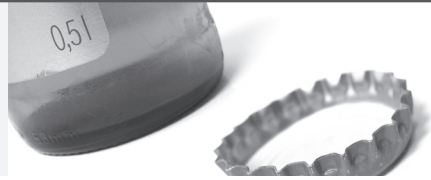
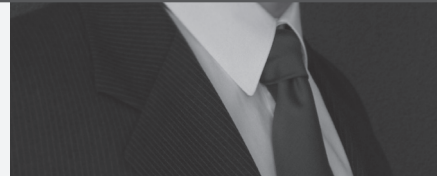


Lady Frogs take down conference rival Air Force. Sports, page 6



Alcohol sales remain steady despite an ongoing recession. Tomorrow in News



The Neeley School of Business names new director of development. Tomorrow in News

ADMISSIONS

# Number of university applicants falls

By Libby Davis  
Staff Reporter

After two years of receiving record-breaking numbers of applications, the university is suffering from a dip in applications, a university official said.

But the lull in applications is not as a result of the failing economy, but because the admissions office eliminated the FastApp, said dean of admissions Ray Brown.

Brown said the FastApp, a simplified version of the TCU application that requires only a transcript and a writing sample, brought in about 1,500 applications for fall 2008. The FastApp, which was first offered to the class of 2003, was intended

to bring in more minority and male students, Brown said. However, Brown said the office saw an increase in applications from students applying to multiple universities because the simplified application made the process of sending out the applications easier.

Even though the university received many applications via the FastApp, Brown said he pressed to eliminate it because the number of students offered admission was smaller and the applications were of lower quality.

"When we eliminated the FastApp this year, we knew there would be some form of a drop-off (in completed applications)," Brown said. "Frankly, I thought it would be more than it is."

| Year                   | Fall 2007 | Fall 2008 | Fall 2009 |
|------------------------|-----------|-----------|-----------|
| Applications           | 10,113    | 10,570    | 9,799     |
| Completed Applications | 6,355     | 6,057     | 6,298     |

Source: TCU ADMISSIONS

Brown said the admissions office has been pleasantly surprised by the increased number of completed applications.

The admissions office has received 9,799 total applications as of Jan. 13 for fall 2009, fewer than the 10,570 at this time last year for fall 2008, a 7 percent decrease. The total number of applications includes both actionable and non-actionable applications, Brown said. An actionable application is one that contains enough information for admissions

to make a decision, while nonactionable applications are missing too much information to be considered for admission, but are still counted in initial application numbers, Brown said.

The number of actionable applications now stands at 6,298 for fall 2009, compared to 6,057 for fall 2008, Brown said.

For the fall 2008 semester, the university received 12,212 total applications,

SEE APPLICATIONS · PAGE 2

TODAY'S HEADLINES

News: Political science professor sounds off on inauguration, page 2

Opinion: Despite ratings, President Bush had high points, page 3

TOP 10 MOVIES  
(millions of dollars)

- 1 Paul Blart: Mall Cop 22
- 2 Gran Torino 22
- 3 My Bloody Valentine 22
- 4 Notorious 22
- 5 Hotel for Dogs 18
- 6 Bride Wars 12
- 7 The Unborn 10
- 8 Defiance 9
- 9 Marley and Me 6
- 10 Slumdog Millionaire 6

— Media by Numbers



Columnists debate how Obama will fare in office. Opinion, page 3



Slim down on a tight schedule with 5 healthy tips. Features, page 4

PECULIAR FACT

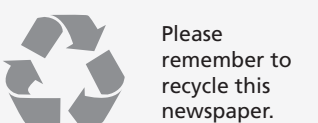
CAPE CORAL, Fla. — Authorities are looking for a shoplifter who was run over twice by her getaway car after stealing \$1,200 worth of designer purses from a Cape Coral store.

— Associated Press

TODAY'S WEATHER

58 33  
HIGH LOW  
Sunny

Tomorrow: Sunny 72 / 41  
Thursday: Mostly Sunny 71 / 53



# NEW ERA



SCOTT STRAZZENTE / Chicago Tribune via MCT  
A spectator examines his camera from a tree at the Obama Inauguration Celebration at the Lincoln Memorial in Washington on Sunday.

Political science professor James Riddlesperger answers questions regarding the historical significance of Obama's inauguration and presidency. See page 2



CHANG LEE / New York Times via MCT  
President-elect Barack Obama and his wife, Michelle Obama, stand at the back of a rail car as their train comes to a slow roll in Claymont, Del., on Saturday.



CHUCK LIDDY / Charlotte News & Observe via MCT  
Thousands of people attend the Obama Inauguration Celebration at the Lincoln Memorial in Washington on Sunday.

# University relations on hold with UDLA

Sister university remains on probation for accreditation

By Justin White  
Staff Reporter

TCU's Mexican sister school, Universidad de las Americas Puebla, remains on probation from accrediting agency Southern Association of Colleges and Schools, but one TCU official said the university is open to restoring a previous agreement if the probation is removed.

David Whillock, dean of the College of Communication wrote in an e-mail that he believes the suspension of the dual degree plan will eventually be lifted and students from UDLA and students from TCU will again have the opportunity for a dual degree from both institutions.

SACS placed UDLA on probation for the second consecutive year last December. The school failed to provide evidence of a sound financial base and stability to support the institution's mission and programs, according to a statement from SACS' Web site.

Whillock said though UDLA experienced some hardships under new rector Luis Ernesto Derbez Bautista, he began to turn the situation around.

"He is in the position to focus the university back to a respected academic institution," Whillock said. "He has begun to hire academics that will return sound credibility back to UDLA."

Former UDLA rector Pedro Angel Palou resigned in November 2007 prior to being put

SEE UDLA · PAGE 2

# Alumna recognized for helping college-bound students

By Elise Smith  
Staff Reporter

An alumna and former physical plant employee has won a university award for her service to college-bound students.

Tara Perez won the Michael R. Ferrari Award for Distinguished University Service and Leadership after she created a program that helps families get their first generation college students into universities.

Though she has left TCU to start a position elsewhere, she said she is proud the College Resource Committee will continue on without her.

"I feel it's in good hands and needed fresh eyes and fresh energy and new ideas," Perez said.

Perez is now an education coordinator at the community service organization Allied Communities of Tarrant and worked her last day as equipment manager in the grounds department at the Physical Plant on Jan. 9.

Perez said that she started working at the Physical Plant as a summer job but ended up staying there for eight and a half years and felt privileged to have met so many

exceptional people through her TCU experience.

Perez said she was a former copy editor and copy desk chief at the Daily Skiff and worked there for five semesters.

Perez said she got the idea to create the College Resource Committee when she talked with the daughter of a person with whom she worked. She said they weren't sure how to prepare the daughter for going to college and she came up with the idea for the program. "It's important for the students to imagine themselves at college," Perez said.

The program is open to the community and TCU employees with children ranging from the sixth grade to the community college level. It gives them information about what classes to take in high school, what scores to aim for on the SAT and how to connect with resources in the community, among other things, Perez said. Past programs have included events for middle school through high school students, where TCU students talk about their college experiences, Perez said.

Perez said that about 200 students are in the program now and most of them stay in the program for an extended period of time

because the students will follow the program throughout their high school and middle school careers. Kay Higgins, associate dean and director of student development, said Perez received the Ferrari Award, including a cash prize of \$5,000, for the creation of the program. Perez said it was a huge surprise to win the award and that she felt honored the university recognized the program and its achievements.

The award was established to honor Dr. Michael R. Ferrari who was the previous chancellor of TCU, said Higgins.

Ferrari was chancellor from July 1998 to summer 2003, according to the Office of the Chancellor Web site.

Higgins said Ferrari was exceptional in his own way and was the chancellor at the time our current mission statement was developed. This is the way the board of trustees honors him, Higgins said.

Ann Loudon, the chancellor's associate for external relations and chair of the committee, said that selection process includes the committee reviewing the applications and narrowing the applicants down to three to be sent to Chancellor Victor Boschini, who ultimately decides the winner.



Courtesy of TARA PEREZ  
Tara Perez poses with Chancellor Victor Boschini as she receives her award Dec. 20, 2008.

Boschini said Perez's College Resource Committee educates one of the benefits on attending college.

The program is important because it is for students of the future and it embodies TCU's mission statement," Boschini said.

Nancy Petruso, associate vice chancellor of donor relations and member of the Ferrari Award Selection Committee, said she was

SEE AWARD · PAGE 2



## NEWS

## INAUGURATION

## Obama a next-generation leader

## Q&amp;A

Patrick Burns  
Staff Reporter

James Riddlesperger is a professor of political science who teaches courses in American politics and issues in political science. He has been a member of the political science department since 1982.

**Q:** The inauguration of Barack Obama will signal a big change because he will be the first black president. Do you think this moment will turn out to mark more than just a change based on race?

**A:** Of course, every transition marks change. History marches on regardless of who the president is, but it is a dramatic change. Among other things, it's a change to a new generation of leaders as well. Obama was born in the 1960s, after Kennedy was inaugurated as president. We've not had a president of that age or that viewpoint before.

**Q:** Obama has shown great admiration for Abraham Lincoln and the way he governed. He's taking the oath of president using the same Bible Lincoln used. Why do you think he aims to emulate Lincoln, and what symbolism does that show?

**A:** Lincoln is widely seen by historians as the greatest president of all time. He shares with Obama a

common heritage of Illinois. Lincoln is the first president to symbolically recognize equal rights for African-Americans. This is almost a full circle inauguration. It was Abraham Lincoln who handed down the Emancipation Proclamation. It's Barack who is the complete fulfillment of that emancipation.

**Q:** Obama chose pastor Rick Warren to do the invocation at the Inauguration. He's fairly conservative, and has said some controversial statements about the gay community, the same community who had a big impact on getting Obama elected. He also often spoke in favor of Proposition 8, which banned gay marriage in California. Obama's decision drew almost universal criticism from the left. Why do you think Warren was chosen, and do you think he made a mistake?

**A:** This decision was an attempt by Obama to bring in people with different religious perspectives. A lot has been said about Rick Warren, but less has been said about the moderator of the Disciples of Christ, who is also going to pray during the inauguration. Less has been made of the fact that a gay bishop from the Episcopal Church is also going to pray. The truth is that what Obama is doing in asking Rick Warren to pray is to say, "I'm not going to forget the Evangelical Christians of the United States, and that I'm their president, too."

**Q:** About the inauguration process itself, how do you think the process will go? What do you expect his speech to be like?

**A:** There's actually a wonderful anecdotal story about his putting



JAMES RIDDLESPERGER

together of his speech, that ties him back to Abraham Lincoln. Lincoln's second inaugural address is widely seen by scholars as one of the three or four most singular state papers we have in the United States. It's the speech where Lincoln says, "With malice towards none, and charity towards all. Let us do the right which God has given us to see the right." That is just a brilliant piece of rhetoric, and it reflects in some ways, someone who wants to get beyond conflicts that make the things we've been talking about pale in comparison.

I think Obama thinks of that kind of high-minded rhetoric as a goal for his administration, and he has said to numerous people as he has been drafting his inaugural address, that he wants it to emulate Lincoln. He wants it to be short. He wants it to be to the point. He wants it to express values that he feels comfortable within the American tradition. But, when he looks at Lincoln's address, he thinks, "How am I ever going to do that?" So that's what's going into the preparation and we'll see if he's up to the task.

"Tara is a remarkable woman and is tireless in her activity. She embodies deep compassion, a sense of inclusion and she knows knowledge is the path to many opportunities," Higgins said.

Higgins said the criterion of the award requires someone to achieve something exceptional outside the specific definition of his or her job description and Perez encompassed that.

## AWARD

continued from page 1

impressed by the way Perez created an entire program and managed it single-handedly for four years.

## APPLICATIONS

continued from page 1

Brown said.

Freshman admissions director Wes Waggoner said that to maintain high application numbers, the office sent out admission and scholarship decisions faster than in previous years.

A December 2008 survey of 371 private universities conducted by the National Association of Independent Colleges and Universities stated that two-thirds were concerned with preventing

a decline in enrollment due to the economy.

Mike Scott, director of scholarships and student financial aid, said the university budget for financial aid is expected to increase by 5 percent this year. Despite concern about the economy, Scott said the his office has not seen an increase in calls regarding questions about scholarships.

Brown said even though this is the second recession the universities has faced recently, he thinks that its stance on offer-

ing financial aid to as many students as possible helps to lessen the blow of the failing economy. According to the financial aid Web site, 70 percent of students receive some kind of monetary aid.

Waggoner said the university is not overly concerned with a dip in enrollment for fall 2009 because he believes the strength of its reputation and the stability of the university is enough to encourage students and parents to commit despite the state of the economy.

## UDLA

continued from page 1

on probation in December of the same year. Derbez Bautista began his first term in April of 2008.

Whillock also said that TCU suspended a dual degree program between the two schools after attacks on UDLA's student newspaper and the firing of faculty without due process.

"The university felt it would be better to suspend our agreements until something changed and UDLA was progressing toward a more academic and democratic direction," Whillock said.

Chancellor Victor Boschini said the dual degree program allowed students to take some of the same

classes at UDLA that can be taken at TCU.

"What we do is just certify that the courses they offer there transfer here and vice versa," Boschini said.

Jane Kucko, director of the Center for International Studies, said some students are not aware that TCU has a sister school, and that it has been two years since TCU has had a student go to UDLA. Along with study abroad programs, there are exchange programs, such as the previous program with UDLA, she said.

According to SACS' disclosure statement, SACS will again consider the status of UDLA in December. The statement also said the commission will have the op-

tion of removing the probation or removing UDLA's accreditation.

UDLA was originally warned by SACS in January of 2007. Later that month, UDLA stopped publication of its school newspaper, La Catarina, for criticizing administrators, students said. However, publication resumed two weeks later.

In April 2007, 15 faculty members and five Board of Trustee members were relieved of duty. In September 2007, TCU put relations between the university and UDLA on hold until both schools shared the same values, Whillock said.

Maria Lopez Aguilar, UDLA spokeswoman, has not replied to an e-mail requesting comment.

## BASKETBALL

continued from page 6

unable to put the game away. A guard-heavy lineup quickly changed that in the second half.

"We were playing with essentially five guards [in the second half]," Mittie said. "I'm not very happy right now with our inside play and the rebounding and the toughness that they are capable of giving us is very spotty right now."

In the second half, TCU's small

lineup came out of the locker room firing on all cylinders.

"We just moved the ball really well, and when we're hitting our shots it's going to be hard to beat us," sophomore forward Emily Carter said.

TCU's lead grew to a 45-24, and Air Force would never get within 20 of the Lady Frogs again.

"I just talked at halftime that we were going to fly around and be active and get loose balls, and we saw more hustle plays in the second half," Mittie said.

The Falcons were held to only 22.6 percent shooting in the second half, while TCU improved to 48 percent shooting in the game, allowing coach Mittie to give some of his starters an extended break in the second half.

Up next for the Lady Frogs are two games on the road against the University of Wyoming and the University of New Mexico.

The Lady Frogs will return Jan. 28 to face San Diego State University at Daniel-Meyer Coliseum.

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# OPINION

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*The Skiff View*

## Change will require endurance, support

Today is a watershed moment in American history as Barack Obama is sworn in as the 44th president of the United States. Never before in the lifetime of many Americans has such a frenzy been made over a new president. More than 2.5 million people are expected to attend the Inauguration ceremony, according to CNN.com.

While it is important for Americans to put their party affiliations aside and try to support the new president, it is also important to have realistic expectations for Obama's presidency.

Once all the fanfare dies down and the crowds in Washington thin out, Obama will be left to make good on all the promises he made to the country.

Though both houses of Congress are currently controlled by the Democrats — which will make pushing his platform of change forward much easier — Obama alone cannot be expected to be the savior of the American people.

A president depends on thousands of bureaucrats in order to carry out his duties. Some Cabinet members will no doubt become embroiled in scandals or fail to live up to their expectations.

No president can be expected to be perfect. Even the best laid plans don't always produce the ideal result.

It is good to see the American people have faith in their new leader and Obama does have a strong chance to change the country for the better.

However, it is important not to get caught up in the moment and to realize a lot of work remains to be done.

Change will not be a quick and easy process. The country needs to be ready to endure the growing pains it will take to get there.

*Associate editor David Hall for the editorial board.*

The Skiff View represents the collective opinion of the editorial board.

### YOUR VIEW opinion@dailyskiff.com

#### Outward display of faith not an indicator of spirituality

Mr. Weatherford ("Obama must demonstrate true faith," Jan. 16) should remember that outward religious expression is not always a reliable indicator of a relationship with God. After all, the most religious people in the New Testament were the Pharisees, who were all about showing how religious they were, without actually taking God's

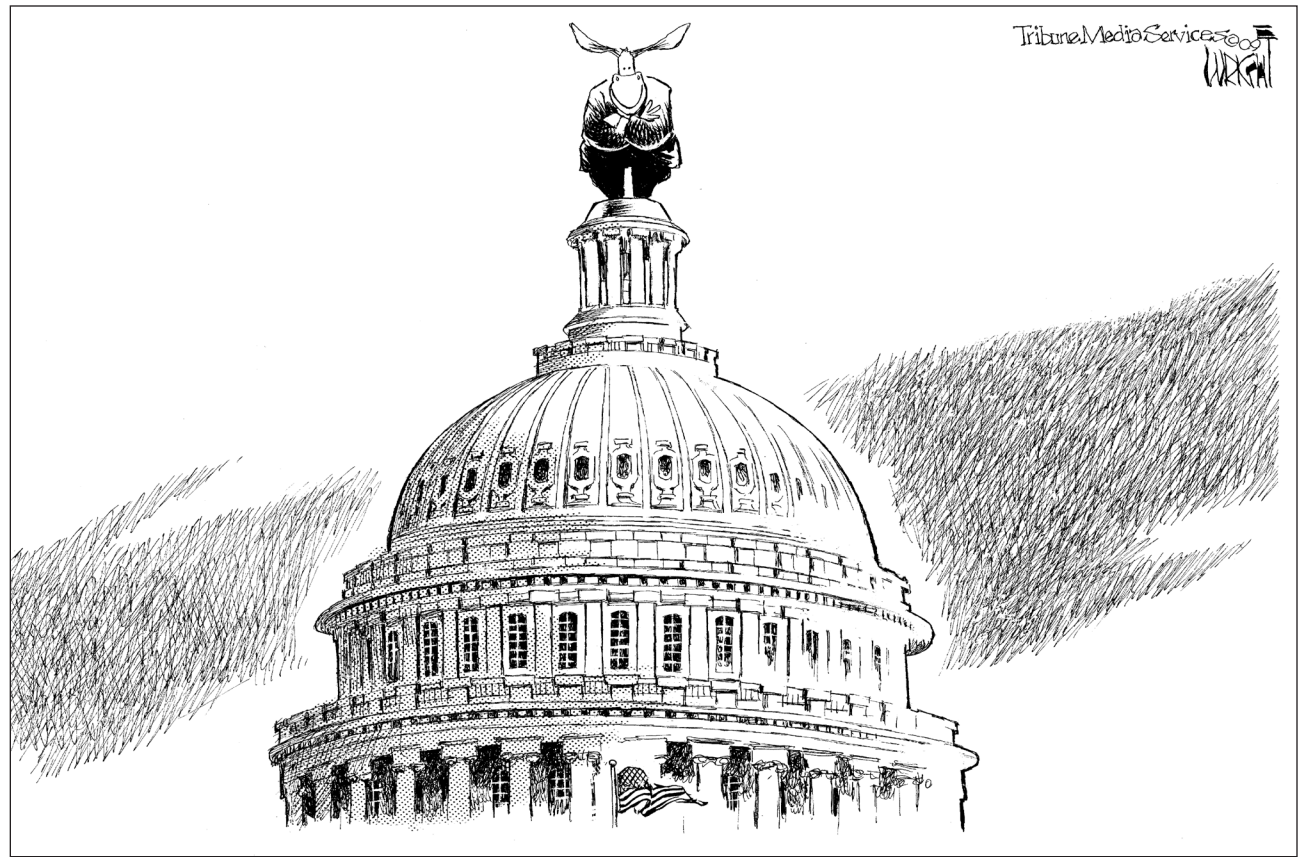
teachings into their hearts.

In Matthew 23:28, Jesus said of the Pharisees, "...On the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness." If Obama prefers to pray in private, rather than in front of all of the cameras, we need to let him.

*Steve Levering is an instructor at the Schieffer School of Journalism*



SXC.HU



*Don Wright is a political cartoonist for The Palm Beach Post.*

## History will remember Bush's strong leadership



MAX LANDMAN

In his farewell address Thursday night, President Bush thanked the American people for giving him an opportunity to serve. But most Americans weren't thinking, "You're welcome, Mr. President."

Closing his presidency with a 34 percent approval rating, according to a Gallup poll, Bush will leave as one of the most unpopular presidents ever, and there's good reason for that.

For liberals, his embrace of faith-based programs, opposition to gay marriage and stem cell research and his traditionalist stances on social policies have left more than a sour taste in their mouths. For conservatives, his watch over unprecedented growth in government spending and national debt have left no sweeter an impression. His handling of the war in Iraq frustrated people in every corner of the political spectrum.

But despite his failures, Bush has done great things, and history will remember him better than his approval ratings now suggest.

Foremost of these was the president's

handling of the months following the terrorist attacks of Sept. 11. He guided and consoled the American people with strength common among great leaders in history. I dare say I have never been more proud to be an American than when he threw out the first pitch, a strike, at game three of the 2001 World Series at Yankee Stadium.

You could say that was little more than a footnote in the grand scheme of things, but you have to remember the weight of the moment, and how badly our country needed something to cheer. In a time when our nation collectively felt more vulnerable than it had in more than five decades, Americans took solace in the fact that their president was a strong man with strong values. That is something for which we should all be thankful.

In Iraq, a country that once seemed a wasteland brought on by American arrogance, the desire for a free society burns brightly in the hearts of so many peace-loving people. Imagine that in a period of less than 10 years, a Middle Eastern nation could change from being gripped by the tyrannical hands of a merciless dictator to an imperfect, but genuine democracy.

Now that American and Iraqi officials took the final steps late last year to agree on the withdrawal of American troops by the end of 2011, that prospect is becoming a reality. That freedom comes at a very high price, but it is a price so many

Iraqis and Americans were willing to pay.

None of it would have been possible if Bush would have caved when the war reached its lowest point, but the president never wavered from his resolve to spread freedom and defeat its enemies.

On this last day of Bush's presidency and the first of Barack Obama's, most of us will be glad to look forward and not back, embracing our new leader and hoping and praying he can help our economy rebound along with our position in the world. These are awfully high expectations for a new leader. To fulfill them in the least, Obama will need some of Bush's qualities, qualities that Bush reminded us of in his farewell speech. Whatever your opinion of the 43rd president, he is a man of deep convictions and resolve — a man who wasn't afraid to state moral absolutes.

"... [G]ood and evil are present in this world, and between the two of them there can be no compromise," Bush said.

No matter which side of the political fence one stands on, everyone should hope Obama will have the courage to execute his vision from solid ground. May the new president know his absolutes and never be afraid to stand on them when times get tough.

*Editor-in-chief Max Landman is a senior news-editorial journalism major from Uvalde.*

### POINT • COUNTERPOINT

## Is Obama the man America needs to catalyze change?

*Obama not the solution to America's problems; Economic crisis larger than one man*



ASHLEY TAMBUNGA

Today marks the beginning of "change."

It is a change from Bush and what Americans have felt both dissatisfied and comfortable with, but the fact is that we are still in an economic crisis, and no amount of goodwill and high hopes can get us out of it.

Despite the variety of political views, backgrounds and majors here at TCU, everyone is in for a world of hurt after graduation no matter who the president is.

It can't be said that people seeking jobs in fields that were traditionally safe, such as business, nursing or education, shouldn't worry, because lately nothing looks hopeful.

You may have noticed that gas prices and the roller-coaster ride that we call a stock market are completely out of control.

Other than an additional \$825 billion in proposed bailouts,

which did little or nothing the first time around, we haven't seen anything that would make us believe Obama can change anything.

The national debt is more than \$10 trillion and has increased by an astonishing \$3.37 billion every day since September 2007.

And yet somehow Obama's plan to spend billions of dollars while in office seems to soothe the minds of we the people. If the idea to pay off everyone's mortgages and school loans solidifies during his term, then yes, change would definitely be in America. But is it a change for the better?

It is an entirely unrealistic expectation that Obama will float into the Oval Office on wings of seraphim and America's problems will magically be repaired.

Every president hopes to change America, and now America is taking a deep breath and plunging into the next four years, not really knowing what to expect. We're all in eager anticipation for what's going to come. Just take a deep breath and hold on, if not for a year then for another four.

*Ashley Tambunga is a junior English major from Fort Worth.*



MCT.COM

*Obama's presence in White House enough to instill hope, mobilize Americans to rally behind change*



VLORA BOJKU

Finally, the day has come when we can begin a positive change for our nation.

The past eight years have left our economy and civil liberties in the tank, and executive authority expanded to the point that must have the Founding Fathers turning in their graves.

As power shifts to President Obama, it will come as a complete contrast to the Bush doctrine.

We have one important change already enacted on day one — the opportunity to hope for a better future.

Change was the battle cry of Obama's campaign and the foundation of his belief system. There is no doubt that he will change the status quo.

As a former professor of constitutional law, Obama has a deep-seated love and respect for the constitution and has vowed to reverse many of the executive orders Bush used to expand his authority and legalize things like waterboarding.

It is impossible to know everything

the future will bring, such as how long the economy will be in a downturn, how many jobs will be cut and how many more companies will want tax dollars for another ever-dreaded bailout.

But we do know some things for sure.

We know we can look forward to a gradual end to the war in Iraq which has cost thousands of lives and drained our nation financially. We know we can look forward to improved standing in the eyes of the world, and we can expect a shift in executive attitudes toward equality, fairness and respect of everyone in America and even beyond.

As he stated in his election victory speech, "This is our moment. This is our time."

And although this time is scary, with Obama leading us we can't just resign ourselves to the idea that change is impossible. If we don't believe in our own ability to make a difference, how can we expect other nations to look to us for guidance.

Bush's tyrannical reign will officially end at noon today. Let the bells ring, whistles blow and confetti be thrown at this joyous occasion, and don't stop believing the "yes we can" philosophy.

*Vlora Bojku is a junior business major from Colleyville.*



# FEATURES

Find out how to get your foot back in the door of job opportunities. Friday

# 5 Ways to stay healthy

By Chance Welch  
Features Editor

## 1 Balance your meals

Most students probably worry about balance when it comes to time for study, work and play, but careful consideration is needed for that next visit to Market Square. Nutrition counselor Stephanie Dickerson said adding fruits and vegetables to the meals ordered in the Brown-Lupton University Union will give some diversity to your daily diet.

For Stacks Deli, Dickerson suggested lean meals like the turkey sandwich but warned against adding excessive condiments and cheese.

For Shuffles, she said that even salads can be unhealthy if there's too much dressing and not enough color. The average serving size for dressing is 2 tablespoons.

At Il Trattoria, Dickerson said a serving of pizza is OK in moderation, but shouldn't be an everyday habit. "Even with the pizza, get vegetables or fruit," Dickerson said. It's all about balance.

After all, your food pyramid shouldn't resemble a big slice of the pie.



For a video of healthy eating choices at Market Square, go to [DailySkiff.com](http://DailySkiff.com)

## 2 Take a bike or a hike

Mary Ellen Milam, associate director of campus recreation, suggested parking farther away from your class to walk more or not taking your car at all instead of looking for that coveted last parking spot. Riding a bicycle or putting on your walking shoes will benefit you and the environment in the process, Milam said. Fitting a visit to the University Recreation Center into your schedule for

at least 30 minutes of cardiovascular exercise (which Milam said would mean raising your heart rate to an "active zone") a day three to five times a week will benefit your body in the long run, she added.

But Milam said you don't have to always make it to the gym to stay active.

"They have found studies that show that if you do three 10-minute sessions you can get just as much of a benefit," Milam said. "So if you are walking to and from class and you park as far away as you can and you do that aerobically in that sense, it's a ten minute walk to your first class and you're walking between your classes and you could walk home."

Kinesiology assistant professor David Upton, who has professionally made fitness programs for clients ranging from average Joes to professional athletes, said these trips to class on the bike or by foot should be a supplement to exercise and not a replacement for exercise.

## 3 Get some sleep

Milam said lack of sleep can be a contributing factor to obesity. Also, the quality of food choices that students have when they are cramming for an exam at three in the morning aren't exactly healthy.

"A healthy tip would be that you are getting enough sleep," Milam said. "For some people that's eight hours, for some people that's six, but I don't think anything less than six is a healthy choice."

College dorm classics like ramen noodles (high in sodium) and Kraft Easy Mac (high in fat) can be replaced by low-sodium soups or, as Milam suggests, meals that have been cooked ahead of time for those late-night moments when you don't have the motivation to break out the pots and pans.

"I know that a lot of students who live on campus especially don't have a lot of storage when it comes to a freezer and things like that," Milam said. "But Sunday afternoons for me are when I can prepare all of my lunches for the week and so I'll make things, freeze them and I have them to bring with me instead so I won't say, 'Oh, I can just run to Jack In the Box or something like that.'"

## 4 Stick with it

Milam is hesitant to use the word "diet" in terms of a program. By definition, when you go on a diet, you will eventually have to go off a diet. Milam said eating healthy and exercising should be considered a lifestyle that's ongoing rather than a diet that begins and ends at some point.

Milam said she has seen students in the past who have been motivated to come to the Rec Center and have taken on more than they could handle, ending up burned-out after only a few weeks never to return to the gym.

"You have to start out slow especially if you haven't been a part of an active lifestyle," Milam said. "You have to understand that just like as a baby, you don't start out running. When you start out, you learn to walk and then walk faster and then run. It's the same thing with exercise principles."

Upton said his best piece of advice would be to plan your workout just like you would classes and extracurricular activities.

"If time is a big consideration, then if you have times that are a little longer on a couple days, you can do weight training for 30 or 40 minutes and cardio for 20 minutes back to back so now you have an hour invested," Upton said.

If you do that twice a week and just do cardiovascular exercises for 20-30 minutes, it won't be "Do that twice a week. Three other days you just go in and do cardio for 20 or 30 minutes so that it's not big time game."

Upton said that when it comes to weight training, your body needs 48 hours to recover from your last workout. Therefore your schedule should have you pumping iron Monday, Wednesday and Friday, leaving a day between each visit.

## 5 Safety first

One of the first things Milam said people will do when they decide they want to lose weight is cut down on calories, which is a mistake that could lead to health problems.

When it comes to number crunching, Milam said to keep the average daily amount of 2,000

calories and just replace the sources for them with healthy alternatives. Extreme diets like "crash diets" that deprive your body of calories to lose weight in a short amount of time will eventually pack the pounds back on when you stop, creating a "yo-yo" effect.

"People who go on really restricted 'liquid diets' or something like that, the body goes into starvation mode and that means it shuts down your metabolism," Milam said. "It slows it down and it's going to process much slower because it doesn't know when it's going to be fed again. What that does in slowing down your metabolism is when you start eating regularly again, it's not processing as well as before."

Milam said cutting down on calories should only come in to the weight equation if you are consuming 4,000 or more calories.

Another way to prevent a workout-related injury is to stay flexible with stretching exercises for 15 minutes a day. Whether it comes before your workout or while watching your favorite TV show at home, Upton suggests that staying flexible through simple stretching or yoga for at least five days a week will prevent an injury at your next trip to the gym.

"What happens with a lot of people who begin an exercise program is that they get started and because they have restrictions in certain areas they come up with an injury and their whole workout plan is scrapped," Upton said.

Staff reporter Chilton Tippin contributed to this report.

## Eat this, not that

Some college cuisine classics have healthier alternatives, won't sacrifice taste for less fat

Instead of toaster pastries...

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Brown Sugar Cinnamon Pop Tart |                      |
| Serving Size 1 pastry         |                      |
| <b>Amount Per Serving</b>     |                      |
| Calories 210                  | Calories from Fat 70 |
| <b>Total Fat</b> 8 g          |                      |
| <b>Sodium</b> 190 mg          |                      |

... try instant oatmeal.

| Nutrition Facts                       |                      |
|---------------------------------------|----------------------|
| Quaker Cinnamon Spice Instant Oatmeal |                      |
| Serving Size 1 packet                 |                      |
| <b>Amount Per Serving</b>             |                      |
| Calories 170                          | Calories from Fat 20 |
| <b>Total Fat</b> 2 g                  |                      |
| <b>Sodium</b> 250 mg                  |                      |

Instead of beef chili...

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Wolf Brand Regular (No beans) |                      |
| Serving Size 1 cup            |                      |
| <b>Amount Per Serving</b>     |                      |
| Calories 390                  | Calories from Fat 25 |
| <b>Total Fat</b> 26 g         |                      |
| <b>Sodium</b> 1080 mg         |                      |

... try turkey chili

| Nutrition Facts                    |                      |
|------------------------------------|----------------------|
| Wolf Brand Turkey Chili (No beans) |                      |
| Serving Size 1 cup                 |                      |
| <b>Amount Per Serving</b>          |                      |
| Calories 170                       | Calories from Fat 25 |
| <b>Total Fat</b> 2.5 g             |                      |
| <b>Sodium</b> 1340 mg              |                      |

Instead of Progresso...

| Nutrition Facts                               |                      |
|---|----------------------|
| Progresso Vegetable & Beef Microwaveable Bowl |                      |
| Serving Size 1 cup                            |                      |
| <b>Amount Per Serving</b>                     |                      |
| Calories 110                                  | Calories from Fat 80 |
| <b>Total Fat</b> 1.5 g                        |                      |
| <b>Sodium</b> 830 mg                          |                      |

...try Campbell's

| Nutrition Facts           |                      |
|---------------------------|----------------------|
| Campbell's Vegetable Beef |                      |
| Serving Size 1 cup        |                      |
| <b>Amount Per Serving</b> |                      |
| Calories 90               | Calories from Fat 10 |
| <b>Total Fat</b> 0.5 g    |                      |
| <b>Sodium</b> 880 mg      |                      |

instead of regular chips...

| Nutrition Facts                     |                      |
|-------------------------------------|----------------------|
| Lays Barbecue Flavored Potato Chips |                      |
| Serving Size 1 oz.                  |                      |
| <b>Amount Per Serving</b>           |                      |
| Calories 150                        | Calories from Fat 90 |
| <b>Total Fat</b> 10 g               |                      |
| <b>Sodium</b> 200 mg                |                      |

... try baked chips

| Nutrition Facts                           |                      |
|---|----------------------|
| Baked Lays Barbecue Flavored Potato Chips |                      |
| Serving Size 1 oz.                        |                      |
| <b>Amount Per Serving</b>                 |                      |
| Calories 120                              | Calories from Fat 30 |
| <b>Total Fat</b> 3 g                      |                      |
| <b>Sodium</b> 210 mg                      |                      |



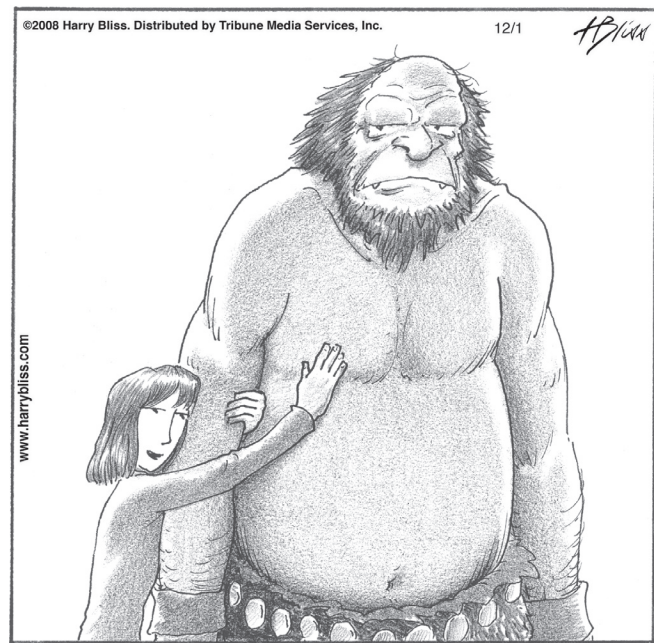
# ETC.



**Today in History**  
 Minutes after Ronald Reagan's inauguration as the 40th president of the United States, the 52 U.S. captives held at the U.S. embassy in Teheran, Iran, are released, ending the 444-day Iran Hostage Crisis.  
 — History Channel

**Joke of the Day**  
 Q: What did one plate say to the other plate?  
 A: Lunch is on me!

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

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

See Wednesday's paper for sudoku and crossword solutions.

**Friday's Solutions**

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

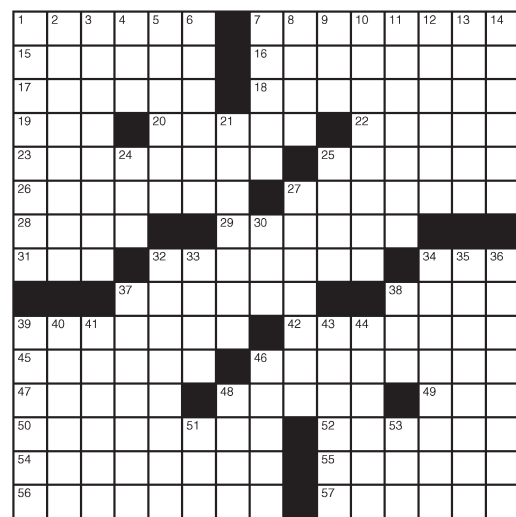
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- ACROSS**  
 1 Louisiana county  
 7 Microscopic layer  
 15 Hardy shrub of the honeysuckle family  
 16 Source of agar  
 17 Small change  
 18 Inborn behavior  
 19 Bother  
 20 Torn tickets  
 22 Toddler's wheels  
 23 Squash pigment  
 25 Sporting dog  
 26 Wins by charm  
 27 Walks of life  
 28 Made a hole-in-one  
 29 Voiced one's thoughts  
 31 But, to Brutus  
 32 Depended on  
 34 Shoot the breeze  
 37 Skulls  
 38 \_\_\_ Verde National Park  
 39 Redhead duck  
 42 Museum guides  
 45 Intertwine  
 46 Plants with funnel-shaped flowers  
 47 In the rigging  
 48 Sheds skin  
 49 Can material  
 50 Have a ball  
 52 Apparel  
 54 Sap of energy  
 55 Moves in and out  
 56 Final courses  
 57 "Gunsmoke" star



By Matthew Higgins  
 Concord, NH

1/17/09

**Friday's Puzzle Solved**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | A | W | E | D | B | A | E | Z | A | P | E | R |   |
| P | R | I | Z | E | U | L | N | A | S | I | Z | E |   |
| P | A | P | E | R | T | R | A | I | N | C | L | E | M |
| E | R | M | A | S | G | T | B | I | L | K | O |   |   |
| A | M | O | A | M | P | M | A | R | A | I | D |   |   |
| D | O | U | B | L | E | S | P | A | C | E | G | E |   |
| Z | I | T | O | R | A | E | D | W | E | L | L |   |   |
|   |   |   |   |   | O | Y | S | T | E | R | B | A | R |
| S | C | E | N | E | V | O | A | A | G | F | A |   |   |
| T | O | N | S | Q | U | E | E | Z | E | P | L | A | Y |
| A | R | T | N | U | N | G | A | M | A | X | E |   |   |
| T | O | R | T | O | I | S | E | A | B | E | S |   |   |
| I | L | I | E | N | A | T | U | R | A | L | G | A | S |
| O | L | E | S | C | F | O | S | R | O | O | M | Y |   |
| N | A | S | T | Y | E | N | S | K | I | W | I | S |   |

39 Rang out  
 40 Surfing the internet  
 41 Sections of garlic  
 43 Canada's capital  
 44 Loser at Little Bighorn  
 46 Leaders of the Roman Catholic Church  
 48 Mongrel  
 51 Black gunk  
 53 Author of "Saving Fish from Drowning"

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# SPORTS



See how the men's basketball team is preparing for Wednesday's home game. Tomorrow

## WOMEN'S BASKETBALL

# TAKING OFF



Junior guard TK LaFleur, right, gets past Air Force forward Kathleen Schjodt during Saturday's game. LaFleur led the team with 18 points in the Lady Frog's win over Air Force.

JASON FOCHTMAN / Multimedia Editor

## Lady Frogs ground visiting Falcons

By Josh Davis  
Staff Writer

Following Saturday's game against Air Force, women's head basketball coach Jeff Mittie said the Lady Frogs need to do a better job of maintaining their focus if they hope to build on the early success they have had in conference play.

If the team lacks focus at times, it didn't show it against Air Force, as the Lady Frogs won 79-43.

"The first half I thought was just kind of up and down," Mit-

tie said.

The Falcons, who fell to 4-13 overall and 0-4 in the Mountain West Conference, had trouble matching the Lady Frogs' athleticism, but TCU, who now holds an 11-6 overall record and a 3-1 mark in conference play, kept Air Force in the game by virtue of its own errors. TCU overcame a sloppy start on both halves of the court, as the team failed to secure rebounds and had trouble handling the ball.

The Falcons' only lead came in the first minute of play. The Lady Frogs began to pull away early ben-

efitting the speed of junior guard TK LaFleur and a complementary performance from sophomore guard Helena Sverrisdottir, who added 15 points, six rebounds and a team-high six assists in 28 minutes of work.

Mittie said he was mostly happy with the team's ability to pass the ball.

"I think we got [the ball] to the right person, but I think we're still a hair late," Mittie said.

LaFleur, who finished the game with 18 points and nine rebounds, said her teammates helped her have



To view a slideshow of the game, go to [DailySkiff.com](http://DailySkiff.com).

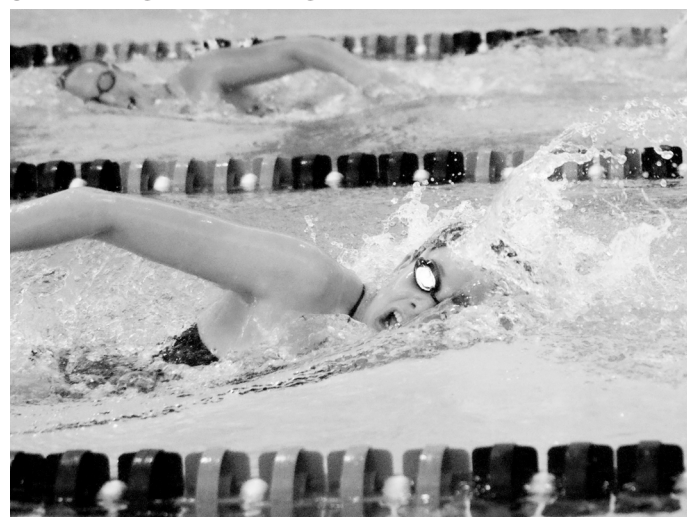
a successful night on the court.

"I was just playing and feeding off my teammates," LaFleur said. "It was a team effort and good timing from my teammates."

TCU moved its lead to 34-24 by halftime, with Air Force unable to close the gap and the Lady Frogs

SEE BASKETBALL · PAGE 2

## SWIMMING AND DIVING



PAIGE MCARDLE / Design Editor

Sophomore Maria Alvarez races in the 1,000-yard freestyle during the last home meet of the season against San Diego State University and Centenary College Saturday. Alvarez placed first in the event.

## H2O Frogs sweep final home meet

By Patrick Burns  
Staff Reporter



To view a slideshow of the meet, go to [DailySkiff.com](http://DailySkiff.com).

Saturday's successful meet held special significance for the senior members of the men's and women's swimming and diving squads. It was the final home meet of their careers at TCU.

"It's always good to go out on top," said senior swimmer Jason Hauck. "I've been swimming and participating in meets here for four years, so it's sort of strange knowing I'm not going to be coming back, but it's a good way to go out."

The H2O Frogs swept the three-team meet in the University Recreation Center, defeating squads from San Diego State University and Centenary College of Louisiana.

The women won two matches, defeating conference opponent San Diego State 85-55,

and Centenary College by a score of 80-51.

Head swimming coach Richard Sybesma said the women had a good meet overall, winning 14 out of 16 events.

"The girls really swam well," Sybesma said. "It wasn't quite as an emotional meet as the Utah meet, but we won on talent today, and they rose to the occasion. Plus, when you go 1-2-3 in events, that's huge points."

Sophomore Maria Alvarez continued her recent hot streak, winning the 500-yard and 1000-yard freestyle heats. Sophomore Britney Martinez also won in the 100- and 200-yard backstroke events.

Martinez said the support of her teammates helped her and the team in their victories this season.

"Our team is exceptional this year," Martinez said. "It's really been fun this year. We really feed off each other. The boys feed off of us, and we feed off of them."

The men also defeated Centenary College, 82-48.

Freshman newcomer Laszlo Gyurko had a big meet, notching victories in the 50-yard and 500-yard freestyle events.

Sybesma said Gyurko's performance impressed him, especially after his condition the day before.

"Yesterday, he was saying that he was tired and didn't feel right," Sybesma said. "Then today he busts out and does so well."

The University of New Mexico, another conference rival, is up next for the women's team, which will travel to Albuquerque, New Mexico, for a meet Friday. New Mexico doesn't have a men's swimming and diving team.

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