



February 2022

Upcoming Events

Come Celebrate Valentines, Because ...

Back in the year 270, the Roman Emperor Claudius II decreed: "No more weddings!" That was because he couldn't draft married men into the army. But Valentinus, a minor temple priest, said: "No way, Claude! Make love, not war!" And he married young couples anyway.



Valentinus' fate was grim. But his memory was unstoppable. They made him patron saint of lovers. And fainers. And beekeepers. And even plague victims.

In 1375, Geoffrey Chaucer created the modern idea of Valentine's Day with his poem "Parliament of Fowles." In 1420, Charles the Duke of Orleans wrote his young wife the first Valentines card and sent it from an English prison. In the 1800's, candy magnate Richard Cadbury forever married boxed chocolates with Valentine's gift-giving. Then came Hallmark, and it was all over but the postage.

This month, we can celebrate Valentines with a special lunch at the Pioneer Center. For just \$8 –

- Everyone gets a box of chocolates.
- Everyone gets a rose.
- The lunch menu is chicken salad croissant, soup, side salad and dessert.
- And the lunch will be serenaded by romantic cello duets, played by Lila Sellers and Brent Petit from the Southern Nevada Symphony.

That's February 14. Lunch starts at noon. Space is limited. So call the front desk and reserve today – 702-346-6006. Masks are required. But hey – they wear masks at Carnival in Venice and call it romantic!

So what are we celebrating? Each other. You remember Robert Browning:

Grow old along with me!
The best is yet to be,
The last of life, for which the first was made ...

That, along with the hokey-pokey, is what it's all about.



February 3 and 17
ARC Meeting Dates

February 1
Van Gogh and Resort World
in Las Vegas

February 2
DJ Van Dyke as Patsy
and Friends Concert

February 14
Valentine's Day Lunch

February 16
Lunch and Learn by
Parker Advisory

February 18
Colson Connects
Monthly meeting with
Larry Colson

February 22-25
Laughlin Leisure Trip

February 27
Shen Yun
Smith Center

February 28
Blood Drive
Pioneer Center

February 28
Bingo

March 2
Bauman Advisory Group
Lunch and Learn
Enrollment coming soon

March 9
Lunch and Learn
Medicare workshop

***Submittals for ARC
must be received by 4 p.m.
on the Friday prior to the
date.

A message from your
Lifestyle Director
Deborah Demos

Critter Corner: Quail tails and topknot facts

February is American Heart month. If you would like more information on cardiovascular health, please go to www.cdc.gov click on heart disease under diseases. There is a wealth of information to assist in preventing heart disease and ways to help you live a heart healthy life.

Don't miss DJ Van Dyke presents Patsy and Friends on Wednesday, February 2. Only \$8 per person. This show is back by popular demand. Limited seating so enroll today.

Chad Parker is back with Parker Advisory Group. He will be here on Wednesday, February 16 to guide you towards savvy social security planning. They will offer a complimentary lunch as well. Sign up at the front desk.

We do have a couple spots left for our Laughlin Trip. We will depart on Tuesday, February 22 and return on Friday, February 25. Call us for more information on this inexpensive getaway.

Mark your calendar for Sunday, February 27 to see Shen Yun. Shen Yun is one of the most extraordinary productions of all time. Their dancing precision is remarkable. This is one traveling show you will not want to miss at the beautiful, state of the art, Smith Center. We will stop first at Cheesecake Factory so you can feast on a late breakfast or lunch.

Upcoming Tuacahn trips:

March 11: Fleetwood Mac Rumours
Tribute Band
April 14: Piano Guys
April 23: Larry the Cable Guy
July 18: Buddy Holly Story
Sept. 26: Mary Poppins
Nov. 5: Fab Four

Quail are the originators of the fashionable topknot that many males and females sport these days. A quail's topknot is a head plume of feathers that sits atop the head. This head decoration can be ornate or lacking altogether. A quail's color will typically match their environment.

There are six species of quail in North American.

What facts do you know about quail?

The California quail, the most prevalent in Mesquite, also known as the valley quail, is identified by a curved topknot, made up of six feathers that fall forward and look like a comma. The male's topknot is black and the female's is brown. They are the state bird of California.

Bobwhite quail are the most common quail. They are named for their whistling "bob-white" call. They do not sport a topknot. A mother bobwhite can raise as many as 25 chicks each year.

The Gambel's quail is named in honor of naturalist William Gambel. They are identified by their reddish-brown collection of feathers that make up their topknot. The Gambel's quail has been known to breed with the scaled quail. This hybrid bird has been named a "scramble".

Scaled quail are decorated with a topknot that looks like tufts of cotton. Their name comes from the blue-gray scaled abdominal and breast feathers. They are fast but not faster than a sprinting dog.

Mountain quail are the largest of the recognized species. Their topknot is shaped like an exclamation point. The topknot gives clues to the quail's attitude. If the topknot is angled back, they are relaxed; straight up, on alert.

Montezuma quail are the smallest. They are topknotless but boast a cinnamon-colored crest with clown-like markings on their face.

These small, plump birds do indeed sport the best hairstyles.



In the Spotlight: Lila Williams and Steve Sellers

Lila and Steve met through their mutual interest in real estate 10 years ago. Their first date was in a private plane flying over the Grand Canyon.

Lila Williams Sellers spent 25 years in the new home sales/real estate industry as a broker/agent, manager, and trainer. She was born in Chicago and raised in Flint, MI. She has worked in three Del Webb developments prior to coming here in 2007.



She started playing the cello at age 10, played through high school, and continued playing just for the sheer pleasure throughout the rest of her career. Lila majored in business at Michigan State University, and her focus then for the next several decades was mainly her career and family.

Lila currently works for Desert Gold Realty and is a member of “The Mesquite Showgirls” and the Cello Ensemble of Southern Utah. Dr Selmer Spitzer asked her to play cello in the Southern Nevada Symphony Orchestra, where she is a founding member and on the Board of Directors. She loves the cello because it can play as a bass, tenor and treble.

Her son is an engineer in the Los Angeles Fire Department. She has two grandchildren. One is attending U.C. Davis and the other UCLA.

Lila loves to snow ski at Brian Head. She was in the Ski Club. She enjoys going overseas with the Southern Utah University Club and has been to China, Italy and Ireland.

Steve Sellers grew up in Arcata, CA. He attended UCLA and Cal State Fresno, studied Economics, and has a Masters in Business Administration. Steve has been in the Merchant Marines, been a real estate developer, had a lumber mill and has a private pilot’s license. He often had to fly from here back to Arcata on business.

He is a bridge player and entered his first tournament at age 11. He once played against Bill Gates and Warren Buffet. He currently enjoys table tennis, softball, off-roading and trips to Zion, Pine Valley and Gold Butte.

Lila and Steve married in 2021 in a private ceremony here at their home in Branding Iron and now plan to go RVing around the country.



Crockpot Creamy Tortellini Soup



INGREDIENTS

- 1 chopped onion
- 2 cloves of garlic, minced
- 1 Tbsp basil
- 2 Tbsp tomato paste
- 1/3 cup flour
- 3 Tbsp olive oil
- 2 cans chicken broth, or 4 cups
- 2 cans diced tomatoes, (14.5 oz. each)
- 1 tsp salt
- 1/2 tsp pepper
- 4 cups tortellini
- 1/2 cup fresh Parmesan
- 1 cup heavy cream, microwave for 30 seconds so it doesn't curdle when added

INSTRUCTIONS

In a small microwave-safe bowl, stir together onion, garlic, basil, tomato paste, flour and olive oil. Microwave for 5 minutes, stirring once every minute. This will make a thick paste (the thickener for the soup).

While that's microwaving, dump the contents of the cans of chicken broth and tomatoes into a 5 quart crockpot. Add salt and pepper. Once the tomato paste mixture is finished, stir it into the crockpot.

Cook on low for 4-6 hours. (Or on high for 3-4 hours)

Stir in remaining ingredients. Turn the heat up to high, and cook for about 10 minutes, or until the tortellini is cooked.

Business of the Month: Hole Foods Bakery

One of the owners of Hole Foods, Paige Anderson, was born and bred in Mesquite. Paige graduated Virgin Valley High School and then went to Southern Utah University and got her degree in Family Relations. She and her husband decided they would like to work together in a business that would be needed in Mesquite. In 2019, they came up with the idea of opening the first true bakery in the area. They looked for a spot with plenty of windows, good atmosphere, special drains and the ability to install an air vent for cooking. They found what they were looking for at 12 West Mesquite Blvd, just across from City Hall and the fire department.

They start every morning at 3 a.m. Monday thru Saturday. They bake all of their items fresh daily. Anything that isn't sold is either donated to one of the local schools or given to one of the local farms.

They have daily lunch specials, sandwiches, soup and sandwich combos, bread bowls, cups of soup, breakfast sandwiches, coffee, hot chocolate, turnovers, sticky buns, cookies and all types of donuts. They make cookies that are sold at the Eureka Gift Shop.

Their menu is always changing. The recipe for their donuts come from Grandma and contains their secret ingredient, Spudnuts. All of their ingredients are local or from Las Vegas.

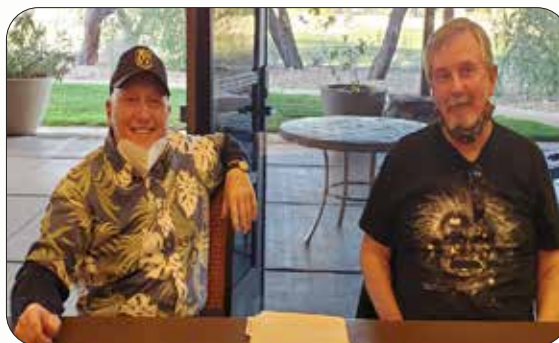
This Valentines Day they will have special cupcakes, chocolate and caramel pretzels, heart shaped cookies and donuts as well as other fun items.

If you have an event coming up this holiday season and need treats, they do pre-orders and would love to help cater your event. If you need lunch catered for a work meeting, special event, or party. Call and ask about their catering options.

They love Mesquite and have several generations of family in the area.

Their phone number is 702-354-5544 and their email is holefoodsbakery@gmail.com.

2022 Club Night



History of Mesquite: Mesquite Senior games

On your mark, get set, GO! The Mesquite Senior Games are coming soon.

“The mission of the Mesquite Senior Games is to promote health and fitness of anyone 50 years and better while stimulating tourism in the City of Mesquite.”

The Mesquite Senior games began in 2001 as the Nevada State Senior Games. The commission of the Nevada State Senior Games wanted to expand the games to small communities. The City of Mesquite had recently built the Recreation Center and the new ball diamonds. A local gentleman named Frank Pati loved the idea of a Senior Games in Mesquite. He organized a successful senior softball tournament and grew the games to include other sports.

The Mesquite Senior Games schedule has something for everyone, with almost 20 different events each spring and fall. Seniors can participate in casual and friendly sport competitions like bowling, pickleball and poker or non-competitive events such as the fitness hike and history tour.

Volunteers are a valued and important piece toward the success of the Mesquite Senior Games. Sign up to volunteer at volunteers.mesquiteseniorgames@gmail.com. And every competition needs a spectator – so come out to cheer on family, friends and neighbors.

The senior games spring schedule and registration is available on the website: MesquiteSeniorGames.org. The spring schedule starts on March 4 with target pistol and sporting clays and concludes with bocce ball on April 11 and 12.



Mark your March and April calendars to compete, volunteer or become a spectator. Fifty years and better! “See you at the games!”

Welcome New Residents

Warren “Dory” Dorman
 Carl Cloud and Gail Mclendon Cloud
 Jeff and Kristy Banick
 Michael Sacha and Rebecca
 Chuck and Claudia Jacobs
 Mike and Kathy Moran
 Gary and Cindy Snavely
 Bill and Judi Coffin
 Tom West and Amy Meade
 George and Rhonda Crank
 Susan Wearly and George Buchner
 Ray and Terri Ramieriez
 Jeff and Joyce Daun
 Connie Gleason and Jeff Buetow
 Phill and Marsha Carreon
 Patricia Miller and Danielle Ortis

Sandy, UT
 Sweet Home, OR
 Little Falls, MN
 Finlayson - NV
 Draper, UT
 Big Sky, MT
 St. George, UT
 Laguna Woods, CA
 Las Vegas, NV
 Layton, UT
 AZ
 Santa Maria, CA
 Henderson, NV
 Lake Tapps, WA
 Oceanside, CA
 Eureka, NV



Gardening - Herbs vs. Spices: the great debate



What is the difference between herbs and spices? Leaves vs. seeds is the simple explanation, but the difference can be a bit more complicated. Not complicated in the culinary realm; herbs and spices come from plants and when spoken of collectively, rich and flavorful recipes come to mind. Pumpkin pie or spicy marinara will tantalize your senses.

Herbs:

Herbs refer to any green or leafy part of a plant, but not a main ingredient like spinach or lettuce in a salad. They can be sweet or savory in flavor. Herbs can be used fresh or dried. Besides flavoring food, herbs are used in fragrances, creams, ointments, and natural medicines. Herbs originally came from moderate climates, such as England, France, and Italy.

Examples ~ rosemary, basil, thyme.

Spices:

Spices are seasonings obtained from bark, roots, fruits, flower parts and seeds. They can be used for flavor in food, added color, or as a preservative. Spices are used dried. Turmeric is a spice and has amazing health benefits as an anti-inflammatory. Spices are grown in tropical and semi-tropical climates.

Examples ~ coriander, clove, cinnamon.

Pepper, ginger, and garlic are spices. Pepper is the dried berry from an Indian vine. However, other peppers are fruits, technically berries but known as capsicum. Ginger and garlic (rhizomes and bulbs) are apt to be found in the produce section but when dried and ground they are found in the spice aisle.

Dry herbs and spices should be kept in a cool, dry cupboard; limiting light, heat, and dampness. Fresh herbs can be stored in a jar of water or wrapped in a damp towel and stored in the refrigerator. Check use by dates for best flavor.

If variety is the spice of life, what about herb? He'll herb his enthusiasm!

Conestoga Golf Club and 1880 Grille

1880 Grille

No special events for February 2022. Remember we are now open daily from 6:30 a.m. to 9 p.m. Come check out our new menu items that are very popular and have been received with rave reviews. Also don't forget our weekly Mexican special which has also been a great hit.

Remember to mention that you are a Sun City resident to get a discount on your food items.

Reservations can be made at the 1880 Grille or by phone at 702-346-4461

Conestoga Golf Club

Happy to announce that beginning February 1, 2022, we are back to "normal" tee times beginning at 7 a.m. The fairways are in excellent condition, so come and enjoy some great fun with family and friends.

Once again, thank you for your support while we are making great things happen at the Conestoga.

Sun City Clubs: LGBT

Sun City is very excited to announce the chartering of our latest club, the LGBT Social Club. The club will include Sun City Mesquite residents who are also part of the LGBT Community, with the goal of meeting other LGBT residents, their neighbors, and supportive friends. Everyone is invited to attend the monthly meetings, including members of PFLAG (Parents and Friends of Lesbians and Gays), and others who are interested in supporting the club. There will be no dues to be a member, and monthly meetings will have no planned agenda.

Topics of interest and planned social activities will be discussed as they arise, in an informal, “meet and greet” atmosphere, with the primary goal of helping club members make new friends.

Meetings will be held on the third Saturday of each month from 4 p.m. to 6 p.m. at the Pioneer center.

For more information, send an email to MesquiteLGBT@gmail.com.



Festivals and Events

- | | |
|-------------|---|
| February 5 | 7:00 p.m. Off the Rails Classic 60's Rock Night, Mesquite Community Theater |
| February 11 | 9:00 a.m. Mesquite Annual Heart Walk, Mesquite Recreation Center |
| February 11 | 4:30 p.m. Senior Center Valentine's Dinner |
| February 16 | 3:30 p.m. Mayor's State of the City Address, City Hall |
| February 23 | 6:00 p.m. Story of the Relief Society House, Past to Present and Beyond |

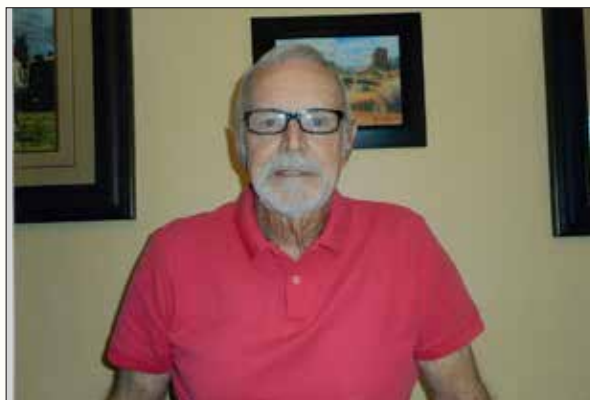


Colson's Corner

A lot of residents were surprised that my January monthly meeting was canceled. Unfortunately, my wife Ettamarie and I came down with COVID 19 Omnicron Variant, even though we both received our vaccinations. We both recovered from it, but due to the COVID cases reported here in Mesquite and the fact that it's also cold and flu season, it was decided it would be best to cancel my meeting and wait until February to hold the next one. For those of you who have asked, I also talked to management about having it set up so that residents can call in and listen if they can't attend in person, similar to the previous resident meetings. I have requested that all of my future meetings be held on the third Friday of each month. I am still waiting for confirmation from management.

I have received many emails about homeowners' concerns or problems. Since my space is limited I can't discuss all of them here. I had questions from residents when the traffic lights were installed at Riverside and Hafén, wondering about ours at Falcon Ridge and Flat Top Mesa. I contacted the City of Mesquite and found out that since our poles are special order due to their color they are taking longer to get in. I will be following up with the City on the status.

Since my article was due before the Board Meeting I have nothing to report on that. Hopefully many of you attended. I am looking into ways to communicate more timely with all of you. Hopefully I will have something in place that I can tell you about at my February Colson's Corner Meeting. In the meantime don't hesitate to contact me at larryscmesquite@gmail.com or at 928-218-0541.



2022 Board of Directors Meetings

Tuesday, April 19 at 1:30 p.m.
 Tuesday, July 19 at 1:30 p.m.
 Tuesday, October 18 at 5 p.m.

Annual Homeowner Meeting
 Wednesday, November 16 1:30 p.m.

*Dates are subject to change

- Phil Crapo
 General Manager
 702-346-6006
 philip.crapo@seabreezemgmt.com
- Deborah Demos
 Lifestyle Director
 702-346-6005 cell 435-640-6650
 deborah.demos@seabreezemgmt.com
- Shawn Rice
 Lifestyle Assistant
 702-346-6428 cell 972-342-0412
 shawn.rice@seabreezemgmt.com
- John Davis
 Facilities Director
 702-346-6072
 john.davis@seabreezemgmt.com
- Lori Arnone
 Director of Compliance, Standards and
 Concierges
 702-346-6095
 lori.arnone@seabreezemgmt.com
- Mary Tillman
 Assistant to Compliance
 702-346-6427
 mary.tillman@seabreezemgmt.com
- Diane Ouellette
 ARC Liasion
 702-346-6475
 diane.ouellette@seabreezemgmt.com
- Pioneer Center, Concierge
 702-346-6006
 proscminfo@seabreezemgmt.com
- Board of Directors:
 President - John Schippert
 Treasurer - Lauren Van Tussenbroek
 Director - Larry Colson

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 - Susan Deprez
 - Campbell Gardett
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- Using Life Insurance for long-term care expenses

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