

SILVER STREAK

magazine

THE COMPANION TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

At long last, fall is in the air (at least a few days a week!). With Halloween safely behind us, the rapid approach of so many lovely holidays can increase our stress when what we really need is a little quiet time and a mug of hot tea. So why not settle in to read this issue of your *Silver Streak* magazine? Who knows, you may even come away with some new ideas for gifting, cooking or things to do.

BOOKS! In this season of togetherness, when we can finally be back together, what could be more cozy than reading with family? [Shari Barnes suggests some vintage titles](#) and offers conversation starters for lively family discussions.

MORE BOOKS! Our members never stop reading! If you're looking for your next library request or something to put on your holiday wish list, [check out what they recommend](#).

WHAT TO WATCH With so many options for streaming shows and movies, making a selection can be daunting (there's just no way to see them all, and they're probably not all worth the time). That's where your fellow Silver Frogs come in; [their recommendations are on page 4](#).

RECIPES THAT NEVER GO OUT OF STYLE Take a trip down culinary memory lane with [these paths to delicious recipes](#) from the last four holiday seasons of *Silver Streak*. Yum!

WHERE TO EAT Here we are in "food season," and sometimes you just gotta go out. [See where other Silver Frogs are spending their dining dollars](#) and loving the experience.

HEALTH & WELLNESS [Andi Smith is back](#) with part two of her explanations of various primary care providers. This time she's educating us about Nurse Practitioners and Physician Assistants.

MIND YOUR MONEY Thinking about capital gains? [So is Richard Ranc](#).

LASTLY, the fall landscape isn't all brown and rust, especially with such a long summer this year. Check out the [many shades of purple](#) in Sharon Harrelson's garden.

Enjoy! And consider being a part of the next issue by writing an article or sharing your experience.



happy
thanks
giving

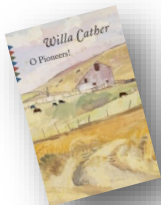
NOVEMBER 2021



READING LIST

Fall Family Time Reading by Shari Barnes

Leaves fall and the smells of turkey, pumpkin pie, and gingerbread waft from the kitchen. It's the time of year when thoughts turn to family love and togetherness. This year, you might want to incorporate family reading in your holiday traditions. The following books will provide hours of entertainment and opportunities for issue discussions with friends and kindred.

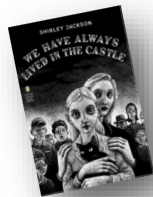


O Pioneers! (1913) is Willa Cather's homage to the American immigrant experience. It's a story about breaking new ground, farming, and regular people. Cather creates a totally new kind of fiction with the feminist Alexandra Bergson as her protagonist.

Discussion opportunity: How do you feel about people whose behavior goes against societal norms?

Our Family Tree: A History of Our Family (Chartwell Books, 2018). Every family needs to record its ancestry, and many books offer the chance to list lineage for the current generation as well as those to come. You may even want to go online to establish your roots. Add pictures to enrich and enliven the experience.

Discussion opportunity: Here's the chance to relate the anecdotes of familial successes and failures with children and grandchildren. When did the first ancestors come to America? From where did they come? Who inherited great grandfather's nose?

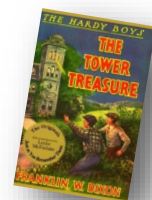


We Have Always Lived in the Castle (1962). Shirley Jackson is the queen of spooky writing. This is a darkly neurotic tale about a perverse, isolated family and the struggle that occurs when a cousin arrives at their estate. Adding a Gothic genre in a small New England town will send chills up the collective family spine.

Discussion opportunity: Talk about some of life's more serious subjects like guilt, isolation, and female power.

The Tower Treasure (1927) by Franklin W. Dixon. Remember the Hardy Boys? This book is the first in the series. The Hardy boys are all about fighting crime. And they've solved close to 500 cases since 1927. Librarians have tended to dislike the books because they felt they lacked literary merit and were mediocre, but this book will provide your family with a lively good mystery.

Discussion Opportunity: Is the Hardy Boys' world too male and too white? Why are these books still popular? What books did you read as a child?



Just So Stories (1902). Rudyard Kipling wrote these delightful tales as bedtime stories for his daughter Josephine. The stories try to explain why things are the way they are. Examples: "How the Camel Got His Hump" and "How the Leopard Got His Spots." Among other things, Kipling used the stories to teach his daughter manners.

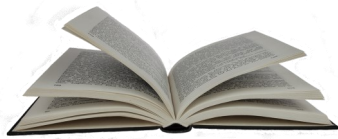
Discussion Opportunity: How do you feel about stories with a moral? What is the cure for laziness? What are crocodile tears?

So, bring out the hot chocolate, light the fireplace, and begin your fall family-time reading.





MEMBERS SHARE



What Are You Reading?

Fellow Silver Frog Larry Klos self-published a trilogy on Amazon entitled [*Two Planets, Two Peoples*](#). It is a science fiction tale of the Keplerians living on a planet named Kepler. They must leave their planet to survive, but not all can go – who goes, who stays? They immigrate to Socor, another planet, and must deal with setting up a new society there. And a small group goes to earth and is present for several upheavals on earth that require a lot of critical thinking to deal with. Even if you don't normally read science fiction, these books use that fictional story to hang two sided discussions about many of the issues our society is currently dealing with.

The story deals with a broad array of issues that we people on earth are dealing with looking at the issues from different perspectives. Larry wrote these books before COVID hit but deals with a pandemic on earth. I promise you it will cause you to think about issues differently regardless of where you are in your current thinking about our issues. And, when you make it to the end, you will find a very interesting twist.

It is rated G (my opinion) and suitable for teenagers and college-age kids. Could help our children develop the critical thinking skills needed to think through which side of the issues they should take. Reading simultaneously, teenagers and their parents and/or grandparents might elicit some very interesting conversations. Readers might even learn some physics along the way.

—David Coke

[*The Bomber Mafia: A Dream, a Temptation, and the Longest Night of the Second World War*](#) by Malcolm Gladwell.

Malcolm Gladwell looks nothing like a genius military-topics author, but this book qualifies him as one. Unlike most military books, he doesn't delve into the battles or missions themselves, focusing instead on the big picture. He writes about the Norton bomb site, academic chemists trying to perfect different types of bombs, and the upper-level thinking that led to the fire bombing of Tokyo. Gladwell is an academic with a lot of #1 books under his name from a wide swath of subjects; this is the first I have read and it's well worth your time.

—Jeff Murray

[*Black Dragon River*](#) by Dominic Ziegler is a delicious combination of history, geography, travelogue and fantasy. It caught my eye because I had planned a pre-pandemic trek through Mongolia. Ziegler is a journalist and editor with a vocabulary capable of

chasing almost any reader to the dictionary. The Amur River is the ninth longest in the world. It originates in Mongolia and forms part of a boundary between Eastern Russia and China in a very uninhabited and seldom visited part of the world. Ziegler followed the river on horseback, rutted roadways in an open Jeep, by boat and aboard the Trans-Siberian Railway. Along the way he detailed the rich history of the region from raids by Genghis Khan into the complex international politics of the twenty-first century.

[*Clark and Division*](#) by Naomi Hirahara is a novel that addresses the subject of Japanese Americans, US Citizens, who were forcibly relocated from their homes and businesses on the West Coast to camps inland during World War II. As a schoolboy in Idaho, I was aware that many of my classmates were children of relocated people. This novel sheds light on the feelings of the people themselves.

—Tim Runkle

[*The Dutch House*](#) by Ann Patchett (novel)

[*The Exiles*](#) by Christina Baker Kline (based on true story - British exiles to Australia)

[*Remember Me: A Spanish Civil War Novel*](#) by Mario Escobar (based on true story)

[*Everything I never Told You*](#) by Celeste Ng (Thriller)

[*The Unanswered Letter: One Holocaust Family's Desperate Plea for Help*](#) by Faris Caswell (based on true story)

[*Greenlights*](#) by Matthew McConaughey (memoir)

[*The Last Mona Lisa*](#) by Jonathon Santloffer (based on true story - theft of the painting from the Louvre)

[*A Slow Fire Burning*](#) by Paula Hawkins (Thriller)

[*The Henna Artist*](#) by Alka Joshi (an intimate look at the life of an Indian woman—fiction)

I enjoyed all of these, but especially those that were historical and based on true stories. If I had to pick favorites they would be *The Henna Artist*, *The Unanswered Letter* and *The Last Mona Lisa*.

—Siân Borne

[*The Rose Code*](#) by Kate Quinn. It's a historical fiction mystery about the code breakers in England during WWII and is based on fact, including characters from real life. It's interesting to learn how they went about breaking codes, what kinds of people were recruited for the work and how they did the actual work all wound up in a fun, suspenseful story with a little romance.

—Kim Reynolds



MEMBERS SHARE

What Are You Watching?

We recently watched [Worth](#), a 2020 film starring Michael Keaton, Amy Ryan, and Stanley Tucci. It is based on the true story of the U.S. government's September 11th Victim Compensation Fund, and is available to view on Netflix.

—Brenda Tindel

I recently finished watching several series on Netflix: [The Chair](#), starring Sandra Oh - At a major university, the first woman of color to become chair tries to meet the dizzying demands and high expectations of a failing English department.

[Clickbait](#) explores the ways dangerous and uncontrolled impulses are fueled in the age of social media, and reveals the ever-widening fractures between virtual and real-life personas.

[Maid](#) is a limited series inspired by the memoir [Maid: Hard Work, Low Pay, and a Mother's Will to Survive](#), written by Stephanie Land. Andie MacDowell and (her daughter) Margaret Qualley star in this series, which can be a little difficult to watch at times due to language but the ending makes it all worthwhile.

—Siân Borne

We are watching the police/detective/part comedy series [Monk](#), starring Tony Shalhoub, the actor who played the father in The Amazing Mrs. Maisel.

—Emily Harrell

Randy and I just finished watching the British psychological drama [Doctor Foster](#) on Netflix. This is a well acted family drama about a doctor who becomes obsessed with revenge after her husband has an affair. If you like Gillian Flynn psychological dramas then you will enjoy this. It is rated R.

—Andi Smith

The book [Twelve Mighty Orphans](#) (2008), the inspiring true story of the Fort Worth Masonic Home's "Mighty Mites" football team in the 1930s and 40s, was written by FW sportswriter Jim Dent. [The 2021 movie 12 Mighty Orphans](#), while not completely true to the book, is both gripping and entertaining. We saw it in a theater, but the DVD is available and it is streaming as a rental or purchase on several services.

It's a Fort Worth story, complete with Amon Carter, Farrington Field, and many other local references you will recognize. You have been on the Masonic Home's campus if you attended Silver Frogs' end-of-semester celebration there in December 2018! That location wasn't used in the filming (it had changed significantly since 1930); instead, the Texas Pythian Home in Weatherford stood in for the orphanage. I recommend reading the book first, then seeing the movie — and then if you're really into it, [visit the local locations where filming took place](#).

—Sharon Harrelson



FOODIE FEATURE

A Trip Down Memory Lane

Considering what to fix for dinner or that BIG dinner coming up later this month? Over the years, Silver Streak has shared lots of great recipes from our readers! Here are links to member recipes in previous issues:

[December 2020 magazine](#) Your [Silver Streak](#) team shared side dishes and sweets (pages 8-10).

[November 2019](#) (pre-pandemic) was ALL about food. Recipes begin on page 9, but there's a lot of other food-related info there.

[December 2018](#) our big holiday-themed issue included cookies and breakfasts, pages 11-12.

Our first holiday issue in [November 2017](#) featured Frogs in the Kitchen on pages 10-11.

Happy cooking and eating!



MEMBERS SHARE

Where Are You Eating?



We tried Sian Borne's recommendation for [La Tortilandia](#) restaurant and we really enjoyed it!

We've been twice since we saw the recommendation in the last *Silver Streak*. It is located at 1112 W Berry St, a short drive (1 mile) east after leaving Secrest-Wible. Family run establishment with good authentic Mexican food.

—Andi and Randy Smith



We recently have eaten at the [Blue Goose Cantina](#) at 1612 South University Drive (in the old Blue Mesa location in University Village).

It is fresh Tex-Mex food and really good—we especially enjoyed their luncheon menu. We will definitely go back again. Great place for after church lunch on Sunday and the patio is wonderful on a sunny day.

—Siân Borne



[Cat City Grill](#) on Magnolia has been my go-to place for years. Chef Oz is an amazing guy who varies the menu from season to season. Wednesday nights offer half-priced wine, Sunday Brunch is probably the best brunch deal in town and they have wine dinners on select Sunday nights four to six times a year that are sold out almost as soon as they are announced, probably because Chef Oz has never served a menu item at any wine dinner, preferring to experiment. We had cow cheek one night; it was delicious. The wait staff for the most part has been there just about from inception.

—Jeff Murray

TASTE
project

Started in 2012, [The Taste Project](#) has grown into the **Taste Community Restaurant** at 1200 S. Main St. The non-profit's mission is to provide quality meals to everyone; the menu has no prices—pay what you can afford, pay what you'd typically pay, or pay a little more. A patio has been added and COVID protocols are in place. They're open Tues-Fri 9am to 2pm and Sat-Sun 10am to 2pm.

Taste Community Restaurant has served over 100,000 meals and has earned a place (#78) on [Yelp's 2021 Top 100 Places to Eat in Texas!](#)

The food is excellent, the service outstanding and the benefits to those in need are immeasurable. They offer new menu launches, tastings, special events and are working on future projects. If you are not familiar with this restaurant, look at their website and consider a visit during the holidays. You won't be disappointed, just impressed!

—Ann Shelton

This is a favorite of mine. It's one of the best places you can go for Sunday brunch. Reservations are recommended and can be made online. The first time I went right after church, we had no reservation and had to wait 20-25 minutes. It was SO worth it! The food is always delicious and the presentation is amazing. This restaurant is definitely a bucket-list destination.

—Diane Griffin

It is a wonderful place to eat and the food is fantastic. I have not been there in a while and really want to go back—I have a couple of Silver Frog friends who volunteer there on a regular basis.

—Siân Borne



HEALTH & WELLNESS

Alphabet Soup:

Who's Providing My Primary Health Care?

part two of a two-part series by Andi Smith

The purpose of this new column is to share information on general health topics of interest to Silver Frog members. Contact Andi Smith at asmithab@flash.net with questions, comments, or topics you would like to have covered in Silver Streak Health. References for column information are available upon request.

In the October Silver Streak Magazine, I wrote about the primary care roles of **Doctors of Medicine (MDs)** and **Doctors of Osteopathy (DOs)**. But these are not the only professionals you might see for your primary care.

The most common type of newer primary care provider roles is the **Nurse Practitioner (NP)**.

According to the American Academy of Nurse Practitioners, "Americans make more than 1.06 billion visits to NPs each year." NP is one of 4 types of Advanced Practice Registered Nurses (APRN) roles licensed to provide some of the primary health care that has been traditionally done by physicians. Nurse Practitioners are unique in that they are first educated and practice as Registered Nurses (RNs) before going onto advanced education at the masters (2-3 years) or clinical doctorate level (3-4 years). The first NP program was developed in 1965 at the University of Colorado School of Nursing by a physician and nursing faculty member. Nursing education is based on a foundation of viewing the patient and family holistically with an emphasis on health promotion, education and counseling as well as caring for a person during illness and recovery. NP education, which occurs in nursing colleges, builds on this approach with the addition of advanced clinical knowledge and training in physical assessment, diagnosis, and treatment of common primary care problems, pharmacology, and management of chronic health conditions. Nurse Practitioners are educated to serve a specific population and receive specialized training as

either a neonatal, pediatric, family, women's health, adult, psychiatric, or geriatric practitioner. In Texas NPs must pass a national certification exam in their specialty area before applying for licensing as an Advanced Practice Registered Nurse (APRN).

The Texas Board of Nursing (TBON) provides oversight and licensing of APRN as well as RNs. Nurse Practitioners must maintain their national specialty certification requirements in order to maintain their APRN license. In Texas, NPs practice collaboratively with physicians and the health care team. Although NPs have autonomous practice in many states, they do not practice independently in Texas. They must have a physician's delegated authority to provide medical aspects of care including prescribing of drugs or devices under state-required written agreements and protocols. NPs in Texas use the initials APRN after their name. If they have a clinical Doctorate of Nursing Practice they also use the initials DNP. As with other health care providers, NPs may also be recognized Fellows of the American Association of Nurse Practitioners (FAANP). There are currently 325,000 NPs practicing in the US in rural and urban settings including clinics, hospitals, ERs, private physician practices, nursing homes, schools, and long-term health care settings. The TCU, UTA, and TWU Colleges of Nursing all have well-established NP programs in the DFW area.

Physician Assistants (PAs) are the other type of mid-level provider for primary care.

The role of PAs was developed at Duke University Medical Center in 1965. The idea of this role was based on military medical corpsmen and fast track training of physicians during World War II. PAs are

(Continued on page 7)



Primary Health Care

(Continued from page 6)

educated at the master's degree level in the medical school model of care that emphasis the team approach to their work with physicians. PA programs are associated with medical schools and average 26-30 months of full time post-graduate education with intensive clinical practice. PA programs require some type of health care experience as well as a college degree with a science focus before acceptance into the program. Education for the PA is at an advanced generalist level rather than focused on a particular type of population. PAs must pass a national certifying exam and receive a license at the state level. Physicians must delegate and supervise PAs to provide care such as conducting physical exams, diagnosing and treating common illness, prescribing medications and assisting in surgery.

They do not have autonomous practice, but work with a specific physician private or hospital based practice group following written agreements and protocols similar to the NP. The Texas Board of Medicine provides rules, licensing, and oversight for physician assistant practice. PAs may practice with physicians in any primary or specialty field in the hospital, surgery, ER, private practice, or clinic setting in both rural and urban areas. According to the Academy of Physician Assistants (2019) there are 139,668 PAs practicing in the US. The initials PA-C is used to designate the provider is certified by the National Commission on Certification of Physician Assistants. PAs may also become



Distinguished Fellows of the American Academy of Physician Assistants utilizing the initials DFAAPA. In the DFW area, UT Southwestern established their master's PA program in 1972 and UNTHSC started theirs in 1997.

Rest assured that regardless of provider type, they've all been educated and trained in accredited schools, passed national qualifying or certification exams, are licensed by the state for their scope of practice, and must meet continuing education requirements. When looking for a primary care provider, find one who listens to you, includes you in care decisions, and gives you time to ask questions. Developing a trusting relationship and feeling comfortable with the level of care is an essential part of good primary health care.



Medical Disclaimer: *The information contained in this article is for informational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider.*



Take Care of Yourself



MINDING YOUR MONEY



Capital Gain Distributions

by Richard Ranc

In the last issue of *Silver Streak* we discussed some end-of-year tax strategies. Let's consider capital gain distributions and cautions and the nature of these distributions. Bear in mind that these comments apply to mutual funds held in non-retirement accounts. (Not in IRA's, 401K, or other qualified accounts) Due to the overall gains in the stock market the issue of capital gain distributions may need your attention.

Normally, investment companies publish intended or planned capital gain distributions in November and December of the year. The date of the distribution is the date that if a shareholder owns, on the record date, the mutual fund the holder will receive the distribution. If one invests in the mutual fund before that date the distribution will be received. The fund, on the date of distribution will drop in value by the amount of the distribution. Since most shareholders will reinvest the gain, they will purchase additional shares at a reduced price (NAV) following the distribution.

The caution for fund distributions is that investors should examine their tax situation before the distribution date and either sell shares to possibly reduce income or hold and receive the distribution. Some investors unwittingly purchase before the date of record and receive unexpected additional income even if the shares were held one day!

If, toward the end of the year you are considering the purchase of a fund, it may be wise to wait until after the record date, the ex-date and the distribution date.*

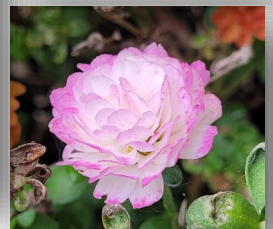
The issue of harvesting gains and losses is complex and the results may have unexpected consequences. I recommend consulting a qualified advisor.



*Record date is the date when a company verifies stockholders; the ex-date is the day before that and is the last day you can purchase a security and be eligible for dividend. Distribution date is when dividends are paid.



Shades of Purple In the fall garden



(Clockwise from top left) American beautyberry; Indigo Sun tomatoes; basil; garden mum; purple fountain grass; garden mum; purple hyacinth bean with seed pod. The mums are survivors from 2020 and the hyacinth beans are 4th-generation descendants from TCU plants.

—Sharon Harrelson

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.



RICHARD RANC (*Minding Your Money*) 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.



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-school seniors.



ANDI SMITH (*Health & Wellness*) has been a Silver Frog since 2015. She is retired from Cook Children's Medical Center where she served as Director of Nursing Research and Evidence Based Practice. Prior to joining Cook in 1999, she taught nursing at the University of Texas (Austin), TCU, and UTA.

Feeling inspired? Contribute to the next magazine!
Use [our handy survey](#), or [email](#) longer stories and photos.

Many thanks to the Silver Streak editing team for their eagle-eyed proofreading, fondness for punctuation, dedication to consistency, and sense of humor:
Siân Borne, Mary Dulle, Diane Griffin, Richard Ranc, Ann Shelton and Carolyn Stephens.

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