

**AcademiCast Transcript**  
**Texas Tech University**  
**June 14, 2013**

Irlbeck: This is AcademiCast—Texas Tech University’s podcast series from the Office of the Provost. I’m Scott Irlbeck, and I’ll be covering the top academic and research stories on campus. Later in the program, we’ll spotlight Student of Integrated Scholarship Lindsay Huffhines. First, the news...

Texas Tech is studying one of the region’s most abundant commodities to improve oil spill cleanup. Scientists at The Institute of Environmental and Human Health found that low-micronaire cotton is an exceptional absorbent of crude oil. This low-grade variety of cotton was studied in an unprocessed form, making it an eco-friendly and cost-effective resource. Associate professor Seshadri Ramkumar led the study.

Ramkumar: Oil absorption from raw cotton—which has its own natural bark, dirt, no processing done on the cotton, no chemical treatment done on the cotton—the oil is getting inside the fiber. So it is not only on the surface of the fiber, the oil is also getting inside the fiber. One gram of cotton can absorb anywhere from 30 to 36 grams.

Irlbeck: About 10 percent of the cotton grown in West Texas is classified as low micronaire. The study was supported with funding from The CH Foundation and Cotton Incorporated.

Turning to other news...

The university is rolling out a safety evaluation. Current faculty, staff and students who work with chemicals or hazards in Texas Tech laboratories, studios, and other facilities are required to complete an online assessment covering the revised Chemical Hygiene Plan. The assessment is available through the website of Texas Tech Environmental Health and Safety. The deadline to complete the assessment is August 15th for current faculty, staff and students.

TTU is intensifying its focus on research. The Offices of the President, Provost and Vice President for Research have launched a proposal stimulus program for faculty seeking to strengthen the quality of their unfunded grant proposals. The program has set aside \$100,000 to fund research and scholarly activities for faculty in all disciplines. The application deadline for the program is July 12th.

To learn more about this story and others, visit our website at [academicast.ttu.edu](http://academicast.ttu.edu). And now we turn to Texas Tech’s Student of Integrated Scholarship, featured here by Kristina Butler.

Butler: Lindsay Huffhines is a master’s student in the marriage and family therapy program in the College of Human Sciences. Born and raised in Lubbock, Huffhines became interested in the mental health field as an undergraduate, volunteering her time at a rape crisis center. She followed her interests to Texas Tech for graduate school, and in 2012 Huffhines was named a Student Fulbright Fellow. As part of her fellowship, Huffhines has been working with researchers in Iceland to help abused children and their parents—it is an area of therapy that she hopes to strengthen.

Huffhines: We see that kids who do have support, they have less depression, less anxiety, and less PTSD symptoms. So they ultimately do a whole lot better just from that support, just knowing that someone cares about them, wants to help them, and really doesn't blame them for the abuse. But there's not a lot of therapy out there to help parents be more supportive and to work through their own stuff. I'd ultimately like to develop a method of therapy for both parents and kids to work on that support.

Butler: When she returns to Texas Tech in the fall, Huffhines plans to intern in the Children's Advocacy Center of the South Plains. She also intends to revive the yoga program she started at a local women's shelter. Huffhines explains that the yoga program has been the most rewarding project she's undertaken yet.

Huffhines: Usually when you teach yoga classes, everybody's really serious about getting into the right pose and looking perfect. These women laugh at themselves. Like, they'll fall over and then laugh, and it's so inspiring because that's what we all need to do, is laugh at ourselves. So I feel like we have this good connection of both of us learning. I've done other service projects and things like that in the past, but that's the current thing that I'm doing that I really like.

Butler: Huffhines hopes to attain a doctorate in clinical psychology or a related field. In the long term, she would like to teach and do research at a university. At AcademiCast we are pleased to announce the addition of Lindsay Huffhines to Texas Tech's distinguished group of Students of Integrated Scholarship.

Irlbeck: Thanks, Kristina! If you would like to learn more about Texas Tech's Students of Integrated Scholarship, visit our website at [academicast.ttu.edu](http://academicast.ttu.edu). That concludes this edition of AcademiCast. Join us again in two weeks as we spotlight the top academic and research news from Texas Tech University, as well as profile Student of Integrated Scholarship Danica King.