



# SILVER STREAK MAGAZINE

A SUPPLEMENT TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

Welcome to the first 2021 issue of Silver Streak Magazine! We invite you to enjoy these special-interest feature stories contributed by members and instructors.

Here's what we've got for you in March 2021:

- ◆ There's no shortage of reading material in this issue!
  - ⇒ [Shari Barnes](#) offers ideas for shaking off Coronaphobia;
  - ⇒ You'll get even more ideas from our [member recommendation page](#) as several more members tell us what they've been reading;
  - ⇒ [Penny McAdoo's Poetry Break](#) brings us a "coming of age" poem by Judith Viorst.
  - ⇒ If you prefer reading and watching stories based on real-life people and events, you'll be interested in [Siân Borne's latest list](#).
- ◆ Several of us have been thinking about the state of our union.
  - ⇒ For perspective on the current polarization in our country, [Larry Klos](#) suggests some thought-provoking reads;
  - ⇒ [Tony Krause](#) shares his thoughts on our tumultuous 2020 and looks ahead to better times;
  - ⇒ And [Richard Ranc](#) has been thinking about the latest relief package.
- ◆ [Members have been watching](#) a wide variety of programs on the small screen.
- ◆ We've got some member recommendations for [local restaurants](#).
- ◆ And what about the crazy weather? [Buddy McIntyre](#) has some thoughts.
- ◆ [Snow, snow, snow...](#)
- ◆ [Susan Layne](#) is back with a new focus.
- ◆ And...to wrap up this issue, [Judy Furche](#) shares what she's been crafting.

For future issues, we'd love to include YOUR contributions! Creative writing, gardening, how-to projects, local history, cooking, your pets, photos, sports, music, what you're reading and watching, favorite games...the sky's the limit.



## READING LIST: FEELING CORONAPHOBIC?

by Shari Barnes

Do you have a feeling of worry, nervousness, or unease lately? If so, you might be suffering from Coronaphobia. According to the Centers for Disease Control (CDC), "symptoms of anxiety disorder and depressive disorder increased considerably in the United States during April – June of 2020 compared with the same period in 2019."

So, what can you do if the fear of getting COVID is getting in the way of everyday life? If you're suffering fatigue, irritability, trouble sleeping or concentrating, rapid breathing, or obsessive thoughts about getting sick, are there ways of combatting those feelings? Of course you can exercise, eat healthy foods, and/or talk to a therapist. But there may be a simpler combatant to Coronaphobia. Try reading. It actually helps you cope with mental stress.

According to journalist Sadie Trombetta, reading can do the following for you:

- Lowers heart rate; relaxes you physically.
- Lets you escape reality for a little while.
- Rewires your brain to be more compassionate with yourself and others.
- Gives you perspective and helps ground you.
- Eases tensions; changes your state of mind.

The next time you want to cry or scream, try reading. The following books may help you deal with anxiety and depression:

### **Modern Comfort Food: A Barefoot Contessa**



**Cookbook** (2020) by Ina Garten. Sometimes reading about food is almost as much fun as eating it. Actress, author, and former staff member of the White House Office of Management and Budget, Garten has published this #1 New York Times bestseller with easy-to follow

instructions and side notes for cooking. Host of the Food Network's *Barefoot Contessa* television show, Garten says, "There's nothing like a home-cooked meal to make everyone feel happy and loved."

**Psalms.** This Old Testament book is among the best-known and most-read sections of the Bible. While directed to those who believe in God, it contains beautiful language one can appreciate even if you are not religious. This is the book



to go to when you're hurting. The collection includes Psalms of lament, praise, thanksgiving, wisdom, and victory. Originally written to musical accompaniment, the Psalms allow for the expression of deep emotions. Meditation on the Psalms can bring comfort in anxious and depressing times.

### **Saving Irene** (2020) by Judy Alter.



This cozy mystery features television chef Irene Foxglove and her intrepid assistant Henny. Follow Henny and Irene through murder, kidnapping, and French gossip as they solve the mystery of husband Howard's death and threats to Irene's life. Retired as director of the TCU press, Alter has turned her award-

winning skills to mystery writing. Author of several mystery series, Alter paints an entertaining picture of her native Chicago in this latest novel.

### **Shakespearean Sonnets.**



A sonnet is a form of poetry, and the nice thing about Shakespearean sonnets is that you have lots of scholars and research to help you understand them. These sonnets are precursors to modern romantic poetry.

*Shall I Compare Thee to a Summer's Day* is considered by many as the most romantic poem ever written. In my opinion, poetry should be read aloud. But read it with pen in hand so you can mark it up. Shakespeare's picture of love is complex. If your significant other isn't available to listen to your readings, a fur baby is a perfectly acceptable substitute.

### **All Creatures Great and Small** (1972) by James

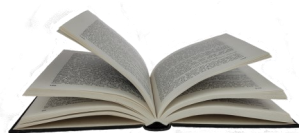


Herriot. If you need a dose of humor to chase the COVID blues, this is the perfect book. It is the story of a veterinarian surgeon in the Yorkshire Dales and features anecdotes dealing with animals and their owners.

Assistant to the crusty Siegfried Farnon and friend to his brother Tristan, James gives us a look at the bond between humans and animals. Romance flourishes as James falls in love with and marries Helen. This captivating account has been adapted to both motion pictures and television. You'll want to catch the most recent adaptation on PBS before Season 2 comes out.

Reading is always the best of leisure-time pursuits, but in this era of anxiety-producing Coronaphobia, it may be the most enjoyable way to beat the blues.





## MEMBERS SHARE: WHAT ARE YOU READING?

I want to recommend two great books.

**Becoming Mrs. Lewis** by Patti Callahan is beautifully written and all about CS Lewis. Tells about how he came up with the idea to write the tales of Narnia...made me want to read them again!! Takes place in England and her writing makes you feel you are there. So many tender thoughts.

Another is **All the Devils Are Here** by Louise Penny. The detective in the story, Chief Inspector Gamache, finds himself in Paris (and you will too). I have read it three times...such a good story about the love of a father and his son, and a mystery too!! Enjoy.

— Dianne Fisher

Nelson DeMille's **The Deserter** at first seems to be a fictional retelling of the saga of Army Sgt Bowe Bergdahl captured and held by the Taliban for nearly five years. This is where the similarity ends. We have Kyle Mercer, a deserter, being spotted in Venezuela. The Army wants him and assigns two experienced operatives to go to Caracas to bring him back—dead or alive. Jungles, a rebel military organization, human trafficking and depravity of Venezuela propel this tale.

**Shadow of the Dragon** is a new entry in the Jack Ryan franchise by Marc Cameron. Chinese scientist disappears; oppression of the minority Uyghurs, a Chinese submarine stuck under polar ice, agent training in Vietnam—whew, and how could we forget Jack Ryan and the Campus Group. Exhausting, but exciting. Marc Cameron seems to recreate the excitement that Tom Clancy was so able to convey.

**The Trump Century** I've been a great fan of Lou Dobbs and valued his comments when he hosted his show on Fox network. His claims that a technology company, Smartmatic, stole the presidential election, brought a billion-dollar lawsuit from the tech company and termination of Dobbs from Fox. I wouldn't bet on it, but his book might also have resulted in his firing—even from Fox network. Certainly, there are some very lucid arguments reshaping the political and economic landscape, but any praise may find an equal amount of erraticism, narcissism and recklessness overlooked by Dobbs. Regardless of your bent, **The Trump Century** deserves reading.

—Richard Ranc

**After the Last Border: Two Families and the Story of Refuge in America** by Jessica Goudeau. A look at the lives of two women as they struggle for the 21st-century American dream, having won the "golden ticket" to settle as refugees in Austin, Texas.

— Brenda Tindel

**The Book of Longings** by Sue Monk Kidd is the story of Ana, a young woman raised in a wealthy family with ties to the ruler of Galilee. She is rebellious and ambitious, with a brilliant mind and a daring spirit.

In **The Boy from the Woods** by Harlan Cobin, a man whose past is shrouded in mystery must find a missing teenage girl before her disappearance brings about disastrous consequences for her community... and the world.

**The Duke & I** by Julia Quinn can also be seen on the small screen as the Netflix series *Bridgerton*.

Kristen Hannah's **The Four Winds** is a rich, sweeping novel that stunningly brings to life the Great Depression and those who lived through it.

**The Girl You Left Behind** by Jojo Moyes consists of two stories that revolve around an eponymous painting by the French artist Edouard Lefevre. The subject of his painting is his wife, Sophie.

**The Paying Guests** by Sarah Waters tells the tale of a mother and daughter in 1920s London who must take on lodgers to afford their house. The result of taking on these paying guests is a devastating love affair and a terrible crime.

**The Silent Patient** by Alex Michaelides is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive.

**News of the World** by Paulette Jiles is set in post-Civil War Texas. A 10-year-old girl makes an odyssey back to her aunt and uncle's home after living with the Kiowa warriors who had killed her parents four years earlier. She is introduced to Captain Kidd in Wichita Falls. Captain Kidd travels through northern Texas, giving live readings to paying audiences hungry for news of the world. Now a movie starring Tom Hanks.

—Siân Borne

## TELL US WHAT YOU'RE READING FOR THE NEXT ISSUE!



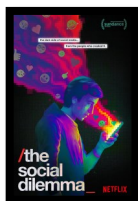
## SOCIETAL ISSUES:

# CAN SOCIETY'S POLARIZATION BE FIXED?

by [Larry Klos](#)

**Yes, if we renew our belief in the Common Good.** On January 12, the Societal Issues SIG held its first virtual session of 2021. The topic was “Am I My Brother’s Keeper?” After wide-ranging discussion, some key points became evident and are shared in the paragraphs that follow. Some of the discussion was stimulated by the January 6<sup>th</sup> political attacks on the United States Capitol in Washington.

Many of the issues in our world today, including income/wealth inequality, climate change, and the polarization that fomented the capitol attack, are the result of our increasingly individualistic beliefs, the “What’s In It for Me?” mindset. Numerous books, articles and films provide elements of a solution to the problem of political polarization.



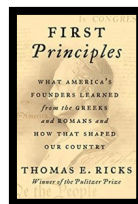
We first need to understand why this is happening. The 2020 documentary film, ***The Social Dilemma***, is available on Netflix and explores the rise of social media and the damage it is causing to society. It is illuminating, scary, and well worth watching. As described in

Wikipedia, it focuses on social media’s exploitation and manipulation of its users (us) for financial gain through surveillance capitalism and data mining. Because the information that we receive from media is personalized (regardless of its truth or validity), each person is influenced to passionately believe in the correctness of their worldview, ignoring the fact that other individuals may strongly believe different world views. The film explains how social media’s design is meant to be addictive, manipulate its use in politics, and spread conspiracy theories. The film also examines the issue of social media’s effect on mental health of both adolescents and adults. Because social media’s methods are driven by profit motives with no regard for morals, conventions, ethics, or even truth, it increases polarization in society. Things that cause outrage and continued watching yield more advertising minutes and increase profits. Because the methods used align with the evolutionary way our brains work, the way all our brains work, it is compelling and convincing, with most people not even being aware of how much they are influenced. Because it builds on how we think, resistance is nearly futile.

You could ask, why don’t we require the social media companies to prevent misuse? There are multiple answers to that question. The first is that social media companies do not want to prevent misuse because

they make money from the system as it works now. Besides, they do not know how to distinguish beneficial usage from harmful usage. Even if they did know, do you really want the social media companies to decide what we see, hear, and believe? I do not.

Well, why doesn’t the government regulate those firms? Because we also do not want the government to be making those decisions. I do not. Besides, the government also does not know what to regulate, except in the most general sense. Going back to the founding of our country, we are a fiercely independent people jealously guarding our individual rights from government intrusion. We value our independence and our freedom to maximize the ability of individuals and companies to make financial and ethical decisions in their best interests. We believe in the dictum that “those who govern best, govern least.” Independence and freedom are our highest virtues.



But did our founding fathers all believe in the preeminence of the rights of individuals? Not according to the book ***First Principles: What America’s Founders Learned from the Greeks and Romans and How That Shaped Our Country*** by Thomas E. Ricks, which is also worth reading. According

to Ricks, in the preamble to the constitution Thomas Jefferson penned the words “all men are created equal.” And John Adams, who had been thinking about the importance of virtue to the fledgling republic, said: “The new government...will require a purification from our vices and an augmentation of our virtues or they will be no blessings. The people will have unbounded power. And the people are extremely addicted to corruption and venality.” Those words address the requirement in the preamble to the constitution: “To secure these rights, governments are instituted among men.” Virtue in those days had less emphasis on individual property rights and more on the rights of the people as a whole. Adams believed

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## POLARIZATION CONTINUED

(Continued from page 4)

that virtue meant ensuring emphasis on the Public Good, which in today's world includes health care, education, transportation, infrastructure, environment and public safety.

But even if we believe that we all are required to be working towards improvement in the Common Good, how do we address the legitimate concerns about social media? We certainly don't want some heavy-handed government agency or ethics czar making decisions about our welfare. What can be done?



An outline of an answer can be found in two additional books. The first of these is a book by Christian Felber, bombastically titled **Change Everything: Creating an Economy for the Common Good**. Ignoring the scope of his claim, I believe that he has correctly identified a problem with our largely unfettered free-market economic

system. The problem is that all measures of success for individuals, companies, and corporations center around the making of profits. There is little to no regard for the Common Good and Public Virtue, as defined by our founding fathers. What gets measured gets managed. Felber would expand the metrics used by individuals and businesses to address the Common Good, including measures related to the environment, social needs, and effective government.

### common good noun

 Save Word

#### Definition of common good

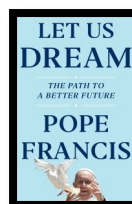
: the public good : the advantage of everyone

// The organization works for the common good.

Definition from  
Merriam-  
Webster

Although we are not used to thinking in those terms and it may be difficult to see how this could work, Felber provides examples where this is already being done effectively. If Common Good measures were added, social media companies would find ways to ensure that citizens at least have, and can agree to, a basic set of common facts. With increasing public awareness of the importance of the Common Good, the population of our country would also be more inclined to evaluate their personal opinions in the light of the good of the entire community, rather than just based on what they had seen and heard in the information silo provided by their news. Further, if more emphasis was placed on the Common Good, income and wealth inequality would decrease,

permitting the currently disadvantaged to more easily work to their potential, contributing to society and the economy.



Which brings us to the final book that I found very surprising, beneficial, enlightening and would recommend reading. It is the book **Let Us Dream: The Path to a Better Future** released in December 2020 by Pope Francis.

Yes, that Pope Francis. In the text that follows, I'm including some words from the Amazon advertisement for the book that I find compelling. The Pope focuses on the Common Good, not just because it is the right Catholic thing to do, but additionally, regardless of your religion, because it is simply the right thing to do. The Pope, as a preeminent spiritual leader explains why we must—and how we can—make the world safer, fairer, and healthier for all people.

Francis then offers a brilliant critique of the systems and ideologies that conspired to produce the current crisis, from a global economy obsessed with profit and heedless of the people and environment it harms, to politicians who foment their people's fear and use it to increase their own power at their people's expense. He reminds us that Christians' first duty is to serve others, especially the poor and the marginalized, just as Jesus did.

Finally, the Pope offers an inspiring and actionable blueprint for building a better world for all humanity by putting the poor and the planet at the heart of new thinking. For this plan, he draws not only on sacred sources, but on the latest findings from renowned scientists, economists, activists, and other thinkers. Yet rather than simply offer prescriptions, he shows how ordinary people acting together despite their differences can discover unforeseen possibilities.

Because the book is so recent, the Pope extensively discusses the COVID-19 pandemic and suggests that, although it has caused a crisis, now is the time to fix some long-standing problems with our society and the world. He cautions we will make a grievous error if we try to just return to the pre-crisis state. Pope Francis urges us not to let the pain be in vain.

I want to close with a quote from the philosopher Edmund Burke, who once said, "The only thing necessary for the triumph of evil is for good men to do nothing." To make our country better, and improve our own lives at the same time, we must all work together—as individuals and with government support as appropriate—at all levels. Together we can fix society's polarization and make the world a better place.





PERSPECTIVE:

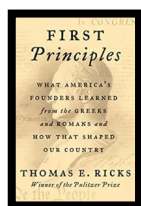
## 2020 – THE YEAR THAT SILVER FROGS WILL NEVER FORGET

by [Tony Krause](#)

As a Silver Frog since its beginning and a survivor of the infamous year 2020 and January 2021, I want to convey some of my thoughts from this extraordinary time.

The past year or so has been and always will be a memorable period for me and I am sure for you too. We've endured the COVID-19 pandemic and the anxiety, fear and isolation from loved ones that it imposed on us. We participated in another divisive presidential election. We had to enjoy Thanksgiving and Christmas with a screen and microphone. And finally, we've witnessed a harrowing assault on our Nation's Capitol. It surely has been a time to sap the human spirit. We continue to Zoom with friends, listen to music, cook, read, watch videos; thank goodness for Prime, Netflix, BritBox, Acorn, PBS and whatever else we discover. Thinking about all of these disheartening events could leave us flat on the floor, or we can choose to see 2021 as a time of renewal individually and for our country. I've decided to focus on renewal. Participating in Silver Frogs with its enormous collection of talent and goodwill is one positive way we can contribute to our own and our community's mental health.

We've counted our blessings. As Silver Frogs most of us live in a safe place, a gift we sometimes take for granted. Recently I thought back to excited memories as a kid waking up Christmas morning and getting my parents up and the hoots and hollers opening presents. I also remember the worried looks and murmurings of my parents and grandparents on the war news of the day. I remember feeling anxious and wondering and praying that those bad people wouldn't win the war. I don't want anybody to face anything that awful. I don't want my grandchildren or yours to face our country at war with itself again.



This past holiday, in addition to their regular Christmas gifts, I gave each of our three college-aged grandchildren a book and a letter similar to what I've written here. The book is titled ***First Principles: What America's Founders Learned From the Greeks and Romans and How That Shaped Our Country*** by Thomas Ricks. I know they'll take their time to read it. That's okay.

This book was a wonderful refresher course for me, providing a clearer understanding of how our government came into existence and how it has evolved. At my age of 83, it improved my knowledge and understanding of our founders' wisdom, as well as their failures.

*First Principles* makes clear that the US Constitution is an "experiment" based on new ideas developed to create a government of, by, and for the people, based on historical knowledge from the classical democracy of the Greeks and republicanism of the Romans. It was ratified with much debate and compromise. The preamble of our Constitution states, "In order to form a more perfect Union, **establish justice, ensure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity and establish this Constitution....**" We were the first nation to form with the concept of enlightenment thought set forth in our Declaration of Independence that stated as a self-evident truth the idea that all men are created equal.

History tells us the life expectancy of a republic, or a democratic government like the United States, is about 250 years. Today, our democratic republic government is 240 years old.

The ideas incorporated in our Constitution were the greatest and better written than any prior one. Ultimately, however, our founders—in their desperation to get an agreement on a constitution—steered our nation in the wrong direction on three crucial issues. (Note: These three issues quoted directly from *First Principles*.)

*"First, on whether the new nation could subsist on 'public virtue,' relying on self-constraint of those in power to act for the common good and not their personal interest, a proposition that would be tested almost instantly during the war for Independence.*

*Second, on party politics, which the classical writers taught them to regard unnatural and abhorrent. Their misunderstanding of partisanship, or 'faction' as they tended to call it, nearly wrecked the new Republic in the 1790's.*

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## 2020 CONTINUED

(Continued from page 6)

*Third, and most troubling, was the acceptance of human bondage, which would prove disastrous to the nation they designed. Often seeing it a natural part of the social order, they wrote it into the fundamental law of the nation, and so sustained a system that was deeply inhumane and rested on a foundation of physical and sexual abuse, including torture."*

### HOW DEMOCRACIES DIE

A second book, titled **How Democracies Die: What History Reveals About our Future** by Steven Levitsky and Daniel Ziblatt, highlights that our government has largely worked by the many unwritten democratic norms and traditions, not laws, that our leaders have followed. Our Constitution provides

gatekeeping and guardrails. Checks and balances within our Constitution have been preserved by the unwritten democratic norms of mutual tolerance and institutional forbearance.

Today, our societal divide is at one of its worst since the Vietnam and Civil Wars. It is close to a 50/50 split. In his farewell address, George Washington told our nation we had started on a "great experiment."

Benjamin Franklin warned us, "We have a Republic if we can keep it." After January 6, I know we need to work harder for our Constitution and our country to last.

Both of these books emphasize that underlying many of our country's never-ending problems is racism. America's younger generations will have to carry the burden for equal justice for all. In our 240 years' history we have failed to eradicate the vestiges of slavery. We elected a new President, with the hope he will take our country to a better place. To bring us together as a united nation will be a long, difficult task. It's going to require a more tolerant populace. A better understanding of our Constitution and how it was written, how it works, and how it doesn't work provides the road map. Each of us must become more aware and involved with the day-to-day activities occurring in society, review our understanding of our Constitution. "Old farts" like me have an obligation to provide the wisdom, understanding and experience we have gained by our life journeys to the younger generations.

Being part of the Silver Frogs community is pure enjoyment, joy, love, kinship and knowledge. I am so proud to be part of this organization and am most anxious to get back to in-person classes.



## WHERE ARE WE HEADED?

by Richard Ranc

A quick recap: COVID-19, a pandemic that has thus far claimed over a half-million lives in the United States, unemployment at higher levels than 2019, government providing economic stimulus to individuals and business and more small and large enterprises boarding up. Conventional wisdom says that we have no place to go but up. Not so.

The psychology of capitalism and free enterprise depends on what Adam Smith (18th-century philosopher and economist) termed the "invisible hand" and that hand was guided by each person's need to look out for their selfish interests—in short, to strive to be better. All these actions cumulatively brought the economy into so-called equilibrium, where supply and demand tended to become equal. Generally speaking, the individual's report card of success is money. But it is money earned!

The COVID stimulus plan will provide a disincentive to many in the workforce. For lower wage earners the effect of the stimulus package, larger child credits and increased unemployment benefits may, in fact, equal or exceed what earned wages were prior to the

pandemic. HR 1319, American Rescue Plan Act, funds projects unrelated to the pandemic and provides for spending into the distant future.

The result may be an inflationary spiral. So-called pent-up demand, cash on the sidelines, demand for limited product and services, gobbling up of small business by the retail giants, energy shortages—all feed inflation. I view this legislation an anathema to the spirit of free enterprise.

My pessimism is hopefully a temporary outcome of the world of the pandemic. However, I continue to recommend staying the course in the stock market. Although both the DOW and NASDAQ have been on a wild ride, value is still there with both indices at record levels. Inflation can derail markets but optimism in the free-enterprise system is reason for hope.

To paraphrase what Henry Ford once said: If you think the government can take care of you and make you happy, look at how Native Americans have fared.

Get vaccinated and stay safe!





## POETRY BREAK: THROUGH THE DECADES

shared by Penny McAdoo

Judith Viorst is the much-loved author of *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. She also has written a series of “decades” books of poetry: *Suddenly Sixty and Other Shocks of Later Life*, *I’m Too Young to be Seventy [and Other Delusions]*, *Unexpectedly Eighty and Other Adaptations*, and *Nearing Ninety and Other Comedies of Late Life*, as well as many other books many other books for children and adults – or both. Viorst turned 90 last month. In a recent interview, she said that her favorite time of life is “right now.”

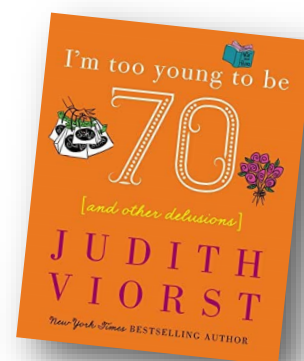
### *The Rest of It* by Judith Viorst

I’ve done the who-am-I-and-where-am-I-going thing,  
And the falling-in-love-and-isn’t-it-wonderful thing,  
And the married-with-kids-and-it’s-not-always-wonderful thing,  
And the having-it-all-or-whatever-the-hell-that-was thing.

I’ve done the midway-along-the-journey-of-my-life-I-woke-to-find-myself-lost-in-a-dark-  
wood-and-I-think-I’m-in-big-trouble-Dante’s-*Inferno* thing,  
And the meditation-and-medication-and-acupuncture-and-yoga-and-therapy thing,  
And the more-or-less (though mostly less)-coming-to-terms-with-my-own-mortality thing,  
And I’ve tripped-on-some-rocks-and-I’ve-bought-some-bad-stocks-and-I’ve-had-some-hard-knocks-but-I’m-still-  
here-Stephen-Sondheim-affirmational thing.  
But the thing is, I’m still indeed here and there appears to be more ahead,  
And what am I planning to do with the rest of it?

Learning to rollerblade is not an option.  
Nor are reading *Finnegan’s Wake*,  
Backpacking through Patagonia,  
Acquiring a taste for shad roe,  
Understanding quantum or any mechanics,  
Or becoming the sort of woman who,  
When told about an incredibly charming hotel in an exquisitely beautiful setting at an unbelievably low price,  
except the bathroom’s down the hall,  
Would ever, in a million years, want to go there.

Nonetheless, as I head toward  
The packing-in-tennis-for-something-slower-like-golf thing,  
And the isn’t-it-time-to-sell-the-house-and-move-to-a-place-that-doesn’t-have-all-these-stairs thing,  
And the being-offered-a-seat-on-the-bus-by-a-woman-who-can’t-be-that-much-younger-than-I thing,  
I will be learning to bake a nice olive bread,  
Working on fixing the world,  
Teaching my grandchildren how to play Monopoly,  
Getting a second hole pierced in my left ear,  
And trying before I reach the maybe-I-ought-to-reconsider-the-arguments-on-behalf-of-an-afterlife thing,  
To do my very best with the rest of it.



© 2005 by Judith Viorst. From the book *I’m Too Young to be Seventy and Other Delusions* by Judith Viorst.  
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## MEMBERS SHARE:

### BASED ON A TRUE STORY... by Siân Borne

Enjoy these recommendations from busy reader-and-watcher Siân Borne for engaging stories that are based on real-life events. Some are non-fiction and others fall into the historical fiction category, but they all started with real people and happenings.

#### BOOKS WITH A TRUE STORY BEHIND THEM:

**The Tattooist of Auschwitz** by Heather Morris — based on a true story, tells the story of how Slovakian Jew Lale Sokolov, who was imprisoned at Auschwitz in 1942, fell in love with a girl he was tattooing at the concentration camp.

**Beneath a Scarlet Sky** by Mark Sullivan tells the true story of one young Italian's efforts to thwart the Nazis.

**The Mystery of Mrs. Christie** by Marie Benedict — a historical fiction book based around the famous author's 11-day disappearance in December of 1926.

#### MOVIES BASED ON TRUE STORIES ON NETFLIX:

**The Angel** — a real-life Egyptian man who spied for Israel in the 1970s revisits a turbulent time in Middle Eastern history.

**The Dig** — the true story of self-taught archaeologist Basil Brown who, in 1938, discovered a game-changing treasure trove in England.

**Ma Rainey's Black Bottom** — based on August Wilson's Tony-nominated 1982 play by the same title, *Ma Rainey's Black Bottom* draws inspiration from the life of Gertrude "Ma" Rainey, the pioneering blues singer widely known as "The Mother of the Blues."

**Radium Girls** — based on the true story of a group of young female factory workers in the 1920s who began developing mysterious, devastating illnesses.

**Red Sea Diving Resort** — 2019 film about an Israeli Mossad agent who runs a covert operation that helps Ethiopian-Jewish refugees escape to safe haven in Israel.

**Rose Island** — an idealistic engineer builds his own island off the coast of Italy and declares it a nation, drawing the attention of the world — and the government.

#### MOVIES BASED ON TRUE STORIES ON AMAZON:

**I am Woman** — 2019 Australian biographical film about singer Helen Reddy

**Nancy Wake** — a New Zealand-born nurse and journalist, she joined the French Resistance and later served as the Special Operations Executive during World War II, and briefly pursued a post-war career as an intelligence officer in the Air Ministry.

**Radioactive** — the incredible true story of Marie Curie and her Nobel Prize-winning work that changed the world.

**Ride Like a Girl** — based on the true story of Michelle Payne, the first female jockey to win the Melbourne Cup in 2015.

**September of Shiraz** — prior to the Iranian revolution, Iran was a place where people of all religions were allowed to flourish. This is the story of a prosperous Jewish family who abandon everything before they are consumed by the passions of revolutionaries.

**Suffragette** — 2015 British historical drama film about women's suffrage in the United Kingdom.

**The Intouchables** — the true story of two men who should never have met — a quadriplegic aristocrat who was injured in a paragliding accident and a young man from the projects.



## TELL US WHAT YOU'RE READING OR WATCHING FOR THE NEXT ISSUE!



## MEMBERS SHARE:

# WHAT ARE YOU WATCHING?

We have watched the most wonderful documentary on Netflix, **My Octopus Teacher**. It shows a man who snorkels daily for a year to watch an octopus that he happened upon, filmed, and was able to find day after day. Since he had to dive down about 20 feet or so to the ocean floor to film his new friend, he has the amazing ability to hold his breath for quite a long time. Once the octopus realized he was not dangerous, they became friends. It is a delightful film about sea life that we really know very little of and the interactions of the various creatures. We fell in love with the octopus too.

— Grace Nowlin

I've been trying to find lighter shows to watch. Here's a few:

On Apple TV +. Two words: **TED LASSO**. The most positive show I've seen and I've seen it twice!

Also I like the light comedy of the new show **Mr. Mayor** with Ted Danson.

There's a wacky documentary, almost unbelievable, on HBO Max called **Class Action Park**, about an amusement park called Action Park in New Jersey in the way-back days.

On Netflix, **Emily in Paris** was cute.

On HBO Max, a quirky movie with Meryl Streep, **Let Them All Talk**.

— Lisa Winter

**Nomadland** just won a Golden Globe award for Best Dramatic Picture. If you are a Frances McDormand fan like I am, you will love her natural performance as a widow who makes her van her home as she travels and works across the country. In this journey she becomes part of the community of people doing the same thing. Watch on Hulu or at a theater.

**Made You Look** on Prime Video tells the story the most spectacular art forgery ever. Millions of dollars in fake art was sold through a prominent gallery in New York City as the works of Jackson Pollock, Mark Rothko, Robert Motherwell, and other abstract expressionists. The way art experts were fooled makes for a fascinating story.

— Carolyn Kirkland

One of my serendipities during the pandemic was discovering **The Big Bang Theory**. I didn't watch it during its original run, but we have been enjoying the syndication while we eat dinner. As Sheldon explained, dinner is the largest meal of the day whether it is noon or evening. This added tidbit helped understand why lunch and supper are often referred to as "dinner." Each member of the cast was excellent, including the supporting roles – all the parents are a hoot; the writing was consistently superb; and being a science nerd I loved the technical banter. I was somewhat offended at Sheldon's occasional demeaning remarks about engineers, however.

— Ron Tamada

Back in the old days, before we had children and when the Best Picture nominees numbered five each year (that doubled in 2009, if you were wondering), my husband and I made it a goal to see all of the nominated films — in the theater — before the Academy Awards aired.

We haven't done that for a long time now, and we haven't seen many of the recent winners at all. Which is how we overlooked **Green Book**, the Best Picture winner in 2018. Since we couldn't find it on any of our streaming services or at Redbox, we ended up going old-school buying a DVD — which on Amazon was just \$5, cheaper than renting — and I'm so glad we did! I know this is a movie I will want to see again and our whole family enjoyed it.

It's the beautifully depicted story of two men who couldn't be more different, and their 1962 journey (which is both a road trip and a personal evolution) toward a lasting friendship. The DVD also includes a few bonus features that helped us learn more about the real-life Don Shirley and Tony Vallelonga and how their story came to the big screen.

— Sharon Harrelson

Several TV shows kept our interest. **Midsomer Murders** (Britbox), and **Virgin River** (Netflix) are two entertaining series. Recommend closed captions on the first and look for plenty of twists and turns on the latter.

—Richard Ranc



## MEMBERS SHARE: WHAT ARE YOU EATING?

We now know the restaurants with patio dining and also which ones have heaters. [BoomerJacks](#) at I-20 and Bryant-Irvin has a screened-in patio with a very good heating system. The pricier [Press Café](#) also has heaters but is open and vulnerable to strong breezes. The others we go to are for mild weather and are little more fast foody ([Little Lilly Sushi](#), [Rusty Taco](#), [Cancun Mexican Restaurant](#), [Fuzzy's Taco Shop](#) on Bryant-Irvin). There are more I'm sure.

—Ron Tamada

Our favorite restaurant for traditional Italian dishes is [Aventino's](#). They also have a reasonably priced wine list—I recommend the Col di Sasso, a cabernet/sangiovese blend. No pizza—they are in the same center with Mama's Pizza.

—Jim Parr

A restaurant that we have enjoyed is [The Flying Carpet Turkish Cafe](#) off Magnolia at 1223 Washington Ave, 76104. You can enjoy in-house dining with Ottoman recipes and a quiet atmosphere surrounded by Turkish carpets for sale. You can also bring your own wine, with no corkage fee.

—Siân Borne

[Cannon Chinese Kitchen](#) is situated in a restored 1930s home at 304 W Cannon St, Fort Worth, 76104. Comfortable and quiet enough to hear your dinner companion's voice, this restaurant serves delicious and unique dishes. Their selection of small and shared plates is perfect for diners who like to try lots of different things. I especially like the Lemon Garlic Bok Choy.

—Sharon Harrelson

This has been my greatest find for take-out food during the pandemic!

[The Soulful Chef](#) (formerly Wholesoul) Food Truck  
6725 McCart Ave. (in the Pep Boys parking lot)  
Tuesday- Saturday 11:00 am until sold out  
Call in number- 817-701-9028

They serve: Barbecue—ribs, brisket, sausage with coleslaw and beans; Cajun food which includes red beans and rice with sausage and jambalaya; old-fashioned “greasy” hamburgers loaded with everything and homemade French fries; soul food—smoked sausage and cabbage or a variety of chicken wings; sandwiches such as fish sandwich, fried chicken sandwich, and the “Soulphilly,” their version of a Philly cheesesteak.

When you go, my recommendation is to order the rib plate. The ribs are truly some of the most tender and flavorful ribs I have ever eaten. (No exaggeration!) Save room for dessert. Be sure and order the homemade pound cake. You will not be sorry!

I promise this is a great “find” in Fort Worth. Bring a big appetite.

—Jeff Frazer



## LET'S TALK WEATHER:

# A COLD FEBRUARY

by [Buddy McIntyre](#)

Everyone will agree that the third week in February was cold in the metroplex, but it has been COLDER. DFW International Airport reached -2°F on February 16 which tied a record for the *second* coldest temperature ever recorded for Dallas/Fort Worth. It previously reached -2 degrees on January 31, 1949.

How cold was it, you ask? Well...

It was so cold that you had to open the fridge to heat the house.

It was so cold that Starbucks was serving coffee on a stick.

It was so cold that when the cows were milked, ice cream came out.

All joking aside, it has been colder. The lowest temperature ever recorded in the metroplex was -8°F on February 12, 1899. Now that was a cold February! Temperatures fell below 0 degrees in every state in the continental US during that Arctic outbreak. Many of the low temperatures recorded that date remain record lows today. How cold was it? It was cold enough that ice on the Mississippi River flowed past New Orleans. Really!

Why did it get so cold when the earth is warming? Well, researchers are finding that more frequent visits into the mid-latitudes by the polar vortex may be a side effect of climate change. The polar vortex is the area of very cold air over the Arctic. It is usually held in place by the polar jet stream which is a rapidly moving current of air circling the earth around the outer fringes of the Arctic.

The polar jet stream is driven by a typically large difference in temperature between the air of the polar vortex and the air in the mid-latitudes of the earth. However, with the Arctic warming faster than other areas of the earth, the temperature difference is less distinct now, which causes the polar jet stream to weaken and meander north and south instead of moving in more of a straight line around the earth. This meandering allows the cold air of the polar vortex to wobble south off the Arctic and into the US, Europe or Asia.

To say that climate change may be why frigid air slid so far south in February sounds counterintuitive. Texas Tech's climate scientist Katharine Hayhoe calls it "global weirding"!



## SIGNS OF SPRING

from the garden of  
Richard and Nancy Ranc

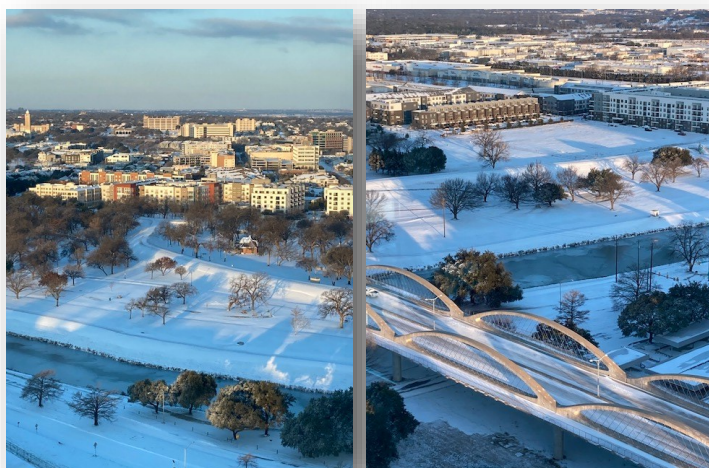






## MEMBERS SHARE:

# HOW DID YOU FARE DURING THE STORM?



The view from our 18th-floor window after the first blast of snow came through. You can see the Will Rogers complex (top left in the first picture) and the 7th-Street bridge (at the bottom of the second). The dark "road" running through each is actually the frozen Trinity River!

On Saturday, February 13, with the storm approaching we ran out and bought supplies to make it through the storm...the usual bread, milk, eggs, TP, etc. We had a nice Valentine dinner that night and then waited. On Sunday the storm blew in and our first power outage happened that night...most of the night.

On Monday the power was on and off, but nothing unbearable. Much of the staff here at Trinity Terrace had spent the night and brought us a meal at lunch and dinner to our apartments. The large generators had kicked in and our elevators continued to work even when the power was off so we could go downstairs and get coffee and tea. It was definitely getting colder inside but on the 18th floor we got residual heat from the lower floors, and in spite of the extreme temps outside we never got below 58 degrees...very lucky.

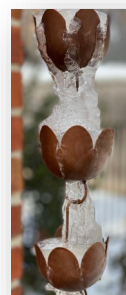
We just put on an extra layer or two of clothes and extra blankets at night. We were without power most of Tuesday but it came back on that afternoon and two hours in the middle of the night and then was on for good. We all filled our bathtubs with water just in case we had broken pipes but thankfully that never happened. To fill the time we bundled up and did puzzles or read books.

We feel so lucky that although we had minor inconveniences, we were able to make it through with little or no trouble. The staff here was wonderful the whole week...many of them staying onsite the whole time. They found ways to bring us two meals a day, by going to Sam's to get basic items (sandwiches mostly) early in the week when food deliveries were delayed, and as they got more kitchen facilities working the meals got "hotter."

—Carol Stanford

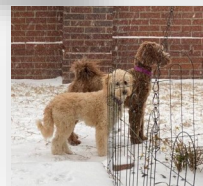
We lost power Monday morning February 15 and were without for 38 hours. When the power did come back on for us it was 39° in the house! We were blessed as there were no pipe breaks and we had family close by to let us warm up and clean up. With a brood of cats, leaving for someplace else was not an option. I'm from Chicago so I've had enough snow to last for my lifetime and didn't feel the need to get out and make a snowman or snow angels. It would have been more enjoyable if we weren't dealing with the cold inside the house. Our great-niece is calling this year "2020 2.0," so far, at least.

— Ron Tamada



I personally did not do much during "snowgeddon" but my dogs and grandchildren did. I also had an awesome "ice sculpture" made with my decorative downspout.

— Nancy Pine



Did not lose electricity or water during the snow event. We are staying in pretty much so did not seem too different.

— Mary Slaney



## PERSPECTIVE: FINDING FOCUS

by Susan Layne

When I got my first glasses, I jumped right into progressive lenses. A big first step for one who had never worn glasses for much but reading. When I picked them up from the optometrist, I went straight to a dress shop at University Park Shopping Center. As I entered the store and looked around, I noticed that all the racks of clothes were undulating, like the tilt-a-whirl at an amusement park. Nothing subtle. This was a tidal wave of distortion. I carefully made my way home and slipped the glasses off. I had been told to wear them sporadically until I adjusted, and the salesman wasn't kidding about that.

I ventured out later that week with a friend who had worn progressives for a long time. Her advice to me: "Oh, you'll get used to them before long." Really? I couldn't imagine that was true. Would I become accustomed to everything floating around unfettered? Would I just float around too in some altered state?

Well, here's the truth of the matter: my brain compensated for the view through those lenses and the world was back to normal within a week or two. I still can't figure out how that happened. It just snuck up on me when I wasn't paying attention.

For those who read my October essay in *Silver Streak*, you may remember my discombobulated state when I retired. I wrote about losing my Center. I also wrote about retired friends telling me that I would soon adjust. I didn't see how that could happen, anymore than I could imagine seeing anything but a topsy-turvy world through those new glasses.

But, of course, it has happened again. I had written earlier about missing my work friends and needing a new tribe. I had also written about revisiting old hobbies and interests. I am happy to report that I joined a wonderful writing group and have made seven new friends who have easily become my new tribe, even if I see them only as squares on my computer screen. I am also back to writing several projects, some that had been languishing for years.

So, when it's time to re-invent yourself, don't look too hard. Life's unexpected treasures might just come into focus when you least expect them.



I know a great many of the Silver Frogs love to learn & LOVE to travel. The last one has been greatly curtailed. Something that might help fulfill both loves....

I have used a tour company called Context Travel for clients and for Ken & myself. They specialize in private or semi-private tours in many parts of the world. Their guides are first rate—experienced and interesting. When travel was essentially locked down, the company did a pivot to offer online seminars & courses. At the moment they offer about 250 different seminars—art, history, and culture from many parts of the world. They can be found online at [contexttravel.com](https://contexttravel.com).

—Kakai Bowers

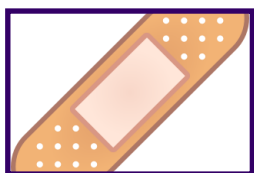


Crossword puzzles have helped my skills in a nightly round of Banagrams. You can play with only two!

—Lisa Winter

**2020:**  
THE YEAR FROM HELL

**2021:**  
THE YEAR HELL FROZE OVER



## PERSPECTIVE: FROM BAND-AIDS TO SUCCESS

by Judy Furche

Before COVID came to Texas, my husband Ed and I were busy with many activities related to family, friends, Silver Frogs, and our church. When the “stay at home” order came, I thought we were prepared – stocked up on groceries, resurrected some board games, and made lists of household repairs that could keep us busy. Well, it did for awhile. Ed started working from home and began building a model bi-plane, and we rescued a dog.

I concentrated on a long-delayed goal of reorganizing every corner of the house. To that end, many Amazon deliveries provided me with all sorts of dividers, boxes, containers and a label maker to insure that my efforts would remain intact. That worked for me until I reached my sock drawer, and I rebelled. I then began cooking all those recipes that I had collected, but never used. Banana bread, French casseroles, avocado toast and countless pies and cakes rolled out of my kitchen. Everything tasted good, but I gained 10 pounds, so that couldn't continue!

Now for the band-aids part of my journey. I teach a Silver Frogs lecture entitled, “Marfa, Why Go?,” based on my many trips there. During several of my visits, I met an artist who offered art classes. After COVID, she provided them on Zoom including one introducing stained glass projects. I purchased the needed supplies and was ready to go when she cancelled because she had been admitted to NYU Law School. So, I turned to YouTube. Many, many classes later, I started on my own. I immediately struck out at cutting glass; I just couldn't make the tool work for me. I almost quit, but decided to call a glass supply company for ideas. Their idea cost me \$250, but I can now cut glass – that is, when I learned to keep boxes of band aids available. Cut glass and finger tips often collide.

The glass was not ready for soldering just yet – the edges needed to be covered in copper foil – another opportunity for cut fingers. Then the piece must be brushed with flux (a rather toxic fluid). Finally, the big day came – learning to solder. I learned quickly that the process demands a steady hand. My hands were shaking so badly that on my first attempt, the soldering iron flew out of my hand and burned a five-inch hole in the carpet. Undaunted, I pressed on and produced several heavily flawed pieces. The wobbly patchwork Christmas tree and crooked feather sun catchers still hang on the window in my study now turned into an art space. As of last week, I have completed 13 pieces – each one slightly better than the one before. Soldering remains my biggest challenge – each time, I strive for the elusive perfect bead. As someone once told me, flaws can be beautiful. I can live with that.



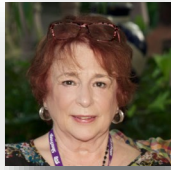
First Attempt



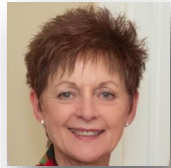
Latest Project



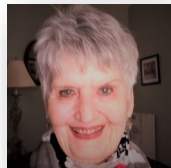
# CONTRIBUTORS



**SHARI BARNES** (*Reading List*) has taught TCU Extended Education's *I Love A Mystery* for several years and has facilitated *Bucket List Books* since the Silver Frogs beginning. Shari has also written for numerous popular and professional magazines. She is happy with a book and a cup of coffee.



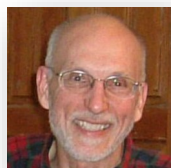
**SIAN BORNE** (*True Stories*) A Silver Frog since Spring '17, Siân came to Fort Worth in 1973, after moving from England. She has two daughters and five grandchildren. She loves to read and travel; for Silver Frogs, she is active in several committees, is an instructor, serves on the Advisory Board and is the SIG Chair.



**JUDY FURCHE** (*Band-Aids*) and her husband are charter members of Silver Frogs, and she has taught the lecture "Marfa, Why Go?." Retired from a 38-year career in Everman ISD serving as a teacher, counselor and principal, Judy looks forward to resuming travel and visiting grandchildren and great-grandchildren.



**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 as well as a student; She enjoys cooking/baking, gardening, games and being a band mom to twin high-schoolers.



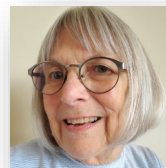
**LARRY KLOS** (*Societal Issues*) is a charter member of Silver Frogs. He retired from Lockheed Martin after a career in aerospace engineering and management. He is co-chair of the Societal Issues SIG at Silver Frogs. In addition to home projects and volunteering, he has self-published eight books.



**TONY KRAUSE** (*Perspective*) Longtime Fort Worth resident, charter Silver Frogs member and philosophy graduate of San Luis Rey College (CA), Tony is a 22-year retiree (a distinction outmatched only by his 39 years with Lockheed Martin) who now specializes in unsolicited advice, political commentary and other baloney.



**SUSAN LAYNE** (*Focus*) retired in June 2019 after 32 years at TCU. Susan's professional work culminated in the TCU Study Abroad Office, where she coordinated six TCU semester programs abroad. She and her husband, Robert, love car travel and plan to explore more of the USA when the pandemic allows.



For **PENNY MCADOO** (*Poetry Break*), Silver Frogs is the perfect combination of learning and friends. Penny has a 54-year career as an educator at every level from preschool to graduate school in urban, rural and suburban settings. Penny is a reader, a quilter, a traveler, and in these times, an observer of clouds.



**BUDDY MCINTYRE** (*Weather*) worked for 30 years as a meteorologist with the National Weather Service (NWS), where he gained considerable experience studying and warning for severe thunderstorms and tornadoes. Buddy is a graduate of TCU and has an MS in meteorology from Utah State University.



**RICHARD RANC** (*Financial*) came to Silver Frogs four years ago following an affiliation with Senior University in Georgetown. He's a retired VP of Investments at Wachovia Securities. He is a Silver Frog instructor who serves on the Curriculum Committee in addition to writing for Silver Streak.

## SILVER STREAK MAGAZINE

A SUPPLEMENT TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

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