



our town

AWARD WINNING COMMUNITY NEWSLETTER OF THE TOWN OF APPLE VALLEY

SEP-NOV 2010

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Animal Services Showcase

Residents can not only adopt a pet at the Town's new Municipal Animal Shelter at 22131 Powhatan Road, but can also license their dog, find lost pets, attend educational programs for all ages, and volunteer. Take a look at these upcoming events and offerings from the Animal Services Department:

Paws n' Claws Pet Fair

Is your dog exhibiting bad behavior? Do you know what to do if you come upon a snake? Is your pet in need of any services? If you answered "yes" to any of these questions or simply love animals, come to the Fifth Annual Paws N'Claws Pet Fair on September 11 from 10 a.m. to 3 p.m. at Civic Center Park.



Staff from the Cesar Milan "The Dog Whisperer's" Dog Psychology Center will be on hand to evaluate bad dog behaviors. Pet Obey will offer snake avoidance tips, and visitors will see agility and fly-ball demonstrations. Children will love the Hesperia Zoo's exotic animals as well as a visit from Sidney, the Arson Investigation Dog from the San Bernardino County Sheriff's Department.

Enter your pet in the doggie fashion show, register yourself for the barking human contest or purchase opportunity drawing tickets for a \$1 entry fee that will support the shelter.

Animal Services staff will provide low-cost microchips and pet vaccinations all day (cash only) and licensing will be available for Apple Valley residents. Many animals will be available to adopt into a "forever home." An Animal Control officer will discuss dog owner responsibility including the laws and codes in Apple Valley pertaining to leash laws, waste, tethering, barking, and also answer questions about the new shelter.

Other special guests will include Apple Valley Animal Hospital, PetSmart, Sounds of Silent Spirits, Hot Dog Fence Company and the Four on the Floor Canine Academy. Civic Center Park is located at 14999 Dale Evans Parkway in Apple Valley. Admission and parking are free. Refreshments will be available for purchase.

Pet Res-Paw-nsibility Class

During Pet Responsibility Month, Animal Services will host a class on September 29 from 5:30 to 7 p.m. to teach responsible pet ownership. An Animal Services Officer will discuss Town laws and codes, obedience training, pet health and how to prevent pets from running loose. Local animal specialists and vendors will be on hand to feature their products and services.

For more information on the Pet Fair, to sign up in advance for contests and demonstrations, or register for the Pet Responsibility class visit www.AVAnimals.org or call Animal Services at (760) 240-7000 X 7555.



Shelter Hours

| | | |
|---|---|--|
| Monday, Tuesday, Thursday 7:30 a.m. to 5:30 p.m. | Wednesday 7:30 a.m. to 7:00 p.m. | Friday 7:30 a.m. to 4:30 p.m. |
|---|---|--|

The Municipal Animal Shelter is open for licensing and other administrative procedures as noted above. Access to the kennels for pet viewing begins at approximately 9 a.m. each day (after the animals are cared for) and closes one hour prior to closing time each day.



MEETING CALENDAR

Unless otherwise noted, all meetings take place in the Council Chambers at 14955 Dale Evans Parkway

TOWN COUNCIL

2nd & 4th Tuesday, 6:30 p.m.

PLANNING COMMISSION

1st & 3rd Wednesday, 6 p.m.

PARKS & RECREATION COMMISSION

1st Thursday of alternate months, 6 p.m.

EQUESTRIAN ADVISORY COMMITTEE

2nd Wednesday, 7 p.m.

HISTORICAL ADVISORY COMMITTEE

3rd Thursday of alternate months, 3:30 p.m.

DISASTER COUNCIL

Tuesday, Oct. 12, 1:30 p.m.
Fire Station #336
19235 Yucca Loma Road
Information (760) 247-7618



Trash Talk: Reduce, Reuse, Recycle, Renew!

Furniture and large appliances:

The Town's trash service provider, Burrtec, offers curb-side bulky item pick up for your convenience. All you need to do is call Burrtec at (760) 245-8607 to schedule a pick up date. You can have two pick-ups per year and up to 5 large items each time for free.

Electronics, Toxics and Sharps:

Household hazardous waste (HHW) is ordinary household materials that cannot be disposed of in landfills, such as paint, microwaves, herbicides, batteries and more. The Town of Apple Valley HHW facility is open to the public for free drop off of household hazardous waste every Saturday from 10 a.m. to 2 p.m. The facility is at the south side of the Public Works Yard, located at 22411 South Outer Highway 18, at Tonikan, west of Central Road.

Tires: Tires are another common material that may not be disposed of in landfills. However, residents of Apple Valley can turn in their tires free of charge Saturday, September 18 at Lion's Park

from 9 a.m. to 3 p.m. Passenger car and light truck tires without rims are accepted and proof of address must be provided. The event is open to all residents within the Town of Apple Valley. The event is sponsored by the Town of Apple Valley and Burrtec Waste. Information: (760) 240-7000 x 7560.

Weeds: Obtaining a burn permit allows you to burn your yard vegetation, such as weeds, tumbleweeds, grasses, leaves, pine needles and small tree trimmings. To obtain a permit, just come by the Apple Valley Fire Protection District Headquarters, fill out a permit application, and pay the \$10 fee. Cash or checks are accepted and the process takes only a few minutes. Additional restrictions apply. Information: (760) 247-7618.

Holidays: Anytime there is a holiday, trash service is delayed by one day. These days include New Years Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. ○



Recycled water facility coming to Apple Valley

To further improve the quality of life in Apple Valley, a new recycled water facility has been proposed near the Lenny Brewster Sports Center that will use recycled water to irrigate parks and schools throughout the community. This resource will help protect our precious groundwater supply, protecting human health for generations to come.

The facility will treat and recycle wastewater completely noise and odor free. It is designed to blend in with the surrounding community and

will be beautifully landscaped as well. This new technology is part of Apple Valley's continued promise to promote a better way of life and become a more sustainable community in the process.

The plant, which is estimated to be approved this fall and be completed in 2012, will be an amazing addition to the community's cutting edge infrastructure facilities as we lay the foundation for responsible economic growth in Apple Valley. ○



GREEN APPLE TIP Community Clean Up Day, Sat., October 23:

Contribute to A Better Way of Life with hundreds of other volunteers by cleaning up streets, sidewalks and vacant lots all around town from 8:30 a.m. to noon. You get all the supplies you need plus lunch and an event T-shirt while supplies last. Offered in conjunction with San Bernardino County Free Dump Day.

Information: www.AppleValleyEvents.org or (760) 240-7000 x 7071.

A Better Way of Life



Development Services Building open for business

The new structure that has risen adjacent to Town Hall over the last year has been unveiled as the new Development Services building. Projected to provide space for Town staff for the next 20 years, it houses the Economic Development and Housing, Planning, Engineering, Building and Safety and Municipal Operations departments. This combination of services provides a one-stop shop for the development community that offers everything from entitlements to building permits. The Development Services Building was completed under budget, allowing for the remodel of Town Hall and the Police Department that is expected to begin soon.

Perhaps the most exciting component to the new building is 6,000-square-foot of civic meeting space available to rent for everything from business meetings to wedding receptions. Audio/visual equipment, covered patio areas, a large lobby and catering kitchen will make it the largest and most modern space available in Apple Valley. The open-space plan can be divided, or configured for lecture, classroom or seated-dinner for as many as 350 people. For information on renting the Conference Center call (760) 240-7880.

Historic Apple Valley Village gets a modern makeover

The Village in Apple Valley is our community's most historic area. It represents the humble commercial beginnings of this great town. Not only did it play host to the first town hall, but it was the location of the original Apple Valley Ranchos office from which some of the first parcels of land in Apple Valley were sold.

Today, it is still home to many locally-owned businesses, some with a history as long as The Village itself. The Apple Valley Village Property and Business Owners Improvement District (PBID) was formed a few years ago to revitalize the area and make sure it keeps its place as the community's premier local business and shopping district.

In the past year the PBID made great progress, launching a marketing program with a business attraction brochure, bi-monthly newsletter and a Facebook page. Recently the group partnered with neighborhood residents to install native plants around the Village welcome sign.

"We couldn't have asked for a greater showing of support from our business owners and residents throughout Apple Valley helping us in this effort," said Larry Cusack, the Chairman of the PBID Board. "We've got great momentum and are really looking forward to what we can accomplish in this next year." In addition the Village has started an aesthetics reimbursement program whereby village merchants can receive funds for improvements such as repairing or replacing sidewalks, exterior windows, landscaping and more.

A few of the local merchants recently pooled their resources to purchase the original statue of Roy Rogers' beloved horse Trigger. Trigger is now located at the Sunset Hills Memorial Park, vigilantly watching over Roy and Dale. For further updates visit The Village website at www.AVillage.org or follow them on Facebook or Twitter.



Fantastic fall event line-up

For information on any of these classes or programs please call (760) 240-7880 unless otherwise noted.



Apple Valley Fall Festival, September 25: Apple Valley will say goodbye to summer with a fantastic home-town celebration from 10 a.m. to 4 p.m. at Civic Center Park featuring live music, a mouth-watering array of food, bus tours of historic sites and more. There will be a petting zoo, arts and crafts, an apple coloring contest, Little Apples on Parade, and bounce houses, and Mollie's Country Kitchen will host our second annual official Apple Valley Pie recipe contest. Auto enthusiasts will be eligible for opportunity drawings offered for featuring their hot rods, sports cars and muscle machines at the free admission car show. This event is made possible through the support of Solution Strategies, Burrtec Waste Industries and the Daily Press. Businesses and organizations interested in getting involved as sponsors or vendors please call. Information: www.AppleValleyEvents.org or (760) 240-7000 X 7071.

Concerts in The Courtyard, Thursdays in September: Enjoy free music every Thursday in September from 5:30 to 7:30 p.m. at the Apple Valley Commons, courtesy of the Town of Apple Valley and Lewis Retail Centers. Pick up dinner or a snack at one of the shopping center eateries. Please bring your own chairs as the event draws quite a crowd!

September 2: Jaye Sooter (Southern Rock)

September 9: Lisa Marie (R & B, Jazz)

September 16: From the Ashes (Classic Rock)

September 23: Encore Jr. & Sr. High Jazz Ensemble
Featuring: The Dean's List (Jazz)

September 30: Barrel House Boys (Swing)

Information: www.AppleValleyEvents.org or (760) 240-7000 x 7071.

Equine Festival of Apple Valley, October 16: It's all about owning, showing, riding and enjoying horses at the 3rd Annual Equine Festival from 9 a.m. to 6 p.m. at Horsemen's Center. From dressage to trail riding, equine dentistry to first aid,



and everything in between, the event will offer seminars, services, products, exhibits and clinics relating to the equestrian lifestyle. Information: www.AppleValleyEvents.org or (760) 240-7000 x 7071.

Warrior's Challenge, October 9: The High Desert's Inaugural Warrior's Challenge is daring Fire, Police and Military personnel to compete in the Talus Run and 5K Run/Scramble through the beautiful Horsemen's Center beginning at 8 a.m. A Fitness Expo will also be held before, during and after the event. Information: www.AVRecreation.org or (760) 240-7880.



Apple Valley's Most Talented Kid, December 3: The Town of Apple Valley wants to showcase our most talented kids ages 3 to 18 at the James Woody Community Center Auditorium from 6 to 9 p.m. Join us for a night filled with singing, dancing, fun and old-fashioned root beer floats. Sign-up deadline is November 24. The top three performers in each age category will receive an award. Admission is \$3. Information: www.AVRecreation.org or (760) 240-7880.

Haunted House, October 29 - 30: Get the fright of your life from 6 to 9 p.m. at the James Woody Community Center Mini-Gym. Definitely NOT recommended for children under the age of 8 - nor for the faint of heart! Admission is \$3 per person and repeat visits on the same night are \$1. Information: www.AVRecreation.org or (760) 240-7880.



Kiddie Carnival, October 30: The Annual Halloween Kiddie Carnival will feature games, face painting, music, a new creative arts section and food from 4 to 7 p.m. geared toward children age 12 and under at the James Woody Community Center Auditorium. A costume contest will earn awards in each age category for the scariest, prettiest, cutest and most original costume. More than 15 games and activities will be available to earn prizes. Game tickets can be purchased at the door for 25¢ each. Information: www.AVRecreation.org or (760) 240-7880.

Holiday Craft Fair, November 13: Save on gas and have your holiday shopping complete before Thanksgiving! Craft fair booths offer an array of holiday delights such as tole painting, quilts, jewelry and wood work from 9 a.m. to 3 p.m. at the James Woody Community Center Gymnasium. Spaces are available for \$30. Information: www.AppleValleyEvents.org or (760) 240-7000 x 7071. ○

A Better Way of Life

“T-Minus 90”: Emergency Cardiac Care program offered

Time can be critical during an emergency, especially if the emergency is cardiac related. To help educate Apple Valley residents on the importance of dialing 9-1-1 the moment they believe someone is having a heart attack, St. Mary Medical Center (SMMC) and Apple Valley Fire Protection District (AVFPD) have partnered to present the T-Minus 90 Cardiac Care Program.

The ultimate goal of the T-Minus 90 Program is for patients to receive lifesaving treatment in less than 90 minutes from the first onset of symptoms to achieve the best outcomes. To obtain this goal, people must, first, recognize the symptoms of a heart attack and call 9-1-1.

The program features simulated heart attack scenarios to illustrate what to expect when dialing 9-1-1 to report a cardiac emergency and shows participants what type of care will be administered in the field by Emergency Medical Technicians and paramedics. Additionally, research shows the medical benefits of being transported by ambulance instead of a private vehicle.

St. Mary Medical Center is the High Desert's only Regional Receiving Center for patients whose coronary artery is completely blocked. Additionally, a grant from Verizon has allowed the purchase of a pre-hospital EKG transmission machine that allows the AVFPD to electronically

transmit a diagnostic electrocardiogram to the medical center prior to the patient's arrival. This allows the hospital's emergency staff to prepare ahead to accept the patient suffering a heart attack which, in turn, helps to decrease the time until treatment is administered.

The program has been offered at the Apple Valley Inn and other Apple Valley locations. For more information on the T-Minus 90 Cardiac Care Program contact Pat Lucken, FNP, at (760) 242-2311 x 8232. [O](#)

Mojave Water Agency update

The Mojave Water Agency will offer a facilities tour, including two field sites, on November 3 from 8 a.m. to 12:30 p.m. Participants will learn how facilities are operated as well as how MWA assists in maintaining the economic vitality of the region. To RSVP call Gloria Golike at (760) 946-7001 by October 20. The tour includes lunch and leaves from the MWA Office at 22450 Headquarters Drive in Apple Valley.

New Landscaping DVD

Robin Kobaly, Executive Director of The SummerTree Institute in Morongo Valley, will be the guest speaker at the Mojave Water Agency's "ABCs of Water" program on September 28 at 5:30 p.m. Each attendee will receive a "Water-Wise Landscaping" DVD as a free gift from the Alliance for Water Awareness and Conservation (AWAC).

The new DVD focuses on high desert native plants, xeriscape, and transition and oasis landscape themes appropriate for arid, desert environments based on water use and lifestyle decisions. It also provides information on planning landscaping projects, choosing the right plant types, soil identification and amendments, maintenance, and other important components of water-conservative gardening. In cooperation with AWAC, this new DVD is one example of how residents throughout the High Desert can access unique and interesting information on outdoor water conservation.

Robin Kobaly is a professional biologist with more than twenty years experience in educational outreach and workshop instruction. For more information on the mini tour or ABCs of water, or to register, contact Gloria Golike at ggolike@mojavewater.org, or call (760) 946-7001. [O](#)



Do you have the 4-1-1 on 5-1-1?

San Bernardino Associated Governments (SANBAG) and the Riverside County Transportation Commission (RCTC) have launched the Inland Empire 5-1-1 travel information system, a phone and web-based system that provides commuters with real-time traffic information, bus and rail trip planning, rideshare information, and more.

Users can now call 5-1-1 from any phone in Riverside or San Bernardino counties, or click www.ie511.org on the web, and get all of the information they need to plan a trip, avoid congestion, and increase their mobility no matter where they are going in Southern California. A call to 5-1-1 is toll-free and the service is available 24 hours a day, seven days a week.

Real-time traffic information at www.ie511.org provides travel times and incident information for all Southern California freeways, not just freeways in the Inland Empire. Areas covered include San Diego, Orange, Los Angeles, and Ventura Counties. [O](#)



Be prepared: Join C.E.R.T.

A major earthquake is one of the greatest disaster threats to the residents of the High Desert. One way to be prepared is to join your local Community Emergency Response Team (C.E.R.T.) group. C.E.R.T. is a nationwide program designed to teach residents how to take care of their families, friends and neighbors during a disaster.

Following a major natural or manmade disaster, emergency resources will be quickly depleted. C.E.R.T. graduates know how to take care of themselves and their loved ones. They can then extend that knowledge into their neighborhoods and the community. C.E.R.T. members learn about disaster preparedness, how to make emergency kits for the home and the car, basic first aid, light search and rescue, fire suppression, terrorism awareness, and disaster psychology. In addition, there are further training opportunities for assisting in sheltering operations, sandbagging, special needs, and fire hose training.

There are approximately 150 C.E.R.T. members in Apple Valley. If you are an Apple Valley resident and would like to take the next 20-hour C.E.R.T. training course scheduled to take place October 2, 16 and 23, call or e-mail Emergency Services Officer, Laura Whitehead at (760) 240-7768 or Lwhitehead@applevalleyfd.com. Information will also be available at the C.E.R.T. booth at the Pet Fair on September 11, the Fall Festival on September 25, or the Equine Festival on Oct. 16. To find out more about C.E.R.T. visit: <http://www.citizencorps.gov/cert/about.shtm> [O](#)

Town offers 0% interest home repair loan

Does your house have repair needs you cannot afford? Homeowners in the incorporated area of Apple Valley may qualify for a 30-year deferred, 0% interest loan for up to \$20,000 for eligible repairs. Homeowners must be low- to moderate-income. For example, a household of two is limited to \$41,600 annual gross income (AGI); a household of four is limited to \$52,000 AGI.

Known as the Residential Rehabilitation Loan Program (RRLP), the program provides money for health, safety and code violation issues, energy conservation, weatherization, accessibility and deferred maintenance. Eligible items include, but are not limited to: roofing, heating and air conditioning, evaporative coolers, doors and windows, painting, flooring, insulation, plumbing, and electrical work.

There are no required payments during the 30-year term of loan, but the loan becomes due if the property is sold, transferred, no longer the primary residence or refinanced for cash out. The applicant must complete an application packet and provide evidence of income, show responsible credit history, and be current on house payments, property taxes and insurance.

Residents interested in participating in the RRLP loan program may call Denise Bossard at (760) 240-7000 ext. 7913 or Christopher Moore at ext. 7921 for further information. The program has been very successful and is currently funded for the 2010/2011 program year. A program brochure and additional information may be downloaded from the Town of Apple Valley website at www.AppleValley.org - look under Community, then Housing Programs. [O](#)

A Better Way of Life

Apple Valley Country Club – the most storied club in the High Desert is now open to the public.

Monthly Passes feature unlimited golf

Just swipe and swing with the new Monthly Play Pass, now available at the Golf Shop. Available on a month-to-month basis, the passes offer flexibility to golf when you can, but sit out for a month if needed. Just swipe your card and hit the links! Singles are \$175.00 per month, and a family pass is \$225.00 per month. The price includes a shared cart and unlimited golf. Contact the Golf Shop for details at (760) 242-3653 x 115.

Super Twilight rates continue

Super Twilight Rates continue through September, starting every day at 4:30 p.m. Take advantage of the discounted Super Twilight Rates while you still can. Starting hours will adjust as it starts getting dark earlier. For tee times or rate information call (760) 242-3653 x 115.

Weekday Super Twilight

Non Resident \$15.00 / Resident \$11.00

Non Resident Senior \$12.00 / Resident Senior \$9.00

Weekend Super Twilight

Non Resident \$21.00 / Resident \$17.00

Non Resident Senior \$18.00 / Resident Senior \$15.00

Monthly "9 and Dine"

The first Sunday of each month we are featuring the "9 and Dine", with dinner served after nine holes of golf. Players must have an SCGA handicap, and we will offer divisions for men, ladies and couples. On October 3, the 4:30 p.m. shotgun start will be followed with dinner at 6:30 p.m.

Cost for green fee and dinner:

Resident - \$25

Non Resident - \$29

Monthly Pass Holders - \$14

Sign up each month in the Golf Shop by the Tuesday prior to the event. Menus and start times will adjust through the season. Call the Golf Shop at (760) 242-

3653 x 115 or check our website for details.

Golf and Ghou Halloween

Sunday, October 31, 8:00 a.m. shotgun start 4 person scramble format. Please call the Golf Shop for more details.

Golf course preparing for aerification

The greens are rolling fine and looking good, which means it must be time for aerification. While it can be a temporary inconvenience for golfers, the slow, bumpy greens for a few weeks are well worth the benefits to the long-term health of the turf.

Aerification is the process of punching holes in the turf and backfilling it with sand, and is usually performed in the spring and fall. This important maintenance practice promotes root depth, improves water percolation, relieves soil compaction and increases oxygen exchange to the roots.

We will conduct our fall treatment nine holes at a time on September 13 and 14, to minimize any disruption in play. See *you on the course!*

Now open Mondays!

The Apple Valley Country Club is now open seven days a week, from 6:30 a.m. to 6 p.m. (Hours will change seasonally as daylight hours change.) Be sure to visit our website at www.AppleValleyCountryClub.com or find us on Facebook for the latest information. In the meantime, take advantage of these Monday specials, and get your week started right!

From breakfasts to banquets, try AVCC

From breakfast with the family to a business lunch to parties for 200 people, the Apple Valley Country Club welcomes Apple Valley residents and the general public. If you are planning a

wedding, anniversary dinner, group banquet, retirement party or class reunion, you'll find unparalleled catering services. Apple Valley Country Club is also the right place to hold your business meeting, training event, or golf outing.

The largest of our catering rooms, the Main Dining Room, looks out over the well-manicured golf course, making it the perfect venue for your wedding or event, with gorgeous views of the par 5 finishing hole at Apple Valley Country Club.

Apple Valley Country Club's other meeting rooms offer smaller settings for an intimate party or business meeting. Each room offers their own temperature controlled cooling system and a projection screen for presentations or slide shows. Chef Juan Ruan will work with you to create just the right customized menu for you and your guests. Stop by today to meet with our staff and tour our facility. We hope to see you soon! For banquet information and pricing call (760) 242-3653 x 101.

Save \$5.00 Monday green fees: On green fees (cart included).

Coupon must be printed and presented in person. Redeem as many Mondays before expiration between 7:00 A.M. and 1:30 P.M. **Offer Expires: September 27, 2010**

Save 50% Monday in restaurant: Buy one breakfast and/or lunch entree, get the second at 50% off.

Coupon is good for food only. The second meal must be equal or lesser value. Coupon must be printed and presented in person. Redeem as many Mondays before expiration between 7:00 A.M. and 3:00 P.M. **Offer Expires: September 27, 2010**



Restaurant Service

The Grill Room is open seven days a week to the public! For information call (760) 242-3653 x 106.

Breakfast: 7 a.m. to 3 p.m.

Lunch: 11 a.m. to 3 p.m.

Happy Hour: 3 - 6 p.m., with appetizer specials until 5 p.m.

Thanksgiving Day Buffet

Make the Apple Valley Country Club your new holiday tradition, and join us for our spectacular Thanksgiving Day Buffet served in our Main Dining Room from 10 a.m. to 4 p.m.

Chef Juan will prepare turkey, ham, roast beef, dressing, mashed potatoes, gravy, and the rest of the trimmings. Plenty of holiday pies and desserts will be offered as well.

Televisions will be on in the Grill Room for your football viewing pleasure.

Call (760) 242-3653 x 101 for reservations and pricing. Reservations are not required but highly recommended.





This newsletter is printed on recycled paper using soy ink.

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Apple Valley, CA 92307



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TOWN INFORMATION

TOWN COUNCIL

Peter Allan, Mayor
Bob Sagona, Mayor Pro-Tempore
Ginger Coleman, Councilmember
Scott Nassif, Councilmember
Rick Roelle, Councilmember
Frank W. Robinson, Town Manager

HOW TO REACH US (All numbers 760)

Emergencies 911
Police (business calls)
.....240-7400
Police dispatch after hours
.....245-4211
Town dispatch after hours
.....961-6001
Town Hall240-7000

DEPARTMENT EXTENSIONS

DIAL (760) 240-7000 PLUS:

Animal Servicesx7555
Building & Safetyx7101
Economic Developmentx7900
Financex7000
Human Resourcesx7600
Planningx7200
Public Informationx7072
Public Worksx7500
Town Clerkx7800
Town Managerx7051
Transitx7522

OTHER TOWN DEPARTMENTS

& SERVICES (dial direct)

Code Enforcement 240-7560
Parks & Recreation 240-7880
Trash (AVCO) 245-8607
Emergency

Preparedness 247-7618

E-mail: applevalley@applevalley.org

Website: www.applevalley.org

Get AV E-News: Just visit our website and click on the link at the top of the homepage. You can sign up for as many or as few subjects as you like.

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Apple Valley

Be active! Eat smart! Live better!

Healthy Apple Valley grant to benefit Town residents

San Bernardino County is the fourth most obese region in the U.S., with two-thirds of adults overweight or obese and three out of every four children failing to meet school fitness standards. With the help of a \$29,000 grant by the County of San Bernardino Department of Public Health Healthy Communities Program, "Healthy Apple Valley" has embarked on the mission of improving the health and well-being of our residents through promotion of healthy eating, education, family events and physical activity.



Apple Valley is one of fourteen communities in the county to create a Healthy Communities program. The Healthy Apple Valley Coalition includes people from the Town, health industry, businesses, community based organizations and concerned citizens.

By combining the objectives of Healthy Apple Valley with the resources of San Bernardino County's Healthy Communities Program, we will be able to enhance current programs and initiate new efforts to make Apple Valley a healthier place to live.

One new program is the Happy Trails Walking Club which steps off every Tuesday evening at 6 p.m. at Civic Center Park. In addition to new offerings, the Town of Apple Valley Parks and Recreation Department already offers a variety of programs aligned with Healthy Apple Valley goals; such as fitness boot camp, aerobics, healthy cooking classes as well as water fitness programs. The Town also partners with the St. Mary Medical Center to offer four Town of Apple Valley 5K walk and 5K/10K running events each year.

For more information visit the website at www.HealthyAppleValley.org. You may also contact Lena Quinonez at (760) 240-7000 X 7883 or healthyav@applevalley.org.

The 2011 Art Photo and Essay Calendar Contest is here! Enter by October 4 for a chance to win, visit www.GreenAppleValley.org