

AN INTERVIEW WITH ARTURO FLORES

BY: NANCY MADSEN

Arturo and I met while serving on the TCURA Executive Board. When I interviewed him for this article, he related this story of the extraordinary circumstances that brought him to the USA.



ARTURO FLORES (1975)

years later, that he has been able to determine the reasons that allowed him to complete his graduate studies in the United States.

In 1973, Arturo was a graduate

Dr. Arturo C. Flores' arrival at TCU in 1986 came about through a circuitous route and set of circumstances. It is only now, almost 50

student at Austral University located in the city of Valdivia, Chile. As a private institution, his university maintained great prestige among universities in Chile. On September 11, 1973, a violent military coup led by General Augusto Pinochet ended the democratically elected government; thus began a dictatorship that lasted seventeen years.

"One of the first measures taken by the military government in all institutions of higher education was to close the departments of Philosophy, Social Sciences, Humanities and Literature" Arturo said. "I was out of a job and unable to continue my graduate studies which should have ended a year later in 1974. The coup resulted in 20,000 people being killed, 30,000 taken as political prisoners, 25,000 students expelled from

universities, 200,000 unemployed and countless numbers of disappeared Chilean citizens.

In 1974, he received a letter from Dr. Guillermo Araya, a former professor who had received a position at a French university after the military crackdown. He encouraged Arturo to send his CV and other documents to universities in Germany and France where Araya had academic contacts. All the required documents (transcripts, recommendation letters, etc.) were sent but Arturo never heard back and suspects that his mail was intercepted by the military due to strong censorship imposed. As time passed, he realized that everything he had sent had reached its destination.

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MARK YOUR CALENDAR

APRIL 18: TCU RETIREE HEALTH BENEFITS

The Tuesday, April 18 meeting will be held at 11:30 in the Kelly Center and will feature a discussion seeking input about TCU retiree health benefits. TCURA will use these findings to engage decision makers in dialogue about benefits. Come prepared to share your thoughts and feelings.

REGISTER TO ATTEND - A buffet lunch is provided for \$15. Please register by April 4 on the TCURA website (<https://tcura.tcu.edu>) or email Linda Moore at l.moore@tcu.edu.

PARKING - Parking is available in the Kelly Center lot or in the visitors garage next door.

APRIL 14: TCURA BRIDGE

The TCURA bridge group will meet Friday, April 14, from 1 to 4 pm at Julie Baker's house, 6324 Arrowhead Road, Fort Worth 76132. If you are interested in joining, please contact Nancy Madsen at n.madsen@tcu.edu or 817-938-4341.

If you are interested in starting an interest group, contact Nancy.

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At the beginning of 1975, Arturo received a telegram from France informing him that he was going to receive news from the United States. Shortly thereafter, he received a letter with an offer from Arizona State University to continue his graduate studies with a scholarship. In the month of July 1975, another telegram announced that there would be a travel ticket for him to the United States at the Braniff International Airline offices in Santiago, Chile.

“I was given an airline ticket for travel to Arizona State University (ASU) in Tempe, Arizona and a scholarship and never found out the circumstances that allowed me to be the recipient. In other words, I never knew where the airline ticket and ASU scholarship came from or who received my documents and selected my name,” he said.

“At the end of August of 1975, during the existing state of siege and with a safe-conduct permit in hand granted for clearance by the military, I left Valdivia for Santiago, Chile, to take my plane flight to

the United States. Knowing that I had to say goodbye to my whole family was one of the hardest things of my life. My father, a serious and straight man in his decisions, was categorically opposed to my leaving the country. However, I always counted on the words of encouragement that my mother gave me to pursue my educational goals. Finally on Saturday, August 30, after a very long trip with connections in Lima, México City and Los Angeles, I arrived at the Phoenix airport where Professor Maureen Ahern was waiting for me. After a short chat about my trip, Dr. Ahern took me to buy some groceries (toiletries) and then to my apartment and my college roommates, Wayne Vose and Robert Wilson. We became friends forever,” Flores said.

After the proper introductions and a quick shower, his roommates informed him that that they were all going to attend a party for the ASU Spanish Department graduate students. The party was held at the apartment of Leslie Hill and her roommate. “I will never forget that night since I met the girl who was to become my wife. Leslie and I were married in August of 1979,” Arturo said.

In February 2021, he received an email from Fernanda G. Rodríguez, a graduate student from the University of Maryland, Baltimore County (UMBC) who had found Arturo’s name while doing research for her thesis entitled The Emergency Committee to Assist Latin American Scholars (ECALAS): Liberal Academics and the Contradictions of the Cold War Foreign Policy in Latin America. Flores’ name was on a 1975 emergency list for ECALAS, the Emergency Committee to Assist Latin American Scholars, marked as a graduate student considered a priority for his academic ability, with a pending offer as a graduate assistant at Arizona State University.

“Thanks to Ms. Rodríguez’s research I came to find out that due to the violent military coup in Chile and the continuous violation of Human Rights, several institutions and universities in Europe and the United States, together with financial assistance provided by various foundations, began the task of providing educational opportunities for Chilean graduate students and

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intellectuals”, he said.

In the United States, the Latin American Studies Association (LASA) together with the efforts of various universities and the collaborations of the Ford Foundation, in charge of the scholarships, made it possible for many Chilean graduate students to arrive to this country. LASA’s first action was to create the so-called Emergency Committee to Assist Latin American Scholars (ECALAS) with the mission of selecting those students who would receive the scholarships financed by the Ford Foundation, and the institutions where they were going to study.

“Now I don’t have the slightest doubt about how I came to study in the United States. The Ford Foundation awarded me an academic scholarship with the help of ECALAS and its members,” he said.

Arturo earned his master’s degree at ASU in 1977. He then started working on his Ph.D. at the University of Arizona, Tucson in 1978 where he finished his degree in 1985. “During my years at Arizona State University and the University of Arizona, I always asked about the institution that awarded me the scholarship but never received a definitive answer,” he said.

After obtaining his Ph.D., Arturo and Leslie then moved to the

**LESLIE AND ARTURO FLORES**

University of Wisconsin, where he taught for one academic year. In the Summer of 1986, Arturo traveled to the University of California, Santa Barbara, on a postdoctoral fellowship and, after a successful interview, he was hired as an Assistant Professor at TCU commencing in August 1986.

He began teaching Spanish and Latin American Literature at TCU in the fall of 1986, became an associate professor in 1992, a full professor in 2002 and retired as Emeritus in 2016. During his tenure at TCU, Arturo published extensively in academic journals in Latin America, Europe and

the United States. He was selected several times to the Mortar Board and nominated for outstanding teaching multiple times.

In retirement, Arturo has continued to publish articles and book reviews and always keeps in contact with friends and retired colleagues from different universities in Europe, the United States and Chile. Arturo said, “The sad part of the story is that I could never thank those who made it possible for my educational dream to come true because I never knew who to thank until fifty years after arriving in the United States”.

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.

DIET CHANGES FOR LONGEVITY AND BETTER HEALTH

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

As we begin another year, it seems relevant to revisit healthy eating. Although 25% of our health results from our genetic inheritance, most results from healthy eating, exercise, stress management, and other lifestyle behaviors under our control. No matter your current eating habits or your age, improving your diet via setting attainable goals can foster better health and add years to your life.

THE FOLLOWING DIET CONSIDERATIONS, BASED ON RESEARCH, CAN IMPROVE YOUR HEALTH:

- Cut back on processed and fried foods, sugar, salt, and other food additives; more healthy choices, such as those found in the Mediterranean diet, decrease your total cholesterol, help you lose weight, and decrease your BP and body inflammation that increase the risk of cardiovascular illness.
- Increase your intake of fruits, vegetables (especially dark green, yellow and orange ones), nuts and seeds (e.g., low salt peanuts, almonds, walnuts), whole grains, and food with high amounts of unsaturated fats (e.g., olive oil, avocados, lean meats and fish [fatty fish like salmon, tuna and mackerel]); fresh, frozen, or low salt canned vegetables help reach that goal.
- Add more beans, peas, and lentils to meals for the greatest impact on your life expectancy (eat one cup of one type each day); eat more brown rice and foods that provide good amounts of daily fiber and nutrients to decrease cancer risk and elevated cholesterol (e.g., whole grains, oats, quinoa, barley, buckwheat).
- Focus on foods that provide needed nutrients for healthy aging: dark green leafy vegetables and fortified dairy and cereal for calcium and vitamin D to minimize possible osteoporosis risk, autoimmune illness, and improve muscle strength for independence; eggs, poultry, fish, and animal origin foods add vitamin B12 needed for nerve function.
- Monitor fluid intake; perception of thirst lessens with aging, placing us at risk for dehydration; drink less coffee, alcohol, and tea that cause body fluid loss; instead “feast” on decaffeinated drinks, low salt soups, low sugar fruit juices and smoothies;

keep a water bottle in sight to remind you to drink throughout the day.

- Realize that as you age, you may need fewer calories due to less physical activity than when younger; quality nutrition remains important as food absorption becomes less with aging.
- Instead of salt or sugar to flavor foods, try herbs and spices, along with some light exercise, to “ramp” up your taste for healthy eating, particularly with a loss of appetite.
- “Eat breakfast like a king, lunch like a prince, and dinner like a pauper;” this will align with your biological clock; early day calories help lose weight, improve blood sugar and cholesterol levels; dine with family or friends at least once daily to push you to eat slower and with more attention to food intake.

Evaluating your current diet by talking to a nutritionist can identify reasonable food intake changes for you. Speaking with your doctor or pharmacist to evaluate your current supplement and medication intake may also provide valuable information to support your health. My husband and I annually do a health visit as part of our Medicare Advantage plan that involves a diet assessment, our medications, and safe supplement intake for our well-being. You may have the same option in 2023 with your Medicare plan.

REFERENCES CITED

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O’Conner, A. (2022, October 18). At any age, a healthy diet can extend your life. <https://www.washingtonpost.com/wellness/2022/10/18/healthy-eating-aging>.

O’Conner, A. (2023, February 14). Want to live a longer life? Try eating like a centenarian. <https://www.washingtonpost.com/wellness/2023/02/14/centenarian-healthy-eating-habits>.

In Memoriam

Dee James Atwood
Department of Religion,
Undergraduate Admissions
February 9

David Bedford
Department of Spanish and
Hispanic Studies
February 21

Daniel G. Short
Neeley School of Business
March 1

Mary Lambert
Human Resources
March 10



FEBRUARY LUNCHEON PHOTOS



1. Richard Gipson greets retirees in the Van Cliburn Concert Hall at TCU at the March meeting.



2. John Owings performs for the TCURA meeting in the Van Cliburn Concert Hall at TCU.



3. Jeannie Chaffee, Jean Walbridge and Pat Miller

HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



TCU NURSING ALUMNA ASSISTS IN HISTORIC, CUTTING-EDGE SURGERY

They say it's all in a day's work. TCU alum and Cook Children's Medical Center Sarah Patzke Shaabani, '14, RN was one of 25 medical professionals who recently helped perform the delicate operation of separating conjoined twins, a first for the Fort Worth pediatric hospital. "I was both honored and nervous because I knew how much trust these surgeons were putting in me to be one of their nurses during this procedure," recalls Shaabani. A separation surgery of this magnitude was a first for Shaabani.

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HANAN HAMMAD APPOINTED CHAIR OF WOMEN & GENDER STUDIES

Dean Watson is pleased to announce the appointment of Dr. Hanan Hammad as the Department Chair for Women & Gender Studies. Dr. Hanan Hammad is a social and cultural historian of the modern Middle East whose work focuses on gender, sexuality, working classes and popular culture. She has authored many academic publications, most notably *Industrial Sexuality: Gender, Urbanization and Social Transformation in Egypt* from the UT Press 2016 and *Unknown Past: Layla Murad, the Jewish-Muslim Star of Egypt* just out from Stanford University Press.

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INNOVATIVE TEACHERS GUILD CULTIVATES CREATIVE TEACHING MINDSET ACROSS TCU CAMPUS

The Institute for Entrepreneurship and Innovation created the Innovative Teachers Guild as a collaborative way for professors to incorporate entrepreneurial thinking, build creative curriculum and embed innovative strategies into their teaching. Patty Zamarripa never viewed innovation and entrepreneurship as personal strengths. That was until she joined TCU Neeley's Innovative Teachers Guild. Zamarripa, an assistant professor of professional practice in the journalism school found ways to infuse entrepreneurial ideas into her current classes and even created a new class, *Mobile Journalism*.

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WIND SYMPHONY RECORDING PROJECT RECEIVES 150TH CREATIVE GRANT

TCU's 150th anniversary is officially music to our ears. Professor Bobby Francis' Sesquicentennial wind symphony recording project was selected to receive TCU's 150th Anniversary Commemoration Grant for Creative Activities. In addition to the \$10,000 grant, TCU's Office of Research will augment the project with up to double the funding to assist in its successful completion. "This is a recording/video production that many people are excited about and will celebrate the musically talented – current and past – that have developed their skills in the TCU School of Music with the amazing tutelage of our renowned music faculty," said Francis, music professor and director of bands.

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