



An idea and vision come to life at A&M-C

The banner on the front of the Science Building and Planetarium heralded “Discovering New Frontiers.”

Retired Air Force Col. Loren J. Shriver, former astronaut who served as commander of the 1990 Space Shuttle mission that deployed the Hubble Space Telescope, says “discovering new frontiers” is what current and future A&M-Commerce students and faculty in the building will be doing.

Speaking at the April 4 dedication for the facility, Shriver told the crowd of about 500 that he had the opportunity to tour the \$28 million three-story building before the ceremony.

“I can’t emphasize how important it is for this region, for the university, the students and faculty that you have such a fine up-to-date facility,” said the Houston area resident who is vice president and deputy program manager for the United Space Alliance, a contractor for the Space Shuttle and International Space Station Programs.

Shriver, who grew up in rural Iowa dreaming of becoming a pilot, said in his work which supports human space flight that the importance of science and technology education is “basically a fundamental given.”

Emphasizing that American students graduating with degrees in science and technology have decreased to “dangerously low” numbers, Shriver said that reaching young people at an early age and motivating them to pursue studies in the sciences and technology is important in reversing the trend and that facilities like the new A&M-Commerce Science Building and Planetarium can help.

“The planetarium will appeal to all ages and especially young kids and get them interested in math and science,” said the veteran of three Space Shuttle flights. “The Science Building is there to back it up with detailed instruc-



DISCOVER FRONTIERS — The new state-of-the-art Science Building was dedicated April 4 in a ceremony attended by about 500 people and which drew four area newspapers. The university hopes to spark interest in science among area youth.

tion that will be so key if we are going to be successful in this endeavor of sending humans out into the solar system on a somewhat permanent basis.”

In 2010, the U.S. plans to replace the Shuttle with the Crew Exploration Vehicle (CEV), a servicing vehicle for the International Space Station, that will also be used by this nation to return to the moon and establish a “more

permanent presence” there than in the 1960s, Shriver said. In the future, plans will also be made for a manned mission to Mars, he said.

Others speaking at the dedication were Robert “Bob” McTeer, chancellor of the Texas A&M University System; District 2 State Senator Bob Deuell of Greenville; A&M-Commerce President Keith McFarland; and Brian Rodgers, a Farmersville senior biology major.

April, with its many campus events, gets to be a hectic time for employees and students. Ashley Neal Callicutt, counselor in the A&M-Commerce Counseling Center, offers these tips on stress management.

1. Take time for fun. If you are alone, listen to music, take a walk, read a novel, or watch TV. With others, do things with people you like. During the day at A&M-Commerce, students and employees have access to the Relaxation Room in the Counseling Center, second floor of the Student Services Building. There are massage chairs, a CD and DVD player for relaxing music, and muted lighting. The room is open from 8 a.m. to 5 p.m., including noon to 1 p.m., Mondays through Fridays.
2. Take care of your body. Avoid too much caffeine, nicotine, alcohol, and drugs. Eat healthy foods such as fruits and veggies. Get adequate sleep. Exercise—ideally at least three times a week for 20 to 30 minutes.
3. Time management. Make lists and have fun checking off things you get done. Prioritize. Don't take too much on. Learn to say 'no.' Know your limits.
4. Maintain perspective. It's all how you look at it. Examine your thoughts for unhelpful and untrue thoughts. Explore why they are incorrect and unhelpful, then substitute helpful ones.
5. Communication skills. Get along with others. Listen lots. Don't be passive. Don't be aggressive. Be assertive.
6. Laugh. Watch funny movies, TV, look for the lighter side of life. Laughter can be the best medicine.
7. Relaxation. Slow and deep breathing. Imagine pleasant scenes. Learn progressive muscle relaxation techniques by tensing your muscles and then relaxing them. Enjoy music and reading, church, prayer, and meditation. Take a few minutes each day or each week to do something that is relaxing.
8. Talk to others about being stressed. Talk to friends, family, and counselors. Don't be afraid to ask for help if the stressful situation becomes too much for you.
9. Google sources on stress. Some resources are *The Relaxation & Stress Workbook* (Martha Davis and others); *The Anxiety & Phobia Workbook* (Edmund J. Bourne); *Dying of Embarrassment* (Barbara G. Markway and others); *When Anger Hurts* (Matthew McKay and others); *Mind Over Mood* (Greenberger and Padesky); and *An End to Panic* (Elke Zuercher-White).
10. Develop a plan to reduce stress in your life. Try to think of three ways to change your lifestyle to reduce stress.

Publications

Serge P. von Duvillard, health and human performance, co-authored "Plasma Adiponectin Response to Sculling Exercise at Individual Anaerobic Threshold in College Level Male Rowers," *International Journal of Sports Medicine*, Vol. 27, 2006.

Josh Thompson, elementary education, "Infant Crying: To Soothe or Not to Soothe," *Montessori Life: Publication of the American Montessori Society*, Winter 2006.

Presentations

Casey Brown and Sherion Jackson, educational administration, and Julie Combs, Sam Houston State University, "Student Expectations of Course Assignments," 2006 American Educational Research Association Annual Meeting, San Francisco, April 2006.

Maria Fernandez-Babineaux, literature and languages, "Female Sexuality in Brazilian Cinema," Hawaii International Conference in the Humanities, Honolulu, Jan. 11-14.

Also "Ni escrotura ni escritura feminine: Agua viva de Clarice Lispector," Louisiana State University Biannual Conference, Baton Rouge, La., Feb. 23-24.

"El teatro ambulante y sus representaciones de genero en el Peru," International Conference Latin American Studies Association, LASA 2006, Puerto Rico, March 15-18. Paper also published in *Ciberayllu* on March 22.

Also "El caos como exilio en Nada," panel's chair, Spain at the Crossroad of 1939: Exile and Cultural Identity, April 7-8.

Don English, Ed Manton, and Jan Walker, business administration and MIS, "Human Resource Managers' Opinion on Business Ethics," National Business and Economics Society International Conference, Los Cabos, Mexico, March 2006.

Susan Szabo, Brenda Smith, and Aggie Stryker, elementary education, "Alternative Certification Teachers' Self-Efficacy and Outcome Expectancy Toward the Teaching and Learning of Reading," annual meeting of Southwest Educational Research Association, Austin, February 2006.

Psychology conference

Psychology faculty and students attended the Southwestern Psychological Association Convention April 11-13 in Austin.

A&M-Commerce had two entries in the graduate student competition. These are **Sau Hou Chang**, "How Working Memory and Text Coherence Interact in Chinese Comprehension," and Theodore S. Smith, "Effects of Hurricane Rita on Rural Elderly in Vermilion Parish: A Comparison of Nursing Home and Independent Elderly. Faculty sponsor for Chang is Tracy B. Henley and faculty sponsor for Smith is Raymond Green.

Presentations included: Megan Besozzi, grad student, and Steven E. Ball, "Theory of Mind and Set Shifting in Young Children,"

Bernadette M. Gadzella, "A Critical Thinking Instrument for Psychology Majors."

Gadzella, Catherine Carvalho, undergrad student, and William G. Masten, "Stress Differences Among Women Students."

Gadzella and Victoria Zascavage, "Thinking Processes and Course Grades for Students Enrolled in Special Education."

Fedora O. Galasso and Green, "Understanding the Gender Type Perception of Traditional Versus Progressive Perceivers."

Green, "Investigating the Relationship Between Stereotypicality and Evaluation for African-American Targets."

Mary E. McGlamery, Ball, Henley, and Besozzi, "A Correlational Study of Theory of Mind, Attention, and Executive Function in 5- to 6-Year-Old Boys."

Jennifer L. O'Loughlin, Collin County Community College, and Valerie T. Smith, Collin County Community College and A&M-Commerce, "Creating a Successful Psychology Service-Learning Student Philanthropy Course."

Anna E. Park, graduate student, and Henley "Computer Gaming Characters and Personality."

Eileen R. Rhoads, undergrad student, and Green, "When Push Comes to Shove: Implicit Self-Esteem vs. Collective Self-Esteem."

Steven E. Ball and Brian S. Ball, A&M-Commerce graduate, "Theory of Mind and Deception in Young Children."

Smith, "Are Football Jersey Numbers Really Nominal Data?"

James R. Stacks, A&M-Commerce and Pro-Ed, Inc. and Paul R. Gesn, Pro-Ed, "Alternate Oral Instructions for the TONI-3."

Zascavage and Philip L. Armstrong, grad student, "The Nature of Peer Support for Students with Disabilities."

Zascavage, Gadzella and Masten, "The Importance of Critical Thinking to the Field of Special Education."

Fast facts

Congratulate staff for service

A&M-Commerce staff members have been honored for their years of service.

President Keith McFarland hosted a dinner for the employees on April 6 in the Lions Lair of the Sam Rayburn Memorial Student Center.

“We appreciate your work and years of dedicated service to the university,” President Keith McFarland told those recognized for 10, 15, and 20 years of employment.

Employees with 10 years of service are Deanna Holcomb, Judy Edelhauer, Carl Bowers, Billy Edwards, and Penny Dooley. Also Cynthia Todhunter, Peggy Galloway, Thomas McCarty, Betty Jean Yeager, Paige Bussell, David Johnson, Phyllis Fink, Mike Miller and Jon Puttonen.

Those with more than 10 years of service are Jan Ainsworth, Jim Rickard, Jody Todhunter, Corkee Cannon and Angela Thomas.

Staff members who have been employed with the university for 15 years are Machele Burns, Sarah Tucker, William Haddock, Carol Dickinson, Robert Hodges, Lisa Rabe, Danny O’Neal, David Hodges, Steve Evans, Larry Hale, and Lisa Rhoades.

With more than 15 years of service is Amy Braley.

Twenty-year employees honored are James Riffle, Sharon Fulkerson, Marcia Sunderland, Vickie O’Neal and Lisa Blackwell.

Randy McDonald has more than 20 years of service.

Listen at Eisemann evening

On Tuesday, May 2, the Department of Music will host an “Evening at the Eisemann” at the Eisemann Center in Richardson.

Performing at the 7:30 p.m. concert will be the University Chorale, Percussion Ensemble, Wind Ensemble and University Singers.

Dean of the College of Arts and Sciences James Klein will conduct four movements of Carl Orff’s “Carmina Burana” featuring performers from the four ensembles.

The Chorale is directed by William Witwer and the Percussion Ensemble is directed by Brian Zator. Directing the Wind Ensemble is Jeff Gershman.

Tickets to the performance are \$5 at the door.

The Eisemann Center is located at 2351 Performance Drive. For a map to the facility, go to www.eisemanncenter.com.



PARADE OF NATIONS — International students join in the flag parade April 7, kicking off the 12th Annual Multicultural International Festival. The International Student Services Office and the Association of International Students hosted the event in the ballrooms of the Memorial Student Center. The international students served foods from their native countries at a noon luncheon attended by students and employees. They then entertained the crowd with music, dancing, and a fashion show.



PARTY ANIMALS — Faculty/Staff Development Day 2006 was attended by about 200 people. Luncheon speaker Sally Baskey, a professional speaker, humorist, and published author, had the crowd in stitches of laughter.

Serve others unselfishly

A&M-Commerce recently helped raise over \$40,000 for the American Cancer Society. Faculty and students made up teams taking turns walking or running laps on a track for 12 hours at the Third Annual Relay For Life.

The Indian Students Association won the Online Fund-Raising Team Award, while the top sorority and fraternity awards went to Gamma Phi Beta and Sigma Chi. The most creative fund-raiser was Collegiate FFA and Sigma Alpha while the top university personnel team was Residence Life raising \$800.



SOCIAL STANDING — A&M-Commerce recently hosted the Northeast Chapter of the Texas-National Association of Social Workers awards luncheon for area social workers. Award winners are (left) Betty Weir, Lifetime Achievement Award; Dawn Sheffield, Public Citizen of the Year; Sheri Stilwell, Social Worker of the Year; and Charlotte Clarke, Pioneer Award.



UP BEAT — The University Police Department has awarded its first “Beat the Heat” scholarship to Vatishia Wilson, a senior business administration and management student from Paris. Police Chief Donna Spinato (left) congratulates Wilson, while Sergeant Jeff Hundley, who is an organizer of the “Beat the Heat” car show, looks on.



LUCKY LADIES — Members of the A&M System Chancellor's Century Council stroll across campus while visiting the Science Building, Planetarium and Morris Recreation Center. They witnessed firsthand the new additions to the campus during their recent visit. Pictured with mascot Lucky the Lion are (left) Marguerite Melson and Ann LeBlanc.

The East Texan is the best in Texas

It's official — *The East Texan*, the university's student newspaper, is the "Best Small Weekly Collegiate Newspaper in Texas." *The East Texan* scooped up 20 awards at the annual Texas Intercollegiate Press Association Conference in San Antonio, including the Overall Excellence Award for division 3.

TIPA brings together 57 colleges and universities to compete in contests, discuss current topics and enjoy fellowship with other intercollegiate journalists.

The East Texan competes in two separate categories of competitions. The first are mail-in contests. These are submitted in mid-December and sent to professionals around the country to be judged. On-site competitions are contests given at the TIPA conference where competitors work to deadlines.

Seven staff members attended the conference: Editor-in-Chief Justin Acker (7 awards); Senior Editor Candace Turner (6), Sports Editor Joey Dean (7), Community Editors Wyndi Veigel and Michael Jones, staff writer Michael Thompson (2) and staff writer Amanda Howell. Dean was also elected new TIPA student secretary.



GOOD NEWS — *The East Texan* staff members display awards won at TIPA. Pictured (top left) are Michael Thompson, Justin Acker, Michael Jones, and Joey Dean. Bottom (left) are Candace Turner, Amanda Howell and Wyndi Veigel.

Fred Stewart, journalism instructor, is the organization's executive director and faculty adviser to *The East Texan*.

April

- 17 — Track and field, LSC Heptathlon/Decathlon Championship, Stephenville. Continues through April 18.
- 21 — Honors Day Luncheon, Memorial Student Center, American and Texas Ballrooms, noon.
Track and field, LSC Championship, Stephenville. Continues through April 22.
Brian Zator, Faculty Percussion Recital, Concert Hall, 7 p.m.
Clarinet Choir, Concert Hall, 8:15 p.m.
- 26 — Wind Ensemble Concert, Concert Hall, 7:30 p.m.
- 27 — Track and field, UNT Twilight Meet, Denton.
Dr. Simon Shiao, guest violist with music faculty member Fenia Chang, pianist, Concert Hall, 7:30 p.m.
- 28 — Last day to drop a class or withdraw from school.

May

- 5 — Last class day for Spring 2006.
- 6 — ACT Residual, Testing Center, Business Administration Building, 8 a.m.
Final Exams begin for Spring 2006. Continue through May 12.
Track and field, UTA Open, Arlington.
- 11 — ACT Residual, Testing Center, Business Administration Building, 1 and 6 p.m.
Track and field, ACU Last Chance Open, Abilene.
- 12 — Payment deadline for May Mini, 5 p.m.
Residence halls close, 5 p.m.
- 13 — Spring 2006 Commencement, University Auditorium, Ferguson Social Sciences Building.
- 15 — Spring 2006 grades due, 5 p.m.
First class day, Mini Mini.
- 16 — Registration ends for May Mini 2006.
- 17 — Registration continues for Summer I, Summer II, August Mini and Fall 2006.
- 29 — University closed for Memorial Day.

NEXT ISSUE

The next issue of *A&M-Commerce Today* is Wednesday, May 3. Copy deadline for the issue is Wednesday, April 26. Please send your news to mary_hazal@tamuc-commerce.edu or by fax to 5522.

A&M-Commerce, an equal opportunity university, complies with all federal requirements prohibiting discriminatory activities.