

Happenings

December 15, 2017

**FREE
To a
Good
Home!**

Many Thanks!

by Gail Marie Beckman

Mark Gordon and I had a lot of fun this year creating new events for the community and the Keystone Enrichment Foundation, like the **Health & Happiness Expo** featuring nine guest speakers on a variety of subjects, and helping to support local entertainment, such as the wonderful **Mama's Wranglers** from Henderson!

We've received some great feedback and many kind words from both participants as well as vendors from Sandy Valley, Goodsprings, Henderson, and Las Vegas.

New friends were made during Third Thursday Game Night,

and we introduced some folks to qigong,

an energy-building series of movements similar to tai chi.

We REALLY appreciate all of you who generously donated their time, money or items toward our efforts: Seena and Steve, Ethan, Roger and Kelly Ann, Alex, Joe, George, Pam, Mike, Billie and Al, Bob and

cont'd on page 2



Drawing Conclusions from NTD Inspired Life

When he was a little boy his uncle called him "Sparky" after a comic-strip horse named Spark Plug. School was all but impossible for Sparky. He failed every subject in 8th grade. He flunked Physics, Latin, Algebra and English in high school.

His record in sports wasn't any better. Although he did



manage to make the school's golf team, he promptly lost the only important match of the season. Oh, there was a consolation match; he lost that too.

Throughout his youth, Sparky was socially awkward. It wasn't that the other students disliked him; it's just that no one really cared that much.

Sparky was a loser. He, his classmates... everyone knew it. So he learned to live with it. He made up his mind early that if things were meant to work out,

cont'd on page 5

Winter Poem – Page 2

Early to Rise?

by Jordan Scheltgen
3:45 am.

That's when the alarm sounds for Apple CEO Tim Cook. And Cook isn't alone either, many other successful CEOs have boasted similar stories of waking up early. The old adage "the early bird gets the worm" isn't a cliché, it's a truism.

There is a popular narrative within the business community that working 100-plus hour weeks, clocking four hours of sleep per night, and waking up at 5 am is an accomplishment. It isn't. Crafting a great morning routine starts with acknowledging burnout, and avoiding it like the plague. Mornings can be full of opportunity, clarity, and energy if your previous night was a success.



cont'd on page 2

**Slow Cooker Beef
Stew - Page 4**

Needles by Brian Bilston



**I
wrote
a poem
in the shape
of a Christmas
tree but then forgot
to water it and only a few
days
later..**

**there
were
over** **the** **words** **all** **the** **carpet.**

"Early to Rise?" cont'd

Realize your routine starts the night before. If you can't commit to getting at least six hours of sleep per night, you're not committed to your morning productivity. One in three Americans are sleep deprived, and this deprivation could be having serious effects on your cognitive health. To make sure you're getting the proper amount of sleep, set an alarm for yourself to go to bed every evening.

Move. Exercising in the morning is an easy win to get out of the way. As your day goes on, you're subject to interruptions and distractions. Exercise increases your energy levels for the day, so take your time in the morning and do it. You can read countless articles on Inc.com and around the Web about successful morning routines, and they all have one constant: exercise.

cont'd on page 10



**Always
believe
that
something
wonderful
is about
to happen.**

quotesbites.com

"Many Thanks" cont'd

D'Anne, Pastor Mike and Suzanne, Suzy, Jeri Dean, Chad and Helen, Cindy and Roger, Dawn, the BJC Arena, SV Senior Center, SV Volunteer Fire Department, SV Masons, SV 4-H, Valley Electric Association, American Legion Post 27, ReUseIt Ranch, Sandy Mesquite Valley Development Association, SignMasters, and Trails End General Store. (I hope I didn't miss anyone!)

And, we *ESPECIALLY* want to show our gratitude to the many of you who are offering their support in having us produce future events in our community!

Stay tuned, and we'll see you out and about in *Beautiful, Downtown Sandy Valley!*



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apply)



*“Reading
gives us
someplace to
go when we
have
to stay where
we are.”*
– Mason Cooley

Word of the Day:
elucidate
ē'looosə,dāt
verb. Make something
clear; explain.

Did You Know?

- 33% of high school graduates never read another book the rest of their lives.
- 42% of college grads never read another book after college.
- 57% of new books are not read to completion.
- 70% of US adults have not been in a bookstore in the last five years.
- 80% of US families did not buy or read a book last year.
- Reading one hour per day in your chosen field will make you an international expert in 7 years.
- The more a child reads, the likelier they are able to understand the emotions of others.



**Chocolate is the answer.
Who cares what the question is?**
Happenings – December 15, 2017 **Page 3**

Slow Cooker Beef Stew

Ingredients

- 2 pounds beef stew meat, cut into 2 inch cubes
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 ½ cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped



"A hearty, savory slow cooker stew with potatoes, carrots, celery and more to warm you right up on a cold day"

*"Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends."
– Margaret Thatcher*

Directions

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

namaste

(nah-mas-tay)

My soul honors your soul.

I honor the place in you where the entire universe resides.

I honor the light, love, truth, beauty, and peace within you, because it is also within me.

In sharing these things we are united, we are the same, we are one.



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"Drawing Conclusions" cont'd
they would. Otherwise he would content himself with what appeared to be his inescapable mediocrity.

One thing was important to Sparky, drawing. He was proud of his artwork. In his senior year of high school he submitted some cartoons to the yearbook. His editors rejected the concept.

Despite this brush-off, Sparky was convinced of his ability. He even decided to become an artist.

After completing high school, Sparky wrote Walt Disney Studios. They asked for samples of his artwork. Despite careful preparation, it was also rejected.

One more confirmation that he was a loser. But Sparky still didn't give up.

Instead, he decided to tell his own life's story in cartoons. The main character would be a little boy who symbolizes the perpetual loser and chronic underachiever. It was what he knew best.

Sparky's cartoon character went on to become a cultural phenomenon of all sorts. People readily identified

with this "lovable loser." He reminded people of the painful and embarrassing moments from their own past, of their pain and their shared humanity.

The character soon became famous worldwide: "Charlie Brown." And Sparky, the boy whose many failures never kept him from trying, whose work was rejected again and again, is the highly successful cartoonist, Charles M. Schultz. His cartoon strip, "Peanuts," continues to inspire books, t-shirts, and Christmas specials, reminding us, as someone once commented, that life somehow finds a way for all of us, even the losers.

We all face difficulty and discouragement from time to time, but we also have a choice in how we handle it. If we're persistent, if we hold fast to our faith, if we discover and develop the unique talents that each one of us have, then there is no limit to our potential.

In the end, there are no "losers". Some winners just take longer to develop!

"Christmas is doing a little something extra for someone"
- Charles M. Schulz



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December

| Sun | Mon | Tue |
|-----|-----|-----|
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Forget your past, forgive yourself, and begin again right now.



LEGEND



1st and 3rd Mondays at the **Senior Center** is Coffee & Donuts from 8-10:30am



Every Monday at **Peace Park** Food Share gives out food at 12:30pm

| | | |
|----|----|----|
| 17 | 18 | 19 |
| 24 | 25 | 26 |
| 31 | 1 | 2 |
| 7 | 8 | 9 |
| 14 | 15 | |



American Legion
at Keystone
- 6:30pm

SMVDA
at Community Ctr - 6:30pm
Citizen's Advisory Council
at Community Ctr
- 7:30pm



/January



Three Square
Food Delivery at Peace Park
- 7:30am

| Wed | Thu | Fri | Sat |
|---|---|---|---|
|  | <p><i>If you never try, you'll never know.</i></p> | 15 | <p>16</p> <p>Pancake Breakfast at Senior Center - 8 to 10:30am</p> |
| <p>20</p>  | 21 | 22 | <p>23</p> <p>Christmas Cafe at Sandy Valley Ranch - 5pm to 8:30pm</p> |
| 27 | 28 | 29 | <p>30</p> <p>Food Share at Peace Park - 10am to Noon</p> |
| <p>3</p>  | 4 | <p>5</p> <p>General Meeting & Potluck at Senior Center - 1pm</p>  | 6 |
| <p>10</p>  | 11 | 12 | <p>13</p> <p>Quarterly General Meeting at Keystone Center - 9am</p> |

“If you can't explain it simply, you don't understand it well enough.” – Albert Einstein



Yuletide Cinema

A Custom WordSearch
by Gail Marie Beckman

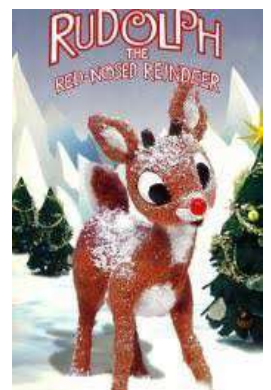


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A 6-Directional Puzzle



- A Charlie Brown**
Christmas (1965)
- A Christmas Story** (1983)
- Bad Santa** (2003)
- Die Hard** (1988)
- Elf** (2003)
- Gremlins** (1984)
- Home Alone** (1990)
- How the Grinch Stole**
Christmas (1966)
- It's a Wonderful** Life
- Love Actually** (2003)
- Miracle on 34th Street** (1947)
- The Muppet Christmas**
Carol (1992)
- National Lampoon's**
Christmas Vacation (1989)
- The Nightmare Before**
Christmas (1993)
- Rudolph the Red-Nosed**
Reindeer (1964)
- The Santa Clause** (1994)
- Scrooged** (1988)
- Trading Places** (1983)
- White Christmas** (1954)
- The Year Without Santa**
Claus (1974)



Two scientists walk into a bar.
 "I'll have H₂O," says the first.
 "I'll have H₂O, too," says the second.
 The bartender gives them water because he is able to distinguish the boundary tones that dictate the grammatical function of homonyms in coda position, as well as pragmatic context.



12 Laws of Karma

1. You will reap what you sow.
2. We create what we focus upon.
3. Accept what is, let go of what was, and work towards what will be.
4. We must change ourselves, not others in order to grow.
5. Our lives are a result of our actions.
6. Everything is connected and serves an equal purpose.
7. One cannot focus on good and bad at the same time.
8. The way we treat others proves our intentions.
9. All we ever really have is this moment.
10. Life gives us the same lessons until we learn from them.
11. Good things come from hard work, faith, and determination.
12. We will always get out of life what we put into it.



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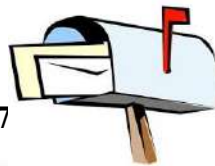
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"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

– Norman Vincent Peale

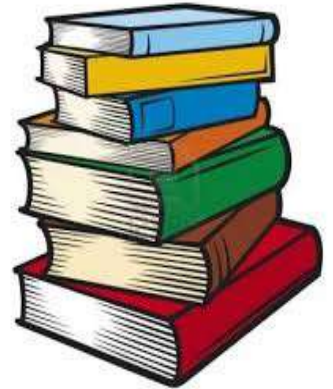
WHEN NURSES MAKE COOKIES



Community

Sandy Valley Library Hours:

Monday through Thursday from 1pm to 7pm; Saturday from 10am to 4pm. Closed on Fridays and Sundays



Churches

Sandy Valley Community Church
(702)723-1653

Sandy Valley Baptist Church
(702)723-5115

St. Catherine of Siena Holy Catholic Church (702)858-3792

The Church of Jesus Christ of Latter Day Saints
(702)723-1135

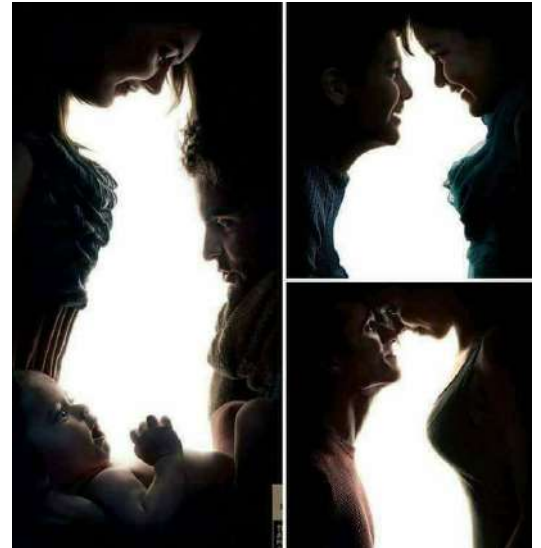


"Early to Rise?" cont'd

Work on a non-work-related goal. Your personal development outside of work is important. Take the time early in the morning to work on something you've been putting off. This could be reading, learning a new language, a college course, etc.

Find a routine that works for you and write it out. There's no one-size-fits-all when it comes to morning routines. If you search for successful CEOs' morning routines you'll see a mixture, all varying in workout length and the time different people get up.

But as billionaire Richard Branson puts it, "Over my 50 years in business, I have learned that if I rise early I can achieve so much more in a day, and therefore in life." Your morning productivity and mindset is the runway for the rest of your day. Make sure it's clear, clean, and ready for your day to take off.



"Today I will live in the moment, unless it's unpleasant, in which case I will eat a cookie!"

– Cookie Monster

Happenings is dedicated to providing fun, interesting, entertaining, and positive information for those living in and around Sandy Valley, Nevada and beyond. Feel free to submit short stories, poems, photos, ideas, and jokes to: Happenings Media, 777 East Quartz Avenue, Box 7006, Sandy Valley, Nevada, 89019 happeningsmedia@gmail.com Editor: Gail Marie Beckman ~ (702)869-6416