

# THE SKIFF



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A STUDENT MEDIA PUBLICATION OF TEXAS CHRISTIAN UNIVERSITY

FORT WORTH, TEXAS

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## CAMPUS NEWS

# Year's worth of planning goes into 12-hour dance marathon

By **SARA LITTLEJOHN**

STAFF WRITER, TCU 360

TCU Dance Marathon is a year-long fundraising effort in which members of the TCU and Fort Worth communities dance to raise money in support of their local Children's Miracle Network Hospital, Cook Children's Medical Center.

The fundraising efforts conclude with a 12-hour event where participants remain on their feet to celebrate the children from Cooks. Miracle families from the hospital are also seen at the event, participating in the games, food and fun before the final fundraising total is revealed at the closing ceremony.

The event consists of opening and closing ceremonies, as well as miracle family appearances throughout the day.

The Children's Miracle Network Dance Marathon's mission statement is "We are the generation fighting for the next."

The organization raised \$91,000 last year and hopes to raise \$105,000 this year. All committee members stressed that any money raised will have a tremendous benefit to the hospital.

"Cook has been so overrun with pediatric patients that have COVID," said Alice Birchfield, Dance Marathon President and junior nursing major. "The hospital has had to change different units to become COVID units.

Any amount is going to be a relief for the hospital and those kids."

The money raised is used to pay for things that insurance and the hospital are unable to cover. In the past, the money has gone toward things like therapy dogs, new hospital equipment and the fun ambulances that take patients sightseeing in Fort Worth.

"Every single dollar makes some sort of a difference," said Kaleigh Sinnott, Dance Marathon's VP of Public Relations and senior strategic communication major.

Birchfield and her executive board started planning for TCU's 2022 Dance Marathon just weeks after the 2021 event ended.

Sinnott said she could relate to the quick turnaround from last year's event to planning for this year's.

"It's been going on I feel like since the event last year wrapped up," said Sinnott. "Our motto is 'kids can't wait,' and it really feels like an ongoing thing since we have to be ready to start planning as soon as the previous year's event ends. The event may come and go, but what we are doing never stops."

Bri Gervais, TCU Dance Marathon's Fundraising Director and sophomore nursing major, said the fundraising aspect is the most challenging part of the year-round event.

"Fundraising is what we do throughout the year, from the minute

we are back on campus up until the event, we are constantly raising money for the kids," said Gervais. "Fundraising can be hard, and I am always having to come up with new ideas to keep people encouraged. It is definitely the most important thing that we do."

Due to COVID-19, the 2021 Dance Marathon was completely virtual. Participants joined through a Zoom conference call and remained on their feet for the duration of the 12-hour event. Miracle Families appeared throughout the call to share their stories with the event's participants. This year, Dance Marathon plans for a fully in-person experience.

"The event is in-person this year, so we have been trying to figure out how to run this in-person again," Sinnott said. "We have been having to shift our focus back to doing things in person, such as tabling around campus, which has been a bit of a challenge. We were constantly rolling with the punches with COVID, and social media allowed us to constantly market our program."

Dance Marathon has been on TCU's campus for seven years. Birchfield and her committee have found it difficult to raise awareness for the organization since key starters and contributors of the organization graduated.

"It's been difficult to convey what Dance Marathon is to people who have never heard

of it," Birchfield said.

"We have to work harder to convey what Dance Marathon is, what Children's Miracle Network Hospitals are and how we work with Cook Children's."

Since 1983, Children's Miracle Network Hospitals (CMNH) have helped to fill fundraising gaps by raising more than \$7 billion. Its fundraising partners and programs aim to improve the lives of as many children as possible.

The CMNH hospital closest to TCU is Cook Children's Medical Center in Fort Worth. Cook Children's Health Care Systems strives to improve the health of every child located in their region through the prevention and treatment of illness, disease and injury. The non-profit is comprised of eight different entities: a medical center, a physician network, a home health company, surgery centers, a health plan, a health services and a health foundation.

Dance Marathon has six sponsored hours by TCU Panhellenic sororities this year. These sponsored hours consist of an activity or food donation from the chapters to help keep participants engaged at the event.

"It's so fun that every hour is different," Sinnott said. "It keeps people engaged and excited about the event. It is an amazing day, and I can't wait for it to finally be back in person."



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**Distribution:** Newspapers are available free on campus and surrounding locations, limit one per person. Additional copies are \$.50 and are available at the Skiff office.

The Skiff is an official student publication of Texas Christian University, produced by students of TCU and sponsored by the TCU Department of Journalism. It operates under the policies of the Student Media Committee. The Skiff is published Thursdays during fall and spring semesters except finals week and holidays.

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**The Skiff**

**Circulation:** 1,000

**Subscriptions:** 817-257-6274

Rates are \$30 per semester.

**Moudy Building South**

Newsroom, Room 212

2805 S. University Drive, Fort Worth, TX 76109

## CAMPUS NEWS

# TCU unveils plans for the new TCU School of Medicine

By **LUCY PUENTE**

STAFF WRITER TCU 360

The new TCU School of Medicine unveiled plans to put down its roots in the heart of Fort Worth's medical district.

Plans for the four-story, 100,000 square foot education building were announced on Monday by Dean Stuart Flynn, the founding dean of Fort Worth's first M.D. school,

which was established by UNT Health Science Center and Texas Christian University in 2016.

In January, TCU announced they were taking full ownership of the TCU/UNTHSC medical school and re-introduced the TCU School of Medicine. Although TCU is the sole degree-granting institution involved in the school, they planned

to rent space for the medical school from UNTHSC. Both parties agreed a new location would be needed for the TCU School of Medicine.

Flynn said he "never dreamt we would be in the heart of the medical district."

The medical buildings are projected to be complete by 2024, paving the way for new Horned Frog doctors.

With the medical

district only 10 minutes from TCU's campus, Flynn said the location is a great opportunity to utilize the resources Fort Worth has to offer.

"Proximity to the medical school is essential to build robust relationships and take advantage of the amazing opportunities that we and our partners have in Fort Worth," Flynn said.

Third-year TCU medical student Dilan Shah said learning medicine is all about experience.

"You can only do so much in a classroom, but by being here in the Medical District I'm most excited about the opportunities that will be available to us," Shah said. "Harris Hospital is right across the street so we get to have that duality of the classroom learning and clinical learning."

Chancellor Victor Boschini said he thinks it is "symbolic" that TCU



PHOTO BY LUCY PUENTE

Dean Stuart Flynn, the founding dean of Fort Worth's M.D. school speaks at the medical school announcement ceremony on Monday.



PHOTO BY LUCY PUENTE

Chancellor Victor Boschini speaks at the medical school announcement ceremony on Monday

is going to be a part of the Southside, and the Southside is going to be a part of TCU.

"This is one of the very few projects that I have ever done that everyone was for it! In fact I haven't met anyone who wasn't," Boschini said.

Fort Worth Mayor Mattie Parker spoke during the ceremony, specifically addressing the lack of healthcare physicians found throughout the United

States. The building of the medical school will not only help the medical field, but also help TCU medical students build their skills and use their talents in Fort Worth.

"We need them [graduating TCU medical students] to stay in Fort Worth to become the next doctors and to recognize that talent pipeline is right here at home," Parker said.

## Students react to masks no longer being required

By **JD PELLIS**

EXECUTIVE EDITOR, TCU 360

and **TRISTEN SMITH**

STAFF WRITER, TCU 360

TCU students are now no longer required to wear face masks in most on-campus areas, according to an email sent by the Chancellor's Campus Readiness Task Force around 3 p.m. Tuesday afternoon.

The email said that masks are now optional for the campus community and people

can still choose to mask up if they'd like. Masks will continue to be available in campus buildings.

This announcement comes just 10 days shy of the two-year anniversary of TCU's campus closure and shift to online classes at the onset of the COVID-19 pandemic.

Additionally, university professors are allowed to continue enforcing the mask mandate in their individual classrooms.

Masks will still be

required in the Brown-Lupton Health Center and other on-campus health care facilities.

The task force said anyone experiencing symptoms, that has been exposed or tested positive for COVID-19 should continue to wear a mask while on-campus.

For some students, faculty and staff, the news came as a long-awaited breath of fresh air, and, for some others, it came as a surprise.

"Honestly, my first

initial thought was that it's kind of poetic," first-year writing major Jack Westerman said.

TCU's peer universities, SMU and Baylor, had instituted mask-optional policies on their campuses before TCU.

"People are starting to become more acclimated to the pandemic and living in it and moving on," Westerman said.

Some students and faculty weren't surprised by the email.

"I kind of saw it coming. The majority

of times I see students in gatherings, they're not wearing masks anyway. So the policy was kinda there as more of a rule as opposed to enforced [rule] in most places," said Kinesiology Professor Dave Farbo.

Other students were surprised that the university would announce this change just days before spring break, a time when many students travel.

"I was kind of surprised," said sophomore nutrition

major Brooke Ashmore. "I was just in my micro-bio lab, and we were talking about we didn't think it would get taken off until after spring break. But I guess we went for it now."

Many students still agree to respect the policies listed in Tuesday's email.

"If a professor insists, I'll throw it on, but I don't think I'm going to walk into a class with a mask too much anymore," said Westerman.

## CAMPUS FEATURE

# Alpha Phi Alpha fraternity event encourages diversity in blood donations

By **JARRETT HARDING**

STAFF WRITER, TCU 360

The American Red Cross and North Texas Region Diversity, Equity, Inclusion Committee gave a lecture to the TCU community on the importance of donating blood to replenish a dwindling North Texas supply.

Members of the Alpha Phi Alpha fraternity hosted the event on Feb. 17 with the Red Cross and North Texas Region Diversity, Equity, Inclusion Committee.

These organizations encourage the community to not only donate blood — but diverse blood. Diversity in blood supply is

important for people who need blood transfusions that are equally diverse and similar in heritage as the donor.

Blood supply is at the lowest it has been in the last decade due to COVID-19 and winter weather. This is worse for those who are in need of diverse blood transfusions, North Regional Cell Account Manager for the American Red Cross, Rena Witherspoon said.

“Those that have sickle cell disease have rigid and sickle-shaped blood cells,” Witherspoon said. “This causes problems when red blood cells circulate around the body due to the cells’ inability to hold more oxygen.”

Those suffering from sickle cell disease normally experience things like dizziness, fatigue and pain throughout the body. “Other problems caused by sickle cell disease are acute anemia, tissue, and organ damage, and even strokes,” Witherspoon said.

“The trait for sickle cells is autosomal recessive,” Executive Officer of the North Texas Region Diversity, Equity, Inclusion Committee and junior at TCU, Zach Rousseau said. Both parents must pass on the gene for their child to suffer from sickle cell disease, however, it only takes one parent to pass on the gene to their child.

Their goal is to encourage all people to donate blood but more specifically to help grow the number of African American donors. Witherspoon said, “African American donors are three times more likely to match the blood needed for sickle cell patients than those who are not of African descent.”

The best way to support their cause is to donate blood but also to educate and spread awareness about blood drives and sickle cell disease by volunteering and becoming a blood program leader (BLP) to help educate others.

The organizations are also giving incentives.



PHOTO COURTESY OF RENA WITHERSPOON

Alpha Phi Alpha fraternity and Rena Witherspoon (center) spreading awareness and educating those about sickle cell.

“Everyone who donates blood will get a \$20 amazon gift card within 30 days of your blood donation via email,” Witherspoon said. “Those who become a BPL will receive \$200 for their time as well.”

“We need diversity in our blood supply,” Witherspoon said. “Our blood supply should match not the population, but the medical needs of the community.”

## SPORTS

## No. 17 TCU sweeps Nebraska at Globe Life Field, extends win streak

By **CHARLES BAGGARLY**

STAFF WRITER, TCU 360

TCU baseball swept the Nebraska Cornhuskers in the Globe Life Field series this weekend, extending their win streak to five-straight games.

The starting rotation was lights out, giving up a combined four runs in 19 innings pitched. First baseman David Bishop and center fielder Elijah Nunez led the way offensively, each totaling four hits and four RBIs.

### Game 1

Starting pitcher Austin Krob pitched a gem, helping TCU defeat

Nebraska 4-1 to take the opening game.

Krob, who hasn't given up a run this year, threw six scoreless innings, giving up two hits and striking out six.

The game was relatively quiet for both teams on offense, but the Frogs capitalized on two big at bats from Bishop and shortstop Tommy Sacco to pull ahead from the Cornhuskers.

Sacco hit his first homer of the year, a solo shot to left field in the third inning, giving TCU the lead.

Bishop then hit a bases-clearing double in the fifth, driving in three runs to give the Frogs some insurance.

Relief pitcher Luke Savage had a rough night, giving up two hits and hitting a batter in less than one full inning.

Reliever River Ridings got the four out save, striking out three batters.

### Game 2

Nunez, after not playing in the opening game of the series, had a stellar night, driving in four runs to help TCU beat Nebraska 8-3.

Right fielder Luke Boyers hit a home run in the first, securing an early lead for the Frogs.

After starting pitcher Riley Cornelio shut down the Huskers for the third straight inning,

designated hitter Reed Spenrath added to the lead with a double down the right field line, scoring second baseman Gray Rodgers.

Soon after, Nunez hit a single that drove in two more, giving TCU a commanding 5-0 lead.

Cornelio was dominant throughout. He gave up three hits and fanned seven in six innings.

Rodgers hit a two out double in the sixth, bringing Bishop home to score. Rodgers ended the inning getting thrown out trying to advance to third.

After giving up a solo shot the following inning, Nunez responded with

a two run single for the second time this game.

Nebraska failed to respond, giving TCU their second win of the series.

### Game 3

The Frogs once again scored early with a Bishop single to right field, scoring Nunez, who had two hits on the day, and leading the team.

After starting pitcher Brett Walker gave up a run to the Huskers in the third, Gray Rodgers responded with a double down the left field line, scoring third baseman Brayden Taylor.

The Frogs added to their lead with a big fifth

inning, scoring from a Boyers single, a Taylor double and a Rodgers fielder's choice.

Walker had a solid outing, giving up two runs in seven innings and striking out six. Relief pitcher Marcelo Perez took over, giving up one unearned run due to a passed ball.

In the ninth, Ridings loaded the bases, giving Nebraska an opportunity to tie or take the lead.

The game ended in controversy after Taylor fielded a slow bouncer and made a snappy throw to first base. The umpire called the runner out, even though he was clearly safe.

## SPORTS

# Miles ‘puts on’ for Fort Worth, leads basketball in upset over No. 9 Tech

By COLIN POST  
SPORTS EDITOR, TCU 360

*“I’ve decided to stay home and put on for the city that made me.”*

- MIKE MILES JR.  
TCU BASKETBALL GUARD

When Mike Miles committed to TCU over a multitude of other Power 5 schools, the Lancaster, Texas native said that short, powerful phrase in reflection of the goals he had for his time in the purple and white.

Two years later, Miles had the game of his life against No. 9 Texas Tech in front of a nearly packed-out Schollmaier Arena to all but seal an NCAA tournament berth for TCU.

When asked postgame if nights like Saturday’s were what he envisioned when he said that phrase, Miles said that’s “exactly” what he meant.

“I feel like that’s a great example of it,” Miles said. “It was huge getting that win and everybody coming on the court and taking pictures with everybody.”

Riding 26 points, four rebounds, four assists and a career-high five steals from its star point guard, TCU shocked Texas Tech 69-66, earning its seventh win in Big 12 play and 18th overall.

Once the outcome of the game had been

sealed, thousands of TCU students and fans stormed the court. Miles stayed on the court for nearly 30 minutes afterward to take pictures with nearly every fan that asked.

To most college basketball insiders, the seven-win mark, especially coming against a top-10 opponent, ensures a berth to the NCAA tournament for the Frogs.

“I mean only time can tell. I believe this team is a tournament team,” forward Emanuel Miller said. “I have complete trust in my teammates, especially these two right here [pointing to Miles and guard Micah Peavy]. I think we have proven enough that we are one of the best teams in the country.”

Miller joined Miles in double figures on the scoring end, putting up 11 points to go with four rebounds, a block and a steal.

Behind 14 steals, TCU forced 20 total turnovers on the night, which was a season-high for Texas Tech. On the other side, the Frogs committed just 13 turnovers.

Trailing for most of the game, the Frogs took the lead for the first time in almost 25 minutes of game time on a 3-pointer by guard Francisco Farabello with 3:47 left to play.

From there, the teams went back and forth before a dunk by center Xavier Cork followed by a pair of turnovers and a pair of misses by the Red Raiders sealed the win for TCU.



PHOTO COURTESY OF GOFROGS.COM

TCU guard Mike Miles (center) celebrates with fans following TCU’s 69-66 upset of No. 9 Texas Tech in Fort Worth on Feb. 26, 2022

“It means everything. It shows how much fight we have in us. It shows how much we’re determined to win. It shows we can overcome anything,” Miller said. “We had a stretch where we lost three games in a row, and I think as a team collectively, this is the best way you can answer a challenge – Tech, at home, with a lot of Red Raider fans in the crowd, our great student section in the crowd. This is everything.”

Forward Bryson Williams got Texas Tech’s final look at tying the game, but the few tenths of a second left on the clock did not even leave enough time for his attempt to count.

Williams was a forced to be reckoned with all night, leading the Red Raiders with 21 points on 8-for-9 shooting.

There was an electric buzz in Schollmaier Arena to start the game. The crowd was nearly half Red Raider fans, and all but a few seats were

filled.

Throughout the first half, the two teams traded blows. Williams scored the first 7 points for Texas Tech, but TCU held pace, tying the game at 7 apiece on a Miles three-pointer.

The Red Raiders then grabbed a 6-point lead, but the Frogs responded with a resounding 14-4 run to go up by 3 with 8:27 to go in the first half.

Four different TCU players scored during the run, with Miller leading the way with 5 points on his own.

The Frogs got as close as 3 with just over two minutes left before halftime, but a 5-0 run by guard Adonis Arms for the Red Raiders put TCU down 41-33 going into the locker room.

In the first 20 minutes, Miles had scored 14 points on his own, as the All-Big 12 guard was doing all he could to keep up with 61% shooting from Texas Tech to that point.

After scoring 11 points

in the first half, Williams continued to score in the second half, hitting an impressive sky hook to give the Red Raiders an immediate 10-point lead. “He’s [Williams] hard to guard. He really is,” Dixon said. “Plus, he makes his free throws. [A] couple of the drives were really tough. He went left one time, went right one time. That says a lot.”

Williams finished a perfect 4-for-4 from the charity stripe.

Miles continued to keep the Frogs in the fight, though. He scored TCU’s first 5 points of the second half, and his third 3-pointer of the game cut the deficit to 8 with just under 16 minutes to play.

The Frogs began to feed off the energy of their leader, putting together a 10-2 run that was capped by a strong and-1 layup by forward Eddie Lampkin.

TCU pulled within 4 moments later, but Texas Tech seemed to always have an answer. The

Frogs’ deficit fluctuated between 4 and 8 for the next eight minutes of game time.

With just under four minutes to play, Farabello caught a pass, pump faked, and calmly drilled a 3-pointer to put TCU ahead (61-60) for the first time since midway through the first half.

That spurred a dogfight between the two teams, and the lead changed six times over the next three minutes.

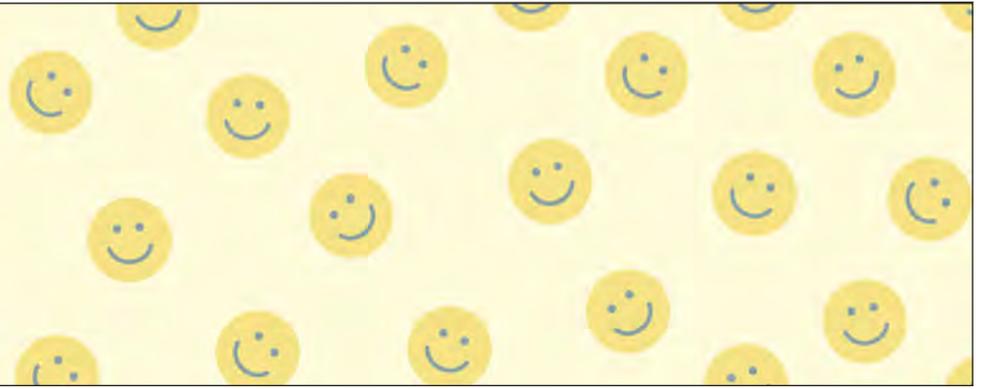
Finally, TCU got a score to take the lead on Cork’s slam and a stop on the other end, giving the Frogs the momentum they needed to secure a victory.

“X [Cork] was huge for us down the stretch on offense and defense,” Miles said. “He gave us a lot of energy when Eddie [Lampkin] was out. We all know Eddie is the most energetic person in the world, but X came in and gave us a lot of energy, so that was good.”

Cork finished with 6 points, making all three of his field goal attempts. Following his big dunk, the characteristically quiet big man tapped his head in the “on his head motion” to let his defender know that he had just been dunked on.

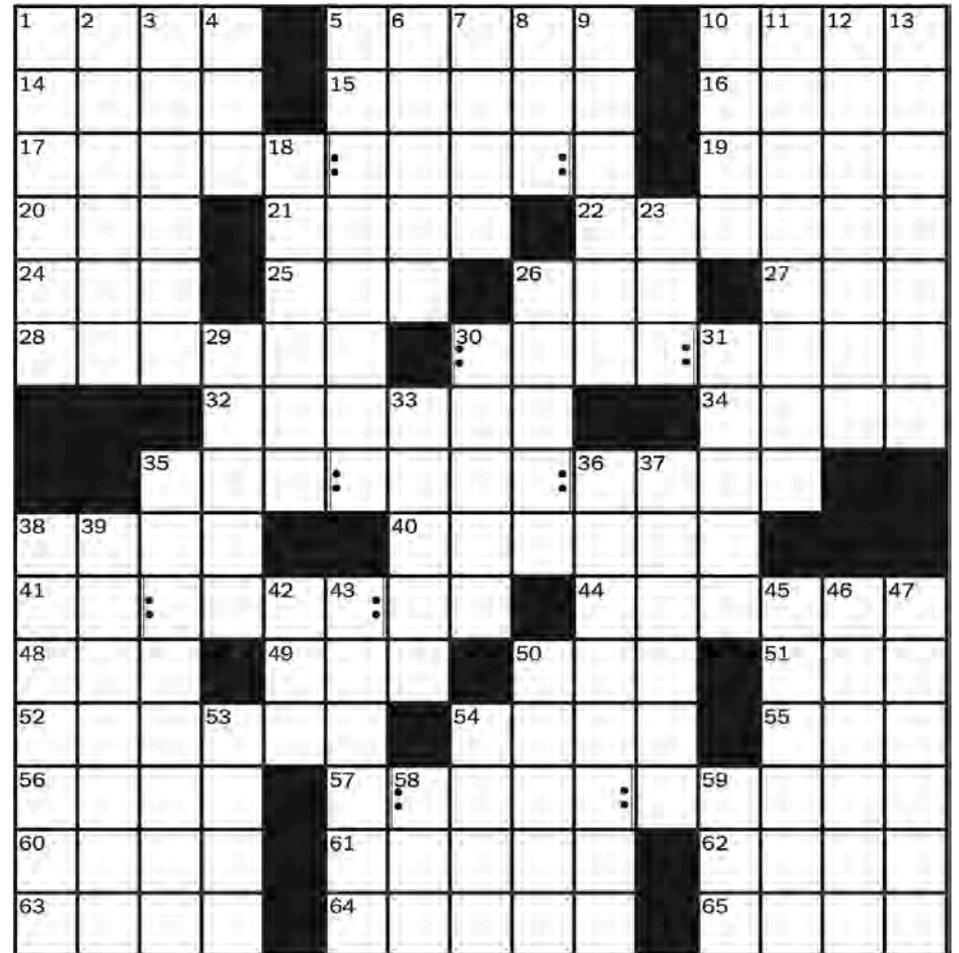
“To do it at home, with all the fans storming the court, it’s everything,” Miller said. “It just shows how much we are a family at this school. It shows how much they care. They could’ve given up on us, but we have the realest student section in the country.”

# HAVE A *great* SPRING BREAK!



## The New York Times Edited by Will Shortz

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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)  
★★ Avoid ego conflicts with parents, bosses and the police today, because people are intense and volatile about what they want to do. You might have a ruthless drive for power or encounter someone who has that drive. Tread carefully! Tonight: Listen.

**TAURUS** (April 20-May 20)  
★★★ You might become a victim of your beliefs about politics, racial issues or religion. (Don't kid yourself. You think you're right.) This is a brief influence. It's important to remember there are many ways to look at every situation -- not just one. Tonight: Be tolerant.

**GEMINI** (May 21-June 20)  
★★★ Physical passion is the stuff of movies today. You also might feel passionately about financial matters. (You won't give an inch.) You will fight for your share. If you encounter disputes, be wise and postpone these discussions until next week. Tonight: Check your finances..

**CANCER** (June 21-July 22)  
★★ Demonstrate care and patience. If someone close to you is overpowering, step aside. This is a poor day for an argument, because people will get caught up in ego. Therefore, be wise and table important discussions for next week. Tonight: Cooperation.

**LEO** (July 23-Aug. 22)  
★★★ You will work hard to achieve what you want today. Nothing will stop you. Be careful that you're not taking charge because you're on an ego trip. Today, everyone

wants to run the show! You also might want to make improvements to your job and your health. Tonight: Go gently.

**VIRGO** (Aug. 23-Sept. 22)  
★★★ Today you want romance to be worthy of a diary entry. You also have strong feelings when dealing with your kids. Check your ego at the door. Think about how you can improve your closest relationships. Tonight: Be agreeable.

**LIBRA** (Sept. 23-Oct. 22)  
★★ This is a classic day for power struggles with family members. You care about the appearance of things more than most people can fathom. Perhaps this is the reason for your argument. Tonight: Stay calm.

**SCORPIO** (Oct. 23-Nov. 21)  
★★★ You are a willful sign, and today everyone is pushy

and willful! "Lions and tigers and bears, oh my!" Take a breath and step back to allow a little space in your discussions with others. Avoid dangerous neighborhoods today. Tonight: Be aware.

**SAGITTARIUS** (Nov. 22-Dec. 21)  
★★★ You love the outdoors, you love animals, and you love to figure out ways to get rich. Today these areas might be where you become obsessed, especially in financial discussions. It pertains to buying something. Tonight: Guard your assets.

**CAPRICORN** (Dec. 22-Jan. 19)  
★★ This is a powerful day because Venus, Mars and Pluto are lined up in Capricorn. This is no casual event. People will make a grab for power. At the first hint of violence, run in the other direction. On the upside, you will work very hard today. Tonight: Relax.

**AQUARIUS** (Jan. 20-Feb. 18)  
★★ If you think something fishy is going on, it is. There's a lot of intense (possibly violent) energy that is hidden today. Therefore, be aware. Be mindful. Be wary of anyone who looks angry or unbalanced. Easy does it. Tonight: Hide.

**PISCES** (Feb. 19-March 20)  
★★★ A power struggle with a friend might take place today. The key to this day is to make your goals the goals of others -- or vice versa -- so you are working for a win-win solution. Good luck! (It's possible.) Tonight: Be patient.



## POLITIFROG

# New federal bill could prevent admissions based on legacy status

By **BROOKE GIANOPULOS**  
STAFF WRITER, TCU 360

Proposed federal legislation could curtail the college admission practice of giving preferential treatment to applicants related to alumni or donors.

U.S. Senator Jeff Merkley (D-Ore.) and U.S. Representative Jamaal Bowman (D-N.Y.) want to amend the Higher Education Act of 1965 to prevent all institutions that participate in federal student aid programs from considering legacy

status in the admissions process. Merkley and Bowman introduced the “Fair College Admissions for Students Act” on Feb. 2.

Dean of Admission Heath Einstein said TCU does not track legacy admissions, and if the measure was passed it would not inhibit TCU’s admission process. Einstein said giving preferential treatment in the admissions process is problematic.

A press release from Merkley’s office said that “legacy admissions overwhelmingly benefit

wealthy and well-connected students — who are predominantly white — at a time when access to higher education for Black and Latino and Latina students is under attack.”

Students applying to TCU are asked if they have any relatives that attended the university.

“We ask as a way to better understand a student’s connection to and potential interest in enrolling at TCU,” Einstein said. “Admitting students based on legacy status is fraught with inequity.”

In a 2018 survey by Inside Higher Ed, 42% of private institutions and 6% of public schools said they factor in legacy status.

The purpose of the bill is to allow all students, no matter their race or economic status, the opportunity to gain admission to universities.

Einstein said that if the bill were to become a law, TCU would “have no problem continuing to enroll academically gifted first-year and transfer classes.”

So far, the bill — named the Fair College



PHOTO COURTESY OF AP

People walking outside the U.S. Capitol building in Washington, Jan. 7, 2022.

Admissions for Students Act — has only been introduced to the House and Senate and referred to their respective committees.

## COMMUNITY

# Wellness workshops teach strategies for bystander intervention and more

By **GRACE REINHARDT**  
STAFF WRITER, TCU 360

During the bystander intervention workshop on Feb. 18, students learned how to analyze these types of situations and safely intervene.

“It really made you think of ‘you could do this, but you could also do that,’” said Joceline Rojas, a junior psychology major. “It also opened my eyes to see that it’s not only physical violence, it can also be in relationships and social media.”

The workshop was voluntary and free. It included interactive elements that prompted discussions and allowed people to practice applying bystander skills, said Brad Stewart, campus recreation and wellness promotion’s associate director for

fitness services and wellness education. Stewart manages fitness services and fitness programming as well as the Wellness Education office.

“We watch multiple videos and we have multiple discussion points of ‘what are you seeing here?’ ‘What concerns you?’,” said Stewart. “After we go through about 30 minutes of baseline education on the subject, we say, ‘Okay, put this into practice.’”

Participants were given a variety of scenarios where they applied bystander skills that they had learned in the workshop. This helped students assess how to handle different situations.

“I think it’s important to know this information because it adds more

knowledge into different ways that you can interfere if there’s a certain situation,” said Rojas. “Even if it’s the most littlest thing, you’re still doing something to make the difference.”

Rojas said she learned that intervening doesn’t have to be violent, it can be done by using spatial strategies.

“I never thought of the fact that you could even pretend to know the person or pretend you know someone,” Rojas said.

Stewart said he hoped that participants were empowered to be positive bystanders who can use their voices and take steps to foster change. He also said he hoped that participants understood that reaching out to others for guidance during a challenging situation is alright.

“Maybe it’s you and two or three other people or you delegate to somebody else who’s more knowledgeable and equipped than you,” said Stewart. “But that action of you talking to somebody else and not staying quiet completely changed then the course of how that incident happened.”

The workshop has been offered in the past, and it will continue to be offered in the future. The environment is welcoming in case participants are concerned about attending because of personal bystander experiences. Additionally, it is encouraged that attendees care for themselves in these types of workshops, Stewart said.

“Before any workshop, we always give kind of a trigger warning or that we’re going to have some

Spring 2022 Wellness Workshops		
Learn how to live well!		
<b>Mental Health Allyship</b> Wednesday, January 26 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	<b>Time Management</b> Tuesday, February 2 10:00 AM - 11:00 AM Facilitator: Carter (UIC) 10:00-11:00am	<b>Financial Wellness</b> Friday, February 4 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)
<b>Stress Management</b> Monday, February 7 11:00 AM - 12:00 PM Facilitator: Chambers, J. (4:30pm)	<b>Bystander Intervention</b> Friday, February 18 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	<b>QPR: Suicide Prevention</b> Thursday, February 24 10:00 AM - 11:00 AM Facilitator: Carter (UIC) 10:00-11:00am
<b>Sleep For Success</b> Wednesday, March 2 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	<b>Stress Management</b> Tuesday, March 15 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	<b>Financial Wellness</b> Thursday, March 24 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)
<b>QPR: Suicide Prevention</b> Wednesday, March 30 10:00 AM - 11:00 AM Facilitator: Carter (UIC) 10:00-11:00am	<b>Sleep For Success</b> Tuesday, April 5 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	<b>Mental Health Allyship</b> Monday, April 11 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)
<b>Relaxation Techniques</b> Wednesday, April 14 11:00 AM - 12:00 PM Facilitator: Miller, J. (4:30pm)	Improve your health and well-being! Attend a Wellness Workshop to learn how to support yourself and others as you strive for success. Contact wellness@tcu.edu for more information.	

PHOTO COURTESY OF CAMPUS RECREATION AND WELLNESS

The list of the workshops that are offered this semester.

difficult conversations, but we all need to be respectful of each other’s opinions, thoughts and views,” Stewart said.