



SENIOR Goldmine

Snake River Valley Edition January 2019

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

I Hereby Resolve...



Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

- Bill Vaughan

This New Years I resolved to lead a better life. Now all I have to do is find someone who will trade lives with me.

- Melanie White

Who has time to party on New Year's Eve? It takes me all evening to set my clocks ahead a year.

- William Ader

My new years resolution is not to over-exert shoveling snow. Since I'm going be in Florida, I feel pretty good about it.

- Greg Tamblyn

My New Years resolution is to try to remember why I've walked into a room.

- Rodney Lacroix

My New Year's resolution is to take all the Christmas lights down by Easter.

- Melanie White

NEW WORDS FOR

Auld Lang Syne

by Malin Dollinger

May all of us now gathered here
Remember who we love
And not forget to thank the one
Who loves us from above

For all of us are bless'd indeed
To live another year
We'll raise our voices thankfully
With those we hold most dear

Next year we'll try to be the best
That we know how to be
And spend more time
In song and joy
Especially with thee

For Auld Lang Syne, my dear
For Auld Lang Syne
We'll make next year
The best one yet
For Auld Lang Syne



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It's Just the Ticket

My city recently installed cameras on the traffic lights to capture violators.

I was driving down the boulevard into an intersection when I saw the flash of a traffic camera. I figured that my picture had been taken for exceeding the limit even though I knew I wasn't speeding.



Just to be sure, I went around the block and passed the same spot, driving even more slowly, but again the camera flashed.

Now I began to think that this was quite funny, so I drove even slower as I passed the area again, but the traffic camera flashed again.

I tried a fourth and fifth time with the same results and was now laughing as the camera flashed while I rolled past at a snail's pace.

Two weeks later, I got five tickets for driving without a seat belt.

Ugly Pretty

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist in within me
I always say
Because whenever I look in the mirror
Am I as ugly as people say?

(Now read from the bottom up)

By Abdullah Shoaib

Malheur Memorial Health Clinic



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**JOHN PHILLIPS, M.D.
KENT SANDQUIST, PA-C
AMY CHAN, PA-C**

**Nuts—this last year went by so fast
I didn't have time to lose weight!**



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Word Play

Anagrams are words or phrases whose letters are rearranged to become new words or phrases, Here are some examples:

DEBIT CARD=BAD CREDIT
PUNISHMENT=NINE THUMPS
DORMITORY=DIRTY ROOM
ASTRONOMER=MOON STARER

Some of them are more complicated:
CONVERSATION becomes
VOICES RANT ON.

SNOOZE ALARM becomes
NO MORE ZS

But perhaps the granddaddy of them all is this one:

“THAT’S ONE SMALL STEP FOR A MAN, ONE GIANT LEAP FOR MANKIND.” becomes
A THIN MAN RAN, MAKES A LARGE STRIDE, LEFT PLANET, PINS FLAG ON MOON! ON TO MARS!

Guard Your Words

By Amy Beth Gardner

My daughter started middle school this fall. We decorated her locker, bought new uniforms, even surprised her with a new backpack.

But the night before school started, we did another pre-middle school task that is far more important than the others.

I gave her a tube of toothpaste and asked her to squirt it out onto a plate. When she finished, I calmly asked her to put all the toothpaste back in the tube.

She began exclaiming things like "But I can't!" and "It won't be like it was before!"

I quietly waited for her to finish and then said the following:

"You will remember this plate of toothpaste for the rest of your life. Your words have the power of life or death. As you go into middle school, you are about to see just how much weight your words carry.

"You are going to have the opportunity to use your words to hurt, demean, slander and wound others. You are also going to have the opportunity to use your words to heal, encourage, inspire and love others.

"You will occasionally make the wrong choice; I can think of three times this week I have used my own words carelessly and caused harm.

"Just like this toothpaste, once the words leave your mouth, you can't take them back. Use your words carefully. When others are misusing their words, guard your words.

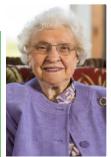
"Make the choice every morning that life-giving words will come out of your mouth. Decide tonight that you are going to be a life-giver in middle school.

"Be known for your gentleness and compassion. Use your life to give life to a world that so desperately needs it. You will never, ever regret choosing kindness."



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MY CHILDHOOD INJURIES:

Fell off my bike. Fell out of a tree. Twisted my ankle.

MY ADULT INJURIES:

Slept wrong. Sat down too long. Sneezed too hard.

**When life gets you down,
and you feel like
you can't go on,
remember who will always
be there for you.**

DISHES

**Dishes will literally
always be there for you.**

**I wonder what our kids are
going to tell their kids.
"It was so rough back in my
day, I didn't get my own
phone until 4th grade.
And sometimes the Wi-Fi
didn't work upstairs."**

**In the 1950s, I fell down the
stairs and skinned my knee.
I'm telling you this now
because we didn't have
Facebook then.**

**My boss hung a poster at
the office that said,
"DON'T FORGET,
I AM THE BOSS."**

**His secretary handed him a
note: Your wife called. She
wants her poster back.**

Milestones



Leila Medairy
Dec 3, 1920—98 years
Ontario Sunset Estates



Joe Johannes
Jan 19, 1927—92 years
New Plymouth



Evelyn Skeen
Dec 25, 1938—80 years
New Plymouth

Funny You Should Ask

Q: How can you avoid getting wrinkles?

A: *Take off your glasses.*

Q: Where can a man over 60 find a younger, good looking woman who is interested in him?

A: *Try the bookstore under fiction.*

Q: Where should old people look for glasses?

A: *On their forehead.*

Q: Why should seniors use valet parking?

A: *The valet won't forget where he parked your car.*

Q: Do people sleep more soundly as they get older?

A: *Yes, but it's usually in the afternoon.*

Q: What can a wife do to keep her husband from driving her crazy in retirement?

A: *Keep him busy. If he's handy with tools, he can finish the basement. Then when he's finished, he'll have a place to live.*



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