



STUDENT ORGANIZATION PROMOTES SUICIDE AWARENESS

PAGE 2

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TCU MARIACHI GIVES STUDENTS IDENTITY

PAGE 4-5



PHOTO BY PILAR OLIVAS

DEPARTURE

A SENIOR ADVISOR TO THE CHANCELLOR HAS LEFT THE UNIVERSITY

PAGE 8

CAMPUS SAFETY

TCU POLICE SHARE HABITS FOR STUDENTS TO STAY SAFE

PAGE 8



CAMPUS NEWS

Frog Life promotes mental health awareness



PHOTO BY ANNA GASOWSKI

Members of the TCU Campus Recreation and Wellness Promotion, Olivia Jacob, Mama Susso, Lance Viscioni-Wilson and Janea McCoy, hosted a tabling event to encourage students and share information about suicide prevention.

By ANNA GASOWSKI
STAFF WRITER, TCU 360

The 132 white chairs in the Campus Commons last week represented the average number of suicides per day in the United States.

The chairs were part of an effort to raise student awareness about the importance of suicide prevention and awareness.

Suicide is the second-leading cause of death among college-aged young adults in the United States, according to a manuscript published by the National Library of Medicine.

September is National Suicide Prevention Month. TCU recognized it by hosting events through the Campus Recreation and Wellness Promotion last week.

“The purpose of our event is to show resources and to let students know that people are there for them, and we want to spread awareness on campus,” Olivia Jacob, a Frog Life peer educator and sophomore strategic communications major, said.

Frog Life is a peer education organization within the wellness education department.

Frog Life members educate others about wellness topics including stress management, sleep, fitness, sexual health, nutrition, substance use and relationships.

“I think it’s super important to raise awareness about issues regarding wellness,” Libby Bourland, a Frog Life educator and sophomore strategic communications major, said. “The fact that peers are the ones leading the outreach is great because students will listen to their peers more than adults.”

Frog Life stresses

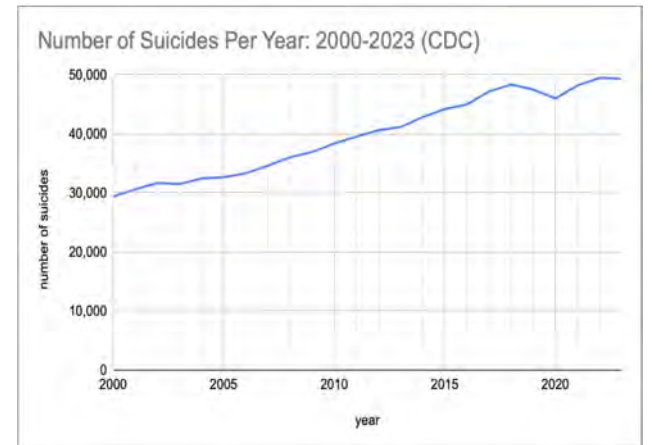
the importance of being educated on the warning signs and risk factors of suicide and intervening for a peer when needed.

“Any positive action, encouragement, care or even smiling at someone can be enough and everyone has a role in preventing suicide.”

- JANEA MCCOY
GRADUATE ASSISTANT FOR WELLNESS EDUCATION

“Checking in on someone, if you notice something or you feel that tingling that something’s not right, can be enough to save a life.”

According to the Centers for Disease Control and Prevention, the number of suicides per year has steadily increased over time from



SOURCE: CDC

Graphic by Anna Gasowski



PHOTO BY ANNA GASOWSKI

In addition to the 132 chairs that were set up in the Campus Commons, many signs were also posted to share facts about suicide and QR codes leading to resources for students.

2000-2023 among all ages.

TCU provides multiple ways to address student mental health and crisis situations. The on-campus 24/7 phone counseling helpline number is 817-257-SAFE (7233). The TCU Counseling & Mental Health Center has a

counselor on call Monday through Friday, 8 a.m. to 5 p.m.

Anyone can also contact the National Suicide Prevention Hotline, a free, confidential national hotline that connects callers with a trained crisis counselor, by calling 988.



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CELEBRATING STUDENT LEADERSHIP

Congratulations to the Student Government Association on 110 years at Texas Christian University! The SGA has empowered generations of Horned Frogs to drive meaningful change and grow into leaders who make a difference well beyond our campus.

LEAD ON.

Chancellor Daniel W. Pullin



COMMUNITY

TCU Mariachi connects students to cultural traditions

By JIMMY GRANADOS

STAFF WRITER, TCU 360

Noche de Las Ranas, October 4, 2024, is a Hispanic Heritage themed football game that occurred at the tail end of Hispanic Heritage Month. In the third quarter of the game, two groups took the field to showcase Hispanic culture.

They wore colorful Trajes de Mariachi and Escaramuza dresses. They performed music with “gritos” that engaged the crowd and with a distinct dance style that combined foot stomping, skirt twirling and ballet.

TCU Mariachi Sangre Royal and TCU Ballet Folklorico are the new kids on the block at TCU, but the art behind both groups has a long, storied history from their origins in Mexico to their spread across the world. They symbolize Mexican culture and pride, on full display in front of thousands of people at Noche de Las Ranas.

Mariachi

Vicente Fernandez, Jenni Rivera, Ana Gabriel, Juan Gabriel, Lola Beltran, Aida Cuevas and Beatriz Adrianna: A few of the artists who were the Sunday morning

anthems of many Mexican households. Their emotional singing inspired the next generation of Mariachi singers, including Gabriela Cruz.

She began singing when she was three years old, and she first joined mariachi in seventh grade. Since then, she has gone on to be chosen as a three-time National Mariachi Vocal competitor and a Texas All-State Mariachi participant, among other accolades. Cruz was a sophomore music education major and member of TCU Mariachi Sangre Royal when she performed at the



PHOTO COURTESY OF CLAUDIA TIFFANY RODRIGUEZ

Joshua Cordova (left) and Claudia Tiffany Rodriguez (right) at Noche de Las Ranas.



PHOTO COURTESY OF TCU MARIACHI SANGRE ROYAL

TCU Mariachi Sangre Royal at the Mariachi Extravaganza in San Antonio.

Mariachi Extravaganza in San Antonio last year.

She considers Mariachi to be the most beautiful music genre and to her: “It’s more than just music, it’s a symbol of Mexican culture and pride”

It’s a sentiment shared by many people because of the worldwide influence of Mariachi and how it spreads Mexican culture, due to its origins in Mexico.

Mariachi history

Mariachi began during the conquest of Mexico in 1519. Hernan Cortes and his conquistadors introduced the natives to Spanish music and instruments, and the cultures fused to create Mariachi.

Jalisco, Mexico is

considered the birthplace of Mariachi, but each region developed its own form of music. It wasn’t until 1920, after the Mexican Revolution ended, that Mariachi became more unified.

The groups moved to Mexico City and combined their music styles, attire, and instrumentation. It created the modern mariachi ensembles that consist of violins, trumpets and an armonia section (a harp, guitarron, vihuela, guitarra de golpe, or guitar).

The Traje de Mariachi worn by performers is influenced by the traditional Traje de Charro. The Traje de Charro evolved from the Spanish conquistador attire and was adapted

by Mexican cowboys to reflect their cultural identity and status. It consists of the pantalón de charro, chaqueta, cinturón bordado, botines de charro, mono and sombrero de charro. Women Mariachi members replace the pantalón de charro with a full-length skirt.

TCU Mariachi

Mariachi at TCU started as a student club led by Manny Arellano in 2020. It gave him a sense of identity as a first-generation Mexican-American student, and he wanted to share this with others.

Arellano had to follow the process all new clubs go through, which included starting with a minimum of 12



PHOTO COURTESY OF TCU MARIACHI SANGRE ROYAL

TCU Mariachi Sangre Royal poses in the bleachers before their captivating performance at Noche de Las Ranas.

members, going to an orientation, writing a constitution, establishing a cabinet and finding a faculty sponsor.

Arellano served as the first president of the club, and his goal was to, “educate and inform the TCU community about Mariachi.”

Alongside the help of Dr. Laura Singletary and the School of Music, Arellano was able to make Mariachi a special topics course in fall 2022. It eventually became an official TCU music course in spring 2023, and Northside’s Mariachi directors, Imelda Martinez and Ramon Nino, were hired as adjunct faculty to head the program.

Ballet Folklórico

Ballet Folklórico is a traditional Mexican dance form that

combines Indigenous, African and European influences. It is known for its lively storytelling, combining traditional steps like foot stomping and skirt twirling with polished choreography and ballet techniques. The dance emerged in the mid-20th century, largely thanks to Amalia Hernández, who founded the Ballet Folklórico de México in 1952.

It celebrates the country’s cultural heritage through music, movement, and colorful costumes. Ballet Folklórico represents Mexico’s cultural richness because each state has distinct music, footwork, and attire.

Claudia Tiffany Rodriguez was a senior ballet interdisciplinary inquiry major with an emphasis on Ballet Folklórico in 2024. Not only did she create

that major, she also introduced Ballet Folklórico to TCU.

“Ballet Folklórico is more than a dance, it’s a living, moving expression of culture, history, and pride,” Rodriguez said. “To me, it represents resilience, storytelling, and the beauty of honoring where you come from. It’s important because it preserves generations of traditions and shares them with new audiences, keeping the spirit of our communities alive.”

She began dancing Ballet Folklórico at the age of five and it became an important part of her identity, so she wanted to bring it to TCU. Rodriguez wanted to showcase and celebrate Mexican culture because she believed it was something TCU was lacking.

Rodriguez began looking for opportunities

to perform and share Ballet Folklórico with TCU, and it led her to Paloma Bermúdez.

Bermúdez was the student identity and engagement coordinator, and she helped Rodriguez perform at a Hispanic Heritage Month tailgate and the Ranas Cornudas event hosted by TCU Athletics.

These performances introduced TCU to Ballet Folklórico, and in fall 2023, Rodriguez took the steps to make it an official club.

“She literally built it up by herself,” Jocelinne Martinez, an early member, said.

There was still much for Rodriguez to do, however.

She had to build the club from the ground up, which meant finding students interested in joining and choreographing the dances.

Martinez said the

organization allowed her to connect with her Mexican roots and also honor the generations of creativity, resilience and tradition that shaped them.

Like many other members, Martinez had no prior experience with Ballet Folklórico, so Rodriguez had to teach them the foundations.

Rodriguez also designed and developed the dresses. She ensured every detail honored cultural authenticity and artistic excellence.

The groups’ impact

Ballet Folklórico and Mariachi continue to tell compelling stories that invite the audience to be part of the story. The performers seek to transform into characters and share a piece of Mexican culture with the audience at TCU and all around Fort Worth.



PHOTO COURTESY OF TCU MARIACHI SANGRE ROYAL

TCU Mariachi has their moño embroidered.



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Horoscope

The stars show the kind of day you'll have:

- ★★★★★-Dynamic
- ★★★★-Positive
- ★★★-Average
- ★★-So-so
- ★-Difficult

ARIES (March 21-April 19)

★★★★ This is an excellent day to negotiate financial matters, shared property or inheritances. You'll come out laughing all the way to the bank! Some of you also might receive a gift, a favor or a hot investment tip from someone. Tonight: Relax.

TAURUS (April 20-May 20)

★★★★ Because of the lovely, positive vibes today, this is a great day to schmooze with members of the general public. You'll also enjoy introducing friends and partners to a group or sharing ideas with others. You might teach something to someone. Tonight: Listen.

GEMINI (May 21-June 20)

★★★★ Sometimes it's best to work alone, but at other times, you get more done with a group. This is definitely a day for working with a group to get the best results. Furthermore, it's the kind of day where you will get from others exactly what you give. Hmmm. Tonight: work with others

CANCER (June 21-July 22)

★★★★★ This is a great day to schmooze! (It's also an ideal time to play hooky.) Meet someone for a power breakfast, a morning coffee, a fun lunch or a casual coffee klatch. Drop by for happy hour. Enjoy movies, plays

or anything to do with the entertainment world, sports and fun activities with kids. Have fun! Tonight: Be friendly!

LEO (July 23-Aug. 22)

★★★★ This is a lovely day to entertain at home or to work with a group at home. Extend invitations to family and friends for casual get-togethers, perhaps even to help you deal with a challenge at home. How you help others will come back to you in greater returns today. (Ditto for how they help you!) Tonight: Relax at home.

VIRGO (Aug. 23-Sept. 22)

★★★★ Your enthusiasm makes you popular today! People want to see your face. It's a great day to act, sell, market or teach to others. Your words will be well received. People want to hear what you have to say. It's a great day for a short trip! Tonight: Share ideas.

LIBRA (Sept. 23-Oct. 22)

★★★★ Press forward with financial matters, because this is an excellent day for financial negotiations or discussions about money and earnings. You might ask for a raise. You might explore a better paying job. You might make a major purchase. Finances favor you today! Tonight: Maintain your belongings.

SCORPIO (Oct. 23-Nov. 21)

★★★★★ This is a feel-good day because the Moon is in your sign dancing with lucky Jupiter, making you feel warm and friendly to everyone. Do be aware that you will get from

Comics

Carpe Diem by Niklas Eriksson



Dustin by Steve Kelley and Jeff Parker



others exactly what you give (even more so). It's a lovely day to schmooze! Tonight: You're in the zone

SAGITTARIUS

(Nov. 22-Dec. 21)

★★★★ You are the philosopher of the zodiac, and today you'll enjoy sitting down with someone to discuss topics like the meaning of life itself. (Heady stuff.) You might quietly think about your values and what makes you happy. Good to know this. Tonight: Enjoy solitude

CAPRICORN

(Dec. 22-Jan. 19)

★★★★ Enjoy the company of friends today. This is a popular day for you. It's also an excellent day to deal with groups or organizations. Your involvement with others will benefit you in some way. Whatever you give is what will return to you. (What goes around comes around.) Tonight: Friendships.

AQUARIUS

(Jan. 20-Feb. 18)

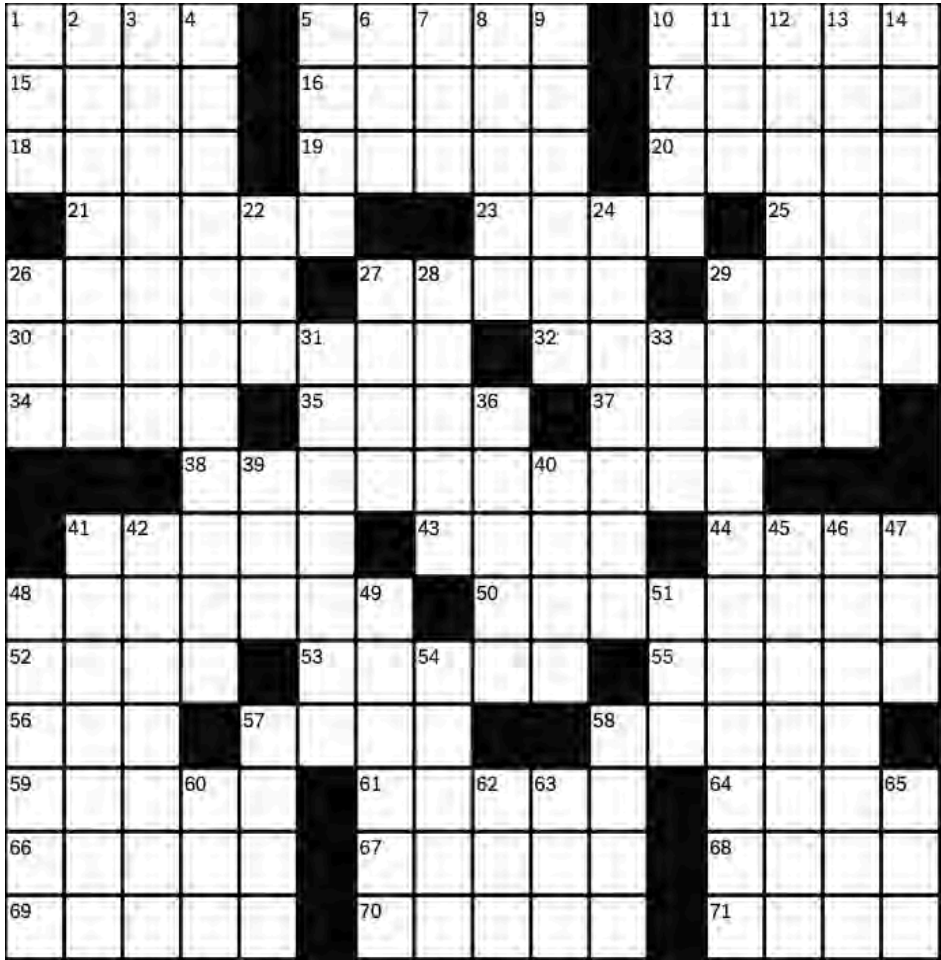
★★★★ You will impress others today. They see you as warm and generous, as well as successful and affluent (even if you don't feel this way). Appearances are everything (and not always accurate). Nevertheless, because you project this image today, people will respect you. Tonight: Be gracious

PISCES (Feb. 19-March 20)

★★★★★ If you have a chance to travel today, you'll be delighted for any opportunity to expand your world or to see new places. Your sense of adventure is high! You might feel encouraged by the media or news about politics or religion. Tonight: Explore!

The New York Times

Edited by Will Shortz



- ACROSS
- DOWN
- 1 50 things on the Argo

5 Units equal to nine inches

10 Needing more salt, perhaps

15 Swiss-born artist whose name sounds like an art medium

16 What pronouns and their antecedents should do

17 *Person who persists in a hopeless cause

18 Destroyer of Hindu cosmogony

19 *Wildlife parks

20 Layer of bricks

21 Show obeisance

23 Smart TV features

25 Eye covering

26 *Enjoy the moment, say

27 Name on a check

29 Porter of Broadway

30 Sucker's lament

32 Repeat

34 Cheryl of "Charlie's Angels"

35 Bit of Q.E.D.

37 Features of some stadia

38 Start of a popular saying about gravity ... or a hint to completing the answers to the starred clues

41 Big name in Russian ballet

43 Capital on the Mediterranean

44 Blew away

48 Legislative bodies

50 Old wide-screen format

52 Crime show extra, informally

53 Lead-in to "they"

55 *Storm-tracking aid

56 Brew designed to survive trips to the subcontinent, in brief

57 Early PC game whose nonsense working title stuck

58 Partner of older

59 Guardian spirits

61 *Musical appreciation?

64 Deity with the raven familiars Huginn and Muninn

66 *Forming a union

67 ___ Day (April celebration)

68 A or B, e.g.

69 Yani ___, youngest pro golfer to win five major championships (age 22)

70 Score keeper?

71 Peeved state

1 Gives a "go"

2 Fictional character with a famous opening line

3 Took back

4 Sushi treatment that's also a spa treatment

5 Palm starch

6 ___ Tour

7 What's off to the side in a selfie

8 Demanding attention

9 Waits on

10 Watson and Deep Blue, for two

11 Grp. aptly hidden in "special ops"

12 "We're head over heels!"

13 Prima ballerinas

14 Melt down

22 ___ can, item first made and patented in Britain in 1810

24 Turns the page, say

26 Up to

27 Take leave of each other

28 Just saying?

29 Taste tests, e.g.

31 Boot

33 Pronoun repeated in "___ do ___"

Sudoku

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

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

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

LAST WEEK'S
SUDOKU SOLUTION

LAST WEEK'S CROSSWORD SOLUTION

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

CAMPUS NEWS

TCU confirms departure of chancellor's senior advisor

By **ALEXIS GARCIA**

STAFFWRITER, TCU 360

TCU's senior advisor to the chancellor has left the university.

As of Sep. 14, Dr. Jonathan Benjamin-Alvarado and his position were not featured on TCU's website.

"He is no longer with TCU and two important university functions have been realigned to departments where they have incredible support," a university spokesperson wrote in a statement. Benjamin-Alvarado was hired

in March 2022 as TCU's senior advisor to the chancellor and chief inclusion officer, according to a TCU News article.

As the senior advisor to the chancellor, he played "a critical role working directly for the chancellor and closely with the provost, cabinet and other faculty and staff employees to develop a comprehensive vision for ensuring inclusive excellence throughout the university," according to the article.

Then-Chancellor

Victor Boschini emphasized the kind of impact Benjamin-Alvarado could make on campus.

"He has a proven track record of success with an emphasis on inclusion," Boschini said to TCU News. "Jonathan's leadership experiences on campus and in the community will serve TCU well."

As the chief inclusion officer, Benjamin-Alvarado led both the Office of Institutional Equity and the Center for Connection Culture, both of which are under new

leadership.

"OIE, which leads our efforts to comply with federal discrimination laws, now reports to our chief compliance officer and the Center for Connection Culture will continue to foster community as a value, along with colleagues in Human Resources," the TCU spokesperson wrote. In February 2025, Benjamin-Alvarado was named the new director for the Center for Connection Culture.

"As we launch our new strategic plan, JBA's contributions

and leadership are a critical part of achieving our goals, ensuring the success of every Horned Frog and building on TCU's community excellence, culture and engagement," then-President Daniel Pullin said in a TCU News article.

Benjamin-Alvarado spearheaded a series of voting events in 2024 titled "Elections, Democracy and Social Values," in an effort to "to explore various viewpoints and aspects of an election and engage TCU's diverse



PHOTO COURTESY OF TCU

Dr. Jonathan Benjamin-Alvarado

community in voting as informed, responsible citizens," according to a TCU News article.

PUBLIC SAFETY

TCU Police share tips to keep campus secure after dark



PHOTO BY STEWART ANNE MURDOCK

TCU Police and safety escorts are available to all students throughout the weekdays and weekends.

By **RYLAND SCOTT**

STAFFWRITER, TCU 360

Safety is often a concern on a busy college campus, especially after dark. The TCU Police Department reminded students about resources

and habits that help keep the community safe.

"Walk the walk. Don't just talk about the campus being a safe place, help keep it that way," Steve Enright, a commander in the TCU Police Department said.

"When you're walking at night, walk with someone."

Enright emphasized the importance of awareness and recommended the FrogShield app, which instantly connects students to TCU Police.

"Even if you can't talk, we will see where you are," Enright said.

FrogShield demonstrates how safety can adapt through technology. The app links everyday phone use with emergency support, providing peace of mind for students. It only transmits location when students press the emergency button. That means officers can respond quickly when students need help while also protecting the student's privacy, Enright said.

TCU police also

encouraged everyday habits, such as locking dorm, car and apartment doors, not allowing strangers into residence halls and protecting personal information by practicing good digital security.

Students can also enroll in self-defense classes taught by TCU police. The courses give students confidence and practical skills that could help in difficult or unexpected situations.

For late-night travel, TCU offers free escort services. Officers said students should use these instead of walking across campus alone, especially after events or late study sessions.

"Always be aware of your surroundings and be prepared to react," Enright said. "Use good digital security, sign up for safety alerts and

don't share personal information."

By using FrogShield, escort services and safe habits, TCU Police said students can strengthen community safety. The

department said they hope these reminders ease concerns and reassure Horned Frogs after dark.



PHOTO BY RYLAND SCOTT

Blue emergency lights located throughout campus serve as an added safeguard for TCU students.