

Amargosa Valley Newsletter

"All the news that's fit to print (maybe)"

Published monthly by Town of Amargosa Valley, Nevada

November 2011

News from the Library

by Leslie Scott

Starting November 7th the Library will be switching to winter hours which are Mondays' 9am to 6pm, Tuesdays' through Fridays' 9am to 5pm. Also, the Library will be having Fine Forgiveness Month, November 1st – 30th. Patrons who have existing fines will be able to have their total cut in half and if you accrue fines during the month they cleared. Also, we would like to remind the community that we are still accepting donations in the form of paperback books and used ink cartridges.

Amargosa Valley Medical Clinic

With our new doctor we have gone back to our regular hours: Mon – Fri 8:00am – 5pm

Our next provider at the medical clinic will be a female PA. Her name is Dana Osipower and she will be here for 3 weeks starting 10/24. So those of you ladies out there that prefer to see a female provider for your yearly exam here's your chance. Call the clinic at 372-5432 and make your appointment.

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? THE RSVP RESPITE PROGRAM CAN HELP YOU TO TAKE A BREAK; GET YOUR HAIR DONE, GO TO THE BARBER'S, 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 FROM LONG AGO. WE CAN COME IN FOR 4 HOURS AT A TIME ON A

WEEKLY BASIS. PLEASE CALL ~ WE'RE HERE TO HELP.

DID YOU KNOW THAT APPROXIMATELY 40% OF CAREGIVERS WHO ARE CARING FOR CHRONICALLY ILL LOVED ONES ON A 24 HOUR, 7 DAYS A WEEK SCHEDULE DIE BEFORE THEIR LOVED ONES? IT'S TRUE, WHICH THEN TRIGGERS A HUGE RISK FOR THE LOVED ONES TO BE INSTITUTIONALIZED - WHICH THEY FEAR MORE THAN DEATH.

THE RSVP RESPITE CARE PROGRAM'S GOAL IS TO HAVE TRAINED, CAPABLE VOLUNTEERS WHO CAN PERSUADE THE CAREGIVER THAT IT IS OKAY TO LEAVE FOR A FEW HOURS AND NOT WORRY ABOUT THEIR LOVED ONE. THIS IS ALSO A GREAT EXPERIENCE FOR THE CLIENT AS IT INTRODUCES A NEW PERSON TO HEAR OLD STORIES AND TO GET A LAUGH FROM THE NEW PERSON. PLEASE CALL ON US, WE CAN HELP. JAN LINDSAY, RSVP FIELD REPRESENTATIVE, 775-751-5282.

DRAGONS AND BOOKS

Pat Minshall

We have some dragons for sale. A wonderful "night light dragon" and some plush toys. Then, books, lots of books. We have almost a complete collection of J. A. Jance both her J.P. Beaumont and Joanna Brady series, these are great mysteries. We also have "Clive Cussler, James Patterson, Jonathan Kellerman, Faith Kellerman and others too numerous to mention. We always have new things coming in. The "Senior Center Thrift Store" is open Wednesdays from 1-5PM. Come visit, buy.

Amargosa Amateur Radio Club

by Glen Schoeck

RTTY or "Radio Teletype" is a FSK or "Frequency Shift Keying" mode that has been in use longer than any other digital mode (except for morse code). RTTY is a very simple technique which uses a five-bit code to represent all the letters of the alphabet, the numbers, some punctuation and some control characters. At 45 baud (typically) each bit is 1/45.45 seconds long, or 22 ms and corresponds to a typing speed of 60 WPM. There is no error correction provided in RTTY; noise and interference can have a seriously detrimental effect. Despite its relative disadvantages, RTTY is still popular with many radio amateurs. This mode has now been implemented with commonly available PC sound card software.

PSK31 is the first new digital mode to find popularity on HF bands in many years. It combines the advantages of a simple variable length text code with a narrow bandwidth phase-shift keying (PSK) signal using DSP techniques. This mode is designed for "real time" keyboard operation and at a 31 baud rate is only fast enough to keep up with the typical amateur typist. PSK31 enjoys great popularity on the HF bands today and is presently the standard for live keyboard communications. Most of the ASCII characters are supported. A second version having four (quad) phase shifts (QPSK) is available that provides Forward Error Correction (FEC) at the cost of reduced Signal to Noise ratio. Since PSK31 was one of the first new digital sound card modes to be developed and introduced, there are numerous programs available that support this mode - most of the programs available as "freeware".

Kudo's to Bill Bartley KF7DHE for sponsoring the Western Reflector, and for all the hard work of getting it up and running. As of our September licensing session we now have one new General class operator, and two new Extra class operators in the valley. The FCC "Federal Communications Commission" licenses three classes of operators, Technician which is the entry level license, General which is the intermediate level license, and Amateur Extra which is the highest license class. Each license class has band and frequencies allotted for each level, with Amateur Extra having all privileges. Congratulations to all. We have a new club patch guaranteed to get your attention especially in the sunlight. Anyone interested in becoming an amateur we have testing

approximately every three months. To see about club sponsored study material contact Gene at 372-1282. The next test session will be Saturday 12-17-2011, at 12:00PM at the Community Center. The next club meeting will be Tuesday 11-8-2011 at 6:30 PM at the Community Center. Need more information contact Archie Selbach at 775-513-5780.

Spaying or Neutering Your Pet

by Maurie Choate

Why is it important to spay or neuter my pet? Spaying or neutering your pet helps reduce the number of unwanted pets, and it provides long-term health benefits to your dog or cat. You care for your pet and want to ensure that he is happy and healthy. Unfortunately, for every puppy or kitten that finds a happy home, four others are unwanted, unloved and possibly neglected or abused. Don't be part of the problem-be part of the solution!

Though your pet is a companion and friend, not all pets are as cherished as yours. In animal shelters through-out North America, four to six million dogs and cats are euthanized each year. Although these figures seem staggering it's easy to understand when you consider this: If one pair of cats produces eight kittens per year, and each of those kittens then produces an average of eight kittens per year, almost 300,000 cats are in the "family tree" in year six. In year seven, the descendents of the original mother and father cat number almost 2.4 million!

Spaying or neutering your pet also has long-term health benefits. In females, it helps to prevent breast cancer, uterine infections, and complications from difficult pregnancies. In males, it prevents testicular cancer and infections and other diseases. By spaying or neutering your dog or cat, you may also avoid problematic behaviors, like begging for attention or spraying urine.

What is spaying?

Spaying of female dogs and cats, called "ovariohysterectomy," is the surgical removal of the ovaries, fallopian tubes, and uterus. Spaying your pet eliminates all heat cycles and the accompanying unwanted bleeding, nervousness, and desire to mate. Female dogs and cats are often mature enough to reproduce once they reach the age of six months.

Female dogs go through a reproductive cycle, or "heat," every six months, usually once in the spring and again in the fall. The entire cycle may be as short as several days or as long as four weeks. Often, female dogs will experience some personality changes during heat cycles, such as being short-tempered or anxious.

Female cats enter their reproductive cycles continuously every three to four weeks during certain times of the year, primarily in the spring and fall. Many female cats become nervous during these heat cycles and exhibit unusual behaviors, such as rolling on the floor, hiding furtively, or begging for constant attention. They often become quite vocal meowing throughout their cycles.

Studies show that by spaying your female dog or cat before her first heat cycle, you greatly reduce her chances of developing breast cancer later in life. Having your female dog or cat spayed will also protect her from uterine infections and difficult or dangerous pregnancies.

What is neutering?

Neutering of male dogs and cats, called "orchietomy," is the process of surgically removing the testicles. If neutering is done at an early age, it eliminates reproductive behavior.

After they reach sexual maturity at six to nine months of age, male dogs and cats are able to breed any time they are exposed to receptive females. Unneutered male dogs and cats are prone to wander off in search of a female in heat. This means trouble! Pets that wander are exposed to diseases more frequently, and they get injured in fights and traffic accidents much more often than pets that do not wander.

Male cats are known to "mark" their territories by spraying odorous urine on furniture, walls, and shrubs. Male dogs are sometimes equally anxious to mark their territories. This tendency is greatly reduced when the pet is neutered. Neutering may also reduce aggressive behavior.

Male dogs and cats benefit from the neutering process in other ways as well. Dogs are less likely to develop disease of the prostate gland, and both dogs and cats are no longer at risk for testicular cancer and infections.

After neutering, your male dog or cat will continue to have his own unique personality. He will be less likely to roam and will enjoy staying at home more.

When should my pet have the surgery?

Generally, veterinarians have recommended that a female pet be spayed before her first heat cycle, which means at about six months of age. Male dogs and cats can be neutered at six months to one year of age, but many veterinarians now perform the surgery on pets that are as young as two to three months. Your veterinarian will be able to recommend the most appropriate timing for your pet's surgery.

Spaying or neutering your dog or cat may reduce his or her metabolism and activity level. Consult with your veterinarian to determine if your pet's food intake should be adjusted accordingly.

Spaying and neutering your pet not only helps reduce the number of unwanted pets, it provides long-term health benefits to your dog or cat. Be part of the solution-spay or neuter your pet.

- **IT IS ALLOWED!**
by Helga Gross-Rondoni

EVERYONE in AMARGOSA VALLEY has now the right to put a want ad in our monthly NEWSLETTER..if you

Need HELP or Need WORK
write what you want... whatever, we ...
the people of Amargosa Valley need to help,
who needs help!

Send your Ad to
newsletter@amargosavalley.com

or send mail to

HC 69BOX 401W

GOOD LUCK, HELGA.

Thanks to Mr. Roman Rajm telling all Amargosans
at the BOARD_MEETING

how important is our famous Post-office,
with our great Postmaster BONNIE...IF...

In the "Real WEST" published 1984

read what a Postmaster did in PAGOSA SPRINGS,
COLORADO

where the mail came once a week, on SUNDAYS.

The postmaster had one big handicap: he couldn't read. IF his assistant happened to be somewhere else when the mail arrived,

he would dump all the mail into a big box and tell everyone to "help yourself."

If you want to read the whole story go to the

Web-page

<http://www.lasvegas1905.com/>

click OLD DAYS.

thanks for reading/ helga

TO all PET_LOVERS!

it'S TIME WE GET BACK A VET FOR OUR PETS.

ONCE A MONTH...

if you be interested please come to the

TOWN BOARD MEETING

on 10/27/at 7 pm and let the Members and all of us know,

that is something we need.

we have the space!

AMARGOSA SENIOR CENTER

Come by the Senior Center at 443 E. Desert Seniors Lane and pick up a Schwan's catalog and order form for a fundraising event to be held on November 12. The Senior Center Project Council will receive a donation based on total sales generated from the event. Plan on ordering those pies and other items that you want for the Thanksgiving and Christmas holidays.

Also on November 12, the Project Council will be sponsoring a Parking Lot Sale at the Senior Center—rent a space or table for \$5. Call 372-5413 to reserve a space. Buy other people's treasures for Christmas gifts. Get special pricing on Senior Center Thrift Shop goodies—lots of clothing available.

The Senior Center serves dinner from 4 to 5 p.m. Monday through Friday except for the second Friday of each month when we serve breakfast (note: In November we will not have breakfast because of Veterans Day). Please see the menu elsewhere in this newsletter. Recommended donation per meal is \$3.00 for seniors.

We do charge a fee for guests under 60 years of age; \$6.00 per meal for those 13-59 years old and \$4.00 for those 12 years and under.

If you're a senior and are unable to come to the center because of a handicap or illness, please call us at 372-5413 for delivery of meals as part of homebound program.

Open Pool is held every Friday starting at 5:30 p.m. and Ladies pool is the fourth Wednesday of each month at 5:30; you must be 18 years or older to play pool.

Please note that the Senior Center will be closed on November 11 to observe Veterans Day and on November 24-25 for the Thanksgiving holiday.

Hallelujah Harvest Festival

It's that time of year again Amargosa Christian Fellowship will be sponsoring the Halliluah Harvest Festival. It will be held October 31st from 6pm -8pm at the community center. There will be games activities refreshments and live Christian music and Candy. The goal of the Halliluah Harvest festival as always is to provide an alternitave to the traditional Halloween and to Keep our young people of the community safe by providing a wholesome environment.

In past years there have been hundreds of attendees both Children and Adults, we always give out several hundreds of pounds of candy. We are seeking donations of both time and candies, we always need volunteers to assist with the games and activities, there is a cake walk, so if you would like to bake cakes or cookies or whatever it will be highly appreciated.

Donations may be giver to Pastor Gary 775-372-5602, Brenda Dymond 775-372-5572. I Thank this community and all of it's residence for helping keep the children safe.... Did I

mention CANDY?..... Pastor **Gary**

AMARGOSA SENIOR CENTER

The Amargosa Senior Center serves dinner from 4 to 5 p.m. Monday through Friday except the second Friday of each month when we serve breakfast. Please see the menu elsewhere in this newsletter. Join us for some of Fred's delicious cooking. Recommended donation for seniors, 60 years of age and older, is \$3.00 per meal. Please ask about purchasing a meal card to get slightly discounted meals.

We do charge a fee for guests under 60 years of age; \$6.00 per meal for those 13-59 years old and \$4.00 for those 12 years and under.

If you're a senior and are unable to come to the center because of a handicap or illness, please call us at 372-5413 for delivery of meals as part of our homebound program.

We continue to have Arts & Crafts every Wednesday from 1 to 4 p.m. Anyone may participate; bring your own projects or work with others to learn a new craft. OPEN POOL is held every Friday starting at 4:30 p.m. Ladies pool is the fourth Wednesday of each month at 5:30; you must be 18 years or older to play pool.

We have ice to purchase, \$1.00 for an 8-pound bag. As a fundraiser for the center we have Schwan's ice cream for sale, \$1.00 per bar, sandwich, or cup.

The Senior Thrift Shop is open every Wednesday from 1 to 5 p.m. The shop is attractively arranged and the pricing can't be beat! Please call Linda at 775-764-0150, Ellie at 372-5244 or Pat at 372-5401 to drop off donations.

October 1 is International Day of Older Persons and recognizes the contributions of older persons. It is also a time to examine the issues that affect the lives of senior citizens.

Please note that the Senior Center will be closed Friday, October 28, to observe Nevada Day.

LINDA'S HOMEMADE PIES FOR THANKGIVING & CHRISTMAS

Tis THE SEASON TO BE THANKFUL & MERRY

**APPLE
PECAN
PEACH
CHERRY
PUMPKIN
BLUEBERRY
LEMON LUSH
BANANA CREAM
COCONUT CREAM
LEMON MERINGUE
CHOCOLATE CREAM
CHOCOLATE MOUSSE
STRAWBERRY RHUBARB
CHERRY, BLUEBERRY OR
STRAWBERRY CHEESECAKE
ALL PIES \$8.00**

TAMALES

**PORK- RED OR GREEN
CHICKEN - RED
MADE BY ROSA GAREY & LORENA
SANCHEZ
\$15.00 A DOZEN
DELIOUS PUMPKIN ROLLS MADE BY
JEAN WEISE \$5.00**

To place your order call:

**Linda cell 775-513-5066
Linda Home 372-5659
Horizon Academy 372-1199
extension 200**

**Pick-up time for orders is; Wednesday,
11-23-11 from 9:00 A.M. until 3:00 P.M
at Horizon Academy. If you need your
order early just let us know when.**

**AMARGOSA VALLEY TOWN BOARD
Agenda for October 27, 2011**

- 1 Pledge of Allegiance
- 2 Action - Approval of the Agenda for the Amargosa Valley Town Board's meeting of October 27, 2011.
- 3 Action – Approval of the minutes from the September 29, 2011
- 4 Monthly Fire Department Report
- 5 Correspondence and Announcements
- 6 GENERAL PUBLIC COMMENT (Three-minute time limit per person.) Action will not be taken on the matters considered during this period until specifically included on an agenda as an action item.
- 7 Action – Emergency Items
- 8 Commissioners Report
- 9 Committee Reports
 - A. Hiring Committee
- 10 Meetings
- 11 Action - Board Member's Comments (This item limited to announcements or topics/issues proposed for future workshops/agendas)
- 12 Town Clerk's Report
- 13 Action - Approval of Town Vouchers
- 14 General Business
 - A. Discuss and decide to form the Arena Committee and appoint members.
 - B. Discussion on a Farmers Market to utilize the park. Presentation by Carmen Brown Raetz.
 - C. Discuss and possibly decide on changing the security requirements for the community center functions.
 - D. Discussion on possible transfer of the newsletter publishing activity to a private party.
 - E. Discuss Christmas in the Park and decide who will organize it.

- F. Discussion on a proposed start of a nuisance ordinance. Presentation by Tona Renegar.
- G. Discussion and possible decision to adopt the proposed Amargosa Town Ordinance Number 1, (The Fire Ordinance).
- H. Discuss and possibly decide to send a letter to the BoCC in support of the clinic and the new providers and to renew the contract for another year.

15 GENERAL PUBLIC COMMENT (Three-minute time limit per person.) Action will not be taken on the matters considered during this period until specifically included on an agenda as an action item.

16 Action – Set time and date of next AVTB meeting.

17 Action –Adjournment

Community Calendar November 2011

11/8 Amateur Radio Club 6-8pm AVCC
11/8 Amargosa Volunteer Fire 7pm AVFD
11/11 Breakfast at the Senior's
11/12 Senior Fundraiser w/Schwans AVSC
11/12 Parking Lot Sale @ Senior's
11/15 American Legion 6PM VFW
11/15 VFW Auxiliary 6PM VFW
11/15 VFW 7PM VFW
11/21 School Play 6pm AVCC

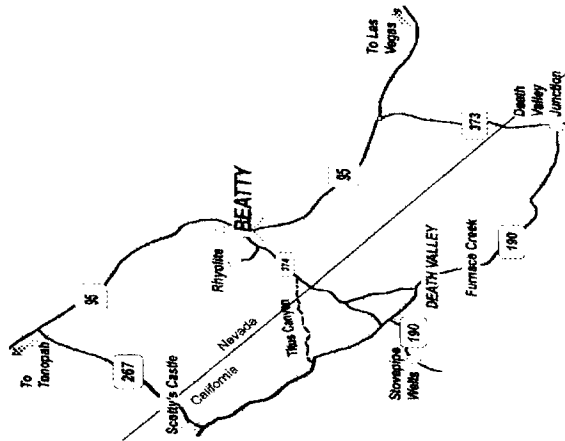
Also, October 30 is the day of the **Horseman Mounted Shooters Demonstration** in the Arena. Refreshments & Snacks.
The **Hallelujah Festival** will be in the Community Center 6-8PM on October 31.

WebSites:

www.avnv.biz Town Information
www.avnv.us Information and Photos
www.avnv.net Local Internet and Real Estate
www.nyecounty.net Nye County Site

Town Office town@amargosavalley.com
775-372-5459

Beatty, Nevada
 Gateway to Death Valley,
 Your Gateway to
 Adventure!

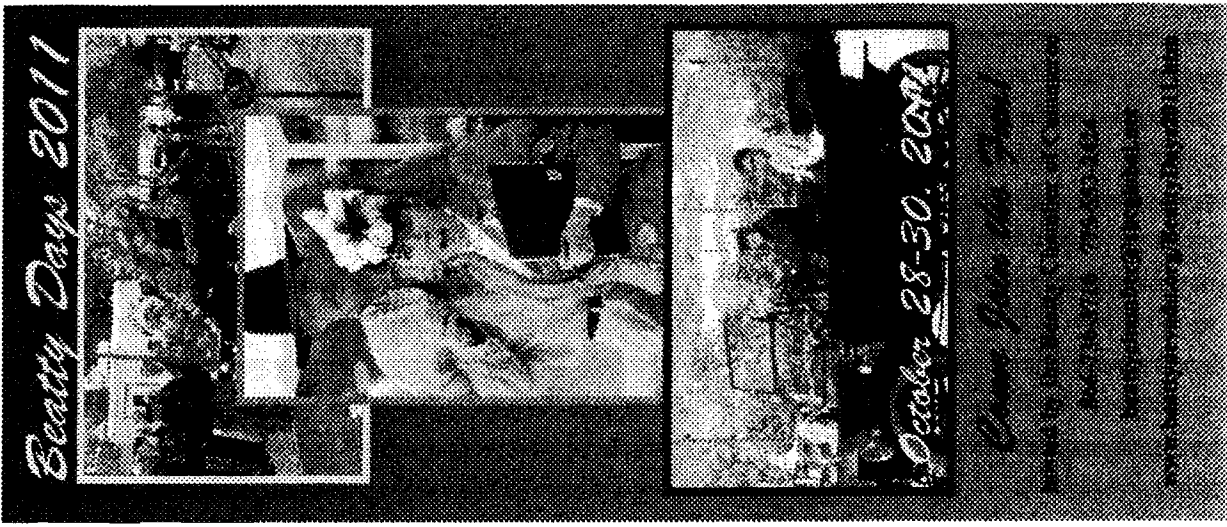
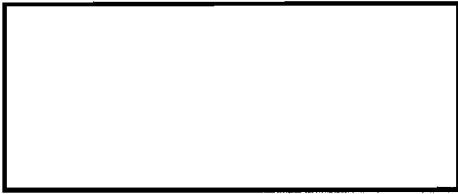


Driving Directions:
 From Las Vegas: take Hwy 95, 100 miles northwest to Beatty.
 From Reno: take Hwy 95, 332 miles South to Beatty.
 From Los Angeles: Take Hwy 395 North to Olancho, Take Hwy 190 East to Death Valley, Past Stovepipe Wells, and the Sand Dunes. Turn Left on Hwy 267, Turn Right on Hwy 374, and follow it to Beatty.

Join us
 for a
 Fun Filled
 Weekend with
 Cars, Bikes, Chili,
 Good Music,
 Good Food,
 and
 Lots of Fun!

For Applications and Information,
 contact the Beatty Chamber of
 Commerce

Beatty is proud to be
 the **GATEWAY TO DEATH VALLEY**
 & a
 NEVADA SILVER TRAILS community



Beatty Chamber of Commerce
 P.O. Box 956
 Beatty, NV 89003

Schedule of Events

Friday, October 28, 2011

12pm Registration Booth Opens for All Events

Poker Walk & Run Registration

In the upper park

2:00 All Vendors Open

3:00 **Antique Gas Engines Display** with

Farming, Mining, & Military Equipment
on Third St

3:45 **Beauty Days Miss, and Jr. Miss**

Crowning in lower park

4:00 Beauty Days kicks off with **music by**

Maria Anderson and Her Southern

Knight Band in lower park

Music by Bridgetown Riders in upper
park

Pre registration for Saturday Events

4:45 **Halloween Costume Contest and Party**

in the lower park

Carved Pumpkin Contest *winners

announced at 6:00

5:15 **Chub-n-Dales Contest** at upper Stage

5:45 **1900's Historical Reenactment** in lower
park

6:15 **Tricycle Races** in the upper park Courtesy

of He-Bah's BBQ

Vendors Close

Saturday, October 29, 2011

8-am **Tombstone 5K Run & 2K Walk**

Registration at Registration booth

8-9:30 **Parade Line-up / Registration** at

Beatty Middle School-4th & Reibel

8:00 **Lion's Club Pancake Breakfast** at the

Upper Pavilion

8:00 **Vendors Open**

8:30 **Tombstone 5K Run & 2K Walk** begins

at Third and Amargosa

Saturday continued

9:30 **ICS Sanctioned Chili Cook-Off** in the

Upper Park

10:00 **Parade Starts** with Announcer Jerry

Adcox and Honorary Grand Marshal

Dave Hall

10:00 **Old West Shootouts** throughout the

day. You may pick up their schedule

at the registration booth or at the

Beatty Cowboy's booth. For more

info visit www.beattycowboys.com

10:30 **5th annual Bike Show** on Amargosa

St

10:30 **Antique Engine Display** continues on

Third St

11:00 **Antique Car Show** in upper park

Live Music by Bridgetown Riders in

upper Park

Music by Cold Fire in the Lower Park

Treat & Treat in car show area

12:00 **Chili Cook-off People's Choice**

Tasting

Sun Country Cloggers perform on the

upper stage

Announcement of Parade Awards by

Honorary Grand Marshal Dave Hall

in the upper Park

Hot Wheels Dragster Racing

Competition in Antique Car Show

area.

12:15 **Tombstone 5K Run & 2k Walk**

winners announced in the upper

Park

12:30 **Bed Races** begin on the East Side of

the park.

1:00 **Quick Draw Competition**

2:30 **Chili Cook-Off Judging**

Saturday continued

2:30 **Bike Games** begin on Amargosa St.

3:00 **Pickle Liquor Hoot-N-Holler** at

upper Stage

Car Show Winners Announced

Bed Race winners Announced

3:30 **Chicken Drop Bingo** Upper Stage

4:00 **Chili Cook Off Winners Announced**

Live Music by The Tracy Barns Band

in the upper park.

5:00 **Horsing Eating Contest** upper Park

courtesy of He-Bah's BBQ

Bike Show & Game Winners

Announced in the upper Park

5:45 **Rootbeer Drinking & Belching**

Contest in the lower park

Sunday, October 30, 2011

8:00 **Lion's Club Pancake Breakfast** at the

Upper Pavilion

Vendors Open

9:30 **Dutch Oven Cook Off**

10:00 **Music by The Tracy Barns Band** in

the Upper Park

Antique Engine Display Continues

Live music by Cold Fire in the Lower

Park

10:30 **Hula hoop Contest** in the upper Park

12:00 **Pet Parade** at upper Park

12:45 **Hot Dog eating Contest**

1:00 **Dutch Oven Cook-off Judging**

1:30 **Dutch Oven People's Choice Tasting**

2:00 **Dutch Oven Cook-Off Winners**

Announced

SPECIAL EVENTS THROUGHOUT

THE WEEKEND

Model Railroad Exhibition

Fri. 12 noon -- 5 pm Sat. 9 am -- 5 pm

Sun. 9 am -- 12 noon

displayed by Las Vegas Garden Railroad

Club at the Beatty Community Center

Downtown Parade

Saturday 8 am -- 10 am

8:00-9:30 Parade line up and registration at

the Middle School on 4th and Reibel. At

10 am the Parade begins with Announcer

Jerry Adcox and Grand Marshall Dave Hall

Poker Walk & Run You Choose your route!

Friday -- 12 noon - Saturday 3 pm

Winners will be announced on Saturday at

3:30 in the Upper Park

Nye Regional Medical Center Health Fair

Saturday & Sunday in the little room at the

Beatty Community Center....Stop in for free

blood pressure, glucose, iron, and cholesterol

tests, & Ultrasounds of the heart and neck

while you learn about their State-of-the-art

medical equipment.

ACCOMMODATIONS

Bailey's Hot Springs RV 775-553-2395

Beatty RV 775-553-2732

Death Valley Inn & RV 775-553-9400

El Portal Motel 775-553-2912

Exchange Club Motel 775-553-2333

Motel 6 775-553-9090

Space Station RV Park & Market 775-553-9039

Stagecoach Hotel & Casino 775-553-2419

Check for Event information at the

Registration booth throughout the weekend

Supported by Chamber of Commerce Members & the

Beatty Town Advisory Board

See Y-all Next Year!

October 26-28, 2012

Winner Announcement times are approximate

YOU'RE INVITED!



What: Fundraiser for Amargosa Valley
Senior Center

When: 11/12/11, 11 am to 4 pm

Where: 443 Ease Desert Senior Lane, Amargosa Valley,
NV 89020

Come out and meet your Schwan's representative, as well as support a good cause! It's never too early to start buying pies for the holidays, or just because they're yummy!

If you would like to pre-order, log on to schwans.com, or call 1-888-SCHWANS (1-888-724-9267). Be sure to use Campaign ID 36842 at check out!



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

PRSRT STD
PAID
Permit #8
Amargosa Valley, NV

ECRWSS
LOCAL PATRON

SENIORS MENU FOR NOVEMBER 2011 MEALS SERVED 4-5PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Nov Chicken Curry on Rice Colorful Salad LFLS French Dressing Whole Wheat Roll LS Margarine Pineapple Chunks	2-Nov Macaroni and Cheese Steamed Spinach French Baked Potatoes Whole Wheat Bread LS Margarine Strawberry/Banana Yogurt Cup	3-Nov Apple Topped Pork Chops Baked Sweet Potato Cucumbers in Sour Cream Lettuce and Tomato Salad LFLS French Dressing Wheat Bread Rice Krispies Treats	4-Nov Unfried Catfish Parsley Buttered Potatoes Steamed Green Beans Creamy Coleslaw Green Salad Apricot Crisp
7-Nov Dixieland Shortcake (turkey, sauce, and cornbread) Blackeye Peas Garden Salad FF Creamy lt. Dr. Banana	8-Nov Grilled Hamburger w/ Bun Corn on the Cob Carrot and Celery Sticks Layered Salad Tapioca Pudding	9-Nov Salmon Loaf Spinach Noodles Steamed Broccoli Waldorf Salad Whole Wheat Bread LS Margarine Fresh Orange	10-Nov Arroz con Pollo Mixed Vegetables Spinach Salad Apricot Cranberry Pear Crisp 7-Grain Bread Apple Butter	11-Nov CLOSED TO OBSERVE VETERANS DAY
14-Nov Spinach Lasagna Steamed Cauliflower Garden Salad Honey Dressing Garlic Bread Cherry Apricot Granola Cup	15-Nov Deviled Pork Chop Baked Potato FF Sour Cream, Chives Steamed Brussels Sprouts Colorful Salad LFLS French Dressing Tapioca Pudding	16-Nov Onion Soup Spinach Mushroom Quiche Beet Salad Seasoned Zucchini 7 Grain Bread FF Peach Yogurt Peach Slices	17-Nov Italian Beef Bake Peas and Carrots Green Salad FF Frozen Vanilla Strawberry Yogurt Cranapple Juice	18-Nov Fish Tacos Frijoles Charros Green Salad Honey Dressing Melon Slices Brownies
21-Nov Southwest Penne and Cheese Zucchini Salad Garlic Bread Citris Delight	22-Nov Roast Turkey Mashed Potato Gravy Yams Green Bean Casserole Cranberry Sauce Pumpkin Pie	23-Nov Tuna Noodle Casserole Herbed Vegetable Medley Sliced Tomatoes LSFF Italian Dressing Cracked Wheat Bread Apple Butter Oatmeal Date Bar	24-Nov THANKSGIVING HOLIDAY CLOSED	25-Nov CLOSED
28-Nov Chicken Nuggets Green Beans with Mushrooms Mashed Sweet Potatoes Tossed Salad FF Creamy Italian Dressing Gingerbread	29-Nov Taco Casserole Spanish Rice Seasoned Zucchini Pumpkin Bread Banana Apple/Pineapple Punch	30-Nov Potato Corn Chowder Grilled Cheese Sandwich Orange Spinach Salad Tropical Fruit Cup Baked Apples		