



# SILVER STREAK MAGAZINE

A SUPPLEMENT TO TCU SILVER FROGS' SILVER STREAK NEWSLETTER

Welcome to Silver Streak Magazine!

We invite you to enjoy these special-interest feature stories (think of this as being kind of like Parade magazine, without all the ads for hearing aids). While the Silver Streak newsletter focuses on vital information about the Silver Frogs program and reports on Silver Frogs' activities, pieces in this document can be longer and more creatively laid out because we aren't concerning ourselves with keeping the number of pages down. Ultimately we hope it's fun for you to read and will invite some creative contributions from our members!

Here's what we've got for you in September 2020:

- ◆ Readers will find plenty of inspiration as our Book Lady Shari Barnes brings us a [back-to-school reading list](#). And Silver Streak staffers share what they've been [reading this summer](#) (you're invited to share your reads for the next issue!).
- ◆ If you love getting out and around Fort Worth, you'll want to read the first installment of Polly Hooper's new column, [Around Town](#).
- ◆ Carolyn Stephens has been busy in the kitchen, trying some new things. [She's sharing a delicious take on rhubarb](#).
- ◆ And our Financial Guy Richard Ranc [delivers his thoughts](#) on the crazy things the stock market has been up to during the pandemic.

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: YOU WEREN'T A LITERATURE MAJOR?

by Shari Barnes

So many people in the classes I teach comment that their high school/college focus was math, science, history, fine arts, or something else. In their retirement years, they regret not reading more literature.

Well, it's back-to-school time, and it's your opportunity to turn yourself into a literature major. There are hundreds of great books you've probably missed, but here are some that will give you a good foundation. If you've read some of them, try a re-read. What you get from a book in your retirement years will be very different from what you read as a teen.

**THE SCARLET LETTER**...Nathaniel Hawthorne's 1850 historical novel of Hester Prynne's public punishment for adultery is a classic. Married to a man she does not love, Hester has an affair with the Reverend Dimmesdale, which produces a daughter, Pearl. Even though she is shunned by the community, Hester brings food and clothing to the poor. Forced to wear a Scarlet Letter A on her clothing, Hester contemplates moral questions which cause the reader to consider the challenges presented in what many consider early feminist literature.

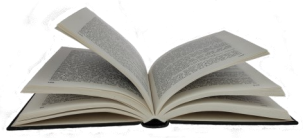
**THE TRIAL**...Put your proverbial thinking cap on for this one. It's an existentialist trip into the life of Josef K., arrested and prosecuted by an unknown authority. The exact nature of his crime is never explained to Josef K. nor to the reader. The book was never finished by Kafka even though it includes a final chapter which brings the story to an end. Is this a historical, biographical, religious, psychoanalytical, or political/sociological piece? You decide. This is not an easy book, but every educated reader needs to try at least one Franz Kafka work.

**THE SOUND AND THE FURY**...William Faulkner's fourth novel was not an immediate success but is considered an American masterpiece. Ranked 6<sup>th</sup> on Modern Library's list of 100 best English language novels of the 20<sup>th</sup> century, the book is written partially in stream of consciousness style. This is another work which challenges your thought processes. If you think your family is dysfunctional, you may change your mind after reading the Compson saga. Among others, the family includes an intellectually disabled man, a suicidal older brother, and a black servant. Divided into four parts, the novel chronicles the fall of a Southern aristocratic family as it meets financial and emotional ruin. Faulkner is an authentic American literary treasure.

**GULLIVER'S TRAVELS**...Now for something a trifle lighter...satire. Jonathan Swift's book was an immediate success. Lemuel Gulliver's business as a surgeon fails, and he goes to sea. After a shipwreck, he finds himself held captive by the tiny Lilliputians. The author includes humor in his satirical view of the world. Example: Gulliver is accused of treason when he puts out a royal palace fire with his own urine. His second journey places him in the land of Brobdingnag giants. Gulliver is startled by their ignorance and escapes when his cage is dropped into the sea by an eagle. He then makes two more journeys. A parody of the popular travel narrative, the book mocks English customs and politics.

Henry Ford said, "Anyone who stops learning is old, whether at 20 or 80." These are challenging books, but reading them will help stall the aging brain process that Silver Frogs want to avoid.





## MEMBERS SHARE: WHAT ARE YOU READING?

what your Silver Streak staff has been reading this summer

In Daniel Silva's latest novel, **The Order**, Israeli super spy Gabriel Allon is back in Italy and involved in another sinister Vatican plot. Before you read this Silva novel, if you've not read *The Confessor*, you might want to read it first. A number of protagonists found in *The Confessor* surface in *The Order*. Allon is vacationing in Venice, his wife's place of birth and home of her father the chief rabbi of Venice, when he is alerted by an old friend that the Pope has suddenly died under suspicious circumstances. A far-right European Catholic society is suspected of foul play. Added to the mix, a gospel surfaces in the Vatican secret library that calls into question the rendition of the New Testament's trial and execution of Christ.

This is an exciting read with a twisting plot involving religious fanaticism, murder, bribery and deep faith. To tell you more would spoil the read!  
—Richard Ranc

**The Book Woman of Troublesome Creek** by Kim Michele Richardson. Set in eastern Kentucky during the depression, it tells the story of the Kentucky Pack Horse library service which was part of the WPA between 1935 and 1943 under Roosevelt. The heroine of the story is a true blue-skinned woman who endures prejudice and poverty to deliver books in the Appalachian mountains to people hungry for not only books, but the human connection afforded by her occasional visits atop her mule. I was not aware of blue-skinned people until I read this book. I admired the courage and strength it took for "Bluet" to connect with the people she served. The story made me believe that books not only educate people but carry them out of their circumstances, even if only temporarily. Some of the people she served could not read, so she took the time to read to them from the books she loaned. The ending was a happy one which to my mind wasn't necessarily how the story would have played out in real life, but it was a great book, and one I could not put down.  
—Polly Hooper

A thought-provoking nonfiction read (as well as a really interesting one) is Atul Gawande's **Being Mortal: Medicine and What Matters in the End**. It follows the personal thought process of this American surgeon, writer, and health researcher as he begins to recognize that many traditionally held notions about the role of medicine fall short when applied to our aging population.

The book discusses end-of-life choices about assisted living and the effect of medical procedures on terminally ill people. Gawande highlights how—in the inevitable condition of aging and death—the goals of medicine seem too frequently to run counter to the interest of the human spirit. Although this is a very serious topic, the book is filled with compelling stories of compassion and inspiration.

Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. (You'll want your children to read this book, too.)  
—Diane Griffin

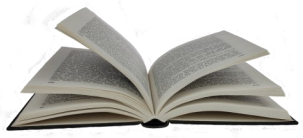
I always enjoy seeing our members' book recommendations and they have introduced me to several books I'd otherwise have missed.

In the May issue of Silver Streak, Siân Borne had written about **Truly Madly Guilty** by Liane Moriarty. I was able to download it to my Kindle from the library and couldn't put it down! That was followed by Moriarty's **Nine Perfect Strangers** and **Big Little Lies**. The last was probably my favorite (but also the most recent); it's still early to choose since there are more unread books by this author.

I've found a new favorite author for future reads!  
—Sharon Harrelson

(Continued on page 4)

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



## MEMBERS SHARE: WHAT ARE YOU READING?

more of what your Silver Streak staff has been reading this summer

*(Continued from page 3)*

I recently finished ***The Guardians*** by John Grisham—another legal thriller with a twist. This was particularly interesting, as the husband of a friend is a lawyer who is Executive Director of the Innocence Project of Texas, and setting innocent prisoners free is the subject of the book.

***The Paris Seamstress*** by Natasha Lester follows Estella and Fabienne and switches between 1940 and 2015. Estella's timeline moves through the 40's, while Fabienne's stays in 2015. Estella is a French seamstress refugee who flees to Manhattan at the insistence of her mother during World War II. It took me a little while to get into the book but once I did, I could not put it down.

I am currently reading ***The Nightingale*** by Kristin Hannah. It tells the story of Vianne (Rossignol) Mauriac and Isabelle Rossignol, two French sisters who resist the occupying Nazi forces during World War II by hiding Jewish children so they are not taken to concentration camps and by leading the escape of Allied pilots whose planes have been shot down over France.

I also read ***How to be an Antiracist*** by Imram X. Kendi and participated in a book study on his book. He illuminates the foundations of racism through his own journey via memoir, history and social commentary.

—Siân Borne

Jeff Shaara's novel ***To Wake the Giant*** is an interesting (though not a new) approach to the advent of Japan's attack on Pearl Harbor and the American entrance into World War II. The story unfolds with a young man's decision to join the US Navy in 1941, and on other side of the world, Admiral Yamamoto's seemingly outrageous plan to surprise the American Pacific Fleet at its Pearl Harbor base in that same year.

His shifting back-and-forth technique works well in this novel. Although the voices of the characters are fictitious, the history of events holds true. You have undoubtedly read similar accounts of events and even seen the history brought to life on the screen, but Shaara has a talent for dialog and character development that is unmatched in novels of war. This was a great book for a summer of isolation read and one which comes on the 75th anniversary of VJ Day!

Shaara is a master of the historical novel. My first Shaara book was ***Gods and Generals***, a novel of the American Civil War. He has written about the American Revolution, the Civil War, World Wars I and II and the Korean War.

—Richard Ranc

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

**"A READER LIVES A THOUSAND LIVES BEFORE HE DIES . . .  
. THE MAN WHO NEVER READS LIVES ONLY ONE."  
— GEORGE R.R. MARTIN**



## AROUND TOWN: TWIN POINTS PARK/BEACH

story and photography by Polly Hooper



Twin Points Park/Beach on the south shore of Eagle Mountain Lake is open only from Memorial Day to Labor Day, but mark your calendars for a fun place to visit next summer with your grandchildren. The public park, open from 10am to 8pm daily, is operated by the Tarrant Regional Water District and includes a beach/swimming area and a boat launch facility. The only cost is for parking in their large lighted paved lot (\$10/car M-Th and \$20/car on the weekend). You must reserve a spot to park online before arriving, which is a change this year as they are limiting the number of people in the park.

We arrived first thing on a recent Friday morning when they opened. The park has been updated to include a large building with restrooms and a gift shop that includes snow cones and water toys. The shop was closed when we visited, likely due to the pandemic.

The park has a roped-off swimming area in a natural cove and is shallow a good way out. It has a sandy bottom and the beach leading up to it was newly groomed in deep beach sand when we arrived. There are no lifeguards, but they do provide life jackets free of charge (while they last) from a stand near the beach.

You can rent one of four small (two picnic tables) or two large (four picnic tables) covered pavilions. The rental is good for a half-day from either 10am-2pm or 3:30-7:30pm and starts at \$25 depending on the day you rent and the size you require, and also includes a charcoal grill.



*(Continued on page 6)*



## AROUND TOWN, *continued from page 4*

In the grassy area that surrounds the beach there are many large old oak trees shading picnic tables and grills you can use for free if you get there in time to snag one. That is just what we did. You will need chairs if you intend to sit in the beach area and possibly an umbrella. There did not seem to be any restriction on those or on floats in the water. We even saw one small two-person inflatable boat in the swimming area. You can also rent a stand-up paddle board from a vendor that brings them in a van each day. I failed to find out the cost since that would be way beyond my capabilities to operate one but they were very popular!



We were impressed with the cleanliness of the park and the amenities offered. There is even a place to wash the sand off your feet before you leave! The map shows that there is typically a volleyball net set up on the beach as well as a place to play horseshoes. These were not there during our visit, but hopefully will be there again as soon as the pandemic is over.

We were there for about four hours and it got progressively more crowded after noon. This was the week that a lot of schools started, so my advice is get there early in the day to get a shaded picnic spot; take beach chairs, a sun hat or an umbrella and plenty of sunscreen and cool drinks. This is the next best thing to driving five hours to Galveston to put your toes in the sand!

More details: <https://www.twinpointspark.com/> 





## INTRIGUING INGREDIENTS:

# RHUBARB—ONE OF NATURE'S DELIGHTS

written and baked by Carolyn Stephens

Rhubarb is one of nature's best delights, grown mostly in the North but also in some areas of Texas. It's almost always available in the better grocery stores in Fort Worth, although you may have to search for it on the fresh produce shelves. If you like this recipe, you might want to buy rhubarb when it's plentiful, cut it in 3/4-inch slices, and freeze it in zippered bags.

Rhubarb is actually a vegetable – not a fruit – that has fleshy, edible stalks that are quite tart in flavor. It is grown mostly in northern climes, but also in greenhouses. Hothouse rhubarb, which is what we generally see in our grocery stores, is usually brighter red, tenderer and sweeter-tasting than outdoor rhubarb.

I always have it in my freezer, but that's because my sister who lives in Montana sends me a good-size box of it every spring. For some reason that I cannot fathom, she doesn't like rhubarb, so her plentiful stalks are cut and packaged with ice packs and shipped to my address. When I was still working, the package was shipped to my office for what my fellow employees called "the rhubarb express." Of course I had to bring them samples of my rhubarb dishes.



If you buy more rhubarb than is needed for this recipe, I suggest simmering the leftover cut slices with a little sugar (to taste), lemon juice to bring out the flavor, and some dried cranberries to add to the sweet-tart taste. As children growing up in New Jersey, we often had this mixture with our breakfast toast.

This Rhubarb Crisp recipe is drawn from the best of two cooks (Lauren Miyashiro and Martha Stewart). Hope you enjoy it.



## RHUBARB CRISP

### Filling:

- 4 1/2 C **rhubarb**, sliced crosswise 1/2-3/4 inch thick
- 1/4 C **brown sugar**, packed
- 1/3 C **granulated sugar**
- 2 T fresh **lemon juice**
- 1 T **flour** or **cornstarch**

### Topping:

- 1/2 C (1 stick) **butter**, melted
- 1/2 C all-purpose **flour**
- 1/2 C **rolled oats**
- 1/2 C **pecans**, finely chopped
- 1/2 C **brown sugar**, packed
- 1/2 C **granulated sugar**
- 1/2 t **salt**
- 3/4 t **ground cinnamon**
- 1/4 t **ground ginger**

- 1) Preheat oven to 375°F.
- 2) Toss all the filling ingredients until well incorporated and place in a deep-dish pie pan or 8x8" baking dish.
- 3) Combine the topping ingredients, using your hands to incorporate the melted butter to form pea-size clumps.
- 4) Pile the topping mixture over the filling and bake until the filling is bubbly and the topping is golden brown – about 45 minutes.
- 5) Serve warm or at room temperature. A scoop of vanilla ice cream makes it extra good.



## MINDING YOUR MONEY: WHAT'S WITH THE STOCK MARKET?

by Richard Ranc

On Monday, March 9, 2020, the DOW dropped 2,013 points, the largest point loss in the history of the DOW. The NASDAQ fell to 7,950, losing more than 7% of its value. Unnerving, yes, but a reason to panic? Hardly. My advice then was to not fall into the trap of selling low. I must admit that I would have had a difficult time buying or advising the same. Closing down the country was just around the corner, and in the blink of an eye, 3% unemployment jumped to over 10% with a growing number of people filing for unemployment relief.

During the period March to September, 2020, the DOW regained the lost points and closed at a record 28,332 and the NASDAQ a record 11,695.

What is going on?

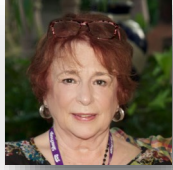
- 💰 Two trillion dollars plus in stimulus pumped into the economy—individuals and business.
- 💰 Hope for a vaccine and therapeutic medicines. Operation Warp Speed has allowed funds to flow into research and development of vaccines to combat COVID-19 and numerous trials are underway to find curative medications for those suffering from the virus.
- 💰 The Federal Reserve has held a steady hand on the wheel. Interest rates have been encouraging consumer spending for automobiles, homes and other durable goods.
- 💰 The United States realized energy independence. Regulatory reduction has fostered shale oil and gas production.
- 💰 Trade policies. Attempting to level the playing field has encouraged American industry to return to the United States. Idle factories have been reimaged and limited numbers of workers have found jobs in otherwise empty plants. Reshaping trade terms with Mexico and Canada have benefited American workers.
- 💰 New and simpler trading platforms. Investment companies have simplified investment mechanics so that mom-and-pop investors are comfortable trading in the markets. Trading costs are generally low or zero, enticing inexperienced individuals to become “day traders,” pumping side-lined dollars into the market—in my view, to their peril.

Where does this leave us? We are facing an uncertain future, but with hope for a breakthrough in eliminating or at least controlling COVID-19. A contentious election looms ahead in November. What to do financially: balance your portfolio so that your positions represent your tolerance for risk; don't chase after higher yields or equities that everyone is buying; just because it's easier to buy and sell online, don't be an amateur day trader and—finally—be cautious because it is certain that volatility is just around the corner.

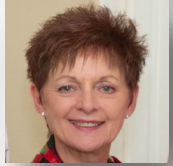
Stay well. 



# CONTRIBUTORS



**SHARI BARNES (Books)** 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.



**SIÂN BORNE (Reading)** A Silver Frog since Spring '17, Siân came to Fort Worth in 1973, after moving to the US from England. She has two daughters and five grandchildren. She loves to read and travel, and is active in several Silver Frog committees, serves on the Advisory Board and is the SIG Chair.



**DIANE GRIFFIN (Reading)** has enjoyed Silver Frogs since Spring 2016 and is an enthusiastic advocate for lifelong learning. She is a retired business owner who loves reading, writing, listening, travel, theater, volunteering, and frequent interaction with family and friends.



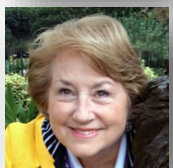
**SHARON HARRELSON (Editor, Reading)** is a Fort Worth native who's been editing various publications for work and fun since middle school. She's delighted to be a Silver Frogs instructor as well as a student; She enjoys cooking/baking, gardening, games and being a band mom to twin high-schoolers.



**POLLY HOOPER (Around Town, Reading)** is a native Texan and is passionate about all types of photography. Her hobbies include travel and reading. She also loves to play games and is in a neighborhood book club. Her grandsons keep her very busy as well.



**RICHARD RANC (Financial, Reading)** 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.



**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.

**SURVEY:**

**WHAT DO YOU THINK?**

**CONTRIBUTE TO A  
FUTURE ISSUE**

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