

# A FREE COMMUNITY NEWSLETTER JANUARY 2016

# MIMBRES MESSENGER

# **Mimbres Hot Springs Ranch Studio Sale Celebrates 35 Years**

Story and Photos by Marilyn Markel

For thirty-five years, the Mimbres Hot Springs Ranch has been open to the public for their December Studio Sale, an event that began way back when to showcase the work of community artists and has become a Mimbres tradition. Each



The Fortnightly Bathing and Glee A Cappella Singers

year Mimbres residents look forward to the Studio Sale, knowing they will find that special gift to purchase, but also for the opportunity to visit with friends and enjoy a festive and fun kick-off to the holiday season in Mimbres. Many of the artisans have been at the Studio Sale for most, if not all, the past three and a half decades.

Once again, art, pottery, photography, and other arts and crafts were on display, indoors and outside in the courtyard. And, once again, ranch guests were entertained by the Fortnightly Bathing and Glee A Cappella Singers—Nancy Stockdale, Terry Song, Marion Newton, Becky Smith, Cheryl Spier-Phillips, Kate Brown, and Susan Berry.

DEAM ON B

Kate Brown and her beautiful pottery

Potter Kate Brown's colorful and unique pottery is much admired, and desired. Kate has only missed one year in the last thirty-five—the year she was at Evergreen College learning the art of animation.

Sharlene Grunerud displays her dried flowers-- framed or made into wreaths. All the flowers and

Sharlene Grunerud displays her "locally grown" artwork.



Marilyn Gendon always has her wonderful Mimbres design T-shirts for sale, along with her colorful paintings—many of which are landscapes of the Mimbres area.



Bea Penvenne admiring some of Marilyn Gendon's creative T-shirt designs

#### **VOLUNTEER STAFF**

- Anna Willhite, Editor and Printing
- Marilyn Markel, Contributing Writer
- Grace Williams, Distribution & Printing
- Mary Willhite, Co-editor, Production, Advertising and Printing
- Sally Ginet, Printing
- Ajalaa Claussen, Teen Intern

Inside this issu	ıe:
MIMBRES HOT SPRINGS RANCH STUDIO SALE CELE- BRATED 35 YEARS	I
LETTER FROM THE EDITOR LETTER TO THE EDITOR	2
SAN LORENZO SCHOOL CHRISTMAS PROGRAM	3
UPDATE ON MIMBRES EMS FROM MY INBOX	4
FROM MY INBOX CONT. WINDS OF CHANGE-POEM MIMBRES CULTURE HERITAGE SITE NEWS	5
TOPS APOLITICAL APHORISMS	6
SENIOR CENTER MENU SENIOR MOBILE FOOD PANTRY	7
TEEN INK KIDS JOKES	8
COLORING PAGE	9
COMMUNITY AND COUNTY CALENDARS	10 & 11
BLESSING OF THE ANIMALS CHURCHES	12
STUDIO SALE 35 YEAR CELE- BRATION CONT. NM ZIA SUN SYMBOL	13
WHAT ARE YOU READING?	14
A LITTLE BIT OF HISTORY YOU MIGHT NOT KNOW	15
HIGH 5 TO KATE BROWN OUR ADVERTISERS	16 & 17
ROUNDUP LODGE NOTES	18
PRODUCE OF THE MONTH WHAT'S COOKING IN THE MIMBRES	19

ROCK PAINTING CLASS

THE FOOD RUNNER

MAY ARTIST CONTEST MESSENGER ONLINE

# A LETTER FROM THE EDITOR

## By: Anna Willhite

Happy New Year 2016!

As usual, the adjustment to the new year numeral will probably take some time to set in. Personally, I find 2016 to be a shocking reminder of the rapid passage of time, I have not adjusted to 2015 yet! However, all of us here at *The Mimbres Messenger* wish all of our readers the happiest, healthiest and best year possible.

Despite the time-honored tradition of making New Year's Resolutions, (most of which are usually broken) a new beginning is a time to take stock and institute positive, healthful changes in one's routine and life. For those of you who so resolve, I wish you success. My plan is to keep chugging along and adjusting as time and circumstances dictate.

The arrival of "real" winter along with the winter solstice came as something of a surprise. Here in Mimbres where the sun shines most of the time, those cloudy, overcast days and low temperatures were a bit of a shock. While my many years of living in a cold, snowy, overcast area have left me somewhat in favor of sunny days, I still appreciate the quiet beauty of falling snow, and can appreciate its appeal during the season. But, the holidays are over, it's time for the sun to shine. On another happy note, my Christmas cacti bloomed – right on schedule.

We are still looking for contributions from our readers. Several new writers and creative sorts responded to our last pleas for material with articles and ideas for articles. Publishing *The Messenger* each month consumes a great deal of creativity, and we appreciate new ideas and suggestions. If you know someone who would be an interesting Neighbor for our Meet Your Neighbor feature, please let us know; if you would like to be featured yourself as a Neighbor, give us a call. Book reviews, notes from an interesting trip or experi-

ence are always welcome. We would also be very happy to find some additional volunteers for printing and distributing *The Messenger*, if we can spread the tasks among more people, it will make life easier for the small group who seems to be doing it all lately.

The volunteers who produce this publication are an interesting and dedicated group who truly enjoy this "job", and we are happy to include other interested and dedicated folks who want to join us. We have acquired a loyal readership whose accolades and congratulations are inspiring us to create a quality news letter and continue to improve it wherever possible.

While it may not be exactly modest to sing our own praises, there are occasional situations when we are proud to pass along the kind words of appreciative readers. See below.

### Happy 2016!



#### Letter to the Editor

Dear Editor,

Just a note from some fellow New Mexicans to say "thank you" for your excellent publication!

We picked up a copy at the "Restaurant del Sol". Both my husband and I are former college administrators, and we loved the variety of stories, reviews and recipes.

I plan to send along the info on the turkeys and cranberries to our grandson in Dallas!

Drs. Roger and Mary Harrell Alto, New Mexico

## San Lorenzo Elementary School Presents "Awesome" Christmas Program

"Awesome" was the word most used to describe this year's Christmas program at San Lorenzo School. On a crisp evening in December, a standing-room-only crowd of parents, grandparents, and other Mimbreños greatly enjoyed the school production of *A Charlie Brown Christmas*.



Mr. Koury, school principal, said, "It's amazing how the teachers put it all together- the stage, the songs, the script. I'm

awestruck every year. It's a whole school, total team effort. I'm so impressed by the school staff, by everyone involved, including the 'behind the scenes' helpers like Mrs. Carpenter and Mrs. Jones."

Katrina Davis, the Kindergarten teacher, was in charge of writing the script. Mrs. Davis said she had "wonderful help" on the script and scenes from Kathy Hill, substitute teacher and volunteer. Another volunteer, Clista Knight, taught the kids the songs that made the program extra special. Each day, all of the teachers worked with the students, practicing songs and speeches. Ms. Knight said, "It was collaboration, an extraordinary effort. We all worked together." Other members of the community helped, too. Like Jeanne and John Pierce-- they donated the wonderful Charlie Brown Christmas life-size cut-out decorations that helped set the scene.

One of the many memorable moments in the play, one that delighted the audience was when Snoopy, played by Jason Palomarez, baa-ed like a sheep, moo-ed like a cow, and walked like a penguin! A highlight of the program was when the lights were turned off and all the kids sang songs not only with their voices but also with their hands. Mrs. (Red) Escobedo-DeBusk, special education teacher, taught the students songs in sign language. The kids put on white gloves, a black light was turned on and WOW! The white gloves glowed in the dark and the result was "Awesome!"

Mr. Mendoza, Cobre Schools Superintendent, and Toy Sepulveda, School Board President, and his wife, attended the program. Mr. Sepulveda said, "The school staff needs to be congratulated, the whole thing was outstanding. It was awesome."

At the end of the program Mr. Koury thanked the students, staff, volunteers, and the community for their support. He then announced that someone was about to make an unexpected appearance— it was Santa!

Photos of the event do not do it justice. It was spectacular! And Awesome!

Kudos to all the teachers, other staff members, Mr.

Koury, community volunteers, and parents!

All the San Lorenzo students did an incredible job:



Narrators, Speech Readers, Ice Skaters, Dancers, Tree Decorators, Production Crew: Amanda Hupp, Aaliyah Martinez, Tigerlily Warner, Kaylee Chavez, Karren Diedrich, Shae Madrid, Jedidiah Mohr, Brody Richter, Delilah Romo, Angel Roybal, Esmiah Roybal, Itzal Valdez, Amy Biebelle, Brandon Borkos, Carly Close, Ezekiel Coss, Dezia Crumbley, Barrett Diedrich, Korra Diedrich, Angel Dixon, Lydia Gavaldon, Travis Hyde, Cheyenne Johnson, Terrance Palomarez, Natalia Betancourt, Clair Biebelle, Nevaeh Fischer, Elijah Gavaldon, Ariana Legarda, Ronald Hyde, Dottii McDougal, Angelica Sias, Kaissa Villegas.

#### **Cast of Characters:**

Charlie Brown: Michael Dominguez, Chance Medrano, Armanda Mendez, Jerimiah Mohr, John Roybal, Ryan Davis. Snoopy: Julian Madrid, Jason Palomarez, Alexander Richins, Samuel Coss, Atilyn Diedrich, Trinton Palomarez, Cooper Zimmermann. Frieda: Page Davis Shermy: Kane Gomez Schroeder: Ryan Davis Pig Pen: Brianna Montoya Lucy: Mary Gavaldon, Regan Davis, Brielle Madrid, Cinda Laney.

Violet: Ixayana Alcorta, Cheyanne Medrano. Peppermint Patty: Izabella Gavaldon Sally: Savannah Alcorta,

Zayla Madden Linus: Analiza Gavaldon, Adrian Mendez, Riley Law, Xavier Koury, Alexander Ortiz.

Woodstock: Dylan Rose Davis, Robert Gavaldon, Jordan Hoover, Payton Law, Eddie Maldonado, Simon Medrano, Michael Richter, Gabriel Rodriguez, Yalexi Valdez.



# An update on Mimbres EMS (MEMS) and plans for the coming year

I cannot claim that MEMS is thriving (yet) but we have not been idle. This fall, we have responded to three 911 page-outs, at least 3 personal requests for assistance, and have provided stand-by medical assistance to all LMVFD fire calls. There are 2 official members in MEMS and several "alumni" that volunteer when they are available.

Our barriers to extending coverage include lack of volunteer personnel and radio communication issues. Ideally MEMS would provide a high level of emergency medical response up and down highways #35 and #61. In the next year, I am working towards two mileposts on the way to that goal. First, I am working on funding and class options to train "First Responders" – the most basic level of emergency medical response. Second, I plan to facilitate various kinds of trainings within the volunteer fire departments (VFDs) that will help all of us respond and coordinate emergency response. This past year, Upper Mimbres and Lower Mimbres VFDs got together for some helicopter landing training (provided by our local Native Air crew). In the coming year, I plan to facilitate two more trainings within the VFDs: basic vehicle extrication and CPR/AED training.

Remedy for our radio communications is slow in coming. On one hand, there's a lack of knowledge that we even exist. On the other, in the peaks and valleys of Mimbres NM, there are just dead zones for radio transmission. To help yourselves get response from Mimbres EMS – when you call 911, ask them to page out your local first responders. We don't have responders in all areas of Mimbres – yet. When an emergency page goes out though – it's unlikely for the folks on the other end to stay idle. There's help out here – we just need more coordination and more training.

So, if you feel drawn to volunteering with Mimbres EMS: in dispatch, secretarial work, or training to respond to local emergencies, then come to our monthly meeting. 5:30 pm every second Monday at our ambulance building just off the San Lorenzo airstrip.

Rebecca Hazen, Coordinator of Mimbres Emergency Medical Service - 574-8344

# FROM MY INBOX

The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

<u>Glass</u> takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

**Gold** is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

<u>Your tongue</u> is the only muscle in your body that is attached at only one end.

<u>If you stop getting thirsty,</u> you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

**<u>Zero</u>** is the only number that cannot be represented by Roman numerals.

<u>Kites</u> were used in the American Civil War to deliver letters and newspapers.

<u>Drinking water after eating</u> reduces the acid in your mouth by 61 percent.

<u>Peanut oil</u> is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

<u>The roar</u> that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

<u>The banana</u> cannot reproduce itself. It can be propagated only by the hand of man.

<u>Airports at higher altitudes</u> require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

<u>The tooth</u> is the only part of the human body that cannot heal itself.

<u>In ancient Greece</u>, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

<u>Warner Communications</u> paid 28 million for the copyright to the song Happy Birthday.

<u>Intelligent people</u> have more zinc and copper in their hair.

<u>A comet's tail</u> always points away from the sun.

Cont. from page 4 - From my inbox

<u>The Swine Flu</u> vaccine in 1976 caused more death and illness than the disease it was intended to prevent.

<u>Caffeine</u> increases the power of aspirin and other painkillers, that is why it is found in some medicines.

<u>The military salute</u> is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

<u>When a person dies</u>, hearing is the last sense to go. The first sense lost is sight.

<u>In ancient times</u> strangers shook hands to show that they were unarmed.

<u>Strawberries</u> are the only fruits whose seeds grow on the outside.

<u>Avocados</u> have the highest calories of any fruit at 167 calories per hundred grams.

<u>The moon</u> moves about two inches away from the Earth each year.

<u>The Earth</u> gets 100 tons heavier every day due to falling space dust.

<u>Due to earth's gravity</u> it is impossible for mountains to be higher than 15,000 meters.

<u>Mickey Mouse</u> is known as "Topolino" in Italy.

<u>Soldiers</u> do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.

**Everything** weighs one percent less at the equator.

<u>For every extra kilogram</u> carried on a space flight, 530 kg of excess fuel are needed at lift-off.

<u>The letter J</u> does not appear anywhere on the periodic table of the elements.

Winds of Change by Ria Bonneamie

Time to let go of all prejudices, Look at the world with compassionate eyes, For the Era of the Wind is here, Blasting destruction, struggle and fear.

Lower the hackles of your fur, T'is time to love thy neighbor. The winds of war must cease, All hearts must make way for peace.

A bum needs a meal, a refugee a home, We are all equal under the starry dome. It's never too late to offer a hand, Let a wind of love blow all over the land.

The winds of change are here.

## **Mimbres Culture Heritage Site News**

New Board members and Officers were elected at MCHS (I.F. Wilson Education Foundation) on November 22<sup>nd</sup>-- Kathy Hill, President, Peter Crum, Vice-President, JoAnn Ayala, Secretary, and Mary Jo Hooker, Treasurer. The new officers will begin their yearlong terms at the Annual Meeting on January 10<sup>th</sup>, 2016.

Winter Hours at MCHS are 11:00 AM to 3:00 PM on Friday, Saturday and Sunday. Come visit and learn about the amazing history of MCHS and the Mimbres Valley!

Special Tours of the Mattocks Ruin Archaeological Site and the Historic Wood and Gooch Houses can be scheduled by calling 575-536-3333. Please leave a message.

Become a member of the Friends of MCHS. Volunteers are always welcome and appreciated.

Photo Courtesy of Marilyn Markel

Left to right: JoAnn Ayala, Mary Jo Hooker, Kathy Hill, Peter Crum





In January, TOPS will celebrate its 68th birthday! This endurance speaks to the importance of our mission: to help our fellow members take and keep off pounds sensibly. With obesity at epidemic levels, TOPS continues to stay the tide.

We would not see obesity disease sufferers numbered in the millions if it were cured simply by eating less and moving more. We would not see if afflicting more and more young people. Ongoing support is needed to sustain change, along with positive reinforcement and regular accountability. This is the help that TOPS uniquely provides through our chapters and member resource.

Over the past few decades, technology has changed the very way we live our lives. While the advantages are real, they can also have undesirable side effects. No matter what our age, we struggle with too much "screen time" and too many electronic interactions. We have less true "face time".

We need to make time to meet and get to know a real circle of friends. Let's listen to the sound of laughter, delight in smiles, respond to hurt and the need for support in real time, directly and personally.

This is not a longing for a past way of life—it is a continuing human need. We are social animals who need others physically present as positive forces in our lives. I think this need is one of the reasons TOPS endures today. We come together each week to actively engage with each other. We actually talk, listen, laugh, cry and show genuine support and caring. For a host of reasons, the weekly meeting helps us along in our challenging journey.

If you are ready for a healthier life style come join us. It doesn't cost anything for your first visit. NM 0354 San Lorenzo Chapter of Tops meets every Monday at 2210 NM 61, San Juan (3 miles from NM 152). Time for the meeting is 9:00-10:00 am. For further information contact Paula Norero at 575-536-9433 or email paula@gilanet.com.



# **Apolitical Aphorisms**

**Aphorism - noun:** A pithy observation that contains a general truth.

As you listen to the millions of political ads for the next eleven months, you might want to think about the following.

If God wanted us to vote, he would have given us candidates. "Jay Leno"

The problem with political jokes is they get elected. ~Henry Cate, VII~

We hang the petty thieves and appoint the great ones to public office "Aesop"

If we got one-tenth of what was promised to us in these State of the Union speeches, there wouldn't be any inducement to go to heaven. "Will Rogers"

Politicians are the same all over. They promise to build a bridge even where there is no river. ~Nikita Khrushchev~

When I was a boy I was told that anybody could become President; I'm beginning to believe it. "Clarence Darrow"

Why pay money to have your family tree traced; go into politics and your opponents will do it for you. 
~Author unknown~

Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel. ~John Quinton~

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other. "Oscar Ameringer"

I offer my opponents a bargain: if they will stop telling lies about us, I will stop telling the truth about them. ~Adlai Stevenson, campaign speech, 1952~

A politician is a fellow who will lay down your life for his country. ~ Tex Guinan~

I have come to the conclusion that politics is too serious a matter to be left to the politicians. ~Charles de Gaulle~

Instead of giving a politician the keys to the city, it might be better to change the locks. ~Doug Larson~

There ought to be one day -- just one -- when there is open season on senators. ~Will Rogers~

# SENIOR CENTER MENU

	Janu	uary 20	016	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Call A Day In Advance For Reservations	Silver 388-2545 Gila 535-2888 Mimbres 536-9990 Santa Clara 537-5254	* P	8 oz Milk Served Daily	Closed For New Years  Happy New Year!
4	5	6	7	8
3 oz Chicken Patty W/ Bun 1 oz American Cheese 1 Slice Tomato 1 C Blackeyed Peas 1 C Steamed Carrots W/ Marg 1 Slice Angel Food Cake W/ Strawberries	•	Roast Beef1 *** 3 oz Beef Bottom Roast Beef 4 oz Mashed Potatoes W/ Gravy 6 oz Green Beans 1 WW Roll W/ Margarine 1.5 oz White Cake	3 oz Bean Burrito 1 oz Cheese, 1 Flour Tortilla 3 oz Spanish Rice 4 oz Lettuce & Tomatoes 4 oz Crackers W/ Peanut Butter 4 oz Apricots	3 oz Salisbury Steak 8 oz Sliced Red Peppers 1 Wheat Tortilla W/ Margarine 1 Slice Pumpkin Bread
11	12	13	14	15
1 Taco Salad 4 oz Spanish Rice 8 oz Squash W/ Margarine 6 Low Sodium Crackers 1 Orange	Ham & Cheese Sandwich3 ** 2 oz Ham, 1 oz Swiss Cheese 2 Slices WW Bread 1 Lettuce Leaf, 1 Tomato Slice 1/2 C Mixed Vegetables W/ Marg 1/2 C Mandarin Oranges	6 oz Chile Con Carne 4 oz Green Beans 1 Slice Cornbread 4 oz Applesauce	3 oz Braised Pork Chop 1/4 C 3 Bean Salad 1 C Peas W/ Margarine 1 WW Roll W/ Margarine 4 oz Pears	3 oz Green Chile Hamburger 1 Lettuce Leaf, 1 Tomato Slic 1 Pickle, 1 Onion Slice 1 C Butter Beans 4 oz Carrots & Peppers 1/2 C Chocolate Pudding
18	19	20	21	22
Closed For Martin Luther King Holiday	2 Chicken Tacos 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	5 oz Chicken Fried Steak 1/2 C Mashed Potatoes W/ Gravy 1/2 C Mixed Veggies 1 Slice WW Bread 6 oz Strawberries	1 Grilled Cheese Sandwich*** 2 Slices WW Bread, 1 Cheese Slice 1/2 C Low Sodium Veggie Soup 5 Saltine Crackers 1 C Apricots	3 oz Chicken Adovada*** 4 oz Pinto Beans 4 oz Spinach 1 Tortilla 4 oz Banana Pudding
25	26	27	28	29
Frito Pie1 *** 3 oz Chile con Carne 1 oz Cheese, 1 oz Corn Chips 2 oz Onions, Lettuce, Tomato 4 oz Mixed Veggies 1 Lemon Crisp Cookie	3 oz. Chicken Strips 4 oz Mashed Potatoes W/ 2 oz Gravy 4 oz Broccoli 4 oz Carrots 1 WW Roll W/ Margarine 1 Oatmeal Cookie	1 Tuna Salad Sandwich 1/2 C Tuna Salad On 2 Slices WW Bread 4 oz Cucumber Salad 6 Graham Crackers 4oz Mandarin Oranges	3 oz Meatloaf 4 oz Mashed Potatoes 4 oz Broccoli W/Cheese 1 Dinner Roll W/ Marg 4 oz Peaches W/ Cottage Cheese	Chili Dog2*** 3 oz Hot Dog on a Bun 1 T Chili & Beans 1 C Baked Potato Wedges 1 C Mixed Veggies 1 Orange

### **Professional Care Giver**



30 years plus experience, Excellent references, Safe driving record, college grad. Will take care of all your needs! PETS TOO!

Please call Christine Bachand Home 575-536-2826 Cell: 508-768-7274 Pieceofpita@Yahoo.com



**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.

# Teen Ink

## By Ajalaa Claussen



# The Joy of the Season

Cold and warmth are common desires this time of year. The cold compels you to seek warmth. Without one or the other the holidays wouldn't be complete. Warmth comes naturally during the holidays, whether it's the

warm smiles of your family and friends or being curled under a blanket next to the fire drinking a hot cocoa. But the snow is what really makes everything fall into place. The soft snow falls so carefully like ballerinas in *The Nutcracker*. The glistening snow comes silently in the night to surprise you like



Q: Why was 6 afraid of 7?

A: Because 7, 8, 9.

**Q:** What musical instrument is found in the bathroom?

A: A tuba toothpaste.

**Q:** Why did the boy bring a ladder to school?

**A:** He wanted to go to high school.

Q: Where do pencils go for vacation?

A: Pencil-vania.

Q: Why did the girl smear peanut butter on the road?

A: To go with the traffic jam!

**Q:** Why do bananas have to put on sunscreen before they go to the beach?

A: Because they might peel!

**Q:** How do you make a tissue dance?

A: You put a little boogie in it.

**Q:** A man arrived in a small town on Friday. He stayed for two days and left on Friday. How is this possible?

A: His horse's name is Friday!

Q: Why couldn't the pony sing himself a lullaby?

A: He was a little hoarse.

**Q**: What's the different between a cat and a comma?

**A:** A cat has claws at the end of paws; A comma is a pause at the end of a clause.



Santa Claus. Children wake up to a winter wonderland. Sparkling snow lies on the ground while gleaming presents are arranged nicely under the tree. But the true gift is having the people you love all together. Their smiles alone are enough to warm your heart.

# Conejo Mimbreño in December

In December I celebrated the holiday season and the coming of winter with my forest friends. Who else did you see in the picture? Who was that jolly old elf dressed in red?



Happy Holidays from Conejo Mimbreño and the

Grant County Archaeological Society

# Mimbres Children Book Series by

Carilyn Alarid and Marilyn Markel

For sale at the

#### Mimbres Culture Heritage Site

at Amazon.com and sunstonepress.com

Or call Marilyn 536-9337







Conejo Mimbreño is on his winter vacation. Do you know where he is? Hint: It is warm and sunny and you have to take a plane or boat to get there

Sponsored by the Grant County Archaeological Society

# **COMMUNITY CALENDAR & HAPPENINGS**

- **ALCOHOLICS ANONYMOUS EVERY TUESDAY and FRIDAY 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 January 21 (third Thursday of every month) 6:30 p.m. Roundup Lodge.
- **COMMODITIES DISTRIBUTION January 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.
- DESSERT WEST AUCTION THE BIG RED BARN Auction Saturday, January 30 & Sunday, January 31 3870 Hwy 35, Mimbres. Any questions contact the Coogans either by email at <a href="mailto:desertwest@desertwestauction.com">desertwest@desertwestauction.com</a> or call 575-536-9353. Bid on-line starting at 11 am both Saturday and Sunday. At <a href="www.liveauctioneers.com">www.liveauctioneers.com</a> or <a href="www.live
- **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 NEW HOURS Winery open Friday, Saturday and Sunday Noon to 6:00 pm. For more information call 505-259-9523 or 505-238-6252.
- **MIMBRES CULTURE HERITAGE SITE** 14 Sage Drive (on Highway 35), The Mattocks Site and museum has a new winter schedule Friday, Saturday, and Sunday 11 am to 3 pm. Special group tours can be arranged by calling 575-536-3333 or 575-536-3161 at least a week in advance.
- MIMBRES EMERGENCY MEDICAL SERVICE (MEMS) Monday, January 10 5:30 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 Thursday, January 14 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 HEALTH ACTION LEAGUE MVHAL Board Meeting Wednesday, January 13 5:30 pm Roundup Lodge, Acklin Hill Road, San Lorenzo. Valley Residents Welcome.
- MIMBRES VALLEY ROUNDUP LODGE BOOSTER CLUB Acklin Hill Road Calendar of events.
  - **BOOSTER CLUB MONTHLY MEETING.** Thursday, January 7 first Thursday of each month at 5:30 pm New members welcome. Light dinner served.
  - **BINGO January 10 2:00 pm to 5:00 pm -** Second Sunday of each month. Roundup Lodge \$5 a card or 3 for \$10.00. Grand prize for December \$100.00 cash.
- MIMBRES VALLEY SENIOR CENTER LUNCH DAILY— Monday Friday 11:30 Reservations are requested one day in advance. EXERCISE FOR SENIORS - Every Tuesday - 10:00 am 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 MASSAGES -** Tuesdays and Saturdays 9:30 am 5:30 pm 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@gilanet.com.
- VALLE MIMBRES MARKET TUESDAY to SATURDAY 12:00 noon to 6:00 pm; 2739 Highway 35. Fresh organic and local produce, groceries and more. Credit, debit, EBT, or local checks, we even take cash. Every Saturday 10% off all fresh produce. 575-574-7069

# **COUNTY CALENDAR**

- ALBERTSONS January 6 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, January 21** 
  - Mimbres NEW LOCATION Living Harvest Bakery9:45 am 10:45 amLake Roberts Sapillo Creek Fire Station11:45 am 12:45 pmDoc Campbell's Post (near Gila Cliff Dwellings)2:30 pm 3:30 pm
- **GRANT COUNTY ARCHAEOLOGICAL SOCIETY January 20 3rd WEDS 6:00 pm**. Silver City Woman's Club. Business meeting at 6:00. Program at 7:00 pm. For more information, call **Marilyn Markel 536-9337**.
- GRANT COUNTY ROLLING STONES GEM & MINERAL SOCIETY January 14 (2nd THURSDAY), 6:00 pm Meeting and potluck 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, January 16 the 3rd Saturday of the month at 8:30 am. For more information contact Ansel Walters at 575-388-2010
- GRANT COUNTY DOMESTIC VIOLENCE COURT WATCH GROUP Friday, January 29—10:30—11:30 am Silver City Public Library conference room 515 W. college Ave. Visitors are welcome to this meeting if you have an interest in this topic, or wan to see how the group operates. Copies of the group's Statement of Purpose will be available and group members will be happy to answer any questions you may have. This is not a training meeting and there is no obligation to join the group.
- 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 <a href="mailto:huseworld@yahoo.com">huseworld@yahoo.com</a> 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 Calendar of Events** contact the Food Co-op at 575-388-2343 or <a href="www.silvercityfoodcoop.com">www.silvercityfoodcoop.com</a> for information on any event.
  - **INDOOR ARTISAN MARKET -** Saturday, January 9 9 am to 2 pm. Local artisans interested in selling you wares, call Adrienne **GARDENING AT 5,800 FEET!** Thursday, January 14 Noon to 1 pm. The Community Forum will discuss The Volunteer Center's Garden Project at The Commons. Speaker will be Kristin Lundgren, garden coordinator. The Market Café at 614 N. Bullard Street.
  - COMMUNITY INDOOR FLEA MARKET Saturday, January 23 9 am 2 pm Recycle or Repurpose a Treasure. Think "indoor yard sale" The Market Café 614 N. Bullard. Call Adrienne or email her at Adrienne@silvercityfoodcoop.com

    GET LATHERED UP Saturday, January 30 11 am to 2 pm. Test handmade soaps at the free demonstration by Bisbee Soap and Sundry Company. Handmade soaps, beard oil and shaving soap. Market Café 614 N. Bullard.
  - POPCORN FRIDAYS! Enjoy Free Organic Popcorn and Food Samples at the Silver City Food Co-op 520 North Bullard
- WALGREENS Tuesday, January 5 & 19 (1st & 3rd Tuesday of each month) SENIOR DISCOUNT 20% off of items not on sale.
- WESTERN INSTITUTE FOR LIFELONG LEARNING (WILL) Lunch and Learn Series More Information, contact: 575 538-6835 or www.will-learning.com or info@will-learning.com
  - WILL SPRING SOCIAL AND COURSE SIGN UP Doors open at 5:00 pm WNMU Global Resource Center, 12th and Kentucky, Silver City. Public is invited free of charge. Become a WILL member, meet course facilitators and sign up for courses! Preview the spring course schedule and the benefits of membership on the WILL website.
  - **WILL LUNCH AND LEARN NOON LECTURE SERIES -** Free to members and non-members. Bring a sack lunch or just yourself. WNMU Global Resource Center ABC Room, 12th and Kentucky in Silver City.
  - **JANUARY 20 NOON -** "Slow Down, You Move Too Fast: or What You Can See When you Hike if you Slow Down" featuring local hikers Karen Beckenback, Donna Stevens and Carol and Richard Martin.
  - **JANUARY 27 Wednesday, NOON -** This session explores "Mexican Borderlands Imagined and Sustained by the Stories" with renowned photographer Michael Berman.
- WIDOWED AND SINGLE PERSONS OF GRANT COUNTY Monday, January 11 Sign in at 10:30 am (second Monday of each month) Glad Tidings Church, 11600 Highway 180 E. Speaker is Gloria Bradford from Senior Srevices. Cost for lunch is \$12. All singles are welcome For information, call 575-537-3643.

# **Blessing of the Animals by Meg Streams**

Saturday, December 5th was the first annual Blessing of the Animals held at the Mimbres United Methodist Church. Great weather, food and fun was had by all, however it was the constant arrival of the local furry family members that made the day.

Over 60 Dogs, cats, chickens and even a couple of cockatiels were blessed by Pastor Michael Brunk. It was amazing how having a day with your pets can bring people together. Next year we hope to have horses and cows!



**Photos Courtesy of Meg Streams** 



# CATHOLIC SERVICES

San Lorenzo Mission Every Sunday at 9:30 am

San Juan Mission Alternate Saturdays at 3:30 p.m

San Jose Mission in Faywood Alternate Saturdays at 3:30 pm

For information regarding San Juan and San Jose services call 537-3691

# LOCAL CHURCHES

# MIMBRES UNITED METHODIST CHURCH

2622 Highway 35 in Mimbres

(Next to the Senior Citizen's Center)

Pastor Michael Brunk 575-313-5806

We invite you to join us for: Sunday Morning Worship at 10:15 AM

Open Hearts ~ Open Minds ~ Open Doors

# RIO MIMBRES BAPTIST CHURCH

29 Cactus Drive, Mimbres, NM 575-536-9543

Sunday Worship Nursery provided 9:45 am to 12:30 pm Bible Study 9:45 am Worship at 11:00 am Wednesday Worship Services 6:00 pm

Where everyone is welcome to worship and experience God's Love

#### TEAMKIDS AND YOUTH GROUP WEDNESDAYS @ 6 PM



Come have fun and learn about our Creator!

For grades K-12th Phone: 575-536-9543 laceofjadeknight@hotmail.com 29 Cactus Dr., Mimbres

# BAYARD CHURCH OF CHRIST

Route 180 in Bayard

#### SUNDAY SERVICES

Sunday School 9:30 am - 10:30 am Worship services

 $10{:}30~{\rm am}$  -  $11{:}30{\rm am}$  &  $5{:}30~{\rm pm}$ 

# BIBLE STUDY

Wednesday 5:30 PM

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

Continued from Page 1—Studio Sale

Robin Parsons has been a potter for forty-five years. Inspired by the Mimbres pottery makers of long ago, Robin and her husband Fred Pineda paint Mimbres designs on her plates and bowls, mugs and more.



Brenna Brown and Monica Rude working hard to feed the customers

Robin Parsons displays her beautiful Mimbres designs

Brenna Brown has catered the Studio Sale for about twenty years. Helped by Monica Rude, this year Brenna

had both Mediterranean and tamale plates prepared for event-goers. Yum!

In the Kid's Room, as in years past, the children of the artists and their friends were encouraged to sell their



Talented young artists—Ajaala Claussen, Michelle Narvaez and Atsa Yarborough

own arts and crafts like jewelry and Christmas ornaments. This year, teens Ajaala Claussen, Michelle Narvaez, and Atsa Yarborough had photo cards, Knitted hats, origami, cat and dog toys, and more, to display and offer to guests. This year, just like the many years that came before, all the vendors, entertainers, and visitors to the

"Ranch" made the Studio Sale the "not-to-be missed" event Mimbreños enjoy each December.

## New Mexico Zia Sun Symbol

The Zia symbol we see on the New Mexico state flag originated with the Indians of Zia Pueblo in northern New Mexico. It reflects their cultural view and it represents harmony, the harmony that should exist throughout the universe and among all peoples.

How was the Zia symbol chosen to represent New Mexico on the state flag? When New Mexico became a state in 1912 Edgar Lee Hewitt, the director of the Museum of NM, was asked to pick a design that represented the cultures and history of the state. He looked at pottery and other items in the Museum collection and chose the symbol from a pot from Zia Pueblo.

At the center of the symbol is the circle of life and love,



with no beginning and no end. Four lines radiate from four sides of the circle. Four is the sacred number of the Zia Indians and other Native American groups. The four lines on each side of the circle are the four directions, the four seasons, the four parts of the day, and the four stages of life.

The four directions: north, south, east, and west.
The four seasons: spring, summer, fall, and winter.
The four parts of the day: sunrise, noon, evening, and night.

The four stages of life: childhood, youth, manhood or womanhood. And old age.

Last Spring, Tom Ross, a volunteer at San Lorenzo Elementary, helped by students, teachers, and other volunteers created a Zia Symbol Garden in the school's Nature Garden area. The center of the symbol is filled with beautiful orange marigolds and the sun rays have other plants and flowers. The rocks used to make the shape of the Zia Symbol were donated by Nancy Coinman. The rocks were delivered to the school by Fowler Brothers Gravel and come from the Mimbres River area.

Next summer, the Zia will be an amazing sight-- full of color, full of meaning, and something that all Mimbreños should visit and admire.

# WHAT ARE YOU READING?

INFAMY; The Shocking Story of the Japanese American Internment in World War II, Richard Reeves; 2015

December 7, 1941, A day of Infamy; December 8, another day of infamy when U.S. agents began rounding up American citizens of Japanese ancestry on the West Coast for internment during WWII.

For the most part these were second generation Japanese who did not speak Japanese and who had no affiliation with Japan

In hindsight it is easy to condemn the actions of Earl Warren and FDR, but it is more difficult to understand the illegal internment of the American citizens by the US government with the full support of the citizenry.

While there were no major atrocities committed on the Japanese Americans, other than humiliation as were committed by the Japanese on Americans, the rights of these people were violated in a most immoral and unethical way. The subjects bring up comparisons of how the Americans of German ancestry were treated in comparison.

The Japanese were interned in 9 major camps mostly in the west, but also in Arkansas. There were guard tow-

ers, machine guns, barbed wire and tar-paper shacks. There was no running water, or sanitary facilities in the "barracks". The internees ate in a mess hall where families were not concentrated thus eliminating parental guidance.



The story includes numerous incidents indicating the emotional and intellectual reaction of the people involved, such as the experience of Ansel Adams the photographer who tried to take representative photos but who was frustrated by the internees, who insisted on showing only the government's version of the camps being similar to an extended camping vacation.

It is ironic that in 1944 many of the young internee males volunteered to join the 442nd Regimental Combat Team which fought in Italy and France and ended the war, being the most decorated combat unit in American History. All the while writing letters to their wives and girlfriends who were behind barbed wire. Others such as Daniel Inouye, who later became a U.S. senator, returned with a Medal of Honor and a metal hook for an arm.

JEG







# AAA TRAILER

PARTS & SERVICE

RV, UTILITY, HORSE/STOCK & EQUIP TRAILER REPAIR

ALUMINUM & METAL WELDING

11747 HWY 180 E SILVER CITY, NM 88061

575-388-1919

KEN & RHONDA GRIFFITH

aaatrailer88022@yahoo.com

## A LITTLE BIT OF HISTORY YOU MIGHT NOT KNOW

Hours after Pearl Harbor was bombed on December 7, 1941, the Secret Service found themselves in a bind. President Franklin D. Roosevelt was to give his Day of Infamy speech to Congress on Monday, and although the trip from the White House to Capitol Hill was short, agents weren't sure how to transport him safely.

At the time, Federal Law prohibited buying any cars that cost more than \$750, so they would have to get clearance from Congress to do that, and nobody had time for that. One of the Secret Service members, however, discovered that the US Treasury had seized the bulletproof car that mobster Al Capone owned when he was sent to jail in 1931. They cleaned it, made sure it was running perfectly and had it ready for the President the next day. Mechanics are said to have cleaned and checked each feature of the Caddy well into the night of December 7th, to

make sure that it would run properly the next day for the Commander in Chief.

Al Capone's 1928 Cadillac V-8 "Al Capone" Town Sedan Became the President's Limo in December 1941.

It also had a specially installed siren and flashing lights hid-

den behind the grille, along with a police scanner radio.



"Previous Owner"

Footnote: The car sold at auction in 2012 for \$341,000.00.







FRANK B. TORRES

Owner/Builder

Commercial & Residential Manufactured Housing

575.494.7145



# GRASS-FED BEEF

#### Available at:

Bayard Food Basket - newly remodeled Silver City Food Basket - newly remodeled Wrangler's Daily Special Susieville Grass-Fed Beef Quarter Pound Burger with Fries



No Job Too Small

circlef2008@yahoo.com

fbtorres@cirlcefconstruction.com

## RESTAURANT DEL SOL Dine In or Take Out

Located inside La Tienda del Sol

Authentic New Mexican Food & More Serving Breakfast, Lunch and Dinner

Wednesdays - German Cuisine Fridays - Fish Special

Open 7 days a week Monday - Friday 8 am to 6:30 pm Saturday & Sunday 9 am to 6:30 pm

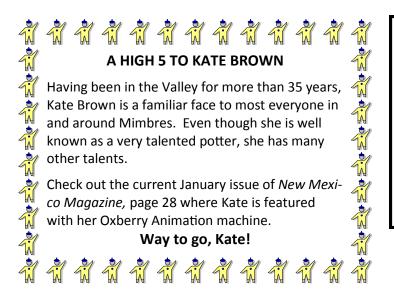


La Esperanza Vineyard and Winery

**New Hours** 

David and Esperanza Gurule 100 De La O Sherman, NM Open for Wine Tastings Friday, Saturday & Sunday Noon to 6:00 pm

(505) 259-9523 (505) 238-6252 laesperanzavineyardandwinery@gmail.com www.laesperanzavineyardandwinery.com



Please welcome out new advertiser, Fred's Massage Works

# FRED'S MASSAGE WORKS FRED PINEDA NM LMT #4443

(575) 534-5075

145 Hot Springs Canyon Road San Lorenzo, NM 88041 fpinedamassage@gmail.com





# Please stop by for an "All You Can Enjoy Breakfast Buffet"

**New Hours** 

Breakfast served 7 am to 12 pm

Fresh ground whole grain Bread, muffins, cookies, etc. Baked with purpose.

Located just North of mile maker 2 on Highway 35 in Mimbres Open Tuesday through Saturday From 7:00 am Noon



# Asher Gelbart

Infinite Being

Rainwater Harvesting Hand-Built Solar BioFuels

(575) 574-7119 (cell) (575) 536-2239 (fax) agelbart@gmail.com http://sites.google.com/site/ashergen



• Mini Greenhouses: \$300 • Design/Install: \$30/hr

Workshops (see website)



#### Law Access New Mexico

is a free telephone legal advice service for low



income New Mexicans to help solve **civil** legal problems. Our toll-free helpline is open 8:45 am - 3:30 pm Monday—Friday.

#### 1-800-340-9771

Asesoria Legal GRATIS via el telephono para personas viviendo en Nuevo Mexico con problemas legales civiles y cuyos ingresos sean bajos. Las Lineas estan abaiertas durante las horas de 8:45ms a 3:30pm, Lunes a Viernes



Kathleen Clinton kathleen@mimbreshomeinspection.com

P.O. Box 151 Mimbres, NM 88049 (575) 654 6286 www.mimbreshomeinspection.com

Insured Member of ASHI Member of NACHI

PLEASE PATRONIZE ALL OF OUR ADVERTISERS. THEY ARE THE PRIMARY REASON YOU GET THIS PAPER FOR FREE.

### Desert West On Line Auction Service

Specializing in Native American Jewelry,
Kachinas, Folk Art Pottery,
Rugs and Paintings



Let us Sell for You! Call 1-575-536-9353

# Kate Brown Pottery & Tile



Showroom in the Mimbres

By Appointment 575-536-9935

Katebrown@gilanet.com
Katebrownpottery.com





# **ANITA SPERBERG**

**Independent Beauty Consultant** 

P.O. BOX 284 MIMBRES, NM 88049 970-302-8885 www.marykay.com/alsperberg

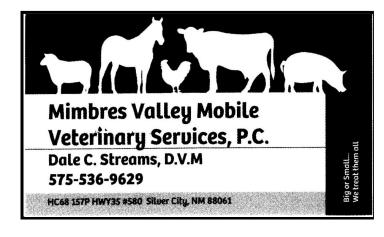




Laws & Company LLC

Thomas H. Laws, CPA

tom@laws-co.com 575-388-1951 909 N Hudson Street Silver City, NM 8806 Fax 575-388-1953





Mimbres Valley
Therapeutic Healing
Massage

Tuesday and Saturday ~ 9:30 am to 5:30 pm 2739 Highway 35 For appointments, call 575-574-7069



Mile Marker 14 Highway 35

Phone (575) 536-3234 Cell (575) 574-2805

E-mail mize.shirley@yahoo.com

# Valle Mimbres Market



Tuesday through Saturday 12 pm till 6 pm

Fresh Produce Natural Groceries

2739 Highway 35, Mimbres 575-574-7069

# ROUNDUP LODGE NOTES

The last months of 2015 were extremely busy ones at the Roundup Lodge. In response to a concentrated effort to attract and recruit new members, the Booster Club happily welcomed four new members, who immediately became involved in Lodge projects and activities.

In early December new Booster Club officers were elected for the coming year. The new slate of officers who will begin in January are: President – Anna Willhite; 1<sup>st</sup> Vice-President – Chris DeBolt; 2<sup>nd</sup> Vice-President – Tillie Montoya; Secretary – Sally Ginet; and Treasurer – Dawn Gray.

The annual Christmas Bazaar was held on December 12<sup>th</sup>, an unusually nasty day of rain, snow, wind and other disagreeable weather conditions. In addition, there was a four -hour long power outage! Despite the inclement weather and lack of heat and lights, a surprising number of people braved the elements and primitive conditions. Since the following day was the regular Bingo day, some of the vendors were "held over" and visited by the large number of hardy souls who turned out for Bingo.

There were several Christmas parties held at the Lodge in December, and the Booster Club concluded its year-long

campaign to accumulate and deliver Santa's Christmas gifts to the children of San Lorenzo Elementary School. Members spent a fun couple of days of controlled chaos, sorting, categorizing and wrapping over 300 presents. This annual activity is always a fun and satisfying way to share holiday spirit with our local children. It was a perfect opportuni-

ty to include non members and the new members in Booster Club projects. Special thanks to Walgreens in Silver City for donating all of the shopping bags. It saved us \$75 which we could spend on more gifts!

While the whirlwind that is December was under way, many future projects for the benefit of the physical Lodge were initiated, pursued and examined. The hope is that some updates and enhancements can be accomplished in the coming year. The Lodge is an old building, showing its age and in need of physical repair and enhancement. We have been working hard at fund-raising for these projects and will continue to work toward those ends.

The Lodge is in almost constant use these days, fulfilling the needs of many community organizations which need a place to meet. Again, we invite anyone who is interested in helping preserve and maintain the Lodge to join us. The Lodge is available for private parties, non-profit and other organizations, for funeral receptions and almost any community-based activity. It is a valuable resource worth our efforts to im-

prove and implement its operation. Call 575-536-9323 for more information.

Since it was not possible to hold a Thanksgiving dinner at the Lodge, there is serious talk about a community dinner sometime in February. Stay tuned.

Grace Williams and Sally Ginet wrapping children's gifts.





\$50 Grand Prize

# Mimbres Roundup Lodge Your Community Center



Sunday, January 10 2 pm to 5 pm

CARDS \$5 FOR 1 OR \$10 FOR 3 Plus More Money Games And new prizes!

#### PRODUCE OF THE MONTH

BY: Frankie at Valle Mimbres Market

# PUMPKIN (Cucurbita pepo)



A very old cultivar of the winter squash, pumpkin seeds found in Mexico were dated to earlier than 6,000 BC. Now grown all over our planet, the white, yellow or orange round fruit grows on a sprawling vine. It has a smooth, mostly ribbed thick shell containing various shades of yellow flesh and large seeds.

Selecting and Storing: Available in the fall and winter, choose whole mature fruit, with a woody stem, smooth skin, and a deep note when lightly tapped. Golden Nugget and Sugar Pie are best suited for desserts. Properly cured pumpkin can be stored for many weeks when well ventilated at room temperature. Cooked and cubed or puréed, it can be frozen for a couple of months.

Nutrients: Very high in vitamin A (Beta-carotene), it also contains good amounts of vitamin B6 (pyridoxine) and other B-complex, as well as the anti-oxidants: vitamin C and E, lutein and zea-xanthin, and the minerals calcium, copper, phosphorus and potassium. The seeds are a great source of protein (especially tryptophan), iron, niacin (B3), zinc and selenium.

Serving Suggestions: Pumpkin fruit is best steamed to retain most nutrients. It can also be roasted (in the shell), boiled or dried and made into soup, stew, puree, dumpling or stuffing. It complements cheese, poultry, shrimp, beans, lentils, coconut, pecans and walnuts. Sweetened, it can be made into dessert such as pie, custard, pudding, soufflé, pancake, or candy. Seeds can be dried or roasted (Pepita). The flowers (in tempura) and young leaves (for soup or stew) are also edible.

### Recipe: Pumpkin Halva (a Holiday treat)

Peel, halve, scoop out seeds and membranes of a small pumpkin (1.5 to 2 lb.) and coarsely grate. Dry toast 2 Tbsp coconut flakes until just golden. In a medium, thick -bottomed pan (3 or 4 quarts) melt 3 Tbsp butter or coconut oil. Add the toasted coconut, 1/4 cup finely chopped cashews, 1 tsp cardamom powder, 1/2 tsp ground cinnamon and 1/8 tsp nutmeg powder and stir fry for 2 minutes. Add 3 to 4 cups of the grated pumpkin and cook while stirring for another 2 minutes. Add 1 cup coconut milk, 1/4 cup minced raisins, 1/4 cup ground almonds, and 2 Tbsp maple syrup or agave syrup (optional). Cook uncovered on medium heat, stirring occasionally, until the pumpkin is done, about 20 minutes. When thick add a pinch of salt and a pinch of saffron (optional). Pour into a small shallow, parchment paper lined square pan. When firm, cut into large bite size shapes. Store in airtight container in the fridge.

### **PUMPKIN CAKE**

#### CAKE:

2 c. sugar 2 c. flour

4 eggs well beaten2 tsp baking soda1 c. oil2 tsp. cinnamon2 c. pumpkin1/2 tsp. salt

Mix butter, sugar, eggs, oil and pumpkin. Mix flour and other dry ingredients, add to pumpkin mixture. Bake in  $9 \times 13$  inch pan for 50 minutes at  $350^{\circ}$ .

### ICING:

8 oz. cream cheese

1/4 lb. butter

2 tsp. vanilla

1/4 to 1/2 box confectioners sugar (to taste)

Garnish with pecans.



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.

### **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





Mimbres Messenger Farmers' Market Harvest Festival Commodities Distribution

Children's Garden

The San Lorenzo

#### **BULLETIN BOARD**

Wednesday, January 13 - 5:30 pm Mimbres Valley Health Action League Board Meeting. Roundup Lodge, Acklin Hill Road. ALL VALLEY RESIDENTS WELCOME

WEDNESDAY, January 13 - Noon to 2 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.



Sally Ginet and Dawn Gray would like to offer a rock painting class



for all ages sometime at the end of

January or in February. Rock painting is a very inexpensive and fun way to do art, and the painted rocks have many uses. We'll be painting flowers and small whimsical houses in the first class. There will be a nominal fee for the class to help with expenses and to benefit the Roundup Lodge. If you are interested please call Sally at 505-360-1583, or Dawn at 519-9190. They will try and schedule a time that is convenient for the interested artists.

# The Food Runner Silver City → Tucson 575-305-5440

There is a new shopping service available in the Silver City area. Four times a week (Monday—Thursday) you can order from Whole Foods, Sam's Club, Trader Joe's, Costco, plus more, and have your order delivered to Silver City (near Wranglers). NO MONEY UP FRONT - CASH ONLY DUE AT PICKUP there is a charge so call for details or email: <a href="mailto:thefoodrunnernm@gmail.com">thefoodrunnernm@gmail.com</a>

#### Time to Get Started

The Valle Mimbres Market will hold its third Annual Youth Art Show in May. If you live in the Mimbres and are 3 to 18 years old, start creating, drawing, painting, filming, or building with all types of material for this visual art event. Entry forms will be available at the Market and in the Mimbres Messenger next month.

#### View the MESSENGER online!

Thanks to Bob Barnes of Hillsboro, *The Messenger* can now be viewed online at <a href="http://www.blackrange.org">http://www.blackrange.org</a>, 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.