

# SILVER STREAK



CONNECTING AND INFORMING TCU'S SILVER FROGS

## Pam Smith: Bringing Dance for PD to Fort Worth

by Linda Eastwick



Pam Smith at her FW home

**Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.**

—St. Francis of Assisi

Pam Smith knows a thing or two about doing the impossible. She is, after all, a founding board member of the Silver Frogs. But now she's using her skills to organize the next chapter of Dance for Parkinson's Disease in Fort Worth.

Pam was diagnosed with Parkinson's Disease (PD) in 2015. Although Parkinson's affects people differently, symptoms can involve both motor and non-motor health problems. There is currently no cure for the disease, but in Pam's words, "A person learns ways to adapt and live with it."

A dancer in her youth, Pam explains that "life took her in another direction" but her love of dance and her research into Parkinson's after her diagnosis led her to the Dance for PD organization. Founded in 2001 in New York by the Mark Morris Dance Group and the Brooklyn Parkinson's Group, this non-profit organization now has over 100 programs in 20 countries around the world.

### What is Dance for PD?

The premise behind Dance for PD is that professionally trained dancers use their expertise to engage the minds, bodies, and emotions of people with Parkinson's. After specialized training and certification, Dance for PD teachers then use the power of dance to address a number of symptom-specific issues that affect those with PD. These include balance, muscle strength, focus, and confidence, among many others. In addition, it emphasizes dancing within a supportive social environment.

There were three Dance for PD programs in Texas, but the closest one to Fort Worth was in Dallas. Pam thought, "Why not Fort Worth?"

### The Necessary

Why not, indeed! Pam contacted a small group of people to begin the organization process. Among those people

was Misty Owens, one of the original teachers at Dance for PD in New York. Now living in Dallas, she teaches Dance for PD there. Gracey Tune, founder and Artistic Director of Arts Fifth Avenue, was another huge help and inspiration. With the support of these people, as well as Sandie Hampton, Vicky Stringer, Connie Stevens, Dorothy Conway, and Elizabeth Gillaspay, the journey began.

One of the requirements of Dance with PD is the training and certification of teachers, which takes place in New York. Dorothy Conway, one of the original committee members with Pam, and a physical therapist at Texas Health Harris Methodist Hospital, is slated to begin her training later this year.

### The Possible

Although Pam remains actively involved, others in the group have now taken the lead to establish a Dance for PD program in Fort Worth. Their next steps involve increasing the awareness level of the group's efforts.

The initial group had contacts with a wide array of businesses and agencies throughout Fort Worth. But to secure the funding and support required, they needed to make more people aware of their mission.

The group held a kick-off event on Sunday, September 24 at Arts Fifth Avenue. There, Misty Owens demonstrated to a group of about 75 enthusiastic attendees how Dance for PD works. By the time the event was over, the group had secured the necessary interest and enthusiasm to continue their work.

### The Impossible

How can Silver Frogs help the group's mission to establish a Dance with PD organization in Fort Worth? "Talk about it," responds Pam. "Everyone needs to know what we're doing. Awareness is key." Pam anticipates opening the doors to a Fort Worth Chapter within the next two years.

Pam has nurtured her dream through the necessary and the possible. With a little help from her friends, the impossible is on schedule to become a reality.



For more information about the international Dance for PD organization, visit: [Dance for PD](#).

For information about the ongoing progress of Dance for PD – Fort Worth, contact Dorothy Conway. Her email is [DorothyConway@TexasHealth.org](mailto:DorothyConway@TexasHealth.org).



At the invitation of TCU Volleyball Coach Jill Kramer and the team, 62 Silver Frogs attended a pair of volleyball events on September 7 and 9. The Thursday evening practice included dinner, and Silver Frogs cheered a 3-1 victory in the Saturday game vs. Lehigh, where our own Kay Phillips sang the national anthem!

To keep up with the team, you can see their schedule (including which games are televised) and more [here](#).



**A SILVER FROGS  
MEMBERSHIP IS  
TOUGHER TO  
GET THAN TCU  
FOOTBALL  
TICKETS!**

— overheard at the Meet & Greet

TCU VOLLEYBALL INVITES SILVER FROGS TO  
**BRING YOUR GRANDKIDS DAY!**  
**TCU VS. IOWA STATE**  
 SATURDAY, NOVEMBER 18 - 7:00 PM  
*Silver Frogs Special!*  
 1 TICKET FOR YOU  
 + 1 TICKET FOR YOUR GRANDCHILD (OR GUEST) = **\$10**  
 CLICK HERE TO PURCHASE  
 USE PROMO CODE "SILVERFROGS" TO RECEIVE THE SPECIAL RATE!

Ready for more volleyball? Coach Kramer and her team have invited us to the TCU vs. Iowa State match on **Saturday, November 18 at 7:00 p.m.** For just \$10, get a ticket for you and your grandchild or guest — that's a 50% savings!!

[Click HERE](#) or on the image above to register directly with TCU Volleyball. Use the promo code SILVERFROGS — you must buy 2 seats for this special deal. You can elect to have the tickets mailed to you or pick up at will call.

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## Jamie Dixon Slam Dunks

by Andrea Rankin

Silver Frogs filled the Union ballroom on September 13 for lunch and to hear TCU basketball coach Jamie Dixon speak about his amazing round-trip journey from a college basketball star at TCU, graduating in 1987, to returning as its current head coach this past year.



Coach Dixon

Coach Dixon, a 2007 inductee to the TCU Hall of Fame, came back to his alma mater after spending over 20 years coaching in NCAA Division I schools; for the last 13 years, he was the Head Coach at the University of Pittsburgh. At Pitt he received numerous awards and honors, including Coach of the Year for four different years.

During this past year, he needed little time to complete the second largest turnaround in school history. He gave TCU its first postseason championship when it beat Georgia Tech at Madison Square Garden for the NIT title. Also, during his first season here, TCU swept the series with the University of Texas for the first time in 30 years. Our team beat Iowa State for the first time in 20 years. The Horned Frogs beat Kansas State at home for the first time in 18 years, and for the first time ever, TCU beat a nationally ranked number one team, Kansas, at the Phillips 66 Big 12 Tournament.

Coach Dixon kept the audience entertained with his quick wit and jovial personality, while sharing stories and highlights of his life since he left TCU and his impressive journey back again. We are all excited to have Coach Dixon back at TCU and are certain that under his leadership the TCU basketball team will have another amazing season!



## More Luncheon Lectures

- Luncheon Lectures begin at 11:30 a.m.
- You must register to attend; there is no additional fee.
- Registration links are emailed to members about six weeks prior to each lecture; available links are below.

**Amon Carter Museum's *Wild Spaces Open Seasons: Hunting and Fishing in American Art*, with Margaret Adler; introduction by Museum Director Dr. Andrew Walker**

Friday, October 13



Dee J. Kelly Alumni & Visitors Center

Registration: [Members](#) [Guests \(\\$15\)](#)

**Fort Worth Mayor Betsy Price**

Thursday, November 30

University Union Ballroom



Enjoy  
Yourself!

## November 9: Double Feature

Join us for two special events on November 9.

**What:** TEXAS SKY TONIGHT: LIVE! at the Noble Planetarium, FW Museum of Science and History

**Time:** 11:00 a.m. — 12:00 p.m.

**Cost:** Planetarium show is \$4.

**What:** Docent-guided tour of the National Cowgirl Museum and Hall of Fame

**Time:** 2:00 — 3:30 p.m.

**Cost:** Admission is \$6.

**Parking:** \$7 to \$10 per vehicle (cash only) in the museum lot, which is located at the NE corner of Montgomery St. and Harley Ave. Carpool, park once and enjoy both activities!

**Registration:** Watch your email for the link.

**Going on the sold-out trip to the George W. Bush Presidential Center? Snap a few photos and share them with Silver Streak!**

**SAVE THE DATE!**

**End-of-Semester Party  
December 7 at 6:00 p.m.**

**Ridglea Country Club**



## See Yourself in Silver Streak

by Sharon Harrelson

Thanks to the contributions of many, Silver Streak is able to fulfill its mission of connecting and informing all Silver Frogs!

### How can you help?

#### Join the committee

to help design and plan each issue.

#### Become a contributor

by submitting articles and photos of Silver Frog events and activities, once or in every issue.

#### Cheers!

Thank a member or instructor for making your Silver Frogs experience memorable.

#### Share a Milestone

for publication in the December issue. Epic birthdays and anniversaries, new grandkids, memories of someone we will miss.

You can be featured in the newsletter, like the members on pages 5-9 of this issue! Share information about yourself and the things you love to do.

**November** (deadline 10/27)  
*share recipes, holiday traditions, and what you're grateful for*  
**Season of Sharing**

**December** (deadline 12/1)  
*what are you passionate about?*  
**Hobbies & Collections**

Click the theme above to join the fun — just answer a few questions and tell us what you'd like to share.



## What's Your Special Interest?

by Nancy Box

**Special Interest Groups (SIGs)** provide a great way for members to engage with others who share a common interest. SIGs are member-driven and meet according to what the group members decide, so each one operates differently and on its own schedule. Currently we have four active SIGs, and there's always room for more!

### **Fort Worth Square Dancing, Penny & Russell Andrew**

**NEW this semester!** Square dancing is a way to have fun while making friends, and it's a great form of mental and physical exercise. Members of this group will be advised on how they can participate in this rewarding activity. Couples and individuals are all welcome.

### **Art of Fort Worth, Ann Heinz**

Discover Fort Worth's unique and fascinating art scene with us! View the art in our area by visiting galleries, studios, special events, museums and behind-the-scenes tours with fellow Silver Frogs. Attendees may decide to get together after a tour to discuss the art and just enjoy new friends.

### **Exploring Different Perspectives: A Societal Issues Discussion Group Larry and Elaine Klos**

There are many issues on which our society does not yet have full agreement. The intent of the SIG is to provide a twice monthly moderated group discussion of topics selected by the members in order to define, explore, and question alternative approaches to these issues.

### **German Conversation, Helga Gerlinger**

Members of this group will have the opportunity to enhance their working knowledge of German (fluency is not required!), brush up on grammar, add new vocabulary, and join in discussions of current events and other topics of interest.

Here are a few of the ideas we've heard for additional groups — interested? Simply submit a proposal to get the ball rolling.

- ◆ Men's Breakfast Club
- ◆ Texas Hold 'Em
- ◆ Wine Tasters
- ◆ Ladies Who Lunch
- ◆ Bloggers
- ◆ Apple Users
- ◆ Football Fans
- ◆ Board Gamers
- ◆ Foodies
- ◆ Ft. Worth History Buffs
- ◆ British Comedy Fans
- ◆ Bridge Players

Once a proposal is received, the idea will be publicized to see if others are interested. If they are, those members can meet and decide how they'd like to move forward.

Do you have an idea for a SIG you'd like to get started? Contact [Nancy Box](#) with questions, or [fill out the proposal form](#) online.





## Service Stories

In this issue of Silver Streak, we are delighted to tell you about the experiences of our fellow Silver Frogs as they share their time and talents with others in the Fort Worth area.

If you're looking for a new adventure in community service, read on! You can find inspiration, make new friends, share your skills and contribute to the well-being of your neighbors all at the same time.

Enjoy the next few pages of Service Stories!

### Emily Harrell: Kids Hope USA

**Where She Serves:** I love working in Kids Hope USA. It's a national organization, but the volunteers work through their Kids Hope church chapter and with one elementary school to mentor at-risk children for an hour each week. I have volunteered through the Arborlawn UMC chapter, which works with children at J.T. Stevens Elementary, for over five years. My mentee recently graduated 5th grade and I'll be getting a new student soon, which is very exciting. There are other Kids Hope mentors in Silver Frogs. I chose it because I think we can make a difference working with individual children, one-on-one.

**How You Can Help:** Many new mentors are needed. The website [kidshopeusa.org](http://kidshopeusa.org) can help you get a Kids Hope group started in your church, or join an existing chapter.



Emily with her Kids Hope USA mentee

**About Emily:** She's one of the original Silver Frogs, originally from Austin but in Fort Worth since 1983. Now retired (she worked as an elementary school teacher as well as for Pier 1 and in the healthcare industry), Emily is a dedicated lifelong learner who enjoys reading, playing cards and spending time with friends and family.



### Resa Shipman: Making a Difference for Women

**Where She's Served:** Since my late 20s I've volunteered with various organizations; all of these groups appealed to me as I could help to make a difference in the lives of young girls and women. I was involved with Girl Scouts of America for 5 years as a Cadette troop leader; Big Brothers / Big Sisters of Tarrant County for 16 years, honored as Big Sister of the Year in 1995; River Legacy Parks in Arlington for 10 years, sharing the wonders of the outdoors with elementary students; and the Arlington Women's Shelter / SafeHaven of Tarrant County for 15 years, giving programs on domestic violence, dating abuses and bullying awareness to school, civic and church groups.



Big Sister of the Year, 1995, with Little Sisters Hillary and Angela

When I became one of the original Silver Frogs in March 2014, I stopped my outside volunteer work due to time commitments, except at my church where I continue to volunteer in several areas. The opportunity to be involved with a new exciting program from the ground up (and the interesting courses and lectures offered) inspired me to volunteer with Silver Frogs and I've served as a member and instructor and was President of the Advisory Board last year.

**About Resa:** She grew up in Fort Worth and has lived her married life in Arlington and Mansfield. Her career was as a teacher, and she continues this as a Silver Frog. Resa also enjoys jigsaw puzzles, coloring, gardening, photography and spending time with Shoney, a 12-year-old rescued Golden Retriever. She appreciates her wonderful husband's support of her many interests and hobbies!





# Yes, Homeless People Read! by Shari Barnes



Members of the Wednesday-morning book club at True Worth Place

Agatha Christie mystery. My kind of woman! She was content with a fire and a book.

True Worth Place, affiliated with the Presbyterian Night Shelter, provides medical, education, counseling and social services for our community's homeless. It also offers me an opportunity to lead a book group on Wednesday morning at 10:00 a.m. We share books and ideas about themes, symbols, characterizations and life issues. Several members of the Bucket List Books class have donated time and books to this effort. We have discovered that the love of books transcends class, race, gender, and socio-economic status. It doesn't really matter if you live in a mansion or on the street. Books bring us together. Many stalwart Silver Frogs have joined the adventure off East Lancaster.

Shiny hair, perfect nails, and tidy clothes...she didn't fit my picture of a homeless person. But here she was, ready to organize a book club at True Worth Place. Jay is homeless, and she has become my friend. "Most people think we're all alcoholics, drug addicts, and criminals...some of us are just homeless," she said.

When I started the book club last April, a friend naively asked, "Do homeless people read?" I can assure you, they do. My first experience with this reality came during a homeless census count one cold January night. Tramping through icy underbrush, I came upon a blazing campfire where a homeless woman sat, engrossed in an

If you're interested in checking us out, contact me at 817-313-5334 or [s.barnes@tcu.edu](mailto:s.barnes@tcu.edu). Come once, join as a regular volunteer, or donate books (multiples of the same book are especially appreciated, as well as single copies). Silver Frogs make a difference.



## Joe Greenslade: PHS Educational Foundation

**Where He Serves:** I am a mentor with the PHS Educational Foundation working with students in the Advancement Via Individual Determination (AVID) program at Paschal High School. The majority of these students are economically disadvantaged, first generation college-bound students. We help students accept college as a realistic part of their future and help them develop the skills they need to reach their educational potential.

I coordinate the efforts of ten mentors who support the AVID students. I personally administer an assessment program to all AVID freshmen and review their results with them. This process gives the students insight into their deep-seated interests and capabilities and exposes them to the career and college path that is most likely to lead them to an occupation they enjoy and thrive at doing. At the end of every review I ask, "Does this give you a sense of what to pursue, and can you see yourself being successful at this?" — the reward is having them grin very big and respond, "Yes!"

**How You Can Help:** The PHS Educational Foundation is always looking for more volunteer mentors. Mentors need to love working with teenagers, be somewhat



Joe mentoring a Paschal HS student.

comfortable using computers, and be willing to devote on average one hour per week. Learn more at [phseducationalfoundation.org](http://phseducationalfoundation.org).

**About Joe:** A retired entrepreneur and industrial executive, Joe's a Fort Worth native who loves learning new things and teaching others. He's been a Silver Frogs member and instructor. Joe tells us he currently has one wife, four children, eleven grandchildren, a dog, two cats and a turbocharged VW Bug.





## David L. Coke: Cross Timbers Urban Forestry Council

**Where He Serves:** I am on the board of the Cross Timbers Urban Forestry Council (CTUFC), whose mission is "To increase awareness in urban and community forestry." I went through their Citizen Forester training to learn more about trees and their importance right after I retired. And, I am still quite involved in the Citizen Forester program as the Fort Worth Coordinator for work we do on publicly owned trees in our fair city. I enjoy being around other tree huggers and helping to improve our urban forest. And, I want our yard to need less water, no pesticides or fertilizers, and provide a home to critters great and small. To this end, I am also involved with the Native Plant Society of Texas.

**How You Can Help:** The CTUFC is very interested in people getting involved in the Citizen Forester program. Citizen Foresters plant trees, prune trees, assess tree condition including diseases and pests, identify tree species, teach others about trees, and promote the Citizen Forester program. A full description of the program, training, and how to get involved can be found at [ctufc.org](http://ctufc.org). The Native Plant Society is a great place to learn about incorporating native plants into your landscape and stress Mother Nature less while creating a more interesting yard. Learn more about this group at [txnativeplants.org](http://txnativeplants.org).

**About David:** David's interests are eclectic. In addition to the above, he is interested in brain science, politics, photography, restoring his 1954 Ford, remodeling, and letting his hair grow — just because he can. He and his wife Alicia have two great kids and four wonderful grandkids, and they have been Silver Frogs since Fall 2015; David plans to join the ranks of Silver Frogs instructors next spring.



David tree-hugging the magnificent live oak in his front yard



## Elaine Klos: MHMR and Center for Transforming Lives

**Where She Serves:**

MHMR of Tarrant County, as Chair of the Board of Directors. As a clinically depressed person since my teenage years I feel it is important to remove the stigma of Mental Illness and Intellectual Developmental Disabilities. MHMR of Tarrant County is responsible for many services, including: mental health, early-childhood intervention, intellectual and developmental disabilities, substance abuse and addictions, veterans, homelessness, housing, and a 24/7 crisis hotline.

Center for Transforming Lives (YWCA) as Co-Chair of Community Response to Homelessness in Early Childhood, focusing on homeless children from birth to five years. Realizing that there are over 7400 homeless young children in Tarrant County under the age of six, and over 102,000 homeless children in Texas under the age of six, spurred me and a few others to study what our community can do to end this shame.

Working with others who have various expertise and knowledge, we research and develop solutions under the auspices of County Judge Glen Whitley.

**For Volunteer Information:**

[MHMRtarrant.org](http://MHMRtarrant.org) and [transforminglives.org](http://transforminglives.org)

**About Elaine:** Originally from Philadelphia, Elaine has been in Fort Worth since 1972. She is an avid reader and an advocate/lobbyist for children, women, and poverty and education issues (first professionally and now as a volunteer since retiring).



Elaine aboard the Silver Wing





EVERYONE  
CAN BE  
GREAT,  
BECAUSE  
EVERYONE  
CAN SERVE.

— Martin Luther King, Jr.

## James Brittain: Community Hospice of Texas

**Where He Serves:** I have been a Hospice volunteer, caring for the dying, for over ten years with Community Hospice of Texas. I volunteer for Community because they cared for my wife's mother when she was dying. My wife, Mackey, became Community's volunteer coordinator and trained me. I eventually became a member of their board of directors and later became Chairman of that board. I believe that hospice workers are angels on earth.



**How You Can Help:** Community Hospice of Texas is always looking for volunteers. To be a volunteer — which is not a medical position — you'll be required to take a few hours of training on rules and safety measures to protect yourself and the patient. More information can be found at [CHOT.org](http://CHOT.org).

**About James:** He's a business owner from Fort Worth, and enjoys golf, sailing and hiking. He has six grandchildren, ranging in age from 6 months to a 23-year-old Second Lieutenant TCU graduate.



## Judy Smith: Cook Children's Medical Center

**Where She Serves:** I volunteer at Cook Children's Medical Center two days a week. I'm retired and wanted to give back. Many people recommended this wonderful place. I am the Post-Anesthesia Care Unit (PACU) Escort in the Recovery Area. I escort parents to the Recovery area after their child has had a procedure/surgery, then I assist the nurses with the patients' needs before being released to go home. When ready I then escort the family to the area to go home in their vehicle. I enjoy this opportunity very much to help out and I see these kiddos go home the same day they came in. I'm a mother as well as a grandmother, so I have experienced this situation in my life as well. I have



Judy with Nurse Beth at Cook Children's

been doing this for only 7 months since I moved to Fort Worth one year ago. I truly find this a worthwhile experience since my retirement, and I feel so happy to see the kids' faces smiling back at me.

**How You Can Help:** All sorts of volunteer opportunities are available at [cookchildrens.org](http://cookchildrens.org).

**About Judy:** She's enjoying her second semester as a Silver Frog, and has been in Fort Worth for a year after 31 years of country living. Judy loves walking her dog Hugo along the Trinity Trails, and she believes you're never too old to learn new things!





## Larry Klos: United Way's VITA

**Where He Serves:** I have volunteered for three years for the United Way's Volunteer Income Tax Assistance (VITA) program. VITA is a US government-sponsored program which assists low to moderate income individuals with preparing and filing their federal income taxes. This program saves these families from having to pay commercial preparers, and helps them take advantage of all appropriate tax code benefits. It also has provided me with a better understanding of the financial lives and difficulties of many citizens.

**How You Can Help:** Each year additional volunteers are needed as tax preparers, greeters, and support staff, principally during the spring income tax season. IRS-approved training, resource materials, and site coordinators are provided. Two to five hour shifts are available five days a week working at various sites in the area. Contact the United Way of Tarrant County at [unitedwaytarrant.org](http://unitedwaytarrant.org) for more information.

**About Larry:** A Fort Worth native, Larry is a retired aerospace engineer. He's also an original Silver Frog, and has been an instructor. Hobby-wise, he has made hardwood furniture and currently writes books. He and his wife Elaine lead a Special Interest Group as well (see SIGs on p4).



Larry received an award for volunteering more than 200 hours during the 2015 tax season from United Way's VITA Coordinator Pennie Clayton.



## Service Stories

GREAT  
OPPORTUNITIES  
TO HELP  
OTHERS  
SELDOM COME,  
BUT SMALL  
ONES  
SURROUND US  
EVERY DAY.

— Sally Koch

## Charitable Giving from Your IRA by Richard Ranc

With Houston floods and the Florida devastation, there is no better time to help your fellow Americans through charitable giving.

This year Congress allowed a permanent change to tax law providing for charitable giving directly from IRA's (individual retirement accounts). Most importantly this feature is good news for those required to make mandatory distributions from retirement accounts (commonly known as RMD for Required Minimum Distributions) after age 70½. This could impact a number of Silver Frogs!

If you have made a pledge to a charity, plan on giving to a religious or educational organization or other similar group (e.g. Salvation Army, Red Cross, etc.) for which you receive no tangible benefit, consider using some or all of your required distributions from your IRA to make

this pledge. Any gift can be used to satisfy your minimum required distribution up to \$100,000. Your gift will be made directly to the named charity. There is no better method save for the giving of an appreciated stock that may be more complicated. The gift from your IRA is not limited to a percentage of Adjusted Gross Income (AGI) and the distribution from your IRA is not included in your taxable income!

As the close of the 2017 tax year approaches, now is an ideal time to consider how to plan your charitable giving for this year and the next. Using your IRA to make gifts is efficient, satisfies all reporting requirements and may further reduce tax liability.

Consult your tax professional and/or financial advisor for further information.





# Frogs in the Kitchen by Andrea Rankin

## TOUCHDOWN CHEESEBALL

- 2 8-oz packages cream cheese, softened
- 2 T Worcestershire sauce
- 1 C shredded cheddar cheese
- 1/4 C finely chopped green onions
- 1/2 1.25-oz package taco seasoning mix
- string mozzarella cheese for making the laces



Finally, it's fall!  
Celebrate the season with a football-watching party or a double-feature movie night, complete with these delicious snacks everyone will enjoy.

- 1 Mix all ingredients together except the string cheese.
- 2 Press the cheese mixture into a ball and turn it out onto a piece of plastic wrap or waxed paper.
- 3 Use the plastic wrap and press the ball into a shape of a football on a plate.
- 4 Arrange the strips of string cheese like laces on top of the cheese football.
- 5 Cover and refrigerate for 2 hours before serving. Serve with crackers.

## GREEN CHILE MONKEY BREAD

- cooking spray
- 1 16.3-oz package refrigerated buttermilk biscuit dough (usually 9 biscuits)
- 3/4 t dried parsley flakes
- 2 T melted butter
- 1 1/4 C shredded cheddar cheese
- small can of green chilies, divided
- 1/4 C shredded mozzarella cheese



- 1 Preheat oven to 350 degrees. Prepare a 9 x 5 loaf pan with cooking spray.
- 2 Separate biscuits and cut into quarters.
- 3 Pour melted butter into a small bowl. Dip each piece of biscuit dough in melted butter to coat.
- 4 Arrange a layer of biscuit dough in the bottom of the pan; about 12 pieces/quarters.
- 5 Top with 1/3 cup cheddar, 1/3 of the green chilies and 1/4 tsp parsley.
- 6 Repeat layering until you have three layers of dough, cheese, chilies and parsley.
- 7 Mix remaining 1/4 cup cheddar cheese and mozzarella and spread over top of the dough.
- 8 Bake in a preheated oven until golden brown, about 40 - 45 minutes.
- 9 Cool bread in pan for about 5 minutes before inverting onto a plate; serve.

## BACON-WRAPPED BRATWURST

- 4 uncooked bratwurst
- 3 12-oz cans light beer
- 5 T brown sugar
- 1 t cayenne pepper
- 6 slices bacon, cut in half



- 1 Poke bratwurst several times with a fork and place in saucepan with the beer. Bring to a boil and simmer for 15 minutes; remove from beer and let cool. Discard beer.
- 2 Preheat oven to 425 degrees. Line a baking sheet with aluminum foil, and place a wire rack on top.
- 3 Toss the brown sugar and cayenne together in a large bowl and set aside.
- 4 Cut each bratwurst into three pieces; wrap each piece with half a strip of bacon, and secure with a toothpick.
- 5 Toss each piece with the cayenne mixture to coat, and place on baking sheet.
- 6 Bake in preheated oven until the bacon is brown and crisp, 25-35 minutes.





## Thank you, Silver Streak Contributors!



**Shari Barnes** (*Yes, Homeless People Read*) 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.



**Nancy Box** (*What's Your Special Interest?*) is a charter member of Silver Frogs and serves on the Advisory Board and Curriculum Committee. Being involved in Silver Frogs has been a very rewarding experience. She enjoys reading a good mystery and playing with her two granddaughters.



**Linda Eastwick** (*Pam Smith: Dance for PD, Newsletter Staff*) is a new Silver Frog whose favorite question is "Why?" A former educator, her passions – besides all things grandchild-related – include researching and writing. She embraces the Minimalist movement, but is 37 boxes and two file cabinets away from becoming one.



**Sharon Harrelson** (*Editor*) is a Fort Worth native who has been editing various publications for work and fun since middle school. She also enjoys puzzles, cooking/baking, photography, gardening, and inadvertently embarrassing her twin teenage sons. She has been a Silver Frog since Spring 2016.



**Richard Ranc** (*Charitable Giving..., Newsletter Staff*) is a new Silver Frog who comes to us following a 10-year affiliation with Senior University in Georgetown. His background also includes time as VP of Investments at Wachovia Securities and experience contributing financial articles to various publications.



**Andrea Rankin** (*Frogs in the Kitchen, Jamie Dixon...*) has been a Silver Frog for 2 1/2 years and this semester she is teaching the lecture, *Antarctica: You're Never Too Old*. Her passions besides her only granddaughter, Sage, are traveling and cooking themed meals with an international flair.



**Ann Shelton** (*Newsletter Staff*) is a charter member of Silver Frogs. She retired after many years as an Administrative/ Executive Assistant, and now enjoys being a grandmother, playing tennis and volunteering. She serves as chairperson of the Luncheon Lecture Committee.



**Randy Smith** (*Photographer, volleyball and lunch lecture events*) is the 2017-18 Silver Frogs Advisory Board President, and also an active member, committee member and instructor, leading three courses this semester..

And a special thank-you to our Service Stories stars: James Brittain, David Coke, Joe Greenslade, Emily Harrell, Elaine Klos, Larry Klos, Resa Shipman, Judy Smith, and Pam & Steve Smith. Thank you for sharing!

## Important Dates to Remember:



### October 5

Luncheon Lecture registration deadline

### October 9

Session II Classes Begin

G W Bush Presidential Center Trip

### October 13

Luncheon Lecture: Amon Carter

### October 27

Silver Streak Deadline

*Theme: Season of Sharing*

### November 6

Session III Classes Begin

### November 9

Planetarium / Cowgirl Museum

### November 9-10

Spring Membership Registration

### November 18

"Bring Your Grandchild" Volleyball Event

### December 7

End of Semester Party at Ridglea CC

Let the Newsletter Committee know what you think about Silver Streak! [Click here](#) to send us an email with your feedback and ideas, or — even better — contributions for future issues.



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Visit our website for additional information:

[www.lifelong.tcu.edu/silver-frogs](http://www.lifelong.tcu.edu/silver-frogs)