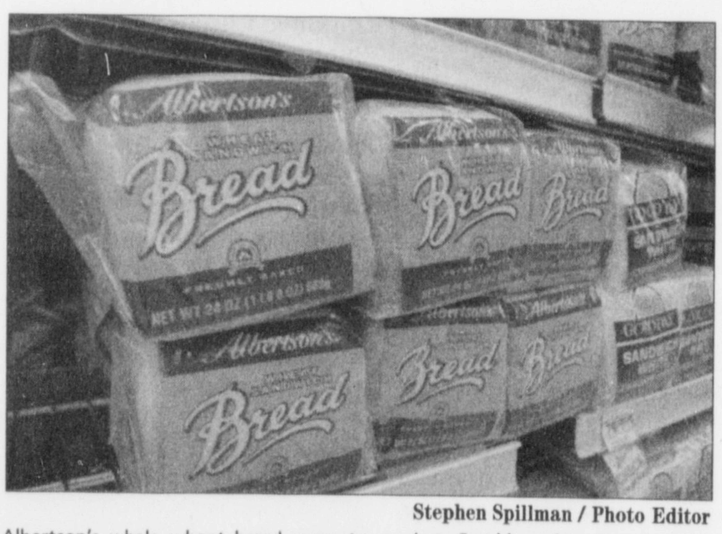
A whole grain is the entire seed or kernel — from grains like wheat, oats, corn or rye. They are packed with fiber, protein, carbohydrates, vitamins and minerals, and besides helping guard against heart disease and diabetes, they also contain cancer-fighting antioxidants and other nutrients.

Grains lose the good stuff when they are refined or processed. Manufacturers generally fortify their food with nutrients, but it's not the same.

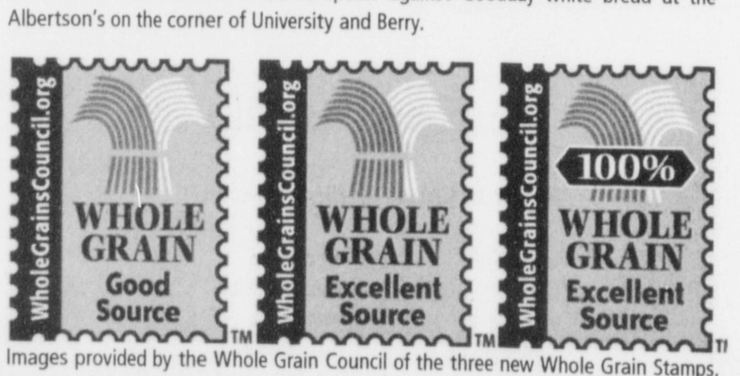
To promote Pepperidge Farm's new line of whole grain bread, the company signed up celebrity chef and Food Network host Bobby Flay to create sandwich recipes. Among his recommendations are whole wheat with grilled salmon salad and lemon mayonnaise, or grilled eggplant, zucchini and roasted red pepper with roasted garlic mayonnaise.

In his Manhattan and Las Vegas restaurants, Flay serves dishes made with more exotic whole grains, such as quinoa and faro, but he thinks most people not already eating such food may not be interested.

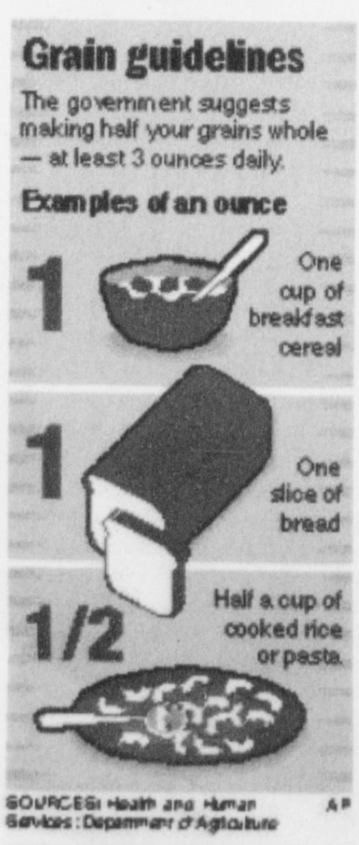
"I wouldn't tell people to go out and make faro salad. If they can just open up a loaf of bread and make a sandwich, they're more apt to do that," Flay said.



Stephen Spillman / Photo Editor
Albertson's whole wheat bread competes against Goodday white bread at the Albertson's on the corner of University and Berry.



Images provided by the Whole Grain Council of the three new Whole Grain Stamps. The stamp features a stylized sheaf of grain on a golden-yellow background with a bold black border. Its eye-catching design makes the Whole Grain Stamp easy to spot on food packages.



Etc.

Today in TCU History

From the Skiff: March 30, 1965

Seminar to hear Dr. Dyal
Dr. Jim Dyal, associate professor of psychology, will deliver a guest lecture on the effect of cultural forces on personality on April 2 and 3.

Poetry Corner

In Plain View

In a swollen field,
Past miles of broken
Wheat, oak trees with long
Bare crooked limbs lean
From the middle and
Scrape shell holes of dried
Mud. As the rolling
Growl of thunder drags
Cracks of light away,
A cellar door stays
Shut among yards of
Jade razor blades. On
The under-side of
Eight rosewood planks is
A black hold stretching
Six feet deep where you
And I can keep safe
From the evening storms.

It's You

You make this hard.
My love runs slowly
With the grit of cement,
But there's a weight I carry
While you wind your arms around
My arm and squeeze. Blood creeps
Up from my legs into my hands.
My lungs breathe sand.
When my heart is marble,
These muscles turn to stones
Which grind against bones until
Everything is dust.

--David McAlister

"I'd been doing (poetry) throughout my high school years, but I didn't really take a dedicated stance until I was here." For David McAlister, a junior English major and Radio-TV-Film minor, writing evolved naturally from playing with action figures. When he was little, he would write stories and act them out with the figures. When he came to TCU, he decided that he wanted some formal training and a chance at some exposure. McAlister currently has poetry in the school's new literary magazine 1147, which can be viewed online at http://personal.tcu.edu/~crode/1147home.htm.

Many writers, as well as bands, have influenced McAlister's writing. McAlister's influences include not only T.S. Eliot and Robert Frost, but also the modernists and the Velvet Underground. His favorite poem is "Steps" by Frank O'Hara.

If you have written poetry you would like to see featured here, please submit any samples to skiffletters@tcu.edu.

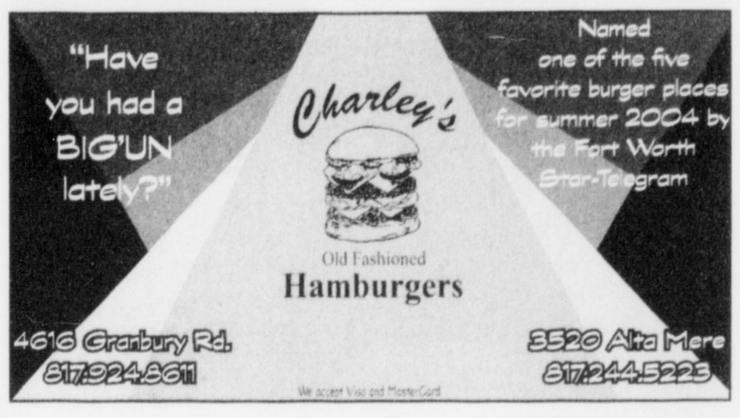
The Quigmans

by Buddy Hickerson

Bob was never quite sure what to do when Francine had the cramps.

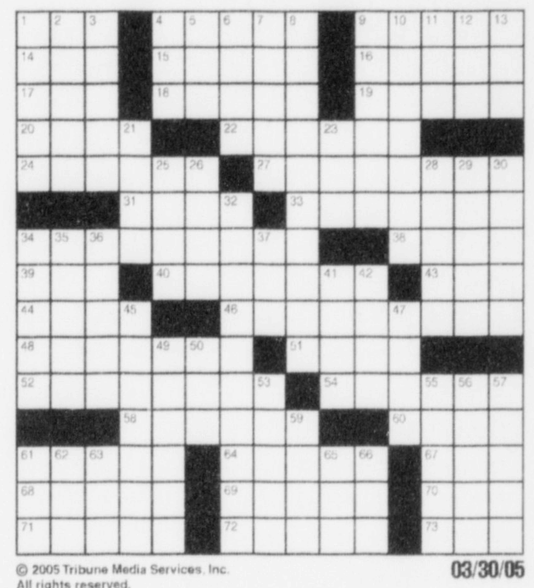
Today's Crossword

Sponsored by:



ACROSS
1 High times
4 Spinach-and-bacon, e.g.
9 Proud mount
14 Downing Street address
15 Think out loud
16 Spud
17 McKinley's first lady
18 RBIs and such
19 Jet black
20 Cavil
22 Fail to forget
24 On the same team
27 Uses up
31 __ the Red
33 Most tidy
34 Argued
38 Overfill
39 Ref's cohort
40 Floors
43 Work on a sampler
44 Sapporo sashes
46 Beach quality
48 Gallivant
51 Actress Lollobrigida
52 Most available
54 Conical abodes
58 Shaving foam
60 Per pop
61 Sort of fever
64 Ouzo flavoring
67 Sock end
68 Tanklike animal
69 Outspoken
70 Building addition
71 Strong flavors
72 Opponent
73 Striped shirt

DOWN
1 New York city
2 Bicycle part
3 Growl
4 Help!
5 Suitable
6 Ananias, e.g.
7 Fed the pot
8 Coming down
9 "__ by Starlight"
10 Pads
11 DDE's command
12 Poetic contraction
13 Matter-of-fact
21 Wharf
23 Barbary denizen
25 Spells "spells" "spels"
26 Middle management?
28 Toy with
29 Politico Kefauver
30 Medley meals
32 Narrow escape
34 "__ the Raven, 'Nevermore!'"
35 Shaded area
36 Concerning bees
37 Important time
41 Cut and splice
42 __ qua non
45 Inching crabwise
47 Scruff
49 Baldwins and Steinways
50 Congeal
53 Mortise's partner
55 Consumer
56 French school
57 Knickknack spot
59 Asian staple
61 PC monitor element
62 So that's it!
63 Hopper
65 Actor Waterston
66 Culbertson of bridge



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03/30/05

Tuesday's Solutions

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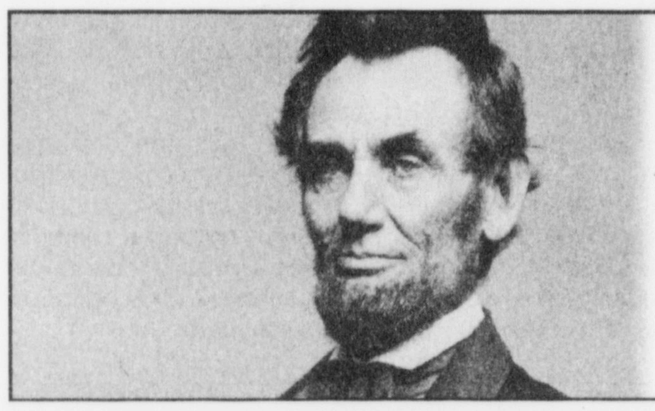
Paul

by Billy O'Keefe



TCU Daily Skiff Classifieds

EMPLOYMENT

Filing help wanted in medical office located in FW medical district. 15-20 hrs/wk. $7.00/hr. Nice office environment. Please fax or email resume. 817-335-9039 or rselod1@yahoo.com

HELP WANTED

Babysitting & Summer Fun
TCU/Tanglewood area family needs babysitting for an 11-yr-old and 4-yr-old three afternoons per week during the summer, 12-5pm. Need own transportation. 817-735-4531.

SERVICES

$3500 PAID + EXPENSES.
N/smoking, 19-29 yrs. old, SAT>1100/ACT>24, GPA>3.0
Reply to:
info@eggdonorcenter.com

LANGUAGES

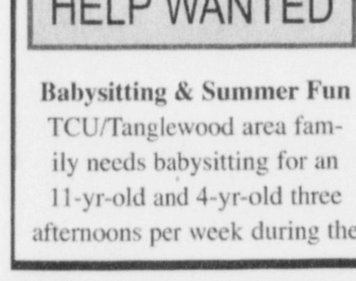
Three semesters of Spanish in just one summer!
Take SPAN 10103 in the mini term, SPAN 10203 in a 5W1, and SPAN 20103 in the 5W2.
See TCU Class Search for details.

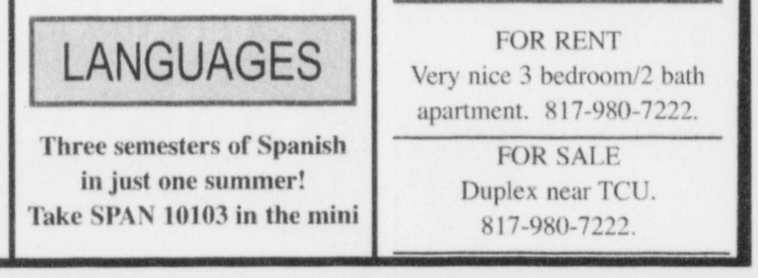
Learn Portuguese!
Take PORT 10103 this fall, TR 14:00-15:20. For details, contact Dr. Steven Sloan

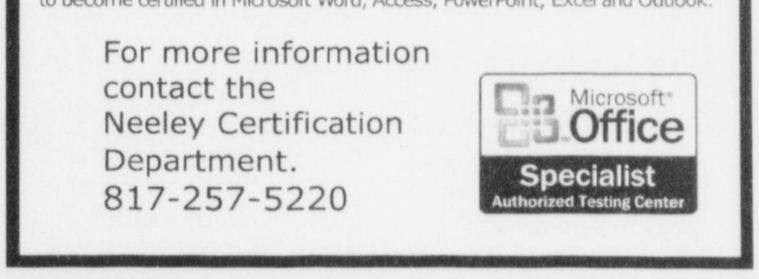
FOR RENT

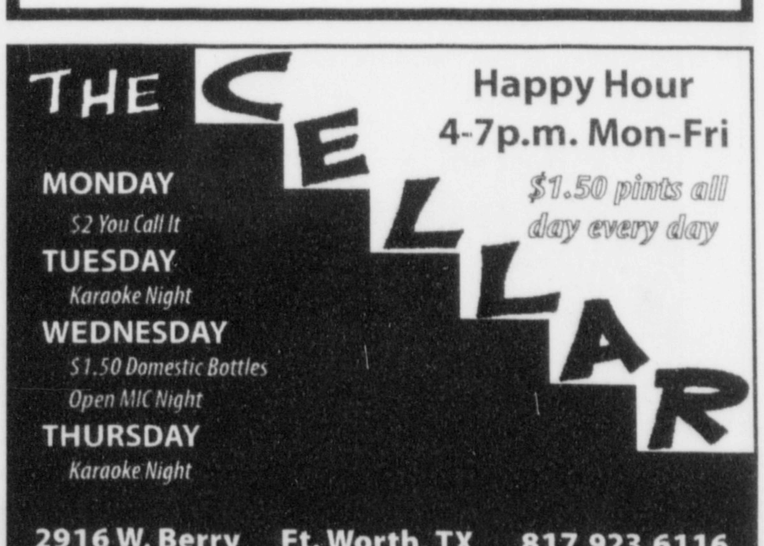
FOR RENT
Very nice 3 bedroom/2 bath apartment. 817-980-7222.

FOR SALE
Duplex near TCU.
817-980-7222.









TCU alumnus slides into spring training games

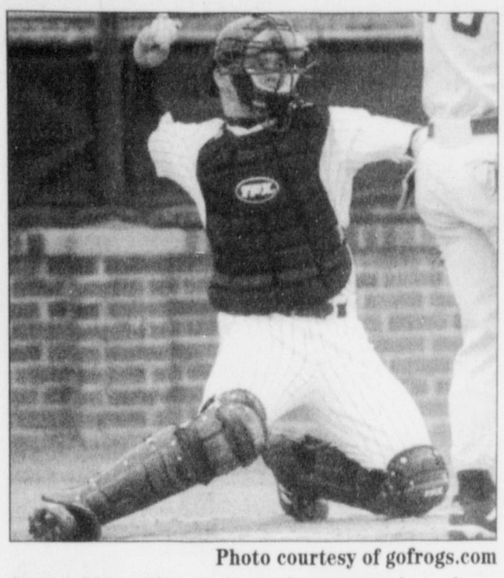


Photo courtesy of gofrogs.com

Former TCU catcher Justin Hatcher gets ready to throw the ball back to the pitcher in a 2003 Horned Frog game.

A former TCU catcher gets the opportunity to train with the Texas Rangers.

By BRANDON LEHEW
Staff Writer

Former TCU catcher Justin Hatcher, who graduated in 2003, was invited to play with the Texas Rangers at spring training in Surprise, Ariz.

Hatcher, who was drafted in the 25th round of the major league baseball amateur draft in 2003, started playing single-A baseball in the Texas Rangers minor league farm system, and advanced to triple-A last season.

Five days before spring training began, Hatcher received word that he would be participating with the Rangers starting March 3 in Surprise, Ariz.

"I am excited about the invitation, being only in my second year with the organization," Hatcher said. "Moving up a division each year is incredible and to do so, you have to make big improvements day in and day out."

When a player is invited to spring training for a major league team, it normally means the player has a chance of making the team for the upcoming season or in the future.

"I am glad that I am getting the experience that I need to move up, but I hope to either return to the Oklahoma RedHawks (the Rangers' triple-A team) or to play for the Frisco RoughRiders (the Rangers' double-A team)," Hatcher said.

> ""Moving up a division each year is incredible and to do so, you have to make big improvements day in and day out."
>
> **Justin Hatcher**
> Former TCU catcher

However, he said he is realistic about his chances, and that he wants to continue playing around the Fort Worth area, trying to make it to the majors, for four to five more years.

"If I am not playing major league baseball after five years, I plan on getting a job with the degree I received from TCU to make a better living than what I do playing for the minors," Hatcher said.

Hatcher is currently engaged to former TCU soccer player Lori Robbins, they plan on getting married in October. Hatcher was reassigned to the Rangers' minor league spring training March 19, but he said he plans on working to improve daily so that he can play for the Rangers in the future.

Hatcher appeared in four spring training games with the Rangers, hitting .333 in those games.

TCU currently has two baseball alumni in the major leagues. Scott Atchison, a 1999 graduate, pitches for the Seattle Mariners, and Jeff Zimmerman, a 1993 graduate, is a member of the Texas Rangers.

Court rules retaliation for speaking up violates Title IX

Those who bring sex discrimination issues to light are now protected from being fired.

By HOPE YEN
Associated Press

A closely divided Supreme Court ruled Tuesday that a teacher or coach who claims sexual discrimination on behalf of others is protected from firing under the same landmark law that greatly expanded athletic opportunities for women.

The 5-4 decision expands the scope of the Title IX gender equity law to protect whistle-blowers as well as direct victims. It means that school officials, regardless of their gender, may sue when they suffer retaliation for complaining about discrimination.

The ruling was cheered by women's advocates who said the protection would encourage reports of bias that otherwise would never be made. School boards decried it as unfairly exposing them to a new wave of lawsuits.

Justice Sandra Day O'Connor, writing for the majority, said Alabama high school girls basketball coach Roderick Jackson was entitled to pursue a Title IX lawsuit after he was fired for complaining that the boys team received better treatment.

"Teachers and coaches such as Jackson are often in the best position to vindicate the rights of their students because they are better able to identify discrimination and bring it to the attention of administrators," O'Connor wrote.

"Without protection from retaliation, individuals who witness discrimination would likely not report it," she said, and charges that a school was "deliberately indifferent" to sexual harassment would similarly go unnoticed.

O'Connor was joined by the court's liberal wing — Justices John Paul Stevens, David H. Souter, Ruth Bader Ginsburg and Stephen G. Breyer.

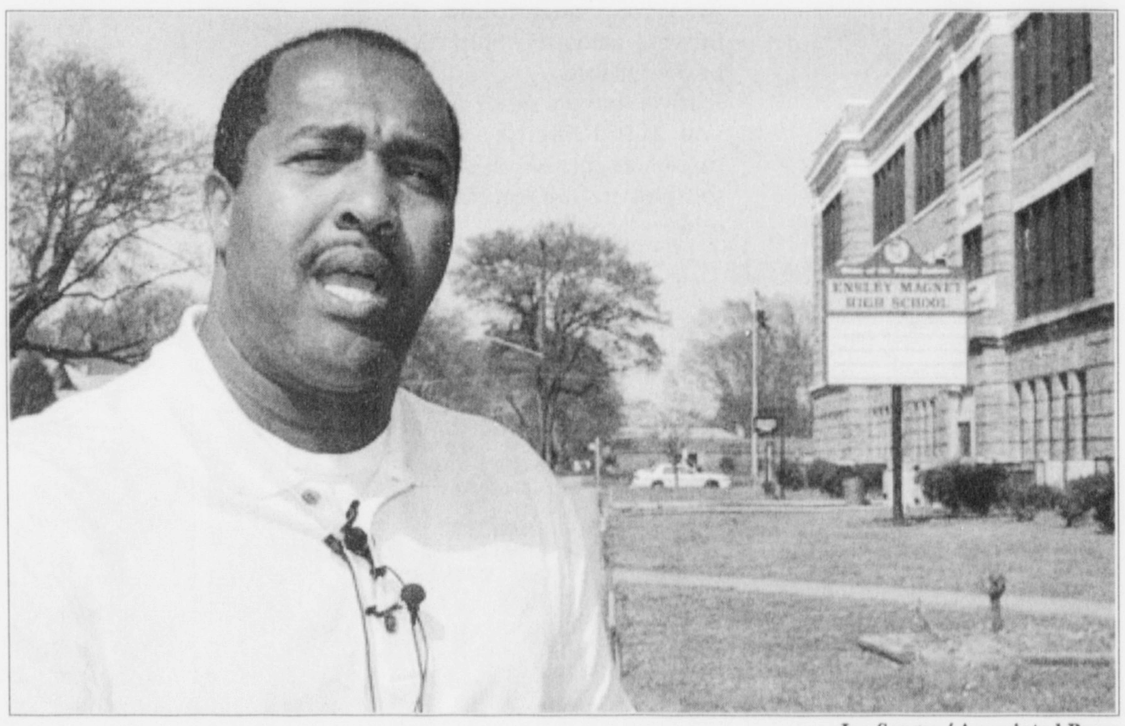
The dissent was written by Justice Clarence Thomas, the former head of the federal Equal Employment Opportunity Commission that investigates claims of discrimination in the workplace. He decried the ruling as defying the language of the congressional statute, which requires that a lawsuit filed under Title IX be for "sex discrimination."

"A claim of retaliation is not a claim of discrimination on the basis of sex," Thomas wrote, noting that other civil rights laws have specific provisions addressing retaliation. "The question before us is only whether Title IX prohibits retaliation, not whether prohibiting it is good policy."

Thomas was joined by Chief Justice William H. Rehnquist and Justices Antonin Scalia and Anthony Kennedy.

Title IX, the 1972 law best known for promoting women's athletics, bars sex discrimination in any educational program receiving federal funds. It already was settled law that students or others could sue if they thought they were shortchanged based on their sex.

But the statute has been silent as to the rights of whistleblowers who aren't direct victims but who claim retaliation. Since 1975, the federal government has interpreted Title IX to cover retaliation claims.



Joe Songer / Associated Press

Ensley High School girls basketball coach Roderick Jackson speaks at a news conference in front of Ensley High School after getting a favorable decision from the Supreme Court on Tuesday.

Jackson sought to pursue a Title IX lawsuit when he lost his coaching job in 2001 after repeatedly asking Birmingham, Ala., school officials to provide his team a regulation-size gym with basketball rims that weren't bent — just like the boys' team had.

He lost in lower courts, which ruled Title IX did not authorize retaliation claims. The Supreme Court's ruling now lets Jackson proceed to trial to prove he was suspended because of his complaints.

"This is a clear message that across the country a person can come forward — whether they're a teacher, an administrator or a coach — and speak on behalf of others without fear of retaliation," an elated Jackson said after the ruling.

Marcia D. Greenberger, co-president of the National Women's Law Center, agreed.

"This decision is a slam dunk victory for everyone who cares about equal opportunity," she said. "The court has confirmed that people cannot be punished for standing up for their rights."

Sports Brief

Men's golf team wins NIT

The TCU men's golf team closed out the National Invitational Tournament with a three-shot lead over Arkansas to earn its first win of the season.

Junior Colby Beckstrom climbed the leader board in the final round to place himself inside the top 20 with the best final round score for the Horned Frogs. Beckstrom entered the final day tied for 45th place after shooting 2-over-par in the first two rounds, but a 5-under-par in the final round bumped him into 19th place.

Head coach Bill Montigel said he was happy about getting some low scores from his fourth and fifth players. Sophomore Drew Stoltz and freshman James Sacheck both finished inside the top 40.

TCU finished with all five golfers under par, carding seven rounds under 70 and with four golfers below 2-under-par.

- Skiff Staff

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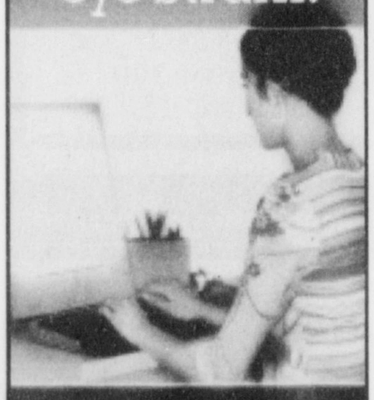
I work. Therefore, eye strain.



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