



A FREE COMMUNITY NEWSLETTER  
SEPTEMBER 2014

# MIMBRES MESSENGER

## MEET YOUR NEIGHBORS - THE RATCLIFF FAMILY

By Marilyn Markel

It is always a pleasure to welcome a new family to the Mimbres and that's especially true for the Ratcliff family--Derek, Wendy, Alexis and Joshua. The Ratcliffs moved to the Valley about a year ago from El Paso when Derek became the manager of the Silver City Walgreens. Derek was an assistant manager at an El Paso Walgreens for four years and is also a pharmacy technician. He says he likes to help people, and working at Walgreens gives him lots of opportunities to be of help to the people in our community. Wendy home schools their daughter Alexis, 14, and son Joshua, 10. Wendy says she likes to help animals and has rescued many cats and dogs over the years. They have two dogs—I was greeted by Tabby, their exuberantly friendly miniature poodle.

Always having lived in big cities like Houston and El Paso, the family was not sure how life in the country would be. But they have all had what Wendy calls their "WOW" moments when they have each experienced times when they know they made the right choice when they moved to Mimbres. They love the beauty

of the landscape and the night sky. Wendy tells a story of a day of hard rain when their dirt road turned into a river and the kids went out to play in the water. Wendy says, "Joshua and Alexis were covered from head to toe in mud—you could only see the whites of their eyes and white



The Ratcliff Family - left to right Joshua, Wendy, Alexis, and Derek  
Photo courtesy of Derek Ratcliff

teeth." She took a photo, and laughed until she cried because she was so happy to see her kids able to experience the kind of fun she remembers from her childhood. She says every time she looks at that picture she's glad they live in Mimbres. "That's what I want for my kids", she says. "In El Paso they couldn't play outside because of the traffic, even in the residential area we lived in. It was just too dangerous." The Ratcliff

children are happy with their new home, too. They enjoy hiking and look forward to camping in the Gila. Joshua likes trains and most anything with wheels. He's considering being an engineer when he grows up. He also likes geography and earth studies. Alexis loves to read and likes art. Her room is filled with books and writing may be in her future. She has already attended a literary camp in Texas.

Both Derek and Wendy are divers and dive instructors. The two met when they both lived in Oklahoma. "When we were first married and talked about some of the things we would like to do with our lives Derek told me he wanted to learn to dive", says Wendy. Derek grew up on the Texas coast near Houston and spent lots of time at the beach. Derek learned how to dive in lakes and pools while in Oklahoma. At that time, he worked for American Airlines and was awarded a trip to Hawaii and got to dive in the Pacific. Wendy decided she too wanted to be a diver after watching Derek swimming beneath the crystal clear water among the fish and other sea creatures. Here in New Mexico

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# A LETTER FROM THE “EDITOR”



## VOLUNTEER STAFF

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- Anna Willhite, Copy Editor
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**By: Franz Raiter**

After a summer that has seen some downpours that caused road-blocking mudslides in the Black Range and gully washers on the flatlands, many of you Mimbrenos are spending quality time pushing lawn mowers or running weed trimmers. It appears others of you have taken a queue from the highway department and simply given up. As is my yearly tradition, I decide to put off buying a weed trimmer

for another year and cut the grasses around my compound by hand, which is ridiculous but cheaper.

We at the *Messenger* sadly mark the passing of Gale Moore, Editor of *the Glenwood Gazette*. We are inspired by and admire her superb efforts in producing and running the “heavy hitter” of rural newsletters in the southwest corner of the state. We have all suffered a significant loss. She will be greatly missed.



*La Esperanza*  
*Vineyard and Winery*

100 DeLaO in Sherman  
Highway 61 to Royal John Mine Road



## FALL ART AND WINE EXTRAVAGANZA



Featuring over 15 very talented artists

**SATURDAY, OCTOBER 4TH**

**10:00 am to 6:00 pm**

Mariachi Music from 1 - 2 pm  
**Rosa Del Desierto**  
11 young ladies  
ages 13 to 17 will perform

From 3 pm to 5 pm  
Vocals by  
**Jessica Juarez**  
From Demming

Food will be available for purchase with all proceeds going to the  
*Mimbres Messenger*

For more information, call David or Esperanza Gurule  
505-259-9523 or 505-238-6252

## SUSTAINABILITY - By Franz Raiter

### Ghost towns, Eco-tourism and modern day Homesteaders:

How Susie and Jon Eickhoff are making a living off the grid.

The sign on the side of the highway said that the Georgetown Cabins were 'just minutes away,' so I figured it should be easy enough to mosey on over with my bicycle. 'This will be fun,' I said to myself! I was about one mile into a grueling, three mile long, steep uphill grade, on a day that was destined to become one of the most humid in recorded history. It occurred to me that the Andromeda Galaxy is also technically 'just minutes away'. How many minutes are there in 2.5 million light years anyway? I accepted my fate and concentrated on spinning my pedals as efficiently as possible. With only blooming yuccas, pin-yons and dying scrub oaks to mock my slow passage I was able to look around and enjoy the scenery. Under a mostly cloudy sky, I noticed that there were some ponderosas clinging to life in a deep, north-facing valley to my left; a rare sight in these dry hills. A Red-tailed hawk screeched somewhere off to my right and a chipmunk darted in front of me. When I finally reached the top of the valley, I gasped a sigh of relief. I could see the vague remnants of the old silver mining town that lay quietly under a new blanket of bright green summer grass. I looked across the ravine at the relatively new buildings that make up the Georgetown Cabins complex. Perched on a northeast-facing hillside, they gaze out upon the barely discernable remains of Georgetown that were scattered around me like a shy monument to a nearly forgotten time.

The automatic gate was wide open and I was able to ride up the steep shale driveway. The sun was out and I was sweating as I passed by solar panels and outbuildings and rode up towards the first of the cabins where a smiling Jon Eickhoff encouraged me

to keep on riding! Very funny, Jon. I finally reached a flat area where I smoothly fell off my bike and met his wife and business partner Susie. They escorted me around the cabin to a porch where I chose a shady spot and bravely refused their offer of water; I knew the readers of The Messenger



Susie and Jon Eickhoff  
Photo Courtesy of Franz Raiter

expect an extremely high level of journalistic integrity and accepting even plain water can impinge on that. Luckily, Susie is a doctor and knows how to administer a saline drip, so when I passed out shortly thereafter from heatstroke, she was able to revive and rehydrate me, none of which impinged on my integrity.

#### Taking the edge off

Susie and Jon Eickhoff moved to the valley in 2008 and it took about four or five years of hard work to progress to the point they are. Most recently from Michigan, they retired from a research and development company

that did new-product research for telecommunications, aerospace and computer electronics companies, Jon explained; "We got away from the high pressure and the very fast pace and came down here and thought this was paradise, this part of the county." Susie smiled and chimed in, "Yes, we love it. A lot of people come here from Tucson, Green Valley and Texas just to escape the heat. We also have people coming from all over the world to stay here, we have guests coming in tomorrow from Australia. We've had a professor and his wife from England who have been here twice already and plan on coming in a year from now. One couple was here from Germany twice. We also had visitors from Switzerland, Sweden, France, Netherlands, Canada, Mexico -just a variety. They come from all over the United States too."

Susie noticed a small, but menacing spider web on the table near me and calmly wrapped it up in her hand with no sign of fear, they are definitely comfortable living in this wild place. She gestured behind her, at the green, limestone covered hillside, "Right here, people can just walk out the door and go for a walk or a hike. They like to hike down Shingle Canyon Road. Another favorite is the walk from our driveway to the cemetery up the road, which is one mile. A lot of people do that one. So, because we're out here and there's hardly any traffic, they pretty much will follow the roads unless they're just going off to explore and see what they find." Jon explained that, "There are quite a few forest roads off of Georgetown, a lot of which are leftovers from the old mining days."

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Cont. from page 3 - Sustainability

### The tin cup brings death

I asked if there were any roads that branched off from Shingle Canyon and Jon said, “Yep, in fact just as you get to the top of the hill on Shingle Canyon Road, there’s a trail that goes to the top. Years ago there was a farm up there called The Milk Ranch and apparently there were some stone walls instead of fences and they kept cattle up there. The story of Georgetown’s demise really hinges around the cattle because a gal in Georgetown had a separator that separated the cream from the milk and she had a tin cup hanging there. The kids coming down the hill on their way to school would stop and get a drink of cream out of the cream separator and they figured that’s how they spread the Typhus between the children, so the Typhoid epidemic really came from The Milk Ranch. If you look in the Georgetown cemetery, you’ll find many groups of children from the same family, buried in a group about the same time; it decimated many of the younger residents of Georgetown.”

I asked whether the silver mine was also beginning to be less productive at this time, thinking that contributed to the town’s downfall, but Jon said no, “There’s still silver here; they didn’t quit mining because the silver ran out.” Government insistence on a bimetal standard in the 1890’s sent investors scurrying to unload silver and silver backed certificates resulting in a glut that sent silver prices plummeting. “The old timers still talk about how they went down through the shale into the hard rock, where the two met, that’s where they would find the silver. It just wasn’t economical enough to continue after the devaluation.” Jon asserts that there are still claims in the area and that they bought the

claim where the cabins are from the descendants of the original patentee.

Susie said that it took about eight months to purchase the land because of complications arising from the claim holders. “We had to get an updated survey, because the old one was from the 1800’s, back when they said ‘It went from Mabel’s fencepost to somebody’s barn and down to the blacksmith shop.’ Because it stayed in the same family, it was never updated and we had to go through the old court records and get everything updated and current.” Jon said, “They found one element that still existed that they could hang onto and that was the creek that the water supply came from and they used that to reconstruct the old survey.”

As I glanced at the steep, empty hillsides nearby, I wondered aloud if there were many buildings when the town was active. Jon brought out an old photo that almost exactly matched the view we saw from the porch. I was amazed at the number of buildings that were visible in the picture where only rocks, grasses, junipers and the occasional cow now stood. Jon explained that all that is left now are footings and foundations saying, “This was a town of 1200 people; the churches and schools were partway up Shingle Canyon.” Susie said that by 1900 there were only about 100 people left and that there were still buildings visible in the 1940’s but in the 1960’s somebody came and “cleaned it all out, for the wood and stuff.” When silver was devalued in the 1890’s, Georgetown and Silver City had roughly equal populations but because the railroad had made it to Silver City by that point, it was able to survive, while Georgetown quickly dwindled.

***We pump water, we bake bread; we do a lot of things –J Eickhoff***

For anyone trying to build on raw

land in the southwest, one of the greatest challenges is getting water; for someone wanting to run a business, it can be a nail biting, gut-wrenching exercise. For every section of pipe the drillers add on and send down, the eventual cost increases at an exponential rate. Their well is 975 feet down and Jon explained that, when they first moved to Georgetown, current solar pump technology was only able to draw water from as far down as 600 to 650 feet. “We got down to 600 feet and they still weren’t getting good water and we said ‘go deeper, go deeper’ and at nine-hundred-and-some feet they finally found water.” When the shock of the well drilling experience wore off they realized that their well was over three hundred feet deeper than current solar pump technology could draw water. There was good news on the horizon, however, as a new ‘soft-start’ pump was available that didn’t draw large amounts of electricity when it initially began pumping. They crossed their fingers and are



Solar Heated Hot Tub  
Photo Courtesy of Franz Raiter

happy to report that they have had no problems. In fact as Jon says, “We’re not only pulling it up 975 feet, we’re putting it up on the mountain behind us in the tanks up there.” I asked if the pump was always working during daylight hours and Susie said, “No we turn the pumps on when we want to and we do it during the day so the sun

**Continued Page 5**

**Cont. from Page 4 - Sustainability**

does all the pumping. Then it gravity feeds down to the cabins.” Jon remarked that there are 10,000 gallons stored on the hillside, which may seem like overkill but it can also be used to fight wildfires that get too close.

**Powering up, off the grid**

I asked about their solar setup and what it took to power their pumps and provide power to the six cabins. “We are three and a half miles from the nearest power pole and before we even started building we worked with our solar guy and he said that we could either put our money into the design of our cabins, or we could put our money into our array. We put in six-inch walls and ceilings with the best insulation you can buy, we have solar attic fans, LED lighting.” She said that they were looking for solar

refrigerators for the 480 square-foot cabins but a solar refrigerator dealer convinced her otherwise. He told her that the most cost effective way to outfit that many cabins was to buy several 15 cubic-foot energy star refrigerator/freezers and put two inches of foam all the way around them. He said ‘it will be as good as a solar refrigerator, but it will cost you one quarter the price.’ That is just what they did. They even vented them so that any heat that comes off the back goes directly into the bathroom.

*It doesn't force you to conserve energy; if anything, it encourages you to use what you have. —J Eickhoff*

As they continued to work with their solar advisor to design their system, they closely monitored their usage that first year. They took note of how often they used their backup diesel generator and discovered that they needed to add a few panels to their

now five-kilowatt system. They can basically go year-round on solar power, occasionally using their generator during the cloudy monsoon season to keep their batteries topped off. They use on-demand, propane-fired hot water systems and fireplaces and low-flow water faucets and toilets. They have a spacious outdoor soaking tub that is heated by solar power. At this point, Jon commented that they were very focused on conserving power when designing the system but, because it's not hooked up to the electrical power grid, they can actually create an unusable surplus. He said, “After you've lived with this for a while, it changes your perspective. You know that it's going to recharge tomorrow, so if you don't use it today, it's wasted. It doesn't force you to conserve energy; if anything, it encourages you to use what you

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**13<sup>th</sup> Annual Red Hot Children's Fiesta**

**Get Buggy with us!**

**Saturday, September 13**

**10 a.m. - 2 p.m.**

**Penny Park, 1305 Grant St.**

GRANT COUNTY COMMUNITY HEALTH COUNCIL  
ABQ BIOPARK  
MOLINA HEALTHCARE

## Mimbres Health Fair...coming soon

**Saturday, Oct. 11**  
**San Lorenzo**  
**Elementary School**

Lion's Club Eye Van, Walgreens' Flu Shots,  
Child Hearing Tests, HMS Mental Health screenings,  
Cholesterol tests by GRMC Laboratory  
and much more...and best of all IT'S ALL FREE.

(575) 388-1198 [healthcouncil@grmc.org](mailto:healthcouncil@grmc.org)

## GARDENING TIPS FOR SEPTEMBER

By: Sharlene Grunerud - Mimbres Farms Greenhouse

About this time every year I start studying the flower bulb catalogs and every year I put off ordering because I don't have the time or energy to prepare the beds correctly in time for planting. This could be the year I follow through on all that planning, ordering hundreds of fall planted/spring blooming bulbs such as daffodils, tulips, crocus and hyacinths in anticipation of a bright colorful display that will last for many springs to come.

Fall planted bulbs should be in their beds no later than the end of October. Bulbs can be planted as late as December but flowering will not be as rewarding.

It is a mistake to apply fresh animal manure to soil in which bulbs or plants are to be planted. Not only will the high nitrogen and urea levels in fresh manures "burn" tender, emerging roots, it takes nutrients out of the soil while decomposing. However, on poor, light ground, well-decayed manure or, better yet, rich compost is beneficial. Bulb beds should be dug to a depth of at least 9-12 inches. Another natural fertilizer that promotes flower growth is bone meal, which is scattered on the soil at the rate of 2 oz. per square yard and forked in before the bulbs are planted or "scratched" into the soil at the bottom of the bed, just below

the bulbs. Water the bulb bed several days before planting, making sure to moisten the soil to a depth of 9-12 inches.

Most flower bulbs are poisonous to humans to some degree, but then again some such as tulips, are a delicacy to gophers. I've read that Daffodils and alliums, which in-



Photo courtesy of Sharlene Grunerud

clude chives, garlic and onions, deter gophers and are good bulbs to plant around other bulbs that gophers will eat. If you have a serious gopher problem AND a serious desire to plant bulbs, you might consider lining your bulb bed with poultry wire or hardware cloth.

If you are planting bulbs in and around other plants in your garden, it is a good idea to mark them with a brightly colored stick or old plant label to help you avoid dig-

ging them up by mistake during their long dormancy period.

Moving bulbs from one place to another entails digging them up soon after the blossoms and leaves have shriveled up in late spring or early summer, and storing them until late fall planting time.

Garlic should be planted much like fall planted flower bulbs. The separated cloves should be planted in an area of their own, because after the leaves start turning brown, watering should be completely stopped for two weeks before digging them up in June. The edible flower heads, which are called scapes, should be removed soon after developing so energy is directed to the bulb.

Although difficult to do in a small garden space, planting green manure crops is an excellent way to build both soil fertility and organic material in your soil. As I have mentioned having a rotation in your garden or field is important to avoid pest and disease build up in an area by planting the same crops for many years in a row. Planting a green manure crop should be introduced into this rotation. Several of the green manure crops we have successfully implemented into our

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### MIMBRES HOME INSPECTION

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## GREAT OPPORTUNITY FOR THE MIMBRES VALLEY AND ITS RESIDENTS

After attending the New Mexico Film Office Silver City Town Hall meeting in November 2013, Glenn Tolhurst and Mike Barragree found they had a common objective and created Mimbres Film LLC in January 2014. Both Glenn and Mike operate as Location Scouts and Location Managers.

Mimbres Film LLC is a marketing consultant company promoting southwestern New Mexico properties, businesses, and residents to the film industry with the objective of attracting film projects to the region creating local job opportunities and stimulating economic growth.

At the present time the majority of film projects are in the Santa Fe and Albuquerque areas where there is a larger population providing more amenities and support for film projects.

New Mexico, with its attractive tax incentives, is becoming the new Hollywood and the focus is on film and media development from the big screen to electronic media.

Television series offer long-term commitments to an area providing extensive and expansive business revenues plus tax revenues for the entire area.

Mimbres Film is developing a database of area vendors and support services providers to make

our area more attractive to the film industry. They also work with local landowners making arrangements for property rental for film locations. Some people might like to be a participant in a film, or want to learn a film crew skill like grip, sound man, costume design, etc. EMT's, caterers, construction, electrical, plumbing, veterinarian, biologist, horse wrangler are just a few of the opportunities. Actors and extras are always needed, watch for casting calls!



Film crew shooting scenes for "Buffalo".  
Picture courtesy of Glenn Tolhurst

On August 10, 2014 a film crew shot scenes on a local ranch to complete their film "Buffalo". This short film will be shown at the White Sands International Film Festival in Las Cruces at 1:00 pm on September 4<sup>th</sup>. Check [www.wsiff.com](http://www.wsiff.com) for more information.

The film industry is showing an interest in our region and Mimbres Film is receiving multiple inquiries about filming locations. Mimbres Film has the full support of the New Mexico Film Office, Southwest New Mexico Council of Governments, Catron, Grant, Hidalgo and Luna County governments and municipalities in those counties.

For more information and inquiries contact: [www.mimbresfilm.com](http://www.mimbresfilm.com)

Mike Barragree at 575-313-7550  
Glenn Tolhurst at 575-590-1346

**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 September 10th**

## Will you be needing an ambulance?

**We hope not for a surprising reason!**

For the last approximately 20 years Gila Regional EMS supported the local needs for ambulance by paying local residents for each call they take. This is no longer the case. There are three EMTs that live full-time in the Mimbres Valley and volunteer to respond. This is not enough staff to maintain an ambulance. At this point when an ambulance is needed in the Mimbres Valley and up to Sapillo district you may get a first response from a local EMT that can begin care while you wait for an ambulance to respond from Silver City. Is this ok? We suggest that it is not.

Volunteering is a noble effort that has historically been a strong part of the American culture and a sense of civic pride. Now for several proposed reasons this is not the case. Some suggest that demands on family are increasing and everyone in the house needs a job.

There is no question that the training demands have increased over the years. EMS has

come from providing simple first aid and a ride to the hospital to a very complex set of skills that require additional initial training as well as on-going refreshers.

This is a nationwide issue. Ambulances have closed down in New York and New Jersey and are in jeopardy across the country. So why not just have a paid staff? This can be a complicated question but to keep it simple, the volumes generated by the population of Mimbres Valley will not financially support a full-time paid ambulance. Economy of scale is a real issue.

What is a solution? We need more volunteers that are willing to focus some civic pride in the EMS field. This will require successfully completing the medical training and qualifying to operate the ambulance. The more volunteers that are available the fewer demands on each individual. It takes an ambulance minimally 25 minutes to get from Silver City to the Mimbres Valley, is this ok with you?

For more information on EMT training contact Troy Lane at Gila Regional EMS, 575-538-2241

**Mimbres Valley  
Mobile Veterinary Services, PC**

**Dale C. Streams DVM  
575-536-9629**



## 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

### 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

### RIO MIMBRES BAPTIST CHURCH

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

Nursery provided 9:45 am to 12:30 pm

Bible Study 9:45 am

Wednesday Worship Services 6:00 pm

*Where everyone is welcome to worship*

### TEAMKIDS AND YOUTH GROUP WEDNESDAYS @ 6 PM

For grades Kinder-12th  
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laceofjadeknight@hotmail.com

29 Mimbres Cactus Dr.

*Come and have fun  
and learn  
about our Creator!*





				
<b>Closed for Labor Day Holiday</b> Senior Center Menu	<b>3 OZ ENCHILADA CASSEROLE</b> 1 OZ BROCCOLI W/1TSP MARGARINE 1 BANANA 1 SQ APPLESAUCE CAKE	<b>Chili Dog..2**</b> 3 oz Hot Dog on a Bun 1 T Chili & Beans 1 C Baked Potato Wedges 1 C Mixed Vegetables 1 Orange	<b>3 oz Meatloaf</b> 3/4 C Garlic Mashed Potatoes 1 C Broccoli & Cauliflower W/ Cheese 1 Dinner Roll W/ Margarine 1 C Cantaloupe 1/2 C Yogurt	<b>1 Slice Sausage Pizza</b> Spinach Salad W/ 2 T Italian Dressing 8 oz Pineapple 1 Peanut Butter Cookie
<b>3 oz Chicken Breast W/Bun</b> 1 oz American Cheese 1 Slice Tomato 1 C Blackeyed Peas 1 C Steamed Carrots W/ Margarine 1 slice AngelFood Cake W/ Strawberries	<b>6 oz Beef Fajitas***</b> 1 Flour Tortilla 4 oz. Pinto Beans, 2 oz Gr. Chili 2 oz. Salsa 1 Oatmeal Raisin Cookie 4 oz. Peaches	<b>Ham &amp; Cheese Sandwich..3</b> 2 oz. Ham, 1 oz. Swiss Cheese 2 slices Wheat Bread 1 Lettuce Leaf, 1 Slice Tomato 1/2 C Mixed Veggies W/ Marg 1/2 C Mandarin Oranges	<b>Roast Beef 1**</b> 3 oz. Beef Bottom Roast 4 oz. Mashed Potatoes W/Gravy 6 oz Green Beans 1 WW Roll W/ Margarine 1.5 oz. White Cake	<b>3 oz. Bean Burrito</b> 1 oz. Cheese, 1 Flour Tortilla 3 oz. Spanish Rice 4 oz Lettuce & Tomatoes 4 oz. Crackers W/ Peanut Butter 4 oz. Apricots
<b>Taco Salad</b> 4 oz. Spanish Rice 8 oz Squash W/ Margarine 6 Low Sodium Crackers 1 Orange	<b>3 oz Braised Pork Chop</b> 1/4 C 3 Bean Salad 1 C Peas W/ Margarine 1 WW Roll W/ Margarine 1/2 C Baked Apple Slices	<b>3 oz Beef Tips W/ Gravy</b> 1 C Egg Noodles 1 C Salad 3/4 C Peas & Carrots 3/4 C Pears, 1 Oatmeal Cookie	<b>4 oz Green Chili Enchilada**</b> 2 oz Lettuce & Tomato 4 oz Pinto Beans 4 oz Spanish Rice 5 oz Canned Apricots	<b>1 Grilled Cheese Sandwich**</b> 2 Slices WW Bread, 1 Cheese Slice 1/2 C Low Sodium Veggie Soup 5 Saltine Crackers 1 C Apricots
<b>Frito Pie...1**</b> 3 oz Chila Con Carne 1 oz. Cheese, 1 oz. Corn Chips 2 oz. Onions, Lettuce, Tomato 4 oz. Mixed Veggies 1 Lemon Crisp Cookie	<b>Liver &amp; Onions***</b> 3 oz Beef Liver, 4 oz Onions 4 oz Green Beans 4 oz Mashed Potatoes, 2 oz Gravy 4 oz Sliced Cucumbers, 1 WW Roll 4 oz Strawberries & Peaches W/ Toppings	<b>Salisbury Steak..2</b> 3 oz. Salisbury Steak W/ 2oz. Gravy 1/2 Cup Mashed Potatoes 1/2 C Steamed Spinach 1 WW Roll W/1 tsp Margarine 1/2 Tropical Fruit Salad	<b>2 Chicken Tacos</b> 3 oz Chicken, 1oz Cheese, 2 Corn Tortillas 4 oz Lettuce & Tomatoes 4 oz Calabacitas W/ Gr Chile 4 oz Pinto Beans 2 oz Bread Pudding	<b>5 oz Chicken Fried Steak</b> 1/2 C Mashed Potatoes W/Gravy 1/2 C Mixed Veggies 1 Slice WW Bread 6 oz Strawberries 4 oz Vanilla Wafers
<b>2/3 C Hawaiian Pork</b> 1 C Tossed Green Salad 2 T Ranch Dressing 1 Slice WW Bread 1/4 C Sliced Strawberries & Vanilla Pudding	<b>3 oz Green Chile Hamburger</b> 1 Lettuce Leaf, 1 Tomato Slice 1 Pickle, 1 Onion, 1 C Butter Beans 4 oz Carrots & Peppers 1/2 C Chocolate Pudding	<b>Silver 388-2545</b> <b>Santa Clara 537-5254</b> <b>Gila 535-2888</b> <b>Mimbres 536-9990</b>	<b>Please Call A Day Ahead For Reservations</b> <b>Menu Subject to Change</b>	<b>8 oz. Milk Served Daily</b> 

P.S. We know that September is misspelled, but this is the way Grant County spelled it and we can't edit it! - (Ed.)

### The Mimbres Senior Center isn't just for "OLD FOLKS"

Anyone of any age may use the  
**POOL TABLES**  
**FREE LENDING LIBRARY**  
**THE THRIFT SHOP (by donation)**  
**WATCH THE FREE MOVIES**  
**FREE WI-FI**  
**Open 8:30 am to 2:00 pm**

Lunch is available at 11:30 pm for anyone 60 or over (or if their spouse is 60+)  
 Suggested donation \$2.25



**Werner TIRE**

**"Home Of The Brown Boys"**

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### MIMBRES VALLEY DAY IN PALOMAS

Anyone interested in a "Mimbres Valley Day" at the Pink Store in Palomas?  
 We can arrange to car pool, have lunch, do some shopping and celebrate any birthdays for the month - a FUN day!

Anyone interested please contact Sally and John Ginat.

To make arrangements: Email Pararito@gmail.com (corrected email from last month)

## ROUNDUP LODGE NOTES

After a much needed break during August, the Booster Club volunteers are back in full swing for September.

Swap Meets are back. The September Swap Meet will be held on Saturday, September 13th from 9:00 am to 3:00 pm. Vendors table are available for \$6 and may be reserved by emailing Paula@gilanet.com or call 536-9433.

Bingo will be on Sunday, September 14th at 2:00 pm. More prizes, and now there are **four money games - winner takes all!**

**Mark your calendars for Saturday, September 20th**, because this is something everyone needs to put on their schedule.

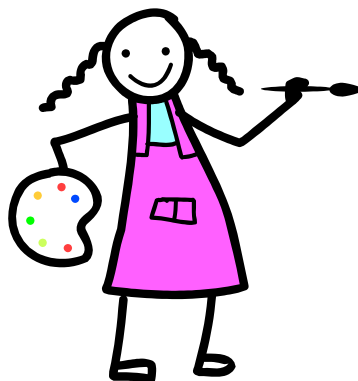
Our neighbors, Derek and Wendy Ratcliff will be donating their time and talents to provide our community with hands-only CPR Chest Compression classes. Everyone is welcome - adults and children.

There will be four sessions. 10:30 am, 11:30 am, 12:30 pm and 1:30 pm. Since the valley no longer has EMT services, the skills you will learn during these classes could save a life!

## CALL TO YOUNG ARTISTS OF THE MIMBRES VALLEY 2014

All young artists of the visual arts under 18 years of age are encouraged to submit their work for consideration to be a part of the First Annual

Mimbres Youth Art Show.



### Exhibit Dates:

November 1st  
through November  
8th, 2014.

### Event Details:

Location: Valle  
Mimbres Market  
Showroom 2739

Highway 35, San Lorenzo/Mimbres, NM, 575-574-7069.

This exhibit is open to all school-age students of the Mimbres Valley (East of Hanover, San Lorenzo, Mimbres, Lake Roberts, Faywood), aged up to 18 years old by November 1st, 2013.

The show will be juried, the chosen artwork will be shown and available for sale to the general public. The artists will receive a percentage of the sale of their artwork. Profits from the sale of the artworks will be donated to benefit the school-age children of the Mimbres Valley, NM.

Entry forms and artwork must be received by October 1st at Valle Mimbres Market. Eligibility and Requirements as well as Entry Forms are available at the Valle Mimbres Market, the San Lorenzo Elementary School, and the San Lorenzo Post Office.

## Mimbres Roundup Lodge

Your Community Center

# BINGO

**SUNDAY,  
SEPTEMBER 14TH  
2 to 5 pm**



CARDS

\$5 FOR 1 or \$10 for 3  
Plus 4 Money Games

GRAND PRIZE \$50

SNACK BAR OPENS  
AT 1:30 PM

## Mimbres Roundup Lodge

# SWAP MEET

**Saturday, September 13th**

**9:00 am to 3:00 pm**

Vendor Tables \$6

Call Paula at 536-9433 or Peggy at 536-2997



**SASS 24-hour Crisis Line: 1.866.750.6474**

214 N Black St \* Silver City, NM 88061

Phone: **575.313.6203** \* Hours: **Mon-Fri 9am-5pm**

[www.silverregionalsass.org](http://www.silverregionalsass.org)

## *Mimbres Artisans*

*Cheryl* - Celtic Jewelry

*Dawn* - Stained Glass Sun catchers, etc.  
Plus Heart Sun catchers to Benefit the Puppy Dog Ranch

Now have a booth at "The Marketplace" in the Hub  
in downtown Silver City

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## **New Mexico Legal Aid**

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Toll Free: 1-866-224-5097  
Fax: 575-388-0094

## **New Mexico Farm and Livestock Bureau** Mimbres Local



Local Farms  
Local Food  
Local People

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

## **Kate Brown Pottery & Tile**

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ReStore: 704 W. Market St. (575)534-9727

Email: [hfhgilaregion@zianet.com](mailto:hfhgilaregion@zianet.com)



# 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 - No meeting in September.** Contact Lynnae at [Lmconaha@aol.com](mailto:Lmconaha@aol.com) or call 536-9845.

**COMMODITIES DISTRIBUTION - SEPTEMBER 10th (second Wednesday of every month) - 12 NOON to 2:00 pm** - Roundup Lodge Please bring a suitable box. Volunteers to help pack boxes are always needed.

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

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

**LA ESPERANZA VINEYARD & WINERY - .SATURDAY, OCTOBER 4th, 10 am - 6 pm** Fall Art and Wine Extravaganza (See ad page 2) For more information call 505-259-9523 or 505-238-6252.

**MIMBRES FARM BUREAU - SEPTEMBER 11th** - Monthly meetings the 2nd Thursday of each month at 6:30 pm. Pot-luck supper followed by a business meeting.

## **MIMBRES VALLEY HEALTH ACTION LEAGUE -**

**Monday, September 8th, 5:30 pm** Board of Directors monthly meeting. Three Questions Café, Highway 35. Members welcome.

**Monday, September 15th - 5:30 pm and Sunday, September 28th, 4:00 pm** - Roundup Lodge - Harvest Festival Planning Committee Meetings

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

**SEPTEMBER 4th - 5:30 p.m.** Monthly meeting. Roundup Lodge. New members welcome. Light dinner served.

**SEPTEMBER 13th, 9:00 am - 3:00 pm** Swap Meet. Vendor tables \$6.00 To reserve a table, call Paula at 536-9433 or email: [Paula@gilanet.com](mailto:Paula@gilanet.com)

**SEPTEMBER 14th - 2:00 p.m. to 5:00 p.m.** Bingo. \$5 a card or 3 for \$10.00. Grand prize \$50.00 cash.

**SEPTEMBER 20TH - 10:30 am - 3:30 pm** Community Chest Compression (Hands only) CPR classes. Sessions start at 10:30 am, 11:30 am, 12:30 pm and 1:30 pm - Come to the class that best fits your schedule. Since there is no EMT service in the Valley, this class should be a top priority to everyone.

**MIMBRES VALLEY SENIOR CENTER - Reservations are now required one day in advance.** Monday - Friday 11:30 Lunch  
**SEPTEMBER 23rd, 12:15 pm** (4th Tuesday of each month) Senior Center Advisory Council Meeting at the Center.

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

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

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

**YARD SALE (Multi-Family) - FRIDAY, AUGUST 29th and SATURDAY, AUGUST 30th - 8:00 am - 5:00 pm** - Mimbres Highway 35 Mile Post 14 - On Cedar Lane - 575-536-3234

# 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 - THURSDAY, SEPTEMBER 18th

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

**GRANT COUNTY ARCHAEOLOGICAL SOCIETY - SEPTEMBER 17th - 3rd WEDS - 6:00 pm** at the Roundup Lodge for a potluck supper. 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](http://www.gcconcerts.org) for information.

**GRANT COUNTY ROLLING STONES GEM & MINERAL SOCIETY - SEPTEMBER 11th (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](http://rollingstonesgms.blogspot.com)

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

## SILVER CITY FOOD CO-OP

**SUNDAY, SEPTEMBER 7th - PICNIC - 11 am to 2 pm at the Gomez Peak Picnic Area.** Come to the Silver City Food Co-op's Annual Picnic.. The Co-op will provide the main dish. Please bring a salad or dessert dish to share and bring your own plates and utensils. Celebrate summer and our wonderful community with games, friends and good food! We are taking a huge group photo for our 40th anniversary. Come early and be part of the Co-op Community Photo which will be taken at 11:30 am.

**SEPTEMBER 9th and 11th Noon to 1:00 pm Community Forum** - The September Community Forum is a class on how to brew your own alternative kefir. The *Bumbling Gourmet* has taken up brewing ginger ale and other lightly sweetened sparkling beverages using water and kefir grains. The bottles pop like champagne and the bubbles will tickle your nose as well as your palate. Come learn the basic two-step fermentation process using kefir grains, organic sugar and juice. **The blue building, 614 North Bullard Street.** The Food Co-op is dedicated to educating our community on healthy food and home cooking. All monthly forums are free and open to anyone interested. 575-388-2343 for more information on events.

**FRIDAY, SEPTEMBER 12th - 6:30 to 9 pm STREET DANCE (street parking lot next to the Food Co-op).** Kick off Pickamania with the downtown street dance. The Silver City Food Co-op is proud to sponsor *The Out of Killers* from Tucson. Traditional Irish music from rousing ballads to toe-tapping jigs and reel that make you want to get up and dance!

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

**SEPTEMBER 4th - 5:00 pm ~ Fall Semester Sign Up Social.** WNMU Global Resource Center, 12th & Kentucky, Silver City. Overview meeting at 5:30 pm, course registration begins at 6:00 pm. Meet course facilitators and find out about their courses. WILL members may sign up for as many courses as they wish, space permitting. Preview the Fall Semester 2014 course schedule on the WILL website and explore the benefits of WILL membership. 575-538-6835 or [www.will-learning.com](http://www.will-learning.com) or [www.info@will-learning.com](mailto:www.info@will-learning.com)

**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.**

**WEDNESDAY, SEPTEMBER 10th ~ Nathan Newcomer** will present **Conducting Citizen Science Inventories in the Gila National Forest.** See what is going on in the 2014 forest.

**WEDNESDAY, SEPTEMBER 17th ~** (Location change: WNMU 3rd floor Meeting Room - near library entrance - Student Memorial Building, Silver City.) **Asher Gelbart** will present **Regenerative Landscaping with Rainwater Harvesting.** Mr. Gelbart will share how he applies his engineering skills to simple low-tech, sustainable infrastructures for living in harmony with the earth.

**WEDNESDAY, SEPTEMBER 24th ~ Ann Hedlund** will present **State of the Art: Navajo Weavers and Their Creativity.** Dr. Hedlund will address where Navajo weavers get ideas for their rug designs, weaving through the generations and the future prospects for Native American Weaving.

# Childhood Obesity Is a Family Affair, Says TOPS



The key to helping children struggling with their weight starts with helping the family, according to TOPS Club, Inc.® (Take Off Pounds Sensibly®), the nonprofit weight-loss support organization. For the first time in history, the current generation of kids may have a shorter lifespan than their parents. When children learn behaviors early on, those habits can last a lifetime – so teaching healthy habits from the beginning is important. And working together to be healthier can improve the weight and health of the entire family.

Consider the recommendations of Joseph Skelton, M.D., MS, Director of Brenner FIT (Families in Training), a childhood obesity research, prevention, and treatment program at Wake Forest Baptist Medical Center in Winston-Salem, North Carolina, who emphasizes that when you work as a team, success comes easier. Dr. Skelton is an expert on childhood obesity and a contributing author to TOPS' lifestyle guide *Real Life: The Hands-on Pounds-Off Guide* (available through Amazon.com).

## Focus on Habits

Changing a habit requires more than willpower — it takes hard work. Some tools that help are tracking, making a healthy home, and the “rule of 3s.”

## Monitoring and tracking

Regularly write down (daily or twice daily) what you and your family are doing, so you can get a sense of your habits. If your

family is trying to take a walk together twice a week, you may get to Saturday and realize you didn't even do it once. Writing things down keeps you on track to achieve goals. If your tracking sheet is hanging where everyone will see it, then your family will be reminded every day to take a walk. You'd be surprised how well this works. Making a chart with pasteboard and stickers may work well for a family with younger children, while teens may prefer to write in a journal or notebook. Use the tracking sheets to support each other's healthy habits, not to criticize or shame.

## Making a healthy home

If the candy jar in the kitchen is too tempting, put it away. If TVs in every room keep your family stuck on the couch, then turn them off and head to the park. Figure out what is getting in the way of reaching family goals. If you don't have time to grocery shop once or twice a week, and fast food keeps finding its way into the house, then adjust the family schedule. Make time for what is important. Schedule time for family health, and, suddenly, those goals aren't so out of reach.

## Snacks, meals and drinks

Following the rule of 3s can help you make healthy choices for you and your family.

**Drinks:** It is best to keep the sugar out of what we're drinking, even if it is 100 percent juice. Some “juices” are mostly water and added sugar. Look for drinks that have **less than three grams of sugar per**

## serving.

**Meals:** When we skip meals, we tend to overeat at the next meal and eat foods that are less healthy. **Eat three meals a day**, no skipping.

**Snacks:** Who said snacks are supposed to be salty or sweet? Snacks are food and should be seen as mini-meals. Here's a good rule of thumb for when we need a snack: Our bodies need a little boost when we **haven't eaten in three hours** and won't eat for another three hours.

## Ideas for Active Families

Are you and your family getting some amount of activity daily? It doesn't have to be exercise; a quick walk in the morning and a game of tag with your kids in the afternoon counts, too. Here are some ways to have fun and be active together.

**Continued Page 24**

## Conejo Mimbrenño in August

Did you color the picture of me at the Hummingbird Festival held at the Little Toad Creek Inn and Tavern? I spent a great day watching the people that were watching those amazing little birds! And I learned some fun Hummingbird facts. Did you know that hummingbird eggs are the size of an uncooked pinto bean



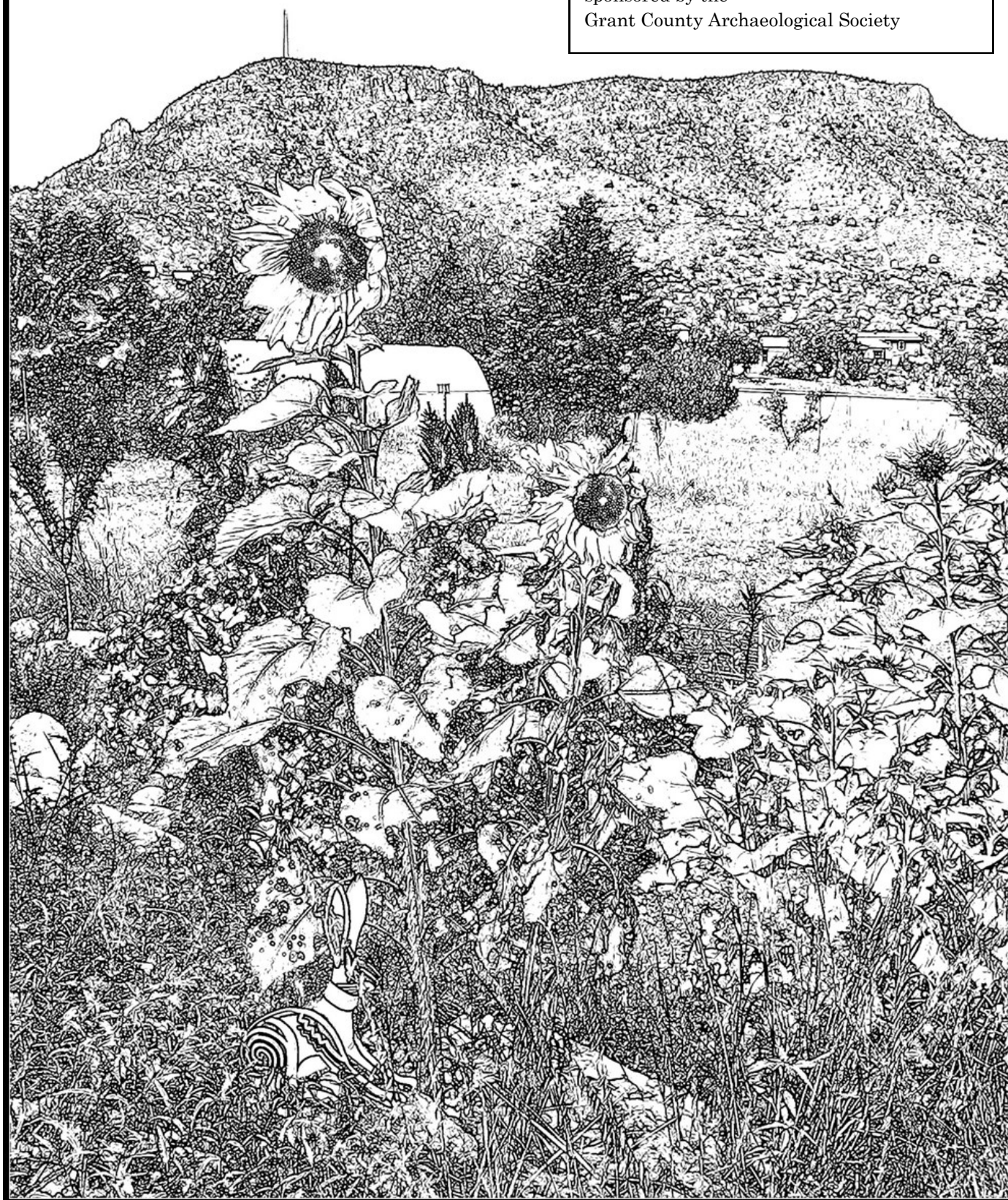
or a Tic Tac breath mint; or that hummingbird heart rates can exceed 1260 beats a minute; or that hummingbird tongues are twice as long as their bills? Can you tell a Magnificent from a Black-chinned hummer? Or a Broad-tailed from a Rufous? I can!



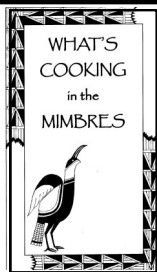
## Conejo Mimbrenño

WHERE IS THE MIMBRES RABBIT?  
DO YOU KNOW?

sponsored by the  
Grant County Archaeological Society



## New Mexico Apple Pie



### Filing:

3/4 c. Sugar  
1/4 c. All-Purpose  
Flour  
1/2 c. Diced Green Chilies, Mild or  
Medium to taste  
1/4 c. Toasted Piñon Nuts  
1/4 tsp. Ground Nutmeg  
1/2 tsp. Ground Cinnamon  
Dash of Salt  
5 c. Thinly sliced pared tart apples  
(about 5 medium)  
2 T. margarine or butter

Your favorite pastry for 9-inch two  
-crust pie.

Heat oven to 425°. Prepare pas-  
try. Mix sugar, flour, nutmeg, cin-  
namon and salt. Stir in apples,  
diced green chiles and toasted pi-  
ñon nuts. Turn into pastry-lined  
pie plate; dot with margarine or

butter. Cover with top crust that  
has slits cut in it; seal and flute.  
Cover edge with 3-inch strip of  
aluminum foil; remove foil during  
last 15 minutes of baking. Bake  
until crust is brown and juice be-  
gins to bubble through slits in  
crust, 40-50 minutes.

Note: Toast Piñons in a frying  
pan with a small amount of but-  
ter. Careful not to burn! If using  
self-rising flour, omit salt.

This recipe won **FIRST PRIZE** at  
the Mimbres Harvest Festival Pie  
Contest.

### *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 Boost-  
er Club. The \$10 purchase price  
goes to maintain and improve the  
Mimbres Roundup Lodge - Your  
Community Center.

Cont. from page 4

rotation are winter wheat, win-  
ter rye, winter pea (a legume  
that fixes nitrogen in the soil)  
and hull less oats. A wonderful  
summer green manure is buck-  
wheat, which is a very fast  
growing annual. We have been  
able to get three full stands of  
buckwheat; early, mid and late  
summer.

The best time to get these fall  
planted seeds in the ground is  
the first to middle of September  
while the soil is still warm and  
hopefully receives some rain.  
These two factors are essential  
to get the germination rate high  
enough to provide a good winter  
cover. It still amazes me that  
once these crops have estab-  
lished deep roots they remain  
green and healthy throughout  
the winter with no care. Alfalfa  
and clover can be planted as a  
perennial green manure, both of  
which fix nitrogen in the soil.

## Valle Mimbres Market



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## PRODUCE OF THE MONTH

By Frankie at Valle Mimbres Market

### Cucumber (*Cucumis Sativus*)

One of the oldest cultivated crops, originating in India or in the Middle East more than 3 millennia ago, the cucumber, the fruit of a vine, comes in a wide variety of colors, sizes, shapes and textures. **Selecting and Storing:** Fresh cucumbers should have a bright color and be firm, without sunken or wrinkled areas. Thin-skinned cucumbers will generally have fewer seeds than those that are thick-skinned. They can be kept at room temperature for a day or two, but are best stored inside a sealed container on top of a moisture absorbing towel in the refrigerator where they will keep for several days. The skin of conventionally grown cucumbers may be coated with non-edible synthetic wax which should be removed before being eaten. An organic cucumber's skin can be eaten.

**Nutrients:** A vegetable very low in calories, cucumbers are high in vitamin K, vitamin C, Molybdenum and Potassium and are a good source of Vitamin A, Pantothenic Acid, Magnesium, Phosphorus, Manganese, Silica and phytonutrients such as cucurbitacins, lignans, and flavonoids. The seeds and skins of organic cucumbers contain the most nutrients.

**Serving Suggestions:** Cucumbers should be washed thoroughly just before use, some may require a light scrubbing. If bitterness is suspected, both ends can be trimmed and used to rub the cuts to help remove a foamy white fluid, the source of the bitterness. If needed, the seeds can easily be removed when the fruit is cut lengthwise and the seeds scooped out with a spoon. Best eaten raw, cucumbers can be enjoyed by themselves, or cubed, sliced, or grated as an addition to salads, cold soups (gazpacho), sliced thick as a grain-free container for dips, the small fruits can be pickled (salt-brined or seasoned with vinegar, dill, and garlic) or juiced for their electrolytes with drier vegetables. Cucumber combines well with fish, chicken, feta, olives, garbanzo beans, lemon juice, mint, cilantro, dill, ginger, mustard, sesame butter and sesame seeds.

### Recipe: Cucumber Raita

1 + 1/2 cups plain yoghurt; 1 tsp roasted cumin seed powder; 3/4 tsp roasted coriander seed powder; 1 clove garlic, minced; 1/2 tsp black or white pepper, finely ground; 1/2 tsp sea salt; 1 medium cucumber. Optional garnish: 2 Tbsp chopped cilantro or mint, a sprinkling of smoked paprika.

In a medium-sized serving bowl, gently blend yoghurt and seasonings till smooth. Peel cucumber, then slice it lengthwise. Remove seeds (optional). Blot off moisture with towels. Cut into thin slices crosswise. Combine with yoghurt mixture and fresh herbs. Sprinkle with paprika. Cover and chill before serving.



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

Fresh ground whole grain  
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**Thomas H. Laws, CPA**

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575-388-1951



**Kathy Lee Hill**  
Fort Bayard Historic Preservation Society

PO Box 337  
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307.640.3012 cell  
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Living history  
Tour guide



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las horas de 8:45ms a 3:30pm,  
Lunes a Viernes.



**LAW ACCESS NEW MEXICO**  
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STATEWIDE 1-800-340-9771

## SAPILLO VOLUNTEER FIRE & RESCUE

### CALL 911 IN AN EMERGENCY

# History Will Fuel This Year's Octoberfest

My article last month, *No Emergency Medical Services in the Valley?* on the real possibility of no local emergency medical services, was a bit of a downer. So let's lighten things up a bit with this one. You know, look on the brighter side of life, the glass is half full, every cloud has a silver lining, and any other corny clichés you can think of – just fill in the blanks.

A long held tradition for our department is our annual Octoberfest, or for you purists, *Oktoberfest*. It's our way of thanking our fire district's residents for their support of our department and their care with fire. I've been with our department for the better part of ten years and I can remember only one fire caused by a resident. One. That's outstanding, and lucky. (Now if only rain would come without lightening we'd really have heaven on earth.)

This year our fest will be held on October 18<sup>th</sup>, again at the Little Toad Creek Inn & Tavern. The cooking starts at 3:00 p.m. and the eating starts, well, with our cooks nibbling as they go, 3:01 p.m. We serve brats and hamburgers and liquid refreshments,



Sapillo Fire District will celebrate Octoberfest at Little Toad Creek  
Photo courtesy of Paul Kenney

residents generally try to out-cook each other by bringing a dish to share, and we sit around getting reacquainted with our neighbors.

Our Auxiliary will be showcasing a bronze plaque recently purchased to honor the residents of our fire district who started the department back in 1987.

According to local lore, the idea to start a fire department in the Lake Roberts area took seed during a New Year's Eve party at a future fire chief's home. (I can't wait to find out

from our founding members how much booze was actually involved in the birth of the department.) Our first fire chief, Tom Ross who is still an active member, doesn't recall the party. Hmm... Tom does remember, however, going door to door to recruit help and memberships. Wilma May, another founding member, recalls how the Whiskey Creek Fire Department offered to give us their old fire house building because they were building a new one. Our residents gratefully accepted the offer, took it down, hauled it to Lake Roberts, and re-erected it on the banks of the Sapillo Creek, thanks to a generous donation of land from Matthew & Clara Gaska.

We are hoping for an especially good turnout this year so we can thank our founders and share tall tales of the good old' days.

Paul Kenney, Chief  
Sapillo Creek Volunteer Fire & Rescue

## SAN LORENZO ELEMENTRY SCHOOL LINE-UP FOR 2014 - 2015

### Michael Koury - Principal

Teachers:

3 year olds ~ Mrs. Liz Lucero  
4 year olds ~ Ms Marissa Jaeger  
Kindergarten ~ Ms Katrina Davis  
First Grade ~ Ms Lynn Smith

Second and Third Grade ~ Ms Pat Ross

Fourth, Fifth and Sixth Grade ~ Ms Diane Alcorta

Secretary ~ Ms Sandra Galaz

Librarian ~ Ms Blanca Carpenter

Custodian ~ Ms Linda Smith

Cook ~ Ms Debbie Dominguez

**Cont. from Page 1 - Meet your Neighbor - Ratcliff**

they dive in deep lakes like those around Santa Rosa.

As dive instructors Wendy and Derek became certified to teach CPR and first aid. This month, on Saturday September 20, they will share their knowledge with other Mimbrenos. They will be teaching CPR, basic first aid, and the Heimlich maneuver. Now that they themselves live in a rural community, and at least a half an hour away from the nearest hospital, the Ratcliffs recognize the need for people to know the techniques that may help give someone a greater chance of surviving a heart attack or some other health emergency. They have

the equipment needed to instruct others—such as CPR dummies and a Heimlich Maneuver vest. The Ratcliffs know just how important it can be to know how to do the Heimlich—when Joshua was a baby he somehow got a hold of a peppermint candy at a restaurant. Derek says, “People in the restaurant were startled when I grabbed Joshua out of his high chair, turned him over and hit him on the back-- then they realized what had happened when the candy shot out of his mouth.”

Derek says he does not mind the daily drive into Silver City for work. “It’s my down time, a time to decompress. And I get to enjoy all the wildlife.” Like the time, near Hanover, when two elk got so close to his little car

that he “could almost rub their bellies.” Derek called Wendy on the cell phone—telling her about, “elk so huge it seemed I could drive under them.” Wendy and the kids also love all the animals they see—the rabbits that live in their yard and the deer, coyotes, and other wild things that city folks do not get to experience. One morning, Derek had fun chasing a neighbor’s cow down the highway, and says he doesn’t mind one bit if he has to call in late for work because he has to deal with whatever may happen due to living in the country.

The family has been hugely impressed by the friendliness of Mimbrenos and the genuine welcome to the neighborhood they received. Derek says,

**Continued Page 22**

## YOU CAN SAVE A LIFE!!!

In about 30 minutes learn how to do CPR Chest Compressions and save a life!!



**Where: Mimbres Roundup Lodge**

**When: Saturday September 20th**

Session One) 10:30 – 11:10

Session Two) 11:30 – 12:10

Session Three) 12:30 – 1:10

Session Four) 1:30 – 2:10

Derek and Wendy Ratcliff are certified Emergency First Response Trainers and our neighbors here in the Valley. They will also share some very basic first aid tips as well as teach life saving (hands only) CPR through chest compressions.

The class is FREE and open to adults and children. All participants will receive a certificate of participation. Instruction will be in small groups so come to the session that fits your schedule!

CPR done the RIGHT way CAN make the difference between helping someone stay alive or not until the EMS gets to us out here, it’s that simple!



**Cont. from page 5 - Sustainability**

have.” I asked them if they have any specific tasks that they keep on the back burner for these times of surplus. Jon answered, “We pump water, we bake bread we do a lot of things that, you know, you just wouldn’t do if you had the place filled up. You start thinking backwards, you think ‘I’ve got an opportunity today to do a whole lotta stuff that could waste electricity.’”

As we looked down at the shipping containers that hold their batteries, inverters and their Isuzu four-cylinder diesel generator, I noticed a few stumps behind us on the hillside. Susie told me that in order to get the most out of the low winter sun, it had been necessary to remove a few trees. Inside the battery room, I saw that their battery pack was relatively small compared to the size of their compound. This is further evidence of careful planning and judicious power consumption.

They took me for a tour of the cabins and Susie showed off her considerable knowledge of architectural planning. The daughter of an architect, she has a PHD in Industrial Organizational Psychology and was the main designer behind the layout of the cabins, which are similar but have unique floor plans and themes. They all have open ceilings that allow the air to circulate. Heat comes from passive solar as well as gas-powered fireplaces. They also have microwaves, satellite TV and high-speed Internet. Jon in-

vited me to feel the LED bulbs in the bathroom to illustrate the low level of heat coming from them. It is proven that low heat often equates to low power usage. He said, “You couldn’t touch those if they were incandescent bulbs, you get lots of light and you aren’t losing it all in heat.” They also have small LED flashlights for guests that want to meander about in dark. Out on the porch they showed me various rusty artifacts and ceramic pottery which guests had collected while hiking about; some of the only reminders left of the once active mining town.



Solar Attic Fan  
Photo Courtesy of Franz Raiter

Each cabin is named for a character that once lived in Georgetown. Jon explained that, “Susie worked making six, I think, very unique accommodations; although they’re all the same physical size, neither a mirror image left or right.” I asked Susie how she came up with the themes for each cabin and she said each was from, “Stuff that we liked from the past, a lot of things too that Jon and I

owned.” She pointed to a large butterfly display that was formerly in their home as Jon said, “She’s got one cabin, the Judge Lucas cabin, which has a western theme; it’s all decorated with pistols, belts and saddlebags. The Mitchell cabin is basically a Mata Ortiz pottery theme. Susie offered to take me to the highest cabin in their diesel-powered side-by-side vehicle where I was treated to stunning views of the high country surrounding the McKnight plateau. This was the hunter/trapper themed cabin and I asked about two rifles that were on the wall. She told me that they were Jon’s father’s rifles, one of which was a .44 octagon barrel buffalo gun. Susie quietly said, “I think The Mimbres Valley is an undiscovered gem.” She not only designed the cabins, she is also the one who does all of the housekeeping.

***We call this ‘Nuevo Georgetown’ here- S Eickhoff***

While this ambitious project would overwhelm most people, the Eickhoffs have also managed to simultaneously run a grass-fed cattle operation in the lower Mimbres Valley. Anyone who can survive in this country should be admired, but to actually thrive and prosper takes dedication and the kind of hard work that would be appreciated by the original residents of Georgetown.

When I said goodbye, yanked out the I/V and hopped on my bike, I knew the downhill ride was going to be a blast.

**Hi Kids - TEAMKIDS and Youth groups will be starting again.**

**Come and have fun and learn about Jesus.**

**We start on September 3rd at 6:00 pm - 7:00 pm with a hot dog cookout. Then every Wednesday from 5:30 pm to 7:00 pm (meal 5:30 to 6:00 pm).**

**We are also starting a 4 week NEW BELIEVERS CLASS for both adults and children on September 10th from 5:30 - 7:00 pm. For more information, call 575-536-9543 or 575-574-7931**

**Rio Mimbres Baptist Church at 29 Mimbres Cactus Drive in Mimbres.**



## 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](http://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***

**Cont. from Page 20 - Meet your Neighbors - Ratcliff**

"Neighbors stopped by to just to give a handshake and hello and were soon bringing us fresh vegetables and eggs."

The Ratcliffs are looking forward to having their own backyard garden. Derek can't wait to grow his own chile. The whole family is now addicted to chile, red and green—one of the signs that they have truly become New Mexicans and have embraced our lifestyle.

Derek will be helping at the annual Health Fair held during the Mimbres Valley Harvest Festival. Walgreens once again will be offering free flu shots. Alexis and Joshua plan to help with the Festival's children's activities—a great way to meet other kids in the community.

So, put the date, September 20<sup>th</sup>, on your calendar if you would like to attend a CPR and first aid class, or just stop by to meet the Ratcliffs--your new neighbors.



*La Esperanza  
Vineyard and Winery*

## Thank You

Our thanks to each of you who were part of the great turnout and show of support at our 5th Anniversary celebration.

*David and Esperanza*

# Vendor Registration Form

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

No registrations will be accepted after  
Sept 27, 2014!

## Registration Information:

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

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

Address \_\_\_\_\_

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

Email \_\_\_\_\_

I am registering as:

### Grant County Grower

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

Booths are free for growers

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Grant County Artist/Craftsperson

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

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

Booth fee \$30

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Mimbres Valley Food Preparer

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

Locally prepared food items to be sold:

\_\_\_\_\_

**Fees:** \$30 Vendor puts up/takes down their own screened tent  
\$50 Vendor puts up/takes down MVHAL screened tent  
\$60 for a 10x20 space

### Local Non-Profit Organization

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

Local non-profit organization info and space requirements:

Booth fee \$15

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

**Checks and money orders only.**

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

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

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

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

call vendor chair Megan Streams at 536-9629

**Mimbres Messenger**  
P. O. Box 137  
Mimbres, NM 88049

Please email any suggestions, articles, announcements, upcoming events, advertising, etc. for consideration by the editors to:  
willhite200@aol.com

**We're on the web**

[www.mvhal.org](http://www.mvhal.org)

[www.mimbresharve](http://www.mimbresharve)



## BULLETIN BOARD

**MONDAY, SEPTEMBER 8th 5:30 PM - Mimbres Valley Health Action League Board of Directors' Monthly Meeting ~** Three Questions Café, Highway 35. Members Welcome

**WEDNESDAY, SEPTEMBER 10th, 12 NOON - 2:00 PM Commodities Pickup ~** Roundup Lodge - Volunteers needed to pack food. Please bring suitable boxes.

**MONDAY, SEPTEMBER 15th, 5:30 PM and SUNDAY, SEPTEMBER 28th, 4:00 PM Harvest Festival Planning Committee.** Roundup Lodge Community Center

Cont. from page 12 - Obesity

### Family events

Family night at the movies is always fun, but try planning something that is actually active. Go bowling, take a hike, or go to your local pool. Plus, it will be extra family time, bringing you closer together.

### Games

Younger children often are not excited about the gym or a fitness video. They want to play. Talk as a family about which activities can be fun. For some children, it is sports. For some families, it is martial arts. For the youngest, it may be active play, using imagination and creativity. The main point is, get away from the TV or computer, and move your body.

### Exergaming

Exergaming involves playing video games that actually require movement. Some special fitness games include yoga, balance, or stretching. Others require getting outside, such as geocaching, which uses global positioning systems (GPS) to search for hidden items placed by someone else. Many of these games can get your heart pumping and build strength.

### Keep in Mind

Sometimes the hardest work in raising a healthy child and a fit

family is parenting. The world we live in is unhealthy, and there are pressures all around. Reach out to other parents, parenting professionals, or parenting guides to develop skills to move your family in a healthy direction.

**Positive parenting:** Remember that it is always better to build healthy habits and behaviors with praise and positive reinforcement rather than punishment and criticism. As best you can, keep it positive.

**Rules of the family:** Does your family eat with the TV on? Do your children have to finish their homework before watching TV? Try to set house rules that encourage healthy behavior and development. Don't be too strict or it can backfire. Talk as a family about what the rules should be, then set an example to follow them.

**Communication:** Talking to your child about health can be difficult. Oftentimes, we expect younger chil-

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.

dren to understand healthy eating when they really just want to be like other kids their age. Take your child's development into consideration when talking about nutrition and activity. It is never too early to teach good health habits, but don't expect your 10-year-old to always understand why it's important to limit fast food and avoid soda at every meal. Be careful with words you use — criticism can hurt and do damage to relationships. If your child is overweight, it's likely he or she has been teased and may have self-esteem issues. Be encouraging, supportive, and positive, but still be the parent.

**The rest of the family:** What about family members who aren't overweight? The habits and behaviors discussed are healthy for your entire family regardless of how much they weigh. Addressing things like picky eating and family rules can help everyone.