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|--------|---|
| 2-2-87 | 3 |
| 2-3-87 | 3 |
| 2-4-87 | 2 |
| 2-5-87 | 2 |
| 2-6-87 | 1 |
| DATE | |

Stories and Cutlines

Feature

REMARKS

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Texas Tech News

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TEXAS TECH UNIVERSITY/TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

NEWS AND PUBLICATIONS/P.O. BOX 4640/LUBBOCK, TEXAS 79409/(806) 742-2136

CONTACT: Beverly Taylor

1-2-2-87

LUBBOCK--Spanish architecture on the Texas Tech University campus will be the focus of a lecture at 11 a.m. Tuesday (Feb. 10) at The Museum of Texas Tech.

Texas Tech art Professor Nancy B. Reed will compare architecture of the University Alcala de Henares in Spain and the Texas Tech Administration/Education Building during the weekly art seminar sponsored by the Women's Council of the West Texas Museum Association.

Registration and coffee begin at 10:30 a.m. Admission is \$3.

"The architecture of several buildings at Texas Tech were copied from Spanish Renaissance buildings," said Dr. Reed. "The Administration Building is a close copy of the University Alcala de Henares. The University Alcala de Henares is a complete square, but the three-story facade, walkways and decorative detail are similar."

Reed will show slides of the university which she took on a trip to Spain in 1985. Built in 1504, the university is the forerunner of the University of Madrid.

"When Tech was young, it was very popular for schools in the East, such as Harvard, to copy Gothic architecture," she said. "That style just doesn't fit the West and Southwest, so architects picked up on the Spanish Renaissance architecture which more suits this geography and climate."

Reed will base her lecture on Nolan Barrick's book, "Texas Tech...The unobserved Heritage." Barrick was the son-in-law of William Ward Watkin, one of the original architects for Texas Tech.

"Art through the Ages," a study of the Renaissance in Spain and England this spring, is the 26th year of art seminars held by the Women's Council. For more information, call WTMA at (806) 742-2443.

CONTACT: Beverly Taylor

2-2-2-87

LUBBOCK--Two seniors have received the 1986 Earl D. Camp Award from the Texas Tech University Department of Biological Sciences.

Recipients were microbiology major Lorraine G. Wilde, daughter of Dr. and Mrs. Richard Wilde, 5412 15th St., Lubbock, and biology major Suzanne Martinez, daughter of Robert Martinez, 2001 Belcot Road, Sacramento, Calif.

The award, established by and named for the former chairman of the Biological Sciences Department, recognizes the department's top graduating seniors. The two received \$400 checks.

Wilde, who will graduate in May, plans to attend graduate school for a degree in marine microbiology. She has been president of the Texas Tech chapter of the American Society for Microbiology and is a member of Kappa Mu Epsilon, a math honor society; Alpha Lambda Delta, a freshman honor group; the American Chemical Society; and Golden Key National Honor Society. She has worked as a volunteer for Lubbock General Hospital.

Martinez planned to attend medical school after her December graduation. She received the Margaret E. Wilson Athletic Academic Award and the Student Athletic Scholarship. She is a member of the Track and Cross Country Club and Alpha Epsilon Delta, a pre-professional health society. She volunteered in physical and occupational therapy clinics in California.

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3-2-2-87

CAMP AWARDS--

Texas Tech University seniors Lorraine G. Wilde, left, and Suzanne Martinez receive the Earl D. Camp Award from the Department of Biological Sciences. Camp, former chairman of the department and founder of the award, presented plaques and \$400 checks to the department's top graduating seniors. Wilde is the daughter of Dr. and Mrs. Richard Wilde, 5412 15th St., Lubbock, and Martinez is the daughter of Robert Martinez, 2001 Belcot Road, Sacramento, Calif. (TECH PHOTO)

CONTACT: Preston Lewis

4-2-3-87

LUBBOCK--The factors which helped mold Lubbock into a modern city will be examined during a symposium Feb. 19 at Texas Tech University.

"The Development of Modern Lubbock: Community in West Texas" will feature five speakers looking at various social and cultural factors which influenced the evolution of contemporary Lubbock.

The symposium will meet at 7 p.m. Feb. 19 in The Museum of Texas Tech University.

Speakers will include Texas Tech faculty Len Ainsworth, associate vice president for academic affairs and research, on developments in education and medicine; Sociology Department Chairperson H. Paul Chalfant on the role of religion; history Professor James W. Harper on the influence of sports; and Lawrence L. Graves, dean emeritus of the College of Arts and Sciences, on cultural life.

Michael Hooks, director of archives for the Texas General Land Office, will compare community development in Lubbock with cities in other areas of the state.

Symposium sponsors are the Department of History, the Southwest Collection and West Texas Museum Association. The program is made possible, in part, by a grant from the Texas Committee for the Humanities, a state program of the National Endowment for the Humanities.

The symposium is being held simultaneously with the release of the book "Lubbock: From Town to City." Many of the speakers have written chapters in the book which is being published this spring by the West Texas Museum Association with support from the Lubbock Chamber of Commerce.

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CONTACT: Preston Lewis

5-2-3-87

LUBBOCK--Summer job opportunities for college students interested in working with children and in the outdoors will be available through about 30 summer camps sending representatives Feb. 10 to the Sixth Annual Summer Camp Job Fair at Texas Tech University.

Summer camps from throughout the state will participate in the fair, sponsored by the Texas Tech Career Planning and Placement Service, from 10 a.m. until 4 p.m. in the University Center Ballroom.

Camp representatives will explain their summer programs and interview students for numerous types of jobs. These positions will include program directors, dietitians, counselors, recreation instructors, business managers, nurses, cooks, housekeepers, naturalists, hotel assistants and theater, music and art instructors.

Career Counselor Sandy Sites said summer camps offer college students an opportunity to get experience that future employers seek, including leadership, communication, interpersonal and organizational skills.

To prepare students for the job fair, Career Planning and Placement is offering three seminars in advance: Finding a Summer Job, 10-11 a.m. Thursday (Feb. 5); Writing an Effective Resume, noon-1 p.m. Friday (Feb. 6); and Surviving the Interview, 1-2 p.m. Monday (Feb. 9), all in Room 356 West Hall.

For more information on the job fair or the seminars, contact the Career Planning and Placement Service at 742-2210.

CONTACT: Sally Logue Post

6-2-3-87

LUBBOCK--Alzheimer's disease takes a devastating toll not only on its victims, but also on their families.

The majority of the expensive care of Alzheimer's victims is done at home by family members. Because the disease affects the victim's memory, behavior and eventually the ability to perform the simplest tasks, a great deal of time and money is required of the caregiver.

Texas Tech University human development Professor Jean Pearson Scott, former graduate assistant P.N. McKenzie and Texas Tech University Health Sciences Center (TTUHSC) neurology Professor J. Thomas Hutton have examined how these primary caregivers cope with the stress of their situation.

"There is a lot of research focusing on coping behavior for families of younger patients with chronic illness such as cancer," Scott said, "but, little has been done on how caregivers cope with progressive mental disease."

The research is reported in one of nine articles on Alzheimer's disease in the January issue of "Texas Medicine." This is only the second time the state medical journal has devoted an entire issue to a single subject.

The researchers looked at 11 different coping behaviors and whether the caregiver's level of stress was increased or decreased.

"A caregiver may, for whatever reason, choose a strategy that actually produces more stress. For that reason, we focused on both the strategies and their effects on the individual's level of stress," Scott said.

The 11 coping behaviors used in the research were employment, finances, time spent with patient, caregiver personal time, recreation, patterns of correspondence, information seeking, outside aid, future planning, sleep and maintenance of own health.

The most commonly used strategies were information seeking, outside aid, a change in the amount of time spent with the patient, and a modification in the caregivers use of free time.

The top two strategies, information and outside aid seeking, were also the most effective stress reducers, Scott said. Combining those respondents that reported either large or moderate decrease of stress, 82.6 percent reported that more information and 78.2 percent said outside aid helped them cope with stress.

The strategy most often reported as increasing stress was an increase in the amount of time spent with the patient, which was the third most used coping behavior, Scott said. Also high on the list for increasing stress was a disruption in sleeping patterns and a decrease in the amount of recreation or social interaction.

Scott said she found it surprising that future planning was not more strongly associated with stress reduction. While 17 percent of the respondents indicated future planning reduced stress, it caused an increase in stress in 35 percent of the sample.

"It may be that the lack of effectiveness of this strategy is due to the progressive deterioration of the disease and the acknowledged lack of cure," Scott said. "Individuals who choose to make plans are often faced with negative possibilities such as the increased financial burden of a nursing home and the patient's increasing chronic confusion. For such individuals, planning for the future may serve as a reminder that the worst is yet to come."

Scott said most of the coping strategies associated with increased stress involved a change in the personal life of the caregiver. Behaviors such as changes in recreational contacts, sleep patterns, time commitments and financial status are inherent in the role of the primary caregiver, but they are all sources of stress.

Because the two most used and most effective methods of reducing stress are information and outside aid seeking, Scott said health care professionals need to be more aware of those needs.

"Health care professionals should distribute to family members any information they can about the origin, detection and progression of the disease," she said. "Family members should also be made aware of the personal adjustments and time requirements accompanying the role of caregiver to help them better prepare for the impending stress."

Scott said health care providers can also help by coordinating various referral sources. She recommends an information packet be developed that lists such agencies as nursing homes, neurology specialists, therapists or support groups, housekeeping attendants, sources of financial aid, employment agencies and private nurses.

Scott said the health care professional can also suggest that responsibilities be distributed in such a way that no one individual assumes the majority of the caregiving burden.

"Of course, there are situations where extended family members are unable or unwilling to assist the caregiver," Scott said. "In these cases, the suggesting that they do so will only serve to induce feelings of guilt for the abandoning the patient. The health care provider should take care to recognize these situations and try to proceed in a way that does not produce these guilt feelings."

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CONTACT: Preston Lewis

7-2-4-87

LUBBOCK--More than 1,000 students at Texas Tech University received degrees at the conclusion of the 1986 fall semester.

Degree recipients with the degrees they earned included

CONTACT: Preston Lewis

8-2-4-87

LUBBOCK--As of the 12th class day, 1987 spring enrollment at Texas Tech University stood at 21,591, compared to a 12th class day total of 21,407 a year ago.

The spring 1987 12th class day enrollments by college, school or program at the university are: Agricultural Sciences, 1,066; Arts and Sciences, 6,739; Business Administration, 4,173; Education, 1,216; Engineering, 2,052; Architecture, 692; Home Economics, 1,563; Law, 530; Graduate, 3,222; Nursing, 232; and Allied Health, 106.

At the Texas Tech University Health Sciences Center, fall enrollments by schools are: Medicine, 409; Nursing, 221; and Allied Health, 120.

The 12th class day, the official reporting date, was Tuesday (Feb. 3). Those unofficial enrollment totals will be rectified against payment totals and final official figures will be sent to the Coordinating Board, Texas College and University System. The university's official 1986 spring enrollment was 21,266.

Story ideas for the week of
February 9-13, 1987
9-2-6-87

Texas Tech University
University News & Publications
BOX 4640/LUBBOCK, TEXAS 79409/(806) 742-2136

Radio & Television New Service

DANGER WHILE YOU SLEEP--Snoring can do more than annoy your spouse. According to Dr. Gustavo Roman, director for the Center for Sleep Disorders at Texas Tech University Health Sciences Center, snoring can also signal more serious physical problems. Snoring can be a symptom of "sleep apnea" or breathing disorders. To discuss this condition and other sleep disorders, contact Dr. Roman at 743-2721.

YOU'RE NEVER TOO OLD--For most of us, the sight of a great dancer is accompanied by the assumption that he or she began dance training as a small child. But dance students under Texas Tech University dance Professor Peggy Willis are discovering that with talent, determination and proper schooling they can begin training to be a successful professional dancer as late as 21 years of age. To learn more about the unique training received by Texas Tech's dance students, contact Willis at 742-3361.

SLOWING THE DECLINE--Proper exercise is a proven factor in relieving stress and averting some of the diseases associated with aging. Family medicine Professor Berry N. Squyres of the Texas Tech University Health Sciences School of Medicine believes appropriate exercise programs could also slow the rapid decline of physical function caused by Alzheimer's disease and provide some psychological benefits. Squyres says victims of Alzheimer's disease and similar conditions need a social and physical environment that will maximize their ability to function and minimize troublesome behavior. For more, contact Dr. Squyres at 743-2770.

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

10-2-5-87

LUBBOCK--A stack of \$1,000 bills more than 34 miles high would be needed to pay for the health care Americans receive annually.

Texas Tech University economists Lewis E. Hill said annual health care expenditures have increased about 3,000 percent since 1950 when about \$12 billion was spent on total health care. In 1984, that total increased to more than \$350 billion.

"The health care industry now accounts for 11 percent of the Gross National Product (GNP) -- the measure of all goods and services produced in the U.S. each year," Hill said. "If the current percentage of increase is projected forward, by the middle of the next century, health care will be about 50 percent of our GNP. But, I believe that the American people will take effective action to limit health-care costs long before they reach such such exorbitant levels."

Hill said the dramatic increase in health care spending is due in large part to a rise in the number of third-party payers.

"Consumers are led into an overconsumption of health care because insurance carriers and governmental agencies pay most hospital charges and a substantial proportion of other medical expenses," Hill said. "Consumers will attempt to expand their consumption because they consider only that part of the price which they are required to pay and will ignore that part which is covered by third-party payment."

While the third-party payments are covered by insurance premiums and taxes, those are indirect costs which do not motivate individual consumers to limit or to reduce the quantity of health care they purchase, Hill said.

-more-

"Because the insurance will take care of such a large percentage of health care costs, many people want the most and best care they can get," he said. "And that translates into the most expensive care available."

Hill said hospital costs make up the largest section of health care expenditures. In 1952, an average day in the hospital cost about \$15. By 1979, that figure had increased to \$180 per day and is now more than \$300 -- a 1,200 percent increase.

Hill said that reducing health care spending is vital before health care becomes unaffordable for the average American. He pointed to emergency room costs as an example.

"Emergency rooms are about to price themselves out of the market," he said. "Consumers can go to the small emergency clinics that are springing up for about a \$25 flat fee plus supplies. An emergency room visit costs about \$42 to walk in the door plus doctor's fees which run from \$20 to \$50, plus supplies, plus the other myriad of charges the hospital has to levy to meet its overhead."

Hill said past attempts to curb health care spending have not been successful. In 1974, Congress enacted the National Health Planning and Resources Act to provide incentives for states to regulate hospital construction or expansion based on a Certificates of Need.

"The Certificate of Need system failed because the newly established planning agencies tended to be weak, and many of them were staffed with people of questionable competence," Hill said. "Most of these planning agencies were incapable of resisting pressure from politically influential hospitals. Indeed, some of the agencies were so overpowered by some hospitals that they became a tool to exclude unwanted competition from the market, rather than eliminating duplication of facilities among existing hospitals."

Hill said the current system of paying hospital care costs of medicare recipients by Diagnostic Related Groups (DRGs) may be the most effective way to curb rising costs.

Begun in 1983, hospitals are reimbursed for each medicare patient a fixed amount of money determined in advance by the classification of the diagnosis in one of 467 Diagnosis Related Groups, Hill said. The reimbursement is based on the same predetermined fixed charge regardless of the duration of the hospital care or the services actually utilized in the treatment of a patient.

Hill said the DRG system can be generalized to apply to third-party payers and to private patients who pay their own hospital bills. He also believes that a national system of comprehensive health planning could correct the overallocation or misallocation of services.

"If a system of national health planning were strictly enforced, it could prevent the excess capacity which is almost inevitably capitalized into the cost basis of health care," he said.

Hill said that competition in the form of Health Management Organizations (HMOs), Preferred Provider Organizations (PPOs) and other for-profit organizations could work to bring medical costs down.

HMOs are contracting with private employers to provide employee health care for a fixed fee. These organizations emphasize preventive medicine rather than therapeutic medicine after an employee is ill.

"An HMO provides a physician with the incentive to provide a minimum amount of preventive care rather than a maximum of later care that may be more costly than the fixed fee he is going to receive for that patient," Hill said.

A PPO operates on a fee-for-service basis but employees are members of a group that receive a discount or some other financial incentive to use a particular doctor or hospital, Hill said.

LUBBOCK--The impact of the health kick on the American health care system will be the subject of a teleconference Feb. 17 at the Texas Tech University Health Sciences Center (TTUHSC).

G. William "Bill" Hettler, co-founder and board member of the National Wellness Institute and founder of the National Wellness Conference, will present "Wellness, Health Promotion and Fitness" from 10:45 a.m. to 3 p.m. in TTUHSC, Room 4A100.

Dr. Hettler will also discuss using assessment techniques to plan healthy lifestyles, fitness modalities for the handicapped, exercise, nutrition, stress management and career opportunities in health promotion.

The teleconference is designed to prepare health care providers to meet the public's demand for health and wellness activities. Health care professionals and the public may attend.

The teleconference was prepared by the American Rehabilitation Educational Network (AREN), a national communications link for health care professionals involved in rehabilitative therapy.

Registration is \$65 for non-AREN members and \$45 for AREN members and individuals registering in groups of five or more. Lunch will be served.

Pre-registrations can be placed through Wednesday (Feb. 11) by calling (806) 743-2213. Payments should be sent by Friday (Feb. 13) to the TTUHSC Library Teaching and Learning Center, Lubbock, Texas 79430. Checks should be to AREN.