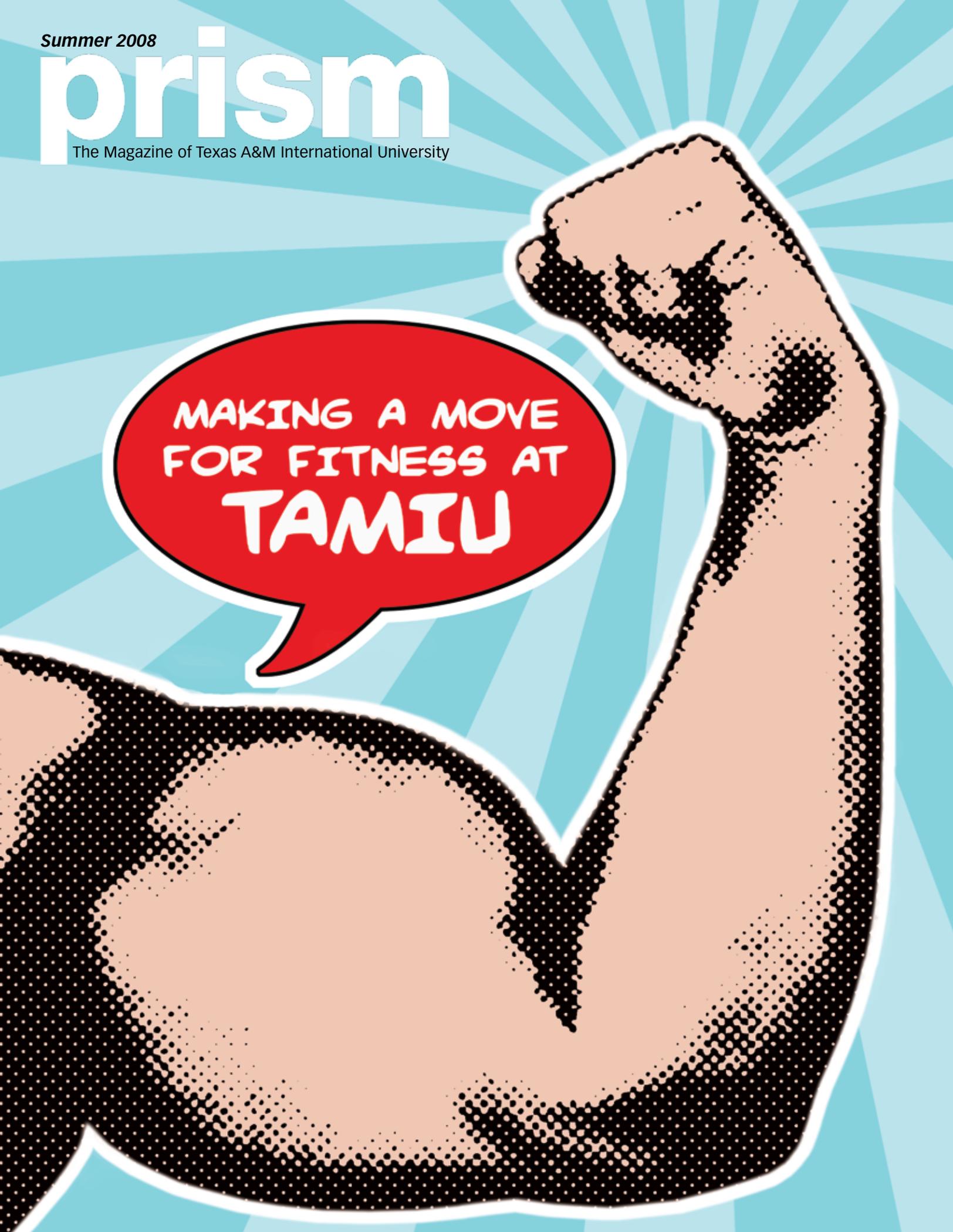


Summer 2008

# prism

The Magazine of Texas A&M International University



MAKING A MOVE  
FOR FITNESS AT  
TAMIU

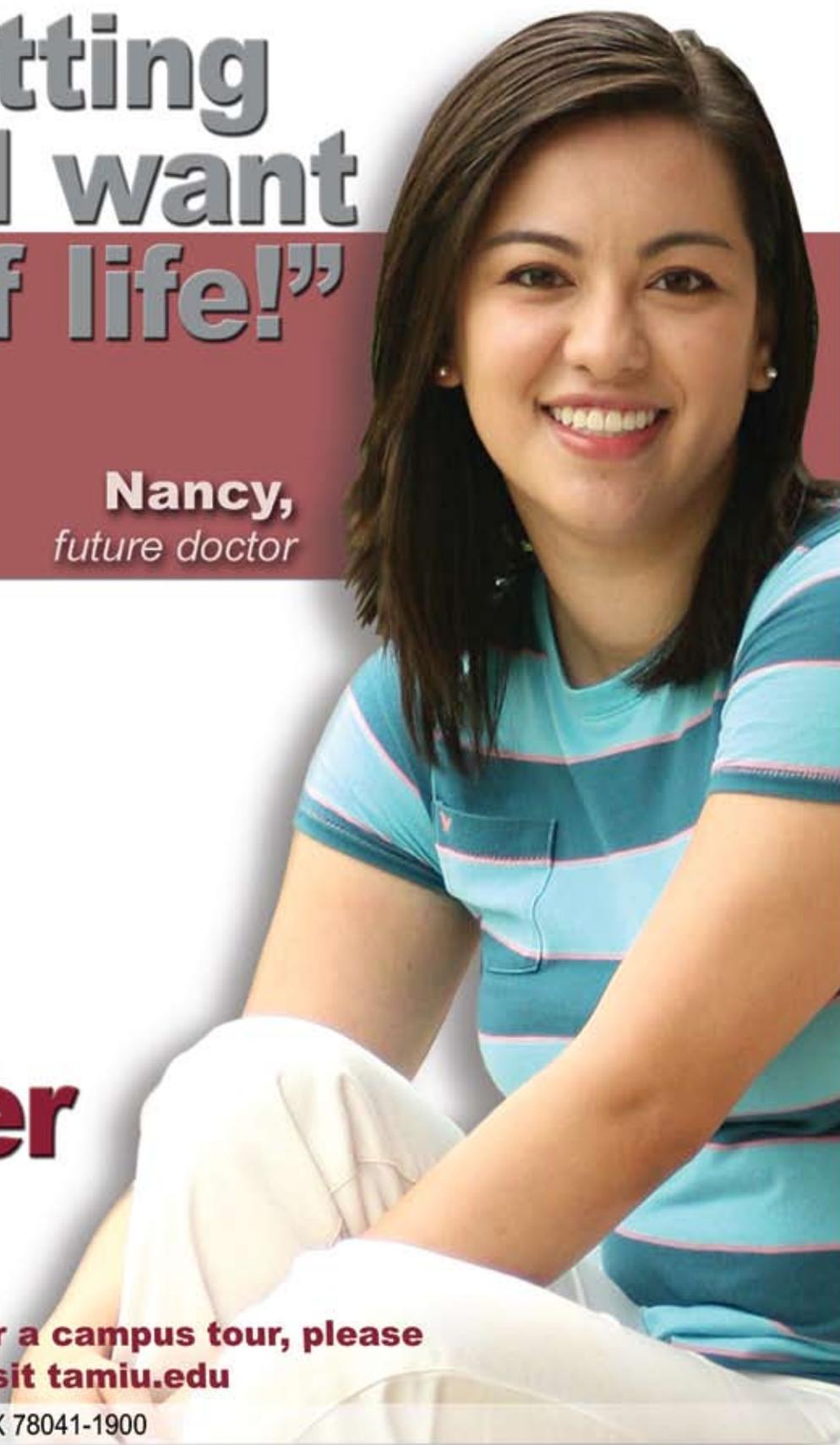
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its programs, faculty, students and alumni, *Prism*  
reflects the diverse educational excellence of  
Texas' fastest growing University.

Texas A&M International University is  
committed to the preparation of students for  
leadership roles in their chosen profession  
and in an increasingly complex and culturally  
diverse state, national and global society.



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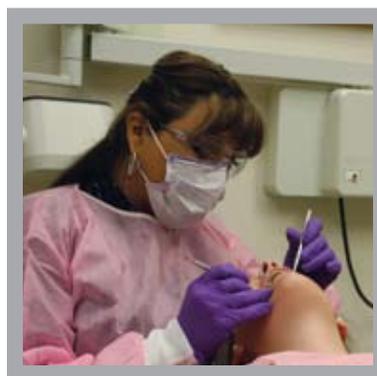
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### Mining Data to Deltoid: A Personal Journey to Well-Being

#### *Mens sana in corpore sano*

Data drive decisions. This is the great conceptual advance in thinking about education, the basis of any meaningful accountability, the starting point for any meaningful reform. What are the demonstrable facts surrounding an issue? What does research show?

Perhaps because teaching is in the end more akin to art than to science, many of the last century's important innovations came as intuitive insights of gifted leaders, not responses to compelling data. But even if the brilliant thinking of a few lies behind much of what history records as progress, this Platonic strategy doesn't fit the grand aspiration of education for all that we pursue today.

Strategies for success can no longer root themselves in deeply held personal conviction, anecdotal evidence, or wisdom received from previous generations. Today, as the result of a healthy insistence upon securing reliable data, the great question surrounding education is not what should we do?... but rather do we have the courage to do the right thing?

Surely how we manage our health and our bodies is the most personal, most data-rich, most far-reaching, and most poorly handled of choices. A new field of study, kinesiology, housed in our College of Education, brings the light of research to this topic of universal and intense importance.

Two years ago, as my weight began to creep up and my sleep patterns erode, a good friend asked me why I had not

embarked upon a vigorous program of exercise. Why had I not joined a gym?

The data is overwhelming, he correctly insisted. Men and women of all ages who follow a sensible exercise plan record an immediate improvement in energy, sleep, concentration, and mental agility. The body, in short, will respond at once. What was I waiting for? The answer and strategies to pursue it were already available.

While not doubting the wisdom or the objective assertions of this admonition, I was held back, I confess, by a certain pride mixed with fear. What would an old guy like me do in a gym, surrounded by buffed, dedicated, successful disciples of *physiokultura*, body building and sculpting? Wouldn't I feel foolish? And even worse, wouldn't I look foolish? And how long would I need to continue before I started seeing or feeling measurable change?

Suppressing these misgivings and swallowing my pride, in March of 2006 I selected a gym conveniently located between the University and our home at La Bota. Certain that everyone in the place would turn to look, I timorously entered the premises head down only to encounter my worst fear, Homer, the gym manager. He surveyed me, looking out from an Olympian's dream physique. "I am here to begin an exercise program, and to improve my health," I stammered. Then, feeling that I needed to clear the air, I added: "It is not my plan to work toward developing myself

**“Far from being the strutting chamber of the physically gifted, gyms are filled with men and women of all ages and all sizes. Some arrive to add pounds, others to shed them.”**

**Dr. Ray Keck III,  
President**

along the lines you have achieved.” He smiled. “I understand, sir. We have lots of guys like you.” I cringed with renewed horror—a collection of old, hopeless carcasses.

After taking my membership, Homer led me on a tour of the facility and prescribed a beginner’s regimen of weight training and cardio exercises. I threw myself into the plan for a little more than an hour, and then slowly crawled to the car, wondering if I would make it home. Will this tortuous thrashing truly help me feel better? When will I begin to notice significant changes?

The answer was only minutes away. After arriving home, showering and changing clothes, I followed my custom of many years and poured myself a small drink. I sat down to tell Patricia about my adventure, took one sip, and suddenly wanted no more. For supper that night I managed chicken breast, fruit, and skim milk; heavier options were unthinkable in my post-workout state.

Since that March afternoon, for a little more than two years, I have endeavored to spend at least one hour at the gym three times per week. The results have been dramatic, thrilling, immediate, and lasting. First, and without any diet plan or conscious effort to alter my eating habits, I dropped 10 pounds in 6 weeks, returning my weight to where it had been when I was graduated from college in 1969. I miraculously found myself desiring only protein, vegetables, and fruit. Carbohydrates, while still appealing, were satisfying in small amounts. Alcohol remained pleasant only

on rare occasions and in small servings of red or white wine. My sleep became deep and dependable that very first night of exercise; my energy throughout the day increased, and by the end of the first week I began to see a body emerge that I had long since consigned to wistful memory.

Most important, I learned how very wrong I had been concerning the culture of a gymnasium. Far from being the strutting chamber of the physically gifted, gyms are filled with men and women of all ages and all sizes. Some arrive to add pounds, others to shed them. Everyone is politely pursuing his or her unique plan, indifferent to what is happening on the neighboring bench. It is very possible to spend the hour without uttering a word, making the gym a haven for silence and reflection.

My only regret is that I did not discover my gym life a decade ago. Even more important than the thrill of feeling my clothes comfortably loose, I now work, rest, and play with more productive energy than at any other time in my life.

*Mens sana in corpore sano.* The ancients were quite right: a healthy mind and a healthy body can be made one. We need only turn our own data into action.

  
Dr. Ray M. Keck III,  
President

# TAMIU Offers New BS in Communication Disorders



Dr. Alan L. Seitel and Melissa García

Local and area residents interested in pursuing a bachelor's in communication disorders now have the opportunity to earn their degree at TAMIU. The program also provides for a Communication Disorders Clinic at TAMIU.

"The program is the first and only training in our area for speech therapists and is the first developed in Texas in decades. This is a big commitment," said Dr. Alan L. Seitel, associate professor of communication disorders.

Part of that commitment includes a Communication Disorders Clinic with therapy provided by TAMIU students under faculty supervision.

"There is a crucial need for therapists in our area and both school districts have supported our efforts to develop this program," explained Melissa García, clinical assistant professor of communication disorders.

Communication disorders include stuttering, voice disorders, articulation disorders and language-based disorders. Adults might have a communication disorder as a result of a head injury or stroke. Children might have a communication disorder as a result of starting to talk late or having a language-based disorder.

A speech clinic will be offered during June that will be available for students not receiving summer therapy through their school. The Clinic will also run through the summer.

"College of Education Dean Dr. Humberto González, Dr. Randy Brown, director of special education, and both Laredo and United districts were instrumental in bringing about this program," Seitel said appreciatively.

TAMIU currently has an intrasystem cooperative agreement regarding communication science disorders programs with Texas A&M University Kingsville.

Those holding a B.S. in communication disorders can work in school districts, hospitals and rehab centers conducting speech therapy for children or adults.

For more information on the Clinic, please contact García at 326.3139, e-mail [mpgarcia@tamiu.edu](mailto:mpgarcia@tamiu.edu) or visit offices in Sue and Radcliffe Killam Library (KL), room 421A.

Information on the communication disorders classes is available from Seitel at 326.2688, via e-mail [aseitel@tamiu.edu](mailto:aseitel@tamiu.edu) or by visiting offices in KL 421B.

You might say it's the little school that did. The Dr. F. M. Canseco School of Nursing has long posted an enviable history of successes from student scores to profound scholarship and programmatic support from a community strongly invested in its future.

Now that future sees the School become a full College, the newest at Texas A&M International University. The College of Nursing and Health Sciences, still home to the Dr. M. Canseco School of Nursing, was welcomed to campus this Spring.

"It basically reflects an evolved organizational structure and the appropriate ascendancy of Nursing and Health Sciences to a professional stature that is on par with its place in modern society," said Dr. Dan Jones, TAMIU provost and vice president for academic affairs.

Dr. Jones said the change to College helps to underpin additional growth areas and collaborative support.

"It's an appropriate structure to support planned programs, such as a joint program in nutrition with the University of Texas Health Science Center-San Antonio, and additional programs we are considering developing with local and regional partners in occupational therapy, physical therapy, respiratory therapy, sports medicine and athletic training," Jones said.

The move also makes possible a more aggressive pursuit of international collaborations, he said.

"This is an especially exciting aspect of the College's growth. Many international universities are seeking partners to complement their programs. We are currently in negotiations with a much

**"It basically reflects an evolved organizational structure."**

Dr. Dan Jones, Provost and Vice President of Academic Affairs

## TAMIU's New College of Nursing and Health Sciences

respected Taiwanese university, Fu Jiu Catholic University of Taipei, that has a prolific nursing program and wants to bring its candidates into alignment with U.S. nursing standards. This would also make possible vital faculty and student exchange programs," he explained.

Jones said the University's decision to develop programs is the end result of a complex and multi-layered system of checks and balances, insight and collaboration.

"Our primary concern, of course, is with community need; can we demonstrate a need and an eventual job market for graduates? We also have to carefully consider our capacity to deliver the program and to attract the faculty to successfully present it. Finally, we have to consider how we can best secure funds to support and maintain this endeavor," he noted.

He said the move to the College has already helped to expand the University's local support.

"We have long benefited from a remarkable level of support from our community, especially from the health services community. Local hospitals have provided salary support for faculty, clinical support programs for students and programmatic support. The announcement of the College has been extraordinarily well received, and our partners are now involved in our current search for a Dean of the College. We very much appreciate their partnership," he said.

What will the future bring for the new College?

"First and foremost, we will address the needs of our community. We also want to carefully approach degree development, always

making sure that it is consistent with the community and the marketplace. On a more elemental level, we will be investing in upgrading the quality of our educational labs such as we've done with the commitment to the SIM-Man tool which is a state-of-the-art teaching and learning synthetic 'patient.' Our efforts will not so much be directed to construction, but rather an ongoing, planned program of enhancement and improvement. To that end, we are supporting the efforts of three of our nursing faculty members who are now pursuing doctoral degrees in nursing," he said.

Jones says he firmly believes that the next five years for the new College will bring crucial and robust growth.

"I think we'll see a growing College with a robust array of programs that are of interest to students and addressing the tremendous needs of the local and area health community. In addition, I see an expanded international element to our programs, faculty and student population.

"Finally, I see the continuance of a gifted faculty that leads our state and nation in exemplary programs such as the Dr. F.M. Canseco School of Nursing with its challenging curriculum and richly rewarding study path that is finely attuned to culture and community," he concluded.



The SIM-Man is part of the College's high-tech commitment.

# A Yoga-Principled Approach to the Classroom



**“Yoga helps balance the nervous system and quiet the mind through its various exercises.”**

Dr. Jyotsna Mukherji, TAMIU Associate Professor

The room’s hush belies the energy that abounds within. With a single movement, students ease into a posture aimed at not only transforming their physical presence, but at helping them to unify their mind, body and spirit.

With a calm voice, serene presence, and an ever ready smile, Dr. Jyotsna Mukherji leads this unification through a weekly yoga class at TAMIU for members of the University community and community at large.

While many are familiar with her popular classes offered in the College of Business Administration, they might not realize that she is also a trained practitioner of yoga. She finds the distinction amusing, but firmly believes it informs all aspects of her life from her personal health to her teaching, research and community service.

“I have fond memories of my father practicing yoga *asanas* (postures) on a cotton mat on our terrace in southeast India. I would watch and try and imitate him. Later, after the birth of my daughter, I undertook additional study at Andhra University’s extension wing. Now, I’ve taken the words of BKS Iyengar, the founder of the Iyengar School of Yoga, to heart and I ‘practice, practice and regular practice.’ Whether I do what we call ‘sun salutations’ or breathing exercises, I realize that the benefits are incremental and regular practice is essential. My father is in his 80s and still practices!” she smiled.

She said she believes yoga has helped to better her teaching and facilitate her students’ deep learning experience.

“I believe that my practice of yoga now informs my life. For example, in my teaching, the practice of yoga has made me a little more mindful, and thus more conscious of my time in the classroom.

I am more patient and conscious of my actions. As a teacher, I should create a welcoming environment that allows for learning experiences in each of my students without any fear or discomfort. As a teacher of yoga, one is told to leave one’s ego at the door, and that it is not about any teacher, but the opportunity to practice yoga and realize its many benefits. This is difficult because it is powerful to stand at the head of any class, be it a class in marketing or yoga. But my time in the classroom is not about me; rather I am there to facilitate my students. I feel I am mostly like any other teacher, but the ability to meditate on my actions and words is helpful,” Dr. Mukherji explained.

She noted that yoga and its practice are now moving from gym room to boardroom in many Fortune 500 companies.

“Corporations such as Nike, HBO, Forbes, and Apple all offer on-site yoga classes for their employees. These and many more Fortune 500 companies consider yoga important enough to offer classes as a regular employee benefit. Business can certainly use the benefits of yoga in addressing problems relating to executive stress and well-being.

“The popularity and growth in corporate yoga can be traced back to early ‘80s when companies began adopting wellness programs to lower health care costs. Some of the research I’ve reviewed maintains that, whether or not studies have actually proven that productivity is up and health care costs are down, anecdotally, the evidence that it works is overwhelming.

“According to researchers from the Stress Reduction Clinic at the University of Massachusetts Medical Center in Worcester,



yoga in conjunction with meditation can indeed relieve stress and improve work performance,” she noted.

But whether workplace-based, classroom-taught or home-practiced, Mukerhji said the bottom line is improved health and well-being.

“Yoga helps balance the nervous system and quiet the mind through its various exercises from *asanas* to *pranayama* (breath control) to meditation. Its quiet, precise movements enable you to focus your mind less on your busy day and more on the moment as you move your body through postures that require balance and concentration.

“The Mayo Clinic has found that other health benefits of yoga include: increased flexibility—more range of motion means you’ll be less likely to injure yourself in other physical activities; better management of chronic health conditions—yoga might help you if you have asthma, carpal tunnel syndrome, depression, low back pain, multiple sclerosis, osteoarthritis of the knees or memory problems, and is useful when combined with other therapies for heart disease and high blood pressure. Add a vegetarian diet, aerobic exercise and medication, and cardiovascular disease rates and blood pressure levels can possibly be reduced,” she explained.

Yoga, as part of a healthy lifestyle change, can also help one lose weight and strengthen balance, and is especially helpful for elderly adults who want to avoid falls and hip fractures.

Despite all the health benefits, Mukerhji notes that there are some common misconceptions that often accompany yoga and may discourage some.

“I think one of the misconceptions is that yoga is a religion. While it has been associated with India’s three great religious-cultural traditions—Hinduism, Buddhism, and Jainism—in order to practice yoga, we need not believe in anything other than the possibility that we can transform ourselves and that we can go beyond our present understanding and experience of the world. George Feuerstein, in his book, ‘The Deeper Dimension of Yoga: Theory and Practice,’ explains that the practice of yoga instead deepens one’s personal faith rather than undermines it,” she noted.

“But by far, the larger misconception that is more commonly heard is that one must be ‘flexible’ in order to do yoga,” she laughed.

“Yoga is noncompetitive and can be practiced by anyone of any age or level of fitness. If you can breathe you can practice yoga! If one is not flexible, it is even more important to begin to practice yoga, especially if it is an incremental approach as taught by the Bihar School of Yoga.

“You’ll learn the *pawanuktasan*, a series of exercises aimed at helping flexibility of the joints and helping one manage any arthritic condition, especially if one starts early on in life and practices regularly. In doing these practices, one can create conditions for the experience of mindfulness, patience, and generally a better quality of life.

“After all, we are all works in progress,” she concludes, “but it is the progress that moves us forward.”

## TAMIU Athletics Remembers: U.S. Military Appreciation Day



From left to right, first row: Eduardo Botello, Armando "Kiro" Garza and David Leyendecker. Second row: Paulino Lucio Jr., Dr. Carlos Valle, Ernesto Sánchez, José J. Arnold, Joe García and Aaron Garza.

Texas A&M International University Athletics celebrated U.S. Military Appreciation Day in conjunction with the season finale basketball doubleheader against UT-Permian Basin on March 1. The purpose of the event was to honor past and present military members for their service to the United States of America.

The day began with lunch for veterans, including some from World War II and the Korean War. The lunch was provided compliments of Mariachi Express and Aramark.

The TAMIU Army ROTC presented the colors and the National Anthem was performed by Dana Crabtree, voice instructor, prior to the tipoff of the men's game.

The veterans in attendance were recognized by a public address announcement at halftime. An appreciative crowd honored each veteran with a tremendous round of applause.

Free Mariachi Express tacos were available throughout the day at the concession stand. Donations received for the tacos benefited the Wounded Warrior Project (WWP), an organization dedicated to the rehabilitation of severely injured men and women.

The collection of donations for the WWP was extended through March 7.



The campus community answered the call and a total of \$705 was collected to donate to the Wounded Warrior Project on behalf of TAMIU and the citizens of Laredo.

The WWP and National Collegiate Athletic Association (NCAA) are in the second year of a partnership to educate the public and support WWP's mission of helping injured soldiers in their hour of need. Associate Athletics Director Dan Lathey said that TAMIU Athletics hopes to develop the Wounded Warrior benefit into an annual event.

"The soldiers who have been injured made a tremendous sacrifice, and we need to show our support to these individuals and their families during a very difficult time," Lathey said, "The rehabilitation process is not short-term, so we need to make a long-term commitment to those who have given so much."

Among the veterans in attendance at the event was TAMIU Vice President for Finance and Administration Joe García, who retired as a major with the U.S. Army. He was stationed throughout the world during his 25-year military career, including service in Korea, Vietnam and Latin America.

García held several staff and command positions, concluding his service as the executive officer of the 1st Battalion, 504th Infantry, 82nd Airborne Division. Keenly aware of the sacrifices each military member makes, he feels that it is important to honor military personnel for their service.

"In a time such as this, where many of our young men and women are currently serving in a war zone, it is fitting that TAMIU honor the community veterans," García said.

"All of us have served for love of country and to protect the freedoms which we enjoy. I want to thank TAMIU for remembering these veterans," he concluded.

*By Dan Lathey*

# TAMIU Softball Impressive Season

The Texas A&M International University Athletics program continues to show healthy growth as it works its way towards full Heartland Conference and NCAA Division II membership. Evidence of that growth is offered by the TAMIU softball team playing its inaugural season this spring. With the addition of softball, TAMIU sponsors 11 sports.

The season started in February with the Dustdevils competing in the highly competitive St. Mary's Invitational and Schutt Division II Lead-Off Classic in Arizona. Heartland Conference play started early March with the conference schedule running through the last weekend of April.

TAMIU played home Heartland series against Newman, Panhandle State and Incarnate Word. The Dustdevils also hosted Lone Star Conference foe and South Texas rival Texas A&M-Kingsville.

Home games are played at Gateway Field, located near the intersection of Hillside Road and Daugherty Street at the City of Laredo Base Recreation Complex.

Check out  
**GoDustdevils.com**

Texas A&M International University Athletics took a giant step forward last fall with the launch of GoDustdevils.com. The new online home of Dustdevil Athletics incorporates the design and function capabilities of CSTV, one of the leading multimedia entities in college sports media.

The site provides the latest information on Dustdevil Athletics in an easily accessible fan-friendly format.

The front page features a flash scoreboard of recent results and a calendar of upcoming events. Visitors can also express their opinion on various topics by voting in the latest fan poll.

Each team page includes complete information, including media guide and archived stats. Live stats were provided for men's and women's basketball this past season through the Gametracker feature. Other sports are being considered for addition to the Gametracker line-up in the future.

Visit GoDustdevils.com today to see what the buzz is about.

## Where In The U?



### What is it?

The scrolling light-emitting diode (LED) ticker is an electronic banner that displays the Dow Jones 30 Index and the stock prices of the 30 companies.

### What purpose does it serve?

The ticker allows onlookers to view what is going on in the stock market. It also exhibits financial, economic and entertainment news. The ticker can also be programmed to write other information and personalized messages to greet visitors to the Western Hemispheric Trade Center (WHTC).

### Where is it?

The ticker is located on the first floor of the WHTC.

### Of special interest:

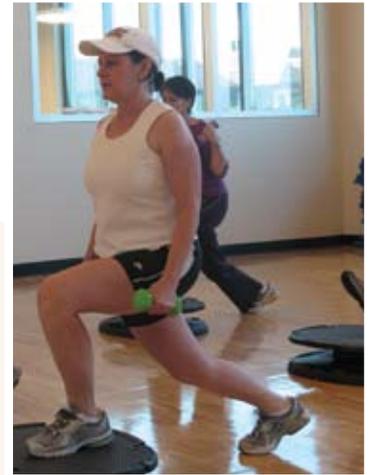
The A.R. "Tony" and María J. Sánchez Family Foundation provided funding for the ticker, the most visible part of their Value-Investing Trade Room and Technology Center gift. It now enables students to access the world of financial information in a second, bringing Texas A&M International University's business education program to a new level.



# HRT Program Helps TAMIU Employees Get Fit, Add Years to Lives

**“This program is designed with the well-being of our employees in mind.”**

Elizabeth Martínez, Associate Vice President for Administration



Starting this Spring, TAMIU employees have the option of taking time from their daily work schedules to exercise and get fit.

The Health Release Time (HRT) Program allows employees to take 30 minutes during normal work hours, up to three times a week, to go to the Kinesiology and Wellness Recreation Center (KWRC) and participate in exercise activities.

The objective of the HRT Program is to provide a supportive environment that encourages employees' health and overall well-being while improving work satisfaction, said Elizabeth Martínez, associate vice president for administration.

“This program is designed with the well-being of our employees in mind,” Martínez said, “We all know that exercise is extremely important, but many times, we just get buried in our daily responsibilities and don't make the time to take care of ourselves. This is an opportunity to carve out some time from our busy schedules to say, ‘I'm going to keep strong and healthy.’”

Martínez, who exercises regularly at the Rec Center, said the program also gives employees the chance to become better acquainted with others in the University community through the use of the KWRC, an impressive 47,973 square-foot facility featuring activity rooms, classrooms, a kinesiology-testing lab, cardio and circuit training area, free-weight area, locker rooms, basketball courts and faculty and staff offices.

Jorge Juárez, director of recreational sports, encourages employees to visit the Center for a tour of the facility.

“The first step is to come to the Center,” Juárez said, “The second step is to figure out where you are when it comes to exercise. Are you the former college athlete who wants to get back in shape or are you someone who is starting for the first time?”

Juárez said the Center also offers individual training programs at a reasonable cost.

He said he wants to defeat the perception that the Center is available only for athletes and those already in shape.

“Rec sports is here to help the average person. When you follow an exercise program, you will add quality years to your life. It gives you energy for the day,” Juárez said, “When you exercise, your body will wake up ready for the day.”

For more information about the HRT program or the KWRC, please contact Juárez at 956.326.3019, e-mail [jjuares@tamiu.edu](mailto:jjuares@tamiu.edu) or visit the KWRC, room 223.



## TAMIU Professor Aims to Make Us Healthier



**“In spite of the severity and prevalence of diabetes in Mexican-Americans, little is known about their knowledge, beliefs and practices related to this illness.”**

Dr. Sukho Lee, Assistant Professor of Fitness and Sports

More than 30 percent of Hispanic children are overweight and that number keeps increasing, according to The National Longitudinal Study of Adolescent Health. According to the Centers for Disease Control (CDC), in the last 10 years, the number of Hispanic kids who have type 2 diabetes has tripled.

The CDC also found that more than one-third of U.S. adults are obese. Approximately 51 percent of Mexican-American women aged 40-59 were obese compared with 39 percent of non-Hispanic white women.

With these alarming numbers, research conducted at Texas A&M International University by Dr. Sukho Lee, assistant professor of fitness and sports, is significant to this community.

“The first study, ‘Active Intervention and Dietary Education Program to Reduce Obesity in Hispanic Male Children,’ examined the effectiveness of a dietary education and exercise program over a period of 10 weeks among Hispanic male children who live in Laredo,” explained Dr. Lee.

“The preliminary result indicated that the training group, received a pedometer, dietary education and exercise training by a personal trainer, had improved perceptions of healthy eating, decreased percent body fat, increased average steps taken per day and changed clinical parameters—improvement in high-density lipoproteins and lowering triglycerides—as compared to the control group that received no education or exercise and to the education group who only received a pedometer and dietary education,” Lee added.

He plans to submit a grant proposal related to this study to the U.S. Department of Agriculture later this year.

For the other study, “Influence of Clinical and Non-clinical Factors on Diabetes Outcomes: A Bi-national Comparison of Mexicans and Mexican-Americans,” Lee collaborated with researchers from Texas A&M University Department of Health and Kinesiology, Universidad Autónoma del Estado de México and Texas A&M University School of Rural Public Health, McAllen, Texas.

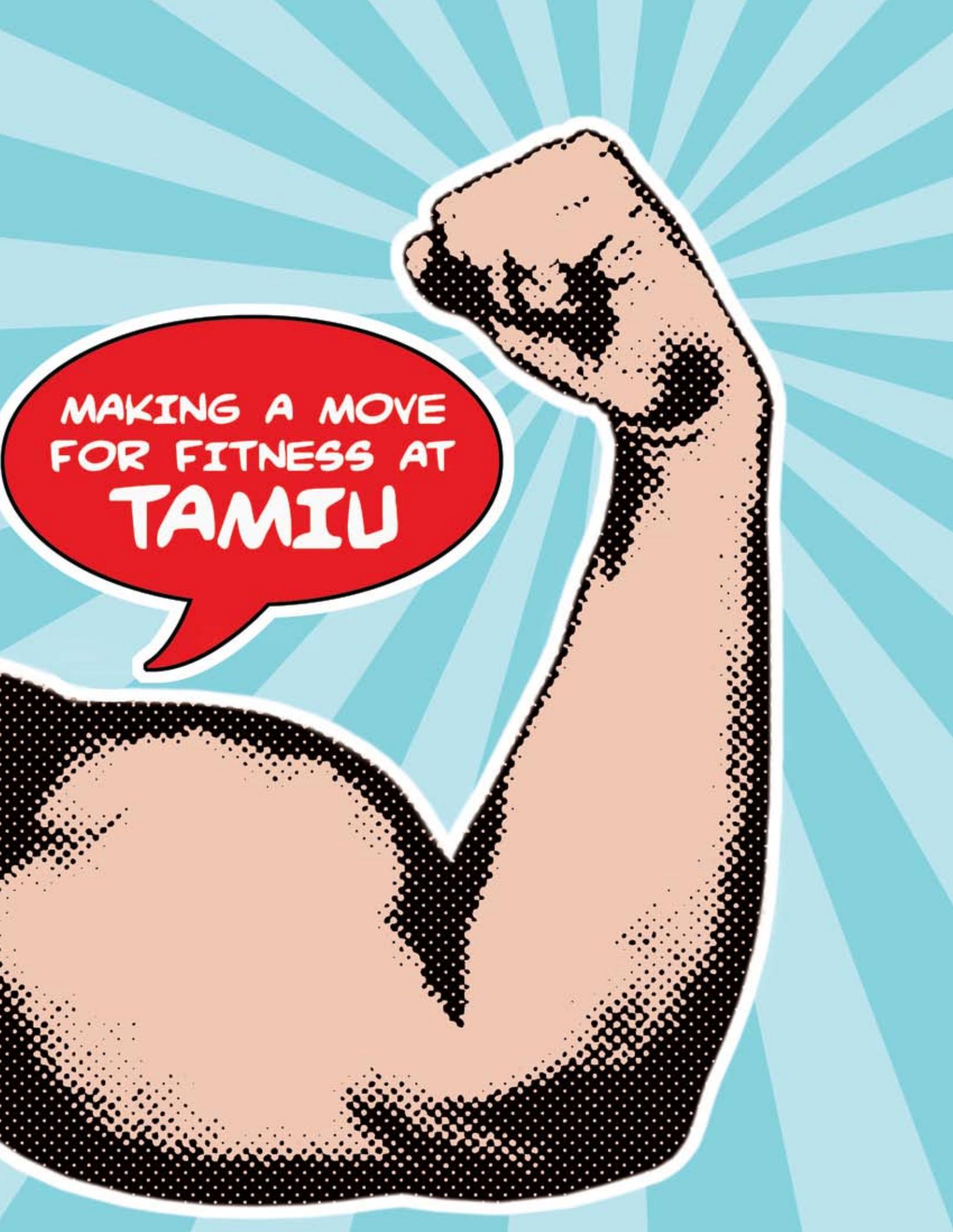
“Type 2 diabetes is the sixth leading cause of death in the United States and affects 20.8 million (seven percent) Americans. Poorly controlled diabetes is associated with significant health burden due to complications such as heart disease, stroke, blindness, kidney failure, diabetic neuropathy, leg and foot amputations and depression,” stated Lee.

“In spite of the severity and prevalence of diabetes in Mexican-Americans, little is known about their knowledge, beliefs and practices related to this illness.

Hence, a better understanding of the context and patterns of health care among Mexicans and Mexican-Americans with type 2 diabetes is crucial for developing culturally appropriate management programs,” said Lee.

For more information, please contact Lee at [slee@tamiu.edu](mailto:slee@tamiu.edu) or 326.2672 or visit offices in the Kinesiology and Wellness Recreation Center, room 220.





MAKING A MOVE  
FOR FITNESS AT  
**TAMIU**

# KINESIOLOGY AND WELLNESS RECREATION CENTER *BRINGS FITNESS HOME*

**S**wooshes, shouts, clanks, up-beat music, huffing and puffing are familiar motivational sounds for Texas A&M International University's community working out at the new Kinesiology and Wellness Recreational Center (KWRC).

The department of recreational sports provides University students, alumni, faculty and staff informal recreation at the KWRC including organized competitions and learning environments, structured group/personnel fitness opportunities and healthy lifestyle habit seminars.

The 47,973 square-foot building holds an array of activity rooms, free weight area, locker rooms, and basketball courts, in addition to classrooms, a kinesiology testing lab and faculty and staff offices.

The Center has become a crucial component to the growth of the TAMIU community and a focal point for enrollment and retention efforts.

"TAMIU is addressing a great need for healthy living with the Kinesiology and Wellness Recreation Center, not only through academic classes but also the need for Laredoans to exercise," said Jorge C. Juárez, director, recreational sports.

Dr. Sukho Lee, assistant professor of fitness and sports, shared data about the obesity and diabetes rate in Laredo that concludes that now is the time to start exercise.

To that end, the KWRC offers group fitness classes, non-academic classes that are offered throughout the day and into the evening hours.

"We offer 29 different classes Monday through Friday," said Juárez.

*(Continues on page 16)*



Classes include abs and back, Pilates, yoga and “yogilates,” bars, bands and balls, cardio boxing and toning, step ‘n’ sculpt, total body conditioning, circuit training and boot camp, dance hall, jazz and Latin dance, spinning and spin ‘n’ *Español*. Warmup sessions are held at the beginning of each class.

In addition to classes, cardio and weight rooms are also available. Academic classes also use the facilities, so schedules are clearly posted. On-site instructors are available to answer questions and provide assistance.

Intramural sport-specific competitions such as flag football, softball, volleyball, basketball, and indoor and outdoor soccer are also available at the KWRC.

The Center is committed to providing a safe, effective and fun workout.

Anyone considering starting an exercise routine should consult with their physician first, to see if there are any special needs to be met before starting an exercise program.

The new wellness facility serves as an expansion of the existing Kinesiology Convocation Building, and is part of the University’s Phase V construction.

Texas Lt. Gov. David Dewhurst, State Sen. Judith Zaffirini and The Texas A&M University System Chancellor Michael D. McKinney joined TAMIU students, faculty, staff and alumni in the dedication of the KWRC this past September.

The TAMIU KWRC was funded by \$12.5 million in tuition revenue bond proceeds. The tuition revenue bond authorization in the 78th Texas Legislative Session came about through the leadership of Sen. Zaffirini and Lt. Gov. Dewhurst.

The buildings architects were F&S Partners of Dallas with construction by Zachry Construction of San Antonio.

TAMIU students pay for the use of KWRC through a \$4 fee per credit hour. TAMIU faculty, staff and alumni who use the KWRC must purchase a membership for \$60 a semester.

Non-students can purchase summer memberships for the whole summer or for an individual summer session for half price for each session. Summer semester memberships are from May 1 – Aug. 31; Summer Session I is from May 1 - June 30 and Summer Session II is from July 1 – Aug. 31.

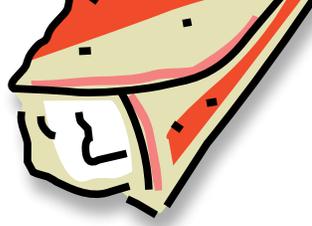
Please contact the department of recreational sports office at 956.326.3015, the customer service desk 956.326.2289, or visit online at [tamiu.edu/recsports](http://tamiu.edu/recsports) for more information.

KWRC hours of operation are Monday – Thursday, 7:00 a.m. - 10:00 p.m.; Friday, 7:00 a.m. - 7:00 p.m.; Saturday – Sunday, 3:00 p.m. - 7:00 p.m.



By Rebecca M. Martínez (student Intern)

# On Campus Dining...



## More Than Just the Whole Enchilada

You don't need to shun food to avoid gaining the "freshman 15" because TAMIU's dining services provider ARAMARK offers healthy meal options to keep students from gaining more than knowledge.

According to the American Dietetic Association (ADA), the keys to maintaining a healthy weight are moderation and planning. Stock up on low-fat snacks such as pretzels, fruit, graham crackers and popcorn. If you choose a high-fat food, balance it with low-fat items such as vegetables, salad with low-fat dressing and fresh fruit.

ARAMARK, an ADA partner, gives diners a variety of choices for healthy eating at the three dining areas on campus.

Pizza Bene, located in Bob Bullock Hall, offers soup, pre-packaged salads, sub and croissant sandwiches and pasta prepared with fresh veggies.

The Student Center food court includes Grille Works, SUBWAY and several à la carte selections including soup, low-fat and low-carb selections such as mixed green salads, chefs salad, fruit salad, chicken Caesar salad and tuna salad and vegetarian meal options such as Boca Burgers.

For breakfast, hungry patrons can find yogurt, low-fat milk, fresh fruit, cereal and eggs on the menu.

Also at the TAMIU Student Center, Dusty's Diner, a buffet style cafeteria, offers fresh fruit and vegetables in addition to low-fat, low-carb vegetarian meal options. Order a wrap, tofu enchiladas or indulge in a comforting protein-packed peanut butter sandwich.

Whatever you choose to eat, the ADA recommends you engage in some type of physical activity most days of the week.

"Whether it's a brisk walk across campus or a workout at the gym, stay active," advises the ADA.

A recent study of TAMIU female freshmen who live on campus conducted by Dr. Sukho Lee, assistant professor of fitness and sports, found that those students consume higher numbers of calories and more sugar, unlike their other freshmen females who live off campus.

The study said the higher number of calories consumed might be due to the fact that most on-campus students use the University meal plan, which offers unlimited buffet style dining.

However, on-campus residents engaged in a significantly higher level of physical activity compared to those who lived off-campus.



## Work it out!

Planning on getting fit? Don't forget to work your core! TAMIU's Denise L. Schuster, coordinator of fitness and wellness, leads you through a basic abs and back workout.

### Boxer Crunch

Bend your knees and arms in. Lean back only as far as you can go while keeping your back straight. Inhale as you rotate at your waist to turn your torso left and exhale as you rotate back to center. Do five reps and repeat on opposite side.



### Criss Cross

Lift legs to a 90 degree angle. Keep head slightly resting on fingers and keep your elbows back. Exhale as you twist at your waist to bring your left shoulder to your right knee. While still holding the position, inhale as you extend your left leg out. Keep elbows wide. Exhale back to center. Do seven reps and repeat on opposite side.



### Back Extension

Keep abs drawn toward spine (abs tight) and upper back/neck relaxed. Exhale and concentrate on using your lower back muscles while bringing your right shoulder toward your left leg. Inhale as you lower back down toward the floor. Do ten reps and repeat on opposite side.



A second option is to keep legs on the floor and just lift your torso.

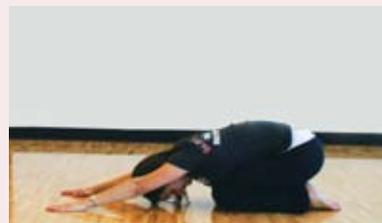
### Ab Stretch

Rest on forearms with shoulders and neck drawn down and back. Tighten lower back and exhale away tension in chest and abdomen. Hold for 30 seconds.



### Child's Pose

Push through your palms as you sit back onto your heels. Relax your shoulders and back and breathe here for 30 seconds.



By Denise L. Schuster

# Scholarships help students travel global classroom



**Frank Gonzalez, Netherlands**  
Academic Year 2008  
Communication

"Studying in Holland means being surrounded by beautiful canals, historic city streets, bicycle traffic jams and plenty of cheese!"



**César Perales, France**  
Spring 2008  
Business

"My study abroad experience far exceeded my expectations. I adapted to a different culture and learned many new things."

**China, Winter 2008**

Student Group: Marc Andres, Dawn Renee Ferrer, Ana de la Garza, Annalie Miravete, Gerardo Castellanos, Leiza Nochebuena, Elsy Borgstedte, Rosalie Aguilar.



**Marc Andres, China**  
Biology

"Study abroad gave me the opportunity to become a true global citizen by putting me right where important events are taking place!"



**Ana De La Garza**  
China, Winter 2008  
Business

"I work in the international business field, so I was able to learn how the supply chain works in China. I also learned about their culture, customs and traditions and work."

## TAMIU Community Stress Center Grad Students Get Ready for Real Life



**“Our clients are dealing with real-life stressors and it requires a lot of responsibility on our part to provide them with the best services,”**

Ashley Martínez, graduate student

If anyone knows the demand for counselors that exists in Laredo, it is Ashley Martínez.

A counseling psychology graduate student at TAMIU, Martínez and five other MACP students juggle class work and student life while providing free counseling services to community members at the TAMIU Community Stress Center, located at 1319 Corpus Christi Street.

The Center was created four years ago to address the needs of clients who either do not qualify for or cannot afford mental health services in the community. Jesse Hernández (MACP '02), an alum and licensed professional counselor, donated a room in his private practice building to house the Center. Services are provided in English and Spanish and include assessment, referral, brief individual and group counseling, educational groups, career counseling and testing. Clients come to the center for problems ranging from family conflicts and career decisions to feelings of sadness and bicultural conflict.

Martínez works under the supervision of Dr. Bonnie Rudolph, TAMIU psychology professor, MACP program director and licensed psychologist in Texas. Every week, Martínez and fellow volunteer counselors provide counseling to clients who set their own appointment time.

“Our clients are dealing with real-life stressors, and it requires a lot of responsibility on our part to provide them with the best services,” Martínez said, adding that volunteers also work with at-risk youth.

Counseling sessions are videotaped and students are later evaluated and critiqued on their counseling techniques by Dr. Rudolph and other psychology faculty members.

“Running the Center gives students the closest experience to see what it would be like to open their own counseling center,” Rudolph said.

She said the need for free counseling services is great in Laredo, adding that the Border Mental Health and Mental Retardation Center is by law mandated to serve only the most seriously ill, leaving the average person who needs counseling services little recourse, except private practitioners, who can charge more than \$100 per session.

“Our Center provides services that otherwise will not be available to the average person,” said Rudolph.

Roughly 20 percent of the nation experiences emotional problems that require treatment within a year, Rudolph said.

Rudolph said she is grateful to those who have contributed their resources to making the Center a reality, especially Hernández.

“This happened thanks to the students volunteering their time and the generosity of people donating computers, filing cabinets and things we need for the Center,” said Rudolph, “It’s people giving to people that has made the difference.”

For more information on the TAMIU Community Stress Center, please contact 326-3120 or e-mail Rudolph at [brudolph@tamiu.edu](mailto:brudolph@tamiu.edu).



## TAMIU Student Takes on the World with The Scholar Ship

The opportunity to travel the world has not often been a part of the expected University educational experience. At most, such travels are often limited to brief summer programs that focus on one country or area.

For Texas A&M International University D.D. Hachar Honors Program student Sandra Contreras, her travel opportunity spanned continents and countries, cultures and cuisines.

Contreras, a sophomore psychology major, is the first TAMIU student selected to participate in The Scholar Ship, a remarkable 16-week academic study abroad program that saw some 600 students board the MV Oceanic II in Piraeus, Greece for travel to Portugal, Panama, Ecuador, Tahiti, New Zealand, Australia and China, with travel concluding in Hong Kong. Her travel lasted from September to December on the inaugural voyage of The Scholar Ship.

Contreras admitted that anxiety was her initial response.

"I wasn't sure what to expect. I was also scared because it was my first time away from home. But in short time, I was able to call The Ship my home and my friends my family, which only made it harder to leave them when it was time to leave for Laredo," she recalled.

Life on The Ship emulated her former campus life, albeit with a 417-member crew on a refurbished classic ocean liner outfitted with lecture rooms, two fitness centers, three swimming pools, medical clinic, learning resource center, academic support center and technology center.

"Campus life on The Ship consisted of going to classes, keeping a schedule, joining student organizations, participating in student government, playing intramural sports and participating in different events and activities," she explained.

Academic life on The Scholar Ship extended to programs off The Ship too. When in port (five to seven days), Scholar Ship



**“Studying onboard The Scholar Ship has been the greatest experience of my life because I learned to appreciate and embrace diversity.”**

D.D. Hachar Honors Program student Sandra Contreras

Photos from left to right: Shanghai, Sydney Opera House, the Parthenon at Athens, beach in Tahiti and the Temple of Heaven in Beijing .

participated in hands-on learning experiences in academic field study, community service, shore excursions and independent travel.

D.D. Hachar Honors Program director Dr. Carlos E. Cuéllar, TAMIU associate professor of history, said Contreras’ opportunity to study abroad is what the Hachar program is all about.

“We’re about expanding our students’ experiences, helping them to excel in an international intellectual community. All are bright, motivated and keen on opportunities to test themselves. This is exactly what the D. D. Hachar Program’s founder and supporters make possible for our students...a chance to get more out of life,” Dr. Cuéllar explained.

In addition to the support of the D. D. Hachar Program, Contreras also received a \$5000 scholarship award under the 2007 American Association of State Colleges and Universities Global Scholars Program.

She noted that her classmates were global in origin and outlook and believes that this life-changing experience not only furthered her intercultural competence, but fostered friendships beyond perceived borders.

“Studying onboard The Scholar Ship has been the greatest experience of my life because I learned to appreciate and embrace diversity. Although everyone is different, we are somehow all the same. I learned so much more outside the traditional classroom setting. Without a doubt this has been the experience of a lifetime,” she concluded.

To find out more about the D.D. Hachar Honors Program, contact Dr. Cuellar at 326.2626 or visit [tamiu.edu/ddhachar/](http://tamiu.edu/ddhachar/)

To find out more about The Scholar Ship, visit online at [thescholarship.com](http://thescholarship.com)

Night Running Safety Tips



Laredo's climate can be brutal for runners and many opt for early running before sunrise or well after dusk. That's all well and good, but make sure you exercise some standard safety measures.

Running in low light or night situations brings compromised vision for runners and for drivers. The standard to maintain in such low light situations is simple: See and Be Seen.

Here are some helpful hints that'll enhance your personal running safety in low light or night running.

Don't wear dark colors at night

White is easiest to see at night, but orange and yellow work too.

Ditch the headphones

Wearing headphones reduce your ability to hear horns, voices or a potential attacker.

Wear a billed cap and clear glasses

The cap can protect you against low branches or obstacles while clear glasses can help you avoid bugs and other obstacles.

Get a partner

Increased numbers enhance safety.

Make eye contact

Acknowledge the driver with eye contact; it could save your life.

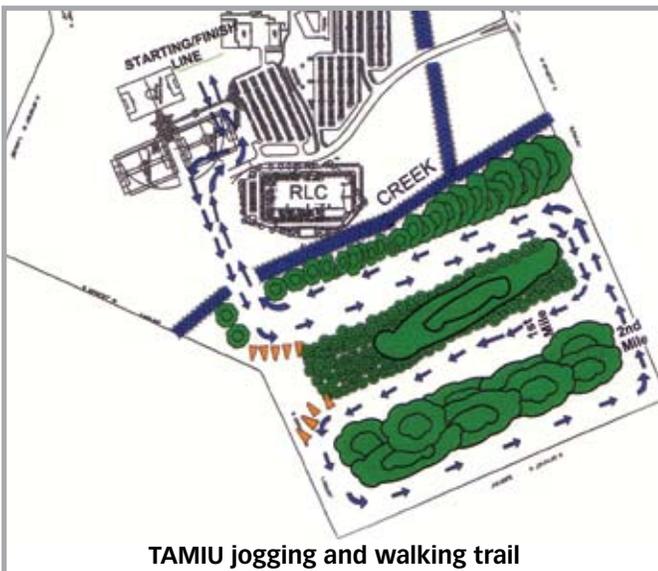
Vary your routes

A potential attacker may be on the lookout for runners' patterns.

Run against traffic

You'll better avoid traffic if you can see it.

Fancy a Walk on the Wild Side?



TAMU jogging and walking trail

A brisk walk through the countryside may be just the ticket. At TAMU, part of the University's 300-acre campus will allow you to breathe in the fresh fragrance of *huisache*, hear the musical banter of countless bird species, see a variety of indigenous plants and, for a moment, step away from the hustle and bustle of life on the border.

Located on the east end of the campus, the walk offers a variety of terrain and scenic changes and is best used for foot traffic: walking or running. Sturdy shoes are a must, as is appropriate clothing to protect from sun or possible falls. The actual walk is approximately two miles in length.

In addition to this dedicated area, the University grounds have proven a popular place for exercise. The Lamar Bruni Vergara Memorial Garden provides a quiet spot to warmup before your exercise or to sit and relax after your effort is complete.

The campus grounds design has proven popular for benefit walks including the American Cancer Society's Relay for Life, the Juvenile Diabetes Research Association's Walk to Cure Diabetes, as well as walks by the American Heart Association.

The campus also provides direct access to a Texas Department of Transportation-constructed bike route along much of Bob Bullock Loop.



TAMIU Alumni  
Dentist now serves Laredo



Dr. Jovannelly Zaragoza

"I knew without a doubt that I wanted to be a dentist and practice in my hometown of Laredo," said Dr. Jovannelly Zaragoza.

Dr. Zaragoza received her bachelor's degree, Summa Cum Laude, from Texas A&M International University with a double major in biology and mathematics and continued her education at The University of Texas Health Science Center Dental School in San Antonio, Texas.

"My attending dental school would not have been possible without the preparation I received at TAMIU," said Zaragoza.

After graduating from Dental School, Zaragoza returned to Laredo to practice dentistry. She is currently employed at Gentle Family Dentistry.

"It wasn't until I started practicing in Laredo that I realized the extreme importance of dental care," said Zaragoza.

She said one particular dental dilemma being seen more locally is the result of the misuse of baby bottles.

"We're seeing the decaying of children's teeth because they are on the bottle too long or are put to bed with a bottle," said Zaragoza.

"The amount of sugar in milk and sweet beverages such as sodas is incredible!" exclaimed Zaragoza.

Zaragoza explained that surprisingly, many cases of decaying teeth are seen more in adults.

"A major issue I have been running into in adult patients is trying to replace missing teeth or making the remaining teeth more aesthetically pleasing," said Zaragoza.

Nowadays adults are more likely to take more action to conserve, preserve and maintain their teeth, she noted.

"The adult population is living longer and healthier lives and patients want their teeth to last as long as they do," Zaragoza explained.

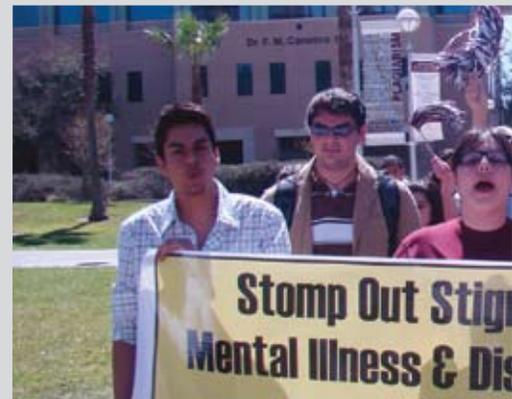
"Dental implants are now considered a standard care procedure with respect to replacing, extracting or loss of teeth due to trauma," said Zaragoza.

Dentistry itself has changed, with all the new materials and procedures including lasers, dental implants and new preventive materials and procedures. The obvious benefit is that the general public is more aware, which encourages better dental care, she explained. One hope is that their increased knowledge of their dental health will translate to greater interest in their overall health.

"That is the key to better overall health care and quality of life," said Zaragoza.

"Gone are the days where one's thoughts were 'Just take the tooth out!'" she concluded.

By Rebecca M. Martínez (student Intern)





**1** The Soccer fields at TAMIU now boast lighting thanks to a collaboration with Vaswani Soccer Ventures that provides permanent lighting through a lease agreement. The fields are also available year-round for practice and game play by the Laredo Heat.

**2** The D.D. Hachar Charitable Trust, managed by the Laredo National Bank, answered TAMIU's phonathon fundraising efforts in a big way. Left to right are Candy Hein, vice president for Institutional Advancement, Dr. Ray M. Keck, president, Eddie Whitworth, executive vice president, LNB, and Joaquín Romero, senior vice president, Trust officer, LNB.



**3** Alumni return to Laredo to lead activities for Black History Month. From L-R: Trevor Liddle, director of Housing and Residence Life, Cassandra Wheeler, executive director for Career Services, María (de Jesús) Davis ('00), Ronnie González, director of Alumni Relations, Carlos Ramírez, Campus Activities Board President. Second Row: Dr. Rob Thomas ('00), and Candy Hein, vice president for Institutional Advancement.

**4** Melissa Martin, third from left, presented a check for \$1,000 to Connie Cavazos, American Red Cross Branch Manager, on behalf of the Texas A&M International University Nu Kappa Chapter of Tri Beta and the TAMIU chapter of American Medical Students Association, who teamed up to become "Heroes for the American Red Cross" campaign. Also present: Debra Murphy-Luera, American Red Cross Chapter solutions manger, Dr. Joshua Stevenson, assistant professor of biology, Dr. David Beck, assistant professor of biology, Dr. David Mott, chair, associate dean, TAMIU College of Arts and Sciences, Mike Corona, American Red Cross Heroes campaign chair, Mónica González and Gisselle Pérez-Milicua. The students teamed up for a car wash benefit that raised \$1,000 for the American Red Cross.

**5** Congressman Henry Cuéllar (MBA '82) presented \$500,000 in federal funding to TAMIU to assist its Green Campus Initiative. The funding supports the addition of solar panels and solar-lighted walkways for the Student Success Center opening summer 2010. From left to right are José García, vice president for finance and administration, Dr. Keck, Congressman Cuéllar, Dr. Dan Jones, provost and vice president, division of academic affairs, Malcolm Verdict, associate director, Energy Systems Laboratory, Texas A&M Engineering Extension Service, and Charles Lampe, area south manager, The Texas A&M University System Facilities Planning and Construction.

**6** The Society of Martha Washington selected Dr. Keck to portray General George Washington and Verónica Castillón to portray Martha Washington next year.

**7** TAMIU students waved from the TAMIU float at the 2008 Anheuser-Busch Washington Birthday Celebration Association Parade.

**8** TAMIU students marched from the Student Center to the Sue and Radcliffe Killam Library in an effort to raise awareness for their "Stomp Out Stigma of Mental Illness and Disabilities" project.



## BRAVO

### He's A+ for ACP

The Texas Alternative Certification Association (TACA) named Ronnie Castro, TAMIU College of Education Alternative Certification Program student, 2008 TACA Intern of the Year: 8–12.

Castro's entry was submitted among others from throughout the State's alternative certification programs. He was selected on his teaching performance in the classroom, contributions and participation in school or districts committees, positive working relationships with parents, peers and the community, unique contributions to the school and leadership responsibilities.

This is his second year as a teacher at United Independent School District's Lyndon B. Johnson High School. He teaches senior English.



### Ballet Gets Performance Honor

TAMIU's Classical Spanish Ballet was selected to perform at the American Association for Health, Physical Education, Recreation and Dance Conference in Fort Worth this April.

The 11-member group, directed by Bede Leyendecker, chair of the department of fine and performing arts, also traveled to Houston to perform in the Rogelio Rodríguez Professional Concert at the University of Houston's Cullen Auditorium.



### Percussionist Gets the Beat at TAMIU

Grammy Award winner and Latin conga percussionist Poncho Sánchez visited TAMIU music students for a special master class and performance session.

The cousin of TAMIU assistant band director Joe Guerra, Sánchez was visiting his hometown to perform at the city's annual Jamboozie Festival.



### Kock Interviewed on his E-Collaboration Book

Dr. Ned Kock, College of Business Administration associate professor, was recently interviewed by Information Magazine about his book, "Emerging E-Collaboration Concepts and Application" (2007, IGI Global). The

book focuses on how this collaboration (different individuals using electronic technologies to accomplish common tasks) often renders the same or better level of performance than groups using traditional face-to-face communication. The paradox, Kock notes, is that despite this, many consistently perceive that face-to-face communication poses fewer obstacles to communication than electronic media.



### Heredia Celebrates Second Book Publication

TAMIU's Dr. Roberto Heredia, associate professor, College of Arts and Sciences, is the co-author of his second book, "An Introduction to Bilingualism: Principles and

Processes" (2008, Erlbaum). The book provides a general overview of the methods and theories used in the broad domain of bilingualism, offering a unique interdisciplinary approach. It was co-written with Dr. Jeanette Altarriba of the University at Albany, State University of New York.

## Health in Sharp Focus with Range of TAMIU Services

Whether they are living at home, or making a new home at TAMIU, undergraduate and graduate students have access to an impressive range of health and counseling services that focus on personal health, well-being and safety. All help provide students with a focused connection between health and learning.

Services are delivered in a three-pronged effort: Student Counseling, Student Disability and Student Health Services.

### Student Counseling

With a full-time accredited counseling staff of three, services are geared to help students access their educational potential, engage in healthy lifestyles and maintain optimal physical and mental health.

### Student Disability

Featuring a full-time accredited staff of three, Disability Services works to empower students with disabilities to accomplish their academic goals by ensuring accessibility to University programs. It does so by fostering greater awareness both of and for persons with disabilities in a multilingual, multicultural international environment.

### Student Health

A full-time staff of four is complemented by a collaborative physician. Student Health Services seeks to enhance the educational experience of TAMIU students by reducing student risks for injury and illness, providing episodic care, referrals, and health education. Services include nutrition counseling, immunizations, women's health and men's health.

For additional information on campus health services, visit [tamiu.edu/wellness/?id=1](http://tamiu.edu/wellness/?id=1)



From left to right: Mary Chávez, Laura A. Hinojosa, Dr. Jesús R. Aros and Minerva Cadena.



# NEWS

## Expanded E-mail Services for Alumni, Students

This Spring, TAMIU students and 14,000-plus alumni benefited from an expanded and enriched e-mail service.

The expansion was driven by enrollment increases that have threatened optimal service, prompting the University to move services off-site through a Microsoft-developed e-mail service, Windows Live.

Leebrian Gaskins, TAMIU associate vice president for Information Technology and chief information officer, said the initiative brings the University into alignment with other major universities offering similar services.

"Through this arrangement, we're able to expand on our service capabilities while optimizing our existing resources. Our students and alumni get services expected and preferred at all major universities, and we are able to rededicate our resources to additional needs and future growth," Gaskins explained.

The new service provides a 5-gigabyte capacity that does not delete, function more like a Hotmail account with messaging, chat and a My Space-like component called 'Spaces.' It also offers customized Web pages and a new Sky Key that functions as a virtual memory stick. The system joins with specific University services like access to labs, UOnline, Banner and the new Angel learning management system, using aggressive security measures to protect data and identity theft.

For additional information, contact the TAMIU Office of Information Technology at 326.2310, visit offices in Sue and Radcliffe Killam Library 255, click on [oit.tamiau.edu](http://oit.tamiau.edu) or e-mail [hotline@tamiau.edu](mailto:hotline@tamiau.edu)

## 'DustyALRT' Offers Emergency Cell Phone Notification

This Spring TAMIU students, faculty and staff joined a powerful universal notification system to alert them to University emergencies, closures or cancellations.

Dubbed 'DustyALRT,' the system delivers emergency messages to cell phones as requested by students, faculty or staff.

TAMIU president Dr. Ray Keck said the decision to utilize a universal notification system was a simple matter of enhancing University community safety.

"Technology today now offers us an extra measure of safety and awareness that previously was not available. Tragedies like those at Virginia Tech served as a wake up call for higher education everywhere. Systems such as our DustyALRT can do much to help us insure that our campus is as safe as possible," Dr. Keck said.

There is no charge to students for the service, but there may be a nominal carrier fee from their individual service provider to receive text messages.

Sign up at [dustyalrt.tamiau.edu](http://dustyalrt.tamiau.edu)

## TAMIU Leads System in Enrollment Growth

More students are getting what they want out of life at TAMIU, according to official Texas Higher Education Coordinating Board Spring 2008 enrollment figures.

Final enrollment figures show TAMIU Spring '08 enrollment was 5,017, up 7.41% from last Spring's 4,671 students. Semester Credit Hours totaled 50,030—up 8.38% from last Spring's 46,159.

TAMIU's enrollment growth was also the highest among The Texas A&M University System campuses.



## What's going at TAMIU?

**Art • Athletics • Lectures • Music • FUN!**

**For a complete online guide to all things TAMIU, visit [tamiau.edu](http://tamiau.edu) and click on "TAMIU Events"**

**or bookmark: <http://www.tamiau.edu/calendar/month.php>**

## TAMIU Prof Takes Worldwide Look at White-Collar Crime

Richard D. Hartley, TAMIU assistant professor of criminal justice, has penned "Corporate Crime: A Reference Handbook," (ABC-CLIO, 2008). It examines the ever-present problem of white-collar crime, not only within the United States, but also worldwide. Dr. Hartley is also the coauthor of "Criminal Courts: Structure, Process, and Issues," as well as several peer-reviewed journal articles.



# AUTMUS FEST

TAMIU  
ALUMNI  
EVENT



TAMIU GROUNDS, LAREDO, TEXAS    SATURDAY, OCTOBER 11, 2008    3 P.M. - 12 A.M.

WWW.AUTMUSFEST.COM

**Texas A&M International University  
Office of Institutional Advancement  
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Laredo, Texas 78041-1900**

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