

# PUMPING IRON

Can a little less time on the track and a little more time with the weights improve overall health?



# COUG KILLER

The baseball team is looking to extend its hot streak in its series with BYU.

# TCU DAILY SKIFF

## SGA considers diet needs

*House resolves to support food options for Muslims*

By ANDREA BEARCE  
Staff Reporter

From junk food to vegan, organic to sugar free, TCU Dining Services has accommodated the myriad diets of students for years, but the meal offerings have yet to encompass the dietary needs of Muslim students.

Student representatives engaged in little dispute as the House passed a resolution to support the Muslim Student Association in its efforts to have more

offerings consistent with Islamic dietary requirements.

Jonathan Leer, a representative for the junior class, said a resolution simply means the House is showing support for action to be taken as opposed to a bill, which means action will be taken.

Now that the resolution has passed, the House can take its actions to the next level, which could include addressing the issues with Sodexo, Faculty Senate or other members of the administration, Leer said.

The Muslim Student Association See **SGA**, page 2



ELIZABETH BERGER / Photographer  
David Young, a representative for the Business School, discusses a bill he authored during Tuesday's weekly SGA meeting in the Student Center.

## Standardized test scores remain admission factor

*SAT, ACT allowed for new students*

By ERIN GLATZEL  
Staff Reporter

Although some universities have stopped considering standardized test scores as part of their admissions processes, TCU is not changing any time soon, said an admissions official.

Wes Waggoner, director of freshman admissions, ensured that the university continues factoring ACT and SAT scores into admissions decisions.

Currently, there are no four-year universities in Texas that are doing away with the SAT and ACT scores, said Beth Hancock, a guidance counselor at Arlington High School.

"None of the schools that my students are applying to have mentioned anything regarding changing their admissions," Hancock said.

According to an article on insidehighered.com, more than 700 colleges nationwide have stopped considering standardized test scores in admissions because the ACT and SAT do not offer a fair assessment of a student and contain racial and gender biases.

TCU allows applicants to choose which test scores the

student gives to the university for consideration, whether they be Advanced Placement test scores, SAT scores or ACT scores, Waggoner said.

TCU considers test scores, grades and a student's academic history when evaluating an applicant, Waggoner said.

Hancock said that she does not think any university will ever see the full potential of a future student through just their high school transcripts.

"It has been proven that the best predictor of how well a student will do in college is a combination of these three things plus their extracurricular activities, letters of recommendation and the essay," Waggoner said.

Laura Villafranca, assistant director of admission at Rice University, said different schools use standardized tests to look at students differently.

Villafranca also said that as far as she knows, Rice, which accepts both ACT and SAT scores from applicants, is not planning on changing its admissions practices.

Universities like the ability to see the whole student, and standardized tests scores are often just one part of the full picture of a potential student, Hancock said.

## BEATING THE HEAT



STEFANIE SHEFFIELD / Photographer  
Business majors Michael Geekie, a freshman, and sophomores Chris Townsend and Kevin Queenan play basketball in the University Recreation Center pool Tuesday afternoon.

## Dance Dance for P.E. classes

*Grant allows for overhaul of FWISD fitness program with video game systems*

By BRE'ANNA EMMITT  
Staff Reporter

With the help of a TCU professor, video games are now a part of gym class in the Fort Worth Independent School District.

Students in FWISD physical education classes are exercising to Dance Dance Revolution and a similar game called GeoMotion, in which students stomp their feet on pressure-sensitive mats while following the dance moves shown on a TV screen.

The new addition to P.E. class is part of a research project conducted

by Debbie Rhea, an associate professor of kinesiology. Rhea applied for and received a federal grant for \$873,000 over a three-year period to redevelop the FWISD P.E. system.

Rhea said the grant is funding a new class that meets federal recommendations. She said the FWISD previously had no curriculum that was comparable to the government's standard.

"Before, you would walk in and see kids just standing around all period," Rhea said. "A lot of that is because they were only doing sports as physical activity. We need to start teaching kids that activity is not about running and playing basketball. It's about getting up, and it's about moving and getting your heart rate up."

See **GAME**, page 2



STEPHEN SPILLMAN / Photo Editor  
Arlington Heights High School freshmen Victor Martinez and Cody Bretz work out on new dance video game equipment Tuesday afternoon at the school's gymnasium. The equipment has been added to the physical education curriculum around Fort Worth ISD.

## Professor: Arts administration minor gives students options

Staff reporter

The College of Fine Arts will provide students with the opportunity to get out of the studio and into the business world with the development of a new arts administration minor.

Eric Salisbury, a College of Fine Arts adjunct professor, said the new minor will teach students business principles, enhance their writing skills and help them to manage their careers more efficiently.

"At some point, (artists) need to do something to supplement their incomes," Salisbury said. "This allows them to build a career but it also gives them an alternative income without moving away from the arts."

Scott Sullivan, dean of the College of Fine Arts, said the minor, which will be offered in the fall, will be the first arts administration minor offered on the undergraduate level in the Southwest.

Students will fulfill nine of the 18 hours required for the minor by taking classes already offered in the School of Business, Salisbury said. The other nine hours will be more specific to working inside the arts.

Salisbury has taught a directive study on arts administration the past two semesters.

Sullivan said he asked Salisbury, who graduated from the University of Wisconsin

at Madison with a master's degree in arts administration, to develop the program in response to consistent inquiries from students and parents about an arts administration minor.

In addition to Salisbury's input, Sullivan said the college received a Vision In Action grant for a "feasibility study" that would give an indication of student interest in the minor.

The survey found 59 percent of the 124 students surveyed said, if it was an option, they would have chosen arts administration as their minor.

Based on the students' interest, the minor could be made into a major or a four-and-one master's program, but Salisbury said the program is years from reaching that point.

"There are only 20 to 25 schools that offer arts administration on the master level and only 10 on the undergraduate level," Salisbury said. "This is an opportunity for TCU to lead the way in the field and let TCU students lead the way out."

For Sullivan, the minor is an opportunity for students to remain in the art community.

"This gives students a career choice," Sullivan said. "With this minor, you have the opportunity to be in the arts, but you don't have to struggle as a starving artist."

## Faculty, staff also asked to donate to university's budget

By LYDIA AKINDE  
Staff Reporter

While some faculty and staff members contribute money to TCU every year, others say it is not financially feasible for them.

The Annual Fund, a program that garners contributions from faculty and staff members, alumni and parents to support the university's operating budget, has

launched this year's Faculty/Staff Annual Campaign, which ends on April 24, but not every faculty and staff member is able to participate in it.

Louise Vantilburg, a library assistant who has contributed money to the university for about 15 years, said she gives to the university because she appreciates the pleasant working environment and incentives that the university provides.

Michael Lampley, a periodicals librarian at the Mary Coats Burnett Library, said he does not give to the university because he is opposed to the idea of returning money to his employers.

"I came here to work to make me money and it seems counterproductive to give back," he said. "I have less at the end of the day if I give."

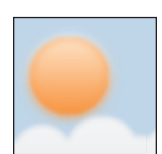
Aileen Stone, administrative support assistant at the Physical

Plant, said she is eager to give to the university because it has provided her a job she enjoys.

"They have been good to me for the 17 years I have been here," she said.

The Annual Fund continues to send requests for donations to Betty Nance, an administrative assistant in the department of Modern Languages and Literatures, but she said she has

See **FUND**, page 2



### WEATHER

TODAY: Mostly sunny, 80/58  
TOMORROW: T-storms, 81/66  
FRIDAY: T-storms, 80/62

### FUN FACT

A 22-year old Florida man who had been hired to play the Easter Bunny at a local mall has been accused of removing the head of the costume and hitting a customer.  
—Associated Press

### TODAY'S HEADLINES

OPINION: Lethal injections with a smile, page 3  
ARTS: Do the ladies still love LL Cool J?, page 5  
SPORTS: Coming to the USA is paying off, page 10

### CONTACT US

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

**GAME**

From page 1

Part of the three-year plan includes health and fitness centers at the high schools.

Rhea said a fitness center has been put into each of the 16 high schools, and those that didn't have room received portable centers. The centers include treadmills, elliptical trainers, Dance Dance Revolution and game bikes, to name a few.

Rhea said the game bikes and Dance Dance Revolution are the most popular.

Game bikes are exercise bikes in which students can plug game cartridges in and ride courses, like those in a racing video game.

Shawn Kornegay, assistant director of communications, said Rhea and TCU have been working on the grant and program for a number of years.

"It's been very successful," Rhea said. "It has totally revamped and reformulated physical education in the Fort Worth ISD."

Rhea said the program encourages students not only to exercise, but also to be cognitive of exercise.

In the personal foundations

class, students learn why exercise is important, how to put a workout together and how to balance cardiovascular workouts and strength training, Rhea said. They also wear heart-rate monitors to track their results.

Kathie Eddleman, the P.E. department grant coordinator for Paschal High School, said high school students are supportive of the new programs.

"They're loving it," Eddleman said. "The reports we've gotten back from the teachers have all said how much fun it's been. We've even had students come in on their own time and help set up the games."

Rhea said she hopes the program will discourage a sedentary lifestyle that promotes obesity.

"Sitting all the time is what's creating obesity," Rhea said. "We sit in front of the computer and TV. We don't even have to get up to get a phone number anymore, we just look at it in our cell phones."

Rhea said students should start incorporating exercise into their daily routine at an early age.

"This way, they get into the habit now and (they) won't have to look back someday and say, 'Gosh, I wish I would have done this 20 years ago,'" she said.

**FUND**

From page 1

not been able to afford contributing funds because of an increase in insurance costs and other factors in her financial situation.

Hao Tran, chairwoman of the Staff Assembly, said she has not received any complaints from faculty and staff members about the university's request for financial contributions.

Although employees are encouraged to give to the university, she said, it is their choice to participate.

"I think everybody has a fair understanding that they can give if they want to," she said.

Cindy Hayes, director of the Annual Fund, said funds from faculty and staff members will support this year's budget, which provides academic facilities, salaries and scholarships.

The \$270.3 million operating budget also receives \$46.9 million from TCU's endowment, said Brian Gutierrez, vice chancellor for finance and administration.

David Nolan, associate vice chancellor for university devel-

opment, said faculty and staff members are stakeholders in the university's development, because as employees, they are affected personally by the university's condition.

"If the university is successful, they have a better place to work," he said. "Since TCU is a private school, it relies heavily on private contributions to the university. So we ask all our primary stakeholders to contribute and this gives every one of our alumni, parents, faculty and staff members the opportunity to participate."

Nolan said 62 percent of about 1,626 faculty and staff members contributed \$246,184 to the university last year.

Although high-income faculty members gave more than low-income employees, Nolan said the Physical Plant, which has more low-income employees than most departments, had one of the highest participation rates.

Nolan said there is no particular amount of money that the Annual Fund administrators hope to raise this year because the campaign is based on faculty and staff participation.

**SGA**

From page 1


approached David Young, a representative of the School of Business, with issues faced when dining on campus.

Many Muslim students have found it difficult to eat at places such as Sub Connection, where meat and cheese often come in contact with each other, which is against Islamic belief,

Young said. According to the Islamic Food and Nutrition Council of America Web site, Muslims can only eat permitted foods, known as Halal.

The site lists several food items that are not Halal including pork, alcohol and carnivorous animals.

The brief meeting brought the 92nd Session of the House of Student Representatives to a close for the semester.




These shoes were found 46 yards from the crash caused by a drunk driver. Carissa Deason was thrown 30 yards and not even her father, a doctor, could save her.

**Friends Don't Let Friends Drive Drunk.**

Photo by Michael Witzmo

U.S. Department of Transportation

Ad Council



**image**  
Volume 33 | Issue 4 | Summer 2006

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Lindsay Shoulders has the best after-school job — ever

**DATING'S NEXT STEP**  
Why more couples are moving in and yesterday's traditions are moving out

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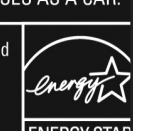
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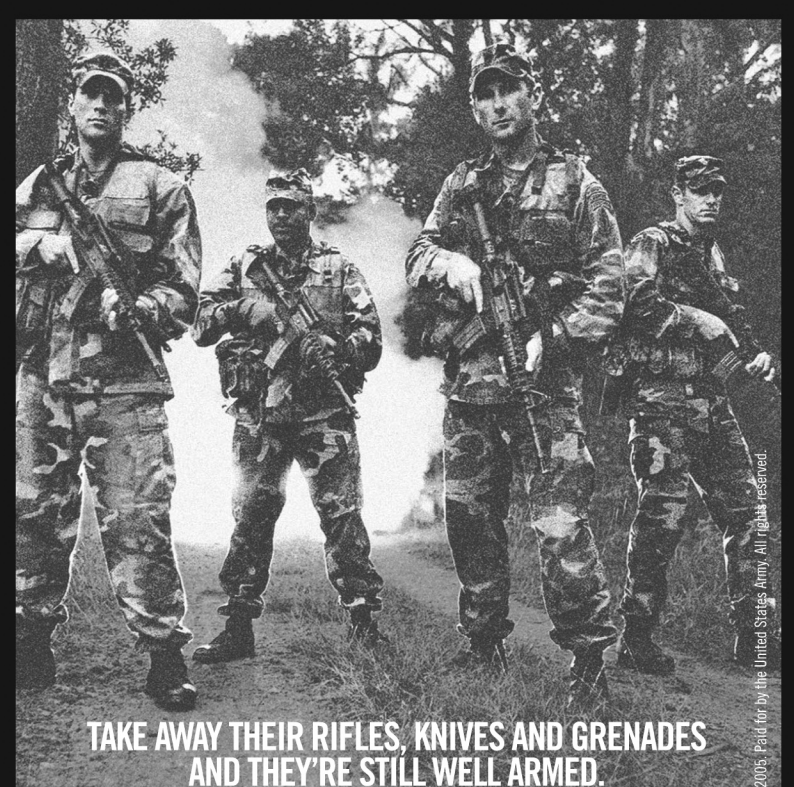
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## DECIDER IN CHIEF..

"I hear the voices and I read the front page and I know the speculation. But I'm the decider and I decide what's best," said the president about Donald Rumsfeld.

—Associated Press

### THE SKIFF VIEW

## America speaks one language

With the immigration protests making headlines across the nation, many people have expressed their respective views on immigrants living in the United States, one comment being, "Learn the language or get out of the country."

Learning the language of the country you reside in is not an absurd idea, but most of the people who make such abrupt comments have never stopped to think about the ignorance of Americans.

We can't expect foreigners to know English when we so heavily rely on others to know our language in foreign countries. For instance, Mexicans who cross the border should know how to speak our language because they are in our country, but most of us can't carry on a conversation in Spanish, nor do we need to, when we are in Mexico, because they have actually tried to pick up English.

Americans have this double standard that others should know our language, but

do many of us actually take the time to learn someone else's language?

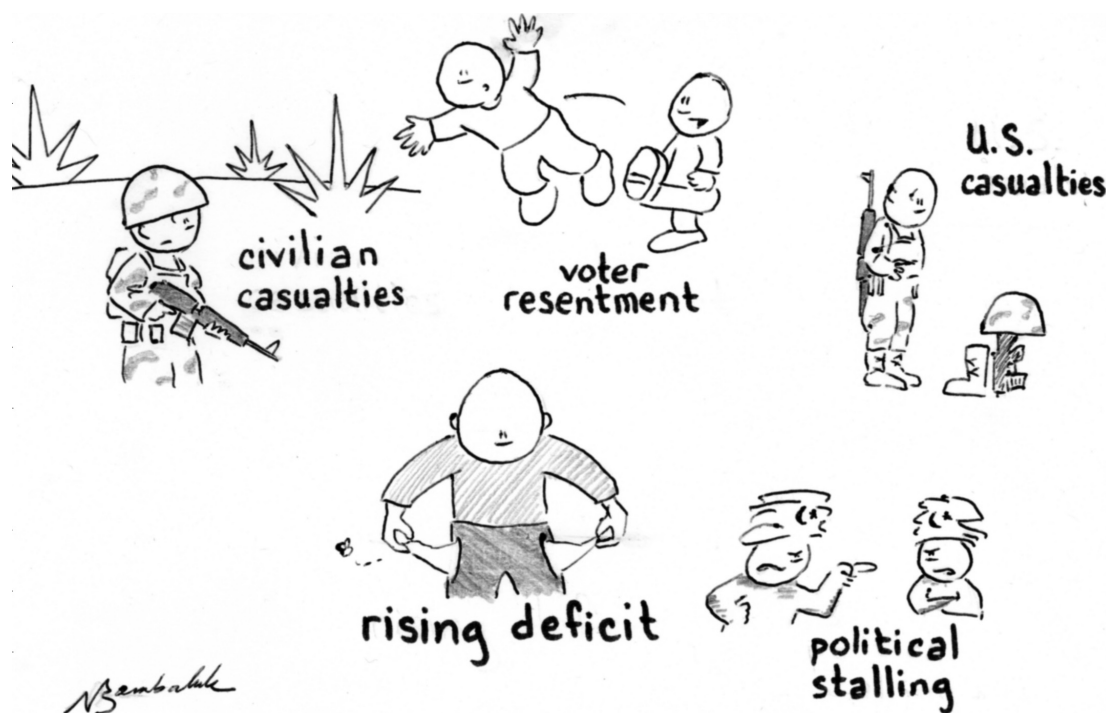
Many people take a foreign language in high school thinking it's a progressive move on their parts. Does four years of a language actually make you fluent in that language? And there are those who have even taken it since their early school days, but guess what — that doesn't even mean those Americans are fluent.

While schools that teach in two languages do exist here, they don't even compare to the number of educational institutes in Europe that stresses multiple languages.

Maybe it's time for America to expand its horizon. Perhaps we should stop relying on others to know our language and truly make an effort to know another nation's. We should stop being hypocritical and make our actions match our accusatory words.

Associate editor Adrienne Lang for the editorial board.

### NEWSREAL • NICHOLAS SAMBALUK



## OCCUPATIONAL HAZARDS

## Death Row inmate given too much special treatment

The law requires that inmates understand why they are being executed.

Fifteen years ago this month, a Tarrant County jury condemned Steven Kenneth Staley to die for killing restaurant manager Robert Read. His execution has been stopped at least twice because Staley doesn't understand why he is being killed and refuses to take medication that makes his mind clearer.

Since Staley was sent to Death Row in 1991, he has been hospitalized nearly 20 times for as long as nine months and diagnosed as being a paranoid schizophrenic. Doctors testify that Staley is incompetent and unable to understand why he has to die.

Staley was scheduled to be executed a couple times, but the execution was stopped because of his incompetence.

My question is: Why is he still living? He claims he doesn't understand why he is being executed. I bet he understood everything when he robbed and shot the 35-year-old manager.

Taxpayers have to spend their money on keeping someone who doesn't deserve to be alive by paying not only his room and board at the prison but also massive amounts of medical bills. Do the taxpayers have a chance to understand? No.

Did Read's wife and three small children get a chance to understand why he was killed? No.

I am a strong believer in the death penalty. Who cares if Staley refuses to take the anti-psychotic medication? Staley should die soon for his crimes.

This may sound harsh, but this law of understanding why one is being executed has been taken too far. Medically speaking, if the guy is really psychotic then that doesn't justify his actions. So what if he is? What he did was wrong, and regardless of whether he was psychotic he should suffer the consequences.

Staley's attorney says that forcibly medicating Staley in order to execute him is unconstitutional and violates his right to privacy. But what Staley did was also definitely unconstitutional.

What rights to privacy are inmates supposed to get? Rights are taken away when one is taken into custody. That is one of the things that contributes to the punishment the inmate has to suffer. When someone is murdered, his or her rights are taken away; his or her life is taken away. Why is the murderer awarded rights?

Crime is going down, but the populations of the jails and prisons are rising. Staley's case is a perfect illustration of why there is an increase in prisoners: The inmates' trials extend to years when they could be completed in less time.

Of course, the courts need to be 100 percent certain that the person being executed is guilty. But once found guilty, the next step is punishment, and in this case, execution. Courts shouldn't waste time and money making sure the guilty inmate knows why he or she is being punished.

I don't think it's Staley who needs the anti-psychotic medication; the lawmakers, judges and his attorney are in need of it more.

Rashi Vats is a sophomore broadcast journalism major from Houston.

## Skilled player should get promotion

In August of 1994, Major League baseball went on strike, prematurely ending the season, breaking the hearts of baseball supporters and denying fans the World Series. The far-reaching effects of the strike irreparably damaged the relationship between fans, owners and players. Fans' immediate, angry and justified divorce

from the nation's oldest game plagued the minds of owners and players looking for ways to re-attract fans back to baseball. Offense, specifically the home run, they believed, was the answer.

Seduced by the appeal of the home run (chicks dig the long ball), major league owners and players permitted sweeping changes to the game, which led to the yearly and daily compression of the strike zone to an impenetrable, hermetic minutia of its former self.

Buoyed by rapidly rising attendance numbers showing an increased interest in home runs, baseball persistently and periodically reduced the size of its baseball parks.

Most disturbingly, baseball and the players union refused to regulate the use of performance-enhancing substances, human growth hormones and steroids, all of which taint players' accomplishments and destroy the authenticity of their numbers — numbers which

produce a wealthy soil of statistics that foster debates that cultivate continued interest in the game.

As the suspicious cloud of steroid use begins to penetrate the game, eliminating the sanctity of the game's precious numbers, implicating the game's current crop of aging stars, one player, Albert Pujols, first baseman for the St. Louis Cardinals, emerges as the leader of the post-steroids era of baseball.

At 26, Pujols, currently playing in only his sixth major-league season, has a bright future — a future baseball needs to market. The unanimous choice for Rookie of the Year in 2001, Pujols is the first player ever to hit 30 home runs in each of his first five seasons, and is the first player since Hall of Famer Ted Williams to drive in 100 runs in each of his first five seasons.

After five seasons in the majors, Pujols has shown unparalleled early statistical consistency; his lifetime season averages include a .332 batting average, a .416 on base percentage, 128 runs, 46 doubles, 41 home runs and 127 RBI.

Baseball writers have taken notice. In 2005, his fifth season in the big leagues, National League baseball writers chose Pujols as their National League MVP, an award for which he has finished no lower than fourth in every year he's played. Most impressively, his numbers have never risen significantly or decreased drasti-

cally in any year, which would suggest the use of steroids.

Pujols has not fallen prey to the statistical ailments that often infect baseball's best power-hitters. Pujols hits far above average (career average: .332 which is 30th all time), winning the Silver Slugger Award at three positions in three years and demonstrating patience and discipline at the plate.

He consistently averaged more walks than strikeouts, which has led to a .416 career on-base-percentage, 23rd all-time in baseball history. In its promotion of the Cardinals' first baseman, baseball must recognize Pujols has not faced serious injury, playing no fewer than 154 games each season, displaying the physical consistency needed to be the game's biggest star.

With the smug Alex Rodriguez unintentionally dividing baseball fans and his teammates, Vladimir Guerrero's game stuck in obscurity, Todd Helton's production limited to the prodigious Coors Field, and Derek Jeter's continued numerical deterioration making his great 1999 season a statistical mirage, Pujols, the game's most consistent offensive player, becomes the game's most marketable star.

Pujols, one of the many Dominican players in the majors, is numerically efficient, humble and bilingual.

The attraction to Pujols' game is not limited to baseball saber-metricians who judge and evaluate players based on their field

performance. His humbleness (he signed a 10-year, 100-million-dollar deal and barely a word was written) appeals to the common fan looking for a reason to trust and return to baseball. Furthermore, his heritage, native language and commitment to his country appeals to the rapidly growing number of Spanish-speaking baseball fans.

The strike in 1994, a year after baseball's last great pennant race, squandered a once-in-a-lifetime year that featured baseball's highest average attendance to date, the first great chase of Roger Maris' home run record, Tony Gwynn's challenging of Ted Williams' .406 season, exciting, closely contested pennant races and the dominance of the Montreal Expos.

Pujols is a statistically sound, bilingual player who is a once-in-a-lifetime talent who will be squandered if he is not promoted correctly. Moreover, if it chooses not to promote Pujols, baseball will have neglected to publicize a player who could be the face of baseball for a generation.

In 1996, Pujols, then just 16 in his first summer in America, went to his high school office and said, "Where baseball?"

Pujols quickly found baseball.

And, pro baseball has found Pujols.

But, in order to dig itself out a controversy it created, baseball must promote Pujols.

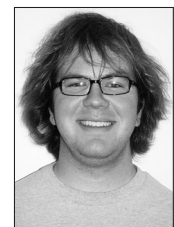
Joel Petersen is a secondary education major from Lafayette, La.

### COMMENTARY



Rashi Vats

### COMMENTARY



Joel Petersen

### OTHER VIEW

## Self-imposed separation regressive, not equal

In life, there are many things that puzzle me. For example, why can only one in five Americans name more than one of the rights guaranteed to them in the

COMMENTARY First Amendment?

Shelley Blundell Why do women complain about the need for societal acceptance and then support media agencies that promote the "unattainable image?"

Even scarier, why does the Kent State University men's basketball coach now make more than the vice president of the United States?

Perplexing, indeed.

But perhaps the most puzzling concept I have been struggling with lately is the idea of equality within separation. Why do we constantly question the separation that exists in society when all around us, examples of self-imposed separations abound?

For example, we have a Miss America Pageant, and then we have a Miss Black America Pageant. We have bars, and then we have gay bars. We have mainstream magazines, and then we have magazines targeted purely to Latin-Americans.

I embrace diversity with every inch of my being — I am the epitome of the term "melting pot" myself, a white African living in America and struggling with the U.S. immigration maze. I understand what it's like to be "different." But that doesn't mean I'm going to go out and start an organization that will separate me from the very society I am trying to blend into.

I understand that sometimes we need the fellowship and advice of people like ourselves because knowing there is someone else out there who feels our plight makes the plight that

much easier to deal with. However, there is a big difference between creating an organization where people of similar interests, cultures and beliefs can get together to share those ideas and creating an organization that focuses on separating themselves and their agenda from the rest of society.

So in light of my dissatisfaction with self-imposed separation, I am going to make a suggestion that might be somewhat controversial. I propose Kent State and any group associated with it do away with "separate" awards. If I win an award, I don't want to win it because I was the best South African or minority competing for the award — I want to win it because I know I truly deserved it. Because I was better than anyone else who was nominated.

And if award ceremonies or any other aspect of society are

skewed, and different races or sexual groups are being unfairly cut out of the running, then we need to take issue with that and change it instead of creating separate institutions. At the end of the day, by making separate contests, we let the bigots win. Why bother to enforce separation when we do it so well ourselves?

If you are reading this and thinking "separate award ceremonies and institutions help us recognize people in our respective communities who have achieved great things," consider this: How angry would you be if there was suddenly a "White United Students" organization on campus that, every year, held an award ceremony entitled "The Ivory Achievement Awards?"

Puzzling, isn't it?

Shelley Blundell is a columnist for the Daily Kent Stater at Kent State University. This column was distributed by U-Wire.

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TONY GUTIERREZ / Associated Press

A jogger runs down a winding path beneath power lines in Dallas on Tuesday. All-time highs were reached again Tuesday causing the state's power suppliers to urge Texans to cut down on their electricity usage. Temperatures reached the high nineties for the second day in a row.

# Officials learns lesson from Rita

By LIZ AUSTIN  
Associated Press

AUSTIN (AP) — Texas should develop a way to track special needs patients during hurricane evacuations, ensure their medical records are sent with them and let emergency responders know which hospitals and shelters have room for them, according to a report released Tuesday on the state's medical response to hurricanes Katrina and Rita.

The report commissioned by the Texas Department of State Health Services found communication breakdowns and difficulties acquiring, tracking and deploying resources hindered the effort to care for hurricane victims and evacuees.

Dr. Eduardo Sanchez, commissioner of state health services, said his department is already prepared for the hurricane season that begins June 1, but will use the recommendations to improve their plans.

"It's a little bit like being a basketball team," he said. "You can play tomorrow, but if you have the tapes and have a little bit of time to know the enemy or know your opponent you can do a better job in that game."

About 60 people died along the state's traffic-clogged highways during the chaotic evacuation before Hurricane Rita last September. Twenty-three of the victims were Houston-area nursing home patients killed when their bus exploded near Dallas.

The gridlock lasted more than 24 hours, leaving some drivers — and buses full of medically fragile patients — trapped in the summer heat with little water, food or bathroom access.

After spending hours on the road, many busloads of nursing home residents were so desperate for medical help that they stopped at the first hospital they found, fur-

ther overwhelming already swamped emergency rooms, the report said.

Meanwhile, hospitals that had extra room didn't receive more patients because the health department didn't have an efficient way to tell people in the field where to send evacuees, the researchers found.

Another major problem was some patients arrived with no medical records, identification or contact information for their relatives or nursing homes, so doctors had no idea what was wrong with them, how to treat them and how to get them home after the storm, the report said.

The report urged the health department to compile a list of all medical facilities that could provide care during an evacuation and find a way to track and communicate which hospitals are full and which have more room. It also said the state should develop standards on the transfer of

medical records, so facilities receiving patients know their diagnosis and what medication they're taking.

Additionally, the report encouraged nursing homes to review their emergency plans to ensure they will have enough staff members and plenty of medicine, food and water for the trip. And it said they should make sure other facilities aren't planning to take their residents to the same shelters or use the same transportation services, a problem that cropped up during last year's evacuation.

Sanchez said his employees and many volunteers did the best they could dealing with back-to-back disasters, but they understand there's always room for improvement.

"I think we did a fabulous job," he said. "The preparedness that was already in place helped us, but I think there's some lessons learned."

# Bush pardons Army vet for 1956 offense

By MARK SHERMAN  
Associated Press

WASHINGTON — Court-martialed a half-century ago over \$50, George Anderson Glenn was among 11 people whom President Bush pardoned Tuesday.

Glenn was a 19-year-old Army private when he accepted the money to ride herd on a shipment of goods destined for the black market in South Korea.

"It's sort of like a big stone been taken off my shoulders," Glenn, now 69, said in a telephone interview from his home in Alexandria, Ala..

Bush issued 82 pardons and sentence commutations during 63 months in office, to allow

people who committed minor offenses and served their sentences to clear their names.

Despite the court-martial in 1956, Glenn served 20 years in the Army. He retired in 1977 as a sergeant after spending time in Vietnam, then worked at nearby Fort McClellan as a civilian.

He thought his name had been cleared because of his long military and civilian service. But when he went to renew a permit for his gun a few years ago, an FBI records check turned up the court-martial.

Glenn asked for the pardon three years ago, after telling his children about his mistake, he said.

### OTHERS GRANTED PARDONS TUESDAY WERE:

- Patrick Harold Ackerman, Salem, Ore., filing false statements. Sentenced May 5, 1980, to six months imprisonment, five years probation and a \$5,000 fine.
- Karen Marie Edmonson, Roseville, Minn., distribution of methamphetamine. Sentenced April 19, 1978, to 18 months in prison and three years special parole.
- Anthony Americo Franchi, Weston, Mass., income tax evasion. Sentenced February 9, 1983, to two years probation, community service and a \$20,000 fine.
- Timothy Mark Freudenthal, Wautoma, Wis., conspiracy to introduce imported merchandise into commerce of the United States. Sentenced March 11, 1985, to one year of probation.
- Kenneth Ward Hill, Falkner, Miss., attempted tax evasion. Sentenced June 4, 1992, to two years probation and a \$20,000 fine.
- Margaret Ann Leggett, Hot Springs, Ark., conspiracy to defraud the United States by making false claims for income tax refunds. Sentenced May 8, 1981, to three months in prison, 33 months probation.
- Karl Bruce Weber, Pensacola, Fla., possession of cocaine with intent to distribute. Sentenced Dec. 5, 1985, to four months imprisonment, three years special parole, five years probation.
- Carl Manar White, Indianola, Okla., conspiracy to defraud the United States and Pittsburg County, Okla., by tax evasion and mail fraud. Sentenced July 27, 1983, to two years in prison.

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## TERRIBLE TUNES

With the Grammy Awards being over, it's time to take a look at the worst music of the year. Skiff Art's ranks the biggest flops Thursday.



Jon Heder, Rob Schneider and David Spade star in the bomb "Benchwarmers."

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## 'Benchwarmers' plot mind-numbing at best

I have a theory that it is possible to watch a movie that is so dumb, it temporarily numbs any thinking process in your brain. With this in mind, "Benchwarmers" can be seen the way it was meant to be seen if you:

- A. Hit your head against the wall multiple times
- B. Stick your finger in an electrical socket
- C. Push a crayon up your nose

Done one of those? Good, it's off to the movies.

The plot is very simple but is cluttered with enough side stories so it could just squeak over 80 minutes. The movie starts out with Gus (Rob Schneider), Clark (Jon Heder), and Richie (David Spade) living their not-so-glamorous lives. After helping out a nerdy kid who was being picked on, they decide to form a team and face the kids in the neighborhood.

They get help from the insanely rich Mel (Jon Lovitz) who decides to create a tournament to get revenge on

the bullies. The guys don't play against their past bullies though, they play against their bullies' Little League teams.

Schneider actually plays the straight man for his role, which is a first if I've ever seen one. He is the talent of the team and is the only reason why the benchwarmers did so well. He almost convinced me that he was just a normal average guy except that he was married to a hot wife played by Molly Simms. Spade couldn't have been drier with his jokes, and his hair made him look more like a pedophile than Adam Morrison. Jon Heder is good at playing stupid and was typecast for that very reason.

As for the rest of the cast, Producer Adam Sandler must have pulled in all of his favors or they must have hit an all-time low. This included Dan Patrick, Sean Salisbury, Craig Kilborn, Bill Romanowski and Reggie "Mr. October" Jackson, all playing minor and at times,

embarrassing roles.

I still don't get why they decided to face Little Leaguers. Seems a bit unfair to have a 30-something man pitch to 12-year-olds. Gus puts on a clinic that makes him look like he's Bonds with the 'roids. There are also certain scenes that just don't seem like they were in the original script and are just sloppy.

Now this comedy isn't all titty-twisters and fart jokes; there is a message. The moral that the whole movie gets at is to be considerate of everyone and not pick on someone just because they're different. Other messages like learning to forgive and standing up for yourself are all good things, but don't forget that these are a bit overused.

I think Lovitz at the end of the movie said it best, "So this was just a big waste of time?"

—Josh Williams

This review originally appeared in the OSU Daily Barometer at Oregon State University. It was distributed by U-Wire.

## 'Todd Smith' falls short

"My 12th album launch / Now everything is carte blanche!" bellows LL Cool J on the opening track of the album "Todd Smith," featuring Juelz "Back Like Cooked Crack" Santana. Carte blanche for suck-cess? Not quite, but one would expect more from the self-proclaimed "Greatest Of All Time."

Even an uninitiated hip-hop listener should be able to discern the now-tired beats and contrived rhymes on LL's latest effort. His 12th, as he constantly reminds us, features no fewer than 12 guest stars.

LL displays an extraordinary reliance on his presumed inferiors here, calling on artists from Ne-Yo to Mary J. Blige to sing his hooks. Giving him the benefit of the doubt, though, we might suppose that LL was simply calling in reinforcements to make time for his side gig as a C-list action star and the occasional moonlighting stint as Queen Latifah's supporting man.

Still, it's impressive that LL has made it to a dozen albums, with the shelf life of an average rap career being relatively short and listeners notoriously fickle.

Already a radio hit, "Control Myself" is the strongest single track on the release. Boasting deft Jermaine Dupri production and coquettish vocals from Jennifer Lopez, the track allows LL to do what he does best at this age: Coast. He spits simple flows over a bulletproof sample with the comforting back-up of J.D. and the too-long-MIA J-Lo; it might be his album, but LL knows when to drop the mic and let the song become bigger than him.

LL needed a track with a guaranteed audience to get him back on the charts, and "Control Myself" suitably serves its purpose.

Also notable is the love-it-or-loathe-it "What You Want," mixed in between the CD's

R&B slow jams and schizophrenic guest verses. The rapper cleverly cops the melody from Gwen Stefani's "Hollaback Girl" and runs it over blaxploitation bass and strings. With his guttural vocals, LL tries to duplicate the toughness re-established with his original comeback, "Mama Said Knock You Out." But it's 2006, and he's an established family man and elder statesman of rap. Punchlines from that demographic generally don't work as well.

Make no mistake, the album contains several decent songs — particularly among the middle tracks. They just don't tie together well. LL bounce-

es from a sentimental R&B exposition of matrimony, rapping, "You walking down the aisle / My heart skips a beat / Emotions run wild," and back to dishing out old jabs at young rappers he believes are jacking his style. Not that he'd call out anyone specifically; he's far too big a man for that.

On "Todd Smith," LL is doin' it, doin' it and doin' it pretty well for the most part. For a once-groundbreaking artist, you would wish he'd be doin' it a little better.

—Amanda Andrade & Kimberly Chou  
This review originally appeared in the Michigan Daily at the University of Michigan. It was distributed by U-Wire



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Old school rapper LL Cool J returns to the rap world with "Todd Smith," his 12th disc.

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# Athlete brings energy to team

By NATALIE MERRILL  
Staff Reporter

When junior tennis player Ana Cetnik takes to the court, she brings a contagious energy, head coach Dave Borelli said.

"She's like a battery for our team," Borelli said. "She charges us up."

Cetnik, who began playing tennis as a 6-year-old in Serbia, says this energy comes from her mental toughness that she brings to the game.

"On the court, I am mentally very strong," Cetnik said. "When I'm losing, I can be positive to myself and come back on top to win."

Teammate and double's partner Helena Besovic, a senior for the Lady Frogs, said Cetnik's energy and esteem contribute to the strength of the TCU team as a whole.

"She loves to compete and is able to come back and win, even when she is down," Besovic said. "We always know we can count on her."

Cetnik, 23, said that when she came to TCU in the spring of 2004, during her freshman year, her game developed and allowed her to become a better overall player.

"My tennis became more mature when I joined the TCU team," Cetnik said. "By being part of a team, I also became more mature tennis-wise."

Prior to coming to TCU, Cetnik had been playing tennis in Serbia, though she did not get to practice as often as she would have liked, due to difficulties facing her country.

"My country was at war so

I didn't even get to practice but once or twice a week from when I was 8 until I was 10," she said. "I didn't get to start practicing everyday until I was 11 years old."

Borelli said he heard of Cetnik through one of the TCU men's team players and then saw that she was always highly ranked. He said he also saw some qualities in her that made her stand out as a player and as a person.

"Her attitude is extremely unusual in that she doesn't get very upset," Borelli said. "She has this perspective of competing and enjoying the moment. She has a presence, and she truly thrives under pressure."

Borelli also said Cetnik is able to make light of even the most stressful situations.

"She has a great ability to laugh in the most crucial time," he said. "She has a lot of spirit and a real understanding of competition and energy."

Cetnik said she loves to bring such energy and zest to the TCU tennis team.

"There is more cheering now and people being positive all the time," Cetnik said. "I didn't see this in my first year here, and now we do it all as a team, and I like to think that I helped bring this."

Cetnik also said that she has adjusted well to life in America and has come to enjoy the time she has spent here.

"It took some time to adjust because everything is so different here," she said. "People are more individualistic. I had to adjust to living and being alone and also had to eat different foods.



TY HALASZ / Staff Photographer

Junior Ana Cetnik returns a serve against Virginia on March 10, 2004, at the Friedman Tennis Center.

It's prepared and cooked differently here than in my country."

She said that she also misses her family, though she is able to communicate with them often via text messaging, e-mails, calling, and sending pictures.

"In my country, people are very close to their families, so it is hard to be away from them," Cetnik said. "I miss them, but I do talk to them very often."

Cetnik, a merchandising fashion major, said she enjoys TCU because it is small and private, so there is a lot of opportunity to run into people frequently on campus.

"Most people are in multiple classes together and you are able to make friends faster," she said.

Though Cetnik said she

would possibly like to some day play professional tennis, she said she would also like to pursue a career selling for a store or being a store manager in the fashion arena, which she would do in America.

"I have the opportunity to stay one year after I graduate, so I will be here at least that long for sure," Cetnik said.

As for now, however, the energetic power-server said she is going to focus on this season's tennis and advancing as far as she can, which she said hopefully will be to the NCAA Tournament. She said one way in which she will do this is with one of the strongest points of her game: her volleys and forehand.

"They are very good and always go in the right spot," she said. "They listen to me."

# Friends, coaches back defendants

By FRANK ELTMAN  
Associated Press

They grew up in privileged surroundings in the suburbs of New York City.

Collin Finnerty of Long Island and Reade Seligmann of New Jersey both come from a world of golf courses and multimillion-dollar homes and were educated at exclusive all-boys Catholic prep schools. Their paths merged after the high school lacrosse stars won admission to Duke University, and continued their athletic and academic careers.

On Tuesday, they stood as co-defendants, accused of raping a stripper at an off-campus party in Durham, N.C.

Defenders quickly came forward at both of their high schools. Finnerty, 19, was described as a good student and athlete who was never in any trouble, while 20-year-old Seligmann was remembered as a kid incapable of committing such a heinous act.

"Knowing Reade Seligmann as well as we do here at Delbarton, I believe him innocent of the charges," said the Rev. Luke L. Travers, headmaster at Seligmann's \$22,500-a-year high school. "The hearts and prayers of our community go out to Reade and his family, the woman who made the accusations, the players on the Duke lacrosse team and all their families."

At Chaminade High School on Long Island, where Finnerty was among the 1,600 students, his former lacrosse coach said the young man "really was never in any trouble. Basically, more of a quiet kid."

Jack Moran, the Chaminade lacrosse coach for 28 years, recalled Finnerty as an A stu-

dent and a good teammate.

"Collin obviously was a very good player," Moran said before practice Tuesday. "He was good enough to play at Duke. He was a good student. ... Obviously, a good enough student to qualify academically for Duke."

According to court documents, Finnerty was arrested six months ago in Washington, D.C., after an alleged gay-bashing incident. Jeffrey Bloxgom said Finnerty and two of his high school teammates hurled anti-gay insults and punched him repeatedly.

Finnerty entered a diversion program, under which the charges will be dismissed after the completion of 25 hours of community service. Hearings in the case are scheduled for April 25 and Sept. 25, said a spokeswoman for the U.S. Attorney's Office in Washington.

Both defendants graduated from high school in 2004. There were other similarities in their upbringings.

Finnerty hails from Garden City, N.Y. A lacrosse net and equipment were visible in the yard, which abuts a golf course. No one answered the door at the Finnerty home Tuesday morning.

Seligmann grew up in well-to-do Essex Fells, N.J., where the current mayor grew up with the lacrosse player's dad.

"Reade Seligmann's a great kid," said Mayor Edward P. Abbot. "The Seligmanns have been a great Essex Fells family."

Associated Press Writer Wayne Parry in New Jersey contributed to this report.

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## PRIZE WINNER

Boston composer Yehudi Wyner won the Pulitzer Prize on Monday for his concerto "Chiavi in mano." Other winners included novelist Geraldine Brooks and biographer Martin J. Sherwin.

# Slather on sunscreen, but beware of false claims



SXC.HU

By KATE SANTICH  
*The Orlando Sentinel*

Like a lot of blond-haired, fair-skinned people, 34-year-old Jonjon Baus slathers on sunscreen before he heads outdoors. As a bicyclist and runner, he opts for the sweatproof formulas, and because he rarely gets sunburned, he figures he's safe.

"That's really how I gauge how effective my sun protection is," says Baus, a manager for Track Shack, an Orlando, Fla., running store.

But in the wake of a class-action lawsuit filed recently in California against sunscreen manufacturers — claiming they have fraudulently exaggerated the effectiveness of their products — Baus has started to wonder.

In fact, although dermatologists still recommend the liberal use of sunscreen, they warn that it's possible for the sun to damage skin without burning it, and that most of the sunscreens currently on the market do a better job preventing sunburn than they do at preventing other problems — including premature wrinkles, age spots and even skin cancer.

And neither sun protection factor ratings nor the labeling of a product as "broad-spectrum" gives consumers any information on how much they'll be shielded against ultraviolet A rays, which don't cause burning but do cause aging of the skin and potentially cancer.

"I wish sunscreens were better. That would be terrific. But they're not," says Dr. James Spencer, a St. Petersburg, Fla., dermatologist and clinical professor of dermatology for Mount Sinai School of Medicine. "But they are a useful tool, and like any tool, if you don't use it properly, it doesn't work."

The problem is that many people may expect too much from a sunscreen, Spencer says, putting themselves at risk for skin cancer by spending too much time in the sun.

The confusion comes in part because there are different types of sunlight

responsible for skin damage — mainly UVA and UVB. Because UVB is what causes sunburn and has a well-established link with skin cancer, it is generally considered more harmful. But scientists now believe UVA causes much of the premature aging of the skin and, more critically, much of the skin's genetic damage, which may also lead to skin cancer. UVA rays can even penetrate windows to reach people indoors.

So far, there's no way to measure the UVA-screening ability of a given product, and scientists don't know how much UVA contributes to the alarming rise in skin cancer. According to the Centers for Disease Control and Prevention, the death rate from melanoma in the United States has climbed about 4 percent a year since 1973.

Though researchers have discussed a rating system for UVA, so far there has been no action on the matter. And that's only part of the problem.

Some experts say that claims for UVB protection could be inflated, too. In 1999, under orders from Congress, the Federal Food and Drug Administration drafted a slate of regulations on sunscreen manufacturers but never formally adopted them. Critics say the agency bowed to pressure from the sunscreen lobby.

Representatives of the FDA did not respond to requests for an interview on the subject.

The proposed rules would have prohibited "unsupported, absolute, and/or misleading and confusing terms such as 'sunblock,' 'waterproof,' 'all-day protection' and 'visible and/or infrared light protection.'"

Yet doctors agree that those terms — still widely employed in sunscreen advertising — are misleading at best.

No product, experts say, is truly waterproof, sweatproof or capable of lasting all day.

"If you read the fine print," says Dr. John Meisenheimer, chief of dermatology for Orlando Regional Healthcare System, "it does say that you have to

### STAYING SAFE IN THE SUN

- When possible, wear a broad-brimmed hat, long-sleeved shirt, long pants and UV-light-blocking sunglasses.
- Try to stay in the shade between 10 a.m. and 4 p.m., when the sun is most intense.
- Apply sunscreen liberally to all exposed skin, using a product with an SPF of 15 or higher and one that advertises both UVA and UVB protection. Reapply every two hours, more often after swimming or sweating.
- Use extra protection for children. Melanoma is thought to be linked to early childhood sunburns. Also use extra caution near water and sand as they reflect the sun's damaging rays.
- Avoid tanning beds. The UV light used causes skin cancer and wrinkling. Self-tanning lotions and sprays are a safe alternative, but wear sunscreen for protection outdoors.

SOURCE: American Academy of Dermatology

reapply them."

Meisenheimer, a competitive swimmer and occasional surfer, says that each time you dive in the water or perspire, you'll need to put on more sunscreen afterward — at least every 60 to 80 minutes. But he still recommends the waterproof variety.

"They tend to stay on a little bit better when you sweat," he says.

He also advises his patients to use products that offer an SPF rating of 30 or higher as well as those that claim broad-spectrum protection, even if there's no way to measure how much. After all, the doctor notes, some UVA protection is better than none.

Ingredients that protect against UVA radiation include avobenzone (better known under the trade name Parsol 1789), which quickly degrades in sunlight, and mexoryl, which is longer-lasting. The latter has yet to be approved by the FDA, though it has been widely used in Canada and Europe for years.

The bottom line, dermatologists say, is that the more you can stay in the shade, cover up or liberally apply a good-but-imperfect sunscreen, the better off you'll be.

"We're not going to tell people to hide in a cave and only come out at night," Spencer says. "It's not realistic."

### THE LAWSUIT

- Against: the makers of five major sunscreens, including Coppertone, Banana Boat, Hawaiian Tropic, Neutrogena and Bullfrog.
- Claim: that the manufacturers used deceptive advertising and labeling to promote their products, even though they knew "or should have known" their products weren't capable of doing everything they were advertised to do.
- Seeking: an injunction against the allegedly fraudulent claims, compensation for consumers and other remedies, including a public education program on sun protection paid for by the industry.
- Response: The companies have vigorously denied the allegations.



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# Weight training necessary for fitness, experts say



Kate Scully, a sophomore English and Spanish major, uses an overhead press in the University Recreation Center on Monday.

By ADRIENNE LANG  
Associate Editor

Women on the "cardio deck" and men in the weight room — that's the dichotomy of the University Recreation Center. Men want to be muscular; women want to be slender. But experts say females who don't weight train are missing out, and men who don't weight train properly aren't doing any good for their bodies.

Experts say while cardio activities such as running and walking have their benefits, weight training works a body in a different way — one that too many people are missing.

## BENEFITS

Cardiovascular workouts are good for the body because they improve heart function, said Trey Morrison, director of fitness and wellness for Campus Recreation. This type of exercise, he said, helps to get a person from point A to point B. Obtaining muscular strength improves how much a body can do, as well as endurance.

"So if you gain muscular endurance in your legs weight training and then you had a job like nursing or something where you're always on your feet, then your body can carry your legs," Morrison said. "They're stronger, so they can carry you longer and be more resistant to fatigue."

Lauren Prasek, a senior

marketing and fashion merchandising major, said lifting lower-body weights helps her in other training.

"I am training for the Chicago Marathon and weight training reduces injuries while running," she said.

Rob Guyer, fitness director for Bally Total Fitness Club on Green Oaks Road in Fort Worth, said weight training also provides the ability to be more productive in other areas of exercise.

"You can perform higher stress activity with more ease," Guyer said.

With strength training, a person improves bone density, and if done correctly, posture, he said. It increases stability in the joints if done with a balanced technique.

Shana Savitz, a former personal trainer and aerobics instructor for the Rec Center, said more muscle mass also increases metabolism.

"The more muscle you have, the faster you burn calories," she said. "If you're on that cardio deck all the time, you're burning up your muscle."

Not only does running without strength training tear down muscle, but as people grow older, they are also at a disadvantage when it comes to muscle.

Guyer said people start losing muscle mass at the age of 25, allowing body fat to creep in more easily. As a person gets

older, training gets more important to keep fat away.

Savitz said no muscle mass and too much cardio have the opposite effect of what the popular perception is.

"It's not 'the more the better,' which a lot of people think," she said. "Your body ends up going into starvation because you exercise so much. You burn the muscle and store the fat."

Morrison said weight training also changes the shape of the body.

"Cardiovascular makes you smaller if you do it right," he said. "Weight training gives you the definition and tone in your arms."

Most importantly, weight training will affect you later in life.

Strong muscles will help prolong a better quality of life, he said.

## HOW TO WEIGHT TRAIN

Some of the myths about weight training are how it changes body shape. Guyer said many females are hesitant to weight train because they're afraid they will develop large, bulky muscles.

"Some people are afraid to lift because they associate weightlifting with the people they see in body building magazines," he said.

Morrison said varying methods of lifting weights changes how muscles develop.

"It's how you lift as to what determines bulking or toning or endurance," he said.

To manipulate bulking and toning, a person adjusts the amount of weight he or she lifts and the number of repetitions. Savitz said people who want to gain bulk should increase the amount of weight, decrease the amount of reps and increase the number of sets, which consists of the amount of consecutive reps. Those who want to tone should decrease weight and add more reps.

Morrison said no matter how much weight a person lifts, it should be done to fatigue, meaning the last rep is hard. If someone is lifting to tone, he or she should not be able to do 60 reps. He said the general amount of reps for those who are doing heavy weight training is three to five. Those who want to build strength should do about eight to 10, and people who want to tone should lift about 15 to 20 reps.

He said a person shouldn't be able to lift beyond those repetitions. If a person can, then he or she needs to increase the amount of weight. People just starting to strength train should do more reps with less weight and then increase when they can increase repetitions.

Morrison said the American College of Sports Medicine recommends weights three to five times a week.

Savitz said depending on what a person's goal is, the amount of cardio and weight training will vary. If a person is looking to gain strength, she said, he or she might do three days of weight training and two days of cardio. If someone wants to lose weight, he or she should do three days of cardio and two days of strength training.

Jessica Morina, a senior marketing major, said she lifts weights along with running to keep in better shape.

"The majority of my weight training consists of exercises to strengthen my arms, shoulders, and upper and lower back. I do three sets of eight to 12 repetitions of each exercise, and I typically lift weights three to four times a week," she said.

Savitz said rest in between workouts is important because that's how muscles grow.

"That's when you gain your

strength and lean body mass," she said.

Guyer said most people need about 48 hours of rest in between strength-training sessions. If people overtrain, they will lose muscle tissue and their bodies need longer recovery. This can lead to chronic injury and pain.

Morrison said the amount of time a person should spend in the weight room may be hard to determine.

"There's not really so much of a time as you're supposed to be lifting a well-rounded lifting regiment to incorporate a full range of motion in body parts," he said.

Morrison said machines and free weights both have their advantages and disadvantages when it comes to working well-rounded lifting. While free weights cause a person to use more stability and work more muscles, a person needs a spotter to ensure safety. Machines do not require a spotter, but the applied weight only works the muscle at a certain point in the contraction because the weight is on a fixed tract.

Prasek said she uses barbells and free weights to meet her fitness goals.

"They are so versatile and you can virtually target any muscle with the right exercise when using these," she said.

Guyer said he prefers free weights to machines because of practicality.

"In real life, we don't sit down and push and pull things," he said.

Many people use quick, jerky movements with a high amount of weight, he said. Although the quick movements allow a person to lift heavier weight, he or she is risking injury to the joints and isn't working the muscle.

He said movement should be slow and controlled. People should throw their shoulders back and move their chests out. The chin should be in a neutral position, he said; if the chin is up, it puts stress on the spine. Guyer said whether training is done sitting or standing, knees should never be locked but should have a slight bend.

Morrison said getting blood flow to the areas someone wants to train is important. If a body part isn't warmed up, joint injuries could occur.

## PARTNER WEIGHT TRAINING

To maximize results, Savitz said, weight training should be done in conjunction with a balanced exercise, rest and proper nutrition.

Guyer said proper nutrition allows muscle tissue to repair and rebuild. Carbohydrates and protein are two important nutrients in the process, he said.

Morrison said that cardiovascular and flexibility training, such as stretching, is important in addition to weight training.

"If you're trying to run faster and you're stronger, you'll have more muscle to run faster," he said.

A stronger heart helps to reduce recovery time in weight training, he said.



Jared Meadows, a freshman business major, uses a leg press in the University Recreation Center on Monday.

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by Nicholas Sambaluk



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

Directions

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

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

Tuesday's Solutions

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

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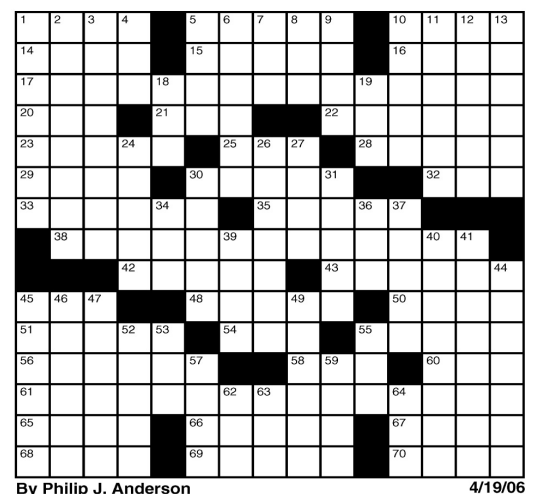
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15 More docile  
16 Debate side  
17 Way to go back and forth  
20 Amusement  
21 Negative link  
22 "Dallas"  
23 "Martha" or "Norma"  
25 Uganda's Amin  
28 "Skittle Players" painter  
29 Religious custom  
30 River through Grenoble  
32 Air-leak sound  
33 Taxi devices  
35 Aquarium bottom-feeder  
38 Way to go in and out  
42 Arab leader: var.  
43 Flexible  
45 Half a dance?  
48 Banal  
50 Model  
51 Macpherson  
52 Stoppages  
54 "Cheers" setting  
55 Snooped  
56 Bowers  
58 Night before  
60 Long-snouted fish  
61 Way to go up and down  
65 Bivouac shelter  
66 Lessen  
67 Calais summers  
68 God of love  
69 Player and Oldman  
70 Fewer



By Philip J. Anderson  
Portland, OR

4/19/06

Tuesday's Puzzle Solved

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

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3 Dark-haired woman  
4 9-digit ID  
5 Milanese eight  
6 Tweed type  
7 French friend  
8 Act  
9 Liberal or fine follower  
10 Gem surface  
11 Low joints  
12 Inscribed stone markers  
13 Mythological giants  
18 O.J. trial letters  
19 Part of TGIF  
24 "Still Me" writer  
26 Disturbed mental states  
27 Household  
30 Map dot  
31 Three on a par five  
34 CD  
36 Livy's 401  
37 Four-bagger  
39 Action word  
40 Bind

31 Three on a par five  
34 CD  
36 Livy's 401  
37 Four-bagger  
39 Action word  
40 Bind

41 Lets go of  
44 Set right  
45 Unsuited  
46 Valerie or Tess  
47 Unpigmented  
49 Formal agreement  
52 Legal wrongs  
53 Sp. lady

55 Miles/hour connector  
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See Thursday's paper for answers to today's crossword.

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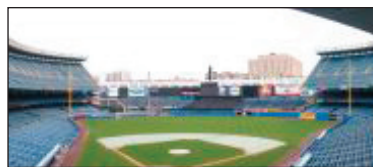
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# Foreign player says new home is helping game

By NATALIE MERRILL  
 Staff Reporter

Though it may be difficult to leave behind a family and home country to attend school in the United States, TCU women's tennis players have managed to do it, while at the same time mastering their games.

Junior Ana Cetnik, who came to TCU her freshman year from Belgrade, Serbia, said it was hard to adjust at first, but she feels more at ease with her surroundings now.

"It took some time to adjust because everything is so different here," she said. "People are more individualistic. I had to adjust to living and being alone and also had to eat different foods. It's prepared and cooked differently here than in my country."

Cetnik, who began playing tennis in her country when she was a 6-year-old, also said that since coming to America, she has had the opportunity to practice more than she had while growing up.

"My country was at war so I didn't even get to practice but once or twice a week from when I was eight until I was 10," she said. "I didn't get to start practicing everyday until I was 11 years old. Now I get to practice all the time since I am part of the team, which has helped my tennis mature."

Head coach Dave Borelli said that the girls on the team who are from foreign countries have great work ethics, both on the court and in the classroom.

"They are all very exceptional people and individuals," Borelli said. "They are extremely hard-working kids who also do great academically and learn very quickly."

Borelli also said that when he is recruiting girls who are not from the United States, he not only looks at their overall rankings, but also at the characters of the girls.

"The most important thing is the personality and character of the kids," he said. "We just get the best ones possible with the personality and character that best fits the TCU student athlete."

Borelli said these personalities help the players to adjust to their new surroundings and to learn to communicate more easily with their American teammates, despite the language differences.

Helena Besovic, a senior from Sarajevo, Bosnia, said the language adjustment was somewhat of a challenge, but being part of the team made her transition a little easier.

"It was hard at the beginning, but over time, I was able to improve because I was always having to talk to my teammates, so that made it better for me," Besovic said.

Besovic said she had originally been playing tennis in high school in Barcelona, Spain, but wanted to come to America for college. She came to the U.S. when she was 18 years old and attended Ouachita Baptist, a small school in Arkansas. She said she transferred to TCU her junior year because she thought TCU

had a better tennis program and she knew Borelli was a good coach.

Besovic said she is glad she made the decision to change schools.

"I like TCU because it's so small and you get to know people pretty easily," she said. "The people here are really nice and there are also a lot of friendly professors."

Though both Besovic and Cetnik enjoy being in America and at TCU, they said they miss their families and countries.

"In my country, people are very close to their families, so it is hard to be away from them," Cetnik said. "I miss them, but I do talk to them very often."

Besovic said she is also in frequent communication with her relatives.

"I have gotten used to America, but I still really miss home and my family," Besovic said. "We send a lot of e-mails, though."

Despite being homesick at times, Cetnik said she now appreciates the opportunities offered in America.

"I have the opportunity to stay one year after I graduate, so I will be here at least that long for sure," Cetnik said.



STEPHEN SPILLMAN / Photo Editor

(Top) Junior Karine Ionesco returns a serve Feb. 15. Ionesco, who is 9-3 in doubles play and 4-4 in singles play on the year, was born in Montreal but transferred to TCU after two years at Broward Community College.

(Left) Freshman Anna Sydorska hits a backhand shot up the line Feb. 15. Sydorska, who is from Lviv, Ukraine, is one of four international players on the team's roster and is 11-4 in both doubles and singles play on the year.

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- April 19, Phi Upsilon Omicron National Honor Society Senior Appreciation and Awards Program
- April 20, Honors Convocation
- April 20, Honors Banquet
- April 21, Army ROTC Military Ball
- April 22, Intercultural Banquet
- April 24, All Sports Banquet
- April 27, Alpha Kappa Delta International Honor Society Induction
- April 28, Alumni Association Awards Dinner
- April 28, The M.J. Neeley School of Business Awards Banquet
- April 30, Residential Services Banquet
- April 30, Campus Recreation Awards Banquet
- May 2, A Celebration of University Leadership
- May 12, Honors Commencement Dinner
- May 12, Psi Chi Awards Ceremony
- May 13, Graduation & the Chancellor's Reception