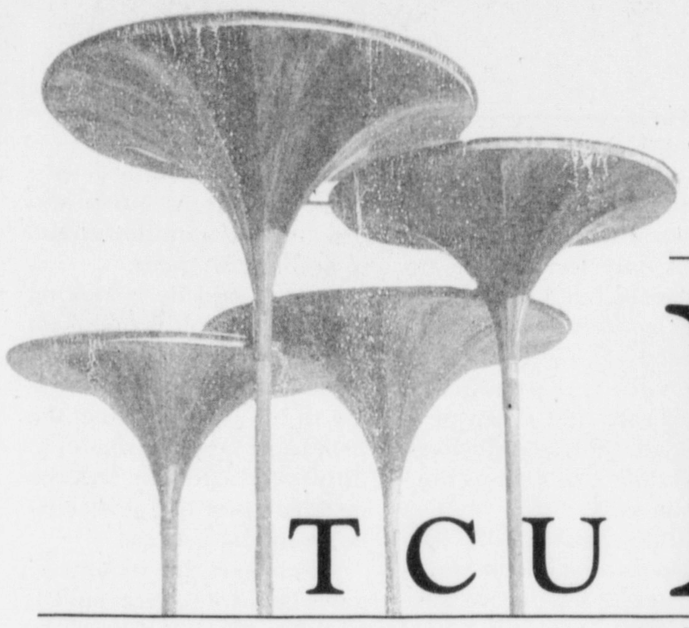


FEATURES | 4
BACK TO BETTER EATING
We know you've already broken your New Year's Resolution, so here's some help.

NEWS | THURSDAY
PROM DREAMS
A sorority on campus is collecting prom dressed to donate to high school girls.

TCU DAILY SKIFF
Serving Texas Christian University since 1902
Wednesday, February 2, 2005 | Vol. 102 • Issue 66 • Fort Worth, Texas

University reprimands men's track program

The self-imposed penalties are separate from any sanctions that may follow the NCAA's investigation.

By MARY HOLLIS
Staff Reporter

The university banned its highly successful men's track and field team Tuesday from NCAA competitions this year in the wake of a track scandal that cost head coach Monte Stratton his job in September.

TCU uncovered numerous violations of NCAA rules, and in response has issued self-imposed penalties on the track program effective immediately, according to (www.gofrogs.com).

Stratton was fired for what TCU said were "serious improprieties" in the program, and associate coach Brad Bowman resigned shortly after, according to (www.gofrogs.com).

Athletics director Eric Hyman continued to decline to release the nature of the infractions.

Eric Hyman

"I do know by taking a proactive position in the past that we are very sincere about what has taken place and are trying to take the proper corrective action," Hyman said. "In due time it will all come out."

The NCAA has not concluded its investigation on the TCU men's track program, Hyman said. The NCAA infractions committee meets again in April, May and June, and Hyman said TCU will be on its agenda in May or June.

"You are dealing with a subject that, until the NCAA brings to closure, will be hard to say what exactly the time line will be," Hyman said.

The self-imposed penalties include reduced on-campus recruiting visits and reduced scholarships, according to a Feb. 1 article from The Associated Press. In addition, the men's team will not participate in the 2005 NCAA indoor or outdoor championships.

TCU will determine any appropriate additional self-imposed sanctions after the NCAA completes its investigation, according to (www.gofrogs.com).

Scholarships have been frozen at 10.1 per year, which is 2.5 fewer than the NCAA allows, and the team will not compete in the NCAA championships as individuals or as a whole, according to the AP.

"We know we had some violations, and we wanted to start some of the self-imposed penalties, and we wanted to start at the beginning of the semester," Hyman said.

Head track and field coach Darryl Anderson said his responsibility is to catch the

more on TRACK, page 2

Bringing in the new class

New vice president to lead with experience

Trevor Smith brings years of involvement in student government to his new position.

By MICHAEL BISHOP
Staff Reporter

For Trevor Smith, student government is in his blood.

"He has a lot of experience," said Larry Markley, adviser for the Student Government Association.

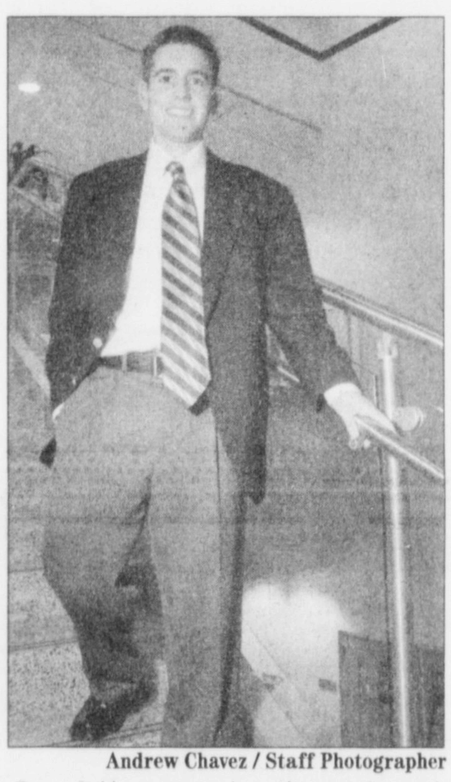
Smith, a sophomore entrepreneurial management major from Longview, came to TCU after serving as student council president at the middle and high school levels.

Smith began his service at TCU in the House of Student Representatives. He served as a representative from Milton Daniel Hall before holding the positions of recruitment and retention liaison and parliamentarian.

Smith ran for vice president of the House last semester.

"I like to implement change, but (student gov-

more on SMITH page 2


Andrew Chavez / Staff Photographer
Trevor Smith was sworn in as the new vice president for the House of Student Representatives Tuesday night in the Tucker Technology Center.

Student leaders aim to up representation

The Student Government Association officers were installed Tuesday night and are ready to make changes.

By JESSICA CHANDLAR
Staff Reporter

Student Government Association officers are determined to serve the student body and leave a legacy that makes TCU a better place, SGA President David Watson said in his inaugural address Tuesday night in Tucker Technology Center.

In remarks prepared for the inauguration, Watson said SGA plans to improve student representation, retention and financial aid.

Watson said the 91st class of SGA officers have worked with energy and enthusiasm and are already laying the groundwork for tangible and immediate change.

"Not content with waiting until commencing their terms in the new year, they took the phrase 'leave nothing for tomorrow which can be done

more on SGA page 2

Andrew Chavez / Staff Photographer
Chief Justice Jared Heathman swears in Dave Watson, Student Government Association's newly elected president, Tuesday in the Tucker Technology Center during SGA inauguration ceremonies.

Retention programs reviewed

Class programs are meant to ease transition from admission to graduation.

By LAURA MAYBERRY
Staff Reporter

Transition programs have been put in place to keep students at TCU.

Student Development Services gave a presentation at the Staff Assembly meeting Tuesday that outlined the transition meant to increase retention.

Staff Assembly chairwoman Emily Burgwyn said she recognized SDS as being "cutting-edge in programming for students."

The new freshman program began with the class of 2007 and focuses on students becoming "educated individuals" and attempts to ease the transition from high school to college, Jordan said.

Program director Sumer Jordan said the TCU Mission Statement is used as a guiding principle to ease students through the different transitions from admission through graduation.

Associate director of Career Services Chuck Dunning said second-year students are encouraged to become "ethical leaders" through events such as Sophomore Spotlight and the major/minor fair.

Dunning said he has "seen over and over again that sophomore year is when students take on leadership roles" but is also the most likely time for students to drop out.

Sophomore marketing and management major Meagan Lombard said programs such as the First Year-First Home Game event helped her to feel at home at TCU.

"The programs are a great way to meet students and begin participating at the university," Lombard said. "I also like the free T-shirts."

Dunning said that next year the class of 2007 will be juniors and will be involved in programs that focus on moving beyond burnout, preparing for the future and enhancing their sense of community.

Kay Higgins, associate dean of Student Development, said programs for seniors will recognize students for their accomplishments and attempt to prepare students

more on ASSEMBLY page 2

Established businessman talks of ice cream, creativity

The founder of Lemon Chill speaks to students about pioneering new business ventures.

By RYAN BUTTS
Staff Reporter

TCU alum Charles Moore returned to campus Tuesday to share his business successes with prospective entrepreneurs.

Moore is the founder of Lemon Chill, a popular frozen dessert common to Six Flags amusement parks and various sports stadiums across the country.

Moore spoke to a full classroom of students about what it takes to become a successful business owner and creative problem solver.

"The key is to see situations in which you can fix a problem and make a difference," Moore said. "Creativity is essential to gaining a marketing edge."

Moore talked about the importance of forming good business relationships and being a creative problem solver.

"If you don't have a competitive edge, don't compete," Moore said. "If you can't do it better than someone else, don't do it."

Moore said he got his start in business through ice cream shops in Fort Worth.

It was there, Moore said, that he and his partners began developing new flavors of ice cream to sell in their stores.

One flavor included adding Oreo cookies to vanilla ice cream and the ice cream flavor "Cookies 'n Creme"was born in Fort Worth.

"I'm not saying we invented cookies 'n creme ice cream," Moore said. "But to my knowledge, we were the first to sell it in Fort Worth."

Leslie Martin, a board

more on CHILL , page 2

Stephen Spillman / Photo Editor
The inventor of Lemon Chill, Charles Moore, talks during a meeting of TCU CEO Tuesday night in Smith Hall. Moore received his bachelor's degree from TCU in 1966 and then went on to get his master's degree in 1970.

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.

- Haven't gotten your picture taken for the Horned Frog yearbook? The yearbook staff will be taking pictures in the Student Center lounge at the following times: 9 a.m. to 5 p.m., Feb. 2 – Feb. 4; 10 a.m. to noon, Feb. 5; and 9 a.m. to 5 p.m., Feb. 7 – Feb. 11. For more information, contact at Kathy Hamer at (817) 257-7606 or k.hamer@tcu.edu.

- The Computer Science Society will host guest speaker Sergeant James Crouch, supervisor of economic and computer crimes division of the Arlington Police Department, at 5 p.m. today in Tucker Technology Center, Room 139. Pizza and sub sandwiches will be provided on a first come, first served basis. For more information, e-mail n.e.tennison@tcu.edu.

TCU DAILY SKIFF

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ASSEMBLY

From page 1

for the post-college experience.

In other business, Cari Alexander, a music/media librarian, presented the Frogs and Cats Together program to Staff Assembly. The trap-neuter-release program was presented as an alternative to using euthanization to deal with stray cats on campus.

Alexander said volunteer opportunities for students, staff and faculty will be made available through the FACT program.

intra-institutional collaboration and four-year graduation rates.

SMITH

From page 1

ernment) is also just talking with someone and realizing why things are done a certain way and passing that knowledge on to your friends," Smith said.

Part of Smith's success comes from his willingness to take risks.

"A lot of the achievements that I have were accomplished because I had the willpower to just do it," Smith said.

SGA President Dave Watson said that Smith is very humble.

"He is not the kind of guy to tell you about his accomplishments," Watson said.

Watson also said that Smith is not only focused on his own goals, but also on those of the individuals and groups involved.

"(Smith) is a person who makes sure that everyone is included, that the right people are there to help us out," Watson said.

Markley said Smith's soft-spoken manner allows him to bring people together to solve problems.

Smith said one of his goals for House is to "make it more enjoyable" for the members and staff.

"This is our fraternity or our sorority. This is where our friends are," Smith said.

Watson said the vice president's job is to guide and direct the committee chairs to accomplish goals.

Watson said he is looking forward to Smith's input on several projects this semester, some of which include working to improve advising, the proposed production of a university calendar and the installation of the new activities funding process.

Smith said he has many goals he wants to accomplish while in office, and strives to help the other members with the projects they want to see done.

"I'm kind of like the 'big momma.' It's not that I am holding a whip, but it's that I'm offering and pushing them," Smith said.

TRACK

From page 1

fallout from the investigation.

"The coaching won't change," Anderson said. "We want to move forward, no looking back."

Anderson said he is glad to know where the program is going, so the team can get through the investigation period.

"We are thankful we are going to the Conference USA Championship," Anderson said. "That is what we are basing our season on."

SGA

From page 1

today' quite literally...," Watson, a junior entrepreneurial management major, said. He said student representation is important for an efficient student government, so his cabinet created the Commission on Representation that will investigate the lack of student representation and propose suggestions for the challenges that lie ahead.

"The Commission on Representation is an independent body consisting of seven students chosen carefully within and outside of SGA," Watson said.

SGA Chief of Staff Sebastian Moleski, a senior international economics major, said SGA is interested in getting more students involved in taking care of things that affect them.

Watson said the retention rate for TCU is low due to "financial difficulties and a lack of connectedness."

TCU had its highest tuition hike ever last year, and Watson said he and his cabinet would like to find a way so the majority of students are not adversely affected by the increases.

House Vice President Trevor Smith said SGA is trying to work closely with the Board of Trustees and the administration to find solutions for the problem of the increasing tuition.

Watson said he wants students to feel a connection to the university because that could affect the retention rate and encourage more people to stay.

Smith, a sophomore entrepreneurial management major, said SGA is also pushing for an academic calendar that will include events of all organizations so there are not several events planned on the same day.

Watson said SGA members are looking forward to their terms.

"Our goals are many and our energy abundant," Watson said.

CHILL

From page 1

member of TCU's Collegiate Entrepreneurs Organization, said it was important for successful entrepreneurs to come to TCU and talk to students because it "gives students advice that they can apply to their own business ventures."

Martin, a junior entrepreneurial management major, said it is helpful for students to hear advice that they can relate to their own business ideas.

"It gives students a competitive advantage and allows them to think through what they're going into business for," Martin said.

Marlin Gusman, a fellow board member of TCU CEO, said Moore's advice helps to ignite the business spirit of students.

"It's important for students to hear the logistics of distribution and manufacturing as well as real world examples," said Gusman, a junior history major.

Moore has sold Moore Enterprises Inc., the company that developed Lemon Chill, and now owns Moore and Moore Venture, which makes slush products, and is a partner in Lake Country Real Estate, a company specializing in condominium development.

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- Carports*
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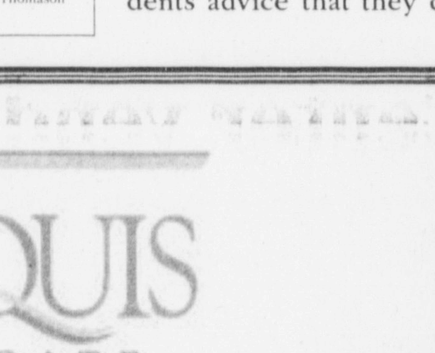
- Elegant Clubroom
- Refreshing Pool with Deck
- Fitness Center
- Clothes Care Center
- Courtyard Views*
- Barbecue Grills
- 24-hour Maintenance Resolution
- Resident Lifestyle Services

*Optional or in Select Homes



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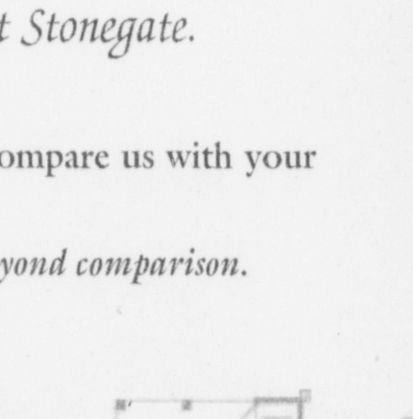

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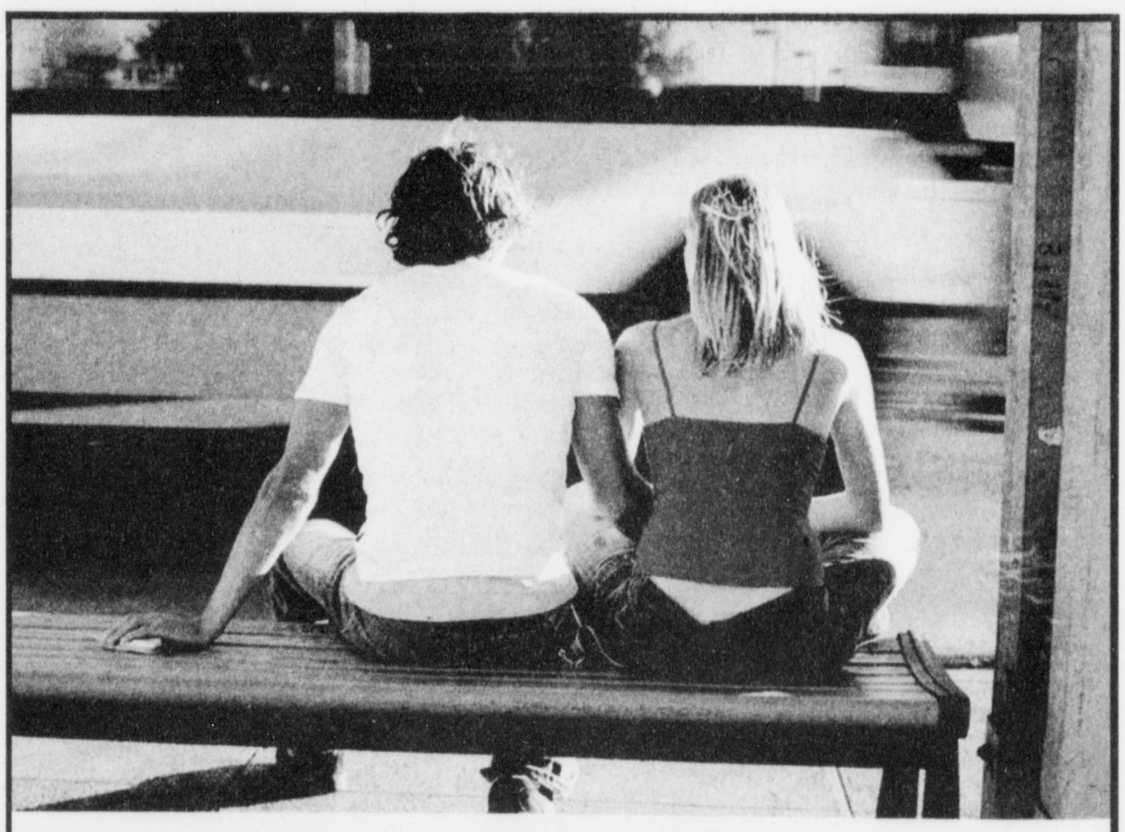

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the T

We drive drivers.

Skiff View

TCU programs help retain freshmen

First year is a hard adjustment for everyone

It happens every year to a few students. Some of us were their roommates, others had them in classes or knew them from an organization.

They are freshmen who didn't cut the mustard their first year in college for one reason or another. Maybe they didn't realize the pressure that comes with a full college-level load of school work. Maybe they thought they could live by the old adage that "you can retake a class, but you can never retake a party." Regardless of how it happens, there are freshmen every year that slip between the cracks.

Despite the recent headlines illustrating the consequences of pressures on freshman, TCU does an excellent job of retaining students. In the fall of 2004, 83 percent of freshman that had entered TCU in the fall of 2003 returned. This number is remarkably high considering the pressure placed on students when suddenly removed from a protected home-life and placed in a world lived largely on their own.

There also has to be the realization that for some, TCU is inevitably not the right fit. When you take into account those who transfer because of a poor fit, the fact that only 17 percent of freshman don't return for a second year is quite impressive.

It is thanks to TCU's outstanding attempts to orientate students and guide them into their next four years that an overwhelming majority stick around. Frog Camps, orientations that manage to not be completely boring and classes like the Connections program all offer an opportunity to hook freshman their first semester and provide guidance that will hopefully last them the whole year.

Freshman year at any university is hard, but it is a testament to our administration and RA's that ours is manageable. For those freshmen reading this now and thinking how much more difficult it really turned out to be — don't worry, we've all been there, and it was tough for all of us. Stick with it, don't let yourself become a statistic — it only gets better.

Your View

Letters to the Editor

Reader applauds Skiff cartoonist for adding original content to opinion page

I have to say, "good job" to Skiff cartoonist Yousif Del Valle. His cartoons poking fun at the Bush administration for trying to blame the Sept. 11 terrorist attacks on Iraq and pointing out how Frog Freeze was a despicable waste of student money have been highlights of the opinion page, not to mention a good break from the usual stuff from the Internet. Keep up the good work.

Jeff Brubaker is a senior history major from Weslaco. He can be reached at j.d.brubaker@tcu.edu.

Other View

Rape victims deserve to know if attackers carry sexually transmitted diseases

Rape is a traumatic experience both physically and emotionally, and the worry of contracting HIV can add immense stress on the victim.

Alabama law does not require people accused of sex crimes to take HIV or other sexually transmitted disease tests and to reveal the results of such tests before a conviction in court. Of course, rape victims can have tests done, but HIV/AIDS tests cannot be effectively taken until 10 to 14 days after the attack, with follow-up tests given up to a year after the attack.

Supporters of House Bill 14 are trying to remedy this situation. The bill would require that HIV test results of the accused rapist be submitted to the victim or guardian of the victim.

We think a rape victim has the right to know whether she has been infected with a sexually transmitted disease.

An immediate testing of the accused, assuming the accused were guilty, could alert a victim right away as to whether she needed to undergo treatment for a life-threatening STD.

Some HIV/AIDS sufferers have benefitted from taking certain medications within the first year of contracting the virus.

This bill has been introduced to the Legislature twice, and last year it passed in the House but fell in the Senate. Opponents of the bill say the accused have the right to privacy and that forcing them to submit test results to the victims would violate that right.

Sex crime offenders already take DNA tests within the discovery process of a trial. The only real extra measure this bill calls for is relaying results to the victim.

HIV tests are non-intrusive and can be performed with a simple oral swab. And the records would be released only to the victim or her guardian, not the public.

Some states have already adopted similar bills, and to our knowledge, federal courts have not struck down those laws.

This is a question of what's more important: Preserving the accused person's privacy or giving a rape victim the time to curb a lethal disease. While we're conscious of civil liberties, we think the victim's health trumps the accused's right to privacy.

A woman robbed of her free will at least deserves to know what she's getting in return -- especially if it's HIV.

This staff editorial was written for The Crimson White at the University of Alabama. This column was distributed by U-Wire.

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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.

Poetry a lost art in need of revival

Commentary

Anna Camp

What does the world need more of?

The family that lives two doors down from me hung an American flag outside with a peace sign displacing the stars. They profess that peace, not war, is the answer.

My little brother thinks the world would be a better place if the driving age was a few years younger in California.

My answer is actually quite simple: poetry.

The passion-filled, inspiring lines of poetry could move mountains in the world today. Few people pay homage to this fading art form.

Poetry has therapeutic and educational benefits. Poetry can help drug and alcohol addicts as well as rape and incest victims. Deaf and disturbed children can also be opened up to new worlds through poetry.

Poems help us express ourselves and connect with others in ways today's forms of relaxation simply cannot. The benefits are endless.

So why is it viewed as unimportant in our society?

Yes, poetry is still alive, but as one of my poetry classmates said, "It's on life-support." Poetry was once central to the education and lives of past generations. This is not true today.

Memorizing "O Captain! My Captain!" and scenes from "Romeo and Juliet," were once commonplace.

Now, poetry is reserved for youngsters memorizing Dr. Seuss books while learning how to read.

Many education experts agree memorization encourages an appreciation for the sounds and rhythms of language. Poetry does just that.

Poetry is available virtually everywhere, but many are not interested. Poetry isn't as "fashionable" as it used to be, and this is such a loss for all of us.

I was taken aback when my poetry professor asked our class how many books of poetry we could name on the "New York Times Best-seller's List."

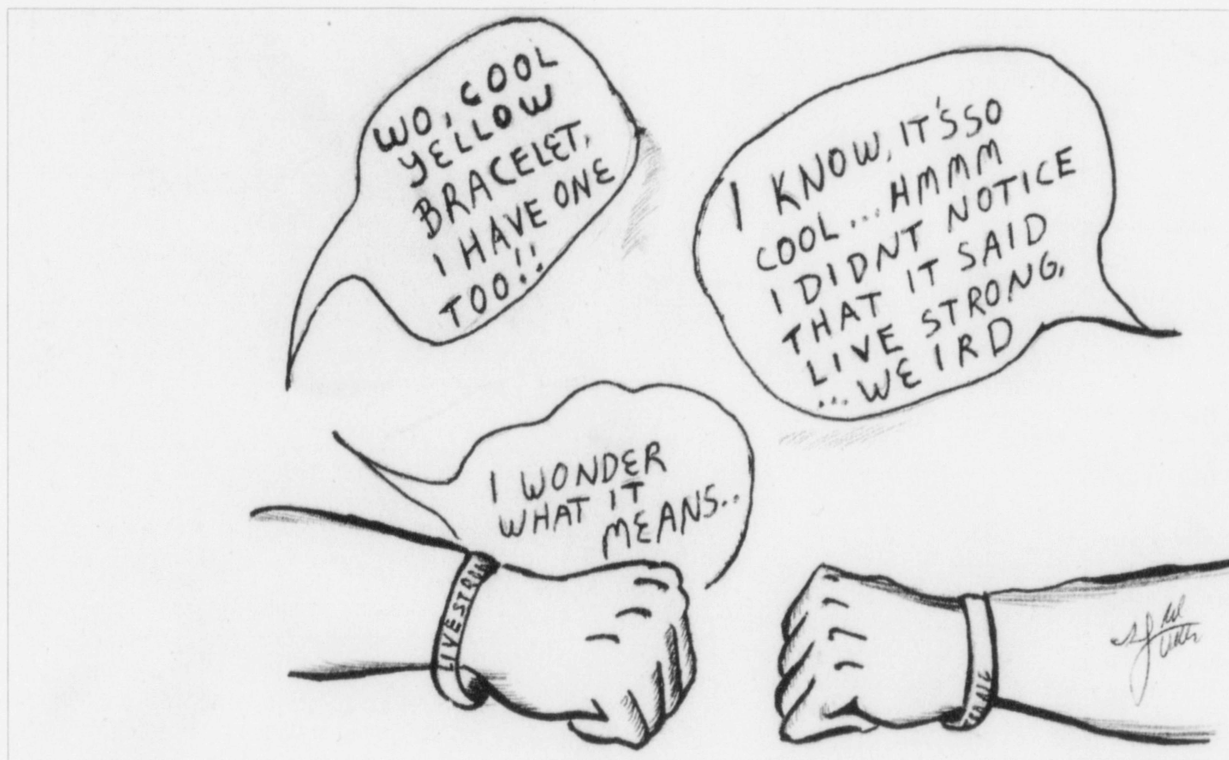
I could remember only one and it was written by a pop music artist. Her poems would not have made the list had she not been an iconic musician. Poetry no longer makes one famous.

Where are the Robert Frosts and Elizabeth Bishops of our era? They are out there; I know they are. But why don't we know about them?

The world desperately needs heroes. This is evident in the way we worship rap musicians and TV actors and actresses.

If the new poet laureate could grant me one wish it would be to convince the world we need more poetry; it needs to be important.

Anna Camp is a senior news-editorial journalism major from Bakersfield, Calif.



Student Center vendors annoy writer

Commentary

Joanna Bernal

Van Gogh's "Starry Night" poster: $8.
Craft fair costume jewelry: $15.
Organizations' fees: $20.

Walking through the Student Center on a weekday between 8 a.m. and 5 p.m.: an empty wallet and an overly full schedule.

Some students are afraid to go through the Student Center because organizations will try to recruit them or sell something to them. I understand that organizations need to recruit members, but sometimes it can be a hassle to students who just can't say, "No."

I don't like being harassed early in the morning before class as I try to get a cup of coffee from Frog Bytes. It's not an effective way of advertising, because students are half asleep and in a hurry.

Tuition, books and other fees are high enough that I don't need businesses trying to sell me something I don't need. One of the most annoying merchants in the Student Center is the Star-Telegram. They ask, "Would you like a free paper?" Everyone's response should be, "Yeah, there are several different newspapers right around the corner." This has to be the most pointless sales attempt I have ever seen.

I feel sorry for them. I wonder if they sell any papers at all.

A good solution is to move some of these merchants to various other buildings. This does not happen because other buildings don't have the room, says Student Center Director Larry Markley.

"No one else on campus wants to mess with it," he said. "If [the advertisers] call the other offices, they send them to us. We just deal with it as they come along."

So the Student Center is stuck with all the "dirty work." They do, however, get to make money off the merchants who are trying to make more money off of us.

"We contract with the businesses and they pay a daily fee or 15 percent of their sales," Markley said. "The money goes to our [operating] budget."

Naive students often fall for a "free gift" loaded with information and impulsively sign away their e-mail contact information. Only about one-third of these students attend the events they register for.

Personally, I try to avoid the Student Center during busy times by going around it.

Joanna Bernal is a freshman news-editorial journalism major from Haltom City.

Choosing designated drivers worth the effort

Commentary

Andrew Donovan

"It will be OK as long as I don't get caught. No one will ever know."

This is how several of us rationalize doing something illegal. Be careful, don't get caught and no one will be wiser.

For some, this deludes us into drunk driving.

"I've only had a couple of beers. I'll be OK to drive."

According to the National Highway Traffic Safety Administration, 17,419 Americans said that last year.

Unfortunately, they are no longer around to say anything else. Neither are the more than 4,000 non-intoxicated other drivers they took with them.

The rate of drunk driving has risen the last few years as more people believe they are invincible behind the wheel. According to the National Household Survey on Drug Abuse, nearly 27 percent drive shortly after drinking.

College students, especially white males, have been documented by the NHTSA to be the fastest-rising group of drunk drivers. In the past year, non-Hispanic white males accounted for 26 percent of all alcohol related traffic fatalities.

Not to mention, Texas continually leads the nation in drunk driving deaths, averaging over 600 deaths in the past four years, according to the NHTSA.

You may tell yourself, "I'm a good driver. Even a little drunk, I won't crash."

You still run the risk of getting pulled over or stopped at a checkpoint. Chew as much gum or suck on as many pennies as you want, but you will blow that magical Blood Alcohol Content level of .10.

If you do receive a Drinking Under the Influence or Drinking While Intoxicated ticket, you are looking at jail time, financial loss and a suspended license.

Luckily, there are ways to avoid all this fun mess.

Amazingly enough, it is possible to have a good time and not drink.

However, there are some occasions (say the Red Sox winning the World Series) in which a couple of brews are called for. In this case, you need to be prepared.

Before you start celebrating, run a little "Rock, Paper, Scissors" tournament to determine your designated driver. Sure, this might hinder your friend's plans for the night, but it could also save all your lives.

If a designated driver cannot be determined, there are a ton of designated drivers rolling along in their little yellow taxicabs. Before going to the bars, have a cabbie number in your phone so you don't even have to worry about taking that long drive home. It may cost money, but in the end, it would cost you less than a ticket, or even your life.

What this all comes down to is judgment. When you are drinking, judgment becomes impaired and your decisions are questionable.

Displaying good judgment while you are still sober is the key. If you hit the problem before it comes up, you can't go wrong.

By preparing to have a safe ride home, you are ensuring a good time for yourself, not to mention the rest of us out there.

Andrew Donovan is a senior news-editorial journalism major from El Paso.

Nutrition 101

How To Read Nutrition Facts From A Bag Of Potato Chips

Start here

Step 1:

Check serving size and number of calories.

Step 2:

Limit your fat, cholesterol and sodium intake.

Step 3:

Get enough of these nutrients.

Step 4:

To limit calorie intake, limit fat intake.

Step 5:

Percent Daily Value (% DV)
Quick guide:
- 5% or less is low
- 20% or more is high

Step 6:

Keep your diet in mind.

Nutrition Facts
Serving Size 1 bag (28g)

Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 8%	
Calcium 0% • Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

How many calories a day should you consume?

1,600 calories for non-active women and older adults
Sample diet:
- 6 servings from the Grain Group
- 3 servings from the Vegetable Group
- 2 servings from the Fruit Group
- 2-3 servings from the Milk Group

(3 servings for women who are pregnant or breastfeeding, teenagers and young adults to age 24)
- 5 servings from the Meat Group
- Total Fat (grams): 53

2,200 calories for children, teenage girls, active women and many non-active men.
Sample diet:
- 9 servings from the Grain Group
- 4 servings from the Vegetable Group
- 3 servings from the Fruit Group
- 2-3 serivings from the Milk Group

(3 servings for women who are pregnant or breastfeeding, teenagers and young adults to age 24)
- 6 servings from the Meat Group
- Total Fat (grams): 73

2,800 calories for teenage boys, active men and some very active women.
Sample diet:
- 11 servings from the Grain Group
- 5 servings from the Vegetable Group
- 4 servings from the Fruit Group
- 2-3 servings from the Milk Group

(3 servings for women who are pregnant or breastfeeding, teenagers and young adults to age 24)
- 7 servings from the Meat Group
- Total Fat (grams): 93

Taken from USDA's Food Pyramid Guide Booklet, 1996

Figure out the Fat!

For a healthy diet, one must limit the fat to 30% of calories one consumes.

To calculate your fat intake:
1. Multiply your total day's calories by 0.30 to get your calories from fat per day.

Example: 2,200 calories X 0.30 = 660 calories from fat.

2. Divide calories from fat per day by 9 (each gram of fat has 9 calories) to get grams of fat per day.

Example: 660 calories from fat / 9 = 73 grams of fat.

Taken from USDA's Food Guide Pyramid Booklet, 1996

Alcoholic Beverages	
Beer, 12 fl. oz. (1 regular can)	150 calories
Wine, dry, 5 fl. oz.	100 calories
Liquour, 1-1/2 oz.	100 calories
Mixers add more calories	

Taken from USDA's Food Guide Pyramid Booklet, 1996

Eating for your health

Café Express offers tasty, nutritional foods

By ADRIENNE GOERTZ
Staff Writer

The aroma of roasted chicken, warm soup and fresh vegetables welcomes guests into Café Express, an eatery located in the University Park Village. Red booths beckon patrons to sit down and relax a while.

But before getting comfortable, there is the challenge of deciding what to order.

With spring break just around the corner (and swimsuit season), students may be looking for healthy menu options when dining out.

Classes, tests and a lack of time make it difficult to keep healthy eating a daily priority for many college students, said Lauren Allen, a senior finance and accounting major. Allen said when she is on the go, she often grabs a soda or chips, which she knows is not the healthiest option.

One of the worst habits of college students is skipping breakfast in the morning, said Gina Jarman Hill, assistant nutrition professor.

"After a couple hours hunger strikes and whatever is handy is eaten, whether it is healthy or not," Hill said.

Convenient, packaged foods such as gummy bears and candy bars are common choices of students, Kelsey Biegert, freshman business major, said.

Hill said nuts are a great snack because they pack protein and healthy fats. Transportable snacks are a major convenience to students, but should be chosen carefully. Fruit and vegetable sticks, low-fat popcorn and whole grain cereal are some good snacks, Hill said.

"Nutrition labels are a helpful tool to make better food choices. Pay attention to serving size; it might be smaller or larger than you expect," Hill said. She suggested splitting a meal with a friend to save calories and cost, as well as looking for foods that are high in fiber and low in fat.

Hill recommended ordering foods that are steamed, grilled, baked, broiled or roasted when dining out.

"Fast food is a common lifestyle choice in the lives of college students," Hill said. "All fast food is not bad, but it is necessary to be aware of your options to make the best choices at the food counter."

Making healthy food choices can be easier at places like Café Express.

Ordering a healthy meal at Café Express should not be difficult, considering almost every entrée is served with a vegetable or salad.

"At Café Express it is easy to make healthy choices. I usually go for salads because they are healthy and have lots of vegetables," said Mary Claire Maxwell, a freshman nursing major.

The "express salad bowl," a combination of chicken salad, tuna salad and pasta pesto salad over greens is one menu item to try. Soup also accompanies this menu item. I tried the black bean soup and thought it was warm, thick, and satisfying.

Since the menu is full of balanced choices like soups, salads and vegetables, health-conscious eaters are sure to find something delicious, said Joe Jenkins, Café Express general manager. He suggested any grilled or roasted chicken dish with vegetables.

Café Express also provides vegetarian-friendly options. The eatery is known for quality ingredients and fresh food, Jenkins said. He said students can eat a full, healthy meal for an average price of $8.

Allen said students should consider their food options.

"Instead of that bag of chips, I'll eat an apple. There are healthy things to eat on and off campus, I guess students just need to be more selective when grabbing a snack or meal," Allen said.

Adventures of Aaron

by Aaron Warner

Paul

by Billy O'Keefe

Today's Crossword

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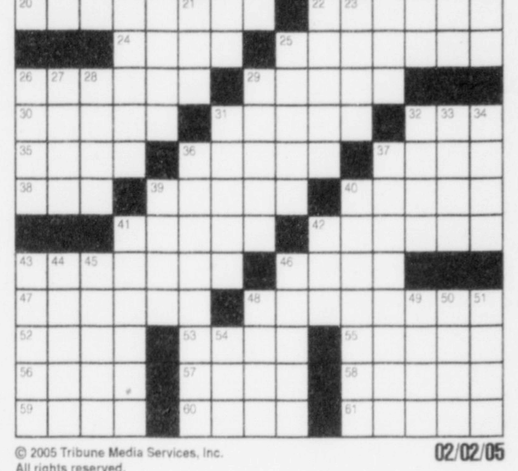

ACROSS
1 Lion's plaints
6 Sharp rebuke
10 Landed
14 Nocturnal raptor-to-be
15 Collection of rules
16 Drawstring
17 Pace
18 Concludes
19 Naturalist John
20 Making certain
22 Roses' protection
24 Happy song
25 Adolescent
26 Mortarboard attachment
29 Pooped
30 Like Wrigley Field's walls
31 Domesticated
32 Bonkers
35 Why not?
36 Made do
37 Type of skirt
38 Before, before
39 Walking aids
40 Mineral cathartics
41 Filleted
42 Tangy
43 Declares
46 North Carolina university
47 Capture back
48 Lets off the hook
52 Venetian blind piece
53 Do it or __!
55 Post-crucifixion depiction
56 Overlook
57 At no time, in poems
58 Boredom
59 __ a one (none)
60 Powerful blow
61 Made over

DOWN
1 Memorization method
2 "The Virginian" writer Wister
3 Supplicant's request
4 Turns away
5 Famous
6 Allure of perfume
7 Type of jump
8 Annex
9 Harassed
10 Nut that gets slivered
11 Classic Preminger film
12 Cake topper
13 To the point
21 Sick
23 Take note of
25 Multiplication word
26 Flooring piece
27 Declare
28 Web location
29 Used the VCR
31 Shadings
32 Temperate
33 Opposed to
34 Part of CD
36 Military snack bars
37 Being in the principal position
39 Irish city
40 Dipper
41 Actor Warren
42 Capp and Capone
43 Fiery felony
44 Diamond of "Night Court"
45 Step
46 TV movie critic
48 On a cruise
49 Sell
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54 Hoad of tennis

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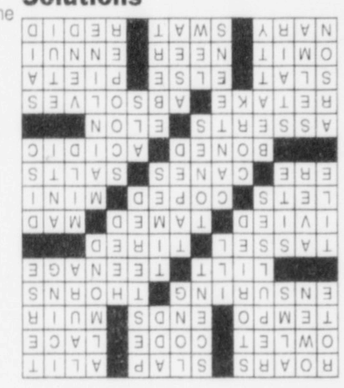
Solutions



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Above: John James Audubon, *The Birds of America, from Drawings Made in the United States and Their Territories*, New York: Roe, Lockwood, 1861, chromolithograph finished with hand coloring, Collection of William S. Reese

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Frogs' comeback bid falls short on the road

The Frogs missed a last-second shot, falling to DePaul Tuesday.

Associated Press

ROSEMONT, Ill. — Quemont Greer scored 19 points and LeVar Seals scored 13 to lead DePaul to a 64-62 victory over the Horned Frogs on Tuesday night.

DePaul took a 61-57 lead after Jamal Nichols went 1-of-2 at the free-throw line with 3:30 left in the game. Femi Ibikunle then had a basket for TCU to cut the Blue Demons lead to 61-59. After Greer made two free throws, Judson Stubbs came back with a 3-pointer to get the Horned Frogs to 63-62 with 1:23 left.

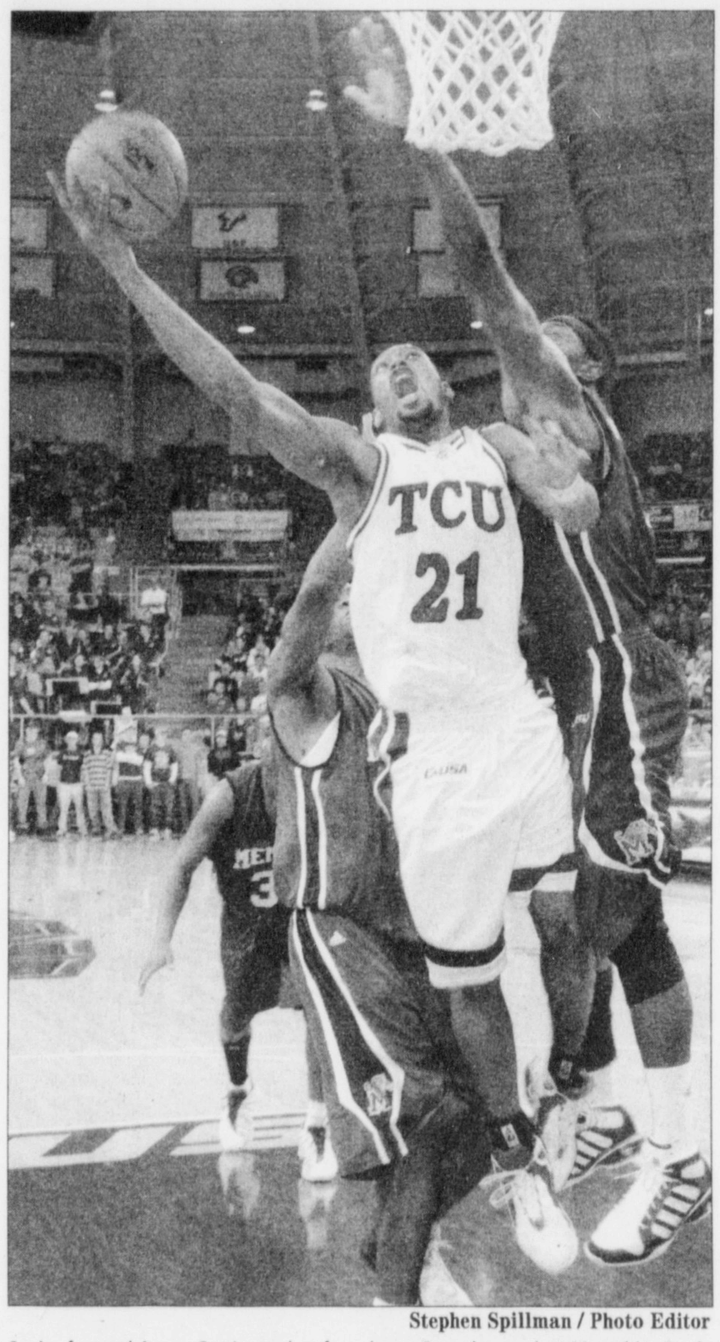
With 30 seconds left and DePaul up, TCU had a chance to take the lead, but DePaul's Sammy Mejia blocked Corey Santee's 15-footer. At the other end, Greer made 1-of-2 free throws to make it 64-62.

Marcus Shropshire missed a 3-pointer for TCU (13-9, 3-5) with 1.1 seconds left in the game.

DePaul (14-5, 6-2 Conference USA) has won six of their last seven games.

Shropshire scored 17 points and Aaron Curtis added 13 points for TCU, who has lost four in a row.

The Horned Frogs will try to break their four game conference losing streak at home against East Carolina at 2 p.m. Saturday in the Daniel-Meyer Coliseum.



Stephen Spillman / Photo Editor

Senior forward Aaron Curtis reaches for a layup Saturday against Memphis. Curtis and the Frogs fell to DePaul on Tuesday night 64-62. The loss brings the Frogs' Conference USA losing streak to four games.

Smith to retire from NFL later this week

Associated Press

JACKSONVILLE, Fla. — Emmitt Smith, the NFL's career rushing leader, reportedly will retire later this week.

Smith, who spent the last two seasons with Arizona after 13 years with Dallas, will retire Thursday in Jacksonville, according to (ESPN.com), which cited unidentified "confidants" of the star running back.

Smith, 35, could not be reached for comment Tuesday. He said Monday night that he wanted to retire as a Cowboy; he helped Dallas win three Super Bowls.

Smith rushed for 937 yards and nine touchdowns this season. He has 18,355 yards overall and 164 TDs. He was the league's most valuable player in 1993.

Neither the Cardinals nor Cowboys had any announcements planned regarding Smith.

Asked about Smith possibly retiring, former teammate Troy Aikman said, "I hate to speculate on it. At some point it will end, maybe this year or the next. Emmitt's had a terrific career. I'm sure the last two years have been difficult for Emmitt in Arizona.

"One thing in this game, when you play on a team that has been together for as long as we were in Dallas, and then you lose guys, it takes a toll."

Smith was lauded by several players in this year's Super Bowl as a role model, a man who conducted himself the right way on and off the field.

"It would be a great loss for the league," New England running back Corey Dillon said. "I'm going to miss him. I looked up to him, watching him win Super Bowls."

Added Patriots linebacker Ted Johnson, "He's such a low-key, classy individual. And what he's been able to achieve hasn't been given just due. He's such an ambassador of the game. Football's been good to him, and I hope he reciprocates it by staying close to the game. I hope he doesn't completely walk away; I hope he doesn't fade away."

Paul Connors / Associated Press

Arizona Cardinals running back Emmitt Smith picks up yardage against the New Orleans Saints Oct. 3. Smith, who spent the last two seasons with Arizona after 13 years with Dallas, will retire Thursday as a Cowboy.

Congrats to the 2005 Tri-Delt officers!

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