

# THE SKIFF



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ALUMNUS MAKES  
FINAL FOUR IN  
REALITY SURVIVAL  
SHOW

A STUDENT MEDIA PUBLICATION OF TEXAS CHRISTIAN UNIVERSITY

FORT WORTH, TEXAS



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PHOTO COURTESY ALECIA CLARK

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22-year-old woman found dead in home near campus.

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A positive mindset helps student dancer continue after surgery.

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## COMMUNITY

# Students find community in Belize

By **MADISON GOFORTH**  
STAFF WRITER

A group of TCU students went to Belize this spring break for something other than the beaches, resorts and good times.

They went to form a community.

For the past six years, Christ Chapel Bible Church has taken college students on a spring break mission trip to Belize.

Krupa Patel, a first-year biology major, said she went on the trip to find fellowship.

“The biggest impact of this trip is that we all came home with 95 sweet friends who will encourage each other to pursue Jesus every day,” she said. “Being able to build relationships with other students and the kiddos in Belize was incredible.”

Christ Chapel has had a college ministry for almost 20 years.

Josh Storie, the college pastor at the church, said the involvement with TCU students started with a Bible study in the basement of the church which continued for 10 years.

“After 10 years we started the Sunday service at The Aardvark,” he said. “It was only supposed to be a six-month thing and now we have been doing services there for more than six years.”

The church previously hosted many mission trips to Guatemala but heard of a need in Belize about six years ago.

“We partner with a group called International Servants who raise up Belizeans to build Belizean churches,” Storie said. “We don’t go to save the day, we just go to serve.”

Storie said they play whatever role the church wants them to do – working on construction sites to help build churches as well as going



PHOTO COURTESY OF DEWYN HAECKER

TCU student Ben Hopper plays with Belizean students during the Christ Chapel Bible Church mission trip.

to the schools in the area and teaching the children about Jesus.

“Most of the time the kids just need to be loved,” Storie said. “So, we play with them and show them God’s love.”

Storie said the trip continues to grow every year. Last year the church made room for 80 students and this year 95 made the trip.

“We essentially draw two kinds of students onto this trip – mature believers who want to serve and students who are searching for something,” Storie said. “Every year we have students who grow in their faith and we have students who come to know the Lord.”

Ben Hopper, who had not been on the trip before, said his favorite part was spending six hours a day at the school



PHOTO COURTESY OF DEWYN HAECKER

Students helped locals paint their homes.

they served.

“The first day the kids just latch onto you and follow you around for the entire week,” he said. “On the last day one of the

boys, Carlos, had written me a note telling me how much he loved me and couldn’t wait to see me next year.”



## The Skiff

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**Distribution:** Newspapers are available free on campus and surrounding locations, limit one per person. Additional copies are \$.50 and are available at the Skiff office.

The Skiff is an official student publication of Texas Christian University, produced by students of TCU and sponsored by the TCU Department of Journalism. It operates under the policies of the Student Media Committee..

The Skiff is published Thursdays during fall and spring semesters except finals week and holidays.

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**The Skiff**

**Circulation:** 2000

**Subscriptions:** 817-257-6274

Rates are \$30 per semester.

**Mouly Building South**

News Room, Room 212

2805 S. University Drive, Fort Worth, TX 76109



ENTERTAINMENT

# TCU alumnus makes top 4 on MTV's "Stranded With A Million Dollars"

By **MICHELLE ROSS**  
STAFF WRITER

Strong communication skills, grit, primitive fire skills and the hope for \$1 million has helped a TCU alumnus advance into the final four of a survival reality show challenge.

"Stranded With a Million Dollars" is MTV's new reality show featuring 2014 alumnus Alex Apple. In the show, contestants have to survive 40 days on an island in Fiji.

Contestants aren't given the necessary tools. Instead, they have to use the money from the \$1 million to buy survival items, which can cost thousands of dollars. The winner gets to keep what is left over.

The show began with 10 contestants, and now it's down to the final four: Cody Dunlap, Gina Lam, Natalie "Mikani" Paul and Apple.

"I'm not surprised I made it this far because I had a strategy, and I'm a very competitive person," Apple said. "However, you never know if you will get sick one day, so I've been really lucky."

Apple said his biggest strategy was using strong social skills to form alliances with other contestants on the island. He also said buying the tools needed to survive is a mental challenge. Anyone can choose to survive the 40 days alone, but Apple said having a companion to talk with was beneficial and kept him sane.

"In the show, you are away from civilization, friends and family," he said. "The majority of the cameras used to film the show are drones or robotic cameras, so human interaction is very limited, and you develop this sense of paranoia from being isolated."

In the first episode, Apple said he was quick to form alliances because



PHOTO COURTESY OF MTV

Contestants walk a beach on in Fiji. Alex Apple, left, was one of 10 contestants to start the show.

he had good fire-starting skills and other contestants valued him. However, his alliances quickly dwindled after contestants became too sick or wanted to leave the island. One contestant got appendicitis and had to leave to get an immediate surgery.

"It was scary because getting sick could have happened to any one of us or at any time," he said. "This game is unpredictable and you never know if you will wake up one day and want to leave."

In the latest episode, Apple said he almost shot his flare gun, a signal to let the producers know contestants want out of the show, because he felt the game was too much for him. He overcame this mentality and told himself he came on this show to challenge himself, not to be rich or famous.

"I did this show because I wanted to learn

about my strengths and weaknesses," he said. "Whenever I was in a mental funk, I told myself I'm a lot more capable than I think I am."

Apple said he was glad he did this challenge because he's learned to be appreciative of his blessings and not take things for granted.

"You hear from your parents and mentors say not to take things for granted and you kind of just nod your head," he said. "This show makes you realize how much you miss the things you have at home."

Apple said being in the top four is awesome, but there was no time to celebrate because he was still up against three other people for the cash prize.

Apple said the challenge is getting intense because there are two different alliances who are trying to sabotage the other alliance's chance

of survival by stealing each other's food and the only access Apple had for clean water, a boiling pot.

"Myself and Lam are the only ones left from the alliance I created earlier," he said. "The other alliance is Dunlap and Paul, who found each other because they had no one else."

Apple said he couldn't say what happens in the upcoming episodes or who won, but he did say this:

"The last three episodes are the wildest ones yet because the two alliances will do one of the most unique moves pulled on a reality show."

Since the show has aired, Apple said people have recognized him in public and on social media. Viewers have critiqued his strategy and called him various names, but he said he couldn't care less what people thought because he doesn't regret anything he's done to survive this long.

Along with critiques, Apple also said fans of the show have messaged him if there will be a season 2 and how to get on it.

"I don't know if there will be another season, but the show has done pretty well and the people who watch it like it," he said.

***I'm not surprised I made it this far because I had a strategy, and I'm a very competitive person."***

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## FEATURE

# The shag is gone - Kenrich Williams cleans up

By GARRETT PODELL  
STAFF WRITER

TCU basketball guard Kenrich Williams showed up Saturday with the rest of the team to take photographs and sign autographs at the TCU football spring game, but something was missing.

The shag. The old school haircut that went out with the mullet was his signature style throughout the season.

"The shag is a business in the front, party in the back style that started in Dallas but moved its way to the Metroplex and Waco where I'm from," Williams said earlier this season.

Not many people rock the look. Williams said he ditched it because of its low approval rating.

"I cut it because all the girls and some of my friends don't like it," Williams said.

His teammates joked that the cut could hurt Williams' on-court performance next season.

"You've seen Space Jam, right?" TCU guard Alex Robinson Jr. said. "We've gotta find that hair or else he might lose his superpowers." In the movie Space Jam, aliens steal the basketball abilities of NBA players Charles Barkley, Shawn Bradley, Patrick Ewing, Larry Johnson and Muggsy Bogues.

Guard Josh Parrish said, "The shag was his sauce, and he lost his sauce, so he might need it next year, we'll have to see."

Parrish's roommates, Desmond Bane, Jaylen Fisher and Koat Noi agreed.

"He might need to come back with the shag to finish the next season strong because it's his signature cut, he's got to have it," TCU guard Jaylen Fisher said. "He [Kenrich Williams] should've held onto to it, it has to come back," TCU guard Desmond Bane said.

Dalton Dry, who has



Kenrich Williams points out the back of his head where he cut the shag out of his offseason.

PHOTO BY GARRETT PODELL

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been Williams' teammate throughout his TCU career, echoed the others' thoughts.

"It's a disappointment because I feel like that was the key to the triple-doubles and double-doubles," Dry said. "I don't know if he can do all that without it." Williams totaled TCU's first triple-double in the NIT quarterfinals against Richmond with 11 points, 14 rebounds, and 10 assists.

However, other TCU basketball players don't think the lack of shag will affect Williams' game.

"He'll be even better next year, and I don't believe in stuff like that," TCU forward Vladimir Brodziansky said.

TCU senior forward Chris Washburn concurred.

"When it's time, it's time, and no, it won't

affect him," Washburn said.

The emotional leader for the Horned Frogs in the 2016-2017 season, guard Brandon Parrish, sees the possibility for a

***"I cut it because all the girls and some of my friends don't like it."***

**KENRICH WILLIAMS**  
TCU BASKETBALL GUARD

new style to arise.

"It was a very iconic shag, and the shag was good for us, but it won't affect him on the court,"

Parrish said. "He might gain some powers from something new."

A few of Williams' teammates predict the shag will return.

"It's an awesome look that I think he'll grow back," TCU forward Karviar Shepherd said.

Fellow forward JD Miller believed basketball will be more enjoyable to Williams with "the shag."

"I think he'll grow it back when I think he'll realize playing basketball is better with it," TCU forward JD Miller said.

The shag might make another comeback.

"I'll wear it in season, but only during the season," Williams said.

TCU basketball players, coaches and fans alike can rest easy knowing they'll see the same Kenrich Williams next season.



COMMUNITY

# FWISD rewards substitutes for their work

By **DAISHA SIPHO**  
STAFF WRITER

From one classroom to another, FWISD substitute teacher Stefanie Morgan stepped in for multiple teachers who were out of their classrooms for the day or even for a moment. She works with students one-on-one, giving them the assistance and attention they need.

Morgan has been a substitute teacher for FWISD for three years, primarily working with elementary and high school students. Morgan began substituting after she was laid off from her previous job and decided to change her career.

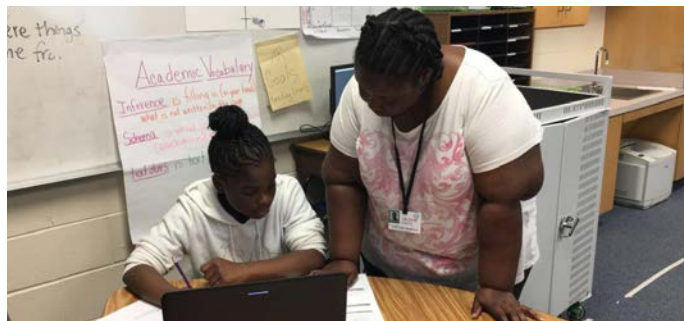
Substitute teachers who have been consistent within the district are now being rewarded for their work.

The district launched a Substitute Teacher Graduated Incentive Plan, which aims to grant bonuses to long-time substitute teachers and encourage potential substitutes. The plan began Feb. 27 and will end May 31, giving teachers 61 days to earn the incentive.

Substitutes hired before March 20 are eligible for this incentive plan. Based on the number of full days worked, they will receive additional pay at the end of the school year.

The chart below shows the number of days a substitute met work to accumulate the corresponding incentive pay. The minimum amount that can be earned is \$540 while the maximum is \$1,220.

Salvador Chavez, a



Substitute, Stefanie Morgan, assisting a student with an assignment.

PHOTO BY DAISHA SIPHO

technician in the FWISD substitute department, said the incentive plan is a one-time effort and continuation of the plan has not been discussed.

Chavez said the district created the incentive so substitutes will stick around and encourage more people to work for the district.

Morgan said the

incentive is beneficial to her family's financial circumstances.

"I think the incentive plan is great because it shows that the district cares about their substitutes and appreciate the work we do," Morgan said.

She said because substitutes don't get paid over the summer,

the incentive can help alleviate some of the financial problems substitutes may run into. Morgan must work a part-time job over the summer to make up for not having the salary pay permanent teachers have.

Morgan said it is also a good trial opportunity for someone who is trying to go into

teaching because teacher instability is detrimental to the students and their education.

Morgan said she receives multiple calls a day from schools looking for substitutes and hopes more people will take these jobs with the incentive implemented.

She said the incentive is thoughtful, but the pros of being a substitute are more rewarding.

Long-term assignments, she said, can allow you to build relationships with students. Even short-term assignments can have an impact on children.

"It is not about the money, it is about bettering the students of the future," Morgan said. "The reward is nice though."

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## FEATURE

# Dancer's positive mindset allows her to return to the stage

By **MICHELLE ROSS**  
STAFF WRITER

A hip injury left a modern dance major facing two options: a steroid shot, which would delay the bone deterioration and let her keep dancing temporarily, or immediate surgery that would force her to put away her dance shoes for seven months, but protect her long term career.

Leah Williams, a junior from Allen, Texas, said she cried when she got the news.

She was told her left hip bone had ground into a sharp point, which was pushing into her ligament. The timing of the surgery put Williams' plans to audition for professional dance companies in jeopardy as it took away crucial practice time.

Her dance professor, Susan Douglas, said she was concerned because "surgery is invasive, but I followed Leah's positive outlook."

Williams opted for surgery on Dec. 9, was dressed in a hospital gown and rolled into the operating room.

"I didn't have butterflies because this surgery meant I could dance again," she said. "I wanted this."

## Perseverance

Williams had undergone a similar procedure before.

"I had hip surgery in high school and the doctors said it would take about four months to heal," she said. "However, it took me about seven months because I wasn't in the best environment to get back to dancing."

Williams said she felt her recovery time after her first surgery took longer than expected because of her negative attitude.

"I was angry with God and asked him why he put dance in my life and



Junior modern dance major Leah Williams dances in the studio.

PHOTO COURTESY OF ANDREW TRIHN

wanted to take it away from me," she said.

Dance has been a part of Williams' life since she was three-years-old, dancing in her aunt's studio.

Leah Williams said she felt like her life was crumbling before the first surgery and that she wanted to have a better outlook for her second surgery.

After the second surgery, Williams said her hip mobility was limited, but she was able to regain hip flexibility and strength from physical therapy built into her dance classes.

"In physical therapy, we did roll downs and squats to get my body moving and muscles to realign," she said. "I also did Pilates classes."

Williams' mother, Freda Williams, said recovery wasn't easy, and she was disheartened when her daughter injured herself again.

However, she also believed her daughter's surgeries, while a struggle, increased the

depth of her character - something Williams herself, agreed with.

"It's OK I'm not going 160 percent right now," she said. "My time off has actually made me a better dancer now than ever before because I see dance differently by watching my peers."

Williams said her time off the dance floor allowed her to spend more time with her friends and family, mentally work on her choreography skills and teach additional dance classes to children at Arlington Dance.

During recovery, Williams choreographed a contemporary piece that one of her students competed with during a national dance convention.

"Out of the top-100 solos, my little girl placed in top 12 and now gets to travel to New York to perform it," she said. "Once you teach kids there is no greater sense of love in the world."

Her father, Brad Williams, said her recovery taught everyone

a lesson of mixing fear, faith and perseverance to overcome adversities.

## Under the spotlight

A month and a half after her surgery, Williams danced under the studio lights in front of an audience at the Brown Bag Dance.

She said her spectacular recovery was, "a God thing," because she originally wasn't supposed to dance for the entire semester.

She said her faith and positive attitude during that month of recovery helped her find the strength to grow.

"I just had a very positive mindset that comes with maturity because high school Leah did not know how to take care of herself like college Leah does," she said. "I've learned how to do self-care and be my biggest ambassador."

Williams said she surprised her professors and peers as she leaped, turned and moved across the dance floor to a piece called, "The Sleepless

Hour."

She choreographed "The Sleepless Hour" as a tribute to obstacles she's faced in her life she said. The weeks leading up to her return to the stage gave her time to reflect on her anxieties and discover strength in stillness, she added.

Looking back and comparing the two recoveries, Williams said it was God's intuition to challenge her in ways that made her grow as a dancer and as a person.

## Future

Williams said she is now preparing to finish the semester strong and continuing to grow artistically and technically as a dancer.

When asked about her future, Williams said she wants to dance professionally for companies, teach at more studios and eventually own one. Williams said she has also found an interest in accounting and wants to use it in her future.

"I want to understand how business and dance

work together, so I can pay dancers and give them health benefits when they work for me one day," she said.

Professors, friends and her parents said they are excited to see what Williams' future holds because of her work ethic and stage presence.

Adam Mckinney, Williams' ballet and modern professor, said Williams will continue to impact the world in deep, meaningful ways.

"She is a true and natural mover," Mckinney said. "Her capacity to embody deeply felt emotions and express them through her body is exceptional to watch."

Her mother said she hopes her daughter will touch the lives of hundreds of young dancers like many of her teachers did for her.

Whatever path Williams encounters, her father said, "We don't ask what her real job is going to be, because dance will be the real job."



CRIME

# Woman found strangled to death near TCU

By **ELIZABETH CAMPBELL**  
STAFF WRITER

Police have no suspects in their investigation of the death of a 22-year-old woman whose body was found in the 2600 block of Waits Avenue - about two blocks away from TCU's campus.

The Tarrant County medical examiner declared Molly Matheson's cause of death as strangulation and ruled it a homicide. Fort Worth Police Officer Jimmy Pollozani said homicide detectives are investigating.

The former University of Arkansas student and a member of the Alpha Delta Pi Sorority was found in the bathroom of the residence Monday by officers following an investigation call. Matheson was renting the

back pool house which is behind a gated driveway.

Her mother, Tracy Matheson, described her personality as "funny, silly and bright."

The TCU Police Department has not been asked to join the investigation, detective Steve Hall said, but would be willing to if asked.

TCU Police sent out a safety alert email because of "the very serious nature of the incident and its close proximity to campus."

The email also included safety tips and a reminder to "remain vigilant and immediately report any suspicious activity to police."

Matheson's sorority sister at Arkansas, Stephanie Almand, described Matheson as "one of the brightest lights" she had ever met.



"She could take your bad mood and turn it around with her wonderful sense of humor," she said. "She had a sense of wisdom about her that made her easy to talk to. She would always say, 'Oh yeah, that kind of happened to me when...' and she would start on some story that made you feel better, whether it was related or not. She was always doing something crazy to make you laugh. She was the kind of girl who would give everyone nicknames and have a catch phrase with everyone."



COURTESY OF STEPHANIE ALMAND. Matheson (right) and her sorority sister Stephanie Almand.



PHOTO BY RYDER BUTTRY.

Molly Matheson was found strangled to death in the bathroom of the back apartment.

The International President for Alpha Delta Pi, Stacy Bruton, said Matheson was initiated at the University of Arkansas and later moved to the

Fort Worth area but was not affiliated with a Texas chapter.

"Alpha Delta Pi is saddened by the loss of any life and we offer our

deepest condolences to her family and friends," Bruton said.

*Shane Battis, Kristen Weaver and Ryder Buttry contributed to this story.*

  
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SPORTS

# Volleyball jumps to No. 13

By **HALEY HARRISON**  
STAFF WRITER

The American Volleyball Coaches Association (AVCA) poll ranked the Horned Frogs (16-8) at No. 13, their first time in the top 15, in program history Monday.

"We're really excited and happy about the ranking, and it is good for our program," said head coach Hector Gutierrez. "At the end of the day, I am happy for the girls because they have been working hard and playing hard to get to this point."

The Horned Frogs paved their way into the top 15 after upsetting three ranked teams at the Staybridge Suites Invitational in Tallahassee, Florida this past weekend. They squeezed past No. 10 Georgia State (3-2), No. 13 Florida International



PHOTO BY HALEY HARRISON

Players during one of their practices before a game.

(3-2) and No. 14 Florida Atlantic (3-2) to catch the AVCA's attention. The team gave up its lone loss to Florida State, which has been fixed at No. 4 since week two of the 2017 polls.

The updated ranking puts TCU ahead of both FIU (14) and FAU (15).

"The girls were mentally and physically ready to play," Gutierrez said. "It was great for us to show that we can compete against some

of the best teams in the country."

The Frogs now have a total of five wins over ranked teams this season. In March, they beat Arizona State and Cal Poly, 10th and 15th at the time, respectively.

TCU looks to continue its rhythm in the last regular season match-ups against Texas A&M-Corpus Christi and Texas A&M-Kingsville on Apr. 22 in Corpus Christi.

# Tennis caps strong weekend 4-0

By **ROBBIE VAGLIO**  
STAFF WRITER

Tennis had an undefeated weekend after a sweep of the Iowa State Cyclones at the Friedman Tennis Center in Fort Worth, improving to 12-7 on the season and 4-3 in the Big 12.

Head coach Lee Walker said, "When you play teams that you expect to win, it's easy to overlook them, and I thought we acted very professionally today."

With strong winds on the day, the match was forced indoors. The Frogs quickly jumped out to a 1-0 lead with a strong performance from the duo of Madison Tedford and Sofiko Kadzhaya. They were the first pair off the court with a 6-3 victory. Seda Arantekin and Marie Norris' 6-4 win gave TCU the doubles win.



PHOTO BY ROBBIE VAGLIO

The team celebrate their 4-0 victory.

On the pairing of Tedford and Kadzhaya, Walker said the team "trusts them a lot because they've had so much success this season...We paired them randomly at our home tournament in January and they went undefeated, so we've kept them as a possible pair all season."

The team's strong display continued into the singles matches, winning all three points in straight sets. Donika Bashota won

her fourth straight match 6-1, 6-0; Sofiko Kadzhaya won 6-1, 6-2; and Marie Norris with a 6-0 and 6-2 victory.

"It was a confident and dominant performance," Walker said. "We had a great practice yesterday and I think it carried over to today. I am excited about where we are right now."

Their next game will be against Texas Tech on April 15 at 1 p.m.



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**BASEBALL**

# Frogs defeat DBU 9-3, push win streak to 13 games

By **BRANSON NELSON**  
STAFF WRITER

A 9-3 win on Tuesday night at Dallas Baptist, backed by a homer from sophomore Luken Baker and a solid start from senior Mitchell Traver, extended the Horned Frogs' winning streak to 13 games.

The win streak matches the school's longest under head coach Jim Schlossnagle. The other one spanned from April 15 to May 9, 2014.

After a three-game series sweep of Murray State that saw the Frogs score 37 runs, the TCU (27-5, 8-1) offense continued to roll with nine runs and six walks en route to a six-run win.

The scoring got started for TCU in the top of the second inning, as Baker hit his team-lead-

ing seventh home run, putting the Frogs ahead for good. Baker's homer moved his hitting streak to 13 games.

Traver got the Tuesday night start for the second straight week after missing an extended period of time due to injury. Last week against UT-Arlington, Traver went two shutout innings to pick up his first win of 2017 and struck out four of the nine batters he faced.

Traver moved to 2-0 with four scoreless innings against DBU. He recorded five strikeouts and gave up just one hit.

The Frogs extended their slim one-run lead in the top of the fifth. Senior Nolan Brown led off the inning with his first of two doubles in the game. He then stole third and scored on a ground ball

by senior Elliott Barzilli. Senior Ryan Merrill singled on the next pitch and advanced on three wild pitches to plate TCU's third run of the night.

Freshman Trey Morris entered the game for the Frogs in the bottom of the fifth and preserved the 3-0 lead.

Singles by senior Cam Warner and junior Evan Skoug helped TCU push across another run in the sixth, as a throwing error allowed Warner to score from second on a fielder's choice.

Morris came back out for the sixth in a four-run game, but surrendered two runs. A single, double, ground out and error on Merrill allowed DBU to cut the lead in half. Sophomore Sean Wymer came in to get the final out of the sixth,



PHOTO BY MICHAEL CLEMENTS  
Luken Baker runs a base during the game.

extended his team-high number to 34, four better than Skoug's 30.

After DBU scratched a run across in the bottom of the seventh off of Wymer to make the score 6-3, TCU added three in the eighth to pull away from the Patriots. The Frogs picked up a run on a Barzilli single and two on a two-out, bases-loaded hit by junior Austen Wade.

Sophomore Dalton Brown pitched a 1-2-3 eighth, and sophomore Durbin Feltman struck out two in a scoreless ninth.

The Horned Frogs will now head to Morgantown, West Virginia to square off with the West Virginia Mountaineers (19-12, 6-3) in a three-game Big 12 Conference series. First pitch for game one is set for Friday at 5:30 CST.

getting a strikeout with two runners in scoring position.

TCU answered with two runs of their own in

the top of the seventh behind three walks, an RBI ground out for Warner and a sacrifice fly by Skoug. Warner's RBI

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## Horoscope

A baby born today has a Sun in Aries and a Moon in Scorpio.

HAPPY BIRTHDAY for Thursday, April 13, 2017:

This year you seem almost unapproachable with your high energy, strength and direction. If you want something or someone, you will not permit interference. A loved one might be annoying at times, but you still enjoy spending most of your time with this person. If you are single, you might take a while choosing a potential sweetie. If you are attached, do not lose your awareness of how much your significant other means to you. Let this person know how you feel. TAURUS encourages extravagance.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

### ARIES (March 21-April 19)

★★★★ You'll make a point of freeing up more time for a key person in your life. A boss will change his or her tune after a one-on-one conversation. Your spending might be significant, as you could be easing your frustration by shopping. Tonight: At a favorite place.

### TAURUS (April 20-May 20)

★★★★ You are much more feisty than you have been in a while. Mars in your sign keeps you driven. Anyone who tries to keep up with you might feel as if his or her efforts are frivolous. Be careful, as your temper is closer to the surface than you might realize. Tonight: Remain responsive.

### GEMINI (May 21-June 20)

★★★ Pace yourself, as you have a lot to do. You might feel as if something is bothering you on a subconscious level, which could be driving you much more than you are aware. Your anger is close to the surface. Try to have an open conversation with a friend. Tonight: Make it an early night.

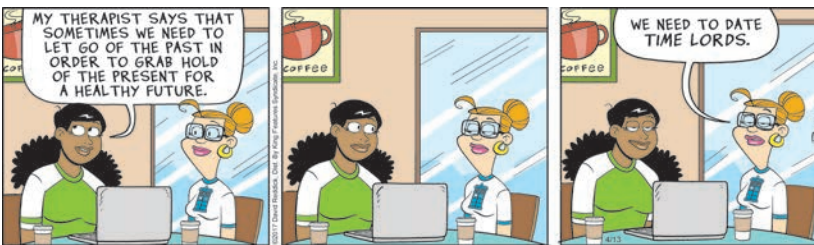
### Carpe Diem by Niklas Eriksson



### Dustin by Steve Kelley and Jeff Parker



### Intelligent Life by David Reddick



### CANCER (June 21-July 22)

★★★★ Your creativity surges, no matter what you choose to do. You might have trouble reining in your imagination. A friend could be more difficult than usual, and you'll get to see a side of him or her that is rarely exposed. Tonight: Be yourself, but also be a bit spontaneous.

### LEO (July 23-Aug. 22)

★★★★ If possible, stay close to home. Pressure builds to a high level. You

and a friend might discover that you have something in common that ties you together. Note how close others' tempers are to the surface. You will want to proceed carefully. Tonight: Paint the town red.

### VIRGO (Aug. 23-Sept. 22)

★★★★ You might have some news that you'd like to share with someone. Recognize how provocative your words can be. Don't be surprised if you get a

strong reaction. Slow down and think how you would feel if you were in this person's shoes. Tonight: Express your feelings.

### LIBRA (Sept. 23-Oct. 22)

★★★ Curb a tendency to go to extremes, whether it be with spending or through a different form of indulgence. A loved one might decide to take off at the last minute and leave you holding the bag. You could find yourself thrown into a quarrel

over priorities. Tonight: Work as a team.

### SCORPIO (Oct. 23-Nov. 21)

★★★★ Your energy is high, and as a result, you are practically unstoppable. How you handle a difficult situation will determine its success. Anger remains close to the surface. Use caution with how you let others know what is on your mind. Tonight: Chill out and stay focused.

### SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ You would be well-advised to hold back and not get into a tangle you might regret. Tempers could flare at any moment. You could feel quite raw right now. Be willing to construct your finances in a different way. You feel lighter than in the past. Tigt: Tell it like it is.

### CAPRICORN (Dec. 22-Jan. 19)

★★★★ Emphasize your priorities. You might want to update your priorities and be a little less demanding. A child or loved one helps you focus on a long-term goal. This person might be showing some traits of being somewhat closed off. Tonight: Anything is possible.

### AQUARIUS (Jan. 20-Feb. 18)

★★★★ You are on top of your game. Key people support you in achieving a long-desired goal. Unfortunately, focusing on a certain issue might be difficult, as your personal life could be tumultuous at best. Your mind can't be in two places at once. Tonight: Off to the gym.

### PISCES (Feb. 19-March 20)

★★★★ You will need to focus on both your long- and short-term goals. Understand that there are some significant changes happening around you that you seem to be fighting. Loosen up, even if you are concerned about what is being shared; everything will work out. Tonight: Dream on.





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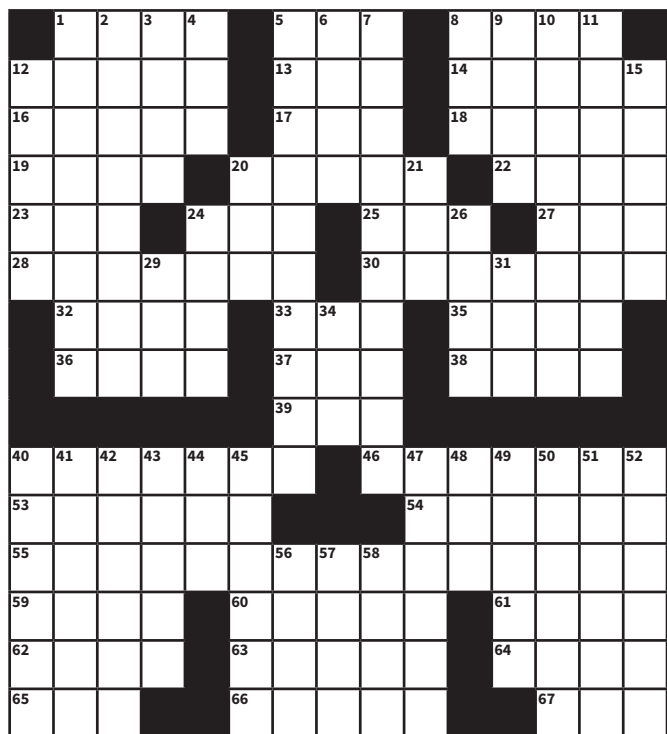
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# The New York Times

Edited by Will Shortz



**Across**

- 1 "Don't text and drive" spots, e.g., for short
- 5 Dallas pro, informally
- 8 Extemporizes, in a way
- 12 R&B artist with the 2004 hit "1, 2 Step"
- 13 Manhattan's Park, e.g.: Abbr.
- 14 Shimmery stones
- 16 Substantial
- 17 Band's booking
- 18 "Make sense?"
- 19 First-class, in slang
- 20 Gilt-y party?
- 22 Retro skyscraper style
- 23 Sports monitor, for short
- 24 Actor Cage, to friends
- 25 Org. that penalizes icing
- 27 Like the yin side: Abbr.
- 28 Uncomfortably close to home
- 30 Flashy event?
- 32 Brood

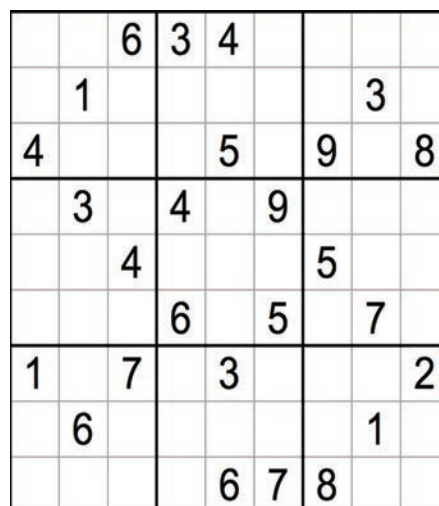
- 33 He said "If you even dream of beating me, you'd better wake up and apologize"
- 35 "Star Trek: T.N.G." Klingon
- 36 One half of a 55-Across
- 37 "Les \_\_\_\_"
- 38 The other half of a 55-Across
- 39 Candy sold in stacked bricks
- 40 Aired of many public affairs programmes
- 46 Naturally, in Britspeak
- 53 Spark
- 54 Gave a damn?
- 55 Challenge in a demanding job ... or a feature of this puzzle?
- 59 Single
- 60 "Dead Souls" author Nikolai
- 61 Neighbor of Myanmar
- 62 Narrowly made, with "out"
- 63 Message on a candy heart
- 64 Some briefs
- 65 Government org. featured on "Narcos"
- 66 Grubby group

- 67 Positive feedback

**Down**

- 1 Unpleasant sort
- 2 Office-friendly, to YouTubers
- 3 Music and theater, e.g.
- 4 "Here's a thought ..."
- 5 Things from which genii are summoned
- 6 Passionate
- 7 Pie made with dairy-free cheese, maybe
- 8 Brief, abrupt change in direction
- 9 Made an impression?
- 10 Have an unchanging, monogamous relationship
- 11 Peek into the everyday
- 12 Put on the map
- 15 Tread not so lightly
- 20 Unaccounted for, for short
- 21 "Put a cork in it!"
- 24 Exchange business cards, maybe
- 26 Good-for-nothing

# Sudoku



**DIRECTIONS**

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

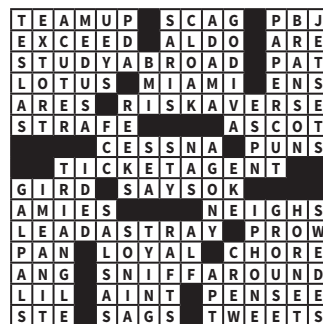
**SOLUTION FROM 4/6**

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

# TCU Trivia

**Football:** TCU running back Trevorris Johnson is transferring to Oregon State. True or False?

**SOLUTION FROM 4/6**



**TCU TRIVIA ANSWER**

**TRUE!** He will be a graduate transfer in the fall.

- 29 Overhaul
- 31 "L'chaim!"
- 34 Bit of fake news
- 40 Broke down, in a way
- 41 Edward \_\_\_\_, first popularly elected African-American U.S. senator (Massachusetts, 1967-79)
- 42 You can see right through it
- 43 Reheated, in a way
- 44 Immigrant's class: Abbr.
- 45 Puts on the 47-Down
- 47 What some black squares in this grid represent
- 48 Brynner of "The Magnificent Seven"
- 49 Dental care brand
- 50 Org. for Carter and Bush Sr. before they became presidents
- 51 Puzzle out
- 52 Texas oil city
- 56 Cry \_\_\_\_
- 57 Frozen food brand with French Toaster Sticks
- 58 Fail ignominiously

## COMMUNITY

# New study shows higher colorectal cancer rates in millennials

By TAYLOR FREETAGE  
STAFF WRITER

A 2017 study finds colon and rectal cancer in Generation X and millennials has risen dramatically.

The study, led by the American Cancer Society (ACS) shows colon and rectal cancer, commonly known as colorectal cancer, rates are rising in young and middle-aged adults.

The result: three in every ten rectal cancer diagnoses are now patients younger than age 55. According to ACS, “compared to people born around 1950, those born in 1990 have double the risk of colon cancer and quadruple the risk of rectal cancer.”

Typically, routine screenings for colorectal cancer start around age 50 for anyone who has an average risk, but there is now a reason that millennials should be getting screened regularly as well.

One of the study’s top researchers and Master of Public Health (MPH) of the American Cancer Society Rebecca Siegel said trends in young people are a bellwether for the future disease burden. “Our finding that colorectal cancer risk for millennials has escalated back to the level of those born in the late 1800’s is very sobering,” said Siegel.

According to the Centers for Disease Control and Prevention, among cancers that affect both men and women, colorectal cancer is the second leading cancer cause of death in the United States.

Colorectal cancer is among the most preventable cancers if prevention methods begin early. The ACS now recommends going in for screening at a much younger age than what has been prescribed in years past.

## Reduce Your Risk for Colorectal Cancer

With Eight Changeable Risk Factors

1

**Get Screened**

Getting screened for colon cancer decreases the incidence rate, and increases the chances of successful treatment.

2

**Eat More Vegetables**

Diets rich in vegetables, fruits, and whole grains are linked to a decrease risk of colon cancer.

3

**Eat Less Red Meat**

Dietary fat from red meats can cause build up of bile acids in the colon and could promote tumor growth.

4

**Exercise Regularly**

The American Cancer Society recommends at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity of exercise per week.

5

**Watch Your Weight**

Having a high BMI and a high percent of stomach fat can lead to an increased chance of developing colorectal and other cancers.

6

**Don't Smoke**

Smoking is a well-known cause of lung cancer, but it is also linked to colorectal cancer.

7

**Limit Alcohol Intake**

In terms of cancer risk, the amount of alcohol consumed is more important than the type of alcohol consumed.

8

**Avoid Processed Meat**

In a study conducted by the American Cancer Society researchers found eating 50 grams of processed meat per day increases the risk of colorectal cancer by 18%.

Source: www.cancer.org

Early detection of colorectal cancer has been the key to the increase of survival rates, and the patient will have more treatment options if polyp detection is early, said American Cancer Society Division Communications Director Joy Donovan

Brandon. Screening is one of the most powerful weapons for prohibiting the development of colon cancer, and now more than ever, college-aged students should be getting screened regularly. TCU nursing major,

Missy Loeffel, talked about what fellow TCU students should do to lower the risk. “I believe that if young adults become more aware that people their age are developing colon cancer they will take preventative action,”

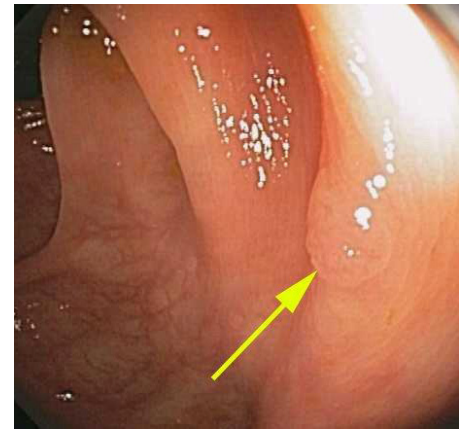


PHOTO COURTESY OF JOY DONOVAN, AMERICAN CANCER SOCIETY COMMUNICATIONS DIVISION DIRECTOR

said Loeffel. “People our age are also watching increasing numbers of loved ones that are being affected by cancer, and they view it as a life threatening disease.”

Loeffel also added, “if students were simply informed on the subject, and how their age group is at risk, more people would go in for screening.”

Screening for colorectal cancer includes looking at the structure of the colon to find any abnormal areas, as well as looking for polyps on the inside of the colon.

“Polyps are growths of tissue from the inner lining of the colon into the hollow center of the colon,” according to ACS.

Although polyps are noncancerous growths, cancer can start in some types. The polyps can be a form of “pre-cancer,” which is why it is important to get them removed as soon as possible.

“One of the biggest problems of colon cancer is that the early stages don’t have any symptoms, and that’s why screening is so necessary to detect it when it’s early,” Donovan said. “We typically recommend screening every 10 years.”

Although millennials are now at a higher risk

of developing colon cancer, there are a variety of precautionary steps that can be taken to help reduce the risk, including but not limited to: actively getting screened, eating more vegetables and less red and processed meat, exercising regularly, reducing belly fat, not smoking and limiting alcohol intake.

The college lifestyle often includes the consumption of alcohol, but large doses can be a risk factor for developing colon cancer. ACS recommends no more than two drinks per day for men and one drink per day for women.

Although symptoms are limited, there are a few to lookout for, including rectal bleeding, blood in stool, changing in bowel habits, feeling that the bowel is not completely empty, lower abdomen cramps and decreased appetite and weight loss.

Although colorectal cancer is a disease that is commonly associated with older age, any person who is experiencing symptoms should get screened.

“No matter your age, if you’re in college and you’re having these symptoms you need to go talk to your physician,” said Donovan.