

Editor: Henny van Dijk

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January, 2020

## January Lunch & Learn—A Visit to the Renovated Holocaust Museum



On Wed. Jan.8 we will visit the totally renovated Holocaust Museum at 5401 Caroline St under the excellent guidance of Anna Steinberger, the very active UTHRO member and docent at the museum. Mean-

Each represents 1,000 of the 1.5 million children who perished in the Holocaust.



The traveling exhibit on display now is **Dolores Huerta: Revolution in the Fields / Revolución en los Campos** shares the compelling story of legendary activist and leader Dolores Huerta (b.1930) and the farm workers movement of the 1960s and '70s. It is a quintessen-

tially American tale of struggle and sacrifice, of courage and victory. The exhibition explores Huerta's public life as an activist and co-founder of the United Farm Workers Union (UFW), and what led her to become a Latina civil rights icon. In her life as a communicator, organizer, lobbyist, contract negotiator, teacher, and mother, her unparalleled leadership skills helped to drive yourselves. The visit is scheduled from 10:00 AM till about 11:30 after which we



will visit the Bodegas Taco Shop on Caroline in walking distance from the museum. Known as Houston Museum District Hidden Gem, our locally owned taco shop has some of the best food around. It has an artsy, creative, family vibe that is indigenous to Houston's finest art, history, and science

museums. We are the only restaurant right in the heart of Houston's Museum District- In fact, seven of the major museums in Houston are within one block from us! So if you're looking for a truly authentic Houston experience with the influence of Mexico, then try Bodegas.

Now for the important part: The entry fee for the museum is \$10 to be prepaid and it is important to make sure you also RSVP at the same time to Barry Rittman so both the treasurer and the coordinator are on the same page. So...

Call or email Barry by January 2 at

[barryrittman@gmail.com](mailto:barryrittman@gmail.com) or 713-542-8108

and mail your \$10 check by January 2 to Margaret Zambrano As: payable to UTHRO, and send it to her address 20903 Imperial Ridge Lane, Spring, TX, 77379

***This is not a bus trip so don't expect a bus ride. Parking at the Holocaust Museum is \$8 for 4 hours and we suggest that people carpool***

while, the original facility needed a "refresh," she said. As intended, designed and just completed, Holocaust Museum Houston's \$34 million expansion is a bigger, broader-reach facility that honors somber history, blends it with hope and inspires action.

The two-year project doubled HMH's original size to 57,000 square feet – and extended its mission beyond that of regional resource in Holocaust education to that of "national voice for human rights and social justice."

Museum materials rank the new facility's physical size as the fourth largest Holocaust museum in the country and is the first to be fully bilingual in English and Spanish. HMH's expansion – in space and in scope – marks the most ambitious undertaking in the museum's 23-year history, said Dr. Kelly J. Zúñiga, the museum's CEO, in remarks during the recent grand opening. "With the rise in anti-Semitism, hate crimes and threats to human rights within our own country, our role in education and outreach is more important than ever before."

Now rising three stories, the new facility is more open, multi-layered and brighter than the museum's original structure. In scale and in nuance, the spaces are meant to evoke HMH's message: From Darkness, Light !

The expanded spaces incorporate a welcome center, four permanent galleries, two galleries for changing exhibitions, a research library, and café — not previously offered.

The exhibition spaces include a new Human Rights Gallery with displays of UN-recognized genocides and tributes to international human rights leaders, including Malala Yousafzai and Martin Luther King. An interactive media display features a dozen young diarists – including Anne Frank – who perished in genocides around the world. The museum also debuts the nation's largest gallery of artwork by Samuel Bak, a Holocaust child survivor. As a focal point of the entry, a two-story kaleidoscope of 1,500 acrylic, reflective butterflies hangs in the atrium.

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## Holiday Lights in Images ...



We are sorry to announce that the UTHRO bus trip to Holiday Lights at Constellation field, Sugar Land was CANCELLED due to inclement weather.

## No Matter Which Language ...

God Jul  
Joyeux Noel  
Buon Natale  
Feliz Navidad  
Merry Christmas  
Vrolijk Kerstfeest  
Frohe Weihnachten  
Chuc Mu'ng Giang Sinh  
Καλα Χριστουγεννα



*No matter which language you speak,  
Christmas is a time for good will toward men.*



It's Christmas time again: the time when days are shorter and nights are longer just so that we can witness all the terrific light displays a little longer too! These are happy times for all ages, because at Christmas time everyone is looking forward to good times, and visits from family and friends. When my wife and I wrap the house in lights or when we decorate the tree, we always seem to end up with a house that is warmer, friendlier than before, a little more special.....

We drag the boxes with knickknacks down from the attic, hoping that they didn't melt together into one solid mass of glass and plastic and that all the little lights still work. And when it's all in its place and the lights come on or the displays are lit there is a definite feeling of happiness and expectation.

Oh I know we have become quite cynical and often rightfully so, but we've got to take a chance once in a while and believe in miracles again - believe in the magic of Christmas and maybe even in the idea of Peace on Earth. ... to believe even for one short day that "Yes Virginia, There really is a Santa Claus."

*Henny van Dijk*



## Ancient Practice Benefits Health



Tai chi is an ancient way of moving that is practiced by more than 200 million people across the globe. It is associated with a low rate of injury and has a wide range of medical benefits.

Recently, someone asked if I thought Tai Chi would cure sciatica, a degenerative spinal condition that causes severe pain from the lower back down the leg. He was surprised when I answered no. Tai Chi is not a miracle cure-all. If you have a serious physical condition or a disease, you still need to go to the doctor. The person asking the question didn't realize that I've had medical and surgical treatment for sciatica, and you may still see me limp when I walk any distance. *But* Tai Chi allows me to exercise *without* pain. It has increased my flexibility and strength. A growing number of clinical trials show that Tai Chi *can* offer significant relief from pain in the back and neck, and from arthritis and fibromyalgia.

By requiring you to put aside the concerns of daily life in order to focus on specific movements, Tai Chi relieves stress. In 82% of studies, Tai Chi improved mood and lowered anxiety. In addition, it was shown to be an effective treatment for depression. It also lowers blood pressure, reduces chronic inflammation, and tones the sympathetic nervous system, all benefitting your heart.

Tai Chi helps improve balance because it targets all the physical components needed to stay upright—leg strength, flexibility, range of motion and reflexes.

Falls are the leading cause of injury in older adults. Studies have shown that Tai Chi reduces falls in seniors by up to 45%. Another study found the practice effective for improving balance in people with Parkinson's disease.

The emotional impact of Tai Chi on falls can't be overlooked. Fear of falling is one of the greatest predictors of a fall. Tai Chi helps reduce that anxiety by making you more comfortable on your feet and more aware of where your body is in space.

Tai Chi appeared to improve executive function—the ability to multitask, manage time and make decisions. In people with mild cognitive impairment, Tai Chi slowed the progression to dementia more than other types of exercise and has even been linked to increased longevity.

So join **FREE** Zenobics Tai Chi classes and live longer!

**St. Vincent De Paul Church**, 6800 Buffalo Speedway, Houston, **Mondays**, 4:15-5:45 p.m.

**Bellaire Professional Building** (Lobby Atrium), 6550 Maple Ridge Dr, Houston, **Mondays**, 6-7:30 p.m.

**Sharpstown Community Center**, 6600 Harbor Town Dr. (between Fondren Road & S. Gessner Dr.), Houston, **Tuesdays**, 6-8 p.m.

**St. Anne Parish**, 2140 Westheimer Rd, Houston, **Wednesdays**, 5:15 -6:45 p.m.

**Lien-Hoa Temple**, 6709 Sugarland Howell Rd, Houston, **Saturdays**, 8:30-10 a.m.

*Ina Fried*



## Prehistoric Uses of Cacti...



**Food:** In their quest for food, the early nomadic groups from eastern Siberia that reached México encountered many cactus stems, flowers and fruits that were not only edible, but sweet, juicy and palatable. Therefore, their dependence for such nourishment became very important for their survival.

The migrating tribes wandered over Mesoamerica, probably following seasonal changes, and some of them slowly became semi-sedentary in certain areas, especially those with an abundance of cactus and succulents. The plants that were not good were eventually eliminated, leaving only the useful ones that eventually were cultivated once these groups settled in chosen places. These places were those where nature offered them shelter, food, and water.

*Opuntia* pads (called nopales) were consumed raw, although this was not a generalized practice. They were mainly cooked by many tribes of central, eastern and southern México. Some plant remains found in excavations have been dated to be 8500 years old. The pads were eaten alone, or mixed with insects or the meat of many animals including monkeys, deer, wild boar, turkey, iguanas, snakes, lizards and frogs. They were also seasoned with chili peppers, chocolate, pumpkin seeds and tomatoes. Nopales are still used today in the same way they were used hundreds of years ago. In addition to the prickly pear other cacti were consumed as food. Indians from the Sonoran Desert chewed the bitter pulp of Sagu.



**Medical Uses:** Several historical books have extensively documented the use of cacti and other succulent plants for medical purposes among the Aztecs. Similarly to the medicine practiced in Europe at the time, the plant-based remedies sometimes included mixing them with oils, honey, eggs, stones, and sometimes spells. The Badianus Manuscript, published in 1552

and considered the earliest medical book in the Americas, describes the use of the prickly pear (*Tenochtili* - Divine Cactus) with *Sedum dendradeum* to decrease swelling, the prickly pear combined with ground stones to decrease tooth aches, and the sap of agaves to treat wounds. The book History of the Plants of the New Spain, written by royal court physician and naturalist Francisco Hernandez between 1570-75, describes medicinal properties of 3700 plants, including *Aloe vulgaris*, *Bombax ellipticum*, *Euphorbia prostrata*, *Jathropa*, *Yucca australis*, and *Opuntia*. Like many books of that era, it was not published until 1649. Another important series of books describing the narcotic capabilities of peyote and the use of prickly pear to facilitate childbirth was written by Franciscan missionary Bernardino de Sahagun, who lived among the Aztecs between 1529-70. *Opuntias* are still used in folk medicine to treat sore throats, diarrhea, and more recently, to control glucose and cholesterol.

Liliana Cracraft

## Dr. Henry Strobel Remembered

Dr. Strobel who passed away on Fri. Nov. 22, was a UTHRO member and a speaker at one of our Health Symposia, but even more importantly a personal friend who would always ask me for an appropriate gift to take to China, usually the latest aerial photo of TMC. *Henry*



For me personally, Henry and his young family were wonderful friends for me and for my new family during our early years in Houston. I am deeply grateful for his many contributions to the early development and maturing of our department; and most of all, for the strong moral compass that he provided for all of us. He had a wonderful habit of turning life's little annoyances into sources of amusement. At a talk that he gave during his first year in Houston, he remarked how pleased he was to have come to such a friendly city as Houston. He explained that he knew everyone was friendly because so many of the rushing Houston drivers honked "hello" as he pedaled to work on his bicycle each morning from West University.

I will truly miss his gentle humor and charm.

Jack DeMoss

In addition to being a teacher, Dr. Strobel generously served as a leader, coach, and confidant for hundreds of students, faculty, administrators and staff during his 40+ years at UT-Houston. He was a Southern gentleman and an energetic and positive spirit who loved to recognize and celebrate the success of others. He will be missed.

Faye Viola

I worked with Henry Strobel for at the Office of Faculty Affairs and have the fondest memories of those years. Henry was a most generous, kindest man with a great sense of humor! It was a real pleasure to know him and work with him! He was also a good personal friend of Emil (my husband). Despite different religious affiliation, Henry gave a most heart-warming sermon at Emil's Jewish funeral in 2008.....

After we both retired from UTMS faculty, I saw Henry only a few times, the last time about a year ago when I and Faye Viola took him out for lunch, and then visited his apartment. He will be missed... May his memory be a blessing....

Anna Steinberger

As Director of Admissions and Alumni Affairs, I made it my goal to know the name of each entering student so that I would hopefully remember them at graduation. Henry felt my knowing the second year class and the incoming class would be helpful for working on the Student Retreat. We met at Henry's home each week over the summer with the Retreat Committee. Each year Henry skillfully guided (or corralled) the committee toward what was always a fun and meaningful weekend for both classes. Henry was also responsible for an exchange program that the Medical School had with the Medical College of Beijing. In 2000, a 20-year reunion of the medical students who had participated in



this program was held in Beijing. Henry asked me to organize the reunion and, to my surprise, organized my going along. I got to see him in yet another role as an ambassador for the Medical School. There were 73 who attended this reunion. I am not sure what the highlight was for everyone, but mine was the dinner at the People's Great

Hall in honor of the group. It was my privilege to have Dr. Henry S. Strobel in my life.

Sondra Ives

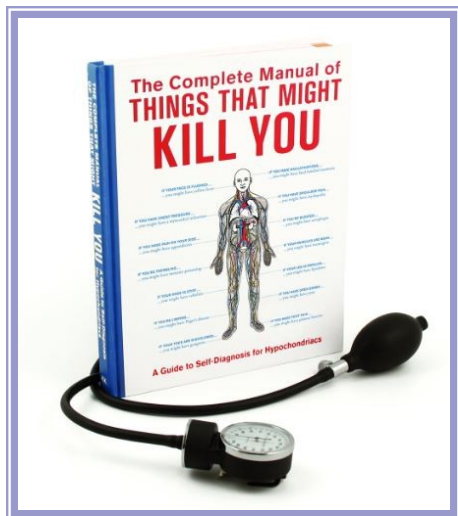
# UTHRO

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Houston, TX 77054

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

## And Now For Something Completely Different...

*If you got a headache, this book has a brain tumor...!*



Over 300 deadly diseases profiled!

If you have a headache...

...you might have  
**A BRAIN TUMOR**

WHAT IT IS: Abnormal growth of cells in brain. Underlying cause is generally unknown. May be malignant or benign. Can originate in brain or consist of cancer that has metastasized from elsewhere. Often rapidly invades surrounding brain tissue.

SPECIALIST TO SEE: Neurologist, Oncologist, Neurosurgeon

OTHER SYMPTOMS:

- \* Vomiting
- \* Loss of vision, speech, or hearing
- \* Difficulty walking or balancing
- \* Memory loss
- \* Seizures

PROGRESSION: Initially, symptoms may be intermittent or intermittent. As tumor grows, pressure and swelling increase and symptoms worsen. Permanent brain damage, and eventually death, may occur.

TREATMENT: Surgery to shrink tumor. Surgery, radiation, or chemotherapy. Anticonvulsants.

CONTAGION: 1 2 3 4

PAIN: 1 2 3 4

SUFFERING: 1 2 3 4

FATAL: Yes No Maybe

ORGANIZED BY SYMPTOM FOR EASE OF SELF-DIAGNOSIS

DISEASE NAME (MANY WITH TONGUE-TWISTING LATIN)

DESCRIPTION OF DISEASE, EMPHASIZING HOW HORRIFIC IT IS

SPECIALIST TO CALL FOR FOLLOW-UP

ADDITIONAL SYMPTOMS, FOR CROSS-CHECKING AND MAXIMUM TERROR

WORST-CASE SCENARIOS TO EXPECT IN COMING DAYS AND MONTHS

POTENTIAL TREATMENT (IF ANY)

AT-A-GLANCE RATINGS SYSTEM

Plus illustrated spotlights on terrifying medical phenomena, including super-viruses, pain management, and why even health makes you sick!

As a hypochondriac your need for self-diagnosis can be found in this publication which outlines the world's worst maladies, conveniently organized according to your unique symptoms (real or imagined). You are going to die of something, so why not choose an ailment that's rare and hard to pronounce. On my last doctor's visit I noticed this book in the exam room and thought—that's it, a great way to start a brand-new year with some helpful advice.

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