

Happenings

February 1, 2019

FREE..
To a
Good
Home!



Valuable Lessons

“It's been the privilege of my life for thirty years to have been taught everything of value by gang members,” is how Father Gregory Boyle began his talk.. “and in the last few years they taught me how to text, and so I'm really grateful to them because I find it sure beats the heck out of actually talking to people. And I'm pretty dexterous at it: LOL, OMG, and BTW, and the homies have recently taught me a new one.. OHN, which apparently stands for “Oh, hell no,” which I've been using a lot of lately.”

“My alma mater, Gonzaga University, called me and said they were going to have a big talk on Tuesday night with a thousand people. They wanted me to speak about Homeboy Industries, and asked if I could bring a couple homies with me, which I agreed to. And I always pick homies who have never flown before – just for the thrill of seeing gang members panicked in the sky.”

“I never picked anybody more terrified of flying than this guy, Mario. He was just absolutely petrified, in fact he was hyperventilating – and we hadn't even boarded the plane yet. And then our flight crew



arrives and I see two flight attendants, females, and they both have very large cups of Starbucks coffee, and they're schlepping up the front steps, and Mario goes, 'When are we going to board the plane?' I said, 'As soon as they sober up the pilots.' He didn't laugh.”

“I should tell you, Mario, in our thirty year history at Homeboy, is the most tattooed individual who's ever worked there. His arms are all sleeved out, neck blackened with the name of his gang, head shaved, covered in tattoos, forehead, cheeks, chin, eyelids that say THE END, so that when he's lying in his coffin, there's no doubt..”

“So, I had never been in public with him and we're walking, and people are stepping way around us, and mothers are holding their kids more closely, and I'm thinking, 'Wow, isn't that interesting?' because if you were to go to Homeboy on Monday and ask anybody there, 'Who's the kindest, most gentle soul who works there, they won't say me, they'll always say it's Mario.

(cont'd on page 4)

De-Stressing Tips

These tips on dealing with stress only take a minute – and who doesn't have a minute for self-repair?

Pull out a calming photo. Whether it's palm trees on a beach or your cute new puppy,



looking at something pretty effects changes in the brain.

Practice gratitude. Remind yourself how you have your health, family, career – this thinking will ease your stress.

Listen to music, preferably by yourself. From Bach to Adele, music is a powerful stress reducer. Songs can evoke happy memories and help get our breathing and bodies in sync. **Massage your ears.** Since there are several acupuncture points in the ears, rubbing them gently can ease tension throughout your entire body. Try these out today!

**Lemon Chicken Soup
with Orzo – page 2**

Lemon Chicken Soup with Orzo

Ingredients:

- 1 tablespoon olive oil
- 3 carrots, peeled and diced
- Half an onion, diced
- 3 cloves garlic, minced
- 8-10 cups chicken broth
- 1 cup whole wheat orzo
- 3-ish cups cooked chicken
(I use shredded rotisserie chicken)
- 3 eggs
- Juice of 3-4 lemons (about 1/2 cup)
- Handful of fresh spinach
- 1 1/2 teaspoons salt
- Lots of freshly ground pepper
- As much fresh dill as you can handle



“The problem with the rat race is that even if you win, you're still a rat.”



– Lily Tomlin

Directions:

Base: Heat large soup pot over medium heat. Add the olive oil. Add the carrots, onion, and garlic. Saute until fragrant and tender, about 10 minutes. (Be careful not to burn the garlic.)

Orzo: Add the broth and bring to a simmer. Add the orzo and cook for a few minutes until softened. Stir in the chicken and remove from heat.

Eggs: Whisk the eggs and lemon juice together in a small bowl. The idea here is to warm up the egg mixture slowly (without scrambling the eggs). Slowly add a scoop of the soup into the egg mixture. Then add your warmed egg mixture back to the soup pot – slowly, slowly, slowly, stirring constantly, until smooth and creamy.

Final touches: Finish by stirring in your spinach, salt, pepper, and dill and adjust seasonings to taste, and, as always, Enjoy!



Happiness is a choice,
choose it everyday...



Just bought a book from IKEA..

**“You have brains in your head.
You have feet in your shoes.
You can steer yourself,
any direction you choose.”**

– Dr. Seuss

Did You Know?

In Japan, public napping is a sign of hard work. It's called *inemuri*, which means "sleeping on duty" or "sleeping while present." Because falling asleep in public is thought to be a symptom of working yourself to exhaustion, it's socially acceptable in restaurants, stores, commuter trains, and on park benches ~ as long as you don't take up too much space.



Made entirely out of driftwood

**1N73LL1G3NC3
15 7H3
4B1L17Y
70 4D4P7 70
CH4NG3.
-573PH3N H4WK1NG**

I like old bookstores, the smell of coffee brewing, rainy day naps, farmhouse porches, and sunsets. I like the sweet, simple things that remind me that life doesn't have to be complicated to be beautiful.



What do you get someone who likes their dog more than most people? A Custom WordSearch Puzzle written all about Fido, of course! You can even include photos.. Call today at (702)869-6416!

"Valuable Lessons" cont'd

He sells baked goods at the counter at our Cafe. He's proof that only the soul that ventilates the world with tenderness has any chance of changing the world."

"So, the nighttime talk comes and it's a thousand people, and I invite them up to share their stories in front of all these people for five minutes each. They were terrified, but they did a good job, and honest to God, if their stories had been flames, you'd have to keep your distance, otherwise you'd get scorched. Then, during Q and A, the first question out of the gate is for Mario. He's clutching the microphone, nervously awaiting the question. The lady asks what advice would he give his two children, about to enter their teenage years.. what wisdom would he impart to them? And Mario is straining to answer, still terrified.."

"He says, 'I just... ' and can't seem to get the rest of the words out.. but really wants to. He finally said, in a strangled voice, 'I just don't want my kids to turn out to be like me.' And then there's silence. Until the woman who asked the question rose again, and now it's her turn to cry. She said, 'Why wouldn't you want them like you? You are loving, you are kind, you are gentle, you are wise.. I HOPE your kids turn out to be like you!'"

"And a thousand totally perfect strangers stand, and they will not stop clapping, and all

Mario could do was hold his face in his hands, so overwhelmed with emotion that this room full of people, strangers, had returned him to himself.. And they were returned to themselves. And you go from here to STAND with the demonized so that the demonizing will stop. And you STAND with the disposable so that the day will come when we stop throwing people away. You STAND with those whose dignity has been denied, and you STAND with those whose burdens are more than they can bear, and you STAND with the poor, and the powerless, and the voiceless.. Make those voices heard!"

Homeboy Industries provides hope, training, and support to formerly gang-involved and previously incarcerated men and women, allowing them to redirect their lives in order to become contributing members of our society. They provide education, therapy, and tattoo removal.



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Word of the Day: largesse

lär'jes

noun: generosity in bestowing money or gifts upon others

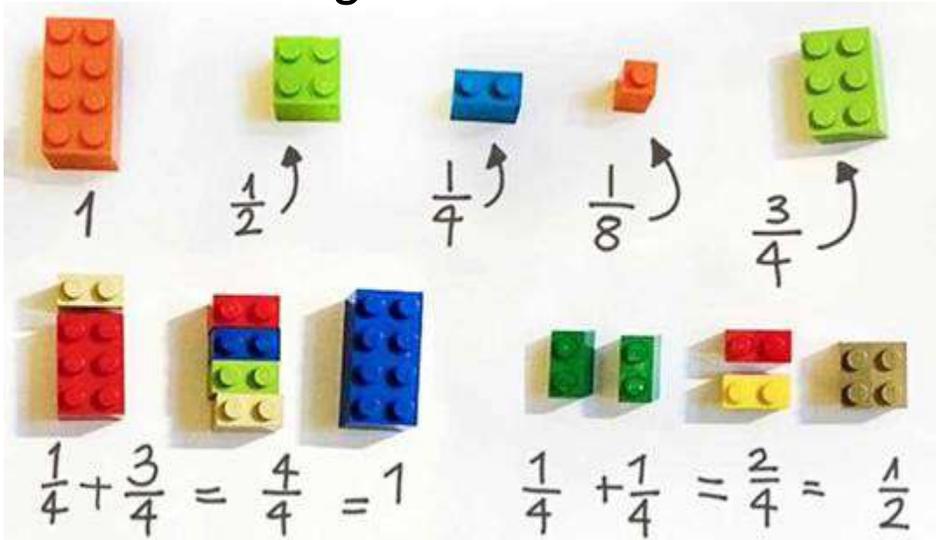


Did You Know?

Pineapples were a sign of wealth in 18th Century England. They were so expensive that you could rent them by the night and take them to parties with you as a status symbol.



"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." – Charles Darwin



Use Legos to Teach Basic Math



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Happenings – February 1, 2019 **Page 5**



February

Sunday

Monday

Tuesday

“Yesterday's home runs don't win today's games.” ~ Babe Ruth



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



**“Don't listen to them.
You're not fat. You're
just fluffy!”**

<p>3</p>	<p>4</p>  <p>Potluck / White Elephant Gift Exch. at Senior Center - 6pm</p>	<p>5</p>
<p>10</p> <p>National Umbrella Day</p> 	<p>11</p> 	<p>12</p> <p>SMVDA Mtg at Community Ctr – 6:30pm</p> <p>CAC Meeting at Community Ctr – 7:30pm</p>
<p>17</p>	<p>18</p> <p>HOLIDAY President's Day</p> 	<p>19</p>  <p>due to holiday</p>
<p>24</p> <p>National Tortilla Chip Day</p> 	<p>25</p> 	<p>26</p> <p>National Pistachio Day</p> 

***“When writing the story of your life, don't let
anyone else hold the pen.” – Harley Davidson***

2019



Get involved in Youth Sports in Sandy Valley!
Boxing ~ Dance ~ Flag Football
contact: svyouthsports.com

Wednesday

Thursday

Friday

Saturday

<p>“You cannot do a kindness too soon, for you never know how soon it will be too late.” – Ralph Waldo Emerson</p>	<p>1</p>	<p>2</p>	<p>Groundhog Day</p>
<p>6</p> 	<p>7 SV Clean-Up Beech & Kingston - 8am to Noon</p>	<p>8 National Kite Flying Day</p> 	<p>9 Balloon Fest 4-H Bake Sale 7am to Noon Senior Ctr & Outdoors</p>
<p>13 National Cheddar Day</p> 	<p>14 Valentine's Day</p> 	<p>15</p>	<p>16</p> 
<p>20</p> 	<p>21</p>	<p>22 National Margarita Day</p> 	<p>23 Free Breakfast at Baptist Church 9am – 11am Clothing Giveaway 9am - 4pm</p> <p>Food Pantry Near Peace Park 10am - Noon</p>
<p>27</p>	<p>28 National Chocolate Souffle Day</p> 	<p>Why I Don't Dust (especially in Sandy Valley) You were dust.. You will return to dust.. That's why I don't dust.. It could be someone I know.</p>	



Three Square
at Comm Ctr
- 7:30am



Pancake Breakfast
at Senior Center
- 8am to 10:30am

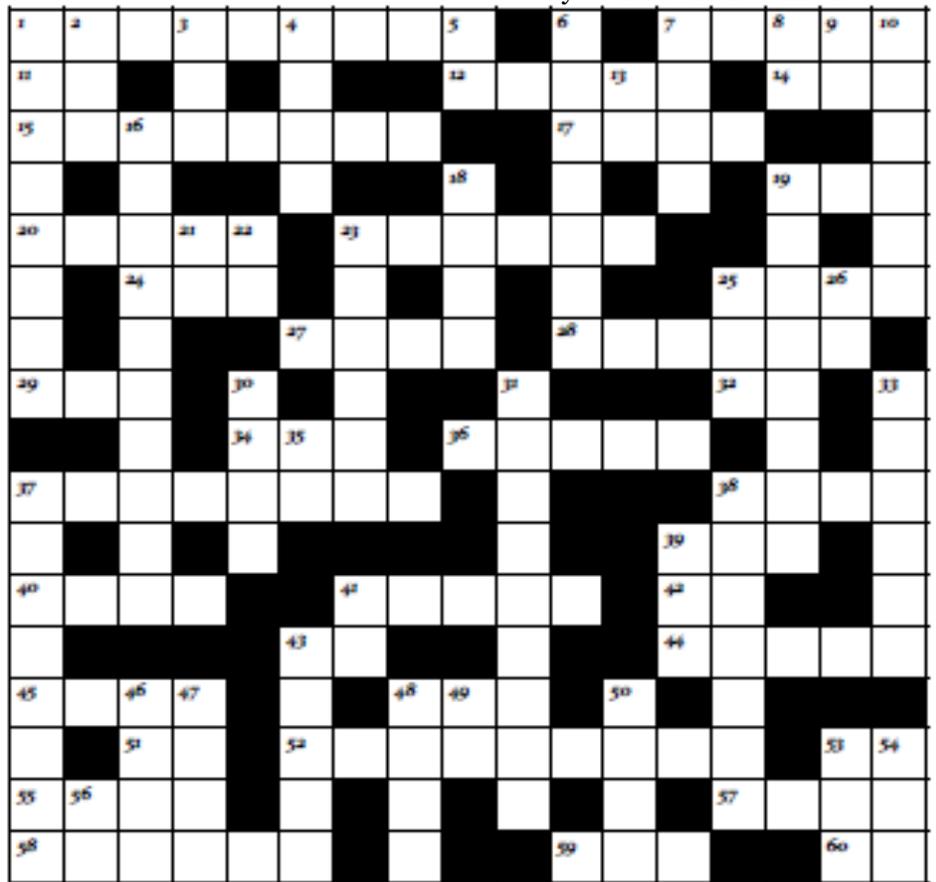
“Believe in yourself, especially when no one else will.” – Sasquatch
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Medicinal Teas

A Custom Crossword
by Gail Marie Beckman

across

1. Mild nerve tonic (2 wds)
7. Part of the plant sometimes used for tea
11. Short for italics
12. Used as a digestive aid
14. Observe
15. Certain pepper plants, used to relieve cold and cough symptoms
17. Requirement
19. Important guest (abbr)
20. Become ready
23. Recommended for flatulence, and digestive problems
24. Place for notes
25. ___ of nutritionists recommend tea for medicinal purposes
27. (with 30 down) Helpful for diarrhea, gastric upsets, and as a vitamin C supplement
28. Particular circulatory and digestive stimulant



29. Hearing aid?
32. Utterance of hesitation
34. "The rocks"
36. Common seasonal issues.. achoo!
37. _____ elm has a soothing effect on the stomach and intestines
38. Aka coffee
39. Vitamin D source
40. Dines
41. Certain colorful tea used as a tonic
42. Not at lunch
43. Iron symbol
44. Evergreens
45. Take the ___ to enjoy your tea
48. Granola follower
51. Associate of Arts, shortened
52. Has anti-inflammatory, sedative and antispasmodic properties
53. Half a laugh
55. Indicates to the affirmative
57. Part used of 19 down



58. Extracts the essence
 59. Stretch; reach for the ___
 60. Symbol for tellurium
- ## down
1. Its dried rhizomes are used to relieve symptoms from 36 across
 2. When expected, for short
 3. No longer made (abbr)
 4. Returned
 5. Military Academy, for short
 6. Deemed an anti-stress tonic
 7. You'll ___ so much better
 8. This could benefit both of ___
 9. That is (abbr)
 10. Certain whistler
 13. Symbol for selenium
 16. Spearmint and _____ have similar properties and are both used for nausea
 18. Leg joint
 19. For muscle, organ and nervous tension
 21. Apiece (abbr)



22. Neodymium symbol
23. _____ heads and tops are often used for tea
25. Years on earth
26. Either word
30. (see 27 across)
31. Certain diuretic
33. Most common plant part used
35. Cerium symbol
37. Adds sugar
38. Used in naturopathic treatments for fluid retention
39. Small drink
41. Symbol for germanium
43. Concentrate
46. Prepared
47. Relax; ___ your mind
48. The inner ___ is used to make tea
49. Morning initials
50. Tea additive, for some
53. Some like it ___
54. Had crumpets
56. More than eight hrs.



I hope there are days when your coffee tastes like magic,



your playlist makes you dance, strangers make you smile, and the night sky touches your soul. I hope you fall in love with being alive again.

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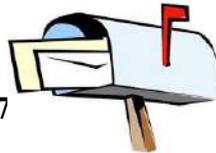
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sanjac115@peoplepc.com



Did You Know?
Curiosity is fueled by what you already know. You're far more likely to be curious of the things you already know a little about than you are of something you know a lot about or absolutely nothing about.



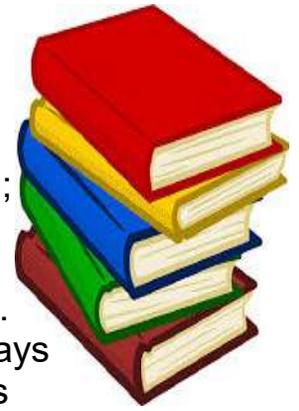
God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.



Community

Sandy Valley Library

Hours of
Operation are:
Monday through
Thursday
from 1pm to 7pm;
Saturday
from
10am to 4pm.
Closed on Fridays
and Sundays



(702)723-5333

Churches

Sandy Valley Community Church
(775)505-1564

Sandy Valley Baptist Church
(702)723-5115

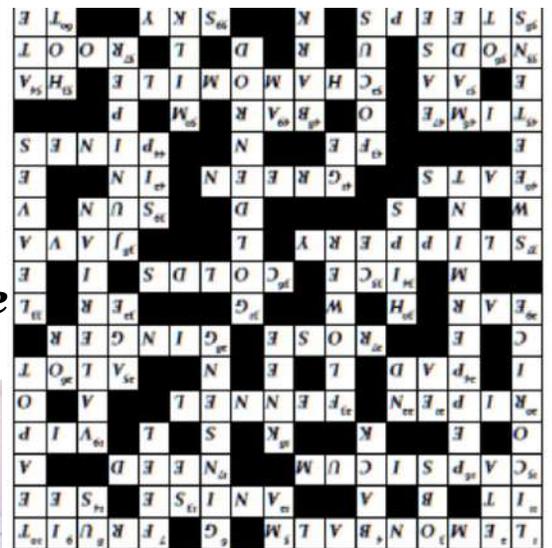
St. Catherine of Siena Holy
Catholic Church (702)858-3792

The Church of Jesus Christ
of Latter Day Saints
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Did You Know?
*Old-timey high-wheeler
bicycles were also
known as “penny
farthings” because
people thought they
looked like the largest
(penny) and the smallest
(farthing) coins of the
day, rolling after each
other. The reason one
wheel was oversized
was that they had no
gears or chains, and the only way to make
them go faster was by having a big front
wheel.*



Happenings is dedicated to providing fun, interesting, entertaining, and positive
information for those living in Sandy Valley, Nevada and beyond!
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