



**Silver Sage Thrift Store & Boutique**  
616 Hwy 16 S  
**Store Hours:**  
**Tuesday-Saturday**  
**10:00am-4:00pm**  
**(830) 460-1586**

**The Silver Sage Home Goods Thrift Store**  
805 Main Street (old Family Dollar)  
**Store Hours:**  
**Tuesday-Saturday**  
**10am-5pm**  
**(830) 460-0423**



**MONTHLY MENU**  
**PAGE 8 & 9**



**VOL. 6 ISSUE 9 WWW.SILVERSAGE.ORG AUGUST 2025**



# THE SCOOP AT SILVER SAGE

**803 BUCK CREEK 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 on hold for now, stay tuned for special appearance and holiday shows.

## READ THIS OUT LOUD!

This is this cat.  
This is is cat.  
This is how cat.  
This is to cat.  
This is keep cat.  
This is an cat.  
This is idiot cat.  
This is busy cat.  
This is for cat.  
This is forty cat.  
This is seconds cat.



**NOW GO BACK AND READ THE THIRD WORD ONLY IN EACH LINE FROM THE START.**

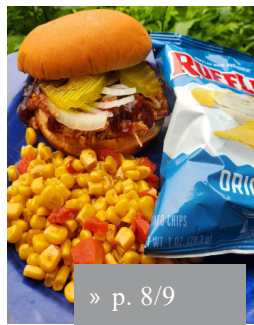
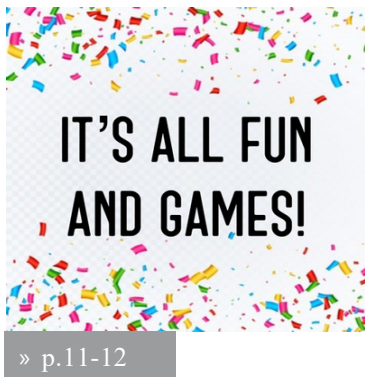
Managing Publisher/Designer:

Karyn Utterback  
Executive Assistant  
Email: [karyn@silversage.org](mailto:karyn@silversage.org)

Silver Sage-803 Buck Creek  
Bandera, TX 78003  
(830) 796-4969  
P.O. Box 1416



Check out our  
**Monthly  
Menu!**



## HOURS:

SILVER SAGE HOURS:

MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

**WWW.SILVERSAGE.ORG**

## *Our Mission:*

**SUPPORTING PEOPLE.**

**STRENGTHENING COMMUNITIES.**

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

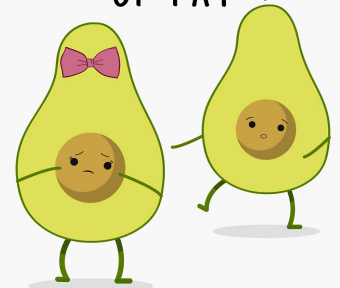
Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

WHAT KIND OF SHORTS  
DO CLOUDS WEAR?

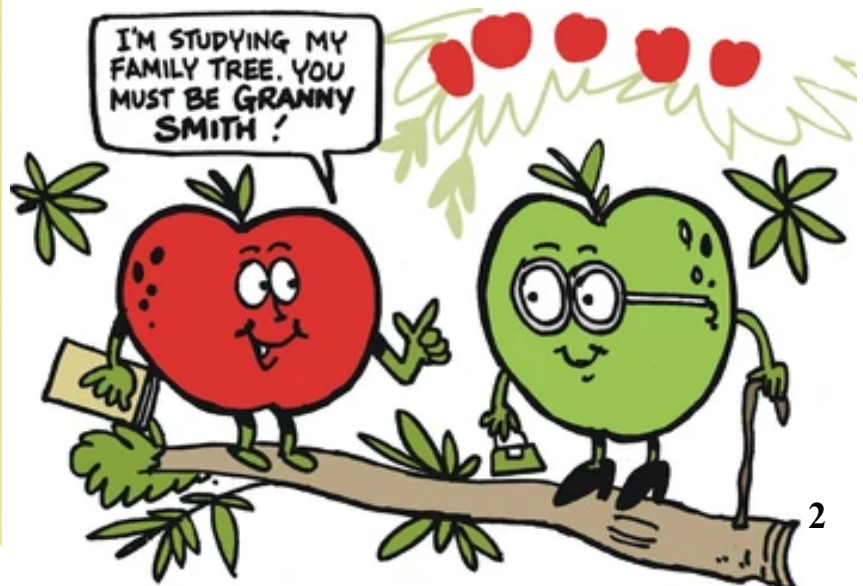


THUNDERWEAR

I SAID YOU'RE  
THE GOOD TYPE  
OF FAT



**Knock, knock!**  
Who's there?  
**Ash.**  
Ash who?  
**Gesundheit!**  
**Need a tissue?**





## **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**

**Daniel Sevilla (Chief Operations Officer) (830) 850-0898**

**Arthur Nagel Community Clinic (830) 796-3448**

**CVS Pharmacy (830) 460-7701**

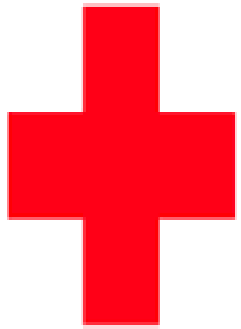
**Bandera Pharmacy (830) 796-3111**

**ART Bus 1-866-889-7433**

**Texas Abuse Hotline 1-800-252-5400**

**Texas Health and Human Services (830) 796-3739**

**South Texas Alzheimer's Assoc. (210) 822-6449**



# **American Red Cross**

**redcross.org**

***Together, we can save a life***



## **HEVENOR**

**LUMBER & HARDWARE**

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**hevenorlumberhardware.com-**

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> [edwardjones.com](https://edwardjones.com) | Member SIPC



## **Retired? Let us help with your income needs.**



**Anthony J Ferragamo, CFP®, CKA®**  
Financial Advisor

P O Box 2806  
158 Hwy 16 S Suite D  
Bandera, TX 78003  
830-796-9197

EJB-19325-A-E-DA-4 AECSPAD 25792191



# **COMMUNITY FOUNDATION**

— of the —

## **TEXAS HILL COUNTRY**

**FOR BANDERA. FOREVER.**

**CONSIDER A CHARITABLE LEGACY AS A PART OF YOUR  
ESTATE PLAN.**

**241 EARL GARRETT STREET | KERRVILLE, TEXAS 78028**

**[WWW.COMMUNITYFOUNDATION.NET](http://WWW.COMMUNITYFOUNDATION.NET)**



**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:**

**3rd Thursday of each month @ 6pm**

**@ Silver Sage Activity Center located at 803 Buck Creek Drive.**

**For More Info, [lionsclubofbandera@gmail.com](mailto:lionsclubofbandera@gmail.com)  
Bruce @ (210) 396-6932**

# WS&P

## WALTHALL SACHSE & PIPES, INC

FAMILY & BUSINESS INSURANCE SINCE 1973

*Debbie Brzezinski - Bandera County Resident*

**[dbrzezinski@wspinsurance.com](mailto:dbrzezinski@wspinsurance.com) - [www.wspinsurance.com](http://www.wspinsurance.com)**



**300 E. Sonterra Blvd. Suite 1100 San Antonio, TX 78258, (210) 477-4286 Direct Office (210) 865-2966 Cell**

## WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | INSURANCE | WEALTH MANAGEMENT

TEXAS  
PARTNERS BANK



Bandera | 800 Main St. | 830.796.3100  
Kerrville Main | 998 Sidney Baker St. South | 830.257.4771  
Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331  
Fredericksburg | 1037 S. State Hwy 16 | 830.307.5490



[www.texaspartners.bank](http://www.texaspartners.bank)

AssuredPartners is a partner of Texas Partners Bank. Insurance products and services are:  
Not FDIC Insured - Not a Deposit of the Bank - Not Bank Guaranteed - May Lose Value

**BANDERA | KERRVILLE | FREDERICKSBURG | NEW BRAUNFELS | SAN ANTONIO | AUSTIN**

# Heat-Related Illness Prevention



As temperatures begin to rise with the approaching spring and summer months, so does the risk of heat-related illnesses (HRI) for EMS providers. Common types of heat illnesses include heat exhaustion, heat cramps, heat stroke and muscle breakdown.

## Symptoms

Headache & confusion  
Profuse sweating  
Weakness & dizziness  
Rapid pulse  
Muscle cramps  
Nausea & vomiting



## Risks & Stressors

Fatigue  
Dehydration & caffeine  
Prior heat stress event  
Medications & health conditions  
Personal Protective Equipment  
Lack of Acclimation



## Steps to Prevent Heat-Related Illness



Regularly monitor for signs and symptoms of HRI before and during shift

Check the weather prior to your shift and mitigate heat stress early



Drink water and electrolyte solutions before and during your shift

Have sufficient chilled water, electrolyte drinks and ice packs on hand



Take breaks as needed to rest, cool-off and rehydrate

Look for warning signs of HRI in your teammates



## AUGUST ACTIVITIES 2025

| Mon                                                                            | Tue                                                                             | Wed                                                                                     | Thu                                                    | Fri                                                                                                                                |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 28<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>\$10<br>1:00 Movie Monday | 29<br>10:30 Stretch & Strengthen w/Ida \$8<br>12:30 Games                       | 30<br>8:00 Video Exercise<br>9:30 Quilting<br>12:30 Games                               | 31<br>12:30 Games                                      | 1<br>8:00 Video Exercise<br>1:00 Games                                                                                             |
| 4<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>\$10<br>1:00 Movie Monday  | 5<br>10:30 Stretch & Strengthen w/Ida \$8<br>12:30 Games<br>1:00 Writers Group  | 6<br>8:00 Video Exercise<br>9:30 Quilting<br>12:30 Games                                | 7<br>10:30 Healthy Carbohydrates Class<br>12:30 Games  | 8<br>8:00 Video Exercise<br>1:00 Games<br>1:00 Watercolor w/Shelly \$6<br>1:00 Cryotherapy<br>Therapy Talk w/ Kristy Young         |
| 11<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>\$10<br>1:00 Movie Monday | 12<br>10:30 Stretch & Strengthen w/Ida \$8<br>12:30 Games                       | 13<br>8:00 Video Exercise<br>9:30 Quilting<br>11-1 To-Go Meal Fundraiser<br>12:30 Games | 14<br>10:30 Healthy Carbohydrates Class<br>12:30 Games | 15<br>8:00 Video Exercise<br>1:00 Games<br>1:00 Self Massage Techniques w/ Emily Cristofich                                        |
| 18<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>\$10<br>1:00 Movie Monday | 19<br>10:30 Stretch & Strengthen w/Ida \$8<br>12:30 Games<br>1:00 Writers Group | 20<br>8:00 Video Exercise<br>9:30 Quilting<br>12 Nutrition Education<br>12:30 games     | 21<br>10:30 Healthy Carbohydrates Class<br>12:30 Games | 22<br>8:00 Video Exercise<br>1:00 Games<br>1:00 Watercolor w/Shelly \$6<br>1:00 Medicinal Herbs Talk w/ Lynea Weatherly            |
| 25<br>10:00 Yoga w/ Willie<br>\$10<br>1:00 Movie Monday                        | 26<br>10:30 Stretch & Strengthen w/Ida \$8<br>12:30 Games                       | 27<br>8:00 Video Exercise<br>9:30 Quilting<br>11-1 To-Go Meal Fundraiser<br>12:30 Games | 28<br>10:30 Healthy Carbohydrates Class<br>12:30 Games | 29<br>8:00 Video Exercise<br>12:00 Birthday Bash<br>1:00 Games<br>1:00 Schumann Frequency and Therapeutic Oils Talk w/ Rene Miller |

For inquiries about Activities or to Schedule an Activity, Please call Daniel (830)850-0898





Almuerzo de agosto de 2025. Servido de 11:30 a 13:00 h. Silversage.org

| Domingo                                                                                | Lunes                                                                                                                                                                                                                                         | Martes                                                                                                                               | Miércoles                                                                                                                | Jueves                                                                                                           | Viernes |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------|
|                                                                                        | <br>Area Agency<br>on Aging<br><small>Provided through the Texas Department of Aging and Disability Services<br/>Alamo Area Council of Governments</small> | <br>AACOG<br>Alamo Area Council<br>of Governments | El menú se prepara en<br>colaboración con Ben E.<br>Keith Foods de Jackie<br>Scimeca, dietista<br>licenciada n.º DT83358 | 1<br>Pollo a la parrilla<br>Ensalada Cesar<br>Crutones<br>Aderezo César                                          |         |
| 4<br>Nuggets de pescado crujientes<br>Papás fritas de batata<br>Guisantes y zanahorias | 5<br>Taco de cerdo con<br>Pimientos y cebollas<br>Frijoles refritos<br>Maíz del suroeste                                                                                                                                                      | 6<br>Pollo Alfredo<br>Calabacín y calabaza                                                                                           | 7<br>Cerdo glaseado con naranja<br>Cortar<br>Pilaf de arroz<br>Balsámico asado<br>coles de Bruselas                      | Atún al limón y 8<br>Pasta con brócoli<br>Ensalada de pasta italiana<br>una cama de verduras frescas<br>Galletas |         |
| 11<br>Pollo y waffles<br>Manzanas con canela<br>Jarabe                                 | 12<br>Pimiento relleno<br>Cazuela<br>Frijoles pintos                                                                                                                                                                                          | 13<br>Lasaña de tres carnes<br>Espárragos asados<br>Galleta de ajo                                                                   | 14<br>Salisbury Steak &<br>Salsa<br>Puré de papas<br>Guisantes                                                           | 15<br>Ensalada de tacos con<br>Rancho y Tortilla<br>Papás fritas<br>Salsa                                        |         |
| 18<br>Pechuga picada<br>Sándwich<br>Papás fritas<br>Frijoles al horno                  | 19<br>Macarrones con chile<br>Pan de maíz                                                                                                                                                                                                     | 20<br>Jamón, huevo y queso<br>Taco<br>Desayuno crujiente<br>Cuñas                                                                    | 21<br>Carne mechada<br>Puré de papas y<br>Salsa<br>Judías verdes<br>Amandina                                             | 22<br>Pollo del suroeste<br>Ensalada de pasta sobre un<br>lecho de verduras frescas<br>Galletas                  |         |
| 25<br>Buñuelos de cerdo con salsa<br>Puré de papas<br>Judías verdes                    | 26<br>Stroganoff de ternera con<br>Salsa de crema sabrosa<br>sobre huevo con mantequilla<br>Fideos<br>Mantequilla fresca<br>Zanahorias                                                                                                        | 27<br>Ziti al horno con<br>Embutido<br>Brócoli sazonado<br>Panecillo                                                                 | 28<br>Enchilada de pollo<br>Homear<br>Arroz español<br>Frijoles pintos                                                   | 29<br>Ensalada de pasta BLT sobre<br>una cama de verduras frescas<br>Galletas                                    |         |
|                                                                                        |                                                                                                                                                                                                                                               |                                                                                                                                      |                                                                                                                          | Menú sujeto a cambios<br>Según disponibilidad                                                                    |         |

# August 2025 Lunch Served 11:30-1pm [silversage.org](http://silversage.org)

| Sunday                                                                  | Monday                                                                                                                                                                                                                                       | Tuesday                                                                                                                              | Wednesday                                                                                                 | Thursday                                                                        | Friday                                                                     |  |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------|--|
|                                                                         | <br>Area Agency<br>on Aging<br><small>Trusted through the Texas Department of Aging and Disability Services<br/>Alamo Area Council of Governments</small> | <br>AACOG<br>Alamo Area Council<br>Of Governments | The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358 |                                                                                 | <b>1</b><br>Grilled Chicken<br>Caesar Salad<br>Croutons<br>Caesar Dressing |  |
| <b>4</b><br>Crispy Fish Nuggets<br>Sweet Potato Fries<br>Peas & Carrots | <b>5</b><br>Pork Taco with Peppers and Onions<br>Refried Beans<br>Southwest Corn                                                                                                                                                             | <b>6</b><br>Chicken Alfredo<br>Zucchini & Squash                                                                                     | <b>7</b><br>Orange Glazed Pork Chop<br>Rice Pilaf<br>Roasted Balsamic Brussel Sprouts                     | <b>8</b><br>Italian Pasta Salad on a Bed of Fresh Greens<br>Crackers            |                                                                            |  |
| <b>11</b><br>Chicken and Waffles<br>Cinnamon Apples<br>Syrup            | <b>12</b><br>Stuffed Pepper Casserole<br>Pinto Beans                                                                                                                                                                                         | <b>13</b><br>Three Meat Lasagna<br>Roasted Asparagus<br>Garlic Biscuit                                                               | <b>14</b><br>Salisbury Steak & Gravy<br>Mashed Potatoes<br>Peas                                           | <b>15</b><br>Taco Salad with Ranch and Tortilla Chips<br>Salsa                  |                                                                            |  |
| <b>18</b><br>Chopped Brisket Sandwich<br>French Fries<br>Baked Beans    | <b>19</b><br>Chili Mac<br>Cornbread                                                                                                                                                                                                          | <b>20</b><br>Ham, Egg and Cheese Taco<br>Crispy Breakfast Wedges                                                                     | <b>21</b><br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Amandine                               | <b>22</b><br>Southwest Chicken Pasta Salad on a Bed of Fresh Greens<br>Crackers |                                                                            |  |
| <b>25</b><br>Pork Fritter & Gravy<br>Mashed Potatoes<br>Green Beans     | <b>26</b><br>Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles<br>Fresh Buttered Carrots                                                                                                                                   | <b>27</b><br>Baked Ziti with Sausage<br>Seasoned Broccoli<br>Dinner Roll                                                             | <b>28</b><br>Chicken Enchilada Bake<br>Spanish Rice<br>Pinto Beans                                        | <b>29</b><br>BLT Pasta Salad on a bed of Fresh Greens<br>Crackers               |                                                                            |  |
|                                                                         |                                                                                                                                                                                                                                              |                                                                                                                                      | Menu Subject To Change<br>According to Availability                                                       |                                                                                 |                                                                            |  |

# PRE DIABETES

## Food list

### ENJOY

#### NON-STARCHY VEGETABLES

- Spinach
- Kale
- Broccoli
- Brussel sprouts
- Tomato
- Cucumber
- Green beans
- Cauliflower
- Zucchini



#### FRUITS

- Apple
- Berries
- Pear
- Citrus fruit
- Kiwi
- Grapefruit
- Cherry
- Plum
- Orange
- Peach



#### LEAN PROTEINS

- Skinless poultry
- Tofu
- Tempeh
- Eggs
- Beans
- Fish (especially fatty fish like salmon)
- Lean cuts of beef or pork



#### WHOLE GRAINS

- Quinoa
- Brown rice
- Wild rice
- Barley
- Oats
- Whole grain pasta
- Whole wheat bread
- Bulgur
- Millet



#### LOW-FAT DAIRY

- Skim milk
- Low-fat yogurt
- Greek yogurt
- Reduced-fat cheese
- Fat-free sour cream
- Low-fat buttermilk
- Almond milk (unsweetened)
- Kefir



#### HEALTHY FATS

- Olive oil
- Canola oil
- Almond
- Cashews
- Pistachios
- Flaxseed
- Fatty fish (salmon, tuna, mackerel)
- Omega-3 eggs
- Avocado



#### HEALTHY SNACKS

- Raw veggies with hummus
- Greek yogurt
- Nuts and seeds
- Air-popped popcorn
- Wholemeal crackers with cheese



### AVOID

#### FATTY FOODS

- Fried foods
- Fast food
- High-fat dairy
- Baked goods
- Snack foods
- Fatty-cut of meats
- Creamy sauce
- Certain oils (eg palm oil, coconut oil, margarine)



#### PROCESSED FOODS

- Fast food
- Frozen meals
- Canned foods
- Packaged snacks
- Breakfast cereal
- Instant foods
- Packaged drinks
- Packaged baked foods



#### PROCESSED MEATS

- Bacon
- Sausage
- Hot dogs
- Pepperoni
- Smoked meat
- Deli meats (ham, turkey, roast beef)
- Jerky
- Corned beef



#### REFINED CARBOHYDRATES

- White bread
- White rice
- White flour
- Corn flakes
- White tortillas
- Couscous
- Sugary cereals
- Pastries
- Sugary snacks
- Desserts



#### FULL-FAT DAIRY

- Whole milk
- Full-fat yogurt
- Cream cheese
- Flavored milk
- Butter
- Whipped cream
- Condensed milk
- High-fat cheese
- Regular ice cream



#### BEVERAGES

- Alcohol
- Regular soda
- Fruit juices with added sugar
- Energy drinks
- Sweetened tea
- Sport drinks
- Packaged drinks
- Flavored coffee



#### SWEETENED CONDIMENTS

- Soy sauce
- Ketchup
- Tartar sauce
- Honey mustard
- Salad dressing
- Teriyaki sauce
- Barbecue sauce
- Sweet chili sauce
- Sweet pickle relish





|            |            |
|------------|------------|
| AFFECTION  | HESITATION |
| AFFINITY   | HORROR     |
| AGITATION  | HOSTILITY  |
| ANGUISH    | IMPATIENT  |
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| ANXIETY    | INFLUENCE  |
| APPETITE   | INJURY     |
| APPROACH   | ISOLATION  |
| ATTACK     | LANGUOR    |
| AVERSION   | LONELINESS |
| BACKLASH   | MADNESS    |
| BEAUTY     | MATURITY   |
| BENEFIT    | MISFORTUNE |
| BITTERNESS | MOVEMENT   |
| CHAGRIN    | NOSTALGIA  |
| COLDNESS   | PASSION    |
| COMPLICITY | PLEASURE   |
| CONFUSED   | PRESENCE   |
| CONTEMPT   | PRESSURE   |
| DANGER     | RELIEVED   |
| DÉJÀ VU    | RELUCTANCE |
| DEPENDENCE | REMORSE    |
| DESIRE     | REPROACH   |
| DESPAIR    | REPUGNANCE |
| DIFFERENCE | RESISTANCE |
| DISARRAY   | RESURGENCE |
| DISCOMFORT | RIGHTNESS  |
| DISGUST    | SADNESS    |
| DISTRESS   | SINCERITY  |
| EFFECT     | STRENGTH   |
| EMOTION    | SYMPATHY   |
| EXCITEMENT | TENDERNESS |
| FINESSE    | TENSION    |
| FRIENDSHIP | THIRSTY    |
| FUTILITY   | TORMENT    |
| GRANDEUR   | TURMOIL    |
| GRAVITY    | URGENCY    |
| HAPPINESS  | VOCATION   |
| HARDNESS   | WEAKNESS   |
| HATRED     | WEARINESS  |
| HEARTBREAK | WELCOME    |
| HEAVINESS  |            |

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| I | N | O | S | P | O | I | E | B | Y | E | I | R | U | R | N | P |
| T | O | V | S | A | R | F | R | N | O | I | T | A | T | I | G | A |
| O | I | E | E | I | T | E | D | E | J | A | V | U | A | T | T | S |
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| M | A | E | D | K | N | S | S | E | N | I | L | E | N | O | L | I |
| E | C | N | A | T | C | U | L | E | R | D | A | N | G | E | R | O |
| N | O | T | S | E | E | D | I | S | C | O | M | F | O | R | T | N |
| T | V | A | P | P | E | T | I | T | E | R | E | M | O | R | S | E |

A synonym for feel

To feel a strong emotion, an exaltation, a demonstrative impulse



# ***SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION***

**\*\*WEATHER PERMITTING\*\***

**MONDAY AUGUST 11TH 10AM-12PM  
LAKEHILLS COMMUNITY CENTER  
11225 PR 37, Lakehills, TX**

**MONDAY AUGUST 25TH 10AM-12PM  
LAKE MEDINA SHORES (THE POOL)  
7100 Wharton's Dock Road**

**\*Registration will be done on-site\***

**QUESTIONS: (830) 796-4969**

