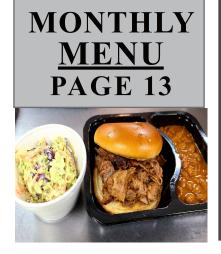




Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590

Store hours (Temp. hours): Tues-Thurs 10:00am-3:00pm







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.

Opportunities are available to work just a couple of hours once a week or more frequently.

Call us at (830) 796-4969

Cowboy Opry

The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels. Performers this month are:

REBEL ROXIE

THE SILVER SAGE BUS PROGRAM PAGE 18

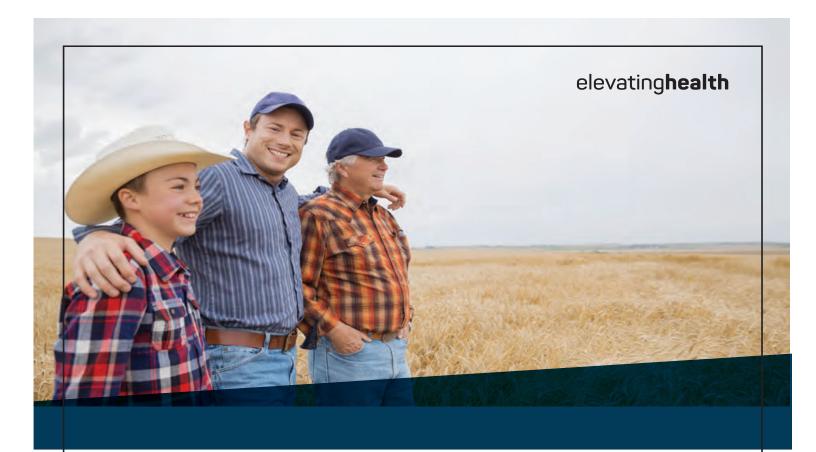
is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

Oct. 7th - HEB * Oct. 12th - Cafe @ The Ridge Dinner & Movie-GREASE Cosplay * Oct. 21st - WALMART

Contact Lisa for more info @ lisa@silversage.org - 830-850-0930







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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





Monthly

Menu!



By Lisa Crawford





We must learn to respect the hard work and dedication of immense hard work our labour puts.... Let us come together on the occasion of International Workers' Day to thank them for their labor and for their dedication

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. Fall like a Kid, By Monica Zuniga, Alamo Hospice: If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.
- Through The Eyes Of A Driver by Mary Check out our 6. **Allvce:** "We love spooky stories, especially in October. As kids we scared ourselves with Ouija® boards. Stephen King is arguably the most prolific American writer of any era and how else to explain the popularity of movie franchises like Nightmare on Elm Street and Scream?..."
 - 10. What's Going On, by Lisa Crawford: "Mondays at the Silver Sage are about to get a whole lot more exciting! Starting October 8th, 9:30am, we will have our very first Line Dancing Class! Starting October 14th, we will have our very first Songwriter Showcase House Concert Series. Our guest songwriter/performer will be George Ensle. He puts on a fun and very entertaining show, and you won't want to miss it...

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



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Fall like a Kid

By Monica Zuniga, Alamo Hospice

OK, so I do not mean to literally fall, but rather to experience this beautiful fall season with the joy, freedom, and anticipation of a child. If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.



As a kid, I loved fall! It was mainly because I knew a season of fun was ahead. I enjoyed the sporting events that came with fall, the upcoming candy-fest and getting to dress up as my favorite character, Thanksgiving time with all the good food and loved ones gathering, and of course Christmas with all the toys, anticipation for Santa, and family togetherness.



As I got older, though, life set in... setbacks, hard times, unbearable seasons I thought I would never make it through, financial hardships, and having to start over — many times. I would remember my mom going through hard times, yet always choosing to be thankful for something and finding the positive in every situation.

I realize not everyone had a great childhood and serious hardships started way too young. But I do know that each of us has a choice. In us is the freedom to choose how we will react. It is one of life's greatest gifts. We have all heard the saying we can choose to be "bitter or better," and it really is that simple. It may take more time or work to do so, but if persistence prevails, our feelings change, and we change.

So, make a choice today — be all the good parts of being a kid! Get outside and enjoy the beautiful weather, "play" with friends. If you don't have any, make some! Find common interests "on the playground" of life. Kick some leaves around, watch your dog play in the park and think about the joy he must be feeling as he runs about freely. Enjoy a pumpkin latte or apple cider with a friend, read a book in the crisp breeze, or feel the sunshine on your face. Do "fall like a kid," my friend. You won't regret it. ♥





We love spooky stories, especially in October. As kids we scared ourselves with Ouija® boards. Stephen King is arguably the most prolific American writer of any era and how else to explain the popularity of movie franchises like Nightmare on Elm Street and Scream?

We like being scared by zombies, werewolves, vampires, and ghosts because they're easier to defeat than the real horrors of modern life. Sometimes, the "scare" is just an uneasy feeling, a shiver of an unexplained paranormal experience. Here's mine:

In October of 2003, Bandera was in an economic downturn and my beloved Cabaret Dancehall was staggering. Closing it for a time to rethink the business and reorganize was inevitable. Along came the opportunity to join a horseback ride from Bandera to the Calgary Stampede in Alberta, Canada.

That ride was the butt of plenty of joking and ribbing from local wags, but we were serious and preparations to leave on January 20, 2004, trotted along despite the doubters. One person neither doubted nor snickered. My friend, Priscilla, was a highly skilled critical care nurse and a practicing Wiccan. A witch. A good witch. "I never do harm," she told me. "The most I do is banish people."

She also had a sense of humor and once advised an obnoxious bar patron who questioned her magical intents, "If I was THAT kind of a witch, dear, you'd be lapping up flies on the banks of the Medina River." She wanted to "cast a circle protection and prosperity" on the ride to Canada. We agreed because we didn't want to hurt her feelings and what could be the harm?

A late afternoon was chosen to accommodate work schedules and we gathered at the appointed time on the old wooden dance floor of the Cabaret. There were five of us. Two Bandera cowboys, Priscilla's Jewish husband, and me, a little Lutheran school girl from Wauwatosa, Wisconsin. My knowledge of witchery was confined to The Wizard of Oz and old folk tales of a witch named Baba Yaga. (I had heard there was a ghost in the Cabaret but I never saw him — or her — and used to say if he did show up, I'd hand

him a broom and mop and tell him to get to work!)

Casting the circle required four elements — earth, air, fire, and water. We were each designated one of the four and I got water. I think we held bowls. Don't ask me how we "held" air. I do remember Priscilla dancing around the circle barefoot, wearing a caftan or something billowy, and beseeching Whomever to protect us on our journey and for prosperity. I swear she told me to invoke water when it was time for me to participate. I did.

The next afternoon it started to rain. And rain. And rain. A construction flaw on the Cabaret site caused heavy rains to gush into the dancehall from the back of the building and this was a gully washer of a rain. Priscilla's husband was my doorman and when they came in I was frantically wet vacuuming the floor before we opened. "So much for protection," I muttered.

Priscilla was delighted. "I told you to 'invite' water. You 'invoked' it. You are a powerful witch!" she crowed happily.

Oh.

The ride went ahead safely and with great success, but despite a deep drought plaguing the western third of the continent, rain, sleet, hail, and snow accompanied us most of the 2,500 miles. One grateful Colorado rancher thanked us. "I haven't seen mud in four years," he grinned. "And then you folks came along and brought this rain with you!"

Me? I'm still an uncomplicated Lutheran and I haven't

invoked – or invited – anything since. Maybe I did tap into something that day, in that circle. Maybe not. I

decided it was better not to test it again.

And I never met the Cabaret ghost.

Happy October, y'all.

Coming Soon



A Community For Active Seniors

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Funny Ghost and Goblin Jokes

Why do ghosts go on diets? So they can keep their ghoulish figures

Where does a ghost go on vacation? Mali-boo.

Why did the ghost go into the bar? For the Boos.

What is in a ghost's nose? Boo-gers.

Why did the policeman ticket the ghost on Halloween? It didn't have a haunting license.

Why do demons and ghouls hang out together? Because demons are a ghoul's best friend!

Why did the ghost starch his sheet? He wanted everyone scared stiff.

What does a panda ghost eat? Bam-BOO!

What's a ghost's favorite dessert? I-Scream!

Where do ghosts buy their food? At the ghost-ery store!

How do you know when a ghost is sad? He starts boo hooing.



FOUR EYES BY GEMMA CORRELL 2014



Bandera Writers Group, Oct. 7th

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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q



HEY, WHAT'S GOING ON?

By Lisa Crawford (Activities Director)

Monday's at the Silver Sage are about to get a whole lot more exciting! Starting October 8th at 9:30 a.m. we will have our very first Line Dancing Class led by Clifton Fifer Jr. of Kerrville. This is an all-levels class, and everyone is welcome but keep in mind we have to limit the class size to no more than 40 people to make sure we have enough room to move and stay safe. If you would like to sign up for this class please send your name, email address and phone number to lisa@silversage.com . Those who have signed up in advance will be taken first if it comes to a full class and there is not enough room to accommodate all who show up. I already have a list of people

signed up, so I suggest that you don't wait to send your email. As of now there is still lots of room for more but don't wait. This will be a FUN class and a great way to keep your body active and fit!

GREASE the movie! October 12th we will take a bus ride out to Café at The Ridge in Kerrville for a wonderful dinner and free movie showing of GREASE in the back room. Some of us will be dressing up in 50's outfits or our favorite Grease character. The Pink Ladies or Beauty School Dropout are an easy DIY costume if you need ideas. Costumes are NOT required, totally up to you. I am currently at half capacity on the bus but if we get more than 12 to sign up then we will take an extra vehicle if needed and can fit a few more. Of course, you are always welcome to meet us there, but be sure you call and make your reservations with the restaurant at 830-896-0420. If you are planning to ride on the Silver Sage bus, then please call 830-850-0930 to get on the bus list.

GAMES, GAMES and more GAMES! We are adding two new games to our weekly schedule. On Thursday afternoons we will have Mah Jongg from 12:30 to 3:00 and on Friday afternoons we will play Farkle from 12:30 until 2. All are welcome to join!

Songwriter Showcase House Concert Series! Starting on October 14th we will have our very first Songwriter Showcase House Concert Series that will continue the SECOND THURSDAY each month. Our guest songwriter/performer will be George Ensle. He puts on a fun and very entertaining show, and you won't want to miss it. You can hear some of George's music and learn more about him at http://www.georgeensle.com/George Ensle (pronounced Enslee) is a veteran Singer/Songwriter who began his career in Houston in 1967 sharing stages with legends Townes Van Zandt, Guy Clark and Billy Joe Shaver. He pens his own brand of StorySongs, powerfully crafted and played with his unique finger picking style on his vintage Martin D-35 and Fender Resonator guitar. He is celebrating 50 years as a performing songwriter and in February 2017 was inducted into the Houston Folk Music Archives at Rice University.

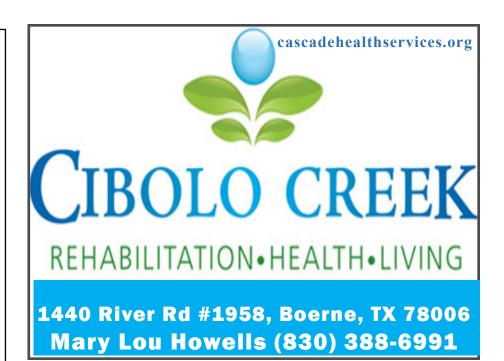
He has won numerous songwriting awards, been awarded Government grants to teach children through the Artist in the Schools program, and released albums and CDs in the US and Europe, including a Movie-in-Song CD, "Small Town Sundown", based on his original story, which he performs as a one man "Songplay."



Do you have
walkers, wheel chairs,
shower chairs, commode
chair, canes,
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use/need?

Please consider donating them to the Silver Sage. Contact: John Cressey-Neely (830) 796-4969





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October ACTIVITIES 2021

Activities Director, Lisa Crawford

Phone: (830) 850-0930 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
*FOOD BANK Lakehills Civic Center: Thursday Oct. 7th Mansfield Park, Bandera: Wednesday, Oct. 27th	CCYSSAGER		HALLOWEEN	1 8:00 Video Exercise
8:00 Video Exercise 10:00 Yoga w/Willy 12:30-2 MUSIC JAM MONDAY	5 10:30 Stretch & Strengthen 12:30 Mexican Train 7:00 Cowboy Capital Opry w/Rebel Roxy	8:00 Video Exercise 9:30 Quilting 12:30 BINGO 12:15-12:30 Annie's Antics Comedy Show	7 <u>9:00</u> Bridge <u>1:00-4:00</u> 42 <u>12:30</u> HEB Bus Trip <u>12:30-3</u> Mah Jongg <u>2-4</u> Writer's Group	8 8:00 Video Exercise 9:30am-10:30am Line Dance Class 12:30-2:00 Farkle
11 8:00 Video Exercise 10:00 Yoga w/Willy 12:30-2 MUSIC JAM MONDAY	12 10:30 Stretch & Strengthen 12:30 Mexican Train 4pm Cafe @ The Ridge Dinner & Movie- GREASE	8:00 Video Exercise 9:30 Quilting 12:30 Lunch & Learn w/ Steve Bradley Medicare Q&A 1:00 BINGO	9:00 Bridge 1:00-4:00 42 12:30-3 Mah Jongg 7pm Songwriter Showcase Featuring George Ensle	15 8:00 Video Exercise 9:30am-10:30am Line Dance Class 12:30-2:00 Farkle
18 8:00 Video Exercise 10:00 Yoga w/Willy 12:30-2 MUSIC JAM MONDAY	19 10:30 Stretch & Strengthen 12:30 Mexican Train	8:00 Video Exercise 9:30 Quilting 1:00 Bingo 12:30 Lunch & Learn / Nutrition w/Lanette Panelle - Realtor	21 9:00 Bridge 1:00-4:00 42 12:30 Walmart Bus Trip 12:30-3 Mah Jongg	8:00 Video Exercise 9:30am-10:30am Line Dance Class 12:30-2:00 Farkle
25 8:00 Video Exercise 10:00 Yoga w/Willy 12:30-2 MUSIC JAM MONDAY	10:30 Stretch & Strengthen 12:30 Mexican Train 12:00-1:00 Birthday Bash Cake and Ice Cream Social	8:00 Video Exercise 9:30 Quilting 1:00 Bingo 10:00-2:30 FREE Haircuts W/Mimi 12:30 Lunch & Learn w/Victor Haro-Golden Outlook-Medicare 101	28 9:00 Bridge 1:00-4:00pm 42 12:30-3 Mah Jongg	29 8:00 Video Exercise 9:30am-10:30am Line Dance Class 11:30-1:00 Halloween Costume Party/ Spooky Potluck! 12:30-2:00 Farkle
				12

Lunch served from 11:30pm-1pm	THIRSDAV
	WEDNESDAY
Silver Sage ~ OCTOBER 2021	TITEDAV

FRIDAY	1. Creamy Chicken Fajita Casserole	8. Steak Fingers w/Gravy Sweet Potato Fries Texas Toast	15. Chicken Strips Tater tots Cole Slaw	22. OCTOBERFEST Smoked Sausage w/ Mustard/ Sauerkraut German Potato Salad	Cornbread Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969
THURSDAY	Menu subject to change according to availability	7. Chicken Pot Pie	14. Old Fashioned Patty Melt Brussel Sprouts Creamy Sweet Potato	21. Three Meat Lasagna Summer Vegetable Gratin Garlic Bread	28. Shredded BBQ Chicken on a Brioche Bun/pickles/onions Homemade Mac n' Cheese
WEDNESDAY	SERVING SOUTHWEST TEXAS	6. Slow Cooked Beef Tips Over Rice Fresh Garlic Butter Mushrooms Grilled Zucchini Chef Salad	13. Loaded Pizza Pie Italian Pasta Salad	Teriyaki Chicken over Coconut Rice w/Grilled Pineapple and Onion. Watermelon Cucumber Salad	27. Meatloaf /Gravy Creamed Spinach Brussel Casserole Broccoli Apple Salad
TUESDAY	Alamo Area Council Of Governments	5. Chicken Florentine on a Bed of Fresh Spinach Creamy Lemon Egg Noodles Parmesan Tomatoes	12. Savory Pork Riblets Creamed Corn Deviled Eggs	Egg, Bacon, Spinach, and Cheese Bake Hash Brown Casserole Biscuit/Sausage/Gravy	26. Chicken Fried Rice Egg Roll Dumplings
MONDAY	Area Agency on Aging on Aging Translet through the Team Department of Aging and Disability Services Adamo Area Council of Governments	4. Asian Pulled Pork w/ Stir Fried Vegetables Eggrolls	11. CLOSED	18. Country Fried Steak Mashed Potatoes/Gravy Green Bean Casserole	25. Salisbury Steak Au Gratin Potatoes Honey Glazed Carrots



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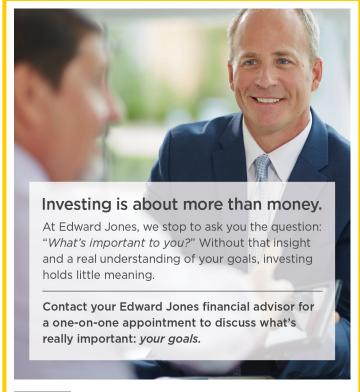
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YYSTERY MENU MONDAYS

For those of joining us at The Silver Sage for lunch during the week, we have some exciting news. Every Monday we will be having a Mystery Chef prepare a second option for your dine in experience. You may choose to enjoy what is on the regular menu or have the Mystery Menu.

The week prior to each Monday our dine in guests will be given clues as to who the Mystery Chef is and what the Mystery Menu is via Facebook. Of course, Art Crawford will be prepare his Liver and Onions a Monday now and again, but who else will be cook-

ing for you? What will they be making? Make a date, mark your calendar, and come on down to The Silver Sage and join in the fun and food. As always, there is no costs for our meals. If you wish to donate it will be greatly appreciated.

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.





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



Our greatest need is for drivers and driver assistants to help with the Meals On Wheelsprogram.

If you have a few hours once a week

to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughout Bandera County. The Silver Sage provides vehicles and gas for deliveries. What a special feeling it is knowing that you have made such a difference in someone's life! Please call us at (830) 796-4969 and ask for Amy. Our volunteer application form is available at: silversage.org/volunteer

17

THE SILVER SAGE BUS PROGRAM

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.

Oct. 7th - HEB Oct. 12th - Cafe @ The Ridge Dinner & Movie- GREASE Cosplay Oct. 21st - WALMART

All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You MUST sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling That information will be given to medical personnel in case of an emergency concerning you. This information won't be shared with anyone other than medical personnel and only in an emergency situation that concerns you.

*A suggested \$5 donnation for trips.

*For liability reasons all guests riding the bus MUST be physically able to load and unload from the bus without any assistance.

*We will not make unscheduled stops unless it's an emergency.

*Your ideas for outings are always welcome and I will do my best to make them happen when possible. Please keep in mind the physical limitations of many of our seniors when making suggestions.





Get Fit at The Silver Sage!



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.

NUTRITION EDUCATION

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Seedy Doings By Mikie Baker

Over the holiday weekend, I headed to the Big City to hang with my Very Best Friend for a couple of days. We hadn't gotten together, just the two of us, in way too long. Sometimes you simply need to stop and enjoy some door-delivered food, copious amounts of adult beverages and marathon-watching Marvelous Ms. Maisel to maintain sanity. Unfortunately, I am still nuts.

But now the plot thickens. After retirement, my VBF has gone and found herself another friend. The weird part is her new friend is also born on Halloween, loves to garden and is rather funny. Obviously, my Very Best Friend has a girlfriend "type." Me? I feel like I'm living in the Twilight Zone of Halloween birthdays; My Future Husband, his best friend of 45 years, me and now VBF's friend are all born on Halloween. I'd call that spooky.

I just wasn't prepared for how really spooky her new friend is.

Saturday morning, we headed over to this Halloween born friend's house for a nice walk around the neighborhood. We thought we could walk off some of the copious amounts of adult beverages from the night before. The walk started out at a good pace. About three houses down from hers, this new friend stopped and started grabbing seed pods off an innocent Esperanza bush. All I could think of was that I was walking with a Plant Kleptomaniac. I jumped back in horror.

ME: What on earth are you doing?

PK: I'm liberating them!

ME: From what?

PK: From being ignored. I only steal seeds or small plants that no one will notice. I figure if people have extra little baby plants in their yard, they really don't need them. I think of it as just weeding. All good gardeners weed.

ME: Yeah, but not usually other people's yards.

I really didn't know what to think. I mean, she's a plant klepto and I'm not sure if that's something you should call the police about. Have you ever seen Plant Police armed with hoes running across front yards?

By the time we got done with our walk, she had an armful of plants and seeds. She disappeared into her garage and came out with several packets of seeds for me. The Plant Kleptomaniac handed them to me and demanded, "Liberate them! Plant them and let them grow!" I'm pretty sure I heard her make a Halloween witch cackle after that. Funny, but there wasn't a pumpkin seed in the bunch. Every good witch should grow her own pumpkins, you know.

The Plant Kleptomaniac claims that if she has any doubt about what she's "lifting," she rings the homeowner's doorbell to ask if it's all right. That sounds good in theory, but since she's retired and they walk during the week, there's really nobody at home to ask because they're all at work. Pretty convenient, isn't it? Wonder if they have a door cam for aiming at your plants so you can catch all the plant kleptos out there with your iPhone.

I left armed with plants and seeds because TPK is running out of room at her house. She gives her ill gotten gains away as presents. I can only surmise it's because she doesn't want to appear on the gardener's version of The Hoarders. They'd probably find hundreds of large man-eating sunflowers growing all over the inside of her house.

Other than that, even though she's a bit seedy, The Plant Kleptomaniac is really starting to grow on me. Sorry. I'll show myself out now.



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