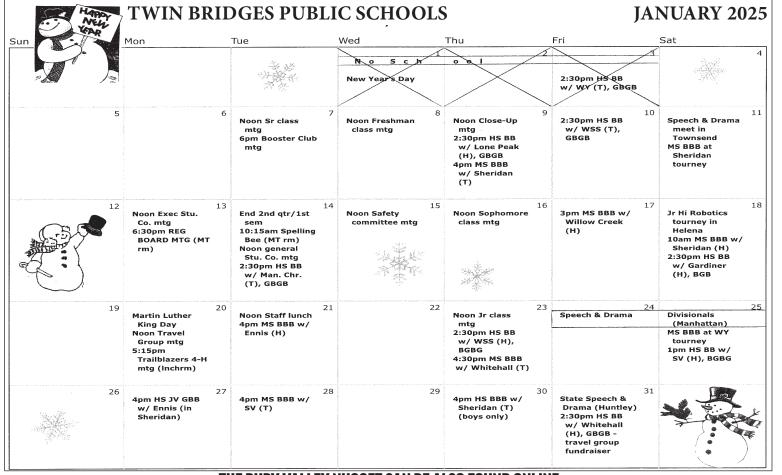
Sun	Mon		Tue	Wed	Thu	Fri	Sat
29		30	31	1	2	3	4
CHRISTMAS BREAK	-				1		
CLOSEUP IN KITCHEN / LU	NCH ROOM	٦		Adult Ed - Yoga - HS			BB V vs. Whitehall 4:00 H
-							
CHRISTMAS BREAK		6	7	8	9	10 BB V AT Ennis 5:30 A	Liferry Streach 8
CHRISTINIAS BREAK	J			Adult Ed - Yoga - HS	BB V AT Gardiner 4:00 A	BB V AT Ennis 5:30 A	6:15am - Speech & 9am - BBB MS - Sheridan
					4pm - BBB MS vs. Twin		9am - DDD WS - Sheridan
12		13	14	15	16	17	18
	4pm - BBB MS vs.		Board Meeting	FFA KMON - Greatfalls		BB JV/V vs. White	BB V AT West
				Adult Ed - Yoga - HS	END 2nd Quarter / 1st	PIR	12pm - MS BBB AT West
				Pictures - Middle School	Semester Tests - Evens		
				Semester Tests - Odds			
				6pm - Adult Ed Cupcakes			
19		20	21	22	23	24	25
	FFA District LDE's -	$\overline{}$	BB V AT Shields Valley 4:	Adult Ed - Yoga - HS	BB JV/V vs. Manhattan		FFA Ferguson Mechanics
			4pm - BBB MS vs.		2:30pm - Elementary		9am - BBB MS AT Dubois
26		27	28	29	30	31	1
20	HS BB -JV/C Girls/B		BB V vs. Shields Valley 4:	Adult Ed - Yoga - HS	BB V vs. Twin Bridges 4:	Kitchen in Use till 2:00	BB V vs. Three Forks 4:
			4pm - BBB MS AT Ennis	Senior Night Play - HS	4:30pm - 4-H Fundraiser	4pm - BBB MS vs. West	Kitchen in Use till 2:00



THE RUBY VALLEY NUGGET CAN BE ALSO FOUND ONLINE www.beaconbusinessctr.com & on Facebook/BeaconBusinessCenter



PUBLISHED BY BEACON BUSINESS CENTER ~ 406-842-7488 Designed by Shawna Van Houten - contact: rubyvalleynugget@gmail.com www.Beaconbusinessctr.com **Authorized FEDEX & UPS Shipping Center Supplies** Home Decor - Toys - Crafts - Puzzles - Office Supplies - Copy - Fax - Graphic Design - and more...

# Ruby Valley Nugget January 2025 - 1st Issue

WIN BRIDGES FARMER'S MARKET

## FARMER'S MARKET B

### **CRAFT FAIR**

### **JANUARY 11TH** 9AM-1PM

SHERIDAN SENIOR CENTER 210 W CROFOOT ST, 59749

SOUP LUNCH PROVIDED BY THE SHERIDAN SENIOR CENTER - \$5

LUNCH PROCEEDS GO TO THE SHERIDAN SENIOR CENTER

MOUNTAINSIDE Sarah Marrazzo 406.404.8477 www.mtnsidemassage.com Open Mon-Wed Located in Headlines Salon

⋇

### **Resolution is not the word.**

By Kate Joki Rose

Twenty-five percent of Americans have already given up their New Year's resolutions. (Wow, that was fast.) By Independence Day, over fifty percent more will have followed suit. By the time we ring in the next year, a mere 9.5% of resolute Americans will have stuck to or achieved their goals.

am not going to lie, that's a little embarrassing.

Personally, I cannot even recall my past resolutions, which tells you everything you need to know about how well they worked. Either they fizzled out before February, or I aimed so low or high, that they were not helpful. For example, I don't recall aiming for more debt and a muffin top, but nonetheless, here we are.

It is no wonder resolutions often fail. After a hectic, expensive, and occasionally stressful holiday season, we barely have time to recover before saddling ourselves with a brand-new to-do list: Lose weight. Save money. Learn a new skill. Reduce stress. Connect with your community. (Seriously? I just took down my Christmas lights!) Yet somehow, we're supposed to do all of this while juggling work, family, and life's general chaos. It is a tall order! Nonetheless, we do it one year after another. We write down the same goals, carry the same burden disguised as optimism, and—statistically speaking—fail in the same predictable fashion.

What if; instead of setting ourselves up for disappointment with a laundry list of ambitious goals, we tried something simpler? What if we chose a single word to guide us through the year?

Just one little word.

Think of this word as your compass, your theme, or your inspiration for the next 12 months. It's not a rigid goal or a specific task, it is a broader intention that gives you direction without the pressure of a checkbox or looming deadline.

For example, if your word is "health," it can encompass physical wellness, mental clarity, or even fostering healthier relationships. If you choose "adventure," it might inspire you to explore new places, try novel things, or simply break out of your comfort zone. Last year I chose the word "movement." It gave me inspiration to seek movement, big or small, in my career. It inspired me to make at least a wee bit of progress on the issues that hold me back. It also inspired me to move my body more. Which I did... right off a 6ft ladder... but I digress.

The beauty of this approach is its flexibility. Your word is not a resolution that can be broken; it's a mindset that can evolve as the year unfolds. It allows for setbacks without guilt and for progress without perfection.

This is where resolutions often fail because they're too rigid and specific. If you set a goal to lose twenty pounds and only lose ten, it feels like a failure—even though you've made meaningful progress. A word, on the other hand, is forgiving. It's adaptable. It meets you where you are.

Start by reflecting on what you want more of in your life. Do you crave peace? Growth? Joy? Creativity? Or maybe it's purpose or resilience you're seeking. Pick a word that resonates with you, one that feels right in your gut. Let it be a quiet reminder each day of what matters most.

This year, let go of the pressure to be perfect and embrace the possibility of progress. Let's not focus solely on what to do, but rather, on what to be.

So, what's your word for 2025?

# Ruby Valley Happenings

**RANCHER ROUNDTABLE** - Jan 8th - 5 pm to 7 pm - Sheridan Senior Center - Livestock & Large Carnivore **Conflict Mitigation** 

TWIN BRIDGES FARMER'S MARKET & CRAFT FAIR - Jan 11th - 9 am to 1 pm - Sheridan Senior Center SHERIDAN LIBRARY COMMUNITY RESOURCE MEETING - Jan 16th - 6:30 pm - Sheridan Senior Center THE ELLING HOUSE CHAUTAUGUA - See Ad

**PUBLIC LIBRARY EVENTS:** 

SHERIDAN - Newspaper History Group - Tuesday mornings @ 9 AM. Knitting Group - Thursdays @ 2 PM CAREGIVER SUPPORT GROUP - First and third Tuesdays at 6 pm For more information call 406-842-7981. TWIN BRIDGES - Story time is every Tuesday at 11:00am for children 18 mos. - 5 yrs TWIN BRIDGES BOOK CLUB meets every 3rd Tuesday of the month at the Blue Anchor. Dinner at 6:00 with meeting at 7:00. Please email dmmontana@3rivers.net for information

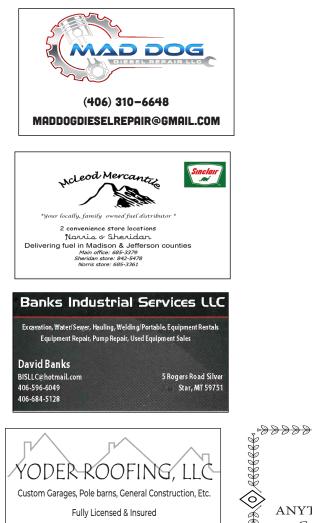
**COMMUNITY SERVICES** 

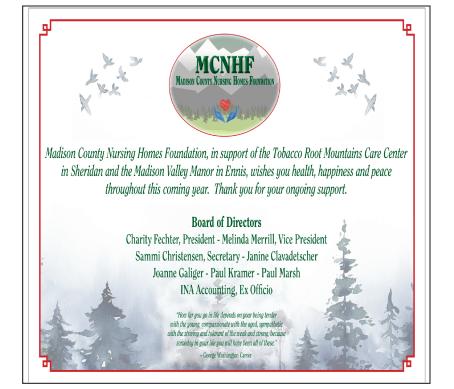
**GRIEF SHARE SUPPORT GROUP - SURVIVING THE HOLIDAYS** - If you have questions, please contact Kathleen @ 406-596-1080 or Pastor Allen Cain @ 406-381-6677 TWIN BRIDGES HELPING HANDS - Twin Bridges-MT Helping Hand Food Pantry - Wednesday's. 10am to 3pm. Call for appointment any other day or time. - 406-596-1978 & 406-233-9616 RUBY VALLEY FOOD PANTRY - Food is distributed on Saturday mornings from 10-12 @ 206 S. Main in Sheridan, MT - between the gas station and post office. P'S CLOTHES & MORE - Located above the Twin Bridges Library. Hours: Wednesday: 9-2, Friday: 10-2 Saturday: 10-2 All items are FREE to the community. Call P at 406-600-2983 to donate or for questions. 3 RIVERS WORSHIP CENTER - WHERE HOPE, FAITH AND LOVE CONVERGE and we would love to have you join us. Come as you are and be blessed. Every Sunday @ 10:30 am @ 3648 MT-287. Family friendly RUBY VALLEY BAPTIST CHURCH - Every Sunday Service Times: - Sunday School 10 am - Morning Service @ 11 am. Bible Study & Prayer Meetings Wednesday Evenings @ 6 pm. **VALLEY KIDS** - PK to 6th grade Wednesday Evenings from 4 to 6 @ Valley Assemble Main Street, Sheridan - See Ad for more information

AA MEETINGS - AL-ANON Group - Mondays @ 7 pm Christ Episcopal Church Fellowship Hall Womens Group - Tuesdavs @ 6:30 pm - Christ Episcopal Church Fellowship Hall AWANA - EK to 5th grade Starting September 11th to December 18th - Wednesday nights 6 pm to 7:30 pm STRENGTH TRAINING CLASSES - Monday, Wednesday, & Fridays @ 2 pm @ The Sheridan Senior Center SOFT SERVE ICE CREAM - Every Thursday - 1 pm to 4 pm - TRMCC Activities Department Fundraiser - See Ad TOWN OF SHERIDAN COUNCIL MEETINGS - 2nd Monday of every month - location TBA **DEADLINE OR SUBMISSIONS TO THE RUBY VALLEY NUGGET MONDAY AFTERNOONS!** 

If you have a event you would like us to help you promote, please let us know.

### **RUBYVALLEYNUGGET@GMAIL.COM**



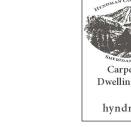






BUYING FLY FISHING TACKLE SMALL ANTIQUES ANYTHING OLD & INTERESTING CALL SAM @ (610) 703-4349 LOCATED IN DILLON







HARSHBARGER LAW FIRM www.harshbargerlawfirm.com

Lori A. Harshbarger, Attorney	204 S. Main Street
Kylee Gibson, Attorney	<b>P.O. Box 445</b>
Tai Goldin, Of Council	Twin Bridges, MT 59754

Phone: (406) 684-5001 Fax: (406) 684-5116



 $\langle \! \circ \! \rangle$ 

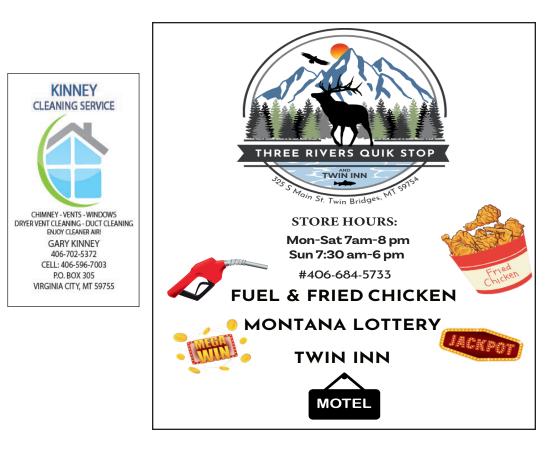
We have the best loans for anything, including cars, trucks, motorcycles, ATVs, side-by-sides, and RVs. We offer **Mechanical Repair Coverage** just like dealer extended warranty, but at a lower cost. And our **Guaranteed Asset Protection** covers the difference between what insurance pays and your loan. Premiums can be included in your monthly payment.

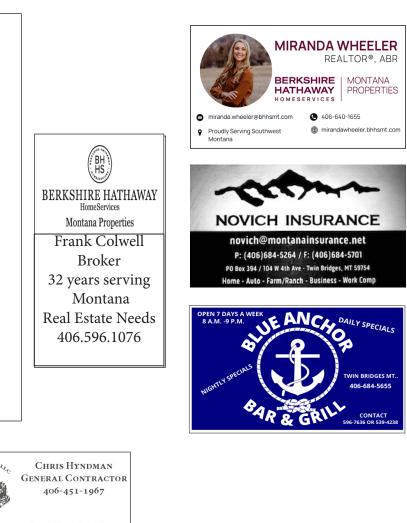
Get **preapproved** before you shop a dealer or private party to negotiate the best price on any new or used vehicle!





406-579-3877









Twin Bridges Library is looking for energetic, fun and caring individuals to help lead and alternate weeks during our Storytime from 10:30am – 12:00 once a week. Currently we are meeting on Tuesdays. If you are interested in helping with our community children ages 18mos - 5 years of age, please contact Kerstin Clark @ (406) 207-0440 or

kerstinclark@gmail.com.





# **FIREWOOD BANK OF THE RUBY VALLEY VOLUNTEERS NEEDED! Neighbors Helping Neighbors**

A JOB FOR EVERY VOLUNTEER. AT ANY SKILL LEVEL CUT - SPLIT - STACK FOR MORE **INFORMATION** CONTACT 406-842-7392

A LOCAL CHARITY

#### **Sheridan Library to hold Community Resource Meeting**

The Sheridan Library will hold a meeting at the Sheridan Senior Center on Thursday, January 16 at 6:30pm.

The purpose of the meeting will be to compile a list of resources to assist those in our communities who are experiencing any of a variety of needs, and to facilitate connections and communication between the organizations and people who can provide that assistance in and around the valley.

If you or a representative from your organization would like to be included or for more information, contact William Talbott at the Sheridan Library at 406-842-5770.

HCTOSS				
<ol> <li>Chocolate treat</li> <li>Challenges</li> <li>An aromatic</li> </ol>		1	2	3
12. Be like		11		
15. Bellowed 16. Corrugated 17. French for "Friend"	15			
18. He sings alone 20. Small amount	17			
21. Naked 23. Terminates 24. Luxury car	21			22
25. Anagram of "Sale" 26. Companion 27. Windmill blade	25			
28. Boys 29. Avenue (abbrev.)	28			
30. Dismissed 31. Quirky				31
34. Category 36. Golf ball support 37. French for "State"		34	35	
41. Delicate 42. Suggestion 43. Back of the neck		41		
44. Dreadful 45. Overshoe	44			
46. Puppy sounds 47. American Dental Association	47			
48. Perks 51. Mesh 52. Announces	52			53
54. Region's local floral and fauna	56			
56. Sticks to 57. Command 58. Cast out			58	
59. Requires				<u> </u>

#### Last Issue Answers



3. 5.

Crossword Puzz	le
----------------	----

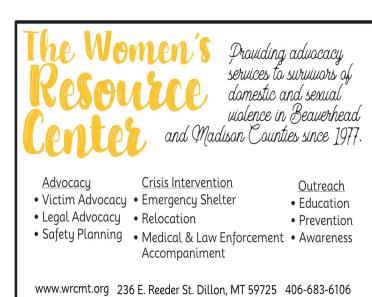
1	5			6	7	8	9	10		
				12					13	14
			16							
18		19						20		
		23					24			
	26					27				
	29				30					
12				33						
			38				37	38	39	40
		42					43			
	45						46			
18					49	50		51		
					54		55			
					57					
					59					

#### Down

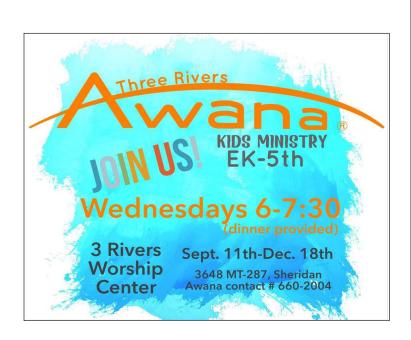
- Mathematical
- equation
- Unassisted
- Do It Yourself Leaves
- Prefix meaning "Within"
- Mock
- Awry
- Litter member
- Antlered animal
- 10. Soup cracker
- 13. Harnessed
  - together
- 14. Poi source

- 15. Humdrum
- 16. In dispute 19. Depart
- 22. Gist
- 24. Property crime
- 26. Riot spray 27. Seven in Roman
- numerals 30. Worry
- 32. Weep
- 33. Canvas
- dwellings
- 34. Skated
- 35. Otalgia

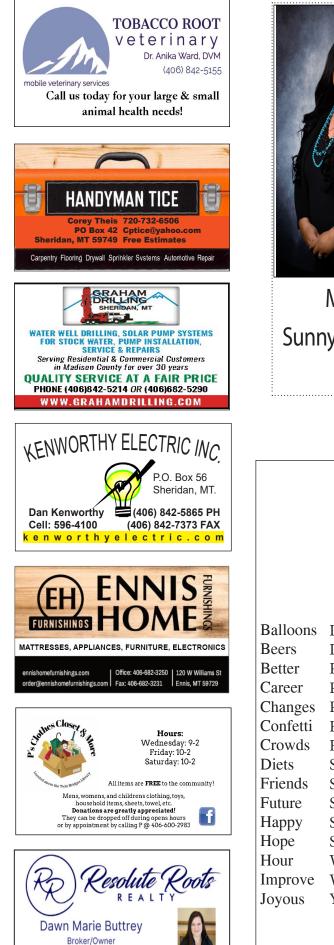
- 38. Contaminated
- 39. Shows up
- 40. Quizzes
- 42. Truthful
- 44. Baby's first worď
- 45. Drills
- 48. Naked
- 49. Anagram of "Bone"
- 50. Your majesty
- 53. Lower limb 55. Flowery verse













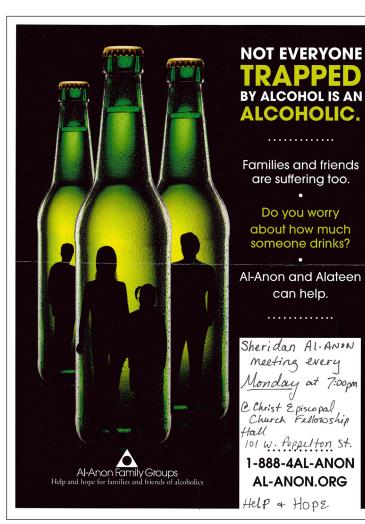
Meet Sunny Harmon





For more information call Sunny Harmon at: 406-925-0647 Jordan Harmon at: 406-925-0615 Gary Caprara at: 406-580-1574

NEW YEAR													
WORD SEARCH													
	S	R	Е	Е	В	В	С	Н	А	Ν	G	Е	S
	D	I	Е	Т	S	R	Е	М	А	Ε	R	Т	S
Lights	W	S	М	L	G	R	Η	Т	Е	Ν	I	W	Ρ
Loft Party	0	Т	R	R	А	0	Е	Η	Т	I	Х	А	S
Pear Proper	R	Η	Y	Е	Ρ	Т	А	С	Ν	Е	R	R	Ν
Recover	С	G	Ρ	Е	G	Т	I	0	0	Т	R	Е	0
Relationship Situation	S	I	Ρ	R	А	Ν	I	0	Y	V	F	Ρ	0
Spirit Spouse	U	L	А	А	D	Т	А	R	Ν	R	Е	0	L
Strangers Streamers	0	Е	Η	С	А	K	Ζ	R	I	S	Т	R	L
Wine Wonder	Y	Х	Κ	U	В	S	Η	Е	Т	Ρ	Η	Ρ	А
Year	0	I	Т	Т	Е	F	Ν	0	С	S	S		В
	J	I	W	0	Ν	D	Е	R	U	Т	U	F	Ρ
	S	Ρ	0	U	S	Ε		М	Ρ	R	0	V	Ε



can help.

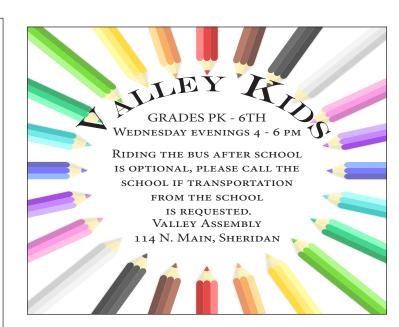




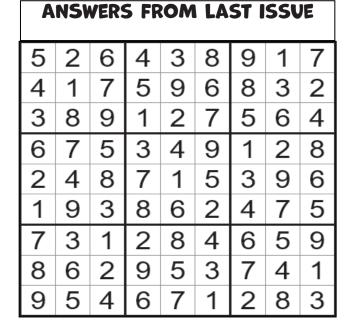
Adult Cone-\$2 Kid Cone- \$1

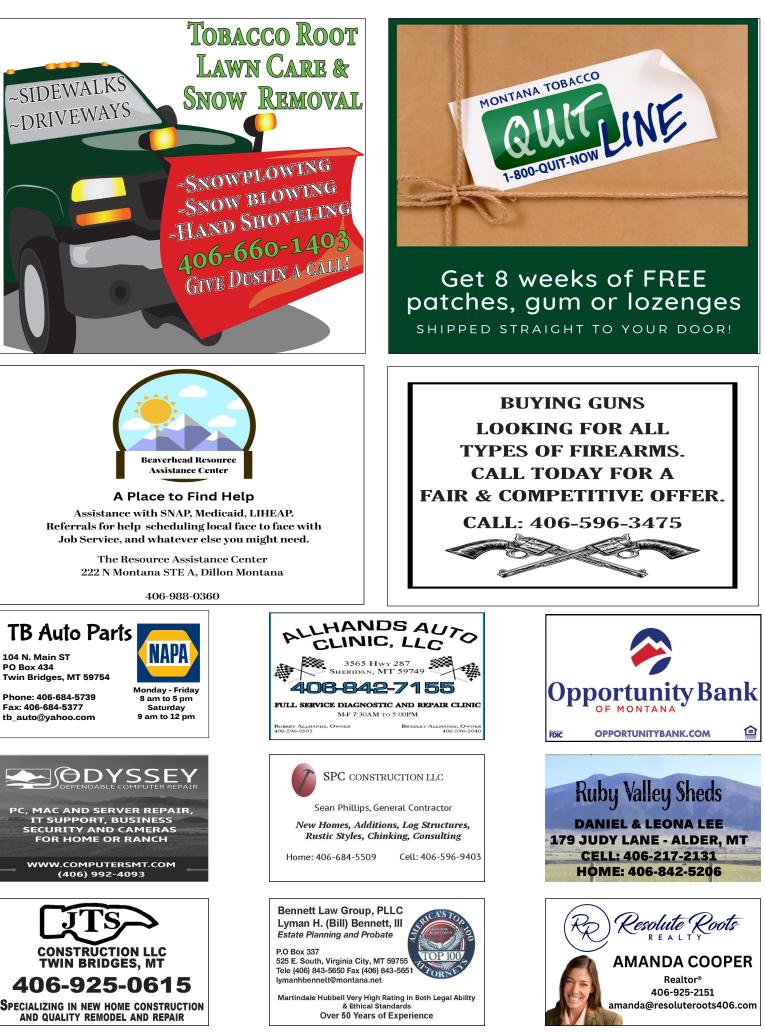


All money is accepted as a donation to the TRMCC Activity Department



	SUDOKU PUZZLE											
4	2						5					
		7		2 3								
	8			3				4				
	9											
		1			6		7	2				
			7			5		2 3				
				7			3	1				
			4									
	6		4 5									













## BERKSHIRE | MONTANA HATHAWAY HOMESERVICES

PROPERTIES



#### **Detailing That Will Help Sell Your Home This Spring**



To sell your home this spring, you should repaint, declutter and deep clean, but details will make the most difference.

- professional.
- •
- coverings for showings to homebuyers.
- clean smelly blades.

Questions? Feel free to reach out—I'd love to help! Nicholette Picken - (406)698-0853 - nicholette.picken@gmail.com



<b>January 2025</b>												
Sun	Mon	Tues	Wed	Thurs	Fri	Sat						
	-		1 HAPPY NEW YEAR!	2	3	4						
5	6	7	8 Twin Bridges Helping Hand Food Pantry 10am-3pm	9	10	1						
12	13	14	15 Twin Bridges Helping Hand Food Pantry 10am-3pm	16	17	18						
19	20 Inauguration Day === Martin Luther King Jr Day	21	22 Twin Bridges Helping Hand Food Pantry 10am-3pm	23 Master Gardener Course Begins @ Sher. Sen Center – 9 week course 12 – 2:30pm every Thurs	24	25 Chili Cook Off @ RVB from 4-6pm						
26	27	28	29 Twin Bridges Helping Hand Food Pantry 10am-3pm	30	31							

**Community Events** 



Nicholette Picken BROKER® (406)698-0853 nicholette.picken@gmail.com

#### MONTANA PROPERTIES

• Before you paint, scuff up the surface with a light sanding or a fine abrasive pad. Clean walls and floors of dust and dirt so painter's tape will adhere tightly, and your paint job looks more

Be ruthless when you declutter. Donate items you don't use or like very much. Closets look bigger with fewer clothes. Organize kitchen and bath cabinets and drawers for more appeal.

Deep cleaning should include windows. Vacuum dust and dirt from sills, then apply a generous spray of window cleaner. Use a squeegee to remove wet streaks, which works better than a cloth. Fluff curtains in the dryer and wipe off curtain rods in the meanwhile. Open all window

Pay attention to smells. Wash all bedding, and apply baking soda to the mattresses, then vacuum. Wash or replace pet beds. Put orange peels down into stinky garbage disposals to help

