

TCU THIS WEEK



EVENTS AND INFORMATION FOR THE TCU COMMUNITY

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May 21, 2007

Gatorade® funds TCU kinesiology study analyzing sodium among athletes

TCU'S KINESIOLOGY DEPARTMENT RECEIVED a \$19,000 grant from the Gatorade® Sports Science Institute for an in-depth study on how sodium levels in high performance athletes are affected by extensive exercise in high outdoor temperatures.

This is the second time Gatorade® has contributed major funding to kinesiology research projects at TCU. Gatorade has also contributed smaller grants for more than six independent research studies.

Dr. Joel Mitchell, chair of the kinesiology department, is directing the study with six other faculty members and several TCU kinesiology graduate students.

The study surrounding the sodium balance issues affecting athletes developed after the Hotter 'N' Hell 100 cycling event which took place in the blistering summer heat of San Antonio, Texas, in August 2006. The event is one of the nation's most popular 100-mile cycling events attracting more than 9,000 cyclists.

Dr. Mitchell and several of his TCU colleagues were stationed at a medical tent that provided care for riders experiencing a variety of

ailments. At the tent, Dr. Mitchell analyzed the sodium levels of riders who appeared to be suffering from hydration problems by using a portable sodium analyzer.

"Because of the extreme 100-degree-plus temperatures, we had to keep the portable analyzer in a cooler full of ice in order for it to function properly," Dr. Mitchell said.

The new lab study will provide accurate scientific data explaining the sodium control mechanisms that can contribute to problematic sodium imbalances among athletes.

"Through the implementation of various controls on the participants, we can accurately monitor their progression throughout the study," Dr. Mitchell said.

The group of 10-12 participants in this study will primarily include highly trained cyclists and tri-athletes selected from a variety of off-campus organizations and clubs. Each participant will complete four trials, each consisting of one hour of intense exercise in the heat followed by a three-hour re-hydration recovery period. ♦

Summer shuttle service

TCU WILL ONLY RUN ONE SHUTTLE DURING the summer from 7 a.m. - 6 p.m. Monday - Friday. The shuttle will run between the Tom Brown/Pete Wright visitors lot and lots 3 (Freshman overflow lot) and 7 (in front of the Coliseum). ♦

REMINDER: TCU offers free hearing screenings May 22

TCU'S MILLER SPEECH AND HEARING CLINIC IS offering free hearing screenings Tuesday, May 22 from 10 a.m. to 4 p.m.

The hearing screenings are available on a reservation basis at the Miller Speech and Hearing Clinic, located at 3305 W. Cantey.

The 30-minute screenings, available to adults and children ages four and older, consist of a 15-minute preliminary evaluation to determine hearing loss and a 15-minute counseling session to explain test results.

RSVP to ext. 7620. ♦

HR changes application process

BEGINNING TODAY, HUMAN RESOURCES is moving to iGreentree, a Web-based application system for all staff positions. Both internal and external applicants will now apply online to simplify the process. With the new system, applicants can apply for jobs, review the job status and sign up for job alerts via e-mail. Cover letters, resumes, and a list of references may be cut and pasted into the application.

If applicants currently have an application on file, they will need to complete an online application in the iGreentree system. If the position requires a clerical test, applicants with scores on file in HR do not need to re-take the test. New applicants must schedule a test before their application will be considered.

Applicants can contact **Joanne Lott** at ext. 7790. Departments with open positions should contact **Jacquelyn Curry** at ext. 5255, **Laura Hughes** at ext. 5103, or **Joanne Lott** at ext. 7790. ♦

EVENTS

May 22

How to Become a Highly Effective Person: Stephen Covey's 7 Habits for Associates with certified facilitator Connie Hurn, 8 a.m.-noon, Smith Hall, Room 104A. Call ext. 5577 for more information.

Better Hearing and Speech Month event, free hearing screenings - reservations required, 10 a.m. - 4 p.m., Miller Speech and Hearing Clinic. Call ext. 7620 for reservations or more information.

May 28-June 2

Cliburn International Piano Competition for Outstanding Amateurs, 1-11 p.m. daily, Ed Landreth Auditorium.*

May 28

University closed for Memorial Day holiday.

May 31-June 2

Frog Camp, Challenge A. Call ext. 7855 for more information.

May 29-June 7

Richard Sybesma's Learn to Swim the Olympic Way, Session 3, University Rec Center. Call ext. 5646 for more information.

June 3-4

Academic Orientation, 9 a.m., Colby Hall. Call ext. 7855 or visit www.sds.tcu.edu/firstyear for more information.

June 3-5

Neil Dougherty's Basketball Team Camp, 9th-12th Grade, Schollmaier Basketball Complex. Call ext. 7968 for more information.

June 4, 11, 18

HR Summer Training event, Crucial Conversations, noon-5 p.m., Tandy Boardroom, lunch included. To enroll, contact **Joanne Lott** at ext. 5577 or j.lott@tcu.edu.

* Call the School of Music at ext. 7602.

The University will be closed Monday, May 28 for Memorial Day.

TCU dedicates new indoor practice facility

THE SAM BAUGH INDOOR PRACTICE Facility was dedicated Thursday, May 10 at a ceremony well-attended by TCU faculty, staff and the community.

Sam Baugh, a legendary TCU and NFL player, lead the Horned Frogs to a national Championship in the '30s. Though Baugh, who is 93, was unable to see the building dedication, several of Baugh's family members were in attendance.

The ceremony speakers included Chancellor **Victor J. Boschini, Jr.**, Athletic Director **Danny Morrison**, and Head Football Coach **Gary Patterson**. Donors Roy Topham of the Jane and John Justin Foundation and Kelly Cox also delivered remarks. The ceremony concluded with words by David Baugh, Baugh's son, and an official ribbon cutting.

The 80,000-square-foot facility will allow student athletes to practice effectively in any weather. ♦

Golf tourney June 8

THE ANNUAL TCU FACULTY/STAFF

Summer Golf Tournament will be June 9 at White Stone Golf Club. Players will tee off at 8 a.m. with a best ball (scramble) format.

All faculty, staff and their family and friends are invited to participate. Cost, including lunch, will be \$45.

Players can enter either as individuals or with a team. Contact **Steve Kintigh** in Campus Recreation to register, s.kintigh@tcu.edu or ext. 7948. ♦

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Dining Services' summer hours

FROG BYTES, LOCATED IN THE STUDENT Center, will be open from 8:30 a.m. to 3 p.m. throughout the summer. In addition to the usual pizza, pre-packaged salads and sandwiches, Starbucks and Freshens selections, the Ultimate Baja counter will be replaced with a theme menu that rotates daily. ♦

KUDOS

Three faculty from TCU's Harris College of Nursing & Health Science were honored as "Great 100 Nurses" for 2007 by the Texas Nurses Association, districts three and four, and the Dallas-Fort Worth Nurses Executives, at the 17th annual "Great 100 Nurses" awards ceremony May 9. The awardees include **Lavonne Adams**, **Kris Riddlesperger** and **Charles Walker**.

Kathy Lott, '75, '96, was selected as 2007 recipient of the Excellence in Education Award given by the TCU School of Education Alumni Association. The 14th annual award program was held in April at the Dee J. Kelly Alumni & Visitors Center on the TCU campus. ♦

NEW FACES

Josh Keister has joined athletics as Assistant Women's Basketball coach. He has a bachelor's degree in business from Mt. Mercy College and a master's in higher education administration from the University of Missouri - Kansas City. He formerly worked at Missouri Western State University.

Loc Hu Hoang has been hired as a security guard with the Campus Police. He comes to us from DFW Security Protective Force.

CLASSIFIEDS

FOR LEASE: Very nice 1 BR/ 1 BA garage apt. just two blocks south of campus, includes garage with W/D connections, \$550/mo. & deposit. Contact Lindsay Lowenthal at 817-921-3446 for more information.

Christi Lodge timeshare, 1 bedroom, flexible summer week, low maintenance fee, Avon, CO. Contact John at 817-457-1782.

JOB OPPORTUNITIES

The Human Resources office lists the following vacancies as of May 17. For more information on any of these positions go to www.hr.tcu.edu.

Accompanist - Ballet and Modern Dance
Administrative Assistant (2) - Nursing
Administrative Support Assistant - Financial Aid
Admission Counselor - Admission
Applications Developer II - Technology Resources
Applications Developer II - Technology Resources
Assistant Coach - Athletic's Women's Basketball
Assistant Director of Planned Giving - Advancement/Development
Assistant Swim Coach - Athletics
Associate Director - University Career Services
Coordinator of Media Relations - Athletics
Customer Service Consultant - Customer Services (User Services)
Computer Hardware Technician (2) - Customer Services (User Services)
Computer Technical Specialist - Customer Services (User Services)
Data Control Specialist - TRIO/McNair Program
Director of Development (Regional) - Advancement
EMCS Operator - Physical Plant
Equipment Operator - Physical Plant
Financial Assistant - Financial Services
Government Information Librarian - Library
Horticultural Assistant - Physical Plant
Lab Assistants - HCN Learning Lab
Admissions Systems Administrator and Business Analyst - Admissions
Mover Technician - Facility Services
Police Officer - TCU Police
RN (PRN On Call) - Health Center
Security Guard - TCU Police
Service Assistants (4) - Facility Services
Service Assistants (5), start July 1 - Residential Services
University Architect - Physical Plant

Good for You Greek Salad

submitted by Anne Van Beber, Nutritional Sciences Department Chair

3 large ripe tomatoes, chopped
2 cucumbers, peeled and chopped
1 small red onion, chopped
1/4 cup olive oil
4 teaspoons lemon juice
1 1/2 teaspoons dried oregano
salt and pepper to taste
1 cup crumbled feta cheese
6 black Greek olives, pitted and sliced

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion. Sprinkle with oil, lemon juice, oregano, and salt and pepper to taste. Sprinkle feta cheese and olives over salad. Serve. Yield: 4 servings (All of the ingredients contain phytochemicals and antioxidants which promote health and prevent disease.)