





# Lubbock's HIV-counselor faces many dilemmas

by JOEL BURNS  
THE UNIVERSITY DAILY

Tammy Cook's job is not an easy or enviable one. But her job is one she performs with compassion and hope. As the City of Lubbock Health Department's sole HIV testing counselor, Cook is faced with the daily prospect of having to tell someone that he or she is HIV positive.

Cook began her position with the city 16 months ago. In that time she has administered an average of more than 15,000 tests per year. And her workload has increased dramatically in the days since basketball player Magic Johnson made his shocking announcement that he has the virus that causes AIDS.

"Since his announcement on Nov. 7, we've had a big increase in the number of phone calls received and the number of tests we've performed — especially among heterosexual and black populations," Cook said.

"A month ago we were averaging about five to eight (HIV tests) a day. Last Thursday we had 34 — the most the health department has ever had in one day — and 18 to 20 of those were

Tech students."

In addition to providing HIV testing at the city health department, Cook comes to Texas Tech on Wednesday and Friday afternoons to administer testing at Thompson Hall through an agreement between the city and Tech. Cook has increased the number of on-campus testing appointments from six to seven per day. Cook said that earlier in the semester, only eight or nine of the twelve available appointments each week were filled. But now, even with increased scheduling, all appointments for on-campus testing are filled through mid-January.

Although appointment times at Tech are full for the semester and Cook has seen a great increase in her caseload, she still makes time for the people who need her.

"One of the things about Tammy that is truly exceptional is that she never appears to not have time for someone," said Marilyn Mitchell, Supervisor of the Sexually Transmitted Diseases/HIV-AIDS Programs for the city. "She always seems to make time for people."

Mitchell went on to say that the department is, "very proud to have

Tammy. She is very dedicated and has a thorough knowledge of the disease, the risks and is conscientious of counseling patients of those risks.

Much of Cook's knowledge of the disease has come from special training programs provided by the state in Austin. There, she learned how to give results and pre-test counseling. She received phlebotomy training from the city health department and has a master's degree in counseling.

Even with all this training, Cook does not seem like the type of person who would hold a job that requires her to discuss sex and intravenous drug use. Instead, she fits the descriptive of someone a guy would want to introduce to his parents.

She said of her time growing up in Maine, "I was a good little Catholic girl. We didn't talk about sex or anatomy or drugs. There was an attitude that sex is for (making) babies."

"My parents would absolutely die if they ever sat in on a counseling session. Mom can't even say the word 'penis.' She certainly wouldn't be able to sit quiet and listen to me say things like, 'pre-ejaculation contains the virus,' or talk about anal intercourse."

There are a number of things Cook said she hopes to accomplish during her counseling sessions.

"In pretesting, the major goal is what amounts to behavior modification," she said. "Our hope is to provide knowledge of the transition and prevention of HIV, making people more aware of the virus and their own risks."

"The secondary goal is to provide information and answer questions. Everyone has a different need or desire to know something."

Many of the questions Cook deals with revolve around common misconceptions about AIDS and HIV. Many people believe the virus can be carried for a year or more without being picked-up by confirmatory blood testing. The truth is that generally 3 to 6 months after the point of infection, blood tests will indicate the infection.

"There is no dormancy for testing, only for the symptoms to present themselves," she said.

Although she has become comfortable with the mechanics and language required of her position, she still has trouble with the results she sometimes has to give. During her time as HIV Counselor, she has given positive results to ten people — six men and four women.

"The first time I had to give positive results, I was frightened that I wouldn't make them feel comfortable or be able to give the correct information."

"And I was afraid that they were going to go out and kill themselves after getting the results. For the week or two after giving a 'positive,' I watch the obituaries and hope they don't kill themselves."

"I have to keep reminding myself that I didn't give them the virus. I just have the task of telling them. There are times, though, when I want to go home and cry," she said.

Cook tries to show those who receive positive results that there is hope. She points to the fact that none of the people she has given positive results to have died.

"I admit that giving positive results is something I stress over," she said. "But with giving positive results, I can't consider it a death sentence. There has to be some maintaining of hope, whether that is a vaccine, drug



Won't hurt a bit

THE UNIVERSITY DAILY: WALTER GRANBERY

Tammy Cook draws blood from a patient at Thompson Hall to check for the HIV virus. Cook is Lubbock's only HIV-counselor and, in addition to testing patients for the virus, she counsels and tries to keep a positive attitude.

therapy or a cure."

Cook has had to tell an acquaintance that he is HIV positive.

"It is more difficult to tell someone you know," she said. "He had no idea — he expected negative results, but that wasn't the news I had for him."

"The reality of the disease really hits when you have to give positive results. It is hard to tell someone that they are infected with this thing that we don't have a cure for. These are people who have families, friends, a future — so much to offer, and they may go before their time. But there is hope."

Cook said different people respond differently to the news that they are HIV positive.

"I try to give them time for the results to sink in. Some people need to cry. Some need to get angry. Some deal with it surprisingly well," she said.

Giving a positive result takes longer than giving a negative one. Most patients, once they hear that they are negative, that is all they want to know. When giving positive results, Cook has a great deal of information to go through and questions to answer. She makes referrals to support organizations, doctors and psychologists.

Now that there is more attention to the disease on a national scale, due in part to Johnson's revelation, Cook said she hopes to see some changes.

"Hopefully, people are going to be more sexually responsible and have more monogamous relationships. Hopefully, more people will be tested and the rate of infection will go down due to an increase in knowledge that comes from more people talking about it," she said.

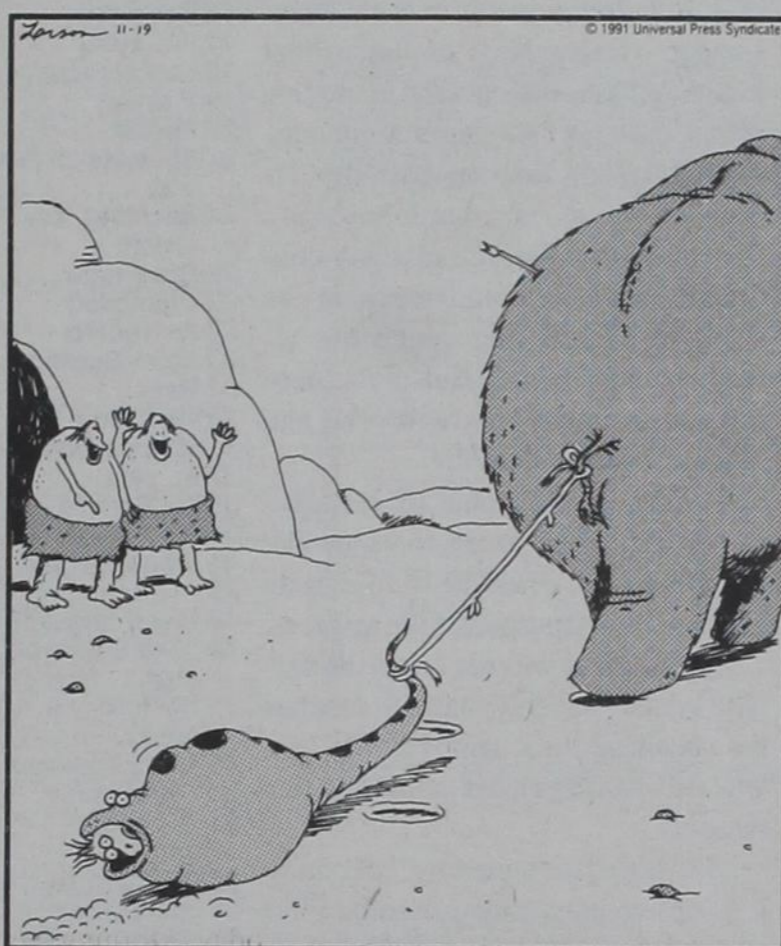
More information can be received by calling the City of Lubbock Department of Health at 767-2924.

## THE FAR SIDE

By GARY LARSON



Why we see news anchorpersons only from the waist up.



Practical jokes of the Paleolithic

# Have your yearbook picture taken this week in the residence halls!

Wall-Gates	area lobby	November 15
Chitwood-Weymouth	Chitwood lobby	November 18
Horn-Knapp	Horn formal lounge	November 19
Wells-Carpenter	Carpenter TV lounge	November 20
Gordon	Gordon lobby	November 21
Stangel/Murdough	Stangel piano lounge	November 22

8:30-12 noon, 1:00-4:30, no appointments,

\$3 sitting fee, plus additional \$2 for each organization

# AND THE WINNERS ARE...

Congratulations to the lucky winners of the Tech Express "Express Yourself!" and "Raiders of the Lost Art Treasure Hunt!" contests:

### EXPRESS YOURSELF WINNERS

**NOEL GONZALES**  
Columbia Ski Parka from Ski Lubbock Sports

**W. MICHAEL FIETZ**  
\$100 Gift Certificate from AT&T ACUS<sup>SM</sup> Service

### TREASURE HUNT WINNERS

**KIM ESCHRICH**  
\$200 in South Plains Mall Money

**JASON MEREDITH**  
\$100 Gift Certificate from AT&T ACUS<sup>SM</sup> Service

**DEBRA ROBERTSON**  
AM/FM Cassette Car Stereo from Stan's Car Stereo

**MIGUEL BONILLA**  
Bicycle Computer from South Plains Schwinn

**GRAND PRIZE**  
**MICHELLE BUFKIN**  
Two round-trip tickets to any Southwest Airlines destination

**YOU SHOULD BE SO LUCKY.**







# RECREATIONAL SPORTS

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PHOTO BY GREG HENRY

### Powerhouse

The Women's All-University Football Champions — The Powerhouse. Front row, from left to right: Sue Dean, Deborah Ramon, Misti Southers and Susan Clayton. Bottom row, left to right: Darla Barnes, Stacey Riffe, Rachelle Mulanax, Andrea Hopkins and Karen Farst.



PHOTO BY GREG HENRY

### Pyzons

The Pyzons, winners of the Co-Rec All-U Football Championship. Front row, from left to right: Sue Dean, Rachelle Mulanax, Deborah Ramon and Karen Farst. Back row, from left to right: Mark Wilson, Stephen Biddy, Scott Weaver, Tom Allen and Jeff Mankins.

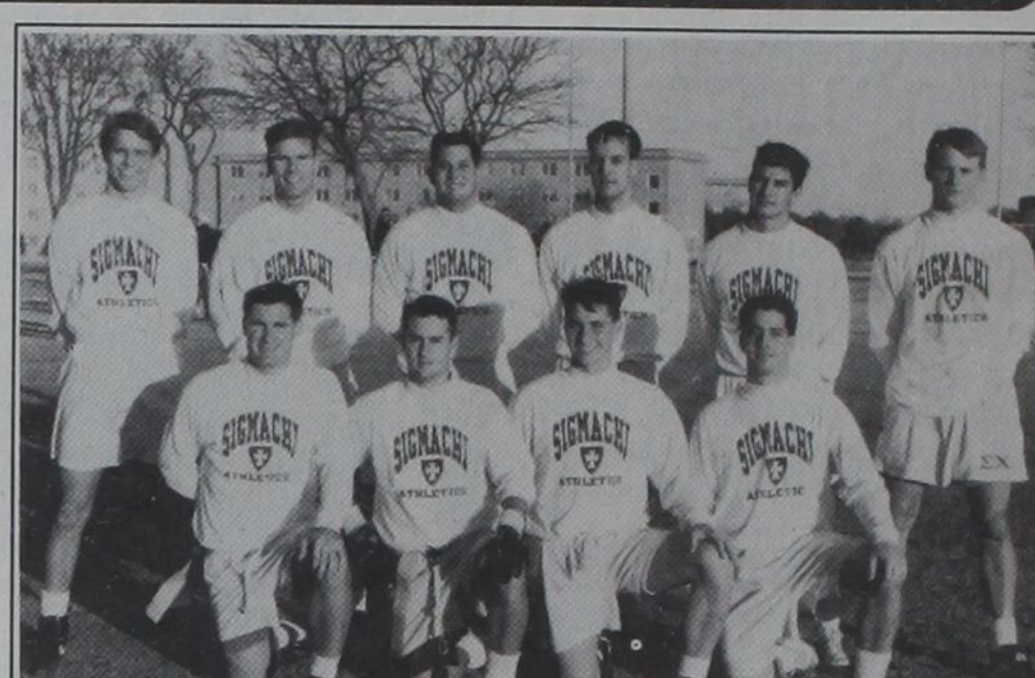


PHOTO BY GREG HENRY

### Sigma Chi

Sigma Chi, winners of the Men's All-University Football Championship. Front row, from left to right: Mark Younger, Mike Curry, Breck Beckner and Jon Taliaferro. Back row, from left to right: Greg Dugley, Brent Murphy, David Campisi, Brad Page, Brent Goudarzi and Mike Giles.

## Rec Sports Briefs

### SWIM MEET RESULTS

The annual Intramural Swim Meet was conducted last Thursday evening with teams competing for Men's and Co-Rec championships. In the Men's Division, the CPRs from the Med School outdistanced their nearest competitors, The Aquamen 125-37. In the Co-Rec Division, the results were not final until the last event with the Sharks devouring the Minnows, 147-129.

Top individual performances came from Chris Busch in the 50 yard backstroke with a 27.69 time and Susan Moody with a 32.49. Peter Rahko captured the 100 yard freestyle (54.06) and the 50 yard butterfly (25.08). Susan Moody also topped the women's field in the 100 yard IM with 1:12.2455. Jennie McCoomb turned in winning efforts in the 50 yard freestyle (26.84) and 50 yard butterfly (30.82).

### TEAM TENNIS CHAMPIONS CROWNED

The Fall 1991 edition of Men's Team Tennis came to an end Sunday, Nov. 17, at the Rec Center Courts. The finals pitted two long-time rivals, the Stud Dogs, captained by Luke Morrison, a Lubbock graduate student, versus The Guys, captained by an El Paso senior, Matt McDaniel. On this afternoon, the Stud Dogs' team jumped out quick and never looked back. The feature matches of the day set the tone earlier as to the outcome of the final. Morrison and Alex Guddas, Stud Dogs' No. 1 double team, easily handled McDaniel and Andy Castillo, 6-2 to get things started. Both singles matches followed suit as Guddas defeated Castillo 6-3 in the No. 1 singles and Mike Yu defeated McDaniel 7-5. The final team score was the Stud Dogs 19, The Guys 10. This championship meant something extra to Morrison, because this title had eluded him for several years.

### CROSS COUNTRY MEET SCHEDULED

Entries are due this week for the annual Cross Country Turkey Trot to be

## FOOTBALL CHAMPIONS CROWNED SUNDAY

Powerhouse, Pyzons and Sigma Chi Blue were declared All-University Flag Football Champions with wins Sunday in the finals of Women's, Co-Rec and Men's intramural football action.

In women's play, Powerhouse dominated BSU 50-6 to claim the top spot. Behind the quarterback play of Rachelle Mulanax and the receiving of Debra Roman and Sue Dean, Powerhouse scored early and often in easily defeating outmanned BSU.

The Pyzons used a Tom Allen to Karen Farst touchdown pass with five minutes remaining in the first half to defeat the Flashcards 9-0 and win the Co-Rec Championship. The swarming Pyzon defense was able to keep the Flashcards out of the end zone during the second half to preserve the shut out.

Sigma Chi jumped out to a 20-0 first-half lead on the Blaze of Glory during the men's final and then withstood a second-half surge to defend their football title. David Campisi, Brent Murphy and Mark Younger scored Sigma Chi's first-half touchdowns, two on passes from quarterback Brent Murphy. Blaze of Glory quarterback Tom Allen hit Devin Smith and Robert Camp with touchdown passes to close the gap to 20-14, but could not find the end zone again.

## Even More Rec Sport Briefs

from beginner through advanced. Step aerobics instructors are also needed. An application is available in the Fitness/Wellness Center which must be filled out and returned by Wednesday, Nov. 27 (the last day of classes before Thanksgiving) and each applicant must lead a "mini-class" audition on Dec. 5, 6, or 7. A more specific information sheet can be obtained in the Fitness/Wellness Center with the application. There are a limited number of audition spots so don't delay in getting information. Although aerobic certification is certainly a plus, it is not a requirement. All instructors must be CPR certified, but this can be obtained before the spring semester begins.

### THANKSGIVING RATE YOUR PLATE

Have a question about your Thanksgiving food? Come plug it into the computer on Thursday and next Monday from 3-7 p.m. and see how nutritional it is. Recipes and suggestions for a healthy Thanksgiving dinner will be available. Basic nutritional analysis can also be done at this time. Stop by the Fitness/Wellness Center and see how well you are eating.

### WELLNESS CENTER EMPLOYEE APPLICATIONS AVAILABLE

Applications for student assistants in the Fitness/Wellness Center are available in the Fitness/Wellness Center. Some of the activities planned are health screenings (such as percent body fat, blood pressure, Health Risk Analysis, nutritional analysis, ergometer testing), fitness activity workshops and classes (weight training, walking/jogging, cycling, etc.) and dissemination of general fitness/wellness information. Upper level and graduate students who would be interested in working in the Wellness Center should pick up an application — the deadline to apply is Wednesday, Nov. 27. Students should possess the knowledge to administer tests, teach non-credit classes and answer questions in this field. The Center is open from 7 a.m.-8 p.m. Monday through Friday, 10 a.m.-6 p.m. Saturdays and Noon-7 p.m. on Sundays. Questions should be addressed to Fitness/Wellness Center at 742-3828.

## More Rec Sport Briefs

held this Saturday at the new softball complex. Turkeys will be awarded to the team winners in men's, women's and co-rec divisions. Trophies will be awarded to the top individual finishers in the men's and women's divisions.

The cross-country course will be a 2-mile course in and around the area by the softball complex and John Knox Village. Teams must have a minimum number of four persons to be eligible to win a turkey.

Entries will be accepted on an individual and team basis in room 202 of the Student Rec Center. There is no charge to enter, but a \$6 T-shirt fee for those wanting a race T-shirt.

### AEROBIC INSTRUCTORS NEEDED

The Student Rec Center will be hiring several aerobic instructors for the spring semester. Qualifications include the ability to teach aerobics to appropriate music, knowledge of exercise, and the ability to teach a variety of classes

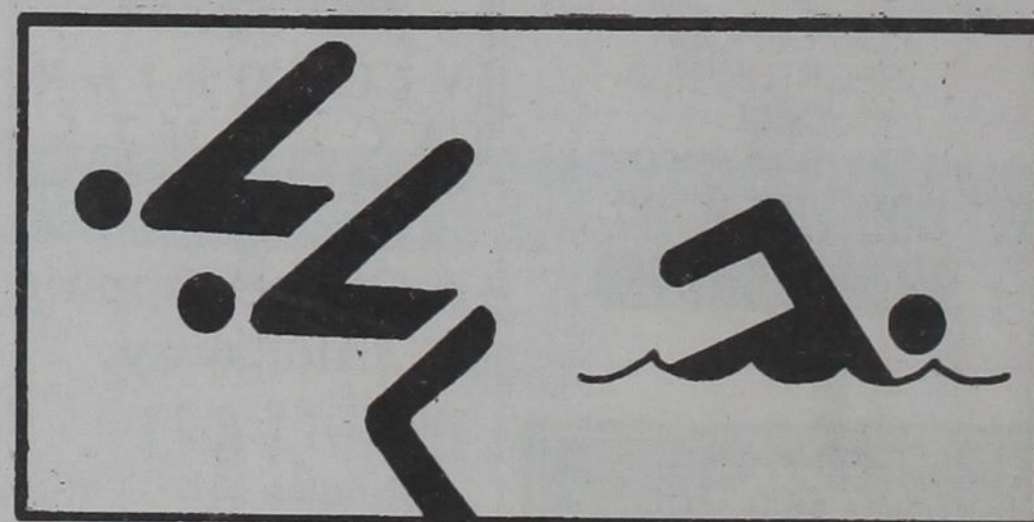
## Coming Soon

Activity	Entries Due
Injury Clinic	Tonight
Backpacking Workshop	Tomorrow
Cross Country Run	Saturday

### Special Events



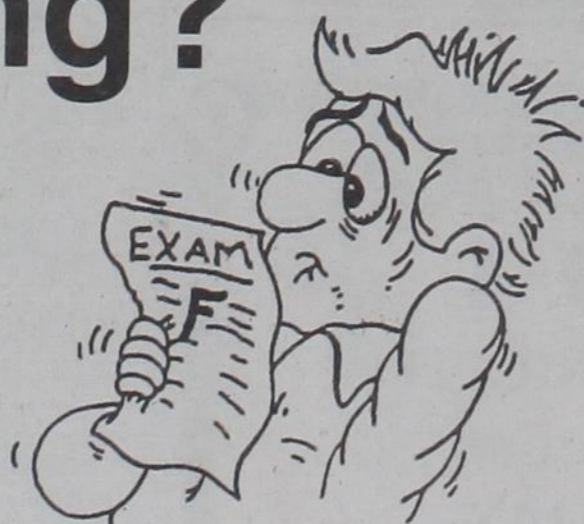
## OUTDOOR REC



## AQUATICS

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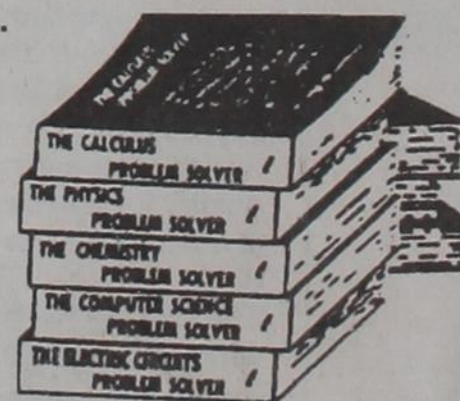


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