

A FREE COMMUNITY NEWSLETTER

OCTOBER 2014

MIMBRES MESSENGER

MEET YOUR NEIGHBORS - THE COFFEY FAMILY

By Marilyn Markel

Most anyone in the Mimbres Valley knows the Coffey Family. We meet them while buying bread and other baked treats from the Living Harvest Bakery; or enjoying the home-style food and service at the 3 Questions Coffee House; or visiting the family's booth at Harvest Festivals; or any of the usual ways people meet one another in our community. I would be surprised if there is someone out there who has not tried or heard about those amazingly delicious bakery cinnamon rolls that have become a favorite treat of many Mimbrenos.

The Coffeys--Travis, Amy, Benjamin, 20, Bethany, 18, Elizabeth, 16, Lydia, 12, Havilah, 9, and Rebekah, 5--all work together, at home and work to keep the family healthy and happy and keep things running smoothly. Oldest daughter Hannah, 22, greatly missed by her parents and siblings, married and moved to Pennsylvania." We're glad there's Skype", says Travis. "Mommy" Amy and the younger family members are the "Home" workers, while Travis and the "Q" workers bake the breads and cook all

the food sold at the coffeehouse/ bakery and at the Las Cruces Farmer's Market. Amy is the home school teacher and is helped with household chores and caring for the animals they raise—chickens, pigs, a milk cow. Everyone has a job--Lydia likes milking

the Q crew had baked about 600 muffins, cooked 15 gallons of soup and made 100 quesadillas. Dozens of loaves of bread were cooling on the counter, soon to be packaged and labeled. The smell in the coffeehouse was mouthwatering!



Back row - left to right:: Benjamin, Elizabeth, Bethany, Travis, Amy, Lydia. Middle - left to right: Rebekah, and Havilah (photo courtesy of Marilyn Markel)

the cow, Havilah likes schoolwork, helps her father and brother at the farmer's market on Saturdays.

On Mondays, the food prep day, the Q workers bake the bread and cook the stews, soups, quesadillas, and other menu items that will be sold throughout the week. Benjamin says having a commercial kitchen to work in is great. The Monday I interviewed the family

The family spent three years turning the "Rock Church" building into a restaurant before opening last Fall. Travis calls the experience a "Learning Curve" and he and Benjamin spent lots of time looking at YouTube "how-to" videos—and built cement counters, learned graphic design and painting techniques-- learning to do whatever was required to get the job done.

When asked what the best part about having the 3 Questions Coffee House open is the Coffey family response was quick and heartfelt-- "It's being busy and having fun"; "It's challenging when the restaurant is full, the atmosphere is electric." The Coffeys all agreed they enjoy feeding people and providing the community with healthy food, but say "what's best" is providing a place for people to be with one another-- the spon-

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A LETTER FROM THE “EDITOR”



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By: Franz Raiter

I hope everyone successfully weathered the remnants of tropical storm Odile, which dropped record amounts of moisture around here. It was interesting to experience a multi-day rain event in this dry region. Many residents had to wait overnight to cross the normally placid Mimbres River, waiting to get to homes on the other side, as muddy floodwaters made their way down the valley. Parts of highway 152 washed out as a result of erosion influenced by last year's devastating Silver fire. Normally shy insects and amphibians made special appearances in this soggy weather.

For this issue, I decided to conduct a groundbreaking interview with myself about the benefits of solar powered hot water heaters that are built with mostly recycled materials. I realized it wouldn't be the first time I talked to myself and although I don't usually answer without crying or adopting a southern accent, I decided to give it a shot. While normally shy and quirky, I turned my kind, sensitive, hazel-colored eyes inward and I was able to get myself to really open up about this important topic, which has practical, tangible value for those willing to make some effort. As usual, this issue is also filled with interesting articles written by Valley residents who are far less cynical (or able to hide it better) than myself.

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taneity, the conversations, the interaction and dynamics when people are together-- watching friends and strangers meet, watching new friends be made. And what are the three questions? Universal questions asked by humans across the globe and a good way to start conversations: Where did we come from? Why am I here? Where are we going when we die?

The family spends lots of time and effort buying fresh and healthy ingredients from the best possible sources. Travis buys wheat from a farmer in Colorado, the closest place to get the kind of grain used in the whole wheat products the family bakes. The grain is certified chemical free and is grown specifically for the Coffeys. The wheat is ground fresh, for one batch of



bread at a time—"It's the way *Grandmother baked*", says Travis. Even the cinnamon rolls, a tasty, sugary indulgence, are what Travis calls a "nutrition bomb" when compared to rolls you buy at the grocery store. Amy says they would like to provide even healthier food – but are restricted by rules and regulations. If possible, they'd offer eggs from their own "free-range" chickens and milk from their own cow. I asked Travis if the family has any plans for the future, he said, "We take it day by day, and don't plan too far in advance--the

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SUSTAINABILITY - Franz Raiter

From the Dump to the Tub: How Solar Powered Hot Water can Save you Money

“What you’re building is a bomb!” said the agitated plumbing professional who adamantly insisted on remaining anonymous. I smiled and thought back on the path that had led me to this somewhat embarrassing moment. I was standing yet again at the counter of a certain nameless plumbing supply store in this general region, fumbling through a list of parts that would hopefully lead me to a money-saving solution to my hot water problem. You see, while I sleep in an opulent, miniature barn that was featured in the December ’13 episode of *Pimp my Shack*, for my showering and dish washing needs, I use a tiny, six-gallon hot water heater in my travel trailer. It has been adequate; I can take a luxurious five-minute shower with pinprick lasers of water coming out of an extremely low flow showerhead before ice-cold water begins to assault me, but I wanted more. I am never satisfied and always pushing the limits.

Using complicated math, it is possible to determine that it



takes quite a bit of energy to change the temperature of water. In fact, the most common way we measure heat output, the British Thermal Unit or BTU, is based on the amount of energy it takes to cool or heat one pound of water by one degree Fahrenheit. Enough scientific mumbo jumbo, what has proven true is that solar powered hot water systems can save energy and hence save money. We sit in an area of the world that gets bombarded by huge amounts of solar energy. If you go online and look up ‘solar exposure map’ you will see that we are smack dab in the middle of solar country. It is remarkable to have something that basically just lays there and makes hot water, with no moving parts, using recycled materials, and this is one of the best places in the country to employ this strategy.

No Hippies were harmed in the making of this article...

I attended a hands-on workshop led by perennial nice-guy and local solar guru, Asher Gelbart, in which he showed a curious crowd of well-intentioned hippies, retro-rednecks and spendthrifts, how it was possible to create a system that made hot water from the sun. This hot water can either be used directly, or used to preheat an existing water heater so that it consumes less energy. Conveniently located valves can direct the hot water depending on the desired effect. This system also works effectively with

on-demand hot water heaters as well.

It was a rainy day at his bohemian compound tucked up in the foothills of The Black Range. Using scrap lumber, old water heaters, cardboard, tin foil, recycled double paned windows and the elbow grease of workshop attendees, Asher constructed an effective, passive heating unit (no moving parts) capable of producing hot water for many years. He showed us how to strip and prepare old water heaters, construct and insulate the cabinet and install the



proper plumbing fittings. He stopped short of actually hooking it up to the house plumbing, however, and this was where I was currently found myself in the process: needing to do the final plumbing.

Back at the plumbing store...

As I explained myself to the man behind the counter at the plumbing store, his eyes went wide and his jaw

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IS IT LOCO TO SPEAK LOCAL...?

A Community Conversation in the Mimbres Valley (and County-wide)

By John H. Song, Co-chair of the Grant County Food Policy Council

This past spring, residents of the greater Mimbres Valley “spoke local” at a town hall style Community Conversation at the Roundup Lodge. Speaking local means that they talked about what all is needed in our community—Mimbres Valley to Lake Roberts—and expressed their ideas on how to meet these needs.

Why speak out? Traditional food security from gardens, farms, and orchards as well as the alfalfa and range grasses for livestock on ranches is weakening. Good jobs with benefits seem limited. Family livelihoods have been so hard hit that young people often leave



the area in search of work. Many who stay barely manage day by day. Families and retirees feel that affordable support services are slowly eroding.

This Mimbres Valley Conversation was the first of four Community Conversations being held in the main population centers of Grant County: Silver City, the Cliff-Gila area, the Mimbres Valley, and the Mining District. These forums reach out specifically to all Grant County residents to identify the economic and social needs in their communities

and suggest how to improve local policies on health, nutrition, jobs, and agricultural production.

The end result of these Community Conversations will be a set of “resident designed” recommendations provided to local governments and agencies and to the community members themselves. And sharing openly with each other will promote a more inclusive community building.

The first Community Conversation was conducted in the Mimbres Valley last May 18th with the other Conversations scheduled for October, after the public schools resume their new year. These events are funded through a Healthy People Healthy Places grant from the Con Alma Foundation in Santa Fe to The Volunteer Center (TVC) in Silver City and the Grant County Food Policy Council (GCFPC).

After introductions at the Mimbres Valley Conversation, attendees wrote down initial concerns, ideas, and visions for the community on posters. Next, during short speaking opportunities, they told about economic and social challenges and opportunities they currently have or recently experienced. Speakers were encouraged to share their visions of the future for the community. Many great ideas were put forth!

At the dessert break, attendees discussed with each other what they had already heard. Several



people got up and added more items to the posters during this time. Finally, priorities were voted on from the concerns and ideas listed.

The main community priorities identified from the event were:

1. Restore emergency medical services (EMS) in the Mimbres Valley (100%),
2. Ensure water sufficiency and safety (83%),
3. Making mulch from tree and shrub thinning (75%),
4. Create a transportation sharing bulletin board locally (50%),
5. Identify essential businesses/services still needed in the Mimbres community (50%),
6. Create a job board for work opportunities and services desired by residents (42%),
7. Host local music and dances (42%).

Though only 12 residents attended, all agreed the Mimbres Valley event was well organized and useful. Three-quarters of the attendees felt there was enough time for sharing and discussion and indicated that they would like to attend a second Community Conversation for the Mimbres Valley.

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GARDENING TIPS FOR OCTOBER

By: Sharlene Grunerud - Mimbres Farms Greenhouse

“Normally” we get the first freeze that kills tender annuals, including vegetables, the last week of October or the first week of November, so that leaves plenty of time for produce to continue to ripen and to keep harvesting. “Normally” we don’t get our damaging freeze until January or February.

Winter squash and pumpkins need to be fully mature before harvesting. One indicator of this is the tendril growing near the juncture of squash and vine has dried up, indicating the stem is also drying up. After harvesting they should be left outside or in a well ventilated building for a week or two to allow the stem to completely dry and the shell to harden off. To avoid sunscald, never expose the underside of your squash to full sun. After this hardening off, bring the squash inside to rinse off dirt and debris, then rinse them in a

coating. Most winter squash and pumpkins are best eaten several weeks to months after harvest to allow enzymes to convert starches to sugar. Often the last winter squash to be eaten is the sweetest.

Many flowers are going to seed this time of the year and can be collected, cleaned, and stored in a cool, dry place for spring planting. Seeds that should freeze, also known as cold stratified, such as snapdragons, larkspur, poppies, Echinacea, cosmos, and calendula can be planted in situ (in the place you want them to grow) immediately after collecting. I just ‘rough’ up the soil to about one inch deep and scatter the seeds and cover them with about a half-inch of soil. I don’t bother measuring space between seeds since they won’t all germinate and besides they were free and you can always thin them out when they emerge next spring.

Although I do my dividing of perennials such as oregano, mints, daylilies, and Shasta daisies early in the spring, it can be done now. Just dig up a clump, carefully divide it, replant the divisions immediately, and keep them damp until they freeze back. The keeping them damp is the reason I like to do it in the spring when I am already trying to keep many things damp. Of course October is a very good month to plant spring blooming bulbs, as I discussed last month. I’ve got my beds all prepared in anticipation of receiving 500 bulbs mid-October!

I’m sure you have been advised to clean the ‘litter’ from your garden because it harbors pests such as squash bugs, leafhoppers and aphid. Also be advised to bag this material up and remove from the yard. Although it seems like a waste of good compost material, the overwintering, dormant insects in the litter will

emerge next spring in your pile. It looks like they are empty after the caterpillars have dropped to the ground, but it isn’t too late to remove the web structure of the bagworm where eggs may be overwintering.

Many insects overwinter as adults, eggs, or pupae in the cracks or bark of trees and shrubs and in the litter underneath them. There are several types of horticultural oils and dormant oils that are sprayed on bare branches and limbs of dormant trees and shrubs. In gardening ‘dormant’ refers to that time of the year when the plants drop their leaves and are not actively growing. Dormant oils work by suffocating the adult, eggs, or overwintering stages of insects. Oil is considered a ‘contact insecticide’, which means only the insect present at the time of application will be killed. The oil residues will not affect insects that migrate to the oil treated plant. Dormant sprays should be used 2 or 3 times during the winter months, from December to late February. Dormant spray should not be used after the buds start to swell. These dormant sprays are not to be used on evergreens.

Thinking ahead to freezing temperatures now can prevent Southwest injuries to fruit trees, especially young ones. The term refers to the side of the tree that is exposed to southwest sun during the winter. The warmth resulting from the sun hitting dark wood can cause the tissue temperature to rise, and when the sun goes down and temperatures plummet at night, the tissue will freeze. To see the effect of this injury, you can go to an orchard and view the north side of the trees and not see this damage, then move to the south side, and

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Photo courtesy of Sharlene Grunerud

light bleach solution (1 tablespoon bleach in a 5 gallon bucket) to kill mold spores that form big black blotches that eat away the hard shell allowing the flesh to rot during storage. Don’t scrub too hard or you will remove the squash’s protective, waxy

Continued from Page 5—Gardening it can look like a completely different orchard with cracked bark and sometimes oozing sap. To protect your trees from this kind of injury, you can paint the trunk, crotches and lower parts of main scaffold branches with exterior white latex paint on the south-west side. This helps to prevent rapid warming on sunny days, even when air temperatures are below freezing. DO NOT use oil-based paints or latex paints that contain some oil. These products contain toxic material that may injure or kill fruit trees and get into your soil. Another product to be careful with is the thiram-latex mixture that is used to protect your trees from SW injury AND acts as a taste repellent for rodents – DO NOT use the thiram-latex mixture if you plan to use a fall Bordeaux spray because the thiram reacts with the Bordeaux spray and will change the color of reflective white to warmth absorbing brown. If your orchard is certified organic, you should first call your certifying agency to clear the use of any of these products.

Most pruning should be done when the tree or shrub is in deep dormancy and the weather is consistently cold and no sap is rising in the limbs or branches, which is usually January and February in

our area. So you have plenty of time for sharpening your shears and saws and studying up on the best pruning methods to ensure the cuts you make now are good for the tree for years to come.

It is not too late to fabricate a small cold frame for growing greens throughout the winter. A box of wood, bricks or straw bales, sunk slightly into the ground with a glass or plastic covering will suffice. Another simple option is bending and securing pieces of plastic pipe into a small-scale hoop house. Orient the frame so it runs east to west; make the frame lower on the south side; and paint the inside white, all to take advantage of



Photo courtesy of Sharlene Grunerud
the sun as much as possible. Ventilation is as important as sun and warmth in a cold frame. Even more important is being there to open and close the venting system. There are inexpensive automatic temperature-

sensitive devices that do not require electricity that can ease the commitment of never leaving home, and of course there are automatic watering systems too. One of my favorite gardening supply companies, Peaceful Valley Farm & Garden Supply, www.groworganic.com or toll free (888) 784-1722, offers them for \$37.99 plus shipping. Another interesting site is FarmTek Growers Supply, www.growerssupply.com. A quick note on planting garlic. You can plant the garlic from the grocery store and it will probably be California White, conventionally grown of unknown origin and inexpensive. Your local food co-op will probably carry California White, organically grown. Go to Peaceful Valley site mentioned above (or on your computer google “garlic seed for sale”) for many varieties of organically or conventionally grown garlic and planting instructions. Plant only the large firm cloves, eating or discarding the smaller ones, not the whole garlic head (don’t laugh—I’ve heard of people doing it), in loose, well-drained, rich soil 6 inches apart, 2 inches deep. Water it well and cover with loose mulch. Yeah, you should google planting garlic for some cool short videos.



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CALL 911 IN AN EMERGENCY

“WAITING FOR GODOT”

I tell myself that writing an article every month for the *Mimbres Messenger* should be easy. You're the fire guy for the newsletter. Just write about fire. Well, with the exception of the Signal fire, we really haven't had any fires to speak of – not in our fire district.



“Waiting for Godot”

Fire this year reminds me of the play “Waiting for Godot,” where a couple of guys gab and wait around for a guy named Godot to come. Godot never shows up.

We did have the Signal fire but Forestry took care of that one and thank God they did. Sure we put down a drop tank or two for the Signal fire, did some preventative planning, went to a number of meetings. But that was it. Never raised a hose to a flame.

We did have a couple small fires caused by lightning less than a few miles from where I live. But when we arrived there were Hotshots from Forestry already on scene. Consider-

ing they were younger, stronger, better looking, more experienced, and likely needed their paychecks, we let them take care of it.

But being a volunteer firefighter this year has gratefully been about - Get ready, get set..., no go. Again, thank God.

But there is a danger of becoming complacent.

Our volunteers have been very good this year, showing up for trainings, working hard and keeping our equipment and rigs ready to go. But still... I don't know. There have been a few small incidents of forgetfulness. Coming to a training session without a radio. Forgetting where a tool is on the truck. It's not easy to be on the ready all of the time. Complacency can set in.

And that just us. We are the community's firefighters!

Now, put yourself in the position of just a normal, average - most of us are average you know - resident of the district.

Fire restrictions are off except for the use of fireworks. I can smoke wherever I please. I can burn campfires. I can burn brush piles (after of course, notifying my local fire department as required). And we've had rain. Inches and inches of rain! Most of the grasses and brush look

greener than they were earlier. Life is good. Fire is a memory.

Wait a minute. Why isn't that silly Smokey the Bear sign reading “Fire Danger **LOW** Today.” Maybe they just forgot to change it. I mean, come on, is Ireland any greener than the Gila right now? Drought? What drought?

Each of us needs to stay vigilant. With rain comes lightning. Lightning causes fire. With better weather come the campfires and more visitors. Visitors pull off the road, with their hot catalytic converters, to look at wildlife. Campfires get left unattended.

You get the idea. Stay vigilant.

We are still in our fire season. And *fire season* is more of a misnomer here in the southwest.

Godot does shows up here - when we least expect him.

REMINDER to all in our fire district: Octoberfest will be on Saturday, October 18th at the Little Toad Creek Inn & Tavern at 3p.m.

Paul Kenney, Chief

Sapillo Creek Volunteer Fire & Rescue



GIRLS BETWEEN THE AGES OF KINDERGARTEN (AGE 5) AND HIGH SCHOOL

The Mimbres Valley GIRL SCOUTS Troop # 049 have new troop leader, Pamela Grijalva. The Girl Scouts will now be meeting at the Roundup Lodge on Monday afternoons at 4:30 to 5:30 pm. with new and exciting programs and activities. All girls in the valley are welcome. You do not have to be in the public school system. Home-schooled girls are urged to join. For more information, contact Pamela Grijalva at 575-494-3681 or come to the next meeting!

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dropped a little; he was obviously torn between helping me out and calling Homeland Security to report that there was a wacko with kind, sensitive, hazel-colored eyes who was building a hippie IED in the Mimbres Valley. This was the type of thing that should only be attempted by a licensed plumber, and he was not about to make himself liable by giving out advice. He looked over his shoulder and said, "You did NOT hear this from me but..."

What he was worried about was the pressure that would build up during the course of the day and a possible catastrophic, violent detonation resulting from the heating water expanding to the point of bursting the tanks. I thought I was okay because I was using a temperature/pressure blow-off valve, but I needed a second 'fail safe' device for an extra margin safety. My options were to use a small, in-line expansion tank or a separate, purpose-made secondary valve. I chose to go with the expansion tank, which was \$36 and I haven't had any problems. Asher has since amended his instruction to include a pressure tank, which has also recently become a code requirement in the area.

Stemming from my aversion to having to fix or rebuild things, my tendency is to over-build anything I attempt and this can often hinder progress. In the case of the solar powered hot water heater however, I finally seemed to get some things right. I used my eclectic cabinet-making experience to streamline and reduce the size the box, angling the glass and exposing

more of the tanks to the sun. I also used an elastomeric roof coating and roofing fabric to make a bombproof exterior. The jury is still out, but my preliminary observations suggest that my small design changes definitely work in this region. I have recorded water temperatures above 135°F on hot days and temperatures fifty degrees above the water coming out of the tap after consecutive cloudy days in the middle of winter.

Yes, consecutive cloudy days can reduce the availability of hot water, but the important thing to remember is the large amount of energy required to change the temperature of water. Even if you have water that is only lukewarm and you are pre-heating a standard water heater with it, you will be saving money on fuel. It is generally accepted that around 20% of the average home energy bill is attributed to heating water. To have something that just sits there quietly and saves you money is a no-brainer. I even installed an outdoor hot water spigot for dog washing and creating heated mud puddles for my daughter to play in. I'm still waiting to have to fill up my propane tank; I would normally have had to fill it up many months ago.

You may ask, 'why aren't more people doing this, and if it is such a great idea, why are you giving away this secret?' I think that most people don't have the time that it takes to build one of these things. I happened to have some time on my hands and some of the materials lying around, but it does take quite a bit of labor, some decent tools

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(Next to the Senior Citizen's Center)

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and learn
about our Creator!*



Senior Center
Menu

OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Silver 388-2545 Santa Clara 537-6254 Mimbres 536-9990 Gila 535-2888	Please Call A Day In Advance For Reservations	1 oz Chicken Strips 8 oz Mashed Potatoes W/Gravy 4 oz Broccoli 4 oz Carrots 1 WW Roll W/ Margarine 1 Oatmeal Cookie	4 oz Salmon Patty *** 1 Small Baked Potato W/ Marg 4 oz Spinach 1 Slice WW Bread 1/2 C Chocolate Pudding	6 oz Fideos con Carne** 4 oz Mixed Vegetables 1 Tortilla 4 oz Pineapple, Orange Mix 10 miniature marshmallows
1 Sloppy Joe 8 oz Tossed Salad 2 T Salad Dressing 4 oz Green Beans 4 oz Vanilla Ice Cream	3 oz Chicken Breast W/Bun 1 oz American Cheese 1 Slice Tomato 1 C Peas 1 C Steamed Carrots W/Marg 1 Slice Angel Food Cake W/ Strawberries	4 oz Gr. Chili Enchilada** 2 oz Lettuce & Tomatoes 4 oz Pinto Beans 4 oz Spanish Rice 5 oz Canned Apricots	2/3 C Baked Mac & Cheese 1/2 C Brussel Sprouts W/ 1 tsp Marg 1 Dinner Roll W/ 1 tsp Marg 3/4 Chocolate Pudding	6 oz Beef Fajitas *** 1 Flour Tortilla 4 oz Pinto Beans, 2 oz Gr. Chili 2 oz Salsa 1 Oatmeal Raisin Cookie 4 oz Peaches
3 oz Philly Steak Sandwich 1/2 C French Fries 4 oz Broccoli 1/2 C Cantaloupe	3 oz Oven Fried Chicken 6 oz Acorn Squash 1 Slice WW Bread 4 oz Peach Crisp	Roast Beef 1 *** 3 oz Beef Bottom Roast 4 oz Mashed Potatoes W/ Gravy 6 oz Green Beans 1 WW Roll W/ Margarine 1.5 oz White Cake	Chicken Pasta Salad 3 oz Chicken, 4 oz Pasta 5 Crackers 8 oz Melon 1 Chewy Granola Bar	1 Meat & Cheese Burrito 2 oz Ground Beef, 1 oz Cheese 1 oz Gr. Chile, 1 Tortilla 4 oz Tossed Salad 4 oz Apricots 2 Sugar Cookies
3 oz Pork Chop W/ 2 oz Diced Tomatoes 4 oz Baked Potato 4 oz Mixed Veggies 1 Wheat Roll 4 oz Peaches	3 oz Meatloaf 1/2 C Mashed Potatoes 1 C Broccoli & Cauliflower W/ Cheese 1 Dinner Roll W/ Margarine 1 C Cantaloupe 1/2 C Yogurt	Baked Chicken Nuggets** 6 oz Baked Chicken Nuggets 2 oz each Honey Mustard & BBQ Sauce 4 oz Baked Potato Wedges W/Ketchup 6 oz Broccoli W/Cheese 4 oz Fruit Cocktail	Salisbury Steak ...2** 3 oz Salisbury Steak W/2 T Gravy 1/2 C Mashed Potatoes 1/2 C Steamed Spinach 1 WW Dinner Roll W/ Marg 1/2 C Tropical Fruit Salad	Hot Turkey Sandwich...5** 3 oz Sliced Turkey 1 Slice WW Bread, 2 T Gravy 1/2 C Sweet Potato Wedges 1 C Peas & Carrots W/1 tsp Marg 1/2 C Tapioca Pudding
Hamburger*** 2 oz Lettuce & Tomato 2 oz Onions, Pickles, Gr. Chili 4 oz French Fries 4 oz Peaches 4 oz Cottage Cheese	3 oz Lean Sausage*** 3/4 C Wild Rice 1 C Steamed Broccoli W/1 tsp Margarine 1 WW Dinner Roll Applesauce	5 oz Chicken Fried Steak 1/2 C Mashed Potatoes W/ Gravy 1/2 C Mixed Veggies 1 Slice WW Bread 6 oz Strawberries 4 oz Vanilla Wafers	3 oz BBQ Chicken Thighs 1 C Broccoli, Cauliflower & Carrot Salad 3/4 C Peaches 1 Dinner Roll 1 Sugar Cookie	Baked Meatballs...1** 3 Baked Meatballs 1/2 C Wild Rice 1/2 C Carrots & Peas 1 Breadstick 1/2 C Fruit Yogurt

**FREE NM Enrollment Day for
Medicare Part D & Extra Help (LIS)
MIMBRES SENIOR CENTER**

NOVEMBER 12, 2014 - 10:00 am to 3:00 pm

The Aging and Disability Resource Center (ADRC) State Health Insurance Assistance Program (SHIP) has scheduled a series of enrollment dates throughout the state to assist individuals who may want to switch their plan or newly enrolled into a Medicare prescription drug plan or Medicare Health Plan. Screening for Extra Help to assist with paying for prescription drug costs will also be provided. Please bring your prescripts or a list of all medications including the full name of the drug, strength and dosage. If you cannot attend, contact the ADRC at 1-800-432-2080 for assistance.



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

Farmers' Market vouchers will be given away at the commodities distribution on October 8th

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**.

ARTISANS OF THE MIMBRES - OCTOBER 5, 2:00 pm. Roundup Lodge. Contact Lynnae at Lmconaha@aol.com or call 536-9845.

CASAS ADOBES WATER ASSOCIATION - OCTOBER 16th (meets third Thursday of every month) 6:30 p.m. Roundup Lodge.

COMMODITIES DISTRIBUTION - OCTOBER 8th (second Wednesday of every month) - 12 NOON to 2:00 pm - Roundup Lodge
Please bring a suitable box. Volunteers to help pack boxes are always needed.

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

HMS MIMBRES CLINIC - Clinic Hours have been cut to two days. Monday and Wednesday 10 am to 5 pm. 575-536-3990

LA ESPERANZA VINEYARD & WINERY - SATURDAY, OCTOBER 4th, 10 am - 6 pm **Fall Art and Wine Extravaganza** Over 15 artists will display their works. Enjoy a glass of wine and listen to Mariachi Music from 1 to 2 pm and vocals from 3 to 5 pm. Food available with proceeds going to the *Mimbres Messenger*. For more information call 505-259-9523 or 505-238-6252.

MIMBRES FARM BUREAU - OCTOBER 9th - Monthly meetings the 2nd Thursday of each month at 6:30 pm. Pot-luck supper followed by a business meeting.

MIMBRES VALLEY GIRL SCOUTS TROUP #049. EVERY MONDAY 4:30 pm to 5:30 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.

MIMBRES VALLEY HEALTH ACTION LEAGUE -

Monday, OCTOBER 13th, 5:30 pm **Board of Directors monthly meeting.** Three Questions Café, Highway 35. Members welcome.

Saturday, OCTOBER 11th - 10:00 am - 4:00 pm – San Lorenzo School - Harvest Festival. Local growers, crafts and good food.

Saturday, OCTOBER 11th - 6:00 pm - 9:00 pm - Roundup Lodge - Harvest Festival Dance featuring the Big Ditch Crickets.

MIMBRES VALLEY ROUNDUP LODGE BOOSTER CLUB

OCTOBER 2nd - 5:30 p.m. **Monthly meeting.** Roundup Lodge. New members welcome. Light dinner served.

OCTOBER 12th - 2:00 p.m. to 5:00 p.m. **Bingo.** \$5 a card or 3 for \$10.00. Grand prize \$50.00 cash.

MIMBRES VALLEY SENIOR CENTER - Reservations are requested one day in advance. **Monday - Friday 11:30 Lunch**

OCTOBER 28th 12:15 pm (4th Tuesday of each month) Senior Center Advisory Council Meeting at the Center.

MIMBRES VALLEY THERAPEUTIC HEALING MESSAGES - Tuesdays and Fridays - 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 - NEW HOURS - TUESDAY to FRIDAY - 12:00 m to 6:00 pm; SATURDAY 10:00 am to 6:00 pm - 2739 Highway 35 Fresh organic and local produce, groceries and more. Credit, debit or EBT- Every Wednesday 5% off for Seniors. Every Saturday 10% off all fresh produce to everyone. 575-574-7069

YOUTH ART SHOW (First annual) - SATURDAY, NOVEMBER 1st through SATURDAY NOVEMBER 8th - Valle Mimbres Market Showroom - 2739 Highway 35, San Lorenzo/Mimbres. 575-574-7069 A juried show for school aged students of the Mimbres Valley. The chosen artwork will be available for sale. No entry fee. All profits from the sale of the artwork will be donated to benefit the school-aged children of the Mimbres Valley.

COUNTY CALENDAR

ALBERTSONS - SEPTEMBER 3rd - 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 - New Church of the Southwest Desert - 1300 N. Bennett in Silver City (behind Food Basket) until further notice.

BOOKMOBILE WEST SCHEDULE - CANCELLED FOR THE MONTH OF OCTOBER - Bookmobile service will resume Thursday, November 20th and Thursday, December 18.

Mimbres - Mimbres Valley Café

9:45 am - 11:00 am - CANCELLED

Lake Roberts - Sapillo Creek Fire Station

11:45 am - 12:45 pm - CANCELLED

Doc Campbell's Post (near Gila Cliff Dwellings)

2:30 pm - 3:30 pm - CANCELLED

GRANT COUNTY ARCHAEOLOGICAL SOCIETY - OCTOBER 15th - 3rd WEDS - 6:00 pm at the Women's Club in Silver City. Pot-luck supper, short business meeting and presentation. For more information, call **Marilyn Markel 536-9337**.

GRANT COUNTY COMMUNITY CONCERT ASSOCIATION - FRIDAY, OCTOBER 3rd 7:00 pm "HABANEROS" - Direct from Havana, 5 members of the National Symphony Orchestra of Cuba have established themselves as soloists, university faculty, and concert and recording artists. Their program includes classical favorites and Cuban and other Latin American compositions, with artists costumed in authentic festive attire. 575-538-5862 or www.gcconcerts.org for information.

GRANT COUNTY ROLLING STONES GEM & MINERAL SOCIETY - OCTOBER 9th (2nd THURSDAY), 6:00 pm - Meeting and potluck. 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

HI LO SILVERS AUTUMN CONCERT - Saturday, OCTOBER 18th - 7:00 pm and Sunday, OCTOBER 19th at 3:00 pm 1915 North Swam Street, Silver City. Presented by the First Presbyterian Church. Directed by Valdeen Wooton and accompanied by Virginia Robertson on piano and Bill Baldwin on string bass. The chorus will sing old favorites, spirituals, and songs from Broadway and film. **FREE**

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

SILVER CITY CHAMBER OF COMMERCE - meets first Thursday of every month at 11:45 am. For the month of October the meeting will be held at the Silver City Woman's Club. 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 - COMMUNITY FORUMS - in the Blue Building at 614 North Bullard Street. All Community Forums are **FREE** and open to everyone. For more information, call the Co-op at 575-388-2343.

Thursday, OCTOBER 9th - MEDICINAL HERB PRESENTATION - 3:00 pm to 4:30 pm Would you like to deepen your knowledge of our local medicinal plants? Attend Doug Simons presentation on Medicinal Herbs. Check out Doug's website at www.chanchka.com

Tuesday, OCTOBER 14th and Thursday, OCTOBER 16th - noon to 1:00 pm Presentation on the recent **DETOX SUMMIT** highlighting toxin topics like understanding the where, what, why and the importance of detoxing for your health.

WESTERN INSTITUTE FOR LIFELONG LEARNING (WILL) - all free of charge.

WILL LUNCH AND LEARN SERIES - 12 NOON Public is invited free of charge to the Fall Semester Lunch and Learn Series. A diversity of talks offered on **Wednesdays during the noon hour**. Feel free to bring a bag lunch and bring a friend. Held at **WNMU Global Resource Center ABC Room, 12th & Kentucky, Silver City.** 575-538-6835 or www.will-learning.com or www.info@will-learning.com

Wednesday, OCTOBER 1st - PROSPECTS FOR PALOMAS - Presenters: Bill Charland, Ivonne Romero and Peter Edmunds

Wednesday, OCTOBER 8th - THE MEN AND WOMEN BEHIND THE BIRDS - Presenter: Brian Dolton

Wednesday, OCTOBER 15th - TWO APPROACHES TO FINE ART - Presenters: Diane Aldrich Kleiss and Timothy Hasenstein

ROUNDUP LODGE NOTES

After a busy September at the Lodge, we are looking forward to October, which will likewise see lots of community activity.

In addition to all of our regular activities (see calendar), the new Mimbres Valley Girl Scouts now meet on Mondays from 4:30 – 5:30 pm. Girls of all ages (K through high school – whether enrolled in classes or home-schooled) will be welcome and are invited to participate. Many interesting and informative activities are planned to provide a true Scouting experience.

On October 11th (Harvest Festival day) the Big Ditch Crickets will perform from 6-9 p.m. There will be great music and dancing, including instruction! Based on their last appearance at the Lodge, the Big Ditch Crickets will provide a fun-filled evening. Don't miss it!

There will not be a Swap Meet at the Lodge in October. This will give you plenty of time to get ready for our next "Swap Meet & Christmas Bazaar" combo to be held in December.

The free CPR Compression training classes, generously conducted in September by Derek and Wendy Ratcliff, were well attended and highly successful. We thank the Ratcliffs for sharing their time and expertise for such a worthwhile community project.

To reserve the Lodge for an event, contact Peggy Platonos at 575-536-2997

Continued from Page 8 - Sustainability

and a bit of skill. You have to find double paned windows, old water heaters that will need to be stripped of fittings, cleaned and painted black and you also need to be able to construct a relatively tight box and insulate it. You also need plumbing supplies. For my first unit, knowing my limits, I had Asher come up and help me with the install. He was willing to act as an advisor and only did a small amount of the total work, charging a fair price. I was so happy with it, I built a second unit for a different part of my compound and, with a little more attention to detail, better sealing and nicer used windows, I have recorded a ten to fifteen percent improvement over my first unit.

After talking with Asher, he decided to come and check out my design changes, which he believes have advantages and disadvantages. He was concerned with peak solar absorption during the shortest days of winter, but conceded it would be more effective during monsoon season with sunny mornings and cloudy afternoons. He went home and did some complicated math, then realized how much he hates complicated math. We agreed to keep records of the temperature performance and decide things that way. He was happy to report that he received an order for two more units over in Arizona for a customer who had bought some in the past. This customer lives 'off the grid' and says that the hot water heaters are performing better than some that were purchased from a retail operation.

The future of solar hot water is bright, with many people recognizing the benefits. I encourage anyone who is thinking about doing this to get started as soon as possible, to begin to reap the tangible benefits. You may decide to buy an off-the-shelf unit, but if you go



the cheaper, more labor intensive route using recycled materials, there is nothing more satisfying than sitting in a bathtub full of free hot water, gazing out over The Black Range and cackling gleefully with the knowledge that you did it yourself. Don't ask me how I know.

(All photos in article courtesy of Franz Raiter)

Mimbres Roundup Lodge

Your Community Center

Happy
Halloween

BINGO

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2 pm to 5 pm

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New Mexico Farm and Livestock Bureau

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Meets at the Roundup Lodge the 2nd Thursday of the month at
6:30 pm - Pot Luck supper followed by a business meeting

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Continued from Page 2 - Coffeys

future is in bigger hands than ours."

The family moved to Mimbres in 1996, brought here "through fellowship" with friends and fellow church members. Three of the Coffey children were born at home in Mimbres and Travis says the family "has bloomed where it's planted." When asked about what they like about Mimbres the younger girls said "It's pretty". When they can get a little time away from work and school family likes to go to Lake Roberts -or as they've been calling it recently due to the low water level- "Puddle Roberts."

The Coffeys will once again have a booth at the Mimbres Valley Harvest Festival. The week of the festival they will be celebrating the first anniversary of the opening of the coffee-house. The family greatly appreciates the support received from the community, and enjoys the daily interaction with and friendliness of Mimbrenños. Stop by the Living Harvest/ 3 Q booth and say "Hi", buy a loaf of bread, or treat yourself to a cinnamon roll, try out the green chile stew. You'll return for more!



Children's Activities at the Mimbrey Valley Harvest Festival

- ♦ **Young artists can help paint a mural--** the Faces of Mimbres.
- ♦ **School-age kids-- Join Conejo Mimbrenño's Quest for Dark Treasure;** search for clues and find a special treat. Get your treasure map and 1st clue at the Children's Area.



Of course, the true treasure will be the fun, and the community spirit of the Harvest Festival and Mimbrenños.



- ♦ **Make and whirl a bullroarer.** Join in the storytelling under the Entertainment Tent; whirl a bullroarer and celebrate harvest time.
- ♦ **Have fun with clay. Make a** clay pot or clay sculpture.
- ♦ **Make bead creations** at the Bead Table under the canopy.
- ♦ **Games**—Bean bag toss, Treasure Chest activities, creations with wood, and more!

Seeds of Peace to Grow Hope

Calling all Mimbrenños

If you are growing sunflowers or live near a field of wild sunflowers, please harvest some seeds and donate them to our community "Seeds of Peace" project.

Last spring the San Lorenzo students helped plant sunflowers in the garden behind the school. Not only do the flowers look beautiful, the kids are "growing hope" as well as sunflowers.

The seeds will be harvested, mixed with wild birdseed, packaged, and sold at the Harvest festival. The funds raised will be sent to an organization that builds schools in troubled parts of the world. The students have been learning about Malala Yousafzai, the young Pakistani girl that was shot in the head by the Taliban for advocating education for girls. Call Marilyn Markel for more information—536-9337.

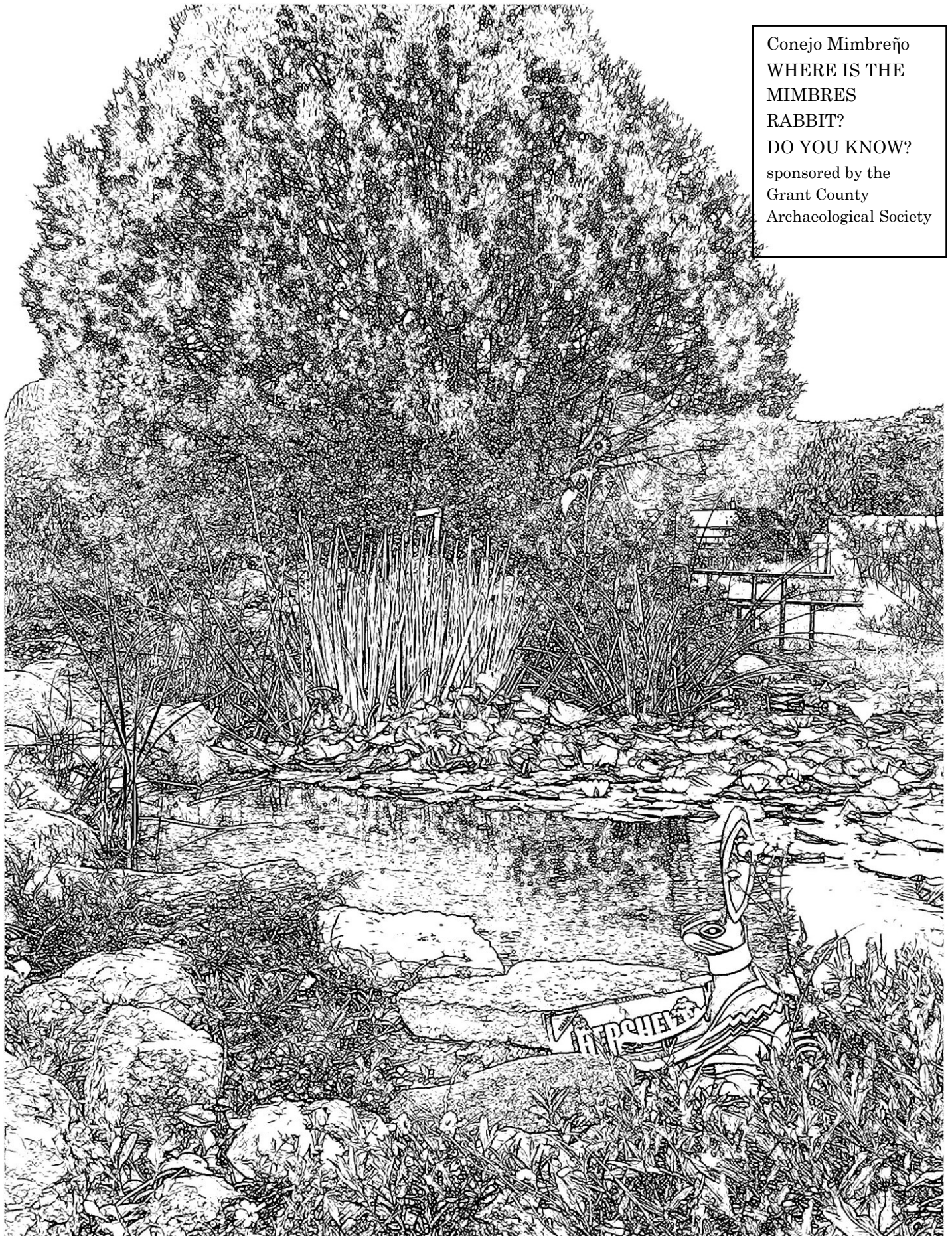
Conejo Mimbrenño in September

Last month I visited the Community Garden behind San Lorenzo School. The sunflowers were beautiful. The Hopi Blue Corn in The Three Sisters Garden has grown tall, but garden pests abound! Oh, No! Grasshoppers are eating everything! Will there be any corn or beans to harvest?



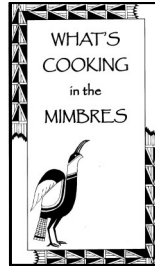
Come visit the Garden during the Harvest Festival – a special place for all Mimbrenños to enjoy!

Conejo Mimbrenño
WHERE IS THE
MIMBRES
RABBIT?
DO YOU KNOW?
sponsored by the
Grant County
Archaeological Society



Fudge (the real thing)

4 1/2 c. sugar
1 lg. can evaporated milk
1 (8 oz.) jar marshmallow sauce
2 (6 oz.) pkgs. chocolate chips
1 med. (4 oz.) bar Hershey's™
milk chocolate, cut fine
1 1/2 tsp. vanilla
1/2 lb. margarine
3 to 4 c. chopped nuts



Boil sugar and evaporated milk for 12 minutes, stirring constantly. When it says stir constantly, that is what it means. In a large bowl, put in marshmallow, chocolate chips, Hershey's™ milk chocolate, vanilla and margarine. Pour sugar and milk mixture over rest of ingredients and beat until smooth. (I have everything in a large bowl before I put the sugar and milk on the stove.) Add 3 to 4 c. nuts. Cool. Makes 5 lbs.

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

Cont. from page 4 - Local

The locations and dates of the remaining Community Conversations are

- ♦ Silver City: October 2, Thursday, 6-8 at The Commons at 501 East 13th St.
- ♦ Mining District (Bayard, Hurley, and Santa Clara): October 7, Tuesday, 6-8 at the Bayard Community Center
- ♦ Cliff/Gila: October 21, Tuesday, 10-noon at the Grant County fairgrounds in Cliff.

Both Silver City's and the Mining District's Community Conversations will be accompanied with desserts. The Community Conversation in Cliff/Gila will be followed with a lunch at noon. Please encourage your family, friends, and neighbors to attend one of these forums in their community... and "SPEAK LOCAL"!

Valle Mimbres Market New Hours



Your local store in the Mimbres for year-round fresh organic produce (local produce in summer), real natural groceries, bulk foods for greater savings, reasonable prices, and a convenient location at 2739 Highway 35 in the San Lorenzo - Mimbres area.

Tuesday - Friday
12:00 pm till 6:00 pm

Saturday:
10:00 am till 6:00 pm

Also available at this location: a therapeutic healing massage coop open Tuesdays & Fridays.

For more information, call 575-574-7069
Email: valle.mimbres@gmail.com



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PRODUCE OF THE MONTH

By Frankie at Valle Mimbres Market

EGGPLANT (*Solanum Melangena*)

Originating in India where it grew wild, it was first cultivated in China 1,500 years ago, the eggplant is a member of the nightshade family. This fruit born on a bush, can have many shapes and colors, the deep purple elongated pear shape being most common in the US.

Selecting and Storing: Eggplants should be firm and heavy with smooth skin and shiny color, free of discoloration and bruises. The stem and cap should be bright green in color. When ripe, the skin should spring back when gently pressed. Eggplants are highly perishable and sensitive to both heat and cold. Uncut and unwashed eggplant stored in an open plastic container will keep in the fridge for a few days. Damaged skin will cause spoilage. A stainless steel knife should be used to cut eggplants to prevent oxidation. Slim Japanese eggplant's skin can be eaten, but when the skin is tough, it should be removed. If baking or broiling halved fruits, the flesh can be scooped out once cooked. If very ripe or bitter, the flesh can be sweated by slicing, salting both sides of each slice in a colander for 1/2 hour, then rinsing the salt off.

Nutrients: An eggplant is high in dietary fiber, vitamin B1, and copper. It is also a good source of manganese, vitamin B6, niacin, potassium, folate, and vitamin K, and contains phytonutrients such as nasunin and chlorogenic acid, but it is also high in oxalates.

Serving Suggestions: Eggplant can be baked, broiled, oven-roasted, steamed or sautéed. For a dip or spread, Baba Ganoush is puréed roasted eggplant, roasted garlic, tahini, lemon juice and olive oil. Precooked and with the seeds scooped out, eggplant can be stuffed with feta, chopped cashews or piñon nuts, skinned roasted peppers hot and/or sweet and topped with basil leaves. Great in a stir-fry when tossed in right after the onions but before the other vegetables; or grilled slices topped with Marinara sauce, oregano and parmesan cheese and lightly grilled again; or mixed in a stew with shallots, lentils or chick peas, bell peppers, and garlic; or grilled and cooled and served as a thai salad with cilantro, garlic, green onions or shallots, chile, lime and fish sauce or tamari.

Recipe: Ratatouille (Summer's Vegetable Bounty Stew) (4 to 6 servings)

2 Tbsp olive oil / 1 onion, sliced thick, segments separated / 3/4 to 1 lb. eggplant, peeled and cubed /

1 or 2 sweet bell peppers (best: 1 green + 1 red), diced / a few young zucchini half-mooned / 3 cloves garlic, coarsely chopped / 1 Tbsp olive oil / 1 lb. tomato, seeded and diced / sweet basil, oregano, thyme, 1 bay leaf, and fresh ground pepper to taste, optional a pinch of rubbed lavender flowers. Salt can be added at the end. In a thick large skillet or a wok, warm olive oil then add onion till translucent, add eggplant and sauté until soft. Add peppers till barely softened then add zucchini till soft too. Transfer to a bowl. In same pan, warm remaining olive oil, then add tomatoes, herbs and seasonings and cook until skin comes off the tomatoes. Add the eggplant mixture, stir and sauté a few minutes until all are well blended. This course can be served as is at room temperature or baked further in a deep dish in a medium hot oven. Like any recipe calling for cooked tomatoes, this dish will taste even better the next day.



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Mark Your Calendar

- **Live Music and other activities under the Big Tent**
- **Games for all Ages, horse shoes and more**
- **Raffle with great prizes worth \$50 or more**
Grand prize is a Cord of Wood, also Plane Ride over the Mimbres and Pottery by Kate Brown
- **Vendors selling Local Fruits and Vegetables**
- **Arts & Crafts**
- **Food by the school and local food vendors**

**Family Dance with the Big Ditch Cricket
At the Roundup Lodge from 6-9pm**

**Attention Grant County Artists & Growers: Vending space is still available.
Deadline September 27, but don't wait. First come, first served.**

**For vendor forms & information, see the website at www.mimbresharvestfest.com
or contact Vendor Chair Meg Streams at (575) 536-9629**

Vendors must be Grant County residents & must have grown or made what they sell

News from the Mimbres Valley Harvest Festival Chair

Do you know how much work it is to put on the harvest festival? I would compare it to a barn raising. There will be lots of good food, lots of neighbors helping and a dance after the work is done.

So, I hear there will be great local music up on the stage this year. Sounds like you can get your heart broken by Geli and the Heartbreakers but then River's Bend will help heal it with their old time gospel music. Try out your dance steps with **Cippy Martinez y la Nueva Cerveza Band.**

You can march yourself right into the Health Fair



and have them do that health check you've been meaning to do.

Then step across the school auditorium/gym and grab some lunch made by the loving hands of the San Lorenzo school staff (my inside information says it will probably be enchiladas) but don't tell anyone.

Make sure you bring your appetite and some money so you can buy some of the delicious food prepared by the outside food vendors, of course now that you are stuffed with food you will need to take a walk. Might I suggest you start your Christmas shopping early by strolling past our arts and crafts vendors? Then stroll over to the see the Friesians. There may be a young colt to fuss

over. Did you know they originated in the Netherlands?

Oh, and you know about the valley's very own Winery – David and Esperanza will be selling their jellies as part of our local growers. I even heard the Yorks will be there with their apples. I wonder how many varieties they will have?

Calling all kids,
calling all kids
Bike works is raffling off free bikes again this year and they will bring their mobile repair trailer, so if



Continued Page 20

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.mimbresharve



Continued from Page 19 –Harvest Fest.

you need to get your bike fixed up bring it on down. Oh boy and you will never guess how many children's activities are planned. Don't miss out!



Family dance at the Roundup Lodge from 6 – 9. OK, it's Saturday, come join the Big Ditch Crickets and dance the night away or at least until 9:00 – no excuses, ya'll.

Oh, Grace did you forget anything? I sure hope not. See you October 11.

This message is brought to you by the Mimbres Valley Health Action League or MVHAL whose purpose is to financially & with volunteer labor support projects that improve the health, well being and quality of life for the people of the Mimbres region.

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

MONDAY, OCTOBER 13th 5:30 PM - Mimbres Valley Health Action League Board of Directors' Monthly Meeting ~
Three Questions Café, Highway 35. Members Welcome

WEDNESDAY, OCTOBER 8TH, 12 NOON - 2:00 PM
Commodities Pickup ~ Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

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

WHAT ARE YOU READING?

We are planning a new column for the *Messenger*, which will hopefully inspire you to read and to share what you love to read – recent books or favorites from times past.

The column will include both comprehensive book reviews of chosen works and book notes which will be brief comments on a favorite old or new book. An example of a "favorite read" note follows:

Favorite Reads

The River of Doubt by Candice Midland chronicles a trip that did not cause the death of Theodore Roosevelt, but hastened his end. The recent Ken Burns documentary "The Roosevelts" contained comments from this book, and piqued my interest. Millard is an excellent writer of historical non-fiction. Another of her

books is *Destiny of the Republic*, an account of the life and death of James Garfield.

Contributed by Sally Ginot

Lucky we are to have access to books old and new. Two sources of information and new ways to increase your accessibility to books are online:

www.littlefreelibrary.org, and www.bookcrossing.com. We hope you will chime in with your favorites to give us suggestions for new or old favorite reads.

The contribute to this column email or send you book review or "favorite read" notes to the Mimbres Messenger (email and postal addresses are listed above). Include the book title, author and your name and contact information in case of questions.

Children as well as adults are encouraged to submit their book reviews and favorite reads.

Let us hear from you!