

SILVER STREAK

connecting and informing TCU's Silver Frogs

SPECIAL EDITION # 2



volume 4
issue 7

April 2020
Coping Strategies

Virtual Greetings from Extended Education!

We sure do miss seeing all of you! I wanted to give you an update on what's happening in Extended Education. As you know, things change in the blink of an eye, so this may be outdated by the time you get it. We'll keep you up-to-date through emails, etc.

TCU Overall & Extended Education

TCU is operating virtually except for essential staff. Credit classes are happening online through the end of the semester and there are no in-person programs. We are moving ahead with summer programs until we are directed otherwise. Community programs have been cancelled through the end of the semester but fall plans are being made now.

TCU Silver Frogs

Virtual Learning Opportunities: We are planning virtual learning opportunities for you in the coming weeks. We have talked with instructors who are interested in leading sessions through Zoom. We hope to have a calendar of events to you shortly. These will be single or recurring 45-minute sessions for which you will register online.

Fall Membership: You will be receiving information shortly regarding fall membership that will take place online in mid-May. As in previous semesters, current members have two days of priority registration followed by those on the waitlist and rounding out with the general public. Dates and directions are coming your way shortly!

I want to thank your hard-working Advisory Board and committees such as the Newsletter and Curriculum who continue to forge ahead with fall plans and ways to keep us all engaged. You are all gems to us!

Until we meet again on campus,

Julie



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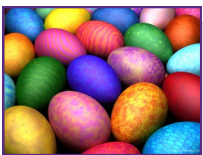
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Like the [Silver Frogs facebook page](#) and you'll see any updates in your feed!

If you have something to share there, just email to lifelong@tcu.edu and say it's for the facebook page!

Letter from the Editor



THANK YOU for all of the wonderful responses you've been sending for our Special Spring Editions! It's been so great seeing what everyone is up to, and the creative ways you're finding to stay active and connected. Sharing your stories with our members is a joy! If you sent something in and don't see it here, fear not...we are still collecting for future issues (share more [here](#)) and your story will be used. Y'all take care!

—Sharon Harrelson

Fall Course Proposals: What Can You Teach?

Your Curriculum Committee is gathering proposals
for the fall Silver Frogs course catalog.



While many of the cancelled courses from this spring will be offered in the fall (depending on instructor availability, of course), **there's still a need for quite a few new courses** to round out next semester's offerings. Won't you consider teaching a four-week class or a one-time lecture?

Now is a GREAT time to gather your thoughts on a topic that interests you. Time is on your side as we all stay home, and many of the usual distractions have been eliminated. Are you a history buff? Did you have a really interesting job? Maybe you were an educator before retirement and you'd like to teach again? Or have you picked up a hobby that others would also find enjoyable?

[Simply fill out the proposal form by May 1.](#)

NOTE: If you were enrolled in a cancelled course this spring, and it is rescheduled for fall, your registration will automatically carry over as long as you are a member in the fall. You'll have an opportunity to review that and opt out if you prefer. Open seats will then be filled using the allocation process we used this spring.

Silver Frogs Zoom into Virtual Lecture

On Tuesday, March 31, over 100 Silver Frogs gathered online via Zoom to listen to Rabbi Ralph Mecklenburger deliver our first-ever virtual lecture, "**Faith, Fear and Pandemic.**"

Julie Lovett moderated the call, introducing Rabbi Mecklenburger and moderating the questions as they came in throughout.

He talked about the pandemic in general, reassuring us that the vast majority of people who are infected with the novel coronavirus will recover from it; he also acknowledged that our 24-hour news cycle allows us all to see and hear about the threat constantly. This leads to anxiety—which kicks in when you worry about a future threat. Anxiety, he said, can be a good thing because it tells us to look ahead and strategize, planning for how we can mitigate that threat.

While we have temporarily lost many things, it is helpful to focus on the present and what we can do. Because we are by nature social beings, the loss of community can be one of the most



difficult things to handle about the current situation. Taking advantage of technology and learning how to use it is one way to cope.

Faith in its many forms can also be helpful, and he cited the Psalms as one source of comfort to many people.

Working together toward solutions is a very human reaction to a new and challenging situation, and finding ways to help each other cope is key!

[Listen to the recorded talk here.](#)



Facing Fear with a Spiritual Response

by Rev. Dr. Katherine Godby,
facilitator, Contemplative Practices SIG

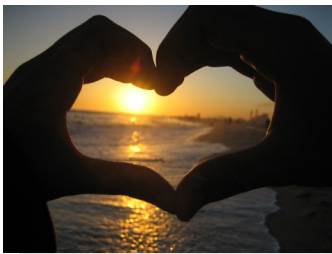
The first episode of author Brené Brown's new podcast, *Unlocking Us*, was about facing new experiences. A timely topic, right? She said the first time we find ourselves in the midst of something new, it's normal to feel some kind of anxiety.

When COVID-19 was first deemed a pandemic, I responded with normal concern. But as I engulfed myself in the news, my normal concern became catastrophic thinking. All kinds of horrible scenarios took over. When I became aware of the knot in my stomach, I knew I had some spiritual work to do.

So I sat down and journaled. As I wrote I saw how fear was lying to me—catastrophic thinking never tells us the truth! When that simple realization broke through, I was able to breathe more deeply, which then helped me remember that I have all the resources I need. In fact, I have more than enough and can easily help provide some things to other people in this crisis.

Spiritual journaling was just what I needed. Here are some other ideas for facing down the anxiety that is quite normal in this brand-new experience of pandemic:

- Talk with someone we trust and who knows how to listen deeply
- Practice gratitude—take a look at www.gratefulness.org
- Listen to Brené Brown's [new podcast](#), or watch her [Ted Talk](#) on the power of vulnerability.



Perhaps the best spiritual practice of all is to counter fear with love—love for others, for ourselves, and for our beautiful world. When we are thinking and especially acting in love, there's no space inside us for fear.



Back to the 50s

by Susan Webb Layne



Bicycles. Paper dolls. Days in the creek behind my house catching crawdads in brightly colored aluminum cups. Hardly a day without walking to the dime store with the wooden floor for trinkets. It was a time of being up-close and

personal with a blade of grass. The smell of changing seasons, the boredom of a rainy day, the requisite afternoon nap.

Mother stayed home and Dad came home from work for a big home-cooked lunch. The pace of family life was slow and steady. Freedom to roam and fill my day with homegrown adventures. Even my dog Gypsy entertained herself by scrambling from the front yard to chase the occasional car that came by our house. Swift, loud and tenacious. She never managed to catch a single vehicle for all her efforts.

As I sit on my front porch swing in these days of an unfathomable pandemic, I see small children on scooters and bikes. Parents walk at least one dog. Families roam the street as the only means of entertainment in an era of quarantine. Where did all these people come from? These unknown neighbors? They must go to work early. Stay late. Drop kids at daycare and school. Drop dogs at doggie day care or leave them at home alone for the day. Myriad afternoon activities: dance, baseball, violin lessons, after-school care. Fathers return home after dark, out of sight.

Now they wander at will. The flow of these families is so familiar. The sounds of squeals and laughter and warning calls about the occasional impending car. I am back in the 50s.

The way to the future is never a trip backward. Yet, I yearn for this time to be one of unexpected lessons. The long pause. The deep breath that this generation has never experienced. An awakening to creativity and connections and figuring out how to survive the dissolution of hurry, go, rush and not-now.



SANITY-SAVING STRATEGY:

Embrace Nature



Appreciating nature on our daily walks — we try to do at least a mile each day — in the neighborhood.

—Jane and Tom Swanson



My purple garden is starting to bloom, including some lovely irises imported several years ago from the Hondo Iris Farm in New Mexico.

—Sharon Harrelson



This mourning dove comes to roost at the top of a post on our porch every year. She has her babies close to Easter. I think there are a couple in the nest now. Looks like they're pretty big; could it be that they are sheltering in place, too, and she isn't letting them out of the nest right now?

—Polly Hooper



From the garden of **Nancy and Richard Ranc** (left to right): April sunrise; colorful combination of verbena, Calyophus and Artemisia; and the vegetable patch including onions, Brussels sprouts, and baby spinach.



GARDENING ADDS YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS.

— Unknown

SANITY-SAVING STRATEGY:

Kitchen Therapy



Melinda Rubenkoenig baked these [Cowboy Cookies](#) from her *Baker's Dozen* class notes, and shared the picture with her children and grandchildren (and froze the remaining dough to bake when they are together again).

I am taking advantage of this time at home in order to finish a project which I started about two years ago—compiling a second family cookbook. I put the first cookbook together back in 2007. It was a hit with my family. Since that time, our family has grown quite a bit. It is time to do another, so I am in the process of contacting my family and getting their recipes and pictures. Using the website createmycookbook.com, you add your recipes into a template and then put pictures to go along with that recipe. My goal is 100 recipes for this cookbook. At the time of this article I am a little more than halfway to my goal. I get the opportunity to reach out and speak to my nieces and nephews and their families across the country. I hope to have this cookbook ready and published in time to give it as Christmas gifts at the end of this year.

— Jeff Frazer

The Women & Wine "Ladies of the Vine" got together virtually for what would have been our scheduled March event on Thursday, March 26. We enjoyed a glass of wine at our various locations and then shared a photo with the group. It was a fun way to connect!!!! Here are some of the photos that were sent to the group.

— Siân Borne

Takeout from **Local Foods Kitchen**. Always good!

—Marty Hallgren



Diane Griffin spotted these fun cinnamon rolls on the [Pillsbury website](#) and suggests them as an easy treat the grandkids might love to make!



SANITY-SAVING STRATEGY: Friends and Neighbors

My neighborhood started "Saturday Night on the Porch at 5." Grab a "beverage" and go outside. Stay on your porch/sidewalk and catch up with neighbors.

— Vickie Gall

Staying connected through phone calls, Facetime and Facebook. Also walking everyday with friends in the neighborhood — we are usually so busy that we don't see each other as often and so this has been a great way to connect and get our exercise on these nice spring days.

— Sian Borne

Knowing that our Silver Frogs community is available is a great comfort. Particularly through our Social Issues SIG, we have made rich friendships. No doubt, other SIGs have been the source of the same. Thanks to the ever expanding innovations of TCU we have been the beneficiaries of delightful society, fresh academic sources and the opportunity to share a lifetime of experiences. Thank you!

— Elizabeth Calvin

Have learned how to ZOOM and enjoyed happy hour complete with wine and fellow Silver Frog friends.

— Cynthia Walker

It's Still Bear Season...

info shared by Carol Stanford, Lisa Winter and Polly Hooper

As we shared in the last newsletter, in some neighborhoods residents have put stuffed bears in their front windows so that families can walk their kids around the neighborhood and 'spot' the bears in the windows.

In the event that a bear isn't handy, they put pigs, sheep, penguins, and anything else stuffed they can find for the kids to see. The neatest ones are from parents with grown children who rummaged around and found bears that are 20, 35, or even 50 years old that they had saved.



Lisa Winter's bears waiting to be spotted



Polly Hooper captured these bears on a neighborhood walk.

With Easter approaching, and egg hunts cancelled, a similar neighborhood "hunt" for bunnies and hand-drawn eggs would be fun, as would spring flower hunts—kids with phones or cameras could take pictures to "collect" them.



Utilize the revised Silver Frog member directory (emailed on March 26) to safely stay in touch with your Silver Frog friends!

SANITY-SAVING STRATEGY:

I'm doing mythology research for tours of the *Flesh and Blood* exhibition at the Kimbell.

—Deborah Reed

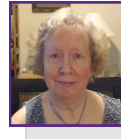
Mondays & Wednesdays I watch 30-minute segments of *Great Artists of the Italian Renaissance*; Tuesdays & Thursdays kick off with half-hour sessions of *Vikings*. [The Great Courses](#) site is a marvelous educational resource for us, and they offer unlimited learning for a small monthly fee (and a free trial!).

—Elizabeth Calvin

Although we only had one meeting, I really liked Randy Smith's class on *How Airplanes Fly For the Airline Passenger*. It was very interactive and we all had our stories to share!

—Lisa Winter

Learning and Teaching



I'm taking private flute lessons and recorded a [practice session here](#).

—Pamela Moraga

Like most of my colleagues, I'm trying to rush through a short course of study on remote teaching! I'm learning to appreciate Zoom, and I may even keep the online discussion boards (via D2L) in some form when we eventually get back to classroom teaching.

—Greg Stephens

Using [DuoLingo](#) to practice my Spanish.

—Vickie Gall

[Story Pirates](#) offers resources for elementary school kids--creative and fun learning.

—Mahala Stripling



In February, I began a new job. I teach English with a company called VIP kid. I have a chance to teach English to students in China. The students range in age from 5 to 11 years old. There is a 13-hour time difference between here and China, so I get up at about 5:00am each morning and teach a few classes. The classes are 25 minutes long taught on the computer. After being a high school teacher for more than 30 years, I did not realize how much I missed teaching until I took this opportunity to teach online. It has been fun and gives me something to do during this time when we have to stay at home.

—Jeff Frazer



My daughter in Austin asked me to put together a lesson to be done via Facetime for her seven-year-old daughter. So I have printed 8x10 copies of

pictures to put in a story book about my first trip to France. It includes the history of the Eiffel Tower, a picture of me at 20 years old on my first trip, and things I saw and found different and exciting about being in a foreign country.

—Jane Swanson

Although I am new to Silver Frogs, I am not new to TCU, being a two-time graduate with a BSN in 1962 from Harris College of Nursing, an MRE from Brite in 1969, and then a full-time faculty member from 1968-1982.

TCU has also kept me busy during these days of "staying at home." It all started over a piece of Black Forest Cake at the Swiss Pastry Shop nearly two years ago. I was having lunch with Susan Weeks, former Dean of the College of Nursing, and she asked me if I knew some of the former deans. After thinking a moment I replied that I had known every dean since the Founding Dean, Lucy Harris, who admitted me to the College.

The rest is history. She invited me, and I accepted, to update the original history book of the College of Nursing which Lucy Harris published in 1973. Along with Rhonda Keen, a former student who later became the dean, we have written the history of the College from 1973-2019, which will be published this year. During this time of home confinement, we have occupied our time reading the second round of proofs from the TCU Press.



I look forward to joining the other members of Silver Frogs and meeting many of you when programs are re-activated. In the meantime, my beagle, Maggie, is keeping me company!

—Mary Lou Bond

MORE!

SANITY-SAVING STRATEGIES



We're swimming two days a week and walking in Trinity Park by the duck pond. I do miss working out at my fitness center. We're cooking more and I even made breakfast muffins one day.

I cleaned out a space in the den and made a long overdue move of a chair to that room. But being on lockdown this long has made me a little "stir crazy." I do hope to get to the nursery as they offer curbside service and then I can plant my spring flowers.

—Carol Stanford

What I Am Not Doing YET:

I am not reading my travel magazines. Maybe the next months' issues will address the COVID-19's negative effect on the travel industry, but the ones I have now are just too sad to read.

I am not cancelling future travel plans. Having them booked gives me a glimmer of hope that this crisis situation, too, will pass. I am, however, looking for the cancellation clauses!!! (I sure hope my son still gets his wedding in July. I hate that I have to think like that! And to everyone I've gone on about that with: I do have my dresses—under the wire for retail & mall closures. So that's a smile, looking at pretty things in my closet.)

—Lisa Winter

Dear Friends,

Indeed, we are facing daunting challenges. What am I doing to stay "afloat"?

- I walk in the mornings and do an exercise tape in the afternoon.
- I read - a variety of books: theology, mysteries (a first for me!), biographies, the funny papers.
- I limit my TV to a factual account once a day.
- I play solitaire on this computer.
- I am deliberately limiting my intake because it is necessary and I need to lose a few pounds. It's an ill wind that doesn't blow some good.
- A group of nine of us check in with each other on a daily basis.
- I call or email folks who are caregivers or elderly, etc.
- I pray, changing the pronouns from I to we; me to us, etc.

All of you are in my thoughts and prayers and with much gratitude for who and what I do have.

Shalom,
Rita Cotterly

Lord have Mercy...what to do? The corona virus...this makes me "blue"!	So what's in store in the next week or two? Puzzles, reading, a new recipe might do.
No more seeing our buddies at church. No speaker, coffee or donuts leaves us in a lurch	No TV or you'll go crazy; Too much info...so just get lazy!
Besides that, my computer was hacked. I can't seem to get my password back.	Public places are not in vogue, So I'll just ride around in my Rogue.
So Lord have mercy, is what I say. Bet they'll get me some other way.	No baseball, football or games to see; I'll be getting bored...just "him and me."
So in the process of all this mess, I know we'll be getting way too much rest!	But we wash our hands and do as we must 'Cause faith in God is what we have to trust!!!

—Dianne Fisher

SANITY-SAVING STRATEGY:

Time with a Book



You'll want to read Nathaniel Philbrick's *Bunker Hill: A City, a Siege, a Revolution* if you've ever wondered about what it must have been like to live in Massachusetts—Boston in particular—in the early 18th century. The likes of John Hancock, British General Gage, John Adams, and painter John Singleton Copley come alive as the drama of the American Revolution unfolds in the prosperous city of Boston. Goaded by the British and amplified by the colonists' ingenuity at making mountains out of molehills, Benjamin Franklin, then an elder, pleads the cause of the colonies before the Privy Council. He is mocked but not discouraged. Out of disagreements with fellow countrymen, the coming revolution would pit Englishman against Englishman, resulting in the loss of a British treasure.

Philbrick's other books, including *Mayflower*, *Heart of the Sea* and *The Last Stand* are must-reads for anyone interested in the drama of American independence and expansion.

—Richard Ranc

American Dirt by Jeanine Cummins. Timely, and hard to put down.

—Marty Hallgren

I finished reading *Leadership in Turbulent Times*, by Doris Kearns Goodwin. How appropriate in this time of crisis in our nation.

Then I read the short book, *Amon*, by Dave Lieber, who wrote the play by the same name which was recently produced by a community theater in Hurst. That got me interested in knowing more about Amon G. Carter so I bought for my Kindle a more scholarly book about Carter. The book is *Amon Carter, A Lone Star Life*, by Brian Cervantez. I started on it last night and have already read the first three chapters.

—JR Price

Bill Bryson's *The Body: A Guide for Occupants*. It's engaging, entertaining, educational and amusing.

—Denis Benjamin

Educated by Tara Westover and *Where the Crawdads Sing* by Delia Owens (one of my top ten favorites of all time).

—Melanie Towle

I always have five to six books going—at present, I'm reading *The Listening Leader* (Harris), *Seven Practices of a Mindful Leader* (Lesser), *God Save Texas* (Wright), *Into the Fire* (Hurwitz), *Eat, Move, Sleep* (Rath), and *Grace Where You Are* (Freeman).

—Greg Stephens

Olive Again by Elizabeth Strout.

—Jerre Gibbins

The Mirror and the Light by Hilary Mantell, two-time winner of the Man Booker Prize. This is the third and final volume of Mantel's books on Thomas Cromwell, chief minister to Henry VIII and a powerful proponent of the English Reformation. If you haven't read them, start this trilogy with the first volumes, *Wolf Hall* and *Bring Up the Bodies*.

—Carol Sewell

Re-reading books by John McPhee. McPhee has the power to describe ordinary places and situations that are compelling. My favorite is *Coming Into The Country*, a first look at the beauty and wilderness of Alaska.

—Ann Heinz

I highly recommend *A Gentleman in Moscow*.

Historical fiction with notations from the author giving reference to Russian history. Very different plot. One of three I read over spring break.

—Jennifer Korpala

With the public library closed, I have read and reread my seven most recently borrowed books. *On Tyranny* by Timothy Snyder is a series of 20 very short essays. Snyder, a history professor at Yale, compares events taking place in our democratic republic to those in ancient democracies, republics and empires. The result is startling but not surprising. *The Truants* is Kate Weinberg's first novel. She studied English at Oxford, which is evident in her choice of words and descriptive narrative in this book. What initially seemed a Young Adult book unfolded into an interesting tale of human growth with underlying romance and a few poorly disguised untruths. It alternates between beautiful descriptions of the English countryside and a tiny unnamed island on the coast of Italy.

—Tim Runkle

[Tell us what you're reading for the next issue!](#)

SANITY-SAVING STRATEGY:

TV and Movies



Found a new sitcom on BritBox. **Hold the Sunset** stars John Cleese in a charming family comedy about folks our age.

—Shari Barnes

Doubt, starring Phillip Seymour Hoffman and Meryl Streep; **Wolf of Wall Street**, and the **Ocean** series 11, 12, 13 and 8. I am also streaming **The Crown** and **Narcos: Mexico** (which is fascinating).

—Melanie Towle

On Amazon Prime, I watched the movie **Bernie** starring Jack Black, Shirley MacLaine and Matthew McConaughey. I thought it was great! Jack Black's performance was amazing.

—Jan Nevins

I have spent LOTS of time on Netflix and Amazon Prime. Just completed **Last Tango in Halifax** and it was wonderful.

—Cynthia Walker

If you're a baseball fan and already missing the nightly games, you might enjoy learning about the history of the sport with Ken Burns' 1994 nine-part documentary series **Baseball**. It's available on Netflix, or [stream from PBS](#). It's interesting to see film of Babe Ruth and Ty Cobb, and the game's evolution for 150+ years.

—Sharon Harrelson

My Brilliant Friend on HBO.

—Jerre Gibbins

[Tell us what you're watching for the next issue!](#)

SANITY-SAVING STRATEGY:

Laughter



If I get QUARANTINED for 2 weeks with my wife and I die, I assure you it was not the Virus that killed me.



Panic Room: Done



Just for fun... [show us your masks!](#) Take a selfie and share, and in the next issue, we'll make a game of connecting the names with the partial faces.

Tax Changes: Affecting All Taxpayers and Retired Seniors by Richard Ranc

Not a lot of great news lately, but there is a bit of good news from the IRS that deserves notice. The IRS has made modifications to the tax code that affects many US taxpayers and should also be some relief for seniors normally subject to minimum distribution rules. Some of these changes are:

Filing Date Change

The new due date for taxes is July 15, 2020. The modified Code gives interest and penalty relief for this three-month period; but certain penalties likely won't be waived, such as underpayment. If an automatic extension is applied for it will likely be another three-month extension, to January 15, 2021, but at this time, this is not explicitly stated.

Contributions to Retirement and HSA

Again, the filing deadline seems to imply that the deadline for making contributions is also extended; but this is not specifically addressed by the IRS at this time.

Quarterly Payment of Estimated Tax

The first quarterly payment of 2020 estimated tax (usually due April 15) will now be due on July 15; however, the second quarterly payment due June 15 has not (yet) been postponed. This means that unless the IRS Code is amended again, estimated tax payments one and two must both be made prior to July 15.

Minimum Distributions

The CARES Act, effective March 27, 2020, suspended the requirement for withdrawal of RMD (Required Minimum Distributions) for 2020. This should be welcome news to seniors who were facing sales and withdrawals of greatly depreciated assets. Suspend or cancel automatic distribution plans and allow retirement plans an opportunity, hopefully, to recover lost value.

The IRS has indicated that fewer than half of the normal returns have been received as of mid-March—about 76 million as opposed to the norm of 155 million. The IRS has also indicated that refunds should not be affected by these changes.

If you have taken all or part of RMD you may be able to make a "rollover" back to your retirement account to restore those funds. In some cases, this could result in significant tax savings.

Contact your financial advisor for additional information.

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, is active in several Silver Frog committees, serves on the Advisory Board and is the SIG Chair.



Linda Eastwick 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 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 (Tax Changes) 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 recently wrapped up several semesters as chairperson of the Luncheon Lecture Committee.



Carolyn Stephens 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*?

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