



Stone: Aquamarine

Flower: Daffodil

The Hitchin' Post

Available on-line at www.mountaintimes.net

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March 2008

Patsy Ward, Editor

A Community Oriented Newsletter for Weed and Surrounding Communities
"If You're Lucky Enough to Live in the Mountains, You're Lucky Enough"

Sympathy

Our prayers and condolences are extended to James & Mary Lou Otts and family on the passing of James' mother, Jennie Belle, on February 17. She was 100. Memorial services were held in Carlsbad on February 20.

Anniversaries, Birthdays, Comings & Goings, Get Well Wishes, Etc.

Happy Anniversary to:

...Joe & Vickie Wilmeth - 2/9 (belated)
...Dennis & Phyllys Newton - 3/13
...Jeff Duncan & Ellen Kazor - 3/17
...Wade & Tanya Maberry - 3/19
...Steven & Stephanie Toth - 3/20
...Russ & Elaine Wright - 3/23 (40th)
...Don & Glenna Freeland - 3/26
...Tom & Patsy Ward - 3/30
...Walter & Lillian Stugis - 3/30

Happy Birthday to:

...Vickie Wilmeth - 2/9 (belated)
...Maddie Forkner - 3/1
...Meagan Coder & Sandra Hunt - 3/7
...Oscar Moore - 3/9
...Janie Hudman - 3/10
...Chuck Komraus - 3/13
...Ryan Harvey - 3/14
...Jerry Carpenter - 3/17
...Pat Hammett & Katie Walker - 3/19
...Jeff Petersen - 3/22
...Rachael Burton - 3/23
...Doreen Teel - 3/24
...Janson Ham - 3/26
...Paul Schreiber - 3/27
...Rantz Ankrom - 3/28
...Gari Ann Gage & Ken Hammett - 3/30
...Dennis Newton - 3/31

Congratulations to:

...Bill Lee Parker & Brenna Goss on their engagement.
...Wade & Tanya Maberry on their pending grandparenthood.

Get Well Wishes to:

...Obie Manning who underwent surgery in Albuquerque on February 26. We all hope and pray for healing!
...Donna Smith, Mike Schuhen, Elaine Wright and all the others in our area who have knee problems.
...Jerry Schierholt who is still hurting from the car accident in December.
...Craig Foster who had arteries in his legs opened on February 21 so foot surgery can be done later.
...Mary Ann Anderson who had a fall that did some facial injuries.
...Hudman family!
...Cyndy Nesbitt's grand-daughter who is recovering from side effects from the flu. Cyndy has also been under the weather.

Comings and Goings

...Russ & Elaine Wright visited Elaine's dad in Florida the week of February 18.

Welcome to:

...Joe and Vickie Wilmeth and their grandson Joey Hicks (a freshman at Cloudcroft High School) who live at 76 Perk Canyon Road. Joe & Vickie are the proud grandparents of 10 grandchildren (3-boys & 7 girls), including a newly born set of twins, Tamryn (girl) and Tayvan (boy) who had a rough beginning but are now doing well. We are so proud of Joe and Vickie since they are former military people who participated in the Service in Vietnam and Desert Storm.
- Debbie Stone

Dates to Remember

March 4 - Bookmobile, 1:15 - 2:30 p.m., Weed Post Office

March 4 - VFD Meeting, 7 p.m. Volunteers, please attend. We need to review 2007 Meeting and Turnout Attendance for PERA purposes.

March 9 - Daylight Saving Time begins

March 13 - Pinon Extension Club meeting, 1:30 p.m.

March 13 - Water Meeting

March 17 - St. Patrick's Day

March 23 - Easter Sunday

Lenten Luncheon Devotionals with Soup and Sandwiches

- Dulaney Barrett

On March 5, 12 & 19, the South Sacramento Mountain Ministerial Alliance is sponsoring a Lenten Season luncheon/devotional. Less than an hour long, these services will include music, a brief devotional by a different church, and a soup and sandwich lunch.

These luncheons are provided by the different churches without charge in the Fellowship Hall of the Cloudcroft United Methodist Church.

The hope is that working persons can take their lunch hour and join in this event; however, everyone is invited to attend.

Easter Sunrise Service

- Dulaney Barrett

the South Sacramento Mountain Ministerial Alliance will sponsor an Easter Sunrise community worship service at the Cloudcroft United Methodist Church, on March 23, 7 a.m., with breakfast following. The offering goes to support the Alliance ministries. Everyone is invited to attend and show a spirit of community fellowship in celebration of Jesus' resurrection.

Book Club

The next book club will be at Russ and Elaine Wright's at 4 p.m. on Sunday, March 30. It will be the usual potluck, with Russ and Elaine providing a meat dish. All are welcome. RSVPs are nice, but not

necessary (687-3073). Looking forward to seeing you all again. - Elaine and Russ

South Sacramento Water Group to Hear from Legislator, Commissioner - Ellen Wedum

The SSWG will hold its bi-monthly meeting in Weed on March 13 at 6 p.m. Members are asked to come to the old public school (past the Café and turn right) to hear from State Senator Vern Asbill and County Commissioner Doug Moore. Chair Lou Wilkerson is also trying to get a representative from the State Engineers Office in Roswell to speak at the meeting.

It will be an interesting update on water issues and the recent legislative session. The public is welcome to attend. For more information contact Lou Wilkerson at loufire99@yahoo.com

Mountain Democrats - Ellen Wedum

The Mountain Democrats will meet in Cloudcroft at Big Daddy's restaurant on Wednesday, March 12, at noon. We have a county commission open seat as Mike Nivison is term-limited out. Also, Ellen Wedum will have her nominating petitions with her if you want to sign, AND stop by if you just want to register to vote. Call Ellen at 682-2464 if you have questions.

Arts and Crafts

Would you be interested in joining a "card club" ? Nope, we're not going to play poker. We're going to make our own greeting cards. As a member of the club, you would need to make cards for each member. We'll decide how often we want to meet and what the themes of the cards will be, then you will be given weeks, months? to make 3 or more cards which you will exchange with other members and take home new cards for your holiday and special occasion use. In the meantime, we share creative ideas, learn new things, and get to share time and fun with friends. We will occasionally have special guests to share ideas with us and help each other as much as possible - so pros, beginners, never done before-ers please come and see if you like it, no cost, no contracts, nothing but fun! The gallery and gift shop next to the Weed Café will be our meeting place. Let me know if you are interested. Cyndy Nesbit cnesbit@pvt.net or 687-3486.

The Gallery and Gift Shop is getting a new look. Please watch for our new season and check out our new selections of paintings, jewelry, and other gifts made by local artists.

Piñon News - Margaret Merritt

Greetings friends, neighbors and newcomers! Not to certain where February went so fast, but maybe the wind speed had something to do with it? Being our New Mexico, the wind has removed some items and rearranged goodly number of others. It takes considerable wood smoke/ashes to keep a home as comfy as we seem to feel necessary these days. Been a long time since I saw ice on the kitchen water bucket before breakfast fires got going good. Memories still make running, warm water a good gift in the a.m. Should all the tumble weeds piled on our fences come up and do well (seeds, you know), we could dispense with fence building and repair; but, as usual, the high clutter will deteriorate, crumble, and turn to green New Mexico's best when it rains.

Piñoners have celebrated some real fine times of late. Bookmobile day brought the

homeschoolers' recitations which proved a child who learns to read can go far, far away and tell us about it also. The Schuen girls gave reports on books which brought this reading reporter new information on an old subject - gardening. Wistful for watercress of my childhood, I was fascinated to learn cress can be grown in kitchens nowadays, even on a sponge! In my childhood, a sponge grew in oceans or was a very difficult cake to get right. A persistent phone caller made me miss Jacob Hibbard's presentation and also Given Prather's report on Billy the Kid, but Given let me read his report, kindly not expecting me to share the book he was reading on nuclear mathematics. Give me no static about "teenagers." We have some fine youngsters who are a joy to know and to show.

Penning cows in pens near the highway can be wonderful when outlying roads are muddy and nearly impassable. When skies are clear and roads downhill, southeast traffic by vehicle can make corral work a mite difficult. A 70-foot truck trailer going downhill and facing a small inhabited village makes a horrifying noise (to a cow creature) which alerts the cows' "flee the area" temper. Experience has taught us that, so we are always on the alert but out numbered by cow feet 4 to 2. Today will take longer than hoped for to get the job completed.

Piñon Club House was host to a Club meeting and game night on February 14. Some 65 folks from 3 months to 85+ years had fun. "Mama Tine is gone to heaven" as her little great-granddaughter told us. Our beloved friend and neighbor, Ernestine Chesser Williams, was laid to rest in Peñasco Cemetery to the celebration of her life by her friends and loved ones, relatives, and acquaintances. At 94, she is gone from us. Her last book was written when she was 92. Southern New Mexico was her school, and she never quit teaching it. Adios, Ernestine.

Game night in Piñon - Beverly Bell

Finger Food/Game Night on Friday, March 21, starting at 6 p.m. at the Piñon Community Extension Building. EVERYONE IS WELCOME! Please bring a snack type food to share and your favorite game. Come and enjoy socializing and having fun!

Sacramento News - Joy Garrett Goin

Big doings in Sacramento. Our lovely post office (at least on the outside...inside it is plain out ugly!) is being torn down! Seems we have mold, the dangerous kind! So for the time being, we will get our mail from, as it has been described, a Burrito Wagon! The hilarious thing is the mold apparently is a side effect of the mud-flood that occurred in 2000 as a result of the Scott Able fire. Math has never been my strong point, but I don't even have to take my shoes off to count that was nearly 8 years ago. So, all of a sudden the Post Office was condemned. As of Monday, February 11, if a postal employee sets foot into the building they must wear a mask. But it was OK all these years and even 2 or 3 days after it was condemned. Huh?????? The Burrito Wagon is a fully equipped post office, we are told... except it has no running water nor a bathroom, and postal employees can't run the heater because of an exhaust problem! Oh yes, it has no computer either so the miles of paperwork that seems to accompany any job nowadays will have to be done elsewhere.

The news about our Post Office even overshadowed the wedding news. Whose? Well in case you are just visiting from another planet and hadn't heard, Joy Garrett and Ray Goin tied the knot on Super Bowl Sunday. Super Bowl Sunday? Are they

out of their minds? Well....yes! All kidding aside, neither Ray nor I have words to express our appreciation for the outpouring of love and support we have received. The beaming faces in the Chapel as we walked down the aisle, the congratulations we have received, the cards, the beautifully decorated car(?), our names in lights...well almost...even the kidding we have received about the brevity of our engagement...we have thoroughly enjoyed it all! And oh yeah, about the decorated car. To the perps who added the "tail," we'll recycle the soda cans, but about the shoes ... do you need them back? We managed to keep Amber from "killing" them as we drove in the yard with our "decoration" trailing behind us.

And HB, hang in there. Your birthday will be here before you know it!

I just LOVE living in the Weed/Sac community! Ray and I are going to be building a "Hobbit House" on his property in Hay Canyon (he builds, I encourage!). We are looking for "barn wood." If you have an old shed\barn you want torn, down give us a call at 687-3862.

The SMA

- Cindy McCuaig

After a long and busy winter, Sacramento Methodist Assembly is preparing for yet another wonderful spring and summer. Since 2008 began, the SMA has hosted groups and events such as a college-age Men's and Women's Chrysalis, a Senior High Methodist Youth retreat, a marriage retreat, and various small and large church groups from throughout the area. We were even given the honor of hosting the wedding of two of our favorite Sacramento neighbors and friends, Joy and Ray Goin!

The SMA staff has recognized a need and answered God's call to develop its own programming ministry. It is our prayer that this new ministry, "Narrow Trails Ministries," will allow us to not only provide a beautiful Christian environment through the use of our facilities, but also be able to witness God's word, His love, and His grace through special events and retreats that are developed by the SMA staff. Our first "Narrow Trails" event was a February marriage retreat in which 20 couples participated. The retreat, "Making Love Last a Lifetime," was facilitated by Pastor Ran Loy of Cloudcroft UMC, with worship and music being led by Curtis and Allison House of Wolfforth, TX. The event was so successful that we have already set the date for next year's marriage retreat for February 14-16. Among other "Narrow Trails Ministries" events planned for 2008 are "Heart Spa," a retreat for women educators (all women who work in schools---not just teachers) to be held April 4-6, "Ladies Adventure Camp," July 18-21, and "Father/Son Adventure Camp," July 24-27.

The summer looks to be a very busy one as we look forward to our many summer camps. These camps range in age from young elementary through adult and begin in June. Fun new recreation equipment such as mountain bikes and scooters have been added to our outdoor experience, so it should be a great summer camp season. Please feel free to call us at 575-687-3414 if you'd like any information about our facilities, camps, or retreats, or just come see us sometime! Come to the Mountain, Let God Refresh Your Soul!

Keeping You Posted

Postal rate hikes are coming May 12. First-class stamps, up another 1¢, and an increase in business rates of 3% across the board. The U.S. Postal Service wants to adopt these increases before 2009 when a new pricing law takes effect. It will let the USPS raise rates on an annual basis but by no more than the prior year's inflation rate. The 41-cent Forever Stamps are still available.

March is National Card and Letter Writing Month. This is the U.S. Postal Service's annual month-long effort to promote literacy and celebrate the art of letter writing. There is power in a letter. Go to www.usps.com for more information or visit your local Post Office. "Let us dare to read, think, speak, and write," John Adams 1765

Free Credit Report

Did you know that you can obtain a free credit report? That's right - free. Federal law requires major nationwide consumer reporting companies to give you a free copy of your credit report each year if you ask for it. Visit www.annualcreditreport.com or call 1-877-322-8228, or write to: Annual Credit Report Request Service, P.O. Box 195281, Atlanta, GA, 30348-5281. If you want your credit score, however, there is a small fee.

Medical Alert - These articles were written by Dr. Isadore Rosenfeld for Parade Magazine.

Bright Lights, Bad Headache?

As energy-saving fluorescent light bulbs become standard, new research suggests some dangers. Flickering bulbs have been reported to precipitate migraines or even seizures, though manufacturers say the new models have been improved. Fluorescent light also can aggravate skin rashes in people with lupus, eczema, dermatitis or porphyria. Perhaps most important, the bulbs contain mercury. If one breaks, don't vacuum the debris - that can release toxic dust into the air. Leave the room for 15 minutes. Then, wearing gloves, place fragments into a plastic bag, seal it, and take it to a recycling center.

New Link to Alzheimer's

A recent study conducted in the Netherlands found that smoking increases the risk of Alzheimer's disease (AD) by as much as 50% in people 55 or older who don't have a genetic predisposition to the disease. Doctors used to think that the nicotine in tobacco reduced the risk of AD by inhibiting the formation of plaques in the brain. The new study shows that, in fact, nicotine worsens the effects of a brain protein that causes AD. If you're still smoking in order to maintain cognitive function, you can quit now.

Vital Signs

- Submitted by Russ Wright

Regimens: An Herbal Extract Eases Symptoms of Heart Failure

By NICHOLAS BAKALAR

Published: February 5, 2008

In a review of 14 studies, researchers have found that the herbal supplement hawthorn extract is effective in treating symptoms of chronic heart failure.

In most of the studies, which were randomized and placebo-controlled, extract from hawthorn leaves, fruits and flowers was used as an adjunct to conventional treatment. The paper was published January 23 in the Cochrane Database of Systematic Reviews.

None of the trials reported data on mortality, so there was no evidence that the herb extends life. But it worked significantly better than placebos in improving exercise endurance and the strength of heart muscle contractions.

Most studies reported mild or no side effects, and the authors conclude that the extract, when used with conventional symptomatic treatment, is beneficial.

Still, Dr. Max H. Pittler, the lead author and deputy director of complementary medicine at the Universities of Exeter and Plymouth in England, warned that patients should not imagine hawthorn is a substitute for regular care. "Patients need a proper diagnosis from their doctors," Dr. Pittler said, "and they need to consult with their doctors if they want to take hawthorn along with their conventional medicine."

Dr. Pittler said it makes him uncomfortable that hawthorn is available without a prescription. "We don't really know the mechanisms by which hawthorn works," he said, "and it is important to caution that patients should not self-diagnose, and then self-treat with hawthorn."

Area Churches

Cowboy Church - Mike Burris, Pastor. Slack (Breakfast) - 10:15 a.m. Services - 11 a.m. We ain't fancy! Just come on in, kick off your boots, grab some coffee, biscuits & gravy and share the word of God with the rest of us cowboys, cowgirls and little buckaroos. We are located in Hay Canyon. God Bless and Happy Trails!

Mayhill Baptist Church - Norman Green, Pastor. Sunday School at 10 a.m., worship services at 11 a.m. Children and youth Bible drill and adult and youth Discipleship training, 5 p.m. Evening worship service, 6 p.m. Children and youth Bible study and adult Bible study and prayer meeting, Wednesday, 6:30 p.m. Men's breakfast and devotional, Thursday, 7 a.m.

Mayhill Church of Christ - Eddy Coleman, Minister. Sunday Bible class, 9:30 a.m.; worship service, 10:30 a.m. Evening worship, 6 p.m., and Wednesday Bible Study, 7 p.m.

Piñon Baptist Church - J. B. Craft, Pastor. Bible Study, 10:30 a.m.; Worship service, 11:30 a.m.; 12:30 potluck.

Piñon Church of Christ - Bible Study, 10:30 a.m., Worship Service, 11:30 a.m.; potluck 12:30 p.m.; Wednesday Bible study, 7 p.m.

Sacramento Mountain United Methodist Church - Joy Garrett Goin, Lay Minister. Sunday worship service at 10 a.m., Sunday School at 11 a.m.

Weed Baptist Church - Wade Maberry, Pastor. Sunday School 10 a.m., Worship Service at 11 a.m. Bible Study/Prayer, Wednesdays at 2 p.m. Fellowship breakfast every first Sunday, 9 a.m. Potluck luncheon every third Sunday of the month.

Weed House of Prayer - Don Brown, Pastor. Services are held every Sunday in the former Fellowship Hall. Prayer/singing at 10 a.m.; sermon at 11 a.m. Prayer service is held each Wednesday at 10 a.m. Everyone is welcome to attend. Potluck luncheon the second Sunday of each month.

(If you have additional information you would like to include about your church, or if there are changes to the existing info, please let me know. Ed.)

Hunting in Unit 34

Through March 15, Barbary Sheep, any legal sporting arm.

Sacramento Mountains Senior Services

Did you know Sacramento Mountains Senior Services has a van available to help Seniors get where they need to go? Our friendly and helpful driver, Susan, comes to Weed and the surrounding areas every Monday just to take Seniors to Alamogordo. Seniors are welcome to ride this van, meet new friends, save some gas money, and spend a nice day shopping, going to the doctor, picking up prescriptions, running errands, etc. The van has cargo space for groceries, and this service is available to everybody over 60. On Wednesdays the van comes to Weed and the surrounding areas to bring seniors to the Cloudcroft Senior Center for a delicious lunch.

Sacramento Mountains Senior Services offers other services to Seniors including Meals-On-Wheels, Homemaker Service (light housekeeping for our qualified Seniors who are in need of outside assistance), special field trips to places of interest from time to time, and, of course, our delicious meals served Monday through Friday at 11:30 a.m. at the center (please call for reservations). All services are available to qualified Seniors. Although we do not charge for our services, each service has a suggested donation. It is only through your generous donations that we can continue to help meet the needs of our clients throughout Otero County.

For more information, please call Kathy Swope or Marianne White at (575) 682-3022 or toll-free at 1-888-576-3022.

Annual Weed Bluegrass Festival

We want to invite everyone to our 13th Annual Bluegrass Festival which will be held July 18-20 at the Weed Community Center. In the coming months, will be highlighting places to stay, bands that will be performing, and other exciting news. For more information, please contact Jeff & Louise Winkel, 575-687-224; Francis & H.B. Newell, 575-687-4388; Noel & Shirley Akers, 575-687-3680; Frances Goss, 575-687-3648; Debbie Stone, 575-687-2348 or e-mail patrice@cavemen.net.

- Submitted by Debbie Stone, Publicity Chair



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From the Editor

Thanks to everyone who contributed to this month's issue of the Hitchin' Post! Your contributions of articles, paper, ink cartridges (new and used), and money (new and used) make this newsletter the best source of community news in the area. The Hitchin' Post has something for everyone. I appreciate all of you and what you do to keep it going. I couldn't do it without you!

Due to the Mountain Times deadline of the 25th of each month, the deadline for the Hitchin' Post is now the 22nd of the month if you want your news included in the Mountain Times. If you don't care about your news getting into the Mountain Times, you may still submit your items two or three days before the end of the month for general distribution. Earlier if possible, please.

If you would like to receive the Hitchin' Post by e-mail, let me know and I'll add your name to the list. If you would like your name removed from the e-mail list, please let me know that, too.

LOST - One Dumpster - Patsy Ward, Ed.

As you will notice, we have "lost" one of our open top roll offs (dumpster). According to Debra Ingle of the Otero County Solid Waste Management, which manages our trash receptacles, the second roll off has been removed due to winter months and time to refurbish containers. Weed will have the use of one compactor and one roll off

during the slow months. (The first report I got was that the roll-off was removed due to "misuse").

We are trying to get the dumpster returned to us on a year-round basis. Will you help us by doing the following? It's at least worth a try.

Do not dispose of the following items in the compactor or open top roll off: oil, paint, gasoline, electronic waste (computers, small appliances, TVs, etc.), household appliances, tires. See below how and where to properly dispose of this type of trash.

The **open top roll offs** are for furniture, mattresses, and small quantities of building construction or demolition material. If these items are useable, take them to the Weed Mart in the north end of the "new" Weed School for other peoples' use. Please do not place loose trash into the open top roll off. This may cause litter along your highway during transportation to the Otero/Lincoln landfill south of Alamogordo.

The **compactor** is for household trash, feed bags, cardboard, sheetrock, and brittle and breakable items only. The compactor is emptied when full and replaced at the same time. Weed will not be without a compactor unless there is electrical failure. The **compactor** is easy and safe to use. Step 1 - Simply slide the lever mounted on the door to the right and open the compartment door (you can do so safely even if you hear the compactor motor working). Step 2 - place your household waste into the compartment. Step 3 - close the door and slide the lever into the hole on the left. The compactor will automatically begin processing your trash.

Please don't dump trash on the ground or overfill the dumpsters. It's an eyesore in addition to being unhealthy. Be considerate of your neighbors living in that area and also of the dumpster truck driver.

Also remember that this is where your Volunteer Fire Department is located. Keep the area clear for workers and emergency vehicles.

Please take pride in yourself and in our beautiful area. **Keep the Sacramento Mountains Beautiful!**

Recyclables and Hazardous Waste

Batteries, motor oil, tires, appliances, yard waste, or tree trimmings are items you can take to the La Luz Convenience Station located at 31 Gravel Pit Road. La Luz, NM.

The La Luz Convenience Station is located off Highway 54 on Gravel Pit Road just north of the traffic light going into La Luz. It is open Monday, Tuesday, Wednesday, Friday, and Saturday from 7:30 a.m. to 4:30 p.m. and accepts metal, tree trimmings, tires (5 per month per household), batteries, oil, appliances, hot water heaters, mattresses, etc. It does not accept dead animals, paint, and hazardous waste or burn barrels. No scavenging is allowed; no fires; no smoking. Children and pets must remain in vehicles at all times.

For more information, please call (505) 434-1538, or Toll Free 1-877-548-8772, or by email at www.lcswa.valornet.com. The Otero Solid Waste website is www.lcswa.org.