

SILVER STREAK magazine

THE COMPANION TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

Welcome spring with bright, new-green plants all around us, blooming flowers, and sunshiny skies. There's a lot of optimism and beauty with this time of year, especially in contrast to our past two springs. People are once again traveling and expanding their lifelong learning wider across the globe. They're getting together in larger numbers and really appreciating each other's smiles. (Hasn't it been great seeing fellow Silver Frogs' faces again?)

Your Silver Streak team has been busier too, so we truly appreciate the contributors who have taken the time to write the articles you'll find inside. You're always invited to share here too – whether you're telling us about a favorite new restaurant, recipe or craft! We're always ready to share the information that speaks to our special group of members; and while this is our last issue for Spring 2022, you can still send in stories for the fall anytime they strike you. Thanks for reading.

BOOKS Shari Barnes has done it again, with [a list of non-fiction titles](#) for your exploration.

MEMBER SHARES See what other members are [reading, watching and eating](#).

HAPPY HOUR Mary Dulle is back with fresh [ideas for your next social gathering](#).

ROAD TRIP, ANYONE? Take a drive with Ken Seeling to [Aurora, Texas](#).

HEALTH & WELLNESS Andi Smith continues her story about [why sleep is so important](#).

MINDFULNESS MOMENT Jan Taylor encourages us to [travel...at no cost](#).

YOU'RE NEVER TOO OLD to give [the most important gift](#) of all—Suzy Miller explains.

MIND YOUR MONEY Richard Ranc steps back to look at [the big picture](#).

TAKE A STROLL through [the garden](#), and enjoy!



MAY 2022



READING LIST

The Wonderful World of Non-Fiction

by Shari Barnes

Interested in learning new things, improving your vocabulary, understanding reality, and unlocking the world around you? Add non-fiction to that stack of books on your bedside table. You'll enjoy your enriched brain.

Here are a few ideas to jump start your foray into non-fiction:

The Pioneers (2019) by David McCullough. While McCullough has been criticized for romanticizing white settlement, the book still presents a fascinating historical perspective. The work revolves around the settling of the Northwest Territory and the gutsy pioneers who triumphed over unbelievable hardships. They built a community based on freedom of religion, free universal education, and prohibition of slavery. The story is told through five major characters and is "a tale of uplift" (*The New York Times Book Review*).

Cosmos (1980) by Carl Sagan. Thirteen illustrated chapters examine how science and civilization developed mutually. The Pulitzer Prize-winning author was also part of the *Cosmos* TV series designed to complement the book. Sagan wanted to educate the world, and this book became a best seller. Heavily illustrated, the work covers a range of topics from ancient to contemporary times. Selling more than half a million copies, the book spent 70 weeks on the *New York Times* Best Seller List. This tome caused many people to turn to science as a career. It was selected by the Library of Congress in 2012 as one of their 88 ***Books That Shaped America***.

D-Day Girls (2019) by Sarah Rose. It's WWII and the Allies are losing. A secret agency, the British SOE, created a team of spies who could do anything. The SOE did something unheard of...it recruited women (!) and 39 women responded. This book tells the story of Odette Sansom, Lise de Baissac, and Andree Borrel who laid the groundwork for D-Day. Materials have recently been declassified that gave the author insight into how these women derailed trains, blew up weapons caches, and gathered important intelligence. It's a readable spy thriller.

Laundry Love...Finding Joy in a Common Chore (2021) by Patric Richardson with Karin B. Miller. This book has changed how I do laundry. Starting with the first chapter, entitled "Don't Let Your Clothes Tell You What To Do," I learned all kinds of new things about the mundane laundry. I learned that almost everything can and should be washed on the speed cycle. Did you know that a small amount of washing soda poured on top of extra dirty clothes can work miracles? And then there are the laundry myths like bleach whitens dingy white towels and dishwashing liquid removes stains. These 177 pages of helpful hints will change your attitude about laundry.

Joyful...the Surprising Power of Ordinary Things to Create Extraordinary Happiness (2021) by Ingrid Fetell Lee. Sometimes we feel that the world doesn't register with our essential joy. But perhaps our surroundings can be the most renewable and easily attainable origin of joy. Designer Lee talks about bringing energy, abundance, freedom, harmony, play, surprise, transcendence, magic, celebration and renewal into the reader's life. "Even the tiniest joyful gestures add up over time; and before we know it, we have not just a few happier people but a truly joyful world," says Lee. Energy animates matter, and it's all around us. Adult brains benefit from exposure to a diverse array of abundant sensations. Some of the most joyful moments in life are the ones in which we gain freedom. With each of the categories listed, Lee presents helpful suggestions for implementing joy in life. She even provides sample worksheets for making your own environments joyful.

It's time to take a breather from fiction and stimulate your brain cells with non-fiction. Whether it's history, science, self-help or joyful realization, take a peek at these books for a whole new reading experience.





MEMBERS SHARE

What Are You Reading?



Henry Patterson died April 9, 2022, at age 92. You might know him as Jack Higgins, writer of more than 80 novels selling more than 200 million copies. Reading of his death, I decided to re-read his breakaway novel *The Eagle Has Landed*.

Almost 50 years have passed, but the intriguing story of a German plot to kidnap Winston Churchill remains spellbinding. The dialog, personalities and color are genuine. World War II-inspired novels are almost as numerous as fish in the sea; but if you haven't read this, I suggest you reel it in. Enjoyed it so much that now I'm off to read *Night Of The Fox*.

—Richard Ranc

The Lions of Fifth Avenue by Fiona Davis: A historical novel about a series of book thefts in the iconic New York Public Library, which leaves two generations of strong-willed women to pick up the pieces.

The Swans of Fifth Avenue by Melanie Benjamin: A novel about Truman Capote's scandalous, headline-making, and heart-wrenching friendship with Babe Paley and New York's society "swans" of the 1950s.

The Storyteller of Casablanca by Fiona Valpy: A woman finds a young girl's diary written in 1941-42 in Casablanca, while waiting with her family to go to America after escaping Paris when the Nazis invaded France. The story goes back and forth between 2010 and 1941-42.

—Siân Borne

Days of Steel Rain: The Epic Story of a WWII Vengeance Ship in the Year of the Kamikaze by Brent E. Jones This book tells the story of one ship, the USS Astoria. The author focused on a few members of the crew. He used information from diaries they kept at the time, military history, and from interviews with these people and/or their families. From these sources he weaves the story of the people on the ship and what they experienced. A read will heighten your appreciation of all it takes to be a sailor and the sacrifices made by those in uniform.

—David Coke



MEMBERS SHARE

Where Are You Eating?

I tried out the new *Flower Child* in University Park Village and it was amazing (huge number of selections, reasonably priced and a nice patio). Since it's new, popular, and can be quite busy, you might prefer to order online and pick up their delicious food for take-out.

—Ann Shelton



MEMBERS SHARE

What Are You Watching?

We recently mixed things up by cancelling a couple of streaming services and adding HBO Max. It's been fun discovering new shows and movies. My absolute favorite series features a personal hero. *Julia* opens as Julia Child's idea for a cooking show germinates and takes hold of American public broadcasting in the early 1960s. Not only is the show hugely entertaining, but the costumes and sets are beautifully done. The sexism of the day is countered by Julia's inimitable spirit and her quirky personality, with a good dose of "woman power"—from several powerful characters—to steal the show.

While I was not familiar with the lead actress, Sarah Lancashire (who is truly great), as a fan of *Frazier*, I enjoyed seeing Bebe Neuwirth and David Hyde Pierce in key roles.

—Sharon Harrelson



HAPPY HOUR

Grillin' and Chillin' by Mary Dulle

Now that summer is coming, people are rolling their grills out and firing them up. Here are a couple of recipes to enjoy on your porch or patio while the weather is still pleasant.

Old Cuban Cocktail

Ingredients:

- 1-1/2 oz. aged rum
- 3/4 oz. freshly squeezed lime juice
- 1 oz. simple syrup
- 2 dashes Angostura bitters
- 6-8 fresh mint leaves
- 2 oz. dry sparkling wine

Directions:

- 1) Combine all ingredients except sparkling wine in a shaker and muddle well.
- 2) Fill with ice.
- 3) Shake to chill.
- 4) Double-strain into a chilled coupe glass.
- 5) Top with sparkling wine and garnish with more fresh mint leaves.



Charred Eggplant Spread

From *Food & Wine*, by Jimmy Bannos, Jr.

Total time: 35 minutes
Makes: 3 cups



A very quick marinade and just a few minutes on the grill turn eggplant into the perfect base for this must-make: It's smoky, deeply flavorful and wonderfully fresh-tasting, thanks to all the chopped herbs.

Ingredients:

- 3/4 C extra-virgin olive oil, divided
- 1/2 C red wine vinegar
- 1 C coarsely chopped flat-leaf parsley
- 1/2 C coarsely chopped basil
- 1/2 C coarsely chopped cilantro
- 6 garlic cloves, minced and divided
- 1 large eggplant, sliced lengthwise 1/4 inch thick
- 1/4 C mayonnaise
- 1 T fresh lemon juice
- Kosher salt
- Pepper
- Crackers, for serving

Directions:

- 1) In a large bowl, whisk 1/2 cup olive oil with vinegar, parsley, basil, cilantro and two-thirds of the garlic. Add eggplant slices and coat well. Marinate 15 minutes.
- 2) Light grill. Grill eggplant over moderate heat, turning and basting occasionally with remaining marinade, until nicely charred and tender, about 10 minutes. Chop eggplant.
- 3) In large bowl, combine remaining garlic with mayonnaise and lemon juice. Gradually whisk in remaining 1/4 cup olive oil. Fold in chopped eggplant, season with salt and pepper. Serve with crackers.
- 4) The spread can be made ahead and refrigerated overnight.





FORT WORTHY DRIVES Aurora: Not of This World!

by Ken Seeling

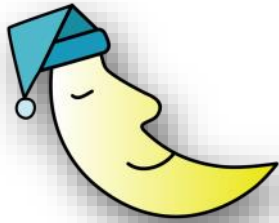
Aurora, Texas, is a quiet town that’s easy to miss. It’s located less than 30 minutes outside Fort Worth off I-35W and up US 287. It’s also where some believe the first UFO crash took place in 1897—50 years before the famed Roswell, New Mexico, UFO crash. An article from the *Dallas Daily News* indicated that the “airship” collided with Judge Proctor’s windmill. The pilot was badly disfigured, but it was obvious he was not an inhabitant of this world.

The townspeople gave the pilot the name Ned—Ned the Alien. The official plaque outside of the Aurora cemetery states that it might contain the grave of a pilot of a “spaceship” that crashed nearby on April 17, 1897. People visit Ned’s gravesite, often leaving behind trinkets. It’s now a photo-op landing zone for tourists.

This location may not be worth a visit on its own, but it is if you make a stop at the [Smoking Windmill BBQ](#) joint. Their brisket is top notch—as is their mac ‘n cheese—but my favorite by far is their top-selling item, the UFO. You’ve got to try this! It’s a poblano pepper stuffed with brisket and cream cheese, wrapped in bacon.

While you’re in the area, drive 10 more minutes to [TF Vineyard & Winery](#) in Boyd. Their tasting room is open Thursday, Friday and Saturday. There is a magnificent view of the vineyard from their covered patio. It’s a wonderful place to sip wine (I enjoyed the Tannat) and search for that next UFO...or you can just pick up another one from the Smoking Windmill on your way back home.





HEALTH & WELLNESS

Seniors Need a Good Night's Sleep

part two of a two-part series by [Andi Smith](#)

Now that you have a better understanding of the physiology of sleep, how aging impacts sleep, and the effects of poor sleep ([part 1](#)), it's time to focus on how you can improve the quality of your sleep. Sleep experts recommend you put into place a "good sleep hygiene" routine that focuses on both your sleeping environment and personal behaviors. Below are evidence-based ideas to consider including in your own good sleep hygiene routines.



MAKE YOUR BEDROOM SLEEP-FRIENDLY

Temperature, light, and noise all impact your ability to promote sleep. Keep the temperature of your bedroom cool. Optimal room sleep temperature is 60-67 degrees, but individual differences and the warm Texas climate make that difficult to achieve. Experts generally recommend no higher than 75 degrees for best sleep.

Light – Keep the room as dark as possible because light impacts our natural sleep-wake cycles. Room-darkening shades and a sleep mask can help achieve a darker environment. Reducing bedroom or room light gradually during the evening hours signals to your brain that it's time to wind down and prepare for sleep.

Noise – Minimizing environmental noise can increase the amount of deep sleep cycles you achieve. Even low noises may be distracting. Use of ear plugs or white noise machines/phone apps can help. Regular use of white noise can train your brain as a signal for sleep.

Safe sleep environment – The NIH National Institute on Aging recommends seniors have working smoke alarms, check that windows and doors are locked, and keep a phone with emergency numbers at your bedside. Have a nightstand flashlight or lamp that is easy to reach and turn on. Remove area rugs on your route between bed and bathroom.

Sleep schedule – Go to sleep and wake up at the same time each day as much as possible – even when traveling or on weekends. This helps your body to regulate your sleep-wake cycles; and studies have shown that people who establish regular sleep schedules have lower BP and blood sugar levels, weigh less, and have lower risk of developing heart attack or stroke. Avoid long naps during the day. If napping is part of your regular routine be sure to keep them short – no longer than 30 minutes.

Bedtime routine – The National Center on Sleep Disorders Research recommends you establish a regular, relaxing bedtime routine. Gradually "wind down" during the evening hours. This may include gradually reducing environment stimulus. Listening to soft calming music, reading, taking a bath, watching TV programs that are not anxiety provoking, or meditating. Keeping a calming bedtime routine over time helps signal your brain to prepare for sleep.

No screen time – Make your bedroom technology-free by not using phones, computers, or watching TV just before bed. According to the National Sleep Foundation, light from electronics affects your circadian rhythms because the blue light from screens has a shorter wavelength than other colors in the visible light spectrum. Blue light causes more alertness than warmer light. Exposing yourself to blue light stimulates your brain into thinking it's earlier in the day and stops the release of melatonin. In addition, exciting sounds and bright colors, answering e-mail or Facebook posts, playing games, etc., keep your brain alert and responding, which is not conducive to sleep. The content you encounter on phone, TV, or internet can produce strong reactions or emotions leading to a heightened emotional state that decreases your ability to fall asleep. To help create a better sleep environment, remove electronics from your bedroom at bedtime or stick

(Continued on page 7)



Seniors and Sleep *continued*

(Continued from page 6)

to a cut-off time each night that allows you to relax and prepare your mind and body for sleep.

Exercise – regular aerobic exercise improves the ability to fall asleep. Exercise in the early morning or evening. Avoid aerobic exercise just before bedtime. Gentle stretching or yoga can be done before bedtime as part of calming sleep routine.

Eating and Drinking – Avoid heavy meals before bedtime. Limit how much fluid you drink (unless medically indicated – check with your healthcare provider, HCP) as this may help you sleep longer before having to use the bathroom. It is recommended to avoid drinks or food with caffeine or alcohol within three hours of your bedtime. Although alcohol can make it easier to fall asleep, it triggers sleep that is lighter than normal and causes more night waking.



WHEN TO SEE YOUR HEALTH CARE PROVIDER

We all have short periods of time when we can't seem to get good quality sleep. Stress, changes in environment, travel, illness, or a personal crisis are some of the common causes of sleep problems. Chronic insomnia occurs when you have difficulty sleeping three or more nights a week, lasts for more than three months, and cannot be explained by another health problem or a medicine. If you implement good sleep hygiene behaviors and still have chronic sleep issues, or if your sleep problems are impacting your daily functioning, then it's time to talk your HCP.

The more information you can provide to your HCP the better they can help you with your sleep concerns. Think about the following questions and be prepared to share the answers:

- ◆ How often do you have trouble sleeping and how long have you had this problem?
- ◆ What time do you usually go to bed and get up?
- ◆ How long does it take you to fall asleep?
- ◆ Have you been told that you snore loudly?

- ◆ How often do you get up at night and how long does it take you to fall back to sleep?
- ◆ How often do you wake up gasping or feeling out of breath?
- ◆ How refreshed do you feel when you wake up and how tired do you feel during the day?
- ◆ How often do you doze off or have trouble staying awake during routine tasks, especially driving?
- ◆ While trying to fall asleep, do you ever feel unusual sensations in your legs or have involuntary jerking or twitching in your legs?

One of the best ways to gather concrete data about your sleep is to fill out a sleep diary that you can share with your HCP. You can [download a sleep diary](#) from the NIH Heart, Lung & Blood Institute or the National Sleep Foundation.

Andi's personal recommendations for items to use to promote sleep:

- ◆ **Sleep masks**—I hate things pressing against my eyes so I recommend a soft foam sleep mask with molded eye cups. Available from Amazon or drug stores.
- ◆ **White noise phone app**—I use the free app called "White Noise." It has about 15 sounds to choose from. My favorite is "brown noise."
- ◆ **Meditation/relaxation phone apps**—I use "Smiling Mind," but have also heard "Calm" is good.
- ◆ **I have also tried a weighted blanket for sleep.** My problem was that I selected one that was too heavy (15-20lbs) for my body size and weight. They do come in different prices, sizes, and weights and you can get them at Walmart, Amazon etc.

Wishing you all many nights of good sleep and a happy and relaxing summer!



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.



MINDFULNESS MOMENT

Oh, the Places You'll Go by Jan Taylor

Today we're going someplace amazing! I'd like to tell you where, but that's something you'll have to decide. You don't have to put on your shoes or find your wallet; we just need a comfortable, quiet place to sit and 15 minutes of spare time.

Mindfulness is about bringing your awareness to the present moment. It can entail just "sitting with yourself" to put aside distractions and see what floats to the surface. It can mean focusing on a pleasant scene in your backyard to calm and center your mind, as we tried in last month's article. This time we're going to include imagery.

Everyone has daydreamed, so you already have an idea about what to do; we're just going to fine-tune the process a bit. Imagery can be a powerful tool for relaxation, increasing your focus, or easing into a meditation on a day when you can't seem to "change the channel" from everyday stresses or concerns.

Your only dilemma is choosing where to go. My favorites are to imagine taking a long walk down a country lane, sitting in a meadow on a sunny spring day, watching ocean waves crash on a stormy day, or the exhilaration of standing on a mountaintop I've just climbed (a thing that would never happen in real life!).

Do you have someplace in mind? Good. For illustration, you can share my mountaintop. Let's begin.

Find someplace comfortable to sit. Try to keep good posture: back straight, arms and legs uncrossed, feet flat on the floor. Putting your hands in your lap may help you keep your shoulders relaxed. (You can also lie down with your arms at your sides.)

Now close your eyes and consciously relax the muscles in your face, shoulders, arms, midsection and legs. Take a deep, slow breath, inhaling through your nose and exhaling with a slow, audible "whoosh" through your mouth. Take a moment to think about how you feel; and if you notice any areas are tense, try to relax them. Take two more deep breaths as you relax even more; feel yourself sink into the support of your chair as you exhale. Breathe regularly now and notice, for a moment or two, how it feels as the air enters and leaves your body.

When you're ready, step into the scene you chose. We're not talking about a postcard view; you want to

imagine how it would be for each of your senses. On the mountaintop, I would immediately be taken by the incredible view across the divide between the mountains; but after a moment or two, I might also notice how far I've come above the tree line. Fill in all the details—is it breezy, sunny, chilly, cloudy or clear, noisy or still? Start filling in the details, but don't rush—our goal is to simply be present.

When you think you have a full picture, I will bet there is more. On my mountaintop, I've admired the view, but have I looked behind me? What's under my feet? Is that a bird soaring in the distance below? Can I see a river sparkling in the valley? I've just noticed there is a sharp breeze against my face and it's chasing the clouds around below me; it has a crisp, clean smell. The silence is nearly as much of a feature as the craggy rocks around me. I feel the sun against my skin and bask in the exhilaration of meeting a huge physical challenge. I feel incredibly alive and it's amazing! I took the time to get here, so now I'm going to take a few more minutes to breathe in the mountain air and enjoy all the aspects of being in this beautiful setting.



If you chose a beach, watch how the sunlight glints on the water and see whether you notice any sandpipers darting out of the path of an incoming wave. If you're walking on a country lane, you may notice what types of trees are shading you from the sun or what is planted in the fields you pass. If you're sitting in a meadow, you may see a deer venturing out of the woods. Immerse yourself; imagine with all your senses. Look around and consider what else would be there, other than you!

When you're ready, take another deep breath, slowly release the image as you open your eyes, and go back to the rest of your day—relaxed and refreshed!



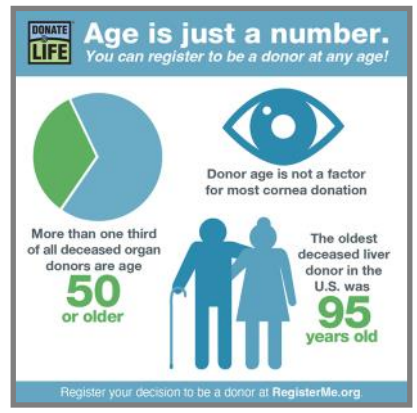


YOUR LEGACY A Life-Saving Gift by Suzy Miller

It's never too late to save a life.

Two years ago this month, WWII US Army veteran [Cecil Lockhart](#) was laid to rest with full military honors and, at age 95, Cecil's heroism didn't just continue, it broke the record. Cecil became the oldest organ donor in US history.

Cecil's record-setting donation is important, not only for the transplant it made possible but also as an example that donors can be of any age.



Speaking from experience.

Organ, eye and tissue donation saves and heals lives not just of recipients but also of surviving family members.

In 2017, my cousin suffered a massive stroke. Medics and the ER team had initiated artificial ventilation to give him every chance of recovery. By the next morning, tests confirmed he could not survive.

Our stunned family was still reeling when an organ donation representative approached us, time being of the essence. Fortunately, we didn't have to wonder what my cousin would have wanted—he had joined the organ donor registry years before when he had gotten his driver's license.

His kidneys saved the lives of two different people; his liver was too large for transplant but was donated to a university hospital research program, and his corneas are now helping others see. The tissue he donated can help as many as 75 different people in need of skin, bone or other tissue grafts.

While we grieve my cousin's passing, his donation has given all of us a silver thread of hope. His final act on earth was to save lives. People are alive and

thriving because he made the choice to give. I could not be more proud of the lifesaving legacy he created.

From inspiration to action.

More than 100,000 people in the US are waiting for organ transplants.

The biggest contributor to this long wait list may surprise you. A fraction of deaths—only one to two percent—occur under circumstances that make donation even an option. By registering, my cousin not only gave us peace of mind about his decision but also made sure that if he were in that small fraction, his decision would be known and acted upon.

If you are inspired by Cecil's record-breaking donation at age 95 or by my family's experience, I sincerely hope you will make time to register your decision to be a donor at www.RegisterMe.org. You can also register in the iPhone Health App. It's free, completely confidential and makes sure your decision to donate is known only to the right people at the right time when you pass away.

Most of all, please share your decision with your family and friends so they can be inspired as well.

Resources:

- [Donate Life America National Donor Registry](#)
- [UNOS Deceased Donation Information and Videos](#)
- HRSA YouTube Channel Videos:*
- [Become an Organ Donor – There's No Age Limit](#)
- [Organ Donation and Transplantation: How Does It Work?](#)

The RegisterMe.org link in this article is the most direct way to join the donor registry. The UNOS and HRSA videos show other links that will eventually direct you to your state's Donate Life registry or the Donate Life National Registry, all of which are networked together. No matter which you choose, your decision has the same lifesaving potential.

If you have questions about organ, eye and tissue donation, I invite you to contact me at emailsuzy@tx.rr.com.

Retired from her position as Executive Director of Donate Life Texas, Suzy Miller now works part-time for Donate Life America.



MINDING YOUR MONEY

Cheer Up!

by Richard Ranc

The chart below graphs the DOW Jones Industrial Average from 1928 to the present.

During the period of time depicted, a number of the stocks in this average have changed; but overall the equities used to model the financial strength of our market economy represent America's finest industries. The movements of the graph reflect the periods of World War I, World War II, the Korean War, the Vietnam War, Iraq, the Afghanistan conflict, a number of recessions, and COVID to mention a few. My point is that the squiggly lines on the graph trend in an upward direction.



The year 2021 was a banner year for the DOW, returning nearly 19%. Inflation, wrangling over COVID and the war in Ukraine will certainly dampen any investor's spirits.

"Times are different," that's what we say when the future is uncertain; but the future has always been uncertain and today is different from yesterday. Perhaps keeping a copy of this graph will help!



Spring Has Sprung..

...in the gardens of Richard & Nancy Ranc and Sharon Harrelson. Welcome back to these springtime visitors and signs of the season!

Top: Rancs' handcrafted bee hotel; perennial border; penstemon; clematis and iris. Bottom: Harrelsons' iris; American goldfinch; female cardinal; mixed planters; and green anole.

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.



MARY DULLE (*Happy Hour*) joined Silver Frogs in 2020 when the pandemic abruptly halted her travels and classes went virtual. She retired after a 25-year career in public relations and now enjoys gardening, reading, cooking, baking and playing with her cat, Sparky.



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.



SUZY (STRAIGHT) MILLER (*Your Legacy*) became a Silver Frog just this semester. A 1993 TCU Graduate, she lives in Arlington with her husband, Tim, and three dogs Spencer, Fin and Zeke. Originally from New Mexico, she has a mean green chile enchilada recipe and is happy to share.



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.



KEN SEELING (*Fort Worthy Drives*) is a retired Program Director from Lockheed Martin. He's been in Silver Frogs since 2019 and has been an instructor on multiple subjects of interest. He loves exploring and believes travel is the best form of education, second to Silver Frogs of course.



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JAN TAYLOR (*Mindfulness*) is a relative newcomer to Fort Worth, having lived in Houston, San Francisco, Los Angeles and Bermuda during a career in quantitative analysis and investments. After repeated extensions of a one-year break between jobs, she finally admitted to being retired seven years later!

SILVER STREAK
magazine

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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.**