

November 24-26,
1986

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CONTACT: Beverly Taylor

1-11-24-86

LUBBOCK--Vast expanses of western desert cut with lanes of asphalt typify the paintings of Texas native Woody Gwyn which will be exhibited at The Museum of Texas Tech University Dec. 7 through Jan 18.

"Landscapes" includes about 20 of Gwyn's most important works borrowed from museums and private collections around the country.

Future Akins, curator of art at The Museum, said Gwyn's works combine the beauty of nature and the realism of modern development. Many landscape artists ignore technology in their art, she said.

"His paintings deal with the way the West is now," Akins said. "He's not saying that concrete and asphalt are destroying the land, but that the West is just as magnificent now as it ever was."

The paintings are of the landscapes of Texas, New Mexico and California and include hill country, plains and desert.

The traveling exhibit was organized by the Museum of the Southwest in Midland where Gwyn graduated from high school. He studied at the Pennsylvania Academy of Fine Arts and with Carolyn Wyeth, sister of famed artist Andrew Wyeth.

Gwyn has shown his works in numerous exhibits and has pieces in many public and corporate collections, including the Museum of Fine Arts in Houston, the University of Houston, Museum of Fine Arts in Santa Fe, N.M., Albuquerque Museum of Art, Norfolk Museum of Arts and Sciences in Virginia, Mobile Art Museum in Alabama and Gulf Oil, Tenneco, Inc., Shell Oil and Houston Oil and Mineral, all in Houston.

A catalog with color illustrations, a critical essay and biography will be available.

CONTACT: Sally Logue Post

2-11-24-86

LUBBOCK--The simple things can often bring the most joy at Christmas -- especially for elderly people confined to nursing homes and other institutions.

Clinical instructor Mary Slater of the Texas Tech University Health Sciences Center School of Nursing said that talking about past Christmases can do a great deal to brighten the holidays for the elderly. Reminiscing, whether with other residents, or with visitors allows the elderly to take a trip outside of where they are now to past happy times, she said.

"It can bring a great deal of joy for people to remember a favorite Christmas, their first toy or a typical holiday dinner," Slater said. "When you consider the amount of history these people carry in their memories, it can be startling what you can learn about an era or an area."

Slater also said with the large kitchen facilities available in nursing homes, holiday baking is another option to draw residents into the Christmas spirit.

"Everyone has a need to feel helpful and to give at this time of year. Baking candies and cookies to give to the staff, visitors or some other group fulfills that basic need."

Not only does giving the baked goods away provide a holiday feeling, the very odor of baking cookies and cakes can add to the holiday feeling, she said.

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"The smell of fresh baked goodies and holiday table decorations and table clothes can help remove the dull institutional atmosphere of the nursing home that the residents live with year round," Slater said.

Slater said that family and friends can find out the older person's favorite holiday recipe in advance and surprise them with the treat.

Another way to involve residents in the holiday spirit is to organize a group to repair toys to be given to needy children's programs, she said.

Slater said the staff can also add to the festive mood by commenting on cards or gifts that residents may receive and by wearing Christmas buttons or corsage.

Many churches, social and civic groups often visit nursing homes to sing carols or read Christmas stories, Slater said. Individuals wishing to participate in some form of Christmas programs with the elderly should contact a facilities administrator or program coordinator to see how they can fit into already scheduled activities or to volunteer to organize a Christmas program.

"The most important thing is to inspire as many residents as possible to get involved," she said. "To make the Christmas season special, residents have to feel like it isn't just another day."

Texas Tech News

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CONTACT: B. Zeeck

3-11-24-86

LUBBOCK--Texas Tech University physics Professor David A. Howe, who is on leave to work with the State Department in West Africa, is the recipient of the Diplomatic Security Service's award as Engineering Officer of the Year.

The award was presented this month (November). In August he was presented the State Department's Meritorious Honor Award for his work in Abidjan, Ivory Coast, and in more than a score of surrounding countries as well as in Moscow where he was on temporary duty last winter.

Dr. Howe is a security engineering officer in charge of work throughout West Africa. His citation relates Howe's performance of manual labor at 110 degrees heat in Africa and subfreezing weather in Moscow in order to assure project completions on time.

As advisor on technical matters, he also was cited for 15 trips to 11 African posts, maintaining a constant travel schedule "despite the difficult problems of traveling in Africa which include overbooked and crowded flights, erratic and lengthy flight delays, local harassment from airport officials and substandard lodging and eating facilities."

While in Ouagadougou, the citation said, "he personally set the example for other team members by slinging a sledgehammer against a wall in 110 degree weather to create an opening for installing an emergency exit."

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In Moscow, Howe was the team chief of 10 engineers. Work was done in a nine-story building before internal walls were constructed and between January and April when there was no heat. Team members worked 12-hour shifts, climbing and descending the nine stories frequently during that time. Howe was cited for his motivational skills which helped cut the project work time by one and a half months.

While overseas with her husband, in Africa and earlier in the Middle East, Mrs. Isabelle Howe, has completed work on her doctoral degree in education. The degree will be awarded in absentia at commencement ceremonies in December at Texas Tech University. Mrs. Howe has a growing reputation as an education consultant.

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CONTACT: B. Zeeck

4-11-24-86

LUBBOCK--A one-day Symposium on Cell Biology of the Uterus will be held Dec. 12 in conjunction with the American Society of Cell Biology meeting on the National Institutes of Health campus in Bethesda, Md.

Chairing the program committee is Dr. Wendell W. Leavitt, professor of biochemistry and obstetrics and gynecology, Texas Tech University Health Sciences Center. Between 75 and 100 scientists are expected to attend. Proceedings will be published.

Leading researchers from eight states and the National Institute of Child Health and Human Development will report on findings that Leavitt said are increasingly important to medical advances in fields like fertility and infertility, cancer or post menstrual problems in women.

Not only are new hormones being discovered from year to year, but the molecular mechanisms responsible for hormone behavior and interaction are only beginning to be understood by scientists, he said.

The December meeting is the first for a special interest group that will be an ongoing organization to study uterine cell biology.

Presenting papers will be Helen A. Padykula, University of Massachusetts Medical School; George M. Stancel, University of Texas Medical School, Houston; Jack Gorski, University of Wisconsin-Madison; Thomas C. Spelsberg, Mayo Graduate School of Medicine, Rochester, Minn.; C. Richard Lyttle, University of Pennsylvania;

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D. W. Bullock, Baylor College of Medicine, Houston; R. Michael Roberts, University of Missouri-Columbia; Sharad G. Joshi, Albany Medical College, N.Y.; David T. MacLaughlin, Massachusetts General Hospital, Boston; Fuller W. Bazer, University of Florida; K. Yoshinaga, National Institute of Child Health and Human Development, Bethesda, Md., and Leavitt and H. M. Weitlauf, Texas Tech University Health Sciences Center.

Leavitt, Padykula, Weitlauf and Roberts will chair symposium sessions.

Story ideas for the week of
December 1-5, 1986
5-11-25-86

Texas Tech University
University News & Publications
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Radio & Television New Service

GETTING OFF THE GROUND--Different from the recently established Northwest Texas Small Business Development Center is a project operating out of the university since the 1970s. Graduate and senior students put the knowledge they've gained in the classroom to practical use through the Small Business Institute. Program director Fred C. Volker says the Institute operates similarly to a professional consulting firm. Volker says both students and businesses have gained from the program. For more, contact Volker at 742-2157.

HEALTH CARE SHORTAGE--Rural communities suffer a shortage of nurses and other health personnel. Professor Helen Cox of the Texas Tech University Health Sciences Center School of Nursing says nurses in a rural setting feel isolated and lack professional stimulation. KARENET (Kellogg Affiliated Remote Environments Network) is a computer network that not only keeps rural health care professions in direct contact with TTUHSC, but also gives them a recruiting tool. For more on KARENET and how it is helping rural health care, contact Dr. Cox at 743-2734.

CAROL OF LIGHTS--The 28th annual Carol of Lights is set for December 5. A carillon concert begins at 6:30 p.m. During a musical program at 7 p.m., more than 15,000 bulbs outlining the 10 campus buildings around Memorial Circle and the Broadway entrance will be lit. For more information, contact Preston Lewis, News & Publications, 742-2136.

YULETIDE TRADITION--Christmas at the Museum is scheduled from 1-5 p.m. Dec. 7 at The Museum of Texas Tech University. The festivities will feature a live Christmas tree and performances by various choral and dance groups. For more, contact the Museum at 742-2442.

CANDLELIGHT CHRISTMAS will take place from 6-8 p.m. Dec. 11 and 12 at the Ranching Heritage Center.

AGRICULTURE FINANCES--The 14th Annual Bankers Agriculture Credit Conference opens with registration and a dinner Dec. 5 at the Lubbock Holiday Inn Civic Center. The meetings Dec. 6 will focus on agricultural credit issues, agricultural lending problems and forecasts for the general economy and the cattle, cotton and grains industries. For additional information, contact Thompson professor J. Wayland Bennett at Texas Tech, 742-2876.

For assistance in developing these and other story ideas, contact Dorothy Power/Don Vanlandingham, News & Publications, 742-2136.

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CONTACT: Sally Logue Post

6-11-25-86

LUBBOCK--With the beginning of a new year just around the corner, many people tell themselves they will begin that exercise program they keep putting off only to put it off once more because it's too cold to get outdoors.

Professor Nancy Ridenour of the Texas Tech University Health Sciences Center School of Nursing said the cold weather doesn't have to be an excuse. Many indoor exercise programs are available to help get you in shape for the warm-weather outdoor athletics.

"The most important thing in any exercise program is to make sure you warm up, stretch and cool down properly," Ridenour said. "You can avoid a lot of the muscle soreness by stretching properly."

Ridenour also warned that exercise does not have to hurt to be beneficial. The old 'no pain, no gain' idea can lead to unnecessary injuries.

"If your body is hurting, you are doing some sort of damage," she said. "Work up to the point where it starts to hurt and quit. Before long you'll find you are able to go past that point without any pain. Exercise should be fun, not painful."

Ridenour said it is also important to breath properly during exercises. People tend to hold their breath when exercising or lifting weights. Ridenour said learning and using proper breathing patterns will help increase results.

Ridenour said the proliferation of television exercise shows is good for indoor exercise, but said viewers should look for several things before deciding which program to follow.

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Television exercise programs should provide adequate stretching movements before the aerobic portion of the program followed by a cool down period, she said. Also, people should pick a program that does not have a lot of up and down movements.

"Hopping movement will certainly get your heart rate up," Ridenour said. "But, it is also extremely hard on your joints. Try to find a program with routines that emphasis smoother movements."

Ridenour also said that the instructors should also explain how to determine your target pulse range and remind you to check it periodically. She warned not to fall into the trap of thinking that more is better by going over your target range.

"Knowing your target pulse range is important, you can really do some damage to your health by going over that range," she said.

Ridenour also said people should look for the same things in spa or other exercise and aerobic classes. The advantage of good instructors in classes is individual attention.

"Good instructors will see when someone is having trouble doing an exercise properly and can help them," she said. "They also have the ability to encourage participants to work at their own optimum level and not the instructor's."

Ridenour said people should seek advice before beginning an exercise program of any type.

"Every community has a nurse, coach or someone that can tell you the correct way to do exercises," she said. "There are also numerous good books and videotapes that can help you. The key is to find a moderate, well-balanced program that doesn't seem to be fanatical. Also, pick an exercise program that fits with your lifestyle and is easily accessible and fun."

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CONTACT: Beverly Taylor

7-11-25-86

LUBBOCK--Texas Tech University College of Education Professors Charles P. Geer and Gene E. Rooze will coordinate a \$36,723 grant for an in-service program to help elementary mathematics instructors teach essential elements.

Geer and Rooze will work with the Region XVIII, Educational Service Center in Midland to develop and present in-service programs for teachers in the 32 school districts from Midland-Odessa to the El Paso area. The program, which will benefit 325 teachers, will be conducted during summer 1987 at several locations.

Grants totaling almost \$1 million were given to 26 institutions by the Coordinating Board, Texas College and University System, under the Education for Economic Security Act which allows institutions to compete for funding to plan in-service programs for public schools.

The grants are to improve the skills of math, science and foreign language teachers.

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8-11-25-86

LUBBOCK--Life science and biology teachers from area secondary schools can apply for grants to attend a Texas Tech University seminar to help them expand their teaching skills and motivate students.

Thirty area teachers will be selected for the program which is being funded by a \$36,502 grant from the Coordinating Board, Texas College and University System.

Texas Tech education Professor Gerald D. Skoog, director of the project, said the goal is to improve teaching of science in secondary schools.

"There is a growing recognition that a citizenry informed in science is necessary for national economic and security needs," said Dr. Skoog. "Secondary school science should be designed to encourage, rather than discourage, students from studying the sciences."

The seminar will meet 6-9 p.m. Mondays this spring and six hours daily July 13-16 and 20-23 at Texas Tech.

Tuition for the course, books and travel allowances for the participating teachers will be paid by grant. Participants will earn six hours of graduate credit from Texas Tech.

Objectives of the course are to expand teaching methods and instructional resources used by participants; improve their knowledge of process skills and methodology of science; explore recent scientific developments and science-related social issues; provide strategies and materials for teaching science to gifted students and students with reading problems; and analyze recent recommendations for science education.

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Participants will practice a number of teaching methods, experiment with novel approaches to motivating students and discuss science as it relates to societal issues, such as genetic engineering, evolution and AIDS.

Skoog, who is retiring president of the National Science Teachers Association, will be the primary faculty member for the seminar. Biology Department faculty and others will also be presenters.

The application deadline is Dec. 19.

For more information or to obtain an application, contact Skoog at the College of Education, Box 4560, Lubbock, Texas 79409 or (806) 742-2371.

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CONTACT: Beverly Taylor

9-11-25-86

LUBBOCK--The architecture of French chateaux will be studied at 11 a.m. Tuesday (Dec. 2) at The Museum of Texas Tech University.

Texas Tech architecture Professor Elizabeth Skidmore Sasser will lecture as part of Tuesday art seminars sponsored by the Women's Council of the West Texas Museum Association (WTMA). Coffee and registration begin at 10:30 a.m.

A slide tour will be given of the chateaux, or residence castles, which still stand along the Loire River in France.

"We'll be looking at the architecture of the chateaux which were built in the late medieval and Renaissance eras," said Dr. Sasser. "The chateaux are often surrounded by moats and have very heavy masonry. Many of the early ones were fortified as they were often subject to siege by the enemy."

Sasser will also show slides from "Les Tres Heures," a manuscript written for the Duc de Berry. "Les Tres Heures," related to the very rich houses, includes a calendar which describes typical activities of each month. In the background of most pages of the calendar are drawings of the castles owned by the Duc de Berry.

Sasser's lecture is the final one in the fall series of "Art through the Ages." Fall lectures have focused on Renaissance art in northern Europe.

Admission is \$3 per lecture.

For more information, contact WTMA at (806) 742-2443.

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CONTACT: Preston Lewis

10-11-26-86

LUBBOCK--One of the nation's premier researchers in wind engineering will deliver the final fall address in the Halliburton Distinguished Lecture Series Dec. 2 in the Texas Tech University College of Engineering.

Texas Tech Horn Professor Joseph E. Minor will speak on "The Developing Field of Wind Engineering" at 4:30 p.m. Dec. 2 in the Lankford Lab of the Electrical Engineering Annex.

Minor is the director of the Institute for Disaster Research and of the Glass Research and Testing Laboratory at Texas Tech. He is recognized internationally for his research in the fields of wind engineering, window glass design practice and natural hazards research. He is considered a pioneer in studies on glass strength and on glass use in high-rise construction.

He is active in building code review on the local, national and international levels. He serves as a consultant to numerous governmental agencies, trade associations and private organizations.

Minor is a fellow in the American Society of Civil Engineers and holds full membership in the American Meteorological Society in recognition of his contributions to the science of meteorology. Minor is former president of the Texas section of the American Society of Civil Engineers and a member of the National Society of Professional Engineers.

He holds bachelor's and master's degrees from Texas A&M University and a doctorate from Texas Tech.

The Halliburton Distinguished Lecture Series is sponsored annually by the Halliburton Foundation in conjunction with the Texas Tech College of Engineering.

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CONTACT: Beverly Taylor

11-11-26-86

LUBBOCK--The beach portraits of East Coast photographer Eric Breitenbach will be displayed through Dec. 12 in the Texas Tech University Art Building.

The exhibit, which can be viewed from 8 a.m. to 5 p.m. weekdays, is in the S.R.O. Corridor Gallery in the north sub-basement of the building.

Breitenbach of Edgewater, Fla., is a photography instructor at Daytona Beach Community College. He has taken photographs of young people on East Coast beaches for a number of years.

Breitenbach said his photographs deal with the fine line between innocence and promiscuity which he observes in today's young people.

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CONTACT: Beverly Taylor

12-11-26-86

(MEDIA ADVISORY: You are invited to attend any of the Dec. 2 and 3 sessions of the Conference for Administrators of Community Schools. For more information, contact Weldon Beckner at (806) 742-2371.)

LUBBOCK--Texas Education Agency Commissioner of Education W.N. Kirby and Chairman of the House Appropriations Committee Jim D. Rudd will be keynote speakers for the Seventh Annual Conference for Administrators of Community Schools Tuesday and Wednesday (Dec. 2-3) at Texas Tech University.

Public school administrators from across the state will attend the meeting to be held in the Texas Tech University Center (UC). Registration is \$55 for the conference which is open to the public. Individuals may attend part of the conference for a reduced rate.

Kirby will discuss recent public school legislation, including education reforms, teacher appraisals and funding during the second general session from 1-1:45 p.m. Tuesday in the UC Coronado Room.

Rudd will speak from 11:15 a.m. to 12:15 p.m. Wednesday in the UC Coronado Room to close the conference. He will talk about public school funding and expectations for the next legislative session.

Joe Hairston of Hairston and Walsh, P.C., Austin, will address the first general session from 9-10:15 a.m. Tuesday in the Coronado Room. He will advise the group of recent legislation affecting public schools.

Will Kitchen, vice president of Tele-Systems Associates, Inc., Minneapolis, Minn., will talk about using new technology in educational programs during the third general session from 3:30-4:15 p.m. Tuesday in the UC Coronado Room.

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Other speakers and their topics include Bailey Marshall, University Interscholastic League director, UIL; Fred Wilkerson, superintendent of Cooper Independent School District, using microcomputers in tutorials; James Clark, assistant to the commissioner of the Texas Education Agency (TEA), reducing paperwork; Texas Tech education Professor Bruce Barker, using new technologies to increase course offerings; education Professor Shirley Koeller, the Caprock Area Writing Project; Richard Swain of TEA, an update on training, teacher appraisal and the career ladder; and Keith L. Mitchell of TEA, using the TEA electronic mail system.

These sessions will run concurrently from 10:45-11:55 a.m. and again from 2:15-3:25 p.m. Tuesday.

Concurrent presentations on Wednesday will be from 8:30-9:40 a.m. and again from 10-11:10 a.m.

Speakers and their topics include Mel Harper, C.A.S.A. Computer, an update on microcomputer hardware and software; Associate Dean of Texas Tech's College of Education Shamus Mehaffie, accelerated certification for teachers; Jerry Cunningham, Corporate Risk Counselors, school health insurance needs; Bruce Hineman, executive secretary of the Teacher Retirement System of Texas, review of the retirement system; and Texas Tech education Professor Marvin Platten, models of teaching.