

Texas Tech University
Texas Tech University Health Sciences Center

News and Publications
Box 4640/Lubbock, Texas 79409-2022/(806) 742-2136

FOR IMMEDIATE RELEASE

REF: 1-12-12-88

CONTACT: Melissa Workman

LUBBOCK -- The Texas Tech University Health Sciences Center Library will host the American Rehabilitation Educational Network (AREN) teleconference "Integrated Work Hardening" 2-4 p.m. Dec. 20 in Room 5B200 of the Health Sciences Center.

The conference will be broadcast via satellite and is open to the public. Registration fee is \$25.

The conference, produced by AREN, will feature Dr. Leonard N. Matheson, director of the Employment and Rehabilitation Institute of California. An internationally recognized trainer and rehabilitation professional, Matheson is also a member of the Work Hardening National Advisory Committee for the Accreditation of Rehabilitation Facilities (CARF).

The conference will examine equipment, facilities and personnel team required to start a work hardening program. Basic evaluation and treatment will be demonstrated, reimbursement issues will be highlighted and the work hardening program focusing on vocational rehabilitation rather than pain management will be discussed.

Contact the Library of the Health Sciences Center at 743-2213 for additional information.

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FOR IMMEDIATE RELEASE
REF: 2-12-13-88
CONTACT: Chris Patterson

PIGS COULD BE A BIG BUSINESS FOR TEXAS AG PRODUCERS

Texas Department of Agriculture (TDA) Deputy Commissioner Mike Moeller will present a \$15,000 grant to the Texas Tech University department of animal science at 10 a.m. Thursday (Dec. 15) at the university livestock arena.

The grant is part of the Texas Agricultural Diversification Matching Grants Program. The program is designed to help Texas rebuild, retrain and retool for new and expanding diversified agricultural industries.

The university's grant will be used to implement a demonstration pig feedlot. The pig feedlot will be operated like a commercial unit so that researchers can study the economic viability of such an operation for Texas cotton, grain and cattle producers. Researchers at Texas Tech hope to help create a more stable Texas agricultural economy by expanding the swine industry that will utilize local feed products and local labor.

LAW IS WITHIN HER GRASP

Aundrea Adams Luke is a legal secretary for Splawn and Simpson law offices, but you can bet she'll soon be doing more than typing briefs. Luke officialy will be a legal assistant on Friday, becoming the first person to complete the legal assistant program sponsored by the Division of Continuing Education at Texas Tech University.

She will be awarded her certificate of completion by President Elizabeth Haley at 2 p.m. Friday (Dec. 16) in the President's Office.

The legal assistant, or paralegal, profession is expected to double in size between now and 1995. The program at Texas Tech is designed to prepare students for employment in a variety of legal settings. Students are required to take courses in civil litigation, client interviewing, family law, law office management, legal research, legal writing and real estate law.

FOR IMMEDIATE RELEASE

REF: 3-12-14-88

CONTACT: Steve Kauffman

LUBBOCK -- Author, lecturer and nationally noted constitutional scholar Walter F. Murphy will be the featured speaker during Dec. 17 hooding ceremonies for the Texas Tech University School of Law.

Murphy, who currently is a professor of jurisprudence in the department of politics at Princeton University, will address law school graduates at 2 p.m. in the University Center Allen Theatre.

A reception will follow in the atrium of the Holiday Inn Civic Center, 801 Ave. Q.

Murphy's lectures have carried him across the United States and abroad to Italy, Turkey, Austria, China, Israel and Korea. And his academic accomplishments led to his selection as a Fellow in the American Academy of Arts and Sciences.

Heralded as one of the country's most prominent constitutional experts, Murphy also is known for his 1979 novel The Vicar of Christ and a 1987 work Upon This Rock: The Life of St. Peter. Among his academic publications, Congress and the Court, published in 1962 is still the leading university text on the relations of the two governmental branches.

During Saturday's commencement, Law professor Marilyn Phelan will hood the graduates, and law student Susan Owen will speak on behalf of the graduating class.

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FOR IMMEDIATE RELEASE
REF: 4-12-15-88
CONTACT: Chris Patterson
806-742-2136
FAX: 806-742-1615

LUBBOCK -- When the Prime Minister of the Republic of Turkey, Turgut Özal, receives his honorary degree from Texas Tech University at 9 a.m. Saturday (Dec. 17), he will do so before about 800 Texas Tech graduates and thousands of family members and guests.

Students from the colleges of Agricultural Sciences, Architecture, Business Administration and Engineering will graduate with bachelors, masters and doctorate degrees. The Prime Minister will receive an honorary doctorate of humane letters.

Virginia Sowell, assistant provost of academic affairs, said that the university bestows very few honorary degrees.

"Honorary degrees are given to only those individuals who have earned very special recognition for their accomplishments and contributions to Texas Tech," she said. "Once a degree is bestowed upon a person they become part of our institution."

The commencement ceremony will be much like those of Turkish universities. The ceremony serves as a time for students to receive individual recognition for their academic achievements.

"The pride of the occasion is shared by family and friends," said Sowell, "and the university makes every effort to make it a memorable occasion."

The ceremony will begin with the processional, "Pomp and Circumstances," performed by the Texas Tech Brass Ensemble. The Texas Tech faculty, dressed in their appropriate robes, hoods and caps, will enter the coliseum and form an aisle for the graduates and stage party to pass between.

Prime Minister Özal will receive his honorary degree from University President Elizabeth Haley. The Prime Minister will then address the audience.

When the Texas Tech University Board of Regents voted to bestow an honorary doctorate degree on Prime Minister Özal, they did so to commemorate the university's relationship with several Turkish universities and the Prime Minister's commitment to excellence in education.

His honorary doctorate of humane letters is only the second ever awarded to a Turkish statesman by an American university. In 1954 Columbia University in New York City awarded an honorary doctorate to Celal Bayar, the third president of the Republic of Turkey.

-more-

Degrees to students will be individually awarded. Outstanding students will be recognized by Provost Donald Haragan, then President Haley will address the students. The students will sing the school song one last time and the stage party and the graduates will then file out of the coliseum.

Texas Tech University is a state-supported institution of 24,500 students located in Lubbock, Texas. Founded in 1923, the university now houses seven colleges, a school of law and a health sciences center.

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News and Publications
Box 4640/Lubbock, Texas 79409-2022/(806) 742-2136

SCRIPT: Holiday Diet
DATE: December 1988
Texas Tech Health Sciences Center

CONTACT: Preston Lewis
(806) 743-2143
REF: 5-12-16-88

AUDIO: Channel 1 -- Natural Sound
Channel 2 -- Announcer

ANCHOR INTRO:

If you're ever going to gain weight, it'll probably be this time of year. This is the when holiday parties, all day snacks and big meals reach their peak.

Surveys show the average American gains from 4 to 7 pounds during the holidays. And what's more, most of us don't take that weight off once it's here.

From the Texas Tech Health Sciences Center, Larry Elliott adds up the Christmas calories that don't go away in January.

LENGTH: 1:32

OUTCUE: "Larry Elliott"

SOUND ON TAPE: (0:00) Sausage or turkey, rich dressing and even richer pies add up even faster when you count all the snacks and cookies we eat this time of year.

(0:09)

CGs: Kae Hentges
TTUHSC Family Medicine Dept.

HENTGES: Easily in one day you could consume 7 or 8,000 calories. When you consider many women need only 15 hundred calories per day to maintain their weight, you can see that they can gain a couple of pounds in one day. (0:15)

(0:24)

CGs:

High calorie foods:

Gravy - 60-70 calories per Tbsp
Pecan pie - 700 calories
Pumpkin pie - 540 calories
10 crackers w/cheese -
700 calories

Here are some of the high calorie foods you see a lot of during the holidays. Gravy at 60 or 70 calories per tablespoon. Nuts, very high in calories. Pecan or pumpkin pie. Even crackers and cheese add up very quickly. And what makes it even worse is that most of us eat more, instead of less as we get older. Family physician Berry Squyres says most of us will gain an average of one and a half to 2 pounds a year after we become adults.

(0:52)

CGs: Berry Squyres, M.D.
TTUHSC Family Medicine Dept.

SQUYRES: To maintain your weight, you have to eat a little less every year. To maintain your lean body mass, you've got to have an exercise program. (0:11)

(1:03)

CGs:

How much exercise for:

3 handfuls of nuts-8 mile
walk

2 chocolate chip cookies-
3 miles

1 light beer - 1 mile

Examples of how exercise fits in are walking about 8 miles to work off 3 handfuls of party nuts. You must walk about 3 miles to work off 2 chocolate chip cookies and for every beer you drink, figure about one mile of walking to get rid of the calories. So it's no surprise that about half of all adult Americans say they're going on a diet in January. From the Texas Tech University Health Sciences Center, I'm Larry Elliott.

(1:32)

OUTCUE: "Larry Elliott"

FLOOR TAG:

And Larry says weight experts advise you to eat something like a fruit snack of bananas or apples before you go to a party where you may be tempted to eat a lot. And, once you're there, try to stay as far away from the food as possible if you can't control your appetite.

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News and Publications
Box 4640/Lubbock, Texas 79409-2022/(806) 742-2136

SCRIPT: Winter Exercise
DATE: December 1988
Texas Tech Health Sciences Center

CONTACT: Preston Lewis
(806) 743-2143
REF: 6-12-16-88

AUDIO: Channel 1 -- Natural Sound
Channel 2 -- Announcer

ANCHOR INTRO:

Many of us will gain weight during the next couple months as we slow down our activities because of colder weather.

The combination of less exercise and more holiday eating makes our bodies respond like we were going into winter hibernation.

From the Texas Tech Health Sciences Center Larry Elliott says it's time to begin the battle of the bulge.

LENGTH: 1:38

OUTCUE: "Larry Elliott"

SOUND ON TAPE:

(0:00) Stephen Guffey is a physical therapist who works out at least five times a week here at the Texas Tech Health Sciences Center so he knows a lot about the value of winter exercise. He says just about any physical activity will help you come out of the winter roughly the same size you were when cold weather started.

(0:19)

CGs: Stephen Guffey
TTUHSC Physical Therapist

GUFFEY: Good examples are walking, jogging, biking, hiking, stationary bicycle, trampoline running. Anything where you're using a large muscle group. You don't want to limit the exercise program to just the upper extremities. (0:12)

(0:31)

CGs:

Exercise Goals:

- Cardiovascular fitness
- Body composition
- Muscular strength
- Muscular endurance
- Flexibility

Many of us stay active just to maintain cardiovascular fitness or to control our weight by keeping up our body composition. But your goal may also be muscular strength, endurance or flexibility. All of which require different kinds of exercise. For the average person, just staying active without any complicated exercise equipment is as easy as walking indoors in a shopping mall.

(1:00)

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News and Publications
Box 4640/Lubbock, Texas 79409-2022/(806) 742-2136

SCRIPT: Toy Selection
DATE: December 1988
Texas Tech Health Sciences Center

CONTACT: Preston Lewis
(806) 743-2143
REF: 7-12-16-88

AUDIO: Channel 1 -- Natural Sound
Channel 2 -- Announcer

ANCHOR INTRO:

If you don't believe Christmas has changed a lot since you were a kid, just look at the television commercials for toys.

A lot of this year's TV ads show even very young children playing with computers and high-tech toys.

Larry Elliott reports from the Texas Tech Health Sciences Center on why traditional toys like dolls and blocks should not be overlooked when you make selections for your toys.

LENGTH: 1:12

OUTCUE: "Larry Elliott"

PRONUNCIATION: Sridaromont (Sah-RID-ah-mont)

SOUND ON TAPE:

(0:00) This is Nintendo. A video game that even a pre-schooler can enjoy. It's said to be one of the hottest toys for young kids this year. Kids seem to like high-tech toys like this one, but what about the old favorites. The toys that used to be Christmas favorites for kids this age.

(0:20)

CGs: Kathy Sridaromont, R.N.
TTUHSC Pediatric Nurse

SRIDAROMONT: Think about a few toys that aren't so programmed. In other words, let the child create and choose something with the toy and as an example, even this little teddy bear here. He's fine and he'll respond to the child and likewise a child can respond to the needs of this bear, as someone who needs something. (0:16)

(0:36)

Kathy Sridaromont is a pediatric nurse at the Texas Tech Health Sciences Center. She says educational toys are nice, but kids also need something they can just play with. Like this Crayons and chalk set, or a fuzzy animal.

(0:52)

CGs: Kathy Sridaromont

SRIDAROMONT: Make it for the fun of it all. Because, after all, these are memories and Christmas memories should indeed be a joy. Something about sharing the feeling. (0:06)

(0:58)

So remember, this year's computer game may be out of fashion next year, but a child's memories of a teddy bear can last a lifetime. From the Texas Tech Health Sciences Center, I'm Larry Elliott.

(1:12)

OUTCUE: "Larry Elliott"

FLOOR TAG:

And Larry says this is a good principle in selecting a child's gift any time of the year. And, don't overlook books as gifts for your children. They can fire up your child's imagination in a way a computer may not be able to do.

CGs: Stephen Guffey

GUFFEY: Walking is an excellent aerobic exercise as long as it's done on a fairly substantial level and held constant for 10-20 or 30 minutes (0:10)

(1:10)

CGs:

Under age 45

Start slowly

Over age 45

Check with your doctor

Make sure you have no

cardiac risk factors

If you're under 45, the rules are start off at a low rate of exertion and build up slowly. If you're over 45 or have any risk factors for heart disease, like high blood pressure or a family history, you should see a doctor before jumping into an exercise schedule. The point is, it's a lot easier to fight the battle of the bulge in the winter than the spring. So don't let cold weather force you into hibernation. From the Texas Tech Health Sciences Center, I'm Larry Elliott.

(1:38)

OUTCUE: "Larry Elliott"

FLOOR TAG:

And Larry says all the experts will tell you a combination of diet and exercise is the best way to control your weight. That's especially important this time of year with all the holiday goodies to tempt us.

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Box 4640/Lubbock, Texas 79409-2022/(806) 742-2136

SCRIPT: Special Committee
DATE: December 1988
Texas Tech Health Sciences Center

CONTACT: Preston Lewis
(806) 743-2143
REF: 8-12-16-88

AUDIO: Channel 1 -- Natural Sound
Channel 2 -- Announcer

ANCHOR INTRO:

When the Texas Legislature convenes in January, one of the areas it will be studying is the state's system of training tomorrow's health professionals.

A report issued in December by the Special Committee on Post-Secondary Medical, Dental and Allied Health Education will help the Legislature assess the direction of Texas Medical Education.

From the Texas Tech Health Sciences Center, Larry Elliott reports what the committee's findings mean for medical and health education in West Texas.

LENGTH: 1:31

OUTCUE: "Larry Elliott"

SOUND ON TAPE: (0:00) The group that visited Texas Tech Health Sciences Center campuses in April toured the whole state looking at how taxpayer dollars are spent on medical and health care education and after they made their report, what they found in West Texas was mostly very positive.

(0:15)

CGs: Dr. Bernhard Mittermeyer
TTUHSC Provost

MITTEMEYER: For the very first time, it became evident that there is a very definite need for a health sciences center in this vast region. (0:12)

(0:27)

CGs:
Committee Recommendation -
Expand primary care training
to help with physician
shortage

The committee recommended an expansion of primary care and family practice residency programs as a way to make more doctors available to rural West Texas. That's something health sciences center Provost Bernhard Mittermeyer says is recognition of a job well done.

(0:45)

CGs: Dr. Bernhard Mittermeyer

MITTEMEYER: The Texas Tech Health Sciences Center is not only beginning to meet the mission of placing physicians in rural Texas and specifically with our focus being on West Texas, but we are actually doing it. (0:14)

(0:59)

CGs:

TTUHSC Campuses In:

El Paso

Odessa

Lubbock

Amarillo

With campuses in El Paso, Odessa, Lubbock and Amarillo. Tech's Health Sciences Center is in a good position to deliver medical care to the indigent, something the legislature says is important. And, it provides a medically underserved area with access to more doctors, nurses and allied health practitioners.

When the legislature meets in January, the news they'll have about medical education in West Texas will be good. From the Texas Tech Health Sciences Center, I'm Larry Elliott.

(1:31)

OUTCUE: "Larry Elliott"

FLOOR TAG:

And Larry says the doctor shortage in West Texas still exists. The newly released legislative report says Texas ranks 33rd out of 50 states in the ratio of doctors to our population.

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FOR IMMEDIATE RELEASE
REF: 9-12-15-88
CONTACT: Chris Patterson

(MEDIA ADVISORY: You are invited to attend the presentation of an honorary degree to the Prime Minister of Turkey from Texas Tech University at 9 a.m. Saturday (Dec. 17) at the Municipal Lubbock Coliseum. Prime Minister Özal will deliver the commencement address at the ceremony. Prime Minister Özal and his wife will be available for questions at a press conference at 12:30 p.m. in the University Center Senate Room. Texas Department of Public Safety press passes will be required for admission to the commencement ceremony and to the press conference. We recommend that reporters and photographers arrive early at the coliseum due to security procedures.)

LUBBOCK -- The Prime Minister of the Republic of Turkey, Turgut Özal, will receive an honorary degree from Texas Tech University during graduation ceremonies at 9 a.m. Saturday (Dec. 17) at the Lubbock Municipal Coliseum. Prime Minister Özal will deliver the commencement address at the ceremony.

The degree, a doctorate of humane letters, will be given to recognize the prime minister's commitment to excellence in education and to commemorate the close relationship between Texas Tech University and Turkey.

That connection is stimulated by Texas Tech's International Center for Arid and Semi-Arid Land Studies (ICASALS.) Through its interdisciplinary mission of understanding arid and semi-arid lands and the people who live in them, ICASALS sponsors an exchange of students and professors between Texas Tech and Middle Eastern Technical University in Ankara and Karadeniz University in Trabzon. The exchange program provides for the transfer of science and technology between the United States and Turkey.

More than 40 graduate students from Turkey are now enrolled at Texas Tech and many more are expected over the next decade. Seventeen Texas Tech professors have spent summers teaching at universities in Turkey. The Turkish students attend Texas Tech on full government scholarships from the Turkish government and will repay the government by teaching in Turkish universities upon their return. The program is the largest Turkish exchange program in the United States.

The bestowing of the honorary degree to Prime Minister Özal marks a historic event for both Texas Tech and the Republic of Turkey. His honorary doctorate of humane letters is only the second ever awarded to a Turkish statesman by an American university. In 1954 Columbia University in New York City awarded an honorary doctorate to Celal Bayar, the third president of the Republic of Turkey.



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News and Publications
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TTUHSC VIDEO FEATURE SERVICE
December Questionnaire

1. Which of the TTUHSC video features did you use?

	Dates	Time
A. _____ Toy Selection	_____	_____
B. _____ Winter Exercise	_____	_____
C. _____ Special Committee	_____	_____
D. _____ Holiday Diet	_____	_____

2. Did you: _____ Use the audio track?
 _____ Use the script for your own voice-over?
 _____ Edit the segments? If so, why? _____

3. What did you particularly like or dislike about the features?

4. Do you have suggestions or comments that can help us produce features likely to be used by your station?

5. Do you want to continue to receive the TTUHSC Video Service?
 _____ Yes _____ No Station _____

Please complete and return as soon as possible.
 Call Preston Lewis (806) 743-2143 for additional information.

Name _____
 Title _____

FOR IMMEDIATE RELEASE
REF: 2-12-21-88
CONTACT: Chris Patterson

LUBBOCK -- Farmers may be in for a shock if they are expecting an extension on the 45-day deadline for submitting their loan restructuring applications to the Farmers Home Administration (FmHA).

Bill Stewart, the Lubbock county district supervisor of FmHA, told area attorneys and accountants Tuesday (Dec. 20) that the 45-day deadline was specified in the Agricultural Credit Act of 1987 and that he does not expect an extension of time to be granted by Congress.

The Agricultural Credit Act of 1987 is legislation that requires the FmHA, the Federal Land Bank Associations and the Production Credit Association to restructure distressed loans if restructuring is a less costly alternative than foreclosure.

FmHA has sent notices to borrowers who are more than 180 days late on their payments. These notices inform the borrowers that they have 45 days to decide whether they wish to try to restructure their debt and to prepare all necessary paperwork or to prepare for foreclosure.

"The 45-day period begins on the day the borrower signs the certified mail receipt attached to his package," said Stewart. "That date is entered into a computer program and it can't be changed."

Stewart said Congress designed the loan restructuring program with rigid rules and procedures to hamper any kind of manipulation by borrowers or lenders.

Stewart was one of the speakers at the FmHA Loan Restructuring Process Seminar. The workshop was presented to attorneys and accountants with clients who have received FmHA letters. Texas Tech University Division of Continuing Education and the Texas Agricultural Loan Mediation Program co-sponsored the workshop Tuesday at the Lubbock Plaza Hotel.

Director of the Texas Agricultural Loan Mediation Program Gary Condra also emphasized the importance of immediate action by borrowers after they receive their letters from FmHA.

"The 45-day deadline is about to run out on a lot of borrowers. We want to assist borrowers in preparing their applications, but we can't help if they wait until the last minute," he said.

Condra, also a professor of agricultural economics at Texas Tech, said borrowers should telephone (806) 742-1949 immediately if they want help.

In November, the Texas Agricultural Loan Mediation Program at Texas Tech was designated by the U.S. Secretary of Agriculture as the state agency to mediate between delinquent farm borrowers and their lenders.

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FOR IMMEDIATE RELEASE

REF: 3-12-21-88

CONTACT: Preston Lewis

LUBBOCK -- A resident physician in the Department of Family Medicine at the Texas Tech University Health Sciences Center has been recognized by the American Medical Association (AMA) for outstanding community involvement.

Dr. George Jeffrey Young was one of 25 resident physicians nationally to be recognized by the AMA's Burroughs Wellcome Leadership Program in 1988.

The program honors resident physicians committed to working on community problems and encourages community involvement and leadership by organized medicine.

Young has been involved locally in improving pre-hospital emergency medical care available to West Texans. He has assisted in preparing emergency protocols for emergency care personnel and his helped train emergency medical technicians and paramedics in the region.

Additionally, he has volunteered to provide free physical examinations for high school athletic teams and for Boy Scouts.

Young is in his second year in the TTUHSC's family medicine residency program. He has also practiced in the HealthPlus Medical Group and as an emergency physician at the Brownfield Regional Medical Center.

Young was recognized at the AMA's winter meeting in Dallas.

FOR IMMEDIATE RELEASE

REF: 4-12-21-88

CONTACT: Preston Lewis

LUBBOCK -- Structuring clinical research so it meets the needs of nurses and their patients is the goal of a project being initiated by the Texas Tech University Health Sciences Center School of Nursing.

Supported by a three-year \$491,000 grant from the U.S. Public Health Service's Division of Nursing, the grant will allow practicing nurses to identify research needs within their hospital environment. Usually, research topics are identified by the researcher and, consequently, research results may not be applicable to practice.

TTUHSC Nursing Dean Teddy Langford, who will direct the project, said the program is designed to merge the resources and energy of academia with the real-world issues faced by those who provide nursing care. Dr. Langford has appointed Dr. Mary G. Umlauf as coordinator of the project, named "Education and Practice: Beyond Collaboration."

The concept will be implemented in Lubbock General Hospital's Four-East wing, a general medical and oncology unit which serves as a primary site for clinical experience by nursing students. The grant will support the integration of clinical nursing research with patient care delivery.

Under the grant, nurses in the Four-East unit will receive assistance from a clinical librarian, a statistical consultant and a doctorate level nurse to identify and investigate issues pertinent to nursing care of patients in the unit. Initial efforts will focus on using existing research findings to develop patient care standards and protocols for basic nursing care problems.

After the initial work is completed, nurses in Four-East will identify areas for additional study and implementation.

An advisory committee of nationally recognized nursing leaders has been named to help modify the concept as it evolves. Members are Dr. Phyllis Kritek of Marquette University; Mary Koloroutis of Women's Hospital, Minneapolis; Ronald Norby of the Veterans Administration; and Dr. Laura Goodwin of the University of Colorado.

Additional support will be provided by Lubbock General Hospital officials, including Dr. Georgia Fojtasek, chief operating officer; Paula Wissman, vice president of nursing; and Pat Leins, clinical director.

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FOR IMMEDIATE RELEASE
REF: 5-12-21-88
CONTACT: Kippie Hopper

LUBBOCK -- The Center for Public Service at Texas Tech University has received a \$73,000 grant to fund an Energy Extension Service field office for the Panhandle and South Plains area.

The Energy Management Center, an agency of the governor's office in Austin, has funded the field office which will be responsible for informing groups about energy conservation and renewable energy sources, said program coordinator Mikell Bollinger.

"People don't worry about energy as much as they once did during the energy crisis of the 1970s. Energy conservation has become a low priority because oil prices have declined and gasoline costs have remained fairly stable," Bollinger said. "We want to reawaken awareness about energy conservation by creating an energy network and hotline that provides answers to energy questions."

Field office representatives will present workshops about energy efficiency and conservation to building contractors, owners of small businesses and residents. Training sessions will be provided to social workers who can inform their low-income clients about low-cost energy techniques. Presentations will be made to civic groups and business associations in the 82-county area served by the the Energy Extension Service field office.

Bollinger said some evidence indicates that energy usage is gradually increasing. Data from the Southwestern Public Service Company in Lubbock show an average increase of about 3 percent in electrical usage for residential customers during the last 11 years.

"Energy conservation doesn't have to be expensive or done on a large scale for renters and homeowners. For example, weatherizing homes generally doesn't cost much, but can save enough energy to substantially reduce utility bills," she said.

The basics of energy conservation include eliminating or reducing air leaks, reducing losses through windows and insulating walls and ceilings. Other cost-effective techniques include using renewable or alternative energy sources, such as solar, wind and hydroelectric power.

cutline -----

6-12-21-88

Legal Assistant Program -- Texas Tech University President Elizabeth G. Haley (right) and Director of Continuing Education Michael Mezack (left) present a certificate of completion to Aundrea Adams Luke. Luke is the first student to complete the two-year-old legal assistant program sponsored by the Division of Continuing Education at Texas Tech. The program, often referred to as a paralegal program, focuses on basic law concepts and teaches skills in legal research and writing, interviewing techniques and law office administration. (Texas Tech photo by Arite Limmer)

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FOR IMMEDIATE RELEASE

REF: 7-12-22-88

CONTACT: Chris Patterson

LUBBOCK -- The Dallas law offices of John E. Collins recently hired the first legal assistant to be certified through a Texas Tech continuing education program.

Aundrea Adams Luke received her certificate of completion in December after fulfilling the requirements of the legal assistant program. While completing the certification, she worked as a legal secretary for the Lubbock law offices of Splawn and Simpson.

Experts expect the legal assistant, or paralegal, profession to double in size by 1995.

The program at Texas Tech began in 1986 and is sponsored by the Division of Continuing Education. The program is aimed toward students who are seeking employment in legal settings, such as private law offices, public agencies, insurance companies and banks.

Students are required to take courses in civil litigation, client interviewing, family law, law office management, legal research, legal writing and real estate law.