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# **VOLUME 86** ISSUE 126 SOUTHWEST COLLECTION Texas Tech University LUBBOCK, TEXAS 79409

# Vietnam veteran highlights impacts of PTSD, war trauma

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### Speaker predicts an increase in disorder within next few years

By EMILY REYES STAFF WRITER

According to one Vietnam War veteran, post-traumatic stress disorder is on the rise.

Speaker Raymond Scurfield spoke on issues of post-traumatic stress disorder and its impact on veterans and their families for the Vietnam Center and Archive's guest lecture series Thursday in the Texas Tech School of Law's Lanier Auditorium.

Scurfield is a veteran of the Vietnam War and expert on PTSD in combat veterans and disaster survivors. In 1988, Scurfield received the Olin E. Teague Award — the U.S. Department of the Veterans Affairs' highest recognition.

Stephen Maxner, director of The Vietnam Center and Archive, was the introductory speaker for the lecture. He said Scurfield served his duty in Vietnam as 'a member of two psychiatric teams who assisted soldiers who were suffering combat and battle fatigue. Upon leaving the army, Scurfield spent time as a member of the Veteran's Association.

"There, he developed and directed numerous regional and national PTSD programs," Maxner said.

Maxner said Scurfield engages in courageous support activities with Vietnam veterans — to include a sanction for veterans to discuss their experiences with PTSD.

He said Scurfield has written four books, including a Vietnam trilogy, and is currently co-authoring two upcoming books on the topic of war-related trauma.

"He is a community leader and was recognized for that in the aftermath of Hurricane Katrina, where he was named the 'Hero of Katrina' for his work providing counseling services for those who survived that disaster." Maxner said.

Scurfield studies the causes and effects of PTSD, and works to improve the healing process for veterans experiencing PTSD. Scurfield's lecture was based on the topic of expanding the circle of healing from Vietnam to Iraq and Afghanistan, and creative approaches

"A lot of people don't realize that when someone goes off to war, their families go off to war.'

Scurfield said PTSD did not become a diagnosis until 1980. During the Vietnam War, there was no psychiatric diagnosis that recognized that trauma could be the ideological factor in explaining a person's problems.

"The greatest single predictor to war PTSD is the amount of exposure to combat and war trauma," he said.

He predicts there will be an increase in veterans diagnosed with PTSD in the future, based on research done on the disorder. Currently, at least 15 to 30 percent of war veterans suffer from PTSD, he said, and more psychiatrists are working on a more accurate diagnosis.

Scurfield said his experiences in the army and his relations with other veterans have led him to expand his circle of healing. Veterans can talk about war experiences with other veterans to help relieve some of their stress, including Scurfield, who has his own private practice in Mississippi.

Scurfield said he laughs at the expression "time heals all wounds" because veterans never forget their experiences and memories from duty.

"We're going to learn how we can co-exist and live peacefully with unforgettable trauma," he said.

He said war veterans need to be more educated on PTSD in order to cope with war trauma. Scurfield said programs need to be recognized and help veterans create a network of other veterans to talk about war experiences

"A veteran's identity is profound; people don't realize that there's a culture of being a veteran or being in the military culture," he said. "Their veteran identity is more powerful than any other identity they have."

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# Hunger Hope





PHOTOS BY ISAAC VILLALOBOS/The Daily Toreador

TOP: THE INTERNATIONAL Cultural Center was the venue for the School of Medicine Poverty Banquet on Thursday evening, which helped raise awareness about poverty stricken-areas locally and globally. ABOVE: Merchandise was sold in order to put money toward helping poverty stricken areas within and outside of our countries borders.

### International Medicine Club students help fight poverty

By NICOLE MOLTER STAFF WRITER

According to the Food and Agriculture Organization of the United Nations, approximately 925 million people in

the world are currently malnourished. Most children die because of malnourishment — about three in five deaths in developing countries — said Breanna

"The United States tends to be a lot better off, but we certainly still have issues," she said. "I think, in Lub-

Goodwin, a first-year medical student from Bonham.

bock alone, one in five children goes hungry every night. Granted, it's not three in five dying every day, but it is one in five — at the very least going to bed without any food whatsoever — so there are certainly issues of poverty here and throughout the world."

The Texas Tech University Health Sciences Center School of Medicine International Medicine Club hosted its third annual Poverty Banquet on Thursday to bring attention to this issue.

POVERTY continued on Page 2

# Fictional talk show participants address rape myths

### Skit hosted as part of Sexual Assault Awareness Month

By PAIGE SKINNER STAFF WRITER

Wearing a revealing outfit is not an excuse for rape

That was one of the many issues the Student Counseling Center and the Sexual Assault Prevention Peer Educators Committee addressed during the Sexual Assault Talk Show.

The event was at 6 p.m. Thursday in the Human Sciences building.

The pretend talk show was meant to address rape myths in the gay, lesbian, bisexual, transgender and questioning community.

Lisa Viator, a staff psychologist for the Student Counseling Center, hosted the show. She began by saying the subject matter is pretty intense and anybody could walk out at any point or consult her during her office hours after the show.

The talk show panel was made of five characters, including the host. The actors went by their real names, but the storyline was made up in order to educate the audience about sexual assault.

Mike Iezzi played the victim, Eddie Falcon the perpetrator, Madison Brockway as Mike's friend, Jessica Hoskins as Eddie's friend and Amanda Wheeler as Mike's counselor.

The storyline was that Mike and Eddie had met through a GLBTQ group at school and had gotten to know each other. After finding out they would attend the same party, Mike got excited to get the opportunity to hang out with Eddie more. At the party, Mike and Eddie danced, flirted and kissed. Because they were too drunk, they walked back to Eddie's apartment to try to get sober.

They began kissing and after Eddie tried to pursue more, Mike said no. They took a break and drank some water and then Mike began kissing Eddie.

Then sexual intercourse came into the picture, but there were different sides to the story. Mike said he was raped, while

Eddie said that is not true. After the fictional story was

told, the audience was allowed to ask questions and express its concerns or comments.

And many of the members did. One vocal audience member was Taylor Thompson. He said he came to the talk show because the Gay/Straight Alliance encouraged its members to.

TALK SHOW cont. on Page 2

### **TechBriefly**

#### **Equestrian team** heading to nationals

Two students from the Texas Tech equestrian team will compete at the National Intercollegiate Horse Show Association's national championship May 3-6 in Raleigh, N.C.

According to the Department of Animal and Food Sciences, this is the first time in university history that members of the equestrian team have advanced to nationals.

Tech students Haley Aydam and Tobie Montelbano qualified at a zone competition in Indiana.

"We are very excited and proud of these students," said Jane Bagley, a visiting associate professor in equine science with Texas Tech's Department of Animal and Food Sciences. "This is an awesome accomplishment and truly shows how dedicated they

#### **Professor receives National Science Foundation award**

Hamed Mohsenian-Rad, an electrical engineering and computer assistant professor, was recently given a CAREER Award from the National Science Foundation for his research on game theory and management of power consumption.

The award comes with a \$400,000 prize.

Mohsenian-Rad's research addresses how to change consumers' daily habits regarding energy costs and power use.

According to a news release about the professor's study, "A potential solution to the consumer behavioral change could be found in automated demand response systems or agents. These agents, built into or added onto consumer electronic appliances, devices and systems, monitor daily energy cost schedules and operate — on behalf of the consumer — to maximize cost savings through operation at nonpeak times."

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### WEATHER



Mostly Sunny





Sunny

**Doughty: Separate** celebrities, politicians OPINIONS, Pg. 4



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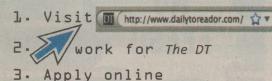
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### Community Calendar

Texas

#### TODAY

Texas Tech Undergraduate Research Conference Time: 9:45 a.m. to 8 p.m. Where: Student Union Building, Room 232 So, what is it?

Present your research and network with fellow researchers from around the country at this undergraduate research conference that ends today.

Sexual Assault Survivor Sup-

Time: Noon to 1 p.m. Where: Student Wellness Center, Room 100

So, what is it? Learn how to effectively respond and aid someone who has been sexually assaulted, learn about local resources,

rape myths, cultural views of sexual assault, and how to offer

National Society of Black Engineers Time: 5:30 p.m. to 9 p.m. Where: Overton Hotel So, what is it? Ioin NSBE's Third Annual

Fundraising Gala for an evening of networking, dinner, live music, a silent auction and an engineering Q&A. The ask that attendees wear business professional attire.

Texas Tech Softball vs. Baylor Time: 6 p.m. Where: Rocky Johnson Field So, what is it? Support the Red Raiders as they compete against the Bears

Texas Tech Women's Tennis vs. Missouri

Time: 6 p.m. Where: McLeod Tennis Center So, what is it? Support the Lady Raiders as they compete against Missouri.

Jazz Festival Concert Time: 8 p.m. to 9:30 p.m. Where: Hemmle Recital Hall So, what is it?

Enjoy this Jazz Festival concert today and Saturday at the same

### SATURDAY

Flute Festival Concert Time: 4 p.m. to 5:30 p.m. Where: Hemmle Recital Hall So, what is it? Enjoy this flute festival concert

presented by the School of Music.

Time: 6 p.m. Where: McLeod Tennis Center So, what is it?

Texas Tech Men's Tennis vs.

Support the Red Raiders as they compete against the Longhorns.

Take Back the Night Rally and March

Time: 6 p.m. to 9 p.m. Where: Lubbock County Courthouse, 904 Broadway So, what is it?

In conjunction with Sexual Assault Awareness Month. join several Texas Tech and Lubbock organizations for a night of solidarity, education and action in protest of sexual violence and assault with music from the Bently Masse Band, and speakers Jennifer Bassett, Barron Slack and Bently Massey.

World Music Ensemble Zydeco Concert Time: 7 p.m. and 8:30 p.m.

Where: Hemmle Recital Hall So, what is it? Enjoy this World Music Ensemble Zydeco Concert presented by the School of Music.

#### SUNDAY

Texas Tech Softball vs. Baylor Time: Noon Where: Rocky Johnson Field So, what is it? Support the Red Raiders as they compete against the

2012 Burkhart Walk for Autism Awareness Time: 2 p.m. to 4 p.m. Where: Jones AT&T Stadium

Bears.

So, what is it? Help raise awareness about au-

tism. There is no registration fee, but donations are welcome and all proceeds benefit the Burkhart Building Fund.

Texas Tech Women's Tennis vs. Missouri Time: 6 p.m. Where: McLeod Tennis

Center So, what is it? Support the Lady Raiders as they compete against Mis-

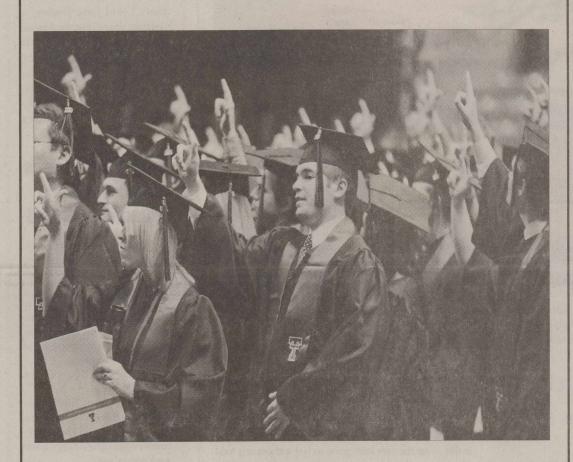
To make a calendar submission email dailytoreador@ttu.edu.

Events will be published either the day or the day before they take place. Submissions must be sent in by 4 p.m. on the preceding publication date.

# Honor Your Red Raider

Saturday at noon.

today and



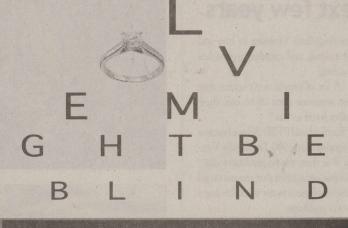
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## Fewer people registering for Komen races

DALLAS (AP) — For years, Katie Sanchez participated in her local Susan G. Komen Race for the Cure, raising money annually to honor her aunt, cousin and a male friend - all breast cancer survivors.

But when her local race rolls around this fall, she won't be there. She already donated her entry fee to Planned Parenthood.

"Pretty much everyone I walk with has decided to do something else," she said.

Sanchez and many other Komen supporters have abandoned the nation's largest breast-cancer charity since news emerged in late January that it had decided to stop making grants to Planned Parenthood for breast cancer-screening. Komen soon reversed that move following a threeday onslaught of criticism.

Organizers of individual Race for the Cure events — 5K runs and walks that account for most of the charity's fundraising—have seen participation decline by as much as 30 percent. Most also saw their fundraising numbers go down, although a couple of races brought in more money.

Race organizers acknowledge the effect of the Planned Parenthood debacle, which angered people on both sides of the abortion debate.

"I think there's no getting around the fact that the controversy did have an impact," said Leslie Aun, a spokeswoman for Susan G. Komen for the Cure. "We're not back where we were. We know that it's going to take a while."

Sanchez, an occupational therapist from Denver, said she was upset when she learned that Komen had pulled the funding. And she wasn't mollified when the charity reinstated it.

"I appreciate that they changed their minds, but that was still too little, too late in my opinion," said Sanchez, who has participated in five races over the past several years.

Sanchez, who describes herself as pro-choice but not pro-abortion, said the flip-flop caused her to lose respect for Komen's decision-making process.

"If it's really that important to you, then make a decision and stick with it," she said.

Only nine races have been held since the Planned Parenthood controversy, but an Associated Press survey of affiliates for the Dallas-based charity showed that a downward trend is already taking shape.

A month before a southern Arizona race, the number of people registered was about half as many as last year.

A spokeswoman for the affiliate in Tucson, Gillian Drummond, said the group held a news conference to "save our race" and focused on getting the word out that most of the money raised at the event goes to grants for local services, including breast screenings, cancer treatments and education programs. The remaining 25 percent goes to national research.

"We just tried to connect with people that way and to show them that we do a lot of good locally," she said. "This is too valuable a race to

By the time of the March 25 event, registrations had rebounded somewhat but were still about 30 percent lower than 2011 — roughly 7,200 registrants compared with 10,000. The \$425,000 fundraising total was down by about 25 percent.

#### **Poverty CONTINUED FROM PAGE 1**

The goal of the banquet is to spread awareness of international dilemmas, said Merril Raju, a first-year medical student from Mesquite, especially regarding poverty, food episodes, food distribution, how basic necessities go unnoticed and what the U.S., as a growing nation, can do to help.

Ted Holder, CEO at Breedlove Foods Inc., and Willa Finley, an expert in agribusiness, were the two guest speakers at

All profits from the Poverty Banquet will be donated to Breedlove Foods, Raju said.

Breedlove Foods, Goodwin said, is a Lubbock-based nonprofit that takes leftover produce and food that companies normally throw away and turns it into dehydrated foods to send to communities in need.

sends food to over 80 countries around the world, said Dan Nguyen, a first-year medical student from Plano.

"What's great is that last year and the year before that — so this is our third annual Poverty Banquet — they've raised over 30,000 meals with this banquet alone," he said. "We hope to achieve that — or surpass that — goal."

Finley, being an expert in agribusiness, is working on a method of building infrastructure to help fight poverty, Goodwin said.

"So instead of just saying, 'Here's a bunch of food or here's a bunch of money," she said, "it's saying, 'Here are skills and here are tools, so you can do that both medically and non-medically. Today, we're trying to focus on nonmedical ways, because, since we're in medicine, we tend not to hear about those as often.'

Bangladesh, Greece and Mexico are three different struggling Breedlove Foods packages and countries discussed during the

Poverty Banquet, Goodwin said. "Bangladesh is the third

poorest nation in the world, very much the endemic sort of poverty," she said. "Greece is obviously facing major economic issues. There are people that are homeless that are eating out of trashcans and those types of things there. Mexico - while both being in an area of huge gaps in wealth — also faces a lot of political issues nowadays with all the drug cartels and the type of power that they can exert

Different versions of poverty exist all throughout the world, Goodwin said.

"I've been the type of student, at least in undergrad and through high school," Nguyen said, "that was always into giving back to the community and trying to find something bigger than myself. I love international medicine and everything, so that's why it was a big deal for me to get involved with this.'

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### **GOING GREEN**



PHOTO BY LAUREN PAPE/The Daily Toreador

THIYA MUKHERJEE, A plant biology graduate student, inspects the sizes of leaves in the Biology Greenhouse on Thursday. After the leaves grow to the correct size, DNA will be extracted from them for experimentation.

# Gulf residents to get extra \$64 million for spill claims

NEW ORLEANS (AP) — Roughly 7,300 residents and businesses harmed by the 2010 oil spill in the Gulf of Mexico will get more than \$64 million in additional payments because their claims with BP's \$20 billion compensation fund were shortchanged or wrongfully denied, the Justice Department announced Thursday.

An independent audit of the Gulf Coast Claims Facility found "significant errors" in its processing of claims that led to applicants receiving less than what they were entitled to under GCCF procedures, the federal agency said.

Claimants eligible for the additional payments should be receiving them in the next week to 10 days, a Justice Department spokesman said.

claimants who were erroneously which errors were made in the

overpaid, but the department says claims evaluation process, in genthe GCCF isn't trying to recover those overpayments.

Fund administrator Ken Feinberg said Thursday that the \$64 million amount was modest for a program that paid out more than \$6 billion in 18 months. He had absorbed much of the blame for what some affected individuals and businesses said was a slow payment

"The independent auditor's report puts to rest any criticism that the GCCF failed to be consistent and generous in its payouts," he said Thursday.

Although the audit identified errors, it found that the GCCF claims process "constituted a signif-

icant advance" in disaster response. "While our independent evalueral, the GCCF appeared to have consistently applied its protocols and methodologies in processing claims," the auditor's report said.

More than 2,600 others whose claims were erroneously denied won't be getting checks because their claims files did not contain information needed to determine whether they sustained a financial loss, according to the auditor's

BP spokesman Scott Dean said the audit shows the GCCF "delivered significant achievements" during its 18-month tenure.

"BP supported the audit throughout the process, and the GCCF played a critical role in helping us to expeditiously meet our commitments under time-sensitive The auditor also identified ation did uncover instances in and challenging circumstances," Dean said in a statement.

### 2011 worst measles year in US in 15 years

was the worst year for measles in the U.S. in 15 years, health officials said Thursday.

There were 222 cases of measles, a large jump from the 60 or so seen in a typical year. Most of the cases last year were imported — either by foreign visitors or by U.S. residents who picked up the virus overseas.

U.S. children have been getting vaccinated against the measles for about 50 years. But low vaccination rates in Europe and other places resulted in large outbreaks overseas last year.

So far this year, 27 U.S. cases have been reported and it's too early to gauge whether 2012 will be as bad as last year. But with large international events like the London Olympics coming up, health officials are urging everyone - particularly international travelers — to make sure they're fully vaccinated.

"For those of you traveling abroad, bring back memories and not measles," said Dr. Anne

Schuchat of the Centers for ported in the U.S. last year; the Disease Control and Prevention.

Generally, the Americans who got measles last year were not vaccinated. At least twothirds of the U.S. cases fell into that category, including 50 children whose parents got philosophical, religious or medical exemptions to skip the school vaccinations required by most states, CDC officials said.

The vaccine is considered very effective but a few vacci, area where 21 cases were traced nated people still get infected.

Measles is highly contagious. The virus spreads easily through the air, and in closed rooms, infected droplets can linger for up to two hours after the sick person leaves.

It causes a fever, runny nose, cough and a rash all over the body. In rare cases, measles can be deadly, and is particularly dangerous for children. Infection can also cause pregnant women to have a miscarriage or premature birth.

No measles deaths were re-

last one occurred in 2003. But about a third of the 2011 cases were hospitalized, and one child was touch-and-go for about a week before finally recovering, one CDC official said.

Officials traced 200 of last year's 222 cases to measles in another country, said Schuchat, director of the CDC's Office of Infectious Diseases. The largest outbreak was in the Minneapolis to a child who got sick after a trip to Kenya.

The last time the United States had more measles was in 1996, when 508 cases were reported.

Before the vaccine was available, nearly all children got measles by their 15th birthday and epidemics cycled through the nation every two to three years - generally peaking in the late winter or spring. In those days, about 450 to 500 Americans died from measles each year.

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### NYC basement searched for boy who vanished in 1979

NEW YORK (AP) — Police disappearance, National Missing phone calls and email messages and the FBI searched a Manhattan Children's Day. basement Thursday for the remains Etan's parents, Stanley and the buzzer at the family's apartment of a 6-year-old boy whose 1979 disappearance on his way to school helped launch a missing children's movement that put kids' faces on milk cartons.

Etan Patz vanished on May 25, 1979, after leaving his family's SoHo apartment for a short walk to catch a school bus. It was the first time his parents had let him go off to school alone.

A forensic team planned to dig up the concrete floor and remove drywall partitions to find blood, clothing or human remains in the building, just down the street from Etan's home, police spokesman Paul Browne said. The work is expected to take up to five days.

FBI and police officials didn't publicly announce what led them to the site, but a law enforcement official told The Associated Press that investigators made the decision to dig after an FBI dog detected the scent of human remains at the building over the past few weeks.

Investigators have long eyed the basement with curiosity because it can be accessed from the street on the boy's route to school. At the time, the space was being used as a workshop by a neighborhood handyman who was thought to have been friendly with Etan.

FBI investigators have interviewed the man several times over the years. Investigators questioned him again recently, and as a result of those discussions decided to refocus their attention on the building, according to the law enforcement official.

The official spoke to the AP on condition of anonymity because the investigation is ongoing. Two other law enforcement officials also confirmed that an FBI dog had indicated the scent of human remains in the space.

Etan's disappearance drew national attention to child safety, ushered in a generation of parents who became afraid to send their kids out alone and helped fuel a movement to publicize missing children's cases. Etan's face was among the first to appear on milk cartons. President Ronald Reagan declared May 25, the day of his

Julie Patz, became outspoken advocates for missing children. For years, they refused to change their phone number, in the hope that Etan was alive somewhere, and might call. They never moved, although they obtained a court order in 2001 declaring the boy dead.

Stanley Patz didn't respond to time he disappeared.

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Ombuds Office

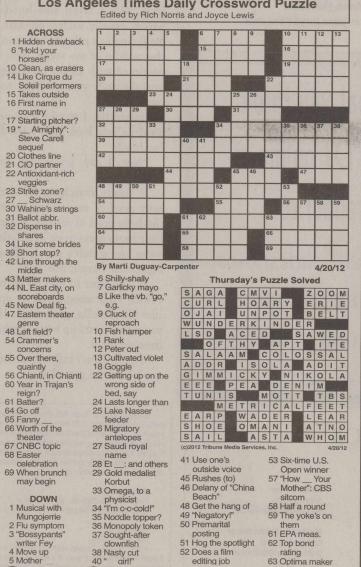
69 When brunch may begin

1 Musical with Mungojerrie 2 Flu symptom 3 "Bossypants" writer Fey 4 Move up 5 Mother

Thursday. A man who answered said they wouldn't be speaking to

No one has ever been prosecuted for Etan's disappearance, but Stanley Patz sued an incarcerated drifter and admitted child-molester, Jose Ramos, who had been dating Etan's babysitter around the

**Los Angeles Times Daily Crossword Puzzle** 



www.ombuds.ttu.edu

A safe place to bring concerns and The one real object of education is to have a man in the condition of continually asking questions. ~Bishop Mandell Creighton SUB Room 232 E 806•742•SAFE



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# Separate celebrities, politicians

The day Kim

Kardashian enters

politics is the day

a meteor descends

upon Earth.

o you know how I know the world is ending in 2012? This week Kim Kardashian announced to her sister that she wants to run for mayor of Gledale, an Armenian community in California.

The day Kim Kardashian enters politics is the day a meteor descends upon Earth.

I find myself more and more addicted to Twitter. This social networking site has broken all barriers between the social elite and mere commoners. I practically feel like I am BFF's with Kim Kardashian, Justin Bieber and Beyonce. They provide me with up to date coverage on where they are at and whom they are with. Mostly, they endorse products and songs and that stuff, but I can look past all that because virtually they're my best friends, right?

Product, self and programming endorsements I can handle, but I cannot stand celebrities endorsing political candidates publically. These people get paid millions of dollars to sell themselves to me, so it's only logical they would try to sell someone else for me to buy. However, I draw the line on politics. I know for a fact most of these talking heads know little

Andy

to nothing about politics and the candidates they are supporting.

Ridiculous amounts of money have been rallied for President Barack Obama's campaign. He has such celebrities on his side as the beginning of the Republi-

Oprah Winfrey, Jay Z, Jessica Alba, Vince Carter, George Clooney, Brad Pitt, Blake Lively and stars as young as the Jonas Brothers.

A quick Google search led me to 194 celebrities that Obama expects

to support his campaign this are having a high school student year. That is completely crazy to me. Not because he is Barack Obama, but because I was pretty sure most of these people already thought they owned the world

I would be remised of my job if I didn't mention the handful of celebrities endorsing the Republican candidates including: Jeff Foxworthy, Cindy Crawford, Gene Simmons, Trace Adkins and Donald Trump. Mr. Trump is a very smart businessman, and I think Romney could use his knowledge on economics in his economic plan, but Donald has been way too crazy since

> can race. His endorsements come with his outlandish comments.

No matter if the celebrity is Republican or Democratic, I do not find it to be their civil duty to endorse a candidate. Otherwise, we

council election run strictly on celeb-popularity. Celebrities are highly influential, especially in today's pop culture run society.

It is a misconception to think (Yes, Oprah Winfrey, I am look- these people make millions of

dollars so they must be smart and have the insight to influence politics. I'm here to say it doesn't take a neurosurgeon to tell you they don't get paid for their brains.

The question is: Is this even ethical? I don't think so. The reason I say this is because so many young children are out there looking for a cause to follow or a place where they fit in and many look to celebrities. Let's face it, if it weren't for the celebrity factor and Obama adopting the strategy of Kim K. — do nothing and be in the media as much as possible he probably wouldn't of gotten elected on his credentials.

I don't think any celebrities will be reading my opinion and changing their ways anytime soon. But, I do hope that we, as a college campus, are smart enough to not being conned into believing the hype of the elections. It's all about ratings for the media and we need a leader who is going to help us survive the apocalypse

Doughty is a junior English major from Nederland.

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# Confidence, liquid courage can shake first date anxieties

hough I usually tend to write about politically poignant and thought provoking topics which surpass the level of understanding of most college students, I think today I'm going to dial it down a bit.

But really, this weekend I went on a date — and not just any date, either. It was the "first date."

The one with all the awkward uncertainty about if the date is going to go well and the question of the kiss at the door hanging in the air.

likely these situations terrify

While I love socializing and mingling, the idea of hanging out with someone one-on-one is mortifying.

If I'm about to go out with someone new, whether it's a date or just some girl I know

who I've never hung out with before, I get major anxiety and have to jot down possible conversation topics in my phone to avoid uncomfortable silences.

I sweat, I shake, and I envision myself flipping my car off the edge of the Loop 289 overpass.

It's that bad.

So, kids, here's my stepby-step guide on how social recluses like you and me can survive — and even thrive on a first date. Or, at least, not throw up on your own shoes.

Step 1: Make sure you look as fly as possible. I would think this would be

obvious, but that's not always

My goal used to be to not look like I tried too hard, which usually ended up with me laving in a pile of clothes in the middle of my room, overwhelmed with all my clothing options and, yet, nothing to

Ironically, I would try too hard to not look like I tried too hard.

Now, I say, go big or go

If you're searching for the holy grail of men, then wear the holy grail of outfits. Wear your prom dress to sit in a dark room and watch a movie. The bigger the better, bro.

If you want to end up with Prince Charming, dress it up like Cinderella, girlfriend. If you want to end up with Shrek, then go for it.

Step 2: Don't talk about the guy before he gets there.



I made this mistake with my roommates.

I don't know why I pretend like my walls aren't paper-thin and my date couldn't hear me talking about him from across the parking lot, but, if he could, he played it off very well.

So, girls, as badly as you If you're like me, more than want to ogle over how pretty his eyes are, or how funny he is, or how good of a kisser you think he might have been from your drunken night last week, contain it.

Which actually brings me to my next point.

If you have met and hung out with this person while both of

If I'm about to go

out with someone

new ... I get major

anxiety and

have to jot

down possible

conversation topics

in my phone ...

you were under the influence, the dynamic between the two of you can change drastically when neither one of you is balls deep in cranberry vodka doubles and glasses of Stella Artois.

Alcohol can seriously alter your perception, so how do you handle meets ing someone drunk, and

then actually meeting him or her sober?

Easy; act drunk.

I'm not saying to start yelling and screaming about how you can't find your friend and crying because no one held your hair back for you.

I'm not talking piss-drunk. I'm talking classy, charming

What I'm saying is the person we are when we are drunk is who we would be without any

For me, I just get increasingly funnier - or, at least, I think I do - and I can actually walk in heels - or, at least, I think

So if you try and recreate the feeling of being a little tipsy assuming you aren't tossing them back before your date - you should be golden. Just try not to trip and fall. That's another one of my drunken fortes.

So, everyone, I hope this helps.

Good luck to everyone who is dating around and, most importantly, try not to take yourself too seriously.

Holmes is a junior broadcast journalism major from Houston. >>> sholmes@dailytoreador.com

# Exercise: take advantage of opportunity

ummertime is swiftly approaching and many of us want to make sure our beach bodies are in tact.

Many of us have been guilty of attempting to reach a weight goal in a short amount of time. Over the years, I have learned that slow and steady is the best way to lose and keep pounds off.

We should all exercise, but not for only short spurts of time and not only to achieve physical attractiveness. Many people only exercise to get to that slim frame or muscular body that they have always dreamed of. While that is a great motivational tactic, losing weight shouldn't be the most important aspect.

Some of us may have friends who are thin look healthy, but treadmill for five minutes without being winded. Just because you are naturally thin doesn't mean you shouldn't workout. Just because you workout often and aren't happy with your physical should stop.

If you are concerned about your weight, popular belief says it

Jaira Keys



is 70 percent diet and 30 percent exercise. Exercise is too often seen in a shallow manner. Maybe it's just the society we live in. Why don't we workout for our

Exercise has been shown to reduce stress and improve moods. Are you having a bad day? Well, hit the gym. I've never heard anyone say they wish they hadn't worked out. People only regret

when they don't workout. Exercise can also serve as a they are unable to walk on the bonding experience. You can do it with your friends and family. It can also be a couple's activity. Working your muscles and sweating together can be stimulating

for both of you. There is no downfall to workappearance doesn't mean you ing out. Get out there. You have nothing to lose. Well, maybe you lose pounds, but that's not so bad. You can become stronger and

regularly you have more control over your own body.

You should workout so that you can have a healthy heart. You should workout because you have the ability. There are many individuals who can't get up everyday; be grateful if you can. Take full advantage of your

My best friend passed away almost two years ago. Six months prior to his abrupt exit he was diagnosed with liver cancer. I have no idea of the pain his body felt or the things his mind was taking him through.

Even though he was going through surgeries and chemotherapy, he always seemed happy and energetic. I remember he prepared to run a 3k. He ran every day. The day of the race came and I decided to tag along.

He asked if I wanted to run with him. I looked at him as if he'd asked if I'd like to eat a bowl

more flexible. When you exercise of toenails. So, I stayed behind and found him after the race. The moment was very important because it's one that I won't forget.

> After he was no longer here, I was left with thoughts of whether I was taking full advantage of all of the blessings I had been allotted in life. If someone who is in physical agony can get up every day and run, why can't I? The answer is, I can. You can!

> We so often take walking, standing and jumping for granted. We don't realize others may either find these tasks difficult or totally impossible. I urge you to take advantage of your ability.

While some are into fitness to obtain a certain physique others do it for fun. What ever your reason is, I'd like to refer you to the Nike slogan: "Just do it."

Keys is a senior sociology major from Houston. »» jaira.keys@ttu.edu

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# **Presidential Lecture and Performance** Series presents former poet laureate

Billy's work is very

plain-spoken and

I'm sure he is loved

by students and

readers of all ages.

**JOHN POCH** 

TEXAS TECH

**PROFESSOR** 

**By HALLIE DAVIS** STAFF WRITER

Billy Collins, former poet laureate, will speak tonight as part of the Presidential Lecture and Performance Series.

"Collins has been dubbed 'America's most popular poet," said series administrator Jo Moore. "He is a former poet laureate and has a terrific sense of humor."

As part of his visit to Tech, Moore said, Collins gave a master class to a group of Tech students and spoke to students at Lubbock High School.

"Billy's work is very plainspoken and I'm sure he is loved by students and readers of all ages," said John Poch, English professor and director of the creative writing program, in an interview

The workshop he gave at Tech was about the "skeleton of a poem" and included a lot of interaction. Tech English profes-

"(Collins) has been teaching at all ranges for decades," Wenthe said. "He gave a really insightful talk about poetry — reading it and writing it."

More than 50 people attended the workshop, Wenthe said, with some attendees sitting on the ground and in the aisles.

Poch said he sent Collins some student poetry to look at before the class and upper level students

stayed after the talk to speak with Collins and get individual feedback on their work.

"It's a great opportunity for poetry students to see how a sor William Wenthe called it a master craftsman works and to

rub shoulders with a former U.S. he speaks to everyone," Wenthe poet laureate," Poch said.

The United States poet laureate is a position appointed by the librarian of Congress and serves to raise awareness and

appreciation of poetry for the nation as a whole. Collins was in the position from 2001-2003.

He has done readings everywhere from the White House to elementary schools, and has been praised by The New York Times and won nu-

merous awards. Wenthe said the event was a great cultural experience for Lubbock.

The evening will begin with Collins reading selections from his poetry, Moore said.

"His poetry is intimate and yet

said. "And he's funny."

The humor is hard to describe though, Wenthe said; it is a witty, smart, sense that fit perfectly with Collins' poetry.

Collins will have a question and answer session. After, attendees are welcome to stay for a book signing and meet-and-greet session with Collins.

Moore said she has been making arrangements for this event for nearly two years, working with Poch as well.

"I have seen him read," Poch said, "and I saw people laughing, in tears and doing a whole lot of smiling. He connects with an audience in a way that few poets

The event will begin at 7 p.m. in the Student Union Allen Theatre. Tickets cost \$15 through Select-a-Seat. Students with a Texas Tech ID get one free ticket. Next in the series is the visiting Santa Fe Opera Spring Tour on April 29.

>>> hdavis@dailytoreador.com



"I thought it was great," said the sophomore interior design major from Southlake, "and I think everyone should experience (a talk show) like this, and I think everyone should do so right around when they become sexu-

ally active." Thompson said his questions, comments and concerns came from anger toward society.

"I just felt more compelled," he said. "Well, quite frankly I just want to express my outrage, almost, that society has thought it would be OK to omit this part of our education in general."

Falcon, president of SAPPEC, said one of the purposes of the student organization is to "dispel rape myths for both the heterosexual and homosexual communities."

He said rape myths are not selective to either the homosexual and heterosexual communities.

'There's kind of a rape myth entwined in there too," said the senior political science major from Andrews. "A lot of people tend to think that gay men can't rape each other because, well, they're gay. That's absolutely false. The rape myths apply for everyone."

Brockway, a senior psychology major from Rockwall, said SAPPEC members were pleased with the amount of people who turned out for the talk show.

"I think it's important, for the main reason I joined SAPPEC," she said, "to educate other students about sexual assault and let them know about the legal

parts about it and the moral parts about it and to get students thinking and to bring up those rape myths that are in society and try to stop them."

>>> pskinner@dailytoreador.com



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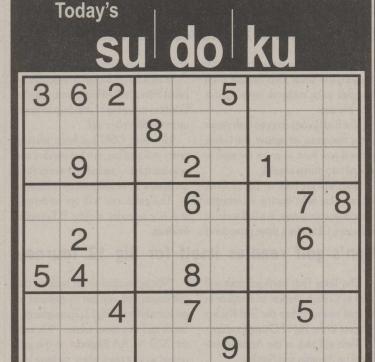
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# SPORTS

#### **SPORTS BRIEFS**

#### Tech hosts Baylor to conclude 6-game homestand

Coming off a comeback win against and picked up wins against three top 10 the No. 19 Aggies to snap a three-game losing streak, the Texas Tech softball schedule doesn't get any easier.

The No. 24 Red Raiders will host their fifth-straight ranked opponent, as the No. 25 Baylor Lady Bears come to Lubbock.

Against the last four opponents, at Rocky Johnson Field, and will con-Tech has accumulated a record of 5-5 tinue at noon Saturday and Sunday.

Baseball heads to OSU to return to conference play

After stringing together four straight victories, the Texas Tech baseball team struggled in its midweek series against New Mexico.

The Red Raiders dropped both games of the two-game set against the Lobos, try and turn things around.

Tech will get back to Big 12 Conference play after having six-straight non-conference games, as it will travel to Stillwater, Okla., for a three game series Stadium.

against the Cowboys.

If Tech can find a way to sweep Oklahoma State, the Red Raiders can leap the Cowboys in the Big 12 standings to move up to the fifth place slot.

teams—Oklahoma, Texas and Missouri.

Megan Turk hit a walk-off double to seal

a 5-4 victory for the Lady Bears against

The series will begin at 6 p.m. today

the No. 5 Texas Longhorns.

Baylor enters this game coming off a big win of its own. In the eighth inning,

However, OSU has been playing and will now have to go on the road to pretty well as of late, as it has won five out of its last three — including a win in Austin against Texas and a sweep of Kansas.

The game one will get underway at 6:30 p.m. today at Allie P. Reynolds

#### Men's golf readies itself for Big 12 Tourney

The Texas Tech men's golf team will its final tuneup before the Red Raiders compete in the Big 12 Championships. Tech will play in the Aggie Invita-

tional on Saturday and Sunday. The tournament will be played at the Tradition's Club, Tech head coach Greg

Sands said, and this is a course the team has a track record of performing well at.

"We are excited to get back on the head to College Station to compete in golf course with one last tournament to get us ready for the Big 12 (Tournament)," Sands said in a news release. "We won the 2010 NCAA Regional on this golf course, so it's a place where we have had success in the past and we hope to continue that success this weekend."

> The Red Raiders are scheduled to tee off beginning at 9:06 a.m. Saturday.

#### Tracks top-10 ranked teams head west for meet

The Texas Tech track team headed to Walnut, Calif., on Thursday to compete in the Mt. SAC Relays until Saturday.

Both teams jumped up in the UST-FCCCA polls Tuesday after their performance at home last weekend during the Texas Tech Open. The women's team moved into the top 10 by moving up one spot to gain the No. 10 ranking. The men's team continued to inch its way to the top of the rankings, as they climbed up five spots to claim the No. 3 spot in the national rankings.

The teams also had four athletes jump into the top 10 heading into this weeks action. Hurdler Katie Grimes ranking No. 7 in the 100-meter hurdles with a time of 12.99 seconds. Pole-vaulter Kyal Meyers cleared 17-9 to grab a No. 8 national ranking and moved into second in the Big 12 Conference. JaCorian Duffield cleared 7-2 1/2 in the high jump for a No. 10 ranking. Ranking the highest nationally for the Red Raiders is Kole Weldon who — with a throw of 196-7 in the discuss throw ranks No. 4 nationally in the event.

# Women's team looks for share of title, men bid farewell to successful seniors

By BRETT WINEGARNER MANAGING EDITOR

#### **WOMEN'S TENNIS**

Coming off one of the biggest wins in program history with a 4-3 win against No. 20 Texas A&M to snap a 27-match losing streak, the Texas Tech women's team struggled against No. 13 Texas, falling 4-2.

Texas was just the better team that day and it had nothing to do with the way the team played, head coach Todd

"It wasn't so much the fight or the effort, we just got outplayed," he said, "but that's good because you kind of need that wake-up call coming into this part of the season."

However, even though the Lady Raiders' six-game win streak and undefeated conference play came to an end, Tech still jumped into the Top 20 with a No. 19 ranking in the ITA polls.

The Lady Raiders will look to continue to make their way up the rankings this weekend, as they host two matches against No. 45 Missouri and Iowa State to finish out the season.

More important than the rankings though, is the fact that the team will be playing for at least a share of the Big 12 Conference title. A loss to Texas A&M for Texas gave the Longhorns their first conference loss, meaning if Tech matches or bests Texas this weekend, the Lady Raiders will finish no less than tied for first.

The added meaning of the game puts more on the line for Tech, Petty said, but the team has to approach this match just like they have this whole season.

"I think you've got to treat this just like any other match," he said. "Obviously, the significance is there now, but it's not any more important than if it wasn't there. We've got to get better every day. We've got to get better

through these matches and prepare for the Big 12 tournament, which is what these matches were about."

The team can't put any added pressure on itself, junior Elizabeth Ullathorne said.

"We just have to look like this weekend as just another opportunity," she said, "and not to put pressure on ourselves and just enjoy the moment."

With these last two matches being not only the last two matches of the regular season, but at home as well, Tech will put an undefeated 7-0 home record on the line to go with everything else at stake.

The weekend action begins for the Lady Raiders at 6 p.m. today against Missouri, and then to close the season Tech will take on Iowa State at 1 p.m. Sunday. Both matches will be played at the Don and Ethel McLeod Tennis Center.

#### **MEN'S TENNIS**

More than 350 matches.

This is the amount of matches the three seniors on Texas Tech men's tennis team has combined to win during their time as Red Raiders.

However, Gonzalo Escobar, Rafael Garcia and Raony Carvalho will step on the court Saturday night to play their final regular season matches as members of the Tech team. It will be senior night in Lubbock,

17 ranked Texas Longhorns in both of first place. teams' final match before the Big 12 Championship starts. The three players who will be honored Saturday night will go down as some

as the No. 24 Red Raiders host the No.

of the best tennis players to ever wear the Tech uniform, Red Raider head coach Tim Siegel said. "Well these three seniors will go down in history — at least to this point — as the best players we've had," he said,

"and for so many reasons. They are a part

of the four best teams we've had at Texas

Tech — top 25 all time."

TEXAS TECH'S ELIZABETH Ullathorne hits the ball during the Lady

Raiders' 7-0 victory against UTEP on Jan. 23 at the Don and Ethel

McLeod Tennis Center. The Lady Raiders will look to clinch at least a

share of the Big 12 title, as they host Missouri and Iowa State.

Unlike the women's team for Tech, the Red Raiders will not have a shot at the Big 12 Conference regular season title, as they lost to Oklahoma last week and then the Sooners put away Oklahoma State 6-1 Thursday to clinch sole possession

However, the Red Raiders will be playing for a shot at ensuring their place as the number two team in the conference, as a win against the Longhorns will seal a second place finish for Tech and could possibly make it to where Tech would host the first rounds of the NCAA Tournament

Carvalho, one of the three aforementioned seniors, said the season didn't start well for the team, but that he and the rest of his teammates still think they can

win this game and then win the Big 12 Tournament.

FILE PHOTO/The Daily Toreador

"We didn't start the way we wanted to," he said, "but I think the work we have done the whole semester is paying off and hopefully we can do a great job this week and win the Big 12 (Tournament)."

The match will begin at 6 p.m. Saturday at the Don and Ethel McLeod Tennis Center, Siegel said, and he hopes there will be a large crowd to cheer the team on because the team feeds off the energy from a good crowd.

"We hope to get a big crowd because" it means so much to us," he said. "The fact that they're making noise; the fact that they are encouraging our players it's extremely important and the players feed off that."

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