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## SILVER SAGE

 HILLCOUNTRY RESOURCE CENTER EMPOWERENG PEOPLE. BULDING EOUITABLE COMMUNITIES. SILVERSAGE.ORG

# VOL. 5 ISSUE 5 WWW.SILVERSAGE.ORG MARCH 2024 <br> SILVER SAGE 

803 BUCK GRFEK DR. BANDERA, TEXAS 78003 (830) 796-4969

## Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help.

Call us at (830) 796-4969

## Cowboy Capital Opry

## Our Opry is always the 1st Tuesday

 of every month, benefiting Meals On Wheels.Performer this month is:
March 5th
Allen Love pg 15

## Know a Veteran struggling to meet everday needs? pg 6

BUS TRIP: Thursday, March 7th - Mac and Ernie's in Tarpley. The bus will leave at 10:30am.

Tuesday, March 12 th, we'll head back to Lucky Eagle Casino in Eagle Pass! The bus will leave at 8:00 am.

MEET UP - Tuesday, March 26th we meet at the Bandera Natural History Museum. They have been so kind to offer our group of seniors 65 and older to get in free! See pg 10


## expanding our reach. serving the Bandera community.

Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're Elevating Health.

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Managing Publisher/Designer:
Karyn Utterback Executive Assistant
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Silver Sage-803 Buck Creek Bandera, TX 78003
(830) 796-4969
P.O. Box 1416


# HOURS: SILVER SAGE HOURS: <br> MON-THURS 8:00AM- 3:00PM FRIDAY 8:00AM TO 2:00PM. 

CLOSED WEEKENDS AND MAJOR HOLIDAYS. WWW.SILVERSAGE.ORG

## WHAT'S INSIDE

7. Through the Eyes Of A Driver, by Mary Allyce: "Unfortunately, something I have been forced to do again. without any other options. and zero desire, is chemotherapy. Please don't stop reading. I promise this is not going to be a maudlin exercise in self-pity..."
8. Activities, by Lisa Beck - "Ok y'all better hang onto your hats because our March calendar is fully loaded!" Music, Shopping Trips, Movie Matinées, Radio Shows, Casino Trips, SA Zoo, Morning Walks, and so much more!
9. "Texas Independence Day is the celebration of the adoption of the Texas Declaration of Independence on March 2, 1836. With this document, signed by 59 delegates, settlers in Mexican Texas officially declared independence from Mexico and created the Republic of Texas..."

## Ouilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new
people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

EMERGENCY 911
Bandera County Sheriff (830) 796-3771
City Marshall (830) 460-7172
Bandera Fire Department (830) 796-3777
Poison Emergency 1-800-222-1222
Silver Sage/MEALS ON WHEELS (830) 796-4969
Art Crawford (Chief Executive Officer) (830) 456-4083
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Silver Sage Thrift Store (830) 796-3590
Texas Abuse Hotline 1-800-252-5400
Texas Health and Human Services (830) 796-3739
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Iind all program details at: silversage.org/veteran-services or for specific questions call Victor Polanco at 830-328-6355

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# THROUGH THE EYES OF A DRIVER By Mary Allyce 

Here we go, marching into March. I had to look at my February calendar to assure myself another month was gone. February is a short month, even in a leap year like this one. However, a quick check of my files proved I did deliver a column to SCOOP in February and it promised I would deliver a King Cake to my Writers’ Group. I'm happy to report I did produce a King Cake, complete with a baby buried inside, and it was well received. Another item crossed of the old bucket list and one of those endeavors of which I can say, "I did it! Don't have to do it again!"

Let's just say baking a King Cake from scratch is a lot of preparation, fuss, and work, especially when HEB has some mighty tasty ones already baked and boxed.

Unfortunately, something I have been forced to do again. without any other options. and zero desire, is chemotherapy.

Please don't stop reading. I promise this is not going to be a maudlin exercise in selfpity.

I'm not good at thumb sucking, whining, moaning, or complaining. My doctors are paid well to listen to all my carping. They give the impression of being interested in and unfazed by my current pique, and best of all, they have some dandy solutions to help me handle whatever is making me crabby and uncomfortable. This is more about life lessons for all of us.

My problem, and I'm guessing many of you will understand, is with some well-meaning friends, family members and acquaintances. I'm aiming at the ones specifically who spot someone they know who has cancer, or some other ongoing medical issue, in the store, at the library, out voting, or at an event, and they zero in.
"How are you doing?" they say, but it's not the standard, "Hi-how-are-ya" approach.

It's usually uttered in unmistakably somber tones letting the recipient know immediately, regardless of their response, the questioner is extremely concerned about their appearance. In a recent encounter, my very well meaning acquaintance went on to offer, "You look so pale and drawn!"

Life Lesson \#1: Please don't. First of all, we already know we're sick. We don't need reminders, especially if we've made the effort to go out. Tell me my wig's crooked, if you must, or I've got toilet paper stuck to my shoe, dog hair on my shirt, spinach in my teeth, even ask, "How's it going?" Say anything except I look sick.

Life Lesson \#2: Life does not stop for most of us with a serious diagnosis, but it does get more complicated. Multiple trips to various doctor's offices, treatments and procedures are not only time consuming, they are exhausting. Throw in paying taxes, paying bills, baking a King Cake, and trying to take time to properly rest, and sometimes basic necessities fall by the wayside. If you know your next day's schedule includes a trip to the grocery, the Post Office, the pharmacy, call your friend who's dealing with an illness and ask if you can pick something up for them. If you know their taste and dietary needs, bring a complete dinner. I know many folks get groceries delivered, but it's the offer and the thought, the reaching out that counts.

Really. It does.
Life Lesson \#3: If your friend just needs to vent, ignore everything I said earlier and let them! They know what they need and you may be the only one to provide it!
March on and see you in April.


1. Why did the leprechaun go outside?

To sit on his paddy-o
2. What type of bow cannot be tied?

A rainbow
3. What is a leprechaun's favorite type of music? Sham-rock 'n' roll
4. What do ghosts drink on St. Patrick's Day? BOOs
5. What do you call an Irish spider?

Paddy long legs
6. When does a leprechaun cross the street? When it turns green
7. What would you get if you crossed Christmas with St. Patrick's Day?
St. O'Claus
8. What did the leprechaun say when the video game ended? Game clover
9. What's a leprechaun's favorite cereal? Lucky Charms
10. What's the best position for leprechauns to play on a baseball team?
Shortstop
11. When is an Irish Potato not an Irish Potato?
When it's a French fry
12. How does a leprechaun work out? By pushing his luck
13. What's long and green and only shows up once a year?
The St. Patrick's Day parade


Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.
Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.

## PLEASE JOIN THE BANDERA LIONS:

1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.

For More Info, Contact Rene Leith (210) 844-6910 -or- Bruce @ (210) 396-6932


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Member
iD
品
texashillcountrybank.com

## HEY, WHAT'S HAPPENING? <br> By Lisa Crawford (Activities Director)

Ok y'all better hang onto your hats because our March calendar is fully loaded!
Starting off, the morning walks are back! Most Monday and Wednesday mornings we will meet near the City Park entrance (across from the skate park) to walk, talk and visit. Please check the calendar for times as they will fluctuate somewhat. Boy howdy I have missed this! I'm looking forward to seeing and visiting with all my old walking friends and welcoming anyone new who would like to join us. I expect this to continue until it gets too hot again. Y'all remember these walks are all up to you! Walk as far and fast or slow as you want. I'm still dealing with some back pain so I will be taking it slow and easy for a while. Everyone welcome!

MUSIC: Tuesday, March 5th our Cowboy Capital Opry guest this month is Allen Love. This is a very popular monthly musical fundraising event benefiting our Meals on Wheels program. This event takes place on the first Tuesday each month. Doors open at 6:00 p.m. and the music starts at 7:00 p.m. All our musicians are volunteering their time and talents, as well as all those who help set up and break down the chairs, and those making popcorn and selling water and sodas. All are volunteers. We could never ever do what we do without them. The Silver Sage would not be what it is without each one of them AND each of YOU that comes and supports these events. Please help us spread the word and invite your friends and neighbors to come have a great time and hear some wonderful music.

BUS TRIPS: H-E-B in Kerrville Wednesday, March 6th. The bus leaves at 12:30. Come early and have lunch at the Silver Sage.

Thursday, March 7th we'll drive out to Mac and Ernie's in Tarpley. The bus will leave at 10:30 sharp. We had a great time on this trip last month. The bus was totally full and we even had a good size group meet us there. Don't miss it this time.

Tuesday, March 12th, we'll head back to Lucky Eagle Casino in Eagle Pass! The bus will leave at 8:00 a.m. and leave the casino at 3:00 p.m. For those that want to join me for lunch, we will meet in the food court at 12:00 p.m. Everyone is free to do whatever they want. Eat with me if you want and don't if you don't want. Easy peasy.

Wednesday, March 13th, we head out for a fun evening to dinner at Billy Gene's in Kerrville and on to a FREE, LIVE RADIO SHOW in Fredericksburg at the Rockbox Theater. I expect we will be back to the center by 10:00pm. My husband Art and I had the honor of playing this show on Valentine's Day and it was so cool. Boone Holding and Brent Burgess are the hosts and they really make it a fun show for all.

Tuesday, March 19th Let's go to the movies! AMC Movie Theater in Boerne to see ONE LIFE. London broker Nicholas "Nicky" Winton helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before the Nazi occupation closes the borders. Fifty years later, he's still haunted by the fate of those he wasn't able to bring to safety.

Wednesday, March 20th Walmart in Hondo. Bus leaves at 12:30.
Thursday, March 21st we will head to the San Antonio Zoo. The bus will leave at 8:00a.m. The price for seniors 65 and older is $\$ 20.65$ and adults under 65 is $\$ 36$. For a limited time you can go online and pay the $\$ 36$ one day ticket price and get annual membership which also offers the option of paying the $\$ 36$ out in payments of only $\$ 3$ a month. For those who are on a limited budget and would really like to go on our trips to the zoo, this seems the way to go.

## WHAT'S HAPPENING CONTINUED...

I know I will try to make at least 3 more Silver Sage bus trips there this year, so it's a good option for some. If you want to purchase online, and need help navigating the website, I'll be happy to help when I'm available. When we leave the Zoo, we will stop for lunch at the Smoke Shack BBQ. We'll be starving by then and this place is really close and delicious.

Monday, March 25th you've been asking for it, and now it's time. We'll make a return visit to The Lakehouse Restaurant in Kerrville. My mouth is watering just thinking about it.

MEET UPS: Tuesday, March 26th we meet at the Bandera Natural History Museum once again. They have been so kind to offer our group of seniors 65 and older to get in free. If you wish to join this event you will need to sign up. We have a limit of 20 people. Wednesday, March 27th at 11:00 a.m. we will meet at FATBOYZ SANDWICH SHOP right here in Bandera. On highway 16 in the strip mall near the doughnut shop. If you haven't tried it yet, this is your invitation. The food is soooo good. Bring your friends and let's support our local community with our patronage. PLEASE sign up with me so I can give them an accurate headcount.

Last but not least, a second trip to the Lucky Eagle Casino in Eagle Pass on Thursday, March 28th. Same times as above apply. OPEN TO ALL. First come, first served. Well, just writing this has me exhausted. I hope you will make plans to join me on one of our many fun outings or in house events.


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\hline Domingo \& Lunes \& Martes \& Miércoles \& Jueves \& Viernes \& Sábado \\
\hline \& Menú sujeto a cambios Según disponibilidad \& Joyce D. Lamilla, LD Llame a Comidas sobre ruedas entrega (830) 796-4969 \&  \& \[
\frac{\sqrt{\text { Area Agency }}}{\sqrt{\text { on Aging }}}
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1 \\
Atún picante y \\
Pasta con brócoli
\end{tabular} \& 2 \\
\hline 3 \& \begin{tabular}{l}
4 \\
Pollo Tierno \\
Tempura \\
Arroz Blanco Al Vapor \\
rollito de huevo
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5 \\
Galletas De Mantequilla/Salsa \\
Enlaces de salchicha \\
Queso del chef James patatas fritas \\
Fruta fresca
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6 \\
Ajo y Hierbas Lomo De Cerdo Con \\
Costra Y Salsa Hierbas Asadas Papas \\
Verduras Toscanas
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7
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Macarrones con chile abundante
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8 \\
Enchilada de Frijoles Negros \\
Hornear con pimientos, cebollas, maíz y Queso cheddar
\end{tabular} \& 9 \\
\hline 10 \& \begin{tabular}{l}
11 \\
Palomitas de pollo Tazón con Cremoso Puré de patatas, Salsa, Maíz y Queso
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12 \\
Cerdo desmenuzado jugoso Sándwich con Cebolla \\
Papas fritas \\
Postre elegido por el chef
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13 \\
Chile tamaño Texas \\
Perro Queso \\
Frijoles Horneados
\end{tabular} \& \begin{tabular}{l}
14 \\
Pastel de pollo con galleta escamosa
\end{tabular} \& \begin{tabular}{l}
15 \\
Palitos de pescado en escamas \\
Papas fritas crujientes \\
Guisantes y zanahorias
\end{tabular} \& \(\cdots\) \\
\hline 17 \& \begin{tabular}{l}
18 \\
Espaguetis de la abuela \& Albóndigas \\
Zanahorias con mantequilla palito de pan
\end{tabular} \& \begin{tabular}{l}
19 \\
Tacos callejeros Tex-Mex \\
Maíz del suroeste \\
Frijoles refritos \\
Fruta fresca
\end{tabular} \& \begin{tabular}{l}
20 \\
Cerdo Empanizado A Mano \\
Chuletas con Salsa \\
Puré de patatas \\
Bruselas con queso parmesano \\
Coles
\end{tabular} \& \begin{tabular}{l}
21 \\
Chile Cincinnati con cebolla y queso sobre pasta cabello de ángel
\end{tabular} \& 22 Tortas De Salmón Al Horno Calabacín calabaza \& 23 \\
\hline 24

- \& \begin{tabular}{l}
25 <br>
Filete De Pollo Frito <br>
Puré de patatas \& <br>
Salsa campestre Judías verdes con ajo

 \& 

26 <br>
Jugosa Hamburguesa con todos los Fixin's <br>
Ensalada alemana de patata <br>
Papas fritas crujientes <br>
Postre elegido por el chef

 \& 

27 <br>
al horno sazonado <br>
Pechuga de pollo <br>
pilaf de arroz <br>
Mezcla de California <br>
Verduras

 \& 

28 <br>
SOS de cerdo con guarnición de patatas fritas crujientes

 \& 

29 <br>
Berenjena Asada parmesana Pan de ajo
\end{tabular} \& 30 <br>

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Menu Subject To Change According to Availability | Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 |  |  | 1 <br> Zesty Tuna and Broccoli Pasta | 2 |
| 3 | 4 <br> Tender Chicken <br> Tempura <br> Steamed White Rice <br> Eggroll | 5 <br> Butter Biscuits/Gravy <br> Sausage Links <br> Chef James' Cheesy <br> Hashbrowns <br> Fresh Fruit | 6 <br> Garlic and Herb Crusted Pork Loin with Gravy Herb Roasted Potatoes Tuscany Veggies | $7$ <br> Hearty Chili Mac | 8 <br> Black Bean Enchilada Bake with Peppers, Onions, Corn, and Cheddar Cheese | 9 |
| 10 | 11 <br> Popcorn Chicken Bowl with Creamy Mashed Potatoes, Gravy, Corn, and Cheese | 12 <br> Juicy Pulled Pork Sandwich with Onions Chips <br> Chef Choice Dessert | 13 <br> Texas Sized Chili Cheese Dog Baked Beans | 14 <br> Chicken Pot Pie with a Flakey Biscuit | 15 <br> Flakey Fish Sticks Crispy Fries Peas \& Carrots | 16 |
| 17 | 18 <br> Grandma's Spaghetti <br> \& Meatballs <br> Buttered Carrots <br> Bread Stick | 19 <br> Tex Mex Street Tacos <br> Southwest Corn <br> Refried Beans <br> Fresh Fruit | 20 <br> Hand Breaded Pork <br> Chops with Gravy <br> Mashed Potatoes <br> Parmesan Brussel Sprouts | 21 <br> Cincinnati Chili with onions and cheese over Angel Hair Pasta | 22 <br> Baked Salmon Cakes <br> Zucchini \& Squash | 23 |
| 24 | 25 <br> Chicken Fried Steak <br> Mashed Potatoes \& Country Gravy <br> Garlic Green Beans | 26 <br> Juicy Burger with all the Fixin's <br> German Potato Salad Crispy Fries <br> Chef Choice Dessert | 27 <br> Baked Seasoned Chicken Breast Rice Pilaf California Blend Veggies | 28 <br> Pork SOS with a Side of Crispy Hashbrowns | 29 <br> Roasted Eggplant Parmigiana Garlic Bread | 30 |
| 31 |  |  |  |  |  |  |




## DASH DIET/HYPERTENSION

## WHOLE GRAINS



BARLEY
BROWN RICE COUCOUS ENGLISH MUFFINS GRANOLA GRITS

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POLENTA POPCORN QUINOA
RICE
TORTILLA
UNSALTED PRETZELS WHOLE WHEAT BREAD WHOLE WHEAT PASTA

## MEAT \& PROTEIN



CHICKEN
COD HERRING LAMB MACKERAL MAHI MAHI OYSTERS BEANS


PORK LOIN
SALMON
SHRIMP
HERRING
TEMPAH
TILAPIA
TOFU
TUNA
TURKEY
TURKEY BURGER
VEGGIE BURGER
VENISON

GREEN BEANS KIDNEY BEANS
LENTILS
LIMA BEANS
PINTO BEANS

The DASH diet, stands for Dietary Approaches to Stop Hypertension, was originally developed to reduce blood pressure, but it's also been found to lower the risk of heart disease, cancer, diabetes and kidney disease and can be a healthy, balanced way to lose weight.
VEGETABLES


ARTICHOKE
ARUGULA
ASPARAGUS
BROCCOLLI
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARDS
CUCUMBER
EGGPLANT
GREEN BEANS
GREEN PEAS
GREEN PEPPERS
KALE
LEEKS
LETTUCE


APPLES
APRICOTS
BANANAS
BLACKBERRIES
BLUEBERRIES
CHERRIES
CRANBERRIES
DATES
GRAPES
HONEYDEW
KIWIS

MUSHROOMS
OKRA
ONIONS
PARSNIPS
PEAS
POTATOES
PUMPKIN
RADISH
RUTABAGA
SCALLIONS
SNOW PEAS
SQUASH
SPINACH
STRING BEANS
SWEET POTATOES
TOMATOES
TURNIPS
WATERCRESS
WATER CHESTNUT
YUKA
ZUCCHINI

LEMONS LIMES LICHEES
MELONS
NECATRINE ORANGES
PAPAYA
PEACHES
PEARS
PLUMS
PINEAPPLE
POMEGRANITE
PRUNES
RAISINS
RASPBERRIES
STRAWBERRIES

## Always

$$
\begin{aligned}
& \text { THE }{ }^{\text {ST/ }} \text { TUESDAY } \\
& \text { Of EVERY MONTHI }
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$$



## COWBOY CAPITAL OPRY



Tuesday, March 5th


# featuring <br> Allen Love 

\& the
Silver Sage House Band

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DECLARATION OF INDE,PENDENCE,
    my vere
DELEGATES OF THE PEOPLE OF TEXAS,
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REPUBLIC OF TEXAS. In the fall of 1835 many Texans, both Anglo-American colonists and Tejanos, concluded that liberalism and republicanism in Mexico, as reflected in its Constitution of 1824, were dead. The dictatorship of President Antonio López de Santa Anna, supported by rich landowners, had seized control of the governments and subverted the constitution. As dissension and discord mounted in Texas, both on the military front and at the seat of the provisional government of the Consultation at San Felipe, the colonists agreed that another popular assembly was needed to chart a course of action. On December 10, 1835, the General Council of the provisional government issued a call for an election on February 1, 1836, to choose forty-four delegates to assemble on March 1 at Washington-on-the-Brazos. These delegates represented the seventeen Texas municipalities and the small settlement at Pecan Point on the Red River. The idea of independence from Mexico was growing. The Consultation sent Branch T. Archer, William H. Wharton, and Stephen F. Austin to the United States to solicit men, money, supplies, and sympathy for the Texas cause. At New Orleans, in early January of 1836, the agents found enthusiastic support, but advised that aid would not be forthcoming so long as Texans squabbled over whether to sustain the Mexican constitution.

The convention held at Washington-on-the-Brazos on March 1, 1836, was quite different from the Consultation. Forty-one delegates were present at the opening session, and fif-ty-nine individuals attended the convention at some time. Two delegates (José Francisco Ruiz and José Antonio Navarro of Bexar) were native Texans, and one (Lorenzo de Zavala) had been born in Mexico. Only ten of the delegates had been in Texas by 1836. A majority were from other places-primarily from the United States, but also from Europe. Two-thirds of the delegates were not yet forty years old. Several had broad political experience. Samuel P. Carson of Pecan Point and Robert Potter of Nacogdoches had served, respectively, in the North Carolina legislature and in the United States House of Representatives. Richard Ellis, representing the Red River district and president of the convention, and Martin Parmer of San Augustine, had participated in constitutional conventions in Alabama (1819) and Missouri (1821), respectively. Sam Houston, a former United States congressman and governor of Tennessee, was a close friend of United States president Andrew Jackson. Houston was chosen commander in chief of the revolutionary army and left the convention early to take charge of the forces gathering at Gonzales. He had control of all troops in the field-militia, volunteers, and regular army enlistees. The convention delegates knew they must declare independence-or submit to Mexican authority. If they chose independence they had to draft a constitution for a new nation, establish a strong provisional government, and prepare to combat the Mexican armies invading Texas.

On March 1 George C. Childress, who had recently visited President Jackson in Tennessee, presented a resolution calling for independence. At its adoption, the chairman of the convention appointed Childress to head a committee of five to draft a declaration of independence. When the committee met that evening, Childress drew from his pocket a statement he had brought from Tennessee that followed the outline and main features of the United States Declaration of Independence. The next day, March 2, the delegates unanimously adopted Childress's suggestion for independence. Ultimately fifty-eight members signed the document. Thus was born the Republic of Texas.

## TWO GREAT LOCATIONS! <br> BANDERA \& LAKEHILLS <br> True Value.

1002 Main St, Bandera, TX 78003 - banderatruevalue.com
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8950 FM1283, Lakehills, TX 78063 - lakehillstruevalue.com
Veterans 10\% discount Every Tuesday


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## APPLE, PEANUT BUTTER \& OAT DOG TREATS

## Ingredients

- 1 cup old fashioned oats
- $1 / 2$ cup flour
- $1 / 4$ cup peanut butter
- 1 egg
- 2 apples



## Instructions

- Preheat your oven to 300 F.
- Peel and core 2 apples. Dice into small pieces.
- Mix together the oats, flour, peanut butter, egg \& apples until well combined.
- Roll out your dough on a flat surface, until the dough is approximately $1 / 2$ inch thick.
- Use cookie cutters to cut out your favorite shapes.
- Place the treats onto your baking sheet \& cook for 15 minutes or until bottoms start to brown.


## On Your March, Get Set, GO!

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| Pi Day | Spring Ahead | Spring Cleaning | Spring Training |
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| Pot 0 Gold | Leprechaun | Shamrock Shakes | Olympics |
| Easter | Spring Break | Third Quarter | March Madness |
| Marching Band | Jo March | March Equinox | Varsity |
| March in Place | March to Rome | Anything Goes | Crew |
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