

TCU RETIREES' SEPTEMBER LUNCHEON PROGRAM



Skip Hollandsworth

Reporter. Author. Writer. Filmmaker. TCU '79.

Skip Hollandsworth, a 1979 TCU graduate who launched his writing career as a sports reporter for The Daily Skiff, will speak at the Sept. 12 luncheon at 11:30 a.m. in the Kelly Alumni Center.

Hollandsworth wrote the August Texas Monthly cover story, The Day The Fire Came, about how two cowboys and a girlfriend fought a wildfire that swept across the Franklin Ranch in the dry Texas Panhandle endangering the lives of the cattle. Hollandsworth wrote that his story is about "the love of, and devotion to, the cowboy way."

After reading Hollandsworth's story about how the cowboy life is thriving in the Panhandle, one city slicker said:

"When I finished the story, I wanted to dive right back into it again."

Please note two changes: Reservations go to Joan Yates and the cost of the meal has increased slightly to \$12.

Reservations for the luncheon may be

made online at tcura.tcu.edu under the Programs and Events tab or to Joan Yates by email at j.yates@tcu.edu or phone at 817-292-7087. **Reservations are requested by Wednesday, Sept. 6.**

President Larry Adams said the TCURA has maintained the \$11 price per meal for members for several years even as costs for food and service increased. Even with the \$1 price increase, Adams said TCURA will underwrite the cost of each meal by \$3.50.

Park in the Visitor's Center, unless construction prohibits, or in the parking garage between the Kelly Center and Ranch Management buildings. Enter the Kelly Center from the patio near Lot 6.

In making your reservations, please indicate dietary restrictions needed for you or a guest attending with you. Even if you are not eating, please make a reservation but a meal will not be ordered for you. If you are eating, pay \$12 at the door.

WHAT YOU SHOULD KNOW ABOUT...

Skip Hollandsworth

Skip Hollandsworth is an author, journalist, screenwriter, and executive editor for Texas Monthly magazine. Hollandsworth began his career as the sports reporter for the Texas Christian University school newspaper, The Daily Skiff, covering the football team. He received his Bachelor of Arts in English in 1979.

After graduating from TCU, Hollandsworth worked as a reporter and columnist for newspapers in Dallas. In 1981, he worked as a sports reporter for the Dallas Times Herald. He joined Texas Monthly magazine in 1989. He also has worked as a television producer and documentary filmmaker.

Hollandsworth was inducted into the Hall of Excellence in 2006 by the then TCU Schieffer School of Journalism.

He won the 2010 National Magazine Award for Feature Writing from the American Society of Magazine Editors. He also has received a National Headliner Award, The City and Regional Magazine gold award for feature writing, the Texas Institute of Letters O. Henry award for magazine writing, and the Charles Green award for outstanding magazine writing in Texas.

Hollandsworth co-wrote the Richard Linklater movie, Bernie, a low-budget, black comedy film based on his own 1998 article in Texas Monthly, titled "Midnight in the Garden

More **HOLLANDSWORTH** on P2

“Stressed Out?” Finding Calm In Your Life

Despite our best intentions, we cannot avoid life challenges that may leave us feeling anxious and distracted from our usual happy selves. “Feeling stressed” increases our blood pressure and heart rate and slows our ability to respond to a situation. Here are some ways to find calm, return to your normal self, and promote your overall well-being:

- Focus on taking a deep breath to feel better and think more clearly. Deep breathing “in and out” is the basis of many mind-body exercises like yoga, meditation, and tai chi that recent science indicates lowers cellular activity related to inflammation (MacMillan, 2017).

- Take a walk that provides physical and emotional benefits such as improved mood, sleep, and relaxation.

- Dance to your favorite music that creates memories, allows calorie expenditure, and sends oxygen to your body for fewer physical aches that may add to stress.

- Use the STOP technique after a stressful experience: S = stop or slow down your activity; T = take a few deep breaths; O = observe how your body feels with slow deep breathing; and P = pursue your activity (“Feeling stressed out: Relief is just a breath away,” 2017).



HEALTH HELP NOW
by Carolyn Spence Cagle

- Engage in art or other rewarding work to immerse yourself in something that gives you a continuing sense of accomplishment (“Tips for living a healthier, happier and longer life,” 2017).

- Belly laugh, if appropriate, to send neurotransmitters that improve your happiness and strengthen your immune system.

- Connect to others “who feed your soul” and disconnect to those who “bring you down” (Goldstein, 2016).

Best wishes in using these strategies for a healthier life!

References

- Feeling stressed? Relief is just a breath away. (2017, June). *Healthy Years*, 15(6), 3.
- Goldstein, E., & Goldstein, S. (2016, December). Could you connect more? *Mindfulness*, pp. 35-37.
- MacMillan, A. (2017, July 24). Yoga can change your genes. *Time*, 190(4), 41.
- Tips for living a healthier, happy, and longer life. (2017, March). *Healthy Years*, 13(3), 3.

HOLLANDSWORTH from P1

of East Texas.” Starring Jack Black, Matthew McConaughey, and Shirley MacLaine, the film depicts the 1996 murder of an 81-year-old woman, Marjorie Nugent, in Carthage, Texas, by her 39-year-old companion, Bernhard “Bernie” Tiede.

He also has written numerous celebrity profiles for *Texas Monthly*, *Glamour*, *Women’s Health*, and others. His subjects have included Farrah Fawcett, Kate Winslet, Cher, Sandra Bullock, Kelly Clarkson, Tommy Lee Jones, and Troy Aikman.

His true crime history, *The Midnight Assassin*, was published in April 2016 and has been recognized by Best American Crime Writing. In the late 1800s, just as Austin was on the cusp of emerging from an isolated western outpost into a truly cosmopolitan metropolis, a series of brutal murders rocked the burgeoning city and shook it to its core. At the time, the concept of a serial killer was unknown and unimaginable, but the murders continued, the killer became more brazen, and the citizens’ panic reached a fever pitch.

For more than a decade, Hollandsworth researched this gripping tale of murder and madness that plays out like a well-crafted whodunit. With vivid historical detail and novelistic flair, *The Midnight Assassin: The Hunt for America’s First Serial Killer* brings this terrifying saga to life.

The *New York Times* described *The Midnight Assassin* as “true crime of high quality,” “smart and restrained” and “chilling.” In its review, the *Wall Street Journal* called the book a “thoroughly researched, excitingly written history” and an “absorbing work.”

Hollandsworth will be available to sign copies of *The Midnight Assassin* for sale (\$15) after the luncheon.



www.facebook.com/groups/428179197519846/

Sign in to facebook and type TCU Retirees’ Association in the search line.
Our page will come up!

Monthly Luncheons

September 12, 2017
October 10, 2017
November 14, 2017
December 5, 2017 (first Tuesday)
January 16, 2018 (third Tuesday)
February 13, 2018
March 13, 2018
April 17, 2018 (third Tuesday)
May 15, 2018 (third Tuesday)

Tips for a Better Retirement Life

What does retirement life look like? Answering that question would require numerous pages because there are many faces of retirement. Just as all retirees are not alike, there are many lifestyles of older adults. Simply stated, there isn't a one-size-fits-all definition of post-career life.

Although physical, psychological, and social well-being are goals for all of us in older age, an illness-free notion of aging is not realistic. Many of us will have to deal with challenges of physical and mental health as we continue across the ages of life. Fortunately, gains in individual health practices and medicine have helped to reduce the number of illnesses and infirmities as

we age. As we have in the past, TCURA will continue to convey information, perspectives, and social support for the well-being of all of our colleagues in our publications and programs.

In the following four articles, based on a request, four TCU retirees share their personal tips and/or suggestions for having a positive experience in retirement life. None of the authors assumes that he/she is offering a prescription for successful aging. However, each colleague is sharing some tips on activities and practices that he/she has found to be helpful for a better quality of life.

— Larry Adams, TCURA President

EDITOR'S NOTE: Art Ehlmann wrote these words July 29, three weeks before he died suddenly Aug. 19 while eating lunch with two TCU colleagues. His column was ready for publication when the unexpected news of his passing came. Our hearts are heavy. We honor his active involvement with TCU for almost 60 years. Ehlmann was devoted to geology as a faculty member for 35 years. As chair of the department for 20 years, he hired a number of faculty members including Provost Nowell Donovan. His intense interest continued into retirement as he regularly rode his bicycle to and around the TCU campus and maintained his connection to geology and TCU.

Living in Retirement

By Art Ehlmann

A few thoughts – maybe semi-lofty at best! So, what helps in retirement? Certainly a sense of humor helps - and I had a great start!

Once, many years ago, at a time when I was a young geology professor, my little son, Wes, and a neighbor kid were playing in my front yard. I heard the neighbor kid ask Wes, "Is your Dad really a "doctor"? My son's reply was "Yea, but he's not the kind that does people any good."

So now, for eons "having done nobody any good," how does one find humor in the "Golden Years" when the body says "enough" or "don't even think of it," I nevertheless think it's keeping to a schedule of physical activity that helps the mature (OLD) body and also the mind to function. Before retirement, a schedule is almost always set by one's job. Not so after, when the schedule can be determined by the retired person. That is a positive!

So what do I actually do, since I am assumed for the moment to be an "aging expert"? It's the TCU Recreation workout every MWF followed by bicycling

around the campus for another hour. Monday nights it's meeting with a small group of "mature men" listening to videos ranging from science to mythology sold by the Great Courses Company. Another activity that works for me is re-reading novels that I'd read through the years. I'm always amazed at how I now enjoy much of which was "required reading" in my younger days. Because teaching is in my blood, I also teach two geology classes, one for the TCU Silver Frogs and one for the Seniors Class at the Tarrant County College South Campus. For relaxing, I sit in my "Archie Bunker Chair" and resort to TV to listen to "Music Choice – Easy Listening," which has all the old favorites before music went crazy (OK, modern).

I always said when I grow old, I'd not sit around and grouse about what this world is coming to? Well, now, having grown old - WHAT is this world coming to? I guess that's what goes under a "change in perspective" and we should just live with it. My "Child Bride," Carol, says so, but she is 10 years younger.

Tips for a Successful Retirement

By Becky Roach

Listed below are my suggestions for having an enjoyable retirement. Most importantly, spend time doing What You Want To Do.

- Increase time spent with family and friends.
- Experience something new!
- Travel to a new destination.
- Try out a new hobby or craft.
- Join a book club or theater group.
- Visit a museum (many options are available in the D/FW area).
- Volunteer for a community or civic organization.
- Become more involved in church activities.
- Continue to support TCU Horned Frog Sports.
- Take advantage of TCU's Retiree Benefits.
- Participate in the WellnessGold Program (includes free membership in Rec. Center!)
- Stay involved with the University. Attend music concerts, recitals, art exhibits, lectures, and/or theater productions, whatever your pleasure.
- Participate in the TCU Retirees' Association.
- Become a TCU Silver Frog.
- Last Tip: Try NOT to become overly committed like I did, which is easy to do when you have more available time. Learn how to say NO!

Reflections on Retirement

By Bronson Davis

Twelve years ago, I slipped into retirement, not at all sure how I would adjust to the 24-hour day that was all mine to shape. I am happy to report, it has gone well. But, before I list my ingredients for a successful retirement let me list three conditions over which we have little control once we arrive at retirement's door, yet I believe they are important to happiness in these years: good health, decent resources, and a pleasant companion.

Ingredient 1: Projects. I was a list maker during my working years. I still am though my lists change and seem to grow. Since nonprofits always need fundraisers, I have served on nine different boards during the past 12 years. These experiences have allowed me to continue learning about a variety of disparate organizations with different missions such as Westar, involved in the search for the historical Jesus and other Biblical topics; and Stage West, a repertory theatre and the Lone Star Film festival. I also was able to experience politics at the precinct level as well as the politics of women's health on the Planned Parenthood Community Board. I have had an opportunity to better understand the challenges of a seminary in today's world and I have recently learned a lot about libraries as I put together a campaign for a new library in Aledo. Other commitments that have added to my projects list include two book clubs and a theology discussion group. My wife, Cathie, and I are also part of a dynamic Sunday School class, and somewhere on every list is my intent to write a history of my family and me in the 20th Century.

Ingredient 2: Connections. Like most people, I have distinct phases of my life starting with high school in Illinois, college in Indiana, the Army in Washington D.C. and then Asmara, Ethiopia. In my working life, there were two small colleges in the Chicagoland area, 12 years at

Vanderbilt, 18 months at Tulane, and 27 years in Texas. We have friends from all those periods, so I write a monthly letter to more than 60 family and friends; I send 230 Christmas cards with the obligatory Christmas letter, and I have done five road trips across the country, visiting folks. I am also a reunion fool. I was the prime marketer for my high school's 50th reunion, I co-chaired my DePauw Class' 50th reunion, and 10 of my Army buddies have written a group letter two or three times a year for more than 40 years, and we've had seven reunions. I love keeping up with people; I find it incredibly enriching.

Ingredient 3: Family. Cathie and I got married in 1967, and now there are 12 in the clan: three kids, five grandkids, two spouses and us. My youngest daughter married a Brit, and they and their two boys live in Luxembourg, my oldest daughter lives in Nashville, and my son lives in Austin with his wife and three daughters. We talk to all of them at least three times a week, visit when we can, and have a clan gathering one or two times a year.

Ingredient 4: Travel. I had few opportunities to travel growing up, and had to work to keep myself in college. I yearned to see the world; as a young man, I suffered from the Midwestern Syndrome; I was convinced truth and fulfillment lay to the East and beyond. The Army helped and my work as a fundraiser took me all around the country, so I have been in every state. And now we have traveled to 38 or 40 countries (depending whether you count Great Britain as one country or Scotland, Northern Ireland and England as three. We missed Wales.) I love to travel and I love to come home!

There you have it, my simple recipe for a happy retirement: projects, connections, family, and travel.

A Good Retirement

By Suzanne Huffman
and Augie Schilling

It's been two years since Suzanne retired from the TCU faculty. She's been busy. So has her husband, Augie. She spends little time commuting and lots of time being active. Now there's time for them to do more things together and individually. There's time:

- to attend TCURA luncheons and events
 - to have lunch with academic colleagues, serve on committees, and volunteer on new student move-in days
 - to follow the Horned Frogs to Memphis, New York City, and Omaha (so far)
 - to read for insight and recreation
 - to learn ballroom dances such as the foxtrot, rumba, waltz and swing
 - to ride bikes, walk to the lake, attend stretch and strengthen class (yoga lite) at church, join rallies and marches, write elected officials
 - for Augie to work on family genealogy and to visit extended family spread out across the United States
 - for Suzanne to finish compiling family history and to donate documents and heirloom items to the Archives of Appalachia at East Tennessee State University and to the Center for American War Letters (CAWL) at Chapman University
 - to prepare for a bucket-list trip to the southern hemisphere
- These activities are working for us, keeping us happy, productive, and connected to TCU.

BOTANICAL RESEARCH INSTITUTE OF TEXAS

A Retrospective Of David Conn Paintings and Prints

David Conn, a retired TCU art professor, will be the featured artist Sept. 9 - Oct. 26 at the Botanical Research Institute of Texas.

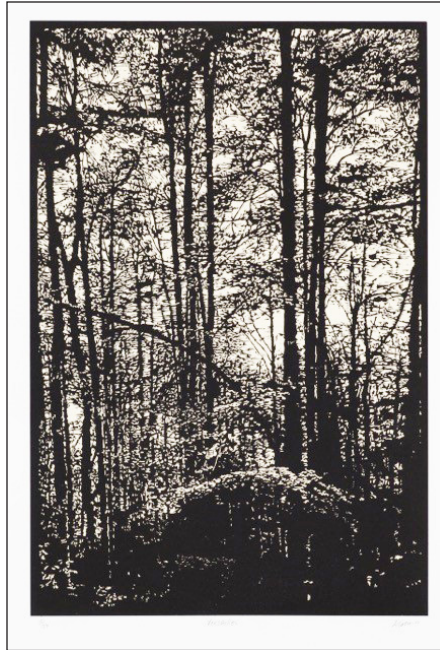
Conn's one-person show will open at 6 p.m. Sept. 9 on Fall Gallery Night at the BRIT, 1700 University Drive, with a wine-and-cheese reception after his artist talk.

TCU has provided a grant through the Faculty Emeritus Alumni Research Fund to print a brochure for the show, Conn said.

The brochure describes Conn's show as a group of paintings and prints that create a retrospective exhibition covering the years 2000 - 2016.

"Conn's journey of images starts with 'Blackstonian' from the forest near the Mosel River in Germany and ends with winter scenes from his boyhood in Sussex, New Jersey," the brochure stated.

"Following a realist tradition, he carves an image into a linoleum block using one tool. Then by enlarging the image to a painting scale, the lines between representation and abstraction are interwoven, creating a sense



of being in and of the forest."

Conn - a local artist, master print-maker, and founder of Shaw Street Studio - creates images that appear pictorial from a distance, but are alive with abstract shapes when viewed up close, according to the BRIT website (www.brit.org). "His hope is that these images will resonate with the memories and experiences of those who see them," the website stated.



Members of the TCU Retirees' Association grieve the loss of and celebrate the lives of colleagues who have died. We appreciate their contributions to the university and honor them by listing their names.

— Larry Adams, TCURA President

DR. ARTHUR J. EHLMANN

May 18, 1928 - Aug. 19, 2017

Geology Department for 35 years,

20 years as chair

1977 Honors Professor of Year

DR. LEO GARRETT PERDUE

Oct. 7, 1946 - July 25, 2017

Hebrew Bible Professor, Dean,

and First President

of Brite Divinity School

MARTHA DELL (BRIGHT) LANGLEY

Jan. 11, 1926 - Jan. 24, 2017

First woman to earn a TCU Master's

of Business Administration degree

and first woman to teach TCU

business courses



NOTE: If you know of any recent TCU retired faculty or staff who have died, please send the information to newsletter editor: m.b.thomas@tcu.edu.

Thank you.

Best Doctors Provides Free Second Opinion

Remember that the Best Doctors service is provided at no cost to TCU Medicare primary retirees and/or their dependent, regardless of participation in OneExchange.

When facing a challenging medical situation, Best Doctors helps verify a diagnosis, determine the best treatment options, or locate an expert physician. Best Doctors is confidential and provides access to a second opinion from some of the most qualified specialists and facilities worldwide.

To learn more about Best Doctors and the services offered, call 1-866-904-0910 or visit bestdoctors.com/members

— Tracy Thompson

TCURA and Retirement: Transition, Tradition, and Connection

This column marks the beginning of both the 34th year of TCURA - established in 1983 - and my term as president of the association. Be assured that during the year members of the Executive Council and I will attempt to build on the leadership of Stan Hagadone and past presidents and leaders as we work to strengthen and expand the activities of TCURA. I am enthusiastic as we look toward the forthcoming year and the range of planned programs: monthly luncheons, informative seminars/workshops, book club, films and discussions of aging, field excursions, dinner and TCU theater and music performances, and other activities. TCURA is an active, growing organization and we want you to be a part of it!

The general goal of our association is to help you, our members, stay connected - both to each other and to the university that you helped shape and build. Therefore, whether through our programs, advocating for retirees, or helping to make connections with others, our mission focuses on our members! In fact, the worth of TCURA is in the value that we provide to our members.

We want to help our colleagues make a smooth transi-



PRESIDENT'S COLUMN
Larry Adams

tion to retirement and then continue to have a life of purpose, meaning, and new ventures. With this in mind, in our newsletter, on our website, and in programs throughout the year, you'll find information, perspectives, and successful practices for enhancing the quality of our lives as retirees. On the pages of this newsletter you'll see an article by Carolyn Cagle about dealing with stress plus brief articles by Art Ehlmann, Becky Roach, Suzanne Huffman and Bronson Davis who were asked to offer their personal tips for better retirement living.

If you live some distance away from the campus, keep in touch with TCURA through our newsletter, website, and other communications. If you reside in the Fort Worth area, come join us and actively participate in our programs, beginning with our first luncheon meeting on Tuesday, Sept. 12.

We want you to stay connected!



FROM THE EDITOR'S DESKTOP

First it was an email message from a retiree of 20 years ago.

Then, two handwritten messages arrived and another email message.

All four reflected a similar theme: Connections to TCU are important in each person's life.

Far from statistically significant, by academic measures, but these thoughtful words from retirees are powerful reminders that the impact of connections to TCU stand the test of time.

Here are samples from the editor's electronic inbox or mailbox that demonstrate how memories of TCU remain strong through the passing years.

Nancy Ellithorpe Vickery Sanders wrote:

"Just want to say how much I enjoy the newsletter, and to wish you well in your new position. I'm retired from the Registrar's Office (20 years ago), living in Boerne outside of San Antonio, seldom get to Fort Worth, so the newsletter is my life line to TCU. Thanks to you and to all who have a hand in a fine publication."

Closer to home in Fort Worth, author Judy Alter wrote:

"Yes, I took your words about a handwritten note, not email, to heart but as always this is sent in haste. I'm trying to teach an eleven-year-old to read and write cursive, my summer project, and I must write a paragraph this morning for him to decipher."

A TCU fan sent this handwritten note:

"By happenstance, I saw your column in the TCU Retirees' letter today, and it struck a chord with me. ... It is my hope to get to more of the programs this coming year."

Friends shared their newsletter with Jim Stuart, who taught advertising courses for several years as a part-time journalism professional-in-residence. Jim's handwritten notes are legendary. Part of his message said:

"I'm a hopelessly restless letter writer. Anyway, I write to say hey and send every good wish." Included at the end of the letter, akin to a P.S., were the words (Oh, to have that teaching job again!)

The importance of words and the value of thoughtful communication endure through the years.

— Maggie B. Thomas

SUMMER COFFEE AT THE CHANCELLOR'S HOUSE



Megan Boschini, standing, talks with Tracy Thompson and, seated clockwise, with Sterling Lauer and Joan Yates (with backs to camera), Sandra Mackey, Susan Oakley, and Debby Watson. (Photo by Maggie B. Thomas)



Larry Adams thanks Chancellor Victor Boschini for welcoming the TCU Retirees and their guests to the pavilion in the Minor House. (Tommy Thomason)



DeVonna Tinney, Alison Moreland, and Phyllis Allen. (Tommy Thomason)



Chuck Lamb shares a joke with Sharon Fairchild. (Tommy Thomason)



Judy and Bob Garwell, left, talk with Mary Bailey and Jean Walbridge as retirees and their guests toured the Minor House. (Tommy Thomason)



Megan Boschini, Wendy Crowley, and Jeannie Chaffee. (Tommy Thomason)



Tracy Thompson, Roberta Corder, and Sanoa Hensley. (Tommy Thomason)



A view of the guest house, patio, pool, and downtown. (Tommy Thomason)



Charlie celebrates the dog days of summer visiting Victor and Megan Boschini. The dog belongs to Edward Boschini, a second-year law student. Charlie was on his best behavior during the TCURA coffee, even though he was not allowed to mingle with guests. (Tommy Thomason)

A PEEK INSIDE MINOR HOUSE



One of the sitting areas in the Minor House that features 50 Shades of Purple.

(Photos by Tommy Thomason)



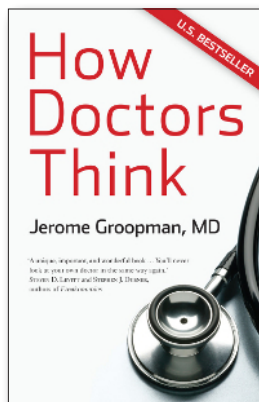
The family room downstairs looking toward the pavilion.

COFFEE, BOOKS & CONVERSATION

Coffee, Books & Conversation will meet at 10 a.m. Wednesday, Sept. 13, in Room 207 (near the second floor elevator) at University Christian Church.

Dr. Kendra Belfi will review the book, "How Doctors Think," by Jerome Groopman, M.D., at the first meeting this fall.

Judy Smith invites TCU retirees to attend. For more information, send an email to Smith at j.o.smith@tcu.edu or call 817-921-4798.



Congratulations to recent retirees

If you know any of these people, please invite them to the Sept. 12 luncheon. Tell them their first visit to TCURA includes a free meal plus an opportunity to learn about the variety of programs for them to participate in and enjoy.

Laura Adcock
Terri Cain
Coleman Gee
Paula Hancock
Jim Mayne
Norma Ritchson
Grace A. Rowan
Mary Kay Schnell
Esperanza Solis
Richard Sybesma
Vicki Whistler
J. C. Williams

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* Terms of officers end May 31, 2018.

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MISSION STATEMENT

The Texas Christian University Retirees' Association exists to provide opportunities for fellowship, to promote lifelong learning, to advocate for fair benefits, to recognize the accomplishments of its members, and to strengthen the relationship between the retirees and the University.

NOTE

If you do not wish to continue receiving this newsletter notify the newsletter editor or any of the others listed as contacts here.

Thank you