

Tech not looking past Weber State

Page 5

Red Raiders at North Texas

Page 6

THE DAILY TOREADOR

SOUTHWEST COLLECTION
Texas Tech University
LUBBOCK, TEXAS 79409

TUESDAY, NOV. 16, 2010
VOLUME 85 ■ ISSUE 56

Serving the Texas Tech University community since 1925

www.dailytoreador.com

twitter.com/DailyToreador

Making the Grade

Despite low rating on sustainability report, university officials say 'green' is a priority

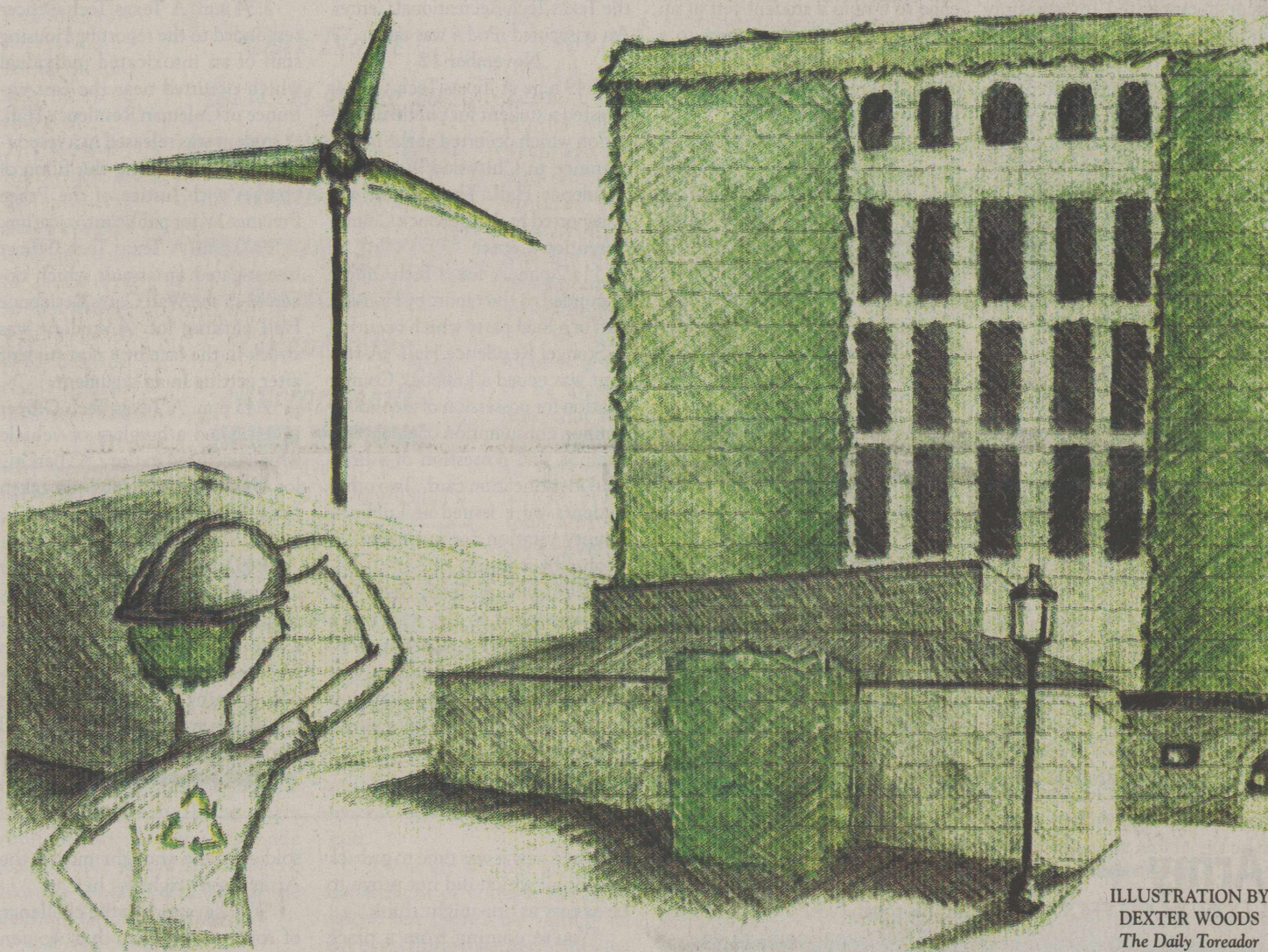


ILLUSTRATION BY DEXTER WOODS
The Daily Toreador

By **CARRIE THORNTON**
LA VIDA EDITOR

Climate Change. Ozone deterioration. Land-fill overpopulation.

During a time of heightened environmental awareness, these terms are discussed more frequently as the green movement gains momentum.

To help play its role in lessening humanity's environmental footprint, Texas Tech established a new Office of Sustainability to build foundations for a more sustainable campus.

"What they are doing is assessing what we have, what we need to be doing and what makes the most sense for us," said Tech President Guy Bailey. "If you look at sustainability, what makes the most sense for one school in one part of the

country doesn't necessarily make the most sense for another part."

Although the green-minded office was just recently mobilized with the guidance of Mike Faures, associate vice president for operations, discussion about making Tech sustainable began long before this fall.

GREEN continued on Page 3 >>

Nobel Prize winning chemist gives guest lecture at Tech

Presentation part of Henry J. Shine Lecture Series

By **DEFOREST GARCIA**
STAFF WRITER

A former Nobel Prize winner and established chemist and biologist spoke to Texas Tech University stu-

dents and faculty at 7 p.m. on Monday at the Texas Tech Chemistry building as a part of the Henry J. Shine Lecture Series.

Aaron Ciechanover, the recipient of the 2004 Nobel Prize for Chemistry, was the featured guest at the annual event hosted by the Tech Department of Chemistry and Biochemistry.

NOBEL continued on Page 2 >>



PHOTO BY DEFOREST GARCIA/The Daily Toreador
STUDENTS, FACULTY AND staff gather after Aaron Ciechanover, a Nobel Prize winning chemist, gave a guest lecture Monday in the Chemistry building.

Tech student adjusts to life after military



PHOTO BY PAUL HAILLES/The Daily Toreador

ARMY VETERAN **JUANITA** Rodriguez is a senior from El Paso studying forensic psychology.

El Paso native spent nine years in the U.S. Army

By **HALLIE DAVIS**
STAFF WRITER

Juanita Rodriguez woke up in the middle of the night. She was scared; her weapon was nowhere to be found.

She was in no danger, though. After a year in Afghanistan, Rodriguez, a senior forensic psychology major from El Paso, was at home with her mother.

"It's just as hard, if not harder, on the family," Rodriguez said. "You leave one way and come back a completely different person... It's hard for everyone to adjust to that."

After nine years in the U.S. Army, Rodriguez said she was used to certain things. Coming home was a tough adjustment, she said.

"You're trained to think in a certain way," she said. "(It takes a lot to get used to) not being so alert. Learning to drive without feeling like I'm in danger, that took some adjusting."

Rodriguez said driving in Afghanistan meant watching for roadside bombs or other threats; coming back to Texas, every piece of trash on the side of the road caught her eye.



Part four in a four-part DT series about service men and women

She was in Afghanistan when she was stop-lossed for another year and three months after her eight-year contract ended.

Before then, former Sgt. Rodriguez said she traveled everywhere from Germany to Turkey in her job with Civil Affairs.

Since she was 9 years old, Rodriguez said, she knew she wanted to be in the armed forces.

"I graduated from high school on a Friday," she said. "On that next Monday, I was at boot camp."

ARMY continued on Page 2 >>

INDEX

- Classifieds.....5
- Crossword.....6
- Opinions.....4
- La Vida.....3
- Sports.....6
- Sudoku.....3

WEATHER

Today Sunny
64/36

Wednesday Sunny
62/31

Boen: Lift weights the right way
LA VIDA, Pg. 3



DT
PHOTOS
Buy online at
dailytoreador.com

EDITORIAL: 806-742-3393

ADVERTISING: 806-742-3384

BUSINESS: 806-742-3388

FAX: 806-742-2434

CIRCULATION: 806-742-3388

E-MAIL: dailytoreador@ttu.edu

RESUME BUILDER

1. Visit www.dailytoreador.com.
2. Click on Work for The DT.
3. Apply online.
4. It's that easy!

THE DAILY TOREADOR

Community Calendar

TODAY

Red Cross Club Fundraiser

Time: All Day
Where: Chick-fil-A, 69th Street and Slide Road
So, what is it?
The American Red Cross club has partnered with Chick-fil-A, which has agreed to donate 20 percent of its sales to the organization from all customers who tell the cashier, "I support the American Red Cross."

Alien Ant Farm

Time: 7 p.m.
Where: Jake's, 5025 50th St.
So, what is it?
Come watch pop rock band Alien Ant Farm perform its original songs. Tickets are available at Ralph's Records or by calling 888-512-SHOW.

WEDNESDAY

Trombone Choir Concert

Time: 8 p.m.
Where: The Legacy's Great Hall
So, what is it?
They can play more than the Christmas songs you hear them play at Carol of Lights. Check out some of the rest of the Texas Tech trombone choir's repertoire.

Cajun Buffet Time

Time: 5 p.m.
Where: Horn/Knapp, Hulene/Clement or The Fresh Plate
So, what is it?
Another of the always-popular themed night at some of Texas Tech's dining halls. They're treating residents right this week, with Steak Night coming up on Thursday and a Thanksgiving feast on Sunday.

Jana Mashonee

Time: 7 p.m.
Where: International Cultural Center Auditorium
So, what is it?
Mashonee, a Native American singer who has been nominated for a Grammy and won seven Native American Music Awards, will perform as part of Tech's Native American Heritage Month events.

To make a calendar submission e-mail features@dailytoreador.com.

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.

Nobel

CONTINUED FROM PAGE 1

Jessica Brock, a freshman exercise and sports science major from Amarillo, said the opportunity for the school to host a guest speaker like Ciechanover is great for the university.

"Having a major scientist like Aaron speak is an amazing opportunity since he's a really famous person," she said.

The lecture series, which was established in 1999, has hosted many prominent people from the science community.

This year's lecture, the tenth lecture since the series' inception, was conducted in front of a considerably large audience.

Because so many came to see Ciechanover speak, the classroom was packed before the lecture even began.

Eventually the crowd of more than 300 people led event organizers to relocate the lecture to a new classroom about three times the size of the original one.

Ciechanover gave a lecture titled "Why Our Proteins Have To Die So We Shall Live," however his lecture did not solely focus on this topic.

Ciechanover said his lecture was based on whether or not we can cure all diseases through medicine.

He discussed the history and future of medicine, as well as diseases and possible ways to beat them.

Most of the diseases we see today

are actually man-made, Ciechanover said.

"Not only are a few of the diseases that plague us today man-made, almost 50 to 60 percent of them are," he said.

According to the Chemistry Department website, Ciechanover is a distinguished research professor at the Technion-Israel Institute of Technology and has earned the title after garnering 21 different awards, honors and fellowships throughout his career.

Ciechanover's Nobel Prize honor was won in 2004 after he and two other scientists discovered ubiquitin-mediated protein degradation.

Through their discovery, they figured out the ubiquitin-proteasome pathway plays a major role in maintaining the homeostasis of cells and is involved in the development and progression of diseases such as cancer and muscular and neurological diseases, as well as immune and inflammatory responses.

While Ciechanover was just one of the few speakers to visit the campus so far this year, Brock said she feels Tech should keep inviting guest speakers.

"These guest speakers are not only fun to listen to, but hearing their background and insight is also really cool," she said.

In addition to the general audience session at which Ciechanover spoke, he also hosted a session speaking on his technical lecture about the ubiquitin system earlier in the afternoon at the Chemistry Building.

>>> deforest.garcia@ttu.edu

Ethics emphasized through video challenge

By JETT THOMPSON
STAFF WRITER

Two groups of Tech students were recognized by the Tech provost's office this week for being selected as the winners of the bi-annual Matador Ethics Video Challenge.

For the third-straight semester, this competition has allowed students to create and develop short 30-second videos that highlight the importance of ethics on campus, said Justin Louder, the senior program administrator in the office of the provost.

While the competition always focuses on a specific theme from the university's statement of ethical principals and academic integrity, this year it focused specifically on the importance of community service, Louder said.

Due to the increased popularity of the video challenge and its

focus on community service, there was a record number of nearly 60 videos submitted to the challenge this fall, Louder said.

He said the videos were reviewed by a panel of five judges who based their assessments on the group's ability to present a clear message in a creative way within the 30-second time limit.

Casey Turle, a freshman computer engineering major from Houston, submitted a winning video entitled "Inspiration" on behalf of the Tech Residence Halls Association leadership development committee.

Turle's winning video highlighted the importance of using inspiration as a tool in different leadership situations. The video was created in collaboration with around eight people, all of whom Turle said worked on the project equally.

"Our video's greatest strength was combining multiple aspects of

leadership and community service, but also incorporating them into our theme of inspiring others," Turle said.

The winner of the individual competition was Danielle Blakely, a second-year accounting graduate student from Lubbock. Blakely said she based her video around a theme of community service by compiling video footage from several events around Lubbock. Her video was entitled "Texas Tech: The Leader of Service in Our Community."

Blakely was also helped by Jamie Robinson, a second-year accounting graduate student from Clear Lake, and by Kristen Meeks, a second-year accounting graduate student from Austin.

Robinson said the group started brainstorming ideas for their video in August and then began compiling video footage from several community service events she and her group had previously attended.

Blakely said her group used video footage they had gathered from participating in events like Race for the Cure, Habitat for Humanity and Buddy Day, and from serving at the Lubbock Food Bank.

"It was all about showing that Tech students truly care about the community," Robinson said.

Louder said the winning videos will be shown on the JumboTron at the upcoming Weber State football game Nov. 20 at Jones AT&T Stadium. The films will also be screened at the next Board of Regents meeting, he said.

Additionally, Louder said the winning teams will have the opportunity to eat lunch with Tech President Guy Bailey sometime over the next several weeks.

The challenge will be held again in the spring semester, and Louder expects the program will continue to grow into a Red Raider tradition. >>> jett.thompson@ttu.edu

POLICE BLOTTER

Doctor's signature forged, theft of golfclubs from truck

November 8

8:23 a.m. A Texas Tech Officer investigated forgery, which occurred at an off campus Health Sciences Center Clinic. A Medical Release Physician's Statement had a forged doctor's signature.

9:42 a.m. A Texas Tech Officer documented information in reference to a medical, which occurred at the Student Union Building. A student fainted and was transported to the University Medical Center Emergency Room by Emergency Medical Services.

10:19 a.m. A Texas Tech Officer investigated theft, which occurred at the Lubbock Coliseum north parking lot. Twenty four unsecured traffic cones were taken.

8:26 p.m. A Texas Tech Officer responded to an odor of marijuana, which occurred on the 10th floor of Weymouth Residence Hall. A student was issued a Lubbock County citation for possession of drug paraphernalia and subsequently released.

8:42 p.m. A Texas Tech Officer responded to Wall/Gates Residence Hall in reference to a possible theft. A student took some chips from the Sam's Place without paying for them. The student was issued a criminal trespass warning from the area

and released.

November 9

8:52 a.m. A Texas Tech Officer investigated a burglary of motor vehicle, which occurred in the Z3L parking lot. An iPod was taken from a secure vehicle.

12:07 p.m. A Texas Tech Officer documented information in reference to a note a student left at an off campus residence written to a Texas Tech Student Assistant. This case is being forwarded to Student Judicial Programs Office

2:35 p.m. A Texas Tech Officer documented information on damaged property, which occurred on the 1st floor of the Science Building. A glass window was shattered.

4:04 p.m. A Texas Tech Officer documented information about someone writing on a vehicle window. A derogatory comment was written in the dust of the window.

November 10

10:35 a.m. A Texas Tech Officer issued a criminal trespass warning to a non student who was living in Knapp Residence Hall with a student and refused to leave.

11:13 a.m. A Texas Tech Officer investigated the theft of fourteen unsecured chairs, which occurred in the Biology Building.

November 11

2:30 p.m. A Texas Tech Officer documented finding marijuana and paraphernalia in the hallway on the 6th floor of Gates Residence Hall.

2:30 p.m. A Texas Tech Officer investigated burglary of a vehicle, which occurred in the Z1-B parking lot between 11-05-10 and 11-11-10. An unknown person entered into an unsecured vehicle and took CD's, and an iPod transmitter.

8:00 p.m. A Texas Tech Officer investigated theft, which occurred at the Texas Tech Recreational Center. An unsecured iPod 4 was taken.

November 12

2:49 a.m. A Texas Tech Officer arrested a student for public intoxication which occurred at the North entrance to Chitwood/Weymouth Residence Hall. The student was transported to the Lubbock County Detention Center.

11:02 p.m. A Texas Tech Officer responded to the report by Housing staff of a loud party which occurred in Stangel Residence Hall. A student was issued a Lubbock County citation for possession of alcohol by a minor, consumption of alcohol by a minor, and possession of a fictitious identification card. Two other students were issued at Lubbock County citation for possession of alcohol by a minor.

11:06 p.m. A Texas Tech Officer responded to the report of a loud party which occurred in Wall Residence Hall. A student was issued a Lubbock County citation for possession of alcohol by a minor and released.

November 13

1:35 a.m. A Texas Tech Officer responded to the report by Housing staff of an intoxicated individual, which occurred in the grass area north of Stangel Residence Hall. A student was released to a responsible person pending the filing of charges with Justice of the Peace Precinct IV for public intoxication.

3:34 a.m. A Texas Tech Officer responded to the report by Housing staff of an intoxicated individual which occurred near the east entrance of Coleman Residence Hall. A student was released to a responsible person pending the filing of charges with Justice of the Peace Precinct IV for public intoxication.

9:00 p.m. A Texas Tech Officer investigated an assault which occurred in the Wall Gates Residence Hall parking lot. A student was struck in the face by a non student after getting in an argument.

9:45 p.m. A Texas Tech Officer investigated a burglary of vehicle which occurred in the Z5C parking lot. Unsecured golf clubs were taken from the bed of a truck.

November 14

4:43 a.m. A Texas Tech Officer arrested two non students for public intoxication which occurred at Chitwood Residence Hall. The non students were issued a criminal trespass warning from all Texas Tech University property and transported to the Lubbock County Jail. >>> brooke.bellomy@ttu.edu

Army

CONTINUED FROM PAGE 1

The quick turnaround did nothing to dampen her spirits, Rodriguez said. Boot camp was grueling, but she knew it was necessary.

"Looking back now, it wasn't

that difficult," she said. "It was a great experience, but at the time it was tough."

After boot camp, Rodriguez said, she traveled, building hospitals, orphanages and the U.S.'s reputation.

"Doing these things is important to maintain positive relationships with whatever country we are in," she said.

After Afghanistan, Rodriguez

said she knew it was time to go back to school, which did not prove to be as easy as one might think.

"You're coming from a place where everything's provided," she said. "The university life is just completely different."

Rodriguez is no stranger to adversity. Though she said she was never directly discriminated against, she knew throughout her career of people, mainly older

soldiers, who thought maybe the Army wasn't right for her.

"You have to face the challenge of some mentalities that women don't belong," Rodriguez said.

Taking all challenges well, Rodriguez said a big help has been the Veteran's Association on campus.

The association is made up of veterans of different ages, backgrounds, military branches and members who have fought in many different wars, Rodriguez said.

"When we have a struggle when it comes to school, there's already someone who has been there," she said. "They help you get through." Rodriguez said her success so far could be attributed entirely to her sense of discipline, which the Army enforced.

It was harder in the classroom. Students here are not like peers in the military; here it is easy to be distracted in class, whereas no phones, talking or sleeping would be tolerated in any military or boot camp class.

"It is a struggle," she said. "We have a couple more hurdles we have to jump."

>>> hallie.davis@ttu.edu



"Take the one test you can't flunk."

—Chris & Robin Founders



Our way beats their way. If you don't agree, it's free.
Toasted artisan bread stuffed way over code with hot, juicy, smoked turkey breast, sweet honey ham, and monterey jack cheese.
If the first bite doesn't blow you away, you get your money back.

Buy the Medium Hook & Ladder Sub
BRING COUPON FOR FREE CHIPS AND DRINK!


ONLY \$5.49

plus tax



Visit our nearest Lubbock location at 411 University Avenue, or online at FirehouseSubs.com
© 2009 Firehouse Subs. This offer valid with coupon at participating restaurants. Prices and participation may vary. See restaurant for details. Limit one per customer, per visit. Not valid with any other offers. Exp. 11/20/10

OFFER CODE: TTUS



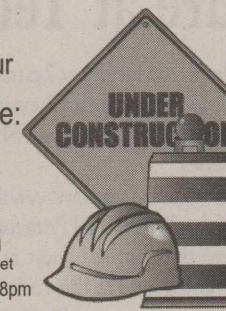
Wash your vehicle at our
5523 4th location and receive:

\$3 OFF


any wash over \$10
Currently inconveniently located outside W Loop 289 on 4th Street
Open Monday - Sunday 8am - 8pm

Offer good at 5523 4th location only & expires on 12/31/10 • Not valid with any other offers or discounts

OPEN 7 days a week!



>>> hallie.davis@ttu.edu



NOW PRE-LEASING FOR JANUARY 2011

THE RESERVE

LIVE HERE. WORK HERE. PLAY HERE.

CHECK US OUT ONLINE
RESERVEONFRANKFORD.COM

The Reserve on Frankford
1602 Frankford Ave
Lubbock, TX 79416
806-785-4088

Green

CONTINUED FROM PAGE 1

In November 2009, President Bailey appointed a sustainability taskforce following a Green Campus Action Symposium to assess current programs and present solutions regarding green initiatives.

Then in March 2010 the team listed a few recommendations including creating an Office of Sustainability and becoming a member of the Association for the Advancement of Sustainability in Higher Education.

Because the process of becoming a truly sustainable campus involves numerous steps, the administration's focus remains on a small number of issues at a time, including transportation.

"If you asked me what the single most important sustainability initiative we had was, I'd say our bus system," Bailey said, "and the more students who can live close to a bus system and take the bus or their bikes to campus — the more students who can do that, the better off we'll be."

Tech administration has great interest in reducing the flow of traffic within campus, Bailey said. Efforts to place bus stops close

to off-campus living and provide more on-campus living should help achieve this goal.

"What we'd like to do is build on-campus housing that is attractive so that people will want to stay beyond their freshman year," he said. "That's why we have talked about mixed-use housing and retail over off 19th across from Covenant. We think it would attract people to stay there beyond their freshman year and reduce the use of cars."

Also, all new construction projects follow LEED certification guidelines, Bailey said, including the in-progress business administration building. Any renovations or upgrades made also include sustainable aspects, like the asbestos removal in the administration building.

Current Progress
The push to establish a sustainability office and evaluate existing and possible initiatives stemmed from the Green Report Card, a grade released by a New England interest group — College Sustainability Report Card.

This year, Tech, along with 321 colleges and universities, were rated according to the group's guidelines. Tech received a C-, a slight increase from last year's D+.

"We didn't do very well, but apparently we didn't respond to their questionnaires, except for a few individuals," said Faires, who Bailey appointed liaison for sustainability in August to establish the Office of Sustainability, "and when they looked for information on the web, you had to have an e-raider account or you couldn't get to it."

With that in mind, Faires cre-

ated the Office of Sustainability in October and appointed Karen Hopkins as its coordinator.

"We have been doing several things," he said. "We just don't get any credit for it."

The office's primary goal will be to organize and disseminate information concerning any existing or planned programs and initiatives.

"We're trying to reduce our carbon footprint," Faires said. "We are very keen on utilities and energy consumption."

For example, he said Tech disposes of about 80 tons of trash a week. About seven tons of paper and plastic are recycled each week, and out of the 80 tons of trash, 35 to 40 tons are mixed waste paper while the rest is garbage.

"We also use well water instead of city water for the plants," Faires said. "When we tore the buildings down to make way for the business building, we recycled the materials instead of dumping in a landfill."

"So there's all sorts of things from all aspects going on, and I think what the president wanted for us is to share that with West Texas and then the nation on what we're doing. So that's what we're trying to do: Put everything

together and then on a website."

Hopkins joined the Tech community a few weeks ago and said she recognizes the task of organization then dissemination set before her.

"Our No. 1 focus is going to be awareness; that sustainability is an important part of Texas Tech University's environment,"

Hopkins said. "It's not just an economical issue, it's a social and environmental one. A lot of us just go along and don't know what contribution we're making in a negative or positive way."

The disjointed nature of current green initiatives causes a problem because the community has no idea what's going on, she said.

"If you are in that particular department or college, then you know, but there's no vehicle to get everything together," Hopkins said. "If you go to the Texas Tech website, you won't find a section on sustainability anywhere. Now if you go to other Big 12 schools' or other leading universities' websites, you find a sustainability site with links to other things and lets you know what's going on."

However, she stressed the office does not intend to take the initiative or program away from any department. It's a focal point for departments to join together in their efforts and provide resources.

One of the ways for departments to check whether their efforts can be approved and their operations are as sustainable as possible, Hopkins said the university will utilize the Sustainable Tracking Assessment Rating System created by AASHE.

The transparent, self-tracking system aims to help universities

WORD ON THE STREET

"I do see a lot of recycling stuff, like a lot of different ways to recycle, which is great. It's important because we are such a big campus and every little bit counts."

Lee Heaton - senior exercise and sports sciences major from Wichita Falls



"I think it's really important to have a green campus, and I don't think Tech is doing a bad job, but it's only really evident during certain points of the year, like Arbor Day."

Cameron Skoczias - sophomore public relations major from Arlington

"I don't see much green activity on campus, but I do see some recycling and stuff. I think we could do a better job at conserving paper. I know Tech has some programs, but they need more publicity."

Eric Lee - freshman without a declared major from Lubbock



"I'm not really sure what Tech is doing (to be sustainable); it's not very apparent. But it is important for us to have sustainable and green facilities on campus."

Anissa Parson - senior social work major from Lubbock

gauge their efforts and results.

"We're going to use these standards from AASHE to send out some guidelines for people to look at and maybe realize, 'OK, we've been doing that all along,'" she said, "and that will help people think of things already going on, then compiling that into one large report."

Student Support

Administration doesn't stand alone in its green crusade and continues to receive support from the student body and Student Government Association.

Tyler Patton, SGA external vice president, said the creation of the sustainability office is a great first step toward building a sustainable campus, and he is eager to initiate other projects.

"One of our long-term goals is something I really believe is a great model called the Green Campus Loan Fund," Patton said. "It provides zero-interest loans to departments on campus that want to invest and implement green projects."

"The loan builds upon itself, and so you have this constantly growing fund that different departments can pull from to start different initiatives. But what we've got to do first is have an office that's staffed with a group of people willing to take those initiatives up. That's our goal, as everyone is getting their footing, that they have the information; this is what on students' minds, and this is where we should be focusing our energy."

Similar to Bailey, Patton said he is very interested in trans-

portation and ways Tech can improve its already expensive system. Also, he said he'd like to see the utilization on campus of the energy research Tech faculty conducts, considering millions of student dollars are spent on research resources.

Going Forward

Becoming an efficient, sustainable university takes time and money. The first step of creating a focal department means great things for Tech, Patton said, and it's obvious the campus has the same goals in mind.

"I think everyone's eye is focused in the same direction, and it just takes time," he said. "I think the biggest inhibitor for universities to move to any long-term sustainability plan is because it's so expensive to jump into, but we have a lot of opportunities to start off right with all of our new buildings put on campus being built to meet LEED certifications."

The green attitude has swept the United States, and President Bailey said he has seen a change on campus and expressed optimism for Tech's upcoming projects and initiatives.

"As far as I know, it's been an increasing focus since I have been here; I came here in August 2008," he said, "and again, it's driven by our concern for the environment and good stewardship of our money and resources. If you do it right it will save you money."

"We think if we can do this the right way we'll reduce the flow of traffic and have good, clean buildings that people will be proud of."

>>>carrie.thornton@ttu.edu

Weightlifting can help keep off holiday pounds

The end of the semester is quickly approaching, meaning I'm more than halfway into my quest to maintain a healthy lifestyle using the free resources available on campus. So far, I have added the cardiovascular exercise advice to the nutrition advice I got from experts at Tech, and all I can say is these people really know what they're talking about. Replacing a few bad habits with good ones has made a noticeable difference.

Alas, the two most terrifying obstacles to any diet or workout schedule are quickly approaching. They're called Thanksgiving and Christmas. I've never endured any kind of eating restriction on a holiday, but I'll do my best to start a new trend this year.

If you're anything like me, you like to eat every day of the year, but tasting takes on an entirely new pinnacle of excitement on Thanksgiving and Christmas. Holidays aren't just an excuse to gorge, they're an opportunity to indulge in a way that is only humanly possible a couple times a year.

However, there is some good news. Good, at least, for those of you who might not want the pecan pie hanging on to their love handles through the spring.

Kyle Ochsner said the answer may lie in the weight room. Kyle is a certified strength and conditioning coach and certified athletic trainer. He's also a strength and conditioning graduate assistant on campus and an exercise and sport sciences instructor.

According to Ochsner, weightlifting plays an important role in long-term weight control because resistance training increases lean body mass, making you capable of burning more calories. Because it requires more energy to maintain muscle mass than it does fat mass, packing on muscle will result in more calories burned at rest.

I want to take advantage of every minute I have in the gym between now and Christmas, so Ochsner shared a few tips to make the most of the time spent doing resistance training.

He said it's important to have a plan before you ever walk into the weight room. Write down the exercises you need to do so you can get a structured workout while also getting in and out quickly. Also, he said it's important to set goals and track your progress. Not only will it

Hannah Boen



help keep you motivated, it will let you know when you need to make changes to continue to progress.

Just like the cardio expert suggested working out with a friend, Ochsner said weightlifting with someone else is not only more enjoyable, but important for maintaining accountability. He also said consistency is vital to a weightlifting routine. Expect soreness and anticipate being tired, but don't give up. Persistently sticking to the plan you make for yourself is the greatest way to reach your goals.

If you're going to invest the time in the gym, you want to be able to see results. I'm by no means looking to bulk up, but I don't know anyone who wouldn't want to be able to burn more calories at rest and have a little more tone. Ochsner surely spends a lot more time in the weight room than I, so I will share with you the most common mistakes he sees students make when it comes to training:

My Top 5 Common mistakes that I notice about students lifting at the gym:

5) Ego is bigger than the amount of weight on the bar

-Big safety concern, both at the moment and long-term effects

4) A lot of attention on upper body and not enough on lower body

-Your leg muscles are very large muscles (i.e. big calorie burners) and you use them to go from place to place. If you bench more than you squat something is wrong.

3) Improper form and partial range of motion

-Proper form and full range of motion ensures the safety and efficiency of the lift and can prevent injury later on.

2) A lot of machine work, not a lot of free weights

-Machines have their place, but when you utilize free weights you recruit more synergistic muscles (helper muscles), which in turn can burn more calories and also train the body more efficiently and promote whole body coordination.

1) Texting and playing on phones while working out.

-Seriously?!

■ Boen is a senior journalism major from Abilene.

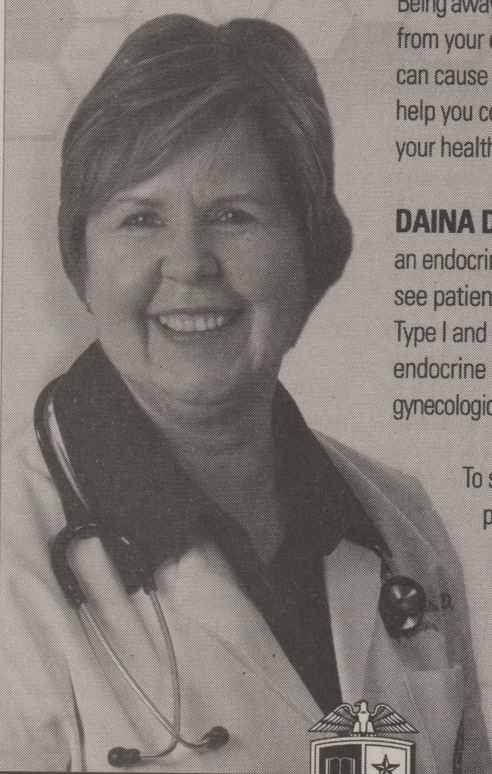
>>>hannah.boen@ttu.edu.

Our No. 1 focus is going to be awareness; that sustainability is an important part of Texas Tech University's environment.

KAREN HOPKINS
COORDINATOR
OFFICE OF SUSTAINABILITY

For TECH students with diabetes or other endocrine disorders...

Texas Tech Physicians is ready for you!



Being away from home and away from your established physician can cause worry...but we can help you continue to manage your health!

DAINA DREIMANE, M.D., an endocrinology specialist, will see patients up to age 25 with Type I and II diabetes and other endocrine disorders (excluding gynecological and fertility issues).

To see Dr. Dreimane, please see your primary care physician for a referral or call **Student Health Services, 743-2848.**



Texas Tech Physicians
of LUBBOCK

www.texastechphysicians.com

3601 4th • Lubbock, Texas 79430

Today's

su | do | ku

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

Puzzles by PageFiller

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

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.

Solution to yesterday's puzzle

www.ombuds.ttu.edu

Ombuds Office

A safe place to bring concerns and find solutions.

"What would you attempt to do if you knew you could not fail?"

~ Dr. Robert Schuller

SUB Suite 024 East Basement 806-742-SAFE

For a love that lasts a lifetime

ROBERT LANCE Jewelers
82nd & Slide 794-2938
www.robertlancejewelers.com

Cell phones to tell lazy people they have STDs

According to our European chums across the pond at *The Guardian*, there are currently people hard at work developing a small device that you can pee (or spit) on, plug into your computer or phone, and have it tell you whether or not you're infected with a sexually transmitted disease.

Friends, we are living in the future. It's kind of a scary future, but it's the future nonetheless. Worried you might have herpes? There's an app for that.

The experts behind this new technology hope that it will drastically decrease the spread of STDs among the world's youth. This is definitely a noble goal, and one that addresses an issue that seems more pressing every day.

They are developing this private, technology-centric STD test because they feel the need to cater

Britton Peele



to today's "technology-savvy young people," as most STDs are found among that age group — at least in the U.K.; I don't know about here in the U.S. This tells me that teens and young adults today are not only too embarrassed to go see a doctor when they think they might have screwed up, they also, well, screw up a lot.

Technology blog Gizmodo reports that the people behind this technology hope to make the testing chips — which are said to be about the size of a USB dongle — cost as little as a dollar, and they

hope it can be widely available, from vending machines to drug stores. As the website points out, these are the same places where somebody could buy themselves a little protection and not have to worry so much about getting an STD in the first place.

Don't get me wrong, I'm not entirely against the idea of this technology. And let's face it, with Lubbock being fairly notorious for its "Raider rash," some of us could probably use all the help we can get. It just amazes me that we have come to methods such as this.

Sure, it's extremely easy to

point fingers at so-called conservative teaching methods and religious-influenced abstinence-only sex education in public schools. I'm sure there's definitely some blame to be spread in that direction. However, we also have to wonder where the crap common sense went these days.

Obviously there are a lot of idiots out there that don't keep a condom on them for "emergencies." This isn't a revelation for most of you, though it's still a really bad thing. What's crazy to me are the people who would rather have their smart phone diagnose them with a potentially life-altering disease than visit a trained physician.

Oh, I'm sure there are excuses. You hate clinics, you don't have insurance, you're 16 and don't want

anyone — least of all your parents — to know you slept with a girl or six ... I hate to be callous, but you should have thought of that stuff before you had the unprotected sex.

The no insurance excuse is at least a little understandable to me, but still, if your phone does tell you that you've contracted an STD, the next thing it's going to do is refer you to a doctor for treatment. So you're in the same boat either way.

The only thing this technology might save some people is time, assuming your worry about having a disease was a false alarm.

And while I'm sure there are plenty of noble people out there who would stop having so much sex — or at least start being a lot more careful — when they find out they have an STD, I have to imagine there are still plenty of people that wouldn't care enough to change their lifestyle, which helps absolutely nobody.

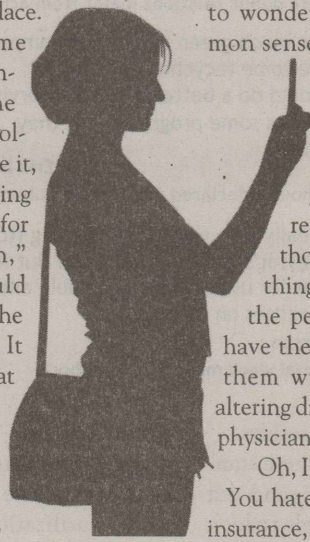
Now, I don't think this mobile STD tester is necessarily a bad idea, and the cause is certainly a good one. However, this really feels like a potentially flawed attempt to treat a symptom rather than the disease — or even the rest of the symptoms.

Proper sex education could be a step in the right direction, yes. Higher condom availability could be another. And raising STD awareness definitely needs to happen.

And maybe I'm wrong about this phone test and it will be a tremendous help — I wouldn't mind if I am.

But I wish we could develop an app that would inject some common sense and maturity in most of today's young adults. That would solve a lot more than just the spread of STDs.

■ Peele is *The DT's* opinions editor.
» britton.peele@ttu.edu



Serious risks come with birth control patch

By SARAH BREGMAN
UNIVERSITY DAILY KANSAN (U. KANSAS)

A common birth control patch, Ortho Evra, has been the target of intense scrutiny in the past several years, because many young women have developed — or died as a result of — side effects that were previously overlooked.

Zakiya Kennedy, a freshman at Berkeley College in New York, is one of 23 women whose deaths have reportedly been caused by Ortho Evra, according to Jim Edwards of Brandweek, a business journal. The number of women who have died after using Ortho Evra has not yet been made public, according to Edwards, because of the ongoing litigation between the drug's manufacturer, Johnson and Johnson, and the 1,500 women and their families who are suing because of the adverse effects they have experienced.

Kennedy was a healthy, 18-year-old woman with aspirations of becoming a member of the fashion world; she even had an audition scheduled for America's Next Top Model. Kennedy died of a pulmonary thromboembolism

(i.e. a blood clot in the lungs) caused by Ortho Evra.

This raises a serious question in regards to the safety of Ortho Evra. Kennedy died back in 2004, when the safety of Ortho Evra was first seriously questioned, but even after more and more women have died or suffered severe health consequences, such as strokes or heart attacks, and the number of lawsuits are ever increasing, Ortho Evra continues to be prescribed and women continue to be injured.

According to an article by Jeff Rossen and Robert Powell of NBC News, women who use Ortho Evra are 12 times more likely to have a stroke and 18 times more likely to have blood clots, in comparison to the pill.

Rossen and Powell reported that just last year another college freshman, Adrianna Duffy, died of a blood clot while on Ortho Evra.

Again, Duffy was a healthy, 18-year-old woman. The difference is Duffy's death could have been prevented had the FDA pulled Ortho Evra off the market after learning of the previous problems associated with the patch five years earlier.

Instead, Ortho Evra continues to be prescribed because doctors trust the FDA's ruling.

Back in 2000 Dr. Joel Lippman, who was the vice president of clinical trials on Ortho Evra, voiced concerns regarding the safety of Ortho Evra; Johnson and Johnson ignored Dr. Lippman's opinion on the matter, and Ortho Evra was officially contrived. In the next 17 months, 9,116 adverse reactions were reported to the FDA, which included everything from nausea to death, according to Edwards.

Rossen and Powell cite experts who attribute many of these prob-

lems to Ortho Evra's high estrogen content, which is 60 percent higher than the pill.

Proponents for Ortho Evra argue that it has helped more women than it has hurt — but at what cost? Surely there is a way to make medicine both safe and effective.

Because of the pending litigation it is unknown how many women have actually died from Ortho Evra, and it may be impossible to ever know. There is the possibility that many families never connected the dots of their loved one's death or they didn't have the means to attempt to bring down the renowned Johnson and Johnson in a lawsuit.

But ultimately it is still a woman's choice what kind of birth control she chooses, if at all. So I pose this question ladies: Would having a child really alter your future so drastically that you would rather assume you won't be a statistic of Ortho Evra, like Zakiya or Adrianna? Consider the vast array of options available today, and then consider the risks associated with Ortho Evra; your health is in your hands.

“Proponents for Ortho Evra argue that it has helped more women than it has hurt — but at what cost?”

Net neutrality, dead for some, ripe for compromise

By DAN DAVIDSON
BROWN DAILY HERALD (BROWN U.)

In the wake of election day, Republicans eagerly pointed out the many specific policy proposals voters rejected with their ballots. As in years past, when it was the Democrats explaining which Republican ideas voters repudiated, few in the media are pointing out that these "analyses" are nothing more than spin-jobs applied to an election decided overwhelmingly by the economy and the fact that Democrats happened to hold most Congressional seats.

Emblematic of this post-election departure from logic was Scott Cleland's assertion that Democratic losses proved the American people are opposed to net neutrality. Net neutrality, according to the New York Times, is the idea that Internet providers "should treat all sources of data equally." In other words, data should be transmitted to your computer at the same rate, whether you are reading the New York Times or your friend's study-abroad blog. Some would like to see a different scenario emerge, in which the Times could pay an Internet provider to receive faster transmission.

Cleland, a telecom industry consultant who opposes net neutrality, noted that 95 candidates who signed onto a Progressive Change Campaign Committee pledge to support net neutrality all lost their races. For Cleland, this was more than enough evidence that Ameri-

cans don't want net neutrality. Never mind that not a single candidate was an incumbent, all were Democrats in a terrible year for the party, or the possibility that any issue other than net neutrality could have influenced voters. Such pathetic attempts at understanding the election aren't problematic on their own, but several major media outlets picked up on Cleland's faulty analysis, running with stories declaring net neutrality doomed.

It is probably true that this Congress will be less friendly to net neutrality than the last. Several key supporters will not return to Washington, such as North Dakota Senator Byron Dorgan — who sponsored a net neutrality bill in 2007 — and Virginia Congressman Rick Boucher, who is known for bringing both parties, industry and consumer groups together on telecom issues. And recent events make it increasingly unlikely that Congress will be able to put off action on the issue for any longer than it already has.

In April, a federal appeals court ruled that the Federal Communications Commission doesn't have the regulatory authority to enforce net neutrality. Since then, the FCC, members of Congress and industry have all tried to get the ball rolling on revising telecommunications law, but to little effect.

Current rules regulating the Internet stem from the 1996 Telecommunications Act. Think about what the Internet was like in 1996, and it's obvious that we need a new regulatory framework.

Fundamental concerns make it essential that some form of net neutrality be established as law in the United States. Without net neutrality, Internet providers are free to censor content on the Web, either subtly, by making certain websites take an exceptionally long time to load, or overtly, by simply blocking them. Access to this valuable public good should not be controlled by a handful of corporations, but should instead remain open to all.

Beyond this core element of the debate, however, lie many opportunities for legitimate bipartisan compromise. Censorship cannot be allowed, but perhaps a tiered Internet, as envisioned by many Internet providers, could be workable.

Access to websites wouldn't be denied, but some users could opt to pay more and in return receive service that prioritizes the Web traffic they most use, like streaming video. In many other

countries, greater competition amongst Internet providers gives the public options if they are unhappy with how their service is prioritizing the websites they use. Americans often find themselves with only one or two local providers, so encouraging more competition could be a useful counterweight to scaled-back net neutrality proposals.

The issues surrounding net neutrality are obviously more complex than what I lay out here. But my point is that new rules governing the Internet and prohibiting censorship are badly needed, and that the new Congress has a real opportunity to work together in a meaningful way for the good of the public.

Whether or not lawmakers choose to take on this challenge remains to be seen. Unfortunately, many conservative organizations take a reactionary stand against net neutrality, playing up the popular Tea Party meme of limited government. But it's hard to understand how one can value freedom and free markets, yet not believe the government should prevent Internet providers, who often hold regional monopolies, from censoring Web content.

New rules will have a huge impact on our Internet-dependent generation, and we can't afford to let our lawmakers be short-sighted. However the new regulations get hashed out, young people should take an active interest in the subject — nothing less than the future of how we communicate is at stake.

If you've got nothing useful to say, shut up

By MARY NOVOKHOVSKY
THE MANEATER (U. MISSOURI)

According to Nielsen Internet ratings, YouTube was the number one most visited Internet video site in the U.S. during September, totaling over 100 million unique users.

While a statistic like that probably doesn't incite a reaction of shock and awe, one might be interested to know that YouTube beat out the number two most visited site for video content (Facebook) by about 68 million users. I think it's safe to say the average American heads to YouTube for their daily video content fix.

If you're a regular "YouTuber" then I'm sure you've found yourself reading the video comments section, maybe even posting a few words of praise or criticism.

Personally, I've spent a long time avoiding entrance into heated YouTube comment wars. Lately however, I find myself tempted to respond — not so much to the video I just watched but to other user's comments.

As the days grow shorter during these approaching winter months, so does my patience for assholes. Yes, assholes. Last night I watched a really bad music video on YouTube (I'll refrain from inserting song and artist information as not to offend anybody's personal tastes) and was curious to see people's feedback on the video. I knew I hated it but it was critically acclaimed, and I hoped that a quick down scroll would provide me with some insight as to what I was missing. After all, this video had thousands of "thumbs up!"

Instead of discovering musical revelations, I found myself reading hundreds of comments endorsing and debating smoking weed and doing other drugs (quoted mentions include "shrooms," "da Xtacy" and "oxycotton"). I mean, this song did have drug references — don't get me wrong. But any able-bodied Google user could have easily done a lyrics

search and realized that the song wasn't putting the "cool" stamp of approval on drug use but was merely discussing this artist's need for an escape tool (believe me, there weren't any complicated metaphors here). And no, I'm not about to start on an anti-drug rant — that's not my point and not my place.

What I'm saying here is that whatever debate might have existed that was actually pertinent to the song had become buried beneath a slew of personal attacks, copied and pasted Erowid factoids and just dumb arguments (both in defense and in opposition of drugs). Now, technically, I could

have saved myself the irritation by simply navigating away from the site. Clearly, drug use is a sore subject for me. Sitting on YouTube and allowing my anxiety to escalate was not the best move. But alas, once I started

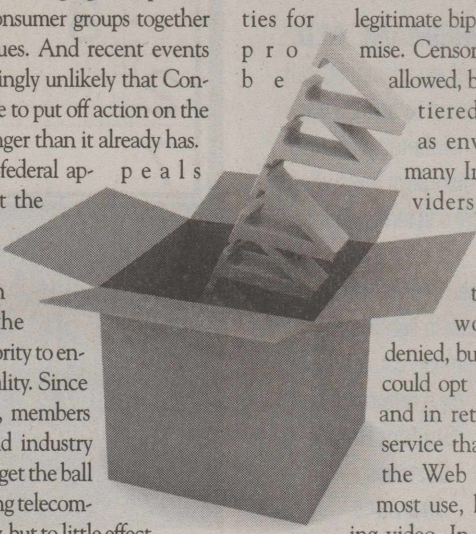
ally, I've spent a long time read and read and then read some more. There were moments where I felt my heart drop into the pit of my stomach — especially after reading something along the lines of, "your friend is fucking dumb and he didn't know how shoot up the right way, he deserved to die."

I couldn't help but think, who the hell is the asshole and what propels him/her to take time out of their day to talk that kind of shit? It was moments like this, that went so beyond your "pothead vs. sober guy" debate and endorsements of experimentation in moderation, that it was clear that some people weren't interested in weighing in on the already off-topic issue — they just wanted to be dicks.

It's unfortunate that some people have decided to use the number one video site on the Internet to spread their hate and agenda. The beautiful thing about open forums is that they allow you to express your opinions and discuss issues.

Like many good things handed to us on a golden platter, people in our society have managed to take negative advantage of the forum — something that could have been, and may still be, a powerful and useful tool for us to honestly learn from one another.

“As the days grow shorter during these approaching winter months, so does my patience for assholes.”



THE DAILY TREADOR EDITORIAL BOARD

Editor-in-Chief
Kevin Cullen
kevin.m.cullen@ttu.edu

La Vida Editor
Carrie Thornton
carrie.thornton@ttu.edu

Photo Editor
Sam Grenadier
sam.grenadier@ttu.edu

Managing Editor
Jon Arnold
jon.arnold@ttu.edu

Sports Editor
Jose Rodriguez
jose.l.rodriguez@ttu.edu

Electronic Media Editor
Brett Winegarner
brett.winegarner@ttu.edu

News Editor
Edmund Rostran
edmund.rostran@ttu.edu

Opinions Editor
Britton Peele
britton.peele@ttu.edu

REACHING US
Newsroom: (806) 742-3393
Sports: (806) 742-2939
Advertising: (806) 742-3384
Classified: (806) 742-3384
Business: (806) 742-3388
Circulation: (806) 742-3388
Fax: (806) 742-2434
E-mail: dailytreador@ttu.edu

Copyright © 2010 Texas Tech University Student Media/The Daily Treador. All DT articles, photographs and artwork are the property of The DT and Student Media and may not be reproduced or published without permission. The Daily Treador is a designated public forum. Student editors have the authority to make all content decisions without censorship or advance approval.

•**Breaking News**
Phone: (806) 742-3393; Fax: (806) 742-2434
E-mail: dailytreador@ttu.edu

•**Corrections**
Call: (806) 742-3393
Policy: The Daily Treador strives for accuracy and fairness in the reporting of news. If a report is wrong or misleading, a request for a correction or a clarification may be made.

•**Publishing information**
Periodical Postage paid by The Daily Treador, Student Media building, Texas Tech University, Lubbock, Texas, 79409. Publication number: 766480. The DT is a student newspaper published Monday through Friday, September through May; Tuesdays and Fridays June through August, except during university examination and vacation periods. The DT is funded primarily through advertising revenues generated by the student sales staff with free campus distribution resulting from student service fees.

•**Subscriptions**
Subscription Rates: \$150 annually; single issues: \$1.
Postmaster: send address changes to The Daily Treador, Box 43081 Texas Tech University, Lubbock, Texas 79409.

•**Letters**
The Daily Treador welcomes letters from readers. Letters must be no longer than 300 words and must include the author's name, signature, phone number, Social Security number and a description of university affiliation. Students should include year in school, major and hometown. We reserve the right to edit letters. Anonymous letters will not be accepted for publication. All letters will be verified before they are published. Letters can be e-mailed to dailytreador@ttu.edu or brought to 211 Student Media. Letters should be sent in before 3 p.m. to ensure the editors have enough time to verify and edit the submission.

•**Guest Columns**
The Daily Treador accepts submissions of unsolicited guest columns. While we cannot acknowledge receipt of

all columns, the authors of those selected for publication will be notified. Guest columns should be no longer than 650 words in length and on a topic of relevance to the university community. Guest columns are also edited and follow the same guidelines for letters as far as identification and submission.

•**Unsigned Editorials** appearing on this page represent the opinion of The Daily Treador. All other columns, letters and artwork represent the opinions of their authors and are not necessarily representative of the editorial board, Texas Tech University, its employees, its student body or the Board of Regents. The Daily Treador is independent of the College of Mass Communications. Responsibility for the editorial content of the newspaper lies with the student editors.

Texas Rangers shouldn't attempt to re-sign Lee

Cliff Lee shouldn't be a Texas Ranger next year.

The Rangers should remove themselves from the Cliff Lee sweepstakes and focus their resources elsewhere. It sounds absurd that the Rangers should let one of their best pitchers in recent memory walk, but they should let Lee sign elsewhere.

Lee will be looking for a contract somewhere in the neighborhood of seven years and \$120 million. This is a contract Lee has been pitching toward for quite some time. He enters free-agency for the first time in his career.

The history of guys pitching for contracts hasn't been great. C.C. Sabathia is a success story, sure, but how about A.J. Burnett? Carl Pavano didn't work out for the Yankees. Johan Santana hasn't been as lights out as expected for the Mets. Tim Hudson has under-performed for what the Braves pay him.

The money is better spent elsewhere. The bullpen needs help. A bat needs to be acquired to replace Vladimir Guerrero. Josh Hamilton's and Ian Kinsler's contracts are question marks moving forward. The younger players will be asking for raises in salary arbitration.

There are too many reasons for the Rangers, a team with a bad history of monetary investments, not to spend on Lee. Ranger fans shouldn't forget Alex Rodriguez's contract.

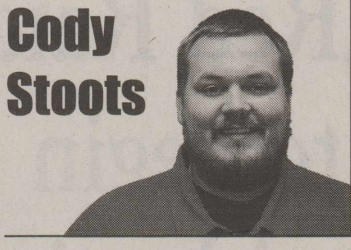
Yes, I know Cliff Lee is not coming on to a team in the same shape as A-Rod, but the Rangers were in first place without Lee last year. Go look at his stats for the Rangers. He wasn't that stellar in the regular season. Superman was average — six losses and an almost four earned run average.

In the best case scenario, Cliff Lee affects the outcome of 40 games over the course of the year. That is the best case scenario. We haven't talked about injuries yet.

Cliff Lee isn't a power pitcher. He doesn't throw 100 mph. He doesn't slam his arm down on breaking pitches. I don't see Cliff Lee having the same problems as Mark Prior and Kerry Wood. There are guys who lost their effectiveness, though.

Barry Zito wasn't a hard-throwing lefty when he left Oakland, but he has

Cody Stoots



been terrible in San Francisco. He hasn't done anything to justify his contract, a contract very similar to what Lee would ask. Mark Mulder was bad, too, when he left Oakland.

Signing Lee would be going against everything that put the Rangers in the World Series. There weren't many big ticket free-agents on the Rangers this year. The Rangers were in the World Series because they stuck to the plan of drafting, developing and dealing.

If Lee walks, the Rangers will get compensated two draft picks. Doesn't seem like much, but draft picks drive baseball. If those guys turn into commodities, the GM's job gets significantly easier.

If the Rangers decide they must have a front line starter, they have the ability to go get Zach Greinke from Kansas City. He is two years away from free agency. If he doesn't work out, it is only a short-term commitment, not seven years.

The risks don't outweigh the rewards. The three- to four-year commitment to someone like Jayson Werth would be better than seven to Lee. Jon Daniels had a great bargain pick-up in Vlad; he could do the same with a pitcher. Maybe one of the younger guys can impress in spring training.

Signing Lee would be a step back for the Rangers and show a lack of faith in the current pitchers and coaching staff. The Rangers have to expect their young guys will take a stride forward. There is only one situation where the Rangers would have to sign Lee, and that is if the Angels entered negotiations.

Cliff Lee will pitch next year. He will win games.

He just shouldn't do it in a Rangers uniform.

■ Stoots is a senior broadcast journalism major from Houston. >> cody.stoots@ttu.edu

"If Lee walks, the Rangers will get compensated two draft picks. Doesn't seem like much, but draft picks drive baseball."

Tech hoping to avoid Weber St. upset

By MIKE GRAHAM
STAFF WRITER

Texas Tech football's Big 12 Conference days are behind them, and the Red Raiders must win at least one more game to have the opportunity to go to a bowl game.

Fortunately for the Red Raiders, Tech is taking a step down to play the Division I Football Championship Series' Weber State on Saturday at Jones AT&T Stadium.

Don't put it in the win column just yet, though. With a 6-4 record, the Wildcats won't be making the FCS' playoff series this season. It is a sure thing they will be fired up to take on the Red Raiders in the last game of their 2010 season coming off an emotional 27-26 win last week against Northern Arizona.

"They have had some big come-from-behind wins," Tech head coach Tommy Tuberville said during his Monday news conference. "They had a four-overtime win earlier in the season. Defensively, they have had their struggles, like we have. They have made progress, so it will be a game where we've got to try to come out and play our game. We have to play much better than what we have played, play more consistent on both sides of the ball and hopefully good things happen to us."

The Red Raiders are at an unorthodox junction in their season. They still have two games left but will not have any more of an impact on the outcome of Big 12 play.

Tech's scheduling is the result of moving the Texas football game to week three of the college football season so ABC could televise the game nationally. Consequently, the move and other scheduling moves forced two non-conference games to be played after finishing the Big 12 schedule — Weber State this week and Houston the next week.

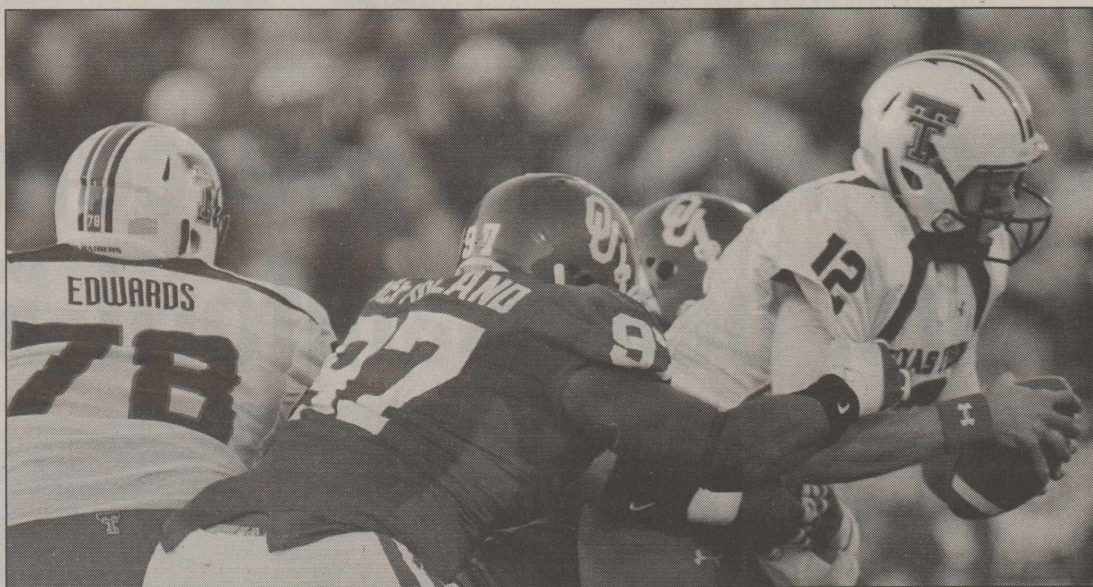


PHOTO BY SAM GRENADIER/The Daily Toreador
TEXAS TECH QUARTERBACK Taylor Potts is sacked by Oklahoma defensive tackle Jamarkus McFarland during the Red Raiders' 45-7 loss to the Sooners Saturday at Oklahoma Memorial Stadium.

In theory, the move is going to help Tech — 5-5 and a favorite against Weber State — make a bowl game.

An NCAA Division I Bowl Championship Series team, like Tech, needs to win at least six games to become eligible for a postseason bowl game, and a seventh win assures a team will make a bowl game.

While a sixth win is extremely likely against Weber State, Tech quarterback Taylor Potts remembers FCS Appalachian State's major upset at Michigan in 2007. The win actually made the Associated Press alter their policy of not allowing voters to rank FCS teams in the organization's weekly Top 25.

"I think they will definitely try to play their best game of the year," Potts said. "I think the schools like Appalachian (State), when they went into Michigan and beat them a couple of years ago, that was huge deal. I'm sure they want to come in and dominate this game and beat us at our place. We know we will need to come out and play really hard and really well and try to limit the mistakes we have been making in key situations."

Still, FCS wins against BCS teams are incredibly rare. Weber State itself lost to BCS opponent Boston College 38-20 to start its season.

Additionally, BCS programs often schedule FCS opponents in the early weeks of the college football season to help BCS players get the opportunity to get readjusted to a real game atmosphere after the offseason without being overly challenged.

By this point in the season, all teams have an identity and coaches have a good idea of what play calls work and what does not work.

An argument could be made that the Red Raiders will simply take Weber State for granted after defeating the likes of ranked Missouri and Baylor teams.

But Tech running back Baron Batch shot down the theory during Monday's news conference, especially with bowl eligibility hanging in the balance.

"No, not at all for me and for a lot of the guys, especially the seniors," Batch said. "It's a lot of guys' last time to play football, and there is no lack

of excitement. It's football, it's a game that I love to play and a lot of these other guys love to play, and it's about to wind down for a lot of the guys. I'm excited about, potentially, these next three games (including a bowl game), and I'm real excited about it, and we are going to end strong."

>> michael.graham@ttu.edu

MONDAY
ALL ORIGINAL
SINGER/SONGWRITERS

TUESDAY
JAKE HINDS

WEDNESDAY
LOCAL NOBODY'S

THE BLUE LIGHT
LIVE

NOV 16 - NOV 22

1806 BUDDY HOLLY
LUBBOCK TX 79401

(806) 762 1185

THEBLUELIGHTLIVE.COM

TRUE
105.3 fm
COUNTRY

THURSDAY
UNCLE LUCIOUS

FRIDAY
HOGG MAULIES W/
DERTY BIRD

SATURDAY
BART CROW

Cafe J

JOIN US FOR
OUR CREATIVE
LUNCH SPECIALS

THIS WEEK'S
DINNER SPECIAL

Beef Tenderloin medallions
on a bed of winter vegetables
in cream, finished with
a red wine raspberry
and chocolate sauce

Happy Hour
Monday-Friday 5PM-8PM
Best Martinis in Texas

2605 19TH STREET • 806.743.5400
WWW.CAFEJLUBBOCK.COM

CLASSIFIEDS

Line Ad Rates	Classifications	Terms & Conditions	Deadlines	Payments
15 words or less \$5.00 per day Bold Headline 50¢ extra (max. one line)	Help Wanted Furnished Rentals Unfurnished Rentals Tickets for Sale Miscellaneous Lost & Found Clothing/Jewelry	There is a 15-word minimum on all classified ads. The first 2 words (max. one line) are bold and capitalized. All ads will appear on dailytoreador.net at no additional charge.	Classified Line Ads: Placed and paid for by 11 a.m. one day in advance. Classified Display Ads: 4 p.m. three days in advance. Please call for rates for display advertising.	DISCOVER MasterCard VISA All classified ads must be prepaid prior to publication by credit card, cash or personal check. Checks should be made payable to The Daily Toreador.

Placing Your Ad
www.dailytoreador.com

For the fastest and easiest service, place and pay for your ad online! Click on the "Classifieds" link on our Web site to get started!

E-mail: dawn.zuerker@ttu.edu
Remember to include a contact number!
Phone: 806.742.3384
Call us to place your ad by credit card.
Fax: 806.742.2434
Call and confirm pricing and payment.

TUTORS
GUITAR LESSONS
All styles/levels by internationally acclaimed guitarist. Study with the Best! 806-747-6108. WWW.SUSANGRISANTI.COM.

HELP WANTED
\$1000-\$3000 PER MONTH
Part time passing out business cards. Call M-F 10-7 for interview 254-477-3645.

\$5,000-\$7,000 PAID
egg donors plus expenses. Non-smokers, ages 18-27. SAT>1100/ACT>24/GPA>3.0 Reply to: info@eggdonorcenter.com if qualified.

50TH STREET CABOOSE
Cocktails, bartenders, hosts. \$10 buckets Monday/Wednesday/Fridays. 1/2 price appetizers, 3-6p.m. Monday-Friday, 5027 50th. 796-2240.

BARTENDERS NEEDED
Earn \$300+ per shift. No experience required, will train. PT/FT. Call now 877-405-1078 ext.4301.

BEST COLLEGE JOB EVER!
Apply online www.GETASUPERTAN.com or 4 locations: 82nd & Slide, 4th & Slide, 82nd & Iola and 82nd & University.

COPPER CABOOSE
Hiring bartenders, cocktails for Texas Hold'Em Tournaments. Tuesday/Thursday/Sunday 7pm. \$10 buckets Monday/Wednesday/Saturday, 56th & Ave Q, 744-0183.

EARN EXTRA Money. Students needed asap. Earn up to \$150 per day being a Mystery Shopper. No experience required. Call 1-877-461-9616.

NEED SOMEONE to create and submit iPhone app. Previous experience preferred. Please email basikrj13@aol.com.

PART TIME delivery and warehouse person needed in a plumbing, heating and air conditioning warehouse. Does include heavy lifting. Good driving record required. Call 747-4481 for appointment. Need someone Tuesday and Thursday 7:30a.m. to 5:00p.m.

HELP WANTED
EDIBLE ARRANGEMENTS. Customer service position. Available Monday-Friday 1-7pm, Saturday-Sunday, 12-5pm. Apply 8215 University Ave.

EXTRAS TO stand in the background for a major film production. Earn up to \$200 per day. Experience not required. All looks needed. Call 877-744-4946.

FLEXIBLE SCHEDULE
Assembling, delivering, and selling exercise equipment. Apply in person at Fitness Specialist 517-A Slide Road.

GRAPHIC DESIGN Intern needed. This is a paid position. Please contact Teresa at 806-797-3162 for more details.

HELP WANTED!
Part-time administrative assistant, Mon-Fri, 3:00-7:30. Must be friendly, outgoing and have strong organization skills. Apply at 3517 50th.

INTERN NEEDED. Email, fax (799-1421) or bring by resume. Quaker Pines 4314 16th, #14, 26 hours during winter must work Saturdays 10-4. Approximately 38 hours during summer. quakerlubbock@sbcglobal.net

LITTLE GUYS MOVERS seeking full/part time employees. 4711 W. Loop 289. Apply in person.

MAKE A lot of cash this semester! Great pay, flexible hours, FUN work environment. Call 806-786-5215.

MASSAGE ENVY is looking for an enthusiastic sales associate. Must be available to work weekends and during the holidays. Employment may begin immediately. \$7.25 plus commission. Apply in person at 4414 82nd St. Suite 109 or call Ashley or Craig 806-687-3689.

MR. AQUARIUM now accepting applications. All positions. 2523 34th.

New company expanding in Lubbock looking for motivated individuals. Part time and some full time positions available. Great for college students. Flexible hours. Excellent pay. Full training provided. No previous sales experience required. All inquiries please call 806-786-5215.

HELP WANTED
PART-TIME WORK \$14 BASE-APPT
Flex schedules around classes sales/service. No experience necessary. All ages 17+ - conditions apply. Call now 785-5000. WORKFORSTUDENTS.COM

ROUTE DRIVER NEEDED
Monday-Friday 1:00 pm to 6:30 pm. Apply in person at Plains Presort Services, Ltd. 1418 Crickets Ave.

STUDENTPAYOUTS.COM
Paid survey takers needed in Lubbock. 100% free to join. Click on Surveys.

YOUR GIFT MEANS THE WORLD
Consider donating your eggs to help other women. Your time is worth \$3500. The Centre for Reproductive Medicine. 788-1212.

ZUMBA INSTRUCTORS WANTED
Hiring Zumba and ZumbaAtomic instructors. Competitive pay. Apply@zumfitness.com or 783-9901.

FURNISHED
1BR in 4X4 penthouse at UPointe, sublease for spring; call 210-215-6801.
FIRST MONTH'S RENT PAID!
Need to sublease asap. Female to share 3 BR at University Fountains. Covered parking already in lease. Jan 2011 thru July 2011. 325-669-1334

NEED TO SUBLEASE APARTMENT ASAP
Adorable 4 bedroom apartment with 3 other female roommates. In a gated community, great location near Tech. \$465 a month. A must see at University Courtyard. Contact 940-456-3084 for more info.

UNFURNISHED
4/22. AVAILABLE 11/15/10. 1904 23rd St. 806-789-1439.

LARGE, CLEAN 3BED/2BATH
2513 46th St. Two living areas. Central heat/air. Fridge, lawn care, and security alarm service included. Lease can end in May or August. \$1150/month, \$750/deposit (can be paid over 2 months). Call or text 773-9119.

UNFURNISHED
APARTMENTS FOR RENT ACROSS FROM TECH
1 bedrooms. \$450, includes water/internet. 2409 13th. Shannon 806-577-6027.

AVAILABLE NOW
All sizes! Houses and duplexes. WestMark Property Management. Visit www.lubbock4rent.com. Text 252-2162.

FOR RENT at 2605 43rd: 3/2/1 with double car driveway and second living area. Includes washer/dryer, refrigerator, dishwasher and range. Central heat and air. \$990 per month, \$500 deposit. 2605 43rd 806-798-3716.

HALF BLOCK Tech. Small, remodeled garage type efficiency apartment. No pets. Parking. Serious students only. A/C. \$350/month, utilities paid. 792-3118.

HOUSES FOR RENT 2628 22nd St., 2630 back apartment, 3122 21st St. Near Tech. 806-778-2455.
NEWLY REMODELED. One and two bedroom houses. Convenient to Tech. 771-1890. lubbock-leasohomes.com.

SALTILLO FLOORING
2 bedroom townhomes, one bedroom spacious loft. Bear Flats: 4204 17th. Metal ceilings, stucco walls. Washer/dryer connections. Exterior: Stucco, iron rails, metal roof. Office located at St. Francis Village, 4110-17th St. Virtual tour @ www.lubbockapartments.com/jti 792-0828. Pet friendly. Pre-leasing now!

STUDENTS, YOUR choice of the following properties: 2604B-C, 2606, or 2608B 21st St. 5414-8th. Great location. 797-2212.

Now pre leasing for next semester. Minutes away from Texas Tech. We have 1, 2 & 3 bedrooms available. Come by 5702-50th or call us, 806-797-8871. www.mcdougalproperties.com

FOR SALE
2706 38TH ST. \$106,000. 3/2/2 near bus line. Updated! Call Stacey Rogers (806)368-1066, KW Realty.

3512 39TH ST. \$89,000. 2/1/1, charming! Washer, dryer, and fridge. Call Stacey Rogers, 806-368-1066, KW Realty.

FOR SALE
FOR SALE - Don't spend your money renting! Home for sale, ready for occupancy, easy access to Tech. 3 bedroom 2 bath, cul-de-sac. Large living area, laminate wood flooring, hot tub and deck. Price reduced to \$125,900. To see, call Dana at 806-790-0111 with Better Homes and Gardens Real Estate.

MATTRESS, FURNITURE
Huge discounts. 5127 34th Street (34th & Slide). 785-7253.

ON THE SPOT CASH
for your name brand clothes. Guys and girls. MEK Juicy Couture, Ugg, and designer hand bags. 806-777-8622.

CLOTHING/JEWELRY
NEED CASH
Buying any gold/silver jewelry. Any condition. Avery and others. Varsity Jewelers 1311 University.

TEXAS TECH
Officially licensed rings. Men's from \$645. Women's from \$395. Varsity Jewelers. 1311 University.

WANTED: GOLD & SILVER
Highest cash paid for jewelry, coins, watches, etc. 2423-34th. Open M-F 9am-6pm. 806-747-4653.

MISCELLANEOUS
COLD BEER!!
Broadway Beverage. Just 5 minutes East of campus on Broadway, just past Mackenzie Park. All your beer and liquor needs. Don't forget student discount. 1713 E. Broadway, 744-4542.

FREE HISTORICAL bible study. No church doctrines. 792-1195 for flexible class schedule.

KEG PARTY!
Call Broadway Beverage for free delivery. 5 minutes East of campus on Broadway, just past Mackenzie Park. 1713 E Broadway, 806-744-4542.

MIP?
Call 806-793-4522 for alcohol classes taught on Tech campus.

ROOMMATES
MALE ROOMMATES- fully furnished 2500 sqft. 4 bedrooms/2 full, 2 half baths. Gameroom, garage, \$500/month, \$500/deposit. Rent includes all utilities. Lease for school year. No charge for summer months unless attending summer school. 720-252-3261.
ROOMMATE NEEDED from December 2010 to June 2011. House, \$350 a month plus utilities. Call 940-768-8820 for more information

SERVICES
ALLAMERICANSTORAGE.COM
Rates \$10 and up. Free truck. 24/7 Rental station. Clean. 5839-49th. 792-6464.

EZ DEFENSIVE DRIVING.
Free chicken fried steak included. Only \$26.95. Call 781-2931. More information www.LubbockClass.com.

LEARN TO FLY
HUB CITY AVIATION offers personalized flight training at all levels, including beginners. Aircraft rentals also available. Visit www.hubcityaviation.com or call 806-687-1070.

WAXING
Brazilian, \$45. Bikini, \$20. Lip & brow, \$15. Camille, 797-9777 x245, @ Lindsey's 3307 83rd.

TRAVEL
COLLEGE SKI & BOARD WEEK

UBSki www.UBSKI.COM
1-800-SKI-WILD • 1-800-754-9453

SPORTS

PAGE 6
TUESDAY, NOV. 16, 2010

Lady Raiders overcome slow start, beat Samford 58-42

By JOSE RODRIGUEZ
SPORTS EDITOR

It took Mary Bokenkamp a little more than 27 minutes to come off the bench and enter the Lady Raiders' game against Samford on Monday, but not nearly as long to make a substantial impact.

After substituting in for Casey Morris at the 12:28 mark in the second half, Samford turned the ball over just a minute later, leading to a Texas Tech fast break.

Bokenkamp, pushing up the floor to her right side, received the ball on the perimeter and buried a three-pointer which ultimately swung momentum in favor of the Lady Raiders.

"To me, her three probably changed the game and gave our team a lot of confidence down the stretch," Tech head coach Kristy Curry said. "What I love about her is that she knows we have the confidence in her to go in there and wanted her to pull the trigger. Really happy for her because her minutes are just as important as starter minutes to us."

Tech (2-0) was off and running following Bokenkamp's first points of the evening, going on to win its regular season home opener in the United Spirit Arena by the score of 58-42.

However, Samford was in control of the contest up until that point.

The Bulldogs (0-1) opened the game riding the play of guard Emily London, who scored the game's first four points, followed by a three-point bucket from forward Hannah Dawson, giving Samford a 7-0 lead within the first two minutes of the game.

The Lady Raiders didn't get onto the scoreboard until the 17:50 mark, courtesy of a jumper from Morris.

From that moment on, a back-and-forth duel ensued, with both teams matching the other's production, 6-6, before a media timeout occurred with 15:19 remaining in the opening quarter.

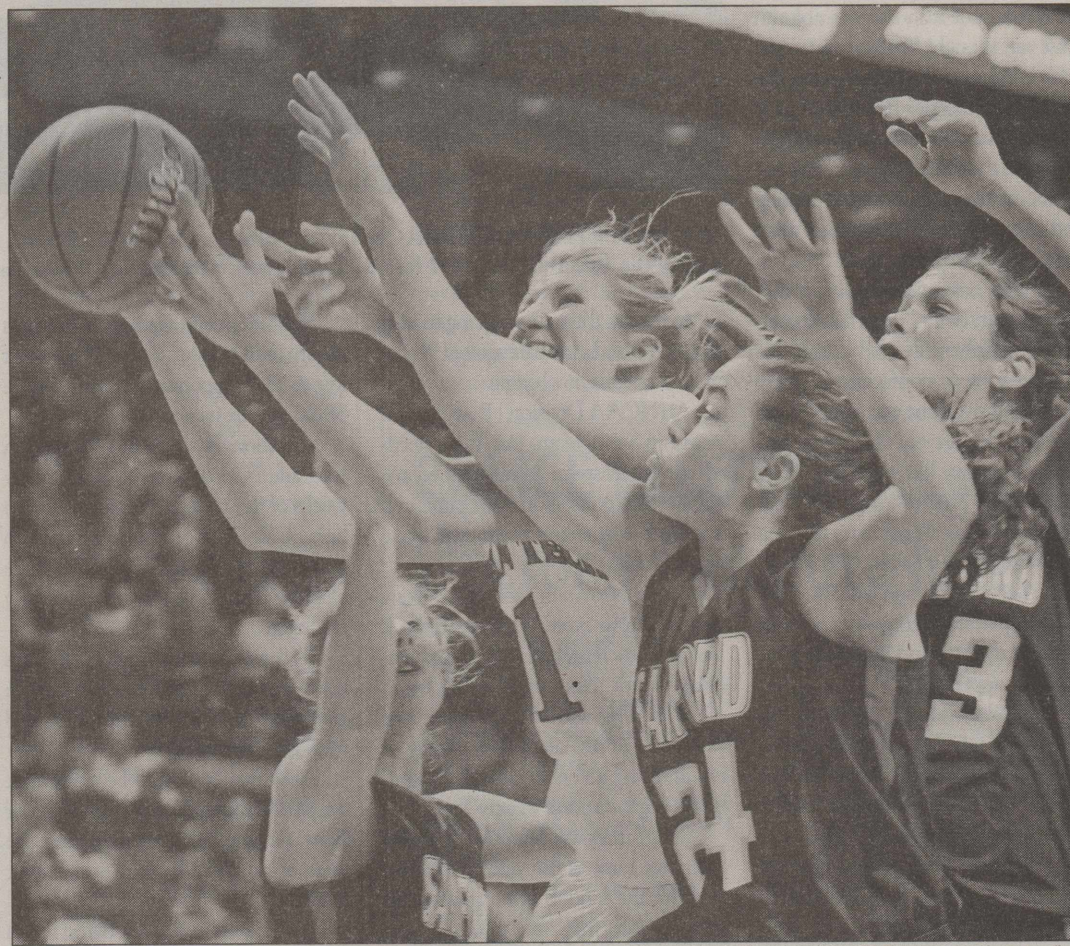


PHOTO BY BRAD TOLLEFSON/The Daily Toreador

TEXAS TECH FORWARD Jordan Barncastle tries to score a basket while being blocked by Bulldog guards Ruth Ketcham and Jazmine Martin during the Lady Raiders' 58-42 victory against Samford on Monday in the United Spirit Arena.

But coming out of the timeout, the Bulldogs seized command of the game, going on an 8-2 run to expand their lead to 11 points, the largest lead of the game for either team in the first half.

Samford owned a 28-23 lead going into the locker room at halftime.

If there was anybody not surprised by the Bulldogs' first half outing, it was Curry.

"I think you just have to credit Samford," Curry said. "I tried to get the kids' attention, our staff did. (Samford) beat Ole Miss in the WNIT a year ago. They were 23-11, they're picked to win their league and they've got two outstanding seniors in London and (Savannah) Hill and they're going to make you play ugly, and it was extremely ugly in the first half." If Tech's first half was ugly,

its second half was certainly closer to being pretty.

Prior to Bokenkamp's game-changing basket, the Lady Raiders' defense had limited the Bulldogs to four points, spanning more than eight minutes. Kierra Mallard tied things up at 30 four minutes into the second period. Mallard finished the game with a game-high 17 points, joining Morris as the only Lady Raiders to surpass double-digit scoring marks.

But the defense's turnaround stood out in Bokenkamp's eyes, considering Tech turned in a second-half performance in which it held Samford to four second-half points in more than 12 minutes.

"I knew that we had been struggling, but in second half we definitely picked up our defense and started getting into

a little bit of a flow offensively," Bokenkamp said. "Definitely, I think it was more defense than anything."

After ending the first half having made 11-of-24 attempts from the field, the Bulldogs were shutdown and finished shooting 14-of-42.

Curry said the victory, despite the fashion in which it was accomplished, is something that can only benefit her players going into Friday's date with Idaho State at home.

"Again, when you take care of the basketball and come out and defend the way we did the second half — we only gave up three field goals in the second half if I'm not mistaken, you're going to win some games," Curry said. "Ugly counts tonight and we'll take it, we'll grow from it."

» jose.l.rodriguez@ttu.edu

Red Raiders hope to begin road slate with win at UNT

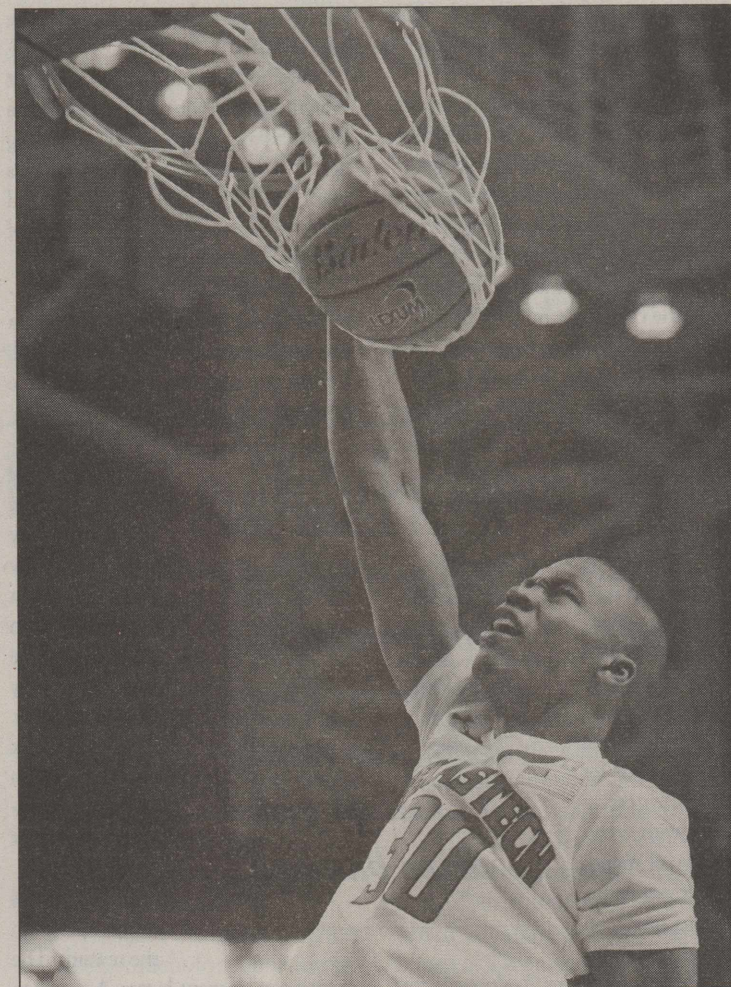


PHOTO BY BRAD TOLLEFSON/The Daily Toreador

TEXAS TECH FORWARD Jaye Crockett dunks the ball during Tech's 86-67 victory against Louisiana-Monroe on Friday in the United Spirit Arena.

By TOMMY MAGELSSSEN
STAFF WRITER

Following a 86-67 win Friday night against Louisiana-Monroe, Texas Tech coach Pat Knight said his team needs to be capable of winning on the road.

The Knight-led Red Raiders (1-0) get their first test away from the friendly confines of the United Spirit Arena at 7 p.m. today against North Texas in Denton.

"We've got to get ready for the Big 12 (Conference)," Knight said following Friday's game. "I can't just sit here at home and play all home games and then just get our butts beat in the Big 12."

"We got off to such a good start in the preseason last year, and it still wasn't enough to prepare for the Big 12."

If the Red Raiders hope to reach their goal of the NCAA tournament, they will have to prove they belong there. The Mean Green (1-0) offers Tech its first measuring stick of the 2010 campaign.

North Texas won its first game of the season in convincing fashion against Division II school Henderson State, 92-66.

UNT reached the NCAA tournament last season after winning the Sun Belt Conference tournament — albeit as a No. 15 seed that was quickly bounced from the dance by then No. 2-seeded Kansas State.

Last season the Red Raiders finished 3-3 in nonconference road games, 4-10 overall away from Lubbock, excluding neutral sites.

"First road game is usually one of the toughest ones," Tech forward Mike Singletary said. "First time a lot of

the new guys will be on the road in front of a hostile crowd. That's what being on the first road game is really all about; it's just about you've got to come out there and set the tone."

Singletary said the best way to set the tone tonight starts with their defense.

Against ULM, Tech allowed the Warhawks to stick around the first half as the Red Raiders led by one at halftime.

"We need to start off full throttle pretty much," Singletary said. "We were playing good D to start the game, but they were still hitting shots. When you play on the road, and when you play on the Big 12, you can't start off that way."

Tech still needs to find its defensive voice, but the offense clicked against the Warhawks, although it was from some unexpected contributors.

Singletary, last season's leading scorer, scored 10 first-half points but was held scoreless the final 20 minutes. A large part of the Red Raiders' success was because of the play of the second team, Singletary said. Tech's bench scored 40 points, including nine from true freshman Jamel Outer and eight from redshirt freshman Jaye Crockett.

But as hot as some of the Tech newcomers played Singletary knows playing on the road can be overwhelming to younger players, and he has some advice.

"Take a deep breath, man," he said. "Just realize it's basketball; it's fun, it's supposed to be fun. You can't come out tense; you can't come just being so uptight. The thing I'm probably going to tell them is just to relax."

» thomas.magelssen@ttu.edu

THE CAMPUS EVENT OF THE YEAR
AFTER DARK
IN CONCERT
FEATURING
JOE WHITE
TOPIC: IS JESUS RELEVANT TODAY?
DAVE BARNES
RAZOR AND TIE RECORDING ARTIST
FLAME
HIP-HOP RECORDING ARTIST
WITH SPECIAL GUEST
BARON BATCH

TEXAS TECH
11.16.10
CITY BANK COLISEUM
TONIGHT
FREE EVENT
WWW.WHATSAFTERDARK.COM

Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

By Jennifer Nutt 11/16/10

ACROSS

- Cold shower reactions
- Chicken or turkey
- Hair tamers
- Sacro- ending
- Athletic shoe brand
- Stratford's river
- Seward's Alaska purchase, to some
- "Chicken soup dumpling"
- National flower of Scotland
- Neophyte
- Anatomical bag
- Zeus' wife
- Fight-or-flight response generator
- Ajar, say
- Typical studio apartment room count
- Paleontologist's lucky find
- Punch-in-the-gut grunt
- "Batt. not."
- Bon...witticism
- Sit in traffic
- Utmost degree
- Cappuccino seller
- Baseball's Diamondbacks, on scoreboards
- Apollo program org.
- Wee
- Bunny or kangaroo
- Came out with
- Recede
- Ahmadinejad's land
- Body surfer's ride
- Confection that can start the ends of the answers to starred clues
- Come up
- Crest
- Coup d'
- Correct, as a stitch
- Torah holders
- Geologic stretches
- A barque has at least three

DOWN

- Birthday buys
- Hawaii hi
- Basic computer component
- Buddies
- Grain-cutting tools
- Hall of...athletic standouts
- Breakfast for Brutus?
- Two-time 1980s skating gold medalist Katarina
- Quick brown fox's obstacle?
- Cameroon neighbor
- "The Loco-Motion" singer Little
- Texer's guffaw
- Tina Fey was its first female head writer, briefly
- Asian ape
- Singer Home
- Sky lights
- "Parting smooch"
- Gay
- Send for consultation
- D.C. go-getter
- Tennis's Sampras
- Shore of Hollywood
- Words before the talk show guest enters
- Masked men at home?
- Charged particle
- Diciembre follower
- Frozen cake maker
- Recipe direction
- Holstered pistol, e.g.
- Selections
- Looks out for, as a partner in crime
- Plague
- Beer and ale
- Belg.-based peacekeeping gp.
- Place
- Tax pro
- I've Grown Accustomed to Face"
- Wine barrel wood
- Brown shade

Monday's Puzzle Solved

ORSO HAIR THEE
NEPAL ANNO EELS
SPITE LESS CAMP
TAKEOFFWEIGHT
AVERSE T E A H T
RES IDOS TEASE
FLYIN THEETEETHOF
REES REARS
ENACT LIEN FAD
TOR OIL CREATE
LANDAGREATJOB
JAIL AMIE CHINA
EDNA HARP KITES
TOGS OSLO CASE

(c)2010 Tribune Media Services, Inc. 11/16/10

Ombuds Office www.ombuds.ttu.edu
A safe place to bring concerns and find solutions.

"The most wasted of all days is one without laughter."
~ E.E. Cummings

SUB Suite 024 East Basement 806.742.SAFE

BURGERS • SALADS • SANDWICHES

10 Buck Tuesday
2 burgers & fries for \$10 every Tuesday

Gardski's LOFT

For casual dining at its best
2009 Broadway • www.gardskisloft.com
4 Blocks from Campus on Broadway