

FEATURES | 4

USING GOOD FORM

Our editor in chief learns that just because a workout seems easy, doesn't mean it won't hurt in the morning.



NEWS | Coming tomorrow

THE BIRDS

University employees are dumping on the campus grackles before they dump on you.

TCU DAILY SKIFF

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THURSDAY, MARCH 9, 2006

VOL. 103, ISSUE 86

Suit to be dismissed, attorney says

Case not enforceable in court, official says

By RYAN WILCOX
Staff Reporter

A judge is ready to dismiss the case of a former TCU track athlete in his attempt to sue the university for a release to transfer to the University of Texas at Austin, the athlete's attorney said.

Tom Phillips, an attorney for former TCU athlete Jacob Hernandez, who filed against the university for

a release to transfer in May, said an order of dismissal in the case has been passed on to the judge but said he is not sure if the judge has signed it yet.

Phillips said he and J. Shelby Sharpe, another attorney for Hernandez, have exhausted all appeals on Hernandez's behalf.

"Time has run out for Jacob to seek any official legal remedies," Phillips said.

TCU would not grant Hernandez's request because at the time

of the request to transfer, UT was ranked in the top 15 of track programs nationally.

TCU Transfer Release Policy states that a student-athlete can not transfer to any school in the top 15 in an NCAA poll or in the Mountain West Conference.

The NCAA one-time transfer exception requires student-athletes to wait a year after transferring to another institution before competing. However, if a student-athlete's previous institution agrees to the

exception in writing, a student-athlete can participate the next academic year.

TCU did not agree to the exception and Hernandez was given a hearing in front of the University Appeals Committee. Associate Provost for Academic Support Leo Munson chairs the committee.

Marc Evans, director of athletics compliance for TCU, said he would not comment on the case.

"We have been told that we See **LAWSUIT**, page 2



STEPHEN SPILLMAN / Photo Editor

Camille Dungy reads portions from her book "What to Eat, What to Drink, What to Leave for Poison." Dungy spoke in the Woodson Room at a luncheon for International Women's Day Wednesday.

Poet: Women need to make own decisions

By LYDIA AKINDE
Staff Reporter

It requires risk and danger for women to move on in life and strive for freedom to live better, a poet at the International Women's Day Luncheon said Wednesday.

"You are lucky if you have a lot of money and freedom, but that's not the case for women who don't have the access that we have here," said Camille Dungy, assistant professor of English at Randolph-Macon Woman's College in Virginia.

Referring to her poem, "Diana in the Box," which she recited at the luncheon, Dungy said, women have taken risks throughout history and are still doing so today.

"They do that because they need to live," she said. "They need freedom to live and breathe and work."

Dungy said students should pay attention to the world around them and become involved in the global decision-making process because those decisions directly affect them.

"You might as well be part of the decisions, instead of letting them to be made for you," she said.

Dungy, the author of 52 poems encompassing the lives of African-American women and their experiences, talked about the plight that faces minority women around the world.

She said women experience restrictions because of certain societal pressures, such as oppression and the balance of family and work life.

At the luncheon, Dungy recited poems from a her new book, "What to Eat, What to Drink, What to Leave for Poison."

The book is an anthology of 20th century African-American history poems. Based on her family history and the role her grandmother played, it discusses the difficulties that women face in society and how they can free themselves from society's cage.

"It's about the decisions African-American women have to make, their trials and ways they affect people they love," Dungy said.

A gathering of about 30 audience members sat in silence, staring and listening as Dungy passionately recited poems from her book.

Lauren Love, a junior social work major and one of about four students who attended the event, said she was disappointed her peers missed the program.

"You learn a little bit about yourself and your gender," she said. "I personally enjoyed it. I had not heard of her work before, but I'm definitely a fan now."

Dungy alluded to "Pity," a poem narrating the story of her grandmother, a black woman in the 1930s who struggled to achieve her pro-

See **LUNCHEON**, page 2

Program continues to develop

Honors may follow trend to becoming college, director says

By KATHLEEN THURBER
Staff Reporter

More seniors will graduate in May with University Honors than ever before, something the director of the Honors Program said is another small but paramount sign the program is improving.

Peggy Watson, director of the Honors Program, said recognizing these 46 seniors and supporting other honors students with more class offerings and programs is all part of an effort to eventually convert the Honors Program into an Honors College.

"I think it will take a number of years," Watson said, "but it is going to happen."

In the last few years, honors housing has doubled, and honors students have been given priority enrollment.

Watson said it is important to create a quality honors program because the program "makes a significant statement about top students on campus."

She said the department has worked to offer programming to honors students, including the yearly Honors Convocation and the opportunity to hear speakers such as Ben Stein.

The Honors Program aims to create a support system for students, Watson said, and that it is working to add faculty, which would allow for more class options and smaller class sizes.

Watson said the national trend is to move from honors programs to honors colleges. This move would allow TCU to hire more faculty and better recognize and assist students who complete honors requirements. The current program is not large enough to be as encompassing as it would like, Watson said. However, while some schools offer an honors major, TCU is not looking to make that option available.

The University of Texas at Austin and Baylor University have programs that allow students to major within the honors college.

The Honors College at Baylor has four programs, only one of which offers a major. The other programs include

See **HONORS**, page 2

Rinse and repeat



STEPHEN SPILLMAN / Photo Editor

The production booth team supervises work on "Southern Comforts," the radio-TV-film department's soap opera, Wednesday afternoon in studio A. The show, which has been in production for six weeks, currently consists of four episodes.

Luau to promote spring break safety

By JACQUILEE KILLEEN
Staff Reporter

Programming Council and Hyperfrogs will host a luau today to encourage students to have an exciting and safe spring break.

"The reason why we are having the luau is for students to have a good time responsibly and promote safety for the week ahead of them," said Hyperfrog member Jessica Tremillo, a freshman education major.

According to a 1998 survey of students on spring break in Panama City Beach, Fla., from the Journal of American College Health, the average male finished 18 alcoholic drinks a day while on break and the average female had 10.

Kristen Chapman, special events

chairwoman for PC, is organizing the luau event.

"I think it will be a good time for students to unwind and have fun after a stressful week of midterm exams," said Chapman, a freshman pre-business and fashion merchandising major.

The event will include free snacks, a disc jockey and games. Meghan Leal, a freshman graphic design major, said, "I think the luau is going to be a lot of fun, and I am looking forward to all of the games and the sand castle-building contest."

Hyperfrogs has been working with the Alcohol and Drug Education Center this week to encourage safety during spring break by

SAFE SPRING BREAK LUAU

Today, 6 p.m. to 8 p.m.

Sand volleyball courts outside the Campus Recreation Center

passing out sunblock and water bottles to students.

Hannah Mathews, a freshman international communication major said, "Some students are ignorant about some of the dangers of alcohol and the sun, and by having this event, people can mentally prepare themselves to be careful during spring break."

The Hyperfrogs are focusing on peer education to promote a safe spring break, from sun safety to alcohol safety, Mathews said.



WEATHER

TODAY: Windy, 70/48

FRIDAY: Partly Cloudy, 83/57

SATURDAY: Mostly Sunny, 85/57

FUN FACT

Sixth-graders in Connecticut recently testified to make oatmeal with a dash of nutmeg their state's official cookie.

TODAY'S HEADLINES

OPINION: And they do it in the name of God, page 3

SPORTS: Women's tennis handles Sooners, page 6

SPORTS: Season ends for men's basketball, page 6

CONTACT US

Send your questions, compliments, complaints and hot tips to the staff at NEWS2SKIFF@TCU.EDU

LUNCHEON

From page 1

professional goals before she had children at age 33.

The poem explores the decisions women have to make between career and family and the difficulty it entails due to society's economic and social demands, Dungy said.

Marcy Paul, director of the Women's Resource Center, said Dungy's presence at the event and the background of her book were in honor of International Women's Day, which has been celebrated since the early 1900s.

"It is for women around the world to know that while we celebrate, we also have to recognize that women are still in trouble," Paul said. "I think it should be celebrated throughout the year."

At the end of the luncheon, Dungy stayed to autograph the 23 copies of her book, which people could purchase as they exited the room.

HONORS

From page 1

alternative core requirements and a thesis project, much like TCU's Departmental Honors option.

The UT offers honors options in the business, engineering and liberal arts colleges in addition to its Plan II option, which is a curriculum of humanities, social science, fine arts and natural sciences. Though it can act as a major, it is usually completed in conjunction with another major.

Watson said students at TCU will still graduate from another college and that the current honors requirements will remain the same.

But she said there will be more of a distinction at graduation for students that complete honors requirements, something that will begin this year with a ceremony for students and their families the Friday before graduation.

Watson said improvements will create more resources and more choices for honors classes, not a required set of classes for every honors student.

"(The Honors Program) should be a series of opportunities," she said, "not a bunch of hurdles."

As the program is able to offer additional opportunities, she said, the number of seniors graduating with honors should continue to increase.

Currently, freshmen offered academic scholarships are invited to join the Honors Program.

Freshmen that achieve a 3.4 GPA or higher in their first semester and are not already involved in the program are also asked to apply.

To complete lower division honors requirements, a student must take 15 hours of honors coursework on one of two tracks.

If these requirements are met with at least a 3.4 GPA, students then have the option to complete either University Honors, which is another set of classes, or Departmental Honors, which includes a major-specific thesis.

Watson said in the future she would like the program to be more inclusive so that students can participate in honors classes even if they are not part of the program — something that can only be done with more faculty.

Baylor and UT offer honors housing and different programming options similar to those already offered by TCU's Honors Program, something Mickey Ley, a freshman political science major and honors student, said he thinks helps build a more unified group within the program.

Ley has been working with the Honors Program and the Student Government Association to move plans forward on improving the Honors Program and possibly converting it into an Honors College.

He said he would like to see additional scholarships for students who continue to do well, and with an Honors College, that may be accomplished.

"This is by no means a revolutionary changing of things in place," Ley said, "but improving every aspect of things that are already there."

Google Inc. agrees to pay up

By MICHAEL LIEDTKE
Associated Press

SAN FRANCISCO — Google Inc. has agreed to pay up to \$90 million to settle a lawsuit alleging the online search engine leader overcharged thousands of advertisers who paid for bogus sales referrals generated through a ruse known as "click fraud."

The proposed settlement, announced Wednesday, would apply to all advertisers in Google's network during the past four years. Any Web site showing improper charges

dating back to 2002 will be eligible for an account credit.

The lawsuit was filed by Lane's Gifts and Collectibles on behalf of all Google advertisers.

The lawsuit alleged Google had conspired with its advertising partners to conceal the magnitude of click fraud to avoid making refunds.

The frequency of click fraud has not been quantified, causing some stock market analysts to worry Google's profits will falter if it turns out to be a huge problem.

LAWSUIT

From page 1

are going to try this case in court and not in the paper, so we are going to refrain from commenting," Evans said.

Sharpe and Phillips' past actions on Hernandez's behalf include a motion for summary judgment, a request for a decision to be made without a full trial Jan. 27 and an amended motion for summary judgment heard Feb. 23.

Phillips said their lawsuit was based on the belief that TCU had broken a contract

with Hernandez.

Phillips said their goal was to avoid losing a year of Hernandez's eligibility so he could run track for UT during the 2005-2006 academic year. Next season, when the one year wait that is required by the one-time transfer exception expires, Hernandez will be able to compete for UT.

Phillips said the amended motion for summary judgment was denied because the judge said the matter should be settled out of court.

"The judge said it was a school decision, and the contract is not enforceable in court," Phillips said.

CORRECTION

In Wednesday's Student Government Association story, it was inaccurately reported that Christina Ruffini was sworn in unanimously by the House of Representatives as the new chief justice. Neal Jackson, the current chief justice, still holds his position, with Ruffini as a justice, replacing Jonathan Leer, who resigned last semester. Ruffini is a junior international news-editorial journalism major, not a senior. Ruffini was not approved unanimously; there was one abstention.

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Dr. Pigliucci is a Professor in the Department of Ecology and Evolutionary Biology at the State University of New York at Stony Brook. He has published numerous articles and books on evolution, genetics, and the philosophy of science.

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DEATH MATCH: MILITARY VS. CIA

The U.S. military is forming small teams of special operations to be placed in U.S. embassies as part of the war on terror. Some in the CIA feel this is their job, not the military's.

—Associated Press

THE SKIFF VIEW

Fair Trade pushes too far

For the average consumer, coffee-buying habits are determined by taste and price.

But Frogs for Fair Trade wants us to have other concerns when buying coffee. The group wants us to consider the workers who are producing the coffee and the fact that they are not being paid fairly, and it wants us to change our buying habits accordingly.

That is why fair trade organizations are attempting to convince Jazzman's Cafés nationwide to switch entirely to Fair Trade Certified coffee.

But Fair Trade coffee costs more than regular coffee. What average person who is not interested in fair trade concerns will wish to buy the more expensive coffee?

If students want regular coffee, they can visit other locations on campus, said Frogs for Fair Trade president Rory Phillips in yesterday's Skiff. But Jazzman's is not affiliated with the other locations, which sell Starbucks. Essentially, Fair Trade is expecting Jazzman's to turn

away people who want regular — cheaper — coffee, losing them to the competition.

Clearly, Frogs for Fair Trade is not trying to close Jazzman's, but if Fair Trade succeeds in its goal, it might cause that by default.

Fair trade organizations are attempting to change the way we think about markets, but they cannot ignore market forces.

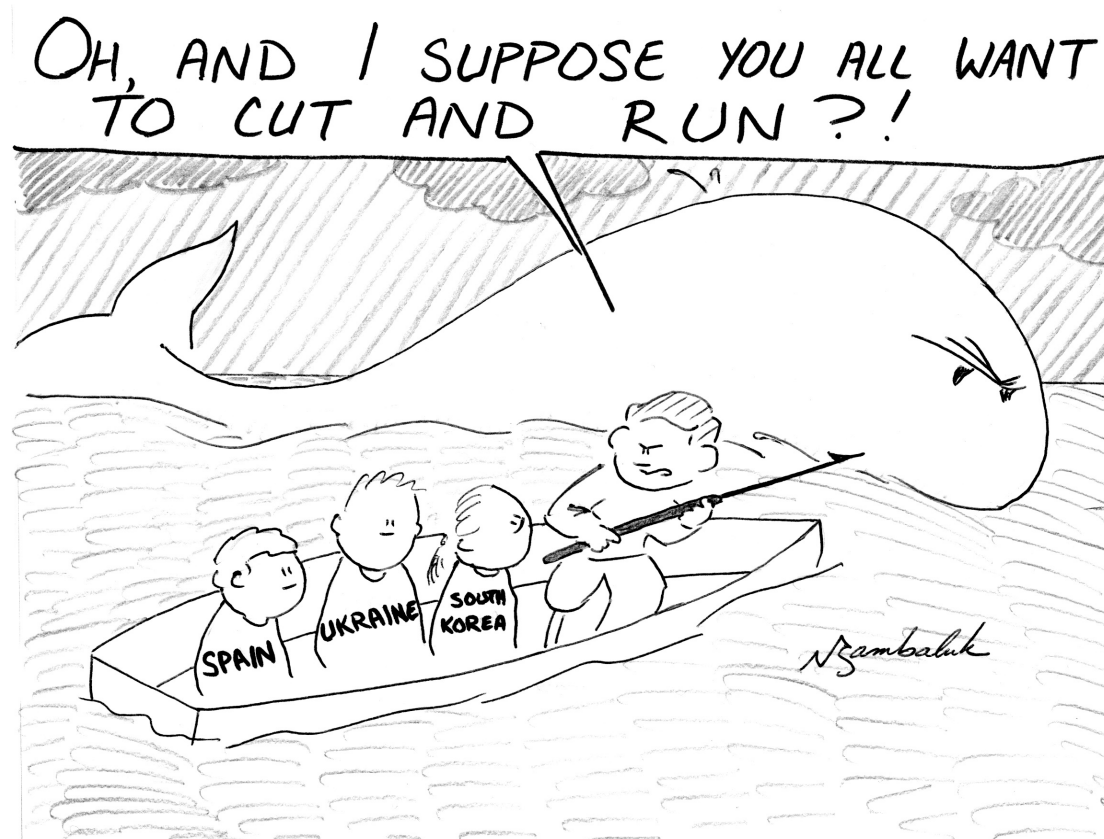
Students must decide if they wish to support the goals by buying the certified blends.

If Frogs for Fair Trade and fair trade organizations as a whole want to change the world by selling this coffee, they will have to create a market for it. They will need to focus on the students. They have already created an opportunity for students to make this lifestyle choice; now they just have to convince them to make it.

If they succeed, they won't have to convince Jazzman's to sell Fair Trade Certified products exclusively — Jazzman's will want to do it on its own.

Opinion editor Stephanie Weaver for the editorial board

NEWSREAL • NICHOLAS SAMBALUK



Make Lenten resolves count

With Ash Wednesday a week behind us, many Lent observers are now being put to the test: can they really resist that chocolate bar or

COMMENTARY is there some



Kathleen Thurber

bylaw that justifies eating candy bars that are only 60 percent chocolate? Maybe the real question they should be asking is why they are giving chocolate up in the first place.

Lenten is a 40-day period of prayer and fasting, which begins on Ash Wednesday and ends the day before Easter. The concept of 40 days comes from Matthew 4:2 where Jesus spends 40 days and nights in the desert fasting and praying before gathering the disciples and beginning his ministry.

The Catechism of the Catholic Church says, "By the solemn 40 days of Lent the Church unites herself each year to the mystery of Jesus in the desert."

Originally then, the tradition was one of fasting, something that in the Catholic Church now consists of eating only one meal a day with the addition of two snacks so long as they do not add up to the portion of a second meal.

In addition to days of fasting, the Church observes days of abstinence on Fridays by not eating meat. This is in an effort to abstain from something good (which, because of its expense, is only eaten on festive occasions in many countries) in order to attain a spiritual goal, according to www.cin.org.

Fasting is observed on Ash Wednesday and Good

Friday, but because Lent is supposed to be a time of prayer and repentance, it is appropriate to fast on any day during the season.

Though Easter does commemorate Christ's death and the forgiveness of sins, this grace is clearly not confined to a season; while I know that is not what the Church is trying to teach, shouldn't we focus on prayer and repentance during every season?

The more I researched this, the more rules I seemed to find. While the original Church had it laid out fairly simply, it seems like in modern times the Church has decreased the emphasis on these practices (fasting now includes snacks?); my question is: why are so many people giving up sweets, soda or junk food in preparation for Easter?

Are they trying to fast from their indulgences in an effort to honor God, or are they merely using the traditions of the season to help them cut down on bad habits for their own personal satisfaction?

The Catechism states that these 40 days are supposed to unite the Church with the mystery of Jesus — I can't help but wonder if the personal gratification some get from losing weight while giving up their favorite treats is taking away from their search for a connection with the mystery of God or even the simple respect of trying to emulate Jesus' 40-day fast by giving up something they enjoy.

According to the Web site, giving up something is a way to deny one's self of something you enjoy in hopes of learning self-discipline so that you do not become "slaves to (your

pleasures." And by giving up something that is not necessarily sinful you will be able to focus your priorities on what is important and be equipped to deny pleasures that are sinful.

So by giving up chocolate during Lent, I will then theoretically be better trained to say no when an actual spiritually demanding situation occurs, such as standing up for my faith or abstaining from sex before marriage.

Is it just me, or does that seem like kind of a leap? It seems much more logical that a person who practices his or her faith consistently throughout the year will be able to stand ground in tempting situations than someone who goes to church during Lent and strengthens his or her self-discipline by saying no to cookies.

Let's be honest: saying no to chocolate and refraining from cheating on a test or abstaining from sex before marriage because it goes against what you believe in are not the same thing.

While I think a spiritual person who uses the traditions of Lent to strengthen his or her faith should be commended and respected, I don't think you're supposed to be excited about giving up sugar because it will help you lose weight.

At home, our pastor always asks members to come to the early service on Easter so the twice-a-year church crowd can fit in at the later service. Though I think it's great that attendance is up on holidays, the practices of Lent and Easter are only special if they're celebrating things you believe throughout the year.

Kathleen Thurber is a sophomore news-editorial journalism major from Colorado Springs, Colo.

LETTER TO THE EDITOR

Getting under the skin

The volunteers of the Naturist Action Committee commend Skiff opinion editor Stephanie Weaver for her well-written and perceptive piece on naturism. The reasonableness of choosing to be comfortable with our own bodies would seem indisputable. Sadly, others are trying to criminalize the very skin into which you were born.

Lawmakers have, of course, risen to the task. A local ordinance in Florida uses more than 300 words

to describe the human buttocks in geometrical terms, so that enforcement officers may determine more precisely when it is properly covered. A law presently proposed in Oklahoma would define nudity as "any bare exposure of the skin located on the body of a person below the armpits and above the knees."

Against this repressive background, a recent Roper Poll determined that an overwhelming 80 percent of American adults believe that people who enjoy nude sunbathing should be able

to do so without interference from officials, as long as they do so at a beach that is accepted for that purpose. Fully half of those polled favored the setting aside of areas of public land for clothing-optional use.

Ms. Weaver has suggested that you "learn to be comfortable in your own skin and with the skin of others." The human body is certainly worthy of that much respect.

Bob Morton is the Executive Director for the Naturist Action Committee. His Web site is www.naturistaction.org.

Respect others' beliefs

I never saw "Brokeback Mountain." My schedule was such that it left most theaters before I had the chance. In addition, I've

COMMENTARY never read



Brian Wooddell

"The Da Vinci Code," nor have I seen "The Book of Daniel." Frankly, I rarely see important movies or read controversial books, and the only TV show I watch is "Lost." That doesn't mean, however, that I haven't witnessed the fallout, especially from the Christian minority.

In these days of media saturation and the free-for-all Internet, everyone has a microphone. At first glance, one would think this kind of interconnection would be a good thing. The free exchange of ideas forms the basis for our society, and it helps those who question existence find Truth among a field of lies.

As a Christian, the global village excites me. In a few clicks, I can present my beliefs and discuss them with people halfway across the globe. By the same token, I can read others' views and use them to challenge my own. Together with the rest of humanity, I can continue my voyage toward understanding the

secrets and mysteries of existence.

But there are flaws in my plan. For this sort of thing to work, mankind must be inherently altruistic, a pipe dream at best, and it must also be open-minded.

As part of my Christian faith, I believe there is an absolute truth that binds all of existence. I've researched and examined most of my beliefs, and I feel comfortable with them. This doesn't mean that I'm not open to argument. If my beliefs are strong, they will withstand any dissent. Through respect for others and their opinions, Christians can show love.

Unfortunately, many of my fellow Christians don't follow this path. Instead of listening to and trying to understand others' differing opinions, many Christians either shut down or become defensive. On the extreme side, we have people such as the Rev. Fred Phelps out of Topeka, Kan., whose church's "Love Crusades," which often take place near the funerals of homosexuals, feature people carrying signs that read, "God Hates Fags" or "Fags Doom Nations." Some Christians feel God's call to blow up abortion clinics. Even groups such as the Ku Klux Klan promote hateful doctrine and refer to themselves as "Christian."

But hate can be found locally, as well. I've heard how some of my friends discuss homosexuals or other people with whom they disagree. It's not overflowing with loving compassion.

So how should we act? For starters, Christians should love others in spite of their beliefs. In no way am I saying that Christians should accept and include others' beliefs, but we should respect them. Second, Christians should attempt to understand other people instead of condemning them. Third, we should not be afraid to present our views, but we shouldn't force them down others' throats.

For those who are not Christians, understand that our faith was never designed to promote hatred. We're called to tell others what we believe but never to force them into accepting it. Pursue Truth with all your heart. Search and question and discuss. Eventually, you'll figure it all out.

Christianity preaches love for all mankind, including men like Phelps and those in organizations such as the KKK. Through mutual respect, we can stop living in a world of hatred and misunderstanding.

Brian Wooddell is a senior news-editorial journalism major from The Woodlands.

Recycling helps different aspects

Let's be clear about one thing: Recycling is, by no means, an end in itself.

But recycling is persuasive on a number of fronts. According to the Environmental

COMMENTARY Defense Fund,

The Brown Daily Herald recycling saves enough electricity annually to supply power to 9 million homes.

According to a 1997 Natural Resources Defense Council article, there is a 45 percent reduction in the energy required to recycle a ton of newsprint in comparison to virgin production.

So what about waste disposal? Some argue that the amount of land needed to hold all of our nation's waste is negligible, as are the impacts.

Concerns over acquiring enough space for landfills aside, landfills aren't clean, efficient or cheap. They can

release harmful emissions and greenhouse gases such as methane, into the air, and contaminate groundwater supplies as harmful toxins leach from the landfill.

The real problem with landfills is not the questions of "how much and how bad?" but "where?" Trash, more than likely, is going end up in the backyards of marginalized and disadvantaged communities.

Recycling can have economic benefits as well. According to Facilities Management data, Brown pays on average \$50 for every ton of garbage that must be picked up and taken to the landfill. While Brown must pay a comparable \$50 for recycling pick-up, we make, on average, \$6 for every ton recycled due to the fact that the market value of recyclables is an average of \$56 per ton. Plus,

some recyclables have a higher market value than most others; for example, mixed office paper is worth almost \$100 per ton. In other words, Brown saves \$56 dollars for every ton of waste that gets recycled rather than thrown into a landfill. In this case, Brown, like others, can get money back since recyclables compete competitively on the larger market.

Recycling alone won't save the world. A more intersectional approach to environmental management and a hard examination of consumer culture is needed to prevent the Earth from ecological crisis. But, recycling is part of that effort, and it's the least we can do.

Alex Penny, Nadia Diamond-Smith and Jenna Horton are columnists for the Brown Daily Herald at Brown University. This column was distributed by U-Wire.

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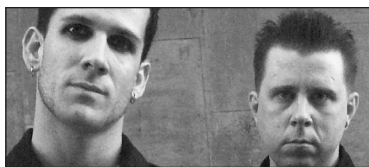
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e-mail it to LETTERS2SKIFF@TCU.EDU. Letters must include the author's classification, major and phone number. Skiff reserves the right to edit or reject letters for style, taste and size restrictions.



ROCK ON!

The Skiff goes hard rock with a review of up-and-coming heavy metal band Bleeding Through's latest album "The Truth" in Friday's Arts section.

body movin'

More than punching and dancing, Nia embodies a full-self transformation

BY COURTNEY REESE, EDITOR IN CHIEF

Being a veteran classical ballet dancer of nine years and an avid 25-mile-a-week runner, I was immediately intrigued when I heard some women describe a free-form aerobic dance class they had taken, having mistaken it initially as Yoga.

Their voices were animated and full laughter over the enjoyment and release this class provided. I am always looking for new ways to get a good workout and continue my love of dance, so this was something I had to try.

I sat there thinking, naïvely, how simple a dance class sounded, confident my youthful 22 years and background in ballet would make this easy for me.

I was painfully wrong — literally.

After taking just one class of this free-form, playful dance, I could barely get out of bed the next morning. Everything from my back down to the pads of my feet hurt. I immediately had to take a hot shower just to warm up my muscles enough to move without limping.

But I was determined not to let this get the best of me. I had to go back for a second round.

The class was called Nia — Neuromuscular Integrative Action, a worldwide mind-body-spirit fitness program created in 1983 by Carlos and Debbie Rosas.

A combination of Eastern and Western concepts, philosophies and movements are brought together to create fusion fitness, or a combination of two or more classic movement forms.

Nia is a creative blend of nine "energies" from the martial, healing and dance arts.

In plain language: Picture a hint of Yoga, jazz, modern dance, Tae Kwon Do and a few others all mixed together to form an exercise class designed to allow participants to simply do what feels good for them.

In my case, that first Nia class provided me with an hour of fun and liberation, an excellent cardiovascular workout and extreme muscle soreness for days.

My overconfident attitude kept me from listening to my out-of-shape dancing muscles telling me to take it down a notch and not hurl myself into the most advanced movements.

Each person is his or her own teacher, and the idea behind Nia is to do what feels right and what you are able to do comfortably. There are three different levels of intensity in Nia, and anyone from a first-timer to an avid Nia enthusiast can partake in a class.

"Everyone is encouraged to move in their own way," said Lynda Hackney, a Nia instructor

with whom I took my second class. "Emotions get stuck in the body. When we move, we loosen that."

On a deeper level, Nia combines the mental, physical and spiritual health to incorporate the entire self.

"You get to explore what your inner world is on that day," said Margaret Crawford, 55, of Fort Worth, who has been taking Nia twice a week for three years. "It allows everyone's artistic side to come out."

Crawford said with each class, she tries only to think in the "now" concentrating on what her body needs at that very moment.

Upon taking my first class, I had not yet read anything about Nia, and I was going off only what I had heard.

I walked into a large open room with hardwood floors, the only lighting coming through the large windows on one side of the studio and a thin string of white holiday lights around the ceiling.

The energy of the room had already begun to flow. The "regulars" were greeting one another, smiling, laughing and already full of vigor, as the instructor was getting the music ready.

Listening to the strangely upbeat, instrumental music that sounded like the type played in an aromatherapy store or acupuncture clinic, I realized this class was much more than just playful dance.

Nia uses seven cycles of movement, which each workout incorporates, and there are 52 moves, such as stepping with the heel first as opposed to the toes.

I found this particular move to be difficult, as it is the exact opposite of ballet, where you always lead with the toes.

1. FOCUS AND INTENT — "What You Place Your Attention On"

The instructor, Katy Hobbs, a graduate from Texas Christian University with a master's degree in special education, described how we would be focusing on the three main body weights — the pelvis, chest and head — or the core.

2. Step In — "Create the Space to Workout"

Everyone spread out to find his or her own space and we began with simple movements working on bending and folding from our centers followed by turning, twisting, reaching and elongating our spines up through our fingertips and down through our toes.

The pads of my feet were on fire from turning and twisting around barefoot on a hardwood floor, as Nia is intended to be done, but I was having too much fun dancing around like a small child at play to stop. I was swept away with the energy of the room.



TY HALASZ / Staff Photographer

Skiff Editor in Chief Courtney Reese reaches upward, her gaze following her movement, in a Nia class at Soul Fitness.

3. Warm Up — "Prepare Your Heart, Lungs, and 13 Joints"

I was suddenly surrounded not by other students in a class, but by bodies in motion, people undulating, swaying, turning in different ways and interpreting the instructor's guidance to fit their own needs.

Everyone was exhaling and breathing deeply, focusing on releasing the negative energy of the week. Breath is a vital part of Nia — and not simply exhaling, but feeling the energy and breath from within your center to exude that negativity.

4. Get Moving — "Energize the Moves to Reach a Peak"

The movements were quick and rhythmic and my heart was pounding.

Halfway into the class, I was sweating and nearly panting.

I could not help but think, 'Get it together; you run at least 20 miles a week.'

I was determined, and most of all, I was loving this class.

I am typically very structured, from the way I act to my physical stance. Nia broke all of that down.

For the first time, I completely let loose. Admittedly, for the first 10 or 15 minutes of the class, I thought, 'This is so embarrassing.' But after looking around the room, I realized that not only was I the youngest by a stretch, but also everyone else was dancing around without a care in the world.

So I let go.

5. Cool Down — "Calm, Harmonize, and Re-center"

After moving my body through each area of the room, the movements slowed, and each participant once again found his or her own private space to travel through.

The music slowed, and the movements became easier — softer.

6. FLOORPLAY — "Fitness on the Floor"

The instructor gradually guided us to the floor, where I was able to close my eyes, take a deep breath and relax into my bones.

After spending several moments in stillness, feeling the soft melodic tones of the music, the class was guided into awakening.

7. Step Out — "Transition Into Your Next Activity"

Energy and movement slowly began to enter each part of my body. I carefully made my way to standing by crawling and easing my spine straight, curling up through my tailbone to my neck.

The instructor quietly welcomed the class back to life, and we transitioned to the rest of our day by stepping into it.

I walked out of that first class feeling better than I had in months, realizing I had just found the greatest stress reliever in years. I was full of energy and every part of my body was loose and relaxed.

However, after that first class and talking with several women who regularly take Nia, I realized I was missing

the heart of it.

I was unable to connect my inner and outer self.

I had spent the entire class concentrating on the steps, doing them perfectly and keeping the pace. I missed the spiritual side Nia embodies.

So I returned for a second week, with a different instructor, different music and different movements.

I was also prepared. I had done my research and my focus was entirely different.

Where initially I had waltzed into that studio confident I would master this free-form movement because I had been a dancer, I forgot my ego the second time around, and I allowed myself to listen to what my body was telling me felt good.

I closed my eyes and opened my imagination. I joined in when everyone else was exhaling and releasing, something I had forgotten to do the first time around.

I did not push myself to the point of overexertion, thinking it was just a simple dance class, as I had done the first time. I felt the movements not just from my outer self but also from within.

My heart rate was still accelerated, and I still broke a sweat, only this time I was able to move the next day. I grasped that Nia is not about pushing yourself to the point of hurting, but rather liberating the negative energy within and accepting and wanting to do what feels good.

Nia is based on the principle that if something does not feel good to the body, then it should be stopped.

Crawford said she once suf-

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ferred from an irritated sciatic nerve, and going to Nia and having faith that it would help her heal, enabled her to overcome her fear of the pain returning.

She also stressed the importance of finding an instructor with whom you can connect spiritually. Crawford said her ability to relate with her instructor, who herself sought healing in Nia for her chronic depression, aided Crawford in her recovery.

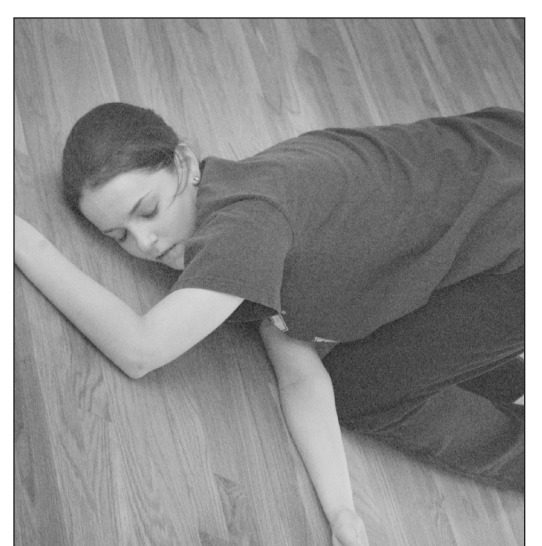
Though I only attended two classes, the first with Hobbs energized me in a different way — a way in which I want to explore further.

Both instructors approached their classes with enthusiasm, but they were entirely different.

Hobbs' passion was fiery and vivacious due, in part, to her youth and exuberance, where Hackney's is rooted in wisdom — something attained through a lifetime of experience.

I enjoyed both classes in different ways. The first gave me the greatest workout I have experienced in a long time. The second made me realize the underlying importance and spirituality in Nia.

BELOW: From dancing freely to deep relaxation on the floor, Nia incorporates a variety of movements intended to connect and enhance physical, mental and spiritual health. Doing what the body likes and craves is the goal of Nia.



PHOTOS BY LANA HUNT / Staff Photographer



FAMOUS QUOTE

"The great secret that all old people share is that you really haven't changed in 70 or 80 years. Your body changes, but you don't change at all."
—Doris Lessing

TODAY IN HISTORY

1917: Pancho Villa attacks Columbus, New Mexico.
1997: Rapper Notorious B.I.G. is killed in Los Angeles.

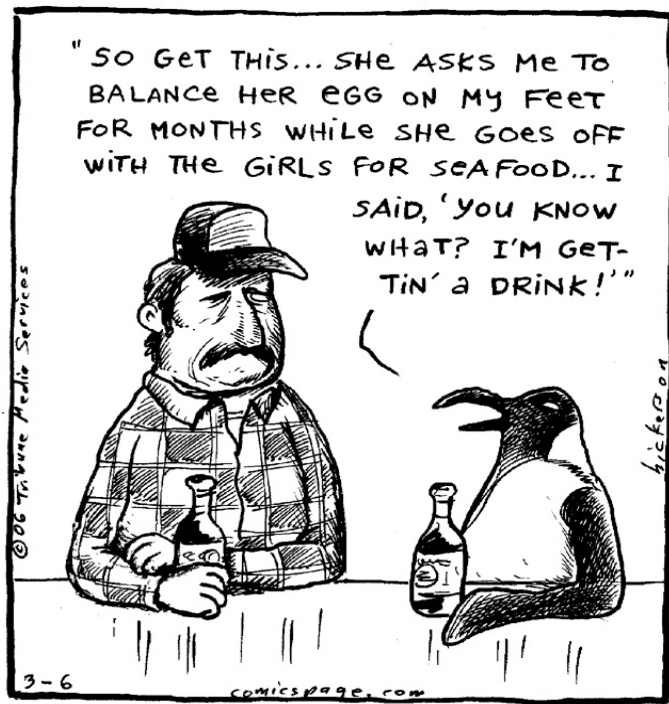
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								3

Directions

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

See Friday's paper for answers to today's Sudoku puzzle.

Wednesday's Solutions

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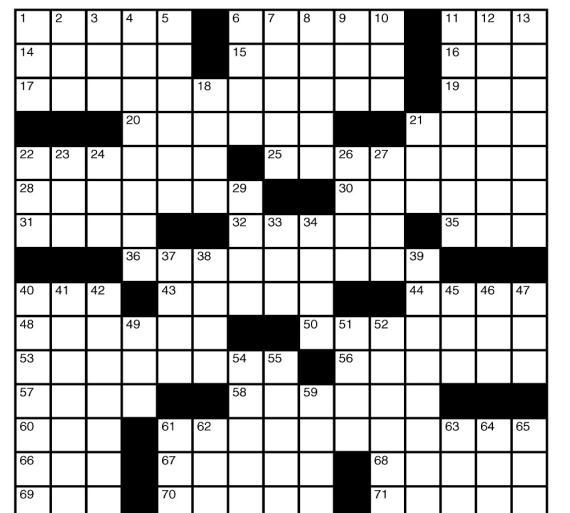
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ACROSS

- Corporate IDs
- Waste conduit
- Southern constellation
- Wed on the run
- Florida city
- Actress Ryan
- Start of Evan Esar quote
- Unspecified individual
- Spanish lariats
- Elvis Presley
- Messenger's trip
- Part 2 of quote
- Type of checkers
- Beach, CA
- Prod
- Silly fowl
- Sound of a leak
- Part 3 of quote
- Quick/flash connection
- Ink ingredient
- Madonna hit, "La Bonita"
- Actress Nanette
- Marks of disgrace
- Part 4 of quote
- Overcome with shock
- Willie of baseball
- Position properly
- Man/mouse connection
- End of quote
- Silly Miguel, CA
- Forays
- Blaster's letters
- Pigeon shelters
- Ferber and Best

DOWN

- Dykstra of the diamond
- Corrida cry
- State off.
- Modus
- Tranquil
- Flue collection
- Great brilliance
- Director Raoul
- "Xanadu" band
- Served like sushi
- Passionate and romantic
- Makes famous, old-style
- Meeting plans
- Passing fancies
- Uru, neighbor
- Ticker tape?
- Greek letter
- Estuary
- "Lochengrin" lass
- French city
- Id's companions
- Alain's affirmative
- Holds title to
- Cold feet
- Celloist Ma
- Scrooge, e.g.
- At the very back of the boat
- Very dry
- Inactive
- Wee in Dundee
- Vegas
- Nova Scotia
- Certain colas
- Old Chinese money
- Disregard
- "Hawaii Five-O" villain
- Buzz
- Seine sights
- Spasm
- Lennon's love
- and yang
- Harem room
- Ship letters



By Alan P. Olschwang
Huntington Beach, CA

3/9/06

Wednesday's Puzzle Solved

L	E	C	H	A	T	O	M	P	E	T	R	I		
A	L	O	U	L	A	D	E	S	N	E	A	D		
G	I	V	E	S	T	H	E	E	V	I	L	E	Y	E
E	S	E	A	E	R	A	T	E	I	S	E	E		
R	E	S	T	I	R	S	S	T	S					
E	D	S	E	L	T	I	T	L	E	S				
S	P	A	N	R	A	H	A	L	I	D	O			
C	A	S	T	A	S	P	E	L	L	O	V	E	R	
U	P	I	O	T	T	E	R	M	Y	R	A			
M	A	S	C	O	T	L	E	A	S	E				
E	T	A	T	T	E	N	D	E	R					
S	T	E	N	C	H	A	S	T	E	O	R			
P	U	T	S	T	H	E	W	H	A	M	M	Y	O	N
A	N	N	O	Y	D	E	A	R	A	L	D	A		
T	E	A	R	S	A	D	D	S	P	E	E	L		

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See Friday's paper for answers to today's crossword.

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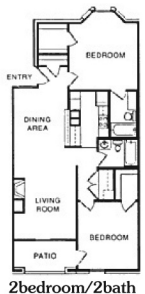
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TOMORROW IN SPORTS

The baseball team is gearing up for its weekend tournament in Corpus Christi — and a familiar foe, the Rice Owls.

WOMEN'S TENNIS

Frogs sweep Sooners

By TRAVIS STEWART
Sports Editor

The Horned Frogs continued to utilize home-advantage Wednesday, beating Oklahoma 7-0 and extending their home-winning record to 4-0.

TCU (6-3) controlled almost every match, and lost only one set to the Sooners (4-5) all day. Head coach Dave Borelli said despite the Frogs' obvious skill advantage, he was pleased with the squad's effort.

"I thought it was good," Borelli said. "I thought we competed well. I think we're clearly a better team, but I thought we did a very good job of competing."

TCU showed early signs of its dominance by sweeping doubles play. The senior/freshman pairing of Helena Besovic and Anna Sydorska, currently

ranked No. 8, finished their match with a flourish off a Besovic ace that neither Sooner came close to.

The No. 2 doubles match did not go so smoothly, however. Despite an eventual 8-7(6) TCU victory, the match was stopped temporarily when the judge lost count of the score and the two sides fell into a dispute.

After some convincing — and yelling in foreign languages — junior Ana Cetnik was able to get the score corrected. The match became slightly heated however, and the tension bled over into Cetnik's singles match against Irina Lykina. Cetnik and Lykina again exchanged words over several calls during Cetnik's 6-3, 6-4 victory — the last match to finish.

Cetnik downplayed the impact of both her victories. "I'm satisfied as much as I win," Cetnik said.

Part of the day's animosity may have stemmed from the fact that Lykina has gotten the best of TCU over the past two years — she beat Cetnik in 2004 and Besovic in 2005. Borelli said he was pleased that Wednesday's match worked out like it did, however.

"We won two matchups that we lost last year, the No 3 and No 5," Borelli said. "Ana Cetnik lost to (Lykina) two years ago, and then last year Helena lost to this girl and now Ana beat her. I was also happy with Gloriann beating (OU's Christi Baxley) because she lost to her last time."

RESULTS FROM WOMEN'S TENNIS MATCH WEDNESDAY

• No. 26 TCU def. OU, 7-0

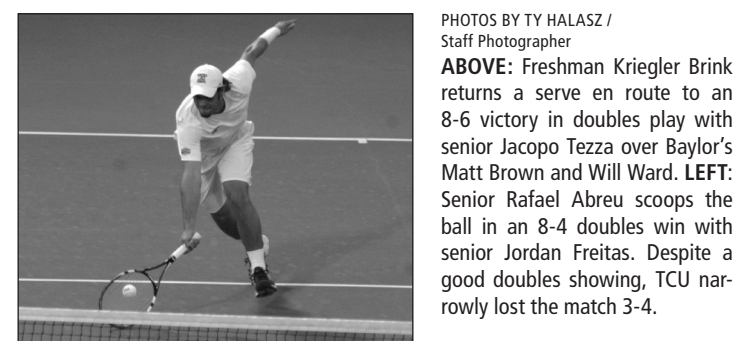
SINGLES COMPETITION

1. No. 4 Nicole Leimbach (TCU) def. Gabby Baker (OU), (6-1, 6-2)
2. No. 31 Helena Besovic (TCU) def. Monica Purice (OU), (6-2, 6-0)
3. Ana Cetnik (TCU) def. Irina Lykina (OU), (6-3, 6-4)
4. Kewa Nichols (TCU) def. Chelsea Orr (OU), (6-2, 6-2)
5. Gloriann Lopez (TCU) def. Christi Baxley (OU), (4-6, 6-2, [10-2])
6. Karine Ionesco (TCU) def. Brittany Baldy (OU), (6-2, 6-4)

DOUBLES COMPETITION

1. No. 8 Sydorska/Besovic (TCU) def. Baker/Orr (OU), (8-5)
2. Cetnik/Ionesco (TCU) def. Baxley/Lykina (OU), (8-7, [7-5])
3. Nichols/Morgado def. Purice/Carter (OU), (8-2)

MEN'S TENNIS



PHOTOS BY TY HALASZ / Staff Photographer
ABOVE: Freshman Kriegler Brink returns a serve en route to an 8-6 victory in doubles play with senior Jacopo Tezza over Baylor's Matt Brown and Will Ward. **LEFT:** Senior Rafael Abreu scoops the ball in an 8-4 doubles win with senior Jordan Freitas. Despite a good doubles showing, TCU narrowly lost the match 3-4.

RESULTS FROM MEN'S TENNIS MATCH ON TUESDAY, MARCH 7

• No. 7 Baylor def. No. 27 TCU, 4-3

SINGLES COMPETITION

1. Andrei Mlendea (TCU) def. No. 4 Lars Poerschke (BU), (6-4, 6-2)
2. No. 76 Rafael Abreu (TCU) def. No. 56 Matija Zgaga (BU), (6-4, 6-4)
3. Will Ward (BU) def. Jacopo Tezza (TCU), (6-2, 6-0)
4. No. 53 Michal Kokta def. Cosmin Cotet (TCU), (3-6, 7-6[2], 7-6[3])
5. Vladimir Portnov (BU) def. Jordan Freitas (TCU), (6-4, 7-5)
6. Matt Brown (BU) def. Kriegler Brink (TCU), (6-1, 6-4)

DOUBLES COMPETITION

1. Abreu/Freitas (TCU) def. No. 6 Reckaway/Zgaga (BU), (8-4)
2. Kokta/Poerschke (BU) def. Cotet/Mlendea (TCU), (8-6)
3. Brink/Tezza (TCU) def. Brown/Ward (BU), (8-6)

— WWW.GOFROGS.COM

MEN'S BASKETBALL

Murry performs his best despite loss

By TIM BELLA
Staff Writer

The Horned Frogs tried to find some type of March magic to extend their season Tuesday against Colorado State in the opening round of the Mountain West Conference tournament, but this Cinderella wasn't meant to be, as TCU fell to the Rams 64-60.

Despite a career-best, 28-point performance from senior guard Nile Murry, the Horned Frogs (6-25) couldn't find a way to overcome a pesky CSU squad (16-14) that fea-

tured four players in double figures. Senior forward Judson Stubbs added toughness by scoring 12 points and pulling down 6 rebounds before fouling out.

Head coach Neil Dougherty said Murry's performance, while spectacular, was not surprising.

"I think Nile showed once again, with everyone in the whole building knowing where the ball was going to go a lot of times, he was able to make some plays for us," Dougherty said in a media relations press release. "He

made some big shots."

It was CSU's leading scorer, center Jason Smith, who provided the knockout punch of the game. Despite only scoring 11 points (below his average of 16.5 points per game), all of them came in the last 10 minutes of the game. The basket must have grown for the Rams late in the game, as evident by their 59 percent second-half shooting percentage. Their ability to get to the free throw line more frequently in the second half (18 attempts compared to TCU's 7) also played a pivotal role in the outcome.

The Mountain West Conference tournament continues today with eight remaining teams. The possible game

of the day sees two evenly matched squads square off as No. 3 BYU faces No. 6 Utah on ESPN at 11 p.m.

Dougherty will have to begin next season without some key components such as Murry, All-Mountain West Conference honoree, Stubbs, senior forward Chudi Chinweze and senior guard David Markley.

Dougherty said there is more of an effect from losing the seniors than just the ones on the court.

"I'm just really kind of going to miss four kids that played very hard all year with little success in terms of wins and losses," Dougherty said. "It was a joy coaching them."

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The Microsoft Certification Center is available to anyone who wishes to become certified in Microsoft Word, Access, PowerPoint, Excel and Outlook.

For more information contact the Neeley Certification Department.
 817-257-5220

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percent of TCU students reported that they consumed 4 or fewer alcoholic drinks per week within the past year.*

For more information contact TCU Alcohol & Drug Education Center
 Rec Center Basement • 257.7100
*CORE Survey administered Spring 2005

No lie.

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