

Organization uses service to help others



Ben Demmel, a junior accounting major from Carrollton, ate 12 hot dogs in 10 minutes for first place in the Chicago dog contest.

PHOTO BY BRENT SORELLE/The Daily Toreador

CARYN WEISSENBURGER, A senior biology major from Arlington, applies paint to a wall for Habitat for Humanity through the co-ed service fraternity Alpha Phi Omega on Saturday.

Alpha Phi Omega members volunteer on regular basis

By BAILEY EILAND STAFF WRITER

: 440

Leadership. Friendship. Service. Alpha Phi Omega not only was founded upon them, but its members take these three cardinal principles to heart in all they do.

Phi Omega is a national, co-ed service fraternity that sets the standard for college campus-based volunteerism. As the Texas Tech chapter nears its 72nd birthday next month, the 40 members strive hard to live up to the standards set before them.

According to its website, Alpha

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Theater dept. hosts first laboratory production Cast shows ability to change

SYDNEY HOLMES STAFF WRITER

The Texas Tech Department of Theatre and Dance put on the first performance of its new laboratory production, "Sonia Flew," on Monday, but not before making some last-minute changes.

The show, directed by Benito Vasquez,

is a compelling drama chronicling the life of a Cuban-American woman married into a Jewish family whose son chooses to go into the military after Sept. 11. The show addresses serious issues families face and the different dynamics every family unit seems to have.

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PHOTOS BY RIANNON ROWLEY/The Daily Toreador BEN DEMMEL, A junior accounting major from Carrollton, eats 12 hot dogs in 10 minutes for first place at a hot dog eating contest on Tuesday at Fat Tony's Delicatessen.

Local restaurant celebrates with hot dog eating throwdown

By CARRIE THORNTON STAFF WRITER

Pausing only a moment to belch and make room for more plump chili-cheese dogs, Andrew Ramirez fought to out-eat his three competitors.

After tying for the win, the Lubbock resident came out on top in a one-minute cannoli sudden-death match, winning the title of Fat Tony's Chili Cheese Dog-Eating Champion.

"It was a lot tougher than I thought it would be," Ramirez said with a smile. "But then again, it would have been easier with a cup of water."

What the chili-cheese champion was referring to is



dailytoreador.com Keyword: Hot dog Get up close and personal with some of the best hot dog eaters in town with a DT online video of the contest.

the cup of soda water a friend gave to him, mistaking it for water. Despite the setback, Ramirez dominated his competition and completed his first food-eating contest.

The contest celebrated Fat Tony's Delicatessen's downtown store's one-year anniversary. "Fat" Tony himself, who has never personally participated in a food-eating contest, said he had a blast and is enjoying the success of his small restaurant.

"Getting my Ph.D. and becoming a professor was

actually plan A, and Fat Tony's was plan B to help me out and pay bills," said Tony Aguilar, a graduate student at Tech studying family and consumer science, "but it's taken on a life of its own, and I'm just trying to hold on."

The Big Spring native said his nephew brought up the idea of the contest, and when he saw the line of customers spilling out the door, he knew it was the right way to go.

Texas Tech student Eric Hoflen, a San Diego native, came in second place next to Ramirez and said he was not expecting the level of difficulty the challenge presented. Also, chili-cheese dogs might be off his personal menu for a while.

CONTEST continued on Page 2



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Community Calendar

TODAY

Women's Basketball Time: 7 p.m. Where: United Spirit Arena So, what is it? Join the Lady Raiders as they take on the Iowa State Cyclones.

Sonia Flew Time: 8 p.m. Where: Maedgen Laboratory Theatre So, what is it? The Texas Tech Department of Theatre and Dance presents this story of a Jewish-Cuban family in Minnesota. The show runs at 8 p.m. through Saturday and at 2 p.m. Sunday.

Mary Jeanne van Appledorn Festival of New Music Time: 8 p.m. Where: Hemmle Recital Hall So, what is it? Pianist Ariane Liao will perform George Crumb's modern masterpiece "Makrokosmos Book 1.'

THURSDAY

Studio 360: Beginning Drawing for Adults Time: 1 p.m. Where: Museum of Texas Tech So, what is it? Basic art classes for ages 18 and older. Classes are held the third Tuesday of every month and led by Sarah Collins.

Time: 6 p.m. Where: International Cultural Center auditorium So, what is it? Lisa Shannon, author of "A Thousand Sisters: My Journey into the Worst Place on Earth to Be a Woman," founded Run for Congo Women, the first national grassroots movement for Congolese Women. She was named one of the most influential women of 2010 by Oprah's O Magazine.

A Talk By Lisa Shannon

Hedge and Howell

Time: 7 p.m. Where: La Diosa Cellars So, what is it? Sit back and enjoy tapas, paninis or crème brulee while listening to original folk music at one of the Hub City's most elegant wineries.

D.G.Flewellyn

Time: 7:30 p.m. to 10:30 p.m. Where: Triple J Chophouse and Brew Co. So, what is it? Indulge on some Texas barbecue while enjoying live acoustic rock at this local microbrewery and steakhouse.

Down 1450 Time: 10 p.m. Where: The Blue Light So, what is it? Listen to original country music sung by Austin native Chad Johnson and Down 1450, whose sophomore album is now in the works.

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..

Contest ← **CONTINUED FROM PAGE 1**

"I don't even want to say 'chili dog' again," the junior exercise sports science major said while shaking his head. "It's going to take a couple of years."

Hoflen came to Fat Tony's challenge with two friends whose efforts fell short to Hoflen and Ramirez' total of 11 consumed chili-cheese dogs each.

Although the contestants received a T-shirt for competing, Hoflen said he believes his efforts deserve more recognition.

"I'm way too uncomfortable to get second place," he said. "If I'm going runs about 100 miles a week. to be this full, I should get a trophy."

Ben Demmel, a junior accounting major from Carrollton, came in first place after eating 12 Chicago-style hot dogs, two and a half more than his competitor. But this champion is no stranger to food-eating contests.

"I used to do Chipotle-eating tournaments," Demmel said. "I can eat a Chipotle burrito in under 20 seconds."

But eating large quantities of food is a much different obstacle than speed eating a single item, he said. However, his inexperience in this type of food competition didn't seem to slow him down.

Also, it doesn't hurt that Demmel

students to put a widget on their home screen, allowing access to the app without opening it, MacWatters said. Shortcuts will allow students to put an icon on their home screen to take them directly where they want to go in TTU Mobile.

Clay Willson, a junior history major from Abilene, said he hopes to the see this app available to download soon.

"It would be nice to have something I could use on my Evo to easily access all the information I need for Tech," Willson said.

The current features of the iOS and Blackberry version of TTU Mobile are athletics, courses, directory, events, images, maps, news, dining and videos. All these features will be included in the Android version as well.

The app is useful to current students as well as parents and prospective students, said Joshua Bucy, the lead student manager of TTU Mobile. In the maps feature of the app, users can access bus routes and get directions to where they need to go. Also, the app provides selfguided audio tours.

Bucy, a junior business administration major from Little Elm, said there would be a major update in the fall for TTU Mobile. He said it would be called the History, Traditions and Heritage Update.

This update will include the lyrics to the Texas Tech fight song and "The Matador Song," a list and description of Tech traditions, and guided tours of the National Ranching Heritage Center and Tech museums.

Bucy said his team of developers is working on a new update for the iOS version of TTU Mobile. They are planning to have an add/drop on the courses feature where students could actually register for their classes on their phones.

They also are working with the financial aid department to provide access to financial aid's waitlist information so >>> Ihyndman@dailytoreador.com

students could check on TTU Mobile to see how long they have to wait.

Bucy said they are trying to add offcampus information such as restaurants, retail stores and entertainment. He said they want to make sure Tech students and parents know the app is there to help them more than just campus information. They currently have off-campus grocery information available.

"This update is a ways off," Bucy said. "We are still in the planning stages for it."

Bucy said it is easier to develop for iOS because Apple is a major supporter for education. Because of this, he said they can update the iOS version of the TTU Mobile app more easily than the upcoming Android version.

"But we are not a bunch of Apple fan boys," Bucy said. "We hope to see Google work with higher education in the future as well.'

The TTU Mobile development team is also planning on making a TTU Mobile app for the new Windows Phone 7.



MATHEW WOREDE, LEFT, a sophomore political science major from Los Angeles, fights for the ball with Tommy Dasso, a freshman with no declared major from New Braunfels, during a game of handball during their soccer class on Monday outside the Robert H. Ewalt Student **Recreation Center.**

TTU Mobile coming to Android devices soon

By LISA HYNDMAN STAFF WRITER

Tech Mobile Developers will release a TTU Mobile application for the Android phone, similar to the ones currently available on iPhone and Blackberry devices.

Some things making the Android version stand out from the Apple Operating System and Blackberry versions are widgets and shortcuts, said Scott MacWatters, a freshman computer science major from Heidelberg, Germany.

"Android brings the useful information to the user more quickly and efficiently," said MacWatters, the Android specialist for TTU Mobile.

MacWatters said the Android operating system allows users to easily access all the features on their smart phone and to customize their smart phone to better fit the user.

MacWatters said there is not a definite date on when the app will

be released. They want to make sure the app is working without problems before they publish it. The TTU Mobile app will allow

fee and received a Fat Tony's T-shirt as well as a few chili, cheese and mustard stains on their shirts.

Two contests took place, the first challenging eaters to consume as many Chicago-style hot dogs as possible in a 10-minute time frame, and the second involved chili-cheese dogs.

Today's

"I ran about 32 miles yesterday and All contestants paid a \$10 entrance eight today," he said. "I've always been a runner."

> Both winners went home with a full stomach and a trophy boasting of their stomach's achievement, and Aguilar seemed optimistic about his business' future.

"We'll see you next year," he said. >>> cthornton@dailytoreador.com

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The organization's president, Carlos Favela, is a political science major from San Antonio who has been an active member since his first semester in 2007. He previously served as the recruiting chair and the head pledge trainer.

"One of our mottos is to be a leader, be a friend and be of service," Favela said.

Although the Tech chapter was established around the values of the Boy Scouts of America, it has since then broadened its service by encompassing other community and campus groups.

which include the nation, community, campus and chapter."

Alpha Phi Omega has volunteered at organizations like Habitat for Humanity, the Haven Animal Shelter, the Ronald McDonald House and the South Plains Food Bank. Service works on campus it participates in include the Carol of the Lights, football program sales, Student Government Association elections and university days.

Last Saturday, the organization volunteered at the Lubbock Habitat for Humanity. The construction coordinator for the Habitat, Vern Denny, said the Habitat couldn't do most of what they accomplish without the efforts of volunteers like Alpha Phi Omega.

homebuyers, it means being able to afford a home of their own, which is ' not just youth but everybody that almost priceless."

The members helped with construction on houses as well as a cleanup of Avenue V. Denny said he was impressed by their hard work ethics.

"Seeing how hard these persons work and their constant inquiry of, 'What else can we do?' shows me that our society will be in good hands when I can retire," the coordinator said.

Adam Wilkinson, the organization's vice president and a civil and petroleum engineering graduate student from Tomball, said he believes the organization's service has helped change the community's perspective

being a role model and showing these are qualities everyone should abide by."

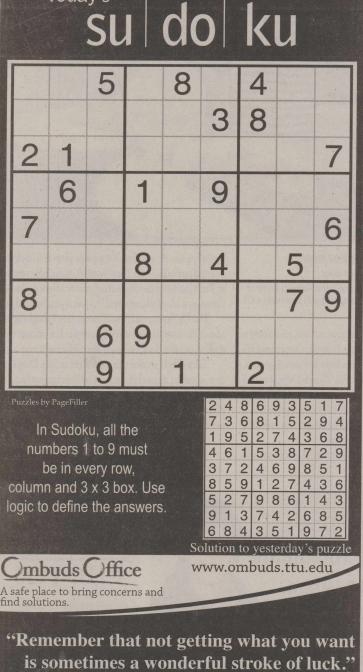
The organization's dedication to service attracted human development and family studies major Eric Silva to pledge last fall.

"I joined mostly for the volunteering, but also because this organization is about friendship, leadership and helping out the community," the freshman from Richmond said.

The new member said since joining the organization he has become less timid and has built character.

"(Alpha Phi Omega is) a good way to meet people, become a leader and, it's good for people who want to give back to the community but can't find a way on their own to do





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Amateur radio operators becoming active at Tech



COURTESY OF JUAN CHONG MEMBERS OF AMATEUR Radio Society at Tech test an antenna designed by Kevin Meeks and Remington Harwell at the Fall 2010

By HALLIE DAVIS STAFF WRITER

Antenna Design Contest.

In an emergency, most people know. to call 911. However, in some extreme cases, no one can be reached. That's where amateur radio operators come in.

"When cell phone towers go out, when there's not power — (Hurricane) Katrina for example — people with ham radios, all they need is your car for the battery and the radio and an antenna," said Juan Chong, the treasurer of the Amateur Radio Society at Tech, a recently renewed organization dedicated to ham radio operating.

David Naugher, an electrical engineer in the physical plant, said amateur radio started as a way for people who were not in the radio profession to be able to communicate when telephones weren't working.

"It got to be so the ham radio operators could act as minutemen," he said.

On campus, the organization hasn't had to report any major emergencies, but they frequently are called on to facilitate 5k events, said Chong, a graduate student in electrical engineering from Eagle Pass. Using the radios, it is easier to communicate along the trail who is in what place and to quickly report if anyone falls or is injured.

In this way, Naugher said, he hopes the club will eventually become more of a service organization. For now, though, it is still much of a learning experience.

not to do. For instance, ham operators can technically listen to airports and police frequencies, but it is illegal to talk on them.

Once licensed, the operator gets a call sign indentifying them individually and by location, which they can use anytime they are on the air. Then, Chong said, they can call anywhere their signal can reach and make "contacts." Right now, the organization's equipment is strong enough to reach Houston or South Texas, he said.

The organization's current project is repairing the repeater on top of Coleman Hall. Chong said the equipment, call sign K5TTU, was installed by a previous version of the organization. He said ARSAT hopes to have it up and running in a few weeks so more people can access the amateur radio airwaves. The club encourages students of

all majors to learn more and join if interested. Leavitt and Chong said most members are electrical engineering majors simply because they were already interested and many were licensed.

Chong said being in the club helps them in their labs as they learn about building radios and antennas at the meetings and other events, like their newly bi-annual "Fox Hunt," a game where someone hides a transmitter and teams must use homemade equipment to find it on campus.

Eventually, Leavitt said, the group hopes to achieve one of the goals of

Group spreads agricultural info to youth

By BAILEY EILAND STAFF WRITER

More than 1,000 years in the making, the field of agriculture seems like old news. Yet the Texas Tech Ambassadors for Agriculture is putting a fresh spin . on the subject so it will appeal to today's youth.

The organization started out as a simple idea in the 1970s from W.F. Bennett, a former assistant dean in the College of Agricultural Science and Natural Resources, according to the Ambassadors for Agriculture website. More than 40 years later, the group is a successful and highly respected organization.

The website states the organization is dedicated to promoting American agriculture and opportunities for youth in the agricultural sciences and natural resources field.

Today, the organization consists of 30 members who follow the mission by giving motivational and informative speeches about the agricultural industry at various FFA, 4-H and high school events, said Trevor White, the organization's secretary and treasurer and a past FFA state officer.

White believes agriculture is one of the most important industries of today.

'There is a future for youth to be involved in agriculture," the junior agriculture and applied economics major from New Home explained, "and a need for young leaders to have a vision and a goal to make the industry better than it already is."

White emphasized having the ability to speak and share messages is important. With this in mind, the student focuses his work on the well-known idea there are countries that can feed themselves but have many problems, and there are countries that cannot feed themselves and have only one problem — starvation. White's ultimate goal, he said,

is to address those issues through public speaking and leadership. "It has given me the opportu-

nity to go and speak and further develop my skills and make connections in the agricultural industry," White stated.

White recently qualified and competed at the national Farm Bureau Collegiate Discussions meet in Orlando, where he made it past the first three rounds.

Loni Woolley, a junior animal science major from Grandview, is also an active member of the organization. After serving as a former national 4-H Club president, Ambassadors for Agriculture was a natural progression for Woolley. "Some of my favorite things

to do in Ambassadors for Agriculture are host leadership and motivational workshops for FFA chapters and 4-H clubs," Woollev said.

Being involved in the group has positively affected both Woolley's educational and professional life. By continuing in an organization such as Ambassadors for Agriculture, students are better able to adapt to future work environments, she said.

Lori Dudley serves as the organization's adviser by helping the group accomplish its goals and events. The agricultural communications graduate student from McLean is also the coordinator of student development in the College of Agricultural Sciences and Natural Resources.

"I think it's important for people to recognize that these students are really strong leaders

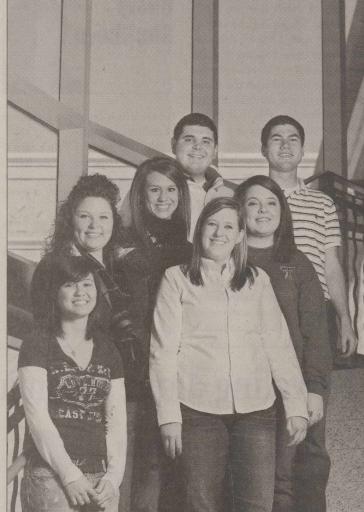


PHOTO BY KARL ANDERSON/The Daily Toreador

AMBASSADORS FOR AGRICULTURE is a group within the College of Agricultural Sciences and Natural Resources. Its members strive to spread word of agriculture and the opportunities within the field to youth. The members travel to speak at banquets, high schools and FFA events. They not only stand for agriculture, but also work as recruiters for Texas Tech.

and to recognize the background organization the good face it they have," Dudley said.

She stressed many people have a misguided view of agriculture and what they can do in the field. The students involved spread awareness of various opportunities while giving the

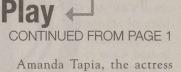
element. I have cousins who are in Afghanistan right now," a teary-eyed Baisley said. "It tells the master's of fine arts in perforken, S.C., said what could have the story of a fear that a lot of mance and pedagogy said. "The turned into a bad performance families are going through right families, the political issues, just now, while also combining a beautiful story of a woman who lost so much, but gained so much at the end, which I think was really well done."

needs, she said.

"They are an exceptional group of students," Dudley described, "and I am very honored to be a part of the organization."

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"Everything that the script covers is very personal to me,"



out well." Andrea Baisley, a master of fine arts student from Ai-

"It gives ham radio operators an opportunity to experiment, to learn more about radio and antenna construction," he said.

All electrical engineering majors go through labs requiring to communicate on a ham radio frequency, Naugher said, so every student becomes a licensed amateur radio operator.

The licensing procedure is studying for and then taking a test about using the radio, said Casey Leavitt, the president of the organization. The test mostly involves knowing what nearly every operator, and certainly one of ARSAT's - to contact the space station. There is only a 30-second window to speak to them, depending on location, and it is the ham operator's dream to be recognized.

"Really," Leavitt said, "it's just a challenge to see if your stuff is powerful enough and well made enough to get a signal back up there clear enough that they hear you and say, 'This is the international space station. We read you loud and clear."

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Computer crushes human competition on 'Jeopardy!'

NEW YORK (AP) - The computer brained its human competition in Game 1 of the Man vs. Machine competition on "Jeopardy!'

On the 30-question game board, veteran "Jeopardy!" champs Ken Jennings and Brad Rutter managed only five correct responses between them during the Double Jeopardy round that aired Tuesday. They ended the first game of the twogame face-off with paltry earnings of \$4,800 and \$10,400 respectively.

Watson, their IBM supercomputer nemesis, emerged from the Final Jeopardy round with \$35,734.

Tuesday's competition began with Jennings (who has the longest "Jeopardy!" winning streak at 74 games) making the first choice. But Watson jumped in with the correct response: What is leprosy?

He followed that with bangon responses Franz Liszt, dengue fever, violin, Rachmaninoff and albinism, then landed on a Daily Double in the "Cambridge" category

"I'll wager \$6,435," Watson (named for IBM founder Thomas J. Watson) said in his pleasant electronic voice.

"I won't ask," said host Alex Trebek, wondering with everybody else where that figure came from.

But Watson knew what he was doing. Sir Christopher Wren was the correct response, and Watson's total vaulted to \$21,035 as the humans stood by helplessly.

Watson blew his next response. But so did both his opponents. He guessed Picasso. Jennings guessed Cubism. Rutter guessed Impressionism. (Correct question: What is modern art?)

cast as Sonia, was ill opening night, so Jessica Astorga had to read the part of Sonia. The freshman theater and business major from Arlington read the part of Sonia in the first act then played her original part of Sonia's mother in the second act.

"I was in dance class, and I got a text saying that Amanda was very sick and that I was going to have to step in," Astorga said.

Astorga said she only had three hours to learn the movements and get the general idea of the lines to play Sonia. She read Sonia's part from a copy of the script while still trying to stay in character and communicate with her fellow actors, she said, which proved somewhat difficult.

"It was very difficult, but I got a lot of energy from the other actors, which helped me out a lot," Astorga said. "I just kind of went with the flow. It was very hard, but I tried to do my best to connect with them, and they connected with me. It worked

ended up showcasing the cast's ability to adapt.

"I believe the cast performed admirably. Something like that can happen in live theater, and it's something we all prepare for in our own ways," she said. "They rallied together and formed a cohesive hold and worked together. Everybody wanted to do the best they could, and I think they did excellent."

Astorga said the story of the family's struggles' was pertinent to everyone when it comes to the aspect of a family.

"It depicts how situations affect a family," she said. "Everyone has a family, and everyone has situations that effect them in different ways. People make different decisions that affect their relationships with their parents and siblings, so I think this show does a good job of capturing that." Baisley said she was affected emotionally by the storyline. "I feel really connected to the show because of the military

Baisley's personal connection to the story made her able to relate to the play and appreciate the show.

"I think the reason why I enjoyed it so much is because I feel like she really caught to that throb of what a lot of families go through when their children say, '(Going into the military) is a decision I want to make," Baisley said. "It's a big life decision."

Benito Vasquez, the director of the show, explained why he chose the script "Sonia Flew" for this season.

the world events in general. It's relevant everywhere.'

Vasquez said that one of his favorite elements of the script was the diversity and the cultural clashes within the play.

"I wanted to highlight some of the cultures that are not represented on stage as much," he said.

Although the cast had to make last-minute changes before the opening night of the first laboratory theater production of the semester, Vasquez showed admirable respect and confidence in his cast.

"They adapted wonderfully," he said. "I had no doubt that they could do it."

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Murdering bad roommates probably bad idea

OPINIONS

t was that time again.

I didn't want to do it, but I knew for the sake of all things sane, I had to. After all, the chores board hanging from the kitchen wall was solid evidence that it was my turn to wash the dishes regardless of how much I hated it.

The problem was that in the common and continuous procrastination by my roommates and me, our sink had physically formed the Himalayas — the heap of dirty dishes to the left resembled Mount Everest, and the stack of slimy silverware on the right, K2 yet its aroma suggested a marshy swampland.

To the dismay of my dwelling companions, in the life stages where you are most committed to the rotation of classes, working out



between, you develop a condition of comfortable filth.

In all honesty, I didn't care if our sink was reaching a radioactive state as long as "The Office" wasn't interrupted by an hour of soaping and scrubbing.

Bring in the Hazmat team. I was being a bad roommate.

Living in the Texas version of "Animal House," it's often difficult for Tech residence hall or apartment inhabitants to resolve even the simplest of problems. At times, and doing absolutely nothing in it seems only divine intervention roommates.

Unlike being born into a family we either love or loathe, room-

choose and, while college roommates are never the idyllic companions of "Friends," few things are more disheartening to an eager student than a bad experience with

one.

The most disappointing part pandemonium. is that college is an otherwise great place. Student by day and animal by night, the average Red Raider generally enjoys a stay in the Windy City of the West. No

can motivate lazy or stubborn parents to watch over, no house rules to abide by and, of course, no lack of weekend parties.

Then they get back to their mates are often the family we apartments or dorms, look across

the cold tile floor and crashland from atop a The horror stories proverbial cloud of glee — it's are endless. And so time to live with people again. are the masses of It's time to deal bad roommates. with a chosen roommate for another night of uninhibited

And for some, that pandemonium consists of more than petty altercations over washing the dishes. It consists of an opportunity for the annoyed to break out the

the drunken get over a hangover. It consists of horrifying music tastes, strange smells, secret porn collections, rude awakenings and awkwardly open sex lives.

The horror stories are endless. And so are the masses of bad roommates. They come in all shapes and sizes, making them incredibly difficult to identify and destroy. No, I'm not advocating murder. That's illegal.

Wink, wink.

So how do innocent bedfellows deal with these pesky perpetrators? Outside of premeditated homicide, the secret to surviving an entire year with an aggravating roomie is to simply attempt to accept your partner's irritating state. If you're interested in a more saintly solution, simply talk to them and understand

water buckets at 7 a.m. to help that even the nicest of roomies have more negative than positive traits.

> Of course, that's not always a practical option if he or she is so hooked on their role-playing fantasy video games they can't communicate in reality or even remember their real names: "I am Lord Veltron, Master of the Underground Goblin Decrepticons."

At any rate, bad roommates are impossible to avoid, and these experiences will inevitably question your ability to judge character. And though most college roommates just become space fillers, a few will become good friends.

That is, unless you don't wash the dishes.

Shellhorn is a junior history major from Spokane, Wash. » rusty.shellhorn@ttu.edu

Traveling alone has many benefits

any people think traveling alone is not enjoy-Lable and would rather stay home. These people are missing many great opportunities that do not come to couples or groups.

Being single and traveling is an excellent way to meet many more people because singles, couples and groups are much more likely to strike up a conversation with solo travelers.

One of the simplest examples of this is eating at an airport, where the tables are often crowded and the wait long. Just saying hello and asking if the other person would like to share a table is an excellent way to pass a layover and make uninspiring airport food into an excellent opportunity for expanding your horizons.

When in a foreign country, many people will offer their hospitality to a solo traveler and invite you into their home for a meal, conversation and even possibly a real bed to sleep in. Anyone who has spent much time on the road can attest that a real bed is quite



nia, who has traveled to more than 50 countries alone, felt much safer being a single woman traveling than she perceived she would as a single man. Many people are more sympathetic to female travelers than male travelers.

She never had to speak the local language but could always communicate with other women through a look and a common bond. If there was an intimidating man following her, any woman in the world would take her in and protect her, just with a knowing glance. That's excellent hospitality.

Finding a local club for your favorite activity, whether that is running, cycling, hiking, diving, etc. is a great way to interact with other people while traveling alone. This will make your trip much better, as you will get some interaction with people that share your passion, and you will get to see amazing areas that are not necessarily on the tourist map.

the other people on the tour will share interests with you. Here in Texas, if you travel to San Antonio, look up SanAntonioBikeTours.com. Steve will introduce you to a new activity, recumbent tricycle riding, while he tells you more than you thought someone outside a museum would know about San Antonio.

A great online community for single travelers looking to maximize the local experience is CouchSurfing. This peer-rated community offers an introduction to locals with a couch to sleep on or meeting for a cup of coffee to those that are willing to reciprocate in their hometown.

Safety is rarely an issue; the biggest problem is that many people are off on their own travels and unable to host. Many excellent and lasting friendships are created through the kindness of strangers with a small common bond.

The old standby of a travel

FDA's policies, definitions need change, are not useful to modern consumers

very grocery store has a mass I number of products that say they are "healthy," "new and improved," "natural," or "reduced fat." It's just ridiculous how companies try to sell their products under descriptions that they may not be true.

Take Cheese-Its, Oreos and Chips Ahoy! for example. These snacks have been reduced and new and improved so many times I have to wonder by how much they supposedly changed their recipe each time, if at all. Also, Sunny Delight has only 5 percent juice in it, but 130 percent of your daily vitamin C. Then there's the rest of the juice aisle.

Under Food and Drug Administration guidelines, companies can say their juice is 100 percent juice even when not all of it is grape juice or orange juice specifically. Instead, some of



has refused to define natural. It's amazing how they can come up with a new food pyramid but somehow not define natural. Companies have petitioned the FDA in recent years to define it, saying it would help both manufacturers and consumers alike. Yet, the FDA shoves them to the side, saying they are unsure if it there is

> a need for it. Really? There's been an outcry for years, especially when companies using high fructose corn syrup wanted

and what isn't in or on the products on our grocery shelves. There are people who diet that pick up items specifically because they say "natural," "organic," "reduced fat" or "carb-free." These words can directly affect our grocery store purchases, and companies know that, too.

I want to see some responsibility here, and not just for food. It's the whole of the FDA; there shouldn't be the number of recalls we have today on drugs. Whatever happened to safety first?

There are serious ways to prevent those drugs from ever reaching the market. I'm not saying they should kill the pharmaceutical industry; I just think more tests or longer tests are needed on drugs to identify potential problems before they are placed on the mass market.

They need to remember that we put these things in our mouths - our family's mouths. We need to be able to trust the government when it says a particular food or drug is safe, just like the government is able to do in term of declaring a bridge is unsafe. After all, a bridge can appear safe but be unable to hold weight.

a welcome luxury after hostels or camping.

These kinds of opportunities don't happen to couples nearly as much. If you find yourself alone and in a foreign land, don't worry, just say hello to someone, and they may respond with more hospitality than you expect.

A petite woman I met in Tanza-

Walking and bicycle tours are excellent choices. The guide is often a city-certified tour guide, and

Los Angeles Times Daily Crossword Puzzle Edited by Rich Norris d Jovce Lew ACROSS 1 Classifies 1 Classifies, in a way 5 Antony listener 10 Envelope abbr. 14 Beige-like shade 15 Representation 16 Dealer's dispenser 17 Game played on a six-pointed star 20 Keystone lawman 21 Smart club 22 Cry to strike up the band 23 Penne relative 24 She played WKRP's Jennifer 25 1964 Beatles hit 30 Time Warner "Superstation" es. in a 30 Time Warner "Superstation" 33 Capacious 34 Peddle 35 The tan in a Black and Tan 36 One of five states in which same-sex marriage is legal By Donna S. Levin 2/16/11 2 Reverberate 3 Stagehand 4 Heliocentric universe center 5 _____the occasion 6 1991 movie sequel subtitled "The Awakening" 7 Apple products 8 Turkish honorific 9 At birth 10 Be hospitable to 11 White Star Line's ill-fated steamer 12 Actress Spelling 13 Place to brood 18 Agent Prentiss on legal 37 Trendy aerobics 2 Reverberate **Tuesday's Puzzle Solved** RIPECCLEF HEMP 39 Fort with many O R A L O P E R A C A L L I T A D A Y A L A R N I N E bars 40 Apparel retailer Taylor GOOFSAIDE STRAWHOUSE Taylor Taylor 41 Legatee 42 In abeyance 43 La + Ia, in Lille 44 Diamond-patterned attire 47 Volunteer st. 49 "Lef's leave ______ that" 50 Producer Ponti 52 "My Name Is Asher Lev" author Chaim 54 Restorative place 57 Companion at the end of 17-, 25-, 37- and 44-Across AAHDROWNLUZON STAN MONY CORAL OSHEA SEA A L T H E A R S V P P L E A M I N U T E R J C E USDA 18 Agent Prentiss on "Criminal Minds" NEXTTOL A D E L A P O R C H ORES NYSE 19 Bit of guitar SPEW music 23 Coors malt 24 His show has a "Jaywalking" segment 25 Serif-free font 38 2008 govt. bailout 51 He sang about recipient 39 Granny, for one 41 Red River capital Across Alice 52 Phnom 60 Jai ____ 61 Pentium producer 62 Brand with a 53 Suspicious of 54 Catch a glimpse 25 Serif-free font 26 Nary a soul 27 How things flow 28 Each partner 29 Right-to-left lang. 31 "Old" chip producer? 32 Proverbial battlers 37 Gull relative 41 Hed Hiver capital 42 Honshu metropolis 45 Roadside trash 46 Twinkler in a Paris sky 48 Borden's spokescow 50 Pros who work on schedules, for short 63 A few 64 Seacoast 65 Stern's counterpart 55 Soccer great 56 Elemental 58 Put down, slangily 59 33 1/3 rpm DOWN 1 Chaste kiss Umbuds Office www.ombuds.ttu.edu A safe place to bring concerns and find solutions. "Be kind whenever possible. It is always possible." Dalai Lama

SUB Suite 024 East Basement 806•742•SAFE

guide is always a good source of information. The Texas Tech library has more than 250 guides available, with few actually checked out. For those of you that have gone digital, there are smartphone applications for just about all these guides.

> The thread that holds all these experiences together is the willingness on your part to shed your fear and speak with other people. This can be a difficult habit to build, but once you do, it will pay dividends the rest of your life. If you have shed this fear, help your friends to do the same.

> Sometimes this fear of having real conversations can inhibit the relationships you already have. It can be even more important to shed this fear in that situation.

> This will make you more interesting to others, and you will most likely build an interest in learning about those with whom you come in contact. Life is too short to spend it completely alone, but being single is not always a bad thing. You never know whom you will meet or what adventures you will find.

Martin is a hospitality management graduate student from Austin.

>>> adam.martin@ttu.edu

it is flavored apple juice, or maybe even pear juice.

Trying to get a straight answer out of these companies is even harder. Seriously, you will get a straighter answer if you contact McDonalds about what's in their food. It's sad when McDonalds has more disclosure than Tropicana.

Next on my list is the definition of "natural." The FDA for a long time

to call it a natural product. All the FDA has to do is hire a lawyer to write a definition for them

and have a committee vote on it. It's not that hard to do.

At least the term "organic" is certified by the National Organic Program. Whether that's a waste of our tax

money, I'm not sure. It's a start, though. I say there needs to be a major change in FDA rules about what is

Actions like that help us when looks are deceiving, and that's more important than ever in terms of the food and drug industry.

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

Facebook helps remember deceased family, friends

By MIRIAM SHUMWAY THE DAILY UNIVERSE (BRIGHAM YOUNG U.)

For some, Facebook is life. For others, it is a place to cel-

ebrate a life that was once lived. After a Facebook user passes away, family members can request for the account to be closed or turn the account into a memorialized page as a tribute to the life of that loved one, only accessible to confirmed friends.

"The Wall remains, so friends and family can leave posts in remembrance," the Help Center reads.

Tahna Black, 20, an undeclared major from St. George, said her friend's sister died three years ago. Since then, the woman's profile has become a memorial site.

"I actually am glad that Facebook

has that feature because then you're always able to remember her, and it's kind of a celebration," Black said.

Facebook has designed the memorial pages differently than a normal profile; the profile is never part of friend suggestions and a viewer cannot look at past information and status updates. Only confirmed friends can find the profile in a search.

The Facebook Blog recorded why the idea took hold and the benefits to memorializing a page.

"When someone leaves us, they don't leave our memories or our social network," the blog reads. "To reflect that reality, we created the idea of 'memorialized' profiles as a place where people can save and share their memories of those who've passed.

The idea of sharing memories is comforting, Black said. She said it is nice to have a place everyone can join to commemorate her friend.

'If you thought of a certain memory, you can share it with others," Black said.

Memorialized profiles consist of posts from friends and family, pictures and videos that are uploaded about the person who died. The page can also be a place to promote memorial runs or scholarships that were put in place.

According to the Facebook Help Center, the most important requirement needed to memorialize a page is proof of death. The process also requires the requester's relationship to the person and the account e-mail address.

Toreador, Box 43081 Texas Tech University, Lubbock, Texas 79409

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SPORTS

PAGE 5 WEDNESDAY, FEB. 16, 2011

No. 20 ISU on tap for Lady Raiders

By JOSHUA KOCH STAFF WRITER

Texas Tech coach Kristy Curry had the rare opportunity to empty her bench against Colorado on Saturday as the Lady Raiders unleashed the frustrations of a six-game losing streak, winning 72-44.

But Tech enters another week of conference play against ranked opponents, and Curry said momentum has nothing to do with notching another conference victory.

"That's coach speak; everybody says you have momentum after a win," she said. "I thought we had some pretty good momentum after six losses headed to Colorado. It's more just about doing what we need to do, the way we need to do it, the way it's supposed to be done — the right way."

After that win, the Lady Raiders (17-7, 4-6 in Big 12 Conference play) showed how successful they can be on the court, but Tuesday, the Big 12 announced its 2011 Academic All-Big 12 team, recognizing three Lady Raiders for their academics.

Tech junior forward Jordan Barncastle and sophomore guard Mary Bokenkamp received first -team honors, while redshirt freshman forward Shauntal Nobles got the nod for the second team.

This is the first time Bokenkamp has received a spot on the Academic All-Big 12 First Team. For Barncastle, it is her second.

This week, the Lady Raiders will be administered another big test, one they have failed before — facing two ranked opponents back-to-back.

No. 20 Iowa State (17-7, 5-5) is the first obstacle of the week, first tip set for 7 p.m. today in United Spirit Arena

The veteran play of senior Kelsey Bolte, who scored 25 points, helped Iowa State break out of its slump.

Bolte, who averages 18.5 points per game this season, is not the only scoring threat the Cyclones bring to the table. Sophomore Anna Prins has stepped up in conference play, averaging 11.3 points per game.

Tech junior forward Kierra Mallard said the key to this game in particular will be the team's defense on the perimeter.

"They have a lot of shooters, so it's going to be a challenge to get out on the shooters," she said. "We got to really change up our defense; no help much on the wing. But it's all about communication, and I think we can get both of these at home."

Tech sophomore guard Christine Hyde got her first start of the season and scored 12 points against the Buffaloes, which is the most she has scored since Jan. 22, when she scored 14 against Baylor.

Along with Hyde, two other Lady Raiders broke into double-digits. With the offense getting back to its dominant fashion of play, Tech sophomore guard Chynna Brown said this week is vital and the team just needs to be prepared.

"This week, I just feel like we all need to go out ready to go, ready to play," she said. "You got two great teams coming in your house ready to play. We're also ready to play." jkoch@dailytoreador.com

FILE PHOTO/The Daily Toreador TEXAS TECH FORWARD Jordan Barncastle tries to score a basket while being blocked by Bulldogs guards Ruth Ketcham and Jazmine Martin during Tech's 58-42 victory against Samford in United Spirit Arena on Nov. 15.





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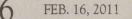
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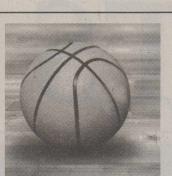
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Sport Club Update Men's Lacrosse 15 Oklahoma State 1

The Club Baseball team was beat in a weekend series with Colorado State.

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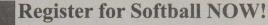
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Palo Duro Day Hike February 27 | \$30

Registration Deadline: February 23 This moderate hike will take you up to the well know geographical attraction the light house stone column and may allow for some other trail exploration. Registration Deadline: February Cost: \$495 + \$120 for lodging Trip Dates: March 11 - 20 You'll be in good hands learnin

Advanced Caving

Intramurals



Register your team starting by tomorrow. Stop by early to get the best time slots for your team! Don't have a team? Come to the Free Agent Meeting on tonight at 7:00pm in Rm. 206 of the Rec. Don't forget that each team needs a \$50 forfeit fee deposit. Get your team sign up and ready for the 2011 Softball Season!

203 of the Rec Center today! FREE!

Register for these sports in the IM Office, Rm.

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Aquatics is NOW HIRING!

We are looking for certified lifeguards and guest services positions. Job will start in March and go throughout the summer. All applications are due to the Aquatics Center by February 25th. Applications are online at www.recsports.ttu.edu

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Interviews start February 27th Must be already certified as a lifeguard **Guest Services Position:** Interviews start February 28th Basic Qualifications: Phone Skills, Cash handling Skills, Customer Service Skills

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	Anni Aunietes
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Pictures from this week in Rec Sports

