

TCURA NEEDS YOUR NOMINATIONS

PRESIDENT'S COLUMN



DAVID GREBEL

I knew that when my caller ID said the call was from Pat Miller I should have let it go to voice mail. I was nine months into my retirement and not really looking for anything new to do. But Pat had other ideas and I ended up on the TCU Retirees' Association executive council responsible for educational programming. Seven months later, my caller ID said that Linda Moore was trying to reach me. Again,

I should have let it go to voice mail but instead found myself more deeply engaged with our work together as your vice-president and then president.

Those calls are going out again this spring. But rather than coming to me they are coming from me and other members of our nominating committee. We're seeking new members of the executive council for this upcoming year. Additionally, we're looking for a new vice-president to carry on the work that so many others engaged in before us. In addition to providing

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MARCH 22 TCURA MEETING

TOUR OF KEITH HOUSE



In March, TCURA members will have the unique opportunity to experience Keith House, recently constructed at the Trailhead at Clearfork, 4814 Edwards Ranch Road near The Press Café. Keith House is a modern-day meeting house, a nonsectarian space where visitors can gather to

contemplate, meditate and celebrate. The art installation inside the facility, known as the Keith House Sky Space, is by James Turrell, whose mediums are light and space. An 8-foot by 8-foot aperture in the ceiling allows interaction of the changing light in the sky. TCURA Board member Fred Oberkircher visited the first Turrell meeting house in Houston, and had this observation on the experience:

"The experience was unlike any art installation I had ever attended. The manner in which what appeared to be a skylight was constructed removed the visual sense of separation between the ceiling and the sky, resulting in the amazing visual sense that the sky was really flat paper glued to the ceiling – paper that subtly changed color through the evening as the sun set."

MARCH 22 MEETING DETAILS

Due to the unique nature of this presentation, it will be held Friday, March 22, at 6:30 p.m. instead of our usual monthly luncheon meeting. The event will include a tour and discussion of the architecture, artist and art installation, followed by time to experience the Keith Sky Space as the sun sets, weather permitting.

REGISTER BY MARCH 15

Cost to attend is \$15. Please register by March 15 on the TCURA website (<https://tcura.tcu.edu>) or by contacting Lenelda Pennington at l.pennington@tcu.edu.

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the programs that continue to draw us together we are placing additional emphasis on addressing retiree benefits with the administration.

If you're interested in working with us as we continue to engage the retirees with each other and TCU let Melinda Rubenkoenig, chair of the nominating committee, know. And if you know of someone who you believe could serve all of us feel free to nominate them. We'll bring a slate

of new officers to you for approval in May.

One of the critical roles that we need to fill this next year is that of newsletter editor. Nancy Madsen has provided marvelous service to all of us as she has edited our newsletter for the past several years. If you're interested in this role, or know someone who could fill it well, let us know.

I'm actually glad that I answered the calls from Pat and Linda. I hope that you'll respond positively to the call to come work with us.

RECOMMENDATIONS NEEDED FOR NEWSLETTER EDITOR AND DESIGNER:

We need your help in finding a newsletter editor and designer, since the current editor and designer are resigning from newsletter duty following the May issue after 4 years of serving TCURA together. Please contact David Grebel if you know someone who may be interested in one or both of these positions:

d.grebel@tcu.edu

DRINKS TO LOWER BLOOD PRESSURE

BY: CAROLYN SPENCE CAGLE PHD, RNC-E

For most of us with elevated blood pressure, we seek to control that with medication, a consistent program of exercise, stress management techniques, and honoring our sleep needs. However, there is powerful evidence that diet, including our daily fluid type, helps in blood pressure (BP) control. Both the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets help control our blood pressure and weight for better health. Both diets do this by limiting salt, red meat, saturated fat and sugar intake as a routine, something I have done for some time.

BASED ON EVIDENCE, WHAT FLUIDS CAN BECOME PART OF OUR BP CONTROL ARSENAL?

- Skim milk: 1-2 glasses/day provide calcium, potassium and magnesium to positively affect BP numbers if drank over a 10-month period.
- Pomegranate juice: ¼ cup/day drank over a 2-week period helps lower BP due to the effect of anthocyanins (antioxidants).
- Hibiscus tea: 2 cups/day over a 2-week period seem to positively affect BP due to anthocyanin content (antioxidant).



- Beet juice: 2 cups/day may have a fast impact based on nitrate that increases body blood flow and may last 24 hours.
- Tomato juice: about 1 glass/day provides lycopene (antioxidant) to decrease BP if drank over a year's time.
- Grapefruit juice: due to its potassium, lycopene, and fiber/other plant materials, this juice may positively affect our BP over some time. However, many doctors recommend not drinking it based on certain BP meds. Best to check with the doctor about safety of this drink for our situation.

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DRINKS TO LOWER YOUR BLOOD PRESSURE

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On the other hand, alcohol, soft drinks, caffeinated drinks, and energy drinks may increase our BP due to high sugar and other ingredient content. It seems best to focus on more healthy vegetable and fruit drinks showing positive effects on BP control. And, of course, drinking our 8-glasses of water per day, as recommended by most health experts, helps too!

REFERENCES CITED

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MARK YOUR CALENDAR

SEND US YOUR FAVORITES BY MARCH 15

What was (or still is) your favorite spot on campus? Was it the fountain? The stadium? The office where you worked? We would be interested in knowing what your favorite spot was and why.

Please send your responses to Nancy Madsen by March 15:

n.madsen@tcu.edu

APRIL 16 TCURA MEETING WITH KIM JOHNSON

Join us in the Hays Business Commons, Room 2303, for a presentation by Kim Johnson, senior associate athletics director. More information, including where to park, coming in the April newsletter.



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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.

'SWEET' RETIREMENT WITH NANCY GRIESER

BY: NANCY MADSEN

When TCU retiree Nancy Grieser still worked at TCU, the parent of a student gave her a box of English Toffee. Nancy liked it so much she asked for the recipe, which the parent, after initially refusing to share, finally did. Nancy, originally a food and nutrition major who likes to cook, started making the toffee as gifts.

When her son shared the candy with his friends, they clamored for more – and that's how Nancy's Toffee was born. English Toffee had been a best seller before she branched out to other flavors, including Jalapeno Peanut Brittle.

That was in 2001. Fast forward to December 2023. Susan Huston, a friend and customer of Nancy's, traveled to New York City with her family to celebrate her remission from Stage 4 cancer. As she reveled in the Christmas atmosphere on the streets of New York, she was approached by David Muir, an ABC newscaster and anchor of ABC World News Tonight with David Muir.

David noticed she was emotional and asked why. Susan said her tears were for happiness that she is a cancer survivor. He then asked her what gift made in America she would suggest to his audience. She replied, Jalapeno Peanut Brittle made by Nancy's Toffee in Arlington, Texas.

Upon her return to Texas, Susan was contacted by an ABC producer and asked to film Nancy making candy in her kitchen and send ABC the videos to air on the December 12, 2023, Made in America segment of ABC World News Tonight.

"I received 400 order emails in two hours after that show aired," Nancy said, "and still get orders daily." She usually requires Christmas candy orders to be in by November 13, so all deliveries can be made by early December. "This time," she said, "I did another shipping



NANCY AT WORK IN HER KITCHEN

of 65 orders with a December 19 deadline." Although her busiest season is from October through December, Nancy makes and ships candy year-round.

Nancy worked at TCU for 27 years, from 1990 until her retirement in 2017. She started in Accounts Payable doing check verification, then served as Coordinator of Housing Assignments in Residential Services for 10 years and Director of Housing for Brite Divinity School for 17 years. Nancy completed her undergraduate and MBA degrees while at TCU. Two of her three children graduated from TCU.

Nancy's website is nancysfinecandy.com. You can view the clip that made her famous here:

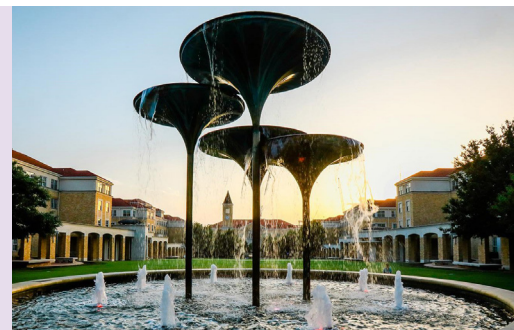
<https://abcnews.go.com/US/made-america-world-news-tonight-viewer-shines-light/story?id=105638432>

Maybe she should cater dessert for a TCURA meeting!

In Memoriam

Glenn Kroh
College of Science and
Engineering
January 18

Clarice Walstad
TCU Bookstore
February 16



FEBRUARY LUNCHEON



1

1. Magnus Rittby spoke at the February TCURA meeting.



2

2. Becky and Hal Roach



3

3. Debbie Mar and Cindy Coffin

HEADLINES OF INTEREST

KEY TCU NEWS TO KEEP YOU INFORMED



IT'S ALL IN THE DETAILS: A CLOSER LOOK AT ARCHITECTURE AND DESIGN ACROSS CAMPUS

A number of carefully designed details help make TCU's 302-acre home the perfect place for Horned Frogs to learn, live and play. TCU is one of the most beautiful college campuses in the country. With a mix of historic and contemporary buildings, you will find a number of carefully designed details inside and out that make our 302-acre home the perfect place for Horned Frogs to learn, live and play.

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TCU SCHOOL OF MUSIC WILL HOST THE U.S. NAVY BAND SEA CHANTERS

Immerse yourself in an evening of musical excellence at the Guest Artist Series: U.S. Navy Band Sea Chanters Monday, March 18, 7 p.m. in the Van Cliburn Concert Hall at TCU. The Navy Band Sea Chanters are the United States Navy's official chorus. The ensemble performs a variety of music including traditional choral music, sea chanteys, patriotic fare, opera, Broadway and contemporary music. The Sea Chanters have enjoyed a great reputation performing with such stars as Perry Como, Marian Anderson, Kenny Rogers and Lionel Richie. Throughout their history, the Sea Chanters have remained true to the Navy's watchwords of pride and professionalism, and they continue to flourish as a vibrant ensemble.

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TCU SPEECH & DEBATE RINGS IN THE NEW YEAR WITH A WIN

TCU Speech and Debate is taking the competition circuit by storm. In their first competition of the 2024 year, the team won first place overall in the "Individual Event Sweepstakes," third overall in the Individual "Event and Debate Sweepstakes" and brought home a record 26 top-six finishes across 14 of 15 individual event categories at the Southern Forensic Championship. Hosted by Louisiana State University in Shreveport, the TCU team faced off against teams from around the nation. The three-day event allowed students to participate in all the individual categories, including the two new categories of "Radio Broadcasting" and "Editorial Impromptu" in which TCU students placed in the top 10 in both categories.

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BANKING ON GROWTH

Robert Burns, a second-generation Fort Worth city administrator, is at the helm of the city's seismic growth. As the economic development director, Burns is a key player in the business expansions and relocations that have put the Dallas-Fort Worth region on pace to overtake Chicago as the country's third most populous metro area. Fort Worth led the nation with the largest year-over-year population increase, adding more than 19,000 people from 2022 to 2023 for a total of 957,000 residents, reports the U.S. Census Bureau.

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