

# Happenings

July 15, 2018

**FREE..  
To a  
Good  
Home!**



## They're Just Visiting by Robert Morris

On early Saturday morning I spotted two green beetles on a young apple tree. These are close relatives of what we called in the Midwest “June beetles.” The green, metallic June beetles are more common here than the brown June beetles found in the Midwest.. but they both can do a lot of damage.

June beetles, while in their immature form, don't look like a beetle at all – more like some sort of worm, or grub. We would call these “white grubs.” People have reported them actively chomping on the soft, fleshy roots of Lantana and other trees and shrubs. They also enjoy chewing on roots of some of our lawn grasses.

As adults, they feed on soft fruit, particularly fresh figs, preferring the yellow or white types, like Kadota, over the purple or brown varieties. They will also attack peaches or apricots, if fruit is soft and ready to harvest.

There is no need to spray. The adult form only lasts about three weeks and they'll be gone until next year!



## Staying Hydrated by Gail Marie Beckman

You would think we could drink fluids throughout the day and all of them would hydrate us – at least a little bit! Oh, no!



There are a whole slew of beverages that only take away the fluids from our system. One of the biggest culprits is sodas – too much sugar and sodium, so they will keep you thirsty. Try to switch it out for flavored sparkling water.

Some of the others that take more than they give: beer, wine and hard liquor, coffee, hot cocoa, lemonade and sweet tea (due to excess sugars), and smoothies.

Your best choices for the most hydration are: plain water, milk, fruit-infused water, fruit juice (diluted), watermelon, sports drinks, unsweetened teas, coconut water, and milk alternatives (soy, almond).

Most of us need a gallon a day, so drink up! Your body will thank you.

**Banana-Pineapple  
Cream Pie – page 2**

## Give Something Away Day

Most of us have the good fortune of having more than we need to live. *National Give Something Away Day* on July 15th, gives us an opportunity to share some of our bounty.

In the United States, the act of giving has been on the rise. According to Giving USA, giving rose in all nine major categories – religion, arts, education, human services, giving to foundations, health, public-society benefit, culture and humanities, international affairs, and environment and animals.



How To Observe: In the spirit of *National Give Something Away Day*, consider paying for the coffee of the person behind you in line. Consider cleaning out your closet or garage and making a donation. Look through your pantry for food you can give to a neighbor in need.

**July Poem  
– page 9**



**Word of the Day  
– Page 5**

# Banana-Pineapple Cream Pie

## Ingredients

1/4 cup cornstarch

1/4 cup sugar

1 can (20 ounces)  
unsweetened  
crushed pine-  
apple, undrained

3 medium bananas, sliced

Two 9-inch graham cracker crusts (about 6 ounces  
each)

1 carton (8 ounces) frozen whipped topping, thawed



## Directions

In a large saucepan, combine cornstarch and sugar. Stir in pineapple until blended. Bring to a boil; cook and stir 1-2 minutes or until thickened.

Arrange bananas over bottom of each crust; spread pineapple mixture over tops. Refrigerate at least 1 hour before serving. Top with whipped topping.

## The Power of One Idea

*"It's always just one idea that breaks through the noise and stops you instantly like a bolt of truth to the heart, granting you serendipitous direction, unleashing new wonders and powers, just that one new idea, a flash of wonder that resets your destiny."*

– Brendon Burchard



Knock! Knock!  
Who's there?  
Howl.  
Howl who?  
Howl you know if you  
don't open the door?



*Boketto* is a Japanese word that means 'gazing vacantly into the distance without really thinking about anything specific'..



***"It is better to walk alone than with a crowd going in the wrong direction."***  
– Herman Siu



## Seasonal Abundance

Take advantage of bargains when seasonal produce is booming by stocking up and freezing for the future, off-peak periods.



Wash and scrub any fruit or vegetables you'd like to save. Cut into smaller pieces of equal size. Spread across a rimmed baking sheet and cover loosely with plastic wrap. Freeze for 24 hours, then scoop into a freezer-safe dish or bag. Label each container with the type of food and the date you stored it.

In a few weeks or months, when you're craving fresh fruit and vegetables you can no longer buy, you've got a ready supply that will serve up fresh no matter the season.



1. READ DIRECTIONS ON BOX



2. THROW BOX AWAY



3. PULL BOX OUT OF TRASH 15 SECONDS LATER



4. REPEAT



*"Time is a created thing. To say 'I don't have time' is to say 'I don't want to.'"*  
 – Lao Tzu

*"Help others achieve their dreams and you will achieve yours."*  
 – Les Brown

## Did You Know?

Mark Twain was a "crazy cat lady." When one of his 19 cats went missing, he was so distraught that he took out a notice in the paper offering a \$5 reward. Eventually, the cat turned up on its own, but people continued to bring impostors to Twain's home just so they could meet him.



## Life is Short..

Laugh, Be Grateful, Breathe Deep, Appreciate, Hug Tight, Keep Promises, Dream Big, Share Happiness, Love Unconditionally, Make Wishes, Help Others, Do Your Best, Have Hope, Keep Your Chin Up, Speak Kindly, Learn, Play, Cherish, Read, Smile.

# Fun on the Fourth..



First Place – Idle Spurs Tavern!

# Friends..



# and Family!

*A comfort zone is a beautiful place, but nothing ever grows there.*



# Did You Know?

The word 'dude' was first used in the 1800s to mock men who were overly concerned with keeping up with the latest fashions. Basically, 'dudes' were also hipsters.

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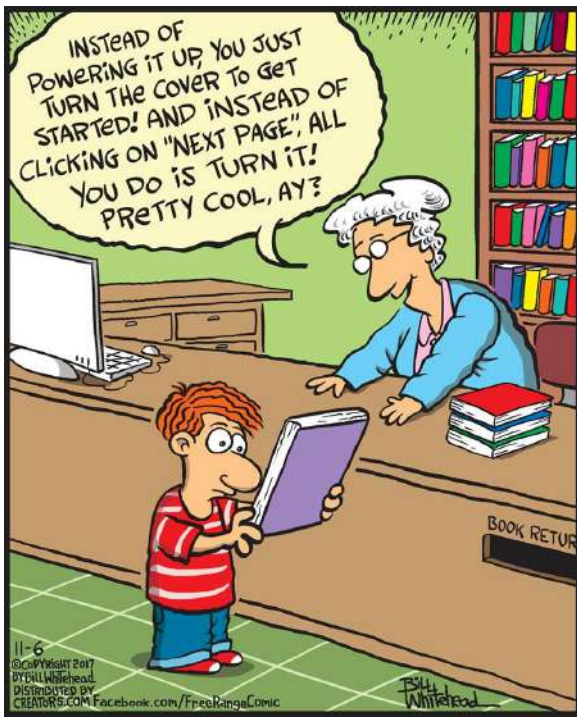
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When it rains,  
look for rainbows.



When it's dark,  
look for stars

### Handy Hint:

Slip PVC pipes over the handles of your pruning shears and tape them in place to extend your reach and clip high branches without a ladder

*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."*  
– J.R.R. Tolkien

**Word of the Day:**  
**embellish**  
əm'beliSH  
tr. v. To make beautiful, as by ornamentation; decorate. To add fictitious details to exaggerate the truth

**Did You Know?**  
A person who suffers from *cherophobia* has a fear of happiness or having fun..



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*I'm not a fast cook. I'm not a slow cook. I'm a half-fast cook.*

**“A setback is a set up for a comeback.” – Bishop T. D. Jakes**

# July/

**Sunday**


**Monday**








**Tuesday**

**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




15  The New Happenings Comes Out	16    	17
22	23  	24
29	30  	31
5	6    	7  American Legion at Keystone - 6:30pm
12	13  	14











***If you stumble, make it part of the dance***

# August



Three Square  
Food Delivery at Peace Park  
First & Third Wednesdays - 7:30am

Wednesday	Thursday	Friday	Saturday
18 	19	20 	21 <b>Pancake Breakfast</b> at Senior Center 8am to 10:30am  <b>Dummy Roping</b> Diamond L Ranch - 6pm Start  
25	26	27  <b>Full Moon</b>	28 <b>Food Share</b> at Peace Park - 8am to 10am   
1  <b>The New Happenings Comes Out</b>	2	3 <b>Potluck at Senior Center - 1pm</b>  	4   
8	9	10  	11 <b>Sandy Valley Clean-Up</b> at Kingston & Beech - 8am to Noon   

## LEGEND:



**Free Kids Ballet** at Keystone – 6pm & 7pm Classes  
– go to [sandyvalleydance.com](http://sandyvalleydance.com)  
for dress code and information



**Free Kids Boxing**  
at Keystone – 7:30pm  
on Fridays; 11am on  
Saturdays – go to  
[sandyvalleyboxing.com](http://sandyvalleyboxing.com)



**Free Kids Contemporary / Jazz Dance**  
at Keystone – 11am  
– go to [sandyvalleydance.com](http://sandyvalleydance.com)  
for dress code and information

Do what  
is right,  
not what  
is easy.

# Batter Up

A Custom WordSearch  
by Gail Marie Beckman



- Ballpark
- Basemen
- Batter's Box
- Catcher
- Coach
- Curveball
- Doubleheader
- Dugout
- Foul Ball
- Grand Slam
- Home Run
- Innings
- Major League
- Outfield
- Pitcher
- Practice
- Runs Batted In
- Shortstop
- Spectators
- Strike Zone
- Triple Play
- Umpire

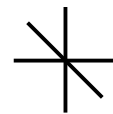


R Z A X O B S R E T T A B S Z W  
 N U Q L P T E F H B U M P R Y R  
 I H N Y H L I B O U O D O I A T  
 D C L S A F L P M N G S A K Q H  
 E O E H B L L A B L U O F E F D  
 T A U T D A P X R D D R R Z P Z  
 T C G B I V T E U R H C E T I P  
 A B A Y L N E N L L E U K M J X  
 B E E T V E R O N P R R Q V O K  
 S J L R J T H Z D E I V C D U H  
 N B R E F E I E E I P R A C T I  
 U C O A C H R K A F M E T J F Q  
 R G J N I N N I C D U B C L I Z  
 A S A B V B K R V U E A H L E J  
 L E M K S R A T Z O N R E A L Q  
 P G P T R U O S G U D L R B D X  
 E R B O O A X C E I N N I N G S  
 L A A H T A P A R M A J R L E A  
 B N T C A S L L A B E V R U C J  
 I D T E T K T J L J Z N E O K M  
 R S R L C I P R U A I S H F L G  
 T L S R E O C T O E B T C A P S  
 P A B P P Q D E C H K X T K R V  
 E M E Z S A B M A L S N I A R G  
 T O X E Z V J B L Q G K P N X J

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A 6-Directional Puzzle







Six pack cartons are useful for storing and transporting items like spray paint, lubricants, and caulk



July



Barbecues and picnics,  
 Swimmers soaking up the rays,  
 Bike rides in the country,  
 Shady spots on sunny days...  
 Summertime vacations,  
 Lemonade on front-porch swings –  
 Special thoughts and memories  
 of July's most favorite things!

*“Kids have to be exposed to different things in order to develop. A child's not going to find out he likes to play a musical instrument if you never exposed him to it..”*  
 – Dr. Temple Grandin



*“Where words leave off, music begins.”*  
 – Heinrich Heine



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**How to Get Out of a Bad Mood or Funk**  
 Read some inspirational quotes ~ Clean up! Your environment matters ~ Drink lots of water.. Stay hydrated ~ Lighten up! Good lighting and brightness can bring up your mood ~ Do something small that will make you feel productive ~ Take deep breaths ~ Meditate ~ Wear something that you feel good in ~ Get some fresh air ~ Listen to some upbeat, happy music.. Sing along and dance ~ Do some light exercise

