

## MY TCU JOURNEY

BY KATHRYN SCHRUBA

*Kathryn began working at TCU during the fall of 1998 as a temp employee in the Admissions Department. Having enjoyed the fast-paced work that year, she applied for a permanent position the following fall. When she began sending out offers of Admission letters in the fall of 1999, it was to a significantly smaller incoming class than it eventually became 18 years later. Except for a short stint at TCU Police, Kathryn worked in Admissions, sending out all of the domestic student notification letters: the good, the not so good, and all of the in-between! Now, she enjoys spending time with her grandchildren and serving as a docent leading guest tours at the Kimbell Art Museum.*

When I began my career at TCU, I had no idea how much it would change my life. Soon enough I realized working at TCU encompassed so much more than showing up, performing a function, and earning a wage. What had begun as a way to pursue educational opportunities for our children, actually unearthed a love for learning in me I didn't even know I possessed.

Working in the Office of Admission, I frequently heard the advantages available to incoming students. The Department also seemed to hire a lot of smart, well-mannered and focused student workers. I enjoyed the energy they brought to our office. One student in particular has become a lifelong family friend. Even though many young people today get a bad rap, these students opened my eyes to have hope for the future and see that there is still good in the world.

After a few years, I decided to pursue completing my degree. Starting with only 18 credit hours, and taking one class per semester, the much coveted degree turned into a test of endurance. Subjects I had glossed over, or never learned, critical thinking skills, research papers, and articulating details became a challenge rather than a dread. Something was changing inside of me, and it was

*Continued on Page 4*



*Kathryn Schrub*

**NEXT TCURA LUNCHEON:  
TUESDAY, APRIL 19 AT 11:30 AM**

**HAYS BANQUET HALL  
NEELEY SCHOOL OF BUSINESS**

Josh Harrison, TCU interior design graduate, will be sharing details of the travel destination resorts he has designed. Destinations range from Cabo, Nicaragua, Costa Rica, the U.S. Virgin Islands as well as Cranfills Gap, Texas!

### LUNCH

Sack lunches are available for \$15. Please RSVP to Linda Moore, l.moore@tcu.edu or 817.924.5330.

### PARKING

Parking is available in the Visitor Lot on Lubbock Avenue across from Hays Hall.

## PRESIDENT'S COLUMN

BY PAT MILLER



PAT MILLER

It is wrong. It is wrong on so many levels.

Thousands of people murdered. Millions of people displaced. Entire cities destroyed. Any semblance of

world order threatened. Reasonable people afraid of nuclear conflagration. World access to food commodities jeopardized.

I refer of course to Ukraine. I am unable to adequately express the horror of that conflict. The war in Ukraine causes these and many more deadly, dangerous outcomes. Right now most

of these are affecting the citizens of Ukraine (and neighboring countries) but we can be certain that the rest of the world will feel the impact.

What can we do? I am pretty certain few of our retiree group will volunteer to take up arms, but we can support organizations that are trying to reduce the humanitarian crisis. Each of the organizations below has a WEB page that will accept donations for Ukraine.

World Central Chef Relief Team provides meals for refugees in Poland  
Ukrainian Red Cross provides on-site first aid and medical services

World Food Program USA delivers food directly to both people in Ukraine and people fleeing the war.

UNICEF USA helps children in Ukraine.

International Rescue Committee provides on-site medical supplies and other support materials

No doubt many other organizations are working diligently to alleviate the Ukrainian disruption. Many of our members have long standing donor relationships which should be continued. I am merely suggesting this is a good time to step up our game.

One more thing: VOTE!

Autocrats, dictators, despots and oppressors of all sorts claim "Free Democracy does not work." We must make certain our democracy continues as a bright shining light. It is simple. It is important. VOTE!

## PHYSICAL AND MENTAL MOVEMENT TO PREVENT ALZHEIMER'S

CAROLYN SPENCE CAGLE

As one of the most rapidly growing and deadly diseases, Alzheimer's disease is one that concerns most of us as we age. Although current research focuses on ways to prevent and effectively treat the disease, until recently there were few interventions to improve the quality of life of those affected with the disease. Recent evidence from brain centers indicates only about 3% of all cases have a genetic cause, and some lifestyle choices may slow disease progression or cognitive loss (ability to process information and act on it). These choices, according to Sherzai and Sherzai, include decreasing sugar intake by 50%, minimizing stress, eating a whole-food, plant-based diet, getting 7-8 hours of restorative sleep each night, and engaging in regular exercise.

Sherzai and Sherzai's Loma Linda University's Alzheimer's treatment program and other brain health programs focus first on improving exercise habits of

persons at risk or with actual cognitive impairment. What are the benefits of exercise and what type of exercise is best for you?

- A program of both aerobic and resistance training exercise improves sleep, lipid and blood glucose levels, brain blood circulation, and minimizes that organ's inflammation and oxidative stress to perform better.
- Some brain scientists note consistent exercise also improves brain connections between neurons/nerves to prevent Alzheimer's disease. A program of at least 150 minutes of weekly moderate to intense aerobic exercise, including HIIT (high intensity interval training) decreases your risk of Alzheimer's by 45%.

*Continued on Page 6*



## PHOTOS FROM MARCH LUNCHEON



1. TCU Football Coach Sonny Dykes visits with fans at the March meeting.
2. Arturo and Leslie Flores at the March TCURA meeting.
3. The March meeting was well attended to hear Coach Dykes speak.
4. TCU retirees gave Coach Dykes a standing ovation at the March meeting.

### TCURA MISSION STATEMENT

The TCU 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.



**MY TCU JOURNEY***Continued from Page 1*

exciting to experience. Along the way, there were many other amazing occasions sponsored by TCU to cultivate learning outside of the classroom and to enjoy being a part of the TCU family.

Training programs initiated by Human Resources and Staff Assembly were often the highlight of the week. Any topic might be discussed: from health, diet, nutrition, and physical training, to benefits, insurance, investments, long-term care, or even surgery. One of my favorites, Susan Huston, a fashion expert, not only advised how to get from the office to the party with fashion ease, she even came with samples available! These were fun, informative times that brightened our days and contributed to enriching the camaraderie amongst employees and departments, and I enjoyed each one.

The years truly seemed to fly by, and before I knew it, I was close to retirement age. Not to be dismayed, I

learned TCU also offered workshops given by a former Social Security Administration employee, who taught us all about how to apply for Social Security and Medicare. Had it not been for these informative sessions, I don't believe I would have sought out this information on my own, nor been prepared for this juncture in life. A subsequent lecture I attended for prospective retirees emphasized to retire "to" something, not just "from" something, and another seed had been sown. In my retirement, I volunteer at the Kimbell Art Museum and give tours to student groups and other visitors.

I'm convinced, TCU has enriched my life way beyond the wages I earned as an employee, or the degree I eventually attained. The possibilities and advantages offered far exceed what most jobs can ever dream of making available to its workers. I will be forever grateful for all of the wonderful co-workers, professors, trainers and friends I have had the pleasure of meeting while employed at TCU and now as a member of Silver Frogs and the TCU Retirees Association.

## *In Memoriam*

**Jerry Bywaters Cochran**

Modern Dance

January 20

**Dr. Tony Burgess**

Geology

January 21

**Dr. William G. Powers**Schieffer College of  
Communication

January 29

**Dr. Harold D. Nelson**

Engineering

February 28

**Dr. William H. Watson, Jr.**

Chemistry

March 6

**John V. Roach '61, MBA '65**

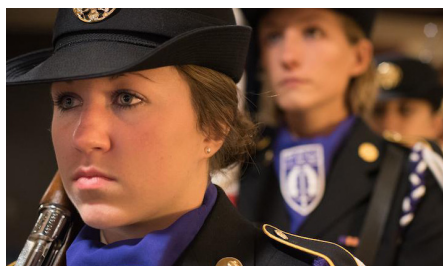
Emeritus Trustee

March 20



## HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



### EQUAL OPPORTUNITIES TO LEAD: 50 YEARS OF WOMEN IN TCU ROTC

For women attending TCU in 1972, a welcome change was in the air. Feminist author Gloria Steinem had visited campus the previous year. Female residents had rallied against antiquated dorm curfews. That March, the Equal Rights Amendment was passed by the U.S. Senate, granting the legal equality of the sexes and prohibiting discrimination on the basis of sex.

[CLICK FOR MORE...](#)



### TCU FACULTY SPEAK TO MEDIA ABOUT RUSSIA, UKRAINE

TCU faculty are sharing their expertise with news media covering Russia's invasion of Ukraine – from the business side to the world affairs aspect, and even psychology. “Obviously we live in such an interconnected world economically and geographically that, while this crisis seems half a world away, in many ways I think it's right in our backyard here in the United States,” said Mike Slattery, chair of the Department of Environmental Sciences and Energy Fellow with the Ralph Lowe Energy Institute, in his interview with KRLD. “For most Americans, we'll be thinking of gasoline prices at the pump.”

[CLICK FOR MORE...](#)



### TCU POSITIONED TO LAUNCH ITS 150TH CELEBRATION. JOIN IN!

It's TCU's moment to shine. Let's work together to make it great. In 2023, TCU will celebrate its sesquicentennial — 150 years of educating leaders to be a force for the greater good. It's a milestone a century and a half in the making and an opportunity to continue elevating and celebrating TCU on a national stage. We'll look back, look forward and celebrate what makes TCU timeless. In the coming months, there will be many opportunities to participate in the celebration—from staffing events to serving on working groups.

[CLICK FOR MORE...](#)



### 10 THINGS TO KNOW ABOUT THE TCU MUSIC CENTER AND VAN CLIBURN CONCERT HALL AT TCU

The TCU Music Center is an invaluable new asset to the School of Music. In addition to housing the world-class Van Cliburn Concert Hall at TCU (VCCH at TCU), the TCU Music Center provides state-of-the-art rehearsal rooms and learning resources for TCU's band, orchestra and percussion programs. Ahead of the School of Music's April 2022 celebrations to mark the TCU Music Center and VCCH at TCU grand opening, get acquainted with this shining jewel in Fort Worth's cultural crown. 1. The TCU Music Center has transformed the east side of campus, joining the Mary Coats Burnett Library, J.M. Moudy Visual Arts and Communication Building, Rees-Jones Hall and Fine Arts Building to develop the Creative Commons where students can enjoy new green space and common areas, much like the Campus Commons on the campus' west side.

[CLICK FOR MORE...](#)



## PHYSICAL AND MENTAL MOVEMENT TO PREVENT ALZHEIMER'S

*Continued from Page 4*

- Some research seems to support the benefit of fairly intense exercise, particularly that involving the legs that best pump blood to the body and brain. A trainer at your health club can recommend that sort of exercise to meet your needs. So, the message for cognitive health promotion is “exercise as often as you can, as intensely as you can, and for as long as you can.”

Much like physical movement, exercise your brain too: learn something new as a life-long learner. You can exercise your brain by learning to play a musical instrument or speak a new language, dance, do word exercises, join a book club, or engage in stimulating conversations with friends and family!

### References:

Brown, R. (2021, September 21). Exercise is a powerful tool to help fight dementia. But what type is best? Retrieved from: <https://www.nextavenue.org/exercise-alzheimers-prevention>.

Merkari, S. et al. (2020, November). High-intensity interval training improves cognitive flexibility in older adults. *Brain Science*, 10(11), 796.

Parker, N., & Carter, C. (2021, May) 60 ways to live longer, stronger, and better. *AARP Bulletin*, 62(4), 12-13, 16-18.

Sherzai, D., & Sherzai, A. (2019, September-October). Preventing Alzheimer's: Our most urgent health care priority. *American Journal of Lifestyle Medicine*, 13(5), 451-461.

## TCU RETIREES ASSOCIATION EXECUTIVE COUNCIL 2021-2022

**Officers**  
**President**  
Pat Miller  
[p.miller@tcu.edu](mailto:p.miller@tcu.edu)

**Vice President**  
Melinda Rubenkoenig  
817-266-8710  
[m.rubenkoenig@tcu.edu](mailto:m.rubenkoenig@tcu.edu)

**Secretary**  
TBD

**Treasurer**  
Wendy Crowley  
817-657-6687  
[wencro@aol.com](mailto:wencro@aol.com)

**Past President and UCAC Representative**  
Linda Moore  
817-924-5330  
[l.moore@tcu.edu](mailto:l.moore@tcu.edu)

**Other Council members**  
**Membership Chair**  
Rich Enos  
[r.enos@tcu.edu](mailto:r.enos@tcu.edu)

**Communications Chair**  
Lenelda Pennington

**Educational Programming Chair**  
David Grebel

**Representatives-at-Large**  
**Membership List Master**  
Judy Groulx  
817-366-5333  
[jud.groulx@gmail.com](mailto:jud.groulx@gmail.com)

**Newsletter**  
Nancy Madsen, Editor  
817-938-4341  
[n.madsen@tcu.edu](mailto:n.madsen@tcu.edu)

Ashley Sutton, Designer  
817-637-0215  
[ashley.j.sutton@gmail.com](mailto:ashley.j.sutton@gmail.com)

TCURA email address:  
[tcura@tcu.edu](mailto:tcura@tcu.edu)

