



SILVER STREAK MAGAZINE

A SUPPLEMENT TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

As we close out the Spring 2021 semester, we have much to look forward to with this summer looking infinitely brighter than last year. Everything seems new when you've stayed home for over a year, and there's an undeniably optimistic feeling in the air. Hooray!

Here's what our contributors have prepared for you:

- ◆ It wouldn't be summer without reading! And [Shari Barnes](#) has packed some great travel reads for you;
- ◆ [See what members have been reading and watching](#) — you may want to try out their recommendations!
- ◆ [One traveling troupe of Silver Frogs](#) has already been on the road, making memories without masks;
- ◆ How does your vegetable garden grow? With all the rain, you may be raising a bumper crop! [Carolyn Stephens](#) has some ideas for how to use that bounty (even if you've found it at the farmer's market);
- ◆ Take a quick poetry moment with [Penny McAdoo](#);
- ◆ [Richard Ranc](#) is keeping an eye on legislation of interest;
- ◆ And [Buddy McIntyre](#) provides perspective on this month's wet weather.





READING LIST: READING YOUR WAY TO VACATION PLEASURES

by Shari Barnes

Last year you were up to your ears in COVID restrictions, but this year the opportunities are opening up for vacation adventure.



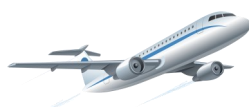
If you're still nervous about a grand happening, a staycation may be a good way to dip your toe in the pursuit. Tui Snider's [100 Things to Do in Dallas-Fort Worth](#) is a 160-page adventure into 9,286 square miles of Metroplex experiences. Mommytravels.net has designated Fort Worth as a hot spot, so ride the TRE, take in a city council meeting, or stay home after a visit to a farmer's market and make a salad with the ingredients you buy there. And try 97 other things to do in our own locale.

Feeling in the mood for a level-2 enterprise? [Backroads of Texas: Along the Byways to Breathtaking Landscapes and Quirky Small Towns](#) (176 pages) by Gary Clark with photography by Kathy Adams Clark will lead you off the beaten track with 30 backroad drives. If you think you know Texas, you may be mistaken. This book contains sights most people miss. Consider watching the bats in San Angelo, spelunking in the Inner Space Cavern, and seeing the lights in Marfa as beginning points for trips in the Lone Star State.



Ready to venture outside Texas? [The Open Road: 50 Best Road Trips in the USA](#) (736 pages) by Jessica Dunham can be your adventure guide. Maps and clear directions included. Coastal drives, cross-country family trips, the Blue Ridge Parkway, Big Sur, the Continental Divide, and the Apache Trail are just a few of the options. Lodging and dining suggestions are included for each route. You can eat and drink your way through your road trip with everything from fried okra to craft beers.

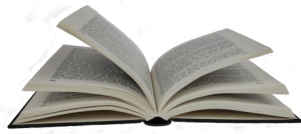
Maybe you'd like to try a water adventure with side trips? [Berlitz Cruising and Cruise Ships](#) (750 pages) by Douglas Ward contains everything for the novice or experienced cruiser, including photographs. Divided into two main parts, the guide helps the reader find the right cruise and includes descriptions of life on board and how to save money. It also reviews some 300 cruise vessels and gives them grades on service, food, entertainment, and facilities. If you want a vacation with little unpacking, endless food, and shore excursions, it's time to consider that long-awaited cruise.



If it's the season for an overseas trip, don't miss Bill Bryson's [The Road to Little Dribbling: Adventures of An American in Britain](#) (380 pages). This is a sequel to the humorous writer's travelogue [Notes from a Small Island](#). Bryson loves English eccentricities. Twenty years after his famous iconic travelogue, he sets out to rediscover the small island of England by combining adventures and observations. If you get your British culture from television and PBS, this approach is a delightful departure. You'll get information about everything from a planned community outside London to a managed estate to a bridge made of cast iron to a ride on a British train. Need a change from American culture? Try Celtic landscapes, Windsor Great Park, and Runnymede.

So, if it's time for a small or grand vacation undertaking, grab a travel book/guide to help plan this year's getaway. And, while you're at it, borrow or buy some good historical fiction, a romance, a biography, or a mystery to read on your journey.





MEMBERS SHARE: WHAT ARE YOU READING?

John Grisham's latest novel is [Sooley](#). All of his stories have some similarities—usually involving attorneys, large sums of money, attractive people and surroundings as well as a twist of fate. *Sooley* is a change of pace. It follows a year-and-a-half in the life of a young basketball star from a war-ravaged Central African nation. *Sooley's* story is highly improbable but at times caused me to laugh out loud and at others to wipe away a tear. It is a fun read if you like basketball or enjoy a well-told story—or both.

—Tim Runkle

[Fortworthreport.org](#) is a new online news source that may become your new home for all things Fort Worth and Tarrant County. CEO/Publisher Chris Coble said in a recent presentation that 70 percent of reporting by North Texas news outlets focuses on the Dallas area, leaving Fort Worth and Tarrant County underserved.

Fort Worth Report hopes to remedy that with its nonprofit, nonpartisan news organization that focuses on local journalism that applies the

principles of community caring, connections and accountability. It is free of charge.

Unlike most corporate news organizations, *Fort Worth Report* has a Reader Advisory Council made up of informed residents who believe in the importance of nonpartisan, factual local journalism. Still in development, interested residents can apply to join this council. See the 2021-22 Advisory Council members at the bottom of the site along with a link to apply. Also available is a listing and brief profile of staff and Board of Directors members so you know the reporters and decision makers.

In addition to the usual focus areas like local government, education, business, arts and culture, *Fort Worth Report* has a regular series called "Where I Live" that brings stories straight from our area's interesting neighborhoods.

This new source for Fort Worth and Tarrant County information is sent to newsletter subscribers (at no cost) weekdays at 7am. Or simply check out the full site at [fortworthreport.org](#).

—Carolyn Stephens



MEMBERS SHARE: WHAT ARE YOU WATCHING?

A must see movie for Fort Worthians is **12 Mighty Orphans** which is based on Jim Dent's best-selling book of the same name. This inspiring true story about boys from Fort Worth's Masonic Children's Home, who for a time ruled Texas football, will be playing at The Modern's Magnolia Theater the weekends of June 11-13 and June 18-20.

The showing at The Modern is part of a limited release prior to the nationwide release June 18. Watch for some of the scenes that were filmed in familiar Fort Worth, Weatherford and Cleburne locations. Luke Wilson, Martin Sheen and Robert Duvall play the lead roles, but watch for Treat Williams playing Amon Carter.

—Carolyn Stephens

Watching **New Tricks** on Amazon Prime—really good and long-running show—the acting is great and the plots different in a British way (lots of weird people with odd habits) but they investigate unsolved crimes and wind it up in about an hour. No pretty people, just interesting, ordinary-looking folks. Watch an episode if you haven't.

—Richard Ranc

The Professor and the Madman, a 2019 movie on Netflix starring Mel Gibson and Sean Penn, is completely engrossing and unexpected. Think for a moment about the dictionary on your bookshelf... and consider that someone had to write it. From scratch. Daunting project, to say the least! If you appreciate language, excellent performances, or films that leave you thinking, this is one you will want to see.

—Sharon Harrelson



ON THE ROAD: BEGINNING LIFE WITHOUT COVID

by Tony Krause and Friends

Broken Bow is a small rural hamlet in the foothills of the Ouachita mountains. The Choctaw Indian tribe is the primary tribe in this beautiful southeastern Oklahoma area. We had an unexpected opportunity to stay at a family member's cabin there for a few days. We said "Yes" without hesitation!

On a cloudy Thursday morning on 22 April 2021, a small group of Silver Frogs began a 230-mile caravan journey to Broken Bow for five days of relaxation, sightseeing, boating and companionship. Everyone had their COVID shots and had been quarantined for a year. We were ready for "ISOLATION BREAKOUT"!

Seven Silver Frogs, comprised of Colin Plante and his wife, Suzie, Larry and Elaine Klos, Tony and Sarraine Krause, and Ann Sheets began the caravan journey late morning with an early afternoon arrival to the large cabin in the forested wilderness outside tiny Hochatown, near Beaver Bend State Park and Broken Bow Lake. We arrived at the cabin on schedule, quickly unloaded our cars, found our sleeping quarters, opened a bottle of wine, settled in front of the burning fireplace, and enjoyed each other's company. Tony and Sarraine had prepared dinner the day before and brought it for an easy first night meal. A superb chocolate Guinness stout cake (compliments of their daughter's baking skills) was served for dessert.



We stargazed for a while and bedtime came early. Everyone found the very steep stairs to their upstairs or downstairs sleeping quarters



nearly impossible to conquer. Everyone moaned and groaned. Going up or down the two steep 16-step stairwells was going to be a big task for all the old folks to navigate. Larry and Colin, in particular, as they rested on the steps, spent time appreciating the cabin's architecture with its knotty pine walls, cathedral ceiling, and two rows of four-by-eight foot glass windows looking over the outdoor landscape and cabin deck.



On Friday we all woke early. It was raining. It rained all day, so we stayed at the cabin and enjoyed the woods. Colin was in heaven

because he had a whole new electronic sound system to tinker with. On docket was coffee on the deck, listening to birds sing and the sounds of the forest. Suzie brought her new-fangled air fryer, toaster oven, and baking oven and we watched her cook a little bit of everything on her all-in-one appliance.



(Continued on page 5)



BEGINNING LIFE WITHOUT COVID

(Continued from page 4)



After fixing breakfast Saturday morning, we decided to see some park scenery. We all squeezed into Larry and

Elaine's SUV for a day of sightseeing. Elaine was our driver and Sarraine the tour director. The view of the lake and dam was a sight to see after our year of COVID isolation and viewing the world on TV. The area is a beautiful wilderness. There are cabins, camping, and lakes and streams for fishing, paddle boating and canoeing. Quite a few new cabins were under construction. Our friendly bantering kept us in a jolly mood, as well as the banter between our driver and the tour director. We figured out quickly that both driver and tour director showed little aptitude for their assignments. Much bantering and laughter by all continued when our touring director required all to ride on the Beaver Bend State Park miniature train. The 30-minute ride took us through the park forest populated with deer, armadillo, birds and other wildlife, reminding us all of the times we rode the Fort Worth Forest Park train ride with our children. This ride also included views of several horseback riders and a trip through a tunnel.

A last minute change in our cooking plans took place when we realized we'd missed lunch and passed the Grateful Head pizza parlor in Hochatown—a highly recommended spot. The place was overflowing with families and bikers waiting in line for an outdoor table. Luck was with us when we immediately got to take the only open table inside. By a unanimous vote of 7-0 we agreed the pizzas were the best we had ever eaten. With our bellies full, we returned to our cabin for dominoes, reading, listening to music, and porch-sitting. Dinner was another communal effort.

On our last full day, we rented a boat for a ride on the lake. Broken Bow is a large Corps of Engineers' lake with little development along its bank. The lake also has several small islands and peninsulas that make navigation difficult, causing us to get lost more than once; however, Colin and Larry brought



us safely back to the marina. The boat ride was the high point of our trip, even when we had to spend most of the trip searching to get back to the marina on time. We made it within five minutes of the rental time. After dinner, Tony made malts. Ann and Sarraine tried to clean the triple malt maker and managed to get soapy water all over the kitchen counter, floor and walls, changing a large bowl of freshly sweetened strawberries into a large bowl of freshly soaped strawberries. You get the idea. After hilarious screams of dismay, we watched *My Cousin Vinny* and bluegrass documentaries until it was time to go to bed.



The first few hours of our last day were spent packing up to return home. We decided not to caravan home. Instead, we all went our separate ways feeling we were making progress in forgetting the isolation caused by the COVID pandemic. Returning to the world as we once knew it was really super!





FOOD:

IDEAS FOR WHEN YOUR GARDEN OVERFLOWETH

by Carolyn Stephens

For many years my late husband Al enjoyed growing our own vegetables and fruits—a throwback to his years growing up on a dairy/vegetable farm in Wise County. Being a city girl myself, I had to learn how to can, pickle, bake and freeze just about everything. Here are a few of the things I like to make—the tomato bread is my own creation and the beets and peas are from the *Too Many Tomatoes ...* cookbook by Lois M. Burrows and Laura G. Myers.

One of the tastiest gifts of a summer garden is homegrown, vine-ripened tomatoes. If you have a lot of plants, you're probably committed to canning the abundant yield.

If, however, you would like to try something different, you might want to consider Tomato Bread. It can be enjoyed immediately or can be wrapped in plastic in the refrigerator and served alongside your lunch or dinner over several days. The flavor intensifies as the bread soaks up more of the tomato juices. Small slices are a fresh treat on a party appetizer tray.

The Tomato Bread pictured here took 12 medium large tomatoes that, unfortunately, are from the grocery store and not as beautifully ripe as your own homegrown or farmers' market tomatoes would be. The seasonings are to your taste, especially if you are also growing your own fresh herbs. However, dried herbs or a mix of dry and fresh herbs can be delicious too. All the amounts are subject to how many tomatoes you use.

TOMATO BREAD

- Medium to large tomatoes – cored and sliced thick
- Salt and pepper to taste
- Finely minced garlic or use garlic salt and omit salt above
- Chopped fresh herbs like thyme, basil, rosemary, marjoram, parsley, etc.
or use dried Italian seasoning mix
- Sugar
- Olive oil
- Bread loaf halved lengthwise

Place sliced tomatoes on a parchment-lined cookie sheet. Sprinkle with the seasonings and herbs. Sprinkle very lightly with sugar to balance the acid in the tomatoes. Drizzle with a good extra virgin olive oil.

Roast the tomatoes in a 350 degree oven for 1 to 1 ½ hours or until a lot of the liquid from the tomatoes is gone. Let the slices cool to room temperature and then arrange them in an overlapping pattern on the French, sourdough or other bread. Let it rest for a few hours and then slice crossways and serve. Leftovers keep well for several days in the refrigerator.



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... WHEN YOUR GARDEN OVERFLOWETH (continued from page 6)

MINTED PEAS

Although the original recipe was intended for fresh garden peas, frozen English peas are a good substitute. This is a delightful, fresh-tasting twist on plain peas. Once you've tasted them, you may never go back.

Sauté for 3 minutes:

- 2 T butter
- 1/2 C chopped green onions

Add:

- 2 C peas
- 3 T water
- 2 T chopped fresh mint
- 1 T lemon juice

Cover and simmer 5 to 8 minutes.

HARVARD BEETS

Fresh from the garden, beets have a more sweet, earthy taste than what you find in the grocery store. Farmers' markets often have the next best thing.

Stir together in a saucepan in order given and boil for 5 minutes:

- 1/2 C sugar
- 1/2 T cornstarch
- 1/4 C apple cider vinegar
- 1/4 C water
- 2 T salad oil

After boiling, stir in and simmer for 20 minutes:
6 medium beets, cooked and sliced

FROZEN PEACH DAIQUIRIS

One alternative to baking, pickling or canning fresh peaches is to freeze them for frozen daiquiris to enjoy all year long. Simply fill a standard blender with fresh, peeled peaches and process them with one small can of frozen limeade. Pour the mixture into plastic beer cups covered with plastic wrap. When you're ready for daiquiris, just empty one of the beer cup containers in the blender and add white rum to taste (1/2 cup or more). An almost instant treat!



POETRY BREAK: NOBODY

shared by Penny McAdoo

I'M NOBODY! WHO ARE YOU?

Emily Dickinson

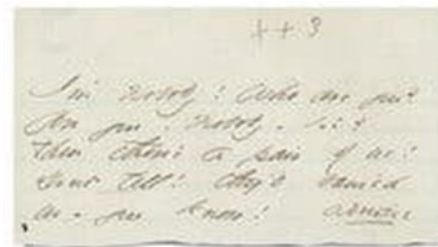
I'm nobody! Who are you?
Are you nobody too?
Then there's a pair of us! Don't tell!
They'd banish us, you know.

How dreary to be somebody!
How public like a frog,
To tell your name the livelong day
To an admiring bog!

Such irony that a poet who is now so well known declared herself to be a Nobody. And she says she likes it that way.

She asks, "Who are you?" How do you answer? What are your thoughts on being a Nobody or a Somebody? Perhaps you have different standings in different areas of your life. Would you like to answer with a poem?

There are differing versions of this poem. It was never finalized by Dickinson, and interpreting her hand-written version is difficult.



"I'm Nobody" is in the public domain.



MINDING YOUR MONEY: THE SECURE ACT 2.0 by Richard Ranc

Congress is currently considering passage of the SECURE Act 2.0. Passage of this act may help many Silver Frogs with their retirement planning.

The bill's main focus is a number of features designed to assist middle-aged and pre-retirement workers to establish retirement programs. The majority of the Act 2.0 plan provisions aim to help those wanting to save for the future by making retirement plans less complicated.

However, for those currently retired and over age 70, the most important features of the SSRA (Securing a Strong Retirement Act) are changes to the provisions of **Required Minimum Distribution (RMD) tables, life expectancy tables and penalties for non-compliance for RMD.**

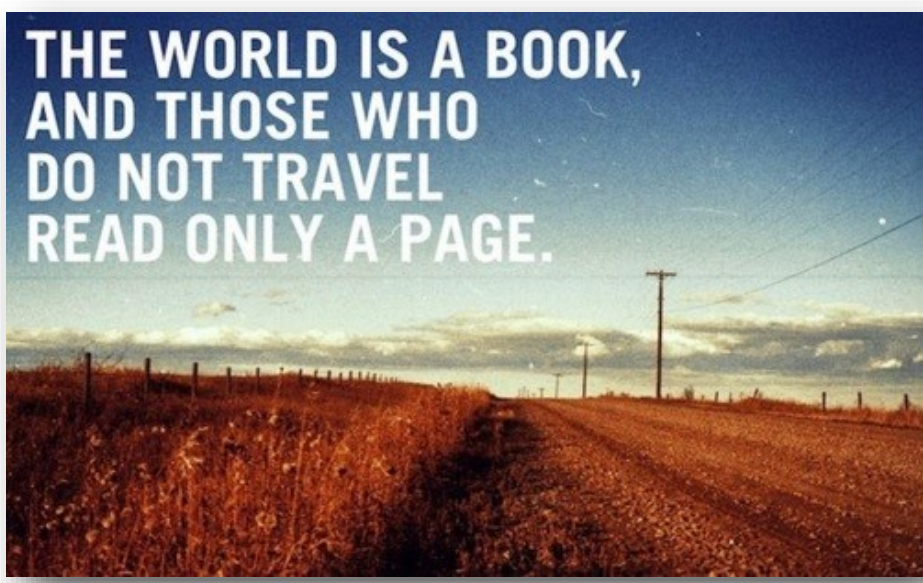
The Act will increase the age for required minimum distributions from age **72½ to age 75**. This feature will allow almost three years of additional tax deferral.

New life expectancy tables will allow for smaller withdrawals which may be useful for tax purposes and Medicare premium determination. For example a retired individual age 75 with a \$250,000 retirement account balance on December 31, 2020, is required to withdraw, in 2021, \$10,917 to avoid a 50% penalty. The new IRS table for age 75 reduces the RMD to \$10,162. Of course, the account holder could withdraw more but must withdraw the RMD.

Penalties for failure to withdraw all or a portion of RMD would be reduced to as low as 10% on a sliding scale.

The SECURE Act, if passed by Congress, provides additional flexibility in retirement planning by recognizing the increased number of years retirement income may be needed.

To determine your future required withdrawals it would be prudent to consult your tax or financial advisor. 





LET'S TALK WEATHER:

FORECAST FOR THE SUMMER: HOT AND DRY!

by [Buddy McIntyre](#)

As I write this in the last days of May, Dallas-Fort Worth International Airport recorded measurable rainfall on eight of the last 10 days. For the month, measurable rain has fallen on 13 of 26 days. Three other days saw trace amounts. And rain is in the forecast for several more days before the end of the month.

Is this unusual? A quick glance at the records indicates that we normally see about nine days in May with measurable rainfall. So yes, it is a bit unusual.

Many of us are ready for the rain to stop and the sun to come out! But I suspect that in just a few short weeks we will be wishing for more of these cool, rainy May days. Some might even be wishing for them by the time this edition of Silver Streak is published! It seems like North Texas can turn from cool and wet weather to dry and hot overnight.

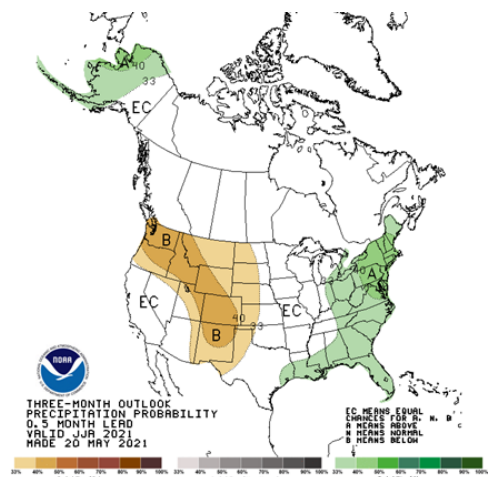
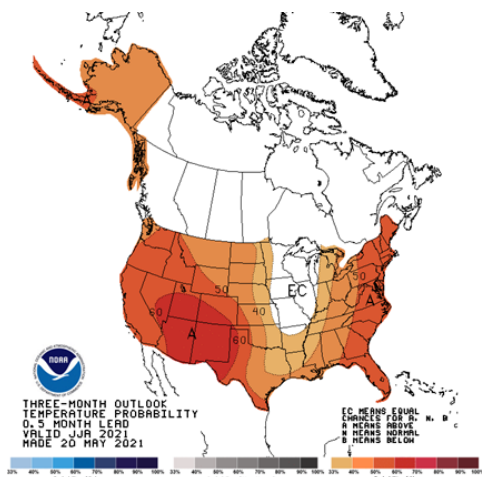
May is normally our wettest month. So far this month 6.07 inches of rain has fallen, which is

not all that much more than the normal of 4.78 inches. It's certainly far short of the record 16.96 inches which fell just a few years ago in May 2015.

July and August are our driest months with average rainfall both of those months at just over two inches. We are heading into the summer months with rainfall about one inch above normal for the year and with the area lakes full. That's good hydrologically. The downside to a wet May is that mosquitoes thrive in wet weather. Get out the bug spray!

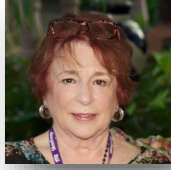
So what does this summer look like? Probabilities are highest for a warmer-than-normal June, July and August. Probabilities are about equal for a wetter, normal or drier than normal summer. Any way you look at it: hot and dry!

For more on the climate and longer range forecasts, see the [National Weather Service's Climate Prediction Center's website](#).



These maps can be found on the National Weather Service website under Three Month Outlook

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.



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.



TONY KRAUSE (*On The Road*) 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.



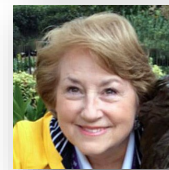
For **PENNY MCADOO** (*Poetry Break*), Silver Frogs is the perfect combination of learning and friends. Penny has a 54-year career as an educator at every level from preschool to graduate school in urban, rural and suburban settings. Penny is a reader, a quilter, a traveler, and in these times, an observer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



CAROLYN STEPHENS (*Food*) 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.

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