

Happenings

October 15, 2017

**FREE
To a
Good
Home!**

The Winners!

by Gail Marie Beckman
Congratulations to all of

the winners of the Gems & Junkers Car Show, which was a new feature with this year's Fall Festival at Keystone.

The Marilyn Award went to Cindy Blankmeyer; the Easy Rider Award to Mike Smith; the Gremlin Award and the Tow Mater Award went to Cecil Van Ausdal; Leroy Dorf won the Henry Ford Award; Clete Meyer won the Napoleon Dynamite Award; and Harleigh Whitchurch won the James Dean Award.

Thanks for coming out and participating in this event!



Harleigh Whitchurch and her Dad, Mike

**Vet Clinic at
Keystone
Sunday, October 15th
1pm to 5pm**

**Custom Crossword
Puzzle ~ Page 8**



National Cat Day

I betcha didn't know that Sunday, October 29th is National Cat Day! It was first celebrated in 2005 "to help galvanize the public to recognize the number of cats that need to be rescued each year and also to encourage cat lovers to celebrate the cats in their life for the unconditional love and companionship they bestow upon us."



**Pumpkin &
Cauliflower Casserole
- Page 4**

**"I'm Not Really 60"
Poem - Page 2**

Dreaming of a Better Night's Sleep?

by Gerber Chiropractic

One of the top ten things people wished they had more of is sleep. When Daylight Savings Time ends on November 5th, people throughout much of the United States will get the gift of one more hour of sleep. That extra hour will be wasted for those who cannot get a restful night's sleep. The following scenarios can help you identify what is preventing you from getting the recuperative rest you need and keeping you from waking up refreshed.



Tossing and Turning

Hard mattresses are a great option for providing the support your back needs to recover from prolonged sessions of sitting and standing. The problem is their unyielding support often becomes uncomfortable after a few minutes. Blood flow can be restricted to parts of your body getting the support from your mattress. Your body responds by moving into a position that allows blood to flow again to those spots. The cycle continues throughout the night of you tossing and turning. You are
cont'd on page 2

I'm Not Really 60

by M.J. Hill

That's not my age, it's just not true.
My heart is young, the time just flew.
I'm staring at this strange old face,
and someone else is in my place!

My body's not in disrepair.
I've not much grey in my brown hair.
I sometimes feel a little tired
But go for joys when I'm inspired.

This age old thing is not for me.
Concessions given, prescriptions free.
I'll just pretend I'm in my prime.
To age too fast would be a crime.

I'm just not 60 in my head.
It's still so long till I am dead,
So please don't see me in that way
I'm staying young, if that's OK!

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".. Better Night's Sleep?" cont'd
unable to maintain a good pattern of REM sleep, and therefore wake up restless and irritable.

My Achy, Breaky Back

Soft mattresses have their own problems. While they might feel really comfortable when you first lie down on them, they don't offer the support your back needs. The next morning, you can wake up stiff and achy. Who wants to start their day in that kind of pain?

Misery Loves Company

Whether your sleep partner is human or animal, they are sleeping on the same mattress as you. The tossing and turning that you are doing, they are also doing. When your partner adjusts their body, you wake up slightly from that movement, which further interrupts your sleep.

The Intellibed

Doctors John and Kate Gerber have discovered a mattress that provides the support and comfort you need to get a good night's sleep. You can get the full, deep REM cycles your body needs to heal itself so you can wake up rested and refreshed. The Intellibed uses a gel matrix that provides the cushioning around your hips and joints, while providing support for keeping your spine perfectly aligned. People with sleep disorders, back pain and fibromyalgia have reported getting a better night's sleep on an Intellibed mattress.

You can order the Intellibed mattress through Gerber Chiropractic. We can help you select the mattress style to fit your needs. You can also order it online through Intellibed.com. Use discount code drjohngerber for a 10% discount off of your order. For more information on getting a restful night's sleep, contact Gerber Chiropractic at (702) 878-0056.





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Word of the Day
gregarious
(grih-GAIR-ee-us)
adj. Indicating a liking
for companionship;
sociable

***Life is a
journey,
Not
a
race.***



***“Love yourself.
It is important to stay positive
because
beauty comes from the
inside out.”***
– Jenn Proske

While on patrol, I arrested a burglar who'd injured himself running from a home. He told me he'd broken in and unhooked the phone before searching for valuables. But he'd panicked when he heard a woman's voice. I entered the house and heard the same voice: "If you'd like to make a call, please hang up and try your call again."

Ingredients

Pumpkin & Cauliflower Casserole

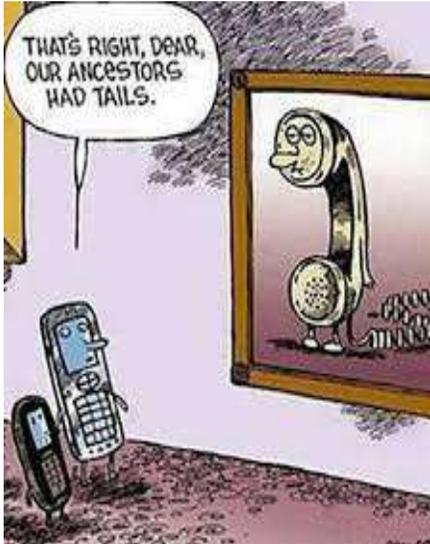
- 1 c. fresh, whole-wheat bread crumbs
- ½ c. hulled and roasted pumpkin seeds (pepitas)
- 1 tbsp. unsalted butter
- 1 tsp. dried thyme leaves
- ¾ c. crumbled goat cheese
- 1 pumpkin
- 1 head cauliflower
- 2 tbsp. all-purpose flour
- 2 clove garlic
- 2 tsp. mustard seeds
- 1½ tsp. Kosher salt
- 1 tsp. cumin seeds
- ½ tsp. fresh-ground pepper
- 1½ c. half-and-half

Directions

Assemble the vegetables: Preheat oven to 400 degrees F. Butter a 1 1/2-quart casserole or baking dish and set aside. Combine the bread crumbs, pumpkin seeds, butter, and half the thyme in a medium bowl, stir in the goat cheese, and set aside. Slice the pumpkin quarters into 1/8-inch-thick pieces and repeat with the cauliflower quarters. Combine flour, garlic, mustard seeds, salt, cumin seeds, pepper, and remaining thyme in a small bowl. Spread 1/3 of the pumpkin in the bottom of casserole and sprinkle with 2 teaspoons of the flour mixture. Repeat with 1/2 of the cauliflower and 2 teaspoons of flour. Continue layering with the remaining pumpkin, cauliflower, and flour, finishing with pumpkin on top. Pour the half-and-half over the entire casserole, place on a baking sheet, and bake in the center of the oven for 30 minutes.

Sprinkle topping: After initial 30 minutes of baking, sprinkle bread-crumbs mixture over casserole. Return it to oven and bake until golden and bubbly, about 30 more minutes.

Serve hot and enjoy!



“Anniversaries are like birthdays: occasions to think ahead, usually among friends with whom one shares not only the past, but also the future.”

– Zbigniew Brzezinski



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**“Only I can change my life. No one can do it for me.”
– Carol Burnett**

I was at the customer service desk, returning a pair of jeans that were too tight.

“Was anything wrong with them?” the clerk asked.

“Yes,” I said.
“They hurt my feelings.”

“Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love.

And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.”

– Bradley Whitford



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LEGEND



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



Every Monday at **Keystone** is FREE yoga and qigong at 9:30am



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

“Try to be a rainbow in someone's cloud.”

– Maya Angelou

October

Sun	Mon	Tue
<p>15</p> <p>Veterinarian Clinic at Keystone 1-5pm</p>	<p>16</p>   	<p>17</p>
<p>22</p>	<p>23</p>  	<p>24</p>
<p>29</p>	<p>30</p>   <p>Board Meeting at Senior Center - 11am</p>	<p>31 Nevada Day Trunk or Treat at Peace Park - 6pm</p> 
<p>5 Daylight Savings Time Ends - Turn Clocks Back</p>	<p>6</p>   	<p>7</p> <p>American Legion at Keystone - 6:30pm</p>
<p>12</p>	<p>13</p>  	<p>14 SMVDA at Community Ctr - 6:30pm Citizen's Advisory Council at Community Ctr - 7:30pm</p>

/November



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

Wed	Thu	Fri	Sat
18 	19  Third Thursday Potluck & Movies at Keystone - 6pm	20	21 Pancake Breakfast at Senior Center - 8 to 10:30am Play Date at BJC Arena - 9am
25	26	27	28 Food Share at Peace Park 8-10 am Pat Ransom with Humana at Senior Center 10am to Noon
1 	2	3 General Meeting & Potluck at Senior Center - 1pm 	4
8	9	10	11 Sandy Valley CleanUp Beech & Kingston 8am to Noon KEF Board Mtg at Keystone - 9am Play Date at BJC Arena - 9am

**“Life is short,
and it is up to
you to make it
sweet.”**

– Sarah Louise Delaney

**Thank a Veteran
on Saturday,
November 11th**



'Tis the Season ..for Football!

A Custom Crossword
by Gail Marie Beckman
(702)869-6416

across

1. Certain footwear
6. Where the points are shown
11. Roundish
12. Same score
13. Small, wooden dowel
14. We're ___ roll!
15. Team representative wearing a costume



18. Short for infinite or informal
20. Start with a ___ toss
22. Podium
24. "An ___ of prevention is worth a pound of cure"



25. Between D and G
26. Add to; get a first down
28. Lots and lots
30. Take the ball down the field
31. Something to wreak



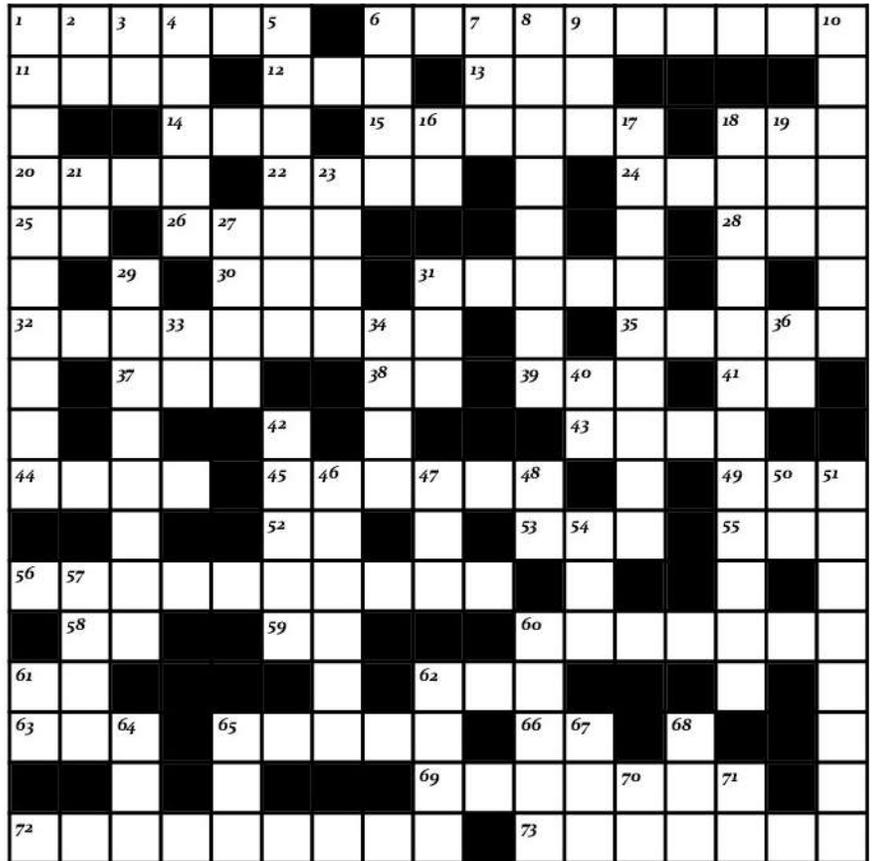
32. Informal game
35. Pinto or Mustang
37. Ques. result, hopefully
38. Utterance of hesitation
39. Getting mad; seeing ___
41. Cobalt symbol
43. End follower

down

44. Jot down
45. Passes
49. Particular peeve
52. Old English, shortened
53. Sweetie
55. From head to ___
56. Forward pass not caught
58. Precedes IOU
59. Certain size
60. Identifying outfit
61. Center's target (abbr)
62. Was the victor
63. "near or about" suffix
65. ___ point
66. That thing
69. Type of pass
72. Three points between the uprights (2 wds)
73. Length in which the ball progressed

1. Type of stand
2. Raiders' new city, for short
3. Apiece (abbr)
4. Want to come ___ for the ride?
5. Sports arena
6. Partially prefix
7. Operations, shortened
8. One who's supposed to catch the ball
9. Only interested in me, myself and I
10. Protection; resistance
16. Cool ___ a cucumber
17. Cross the opponent's goal line
18. Stealing possession in mid-air
19. Drill Sergeant, for one (abbr)
21. Queen ___ hearts
23. Palindromic girl's name
27. Where biceps are found
29. Go over the drills and plays
31. That lady
33. Already entered

34. Equipment
36. Extremely
40. Two letters meaning "simple"
42. Tackles to the ground, for example
46. Particular head protection
47. Pause the game; time ___
48. Librarian utterance?
50. Short for equal opportunity
51. Certain fellow player
54. Possess
57. Snatches away
60. Cohesiveness
61. Life energy
62. Line of men, shoulder to shoulder
64. Tint; shade
65. Tight ___
67. Green or chamomile
68. Shoulder protector
70. Train syst.
71. Between sol and ti



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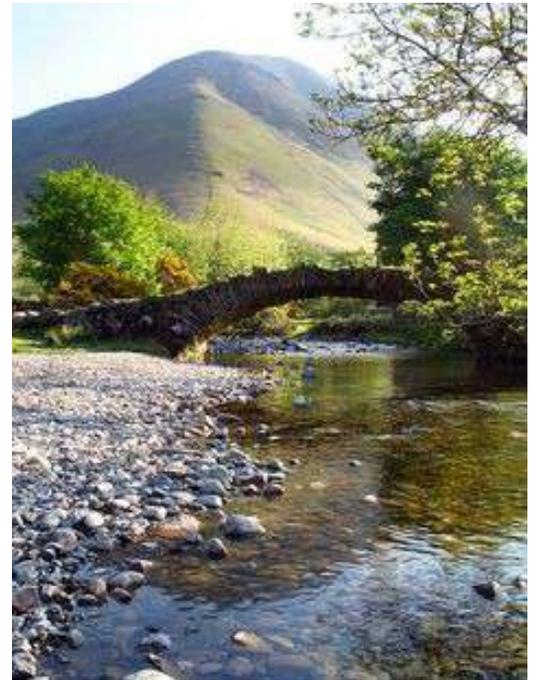
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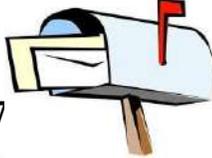
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Q: What tastes better than it smells?

A: Your tongue.

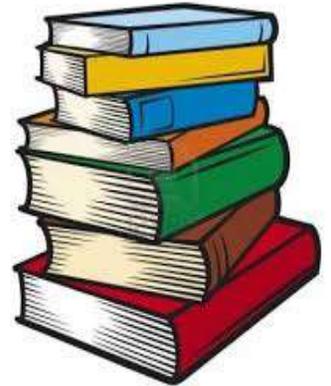


**Broken
crayons
still color.**

Community

Sandy Valley Library Hours:

Monday through Thursday
From 1pm to 7pm;
Saturday from



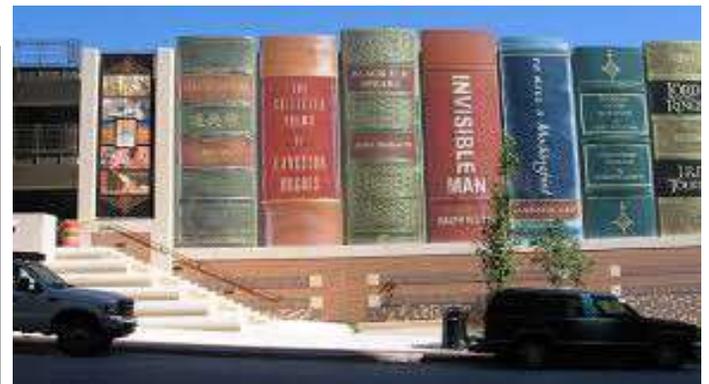
10am to 4pm. Closed on Fridays and Sundays

Every day is a second chance

Did You Know...

LAND FOR SALE

Property at 2395 Jade Avenue, Sandy Valley, Nevada



The Central Branch of the public library in Kansas City, Missouri, has a parking garage that's designed to look like a giant bookshelf. It displays 42 book titles, which were suggested by locals and voted upon by the library's Board of Trustees?



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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