



**FREE  
To a  
Good  
Home!**

### **Congratulations on Retiring!**

Local Sandy Valley resident, Wade Schneiderman, retired from the Bellagio Las Vegas, after almost 18 years where he worked as a Maintenance and Electrical Engineer.

While employed at the Bellagio, Wade received awards several times in recognition of volunteer work, and a few years back was Employee of the Month.



Also, Bonnie actually pulled off a surprise party at the Senior Center where there was a huge turnout, and he believed he was there to play the card game, Mexican Train with buddies after they attended a banner meeting with the non-profits. He walked in to a GREAT party full of friends, family, and food, including a cake that looked like a backhoe and another that was a license plate! A Special Thanks goes out to Karin Marshall; without

her, this event wouldn't have happened. Now, he can happily relax at home in Beautiful, Downtown Sandy Valley, rather than doing the commute each week to the Strip. Enjoy, Wade!

### **Sandy Valley Resident Honored**

Dick Clark, homeowner at Sandy Valley Airport, was honored with an award from the FFA ~ The National Award for Excellence in Crop Dusting for over 105 years!

Oh, wait a minute.

I may have gotten that a



little bit wrong.

Actually, it was the FAA who came to Sandy Valley Airport to award him with 70 Years of Accident-Free Flying ~ The Wright Brothers Master Pilot Award ~ the most prestigious award the FAA issues to a pilot.

Great job, Dick! Let's see you do 70 more years!

### **Grass Clippings Are No Treat for Horses**

by Julie M. Getty, Ph.D.

Are you tempted to cut your grass, then rake it into soft, fragrant, tasty piles of clippings for your horse to nibble?



According to equine nutrition expert

Dr. Juliet Getty, this should be the last thing you encourage your horse to eat. It has to do with that extra step: raking. Grass clippings that stay on the pasture after mowing, where they can dry in small amounts, are generally not a problem. But never gather them into piles to feed them to your horse.

Here's why: **cont'd on page 2**

**Low-Fat  
Granola Bars  
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**September  
Poem  
- Page 4**



## "Grass Clippings.." cont'd

1. Clippings are too easy to over-consume, and eating large amounts at one time can lead to excess fermentation in the hind gut, potentially causing colic and laminitis.

2. Piles of clippings can rapidly invite mold to form (especially prevalent in hot, humid environments), which can lead to colic.

3. Because there is no air inside a dense pile, botulism can develop, which turns this "treat" absolutely deadly.



These are three really good reasons those pretty piles are no kind of treat for your horse!

*Juliet M. Getty, Ph.D. is an independent equine nutritionist with a wide U.S. and international following.*

*Her research-based approach optimizes equine health by aligning physiology and instincts with correct feeding and nutrition practices.*



**"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."  
– Swami Sivananda**



Thank you SO MUCH to Mr. Alan Karganilla for allowing us to use his beautiful photo of Sandy Valley on our front page for our New Look! Great shot!

A thief broke into my house last night.. He started searching for money, so I woke up and searched with him.







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**I got gas today  
for \$1.39.  
Unfortunately,  
it was at  
Taco Bell**

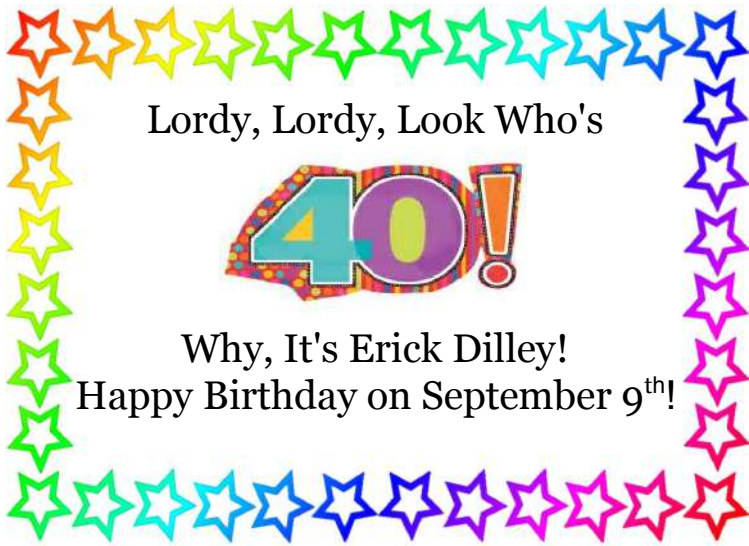


**WHEN YOU HAVE A NICE **HAT** AND SOMEONE  
MENTIONS IT AND YOU FEEL NICE**



**Word of the Day**  
**vicarious**  
(vī-kâr'ē-əs)  
adj. Experienced in the  
imagination through the  
feelings or actions of  
another person





Lordy, Lordy, Look Who's

**40!**

Why, It's Erick Dilley!  
Happy Birthday on September 9<sup>th</sup>!



# September

by Helen Hunt Jackson

*The goldenrod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.  
The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.  
The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook,  
From dewy lanes at morning  
The grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.  
By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.  
But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.  
'Tis a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.*

## Low-Fat Granola Bars

### Ingredients

- 3½ cup oats
- ¾ cup roughly chopped pecans
- 3 large, ripe bananas
- ⅔ cup unsweetened applesauce
- ¾ cup dried cranberries
- ¾ tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- 2 tbsp ground flax seed
- ½ tsp salt



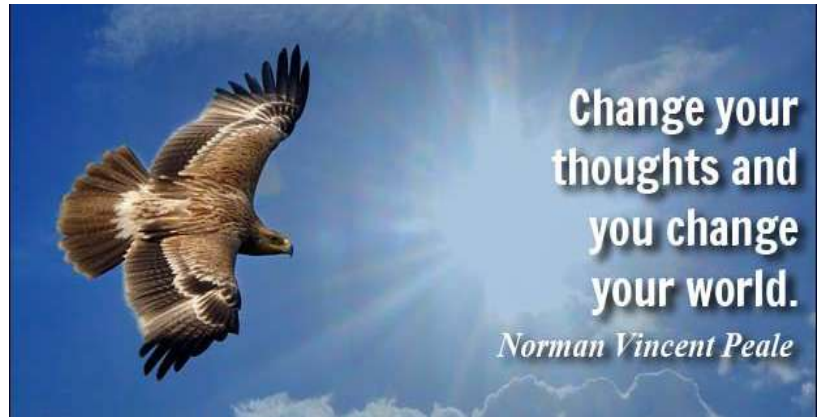
### Directions

- Preheat oven to 350 degrees.
- Line a 9- by 13-inch baking pan with parchment paper, with about 1 inch of parchment paper overlapping the sides.
- Spread out the oats and chopped pecans on a baking sheet. Place in the oven until they are lightly toasted, stirring occasionally, about 10 minutes.
- In a medium bowl, mash the bananas with the back of a fork. Stir in applesauce until combined.
- Transfer the oats and pecans to a large bowl and stir in dried cranberries, ground flax seed, cinnamon, nutmeg and salt.
- Stir the banana mixture into the oat mixture until well combined and starting to clump together. Transfer to the prepared baking dish and press down evenly.
- Bake until the bars are golden brown and starting to separate from sides of the pan, about 30 minutes. Let cool on a wire rack for 15 minutes.
- Use the parchment paper to lift the bars out of the pan. Let cool to room temperature, then cut into bars.
- Serve or store in an airtight container.





I don't snore. I dream  
I'm a truck.



“Let us remember: One book, one pen, one child, and one teacher can change the world.”  
– Malala Yousafzai



“It's simple. The nurse blindfolds me, I spin around a few times, then I try to reattach your tail.”



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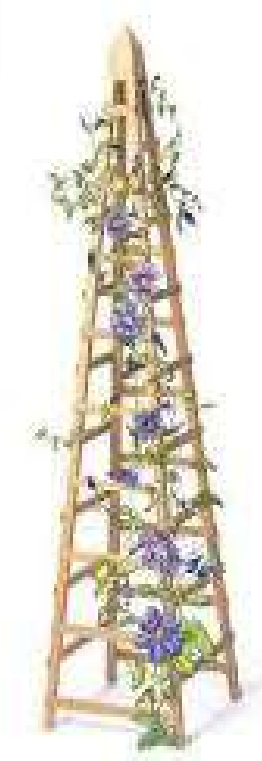
Available in Las Vegas  
and Sandy Valley, Nevada  
NVMT 6204





# September

Sun	Mon	Tue
<b>3</b>  <b>LABOR DAY IS TOMORROW</b>	<b>4</b> Coffee & Donuts at Senior Center 8-10:30am Free Yoga & Qigong at Keystone - 9:30am Food Share at Peace Park - 12:30pm	<b>5</b> American Legion Mtg at Keystone - 6:30pm
<b>10</b>	<b>11</b> Free Yoga & Qigong at Keystone - 9:30am Food Share at Peace Park - 12:30pm	<b>12</b> SMVDA at Community Ctr - 6:30pm Citizen's Advisory Council at Community Ctr - 7:30pm
<b>17</b>	<b>18</b> Coffee & Donuts at Senior Center 8-10:30am Free Yoga & Qigong at Keystone - 9:30am Food Share at Peace Park - 12:30pm	<b>19</b>
<b>24</b>  Happy Birthday Gary Lee!	<b>25</b> Free Yoga & Qigong at Keystone - 9:30am Food Share at Peace Park - 12:30pm	<b>26</b>



# 2017



Remember SV Clean-Up Day is at Goodsprings Community Center on Saturday, September 9<sup>th</sup> from 8am to Noon

Wed	Thu	Fri	Sat
		<b>1</b> Potluck at Senior Center - 1pm 	<b>2</b>
<b>6</b> Three Square Food Dely at Peace Park - 7:30am 	<b>7</b>	<b>8</b>	<b>9</b> KEF Board Mtg at Keystone - 9am  Play Date at Keystone - 10am
<b>13</b>	<b>14</b> Happy Birthday Hannah Banana!	<b>15</b>	<b>16</b> USDA at Peace Park 8-10 am
<b>20</b> Three Square Food Dely at Peace Park - 7:30am 	<b>21</b> Third Thursday Potluck & Movies at Keystone - 6pm	<b>22</b>	<b>23</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Food Share at Peace Park 8-10 am





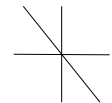


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in Class
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A 6-Directional Puzzle



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## Community Services:

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- Individual Therapy
- Parenting
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- Life Coaching
- Stress Management
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- Children
- Life After Retirement
- Chronic Illness / Medical Issues



*Pathways offers therapy in your community! We are here to help individuals, families, couples, teenagers, and children. Your sessions are confidential. We accept Medicaid.*



**Call (702)363-7284 or (702)203-5383**

Services are Located in a Confidential Office at Keystone Center, 115 North Miami, Sandy Valley

# 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  
(702)723-1135



Thank you to the 16 individuals who gave blood at the Health & Happiness Expo on the 19th of August! One of our young-at-heart, yet older residents at 80+ years young, was practically jumping up and down like a kid at the fact he was able to donate blood at the event. Not mentioning any names, George Odell, but that was a very fun sight to see!

## LAND FOR SALE

Property at 2395 Jade Avenue, Sandy Valley, Nevada

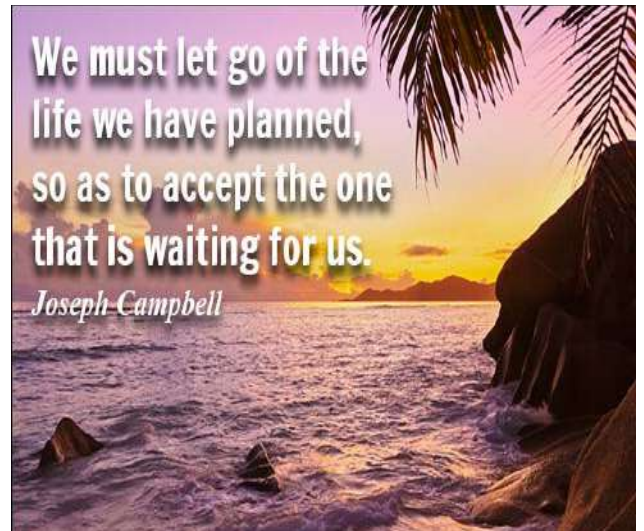


3.65 acres with well, septic, power  
2 parcels together for ONLY:  
\$109,000

Agent: James Egloff, Jr.  
(702)419-3710

We must let go of the  
life we have planned,  
so as to accept the one  
that is waiting for us.

*Joseph Campbell*



***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, 7006, Sandy Valley, Nevada, 89019**  
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