



**FREE  
To a  
Good  
Home!**



**January 1, 2018**

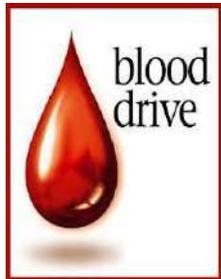
### **Save the Date to Be a Hero**

**by Gail Marie Beckman**

United Blood Services is coming back to Sandy Valley on **Saturday, February 3<sup>rd</sup>** for another **Blood Drive** so we can help to save lives in Las Vegas and the surrounding areas.

Blood donations will take place at the **SV Community Center**, 650 West Quartz Ave, in conjunction with the Balloon Fest, which is back by popular demand at Peace Park and the surrounding ball fields.

At the Health & Happiness Expo that was held in Sandy Valley this past August, United



Blood Services had 16 donors, which was much appreciated – let's get more people out for this one!

Remember, one pint of blood can save three lives, so **Give Blood, Give Life!**

**Chicken  
Parmesan with  
Artichoke Hearts  
- Page 4**

**Health Benefits of  
Music – Page 9**

### **Roadie's Report: Christmas Cafe**

I heard over the back fence that a GREAT time was had by all at the annual Christmas Cafe hosted by Sandy Valley Ranch on the 23rd of December.



There were rave reviews on the food, the decorations, and the good company of friends, family, and neighbors celebrating the season together.



Sandy Mesquite Valley Development Association were the sponsors with the assistance of Sandy Valley 4-H, the Sandy Valley Volunteer Fire Department, as well as all of you Elves out there who did your part to contribute your time, energy, and thoughtfulness to make this happen – we would like to thank you all!

**St. Jude's Clothing Drive  
– Page 6**

### **Coffee You Say? by Robert Morris**

Q. Is it a good idea to work coffee grounds into soil in flower beds? Does it help?

A. Yes, coffee grounds are good. They add some, but not all, nutrients needed by plants and improve soil structure which assists water drainage from, and air movement to, the roots. This, in turn, improves plant growth.



Coffee grounds are better if composted first, but adding them “raw” is one step in helping improve the soil. I would not apply them to the soil surface but scratch them into the soil a couple of inches. **cont'd on page 2**

**Poem – Page 2**

### **Stick to Your Guns by Goalcast**

His parents fought so much they neglected him, so he spent many years in foster homes as a child. The doctor severed a nerve in his face when he was born, leaving him partially paralyzed with slurred speech. He struggled at school and was always in trouble. He was expelled from 14 different high schools. **cont'd on page 5**

## **New Year's Reflections** by Joanna Fuchs

Looking back on the months gone by,  
As a new year starts and an old one ends,  
We contemplate what brought us joy,  
And we think of our loved ones and our friends.  
Recalling all the happy times,  
Remembering how they enriched our lives,  
We reflect upon who really counts,  
As the fresh and bright new year arrives.

**Coffee is not  
a matter of  
life or death.  
It is  
much  
more  
important  
than that.**



**Do small things  
with GREAT love.**

**Hear about the new  
restaurant called Karma?  
There's no menu; you get  
what you deserve.**



**"We rise  
by lifting  
others."**

**"Coffee You Say?" cont'd**  
Don't rely on coffee grounds alone for soil improvement. For instance, don't go to your local Starbucks and add 100 pounds of coffee grounds to a 4 x 8 planter or raised bed and call soil preparation done.

Adding only coffee grounds is like eating only corn and expecting to maintain a healthy diet. You need a variety of different foods to remain healthy. Your garden also needs a variety of healthy ingredients from different amendments for plants to remain healthy.

Many different minerals are needed by plants. Provide this by decomposing a wide variety of things in your garden soil besides coffee grounds. Other things to add in small quantities to garden soil include wood ashes (no ash from coal or petroleum sources), finely-ground kitchen scraps (use a blender with a little bit of water to grind up kitchen scraps to a small size), shredded paper with black ink, shredded cardboard, sawdust from wood (not particle board), leaves, and grass clippings.

Compost piles, when properly managed, will "rot" faster – plus you're recycling.

Finished compost makes a better soil amendment containing a mixture of plant nutrients compared to adding raw ingredients and waiting for them to break down.

Happy gardening!



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(some restrictions may  
apply)

## **Did You Know..**

Studies show people decide if you're trust-worthy, adventurous, successful, smart, extroverted, or likable within the first three seconds of meeting you?



## **Also..**



People in Dubai don't like the Flintstones. But people in Abu Dhabi do!

## **Word of the Day:**

**surreal**

sə' rēəl

adj. *Having the disorienting quality of a dream; unreal, fantastic.*

**"I have found that if you love life, life will love you back."**

**– Arthur Rubenstein**

# Parmesan Chicken with Artichoke Hearts



## Ingredients

- 4 boneless skinless chicken breast halves (6 ounces each)
- 3 teaspoons olive oil, divided
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 2 cans (14 ounces each) water-packed artichoke hearts, drained and quartered
- 1 medium onion, coarsely chopped
- 1/2 cup white wine or reduced-sodium chicken broth
- 2 garlic cloves, chopped
- 1/4 cup shredded Parmesan cheese
- 1 lemon, cut into 8 slices
- 2 green onions, thinly sliced

## Directions

Preheat oven to 375°. Place chicken in a 15x10x1-in. baking pan coated with cooking spray; drizzle with 1-1/2 teaspoons oil. In a small bowl, mix rosemary, thyme and pepper; sprinkle half over chicken.

In a large bowl, combine artichoke hearts, onion, wine (or broth), garlic, remaining oil and remaining herb mixture; toss to coat. Arrange around chicken. Sprinkle chicken with cheese; top with lemon slices.

Roast 20-25 minutes or until a thermometer inserted in chicken reads 165°. Sprinkle with green onions. Makes four servings.

*Every  
new  
day is a  
chance  
to  
change  
your  
life*



***Don't worry if someone does not like you. Most people are struggling to like themselves.***



What does  
a nosy  
pepper  
do?  
Gets  
jalapeño  
business!



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## "Stick to Your Guns" cont'd

In the early 1970's he moved to New York City to follow his dream of being an actor, but could only get small parts. He had to work at a zoo cleaning lion cages, and as an usher at a movie theater. He was so broke, for three weeks he slept at a bus station.



One day, he watched a boxing match that inspired him to write a screenplay about an up-and-coming boxer. He stayed up writing for 20 hours straight, and finished the whole screenplay in three days. "It was either do that movie or rob someone, because I was at the very end of my rope," he said.

When he tried to sell the script, nobody wanted it. He couldn't afford to feed his dog, Butkus, so he sold him for \$50 and walked away crying. He had \$106 in the bank and his wife was pregnant. He finally met producers who wanted to buy the script but he refused to sell it unless he was allowed to be the main actor. He felt only he could bring

the passion the role needed, but the producers wanted a real Hollywood star. They offered him \$125,000 for the script with the condition that he wouldn't play the lead. He refused, so they offered him \$250,000 and then more, for just the script... still he refused.

Finally, the producers relented, bought the script and let him star in the movie but only paid him a fraction of their initial offer. Right after he sold the script he bought Butkus back for \$3000.

Rocky won three Academy Awards including Best Picture.

The Rocky movies have made over \$1.4 billion, making it one of the most successful franchises of all time. It is one of the most successful movies in history, making \$200 million off of a \$1 million budget.



*"It ain't about how hard you hit, it's about how hard you can get hit and keep moving on. That's how winning is done."* – Sylvester Stallone

***"One day at a time -- this is enough.  
Do not look back and grieve over the past  
for it is gone; and do not be troubled about  
the future, for it has not yet come.  
Live in the present, and make it so beautiful it  
will be worth remembering.  
Happiness is a journey, just as life is.  
Enjoy the ride."*** – Ida Scott Taylor



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**SAVE THE DATE:**

**Monday,  
January 8<sup>th</sup> at  
11am**

**FREE  
Clothing Drive**



**at Peace  
Park  
with  
Sandy Valley  
Food Share**

**Clothing  
Donated by St.  
Jude's Women's  
Auxiliary  
in Las Vegas**

**LEGEND**

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



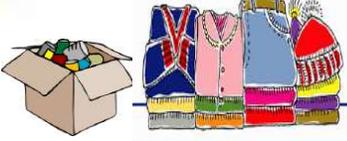
Every  
Monday  
at **Peace  
Park**



Food Share  
gives out food at  
12:30pm

My friend says to me,  
"What rhymes with orange?"  
I said, "No it doesn't!"

# January

| Sun   | Mon   | Tue   |
|---|---|---|
|  | <b>1</b>    | <b>2</b> <b>Coffee &amp; Donuts</b><br>(due to holiday)<br>8-10:30am <br><b>American Legion</b><br>at Keystone<br>- 6:30pm |
| <b>7</b>  | <b>8</b> <b>Clothing Drive</b><br>                                  | <b>9</b> <b>SMVDA</b><br>at Community<br>Ctr - 6:30pm<br><b>Citizen's Advisory<br/>Council</b><br>at Community Ctr<br>- 7:30pm  |
| <b>14</b>   | <b>15</b>    | <b>16</b>   |
| <b>21</b>   | <b>22</b>    | <b>23</b>   |
| <b>28</b>   | <b>29</b> <b>General Meeting</b><br>at Senior Center<br>- 11am<br> | <b>30</b>   |

**"Only in the darkness can  
you see the stars."  
- Martin Luther King, Jr.**



# 2018



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

| Wed  | Thu  | Fri   | Sat  |
|--|--|---|--|
| 3<br>   | 4  | 5<br><b>General Meeting &amp; Potluck</b> at Senior Center - 1pm<br> | 6  |
| 10   | 11   | 12  | 13<br><b>SV Clean-Up</b> at Kingston/Beech - 8 to Noon<br><br><b>Keystone Meeting</b> at Keystone Center - 9am |
| 17<br> | 18   | 19  | 20<br><b>Pancake Breakfast</b> at Senior Center - 8 to 10:30am   |
| 24   | 25   | 26  | 27<br><b>Food Share</b> at Peace Park - 10am to Noon   |
| 31   | <p><b>“A joyful life is an individual creation that cannot be copied from a recipe.”</b><br/>– Mihaly Csikszentmihalyi</p> |   |                           |

***Be happy. It drives people crazy.***



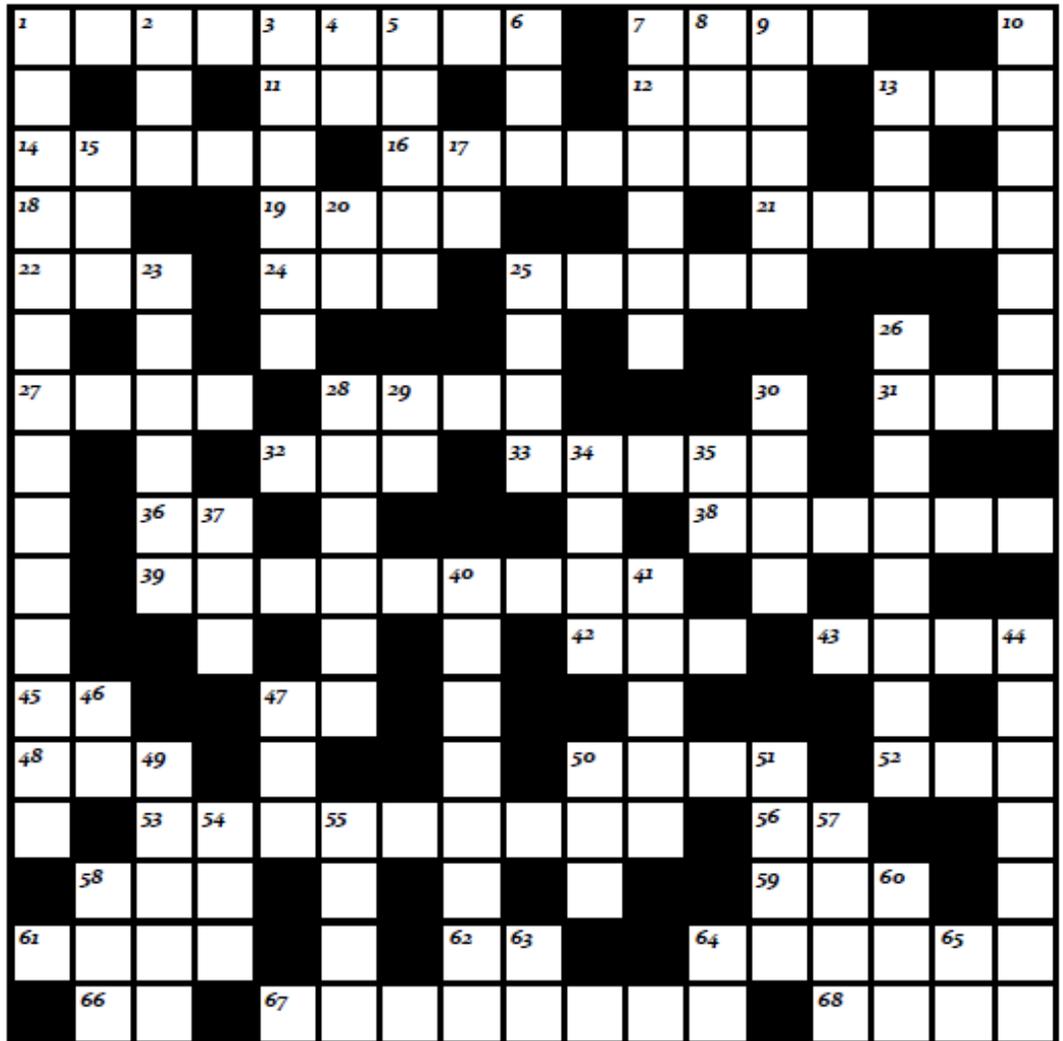
**What's the difference between a good joke and a bad joke timing.**

**across**

1. Spaghetti partner
7. (see 23 down)
11. Word with cycle or form
12. One \_\_\_ time
13. Similar to ostrich meat
14. \_\_\_ and sour
16. Oil and \_\_\_\_\_
18. That guy
19. Now and \_\_\_\_\_
21. Coupled with airy
22. And so on (abbr)
24. Corn quantity
25. Peanut butter associate
27. \_\_\_ and beans
28. Purple pudding
31. Milk \_\_\_ cookies
32. Paper pal
33. Sugar and \_\_\_\_\_
36. What decent and select have in common
38. Particular pie: \_\_\_ cream
39. Chicken and \_\_\_\_\_
42. Dine
43. Salad partner
45. The Good '\_\_\_ Days
47. Time of day (abbr)
48. Short for enclosure or encyclopedia
50. Half and \_\_\_\_\_
52. (see 34 down)
53. Partner of fries
56. Supposing
58. Food container
59. Firm up, like gelatin
61. \_\_\_ and saucers
62. Associate of Arts, shortened
64. Crackers cohort
66. No Sale, shortened
67. Tea and \_\_\_\_\_

# Dining Duos & More

A Custom Crossword  
By Gail Marie Beckman



custom crosswords & more ~ (702)869-6416 ~ www.customcrosswords.com

**down**

1. Goes with gravy (2 wds)
2. Devoured
3. Bread and \_\_\_\_\_
4. Actinon symbol
5. \_\_\_\_\_ and onions



6. The \_\_\_ and the moon
7. \_\_\_\_\_ and cream cheese
8. When you're due in (init)
9. As opposed to late
10. \_\_\_\_\_ and mayonnaise
13. Poached or hard-boiled
15. Dampened
17. Already entered
20. Half a laugh
23. (with 7 across) \_\_\_\_\_ and cabbage
25. \_\_\_ and jellies
26. \_\_\_\_\_ and cheese
28. Salt associate
29. Ave. cousin



30. Partnered with potatoes
34. (with 52 across) Precedes blanket (3 wds)
35. Citizen's Band, for short
37. \_\_\_ and dried
40. Cake and \_\_\_\_\_
41. Cream connector
44. \_\_\_\_\_ and cream
46. Natural logarithm, shortened
47. Goes with eggs, often
49. Salsa partner
50. Cornish game, for one
51. \_\_\_ and chips
54. Ques. result, hopefully
55. \_\_\_ and wine
57. Pickled pigs \_\_\_\_\_
58. Hot dog holder
60. Iced \_\_\_ and lemon
63. Associated Press, for short
64. Order qty.
65. Short for spelling or special



## 10 Health Benefits of Music by gethealthystayhealthy.com

Isn't it interesting how hearing a particular song can bring back a special memory or make you feel happy or calm or pumped up? People are born with the ability to tell the difference between music and noise. Our brains actually have different pathways for processing different parts of music including pitch, melody, rhythm, and tempo. And, fast music can actually increase your heart rate, breathing, and blood pressure, while slower music tends to have the opposite effect.

While the effects of music on people are not fully understood, studies have shown that when you hear music to your liking, the brain actually releases a chemical called dopamine that has positive effects on mood. Music can make us feel strong emotions, such as joy, sadness, or fear—some will agree that it has the power to move us. According to some researchers, music may even have the power to improve our health and well-being.

Though more studies are needed to confirm the potential health benefits of music, some studies suggest that listening to music can have the following positive effects on health.

**Improves mood.** Studies show that listening to music can benefit overall well-being, help regulate emotions, and create happiness and relaxation in everyday life. **Reduces stress.** Listening to 'relaxing' music (generally considered to have slow tempo, low pitch, and no lyrics) has been shown to reduce stress and anxiety in healthy people and in people undergoing medical procedures (e.g., surgery, dental, colonoscopy). **Lessens anxiety.** In studies of people with

cancer, listening to music combined with standard care reduced anxiety compared to those who received standard care alone. **Improves exercise.** Studies suggest that music can enhance aerobic exercise, boost mental and physical stimulation, and increase overall performance.

**Improves memory.** Research has shown that the repetitive elements of rhythm and melody help our brains form patterns that enhance memory. In a study of stroke survivors, listening to music helped

them experience more verbal memory, less confusion, and better focused attention. **Eases pain.** In studies of patients recovering from surgery, those who listened to music before, during, or after surgery had less pain and more overall satisfaction compared with patients who did not listen to music as part of their care. **Provides comfort.** Music therapy has also been used to help enhance communication, coping, and expression of feelings such as fear, loneliness, and anger in patients who have a serious illness, and who are in end-of-life care.

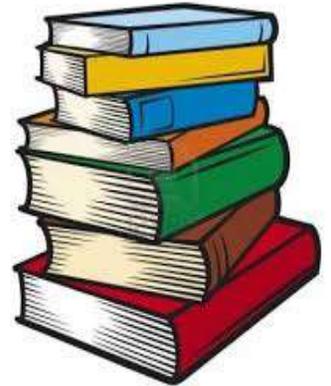
**Improves cognition.** Listening to music can also help people with Alzheimer's recall seemingly lost memories and even help maintain some mental abilities. **Helps children with autism spectrum disorder.** Studies of children with autism spectrum disorder who received music therapy **cont'd on page 10**



# 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



### "10 Health Benefits..." cont'd

showed improvement in social responses, communication skills, and attention skills. **Soothes premature babies.** Live music and lullabies may impact vital signs, improve feeding behaviors and sucking patterns in premature infants, and may increase prolonged periods of quiet-alert states.



Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

*Believe you can  
— & —  
you're halfway there.*

T. ROOSEVELT

*So often we become so focused on the finish line that we fail to enjoy the journey.*

-Dieter F. Uchtdorf-

Thank you to all of you who showed their Holiday Spirit with their lit-up homes and yards, and to those who decorated the Pass with solar lights and trees!

***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](mailto:happeningsmedia@gmail.com)  
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