

JANUARY 2019

# Questa Del Rio Colorado News

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Volume II, Issue I

## Inspiration for the New Year: Ken LaCome

By JANA RAEI

Happy 2019! This is the time of year when we want to start fresh, break old habits and make new, better, healthier ones. A common focus is our health because we want to feel our best and have plenty of ENERGY for our New Year’s Resolutions! Recently I sat down at Rael’s Coffee Shop with Ken LaCome, Questa resident and Certified Health Educator. He is a treasure trove of knowledge about health, nutrition, and energy. In his 50’s, Ken says he has never felt better, he is a world class athlete, competing in Cross Country ski competitions.

Thirty-seven years ago, Ken had an epiphany as he walked into the Safeway in Taos. He realized there was nothing in the store that he wanted to eat. He started gathering fresh local fruits and vegetables. He was soon growing sprouts, ate fermented foods such as sauerkraut, and started making nutritional shakes from raw fruits and veggies. To this day, he finds that drinking wheat grass juice daily is his secret to health and vitality. He found he no longer wanted sugary, over-processed, refined foods. In his words, these foods, as well as popular caffeinated energy-type drinks, provide the illusion of energy, not the true energy of radiant health that comes from the enzymes, amino acids, vitamins and minerals found in fresh foods.

In a tragic crash while motorcycle racing in Aspen, Colorado in 1983, he suffered a spinal cord injury. After he completed his physical rehabilitation in record time, Ken moved to Albuquerque to study small business administration at what was then called the Technical Vocational Institute (TVI). While



Paralympian Ken LaCome racing on a sit ski.

a student there he further transitioned to a living foods diet. His brother, Mike gave him a book by Viktoras Kulvinkas, “Surviving into the 21st Century.” This book, together with meeting health food gurus, Dr. Ann Wigmore and Dr. Bernard Jensen, educated and reinforced his new lifestyle. During that time, he was asked to join a wheelchair tennis team, although he had never before picked up a racquet. Ken traveled the U.S. compet-

ing against other athletes in wheelchairs. Before he became a Paralympian, Ken raced motorcycles. In 1986, he was offered a job as a motorcycle mechanic and moved to Denver. This led to yet another sport in Winter Park, Colorado, Alpine skiing on a sit ski. Opportunities soon came to travel and compete. An athlete at this level needs a tremendous amount of energy to sustain him. Ken got even more serious about a living

foods lifestyle. While competing in 2002 at the Paralympics in Salt Lake City, Utah, Ken was inspired by a four-time gold medalist Cross Country skier to take up the sport. By 2007 he was looking for new challenges so he tried cross country sit skiing and in 2009 started competing in world cup events.

Ken is passionate about educating

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# Del Rio Colorado News

NOTICIAS DEL RIO COLORADO

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LETTER FROM THE EDITOR

## HELP FOR RESOLUTIONS, The Yin and the Yang of the New Year!

As we push the reset button on January 1st, it may be helpful to remember that New Year's is a two-sided coin. On New Year's Eve we say goodbye to the past and on New Year's Day we welcome the new. On the Yang side, we have the resolution to be better people by ADDING stuff to our already full agenda. This could include buying a gym membership, traveling more or maybe having more time with friends and family.

The flip side, the Yin side, is what are we willing to let go of, the SUBTRACTION part of the equation. There is always something we can do to improve our lives by eliminating what is in our way, that which we have grown out of, or away from. Taking something away that causes stress in our lives can leave a nice empty spot. If we want to have more time for exercise or a hobby, that usually means letting go of something that demands a lot of our time that doesn't necessarily pay for itself in terms of positive benefits. What can we let go of? Could it mean spending less time in front of a screen? Our televisions, computers and cell phones are so demanding and the more we are locked into these screens, the less we are available for our true local reality. By the way, I consider windshields to be in the screen category, so evaluating how much time you spend behind the wheel can be enlightening!

Nature abhors a vacuum, so by taking something away we can fill that slot with all the good stuff that we want to bring into our lives. Think realistically about what you are willing to put up with in this short life. Sometimes hanging on to a job we hate prevents us from getting the job we love. Just being aware of what has a negative or stressful effect on us, is a big step. Especially if we are so busy that we have a hard time keeping up with ourselves.

Let's say that one of your New Year's resolutions is to make new friends, that is the Yang side of the coin. The Yin side may mean elimi-

nating the self-defeating behaviors that prevent us from making friends. Are we so busy that we don't make time for people? Are we so critical that most acquaintances don't rate as possible friends? Are we spending time with negative people who get us in trouble?

Here is another example; maybe for the New Year you want a new wardrobe or a reboot on your style and appearance. Start with cleaning out your closet. Getting clear on what doesn't work will help you envision the new you. Release and let go of what is in your closet that you no longer need or want, especially if there are bad memories associated with it.

I am a firm believer in setting intentions. Once a year they come in the form of New Year's resolutions. One definition of intention is becoming clear about what we want. Defining our intentions and stating them in a firm way helps to remind us of what our purpose is. We want to enforce our resolutions and what our direction is. Keep it in our field of vision. It cannot be over-stated how effective it is to write our intentions and goals in a clear, firm way to help us stay on track. Say it verbally, both to ourselves and to others and yes, go ahead and write it down. Once something gets from the idea stage to paper, it has made the first step into physical manifestation. Everything starts with an idea: what if Nichola Tesla had never sketched his idea for alternating electrical current or if some of the great masters of world literature didn't bother to write down their thoughts? Write down your goals and aspirations now. Maybe in ten years you will run across the list and realize that all your intentions have come to pass!

We at the Questa Del Rio Colorado News invite you to go ahead and declare that 2019 is your best year ever, so far! HAPPY NEW YEAR!

LOU McCALL  
EDITOR

### Newly Engaged? Newlyweds?

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**QUESTA QUISINE...**

**NEW NAME, SAME MISSION!**

To all our wonderful readers:

Thanks to you, our Questa Quisine section has been a great success and we want to continue by being more inclusive (not that we haven't been already). In that spirit, Questa Quisine will become Enchanted Eats so that we can expand our culinary quests all around the Enchanted Circle. Our paper was always intended to serve our greater community of the Enchanted Circle, not just exclusively Questa. After all, our corner of Northern New Mexico is the best part of New Mexico and anyone who discov-

ers this part of the state will agree!

If there is a special restaurant that you would like us to feature, let us know. We will do our best to hit every spot in the Enchanted Circle...in the meantime, we will focus on our wonderful eateries in the Questa vicinity first. Our Questa area restaurants are near and dear to all of us, we will do those reviews in the coming months, then start exploring all the other great Enchanted Eats!

Thanks, and "Bon Appétit!"  
 ROBYN BLACK  
 FOOD EDITOR

Hi Lou, I just wanted to say hi and to let you know that I'm so excited about the paper and the opportunity you've given Rob and me to contribute to it.

I first learned about Questa in 2014

when Chevron asked me to help them think about how to assist the community to develop a post-mining economy. When Rob and I lived in Houston we spent a considerable amount of time in northern New Mexico.

We've always loved the area, so I couldn't believe that I was invited to work there!

Like lots of folks, we've come and gone intermittently over the years and your paper is not only a wonderful local asset but also a great way for outsiders like us to stay in touch. So, anything we can do to help you — including researching and writing up local history (and buying a subscription!) — we will gladly do from our outpost in Camden, Maine. (About as far away as possible in the continental US, I learned!)

Best regards and our warmest wishes for the holidays!

SUSAN REIDER  
 AND ROB WASSERSTROM

**OOPS!**

In last month's article on Aging and Beauty, we shared a link that was not correct: the correct link for Dr. Naomi Woodspring's book is: <https://books.emeraldinsight.com/page/detail/Baby-Boomers-Age-and-Beauty/?K=9781787542365> Enjoy!

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Questa Del Rio Colorado News

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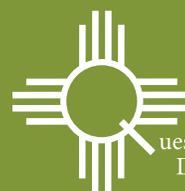
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**MONDAY  
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Have you been a patron or a vendor at the Questa Farmers Market? Combalache? Fiestas?

We want to improve the Community Outdoor Event Space and Visitor Center areas in downtown Questa.

The organizers of these events along with the QEDF will host a community meeting. Please attend to share YOUR vision.



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## Harnessing the Power: Buffalo Solar

Who can think of a better place for a solar energy company than Sunshine Valley? It just worked out that way for Russ Mueller. Growing up in grey, cloudy Eugene, Oregon, he didn't have a clue that one day he would be a solar energy contractor. In 1997 the rain finally drove him away from Oregon and he landed in Questa. Russ has been working in the field of solar power since 2004 when he went to work for SolarRay in Taos. Positive Energy, a larger company, bought out the business and Russ continued with them.

In 2014 he started his own company, Buffalo Solar. For those with an interest in history, the name is a play on the words, Buffalo Soldier. Mueller admits that when he was thinking of a name for his business Bob Marley's song, Buffalo Soldier kept going through his mind... It is a good name for a business, who doesn't like buffaloes?

Mueller is a licensed, bonded and insured electrical contractor who works mainly with residential solar installation and repair all over Taos County. There are more and more solar customers in the Questa area. Most of his clients are now installing off grid systems, so called because they are not connected to the established power grid. The other type of system, called a grid tied system is connected to the power lines, which in our area belong to Kit Carson Electric Co-op. Grid tied systems don't need storage batteries and pays monthly fees to the power company. They can buy electricity on cloudy days and sell back electricity when there is an excess that isn't being used. Having residential roof top generators is a good deal for electric companies who can buy the electricity without having to purchase or maintain the generating system. They do however have to install and maintain their own power lines and other aspects of their distribution system.

Mueller says the costs of photovoltaic solar panels (known as modules in the business) are dirt cheap now, compared to what they were when they first hit the market. Installing a solar power system is still expensive due to up-front costs, even though the utility savings pays it off in time. Off grid systems are more expensive because they require batteries, which have not gotten cheaper over the years. Most batteries are still the lead/acid type and lead as a raw material has doubled in price since the early days of solar. The new bat-



teries, Lithium-Ion, are even more expensive and are out of reach for most people. All things considered, home owners who have a solar powered electricity rarely have regrets. One local happy customer says of Russ of Buffalo Solar, "He's super reliable, great to work with and very skilled."

Russ Mueller believes in clean energy for many reasons. Even though energy companies are producing more power from alternative sources, most of our local electricity is still generated from



coal fired power plants. Mueller says we need to get away from coal as soon as possible! The sun rays are an untapped gold mine, a clean sustainable source of power with no harmful emissions. Buffalo Solar is a full-service solar company that can help with everything from

solarizing your well pump for filling cisterns and stock tanks to designing and installing your brand new solar powered system for home or business. For more information contact Russ Mueller at 575. 770.4877 or russ@buffalosolar-taos.com.

# Questa Lodging Project Receives Funding from LOR Foundation

By LINDSAY MAPES

The LOR Foundation, with offices in Taos, New Mexico and throughout the Western, U.S., accepted and funded a proposal from the San Antonio del Rio Colorado Historic Preservation (SARCHP) to study the feasibility of Questa's innovative Lodging Project.

The Questa Lodging Project began after community conversations with the Red River Economic Development Committee which highlighted the need for affordable housing in Red River. Community leaders realized that Questa's 99 vacant homes would not only help neighboring Red River businesses attract and retain employees but could also be used as a catalyst for economic development, creating jobs and driving gross receipts tax revenue in Questa.

"We realized we were onto something when we hosted a Community Forum last summer to discuss the idea, and over 60 residents came out to learn how they could take advantage of this opportunity," said Malaquias Rael, Jr., Secretary/

Treasurer of SARCHP. Since the successful Community Forum on Lodging 18 months ago, the number of AirBnB's in Questa jumped from one to over a dozen. "Questa is starting to become a place for tourists, too," said Rael.

The second component of the Lodging Project is to assist property owners in Questa in rehabilitating vacant properties. They can then list their properties on the rental market, thereby alleviating the demand for affordable housing in both Red River and Taos. This creates revenue for Questa's vacant property owners, improving the housing stock and home values in Questa, and preserving homeownership for Questa legacy families.

Early conversations with LOR showed the potential viability of the project. Jake Caldwell, Program Officer based out of LOR's Taos Office said, "This is exactly the type of project we would like to get behind, one that could benefit the economy of Questa from a grassroots, community-driven effort. It has the potential to inform and serve

as an inventive model for rural towns across the Mountain West." A feasibility study would measure the prospective financial outcomes of the Lodging Project, a natural first step for a multi-year project.

Last month, the LOR Foundation approved funding for this grant to the SARCHP for \$7,800 to conduct the feasibility study. The funds were dispersed in early December and Taos' Rio Chiquito Research & Consulting were contracted to conduct the study, which will be completed by the end of December, 2018. Once completed, the Lodging Project can then utilize the document to garner further resources to propel the project forward.

The SARCHP organization in Questa was founded in 2010 to rehabilitate the St. Anthony's Church after the west wall collapsed. The community effort was realized with donations from hundreds of individuals and thousands of hours of volunteer labor. With the church project nearly completed, the board has expanded its efforts to include rehabilitation of

homes. Cynthia Rael-Vigil, President of the SARCHP, upon receipt of their first grant for the Lodging Project, remarked, "As our community continues to progress and evolve, the Lodging Project will help preserve and cultivate the legacy of our culture and heritage."

*For more information about the Lodging Project, contact Lindsay Mapes at admin@SARCHP.org or 575-586-2149.*



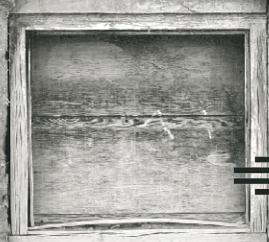
The San Antonio del Rio Colorado Historic Preservation board of directors. From left to right: secretary/treasurer Malaquias Rael Jr., President Cynthia Rael-Vigil, Vice-president Louise Gallegos, Marcos Rael

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# Of Columbus, Crypto-Jews and El Río Colorado – Part II

By PRISCILLA SHANNON  
GUTIÉRREZ

This is the second installment for our investigation into the Crypto-Jewish/Sephardic arrival in New Spain and the establishment of communities throughout Mexico and into New Mexico and southern Colorado. Our first installment ended with a discussion of Christopher Columbus' curious signature, post-1492, which appears to include a number of hidden Jewish references. The signature only adds to the compelling evidence that Columbus likely was a Crypto Jew. At the very least, Columbus descended from Crypto-Jews that had fled to Genoa in Italy from Spain in 1391 to avoid persecution. Columbus' family spoke Ladino, the language of Sephardic Jews, even though they had been in Genoa for 100 years. The words Sephardim or Sephardic refers to Spanish or Portuguese Jews. They were so-named

because Sepharad was the Biblical name for the Iberian Peninsula.

We hope this second installment will maintain the interest of readers. Both installments were researched and written with respect, keeping in mind the many residents in northern New Mexico and southern Colorado who descend from and/or are Crypto-Jewish families.

The 1492 edicts from Spain and later Portugal that expelled Jews resulted in widespread massacres or persecutions for those who stayed, even conversos, who were baptized into the Catholic faith. The mounting violence and lack of religious freedom forced many Jewish families and individuals to flee to other countries such as Turkey, France and Italy. A number of conversos crossed the Atlantic Ocean and made their way to New Spain on all four of Columbus' voyages. Crypto Jews also joined the voyages of other explorers heading into uncharted territory. Historians now

believe Jewish conversos accompanied Hernán Cortés to the Americas in 1520. Over the next century after Cortés' arrival, increasing numbers fled to New Spain, establishing communities in Mexico City, Veracruz, Guadalajara, Puebla, and Guatemala City. By the early 1600's, it is estimated as many as 2,000 conversos had settled in the Mexican peninsula.

Jewish emigres to New Spain undoubtedly felt relief in escaping the anti-Jewish sentiment sweeping both Spain and Portugal in the following decades, but their peace didn't last long. In 1570, King Phillip II of Spain, upon learning that "New Christians" were backsliding into their old Jewish ways, decided it was time to establish an Inquisition stronghold in Mexico. In short order, the Catholic Church in Mexico City began identifying the so-called lax Christians, relentlessly prosecuting them or using purity tests to root out suspected Jews.

Christian purity tests consisted of eating pork, circumcising male children, not bathing on Fridays (seen as preparation for the Sabbath), or not eating tortillas (considered unleavened bread for Passover).

Anti-Jewish sentiment escalated quickly. Just 4 years later, in 1574, the first public auto-da-fe or burning of suspected Jews took place in Mexico City, and reached a climax in 1649 when eight Spaniards suspected of Judaism were burned at the stake. The persecution and killings didn't stop there nor were limited to Mexico City. In December of 1596, the governor of Nuevo León, Luis de Carvajal, was forced to witness his mother, two sisters and brother being burnt alive. Carvajal himself wasted away in prison until his death.

Given the risk to life and limb, it is no surprise that once again Crypto-Jews were compelled to migrate to safer, less populated regions – this time heading

## Local Historic Photos Go Big, Share Your Old Family Photos!



Enjarando la sala de Jose Albino y Andrellita Rael or Plastering or "mudding" the building of Jose Albino and Andrellita Rael. Photo courtesy of Estevan Rael-Galvez

The Questa Creative Council (QCC) is seeking historic images of the area or of your family (before 1960), to be printed on banners to hang on street light poles in the village. And the Questa Stories project is also looking for your contributions as an archive is created online. (questastories.org - read more below)

The purpose of these banners is to

celebrate and show to locals and visitors alike the strong culture and rich history of Questa. Remember the Gathering Memory July 8 workshop at the VFW with native son Dr. Estevan Rael-Galvez. Many treasured photographs and objects were brought and shared by you in the Questa community.

To have your photo scanned and

considered for representation on a banner please contact Martha Shepp. (Please contact us if you have any photos to share, even if you do not want to enter them for consideration for the banners!) Collaborators with the Questa Stories or QCC Street Banners projects will arrange a time to meet up with you to scan your photographs at high resolution.

Contact Martha Shepp at 575 776-7579; sheppmartha@gmail.com DEADLINE for entry for the banners is February 15th.

*QuestaStories.org is a collection point and archive for stories, oral histories, conversations, images, and artifacts of, by and about the communities, peoples, and places of North Central New Mexico.*

north with Don Juan de Oñate in 1598. Quite a number of the individuals and families who made their way north with Oñate were escaping the madness of the Inquisition in Mexico. We now know this because the names of a significant number of the poblanos who accompanied Oñate also appear in Inquisition court documents. Some of the surnames from early New Mexico settlements and Inquisition court documents include Delgado, Duarte, Hernández, Martínez, Muñoz, Nuñez, Rivera, Sánchez and Saucedo. It is believed that Oñate himself was likely fleeing as a converso. His ancestors in Spain on his mother's side included a rabbi who became a converso in 1390, along with the rest of his family.

Many of the early settlements in New Mexico around the area of Ohkay Owingeh (or San Juan Pueblo) included Crypto-Jewish families. As mentioned earlier, official documents from New Mexico settlements contain names that also appear on Mexico City Inquisition Court documents. Additionally, it is likely that the fortified La Loma Plaza in Taos, established circa 1795, by the Valdes family, among others, included conversos. Early Questa or Río del Colorado settlers also included Crypto-Jews. The Rael, Vigil, Trujillo, Gallegos, and Cruz surnames are among those from the earliest documents of the area.

When the tentacles of the Inquisition made their way north into New Mexico territory, the Crypto-Jews in Santa Fé and Albuquerque bore the brunt of its wrath. Conversos in the smaller, more isolated settlements remained harder to reach, but still vulnerable. In 1662, Bernardo de Mendizabal and his wife, Doña Teresa Aguilera y Roche were arrested in Santa Fé and brought to trial in Mexico City's Inquisition Court. De Mendizabal was a former governor of the territory who did not survive the Inquisition Court – he died in prison. But Doña Teresa's elegant self-defense resulted in a dismissal of the charges against her and she was released as a true Cristiana.

Surprisingly, the Inquisition Office in Mexico City did not officially close until 1820. But the threat of discovery or persecution was imprinted on the Crypto-Jewish population for a full two centuries before it shuttered the doors. Across northern New Mexico and southern Colorado, it became the custom to state, "Hablo Cristiano" as a sign that you spoke Spanish or the language of the true faith. Speaking any other language was considered proof you were not a true believer. Interestingly, the phrase remains in use to this day in



Figure 1



Figure 2

rural communities through northern New Mexico and southern Colorado. But these days when someone tells you, "Hablo Cristiano" they are asking you to speak more clearly or for clarification. Northern New Mexico communities are noted for their "closed access" when it comes to outsiders. For example, Anglos who speak Spanish are often met with curious stares and a response in English rather than Spanish (as in "you are not one of us so we only use English"). And the archaic forms of Spanish of northern New Mexico as well as southern Colorado may be a legacy of Crypto-Jewish communities keeping themselves closed off or purposefully isolated over the past few centuries.

A number of Spanish surnames found in communities today throughout the region have Sephardic origins, including names such as Abeyta, Bernal, Coca, Maes, Manzanares, Peña, Trujillo, Ulibarrí, Vigil and Valdez. These are just

a few examples. The name Benavides is also Jewish in origin as "ben" means "son of" in Hebrew. And the name Rael, which often is considered a shortened reference to Israel, has its origins in antiquity. Rael actually means "Lord of Light" in Hebrew. Additionally, Ra was the Egyptian/African name for God; while El was the Jewish name for God. The first people to use the surname Rael can be traced to a family in southeast Spain who became conversos in the 1480's. The Valdez family from the Taos & Mora areas can trace their matrilineal Jewish lineage all the way back to de Vargas. And the Salas family from Albuquerque can trace their origins back to the original 1598 Oñate colony. First names for both males and females also hint at Jewish origins including Solomon, Moises, Benjamin, David, Samuel, Ruben, Jacob and Abraham, Esther, Rachel, Miriam, Naomi, Ruth, Sara, Lila, and Gabriela. (See Figure 1) Evidence of

the converso legacy in northern New Mexico and Colorado can also be found in the cemeteries of the region. Some of the gravestones in camposantos or Catholic cemeteries have clear Jewish iconography mixed in with Catholic symbols. These include words like Adonai and Israel, the Mogen David or six-pointed Star of David, as well as menorahs. Some include Hebrew writing – a grave in a Catholic camposanto in the San Luis Valley has a cross on top with the first 5 Commandments written in Hebrew below it. Additionally, visitors to camposantos or other cemeteries may see stones or pebbles that have been placed atop gravestones. This is very much a Jewish custom whose purpose is to mark the family member's visit to the grave and to show that the memory of the deceased lives on through them. (See Figure 2) Conversos today who are discovering their Crypto-Jewish roots are referred to as Anusim. The Anusim are a legally protected group under Jewish halakha law who were, "Forced to abandon Judaism against their will." The word literally translates into "The Forced Ones." Since the 1970's, a number of the Anusim in New Mexico and Colorado have openly explored their Jewish roots, incorporating Jewish ritual into their Catholic spiritual practice, and in some cases, converting completely back to Judaism. For those who blend beliefs and the spirituality of both religions Crypto-Jewish priests or *chuetes* such as Father William Sánchez of Albuquerque tend to the needs of Anusim in their communities, incorporating Jewish ritual into the weekly Catholic Mass.

As we wrap up this fascinating topic, I can't help but marvel at the courage of the conversos who fled across the ocean to New Spain in search of freedom to worship. I applaud their tenacity to forge ahead into the uncharted territory of northern New Mexico and Colorado when threatened yet again by the Inquisition Office in Mexico City. And I can't help but admire the descendants of the Crypto Jews who live here and who are learning more fully about their families' heritage. We are all the better for understanding the journey that brought them here, and for understanding who they were...

# Don't worry? Easy to say – hard to do.



**LIVE  
LOVE  
LAUGH**

by Ellen Wood

Yep, worry causes harmful stress, which is the number one factor in aging and it's a primary heart attack villain.

But if we pull the covers off worry, poof! There's nothing there. There's no actual physical threat or pressure. It's an imagined future potential which may or may not materialize. We mull over what could happen and that puts us in a continued stressful cycle and keeps us from being happy. All for nothing – because

what we're mulling over isn't actually happening.

Worry takes us out of the current moment, where peace is available. When we're in a state of peace, we can deal with real threats and pressures as they arrive.

Another way we invite more stress into our lives is by continuously replaying in our minds stressful events that have already happened. I know I'm not the only one whose heart races when I see police lights behind me. Oh no, I'm over the speed limit! I'm probably going to get a ticket. Let's say I do get the ticket. The event is done and over with. Yes, I'll have to pay the fine and deal with points on my license, but the actual stressful event is finished.

Now say I get back home and call a friend and tell her about my experience.

I recall the police lights in my rearview mirror. I recall the moment when the officer tells me I won't be getting a warning this time. My heart again is racing.

Then another friend calls. I retell the story in detail and am again flooded with the feelings of anger, fear and frustration. I've now experienced the stressful event three times.

The truth is, we have a choice in how to respond when we think about a potential threat or a dreadful situation that has already occurred. Besides the practice of saying, Something good will come of this, one statement I heard years ago has really helped me to reclaim my power in the fall-out of a stressful incident; saying: It is what it is. Accept it, then act. When we're caught up in the stress, we're less able to act in solution-

based, life-giving ways. We become paralyzed and as a result often make matters worse.

When we accept things as they are, we give ourselves the gift of returning to the present moment where we can actually effect change. Many of us have very strong habits of worry or replaying stressful events in our minds, which is why we need a handy reminder to help us choose how to respond. For me, it's putting sticky notes where I'll see them, that say: Something good will come of this or It is what it is. Or just: Don't worry. Be happy.

Happy New Year!

*Ellen Wood of Questa is an inspirational speaker and award-winning author of the series of books, "The Secret Method for Growing Younger," available on Amazon. Contact her at [ellen@howtogrowyounger.com](mailto:ellen@howtogrowyounger.com)*



## ¡Vivir! ¡Amar! ¡Reír! “No Te Preocupes. Se Feliz.”

No Te Preocupes.--Fácil para decir. Difícil para hacer.

Sí, la pena causa estrés dañoso, cual es el primer factor en el envejecer y es el villano principal de ataques al corazón. Pero si le quitamos las cubiertas de la pena, poof!

Desaparece todo. No hay amenaza física ni presión. Es un potencial cual puedo o no materializarse. Reflexionamos sobre que puede ocurrir y eso nos pone en un ciclo continuo de estrés y nos impide estar felices. Todo para nada—porque lo que nos está preocupando no está pasando. La preocupación nos saca del momento corriente, donde se halla la paz. Cuando estamos en un estado de paz, podemos enfrentar

amenazas y presiones reales a medida que lleguen.

Otra manera que invitamos el estrés en nuestras vidas es cuando continuamente reflexionamos en eventos estresantes que han pasado. Yo se que no soy la única que se emociona cuando ve las luces de policía detrás de mi. ¡O no, me pase del límite de velocidad! Probablemente recibiré una infracción. Tal vez sí recibo una infracción.

El evento se acabó. Sí, tendré que pagar una multa y trataré con puntos en mi licencia, pero el evento estresante ya pasó.

Ahora bien, Vuelvo a la casa y llamo a una amiga y le cuento mi experiencia. Me acuerdo del las luces policías en el

espejo retrovisor. Me acuerdo del momento cuando el oficial me dice que no recibiré una advertencia esta vez. Otra vez mi corazón está acelerado.

Luego otra amiga me llama. Cuento mi experiencia de vuelta y otra vez me inundan las emociones de enfada, miedo y frustración. Ahora hace tres veces que he pasado por el evento estresante.

La realidad es, podemos elegir como responder cuando pensamos en una amenaza potencial o una situación terrible que ya ocurrió. Además de la práctica de decir algo bueno vendrá de esto, una declaración que escuche hace años me ha ayudado reclamar me poder en la caída de un incidente estresante; diciendo: Es lo que es. Acéptalo, luego

actué. Cuando estamos metidos en el estrés, no podemos actuar en soluciones que nos dan vida. Nos paralizamos y como resultado hacemos las cosas peor.

Cuando aceptamos las cosas como son, nos regalamos el momento presente donde realmente podemos hacer cambios. Muchos de nosotros tenemos fuertes hábitos de preocupación o de reflexionar en eventos estresantes, por eso necesitamos un recordatorio práctico para ayudar en escoger nuestra respuesta. Para mí, es poner notas adhesivas donde los puedo mirar, que dicen: Algo bueno vendrá de esto o Es lo que es. O sólo: No te preocupes, se feliz.

Feliz año nuevo.

# The Holiday and Post-Holiday Blues

BY CECILIA RODRIGUEZ  
*Licensed Marriage and Family Therapist-  
 PMS Questa Health Center*

There are a variety of reasons why many of us sink into the blues during or after the holidays. The simplest and most natural explanation is that the holidays occur during the deepest part of winter when all of nature, including human beings, naturally slow down, hibernate and go inward. This is a natural cycle. Our bodies need time for introspection, for quiet, for contemplation. The holiday celebrations demand that we be “on” and going 100 miles an hour for the roughly six weeks from Thanksgiving through Christmas and into the New Year. Cook-

ing, cleaning, hosting, visiting, shopping, partying, the sleepless nights and busy days are exhausting! We deplete our energy and counter the natural tendency to be still. We often do not recognize, much less honor, the natural changes our bodies go through during each season. All this stress affects our body and our immune systems can be compromised. It is not surprising that the increased activity of the holidays is often complicated by people being “under the weather” and getting sick.

As part of our natural tendency to go inward during this time we look at our accomplishments, our failures and our shortcomings because the expectation is that the New Year will bring us renewed

energy to push past wherever we believe we are stuck. This is a time that forces us to assess the quality of our lives.

If we have endured a year of challenges and we’ve lost a job, a loved one, a home, or we have been coping with an illness that sits heavily on our mind, the raucous celebrations may tend to make us feel excluded and interfere with our need for introspection and sharing. Sometimes those losses occurred a long time ago and the introspection and events of the season may trigger trauma and bring back painful memories and issues.

Sometimes, driven by the desire to get through the holidays in a different way, we feel the impulse to call someone out in order to “straighten out” a relationship. Excessive alcohol will bring out the worst in people and some holiday parties can become places for renewed and excessive drama and difficulty.

If income is limited, we experience even more stress, we lament being unable to lavish others with gifts that are noteworthy and may host feelings of guilt and shame. If you are a veteran and struggling with PTSD the holidays can be particularly difficult.

## What can we do about The Holiday and Post-Holiday Blues?

1. Slow down and take care of yourself! Stay away from the brink of exhaustion.
  2. Notice the people around you. If they’ve had a hard year give them a chance to express themselves if they need to. If you find they need more than you can offer them, give them information on where to go for help.
  3. Remember that for a veteran who has endured combat, holiday fireworks may trigger anxiety and flashbacks. Respect those who may live nearby and restrict your use of fireworks, especially if they have asked you to do so. If you are a veteran, do not hesitate to call a crisis line or contact a fellow veteran if you feel you need the support.
  4. Focus and find ways to spend “quality time” with friends and family. Perhaps sharing the things you are grateful for in your relationships, or sharing an inspiring poem, or story can help facilitate this quality time. It will nourish them and it will nourish you.
  5. Each day find the time to write down three things you are grateful for. Expressing gratitude is a sure way of getting in touch with all the good things in your life and levels out any negativity you may be feeling.
  6. Remember that your relationships are only as good as the time and energy you have invested in them all year. Let go of expectations and assumptions and be open to who others are and what they need to express. Remember they are subject to similar pressures as you and, most of all, be kind.
  7. Be aware that the only thing you have influence and control over is your own thoughts, behaviors and emotions. Check in with yourself and do what you need to do to take care of yourself.
  8. If you find yourself irritable, withdrawn, coping with feelings of loneliness and emptiness, excessive crying, please seek help. Sometimes just reaching out helps alleviate feelings that may come in waves and overwhelm you.
- The holidays force us to look at the quality of our relationship with ourselves and with our friends and families. Take control of your time and your energy and use it wisely. You have a great deal more power than you believe to increase your joy and the joy of the people you love in simple nurturing ways.

**If you are depressed or experiencing the Holiday Blues,**  
 here are numbers you can call or give to others:

Presbyterian Medical Services Behavioral Health Crisis Line, available 24/7:  
 1 (888) 920-6333

Statewide Crisis Line  
 1-855-662-7474

Veterans Crisis Line  
 1-800-273-8255 then press 1

PMS Questa Health Center, call and ask to speak to a counselor directly,  
 available 8 AM – 5PM, M-F, 575-586-0315

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## MIND BODY WISDOM FOR HEALTH & WELLNESS

BY BARBARA TRACY

### *Bringing Health and Vitality to Your Life*

We know something is not right when our lives have turned away from the joys of attaining our goals and the healthy pursuit of happiness. When we find ourselves preoccupied with pain and discomfort, sickness and disease, we ask ourselves “what happened?” “What went wrong?” The answer lies in what we’re consuming physically, mentally and emotionally. How much T.V. are we watching? How much time do we take to play? Are we being true to ourselves and what makes us happy?

When we’re out of balance it’s an indication that the direction we’ve been following is not a good one for us. The

object is to take stock of our current habits and our patterns of eating and thinking. We need to make the necessary changes that set us in the right direction and head us toward what we truly desire, good health and happiness. No longer victim to an unconscious state of living in our bodies, but becoming a conscious architect, planner, producer and director of our lives. Take charge, empower ourselves and live happy, healthy and wisely. Choose what is truly of value in our life and go for it.

This body, this very body we are using in this moment to read these words, to support our movement through the world moment to moment, how do you treat this body? This body is capable of creating new life, capable of hearing music, viewing the world through its eyes, this body which is the only body we have, how does it feel?

Our bodies are magnificent instruments that we are blessed to have so that we can enjoy this life in whichever way we choose. The amazing design of

the human body includes everything it needs to heal itself. However, we must live in such a way that gives the body that opportunity. The human body in its most pristine form is a vital, healthy, energetic vehicle for whatever we choose to use it for. This pristine state comes from moving the body into its most natural state of being. This includes what we put in our body, on our body and in our minds.

I have seen very sick people take an earnest interest in good nutrition and living habits as well as being aware of their mental focus and apply those principles in their lives. There is such a glow

and excitement in people when they change their lifestyle. Even for those who are born with physical handicaps, or those injured in accidents, their absolute situation may not change, but their happiness and vitality, after applying greater knowledge of the human body and its needs and dangers, does have a great impact on their lives.

My goal is to enlighten the reader and to inspire you to investigate and participate in an understanding of the body and mind that can bring greater health, vitality, happiness and lightness to your life.

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## TIA'S

By MISTY ARCHULETA

Today's lunch was at Tia's the restaurant on Cerro Road  
Where sat a place of memories seating four generations old  
I was with my Tia from Questa Sra. Jean Cisneros  
And immediately I thought Wow She is the same My Grandma Nora's espejo

The same stride in her walk including same pigeon-toes  
The same shadow silhouetted including Her same short pose  
The same fashion sense and same vintage clothes  
With the same wavy hair flowing the same flow  
The same eye-lashes wearing the same eye-glasses Oh this beautiful rose  
And the same wondrous crinkle on the same cherry red nose  
With cheeks tinted the same rouge like the color of primrose

The same good-sense wisdom affirming all a Grandmother knows  
And the same chastising words piercing down way to the marrow  
The same discontentment caused by the same Granddaughter's woes  
But yet the same forgiving heart that over bears my heavy sorrows

Showing Grandma's same warmth I embrace this short time she borrowed  
So much to ensure Great-niece remains on the straight and narrow

I watched my Tia place flowers where our family lays buried in rows  
To rest in Heaven's peace at Our Lady of Guadalupe Church's morado  
Expressing a Love emerged through Gil Blas y Clorinda Gallegos  
Rite's to take a passage Tia seeded with the footprints She sowed  
I yearn for more visits for a same time and same tomorrow  
To go in the way of my TIA'S the same Great road to follow

*Misty Archuleta is the daughter of Gerald "Jomo" Archuleta and Elizabeth "Betsy" Archuleta of Questa. She has been writing for as long as she can remember about anything that compelled her. By studying her personal surroundings, where originality and imagination design a manuscript of ballads, this freelance writer focuses on expressing her spirituality, life experiences, and personal reformation. Volunteering at Cerro Vista Farm for the first time this past summer, Misty found a place of solitude, not only for work, but to renew her inspiration in personal transformation and creativity. She also serves her community by working at Questa Farmers Market, and as a volunteer with LEAP (LeapSite.org). As part of keeping mindful in her life, Misty practices yoga and keeps her own home practice.*

# The Gem of Cerro, My Tia's Café

BY ROBYN BLACK

Stop in at My Tia's in Cerro and you will find Sylvia Sandoval in the kitchen doing what she loves to do, cooking up some of the best food around. Her love of cooking is evident, it started at a very young age when she spent time with her mother in her family's Cerro kitchen. Her mom would be attired in her dress, apron and heels, while listening to KOMA, singing along with the radio, in the kitchen cooking for her big family of eight children. Sylvia got her passion for cooking back then, watching her mom and the joy it brought her.

Sylvia has owned My Tia's since 2012. Her cousins Dolores and then Ruth owned My Tia's before that, although it does have a much longer history. Originally My Tia's was in Questa; they moved to what was an old bar in Cerro many years ago, where My Tia's continues to thrive. Before owning her own restaurant, Sylvia worked at many other places including the Highlander in Red River for 7 years, honing her skills and learning the ropes of the restaurant industry. She grew up in Cerro, most of her family (including siblings) still live there. For many generations her family has called Cerro home, you can't get more local than that!

My Tia's is a dream come true for Sylvia, her hard work and passion for food and people is evident the minute you walk in the door! All her food is home-made daily, no short cuts here. My Tia's is one of the few (if not the only) restaurant for miles around that will serve you chips and salsa, no charge! Sylvia wants to make sure you have something to nosh on while you are waiting for her to prepare her fresh, delicious food. Speaking of the food; the day we were there we had the Ute Burger with mushrooms, cheese and green chile with fries and a cheese enchilada plate with posole and beans, smothered in the most delicious green chile ever, perfection!

Personally, I don't think you could go wrong with anything on the menu,



meat eater or vegetarian, you will leave satisfied and planning your next meal at My Tia's. Don't skip the sopapillas with honey butter, they are one of the most popular things on the menu. (If I wasn't afraid my waistline would suffer, I would make a meal of about a dozen of them!)

Not only is the food outstanding, Sylvia is an amazing, caring person. This year for the month of November, veterans ate free at My Tia's, she plans on making this a tradition every November at My Tia's to show gratitude

to those who have served our country. Which leads me to let readers know, Sylvia is planning on staying put here in Cerro and continuing to cook wonderful home-made food to feed all the hungry locals, Veterans, bikers, out of town regulars, BLM adventurers and travelers who are smart enough to heed the sign on Highway 522 pointing to My Tia's in Cerro, a short detour off the



highway.

At My Tia's, you will find one of the most kind, caring, dedicated, generous people I have ever had the pleasure to spend time with, Sylvia Sandoval, who will undoubtedly either be in the kitchen cooking (while Lucia Martinez or Rosa Hurtado serve you with a smile) or she will be making sure you are happy, well fed and all is right, at that moment, in your world.

With about 5 days notice Sylvia will cater any celebration or life occasion. My Tia's is located on Highway 378, in Cerro. Their hours are: Tuesday - Friday 11 AM to 6 PM, Saturday and Sunday



9 AM to 7 PM, closed on Mondays. If there is an unexpected closure, you can usually find out on Facebook or on the chalkboard outside the restaurant. For take-out or catering please call 575-586-2203.



## Must Try Easy & Healthy Recipes for the New Year

### ROASTED CAULIFLOWER SOUP

#### INGREDIENTS:

- 1 head garlic
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 2 heads cauliflower, cut into florets
- 1 onion, diced
- 5 cups vegetable stock
- 3 fresh thyme sprigs or 1 teaspoon dried thyme
- 1 bay leaf
- 1/2 cup heavy cream (optional)

#### DIRECTIONS:

- Preheat oven to 425 degrees F.
1. Lightly oil a baking sheet or coat with nonstick spray.
  2. Cut head of garlic, skin and all, about 1/4-inch, to expose tops of garlic cloves. Place garlic head, cut side up, in a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly. Can also use parchment baking paper.
  3. Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet. Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes. Let cool before squeezing cloves from skin.
  4. Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.
  5. Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender or food processor until desired consistency is reached.
  6. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached. Serve immediately.

### SPAGHETTI SQUASH CHICKEN PARMESAN

#### INGREDIENTS:

- 1 cup olive oil
- 3/4 cup Italian style breadcrumbs (or panko)
- 1/4 cup freshly grated Parmesan

- 2 boneless, skinless chicken breasts, cut crosswise in half
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 1/2 cups tomato sauce
- 1 cup shredded mozzarella cheese
- 2 tablespoons chopped fresh parsley leaves

#### FOR THE SPAGHETTI SQUASH

- 1 (2-3 pounds) spaghetti squash
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper, to taste

#### DIRECTIONS:

- Preheat oven to 375 degrees F.
1. Lightly oil a baking sheet or coat with nonstick spray. Cut the squash in half lengthwise from stem to tail and scrape out the seeds. Drizzle with olive oil and season with salt and pepper, to taste. Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, about 35-45 minutes. Remove from oven and let rest until cool enough to handle. Using a fork, scrape the flesh to create long strands.
  2. Heat vegetable oil in a large skillet over medium high heat.
  3. In a large bowl, combine breadcrumbs (or panko) and Parmesan; set aside.
  4. Working one at a time, dredge chicken in flour, dip into eggs, then dredge in breadcrumbs mixture, pressing to coat.
  5. Add chicken to the skillet and cook until evenly golden and crispy, about 3-4 minutes. Transfer to a paper towel-lined plate. Let cool before dicing into bite-size pieces.
  6. Preheat oven to broil. Lightly oil a large oven-proof skillet or baking dish or coat with nonstick spray. Add spaghetti squash to the prepared skillet or baking dish and layer with chicken and tomato sauce; sprinkle with cheese.
  7. Place into oven and cook until melted and golden brown, about 2 minutes.
  8. Serve immediately, garnished with parsley, if desired.

### SIMPLE BLACK BEAN SOUP

#### INGREDIENTS

- 6 slices bacon, chopped
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 cups chicken broth
- pinch of dried oregano

- pinch of cayenne pepper
- 1/2 teaspoon ground cumin
- salt to taste
- 2 (14.5 ounce) cans black beans, rinsed and drained - Or cook your own beans (see instructions in white bean recipe below)
- 14 1/2 fluid ounces water
- 1/2 teaspoon ground black pepper

#### RELISH:

- 1/3 cup minced green onion
- 2 teaspoons minced red chiles
- juice of 1 lime

#### GARNISH:

- chopped green onion (optional)
- sour cream (optional)

#### DIRECTIONS

1. Prep time 5 minutes, cook time 45 minutes, ready in 50 minutes
2. Place bacon in cold pot. Turn heat to medium, cook and stir until the bacon is cooked but not crisp. Stir in onion; cook and stir for 5 minutes, until the onion turns translucent and golden.
3. Stir in garlic; cook for 2-3 minutes. Add chicken stock, turn heat to medium-high. Stir in oregano, cayenne and salt. Add black beans and water. Return to a simmer, cook on medium-low, stirring occasionally, for 20-30 minutes. While it's cooking, mash about half the beans to thicken the soup. Stir in black pepper and cumin. Add salt to taste.
4. Make the relish by stirring together minced green onion, minced red chiles, and lime juice. Serve garnished with relish and sour cream.

### SUPER EASY WHITE BEAN SALAD

This healthy white bean salad is quick and always a crowd-pleaser.

#### INGREDIENTS

- 2-1/2 cups white beans
- 1-2 bell peppers chopped (any color is fine)
- 2 cups cherry tomatoes
- 4 green onions
- 1 cucumber
- 1/4 cup fresh flat leaf parsley
- Juice of 1 small lemon
- 1/4 cup white vinegar
- 1 tablespoon cumin
- 1-2 tablespoons olive oil
- salt to taste

#### INSTRUCTIONS

1. If you use dried white beans, like we do, soak overnight first. Rinse, drain, add salt and boil to soften.
2. Rough chop the bell peppers, slice the cherry tomatoes, chop the green onions, peel, de-seed, and chop the cucumber, chop the parsley.
3. Add everything to a mixing bowl and stir.

#### RECIPE NOTES

For non-vegans, some feta cheese goes really well with this dish!

### SIMPLE OAT AND BLUEBERRY CRISP

— refined sugar free and made with whole grains. Warm, juicy blueberries with a delicious crumbled topping.

#### INGREDIENTS

- 1 cup rolled oats
- 1 cup pecan halves (about 3/4 cup chopped)
- 1/2 cup almond meal
- 1/2 cup flaked coconut (unsweetened, preferably!)
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 cup + 2 tablespoons olive oil (or coconut, almond or other vegetable oil)
- 1/3 cup real maple syrup or raw honey
- 4 cups blueberries

#### INSTRUCTIONS

Preheat the oven to 350 degrees. Chop the pecans. Combine the oats, pecans, almond meal, coconut, salt, and cinnamon in a large bowl. Add the olive oil and maple syrup and stir until well mixed. (GOOD LUCK NOT EATING THE WHOLE THING RIGHT HERE AND NOW.)

Grease a square baking dish (8x8 or 9x9) and arrange the blueberries in the bottom. Top with the oat mixture. Bake for 25-35 minutes or until the top is golden brown and has firmed up slightly. If you want, you can top with additional flaked coconut and return to the oven for another 5 minutes just for some decorative toasted coconut on top.

#### DRIZZLE ON TOP

Cream 8 ounces low-fat cream cheese with 1/2 cup light coconut milk, 1 teaspoon vanilla and 2 tablespoons raw honey. That will give about 2 cups of coconut "sauce." This is way more than you'll need for the crisp; you can half the recipe, keep the leftovers in the fridge as a fruit dip (like I do, yum!), freeze it for your next batch, or just use ice cream!



# Setting the Bar: The Dragonita



"The Dragonita" atop a 1978 F350, hand made by local craftsman Lynn Stehwien.

By LINDSAY MAPES

Master woodworker and longtime Cerro resident, Lynn Stehwien recently completed his latest work of art. No, this is not something to hang on a wall or sit on a stand and admire from afar. This is a functional, usable one-of-a-kind masterpiece; the Dragonita—a tiny home that sits atop his 1978 F350 truck.

It all started at Monte Vista High School where Lynn "fell in love with leather and woodworking, but more importantly, I learned the value of being able to make something with my hands." After he left home and began to fend for himself, he found that it was difficult to make ends meet as a leatherworker. He fell into his other passion: skiing. For the next 15 years, Lynn worked his way up the ski industry into operations at various ski resorts across the West. "The ski industry changed me forever, I can't imagine how I would have turned out without hav-

ing skiing in my life." Lynn later took up wood-working that proved even more fruitful - he had quite a knack for it. "I love building, it's such a challenge. And working with natural products is a healthy type of building," said Lynn.

Lynn has built or renovated dozens of structures around Northern New Mexico, primarily in Santa Fe and now in the El Rito area, from creatively cultivated restaurants, to sacred buildings, and custom-crafted homes. His latest creation, the Dragonita, Lynn built for his skiing. "When I thought about how much gas I could save on a powder day by spending the night in the Ski Valley parking lot, instead of driving back and forth to my home, I got inspired. How wonderful it is to be first in line for the chairlift each morning!" said Lynn, enthusiastically.

All young people need a role model to whom they

look up to. For Lynn, he was inspired by his Uncle Loran Stehwien. "He was a builder and a mentor to me. Even though he's been gone for many years, I still carry him with me in my projects - I give him credit when things seem to fall into place or there's a breakthrough on a job. It's like he's there with me helping things along," remembered Lynn fondly.

Lynn has come full circle and is revisiting his leatherwork trade from his youth.



"Now I can combine my woodworking and leatherwork. They are similar crafts; both are pliable materials, they're natural products, and they look good together. They should be together," he commented on a project of leather and wood doorjambs and inlaid leather in a rocking chair. He creates products that are truly works of art. Lynn is a master woodworker, as evidenced by his custom, mobile ski chalet, the Dragonita.

In 1974, Lynn made a leather shirt for a man and stayed in touch with him over the decades. The man contacted Lynn to return the shirt he purchased from him so many years ago. The man informed Lynn that he had cancer and did not have long to live and wanted to see that the shirt, a fine work of art, was taken care of. On November 22, 2018, opening day at Taos Ski Valley, Lynn was honored to remember his friend by wearing the leather shirt that was made with his own hands over 40 years ago.

Today, Lynn lives with his dear wife and soulmate, Kristina "Krissy", a massage therapist who is well-known for her talents, in the tiny community of Placita on a little slice of paradise with their horses, dogs, cats, chickens, gardens, and a lot of magpies. "Twenty-two years ago, we responded to an ad we found at the Santa Fe

Flea Market. We drove to Placita to check out the property, shared a couple of beers, dangled our feet in the acequia, and we could feel it in our veins; this was home."

To see the Dragonita, keep your eyes peeled. Or, perhaps you'll catch a glimpse at a ski area parking lot this winter.

# Rio Costilla Southwest Learning Academy

By MEGAN JENKINS

The Rio Costilla Southwest Learning Academy has had a very busy school year! We were recognized in the Taos News on July 25th for our 80% proficiency in Language Arts (16 out of 20 students) on the Partnership for Assessment of Readiness for College and Careers (PARCC) test and 45% proficiency in Math (9 out of 20). We also earned a “B” on our school report card from the New Mexico Public Education Department (NMPED), the highest scoring school in the Questa Independent School District!

Our students began the school year on September 8th by participating in the 20th Annual Rio Costilla Studio Art Tour. Two of our students won the People’s Choice Award, while several others placed 1st, 2nd, or 3rd among many other entries.

On October 4th, we shared in the annual La Cosecha event that celebrates the harvest and local traditions. The students mudded the horno to put corn and different meats to cook overnight. The students and community ate, sang, and danced in Costilla style tradition. The students helped decorate the QISD float for the October 13th Homecoming Parade.

We also celebrated diversity with Cultural Night on November 8th. The students created a Power Point Presentation about a specified country, wore traditional dress and brought a traditional food to share. Our honored guests this year included our new Filipina teachers, creating a wonderfully diverse educational experience.



RCSLA Homecoming float.



Dancing La Marcha at the RCSLA.

The Rio Costilla Community Parent Teacher Association (RCCPTA) hosted the annual Halloween Carnival at the Costilla Community Center and a “Thanks”Giving dinner to say Thank You to all who helped, donated, and participated in the lives of RCSLA students.



Halloween at the Rio Costilla Southwest Learning Academy



The two boys, one with a sombrero-Around the World in One Evening at Culture Night.



BY LEANNE SALAZAR,  
SUPERINTENDENT

In January the Questa Independent Schools will focus on empathy. Empathy is the human reaction to understanding and feeling what another may be experiencing, either through their own experiential knowledge or understanding of the events that have taken place. Empathy allows us the human experi-

ence of understanding and sympathy for another.

QISD supports the safety, health, and well-being of all of our students. Each New Year allows us to reflect on the past, to be grateful for the present and to prepare for our future. We hope that each of our students and staff members set high goals for themselves and anticipate great progress. Often the New Year is associated with change. Change is not always easy and often brings mixed emotions. Change can be difficult in any situation but knowing and understanding that while change is difficult it is sometimes necessary and we must learn to adjust.

New Mexico recently elected a new governor and she has promised educational reform and improvements. These

changes will affect how we do business and what will be expected of our students and staff. This change has come with hope, promise and anticipation for a better and brighter tomorrow for students across our great state.

Our students shine bright every day, whether they are on the basketball court or in the classroom. Through positive and strong educational leadership we are building a new generation of leaders, entrepreneurship and hope. The students of Questa are exceptional and they amaze us every day with their talent, knowledge, and abilities. Together we will ensure many helpful changes and through communication, empathy, and understanding we will continue to build on the success and legacy of the Questa

Schools.

The year 2019 will bring positivity, and new opportunities and as a community we can stand together to support our staff and students and improve our educational experiences for all students. Special thanks to the parents, businesses and greater community for believing that together we are stronger. We can agree to disagree, if necessary and move this district forward.

We hope that everyone has had a wonderful holiday break and we hope everyone is ready to ring in the New Year with hope, unity, and the willingness to be a part of what makes us proud to be Wildcats! On behalf of the QISD school board and administration, “Happy New Year!”

## National Drug and Alcohol Facts Week 2019

January 22 - 28, 2019

National Drug and Alcohol Facts Week is a national health observance from January 22 to January 28, 2019. Now in its 8th year, the National Institute on Drug Abuse (NIDA) has teamed up with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) to include scientific facts on alcohol misuse to educate youth about its effects on the brain, body, and behavior. By joining forces and bringing young adults and scientific experts together with a common goal, National Drug and Alcohol Facts Week aims to shatter the myths and empower teens with the knowledge to make positive choices.

ONDCP encourages all Drug Free Communities (DFC) grant award recipients (Vida Del Norte Coalition) to plan educational events or activities for teens in your communities that deliver

### PARTICIPATE IN A WEBINAR TUESDAY, JANUARY 16TH

Office of National Drug Control Policy (ONDCP) and the National Institute on Drug Abuse (NIDA) invite you to participate in a webinar on Tuesday, January 16th, from 5:00 to 6:00pm MST on this year's National Drug and Alcohol Facts Week.

To participate in this webinar, register here: <http://ems6.intellor.com?do=register&t=2&p=601821>

real, factual information about drugs and drug misuse.

#### Here's how you can get involved:

- Learn more about National Drug and Alcohol Facts Week by visiting: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>
- Spread the word and share this information with your networks by using the downloadable toolkit and promotional materials.
- Plan an educational event for your community using NIDA's step-by-step toolkit and order FREE educational materials for your event.
- Get your drug abuse prevention efforts recognized by completing the National Drug and Alcohol Facts Week registration form.

For more information, contact Brian Marquis at [drugfacts@nida.nih.gov](mailto:drugfacts@nida.nih.gov).



## Vida Del Norte Coalition Update

By JANIE CORINNE

The Coalition held a strategic planning retreat at Frank's Eats and Sweets in mid-December. We chose alcohol and e-cigs (vaping) as the two drugs to focus on in our planning and for our funding application for Fiscal Year 2019-2020. Two thirds of our high school youth report using e-cigs in the past 30 days, that is a lot! It is much higher than rates across New Mexico. Our behavioral health experts pointed out that behaviors associated with vaping set people up for other drug use; seeking the apparatus and the substance, associating with others who are doing it, hiding while using, lying and other dishonest behavior. Another aspect is regarding parents, teachers, law enforcement and other authority figures as "the enemy" rather than someone on their side.

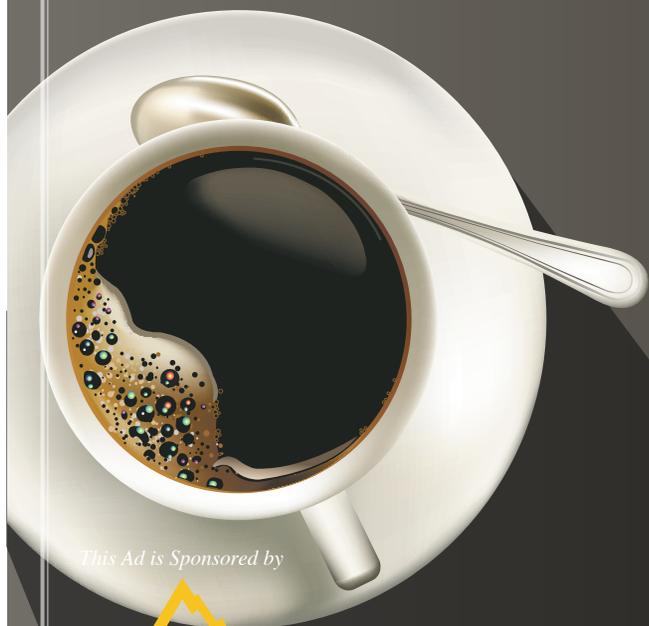
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## Cafe con Vida

Join us for regular Coffee and Conversation with Vida Del Norte Drug Free Coalition at the Questa Youth and Family Center (next to the library)

This Ad is Sponsored by



Maria Gonzalez  
**779-2260**



# Friends of the Questa Public Library Sincerely Thank You!

The Questa Public Library is a vital part of Questa and surrounding communities. It is a part of the Village of Questa and is funded by it. Unfortunately, the Village budget does not cover the necessary programs, services and equipment that are expected of a library. The Friends of the Questa Public Library (FQPL) is a 501c3 (Non-Profit) organization. Membership is open to all. Its mission is to raise funds for the library. Funds come from membership dues, fund raisers including bake, yard and book sales. Grants contribute largely to the libraries success as do donations from numerous contributors.

Another reason for our library's success is its Volunteer Program. Without volunteers to help run the programs these activities would not be possible. To date the FQPL has provided finan-

cial support to programs that include Children's Summer Reading, Adult Computer Classes, Visits to Schools and Museums, Holiday Parties and many others. It also supports participation in community programs such as Taos Feeds Taos, Alumbra and Community Day. Contributions have also made it possible to purchase much needed equipment and furniture, such as our big screen monitor. We are currently establishing special book collections on post-traumatic stress disorder (PTSD), domestic violence and childhood issues.

To date, our library has provided services to nearly 70,000 patron visits. If you are currently a member of the FQPL, we sincerely thank you. If you are not a member, we invite you to join. Annual membership dues are \$10.00 for an individual, or \$15.00 for a family. Checks



may be made payable to the FQPL and may be mailed to FQPL PO Box 251,

Questa NM 87556 or dropped off at the Library.



## JANUARY AT THE QUESTA LIBRARY

By SHARON NICHOLSON

The staff and volunteers of the Questa Library have gone all out to make the Friday programming exciting for the school kids in our area. The Friends of the Questa Library have obtained grants to provide funding for these events so they are free of charge. Our local kids and parents from Alta Vista, Rio Costilla, Red River, Roots and Wings, homeschoolers, and the public are encouraged to join us every Friday from 1:00-3:00 PM. Programs coincide with Alta Vista Elementary School having Friday off. Not an Alta Vista/Rio Costilla student? Not a problem!

The library is always a good place to be on Fridays (or anytime we are open).

### January 11 Light Play with Twirl 1:00 - 3:00 PM.

We are excited to introduce "Twirl" to the Questa Community. Some of our families are already aware of the awesome opportunities Twirl provides in Taos. Now they have agreed to bring the fun to Questa. Look for the flyer about their programs in this paper.

### January 18 Looking at the New Year with Peggy Trigg 1:00 - 3:00 PM.

This spring the Questa Library will partner with the Questa Creative Council to offer a once a month Friday Art Program.

Retired art teacher Peggy Trigg will lead the Friday programs. Projects are designed to be creative, fun and educational. Each Friday art session will be limited to 20 kids ages 5-13, from 1:00-3:00 pm. All materials provided. It is all happening at the Questa Public Library! For more information, please call the library at 575-586-2023.

### January 26 National Seed Swap Day at Questa Library, NOON - 5:00PM.

One of Questa Library's services is to offer a seed bank. All year round you can get seeds of many types, vegetables, herbs, flowers and other ornamentals, and you are also welcome to leave some for others. People are already showing interest in spring planting, so please come to the library on Saturday, January 26th to swap seeds!



The Questa Library Book Club meets at Rael's Store (one member is quoted as saying it is because they make too much noise to meet at the library!). As you can see from this photo, they are very enthusiastic about the book club, one is dressed as a character from the book they were reading. From left to right; Anna Karenina as portrayed by Krissie Breidenbach, Lynn Galusky, Judy Rutledge, standing is Linda Betz and seated is Lynn Bayne. Photo: Cynthia Rael-Vigil.

For ages 0-3

## Wildcats Kitty Club

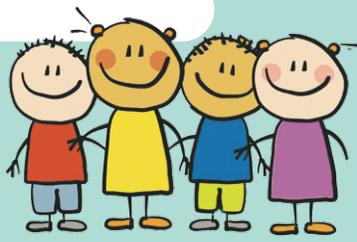
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# New Solar Array Proposed for El Rito-Latir-Sunshine Neighborhood

By JONATHAN HUTCHISON

Recent developments suggest that a significant new infrastructure project is in the works for the Quest-Cerro-Latir-Sunshine Valley area. In late November, the Board of Directors of the Latir Neighborhood Association received a Certified Letter from the Phoenix, AZ-based firm Wood Environmental & Infrastructure Solutions, informing residents they were “conducting an environmental analysis of the proposed Questa solar project site.” The proposed solar array would be located on the west side of Highway 522, north of Questa, between El Rito Road and Jaracito Road.

As described, the proposed 2 megawatt array would consist of 6145 solar panels in 280’ rows, 12’ high, parallel to the roadway, on an eight acre footprint, enclosed in a perimeter fence. The site would be surrounded by a one-mile “buffer zone.” It would be linked to a Kit Carson Electric Cooperative interconnect point by means of a powerline spanning the highway. According to Wood E & I, construction would begin

in March of 2019 and the array would go online sometime in 2020. The letter informed the board that the company would receive public comment through December 21, 2018.

The Latir Neighborhood Association board immediately contacted the Virsylvania Vecinos Landowners Association, representing many other residents of the area, to inform them of this letter and propose working together to learn more about this project. With the support of VVLA’s President, Juan Abeyta, the LNA board contacted Mr. Richard Knox, signatory of the letter from Wood E & I, to begin gathering information and to request an extension of the public comment period until January 21, 2019, a request that was granted.

The neighborhood associations also asked Wood E & I to send a representative to meet with residents of the area, to present the project in detail and to field questions. This request was received positively and with the board’s input, it was determined that the presentation will take place on Sunday, January 27, 2019, at the former Living Word

Ministries building north of Questa on Highway 522, near the El Rito turnoff, beginning at 2 pm. All members of both associations are encouraged to attend, and the public is invited.

Representatives of Kit Carson Electric Cooperative have been asked to join the meeting, to interpret its role in this project and respond to questions. The board invites Questa Mayor (and County Commissioner) Mark Gallegos to be present, as well.

Meanwhile, the LNA board has begun to look into this project. It has reached out to solicit and compile comments from its members. Members of LNA are assured that the board will represent the views and questions of those unable to attend.

Richard Martinez, Chief Operating Officer of Kit Carson Electric Cooperative, describes the proposed project as a key element in KCEC’s commitment to achieve “100% daytime solar” in the Questa area, complementing the existing arrays in Amalia and Questa, proper. He stated that the project has been in the works for some time, moving normally

through the permit stage with Taos County Planning and Zoning. Martinez confirmed that a required environmental study is currently underway.

The Syncarpha Questa solar installation is a project of the Syncarpha venture capital firm, based in New York City. The company takes its name from “a genus of herbaceous flowering of the sunflower family,” known as a sun-tracking flower, reflecting Syncarpha use of sun-tracker technology. To read Syncarpha’s renewable energy “mission statement,” go to: <http://syncarpha.com>. Syncarpha Capital is also involved in the construction of an array in Eagle Nest, in the nearby Moreno Valley.

Syncarpha Capital has hired Wood E & I to oversee the application process for local permits. At present, the contractor for actual construction has not been identified. This proposed solar project will have an impact on our area and it now remains to be seen just what that impact will be. Interested parties are encouraged to attend the LNA/VVLA community meeting as these questions are explored.

## Full STEAM Ahead at the Questa Public Library

*Participants learn about the magic of Mason jars!*

Adults and children gathered at the Questa Youth and Family Center on the afternoon of Friday, December 7th, to participate in the Questa Public Library’s Friday program entitled “The Magic of Mason Jars”. In true STEAM (science, technology, engineering, arts and math) fashion, Questa Librarian Sharon Nicholson led the group through a series of fun activities that included a bit of history, science, creativity and engineering.

Sharon began the program with a discussion of solar energy, emphasizing that she got the information from a book from the library. There was discussion on the way jars are made and how the Mason jars changed through the years. She went on to talk about the various lids on the jars and then distributed special lids containing tiny solar collectors for the first project. The participants assembled fairy lights, attaching a line of small bulbs to the solar lids, inserting them into the jars. When they covered the lids with their hands (imitating darkness) the lights turned on. The jars can be used as night lights, or,



with the addition of tinsel, special Christmas decorations.

Mason jars have many uses – specifically for storage. Nicholson showed the group how to read a recipe for bean soup. The group then spent a lively hour measuring various beans into their own jars along with special herbs and spices and instructions for assembly. They finished by placing a festive cover on the lid, making a present of soup mix for someone they loved. Of course, one cannot assemble a soup recipe without tasting it, and there was a pot of soup ready to sample. Everyone agreed it would be a worthy gift.

Since the Questa School District went to a four-day school week, The Questa Public Library initiated the Friday special program specifically to meet the needs of the community for meaningful outlets for children that are free on Fridays. The program focuses on STEAM initiatives and is produced by local businesses, area institutions and volunteers from the community. Because it is a public library, the programs are free, and all members of the Questa community are welcome. For more information call (575) 586-2023.

## New Mexicans Thankful for the Rio Grande Water Fund

### Collaborative Effort Secures Water for One Million People

The Nature Conservancy (TNC)-led Rio Grande Water Fund has increased the average annual acres of forests thinned to 30,000 compared to only 3,000 prior to the 2014 launch. This is an incredible accomplishment as we head into the water fund's fourth anniversary.

The Rio Grande Water Fund is a collaborative effort designed to increase the scope of forest restoration to secure water for one million people. Over the course of 20 years, 600,000 acres of at-risk forests need to be thinned from northern to central New Mexico.

"We have an ambitious goal and

tremendous support to help us get there" says Laura McCarthy, associate director of TNC in New Mexico and water fund leader. "Working alongside partners, we have increased forest restoration by 1,000-percent since the project launch in 2014! With a combination of controlled burns and thinning trees, we improved the health of 33,000 acres of forest this year alone."

The water fund is an example of successful collaboration. There are now more than 70 funders, agencies, businesses and individual supporters of the effort that will secure water for one million people, reduce wildfire risk, support recreational opportunities, boost local economies and enhance wildlife habitat.

### Since the 2014 launch of the Water Fund:

- 108,000 acres treated with thinning, controlled burns and managed natural fires
- 300,000 acres in the planning pipeline
- \$4.55 million in private funding invested
- \$40 million public funding co-invested in priority projects. By pooling public and private resources, we can accomplish more than any one agency.

General Mills – a valued supporter of the water fund – is driven by a desire to see increased collaboration among water users, and the ability to replicate the water fund model. "Sustainability is about balancing the needs of all," says Jeff Hannratty, Applied Sustainability Manager for General Mills. "By having a plan in place for tangible action, we can have meaningful impact that is good for business and good for downstream communities."

"By working together, we can truly make a difference," adds McCarthy. "The water fund is improving the quality of our life now and will for future generations." To learn more, visit [nature.org/riogrande](http://nature.org/riogrande).

## Carson National Forest Seasonal Road Closures

A number of roads on the Carson National Forest are closed seasonally in accordance with travel management policy mainly because they become impassible due to snow. The forest will be closing and locking gates on these roads on January 2, 2019 and reopening on or around April 30, 2019. If weather conditions are favorable, roads may open early. If weather conditions are not favorable, roads may stay closed until they are safe, and travel will not cause damage to the road.

In addition, the East side of the Valle Vidal is a Wildlife Wintering Area and will close January 1 through March 31. During this closure, you may drive through the entire unit using Forest Road (FR) 1950, but you cannot venture from the road on the East side. Although FR 1950 will remain open in



the Valle Vidal, snow often closes this road and there is not much through access during much of the winter. This road is not maintained for winter travel

and can often become treacherous. If you must travel on FR 1950 please stay on the road and call the Questa Ranger District at 575-586-0520 beforehand for a condition report.

Seasonal closures are implemented primarily for public safety. Hazardous road conditions including snow and ice can make travelling difficult. Motorist should be aware of road conditions on loop roads as they may be impassible due to snowpack in the high country. Often, people in vehicles become stranded, resulting in emergency response.

Be sure to check the weather and road conditions (<https://www.nmroads.com>) before heading out. For more information on forest road closures contact the local ranger district that you plan on visiting.

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## “Bodie The Kid” Wins Offroad Motorcycle Racing Championship

Bodie Swan 14, aka “Bodie The Kid” of Red River clinched the 2018 Rocky Mountain Enduro Circuit Championship in the 16 and Under Class and was awarded the Championship Trophy at an awards ceremony in Denver on Nov 17th. Bodie’s most recent victory is especially impressive since he suffered a broken femur last December in a skiing accident and missed the first half of the Enduro season. Bodie was determined to do well regardless of his injury and spent his down time working hard in the gym and at his practice track. Of the remaining six races he won four and had podium finishes on the other two, earning him enough points to clinch the championship.

The Rocky Mountain Enduro Circuit sponsors a 12 to 14 race series over a 7-9 month season that includes races in Arizona, Utah, Colorado, New Mexico, and Texas. Bodie has competed several times in Espanola, the closest race.

Races are anywhere from 45 to 100 miles in length and take place over all-natural terrain that may include desert or mountain trails with lots of sand, rocks, logs, ledges and even water crossings in temperatures ranging from freezing to over 100 degrees. The difference between Enduro races and motocross is that motocross races are run as laps around tracks and Enduro races are out on natural trails. Bodie describes Enduro as, “get a bike and go straight through the woods!”

Bodie has been racing competitively since the age of 3 and realized by the time he was 3-1/2 or 4 that he wanted to go pro. His father, Rob Swan, of Swan Realty in Red River, also rides and has been incredibly supportive of his son’s talents. He helped Bodie set goals and helped him determine at a young age that going pro was not enough, that winning multiple championships was part of the equation. Bodie already has more trophies than he can count.

Bodie’s next step is moving up to the 250 B class where most of the racers are 16 or 17 years old. He will no longer be competing in the 16 and under category. Winning the B Class Championships will make him eligible for the A Class races, which is the last stop before going Pro.

Bodie is sponsored by Law Tigers Motorcycle Attorneys and is currently attending Taos Academy. He gets mostly A’s and B’s and enjoys hanging out with his friends in Red River and also skiing in the winter. His plans for 2019 include racing for a newly formed regional team and earning another championship.



Bodie Swan races a KTM and will be competing in the 250 B class in the coming season.



Bodie under his sponsor canopy at a Colorado race.

**Ken LaCome** *cont'd from Page 1*

others on how to prevent disease and heal ourselves in order to have mental, spiritual and physical health. He describes our intestinal tract as our "other brain." What happens in there has a direct effect on our brain function and our thinking. He says he's not a strict purest about what he eats, but is selective, a lesson he learned from his Abuelita when she offered him homemade food and he declined. This offended her, and he never declined again. Who can resist a slice of birthday cake, or your mom's pastelitos? But he wants us to be aware of becoming "food addicts," a real condition that affects every aspect of your life.

Hydration with plenty of water is another key factor in energy, clear thinking, and well-being. Ken recommends that athletes do extreme hydrating 24-48 hours before an event. We need to take steps to protect ourselves from the noise, electro-magnetic pulses, and toxins in our environment. Simply praying over our food and water enhances the quality of what we put in our bodies. A Japanese study by Dr. Masaru



Emoto proved this by studying the molecules of water before and after praying over it. [See Ellen Wood's related article in our November issue, page 8]

Healthy eating is not expensive. Organic foods are great, but the benefits of eating fresh fruits and vegetables, including sprouts and fermented foods, outweighs any concerns about organic or not, he explains. Ken suggests starting by making one change, such as avoiding sugar, then build from there.

Food and water are not the only components to a balanced and healthy life, he states. It's important to pay attention to our thinking, emotions, and stress levels as well.

Since that fateful day in 1983, nothing has slowed Ken down. He's more mobile and active than many able-bodied folks. Ken says he feels a spiritual calling to help others reach their best health. Looking back, he sees how everything has fallen into place, and continues to do so. As a professional health educator, he hopes to share his decades of knowledge with others. He can be reached at [klcsskis@gmail.com](mailto:klcsskis@gmail.com) or 575-770-9171.

Paralympian Ken LaCome racing on a sit ski.

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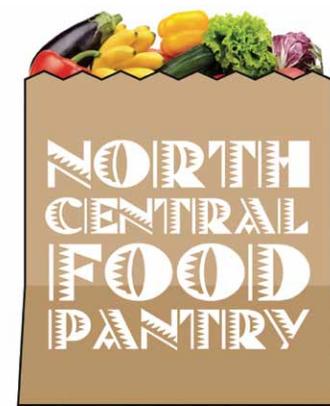
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## North Central Food Pantry Chooses Logo Contest Winner

A big thank you to all who entered the North Central Food Pantry logo contest and a big thank you to our judges. A special thanks goes out to Ellen Wood who came up with the idea and coordinated this undertaking!

We had five awesome entries and the judges could only select one, they chose Dan Kuehn as the winner- congratulations, Dan! He won \$100 for his awesome logo. Once again thanks to all for taking the time to design and submit your entries. We hope this has been a fulfilling and fun project for each one!



Dan Kuehn is the happy winner of a check for \$100 for his winning logo.

### FOOD PANTRY SCHEDULE FOR 2019 SECOND AND FOURTH FRIDAYS FROM 11AM -2PM (EXCEPT DECEMBER!)

January 11 & 25	July 12 & 26
February 8 & 22	August 9 & 23
March 8 & 22	September 13 & 27
April 12 & 26	October 11 & 25
May 10 & 24	November 8 & 22
June 14 & 28	December 13 & 20

# ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson  
For the month of December 2019



## ARIES

Planet: Mercury  
MARCH 20 – APRIL 19

**Dynamic:** Ambition may become a driving force.  
**Direction:** Temper it with high-mindedness and right thought.

**Soul Thought:** "Kill out ambition but live like one ambitious." HP Blavatsky



## TAURUS

Planet: Vulcan  
APRIL 19 – MAY 20

**Dynamic:** This is a solid, practical time for you.  
**Direction:** Establish foundations based on what is real vs the unreal.

**Soul Thought:** Caught between a rock and hard place.



## GEMINI

Planet: Venus  
MAY 20 – JUNE 20

**Dynamic:** Like a bird, you soar over the hard things.

**Direction:** Teach others to fly.

**Soul Thought:** As a tool, not an escape mechanism.



## CANCER

Planet: Neptune  
JUNE 20 – JULY 22

**Dynamic:** A lot of challenges this month.

**Direction:** Joy is at the end; aim for that.

**Soul Thought:** A room full of kaka has to mean a pony somewhere.



## LEO

Planet: Sun  
JULY 22 – AUG 22

**Dynamic:** This is a month to get things accomplished.

**Direction:** Yes, there IS a time for serious hard work.

**Soul Thought:** You are allowed to enjoy it.



## VIRGO

Planet: Moon  
AUG 22 – SEPT 22

**Dynamic:** With two eclipses, this is a big month for you.

**Direction:** It's a time to shine and a time to reflect, both.

**Soul Thought:** "Tell me the story about how the sun loved the moon so much that she died every night, just to let him breathe." Hanako Ishii



## LIBRA

Planet: Uranus  
SEPT 22 – OCT 22

**Dynamic:** Enjoy the fire of creation for another couple of months.

**Direction:** Initiate something; the time will come later for follow through.

**Soul Thought:** Maybe it's time to BE outside of the box.



## SCORPIO

Planet: Mars  
OCT 22 – NOV 21

**Dynamic:** Are you looking for a battle or defending yourself?

**Direction:** It's time for the spiritual warrior to come out.

**Soul Thought:** How does a spiritual warrior do battle?



## SAGITTARIUS

Planet: Earth  
NOV 21 – DEC 20

**Dynamic:** Both intuition and inspiration are strong this month.

**Direction:** Soar high, soar free.

**Soul Thought:** With the Eagle's eye.



## CAPRICORN

Planet: Saturn  
DEC 20 – JAN 19

**Dynamic:** As the whole world shifts into this energy, we need you to be strong.

**Direction:** AND Light.

**Soul Thought:** "He ain't heavy, he's my brother." The Hollies

## A TIME OF CAPRICORN

**"The body is an instrument through which to express God."**

— Baird T. Spalding

When the Sun entered Capricorn on December 21, 2018, it signified a heavy influence which will affect us all not only in 2019 but even more so by the time we get to 2020. Saturn entered Capricorn December, 2017 and will remain there until December, 2020. Pluto was already in Capricorn and will remain in that sign until 2024. By mid-year these two will be in a tight conjunction, very close to one another and adding to Capricorn's inherent heaviness. In March 2019 Uranus enters Taurus and in December of 2019 Jupiter will join the Capricorn planets. Both Capricorn and Taurus are about the element Earth.

These outer planets are called generational because they affect whole generations and cultures as opposed to the closer, "personal" planets like Mercury, Venus, and Mars which affect us each on more

personal levels. When we have a preponderance of Earthen outer planets it suggests a potentially heavy dose of materialism. Whole societies may decide that it is time they get theirs and revolt, even as we are seeing now in Europe. Capricorn especially is a sign of social, political and economic issues while Taurus is all about money. The year 2020 has always been considered an important year of change by esoteric scientists and this time of Capricorn will usher it in. Never has it been more important for all of us to respond to our Higher Lights. We have the opportunity to turn this Earth focus into a focus on saving our Earth instead of fighting over her resources as personal possessions. No matter the influence of the stars, as always, we have a choice.

**Everyone:** A partial solar eclipse on January 6 with both Sun and Moon in Capricorn and a total lunar eclipse on January 21 with Moon in Leo means big changes for everyone, including on the personal level.



## AQUARIUS

Planet: Jupiter  
JAN 19 – FEB 18

**Dynamic:** It's time to shoot for the stars.

**Direction:** On behalf of all humanity.

**Soul Thought:** What is your bow made of?



## PISCES

Planet: Pluto  
FEB 18 – MARCH 20

**Dynamic:** You'll be in this energy for a while.

**Direction:** Work with transmuting heaviness into lightness.

**Soul Thought:** It's called alchemy.

To discover your Rising Sign, or for more information, contact Charlene R. Johnson, [www.SkyDanceAstrology.com](http://www.SkyDanceAstrology.com), or email: [SkyDance@SkyDanceAstrology.com](mailto:SkyDance@SkyDanceAstrology.com)

Esoteric Astrology is focused on the rising sign more than the sun sign (we suggest you read both) and provides clarity, direction and answers for those seeking a higher level of life.

**LAND FOR SALE**

**35 gorgeous off-the-grid acres** in Sunshine Valley. \$45,000. Call 575-586-1363

**NOTICES**

**VISIT OUR NEW FACEBOOK PAGE!**

Questa Del Rio Colorado News We are looking for a Social Media Volunteer Students Welcome!

**Special Community Meeting Latir Neighborhood Association and Virsylvania Vecinos Landowners Association**

January 27, 2019. 2 P.M. A Presentation on the proposed Syncarpha Questa Solar Project by Project Leaders, followed by Q & A. Held in El Rito at the former Living Word Ministries, 3082 Highway 522 (near El Rito Road, mile marker 26)

**Community Feedback Needed!**

The QEDF is soliciting your thoughts and ideas for site improvements for the Visitor Center, Farmers Market, and community outdoor events space in downtown Questa.

**Come share your thoughts and ideas.**

Monday, January 14, 2019 -5:30PM. Dinner is provided. Questa Economic Development Fund Building/Visitor Center 1 State Highway 38 - at the stoplight! (Farmers Market location)

For more information and to RSVP, please call the QEDF at 586-2149. QEDF logo

**NORTH CENTRAL FOOD PANTRY DISTRIBUTION DAYS JANUARY 11TH AND 25TH 11-2PM**

**PART-TIME HELP WANTED**

Questa Del Rio Colorado News seeking dynamic team members! Experienced advertising sales person needed, base salary plus commission. Seeking assistant editor with writing, editing and tech skills, salary based on experience. High School Students for QHS Correspondent and Social Media Support, volunteer position to gain professional experience!

**Volunteer writers needed:**

- Red River Correspondent
  - Cerro/Sunshine Valley Correspondent
  - San Cristobal Correspondent
  - Amalia/Costilla Correspondent
  - More Questa Writers
- Volunteers Welcome. Email news@questaedf.com or call 575.586.2149. Can start immediately!

**QUESTA LODGING PROJECT CLASSIFIEDS**

Call 586-2258 or email Lodging@QuestaEDF.com:

**RENTAL WANTED**  
**Single professional male seeking 1-4 bedroom home** to rent long-term. Willing to pay from \$750-\$1,200 for the right place.

**Family of three seeking 12-month 2 bedroom/1 bath.** Ready to move in ASAP. Open to possible house share. \$500 + utilities.

**Retired Veteran with benefits looking for home** for rent in the Questa area. No pets. Would like to move in now.

**Single female seeking a home** for at least 12-months. Need a walk-in closet by the woods. Needs to be at least 1000 sf. \$750 per month. Have Section 8 housing vouchers so guaranteed rent payments on time.

**FOR RENT**

**3bd/2ba home for rent in Questa.** No smokers, no pets. Washer/dryer and new flooring. 12-month lease, \$1,000/mo + utilities.

**Shared space, one or two bedrooms** available \$425/mo includes all utilities. Available month to month or long-term starting in January.

**Modernized cabin 700 sq ft, 1 bed/1ba,** min 6 mo lease. Quiet near the river in Questa. Available immediately.

**Casita for Rent** - unfurnished 1 bedroom, very clean and recently remodeled, no pets. \$550, \$1100 deposit in Sunshine Valley. Available Jan 1.



**QUESTA HIGH VARSITY AND JUNIOR VARSITY BOYS AND GIRLS BASKETBALL SCHEDULE**

January 3-5	Thur-Sat	NRG Tournament	A	TBA	V
January 11	Fri	Springer vs. Questa	H	4:00PM	V/JV
January 12	Sat	Antonito vs. Questa	H	TBA	V/JV
January 18	Fri	Cimarron vs. Questa	H	TBA	V/JV
January 22	Tue	Taos vs. Questa	H	4:00PM	V/JV
January 24	Thur	Questa vs. Escalante	A	1:00PM	V/JV
January 26	Sat	Mora vs. Questa	H	1:00PM	V/JV
January 31	Thur	Questa vs. Mesa Vista	H	1:00PM	V/JV
February 2	Sat	Questa vs. Coronado	A	3:00 PM	V/JV
February 7	Thur	Peñasco vs. Questa	H	4:00 PM	V/JV
February 9	Sat	Escalante vs. Questa	H	1:00 PM	V/JV
February 14	Thur	Mesa Vista vs. Questa	A	4:00 PM	V/JV
February 16	Sat	Coronado vs. Questa	H	2:00 PM	V/JV
February 21	Thur	Coronado vs. Questa	H	4:30 PM	V/JV
February 23	Sat	Questa vs. Peñasco	A	1:00 PM	V/JV



**A FOLLOW-UP FROM THE DEC.2018 ISSUE**



Cutting the ribbon at the Questa Credit Union grand reopening on Saturday, December 8th. From from left to right: Katherine Flory, Patricia Michael, and Laurie Montoya.

Photo by Malaquias Rael, Jr.

In last months issue (December 2018) the cover story was about the newly renovated Questa Credit Union and it's upcoming grand reopening. The Questa Credit Union reported a wonderful turnout and would like to thank everyone for their ongoing support.

**Need Something? Have Something?**

**LIST IT IN THE CLASSIFIEDS!**

Starting at flat rate \$10 for 25 words or less (25 word min./50 word max)

DelRioColoradoADs@gmail.com

## Yoga Sala Questa Fall Yoga Schedule

**Monday, 4-5:30 pm**  
Slo Yo with Lou

**Tuesday, 9-10:30 am**  
Gentle Flow + Restore with Gaea

**Wednesday, 10-11 am**  
Chair Yoga with Willow

**Wednesday, 5:30-7 pm**  
Flow + Deep Stretch with Gaea

**Thursday, 10-11:30 am**  
Gentle Basic Yoga with Willow

**First Class Free at OCHO!**  
8 Highway 38, Questa  
Yogasalaquesta.org  
Facebook: yogasalaquesta



**AA  
MEETINGS**

**Sundays 10-11:00 am**  
Open Meeting  
Questa Youth Center

**Mondays 7:00pm**  
Harvest Questa  
2558 Highway 522

**Tuesdays 7:00pm**  
Erik's Workshop  
417 E. High St., Red River

## JANUARY INSPIRATION

From the 12 Steps and 12 Traditions

"I AM A MIRACLE"

The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way that is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

ALCOHOLICS ANONYMOUS, PAGE 25

# HAPPY NEW YEAR

from our family at  
The Questa News to  
yours this 2019!



## QUESTA AREA CHURCH DIRECTORY

### QUESTA

#### ST. ANTHONY DE PADUA CHURCH IN QUESTA

Saturday 6pm, Sunday 7am in Spanish  
- 11am in English  
Father Andrew Ifele 586-0470

#### ST. EDWIN'S CATHOLIC CHURCH

North End of Silver Bell Trail  
Saturday 6pm (Confession prior to Mass or by appt.)  
Father Andrew Ifele 586-0470

#### MISSION CHURCHES:

Sagrado Corazon in Costillo - Sunday 9am  
Nuestra Señora de Guadalupe in Cerro- 2nd & 4th  
Saturdays 4PM Santo Niño in Amalia- 1st & 3rd  
Saturdays 4pm

#### HARVEST QUESTA

2558 Hwy 522  
Sunday 11am- 12:30pm  
Pastors Kristi & Johnny Gonzales  
Visit us online: HarvestQuesta.org  
(575) 770-5906

#### LIVING WORD MINISTRIES

12 Llano Road  
Service: Sunday 10:30am  
Nursery and Kids' Church at 10:30am  
Wednesday Bible Study 7pm  
www.lwmsite.org  
Pastors Peter and Gayle Martinez  
586-1587

#### PATH OF THE CHRIST

Mystic Christ-based teachings of Herman Rednick  
Sunday 8am class and meditation  
Sunday 11am Alice Bailey Study Group  
gabrielle.herbertson@gmail.com  
586-1454 or 586-1038

#### QUESTA CHURCH OF CHRIST

2 miles north of Questa on State Road 522  
We are excited to offer Bible Class  
at 9:30am on Sundays  
Followed by worship at 10:15am  
We pray you will join us!

### KAGYU MILA GURU SANGHA

Tibetan Buddhism  
Tuesday 4pm- Chenrezig  
Friday 7am-Green Tara  
gabrielle.herbertson@gmail.com  
www.earthjourney.org  
586-1454 or 586-1038

### KINGDOM HALL OF JEHOVAH'S WITNESSES

586-1947

### RED RIVER

#### CROSS CHRISTIAN FELLOWSHIP (STANDING IN THE GAP)

The Way Coffee House, 201 W. Main Street  
Sunday 10:00am, Wednesday 6:30pm  
Children's Church at Both Times  
Pastor Chris Torres (505) 600-5859

#### FAITH MOUNTAIN FELLOWSHIP

Corner of River Street and Copper King Trail  
Sunday 10:30am

#### FIRST BAPTIST CHURCH OF RED RIVER

103 High Cost Trail  
Sundays 8:15am and 10:30am  
Pastor Joe Phillips 754-2882

#### ST. EDWIN'S CATHOLIC CHURCH

North End of Silver Bell Trail  
Saturday 6pm (Confession prior to Mass or by appt.)  
Father Andrew Ifele 586-0470

#### ST. JAMES EPISCOPAL CHURCH

St. Edwin's- North End of Silver Bell Trail  
2nd and 4th Wednesdays at 5:30pm  
Coffee, donuts and visiting starts at 10:00am



## DATES TO REMEMBER

### JANUARY 1

NEW YEAR'S DAY!

### JANUARY 2

6:00 PM Questa School Board Meeting

### JANUARY 7

6:00 PM San Antonio del Rio Colorado Historic Preservation board meeting, Rael's Market

### JANUARY 8

6:00 PM Questa Village Council Meeting, Village Hall

### JANUARY 9

2:30-3:00 PM BookMobile, San Cristobal Community Center

### JANUARY 9

3:15-4:00 PM BookMobile, Questa Post Office

### JANUARY 9

National Law Enforcement Appreciation Day

### JANUARY 11

11:00AM-2:00PM Free Food at North Central NM Food Pantry! January 11 -1-3

### JANUARY 11

1:00-3:00 PM Twirl Comes to Questa Library "Light Play"

### JANUARY 11

6:30 PM Questa Business and Entrepreneur Network Meeting (Where?)

### JANUARY 13

1:00 PM Llano Community Ditch Assoc. Annual Meeting-VFW Hall

### JANUARY 15

6:00 PM Questa School Board Meeting

### JANUARY 14

5:30 PM Community Input Session-improving Questa's outdoor event space. QEDF/Questa Visitor Center. (RSVP needed. 586-2149)

### JANUARY 18

1:00-3:00 PM Questa Library "Looking at the New Year" with Peggy Trigg

### JANUARY 21

DR. MARTIN LUTHER KING, JR. DAY

### JANUARY 21

National Hugging Day

### JANUARY 22

6:00 PM Questa Village Council Meeting, Village Hall

### JANUARY 24

National Complement Day

### JANUARY 24

10:30 AM - Noon Questa Library, Wildcat Kitty Club

### JANUARY 25

11:00AM-2:00PM Free Food at North Central NM Food Pantry!

### JANUARY 26

Noon-5:00PM National Seed Swap Day Questa Library

### JANUARY 27

2:00 PM meeting about proposed Syncarpha Questa Solar Array, Living Word Church, 3082 Highway 522 (near El Rito Road)

### JANUARY 28

3:30 PM Questa Library Book Club, any book by Paolo Coelho

Every Saturday During Ski Season 7-8:00 PM  
Torchlight Parade and Fireworks, Red River  
For a complete list of January Events in Red River, go to <https://reddriver.org/events/calendar/2019/1>

### JANUARY 15

National Bath Safety Month  
National Black Diamond Month  
National Blood Donor Month  
National Braille Literacy Month  
National Hobby Month  
National Hot Tea Month  
National Mentoring Month  
National Menudo Month  
National Oatmeal Month  
National Slavery and Human Trafficking Prevention Month  
National Slow Cooking Month  
National Soup Month  
National Sunday Supper Month

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