

may 2nd, 1988

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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: 1-5-2-88

CONTACT: Preston Lewis

(EDITOR'S NOTE: Lox is presenting his findings to the annual meeting of the Federation of American Societies for Experimental Biology Tuesday (May 3) in Las Vegas, Nev.)

LUBBOCK -- Fish oil containing omega-3 fatty acids appears to discriminate on the basis of sex.

That is the finding of preliminary Texas Tech University Health Sciences Center (TTUHSC) studies into the comparative effects of omega-3 fatty acids on the male and female lipid levels.

Dr. Charles D. Lox, who holds appointments in the TTUHSC departments of obstetrics/gynecology and of cell biology and anatomy, said the beneficial effects of omega-3 on reducing several heart attack risk factors are not as clear cut for women as for men.

For instance, supplemental doses of omega-3 generally help men of all ages decrease overall cholesterol levels, lower the proportion of low-density lipoproteins (LDL) or "bad" cholesterol and reduce the activity of several mechanisms which produce clotting, all factors which can contribute to heart attacks.

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However, omega-3's effect on women varies with their age and whether they are taking birth control pills or supplemental estrogen. Generally, women of child-bearing age who are not taking oral contraceptives show no demonstrable effect from supplemental omega-3, Lox said. Women of child-bearing age who took oral contraceptives and supplemental omega-3 showed higher cholesterol and a greater risk of clotting as well.

In menopausal women taking replacement estrogens, daily doses of omega-3 fatty acids did reduce the proportion of LDL, the "bad" cholesterol in the blood, and slightly reduced the clotting risk.

"A post-menopausal woman of 47 generally has the same risk of a heart attack as a man of 45," Lox said. "Omega-3 appears to be more beneficial to older women which is positive since that is where the greater risks are."

More extensive studies on a broader population, however, are necessary to confirm the findings, Lox said. This preliminary study is significant, though, because it is one of the earliest to look at women and it utilizes only a fraction of the dosages generally used in previous studies done on men.

"Ultimately, we would like to identify the minimum dosage that would bring about a beneficial effect," Lox said. "While most studies have used daily dosages of 15-20 grams, we were able to show a beneficial response in men and some women with only three grams of omega-3 a day."

Omega-3 fatty acids are fish oils derived from cold water ocean fish such as salmon, mackerel, haddock and cod. The brownish oil comes in a gelatin capsule for consumption. Scientists have been exploring Omega-3's healthful benefits for several years because cold-water fish are a staple in the diet of Eskimos, a people who have one of the world's lowest rates of heart disease.

Participants in the TTUHSC study, took three grams of Omega-3 with their meals daily for 30 days. All participants were non-smoking volunteers without a history of coronary disease or high blood pressure.

Of the participants, nine were males between 21-50, eight were normally cycling women not using oral contraceptives, nine were normally cycling contraceptive users and five were menopausal women on replacement estrogens.

Lox said the difference in the male and female response may relate to the female hormone estrogen produced by women of child-bearing age, but the relationship between omega-3 and estrogen is still unclear.

Like aspirin, omega-3 appears to reduce the risk of heart attack by blocking chemicals known as prostaglandins. Some prostaglandins, though not all, are thought to cause blood platelets to clot.

But unlike aspirin which blocks all prostaglandins, omega-3 appears just to block those which cause platelet clumping and the resultant high blood pressure. Because of that and because Omega-3 is a natural substance which would not have all the side-effects of aspirin, Lox said it could hopefully be used in treating pregnant women for high blood pressure.

Lox said additional studies utilizing larger populations over longer periods are necessary to delineate the actual benefits of omega-3 in women and to determine the interrelationship between the supplemental fish oil and the female hormone estrogen.

"The potential benefit from using this naturally occurring fatty acid in the diet is attractive, especially if omega-3 acts on the specific prostaglandins involved in blocking platelet clumping," Lox said.

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FOR IMMEDIATE RELEASE

REF: 2-5-2-88

CONTACT: Kristie King

LUBBOCK -- Trammell Crow, developer of the First City Bank Building and the Houston Lighting and Power Building in Houston, will receive an honorary Doctor of Humane Letters degree from Texas Tech University at its May 14 commencement exercises.

The Texas Tech Board of Regents, who selected Crow to receive the honorary degree, were impressed not only with his professional accomplishments but his character as well. They wrote that Crow's "dynamic, aggressive, and optimistic outlook on life has been an inspiration and example to all those with whom he has been associated."

Crow went into real estate development in 1948 and has since turned the Trammell Crow Company in Dallas into the largest development company in the United States. Crow built the Dallas Market Center, the largest merchandise mart in the world.

Crow was inducted into the Texas Business Hall of Fame in 1985 and the U.S. Business Hall of Fame in 1987. In 1986, he was also presented the Distinguished Developer Award from the Urban Land Institute.

FOR IMMEDIATE RELEASE

REF: 3-5-2-88

CONTACT: Kippie Hopper

LUBBOCK -- Services for Ronald E. Schulz, 68, of Santa Fe, N.M., were Wednesday, May 4, at the Church of the Holy Faith in Santa Fe.

The body was cremated and the ashes inurned at the columbarium of the Church of the Holy Faith.

He died Sunday, May 1, at his home in Santa Fe after a lengthy illness.

Schulz was born in Montevideo, Minn. He taught at Texas Tech University from 1952 to 1982 in the departments of speech and theater. He previously taught at Northwestern University in Evanston, Ill.

He was the director for more than 100 theater productions. His other theater experience included designing scenes, lighting and costumes and acting as a critic judge. He was a consultant for the design of the Texas Tech University Theater and was college and university theater editor for Players Magazine. He previously served as president of the Southwest Theater Conference and the Texas Educational Theater Association.

Honors presented to Schulz during his time at Texas Tech include the Sigma Delta Chi faculty award, an award for 25 years of outstanding contributions to theater and the AMOCO Award for Distinguished Teaching. He also was presented the Founders Award by the Texas Educational Theater Association.

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He served on several community and public service committees while he lived in Lubbock. He is included in several biographical listings such as the Directory of American Scholars and Outstanding Educators of America.

The family requests that contributions be made to the Ronald E. Schulz Award in Theater Arts Endowment at Texas Tech University or to other charities in lieu of flowers.

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FOR IMMEDIATE RELEASE

REF: 4-5-4-88

CONTACT: Beverly Taylor

LUBBOCK-- Four students have been recognized as outstanding by the Texas Tech University College of Education.

They are educational psychology graduate students Fay Head and James Truscott, elementary education major Kathy Kinnison, and secondary education major Nita Fields.

Head, the daughter of Mr. and Mrs. David M. Snell of Dallas, was named outstanding master's degree candidate in the College of Education.

Truscott is the son of Mr. and Mrs. Walter Truscott of Kingston, Pa. He was named outstanding doctoral student in the College of Education.

Kinnison is the daughter of Mr. and Mrs. Jay Kinnison of Lubbock. She was named outstanding graduating senior in elementary education.

Fields is the daughter of Mr. and Mrs. Fletcher Fields of Brady. She was named outstanding graduating senior in secondary education.

All were recognized at the annual awards banquet of the College of Education, held April 19 on the Texas Tech campus.

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FOR IMMEDIATE RELEASE
REF: 5-5-4-88
CONTACT: Beverly Taylor

LUBBOCK -- Nancy Powell, a December graduate from Texas Tech University, has been awarded the 1988 W. Curry and Frances M. Holden Award of Achievement by the Anthropology Department.

Established in 1973 by Dr. and Mrs. Holden, the award is given to a student who completes an undergraduate or graduate degree in anthropology with superior performance. The award includes a certificate and a \$500 check. Recipients' names are engraved on a plaque in the department.

Powell, of 6005 Norfolk, Lubbock, will attend the Texas Tech School of Law in the fall. Her studies will focus on the anthropology of law or the legal systems arranged by cultures.

She is the 12th recipient of the award which is given only when a candidate is supported unanimously by the anthropology faculty.

Powell graduated summa cum laude. She was named to Who's Who in American Universities and Colleges and Outstanding Graduating Non-Traditional Student in Arts and Sciences and was nominated for a Phi Kappa Phi Fellowship, all in 1987.

She served as an officer in the Anthropological Society and P.A.L.S and is a member of the honor societies Phi Kappa Phi, Golden Key and Pi Sigma Alpha.

Dr. Holden taught history and anthropology after coming to Texas Tech in 1929. He was curator of what was then the West Texas Museum. The small collections was first housed in the West Texas Museum building, which after it was enlarged was renamed Holden Hall in Holden's honor. When the collection moved to its current location, it was renamed the Museum of Texas Tech University.

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6-5-4-88

LUBBOCK -- Nancy Powell, left, accepts congratulations from Dr. and Mrs. Curry Holden upon being named the 1988 W.Curry and Frances M. Holden Award of Achievement winner. The award and a check for \$500 is given to outstanding graduating seniors in anthropology at Texas Tech University. (Tech photo)

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FOR IMMEDIATE RELEASE

REF: 7-5-4-88

CONTACT: Kippie Hopper

LUBBOCK -- Several stars of public television will demonstrate their talents at a KTXT-TV fair from 10 a.m. to 4 p.m. Saturday (May 7) at the broadcast station, located at 17th Street and Indiana Avenue.

Gardening expert Bob Thomson, host of "The Victory Garden," will present slides in three 45-minute gardening lectures at 10:30 a.m., 1 p.m. and 2:30 p.m.

Artist William Alexander, star of "The Art of William Alexander," will offer a two-hour painting demonstration from 10 a.m. to noon. The resultant art piece will be auctioned.

An authority on automotive mechanics, Brad Sears, of "The Last Chance Garage," will conduct four 30-minute car-care clinics and will work on a recent model front-wheel drive vehicle at 10 a.m., 11:30 a.m., 2 p.m. and 3:30 p.m.

Chef Carl Oshinsky, of "The Pizza Gourmet," will prepare pizza, pasta and other foods in three 45-minute cooking classes at 10 a.m., 1 p.m. and 2:30 p.m.

The public television fair is a special event of the 25th anniversary celebration of KTXT-TV. Local anniversary sponsors are Briercroft Savings Association; Holland Merriman & Christian; and American Airlines. Sponsors of the fair are Southwestern Bell Telephone, Coca-Cola, McDonald's, Michael's, Furr's Inc. and the Lubbock Inn.

Admission to the public television fair is free. For more information, telephone 742-2209.

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FOR IMMEDIATE RELEASE

REF: 8-5-4-88

CONTACT: Beverly Taylor

LUBBOCK -- The Texas Tech University Department of Biological Sciences has honored four outstanding graduating seniors with the 1988 Earl D. Camp Award.

Recipients are Cheryl Caffee, daughter of Mr. and Mrs. Gary Caffee of Arlington; Troy Carter, son of Dr. and Mrs. P.J. Carter of Ft. Worth; Gary Fortenberry, son of Mr. and Mrs. Texas Fortenberry and husband of Julie Fortenberry, all of Lubbock; and Laura Yates, daughter of Mr. and Mrs. Buddy Yates of Lubbock.

The award, established by and named for the former chairman of the biological sciences department at Texas Tech, honors the top seniors in biology each year. Each recipient received a \$400 check with the honor.

Caffee and Carter will attend medical school in the fall. Fortenberry will begin a doctoral program in cell and molecular biology at the Texas Tech Health Sciences Center. Yates will attend the Texas Tech School of Law in the fall.

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9-5-4-88

LUBBOCK -- Earl D. Camp, center, holds a plaque with the names of the 1988 Earl D. Camp Award Winners, four seniors chosen as outstanding graduates by the Texas Tech University Biological Sciences Department. The winners are, from left, Troy Carter, Ft. Worth; Laura Yates, Lubbock; Cheryl Caffee, Arlington; and Gary Fortenberry, Lubbock. (Texas Tech Photo).

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10-5-4-88

LUBBOCK -- Recently honored as the outstanding students in the College of Education at Texas Tech University are, from left, Fay Head of Wolfforth, James Truscott of Kingston, Pa., Kathy Kinnison of Lubbock, and Nita Fields of Brady. (Tech photo by Mark Mamawal.)

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FOR IMMEDIATE RELEASE

REF: 11-5-6-88

CONTACT: Joe Sanders

LUBBOCK -- The reunion of the class of '38, commencements and receptions will cap Texas Tech University's academic year, starting Thursday (May 12).

Approximately 40 members of Tech's class of 1938 will graduate again during their two-day reunion here. Led by retired Lubbock attorney Jim Kimmel, the alumni and their families will gather Thursday at 10 a.m. for a tour of the Museum and Ranching Heritage Center.

A trailer ride to to the McNeill Ranch near Blanco Canyon Thursday evening will conclude with a steak cookout. Lubbock advertising executive Rex Webster will lead the group in songs that topped the hit parade 50 years ago.

At a luncheon ceremony Friday, the alumni will receive their "Order of the Golden Double T" honorary diplomas. Texas Tech President Lauro Cavazos and Bill Dean, executive director of the Ex-Students Association, will present the certificates.

Radio personality "Big Ed" Wilkes and KCBD's Rod McClendon will provide entertainment. A reception follows at the Ex-Students Association building.

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Also Friday, parents of graduating Tech students will receive their own degrees in "Supportive Education" from the Dads and Moms Association. The Association offers three degrees: the Bachelor of Parts, Master of Philanthropy, and Doctor of Insolvency. The tongue-in-cheek ceremony will be held at 3 p.m. in the Senate Room of the University Center.

More than 1,790 students will receive their diplomas in three commencement exercises Saturday. Ceremonies for the colleges of Arts and Sciences, Home Economics, and Education will be held in the Coliseum, starting at 9 a.m.

Dr. Henry Shine, Horn professor of chemistry, will give the commencement address. President Lauro Cavazos will present an honorary Doctor of Humane Letters degree to Dallas developer Trammell Crow.

Following the morning ceremony, the colleges will host receptions for students and their families: Arts and Sciences in the Holden Hall courtyard, Education in its student lounge, and Home Economics in its El Centro courtyard.

Graduates of the Schools of Agricultural Sciences, Architecture, Engineering, and Business Administration will receive their diplomas at a 1 p.m. commencement at the Coliseum. They will be addressed by Dr. Louise Luchsinger Anderson, director of the business undergraduate program.

Afternoon receptions are: Agriculture in the University Center courtyard, Architecture in its gallery, Business in the B.A. rotunda, and Engineering in its courtyard.

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The School of Law hooding ceremony will begin at 4:30 p.m. in the Municipal Auditorium. Herb Kelleher, attorney and president of Southwest Airlines, will present the address. A reception will follow at the Lubbock Plaza Hotel.

ROTC officers will be commissioned at 6 p.m. Saturday at the Reese Air Force Base Officer's Club.

The Health Sciences Center will hold commencement and convocation on May 28 for graduates in medicine, nursing, and allied health.

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FOR IMMEDIATE RELEASE

REF: 12-5-6-88

CONTACT: Joe Sanders

Dallas developer Trammell Crow will soon have another distinction to add to his long list of honors. Crow will receive an honorary Doctor of Humane Letters degree from Texas Tech University at its May 14 exercises (9 a.m. in the Coliseum).

Crow entered real estate development in 1948 and has built the Trammell Crow Company into the largest development company in the world. Appropriately, his Dallas Market Center project is the largest merchandise mart in the world.

His prototypes of large indoor atriums in modern buildings have been widely copied.

Crow was inducted into the Texas Business Hall of Fame in 1985 and into the U.S. Business Hall of Fame in 1987. Two years ago the Urban Land Institute presented him with its Distinguished Developer Award.

He may be the only Dallas businessman to have ever received royal honors from both the King of Belgium and the Queen of Denmark.

The Texas Tech Board of Regents, who chose Crow to receive the honorary degree, were impressed by more than his professional accomplishments. They wrote in a citation that Crow's "dynamic, aggressive, and optimistic outlook on life has been an inspiration and example to all those with whom he has been associated."

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HEALTH TIPSHEET
from
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
May 6, 1988

MEDICAL DEBT -- That is what the abbreviation M.D. could well represent for the state's newest class of medical graduates. With graduation this month, the TTUHSC class of '87 will have their medical degrees and an average debt of \$28,103, the loans necessary to get them through medical school. Eighty of 102 TTUHSC graduating medical students borrowed money to cover their medical education. The individual debts of those 80 students range from \$5,000 to \$92,000. And just as the cost of medical care is going up, so is the cost of medical education. In Texas, public medical school tuition is rising from \$400 a year in 1984-85 to \$5,400 by 1989-90. This has implications not only for the doctors individually but also for the whole profession because of the narrowing socio-economic pool of candidates who can afford to enter the field of medicine. For more on the fiscal reality of graduation for today's medical students and the implications for tomorrow's, contact Earl Hudgins, TTUHSC Director of Student Financial Aid, at (806) 743-3025.

For assistance in covering this or other stories, contact TTUHSC news manager Preston Lewis at (806) 743-2143. Photographs and video footage can be arranged up request.

13-5-6-88

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FOR IMMEDIATE RELEASE

REF: 14-5-6-88

CONTACT: Kippie Hopper

LUBBOCK -- The Southwest Collection will be closed May 12-13, and the main Library will be closed May 20 for Texas Tech University librarians to conduct an inventory of collections.

During the semester interim, May 13 through June 1, the Library will be open 8 a.m. to 5 p.m. Monday through Friday.

The Library will begin its regular summer schedule hours of operation beginning June 6. The Library will be open 7:30 a.m. to 10 p.m. Monday through Thursday, 7:30 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and 1 p.m. to 11 p.m. Sunday.

Beginning May 9, the Southwest Collection will be open 8 a.m. to 5 p.m. Monday through Friday and will have extended hours until 7 p.m. on Tuesday.

For more information about Library hours, telephone (806) 742-2251.