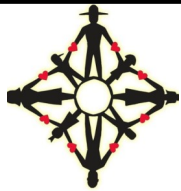


A FREE COMMUNITY NEWSLETTER

AUGUST 2020

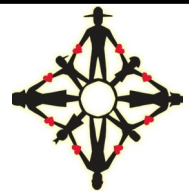
MIMBRES MESSENGER



Silver City Food Co-op

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History of Co-ops

Cooperative food endeavors have been practiced for centuries, but in the 1850s Co-ops started growing rapidly in England and spread across Europe. Immigrants brought the Co-op ideals with them to the United States and they started to flourish in the Midwest and on the East Coast.

A cooperative is simply a business that acquires most of its capital from its members, usually in the form of buying shares. The members are actually (legally) its owners and the organizations are run on democratic principles. The main difference between a public corporation and a Co-op is that each member gets one vote no matter how much is invested. A Board is usually elected to guide the venture.

From the 1920s to the 1940s, Food Co-ops in the United States became popular and were growing. Then in the 1950s, as supermarkets started to become popular, the Co-ops declined and most floundered. However, in the late 1960s and the 1970s Co-ops, called the New Wave Co-ops, started to spring up all over the country. They are credited with bringing healthy food choices to the masses and the start of the National/Organic movement.

As the Co-ops grew, they created a national organization called the National Cooperative Grocers (NCG) which operates as a food broker leveraging the buying power of its 147 member Co-ops. This allows Co-ops to compete in the rapidly growing segment of Natural and Organic foods.

Silver City Food Co-op – The Little Co-op That Could!

In 1974, many people in Silver City, who wanted access to healthier food, started ordering food together. Someone would then drive to Tucson and pick up bags of whole grains, beans, etc., and bring them back to Silver City and split them up. Within a year, others wanted to join, so a “storefront” was opened in the back at 511 North Bullard (right across the street from the current building). A committee ran this buying club and shopping was restricted to members.



In 1977, the buying club was moved to a more visible location at 108 East Broadway and opened a store to non-members. Sales were close to \$26,000 that year. Within a few years, the buying club took a big step and incorporated as a non-profit corporation under NM state law and became the Silver City Food

Co-op.

Although the Co-op was staffed mainly by volunteers, the early 1980s were difficult. However, by 1984, sales reached \$76,000 and the Co-op was now able to put more people on the payroll. By 1985, the store moved to its current location at 520 North Bullard. Sales soared to \$240,000 and the forward-thinking board, manager, and members took a leap of faith and in 1989 purchased the building. Over the next few years, the building was refurbished, and to comply with new regulations for repacking bulk food, the Co-op added a kitchen. Also, in the early '90s, an IRS ruling changed how Co-ops could operate. Compensating volunteer workers through a discount on

VOLUNTEER STAFF

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- Bonne Beavers, co-editor
- Marilyn Markel, Kathy Hill, and the "Bugman" monthly Contributing Writers
- Grace Williams, Distribution & Printing
- RJ Nelson, Chief of Printing, Distribution and Billing
- This month's guest writers: Kathy Overholt, Mungo de Grijalva, Gary Copeland and Gene Stailey (thanks to everyone)

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LETTER FROM THE EDITOR

By Mary Willhite



The Monsoon Season is finally here! How wonderful it is to smell the rains and see the fields green up. It is great to watch the hummingbirds flocking to the feeders during and after the rains.

I was very pleased that so many of our readers decided to submit articles for this month's issue. You should be able to find something you like in this issue. From poetry, to eating bugs, to rodeos, there is a nice eclectic mix of articles. I want to thank everyone who contributed, and I hope it inspires other readers to contribute their stories. Keep 'um comin'.

If you are like me, you are **SICK** of cooking. I have just about gone through my repertoire of recipes, and I have been complaining to everyone. Thank goodness I have, because I have learned that there are now three places you can actually get a meal in the Valley. I had assumed when the restaurants were ordered to close again that everything was on hold. But come to find out, both 3 Questions and Restaurant del Sol have small outdoor dining areas. You can get a breakfast buffet at the 3 Questions from 7 am til noon. You can get lunch at Restaurant del Sol at LaTienda from 11 am to 4 pm with a lunch menu featuring sandwiches, burgers and salads. Even though there is just a small outdoor eating area, you can always get lunches to go.

Also, I just learned about a new café that has opened at Camp Thunderbird. Chef, Jarret Hoffman came from Alaska to cook for Camp Thunderbird, but once again Covid-19 struck and all group reservations were cancelled. About a month ago, Jarret started cooking restaurant style. You can order meals to-go, but you can also take them to the picnic benches (there are more coming) and enjoy your lunch or dinner on the premises. It is a one man show and everything is cooked to order, so be patient while the kinks are being worked out. It is a small menu with burritos, gourmet ham-

burgers, hot dogs, tacos and BBQ brisket sandwiches. There are side dishes and drinks. If you want to place a to-go order call 907-406-9313. Thunderbird Café is open Thursday through Sunday 11 am to 7 pm.

This month's **Good Neighbor Award** goes to **Donnie Forman**. You might think that because this announcement is so short, there is not much of a story to tell. Just the opposite is true. Donnie has been in the valley so long, and everyone knows of her years of service and devotion to this community, that I don't need to or have the space to list them all. In November of 2017 Donnie was named the Humanitarian of the year by the Grant County Chamber of Commerce. That just about says it all.

Donnie has spend the last 50+ years supplying one-on-one service to anyone in need. There is never a call for help in the Mimbres Valley when Donnie wasn't there with some kind of assistance. Her passion is to make sure that no one is hungry and she does her best to make this happen.

Donnie supplies food boxes to people in need every month. She proudly says that she has "never had to turn anyone away who needed food". In addition to food, she has also been known to help out in many other ways: paying funeral expenses, electric or heating bills, transportation to doctors, etc. Anyone in need gets a helping hand.

At almost 90 years old, she operates a perpetual "yard sale" on Highway 35, open Wednesday through Saturday. People donate goods to Donnie and she sells them. The proceeds from sales (along with some of her own money) allows her to do her good works.

We in the Mimbres Valley are blessed to have Donnie as a friend and neighbor.

Go by the Yard Sale. You are getting more than a good bargain—you are also helping people in need.

Continued from Page 1 - Co-op

products was no longer allowed, so after 18 years of depending on volunteers, the Co-op was now staffed with paid employees.

In the late '90s, the Co-op was growing. A period of remodeling brought a new roof, more new cooler space, walk-in coolers, an administration office, the current kitchen, and a retail space of 2,060 square feet. By 1996, sales were \$650,000 and by the close of the 1990s, sales were nearly a million dollars.

The 2000s continued to bring steady growth and the double-digit profits during these years allowed for profit-sharing with the employees. In 2005, the Co-op passed \$2 million in sales. Obviously, growth necessities change such as computerization of pricing, scanners at the check-out counters, adding more rows of shelves, narrower aisles, and the need for more space to accommodate "behind the scenes" activities.

In 2007, after many profitable years, the Co-op decided to give back to the community by creating an outreach staff position and provided valuable support to the Grant County Community Food Pantry, The Commons: Center for Food Security and Sustainability, The Silver City Farmers' Market, the Grant County Food Policy Council, and many events providing awareness about food and nutrition. By 2008, the co-op had reached \$2.5 million in sales.

The Co-op continues to grow and improve. From \$900,000 to \$3 million in sales in thirteen years and still operating in the same 2,060 square feet of retail space, everyone including, the Board, managers, staff and customers became keenly aware that the Co-op had outgrown the space. In 2013, solutions to space limitations became the primary concern.

The Co-op is always open to responding to customers' wants and needs. In 2014, it started the "Grab'n'Go" section. Every morning there are different and delicious prepared items made from organic and fresh ingredients. Salads such as Beet and Kale, sandwiches such as Bacon Turkey Avocado and Veggie, soups such as Butternut Carrot and Sweet Potato Curry, and more!

In March of 2018, the Co-op was offered a marvelous opportunity—a large downtown building with parking at a very low price. Since it met the needs for a full Co-op expansion and relocation, the Board of directors decided to purchase the building at 907 Pope Street. The real work of planning an expansion began as the Board, managers and several volunteers worked diligently for more than a year to gather and study all the pertinent data

needed to determine the economic feasibility of renovating the building and moving the store.

The decade began with a bright outlook. Sales in 2019 were just shy of \$3.8 million and everyone was eager to help the Co-op move forward with the relocation.

This Little Co-op that Could, Did!

In the past thirty years, the Co-op has gone from sales under \$100,00 to nearly \$3.8 million; from a handful of employees to 35; and currently serves 2,100 member/owners.

The Silver City Food Co-op is full of amazing, high-quality natural and organic food. It has a well-deserved reputation as being the experts on Natural and Organics. The staff is knowledgeable about the products they carry and are known for exceptional customer service.

Where you will notice the difference between the Food Co-op and other stores is their dedication to supporting local suppliers. The Co-op is packed with products that come from right here in Silver City and from our surrounding communities, and New Mexico and the greater Southwest. The supermarkets are now starting to carry more "organic" foods. Have you ever checked out where this food comes from? Some of them list the origin as China, but most just say Distributed by (someplace in the US), with no indication of the country much less area of origin.

The Silver City Co-op helps our community in more ways than just offering quality local products and produce.

- ◆ The Co-op collaborates with various local organizations that promote the health and well being of the people, animals, and the physical environment of our community.
- ◆ The Co-op works with the Volunteer Center to promote the *Nuevas Comienzos Community Kitchen*, a state-certified commercial kitchen open to the public to facilitate local food production.
- ◆ The Co-op donates food each month to the Grant County Community Food Pantry and allows customers to donate to the Pantry through the Chili Program.
- ◆ The Co-op helps groups and organizations by sponsoring and/or donating money, gift bags, food, and beverages in support of various community activities, organizations, and events. The Mimbres Roundup Lodge has been on the receiving end of this community support. In the past, the Lodge received very generous donations of potatoes and carrots for the

Continued on Page 4 - Co-op

Continued from Page 3—Cp-op

community's free Thanksgiving Dinners that the Boosters held for the people in the Valley.

- ♦ The Co-op's Round Up Program raises money for non-profit organizations by allowing customers the opportunity to round their bill up to the nearest dollar and donating the money to a worthwhile organization. By working with their member/owners and customers, the Co-op can donate that much more to the community.

If all of this isn't enough to make you want to shop at the Silver City Co-op, keep in mind, one hand helps the other.

During August, the Mimbres Health Action League, in support of the Mimbres Roundup Lodge, has been selected by the Co-op to be the recipients of this great Round Up program. See Kathy Overholt's article on Page 10 for the details!

Since the start of the Pandemic the Co-op has taken steps to minimize exposure to its shoppers and staff. The health and well-being of all inhabitants of Silver City and the surrounding area is its top priority. Following CDC prevention procedures, they have increased handwashing, cleaning of the Co-op, social distancing, and frequent use of sanitizers. There is a limit of 8 people at a time in the store. While in the store, please be mindful of your shopping time, practice social distancing, wash your hands, and use sanitizer.

The Co-op is also offering curbside pick-up. Go to silvercityfoodcoop.coop for complete details. Orders can be placed at

grocerypickup.silvercitycoop@gmail.com.

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Just One By Gary Copeland

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others are one
someone
anyone
no one

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some people from here
some people from there
people of people from everywhere
or somewhere
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“Old Midnight”—A Tale of Two Horses”

By Gene Stailey

The majority of this story was originally printed in the *Silver City Daily Press and Independent* and we would like to thank them for their permission to reprint the story.

As I read in the local newspaper announcing that the annual PCR Rodeo had been canceled, it brought back memories of a rodeo experience that I had some sixty or so years ago.

Before I go into the story, I feel that it would be proper to fill you in on the person who made it possible for me to have this experience. I had known this individual all my life. Back in the days of the Great Depression, there was a large family named Brown, which lived in the little village of Buckhorn. I knew the entire family well, but the one that I am going to focus on is Conn, who fits about in the middle of the family, age wise.

Conn married Laura Foster, a local lady. Remember this was back before TV or much radio, so your pastime was spent doing other things. They loved to play cards. I can remember spending many evenings in their home playing cards. Laura was a lovely lady—but she had one fault—she did not like to lose.

After WWII, Conn and his little brother, Ernie, migrated to Silver City—the rest of the family stayed there or moved elsewhere. Ernie went into the used car business and with his personality and charitable attitude—the consumer is number one—he acquired the Plymouth dealership and did well. If I am not mistaken, I think my old buddy, Jim Taylor of Taylor Truck and Auto, started there with Ernie and then went off on his own and retired after thirty years of depending on “repeat business”. Ernie was mayor of Silver City a number of times.

Conn and Ernie owned and operated the Silver City Taxi service and in 1949 they hired me to drive on the night shift allowing me to go to college. Being a cab driver in a small town is like being a bartender—you know all about their troubles, both good and bad. I could write a book on what I know about what went on.

OK, now to the story. About 1957 I joined a non-profit organization named the Grant County Sheriff Posse,

which not only assisted the Sheriff when needed with traffic directions, road blocks, etc., but our main project was to “put on” the annual 4th of July rodeo. The organization was made up of many prominent, respected men and their wives. It was a great little group. We worked hard and had lots of fun. We even had little badges. They were nice silver ones with a gold emblem of a man on a horse in the center. I still have mine. Conn was Captain/President of the Posse and I was elected to be the Secretary/Treasurer, and we had a good working relationship. Conn

was a doer and had good leadership qualities.

I think that Conn was employed by the New Mexico State Land Office at the time and acquired a lease arrangement with the state. We went to work and built a rodeo arena where the Walmart was first built, which is now where Ace Hardware and the Chamber of Commerce and Civic Center are today. We also had access to the property north of that, encompassing where the New Mexico State Police office is today. We also had an old school building moved in there for our office.



Gene, displaying his Grant County Sheriff Posse badge.

Bear in mind that the portion of NM 15 which connects Hwy 180 and Pinos Altos Road (the little stretch of Hwy

where Big O, State Office Buildings and the U.S. Forest Service Offices are now located) was not yet built at the time, so we had to use a different route to get to the property. The Sonic drive-In next to Walgreen's pharmacy sits on Sheriff Posse Road and that is where you got off of Hwy 180 to get to the Posse property.

Here comes the big day of the parade and first performance of the rodeo and Conn wants me to ride in the parade with him. I told him that I couldn't as I did not have a horse. He said, “That could be arranged, come and go with me.” So, we got in his car and went to the rodeo grounds. He introduced me to Albert Harris, the stock contractor, and told him what we wanted, and Albert said, “No problem.” He called one of his employees and told him to saddle up “Old Midnight,” and bring him up here.

Continued on Page 5 —Two Horses

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When I saw him leading that big old black horse up to me, I thought that he looks just like the old work horses on the farm. Oh well, I can't be choosy, so I mounted him, and the man adjusted the stirrups, handed me the reins, and I was off to the parade. After going about 100 yards or so, I agreed that Albert had made the right decision for me. He reined perfectly and had the smoothest gait that you could ever hope for—just like sitting up there in a rocking chair. We made it to Gough Park with no problems.

We then lined up for the parade. Conn and I were up front, just behind the police cars with their sirens going off and so on. Old Midnight paid no attention to all the noise and distractions. He just kept plodding along paying no attention to any of this extra activity—just like it was another day at the office.

After the parade, we headed back to the rodeo ground. On the way, I decided to stop at the T&H drive-in, a little fast food place, and get a cold drink as I was getting thirsty. The building is still there but unoccupied. It is the little brown building with the blue posts. I tied the reins to a power pole beside JD Feeds (which at the time was Burchfield Motors which sold International trucks and Chrysler cars). When I finished my drink and started on my journey to deliver my horse, I found that he had rubbed the bridle off, but he was just standing there waiting for me. I put the bridle back on, mounted him, and we were on our way, thank God! We made it back

to the rodeo grounds fine, where I graciously returned the horse.

That evening, during the rodeo, I had the privilege of standing on a platform with Conn and Albert looking down on the bucking chutes where they position the broncs and the riders get mounted. What a great view. I watched them load this big old black horse in the chute, then the rider mounted him and gave the nod. The gate opened and out came the horse and rider, but the rider only stayed on for two or three jumps before hitting the dirt. Then Albert put his hand on my shoulder and said, "Gene, that's the one you rode in the parade today." No way! He told me that he had not been ridden all year. Well, he left the rodeo the way he came—not ridden.

I didn't make many friends among the "bronc riders" when I ribbed them and chided them with remarks such as—you call yourself a bronc rider and can't even stay on "Old Midnight" for more than three or four jumps when I rode him for two and a half to three hours in the parade. Oh well, some of us have it and some don't.

Back to the Browns. Conn and Laura had four children George, Conn, Ruby and Joyce. George stayed in the area and retired as a respected schoolteacher. Conn joined the NM State Police where he retired and then served as Sheriff of San Juan County (Farmington) for at least one term. Where Ruby and Joyce are, I know not. I don't know how many children George and his wife had, but I do know of four boys. Kevin, who is a prominent Veterinarian and has his own clinic in Silver city; then there are Keith and Kyle

who own and operate Werner Tire (by the way you can see their ad in the *Mimbres Messenger* and their ad refers to them as the Brown Boys); and I think they have a brother who is a supervisor at Hamilton Construction. There are Browns scattered throughout the area, "same breed but different litters." When I speak of the Browns, I use the expression as I do when describing the Staileys, "There are more of them than there are people."

Yes, there are a lot of Browns, and I have yet to meet one that I didn't like. Hope that I didn't bore you too much with this article. - Gene Stailey



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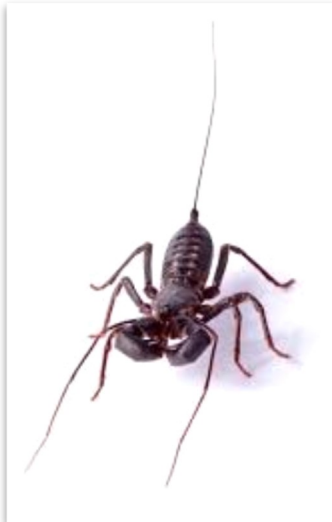
Giant Whip Scorpion

By the "Bugman"

One of the scariest looking arthropods in southern New Mexico is the Giant Whip Scorpion. Also known as vinegaroons, whip scorpions are arachnids (spiders and their relatives) that reach about 2 inches in length, excluding the long caudal appendage (tail). Like all arachnids, whip scorpions have 4 pairs of legs, but they only use the hind three pairs for walking. The first pair are used to sense the environment, much as insects use their antennae. Despite having eight eyes, whip scorpions' vision is poor. They also have what appear to be claws, which are modified mouthparts called pedipalps. The pedipalps are used to catch and crush their prey.

Although called scorpions, vinegaroons have no venom or stinger. The long tail is used as a sensory organ, like the front legs. However, whip scorpions do have a couple of defenses; they can pinch with their claw-like pedipalps, and if threatened, may assume a 'ready-to-rumble' posture with outstretched claws. Likely more effective, the second line of defense involves spraying their enemies with a toxic substance from a gland located at the base of the tail. The spray is 85% acetic acid and smells like vinegar, which explains the common name, vinegaroon. The highly concentrated acidic spray (by comparison vinegar is only 5% acetic acid) is especially irritating if inhaled or comes in contact with eyes.

Whip scorpions are nocturnal carnivores, feeding on soft bodied insects like cockroaches, crickets, and termites. They spend their days hiding in shallow burrows or un-



der logs or other objects lying on the ground. In the evening, they emerge for their nightly foray in search of prey, using their antennae-like first pair of legs and sensory tails to locate the next meal.

The mating ritual of whip scorpions is extraordinarily complex and can last as long as 12 hours. When a roving Romeo encounters his Juliet, he grabs her with his pedipalps and they 'wrestle' for several hours. If she decides that he's an okay dude, she'll place her front legs into his mouth and wiggle them about. This apparently stimulates the male to drag her around for a few hours, and after that, if the two companions still have puppy eyes for each other, he climbs on top and produces a spermatophore, which is basically a sack of sperm. He deposits the spermatophore on the ground, maneuvers his

mate over it, and pushes the spermatophore into her. Once the deed is done, the female removes her front legs from the male's mouth, to which he responds by massaging her abdomen with his pedipalps for the next couple of hours. Finally, they say 'adieu' and go their separate ways. After a few months, the soon-to-be mother lays 30-40 fertilized eggs in a mucous sac, which she guards until they hatch a couple of months later. The baby vinegaroons climb on their mama's back and hang out for about a month before molting into second stage immature whip scorpions. At this point, they leave home to fend for themselves, while their worn-out mom flops over and dies. The young whip scorpions molt three times, once each year, before they become adults and the cycle repeats.

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Take a Ride in Mimbres, A Unique and Beautiful River Valley

By Marilyn Markel

Everyone needs to get out of the house these days. Take a ride to Mimbres; drive along the river; on Highway 35 north; or Highway 61 south; stop along the way to admire the landscape; enjoy the clouds; but watch out for monsoon rainstorms and water flowing across the highway.

If you turn north on Highway 35 from 152, just a short distance away, near the Senior Center, next to the highway, you'll see a brown, wooden New Mexico Historic Marker featuring the Mimbres Valley. The New Mexico Department of Transportation put the marker in place in 2017. The students of nearby San Lorenzo Elementary helped celebrate the new sign, taking pride in being "Mimbrenños."



San Lorenzo Students in 2017—Photo by Mitch Clinton

The Mimbres River Valley is unique for lots of reasons. People have lived for a long time in the Valley because of the river—a source of life-giving water in an arid landscape. By Archaic times, 2,000 -5,000 years ago, and maybe much longer, humans were taking advantage of the multitude of resources found along the Valley. The Mimbres Indians, ancient Indian potters and painters, extraordinary artists of a thousand years ago, give the Mimbres Valley claim to fame. Mimbres pottery can be found in museums across the world.

You can visit the Mattocks Ruin Archaeological Site at the Mimbres Culture Heritage Site (MCHS) to learn

about the Mimbres Indians. (The museum is closed due to Covid-19 but the interpretive trail is open. Please wear masks and social distance). During outdoor classroom days at MCHS, students not only learn about archaeology and history, but also hike to the river to learn about the riparian ecosystem and the importance of the river to past and present-day Mimbrenños.

But that's not when the story starts.

The Mimbres is a closed river basin. Although it is on the eastern side of the continental divide,

the river does not connect to a greater river system that eventually flows to the ocean (like the Rio Grande). Instead, about 10,000 years ago, at the end of the last ice age, when the Southwest began to dry up, the Mimbres was cut off from Lake Guzman in northern Mexico and from other river systems. Today, the Mimbres goes underground south of Deming. The river is now the only habitat for the Chihuahuan Chub, a threatened species of small, trout-like fish.

Areas along the river, where the native cottonwood-willow bosque survives,

several imperiled species, like the Blackhawk and the Chiricahua Leopard Frog live and depend on the river and floodplain habitat, a type of woodland/forest that has been essentially eliminated from other Southwest rivers.

The Mimbres Valley is, indeed, a special and unique place, a place to be valued, cared for, and protected.



San Lorenzo Students at the historical marker celebration in 2017—Photo by Mitch Clinton



Young visitor, Caden Back, at the Mattocks Site - Photo by Marilyn Markel

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ROUND UP FOR THE ROUNDUP

By Kathy Overholt

It's finally here! August is MVHAL's month at the Silver City Food Co-op! This is the month when its round-up funds will be donated to the Round-up Lodge for its expensive electrical upgrade. The historic lodge is a local building that is available (in non-Covid times) for use for those in our community.

What is the round-up program? It's a donation of the change of your Co-op purchase. For example, if you spend \$25.40 at the Co-op—and round-up, you'll be charged \$26.00.

The additional \$0.60 will go to the participating non-profit selected for the month. The round-up change adds up at the end of the month to a significant total. The program and rounding-up is a great way to contribute to the community.

I know it's hard to imagine, but the spread of Covid will one day come to an end and our lives will go back to nor-

mal. We'll be sitting in the lodge again at some point, and when we do, we will bask in the gently heated or cooled air, compliments of the hard-working Boosters who spent many years holding fund-raisers to pay for a new HVAC heating and cooling system and the requisite electrical upgrade needed to accommodate it.

MVHAL makes extensive use of the lodge at no charge. We use the lodge for our monthly board meetings, the monthly food bank, the Harvest Festival planning meetings, and the annual

Community Appreciation dinner. And while we can't use it now, we will again in the future. We would like to take this opportunity to thank the Boosters for their hard work and the Silver City Food Co-op for its round-up program.

If you haven't been to the Co-op, check it out. It's a great store. And be sure to round-up when you go, especially in August.



**MIMBRES
CULTURE
HERITAGE SITE**

By Kathy Hill, President of the IFWEF

As most of you know, we have a new roof on the Granville Wood House. Our dream has come true! Only some finishing touches left on the outside and we will be ready to begin working on the inside of the building to bring it up to date and make use of the spaces available.

Are you bored? We, at the Imogen F Wilson Education Foundation, are always looking for volunteers to help with carpentry, painting, gardening, repairing, and other tasks. As with all museums during this COVID-19 pandemic, not being able to open has hurt us financially. Any help we get will be gratefully accepted. We are very proud of our achievements thus far at the Mimbres Culture Heritage Site. We are determined to keep moving forward and be ready to reopen when the time comes. Call and leave a message at the museum 575.536.3333 or contact one of the volunteers to get a volunteer application, or for more information.

Our next goal is to replace the trail signage that is badly damaged by weather and time. If you would like to donate or sponsor one of the trail signs, we would be most grateful to accept each donation. We won't put

sponsors logos or names on the new signs because it would cost too much to change the master copy of the new signs. They originally cost about \$1000 each, but now we have the frames in place, so only need to replace the informational part. This will lower the price significantly. And remember, the trail is open for walking. Just take your mask and wear it for your protection and in case you encounter other visitors along the trail.

The *Plants on the Porch* project is still going strong. We have numerous healthy plants and ask that you leave a donation for your choices. There are hens and chicks, ivy, spider plants and more. Stop by and check them out on the front porch of the museum.

In our gift shop, we have copies of Marilyn Markel and Carilyn Alarid's fifth and final book in the "Mimbres Children" series. This wonderful book, *THINKS A LOT HAS HER HEAD IN THE CLOUDS*, teaches about fairness. We also have the other 4 titles on sale. If you would like to purchase a book(s), call Kathy at 575.536.3161 or Marilyn at 575. 536. 9337 and we will make arrangements. We can make arrangements for other gift shop purchases too. Just call!

Thank you all for your past support. We miss everyone and are really look forward to reopening again. Stay well and safe.

COMMUNITY and COUNTY CALENDAR

Per the Governor's orders most everything that normally appears here each month has been cancelled until further notice. There are a few places that are still able to operate, (at least at this time) and they are listed below.

ALBERTSONS - Wednesday, August 1 - First Wednesday of the month. Seniors 55+ get 10% off. All day.

ALCOHOLICS ANONYMOUS - Cancelled until further notice. For more information call 515-313-4693 or 888-388-1802.

COMMODITIES DISTRIBUTION - August 19 - (third Wednesday of every month) - 12 NOON to 2:00 pm - Roundup Lodge
Please bring a suitable box. Volunteers to help pack boxes are always needed.

DESERT WEST AUCTION - THE BIG RED BARN - 3870 Hwy 35, Mimbres. Third Sunday of every month Off Line and On Line
Auction email: desertwest@desertwestauction.com web: www.desertwestauction.com phone: 575-536-9353 On Line
at www.liveauctioneers.com (We assume they can still hold their off-line auction)

HMS MIMBRES CLINIC - *Clinic Hours and Days have been CHANGED* - Now open **Tuesday, Wednesday and Thursday 8:00 am to 5 pm.** 575-536-3990 (Closed between 12 noon and 1 pm for lunch)

LA ESPERANZA VINEYARD & WINERY - **By appointment only Winery open Friday, Saturday and Sunday - Noon to 6:00 pm. for curbside service.** Call in advance to place order and schedule pickup. Mimbres' Award Winning Winery. For more information, call 505-259-9523 or 505-238-6252

LaTIENDA - NEW HOURS Store hours and Fuel Pumps are open **9:00 am to 4:00 pm ~ LaTienda Restaurant Del Sol is now OPEN for Take out and very limited outdoor seating**, with a luncheon menu of burgers, sandwiches and salads.
Hours for lunch are 11:00 am to 4:00 pm. All safety Covid-19 practices are observed. Support your only local restaurant.!

MIMBRES VALLEY SENIOR CENTER - LUNCH DAILY - Monday - Friday NEW HOURS—LUNCH IS NOW AT 12 NOON Reservations are requested one day in advance. See Page 16 for daily menu. 575-536-9990

NEW PROCEEDURES

Until further notice, you may still get Senior Lunches at the Senior Center. The building will remain closed, but you may call in your order one day in advance and pick them up at the Center between 12 noon and 12:30 pm. Drive around to the back door and stay in your vehicle and they will bring your lunch to your vehicle.

MIMBRES FARMERS' MARKET - Saturdays, August 1 - September 26, - 10:00 am to Noon. Outdoors at the Valle Mimbres Market, 2739 Highway 35. On October 3, the Farmers' Market will be held from 9:00 am to Noon at the Mimbres Roundup Lodge, 91 Acklin Hill Road.

SILVER CITY FOOD CO-OP - Food Co-op at 575-388-2343 or www.silvercityfoodcoop.coop for information Don't forget to Round up. Starting in August, MVHAL and the Roundup Lodge will be the recipients of the Round up Program.

SILVER CITY MUSEUM GOES DIGITAL DURING LOCKDOWN Virtual Summer programs being held via Zoom Information can be found on the Museum's newly redesigned website, www.silvercitymuseum.org. Website visitors can also sign up for the email list to get links and reminders of upcoming events, and of course those who like or follow the Museum on Facebook will get updates, links, and fascinating tidbits. For more information, please contact the museum at (575) 538-5921 education@silvercitymuseum.org, or visit the museum's website: www.silvercitymuseum.org

August 29th - 11:00 am mountain time

Jaime Crow in Southwest New Mexico: Mexicans and Whites in Grant County Since 1870 With Dr. Stephen Fox

<https://us02web.zoom.us/j/88319675010>

Meeting ID: 883 1967 5010

SILVER CITY VISITORS CENTER NOW OPEN FOR CURBSIDE SERVICE - Murray Ryan Visitor Center offers Curbside Service The Silver City Murray Ryan Visitor Center is now open for curbside service. Residents and visitors can interact with staff via a video intercom system. Come to the front door, ring the bell, and have your questions answered. Staff will also gather maps and brochures that are requested and put them in a bag to be picked up outside the front door. The "Billy the Kid" cabin is also open. Visitor Center hours are 9 am to 5 pm Monday through Saturday and 10 am to 2 pm on Sundays. Visitors and residents are encouraged to stop by or call (575) 538-5555. Residents and visitors will be reminded to wear masks and practice social distancing while visiting and shopping in Silver City.

VALLE MIMBRES MARKET - TUESDAY, THURSDAY AND SATURDAY 11:00 am to 6:00 pm; Fresh organic and local produce, groceries and more. Every Saturday 10% off all fresh produce. Credit, debit, EBT. 2739 Highway 35. 575-574-7069. Mimbres Farmers' Market, Saturdays, August 1 - September 26. 10 am to Noon. Come support you local farmers!



Museum Bilingual Storytime Continues in August with *Arrow to the Sun* and *Calling the Doves*

The Silver City Museum will continue its bilingual bedtime story series, featuring the landscapes, culture, and history of the Southwest. The public can register and attend this Zoom Webinar for free at www.silvercitymuseum.org. Zoom is easy to use and has a text chat feature and audience participation is welcome!

On Sunday, August 9 at 7pm, the Silver City Public Library's Public Service Manager Javier Marrufo (reading in English), and Children and Young Adult Librarian MJ Medel (reading in Spanish), will read *Arrow to the Sun/Flecha al Sol*, by Gerald McDermott.

Register and attend the webinar on the Museum website silvercitymuseum.org, at <https://us02web.zoom.us/join/9tJfBAtm-TPH8LNNPTQw>, or download Zoom ahead of time and use Meeting ID 850 7018 1427.

On Sunday, August 23 at 7pm, Museum volunteers and former board members Phyllis McQuaide (reading in English) and Raul Turrietta (who is also the Grant County Assessor and reading in Spanish) will read *Calling the Doves/El Canto de las Palomas*, a rich, personal narrative by Juan Felipe Herrera about growing up as a migrant farmworker.

Register and attend the webinar at on the Museum website silvercitymuseum.org, at <https://us02web.zoom.us/join/9tJfBAtm-TPH8LNNPTQw>, or download Zoom ahead of time and use Meeting ID 818 9927 0071.

The Silver City Museum Storytime Series brings to you children's stories about the land and people of the Southwest. Storytime is designed to engage early readers and their families virtually (in the comfort of your own home) to enjoy reflections on life in our region.

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FOREST SERVICE NEWS



Firewood available in Canyon Tank Thinning Unit in Mimbres, NM

The Gila National Forest, Wilderness Ranger District is offering an additional 350 acres of firewood. Fuelwood permits are available at the Silver City and Wilderness Ranger district offices and are 10 cords for \$20.00. The Wilderness Ranger District does not offer in-person permits. Fuelwood permits should be purchased over the phone using a debit/credit card and then be sent through the mail.

The area open to cutting is the Canyon Tank Thinning Unit, which was a cooperative project with New Mexico State Forestry. There are approximately 350 acres of alligator juniper down on the ground. This unit is nested in the North Star firewood area, so cross-country travel is permitted to pick up the wood. The turn-off to North Star Road (Forest Service Road (FSR) 150) is approximately four (4) miles from NM Hwy 35. The road sign is gone, but the turn is flagged in pink and green. It is FSR 4080D off the east side of FSR 150. Go down the road about one and one-half (1.5) miles past the old corrals at North Star Tank. The road beyond North Star Tank is rocky, and high-clearance four-wheel drive vehicles are recommended. Also, with the onset of monsoon season the access road becomes quite muddy and boggy, so the ranger district recommends waiting until the road dries up.

Campfire Ban Lifted on Gila National Forest

With the onset of monsoon season, the campfire ban for the Gila National Forest has been rescinded. This means that visitors to the forest may have a campfire. Fire Danger is now moderate.

In spite of the rain and increased humidity, Gila National Forest officials remind visitors to always practice fire safety and practice self-patrolling. "Fire safety is everyone's responsibility," said Gabe Holguin, Gila NF Fire Management Officer. He added, "Please be extremely cautious with any activity that may cause a wildfire.

Please follow these campfire guidelines:

- ◆ Clear all flammable material away from the fire for a minimum of five feet in all directions.
- ◆ Make a fire only if you have a shovel and sufficient water to put it out.
- ◆ Have a responsible person in attendance at all times.
- ◆ Never leave your campfire unattended.
- ◆ Avoid making a campfire during the windy part of the day.
- ◆ To make sure your campfire is out, drown with water and stir with dirt, making sure all burned materials are extinguished. Feel with your hand to make sure it's out cold. Every campfire will be put **DEAD OUT** before leaving it.

For information on the Gila National Forest, check out our website at <https://www.fs.usda.gov/gila> or join the conversation on Facebook and Twitter.

San Lorenzo Elementary School News - By Grace Williams

Our local elementary school, San Lorenzo, will begin the 2020 – 2021 school year on August 3rd. As a part of the phased approach to reentering schools, students will begin with remote learning. The Cobre School District has been working to provide internet access for all students.

If public health conditions stay steady, there is hope to begin the next phase of reentry, hybrid learning after the Labor Day holiday. Under a hybrid model, the number of students present in the building at any given time will be limited in order to ensure that six feet of social distancing can be maintained at all times. Students will alternate

between in-person instruction at the school building and online instruction when at home.

If you are interested in more information go to the Cobre Consolidated School District's website at <http://www.cobre.k12.nm.us> On the home page click on the heading NMPED Reentry Guidance.

Movement to a Full Reentry will depend on guidelines published in the New Mexico Public Education Department's Reentry Guidelines Manual at the above web address.





Untapped Edible Bounty of the Mimbres Valley

(Do not read on an empty stomach)

by Mungo de Grijalva



I'm hiking along the Mimbres River when a two inch, brown grasshopper jumps out of the brush onto my shoulder scaring me. I brush it away; it hops and disappears under fallen cottonwood trunks and tall grasses. I'm hungry and wonder if that grasshopper is edible? I recall reading about Native American tribes harvesting grasshoppers as a food source. I think the ancient Mimbres indigenous clans ate these critters. I ate grasshoppers in Mexico. They were not as large or juicy looking as the ones in the Mimbres Valley. The Mexican grasshoppers were roasted and spiced with a hot chili pepper and salt.

From a National Geographic magazine, I learned that a quarter of the world's population eats insects on a daily basis. Why not? They are full of protein, calories and no fat. They use less of the planet's resources to maintain and flourish. The magazine article concluded that insects are the next super food to feed the hungry people of the future. I'm ready for the cuisine of the future, because I've eaten insects in the past. I devoured fat, meaty black ants in Colombia. I ate salty crickets in Guatemala. I even swallowed little gnats in Nicaragua. The most memorable insects that I've eaten are grubs from the Amazon basin.

Three years ago, I lived with the "Shuar," an Amazonian tribe. They live in the virgin rain forests of Ecuador. Like their ancestors, they have no electricity or running water in their raised jungle shacks. All of their food, subsistence resources and drinking water come from the rain forest and wild rivers. They live in harmony with nature and are protectors of the environment. The Shuar have never been conquered. They've repelled invasions by the Incas, Spaniards, Peruvians and Ecuadorian forces. The Shuar are fierce warriors and were (or are) headhunters. When the Shuar defeated their enemies, they killed and severed the heads of the warriors and reduced them to the size of my hand.

They used the shrunken heads in a ritual to gain the power of the dead warrior. Shuar fighters only collected the heads of warriors. They weren't interested in the head of a "gringo" writer like me. I was not offended.

I lived with a Shuar family headed by a shaman named Tunki. One afternoon, Tunki's younger fifteen year-old brother and his friends came running with hollowed out coconut bowls full of live squirming grubs. The palm grub is a beetle larvae and is about the size of my thick index finger. Amazonian tribes highly value this delicacy from



Live, "edible" Amazonian grub



The correct way to eat a live grub

the jungle. The village of about twenty people were excited and began "tasting" the live grubs. With pride and honor, Tunki offered me one to eat. The villagers were delighted and looked at me with satisfaction in anticipation of my pleasure with consuming the live grub. I didn't want to eat it, but every Shuar was looking at me with pride. What am I going to do? What would you do?

I ate it. I didn't like the taste from the first bite. I was instructed to first bite off the head so it doesn't slither and wiggle in your mouth and throat. The head and skin were hard, crunchy, and chewy with the insides being milky and slimy. I chewed twice and then swallowed it whole. I was left with a taste of rotten milk on my tongue. Gross! I turned down seconds. "No, thank you."

The next day, Margo, Tunki's wife, served me a rich "caldo" (broth) made with foods harvested from the jungle. The hearty soup was sprinkled with wild green and yellow vegetables I couldn't name. There were some


chunks of starchy yuca. A few tangy native spices were mixed in with small, marble size balls of a rich cheese with a sweet flavor, very tasty. Because I didn't see cows in that part of the world, I asked Margo, "Where did you find cheese?" She let out, "What's cheese?" The Shuar don't drink milk or eat milk products like cheese.

Continued from Page 14 - grasshoppers

In my confusion, I wanted to know, "What are the balls that are floating in the soup?"

With a wide grin, Margo teased, "They're grubs like the one you ate yesterday." I asked for more soup. An artistically presented and tastefully prepared grub is incredibly delicious to eat. I would again eat one served this way. But a live, squirming, raw grub, Yuck! I'll never eat a live grub again.


Which brings me back to Mimbres grasshoppers, does anyone have a recipe for preparing local grasshoppers in a thick Hatch roasted green chile sauce?



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SENIOR CENTER MENU

PLEASE CALL YOUR SENIOR CENTER BEFORE 10:00 A. M. OR MAKE RESERVATIONS THE DAY BEFORE FOR MEALS. ALL DONATIONS ARE ACCEPTED. THANK YOU.				
August 2020				
MILK IS SERVED DAILY				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Chile Relleno w/ Cheese Pinto Beans Tossed Salad Flour Tortilla Fruit Cocktail	Chicken Fried Steak Scalloped Potatoes Mixed Veggie Bread Strawberry w/ vanilla Pudding	Baked Fish Rice Pilaf Broccoli & Cauliflower Breadstick pear Yogurt	Chicken Adovada Pinto Beans Carrots Flour Tortilla Chocoloate Pudding	Ham Sandwich Lettuce & Tomato Baked Chips Carrot Sticks w/ Ranch Oatmeal Cookie
10	11	12	13	14
Green Chile Cheeseburger Lettuce/Tomato/Onion/Pickle Peas & Carrots Applesauce	Pork Posole Calabacitas Tossed Salad Flour Tortilla Pear	Chicken Fajita Pinto Beans Calabacitas Torilla Fruit Cocktail	Meatloaf Scalloped Potatoes Green Beans Dinner Roll Vanilla Wafers Vanilla Pudding	Chile Dog Buttered Squash Potatoe Wedges Peach Shortcake
17	18	19	20	21
Oven Fried Chicken Mashed Potatoes & Gravy Mixed Veggie Bread Apple	Pizza Italian Vegetables Tossed Salad peaches w/ cottage cheese	Red Chile Beef Enchiladas Lettuce & Tomato Calabacitas Banana Ice Cream	Baked Ham Mashed Potatoes & Gravy Green Beans w/ Tomato Biscuit Fruit Salad	Green Chile Pork Stew Mexicorn Tossed Salad Flour Tortilla Jello w/fruit
24	25	26	27	28
Chicken Strips Mashed Potatoes & Gravy Borccoli & Carrots Slice Bread Pineapple	Sloppy Joes Green Beans French Fries Yogurt	BBQ Pork Sandwich Pickles, Onions Green Beans Pasta Salad Chocolate Chip cookie	Spaghetti w/ Meat Sauce Italian Vegetables Breadstick Apple Sauce	Grilled Cheese Sandwich Ham & Bean Soup Tossed Salad Strawberry Shortcake
31				
Chile Beans w/ ground beef Tossed Salad Crackers Strawberry Ice Cream				HMS Senior Centers Ena Mitchell 542-9414 Silver City 388-2545 Santa Clara 537-5254 Gila 535-2888 Mimbres 536-9990

MENUS SUBJECT TO CHANGE WITHOUT NOTICE

NEW PROCEEDURES

Until further notice, you may still get Senior Lunches at the Senior Center. The building will remain closed, but you may call in your order one day in advance and pick them up at the Center between 12 noon and 12:30 pm. Drive around to the back door and stay in your vehicle and they will bring your lunch to your vehicle. Donations of \$2 per lunch are appreciated, but not mandatory.

SENIOR CENTER ACTIVIES

Have all been cancelled until further notice.

For any questions about activities, please call your senior center. Activities are open to all who are age 55 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs. **Donations of any amount are appreciated.**

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CATHOLIC SERVICES NEW HOURS

San Lorenzo Mission
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San Juan Mission
Is CLOSED

San Jose Mission
in Faywood
Third Sunday of every month
at 4:00 pm

LOCAL CHURCHES

MIMBRES UNITED METHODIST CHURCH

2622 Highway 35, Mimbres
(Next to the Senior Citizen's Center)

Pastor Janet Whitmore has returned
from retirement to replace Pastor
Gene McPeak who moved to Abilene

We invite you to join us for
Sunday Morning Worship at 10 a.m.

Mimbres United Methodist Church
has a box on Highway 35 in which
people may put their prayer requests,
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Pastor Janet and the congregation
will seek the Lord's help on behalf of
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SENIOR MOBILE FOOD PANTRY The third Wednesday of every month, the Gospel Mission in Silver City will distribute food at the Knights of Columbus Hall, 1301 North Swan Street from 2:00 to 4:00 p.m. If you are 55 years of age or older, live in Grant County and you need help with food, you are welcome to come by. Please bring your own box or bag to put food in. Help carrying will be available if you need it. If you would like to lend a hand in helping to set up or carrying boxes to cars, please show up at around 12:30 p.m.

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Mimbres Valley, the River and Watershed

By Marilyn Markel

The Rio Mimbres is an oasis in an arid landscape. It is a unique and special source of life-giving water. The river begins in the high country, on the west side of the Black Range. The watershed-- mountain streams, canyons, and arroyos, all come together as the Rio Mimbres.

What is a watershed and how can we protect it?

- * Water enters the watershed as rain and snow melt.
- * A healthy watershed acts like a sponge-absorbing, storing, and slowly releasing water.
- * Water travels overland as surface water; water flows underground as ground water.

- * Water evaporates from the surface of the earth and is returned to the atmosphere as water vapor.
- * Native plants take less care and can survive better. Native plants provide the best food and shelter for wildlife. Land managers, like the Forest Service, use thinning as a way to keep the forest healthy.
- * We can conserve water and take care of our watershed with wise use of resources. Please "Leave no trace" when visiting the forest, woodlands, and riparian areas. "Riparian" means along the river. Remember, water flows downstream and the river runs through the Gila National Forest, through farms and ranches, and through people's backyards.



Watershed

Crossword Puzzle Clues

DOWN:

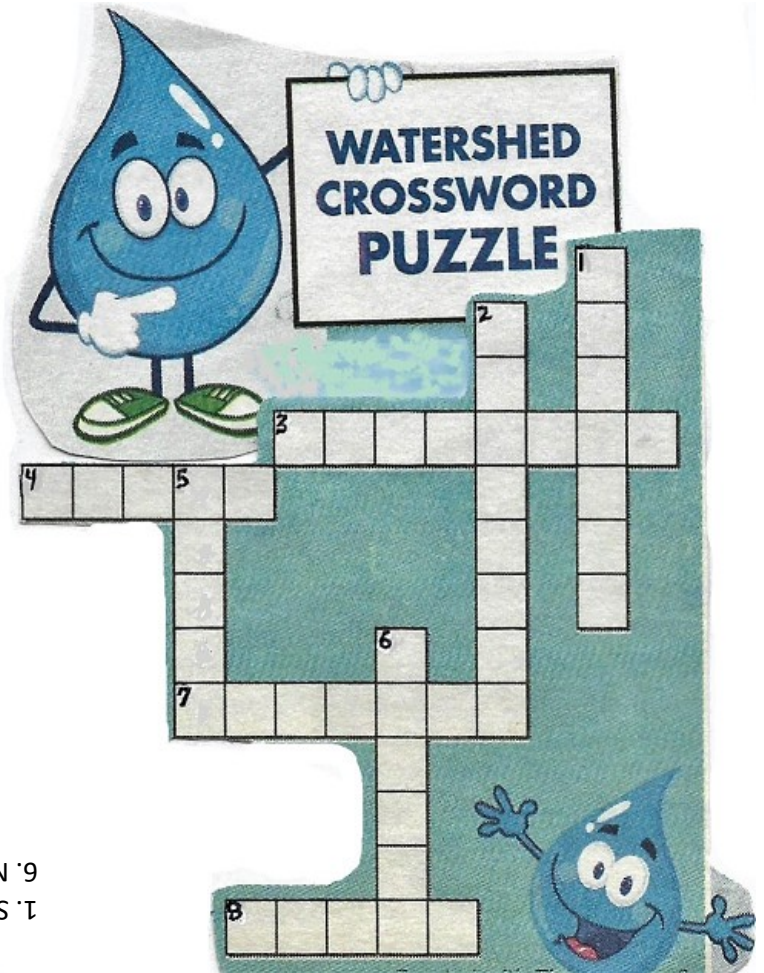
1. Healthy watersheds act like these
2. To use wisely, to take care of
5. A place with water in an arid land
6. Types of plants that are adapted to the local climate

ACROSS:

3. What forest and other land managers use to improve forest-woodland health
4. Another name for evaporated water
7. Water that is not underground
8. In the watershed as rain or snow melt

Watershed Crossword Answers

1. Sponge 2. Conserve 3. Thinning 4. Vapor 5. Oasis
6. Native. 7. Surface 8. Water.



Mimbres Messenger

P. O. Box 137
Mimbres, NM 88049

Please email any suggestions, articles, announcements, upcoming events, advertising, etc. for consideration

by the editors to:

willhite200@aol.com

We're on the web

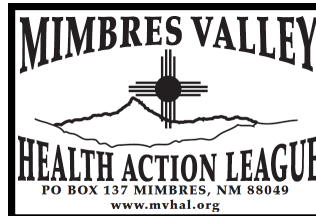
www.mvhal.org

www.mimbresharvestfest.com

www.blackrange.org



The Mimbres Valley Health Action League was founded for the purposes of improving the health, well-being, and quality of life for the people of the Mimbres region. Some of the ways targeted to do that are by improving communication and social networks, providing preventive health education, improving access to health and social services, increasing financial and economic stability, increasing recreation opportunities, increasing education opportunities, and promoting a safe and



Mimbres Messenger
Farmers' Market
Harvest Festival
Commodities Distribution
The San Lorenzo Children's Garden

cancelled - 5:30 pm to 7:00 pm. MVHAL. Board Meeting.
Roundup Lodge, 91 Acklin Hill Road.

WEDNESDAY, AUGUST 19 - Noon to 2 pm

Commodities Pickup - Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

CALLING ALL PHOTOGRAPHERS

Professionals, amateurs, or if you just have one great photo you would like to share

It is once again time to submit your photos for the Harvest Festival Calendar. OK, I know there isn't going to be a Harvest Festival this year, but there is going to be a Calendar. Maybe we will call it the Covid-19 calendar year calendar! No, seriously we need your submissions, and they need to be in no later than **August 15th (absolute deadline)**. Delivery of packages has been very slow, and we want to make sure the calendars are available to be purchased at the October 3rd special Farmers' Market.

All photos **MUST** be at least 300 dpi or for an 8x10 photo, 2,400 by 3,000 pixels for them to pass the printing company's criteria.

Please email your submissions to: willhite200@aol.com by August 15th

If you don't have access to email, please call Mary at 575-536-9323 and arrangements can be made to get your submissions.

As always, there is no compensation, just the pleasure of seeing your pictures in print and sharing them with others. Photos are selected on quality and how well they represent the Mimbres Valley.



New Formula Helps Keep Immune System Strong

CBD is known to treat prostate and rectal cancer

Provides relief from arthritis, anxiety, depression, insomnia, diabetes, PTSD, ADD, addition, chronic back and joint pain.
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MEDTERRA offers high quality, 99.6% pure CBD oil products (tinctures, capsules, cooling cream) with no THC.

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