



Our Silver Sage Thrift Store is located at 660 Hwy 16 South
Store hours Tues-Thurs 10:00am-3:00pm
Friday - 10am-2pm
Proceeds benefit Meals On Wheels



MONTHLY MENU
PAGE 12 & 13



BANDERA COUNTY

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 always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is: **April 2nd Doc Williams & David Wayne**

Know a Veteran struggling to meet everyday needs? pg 6

BUS TRIP: there will be two trips to Willow City Loop Wildflowers Drive, Tubby's Ice House lunch & Wildseed Farm this month!

WATERCOLOR PAINTING with Shelly! You will take your painting home with you at the end of the event. The first one is on Monday, April 15th at 10:00 a.m. and the second one is on Monday, April 29th! Pg 10



elevatinghealth



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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**.

Peterson Medical Associates
3540 SH 16 S
Suite 1-D
Bandera, Texas

To schedule your appointment at our new
Bandera location, call 830.522.2002



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

HOURS:

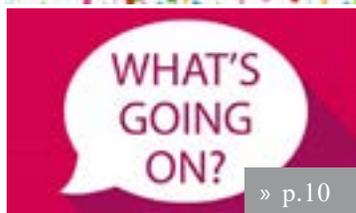
SILVER SAGE HOURS:

MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



By Lisa Crawford



7. Through the Eyes Of A Driver, by Mary Allyce: “But all of April’s noteworthy dates pale this year, at least in the Texas Hill Country, beside the Biggest of Big Days, April 8th. For the one or two people who are not aware of the significance of April 8, 2024, this is the day of the (drum roll, please) Total Solar Eclipse...”

10. Activities, by Lisa Beck - “What an incredible month March was. I hope you were able to join us for lunch, exercise or one of our wonderful bus trip outings. We had a blast on every single event and made some really wonderful memories. Thank you to all who make my job so much fun. This month will be just as jam packed as March was. Get signed up as soon as possible so you don’t miss out.”...

16. Texas will be an amazing destination for the total solar eclipse! Be prepared to see the greatest sight nature offers, a total eclipse of the Sun. Be sure to get inside the path of totality for the full experience.

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



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

John Cressey-Neely (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

Bandera Pharmacy (830) 796-3111

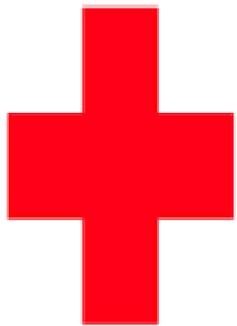
ART Bus 1-866-889-7433

Silver Sage Thrift Store (830) 796-3590

Texas Abuse Hotline 1-800-252-5400

Texas Health and Human Services (830) 796-3739

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



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Know a Veteran Struggling to Meet Everyday Needs?

Silver Sage Veteran's Resources may be able to help!

Find 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

April is generally not the most exciting month. April 15th is the last day to file federal income taxes which is probably exciting to tax preparers, and like other months, multiple days in April are designated to promote, amuse, and educate. There's World Autism Acceptance Day (April 2nd), World Book and Copyright Day (April 23rd) closely followed by World Intellectual Property Day (April 26th), and who doesn't love to observe National Tom Foolery's Day, otherwise known as April Fool's Day on April 1st? This month's other main claim to fame is the hope of April showers to bring those much anticipated May flowers.

But all of April's noteworthy dates pale this year, at least in the Texas Hill Country, beside the Biggest of Big Days, April 8th. For the one or two people who are not aware of the significance of April 8, 2024, this is the day of the (drum roll, please) Total Solar Eclipse.

The upcoming total eclipse has been hyped, discussed, and planned for a couple of years because the Hill Country has a front row seat for the totality. There's a word none of us knew before the planning, and publicity, and all those t-shirts were printed. Neighboring towns of Kerrville and Fredericksburg have made formal Declarations of Disaster in preparation for the hoards of eclipse watchers predicted to descend on our peacefully bucolic towns. Kerrville has a t-shirt for sale that proclaims, "I Got Mooned In Kerrville", although I'm partial to the one I saw online which more serenely states "Hello Darkness My Old Friend".

So what's the big deal? What makes this eclipse worthy of such commercial and cautionary planning? We had a Ring of Fire Eclipse last October during an Annular Solar Eclipse and this is certainly not the first time there's been a total solar eclipse. The difference is the number of people who will be able to see and experience

this one in the United States. We here in Bandera County are in the much hyped "path of totality" which arcs through a broad swath of the US and spans States from Texas to Maine. The duration of totality in our area – four minutes plus – also sets this event apart from other recent eclipses.

No question none of this escaped the interest of those who stand to profit from a total eclipse visible throughout the country. Local, national, and international attention ramped up interest in the astronomical happening. Information spewed forth, aided and abetted by modern technology, delivering moment by moment reporting of everything from traffic concerns to information about protective eyewear and more details of solar eclipses than anyone needed to know.

Never fear. There will be something for everyone. Music festivals. Parties. Plenty of solar paraphernalia to draw you into shops. I'm betting more than one food establishment will offer solar eclipse themed food. So buy a t-shirt. Wear your protective eye gear. Go out or stay in. One way or another, the brouhaha will be over by early afternoon and we can all go back to whatever passes for normal, everyday life.

Plus, it's still early in the month and we have all of lovely April to enjoy – soft spring breezes, warmer temperatures, the promise of much needed April showers. The aroma of freshly tilled earth fills the spring air, waiting to welcome delicate young plants. If that doesn't do it for you, start planning for National Bucket List Day on April 24th. You can begin by crossing "Surviving A Total Solar Eclipse While In The Path of Totality" off the list

Happy April and see you in May!.



Funny Bone

How do pirates celebrate April Fools' Day? They walk the prank.

What did one spring flower say to the other? "Girl, you really got me growing."

What do you call a group of bunnies hopping away from you? A receding hareline.

Humpty Dumpty had a great fall. Spring apparently wasn't bad either.

What did the mama cow say to her baby after he stayed up too late on April Fools' Day? "It's pasture bedtime."

What kind of shoes do frogs wear when spring comes? Open-toad.

Why don't chickens play pranks on April Fools' Day? They don't engage in fowl play.

What kind of pickles do spring flowers like? Daffo-dills.

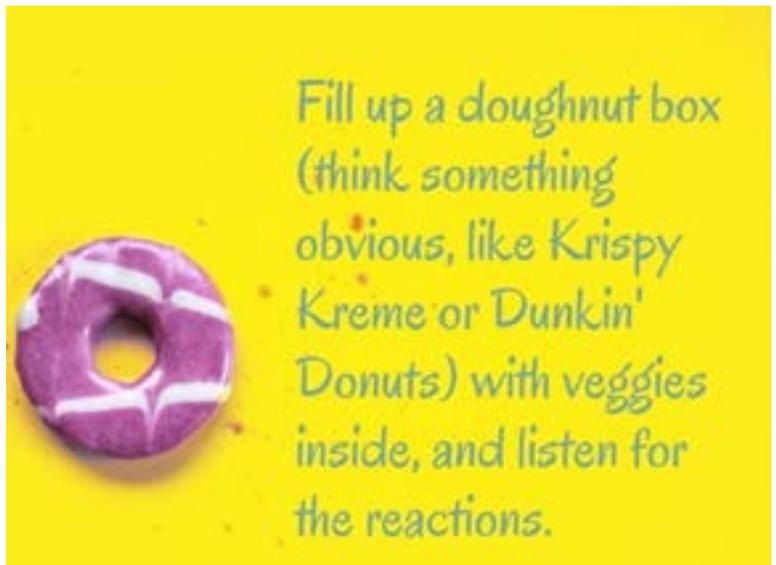
What do bees use to fix their hair? Honeycombs.

What did the calendar say after April Fools' was declared a holiday? "Prank you, prank you very much."

What do storm clouds wear under their pants? Thunderwear.

Why shouldn't you tell ducks jokes on April Fools' Day?

They'll quack up.



Today's the day to propose. If they say yes, great. If they say no, just say, "April Fools'!"

Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.

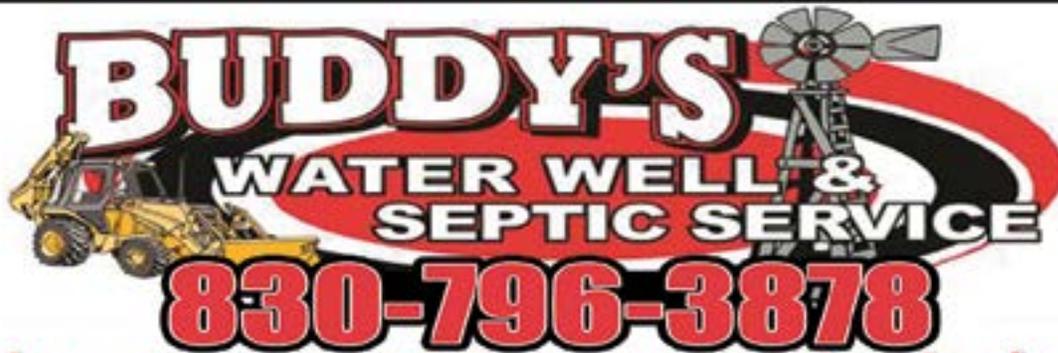


Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.

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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Kerrville Main | 998 Sidney Baker St. South | 830.257.4771
Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490**



texashillcountrybank.com



HEY, WHAT'S HAPPENING?

By Lisa Crawford (Activities Director)

What an incredible month March was. I hope you were able to join us for lunch, exercise or one of our wonderful bus trip outings. We had a blast on every single event and made some really wonderful memories. Thank you to all who make my job so much fun. This month will be just as jam packed as March was. Get signed up as soon as possible so you don't miss out. I am trying to schedule as many outdoor activities as possible before it gets to hot. So here we go.

MUSIC The Cowboy Capital Opry takes place the first Tuesday each month.

Doors open at 6:30 and music starts at 7:00. Cost is \$10 per person and all proceeds go to help fund the Bandera County Meals On Wheels program. We appreciate your support for this program. Bring your friends and family. It is always a great time. Thank you to our musicians who volunteer their time and talents each month.

BUS TRIPS-HEB in Kerrville on Wednesday, April 3rd. Bus will leave at 12:30

Willow City Loop Wildflowers Drive & Tubby's Ice House & Wildseed Farm on Thursday, April 4th we leave the center at 8:30 a.m. for a beautiful drive in the Texas Hill Country for some of the best bluebonnet and wildflower views in our area. We will make a bathroom pit stop before we start the loop in Fredericksburg and after we have taken all the pictures our cameras will hold, we will head to lunch at Tubby's Ice House. Tubby's is an outdoor restaurant and serves burgers, fries, salads, nachos, sodas, tea, beer, wine, cocktails and more. After lunch we will make one last stop at the Fredericksburg Wildseed Farm. This will be a long day.

Mac and Ernie's Roadside Grill on Friday, April 5th. We will leave at 10:30 a.m. We only have room on the bus for 12 people so sign up quickly. We usually have quite a few that meet us there and you are certainly welcome to do that as well. I only ask that, whether you want to ride the bus or meet us there, please sign up and let me know which you are doing so I can give an accurate head count to the restaurant. The food is amazing!

The Lakehouse Restaurant in Kerrville and SongwriterTX live Radio Show at the Rockbox Theater in Fredericksburg on Wednesday, April 10th. The bus will leave the center at 3:45 and head out to an early dinner before heading to the Rockbox Theater. This live radio show is hosted by songwriters Brent Burgess and Boone Holding and features two different songwriters each month. The show is fun and full of laughter with the hosts asking fun and often leading questions of the guest songwriters with lots of their original songs thrown in. All in all it's a fantastic night of fun. The show is FREE but you may consider bringing a couple of dollars to throw in the tip bucket.

Walmart in Hondo on Tuesday, April 16th. Bus leaves at 12:30

AMC Movie Theater in Boerne on Thursday, April 18th. The exact time of departure and the movie will be determined by Wednesday, April 17th since the schedules come out for the week on Wednesdays.

Willow City Loop Wildflowers Drive, Tubby's Ice House lunch & Wildseed Farm on Monday, April 22nd we leave the center at 8:30 a.m. for a second beautiful drive in the Texas Hill Country with some of the best bluebonnet and wildflower views in our area. We will make a bathroom pit stop before we start the loop in Fredericksburg and after we have taken all the pictures our cameras will hold; we will head to lunch at Tubby's Ice House. Tubby's is an outdoor restaurant and serves burgers, fries, salads, nachos, sodas, tea, beer, wine, cocktails and more. After lunch we will make one last stop at the Fredericksburg Wildseed Farm. This will be a long day.

CONTINUED ON THE NEXT PAGE...

WHAT'S HAPPENING CONTINUED...

Japanese Tea Garden in San Antonio on Tuesday, April 30th . Bus leaves at 8:30 a.m. The Tea Garden entry is FREE. Keep in mind The upper garden and pavilion areas of the historic Japanese Tea Garden is accessible by ramp. The lower garden is accessible only by stairs. After we have taken in all the beauty of the Garden we will head to lunch just down the street at W D Deli and Bakery.

Please keep in mind the bus trips are for seniors age 55 and older. If by the day before the trip, the bus is not filled, at that time it will open up to those 18 and over. To ride the bus, you need to be physically able to get on and off the bus without assistance. Unfortunately, there is not room for walkers, rollators or wheelchairs. The bus fee is \$5 per person for each trip to help offset the price of gas and maintenance.

CRAFTS: WATERCOLOR PAINTING We are so thrilled to have Shelly Swift coming to lead us in a couple of watercolor painting events this month. The cost will be \$6 per person and covers the cost of all supplies needed. Please pay directly to Shelly. You will take your painting home with you at the end of the event. The first one is on Monday, April 15th at 10:00 a.m. and the second one is on Monday, April 29th. These are not ongoing classes but a one time event each time. Shelly will lead you through it so you don't need to have any previous experience in painting at all. Just come and have a great time. This will be held in the Craft room and is limited to 10 people for each event. If these events are well attended we will schedule more in the future.

MISCELLANEOUS: WALKING GROUP The Silver Sage Walking Group is in full swing and going strong. All ages are welcome, and you do not have to be a member of the Silver Sage. Come get active with us Monday and Wednesday mornings at 8:30 at the City Park main entrance across from the skate park. Go at your own pace, start and stop as you need to. This is not a bus trip. Just meet me at the park. Please check the calendar as there are a few dates I won't be there. Several of the walkers still meet even when I am not, but you can exchange numbers if you like and check in with each other on that. Let's Get MOVIN'

BEC Energy Saving Presentation Wednesday, April 24th at 12:00 p.m. in the dining room.

IN HOUSE MOVIE Thursday, April 25th at 1:30 we will show The Intern. Rated PG-13, length 2 hr, 1 min. In the dining room. FREE

Blood Pressure checks offered by Tri County Home Health in the dining room on Thursdays with Starla.

Advanced Directives Informational Table will be set up in the dining room on Thursday, April 11th courtesy of Alamo Hospice. Lana will be there to answer questions.

I honestly don't think I could have crammed in one more trip or event. Whew! See you soon!



ABRIL 2024 Almuerzo servido de 11:30 a 1 p.m. Silversage.org

Lun	Mar	Casarse	Jue	Vie
1. Jamón de Pascua Chef Jemas con queso Cazuela De Patatas Fritas Zasañorias con mantequilla	2. Stroganoff de ternera con salsa de crema salada Fideos de huevo con mantequilla Brócoli Postre elegido por el chef	3. Panini de lomo de cerdo cubano Frijoles Negros Con Pimientos Cebollitas Patatas dulces fritas	4. Cordon Bleu De Pollo Cremoso Al Horno Verduras Toscanas Panecillo	5. Ensalada picante de tacos con chips de maíz, aderezo ranch y salsa casera
8 Cerrado Ménu Sujeto a cambios Según disponibilidad	9. Picadillo de carne mexicana con papas en tortilla de harina Frijoles refritos Manzanas acarameladas al horno	10 Lomo De Cerdo Jugoso BBQ Doritos Frijoles Horneados a la barbacoa Ensalada de col	11 Sándwich de pollo crujiente con pepinillos Maíz Papas fritas crujientes	12 Ensalada del Chef con Hervidos Huevo sobre una cama de Bebé Espinaca patatas saladas Aderezo ranch
15 Pollo picante a la naranja Arroz Blanco Al Vapor pogatinas	16 Pastel de carne casero Puré de patatas/salsa Vegetales a elección del chef. Cereza crujiente	17 Espaguetis de jardín con Carne Molida, Jardín Verduras y hierbas frescas Pan de ajo	18 Pastel de pastor Tex Mex con Carne molida picante, cremosa Puré De Papas, Mixto Verduras y queso cheddar	19 Ensalada de atún bajo en carbohidratos con Guisantes en una cama de bebé Espinaca Tomates patatas saladas
22 Filete De Pollo Frito Con Salsa Puré de Papas al Ajo Judías verdes con ajo y mantequilla	23 Hamburguesa jugosa con todos los ingredientes Tostis crujientes Fruta fresca	24 Cerdo untado con especias Filete de lomo Verduras de raíz asadas pan de maíz	25 Tazón coreano de carne molida sobre arroz Espinacas sazonadas	26 Ensalada dulce de pollo BBQ con maíz, topos, queso y tomates sobre una cama de verduras crujientes Aderezo ranch
29 Pallitos de pescado con atadajo Salsa Tarta Ensalada picante de repollo Patatas dulces fritas	30 Perno con queso y chile del tamaño de Texas Frijoles Horneados Fruta fresca		 <p>Area Agency on Aging Alamo Area Council of Governments</p>	 <p>AACOG Alamo Area Council of Governments</p>

APRIL 2024 Lunch Served 11:30-1pm **Silversage.org**

Mon	Tue	Wed	Thu	Fri
<p>1. Easter Ham Chef James Cheery Hashbrown Casserole Buttered Carrots</p>	<p>2. Beef Stroganoff with Savory Cream sauce Buttered Egg Noodles Biscuits Chef Cheese Dessert</p>	<p>3. Cuban Pork Tenderloin Pausini Black Beans with Peppers Onions Sweet Potato Fries</p>	<p>4. Creamy Chicken Cordon Bleu Bake Tuscan Veggie Dinner Roll</p>	<p>5. Zesty Tuna Salad with Corn Chips, Ranch Dressing, and Homemade Salsa</p>
<p>8 Closed Menu Subject to change According to Availability</p>	<p>9. Mexican Beef Picadillo w/vegetables in a flour tortilla Refried beans Baked Caramel Apples</p>	<p>10. Juicy BBQ Pork Tenderloin Siders BBQ Baked Beans Cakeslaw</p>	<p>11. Creamy Chicken Sandwich with Pickles Corn Crispy Fries</p>	<p>12. Chef Salad with Hard Baked Egg on a bed of Baby Spinach Crackers Ranch Dressing</p>
<p>15 Tangy Orange Chicken Steamed White Rice Potstickers</p>	<p>16. Homemade Meatloaf Mashed Potatoes/ Creamy Chef Cheese Veg. Cherry Crisp</p>	<p>17. Carbon Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Garlic Bread</p>	<p>18. Tex Mex Shepherd's Pie with Zesty Ground Meat, Creamy Mashed Potatoes, Mixed Veggies, and Cheddar Cheese</p>	<p>19. Low Carb Tuna Salad with Peas on a Bed of Baby Spinach Tomatoes Crackers</p>
<p>22 Chicken Fried Steak with Gravy Garlic Mashed Potatoes Buttery Garlic Green Beans</p>	<p>23. Juicy Burger with all the fixin's Crispy Tots Fresh Fruit</p>	<p>24. Spice-Rubbed Pork Tenderloin Roasted Beet Veggies Cornbread</p>	<p>25. Korean Ground Beef Bowl over Rice Seasoned Spinach</p>	<p>26. Sweet BBQ Chicken Salad with corn, tortilla chips, cheese, and tomatoes on a bed of crispy greens Ranch Dressing</p>
<p>29 Pullback Pork Slinks with Tarter Sauce Tangy Cole Slaw Sweet Potato Fries</p>	<p>30. Texas Sized Chili Cheese Dog Baked Beans Fresh Fruit</p>		 <p>Area Agency on Aging Aging and Disability Resource Services Adult Abuse Council of Governments</p>	 <p>AACOG Aging Council Of Governments</p>

Joyce D. Lamotte, LD - Call Made On Wheels delivery (830) 796-4969

DASH DIET/HYPERTENSION

What to eat

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.

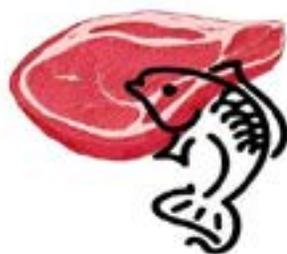
WHOLE GRAINS



BARLEY
BROWN RICE
COUCOUS
ENGLISH MUFFINS
GRANOLA
GRITS

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

MEAT & PROTEIN



CHICKEN
COD
HERRING
LAMB
MACKERAL
MAHI MAHI
OYSTERS

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

BEANS



GREEN BEANS
KIDNEY BEANS
LENTILS
LIMA BEANS
PINTO BEANS

VEGETABLES



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

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

FRUIT



APPLES
APRICOTS
BANANAS
BLACKBERRIES
BLUEBERRIES
CHERRIES
CRANBERRIES
DATES
GRAPES
HONEYDEW
KIWIS

LEMONS
LIMES
LICHEES
MELONS
NECATRINE
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Silver Sage Presents

COWBOY CAPITAL OPRY



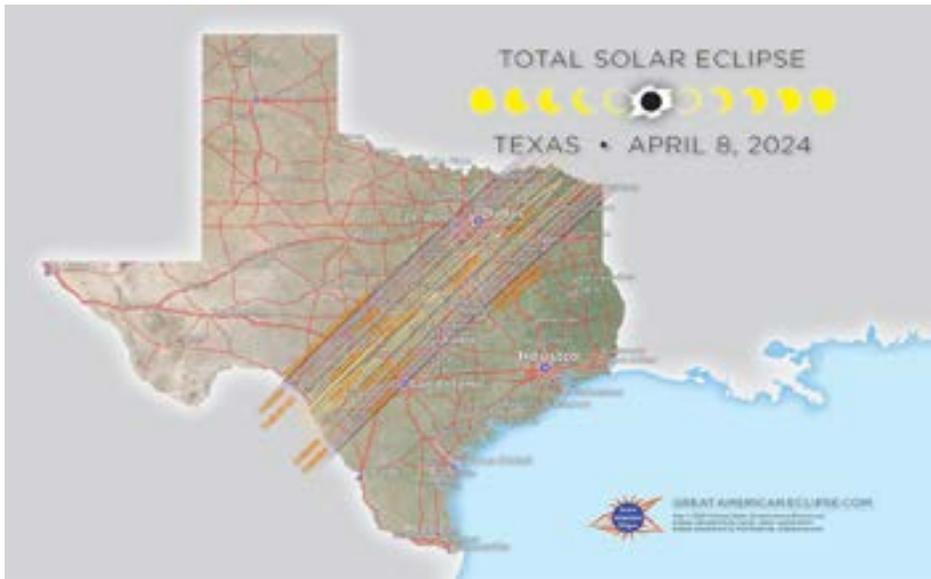
Tuesday, April 2nd

featuring

*David Wayne
and Doc Williams
& the*

Silver Sage House Band





TOTAL SOLAR ECLIPSE 2024!!!

April 8, 2024. The duration of totality will be up to 4 minutes and 27 seconds, almost double that of The Great American Eclipse of August 21, 2017. The 2017 total solar eclipse was witnessed by about 20 million people from Oregon to South Carolina, and the upcoming 2024 Great American Eclipse is sure to be witnessed by many millions more.

Texas will be an amazing destination for the total solar eclipse! Be prepared to see the greatest sight nature offers, a total eclipse of the Sun. Be sure to get inside the path of totality for the full experience.

Simply put, a total eclipse of the Sun is the most beautiful sight you will ever see in the sky. Nothing can prepare you for the amazing sight when the sky suddenly darkens and the Sun's corona shines in the sky. No photograph can capture the stunning beauty of a total solar eclipse, you must see it for yourself. Learn about the basics of the solar eclipse at greatamericaneclipse.com/basics and find out more about the wonder of eclipses at greatamericaneclipse.com/splendor. Find your copy of this map here.

Texas boasts the best weather forecast along the path in April, and has an excellent highway system and abundant accommodations in Dallas, Ft Worth, Austin, and San Antonio. Some cities with long durations of totality include Eagle Pass, Uvalde, Kerrville, Fredericksburg, Llano, Lampasas, Killeen, Waco, Sulphur Springs, and the southeastern suburbs of Dallas.

The total solar eclipse first enters Texas at the international border at 1:27 pm CDT leaves Texas at the Oklahoma and Arkansas borders at 1:49 pm CDT. Through Texas, the speed of the Moon's shadow will accelerate from about 1580 miles per hour to about 1850 miles per hour.

tates 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.

TIPS: Get your eclipse glasses early! They will sell out in the weeks before eclipse day. Learn the simple methods to safely view a solar eclipse.

Get to your destination early and try to spend eclipse night at or near your viewing location. Expect the highways and freeways to be extra busy in the aftermath of totality.

Be self-sufficient. Fill up your gas tank and bring food and water.

TWO GREAT LOCATIONS!

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Frozen Dog Bones

Ingredients

- dog bone shaped cookie cutter
- mini dog treats
- 1 banana
- 1/2 of a 15 oz canned pumpkin
- 12 oz plain greek yogurt
- 8 oz apple sauce
- 1/3 cup water

Instructions

- 1 Blend all ingredients
- 2 Pour into a nonstick shallow pan
- 3 Plan out and place the mini dog treats to fit within your cookie cutter shape
- 4 Freeze pan (approx. 2 hours)
- 5 Let pan thaw approx. 10 minutes for ease of cutting
- 6 Use cookie cutter to cut out the dog bones
- 7 Keep treats frozen until ready to enjoy!



Springtime

V V R K U K E F J N Y J R A I N B O W B Q O Q R
 I L E I B I R D S E H F E T A L O C O H C L Y K
 G U B Y D A L B O W H R U C Y E T I K P F H F C
 L B U N N Y L J H A L L E R B M U S P I C N I C
 R K B J P G G N I Z Z U B X Z F C A N D Y A S M
 G A O P A S T E L S Q L E A S T E R B T R P E E
 A H N L Z C M W Q S G M N S T S E N Q I X R E R
 L S N Z N G E A W M Z F J T O L X Y T B T I B S
 D Q E C L G O I R L O C A L I L Z M S B L L U W
 S Q T R S D E E S C V O V N B C V V H A D E P C
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 O A F S F B O N E O H P O O U N W G S W O Z R P
 G S Y H F B S U P C G N S W P L T N Q X O T E C
 I K P T O L S S L L B S N E I I I B E B Z K V A
 D E F R D E O H A I Y I E R V P Y P Y P I E O R
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|-------------|-----------|-----------|----------|----------|----------|----------|
| springbreak | chocolate | butterfly | umbrella | sunshine | daffodil | crawfish |
| vibrant | showers | rainbow | pastels | ladybug | holiday | goodies |
| flowers | buzzing | blossom | tulips | spring | rabbit | puddle |
| picnic | easter | carrot | bubble | bonnet | basket | seeds |
| peeps | march | lilac | grass | chick | candy | bunny |
| bloom | birds | april | rain | nest | lily | lamb |
| kite | hunt | eggs | duck | bees | new | may |

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