

Amargosa Valley Newsletter

Published monthly by Town of Amargosa Valley, Nevada

August 2010

Amargosa Valley Town Board

On July 29, 2010 the Amargosa Valley Town Advisory Board election went as follows.

Vern Gilliland – 34
Linda Bromell – 30
Perry Souza – 20
Jon DeLee – 11
None of the above – 7

Perry & Jon will be up for re-election in November 2010

Vern & Linda will be up for re-election in November 2011

Congratulations to the new Town Advisory Board.

Looking for new members immediately:
Memorial Support Committee
Amargosa Events Committee

It is time once again to review the by-laws for the Town Advisory Board. A committee needs to be formed/appointed to review and draft if necessary any changes that need to be made. Anyone interested in serving on this committee should contact Shelly at the Town Office 372-5459 prior to Wednesday, August 18, 2010. The appointment of the committee is expected to be an item on the August 26, 2010 agenda for the AV Town Advisory Board.

In January 2011, the following committees will have the members appointed to them. If you are interested in serving on any of these committees please contact Shelly at the Town Office 372-5459.

Cemetery Committee
Planning Committee
Memorial Support Committee
Amargosa Events Committee

Vandalism in the Community Center..

On July 29, 2010 prior to the Town Board Meeting, citizens of our community, chose to vandalize property belonging to other citizens of this community. A large poster created by Amargosa Valley students for a play they were participating in was ripped and wadded up by someone who apparently did not like the art work displayed for a community activity. Had it been simply moved aside with respect, the change would have been understandable as it may have been blocking equipment needed for the meeting. But the ripping, wadding and throwing of it into a corner occurred prior to the meeting but after setup. This indicates malicious intent. Fortunately only one student saw the poster in its decrepit state. Adults were able to smooth and tape it before the bulk of the students arrived. That student felt angry and disappointed over the destruction of their work. Destruction of personal affects posted on community property without permission is not neighborly. We should be able to all feel comfortable with our community and use of its assets provided.

Welcome Back Shelly, We are happy to see you back in action.

Thank you again to Andrea Henry for your hard work and helping to keep the Town Office moving.



Upcoming Events

Amargosa Clinic has the Immunization Clinic every 1st and 3rd Tuesday and Thursday of every month for children with no insurance. Physicals and Immunizations are \$20.

EMT Basic Course in Beatty, Nv for more information call The Amargosa EMS at 372-5656

Open Gym is Monday, Wednesday and Thursday 1-4 pm for the kids to play games, arts and crafts, etc.

Open Gyms last day will be August 12, 2010

Back to School Dance on August 27th, 2010

School starts August 30, 2010

Town Thank You's

Thank you to everyone for all of your thoughts, prayers, cards, visits and food, while I was out. I am back in the office for a limited amount of hours for the next few weeks. Beginning Monday August 9th, 2010 the office will be open 8:00 AM until Noon on Mondays, Tuesday and Wednesdays, and from 11:30 til 3:30 p.m. on Thursdays. These hours will hopefully accommodate everyone as much as possible. If you have an issue that cannot wait you can call me at home. Thank you for your patience, it won't be much longer and we will be back to normal operating hours. Thank you again, you are all the best. And to my family and Andrea, I don't know what I would have done without, Thank you all!

School Supply Drive

On August 23-August 27, 2010 there will be boxes in the Library, School and Community Center for School supplies to be dropped off. The School will be open for drop off August 27th, 2010.

Amargosa Valley School Update

School Supply List

Diane George

It is hard to believe that school will be starting already at the end of August. It seems like all the stores started putting out supplies before the 4th of July. Well, since the economy has hit education hard (budget cuts, layoffs, etc.) it would be helpful to make sure our students get the supplies that they need to succeed this school year. Here is just a small list of essentials:

Every student needs pencils/pens and paper or notebooks, and a backpack. Younger students also need crayons, scissors, glue, and a box to keep supplies organized.

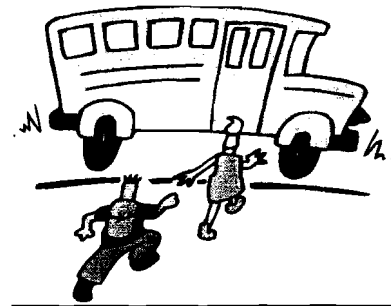
Teachers can use any of these supplies and more:

Copy/printer paper (white & colored), construction paper, rulers, markers (dry erase, permanent), colored pencils, tape (masking, scotch, packing).

Please feel free to donate any supplies to the school, nothing will go to waste.

MEETINGS SCHEDULE

08-01-10 EMT AMBULANCE HALL 6 P.M.
08-03-10 AMERICAN LEGION VFW 7 P.M.
08-10-10 AA RADIO CLUB MTG CC. 6 P.M.
08-10-10 LIBRARY BOARD AVL 6 P.M.
08-10-10 AVFD FIRE HALL #1 7 P.M.
08-11-10 PUBLIC SCOPING MTG CC 5 p.m.
(E.I.S. mtg for Abengoa Solar)
08-17-10 LADIES AUXILLARY VFW 6 P.M.
08-17-10 VFW @ POST 7P.M.
08-21-10 AA RADIO CLUB CC ALL DAY
08-26-10 TOWN BOARD MTG CC 7 P.M.
08/28/10 BUSINESSMEN'S FELLOWSHIP
08-30-10 SCHOOL BEGINS



Senior Center News

Breakfast is back!! Breakfast will be served the 2nd Friday of every other month.

Beginning Friday Aug 13, 2010, we will be serving breakfast from 9.00am to 10.30am, so come and join us and start your weekend off the right way. The menu will be scrambled egg bake with bell peppers, ham, onion, mushrooms, tomatoes and cheese; hash browns; mixed fruit; WW Toast; Coffee, Tea and O.J.

On Tuesday, August 3, 2010, at 10:00 am – 10:45 am at the Senior Center, DOWNWINDERS Nevada Test Site Workers Community Outreach Meeting for those exposed to radiation from above ground nuclear testing from 1951 – 1962 (Presented by The Nevada RESEP Program University of Nevada school of Medicine). LEARN ABOUT: (1) How to access free cancer screenings. (2) Eligibility for government compensation up to \$100,000. (3) Assistance in applying for compensation. (4) RESEP Project services you are eligible for. For more information, please call 702-992-6887.

We are looking for an activity director: if you are interested please contact Jan @ 372-1218 Thank you. If you or a loved one are unable to attend the senior center for meals due to sickness and or handicap and need home-delivered meals please contact Tammy @ 372-5413.

LINE DANCING: Kenna Vallance will be giving line dancing classes August 18, 19, 23, 24, 30 and the 31st from 6:00pm to 7:00pm at the Senior Center. Please call Tammy @ 372-5413 to sign up. If you want to learn to line dance or if you know how already, then join in and help teach others. We look forward to dancing with you soon.

Also come and enjoy: Arts & Crafts every Wednesday from 1pm to 4pm and Friday night pool (must be 18 or older to play). Open pool starts @ 5:30 pm. Also every fourth Wednesday of each month @

5:30pm is Ladies Night Pool. So come on out ladies and have some fun. We look forward to your joining us for dinner and activities.

We have 8lb. bags of ice for sale for \$1.00. And don't forget to bring us your crushed Aluminum cans.

Thank you to Larry and Jean Weese for buying the Senior Center a new fax, it works great.

MEDICAL INFORMATION: SUPPLEMENTS

Remember years ago the phrase “The Sun Never Sets on the British Empire”? This was accomplished by a Vitamin! When a ship left Europe and ran out of fruit and vegetables, the fodder was hard-tack and dried meat. Soon, scurvy set in and, in many cases, resulted in death.

Vitamin C is essential for life. The British discovered that limes stored well and those who partook did not suffer from scurvy. Soon, the British made a lime-a-day mandatory and even today, some refer to British sailors as “Limeys”.

Even today when one is brushing teeth and finds the gums bleeding a little, or if one bruises easily, this could be the start of a Vitamin C deficiency. Taking a Vitamin C supplement, or the right food, will reverse these symptoms in two to three days.

Vitamin C supplements are highly commercialized. The requirement for a healthy adult male is 77 milligrams a day. Try finding, in any store, 100 mg or 250 mg of Vitamin C. While an excellent source is C is citrus family, the richest source is raw cabbage.

Historically, the Chinese in 1421 traveled throughout much of the world in search of trade and with no intention of colonizing. They traveled to Australia, the Mediterranean, Central America, to name a few places, with no scurvy. Sounds far out, but true...but that would be for another Medical Supplement topic.

Amargosa Radio Club

Clyde Butler- President

We are still looking for friends to become Ham radio technicians. You are more than welcome to join us. This is far better and more fun than talking on a CB radio. Your CB radio has its place in the car as well as your H.F. radio. You never know when you might be called upon to give aid and/or assistance in an emergency. WHEN ALL ELSE FAILS YOUR HAM RADIO OPERATORS ARE THERE. There are no longer Morse code test requirements and we will help you with studying for the Technician tests. If sitting in front of the TV or counting weeds is getting to you, this could be what you're looking for. Our meetings are on the second Tuesday of each month at 6:30pm at the Amargosa Community Center on Farm Road. Please come and join us at our next meeting night AUG 10TH at 6:30 pm. There will be testing for General and Technician on Aug.21st at the Amargosa Community Center on Farm Road. After the meeting some of us have a late night snack at the Jewel of the Amargosa , Longstreets Inn and Casion.

FYI: for those who travel through Death Valley, there is a new Cell tower at Furnace Creek.

From This Corner of the World

Twelve years ago, when I first started gardening out here, my primary concern was to plant things that didn't like each other in different beds. Then I worked on what wanted sun and what didn't, planting the sun-lovers and tall plants on the west and southern sides and the cooler, shorter things on the north, east and middle.

A couple of years later, I began to try to plant my summer garden so that the spaces from crops that finished early could be filled by replants or my winter garden plantings. This meant more drawings and more

scheming, because the winter crops needed to be planted in August and September before most of the summer ones had finished.

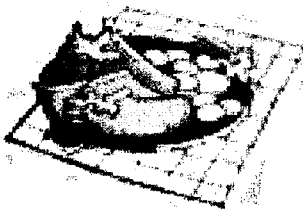
I have always used crop rotation, which is both easier and harder in my garden, because I also rotate the whole garden through multiple 40' X 4' beds. I've tracked what was planted where each year so that I don't plant the same crop in the same place. This helps with nutrients and bug control. A few years ago, I started planting crops that liked each other next to one another. I inter-planted basil and garlic with my tomatoes. Onions with my lettuce. Peppers by themselves.

Then, couple of years ago, I started defensive planting: planting to protect the crops I wanted from the bugs I didn't. Marigolds joined my garden beds, as did nasturtiums. Green and bulb onions scattered through the beds. More basil joined the tomatoes. Over last winter, I learned that radishes kept squash beetles away. Unfortunately, I was told that the beetles only stayed away from the spots in which the radishes lived. So I'm experimenting. I planted white radishes down the length of each viney bed and grew a whole bunch of extra radishes – and juiced them. I just sprayed all of my squash/melons/cucumbers and am crossing my fingers, but there are no beetles in sight yet.

Having discovered that thyme is one of the four things that keep the white moths (and resultant worms) from cabbages, I got creative. The cabbage family should be rotated every year (every two at most). Thyme is a somewhat fragile perennial that won't take well to being moved all over the place. But I do have thyme in my herb garden, so I made thyme tea, strong thyme tea. I mixed it with water in a sprayer and sprayed all of the cabbage family. I'll keep you posted on the results! Happy gardening and happy August. It's time to plant your winter gardens

MENU FOR AMARGOSA SENIOR CENTER 775-372-5413

MONTH OF: Aug-10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	<p style="text-align: center;">2-Aug</p> Hot turkey sandwich Green beans Mashed potatoes Gravy Mixed fruit Chocolate chip cookie	<p style="text-align: center;">3-Aug</p> Red beans and rice Beets in orange sce. Layered salad 100% WW Bread Apple butter Fruit cocktail 7	<p style="text-align: center;">4-Aug</p> Stuffed pepper 61 Spinach spaghetti Mixed greens LFLS Italian drsg. Garlic bread Nectarine	<p style="text-align: center;">5-Aug</p> Shake and bake chicken Mashed potatoes Gravy Peas and carrots Tapioca pudding Fresh orange	<p style="text-align: center;">6-Aug</p> <u>Light bueno's burritos</u> <u>FF sour cream, Salsa</u> <u>Seasoned zucchini</u> <u>Garden salad</u> <u>Pears</u>	CLOSED
CLOSED	<p style="text-align: center;">9-Aug</p> Sloppy Joes Potato wedges Baby carrots Cole slaw Peaches Brownie	<p style="text-align: center;">10-Aug</p> <u>Zesty skillet pork chops</u> <u>Mashed sweet potato</u> <u>and parsnips</u> <u>Cauliflower</u> <u>Mocha cappuccino</u> <u>ice cream pie</u>	<p style="text-align: center;">11-Aug</p> Tuna noodle casserole Herbed vege. Medley Sliced tomatoes LSFF Italian dressing Cracked wheat bread Apple butter 56 Oatmeal date bar	<p style="text-align: center;">12-Aug</p> Chicken broccoli rice Beet Salad Apricot bran muffin LS Margarine Honeydew/Cantaloupe fruit cup 38	<p style="text-align: center;">13-Aug</p> Breakfast 9am to 10:30 Scrambled egg bake with bell peppers, ham, onion, mushroom, Tom. & cheese, Hash browns Mixed fruit, WW Toast Coffee, Tea, O.J	CLOSED
CLOSED	<p style="text-align: center;">16-Aug</p> Baked stuffed pork chops Steamed spinach Baked beans Oat bran rolls Apple butter Pineapple chunks 81	<p style="text-align: center;">17-Aug</p> Dixieland shortcake Black eyed peas Garden salad FF Creamy Italian drsg. Banana 98	<p style="text-align: center;">18-Aug</p> Meat loaf Broccoli with cheese Mashed potatoes Gravy Salad bar Mixed fruit Birthday cake	<p style="text-align: center;">19-Aug</p> <u>Oven fried chicken</u> <u>Peas & carrots</u> <u>Mediterranean soup</u> <u>with mozzarella cheese</u> <u>Colorful salad</u> <u>Bread pudding snacks</u>	<p style="text-align: center;">20-Aug</p> Baked cod cajun style Broccoli stuffed potato Garden salad Caesar Italian drsg. Cracked wheat bread LS Margarine Fresh orange 10	CLOSED
CLOSED	<p style="text-align: center;">23-Aug</p> Spinach lasagna Steamed cauliflower Honey dressing 128 Garlic bread Cherry Apricot granola cup, Orange banana juice	<p style="text-align: center;">24-Aug</p> Chicken teriyaki Baby carrots Fried rice Salad bar Peanut butter cookie Pears	<p style="text-align: center;">25-Aug</p> Green chili pork stew Cheddar cheese Warm tortillas Salad bar Brownie	<p style="text-align: center;">26-Aug</p> Baked liver & onions Mexicorn Tomatoes vinaigrette Mashed potatoes WW Bread Apple butter 101 Sliced peaches	<p style="text-align: center;">27-Aug</p> <u>Turkey enchiladas</u> <u>seasoned zucchini</u> <u>Salsa</u> <u>FF Sour cream</u> <u>Salad bar</u> <u>Apple sauce</u>	CLOSED
CLOSED	<p style="text-align: center;">30-Aug</p> BBQ Chicken Sour cream potato salad Steamed spinnach, Corn on the cob, LS Margarine 7 Grain bread Apple butter Banana 1	<p style="text-align: center;">31-Aug</p> Swiss steak 69 Egg noodles Mixed vegetables Orange spinach salad Italian bread Apricot simply fruit Fresh apple	2% MILK SERVED MENU SUBJECT TO CHANGE		MEALS SERVED FROM 4:00 TO 5:30 P.M.	CLOSED

NEWSLETTER
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Amargosa Valley, NV 89020

PRSRT STD
PAID
Permit #8
Amargosa Valley, NV

ECRWSS LOCAL PATRON

The Amargosa Valley Newsletter has undergone some changes. The newsletter has an email address specifically for newsletter information. There is a deadline for articles so that all newsletters can be delivered on time. The deadline is the 20th of every month. The Newsletter is strictly for Town Information and to keep our wonderful residents up to date on all town events. If you have a meeting, event, celebration, benefit or article you would like to see in the newsletter please email us at newsletter@amargosavalley.com or call the Town Office at 372-5459.