

Happenings

June 15, 2018

FREE..
To a
Good
Home!



Community Happenings

Hey, everyone! Remember to mark your calendars for these upcoming events.. On Friday, Saturday, and Sunday (June 15th to June 17th), Poor Ol' George will be hosting the **Community Swap Meet** at the Sandy Valley Yacht Club from sunup to sundown ~ weather permitted.. Friday, June 15th at 5pm will be **Movie Night** at the Community Center where they'll show *Thor: Ragnarok*. On Saturday, June 16th, the SV Senior Center will have their monthly **Pancake Breakfast & Farmer's Market** from 8am to 10:30am..



On the last Saturday of the month, June 30th, we will be coordinating another **Clothing Giveaway** at Peace Park from 7am to 10am.. **Three Square is moved to July 3rd**, due to the holiday.. Then, the **Annual 4th of July Parade, Car Show, & Fun Festivities** at Peace Park – bring the whole family! More information on the 4th of July can be found on page 11.

Word of the Day
– page 5

Food Re-Pairing? by Gail Marie Beckman

A few months ago, Mark and I had the privilege to hear Robey Taute, co-owner of Madame et Monsieur, give a presentation to one of our business networking groups in Las Vegas.

Wow! Not only did Robey develop a machine that can stimulate specific muscles via electrodes – sculpting your body without exercise – he also told of the simple guidelines he gives to his clients on the keys to proper nutrition.. and that got my attention. **cont'd on page 5**

Volunteer Vault

Are you someone who likes to volunteer behind the scenes? Are you willing to cook, bake, create, post information, or make a few phone calls from the comfort of your own home?



Or, are you a person who likes to be involved in an event from start to finish?

We want ALL of you!

Please contact *Happenings* at (702)869-6416 to sign up for the Volunteer Vault today!

The Votes Are In! by Mark Gordon

Well, the votes have all been counted in the Primary Election, which means we now have two candidates to choose from in November for Justice of the Peace: **Larry Shupe** and **Amber Carter**..



We'd like to thank all five candidates for demonstrating consideration toward each other, and showing how to be upstanding citizens through this race!

Also, a BIG thank you to those of you who donated your political signs so the community can re-purpose them for future local events – we truly appreciate it!

“Life is not measured by the number of breaths that we breathe, but the moments that take our breath away”

Spaghetti Salad
Recipe – page 2

Spaghetti Salad

Ingredients

- 1 pound thin spaghetti
- 1 pint cherry tomatoes, chopped in half
- 2 medium zucchini, diced
- 1 large cucumber, diced
- 1 medium green bell pepper, diced
- 1 red bell pepper, diced
- 1 large red onion, diced
- 2 cans (2-1/4 ounces each) sliced ripe olives, drained

Dressing:

- 1 bottle (16 ounces) Italian salad dressing
- 1 tablespoon sesame seeds
- 1 teaspoon paprika
- 1/2 teaspoon celery seed
- 1/4 teaspoon garlic powder



Directions

Cook the pasta according to package directions. Drain and rinse in cold water. Add cherry tomatoes, zucchini, cucumber, green and red bell pepper, red onion and olives in a large bowl.

To make the dressing: Whisk together Italian salad dressing, sesame seeds, paprika, celery seed, and garlic powder. Pour over salad and toss until coated. Cover and refrigerate for 3 hours or overnight. Enjoy!

Dr. Frankenstein entered a bodybuilding competition and discovered he had seriously misunderstood the objective..



“The way to get started is to quit talking and begin doing.”
– Walt Disney

Did You Know?

Wolves can shape the ecosystem and physical geography of the land they live on. When wolves were reintroduced into Yellowstone National Park in 1995 after a 70-year absence, trees grew faster, animal populations increased, and rivers even changed their behavior because new vegetation helped reduce erosion.



Man to his wife: “Do you know what our young son said he wants to be once he's big?”
Wife: “No, what?”
Man: “A garbage man. And, do you know why?”
Wife: “No, why?”
Man: “Because he thinks they only work on Tuesdays.”



Valley Communications Broadband is Here.. and Much More!

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*Stop by the VEA warehouse in Sandy Valley,
Monday through Friday from 8am to 2pm,
to sign up for service and to experience VCA digital
phone and TV services in person!*

A Few Wise Words from Mother Teresa..



*"Some people come in your life as blessings.
Some come in your life as lessons."*

*"Do things for people, not because of who
they are or what they do in return, but
because of who YOU are."*

"If you can't feed a hundred people, feed just one."

*"Every time you smile at someone, it is an action of
love, a gift to that person, a beautiful thing."*

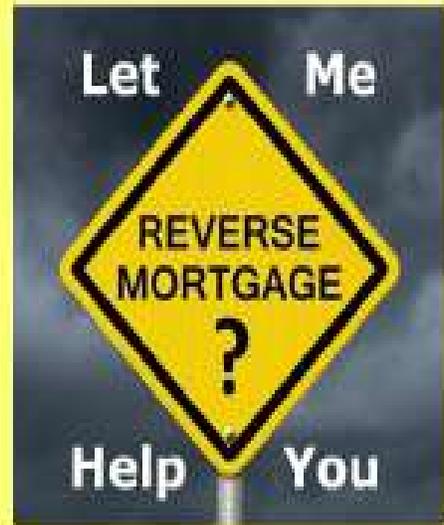
*"Yesterday is gone. Tomorrow has not yet come.
We have only today. Let us begin."*



62 or over.....

**You can unlock the
money in your home !**

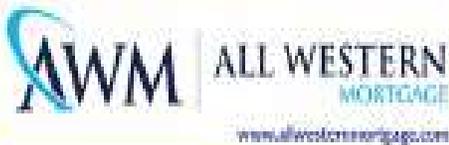
Let's Talk....



SMevorah@allwestern.com

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Steve Mevorah 702-413-7467



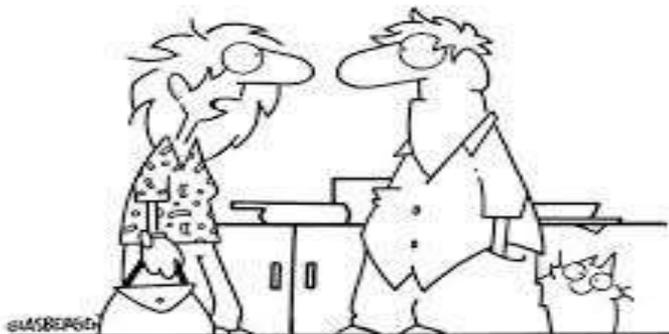
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A piano covers the full spectrum of all orchestra instruments, from below the lowest note of the double bassoon to above the top note of the piccolo



© By Randy Glasbergen



**"I was so tired at work, the other nurses had to revive me with C.P.R.
– Coffee, Pepsi, and Red Bull!"**

Page 4 Happenings – June 15, 2018



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Word of the Day:
ebullient
ih-buhl-yuh nt

adj. overflowing with fervor, enthusiasm, or excitement; high-spirited

"Food Re-Pairing" cont'd

Personally, it was almost ten years ago now that I began listening to my gut – literally – and learned my system couldn't tolerate the daily milk and cereal I so loved. That change alone is responsible for 25-30 pounds of fat I no longer carry around. Plus, I've listened to people describe why they have illnesses and problems and say it "runs in our family".. and, for the most part, what "runs in the family" is the way we've always eaten foods.

Robey talked about how many of us accept it as common to feel digestive discomfort or fatigue after a meal, rather than how we should feel: energized, refreshed, and ready to take on the world! He explained that if you pay closer attention to your food combinations, you will receive the nutritional benefits you're supposed to, rather than have an intestinal traffic jam.

cont'd on page 9

When you're in a dark place, you sometimes tend to think you've been buried. Perhaps you've been planted.. **BLOOM!**



Did You Know?
The slowest fish is the seahorse, which moves along at about 1/100th of a mile per hour

When I look at chocolate, I hear two voices in my head. The first one says: "You need to eat that chocolate." The other voice goes: "You heard.. eat the chocolate."



Do You or a Loved One Suffer from Nagging Pain – Maybe from a Previous Injury or Complication?

Send them to me, **Mark Gordon**, *the Muscle Relaxer your Doctor Should Prescribe, and the Pain Reliever you Deserve!*

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for an appointment

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Happenings – June 15, 2018 **Page 5**



“Some people look for a beautiful place. Others make a place beautiful.”
 – Hazrat Inayat Khan

June/

Sunday

Monday

Tuesday



Three Square Food Delivery
 at Peace Park – 7:30am
 on Tuesday, July 3rd due to holiday)

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

“Happiness often sneaks in through a door you didn't know you left open.”
 – John Barrymore



<p>17  FATHER'S DAY</p> <p>Community Swap Meet at SV Yacht Club Sunup to Sundown</p>	<p>18 </p> <p></p>	<p>19</p>
<p>24</p>	<p>25 </p>	<p>26</p>
<p>1 The New Happenings Comes Out</p>	<p>2 </p> <p></p>	<p>3 </p> <p>American Legion at Keystone - 6:30pm</p>
<p>8</p>	<p>9 </p>	<p>10 SMVDA Meeting at Community Ctr - 6:30pm</p> <p>Citizen's Advisory Council at Community Ctr - 7:30pm</p>
<p>15</p>		

July



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

Wednesday

Thursday

Friday

Saturday

<p><i>“The bad news is time flies. The good news is you're the pilot.”</i> - Michael Altshuler</p>		<p>15 Community Swap Meet at SV Yacht Club Sunup to Sundown</p> <p>Movie Night <i>Thor: Ragnarok</i> at Comm. Ctr - 5pm</p>	<p>16 Community Swap Meet at SV Yacht Club Sunup to Sundown</p> <p>Pancake Breakfast at Senior Center 8am to 10:30am</p>
<p>20</p>	<p>21</p> <p>Women's Yoga Circle Comm. Ctr (\$6) - 7pm</p>	<p>22</p>	<p>23</p>
<p>27</p>	<p>28 Full Moon</p> <p>Women's Yoga Circle Comm. Ctr (\$6) - 7pm</p>	<p>29</p>	<p>30 Clothing Giveaway at Peace Park - 7am to 10am</p> <p>Food Share at Peace Park - 8am to 10am</p>
<p>4 <i>happy 4th of July</i></p> <p>Parade & Festivities at Peace Park - 10am to 10pm</p>	<p>5 Sandy Valley Clean-Up at Kingston & Beech - 8am to Noon</p> <p>Women's Yoga Circle Comm. Ctr (\$6) - 7pm</p>	<p>6</p> <p>Potluck at Senior Center - 1pm</p>	<p>7</p>
<p>11</p>	<p>12</p> <p>Women's Yoga Circle Comm. Ctr (\$6) - 7pm</p>	<p>13</p>	<p>14 USDA at Peace Park - 8am to 10am</p>



*“Stay close to anything that
makes you glad you are alive.”*
- Hafez



Salad Toss

A Custom WordSearch
by Gail Marie Beckman



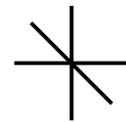
- Artichokes**
- Arugula**
- Avocado**
- Butter Lettuce**
- Cabbage**
- Carrots**
- Celery**
- Chicory**
- Cucumbers**
- Endive**
- Fennel**
- Iceberg**
- Mushrooms**
- Peppers**
- Radishes**
- Red-Leaf**
- Romaine**
- Scallions**
- Spinach**
- Tomatoes**
- Watercress**



S	E	K	O	H	C	I	T	R	A	D	I	C	H	Z	O	S
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A	V	E	B	E	S	C	A	L	L	I	O	N	S	S	E	A
R	A	S	M	O	O	R	H	S	U	M	N	N	E	F	U	P

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

A 6-Directional Puzzle



"Food Re-Pairing" cont'd

The basics are as follows: proteins require an acidic environment to digest and 3-4 hours, and starches need an alkaline environment, but not as long a time – so, a beef burger on a bun actually neutralize each other and slows the digestive process, resulting in bloating and fatigue.

There's no need to cut out foods you love, just begin to combine them differently and you'll notice a change in your quality of sleep and your energy levels. Here is how it works..

Eat Fruit Alone – fruit digests the fastest of all foods – 20 to 30 minutes

Leafy Greens and Non-Starchy Vegetables Go With Everything – their enzymes don't interfere with the others

Combine Proteins (anything that was or comes from an animal) with Greens and Veggies – some good choices are salmon with broccoli and green beans, or chicken with mashed cauliflower and salad

Pair Starches with Greens and Veggies – such as the Spaghetti Salad recipe on page 2, and starches can be eaten with each other, such as having quinoa and avocado atop a baked potato



common starches



The main thing to remember is to truly listen to your body, and that





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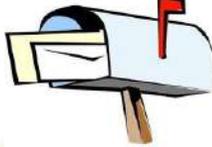
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food is meant to be fuel. Properly pairing your food every few hours a day could be the answer you've been looking for. Minimalist meals digest the best, so consider scrambled eggs with mushrooms and spinach, or rye toast with avocado spread, or a grilled veggie sandwich on whole grain bread.. And, eating out doesn't have to pose a problem.. just decide which combination you want right now, then take the rest to go.

Once you try this with most of your meals, you'll start to notice a positive shift in your energy levels, digestion, and overall well-being. Here's to no more diets and a smarter way of eating!



Coconut Oil

It's not just for cooking! It's also.. an awesome **deep-conditioning agent** for your hair.. Coat your hair in it and let it sit for 30 minutes. No more need for expensive hair masks at Sephora! Make a safer **stain remover**: Mix the oil with baking soda to help remove stains from carpet and upholstery. Apply it and let it sit for five minutes, then wipe it away. It may take several applications, but it's better than chemicals, right? Use it as a **lotion**.. What sounds more luxurious than buttering up with some coconut oil after a shower? Fancy lotions, step aside.. there's a new oil in town!



*Optimist: The glass is half full.
Pessimist: The glass is half empty.
Mother: Why didn't you use a coaster?*



sometimes it takes me all day to get nothing done



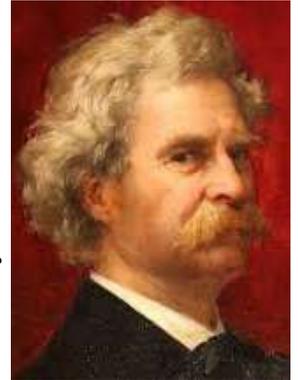
“My mission in life is not merely to survive, but to thrive.”

– Maya Angelou

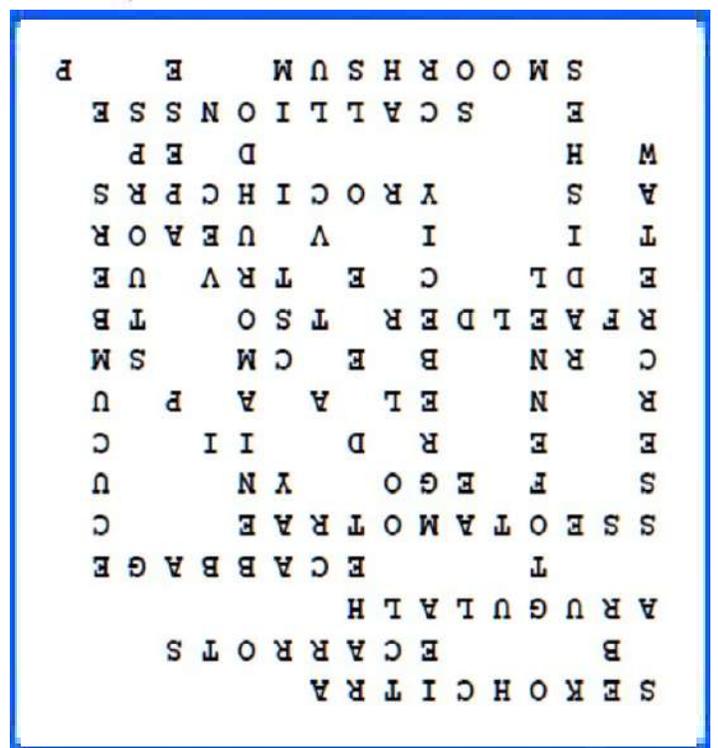
Did You Know?

Mark Twain loved to travel and once wrote, “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable

views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.”



I hope the children will never find out why I say “oooops...” so often when I vacuum their rooms..





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&
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4TH OF
JULY
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• PEACE
PARK
• JULY 4TH**

Events!

- **Water Games and Activities**
- **Dunk Tank**
- **Car Show**
- **Dj & Karaoke**
- And more!**

*Please Make a Pledge to
Keep Our Park Clean!*

Park Pick-Up Starts at 10pm

~ VENDORS ~

\$25 Donation Per Booth

- ~ vendors must provide their own equipment (canopies, tables, chairs)
- ~ fees are non-refundable, as they are used to promote the event
- ~ there is no electricity or running water available for your booth

Set Up Can Begin at 8am ~ Event begins at 10am ~ Breakdown is 10pm

- ~ vendors are responsible for leaving the area in the same condition as when they found it
- ~ we reserve the right to censor any booth

Parade Starts at 10am

Fire Department, Animals, and those Walking or Bicycling Start on Miami and Quartz

All Other Floats and Vehicles Start at the Idle Spurs on Quartz

A \$5 Donation is Requested with Your Participation Form

The best participant in each category will win a prize, so please register today at the General Store or Sandy Valley Post Office!

Community

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

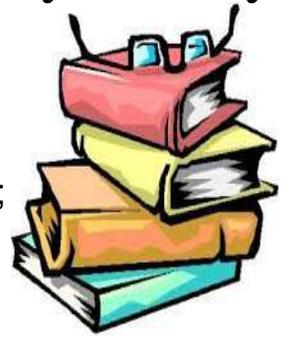
The Church of Jesus Christ
of Latter Day Saints
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Sandy Valley Library

Hours of
Operation Are:
Monday through
Thursday
from 1pm to 7pm;
Saturday
from
10am to 4pm.

Closed on Fridays and Sundays



Did You Know?

Shoemakers are commonly called cobblers, but correctly-speaking, a cobbler is a shoe repairman. A shoemaker is a cordwainer – they also made leather bottles and harnesses.



I asked my daughter if she'd seen my newspaper. She told me that newspapers are *old school*. She said that people use tablets nowadays and handed me her iPad. That fly didn't stand a chance.

Job Interviewer: "And where would you see yourself in five years' time, Mr. Jeffries?"

Me: "Personally, I believe my biggest weakness is in listening."

"Don't wait. The time will never be just right." – Napoleon Hill

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

