

# *Amargosa Valley Newsletter*

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

*Published monthly by Town of Amargosa Valley, Nevada*

October 2011

## **News from the Library**

*by Leslie Scott*

The library has updated our catalog to a new program called Destiny. You can check our website out at [www.amargosalibrary.com](http://www.amargosalibrary.com) and take a tour of our new catalog. In addition, our new catalog comes with Destiny Quest which is on the left menu bar under Library Search. Destiny Quest will allow you to have an account (once you register your username and password) where you will be able to see what materials you have checked out, you will be able to request a hold on library materials, and you will be able to publish a list of recommendations or other library related news, to other Destiny Quest users.

Also, the library is asking kids ages 5 to 17 to participate in an art contest where the winner's picture will become the new library card. The rules are simple; the picture must have Amargosa Valley Library somewhere in the design so, please make it fun and creative. In addition, the winner will receive a prize in the form of either a movie or book of their choice. The contest starts October 1<sup>st</sup> and will end November 1<sup>st</sup>.

## **Amargosa Valley Medical Clinic**

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

### **MEDICAL INFORMATION:**

BY Ed Munton

Omega-3 fatty acids are essential fats not synthesized by the body.

They supposedly prevent cancer and heart disease, and help with the immune function and the anti-inflammatory function of the body. They are useful in asthma, rheumatoid arthritis, lupus, and help in recovering from infections due to their effects on the immune system and their anti-inflammatory usefulness. In patients with recent myocardial infarction ("MI"), omega-3 fatty acids helped reduce death rates. They help with normal body functions such as helping to control blood clotting and in the building of brain cell membranes.

The required dosage is unknown, but it is believed that dosage should be kept below 3 Grams daily.

Omega-3's are found in:

**OCEAN FISH:** anchovies, salmon, mackerel, krill, halibut, herring, Albacore tuna, sardines, and in:

**PLANTS:** walnuts, soy products, flaxseed, spinach, brussel sprouts, kale, and in **EGGS.**

Fats to avoid, that are common, are any that are hydrogenated or partially hydrogenated (but these are not omega-3's). These are slowly metabolized, if that.

They make for "hardening of the arteries" (atherosclerotic plaque), which may result in strokes, heart attacks, and other maladies. Many foods contain them and it is wise to look at the small print on the ingredient label.

Omega-3's was a requested subject. I would appreciate others.

## **Dear Town of Amargosa,**

We would like to thank the Amargosa Amateur Radio Club for graciously allowing the Amargosa girl's Volleyball team use of the Community Center on Saturday the 17th. Their support of the team meant a lot to us. We played three matches against Tonopah and Beatty and won all of them. Thank you, once again we have our first wins of the season thanks to you.

Amargosa Sandblasters Go Blasters!!

## **BOOKS, BOOKS, BOOKS**

The Senior Center Thrift Store was given a large donation of books, many mysteries, and almost complete sets of old Westerns. Come and check them out and all the other great stuff. Wednesdays 1-5PM

## **ICE YOUR PHONE**

by Pat Minshall

"ICE" means "In case of emergency: Most police, fire, EMT's and hospital personnel, know to access a persons cell phone to see if there is an emergency contact number for an accident or other emergency victim. Some phones now have an "ICE" app that allows you to put in up to 3 contacts. Most of us carry cell phones and it's a simple way to call an appropriate contact.

**AMARGOSA TOWN BOARD MEETING  
SEPTEMBER 29, 2011 AGENDA**

- 1 Pledge of Allegiance
- 2 Action - Approval of the Agenda for the Amargosa Valley Town Board's meeting of September 29, 2011.
- 3 Action -- Approval of the minutes from the July 28, 2011 Meeting, and the August 25<sup>th</sup> Meeting.
- 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
- 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 Road Improvement List.
  - B. Discussion on a new approach to a Town Garden Club. Presentation by Carmen Brown Raetz.
  - C. Discussion on the possible closure of the Amargosa Valley Post Office.  
Presentation by Roman Rajm.
  - D. Discussion on possible transfer of the newsletter publishing activity to a private party.
  - E. Discussion and Possible Decision on an approval of a shoot-fest (blanks only of course, entertainment only)

demonstration, an activity to utilize the horse arena, with insurance documentation naming the Town of Amargosa Valley as an additional-named-insured under their general insurance liability policy as a condition of Approval.

- F. Discussion on a proposed start of a nuisance ordinance. Presentation by Tona Renegar.
- G. First Reading and Discussion on a proposed Amargosa Town Ordinance, (The Fire Ordinance) having been reviewed and modified by our attorney of record.

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

**NEWS- AS THIS  
NEWSLETTER IS BEING  
FINALIZED- JUST IN!**

**There is now a new concrete ramp that connects the park parking lot to the restrooms. This addition in an improvement towards ADA facilities.**

**Ponderosa Dairy brought 5 yards of quality material, poured and finished the ramp Friday morning 9/23, At No Charge. Clint White also donated all forms materials, re-bar, and some nice technique. Brad Selbach put on the final ADA Compliant finish.**

**This Town Appreciates it!**

Please send newsletter content to:  
[newsletter@amargosavalley.com](mailto:newsletter@amargosavalley.com) AND  
[town@amargosavalley.com](mailto:town@amargosavalley.com)

**Town Office  
[town@amargosavalley.com](mailto:town@amargosavalley.com)  
372-5459**

## COMMUNITY CALENDAR

10/8 Steak Roast by the Seniors! In the Park and  
The Community Center- All Day  
10/11 Chamber of Commerce 12:PM Longstreet  
10/11 Amateur Radio Club AVCC 6-8PM  
10/18 Fire Dept. Meeting 7PM AVFD  
10/18 VFW Auxiliary 6PM VFW  
10/18 American Legion 6PM VFW  
10/18 VFW 7PM VFW  
10/28 Town Board Meeting 7PM AVCC

### School News...

The year has started out fine. We are on our way to learning lots. We will be participating in the Great Nevada Shake Out on 10/20 at 10:20. More than 110,000 Nevadans participated in 2010. This year we will practice how to protect ourselves during earthquakes, and to get prepared. For more information go to this website:

<http://www.shakeout.org/nevada/schools/resource/s/index.html>

Please remember to save **Box Tops for Education**. Just drop them off at school or send them with your child. We use the money to buy books for our Reading Is Fundamental Program. Also, please come in and visit your child's classroom. Just let your child's teacher know by signing a yellow permission slip. You may even ride the bus if you need to do so.

Reminder: October 7<sup>th</sup> is No School for Teacher Professional Development. No School October 10<sup>th</sup> for Columbus Day. Also, No School for Nevada day on October 28, 2011.

### 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.

### TOWN BOARD VACANCY

The Resignation by Linda Bromell has created a vacancy on the Town Board.

The County Clerk has officially notified the Nevada Secretary of State of this vacancy. This will result in an appointment of the new board member by the Governor.

The application process involves filling out a form and inclusion of a resume, and that information will be reviewed by the Governor's Office.

The notice of vacancy and information for application will be posted at the same places that the town board agendas are posted. Please see <http://gov.nv.gov/contact> for the application and information.

2nd Annual  
**Fall Reverse Raffle**  
Sponsored by the Senior Center

Your \$20 Raffle Ticket also buys you  
a Steak Dinner with all the Fixin's  
Iced Tea, Lemonade, Water  
Cash Bar provided by VFW

**Saturday  
Oct 8th**



**4:00 Bingo**

**4:30 \$500 Reverse Raffle Begins**  
(Last Name drawn gets the Big Prize)

**5:00 Steak Dinner - Reservation Required**

See one of the Active Seniors  
to purchase tickets  
(you know who they are)

**Need Not Be Present to Win**  
(But you'll miss your Free Dinner)

**MENU FOR OCTOBER 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	3-Oct Cheese Enchiladas Salsa & Sour Cream Refried Beans Vegetable Soup Green Salad Peach Crisp	4-Oct Hot Turkey Sandwich Green Beans Mashed Potatoes Gravy Green Salad Baked Apple	5-Oct Meat Loaf Mushroom Gravy Mashed Potatoes Steamed Spinach Green Salad Pears	6-Oct BBQ Chicken Baked Acorn Squash Cucumbers in Sour Cream Biscuit, Honey Green Salad Ambrosia	7-Oct Fish Tacos Frijoles Charros Melon Slices Green Salad Brownies Ice Cream
CLOSED	10-Oct Italian Beef Bake Peas & Carrots Spinach Salad Lentil Soup Canned Cherries	11-Oct Three Bean Chili Corn Bread Cauliflower Green Salad Strawberries and Ice Cream	12-Oct Oven Fried Chicken Herbed Vegetable Medley Broccoli Stuffed Potato Mediterranean Soup Green Salad Bread Pudding Snacks	13-Oct Shake 'n Bake Pork Chop Mashed Sweet Potatoes Brussels Sprouts Salad Apricots Chocolate Chip Cookies	14-Oct <b>Breakfast</b> 9-10:30 a.m. Pancakes Spanish Omelet Bacon, Sausage Mixed Fruit OJ, Coffee, Tea
CLOSED	17-Oct Spinach Lasagna Garlic Bread Broccoli with Cheese Hamburger Soup Green Salad Strawberry Cup	18-Oct Egg Drop Soup Chicken Egg Rolls Sweet-n-Sour Sauce Fried Rice Salad Peanut Cookies	19-Oct Spaghetti & Meat Balls Corn on the Cob Vegetable Soup Cheesy Garlic Bread Green Salad Birthday Cake	20-Oct Turkey Enchiladas Broccoli FF Sour Cream Salad Spicy Apple Sauce	21-Oct Lemon Fish(cod) Clam Chowder Brown Rice Pilaf Glazed Carrots Colorful Salad Crisp Ginger Cookies
CLOSED	24-Oct Chicken Tenders French Baked Potatoes Beets in Orange Sauce Green Salad Cracked Wheat Bread Tapioca	25-Oct Beef Stroganoff Noodles California Blend Vegetables Salad Fresh Oranges Blueberry Yogurt	26-Oct Turkey Pot Pie Mixed Greens Salad Seasoned Zucchini Apple Slices Gingerbread	27-Oct Baked Liver & Onion Mashed Potatoes Gravy Mexicorn Tomatoes Vinaigrette WW Bread Sliced Peaches	28-Oct  CLOSED FOR NEVADA DAY
CLOSED	31-Oct French Dip Baked Fries Cole Slaw Green Salad Mocha Cappuccino Pie				
		MENU SUBJECT TO CHANGE	2% MILK SERVED	MEALS SERVED FROM 4:00 TO 5:00 P.M.	443 Desert Senior Ln. Amargosa Valley NV 89020

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

PRSRT STD  
PAID  
Permit #8  
Amargosa Valley, NV

ECRWSS  
LOCAL PATRON