

# Amargosa Valley Newsletter

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

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September 2011

## News from Amargosa Valley School

by Diane George

Welcome Back! I can't believe the school year has begun again. Where did the summer go? Through all the budget cuts, we shuffled, lost and gained some new staff at our school. We lost one teaching position, 3 aides, and a night custodian. Please welcome Mrs. Jackson as our new 3<sup>rd</sup>/4<sup>th</sup> Grade Teacher and Mrs. Cruz as our new school secretary. Mrs. Bacon will be back in Middle School for S.S. and P.E., and Mrs. Spencer will be back as our ESL teacher. Mrs. Buker will be teaching Middle School English.

There will be a Preschool for all 3 to 4 year olds. Parents need to come register their children at the school. The program will start the middle of September.

All students will be given an agenda. It is required that each student bring this to school and home each day. Students also need a 3-ring binder to put their agenda in as well as paper, a pencil pouch, and pencils. Student Goal Setting Worksheets are due Tuesday, September 6, 2011.

No cell phones or other electronic devices are allowed at school! If you need to contact your child during the school day, call the office and we will get a message to them. Any cell phones or electronic devices – MP3 player, I-Pods, etc. – that are seen will be confiscated according Nye County School District policy.

The district has adopted an early release

day for Teacher training. **Students will be released at 2:00 pm every Wednesday.**

School Phone #: 775-372-5324

School Website:

<http://amargosa.k12.nye.k12.nv.us>

Reminder: **NO SCHOOL on Monday, September 5, 2011** for Labor Day.

## News from the Library

by Leslie Scott

The Library will be unable to check materials in or out September 1<sup>st</sup> & 2<sup>nd</sup> as we are updating our automated cataloging system. We will have fax and copy services available all day Thursday the 1<sup>st</sup>. However, on Friday the 2<sup>nd</sup> we will only have services available from 1:00pm to 4:00pm. We apologize for any inconvenience this may cause you.

## Amargosa Senior Thrift Store

The senior center thrift store is now up and running and will be open every Wednesday from 1-5PM. Donations are gratefully accepted but only "gently used" items and "clean" clothes. Please no TV's or heavy furniture. To drop off donations please call Linda @ 775-764-0150, Ellie @ 372-5244 or Pat @ 372-5401. All monies collected from the store will go towards our local seniors.

Also please be aware that we have crutches, walkers, wheelchairs, canes, bedside potties for **"anyone in need"**. Call the Senior center @ 372-5413 for additional information.

## **MEDICAL INFORMATION AGE-RELATED MACULAR DEGENERATION**

*By Ed Munton*

Only recently, age-related macular degeneration (AMD) has been recognized as a leading cause of vision loss in persons over 55.

AMD affects the area of the center of the retina in the eye, called the macula. Activities such as driving, reading and watching TV become hard as the vision becomes blurry or distorted. The greatest risk for AMD is age and heredity. At 50 years of age the risk is only 2%, but at 70 years it is 30%. If your immediate family members have it, the risk comes close to 100%. So, what to do? Check your daily multi-vitamin and see if it contains lutein 10mg or higher. If not, buy lutein 10mg and have an M.D. examine your eyes every two years.

AMD is not reversible, but lutein will help to keep it from becoming worse.

## **Amargosa Amateur Radio Club**

*By Glen Schoeck*

Although the main purpose of Amateur Radio is fun, it is called the "Amateur Radio Service" because it also has a serious face. The FCC created this "Service" to fill the need for a pool of experts who could provide backup emergency communications. In addition, the FCC acknowledged the ability of the hobby to advance the communication and technical skills of radio, and to enhance international goodwill. This philosophy has paid off. Countless lives have been saved where skilled hobbyists act as emergency communicators to render aid, whether it's an earthquake in Italy, a flood in India or a hurricane in the U.S

Amateur radio operators come from all walks of life -- movie stars, missionaries, doctors, students, politicians, truck drivers and just plain

folks. They are all ages, sexes, income levels and nationalities. But whether they prefer Morse Code on an old brass telegraph key through a low power transmitter, voice communication on a hand-held radio or computer messages transmitted through satellites, they all have an interest in what's happening in the world, and they use radio to reach out.

Some hams are attracted by the ability to communicate across the country, around the globe, even with astronauts on space missions. Others build and experiment with electronics. Computer hobbyists find packet radio to be a low-cost way to expand their ability to communicate. Those with a competitive streak enjoy DX contests, where the object is to see how many distant locations they can contact. Some like the convenience of a technology that gives them portable communication. Others use it to open the door to new friendships over the air or through participation in one of more than 2000 Amateur Radio clubs throughout the country.

The club has exam books for the entry level Technician class. Contact Gene Butler at 372-1282 to sign one out. Also available General class and Extra class exam books if you are interested in upgrading your license. Club information contact Archie Selbach at 775-513-5780.

The next club meeting will be held at the Amargosa Community Center on Tuesday September 13, 2011 at 6:30 PM. The next Testing session will be held at the Amargosa Community Center on Saturday September 17, 2011 at 12.00 PM.

## To Amargosa

Thank you for allowing us to use your community center for our farm loan meeting, and for setting it up so nicely for us! We enjoyed our stay in Amargosa Valley and hope to be able to assist some folks in your area with their proposed operations.

Sincerely,

*Carly Anne Brown & Dan Ferraro*  
USDA FSA

**Sparky-MISSING DOG- REWARD**  
Sparky is a brindle shepherd lab mix, w/white chest, about 50lbs. He is VERY shy, but does like other dogs.

He will not come to strangers and, but please call us, he will come to us.



Naomi 702-591-6469 775-372-5709

So NV Australian Shepherd & Border Collie  
Rescue/Adopt a Rescue Pet Adoptions  
Director

**Some might say the heroes are those thousands of dogs and cats who forgive humans for their dreadful treatment and are still willing to be our best friends.**

**ADOPTIONS HELD EVERY SAT & SUN  
FROM 10-3 AT THE PETSMART AT LAKE  
MEAD/RAINBOW (right off the I-95)**

<http://www.petfinder.org/shelters/NV15.html>

**Even \$1.00 makes a difference. Donations are desperately needed to**

**help save lives.**

**<http://www.adoptarescuepet.org/Donations.html>**

## **FIRE, FIRE, FIRE** **SALE THAT IS!**

The "Senior Thrift Store" will be having a "fire sale" with almost all goods 1/2 off on **Wednesday September 28.**

Be sure and come and get in on this sale, hours are 1-5PM. Only a very few select special items will be excluded from sale.

**AMARGOSA SENIOR CENTER  
MENU FOR SEPTEMBER 2011**

775-372-5413

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED		Unless specified on the menu, the soup of the day will be the cook's choice.		<b>Sept. 1</b> Herb Baked Chicken Baked Potato Fat Free Sour Cream Herbed Vegetable Medley Salad Bar Sugar-free Jello	<b>Sept. 2</b> Lemon Fish Rice Pilaf Steamed Broccoli Bran Roll Salad Bar Mocha Cappuccino Ice Cream Pie	CLOSED
CLOSED	<b>Sept. 5</b> LABOR DAY	<b>Sept. 6</b> Stuffed Pepper Potato Wedges Cauliflower with Cheese Sauce Salad Bar Strawberry Shortcake	<b>Sept. 7</b> Apple-topped Pork Chops Baked Beans Spinach Oat Bran Rolls Salad Bar Rice Krispies Treats	<b>Sept. 8</b> Eggplant Parmesan Spinach Spaghetti Carrot Raisin Salad Garlic Bread Salad Bar Frozen Pear Puree	<b>Sept. 9*</b> <b>Breakfast</b> <b>9 to 10:30 a.m.</b> Scrambled Eggs Sausage Hash Browns Biscuits and Gravy Fruit, Coffee, Tea, O.J.	CLOSED
CLOSED	<b>Sept. 12</b> Sweet & Sour Chicken Brown Rice Mixed Vegetables Whole Wheat Bread Salad Bar Oatmeal Date Bar	<b>Sept. 13</b> Salisbury Steak Mashed Potatoes Gravy Broccoli Salad Bar Tapioca	<b>Sept. 14</b> Dixieland Shortcake (Turkey, Sauce, and Cornbread) Beets Salad Bar Banana Pudding	<b>Sept. 15</b> Liver and Onions Mashed Potatoes Gravy Green Beans Salad Bar Birthday Cake	<b>Sept. 16</b> Tuna Noodle Casserole Whole Wheat Biscuits Seasoned Zucchini Salad Bar Strawberries	CLOSED
CLOSED	<b>Sept. 19</b> Spinach Lasagna Glazed Carrots Salad Bar Cherry Apricot Granola Cup	<b>Sept. 20</b> BBQ Pork Ribs Scalloped Potatoes Broccoli Salad Bar Apple Crisp	<b>Sept. 21</b> Swiss Steak Egg Noodles Mixed Vegetables Salad Bar Diced Pears	<b>Sept. 22</b> Egg Drop Soup Chicken Egg Rolls Fried Rice Sweet & Sour Vegetables Peanut Cookies	<b>Sept. 23</b> Taco Casserole Refried Beans Salad Bar Chocolate Cake	CLOSED
CLOSED	<b>Sept. 26</b> Chicken Cacciatore Linguine Garlic Bread Peas and Carrots Salad Bar Pear Halves	<b>Sept. 27</b> Spinach/Mshrm Quiche Onion Soup Salad Bar Baguette Slices Diced Peaches Blueberry Yogurt	<b>Sept. 28</b> Carnitas Fat-free Sour Cream Salsa Tortillas Refried Beans Salad Bar Flan	<b>Sept. 29</b> Tahitian Chicken Rice Casserole Braised Red Cabbage Whole Wheat Bread Icy Mandarin Dessert	<b>Sept. 30</b> Jerked Pork Sandwiches Corn on the Cob Cole Slaw Baked Beans Apple Snack Squares	CLOSED
	443 Desert Senior Ln. Amargosa Valley 775-372-5413	<b>MENU SUBJECT TO CHANGE</b>	<b>2% MILK SERVED</b>	<b>MEALS SERVED FROM 4:00 TO 5:00 P.M.</b>	<b>*SHIP Volunteer Sandy Jennings will be present to talk about new Medicare enrollment dates</b>	

Please note that we will have Sandy Jennings at the Sept. 9 breakfast; she represents Senior Health Insurance Assistance Program (SHIP) and will be talking about the new Medicare open enrollment dates. Senior Project Council is on Sept. 19 at 5:30 p.m.

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)

Newsletter  
Box 401-W  
Amargosa Valley, NV 89020

PRSR STD PAID  
Permit #8  
Amargosa Valley, NV

ECWRSS  
LOCAL PATRON

**Town Board Member's Contact Information**

Gary Atkerson [gaatkerson@aol.com](mailto:gaatkerson@aol.com)  
Joe Cohan [av1joe@yahoo.com](mailto:av1joe@yahoo.com)  
Joe DeLee [joe@amargosa.biz](mailto:joe@amargosa.biz)  
Vern Gilliland [internvern@yahoo.com](mailto:internvern@yahoo.com)

**Community Calendar**

9/13 Fire Dept. 7PM AVFD  
9/13 Chamber of Commerce  
12PM Longstreet  
9/13 Library Board 6PM AV Lib.  
9/13 Amateur Radio Club 6PM AVCC  
9/13 Special Election for  
Congressional Rep. 7AM-7PM AVCC  
9/17 Amateur Radio Testing  
11AM AVCC  
9/20 VFW Auxiliary 6PM VFW  
9/20 American Legion 6PM VFW  
9/20 VFW 7PM VFW  
9/28 Seniors Thrift Sale 1-5PM AVSC  
9/29 Town Board Meeting 7PM AVCC