

# IMAGE

VOLUME 47 ISSUE 2 WINTER 2015

## Strength of a Warrior

A Frog's quest to fulfill a dream

## Here, there, and back

Joining the TCU faculty for the second time

## The (Safety) Net

Non-profit works to empower those in poverty





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**rachel tiede**  
editor-in-chief

One of my favorite things about TCU is how it goes above and beyond for everything.

And I mean absolutely everything.

Is it game day? Let's have a live band in Frog Alley! Is it Halloween? Let's deck out the BLUU! Is it some random Wednesday? Let's bring a camel to campus!

TCU isn't short on school spirit - we're the Horned Frog nation. We are a school full of possibilities and potential, from the hiring of new dean for the College of Fine Arts, to cheering on a veteran student competing in American Ninja Warrior.

But our school couldn't be what it is without the city we call home, the people that live here and the businesses and non-profits in the city, such as The Net Fort Worth--a non-profit that helps those in poverty.

Our school and our city goes above and beyond, and it teaches its students to do the same.

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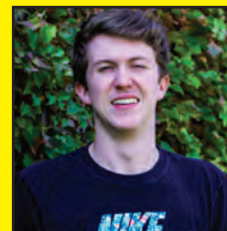


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**\$1 million**  
Prize for winning  
"American Ninja  
Warrior"

**5**  
Years Kearney  
served in the  
Air Force

**21**  
Minimum age  
requirement for  
"American Ninja  
Warrior"

by the numbers

KYLIE WALKER/TCU360

story on page 16



# pumpkin patch realness

MOLLY JENKINS / TCU360

Now that the pumpkin season has ended, Storybode Ranch is getting ready for next season. Head to [TCU360.com](http://TCU360.com) to see where you should visit next year.





DAVID GOLDMAN / ASSOCIATED PRESS

TCU quarterback Trevone Boykin holds part of the Peach Bowl trophy after the second half of the game against Ole Miss in Atlanta. The Frogs toppled the Rebels 42-3.

# REVIEWING THE BOWLS

With bowl season nearing, Frogs look to add to rich history

BY: DEAN STRAKA

TCU360 Sports Editor

With the 2015 college football season winding down, bowl season is already on the horizon. For the Horned Frogs, the postseason is a time of rich history for the program.

The Horned Frogs played their first bowl game back in the 1920 season in the now defunct Fort Worth Classic Bowl. The team lost a lopsided 63-7 affair to Centre College, but it was just one of 30 bowl appearances for the Frogs.

The frequency of bowl appearances for the Frogs was sporadic in the 20th century. Between 1920 and 1998 TCU appeared in 15 bowl games. It was in 1998 that the Frogs found their groove.

That season, the Frogs defeated USC 28-19 in the Sun Bowl. It was a signature win for a non-power five team over one of the most storied programs in the nation, and since then the Frogs have appeared in a bowl game in all but two years, 2004 and 2013.

In other words, TCU has made the cut 15 times in the past 17 seasons. Those 15 bowl appearances match the same amount that the Frogs played in the 68-year period prior to 1998.

Not only have the Frogs been a mainstay in bowl games in recent history, but TCU can boast that they've played in each of the "New Year's Six" bowl games - the most

prestigious bowls that are used in the playoff rotation.

The first appearance in any of these six bowl games for the Frogs came back in 1935, when the Frogs defeated LSU in the Sugar Bowl by the low score of 3-2. That was only the second bowl game the Frogs had ever played in.

It was the first of two appearances for the Frogs in the Sugar Bowl, as they would return in 1938 to defeat Carnegie Mellon 15-7.

After the initial Sugar Bowl appearance, the Frogs built upon their resume in 1936, when they defeated Marquette in the Cotton Bowl.

It was the first of six appearances the Frogs made in the Cotton Bowl, the most of a single bowl in program history. However, they haven't played in the Cotton Bowl since 1958.

TCU failed to reach a bowl game in 1939 and 1940, but in 1941 they made it to the Orange Bowl only to lose to Georgia 40-26. By 1944, each of the past five bowl games the Frogs had appeared in was a "New Year's Six" bowl.

Following the Cotton Bowl in the 1958 season, it would be 51 years until the Frogs would play in a "New Year's Six" bowl. In the 2009 season, the Frogs were invited to play in the Fiesta Bowl after an undefeated regular season in the Mountain West Conference. The Frogs would end up losing a heart-breaker, however, falling to Boise State 17-16.

The following season, the 2010 season, would be the year that everything came back together.

After posting yet another undefeated regular season in the Mountain West, the Frogs once again got the nod to play in a "New Year's Six" bowl. With Oregon in the national championship, this time the Frogs were sent to Pasadena, California for the "grand daddy of them all" - the Rose Bowl.

In arguably one of the most important victories in the history of TCU Football, the Horned Frogs pulled out a come-from-behind victory, defeating Wisconsin 21-19. It was this win that got TCU back on the national stage, and ultimately helped propel them to the Big 12 Conference.

After falling to Michigan State on a last second field goal in the 2012 Buffalo Wild Wings Bowl and then missing the bowl season in 2013 after a 4-8 record, the Frogs managed to check off that final box in 2014 when they played in the sixth "New Year's Six" bowl game; the Chick-Fil-A Peach Bowl.

After being left out of the inaugural College Football Playoff, TCU crushed Ole Miss 42-3 in a win that served as a statement to the playoff committee and helped the Frogs to a No. 2 ranking this preseason.

With the Frogs bowl eligible once again this season, TCU will add another chapter to its postseason history. ■



# THE (SAFETY) NET

## Fort Worth nonprofit empowers people in poverty

**T**CU students and alumni are working to better the Fort Worth community through a charitable organization called The Net Fort Worth. The Net Fort Worth aims to empower those in poverty through community and relationship building.

The organization's mission consists of two specific parts. First, it provides a safety net for impoverished and exploited people in the community while creating a network of churches and individuals that volunteer or provide resources to make sure the organization can continue its work.

According to their website, The Net's network is a connected system of volunteers,

churches, businesses, schools, professionals and other non-profits that work with the marginalized people of Fort Worth in an effort to empower and encourage self-sufficiency.

Ty Bowden, a TCU alumnus who graduated this May as a political science major, now works as a program coordinator for The Net.

"I started volunteering during my sophomore year because I wanted to get involved with an organization that was fighting human trafficking," Bowden said. "I went to a training and have been around ever since, going from volunteer to intern to staff."

PHOTO COURTESY OF SARA KLEPACKI

Volunteers and members of The Net participate in a group activity. The Net seeks to empower those in poverty.



Bowden said that The Net focuses on three specific groups of people in Fort Worth: the homeless, women who have been sexually exploited and low income neighborhoods.

The programs Bowden is responsible for are the Ladera Palms apartment complex and a group called Men Against Sexual Exploitation (MASE) that seeks to engage men in Fort Worth to fight against the purchasing of commercial sex.

“There are over 500 resettled refugee families at Ladera, so the vast majority of the kids we hang out with are refugees,” Bowden said. “We do an after school mentoring program with 25-40 refugee kids once a week, along with play dates on Saturdays once a month.”

Another member of the TCU community that participates in the Ladera Palms program is junior Anna Guillory.

Guillory, an art education major, volunteered at The Net for a year and spent time at the Ladera Palms complex on Wednesday nights with the refugee children.

“A lot of the kids are from Nepal, Congo and India,” Guillory said. “I totally thought that the only way to work with people like this was to travel, but I do not have to travel so far to work with people from exotic places.”

The mentor program consists of volunteers who are assigned groups of kids ranging from ages five to 14. Each Wednesday night they learn a Bible story and do crafts with some educational value.

Guillory said, “The Net has been a great way for me to get to know Fort Worth outside of the TCU bubble. I think it is really neat as a college student to help these kids who are always told that they are from a bad place. It is cool to show them that we care.”

Another large portion of The Net’s efforts go towards fighting

human trafficking and the exploitation of women.

Stephanie Paulson, a junior, currently works as an intern at The Net. She also got involved with the organization because she had a desire to fight human trafficking and wants to become a lawyer to fight the trafficking industry.

Paulson began working for The Net after attending a training session that described the sex industry here in Fort Worth.

“I knew I had to get involved,” Paulson said. “First, I started with going to jail to visit women who have been prostituted.”

The experiences at the jail had a profound effect on Paulson. After a few weeks of visiting the women in jail, she decided to apply as a summer intern.

Paulson said, “This was the most impactful and incredible summer I have ever had. I have always had a passion for women knowing that they are loved and valued because I feel like so many women feel the opposite based on the way society tells them to look or act.”

Building relationships has been a huge part of the experience for Paulson who still remembers the first time that she visited the jail to meet with women who had participated in prostitution.

“I do remember the first time I went to the jail and I was so afraid, but this amazing woman sat in front of me and I froze,” Paulson said. “She smiled and said, ‘Honey are you new?’”

The woman went on to recount stories of being sold to men by her mother so that she could acquire drugs, running away and eventually being picked up by a pimp.

“I was completely blown away by the joy in her eyes when she was telling me all of this,” Paulson said. “When I started to tell her how sorry I was for her she smiled at me and said, ‘Oh honey do not feel sorry for me. God is good. He has always been with me and

has protected me from so much and now he has allowed me to be in jail so that I can tell others about his goodness in grace.”

Paulson said that it was this moment that made her realize that she wanted to fight human trafficking and make these visits for the rest of her life.

Paulson also participates in the Bingo and Bagels program on Friday mornings. The Net shares breakfast with the homeless people of Fort Worth and they offer friendship with someone to talk to. The goal of the program is to make the people who attend the program feel valuable and loved even when society tells them that they are not.

Bowden, Guillory and Paulson all cite the building of powerful relationships as the most impactful part of working for The Net.

While Paulson made meaningful relationships through the prison visit program, Guillory and Bowden have been the most impacted by working with the refugee children.

**“Although I originally got involved with The Net for anti-trafficking reasons, the Ladera kids have had, by far, the most impact on my life,”**

**Ty Bowden**  
Project Director, The Net

“I have built relationships with them over the last two years and have grown to love and care for them immensely. They are the highlight of my week and have taught me so much, allowing me to grow personally and spiritually.” ■



PHOTO COURTESY OF SARA KLEPACKI  
A volunteer helps a girl with a Bible study lesson. Each Wednesday kids at The Net learn a Bible story and make crafts.



# CAMPUS LOOKBOOK: Fo

Story and Photos by:  
Hannah Kirkpatrick



**Betsy Jasper**

First-year fashion merchandising major

"A few of my favorite things to wear during the fall are floppy felt hats, cashmere scarves, my fur trench coat and tall boots."

**Austen Smith**

First-year business finance major

"As the weather starts getting colder, I like to wear crew neck sweaters and quarter zips. I could best describe my style as mid-west preppy."



**Katy Roark**

Junior fashion merchandising major

"My favorite thing to wear is a big, comfy flannel! I also like neutral colored sweaters. I have a pair of tooled leather booties that I wear with almost everything."



# Fall Weather Fashion

## Brandy Tutein

First-year communication major

"My style is best described as simple but still fun. I'm always mixing and matching different articles of clothing, but most often I stick to a monochromatic theme, then add a pop of color."



## Will Stegall

Senior political science and English major

"I refer to colder weather as 'leather weather,' I really enjoy breaking out one of my leather jackets, and some boots. It's also pretty great to be able to incorporate scarves into my outfit more often, too!"

## Carly Steinberg

First-year criminal justice major

"When it gets cold, I love wearing sweaters and boots! I can't wait for it to get colder out so I can pull out my fall wardrobe."





# STRENGTH of a Warrior

TCU cheerleader returns to  
'American Ninja Warrior'

By: Kylie Walker

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It's been a year since Jeffrey Kearney fell off of the Tilting Slider, ending his dream of becoming the first American Ninja Warrior. Now, he will finish the obstacle course and hopefully take home the prestigious title and \$1 million.

As a child, the junior film, television and digital media major and his brother, Keith, dreamed of competing on the NBC show, which was initially televised on G4, a gaming channel, from 2009 to 2013.

According to the show's casting website, competitors must be at least 21 years old and in able physical shape.

"Whenever we were both of age we would compete together," Jeffrey Kearney said. "Last year we both got on and both went to Houston."

Jeffrey Kearney said his brother is part of the reason he did not pass the 2014 city qualifiers in Houston, Texas.

"It was instantly cold, I closed my eyes and all of the sudden I was in the water," Jeffrey Kearney said. "I didn't know it happened. It was so quick."

Physically, Jeffrey Kearney was ready to complete the timed obstacle courses, which included crossing pools of water by hanging from 2-inch ledges and scaling horizontal, upside-down rock walls that challenged contestants' strength and agility.

However, right before Jeffrey Kearney's turn, Keith Kearney dislocated his shoulder on the Tilting Slider, a log that rotates, shifting Jeffrey Kearney's focus from the course to the paramedics carrying his brother away.

"I ended up falling on the same thing," Jeffrey Kearney said, a teasing tone rising in his voice. "I should've been like, 'I'm doing this

for my brother,' but for whatever reason my mind took it out of me and I didn't even feel like I was there."

Kearney is working on his audition tape for the show's eighth season. He said in order to get past the two city qualifying stages and go on to finals, it's important to train hard and prepare for the unpredictable.

"What makes it interesting is that all the obstacles change, so I don't know beforehand what certain ones are going to be a part of the course," Jeffrey Kearney said. "I have been practicing all year round for what may or may not be there."

Kearney dedicates a significant amount of time to training for American Ninja Warrior. He travels mostly on the weekends for 47 minutes to train at Obstacle Warriors in Dallas.

Alexis Schreppe, a junior graphic design major and warrior-in-training, goes to the same gym and said she is amazed at his

talent.

"Superhuman, that's a good word," Schreppe said. "It's almost surreal to see a human being that's almost a couple inches taller than you do some of the things that American Ninja Warriors do."

This year, Jeffrey Kearney has both mentally and physically prepared himself by putting in many hours of training and taking on a new sport: cheerleading. Mickey Farris, TCU's head cheerleading coach, said the training Kearney does for the team on campus is interchangeable with the training he does at the warrior gym.

"From where we lift the girls to tumbling to jumping, like everything that they do, we use many different body parts," Farris said. "And for him that's actually a double. Plus a lot of what he uses cheer-wise he can then turn that and say, 'Hey this is going to better me on the course.'"

Kearney practices broad tech-



KYLIE WALKER / TCU360

Jeffrey Kearney poses with the TCU Horned Frogs statue near the Brown Lupton University



PHOTO COURTESY OF JEFFREY KEARNEY

In addition to training for 'American Ninja Warrior', Kearney is also a TCU cheerleader.

niques that cover obstacles like the Swinging Spikes, where contestants have to continuously swing from nunchaku-like spikes, and attain specific skills like finger grip strength.

Schreppe said that while Jeffrey Kearney is going through all the specifics for the course, Kearney stays in the zone.

"It's funny cause beforehand he'll be very outgoing," Schreppe said. "And right when it's like, 'All right, let's do this,' suddenly his face changes and it's like determination, he's got this, he's going to do this."

For Jeffrey Kearney three factors have played heavily into his journey to slap down the buzzer sitting on top of a 20-foot warped wall.

First is the understanding that the show is more than the money. It's an opportunity to shed light on underfunded causes. Kearney served in the Air Force for five years in the medical operations squadron. He returned from service uninjured, but he said many did not.

"There are plenty of people that would give anything to be able to

wear both shoes, put both hands on a steering wheel or simply see what life has to offer," Kearney said. "With the money I could win from the show, I want to put some money toward the Wounded Warrior fund."

Second is the burning desire to accomplish a childhood goal.

"Hitting the buzzer will be a checkmark on my bucket list," Kearney said. "It's already been cool being a part of it and stepping on the stage in the beginning, but now I want to be on the top of the stage at the very end."

Third is the awareness that the show provides him a platform to encourage fun, healthy living. Kearney is attracted to adventure, taking part in skydiving, scuba diving and snowboarding.

"It's definitely a lifestyle change," Kearney said. "It's a reason to stay in shape and live a healthy lifestyle. I've learned through the military that life shouldn't be taken for granted, so you should live it to the fullest."

And part of living life to the fullest includes trying again after

failing once.

Farris said Dwayne Wade, shooting guard for the Miami Heat, gives the best advice for Kearney's second attempt at the course.

"He said that if you fall seven times, you get up eight," Farris said. "And that's the same way with Jeff on that course, that's kind of a do or die once they get in. But a lot of times I tell him, 'Do it as though it was your last time to do it, know that when you come out of it, you put everything you could into it.'"

Last year, Tyler Fisher, the assistant director of TCU's leadership center, competed on the show but did not continue to the finals in Las Vegas after falling in Houston's second round during the qualifying stage.

Fisher said he learned that getting up and trying again is a huge part of the competition.

"If you fail, you need to look back and review: 'Okay, what do I need to do for next time?' because in most instances in life there is a next time," Fisher said.

Next time came early for Jeffrey Kearney – on Sept. 27 he was



able to participate in Titan of Texas Ninja Warrior Challenge at the State Fair of Texas. The top finishing male and female that completed the course would receive \$10,000 from Nissan, but Kearney used the opportunity to gauge his progress.

“Ninjas from California to Florida came to the Texas State Fair for it,” Kearney said. “I sadly did not come close to [winning] but it did give me a preview on where I currently stand.”

Kearney said both he and his brother will return to the course, but he’s taken steps to make sure he’s fulfilling his dream.

“I’m definitely going to go before my brother,” Jeffrey Kearney said after letting out one of his contagious laughs. “I just have to play the course as I should have.”

He has a village of people behind him as he begins his journey to win the competition – his hometown of Azle, his cheer family, the friends he made in the Air Force and his family.

Farris said the TCU community is also a support system.

“He’ll definitely have TCU’s backing 100 percent,” Farris said.

Now Kearney just needs the producers’ support once the casting process begins.

“It would mean the world to me if I received the magic phone call from NBC producers with an invite back to the next season,” Kearney said. “I believe in second chances, so I hope they do too.” ■

INTRO PHOTO: KYLIE WALKER/  
TCU360

Junior FTDM major Jeffrey Kearney is training for his second ‘American Ninja Warrior.

COVER PHOTO: HANNAH  
KIRKPATRICK

KYLIE WALKER / TCU360

Jeffrey Kearney does a handstand at Frog Fountain. Kearney said his TCU community is a support system while training for the television show.





# REVIVING BISTRO BURNETT

Library staple offers updated food options in addition to its new look

By: Megan Stookey

As TCU students, we are unbelievably blessed by high quality dining services. The new Bistro Burnett is no exception.

The dining managers have worked to create a new space in the library that is both convenient and functional in order to serve our hungry stomachs as we study at all hours of the day.

The menu is distinguishably better than that of bistros past, with a wide variety of salads, cold drinks, fresh sandwiches and hot coffee. Stopping by has become a “want to,” rather than a “have to.”

The time put into designing a functional space shows in the experience and quality of the food served.

After talking to one of the Bistro’s directors, Michael Dahl, the student body should be nothing but excited about the upcoming menu developments. A committee is working on bringing in breakfast and pastry options in order to further increase variety.

The Bistro’s menu is different from other places on campus. The brand Simply to Go, which encompasses all of the pre-made meals lining the shelves, was designed specifically for the new location.

The brisket salads and spiced

jicama are only accessible in the library, which makes Bistro Burnett a commodity and livens up our study time with an original dining experience.

Better quality has been achieved through specialization, but the Bistro still faces challenges of space requirements that will limit its expansion, but not its quality.

The vision the TCU Dining Service managers had for the Bistro had to be tailored down to the realities of the equipment and facilities available.

However, they have done a stunning job of trimming that vision in creative ways to accomplish their goals and cater to the student body. The layout of counter space and services, from hot coffee to freshly made sandwiches, flows without the excessive backup that was present at the past Bistro Burnett.

Now our library dining experience is not only better, it’s faster.

Overall, the hours of care and consideration put into creating an improved dining experience at the library are readily displayed in the cohesive design and variety of quality foods available. Now those long nights or early mornings spent in Mary Couets Burnett won’t leave you malnourished and under-cafeinated. ■



MEGAN STOOLEY / TCU360

Students line up to order food and coffee at the new Bistro Burnett.



# Here, there and back again

Anne Helmreich is now part of the TCU faculty for the second time

**A**nne Helmreich, an art historian who has a history with TCU, is now making the school a part of her future.

Helmreich was named dean of the College of Fine Arts this summer. She replaced Scott Sullivan, who led the college for the past 15 years.

In 1996, Helmreich came to TCU to start her teaching career after earning her doctorate in art history at Northwestern University.

Helmreich decided to join the “TCU in Scotland” study abroad group for its summer trip in 2003. “TCU in Scotland” was lead by Scotland native Nowell Donovan, who was a geology professor at the time before he became provost a year later.

“That’s when I got a really favorable impression of her because I thought she was quite brilliant,” Donovan said in his soft Scottish accent.

Donovan remembered how Helmreich drew a crowd of strangers and her own students at one of the museum visits because of her natural teaching abilities.

Helmreich accompanied Donovan and Jane Kucko, an interior design professor, to Scotland. Donovan, along with leading the group, was in charge of teaching geology, while Helmreich taught the art history side. Kucko contributed her expertise in interior design to the interdisciplinary trip.

“That was fabulous,” Helmreich said with a wide smile. “There is a thank you to Dr. Donovan in my forthcoming book because that teaching experience really shaped my research.”

Helmreich said the Scotland trip was

the catalyst that initiated her research on the relationship between artists and scientists in the 19th century. Her research soon turned into the book that Helmreich is working on now with what seems to be an endless amount of enthusiasm. Her book will be published in spring 2016.

Prior to the study abroad trip, Helmreich accepted a teaching position at Case Western Reserve University in Cleveland, Ohio.

“The whole time I was doing the study abroad, I kept thinking, ‘Have I made the wrong decision?’” Helmreich said.

Donovan said he was unaware that Helmreich had been tempted away by the position at Case Western until after the study abroad trip, but they kept in touch.

Helmreich taught art history at Case Western, and then became involved with the Getty Foundation in Los Angeles, California.

After a post card here and a post card there, suddenly there she was in the pool of applicants for the dean position, Donovan said.

As the long process of filling the dean position began, Donovan would wait until the very end to do his part as provost.

“It is a lengthy process because it is an important one and because it affects so many people at the university,” said Harry Parker, chair of the dean search committee.

Helmreich’s name remained on the list of candidates Parker sent to Donovan after each elimination. Finally, after many rounds, Helmreich was one of the final candidates brought to campus.

Parker said one of the many qualities that differentiated Helmreich from the other candidates was that she was not entirely new to TCU.

“We knew that she knew something about TCU,” Parker said.

When the final interviews were finished and Helmreich’s visit to campus was completed, it was time for Donovan to make the final decision. He said there was overwhelmingly positive feedback from the committee concerning Helmreich.

Donovan said it was nice to be able to go along with the majority in this decision.

In this particular dean search, Donovan chuckled and said, “I got the one that I wanted.”

Parker said Helmreich is bringing her energy and expertise to the College of Fine Arts. He said she is going to be an advocate for the college in the TCU community.

Helmreich is in the midst of working with her colleagues across the college on strategic planning, which means identifying strengths and weaknesses within the college that need to be addressed.

“Some of what we would like to do is just shine our light a little brighter and help the region know what we are already doing well,” Helmreich said.

One of the last meetings Helmreich had during her visit to TCU was a meeting with a group of students. She immediately noticed how they were energetic, enthusiastic and full of great ideas.

Helmreich, smiling her contagious smile, said, “How could you not want to be here?” ■

HANNAH KIRKPATRICK / TCU360

Anne Helmreich, who is now the dean of the College of Fine Arts, previously taught at TCU.

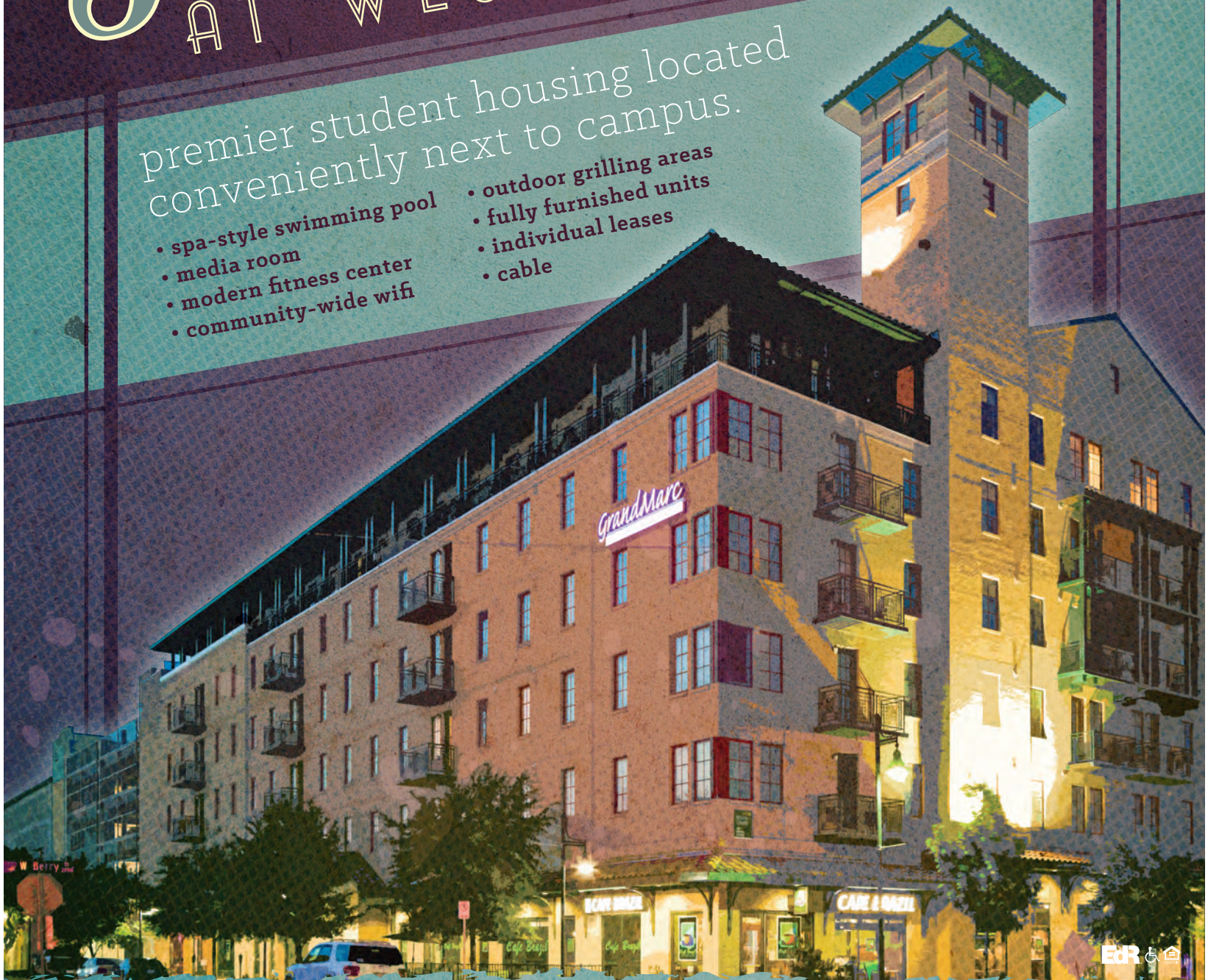


# GrandMarc

## AT WESTBERRY PLACE

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- media room
- modern fitness center
- community-wide wifi
- outdoor grilling areas
- fully furnished units
- individual leases
- cable





# #CleanEats: Family Reunion-Worthy Egg Muffins

by: Rachel Tiede

## Ingredients:

3 eggs  
1 cup baby spinach  
1 tbsp chopped onion  
1 tbsp green pepper  
1 tbsp shredded Parmesan cheese  
Dash of salt and pepper

## Steps:

1. Preheat oven to 350 degrees. Coat muffin tin with non-stick spray.
2. Mix ingredients together and pour into tin.
3. Bake for 20-25 minutes.

Each of these beauties is only 45 calories a piece, so feel free to indulge! Plus, eggs are a great source of protein, and they make a person's hair shiny.



PHOTO BY RACHEL TIEDE

# #CheatEats: Apple Cinnamon Cookies

## Ingredients:

1 cup instant oats  
3/4 cup flour  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons ground cinnamon  
1/8 teaspoon salt  
1-1 1/2 tablespoons coconut oil  
1 large egg  
1 teaspoon vanilla extract  
1/2 cup honey  
1 cup finely diced red apple (about 1 medium)

## Steps:

Mix the dry ingredients in a medium bowl.

In a separate bowl, stir together the coconut oil, egg, vanilla and honey. Add the dry ingredients mixture and stir until just mixed. Fold in the apple pieces and chill batter for 30 minutes.

Preheat the oven to 325 F. Line a baking sheet with parchment paper.

Drop cookie dough in rounded scoops onto the sheet and flatten slightly. Bake for 13-15 minutes. ■



PHOTO BY TOBI CARTER





# In the Kitchen with a Foodie Professor

Lyn Dart is an associate professor and Food Management Program Director for the Department of Nutritional Sciences shares one of her favorite dishes: chicken tortilla soup.

**B**eing in the kitchen and cooking a meal for family and friends is one of my favorite things to do. For me, it's super relaxing and somewhat mindless – a nice break from the usual.

And soups are my all-time top of the list dishes to prepare, especially hearty soup dishes as the fall and winter months approach. They are nutritious and filling, easy to prepare and enjoyed by all. As a young girl growing up in San Francisco, I remember that soup was

always an essential and welcomed dish at the dinner table, particularly on those forever chilly and windy evenings.

I love trying new soup recipes from different cuisines. Amazing how many cultures have included soups throughout history as one of their main dishes. I especially like experimenting with different ingredients and adapting soup recipes that have been handed down in families for generations. Those are the best.

My adaptations tend to include

additional vegetables and legumes to max out flavor and also nutrient content. In keeping with the Texas tradition, I would have to say that my Chicken Tortilla Soup recipe is one of my favorites. This recipe is a hearty adaptation from the classical south-of-the-border dish. A little meat, a lot of vegetables, an array of tasty garnishes and just enough spiciness to keep it interesting. Enjoy!

CONTINUED on PAGE 31





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1. Add olive oil in a medium/large stock pot and lightly brown chicken pieces. Then, add onion, carrots, celery, red/green pepper, poblano, cilantro, and minced garlic and sauté vegetables with the chicken for 5 minutes.

2. Pour in chicken stock, crushed tomatoes, enchilada sauce, and season with chili powder, cumin, dried Italian seasoning. Bring mixture to a boil, then reduce to a medium heat and cook for 30 minutes-40 minutes.

3. Add zucchini, hominy and black beans to the soup and simmer for 10 minutes more until zucchini is tender. Add lime juice and stir.

4. Ladle soup into individual serving bowls and garnish with tortilla chips/strips, avocado, shredded cheese, sour cream and green onions.

5. Soup can be served with warmed tortillas filled with Pico de gallo salsa and shredded cheese. See below.

6. If you have leftovers, this soup also freezes nicely for another day.

**\*Baked tortilla strips:** cut flour or corn tortillas into 1/4 - 1/3 inch strips. Sprinkle lightly with salt or spicy salt mixture. Lay out strips on a cookie sheet and spray with olive oil. Toss until all tortilla strips are coated. Bake in 450 degree oven until tortilla strips are lightly browned.

**\*\*Warmed tortillas with Pico de gallo salsa and shredded cheese:** spread 2-3 tablespoons Pico de gallo salsa on a tortilla and sprinkle 3 tablespoons shredded cheddar or jack cheese on top. Roll the tortilla up firmly, cover with a paper towel and warm on a plate in the microwave until cheese just melts. Cut warmed tortilla rolls in half and serve with soup. ■



Photos by Michael Leah Assini

## Ingredients

3 pounds boneless chicken breast or chicken thighs, cut in bite-size pieces

2 tablespoon olive oil

1 large onion, chopped

6 medium carrots, peeled and sliced

2 cups celery, chopped

1 red bell pepper, chopped

1 green bell pepper, chopped

1 poblano pepper, chopped

4 medium zucchini, sliced

1/2 cup fresh cilantro, chopped

4 cloves garlic, minced

8 cups chicken stock

28 ounce can crushed tomatoes

2 (15 ounce) cans of enchilada sauce

28 ounce can white or yellow hominy, rinsed and drained

1 (15 ounce) can black beans, rinsed and drained

1 tablespoon chili powder

1 tablespoon ground cumin

1 teaspoon dried Italian seasoning

Juice of 1 lime

Crushed tortilla chips or thin baked tortilla strips\*

Sliced avocado

Shredded Monterey Jack cheese

Sour cream



# Topic: Study Abroad

## It's the experience of a lifetime

Story and Photo

By: Morgan Heinrich

Heinrich is a junior journalism major studying abroad in Australia.

Studying abroad is a once-in-a-lifetime opportunity that will open the door to people and experiences that would never happen while staying on the TCU campus for the semester.

Take a selfie with a kangaroo -- check. Ride an elephant in Bali -- check. Explore the Australian outback -- check. Make friends from around the world -- check. Snorkel in Australia -- check. Study abroad 10,501 miles away from TCU -- check.

Everyone's study abroad experience is unique, but how many people can say that they lived in a different country for five months?

The sports games, the late night Fuzzy's, the Greek parties and anything else that you might miss while you are studying abroad will still be there when you come home.

Those sports games you might miss will be filled with new athletic events in your country of choice. The late night Fuzzy's will be substituted with new delicious foods that do not exist back in the U.S. The Greek parties will be upgraded to wine tours on beautiful country sides.

Most likely never again will you have the opportunity to pick up everything, drop your responsibilities and spend months in a country

completely different than your own.

By studying abroad, you will become more marketable to future grad schools and future employers. Your new intangible skills will include independence, time management, social skills and self-confidence.

You will be forced outside your cultural comfort zone which will teach you more about yourself than you would have expected. You will see our country through an outsider's eyes. Your views may be challenged, but you will become a better person for it.

Why not study abroad? ■





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# Topic: On Campus

## But campus has a lot to offer

By: Lindsey Garrison

Lindsay Garrison is a junior nutrition major.

As a current junior, who is not able to study abroad due to major and minor requirements, I still feel as though I am getting the most out of my TCU experience.

Because I opted to stay on campus for the past three years and will my next year, I have been given the opportunity of working as an RA. This job is only available to students who physically live on campus and are willing to make a difference amongst their peers.

Because I never studied abroad in the fall, I never had to miss a football game- GO FROGS! Along with this, I had the awesome opportunity of applying for and training for Frog Camp, which is a process that happens throughout the spring semester. This allowed me to invest in the incoming students and consequently the future of TCU.

Also, by being on campus I was able to form roots in the city of Fort

Worth. Coming from out of state, it was important for me to find a new home in the state of Texas, so being present allowed me to get adjusted and settled into this new place I call home.

Being on campus every semester has maximized my involvement by allowing me to apply and maintain many different leadership positions as well as become a place I now call home. ■






PHOTO COURTESY OF BRANDY FRANK

Frog fountain glows purple after the annual tree lighting ceremony in the Campus Commons on Dec. 2, 2014. This year's tree lighting is slated for Dec. 1.

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