

## A FREE COMMUNITY NEWSLETTER

AUGUST 2014

## MIMBRES MESSENGER

## MIMBRES ARTIST OF THE MONTH - MEG STREAMS

By Peggy Platonos

Her name is officially Margaret, but everybody calls her Meg. She is a relative newcomer to the Mimbres Valley, and is a very talented artist.

If there is such a thing as a gene that carries woodcarving skills, Meg Streams definitely has it—a legacy from her father, William Sugden, who was a master woodcarver specializing in birds. His work was of such high quality that it regularly won awards at the Ward Foundation World Bird Carving Championships. “Dad was known as ‘the Bird man of Buckingham.’ He was a medical doctor there in Buckingham, Pennsylvania, a general practitioner, and an avid bird-watcher. So his patients kept bringing him injured birds,” Meg says. “I grew up with baby robins, blue jays, cardinals, gold finches, owls, all kinds of birds all over the house—live birds as well as the ones he carved out of wood.”

It took a while for the woodcarving gene to manifest itself in Meg, however. Though her father did his woodcarving in an easy chair right in the living room with the family, night after night throughout her childhood, she herself did not start carving until she was in college. “I was at Penn State University, majoring in Large Animal Production, and I started carving little farm animals for my friends who were raising

and showing prize-winning animals—sheep, horses, pigs, cows. I just gave the stuff away,” she laughs.

She did keep a few for herself, though, and they prove that her woodcarving skills had been quietly incubating in those hours she had spent seeing her dad coax realistic figures of birds from pieces of wood. When she did finally try her hand at carving, those skills emerged already well-developed—



Meg holds two of her carvings: a gourd “pot” from her “Ancient Trails” collection and one of her exotic fish wood carvings.

Photo by Peggy Platonos

nothing crude or primitive about those early animal figures of hers. But she didn’t get serious about carving until she returned home several years after college, reeling from the after-shocks of a failed marriage.

“I went down to my dad’s workshop in the basement and started carving as ‘therapy.’ The first thing I did was a carving of an Avocet, a shore bird with long legs and a long beak. It was very delicate work. My dad was thrilled. He was just full of praise—said it was better than he could have done,” Meg says. “I didn’t really believe it was better than he

could have done, but I did believe he was sincere when he said it, and that made me feel good.”

Meg soon moved on to carving fish. “I had always been an avid fisherman,” she explains. “I was the third daughter in the family, and my dad treated me like the son he never had. So we spent a lot of

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# A LETTER FROM THE“EDITOR”



## VOLUNTEER STAFF

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- Anna Willhite, Copy Editor
- Marilyn Markel, Contributing Writer
- Jan Tripp, Printing
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**By: Franz Raiter**

This month has been a busy one for the staff of the Mimbres Messenger. Our two main copy editors have been traveling all over the Northern part of our continent trying to find a place to get rid of their husband/brother-in-law, Kenny. They finally seemed to settle on the eastern seaboard. I suspect that he is currently being held by Russian Separatists lurking in New England. I inquired as to his whereabouts today and I was told that he was ‘enjoying himself’ and ‘sailing’, as they put it. Sure guys-I’ll be watching for him to blink out a message to me on Skype, that is if he can get those hooded figures with the AK-47s to quit blocking the screen...

I decided to break from recent tradition and instead of a sustainability article, I thought I would do an ambitious and revealing ‘hands-on’ docu-

mentary about the Rural Dating scene here in The Valley. Bad idea.

Setting out with the best intentions, I had actually compiled a lengthy, highly erotic and surprising play-by-play of sorts when things took a nosedive. Things were going remarkably well until an unfortunate series of events culminated in my being blacklisted from Farmersonly.com. I’m not supposed to talk about it but I must apologize to daisydukes34: Those hamstringing injuries can be a bear, I know; but it *will* heal, I promise.

Now I’ve got nothing, on several different levels; my lawyer advises me not to divulge anything else and I have had to quash the article. Oh well, I guess I will stick to sustainability articles from now on. I have a few ideas to pursue for the August issue. Hopefully I will have better luck.

## Funeral Expenses, Stressful? We Can Help!

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CONTINUED FROM PAGE 1 - MEG STREAMS

time fishing together. All our vacations, when I was a kid, were devoted to bird watching and fishing in different parts of the country.”

The very first fish Meg carved took first place in a competition at the local woodcarving club. “All the other carvers were men,” she recalls. “They were not pleased.”

She quickly proved it was not just beginner’s luck. She entered her carvings in much bigger competitions, including the Global Aquatic Carving Challenge held in Florida. “At the time, this was the biggest competition for fish carvings, and it was open to carvers from all over the world,” Meg explains. “Right from the beginning, I was a consistent winner, taking first or second place.”

In 1994, at the World Fish Carving Championships, Meg’s carving of a trio of fancy goldfish won Best in World in the Intermediate Division. “I guess about this time I was getting real serious about my carving,” she says.

Given the exacting standards of judging in these major fish carving competitions, one would have to be extremely serious about carving to stand any chance at all. “The Judging is based on accuracy, as well as artistry. You have to have the correct number and size of scales on your carving; the correct size and placement of fins, gills, etc. Composition counts, too, and the judges look for movement, but it has to be the kind of movement a fish of



The head of the full-size wooden carousel horse Meg is still in the process of carving.

Photo courtesy of Meg Streams

that particular species could and would make,” Meg explains.

“Of course, all this was a good excuse for my dad and me to go shad fishing on the Delaware River or trout fishing in local Pennsylvania streams, lake fishing in Canada, even scuba diving in local quarries,” Meg laughs. “I had to study and take measurements on real fish, after all. We’d take photos of the fish we caught.” For more exotic types of fish, Meg made regular trips to local pet stores to study the fish imported for aquariums. “I arranged with the stores to freeze any fish that died and save the carcass for me.”

Eventually, Meg’s passion for woodcarving took a back seat to marriage and family. She married veterinarian Dale Streams in 1994, and their first daughter, Emily, was born in 1996, the second, Hannah, in 1998. “When Dale and I got married and had our two girls, time for carving just disappeared,” she says.

Still, she managed to find bits of

time here and there to work on a major project that continues to be a work in progress: a full-size wooden carousel horse, with intricate symbols worked into its harness, each representing a person who has been important in Meg’s life. It’s clearly a labor of love.

Since buying property on what was originally the GOS ranch, building a home there, and moving to the Mimbres Valley in 2012 with their girls, Dale and Meg have both launched their own businesses. Dale’s old-style house-call Mimbres Valley Mobile Veterinary Service is proving to be much in demand, and Meg helps as his assistant, while



ANTLER AND PINE

Gourd art created by Meg using woven pine needles and deer antlers.

Photo courtesy of Meg Streams

also doing some serious carving for her “Second Nature” business. That carving increasingly reflects her new surroundings.

“Once we moved to the Valley, I was introduced to the ancient Mimbres pottery and Southwest

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## GARDENING TIPS FOR AUGUST

By: Sharlene Grunerud - Mimbres Farms Greenhouse

This is the time of year to start giving serious thought and energy to late season crop plantings. If you are new to this concept, a simplistic way to explain it is: planting months later to harvest months later. Planting in August and even early September will allow for enough time for many vegetables to mature. Some will even survive and/or benefit from light frost or 20 degree temperatures.

The most popular late season root crops are radishes – 30-45 days to maturity, beets – 50-60 days, turnips – 50-60 days, and some short season carrots. Bush beans also have a short enough season to be harvested if planted soon, but unlike early summer planting they won't have a chance to provide successive harvests. The vegetables that taste even better as a late season crop are the short season cabbages, broccolis, cauliflowers, and leafy kale and Swiss Chard, all of which can survive light frosts. If planned well, a cold frame can provide shelter to lettuces, bok choy and various greens throughout the winter.

I have already been catching seeds from early-blooming flowers

such as Larkspur, Sweet William and Sweet Rocket, as well as the seeds from cilantro, dill, fennel and lovage. For the time being, I have cut the whole seed heads and am storing them in open paper bags until I have time to winnow the trash out before packaging. Keep an eye on the seed heads to determine when they are dry and the seeds are fully mature and easily fall from the plant.

I have also been collecting and drying herbs, not only for our own use, but for friends and family later in the year. A small basket containing several bags of nicely-labeled dried herbs from the garden is a thoughtful, inexpensive gift.

To avoid mold growth, herbs and flowers hung for drying should never be cut when wet from rain or dew. The best time to harvest herbs such as oregano, peppermint, sweet marjoram, basil, cilantro, sage and parsley for drying, as well as for fresh use, is just before they start to bloom. Keeping the blossoms picked also promotes continued new growth, especially important on your basil. Cut just 4 or 5 stems for each

bunch to be hung, again to avoid mold developing at the point of the knot. Placing your bundled herbs in an airy, dry space out of sunlight is important to avoid bleaching. You can either store your herbs whole on the stem or strip the leaves from stems, but avoid crushing the leaves until you are ready to use them to avoid excessive oil evaporation. Again, to avoid mold, make sure the herbs are completely dry, especially the thicker stems, before packaging.

We receive insect alerts from the Organic Program of New Mexico Department of Agriculture as they receive them from farmers and/or county extension personnel. Recently we were alerted to a new invasive insect pest and its potential threat to New Mexico crops. First sighted in southern New Mexico in 2010, the Bagrada bug (*Bagrada hilaris*) was introduced to the United States via California in 2008 from east and south Africa or south Asia or south Europe.

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### MIMBRES HOME INSPECTION

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## Hummingbird Festival 2014

The Little Toad Creek Tavern and Inn once again gave area locals and visitors the rare opportunity “to see hummingbirds up close and hear their hearts beat”. Kids and adults enjoyed the free events at the Hummingbird Festival — early morning bird-banding was followed by children’s activities and talks on topics like hummingbird identification and Mimbres painted pottery birds.

Rapt faces watched closely as the tiny birds were weighed, measured, and thoroughly checked over by hummingbird bander Bill Talbot and his assistant Beth Hurst-Waitz. The birds were captured

by Nick Pederson and Matt Bauman at feeder sites and brought in little cloth cages to the banding tent. Everyone hoped to be chosen as Bill handed each newly-banded—ready to be released bird to someone to briefly hold in their palm before the tiny aviator took flight.

Janeice Ward, a teacher from El Paso, helped the kid’s make hummingbirds out of peanuts, and nests of marshmallows and pretzels, with Tic-tac eggs. They also drank sugar water “just like a hummingbird”. Thanks goes to Dave Crosley and Teresa Dahl-Bredine, owners of the Toad, and Joan Day- Martin, our resident hummingbird expert, and all the volunteers that made the Festival great family fun!



Bill Talbot bands a hummingbird



Bill Talbot and Kassius Ford preparing for bird release



Kassius Ford after bird is released

All photos courtesy of Marilyn Markel

### CONT. FROM PAGE 4 (GARDENING TIPS)

The Bagrađa bug is very similar in appearance to the Harlequin bug, which I have often seen on our cabbages. Both have the typical shield shape seen on common stinkbugs and both have distinctive black, red/orange and white colored markings, although these markings are different from one another. The color of the Harlequin bug’s nymphs (immature adults) are similar to the adult, but the Bagrađa bug’s nymphs look much like red ladybird beetles on first glance; upon closer inspection you will notice black stripes instead of the familiar dots or spots. Another difference between the two is size, the adult Harlequin bug is about 3/8” long and the adult Bagrađa bug is much smaller, 3/16”. The more serious difference between the two is what the Bagrađa bug likes to suck on: crucifers (broccoli, cabbage,

kale, Brussels sprout, cauliflower, etc.) but also potatoes, corn, sorghum, cotton and some legumes.

One or two Harlequin or Bagrađa bugs won’t do too much damage but you most often see them in large numbers sucking on the tender leafy green parts of plants. Both bugs are very easily killed with botanical poisons like pyrethrum, BT products or Neem, but these also kill beneficial insects and should NEVER be used near bodies of water that contain fish or other wildlife. Another option is taking the vacuum cleaner to the garden and suck them up, then suffocate them in a container of soapy water and dispose as you wish.

Don’t forget to prepare your beds now for planting garlic cloves in September for next June harvesting!

## CONTINUED FROM PAGE 3 - MEG STREAMS

wildlife," Meg says. "I had also seen gourd art in some Southwest magazines and it intrigued me, so I started experimenting with it." The results of that experimenting are unique and awesome. She created a series of antique-looking gourd "bowls" carved in such a way that they appear to have colorful broken bits of ancient Mimbres pottery (known in archaeological circles as "sherds") embedded in them. Dubbed the "Sherds Series," the collection was displayed, by invitation, at the New Mexico State Archaeological Society meeting in April.

In the "Ancient Trails Series" she is currently working on, she transforms drab gourds into extraordinarily realistic replicas of the ancient Mimbres utilitarian bowls and vessels that have been dug up from local sites, restored as much as possible and turned over to the museum at WNMU in Silver City, where they are now permanently on display. "It's a way for people to own a piece of what looks like ancient pottery without breaking the

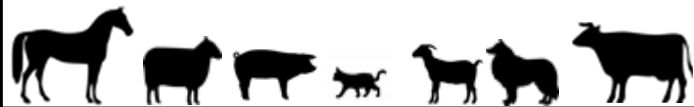
law," Meg says of this new series of carved gourds. Featuring authentic-looking cracks and missing pieces, these gourd bowls look so much like the fragile old originals that people are often afraid to handle them, she reports.

Now a member of the New Mexico Gourd Society based in Albuquerque, Meg hopes to show some of her gourd art in next year's New Mexico State Gourd Competition. In the meantime, you can see—and purchase—her work at two local events: "Farm Fest" at Little Toad Creek Inn & Tavern on August 23 & 24; and the Mimbres Valley Harvest Festival on October 11. Her work may also be viewed by appointment at her studio, call 575-536-9629.

Meg, incidentally, is handling arts & crafts vendor applications for the Harvest Festival, so she's the one to contact for a booth at that event. Call (575) 536-9629 or check out the website at [www.mimbresharvestfest.com](http://www.mimbresharvestfest.com).

### Mimbres Valley Mobile Veterinary Services, PC

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Senior Center <b>AUGUST 2014</b> Menu				
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	<b>1 Slice Sausage Pizza***</b> Spinach Salad W/ 2 T Italian Dressing 6 oz Pineapple 1 Peanut Butter Cookie	<b>2 Beef Tacos</b> 3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas 4 oz Lettuce & Tomatoes 4 oz. Spanish Rice 4 oz Pinto Beans 8 oz Cantaloupe	<b>3 oz Chicken Breast W/Bun</b> 1 oz American Cheese 1 Slice Tomato 1 C Blackeyed Peas 1 C Steamed Carrots W/ Marg 1 Orange	<b>6 oz Spaghetti &amp; Sauce...5</b> 3/4 C Steamed Broccoli 1 Slice Garlic Bread 1 Slice Applesauce Cake
<b>3 oz Bean Burrito</b> 1 oz. Cheese, 1 Flour Tortilla 3 oz. Spanish Rice 4 oz. Lettuce & Tomatoes 4 oz Crackers W/Peanut Butter 4 oz Apricots	<b>Salisbury Steak..2 **</b> 2 oz Salisbury Steak W/ 2 T Gravy 1/2 C Mashed Potatoes 1/2 C Steamed Spinach 1 WW Dinner Roll W/ Marg 1/2 C Tropical Fruit Salad	<b>1 Taco Salad</b> 4 oz Spanish Rice 8 oz Squash W/Margarine 6 Low Sodium Crackers 1 Orange	<b>HAM &amp; CHEESE SANDWICH</b> 2 oz Ham, 1 oz Swiss Cheese 2 Slices WW Bread 1 Lettuce Leaf, 1 Tomato Slice 1/2 C Mixed Veggies W/ Marg 1/2 C Mandarin Oranges	<b>Roast Beef 1 ***</b> 3 oz Beef Bottom Roast 4 oz. Mashed Potatoes W/Gravy 6 oz Green Beans 1 WW Roll W/Margarine 1.5 oz. White Cake
<b>3 oz Braised Pork Chop</b> 1/4 C 3 Bean Salad 1 C Peas W/ Margarine 1 WW Roll W/ Margarine 1/2 C Baked Apple Slices	<b>Frito Pie..1 **</b> 3 oz. Chile Con Carne 1 oz Cheese, 1 oz Corn Chips 2 oz Onions, Lettuce, Tomato 4oz. Mixed Veggies 1 Lemon Crisp Cookie	<b>Liver &amp; Onions***</b> 3 oz. Beef Liver, 4 oz Onions 4 oz Green Beans 4 oz Mashed Potatoes, 2 oz Gravy 4 oz Sliced Cucumbers, 1 WW Roll 4 oz Strawberries & Peaches W/ Topping	<b>2 Chicken Tacos</b> 3 oz Chicken, 1 oz Cheese, 2 Corn Tortillas 4 oz Lettuce & Tomatoes 4 oz Calabacitas W/ Gr Chile 4 oz Pinto Beans 2 oz Bread Pudding	<b>5 oz Chicken Fried Steak</b> 1/2 C Mashed Potatoes W/Gravy 1/2 C Mixed Veggies 1 Slice WW Bread 6 oz Strawberries 4 oz Vanilla Wafers
<b>Grilled Cheese Sandwich*</b> 2 Slices WW Bread 1 Cheese Slice 1/2 C Low Sodium Veggie Soup 5 Saltine Crackers 1 C Apricots	<b>2/3 C Hawaiian Pork</b> 1 C Tossed Green Salad 2 T Ranch Dressing 1 Slice WW Bread 3/4 Sliced Strawberries & Vanilla Pudding	<b>3 oz Green Chile Hamburgers</b> 1 Lettuce Leaf, 1 Tomato Slice 1 Pickle, 1 Onion 1 C Butter Beans 4 oz Carrots & Peppers 1/2 C Chocolate Pudding	<b>3 oz Chicken Strips</b> 8 oz Mashed Potatoes W/ Gravy 4 oz Broccoli 4 oz Carrots 1 WW Roll W/ Margarine 1 Oatmeal Cookie	<b>1 Tuna Salad Sandwich</b> 1/2 C Tuna Salad on 2 Slices WW Bread 4 oz Cucumber Salad 6 Graham Crackers 1 Orange

**BEGINNING AUGUST 1ST  
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### MIMBRES VALLEY DAY IN PALOMAS

Anyone interested in a "Mimbres Valley Day" at the Pink Store in Palomas?  
 We can arrange to car pool, have lunch, do some shopping and celebrate any birthdays for the month - a FUN day!  
 Anyone interested please contact Sally and John Ginett.  
 Email Parito@gmail.com to make arrangements.





## ROUNDUP LODGE NOTES

After a very busy couple of months in June and July, activities at the Roundup Lodge will slow down somewhat during the "Dog Days of August".

In July, the MVHAL Rummage Sale was another successful Valley fund-raising event to help finance the Harvest Festival, which will be coming up in October.

In August, other than the regularly scheduled meetings and Bingo, there are no Lodge sponsored events. All of the volunteers will get a much deserved rest! The Lodge will hold the monthly Bingo on August 10th, (see the ad for details) but there will be no SWAP MEET in August. Swap Meets will be continued in September.

A preview of things already on the schedule for September and October are:

A CPR class is being organized by Chris DeBolt and Derick Radcliff for September 16<sup>th</sup>. Certified instructors will teach current compression CPR with practice materials and expert advice and help.

On October 11th, a Community Dance will be held the evening after the Harvest Festival.

The Mimbres Booster Club, which is responsible for maintenance, upkeep and management of the Lodge, meets the first Thursday of each month (August 7<sup>th</sup>) for a light dinner and business meeting. The Boosters are

always on the lookout for new members and anyone is welcome to attend the meetings and find out more about this worthwhile community project.

As always, the Roundup Lodge functions as the Valley Community Center, available for public and private events of all kinds. Private parties and events can be accommodated for a small rental fee. Community and non-profit events may be scheduled free of charge. Funeral receptions are always free and Booster Club members are available to assist before and during such receptions. For more information or to reserve the Lodge, call Peggy Platonos at 536-2997.

# Mimbres Roundup Lodge

Your Community Center



## BINGO

### SUNDAY, AUGUST 10TH

### 2 to 5 pm

CARDS

\$5 FOR 1 or \$10 for 3

Plus 3 Money Games

GRAND PRIZE \$50

SNACK BAR OPENS

AT 1:30 PM

### SAN LORENZO ELEMENTARY SCHOOL

has been awarded the grade of "B" by the School Grading Division of the NM Public Education Department for the 2013-2014 school year. San Lorenzo was the *only* elementary school in the Cobre District to receive a grade higher than a D.

Congratulations to our teachers and students!



**LABOR DAY WEEKEND  
MULTI-FAMILY YARD SALE**  
**FRIDAY, AUGUST 29th &  
SATURDAY, AUGUST 30th**  
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## **New Mexico Farm and Livestock Bureau** Mimbres Local



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# COMMUNITY CALENDAR AND HAPPENINGS

**ALCOHOLICS ANONYMOUS - EVERY TUESDAY - 5:30 pm** Mimbres Roundup Lodge. Acklin Hill Road. Speaker meeting - last Tuesday of the month. For more information **575-313-4693 or 888-388-1802.**

**ARTISANS OF THE MIMBRES - AUGUST 3rd at 2:00 pm** - Roundup Lodge. Art Discussion Contact Lynnae at Lmcconaha@aol.com or call 536-9845.

**COMMODITIES DISTRIBUTION - AUGUST 13 (second 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.

**FARMER'S MARKET - Thursdays 3:30 pm to 5:30 pm** Valle Mimbres Parking Lot.

**HMS MIMBRES CLINIC** - Clinic Hours have been cut to two days. Monday and Wednesday 10 am to 5 pm.

**LA ESPERANZA VINEYARD & WINERY - AUGUST 2nd FIFTH ANNIVERSARY PARTY.** For more information call 505-259-5523 or 505-238-6252.

**MIMBRES FARM BUREAU - AUGUST 14th** - Monthly meetings the 2nd Thursday of each month at 6:30 pm. Pot-luck supper followed by a business meeting.

**MIMBRES VALLEY HEALTH ACTION LEAGUE - AUGUST 11th - 5:30 pm Board of Directors monthly meeting.** Three Questions Café, Highway 35. Members welcome.

**SUNDAY, AUGUST 24th - 4:00 pm** - Roundup Lodge - Harvest Festival Planning Committee Meeting

## **MIMBRES VALLEY ROUNDUP LODGE BOOSTER CLUB**

**AUGUST 7th - 5:30 p.m. Monthly meeting.** Roundup Lodge. New members welcome. Light dinner served.

**AUGUST 10th - 2:00 p.m. to 5:00 p.m. Bingo.** \$5 a card or 3 for \$10.00. Grand prize \$50.00 cash.

## **MIMBRES VALLEY SENIOR CENTER**

**AUGUST 26th at 12:15 pm** - Senior Center Advisory Council Meeting. Fourth Tuesday of each month at the Senior Center.

**AUGUST 19th at 12:15 pm** - State Director of the New Mexico Senior Centers will provide information relative to senior centers in New Mexico.

**MIMBRES VALLEY THERAPEUTIC HEALING MESSAGES** - Tuesdays, Fridays and Saturdays - 2739 Highway 35. For appointments call 575-574-7069

**TOPS (Take Off Pounds Sensibly) Local meetings every week. "Just for the health of it."** For more information call Paula Norero at 536-9433 or email at paula@gilnet.com.

**VALLE MIMBRES MARKET - TUESDAY TO SATURDAY - 10:00 am to 6:00 pm**- 2739 Highway 35 Fresh organic produce, groceries and more 575-574-7069 - Every Wednesday Seniors get 5% off - . Every Saturday 10% off all fresh produce to everyone.

**Calling all school-age youths of the Mimbres Valley to participate in a visual art show in October 2014.**

Rules and registration forms can be picked up at Valle Mimbres Market at 2739 Highway 35.

# COUNTY CALENDAR

**ALBERTSONS - AUGUST 6th - First Wednesday.** Seniors 55+ get 10% off. All day.

**BACK COUNTRY HORSEMEN - 2nd WEDS—6:00 pm** Gila Regional Conference Room. Subject to change. Please call first. 575-574-2888

**BOOKMOBILE WEST SCHEDULE - THURSDAY, AUGUST 21st**

<b>Mimbres</b> - Mimbres Valley Café	9:45 am - 11:00 am
<b>Lake Roberts</b> - Sapillo Creek Fire Station	11:45 am - 12:45 pm
<b>Doc Campbell's Post</b> (near Gila Cliff Dwellings)	2:30 pm - 3:30 pm

**CLAY FESTIVAL IN SILVER CITY - JULY & AUGUST.** For specific days and events, go to [www.clayfestival.com](http://www.clayfestival.com)

**COPPER COUNTRY CAR CLUB IN GRANT COUNTY- SATURDAY, AUGUST 23rd - 9:00 am to 4:00 p.m.** Run to Copper Country Car Show, Gough Park, Silver City. For more information call 575-388-3519.

**GRANT COUNTY ARCHAEOLOGICAL SOCIETY - AUGUST 20th - 3rd WEDS - 6:00 pm** at the Roundup Lodge for a pot-luck supper. Three members who just returned from Peru will present a program on Peruvian Archaeological Sites. For more information, call **Marilyn Markel 536-9337**.

**MS SUPORT GROUP - First Tuesday of the month at 11:30 am for lunch in Silver City.** Meetings are held in various Silver City area restaurants. New members with Multiple Sclerosis are welcome. Email [huseworld@yahoo.com](mailto:huseworld@yahoo.com) for the location.

**SILVER CITY FOOD CO-OP - AUGUST 12th (Tuesday) and AUGUST 14th (Thursday) from NOON to 1:00 pm - Community Forum** - The August Community Forum is a class entitled "The Sustainable Kitchen". Learn how to reduce your carbon footprint in the kitchen using some common sense and some no-so-well-known facts. Also, introducing kids to veggies the fun and loving way. **The Co-op's Satellite building, 614 North Bullard Street.** The Food Co-op is dedicated to educating our community on healthy food and home cooking. All monthly forums are free and open to anyone interested. 575-388-2343 for more information on events.

**Summer Member Appreciation Day - August 14th.** One Day. Members receive 10% off most items in the Food Co-op!

**SILVER CITY MUSEUM - 312 W. BROADWAY - ANNEX - 302 W BROADWAY**

**ONGOING EXHIBITS AT THE SILVER CITY MUSEUM -** For more information about any of the Museum programs, call 538-5921 or go to [www.silvercitymuseum.org](http://www.silvercitymuseum.org)

## SCHOOL STARTS ON AUGUST 12th

San Lorenzo Elementary School is offering pre-k classes for the 2014-2015 school year.

Children 3 or 4 years of age by September are still eligible to sign up.

Call the school for details.

San Lorenzo Elementary at 575-536-9348 or 575-537-4070.

## 6<sup>th</sup> ANNUAL PICKA-MANIA! FESTIVAL 2014 LINE-UP

The Mimbres Region Arts Council will host *Pickmania! 2014* the weekend of September 12 – 14 in Silver City. The festival will feature local bands as well as an eclectic mix of regional and national acts. Come dance in the clean mountain air at New Mexico's FREE bluegrass, folk, Americana and roots music festival.

Start the weekend at the Kick-off Dance on Friday, September 12<sup>th</sup> from 6:00 p.m. to 9:00 p.m. Location to be determined, check website below for details.

The critically-acclaimed, Grammy-nominated artist *Sarah Jarosz* will headline the event Saturday, September 13<sup>th</sup>; and Grammy-nominated *Steve Riley and the Mamou Playboys* will headline on Sunday, September 14<sup>th</sup>. Gough Park 11:30 a.m. to 8:00 p.m.

On Saturday, kick up your heels to Mountainaire Folk Music, Littlest Birds, Higher Ground Bluegrass, hONEYhoUSE, Fishtank Ensemble, Sarah Jarosz and Steep Ravine rounding out the night in the beer garden. Sunday brings us Lost Howlin' Coyotes, Homemade Hoedown Kids, Steep Ravine, Run Boy Run and Steve Riley and the Mamou Playboys closing out the weekend. Gough Park 11:30 a.m. to 6:45 p.m.

The line-up information, band bios, photos and vendor information is available at [www.mimbresarts.org](http://www.mimbresarts.org). Volunteer opportunities are open for those wishing to be a part of these exciting festivities.

MRAC is grateful to our local sponsors: Lawley Toyota, WNMU, Silver City Sun News, Silver City Radio, Holiday Inn Express and the Red Barn/Copper Manor for keeping the Festival FREE!

*The Mimbres Region Arts Council is a leader in building communities inspired, enriched and strengthened by the power of the Arts.*

### Mimbres Farmers' Market Thursdays from 3:30 pm to 5:30 pm New Location Valle Mimbres Market parking lot

Farmers' Market vouchers will be given away at the commodities distribution on August 13th

September 3, 1964 - 2014

## The 50th Anniversary of the Wilderness Act

Celebrate with us at the Gila Visitor Center on  
**Sunday, August 31st ~ 9:00 am to 3:00 pm**

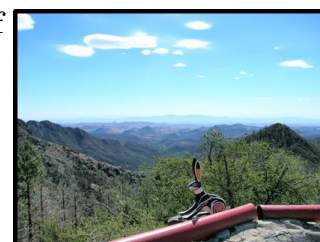
- ◆ Activities
- ◆ Demonstrations
- ◆ Interactive displays
- ◆ Information booths



*"A wilderness, in contrast to those areas where man and his works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain."*

## Conejo Mimbrenño August 2014

In July, I hopped all the way up to Emory Pass, to 8,228 Ft. and up in the pine trees. I could see for miles toward the Rio Grande. What a great view! I stopped to read a sign. Did you know that in 1846 Lt. William Hemsley Emory, a member of the Army of the West, traveled through the Black Range. Emory's report to the government was the earliest scientific account of this region, at that time still a part of Mexico, and not becoming part of the United States until after Mexican-American War ended in 1848.

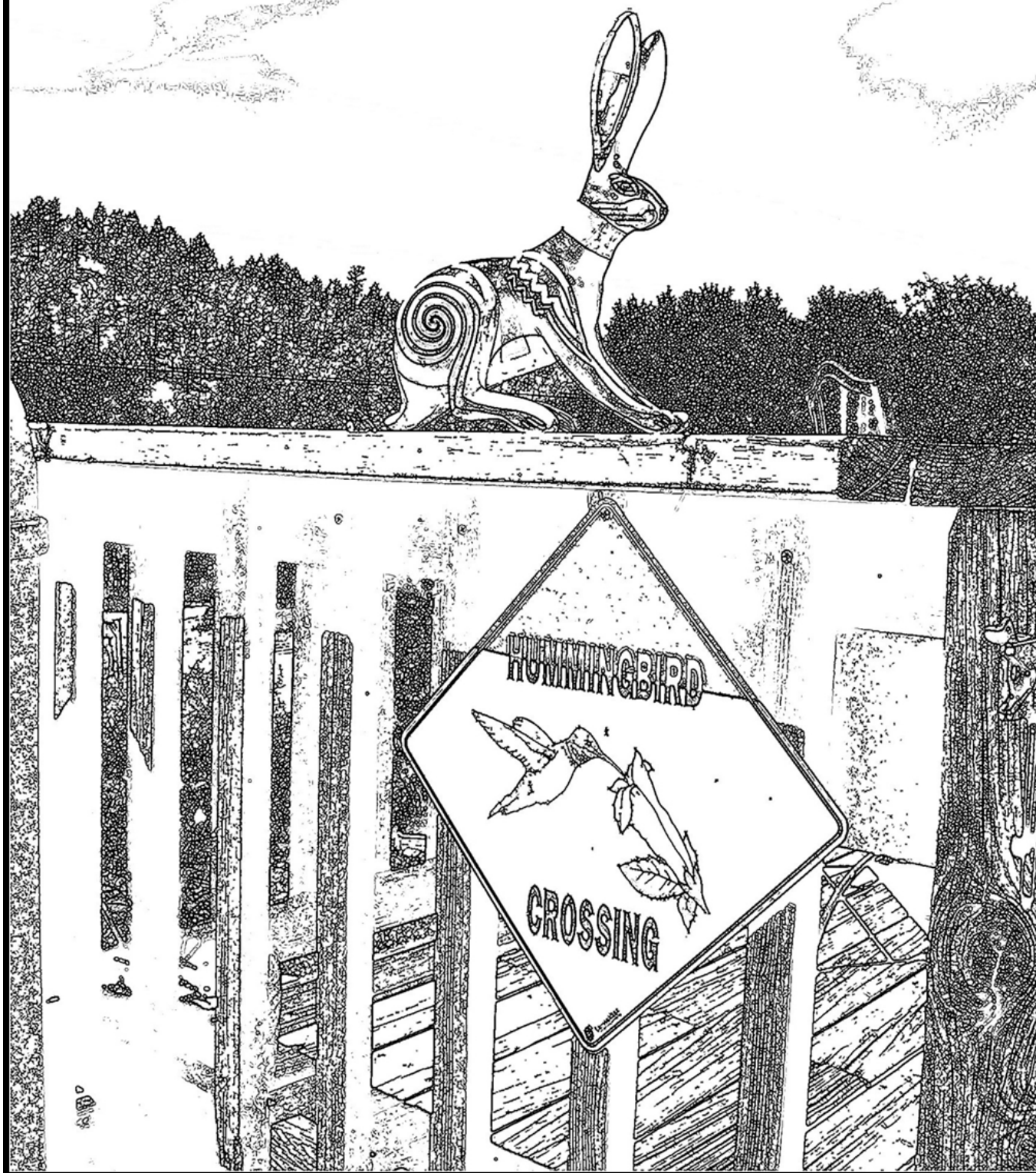




## Conejo Mimbrenño

WHERE IS THE MIMBRES RABBIT?  
DO YOU KNOW?

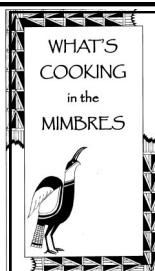
sponsored by the  
Grant County Archaeological Society



## CHOCOLATE ZUCCHINI CAKE

½ c. margarine  
 ½ c. vegetable oil  
 1 ¾ c. sugar  
 2 eggs  
 1 tsp. vanilla  
 ½ c. milk  
 ¼ c. cocoa  
 2 ½ c. flour  
 1 tsp. soda  
 2 c. grated zucchini  
 ½ c. semi-sweet chocolate chips  
 ½ c. chopped walnuts or pecans

Cream margarine, oil and sugar well. Add eggs, vanilla and milk. Blend thoroughly. Sift dry ingredients together and blend into creamed mixture. Stir in grated zucchini. Spread in well-greased and floured 9 x 12 inch pan. Sprinkle chips and nuts on top. Bake at 325 degrees for about 45 minutes or until done.



## TOMATO SQUASH BAKE

2 medium zucchini, sliced  
 2 yellow squash, sliced  
 1 onion sliced or chopped  
 2 cloves minced garlic  
 3 medium tomatoes, diced  
 Fresh basil  
 Olive oil  
 Parmesan and Mozzarella cheese

Place all ingredients in a 13 x 19 inch baking dish, sprinkle with olive oil and fresh basil. Mix well. Bake for 20 minutes at 350 degrees. Remove from oven, cover with Parmesan and Mozzarella cheese and bake another 10 minutes.

### *What's Cooking in the Mimbres*

is still available for purchase at Hupp's Hardware and Grocery and La Esperanza Winery, or contact any member of the Booster Club. The \$10 purchase price goes to maintain and improve the Mimbres Roundup Lodge - Your Community Center.

## Mimbres United Methodist Church

Rev. Michael Brunk, the new minister at Mimbres United Methodist Church can now be reached via the new church phone number: (575)-313-5806 or online at [rev.m.brunk@outlook.com](mailto:rev.m.brunk@outlook.com). Everyone in the Valley who does not have a church home is welcome to worship with us Sunday mornings at 10:15 a.m.

On Sunday, August 24, we will have a pot luck lunch after services, to welcome Pastor Brunk and his family to our Valley. They have already visited the Cliff Dwellings and have commented what all of us already know: "What a beautiful Valley!" Welcome visitors.

Church Council,  
 MUMC

## Valle Mimbres Market



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[www.laesperanzavineyardandwinery.com](http://www.laesperanzavineyardandwinery.com)

## PRODUCE OF THE MONTH THE MANGO (*Mangifera Indica*)

By Frankie at Valle Mimbres Market

An ancient fruit first cultivated in India a few thousand years ago, mangos are in the same tree family as pistachios and cashews. Most mangoes available in the US come from the tropical Americas.

**Selecting and Storing:** Color varies from green to yellow to red according to cultivar. The skin should be without any bruises or cuts. The fruit is ripe when firm but gently yielding to pressure. Unripe mangoes can be kept at room temperature for a few days. To speed up ripening, place fruit in a paper bag. Refrigerate once ripe, or peel, chop and freeze for up to six months. To prepare, cut on either side of the pit, cube and scoop out of the skin.

**Nutrients:** An excellent source of vitamin C, A, and B6, the flavonoids beta-carotene, alpha-carotene and beta-cryptoxanthin, and many other anti-oxidants and vital enzymes, mangoes are also rich in potassium and copper. The peel can be eaten and is rich in phytonutrients. However raw, unripe mangoes can produce "mango latex" allergy in some sensitized individuals.


**Serving Suggestions:** Best eaten raw on its own, this versatile fruit can be juiced, added to smoothies, made into dips, salsa or bread. A sweet addition to salads, tacos, marinades (mangoes have natural tenderizing properties), it complements beans, sea food, beef or chicken. The unripe, raw, green mango is used for pickles, jam, and chutney.

### Recipe: Mango spicy salsa


2 mangoes, peeled and cubed / 1/2 cup cubed sweet bell pepper / 1 jalapeño, seeded and minced / 2 Tbsp. minced shallot or red onion / 1 clove garlic, minced / 2 Tbsp. chopped cilantro or parsley / 1/2 tsp grated fresh ginger / 1 Tbsp. olive oil / 2 Tbsp. lemon or lime juice / salt and pepper to taste. Optional additions: 1/2 cup of diced

cucumber, avocado, pineapple and/or black beans.

Gently mix in all ingredients together. Refrigerate in airtight container. Serve with chips, pita points, toasted bread or topping beans, fish or chicken.



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 Served till at least 11:00 am  
 Lunch served until 2:00 pm



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## SAPILLO VOLUNTEER FIRE & RESCUE

### CALL 911 IN AN EMERGENCY

# No Emergency Medical Services in the Valley?

Almost since its inception, Sapillo Creek Volunteer Fire & Rescue department has provided both fire protection and emergency medical services. That is unlikely to continue.

Upper Mimbres EMS service is gone. Lower Mimbres Fire department has no EMS service. Sapillo Creek's EMS is hanging by less than a thread. Should our service also fold, residents will be serviced by an ambulance sent from Silver City. The difference in response time is approximately 45 minutes. And that's on a good day. Ambulances from Gila Regional Medical Center are often busy in town.

Sapillo has 2 EMTs living in our fire district. That's too big a burden on

just 2 people, both of whom work full-time. Without additional people, we are certain to stop the service.

I've written in the past that volunteer fire and emergency medical service departments are a great boon to local governments. For pennies on the dollar, residents receive protection and care from competent neighbors willing to give their time to help. Unfortunately, no amount of pennies can buy the good will of people willing to volunteer.

Sapillo has its own ambulance and more than ample funding for education and supplies. It does not have the people to carry on.

In 1987, members of our community got together and volunteered to begin the Sapillo Creek Volunteer Fire & Rescue department. They ran bake sales and rummage sales to raise money.

Members of our community will have to step up again, and soon, if emergency medical services are to continue.

And you won't be asked to put on bake sales or rummage sales.

Paul Kenney, Chief  
Sapillo Creek Volunteer Fire & Rescue 536-3625

## The TOPS Ten Exercises to Make You Feel Like a Kid Again

Remember how summertime once meant playing outside until the sun set and your mom or dad called you indoors? Don't let adulthood keep you from fun activities you enjoyed as a kid! Grab your children, grandchildren, nieces, or nephews and revisit one or more of these exercises which are as good for your spirit as they are for your body.

- 1 Jumping rope** on your own or in Double Dutch style can make you work up a good sweat. It's also a great warm-up for other activities. And if you feel moved to sing or cheer, go for it.
- 2 Playing a game of H-O-R-S-E** can spark a friendly competition—and your creativity—as you throw the basketball in a variety of shots. Sneak in a few layups to get your heart rate going.
- 3 Playing hopscotch** may be the most joyful way to improve agility and balance. We dare you not to crack a smile. Bonus points if you draw your own grid—and break out the chalk after the game for a little sidewalk decoration.
- 4 Running relays** can bring the whole gang together and motivate everyone to push limits. Does getting your cardio in this way beat sitting on a stationary bike at the gym? You decide.
- 5 Playing tag** gives your full body a workout—and the game just might include giggling. Adding to your pleasure: plenty of fresh air and sunshine.
- 6 Dancing** reduces stress, boosts energy, increases flexibility, and improves heart health. What are you waiting for? Crank up the music and get moving!
- 7 Playing four square** can help with coordination and give you a gentle workout, especially for your upper body.
- 8 Hula hooping** engages your core in one of the more enjoyable exercises to target that part of the body.
- 9 Swinging on the monkey bars** works the muscles of your upper back and arms and builds endurance. Feel buoyant as you lift your feet off the ground!
- 10 Playing noncompetitive badminton** can improve your flexibility, speed, strength, and coordination while you burn calories—more than 300 an hour for a 150-pound individual! ■



Live Music ❖ Arts & Crafts Fair ❖ Farmer's Market  
Delicious Locally Prepared Food ❖ Great Kid's Activities  
Free Health Fair ❖ Giant Raffle, Great Prizes!

**Family Dance with the Big Ditch Crickets at the Roundup Lodge 6-9pm**

*The Harvest Festival is supported by the generosity  
of many individuals and businesses in Grant County*

[www.MimbresHarvestFest.com](http://www.MimbresHarvestFest.com) ❖ 575-536-9629

# Vendor Registration Form

2014 Mimbres Valley Harvest Festival  
10am – 4pm Saturday, October 11, 2014

No registrations will be accepted after  
Sept 27, 2014!

## Registration Information:

Business Name \_\_\_\_\_

Contact Person \_\_\_\_\_

Address \_\_\_\_\_

Phone (am) \_\_\_\_\_ (pm) \_\_\_\_\_

Email \_\_\_\_\_

I am registering as:

### Grant County Grower

All fresh or dried produce must be grown by vendor in Grant County. No buying and reselling allowed. Growers may sell from their trucks. Locally grown items to be sold:

Booths are free for growers

### Grant County Artist/Craftsperson

You are invited to display and sell your handmade arts and crafts. No buying and reselling of crafts, trinkets, or candy. Booth space is 10' by 10'.

Medium of work (for example: weaving, pottery, embroidery):

Booth fee \$30

### Mimbres Valley Food Preparer

**Please note: You are asked to apply for one of the 4 spaces available for food vendors.** We need to feed the crowd with healthy food prepared in the Mimbres, using local produce when possible. Among other Health Department regulations, a screened-in canopy is required. A limited number of these canopies and electrical outlets are available on a first-come, first-served basis. No processed food, such as hot dogs, snow cones, candy, or any type of beverage is allowed.

Locally prepared food items to be sold:

**Fees:** \$30 Vendor puts up/takes down their own screened tent

\$50 Vendor puts up/takes down MVHAL screened tent

\$60 for a 10x20 space

### Local Non-Profit Organization

Register for a table space to distribute information. Please include your space requirements.

Local non-profit organization info and space requirements:

Booth fee \$15

**Booth fee enclosed:** \_\_\_\_\_ **No registrations will be accepted after September 27.**

Booth fees are non-refundable and must accompany this registration form.

**Checks and money orders only.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please mail this form **before September 27** to:

Mimbres Valley Harvest Festival c/o MVHAL, PO Box 137, Mimbres, NM 88049.

For more information visit our website: [www.mimbresharvestfest.com](http://www.mimbresharvestfest.com) or

call vendor chair Megan Streams at 536-9629

**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**



<p><b>MIMBRES VALLEY</b> <b>HEALTH ACTION LEAGUE</b> PO BOX 137 MIMBRES, NM 88049 www.mvhal.org</p>	<p>Mimbres Messenger Farmers' Market Harvest Festival Commodities Distribution The San Lorenzo Children's Garden</p>
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## BULLETIN BOARD

**August 11th, 5:30 pm - MIMBRES VALLEY HEALTH ACTION LEAGUE BOARD OF DIRECTORS' MONTHLY MEETING** Three Questions Café, Highway 35.  
Members Welcome

**August 13th, 12 noon - 2:00 pm COMMODITIES PICKUP**  
Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

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 healthy environment.

## HARVEST FEST FUNDRAISER A SUCCESS

The MVHAL Rummage Sale to raise funds for the 2014 Harvest Festival successfully raised virtually the entire amount needed to fund promotions for the Festival.

Thank you to all Mimbres Valley residents who donated items for this event. We had some beautiful and some very useful items for sale. A special thanks to Barry Gray who donated a trailer full of firewood which we were able to auction off for a goodly sum!

Thank you to all the Board members and MVHAL members who donated their time and physical labor to haul items, set-up, pack-up and haul things away: Sonny Johnson and her helpers, Stephen Crim, Dawn and Barry Gray, Ian Treadswell, Kate Brown and Staley Hadden.

Thank you to the Board members, members and soon-to-be members who worked the sales shifts: Ken Barr, Marilyn Markel, Ainsley DeBoer-Cook, Kate Brown, Jennie Horner, Lynnae McConaha, Ian Treadswell and Athena Wolf.

Thanks, also to the Mimbres Booster Club ladies who ran

the kitchen both days: Sally Ginert, Neline Dominguez and Brenda Franks.

What a great community we have in this Valley – fantastic!

Grace Williams, President  
Mimbres Valley Health Action League  
(MVHAL)

### GOT A CLASSIFIED?

The Messenger will now be accepting Classified Ads. A small ad is \$3. A larger ad with picture is \$7. All ads must be submitted and paid prior to August 20th for the September issue. You can call 575-536-9323 to place an ad, or email your ad to willhite200@aol.com