

UndertheHood

Tech's free car, bike clinic begins today before holiday trips

By CHOIS WOODMAN STAFE WRITER

University Parking Services is partnering with Scott's Complete Car Care to host a free car clinic from 2 p.m. to 5 p.m. today in the C17 parking lot west of the law school.

Heather Medley, marketing coordinator for University Parking Services, said the three buses used by the Office of Parent and Family Relations to send students home for Thanksgiving break are already full and hopes the car clinic will give students another opportunity to go home for the holiday.

andaroundthechain

Details

What: Free Car Clinic and bike check Where: C17 parking lot, west of law school When: Today from 2 p.m. to 5 p.m.

Tech meat judging preps for national championship Tech seeks to continue its dominance in competition

By JORDAN SIGLER STAFF WRITER

The Texas Tech Meat Judging Team won the Cargill Meat Solutions' Intercollegiate Meat Judging Contest in Plainview on Sunday, keeping the team undefeated as they head into the national championship competition this weekend.

The team scored the most points in Tech history and the second highest ever in the 85 years of meat judging, said Mark Miller, coach of the Texas Tech Meat Judging Team. He said he hopes this will give the team momentum going into the championship.

"It would be unbelievable, opportunity of a lifetime; no one's ever done it," Miller said. "Meat judging's been going on for over 85 years, and no one's been able to win seven contests and be undefeated. Now, A&M's had a season in 1973 that went 6-0. This team would be 7-0, and that has never been done; that would be kind of special." Trevor White, a member of the

meat judging team from New Home, said the win took a while to set in and the high score shocked the team.

"As we go through the banquet, e're hearing the names get called out; we figured out that we'd won about halfway through the banquet," White said. "Whenever they called out the team score, it took us all a few

seconds for us to realize that was Tech's highest score ever."

White said he was glad to see the dominance the team showed as they won all but one category.

"The fun part was going to the banquet and getting your name called out for every single category," he said.

Loni Woolley, a member of the meat judging team, said the team's dominance could be seen in their high scores.

"All four of our team members had a great day scoring, most of us scoring higher then we've ever scored before," Woolley said.

Coach Miller said the team took on competition from Oklahoma State, Texas A&M, Iowa State, Nebraska, Kansas State and others.

"Pretty much everybody from the Big 12 was there. They were able to beat those guys, and that's always fun." Marcus Miller, a junior animal sci-

ence major from Abernathy who also participated in the competition, said he was happy with the win.

"We were really excited about it," he said. "Second highest score in the history of meat judging - highest in Tech history. We were all just ecstatic to be able to do that, to be able to win. We just wanted to thank God for everything He did that day."

JUDGING continued on page 2

Psychology department performs research on suicide rates in elderly Study focuses on white males

CLINIC continued on Page 3

By BRIAN HOWARD STAFF WRITER

A research team in the Texas Tech College of Arts and Sciences Department of Psychology is conducting ongoing research that investigates the role of perceived burdensomeness in the interpersonal vulnerability of older generations, specifically Caucasian males.

Kelly Cukrowicz, associate professor with the psychology department, has published various articles covering the influence of suicide among elderly white males in the Journal of Aging and Mental Health, Journal of Affective Disorders, American Journal of Geriatric Psychiatry, and the Journal of Cognitive Therapy and Research.

According to Aging and Mental Health's website, the journal particu-

larly encourages an integrated approach between the various biopsychosocial processes and etiological factors associated with psychological changes in the elderly.

"One reason we targeted this population is because white males, particularly older white males, have higher rates of suicide," she said. "Generally, people think of suicide as traumatic for younger populations, but it is still something that affects older generations."

Older white males that commit suicide generally have pre-existing psychological conditions, Cukrowicz said.

"A lot of research shows that older adults that commit suicide have psychological conditions, such as depression or anxiety disorders," she said.

STUDY continued on Page 2



PHOTO BY BRENT SORELLE/The Daily Toreadon

FROM LEFT, JACOB Landrum, a sophomore English major from Hereford; Claudia Tristan, a junior journalism major from Colombo, Sri Lanka; and Martha Mouret-Sanders, unit coordinator of the Cross-Cultural Academic Advancement Center and UMI co-founder, build piñatas Tuesday in the organization resource center of the Student Union Building for a UMI contest.



NOV. 10, 2010

NEWS

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PALOMA LIDZY, A senior sculpture major from Mexico City, Mexico, works on an outdoor kinetics sculpture outside of the Art building on Tuesday.

Bush book praised in Dallas, criticized overseas

seekers descended on a Dallas shopping center Tuesday as former President George W. Bush officially kicked off the release of his new memoir, receiving praise for his candor at a hometown of suburban Justin, who camped

DALLAS (AP) - Autograph- defense of waterboarding as an they told Bush of their wait, he interrogation tactic was greeted with derision overseas.

First in line at the Borders store about a mile from Bush's Dallas home were Terry and Tammy Jones bookstore even as his renewed out overnight. They said when

said he'd sign their books "with admiration," shaking 53-year-old Terry Jones' hand and kissing his wife's

"Eighteen hours for two seconds and a kiss on the hand," Tammy Jones, 52, said with a smile.

Terry Jones said he admired Bush because "when he makes a decision, he sticks with it."

But such steadfastness also prompted criticism Tuesday in Europe, where reports about Bush's memoir "Decision Points" focused on waterboarding.

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Chicago trial promises peek inside modern-day mob activity

a reputed mob boss known for his wide girth and alleged penchant for violence will offer a peek into the inner workings of Chicago-area organized crime, laid low by prosecutions that sent older mobsters to prison for life.

Michael "The Large Guy" Sarno,

CHICAGO (AP) — The trial of is the intelligence some of the earlier guys had."

That goes to show how far the mob has fallen, he and other law enforcement experts said.

The 2007 Family Secrets trial, the biggest such trial in Chicago in decades, was a body blow to the Chicago-area mob, also known as the Chicago Outfit. It ended in life sentences for reputed bosses James Marcello, Frank Calabrese Sr. and Joseph "Joey the Clown" Lombardo. With aging kingpins behind bars and others dying, a weakened Outfit has scaled back a network that in its heyday, around 1970, encompassed operations ranging from prostitution and drugs to multimillion-dollar scams involving corrupt unions or Las Vegas casinos.

TODAY Free Car Clinic and Bike Check Time: 2 p.m. to 5 p.m. Where: C17 Parking Lot So, what is it? Broadway Bikes, Bike Tech and Scott's Complete Car Care will be on site to check fluids, tires, belts and other car essentials as well as provide free bike inspections and more to make sure you are in tip-top shape before heading home for Thanksgiving.

Microwave Cooking with Chef Dewey McMurrey Time: 6 p.m. Where: Murray Hall main lobby So, what is it? Learn to cook a full microwave meal with Tech's executive souschef Dewey McMurrey.

FRIDAY

Calendar

Lecture by Award-Winning Historian James Brooks Time: 7 p.m. Where: International Cultural Center

So, what is it? "There was an aspect ... that was, perhaps, darker," presents cycles of evangelism and popular response in the Southwest Borderlands from A.D. 750 to 1750 by James Brooks, president and CEO of the School for Advanced Research in Santa Fe, N.M.

To make a calendar submission e-mail dailytoreador@ttu.edu.

Events will be published either the day or the day before they take place. Submissions must be sent in by 4 p.m. on the preceding publication date.

continues to move," Kemper told

The Associated Press on Tuesday.

"Because of the widespread nature

mium, it's difficult to capture the

The contamination was first

publicized during a 1996 court case

in which PG&E settled with more

than 600 Hinkley residents for

\$333 million. Many sick residents

blamed the contaminated water

for their crippling health problems

that included Hodgkin's disease

Chromium spreads in Calif. town's water

Angeles.

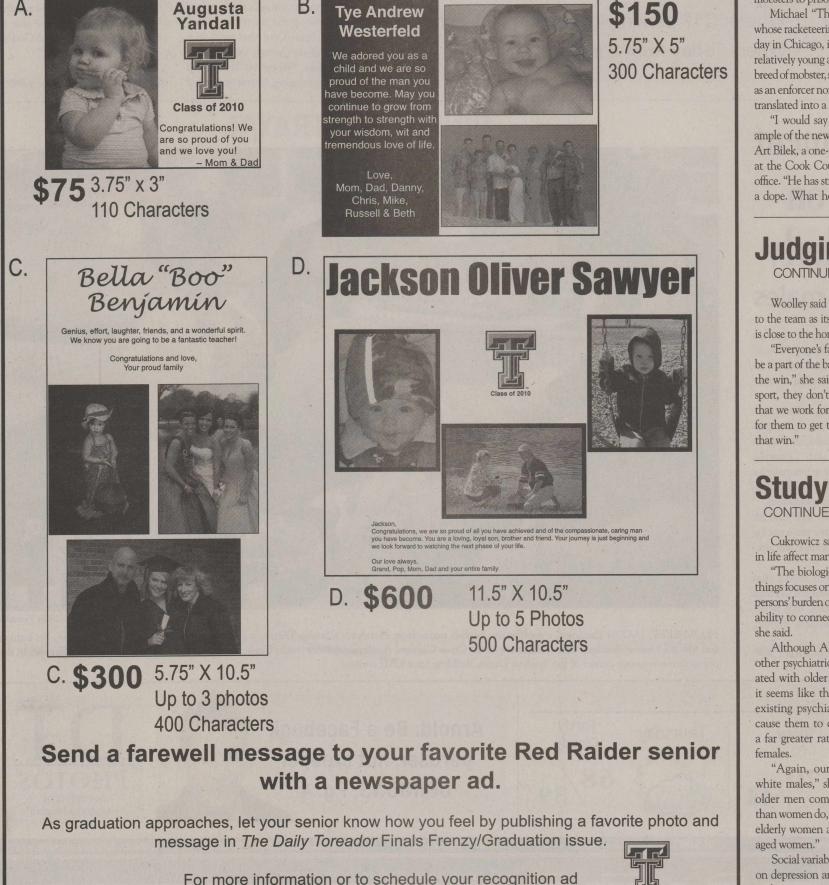
contamination."

and breast cancer.

LOS ANGELES (AP) — A toring at the site near Hinkley, tiny desert town whose plight was made famous by the movie "Erin Brockovich" has seen a dramatic increase in the size of a toxic plume of chromium as it has spread to multiple groundwater wells.

Water regulators earlier this of the lower concentration chroyear discovered a well with increasing concentrations of the cancercausing pollutant and now even more wells have been uncovered with elevated levels, said Lauri Kemper, assistant executive officer of the Lahontan Regional Water Quality Control board.

The water board on Monday ordered Pacific Gas & Electric to do additional groundwater moni-



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TEXAS TECH UNIVERSITY Student Media

whose racketeering trial starts Wednesday in Chicago, is considered — at the relatively young age of 52 — a different breed of mobster, someone whose talents as an enforcer normally would not have translated into a top mob job.

"I would say he is the perfect example of the new face of the mob," said Art Bilek, a one-time mob investigator at the Cook County State's attorney's office. "He has street smarts - he's not a dope. What he simply doesn't have

Judging CONTINUED FROM PAGE 1

Woolley said the contest was special to the team as its location in Plainview is close to the homes of team members.

"Everyone's family got to come and be a part of the banquet and be a part of the win," she said. "It's not a spectator sport, they don't get to see everything that we work for, and so it's really cool for them to get to see that success and

Study CONTINUED FROM PAGE 1

Cukrowicz said relationships later in life affect many of these conditions.

"The biological end to all of these things focuses on things such as elderly persons' burden on other people or their ability to connect with other people,"

Although Alzheimer's disease and other psychiatric problems are associated with older age, Cukrowicz said, it seems like these people have preexisting psychiatric conditions that cause them to commit suicide, with a far greater rate among males than

"Again, our study is specific to white males," she said. "Statistically, older men commit suicide far more than women do, as suicide rates among elderly women are the same as other-

Social variables have a large impact on depression and suicide, Cukrowicz said.

"When elderly men feel a lack of connection with other people, it has been shown to lead to an increase in

Miller said the team also has a chance to win three championships in a row, something that's only been done one time in meat judging, by Oklahoma State from 1963 to 1965.

White said it would be great for the team to win for the history of the program as well as for the university.

"The three-peat is awesome because it's more then just our team; it took the previous two teams to really contribute, so that's really a win not just for us,' White said

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the possibility of suicide," she said, "and this also includes losses of other people they held close in their lives."

In general, the cause of suicide is directly consequential to feelings of hopelessness, Cukrowicz said.

"The feeling of hopelessness is common in those before they commit suicide," she said. "It can have a large negative effect on human emotions.'

According to the Texas Tech website, the American Foundation for Suicide Prevention's Young Investigator recently awarded Professor Cukrowicz a grant to continue her research.

"Our grant work came from the limited connection in published literature between suicide and the elderly population," she said. "We connect the idea of the feeling of burdensome among the elderly with increased risks of suicide."

When people, especially males, reach ages over 65, they have new and different concerns that they are not used to dealing with, Curkowicz said.

"The rates of retirement increase, so there is a limited source of income," she said, "and the physical and cognitive impacts of aging may lead to depression and therefore suicide."

>>> brian.howard@ttu.edu



PAGE 3 wednesday, Nov. 10, 2010

ICE CREAM QUEEN



PHOTO BY BRAD TOLLEFSON/The Daily Toreador VICTORIA SMITH, A junior energy commerce major from Buffalo Creek, Colo., scoops up some M&M ice cream Tuesday at COWamongus.

Disney Store opens in Times Square

NEW YORK (AP) — With fireworks, fanfare and fairy dust, The Walt Disney Co. officially opened its largest store in North America in Manhattan's Times Square Tuesday, touting it as the crown jewel among approximately 360 worldwide.

Disney joins a string of retailers like Aeropostale Inc., Forever 21 and American Eagle Outfitters that recently opened flashy outlets in the tourism hotspot, hoping to cash in as an estimated 1.5 million people pass through Times Square daily.

"This is family shopping at its finest," Faith Hope Consolo, chairman of retail leasing and marketing at Prudential Douglas Elliman, said.

Celebrities and a complement of

still the global entertainment company's most popular character - to an assortment of princesses, it offers similar merchandise to other stores, only more and on a grander scale, said Andy Mooney, chairman of Disney Consumer Products.

Highlights at the new store include a "Cars" display where kids can build their own miniature vehicles - \$50 for a freewheel version, \$75 for a remote control. In a two-story, 20-foot-tall princess castle, there's a talking mirror that produces an image of Cinderella or another princess with a wave of a wand. And on a 12-foot screen nestled in a small theater area, guests can choose exactly which Disney film clips, videos and classic animation to watch.

Podcast series to share Red Raiders' stories

By JASMINE BRADFORD STAFF WRITER

There are many ways to retrieve information on campus whether it's by newspaper, email or TV, but now Texas Tech has a new way of getting information out through a new podcast series created by the Office of the Provost. Created on Nov. 3, AcademiCast is another way to give information about what goes on around campus.

Much like a prerecorded radio show, AcademiCast, gives news about what goes on around campus as well as successful stories of what students have accomplished on campus.

Katie Allen, senior editor for academic communications in the office of communications and marketing, has had background experience in broadcasting to initiate the podcast for a show every month.

"It's basically a venue to release information about what is going on on campus that's academic related, so this would include different research going on along with faculty and student accomplishments across campus," Allen said.

Clinic ← CONTINUED FROM PAGE 1

"We know that quite a few students will be hitting the road," Medley said, "so we want to give them a way to ensure that they have a safe trip."

Scott's Complete Car Care will be at the site checking fluids, belts, tires and other car essentials free of charge, Medley said. If the fluid level is low in a car, Scott's will top it off, and if there are any other problems that need attention, Scott's will write up a quote for the cost of repair.

The podcast was created, Allen said, to capture the events around school as well as achievements from faculty and students. This adds as another resource to obtain information in a diverse format.

Multimedia Producer, Scott Irlbeck, is another show host who sets up the studio in order for the staff to create the show.

"Since I work for the communications and marketing, our office puts out most of the news releases that go out on the main TTU website and they also pitch out to media outlets," Irlback said. "So that kind of keeps us a little more informed than others on what kind of research is going on around campus."

Students have even warmed up to the idea of having the podcast as another source of information.

science major from Houston, the podcast series and its purpose.

"I think it's a good way for students and faculty to air their accomplishments," Cochell said. "It establishes a connection between the faculty and the students.

Another reason AcademiCast was created, Allen said, was for the students and faculty members

not. It usually only takes about 10 minutes to go all the way through."

Medley said there will be free sodas and hot dogs for anyone who is waiting for their car to be inspected. Those in attendance will have a chance to win a free e-permit.

"Last clinic 72 percent of the cars that were there needed some sort of work," she said. "Everyone is welcome: faculty, staff and students.' »»-chois.woodman@ttu.edu



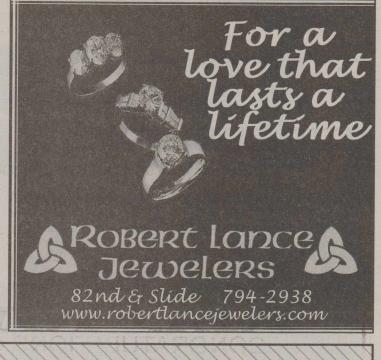
PHOTO BY SAM GRENADIER/The Daily Toreador A MICROPHONE HANGS in the podcasting booth where the AcademiCast is recorded. AcidemiCast is a new academic podcast series that broadcasts faculty and student successes.

to get to know each other through the podcast. It's a good way to learn of the teachers' accomplishments as well as students.

Bianca Le, a frehman sociol-Freshman exercise and sports ogy major from Vicenza, Italy, also agrees with the idea that the Ashley Cochell, said she likes students and staff should share their successes.

"I think it's a good idea that they would create something like this," Le said. "I want to know what my teachers have been up to lately."

The podcast airs every month and can be found at depts.ttu.edu/ provost/AcademiCast. >>> jasmine.bradford@ttu.edu



top Disney executives were on hand for an event that included speeches and an appearance by Brooke Shields, who plays Hannah Montana's mother in Disney's movies featuring the highschool-age pop star.

In the two years since it regained ownership of the chain, Disney has done major renovations; 18 stores already offer what the company calls "the best 30 minutes of child's play" from a personalized theater experience to magical mirrors. The rest - 105 in Europe, 40 in Japan and 220 across North America — are to be converted are shopping harder, and later," he said. in five to seven years.

The 20,000-square-foot Times Square emporium is about five times bigger than most Disney stores. Divided by franchise, from Mickey Mouse -

Robert Iger, Disney's president and CEO, said in an interview with The Associated Press that he and other top executives consulted two years ago with Apple Inc. CEO Steve Jobs, who recommended developing a message for the stores. That's where "the best 30 minutes" idea came from.

"This gave us a focus," Iger said. Iger said Disney merchandise has intrinsic value because its characters resonate with children, even though consumers are still cautious about spending.

"There's no question that consumers "They're looking for value."

In response, Disney is bundling some items. A 10-pack doll set for \$99.50 is popular, for example, company officials said.

She said Broadway Bikes and Bike Tech will also be on site to provide free bike inspections, brake adjustments, lubrication and tire sealant for slow leaks.

Student Health Services will be there to talk about the dangers of drowsy driving, Medley said. They will promote awareness of drowsy driving with traveling long distances for the holidays.

Mothers Against Drunk Driving will also be at the clinic to educate and inform people about the dangers and consequences of driving drunk, she said.

"Show up," Medley said. "The line may look long, but it's

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PAGE 4 Wednesday, Nov. 10, 2010

JPINIONS

Don't creep, peruse

acebook has had so many deffects on our culture it's really pretty frightening, but one of them unquestionably is on our linguistics.

Many critics want to decry Facebook and other social media sites for the downfall of the English language, but that's, as Shakespeare would say, "Much Ado About Nothing." Or maybe he would have said it's much adoe about nothing.

Anyway, I'm far more concerned about the diminishing of the word 'creep.'

Sure, we all do it. As I survey The Daily Toreador newsroom right now, I am creeping on some creepers creeping.

But back in my day, being

a creep meant something. Never ing to say Facebook creeping, or would anyone volunteer that they were being a creep on their lunch hour. Creep brought to mind a dark, shady character, probably moving around a garden trying to see in a housewife's window.



Radiohead had a song about being a "Creep" in 1992. The song is pretty depressing, really,

but that was the

early '90s. Now Creeper is the nobody needs to worry about his or her creepy kind of word that lifestyle. We can celebrate being was kind of cool to creeps as we go to watch a say before nearly movie that feaeveryone started tured an equally creepy a capusing the term. pella version of the song in one of its trailers.

> I'm not trythe even more off-putting Facebook stalking, is a bad thing. If you have a Facebook account, you've probably wasted many perfectly worthwhile hours wallowing in the content your friends (and "friends") put about

themselves on the Internet. I know I have.

With the rise of the Facebook creep, we also have the term 'creeper.' Creeper is the kind of word that was kind of cool to say before nearly everyone started using the term. I get it. I'm a creeper because I saw that you were engaged before you texted me to tell me. I understand.

However, we've really bungled the term. Since everyone does it, is it really that exceptionally creepy? It's too late now, we'll all be "creepin" till we keel over, but I'm going to try to be the change I want to see in the world (sorry, I was creeping on Gandhi's page earlier).

Instead of creeping, let me encourage you to Facebook peruse. Instead of being weird about it, we can just all read through each other's pages instead of feeling dirty about it.

Like I said, I realize it's far too late to change what we say, but I encourage you to join me in the perusal of Facebook instead of creeping.

Arnold is The DT's managing editor. >>> jon.arnold@ttu.edu

Early Christmas not always bad

S o, as I sit here, my room is decorated for the holi-day season. I already have the Christmas tree, wreath, and multi-colored lights up in my cozy little room.

It is not because I like getting gifts, though those are a nice touch, too. I just like to decorate, and I am not alone.

At this point, you are probably thinking I should go to a Decorators Anonymous session, and I'm sure my family won't argue with that. However, decorating early is smart.

For one, I don't have to decorate in the cold, and I can take my time with it. In addition, I can spend the real holiday relaxing instead of what I would consider decorating to be during the time I could otherwise be drinking deliciously warm hot cocoa - a big ol' chore.

Yep. I said it. Even the decorator-aholic finds decorating a chore from time to time.

Besides, no matter what I do, I'll still have to scramble around town to buy gifts in December. I would rather spend time shopping for good deals or attend the Carol of Lights than detangle lights in the stinky garage. Of course, wrapping presents is a whole other story; I'm not so graceful with



wrapping

Now, some lazy people choose to leave their decorations up all year round, but for most, the traditional time to place decorations is over Thanksgiving break. However, that tends to be a busier time for college students than for stable-minded adults.

Besides, commercials and the stores already have all of the decorations out for sale, too. I don't just mean Sears, either, which usually has the decorating goodies out before Halloween. Sam's Club, Best Buy and BMW are all ready for people to spend that hard-earned money. As parts of the country still continue to battle with higher than average foreclosure rates, it would be nice to see businesses do well during this year's giving season.

And while it seems people are crazier than ever, we decorators are not. I'll admit it is hard not having holiday music playing on my iTunes quite yet; it just completes the mood, but it is still a good idea to hold off on the music until December. Your roommates might just go crazy if you start it too early.

In the end, though, holiday cheer has never been just about the decorations, the music or the pie. It is about family. (Celebrating a break from school doesn't hurt, either.)

With Thanksgiving coming

up, be sure to remember that even the Grinch can't steal Christmas - or any other holiday, for that matter - away from us. No one can stop you from starting to place poinsettias or a hint of pumpkin spice around; there's no Christmas police out there ready to prosecute goodwill and thanks.

So, embrace the holidays as much as your heart desires, even if it is in the middle of July.

Gartner is a senior accounting major from The Woodlands. » colleen.gartner@ttu.edu

ETTER TO THE EDITOR Bullying isn't only done by religious people, against homosexuals

Congratulations to Paul Williamson for stirring the pot of "Christianophobia" in the name of "love and fairness" toward gays.

Hey, I was bullied severely in junior high, not because adults said I was bad, but because I was a top student and an envious girl tried to pull me down sexually. When I turned her off, she began (unbeknownst to me), a gossip campaign among the members of a "sex club" she was in, telling them all sorts of bad things about

not really cease until this girl had to drop out of school because she was pregnant. I only learned what had happened much later when one of the boys in the club left it and told me what had happened. So, bullying is hardly limited to gays. In fact, recent studies have shown that 80 to 90 percent of bullying has nothing to do with being gay. Another study I heard on TV of gay suicides in many countries, none of which are as Christian as America, showed about the same rate of suicides among them as here.

sex parent (nearly always), often ity — and that is that the Son being molested, plus the rejection from many of the 98 percent of the society that is heterosexual, but they also suffer rejection by many broken loves, as well as a plethora of sexually transmitted diseases, many of which are fatal from their high levels of promiscuity.

As one ex-gay guy I knew sadly said, "The gay life is really not very gay." But Mr. Williamson is very disingenuous about not giving any possibility to the existence of the problems of omosexuality that do not support his picture of them as normal, but merely victims.

of God Himself loved them so much he came to earth and died a terrible death on the cross to cleanse homosexuals from that sin and restore them to a normalcy they have never known, along with the rest of us sinners.

The impact of this hope and the supernatural power behind it is stunning and life changing, but Mr. Williamson ignores it in favor of demonizing Christians for political gain. That is about as cheap as they come.

help US economy succeed By RAVI N. MULANI HARVARD CRIMSON (HARVARD U.)

Higher expectations would

The most important thing that our parents did for us was uphold very high expectations. Our economy is not so different from a student at times — its success depends on well-calibrated expectations, and often it is not operating at full potential because of low expectations.

ment and borrowing more affordable.

Inflation will also rise, which should encourage businesses to let go of their hoards of cash and invest in job creation. The dollar will weaken in relation to other currencies, which will strengthen American exports.

The Fed's program will start to affect the economy in these ways-but there is much more that it must do. The Fed weakly acknowledges that People don't expect customers to inflation is not high enough, but this statement won't do much to change expectations. If they instead explicitly said they would keep easing until inflation reached a target of four percent (the rate during Ronald Reagan's presidency), it would do a great deal to get businesses spending again. A much larger set of bond purchases would also create significantly better outcomes, The Fed because as Paul R. Krugman notweakly acknowledges ed, "\$600 billion really isn't that inflation is not a lot when you're high enough, but trying to move a \$15 trillion this statement won't economy." Many naysaydo much to change ers inexplicably argue that this expectations. could create runaway inflation. Such concerns are absurd when inflation has been far too low for years, and our country was growing just fine in the mid-to-late 1980's, when inflation was around four percent. Others worry that QE2 might lead to bubbles in emerging markets such as China. China has a solution to that problem that the world might quite like: They can let the yuan appreciate. Finally, concerns about "currency wars," in which everyone attempts to ease their currency, are completely misguided. "Competitive reflation" might actually be a boon to the global economy by providing stimulus the world over, as it did during the Great Depression. The Federal Reserve is on the right path, but much more bold action is needed, because unless there is a truly massive change in expectations, the economy will continue to grow far below its potential.

me and how I was supposedly the cause of all their troubles in school. It was awful for months on end.

It slowed when I backed one of them up and refused to retaliate to another. But it did

So, obviously there are other factors at work than Christians quoting God about the sin of homosexuality. Does God say it is a sin? Yes, and with good reason. Gays suffer not only the rejection of their same God has said about homosexual-

He is especially disingenuous about not giving any credence to the rest of what Christians know

■ Janelle Olney is a former **Tech graduate student from** Lubbock.

Investing now for retirement pays off later

By BILL BOYER THE CWRU OBSERVER (CASE WESTERN RESERVE U.)

When I opened an IRA (Individual Retirement Account) a friend posed the question, "You're saving for retirement now? Why? You're in college." I responded simply, "I want to be rich."

Do you want to be rich? Of course you do. Everybody does. Why is it then that so few young people invest their money at all? Many claim that they lack money to invest, do not know how to choose investments, or are generally afraid of the stock market.

Fortunately for you, none of these arguments are valid. You can start investing money right now. Investing for retirement is the single best way to become rich. So either get busy inventing the next Facebook or learn how to invest. The decision is yours.

Many young people decide against investing money because they think they do not have enough money. In reality, you only need \$50 to start saving for retirement. People also worry about not knowing how to choose investments and are therefore too frightened to think about investing. Luckily, investing is not about picking stocks and can be done with very little research. Many young people recently watched their parents' retirement accounts shrink, which is certainly another reason to be hesitant. However,

a better way to perceive this situation is that there has never been a better time to buy investments because they are basically on sale.

Many people, hearing that they could start investing with only \$50 might scoff at the small amount, and think that it is not worth the trouble. Consider this: if you invest only \$50 per month into an investment account earning eight percent, after five years you will have \$3673. The years in your early 20s are the best possible time to set yourself up for financial independence later. If you think there is no way that you can afford this now, begin immediately after college instead of buying a new car or a fancy apartment. Those items are luxuries. Being financially independent is a much better luxury.

So how do you find this magical investment account that earns eight percent annual returns? The answer is an Individual Retirement Fund that allows you to invest up to \$5000 per year and grow your money with-

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out paying taxes when you withdraw it later in life. You can remove vour principal (anything you have put into the account) without penalty, but if you remove any gains you have made from the account before you are 59.5 years old, there is a tax penalty.

After opening a retirement account, you can place your money in a variety of different investments like stocks, bonds, and mutual funds. So how do you get out of having to choose stocks? Most investment companies, which are discussed below, offer target retirement funds which manage all of the "investing" for you. These types of funds automatically invest your money in the entire market of stocks and many bonds. Your money is extremely diversified among various industries, countries, and level of risk. As a result, the return you will earn will be equal to the entire market which has been historically around 8 percent.

As you become older, your target retirement fund will automatically begin investing more

heavily in 🥌 safer ones and take your money out of riskier investments so that you can feel comfortable withdrawing your money upon retirement. This method of investing will not make you rich overnight, but it saves you the stress or hassle that comes with "picking stocks." Here are some simple steps to save for retirement now:

1. Choose a financial institution: Vanguard, T. Rowe Price, Schwab, and Fidelity are all great choices. Many require a minimum beginning balance of \$1000 to \$3000 but will waive this if you agree to contribute \$50 per month. This can all be done online.

2. Make an electronic transfer from your online bank: You can either do a one-time beginning payment or set it up so that each month, a small amount of money is transferred from your bank account to this investment account.

3. Choose your investment: Again, I highly suggest choosing a target retirement date which automatically diversifies your money and earns health returns. If you want a more hands-on approach to investing, feel free to perform research and manage your account. However, the method I suggest gives plenty of returns for very little effort.

This process can be done within two hours, assuming you spend one hour investigating different institutions to see which you prefer. Admittedly, this strategy of getting rich is about as sexy as a crocheting convention. But it is designed so that you can become financially independent without the stress, worry, or research involved in other strategies.

buy their goods or major investments to have a high return, so they don't hire new employees, and the economy is mired in a low-growth track.

The Federal Reserve can change these expectations and have a profound impact on economic growth, and though they've finally started trying to do so, there is much more that they can do.

66

The Federal Reserve holds the keys to changing these expectations through monetary stimulus, and lastWednesday, the Federal Reserve finally announced its long-awaited expansionary program, "Quantitative Easing 2," which it hopes

will boost the lagging economy.

The plan is long overdue and completely necessary, and must be followed by far bolder action by the Federal Reserve.

Normally, when the Federal Reserve wants to strengthen the economy, they lower short-term interest rates, an action that incentivizes corporations to spend. This can't be done now, however, because interest rates have already been lowered to zero percent for quite some time.

Thus, in "quantitative easing," the Federal Reserve will buy \$600 billion of Treasury bonds through open market operations, thus releasing a new batch of fresh cash into the economy.

QE2 should have a number of positive effects on the economy. The influx of cash into the economy should decrease long-term interest rates, which still have room to fall. This decrease will make long-term invest-

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SPORTS

5 NOV. 10, 2010

Tech looks to end 9-match losing streak at Mizzou

By JOSHUA KOCH STAFF WRITER

Tonight's match against the Missouri Tigers in Columbia, Mo., will mark the final midweek road trip for the Texas Tech volleyball team this season.

But this trip will be a little more special for Tech sophomore defensive specialist and libero Aleah Hayes since the Ozark, Mo., native is returning to her home state.

"I'm really excited about going back to Missouri and going to Columbia, it's just a great place to be," she said. "It's fun being back home in the same state because I normally don't get to do that, which will be a really exciting thing just to get to play in front of family and friends."

The Red Raiders (3-21, 1-14 in Big 12 Conference play) face the Missouri Tigers (17-8, 9-6) at 6:30 p.m. tonight in the Hearnes Center on Missouri's campus.

The Tigers are coming off their biggest win of the season, a 3-1 win against No. 14 Iowa State on Saturday in Ames, Iowa

After that win, the Tigers received 12 votes in the AVCA's Top 25 poll, which was released Monday.

The win also extended the Tigers' winning streak to four and improved their road record to 5-3 in conference play this season. Missouri has been solid at home, posting a 4-3 record in conference play in the Hearnes Center.

squad is senior outside hitter Paola Ampudia. Ampudia has played every set this season, logging 367 kills and 200 digs.

Her impact on Missouri was made obvious when she received two different accolades this week, Big 12 Offensive Player of the Week and Sports Imports/ AVCA Division I National Player of the Week.

Ampudia is the first Big 12 player to be named national player of the week and is the fourth Missouri Tiger in the volleyball program's history to receive it.

But Ampudia is not the only Tiger making the news this week as fellow teammate, freshman setter Molly Kreklow, was named the Big 12 Rookie of the Week.

The last time Tech faced off with Missouri was during the beginning stages of conference play on Sept. 15 in Lubbock — the Tigers took the match in straight sets.

But Tech interim head coach Beth Falls said the Red Raiders have gone through a lot since then and have become a different team because of that.

"We had a different personnel then, and we're definitely a different team," she said. "We've learned a lot; I mean, we played a tiny bit differently. I think it'll be a little shock to them, but it's hard to play Missouri; they're a great team."

Tech, unlike Missouri, is coming off a 3-0 loss to No. 5 Nebraska on Saturday in the United Spirit Arena.

Although the Red Raiders lost in A player to watch on the Missouri straight sets, they did earn little victories

FILE PHOTO/The Daily Toreador

TEXAS TECH OUTSIDE hitter Miara Cave spikes the ball during Tech's 3-0 loss to Texas A&M on Oct. 27 in the United Spirit Arena.

and finish the game with energy.

like holding Nebraska to a .240 hitting percentage, which was the lowest for the Cornhuskers since 1999, when Tech held Nebraska to a .169 hitting percentage.

With this most recent loss, the Red Raiders are on a Big 12 worst nine-match losing streak, but Tech freshman setter

tonight against the Tigers will be to start for every ball," Huskey said. "Because Missouri is a very good team that hustles "I guess put the ball away when we through the whole match.' »»joshua.koch@ttu.edu

Driscoll Middle School's trick play turns into national media sensation

CORPUS CHRISTI (AP) -Driscoll Middle School's "penalty play" has become an Internet sensation.

Quarterback Jason Garza pulled off the ingenious trick play in Saturday's city championship game that's triggered a frenzy of national media attention. The video has generated more than 3.5 million hits on YouTube and a barrage of calls to the tiny school, enrollment 610, and to Jacqueline Ortiz, Garza's mother.

"It's been wild," she said in a phone interview Tuesday. "Absolutely crazy."

Coach Art Rodriguez said the Rangers were just looking for some offense, pinned at their own 30-yard line and trailing Wynn Seale 6-0 with four minutes left in the game. He and assistant coach John De Los Santos decided that it was finally time to unveil a play De Los Santos remembered running when he played quarterback for his middle school team in 1987.

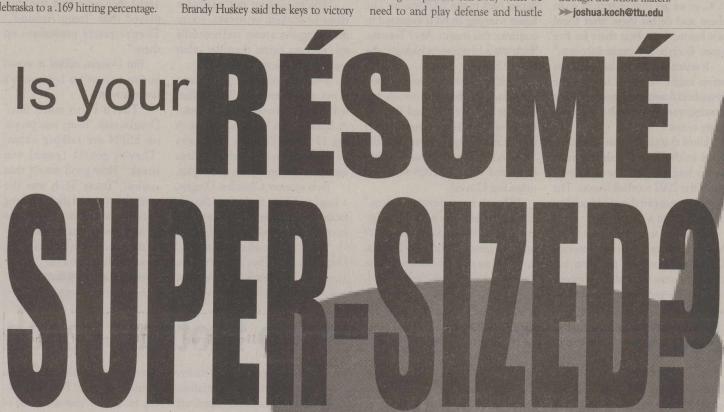
defensive line to jump offsides. The referee marked off 5 yards, and Garza returned to the line.

And then Garza and the Rangers sprang their ruse.

De Los Santos yelled out that referees needed to mark off 5 more yards for the offside penalty, and he told Garza to get the ball and do it himself. Garza nonchalantly asked center John Porter to hand him the ball over his shoulder — a legal snap — and then took five casual steps through the unaware Wynn Seale defense.

Driscoll's offensive linemen started velling at Garza in mock panic, asking him what he was doing — while all stayed in their stances.

Garza took off for the end zone, outrunning a safety for the tying touchdown "It looks beautiful," Rodriguez said. "He could've gotten tackled or somebody would've picked it up really fast. It just so happened that everybody was just kind of looking around, and it looks hilarious on the video.' Ortiz said the parents in the crowd were as confused as Wynn Seale's defense — and Ortiz was ready to bury her head in shame.



It fizzled then, when an alert safety tackled him.

This time, it worked to perfection. The play was set in motion before the actual snap. Garza barked out a

long snap count, and got Wynn Seale's Today's su do ku 3 8 6 5 3 9 2 6 5 2 7 1 4 3 4 8 9 2 8 9 1

4

7

In Sudoku, all the numbers 1 to 9 must be in every row, column and 3 x 3 box. Use logic to define the answers.

2

8

1

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NOV. 10, 2010

SPORTS

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OU game provides Tech chance to avenge '08 loss

By MIKE GRAHAM STAFF WRITER

Texas Tech football was just three games from the BCS National Championship Game the last time it made the trek to Norman, Okla., losing arguably the most important game in school history to Oklahoma 65-21.

The Red Raiders got a measure of revenge last season though, topping the Sooners 41-13 in Lubbock. But now it is time for Tech to make its first trip back to the 82,000-seat Gaylord Family-Oklahoma Memorial Stadium since the loss.

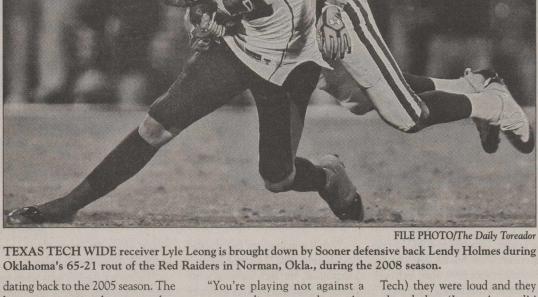
It's not like Tech is the only team to drop a road game in Norman, however. The Sooners have the highest home winning percentage in the NCAA since the 1998 football season and only two home-losses alltime since head coach Bob Stoops took the reigns.

"Coming up this year, going there. I think they have not been beaten there since 2005," Tech cornerback D.J. Johnson said. "That's something that we like. We're like, 'OK, so we get that chance to go in there and defeat them after them not having been beat there for five years.' Everybody is excited about it."

It seems as if the Tech-Oklahoma series might be poised to rival the homefield dominance enjoyed by the hosting team in the Tech-Oklahoma State series.

Until this past season, the home team in the Tech-Oklahoma State series had won all the matchups since the 2002 football season. The Cowboys snapped their Lubbock losing skid about a month ago.

Tech has won three out of its last five against the tradition-rich Oklahoma football program but last week we played Missouri and the the three wins were all in Lubbock week before we played (Texas) A&M.



home winning trend is expected to continue this season. As of Tuesday, Tech was a 15 point underdog to the No. 19 Sooners.

Tech head coach Tommy Tuberville does not buy into trends nor does he believe the Red Raiders (5-4, 3-4 in Big 12 Conference play) will be more motivated to beat the Sooners in Norman because of what happened there in 2008 than any other Big 12 rival.

"There's not a revenge factor," Tuberville said. "It's a totally different team for us and for them and it's another game. They're Oklahoma,

name or stadium or streaks, you're playing against a team and hopefully you execute better than the other there." team when you go."

While the outcome of the game is not guaranteed, the Red Raiders will face a loud crowd at Oklahoma. A Sooner win keeps Oklahoma's Big 12 South Division title hopes alive going into its remaining games against Oklahoma State and Baylor. Tech receiver Cornelius Douglas,

a Lawton, Okla., native said Sooner football is the pride and joy of a majority of college football fans in Oklahoma.

"Most people like Oklahoma," Douglas said. "They're pretty pas- accomplishment for us." sionate. Two years ago (against »michael,graham@ttu.edu

Tech) they were loud and they played that 'Jump Around'.' They're pretty passionate up

But Douglas added it would be fun to stun his home state's favorite team.

"That'd be so much fun," team that stopped their winning streak.' They have played some good teams up there and for us to do that, that would be a big



Women's tennis

ends fall slate

FILE PHOTO/The Daily Toreador

FRESHMAN HALEY FOURNIER won the Flight B finals at the New Mexico Invitational. Tech women's tennis has completed its 2010 fall slate.

Coaches come up

to our coaches

saying this is the

have ever seen.

KELSY GARLAND

SENIOR

TEXAS TECH

By JOSHUA KOCH STAFF WRITER

It may just be the fall season, but the Texas Tech women's tennis team has made its presence known in collegiate tennis due to strong performances from numerous players.

But Tech coach Todd Petty said his players' showings might only put extra pressure on them for the spring campaign.

"I think it's a gift and a curse," Petty said. "And I think the gift is you've worked hard to earn the respect of other teams, but it's a curse because you're always going to walk out there with a target on your back. But again the great teams want to

have that target on their back and know how to respond to it."

The Lady Raiders played in four different tournaments best Tech team they during the fall accompanied by appearances in the All-American Championships and ITA Regionals.

In the first tournament of the year in Midthe fall, the New Mexico Invitational. Freshmen Haley Fournier and Sanders both impressed at the tourna-

ment by advancing to the finals in singles play. Fournier won the Flight B finals

match against Wyoming's Kim van Ginkel and Sanders was defeated in the Flight C finals to Sasa Nemcova, also of Wyoming.

With these performances, senior Kelsy Garland said the Lady Raiders are now on the map and she said she is excited to see this energy carry over to the spring.

"I think just this fall itself we've opened up a lot of eyes to other schools," she said. "Coaches come up

to our coaches saying this is the best Tech team they've ever seen. So I think freshmen already made some noise in the fall tournament. So I'm just excited to see what the spring has to bring and hopefully we can still make some noise in the

spring." The Lady Raiders went 11-

Hawkins fired as Colorado football coach

lion to go away. His replacement might not get that much to fix the Buffaloes' broken football program. Athletic director Mike Bohn said the school's financial constraints means he won't be able to pursue just anyone to be the next coach at Colorado because the higher profile names earn about \$4 million annually, way out of the Buffs' price range.

BOULDER, Colo. (AP) — The field of the haves in the Big 12 or in school history put a cap on his five never had a winning season in University of Colorado will pay the haves in the Pac-12," Bohn said failed seasons with the Buffaloes. Boulder, going 19-39 and loscoach Dan Hawkins around \$2 mil- Tuesday at a news conference to Longtime assistant Brian Cabral will ing his last 17 games outside of announce the dismissal of Hawkins. "We're not a \$4-million institution. Would I like to believe we could get there some day? Sure. "If we can emerge from not being dead last in the Pac-12 Conference as far as number of donors and amount of money raised — that's a challenge for us.' Bohn fired Hawkins on Tuesday, "It's really not a level playing three days after the biggest meltdown Los Angeles Times Daily Crossword Puzzle Edited by Rich Norris and Joyce Lew ACROSS 1 "60 Minutes" 1 "60 Minutes" correspondent 6 _____Helens, Wash. 10 Setup punch 13 Pump option 15 Tad 16 L.A.-based oil giant, familiarly 17 Get there 18 Flea market cousin 20 Soccer VIPs? 21 Source of Iow-alcohol wines 23 No longer newsworthy 24 Mickey Mantle or Mark Teixeira, notably Mark Teixeira, notably 27 Diet successfully 28 Counsel 28 "___Gold": Peter Fonda film 35 Helper: Abbr. 39 Fill in at school 43 Moderm ___ 44 Friend's pronoun 45 "Then ..." 46 Karate instructor 49 Glued to the tube, say 11/10/10 By Pamela Amick Kla 5 Toyota __4: SUV model **Tuesday's Puzzle Solved** 6 Peruvian volcano SCRAG PRIMA RABBI RAI El _____ 7 Namely 8 Ticketing place: Abbr. 9 Danced like Bojangles Robinson 10 Stereotypical diner name 11 Forest choppers 12 Unit of computer memory tube, say 51 Currency differential 57 Shoelace CELLO ALLO 57 Shoelace protector 60 Smack back? 61 It's wet in Oaxaca 62 Commercial imbalance 64 "The Sound of Music" quintet 66 "Awesome!" 67 Botanical junction THREEPOINTTURN MACKENZIERIVER memory 14 Slangy assents 19 Sportscaster SKA PEZ ARE RID UVEA TEXASHOLDEM Albert 22 Knife holder 25 Budgetary concern 26 British art institution junction 68 Golf SASES EDENS commentator Pepper 69 Poet Lowell 70 Texter's sign-off 71 Many Miley Cyrus fans 34 "My Country" author 36 Seek damages 37 Buffet heater 40 Suffix with 52 Exciting 53 Adrien of 29 Apple touchscreen cosmetics 54 Colorful computer 30 Anatomical quartz 55 Shroud city DOWN 1 Sends unwanted e-mail pouches 31 Return from a 41 Finish line 56 Lets up 57 Name on a e-mail 2 Road sign symbol 3 Nuclear pione Enrico 4 Bible letters 32 Finds a purpose 42 Play break 47 Watermelo razor 58 Fat measure nelon bit 33 Dangle a carrot in front of, so to speak 48 Magnitude 50 "... 'What _ am I!" 59 __ Luck 63 Understood 65 Heavy drinker **Ombuds** Office A safe place to bring concerns and find solutions.

serve as interim coach for the final three games of the season, beginning Saturday against Iowa State.

Douglas said. "Every year people on ESPN are talking about, 'They've got 35 (game) win streak.' How good would that sound? 'Texas Tech was the

Bohn said the search for a new coach would begin immediately.

However, Bohn may not be able to set his sights on the upper echelon, especially given Hawkins' buyout and the prohibitive cost of luring a quality coach.

"It is going to limit our pool," Bohn said.

At 70 years old, former CU coach Bill McCartney has publicly expressed an interest in coaching again and remains a "viable candidate," Bohn said. McCartney led the Buffaloes to their only national title in 1990. But he's been out of football since 1994.

Hawkins was hailed as a "home run" hire by Bohn in 2006 after going 53-11 at Boise State. Yet he

The final straw came Saturday when Colorado blew a 28-point lead at Kansas as the

Jayhawks scored 35 points over the final 11 minutes for a stunning 52-45 win. It was the biggest collapse in the 121-year-old program's history.

Dressed in Colorado colors Tuesday, Hawkins stepped up to the podium and spoke for nearly 13 minutes, ending his speech with "Go Buffs."

He didn't take any questions from the media.

"I know it's been a tough time for every Buff faithful. Hopefully, we can get those things remedied," Hawkins said. "I really hope the negativity that might surround me doesn't surround them. They don't deserve that."

land, the Lady Raiders sent four players and had all of them make it to the Round of 32.

At the Oklahoma Invitational the Lady Raiders got solid performances out of sophomore Elizabeth Ullathorne and freshman Nikki Sanders.

Ullathorne had three singles victories and then joined up with Sanders to claim three doubles victories as well.

The Lady Raiders' most impressive team performance of the fall campaign, however, may have been at the USTA/ ITA Regionals.

Tech won all of their opening singles matches and had four players advance to the Round of 16. Out of that bunch, sophomore Caroline Starck was the only Lady Raider to advance to the next round in singles play - Starck eventually lost in the quarterfinals.

Also, some of the freshmen made some noise in the final tournament of

12 overall and 5-6 in Big 12 Conference play last spring

Tech generated a four-match winning streak in conference play that seaon, which included wins against Colorado and Missouri. But Tech could not do much against the conference powers such as Texas, Nebraska and Baylor.

Tech assistant coach Todd Chapman said the players should learn from what they've accomplished in the fall and continue to make positive strides.

"It's obviously a great stepping stone if you use it that way," he said. "To take the success we had and build on it and gain confidence going into the spring knowing we can compete with anyone. But if we sit on it and think 'Hey we're pretty good now', then obviously you don't take what you need to out of it."

»»joshua.koch@ttu.edu



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TECH COACH TOM Stone recognizes some Red Raiders who showed outstanding support during a game against North Texas earlier this season.

By TOMMY MAGELSSEN STAFF WRITER

Texas Tech soccer coach Tom Stone describes the 2010 season as "bittersweet."

The Red Raiders' 2010 campaign had many sweet moments and a few bitter moments, Stone said, but unfortunately, the final bitter moment came Monday when Tech was left out of the 64-team NCAA tournament.

"When I got here, no one had ever discussed Texas Tech in the tournament and in the big picture, and to know we were a major part of the discussion gives us great confidence moving forward," Stone said. "The disappointing part was, I think, health and few other factors cost us the opportunity and closed the door to make this the year."

of 11-8-1, the Raiders' best record since a 13-win season in 1996. The Red Raiders have never qualified for the NCAA tournament.

However, Stone said he did something this year he hasn't done his previous three years at Tech, showing the progress his team made this year: He watched the NCAA selection show. The final spot in the field probably came down to three teams, Stone said:

Tech, Nebraska and Auburn. Unfortunately for the Huskers and Red Raiders, the Tigers went to the big dance. Four teams from the Big 12 made it to the NCAA

great run. It was sad ... just trying to stay positive is the hardest part."

But Pitts and the rest of the Red Raiders have a lot to be positive about, even though their season came to a premature end Monday afternoon.

The scarlet and black started the season on a historic five-game winning streak. But what was even more impressive were the five shutouts the Red Raiders logged in those first five wins, all by Pitts. Tech would go on to break the single-season school shutout record laterin the year, finishing with nine shutout

"We did everything we could do; it was a to (go to the NCAA tournament)," Pitts said, "but it's sweet knowing that I was a foundation for it to help them move along the chains."

> The Red Raiders lose just two seniors -Pitts and forward Leanne Mihelichand are poised for their best-ever season next year. Stone said he has long thought next year will be the best season for Tech soccer fans. Tech's 11 wins this year are impres-

> sive, but the fact the Raiders had to play shorthanded much of the year deserves recognition, Stone said. The Red Raiders missed star

conference slate.

In the end, though, the injuries forced several Red Raiders to step up and make an impact off the bench — something that will make next year's team lethal, Lytle said.

Stone often calls Lytle his point guard, and she was missed this year by many, Stone said, especially freshman forward Jessica Fuston, who led the Red Raider attack with 11 goals. If Lytle was healthy, Stone said, Fuston would have netted seven or more goals because of how well his point guard sets everything up, and it could have only added to Fuston's Big

"For Fuston to come in and be voted the best freshman in the conference is big for her, big for our program, and it certainly gives her the confidence that she can be a force for four years."

Nine Red Raiders scored goals this year to lead a balanced Tech attack. But what gave Tech some of the most energy to win was playing at home at the John Walker Soccer Complex.

"I honestly think that a big highlight of this season was pretty much every Friday night in the John Walker Soccer Complex," Stone said. "This team really captured the attention of the student body, the community.

tournament, but Stone said that number should be higher considering the Big 12 was ranked third in conference RPI.

"You have that hope in you, but you kind of know when it's over, it's over," Tech finished with an overall record senior goalkeeper Colleen Pitts said.

wins and 10 overall.

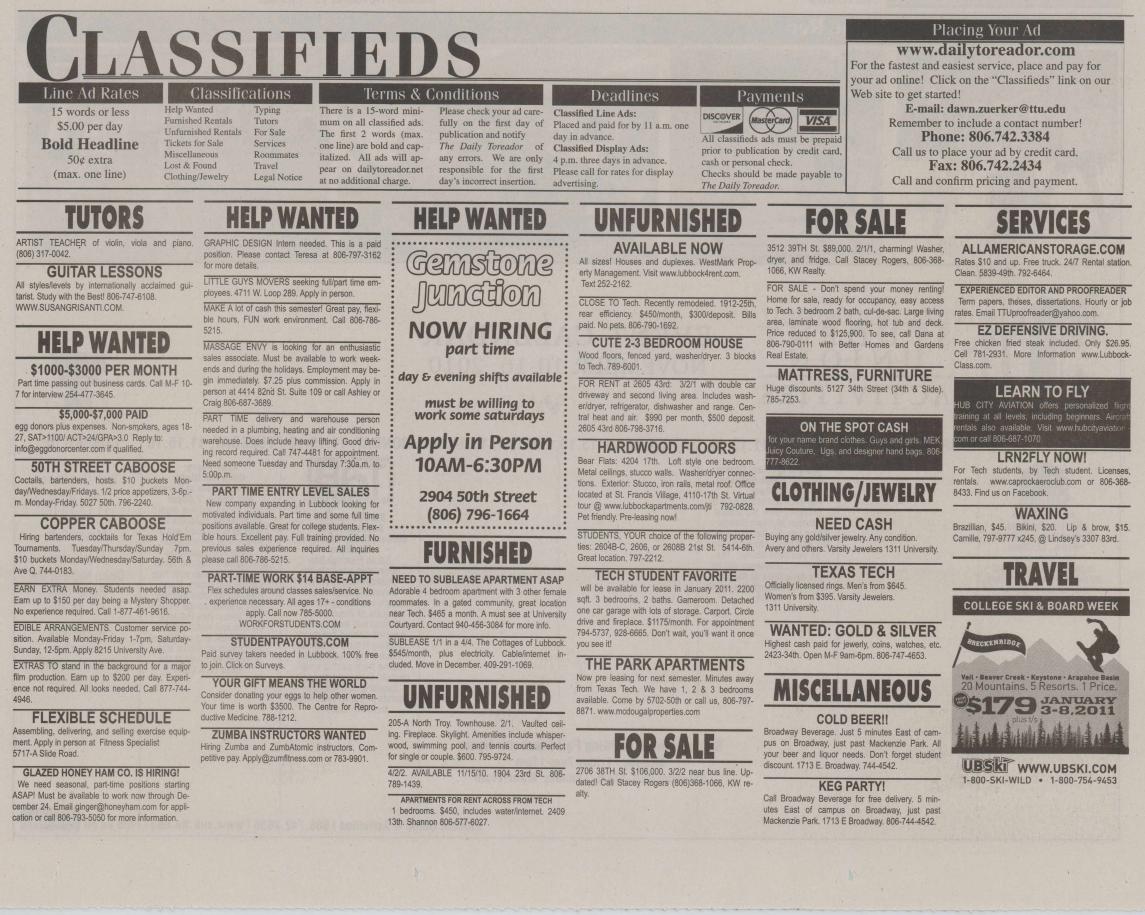
Pitts, a fifth-year senior, will no longer lace up her cleats for the Red Raiders, but she said she has no regrets about her time here at Tech, especially this final season. "It's bitter in the fact that I didn't get

Whitney Sharpe, Hayley Haagsma and Connor Williams for substantial parts of the season, particularly in Big 12 Conference play. Williams missed the entire season but redshirted to retain a year of eligibility, and Haagsma missed the entire

12 Rookie of the Year season. Stone said Fuston is a player that exemplified how hard everyone played this year.

"To be the rookie of the year is incredible in the Big 12 because these players are hotly contested in recruiting," he said.

"I mean, there are so many West Texas dads that were converted into women's soccer fans here, it was unbelievable ... we really captured that audience." >>> thomas.magelssen@ttu.edu



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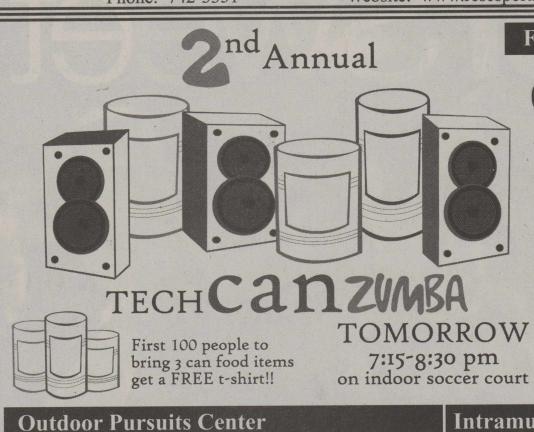
Sport Clubs Results TTU Women's Rugby defeated Texas A&M during it's homecoming game 6-5. This game showcased the talent tech has developed over the last few years and the quality of play in Division I rugby. This is the first year Texas Tech's Women's team has played in Division I, and winning against Texas A&M is a major milestone for the program. Congrats Ladies!

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There are many reasons to want a Personal Trainer. Whatever the reason, we are here to help. We have many different types of training available! overall fitness training, A Better U (Yoga/Pilates training), sport specific, lifestyle, area specific, and time limited training are all available! Sign-up in the Fit/Well or just stop by for more information!

Massage Therapy

The Fit/Well offers Deep Tissue Massages Monday-Friday 8am-8pm. Call for weekend availability. Members Cost \$40 for 1 hour, \$25 half-hour. Non-Members affiliated with a Member Cost \$50 for 1 hour, \$35 half-hour. Call or come by the Fit/Well office located inside the TTU Rec Center. Payment required when making appointment. 806-742-3828



Intramurals

Swim Meet Sign-ups **Have Started!**

Now - November 18 Sign up before in Rm. 203. Check in at the event will be at 6:00pm on November 18th. Events include 200 yard medley relay, 200 yard freestyle relay, 50 yard freestyle, 100 yard individual medley, 50 yard butterfly, 100 yard freestyle, 50 yard backstroke, and 50 yard breaststroke.



Winter Slam - 5 on 5 Tournament

Saturday, Dec. 4 \$20 per team Register in the IM Office by December 1 to play in this tournament! This is an open league tournament.

8 Ball Pool - Tuesday Nov 16 Register in the IM Office for the 8 Ball Pool Tournament. Play begins on Tuesday, November 16.

Aquatics

3.000 METER SWIM

Think you can eat what Michael Phelps eats for breakfast and then swim this long







Looking for a way to get away over

Thanksgiving break, but don't have

the gear? Rent it from the OPC! We

have everything you need for a basic

camping, hiking or climbing trip. All

week for the price of a weekend! You

can't beat that deal!

Did You Know Tech Has a Ski Shop?

Raider X2 Registration There are still a couple of spots open in Session 2 Raider X2 classes! Register in the Fit/Well.

Did you know Tech has it's own ski shop? Full ski and snowboard packages will be available when the shop officially opens after Thanksgiving. Ski rentals will be available for the Thanksgiving weekend on a limited basis. Please check with the OPC in person or at 742-2949 for more information about Thanksgiving weekend rentals

course? We don't recommend you trying to eat 10,000 calories in a day, but we definitely want you out for this great swim! This event is designed to test your personal limits. The swim is free and T-shirts are available for purchase. (Yes! We count the laps for you!) Saturday, November 13 9:00am



