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.

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. May 3rd Dotty, page 6.

**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 TRIPS!! May 2nd, 11:30 - Luckenbach Jam
May 18, 3:30 Luckenbach Banjoy Bluegrass jam
Both Trips are a bring your own picnic (small soft lunch coolers only)

Monday, May 30th

REMEMBER & HONOR MEMORIAL DAY

Sunday May 8th, Happy Mother’s Day
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.

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
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.

7. Through The Eyes Of A Driver by Mary Allyce: “In April, 1963 President John F. Kennedy w/the National Council of Senior Citizens designated May “Senior Citizens Month”. Since the Silver Sage celebrates those of us of a certain age every day, every month, it’s a perfect time to showcase its service to the community of Bandera...”

10. What’s Goin On: “Would you like to get a few more steps in each week but don’t much care for walking alone or maybe just can’t stay motivated on your own? During the month of May, Every Tuesday & Thursday morning at 8 am, you can plan to meet me, and we can walk together, talk and get in our steps...”

21. A Weighty Divorce” by Mikie Baker: “There I was lounging on the couch the other day, munching on some buttered popcorn and a Nutrisystem commercial came on the smart TV. I know; that TV’s smarter than me. Anyway, it wasn’t your normal, “I lost 132 pounds eating these tiny microwave meals...”
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

We'd love to see you in our seats!

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Tri County HOME HEALTH
Phone: (830) 895-3100
tricountyhomehealth.com
874 Harper Rd. Kerrville, TX 78028
VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they’re free and widely available - and an opportunity to fulfill it. Well, you all know what happens when Art Crawford sees a problem and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to March 31, 2022, VaccinateBandera.org provided access to 50 Primary doses and 273 Booster doses. Educational campaigns reached approximately 2,600 people.

THE FDA HAS APPROVED A SECOND BOOSTER

If you are 4 months past your first Booster and 50+ OR 12+ and Immunocompromised, you are eligible for a second Booster. The next scheduled clinic at Silver Sage is Monday May 25, 11:30am-1:30pm. Check https://vaccinatebandera.org/vaccines-here OR follow “Protect Our Future Bandera” on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events. You can also call to pre-register for any of our clinics to save time.

COMMUNITY CONVERSATION – SPIRITUAL ADVISORS

VaccinateBandera.org has scheduled a Community Conversation for all Reverends, Rabbis, Pastors, Assistant Pastors, Youth Leaders, Ministers, Worship Leaders, Sunday School Teachers, Supporting Staff, etc. on Friday May 13, 11am-1pm.

BANDERA INTERAGENCY COALITION

In our months of working with other service organizations in Bandera County, we have recognized more gaps in our Residents’ access to affordable Healthcare and to Services they need and deserve. We are proud to collaborate with Bandera County and City governments, Emergency Services, and nonprofits to help fill these gaps and make Healthcare generally more accessible here.

To that end, the Silver Sage and VaccinateBandera.org have joined the recently re-started Bandera Interagency Coalition (BIC). BIC is a group of service-oriented organizations/agencies with the goal of providing Bandera County Residents with easy access to the services that they need and deserve. This includes Healthcare, Crisis Assistance, Spiritual Services, Food Assistance, Nutrition, Insurance, Employment, etc. Our first meeting was March 22. BIC is growing rapidly, and at our next meeting (May 17) we plan to organize a board. Silver Sage will create a new website for BIC but for now, there is a temporary page at https://vaccinatebandera.org/community-resources. There are plenty of great resources listed and more to come, so please check it out and share with your family, friends and neighbors!
The 1st Tuesday Of Every Month!

803 Buck Creek Drive
Bandera, Texas
(830) 796-4969
silversage.org

Silver Sage Presents
Cowboy Capital Opry

7-9pm

May 3rd, DOTTSY

& the Silver Sage House Band
(Lannette Pennel, Vickie Gillespie, Dave Kemp, Gerry Payne & Mark Wright)
In April, 1963 President John F. Kennedy with the National Council of Senior Citizens designated May “Senior Citizens Month”. Since the Silver Sage celebrates those of us of a certain age every day, every month, it’s a perfect time to showcase its service to the community of Bandera.

There’s a brief history of the Silver Sage [SS] on its website www.silversage.org. According to that account, the grand facility we enjoy today had humble beginnings in 1977 in the parsonage of the Baptist Church where 12 ladies gathered to have lunch and socialize. Longtime SS lunch-bunch regular, Cecelia Schmidtke, advises, “Actually it was three women who met in the Methodist Church.” (In the spirit of full disclosure, Cecelia & Jim are my favorite neighbors, so if you disagree with her version, please take it up directly with Cecelia.)

“We had speakers like Dr. Meador,” Cecelia said. “There were refreshments. The Board served breakfast once a month. I was a waitress and people started giving me tips,” she laughs. Other Board members wanted to know how she was collecting tips. “I simply wouldn’t let anybody have a bad attitude!” she states. You don’t argue with Cecelia.

“Back when I was a kid,” Cecelia recalled, “the County Judge took care of people and I helped. He drove and I opened the gates.” County Judge Arthur Pue happened to be her uncle. It’s obvious the seeds of a community helping its community were born early in Bandera and feeding that community was always of importance.

Those early meetings quickly outgrew the space. There was a move to a site on 11th Street. Assisted by the Kerrville State Hospital and The Kerrville Dietert Senior Center, which had been distributing meals in Bandera, the fledgling group organized as the Bandera County Committee on Aging and became a 501(c)(3) in 1984. By 1997, a study by The University of The Incarnate Word indicated a new facility was warranted. Mr. Reagan Peterson (Peterson Regional Medical Center) donated the land. The Kronkowski Charitable Foundation among others, local businesses and philanthropic individuals contributed and the new site opened, debt free on April, 2003.

Nineteen years later the SS has seen numerous changes and additions in programs and personnel. But it’s also true, “The more things change, the more they stay the same.” A recent study showed the largest growing demographic in Bandera is the over 65 age group. And people are still hungry for food and social companionship.

We’d be here until next month if I listed all the people who have contributed to the success of this amazing community resource, both staff and numerous volunteers. Focusing on current staff, the accomplishments are vast. CEO Art Crawford, whose association with SS goes back to 2007 and includes stints on the Board from 2012 to 2015, becoming Co-Executive Director in 2015 and CEO in 2019, is a strong, determined, passionate leader with a strong, determined, passionate staff.

CFO Pam Thatcher who also came on board in 2007 after husband Tim served on the Board and as a volunteer MOW driver, says, “The Director was Ann Bishop and she asked me if I’d be interested in a part time job, 20 hours a week.” She pauses and smiles. “I worked 60 hours the first week.” In her 15 year tenure she says, “It’s amazing how far we’ve come.” COO John Cresssey-Neely, Development Director Mikie Baker, Activities Director Lisa Beck Crawford, Assistant Executive Director and Publisher of SCOOP Karyn Lyn Utterback, Supplemental Nutrition Coordinator Hollin McKay, Business Manager Paula McKay, MOW Coordinator David Montgomery, and Program Assistants Martha Pendleton and Patty Pizarz collectively not only served close to 8,000 meals in March, they oversaw assistance during the freeze of 2021, distributed heaters and fans as needed, ran numerous welfare checks, maintained a food pantry, conducted large scale food distributions and provided social opportunities ranging from music performances, dance lessons, road trips . . . It’s exhausting just to write about it and there’s so much more.

Celebrate the Silver Sage all year long, support it, contribute to it, volunteer, and shout out a huge “Thank you” to everyone who continues help organize, grow, and administer this invaluable community asset.
Q: Why is a computer so smart?  
A: It listens to its motherboard.

Q: Who’s the most important person in a Spring wedding?  
A: The MAYtron of honor.

Q: Which month can’t make a decision?  
A: MAYbe.

Q: What starts growing in the spring and then goes POP?  
A: May-ze

Q: Who conducts the spring orchestra?  
A: May-stro.

Q: Why are oak trees so forgiving?  
A: Every May they “turn over a new leaf”.

Q: What goes up when May rain comes down?  
A: An umbrella.

Q: What did the spring say when it was in trouble?  
A: May Day!!

Q: Which state loves spring the most?  
A: May-ne

Q: Which crime fighter likes May the most?  
A: Robin

Q: What season is it when you are on a trampoline in May?  
A: Spring-time.

Q: What May flowers grow on faces?  
A: Tulips (Two-lips).
Bandera Writers Group, May 5th

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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Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
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Hey, What’s Going On? By Lisa Crawford (Activities Director)

Special Bus Trips: We are kicking off the month on May 2nd, the very first Monday at 11:30 a.m., with a fun little bus trip to Luckenbach for their early afternoon pickers circle. Pack yourself a lunch and come along or make plans to meet us there. I will bring a cooler full of bottled waters and ice. I will try to round up some napkins, plastic ware and paper plates as well. Feel free to bring a small dish, dip or chips to share if you wish. Because of space limitations, I ask that you please limit your coolers to soft lunch size coolers that can fit in your lap or under the seat. There is only space for 11 riders on this trip so please sign up early. If you sign up and realize later that you can’t make it then please call me at the center to cancel and free up that seat for someone else.

Guess What? We are going to do almost the exact same thing on May 18th! The difference is we will be going in the late afternoon. Leaving the center at 3:30 p.m. The other difference is there will be a Bluegrass Band hosting the pickers circle. I love the name of the band BanJoy. I think you’re going to love them. Again, pack yourself an evening meal or snack and I’ll do all the same as above.

Same old Bus Trips.

Music and Entertainment: The Cowboy Capital Opry is Tuesday, May 3rd at 7p.m., doors open at 7. The guest this month will be Country Music Star Dotty! Dotty’s first single, ‘Storms Never Last’, written by Jessi Colter, became a Top 20 US country chart hit in 1975 and was quickly followed by Susanna Clark’s ‘I’ll Be Your San Antone Rose’. In the late 70s, she had further hits, including a Top 10 with ‘(After Sweet Memories) Play Born To Lose Again’. In 1979, Waylon Jennings played guitar and added harmony vocals to Dotty’s lead when she recorded his song ‘Trying To Satisfy You’, resulting in another Top 20 hit. This will be a fantastic show with Gerald Payne, Mark Wright, Lannette Pennell, Vicki Gillespie and Dave Kemp as the super talented house band. $10 at the door. ANNOUNCEMENT for those who may have missed the change in our reservations policy: Reservations for the Opry can be made by purchasing in advance either FULL SEASON TICKETS (twelve consecutive months) or HALF SEASON TICKETS (six consecutive months). Otherwise, you will simply pay at the door.

Bandera High School Star Steppers Dance Team: We will have a special treat in the dining room on Monday, May 9th with the Bandera High School Star Steppers Dance Team coming in to perform for us. I bet you thought I was talking about a food treat, didn’t you?

Silver Sage House Concert Series: Our Songwriter this month is John Arthur Martinez. If you’ve never heard him, I highly recommend you look him up and listen to a few of his songs and then come to the concert on Thursday, May 12 at 7p.m. doors open at 6:30. $10 at the door, no reservations.

Monthly Music Jam is now being held on the last Monday each month from 12:30 until 2:00. If This is an open jam and all are welcome. Bring your instrument of choice and come share your music. If you don’t play or sing, you can still join us to have lunch and listen to the music.

Let’s Talk: Do you need a pair of FREE SHOES? Are you on Medicare? If so, join us on Wednesday, May 4th for our Let’s Talk program with Steve Anderson. He will help get you fitted for a pair of custom shoes and Medicare will cover the cost. He will be at the center from 12 p.m. until around 3 p.m. and will have several assistants to help with fittings. Still have questions about Medicare? Steve Bradley has answers! Steve will be our Let’s Talk guest on Wednesday, May 11th. Bring your questions and let Steve help. He will be at the center from 12p.m. until your questions are answered, or he can make a private appointment to help you further.

Nutrition: Susan Broa will come share her words of wisdom with us once again this month on Wednesday, May 25th at 12:00 p.m. Can you believe what she told us in February about how much sugar we should (or shouldn’t) have a day??? That was a real eye-opening shocker for me.

Something NEW: Would you like to get a few more steps in each week but don’t much care for walking alone or maybe just can’t stay motivated on your own? Me too. During the month of May, Every Tuesday and Thursday morning at 8 a.m., you can plan to meet me, and we can walk together, talk and get in our steps. We’ll be so wrapped up in conversation it won’t even feel like we’re working out. The first, third and fifth week we will meet at the Arthur Nagel Clinic walking track. The second and fourth week we will meet at the Bandera City Park down at the end by the bathrooms. Bring a bottle of water if you need it. It’s getting hot. As always, please consult your physician before starting any exercise program.

NOTE: All times and outings are subject to change. Please call the center @ (830) 796-4969 or check our Facebook page if you are unsure about an event.
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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# MAY ACTIVITIES 2022

**Activities Director, Lisa Crawford**  
**Phone:** (830) 850-0028  **Email:** lisa@silversage.org

<table>
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| 8:00 Video Exercise  
10:00 Yoga w/Willy  
11:30 Luckenbach  
Bring your own Picnic Lunch & drink (small soft lunch coolers only) | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
9:30 Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train  
7:00 Cowboy Capital Opry w/Dottsy | 8:00 Video Exercise  
9:30 Quilting  
12:00 Let’s Talk: FREE SHOES if on Medicare  
12:30 Farkel  
12:30 Mahjong | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
12:30 HEB  
2-4 Writers Group w/Mary Schenk | 8:00 Video Exercise  
9:30 Line Dance  
11:00 Two-Step |
| 7   | 8   | 9   | 10  | 11  |
| 8:00 Video Exercise  
10:00 Yoga w/Willy  
12:00 Bandera High Star Steppers show in Dining Room | 8:00 Walk w/Lisa  
(City Park)  
9:30 Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train | 8:00 Video Exercise  
9:30 Quilting  
12:00 Let’s Talk: Medicare Q & A  
12:30 Farkel  
12:30 Mahjong | 8:00 Walk w/Lisa  
(City Park)  
7pm Songwriter Showcase w/John Arthur Martinez  
$10 at the door | 8:00 Video Exercise  
9:30 Line Dance  
11:30 Two-Step |
| 16  | 17  | 18  | 19  | 20  |
| 8:00 Video Exercise  
10:00 Yoga w/Willy | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
9:30 Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train | 8:00 Video Exercise  
9:30 Quilting  
10:2:30 Free Haircuts  
12:30 Farkel  
12:30 Mahjong  
3:30 Luckenbach Banjo Bluegrass jam/picnic (small soft lunch coolers only) | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
12:30 Walmart | 8:00 Video Exercise  
9:30 Line Dance  
11:30 Two-Step |
| 23  | 24  | 25  | 26  | 27  |
| 8:00 Video Exercise  
10:00 Yoga w/Willy  
12:30-2 Monthly Music Jam | 8:00 Walk w/Lisa  
(City Park)  
9:30 Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train | 8:00 Video Exercise  
9:30 Quilting  
12:30 Farkel  
12:30 Mahjong  
12:00 Let’s Talk Nutrition w/Susan Broa | 8:00 Walk w/Lisa  
(City Park) | 8:00 Video Exercise  
9:30 Line Dance  
11:30 Two-Step |
| 30  | 31  | 1   | 2   | 3   |
| CENTER CLOSED  
Holiday | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
9:30 Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:00 Birthday Bash  
12:30 Mexican Train | 8:00 Video Exercise  
9:30 Quilting  
12:30 Farkel  
12:30 Mahjong | 8:00 Walk w/Lisa  
(Arthur Nagel Clinic)  
12:30 Walmart  
2-4 Writers Group w/Mary Schenk | 8:00 Video Exercise  
9:30 Line Dance  
11:30 Two-Step |
### MONDAY
- 2 Filete De Pollo Frito
-   Judías verdes
-   Puré de patatas/salsa

### TUESDAY
- 3 Bruschettas de pollo
-   Pasta cabello de ángel
-   Espinaca

### WEDNESDAY
- 4 Albóndigas de chile dulce
-   Arroz jazmín
-   Mezcla de verduras salteadas
-   Ensalada

### THURSDAY
- 5 Cinco de Mayo Buffet de tacos!!!

### FRIDAY
- 6 Pastel de carne

---

### MONDAY
- 9 Chuletas De Cerdo/Salsa Hortalizas de la huerta
-   Macarrones con queso

### TUESDAY
- 10 Espaguetis con/Salsa Boloñesa
-   Calabacín
-   palito de pan

### WEDNESDAY
- 11 Pollo King Ranch
-   Frijoles pintos
-   Ensalada

### THURSDAY
- 12 Envoltura de Salchicha
-   Kiolbassa
-   Ensalada alemana de patata

### FRIDAY
- 13 Espinacas/Huevo/ Queso
-   Cazuela
-   Galletas Con Salsa De Salchicha

---

### MONDAY
- 16 Pollo Pollo Frito
-   Quimbombó frito
-   Patatas dulces fritas

### TUESDAY
- 17 Lomo De Cerdo Asado
-   popurrí de verduras
-   Patatas Alevines Tricolores

### WEDNESDAY
- 18 Consejos de carne de res cocida a fuego lento
-   sobre fideos de huevo
-   Verduras a elección del chef
-   Ensalada

### THURSDAY
- 19 Pollo parmesano
-   Calabaza de verano fresca

### FRIDAY
- 20 Cazuela de atún tostadas texanas

---

### MONDAY
- 23 Filete Salisbury
-   Verduras asadas
-   Patatas Rojas

### TUESDAY
- 24 Pollo y arroz
-   Cazuela
-   Pan de ajo

### WEDNESDAY
- 25 Hamburguesa/todos los Fixins
-   Patatas dulces fritas
-   Ensalada

### THURSDAY
- 26 Mac con chile
-   Pan con queso del chef
-   James

### FRIDAY
- 27 Frijoles rojos y arroz
-   Quimbombó frito
-   Cachorros silenciosos

---

### MONDAY
- 30 Closed

### TUESDAY
- 31 Perros calientes del tamaño de Texas con chile y queso
-   Patatas pequeñas

### WEDNESDAY
- FIESTA DE CUMPLEAÑOS

---

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

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Menu subject to change according to availability

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Joyce D. Lamilla, LD  
Call Meals On Wheels delivery (830) 796-4969
**DEHYDRATION SYMPTOMS**

- Thirst
- Dry skin
- Dry mouth
- Less frequent urination
- Headache
- Rapid heartbeat

---

**Summer Safety Tips**

1. **Stay Hydrated**
   - Drink 8 or more glasses of water per day to stay healthy & hydrated

2. **Know the Side Effects of Medications**
   - Some medications have side effects such as drowsiness or sun sensitivity

3. **Stay Cool**
   - Stay in the A/C, indoors, go swimming, etc.

4. **Wear Light, Loose Fitting Clothing**
   - Wear breathable clothing and light colors that reflect the sun

5. **Have Emergency Contacts**
   - Have a list of people to call in case of emergency

6. **Know the Weather Forecast**
   - Plan your days accordingly depending on the weather
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.
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Susie Runnels
End Of Life Celebration
Saturday, May 14th, 2022 1:00pm in the dining room.

Susie Runnels was born on December 15th, 1941 in Cross Plains, Texas, and passed away on April 22nd, 2022 in Bandera, Texas. She was one of 14 children. She is preceded in death by her parents, Martin and Myrtle Jeffers, her husband, Robert Runnels, and all but one of her siblings, Charlotte Wright, who lives in Corrigan. She is also survived by many nieces and nephews. Susie worked at the Silver Sage and loved being there, greeting everyone with a smile that brightened everyone’s life. Anyone who ever met Susie loved her because of her bright personality and sweet and caring way she had with people. She loved sitting and telling stories about all her brothers and sisters. She will be missed by everyone who knew her.

And I am supposed to mention her “famous nephew” Martin Jeffers — they loved picking and teasing each other.

The staff here at the Silver Sage will truly miss Mrs. Susie. She was loved by everyone here. We will all particularly miss her glowing smile, warm hugs, quiches and meatloaf.

Let us come together, family and friends, and celebrate the love and life of our beloved Susie Runnels. A woman that not only had a zest for life but shared it with everyone she knew.
A Weighty Divorce
By Mikie Baker

There I was lounging on the couch the other day, munching on some buttered popcorn and a Nutrisystem commercial came on the smart TV. I know; that TV’s smarter than me. Anyway, it wasn’t your normal, “I lost 132 pounds eating these tiny microwave meals. Trust me, I felt like Gandhi.” No, this one was much worse. It was the “Partners Plan” for loving couples who are trying to get ready for their 40th High School Reunion. Or whatever. But I’m here to tell you, that right there is reason for a divorce. Right ladies? You hearing me?

Evidently men were meant to be skinny with no shape from the shoulders down. Why is it that men wear the same size underwear in their seventies that they wore in high school? I’ve changed bra sizes thirteen times over the years. I’m on size SAG now.

If a man does develop a big old beer belly, all he has to do is quit drinking so much beer and he’ll get skinny. He’ll still eat all the brisket, biscuits and breakfast tacos he wants and stay thin while we eat grapefruit and cottage cheese to no avail.

I know, I know. There are some men out there that might have “fat genes,” but you put them on the little microwavable meals only fit for a Barbie Doll to eat, and they’ll lose weight. And they’ll lose twice as much and faster than their poor wives who are silently starving.

The couple in the commercial looked happy but it probably took her six months more than him of eating those Nutrisystem rations and she had to start running marathons to lose more than 10 pounds. That’s okay, when she decides to divorce him for all the torture, she’ll be able to run away. Literally.

No, I think the “Partner’s Plan” should be called the “Ex-Partner’s Plan” because that’s where it will lead. I can just hear the conversation now:

Him: Oh look! I get the larger sized meal for men, and you get that little one for women. How cute!

Her: I hate you.

Him: I really do like this diet. It’s so easy to lose weight! I’m down 17 pounds this month.

Her: Can you sharpen the kitchen knives for me?

Him: I think I’ll go take a jog around the block.

Her: Jog around several blocks. The locksmith needs time to change the locks.

I guess this commercial struck a nerve because My Future Husband eats about as much as Paul Bunyan can pack away in a meal. Carbs? You bet. Bread? With every meal please. Ice Cream? Sure, every night. Me? I forgot what a croissant looks like, I haven’t eaten anything fried in 6 years and I only dare eat 90% chocolate which is more like torture than anything else so eating one small square takes a while.

And now My Future Husband has lost another 10 pounds since I met him due to some now resolved health issues. He’s weird. When he doesn’t feel good, gasp, he doesn’t eat. I never learned that trick.

So, I’m whipping around the kitchen cooking three hearty meals a day for him and crunching on salad and veggies for me. He’s just lucky we’re not married, I don’t run marathons, and I don’t know any locksmiths. But I am going to get him to sharpen all the knives.
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Mini Hummingbird Cake

For the cake
½ cup all-purpose flour
½ cup granulated sugar
¼ teaspoon ground cinnamon
¼ teaspoon baking soda
¼ teaspoon salt
1 large egg
¼ cup canola oil (or vegetable oil)
½ teaspoon vanilla extract
⅓ cup drained canned crushed pineapple, (2-ounces).
Reserve 1 ½ teaspoons of the juice for the frosting.
1 medium ripe banana, mashed
¼ cup chopped pecans, toasted
For the frosting
¼ cup butter, room temperature (4 tablespoons)
2 ounces cream cheese, softened
1 cup powdered sugar, sifted
1½ teaspoons pineapple juice
chopped pecans, for garnish

Instructions
Heat oven to 350° F (177° C). Lightly grease a 5x5-inch baking dish with softened butter or baking spray. Set dish aside.

In a medium-sized bowl, add flour, sugar, cinnamon, baking soda, and salt and whisk together until combined.

Next add the egg, oil, vanilla, pineapples, and mashed banana and stir until completely combined. Stir in the pecans.

Pour the batter into the prepared baking dish and bake for 30-33 minutes or until a toothpick inserted into the center of the cake comes out clean. Allow the cake to cool to room temperature for 1 hour.

Make the frosting
Add butter and cream cheese to a medium-sized mixing bowl and beat on high with an electric mixer until the ingredients are well combined. Slowly pour in the powdered sugar and beat on low speed until all the sugar has incorporated. Add the pineapple juice and continue whipping until the frosting is smooth and fluffy.

This delightful hummingbird cake is likely to become your new favorite cake! I like to think of it as a cross between tender banana bread and a sweet pineapple upside-down cake. It’s a fruit-filled spice cake that’s so easy to make! This southern hummingbird cake recipe yields a light and decadent mini cake topped with a glorious cream cheese frosting and toasted pecans.

What Is Hummingbird Cake?
The most popular version of this cake was submitted to Southern Living magazine in 1978 by Mrs. L.H. Wiggins of Greensboro, North Carolina. The recipe featured a three-layer cake filled with pineapples and bananas and topped with a pecan-topped cream cheese frosting.
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