



# HIGH SIERRA SIDELINES



A Monday Lunch Bunch gathering at Famous Dave's BBQ.

## WILL YOU BE MY CODEPENDENT VALENTINE? *By Cliff Bostock, Georgia Voice*

One of the darkest questions that arises every year for the senior single is, "What are you doing Valentine's Day?" You know that even in this time of social distancing, masked men will not be pelting your windows with chocolates and sending you pouches of Viagra with rose petals.

Arguably, the young and single have this same bitter response, but their future is longer than their past, so they can dream. In olden days, loving someone of your own gender meant you were a mentally ill, criminal sinner, and, paradoxically, that very hatred strongly magnified the need for the sanctuary that a lover could provide. It often meant living in the closet together and rushing into relationships that lasted about as long as monogamy was easy. We drank and killed ourselves a lot. And then AIDS killed many of us.

When the AIDS plague first swept the globe, an unrelated psychological epidemic also arrived—codependency. Although not an official psychiatric disorder, it's a profile of twisted love that was conceptualized at the same time addiction was

*(see VALENTINE on page 3)*



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## THE PRESIDENT'S COLUMN

Love is in the air or at least it should be. As we celebrate the annual feast day of St. Valentine, let's take a few minutes to ask ourselves how well we're doing when it comes to expressing our concern for others, especially those who need our help. This concern can be expressed in many ways. Volunteering at community organizations, making a blood donation, giving a bag of cat or dog food to the local animal shelter, helping out at the food bank. These ideas, when put into action, will show your concern for others and will make the community a more pleasant place to live.

*(see PRESIDENT on page 2)*

## CHAPTER OFFICERS

President: Charlie H.  
Vice-President: Vacant  
Secretary: Charlie H. (acting)  
Treasurer: Joe S.  
Board Member: Bill R.  
Board Member: Vacant  
Membership: Doyle C.  
Website: PTWW  
Newsletter Editor: Charlie H.



Happy February birthday to Jeff N. on the 26<sup>th</sup>, our only February birthday boy.

## UP AND COMING EVENTS

**Gardening in Nevada-The Bartley Ranch Series.** Tuesdays Feb. 1 – Mar. 29. 6 – 8 p.m. Free. Info 775-336-0274. **Bruka Theater “A Doll’s House, Part 2.”** A smart, funny, and utterly engrossing play. Evenings at 7:30, matinee on Feb. 6 at 2. Seniors \$28. **Broadway musical Waitress,** Pioneer Center, Feb. 4 – 6. **Boots and Bling Country Dance Party,** Feb. 4 and 18. Pure Country Canteen, 520 E. Prater Way, Sparks. 8 p.m. **UNR Wolf Pack Men’s Basketball** vs. Colorado State, Feb. 8, 8 p.m. Vs. San Jose State, Feb.16, 7 p.m. Vs. UNLV, Feb. 22, 8 p.m. Vs. San Diego State, Mar. 5, 7:30 p.m. All games at Lawlor Events Center. **Good Luck Macbeth Theatre “All is Fair in Love and Drag.”** Feb. 11 and 12 at 6 and 9 p.m. \$25. **New music series** with singers/song writers. Feb. 12. Brewery Arts Center, 449 King St., Carson City, 7 p.m. **Reno Philharmonic Orchestra,** music of Mendelssohn, Schumann, and Saint-Saens. Pioneer Center, Feb. 12, 13. Sat. at 7:30 p.m.; Sun. at 2. **Kicker AMA Arenacross.** Off-road motorcycle racing competition. Feb. 13. Reno-Sparks Livestock Events Center. **SUPER BOWL**

**LVI. Feb. 13. Valentine’s Drag Brunch,** Matador Lounge, 445 California Ave. Feb. 13. Doors open 11:45 a.m., show at 1 p.m.

## PRESIDENT (from page 1)

Once again I see the vacancies in the opposite column listing of offices crying out for help. As I’ve said many times, nomination and election of chapter officers is coming up this year starting in April. Nominations are made in April, election is held in May. June is normally a celebration of our anniversary, this year, the 22<sup>nd</sup>. New officers begin their term of office on July 1.

Volunteering to serve in a chapter office can be a very rewarding experience. Not only are you contributing to perform a necessary task, but you are gaining self-satisfaction and appreciation from your fellow Prime Timers. To paraphrase the old line from high school typing class, “Now is the time for all good men to come to the aid of their chapter.”

We have exhausted our listings for Monday Lunch Bunches. Please email me ([renoish@yahoo.com](mailto:renoish@yahoo.com)) 4 or 5 choices for places you would like to have lunch. Please make sure the restaurant is open on Mondays. Even if you don’t attend lunches, send in your choices anyway. Hopefully some time this year the virus will reach a point where we will all feel free to attend chapter activities.

Stay safe. Keep warm. As Lester Holt says, “Be kind to yourself and others.”

*Charlie H., President*





Dan D. thinking "Should I or shouldn't I."

### VALENTINE *(continued from page 1)*

identified as a monumental problem in America. Let me tell you my own story again.

In 1980, I got really drunk with my bartender partner who pissed me off while driving home. I stopped the car, shoved him out the door, and drove away. Next, I found myself breaking the glass out of the back door of a house whose owners stood in front of me screaming. As I opened the door, I was wrestled to the ground by two cops. The homeowners decided not to press charges, and one cop gave me the option of going to jail or an Alcoholics Anonymous meeting. The choice was difficult, but the next morning, he escorted me to my first meeting. AA really did rescue me, and I never drank again after that night.

However, I was left with that partner, who pretended to also get sober and stop using drugs. I was all but completely blind to his continual relapses, theft, and lies. Friends confronted me; I defended him. I even moved us to Houston to start a new life but he was arrested several times for public sex, causing me to attend two hearings where I dramatically rushed from the courtroom to collapse in front of a toilet and weep, even though it could as well have been me who was arrested. Finally, after three times, I put his shit on the front lawn. Then I went into withdrawal, alternately feeling angry, guilty, heartsick.

It was my therapist who gave me the codependency diagnosis. I ended up going to California to spend two weeks in a program in the middle of a gorgeous mountain cove. It provided

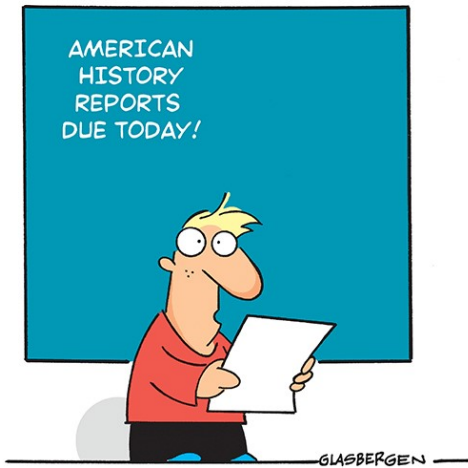
incredible insight, and I ended up doing my psychotherapy internship there for two years. Meanwhile, I confess I'd entered another relationship with a wonderful man. It died, of course, and I moved to an apartment above a crackhouse whose customers could not come close to my own addiction to sex, love, and drama. I seriously had six boyfriends in the following nine months, one of whom actually moved in. Ultimately, my therapist, noting that I understood my problem but resisted actual change, gave me an ultimatum. He said I had to be abstinent for a year to continue seeing him. I went months without any sex or the delusion of love, spending most of my time whimpering in the bathtub with a scented candle and books, lots of books.

One day, I saw a child crying hysterically under a table at Zesto on Ponce de Leon while his mother cruelly cursed him. In an altered state of some sort, I knelt by the table and reached out my arms to console the sobbing kid. What did he do? He became frightened and climbed into the lap of the adult who was abusing him. She patted him on the head and sneered at me.

In that moment I viscerally realized that my mother, my father, and the culture had taught me that love without lots of pain was meaningless. If the person I "loved" wasn't inherently an asshole, I made sure to turn him into one. Seeing this so concretely expressed was life-changing. Yes, you could call it sadomasochism.

Like alcoholism, codependency remains especially common among gay people. If your parents and the culture reject you by pathologizing your love, you're likely going to have difficulty with relationships. If you're interested, the world's favorite book on the subject—which could make the perfect gift for your Valentine—is Melody Beattie's "Codependent No More."





“George Washington was called the father of his country, so he could write off every citizen as a dependent at tax time.”

## **VETERANS TAX EXEMPTION**

Did you know that many of Nevada’s veterans and surviving spouses are eligible for an annual Veterans Tax Exemption? This exemption can be used for either their vehicle registration’s Governmental Service Tax Fee or to reduce their property taxes. Through either selection, veterans and surviving spouse can also donate all or a portion of their exemption to the Nevada State Veterans Homes in Boulder City and Sparks.

This exemption is not granted automatically. To enroll and receive this exemption, veterans or their surviving spouses are asked to contact the County Assessor’s office to determine their eligibility for this benefit. If found to be eligible, they are asked to select how they wish to apply their exemption either to their vehicle’s governmental service tax or property taxes.

When used, this exemption reduces the amount owed and the savings can be kept by the veteran/surviving spouse or donated to the Nevada State Veterans Homes administered by the Nevada Department of Veterans Services. NDVS is grateful for these donations as it helps our department care for our heroes by making the Veterans Home more of a home and less of a skilled nursing facility for the residents.

To learn more about this benefit visit <https://dmvnev.com/milnvres.htm>. Or you can contact your local assessor at <https://dmvnev.com/assessor.htm>.

## **REDUCING ROBOCALLS**

*Mark Saltzman, AARP*

Amid the din, some robocalls are legitimate: The American Red Cross can ask for blood donations just as your doctor’s office can remind you of an appointment.

But, when it come to bad actors, keep in mind that mobile apps can beat them back. Also, importantly, the FCC will require voice service providers to implement call-authentication technology on the Internet Protocol (IP) portions of their networks. The James Bond-sounding “STIR/SHAKEN” authenticaton enables providers to verify the Caller ID information transmitted matches the caller’s real phone number. Already some carriers have implemented this anti-spoofing technology. It was mandated in AARP-endorsed legislation signed into law at the end of 2019. The measure is the TRACED Act, which stands for Telephone Robocall Abuse Criminal Enforcement and Deterrence.

What’s more, USTelecom, a trade group, has established the industry Traceback Group to battle illegal robocalls by identifying the source of the calls and coordinating with governments and industry to help prevent those calls, and bring to justice individuals and entities responsible. The source of an illegal robocall, even one from outside the U.S., often can be identified in 24 hours.

Illegal, unwanted calls, still run into the billions, but the calls reaching consumers are fewer thanks to call-authentication, call blocking and labeling tools that designate incoming calls as spam.

To join in the fight, consumers are urged to:

Download a call blocker. Try a free solution to see if it does the trick. No-cost services from firms such as YouMail and Nomorobo are carrier-agnostic. Your mobile carrier has free tools, also.

Experiment with call-blocking tools, apps and options to strike the right balance between the calls you want—and those you don’t

Let a call go to voicemail if it gets through a robocall app and you don’t recognize the caller. If the caller claims to be, say from Citibank, don’t call back a phone number left on the voice mail. Use a number you know is legitimate such as one on a statement or credit card.

Hang up if it’s a live person calling, as computer-based robocall systems allow. Do not engage. Heed the latest advice from the FTC and the FCC.

## AFRICAN-AMERICAN HERITAGE MONTH

### IN MEMORIAM



**GARLAND MURPHY**

**9/15/1947 – 12/17/2021**

**Our condolences to his partner  
Patrick and to his family  
and friends.**



Kung Hei Fat Choy! In Mandarin, it's Gong Xi Fat Cai, the popular way to say Happy New Year in Chinese. In fact, the more accurate translation of the traditional greeting in Cantonese is "have a prosperous New Year" with wishes for wealth and good fortune in the months ahead.

This year, the start of Chinese New Year, or Spring Festival, falls on Tuesday, February 1, and on the Chinese zodiac it marks the start of the Year of the Tiger. If you were born in 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, or 2022, you were born under the dynamic sign of the tiger.

African-American Heritage Month is observed for the month of February every year. People celebrate the month and throughout the year to reflect on more than 400 years of American-African history and heritage that have shaped the American culture as we know it today. Celebrations are held across national parks, schools and universities, and communities around the country. People celebrate the month by finding special places, historic moments, and personal journeys that have contributed to conversations and moments of African-American representation, identity, and diversity in America's history. Today, the American identity is closely related to that of African-Americans.

Since the 1970s there have been celebrations of African-American Heritage Month when people celebrate the history and achievements of the community. Celebrations range from specialized TV shows to pronouncements of American presidents.

Have you ever wondered why February was chosen as the African-American Heritage Month? The well-known American historian Carter G. Woodson, pioneering the field of African-American studies in the early 20<sup>th</sup> century, was inspired by the three-week national celebration of the 50<sup>th</sup> anniversary of African-American emancipation in 1915. Woodson was joined by 4 others in founding the Association for the study of Negro Life and History (A.S.N.L.H.) that encouraged scholars to study the Black past, which until then had been ignored by the American academia. Woodson's efforts came to triumph in 1924 when his college introduced Negro History and Literature Week. Only two years later, Woodson and the A.S.N. L.H. started Negro History Week in February 1926.

February is also the birth month of two figures who made a significant impression on African-American history. American president Abraham Lincoln (born February 12) and activist Frederick Douglass (born February 14) both contributed to the emancipation. Since the deaths of Lincoln and Douglass, the African-American community has celebrated their contributions to African-American liberation and civil rights on their birthdays. Woodson sought to extend the celebrations of the achievements of African-Americans from one week to the entire month.



### A Valentine's Dinner for Two

Fill a saucepan with water and 1 tsp. Old Bay seasoning. Bring to a boil. Add 1 ½ lbs. medium sized shrimp, peeled and de-veined. Cook 2 – 3 min. until pink. Don't overcook. Drain and set aside. In a medium saucepan combine juice from 14 oz. can diced tomatoes and enough chicken broth to equal 4 cups of liquid. Add 1 tsp. Old Bay to liquid and bring to a boil. Add 1 c. quick 5-min. grits to liquid and whisk well. Reduce heat to med. low and cover. Cook 5 – 7 min. Add shrimp and ½ c. diced tomatoes into grits and stir. Cover and remove from heat for 2 min. Serve and garnish with chopped cilantro and shaved Parmesan cheese.

### A Garden Salad

Combine your favorite bagged salad with 2 tbsp. each of extra virgin olive oil, honey, and balsamic vinegar. Add halved cherry tomatoes, chopped celery, chopped green/red/yellow peppers, and/or chopped green onions as desired. Mix well and serve.

### Chocolate, Chocolate, Chocolate Cake

Combine one box of your favorite chocolate cake mix with 1 ½ c. milk, ¼ c. vegetable oil, 3 eggs, 1 box instant chocolate pudding, and 6 oz. semi-sweet chocolate chips. Mix well. Pour into a greased, floured bundt pan. Bake according to directions on the cake box. Cool. Sprinkle with powdered sugar. Enjoy.



### You'll Just LOVE These Jokes (or not)

Henry, aged 92, and Ralph, aged 89, are excited about their decision to get married. While out for a stroll to discuss the wedding, they pass a drugstore. Ralph suggests they go in. Ralph asks to speak to the pharmacist. He explains they're about to get married and asks "Do you sell heart medication?" "Of course we do," the pharmacist replies. "Medicine for rheumatism?" "Definitely," he says. "How about Viagra?" "Of course." "Medicine for memory problems, arthritis, jaundice?" "Yes, the works." "What about vitamins, sleeping pills, Geritol, antacids?" "Absolutely." "Do you sell wheelchairs and walkers?" "All speeds and sizes." "Good," Ralph says to the pharmacist, "We'd like to register for our wedding gifts here, please."

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A fifteen year old Amish boy and his father visited the city for the very first time. They wandered around, marveling at the different sights. Eventually they got to a mall. They were amazed by almost everything they saw, but they were especially amazed at two, shiny, silver walls that could move apart and then slide back together again. The boy asked, "What is this Father?" The father, never having seen an elevator, responded, "Son, I have never seen anything like this in my life, I don't know what it is." While the boy and his father were watching with amazement, a fat old lady in a wheelchair rolled up to the moving walls and pressed a button. The walls opened, and the lady passed between them into a small room. The walls closed, and the boy and his father watched the small numbers above the walls light up sequentially. They continued to watch until it reached the last number, and then the numbers began to light in the reverse order. Finally the walls opened up again and a gorgeous 24-year-old blond woman stepped out. The father, not taking his eyes off the young woman, said quietly to his son, "Junior go get your Mother."

Check out Doyle's blog:  
<http://doyleslistreno.wordpress.com>  
 Prime Timers World Wide website:  
[www.theprimetimersww.com](http://www.theprimetimersww.com)  
 Great information for seniors:  
[www.newtoreno.com/senior/htm](http://www.newtoreno.com/senior/htm)

February 2022						
◀ Jan 2022						Mar 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 GROUND HOG DAY	3 Bruka Theatre A Doll's House, Part 2 Through Feb. 19th	4 Broadway musical Waitress, Pioneer Center Thru Feb. 6 <sup>th</sup> .	5
6	7 LUNCH BUNCH 1 P.M. THAI CHILI 1030 S. Virginia St.	8 UNR Men's Basketball Vs. Colorado State 8 p.m. Lawlor Events Center	9	10	11 Good Luck Macbeth Theatre, "All is Fair in Love and Drag" Also on Feb. 12.	12 Reno Philharmonic Orchestra Mendelssohn, Schumann, Saint-Saens, Pioneer Center Sat. at 7:30, Sun. at 2 p.m.
13 SUPERBOWL LVI	14 LUNCH BUNCH 1 p.m. Anna's Mexican Grill 9570 S. McCarran Blvd. Valentine's Day	15	16 UNR Men's Basketball Vs. San Jose State 7 p.m. Lawlor Events Center	17	18	19
20	21 LUNCH BUNCH 1 P.M. Skipolini's Italian 13971 S. Virginia St. (The Summit) President's Day	22 UNR Men's Basketball Vs. UNLV 8 p.m. Lawlor Events Center	23	24 Irish quintet Goitse. UNR Nightingale Concert Hall, 7:30 p.m.	25	26
27	28 LUNCH BUNCH 1 P.M. Peg's Glorified Ham & Eggs 1495 E. Prater Way					

More Calendars: [Mar 2022](#), [Apr 2022](#), [2022](#)