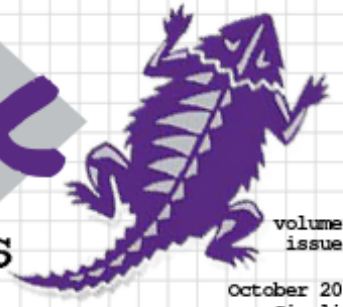


# SILVER STREAK

connecting and informing TCU's Silver Frogs



volume 4  
issue 2  
October 2019  
Simplify

**We've Tidied Up Our Cover**  
...to lure you inside for helpful tips and  
guidelines for decluttering, organizing,  
and simplifying our lives. 🦎

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## Letter from the Editor

Finally, we've gotten a taste of fall weather! What a relief to know that summer is behind us, and not a moment too soon. With October comes the brief respite before the holidays hit with full force. And we've put together an issue designed to not only keep you up-to-date on everything "Silver Frog" but also to give you some recommendations for fall reading, watching and generally simplifying your days. If you've been waiting for the mood to strike for clearing out the clutter, why not tackle that today? Now that you can walk into the garage without breaking a sweat, there's no better time to do it! Please enjoy this issue, [let us know what you think](#), and [contribute to the next one](#).

—Sharon Harrelson

# Curriculum Committee Seeking Instructors for Spring'20

What passion, experience or skill would you like to share with your fellow Silver Frogs? Take the plunge and make Spring 2020 the semester that YOU teach a class or deliver that lecture you've been thinking about. The topic and how you deliver it is up to you!

Our programs generally fall into these areas: Arts/Culture/Travel, Financial Management, History & Current Events, Hobbies/Crafts/Recreation, Literature & Writing, Personal Development, Religion, Science/Computers/Technology, and Well-Being. With 567 members, we are seeking to schedule over 100 different offerings—we need YOU!! Members who teach receive a \$30 discount on their Spring membership and can take an Extended Education class for free as our way of saying thank you. Won't you join us?

Our Spring 2020 proposal deadline is **Friday, November 1**. [Click here to access the proposal form](#). If you have any questions, please don't hesitate to contact Curriculum Committee Chair [Randy Smith](#).

## Classes Offer a Wide Array of Experiences

The best class I've taken with Silver Frogs is ***The Most Organized Home on the Block***. It was fun, lively, and had great information and suggestions!

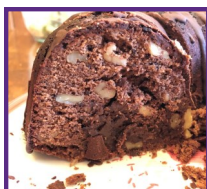
– Jo Ann Haedge

In the ***Greek Mythology and the Visual Arts*** class I just finished, the instructor, Joseph Cecere, gave us a tour at the Kimbell focusing on the pieces that related to the class.

– Ann Shelton

Great ***Conquering the Bundt*** class! Here is my Tunnel of Fudge Bundt – I even have a bit of that fudgy tunnel!

– Barbara McClellan



# Luncheon Lecture @ Texas Wesleyan: President Fred Slabach by Sharon Harrelson



Silver Frog Luke Ellis (on left) introduced President Slabach at the luncheon.

On Friday, September 13, Silver Frogs had the distinct honor of visiting Texas Wesleyan University's campus. We were treated to a delicious buffet salad lunch in the beautiful brand-new Martin University Center – and were the first large group ever to be hosted in this facility.

With floor-to-ceiling windows on each end of the ballroom, the venue was bright and cheery. And with the delightful presentation by TWU President Fred Slabach, members learned a lot about the east-side university that is older than TCU. We came to understand the "Smaller. Smarter." campaign that is being used to attract students to this campus and also learned about many of the university's investments to revitalize their neighborhood. Seeing the improvements along Rosedale via before-and-after pictures helped us appreciate just how far the area has come in recent years.



TWU's beautiful new clock tower greets visitors entering campus

## What's in a Name?

Be sure to wear your Silver Frog name badge to all classes and events associated with Silver Frogs. You'll see right away why we do this – it's so much easier to talk to each other and remember names with that visual cue. The badge helps your classroom hosts sign you in to your classes. Plus when we are at other venues it makes our group easy to identify.

Just keep the badge in your car, your purse, or with something you always carry when you're heading to TCU!

One other note: if your tag says "James" but you normally go by "Jimmy," you don't have to use a Sharpie to write your preferred name on it! Just stop by Extended Ed and ask them to print another tag for you. You can also update your name in your account online, so that next time your badge will come out the way you want it.





# Fall Semester's Events Take Off

from Event Coordinators Lisa Winter and Rick Price



## Frogs At The Zoo September 3



On a very warm September morning, seven of the hardest Silver Frogs gathered at the [Fort Worth Zoo](#). We started with the new-ish African Safari, where some brave souls fed the giraffes. The elephants and rhinos and hippos and tigers and lions did not disappoint. We loved

discovering birds and animals and reptiles that we had never even heard of. The MOLA (Museum of Living Art) was fantastic (and air conditioned) and the last stop on our zoo adventure. It was a blast!

## Cheering TCU Volleyball to Victory



Approximately 60 Silver Frogs attended the TCU and Auburn volleyball game on Sunday, September 15. We were wearing our new *Horned Frogs Volleyball loves Silver Frogs* tee shirts and were part of a packed Rickel Recreation Center. The Frog volleyball team defeated Auburn in an exciting match that had to go to the tie-breaker fifth set. With each team winning two sets, the score in the fifth set was tied at 14 when TCU earned the last two points to win the set 16-14 and the match, 3-2.

After the match, the victorious TCU players signed autographs for the happy fans and then the tables were set for supper with the players and Silver Frogs in attendance. We were treated to a delicious BBQ buffet from Heim's BBQ. With the players sitting among us, we had a chance to get acquainted with them and ask questions.

Volleyball Coach Jill Kramer stated her appreciation for our support and said the team looks forward to doing this event each season. She also indicated that she would like to put on a clinic in the future for Silver Frogs so we can learn more about the rules and intricacies of the game.

In the friendly confines of The Rickel, TCU enjoys a distinct home court advantage because of the excitement and noise (yes, it is very loud!) generated by the fans in sold-out games. Coach Kramer said each of the matches against other Big 12 schools will be sold out by the start of each match, so fans are encouraged to [get their tickets early](#).

## TEXRailing to Grapevine

On Monday, September 16 the Silver Frogs rode the rails to Grapevine for lunch. Ten members were on the [TEXRail](#)



train for a short trip to the Grapevine station located in the heart of the famous Grapevine Main Street where over 30 restaurants, wineries, and shops are located within an easy one-half mile walk from the station.

One of the ten was a lucky winner of a \$40 gift certificate to [JudyPie](#), but unfortunately, because the four-day Grapefest had concluded on Sunday night, the famous pie shop was closed. Some of the other restaurants and shops had closed on this Monday to give their employees a break after serving the approximately 75,000 people who

(Continued on page 5)

## Events *continued*

attended the festival, but we still found plenty of restaurants open.


We broke up into a couple of groups to dine at different venues. By the time we returned to the station for the ride back to Fort Worth, we really appreciated the air-conditioned cars on the train, and the very smooth ride. The trip gave us an opportunity to meet Silver Frog members we did not already know, including one who is a new Silver Frog beginning this semester. All of us found that taking the train to Grapevine is a relaxing way to get there, where many wonderful restaurants and winery tasting rooms are to be experienced.



### AMON! The Ultimate Texan Delights Silver Frogs on September 21

“ We thoroughly enjoyed the production of *Amon! The Ultimate Texan* produced by the Artisan Theater Center. Neither John nor I are natives of Fort Worth or Texas. It was great to learn more about the man who helped make Fort Worth the city it is today. He brought the first airplane to Fort Worth, opened the first radio and television stations (WBAP) in the region, hired the first TV weatherman, and published the biggest newspaper between here and the West Coast. My Dad used to say "Fort Worth is where the West begins and Dallas is where the East peters out." Now I know that was a quote of Amon G. Carter's, the great promoter of all things Fort Worth.

– Kathy Nugent ”



**COWBOYS**

### COWBOY UP!

**Wednesday, November 6, 9:00am**  
**Registration deadline: October 23**



**COWBOYS**

Just a few seats remain for our trip to Dallas Cowboys World Headquarters – The Star in Frisco – via a charter bus that will leave Secrest-Wible at 9:00am sharp! After the 10:30am VIP Guided Tour, we will be “on our own” for lunch (various restaurants are nearby) and then meet back at the bus for our ride back to TCU. PLEASE be aware that The Star is a “clear bag” facility.

**Silver Frog Members: \$36 Register [Here](#)**  
**Guests: \$43 Register [Here](#)**

### Welcome to TCU Opera Luncheon Lecture: It's Not Over Until, Well, You Know...

TCU Opera is literally in the Silver Frogs' backyard on campus in the Secrest-Wible building. You may have heard them sing, but do you know much about the program and what it takes to be in the TCU Opera program? This one-of-a-kind Silver Frogs Luncheon Lecture will feature performances by students sprinkled in with information on the program history, opera culture, opportunities and more. If you're registered, don't miss it!

**Friday, October 18 11:30am - 1pm**  
**Brown-Lupton University Union Ballroom**

## Art SIG Around Town by Carolyn Stephens

Art SIG members gathered at The Modern to catch the fantastic *David Park: A Retrospective* exhibit before it closed September 22. Park (1911-1960) was best known as the founder of Bay Area figurative art, so it's no surprise that this exhibition was organized by the San Francisco Museum of Modern Art and loaned to The Modern in Fort Worth.



Local artists often attract the attention of Silver Frogs Art SIG members. An early September visit to Art Space 111 was to see the wonderful, whimsical works of Nancy Lamb who formally trained as a sculptor and painter at TCU. Among her notable works are the designs for two 200-ft. terrazzo floors at the Dallas/Fort Worth International Airport and several murals at the Museum of Science & History.

**Special Interest Groups (SIGs)** allow members to engage with others who share a common interest. SIGs are member-driven and meet at various locations on a regular schedule (such as bi-weekly or monthly), according to what the group members decide. SIGs are open to current Silver Frogs members only; membership or participation in specific events may be limited and a waitlist may be in place. For details about any of these groups, click below to contact the organizers or [click here](#) to see all of the descriptions on the Silver Frogs website.

### *Working Together, Developing Skills*

American Sign Language, [Lisa Winter](#)  
Contemplative Practices, [Katherine Godby](#)  
No Fears Writers Group, [Judith Soriano](#)  
Positive Aging, [Anne Carlson](#)

### *Food and Fellowship*

Ladies Lunch Out, [Virginia Dias](#)  
Men's Breakfast Group, [Gary Harrell](#) and [Jim Box](#)  
Women & Wine, [Sian Borne](#)

### *Culture*

Art of Fort Worth, [Ann Heinz](#)  
Discussion of Current Societal Issues, [Larry and Elaine Klos](#)  
German Conversation, [Helga Gerlinger](#)  
Spanish Club, [Virginia Dias](#)

### *Sports and Games*

Classic Canasta, [Virginia Dias](#)  
Liverpool Rummy, [Virginia Dias](#)  
Silver Frogs Fly Fishers, [Ken Bowers](#)

## **NEW SIG!**

### **Liverpool Rummy**

This American game is a multi-player, multi-round card game similar to other variants of Rummy that adds features like buying and going out. Come and have fun with this easy-to-play game, and make new friends in the process.



## INSTRUCTOR SPOTLIGHT: Elizabeth J. Jones

by Carolyn Stephens

Elizabeth Jones met her role model at an early age when her mother took her to see the *Mary Poppins* movie. As she watched Mary sing and snap the children's room into delightful order, Elizabeth was convinced that organizing should always be that magical.

As the "professional" in the Silver Frogs course titled *The Professional Organizer's Guide to Having the Most Organized House on the Block*, Elizabeth taught the course about general organizing techniques during the first fall session; she hopes at a future date to offer something more specific about organizing precious photos and paperwork.

Elizabeth earned her undergraduate and graduate degrees in Human Development and Family Studies at Texas Tech. She had a career in education and education philanthropy, all the while honing her ninja-like organizing skills for when she would start [her own company](#) in 2012. She is guided by her belief that a space should be as visually stunning as it is functional.

"The average household has about 300,000 items in it," according to Elizabeth. "And in the organizing business, we have a saying: Clutter is just piles of unmade decisions. The good news is there are only three decisions to make: definitely yes, definitely no, and maybe. Most of my clients and groups I speak to have a lot of maybes."

When it comes to decluttering, she suggests it be an ongoing process and not just when we move or downsize. It doesn't matter WHAT you're organizing...the specific steps are always the same (and she teaches these in her Silver Frogs classes).

- ◆ **Start small** - something that can be accomplished in four hours or less. That could be a kitchen or dresser drawer, a linen closet or a bookshelf.
- ◆ **Clear everything out** of the space you are working on. Don't just rearrange. Sort your items into categories and then touch and make a deliberate decision before it goes back in.
- ◆ **Avoid zigzag organizing.** This means do not leave the room where you are working to put something away in another room. Designate one pile of "goes in another room" and then handle that at the end of your organizing session.



And when it comes to sentimental objects or treasured collections, find the best way to showcase those in your home. If it's something you don't love but think your children might, don't store it in your attic indefinitely. Elizabeth suggests taking pictures of any items that might have sentimental value and sending the photos to family members to determine their interest. If they want the items, pack them up and ship them the day you are organizing that space; if not, it's okay to let it go. If it's something sentimental and precious you want to pass down, take the time now to organize it, scrapbook it, frame it, etc. If it's important enough to have real estate in your home, it's important to preserve it in the best way possible. No one wants a moving box of loose photos to deal with when you could surprise them with beautifully organized photo binders (also a class Elizabeth hopes to offer next semester).

Having 10 years of experience working with community service agencies, Elizabeth believes that you can be sure that anything you want to donate in the process of an organizing project can find its perfect place in someone else's home...to be loved and treasured.



## Stuff Happens (and what to do about it) by Linda Eastwick

Most of us will need to—if we haven't already—make some serious decisions regarding our "stuff" as we age. If we downsize, we surely need to declutter. And even if we remain in place, we want to plan ahead and responsibly manage our possessions while we are still able.

There are several questions to consider before beginning a major decluttering project. A few of these include:

- What is my "Declutter Personality"? How will it help (or hinder) my progress?
- Is any of my stuff valuable? How do I determine value?
- What about sentimental items?
- Do I want to sell, donate, or send to the landfill?
- If I want to donate, where are the best places for my stuff?

Each one of these topics is worthy of a book. For now, we'll touch a bit on each, then focus on where to donate.

### Declutter Personality

Determining your Declutter Personality is both an art and a science. At this stage of life, you most likely know who you are. Do you like to attack the first pile of clutter you see, just to begin? Do you prefer to survey while making lists of your tasks? Or, maybe you need to read a book or two to figure out where to begin. Do you want to make a party of it, or would you prefer to slog through your stuff by yourself?

Take into account your psychological needs before starting so you don't add undue stress.

### Determining Value

For art pieces, it's best to consult an appraiser before making decisions. Try googling *art appraisals* or *antique appraisals [your town]*. Better yet, get a referral from a pleased customer (like a Fellow Frog!)

For everyday things you are not sure about, try eBay. Take these steps to determine the "going rate" for your piece:

- 1) Type in the name of your item in the "Shop by Category" bar. Be as specific as possible. Instead of *women's dress*, type in "women's vintage tennis dress, 1960, size 8."
- 2) Look on the left bar and find "Sold" listings to see the price points at which your item recently sold.

Then, make a decision regarding selling. For instance, you might decide to sell items that you think can bring a minimum of \$100 and donate all other items. Selling is a time-intensive process, and to some, it's stressful. There are many avenues by which to sell: garage sales, online sales, neighborhood meet-ups, consignment shops, book stores, and more.

### Sentimental Items

Yes, you CAN keep sentimental items – just not all of them, most likely. Save these items for last in your decluttering journey, and if you're struggling with this, why not enlist the help of a friend or host a family gathering to go through these things? You may be able to re-home some of them and enjoy the process.



### Donations and Recycling

Some of our stuff has not reached the end of its useful life. For those items, it's best to recycle. For the rest (damaged, worn, no longer functional), there are still options before considering the landfill. (But if you do resort to the landfill, remember that there is a section there for you to place your unwanted items that others can pick up for free.)

The following list will get you started; it is only the beginning as there are many options when donating your things.

### SHARE YOUR SECRETS FOR DECLUTTERING

If you've already conquered your "stuff," why not share some tips with the rest of us?

[Click here!](#)



(Continued on page 9)



# Stuff Happens *continued*

## Goodwill Industries of Fort Worth

<https://www.goodwillfortworth.org/donate/>

**What they do:** Operate thrift stores. With profits, offer employment and job placement services to people who have barriers to employment.

**What they accept:** Clothing and household items. They do not accept mattresses, bed pillows. May offer pick-up services. Call to check.

## Habitat for Humanity

<https://trinityhabitat.org/restores/>

<https://www.habitat.org/restores>

**What they do:** Build, renovate, repair houses for people in need of affordable housing. It is not a giveaway program, but a "hand up" program. One component of their operation is the ReStore program. People can donate building materials, appliances, and some household goods to the ReStore, where they are sold to the public. The profits are used to fund the charity's mission.

**What they accept:** Furniture, appliances, housewares, building materials, and more. They also have a car donation service. Call your local ReStore for specifics in your area.

## Humane Society of North Texas

<https://hsnt.org>

**What they do:** act as an advocate on behalf of all animals; provide for the well-being of animals who are in need; promote an appreciation of animals; and instill respect for all living things.

**What they accept:** Contact your local shelter to determine needs. What a wonderful way to recycle items – such as old blankets and towels – that are not up to "people standards!"

## SafeHaven of Tarrant County

<https://www.safehaventc.org/>

**What they do:** Operate a thrift store in Fort Worth (Berry Good Buys) and Arlington Resource Center. With profits, help women and children who have escaped domestic violence with food, shelter, clothing, and job training, among other services.

**What they accept:** Usually, they will accept clothing and household items to sell in thrift stores. They can also use toiletries, baby items, and clothing for the immediate needs of families seeking shelter. See the web site for their immediate needs.

## The Salvation Army

<http://www.salvationarmyusa.org>

**What they do:** Operate a Family Store. With profits, help adults get back on their feet through various services. Through other donations, they offer disaster relief, prison ministries, and job training, among other services.

**What they accept:** Clothing and household items, cars, furniture and appliances. Call first for items such as beds and computers. Offers pick-up services. Call to schedule.

## Union Gospel Mission of Tarrant County

<https://www.ugm-tc.org/donate/in-kind-donations/>

**What they do:** Offer programs for homeless individuals to maximize their potential by developing the skills needed to become independent, productive community members.

**What they accept:** Furniture, clothing, household items, food. Any items not directly benefitting individuals/families may be sold to further fund their programs. Call ahead to schedule a pick-up.

*Note: If you have textiles that are too worn for another person to wear, ask your chosen organization if they will accept them for resale to a textile recycler. If yes, separate these items and label them as such to help the handlers in the sorting process. See Julia Roberts' tip on p11.*

## Local schools / daycare centers / churches

All teachers need "stuff." Most teachers prefer to teach with hands-on items when at all possible. Most schools have a clothes closet where kids can access a fresh pair of clothes if they have an accident, or if they wear something inappropriate. Teachers' needs vary, so it is best to call your local school and ask if there is a need for your items.

Another idea is to create a typed list of your items, with your contact information, and ask that it be posted in the teachers' lounge. Teachers can call you directly, and you can deliver your items to the lounge in individual containers. What a treat for any teacher! Some items that I have seen disappear quickly are:

- Calendars and note cards (the kind that charities send in the mail, e.g.)
- Current maps – If you have some from places you've visited, donate them! Don't toss; donate!
- Pens and pencils – used are OK (students are forever losing theirs, and teachers are expected to come up with replacements)

*(Continued on page 10)*

## Stuff Happens

*continued*

- Crayons – used are OK, if they are in good shape
- Magazines (specify title/dates)
- Construction paper
- Lined paper and notebooks – used notebooks are OK – just rip out the pages you've written on
- Age-appropriate books – include titles in your list
- Scissors, staplers, staples, glue, glue sticks
- Toys – call ahead to see what may be needed, or itemize in your list

Other items that you may want to consider asking about:

- Bean bags
- Rugs
- Shower curtains (for art projects)
- Craft items
- Boxes and bins – new teachers, especially, need organizing containers
- Paper – consider cutting up old stationery, for instance, to remove the header. Most schools have paper cutters. Call ahead to see if you could cut the paper for them into a specific size.
- Artifacts (think science and social studies): Rocks, shells, old-timey kitchen utensils, dial telephones, etc.
- Paper cups, napkins, plates. Call ahead to see if opened packages can be used.
- Extra plates and utensils (high school culinary classes)
- Musical instruments (band classes)
- Vintage clothing, household items (theatrical department)

There are so many more worthy places to list, but we are out of room! [Share your ideas](#) for a future column, and until then, happy decluttering!



## Is Your Closet Out of Control?

by Elaine Stoltz, [Image Consultant](#)

With the end of summer it's time to start thinking about your fall wardrobe. Grab a cool glass of lemonade; take a deep breath and start going through clutter in your closet.

First, go through your closet, discard old hangers, and throw away any old dry cleaning bags (or recycle with your plastic bags).

Now, turn on some peppy music and start trying on clothes. I want you to try on anything you question whether it fits or outdated. Be sure to look at yourself in the mirror to make sure you like what you see.

Grab a trash bag to pile in any clothes you want to donate or sell to a resale store. Be brutal! You are beautiful and you always deserve to look fabulous! It's better to have five outfits that fit perfectly and emphasize your personality and style, than 10 outfits that just look "okay." Remember this is a process. It will take time to really transition your outfits into clothes you absolutely adore so take it one step at a time.

When you are trying on clothes, think back to the last time you wore this outfit. Remember how great you looked, but also keep in mind our figures change with time and sometimes outfits may not look as good as we remembered. Hmm... maybe that super cute dress you wore a few years ago doesn't quite look as adorable as you remembered. It's okay though, because we need to stay current and create new looks and styles as our lifestyle changes. It's important to analyze each outfit to consider if it is the correct color and style. Is it a good length? Is the shape right for your body style?

Make a shopping list of what you need to complete your fall wardrobe. One of the easiest and least expensive ways to update your wardrobe is to add some sparkle with accessories. It's amazing how accessories can turn a plain outfit into something extra special! Accessories are an easy way to add spice and pizzazz.



## Moving Tips... by Carol Stanford

...from someone who has gone through this recently and 'survived'...barely

- 1) Get rid of as much as possible. I strongly suggest giving away anything you don't want to take with you.
- 2) I chose not to have an Estate Sale...too much time and energy for too little gain (my time is more valuable than the few \$\$ I might get). Besides, no one wants to give you anything for your 'stuff'!!
- 3) Look at your things with a different mindset...you've enjoyed these things for many years...now it's time for them to move on.
- 4) Start with family and friends to give your 'treasures' to. You'll know they have a good home and you can have 'visiting privileges.'
- 5) We actually got a medium-sized dumpster delivered to our home for a week. We threw any and everything in it that was of no value.
- 6) I put a table in my front entry and every day I filled it with things I was 'moving on.' Anyone that came in the front door was given a bag and encouraged to fill it...many folks came back often!
- 7) Try to avoid renting a storage facility. Your things are probably not worth what the high retail rent costs! If you do rent one, make a pledge to yourself to go to it weekly and clean out something.

Places we donated to:

**The Welman Project** [www.thewelmanproject.org](http://www.thewelmanproject.org)

Contact: Taylor Willis 817-809-6389

This is a group of young women who collect almost anything and give them mostly to teachers but have been known to give to theaters and other non-profits. They actually will collect things like a half gallon of paint (a teacher can paint a classroom wall), and all kinds of odd things like packing peanuts (teachers use these for art projects). They came with a large truck and took off desks, file cabinets, wood, office supplies, and too much to mention...but call and ask them...they are amazing!!

**Goodwill** They seem to be the only place that will take computers and old TV's

**Salvation Army**

**Berry Good Buys** on Berry Street. Supports SafeHaven; good place to take clothes

**ReStore** Supports Habitat for Humanity (we gave them all sorts of tools and building supplies)

**The Resale Shop** on Camp Bowie. Supports the Center for Transforming Lives (formerly the YWCA); good place to take clothes



## How Silver Frogs Simplify Member Recommendations

**H&M** (at Sundance Square, Ridgmar Mall, and Hulen Mall) is part of a **Garment Collection Program**. Drop your bag of unwanted clothing (any condition—even worn out tees, odd socks and old sheets). They are recycled to be re-worn, reused (converted to other products such as cleaning cloths), or recycled (as textile fibers, auto products).

—Julia Roberts

I found watching **Marie Kondo** a decluttering inspiration. Not every idea is appropriate for everyone, but each show usually has a few to try and we have implemented many of them.

—Kim Reynolds

**Professional Help:** We have lived in our home for 35 years and raised three children. Much "stuff" was accumulated along the journey. When we decided to reduce the clutter in order to fit into our existing 4 bedroom home, we decided to call in the help of an expert. Our friend Lisa Sims had been working at the Container Store, and we hired her to assist us in decluttering and reorganizing our kitchen, closets in each bedroom and under the stairs, and the attic, garage, and basement. As you can imagine, this took some time. [Lisa, who is now in business for herself](#), was methodical in helping us analyze how to make the best use of each space, and was knowledgeable about the best organizational tools and resources. We also appreciate her sensitivity and her ability to make spaces more attractive. Many trips to Goodwill were made in the process.

—Mary Eads



## Give Yourself a (Reading) Break by Shari Barnes

Minimize, declutter, and simplify are words that strike fear in my heart. I have to be in exactly the right mood, and then I can go through my possessions and ruthlessly give or throw them away. It occurs to me that I am not the only one with this problem. Just avail yourself of your handy internet, and you'll find lots of books on the subject.

Apparently people get rid of their books on decluttering after they've decluttered (or maybe they just get rid of them) because my favorite used book site, *Thriftbooks*, has a wide variety of tomes for sale on the topic.

And when you've cleared your bookshelves of unwanted volumes, let me suggest the perfect place to recycle them...**True Worth Place**. I'm a tad prejudiced because I teach a book class there, and we're always looking for books to distribute to the homeless population. It may not surprise you, but homeless people are typically heavy-duty readers. So, get in touch with me if you're looking for a place to deposit those books you've decided to give up.

At some point before, during, or after your decluttering spree, you need a break. And a break demands a good book. So, let me suggest a few titles for consideration:

**Where the Crawdads Sing (2018)** by Delia Owens is a recent New York Times bestseller that chronicles the life journey of Kya, a reclusive "marsh" girl. Owens skillfully blends a murder mystery and love story into Kya's journey. Everyone is reading this book, so now it's your turn.

**Rebecca (1938)** by Daphne Du Maurier is the haunting story of a second wife and the first wife who infests her life. How did the lovely Rebecca die? Is husband Max still in love with her? Romance and murder pervade the pages. The book has sold 2.8 million copies and never been out of print.

**Stardust (1999)** by comic book writer Neil Gaiman is a fairytale about a fallen star and the man who pursues her. You'll encounter a witch-queen, a unicorn, fairies, and other fantastic creatures that will make you forget about that bedroom closet that still needs decluttered.

If you'd like to make a move to declutter your inner life, you might try **The Ignatian Adventure** by Kevin O'Brien. The author has taken the spiritual exercises of Saint Ignatius and modernized them for a new generation. With daily readings and contemplations, this book took me almost two years to complete, but it was worth the effort. It's not an easy read, but you will know yourself better when you've completed it.

Now...go tackle those boxes of old bank statements and the closet full of things you wore when you were twenty pounds lighter. But be kind to yourself and take some breaks for reading pleasure.



## What Are YOU Reading?

David McCullough's most recent book *The Pioneers* introduces readers to several prominent early settlers during post-revolutionary America's move into the Northwest Territory. They formed small settlements along the Ohio River and its tributaries in our country's first expansion to what is now Ohio, Illinois and the rest of the Upper Midwest. He explains the logic (or lack thereof) behind decisions and actions that formed the pattern that would be followed as the US filled in today's borders. In typical McCullough fashion, the story is well-written and a pleasure to read. Spoiler Alert: the first First Lady had very little good to say about Thomas Jefferson.

*The Crowded Hour* by Clay Risen tells the story of Theodore Roosevelt from being a frail and sickly young man to the cowboy days in Montana and finishing with his military service in Cuba where he led the fabled Rough Riders. There is very little new or shocking detail about the life story of the dynamic TR, but it is told in an interesting manner that will keep the reader engaged and interested even though you know what happens next. Roosevelt is portrayed as a brash, loud, controversial and riveting character. While it is clear Risen admires and respects both his personality and intellect, it is difficult to avoid drawing some comparison and contrast to present day political figures.

– Tim Runkle

If you are a fan of Louise Penny, you will love her new book, *A Better Man*. All her stories take place in a little town near Quebec Canada. So many interesting characters; you can't put it down. Another favorite author is Charles Martin – he wrote *When Crickets Cry*, and *Thunder and Rain*, a great story with a little girl in it that gets mad and writes letters to God!! You will love it, happy reading!

– Dianne Fisher

One of my favorite author's new novels is *The New Girl*. Daniel Silva weaves a tale of middle east intrigue and murder straight from yesterday's headlines. A young girl has been kidnapped from an exclusive Swiss boarding school, but she isn't the daughter of just any wealthy family. Her importance, and the implication of this act, puts two unlikely personages together: Gabriel Allon and Khalid bin Mohammed, crown prince of Saudi Arabia. The novel has intrigue, Russian double dealing, and the re-appearance of former CIA officer Sarah Bancroft. Silva envelops and grips the reader in a story that could have devastating consequences for the entire middle east.

– Richard Ranc

### Member Recommendations

*The End of Alzheimers: The First Program to Prevent and Reverse Cognitive Decline*, Dr.

Dale Bredesen. He brings hope and new understanding with a new program people can put into effect themselves.



*Feel Better Fast and Make It Last*, by Dr. Daniel Amen. He is a leading psychiatrist and brain health expert with world's largest database of functional brain scans.

– Janet Sale

*Carrying the Fire: An Astronaut's Journeys* (50th Anniversary Edition) by Michael Collins, with a forward by Charles A. Lindbergh. Fifty years ago, Michael Collins ventured to the moon with moon landers Neil Armstrong and Buzz Aldrin. This book chronicles his life flying airplanes, becoming an astronaut, and flying in space on Gemini 10 and on Apollo 11. It's a great life story with lots of space insights and human interest.

*AMON! The Ultimate Texan: The Amon Carter Story* by Dave Lieber. Amon Carter is a Fort Worth legend that is inspiring to us transplants who didn't grow up with his legacy. We were unable to attend the Silver Frog outing to see the AMON play, but were gifted with this book. It's great and gives a wonderful Fort Worth history and a fun read.

– Ron Gantz

I highly recommend the book, *Trump on the Couch: Inside the Mind of the President*, by Justin A. Frank, MD. He is a clinical professor of psychiatry at the George Washington University Medical Center and a physician with more than 40 yrs. of experience in psychoanalysis. Trump's life-shaping problems began with an unavailable mother after "the difficult birth of a younger sibling leaves her sickly and overwhelmed" leaving him "to feel duped by what he experiences as the loss of her love and attention." Then "as a teenager," he feels "betrayed by [his unloving] father who instills in him a belief that he is king and a killer, only to be banished from home [at the beginning of the 8th grade] to the loveless confinement of [a] military school" where gangsters also sent their sons. The bibliography is extensive. This is a book that will speak to those who support and those who don't support Donald Trump.

– Nancy Roediger





## ON ONE TANK OF GAS: Palo Duro Canyon

by Polly Hooper



Living in North Texas can make a person think Texas landscape is mostly flat and uninteresting. About a five hour drive north of Fort Worth is Palo Duro Canyon and it is definitely one of the places that should be on your bucket list if you haven't been. It is smaller than the Grand Canyon, but it is larger than I imagined. It ranges from six to twenty miles wide and is more than 800 feet deep with a length of 120 miles long. Palo Duro is Spanish for "hard wood," the canyon is named after the junipers that are prevalent in the landscape. While the Grand Canyon is mostly earth tones, Palo Duro is bright red and green in shades that look painted on. The green is from junipers and cottonwood trees, live oaks and cactus and red from the unusually iron-rich soil.

One of the big surprises to me was you can drive down into the canyon via winding but paved roads and it is even more beautiful seeing the rock formations from below than it is looking from the edge at the top.

There are more than 30 miles of hiking, biking and equestrian trails for you to explore; you can stay over-

night at one of four cabins on the canyon floor, in your RV at campsites with water and electricity or in your tent in one of the backpack camping areas. On the rim there are also three cabins. The cabins book up well in advance, so plan your trip for next spring or fall now. If you go during the summer, you can enjoy the outdoor musical TEXAS at the Pioneer Amphitheater on Tuesdays through Sundays.

There are numerous volunteer opportunities as well as Ranger programs and programs that teach about the park's history and natural features. You can learn about birds or longhorn cattle and take a driving tour with a park ranger.

As a lifelong Texan, I can't believe I just now experienced the wonder of this state treasure. I highly recommend a trip to see the wondrous beauty that is a half day's drive from your doorstep.





## Sci-Fi on the Small Screen by Dan Calvin

I've been watching some new science fiction limited series on Amazon Prime (*The Boys*) and Netflix (*Better Than Us*) lately and find much to recommend about both. Science fiction has long been an interest of mine. I taught a Silver Frogs class, "Four Classic Science Fiction Films of the 1950s," a couple of semesters ago. The genre has certainly changed a lot since then ("then" being the 50s, not two semesters ago), exploding in popularity with reliable summer blockbusters from the Marvel and DC comic universes. These two series are interesting in their non-traditional approaches that both parody and do reverence to the traditions of the past.

*The Boys* is based on a series of graphic novels by Garth Ennis, who is well known in the adult comics community for his over-the-top depiction of graphic violence and mayhem in his titles like *The Preacher* (with some supernatural elements, also adapted to TV on AMC) and *War Stories* (set in WW II). *The Boys* is about a small group of commercially-sponsored superheroes with more or less conventional comic book powers (super strength, ability to fly, laser vision, incredible speed, and ability to breathe underwater and talk to fish). The big difference here is twofold: the heroes are relentlessly promoted by a combined media and defense corporation (ignominiously named Vought, which, in fact, was the actual name of a defense contractor I was employed by for decades, until it sold out to Triumph aircraft); and that some of the "heroes" are vicious psychopaths. The series opens with a shockingly grotesque accident callously caused by the super speedster in the group. The other members are deeply flawed, with many of their egregiously malign acts covered up by the Vought corporate sponsors. The series is cleverly structured, with shifting points of view and slowly-leaked backstories that hint at the delicate balance between manipulation of and the fear of the group of heroes that are both the corporation's greatest assets and their most dangerous liabilities. One persistent thread follows the efforts by a small group of non-powered whistleblowers to continually try to expose the harm perpetrated by the costumed "heroes" and their disdain for most of humanity.

A lot of familiar cultural themes are mined, including the "Me too" movement, the extraordinary sway of media conglomerates to form counterfactual popular opinion, the uphill battle faced by whistleblowers, and the inevitable destructive effects of drug addiction and genetic manipulation. The violence depicted is sometimes graphically (if not viscerally) explicit, but the overarching plotting and themes were fascinating to me. A couple of standout performances are made by Karl Urban (the new Doctor McCoy in the rebooted *Star Trek* franchise) and by Antony Starr, who plays the principal superhero named Homelander. I did not initially recognize Starr as the actor who also played the sheriff in the Cinemax series *Banshee* some years ago.

The second series, *Better Than Us*, is about a radical evolution of Robots, once again sponsored by an unethical corporate entity. The main character is a robot named Arisa, a one-of-a-kind prototype created by some commissioned Chinese research that is about to be marketed by a CEO who has made bad investments in an aging factory of more conventional robots. The series opens with a fitting recap of Isaac Asimov's "Three Laws of Robotics":



- A robot will never harm a human nor, through inaction, cause him to come to harm.
- A robot will obey every lawful order from any human, unless it conflicts with the first law.
- A robot will protect itself from harm, unless it conflicts with the first or second law.

These three laws have long been an economical summary of guiding principles for the creation of safe robots that can augment humanity without causing harm. Almost immediately after their creation, Asimov wrote novel after novel exploring the laws' limits and unintended consequences. This series, however, departs from this paradigm by discarding these safeguards entirely by designing a more realistic robot from the ground up that ignores these principles.

You might well think that this is a reckless move that results in all sorts of tragic consequences, but the series goes on to portray the single exceptional robot as being "more human" and sympathetic than almost all the people who surround her. She immediately adopts a broken family as her own, closely bonds with them, and does anything to protect them. She is an exemplary nursemaid and guardian for this family, who know nothing about her origins or extreme value to the aforementioned CEO, who has his back to the wall and is near desperation to recover and exploit Arisa. The final very interesting aspect of this series is that it is set in contemporary Russia, the first series I've viewed in this kind of setting. The Cyrillic alphabet is disconcerting in its pervasiveness throughout, although the dialog is adequately (if somewhat mechanically) dubbed in English. The actors portraying robots throughout the series appear to be eerily adept in simulating soulless automations, seemingly computer generated at times.

Although the series takes a bit too long to reach its inevitable unhappy conclusion, the imaginative shifts of tone and circumstance provide some compelling drama along the way.



## What Are YOU Watching?

### Member Recommendations

***A French Village*** on Amazon Prime is in French with English subtitles. My FAVORITE thing I have binge-watched EVER! It is set in WWII France when the Germans invade the city. Amazon has all seasons free with Prime Video except season 2 (sneaky) but you can check out the DVDs at the Fort Worth Public Library free to watch season 2.

– Polly Hooper

***Bodyguard*** This six-part series airs on Netflix. David Budd, a fictional British Afghan war veteran suffering from PTSD, confronts a Jihadist terrorist on an English train. The terrorist, wrapped in a suicide vest, is convinced to disarm the vest. From this moment forward, now assigned to protect the Home Secretary, Budd finds himself in a plot involving assassination, political backstabbing, security breaches and murder.

The series was highly rated by BBC viewers. Accents may be a bit difficult so some may like to turn on closed caption. Each episode is both thought-provoking and action-packed. When you finish *Bodyguard* you'll be wondering when part 2 is coming out. Great entertainment and acting!

– Richard Ranc

### HOW You Watch is Important, Too!

With numerous streaming services available, finding where a certain program is currently available can be a frustrating task. These four website services can help navigate the path to happy watching. Try one or more of these services. The site might require an account to be set up, but no fee is charged for any.

**www.reelgood.com** Reelgood allows users to aggregate their streaming services in one place. Its offerings include: Amazon Prime, FX, HBO, Hulu, Netflix, Showtime and Starz. One feature is the ability to track episodes and Reelgood will tell the user when the next new episode is available to stream.

**www.mix.com** Mix allows the user to find new content on the web and tailor that content to your interests. Mix is a social content curation site that allows you to collect articles and content about specific interests or topics that you like. When you curate and add to your collections, your content can be shared with friends and made discoverable to others on Mix who share similar interests.

**www.justwatch.com** Let Justwatch tame the streaming madness with a search engine designed to find legally available content from today's most popular services. In addition to the aforementioned, the app offers HBO Now, Showtime, Epix, Crackle, Xbox, PlayStation, and a trio of smaller U.S. providers.

**www.gowatchit.com** GoWatchIt is your comprehensive guide to finding movies and TV shows on the platforms you care about – in theaters, on digital and streaming HD, on TV, or on Blu-ray/DVD. Use GoWatchIt to discover, consume, or bookmark everything you want to watch! Search for a movie and see where it's currently available.

– David McClellan

## A Brief Comment on Tariffs

by Richard Ranc

During the colonial period before 1789, states taxed each other on imports and exports. These taxes necessarily prohibited free trade among the states. The founders recognized that this system was detrimental to economic growth and needed to be remedied.

President Washington signed into law the first tariff law and second bill of the Constitution in 1789: tariffs on foreign imports and prohibiting interstate tariffs. The purpose of this bill was to protect fledgling American industry and to raise revenue for the new government. The bill was supported and championed by Alexander Hamilton, the first Secretary of The Treasury. A fleet of cutters (which later evolved into the US Coast Guard) was developed to enforce the collection of tariffs.

Over 95% of revenues necessary to support the US government in the 18<sup>th</sup> and 19<sup>th</sup> centuries was collected through the enforcement of tariffs.

Most industrialized countries have used tariffs to protect home industries and agricultural enterprises. There have been numerous tariffs in America but the most notorious was the Smoot-Hawley Tariff Act of 1930. The depression was entering its early stages, and this Act was designed to protect American business from further economic losses. But Smoot-Hawley had unexpected consequences. Suddenly US trading partners began to implement tariffs to protect *their* industries, and imports and exports became stagnant. World trade decreased by over 66% from 1930-1934. Unemployment in the United States moved from 8% in 1930 to 25% in 1933. Tariffs cannot be blamed for the depression deepening but were certainly a contributing factor.

How does this history of tariff policy relate to today's world? The US has placed import tariffs on our largest trading partners, and they have, in turn, placed punitive tariffs on our exports. Revenues to the Federal Government rise with increased import duties, but the consumer ultimately pays higher prices for goods that have been imported. The buying power of currency decreases.

So, does anyone win with tariff impositions? Protectionists will say yes. We protect our agriculture products and our manufacturing. We also put political and economic pressure on targeted nations. Probably the best answer to the question is right at home—look at the labels on items in your garage, closet and entertainment units. Will these items cost more?



# Silver Streak Staff



**Siân Borne** A Silver Frog since Spring '17, Siân came to Fort Worth in 1973, after moving to the US from England. She has two daughters and five grandchildren. She loves to read and travel, and is active in several Silver Frog committees, serves on the Advisory Board and is the SIG Chair.



**Linda Eastwick (Stuff Happens)** is a former educator who has called Fort Worth her home since 2006. She enjoys researching, writing, and all things grandchild-related. She has been a Silver Frog since 2017.



**Diane Griffin** has enjoyed Silver Frogs since Spring 2016 and is an enthusiastic advocate for lifelong learning. She is a retired business owner who loves reading, writing, listening, travel, theater, volunteering, and frequent interaction with family and friends.



**Sharon Harrelson (Editor)** is a Fort Worth native who's been editing various publications for work and fun since middle school. She's delighted to be a Silver Frogs instructor and Advisory Board president this year; she also enjoys cooking/baking, gardening and being a band mom to twin high-schoolers.



**Polly Hooper (On One Tank of Gas, Photographer)** is a native Texan and is passionate about all types of photography. Her hobbies include travel and reading. She also loves to play games and is in a neighborhood book club. Her grandsons keep her very busy as well.



**Richard Ranc (Tariffs)** came to Silver Frogs following a 10-year affiliation with Senior University in Georgetown. He's a retired VP of Investments at Wachovia Securities. He serves on the Advisory Board and Curriculum Committee in addition to writing for Silver Streak.



**Ann Shelton** is a charter member of Silver Frogs. She retired after many years as an Administrative / Executive Assistant, and now enjoys being a grandmother, playing tennis and volunteering. She serves as chairperson of the Luncheon Lecture Committee.



**Carolyn Stephens (Instructor Spotlight)** came to Silver Frogs three years ago following a career in journalism, public relations and crisis communications. She loves the concept of lifelong learning and enjoys reading, cooking, gardening and new adventures.

What do you enjoy about Silver Streak?  
[Click here](#) to send feedback. [Click here](#) to view past issues.



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## Up Next in Silver Streak

We've got two more issues scheduled for publication this semester, and for each one we'll be looking to members for their tips, recommendations and stories.

The theme for our November issue (deadline 10/25) is **Eat** (think eating in, eating out, foodie finds, cooking for 1 or 2), and here's how you can join the party:

- **Share your recipes, restaurant recommendations, and cooking tips**
- Tell us what you've been reading and watching
- Recommend technology that makes your life better
- Provide more decluttering tips
- Contribute photos or comments on Silver Frogs activities and classes.

[Click here](#) or [email us](#) to contribute.

Thank you to everyone who contributed to this issue!

## SESSION II DATES TO REMEMBER

October 7

**Start of Session II**

October 18

[Luncheon Lecture: TCU Opera](#)

October 25

**Silver Streak Deadline**

November 1

**End of Session II**

**Spring Proposal Deadline**

November 6

[Tour The Star in Frisco](#)

