

MARK YOUR CALENDAR

MARCH 14: TOUR OF VAN CLIBURN HALL AT THE TCU MUSIC CENTER

Please join us for a guided tour of the amazing new Van Cliburn Hall in the TCU Music Center on the east side of the TCU campus behind Brite Divinity School on West Lowden Street. We will meet in the lobby at 10 am for the guided tour which will end at 11:15 and be immediately followed by our usual buffet luncheon, held in the orchestra rehearsal hall. This breathtaking facility will certainly be both a visual and auditory delight!

REGISTER TO ATTEND

A buffet lunch is provided for \$15. Please register at least a week in advance on the TCURA website (<https://tcura.tcu.edu>) or email Linda Moore at l.moore@tcu.edu.

MARCH 14 PARKING

Parking will be provided close to Hays Hall and should not be an issue as our tour and luncheon will occur during Spring break.

FUTURE MEETING DATES:

APRIL 11, MAY 5

All above dates are on Tuesdays. Speakers and/or programs will be announced in advance.



WHAT STARPOINT TAUGHT A TCU PROFESSOR: A GRANDFATHER'S PERSPECTIVE

BY: DR. RICHARD ENOS

*"Educate the children
and it won't be necessary
to punish the adults."*

Pythagorus

Several years ago I had the honor of being the keynote speaker at Grandparent's Day at our Starpoint School. My grandson had been a student at Starpoint for several years and, as a Professor at TCU, I had the opportunity to visit him several times and to know the faculty and staff at Starpoint and KinderFrogs. Although this was several years ago, I remember vividly the profound respect that I developed for the miracles they performed, the critical importance of early childhood education and the part that grandparents play at this important time in a child's life. My talk is (admittedly) now very dated but I suspect that the observations that I made to the grandparents who

attended on that day still apply and I would like to share some of these points with you. These observations are, of course, only my own personal opinions but I hope that they are shared and viewed as a tribute to both Starpoint and KinderFrogs.

Perhaps a brief historical overview would be of value in understanding my own perspective on the importance of early childhood education and the role of grandparents. Up until approximately the middle of the Nineteenth Century many Americans believed that children, especially before the age of 7, were considered not to be ready for school; in fact, many believed that children prior to 7 to be little more than undeveloped, immature adults—some even thought of them as defective—and that they needed to be controlled with strict discipline and (often) corporal punishment. Perhaps some of you may recall those old saws, "Spare the rod and spoil the child"! or the equally damaging,

"Children should be seen but not heard!"

New ideas on early childhood education, however, were developing in nineteenth-century Germany. German educational scholar Friedrich Froebel believed that children were inherently good-natured, that they loved to play (especially with toys), and that they were eager to learn. Froebel realized, and as Starpoint and KinderFrogs make evident daily, educators need to find the path to reach a young child and that every child has his or her own path; in short, "one size fits all" is not a successful educational plan for many young children. For Froebel, young children were like flowers in a garden that needed to be nurtured and attended to if they were to bloom and grow, that is, kinder in der garten or "kindergarten." Froebel's idea of nurturing meant that children were to be cultivated through acquiring social skills, fostering non-judgmental

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TCU RETIREES ASSOCIATION EXECUTIVE COUNCIL 2022-2023

Officers

President

Melinda Rubenkoenig
817-266-8710
m.rubenkoenig@tcu.edu

Past President

Pat Miller
p.miller@tcu.edu

Vice President

David Grebel
817-564-6803
d.grebel@tcu.edu

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Bo Soderbergh
817-996-2534
bo.soderbergh@outlook.com

Treasurer

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817-657-6687
wencro@aol.com

Other Council members

Membership Chair
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r.enos@tcu.edu

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Lenelda Pennington
l.pennington@tcu.edu

Educational Programming Chair

Fred Oberkircher
817-690-9957
f.oberkircher@tcu.edu

Representatives-at-Large Membership List Master

Judy Groulx
817-366-5333
jud.groulx@gmail.com

Newsletter

Nancy Madsen, Editor
817-938-4341
n.madsen@tcu.edu

Ashley Sutton, Designer
817-637-0215
ashley.j.sutton@gmail.com

TCURA email address:
tcura@tcu.edu

WHAT STARPOINT TAUGHT A TCU PROFESSOR

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self-expression, creativity and integrating motor skills with cognition. (As an aside, and has been widely noted, this sort of educational philosophy is also apparent with our youth annually at the Fort Worth Stock Show and generally with 4-H Programs across America.)

The exciting notion of the “kindergarten” spread widely and in various forms. Robert Owen held similar views in Great Britain, as did J.H. Pestalozzi in Switzerland and Maria Montessori in Italy. Froebel created the very first kindergarten in German in 1837. Margarethe Schurz founded the first German-language kindergarten in Watertown, Wisconsin in 1856, Elizabeth Peabody opened the first American English-language kindergarten in 1860 in Boston, and the Des Peres School in Saint Louis was the first public kindergarten in America in 1873. Our own Starpoint has created its own award-winning educational system and has won national acclaim with a philosophy and practices that—in my own opinion—are in much the same spirit as Froebel’s contributions. TCU’s contributions to early childhood education became, as mentioned above, personally apparent to me. I saw how Starpoint and KinderFrogs are

in harmony with TCU’s Mission and I know that because I served on the committee that drafted our Mission statement many years ago under the direction of then Chancellor Mick Ferrari.

Finally, and again, personally, I realized how important it is for all family members to work together with the teachers in the education of our children. My own Italian “Nonna” helped to raise me in the inner-city Italian district of Oakland, California. She grew up on a farm near Torino in Italy and, although she had no formal education to speak of, her ethos as a grandparent taught me much that I carry with me to this day. As senior citizens, and especially as grandparents, we have a responsibility to nurture and to help to educate our youngest family members and to do all that we can to support “gardens” such as Starpoint and KinderFrogs in the best version of our TCU tradition. Although I have been a professor for over 46 years, I realize and appreciate that Starpoint taught me about the critical—and beautiful—value of early childhood education.

Richard Leo Enos

- *Emeritus Piper Professor (State of Texas)*
- *Quondam Holder of the Lillian Radford Chair of Rhetoric and Composition*

MEDICATION SAVINGS NOW AND IN COMING MONTHS

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

As we enter 2023, continued focus on ways to save money on health care, including prescription drugs, seems a priority. To save money, the recent federal Inflation Reduction Act offers some perks for Medicare recipients beginning this year: capping the cost of insulin to \$35.00/month, covering all vaccines without a co-pay, and mandating that Medicare drug price increases not exceed the rate of inflation. Starting in September 2023, negotiation between the federal government and

drug companies to price 10 expensive drugs covered by Medicare will happen and require Medicare part B and D to cover those medications. Additionally, beginning in 2024, Medicare premium increases will be limited to 6% annually, and, in 2025, out-of-pocket spending for Medicare D drugs will have a cap of \$2,000.00. These features offer current and future help to respond to retiree healthcare costs.

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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.

MEDICATION SAVINGS NOW AND IN COMING MONTHS

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WHAT OTHER STRATEGIES CAN MINIMIZE DRUG COSTS FOR MEDICARE RECIPIENTS WITHOUT COMPROMISING YOUR SAFETY?

- Ask your doctor or pharmacist for help to find less costly drugs: Your doctor can write a 90-day drug script to lower a drug co-pay, order a less costly generic drug (no-trade name), or provide drug samples from a pharmaceutical representative. A pharmacist may have drug manufacturer coupons or medication discount cards, know of other discounts (GoodRx, e. g.) or work with your doctor to find a similar cheaper drug than the one the doctor ordered.
- Use online medication options for generic drugs you regularly expect to take in the foreseeable future: There are numerous online drug sites to save drug monies: RXAssist.org, Needymeds.org, WellRX, Costco.com,

CostPlus.com, Amazon.com, and HealthWarehouse.com to name a few. Savings may be significant but become less evident with shipping costs and possible need to have a company membership to save money. Walk-in Costco pharmacies will fill prescription without a membership and accept drug insurance however. Normally one cannot use insurance to get the savings at the online drug websites.

- Check to identify whether any prescription paid for out-of-pocket may satisfy your insurance plan drug deductible as some policies do.
- Work with your doctor to find a low-cost drug on the lowest tier of your Medicare Advantage or Medicare D plan. Know your drug coverage to actively participate in that decision.
- Use discount programs at Walgreens or Walmart often without using your drug insurance to save money: Kroger and

H-E-B grocers have similar programs in many cities.

- Contact a pharmaceutical assistance program for a pricey drug: You most likely have seen television advertising for these programs.
- Stick with your local pharmacist who knows your medication and OTC history if you have a complicated health regimen or take multiple medications: Pharmacist knowledge of your history may prevent drug interactions affecting your health.

Best wishes in navigating these ideas for medication savings and health in 2023!

REFERENCES CITED

How to pay less for your prescriptions. Retrieved from <https://www.tiaa.org/public/invest/services/wealth-management/perspectives/pay-less-for-prescriptions>.

Gill, L.L. (2022, May). Save big on rx drugs. Consumer Reports, 87(5), 22-29.



WORKING TO MAKE TCU MOVE OUT MORE SUSTAINABLE

BY: WENDY MACIAS, PH.D.

Greetings, TCU retirees. We are an ad-hoc subcommittee of the TCU Sustainability committee working to make TCU's moveout more sustainable by diverting usable items from the landfill to community members who can use them. Many years ago Rosangela Boyd organized a "Trash to Treasure" event that attempted the same goal, but was difficult to manage/sustain.

We are really a grassroots effort that resulted from the sickening display of waste last May. Parents, students, staff, faculty, and alumna saw the landfill-bound dumpsters filled with very usable linens, clothes, furniture, and household goods resulting in a groundswell of disgust that has motivated our current effort.

We have been working to coordinate a pilot project this May 2023 and have already gotten DFW Capsule to donate storage containers to accept donations in the parking areas near residence halls. There are many details we are still figuring out, but hope to have 2-5 donation locations and offer students drop off times from May 4-14. We will donate the items to local charities whenever possible to help our surrounding community.

If you are willing to volunteer your time, either to accept donations for a couple hours in May or to help organize behind the scenes, please contact me at w.macias@tcu.edu or 817-247-4577. I am coordinating the effort and appreciate any help you can provide.

FEBRUARY LUNCHEON PHOTOS



1. Jane Mackay and Alice Carter



2. Barbara Herman, Louise VanTilburg, Joan and Tom Rogers and Bronson Davis at the February luncheon.



3. Melinda Rubenkoenig and David Grebel with Amy Brown and Jason Sands of Visit Fort Worth at the February luncheon.

HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



CELEBRATING A FROG OF MANY FIRSTS

James Cash '69, Ph.D., was TCU's first Black student-athlete and the first Black basketball player in the Southwest Conference. He later became the first Black tenured faculty member at Harvard Business School, one of many achievements throughout his career. TCU's Race and Reconciliation Initiative (RRI) and TCU Athletics recently hosted Cash on campus for a Q&A session and a statue dedication to recognize and honor Cash's leadership on the court, in the classroom and in the boardroom.

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A WALK THROUGH TIME

The Story of Us: An Immersive TCU Experience was the cornerstone event of TCU's 150th opening week, the first of many celebrations to mark this momentous milestone. For four days, the Brown-Lupton University Union ballroom transformed into a museum of sorts, showcasing TCU's evolution from a small school on the prairie to a nationally ranked university through multimedia and interactive elements, historical artifacts and plenty of photo opps.

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A LEGACY CONTINUES: DUGGAN ACCEPTS DAVEY O'BRIEN AWARD

Max Duggan accepted the 2022 Davey O'Brien Quarterback Award Monday, as a legend of TCU present officially merged with a legend of TCU past. "It means so much to honor Davey O'Brien's legacy and what he meant to TCU and Fort Worth, our university and to his family," Duggan '22 said. "When you come to TCU, especially as a quarterback, you understand the legacy of Davey O'Brien." O'Brien '39 led TCU to clinching a national championship for the 1938 season. He claimed the Heisman Trophy among many other accolades.

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SPRING TCU MAGAZINE COVERS INCREDIBLE START TO 2023

The spring issue of TCU Magazine drops at an unforgettable intersection: a time to set the stage for TCU's 150th year and a chance to relive an unforgettable TCU football season. The Spring 2023 cover story tells a deep story of the season that led TCU all the way to a national championship game. It highlights head football coach Sonny Dykes and student-athletes like Max Duggan and Tre'Vius Hodges-Tomlinson who contributed so much to the success of the TCU's record-breaking year: an undefeated regular season and the first team in Texas to make the College Football Playoff. "Watching the football season unfold was as thrilling for the magazine team as it was for everyone else," said Caroline Collier, editor.

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