

TCU DAILY SKIFF

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Fort Worth, Texas

TCU flourishing despite economy

By Nancy Andersen
Staff Writer

Though TCU has been affected by Texas' foundering economy and unstable oil industry, the university is still flourishing thanks to an endowment set aside for crisis, said Chancellor Bill Tucker at Tuesday's House of Representatives meeting.

Speaking in an open forum as part of celebrations for the House's 80th year, the chancellor said that in 1980, the TCU Board of Trustees decided to put aside part of the income earned from the oil industry "for the day the wells went dry."

That has proved to be a wise decision, Tucker said.

"TCU doesn't just sit out here and bumble—we're also affected (by the economy)," he said. "A barrel of oil's different than, say, a house. When you sell a house, it keeps earning through rent. But when you sell a barrel of oil, it's gone."

"We wanted to build a fund to sustain the university during some future event like the oil (crisis) now. I'd call it a quasi-endowment fund," he said.

Because the oil income has dropped, the Board now sets aside less money than before, Tucker said.

"But in the early 1980s, we had \$6 million to \$7 million set aside," he said. "We are not dependent on excess oil income for operation—we threw it into endowment. If we didn't have the money, we'd be slashing."

TCU may have "less elbow room" and flexibility from the economy, "yet we received more applications for admission last year than any other in our history," he said.

A flood of applications will not lead to a larger enrollment, however, Tucker said.

"We have a stable enrollment; we shouldn't strive to have a larger student body," he said. "If we added 1,000 to 2,000 more students, we'd change the character of the university."

He said his goal as chancellor is "to live out the slogan TCU adopted for the '80s: TCU is a major university with the atmosphere of a small college."

"As long as I'm around, that's what I want the theme to be. TCU should grow not in quantity, but in quality," he said.

Yet increasing admission standards to limit enrollment is not the answer, the chancellor said.

"We don't want to become elitist or academically snobbish. I think we have a very respectable SAT score for this year's freshman class—particularly for a university which doesn't have an engineering program," Tucker said. "Our SATs rise 75 to 100 points every year."

He described education as "leading to humility."

"If learning doesn't lead to humility, it must be phony learning. We want to avoid that," he said.

TCU also wants to avoid pinning a semi-professional label on its athletic program, Tucker said.

"If we didn't have major college football—if the whole business was canceled by some magic wand—I think we'd start it up again within six months."

"Since it's here to stay, we must deal with it in such a manner that it enhances, not distracts from, the university," he said.

The chancellor said he believes athletics add spirit to the campus. He cited TCU's basketball team as an example.

"From what I can see, it's (the basketball team) important to the student body," he said. "Students need something to cheer about—and cry about—once in a while."

TCU athletics are also important to Fort Worth residents, he said.

"Since we've gotten national recognition, you don't know how many people I've had calling me about (Carl Lott's hand)," Tucker said.

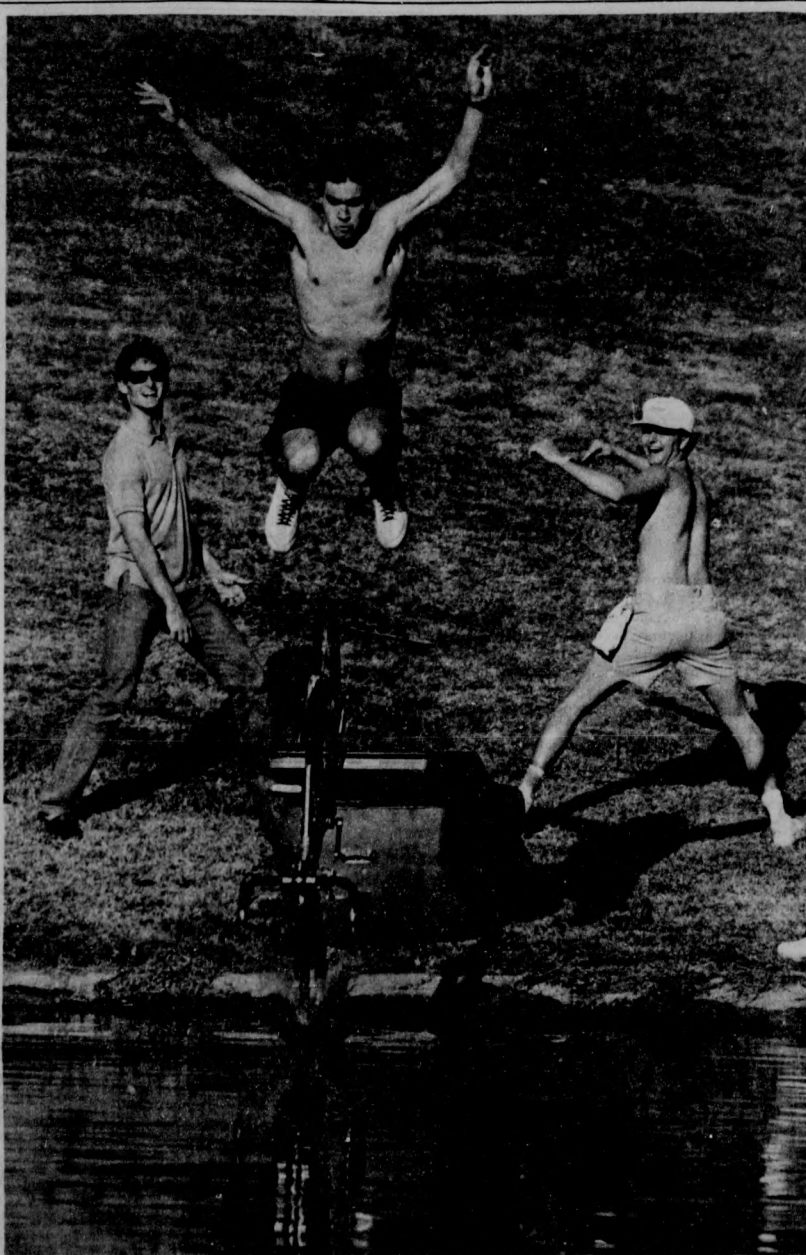
He compared TCU's admission of athletes with SMU's new athletic admission policy.

"SMU is just now beginning to admit athletes face-by-face, not as a whole," he said. "TCU has been doing that for years."

Besides holding the chancellor's forum, the House voted to allocate \$315 to the TCU College Bowl team for its trip to regional tournament Feb. 20 through 22.

Four states will be represented at the tournament: Texas, Oklahoma, Arkansas and Louisiana.

Out of more than 20 schools represented in last year's competition, TCU placed third.



TCU Daily Skiff / Brian R. McLean
Making a big splash - Greg Strake, Mark Livingston and Sha Griffin take time out behind Worth Hills Tuesday to enjoy the weather. Today's forecast is partly cloudy

Students benefited as interns

By Allison Holt
Staff Writer

The 1987 Washington, D.C., interns were introduced Tuesday evening at the ninth annual Washington Internship Reception in the Student Center Woodson Room. TCU will send 18 students, three of whom will be juniors, to Washington in September.

"Many students participate in internships while at TCU, but I chose Washington Center program for my internship because it gave me the added advantage of being an intern in a diverse environment that only a city like Washington could provide," said Robin Hill, a junior political science major and 1987 intern.

Hill decided during her freshman year to apply for the Washington, D.C., internship. Many who participate in this program believe an internship in the nation's capital gives them an advantage over a typical intern's program.

Students can intern either their junior or senior year, which means applying during the fall of their sophomore or junior year.

Eugene Alpert, TCU Washington internship supervisor, said it is usually better for students to go to Washington during their senior year.

"Many sophomores could be advantaged by taking more classes, particularly in career-related fields," he said.

Interns who hope to return to Washington after graduation are in a better position if they had met their contacts only six months earlier, Alpert said.

The internship application process begins a year before students go to Washington. At this time, applications may be picked up in the political science office.

The application, which is due Nov. 16, requires two teacher recommendations and an essay on two public policies that are of interest to the students. Other requirements include a 3.0 GPA and that students must return to TCU for at least one semester following the internship.

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Zoo keeping elephant that killed its keeper

By Susana Goepfert
Staff Writer

The Fort Worth Zoo has decided to keep the elephant that recently killed one of its keepers.

The Asian male bull, Sam, is a valuable elephant and is essential to the zoo's breeding process, said Ken Seleske, assistant zoo supervisor of education.

Sam will remain at the zoo as an important member of the Species Survival Plan of the American Association of Zoological Parks and Aquariums, Seleske said.

Sam is one male bull out of only 20 that remain in captivity in North America today, he said.

"We have reviewed our existing policies and safety procedures," he said, "and found them to be sound. We will continue handling the elephants in the same way."

The zoo is a unique environment because the animals exhibited are not pets or domesticated, Seleske said.

"They (zoo animals) should be respected and treated as wild animals that have the potential and capacity of harm," he said.

People tend to forget about the type of animals kept at the zoo. Visitors to the zoo, he said, may have a blinded or unfocused view of zoo animals.

Mickey Hunt, manager of International Wildlife Park in Grand Prairie, said when any male elephant reaches sexual maturity (17 to 20 years old), he will be difficult to handle.

"If anything, Sam is probably better behaved than most bulls of his age, 19," Hunt said.

All safety rules at the zoo are strictly enforced and followed, Seleske said. Some rules are complex, but they can

be "as simple as carrying a rake or broom when entering any animal's cage," whether it be an ostrich's or a Siberian tiger's.

"Sam was considered dangerous when he was acquired by the zoo and continues to be," Seleske said. "Every trainer knows that."

There is no certain way to explain the events that caused Michael Bell's—Sam's keeper's—death, but Seleske said it might have been related to human nature.

"There is something about people that when they do a job over and over, they are not as alert, maybe not really thinking," he said. "It may just be the way we are made," he said.

The zoo's breeding program contains many safety procedures, Hunt said.

"According to experts with wild animals, human error accounts for 95 percent of all accidents and deaths associated with them (wild animals)," he said.

Despite new technologies like hydraulic doors and shift stalls, elephants are best handled by physical contact, Seleske said. All the work done with elephants, he said, requires a minimum of two "approved personnel" present.

"Our female elephants are usually manageable by a hands-on situation," he said.

Bell was fond of his elephants, Seleske said. He was an expert in his field and a few years ago, Seleske said, pushed and pleaded with the citizens of Fort Worth to "build better living conditions for my elephants."

Fort Worth citizens voted to build a new facility for the elephants, which Bell himself helped design and structure, Seleske said.

Nutritious food appeals to more students

By Deena Pippin
Staff Writer

Fast food appears to be the trend in food service today.

But TCU Director of Dining Services Stan Hudgins said students today prefer carved meats, fresh vegetables and dairy products.

"Fast food has not lost any of its importance," Hudgins said, "but it's not in the forefront right now. People are a little more conscious, I think, of better nutrition."

People need choices, and fast food gives students an alternative to eating on campus, he said.

Amy Wees, a registered dietitian, said health today has become a "real issue."

"You take fast foods when you're in a hurry because a lot of times you have

no other choices," Wees said, "but if you do have a little time, you really are going to be concerned with healthy food."

TCU contracted Marriott, the largest school and college feeder in the United States, to run the food service for the campus in May 1980, Hudgins said. Marriott serves about 40,000 meals each week.

Hudgins said breakfast and lunch are the most popular meals at the Student Center Cafeteria, while dinner is more popular at Worth Hills Cafeteria. At Eden's Greens, lunch is the most popular meal.

The food Marriott serves is not "traditional" institutional food such as casseroles and other mixed foods, Hudgins said.

"This campus requires a special menu," he said. "On this campus we like good food."

"We run the program as prescribed by the university," Hudgins said. "We really want people to feel like we're trying to cater to their wants. We make a very definite effort to make everything balanced."

College students are very "quality conscious," Hudgins said. They want "wholesome food."

They like to be involved in what they're served and have the ability to choose and sample several different items, he said.

Pamphlets and handouts about nutrition are available to students. Wees also plans to set up a table beginning in February to answer questions students have concerning nutrition.

"We will not say you should eat this," Hudgins said, "but we will have information about nutrition available for our customers who want it."

Hudgins said students sometimes complain about prices or the temperature of the food, but the main problem is hospitality.

"We have to work with that all the time," Hudgins said. "They like to be treated like customers."

Donna Storey, a senior dietetic major, works as a marketing coordinator and operates a comment table for Marriott.

Students didn't take the comment table seriously when it first started, Storey said.

But then some members of the track team complained that the Student Center Cafeteria was closed by the time they got out of practice, she said.

"People knew we were serious when we extended our hours to meet their needs," Storey said. "Now we get serious suggestions."

New tax laws cause apartment rents to increase

By Sally Ellerston
Staff Writer

Take this as a forewarning, upperclassmen: If you want to move into an apartment, check the prices first.

As a result of Reagan's new tax laws, apartment managers are having to absorb the loss of the tax write-off they previously received as apartment owners.

Connie Hartlieb, manager of the Arbors of Oakmont, said the tax laws are hurting the apartment managers.

"This area (TCU) is saturated with apartments, so it will hurt (managers), because you can't get tax write-offs on vacant apartments anymore," he said.

Construction of complexes is also declining because of oversupply and the new tax law. Don Mills, assistant vice chancellor for student affairs, said the housing office was trying to figure out how to compete with apartment prices.

"What's been happening in the last year is that apartments have grown so plentiful that more people are moving off campus."

DON MILLS, assistant vice chancellor for student affairs

"We expect that upperclassmen will want to move off," Mills said. "What's been happening in the last year is that apartments have grown so plentiful that more people are moving off campus."

Jack Briley of Briley Research Corporation in Dallas said the new tax laws are not only reducing the incentive to buy apartment complexes, but are also reducing the amount of construction. This means the areas that could use more apartments will suffer more, but apartments will still be built (generally) to demand.

"It will put a strong damper on fu-

ture apartment construction because of the loss of incentive to builders," Briley said. "The favorable improvement comes in response to demand, as opposed to tax incentives."

Because construction will decline, there will be fewer products to choose from. Therefore, Briley said, renters will suffer.

"Rents will go up, no question. But it will not be immediate," Briley said. "The builders are on hold, and rents will be brought up to scheduled rates."

The only way to escape the rising

rates is to invest in a house. Two TCU students disagree.

"There's no way I can afford a house, even though it would be an investment," said Monica Phillips, a TCU junior kinesiology major.

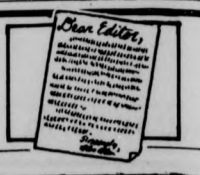
Senior radio-TV-film major Chris Bird said if you can afford the down payment on a house, then it's a good investment in the long run.

"The problem is, even with apartments there are a lot of hidden costs that you just don't anticipate," Bird said.

Hartlieb said the Arbors have a formula for deciding if a potential resident can afford the rent.

"When we figure if a person can afford the rent, that person has to make three times the rent per month to qualify," she said. "The only way TCU students can afford it is if their parents co-sign. There's no way that a person could afford it on a part-time job."

OPINION



Readers tire of issues before resolving them



Michael Hayworth

A Gallup Poll released recently shows that most Americans are tired of hearing about the Reagan administration's Iran scam. That should be no surprise to anyone with ears.

Many people accuse the press of blowing the issue out of proportion in an attempt to sell papers and fill space. Others are simply tired of reading about it every day.

It is true that, many days, there are no developments in the case deserving of the amount of space devoted to the issue. The press runs what it can get, and people grow more weary of hearing about it.

The issue is not that the press is revealing nothing new to read about the case; rather, it is that people don't want to read about it at all. A large portion of the public would prefer to simply let the issue die and "get on with things."

Fortunately, the press has appointed itself to keep that from happening.

When the government does not function correctly, it is the duty of the news writer to report the dysfunction and the duty of the editorial writer to raise a protest.

Some might accuse the press of arrogance.

"Who asked you to play 'watchdog'?" they might ask. Well, no one did. But fortunately for our country, the press took it upon itself to do so.

One of the reasons democracy fails in many third-world countries is the illiteracy of the populace. Democracy, the form of government we champion as best, depends on an educated, well-informed people. When the public turns its back on a problem simply because they are tired of it, our nation has problems.

As a people, we are known for our short attention span. When we grow tired of an issue, we discard it whether it has been resolved or not.

Examples of this abound. Hunger had its day in the news. Photos of starving Asians brought pity into people's hearts and generosity into their checkbooks. However, people soon got tired seeing pictures of starving Asians.

Americans might prefer that the press forget the issue and simply reassure them that everything is fine in America. To do so would leave the press guilty of neglecting their function of making sure the laws of our nation are upheld.

There will be many more stories about Iran scam. If the American people are "tired of reading about it," they can collectively ignore those stories.

But if too many do this, what right do we have to bill ourselves as a democracy?



Enjoy, don't count, blessings



John Paschal

Walking to the refrigerator or down some steps is priceless. Some people know this a little better than others.

My brother, Scott, is a surgeon at Parkland Hospital, the largest hospital in Dallas. He told me a story one day about a young boy who was rushed into the Parkland emergency room with legs burned horribly below the knee.

The boy had witnessed a robbery committed by some acquaintances about his age, and later the same day the boys found him. To make sure the boy would keep quiet, they set his socks on fire and held him down while his legs burned.

A couple of days later, my brother had to tell the boy the infection was severe and that his legs would have to be amputated below the knee.

The boy, about 15 years old, was hysterical—a young man about to be crippled grotesquely. Below his knees, there would be nothing. A few normal days before, he had been running or jumping. Or even sitting, you know, but he still had legs.

Anonymous people continue to enter the doctor's life with burned bodies, or severed limbs or ruptured hearts. The moment he thinks he's seen it all, he realizes that he hasn't.

Scott has many stories—some make you sick, others you almost have to laugh at. One of the stories is rather sad, but maybe

you figure, the guy got what he deserved. The man in his mid-20s came into the emergency room with a bullet in his back. He had been shot during what he said was a gang fight. Scott attempted to treat him, but the man refused. Scott insisted that if he wasn't treated, he might die.

"I don't care if I die," said the man with the bullet in his back. And then he walked out. About two hours later, the same man was wheeled in, reeking of sweat, blood and alcohol. A 12-inch butcher knife jutted from out of his back.

The man, this time, accepted treatment for his wounds. It turned out that the man recovered, but most endings aren't always this "happy."

Scott knows a doctor at Parkland who once treated a critically injured auto crash victim. The victim, barely alive, was so mutilated the sex was difficult to determine. It was finally determined that the victim was a woman.

She was close to death. The doctor opened her chest and performed a heart massage for minutes, hoping to buy time until emergency surgery could be performed.

The woman died there, while the doctor massaged her heart. Another person dead. He found out later the woman was his mother.

There are more stories. People's lives are lost or ruined every day, many times over. In the meantime, I think it a waste of time to count your blessings. I would say instead, rather than count your blessings, enjoy them while you can.

What you don't know can hurt you



Duane R. Bidwell

People boast about the strangest things.

For example, in class last week a middle-aged and supposedly wise TCU grad student—who already has a law degree—proudly announced that he can't repair his car. Instead, he takes it

to a mechanic. "And when the guy tries to explain what's wrong with it," he said grinning, "I just tell him I don't want to know."

In short, repairing cars is a mechanic's job. Lawyers don't mess with it, and mechanics don't mess with lawyering.

There's nothing unusual about that type of thinking. Most grocery store clerks hide from computers. Computer programmers won't bag their own groceries. I can write a news story, but won't attempt a literary analysis—that's only for English majors.

In short, we are a society of complacent specialists. We learn everything we can about one subject and feel complacent because we know someone else will do the things we can't. Because of our expertise in one area, we don't have to fix our own cars, bag our own groceries, program our own computers or argue our own lawsuits. We're pretty proud of that.

We're proud until we discover that our particular specialty can't solve all our problems.

For instance, one Sunday, zooming through the desert at about 70 mph, my car died on a highway 25 miles west of Eunice, New Mexico. Of the people in the car—a journalist, a historian and two geologists—no one knew the first thing about getting the car started. And, it being Sunday and all, it was likely we wouldn't find a mechanic.

We were stuck. None of us was very proud. Although we found a mechanic, the towing bill was hefty, and we lost a few hours of traveling time. Back in Fort Worth, I learned how to repair my car. And I'm not so complacent anymore. Being a free journalist doesn't make me a free person if I can't do things for myself.

In fact, none of us is very free. We're slaves to our specialties. So what if no government restrictions keep us chained to Fort Worth? That freedom doesn't mean anything if we can't leave because our car won't run, and the mechanic's too busy to repair it.

That might not seem bad to some people. They could argue that relying on others to get through life makes us realize we need each other. Instead of making us slaves, they could say, our specialties unite us as people.

But that's not true. For the most part, our specialties cause us to see each other as objects and not as people. The man who repairs my car isn't a person with a family and ideas; he's a mechanic. The woman who checks our groceries isn't a student working her way through college; she's a checker.

There's a tendency to blame that on technology.

"We have to specialize," some say, "and that dehumanizes us." No, it doesn't. We dehumanize ourselves by refusing to learn about subjects other than what we already know.

Things haven't always been that way. Once upon a time, people endeavored to know a little about everything.

For example, my 86-year-old grandfather wired our house for electricity even though he was reared with cob-burning stoves. He knew how to repair a tractor engine and how to harness a horse to a plow. Although he could add, multiply and divide figures in his head, he could also operate a computer.

And because he could do a little of everything, he knew others could too. He never looked at a woman and called her a "cook." Instead, she was a multifaceted person who happened to be pretty good at making a great meal.

The man who distributed pills was never a "doctor," but a person who, among other things, knew how to keep people healthy. To him, people were not objects, but human beings.

But we, in becoming specialized, have allowed ourselves to become just a little less than human. I don't think we're satisfied with it; at the very least, it doesn't serve us well when we can't do what we want to do or talk to each other as individuals rather than objects.

But with a little effort, and a change in attitude, maybe we can reverse that trend. That would be something to boast about.

TCU DAILY SKIFF

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

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

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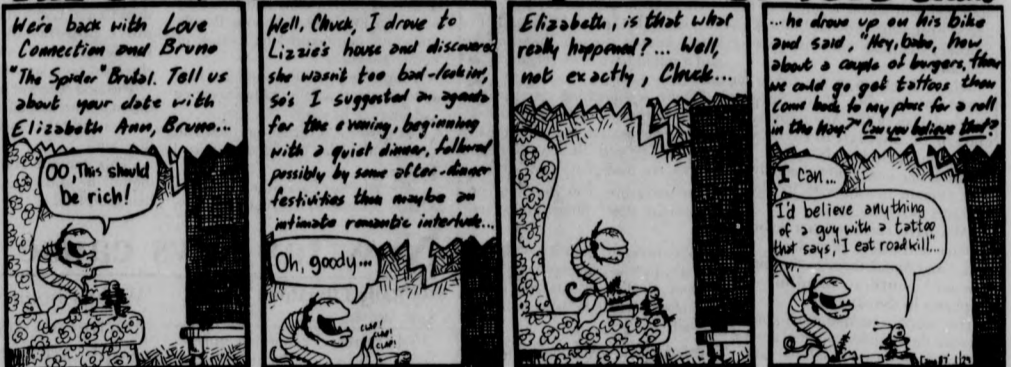
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Washington interns get credit, contacts

Continued from Page 1

"We are looking for people who are prepared, know what they want to do and are adaptable to high-pressure jobs," Alpert said.

After students are accepted as interns by TCU, they must formally apply to the Washington Center. Students live at the Woodner Apartments and attend an academic seminar during their stay. In the past, all students who have been approved by TCU have been accepted by the Washington Center.

After acceptance by the Washington Center, interns begin writing to government offices within their particular area of interest, Alpert said.

Internships are available for a wide variety of career interests. Past interns have worked for the U.S. Treasury Department, the Environmental Protection Agency, Merrill Lynch Stock Brokers and the MacNeil-Lehrer Hour.

A semester at the Washington Center usually costs about \$500 more than a semester at TCU, but Alpert said students save money by not buying books or paying university fees.

A scholarship for a Washington intern has been given in the name of James W. Coody, a former intern who was killed in a car accident two years after his internship, Alpert said.

Students earn 15 credit hours during their internship. Six semester hours are given for the internship, six hours for the bi-weekly journal and 20-page paper turned in after the internship, and three hours for the academic seminar given at the Washington Center.

"After being accepted as an intern, I learned that you usually work over 40 hours per week, but I feel that the effort and energy I put into my job would be well worth the experience gained in the long run," Hill said.

"The 1986 interns told us the TCU students were better prepared because they had clearly defined goals and knew what to expect in the diverse and demanding environment of Washington," Hill said.

The non-credit seminar class students take the semester before they leave will help tremendously, she said.



Crime report - Fort Worth police investigate at the Great Western Motel in the 1900 block of East Lancaster Avenue Wednesday after officers arrested suspects who fled to a room at the motel.

TCU Daily Skiff / Joe Williams

CAMPUS NOTES

RA applications

Applications for residence hall assistants for 1987-88 are available in residence hall offices or in the Office of Housing/Residential Living, Student Center Room 223.

Deadline for applications is Friday.

Casting call

Anyone interested in auditioning for a part in Scott Wilson's film, "Just Leave a Message," should contact him by Feb. 5 at 924-9676 for an interview.

Apartheid film

"Mandela," the second film in the series "An Evening Together/Against Apartheid," will be shown tonight in Student Center Room 205-206. Admission is free.

"An Evening Together/Against Apartheid" is sponsored by Student Activities and Black Student Caucus.

Dance concert

"Young Choreographers '87," featuring original works by graduate dance students Teresa Tang and Dana Nicolay, will be presented Friday and Saturday by the department of ballet and modern dance.

Both shows start at 8 p.m. in the TCU Theater. Admission is free.

Poussaint lecture

"Media and Multiculturalism" is the title of a lecture to be given by Harvard professor Alvin Poussaint Monday. Poussaint is a consultant to "The Bill Cosby Show" and author of "Why Blacks Kill Blacks."

Tickets, available at the Information Desk, are \$1 with a TCU I.D. and \$2 without. The forum starts at 7:30 p.m. in the Student Center Ballroom.

"Media and Multiculturalism" is sponsored by the Forums Committee of Programming Council and Black Student Caucus.

Band concerts

The 8th Air Force Band from Barksdale Air Force Base in Bossier City, La., will join the TCU Jazz Ensemble in a concert at 1:30 p.m. Monday in the Student Center Lounge.

The Jazz Ensemble will be the featured college band in the annual convention of the Texas Music Educators Association Feb. 12 in San Antonio.

Reese named Top Prof

Mortar Board has selected Bill Reese, assistant professor of sociology, as this year's Top Prof. He was honored by Mortar Board and other faculty members at a dinner Saturday. Reese has been at TCU since 1981.

Diet, exercise increase as break nears

By Andrea Heitz
Staff Writer

Weight rooms in the Rickel Building are almost empty now, but as spring break draws near, more and more students will flock to the gym for workouts.

Before spring break, dieting and exercise increase as students try to lose weight and "look good," said Hap Klinefelter, TCU Counseling Center psychologist.

He said that the psychological causes of the trend are understandable.

Klinefelter said in winter months students are bundled up and wearing heavy clothes, but in the spring they wear more fitted clothes and become more self-conscious.

People imagine that others are looking at them and being critical, he said.

College women tend to be more critical of their bodies than men and thus have a greater desire to lose weight quickly, he said.

Although the desire to lose weight before spring break may be understandable, the dieting methods many students use are dangerous, said Nell B. Robinson, chairperson of the department of nutrition and dietetics.

"There is no such thing as a quick, healthy way to lose weight."
NELL B. ROBINSON, chairperson of department of nutrition and dietetics

Crash-dieting, which is a popular way to lose weight quickly, is "abusive eating behavior," Klinefelter said.

Students who starve themselves to lose weight or who "binge and purge," he said, "set themselves up for an eating disorder."

Many students do not realize the danger of crash and starvation dieting; others do not care, he said.

"They want to see the immediate reward and don't care about the price their bodies may eventually have to pay," he said.

Robinson said that diet pills are not good weight loss tools either.

"You can lose weight, but when you go off them (diet pills) you'll gain back more than you lost," she said.

A nutritionally sound diet program, she said, is one that "reduces the calories but still meets the nutritional needs."

Even when reducing calories, though, one should not eat fewer than 1200 calories daily, she said.

Robinson said it is also important that the calories a person eats come from a variety of foods.

This type of diet, she said, will not cause the quick loss of many pounds but will help to keep weight down over a period of time.

"If you lose weight slowly, it will probably stay off," she said.

Both Robinson and Klinefelter said an increase in exercise is necessary for a successful weight loss program.

Diet alone, Robinson said, may help a person lose weight, but "not necessarily where they want it."

"There is no such thing as a quick, healthy way to lose weight," she said.

George E. Harris, associate professor of physical education, said that exercise is an essential part of any weight-loss program because it keeps body metabolism up, and thus burns calories.

Many overweight people, he said, simply "lack muscle tone and strength

in areas where they previously had it."

Such students often use the weight rooms, he said, because weight-lifting creates better muscle tone and makes the body trimmer although not necessarily lighter.

Students who want to burn calories should participate in an aerobic activity such as running, walking or swimming, said Gerald E. Landwer, professor of physical education.

"Continuous time is more important than intensity in aerobic exercise," he said.

People who are less fit, Landwer said, will burn more calories walking briskly than they will running because they can walk longer.

Walking is a better exercise overall for people who are not fit, Harris said, because it is less likely to cause injury than some other forms of exercise.

Runners, for instance, get more knee and shin injuries than walkers do, he said.

One other major factor in weight loss, Klinefelter said, is attitude.

It is important to have a realistic attitude and to realize that weight loss is not going to happen immediately, he said.

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SPORTS



Lady Frogs win

By Rusty McCaskey
Sports Editor

TCU Lady Frogs went into double overtime to capture their first conference victory against Rice, 88-84, in Daniel-Meyer Coliseum Tuesday night.

With 32 seconds left in double overtime and the game tied at 84 apiece, Rice controlled the ball. They tried to work the ball inside, but TCU's Janice Dziuk deflected the ball to TCU's Carol Glover.

Glover was fouled and went to the line with 13 seconds left in the game. With the score tied, Glover connected on both clutch free throws, and TCU led 86-84.

Rice quickly worked the ball up court. Rice's Glenda Jensen lost control of the ball, and it went out of bounds. TCU inbounded the ball to Dana Hargrove. She was fouled with 5 seconds to play, and went to the line.

Hargrove connected on both free throws and put the game on ice for the Lady Frogs.

"We only worked on the defense we used yesterday," said Fran Garmon, TCU Lady Frog coach. "Watching what Rice does, we thought it might work on them, and it did."

"They came in here second in the conference with a 5-2 record," Garmon said. "It was a great win for us." Trailing by 5 points with 52 seconds to play TCU made its move. TCU's Dziuk hit a 3-pointer to bring the Lady Frogs within two points of the Owls.

The Lady Frogs' Dziuk intercepted a pass with 25 seconds remaining, and TCU held on for the last shot. With seven seconds left, the Lady Frogs moved the ball toward the bucket.

Teresa Hudson released a 6-footer as the buzzer sounded. It hit the front of the iron and rolled into the basket. TCU had come back and set the game into overtime.



Whose ball? - TCU's Carol Glover and Rice's Angie Phea battle for a loose ball in the first half of Tuesday night's game at Daniel-Meyer Coliseum. TCU scored a 88-84 victory over Rice.

TCU Daily Skiff / Brian R. McLean

Aguirre scores 10,000

DALLAS(AP)—Dallas Maverick Mark Aguirre's 10,000th NBA point came on a hustling play, which the temperamental small forward might not have made in the past.

Washington's Charles Jones stuffed a shot back in the Dallas Mavericks' face in the first quarter of Tuesday night's 118-113 victory for the Bullets.

Aguirre fought for the ball again and then put it in the basket over the bewildered Jones.

In just five short years, Aguirre, a former All-American at DePaul, had become the first player on the Mavericks to reach the 10,000 point plateau.

Referee Earl Strom stopped the game at the 17,007 fans in Reunion Arena applauded Aguirre and gave the ball to Dallas coach Dick Motta for safekeeping.

He has been Dallas' scoring machine since his rookie year when he averaged 18.7 points per game as he broke into Motta's system which keys around scoring by the small forward.

"He's the best player on our team," said guard Rolando Blackman. "He deserves to be an All-Star and to get 10,000 points."

New behavior guidelines for fans of a Top 20 team



John Paschal

Now that the concept of a sellout in Daniel-Meyer Coliseum is more than just a far, far, far-fetched notion around here, it requires the swelling tide of TCU fans to follow certain guidelines of behavior. No longer are the North Carolinas and Kentuckys the only teams that draw fans like metal shop draws high school low-lives.

Nosireebob, it seems that the Frogs, ranked No. 16 in the nation by AP this week, are beginning to pack 'em in down at Daniel-Meyer. Saturday's game against Arkansas became a sellout Tuesday morning.

I can't tell you last night's attendance at the Rice game, because deadline for this particular publication is 8 p.m. But Wednesday afternoon, just 800 tickets remained.

If this new popularity is indeed fact, we must prepare accordingly. We can't have a bunch of fans clueless about their own behavior when watching a Top 20 team. They mustn't be sitting bewildered, shrugging, looking at the guy next to them for help.

It's like Junior getting his first air rifle. He must read the instructions before he goes out and blows the head off a sparrow.

And thus, definitive rules and guidelines of fan decorum shall be established:

Rule No. 1—Follow no rules. Cuss, chaff, rant, rave, pillage, plunder,

ridicule, ravage, snicker, snigger, spit and scoff. Toss firebombs at the enemy's head coach. Make the leading rebounder fully aware that his mother wears combat boots without socks. Tell the leading scorer he's even uglier in person. Bring voodoo dolls. Don't shave before the game, even you women. Be mean, nasty, vicious and smell bad if possible.

Rule No. 2—Disregard Rule No. 1. All this Top 20 stuff is new to me, and I'm going over starboard side. Sorry.

Rule No. 3—OK, act something in between Rules 1 and 2, with preference given toward 1. Being rowdy and obnoxious will be considered virtuous. Perhaps pillaging and plundering are a little excessive, and maybe firebombing their head coach is cruel and unusual use of firearms. But everything else? Why not. Go ahead, make your night, and regret it in the morning. Nobody ever had major surgery to remove a little regret. This may be your last opportunity for a long time to act like a dunderhead at a TCU basketball game.

But before I make my last pitch for insanity, I'd like to make a few more suggestions. These are legitimate opportunities for asinine fan participation—exactly what we need.

Caroanation Process—Just about every time guard Carven Holcombe scores, he trots downcourt with his fist raised. To help support your local team, when Carven scores, raise your fist in a similar manner. Raised fists in the stands traditionally frazzle enemy nerves.

'Mazin'-Dixon Line Ritual—Guard Jamie Dixon is amazingly successful at launching shots from the 3-point line. He hustles up and down the court, too, but for reasons unknown, his hair remains firmly in place. So when

Jamie makes a 3-pointer, comb your hair. A comely appearance will fool the foes into thinking you're humane. Then when you firebomb their head coach, he won't be expecting it.

Goggle the Mind—Forward Norman Anderson is wearing Kareem Abdul-Jabbar-style goggles because of an eye infection. He had season highs of 12 points and 13 rebounds against Houston Saturday, so maybe the new goggles are helping. If you happen to have goggles handy, put them on when he scores. Sunglasses, do the same. If you have neither, make the "OK sign," turn your hands upside down and place them like glasses over your eyes. Another ranking move to the unsuspecting opposition.

The Very Larry—Forward Larry Richard has the highest vertical leap

and the widest horizontal smile on the team. When Larry yanks down one of his rebounds, leap vertically and smile horizontally. The leap will catch the other guys' attention, and the smile will cause them to wonder what the heck is so funny. While they're wondering about the punch line, Carven will be trotting downcourt with his fist in the air.

Papa's Got a Brand New Gag—Center Tony Papa has a last name that you figure came from his Dad's side, but you're not sure. We must take advantage of that name while it's still here. Every time Papa scores, pick out a gentleman who most resembles your own papa, climb aboard his shoulders and wave. The other team will wonder where the parade is, and the Frogs will virtually lock up the win.



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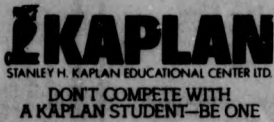
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