

FRIDAY Nov. 11

Native American Heritage Month

Throughout November: "Leading the Way to Healthier Nations" Bahe Whitethorne Jr. – artist exhibition. Bahe Whitethorne Jr. will have his work on display at the Main Library. Whitethorne Jr.'s art is inspired from his father and from graphic novels. This mix of traditional and contemporary techniques makes his work stand out. Octavia Fellin Public Library, 115 W. Hill Ave.

Family Movie

4 pm: a family film for everyone to enjoy. Children's Branch, 200 W. Aztec Ave.

SATURDAY Nov. 12

Wool Weaver Mark Deschinny

2 pm: Mark Deschinny will be giving a demonstration at the Children's Branch. Deschinny also makes hand-made Navajo weaving looms and tools specializing in portable looms which can be used for a weaving class, leisure weaving or for professional demonstrations. His combs, battens, spindles, needles and other weaving tools are hand-cut using domestic hardwoods and locally harvested woods. All tools are hand-finished with Danish oil, bees wax/orange oil and paste wax for many generations of weaving and protection. Octavia Fellin Public Library, 115 W. Hill Ave.

Overeaters Anonymous

Written by Gallupsun Staff Friday, 11 November 2016 11:15

Overeater's Anonymous 12-step meetings. Held every Sunday at 6 to 7 pm. at the Hozho Center. 216 W. Maloney. Open to anybody who has a desire to stop compulsive eating. Contact info. (505) 307-5999, (505) 721-9208or (505) 870-1483.

SUNDAY Nov. 13

Church of the Holy Spirit

Join us for the Holy Eucharist. Begins: 10:30 am. For more information, please call (505) 863-4695. Location: 1334 S. Country Club Dr.

Non-denominational Monthly Taize' Service

6:30 pm: A time of rest, silence, and spiritual refreshment. This is an opportunity to calm and quiet the soul before the new week starts. Music, chant, Scripture, and candlelight are part of this special service held at Westminster Presbyterian Church on Boardman Drive (151 N.M. 564 near the Orleans Manor Apartments). For more information, call Kathy Mezoff, (505) 870-6136.

MONDAY Nov. 14

Spa Day

Treat yourself and/or a friend to a relaxing rejuvenating facial, manicure, or pedicure for \$5 each. The event is a fundraiser for the American Cancer Society *Ups & Downs* Relay For Life Team. To make an appointment between 11 am and 6 pm, call (505) 863-7561. Walk-ins are Welcome! For more information, call Joyce, (505) 863-3075. UNM-Gallup Cosmetology Department in Gurley Hall, 705 Gurley Ave.

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Google Docs/Sheets

3-5 pm: The library is offering free computer training throughout the month of November. Class size is limited to 10 participants per session. Registration is required, call (505) 863-1291 or email libtrain@gallupnm.gov or visit the front desk of the library. Octavia Fellin Public Library, 115 W. Hill Ave.

**TUESDAY Nov. 15** 

**County Commission Meeting** 

The meeting begins at 9 am at the McKinley County Board of Commissioners, 207 W. Hill Ave. (505) 863-1400.

A Look at Dementia/Alzheimer's

10 am – noon: Understand why it has been called the "looming crisis" for our health care system. Robert Keene, dementia educator, is providing the following community programs in November. There is no charge to attend, however, participants are asked to pre-register. For more information, contact Robert at (505) 615-8053.

Poet Tanaya Winder

6 pm: the Library presents Tanaya Winder, writer, educator, motivational speaker, and spoken word poet from the Southern Ute, Duckwater Shoshone, and Pyramid Lake Paiute Nations. She co-founded As/Us: A Space for Women of the World. In 2010, Winder won the A Room Of Her Own Foundation's Orlando prize in poetry. Her poetry collection *Words Like Love* was published in 2015. She will read from her poetry and discuss how her culture and traditions

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have influenced her works. Octavia Fellin Public Library, 115 W. Hill Ave.

Gallup Interfaith Community Gathering

6:30 pm at Westminster Presbyterian Church: Get to know your neighbor, and be a part of creating a better community. Bring a dish or drink for a shared meal. The church is located at 151 State Highway 564, on the hill near Orleans Manor Apartments. For more information, contact Rev. Lorelei Kay (505) 290-5357.

Bereavement and Grieving Support Group

6:30 - 8 pm and Nov. 16, 10 - 11:30 am. For those who have lost a loved one to illness, age or disease. Robert Keene, dementia educator, is providing the following community programs in November. There is no charge to attend, however, participants are asked to pre-register. For more information, contact Robert at (505) 615-8053.

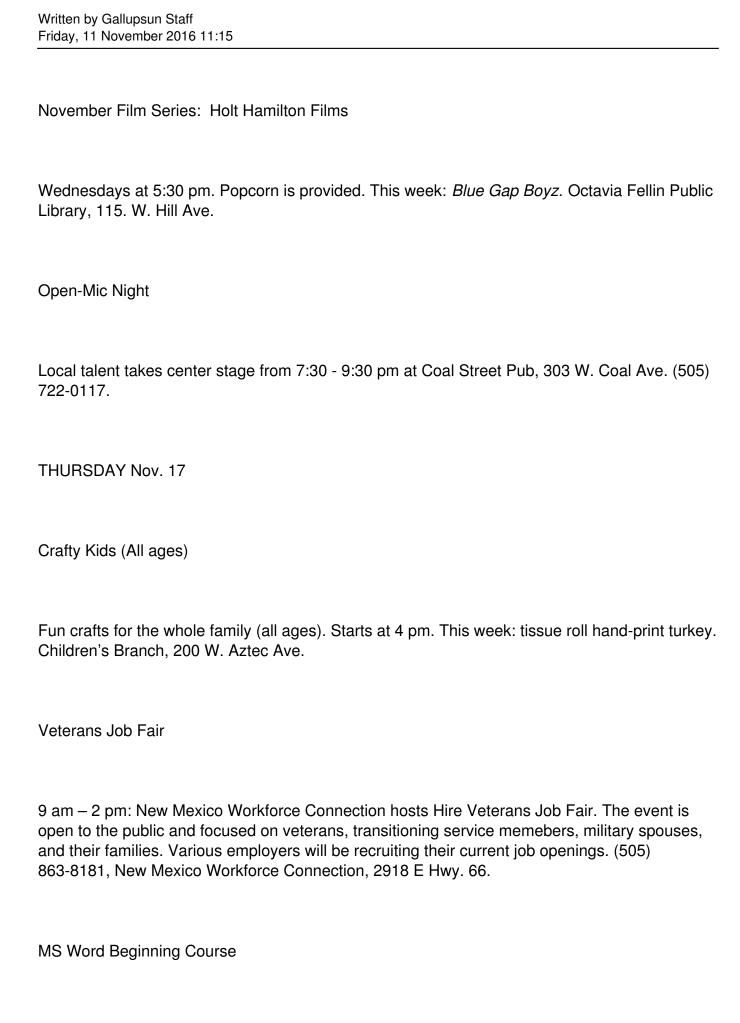
WEDNESDAY Nov. 16

Toddler Time (ages 2 to 4)

An active and energetic program for toddlers, featuring music, movement, rhymes, and stories. Starts: 10:30 am. Children's Branch, 200 W. Aztec Ave. **Free** 

Maker's Club (ages 7 and up)

A club for kids interested in science, math, building, and inventing. Each week features a different challenge, project, or experiment. Starts: 5 pm. This week: water filtration. Children's Branch, 200 W. Aztec Ave.



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Neighborhood Meeting with Councilor Fran Palochak, District 4

We invite residents of District 4 to visit with Councilor Fran Palochak at our meeting beginning at 6 pm. It's a great opportunity to share ideas and we welcome your compliments and complaints. Please join us and feel free to bring a friend or two. Residents outside of District 4 are also welcome to attend. Tobe Turpen Elementary School, 3310 Manuelito Dr.

**ONGOING** 

ArtsCrawl

ArtsCrawl is held the second Saturday of every month from 7 to 9 pm, downtown Gallup.

Cars N Coffee

Every Sunday in the Camille's parking lot from noon to 2 pm. Check out cars – new, old, vintage, and bikes. Cruise at 1:30 pm. Camille's Sidewalk Cafe, 306 S. Second St.

Childbirth Education Class

RMCHC Women's Health Unit offers childbirth education classes, at no charge, every second

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Saturday of the month in the RMCH Library, 1901 Red Rock Drive, from 9 am-1 pm. Contact WHU at (505) 863-7026.

City of Gallup's Sustainable Gallup Board

First Monday of the month, from 3 - 5 pm. Community members concerned about conservation, energy, water, recycling, and other environmental issues are welcome. Call Bill Bright at (505) 722-0039 for information. Octavia Fellin Public Library: 115 W. Hill Ave.

Community Pantry

The Hope Garden offers organic produce for sale from 10 am - noon, Tue – Fri., 1130 E. Hassler Valley Rd. All funds go to helping feed local folks. Call (505) 726-8068 or when visiting, ask for Vernon Garcia.

Friday Night Hootenanny

Gallup's longest-running live show! Every Friday night from 7 - 9 pm. Camille's Sidewalk Cafe, 306 S. Second St.

Gallup-McKinley County Humane Society

Wednesdays are low-cost Spay and Neuter Days, at the Gallup-McKinley County Humane Society. For more information, please call (505) 863-2616, or email: gmchumanesociety@gmail.com. Location: 1315 Hamilton Rd.

Gallup Solar

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The nonprofit, Gallup Solar, is hosting free Solar 101 classes about all things related to off-grid solar systems on the first three Wednesdays of each month, 6 - 7 pm, at 113 E. Logan Ave. All welcome any week. No registration required. For info call: (505) 728-9246.

Habitat for Humanity Yard Sale

The fundraisers are open 9 am - noon every Saturday. If you have household items to donate or wish to volunteer on construction or another service call Bill Bright at (505) 722-4226, Warehouse Lane off Allison Road.

Karaoke

Friday nights: Karaoke at Sammy C's with DJ Marvelous. 9 pm. 107 W. Coal Ave. (505) 863-2220.

**Recycling Council** 

McKinley Citizens Recycling Council is a local nonprofit working to increase recycling through education, community outreach, and partnership with local government agencies. MCRC meets the first Saturday of the month at 2 pm, at Red Mesa on Hill St. For more information, please call (505) 722-5142 or visit Recylegallup.org.

SAVE THE DATE

Family Movie

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Nov. 18, 4 pm: a family film for everyone to enjoy. Children's Branch, 200 W. Aztec Ave. This week: *Lilo and Stitch* 

Tuba City Christmas Tree Lighting

Nov. 18: As always, this is a community Christmas tree. It is you tree — a tree that will bring your family together once again, to laugh, to giggle, to cheer and "Rock Around the Christmas Tree." Hogan Family Restaurant parking lot, 10 Main St., Tuba City, Ariz.

2<sup>nd</sup> Annual Craft Fair/ Golden Angel Giving Tree Kick Off Event

Nov. 19: Booths, \$25. Big cupcake cake-walk. Rio West Mall, 1300 W. Maloney Ave.

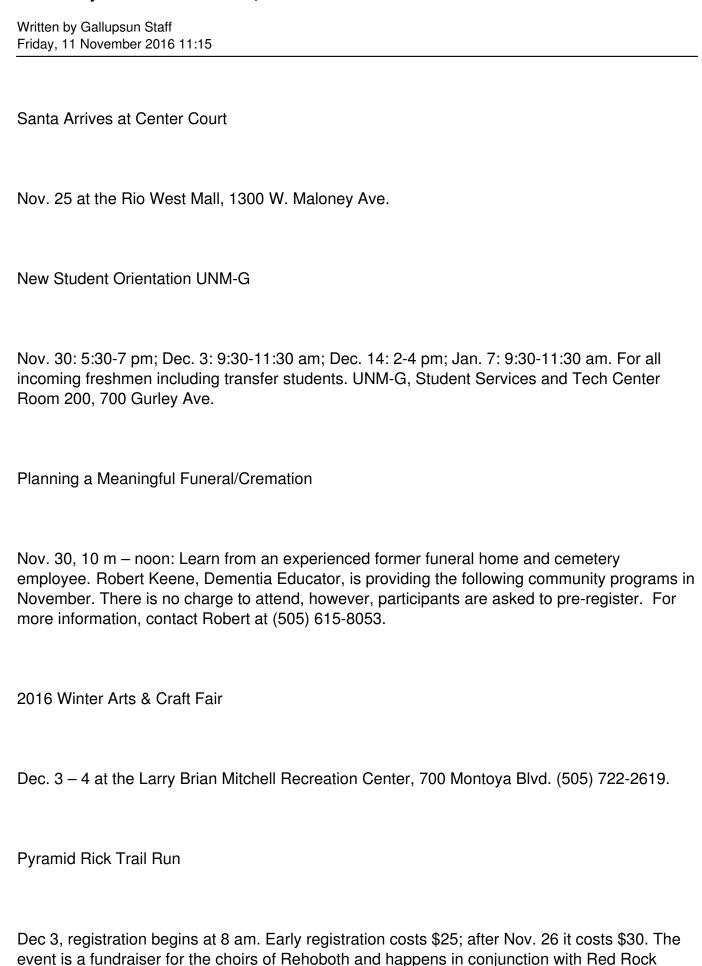
**Understanding Hospice** 

Nov. 19, 10 am – noon: What, why, who and when? Get your questions answered. Robert Keene, dementia educator, is providing the following community programs in November. There is no charge to attend, however, participants are asked to pre-register. For more information, contact Robert at (505) 615-8053.

The Plateau Sciences Society

2:30 pm, Nov. 20 at the Red Mesa Center, 105 W. Hill Ave. Pam Maples will present the documentary *Clean Up: Why & How.* The projected climate change is expected to make this region hotter and drier within the coming years. A program being conducted on the Navajo Nation is designed to clean up all residual storage tanks that may be contaminating local water supplies. This project may be limited in scope, but in years to come, every drop saved will be important. There will be time for discussion afterwards. For more information, contact Martin Link, (505) 863-6459.

Balloon Rally. Visit rcsnm.org to register.



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# Adopt a Grandparent

Bring joy to local elders by providing them with a gift. Navajo Health Education Program sponsors the event, which is looking for volunteers to adopt a grandparent from Ramah Senior Center, Tohatchi Senior Center, and Lupton Senior Center. Pick up a card from the tree at the NHEP office, (505) 726-8544; wrapped gifts should be dropped off no later than Dec. 12.