

IMAGE

VOLUME 47 ISSUE 4 SUMMER 2016

WHERE THE WEST (COAST) BEGINS

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TCU as the leading out-of-state
student population

History of TCU Baseball

The athletic program journeys
from the "TCU Diamond" to
Lupton Stadium

Inspiring Medicine

TCU's chapter of the Global
Medical Training program sends
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Good Karma

Donation-based yoga is
changing the exercise game in
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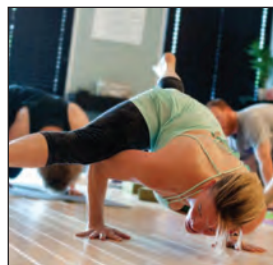
TCU students making a difference abroad.



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kaitlin helm
editor-in-chief

As spring graduation rapidly approaches, its close friends, reflection, and nostalgia have tagged along too. Looking back at my years at TCU, it has always amazed me how this university provides its students with thousands of incredible opportunities at any given moment.

Sometimes, it's embarking on a medical mission trip in another corner of the world and serving the global community in a way you never imagined.

And all the time, it's the chance to learn something new. To create something new. To live somewhere new. To become someone new, or maybe just grow into who you were always meant to be.

As for me, TCU has given this Pacific Northwest transplant far more than she could have asked for: a home, a forever family, and the best four years of memories. There's been no greater opportunity in my life than to be a Horned Frog, and I'll always be grateful.

Here's to taking the opportunities that come our way, TCU family. Go Frogs.

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students by the numbers...

CALIFORNIA vs TEXAS

has led every first year class in out-of-state population this decade.

1,019% increase in applications from 2003 to 2013.

At least 200 students in every first year class since 2011.

Only state with 2 regional TCU representatives.

California applicants: 2,511
Californians enrolled: 302
Female 199
Male: 103

Christian University has seen a rapid decrease in students from Texas compared to just a few years ago.

In 2008, 72.9% of first-year-students were from Texas.

75.1 % of the entire TCU student body consisted of students from Texas.

In 2015, 44% of the student body was from Texas.



CLAYTON YOUNGMAN/TCU 360

2016 PRESIDENTIAL RACE Political heavyweights Donald Trump and New Jersey Gov. Chris Christie bring presidential politics to Fort Worth with a campaign rally in February. Gov. Christie endorsed Trump in an announcement on Feb. 26 after dropping his own presidential bid on Feb. 10.

PAGE DESIGN BY MALIA BUTHE

Inspiring Medicine

by Elizabeth Campbell

The Global Medical Training Program sends TCU students on mission trips to third-world countries



PAGE DESIGN BY MALLA BUTHE

COURTESY OF ALEX SANDERS

It's been two years since three TCU students interested in health careers decided to look outside of the classroom to learn about medicine.

"We were all getting bogged down and defeated by the course load and the physical and mental demands of being pre-med," senior Alex Sanders said. "We needed something that was going to remind us why we wanted to be doctors."

Sanders, along with senior Garrett Sohn and now-graduate Zach Kosmatka, launched a TCU chapter of Global Medical Training (GMT), an international humanitarian organization that provides free medical and dental services to medically deprived communities in Mexico and Central American countries. To date, TCU's chapter has sent 80 students on five different medical mission trips, traveling to Nicaragua, Panama and the Dominican Republic. They have helped about 3,000 people so far Sanders said.

TCU-GMT is part of a growing trend among some undergraduate students who express their desire for a medical career by traveling abroad and assisting doctors who are bringing care to areas with limited access.

GMT founder Dr. Wil Johnson said he has seen an increase in students going on trips since 2004 and currently has about 1,000 students go on trips per year and a chapter at more than 40 universities in the U.S. and Canada. Maghan Knight, a global health volunteer program manager, and Amy Jordheim from Intentional Medical Relief both said they have also seen an increase in the number of students who go on their trips. This may be in part to more students using medical mission trips to boost their medical school resumes.

Applicants often use medical mission trips to show their fulfillment of two expectations - "Breadth and



COURTESY OF MIKAELA MILLER

Junior biology major Mikaela Miller went on two medical mission trips, both based out of Ensenada, Mexico.

Depth of Premedical Educational Experience" and "Motivation" - of the University of Texas Health Science Center at Houston, said Dr. Wallace A. Gleason, Jr., associate dean for admissions.

"My general impression is that applicants are participating in these activities more frequently, but I have no data to confirm that impression," Gleason said.

Dr. Paul T. White, assistant dean for admissions at Johns Hopkins University School of Medicine, said while students who go on medical mission trips aren't given preference, the trips are a way of showing "knowledge of clinical medicine, patient exposure and service."

However, these trips are limited for TCU students because of the university's study abroad policy regarding dangerous areas. Students are generally not allowed to travel to locations on the State Department Warning or Alert lists, but the growing interest in medical mission trips and the opening of the new TCU medical school have brought the issue into debate.

TCU Chapter of GMT

While on these medical mission trips, students serve as a kind of medical scribe for the doctors, Sanders said. Students talk to patients through a translator and try to figure out what the patients' symptoms are and for how long they have been going on. The students then make an educated guess at what is wrong and present it to the doctor, Sanders said. The doctor will tell the students if they are correct, maybe run some diagnostic tests and provide prescriptions to the patients.

Sanders said providing vitamins and supplements is another big part of the trip.

Sohn, who has gone on trips to both Nicaragua and Panama, said the trips are useful for helping students figure out if they really want to be doctors.

"I think GMT does a really good job giving that opportunity to students to really get some hands-on



COURTESY OF ALEX SANDERS

Pictured above: Members of TCU's GMT chapter at a clinic in Nicaragua. The program has sent 80 students on five different medical mission trips.

care and see what it's all about to provide medical care," Sohn said.

Both Sanders and Sohn have said the benefits of medical mission trips extend even further than just helping others.

Sanders said the part he talks the most about in interviews is how much he has learned from his nursing friends in the GMT program.

"When we get to collaborate, I've learned so much, not just how to treat the patients but how to educate them so they don't end back up in a hospital or in our clinic," Sanders said.

For Sohn, he said the biggest part was learning about the different cultures in the places he visited and learning from and about the people he helped.

"You see things that you would never see in the United States," Sohn said. "You really talk to them about their lives, their country and what the patient experiences growing up."

TCU-GMT is planning to send 35 more students to Nicaragua and Panama this semester, Sanders said. He said the group has grown from 10 students meeting in a tiny room in Winton-Scott Hall, to receiving emails daily from students interested in joining the program.

Sohn said he has also noticed the rising increase in students, and it's more than he expected when he started the program.

"It's been growing every single semester, which has been incredible," Sohn said.

The group is currently planning officer elections in the spring and looking for pre-health and nursing student representatives. Sohn said he is also looking into planning medical mission trips to both Peru and India in the upcoming year. Students who are interested in joining the GMT program can email Jill Fritchen, coordinator for the Pre-Health Professions Institute, at j.fritchen@tcu.edu.

The academic benefits of medical mission trips

Dr. Matt Chumchal, the president of TCU's Pre-Health Advisory Board, said there are many things professional schools are looking for in pre-health students. He said a few of those things they are looking for is students who took the right classes, got the right grades and have clinical experience.

TCU's pre-health program provides students opportunities for these by offering one-on-one pre-health advising—which is mandatory for first-year students and sophomores, and recommended for upperclassmen—and a clinical program with about 20 clinics and hospitals that students can visit to observe physicians, Chumchal said.

Chumchal said there is one more crucial thing professional schools are looking for: that students are getting into the profession for the right reasons.

"The right reasons, according to these professional schools, is that they have a desire to serve other people," Chumchal said. "So students have to show that."

Medical mission trips are becoming popular among TCU pre-health students as a way to show that desire.

Jordheim, who works at the International Medical Relief organization, said medical mission trips help provide already accomplished students a greater sense of focus for their specific future career field.

"I believe that participating in medical camps provides hands-on experience with dedicated professionals and they return with a sense of purpose," Jordheim said. "The experience gives students the ability to discuss specific reasons for en-

tering their chosen field with admissions committees."

Junior Mikaela Miller, a biology major on the pre-health track, has gone on two medical mission trips. They were both based out of Ensenada, Mexico, but the group traveled to different cities depending on the needs of residents.

"You can't just think, 'I am a rich American so I can help you. A lot of times, you can be causing more harm than good.'"

-Mikaela Miller

"I do think it's very valuable for pre-meds to have that experience," Miller said. "It's something that is rounding out my application and will round out others."

Both American and local doctors made up the group on the medical mission trip. On her first trip, Miller coordinated the children's ministry, and on her second, she was a patient assistant and helped show patients where to go. She said she also spent a lot of free time shadowing the surgical and gynecological suites.

"That's what made me decide I want to do medicine," Miller said. "That's been my driving force to move on."

One memory in particular sticks out for Miller. A little boy needed a cyst removed from his head, and the only thing

doctors could bring over the border into Mexico for pain was Advil and numbing shots, Miller said. The boy was scared, so someone had the idea to distract him with Angry Birds on an iPad.

"It was pretty neat that he was completely distracted and even laughing while a bunch of surgeons are cutting into his head," Miller said. "He was so fascinated by it!"

Miller said she hopes to one day be able to do medical mission work full time. She recommends medical mission trips for students who may be unsure of what they want to do in the future.

"The value of a medical mission trip for a student who is trying to decide what they want to do is—you can't even put it into words—it's just so life changing," Miller said. "It's good for you as a person and for you to be more mature in your decision for medicine."

Concerns about medical mission trips

Despite the benefits of medical mission trips, there are some downsides that students have to deal with. Miller said the biggest problem she sees is what she calls "the savior mentality."

"You can't just think, 'I am a rich American so I can help you,'" Miller said. "A lot of times, you can be causing more harm than good."

A prime example of this is what happened in Haiti after the earthquake when so many doctors rushed there to provide free help, Miller said.

"None of those people who went there to help had bad intentions, but to provide all this free stuff and then leave, this country has nothing left,"



COURTESY OF ALEX SANDERS
Pictured right: TCU pre-med student Garret Sohn checks the heartbeat of a young Nicaraguan boy.

Miller said. “Haiti’s healthcare system was just crushed.”

Miller said there are ways to make sure a clinic is really helping, such as charging for services and hiring locals to staff the clinic in order to make it more self-sufficient.

“You really have to build up the country, and you really have to take their needs and their desires into consideration,” Miller said. “If you’re able to discern a program that is doing real good, I would definitely recommend it.”

Sohn said he has noticed a different problem with medical mission trips. He said he was concerned about students who don’t always realize they are still learning and not fully qualified to provide all the care at a clinic.

“When we go over there, we’re not playing doctor for a week, we’re working under doctors, and doctors are overseeing everything we do,” Sohn said. “Sometimes, the line gets a little blurry for students who come back and say, ‘Oh, I played doctor for a week.’ That doesn’t sound so good.”

Sohn said he often reminds other students going on the medical mission trips to remember that they are there to help the doctors, not be the doctors.

This problem of pre-health students getting out of their depth is one that has some medical school admissions officers concerned. Paul T. White, Assistant Dean for Admissions for John Hopkins University School of Medicine, said most of the students with clinical experience enrolled at the school got that experience while in the United States instead of abroad because clinics outside the United States may not be as regulated.

“The AAMC [Association of American Medical Colleges] discourages students going abroad for medical exposure if the program does not tightly oversee the actions of the student,” White said.

According to an AMMC document



COURTESY OF ALEX SANDERS
Sanders with his first patient in the Nicaragua clinic.

that offers guidelines for students providing patient care abroad, “While many students have had beneficial experiences through involvement in patient care activities abroad, and services have been provided to people in need, the potential for harm and abuse in these situations cannot be ignored.”

“This is the way the world is going to be for a while. So I think exploring the world and understanding it is even more important.”
-Jane Kucko

It lists such negative consequences as a student who is unqualified accidentally harming a patient, getting into legal trouble with local authorities or a student being involved with a fraudulent company that is more

focused on making money than helping people. According to the document, it could even jeopardize a student’s medical school or residency applications if the student took on tasks that are beyond their training because it “could make you look unethical, unknowledgeable about the health professions, irresponsible to admission committees.”

Danger Zone

For some, the hesitation about going on a medical mission trip isn’t a moral concern but rather a safety one.

TCU alumnus Dr. Ric Bonnell has been trying to take TCU pre-health students to his clinic in Haiti. Bonnell has worked at the clinic since he helped found it in 2012, making at least four trips every year since. However, Chumchal said Bonnell has yet to be able to bring any pre-health students over.

“Dr. Bonnell wants to take students but can’t as part of an official TCU trip,” Chumchal said.

TCU’s study abroad policies are the reason for this restriction. According to the TCU study abroad website, “TCU will not permit travel to countries where travel warnings have been issued,” and for countries with travel alerts, “TCU faculty/staff/student groups are not permitted to travel in the designated area without prior written approval by the dean or appropriate vice chancellor.”

These travel warnings and alerts are issued by the U.S. State Department. A travel warning, according to the department website, is issued when they “want you to consider very carefully whether you should go to a country at all.” Examples of events that would cause warnings include unstable governments, civil wars, ongoing intense crime or violence or frequent terrorist attacks.

A travel alert, according to the department website, is issued when there are “short-term events we think



COURTESY OF GARRET SOHN
(From left to right): Robert Leonard (class of 2016), Garrett Sohn (Class of 2016), Zach Kosmatka (Class of 2015), Marshall Magill (no longer TCU student).

you should know about when planning travel to a country.” Examples of events that would cause an alert include an election season that is bound to have many strikes, demonstrations, disturbances, a health alert like an outbreak of H1N1 or evidence of an elevated risk of terrorist attacks.

Haiti has had a travel warning in place since Aug. 5 and a travel alert since Aug. 7. The alert is in place until April 7 because of an upcoming election in the area, according to the State Department website. The travel warning cautions Americans about “the poor state of Haiti’s emergency response network” and says the “medical facilities in Haiti, including road ambulance services, are particularly weak.”

However, according to the warning, “hundreds of thousands of U.S. citizens safely visit Haiti each year” and “reports of kidnappings have fallen off sharply” with only one kidnapping

reported in 2015. In addition, according to the same 2014 study from the Catholic Health Association, Haiti is the most popular place for people to visit on medical mission trips.

It’s changes in Haiti like these that have some students frustrated by TCU’s rule preventing them from going with Bonnell to Haiti. Miller said while she understands that TCU is responsible for the safety of students, she still thinks it would be valuable for students to go.

“It would be great if there was another way around it,” Miller said. “I think that would be awesome for TCU to go to Haiti.”

Sohn, who hasn’t run into any issues with GMT because the national leadership chooses the locations and gets them approved, agrees with Miller about the benefits of Haiti.

“Haiti would be cool,” Sohn said. “That would be an awesome place to go.”

Bonnell is not the only alumnus to have this problem.

“We definitely have alumni who are working in places on the State Department warning list, and they just can’t go as part of an official program,” Chumchal said.

According to Jane Kucko, the director of the TCU Center for International Studies, Bonnell’s insistence may bring a change to the rule preventing travel to anywhere on the warning list.

“He raised the concern to when and if TCU will ever re-evaluate that policy now that we have this new medical school,” Kucko said. “I suspect we will be having that kind of conversation.”

Kucko said this issue will likely be part of a larger conversation about safety and the global reality in which we now live.

“This is the way the world is going to be for a while,” Kucko said. “So I think exploring the world and understanding it is even more important.” ■

gold rush

Recent influx of California students changes out-of-state numbers and campus culture at TCU

by Dean Straka



PAGE DESIGN BY MALIA BUTHE

TCU junior Dominick Signoretto came to TCU from his hometown of La Quinta, California, hoping to experience an entirely new lifestyle in the state of Texas.

Signoretto's hope was largely realized. Located more than 1,200 miles away from La Quinta, Fort Worth is a change of scenery from the dry desert climate of the Coachella Valley in Southern California.

"I had narrowed my choices down to the University of Southern California and TCU, and I decided I really didn't want to live in downtown Los Angeles," Signoretto said. "I thought TCU would be a great fit, plus I have family nearby in Dallas."

Signoretto may have physically left California and all it encompassed, but he was in for a surprise upon his arrival to campus in Fall 2013 — 304 others had joined him in departing the Golden State to become Horned Frogs that school year.

"At first, I was shocked because there were so many Californians here. It's very ironic that here I left California for something new and the state essentially followed me here," Signoretto said.

The group of 304 Californians easily led the out-of-state charge among the 1,934 first-year students at the university that fall, beating second-place Illinois by an overwhelming margin of 227 students.

And by recent trends, it's not an anomaly.

California has become an unprecedented driving force in out-of-state admissions at the university. Its dominance has grown out of proportion, leading nearly every statistical category imaginable at the university when it comes to non-Texan students and applicants.

According to the TCU Office of Admission, California not only has the largest out-of-state population of the current TCU student body, but has also had the largest out-of-state population in every first-year class since fall 2009. Since fall 2011, each first-year class has had at least 200

students from California, most recently 302 in fall 2015.

Dean of Admissions Ray Brown said the explosion of the California student population at the university has been a trademark of a campus that has grown in so many ways this decade.

"It's been exciting. The influx has been a microcosm of what is going on [at] this university," Brown said. "We now have more Californians than any other school in Texas."

"They say Southern hospitality is a real thing in Texas and I agree. People hold the door open for you and want to speak with you here, whereas in California it's not the case all the time."

—Dominick Signoretto

The changes in application rates among Californians may be an even more remarkable statistic than enrollment rates. As recently as 2008, the university only received 563 applications from California students of the 12,033 applicants for the fall semester of that year. It only took five years for that rate to more than quadruple, as the university received 2,394 California applications for the fall 2013 semester from a pool of 18,549 total applicants.

In a broader picture, the California applicant rate at the university experienced a whopping 1,019 percent increase from 2003 to 2013, as only 214 applications were received from Californians for the fall 2003 semester.

Brown said the phenomenon of the

university's popularity in California can be attributed to many factors, but the biggest is likely national exposure from university athletics, particularly football.

"If you had to point to any one thing that began the shift, it had to be the Rose Bowl win in 2011," Brown said. "We were such an underdog playing Wisconsin and we beat them. The people of California were amazing to us during that week, and ever since then the California population at TCU has exploded."

According to data from the office of admission, the number of first-year students from California jumped from 148 in 2010 to 200 in 2011 following the Rose Bowl victory. Meanwhile, the total number of applications jumped from 14,079 to 19,166 in the same time period, a 36.2 percent increase.

Brown added that the desire to experience the Texas culture may also serve as an explanation for a rising interest of the university among Californians.

"The Californians we get here are ones that we sense have closer to middle-American values than maybe the traditional Californian may have," Brown said. "There are many of them for whom Texas may be interesting, but not off-putting."

Signoretto was one of those Californians intrigued by the way of life in Texas.

"They say Southern Hospitality is a real thing in Texas, and I agree," Signoretto said. "People hold the door open for you and want to speak with you here, whereas in California it's not the case all the time."

On top of those factors, Director of Freshman Admission Heath Einstein, a California native, said the state itself has played a role in the mass exodus of college students, particularly the condition of its public universities.

"A lot of students are choosing to leave California when in decades past they would have gone to a public university in California," Einstein said. "The schools are overburdened

and students are unable to graduate within four years, so students are going out-of-state where they know they are able to graduate in time and enter the workforce.”

Making it through California public universities in a timely fashion isn’t the only issue with the system. Brown said it has now become difficult for Californians to even get admitted into public universities within their home state.

“Even the best students in California are having trouble getting into the UC schools and Cal-State schools because of in-state versus out of state tuition. It’s probably easier for a Texan to get into one of those schools because they want more money from the out-of-state students,” Brown said.

With the ever-growing number of California students headed to TCU, the university has even sought to increase its presence out west by adding a second regional representative in the state.

“It’s sort of a chicken and eggs scenario,” Einstein said. “We realized more and more students were visiting from there, so we decided we

needed to have a bigger presence out there. We now have a Southern California and Northern California based regional representative.”

“It’s kind of odd. I left California to escape the culture and learn something new, and now it seems it’s being engulfed into the TCU culture.”

—Dominick Signoretto

The influx of students from California can also bring implications much larger than the state’s representation among the student body.

The university attempts to keep class sizes around 1,800 students. As Californians and other out-of-state students grow in numbers, it inevitably means a decrease in the number

of Texans at the university.

While Texas remains the leader by student population, the presence of in-state students has tumbled in the same time frame that California students have skyrocketed.

According to data from the office of admission, Texans made up 72.9 percent of first-year students and 75.1 percent of the TCU student body in fall 2008. By fall 2013, Texans only composed an estimated 46 percent of first-year students and estimated 60 percent of the student body.

Brown said the rapid decline of in-state students is a feat that very few admissions workers witness at any institution.

“The in-state student decline that we saw happen here in five years would be very unlikely for an admissions officer to see in a span of forty years at any other institution,” Brown said.

Some people such as Signoretto feel that the coincidental rise of Californians and decline of Texans has also shifted the culture of the university and surrounding community away from a traditional Texas

feel.

“It’s kind of odd. I left California to escape that culture and learn something new, and now it seems it’s being engulfed into the TCU culture,” Signoretto said. “People bring their clothing styles, music styles, and other tendencies with them. I see even more liberal views here since California is a more democratic state.”

It’s not just Californians that perceive cultural effects on and around campus from their presence. Adam Powell, a senior from Leander, Texas, said he has sensed the California presence on campus since he was a first-year student in fall 2012.

“I lived in Sherley Hall freshman year, and it seemed like nearly every person I talked to in the dorm was from California,” Powell said. “I talked to so many of them that went to all girls or all boys high schools, and that was something I had never heard of in Texas. Even seeing so many students skate-board around campus is something different.”

While some Texans at the university may take issue with students from a single state dominating the out-of-state student population, Powell said he has a unique perspective among Texans regarding the situation.

“I think it’s an awesome thing to see California’s influence grow,” Powell said. “Being from the Austin area, I’m from a part of Texas that has a more similar feel to California than the rest of it, so it’s neat having a culture here that I can sort of relate to. It’s interesting though people from the Dallas-Fort Worth area take it a little bit differently than



DEAN STRAKA / TCU360

California students create a new cultural effect on TCU’s campus

I might.”

Powell said while California students at the university bring their tendencies to Fort Worth, he feels the cultures of each place coexist rather than blend together.

“I’m a firm believer that diversity is always a good thing, but the California culture doesn’t mesh as clearly with Fort Worth’s culture. Billy Bob’s is not the kind of place that would be popular in California like it is here,” Powell said.

Powell said what does stand out are the large numbers of students flocking to venues in Fort Worth that may otherwise have been less popular among native Texans.

“Lots of students hang out at the coffee shop Brewed, which is very laid back and the kind of place you would find in California,” Powell said. “I think more students are spending time at places like Brewed

where they feel a connection, opposed to a place such as Ol’ South Pancake House, and I think places like Brewed do hinge on a diverse population at TCU.”

As the university strives for diversity, some may express fear that continuing to bring in so many Californians will hurt rather than help the cause. Einstein said the university is mindful of the numbers but does not see any concern at the moment.

“We look at the numbers, and if we ever saw a trend where the number of Californians alone was approaching that of Texans at the university then we might approach things a little differently,” Einstein said. “Right now we’re looking for the people that match the character we want to see in TCU students and can influence the campus in a positive way, regardless where they are from.” ■

PHOTO AND COVER PHOTO COURTESY OF BRYCE HUMMEL

Building Baseball History

from the TCU Diamond to Lupton Stadium

by Madeline Hamm

1901

1923

1950s

1966

1977

As TCU baseball players step foot into their newly renovated \$7.5 million facilities, it seems impossible that this same program was nearly dropped from the athletic department in 2000.

Before TCU baseball called the Charlie and Marie Lupton Stadium home, the baseball facilities, or “TCU Diamond” were located next to Amon G. Carter Stadium in what was formerly known as the Daniel-Meyer Coliseum.

The field consisted of a couple of bleachers, a small press box and restrooms and concessions that were located inside the coliseum. Not to mention the baseball locker room was located in the visiting team’s locker room.

Chuck LaMendola, play-by-play commentator and voice of the Frogs for the past 20 years, said “I wouldn’t classify it as a good high school field.”

The TCU Diamond had bleacher seating accommodating up to 1,500 fans and hosted 1,480 TCU baseball games over 41 years, according to TCU baseball records.

Today, this area is now the location of the Sam Baugh Indoor Practice Facility, Morris Practice Fields and the Bob Lilly Physical Performance Center.



TCU ARCHIVES

The first baseball team in 1901 wearing ADD RAN jerseys because the university didn’t switch to the name TCU until 1902.

TCU has had a baseball team since before the university moved to Fort Worth in 1896. In 1923, the team became a part of the Southwest Conference (SWC).

As Athletic Director Chris Del Conte puts it, the 1930’s through the 1950’s were the glory days of TCU sports.

“We were a power in all sports and competing at the highest levels during that time,” Del Conte said. “But, I think starting in the 1960s we had some time in athletics where we were really not as successful.”

For the baseball program, the most notable years were 1956, 1966, 1967 and 1994 when the team won the Southwest Conference titles. Some of the past head coaches included: Dutch Meyer, Frank Windegger, Garry Williams and Lance Brown. All of whom, current head coach Jim Schlossnagle said contributed to what the program is today.



TCU LIBRARY SPECIAL COLLECTIONS

1957 TCU Campus bird’s eye view. The year before, the Horned Frogs captured their first Southwestern Conference title since 1933.



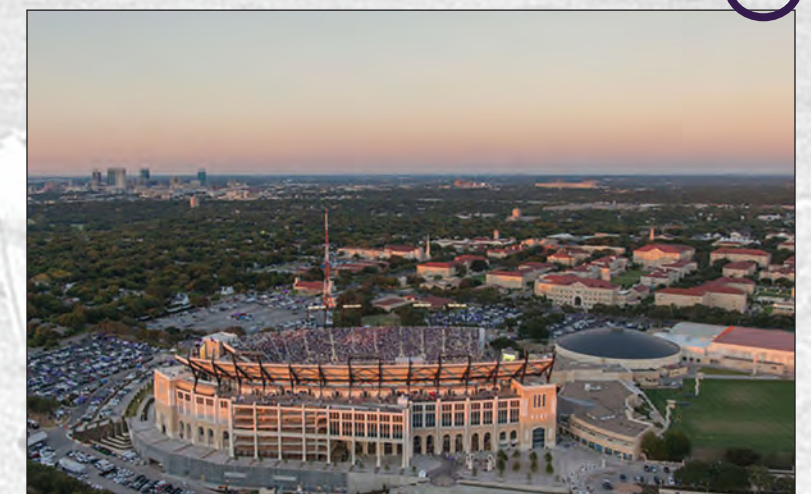
LINDA KAYE

The Frogs played at the TCU Diamond from 1966 to 2002. Lupton Stadium opened in 2003 to give TCU players and fans a new and improved baseball experience.



LINDA KAYE

The TCU Diamond in 1966, a year in which the Frogs won the Southwestern Conference title. TCU won five conference titles in 1933, 1956, 1966, 1967 and 1994. The conference dissolved in 1996.



LINDA KAYE

TCU Campus bird’s eye view. Recent improvements to the baseball stadium have included a new indoor practice facility in 2014.

PAGE DESIGN BY
MALIA BUTHE

summerIMAGE 16

summerIMAGE 17

1990s

However, before the baseball team became a success story, the team struggled in the late 90's to provide adequate funding and facilities.

Their troubles started when the Southwest Conference dissolved in 1996 and the athletic department needed to cut costs with sports that were not breaking even, which included the baseball program.

LaMendola said 1990's college baseball was very different than what it is today. It wasn't to the same profile and lacked the commitment, he said.

"The economics began to change when ESPN started broadcasting the College World Series and money started to come towards those programs," LaMendola said.

LaMendola said Eric Hyman, former athletic director during baseball's time of trial, told baseball alums, the program will only continue if they could raise the money to build the stadium.

Hyman could not be reached for comment and Frank Windegger, former TCU athlete, baseball coach and athletic director, did not want to comment due to "getting involved with politics."

"It was either going to be a full-fledged commitment or get rid of the program," LaMendola said.

Within about 90 days, the baseball alumni committee raised the funding needed to build the stadium. The athletic department then realized they needed to change their commitment to the baseball program.

The biggest question for the program after the conference split up lied in its identity, Del Conte said.

"The rumors were should we have baseball, or should we be the basketball Duke of the south," Del Conte said. "We were just trying to figure out what our identity is. When you're not wanted, it's similar to not being picked by the right sorority; you walk by that sorority on bid day going 'why not me.'"

The budgets, the sub-par facilities and lacking commitment to win across the board were some of the many reasons why TCU wasn't allowed in the league.

However, Schlossnagle said it was a blessing. It forced the administration, donor base and the fans to elevate things, including baseball program.

2000s



TCU ARCHIVES
Opening day of Lupton Stadium in 2003. To this day, fans sit in the grassy area beyond first base when the stadium fills up.

For the next two decades, TCU made stops in three different conferences: the Western Athletic Conference, Mountain West Conference and Conference USA. During this time of instability, head coach Lance Brown led the team to a school record of 517 wins and retired after the 2003 season.

"Lance was winning more games than losing with this terrible facility and very little commitment from the administration," LaMendola said. "Lance was quickly coming to a competitive disadvantage because how are you going to recruit an athlete away from Rice or Baylor if we are playing in this little tiny band box."

Lupton Stadium opened in 2003, replacing the TCU Diamond which was the Frogs' home since 1962. The original \$7 million stadium is a two-tiered complex with suites, offices, radio booths, press box, ticket office and home and visiting team locker rooms.

When TCU was a part of Conference USA, the athletic department hired Schlossnagle, previous head coach for the University of Nevada, Las Vegas, to be the head coach for the 2004 season.

"I toured the new baseball stadium like a fan and no one knew who I was," Schlossnagle said. "Six months later, I was the coach."

2010s

Since then, the program has made many appearances in the NCAA Baseball Tournament and three appearances in the College World Series since 2010.

"You give the coaches all the tools they need to be successful," Del Conte said. "This includes facilities, the right coaching staff and financial resources. Then you say 'you have everything you need, if you are not successful I will go find someone else that is because there is no longer an excuse.'"

Schlossnagle said it's a great opportunity that the program's success has equaled the administration's commitment.

"As we have done well every single summer or fall we have done something new to the stadium," Schlossnagle said.

Some of these improvements included a \$1 million project that expanded upper deck seating and shaded the party patios in 2010. In 2014, the construction continued by adding a \$3.5 million indoor practice facility said Ross Bailey, associate director of athletics for operations.



GOFROGS.COM
The current TCU baseball team. The Frogs are coming off two straight trips to the College World Series. As of March 30, TCU is 19-5 overall and 3-2 in Big 12 play.

2016

The most recent additions include a new locker room, classroom, team lounge, sports medicine center, equipment room and coach's office.

The next addition is to add a third tier of seating. The crowds have outgrown the stadium seating, Schlossnagle said.

The baseball team's recent success has helped provide additional funding for updates to the stadium. In terms of recruiting, Schlossnagle said to TCU360 that he expects the renovations will help with recruiting.

Even former TCU baseball player and current Cincinnati Reds relief pitcher Brandon Finnegan said that the baseball facilities at TCU are some of the best in terms of club houses. He later added that he is bummed he didn't get to experience the new locker room.

"Honestly, it's as nice as any big league clubhouse I've ever seen," Finnegan said. "They have their own kitchen, ping pong table, reclining seats and TVs."

Despite all the new modern amenities added to the stadium, the only remaining pieces of the TCU Diamond are the foul poles which were installed when the new stadium was under construction.

Del Conte told TCU360 in a recent article that the athletes' experience in the baseball program will be enhanced thanks to donations of TCU benefactors.

"This is not about 'keeping up with the Jones,' it's about making it to the final weekend of the College World Series," Del Conte said. ■

GOOD KARMA

Donation-based yoga is changing the exercise game.

By Beth Griffith

Finding inner peace can be pricey. A pair of Ululation Athletica's signature yoga pants may set "Luluheads" back \$100. A Manduka yoga mat, with a loyal following and reputation for its lifetime guarantee, durability, and slip resistance surface, can cost yogis \$124 for the limited edition version. Drop-in yoga classes at yoga studios in Fort Worth are leveling out at about \$20 per session, which can quickly start to add stress on the wallet.

You can even combine yoga with a getaway, but it won't be cheap. Between April 24th and April 30th, there's a six-night retreat at the luxurious Parrot Cay island resort in the Turks and Caicos with five days of yoga instruction. The cost? An easy \$5,746.

And in this age of celebrity, Pinterest, and Instagram, it is safe to say that yoga has something of a star status, with yoga teachers almost as recognizable as the Kardashians: The do-rag bandanna dotting Baron Baptiste. The Instagram-famous yoga girl Rachel Brathen. The cool-headed duo Sharon Gannon and David Life who taught Madonna and Sting.

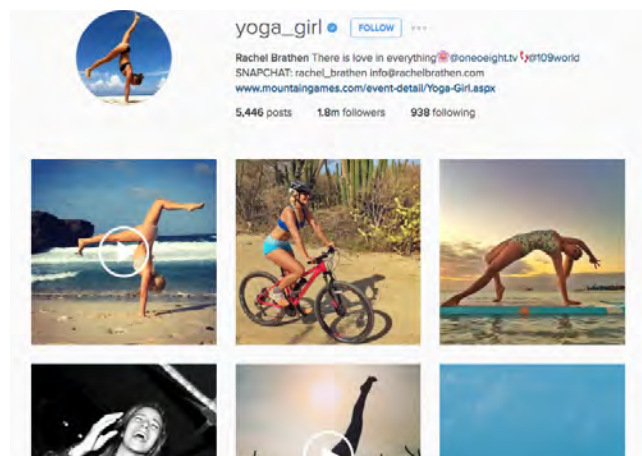
Surveys USA on behalf of Yoga Journal, showed that the number of people practicing yoga increased 29 percent from 15.8 million in 2008 to 20.4 million just four years later. The survey also concluded that the actual spending on yoga classes and products, including equipment, clothing, vacations, and media nearly doubled from \$5.7 billion to \$10.3 billion in the same time period.

Now, some yogis are saying "peace-out" to all of that. There's a growing resistance to the price, the pretentiousness, and the membership fees of mainstream yoga. Karmany Yoga, which opened its studio in 2011 on Hulen St., is at the forefront of the movement in Fort Worth, and is the only yoga studio with a donation-only, pay-what-you-can fee structure in the city.



PHOTO COURTESY OF KARMAN YOGA
FACEBOOK PAGE

A packed class at Karmany Yoga.



Yoga is a booming business

A 2012 survey, collected by Sports Marketing

The philosophy is on the front page of its Web site: "Simplicity and accessibility reign supreme ... we've stripped away the pretentious setting, pricey membership fees, and restrictive class offerings that often end up excluding those who could benefit most from practicing yoga."



PHOTO COURTESY OF KARMANY FACEBOOK PAGE

Yogis push into downward dog at a Karmany class in Fort Worth.



PHOTO COURTESY OF KARMANY FACEBOOK PAGE

Upside down: Donation-based payment plans are turning the yoga business upside down. These yogis are trying inversions at Karmany Fort Worth.

It's all about getting back to the basics, where members don't have to worry about having the "right" outfit, "right" answers, or "right" payment.

"So many people don't practice yoga or don't continue to practice because they can't afford it," said Elyse Calhoun, the manager of Karmany Yoga Fort Worth. "There's a lot of people who are really struggling and those are the ones that need it the most, so we offer yoga for whatever situation or place people are coming from."

A new approach to a traditional teaching

On a Thursday night, soft candlelight filled the clean and simple studio on Hulen Street as instructor Elyse Calhoun stood at the door letting people in. An empty cardboard box sat on a small table in the corner of the room. Some students dropped a donation in the box, some used small tablets to make a credit card donation, and some didn't donate at all. It's 100 percent anonymous.

Mats, yoga blocks, and blankets are set out a few inches apart. People are socializing, chatting about their dinner plans, work days, and upcoming events around town. Quiet music plays in the background. There's no opening "OMs" or chants. Calhoun instead starts with slow movements and deep breathing and then picks up the pace for a steady vinyasa flow. Yogis stay on their own mats, flowing and moving, as Calhoun helps members contort into difficult positions and encourages them to make cathartic HAA-sss as they exhale.

A priceless experience with value

Although it's the only donation-based yoga studio in Fort Worth, Karmany isn't the pioneer of priceless yoga. This "new wave" has been around for years and is popular in large cities like New York, Los Angeles, and Chicago.

Greg Gumucio, former student under the world renown Bikra Choudhury, revolutionized the concept of donation-based yoga in New York in 2010. At his studio, Yoga to the People, there's no glorified teachers or star yogis. You can't even reserve a time with a specific teacher. The only thing advertised about classes is the time and date. His manifesto is simple: "There will be no correct clothes. There will be no proper payment. There will be no right answers, no glorified teachers, no ego, no script, no pedestals ... This is yoga for everyone ... This power is for everyone."

"It's a really supportive community full of different kinds of people and positive energy."

Gumucio's business model relies on volume. Classes are mat room only and packed with a steady flow of vinyasas. According to the website, when a class is full, students are sent to another studio location and when that fills, they are sent to another. The idea, according to the website, is for the yoga to provide a service for people, not for profit. But the profit seems to follow the service. With three of his studios located in New York, two in California, one in Arizona, and others rising up across the country, it's easy to see why other studios are latching on to this idea.

From yoga in the park to simple, often crowded, and unadorned studios, donation-based or free yoga proves that yoga isn't about a pristine environment. Yogis can practice in any setting and sometimes holding a pose with a foot in your face can really bring people together.

Although classes are far from empty at Karmany, with around 20 to 25 students in attendance, students say the community is something far different from that of a traditional studio. Because of the pay-what-you-can policy there's a wider range of people. The stripped-down setting and price make yoga accessible to everyone, from old to young, novice to practiced, rich to poor

"You don't have to be any kind of certain way," said Maria Svigos, a student at Karmany.

"It's a really supportive community full of different kinds of people and positive energy."

"The fact that the studio is donation-based opens it up for a lot of different people and definitely brings down the level of hesitation to try new things," Svigos said.

Memberships at other local studios like The Yoga Project and Urban Yoga cost over \$100 a month, while Karmany costs you only what you can afford.

Being affordable for everyone and accessible to anyone is great, but it's a balancing act.

Teachers have to fulfill tandem goals of offering great, accessible and affordable yoga and paying bills. Those donations people place or don't place in the box before class are the funds that keep both the studio and teacher afloat.

"The donations are how we get paid," Calhoun said. "When people don't donate, we don't make any money, so it can be hard. But we'd rather people come every day and pay \$2 than only come once a week and spend \$15."

Who's to say what yoga is

Fort Worth rivals in the yoga world aren't taking offense to the back-to-basics movement, either.

"I don't really even have an opinion on [donation-based yoga]," said Jan Patterson, the Director of Operations at The Yoga Project in Fort Worth. "This is the only place I've practiced or taught, so I don't have anything negative or positive to say about it."

The donation-based model has its critics, though. When people can pay whatever they want, class size can increase. Detractors say when classes are too big, there's not enough focus on breaking down advanced alignments and poses or on correct breathing technique.

But Calhoun said she is confident in the opportunities for growth and community that the donation-based system brings. Calhoun works with people individually during class to foster a welcoming community with room for growth and says that the pay-as-you-go policy only encourages people to keep attending and improving. She shrugs off the skeptics with a slight smile as if to ask: who's to really say what yoga is or should be? ■



PHOTO COURTESY OF KARMAN Y FACEBOOK PAGE
Don't get it twisted: Karmany classes may be full, but they're friendly.

CAMPUS LOOKBOOK:

Story and Photos by Hannah Kirkpatrick

Page Design by Mia Carrera



Ian Hunt

Senior, Finance Major

"Historically, I have not been the biggest fan of the transition from cooler to warmer weather. Not because I don't like switching up my style, but because this weather change can also be a bit sentimental for me; it brings about the inevitable farewell to winter sports. I develop an attachment to my winter clothes because they remind me of two things I love: mountains and snowboarding."

Tori Sidell
Junior, Graphic Design Major

"I would describe my spring style as the love child of '70s bohemia and a '90s tomboy."



Annalise Kelly

Freshman, Biology Major

"My favorite thing to wear in the warm spring weather is dresses and rompers because it is an easy, cute look that does not require a lot of styling."



SUNNY WITH A CHANCE OF STYLE

Here's what students are wearing in warm weather:



Trent Allsup
Senior, Economics Major

"My favorite thing to wear in the spring is just t-shirt and shorts, simple and comfortable."



Kate Bould
Senior, Political Science Major

"I love to stick to whites, beiges, blush pinks, pale blue, light grey. I'm not usually your biggest fan of super femme trends so I just try to lighten my color palette a little bit. I really like more androgynous and structured pieces in the spring; because it has to be lightweight per the weather, it naturally adds a little bit of a feminine



Khang Nguyen
Senior, Fashion
Merchandising Major

"When the winter ends and the weather starting to warm up, I prefer to transition my style gradually. I introduced shorts as part of my every day looks and pair it with a light cardigan, but keeping everything in dark tones of color."

FOODIE PROFESSOR:

Scott Ferrell's Easy Veggie Chili

Looking for an easy recipe on a budget? Dr. Scott Ferrell shared one of his favorite recipes with IMAGE Magazine. Ferrell teaches voice in the TCU School of Music.

Story and recipe by Dr. Ferrell

INGREDIENTS

- 4-5** carrots sliced
- 4-5** stalks of celery, sliced medium onion, chopped
- 1 can** of corn
- 1 can** of black beans
- 1 can** of light red kidney beans
- 1 can** of dark red kidney beans
- 28 oz can** of tomato sauce
- 28 oz can** of crushed tomatoes
- 1 teaspoon** of chili powder
- 1 teaspoon** of cayenne pepper
- 1 teaspoon** of garlic powder
- 1 tablespooon** of oil

DIRECTIONS

- 1)** In soup pot, sauté veggies in oil and seasonings for 5 minutes, until al dente
- 2)** Pour in the contents of the drained cans.
- 3)** Simmer for 10-15 minutes
- 4)** Salt and pepper to taste

And it makes a LOT of chili. Feel free to add meat as desired. Add crackers or cornbread if desired. Spices are tame in this recipe, so some may want to spice it up a bit more, according to taste.

Bon appetit!

\$ Total cost of ingredients:
9.04



#Clean Eats: “Fresh Start” Smoothie

Ingredients:

1 cup spinach

1/2 cup coconut water

1/2 cup water

1 large banana

1 cup diced mango

1 tbsp almond butter

Optional (but do it): **1 tsp** coconut manna
(also known as coconut butter)

1) Put spinach, coconut water and water into a blender and pulse until smooth (aka until there’s no big leafy green bits. No one wants that).

2) Add banana, mango, almond butter and coconut manna to the blender and blend again until desired consistency.

3. Pour in a glass (or mason jar if feeling hipster) and enjoy!

Story and Photos by Kaitlin Helm

Try this tasty smoothie on those mornings when opening your eyes is a feat of industrial labor or any other time you need a fresh start. Sunshine and inspirational quotes not included.



#Cheat Eats: Healthier Chocolate Shake

Story and Photos by Kaitlin Helm

Darn right, it's better (for you) than yours.

Ingredients:

1 to 1 and 1/2 cup unsweetened almond milk

2 ripe bananas, frozen and cut into pieces

2 tbsps cocoa or cacao powder

1 tbsp nut butter of choice (I use almond butter, but you do you)

1/2 tsp of cinnamon

Optional add-ins or toppings: **1-2** dates, **1/2 tsp** of vanilla, frozen or fresh cherries/strawberries, hemp seeds, nuts, etc.

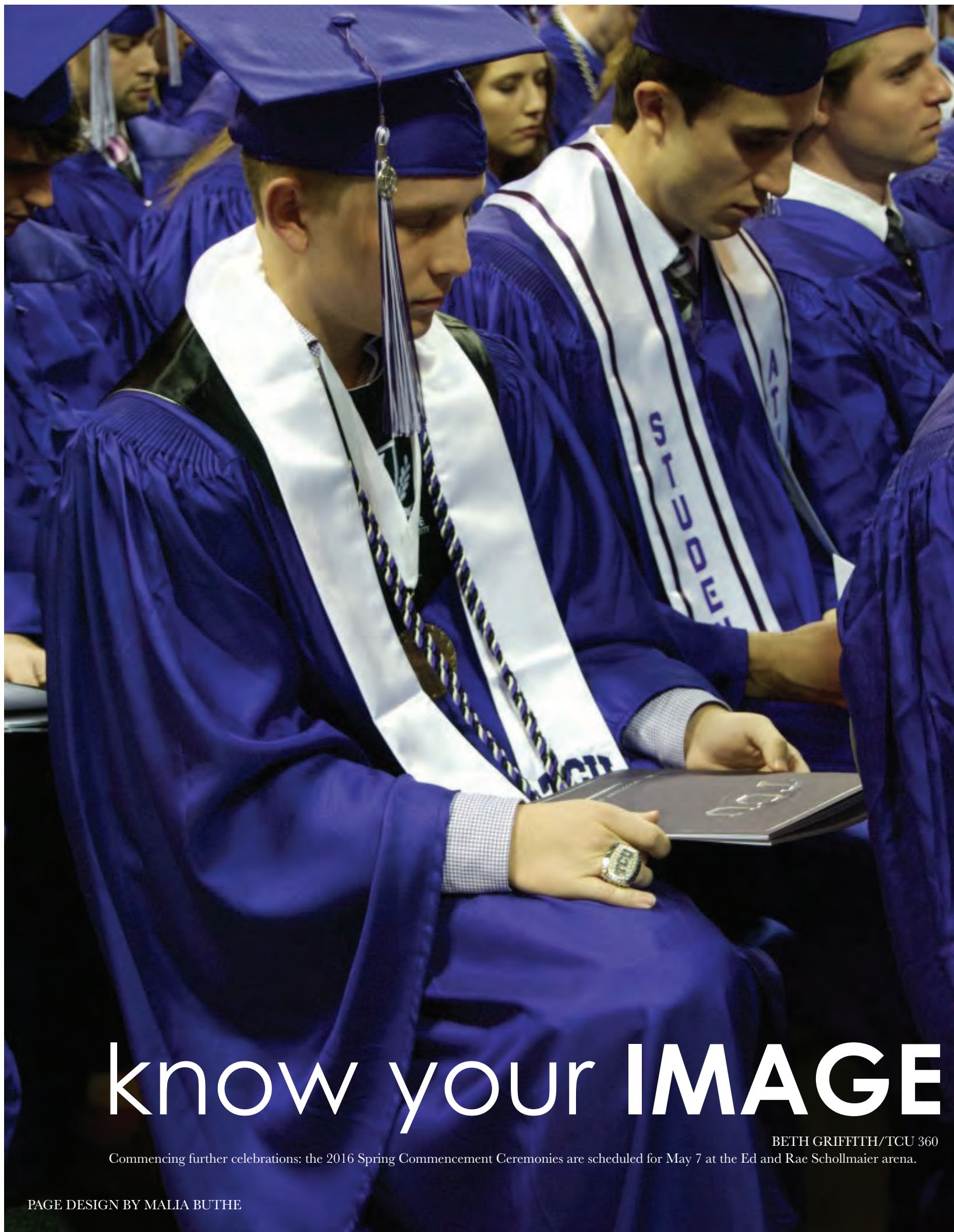


1) Add almond milk and bananas in a blender and puree until smooth. Adjust almond milk amount for your preferred milkshake consistency.

2) Add cocoa or cacao powder, nut butter, cinnamon and any other add-ins and blend to your heart’s desire.

3) Pour in a glass (or mason jar), sprinkle on toppings if feeling fancy and snap a photo of your creation.

4) Drink your milkshake and watch it bring everyone to the yard.



know your IMAGE

BETH GRIFFITH/TCU 360

Commencing further celebrations: the 2016 Spring Commencement Ceremonies are scheduled for May 7 at the Ed and Rae Schollmaier arena.

PAGE DESIGN BY MALIA BUTHE

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COLLEGE *of* COMMUNICATION

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Robert Bohler

Chair, Dept. of Journalism
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Kent Chapline