



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



A Community For Active Seniors



Page 13

MONTHLY MENU
PAGE 14 & 15



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.

Cowboy Capital Opry

1st Tuesday of every month benefiting Meals On Wheels. We will no longer take pre-payments for the opry. You can still make a reservation and have a guaranteed seat; you will simply pay at the door when you arrive. Performers this month are:
Tues. March 1st Ricky Adams

****Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide ACCESS TO Covid-19 Vaccines. See More On Page 5.**

***BUS TRIP-LUCKY EAGLE CASINO (Eagle Pass) March 23rd - Departure time 7 a.m. Page 25**



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Suite 1-D
Bandera, Texas

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



Managing Publisher/Designer:

Karyn Utterback
Executive Assistant

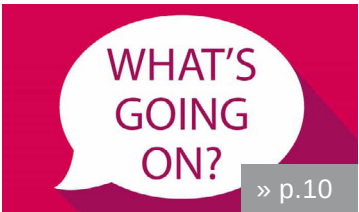
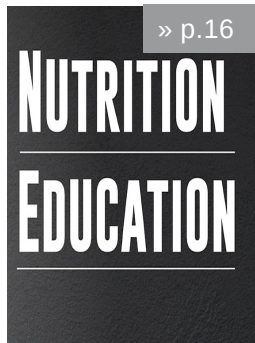
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



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

5. **VaccinateBandera.org** is a nonprofit, community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/ trusted science.
10. **What's Goin On:** "NEW Learn to Knit classes with Amy Dee, House Concert with Clifton Fifer & Lee Haile, Walmart and Casino Bus Trip, St. Patrick's Day party, and so much more going on this month!"
21. **Want To Go Bowling?** by Mikie Baker: "Turns out in many cultures, the bowl is the most common vessel used and the oldest bowl ever found is over 18,000 years old. Imagine the family fights over who was going to inherit that thing. But we Americans are weird, and we decided everybody needed to eat on a plate" ...
24. **Health Tips:** Would you like to sleep better at night? Would you like to lower your blood pressure naturally? Read more...

Our Mission:

Enriching Life For Seniors

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

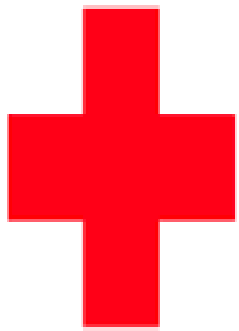
ART Bus 1-866-889-7433

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



**American
Red Cross**

redcross.org

Together, we can save a life

We'd love to see you in our seats!

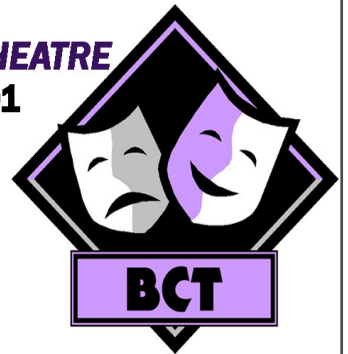
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VaccinateBandera.org is a nonprofit, community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We are funded by the Texas Vaccine Outreach and Education Grant through the TX Department of State Health Services and Texas A&M University Health Science Center. The Grant lasts for 9 months. Our contract was awarded on November 23, 2021.

We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/trusted science.

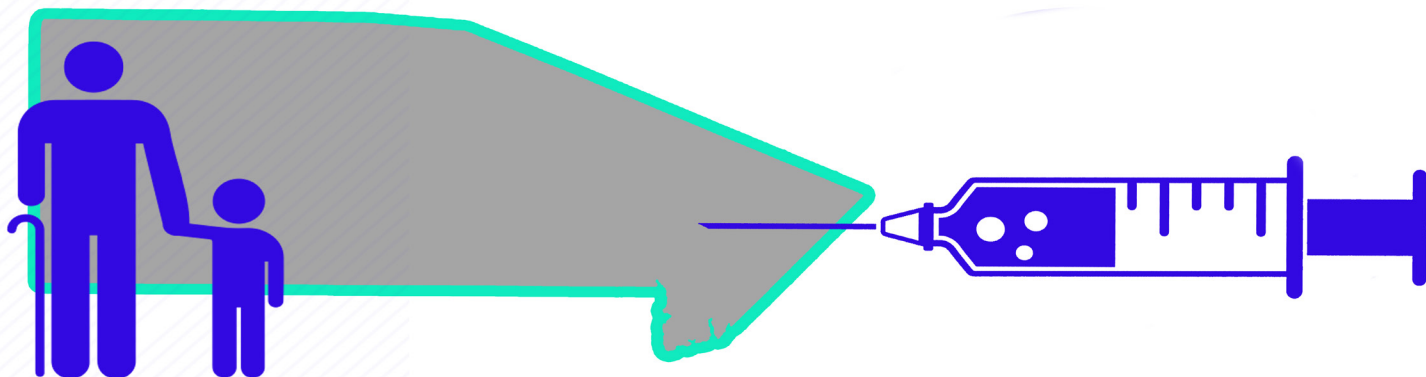
Follow and share our pages on Facebook @Protect Our Future Bandera,
Twitter @vaxbandera, Instagram @vaccinatebandera!
Help us to Protect Our Future- VaccinateBandera.org

Covid-19 Vaccine Info?

VACCINATEBANDERA.ORG

833-8-VACCINATE

Protect Our Future



Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

- Veggie stock
- Beef stock
- Chicken stock

Pick a protein (16 oz.):

- Beans
- Chicken
- Shredded Beef
- Shrimp
- Lentils
- Tofu
- Ham
- Shredded Turkey
- Steak

Add 3+ veggies:

- Carrots
- Celery
- Zucchini
- Onions
- Tomatoes
- Spinach
- Kale
- Broccoli
- Peppers
- Potatoes
- Mushrooms
- Corn
- Cauliflower
- Peas
- Squash

Add a whole grain (2 cups):

- Brown Rice
- Wheat Pasta
- Egg Noodles
- Quinoa
- Bulgur Wheat
- Barley

Add some flavor, to taste:

- Garlic
- Basil
- Lemon Juice
- Parsley
- Italian Seasoning
- Cilantro
- Pepper
- Chives
- Thyme

Place all ingredients in slow cooker & cook on low 8 hours.

THROUGH THE EYES OF A DRIVER

By Mary Allyce

After hitting the “Pause” button in February, this column is back in business in March. I have a generous deadline for SCOOP (Thank you, Karyn) and write a bit ahead of the first of each month, so my forced hiatus was actually the last full week in January, which I spent in the hospital with a nasty, non-Covid pneumonia. Ever hear of Human Metapneumovirus (HMPV)? Me either, until I wound up in Acute Care on oxygen and IV antibiotics. It’s a reminder there’s more out there than the highly publicized Covid-19, which at least has a vaccine, unlike HMPV, so please take care. These mega-viruses are no joke for many of us.

Public Service Announcement over and on to March, with a nod to February . . .

Bandera has never needed an excuse to throw a party or a big parade, but February in Bandera offers more than the usual opportunities. February’s not only the month of Valentine’s Day and the Red and Black Ball, which raised an impressive amount of money for the Silver Sage (thank you to the Cowboy Capital Regulators!), but also of Cowboy Mardi Gras, the biggest local party of them all, drawing folks from all over the world. Sporting every combination of purple, green, and gold, staging a parade that gets bigger every year, wallowing in the aromas of crawfish and gumbo, all set to the tune and tempo of zydeco music, Cowboy Mardi Gras swells the town with thousands of party hearty folks. This year the Silver Sage’s MOW jeeps and crew joined the parade and helped celebrate this annual Bandera tradition. If you missed it there’s always next year!

We didn’t have February snow in 2022, thank heaven, but we did have a couple of ice kissed days and some impressively cold temps. Thanks to community generosity and organizational efforts of Silver Sage staff and volunteers, those in need received space heaters and/or blankets to fend

off frosty days and nights. Never forget the many folks in our community who need help in a variety of ways and rely on the support of the larger community. Give what you can – your time, your check or donation – your support.

Marching on . . .

It remains to be seen if March is going to come in as a lion or a lamb. The origins of this open ended annual prediction are murky, but it may have referred to the constellations of Leo, the lion, and Aries, the ram. I don’t know about you, but I’ve never been very good at the whole astronomy thing. I can find Orion’s belt and sometimes the Big Dipper, but that’s about it. I prefer the idea the lion-lamb thing grew out of the unpredictable nature of weather as we transition from winter to spring. Consulting with my modern oracle – the weather app on my phone – March 1, 2022, will be lamb-ish at a tolerable 71o for the high and cloudy but dry. I’ll take it, even with a predicted low of 39o. With luck, I won’t need either heat or air conditioning, as opposed to the recent day with a high of 87o and a low of 29o when both systems got a workout. As for a lion-ish exit to the month, I guess we can all be surprised and hope March’s other climate claim - the “windy month” - brings soft spring breezes that don’t stir up too much pollen!

But can anyone deny the most appealing feature of March – St. Patrick’s Day! It doesn’t matter what your ethnic or cultural background is, on March 17th , I believe we’re all Irish. Haul out your best green finery, boil up some corned beef and cabbage, bake an Irish soda bread and tap your toes to an Irish jig. If you’re a fan – tip back a pint or two! So until next month, in the words of Olde Irish Blessings, “May the [March] wind always be at your back” and “May leprechauns dance over your bed and bring you sweet dreams!”



Funny Bone

**“You know you’re getting old when the candles cost more than the cake.”
—Bob Hope**

“I’m at an age when my back goes out more than I do.” —Phyllis Diller

**“You know you’re getting old when you get that one candle on the cake. It’s like, ‘See if you can blow this out.’”
—Jerry Seinfeld**

“I’ve learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.” —Andy Rooney

“So far, this is the oldest I’ve been.” —George Carlin

“By the time a man is wise enough to watch his step, he’s too old to go anywhere.” —Billy Crystal

“As you get older, the pickings get slimmer, but the people sure don’t.” —Carrie Fisher

If you lose something in an old-age home, don’t stop until you’ve searched every nook and granny.

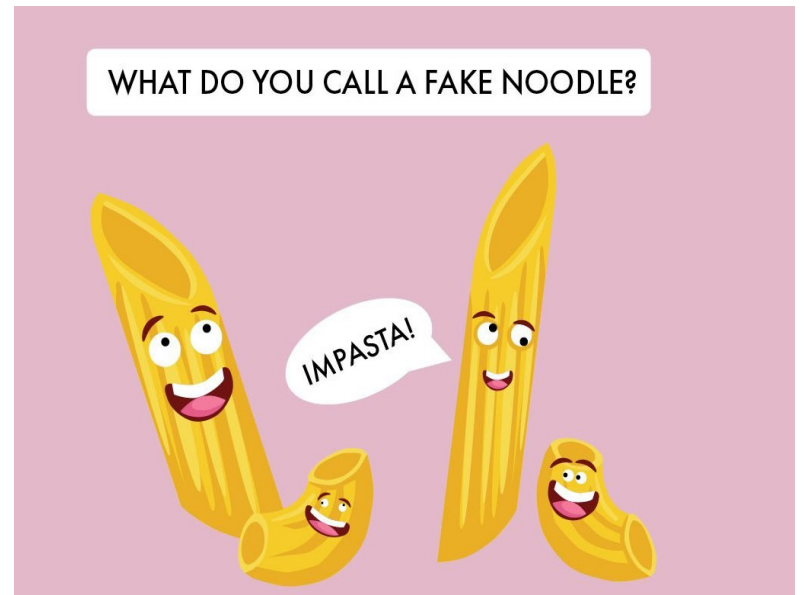
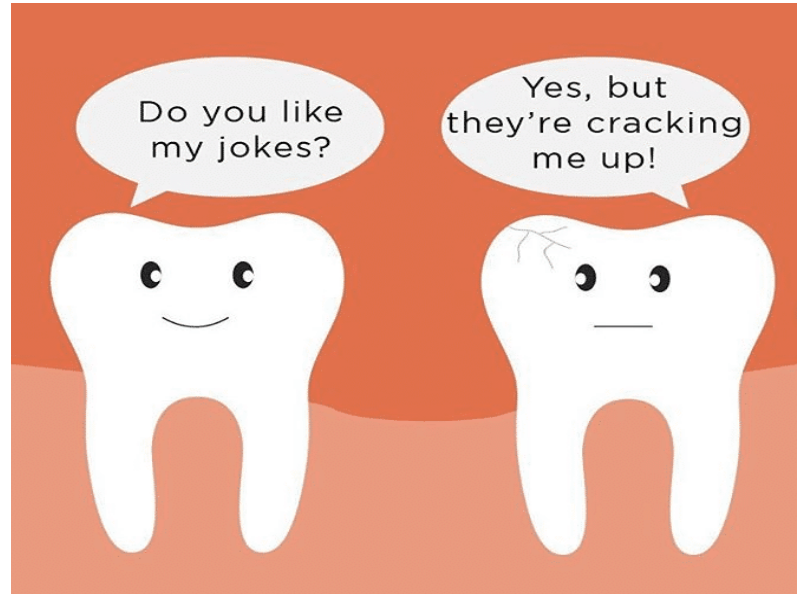
Pastry chefs know that old age crepes up on you.

Only old people watch the Grammy Awards.

The old baker understands aging, she’s an old tarte!

You know what the young chicken said the old, “You’re no spring chicken!”

Age got muffin on you!



Bandera Writers Group, March 3rd

in the Great Room 2pm-4pm!

The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089



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HEY, WHAT'S GOING ON?

By Lisa Crawford (Activities Director)

Here's What's Happening in March!

COWBOY CAPITOL OPRY

March 1st our Cowboy Capitol Opry guest is Ricky Adams. If you haven't heard him before, you're in for a real treat. \$10 at the door, first come first served seating. Soda's, water, candy and chips available for purchase.

LEARN TO KNIT

Silver Sage's very own Amy Hawley is starting a new class. Learn to Knit with Amy, to be held in the Craft Room every Thursday at 1 p.m. Learn to knit or bring a project from home you'd like to work on while visiting with the group. Sure to be a fun time of fellowship, laughter and creativity with friends.

HOUSE CONCERT SERIES

Thursday, March 10th at 7 p.m. our Silver Sage House Concert Series is proud to present Clifton Fifer and Lee Haile for a very special show filled with stories, poetry, songs and so much fun you'll be happy all week. I can't wait!

WALMART

We are making our bus trip to Walmart on Wednesday, March the 16th this month because on the 17th (which would normally be our scheduled day for Walmart) we are having a Saint Patrick's Day celebration complete with a traditional Irish meal and green dessert. We will be honored with an Irish poem by our very own Irishman John Cressey-Neely. We'll have a Cornhole tournament in the courtyard (weather permitting) and fun for all. Don't forget to dress in your favorite Irish Green! If you'd like to honor us with an Irish blessing, song, dance, or poem, please call Lisa to get in on the fun.

LUCKY EAGLE CASINO BUS TRIP March 23rd Departure time 7 a.m.

I know some of you have been waiting for this, so now is your chance. I only have room for 12 people and sign-up is first come first serve. Call Lisa ASAP to get on the list. I will also have a backup list in case anyone has to cancel. We will leave the Silver Sage center at 7:00 a.m. sharp. We will probably make one or two restroom stops as needed. We expect to leave the casino at 3:00 p.m. but that is a fluid time as it could be earlier if everyone is ready or a little later if someone is WINNING! YOU MUST BE FLEXIBLE, if you sign up for this! (830) 850-0028 - Lisa

Don't forget the Birthday Bash the last Tuesday every month complete with birthday cake and ice cream!!!



***Do you have
walkers, wheel chairs,
shower chairs, commode
chair, canes,
etc. that you don't
use/need?***

**Please consider
donating them to
the Silver Sage.**

**Contact:
John Cressey-Neely
(830) 796-4969**



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March ACTIVITIES 2022




Activities Director, Lisa Crawford

***Calendar subject to change**




Phone: (830) 850-0028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
28 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM	1 <u>9:00</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>7:00</u> Cowboy Capital Opry w/Ricky Adams	2 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Let's Talk: Covid Vaccines <u>1:00</u> UNO	3 <u>12:30</u> Mah Jong <u>12:30</u> HEB Kerrville <u>2-4</u> Writer's Group	4 <u>8:00</u> Video Exercise <u>9:30am-10:30</u> Line Dance Class <u>11:00</u> Two-Step
7 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM	8 <u>9:00</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	9 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>1:00</u> UNO	10 <u>12:30</u> Mah Jong <u>12:30</u> Mexican Train <u>1:00</u> Knit w/Amy <u>7pm</u> Songwriter Showcase w/ Clifton Fifer & Lee Haile	11 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00</u> Two-Step
14 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM	15 <u>9:00</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	16 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:00</u> Let's Talk: Nutrition w/ Susan Broa <u>12:30</u> *Walmart*	17 <u>12:00</u> St. Patrick's Day Celebration & Cornhole Tournament <u>12:30</u> Mexican Train <u>12:30</u> Mah Jong <u>1:00</u> Knit w/Amy	18 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00</u> Two-Step
21 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM	22 <u>9:00</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	23 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>1:00</u> UNO	24 <u>12:30</u> Mah Jong <u>12:30</u> Mexican Train <u>1:00</u> Knit w/Amy	25 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00</u> Two-Step
28 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM	29 <u>9-10am</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>11:30-12:30</u> Birthday Bash Cake and Ice Cream Social <u>12:30</u> Mexican Train	30 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>10-2:30</u> Free Haircuts w/Mimi <u>1:00</u> UNO	31 <u>12:30</u> Mah Jong <u>12:30</u> Mexican Train <u>1:00</u> Knit w/Amy	1 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00</u> Two-Step

Silver Sage ~ March 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7 Filete De Pollo Frito Verduras mixtas Tomates cocidos Postre	1 Pollo y bolas de masa hervida Guisantes verdes maíz vaquero Postre 8 salchicha barbaoco Ensalada de papas Frijoles Horneados Postre	2 Consejos de carne sobre fideos de huevo Champiñones a la Mantequilla Coles de Bruselas Ensalada verde mixta 9 Bruschetta de pollo sobre una cama de espinacas manzanas asadas Ensalada De Espinacas Y Verdes Mixtas Con Queso Feta	3 Cerdo desmenuzado en un panecillo Patatas dulces fritas 10 Pastel de carespagueti de jardín Pan de Ajo	4 Cazuela De Arroz Y Pollo Con Queso 11 Red Beans and Rice Cornbread
14 Empanadas De Pollo Y Salsa Frijoles pintos Macarrones con queso Postre	15 Pastel de carne con/puré de papas y salsa de brócoli crujiente con/almendras Postre	16 desayuno para el almuerzo Quiche De Espinacas Y Queso Embutido Galletas y salsa Fruta Fresca Sobre Ensalada De Espinacas	17 Carne en lata y col Papas fritas Pan de soda Irlandes Día de San Patricio	18 Pollo King Ranch
21 Filete Salisbury Puré De Patatas Y Salsa Judías verdes Postre	22 Jamón y queso a la parrilla en un panecillo Patatas pequeñas Tomates Mozzarella Postre	23 Solomillo De Cerdo Relleno calabaza a la parrilla Patatas rojas baby con mantequilla Ensalada del chef  <small> Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments </small>	24 Cazuela De Fajitas De Pollo Frijoles Borrachos Tortillas 25 Perro de queso con chile del tamaño de Texas Guiso de maiz 	25 Perro de queso con chile del tamaño de Texas Guiso de maiz
28 Chuleta De Cerdo Frita Maíz molido Verduras Postre	29 Pollo Horneado a la Parmesana Cuñas De Calabacín zanahorias especiadas Postre	30 lasaña rellena palitos de pan Ensalada Italiana	31 Tazón de arroz y pollo salteado Menu subject to change according to availability	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969

Silver Sage ~ March 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Chicken and Dumplings Green Peas Cowboy Corn Dessert</p>	<p>2 Beef Tips over Egg Noodles Buttered Mushrooms Brussel Sprouts Mixed Green Salad</p>	<p>3 Pulled Pork on a Bun Sweet Potato Fries</p>	<p>4 Cheesy Chicken and Rice Casserole</p>
<p>7 Chicken Fried Steak Mixed Vegetables Stewed Tomatoes Dessert</p>	<p>8 BBQ Sausage Potato Salad Baked Beans Dessert</p>	<p>9 Chicken Bruschetta on a bed of Spinach Gilled Apples Spinach and Mixed Green Salad w/Feta Cheese</p>	<p>10 Garden Spaghetti Garlic Breadstick</p>	<p>11 Red Beans and Rice Cornbread</p>
<p>14 Chicken Patties & Gravy Pinto Beans Macaroni & Cheese Dessert</p>	<p>15 Meatloaf w/Mashed Potatoes and Gravy Crunchy Broccoli w/Almonds Dessert</p>	<p>16 Breakfast for Lunch Spinach and Cheese Quiche Sausage Biscuits and Gravy Fresh Fruit over Spinach Salad</p>	<p>17 Corned Beef and Cabbage Fried Potatoes Irish Soda Bread</p>	<p>18 King Ranch Chicken</p>
<p>21 Salisbury Steak Mashed Potatoes & Gravy Green Beans Dessert</p>	<p>22 Grilled Ham & Cheese on a Bun Tater Tots Mozzarella Tomatoes Dessert</p>	<p>23 Stuffed Pork Tenderloin Grilled Squash Buttered Baby Red Potatoes Chef Salad</p>	<p>24 Chicken Fajita Casserole Borracho Beans Tortillas</p>	<p>25 Texas Sized Chili Cheese Dog Corn Casserole</p>
<p>28 Fried Pork Chop Hominy Greens Dessert</p>	<p>29 Baked Chicken Parmesan Zucchini Wedges Spiced Carrots Dessert</p>	<p>30 Stuffed Lasagna Breadsticks Italian Salad</p>	<p>31 Stir Fry Chicken and Rice Bowl</p>	<p style="color: red; font-weight: bold;">Menu subject to change according to availability</p>
 <p style="font-size: small;">Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</p>				
 <p style="font-size: small;">Joyce D. Lammilla, LD Call Meals On Wheels delivery (830) 796-4969</p>				

Read the Label for Salt-Finding Success!

Look at the label to find out how much sodium is in a food. The sodium content will be listed right below the cholesterol content.

There will also be a percent daily value (DV) for sodium listed next to the mg content. 5% DV or less is low. You can also compare mg of sodium to calories.

What do you think about this bag of chips?

Nutrition Facts	
Serving Size 1 oz (28g/29 chips)	
Servings Per Container: 10	
Amount per serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	
Sugars less than 1g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 2%
Vitamin E 6%	Vitamin B6 2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Figure out your allotted sodium per meal:

_____ mg of sodium per day
(1500 mg if you are over 51, at high risk of high blood pressure or if you already have high blood pressure.
2300 mg if you are under 51)

Divide by:

_____ meals per day (3 to 4 including snacks)

= _____ mg of sodium per meal

Example:

1500 mg of sodium per day divided by 4 = 400 mg of sodium per meal.

Salt - Sodium Equivalents:

1/4 teaspoon salt = 600 mg sodium
1/2 teaspoon salt = 1,200 mg sodium
3/4 teaspoon salt = 1,800 mg sodium
1 teaspoon salt = 2,400 mg sodium

Recommended Limit:

1500-2300 mg per day

Average Amount Consumed:

3600 mg per day

How Much Salt Is In My Food?



WHAT SHOULD I EAT?!

Pn

PLANT-BASED & VEGETARIAN EDITION

PROTEIN



Tempeh



Tofu



Edamame



Split peas*



Lentils*

French, red, green, black, brown



Beans*

Navy, lima, kidney, black, great northern, garbanzo, etc.

CARBS



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum

FATS



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks

YOGA WITH WILLY EVERY MONDAY

Location: Great Room - Time: 10:00am



Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. \$8 per class.

Please contact Lisa to sign up: lisa@silversage.org (830) 850-0930

Stretch & Strengthen *with Ida Hardy* Every Tuesday 10:30am

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be \$8 per person each week (\$5 going to Ida Hardy and \$3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.



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IRISH STEW

Ingredients:

- 2 lb boneless, beef chuck roast cut into 1-inch cubes**
- 1/4 cup unbleached, all-purpose flour**
- 1 tsp salt**
- 1/2 tsp black pepper**
- 2 tbsp olive oil**
- 1 onion finely chopped**
- 1/2 cup beef broth**
- 1 bay leaf**
- 2 cup baby carrots**
- 4 russet potatoes peeled, and cut into 1-inch chunks**

Instructions: Place the beef cubes, flour, and salt and pepper in a large zip-top bag or bowl. Seal and shake to coat all cubes with flour or stir gently.

In a large skillet, heat oil until shimmering. Add the beef cubes and brown on all sides. Do not crowd meat in pan. Do this in batches if your pan is not large enough to accommodate all the meat at one time. As the meat browns, remove it to crockpot.

Add the onions to the drippings in skillet and sauté until tender. Add the onions to the crockpot. Stir in the beef broth and bay leaf. Cover and cook on LOW for four hours.

Add the carrots and potatoes and stir gently to combine. Cook on LOW for another two to four hours or until meat and vegetables are tender. Adjust the seasonings with salt and pepper to taste.

Note: the stew can also be cooked on the stovetop. Simmer on low for 2 to 3 hours until the meat is tender, adding the vegetables in the last 30 minutes of cooking.



MINT CHOCOLATE PUDDING COOKIES

Ingredients

- 1 cup sugar**
- 1/2 cup butter softened (1 stick)**
- 1 egg**
- 1/2 cup sour cream**
- 1 small box instant vanilla pudding mix 3.4 oz**
- 1/2 tsp salt**
- 1/2 tsp baking soda**
- 2 cups all-purpose flour**
- 2 tsp mint extract**
- 3 drops blue coloring + 10-15 drops green coloring**
- 1 1/2 cups chocolate chips***

Instructions:

Cream together sugar and butter. Add egg, sour cream and pudding mix. In a small bowl, combine flour, salt & baking soda. Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.

Add in chocolate chips. *I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup Andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1 1/2 cups chocolate chips, if you opt to put them in!

Drop by rounded tablespoonfuls onto greased cookie sheet. Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy!

Want To Go Bowling?

By Mikie Baker

I decided to write a column on bowls, which seem to have taken over my life of late. I did a little research and armed with all that great internet information, I think rather than do a column, I'll just edjukate ya. You're going to be bowled over.

The reason I got to pondering bowls was because this time of year, seems like most of the things I serve are in bowls, not on plates. I've got the bowls that came with my dishes, a set of four green bowls that only cost me five bucks at the dollar store (wait, isn't that \$1.25 each?) and four black and white polka dot bowls that came in a basket of stuff I won at an auction. They don't match my lovely beige plates with the brown barbed wire on them, but they came with these little cloth bowl holder thingies so if you set the bowl in this cloth koozie, it isn't hot in your hand when you pull it out of the microwave. I'm not making any money out of these and there's no buy-it-now link, but you need some of these, trust me.

You're getting smarter with every sentence, aren't you?

But back to bowls. When I bought my dishes, my first thought was (thank you Dearly Demented Mom), "I need a matching set of serving bowls!" After I purchased them, I found I've never used them. Ok, maybe once to display some fruit.

I have all sorts of unused bowls – a lovely, large wooden salad bowl that hasn't seen a crouton in years, a punch bowl which no longer holds homemade eggnog (those were the days) and an assortment of mix-matched bowls for feeding the masses once a year at Thanksgiving.

Turns out in many cultures, the bowl is the most common vessel used and the oldest bowl ever found is over 18,000 years old. Imagine the family fights over who was going to inherit that thing. But we Americans are weird, and we decided everybody needed to eat on a plate and it was pretty bad form to mix up all the food on the plate or, gasp, let it touch. Of course, that trend ended when some fancy chef somewhere decided to pile all the food up on top of itself so you could get that "one perfect bite." Sigh.

But now that has changed. People are bowl crazy! As my research showed, "bowls now hold things that would have raised eyebrows for older generations like quinoa, hemp nuts, and massaged kale." I can almost pronounce quinoa, though I've never eaten it; what the heck are hemp nuts, and do they get you high; and why would I ever massage kale? I'm the one who needs the massage.

So, I guess the "in thing" is eating weird stuff all piled together in a bowl. We do use bowls for chili, soups and peach crisp with ice cream. But am I supposed to take BBQ brisket, coleslaw and beans and slap them all in a bowl? I'm pretty sure that's illegal in Texas.

I guess I'll just stick to a plate for most proper Texas meals, and use a bowl when we just feel like sitting on the couch and vegging in front of all my streaming services. Or if we need a haircut.



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day at lowe's



10 Tips to Sleep Better at Night



8 TIPS TO MANAGE YOUR BLOOD PRESSURE NATURALLY!

1. Check the nutrition facts label for sodium content.
2. Avoid baked goods.
3. Limit consumption of high-sodium processed foods.
4. Remove the salt shaker from the table.
5. Limit consumption of alcohol.
6. Maintain a healthy body weight and exercise regularly.
7. alcohol. Beware of salt substitutes .Not all salt substitutes are sodium-free.
8. Eat adequate amounts of potassium-rich foods.



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is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.



This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.



***MARCH BUS TRIP - LUCKY EAGLE CASINO (Eagle Pass) March 23rd-Departure time 7 am.**

*Each person is responsible for purchasing their own meal and tipping wait staff. *You must be physically capable of getting on and off the bus unassisted. *A \$5 donation for the bus ride is greatly appreciated. No one under 18 please.

*Contact Lisa for more info
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At 9 am on Tuesdays

Ida will be teaching a comprehensive, balanced, traditional style of yoga class with each session starting with a centering breath, meditation, flowing sun salutations, relaxation between poses, and guided instruction throughout. As everyone becomes comfortable with the work, new exercises and poses are introduced and others will be held longer to deepen the experience.



Stretch and Strengthen will follow at 10:30

and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. \$8 per class.



Learn to *Knit* with *Amy Dee Hawley*

**Every Thursday
1:00PM-3:00 PM**

**Starting the
2nd week in March!!**

A close-up photograph of a person's hands knitting with blue yarn on wooden needles. The background shows various knitting supplies like balls of yarn in different colors (purple, yellow, pink) and a pair of scissors.

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