



## Strong service spirit

A&M-Commerce honored two retired faculty members and a current staff member with the Spirit of Mayo Citation.

At the Faculty/Staff Meeting kicking off the fall semester, A&M-Commerce President Keith McFarland presented awards to Otha C. Spencer, Ruth Ann White, and Ronnie Brooks, all of Commerce.

“These three individuals truly have a passion for Texas A&M University-Commerce and the City of Commerce,” McFarland says. “They epitomize university founder William L. Mayo’s credo of ceaseless industry, fearless investigation, unfettered thought, and unselfish service to others – particularly service to others,” McFarland says.

Spencer, who earned bachelor’s and mas-

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## The principles that guide us

Five guiding principles of the university were announced by President McFarland at the Faculty/Staff Meeting kicking off the 2006 Fall Semester on Aug. 24.

These principles are:

- Quality and excellence in everything we do.
- On and off-campus programs are important and this includes the traditional college experience as well as emphasis on transfer students, and off-campus, face-to-face, interactive, and web instruction.
- Strive to be friendly and helpful. It is

important for us to be service oriented and to do everything possible to help people succeed.

- Recruitment and retention are the name of the game: Without students we perish and the goal is 10,000 students in the next two to three years (Fall 05 enrollment was 8,700).
- Raising money is essential since state funding now stands at 42.6 percent of the university’s operating costs. Funds raised help our students so please consider contributing. External gifts and research funding climbed to \$5.2 million in 2005-2006, up from \$1.8 million in 2004-2005.

## Chancellor to retire

Texas A&M University System Chancellor Robert D. McTeer has announced his plans to retire at the end of this year.

President Keith McFarland said that McTeer will be missed. “In the last two years, Chancellor McTeer has visited our campus several times and been very supportive to the university.”

McTeer was named chancellor on Nov. 4, 2004, after a 36-year career in various leadership positions with the Federal Reserve System, most recently as president and CEO of the Federal Reserve Bank in Dallas.

The A&M System Board of Regents, which meets Sept. 21-22 in College Station, will decide on a plan of action for choosing McTeer’s successor at that meeting.

# Burnout Blues 101

Americans spend more time at work than just about any other nation. Increasing expectations, workloads and demands for productivity are leading to longer work hours and, increasingly, burnout.

Burnout does not happen over night and can be avoided or corrected. Ken Crutchfield, director of Human Resources, offers these tips which may be helpful in beating the burnout blues.

1. If you dread going to work, are always tired, are cynical or angry about your job and do not care about doing it well, then chances are you are approaching burnout.
2. It's important to recognize if you are at risk. Burnout can damage your career as well as your home life and relationships as you begin to distance yourself from people.
3. Try to identify what is causing the problem so that you can address it. Is it changes in the company or in your work, a single crucial incident, or that you feel your skills are not being utilized? Is it some other factor that is not job-related?
4. Analyze the job to find out if there are low-yield tasks that can be cut away, to explore new ways of managing your time, and to delegate tasks where possible.
5. Don't be embarrassed to ask for help, talk to your supervisor about your concerns and try to find solutions.
6. Concentrate on the parts of your job that give meaning and satisfaction, think about the people you serve, and always take a lunch break.
7. Try to go on a long vacation, leaving your laptop and cellular phone behind. Distancing yourself from your work may help you gain perspective.
8. If you can't get away, try to at least get enough sleep, eat correctly, drink lots of water, and exercise regularly.
9. Nurture your closest relationships with family and friends, and join a professional association where you can befriend others facing similar workplace demands.
10. If these measures do not work, then you may be in the wrong company or the wrong industry. Consider a job or career change, or even going back to school.



**SPRUCED UP** — In the past few years, 32 buildings on campus have been razed, including the old Hall of Sciences (above left). The Memorial Stadium gleams with a fresh coat of paint, a state-of-the-art artificial turf system - the first installation at the university level in Texas - has been completed, and the stadium boasts a new scoreboard to keep track of the Lions' victories. It's anticipated that ground will be broken for the new student center in January, and funding for the new music building is in the process of being secured.

## Publications

**Amir Abbassi**, counseling, and **Raghu N. Singh**, sociology, co-authored "Assertiveness in Marital Relationships Among Asian Indians in the United States," *The Family Journal: Counseling and Therapy for Couples and Families*, 2006.

**Bernadette Gadzella**, **Lois Hogan**, **William Masten**, **James Stack**, **Rebecca Stephens**, and **Victoria Zascavage**, psychology and special education, "Reliability and Validity of the Watson-Glaser Critical Thinking Appraisal-Form-S for Different Academic Groups," *Journal of Instructional Psychology*, Vol. 33, June 2006.

**Connie Greiner** and **Brenda Smith**, curriculum instruction, "Determining the Effect of Selected Variables on Teacher Retention," *Education*, Summer 2006.

**Singh**, sociology, and **Abassi**, counseling, "Toward Developing a Profile of Suicide Terrorists: A Sociological Analysis," *Free Inquiry in Creative Sociology*, November 2005.

## Presentations

**Casey Brown**, educational administration, "School Administrators' Roles in Decreasing Attrition Rates of Alternatively Certified Teachers," National Council of Professors of Educational Administration Conference, Lexington, Ky., August 2006.

**Maria Fernandez-Babineaux**, literature and languages, "Entre la persona y el personaje: Patricia Galvao," International Symposium of Women Writers, Lima, Peru, Aug. 9-11.

Also "El discurso ambulante travesti en el Peru," International Conference: Jornadas Andinas de Literatura Latininoamericana

(JALLA), Bogota, Colombia, Aug. 14-18.

**Stacey Miller Overbey**, Plano ISD, and **Brown**, educational administration, "Instructional Methodologies' Impact on Classroom Achievement and Attitudes: Should School Leaders Be Concerned?" National Council of Professors of Educational Administration Conference.

**Brown** and **James Vornberg**, educational administration, "Meeting the Professional Development Needs of Practicing and Promising School Administrators," National Council of Professors of Educational Administration Conference.

## Career development

**Lamar Bridges**, journalism, presided at the research session, "Theoretical Foundations of Media Effects," at the 89th Annual Meeting of the Association for Journalism and Mass Communication in San Francisco.

## Kudos

**Mary Lou Hazal**, media relations, and **Tori Woods**, former media relations student worker and May 2006 graduate, won two third place national awards from the National Federation of Press Women. The work was for a feature on Residence Life's E. Thayne King and his love of college basketball and other sports, and two news releases on aviation pioneer Jeana Yeager's visit to campus last fall that was sponsored by Breakout Entertainment.

Hazal attended the NFPW Conference and awards banquet Sept. 7-9 in Denver.

Woods is a journalism teacher at Jacksonville High School this fall.

# Fast facts

## Human performance update

Health and Human Performance will offer a new Bachelor of Science major in human performance this fall, leading to an honors option. In spring, two new undergraduate majors will be offered: health promotion, and sport and recreation management.

The health promotion major includes an internship with either a public or private organization.

The quality new programs will also provide new graduate options and several students are already seeking the thesis options.

The Master's of Science offers thesis and non-thesis study options.

The thesis options focus on exercise physiology, human performance and motor performance, while the non-thesis sports management option focuses on health promotion and sports studies.

## Top accreditation awarded

The counseling program is thriving.

The doctoral program has the largest number of applications and admissions in recent years, the master's program continues to move from strength to strength, and the Council for Accreditation of Counseling and Related Education Programs has given the university its seal of approval.

"It's a huge feather in one's hat to be from a CACREP accredited program. It is the final word in educational prowess, and places us equally alongside any private school in quality," says counseling head Stephen Freeman.

The master's of community counseling and master's of school counseling have both been accredited to the year 2014, while the doctorate in counselor education and supervision has been accredited to 2008. This is expected to be extended to 2014 as the program incorporates new CACREP changes.

## Explore the 'big' universe

"Big" is the current feature show at the A&M-Commerce Planetarium. This show, which looks at the age-old question of how big is the universe, is running on Fridays and Saturdays, 7 and 8 p.m., through Sept. 16.

"Ultimate Universe," a tour of the solar system and exploring its secrets, will open on Friday, Sept. 22.

Calling extension 8650 for reservations, but specific seats will not be reserved.

The Rock Hall of Fame is presented the first and third Fridays of the month at 9 p.m.



**CREATING COLLEGIATE ATMOSPHERE** — The concrete reclining lion presented to A&M-Commerce by the senior class of 1929 on their graduation, has been returned to pride of place in front of the Ferguson Social Sciences Building. Leo had been moved to a site in the Heritage House gardens where it remained safe, but was forgotten. President Keith McFarland felt it was a pity that students were no longer enjoying Leo, who has such a rich history. "It's a symbol and a work of art that people should enjoy," says McFarland. "At Heritage House gardens, it was a bit like being placed in a drawer and forgotten, and we wondered what we were saving it for if no one could see it. There is a chance that it might be damaged, but it has been with us for 77 years and we hope that it will last many more." Leo was a favorite among students taking photographs.

## Strengthening teachers

Thanks to a grant from The Meadows Foundation, A&M-Commerce will work with about 20 low-performing school districts in a 60-mile radius of the university to provide resource materials, assistance and training to math and science teachers.

The project — which ultimately reaches 20,250 students — seeks to increase the number of students taught by highly qualified, effective teachers; to increase the credit accrual for math and science students; and to improve student scores on the math and science portions of the Texas Assessment of Knowledge and Skills statewide test. The program impacts schools in Paris, Sulphur Springs, Greenville, Dallas ISD, and beyond.

## Join fall outdoor adventure

Paddle the San Marcos or the Lower Mountain Fork Rivers; hike Lake Texoma, Dinosaur State Park, Beaver's Bend or Enchanted Rock; or climb at Reimer's Ranch, Robber's Cave, Mineral Wells, and Enchanted Rock.

The Morris Recreation Center provides all the gear that you need for the trail, river, or rock face, catering to people with all levels of experience. The guides are experienced and certified, and each has been specifically trained to provide backcountry education.

Trips range from \$30 to \$100. Costs include transportation, food, equipment, fees and instructors. Group numbers are limited to ensure quality, so book early. Call extension 3174.



**FRIENDLY FACES** — Chavilah Witt (left) and Jess Bryan are new hall directors in Residence Life. A graduate of the University of Findlay, Witt grew up in Cleveland, Ohio and is the director at West Halls. Bryan, who graduated from Wayne State College in Wayne, Neb., is the director at New Pride Apartments. She previously had worked in Residence

## RECRUITING QUALITY NEW

**FACULTY** — Bao-An Li is the new head of physics at A&M-Commerce. Li received his undergraduate education at Lanzhou University in China and earned his doctorate at Michigan State University in 1992. His research interest is theoretical nuclear physics and astrophysics. He has published a book, about 116 refereed journal articles and has been invited to talk at more than 155 conferences, colloquiums, and seminars in the U.S. and abroad. His research work has been funded by the National Science Foundation and NASA.





MAYO'S SPIRIT LIVES — Ronnie Brooks (left), Otha C. Spencer and Ruth Ann White epitomize quality and excellence.

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and a doctorate from the University of Missouri, established the photojournalism program at A&M-Commerce and the student magazine called the ETSU Special.

He retired in 1978 as a Professor Emeritus.

White is a former Van resident who graduated with a B.S. in 1955, M.Ed. in 1956, and a Ph.D. in 1970 from the university.

She became an ad interim instructor in counseling at ETSU in 1967, and an assistant professor in 1970.

From 1973 to 1981, she served as vice president for Student Affairs and professor of counseling.

White was acting department head for a year before returning to teaching.

White taught full time until 2001 with the exception of serving as interim vice president for Student Affairs from January through

September 1999. She retired at the end of Spring 2006.

An A&M-Commerce employee since 1975, Brooks is director of the TRIO Program, which serves economically disadvantaged, first-generation college students, and disabled students.

Brooks has served as chair of the Council for Opportunity in Education, a national higher education organization with more than 2,300 members and serving more than 1,200 institutions of higher education. He has also been chair of this organization's Finance Committee.

He earned an associate degree from Henderson County Junior College and a B.A. from ETSU.

Brooks has done graduate work and attended the Southern Bible Institute of Dallas.

## Ice cream social to 'thank you'

President McFarland is hosting an ice cream social on Wednesday, Sept. 13, to celebrate the success of Bridge Builders 2006 and to kick off Bridge Builders 2007.

Build your own ice cream sundae and enjoy music and door prizes from 2 to 3:30 p.m. Sept. 13 in the Leadership Lounge.

Employees who donated to the university in 2006 will be entered in the drawing for door prizes as well as new members who join before Monday, Sept. 11.

Faculty and staff had a record-breaking year

in 2006 with 38 percent of employees giving financial support to the university and its programs.

"In addition to generating funds benefiting areas throughout the university, faculty and staff giving increases the opportunity to obtain external corporation and foundation support. It raises awareness of the importance of private gifts and enhances visibility of all programs," says Jan Ainsworth, director of Annual Giving. The goal for 2006-2007 is 50 percent participation.

## September

- 6 Breakout Entertainment Multicultural/Diversity Program, University Auditorium, 7 p.m.  
Art Faculty Exhibit, University Gallery. Show through Sept. 21
- 8 Paddle the San Marcos River. Through Sept. 10.
- 9 Cross country, ECU Tiger Chase, in Ada, Okla.
- 10 Men's golf, Charles Coody West Texas Intercollegiate, in Abilene. Also Sept. 11-12.  
Women's soccer, Tampa, in Austin, 11 a.m.  
Women's golf, Lady Panther Fall Classic, in Springfield, Mo., Also Sept. 11-12.
- 12 Last day to drop a class and receive a refund if remaining enrolled, 5 p.m.
- 15 Climb Robber's Cave. Through Sept. 16.  
Hispanic Heritage Month through Oct. 15.
- 16 Cross country, Missouri Southern State Stampedede, in Joplin, Mo.  
Football, West Texas A&M, in Commerce, 6 p.m.
- 17 Men's golf, The Territory Golf Classic, in Duncan, Okla. Also Sept. 18-19.
- 18 Women's golf, NSU Women's Golf Classic, in Muskogee, Okla. Also Sept. 19.
- 19 Women's volleyball, Henderson State, in Commerce, 7 p.m.
- 20 Women's soccer, East Central, in Ada, Okla., 4 p.m.
- 21 Women's volleyball, Texas Woman's University, in Denton, 7 p.m.
- 22 Hike Lake Texoma, through Sept. 23.
- 23 Football, Tarleton State, in Commerce, 6 p.m.
- 24 Men's golf, NSU Men's Golf Classic, in Muskogee, Okla. Also Sept. 25-26.  
Women's soccer, Northeastern State, in Tahlequah, Okla., 2 p.m.
- 28 Breakout Entertainment comedian Andrew Kennedy, Hispanic Heritage Month speaker, American Ballroom, 7 p.m.
- 29 Deadline for December graduation applications.  
Paddle the Lower Mountain Fork River through Oct. 1.

## NEXT ISSUE

The next issue of *A&M-Commerce Today* is Wednesday, Oct. 4. Copy deadline for the issue is Wednesday, Sept. 20. Please send your news to [maryl\\_hazal@tamu-commerce.edu](mailto:maryl_hazal@tamu-commerce.edu) or by fax to 5522.

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