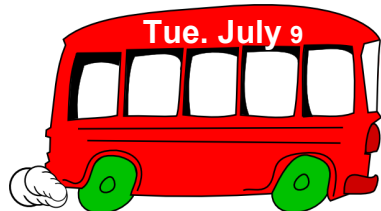


**Editor: Henny van Dijk**

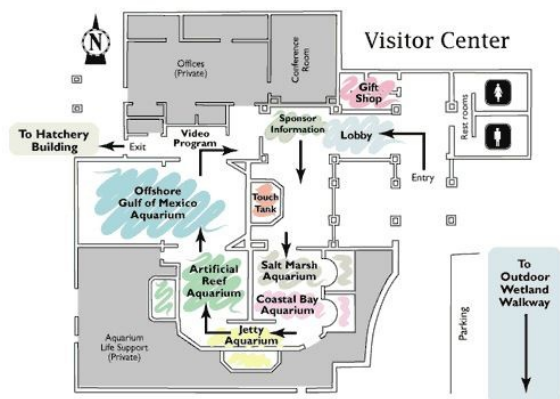
**[www.uthro.org](http://www.uthro.org)**

**June, 2019**

## Mark Your Calendar



The bus will take us on an adventure to Lake Jackson to visit Sea Center Texas the marine aquarium, fish hatchery and education center located on 75 acres in Lake Jackson. It is operated by the Texas Parks and Wildlife Department in partnership with the Coastal Conservation Association, The Dow Chemical Company and US Fish and Wildlife Service Sportfish Restoration Funds. The facility opened in 1996 and includes a visitor center with aquaria and exhibits of Texas marine life, the largest redfish hatchery in the world, 36 one-acre fish culture ponds, an outdoor wetland exhibit and a youth fishing pond. No food is available for sale at the facility. The facility is handicap accessible. Binoculars, a wheelchair, and walker are available for use on a first-come first-serve basis. In the Visitor Center Lobby one finds Fiberglass replicas of state record saltwater fishes hovering overhead in the lobby. The 25 fiberglass mounts (most created by Bob Harris of Saltwater Taxidermy) include popular bay sport fish like flounder, black drum and red drum as well as offshore species such as blue marlin, tarpon and red snapper. And of course, there are several large sharks.



*The outdoor wetland is accessed by a 600-foot boardwalk over two different marsh areas -- a three acre freshwater marsh and a two acre saltwater marsh. Green tree frogs, hummingbirds, dragonflies, turtles and an immense array of birds can be seen.*

## Cinco de Mayo in June



**UTHRO's Event Committee cordially invites you to a truly entertaining event**

Plan to join us on Tuesday, June 18 at OCB Rio Grande 11:30 a.m. – 1:00 as we try again to celebrate Cinco de Mayo, the date in 1862 when a ragtag small Mexican army (2000 men) defeated the mighty French forces (6000 strong) in the battle of Puebla. Inclement weather forced us to cancel the original date.

Of course having a good time means enjoying each other's company while enjoying good food, so bring your favorite Tex-Mex dish. UTHRO will serve the tacos. We plan on providing meat, tortillas, basic fixings (lettuce, cheese, onion, jalapeño etc) but please bring a side dish such as tamales, rice, beans, salsa, guacamole and desserts (and maybe chips for those that don't want to cook).

And while we enjoy the food we thought it would be fun to play Loteria or Mexican Bingo, not for money mind you, but just for fun and some of you might get lucky and win a small prize. And for those who



never played the game, think of it as Bingo with pictures instead of numbers. Please **RSVP by Tue June 11**, to: Barry Rittman [barryrittman@gmail.com](mailto:barryrittman@gmail.com) or call 713-542-8108 so we have an idea of how many tacos we need and what dish you plan to bring.



### Mark Your Calendar



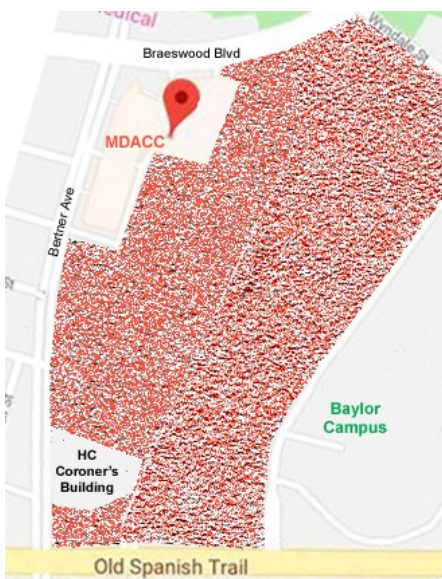
The 2019 Retiree Benefits Meeting is scheduled for **Friday, July 12** from 10—Noon At OCB, Rio Grande Rm.



### In this Issue

Page 1 The July Event; Our May Raincheck in June  
 Page 2 TMC 3 plans; Ten Healthy Snacks  
 Page 3 UTHRO in Europe; Street Art as Eye Catchers  
 Page 4 ...and now for something completely different!

## TMC3—Gets a New Look



TMC3 founding institutions – Texas Medical Center (TMC), Baylor College of Medicine, Texas A&M University Health Science Center, The University of Texas Health Science Center at Houston (UTHealth) and The University of Texas MD Anderson Cancer Center – announced that Elkus Manfredi Architects, Transwestern Development Company, and Vaughn Construction will serve as the architectural and development team for the 37-acre TMC3 translational research campus. The area between Braeswood to the N. Bertner to the W., Harvin to the E and OST to the S. will be transformed and bring together leading researchers

and expertise from the private sector to create the number one biotechnology and bioscience innovation center in the entire world.

Elkus Manfredi Architects' David Manfredi added, "Our idea was to expand on the DNA design concept and create a series of spaces that would elongate the strand all the way north to the historic core of the Texas Medical Center and south to the new development by UTHealth and MD Anderson in order to create more opportunity for connections and collisions. We're implementing the connective tissue between all these places and establishing opportunities for unplanned interactions. Science, technology, medicine, discovery and innovation are all about making connections, and we are building a space for institutions, industry and startups to interact. We are creating a place where people will want to be because they're constantly stimulated – whether it's breakfast at the local coffee shop, or a volleyball league in the afternoon, or working in a central lab and the person next to them is doing something that intersects with their own research." A skybridge across OST will be constructed to connect the UT Research Park with the TMC3 Campus, so when TMC3 opens in 2022, Texas Medical Center will signal its arrival as the Third Coast for life sciences for the foreseeable future.

## From Silver Sneakers Mailbox

In a perfect world, we'd all carry around homemade snacks of fresh ingredients like fruit, Greek yogurt, chopped vegetables, and hummus. In reality, convenience is king. But whatever is keeping people from preparing healthy meals and snacks, the demand for ready-to-eat foods is bigger than ever. And so is the supply. Therein lies the challenge: How do you separate the truly nutritious from the junk? We asked registered dietitians to share the packaged snacks they buy for themselves and their answers offer something to satisfy every craving. Plus, all deliver some combination of healthy fats, fiber-rich carbs, and protein, and are relatively low in sugar and sodium.

**Stock up on these grab-and-go snacks that are Just as delicious as they are nutritious.**

### 1. Planters NUTrition Heart Healthy Mix



These individual packs are a mix of peanuts, almonds, pistachios, pecans, and hazelnuts. They're seasoned with a little bit of salt but are still low in sodium. 260 calories, 23 grams fat, 55 milligrams sodium, 8 grams carbohydrates, 4 grams fiber, 2 grams sugar, 9 grams protein

### 2. Biena Rockin' Ranch Roasted Chickpeas



Though roasted chickpeas are easy to make, the packaged ones stay crispy much longer and come in a variety of flavors, both sweet and savory, but Rockin' Ranch has lots of tasty seasoning but just one gram of sugar, 120 calories, 3 grams fat (0 grams saturated fat), 230 milligrams sodium, 18 grams carbohydrates, 6 grams fiber, 1 gram sugar, 5 grams protein

### 3. Kirkland Signature Cocoa Dusted Almonds



For something crunchy, I buy lightly salted cinnamon- or cocoa-dusted almonds. The nuts deliver a dose of healthy fats plus a little protein and fiber to help me feel satisfied, which is so important in a snack. 190 calories, 15 grams fat (2.5 grams saturated fat), 18 milligrams sodium, 11 grams carbohydrates, 4 grams fiber, 4 grams sugar, 6 grams protein.



**4. 365 Everyday Reduced Fat and Sodium Popcorn**  
I eat popcorn almost every day, as it is the perfect high-fiber, high-volume snack to keep you satisfied. Plus, it is 100 percent whole grain, and this brand uses less oil and salt than other brands, making it even better in my book. 130 calories, 6 grams fat (0.5 grams saturated fat), 85 milligrams sodium, 18 grams carbohydrates, 3 grams fiber, 0 grams sugar, 3 grams protein



### 5. Simple Mills Fine Ground Sea Salt Almond Flour Crackers

### 6. Setton Farms Pistachios and Cranberries Pistachio Chewy Bites



### 7. KIND Nut Butter Filled Chocolate Peanut Butter Snack Bar

### 8. Olives Basil and Garlic Pitted Olives

### 9. Chifles No Salt Plantain Chips

### 10. Rhythm Superfoods Naked Beet Chips



Christine Byrne

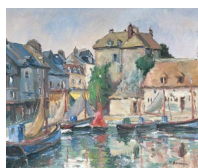
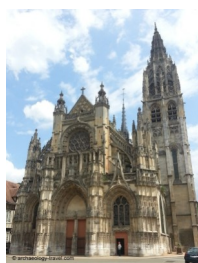


## Now That We know How To Do It...

In April we announced that after the successful European Christmas Cruise Adventure in 2018, we are going again! This time we are off to France. Vantage Travel has made some slight changes to the cruise we previously told you about. The name has changed to

### Classic France Along the Seine

However, the itinerary and pricing has not changed. Also the pre and post extension in France are no longer available due to scheduling issues. Vantage is now offering a 3-day post-extension to Brussels at \$649/per person, double occupancy. So to recap - the cruise ports of call will be Conflans, Vernon, Caudebec-en-Caux, Honfleur, D-Day Beaches of Normandy, Le Havre, Rouen, Les Andelys and Paris, 11 days being entertained and educated without changing hotels or driving for miles on end to the next stop, no not this time. It is important that you make your plans



now and book early to insure that you reserve your space on the trip. I have already booked mine! Although this trip is less than a year away it is important that you book now because the cruise ship only holds 139 passengers, and these trips book quickly. Our Vantage group manager has informed me that many people are already booking this trip. I would encourage you to make your plans and book your trip within the next 30 days.

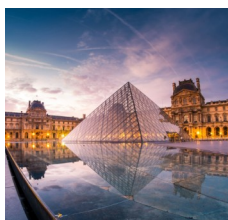
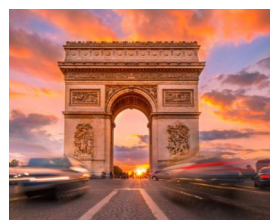
Our reservation **Group Number is 89089, PO Code G726600 and Trip Code SE120.**

In order to receive discounts, you must reference these codes. This year I have arranged with Vantage Travel to provide us with our own group liaison. Her name is Alessandra Spilotro. To book your travel call Alessandra at 866-786-2006, ext. 7042. A \$500 per person deposit is required to hold your reservation. If you are traveling alone and would like a roommate. Please let me know. I can try and help you find a roommate. You are most welcome to invite family and friends to join you on this cruise. If you have any questions please call me at 281-933-3634 or 832-465-1040 or email at

[bkelly0127@gmail.com](mailto:bkelly0127@gmail.com).

Looking forward to traveling with you!

Barbara Kelly  
UTHRO Past President



## Tri-Level "Eye-Catcher"

By Street Artists Jan is de Man & Deef Feed

It has become a new form of art to enliven abandoned buildings and old train tracks as the canvases for their explosive masterpieces; two Dutch street artists choose to go another route – by realizing lively works for local communities who want to connect. Their aim is to create projects "where everyone can identify themselves" by asking for the involvement of the residents who commission them. Their most recent gift to a neighborhood – a whimsical tri-level trompe l'oeil mural bookcase on an apartment building in Utrecht, Netherlands.



The location for the mural came before the concept "I know the people who live on the ground floor very well. They've wanted a mural by my hand for a while. They also wanted to let me feel free in my design as long as it would bring something positive to their neighborhood."

After studying the "canvas" he came up with the idea for an l'oeil mural – "visual illusion in art, especially as used to trick the eye into perceiving a painted detail as a three-dimensional object." He said, "We studied the shape of the house and the location where this house stands in and suddenly the idea of making a huge bookcase hit them. We love making illusions on walls and to see smiles on people's faces

and this idea could bring all this together."

Part of the concept was to involve the residents' in the artistic process, "We asked people for their favorite books and we were able to put 8 languages and cultures together in the same concept. Everybody, every age, every culture, every language was welcome. The only rule we set up to participate in this art project was: no political books and no religious books. Besides that every book title was welcome."

They took one week working fulltime to take the idea from paper to the wall of the apartment building. The most difficult part was the initial concept planning, "most of the time the most difficult [part] is to get the right concept, that fits the wall, that fits the neighborhood. but when you got the right idea, then there is not much difficulty."

Since the mural has been unveiled it has become not only an artistic source to bring the neighbors together but for people stopping to visit for a literary selfie. We've noticed that this project brought people together without pushing it. They meet each other through books. Regardless of the differences in cultures, regardless of the differences in political point of views.

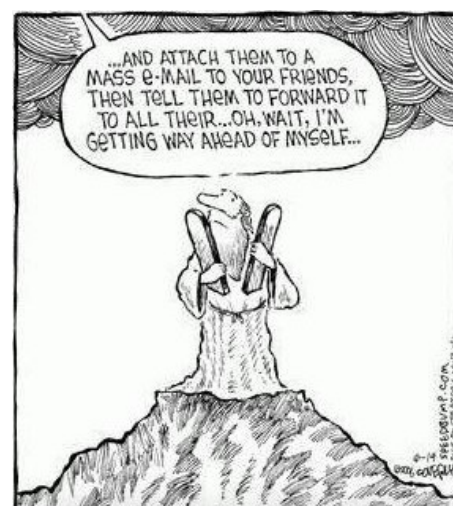
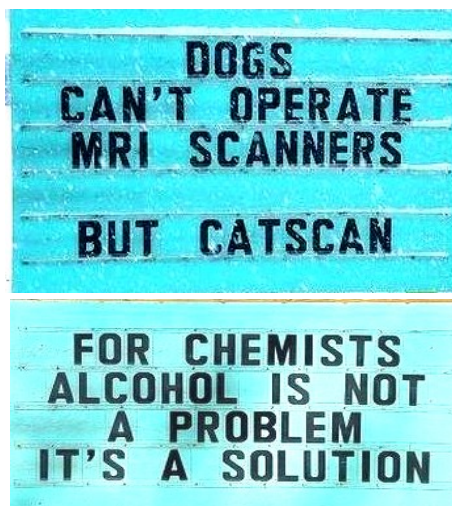
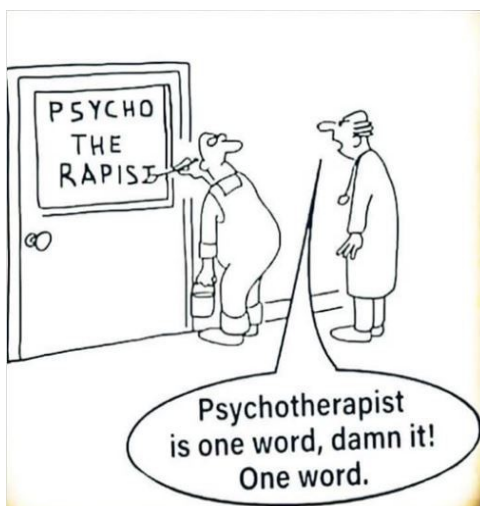
# UTHRO

The University of Texas Houston Retiree Organization  
1851 Crosspoint, Suite 1.204  
Houston, TX 77054

To update your address or phone number  
please contact us at 281-655-1983

*And now for something completely different ...*

## Some Medical and Information Technology Items to Ponder



Indian Hills Community Center

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