

TEXAS TECH UNIVERSITY

News & Publications

Lubbock, TX 79409-2022
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FOR IMMEDIATE RELEASE

REF: 1-12-18-90

CONTACT: Myrna Whitehead

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

LUBBOCK -- Nine Texas Tech University students in the department of psychology recently were awarded Robert E. Maxey Memorial Psychology Scholarships for the 1990-91 academic year.

The \$200 scholarships were established in memory of the late Robert E. Maxey by his daughter, Marcia Abbott, a clinical psychologist at Charter Plains Hospital in Lubbock.

Maxey, who died in 1968, served on the Texas Tech Board of Directors, now the Board of Regents, for several years beginning in 1955. He was involved in the Red Raider Club and Ex-Students Association.

He attended Texas Tech for several years before earning a degree in 1934 in architecture from the University of Texas. Maxey operated his own construction company until 1953, and he later was involved in oil production, investments, real estate and banking.

The 1990-91 award recipients are: Rhonda Akkerman, daughter of Donna Akkerman, of Sioux Falls, S.D.; Greg Fliszar, son of Mr. and Mrs. Joseph Fliszar of Doylestown, Pa.; Maria Celeste Raciti; Alison Haskell, daughter of Brian and Jocelyn Hawkins of London, England; and William Killgore Jr., son of William and Judith Killgore of Albuquerque, N.M.

Also, Terry Laquatra, son of Chester and Shirley Laquatra of Cleveland; Michelle Percy, daughter of Stuart and Jerry B. Anderson of Peru, Ind.; Nina Stolzenberg, daughter of Irene and Lewis Stolzenberg of East Bronswick, N.J.; and Steve Wilson, son of Maxine Smith of Alexandria, La.

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FOR IMMEDIATE RELEASE
REF: 2-12-19-90
CONTACT: Chris Patterson

LUBBOCK -- Most of us take it for granted that the flowers we order for Valentine's Day will be delivered or that fresh produce can be found at the supermarket or that our garbage will be picked up on schedule. Yet each of these services requires the effective use of transportation.

But according to Texas Tech University researchers, significant changes in transportation are impacting businesses, large and small.

A concern with the environment, the depletion of domestic oil and the rising cost of fuel are issues affecting businesses that depend on the transportation of goods or services, said Jesse Jones, a lecturer in the department of mechanical engineering at Texas Tech.

Jones and Timothy Maxwell, associate professor of mechanical engineering, will lead a two-day seminar for professionals involved in the management of vehicle fleets -- from tractor-trailer freight lines to businesses with one or two delivery vans.

The seminar, "Fleet Management for Fuel Economy," will be Jan. 7-8 at the Lubbock Plaza Hotel, located at 3201 S. Loop 289. The workshop will include presentations by personnel from Texas Tech, recognized for its automotive research; from Texas State Technical Institute in Amarillo, a technical school involved in the training of drivers and mechanics; and from Ernst & Young National Transportation Consulting Group, a consulting firm with expertise in vehicle and equipment management.

"One of the things that is unusual about this workshop is the marriage of the three elements of research, technical information and management techniques," said Jones. "By bringing together this unique combination of elements, we hope to provide managers of all fleet sizes with the information they need to make sound decisions."

Maxwell said that by helping fleet managers learn to better manage their vehicles, less energy will be used and pollution problems could be reduced.

"During the seminar, we will stress the importance of buying the appropriate vehicle for the job, maintaining equipment properly, training drivers to drive with fuel efficiency and creating productive routing systems," said Maxwell.

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FLEET MANAGEMENT/PAGE 2

The seminar will provide information applicable to large and small businesses. The first day's topics will cover elementary principles of fleet management for managers of small fleets or for personnel new to fleet management, he said. The second day of the seminar will be geared toward managers of larger fleets and will address advanced topics such as alternative fuels and management information systems.

"Overall, we'll be trying to make the people who are responsible for vehicle fleets aware that there are things they can do that will make a difference when it comes to saving money and fuel and improving the environment," said Maxwell.

The fee for the seminar, \$30 per day, provides lunch, refreshments and handout materials. A comprehensive workbook and presentation of the seminar are funded by oil overcharge funds through the Energy Management Center in the Office of the Governor.

For registration information, telephone the Texas Tech Division of Continuing Education at (806) 745-3300. For more technical information, telephone Maxwell or Jones at (806) 742-3563.

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FOR IMMEDIATE RELEASE

REF: 3-12-19-90

CONTACT: Chris Patterson
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LUBBOCK -- Membership in a new organization focusing on educational opportunities for mature adults will be offered during the spring semester through Texas Tech University's Division of Continuing Education.

The organization, "Lifespan of Learning," is part of a growing national movement that is creating opportunities for the older learner. Members in Lifespan pursue intellectual opportunities through college-level work on a non-credit basis. The program offers a wide assortment of classes with instructors drawn predominately from the ranks of active and emeritus professors at Texas Tech.

Membership in the organization is open to everyone. The fee is \$100 per person or \$150 per married couple for the spring 1991 semester. The fee entitles participants to attend one or all classes offered. No other fee is required.

The spring semester offers 40 hours of classes and includes topics such as: "Comparative Mythology;" "Lubbock Lake Landmark State Historical Park lecture and tours;" "The Global Economy: What in the World is Going On?;" "The Wonderful World of Art Appreciation and Interpretation;" "Disaster Research: Consistent Elements of Tornadoes and Structures That Will Protect People;" "Forefront of Electrical Engineering;" "Contemporary Women Authors;" "Western Film;" "Film as an Adaptation of Literature;" and "1991 Spring Symphony Seminars." Classes held on the Texas Tech campus will be scheduled for times when parking will not be a problem.

The chairman of the executive committee for "Lifespan of Learning" is David Cummins, professor of law at Texas Tech. Membership in the "Lifespan of Learning" organization includes access to the Elderhostel Institute Network.

For more information or to register, contact The Volunteer Center of Lubbock at 1706 23rd St., Suite 101, (806) 747-0551. The Volunteer Center will be closed for the holidays and will open Jan. 2, 1991.

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REF: 4-12-19-90

OUTSTANDING ALUMNUS -- Leon Neuenschwander (left), associate dean of the College of Forestry at the University of Idaho, recently was named the 1990 Outstanding Alumnus of Texas Tech University's department of range and wildlife management. Presenting the award to him is Henry Wright, chairman of the department. (News and Publications photo by Artie Limmer)

F E A T U R E
TEXAS TECH
HEALTH SCIENCES CENTER

News & Publications, HSC Bureau

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FOR IMMEDIATE RELEASE
REF: A-12-20-90
CONTACT: Kim Davis

LUBBOCK -- Ahhh yes, the morning after. Last night's holiday celebration brought you to that one-too-many and now you're suffering the consequences of a pounding headache, aching body and nauseated stomach.

The diagnosis: hangover. You knew this would happen, and now you're swearing never to drink that much again -- at least not until New Year's Eve.

Why do we do this to ourselves, and just what is a hangover anyway? According to certified drug and alcohol counselor James Griggs, a hangover is actually a result of the body's withdrawal from high levels of alcohol. This is why many people believe the only way to cure a hangover is to take some of "the hair of the dog that bit you", which means more alcohol. However, Griggs said, this practice only prolongs hangover symptoms.

Griggs, who counsels at the Texas Tech Health Sciences Center's Southwest Institute for Addictive Diseases, said hangovers are a common part of an alcoholic's life. However, even the occasional drinker can fall victim to "the morning after the night before." Especially during the holidays, he said, social drinking -- and sometimes lots of it -- is as common as Christmas trees and mistletoe.

But the main culprit of hangover suffering lies not just in the alcohol itself. Much of the problem lies in the drink's "congener level." Congeners, Griggs explained, are the natural products used in the fermentation of alcoholic beverages. In addition to hangover potential, congeners also are responsible for the differences in smell, taste and color of any particular drink.

For example, beer has about a .01 congener level. Wine, on the other hand, has about a .04 congener level and distilled spirits -- such as bourbon and vodka -- have about a .1 or .2 congener level. So, while the alcohol content in both beer and wine are about the same -- 4 percent -- the congener level is somewhat higher in wine. Therefore, the hangover potential is greater by drinking too much wine than it is in drinking the same amount of beer.

Also contributing to hangover potential is the fact that most heavy drinking includes poor eating and often heavy smoking. The increased levels of nicotine in the body combined with alcohol and many of the rich "snacks" often eaten in conjunction with drinking are a main factor in the common gastrointestinal problems suffered on the morning after.

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HANGOVERS/PAGE 2

"It's not just in the alcohol," Griggs said. "During celebrations, people usually eat rich foods, such as heavy hors d'oeuvres high in salt and fat and they usually smoke a lot. These three things combined will put you in for some serious stomach upset the next day."

Also contributing to nausea and stomach upset is the fact that alcohol is a gastric irritant. The consumption of even moderate amounts causes local irritation of the mucous which lines the stomach. This is why many drinkers will advise a glass of milk to "coat the stomach" before drinking moderate to heavy amounts of alcohol.

"But after a little while, the alcohol will still eat through the milk coating and disturb the stomach," Griggs said. "So don't go by that advice whole-heartedly."

Still other factors contribute to the trials and tribulations of the morning after. One of the effects of alcohol on the brain is to decrease the output of the antidiuretic hormone responsible for retaining fluid in the body. This effect means that the body excretes more fluid than is taken in with the alcoholic beverages. Thus, the body can easily become overly dehydrated, resulting in that pounding headache and dry mouth.

Another hangover factor may be that alcohol causes fluid inside the body's cells to move outside the cells. This cellular dehydration, without a decrease in total body fluid, is known to be related to an increase in thirst.

Another myth is the belief that taking a couple aspirin before going to bed will relieve the symptoms of a hangover the next morning.

"This just isn't true," Griggs said. "By the time you wake up, the aspirin is no longer doing anything to relieve a headache or anything else for that matter. By that time, you've already slept through anything the aspirin may have been able to help."

Despite all the hangover cures both over-the-counter or in your own home, the only true relief is time. Time, that is, for your body to stabilize and return to a normal non-alcoholic state. The more you drank the night before, the more time your body will need to adjust.

The best advice, Griggs said, is to listen to your body. Each hangover is a reminder never to do it again. This time, he said, listen to yourself. You'll thank yourself for it -- especially the morning after New Year's Eve.

NEWS RELEASE

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FOR IMMEDIATE RELEASE

REF: 5-12-20-90

CONTACT: Myrna Whitehead

LUBBOCK -- The Texas Committee for the Humanities has awarded a \$1,500 grant to the College of Arts and Sciences at Texas Tech University. The mini-grant will be used to promote discussions of new views on Texas history.

According to Otto Nelson, Ph.D., associate dean of the College of Arts and Sciences, the grant will help fund lectures and discussions featuring Robert Calvert, Ph.D., associate professor of history at Texas A&M University in College Station.

Calvert, immediate past president of the Texas State Historical Association, is the co-author of "Texas History and the Move Into the Twenty-First Century," published by the Texas Committee for the Humanities. He is recognized for his views on social history and is co-editor of "Chicano: The Evolution of a People" and "Black Leaders: Texans for Their Times." His visit to Lubbock is slated for Feb. 6-7, 1991.

"The goal of the project is to inform various audiences of new trends and interpretations in Texas history including awareness of the roles of minorities and women," Nelson said.

The project is co-sponsored by Lubbock Independent School District (LISD), the Lubbock Fine Arts Council, the department of history and the College of Arts and Sciences at Texas Tech, the Lubbock Black Cultural and Heritage Center and the South Plains Friends of the Humanities.

Nelson said that while Calvert is in Lubbock, he will lecture and conduct workshops and seminars for educators as well as for the general public.

On Wednesday, Feb. 6, Calvert will begin the project with a seminar at 1:30 p.m. for faculty and graduate students in Holden Hall Room 12 on the Texas Tech campus. Calvert will review his recent book on Texas history and will discuss relevant themes with the audience.

Also on Feb. 6, Calvert will present a public lecture and discussion at 7:30 p.m. at the Lubbock Fine Arts Center, 2600 Ave. P. He will be joined by Dan Flores, Ph.D., associate professor of history at Texas Tech, and David Murrah, Ph.D., director of the university's Southwest Collection.

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CALVERT/PAGE 2

On Thursday, Feb. 7, Calvert will deliver address an 11:45 a.m. luncheon in the Holiday Inn Civic Center Petroleum Room, 801 Ave. Q. Tickets for the luncheon are \$5.50 per person and reservations can be made by calling Esther Sepeda at (806) 762-5059 or Eddie Richardson at (806) 747-9804. The luncheon is sponsored by Comerciantes Organizados Mexico Americanos (COMA) and the Black Chamber of Entrepreneurs.

Calvert will conclude his visit with a free workshop for area and local educators at 7 p.m. on Feb. 7 at O.L. Slaton Junior High School, 32nd Street and Avenue Q. Participants are encouraged to pre-register for the workshop. Copies of Calvert's book will be distributed to workshop participants. For registration information, contact Carolyn Goebel, coordinator of social studies for LISD, at (806) 766-1047.

The Texas Committee for the Humanities is a state program of the National Endowment for the Humanities which promotes public programming in history, literature, folklore, foreign languages and other humanities fields through grants to non-profit organizations.

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FOR IMMEDIATE RELEASE

REF: 6-12-20-90

CONTACT: Jennifer LeNoir or
Sharissa Weaver

LUBBOCK -- The United Nations has declared the '90s as the International Decade for Reduction -- a period to encourage study on natural disaster prevention. Heeding the proclamation, Texas Tech University and an institute in Japan are beginning an exchange of information regarding disasters caused by wind.

Researchers in Texas Tech's department of civil engineering and others in the Building Research Institute (BRI) in Tsukuba, Japan, will share their knowledge about tornados and typhoons.

Because the state of Texas has the most recorded tornados in the nation, Texas Tech is an ideal location for wind disaster studies. In Tsukuba, Japan, one or two wind storms, usually typhoons, occur each year. A typhoon is not concentrated in a funnel, like a tornado, but is focused in a widespread circular shape.

Hisashi Okada, Ph.D., leader of the aerodynamics division at the BRI, currently is visiting Texas Tech to gather data obtained from field experiments conducted at a facility located west of the health sciences center.

Texas Tech researchers manually rotate a movable building according to the wind direction and other weather elements such as rain. Each section of the structure, which is on Tracks, is wired for registering the effects of the weather elements.

Great Britain has a similar facility but research there does not yield the quality or kind of data BRI is seeking, said Okada. Field tests in the United States provide valuable information because such testing is not possible in Japan, he said.

In the other half of the exchange, BRI researchers will offer data to Texas Tech engineers from experiments conducted in a wind tunnel. Texas Tech has its own tunnel, but the facility does not provide the types of information that can be obtained from the BRI, said Mark Levitan, managing director of the wind engineering field research laboratory.

Wind research is important in creating wind-resistant architectural structures, such as office buildings and houses. Okada said he and other Japanese engineers are more concerned about residential structures.

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ENGINEERING/PAGE 2

"High rise buildings are designed to resist the effects of stormy weather. Architectural planners do not consider stormy weather very much when designing residential structures," he said.

At the BRI, Okada specifically examines roof tile durability, although his experiments involve testing all aspects of a house.

Tsukuba is considered the "science city" of Japan because most of the country's research is conducted there, Okada said. Other institutions in the city include the National Space Development Center, the National Laboratory for High Energy, the Public Works Research Institute and the National Institute of Animal Industry.

FOR IMMEDIATE RELEASE

REF: 7-12-21-90

CONTACT: Steve Kauffman

(MEDIA ADVISORY: A student from your area is included in this release.)

LUBBOCK -- The Texas Tech University Ex-Students Association recently recognized 1990-91 valedictorian and salutatorian scholarship recipients during a fall semester reception.

The campuswide reception honored more than 80 scholars and members of the Texas Tech chapter of Phi Theta Kappa, a junior college honor society. Deans of the seven university colleges and administrators at the university attended the afternoon gathering.

The Ex-Students Association annually awards one-year academic scholarships to Texas Tech freshmen who have graduated from high school as valedictorians and salutatorians. The scholarships are open to graduates of high schools in Texas and around the nation.