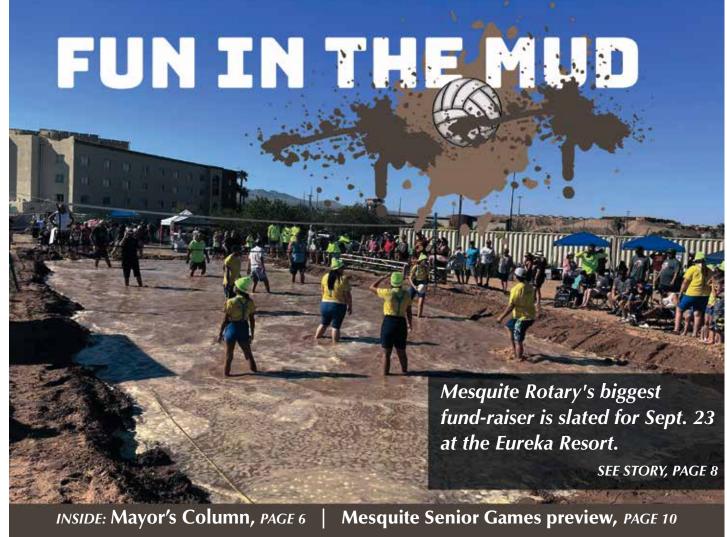


MESQUITE MONTHLY

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SEPTEMBER 2023 | Vol. 4, No. 2

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Your Local Source For Mesquite Business, People & News

Publisher/Editor

Kirk Kern 775-316-2335 mesquitemonthly@gmail.com **Reporter** Breven Honda

Contriubting writers

Al Litman, Pastor Chris Wall

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NEWS AND NOTES

REC SOFTBALL LEAGUES STARTS IN OCTOBER

The Mesquite Athletics and Leisure Services Department has scheduled a fall recreation softball leagues that will begin Oct. 10 and II.

The deadline to enter a team is Oct. 2. There will be a co-ed league that plays on Tuesdays and a men's league that will play on Wednesdays. The leagues will have 6 to 8 games and play two games per night. There will also be an end of season tournament.

Cost is \$400 per team. Those interested can email zrobinson@ mesquitenv.gov or nburton@mesquitenv.gov.

YOUTH BASKETBALL SLATED FOR NOVEMBER

Basketball leagues for youths ages 7 through 11 will begin in November. The leagues are run by

the Mesquite Athletics and Leisure Services Department.

The leagues will run from Nov. 13 through Dec. 14. The deadline to sign up is Oct. 23 and cost is \$50 for members and \$55 for non-members. The registration fee includes a t-shirt.

Age divisions are 7-8 years old that will play on Mondays and Wednesdays and 9-11 that will play on Tuesdays and Thursdays. Games times are to be determined.

To register, visit mesquitenv. activitiesreg.com or visit the Mesquite Recreation Center at 100 W. Old Mill Road. For additional information, call 702-346-8732.

YOUTH GRIDIRON GAMES SCHEDULED OCT. 24

A free football skills competition called the Gridiron Games is scheduled at 5:30 p.m. on Oct. 24 at Hunter Sports Park, 500 W. Mes-

quite Blvd.

The event is for youths ages 4 through 15. A legal guardian must be present to sign a waiver.

The skills competition will include punting, passing, kicking and speed. The event is hosted by the Mesquite Athletics and Leisure Services Department.

CIRCLE OF SECURITY PARENTING GROUP SLATED

An eight-week parenting group called Circle of Security will begin Sept. 18, with classes scheduled every Monday.

Parents must commit to all eight weeks. The class is limited to parents of children ages 10 and younger.

Classes are scheduled from 10 to II:30 a.m. at the conference room at the Mesquite Recreation Center,

> See BRIEFS, Page 4



Briefs

continued from Page 3

100 W. Old Mill Road.

Circle of Security Parenting Group is an opportunity for caregivers to come together and learn skills for easier parenting. This course helps caregivers manage the most challenging behaviors and develop strong, caring relationships with their children. Come join us for an engaging, interactive experience that uses attachment-based (emotional bonding) approaches to children become more resilient and competent. Childcare not provided. Adults only

Those interested can contact Cathi Spooner at 702-346-4696.

WINEFEST TO BENEFIT KIDS FOR SPORTS PROGRAM

The 10th annual Kids For Sports WineFest fund-raiser is scheduled at 5 p.m., Sept. 22, at Wolf Creek

Golf Club, 403 Paradise Parkway.

Come have a roaring good time of fine wines from around the world followed by a dinner created just for the evening.

A table for eight is \$920 and a table of six is \$690. Individual tickets are \$125. The event also includes a silent auction, live music, a raffle and more.

The Kids For Sports Foundation's mission is to ensure all kids are given the opportunity to experience the positive benefits of playing organized sports. It does this by helping remove financial and other barriers that prevent kids from participating in sports.

Those interested can call Shanna at 702-345-6707.

MONTHLY BOOK SALE SLATED SEPT. 14

The Mesquite Sunrise Rotary Club has scheduled its monthly book sale to benefit Mesquite Reads on Sept. 14 at the College of Southern Nevada campus, 140 Yucca St., Room I, from 9 a.m. to I

100 percent of the proceeds will benefit Mesquite Reads, a program sponsored by the Eureka Community Initiative with a goal of every student in Mesquite schools to be able to read at their grade level by third grade.

Those interested can contact visit the Sunrise Rotary website at www.mesquitenvsunriserotary. com or by calling 725-253-0288.

PICKLEBALL SCHEDULE ANNOUNCED

The fall pickleball schedule has been announced by the Mesquite Athletics and Leisure Services Department.

On Mondays and Wednesdays from II a.m. to 3 p.m., courts I and 2 are reserved for novice and easy play, courts 3 and 4 are for all levels and courts 5 and 6 are for competitive players.

On Tuesdays, Thursdays and Fridays from 10 a.m. to 3 p.m., courts 1 and 2 are reserved for novice and easy play, courts 3 and 4 are for all levels and courts 5 and 6 are for competitive players.

On Saturdays from 8 to 10 a.m., all six courts are reserved for lessons and from 10 a.m. to noon all levels of player can participate.

SAFE DRIVER COURSE SCHEDULED THROUGH AARP

The AARP Safe Driver Course is the 3rd Tuesday of every month. The next class is on Sept. 19 from 11 a.m. to 3 p.m.

The charge for class is \$20 for AARP members and \$25 for nonmembers.

It must be paid in cash, check or money order. Credit cards are not accepted.

People can sign up by calling 702-346-5290. It is held at the Mesquite Senior Center on 102 W. Old Mill Road.



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FROM THE MAYOR

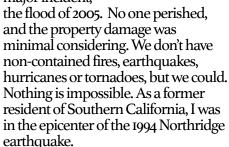
Always be prepared in case of an emergency situation

By Al Litman

s you may know, I have often talked about public safety as my top priority in Mesquite. We are very fortunate to

have both a proactive police and fire department, but they can only do so much to assist and protect you in a disaster.

In my 19 years here, there has been only one major incident,



We had minimal damage to our home, but had no electric, gas, or water for many days following the quake. A few months later, we moved to Lahaina, Maui, and just several months later we had a tsunami warning.

We lived directly on the ocean front, and as soon as we heard the sirens we evacuated up the hill to the local airport. We had no water, food or provisions for our cat with us, and no idea how long the warning would last, or for that matter, if our home would be washed away. Luckily for us, no tsunami occurred. The point I'm making is that we had no emergency plan.

Since the disaster of my former home in Lahaina a few weeks ago, I have had some serious discussions with our police chief and fire chief about just where we stand with our Emergency Preparedness Plan.

As you know, we have no radio station in operation, no sirens, for early warning, but we do have NIXLE, which is an alert warning system. You can download the NIXLE app and receive alerts through the internet instead of texts. It's free.

Your smart phone will alert you very quickly. Yes, I understand that not everyone has a smart phone or the internet, and that there may be no power available. To use NIXLE on your phone, text your zip code to 888777 to opt-in to this service. It will keep you up to date with relevant information from your local public safety departments. Mesquite isn't Hawaii, but we are like an island when it comes to resources to assist us in an emergency.

Remember the washout of the I-15 in 2014, and the frequent closing of the gorge heading north. There has never been a greater time for preparation and the role our emergency management plays in our community.

In speaking with our emergency preparedness team, they agree that we could be on our own for an extended period of time in a regional emergency. We need to be prepared within our own home. I won't go into details as to how our Emergency Operations Center works in this article due to space restrictions, but I will next month.

I will however, talk about what you need to do at home in the case of an emergency. It most cases, you need to be proactive, not reactive, because there is rarely a warning that would give you the opportunity to get ready.

Mesquite has an older population, so I'll address them first. The Center for Disease Control recommends a minimum three-day supply of medications, along with a cooler and ice packs if your medications require refrigeration.

If you have a hearing loss that requires hearing aids, you should have extra batteries available. You should have some sort of identification that lists any medical conditions you have and emergency contact information.

If you are using oxygen, you need

> See MAYOR, Page 9



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Mesquite Rotary excited for Mudd Volleyball fund-raiser

By Breven Honda

The Mesquite Rotary Club Mudd Volleyball fund-raising event has grown during the last II years.

From coming up with the idea of playing volleyball not just on sand or in a gym, but in a mud pit to involving sponsorships and the Mesquite community, Linda Gault, the event coordinator, knew that this could be the club's biggest event of the year.

"We were trying to identify something that we could do that would be different, would be fun and encourage the community to take an active part," Gault said.

Gault, who had moved down from Wyoming about 12 years ago, was new to the club at the time but was unafraid of stepping in and being part of any planning for the Mesquite Rotary Club.

Her experience paid dividends as she brought up the thought of mud volleyball at a board meeting for a potential idea.

"I knew of mud volleyball tournaments and other locations," Gault said. "I went to one of the board meetings and I said, 'Hey, here's an idea. Do you think we could do this?' So, they asked me to see what how I could put it together."

The first year Gault and the Rotary Club planned this event, they started out with five teams in a small capacity, compared to what it is now.

The players from those five teams enjoyed themselves to the level that they attracted more people the following year and not only from Mesquite. Through the years, teams have started to come from St. George and Las Vegas.

Through the years of growth, the money that is raised benefits the people in Mesquite.

"Everybody had so much fun that word got out and then every year, we added teams, and it grew," Gault said. "All of the funds that we raise are used for things here in the community. We give high school seniors scholarship to go on to college, or tech school. We support our food



banks, whatever there is that we can help with."

All those adjustments, including not having an event in 2020 due to the COVID-19 pandemic, has led to this year's event, scheduled for Sept. 23 behind the Eureka Casino, the same site where this event has been held since the beginning.

This event has grown so much that it had a costume contest last year as Gault and her committee reached out to different businesses and organizations in Mesquite to support and sponsor teams and the event, including from local first responders.

"I went to the police and the fire departments and I said, 'Hey, would you guys be willing to put together teams of six players? Would you be willing to put together teams and compete against each other for a trophy every year?" Gault said. "And they go, 'Oh sure. We'd love to do that.""

"Whoever wins those matches becomes our studs of the month for the year. And (the winning department) get a big, tall trophy. They get to keep it at their office for that year."

The Mesquite police and fire departments are two of the many sponsors for the volleyball event.

There are six players on a team and Gault said there will be about two dozen teams competing in this year's event.

As the event coordinator, Gault is hoping to exceed expectations from the year before, but she is not focused on a specific goal.

"Last year, we hit our highest amount of \$14,000, which is pretty good for a small club as small as we are," Gault said. "Of course, every year you want to surpass the year before. We don't really set a goal. We take whatever amount of money that we are able to raise and then we always used it within our community in some fashion."

Even if people decide not to play because they do not want to get dirty or for some other reason, Gault said there are ways people can help or support.

"We're always looking for volunteers," Gault said. "It takes a lot of volunteers to help in all different

ways. And we have four pits that are going constantly from the beginning until we've reached the end of the tournament.

"We need scorekeepers, judges, referees and because we have four pits, at all times, I need to have four people at each pit. We try not to keep people out there more than an hour or two hours at a time. So, we're constantly rotating people so that everyone gets a break."

Whether people are playing, helping out or taking in a Saturday afternoon watching mud volleyball, Gault and her committee are hoping people enjoy themselves in the sun.

She wants this year's event to be successful, in addition to those in the future.

"We hope that the community will continue to support us, and we'll have opportunities for people to come and see what we're doing, enjoy it, have some fun for a Saturday and watch the activities and the fun out there," Gault said. "That's what it's all about, giving us an opportunity to pay back our community."

Changing Medicare supplements

By Andrew Bird *Financial Concepts*

If you are familiar with Medicare then you are most likely aware of the

Annual Enrollment Period each year during which you are allowed to sign up for or switch your current Medicare Advantage plan or Part D prescription



drug plan. This brief window of time is typically from Oct. 15 through Dec. 7.

What a lot of people are not aware of, and an issue that often gets brought up in my appointments, is that these dates have nothing to do with anyone who is on Medicare and has a Medicare Supplement or Medigap policy.

Those who are on traditional Medicare and have a Supplement are not bound by these enrollment periods

and can switch Supplement plans any time they choose. The only part that they cannot change outside of the Open Enrollment period is the Part D prescription plan.

What this means is that if you are unhappy with your Medicare Supplement plan or have experienced a premium increase recently, you have the option to switch plans at any time during the year. However, just be aware that you will still have to be medically underwritten and qualify for the new plan unless you fall under a special election period.

If you are unhappy with your current Medicare Supplement policy or if you would like to see if you can save money on your current premium, speak with a qualified local insurance agent who can show you your options.

Andrew Bird, an agent of 'Financial Concepts Retirement Planning' in Mesquite, specializes in Medicare and Insurance services. Andrew Bird can be reached at 702-346-7025 or by email at Andrew-Bird.FCRP@gmail.com

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Mayor

continued from Page 6

to know where to go if you have no power for these devices. Most of us keep our important documents at home. You should have copies of medications, doctors names, medical insurance cards and durable power

Al Litman is mayor of the City of Mesquite.

of attorney and /or medical power of attorney documents in a waterproof sealed bag, You may need to have some cash on hand if automatic teller and credit card machines are down. This is only the start of what all of us should have, along with much more that I will address next month.

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Mesquite Senior Games preparing for exciting fall events

By Breven Honda

The summer break for the Mesquite Senior Games is coming to an end as a few events are right around the corner.

Beginning next month, the Mesquite Senior Games will have five events between now and the end of the year, kicking off with the yearly men's softball event from Oct. 6 to 21 at Pioneer Park. This year's event will be followed by the Huntsman World Senior Games, based on the different age brackets.

Mesquite Senior Games Interim President Sandy Tudor, who is also coordinating the softball tournament, said teams are coming in and are putting the finishing touches to their preparations as teams are submitting their names before the deadline.

"These teams are used to coming here," Tudor said on Aug. 23. "They come here, play and then they go to Huntsman. I think I've got like 20 teams right now and there's probably another five or six that I've talked to that go, 'Oh, yeah, I'll get your registration in soon.' So, I think we'll be fine."

There are multiple age brackets for this year's softball. The first age bracket to open play is the 65-plus teams, which get under way on Oct. 6 and end the following day before the Huntsman World Senior Games on Oct. 9-13.

Also playing on Oct. 9-13 for the Huntsman World Senior games is the 60-plus age bracket as play is from Oct. 7-8. As a result, that means these players will not have much rest if they are play-



ing every day for six straight days.

Also playing Oct. 7-8 are the 74-plus age group, who also won't have a break with the World Senior Games taking place Oct. 9-13.

By having this event every year, the planning for this tournament is nothing new for Tudor and her event committee. Tudor said the experience has, feels like second nature to those who planned the event in the past.

"We've got the fields at Pioneer, which is probably all we'll use," she said. "I've got my umpires lined up. We've got the concessions ready to go. So, we've been doing this for so long. This one pretty much runs on its own."

The following week, the 70-plus, 79-plus and 84-plus age groups get underway from Oct. II-I2. These three groups will have extra time to rest and recover ahead of the World Games, which kick off Oct. 16-20.

The two youngest groups, the 50-plus

and 55-plus age brackets, begin play on Oct. 16-17 before the Huntsman World Senior Games on Oct. 18-21 for both age groups.

In each age division, gold, silver and bronze medals will be handed out as the deadline to submit a team is Oct. I.

The men's softball event is not the only event taking place in October. Two events from the spring slate of events are making their return before the end of the year.

On Oct. 23-24 the Mesquite Senior Games will have a bocce event and during the following three days, a pickleball tournament will commence.

The bocce event, which is scheduled to take place at the Sun City Recreation Center, is open to anyone at or above the age of 50. The registration deadline is Oct. 16.

The pickleball tournament, which runs from Oct. 25-27, will have a men's double event on the first day, mixed

doubles on the second and women's doubles on the final day with 8 a.m. starting times for each day.

As the pickleball event is slated for the Mesquite Recreation Center, brackets will be based on skill followed by age. Round robin play will ensue, and all players need to have an account on pickleballbrackets.com to participate.

Tudor said there are many players who requested to have a fall bocce event as the pickleball continues to make its return to the fall for another year.

"We've had pickleball the last three years," she said. "I think that was one of the ones we have in the fall when we opened it up after COVID. And then we just we had so many people ask us in the spring to have bocce in the fall.

Having that jubilation from the players caught the eyes and ears of Tudor and her board members, prompting preparations to plan a second bocce and pickleball event this year.

"We're really excited and the bocce players, you know, there are a couple of bocce clubs here in town, one of them obviously up at Sun City because that's where the courts are, so they're really excited," Tudor said. "And the signups for both (pickleball and bocce) have been really good."

The Mesquite Senior Games will also hold a cornhole event on Nov. 18, which will be in conjunction with the Mesquite Recreation Department before the final event, the Bowling 9-Pin no-tap event on Dec. 9.

SAVE THE DATE 2023 SCHEDULE OF FALL EVENTS



Mens' Softball October 23-24 Bocce 65+ Pickleball October 25-27 October 6-7 60+,74+October 7-8 Cornhole (all ages) November 18 70+,79+ October 11-12 Bowling (9 pin no-tap M/W singles) December 9 50+,55+ October 16-17

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Mesquiteseniorgames.org

Fall season information is currently being updated on our website. We are also always looking for volunteers. Please visit our website for more.

Scan to visit our website for more details

*Dates are subject to change. We are a 501(c)3 non-profit.



Mesquite Veterans Party, 'Soldiers & Bobby-Soxers,' pays tribute to local veterans

Mesquite Monthly

This Veterans Day, Saturday, Nov. II, the Fourth Annual Mesquite Veterans Party that will pay tribute to our local veterans in an afternoon filled with live music and local performers.

The Veterans Party is a fundraiser to benefit the Mesquite Veteran Center and is presented by the Daughters of the American Revolution, Virgin Valley Chapter and the Mesquite Poker Boys.

The theme of this year's event, "Soldiers and Bobby Soxers", is a 1950s sock-hop featuring 50s music and decor in the Mesquite REC Center gym.

Since 2009, the Mesquite Veteran Center (MVC) has served as the parent organization and central meeting place for the Vietnam Veterans of America Chapter 993, the VFW Post 7583, the American Legion Post 24, and the Virgin Valley Honor Guard.

MVC volunteers routinely assist veterans with online enrollment for military benefits, they communicate with the Veterans Administration to resolve benefits issues and help interpret the many forms that are needed to apply for and receive medical benefits.

Without the MVC volunteers, the process can be frustrating, time consuming and often futile.

MVC volunteers also provide veterans with rides to medical appointments both in Mesquite and out of the area.

When a Mesquite veteran recently needed a ride to St. George for chemotherapy treatments, an MVC volunteer drove the veteran several times each week for therapy.

The MVC is an invaluable resource for veterans who have no means of transportation or who are unable to drive.

The Combat Veterans Discussion



Robert Nehilla, MVC vice president; Steve Reynolds, MVC president; and Bob Barquist, Lyons Club president, volunteer at the MVC to support area veterans

Group is held at the MVC two times each month.

This counseling program is led by a therapist from the Department of Veteran Services and gives combat veterans the chance to discuss their PTSD symptoms with other combat veterans.

Recent statistics show that in the US an average of 22 military veterans commit suicide every day. Participants can reach out to one another when they need someone to talk to

on difficult days.

There's 24/7 support from other combat veterans in the group.

The MVC is funded solely through community donations, making fund-raising events like the Veterans Party critical to their future operation. We hope you'll join us on Veterans Day to say thank you to our local veterans and to raise money for an important cause. For an afternoon of dancing, live music, great food and the chance to dress like a bobby-

soxer, you won't want to miss this moving tribute to our local veterans and fun-filled community event.

50s attire is encouraged but not required. Soft soled shoes only for admission. Program starts at 2:00 and ends at 5:30 p.m.. Tickets are \$8 for adults - admission is free for kids 12 and under. Avoid the line at the door - advance ticket sales are now available at the Mesquite Fine Arts Center. Cash sales only the day of the event.

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Pick a restaurant you'd like to see in Mesquite?



Tarantino vegan restaurant

— Mesquite Homes & Lifestyle

Applebees— *Roxanne Wyant*





Red Lobster- Chic Filet -Arby's

— Mary Engel

Texas Roadhouse
— Connie Ulibarri





Olive Garden

— JAmy Piccolo

Cracker Barrel— Jeri LeRoy Borton



COMMUNITY CALENDAR

To have your event listed in this calendar, please email mesquite-monthly@gmail.com or call 775-316-2335.

THURSDAY, SEPT. 7

Sunrise Rotary: 7:30 a.m. Meets every Thursday at CSN. Room I. For more information, contact Deb Parsley at 702-420-4494.

What's Happening Mesquite: 8 - 9:30 a.m., Elks Lodge, 545 Riverside Drive. If you want to be "in the know" about what's happening in Mesquite, this event is for you. \$15, includes breakfast. Call 702-346-2902.

Toastmasters: noon - I p.m., First Baptist Church, 830 E. Hafen Lane. Toastmasters meet each Thursday at noon. Contact Mike Young at mkyoung@ix.netcom.com for details.

Teen Crafternoon: 3:30 - 4:30 p.m. Mesquite Library, 160 W. Ist N St. Teen program operate under the principles of HOMAGO: Hanging Out, Messing Around, Geeking Out. Refers to spaces and learning activities that allow for flexible, hands-on experimentation, collaboration and tinkering in areas of professional interest. All supplies provided. Call 702-5346-5224.

STEAM Activities for Kids: 4-5 p.m., Mesquite Library, 160 W. Ist. N. St. Participate each week in fun, hands-on Science, Technology, Engineering, Art or Math activity. Info: 702-5346-5224

Virtual Author Series: 4-5 p.m.

Mesquite Library, 160 W. Ist. N. St. Listen to award winning television host and bestselling author Lidia Bastianich talk about her memoir "My American Dream: A Life of Love, Family and Food." Call 702-346-5224.

Teen Gay-Straight Alliance: 4:45 - 5:45 p.m., Mesquite Library, I60 W. Ist N St. Join LGBTQIA+ teens and allies who are having fun, being supportive, learning about local resources and striving to make the community stronger. Call 702-5346-5224.

FRIDAY, SEPT. 8

Urban Walking Club: 8 a.m, Mesquite Recreation Center. Urban Walkers group meets every Friday morning for a good walk in the community. Bring appropriate gear, sunscreen and water. Email mesquitedesert@gmail.com or visit Desert Dames Mesquite NV facebook page.

Family Storytime for ages 0-5 years: 10-11 a.m., Mesquite Library, 160 W. 1st. N. St. Join for stories, songs, rhymes and activities. For children ages 0-5 and their caregivers. Call 702-346-5224.

Desert Dames bunco: 10 a.m. Women's Cultural Center, 225 N. Willow St. For details, visit desert-damesmesquiteny.com.

Cricut Design Space: II a.m. - noon. Mesquite Library, 160 W. Ist. St. Come check out how to design with cricut. Call 702-5346-5224.

Card Making: 11:30 a.m. - 1 p.m.

Mesquite Library, 160 W. Ist. St. Take a class in card making at the library. Info: 702-5346-5224.

Bereavement Group: 3:30-4:30 p.m. Mesquite Library, 160 W. Ist. St. This is a group headed by Mesa View/Virgin Valley Hospice. For more information, call 702-346-5224.

SATURDAY, SEPT. 9

Get Smart with Art: 10 - 1I:45 a.m., Mesquite Fine Arts Center, 15 W. Mesquite Blvd. Free art classes with youths ages 8-14. Create stories using symbols, colored tissue paper and texture/petroglyphs with instructor Char Lang. Information: 702-461-1338

Family Craft: II a.m. - noon, Mesquite Library, I60 W. Ist N St. Join for an artful craft or project that incorporates dexterity, imagination and fun. Call 702-5346-5224.

IPhone: 3-4 p.m., Mesquite Library, 160 W. 1st N St. Come out to learn how to use your iPhone. Call 702-5346-5224.

SUNDAY, SEPT. 10

Movie Matinee: I p.m. Mesquite Library, I60 W. Ist N St. Come see the movie "Asteroid City." Call 702-5346-5224.

Al-Anon Family Groups Weekly Meeting: 3-4 p.m., Mesquite Veterinary Clinic, 371 Riverside Road, Suite A. Al-Anon Family Group helps families affected by someone's drinking or addiction. Call Ann 248-225-9259 or Richard

435-862-6597.

MONDAY, SEPT. 11

Preschool Ukulele Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-346-5224.

Desert Dames bunco: 1:30 p.m. Women's Cultural Center, 225 N. Willow St. For details, visit desert-damesmesquitenv.com

Virgin Valley Amateur Radio Club: 6 p.m. Fire Station No. 3. The club meets on the second Monday of each month. For more information, please go to our website at: www. vvarc.net

TUESDAY, SEPT. 12

Toddler Storytime: 10-11 a.m. Mesquite Library, 160 W. 1st N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Rotary Club: noon, Mesquite Library, 160 W. 1st N St. Email questions to Jake Noll, 916-813-9451.

City Council meeting: 5 p.m., City Hall, 10 E. Mesquite Blvd. Regu-

> See CALENDAR, Page 15









CHRISTIAN COMMUNITY CHURCH

Connecting Our Community With Christ

Sunday School All Ages Sunday Worship Service Wednesday Bible Study

9:30 a.m. 11:00 a.m. 6:00 p.m.

A Southern Baptist

Pastor Bruce Whisenhunt

Fellowship

Nursery and Children's Church Available

702-346-2698 | WWW.CCCMESQUITE.ORG | 233 NORTH SANDHILL BLVD., MESQUITE

Mesquite United Methodist Church

"Welcoming, loving, connecting with Jesus"



Sunday Worship

10:00 a.m.

Sunday School

9:00 a.m.

Hymm Sing

9:45 a.m.

Pastor Wendy Swanson

420 W. Pioneer Blvd., Mesquite 702-346-4663 umcmesquite.org

Mesquite Lutheran Church

BIBLE STUDY Sunday 8:30 a.m.

SUNDAY WORSHIP

10:00 a.m. Weekly Communion



Pastor David Constien An LCMS Congregation. Learn more at www.lcms.org

450 Turtleback Rd. • 702-346-5811 MesquiteLutheran.org

facebook.com/MesquiteLCC



Who is Jesus?

By Pastor Christopher Wall

he answer that you have to the question above is the most important in the whole

world. Some think that by denying the reality of Jesus they have found the answer to this problem, they are sadly mistaken with such a notion.



Some have a low view of Jesus that places Him on a merely human level and not as the supreme other being that He is. Again, as we look at the Scriptures, such a view is mistaken.

How do I know that these views are mistaken? The Bible is how.

Now some will bring in the objection, "I don't care what the Bible says."

And to that I simply reply, "That doesn't really matter."

Let me give you an example. If you tell me to be careful around a fire because it is indeed powerful and will burn me, my belief about the reality of what you have just stated is totally irrelevant to the facts at hand. If I am not careful, I will most certainly be

Now you might read the above example and say, "But you have not given a case for the Bible being true, you have simply made a case for the nature of objective reality."

To this, I must admit that you are

My point with the above example is not to prove that the Bible is

true–I simply do not have the time in this short column to address that matter-my point is that you should study the matter out, weigh the evidence, and realize that if you are wrong, there are serious consequences.

Now having firmly established the fact that our basis for the answer about who Iesus is will be derived from the Scriptures, let's examine some passages that speak to the nature of Him.

Jesus is Creator—Colossians 1:16 "For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities all things were created through him and for him."

Jesus is Savior—Acts 4:10-12 "let it be known to all of you and to all the people of Israel that by the name of Jesus Christ of Nazareth, whom vou crucified, whom God raised from the dead—by him this man is standing before you well. This Jesus is the stone that was rejected by vou, the builders, which has become the cornerstone. And there is salvation in no one else, for there is no other name under heaven given among men by which we must be

Jesus is King—1 Timothy 6:15 "Which he will display at the proper time—he who is the blessed and only Sovereign, the King of kings and Lord of lords"

This is who Jesus is. Trust Him

Chris Wall is the pastor of Mesquite Baptist Church located at: 742 W. Pioneer Blvd. Suite A. Additional resources can be found on Instagram and Youtube at Mesquite Baptist Church NV



Have an idea for an article for Mesquite Monthly?

Email us at mesquitemonthly@gmail.com

Calendar

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lar meetings the second and fourth Tuesdays of the month.

Sign Language Group for Beginners: 5:30-6:30 p.m., Mesquite Library, 160 W. 1st N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

WEDNESDAY, SEPT. 13

Preschool Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Chamber luncheon: II:30 a.m. - I p.m., 1880 Grille, Conestoga Golf Course, 1499 Falcon Ridge Parkway. Guest speaker is Dave Neufeld, president of the Mesquite Real Estate Association. Chamber members \$30. Non-members, \$40. RSVP 702-346-2902.

Book Bingo: I:30-2:30 p.m. Mesquite Library, I60 W. Ist. N. St. Play bingo, win books! Info: 702-5346-5224.

Kids Artsy Craft Club: 4:30-5:30 p.m., Mesquite Library, 160 W. Ist. N. St. Explore fun and different ways to create art. Info: 702-5346-5224.

Republican Women's Club: 5:30-7:30 p.m., Mesquite Veteran's Center, 840 Hafen Lane. The group meets the second Wednesday of each month. Doors open at 5 p.m. Contact 858-254-1214 or email swtinsd@gmail.com

THURSDAY, SEPT. 14

Sunrise Rotary: 7:30 a.m. Meets every Thursday at CSN. Room I. For more information, contact Deb Parsley at 702-420-4494.

Mesquite Mystery Book Club: II a.m. - noon. Mesquite Library, 160 W. Ist. N. St. Pick up this month's selection from the customer service desk and read it prior to the meeting. Then join in the discussion. Call 702-346-5224.

Sign Language Group for In-

termediates: noon - I p.m., Mesquite Library, I60 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

Toastmasters: noon - I p.m., First Baptist Church, 830 E. Hafen Lane. Toastmasters meet each Thursday at noon. Contact Mike Young at mkyoung@ix.netcom.com for details.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-346-5224.

Teen Crafternoon: 3:30 - 4:30 p.m. Mesquite Library, 160 W. 1st N St. Teen program operate under the principles of HOMAGO: Hanging Out, Messing Around, Geeking Out. Refers to spaces and learning activities that allow for flexible, hands-on experimentation, collaboration and tinkering in areas of professional interest. All supplies provided. Call 702-5346-5224.

STEAM Activities for Kids: 4-5 p.m., Mesquite Library, 160 W. Ist. N. St. Participate each week in fun, hands-on Science, Technology, Engineering, Art or Math activity. Info: 702-5346-5224

Teen Gay-Straight Alliance: 4:45 - 5:45 p.m., Mesquite Library, 160 W. 1st N St. Join LGBTQIA+ teens and allies who are having fun, being supportive, learning about local resources and striving to make the community stronger. Call 702-5346-5224.

FRIDAY, SEPT. 15

Urban Walking Club: 8 a.m, meeting site TBA. Urban Walkers group meets every Friday morning for a good walk in the community. Bring appropriate gear, sunscreen and water. Email mesquitedesert@gmail.com or visit Desert Dames Mesquite NV facebook page.

Family Storytime for ages 0-5 years: 10-11 a.m., Mesquite Library, 160 W. 1st. N. St. Join for stories, songs, rhymes and activities. For children ages 0-5 and their care-

givers. Call 702-5346-5224.

Red Cross Blood Drive: noon -5 p.m. Mesquite Recreation Center, 100 W. Old Mill Road. Appointment required. Schedule at www.red-crossblood.org or call 800-733-2767.

Bereavement Group: 3:30-4:30 p.m. Mesquite Library, 160 W. 1st. St. This is a group headed by Mesa View/Virgin Valley Hospice. For more information, call 702-346-5224.

SATURDAY, SEPT. 16

Movie Matinee: I p.m. Mesquite Library, I60 W. Ist N St. Come see the movie "Are You There God? It's Me Margaret." Call 702-346-5224.

Mesquite Patriots Meeting: I:30 p.m. (doors open at I:15 p.m.), meetings held at the Veterans Center, 840 E. Hafen Lane. Join likeminded patriots that support the U.S. Constitution and the traditional American way of life. Please contact Janis to be added to the email list or with any questions. Phone: 725-208-2661 or email MesquitePatriots@yahoo.com

SUNDAY, SEPT. 17

Movie Matinee: I p.m. Mesquite Library, I60 W. Ist N St. Come see the movie "Are You There God? It's Me Margaret." Call 702-346-5224.

Al-Anon Family Groups Weekly Meeting: 3-4 p.m., Mesquite Veterinary Clinic, 371 Riverside Road, Suite A. Al-Anon Family Group helps families affected by someone's drinking or addiction. Call Ann 248-225-9259 or Richard 435-862-6597.

MONDAY, SEPT. 18

Preschool Ukulele Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Virgin Valley Artists Association General Meeting: II a.m. - noon, Mesquite Fine Arts Gallery, 15 W. Mesquite Blvd.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of

coloring intricate and meditative designs of various artists. Info: 702-346-5224.

TUESDAY, SEPT. 19

Toddler Storytime: 10-11 a.m. Mesquite Library, 160 W. 1st N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Android Phone: 10:15 - 11;15 a.m., Mesquite Library, 160 W. 1st N St. Come out to learn how to use your Android phone. Call 702-5346-5224.

City Technical Review Meeting: 2:30 - 3:30 p.m., Mesquite City Hall, 10 E. Mesquite Blvd. 2nd floor chambers. Technical review meeting.

Sign Language Group for Beginners: 5:30-6:30 p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

WEDNESDAY, SEPT. 20

Preschool Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Virtual Author Series: II a.m. - noon. Mesquite Library, 160 W. Ist. N. St. Join a chat with bestselling author Adam Alter about his new book, "Breakthrough: How to Get Unstuck When It Matters Most." Call 702-346-5224.

3D Pen Coloring: 3 - 4:30 p.m., Mesquite Library, 160 W. Ist. N. St. Come learn about 3D pen coloring. Info: 702-5346-5224.

Paint Your Pride Crafter- noon: 3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Teen programs operate under the principles of HOMAGO, which stands for "Hanging Out, Messing Around, Geeking Out." Info: 702-5346-5224.

Kid's Artsy Craft Club: 4:30 p.m., Mesquite Library, 160 W. 1st. N.

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St. Explore fun and different ways to create art. Suggested for ages 5-12. Info: 702-5346-5224.

THURSDAY, SEPT. 21

Sunrise Rotary: 7:30 a.m. Meets every Thursday at CSN. Room I. For more information, contact Deb Parsley at 702-420-4494.

Red Cross Blood Drive: noon - 5 p.m. Mesquite Library. 160 W. 1st N St. Appointment required. Schedule at www.redcrossblood.org or call 800-733-2767.

Sign Language Group for Intermediates: noon - I p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

Toastmasters: noon - I p.m., First Baptist Church, 830 E. Hafen Lane. Toastmasters meet each Thursday at noon. Contact Mike Young at mkyoung@ix.netcom.com for details.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. 1st. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-

5346-5224.

Teen Crafternoon: 3:30 - 4:30 p.m. Mesquite Library, 160 W. 1st N St. Teen program operate under the principles of HOMAGO: Hanging Out, Messing Around, Geeking Out. Refers to spaces and learning activities that allow for flexible, hands-on experimentation, collaboration and tinkering in areas of professional interest. All supplies provided. Call 702-5346-5224.

STEAM Activities for Kids: 4-5 p.m., Mesquite Library, 160 W. Ist. N. St. Participate each week in fun, hands-on Science, Technology, Engineering, Art or Math activity. Info: 702-5346-5224

FRIDAY, SEPT. 22

Urban Walking Club: 8 a.m, meeting site TBA. Urban Walkers group meets every Friday morning for a good walk in the community. Bring appropriate gear, sunscreen and water. Email mesquitedesert@gmail.com or visit Desert Dames Mesquite NV facebook page.

Family Storytime for ages 0-5 years: 10-11 a.m., Mesquite Library, 160 W. 1st. N. St. Join for stories, songs, rhymes and activities. For children ages 0-5 and their caregiv-

ers. Call 702-5346-5224.

MESQUITE MONTHLY

Bereavement Group: 3:30-4:30 p.m. Mesquite Library, 160 W. Ist. St. This is a group headed by Mesa View/Virgin Valley Hospice. For more information, call 702-346-5224.

SATURDAY, SEPT. 23

Mudd Volleyball Tournament: 9 a.m. - 3 p.m., Eureka Casino Resort, 275 Mesa Blvd. The Mesquite Rotary Club's biggest fund-raiser of the year take places with a mud volleyball teams competition. For information, email mesquiterotarynv@gmail.com.

IPhone: 3-4 p.m., Mesquite Library, 160 W. 1st N St. Come out to learn how to use your iPhone. Call 702-5346-5224.

Children's Movie: 3 p.m., Mesquite Library, 160 W. 1st. St. Join for a movie rated G or PG for children ages 0-17. Info: 702-5346-5224.

SUNDAY, SEPT. 24

Children's Movie: 3 p.m., Mesquite Library, 160 W. Ist. St. Join for a movie rated G or PG for children ages 0-17. Info: 702-5346-5224.

Al-Anon Family Groups Weekly Meeting: 3-4 p.m., Mesquite Veterinary Clinic, 371 Riverside Road,

Suite A. Al-Anon Family Group helps families affected by someone's drinking or addiction. Call Ann 248-225-9259 or Richard 435-862-6597.

MONDAY, SEPT. 25

Preschool Ukulele Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Vitalant Blood Drive: II a.m. - 4 p.m. Mesquite Library, I60 W. Ist N St. Appointment required. Schedule at www.donors.vitalant.org and search by zip code 89027 or call 877-258-4825.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-346-5224.

Book Bingo: 1-2 p.m. Mesquite Library, 160 W. Ist. N. St. Play bingo, win books! Info: 702-346-5224.

Virtual Author Series: 5-6 p.m. Mesquite Library, 160 W. Ist. N. St. Tune into a chat with bestselling author Amor Towles about his incredible body of work. Call 702-346-5224.

Sign Language Group for Be- > See **CALENDAR**, Page 17

SERVICE DIRECTORY













Calendar

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ginners: 5:30-6:30 p.m., Mesquite Library, 160 W. 1st N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

Sign Language Group for Beginners: 5:30-6:30 p.m., Mesquite Library, 160 W. 1st N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

Sign Language Group (Drop In): 5:30-6:30 p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

TUESDAY, SEPT. 26

Toddler Storytime: 10-11 a.m. Mesquite Library, 160 W. 1st N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

City Council meeting: 5 p.m., City Hall, 10 E. Mesquite Blvd. Regular meetings the second and fourth Tuesdays of the month.

Sign Language Group for Beginners: 5:30-6:30 p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

WEDNESDAY, SEPT. 27

Preschool Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Toastmasters: noon - I p.m., First Baptist Church, 830 E. Hafen Lane. Toastmasters meet each Thursday at noon. Contact Mike Young at mkyoung@ix.netcom.com for details.

Desert Dames luncheon: noon, CasaBlanca Resort event room. Guest speaker, TBD. Email

ddamesreservations@gmail.com or call 702-803-2404...

International Cinema (Film Discussion Group: 2-3 p.m. Mesquite Library, 160 W. 1st. N. St. Join to discuss (in English) a different film each month. Pick up a copy of the month's selection at the Customer Service Desk. Call 702-5346-5224.

Kid's Artsy Craft Club: 4:30 p.m., Mesquite Library, 160 W. Ist. N. St. Explore fun and different ways to create art. Suggested for ages 5-12. Info: 702-5346-5224.

THURSDAY, SEPT. 28

Sunrise Rotary: 7:30 a.m. Meets every Thursday at CSN. Room I. For more information, contact Deb Parsley at 702-420-4494.

3D Print and Design: 10:30 - II:30 a.m., Mesquite Library, 160 W. Ist. N. St. Come learn about 3D print and design. Info: 702-5346-5224.

Sign Language Group for Intermediates: noon - I p.m., Mesquite Library, I60 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-346-5224.

Teen Art Smart Frida Kahlo: 3:30 -4:30 p.m., Mesquite Library, 160 W. Ist. N. St. Explore the artist Frida Kahlo and learn about her history and paintings. Info: 702-5346-5224

STEAM Activities for Kids: 4-5 p.m., Mesquite Library, I60 W. Ist. N. St. Participate each week in fun, hands-on Science, Technology, Engineering, Art or Math activity. Info: 702-5346-5224

FRIDAY, SEPT. 29

Urban Walking Club: 8 a.m, meeting site TBA. Urban Walkers group meets every Friday morning for a good walk in the community. Bring appropriate gear, sunscreen and water. Email mesquitedesert@gmail.com or visit Desert Dames Mesquite NV facebook page.

Family Storytime for ages 0-5 years: IO-II a.m., Mesquite Library, I60 W. Ist. N. St. Join for stories, songs, rhymes and activities. For children ages 0-5 and their caregivers. Call 702-5346-5224.

DIY Adult Craft: II:30 a.m. - I p.m., Mesquite Library, I60 W. Ist. N. St. It's an amazing feeling to make something unique and creative, so going for a fun experience. There is a different craft each month and all supplies are included. Attendance is limited, so call or register at the customer service desk. Info: 702-5346-5224.

Relocation Celebration: I -4 p.m., Relocation celebration for C&J Shutters new showroom at 550 W. Pioneer Blvd., Suite 158. Ribbon cutting at I p.m. Raffle, prizes and light refreshments.

SATURDAY, SEPT. 30

Mesquite Fine Arts 20th Anniversary: II a.m. - 2 p.m., Mesquite Fine Arts Center, 15 W. Mesquite Blvd. Free music, food, drink and an open house. A plaque dedicating the 20th anniversary will be placed outside by the IO-year plaque.

SUNDAY, OCT. 1

Movie Matinee: I p.m. Mesquite Library, I60 W. Ist N St. Come see the movie to be determined Call 702-5346-5224.

Al-Anon Family Groups Weekly Meeting: 3-4 p.m., Mesquite Veterinary Clinic, 37I Riverside Road, Suite A. Al-Anon Family Group helps families affected by someone's drinking or addiction. Call Ann 248-225-9259 or Richard 435-862-6597.

MONDAY, OCT. 2

Preschool Ukulele Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-346-5224.

Coloring for Adults: 2:30-3:30 p.m., Mesquite Library, 160 W. Ist. N. St. Join for a relaxing session of coloring intricate and meditative designs of various artists. Info: 702-346-5224.

Sign Language Group (Drop In): 5:30-6:30 p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

TUESDAY, OCT. 3

Toddler Storytime: 10-11 a.m. Mesquite Library, 160 W. 1st N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Mesquite Book Club: 10 - 11 a.m., Mesquite Library, 160 W. 1st N St. Join in a fun and exciting discussion of a monthly reading selection. Ass the customer service desk and read prior to the meeting. Call 702-5346-5224.

Brown Bag Lecture Series: noon - I p.m., Mesquite Fine Arts Gallery, 15 W. Mesquite Blvd. Rayette Martin will present "Nevadans for Cultural Preservation." Free to the public. Call 346-1338.

City Technical Review Meeting: 2:30 - 3:30 p.m., Mesquite City Hall, 10 E. Mesquite Blvd. 2nd floor chambers. Technical review meeting.

Sign Language Group for Beginners: 5:30-6:30 p.m., Mesquite Library, 160 W. Ist N St. Learn and practice sign language for personal growth and/or the ability to interact with the deaf community. For details, call 702-346-5224.

WEDNESDAY, OCT. 4

Preschool Storytime: IO-II a.m. Mesquite Library, I60 W. Ist N St. Join for stories, songs and activities that build early literacy. For children ages 3-5 and their caregivers. Call 702-5346-5224.

Desert Dames Hump Day: 4 p.m., Cucina Italiana, 47I W. Mesquite Blvd. A social event hosted by Desert Dames Mesquite. Email ddamesreservations@gmail.com or call 702-803-2404...

Kid's Artsy Craft Club: 4:30 p.m., Mesquite Library, 160 W. Ist. N. St. Explore fun and different ways to create art. Suggested for ages 5-12. Info: 702-5346-5224.

PUZZLES

THEME: HEALTH AND FITNESS

ACROSS

- I. Century Gothic, e.g.
- 5. Good times
- 8. Pi times radius squared
- 12. D'Artagnan's sword
- 13. Before "saw" and "conquered"
- 14. Honeybunch
- 15. *Contagious skin bump
- 16. Centers of activity
- 17. One of a duo on "Sesame Street"
 - 18. *Estrogen and testosterone
- 20. Tiny piece of anything
- 21. *Pertaining to ear
- 22. Pocket watch chain
- 23. Bed "on the tree top"
- 26. Home ground
- 30. Yankee's foe
- 31. Heart-to-heart
- 34. First Nation nation
- 35. Clumsy
- 37. Summer mo.
- 38. Boris Godunov and Nicholas Romanov
- 39.____1 jet speed
- 40. Last in octad
- 42. Intelligent humor
- 43. Win or go home competition
- 45. Actor Snipes
- 47. Not stood
- 48. Knitter's unit
- 50. *Eye part
- 52. *Vitamins' partners
- 55. Old-time calculators
- 56. Port of Yemen
- 57. Memorization method
- 59. Greek Bs
- 60. Bank on
- 61. Crazy one
- 62. Yamaguchi or Hamill's jump
- 63. *"Bad" cholesterol, acr.
- 64. Rudolph, e.g.

DOWN

- I. Like proud marines
- 2. Moonfish
- 3. Infamous Roman Emperor
- 4. Between triad and pentad
- 5. Flora's partner
- 6. Umbrella-like inflorescence
- 7. "The Untouchables" leader
- 8. *Richard Simmons' workout



- © StatePoint Media
- 9. Deliver a tirade
- 10. Lake north of Cleveland
- II. Sailor's assent
- 13. *Uncontrollable movement disorder
- 14. Retire from military
- 19. Deprive by deceit
- 22. *"All the rage" diet, e.g.
- 23. Way to curl hair
- 24. *Pertaining to kidneys
- 25. Manila hemp
- 26.*H in HIIT
- 27. Type of fishing net
- 28. Eagle's nest
- 29. Easily irritated
- 32. Naive, alt. spelling
- 33. Excavated

- 36. *Annual exam
- 38. Not our
- 40. Young newt
- 41. Maid to a maid
- 44. Desert mirage
- 46. L. Carroll's and J. Heller's characters
- 48. Chose between competitors
 - 49. Funereal bell sound
- 50. Wild goat
- 51. Loan attribute
- 52. Lime-rich soil
- 53. Dirty money
- 54. Greek portico
- 55. Legal grp.
- 58. *Heart test acronym



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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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