

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

Happy Anniversary to:

...Gary & Debbie Stone; Don & Anna Rae Brown, 13
...Doug & Evelyn Miller, 17
...Dub and Barbara Schuessler, 23
...Jerry and Barbara Schierholt, 29

Happy Birthday to:

...Dub Schuessler, 4
...Zachary Comino; Randy Adams, 10
...Tom Ward, 14
...Kyle Goss, 15
...Mayiak Green, 18
...Jincy Gage, 23
...H.B. Newell; Lauren Comino, 25
...Dee Hester, 28
...Ray Koch, 29
...Merle Smith; Lelana Pfaffenberger, 31

Congratulations to:

...Jay & Tiffany Stephens on the birth of their daughter, Kaylee Sara, on September 17. Kaylee weighed 7 lbs 2 oz. Proud grandparents are Brad & Debbie Dugas. Proud great-grandparents are Jim & Claudine Walls and Shelby & Phyllis Dugas.
...Kara Goss on her scholarship from Otero County Electric Cooperative.

Get Well Wishes & Prayers to:

...Debbie Dugas (Jim & Claudine Walls' daughter)
...Obie Manning
...Rita Stone
...Terry Rodgers
...Terry Morrow

Comings & Goings:

...Terry & Marie Rodgers visited family in Arkansas during the month.
...Tom & Patsy Ward visited parts of Colorado, Utah, Montana and Wyoming - including Yellowstone NP and Grand Teton NP.

Loss of Pets:

...John & Jan Rauch lost Jordan, their beloved canine companion of 14 years.

Weed Calendar

October 2, VFD meeting, 7 p.m.
October 2, Bookmobile, 1:15 - 2:30 p.m.
October 8, Post Office closed (Columbus Day, Federal holiday)

Upcoming Events

October 6-7: Oktoberfest, Zenith Park, Cloudcroft. Arts & crafts; horseshoe tourney on Saturday.
October 12: Columbus Day (actual)
October 20-21: Apple Festival, High Rolls
October 27: Harvestfest, Burro Avenue, Cloudcroft. Activities include The Great Pumpkin Race, pumpkin painting, hay rides, bean bag toss, & much more!
October 31: Halloween
November 4: DST ends at 2:30 a.m. Set your clocks back 1 hour before retiring for the night.

Volunteers

Sacramento/Weed Fire and Rescue is very proud of three volunteers who are giving 180 hours of their time in service to the Sacramento, Weed and Pinon Communities. Sheila Fry, Kay Hudman and Robert Hudman are taking the EMT Basic course through Eastern New Mexico University. Joe Boyle, a James Canyon volunteer and State approved instructor, is leading this course. Thank you Joe and our three local volunteers.

The addition of these three EMT Basics to our volunteers will greatly improve the level of service and the assistance available to our talented EMS First Responders, Teri and Al Alvarez, and our nurse Debbie Adams. Teri and Al are also approved CPR and First Aid Instructors. Melinda Fleming and Jason Fleming are EMT Basics providing service to the Pinon area.

Thanks to all of you from a grateful community.

Russ Wright, Director, Sacramento/Weed EMS

It's "Atta Boy" Time

- Pat Scott

Where did we get such men as these we are blessed with in our little "niche" of a town? They came to our mountains to retire, rest, find peace and comfort, and a quiet way of life.

Yet, when they hear of or see someone who needs help, they don't wait to be called on or even for an introduction. They just pitch in! If the job takes longer than expected, they'll be there 'til it's done. They bring their trucks, tractors, chain saws, weed eaters, mowers, firewood, and, most importantly, they bring their brains, experience, and backs. I'm sure they are offered pay for their help, which is mostly or always refused; but they get only a heartfelt "thanks," and that's enough for most of our men. They help kin folks, friends, sick people, old people, and people whose names they don't even know.

I'm tempted but reluctant to list names lest I overlook one hero I haven't heard about. You all know who they are. They've probably helped you, too. I know they've helped me!

So, here's a big "Atta Boy" to you men of the Sacramento Mountains! Good job! Well done! God bless you all. Sincerely, Pat Scott - "One of the old people you've helped."

Make A Difference Day, October 27

Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. It's an annual event that takes place on the fourth Saturday of every October.

If you volunteer regularly, great! If you don't volunteer now, here's an occasion to get started.

The Weed Gallery

Located next to the Weed Café

Start your Christmas shopping early. We have paintings and gifts by local artists. Give a gift of home.

Open every Saturday 12-6 during the month of October. Stop by and see us.

Qi Gong Healthy Living Exercises

Elaine and Russ Wright spent three weeks traveling in China last spring and it was a once-in-a-lifetime experience. On this trip they began a journey of understanding the beneficial health effects of Qi (Chi) Gong Tai Chi. They now do these healthy exercises each morning (well, most mornings). If anyone is interested in joining them on their porch at 8:00 AM, please feel free to come and they'll share what they learned with you. The exercise program is very gentle, and very effective. After one week, you'll feel a positive difference. It is suitable for the fit and able as well as the aged and infirm! Russ and Elaine ask that you call the night before if you plan to be there. 687-3073.

Piñon News

- Margaret Merritt

Greetings from the travelers. Trips away from home have included most of Piñon this month. Some varied trips to towns nearby. Lubbock for medical treatment. Michigan to bring family belongings to new home.

Week-long Merritt trip to visit medical personnel and celebrate the 43rd wedding anniversary of Ann & Dub Hannd. All children and grandchildren could be there (since school was out) except one son-in-law whose job demanded his presence. Great-Grandma had a fabulous time, especially with the little people. Various birth dates gave a week-long part-in-progress atmosphere.

During mid-August to mid-September, we had 7-1/2 inches of slow, easy rains with hardly any heavy runoffs. Grasses and trees are showing growth. Most fruit bearers were frozen in April freezes, so trees are have a vacation growth year. Wonder how the piñon nut crop will be? A rare year produces piñon nuts from proper moisture. Even rarer now, since so many piñon trees died of drought recently. Piñon trees are a long lived, slow growing tree at best. Worst makes us wonder if "piñon" will be a "what is that" item soon.

Piñon Extension Club members met at the Club House. Seven members planned another local arts/crafts/yard sale next year since our 2007 one was so much fun! Items sold/swapped. Around 100 folks came or stopped by. Arts/crafts day with sale items by local folks will again be December 1, 2007 from 10 a.m. to 4 p.m. at the Club House, with snacks provided.

Mitch & Kelly Hibbard hosted the Roswell Home Schooler Association. A hamburger/hotdog BBQ with all the fixings, some brought by guests, some provided. Seventy-nine people appeared to enjoy. I'm surely missing some of what happened since I went home 2 hours early after an 8-hour day. The following I recall:

Seventy-nine registered. Goat milking by kids of human variety. Milk fed to the doggie calf by bottle - same children. Horse handling by a lady whose horse was awesome. Horse shoeing and history by Mike Joy behind a rope line. Gold fish in the water troughs - gleeful children. Goat handling - Boer goats

so gentle. Trampolining - all day process for some. Ranch Heritage history by Charles Walker - you missed a wonderful story and song by Charles. John Nutts of PVT gave us a history of telephone/electric service from Montana boyhood to now. John Conner gave a fine lecture on weeds, bushes, flowers, and grasses of New Mexico. He identified some newcomer weeds most of us had never seen whose production required a year like 2006. Old-timer years. John said Charles is a hard man to follow! The piñata part of the party followed by departure, but I understand the prize was won by a 5-year-old with determination. The whole day was memorable for country kids and city folks as well. Thanks, folks!

Press time is really near. Adios, Margaret.

Tip Top Chimney Service

Don't forget! It's that time of year. Call for an estimate and to schedule a cleaning.

505/575-687-3486

Dean and Cyndy Nesbit

Custom Leatherwork

Three Loco Lobos is opening their shop to serve Weed, Sacramento, Piñon, Cloudcroft and the surrounding area with the best leather work available. New products or mending your old favorite items we can help you with it. We are located at #1 Pine Hurst Dr., Sacramento, NM in Hay Canyon. Contact : Mike or Mel Burris at (505) 687-3865



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Located in Weed, NM

For Sale: 1999 Honda CRV with 135,000 miles, new battery, good tires, deer guard. This month's Consumers Report lists those cars that will last long after 200,000 miles. The CRV is one of them. Call 687-3073 for more information.

Good Show!! - Evelyn Miller

Bo Rivers was the entertainment at the Weed Café the evening of September 15. The crowd was thrilled by the music and singing that Bo is so great at entertaining people with. We sure hope he and Miss Kelly will be back next year for another entertaining evening at Café. Thank you Shirley for bringing him up to make such a wonderful evening for everyone.

Wildflowers in the Beautiful Sacramento

Mountains We have been so in awe this year with all the green grass and all the fantastic color from the fantastic wildflowers that God has given us. We have been blessed with all the rain and the fact that the Agua Chiquita is still running. I hope everyone here has been taking the time to enjoy all the beauty we have been given. We have also been blessed and are thankful that the moisture has kept fires to a minimum.
- Evelyn Miller

Area Churches

Cowboy Church - Mike Burris, Pastor. Slack (Breakfast) - 9:15 a.m. Services - 10 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 buckeroos. 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 - Marlon McWilliams, Pastor. 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, 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. A potluck luncheon is held every third Sunday of the month.

Weed House of Prayer - Don Brown, Pastor. Services are held every Sunday in the home of Jimmy and Frances Goss. Prayer and singing at 10 a.m.; sermon at 11 a.m. Prayer service is held each Wednesday at 10 a.m. Wednesday Bible study class, 6:30 p.m., Fellowship Hall. Everyone is welcome to attend. A potluck luncheon is held the second Sunday of the 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.)

Letter to the Editor

This past week many members of our family spent several days in your area in the Sacramento Methodist Campground attending the wedding of our granddaughter. We were delighted by the beauty of the surroundings, both mountains and skies, the weather, and by the staff at the campground. Their helpful attitude, smiling faces, Christian dispositions, and friendly assistance was outstanding and heart-warming.

The Weed Café was a "found jewel," and among the great locals we met was the gracious Postmistress at Weed. Sacramento will be remembered for a long time.

We just wanted to reinforce your population's love and respect for the Weed area.

Sincerely, the Womack family, El Paso

Lincoln NF to be Sprayed

The U.S. Forest Service plans to spray portions of the Lincoln National Forest to control a native caterpillar that has been defoliating trees.

Forest Supervisor Lou Woltering signed a finding of no significant impact for the project to control *Nepytia janetae* - an inch worm that feeds on the needles of conifer trees.

Wolterings' decision authorizes aerial spraying on about 4,419 acres of National Forest land near Cloudcroft with *Bacillus thuringiensis*, or Btk, beginning in November.

Btk is a native bacterium, commonly found in soil and on plants, that affects moths and butterflies. It is not considered toxic to humans, wildlife, or fish and has been used for decades to control pests such as the gypsy moth and the Douglas fir tussock moth.

Because many moth and butterfly species are susceptible to Btk, the Forest Service said it was timing the spraying for when the Sacramento Mountains checkerspot butterfly is dormant and will not be feeding. Caterpillars must eat Btk for it to have any effect on them.

New 575 Area Code in New Mexico

On October 7, 2007, the state of New Mexico will be split into two area codes. The northwest region of the state will retain its current area code (505), and the rest of the state will get a new area code (575). This change will apply to wireline and wireless service as well as other communications services.

For nearly a year afterward, however, callers will be able to use either the new or old area code to complete their calls. **Mandatory use of the new 575 area code will begin October 5, 2008.**

Local calls within your area code will continue to be dialed with 7-digit dialing; local calls from one area code to another area code will require 10-digit dialing. All long distance calls will require 1 + 10-digit dialing. Remember to use the new 575 area code as needed.

Because the area code change is the result of normal growth in the state of New Mexico, any costs incurred for updating customer-owned systems and revising printed materials will be the responsibility of the individual telephone customer.

Please visit us online at www.pvt.com or call PVT at 1-800-505-4844 if you have any questions about the area code split.

Health Matters

Environment Department Asks Consumers to Check Homes for Botulism-Tainted Foods after National Recall of Castleberry Foods. Submitted by NM Environment Department, Marissa Stone, NMED Communication Director. To view the press release submitted by the New Mexico Environment Department, please visit

<http://www.health.state.nm.us/pdf/BotulismUpdate.pdf>. For more information, contact Marissa Stone at (505) 827-0314 or Deborah Busemeyer at (505) 470-2290.

Water Matters - Ellen Wedum
South Sacramento Water Group hears from
Otero County administrator, Sandia hydrologist.

Chair Lou Wilkerson opened the meeting in the Mayhill Community Center at 6:15pm on Thursday September 13. Jerry Sutherland, appointed two days previously as representative from the Cloudcroft City Council, did not attend.

Lou introduced the two guest speakers, David Chace from Sandia National Labs and Marty Moore, Otero County Administrator.

Hydrologist David Chace spoke first. He has been working on behalf of the Last Chance Water Co. They are monitoring water levels in 70 wells in the southern two-thirds of the New Mexico portion of the Salt Basin (the Otero Mesa) since 2002 (continuous monitoring in 8 of them). They are also monitoring water quality in seven other wells. There is some overlap with the study that Geoff Rawling reported on at the previous meeting in the vicinity of Timberon and Piñon. (See page 42 of the September Mountain Monthly.)

Chace observed that the Rawling study shows active recharge in the Sacramento Mountain area, in that well levels rose in response to the July 2006 rains, but he does not think we will see a long-term sustained recharge. The water will drain downhill. In the Salt Basin he did not observe any increase in well levels in after the July 2006 rains, which were fewer inches but relatively the same percentage increase as in the Sacramento Mountains. He has observed about a 6-inch decline in water levels each year since the study started in 2002. Pumping by Dell City was 211,000 acre-feet in 2000 and their pumping has been increasing since then. That is sixty-nine billion gallons of water in 2000 (one acre-foot is 325,853 gallons). Some of the water pumped by Dell City is recharged to the Salt Basin, but it drains south, not back north to New Mexico. The water level in the Salt Flats south of Dell City is at the ground surface, but on the north end of the Salt Basin the water level is 750 feet below the ground surface. El Paso sued to remove water on the lower Rio Grande from New Mexico about ten years ago, and the Supreme Court ruled that water is a commodity and can be removed from New Mexico unless it is "earmarked" for use in New Mexico. Since then New Mexicans have been trying to earmark every drop of New Mexico water for use in the state. The Salt Basin had been overlooked until 2002, when the Interstate Stream Commission and Last Chance Water Company both filed claims, with the ISC's February 12 claim beating Last Chance by 48 hours. Since the end of the 2007 legislative session, the various groups interested in the Salt Basin have started to form a collaborative research group to share information. The Last Chance Water Company and the ISC have reached an agreement to work cooperatively, Sandia has agreed to share information, and the ISC wants to expand this collaborative effort to include NM Tech, NMSU, USGS and private industry all cooperating together. Chace expects that eventually a combined report will be made available to the public. The legislature appropriated \$1 million, for FY 2008, of the requested \$2.1 million for a proposed three-year study. The three goals are (1) to reduce

the uncertainty in the recharge to the Salt Basin from the Sacramento Mountains (current estimates range from 35,000 to 200,000 acre-feet per year), (2) increase understanding of the distribution and movement of groundwater and (3) improve estimates of the amount of water and the quality of water the Salt Basin can hold. Chace expects that the legislature will provide additional funding for the study after receiving a progress report next year.

In answer to a question about politics and the media, Chace said that he believes that in the long run politics will drive decisions, not the science. Whatever happens in the Salt Basin will be a political decision. Texas pumping might drain the Salt Basin dry because there is no interstate water compact for the Salt Basin.

Every basin in NM is 'mined' to some extent—there is not a sustainable recharge. In Albuquerque they pumped their aquifer for years without monitoring, then wells began to go dry. So the key to good water management is careful monitoring.

Lou Wilkerson then introduced County Administrator Marty Moore, remarking that water plans are "more legal than they are realistic." If you don't have a water plan, somebody else can take your water away from you. Marty Moore reported that Otero County has 25 to 30 water distribution systems (municipalities, water companies, water associations) of sufficient size to be of concern. His office has been gathering comments, and what he thought intuitively seems to be correct. There are lots of water plans but none of them seem to be actively implemented. There is no cohesive effort in the county to address a water planning effort.

Otero County is "essentially gushing with water," but the issue is how to distribute it. That process is driven by both terrain and regulations. Another issue is line loss in the systems. His office is collecting information from the different systems on line loss. For example, the village of Cloudcroft estimates 10%–30% line loss, which can mean 10,000 to 30,000 gallons per day. Is that loss someone else's gain in another area? Otero County is not going to pay for another water plan; but, since the former plans had few benchmarks, some reworking is needed. He is waiting for a review by Dan Abercrombie of the Natural Resource Conservation Service, then he will present a report, including comments from county residents and the information from water systems, to the county commissioners. Lou Wilkerson requested that Marty inform the SSWG when the report is presented, so members can come.

He also said that the Chair of the Board of the Interstate Stream Commission last year suggested to him that Otero County should apply for water rights. Counties have not often done this in the past, and he thinks that the county individual water systems would not like the possible loss of local control that this might involve. As long as he is County Administrator, "water will plow ahead," but he needs help to push that plow.

The next meeting of the SSWG will be on November 9 at 6pm, in the Mayhill Community Center. Contact Lou Wilkerson

(loufire99@yahoo.com, 505/575-687-4098) for more information.

Facing the YUCK Factor

As population growth and climate change stress the region's water supplies, Westerners think hard about recycling their effluent. - Ellen Wedum

High Country News, September 17, 2007

By Peter Friederici

PAUL LACHINE

How has the West embraced water recycling? Very (gulp) cautiously

Sometime this fall, Mike Nivison plans to take a healthy swig of water that exemplifies everything you'd expect from a small resort town set high in a Western mountain range. The water will be cool, clear, refreshing. But it won't be pristine spring water pouring from some mossy crevice.

Nivison is Cloudcroft's village administrator, and what he anticipates savoring will come from the village's drinking-water treatment plant - and, not too long before that, from its sewage treatment facility.

Cloudcroft's will be one of the first wastewater systems in the nation to allow - or require, depending on your perspective - residents to drink treated wastewater that hasn't been naturally cleansed in a river or aquifer. It will be built entirely as a matter of necessity. At an elevation of more than 8,500 feet in southern New Mexico's Sacramento Mountains, Cloudcroft is high and, thanks to recent years of drought, dry.

"A city like San Diego can go buy more water," says Bruce Thomson, a University of New Mexico civil engineer who has been helping Cloudcroft develop its new water system. "It's expensive, but they can. But Cloudcroft is simply out of water. Because they're at the top of the mountain, there's no new place to drill wells. They're at the top of the watershed. They don't have any other alternatives."

Cloudcroft has only about 750 residents, but its population swells to a few thousand on summer weekends. All those people escaping the lowland heat - and drinking, showering, and flushing - can use more than a third of a million gallons of water on a single hot Saturday. But the village's major wells produce only about 150,000 gallons a day. To make up the shortfall, village officials have resorted in recent years to hauling water, which is expensive, inconvenient and energy-intensive.

Nivison figured that Cloudcroft's only sure source of what he calls "wet water" - that is, usable liquid, rather than theoretical legal rights or hard-to-reach water that might be buried somewhere deep underground - was right at his feet, in the stream of effluent pouring from the village's wastewater treatment plant. With several million dollars in state funding and the help of engineers from two universities and a private firm, the village has been building a plant to purify that water. After conventional treatments that settle solids and utilize microbes to degrade or remove pathogens, the plant will use multiple filtration methods, including reverse osmosis, to remove chemical contaminants. Then the water will be sent to covered tanks and mixed with groundwater pumped from the village wells.

After three or four weeks, the blend will be sent back through drinking-water treatment and distributed for use. The wastes squeezed out during the reverse osmosis process, meanwhile, will be concentrated in briny effluent, which the village will

store for use in dust control on roads, fighting fires, and, possibly, for making artificial snow at the local ski area.

And then the toilets will flush, and the sinks and tubs will drain, and the cycle will repeat again - and if Nivison and his collaborators are lucky, no one will think much about it.

"By any parameter you can measure - suspended particles, salts, bacteria, pharmaceuticals - the water from this process is going to be extraordinarily clean," Thomson says. "But you have to overcome the 'yuck factor.' It's not measurable, it's not quantifiable, but it's every bit as important as the particles you can measure."

"All we've done is recycle the same water on this earth since the beginning of time," Mike Nivison says. "This is just a more controlled environment for doing the same thing. I do believe this will be our salvation."

He's right, of course: Using water is fundamentally a matter of recycling. Mathematically, you can show that the liquid pouring from your faucet today probably contains some of the same water molecules that George Washington drank in 1776. Remember the water cycle diagram you saw in grade school: Two hydrogen atoms bound to one of oxygen precipitate from clouds as rain or snow, seep into the soil, transpire from leaves, get lapped up by animals, course through streams and rivers, and finally settle, temporarily, in the ocean, only to evaporate once again to start the cycle anew. The idea of reuse is central to our understanding of water - perhaps even a bit compelling, when it comes to sharing molecules with George Washington.

Farmers' Almanac October Gardening Tips

- 1 Poor day for planting, seeds tend to rot in ground.
- 2-4 Best planting days for fall potatoes, turnips, onions, carrots, beets and other root crops where climate is suitable. Also plant seedbeds, flower gardens.
- 5-9 Grub out weeds, briars and other plant pests.
- 10-11 The first day is favorable for planting root crops, fine for sowing hay, fodder crops and grains. Both days fine for sowing grains, hay and forage crops. Plant flowers.
- 12-14 Favorable days for planting above ground crops and leafy vegetables such as lettuce, cabbage, kale and celery where climate is suitable. Start seedbeds.
- 15-16 Do clearing and plowing, but no planting.
- 17-18 Plant tomatoes, peas, beans and other above ground crops, indoors in the north, outdoors in lower south.
- 19-20 Poor planting days. Kill poison ivy, weeds, clear land, but do no planting.
- 21-23 Favorable days for planting above ground crops, extra good for vine crops where climate is suitable.
- 24-25 A barren period.
- 26-27 Good days for planting beets, carrots, onions, turnips and other hardy root crops where climate is suitable.
- 28-29 Poor days for planting, seeds tend to rot in ground.
- 30-31 Best planting days for fall potatoes, turnips, onions, carrots, beets and other root

crops where climate is suitable. Also plant seedbeds, flower gardens.

Hunting in Unit 34

...October 6-10, elk, bull only, muzzle loader

...October 13-17, elk, bull only, rifle

...October 20-24, deer, muzzle loader

...October 27-31, deer, rifle

Dumpster and Compactor Etiquette

If you have items other than household garbage (**batteries, motor oil**), items that take up a lot a space (**appliances, furniture, mattresses, building materials, tires, tree trimmings, etc.**) or items you can't get in the dumpsters because the items are too heavy or too large for you to handle, arrange to take them or have them taken to the Otero County landfill. **If they're usable items, take them to the Weed Mart in the north end of the "new" Weed School.** 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.

The compactor is for household trash only, including cardboard boxes. If there's no room in the compactor, put your trash in the dumpsters. If there's no room in the dumpsters, please take it back home with you and bring it back another time.

_____ **The landfill** 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, hazardous waste, or burn barrels. No scavenging is allowed; no fires; no smoking. Children and pets must remain in vehicles at all times.

Please take pride in yourself and in our beautiful area.

Thought for the day

Wouldn't it be nice if we left the dumpster area cleaner than what we found it when we drop off our parcels.

- Anonymous

Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I'd gained some weight, and I didn't feel so hot. My doctor said eating right doesn't have to be complicated and it would solve my physical problems. He said just think in colors. Fill your plate with bright colors... greens, yellows, reds, etc. I went right home and ate an entire bowl of

And sure enough, I felt better immediately. I never knew eating right could be so easy.