

IMAGE

VOLUME 47 ISSUE 3 SPRING 2016

Brain Pain

CONCUSSION REPORTS RISE AS PLAYERS LEARN
EFFECTS OF HEAD TRAUMA

University Next Door

Neighbors feel effects of rising
Frog numbers

Rx for Med School

Two schools join forces to build
Fort Worth's only M.D. program

Foodie Professor

An honors professor shares a
special cinammon roll recipe



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rachel tiede
editor-in-chief

With the start of a new year, people often make a new commitment to their health. Diets, lifestyle changes, and new exercise routines are common New Year's Resolutions.

Health is something I know I take for granted. As we were editing the stories for this IMAGE--the new medical school and the concussion conversation--I was reminded again what a blessing good health is.

But that's not to say that eating sweets is off-limits. Oh no. This issue's #cheateats is to die for. Nutella-filled pizookie--enough said. And our foodie professor shared his special family recipe for cinnamon rolls.

So while some people may say cheating on a diet or a strict exercise regiment isn't "perfect," sometimes perfect health is knowing the balance between the two. And here at IMAGE, we strive to bring you a good balance of the stuff you need to know, and the stuff that's just plain fun.

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5,000

estimated to have
attended the spring
concert.

2,000

IDs swiped.
IDs were only swiped
before the opener.

50

Student volunteers
from SGA, Frog
Aides, The End, and
other student orgs.

mackle(more)



) concerts

MICHAELEAH ASSINI / TCU360

Macklemore performs in the Campus Commons at the spring concert on Jan. 14, 2016. Xperience opened the concert.



Rx for Med School

After 3 months TCU, UNTHSC partner to build a medical school, the only M.D. program in Fort Worth.

By Danielle Moss

It started with a breakfast.

Dr. Michael Williams, the president of the University of North Texas Health Science Center, and Chancellor Victor Boschini met to discuss collaborating on a new medical school. The University of North Texas Health Science Center partnered with TCU to create a medical school.

UNTHSC has had an osteopathic medical school since 1970, but Texas law prohibits it from having an allopathic, or M.D., program. The health science center has been trying to establish an M.D. program since 2009, said Jeff Carlton, UNTHSC director of media relations.

According to About Education, the difference between allopathic and osteopathic is that osteopathic programs take more of a holistic stance on medicine.

TCU was interested in launching an M.D. program, but the cost of building a campus, like the Dell Medical School at the University of Texas at Austin, was daunting. The universities discovered that together they could reach their goals.

"Much of the groundwork already was in place, so the two leaders began to reshape and refine the plan once the collaboration seemed possible," Carlton said.

UNTHSC would provide its facility and expertise. TCU would issue the degrees. They would split the \$75 million startup cost.

"It did happen fairly quickly," Boschini said. "It was just because all the parts seemed to fall into place and they seemed like they were meant to be."

The universities called a press conference July 6 and announced their plans to have a medical school opened by the fall of 2018.

Physician Shortage

The push for a medical school comes as Texas, like the rest of the nation, is facing a shortage of doctors.

"There is a shortage of physicians nationally, and that shortage is even more acute in Texas," said Dr. Susan Weeks, the dean of the TCU Harris College of Nursing & Health Sciences.

There are about 43,000 physicians caring for about 23 million people, according to Texas Medical Association. In North Texas, the physician-to-patient ratio is 197.2 for every 100,000 citizens, said Chase Haller, an aide to Fort Worth Mayor Betsy Price. Haller said the national average is 226 physicians for every 100,000 citizens.

Texas medical schools are expanding, by about 2 percent this year, to try to increase the number of doctors, according to TMA. UT's medical school will accept its first class June 2016. TCU plans to begin in the fall of 2018. Edinburg, Texas, will graduate its first class of doctors in the spring of 2018.

The shortage of medical schools means there are more qualified applicants than there are slots, said Dr. Phil Hartman, the dean of the TCU College of Science & Engineering. TCU and UNTHSC are coming together to create a new medical school.

The venture between TCU and UNTHSC will lead to classes of 60 students, 20 of whom will be TCU graduates.

It will also put Fort Worth on par with other major Texas cities that have allopathic medical schools. Houston, College Station, El Paso, Lubbock, Galveston, San Antonio, Edinburg, Dallas and Austin all have M.D. programs.

Fort Worth also has medical resources for students.

"Fort Worth has excellent and underutilized clinical resources in terms of training physicians," Hartman said.





PHOTO COURTESY OF DALTON LAFERNY

TCU Chancellor Victor Boschini and UNTHSC President Michael Williams agreed to open Fort Worth's only M.D. program. The school is scheduled to open in 2018.

— Medical School —

TCU offers nine schools and colleges, but one thing that's lacking is an array of professional schools. A medical school was just the next course of action for TCU, Weeks said.

"This new collaboration became a natural extension of an interprofessional education partnership we have had with TCU's Harris College and the UNT Health Science Center for the past three years," Weeks said. The medical school is expected to open the fall of 2018, Boschini said.

"Plans are to take applications--if we get permission from our accrediting bodies--in the fall of 2017 for the entering class in the fall of 2018," Boschini said.

The medical school is expecting to have a full class of 60 students the first year it accepts applications because of the interactive curriculum.

The school will have an innovative curriculum that will attract students from across the country. The medical school will also be private, so it won't have to meet the Texas quota of accepting 90 percent of Texas residents, Hartman said.

The school is expected to have 240 students by the fourth year and will be accepting about 60 students each year, Boschini said.

"There is a committee on campus, led by Dr. Donovan, that is looking into every and all of these details," Boschini said.

TCU and UNTHSC are looking at other schools as examples of what they would like their medical school to look like.

"While the new medical school represents a unique collaboration between a public grad school and a private university, we definitely are looking far and wide at medical schools that are new or well established to determine best practices and organizational structures," Carlton said.

UNTHSC and TCU will also be looking at the UT Dell Medical School to learn about its plans, Carlton said.

The medical school will run just like every other college on TCU's campus. "The medical school will operate as another one of the colleges of TCU, similar to AddRan or Fine Arts for example," Boschini said. "It will have a dean who will report to the provost as with every other TCU college."

The four final applicants for the dean position each presented their plans for the medical school in January and early February.

Classes will be held on TCU and UNTHSC campuses, but they will be scheduled to minimize students' going back and forth, Hartman said.

"The fact that our two campuses are relatively close to one another will minimize travel time," Hartman said.

TCU and UNTHSC are aiming for their medical school to produce outstanding doctors for the future. The school will offer its students many opportunities.

"Medical students from this new school will have opportunities to practice a team-based model of care delivery alongside the other health professions students of TCU and UNTHSC," Weeks said.

The reputations of both schools will help shine light on the amazing opportunities the medical school will have.

"The excellence that characterizes TCU and UNTHSC will complement the outstanding clinical opportunities in Fort Worth to provide outstanding training for our students," Hartman said.

TCU and UNTHSC had to raise money to develop the medical school.

Boschini said various donors in Texas gave money to help make the school happen.

"Fort Worth as a city is supportive of the medical school's opening," said Hartman.

"The people of Fort Worth are both loyal and generous, which means they will embrace the medical school financially as well as in spirit," Hartman said.

The community is ready to embrace and support the new medical school, Haller said.

"Since the announcement I've observed an overwhelming amount of support from both TCU and UNTHSC, along with the support from those within the city of Fort Worth and the community," Haller said. "Both TCU and UNTHSC are thrilled to be embarking on this venture and the citizens of Fort Worth are proud that a top notch medical school will be located in their city."

TCU pre-med students are excited for the development of the new medical school, said senior biology major Ali Rafetto.

"I think it's a great opportunity for TCU," Rafetto said. "We have such a reputable pre-health program that it only makes sense that we have an affiliated medical school." ■



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PHOTO COURTESY OF DALTON LAFERNY

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Medical School

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[the university ne

The relationship between TCU and the
neighborhoods has had its rough



Nestled along the street are small, one-story bungalows with guest cottages in the back, built in the 1920s and '30s. Tree cover dapples the sunlight streaming through the leaves. On a chilly Monday morning, students make their way to class. Moving closer to campus, boxy, three-story townhomes with paved parking behind are more frequent. More walking reveals two-story homes, with stone and brick facades and that new-build polish.

A reminder of the not-so-distant past – a discarded Keystone Light can in a yard – also offers a clue into the area's recent history.

Since 2000, TCU's full-time undergraduate enrollment increased by 41 percent, from 6,069 to 8,586. Since 1995, it increased 64 percent, according to the TCU Office of Institutional Research.

As TCU grew, so did the number of students living off campus. Those students have driven demand for more housing, and investors have redeveloped and built to fulfill that demand. However, some neighbors are tired of the development boom and immature student neighbors.

Five, six and seven-bedroom houses filled with students who don't know the basic etiquette of living in a neighborhood frustrate neighbors. Tensions flare when these five to seven tenants – and their friends – park on the street.

"I knew that there was a zoo down the street, but that doesn't mean that I want a baboon walking in my yard," Paula Traynham, former president of the Frisco Heights Neighborhood Association located east of campus, said.

But the boom seems to be slowing down. The city of Fort Worth passed the TCU Overlay, changing zoning laws around the university to limit the number of unrelated tenants, mainly students, in a single-family home in 2014, in the hopes of slowing down development. TCU committed to capping enrollment at 10,000 students, halting the sharp increases seen in the past 20 years. TCU is also creating a Good Neighbor Program to educate

next door]

l the surrounding
ugh patches.



PHOTO COURTESY OF TCU PHYSICAL PLANT

The block of Lubbock and Loudon, the street behind TCU, in 2005 and 2014. Overtime the area changed from mostly single family homes to the parking lots and town homes currently in place.

students on proper neighborhood etiquette.

TCU students make up about 19 percent of the population around TCU, using data from the 76109 ZIP code that encompasses the area immediately surrounding the university. This is up from about 13 percent in 2000.

About 1,200 more students reside off campus now than in 2000 in a community – within the 76109 ZIP code – that has seen a 1,700-person population decrease in the same amount of time. The number of students living off campus increased by about 600 from just 2010 to 2012. With an increase in students, comes an increase in need for housing.

With an overall population decrease and student population increase, it's no wonder the area has changed.

Building boom: development comes to the area

Developers have been eager to fill that need. From 2011 to 2014, there were nearly 100 residential building permits filed and finalized in the 76109 ZIP code, according to the city of Fort Worth's open data portal. Of

these, most were new residences or duplexes.

There are 664 rental properties registered with Fort Worth in the area around TCU, according to the city's rental record.

Residents saw the development first-hand.

Russell Dumas has lived in the area around TCU in three separate decades, each a different snapshot.

He grew up in the Bluebonnet Place neighborhood south of campus in the 1960s, lived in the Frisco Heights neighborhood east of campus from 1982 to 1986 and now lives in the University West neighborhood north of campus since 2006.

He's seen the neighborhoods change from mostly families during his childhood in the '60s and during his time here in the '80s, to more student renters when he moved back with his family in 2006.

"Many of the people I knew, their houses aren't there anymore," Dumas said.

Frisco Heights resident Tim Latta said the neighborhood changed drastically since she moved in three years ago. About a year and a half ago two

stealth dorms, large homes or duplexes built specifically for students, were built next door.

"I can see the car port from my living room," Latta said, "and at night it's lit like a prison."

It's a huge difference from the lush green space that occupied the two corner lots before, Latta said, who was drawn to the neighborhood because of the mid-century modern house and the forest-like atmosphere in the backyard.

Latta's neighbor Mary Margaret Floyd, a 25-year resident, is in the same situation. Her home, mainly on the second story, nestled on a hill, used to feel like "a secret garden," Floyd said.

Floyd moved to the neighborhood because of the plentiful tree cover and the privacy to sit on her porch and enjoy nature in a bustling area. However, now only a thin veil of leaves shields her from the looming complexes.

From Floyd's porch, she can see the stealth dorm over Latta's house. Floyd said the attitude in the neighborhood changed from peaceful to hostile, constantly battling the city, developers

and zoning.

"I felt threatened," she said.

While she still loves her home and it's "still a retreat" for her, she is afraid that when it comes time for her or her children to sell her property they will have no choice but to sell it to a developer.

Traynham also saw this change in the heavily affected Frisco Heights neighborhood.

About seven years ago, a developer purchased a whole block of Lubbock Avenue, and wanted to turn it into apartments, said Traynham. The Frisco Heights neighborhood association organized and went back and forth on plans with the developer. They came to a compromise that, according to Traynham, neither party liked. The developer, who decided the block was no longer worth the investment, ended up selling the land to TCU. TCU demolished the houses, Traynham said, and the block is now commuter parking for the university.

"It wiped out an entire block of character," said Traynham. "There were some old, dilapidated houses, but also some well-kept and new properties."

Beth Bagwell, executive director of the International Town and Gown

Association that works with cities and universities to improve relations, said gentrification and change around the edges of universities is a national trend, and some communities enforce harsh measures to stop development.

For example, the city of Boulder enforced a residential unit moratorium on the University Hill area by University of Colorado Boulder, stopping residential uses in the area from August 2014 until March 2015. An ordinance to halt the expansion of student residential property to focus on more commercial development was passed after the moratorium expired.

The city of Fort Worth took slightly less drastic measures.

Students have lived off-campus for a long time, but the increase in students seeking housing and the new developments catered for them put neighborhoods "in a defensive position of trying to maintain their historic character," Dana Burghdoff, assistant director of planning for Fort Worth, said.

Traynham said even though developers followed zoning rules, neighbors felt taken advantage of because developers pushed the limits on what was acceptable in a neighborhood with single-family-style homes, with paved parking lots and towering three-story townhomes next to frame cottage

houses.

Investors saw a lot of cheap property that hadn't been maximized, said Traynham.

Investors Mark and Natalie Weimer said they took advantage of the Neighborhood Empowerment Zone program – which incentivizes new development in areas in Fort Worth, including the TCU area, with fee waivers, tax reductions and release from city loan collection – when they redeveloped properties, but have always been careful to follow city guidelines.

The couple owns 40 properties (including individual duplex units) around the TCU area.

Their redeveloped properties follow a five-bedroom model, with large common areas and top-of-the-line fixtures and appliances with the changing market in mind, said Mark Weimer.

"They're houses my neighbor would move in to," said Mark Weimer.

The Weimers can understand why neighbors are upset with new development, especially housing designed only for students. The Weimers have heard some properties have six or seven unrelated tenants, which is illegal by city zoning laws.

"We've been disappointed with the upkeep and the care of other developers' properties," Natalie Weimer said.

Mark Weimer said the couple got into the market early, but said many outside investors build not just around TCU but also in college towns across the county because off-campus housing is a stable investment, especially since the real estate market crashed in 2008.

The attitude towards the Weimers changed over the years, according to the couple, from ambivalence, to residents not liking their redevelopment to now residents preferring their developments to the alternatives in the area.

"I've been told, 'Man, we wish you



JUSTINE GRACE / TCU360

Tim Latta, shown here, sits in her backyard and says that her neighborhood has changed since she moved in three years ago.

were the ones next door,' by some residents" in comparison with some other investors in the area, Mark Weimer said.

Cookies and crawfish boils: living next to students

When neighbors moved to the TCU area, they were aware of some of the consequences of living next to a university: a little noise on the weekends, traffic during football games and a high concentration of young people. With the expansion of TCU's enrollment, some neighbors got more than they bargained for.

According to the Fort Worth police call log, there were seven parties or loud music reports and nine parking violations called in during June. In September, when students are settled in, there were nine parties or loud music reports and 32 parking violations called in.

Most residents noted trash, parties and parking as regular issues with student residents.

Martha Jones, a Wabash Avenue resident since 1988 and vice president of the Bluebonnet Hills neighborhood association, recalled an incident a few years ago with a fraternity crawfish boil next door to her.

At the end of the party, the students were passed out in the yard, Solo Cups littered the lawn and the discarded crawfish shells on the ground started to smell. Jones took the issue to the university, and the fraternity was punished.

Because the house is passed down from older to younger fraternity members, Jones gets a knock on her door each time a new group of students moves in. "They tell me that I won't have to worry about any crawfish," Jones said, laughing, "and to call them if there are any issues."

"I was mean for a while," Jones said. She said she would call the police

to report noise or parking violations, but didn't see much long-term or lasting behavioral change. Now when a student moves in, she introduces herself and gives them her phone number and a batch of cookies.

Despite Jones' and other neighbors' actions, some students believe there is a stigma against them in the neighborhoods.

"I think students are overall too loud. This creates a stigma against all students that we are all crazy parties," Meg Griffin, senior Spanish and political science major, said.

Griffin said she and her roommates take out the trash on time, keep up their yard and are never too loud.

Griffin lives in an older home in the Bluebonnet Place neighborhood. Older residents surround her and her roommates. They have a good relationship with their neighbors, and even made them cookies, a recurring theme in student-resident relations. The neighbors gave them a plant to welcome them to the neighborhood.

"Most of us are responsible, but it's hard to see that when you have a few houses around TCU that are constantly creating trouble," Griffin said.

"I would say we were reactive"

Those students combined with continuing development led to the debate

over and passage of the TCU Overlay. Debates over how many unrelated people could live in single-family homes were heated, and ended with a compromise. The city passed a zoning ordinance for the area immediately surrounding TCU, lowering the number of unrelated tenants from five to three, attempting to slow redevelopment and curb bad student behavior. The city hoped this would stop more stealth dorms from being built and lead to fewer students living in a single unit. However, existing properties remain unaffected.

Burghdoff said the issues with development around TCU were gradual, as the numerous developers made individual decisions to push the boundaries of legality. By 2013, neighbors called in enough complaints about developers and residents to motivate city council members to have Burghdoff and her staff research a possible solution.

The number of students living off campus increased by about 600 from 2010 to 2012, the same period when resident complaints peaked to move the city to action. In 2013 TCU opened two new residence halls, leveling the rate of growth.

The city reacted to resident complaints with the overlay zoning change-



JUSTINE GRACE / TCU360

Russell Dumas, with his wife Drucilla. Russell has lived in the area for three different decades.

es, but for some it was too late.

"The most distressing thing is feeling that we didn't matter to the university or the city," Floyd said.

"I would say we were reactive in addressing the overlay and the occupancy of a single-family home," Burghdoff said.

Cathy Ryan, a resident of Bluebonnet Hills located south of campus since 1984, thinks the overlay is beneficial. "Developers won't build any more of those giant things," she said.

The city also addressed issues with student parties. Beginning in October, police stopped issuing warnings and began strictly enforcing (arrests and fines) intoxication, loud noise, traffic and litter violations.

"Our footprint shouldn't get too much bigger": TCU solutions

From TCU's perspective, the growth in students living off campus should be slowing down.

The Board of Trustees capped enrollment at 8,500 undergraduate and 1,500 graduate students three years ago, TCU Chancellor Victor Boschini

said. "So, our footprint shouldn't get too much bigger."

This is all part of the Board of Trustee's vision to have "100 percent of the students who want to live on campus to be able to live on campus," Boschini said.

Since 2007, seven residence halls have been built and numerous older halls have been renovated to accommodate more students. The on-campus living requirement expanded to include sophomores in 2007.

TCU modeled this vision after Vanderbilt University, Boschini said, where 95 percent of its students live on campus, and seniors have to apply to live off campus.

At TCU, 49 percent of students live on campus. By fall 2018, 60 percent of students should be housed on campus because of the new Greek village, slated to begin construction May 2016, Todd Waldvogel, TCU associate vice chancellor for facilities, said.

In addition to the housing commitment, TCU began the process of creating a Good Neighbor Program in the winter of 2015, with landlords, administrators, neighbors and students

all contributing their solutions to improve community relations.

Bagwell said the International Town and Gown Association has seen this trend across the country.

Boschini said he thinks the relationship between TCU and the neighborhoods improved during his time here. He said you can see it in the increase of TCU flags flying outside homes and the number of curbs with house numbers painted purple or decorated with a Horned Frog.

Looking ahead

Burghdoff said the city is expecting and planning for future development around the TCU area. She said more development should come to Berry Street, as well as more multi-family developments near arterial streets.

When looking to the future, residents hope the university and the city will hear their voices. In general, they like where they live despite the change and would like to stay there.

"I'm a huge fan of TCU, but I'm a fan more so of the neighborhood," Floyd said.



JUSTINE GRACE / TCU360

Cars sit along a neighborhood street near TCU. Parking cars on both sides of the street, which is allowed in some neighborhoods around campus cause traffic problems for residents.

Head to

REPORTS OF CONCUSSIONS IN COLLEGE FOOTBALL HEAD TRAUMA BECOMES A CONCERN

By Matt Jennings

Facing third-and-one in opposing territory, TCU called a play for its star running back, B.J. Catalon. The Horned Frogs trailed by two

with less than a minute remaining against West Virginia on Nov. 1, 2014, and they were trying to set up a game-winning field goal. Quarterback Trevone Boykin took the snap out of the pistol formation and handed

the ball to Catalon, who cut left and squeezed between the guard and the tackle for two yards. First down.

Catalon had kept the Frogs in the game with his running while their passing attack sputtered in the cold



ASSOCIATED PRESS

Former TCU running back B.J. Catalon suffered the third concussion of his career Nov. 1, 2014 against West Virginia. He did not play again that season and declared for the 2015 NFL Draft. He recently signed with the Winnipeg Blue Bombers of the Canadian Football League.

o Head

FOOTBALL ARE INCREASING AS EFFECTS OF
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yards and two
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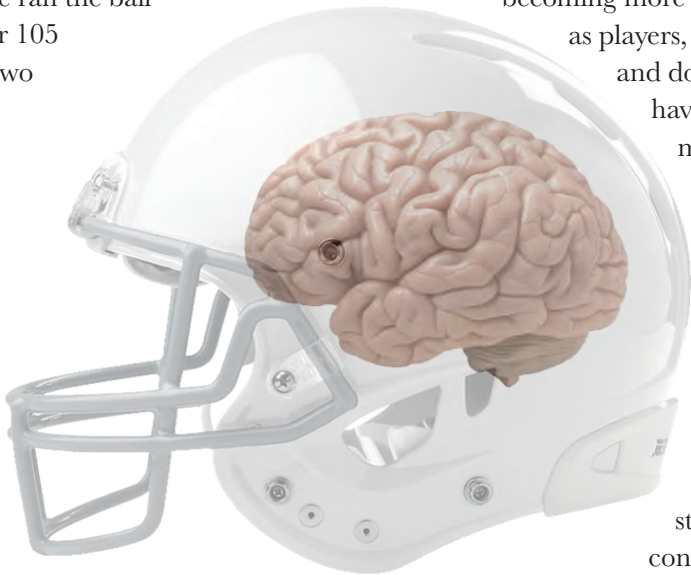
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career.

TCU
hurried to the
line and ran the
same play to gain a few more yards for
kicker Jaden Oberkrom. Boykin hand-
ed off to Catalon, who cut left again,
this time going around the left tackle.
Mountaineer safety Karl Joseph read
the play and flew forward as Catalon
came around the edge.

"I didn't even see him," Catalon
said.

Joseph hit him at full speed. Cata-
lon's head snapped back as the safety
flattened him. The junior had suffered
a concussion, his third since arriving at
TCU and the one that ended his days
as a college football player.

Career-ending concussions are



becoming more common
as players, coaches
and doctors
have become
more aware
about the
long-
term
effects
of head
trau-
ma. Yet
some
athletes
still hide
concussions
for fear of not
being able to play the

game they love.

College football programs are doing
more in recent years to protect play-
ers and keep them off the field when
they suffer concussions. The major
conferences now have a committee
to approve teams' procedures for
handling such injuries. Some believe
more should be done to hold programs
accountable to those standards.

Coaches and players are now more
educated about the risks concussions
pose. This awareness led to a signifi-
cant increase in the number of players
who reportedly suffered concussions
among the major conferences last

season - 128 compared to 78 a year
earlier.

Meanwhile, some players have made
the difficult choice to walk away from
football. They decided the risks for
their long-term health were not worth
trying to keep playing, even if that
means giving up the game they love.

'My Feet Weren't Under Me'

Catalon stayed on his back for a
moment after the hit. He felt dizzy and
dazed, like he had just taken a punc

He managed to roll over, push to his
feet and stagger to the sideline.

"My feet weren't under me," he
said, and when he got off the field he
immediately lay down as the athletic
trainers examined him. It was some-
thing he had experienced before.

He suffered two concussions in
2013. Each one sidelined him for a
week as he went through TCU's con-
cussion protocol. The policy requires
that a player be symptom-free before
starting the process of returning to
play.

Catalon was able to sit up after a
moment and join his teammates on the
sideline as they watched Oberkrom's

field goal sail through to win the game. After the game, he said he felt fine.

But this third concussion was different. His symptoms weren't going away as quickly. He suffered migraines that made it difficult to be around bright lights or loud noises, which kept him from traveling with the team.

'Lezzer sustained his first concussion of 2015 during two-a-days. But he didn't report his symptoms to athletic trainers because he thought he could play through them.'

He missed TCU's next two games against Kansas State and Kansas. He expected to return for the Frogs' Thanksgiving matchup with Texas,

nearly four weeks after his concussion. But when the Frogs went to Austin, Catalan stayed home, still trying to recover.

That can be the struggle for players who have had multiple concussions. Research shows that symptoms typically subside in seven to 10 days for most concussions. The effects can linger for much longer, however, especially in athletes who have previously suffered head trauma.

Former Boston College safety Christian Lezzer retired last season after sustaining five concussions over his football career, three in high school and two in 2015.

Lezzer sustained his first concussion of 2015 during two-a-days. But he didn't report his symptoms to athletic trainers because he thought he could play through them.

When he suffered another concussion during practice in September, he couldn't hide the pain anymore. His symptoms - feeling in a fog mentally, memory loss - were so severe they interfered with his life outside football too. And they were not going away.

"My memory was way off," Lezzer said. "My concentration was way off. I couldn't remember things. I remember I was walking to class one time, and I didn't remember what I was doing."

Lezzer reported his symptoms to the athletic trainers and revealed that he thought that he may have suffered another concussion earlier in the season. He sat out of practice while he waited for his symptoms to subside, not knowing when or if he would be able to play again.

Catalan finally returned to practice, but not for long. His migraines returned after one practice because of the strenuous physical activity. The team doctors then decided to make him sit out the rest of the season.

The tailback dealt with mood swings as he missed game after game. His biggest struggle was feeling isolated. He was not practicing, so he was not spending time with his teammates, some of his closest friends. He felt alone. All he wanted was to play, and he couldn't.

"It was draining," Catalan said, "because I didn't understand when I



JOEY MCREYNOLDS/TCU 360

Pictured above: B.J. Catalan played at TCU as a running back and suffered multiple concussions throughout his career as a collegiate player.

'It's really, really hard
for me to hang it up.
But it's for the best,
because in the end
it's just a game.'

- Christian Lezzer
Former Safety
Boston College

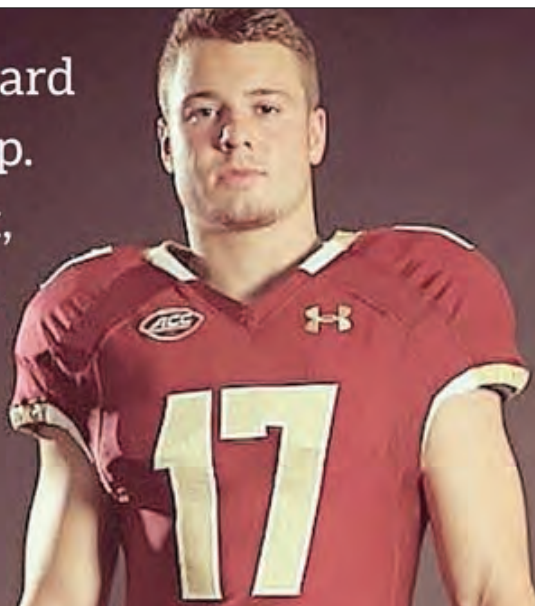


PHOTO COURTESY OF CHRISTIAN LEZZER

was going to be able to come back - if I was going to be able to come back.”

College football programs have become more cautious in how they handle concussions. They are trying to protect athletes like Catalon, and they are also trying to protect themselves.

Protocols and Pressures

The NCAA is facing lawsuits over how college athletic programs have handled concussions. Some former players are dealing with health issues such as seizures and depression after suffering concussions playing college sports, and they have argued that colleges were negligent in their treatment of athletes with concussions.

In response, the Power 5 conferences in college athletics - the ACC, Big 12, Big Ten, Pac-12 and SEC - voted in January 2015 to establish a Concussion Safety Protocol Committee. All 65 universities in those conferences must submit their athletic program concussion protocols to the committee each year to ensure they comply with the Concussion Safety Protocol Checklist.

The checklist applies to all sports and outlines procedures that programs must follow. For instance, athletes must go through tests to measure their balance and cognitive function before they can practice. Players suspected of having a concussion have to leave the game or practice and take those tests again.

The team medical staff can compare the results to see if there has been any change in the player's brain function, which would be evidence of a concussion. If a football player is diagnosed with a concussion, he is not allowed to return to competition or practice for the rest of the day.

The player has to pass concussion tests and demonstrate he is symptom-free before he can begin the process of returning to practice and competition. The process starts with light aerobic exercise and progresses to more rigorous activity, then non-contact practice followed by full-contact practice. If the player completes all of those steps and his symptoms do not return, he can be cleared to play, but only a team doctor can make that decision.

These procedures are in place because playing with a concussion can increase the risk of long-term health

issues such as chronic traumatic encephalopathy (CTE). CTE can cause dementia, depression and even suicidal behavior. If a player sustains another

'Some former players are dealing with health issues such as seizures and depression after suffering concussions playing college sports, and they have argued that colleges were negligent in their treatment of athletes with concussions.'

head injury before fully recovering from a concussion, he can suffer serious brain damage. It can even be fatal.

Some are concerned about enforcement of these protocols. The committee has no power to penalize programs

that don't properly follow protocol. Big 12 commissioner Bob Bowlsby said that's because some schools don't want that level of accountability.

"The fact is there are places where coaches are making return-to-play decisions and that's not right," Bowlsby told CBS Sports in early 2015. "It's not right for young people. It's not right from a competitive standpoint. It's the wrong approach to it. Those decisions ought to be vested in the hands of medical personnel singularly."

Bowlsby shares a concern with many that the competitive environment of college athletics could lead teams to jeopardize player safety for a competitive advantage. A 2015 study in the *Journal of Athletic Training* found that more than half of college athletic trainers and team doctors had been pressured by coaches to clear a player to return from a concussion before that player was ready.

In response to those concerns, the Power 5 voted in January to give school medical officials authority to make the final decision on when an athlete can return after suffering a concussion.

Scott Anderson, head athletic

trainer at Oklahoma, represents the Big 12 on the concussion protocol committee. He said he is not concerned that the committee cannot hand down penalties. Every athletic director has to sign an affidavit ensuring compliance with protocol, and athletic trainers and doctors have their own licensing boards to answer to when it comes to how they handle concussions and other injuries.

"We're already held to a higher standard," Anderson said. "So quite frankly, the NCAA and its penalties don't hold my attention, but my licensing and governing bodies do."

Even as athletic trainers and doctors keep an eye out for injuries, players can still hide their symptoms.

Playing Through Pain

Lezzer chose to hide his first concussion at Boston College. It would take a lot to keep him from playing. In high school he once suffered a broken collarbone, a torn labrum and a separated shoulder all in one play.

He came back to play the next week.

"I had such a love for the game and wanted to be out there with my teammates," he said.



Former West Virginia quarterback Clint Trickett retired from football after the 2014 regular season due to head trauma. He had suffered five concussions over 14 months and hid two from athletic trainers.

"In fairness to our training staff, they didn't know," Trickett told ESPN when he revealed he played while he had concussions. "I didn't tell them, so that was on me. If they would have known, they probably would have been more cautious about it, but I was trying to push through it."

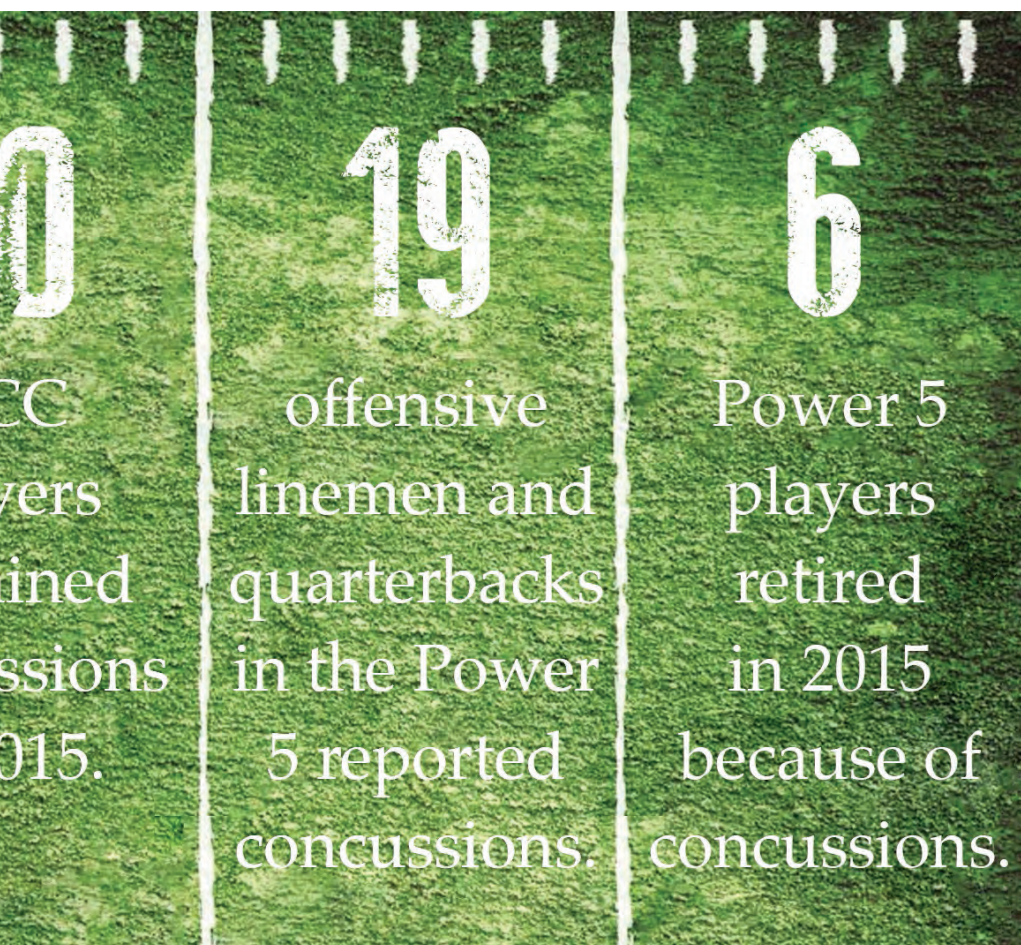
Two weeks after his second concussion in 2013, Catalon returned to play against Kansas State. He slipped and fell while returning a kickoff. He had trouble getting up because he was dizzy, possibly a sign that he still had symptoms, and a teammate had to help him up.

"But it wasn't so bad that I felt like I had to say something," Catalon



ASSOCIATED PRESS

Catalon said he still wants to play football. He intends to try out for NFL teams again in 2016.



said.

Such is the mindset of many football players. Before they can practice or play, all Power 5 athletes must sign a form acknowledging they have been educated about concussions and that they need to report any symptoms they experience. But that can be the last thing on a player's mind in the heat of a game.

When TCU played Oklahoma in November, Sooners quarterback Baker Mayfield suffered a concussion in the first half of the game from a hit by TCU linebacker Ty Summers.

Summers was ejected from the game for a targeting penalty because he lowered his head and made helmet-to-helmet contact on the play. Mayfield played the rest of the quarter. The athletic trainers checked on Mayfield while he was on the sideline. They removed him from the game after halftime, however, because he admitted he had a headache.

The quarterback said he didn't like the trainers' decision to take him out of the game, though he understood they were doing their jobs. Had it been his choice, he said he would have kept playing. He passed concussion tests the day after the game and played the following week against Oklahoma State.

Dr. Matthew Johnson, a professional counselor and sport psychologist who works in the TCU Counseling and Mental Health Center, said players choose to take those risks in part because their brains are still developing. The frontal lobes of the brain, which control decision-making, are still in their adolescent stage until age 25.

"All of us, as we go through that period from 13 to 25, we're more prone for high-risk behaviors during that time," Johnson said.

There are many reasons players don't report symptoms. Lezzer said

he was afraid of letting his teammates down. If he didn't play, what would they think of him?

Mayfield just wanted to keep playing. He had to sit out all of 2014 because of NCAA transfer rules after coming to Oklahoma from Texas Tech. He didn't want to be on the sideline anymore.

"Guys don't report stuff because you're in your spot, and you don't want to get it taken away," Mayfield told reporters.

Those are some of the many fears that players deal with when facing any injury, but especially concussions. They may lose a starting position. They may disappoint people. The team may lose if they don't play. They may not be able to play professionally - or ever again.

Johnson said those fears influence how players handle significant injuries. Their identity can revolve around playing their sport.

"It's like the death of a relationship," Johnson said. "Every athlete has a relationship with their sport because they've done it for so long."

"Guys don't report stuff because you're in your spot, and you don't want to get it taken away"

Baker Mayfield

Some believe athletes are starting to recognize the need to be open about concussions. While some players choose to hide head trauma, the number of reported concussions is up among the Power 5 overall as coaches and players have become more aware of the dangers of head trauma.

'You play because you love it. And to have that ripped away from you, it's really hard, and it's hard to grasp.'
- Christian Lezzer
Former Boston College Safety

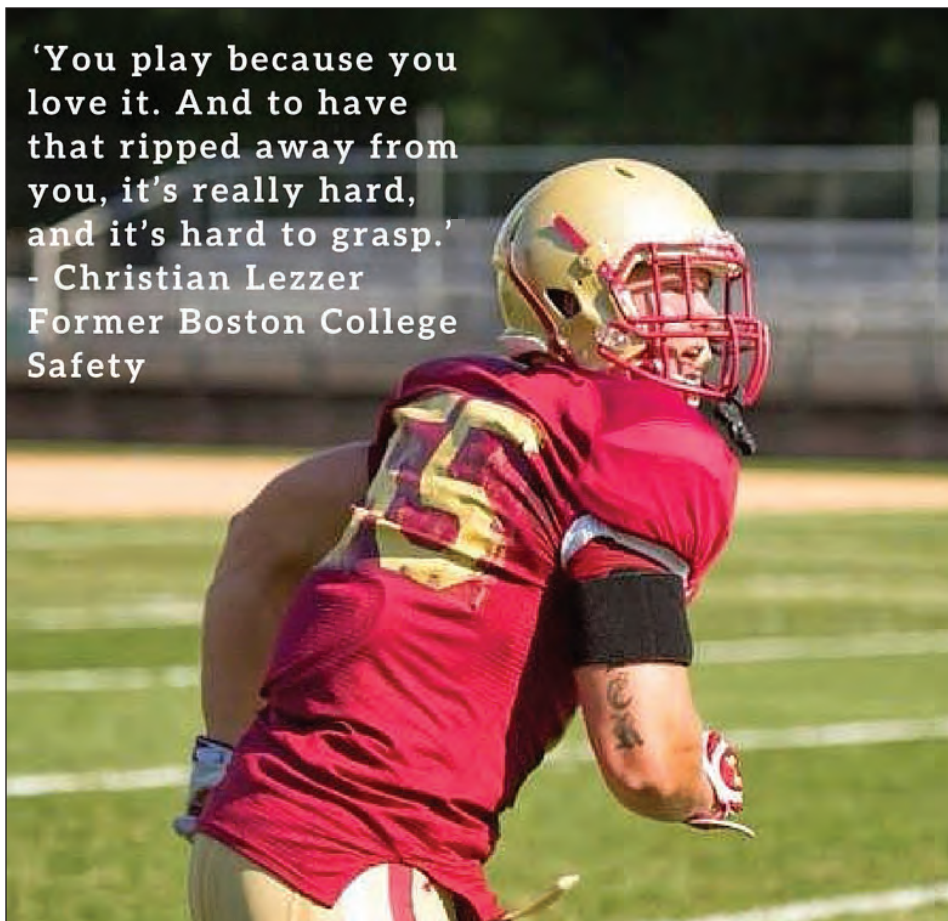


PHOTO COURTESY OF CHRISTIAN LEZZER

Former Boston College safety Christian Lezzer retired from football in October after his second concussion of the season sidelined him for four weeks. Lezzer did not report his first concussion to athletic trainers, and said he played through three concussions in high school.

Higher Awareness and Higher Numbers

The number of reported concussions in college football increased significantly in 2015 compared to the previous season.

According to a survey of media reports, 128 players among the Power 5 conferences sustained concussions last season. In 2014, Al Jazeera America reported 78 players suffered concussions among those conferences.

During the 2014 football season, the ACC had 15 reported concussions, according to Al Jazeera America, tied for second-most among the major conferences. The ACC had 40 in 2015,

the most of any conference.

That does not necessarily mean more players are getting concussions. Coaches, players and administrators have become more aware of the need to identify them, said Mark Coberly, associate athletic director for sports medicine at Iowa State.

"All of our coaches are educated and they know their responsibilities," Coberly said. "If they think they have a player that's exhibiting signs or symptoms, and they notice that, they would let us know."

Dr. Damond Blueitt, medical director of the Texas Health Ben Hogan Concussion Center, said the rise in reported concussions could also be a result of players and parents knowing more about the dangers of head trauma. He calls it the "fear factor."

"People are more aware of what repetitive concussions can do," Blueitt

said, "and they're kind of afraid to get a concussion."

Blueitt said that high school and college athletes and their parents are starting to report symptoms more because they know those dangers, which are even more serious if they don't take the time needed to recover.

That extends to teammates and coaches. Coberly said there were multiple instances in 2015 that Cyclone coaches and even players told the athletic training staff a player seemed like he may have concussion symptoms.

Increased awareness is critical, Coberly said, since doctors and athletic trainers can't watch every player for symptoms.

In the Power 5, offensive linemen and quarterbacks tied for the most reported concussions. Each position had 19 players who reportedly suffered concussions.

Blueitt said linemen usually suffer more head trauma than any other position. Linemen deal with numerous "sub-concussive" hits because their heads make contact with other players on most plays.

"Most of the time it's not these knockout plays that you see when a receiver comes across the middle and gets hit from the blind side," Blueitt said. "But [linemen] do hit every play, either helmet to shoulder pad or helmet to helmet."

Quarterbacks often suffer concussions because they don't see hits coming while they stand in the pocket, and don't have time to brace themselves, Blueitt said. With just one quarterback on the field for every five offensive linemen, quarterbacks actually suffer the most concussions per player of any position.

One of those quarterbacks was Syracuse's A.J. Long. Long was one of two players among Power 5 schools - along with Vanderbilt linebacker Nigel Bowden - who had to stop playing football in 2015 based on doctors' deci-

sions. Bowden is expected to play again in 2016, Vanderbilt head coach Derek Mason said.

'In the Power 5, offensive linemen and quarterbacks tied for the most reported concussions. Each position had 19 players who reportedly suffered concussions.'

Long was medically disqualified, which means he will not be able to play for the Orange again. He has announced that he plans to transfer and play at another school. He would have to be medically cleared by any program that tries to accept him, which has happened in the past with other players. Former TCU wide receiver Cam White was medically disqualified after multiple concussions. He transferred to Grambling State in order to continue playing.

For some, however, the risks of concussions are enough to make them give up football entirely.

Giving Up the Game

Six players in the Power 5 retired from football in 2015 because of concussions. Two retired in the spring: Michigan offensive lineman Jack Miller and Georgia Tech offensive lineman Nick Bringham. Four more retired because of concussions during the season, including Lezzer, Syracuse defensive

end Luke Arciniega, Georgia Tech linebacker Beau Hankins and Oregon State linebacker David Henry.

Lezzer never thought he would end up on that list.

"You play because you love it," he said. "And to have that ripped away from you, it's really hard, and it's hard to grasp. It's like you're in denial. You don't want to let go of that."

The Boston College training staff talked to Lezzer and his parents about the long-term health risks if he chose to keep playing. His parents were worried, he said, and they were not alone. Members of the Eagles' coaching staff told him that if he were their son, they would not allow him to play.

He decided to retire from football as a sophomore. He would finish his education at Boston College and go on to a new chapter in his life.

"It's really, really hard for me to hang it up," Lezzer said. "But it's for the best, because in the end it's just a game. It's not worth your long-term health."

Trickett wanted to stay around the game by going into coaching. He is now an assistant football coach at East Mississippi Community College.

"The more and more I think about it, I'm like, well, what I'm getting into, I probably need to have a couple brain cells left," Trickett told ESPN at his retirement announcement, "so it is for the best."

Catalon did not want to make that decision.

The running back declared for the 2015 NFL Draft because he knew another concussion in college could end his career. He went undrafted, and while he was invited to work out for a few teams, he didn't make a final roster.

He returned to TCU to continue working on his degree with plans to try out for teams again in 2016. In October, he signed a contract with the Winnipeg Blue Bombers of the Canadian Football League.

"I don't believe football is done," Catalon said. "I know I've still got some more in me." ■



ASSOCIATED PRESS

Former West Virginia quarterback Clint Trickett retired from football in December 2014. Trickett sustained five concussions over a 14-month span and hid two from athletic trainers.

CAMPUS LOOKBOOK: ©

Story and Photos by:
Hannah Kirkpatrick



Garrett Adair

Senior Entrepreneurial Management

"Tank top and gym shorts everyday! I know I'm far from being the biggest guy in the gym, but tank tops make it so much easier to workout rather than a shirt."

Alyssa Crouse
Senior Fashion Merchandising

"When I have class in the mornings, I usually just wear gym clothes so I can go to the gym right after class and not have to worry about going home. I'm a big fan of the 'ath-leisure' trend so usually when I buy clothes, it's workout clothes."



Adam Herrera

Senior Kinesiology

"Yes, I wear athletic clothes to class, because I like to exercise after or before class. Everlast clothing. It is a boxing clothing line, and I enjoy the fit!"

Gym Fashions

Kelly Fox

Sophomore Movement Science

"I don't have a favorite article of clothing; You'll always find me in Lululemon. I never wear a t-shirt to the gym because they're too thick and baggy."



Larry Perrin III

Junior Finance and Entrepreneurial Management

"I love to match my shoes to whatever clothes I am wearing just because I believe that it gives a clean put together look, and I love shoes."

Tyra Johnson

Senior Kinesiology

"Since I'm a kinesiology major, I definitely include them in my everyday wear. Usually I'll throw a loose fitting sweater or do a fleece with a scarf and a watch to look a little more put together."



Restaurant Review

KONA GRILL®

kitchen • sushi • cocktails



Where do you want to eat? A phrase feared by all, but answered by Kona Grill.

If you have ever tried to eat out with more than just yourself, then you know how difficult it is to actually choose and make it to a restaurant. Fortunately, the solution to this enduring problem lies at the corner of South University Drive and Crockett Street.

Kona Grill strives to provide its diners with a seemingly high-class dining experience, whether you want Asian, Italian or American food. The lack of specialization has resulted in the execution of a wide range of exceedingly average dishes.

There are a few dishes that stand out such as the refreshingly average BBQ Chicken Flatbread. The tang in

the sauce hits perfectly in the back of the throat gently cutting the richness of Gouda cheese. It elevates an American standard to a new culinary level.

Kona Grill's Atlantic Roll, and most other rolls, was good, not great. The fish lacked freshness and the plate was not wiped, but for half off at happy hour, I'll settle for middle of the road sushi.

Honestly, happy hour is the main draw of the establishment. A good portion of the sushi and eight main dishes are half-off, and there is a robust list of discounted cocktails to choose from. Groups can eat three different cuisines and have a drink for \$10. These deals make even average food taste better.

The restaurant portrays itself as sophisticated with an Asian American

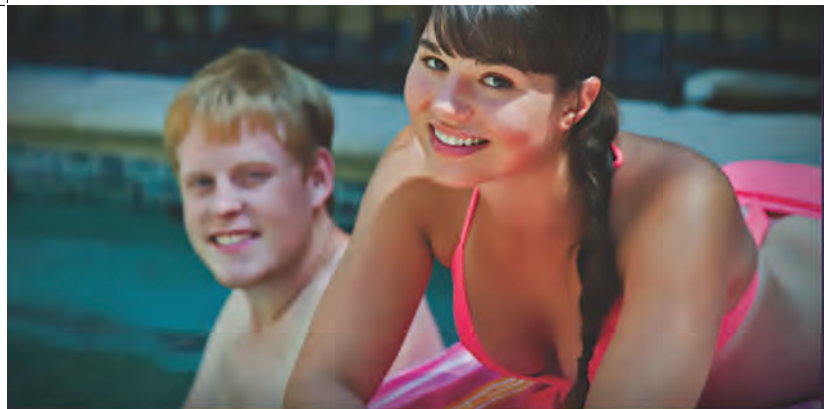
fusion themed environment. At Kona Grill you can feel comfortable in both casual wear and formal attire.

The rooftop terrace and heated patio space are perfect for both a night with friends or a first date. With the variety of different seating areas, Kona Grill offers whatever environment you desire. The large variety of menu items provides something for everyone.

The no-stress and high-class façade of Kona Grill compensates for the average culinary experience and makes a visit worth your while.

Food photos and story by Megan Stookey. Stookey is a junior food management major.

Photo of Kona Grill: Courtesy of Kona Grill



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FOODIE PROFESSOR:

PITCOCK FAMILY CINNAMON ROLLS

A specific cinnamon roll recipe has a special place in Dr. Pitcock's family.

By Ronald Pitcock

In 2001, when my family left the midwest for TCU, we “took” my parents’ only grandchild. They could no longer drive to see their grandchild on a 3-hour whim.

To maintain contact, once a month, my father would make these cinnamon rolls, drive an hour to the international airport in Indianapolis, and send the rolls by FedEx for next morning delivery.

INGREDIENTS

- **1 c.** liquid mixture of 1 egg at room temperature and water
- **1/3 c.** sugar
- **1/4 c.** canola oil
- **1 tsp.** salt
- **3 1/2 c.** bread flour
- **1 1/2 tsp.** quick rise yeast



GLAZE

- **1 c.** powdered sugar
- **6 tbsp.** milk
- **3/4 tsp.** vanilla



KELSEY RITCHIE/TCU360

DIRECTIONS

1. Mix the liquid mixture, sugar, canola oil, salt, bread flour, and quick rising yeast in a bread machine on the bread dough setting.
2. When the dough is finished, roll it into a large rectangle measuring about 18 inches in length. Shoot for a width larger than 10 inches. Cover the entire rectangle with slightly more than 1/3 cup butter. Spread 1/3 cup of sugar over the butter. Spread 2 tbsp of cinnamon over the sugar.
3. Roll the rectangle length-wise tightly to create a log. Cut the log into 1 inch segments and place them into a greased cake pan. Make sure the sides of the rolls do not touch. Cover the pan and let the rolls sit for an hour.
4. After an hour set the oven at 375 degrees and cook the rolls for 25 minutes.
5. When finished cooking, spread the glaze over the rolls.



KELSEY RITCHIE / TCU360

‘ The rolls always remind my kids of their grandparent’s love for them and make us thankful for family... no matter how far away they live. ’

Dr. Pitcock is a J. Vaughn & Evelyne H. Wilson Honors Fellow, Associate Professor of Professional Practice, and Director of Prestigious Scholarships of the John V. Roach Honors College. ■



#CleanEats: Lemon and thyme roasted chicken & potatoes

Ingredients:

4 teaspoons canola oil or olive oil
1 teaspoon dried thyme, crushed
½ teaspoon kosher salt or ¼ teaspoon regular salt
¼ teaspoon freshly ground black pepper
1 pound fingerling potatoes, halved lengthwise, or tiny new red or white potatoes, halved
4 small skinless, boneless chicken breast halves (1 to 1 ¼ pounds total)
2 cloves garlic, minced
1 lemon, thinly sliced
Snipped fresh thyme (optional)

In a very large skillet heat 2 teaspoons of the oil over medium heat. Stir ½ teaspoon of the dried thyme, the salt and pepper into oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice.

Stir potatoes and push to one side of skillet. Add the remaining 2 teaspoons oil to the other side of skillet. Arrange chicken in skillet alongside the potatoes. Cook, uncovered, for 5 minutes.

photos and story by: Kristen Weaver

Recipe from Better Homes and Gardens

Turn chicken. Sprinkle garlic and the remaining ½ teaspoon dried thyme over chicken. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170 degrees Fahrenheit) and potatoes are tender. If desired, sprinkle with snipped fresh thyme.



#CheatEats: Nutella deep dish chocolate chip pizookie

Ingredients:

½ cup light butter, softened
½ cup light brown sugar
⅓ cup sugar
2 teaspoons vanilla extract
1 egg
1 cup flour (light spelt)
½ teaspoon baking soda
⅓ teaspoon salt
½ cup dark/semi-sweet chocolate chips
⅓ cup nutella, melted

Here's how to make the pizookie:

Preheat the oven to 350° Fahrenheit. Line a 9-inch cast iron skillet with parchment paper and set aside.

Combine the butter, sugar and vanilla and whisk until creamy. Add the egg and whisk together to combine. Add the flour, baking soda and salt, and mix all ingredients until combined. Spill in half of the chocolate chips and spoon half the dough into the skillet.

Melt the Nutella for 30 seconds in the microwave.

Pour Nutella over cookie dough to 1-inch of the edges. Top Nutella with the remaining dough and sprinkle the other half of chocolate chips on top.

Bake for 25-30 minutes for a gooey pizookie, or cover over after 30 minutes with aluminum foil and bake for a further 10 minutes for a set cookie. Cool for about 10 minutes before serving.

Cut a slice, top with ice cream if you desire and die with happiness ■



Spring Break: Should You Stay or Should You Go?



travel by Kirsten Steger

Exploration. Relaxation. Service. Traveling for spring break offers a great opportunity for all three.

The idea of a vacation is to get a break from all of the responsibilities and stresses we have from school, and do something exciting and different than what you are normally used to.

Traveling is a great way to regroup and prepare to finish strong for the semester. I think it's especially important for college students to travel. Once we graduate, many of us won't have many opportunities to travel because we will be busy with our careers and families.

College is a unique time in our lives where we have responsibilities but not nearly as much as we will have in our future. We need to take advantage of these moments and make irreplaceable memories during our time in college. Traveling allows us to do so. It also allows us to learn more not only about ourselves, but also about the world around us. You can learn about different cultures and people while at the same time learning more about yourself. Traveling challenges us to try new things that we normally would not.

Many people worry about travel expenses. If you have a tight budget, you don't need to go that far to experience a great vacation. A destination that's only a few hours away, such as Austin or San Antonio, would be a great alternative. Even small towns offer a variety of fun opportunities to relax and unwind.

Another great reason to travel is to participate in service opportunities. Not only are you having new experiences, but you also are helping others in return. I believe that no matter how big or small the journey, any time you travel, you get something out of it. You learn, and you grow.

Kirsten Steger is a junior movement science major.



stay-cation by Jordan Cole

Traveling for spring break can get pricey and be stressful. Avoid the mess, and opt for a "staycation" instead.

As college students, our bank accounts always look more like GPAs than money values. Going on vacation for Spring Break – besides greatly damaging us financially – can weigh us down with stress and distract us from the adventures right in front of us. Opting for a staycation this year has many benefits.

For one, planning vacations away can cause a lot of unnecessary stress. The point of being off school is to relax, and we should take advantage of that break instead of creating elaborate travel plans. Planning local activities to stay occupied can make for a refreshing break, but traveling far can throw all sorts of situations at you that make the trip counterproductive. It can be just as fun to kick back right here in Cowtown.

Besides saving stress, a staycation in Fort Worth would not feel like "staying" at all. In such a huge, busy city, there is no shortage of activities for college students. From the Stockyards to Sundance Square to the Cultural District, you can practically travel around the world right here at home. Every part of Fort Worth is starkly different, so experience it in its entirety.

Yes, getting away from school and embarking on great adventures can be a priceless experience, but if you are not able to do so this year, the world will not end. Whether it be to save money for future trips, to save yourself the trouble of actually planning a vacation or just because Fort Worth is as foreign to you as any other city, a staycation can be a great choice. The most important aspect of spring break is making the most of what you have rather than where you go.

Jordan Cole is a first year secondary education major.



know your **IMAGE**

KELSEY RITCHIE/TCU360

Dr. Daniel Terry is the director of TCU FrogFolio. The program will host the AAEEBL Regional Conference on campus Feb. 29-March 1.

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