



Happenings

September 1, 2018

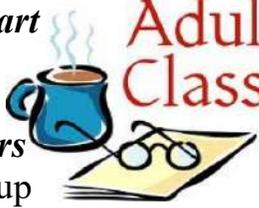
FREE..
To a
Good
Home!



Back to Work?

Are you over 50 and trying to get employment? Then this **Free Workshop** is for you!

The 7 Smart Strategies for 50+ Job-Seekers **Adult Classes**



is coming up on Friday, September 14th from 2pm to 4pm. This workshop, produced by AARP, will be at Workforce Connections, 6330 West Charleston Blvd, Suite 150 (near Torrey Pines; across from CSN).

Those who register ahead of time by calling (855)850-2525, will receive a workbook and some other materials.

Happy hunting!

Save the Dates!

There's a lot going on in Sandy Valley and Goodsprings over the next couple of months – mark your calendars for all of them so you don't miss out!

Check out the new Legend on the calendar pages with Idle Spurs Tavern events like Taco Tuesday, Wednesday Night Bingo, and, of course, Second Saturday Birthday Karaoke..

And, speaking of the Idle Spurs Tavern, they are hosting **cont'd on page 5**

On-the-Go Lunches – page 2

Start Your Journey by Joy Huntsman

If you're someone who normally doesn't self-reflect, you might be stumped by questions. However, this is perfectly normal. When I was in high school, my teacher in psychology asked us how we would describe ourselves. The question caught me off guard, because I had never thought much about it. It took me some time to find some meaningful



adjectives to describe myself, but even then they didn't seem quite right. That was one of my starting points of my own self-exploration journey. Somewhere along the way, I became a big fan of introspection, enjoying the process of self-reflecting and thinking over questions. It led me down a path to my career as a Life Coach. **cont'd on page 3**



Poem by Robert Frost – page 2

Still Nutritious?

Many common items in your kitchen may be expiring. Tea, olive oil, dried herbs, and grains can lose valuable nutrients if sitting for months in your pantry.

Here are a few tips for prolonging your food's nutritional shelf life: Green Tea – after six months, antioxidants decrease by 32 percent, so it's best to store in an airtight tin in the refrigerator. Tomato Products – even when unopened, canned tomato juice loses 50 percent of its lycopene after three months in the fridge. Olive Oil – in six months the potency of antioxidants will decline 40 percent. Since olive oil is sensitive to heat, light, and oxygen, it should be stored in a cupboard away from the stove. Berry Jams – the health benefits of blueberry jam declines about one fourth after two months. Store jams in the refrigerator before opening. Herbs and Spices – best if kept in glass bottles and stored in a cool cupboard. Grains and Dry Goods – best stored in a dry cupboard in ceramic containers.



On-the-Go Lunches



Hummus with carrots, chicken strips, red grapes



Celery with almond butter, turkey rolls, cucumber and tomato salad, blackberries and blueberries



Cheese and crackers, turkey rolls, apple slices, applesauce or pudding



Waffles with peanut butter, Go-Gurt, string cheese, grapes, crackers

A cop pulls over an elderly man for driving too slowly.

“Officer, what's wrong? I was going the speed limit, 22 miles an hour,” says the old man.

“Sir, that's the route number,” says the officer. Just then, he notices the man's wife in the passenger seat. Her eyes are bulging, and she's as white as a ghost.

“What's wrong with her?”

“Oh, she'll be all right. We just got off Route 188.”

Being unique is better than being perfect



The Rose Family

by Robert Frost

*The rose is a rose,
And was always a rose.
But the theory now goes
That the apple's a rose,
And the pear is, and so's
The plum, I suppose.
The dear only knows
What will next prove a rose.
You, of course, are a rose –
But were always a rose.*



"Start Your Journey" cont'd

Where are you going? I believe questions are a key to self-awareness and personal growth. In my one-on-one coaching sessions, I enable my clients to discover the answers to achieving their goals by asking them the right questions. I believe each of us has our own best answers to our life's challenges. It would be easy if I just tell my clients what they "should" do and what they "shouldn't" do. That's not the point of coaching. It's about empowering my clients to discover what's best for them through asking the right guiding questions crafted to their situation and profile. The right questions will help them untangle the blockages in them and connect with their inner Self. The right questions will help them see what path they are on, and if it's a path of their choice. Very often, people will wind up going down a path that they didn't choose – it was chosen for them. Or they will discover that the path they are on is an illusion of moving forward and the reality is they are on a circular path leading them nowhere.

Where have you been? A client, I'll call Rick, once told me that he didn't like to look backwards – he didn't want to review his past. I had to explain that the past is the key to our future. Knowing where we've been enables us to recognize a place that's familiar, which can indicate we've been there before and prompts the questions of: Is this where I want to be? Again? Or, am I doing something based on an experience from the past and is it limiting my moving forward?

Our past experiences shape our beliefs about ourselves, our abilities, and the world we inhabit. Rather than closing the door to the past, it is helpful to see it as a door to a better future. It gives us an opportunity to examine those beliefs and check them for accuracy and truth.

Through questioning, Rick discovered he was carrying around a belief that was formed from a comment his father had said to him when he was eight years old. His father criticized him and then praised his older brother. For the next 50 years, Rick carried around the belief that his father didn't love him, that he wasn't as good as his brother, and he'd never be as successful as either of them. The truth was that an eight-year-old boy made a decision about his life that wasn't based on truth. The truth was that his father had said something that he would have regretted had he known how it would affect his son for the rest of his life.

The truth was that the father was upset about something, and in frustration made a remark without thought, and a little boy took it personally – for life. Without looking back at that painful memory and bringing it out into the light of day, the truth would not have been revealed. Most parents say things in frustration and anger to their kids. That's a fact. What they say may not be the truth.

cont'd on page 4



**"I intend to live forever.
So far, so good."**

– Steven Wright

***"If you don't know
where you are
going, you will
wind up
somewhere
else."***

– Yogi Berra



**My life
feels
like a
test I
didn't
study
for**

"Start Your Journey" cont'd

Where do you want to be? Have you ever thought that somewhere over *there* is better than *here*? The truth is, as soon as you arrive *there* - the t falls off and you're *here*! A better approach to personal happiness and a sense of achievement is to imagine how you would feel to BE there, what and wherever there means to you. Then, to act as if you are there and choose the path that takes you to that feeling. The trick is to hone in on your feelings. Your feelings are based on thought, and they rule your behaviors. Imagine the path you want to be on and think of how you'd feel to arrive at your preferred destination. Believe you know exactly where you're going and you're enjoying every step along the way.

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand" - Albert Einstein

Notice your reactions as you respond to these questions. What comes up for you? Do you hesitate to write down your true feelings? If you feel like avoiding the subject, make a note to gently remind your Self that this feeling is important and a warning that something emotionally is going on that needs attention!



Congratulations on taking your first step!

1. How would you describe yourself?
2. How do you feel about yourself?
3. What are your values?
4. What do you represent?
5. What do you embody?
6. Based on last year, are you on the right path for your life?
7. If yes, why? If not, why?

Enjoy the journey and discover the GIFT within you! ~ Joy

"Life Works Better With Joy!"

My goal is to inspire and motivate you to create results that far exceed what you believe to be possible, to turn breakdowns into breakthroughs and make your dreams become reality. As a result of my coaching, I want you to reach the age of 80, having done everything that you want to do so you'll have zero regrets!

If you're interested in the journal program or private coaching, give me a call at (702)721-8569

"When I was a kid my parents moved a lot, but I always found them."

– Rodney Dangerfield

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Did You Know?

Personality traits like honesty and helpfulness can make you appear more physically attractive.

"Save the Dates" cont'd

the **4th Annual Chili Cook-Off** to benefit Santa's Toy Box on Saturday, September 8th beginning at high noon and lasting all evening! Not only will there be music by Daze Gone By from 2pm to 6pm, there will be Chicken Sh** Bingo, a Horseshoe Tournament, a Pool Tournament and \$1 Jello Shots!

Sunday, September 9th is the Senior Center **General Membership Meeting** at 2pm, featuring Sloppy Joes as the main dish. On Monday, September 10th Sandy Valley Ranch will be hosting a Meet & Greet for **Tisha Black**, running for Clark County Commissioner, beginning at 5pm. Tuesday will be the **SMVDA** (Sandy Mesquite Valley Development Association) **Meeting** starting at 6:30pm with information about a *developer wanting to divert water from Sandy Valley* and what we need to do to stop it, followed by the **CAC** (Citizen's Action Council) **Meeting** at 7:30pm – both of which are always open to the public..

Saturday, September 15th is the **Pancake Breakfast** at the followed by **Mr. George Odell's Annual Volunteer Fire Fundraiser BBQ** at his hangar on Jade starting at 11am.. September 22nd (September 22nd Gold) **FREE** will be the Sandy Valley Baptist Church **Clothing Giveaway and Community Cookout** from 10am to 6pm.. Friday, September 28th will be another Meet & Greet, this time for congressional candidate **Danny Tarkanian**, again at Sandy Valley Ranch from 5pm to 7pm..



Senior Center, Department Saturday, (at Shawnee and

See everyone out and about in Beautiful, Downtown Sandy Valley!

I hate when I think I'm buying organic vegetables and when I get home they're just regular donuts.



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

Medical Massage Practitioner

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Happenings – September 1, 2018 **Page 5**

“If a book about failures doesn't sell, is it a success?” – Jerry Seinfeld

September



Sunday	Monday	Tuesday
2	3 Labor Day 4-H Meeting at Keystone - 6pm	4 American Legion at Keystone - 6:30pm
9 General Meeting at Senior Center - 2pm (Sloppy Joes)	10 Tisha Black at SV Ranch - 5pm	11 SMVDA Meeting at Community Ctr – 6:30pm CAC Meeting at Community Ctr – 7:30pm
16	17 17	18
23 10 Year Celebration at Senior Center - 2pm	24 24	25
30	 Sarcasm: Just one of the many services I offer.	

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

Taco Tuesday at Idle Spurs at 3pm – while they last..



“Knowledge is like underwear. It's useful to have, but not necessary to show it off” – Bill Murray

2018

*It's okay if you don't like me.
Not everyone has good taste.*



Wednesday	Thursday	Friday	Saturday
29	30	31	1
5  	6 	7	8 Goodsprings Clean-Up at Comm Ctr - 8am to 12 4th Annual Chili Cookoff at Idle Spurs Tavern Starts at Noon – All Day (Karaoke at 8pm)
12 	13 	14	15 Pancake Breakfast at Sr Ctr 8am to 10:30am USDA at Peace Park - 10am to Noon Fire Dept Fundraiser & BBQ at George Odell's Hangar - 11am
19  	20 	21	22 FREE Clothing Giveaway & Comm. Cookout at Baptist Church 10am to 6pm
26 	27 	28	29 Food Share at Peace Park - 10am to Noon



Women's Yoga Circle
at Comm Ctr – 7pm, \$6



Bingo at Idle Spurs Tavern – 6pm



Three Square
at Peace Park - 7:30am

across

1. Folded eggs and filling
7. Ground meat and seasoning
12. Beginning of the lunch hour
13. Tasted; ___ into
14. Associate of Arts, shortened
15. Oolong and chamomile
16. Sectioned and sprinkled with sugar, often
17. Order qty.
18. SW opposite
19. ___ Benedict
21. Once more than once
23. Certain diced or sliced pork
24. Table and smelling
26. Full of activity
28. Moo juice
30. Regular or decaf?
32. *Corn Flakes*, for one
34. In good physical condition
36. ___ and fro



38. ID info
39. Small pastry
40. Baking time increment (abbr)
42. Corned beef ___
44. Sunny side ___
45. Espresso and steamed milk
49. More than eight hrs.
50. Chain of sausage
51. Bacon slices
52. Butter quantity
54. We have orange, tomato or ___ juice..
56. Sort; variety
57. What Sunday and insurance have in common
58. Stately creature from the deer family
60. "___ unto others.."
62. That guy
64. Particular proteins
65. Diner; food establishment

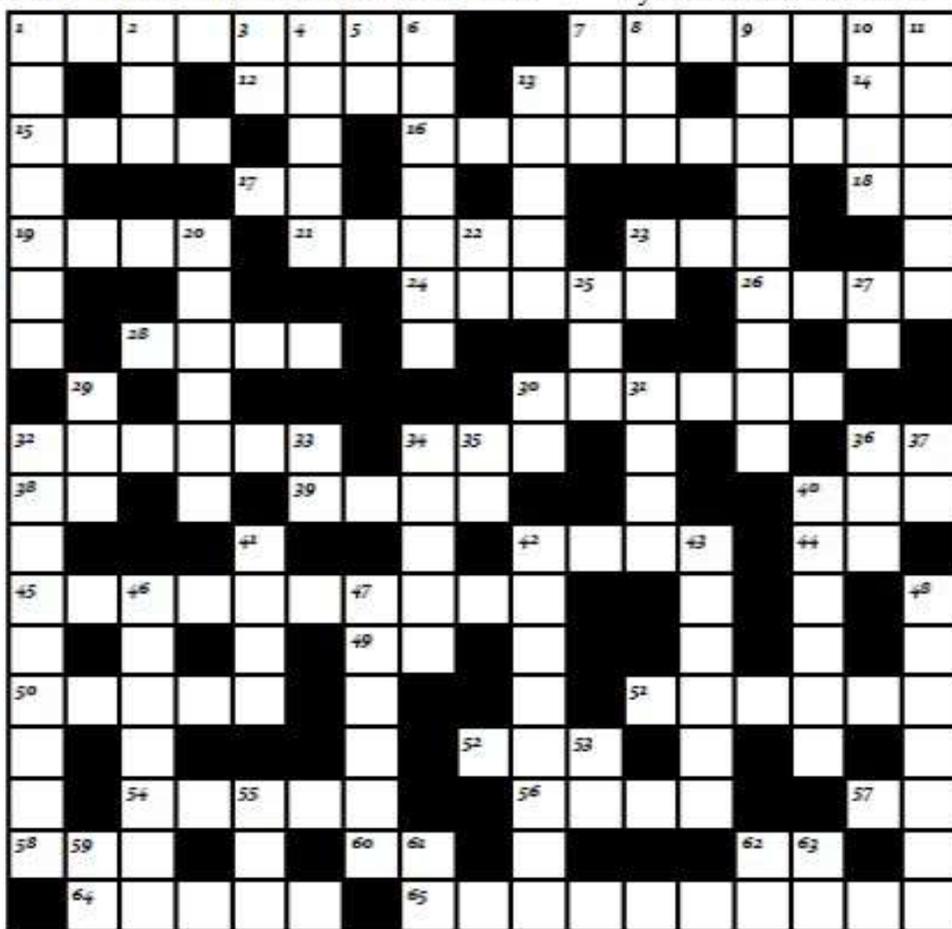


66. ___ Benedict
68. ID info
70. Small pastry
72. Baking time increment (abbr)
74. Corned beef ___
76. Sunny side ___
78. Espresso and steamed milk
80. More than eight hrs.
82. Chain of sausage
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86. Butter quantity
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90. Sort; variety
92. What Sunday and insurance have in common
94. Stately creature from the deer family
96. "___ unto others.."
98. That guy
100. Particular proteins
102. Diner; food establishment



The Breakfast Menu

A Custom Crossword
by Gail Marie Beckman



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

down

1. Just add raisins and brown sugar
2. When you're due to show (abbr)
3. Follows em
4. White, wheat, raisin or rye?
5. Nine ___ five
6. Certain muffin
7. Small drink
8. Devoured
9. Egg preparation choice
10. No pain, no ___
11. Another name for 65 across
13. Load it with lox and cream cheese
20. Carved
22. Calcium symbol
23. Short for high school
25. Dos
27. Extremely
29. Ready the table

30. Cent or court, for short
31. They're often saturated
32. Mocha ingredient
33. Short for light or lieutenant
34. ___ cocktail
35. That thing
36. Gratuity
37. Atop
40. Blueberry or bran
41. Dices; ___ up
42. Griddle items
43. Warmed
46. I'd like one buttermilk ___
47. Performed short order duties
48. Light, flaky bread item
53. Titanium symbol
55. Deep cooking vessel
59. Falls between K and N
61. Word with either
62. Time piece (abbr)
63. Apiece (abbr)





Try replacing “I’m sorry” with “thank you.” So, instead of saying “sorry I was late,” say “thank you for waiting for me.” Replacing the negativity with positivity and gratitude breaks the “I’m sorry” cycle..



Trash & Recycling Days Changing for SV

Our new pick up day for trash and recycling will now be Saturdays. The last Wednesday pick up will be September 26th and the first Saturday pick up will be September 29th



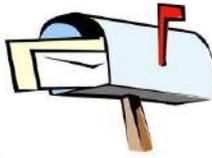
U.S. Post Office Store N Stuff

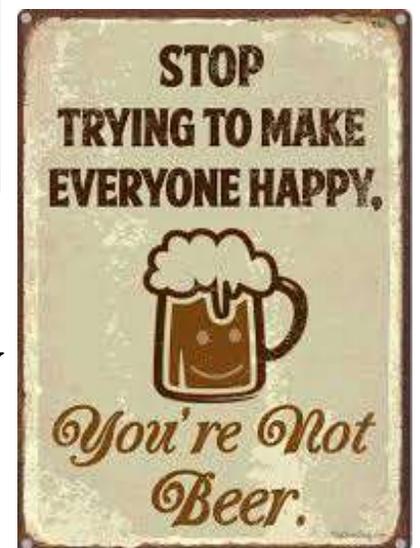
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sanjac115@peoplepc.com





“The difference between stupidity and genius is that genius has its limits.”
– Albert Einstein



“You are only young once, but you can stay immature indefinitely.”
– Ogden Nash

Community

Sandy Valley Library

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



Closed on Fridays and Sundays

(702)723-5333

Churches

Sandy Valley Community Church

(702)723-1653

Sandy Valley Baptist Church

(702)723-5115

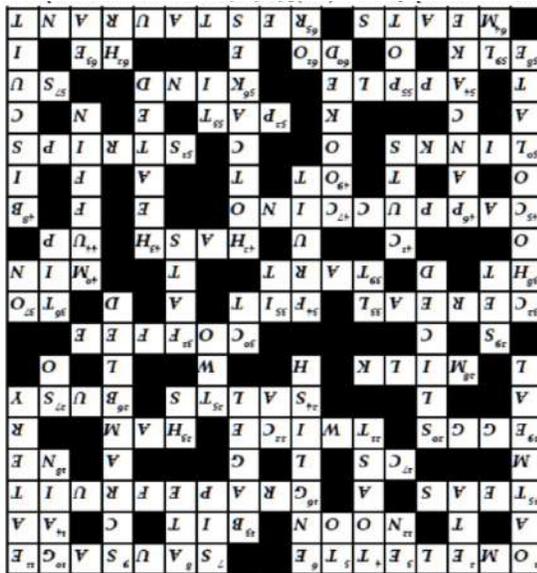
St. Catherine of Siena Holy
Catholic Church (702)858-3792

The Church of Jesus Christ
of Latter Day Saints

(702)723-1135



***I think my
problem is
I have
really
fantastic
bad ideas.***



***Come Check Out 4-H! Monday, Sept. 3rd at
Keystone, 6:30pm. Ages 5 – 18 and parents
are invited. Call Christine at (702)538-2794
if you have any questions!***

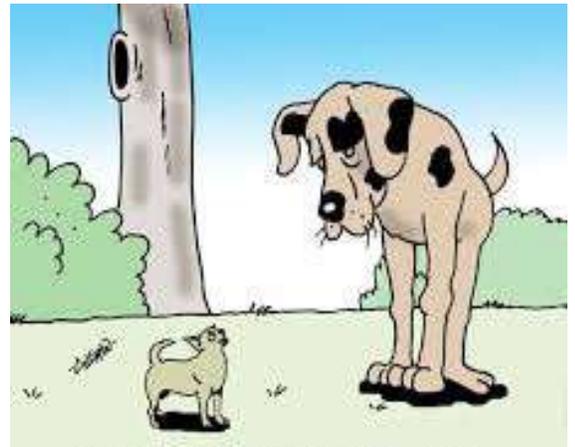


Happenings is dedicated to providing fun, interesting,
entertaining, and positive information for those living in
Sandy Valley, Nevada and beyond!

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or to happeningsmedia@gmail.com

Editor: Gail Marie Beckman ~ (702)869-6416



*"I DON'T LIKE CHASING CATS -- THEY
THINK I'M A MOUSE!"*

Did You Know?

Cats were worshiped in Ancient Egypt. The domesticated cat, known as Mau, was viewed as a symbol of grace and poise and was often mummified just like humans. Cats were so sacred that killing one, even accidentally, could be punishable by death.

