

Amargosa Valley Newsletter

“All the news that’s fit to print (maybe)”

Published monthly by Town of Amargosa Valley, Nevada

June 2011

FLAG DAY CEREMONY JUNE 14, 2011

This is the day to pay special respect to our national flag, Old Glory. As part of the day, any and all flags that have been weathered, torn, or otherwise made un-presentable will be retired under proper protocol. Flags may be delivered to the town office or to the VFW hall prior to June 14.

from Amargosa Valley School

by Diane George

I can't believe the school year is almost over. The last day for students is June 9, 2011. This will be a half day of school. There will be an awards assembly on that day starting at 9:00 am in the Community Center. Students will be released after the assembly.

The next school year begins on August 29, 2011. There will be changes due to budget cuts, but we do not know what any of this means for our school until the state budget is finalized. Remember it's not too late to contact our Governor and elected representatives.

Have a happy and safe summer!

**THANK YOU TO ALL WHO HELPED
OUT AT THE CEMETERY CLEAN UP
ON MAY 7TH!**

News from the Library

by Leslie Scott

The Library would like to remind parents that registration for the Summer Reading Program “One World, Many Stories” starts May 31st. Parents need to come into the library to fill out necessary paper work. If you have any questions please call us at 372-5340. Again, the program will begin with an optional lunch provided by the Amargosa Valley Elementary/Middle School at 12:00; activities will start at 12:30 and end 2:30.

La Biblioteca gustaria recorder a los padres que la inscripcion para el programa de los ninos k-8 “Un Mundo, Muchas Historias.” Comienza el 31 de Mayo, Padres necesidad de entrar en la biblioteca para llenar el papeleo necesario. Si usted tien preguntas porfavor llame a 372-5340. Una vez mas, el programa se iniciara con un lonche opcional proporcionado por la escuela de Amargosa Valley. A las 12:00 de la tarde; actividades se iniciara a las 12:30 pm y se termina a las 2:30pm.

Anyone Interested in taking an **EMT Basic class**, please contact Amargosa Ambulance at 372-5656 or Pam Everett at 372-5562. Volunteering only 12 hours a week can be very rewarding and beneficial to your community

**Town newsletter email address:
newsletter@amargosavalley.com**

**Please send copy also to:
town@amargosavalley.com**

MEDICAL INFORMATION

By: Ed Munton

Scientific information suggests, but does not prove, that antioxidant foods may reduce heart disease and other diseases that are caused by cell-damaging free-radicals. Many supplements and herbal products that are sold in health food stores and pharmacies have these antioxidant properties; however, most antioxidants are found in fruits and vegetables that are colored, such as: fresh tomatoes, pomegranates, bell peppers, beets, apples, berries, blueberries, cranberries, cherries, grapes, olives, plums, carrots, green tea, oranges, tangerines and even chocolate. Therefore, with the proper diet, why buy supplements?

In Amargosa, at the Senior Center, they offer excellent, inexpensive, well-balanced fare. For those 60 years of age, or older, suggested donation is \$3.00 per meal; for those under 60 years of age, the suggested donation is \$6.00 per meal. The Senior Center always has fresh cubed tomatoes at their salad bar and usually there are other fruits and vegetables. They are open Monday thru Friday.

On another subject: Vitamin D. Very recently several experts have found that a small but significant minority of individuals that either by improper diet, deficient exposure to sunlight, or other reasons, are lacking in adequate blood levels of Vitamin D and need an additional intake of it. It is thought that this is caused by heredity. Women with breast cancer have also been found to be deficient in Vitamin D blood levels. Therefore, it is prudent for everyone when they get their yearly health exam that it also include a Vitamin D blood level. It is not wise to arbitrarily take additional Vitamin D without knowing one's baseline Vitamin D blood level, as too much Vitamin D can be toxic.

YARD SALE at Kenna Vallance home:

6/10 - 6/12 (Fri/Sat/Sun)

2730 W Wolf Ct.

8 am - 6 pm

I am also having another one on 6/24 - 6/26.

The **Stateline Saloon's Cafe** is now going to be offering for sale, fresh baked bread, buns and cinnamon cake donuts, every weekend, starting Saturday, June 4th.

Free samples of the bread, buns & doughnuts will be given on Friday, June 3rd, from 3pm till 6pm. Special orders for fresh bread, buns or cake doughnuts, will be accepted with a 24-hour notice.

Amargosa Senior Thrift Store

The Senior Center will be opening their thrift store beginning July 6th. It will be open every Wednesday from 1PM to 5PM.

Donations will be accepted starting June 1st. We will be accepting gently-used items only, no televisions or heavy furniture. To drop off donations, please call: Linda at 775-764-0150, Pat at 372-5401, or Ellie at 372-5244.

Please Note: all monies collected from your contributions will go towards our local Seniors. Also, there are crutches, walkers, wheelchairs, canes and bedside potties for anyone in need. Call the Senior Center at 372-5413 for additional information.

SCOTTY'S CASTLE ORGAN CONCERT

Three shows only: June 17-7PM

June 18-5:30 or 7PM

Ticket price is \$40.00--seating is limited so call to reserve your seat. 800-478-8564 ext 10 featuring concert organist James Welch.

Amargosa Valley Amateur Radio Club

By: Glen Shoeck

The Amateur Radio Club will have a busy month in June 2011. Activities will include license testing and Field Day. Field Day is an annual event which takes place on the fourth weekend in June. Hams take to the "field" to communicate under conditions which simulate an emergency environment. Amateurs use nonstandard power sources for running their equipment such as generators, wind power, solar, or batteries. Field expedient antennas are erected and some hams competed to log as many contacts as possible. This year's Field Day begins during the weekend of June 25 and continues through Sunday June 26. Our Club uses solar power and battery backup to run their Transceivers.

Your local Club (call sign NV7AV) continues to encourage new candidates to become hams. Testing is scheduled for Saturday, June 18 at 12:00 to 2:00PM. Location: the Veterans of Foreign Wars (VFW) facility on White Sands and Highway 373. Practice exams are available on the web site www.qrz.com. Study materials can be borrowed from the Club. Contact Gene Butler at 372-1282 or by e-mail fourbears@veawb.coop to sign out for a study manual. Also, a number of ham organizations will sell study materials. Examples are the Amateur Radio Relay League (ARRL) and the W5YI group. Their web sites are respectively www.arrl.org and www.w5yi.org. Parents notice: Encourage your teenager to become an amateur radio operator. They will begin to learn about electronics, communications, and the physics of radio signal propagation. This could be the start of a career in science or engineering and the rewards of some of the highest paying jobs in America.

We would also like to remind you that Morse code is no longer a requirement for licensing. Attend one of our meetings and get to know us, we would be happy to help you get started in this fun, technical hobby. Contact Archie Selbach 775-513-5780.

Some other famous people who were or are hams: Band leaders Spike Jones and Walter "Pee Wee" Hunt; actors Ozzie Nelson, Priscilla Presley, and Shari Belafonte; Paul Tibbets who flew the Enola Gay which dropped the first atomic bomb on Hiroshima in 1945; guitarist Chet Atkins, John Sculley, co-founder of Apple Computer; Nobel Prize winners Dr. Michael Brown in Medicine and Dr. Richard Feynman in Physics; Arthur Godfrey; Andy Devine; and legendary film director John Huston.

The next Club meeting will convene at the VFW Post at 6:30 PM on Tuesday, June 14.

Possible off Road Club

I have seen a lot of jeeps and 4x4s here in the valley. I know some of you use them going off road. I would like to know if you are interested in getting together to do some off-roading in the Amargosa Valley area or Death Valley. If you are interested, please call me (Gene Butler) at 372-1282

MARK YOUR CALENDARS!!!

2011 G.R.E.A.T. Summer Program

Amargosa Park

Ages K-8th

July 18-22, 2011

8am to 12pm

You can contact the following AVTAB members by email:

Joe DeLee

joe@amargosa.biz

Vern Gilliland

internvern@yahoo.com

Linda Bromell

smithandbrom@hotmail.com

Gary Atkerson

gaatkerson@aol.com

Joe Cohan

av1joe@yahoo.com

Community Calendar

ARE YOU A CAREGIVER?

Do you need a break? Would you like to have some private time while your loved one is with a caring, responsible and mature volunteer? RSVP Respite Care Program can help you to take a break, to get your hair done, have lunch with friends, take a walk in the park, spend quiet time at the library or go for a drive. Our volunteers are trained to be a companion for your loved one, we may play cards, Scrabble, have a conversation, watch TV or listen to stories, for about four hours at a time on a weekly basis. Call Jan Lindsay at 775-751-5282 for more information and to get your Respite for the Caregiver Program started. **Please call, we're here to help.**

- 6/8: 8th Grade Promotion, 6:30pm, AVCC
- 6/9: School Awards Assembly 9AM, AVCC
- 6/14: Summer Reading Program, 12pm, AVCC
- 6/14: Chamber of Commerce 12:30pm, Longstreet
- 6/14: Library Board 6pm, AV Library
- 6/14: Amateur Radio Club 6-8pm, AVCC
- 6/16: Planning Committee mtg., 6pm, AVCC
- 6/18: Amateur Radio Club 11am-2:30pm, AVCC
- 6/21: Summer Reading Program, 12pm, AVCC
- 6/21: American Legion 5pm, VFW
- 6/21: VFW Ladies Auxiliary 6pm, VFW
- 6/21: VFW mtg. 7pm, VFW
- 6/28: Summer Reading Program, 12pm, AVCC
- 6/30: Town Advisory Board 7pm, AVCC

Local Websites

Town Information, classified ads, minutes, and agendas
www.avnv.biz

Local pictures, tourist info, etc.
www.avnv.us

Internet services and real estate
www.avnv.net



Nye County official site
www.nyecounty.net

Amargosa Valley Chamber of Commerce
www.amargosachamber.org

MENU FOR AMARGOSA SENIOR CENTER 775-372-5413

MONTH OF: JUNE 2011 MENU

MEALS SERVED FROM 4:00 TO 5:30 P.M.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED		2% MILK SERVED MENU SUBJECT TO CHANGE	1-Jun	2-Jun	3-Jun	CLOSED
			Baked meat loaf Mashed potatoes Steamed spinach, Let & Tom. Salad, LS French dressing, 100% WW bread, Peach butter Chantilly fruit cup (3)	Baked chicken tenders French baked potatoes Beets in orange sauce Carrot and raisin salad Cracked wheat bread Apple butter, Ambrosia	Lemon baked fish Broccoli stuffed potato Steamed carrots Beet salad 100% WW Bread Pudding	
CLOSED	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	CLOSED
	Spaghetti Cheesy garlic bread Peas & Onions Soup & Salad bar Strawberry cup	Shake-n-bake pork chop Rice pilaf Mixed vegetables Salad bar Soup brownie	BBQ Chicken Baked acorn squash Cucumbers in sour cream, Biscuit Honey Ambrosia 72	<u>Salisbury steak with mushroom sauce</u> <u>W heat bread</u> <u>Broccoli</u> <u>Peach cup</u> <u>Soup & Salad Bar</u>	Denver Omelets Hash Browns Biscuits w Gravy Fresh Fruit Served 9:00 to 10:30 AM	
CLOSED	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	CLOSED
	<u>Turkey enchiladas</u> <u>Broccoli Salsa</u> <u>FF Sour cream</u> <u>Salad bar</u> <u>Sugar Free Jell-O</u>	Chicken Mashed potatoes, Gravy Mixed Vegetables Garden salad, 7 Grain bread, Jelly Concord grape, Apricots Oatmeal cookie 103	Spinach lasagna Cheesy garlic bread Cauliflower Salad bar White birthday cake with strawberries	Baked ham and pineapple Scalloped potatoes Brussels sprouts with cheese sauce Salad bar Tapioca Pudding	Roast beef Red potatoes Mixed vegetables Salad bar Ice Cream Peaches Father's day dinner	
CLOSED	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	CLOSED
	Apple topped pork chops Baked sweet potato Lettuce & tomato salad LFLS French dressing Cracked wheat bread LS Margarine 138 Rice krispies treats	<u>Sesame chicken and vegetable stir-fry</u> <u>Rice</u> <u>Green Beans</u> <u>Egg Drop soup</u> <u>Almond Cookie</u>	Oven roasted turkey Mashed potatoes Gravy Brussels sprouts Soup Salad bar Fresh Fruit	Pepper steak w/ Rice Tomatoes vinaigrette 125 Bran roll Peach butter Dutch apple cake	Fish Sandwich Potato wedges Mixed vegetables Soup & Salad Bar Ice Cream	
Father's day	27-Jun	28-Jun	29-Jun	30-Jun		CLOSED
CLOSED	Tahitian Chicken Rice casserole Braised red cabbage 7 Grain bread Margarine Tangerine 28	Liver & onions Mexicorn Mashed potatoes Soup & Salad Bar Dinner rolls Brownies	<u>Veggie pitas pizzas</u> <u>Cheeseburger Soup</u> <u>Salad Bar</u> <u>Peas & Carrots</u> <u>Melon</u>	Turkey chili Cornbread LSLF Italian dressing Mixed Fruit Brownie Chocolate chip cookie		

Newsletter
HCR 69 Box 401-W
Amargosa Valley, NV 89020

PRSRT STD
PAID
Permit #8
Amargosa Valley, NV

ECRWSS

LOCAL PATRON



▲ 619 Mini Flatbreads Chicken Fajita



▲ 472 Creamed Chipped Beef



▲ 750 Roasted Turkey Tenders with Gravy



▲ 891 Sliced Beef with Mashed Potatoes



▲ 628 Cheeseburger

SCHWAN'S FOR SENIORS

One-Day Special Event
at the Amargosa Senior Center

11 June 2011

between 9:00 a.m. and 5:00 p.m.

Take Farm Road to Williamson, to Desert Senior Lane.

You will see the Trucks.

Our Senior Center will get funding from everything you buy & pick up that day.

You may **pre-order** under event number **(34712)**

www.schwans.com or toll free **1-888-SCHWANS (1-888-724-9267)**

or you may also come and **buy what you need without pre-ordering.**

And there will also be some samples being prepared on site!

There will be **several** trucks, and the drivers will bring a wide assortment of things that they know people in our Valley use.



So please help Schwan's help us, by ordering through our account, and get your frozen food delivered to the Senior Center on June 11.

This would also be a great time to **stock up on ice cream.**



AND, soon we will have Schwan's ice cream for sale at the Senior Center.

Watch this space and posting places for more info.