

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Eating at the Seaside

One Saturday night, a group of **15-year-old** girlfriends decided to meet for dinner. They discussed where to eat and finally agreed on the Soda Shop across from the Sea Side Restaurant because they only had \$6.50 between them. And besides, Bobby Johnson, the cute boy in science class worked there.



Ten years later, the same girlfriends, now **25-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant across from the Soda Shop because it had free snacks, there was no cover charge, the band was good and there were lots of cute guys.

Ten years later, the same girlfriends, **now 35-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the appetizers were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

Ten years later, the same girlfriends, now **45-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the music wasn't too loud, they could get a buy-one-get one special and the cute waiters gave them lots of attention.

(Continued on page 2)

Thought for Today

There is something to be learned in this for everyone:

Be the person who breaks the cycle!

If you were judged, choose understanding.

If you were rejected, choose acceptance.

If you were shamed, choose compassion.

Be the person you needed when you were hurting, not the person who hurt you.

Vow to be better than what broke you — to heal instead of becoming bitter so you can act from your heart, not your pain.

— Anonymous



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Did You Know?

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Kites were used in the American Civil War to deliver letters and newspapers.



Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

Eating at the Sea Side

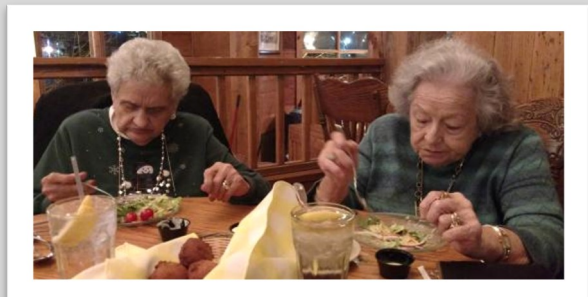
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Ten years later, the same girlfriends, now **55-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because it had windows which opened—in case of hot flashes, the nightly specials were good and fish was good for their cholesterol.

Ten years later, the same girlfriends, now **65-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they gave a senior discount, the desserts were awesome, and the lighting was good enough to read the menu.

Ten years later, the same girlfriends, now **75-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they had an Early Bird Special starting at 4:30, the food wasn't too spicy, and it was handicapped accessible.

Ten years later, the same girlfriends, now **85-year-olds**, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they had never been there before.



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Milestones



Ethel Farnsworth
Feb 10, 1920—99 years
Boise Senior Center



Cleo Karr
March 4, 1926—93 years
Boise Senior Center



Barbara Miller
March, 23, 1927—92 years
Eagle Senior Center



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minutes!

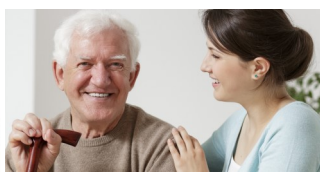


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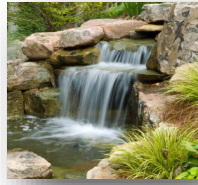
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The Truth About Old Folks

1. Old Folks are easy to spot at sporting events: during the playing of the National Anthem they remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them.
2. Old Folks remember World War II, Pearl Harbor, Guadalcanal, and Normandy. They remember the Korean War, the Cold War and the Moon Landing.
3. If you bump into an Old Folk on the sidewalk he will apologize. If you pass an Old Folk on the street, he will nod or tip his cap to a lady. Old Folks trust strangers and are courteous to women.
4. Old Folks hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.
5. Old Folks get upset if someone curses in front of women and children and they don't like any filth or dirty language on TV or in the movies.
6. Old Folks have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.
7. Old Folks know that our great country is protected, not by politicians, but by the men and women in law enforcement and military serving their country.
8. This country needs Old Folks with their work ethic, sense of responsibility, pride in their country and decent values.



We need them now more than ever.
Thank God for Old Folks.



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Words of Wisdom From Children

- Never trust a dog to watch your food.—Patrick, age 10.
- When your dad is mad and asks you "Do I look stupid?" don't answer him.—Michael, 14.
- Never tell your mom her diet's not working.—Michael, 14
- Stay away from prunes.—Randy, 9.
- Don't squat with your spurs on.—Noronha, 13.
- Don't pull dad's finger when he tells you to. Emily, 10
- When your mom is mad at your dad, don't let her brush your hair.—Taylia, 11.



- Never allow your three-year-old brother in the same room as your school assignment.—Traci, 14.
- Don't sneeze in front of mom when you're eating crackers.—Mitchell, 12
- Puppies still have bad

breath even after eating a tic-tac.—Andrew,9

- Never hold a dust buster and a cat at the same time.—Kyoyo, 9
- You can't hide a piece of broccoli in a glass of milk.—Armir, 9
- Don't wear polka-dot underwear under white shorts.—Kellie,
- If you want a kitten, start out by asking for a horse.—Naomi, 15.
- Felt markers are not good to use as lipstick.—Lauren, 9
- Don't pick on your sister when she's holding a baseball bat.—Joel, 10
- When you get a bad grade in school, show it to your mom when she's on the phone.—Alyesha, 13
- Never try to baptize a cat.—Eileen, 8



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My brain cells, skin cells and hair cells continue to die, but my stubborn fat cells seem to have eternal life!

February Drawing Winner

Clarence White, Meridian
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Don't Mess with Myra!

Myra, a little old lady living alone, answered a knock on the door one day. There stood a well-dressed young man carrying a vacuum cleaner.



"Good morning, Ma'am," said the young man. "If I could take a couple minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners."

"Go away!" said Myra brusquely. "I'm broke and haven't got any money," and she proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed it wide open. "Don't be too hasty," he commanded. "Not until you have at least seen my demonstration." And with that, he emptied a bucket of horse manure onto her entryway carpet.

"Now, if this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder."

Myra stepped back and said with a smile, "Well let me get you a spoon, young man, because they cut off my electricity this morning."

Thanks for the Peanuts!

The minister was visiting with an elderly woman from his congregation.

As he sat on the couch, he noticed a large bowl of peanuts on the coffee table.



"Do you mind if I have a few?" he asked.

"No, not at all, help yourself," says the little old lady.

They chat away for an hour or so, and as the minister stands up to leave, he notices to his horror that instead of eating just a few peanuts as he had intended, he has emptied the entire bowl while they were talking.

"I'm so terribly sorry for eating all of your peanuts," he apologizes.

"Oh, that's all right," says the little old lady. "I'm glad you can still enjoy them. Ever since I lost my teeth, all I can do is suck the chocolate off them."



Actual sign in Russell County, Alabama

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- ♦ Spring Creek- Meridian ♦ 175 & 253 E Calderwood Dr. ♦ 83642 ♦ 208.884.6199
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PER HOUR IF YOU
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Top Ten Reasons Farm Trucks Are Never Stolen

10. Only the owner knows how to open the door to get in or out.

9. It's hard to drive fast with all the fence tools, grease rags, ropes, chains, buckets, boots and loose papers in the cab.



8. It takes too long to start and the smoke coming up through the rusted-out floorboard clouds your vision.

7. The border collie on the toolbox looks mean.

6. They're too easy to spot. The description might go something like this: "The driver's side door is red, the passenger door is green, the right front fender is yellow, there's no tailgate..."

5. The large round bale in the back makes it hard to see if you're being chased. You could use the mirrors if they weren't cracked and covered with duct tape.

4. Top speed is only about 45 mph.

3. They have a range of about 20 miles before they overheat, break down, or run out of gas.

2. Who wants a truck that needs constant maintenance, an engine overhaul, \$3,000 in body work, plus taillights and windshield?

And the number one reason farm trucks are never stolen:

1. It's hard to commit a crime when everyone is waving at you!

I'm so old when I went to give blood they told me my blood was past it's expiration date!

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Milestones



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Donna Revels
March 19, 1949—70 years
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Jimmy Lathrop
March 26, 1949—70 years
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March 24, 1946—73 years
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George & Leola Neumayer
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Misunderstanding

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hearing patient: "No, Mrs.
Smith, I said a NURSE will
be visiting you at home, not
a HEARSE!"



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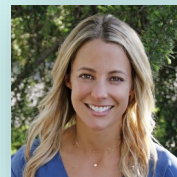
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