



TEXAS TECH UNIVERSITY  
**HEALTH SCIENCES CENTER™**  
*at El Paso*

# Viewbox

## Surgery Resident Presents at Surgical Congress

Francisco Agullo, M.D., chief resident in the Department of Surgery, TTUHSC at El Paso, recently attended the 18th Congress of the International Society of Aesthetic Plastic Surgeons in Rio de Janeiro, Brazil. Dr Agullo was selected to present "Decision Making on Abdominoplasty".

## UBCC Luncheon is October 4

The University Breast Care Center Celebrate Life Luncheon will be held Wednesday, October 4, at 11:30 a.m. at the Judson Williams Convention Center.

The UBCC will be selling pink rhinestone pins, charm bracelets, and pink baseball caps with the pink survivor ribbon as fundraisers. The pins and bracelets are \$12 each or two items for \$20. The caps are \$15. The items are on sale through the day of the luncheon. For more information, contact the UBCC, 545-6579.

## Northeast Pedi Physician Offices Move

The Texas Tech University Health Sciences Center Department of Pediatrics physician offices, formerly located at 4875 Maxwell, have now moved to 5229 Sanders Ave in the Northeast, just off Dyer Street. Their phone number remains the same, 751-8008.

## Continuing Education

Continuing education courses for the month of August through the TTUHSC Health.edu website include: Nursing - Preparing for a Pandemic; Social Work - Facts about Adult Day Services, Physician - Ethics of Stem Cell Research; Patient Education - Baby's First Meal, and many more.

For more information, contact Roxanne Chacon, 545-7506.

## Golf Tournament

Thomason Health Services Foundation announces the Evelinda Du-Ascherl Annual Golf Tournament Friday, Sept. 29, at 10 a.m., at the Santa Teresa Country Club. The four-man scramble is \$85 per player and entry fee includes: green fee and cart, dinner, polo shirt, customized golf ball sleeves (3), golf towel, and drinks.

To sign up, see Josie Goeldner, in the biomedical engineering office located in the basement of Thomason Hospital. For more information, call 521-7988.

**Aug. 14 - 18**

**18** Summer Enrollment  
Ends

## Just a Few Days Left for Summer Enrollment

Summer enrollment for employees who want to update their benefit options lasts just a few more days--until August 18.

Employees Retirement System of Texas website is [www.ers.state.tx.us](http://www.ers.state.tx.us).

Also, to access the El Paso HR webpage for more useful employee information or to download important HR forms before the deadline, go to <http://www.ttuhscc.edu/HR/>

## **Game Tickets for Die Hard Texas Tech Fans!**

Tickets for the September 9 - **Texas Tech vs. UTEP Football Game** are now on sale for TTUHSC at El Paso employees. There are 100 tickets reserved for the TTUHSC at El Paso section, at \$29 a ticket (Check or Cash ONLY!). First come, first served! Tickets may be purchased at Volunteer Services, located on the first floor of the Clinic Building.

Kick-off time is at 7:05 p.m., but from 4 – 7 p.m., everyone is invited to attend the Texas Tech Tailgate Party at Bar 26, located at 2626 N. Mesa.

Everyone is encouraged to wear red and black spirit colors to the tailgate party and the game.

TTUHSC El Paso polo shirts have been ordered and will be available for purchase before game day through Tech Mart at Volunteer Services.

## **Deliveries to Texas Tech**

Department staff who order supplies or equipment must include the department it will be delivered to, and a contact person and phone number on the order slip.

The mailroom serves as the drop off point for almost all deliveries to the HSC and they are presently short-staffed. Deliveries that arrive without the appropriate information risk being returned to the sender.

For more information, contact mailroom supervisor, Chuck Flores, 545-6543.

## **Health Tip**

### **Stronger Muscles Burn More Calories**

Women get a bigger calorie-burning boost than men from resistance exercises using weight machines or elastic bands. But strength training benefits both men and women by improving flexibility, mobility and overall well-being.

For information on which strength exercises are best and how to do them safely, the National Institute on Aging offers a free exercise guide. Go to [www.niapublications.org](http://www.niapublications.org) and click on "Healthy Aging."