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CLUB TO EMPOWER
FREINDSHIPS
BETWEEN STUDENTS
AND COMMUNITY

A STUDENT MEDIA PUBLICATION OF TEXAS CHRISTIAN UNIVERSITY

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PHOTO BY ESAU RODRIGUEZ

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CAMPUS NEWS

FTDM offers new topics in production course on podcasting

By MADYSON BUCHANAN
STAFF WRITER, TCU 360

A new podcasting class in the Film, Television and Digital Media department was offered for the first time this fall.

The class introduced students to the growing medium of podcasting and offered them the opportunity to create their own podcasts to get their messages out. The topics range from famous movies to heavy music to celebrity fandoms and many more.

Students write, record, edit and distribute their own podcasts in the newly renovated digital media lab in Moudy South. The class, Topics in Production – Podcasting, aims to give students a greater understanding of the industry.

An estimated 116 million Americans listened to a podcast within the last month and approximately 80 million Americans are weekly podcast listeners this year.

“Podcasting is an industry that has seen consistent growth in recent years, particularly with listeners in the 18-34 age demographic. Its emergence into the mainstream media makes it a viable opportunity for students to consider as a career, post-graduation,” said Charity Robinson, an instructor in the Film-TV-Digital Media department and the instructor of the class.

Quality over content

The course is split into two halves. In the first half of the semester, students learn

the general aspects of podcasting and apply what they learn by analyzing successful podcasts so that they are able to begin the pre-production process of their own podcasts.

In the second half, the students spend their time on production and distribution. By Thanksgiving break, each student will premiere the first three episodes of their podcast using the Buzzsprout platform.

Tom Rossi, the CEO and co-founder of the industry-leading podcast hosting platform Buzzsprout, was one of the class’s featured guest speakers this semester.

Rossi spoke on the current state of the growing industry and explained how to review podcast analytics to learn more about the audience. Students learned that statistics like these can help inform production decisions.

Rossi suggested that students should focus on the quality of their content versus the download numbers in the early stages of development. The students were provided the opportunity to pitch their podcast to the industry expert and hear his feedback.

Content creators

Brandt Mealiffe, a senior strategic communication major, took Rossi’s advice to heart when deciding on the final topic for his podcast.

“No Mom, It’s Not Satanic!” focuses on educating the masses about what heavy music

is and debunking any misconceptions and false associations with Satanism. The goal is not to get people to like any of the music or the culture, but to get people to respect it, said Mealiffe.

For Jack Kotal, a senior FTDM major, his goal is to entertain his audience, not to educate them.

Inspired by Rossi and Professor Robinson, Kotal picked a topic he was passionate about: film. His podcast “The Film Pub,” will focus on a different movie each episode and for a fun twist, he and his co-host Donovan McGuire will share a drink that is featured in the movie.

Emily Dearman, a junior FTDM major, took on a similar idea. Her podcast “Sippin’ with Superfans” will feature her and a guest who considers themselves a “super fan”, discussing their favorite celebrity.

“For as long as I can remember, I have always been up to date with pop culture and celebrities and a self-defined super fan of many different people. I started thinking about what I would be excited to listen to as a super fan, and I got the idea of a podcast that interviews different fans,” said Dearman.

Other podcasts like Koron Davis’s, “Theory of Today,” touch on a more serious side, talking about the mental, physical and emotional demands of college and the toll it can take on students.

“This podcast focuses on alternative ways that students can conquer

the everyday obstacles they face by living in the moment rather than always worrying for the future,” said Davis.

Davis plans to bring students on the podcast weekly to discuss ways they have dealt with stress and to give advice on letting go of things that are out of one’s control.

The process

Students in the class collectively agree that while the class may be difficult, with some teamwork and Professor Robinson’s advice, the work is fulfilling.

“I find it challenging and rewarding to be able to build a platform to reach others. I have to be creative and produce good content, but that’s the fun in it,” said Davis.

Robinson spoke highly of her “creative and talented” students, and her students spoke of her supportive and reassuring nature.

Robinson encourages her students to pursue topics they feel passionate about and to measure their success not by data or downloads but by the quality of the content they produce.

“Some see success from 20 loyal listeners and others see it only with 20,000 followers. I will deem my podcast successful if I am continually having fun making it, have some loyal listeners and I am making someone’s day a little lighter and happier after listening,” said Kotal.



The Skiff

TCU Box 298050
Fort Worth, TX 76129
skiff-editor@tcu360.com
Phone (817) 257-3600
Fax (817) 257-7133

Editor LONYAE COULTER

Design Editor Kristen Pastrano	Chief Ad Designer Tatum Smith
Associate Editor Grace Morison	

Director of Student Media Sales and Operations
Leah Griffin

Director of Student Media
Jean Marie Brown

Chair, Department of Journalism
Uche Onyebadi, Ph. D

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Congratulations, COURTNEY ROBERTS!



Congratulations on your early graduation! We are so very proud of everything that you have accomplished. Know that we love you very much.

Memere and Pops



COMMUNITY

Funky Town Fridge donations help feed the Fort Worth community

By **ALLIE BROWN**

STAFF WRITER, TCU 360

TCU students can help stock the Fridge.

Vegetables, fresh, frozen or canned, infant formula, bottled water and peanut butter are among the items accepted according to the guidelines on Funky Town Fridge's website. Donations are accepted via Cash App at funkytownfridge. The food drive was organized by TCU social work students.

"Funky Town Fridge is a place where people can go and take what they need, no questions asked," said Jaylin Schraner, a senior social work major and member of the Student Association of Social Work. "There's no signups or shame behind it. It serves as an asset to the Fort Worth community."

There are two fridges in Southside Fort Worth, one fridge in the Polytechnic Heights (Poly) area and one fridge at the Goodwill on Campus Drive. Another fridge will go up in the Stop Six neighborhood soon, according to Richardson.

Funky Town Fridge is different than other food banks because it's open 24/7, there are no questions asked and the fridges are taken care of by the community.

A community takes care of a fridge by filling it and keeping it cleaned, said Funky Town Fridge founder Kendra Richardson. The whole process depends on communities taking care of each other.

The mission of Funky Town Fridge is to feed the people of Fort Worth and remove the stigmas and stipulations from getting food, Richardson

said.

Scarcity is a myth, according to Richardson. "We allow restaurants and businesses to throw food away on a daily basis while people go hungry," she said.

Richardson said if she sees people there shopping, as a matter of trust and respect, she just walks away and lets them do their thing.

There is no shame in needing food, she said. "We respect the time, dignity and humanity of those in need."

The fridges are painted by local artists to appear inviting and friendly and to let people know that there's free food available for them there, Richardson said.

The neighborhoods that currently have fridges also do not have grocery stores, Richardson said.

Fridges will be all over Fort Worth as long as



PHOTO BY HAEVEN GIBBONS

Funky Town Fridge founder Kendra Richardson poses in front of the Poly fridge.

people want the fridges and want to host them, she said. Anyone can start a community fridge if they want to.

The best way to help existing fridges is to donate food. Community members can visit

any fridge near them and donate whenever possible, as long as the donations are within the guidelines. People may also donate other necessities, such as toiletries and paper towels.

To volunteer to help with fridge maintenance, host a fridge or partner with Funky Town Fridge, contact funkytownfridge@gmail.com.

Congratulations, JOSEPH GUTIERREZ!



We are so proud of you, Joseph, and love you so much! Congratulations on this wonderful accomplishment, and on the many more to come! Much Love, Mom, Dad, Jake, Nicolas, Adrian, & Roman.

"The time we have for anything depends on how much we value it."

-Venerable Fulton Sheen

Congratulations, RYANN STRINGFELLOW!



We see that you have worked hard and know your efforts will springboard you into a fantastic new world. Now others will see what we already know; you are bright enough, and strong enough, to achieve even greater things. Be bold. Be courageous. Trust your heart!

Love,
Mom & Dad

CAMPUS NEWS

Final judgment disposes of all claims in discrimination lawsuit

By JD PELLIS
EXECUTIVE EDITOR, TCU 360

After 22 months of wrangling between attorneys, a lawsuit that accused TCU of discriminating against a group of students because of their race and gender has ended with the university not being held liable for any claims or charges.

District Chief Judge Barbara Lynn last week issued her final judgment ending a lawsuit.

The final judgment followed a settlement that was reached in mediation. The group of alumni and former graduate students claimed to be discriminated against because they are Black women.

“We are pleased to have reached a resolution acceptable to all parties and the court, as all parties are members of the TCU community,” said a university spokesperson. “We have respected the process and careful considerations by the court, which led to the dismissal of many of the claims and individual defendants.”

The former plaintiffs did not respond to a request for comment.

The lawsuit accused the now former Dean of the John V. Roach Honors College Diane Snow of physically and verbally abusing Destinee Wilson (formerly Jane Doe No. 1) during a month-long course in Washington, D.C.

Two plaintiffs joined the suit in April of 2020 and two more joined in June of 2020. All of the plaintiffs claimed they experienced patterns of discrimination and hostility by faculty while attending TCU as students that curtailed their education, according to the suit.

The plaintiffs were anonymous until Chief District Judge Barbara Lynn ordered in September that for the suit to continue, they had to reveal their identities. The claims from Ashley Sylvester (formerly Jane Doe No. 4) were dismissed in a September 2021 court ruling based on a statute of limitations.



Photo of TCU's Frog Fountain.

PHOTO BY ESAU RODRIGUEZ OLVERA

In October 2021, the university and plaintiffs (without Sylvester) decided to participate in an alternative dispute resolution that resulted in an official settlement

on Nov. 3, 2021, the terms of which were not disclosed. The final judgment made Nov. 18, 2021, put a close to the lawsuit and released the TCU

defendants of all claims, causes of action and theories of recovery made by the plaintiffs over the course of the suit.

**Congratulations to the STCO
December 2021 graduates.**

We will miss you!

*Department of Strategic Communication
Faculty & Staff*



BOB SCHIEFFER
COLLEGE of COMMUNICATION

Strategic Communication

Best wishes for your future endeavors.
We know you will do great things. Go Frogs!

Graduate Candidates for Graduation

Taylor Brianne Dye
Kendall Lynn Royes

Undergraduate Candidates for Graduation

Morgan Kristine Braitberg
Marleigh Anne Bunch
Ella Catherine Canfield
Koron Antwain Davis
Natasha Katherine Diaz-Escobar
Hannah Mae Geschke
Leah Katherine Goodrich
Ingrid Elise Kinney
Mackenzie Nicole Malasek
Lauren Michelle Mallette
Victoria Mason McDonald
Mary Elizabeth Morris
Sunnie Brooke Pekurney
Grace Elisabeth Pizzala
Kara Lynn Potts
Morgan Allan Seminaro
Gabrielle Nicole Struchen
Anna Kathryn Summers
Amanda Leigh Ventura

COMMUNITY

TCU Food Recovery Network resumes deliveries to Fort Worth community

By CAMILLA PRICE

COPY DESK CHIEF, TCU 360

In the parking lot behind Amon G. Carter Stadium, TCU Dining Services staff had wheeled out aluminum trays filled with sausages left over from the Saturday football game against Texas.

As she helped load in the food, senior dietetics major Kristen Nyampong worried not all the trays would fit in the backseat of her sedan — but more food to deliver is always better, she said, because “It’s going to people in need.”

Nyampong made her second delivery for the student-led TCU Food Recovery Network on Monday, Oct. 4, dropping off the trays and leftover Einstein Bros. bagels at the Union Gospel Mission of Tarrant County.

This year, FRN

volunteers will deliver more than 3,000 pounds of untouched food from campus dining facilities to people facing hunger in Fort Worth.

Every delivery of bagels, meat, rice and pasta, fruit or specialty food from football games makes a difference for the nearly one in five Tarrant County residents who do not know where their next meal is coming from.

“Anything that’s leftover and in good condition, we take!” said Maddie Jacobs, senior dietetics major and TCU Food Recovery Network president

FRN’s mission is two-fold: promoting sustainability and helping the community, said Maddie Jacobs.

FRN recovers this year will divert 2,500 meals from the landfill. Already, volunteers have delivered more than

800 pounds of food to two organizations that serve those in need, the Union Gospel Mission of Tarrant County and the Northside Inter-Community Agency in Fort Worth.

A new perspective

FRN volunteers said the experience of delivering food opened their eyes to the reality of hunger in the Fort Worth community.

“When I actually went on the deliveries, you can see it like visibly: the people you’re handing the food to, the people you’re helping in the communities,” said Jacobs.

Sophomore nutrition major and regular FRN volunteer Alexandra de Ghenghi witnessed the quiet devastation of food insecurity firsthand while working at a food bank near her home in New

York.

“There’s a little girl at the food bank over the summer that I was working with and someone had donated a bunch of Pop-Tarts,” said de Ghenghi. “We handed [them] to her, and it was like she had gotten the best Christmas gift in the whole entire world[...] It just hit me so hard.”

De Ghenghi vowed to take action against food insecurity when she returned to campus in the fall.

In Fort Worth, she delivers food every Friday from Market Square to Union Gospel Mission on East Lancaster Avenue off Interstate 35. Many of Tarrant County’s 1,200 homeless people live out of bags, tents and broken-down cars near underpasses and abandoned fields in the area, nine minutes from TCU’s campus.

“Just driving through that area... you can just see the copious amounts of homeless people,” said de Ghenghi. “It really is them who are having such issues because of course they don’t have that income, they don’t have a home, they don’t have kitchens to cook all their food, so really Union Gospel Mission is their only option.”

Union Gospel provides hot meals and sack lunches to people who are homeless, three meals a day, 365 days a year. In 2019, the agency served more than 230,000 meals.

FRN partnered with Union Gospel because the agency can accept the food no matter the amount and immediately

distribute it so none goes to waste.

Week by week, FRN can deliver anywhere from 100 to 1,500 pounds of food, said Robert Clethen, food services director at Union Gospel.

Students deliver the highest volume on the Mondays after football games, when TCU Dining Services recovers untouched food from athlete dining areas and gameday suites.

Jacobs said she hopes students who participate with FRN learn their actions make a difference for people in the Fort Worth community.

“Initially, it’s kind of heartbreaking, like to see the people that you’re helping and the communities that they live in. You don’t realize how close it is to home until you actually do it, and you’re driving five minutes away to drop off the food,” said Jacobs. “But then after a while, you start to see just how important it is just taking that hour out of your week to do something that is so easy for us but makes such a huge impact in the community.”

Deliveries paused during COVID-19

Last year, campus and local COVID-19 restrictions ground FRN deliveries to a halt in the midst of a hunger crisis across the state.

Between April 2020 and April 2021, weekly food insecurity remained at or above 24.8%, where one in four households in Texas lacked resources

to adequate food and proper nutrition.

As of last month, 21.9% of households in Texas are still experiencing food insecurity, according to data from the U.S. Census Household Pulse Survey.

“It was kind of a double hit because we were reducing the amount of food we were delivering, and there [were] more people who needed food,” said Jacobs.

Volunteers made just five deliveries in spring 2021.

While deliveries were paused, FRN student officers kept members engaged with the organization’s first-ever guest speaker series, featuring appearances from Union Gospel, food recovery nonprofits and sustainable chef Joel Gamoran.

Jacobs, the then vice president of FRN, organized the events to inform students about issues related to food insecurity and malnutrition and different volunteer opportunities.

“This issue is global — it’s across our country, it’s everywhere, so I think getting those organizations from all around the country was kind of impactful for our members,” said Jacobs.

FRN members also organized a plasticware drive to provide utensils for boxed meals handed out at Union Gospel, said Gina Hill, an associate professor of nutrition at TCU and the faculty advisor for FRN.

Even though students adapted to serving

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PHOTO BY CAMILLA PRICE

FRN student volunteer Kristen Nyampong delivers leftover gameday food and Einstein Bros. bagels to the Union Gospel Mission of Tarrant County on Oct. 4, 2021.

FOOD

From Page 6

in new ways during the pandemic, Hill said not being able to make deliveries took a toll. “It was a hard year for FRN because really our drive and our purpose is to obtain that food, recover that food and get it to people who need it,” she said.

This fall marks the first time since the start of the pandemic that volunteers could resume deliveries on Mondays, Wednesdays and Fridays each week.

Sodexo General Manager of TCU Dining Services Scott Majestic said the dining team is thrilled to have recoveries back this semester.

“We’re up and going again, and we’re super happy for that,” he said.

Food waste at TCU

TCU’s Food Recovery Network delivers untouched food from campus dining facilities, but food that students take but do not eat cannot be recovered.

In 2017, Hill found students tossed about 1,270 pounds of breakfast food from Market Square in just ten days — enough to provide more than 1,000 meals for people in need.

“That’s a place where most people can make a big improvement — just being mindful about how much they’re putting on their plates and being realistic about how much they’re going to eat,” said Hill. “It’s a big shame for food that’s perfectly usable to just be thrown away.”

Worldwide, the edible food wasted each year

would be enough to provide food for 2 billion people — more than twice the number of under-nourished people across the globe, according to the U.N. Food and Agriculture Organization.

The average American sends more than a pound of food to the landfill every day.

Hill hopes students who take part in FRN learn why it is important to watch their waste.

“It’s really easy to forget when we have food around us all the time... We want people to feel food is valuable,” she said.

Majestic encouraged students to reduce their waste by not taking too much food at one time.

“Come back for seconds, come back for thirds, come back for fourths — it’s fine. Just take what you can consume,” he said.

Next steps

This year, FRN will combine approaches from previous years to serve the community.

The organization will offer opportunities for students to deliver and serve food in addition to continuing the guest speaker series that proved popular with volunteers during the pandemic, said Jacobs.

Jacobs also seeks to diversify FRN’s student membership.

“In the past, our club has been largely comprised of nutrition majors because of the nature of the work... but also because that was kind of our target audience in the past,” she said. “We really wanted to reach out to others like sustainability organizations and anyone who is looking to

make a difference in the community.”

Jacobs encouraged students of all majors, backgrounds and experience levels to join the TCU Food Recovery Network through TCU Engage.

For those looking for more ways to get involved, here’s how the TCU community can take steps to reduce hunger in Fort Worth.

Hill encouraged students passionate about food to join the Tarrant County Food Policy Council, which includes working groups that discuss topics such as community gardening, food recovery and urban agriculture. She cochairs the Food Recovery Working Group: “Our efforts are really to try to reduce food waste in the county,” Hill said.

Volunteers can sort donations or prepare food at the Tarrant Area Food Bank distribution center on Cullen Street. “They’re always looking for volunteers, and they have many different types of opportunities too,” said de Ghenghi, who volunteers to cook food for the Mission Kitchen program twice a week.

Donate wish list items of food, clothing and cleaning supplies to Union Gospel, or help serve meals at the mission. “Students can learn about our program and what we do and help serve the community at the same time,” Clethen said.

De Ghenghi hopes more students will act against food insecurity and hunger in whatever way they can.

“It’s really important to me just because no one should ever be hungry,” she said.

Congratulations, ALLY LANGLINAIS!



Congratulations Allycat!

We are so proud of your accomplishments. You’ve had your challenges, but you overcame them with maturity. We have seen you smiling, crying, fearing, and stressing, but you always fought through everything with courage. Be limitless. Be fearless. Go confidently in the direction of your dreams and live the life you have imagined! Our proudest moments are telling others that you are our daughter. We love you!

Love,
Mom and Dad

CONGRATS PRE-HEALTH GRADS!

Delaney Bredehoeft
Kaylee Brunetti
Michael Crowell
Olivia Eberwein
Lauren Gorrebeeck
Tiffany Hang
Abigail Hawkins
Brian Hayashi
Tatum Johnston
Andrea Lopez
Kira Spiro
Jordan Zialu
Julia Rizzo
Jacqueline Shell



Pre-Health
Professions Institute

CONGRATS

Welcome to the alumni family.

The world needs visionary leaders like you. We know you'll take the perspective you've gained here at TCU and go out into the world to build a better future. Remember to never stop listening and learning.

***Go Frogs and Lead On,
Megan and Victor Boschini***

tcu.edu/commencement



I
DID

S, GRADS!



LEAD ON.SM

TCU[®]

CAMPUS NEWS

Top places to eat around Fort Worth

By **FRANCES WETHERBEE**
STAFF WRITER, TCU 360

The city of Fort Worth has a buzzing food scene that any Horned Frog can appreciate.

No need to travel to Dallas for foodie favorites and fancy finds when Fort Worth has an abundance of TCU classics and chains local to DFW. Local frogs and visiting families read below for food recommendations for any craving.

New to the scene

Zaap Kitchen recently established its newest location in the WestBend retail center, near University

Park. This Lao and Thai street food replaced PopBar popsicles with a completely new cuisine of traditional Thai noodle and soup dishes.

The crispy garlic wings, Lao green papaya salad and Lao fried rice are a few of the many signature dishes on the menu.

Pick up your favorite dish and a traditional Lao iced coffee for a lunch or dinner treat and sit at the WestBend public tables. Zaap Kitchen is open from 11:00 a.m. to 10:00 p.m.

If you can't come in, try delivery through the Chow Now app or call the Fort Worth location for pick up via phone or online order.

Lunch with a view

Press Cafe is a modern twist on coffee to cocktails, open for breakfast, weekend brunch, lunch and dinner. Go and grab an appetizer of choice after a bike ride on Trinity Trail or come with family and dog in tow for an evening meal.

The Trinity Trail location has full deck patio seating and two stories of indoor seating and bar. All outdoor seating is dog-friendly with a view of the start of the Trinity Trail.

Happy hour offers a more affordable option for drinks and appetizers Monday through Thursday from 3 p.m. to

5:30 p.m. and 8 p.m. to 10 p.m. on Mondays.

The Press Cafe menu includes a variety of American dishes including one of Texas's top 50 burgers, according to the Texas Monthly vote in 2016.

Cafe Modern is located inside the Modern Art Museum. It is temporarily closed due to COVID-19 restrictions but upon its reopening will offer an array of options.

Cafe Modern uses local ingredients to create seasonal dishes for both museum visitors and dining guests.

During normal hours, the cafe is open Tuesday through Friday from 11 a.m. to 2:30 p.m., for

brunch Saturday and Sunday from 10 a.m. to 3 p.m., and for dinner on Friday nights from 5 p.m. to 8:30 p.m. Visitors can sit in the dining area or at the bar with a view of The Modern's water and a grassy area containing the infamous metal tree sculpture in sight.

Hidden gems

Angelo's BBQ is located at the end of White Settlement Road near the Fort Worth Stockyards. Angelo's offers a change in scenery for a log cabin, local treat feel. For over 60 years it has been serving the people of Fort Worth and even offering to ship its famous BBQ meats.

Come in for poultry, beef, pork, flavored sausages and classic countrysides. Angelo's offers a full bar and beer selection menu. Order a quick bite to-go or sit and stay awhile in the animal-covered dining hall.

Angelo's is open Monday through Saturday from 11 a.m. to 9-10 p.m., depending on the day.

Circle Donuts is a must. With donut holes that could rival Krispy Kreme and kolaches to satisfy any Texan in need of the classic Czech snack, this small pastry store has it all.

Come to Circle Donuts for a morning treat or a
See EAT on Page 11

Congratulations, CASSIDY LIN!



We are so incredibly proud of you, and can't wait to see what the future holds! Never stop learning and growing!

Let your light shine before others.
Matthew 5:16

Love, Mama, Don, Rissa, & Connor



A guide to designing your graduation cap

By **Riley Knight**
STAFF WRITER, TCU 360

If you're an artistic type who has been planning your graduation cap since the day you received your TCU acceptance letter, you can stop reading now.

If you cringe at the thought of drawing anything other than a stick figure, don't worry — here's a step-by-step, foolproof guide to decorating your graduation cap.

So, to create a graduation cap that will rival the Mona Lisa, you will need a few materials.

Materials

You will need construction paper/ decorative paper, a hot

glue gun and glue sticks, scissors, a ruler, and paint.

Extra: jewels, glitter, stickers, markers

Of course, each cap will be different and personal to each graduate. For those who are struggling to come up with a design, here's a list of possible themes to get those creative juices flowing.

1. Pizza theme — Decorate your cap as a large pizza slice to symbolize the amount of Toppers you've consumed in your four years.

2. TV show theme — Proudly own your Netflix obsession by modeling your cap after your favorite show, which you may or may not spend hours binge-watching.

3. Current events theme — Nothing will remind you more of your wonderful senior year like dedicating your cap to what is going on in the news. Try a wonderful Donald Trump or Hillary Clinton theme — oh, senior memories.

4. Social Media handle theme — Rack up those follows while accepting your diploma by putting your Twitter handle or Instagram username in large letters. Bonus points if you actually gain followers.

5. Nothing — You can always go against the crowd by doing absolutely nothing to your cap. No decorations, no anything. Nothing says, "I'm over it, get me out of here," like a blank graduation cap.

EAT

From Page 10

cup of coffee.
This small business is open from 5 a.m. to 12:30 p.m. and will send you on your way with its classic white bags labeled “Donut worry, be happy.”

Quick frog favorites

Eatzi’s offers a variety of options including warm daily specials, fresh sushi, salads, soups and pasta. The garlic bread and cinnamon rolls are unlike any other bakery with an equal level of quality in the charcuterie options.

Eatzi’s market offers take-home items by the pound such as salmon or vegetable sides as well as daily themed specials. Pizza Fridays is a deal for \$12 house-made pizzas or one pizza, one salad and one bottle of wine for \$28.00 – a deal worth sharing!

Choose to sit on the covered patio and listen

to the Italian opera music or take your meal home, fully equipped with all the sauces and silverware one might need.

Dutch’s is a TCU fan favorite and has been a purple staple to the university restaurant scene. Its most recent edition, the Burrito Bar, gives students and burrito lovers a local twist on Chipotle-style Mexican food.

Burrito Bar has both patio and indoor seating, as well as easy carry out options.

Come in on Taco Tuesday for unbeatable deals, or order a traditional burrito, bowl or taco salad mix. Burrito Bar also serves up Tex-Mex breakfast favorites.

Local classics

HG Sply Co. is the perfect answer to a lunch or dinner spot if a member of the dining party has an allergy or intolerance of almost any kind. All items on the menu can be prepared

gluten or dairy-free. The beloved Fort Worth location sits on the river with a large outdoor patio and bar scene with an option of beautiful indoor dining. HG is Fort Worth famous for its delicious vegan queso and kombucha mule drink.

Choose from sandwiches, appetizers, salads or build-your-own bowls. Dine with your canine outside after a long walk along the adjacent trail or come in for brunch between 10 a.m. and 3 p.m. on Saturdays and Sundays.

Texas tacos

Torchy’s Tacos features crafty names and a lively scene.

With names such as the Republican, the Democrat and the Trailer Park, Torchy’s offers tacos made from scratch and keeps the menu updated with monthly specials featuring a few vegetarian and a wide variety of meat options.

While Torchy’s is not

local to Texas exclusively, it is beloved by the DFW locals, visitors and TCU Horned Frogs with two locations in Fort Worth. Their specialty margaritas and queso put them on the map for a must-visit.

Fine dining

Lonesome Dove is a perfect choice for a celebratory steak dinner.

Located in the heart of the Fort Worth Stockyards, the themed restaurant is easy to miss at first glance. Its small store front and boarded wooden doors make it blend in with the rest of the old west.

Its unusual appetizer options including kangaroo carpaccio nachos or rabbit-rattle-snake sausage set this steak house apart from others for its menu alone. The restaurant is closely themed after the novel, Lonesome Dove.



PHOTO BY FRANCES WETHERBEE
Eatzi’s famous logo store front sign.



PHOTO BY TCU STUDENT MEDIA
Torchy’s specialty queso dip.

Congratulations, AMANDA LEIGH VENTURA!



Congratulations Amanda! We are so proud of you. If you remember to be true to yourself, do what you love, work hard, stay focused on your goals, and be open to taking chances you will find success and happiness in your career.

Love,
Mom, Dad, Sophia, and Ryan

Congratulations, PATRICK C. KURCZ!



Congratulations Patrick, Happy Graduation! A fast 4 years with lots of learning, adventures and friendships. I'm so proud of your accomplishments and looking forward to your bright future.

Cheers & Go Frogs!

COMMUNITY

The power of Bingo brings the Fort Worth community together

By **LEAH BOLLING**

STAFF WRITER, TCU 360

Four TCU students created the club “Bingo in the Park” with the mission to build empowering friendships between students and people in Fort Worth experiencing homelessness.

“Bingo in the Park” was established as an official club at TCU during the Fall 2021 semester by Charlie Newsome, Tatum Smith, Peter Donaldson and Josie Schoonover. The group meets every Friday at 9 a.m. at Oakland Lake Park in Fort Worth.

Newsome said that when most people think of service, they think of providing something that is physical. “Where we come in is we try to go

even farther and provide some sort of emotional and mental service, and we do that by creating a community that allows for empowering relationships to take place,” Newsome said.

Newsome said that the people they serve may have been told in the past that they are lesser beings, not worthy of being included in society or having uplifting relationships, and “Bingo in the Park” works to build those relationships and celebrate people for who they are.

“Relationships are a two-way street for both people,” Newsome said. “I think people who have developed relationships in bingo feel a genuine love and care for the other person and that’s the reason why people

come every week.”

Smith said that the club provides people experiencing homelessness with something that is consistent. Many of these people face uncertainties such as a steady income, reliable family, or place of living, but they can always count on their “Bingo in the Park” friends every Friday morning.

“You realize, oh we have shared interests, and we have good days and bad days and we’re really not all that different,” Smith said of her experience with the club. “We had in our head that there was just like a huge ocean of difference between us when really that’s not the case.”

It’s also been a way



PHOTO BY LEAH BOLLING

TCU students build relationships with people in Fort Worth who are low-income or experiencing homelessness every Friday morning.

to help people celebrate their most important moments. The students of “Bingo in the Park” make sure that everyone is seen, loved and feels special on their birthday.

“Thanks to SGA funding, we’re able to

provide birthday cakes, cards, candles, hats and birthday pins,” Smith said. “It’s just a time when we can come and let these people know they are worthy to be celebrated, we are there for them, and we’re their

friends.”

Newsome said that this is a mission everybody wholeheartedly believes in and is an idea that could be established on every college campus.

CAMPUS NEWS

Pre-health student launches exercise program called 4HerHealth

By **BAILEE UTTER**

STAFF WRITER, TCU 360

What started as a desire to exercise with more people that looked like her has turned into a student-led exercise initiative open to all.

Kynnedi Brown, a senior pre-health professions major who wants to attend medical school, started a program known as 4HerHealth in order to promote healthy lifestyles for her peers.

Brown said 4HerHealth offers in-person exercise groups, virtual cooking classes and other hybrid meeting options

covering topics including nutrition, mental wellbeing and physical health.

There are currently 20 members of 4HerHealth, but Brown hopes that more people continue to join her program.

Lauren Wahlstrom, a member of theCrew’s community engagement committee, planned an event in the Commons on Thursday in order to help Brown promote 4HerHealth.

“I love doing collaborations with newer, student-led programs because theCrew is fortunate enough to have name recognition

across campus and large funding,” said Wahlstrom.

At the event, students were encouraged to enter a “step challenge” which awarded people who had the highest number of steps that day. Prizes such as yoga mats, jump ropes and weight blankets were given out.

Many students participated in bungee jumping in the Commons. Others engaged in conversations about physical and mental wellness while sipping on hot chocolate.

“Since 4HerHealth focuses on physical movement,” said Wahlstrom, “I thought

bungee jumping would be a fun way to expose more students to the program.”

Brown said that her goal is for 4HerHealth to eventually be recognized as an official organization at TCU.

Pre-health professions students have the opportunity to apply for Experiential Projects to Impact the Community (EPIC) community development grants. EPIC grants provide up to \$2,500 to support a student-led program.

EPIC grant recipients work with members from TCU’s office of Community Engagement

to expand their program across campus. Students also present their program at the annual College and Science and

Engineering Student Research Symposium.



PHOTO BY BAILEE UTTER

Kynnedi Brown, founder of 4HerHealth, poses with Lauren Wahlstrom at a theCrew and 4HerHealth collaboration event on Thursday.

COMMUNITY

TCU's Roxo agency: Creativity for the campus and community

By **ELLA GIBSON**

STAFF WRITER, TCU 360

Roxo, TCU's student-run advertisement and public relations agency, is in its 10th year of operation on campus. The agency has worked with over 75 businesses in the past decade through its philosophy of "creativity for good."

Roxo was founded in 2011 through a partnership with Burlington Northern Santa Fe Corp. Housed in the Bob Schieffer College of Communication, the agency is now made up of 31 "Roxstars" and three client teams.

The agency operates like any other ad and PR agency, working with clients to solidify their brands. What makes

Roxo stand out against other agencies is its desire to give work to those who need it most.

Preston Harless, the vice president of business development, described how the phrase "creativity for good" shapes Roxo's approach to working with clients.

"Creativity for good means being an agency that fosters collaboration, inclusion and support because there is no other way," said Harless.

While working with one non-profit organization every semester, Roxo also provides services to one client pro bono.

This semester, Roxo is working with Project 4031, whose mission is to "provide terminally ill children, adults and their families facing end-of-life

challenges with peace and comfort by easing financial burdens and fulfilling last dreams."

During the COVID-19 lockdown, the agency partnered with The Jordan Elizabeth Harris Foundation to raise awareness for mental health education and research.

Other nonprofits that Roxo has worked with include Fort Worth Hope Center, Fort Worth Drowning Prevention Coalition and James L. West Dementia Center.

The agency aids in advertising campaigns, graphic design, interactive design, public relations and other creative and strategic planning. Zuri Thomas, an account executive, shared how Roxo helps solidify clients' voices

through collaboration.

"We help organizations and influencers display their true authentic self by creating innovative ways for them to share their message and-or missions and vision to the public," said Thomas.

Members specialize in a specific area of design or marketing and work alongside account executives to execute their scope of work. The agency has been an opportunity for students to gain practical industry experience and teamwork skills.

Thomas explained that through their shared values, team members become like family.

The Roxo "family" extends beyond the walls of Moudy South. This is something that



PHOTO COURTESY OF ASHLEY GERMAN

Fall 2021 Roxo team.

Ashley German, the Roxo president, wished more people were aware of.

"The part that I wish so many people knew is that it's not just secluded to strategic communication majors, anyone from any major can join if they want," said German.

Roxo is a welcoming environment for all students to practice industry skills through a creative lens. Through its innovative approach to advertising and public relations, the agency unites its members and clients "for good."

CAMPUS NEWS

TCU Schieffer alumni discuss changing times after COVID-19

By **SKYE MORENO**

STAFF WRITER, TCU 360

The board of Visitors for the Bob Schieffer College of Communication hosted a virtual career panel and Q&A centered towards soon-to-be graduates Monday night.

The event "Trailblazing Times" was moderated by Horned Frog alum Marc Istook, co-anchor of WFAA ABC-TV's "Daybreak" program.

"I think senior leaders need to embrace, to consider this new normal and to consider the next round of the workforce,"

said Istook.

Panel flyer sent out to Schieffer students via email.

Panelists who joined Istook in the event included Corrie Brock '06 National Marketing Director BDO, Elizabeth Jenswold '89 Senior Vice President, Global Head of People at CBRE and L. Michelle Smith '95, author, speaker and executive and personal coach.

"How can Horned Frogs help shape the global workforce of the future?" and "how do you think the global pandemic has impacted what you do?" were

points of focus during the panel.

"In financial services and in corporate real estate, truly people thought we have to do these jobs at the office," Jenswold said. "We build relationships with each other in person."

In addition to transitioning out of in-person work life to figuring out Zoom backdrops, panelists all agreed the pandemic taught them to be much more human.

Moving forward

After adapting to a lifestyle with endless Zoom calls, Corrie

Brock said she hopes to see students and the community continue moving forward despite facing obstacles over the last year.

"There's this ingenuity to keep this connection going. Intentional communication between stakeholders, clients and prospects and internal organizations. I think that, too, has helped people be seen and be known in their organizations," Brock said.

L. Michelle Smith said that as a result of the pandemic, students, specifically graduating seniors, have the necessary skills to adapt

to a career that may now rely heavily on digital platforms.

"I would say that these graduating seniors have something in their hand that is an advantage over many veterans [in

business]," Smith said.

At the end of the panel, students were invited to join break-out rooms to further discuss what "trailblazing times" meant for them now and post-graduation.



PHOTO BY ESAU RODRIGUEZ

Side view of the Moudy Building, which houses many courses in the TCU Bob Schieffer College of Communication.

CONGRATULATIONS, SENIORS!

The New York Times Edited by Will Shortz

- ACROSS

1 Possible result of a TMZ story

6 Behind, nautically

11 "American Dad!" network

14 Theme of la festa di San Valentino

15 Spanish equivalent of "Basta!"

16 Word with know or show

17 Future zombie's last words?

19 Virtuoso

20 This is only a test

21 Sauce that's 80% vowels

22 Worshiper at the ancient Qorikancha ("Golden Temple")

23 Core group

25 Black-and-white movie effect

27 Country music standard at zombie karaoke night?

32 Ending for some government

37-Across

33 Poker giveaway

34 "Beauty is truth, truth beauty" poet
- 37 Info in a modern bibliography

39 Gets warmer, so to speak

42 Tackles, say

43 Kind of reform or code

45 "Read the clues carefully" and "Check your crossing answers" [You're welcome!]

47 Big name in nail polish

48 Reason the zombies are, of course, skipping the empty house?

52 "Abso-lutely not!"

54 Be over

55 Broadcast journalist Paula

56 Purple shade

59 Not do anything

63 ____-Man

64 Zombies' cry in the face of defeat?

66 Landmark 1973 court case, familiarly

67 Sync up

68 With 13-Down, playground

promise

69 White wine aperitif
- DOWN

1 Sweets

2 Discover alternative, for short

3 Toon with a talking map

4 Fundamental

5 On the ____ (frequently, in modern slang)

6 Pro's opposite

7 Classic clown name

8 Picturesque town on the Gulf of Salerno

9 Adroit

10 Sound made with one's tongue

11 "I really appreciate it!"

12 Ball game

13 See 68-Across

18 Expedite

22 Causes of some brain freezes

24 Sandwich that's 100%

consonants

26 "Ugh!"

27 "My turn!"
- 28 Can

29 Something that may be pulled in college

30 "Bravo!" relative

31 Author of the "Symposium"

35 Stick with it!

36 Commotion

38 Suppressed

40 "Spare" item

41 Wild times at the mall, say

44 What the D.E.A. might keep tabs on?

46 ____ Ysidro, Calif.

49 Bassett of "Black Panther"

50 Ideal picnic forecast

51 "Yay, me!"

52 Netflix crime drama set in the Midwest

53 World capital with traditional water puppet shows for tourists

57 Preceder of a certain "-naut"

58 Puts on paper

60 Withhold from

61 Canoeing locale

62 Turkey Hill competitor

64 Colorless

65 Photo finish?

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Carpe Diem by Niklas Eriksson





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Dustin by Steve Kelley and Jeff Parker



Horoscope

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)
★★★★ It's a powerful day! You make a great impression on bosses, parents, teachers, VIPs and the police. They will admire you, and they will notice you. Whatever you do will be obvious to others who might know details about your personal life. Tonight: Stay alert.

TAURUS (April 20-May 20)
★★★★★ You want to make a break for freedom today! You want adventure, stimulation and a chance to do something different. You want to learn something new and exciting, and you want to meet interesting people. Is this too much to ask? Surely not. Tonight: A sudden change.

GEMINI (May 21-June 20)
★★★★ You'll be direct about how you want things with financial arrangements, dividing something or dealing with shared property. You will establish boundaries, and you will make sure everyone is on the same page. Tonight: Check your finances.

CANCER (June 21-July 22)
★★ Conversations will be dynamic and alive today. This might be because you will attract someone who is energetic. Nevertheless, you are in the mood to dive into any topic with enthusiasm. Tonight: Patience.

LEO (July 23-Aug. 22)
★★★★ Today you're keen to start a project or something related to your job, possibly a new health regimen. You have something in mind, and you intend to pursue it with enthusiasm! Tonight: Get organized.

VIRGO (Aug. 23-Sept. 22)
★★★★★ You might receive a surprise invitation today. Something will happen that you did not expect. (A saucy flirtation? Surprises in sports?) Meanwhile, parents should be mindful of their kids, because this is a mildly accident-prone day for them. Tonight: Good times!

LIBRA (Sept. 23-Oct. 22)
★★★ Today you might entertain at home. You also might be excited about redecorating ideas or doing something to make where you live more attractive or comfy. This is important, because more than any other sign, you are strongly affected by your immediate environment. Tonight: Enjoy.

SCORPIO (Oct. 23-Nov. 21)
★★★★ You're eager to enjoy seeing new places, meeting new faces and sharing new ideas. You also might tackle

an ambitious to-do list and get things done! Expect to spend time with siblings, neighbors and relatives. Tonight: Pay attention.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★ You might have some excellent moneymaking ideas today. You might be enthusiastic about financial transactions or shopping. (Veni, vidi Visa. We came, we saw, we went shopping.) Tonight: Guard your money.

CAPRICORN (Dec. 22-Jan. 19)
★★★★★ This is a restless but upbeat day. Your emotions are heightened because you're excited about something. Fortunately, with the Moon in your sign, things will tend to go your way. Ask the universe for a favor! Tonight: You win!

AQUARIUS (Jan. 20-Feb. 18)
★★★ Enjoy warm friendships today. You also might enjoy a

low-key time with someone because you will welcome a chance to have some down time. This has been a busy week, in part because your ambition is aroused. Tonight: Relax.

PISCES (Feb. 19-March 20)
★★★★ Any involvement with others will be a fun choice for

you today, because people are enthusiastic and keen about whatever they're doing. Hey, enthusiasm is contagious. Get ready to jump on someone's bandwagon! Tonight: Stay ready!service or helpful to someone.

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SPORTS

TCU football's 'national search' leads to SMU's Dykes for next head coach

By COLIN POST

SPORTS EDITOR, TCU 360

Following a search that allegedly included names like Deion Sanders, Billy Napier and Matt Campbell, TCU football went just 40 miles east on Interstate 30 to find Gary Patterson's successor.

On Monday evening, TCU officially confirmed that they were hiring former SMU head coach Sonny Dykes to be the next head coach of their football program.

Per Drew Davison of the Fort Worth Star Telegram, Dykes' contract is for six years and "close to" \$30 million.

Minutes later, Dykes landed at Amon G. Carter Stadium in the "Frogcopter" and attended TCU basketball's matchup with Austin Peay. He, joined by his family, was welcomed by Athletic Director Jeremiah Donati, several school officials, the TCU Showgirls and Cheerleaders, the TCU band and about 1000 fans watching from the stands.

TCU Athletics had teased fans with a video with the theme song of the hit sitcom "It's Always Sunny in Philadelphia" on Monday morning to all but confirm the hire.

Dykes leaving the Mustangs for their crosstown rival has been the worst-kept secret in North Texas, as he was labeled the "front-runner" for the job after Patterson's departure on Oct. 31.

Over the last month, several other names came up as potential candidates, with Jackson State head coach NFL Hall of Famer Deion Sanders and former Louisiana head coach Billy Napier being the two most prominent.

Two weeks ago, though, it was reported that TCU had moved on from Sanders, because they wanted a candidate with "more experience." A few days later, Napier signed on for a snazzier job— the next head coach of the Florida Gators.

Iowa State's Matt Campbell, Justin Fuente (formerly Virginia Tech) and even Dallas Cowboys Offensive Coordinator Kellen Moore were among others listed as possibilities for TCU, but Dykes remained the top candidate through it all.

During TCU's 48-14 loss to Iowa State on Friday afternoon, ESPN Radio's Ian Fitzsimmons tweeted the news that Dykes was officially headed to Fort Worth.

TCU refused to comment officially on the matter, and so did Dykes, but the tweet was enough to convince the nation, including SMU fans, that the head coach's time in Dallas was done.

Meanwhile, the Mustangs knew Dykes was about to break their hearts. Some fans at Saturday's home matchup with Tulsa wore "TCU sucks" t-shirts and jeered insults at their soon-to-be former leader.

One student held a sign that read "Thanks for nothing, Judas Dykes."



PHOTO BY ESAU RODRIGUEZ-OLVERA

TCU head coach Sonny Dykes is welcomed into Amon G. Carter Stadium on Monday.

SMU lost 34-31, dropping their fourth game in five contests after a 7-0 start. At his postgame press conference, Dykes didn't say he was going west, but he made it clear that SMU was done.

Hired following the 2017 season, Dykes soon turned SMU from a program still recovering from the death penalty to a force to be reckoned with in the college football world. In the four years before Dykes' arrival, SMU had gone just 15-34 with just one bowl appearance.

After the Mustangs went 4-4 in AAC play in Dykes' first year, they would go on to go 25-10 over his next three seasons, earning bowl eligibility each year.

Worse, SMU has walked away with the "Iron Skillet" in the last two matchups.

After over a decade of jobs as an offense-focused assistant coach, Dykes coach his first head coaching job in 2010 at Louisiana Tech. He would lead

the Bulldogs to a 22-15 record in three years, earning an offer to be the head coach at California for his first Power 5 head coaching job.

In Berkeley, Dykes did lead the Golden Bears to 8-5 years and Armed Forces Bowl win in 2015, but a 19-30 record across his four years eventually led to his firing in January 2017.

During TCU's Big 12 Championship run in 2017, Dykes was an offensive assistant for TCU, mainly doing work off the field. He was hired by SMU in December of that same year.

One of TCU's biggest draws to Dykes is his ability to recruit. Prior to the word of his departure getting leaked, Dykes had assembled one of the greatest SMU classes ever for 2022, ranking No. 56 nationally with several four-star recruits.

Just last year, Dykes secured recruitment from Parish Episcopal School four-star quarterback Preston Stone, who ranks as SMU's highest recruit by a wide margin

with a 0.9497 grade, per 247sports.com.

During his time at SMU, Dykes also showed to have valuable skills in the transfer portal, swaying talented players like Reggie Roberson, Tanner Mordecai and Grant Calcaterra to head to Dallas from Power 5 programs.

Patterson's departure has cost the Frogs: all but three of their recruits for the 2022 class are gone.

Only wide receivers coach Malcolm Kelly and safeties coach Paul Gonzalez, both of whom are player favorites, are expected to be retained.

Dykes is expected to bring the line of coordi-

nators he assembled at SMU: SMU offensive coordinator Garrett Riley, running backs coach and lead recruiter Ra'Shaad Samples, wide receivers coach David Gru, defensive line coach Chidera Uzo-Diribe and strength and conditioning coach Kaz Kazadi.

USC recruiting analyst Bryan Carrington and Texas Tech special teams coordinator Mark Tommerdahl are also expected to come.

After finishing 5-7, TCU will not be playing in a bowl game. Dykes will work towards putting the Frogs' recruiting class back together before early signing day on Dec. 15.



PHOTO BY ESAU RODRIGUEZ-OLVERA

Sonny Dykes and his family show their horned frog pride on Monday.