

TEXAS TECH UNIVERSITY

News & Publications

Lubbock, TX 79409-2022
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FOR IMMEDIATE RELEASE

REF: 1-5-28-91

CONTACT: Steve Kauffman

LUBBOCK -- Marvin J. Cepica, Ph.D., associate dean of the Texas Tech University College of Agricultural Sciences, recently was named an outstanding alumnus of the agricultural education department at Oklahoma State University.

Cepica received his doctorate degree in agricultural education in 1977 from Oklahoma State.

The award is given annually to one graduate selected by the department's faculty. Candidates are evaluated on leadership, service and professional accomplishments.

Cepica is a 1962 graduate of Megargle High School. He received his bachelor's and master's degrees in agricultural education, both from Texas Tech.

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REF: 2-5-28-91

CONTACT: Myrna Whitehead

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

LUBBOCK -- Six Texas Tech University juniors have been named 1991-92 Dean's Scholars by the College of Arts and Sciences. Each student received a \$500 scholarship during a recognition ceremony recently held in the campus Allen Theater.

The scholars are: Carol Brittin of Lubbock, Jennifer Buck of Washington, Jennifer Gilmore of San Antonio, Susan Quadrini of Dallas, Allison Stewart of Garland and Kent Wyatt of Arlington.

Brittin, daughter of Anthony and Helen Brittin, has a 3.95 grade-point-average and is a music education major. She plays first trumpet in both the Texas Tech Marching Band and the Texas Tech Symphonic Band. Brittin has performed with the Midland Symphony Orchestra. She is a member of Tau Beta Sigma and Mu Phi Epsilon, music fraternities. After graduation, she plans to pursue a career in education.

Buck, daughter of Charles and JoAnn Buck, has a 3.8 grade-point-average and is a speech and hearing sciences major. Buck is a member of the Texas Tech women's basketball team. She plans to pursue a master's degree in speech and hearing sciences.

Gilmore, daughter of Daniel Gilmore and the late Geraldine Gilmore, has a 3.72 grade-point-average and is a psychology major. She is the top-ranked cadet in the Texas Tech Air Force ROTC junior class and is active in intramural sports. Gilmore's plans after graduation include a career in the United States Air Force.

Quadrini, daughter of David and Rosemary Quadrini, has a 3.90 grade-point-average and is an anthropology and history major. She has worked in the Dominican Republic through her involvement in Amigos, a social services organization. Quadrini plans to enlist in Volunteers in Service to America (VISTA) following graduation. She also plans to attend graduate school after her VISTA commitment.

Stewart, daughter of Carroll and Carolyn Stewart, has a 3.77 grade-point-average and is a communications studies major. She is a member of the Pre-law Society and is a volunteer at the Lubbock Children's Home. She plans to attend law school.

Wyatt, son of Don and Linda Wyatt, has a 3.92 grade-point-average and is a music education major. He plays first French horn in both the Texas Tech Marching Band and Texas Tech Symphonic Band. He has performed with the Lubbock and Plainview symphony orchestras. Wyatt plans to attend graduate school to continue his studies in music.

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REF: 3-5-28-91

CONTACT: Myrna Whitehead

LUBBOCK -- Dick L. Auld, Ph.D., professor of plant science at the University of Idaho, has been named chairman of the department of Agronomy, Horticulture and Entomology at Texas Tech University. Auld will assume his new post Aug. 1.

"We are delighted to have attracted an individual of Dick Auld's caliber to head the department of Agronomy, Horticulture and Entomology. Dick has enthusiastically accepted the challenge to lead the teaching, research and service programs of this department to new heights," said Sam E. Curl, Ph.D., dean of the College of Agricultural Sciences.

Auld comes to Texas Tech from the faculty at the University of Idaho where he has served since 1976. He replaces David Koeppe, Ph.D., who died in December 1989. The post had been filled on an interim basis by George Tereshkovich, Ph.D., professor of agronomy, horticulture and entomology.

A Hobbs, N.M. native, Auld is a member of the American Society of Agronomy, the Crop Science Society of America and the Western Society of Crop Science.

Auld received a bachelor's degree in agronomy in 1970 and master's degree in agronomy in 1973, both from New Mexico State University in Las Cruces. He received a doctorate in plant breeding in 1976 from Montana State University in Bozeman.

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FOR IMMEDIATE RELEASE
REF: 4-5-28-91
CONTACT: Jennifer LeNoir

LUBBOCK -- Texas Tech University's Division of Continuing Education has begun offering a self-paced, college-credit correspondence course titled "RHIM 3350: Travel and Tourism."

The goal of the course is to promote an understanding of tourism, geography and economic concepts that are involved in the multi-billion-dollar international industry.

Specifically, students can gain a better understanding of the history of travel with respect to motivations, modes and travel flow, according to Penelope Bell, Ph.D., assistant professor in the department of restaurant, hotel and institutional management at Texas Tech and course instructor.

Through the course, students will learn to analyze the impact of tourism as a world-wide economic, cultural and social force. They will study the external and internal influences on travel through a consumer behavior approach identifying domestic and international travel trends, comparing sales distribution systems used within the travel industry and recognizing frequent travel destinations.

Additionally, students will be exposed to the various career opportunities in the tourism and travel industries.

Students may earn three hours of college credit with completion of the course, which requires a prerequisite of Economics 2305 or an equivalent course. The \$117 cost for the course does not include textbook expenses. The course may also be taken for no college credit for \$66, excluding textbook expenses.

Independent study by correspondence promotes individualized learning using a study guide that is supplemented by textbooks, reference materials and instructor critiques. Study by correspondence has advantages, according to Bell, in that it allows students to study when and where it is most convenient and at an individual's own pace. Students may take up to nine months to complete a correspondence course.

For more information on the course call the Division of Continuing Education at (806) 742-2352 Ext. 222 or 223.

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

News & Publications, HSC Bureau

3601 Fourth Street
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FOR IMMEDIATE RELEASE
REF: A-5-29-91
CONTACT: Kim Davis

LUBBOCK -- Millions of American women are dissatisfied with their figures. But for some, the reflection they see in the mirror is a window to a much deeper image problem.

To the many young women -- from adolescence to thirtysomething -- suffering from anorexia nervosa or bulimia, thin is never thin enough. For these women -- and even some men -- their bodies become an obsession, and the food they eat rules their lives. In some cases, the obsession even turns deadly.

Bulimia, often called the binge-purge syndrome, is a cyclical eating disorder of gorging abnormally large amounts of food followed immediately by self-induced vomiting, laxative or diuretic abuse. For many bulimics, an average day often revolves around finding time to binge and purge.

"The most vulnerable people tend to be white middle-class female adolescents and women in their twenties with a strong orientation toward academic achievement and a traditional lifestyle," said Libby Stuyt, M.D., of the Texas Tech Health Sciences Center department of psychiatry. "Most of these women are very intelligent, attractive and capable of handling successful careers."

Yet for some reason, Stuyt said, these same women have abnormally low self-esteem, an overwhelming desire for perfection, a sense of loneliness and an obsession with food and the way it relates to body weight.

Unlike bulimia, anorexia nervosa is actually a slow self-starvation, though most sufferers believe they eat "a lot."

"Pam" is one such example. Her average daily food intake at the peak of her disorder consisted of five to six packs of gum, an orange and one slice of bread.

"I hated myself," she said of her daily diet. "At the time, I wished I could go without any calories. But the gum seemed to keep me going."

Despite the fact that every rib was visible and her shoulder blades and hip bones protruded on her emaciated body, Pam still saw a "fat" woman staring back at her every time she looked in the mirror.

Only 20 years old, Pam has been fighting her weight obsession for more than five years.

-more-

EATING DISORDERS/PAGE 2

Though her actions are like those of an anorexic, Pam is really suffering from a combination of the two disorders.

"It's quite rare to find someone who is a classic anorexic or a classic bulimic," Stuyt explained. "Many patients will move from one to the other."

Pam did just that. At 16, she was hospitalized and diagnosed as bulimic. Her esophagus had suffered tremendous damage from the years of self-induced vomiting -- sometimes occurring as many as six times a day. She had ceased menstruation for nearly five months, but at the time she decided she liked it better that way.

After six weeks of intense therapy, Pam seemed better. She was back at a normal weight and seemed to enjoy eating again. A year later she graduated from high school at the top of her class.

Now a sophomore in college, Pam is back in therapy, this time diagnosed with anorexia nervosa. The stresses of doing well in school and breaking up with a boyfriend had erased much of what she learned in therapy three years earlier.

"Eating disorders are much like alcoholism," Stuyt said. "No matter how long you're 'sober,' the potential to relapse is always great."

Aggravating the problem, Stuyt said, is the fact that we live in a society that glorifies thinness. Calories, exercise programs and the latest diet plans are common topics of conversation. In fact, according to the American Medical Association, dieting accounts for one of the fastest growing industries in the United States.

"Even today's models -- who smile at us from the covers of magazines, billboards and television -- symbolize 'the good life' and convey a message that equates happiness and success with a thin body," Stuyt explained.

While the nation is somewhat influenced by these messages, she said, most people are not adversely affected. But for the bulimic or the anorexic, the obsession for thinness hinders -- and takes priority over -- everything else, including good health and interpersonal relationships.

Unfortunately, Stuyt said, it's tough to predict who will be affected by eating disorders and who will not. And, it's just as tough to completely cure those who already suffer from the disorders.

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EATING DISORDERS/PAGE 3

Like Pam, many anorexics and bulimics are able to find relief -- if only temporary -- through hospitalization and intense psychotherapy. Whether treated on an in-patient or out-patient basis, patients learn that nutritional rehabilitation is the key to stabilizing good health. From there, therapists and other doctors work to instill a sense of confidence in their patients.

But in the end, Stuyt said, the battle must be won by the individual.

"I realize now that this is something I'm going to have to fight all my life, not just until the therapy is over," Pam said. "I don't think I'll ever be completely happy with the body I see in the mirror, but I am learning to like the person staring back at me."

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SPECIAL TO NEIGHBORS
REF: B-5-29-91
CONTACT: Preston Lewis

LUBBOCK -- Participants in the School of Medicine's Volunteer Services program have been recognized for their assistance to clinics at the Texas Tech Health Sciences Center.

Volunteer Services Director Jean Bardy presented certificates to Betty Lou Mahone for more than 500 volunteer hours, Ruby Saffell and Marguerite Sharp for more than 400 hours, Vivian Buckley for more than 300 hours, and Dessa Day, Joe Taylor and Steve Shi for more than 200 hours.

Recognized for more than 100 service hours were Nellie Grace Haley, Cornelia Hext, Pam Knerr, Kathryn Matthews, Sharon Moore, Anna Ramirez, Stella Senn, Earl Sharp and Helen Young.

Other honored volunteers were William Calvert, Ruby Craig, Candy Dempsey, Cecilia Gonzalez, Marzella Guyer, Bobbie Havens, Clark Jensen, Allison Jones, Susan Jones, Alice Kitten, Wendy Maxwell, Becky Nelson, Lynda Niccum, Nachiketa Pandya, Eunice Phillips, Joel Pratt, Pamela Ramirez, Sharon Robinson, Johnny Salinas, Inez Sharp, Danna Szymanski, Marie Taylor and Hongsi Xie.

Volunteers work as greeters, clinical assistants, clerical assistants and couriers in several departments, including ophthalmology, family medicine, surgery, pediatrics, radiology, neurology, orthopaedics, and obstetrics/gynecology.

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FOR IMMEDIATE RELEASE
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CONTACT: Steve Kauffman

LUBBOCK -- The International In-Plant Management Association presented six design and production awards, including two first place awards, to Texas Tech University printer PrinTech during a recent meeting in Reno, Nevada.

Honors were: first place in black and white newsletters for "Tech Topics," a quarterly newsletter from Texas Tech's Office of Development; first place in catalogs/reports for the "School of Medicine '89 Retrospective"; and second place in the operational materials category for the Small Business Development Center stationery.

Third place awards were received in one-multicolor brochures for the University Medical Center Forum's wine auction invitation, in four-color process calendar/map for the PrinTech desk calendar, and in four-color process technical documents for a residency recruitment brochure for the Texas Tech Health Sciences Center department of psychiatry.

More than 1,290 printed pieces from calendar year 1990 were entered in the competition which was co-sponsored by In-Plant Reproductions magazine. Among the competition winners were Boeing Aircraft Co., Phillips Petroleum Co. and Brigham Young University.

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HEALTH TIPSHEET
from
TEXAS TECH HEALTH SCIENCES CENTER
May 31, 1991

EATING DISORDERS -- In a society where thin is in, many women -- and even some men -- have become obsessed with their weight. Eating disorders, in the form of bulimia and anorexia nervosa, can run -- and ruin -- the lives of many young adults, says Libby Stuyt, M.D., of the TTHSC department of psychiatry. Years of self-induced vomiting after binge eating can cause tremendous harm to a bulimic's body. The self-starvation associated with anorexia is yet another obvious health risk. But to those suffering from these eating disorders, the root of their problem stems from an abnormally low self-esteem, an overwhelming desire for perfection, a sense of loneliness and an obsession with food and the way it relates to body weight. Generally young women, these victims tend to be intelligent, attractive and capable of handling successful careers. Yet for various individual reasons, their love of life -- and themselves -- seems nonexistent. Individual therapy is often effective, but for many, the weight obsession is a continuous battle throughout life. For more on this topic, contact Stuyt at (806) 743-2800.

AN OUNCE OF PREVENTION -- Staying healthy is a life-long process that begins in our youth, yet so many people wait until middle age to begin healthy habits. High cholesterol, hypertension and various forms of cancer generally show up later in life, but the problems usually can be traced back to poor habits during the youthful years. A lot of people will visit their physician in their mid-50s expecting a "tune-up," said Mitch Jacques, M.D., of the TTHSC family medicine department. But it just doesn't work that way. Tuning up has to start in childhood and continue throughout life. More and more, Jacques said, physicians are recognizing the importance of prevention and are encouraging their patients to be aware of the fact that an ounce of prevention is, after all, worth a pound of cure. For more information on this topic, contact Jacques at (806) 743-2770.

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

C-5-31-91

CALENDAR WEEK MAY 31-JUNE 7

REF: 6-5-30-91

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.)

- MAY 31** William H. Gordon Sr., M.D., Family Medicine Lecture Series -- "Sports Medicine for Family Practitioners," sponsored in part by Texas Tech Health Sciences Center and South Plains chapter of Texas Academy of Family Practitioners,
7:30 a.m., TTHSC Room 5B148
- Cowboy Symposium opening session
10 a.m., University Center Allen Theater
- Cowboy Symposium evening performances
7 p.m. and 9 p.m., University Center Allen Theater
- JUN 1** Eighth annual Pain Symposium, sponsored in part by Texas Tech Health Sciences Center and the Texas Pain Society,
8 a.m., TTHSC Room 5B148 through June 2
- Cowboy Symposium sessions
9 a.m. to 6 p.m., University Center
- Cowboy Symposium evening performances
7 p.m. and 9 p.m., University Center Allen Theater
- JUN 2** Shake Hands With Your Future, first session, sponsored by the Institute for the Gifted,
on campus through June 15
- Cowboy Symposium chuck wagon breakfast and cowboy devotional
9-11 a.m., South Plains Fairgrounds
- Cowboy Symposium cutting, roping and penning competition
1-4 p.m., South Plains Fairgrounds
- JUN 3** Summer session I university registration for new students
- JUN 4** Summer session I university classes begin

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FOR IMMEDIATE RELEASE
REF: 7-5-31-91
CONTACT: Steve Kauffman

LUBBOCK -- Jim Brunjes, director of budgets and information systems with the Texas A&M University System, has been selected as Vice President for Administration at Texas Tech University and Texas Tech University Health Sciences Center. He will assume his new duties on July 1.

"It definitely is a mark of distinction to have Jim Brunjes working at Texas Tech. He brings experience and a professional record that will be an asset to the two institutions," said Texas Tech President Robert W. Lawless.

The vice presidential position is primarily responsible for long-range planning and budgetary operations. It also coordinates management, supervision, direction and evaluation of all administrative operations at the university and the health sciences center.

"The opportunities and challenges at Texas Tech are numerous. I am looking forward to being part of Texas Tech's dedication to quality education and student service," Brunjes said.

Brunjes joined Texas A&M in 1987. Prior to that, he was vice president of systems at Southwest Airlines. His previous academic experience includes serving as vice president for business affairs at Midwestern State University and as associate vice chancellor for budgets and computing at the University of Houston.

Brunjes holds a bachelor's degree in mathematics and a master's degree in statistics, both from Texas A&M.

FOR IMMEDIATE RELEASE

REF: 8-5-31-91

CONTACT: Jennifer LeNoir

[MEDIA ADVISORY: The Office of News & Publications will provide coordinates beginning Tuesday (June 4) to allow the local broadcast media to access a 90-second satellite feed about the Natural Gas Vehicle Challenge.]

LUBBOCK -- A seven-member team of Texas Tech University engineering students have converted a pickup truck to run on natural gas to compete in the 1991 Society of Automotive Engineers Natural Gas Vehicle Challenge June 6-11 at the University of Oklahoma in Norman.

Pickup trucks were donated to 24 universities throughout the United States and Canada by the General Motors Corp. of Detroit. The project focuses on reducing the nation's dependence on foreign oil and utilizing the natural gas reserves in Texas.

The Texas Tech student team was selected to participate in the project in September after submitting a detailed proposal for a natural gas conversion method to the Society of Automotive Engineers, according to Texas Tech faculty advisor Timothy Maxwell, associate professor of mechanical engineering.

The converted trucks have been undergoing extensive testing at the National Institute for Petroleum and Energy Research (NIPER) in Bartlesville, Okla., since mid-May.

NIPER is examining the trucks for compliance with 1991 emission standards for light trucks. Tests also will be performed to evaluate fuel efficiency and cold-starting capability at minus 20 degrees Fahrenheit.

The teams, vying for prizes totaling approximately \$21,000, will be judged on conversion, emissions and fuel economy. Points also will be awarded for vehicle performance in eight categories, including a 180-mile road rally at Oklahoma City June 9 and a 250-mile endurance run from the University of Oklahoma campus to Lake Murray, Okla., beginning June 10.

All of the 24 universities that outlined an efficient method of conversion will receive cash grants totaling \$5,000 from General Motors.

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NATURAL GAS/PAGE 2

The trucks will be on display at the University of Oklahoma June 7 as student team members make oral presentations to a judging committee. General Motors engineers will perform General Motors Unified Test Standards on the trucks to assess the driving of a cold engine. Throughout the day the vehicles will undergo acceleration tests at the Max Westheimer Airpark on the university's north campus. Teams also will compete in an against-the-clock drag race with the vehicles carrying a 1,000-pound load in the truck's bed.

Texas Tech team captain Mike Walser said natural gas is advantageous as an alternative fuel source because it is more efficient than gasoline and cheaper per unit. In addition, he said, the United States possesses a larger supply of natural gas.

"Unlike gasoline, natural gas cannot be wasted through vaporization because it is put directly into the tank under pressure. One of the primary problems with natural gas, however, involves the size and location of such a stout fuel tank," said Walser, adding that natural gas also is better for the environment because the fewer emissions result in cleaner air.

Texas Tech's engineering student team members are: Walser, a senior from Canadian; Stephen Bidy, a senior from Iowa Park; Gary Bourne, a junior from Slaton; Chris Brune, a May graduate from Portland, Ore.; Bill Capshaw, a senior from Clear Lake City; Robert Steele, a senior from Dallas; and Joe Reed, a May graduate from Whitesboro.

Sponsors for the alternative fuel project include the U.S. Department of Energy; Energy, Mines and Resources-Canada; Argonne National Laboratory; the Society of Automotive Engineers; General Motors Corp.; and the state of Oklahoma.

FOR IMMEDIATE RELEASE
REF: 9-5-31-91
CONTACT: Jennifer LeNoir

LUBBOCK -- Texas Tech University's Division of Continuing Education will offer two one-day educational workshops designed for teachers, counselors, administrators, parents, social workers and anyone involved with young people.

The first workshop titled "Students' Extremes: The Slow Learner and the Gifted and Talented" is scheduled 8:30 a.m. to 4 p.m. June 8 in Room 111 of the Texas Tech Home Economics Building. The workshop is geared toward the learning styles of these special students.

Theories about the characteristics of these children will be discussed and emphasis will be placed on effective teaching and counseling strategies for in and out of school behaviors.

Another workshop titled "Adolescents in Crises: Gangs, Guns, Ganos, Guardianship, Girl Parents" is scheduled 8:15 a.m. to 3:30 p.m. July 20 at the Lubbock Plaza Hotel, 3201 S. Loop 289.

During the workshop, participants will review the psychosocial and physiological characteristics of adolescents in crisis, receive an update on the gang situation in public schools, learn about current legal procedures unique to at-risk adolescents and become familiar with ways to assist adolescents, parents, siblings, peers and teachers with whom they often associate.

Participants may earn six hours of AAT, LPC, CEU and TAADAC credit by attending the workshop. Advance registration is \$59 per workshop or \$110 for both workshops, which includes breaks and lunch. Registration the day of the workshop is \$65.

For registration or more information, call the Division of Continuing Education at 745-3300. Phone registration may be charged to VISA or MasterCard.