

A FREE COMMUNITY NEWSLETTER
AUGUST 2015

MIMBRES MESSENGER

Meet Your Neighbor - Neline Dominguez

By Anna Willhite

Neline Dominguez was not born in the Mimbres, but has been a part of this community for over 40 years. Her description of herself as “an old ranch woman” does not even begin to describe this charming and fascinating lady. She is consistently giving of her time and considerable energy on behalf of almost every worthwhile organization and project in the Valley. She has many friends of long standing and is a treasured asset to the community.

Neline’s grandparents moved from Texas to New Mexico in approximately 1910, having come originally from Tennessee, where family history includes Daniel Boone as one of their numerous relatives. They ended up in Lee County in eastern New Mexico in a small (now virtually extinct) town called Prairie View, where Neline’s parents lived. Neline was born in Prairie View, the first of ten children. When she was 2 years old, her grandmother died, leaving several children who were incorporated into Neline’s immediate and expanding family. Neline grew up in a large extended family of aunts and uncles and her own nine brothers and sisters. Her parents moved to Gila when she was in high school and she remained in Prairie View until she graduated from Seminole High School before joining the family in Gila.

It was there that she married Concencio (Chris) Dominguez who was born

in Gila, the sixth of eight children. Chris’ father ran a freight-hauling business between Mogollon and Silver City, delivering supplies to Mogollon and hauling ore back to Silver City. He had a two-trailer “train” pulled by six white horses. The family were also ranchers.



Neline Dominguez

After Neline and Chris were married, they lived in Gila, where they ran a general store for three years before going into farming and ranching. Chris also worked at the mines from time to time. Their three sons, Jim, Ray and Larry, were born in Gila and attended school in Cliff. The boys were typical ranch kids who had their

chores and raised their animals for 4-H and FFA. Neline spent a lot of time getting them and their animals to and from weigh-ins and to fairs and showings. They took their animals to Albuquerque to the State Fair “a lot”. No doubt her participation in these activities was more than just getting the boys where they needed to be with their animals.

In 1971, Neline and Chris bought their ranch in the Mimbres. Their youngest son was still in high school, so they commuted to work on the ranch on weekends until school was out before they moved entirely. During this time they often had to approach their new home via Route 61 because Route 152 would be closed for major construction.

Neline loved Gila and missed her life there, but grew to love the “new atmosphere” in the Mimbres, although she didn’t really care for it at first. Neline has been a ranch woman for a long time. That role includes keeping the family clean, fed and organized, and participating in the daily work of operating a ranch. It is obvious that she performed all of those jobs consistently and well. She describes her favorite part of ranch life as riding up

Continued on page 4

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Inside this issue:

EET YOUR NEIGHBOR - NELINE DOMENGUEZ	1
LETTER FROM THE EDITOR	2
HARVEST FESTIVAL	3
MIMBRES CULTURE HERITAGE SITE	4
MEET YOUR NEIGHBOR CONT.	
MEET YOUR NEIGHBOR CONT. WATER CONT. FROM MY INBOX	5
T SHIRTS FOR GOOD	6
SENIOR CENTER MENU	7
TEEN INK PRONGHORN	8
COLORING PAGE CONEJO MIMBREÑO	9
COMMUNITY AND COUNTY CALENDARS	10 & 11
PRODUCE OF THE MONTH	12
ROUNDUP LODGE NOTES THE SILVER FIRE	13
USDA LOW INCOME HOME LOAN PROGRAM	14
WHAT ARE YOU READING WHAT'S COOKING IN THE MIMBRES	15
OUR ADVERTISERS	16
OUR ADVERTISERS	17
CALL FOR VOLUNTEERS	18
VENDOR REGISTRATION	19
WHAT ARE YOU READING CONT. MESSENGER ONLINE	20

A LETTER FROM THE EDITOR

By: Anna Willhite



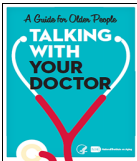
A big apology to all our readers for the extraordinary delay in getting the July edition printed and delivered to everyone. A series of misadventures had all of us in an tizzy. First the printer malfunctioned, then the repair visit was delayed because of the July 4th weekend, then the technician was unable to appear as scheduled, the final printing had to be picked up in Deming, and....it just kept compounding. The really ironic part of all this is that the July Messenger was finished early. Be careful what you wish for!

Reports are that the July 4th holiday was a good one for most everyone. The constant rains in early July have complicated all manner of events and outdoor plans. We certainly welcome the rain, although in some cases the quantity could be diminished somewhat. But we are enjoying the intense “greening” that has accompanied the downpours. Some of my canine

friends, however, have been less than happy about all the thunder and lightning.

It is hard to believe that school will resume in early August, summer zipped by in record time it seems. Back in the Stone Ages when I went to school, we never resumed classes until after Labor Day and were out by Memorial Day. We had fewer vacations during the year, but summer lasted a long time.

As we head toward the end of summer, there are more and more delectable wares at the Farmers’ Market. The season of garden tomatoes and lots of zucchini is a basic joy. Our local growers have not only the basics, but many unusual varieties of greens, cucumbers and other vegetables. There are fresh eggs, delicious baked goods, flavored vinegar and fruits will be coming soon. Our local growers are the best. The Thursday Farmers’ Market is definitely a don’t miss.



Interesting Information about Water

Water makes up approximately 70% of a human’s body weight – but DON’T stop drinking water to lose weight!

Approximately 80% of your brain tissue is made of water (about the same percentage of water found in a living tree – maybe is this why people hit their heads and say “knock on wood”?).

The average amount of water you need per day is about 3 liters (13 cups) for men and 2.2 liters (9 cups) for women.

By the time you feel thirsty, your body has lost more than 1 percent of its total water – so let’s not feel thirst.

Drinking water can help you lose weight by increasing your metabolism, which helps burn calories faster.

The average person could live without food for nearly a month, but we could

only survive about one week without water—that’s how essential water is to human life. Some of us can’t go a day without coffee, but that’s a different story.

Good hydration can prevent arthritis. With plenty of water in your body, there is less friction in your joints, thus less chance of developing arthritis.

Drinking enough water every day can help reduce heart disease and cancer. Water helps flush toxins out of your body, and the fewer toxins that come into contact with your colon, bladder, and other organs, the less chance that critical ailments can develop. Some mornings there is a greater need for toxin flushing than others.

Good hydration can help reduce cavities and tooth decay. Water helps produce saliva, which keeps your mouth and teeth clean.

How many people do you know who

Continued on Page 5 - Water

10th ANNUAL MIMBRES VALLEY HARVEST FESTIVAL ~ October 10th

By Grace Williams

Agriculture has played a major role in community building in the Mimbres Valley in southwestern New Mexico since the Classic Period Mimbres Indians, living in large pueblos along the Mimbres River between A.D. 1000 and 1150, cultivated extensive irrigated fields. Agriculture continued with the Apache Indians when they migrated to the valley sometime after 1600. In 1780 a Spanish Military expedition, led by New Mexico Governor Don Juan Bautista de Anza, reported extensive Apache farms or *rancherías*, along the banks of the upper Mimbres River.

In 1848 the United States took possession of New Mexico from Mexico and in 1852 established Fort Webster across from the present day San Lorenzo. The following spring the soldiers planted large fields of vegetables, corn and grains. With the discovery of gold, silver and copper in the 1800s came the need for a sustainable supply of food to feed the rapid growth of area communities. In the coming years small towns began to develop around *acequias* (community irrigation ditches), which supplied water for agriculture, starting on the lower Mimbres and continuing up the river for 35 miles. This tradition of agriculture and community in the Mimbres Valley continues today in the many small communities of Dwyer, Faywood, San Juan, San Lorenzo and Mimbres.

As the growing season continues in October, residents of the Mimbres Valley will be coming together to celebrate their life in the valley, inviting everyone to their 10th Annual Mimbres Valley Harvest Festival, Saturday, October 10th, 10:00 a.m. – 4:00 p.m. A day long celebration is planned with a Farmer's Market with valley growers, storytellers, musicians, artisans and craftspeople coming together to share their love of the Mimbres at San Lorenzo Elementary School on NM Highway 35, just off NM Highway 152. Prizes will be raffled. A variety of food options, including lunch and a bake sale by the San Lorenzo Elementary school will be available. Agricultural workshops will be presented in the afternoon, and a free health fair provided by the Grant County Health Council, will be open from 10:00 a.m. – 2:00 p.m. Events for kids and adults alike will be happening throughout the day.



Sharlene Grunerud

Photos courtesy of Grace Williams



We are excited to bring back the Best Pie in the Mimbres Pie Contest and a horseshoe tournament this year. There is plenty of free parking with a shuttle service provided.

The festival is made possible through the continued generosity of local sponsors. This year **Tom Blanchard Insurance** is the event sponsor, and **Silver Health Care** continues

as our music sponsor. For more information about attending or participating in the 10th Annual Mimbres Valley Harvest Festival visit our website at

www.MimbresHarvestFest.com or call Grace at 575-536-3687.

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***Your Personal Invitation
To The Mimbres Culture Heritage Site***

On Sunday, August 16th the Imogene F. Wilson Education Foundation will sponsor an afternoon of fun at the Mimbres Culture Heritage Site. Tours of the Mimbres Museum and the 1882 Doctor's office will be begin at 1:30 PM. Mattocks Site tours will be at 1:30 and 2:30 PM.

Experience throwing an atlatl, play some horseshoes or checkers, play a Victorian game and visit our gift shop.

Ice cream for a \$1.50 donation and drinks for \$.25 will



The Jericho Country Gospel Band

be available.

A free concert will be provided by the Jericho Country Gospel Band at 3:30, so bring a lawn chair, your family and friends, and enjoy some good music.

We are located on Sage Drive, just north of the Mimbres Cafe, off highway 35.

The Imogene F. Wilson Education Foundation and the Grant County Archaeological Society volunteers are recently reorganized and refocused offering historic programs involving the community, and education for all who seek knowledge of the area. We are a 501(c)(3) organization and rely on donations to reach our goals. For more information call Dorothy @

Continued from page 1—Meet Your Neighbor

in the hills and looking after the cattle. Her least favorite aspect of that life was riding down canyons in lightning storms.

When the family moved to the Mimbres, the boys had outgrown 4-H and FFA and were off to college and independence. Neline knew no one locally and had no close neighbors except Myrtle and Louis Oliver. She and her new friend, Myrtle, began getting involved in local groups and activities.

Beginning in 1950 when they lived in Cliff, Neline and Chris were actively involved in Farm Bureau and both of them held various offices over the years. When they moved to the Mimbres, the local Farm Bureau chapter was all but defunct. There were no regular meetings and the officers made all the decisions. Neline was naturally solicited to join Farm Bureau, with her extensive experience. She, however, did not agree to join until the local group got organized, held meetings and conducted business according to the rules. When Farm Bureau got organized, Neline got involved. Louis Oliver was President and not long after becoming involved, Neline "found herself President". For several years she and Louis alternated holding the office of President. "Then Louis stopped taking his turn as President and so far I haven't gotten out of the office."

Neline was one of the founders of the Copper Cowbells, which celebrated its 25th Anniversary in 2002. She has been active in the organization since it began, and has held most every office, often more than once. She actively participates in the Cowbells' programs, and is one of the most popular contributors to their annual fund-raising "Shindig". Her always requested gallon of homemade red chile sauce consistently produces impressive bidding in the silent auction. (Note: it is well worth the generous prices it brings, I can personally recommend it as the very best!)

When Neline moved to the Valley, the Mimbres Booster Club was still the Home Extension Club. She has been an active member of the Booster Club since around 1983, has held most every office and some of them more than once. Many of the improvements to the Roundup Lodge occurred during her terms in office. She is still one of the most active Booster members and consistently can be counted upon to lend a hand when one is needed.

More recently, she has begun serving on the Advisory Board of the Mimbres Senior Center, holding a couple of different offices there so far.

Continued on Page 5 - Meet Your Neighbor

Continued from Page 4 - Meet Your Neighbor

Neline continues to bring her considerable energies and interests to a great number of worthwhile organizations and groups in the Valley. She is a genuine, practical and down-to-earth woman whose common sense and creativity are a valuable asset to whatever project she takes on. She has sincere concern about and interest in her friends and neighbors. In her "spare time" she raises a gorgeous garden each year and shares its bounty far and wide, not only with her family, but her friends and neighbors.

She is a delightful lady with a great sense of humor and a strong sense of what it means to be a neighbor. Neline is the epitome of what a good neighbor is all about and we are very fortunate to be able to claim her as our neighbor in the Mimbres.



FARMERS MARKET IS NOW OPEN

Shop on Thursdays from 3:30 - 5:30 pm at the Valle Mimbres Market parking lot from now until the Mimbres Harvest Festival. Come take advantage of this great Mimbres out-door market.

Continued from Page 2—Water

say they don't want to drink anything before going to bed because they'll have to get up during the night? I asked my Dr. why people have to go so often at night? Answer: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc.) are level with the kidneys, it is then that the kidneys remove the water because it is easier.

Correct time to drink water.....from a Cardiac Specialist. Drinking water at a certain time maximizes its effectiveness on the body.

Two glasses of water after waking up - helps activate internal organs.

One glass of water 30 minutes before a meal - helps digestion.

One glass of water before taking a bath - helps lower blood pressure.

One glass of water before going to bed - helps avoid stroke or heart attack.

Water at bedtime will also help prevent night time leg cramps. (Your leg muscles are seeking hydration when they cramp and wake you up.

The Mimbres Messenger does not endorse or recommend any of the health information contained in the articles that are submitted to the Messenger. These articles are published for your edification and enjoyment.

FROM MY INBOX

A first grade teacher asked her 26 students to complete the remainder of a well-known proverb. Their insight may surprise you. Keep in mind these are six year olds.

1. It's always darkest before . . . Daylight Savings Time.
2. Strike while the bug is close.
3. Never underestimate the power of termites.
4. You can lead a horse to water but how?
5. Don't bite the hand that looks dirty.
6. No news is impossible.
7. A miss is as good as a Mr.
8. You can't teach an old dog new math.
9. If you lie down with dogs, you will stink in the morning.
10. Love all, trust me.
11. The pen is mightier than the pigs.
12. An idle mind is the best way to relax.
13. Where there's smoke there's pollution.
14. A penny saved is not much.
15. Happy the bride who gets all the presents.
16. Two's company, three's the Musketeers.
17. Don't put off tomorrow what you put on to go to bed.
18. Laugh and the whole world laughs with you, cry and you have to blow your nose.
19. There are none so blind as Stevie Wonder.
20. Children should be seen and not spanked or grounded.
21. If at first you don't succeed get new batteries.
22. You get out of something only what you see in the picture on the box.
23. When the blind lead the blind get out of the way.
24. A bird in the hand is going to poop on you.
25. Better late than pregnant.



NOW IS THE TIME TO CLEAN OUT THAT STACK OF OLD T-SHIRTS AND HELP A GOOD CAUSE



If you are like the rest of us, you probably have old T-shirts that no longer fit or are so tattered and stained they are no longer wearable. They should not go to waste. WE NEED THEM.

The lady artisans of the Palomas Cooperative support themselves and their families by making beautiful rag rugs from old T-shirts. The T-shirts can be in any color or condition as long as they are clean and 100% cotton.

Dawn Gray has volunteered to collect the T-shirts and see that they get to the artisans. You may get in touch with Dawn at 575-519-9190, or you may drop off your T-shirts on Saturday at the Mimbres Valley Artisan Mercado at the Mimbres Self-Storage units on Route 35 (right before mile marker 2). You may also drop off the T-shirts at the Mimbres Roundup Lodge anytime there is someone there.



SASS 24-hour Crisis Line:
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214 N Black St * Silver City, NM
88061

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Mon-Fri 9am-5pm

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For information regarding San Juan and
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BIBLE STUDY

Wednesday 5:30 PM

"Two or more meet together in my
name, I will be there also."

SENIOR CENTER MENU

AUGUST 2015

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Taco Salad ...2 6 oz Mexicorn 5 Low Sodium Saltine Crackers 6 oz Baked Apple Slices	3 oz Meatloaf 6 oz Garlic Mashed Potatoes 4 oz Broccoli W/ Cheese 1 Dinner Roll W/ Margarine 4 oz Cantaloupe 4 oz Yogurt	3 oz Chicken Patty W/ Bun 1 oz American Cheese 1 Slice Tomato 4 oz Peas & Carrots 4 oz Banana Pudding W/ Vanilla Wafers	1 Meat & Cheese Burrito 2 oz Ground Beef 1 oz Cheese, 1 Flour Tortilla 1 oz Gr. Chile 4 oz Tossed Salad 1 Chewy Granola Bar	3 oz Pork Chop W/ 2 T Diced Tomatoes 4 oz Baked Beans 4 oz Mixed Veggies 1 WW Roll 1 Orange
10	11	12	13	14
4 oz Tuna Salad 4 oz Wild Rice 4 oz Green Beans W/ Marg 2 Slices WW Bread 4 oz Lemon Pudding 4 oz Honeydew	6 oz Gr. Chile Enchilada** 2 oz Lettuce & Tomato 4 oz Pinto Beans 4 oz Spanish Rice 5 oz Apricots	5 oz Lasagna 4 oz Garden Salad 4 oz Mixed Veggies 1 Slice French Bread 4 oz Apple Cobbler	Chicken Pasta Salad 3 oz Chicken, 4 oz Pasta 1 WW Roll 6 oz Honeydew 1 Chewy Granola Bar	1 Grilled Cheese Sandwich 2 Slices WW Bread, 1 Slice Cheese 4 Low Sodium Veggie Soup 5 Saltine Crackers 4 oz Fruit Cocktail
17	18	19	20	21
8 oz Spaghetti W/ Meat Sauce 4 oz California Blend Vegetables 4 oz Spinach Salad W/ Dressing 1 Slice Garlic Bread 2 Cookies	3 oz Oven Fried Chicken 4 oz Acorn Squash 1 Slice WW Bread 4 oz Peach Crisp	5 oz Country Fried Steak 4 oz Mashed Potatoes 4 oz Spinach 1 Dinner Roll 1 Tangerine 1 Oatmeal Cookie	BBQ Chicken Thighs 4 oz Winter Mix Blend 1 Dinner Roll 4 oz Peaches 1 Sugar Cookie	1 Ham & Cheese Sandwich 2 oz Ham, 1 Oz Swiss Cheese 2 Slices WW Bread 1 Lettuce Leaf, 1 Tomato Slice 4 oz Mixed Veggies W/ Marg 4 oz Mandarin Oranges
24	25	26	27	28
1 Slice Pepperoni Pizza 4 oz Spinach Salad W/ Italian Dressing 1 Sugar Cookie	Green Chile Hamburger 1 Lettuce Leaf, 1 Tomato Slice 1 Pickle, 1 Onion Slice 4 oz Pork & Beans 4 oz Corn 4 oz Jello W/ Fruit	2 Chicken Tacos 3 oz Chicken, 1 oz Cheese, 2 C. Tortillas 4 oz Lettuce & Tomatoes 4 oz Calabacitas 4 oz Pinto Beans 2 oz Banana Pudding	6 oz Ground Beef Stroganoff 4 oz Egg Noodles 1 Slice WW Bread W/ Marg 4 oz Apricots	4 oz Chicken Fajitas 4 oz Chicken, 2 oz Cheese 1 Tortilla 4 oz Pinto Beans 4 oz Tomatoes & Gr. Chile 1 Sugar Cookie
31				
6 oz Fidelos Con Carne*** 4 oz Mixed Veggies 4 oz Salad W/ Dressing 1 6" Tortilla 4 oz Orange/Pineapple Mix	Please Call A Day In Advance For Reservations	Silver City 388-2545 Santa Clara 537-5254 Gila 535-2888 Mimbres 536-9990	8 oz Milk Served Daily!! 	Menu Subject To Change *****



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Teen Ink

By Ajalaa Claussen



The 4th of July

A retrospective by Ajalaa

Independence

by Ajalaa Claussen

The crowded streets suggest a very busy day
We walk into downtown knowing what comes our way

The town and the people are dressed in red, white and blue
To show our nation's colors, proud and true

The parade runs through the main street
To wave and smile to all the adoring people on their feet

As the day drifts on, we cook, eat, and celebrate
But when the night comes we sit outside and wait

Then colors explode in the sky
That's when you certainly know it is the fourth of July!

A Walk Through Time

by Ajalaa Claussen

August is a gust of wind--a gust that takes you to new things. For kids that is school. It is new learning and new people. Once we step into those halls we walk fast with excitement and fear, but after awhile the newness of it all fades. And we walk distracted by turning leaves, we watch the time pass by with each fallen leaf. And before you know it you are stuck in winter. All the leaves have fallen away and everything has settled into a routine. The colors

have changed from bright playful colors of summer and fall to the still, dull winter. And us kids trudge through halls in the same routine. And wait for the seasons to change. Because when the seasons change so do we.



Pronghorn

Pronghorn, commonly called antelope, live in prairies and open country where they can see a long ways. The pronghorn relies on its excellent eyesight and running speed for safety—they are built for speed and can run faster than any other animal in North America, hitting speeds of 60 per hour. Both male and female pronghorns have black, forked horns. Their horns are shed every year and are made up of bone on the inside covered with compacted hair. Pronghorn used to be very abundant across North America; in 1800 there were more than 40 million animals. They have come back in numbers enough to allow hunting throughout their range in New Mexico. They usually give birth to twins and fawns can begin walking in less than an hour after birth.

Conejo Mimbrenño in August

In July, I learned that mama horned lizards have lots of baby "horny toads" – between 3 and 31—each



summer. Just like rabbits, horned lizards have to watch out for hawks, and quickly hide, or they may end up being some bird's lunch!



Where is Conejo Mimbrenño?

Sponsored by the Grant County Archaeological Society

COMMUNITY CALENDAR & 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.**

CASAS ADOBES WATER ASSOCIATION - meets August 20th (third Thursday of every month) 6:30 p.m. Roundup Lodge.

COMMODITIES DISTRIBUTION - August 12th - (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.

DESSERT WEST AUCTION—THE BIG RED BARN - Auction - Saturday, August 22nd & Sunday, August 23rd 3870 Hwy 35, Mimbres. Doors open at 8:30 am with off-line auction starting at 9:30 am. Sunday auction doors open at 9:30 am. Preview items on Friday, July 21st from 11 am to 3 pm. And a half hour before the auctions start each day. Any questions contact the Coogans either by email at desertwest@desertwestauction.com or call 575-536-9353. Can't be there? Bid on-line starting at 11 am both Saturday and Sunday. At www.liveauctioneers.com or www.lcollector.com.

HMS MIMBRES CLINIC - Clinic Hours have been cut to two days. Monday and Wednesday 8:30 am to 12 noon and 1:00 pm to 5 pm. 575-536-3990

LA ESPERANZA VINEYARD & WINERY - Winery open Friday and Saturday, 11:00 am to 7:00 pm. Sunday, Noon to 7:00 pm. For more information call 505-259-9523 or 505-238-6252.

MIMBRES EMERGENCY MEDICAL SERVICE (MEMS) - Monday, August 10th - 5 pm. (second Monday of the month) EMS Building on the airstrip. Community meeting for brainstorming and recruitment. Open to everyone. Contact Rebecca Hazen 575-574-8344 for information or just show up at the meeting.

MIMBRES FARM BUREAU - August 13th - Normally, monthly meetings are the 2nd Thursday of each month at 6:30 pm. Pot-luck supper followed by a business meeting. Everyone welcome

MIMBRES VALLEY ARTISANS MERCADO - Every Saturday and holidays. 9 am to 2 pm - Mimbres Valley Self Storage—Highway 35 (just before mile marker 2 on the right).

MIMBRES VALLEY FARMERS MARKET - August 6th - October 9th - 3:30 to 5:30 pm every Thursday. Valley Mimbres Market parking lot. Fresh locally grown produce. 2739 Highway 35. Local Venders \$3

MIMBRES VALLEY GIRL SCOUTS TROUP #049. EVERY MONDAY 5:00 pm to 6:00 pm - Roundup Lodge. All girls from Kindergarten to High School and home schooled girls are welcome. New and exciting programs and activities. For information, contact Pamela Grijalva at 575-494-3681 or come to a meeting. Weekly meetings will resume when school starts.

MIMBRES VALLEY HEALTH ACTION LEAGUE - Calendar of Events

MVHAL Board Meeting - Wednesday, August 12th - 5:30 pm Roundup Lodge, Acklin Hill Road, San Lorenzo. Valley Residents Welcome.

HARVEST FESTIVAL PLANNING MEETING - Sunday, August 16th at 4 pm Roundup Lodge, Acklin Hill Road, San Lorenzo.

MIMBRES VALLEY ROUNDUP LODGE BOOSTER CLUB Acklin Hill Road - Calendar of events.

BOOSTER CLUB MONTHLY MEETING. August 6th - first Thursday of each month. New members welcome. Light dinner served.

BINGO - August 9th - 2:00 P.M. TO 5:00 PM - Second Sunday of each month. Roundup Lodge - \$5 a card or 3 for \$10.00. Grand prize \$50.00 cash. Donate a NEW toy (\$10 limit) and receive an extra card when you purchase 3 for \$10.00.

MIMBRES VALLEY SENIOR CENTER - LUNCH DAILY— Monday - Friday 11:30 Reservations are requested one day in advance.
Every Tuesday - 10:00 am - Exercise for Seniors - Stretching and light weight lifting. For information call Thelma Melvin 536-2899

Senior Center Advisory Council Meeting at the Center (meets 4th Tuesday of each month after lunch)

MIMBRES VALLEY THERAPEUTIC HEALING MESSAGES - Tuesdays and Saturdays - 9:30 am - 5:30 pm - 2739 Highway 35.
For appointments call 575-574-7069

Continued page 11 - Calendar

Continued from Page 10 - Calendar

RIO MIMBRES BAPTIST CHURCH - Food Pantry and Thrift Store - Every Friday 10:00 am - 3:00 pm, 29 Cactus Drive, Mimbres
Best Family Traditions (Arizona's First Family of Gospel Music) in Concert, Sunday, August 16 at 6:00 pm FREE

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@gilanet.com.

VALLE MIMBRES MARKET - TUESDAY to SATURDAY 12:00 noon to 6:00 pm; - 2739 Highway 35. Fresh organic and local

COUNTY CALENDAR

ALBERTSONS - August 5th - First Wednesday. Seniors 55+ get 10% off. All day.

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

BAYARD AL-ANON - WEDNESDAYS, 6:00 PM - Bayard Housing Authority - 100 Runnels Drive, (near Our Lady of Fatima Parish in Bayard) .

BOOKMOBILE WEST SCHEDULE - THURSDAY, August 20th

Mimbres - NEW LOCATION - Living Harvest Bakery	9:45 am - 10:45 am
Lake Roberts - Sapillo Creek Fire Station	11:45 am - 12:45 pm
Doc Campbell's Post (near Gila Cliff Dwellings)	2:30 pm - 3:30 pm

GRANT COUNTY ARCHAEOLOGICAL SOCIETY - August 19th - 3rd WEDS - 6:00 pm. Roundup Lodge, Acklin Hill Road. Pot Luck at 6:00 pm followed by a short business meeting. Program begins at 7:15 pm. For more information, call **Marilyn Markel 536-9337.**

GRANT COUNTY ROLLING STONES GEM & MINERAL SOCIETY - August 13th (2nd THURSDAY), 6:00 pm - Meeting and pot-luck followed by a rock draw. Bring your own service ware and dish to share. Silver City Senior Center - 204 W. Victoria Street in Silver City 575-536-1393 rollingstonesgms.blogspot.com **Field trip Saturday, August 16th the 3rd Saturday of the month at 8:30 am.** For more information contact Ansel Walters at 575-388-2010

MS SUPPORT 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 for the location.

SILVER CITY CHAMBER OF COMMERCE - meets first Thursday of every month at 11:45 am. Normally meetings are held at the Red Barn Steakhouse in Silver City. There is a \$15 charge for attendees wanting to eat lunch. There is no fee for people who want to attend without enjoying a meal. For more information contact the Silver City Grant County Chamber of Commerce at 575-538-3785

SILVER CITY FOOD CO-OP - contact the Food Co-op at 575-388-2343 or www.silvercityfoodcoop.com for any events.

WALGREENS - August 4th and August 18th (first and third Tuesday of each month) - SENIOR DISCOUNT - 20% off of items not on sale.

WESTERN INSTITUTE FOR LIFELONG LEARNING (WILL) -

[575 538-6835](tel:5755386835) or www.will-learning.com or info@will-learning.com

WIDOWED AND SINGLE PERSONS OF GRANT COUNTY - August 10th - 10:30 am - (second Monday of each month) Glad Tidings Church, 11600 Highway 180 E. Jude Costco will speak about the Quilts for Veterans program. Cost for lunch is \$12. All singles are welcome For information, call 575-537-3643.

PRODUCE OF THE MONTH

by Frankie at Valle Mimbres Market

Cantaloupe Melon or Muskmelon (*Cucumis Melo*)

A member of the Cucurbitaceae or gourd family, an annual vine descendant from tropical plants, the melon was first cultivated more than 5,000 years ago in Persia (Iran).

Selecting and storing

Available in the summer, this large round fruit has a soft, juicy, orange flesh with a sweet musky aroma that emanates in the ripe fruit. Choose a fruit that feels heavy for its size, with firm skin and without bruises. Keep in a cool place. Wash the whole fruit in cold running water as the skin may harbor harmful bacteria. Refrigerate once ripe or cut, keeping the seeds in the melon until ready to serve.

Nutrients

Very high in vitamin C and A, cantaloupe provides a wide range of antioxidant flavonoids such as beta-carotene, zeaxanthin and lutein, and anti-

inflammatory phytonutrients as well as moderate levels of potassium, manganese, niacin and pantothenic acid.

Serving suggestions

Best eaten fresh without any addition, cantaloupes can be sliced, cubed or scooped into balls. They are a great addition to fruit salad or can be made into juice, jam or sorbet or served with ice cream or custard. As an antipasto serve on a bed of arugula with reduced balsamic vinegar or wrap in prosciutto. Can be made into a cold soup with lemon and orange juice, mint or basil leaves and a little fresh cream.

Recipe: Cantaloupe Granita

Blend 1 peeled, seeded and cut melon with 1/3 cup raw sugar, 1 Tbsp. lime juice, a little lime zest and a small pinch salt. Pour into a rectangular glass baking dish and freeze until firm. With the tines of a strong fork, scrape the frozen mix, scoop into chilled bowls or glasses, add a sprig of mint to each dish and serve cold.

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ROUNDUP LODGE NOTES

August will be another busy month at the Roundup Lodge. Many of the organizations who took a break during the summer will be resuming regular meetings and events. Our ongoing efforts to improve and repair various things at the building will get back into high gear since the hot weather seems to be behind us. We are planning to do some significant projects in and around the building in the coming months.

The Mimbres Booster Club, the volunteer entity that manages, maintains and operates the Lodge as a Community Center, is looking for new members – energetic and creative folks who want to participate in keeping the facility open for use by the community. Everyone is invited to attend any regular monthly meeting (held on the first Thursday every month at 5:30 pm) for a light dinner and to see what we are all about. Join us.

Operation of the Lodge is an ongoing all-volunteer project. Maintaining the Lodge is funded entirely through fund-raising events and donations. We are beginning to plan for events in the coming fall and winter. If you have an idea for an event or activity that might fit into our fund-raising efforts or simply be a fun or interesting activity, give a call to any Booster Club member or e-mail to Willhite200@aol.com.

The Lodge is the only local venue for public and private events and celebrations which would have no other gathering place in the Valley. We are fortunate to have such a facility and are devoted to maintaining and improving the Lodge for continued use and enjoyment by the community and others.

The Lodge is available for rental for private celebrations – birthdays, showers, family reunions – and for meetings and activities of community organizations.

The Lodge continues to be available for funeral receptions at no charge. The Booster Club will assist in scheduling and conducting funeral receptions. The Booster Club provides coffee and tea, but does not provide food. Contact Paula Norero to schedule rentals or funeral receptions at 536-9433 or e-mail Paula@gmail.com.

The Silver Fire—As We Lived It

During the Silver Fire, various blogs were posted on the Black Range Rag, recording this time in local history. The last entry was July 11, 2013. Bob Barnes has compiled these historic notes, observations and previously unpublished photos into a stunning remembrance. It can be viewed at www.blackrange.org at the page titled The Silver Fire.

While it may seem unusual to blog about a fire, the Silver Fire was an extraordinary event, and commentary as it occurred makes for interesting reading and is a moving experience.



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USDA LOW INCOME HOME LOAN PROGRAM

By Dawn Gray

On June 25th, I attended a ground-breaking and dedication ceremony in Silver City given by the United States Department of Agriculture. One home will be built for a veteran and another is in progress for a single mother. During the ceremony, I was made aware of the USDA Low Income Home Loan Program and the fact that loans and grants are available to low income families to buy, build, improve, repair or rehabilitate the applicant's permanent residence. During the ceremony, it was announced that a single parent working at Burger King would be able to qualify for a loan. The USDA is looking for ways to increase awareness of this program and I thought it would be really great to see people in the Mimbres take advantage of these affordable loans.

I was able to tour a house which is close to completion and talk with the future homeowner.

She indicated to me that she had had a mentor who walked her through the whole process. He had been a great help to her since she had never before owned her own home.

There are apparently some boundary limits for each county, and I do not know what such boundaries are for Grant County. Hopefully, these limits will take in as much of the Mimbres Valley as possible, and that we can find good mentors to help people to apply. (Editors Note: All rural areas of Grant County are eligible.)

For more information contact:

Christine Griego, Guaranteed Housing Specialist

6200 Jefferson Street N.E., Room 255
Albuquerque, NM 87109
telephone 505-761-4944

email: rd.grh@nm.usda.gov.

Website: www.rd.usda.gov/nm

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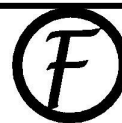
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WHAT ARE YOU READING?

The Boys in the Boat by Daniel James Brown

Isn't it funny how receiving a book about something you know nothing about by an author you have never read can grab you from the first chapter?

This book brings so many interesting threads together and spins them in a fascinating story from start to finish, it was impossible to put it down.

Set in the 1930's, amid the dust bowl, deep depression in the US, burgeoning rise of Hitler in Nazi Germany, the story ties together those two cultures with the quest of conquering the gold medal for the US during the 1936 Olympics in 8 man rowing from the University of Washington.

Almost to a man the boys were from poor homes, working with pluck and grit to even be able to attend university. When introduced to rowing it became the

center and passion of their lives.

A main character of the story, Joe Rantz, is the epitome of the poor boy struggling to make good. When his mother died when he was a small boy his father sent him to live with relatives in another state. They rejected him and sent him back. His father remarried to a woman who, when they had children of their own did not want Joe living with them and talked his father into turning him out at age 10. The boy's grit and guts to make it on his own is what eventually brought him to the team and the grueling work it took him and his teammates to become the champions they were.

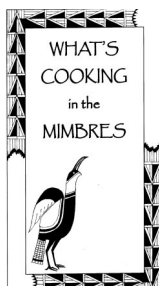
Learning about the sport of rowing was an eye opener for me. The work, strength and determination it takes to succeed in the sport is unbelievable.



Continued on Page 20 - What are you Reading?

AVOCADO CUCUMBER SOUP

- 3-4 avocados
- 2 lg. cucumbers
- 2 c. broth - chicken or vegetable
- 2 limes
- 1 bunch cilantro



Peel cucumbers (American, English or Japanese are best). Chunk cucumbers into blender, add broth, lime juice and half the cilantro. Blend and pour into soup bowls. Garnish with remaining cilantro and toasted sunflower seeds.

What's Cooking in the Mimbres is available for purchase at Esperanza Winery and the Elk X-ing Café or contact any member of the Booster Club.

The \$10 purchase price goes to maintain and improve the Mimbres Roundup Lodge - Your Community Center

HELPFUL COOKING TIPS

Ideally, cold soups should be served in chilled bowls.

If soup is not intended as a main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to

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10TH ANNUAL MIMBRES VALLEY HARVEST FESTIVAL

Presented by the Mimbres Valley Health Action League

CALL FOR VOLUNTEERS

There are tasks big and small that must be done to make the festival fun, profitable, and a well-run, and successful community-building event.

We need your skills and experience. This is your opportunity to help, meet and work with your neighbors.

PICK YOUR AREA AND LET US KNOW HOW YOU CAN HELP!

- ☐ **Set up on Friday evening, October 9th**
- ☐ **Help with parking and shuttle bus day of festival**
- ☐ **Place signs on Friday afternoon, October 9th**
- ☐ **Help Vendors set up on Saturday morning, October 10th**
- ☐ **Help with Children's Activities**
- ☐ **Help at the Information Booth**
- ☐ **Give Breaks to Vendors on Saturday, October 10th**
- ☐ **Deliver large purchases to vehicles, Saturday, October 10th**
- ☐ **Sell Raffle Tickets and help with Raffle Drawing**
- ☐ **Help with clean up on Sunday morning, October 11th**
- ☐ **Other**

For information and to volunteer call Grace Williams at

575-536-3687 or email at grace@mvhal.org

Saturday, October 10, 2015

San Lorenzo Elementary School

Vendor Registration Form

2015 Mimbres Valley Harvest Festival
10am – 4pm Saturday, October 10, 2015

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 26.

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

Checks and money orders only.

Signature: _____ **Date:** _____

Please mail this form **before September 26** to:

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

For more information visit our website: 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

**BULLETIN BOARD**

Wednesday, August 12th - 5:30 pm Mimbres Valley Health Action League Board Meeting. Roundup Lodge, Acklin Hill Road. ALL VALLEY RESIDENTS WELCOME

WEDNESDAY, August 12th - Noon to 2 pm - Commodities Pickup ~ Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

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 healthy environment.

Continued from page 15—What are you reading?

The work it took for each man to excel in his spot was phenomenal. The timing of each of those eight men to power the craft, oars always in perfect unison is what set them apart and made them winners.

The man, George Pocock, who designed and built the boats with such skill that he became almost the sole producer of the boats for the teams, exhibited the same passion and skill that each segment of the sport demanded in its perfection to become the world champions that they were.

In the three years leading up to the Olympics in 1936 the boys from the University of Washington and the University of California jockeyed back and forth with the probability that each would be the champion to go to the Olympics.

With the backdrop of this ongoing competition we had the story of Hitler and Goebbels and their manipulations to try to capture prizes of their own. Their paranoid hatred and destruction of the Jews is a thread running through the story as well.

Among the assortment of performers in the Olympics the rowing team had the distinction of being the tallest, one as tall as 6'8". The size and strength of the boys is fascinating to read about, as in the race, they are required to stretch and give their all to the finish.

For me this book superseded any notions I may have had about the sport of rowing, the teamwork it takes to compete in the Olympics or any world stage sport, and the rewards of teamwork, camaraderie and passion for the task.

No matter what your interests I think you would find this book as engrossing as I did.

Sally Ginet

View the *MESSENGER* online!

Thanks to Bob Barnes of Hillsboro, *The Messenger* can now be viewed online at <http://www.blackrange.org>, including back issues from April, 2014 to the present. Often the *Messenger* is available online before hard copies have reached the Valley. Check it out online, view the photographs in color, print off more coloring pages for your children and enjoy the wealth of other local features available there.

The *Messenger* is included on Bob's excellent website which also includes *The Monticello Messenger*, *Hillsboro Historical Society Newsletter*, *Black Range Rag Newsletter* and myriad photographs, historical and current events, nature and the works of numerous authors – just to name a few of the attractions available here.