

# TEXAS TECH UNIVERSITY

News & Publications

Lubbock, TX 79409-2022  
(806) 742-2136  
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FOR IMMEDIATE RELEASE

REF: 1-4-1-91

CONTACT: Myrna Whitehead

LUBBOCK -- The department of human development and family studies at Texas Tech University and the South Plains Association for the Education of Young Children will celebrate the "Week of the Young Child" Sunday through Saturday (April 7-13).

"Children Are Worth It," the theme of the week-long campaign, was chosen by the National Association for the Education of Young Children, the largest organization of early childhood professionals in the nation.

According to Jackie Driskill, child life coordinator at Texas Tech, the purpose of the annual campaign is to focus public attention on the needs of young children and their families. The issue of quality child care is a primary concern for all families, she said.

"With more than 50 percent of mothers of preschool children now in the work force, more and more families are relying on early childhood programs," Driskill said.

Many families in the middle-income level have the hardest time locating affordable quality child care, she said.

"Low-income and high-income families seem to get the best care available," Driskill said. "However, it's harder on middle-income families because they can't qualify for government-assisted programs and may not be able to afford quality child care," she said.

To mark the celebration, on-campus activities will begin with a poster display in the Texas Tech Bookstore at 10:30 a.m. Monday (April 8). Youngsters currently enrolled in Texas Tech's Child Development Research Center will form a parade to march from the playground to the bookstore for a formal dedication.

Parents will be invited to an information exchange with child care experts following a picnic at 6 p.m. Tuesday (April 9) in Room 165 in the Home Economics Building. Speakers will include Joyce Munsch, Ph.D., assistant professor of human development and family studies; John Nevius, Ph.D., professor of education; and Michael Ratheal, licensed child psychologist. Children who accompany their parents to the meeting will be entertained in the research center during the program.

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CHILDREN/PAGE 2

"To emphasize the theme, each child in our program will be encouraged to wear a name badge that says 'My name is ... and I am worth it,'" Driskill said. The badge program begins Wednesday (April 10).

Similar activities are planned for Methodist Hospital Child Care Center and Early Odyssey Development School as well as other programs in the area.

For more information, contact Jackie Driskill at 742-3016.



News & Publications, HSC Bureau

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Lubbock, TX 79430  
(806) 743-2143  
FAX (806) 743-2118

**FOR IMMEDIATE RELEASE**  
**REF: A-4-2-91**  
**CONTACT: Kim Davis**

**LUBBOCK --** Head-to-toe annual physicals -- once considered a must by physicians and consumers alike -- may not be that necessary after all.

In fact, many doctors and dentists have come to question the cost-effectiveness of annual physicals and are rethinking the recommended frequency of checkups for healthy people.

"Health care costs continue to escalate, and physicians recognize this," said C.A. Jones, M.D., a family medicine practitioner at the Texas Tech Health Sciences Center. "Many physicians across the country agree that comprehensive annual physicals may not be the most effective way to deal with healthy patients."

Instead, he added, doctors are shifting away from performing expensive tests and concentrating more on the importance of a complete medical history and detailed discussion with patients regarding personal health practices.

"By becoming aware of patients' lifestyles," he said, "physicians are better able to help prevent serious health consequences before symptoms have manifested themselves. Wellness education has become an even bigger part of the health care profession."

And, if patients are willing to stick with a healthy lifestyle, he said, added expense can be saved at the doctor's office.

A report published by the United States Preventive Services Task Force, for example, indicates that a dental checkup every one to two years -- instead of every six months -- is sufficient for most healthy people. Additionally, the group found that even Pap smears are not necessary every year for healthy women. Instead, authorities say that after two normal Pap smears -- at ages 19 and 20 -- future pelvic exams are sufficient at two-year intervals for as long as there are no other existing risk factors.

The Task Force, comprised of medical experts from across the country, compiled their information from a nationwide review of preventive care. More than 100 medical tests and procedures were rated for their effectiveness in detecting a myriad of different diseases. In the end, the Task Force reported that they turned up little evidence to support many of the procedures traditionally used to uncover medical problems.

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## PHYSICALS/PAGE 2

Physicians have found that one problem with the head-to-toe annual physical is that it tends to treat the signs, symptoms and causes of disease as if they were equal. In reality, Jones said, a relatively small number of key conditions are the major contributors to illness and death.

And different risk factors may be more important at certain times in life. Teenagers, for example, are at most risk of death from accidents, homicides and suicides. Many of these events, Jones said, are directly related to abuse of alcohol and street drugs.

"Therefore, the best wellness method for them involves education about drug and alcohol abuse, the importance of seat belts, bicycle and motorcycle helmets and other safety measures," Jones explained.

By middle age, he added, one of the major health risks is heart disease. Periodic blood pressure and cholesterol checks are important, but the key to remaining healthy is by sticking to a healthy lifestyle.

Primary prevention, including proper nutrition, increased physical activity and smoking cessation, he said, generally holds greater promise for improving overall health than many of the doctor's office measures such as routine screening for early disease.

"Patients must assume more control over their own health," he said. "One of the initial tasks of the clinician practicing primary prevention is to shift the focus of control to the patient. After all, a patient who pursues a healthy lifestyle will have to deal with less poking and prodding in the doctor's office."

In the long run, he added, personal prevention will prove to be better for both you and your pocket book.



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FOR IMMEDIATE RELEASE

REF: 2-4-2-91

CONTACT: Myrna Whitehead

LUBBOCK -- Daryl Jones, Ph.D., former English professor and department of English chairman at Texas Tech University, will present a poetry reading from his works at 8 p.m. April 10 (Wednesday) in the University Center Senate Room.

Jones' first book of poetry, "Someone Going Home Late," recently was published by Texas Tech University Press, co-sponsor of the program with the department of English.

Jones taught creative writing and American literature at Texas Tech from 1973 to 1986. He currently is an English professor and dean of the College of Arts and Sciences at Boise State University in Idaho.

Jones also is the author of numerous poems and another book, "The Dime Novel Western," a study of the 19th-century Western novel. His poetry has appeared in anthologies and literary magazines such as "Black Warrior Review," "Carolina Quarterly," "New Orleans Review" and "Western Humanities Review."

In 1985, Jones was awarded a Creative Writing Fellowship grant by the National Endowment for the Arts. He is the past president of the Texas Association of Creative Writing Teachers. He currently serves on the board of directors of the Idaho Humanities Council.

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FOR IMMEDIATE RELEASE

REF: 3-4-2-91

CONTACT: Chris Patterson  
or Gayle Fulcher,  
(806) 742-2352

LUBBOCK -- Texas Tech University honored the recipients of its Lifelong Learning Advancement Award and its Continuing Education Excellence Award during separate ceremonies Thursday (April 4). Both of the award recipients received \$500 and a university medallion.

The Lifelong Learning Advancement Award was presented to Ruth Bagwell, a legal assistant with Crenshaw, Dupree and Milam, during a special ceremony held in the President's Office at Texas Tech. The award is given to an individual, organization or business for significant support and involvement in lifelong learning.

Bagwell was recognized for her extensive work since 1985 in helping to establish and to promote the Texas Tech Legal Assistant Program. She was instrumental in the West Texas Association of Legal Assistants' establishment of the Neva M. Denny Scholarship program which provides scholarships to participants in the Texas Tech program. Aside from serving as an instructor in the program, Bagwell is a member of local, state and national professional groups through which she promotes Texas Tech and the Legal Assistant Program.

Harold R. Bennett, Ph.D., professor of mathematics at Texas Tech, received the Continuing Education Excellence Award during the university's Faculty Honors Convocation at 3:30 p.m. in the University Center Theater. The award recognizes a Texas Tech University or Health Sciences Center employee for his or her contributions to the Division of Continuing Education. Nominees are evaluated for their excellence as an instructor/presenter, curriculum developer, program planner and/or evaluator for Continuing Education.

Bennett was selected for his extensive work over the past 12 years with Texas Tech's Independent Study by Correspondence Unit. He currently grades assignments for eight high school courses, six college courses and 11 non-credit math courses. Bennett's selection also was based on his participation in continuing mathematics education and for his extensive scholarly work in mathematics.



FOR IMMEDIATE RELEASE

REF: 4-4-2-91

CONTACT: Chris Patterson

LUBBOCK -- The Lubbock Lake Landmark will be the site of special tours and free lectures as part of Archeology Awareness Week, April 14-20.

The Landmark, which in October 1990 became part of the Lubbock Lake Landmark State Historic Park, is one of the most complete archeological records of early humans in the New World. The park's facilities include an interpretive center, picnic and overlook areas and interpretive trails. An on-site research center is operated by the Museum of Texas Tech University.

Extended tours for school groups will be offered at 9 a.m., 10:30 a.m. and 12:30 p.m. on April 12, April 16 and April 19. The lengthened tours will allow ample time for the students to visit the Landmark and view demonstrations. Admission to the park is \$1 for adults and 50 cents for children ages 6-12.

Guided public tours will be given April 13-21 between 9 a.m. and 5 p.m. Tuesday through Saturday and between 1-5 p.m. Sunday. The park is closed on Mondays. Special demonstrations of excavation techniques, stone tool making, beadworking, basketry, hide tanning and pottery making will be included in the tour. A 15-minute film about the destruction of archeological sites will be available for viewing.

In addition to the tours, the Lubbock Lake Landmark will sponsor a lecture series throughout the month. Archeologists and historians from several local, state and national agencies and organizations will speak about preservation efforts in Texas. All lectures are free and open to the public.

The lectures will begin at 7 p.m. in the auditorium of the Nash Interpretive Center at the Lubbock Land Landmark State Historic Park.

The lectures are:

- |         |   |
|---------|---|
| April 3 | Leon Pope, regional steward, Texas Archeological Society;<br>"Role of the Texas Archeological Society and the Avocational<br>Archeologist in the Preservation of Archeological Resources" |
| April 5 | "Plunder," a film that follows artifacts from their removal in Peru<br>and Guatamala to their sale in New York; followed by panel<br>discussion   |

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ARCHAEOLOGY WEEK/PAGE 2

- April 10 Sally Still Abbe, assistant planner, City of Lubbock;  
"Local Historical Preservation Efforts: Lubbock as a Case Study"
- April 13 Ron Ralph, master planner, Texas Parks and Wildlife Department;  
"Preservation of Rock Art and Other Archeological Sites at State  
Parks"
- April 16 Barto Arnold, state marine archeologist, Texas Antiquities  
Committee; "Preservation of Padre Island Shipwrecks of 1554"
- April 17 Patricia Mercado-Allinger, staff archeologist, State Archeologist's  
Office, Immediate Past President of the Texas Archeological  
Society; "Protecting the Archeological Legacy in Texas"
- April 18 Jim Steely, director of National Register Programs, Texas  
Historical Commission; "Preservation of 'Above Ground' Historical  
Sites in Texas"
- April 24 David Murrah, director, Southwest Collection at Texas Tech  
University; "Preservation of Personal Knowledge and its Use to  
Historians and Archeologists"
- April 26 Mark Denton, staff archeologist, Texas Antiquities Committee;  
"Urban Historical Archeology and Texas Antiquities Committee  
Roles in Preservation of Texas' Archeological Resources"

For more information about all Lubbock Lake Landmark programs, telephone  
April MacDowell, assistant education program manager, at (806) 742-1116.



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**FOR IMMEDIATE RELEASE**

**REF: 5-4-3-91**

**CONTACT: Jennifer LeNoir**

LUBBOCK -- Texas Tech University's Murdough Center for Engineering Professionalism will sponsor its fourth annual symposium titled "Engineering Education and Practice ... Professionalism and Ethical Aspects" from 3:30-5 p.m. Friday (April 5) in Room 205 of the Civil & Agricultural Engineering Building.

The symposium is free and open to the public.

Harry Bovay Jr., president of Mid-South Telecommunication Co. Inc. in Houston and past president of the National Society of Professional Engineers, will speak on "Ethics -- A Necessary Foundation of a Professional." Additionally, Joe Paul Jones, vice president of Freese and Nichols Inc., a consulting engineering firm in Fort Worth, will discuss "Tomorrow's Engineers -- What Do We Really Need?"

The symposium, which focuses on contemporary engineering issues, seeks to inform faculty members, students, alumni and friends of Texas Tech's College of Engineering about topics of engineering ethics and professionalism, according to Jimmy Smith, director of the Murdough Center and professor of civil engineering at Texas Tech.

Bill Baker, manager of college relations at Halliburton Services in Duncan, Okla., will serve as the symposium moderator.

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**REF: 5-4-3-91**

**CONTACT: Jennifer LeNoir**

**(MEDIA ADVISORY NOTE: Members of the news media will have an opportunity to interview Henry F. Cooper from 11:30-11:50 a.m. in the Office of the Dean of Engineering, 100 Engineering Center, on the Texas Tech University campus. Additional interviews may be scheduled by calling the Office of News & Publications.)**

LUBBOCK -- Henry F. Cooper, director of the Strategic Defense Initiative Organization (SDIO), will lecture on "The Future of Strategic Defense -- The Re-Focused SDI" at 1:30 p.m. Tuesday (April 9) in the Electrical Engineering Building Lankford Laboratory at Texas Tech University.

Texas Tech's College of Engineering is sponsoring Cooper's visit through the annual Halliburton Distinguished Lecture Series.

President Bush appointed Cooper as the third director of SDIO in July.

Cooper is a nationally recognized expert on nuclear weapon effects, strategic systems and policy, and arms control matters. He served as the ambassador and deputy U.S. negotiator at the Defense and Space Talks between the United States and the Soviet Union in 1985. Additionally, Cooper served as the assistant director of the Arms Control and Disarmament Agency from 1983-85.

Cooper has taught engineering mechanics at Clemson University, conducted independent research for Bell Telephone Laboratories, served in several capacities in the U.S. Air Force and served as a member of the senior technical staff and as program manager at R&D Associates.

Cooper is the author of more than a hundred publications on applied system and targeting analysis and strategic policy. He is member of numerous professional and honor societies and is on the Board of Advisors at Clemson University's College of Engineering.

He received his bachelor's and master's degrees from Clemson University. Cooper also earned a doctoral degree from New York University.



**TEXAS TECH**  
UNIVERSITY

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FAX (806) 742-1615**FOR IMMEDIATE RELEASE****REF: 6-4-3-91****CONTACT: Jennifer LeNoir**

LUBBOCK -- Texas Tech University's department of civil engineering will induct 11 alumni into the Civil Engineering Academy during a dinner at 6:30 p.m. Friday (April 5) at the 50-Yard Line Restaurant.

The alumni, inducted into the academy as lifetime members, are nominated by other academy members, members of the Civil Engineering Advisory Council of Texas Tech and civil engineering faculty members. The civil engineering faculty members select the academy inductees.

"The role and specific activities of academy members will evolve with time, but will surely include the enrichment of civil engineering education through more extensive involvement with practicing professional engineers," said W. Kent Wray, chairman of the department of civil engineering.

The 1991 Civil Engineering Academy inductees are: Dan M. Butler (B.S. 1969), engineering supervisor at Chicago Bridge & Iron Co. in Houston; Reginald B. Crump (B.S. 1962), project manager at Trammell Crow Company in Dallas; Bill L. Gunnin (B.S. 1965), principal at Gunnin-Campbell Consulting Engineers Inc. in Dallas; Connie H. King (B.S. 1975), attorney at Holland & Hart, Colorado Springs, Colo.; Michael J. Mocek (M.S. 1971), deputy district engineer with the U.S. Army Corps of Engineers Fort Worth District; R. Swami Narayanaswami (Ph.D. 1971), president of Computerized Structural Analysis & Research Corporation in Northridge, Calif.; Danny C. Opitz (B.S. 1971, M.S. 1974), vice president/development engineer at Las Colinas Inc. in Irving; Dean Philpott (B.S. 1962), director of B-2 program operations at LTV Aerospace & Defense Company in Dallas; Neilon J. Rowan (B.S. 1957), professor and research engineer at Texas A&M University; Kenneth R. White (B.S. 1964, M.S. 1966, Ph.D. 1970), professor and chairman of the department of civil engineering at New Mexico State University; and Walter T. Winn Jr. (B.S. 1972, M.S. 1973), vice president of KSA Engineers Inc. in Longview.

FOR IMMEDIATE RELEASE

REF: 7-4-4-91

CONTACT: Chris Patterson

LUBBOCK -- Texas Tech University recently received a private donation of more than \$400,000 to support various departments and programs at the university. The donor, who wishes to remain anonymous, is a long-time friend and patron of the university.

The Museum of Texas Tech University received \$280,000 and the College of Education received \$100,000. Other gifts to various schools and departments totalled approximately \$20,000.



CALENDAR WEEK APRIL 5-12

REF: 9-4-4-91

CONTACT: News and Publications

(MEDIA ADVISORY: This Texas Tech calendar is compiled to let you know of upcoming events and releases and to serve as a reminder of releases already sent. If you need more information, call News and Publications at 742-2136.)

- APR 5**      Student exhibit -- Jan Heinen, printmaking,  
Art Building Hall Gallery through April 11
- College of Engineering Distinguished Engineers Luncheon  
11:45 a.m., UC Ballroom
- Murdough Symposium, sponsored by the College of Engineering,  
3:30 p.m., Civil/Agricultural Engineering Building Room 205
- Civil engineering banquet and academy inductions  
6:30 p.m., 50-Yard Line restaurant
- "A ... My Name is Alice," presented by the department of theater arts,  
8 p.m. through April 6, 2 p.m. April 7; University Theater
- Senior recital -- Melissa Catt, piano,  
8:15 p.m., Hemmle Recital Hall
- APR 6**      Accepted Students Day at the School of Law  
noon to 4 p.m., Law School Room 109
- Drop-off Recycling Day  
10 a.m. to 1 p.m., University Center
- Exhibit -- Juried student competition  
Art Building Fine Art Gallery through April 19
- APR 7**      Senior recital -- Sheryl Sherwood, flute,  
2 p.m., Music Building Choir Room
- Faulty recital -- faculty chamber ensemble  
3 p.m., Hemmle Recital Hall
- 13th annual International Food Festival, sponsored by University  
Center Programs Cultural Exchange Committee,  
5-8 p.m., UC Ballroom

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CALENDAR/PAGE 2

**APR 8** Exhibit -- Beth Forristall, photography,  
Art Building S.R.O. Gallery through April 29

**APR 9** Lecture -- "Strategy in the Trials of T. Cullen Davis," by Richard  
"Racehorse" Haynes, sponsored by the Student Bar Association,  
3:30 p.m., Law School Room 109

Lecture -- "The Future of Strategic Defense -- The Re-Focused SDI," by  
Henry F. Cooper, director of the Strategic Defense Initiative  
Organization, sponsored by the College of Engineering,  
1:30 p.m., Electrical Engineering Building Lankford Laboratory

Senior recital -- Elvira Lopez, clarinet,  
8:15 p.m., Hemmle Recital Hall

**APR 10** Texas Tech Law Review banquet with keynote speech by Texas  
Supreme Court Chief Justice Tom Phillips  
7 p.m. Lubbock Women's Club

Faculty Senate meeting  
3:30 p.m., UC Senate Room

Lecture -- "Computer Applications in Practice," by David DeMarest,  
Dallas architect, sponsored by the College of Architecture,  
4 p.m., Architecture Gallery

**APR 11** 13th annual Regional Institute on Substance Abuse and Addiction,  
"Addiction ... the Ripple Effect," sponsored by the Lubbock Council on  
Alcohol and Drug Abuse and Texas Tech Health Sciences Center,  
8:30 a.m., Lubbock Plaza Hotel through April 12

Lecture -- "U.S.-Mexico Trade Agreement," by Mexican Consulate officer  
Enrique Gonzalez Calvillo, sponsored by the Student Bar Association,  
3 p.m., Law School Room 109

"Under the West Texas Sky," sponsored by the Texas Tech Museum,  
7 p.m., Texas Tech Museum Courtyard

"Patience," presented by music theater,  
8:15 p.m., Allen Theater through April 13

**APR 12** Student exhibit -- Mari Kuroda, clay,  
Art Building Hall Gallery through April 18



# TEXAS TECH

HEALTH SCIENCES CENTER

News & Publications, HSC Bureau

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FAX (806) 743-2118

FOR IMMEDIATE RELEASE  
REF: C-4-5-91  
CONTACT: Preston Lewis

LUBBOCK -- A \$30,000 grant to the Texas Tech School of Medicine will allow nine minority high school students and two science teachers to pursue research in medical laboratories this summer.

Program Director Alexander D. Kenny, Ph.D., said the grant from the National Institutes of Health (NIH) is designed to help interest minority students in science careers and to better help science teachers enhance their teaching and their abilities to steer minorities into scientific careers.

This is the seventh year NIH has funded the minority student program at the Texas Tech Health Sciences Center. The teacher program was initiated this year by the NIH, reported Kenny, who chairs the pharmacology department at the health sciences center.

Selected students will be assigned to assist in faculty research labs during the summer and will receive up to \$2,000 for their work. Minority students enrolled in grades 9-12 during the 1990-91 school year are eligible. Awardees will be selected on the basis of motivation, ability, scholastic aptitude and accomplishments with consideration given to recommendations of their teachers and to the student's career interest in biomedical research or health professions.

Science teachers selected for the program will receive research associate awards of up to \$5,000. To be eligible, a science teacher must be a minority or must teach a significant number of minorities. Science teachers will be chosen on the basis of their experience, teaching responsibilities, enthusiasm for research and ability and desire to encourage minority students to pursue scientific careers.

Applicants for either program must be U.S. citizens or must hold a permanent residence visa.

Kenny said the student program has been highly successful over the last six years with several students going into biomedical or science programs, many at Texas Tech.

Additional information and application forms can be obtained from the pharmacology department office, Room 4A162, Texas Tech Health Sciences Center, Lubbock, Texas, 79430, (806) 743-2425.



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FAX (806) 743-2118

**HEALTH TIPSHEET**  
from  
**TEXAS TECH HEALTH SCIENCES CENTER**  
April 5, 1991

**TERMINAL ILLS** -- Working at a computer terminal all day can be bad for you if your work station is not properly designed. Carpal tunnel syndrome (CTS) and a variety of postural woes, including backaches, neck pains and shoulder stiffness, can result from a poorly designed work station, says TTHSC Physical Therapy Department Chairman H.H. Merrifield, Ph.D. For instance, CTS is a painful malady of the wrist and hand caused by extended typing with the wrists flexed. Postural problems may start out as dull, aggravating aches in the neck, shoulder and lower back and lead to headaches. Factors such as the design of the operator's chair, the arrangement of the work cubicle, the height of the keyboard and the level of the computer terminal are subtle factors which can contribute to these work-related problems. To combat them, Merrifield recommends a variety of exercises to strengthen muscles. While on the job, workers should maintain an upright posture, should stretch their neck, shoulder and back muscles whenever possible and should take periodic breaks from the work station. For more on how to keep a desk job from becoming a pain, contact Merrifield at (806) 743-3226.

**PEER PRESSURE** -- As an adolescent, it can be tough to discuss delicate subjects with parents, teachers or other adults. Just saying no to drugs, sex and alcohol sometimes just isn't enough. That's why the TTHSC Southwest Institute for Addictive Diseases in the department of psychiatry has established the Project Time Out Program aimed at tackling lifestyle topics from peer pressure to loneliness. Tech students serve as role models for teens at Alderson and O.L. Slaton junior high schools. During home room periods twice a week at both schools, Tech students spend time in an open forum discussing with junior high students the various trials and tribulations associated with growing up. Adolescents are encouraged to discuss their concerns without the threat of condemning advice. Through this process, the program hopes to instill a sense of self-esteem and to encourage high-risk students to stay in school. For more on this topic, contact Gerre Sears or Oscar Reyes at (806) 796-3600.

For assistance on these or other stories,  
contact Kim Davis or Preston Lewis at  
TTHSC News and Publications,  
(806) 743-2143.

B-4-5-91



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FOR IMMEDIATE RELEASE

REF: 10-4-5-91

CONTACT: Myrna Whitehead  
or Malinda Stober

**(EDITOR'S NOTE: A student from your town is included in this release.)**

LUBBOCK -- The Texas Tech University Sellmeyer-Henderson Chapter of the Public Relations Student Society of America (PRSSA) received its second consecutive Outstanding Chapter Award during the annual Southwest District Conference held recently at Texas Tech.

Individual recipients of District Director Citations included Texas Tech senior public relations majors Beth Parrish of Houston and Eileen Scott of Corsicana, editor-in-chief of "FORUM," PRSSA's quarterly national newsletter. Cathy Morton, lecturer in the School of Mass Communications, was named Outstanding Faculty Advisor.

The three-day conference was attended by students from Sam Houston State University, Southern Methodist University, Texas A&M University, University of Texas at Austin and Texas Tech.

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FOR IMMEDIATE RELEASE

REF: 11-4-5-91

CONTACT: Myrna Whitehead  
or Malinda Stober

LUBBOCK -- Texas Tech University senior Darren Wilhite of Odessa was recently recognized by the Texas Daily Newspaper Association and the Dallas Advertising League for winning first place in a summer internship contest.

Wilhite received a \$250 scholarship and plaque for his achievements while serving as an intern last summer at the **Odessa American**.

Wilhite, the son of Russell and Sue Wilhite of Odessa, is an advertising major. He plans to specialize in print advertising following graduation in May.

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FOR IMMEDIATE RELEASE

REF: 12-4-5-91

CONTACT: Myrna Whitehead

LUBBOCK -- Pulitzer Prize winning novelist Shirley Ann Grau will present a reading from her works at 8 p.m. Tuesday (April 9) in the University Center Lubbock Room at Texas Tech University.

In 1965, Grau was awarded the Pulitzer Prize in fiction for her novel, "The Keepers of the House." She has written additional novels including "The Hard Blue Sky," "The House on Coliseum Street" and "Evidence of Love" as well as three collections of short stories, "The Black Prince and Other Stories," "The Wind Shifting West" and "Nine Women."

Grau's fiction and non-fiction has been published in journals and magazines such as **The Saturday Evening Post**, **Mademoiselle**, **McCall's**, **Cosmopolitan**, **Vogue** and **Southern Review**.

A Louisiana native, Grau graduated from Tulane University's Sophie Newcomb College in New Orleans. She attended graduate school at Tulane, primarily studying Renaissance and metaphysical poetry. She has taught creative writing at the University of New Orleans. Grau currently lives in Metairie, La.

Grau's presentation is co-sponsored by the Texas Tech department of English, the Texas Reading Circuit, the Texas Commission on the Arts and the National Endowment for the Humanities.

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FOR IMMEDIATE RELEASE

REF: 13-4-5-91

CONTACT: Margaret Simon

LUBBOCK -- Complete with bride and groom, cake, flowers, photographer, soloist and candles, the Women's Council of the West Texas Museum Association will celebrate "Weddings: Then and Now" at the annual Spring Luncheon at noon Monday (April 8) in the Main Hall of the Museum of Texas Tech University.

Models will exhibit four wedding gowns, each from a different era of Lubbock's history, during the luncheon which will also feature a mock wedding ceremony. Traditional vocal wedding music will be provided by soloists from the Texas Tech School of Music.

"We have borrowed wedding memories from local residents to add to the bridal gowns and wedding memorabilia that are part of the museum's collections," said Linda Roberts, executive administrator of the West Texas Museum Association.

"Ever since pioneer women came to the South Plains in covered wagons, we have added a special West Texas flavor to traditional wedding lore and customs. We hope to show how those customs have evolved over time and why some traditions have endured and some not," Roberts said.

For more information on the Spring Luncheon of the West Texas Museum Association, contact Linda Roberts at (806) 742-2443.



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FOR IMMEDIATE RELEASE

REF: D-4-5-91

CONTACT: Kim Davis

LUBBOCK -- Within the last decade, the word "cholesterol" has become a part of our everyday vocabulary. Most people are aware of it, and most people know that too much of it can cause a variety of health problems.

But that's about as far as it goes, says Charles A. Bradley, Ph.D., of the Texas Tech Health Sciences Center department of pathology. While an awareness of cholesterol has increased, he said, an actual understanding of it is still lacking.

Figures from the American Medical Association, for instance, indicate that 77 percent of Americans are convinced that lowering elevated blood cholesterol will have a large effect on heart disease, and 59 percent have had their blood cholesterol level checked.

But figures also indicate that nearly 50 percent of the population are unaware that eating saturated fat raises blood cholesterol levels, and 65 percent are unaware that foods labeled "cholesterol free" can be high in saturated fat.

"It's clear that there are still educational challenges to be met," Bradley said. "Even people who have had their cholesterol checked don't understand how to interpret the data they are given."

Pure cholesterol is, in fact, an odorless, white, powdery substance that cannot be tasted or seen in the foods we eat. But it can be found in all foods of animal origin and is part of every animal cell. The body uses cholesterol to produce essential body substances including cell walls, hormones and bile acid.

"But while cholesterol is essential to us, we don't need to ingest it," he said. "The liver automatically manufactures enough cholesterol to meet all our biological needs."

Cholesterol -- which does not mix with water -- must be wrapped in a protein "package" to successfully travel through the bloodstream. This "package" of cholesterol and protein is known as a lipoprotein. Blood cholesterol is found in both the low density lipoproteins (LDL) -- known as "bad" cholesterol -- and in the high density lipoproteins (HDL), known as "good" cholesterol.

LDL's, Bradley said, are known as the "bad" cholesterol because they contain the greatest percentage of cholesterol and may be responsible for depositing cholesterol in the artery walls.

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On the other hand, HDL contains the greatest amount of protein and the smallest amount of cholesterol. They are believed to take cholesterol away from cells and transport it back to the liver for processing or removal.

Researchers, Bradley said, have noted that people with higher levels of HDL -- those who exercise regularly, don't smoke and stay at normal weight -- have fewer instances of heart disease.

"Coronary heart disease results in nearly 30 percent of the nearly 2 million deaths in this country each year," Bradley added. "And most cases are due to blockages in the arteries supplying blood to the heart muscle."

This blockage can become fatal after years of fat and cholesterol, circulating in the blood, are deposited in the inner walls of the arteries. In time, calcified debris builds up as more fat and cholesterol are deposited.

"Much like a rusting water pipe, the arteries become narrower and narrower," Bradley said. "When one or more of the arteries becomes seriously narrowed, a decrease in blood flow may occur, potentially leading to a heart attack."

But this process, known as atherosclerosis, can be prevented by maintaining a healthy lifestyle through diet and exercise. On the average, Bradley said, Americans take in about 40 percent of their calories in the form of fat. This high-fat and cholesterol intake is a leading contributor to atherosclerosis.

Unfortunately, many Americans are unaware of their fat intake because they don't read the labels on supermarket products. If it says "cholesterol free," Bradley said, consumers will buy the product thinking it's healthy for them.

"But many, many cholesterol-free products are loaded with saturated fat," he explained. "The only way you can be sure you're eating healthy is to pay more attention to the labels, not the gimmicks."

Physicians generally encourage their patients to keep their cholesterol levels below 200. Borderline individuals are considered to be those whose levels are between 200 and 239, while high risk patients are those whose blood cholesterol measures above 240.

Cholesterol checks -- which are recommended at least every 3 to 5 years -- are determined in a laboratory after a small sample of blood has been taken from either the arm or finger.

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Generally, within a few days, the patient is given a printout explaining the results.

"But to the average person, it can be like reading a different language," Bradley said. "This confusion makes many patients afraid to ask their physician for an interpretation."

After being tested, the cholesterol level is expressed as milligrams per deciliter, and often appears on paper as "mg/dl." The average blood cholesterol level for middle-age adults in the United States is 215 mg/dl. This means that the cholesterol found in a deciliter of liquid -- which is about one-tenth of a quart -- weighs 215 milligrams.

A person whose blood cholesterol measures above 215 mg/dl should consider making some dietary changes, Bradley said, especially if the measurement is approaching 240 mg/dl or higher.

"In most cases, cholesterol can be controlled quite easily," he said. "Life is too short anyway, and this is a risk you can live without."

#### DIET REMINDERS

For most individuals, blood cholesterol can be lowered by eating less saturated fat and cholesterol and by substituting polyunsaturated fat for part of the saturated fat. Key points to remember are that:

- \* Cholesterol is found only in animal products, including organ meats, eggs, meat, butter, and cheese.
- \* Saturated fat is found mostly in animal products and some vegetable oils, including cocoa fat, chocolates and shortenings.
- \* Vegetables, fruits, cereal grains and starches contain no cholesterol and little or no saturated fat.
- \* Vegetable fats usually are polyunsaturated.