

BULLETIN

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WATER ISSUES ARE FOCUS OF SYMPOSIUM

Scientists from universities throughout Texas and researchers with state and federal environmental agencies are meeting on campus today for a symposium that will assess the health of the Trinity River. "How Healthy Is the Trinity River: Biological and Water Quality Perspectives" is the theme of the one-day conference hosted by TCU's environmental science program.

Historically, water quality problems have plagued the upper Trinity. Fish kills occur on a regular basis, and some segments of the river are unsafe for water sports. This year high chlordane levels were found in tissues of some fish taken from the river. Present conditions of the Trinity River and its future underlie the urgency that has brought together scientists from diverse fields for the symposium, said Ken Morgan, director of the Center for Remote Sensing and Energy Resources.

The symposium features sessions dealing with the biological health of the river, urban and agricultural run-off, water quality trends and the impact of waste water discharges on water quality. Biologist Joe Britton is chairing the biological issues session.

Individual speakers are describing both types and amounts of aquatic life that were found in a recent survey of the river and analyzing the latest data on recent fish kills. Runoff is the focus of many talks including those on urban and agricultural factors that lead to non-point source pollution. Ken is speaking on "Runoff from Septic Tanks and Agricultural Lands in the Trinity Watershed."

Other speakers are describing the use of remote sensing to assess how recent land use changes increase pollution, the impact of urban development on soil erosion and the ability of wetlands to improve water quality.

In addition to the University, symposium sponsors include the Texas Water Resources Institute at Texas A&M University, the University of North Texas and the Texas Agricultural Extension Service. Invited speakers also include researchers from the University of Texas at Dallas and the University of Texas at Arlington. Agencies including the U.S. Geological Survey, the U.S. Army Corps of Engineers, the U.S. Environmental Protection Agency and the Texas Water Commission also are co-sponsors.

FIVE INDUCTED INTO TCU HALL OF FAME

Five outstanding TCU athletes, whose heralded exploits on the gridiron, basketball court, baseball field and track span 35 years, were inducted into the TCU Lettermen's Association Hall of Fame during ceremonies Sept. 21 at Ridglea County Club. The honorees are Norm Evans, football 1962-64; Ad Dietzel, basketball, 1931-32; P.D. Shabay, football, 1965-67; Sherrill Headrick, football, 1957-58; and Jewell Wallace, football, basketball, baseball and track, 1930-34. These five, joining 104 other Horned Frog athletes enshrined in the TCU Hall of Fame, were presented formally during halftime ceremonies at the TCU-Oklahoma State game.

Dietzel, a 6-6 native of San Antonio, earned both all-SWC and All-American basketball honors during his two seasons in Horned Frog uniforms. He helped the Frogs to a SWC crown in 1931 and topped the conference in scoring during both of his impressive campaigns.

Evans, a product of Donna, was voted the NFL Man of the Year during one season with the Seattle Seahawks. For Evans, a 1964 all-SWC lineman and team captain for the Frogs, that was icing to the three Super Bowls, two pro bowls and the 17-0 season in 1972 with the Miami Dolphins, his seventh of 10 starting years with that ball club.

Before embarking on his pro career with the Dallas Texans, the Kansas City Chiefs and the Cincinnati Bengals, Headrick had been an all-Southwest Conference guard and a standout on TCU's 1959 Cotton Bowl team. The Fort Worth Northside product played in seven AFL all-star games and was a starter with the 1966 Super Bowl Chiefs.

Shabay's name is dotted throughout TCU's record books for passing yardage, touchdown passes, passing accuracy, passing yards - game and career - marks he left during his quarterbacking superlatives of the 1965, '66 and '67 seasons. His contributions to his alma mater through the alumni, lettermen's and development associations as well as with the M.J. Neeley School of Business have been tireless.

Wallace is the only coach in Texas high school sports history to win three state championships at three different schools. But that came years after he had garnered 16 sports monograms in football, basketball, baseball and track for the Horned Frogs from 1930 through 1934. This stint included the Carrollton, MO, native playing on the first SWC football team to go undefeated in conference play in 1932. Formerly TCU's dean of men, he also served as Horned Frog golf coach and academic adviser to athletes before retiring in 1974.

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JUST A REMINDER...

...of the Oct. 10 photo session for full-time faculty and professional staff members for pictures to be used for TCU-related purposes, 11 a.m. to 1:30 p.m., Student Center Room 206.

...that enrollment in Fitness Plus, formerly known as Employee Fitness Program, continues throughout the semester. Details, announced in an earlier bulletin issue, are available from Bruce Van Duser, Ext. 6865.

WELCH LECTURE TO BE GIVEN THURSDAY

Dr. Harold S. Johnstone, professor of chemistry at the University of California--Berkeley, will present the Robert A. Welch Foundation lecture Thursday. "Global Ozone Balance and Currently Proposed Supersonic Aircraft" will be the title of his public presentation, beginning at 11 a.m. in Lecture Hall 4 of the Sid Richardson Building.

Johnstone, formerly a NATO Visiting Professor at the University of Rome and a Guggenheim Fellow in Brussels, is a fellow of the American Physical Society, American Geophysical Union and American Association for the Advancement of Sciences. Since 1977 he has been associate editor of the Journal of Geophysical Research.

Formerly a faculty member at Stanford University and California Institute of Technology, the chemist has received the pollution control award of the American Chemical Society and its award in the chemistry of contemporary technological problems as well as the Tyler Prize for Environmental Achievement. Johnstone's research has been supported by the Office of Naval Research, Standard Oil of California, U.S. Public Health Service, National Science Foundation, Lawrence Berkeley Laboratory, M.W. Kellogg Company and Alfred Sloan Foundation. His studies have been reported in 140 research articles.

Named to the President's Science Advisory Board on Atmospheric Sciences in 1963, Johnstone has served on advisory committees for the National Center for Atmospheric Research, California Statewide Air Pollution Research Center, Brookhaven National Laboratory and Federal Aviation Administration's High Altitude Pollution Program.

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LIBRARY ADOPTS VENDACARD SYSTEM

No longer will library patrons need to stuff their pockets or purses with dimes and quarters before setting out to make photocopies in the library.

Responding to the inconvenience suffered by most users having to fiddle with small change -- and to the labor and security demands of collecting, counting and banking the thousands of coins -- the library switched in August to a magnetic card system where monetary value is encoded on a plastic card usable with all its photocopy and microform reader-printer machines.

Cards can be purchased for \$1 or multiples of dollars. The first purchase transaction with the card vending machine deducts 50 cents for the cost of the plastic card, but the card is indefinitely reusable and can be re-encoded with value in increments of \$1, \$5, \$10 or \$20.

So far, the library staff reports growing acceptance of the new system, though some people are at first unprepared for the change, according to June Koelker, library associate director.

NOTES ON FOLKS

MAGDALENA SÁNCHEZ (history) has received a Quincentenary Postdoctoral Fellowship from the Council for the International Exchange of Scholars for seven months of research and writing in Spain. She will be taking the grant in January to work on a book-length manuscript on family networks and politic policy during the reign of Philip III of Spain (1598-1621).

MARGARET-ROSE MAREK (English/Writing Center) has had a poem, "After the Dark," accepted for publication by the Southern Poetry Contest.

Annese Abron Armstrong is the name of the girl born Aug. 13 to former admissions associate director AUDREY ABRON and Nelson Armstrong, of Hudson, NH. Audrey is employed by United Airlines, and her husband is director of alumni and parent relations at Case Western Reserve University.

Sympathy is expressed to KATHERINE BRATTON (emeritus professor, Harris College) on the loss of her sister Mary last July and her sister Nell earlier this month. "Jimmie," as she is known to her associates, lives in San Angelo.

Physicist BILL GRAHAM attended the 20th International Symposium on Free Radicals in Susono, Shizuoka, Japan, Sept. 3-7. He presented a paper reviewing recent research in his lab on Fourier transform spectroscopic studies of the structure and vibrational spectra of carbon cluster radicals, important in combustion processes and in astrophysical phenomena. Co-authors of the paper were recent Ph.D.s LENIAN SHEN and JOHN HUANG and current graduate students TIM DOYLE and PAUL WITHEY. While in Japan, Bill had opportunities to meet with colleagues from the Institute for Molecular Science and the Nobeyama Radio Observatory, who are working on the laboratory and astronomical detection of carbon clusters.

LEE DANIEL (modern languages) has been notified that his "Entrevista con Joaquín Bestard Vázquez" has been accepted for publication in the spring issue of Confluencia.

The paper "Tomographic cerebral blood flow in developmental dyslexics" by Walker-Batson, Millay, Devous and SHERRIE REYNOLDS (education) will be presented Oct. 23 at the international meeting of the Academy of Aphasia in Baltimore, MD. An article entitled "Knowledge Hypermaps and Cooperative Hearing" by Sherrie, Patterson, Skaggs and DAN DANSEREAU (psychology) has been accepted for publication in Computers & Education.

"Seeking Professional Guidance for Press Systems in Developing Democracies: The Value of Historical Perspectives" was the title of one of three papers co-authored and then presented by DOUG NEWSOM (journalism) and Bob Carrell, former journalism chairman now at the University of Oklahoma, during the 11th conference of the International Association for Mass Communication Research. The gathering was held Aug. 26-31 at the University of Ljubljana in Bled, Yugoslavia. Forty-seven nations were represented in the organization of some 500 members.

...that enrollment in Fitness Plus, formerly known as Employee Fitness Program, continues throughout the semester. Details, announced in an earlier bulletin issue, are available from Bruce Van Duser, Ext. 6865.

ASTRONAUT WILL SPEAK OCT. 5

Astronaut Kathryn D. Sullivan, mission specialist and payload commander for NASA's nine-day Columbia mission due for a 1991 spring launch, will present a public lecture Friday. To begin at 7:30 p.m. in Lecture Hall 1 of the Sid W. Richardson Building, the free event will be among the scientist's activities while she is a guest of the geology department as a Visiting Green Professor.

An oceanography officer in the U.S. Naval Reserve with the rank of lieutenant commander, Dr. Sullivan has logged a total of 318.5 hours in space during her two earlier flights. Launched from Kennedy Space Center, the first mission was in 1984 with the largest crew to date for the eight-day mission that included her becoming the first U.S. woman to perform an extravehicular activity. The second was in April of this year, when the Space Shuttle Discovery deployed the Hubble Space Telescope.

Dr. Sullivan, whose research interests focus on remote sensing and planetary geology, was an exchange student in Norway before completing the bachelor's degree with honors in earth sciences at the University of California-Santa Cruz. Her doctoral studies at Nova Scotia's Dalhousie University included participation in a variety of oceanographic expeditions under the auspices of the U.S. Geological Survey, Wood's Hole Oceanographic Institute and the Bedford Institute.

Named to the Chief of Naval Operations Executive Panel in 1988, Dr. Sullivan was appointed by President Reagan to the National Commission on Space. The group's report, "Pioneering the Space Frontier," defined goals for U.S. civilian space activities for the next 25 years. She received the NASA Exceptional Service Medal in 1988. In 1987 she was honored by Jaycees International with Ten Outstanding Young People of the World Award and by U.S. Jaycees with the Ten Outstanding Young Americans Award.

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GUEST ORGANIST TO PLAY MONDAY

Robert MacDonald, organist-choir director at First Presbyterian Church and former organist at Radio City Music Hall, will play a TCU Music Series recital at 8 p.m. Monday in Ed Landreth Auditorium.

His program will range from Bach's Prelude and Fugue in E minor to Gershwin's "Rhapsody in Blue." He also will play Allegro Vivace from Symphony II by Louis Vierne, Peter Hurford's "A Fancy," Searle Wright's Carol Prelude on "Greensleeves," Lefebure-Wely's Marche Toccata by Joseph Jongen, Scherzo from Sonata in E minor by James H. Rogers and "Carmen" Suite, written by Bizet, arranged by Edwin H. Lemare.

He has directed musical shows, played in Boston-area supper clubs and aboard the Swedish-American liner Gripsholm. In New York City, he was associate organist and choir director at Riverside Church while serving as music director and organist at the Interchurch Center. In 1977 he became music director and organist at the Cathedral of the Sacred Heart in Newark, NJ, organist at Temple B'nai Abraham in Livingston, NJ, and at Radio City.

ENTRIES DUE FOR GOLF CLASSIC

Entries are due by Oct. 12 for the fourth annual Fall Break Golf Classic sponsored by the recreational sports department. Open to all TCU faculty members, the tournament will be held Oct. 19 at Lost Creek Golf Club with a four-person scramble format.

The \$30 entry fee includes green fee, cart, driving range, awards and refreshments.

Entries are being accepted in the recreational sports office, where additional information is available by calling Ext. 7945.

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ACT WILL FEATURE PIANO, ROCK

Take Billy Joel, Elton John, David Bowie, Bono and George Winston and combine them in one young entertainer. That's how Louis Michael, Thursday night's Coffee House performer, describes himself. His "musical mirage" ranging from intense rock and roll to piano ballads will begin at 7:30 p.m. in the Student Center lounge. The free event is sponsored by the Performing Arts Committee.

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TCU IN THE NEWS

"Adding Flair to Fashion Design with Computers" is the title of the article in the September-October issue of What's New in Home Economics" that quotes MARGARET McWHORTER (design and fashion). In talking about computer-aided design, the department chairwoman called attention to the "importance of first getting students familiar with patterns by hand...noting that 'The computer can't take the place of creativity, but it can get students excited about design.'"

"They're Going for Baroque" was the Star-Telegram headline for the Sept. 20 feature on music from the Middle Ages that quoted HARRIET RISK WOLDT and SHEILA MADDEN (music) and alumna SUSAN FERRE. A color photo of Harriet, Sheila and Karen Hall complemented the lengthy feature about early music specialists.

In the Star-Telegram's Sept. 20 section on the Fort Worth Beautiful Awards, TCU was recognized as a Good Neighbor Award winner. Shown in a color photo about the Citizens for Curbside Recycling were FRED OBERKIRCHER (interior design) and JOHN WORTHAM (emeritus, economics). In an accompanying story, alumna CYNTHIA SLAUGHTER, president of the recycling group, credited environmentalist LEO NEWLAND with sparking her "personal commitment to the environment" in a course she took with him in 1985.

In her listing of "what's right with Fort Worth," Star-Telegram columnist Sheila Taylor listed KTCU, "which offers classical music in the morning and early afternoon," as No. 3 in her 10-point list and "TCU itself, in fact," as No. 4.

CALENDAR OF EVENTS

- Oct. 2 --Pre-med lecture, "Life and Death in the Fast Lane," by Tammy Stokes, R.N., Harris Hospital emergency room nurse, Sid W. Richardson Lecture Hall 4, 5:15 p.m.
 --TCU/Fort Worth Week intercultural business communication panel, Moudy Building 141N, 2 p.m.
 --Distinguished Speakers Forum lecture, "The Smiling Russian Bear: Is It Dangerous?," Gennady Gerasimov, chief spokesman for Mikhail Gorbachev, Ed Landreth Auditorium, 7:30 p.m.
- Oct. 3 --TCU/Fort Worth Week bilingual panel, "Communication Issues in Multi-Cultural Populations," Miller Clinic, 2 p.m.
 --TCU/Fort Worth Week: Theatre TCU presentation of Chekhov's "The Wood Demon," University Theatre, 8 p.m. nightly through Oct. 6, 2 p.m. Oct. 7.
- Oct. 4 --Conferences available with a representative of the Pension Fund of the Christian Church, Student Center 204, 8:30 a.m.-3:30 p.m. Appointments must be made at Ext. 7792.
 --Lecture, "Global Ozone Balance and Currently Proposed Supersonic Aircraft," Dr. Harold S. Johnstone, professor of chemistry, University of California-Berkeley, Sid Richardson Lecture Hall 4, 11 a.m.
 --TCU/Fort Worth Week seminar, "Communicating in a Global Marketplace," Moudy Building 141N, 2 p.m.
 --TCU/Fort Worth Week International Public Television screening, Moudy Building 164S, 7 p.m.
- Oct. 5 --Lecture by NASA astronaut Kathryn D. Sullivan of Johnson Space Center, specialist in remote sensing and planetary geology, Sid Richardson Lecture Hall 1, 7:30 p.m.
 --Dance Crossroads, featuring Creach/Koester Dance Company, all-male company of New York; New Century Danscene; and Contemporary Dance/Fort Worth, Caravan of Dreams, through Oct. 6, performed at 8:15 p.m. Oct. 5 and 2:15 and 8:15 p.m. Oct. 6. Reservations at \$8 (\$4 for senior citizens and students, may be made at 877-3000 or Metro 429-4000.
- Oct. 6 --TCU/Fort Worth Week concert by TCU Jazz Ensembles, featuring guests Anita Roman, vocalist; Curley Broyles, trumpet; and Richard Powell, pianist, Ed Landreth Auditorium, 7:30 p.m.
- Oct. 8 --College Night for Adults, sponsored by Office of Extended Education, Brown-Lupton Student Center Woodson Room, 6 p.m.
 --TCU Forums lecture by William Sloan Coffin, Student Center Ballroom, 7:30 p.m. Admission \$5 (students \$2).
 --Recital by Robert MacDonald, organist at First Presbyterian Church, Ed Landreth Auditorium, 8 p.m.
- Oct. 9 --Showing of prints from the permanent collection of the art department, Moudy Exhibition Hall, through Nov. 2, 11 a.m.-6 p.m. Mondays, 11 a.m.-4 p.m. Tuesdays-Fridays, 1-4 p.m. weekends
 --TCU Woman's Club meeting, "An Evening with Paul Boller," Faculty Center, 7:30 p.m.

CLASSIFIED:

FOR SALE: At Lake Palestine, one acre on cove, two-bed, two-bath mobile, boat house, gazebo, landscaped, sprinkler system off lake water; fully wooded, St. Augustine grass, flower beds, covered porch and bench seating; total electric, two outdoor mercury lights, washer/dryer, stove, refrigerator with ice maker. Call Gloria, Ext. 7836.

FOR RENT TO FACULTY, STAFF: Room with outside entrance, private bath at 2543 University. Call 923-2853.

FOR SALE: 1982 Pontiac 6,000, four-door, automatic, AC, burgundy with beige interior, 28-30 mpg, one owner, high mileage but excellent condition, \$2,200. Call Ext. 7195 (days), 293-8268 (evenings).

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OFFICIAL ABSENCES

Sept. 26, 1990

Students listed below must make up any class assignments that were missed. It is the responsibility of the student to arrange with his/her professor for the make-up. If you have any questions, call 921-7855.

Women's Soccer team members who participated in a soccer match at Texas A&M on Sept. 25:

Bilger, Blaire	Gill, Shannon	Lee, Megan	Wilson, Beth
Britain, Lori	Hallford, Heather	Rappe, Cindy	Wolff, Jamie
Cook, Jennifer	Hellerstein, Kim	Riley, Keri	Hermeyer, Eric
Dallas, Kelly	Jackson, Carrie	Russell, Alison	
Forrest, Maribeth	Johnson, Kiersten	Weaver, Heidi	

Students who participated in a soccer match at Colorado Springs on Sept. 21:

Ali, Huvishka	Burnam, Trip	Groth, Bryan	Suess, David
Amos, Blake	Chaney, William	Jay, Steven	Thornburg, Matt
Blocker, Gordon	Duppstadt, Eddie	Kos, Andrew	Myers, Tyson
Blocker, Truman	Ellison, Jason	Malachino, Joe	Walgren, Mark
Brown, Justin	Frauenheim, Darrell	Munglioli, Marcus	Whitten, Jack

Women's tennis team members who participated in tournaments at Texas University at Austin and missed classes as follows:

Sept. 25, 26, 27. Hoosen, Karen and Pace, Gina -- all classes

Sept. 26 and 27.

Armstrong, Shannon	Martin, Teri Ann	Ramirez, Claudia	Stark, Judy
Beard, Lisa	Petersen, Patricia	Smith, Leigh Ann	Terrell, Nancy
			Vinson, Lucy

Dance majors who participated in a performance of Renaissance Court Dances from 9:30 to 11 a.m. Sept. 25:

Brooks, Stephanie	Christine Hay	Pylipow, Sandy	Sherry, Jerome
Draskovic, Lisa	Clark, Shelli	Holy, Jessica	Quijano, Marlaine
Williams, Anna	Curtis, Jennifer	Gustas, Deborah	Tyer, Michelle

Men's tennis team members who missed classes after 1:30 p.m., Sept. 27 and on Sept. 28 to participate in the Texas Longhorn All American Tournament at Austin:

Bujan, Anthony	Ruette, Luis	Tjia, Mark
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Tennis players who missed classes after 1:30 p.m., Sept. 27 and on Sept. 28 to participate in a tournament at Texas A&M:

Bowen, Devin	Giesea, Jeffrey	Ronan, Gerard	Rubio, Ricardo
		Vozeh, Otakar	

Women's golf team members who missed classes after 4:30 p.m., Sept. 26, and on Sept. 27, 28 to participate in Dick Maguire Invitational at Albuquerque:

Allen, Tricia	Kealoha, Annette	Kragh, Jane	Paul, Kelly
			Plant, Barbara

Music students who attended the first solo piano recital given in Kilgore by Mr. Van Cliburn since his retirement in 1976; after 2 p.m. on Oct. 2:

Altstaetter, Krissy	Crockett, Tammy	Reynolds, Wendy	Vallas, Sissy
Yeretsky, Kathi	Millar, Andrew	Nagy, Ervin	Olivera, Ellen Marys



It brings out
the best
in all of us.



United Way
of Metropolitan Tarrant County

MIRACLE HAS GIFT OF GIVING

"It makes your heart feel warm." That's why Andy Miracle has been a United Way volunteer since 1977.

Working with the Panthers Boys Club (now the Boys and Girls Club of Greater Fort Worth) for a few hours a week led to continued involvement with the United Way, culminating with a recent stint as a volunteer consultant helping the agency to prepare to be more effective in the future.

Along the way, Andy's become a cheerleader for volunteering. "Everyone has skills and interests that can be useful," he said. "If you're a stamp collector, you can start a stamp collecting club for kids. Preparing a business plan, delivering for Meals on Wheels, working in a computer lab, giving swimming lessons to physically handicapped children -- the list is endless."

"The key is finding a match for your interest and skills with needs in the community," Andy explained. He sees the University as a rich resource. "Lots of departments on campus could help agencies develop business plans or personnel policies or provide computer expertise," he said. "Tutoring, poetry reading and speaking on subjects like history can translate into services that are needed."

Those whose children are "out of the nest" and those who have retired can be especially useful volunteers because they have more time. "They have valuable resources which can be shared with a future generation," he said.

Andy's own experience in bilingual education was tapped by United Way's Hispanic services committee, and he has served on the priority committee as well. Most recently, as consultants, Andy and an associate interviewed 62 community leaders and collected information from many other sources to predict changes likely to occur in this area in the 1990's. The data contributed to a thorough assessment of the United Way, and a report of these forecasts, "Environmental Scan," soon will be available to the public through United Way.

How does Andy find time for volunteering? He makes time. "Nobody has time," he said. "But everyone has to work through their personal priorities." He believes community service should come high on the list. "Volunteers are needed now more than ever before," he added. "But the reason that I do this is that it makes me feel good, it makes my heart warm. I really enjoy it."

"Return part of what you've received. Pick up that phone and call United Way."

ARTHRITIS GROUP AIDS PAIN STUDY

Scalding...unbearable...piercing.....nauseating. If these descriptions of pain are excruciating to read, how can those suffering from chronic pain cope, and how can health professionals help them?

That is what researcher Gail Davis of Harris College is trying to discover. Her connection with the Arthritis Foundation, a United Way agency, has aided the process. This is another example of how the United Way and TCU work together.

Gail's research, now in its third year, started with arthritis patients and also includes data from those suffering from chronic back pain and such functional headaches as migraines. Chronic pain differs from acute pain such as that occurring after surgery. For its sufferers, no end is in sight. Gail is testing a pencil and paper instrument that will provide a standardized measure of that pain, defining how people conceptualize it -- what it means to them.

Another measurement she is testing assesses the effectiveness of pain management techniques. "Management is very different from control of pain," Gail said. "Those with chronic pain are never in control but are able to use self-management techniques for pain modulation." Techniques include such diverse methods as reading for distraction, exercising and attending support groups.

For clinical use, the inventory will provide a quick assessment of patients' pain on an on-going basis. "For pain management, there is a whole repertoire of methods to pull from, a multiplicity of resources," she said. "The instruments will provide quick assessment of what methods the patient is using and whether they are working."

Arthritis patients especially suffer from chronic pain and constitute more than a quarter of Gail's research sample of 300. Members of the Arthritis Foundation's support group, called ACT (Arthritis, Coping Together), have provided her with added insight into the two instruments by serving as "pain experts."

After visiting support group meetings and administering the chronic pain instrument, Gail discussed with members how they identified with individual items on the measurement and whether they found them to be relevant. "One reason that the instrument has worked so well is that it is put into a patient's perspective," she said.

ACT helps people who have arthritis cope with problems related to the condition. A particular frustration of being disabled comes from friends and family not understanding fully the invisible pain of the disease. The support group meets on the third Tuesday of each month at 1 p.m. at the Arthritis Foundation, located near TCU at 3145 McCart.

"It was very helpful to me as a professional to know about this group," Gail said. "I use it as a referral for patients. Support groups are an effective but under-utilized resource for pain management."