

road trip

newsletter for commuter & off-campus students

February 2008

Here are some exciting facts about TWU that will surely instill pride in your choice to get a degree from this impressive institution.

DID YOU KNOW?...

- *Hispanic Outlook in Higher Education* magazine rates TWU a Publisher's Pick for its record of recruiting and graduating Hispanic students. The magazine also lists TWU among its Top 100 Schools for Hispanics. (2006)
- Minority students (excluding international students) comprise 37 percent of enrollment at TWU. (Fall 2006)
- TWU researchers were the first to document bone loss in space in a project with NASA. Today, the TWU Institute for Women's Health has the world's largest database of osteoporosis imagery/scans.
- Dr. Judith McFarlane, holder of the Parry Chair in Health Promotion and Disease Prevention on TWU's Houston campus, conducts research on the health effects of violence against women and the effectiveness of interventions to prevent further violence. Her findings on the abuse of pregnant women and its connection with low birthweight have been used by clinicians in the United States and abroad to set standards of care for pregnant women.
- Dr. Michael Bergel (biology) and Dr. James Johnson (chemistry and physics) are conducting research to develop new anti-cancer drugs that will selectively inhibit and kill malignant cells without killing healthy cells. The project earned a \$100,000 Coordinating Board Advanced Research Program award in 2006 in the Biological Sciences — Molecular Biology and Genetics category. Only 15 of 126 proposals were funded in this category.
- The Memorial Hermann Community Benefits Fund contributed \$500,000 to create a Center for Telenursing and Health Informatics at TWU's new Institute of Health Sciences - Houston Center. Using the latest innovations in technology to educate nurses at remote sites, the new telenursing center will address the state and national nursing shortage by allowing TWU to prepare more new nurses with fewer faculty.

February is Black History Month!

Did you know?...

To recall and celebrate the positive contributions to our nation made by people of African descent, American historian Carter G. Woodson established Black History Week. The first celebration occurred February 12, 1926. For many years, the second week of February was set aside for this celebration to coincide with the birthdays of Black abolitionist/editor Frederick Douglass and Abraham Lincoln. In 1976, as part of the nation's bicentennial, the week was expanded into Black History Month.

The signs and symptoms of a heart attack are important for everyone to know and for women (or the women in your life) it can be crucial because they are often *different* than the typical male experience. The pain is quite distinct. It is described as: "a heavy, strangulating, suffocating experience-far more intense than anything like indigestion, chest wall injuries, pleurisy or spasms of the esophagus that you are familiar with." The pain may seem to start under the breastbone, on the left side of the chest, and sometimes radiates out to other places: throat, neck, jaw, left shoulder and arm and, occasionally, on to the right side. Women, for example, may experience "atypical" symptoms such as pain between the shoulder blades rather than crushing chest pain. This may result in them delaying seeking treatment. That is a great mistake. When in doubt, call for help! The first hour of a heart attack is the most crucial. Take care of yourselves and the ones you love.

This year Mardi Gras will be celebrated on Tuesday, February 5th. Many people get excited and love to celebrate this holiday but may not know...

What exactly is Mardi Gras?

The New Orleans season of merriment begins on January 6, the Epiphany holiday which comes twelve days after Christmas on the day many cultures celebrate the three kings presentation of gifts to the Christ Child. The spectacular parade countdown to Fat Tuesday begins the Friday twelve days before Ash Wednesday. Here the nearly sixty parades will stir an inimitable mix of royal ritual, teasing bead and bauble giveaways, liberal libations, mask fantasy and joyful excitement until the people's collective soul rises extravagantly on New Orleans Mardi Gras Day to reaffirm its tremendous appetite for the pleasures of life.

A king cake (sometimes rendered as kingcake or kings' cake) is a type of cake associated with the festival of Epiphany in the Christmas season in a number of countries, and in other places with Mardi Gras and Carnival. The king cake of the New Orleans Mardi Gras tradition comes in a number of styles. The most simple, said to be the most traditional, is a ring of twisted bread similar to that used in brioche, topped with icing or sugar, usually colored purple, green, and gold (the traditional Carnival colors) with food coloring. Some varieties even have filling inside.

The "king cake" takes its name from the Biblical three kings. Catholic tradition states that their journey to Bethlehem took twelve days (the Twelve Days of Christmas), and that they arrived to honor the Christ child on Epiphany. The season for king cake extends from the end of the Twelve Days of Christmas (Twelfth Night and Epiphany Day), through to Mardi Gras day. Some organizations or groups of friends may have "king cake parties" every week through the Carnival season.

Traditionally, the king cake has a trinket baked inside, which in the US is most commonly a small plastic baby. Sometimes it is a king wearing a crown. The person who gets the trinket is declared king or queen of the party, sometimes given a paper, plastic, or costume jewelry crown or tiara. The monarch is usually obligated to supply the next king cake or host the next party or both. King cake parties may be held at the homes of people who live on or near the routes of Carnival parades.

Check out our revamped website, TWUCommuter.com, for all kinds of useful information that isn't just for local students. You can visit the recipe of the day, info on budgeting, moving guides, tips for parents, ways to manage depression, and more!



Price of gas getting you down? Carpool & cut the costs!

To find someone in your area who wants to share a ride register with AlterNetRides. Go to your Pioneer Portal, & look for the carpool link on the left side. It's fast, easy, & FREE!



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