

## Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

### Eating at the Sea Side

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.



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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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### 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

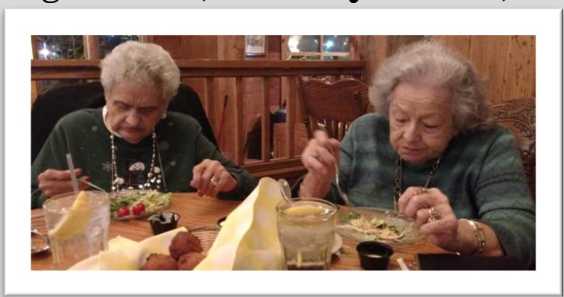
*(Continued from page 1)*

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.



*Malheur Memorial Health Clinic*



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

MY IDEA OF A SUPER BOWL IS A TOILET THAT CLEANS ITSELF





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I LIKE SNOW IN MARCH



SAID NO ONE EVER



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## AUTO REPAIR PRICE LIST

**\$50.00**

**CLICK - CLICK**

**\$100.00**

**PING - PING - PLUNK**

**\$350.00**

**KUNK - KLANK - KLANK**

**\$425.00**

**CLANK - THUD**

## SHOP PRICE LIST

**\$65.00**  
PER HOUR

**\$85.00**

IF YOU TOUCHED IT

**\$95.00**

IF YOU WATCH

**\$120.00**

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!



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*Hang on, Howard,  
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will be here in five  
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### Misunderstanding

Overheard in a busy clinic as the doctor spoke loudly to an obviously hard-of-hearing patient: "No, Mrs. Smith, I said a NURSE will be visiting you at home, not a HEARSE!"

### You're Fired!



If Lawyers are disbarred,  
and Priests are defrocked,  
then....

- Are Cashiers distilled?
- Are Electricians discharged?
- Are Weathermen disgusted?
- Are Fiancés disengaged?
- Are Grooms disavowed?
- Are Guardians disappointed?
- Are Ship Captains deported?

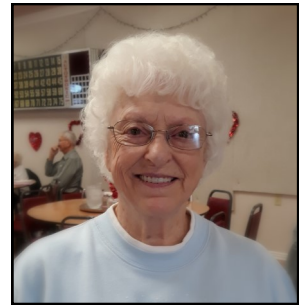
And, of course,  
Are Firemen fired?



### Milestones



Delbert Kunz  
March 23, 1928—91 years  
Weiser



Jo Honey-Hardenbrook  
March 2, 1939—80 years  
Weiser



Dianna Hartman  
Feb 19, 1944—85 years  
Payette

**Senior Goldmine honors  
the following Milestones:**  
Birthdays 70, 75, 80, 85,  
90 and up; and Anniversaries  
50, 55, 60 and up.

To submit Milestone  
information,  
call Leanne at (208) 249-0827  
or email her at  
[leanne@seniorgoldmine.com](mailto:leanne@seniorgoldmine.com)



Dave Moyer  
Feb 2, 1949—70 years  
Weiser



**Actual sign in Russell County, Alabama**



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