

APRIL 2020 - THIRD ANNUAL
APRIL FOOLS ADDITION!

PRSR STD
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ECRWSS

Questa Annual Fish-Wrapper

CELEBRATE NATIONAL UNICORN DAY-APRIL 9TH
FREE UNICORN RIDES AROUND EAGLE ROCK LAKE!

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GREEN CHILE SHORTAGE
SPARKS RIOTS

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QUEST • RED LIVER • CHERRO • COASTER • FAMILIA • LLAMA • SAN CHRISTMAS

Questa Named Frito Pie Capital of the Known Universe

By SPOONER GLITCHELL

Effective April 1, 2020, Questa will be known as the Frito Pie Capital of the Known Universe, according to an announcement issued by the International Federation of Consolidated Frito Pie Appreciation Organizations. The award comes after the recent Frito Pie Olympic Games held in, of all places, Paris.

"I would like to tell you that the competition was neck and neck and that Questa was awarded this honor only after exhaustive review of an enormous field of qualified Frito Pie powerhouses," Oscar de la Gente, IFCFPAO president said in an official statement. "But I can't say that. This is news to no one, least of all me. The contest was a total wipeout."

Quetta Vigil, the 2019 Cambalache Frito Pie Eating Champion, who has gone on to international recognition, was also not surprised. "When you analyze the full capacity of Questa's Frito Pie game - chile selection and recipes, topping prep, and the extremely high level of pie-eating talent this village produces on a yearly basis - it's simply no contest. I don't like to brag, but I don't see anyone touching us for at least a generation."

Indeed, many tried to unseat the prohibitive favorite Questa, including other New Mexico communities that put up some respectable attempts, but fizzled when it counted most. One of these, ironically, was Pie Town.



Quetta Vigil, the 2019 Cambalache Frito Pie Eating Champion who went on to earn Olympic Gold, holding up the first of many prizes from her illustrious Frito Pie eating career.

Photo by Toner Mitchell

One Pie Town supporter, who chose not to be identified, bemoaned the quality of chips used in her town's entry, as well as the use of too few onions that were, to add insult to injury, not diced finely enough. "You can't walk into Questa's house and get away with that kind of bull%\$**," she said.

Cities in other states submitted their own creative takes on the dish of crunchy love, which dates back to the early 1800s (Questa, as we all know, invented the corn chip almost a century before Frito-Lay was even a company). Berkeley, California, the place some consider the birthplace of the progressive movement, submitted a vegan concoction featuring quinoa chips covered with emulsified red rose petals, and chunks of dolphin-safe tofu.

Topeka, Kansas kept it simple, submitting a plate of Ruffles drowned in ketchup. Boston, on the other hand, went for broke. Its entry was a bowl of chowder crackers under cold shrimp cocktail sauce and diced "lobstah" meat.

IFCFPAO's Oscar de la Gente gave the Boston entry an "A for effort," but an "F as in get that out of my face!" He exclaimed in French that Frito Pies were not the place for seafood. Physically distraught and red in the face, he then stormed away from the awards podium, leaving the losing contestants more informed as to what to expect for next year's contest. *Happy April Fools.*

Happy April Fool's Day!

Drive-Through Services Offered at Questa Visitor Center

By WYNN STALL,
DIRECTOR QUESTA VISITOR
INFORMATION CENTER

To better meet the needs of busy guests, road-weary visitors, and families with irritable children, the Questa Visitor Information Center (QVIC) will be offering drive-through information, reservation services, and recreational rental equipment beginning later this year.

"We're taking advantage of the facilities already in place in our building, which used to be a bank. We'll have one person dedicated solely to serving the needs of our drive-through guests," said Wynn Stall, the new Director of the QVIC, formerly the President of the Bahamas Tourist and Visitor's League. "In an effort to extend the length of stays of our guests, the convenient drive-through service will make getting information

fast and thorough; the staff will tell the visitors where to go, how to get there, and what they can do with their money.

"New this year, we will also be making Questa dining and lodging reservations, providing valet parking services, and offering recreational rental equipment at our drive-through window," said Stall. The QUEDF is making these quality offerings possible by earmarking a special subline item in their budget for the Visitor Center to promote area businesses, restaurants, lodging, and outdoor recreation, in an effort to further grow the tourism economy in the Village of Questa and the surrounding area.

Recreation enthusiasts looking for outdoor adventure can rent equipment to enjoy for the day, such as a hacky-sack, frisbee, soccer ball, or even a hula-hoop! A complete Visitor Experience



Courtesy Photo

Wynn Stall, new Director of QVIC, formerly the President of the Bahamas Tourist and Visitor's League

Package is also available for purchase that includes a map of the Enchanted Circle, a souvenir postcard of the 2019 Questa Capital Christmas Tree, a pocket compass, and an eco-friendly, self-dissolving travel coffee mug, all contained in a clean, easy-to-carry, repurposed plastic grocery sack.

The Visitor Information Center is proud to serve the communities of

northern Taos County. Hours of operation and opening schedule for the QVIC drive-through will be posted on the drive-through window for public view. Drive-through service will begin July 5, open Monday through Friday from 10 am to 5 pm, closed for lunch and holidays. Visit the QVIC website for complete non-information.

The Little-Known Adventures of Baron Karl von Kirkegaard

By PRISCILLA SHANNON
GUTIERREZ

Many Questa Del Rio readers may not be familiar with the life of Baron Karl von Kirkegaard, and his important historic contributions to northern New Mexico. Born in 1799 in the Westphalia region of northwest Germany, von Kirkegaard was educated at the University of Munich where he developed an avid interest in history, especially in the history of the southwest. In 1830, von Kirkegaard traveled to the United States, and joined an expedition of trappers heading into New Mexico territory. The group wintered over in Taos, where deep snow prevented them from doing much hunting or trapping. Von Kirkegaard is widely considered the first German to taste atole and New Mexico chiles! He is



Photo Courtesy of the Museum of Westphalia

Baron Karl von Kirkegaard, obscure historic figure from Germany who made significant contributions to the history of Northern New Mexico. April Fools!

also believed to be the first European to taste the infamous Taos Lightning.

When the snow melted, von Kirke-

gaard took advantage of the nice weather to explore the surrounding area. The peaks around the Questa area reminded him of the Bavarian Alps in southern Germany, and so he began assigning names to some of the peaks to honor his homeland. Some of the names we see on maps today were christened by von Kirkegaard. For example, did you know that Virsylvania Peak in the Latir Wilderness originally was named Valkyrie Peak, in honor of the 12 handmaidens of Odin, who accompany battlefield heroes on their journey to Valhalla? Or that Pinabete Peak originally was Pinkelbecken Peak, named after the German sausage, pinkel, one of the Westphalia food items that the baron was so fond of? Over the decades, the name got distorted into Pinabete. And finally, Latir Peak is actually

a mutation of the word latke, which is a German/Jewish potato pancake. Von Kirkegaard was also a big fan of latkes, and often ate them with ripe chile strips and onions on top while in New Mexico, a delicacy that he was keen to bring back to Germany.

Before returning to Germany, von Kirkegaard made sure to stop at one of the roadside stands in Questa to purchase five sacks of roasted green chiles to take back home with him on the ship. He also stopped at Rael's Market for ten pounds of dried chile powder, as the baron wanted to be sure he had enough of the picoso peppers to last awhile. Wait, that doesn't make sense, you say? No, it doesn't. The baron's visit predated the Rael store easily by a decade. HAPPY APRIL FOOL'S!

Ladies and Gentlemen,

As we work tirelessly to bring you this newspaper each month, we regularly interact with those who are significantly past the deadline to get contributions into the paper. Unfortunately, these well-meaning contributors can push our poor, semi-retired editor over the edge. We appreciate the few who have courageously met their deadlines – like feeding a dog biscuit to a rabid stray and fearing you may lose a finger or two. We

appreciate your bravery under fire.

Let us not forget that our feeble editor, normally a peerless professional and a kind human being, for about ten days each month, teeters on the brink of lucidity. If you think her emails sound like the rant of an unhinged newspaper editor whose livelihood and reputation is defined only by her next edition, you may be correct. Regardless, her anxiety attacks are well-founded. For those who have submitted your arti-

cles, demonstrated integrity and have lived up to your word by meeting your commitments responsibly and on time, our entire team thanks you. For those who have not, it is inexcusable that our overtaxed editor must beg, grovel and plead (although it can be darkly entertaining to watch someone in the painful embrace of insanity).

Her job and those of the rest of the team could be so much easier. We all have a small role to play, and the benefits

of having a monthly paper really do outweigh the pain and suffering of our sacrifices. So, please, let's have fun, be honorable, considerate and respectfully and work cooperatively to keep this valuable community resource.

Thank you and keep up the good work,

MARA SARDINEZ

APRIL FOOL'S COORDINATOR FOR
THE QUESTA ANNUAL FISH-WRAPPER

APRIL 2020

Questa Del Rio News

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CENSUS UPDATE

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CELEBRATE EARTH DAY
SUSTAINABLE LIVING

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APRIL IS NATIONAL
POETRY MONTH

Page 7

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL

April 2020 Volunteers of the Month: The Taos County Volunteer Fire Departments

By DONNA MITCHELL-MONIAK

Did you know that approximately 70% of the fire departments in the United States are staffed by volunteers? Generous men and women around the country drop everything when the pager goes off or the siren calls. Night or day, or while at their “day job,” these public servants rush to attend a vehicle accident, a person having a heart attack, or to fight a wildland or building fire. This month, we celebrate and say a big “Thank YOU” to these Herculean men and women.

Taos County has thirteen volunteer fire districts, 100% volunteer-based. The volunteer firefighters are highly trained women and men who dedicate their time to provide a crucial service to the communities they live in. In addition, they respond to search-and-rescue calls, vehicle accidents with wild game, plus a host of Emergency Medical Service (EMS) calls, including those related to diabetic emergencies, pulmonary issues (acute asthma, COPD, and such), or incidents such as



Photo by jona olsson

Latir Volunteer Fire Department hosted a COVID 19 training on March 12th for Taos County first responders. Standing is retired Red River Fire Chief, Ron Burnham who was the instructor.

chainsaw accidents.

But, here’s the thing: the closest trained person to respond to any given situation is likely a few miles away. All of the volunteer fire departments in Taos County and Costilla County in Colorado need your help and are recruiting; and

this need existed even before the outbreak of COVID-19.

Latir Volunteer Fire Chief, jona olsson, reported that “Fires are not the primary emergency on a weekly basis; 75-80% of the calls we receive are emergency medical calls.” This indicates that an increase of

trained staff (new volunteers) means that you and your loved ones have a greater likelihood of being attended to more quickly; and in emergency situations, each moment is precious and potentially lifesaving. Is this a scare tactic to drum up new recruits? No, it’s straight math! More trained and equipped volunteer responders equates to more effective responses to the emergency needs of the community. Plus, increased numbers of firefighting and EMS staff well-supported by local auxiliaries eases the load on the existing emergency staff. The result is a better supported community in every way.

Did you know that New Mexico is the poorest state in the union? This fact determines available state and county funds to all social and municipal services. It is also a significant reason why all Taos County fire departments with their EMS services are volunteer departments. So, once again, your volunteer efforts are needed in your community. This newspa-

VOLUNTEERS continued page 20

Positive Thoughts by Donna Mitchell-Moniak

Positive thoughts support a healthy immune system; worry suppresses it. Positive activities such as praying for others, meditation on compassion and wisdom, writing letters to friends and family members, walking outside in the sunshine,

or preparing a garden bed all promote well-being of body, mind, and spirit. They also support the same in others.

Binging on a Netflix series or Facebook feeds or video games actually suppress the human immune system. How so? These are sedentary activities and the immune system requires the lymphatic system to pump in order to work properly; the body’s lymph system requires muscle activity for its circulation. If one is

elderly, then at least ten minutes per hour of some form of physical, fun movement is necessary. Any movement – the more robust and silly the better! If one is able-bodied, and because we live rurally and are removed from throngs of people, take advantage of the “social isolation” recommended by the Centers for Disease Control (CDC) with a brisk walk every

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Questa Del Rio News

NOTICIAS QUESTA DEL RIO

Published Monthly by the
QUESTA ECONOMIC DEVELOPMENT FUND
Publicación mensual por
EL FONDO PARA EL DESARROLLO ECONÓMICO DE QUESTA

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QUESTA ECONOMIC DEVELOPMENT FUND
DE LA COMUNIDAD DE QUESTA
FONDO PARA EL DESARROLLO DE QUESTA
PO Box 1072 • 1 Highway 38 • Questa, NM 87556 • (575) 586-2149

OUR MISSION

To Inform, Inspire, Connect and Unite the Communities of Northern Taos County.

NUESTRO OBJETIVO

Es informar, inspirar, contactar, y unir a toda la comunidad del norte del condado de Taos.

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PLEASE SEND ALL COMMENTS AND CONTRIBUTIONS
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NOS PUEDEN CONTACTAR PARA INFORMACIÓN
ENVÍE ANTES DEL DÍA 15 DEL MES

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LETTER FROM THE EDITOR



By the time you read this we will be in full-blown springtime mode, with flowers at least thinking about blooming. Over 50 years ago someone* had the brilliant idea of honoring the earth in April and Earth Day was born. April 22 is a perfect day (like every day!) to celebrate the splendor and glory that is the planet where we live. I like to imagine humans all over the globe sharing nature as one living organism. The Gaia Principal was formulated by chemist James Lovelock and co-developed by microbiologist Lynn Margulis. The hypothesis states that life on earth evolved as one single, self-regulating, living system. Earthlings had only recently viewed photographs of their home world from space, and the understanding of our planet was changed forever.

As a young woman, the first time I celebrated Earth Day, I purchased cloth napkins to use instead of disposable paper ones. It was a symbolic gesture that had real-world practical consequences, albeit small. I was just one person reducing my waste. Recycling and energy conservation were in their early days, and there was great hope for a green, sustainable future. Fast forward fifty years to Earth Day 2020. Anyone who is paying attention knows that our understanding of the earth and our relationship with it has never been more important.

The entire world has been impacted by the COVID-19 pandemic. There is much fear and uncertainty as people are shaken out of their habitual routines to adapt to changing circumstances. A month ago, being without toilet paper would never have crossed anyone's mind. What if toilet paper did not exist? It has only been in the last hundred years or so that it has come into common usage. (Roll toilet paper was patented in 1883, fun fact!)

Some of our locals may know about the beautiful, soft fuzzy plant called mullein, a natural antiseptic that campers call "nature's toilet paper." What if there truly is a shortage of toilet paper? Women do not need it as much as they think. When you go to the store to find empty shelves where the toilet paper used to be, consider visiting the aisle where you can get a 5-pack of inexpensive cotton washcloths to use instead. This is a quiet practice that environmentally conscious women do and maybe it is time to go mainstream and talk about it?

On pages 14 and 15 our celebration of Earth Day offers other simple actions to live more gently on the planet. In 1900 there were 1.6 billion people on the earth. Our grandparents and great-grandparents on a daily basis used 1,000 times less electricity and other resources than we do now, with almost 8 billion people on the planet. Some people, including scientists, have known this and it is hopefully dawning on the rest of us that the planet's resources are limited and precious. I hope our readers will join us in supporting a green economy. Try not buying disposable products, just try it... If you study nature and biological systems you will learn that Nature produces no waste at all, none.

The Chinese character for crisis is the same as for opportunity. If we learn the lessons of this pandemic, we will emerge as better, stronger, more healthy and resilient human beings. Look around and enjoy the gifts that social distancing brings. This time of staying home conveniently coincides with spring cleaning – yay, what fun! And April is also National Poetry Month. Let's start with reading two brilliant poems on page 7, "Lockdown" and "Pandemic." These insightful works can help us shift from uncertainty to beauty, just like that. If you haven't looked on the bright side of COVID-19, you can start here!

Speaking of the bright side, we are happy to share our 3rd Annual April Fool's Addition with you. We call it an "addition" instead of edition because adding a bit of humor is just what the doctor ordered (or in this case, the CDC). As we are reminded in the *Hitchhikers' Guide to the Galaxy*, "DON'T PANIC!"

LOU McCALL, EDITOR
QUESTA DEL RIO NEWS

*See more about Earth Day origins on pages 14 and 15

THANK YOU TO EVERYONE WHO CONTRIBUTED TO OUR APRIL ISSUE!

ALBERTA BOUYER, KATE BROWN, CLAIRE COTÉ, PETER CRIDER, JUDITH CUDDIHY, SUSAN DURHAM, ISHA HADDIGAN, BROTHER RICHARD HENDRICK, JONATHAN HUTCHISON, RACHEL KUC, GILLIAN JOYCE, GAYLE MARTINEZ, CYNTHIA NAJIM, LEE NICHOLS, JONA OLSSON, JOE RAMIREZ, NIKKI SCHAPER, JULIE SEGURA, KARLTON TERRY, PEGGY TRIGG, LYNN UNGAR, CYNTHIA RAEL-VIGIL, ENRIQUETTA VIGIL, STEVE VIGIL, MARK WHITE



The online subscription link works perfectly, what a beautiful issue! Congratulations to you and all staff and contributors on another beautiful issue. Thank you and we'll keep in touch with more historical articles!

JACOBO D. BACA, PH.D.
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NEW MEXICO LAND GRANT COUNCIL
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UPDATE ON THE STATUS OF DOLLAR GENERAL IN QUESTA

This is brief summary of what is happening with the proposed Dollar General development. On Tuesday, March 10th, Mayor Mark Gallegos and the Questa Village Council discussed the latest news about the building of the Dollar General on Hwy 522. The Village Attorney reported that the application by

Dollar General to the New Mexico Dept. Of Transportation (DOT) was approved. The DOT is giving DG the green light to proceed, with no alterations to the road being required to make the entrance/exit to the highway safer. The engineer representing DG was present and assured the Council that the study was done appropriately. Council member Charlie Gonzales and concerned resident Jeannie Masters both disagreed with this conclusion. Ms. Masters reported that over 300 residents use the road to the Food Pantry and the Senior Center, making this spot very dangerous. Councilman Gonzales felt that he could not agree to a situation which would pose a serious traffic danger to our community.

Attorneys on both sides of the issue presented two options before a final decision about the DG development would be concluded. The first option was that the Mayor and Village Council approve the development without further discussion. The second option was that the Village Council and Mayor would deny that first option, and request an open hearing with the public first, before making a final decision about the development. The Mayor and Village Council on March 10 voted unanimously to deny the first option and requested that a hearing be held for public discussion. It is believed that the large number of signatures on the petitions circulated in December (675) played a significant role in these latest events.

When a date is set for that hearing, let's show up in numbers to make our voices heard. We have a very supportive and accessible Village Council and Mayor, working diligently on this issue to help us. Let them know how important this is to Questa's community.

CITIZENS CONCERNED FOR
QUESTA'S FUTURE

Questa Del Rio News Welcomes San Cristobal Correspondent!

By STAFF WRITERS

Our newspaper finally has a long-sought San Cristobal Correspondent, Caroline Yezer. There is so much good news, wonderful people, and delightful things happening in San Cristobal and unfortunately, we at *Questa Del Rio News* usually hear about them long after they happen. Enter Professor Caroline Yezer, who was a Research Affiliate at the Strassler Center for Holocaust & Genocide Studies, and anthropology professor at Clark University and College of the Holy Cross in Boston, Massachusetts. She moved to San Cristobal to care for her mother. The bad news is that Caroline's mother passed away — we offer sincere condolences to Caroline and thank her for her service to her family. The good news is that Caroline decided to stay, especially good news for our newspaper and our readers. If there is anything going on in the San Cristobal community that you would like our readers to know about, please contact Caroline so she can spread the word! You can email her at professoryezer@gmail.com.



Courtesy Photo

Welcome San Cristobal Correspondent Caroline Yezer with her sidekick Skye.

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Questa as a Bedroom Community



By LINDSAY MAPES

The Questa Lodging Project, a program of the San Antonio del Rio Colorado Historic Preservation non-profit (SARCHP), is officially launching this month! A total of \$200,000 in grant funds was given from the LOR Foundation in Taos, the Chevron Corporation, and the Questa Economic Development Fund. The pilot kicks off with four homes that will be renovated and rented out by this summer. Over the next several years, dozens of vacant homes will be rehabbed, then inhabited with renters.

The concept sprung up when Red River community leaders informed Questa community leaders that their number one problem was housing for their workforce, and requested assistance in creating rental housing to alleviate the landlocked community's housing crunch. Just down the canyon from Red River, Questa is a gold mine of potential rental homes. The problem is that much of Questa's housing stock is

vacant and in various stages of disrepair. What would Questa look like if 50 of these vacant homes were remodeled with families living in them? And so, the Questa Lodging Project was born.

The program aims to rehabilitate vacant homes and turn them into rental properties, with the overall goal of not only increasing Questa's population, which will of course positively impact

our grocery store, restaurants, and gas stations, but to help keep Questa properties within Questa families. This is about preserving the Questa community. Questa will serve as a commuter base to become the bedroom community of this part of the Enchanted Circle.

All of the four pilot homes are currently vacant. Home renovation costs range from \$10,500 to upwards

of \$68,000. Once the homes are rental-ready, SARCHP will seek renters for these homes. The rental income will go towards the renovation costs over a period of months to years, depending upon the amount invested in the renovation. In the end, the homeowner will have little to no out-of-pocket expenses and will have a property that has increased in value and becomes an income-producing asset for their family.

SARCHP is planning for phase two of the Questa Lodging Project with the goal of remodeling an additional 15-25 homes. They are seeking homeowners from around the area that are interested in participating. To be eligible, you must have a vacant home in need of repair, you need to be willing to have renters live in the home after it is renovated, and you must have the intent to keep the property in the family - you cannot have a plan to sell the property once the renovations are complete. If you are interested in having your vacant property renovated, please call the Questa Lodging Project at (575) 586-2258 to learn more about the program.



Photo by Lindsay Mapes

AmeriCorps VISTA Volunteer Nick Nagawiecki, a recent architecture graduate, measures a window of one of the pilot project homes of the Questa Lodging Project.

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Seniors Home Remodeling Grant

By LINDSAY MAPES

Do you need home repairs on your home or trailer? Are you 62 years of age or older? Is your annual household income less than \$27,000? Then you are eligible for a grant from the USDA to fix your home.

While anyone can apply for the USDA 504 grant, the San Antonio del Rio Colorado Historic Preservation non-profit that restored the San Antonio de Padua Church is assisting Questa-area seniors to complete the lengthy grant application. To date, they have submitted nine applications for seniors from Arroyo Hondo to Cerro, and eight have been approved.

It is fast and easy to find out if you are eligible for a grant of up to \$10,000 from the Federal government to have remodels made to your home. Call (575) 586-2258 and we will assist you free of charge with your USDA home remodel grant application.

What is QBEN? Questa Business Entrepreneur Network

By LYNN SKALL

Thank you, Cynthia Rael-Vigil for championing the return of QBEN! The Questa Business Entrepreneur Network is an open meeting for all interested Questa area businesses. They come together once a month (or so) to reconnect with one another, hear updates from community leaders, share ideas about the area's economic development, and have a voice in the direction of Questa's future.

QBEN is for every business! Attend the QBEN meetings to hear about upcoming events and community plans; learn about free business resources such as low-cost or no-interest business funding options, training opportunities, and get connected with the people who can help you take advantage of these benefits. Are

you aware of how Questa is currently marketed and advertised to promote the area's recreation, historic attractions, and cultural heritage? Do you know how this marketing will impact your business and how you can capitalize on these efforts?

As a business owner, your professional services and the retail products your store provides are integral to the foundation and the future of Questa. To help your business succeed, the Village of Questa, the Questa Economic Development Fund, and Chevron are working together – along with many other invested and supporting organizations – to increase traffic and new revenue to your doors, create long-term financial sustainability for the community, and attract new businesses to Questa. QBEN is a way

for you to be informed, stay involved, and to be part of the process.

Thanks again to Cynthia Rael-Vigil, the QBEN Meetings are held at Rael's Market and when a date is set for the next meeting, the Questa Del Rio News will let you know. Cynthia promises to provide food and refreshments for attendees. Contact Cynthia with questions, ideas, and if you have an item you'd like to include on the agenda for the next meeting. Cynthia can be reached at (575) 779-9249, or stop by Rael's Market, centrally located on the west side of Hwy 522 in Questa at the traffic light.



QUESTA BUSINESS ENTREPRENEURIAL NETWORK



Business Profile

By CAROLINE YEZER,
SAN CRISTOBAL CORRESPONDENT

Paul von Huene was just out of high school when he came to Taos from his hometown of Albuquerque. Like many others, he came here for the jobs and the skiing. He worked as a raft guide, ski instructor, and in construction. Now he works at something altogether different, as the Recycle Ranger.

Paul estimates he is the fourth or fifth in a line of Recycle Rangers. In June 2019, he bought the business from Joseph Godfrey, the fire chief of San Cristobal. But Paul's tenure as the Recycle Ranger came at that particular moment when the recycling world was changing. Just months after his purchase, the Taos Recycling Center stopped accepting glass and plastic. Like so many other cities, Taos's decision to stop recycling these items was due to China's new restrictions on the imports of certain recyclables. Suddenly, the US was being smothered under tons of recyclables that nobody wanted to process; we could no longer ship it on a slow boat to China. But Taosenos did not react well to being suddenly told to throw away much of their recycling, and were searching for other options. So, just after Paul became the new Ranger, he also found himself as one of the few options for recycling in town.

Paul got calls about his business, and some were better than others... Taosenos had yet to make the cultural shift from expecting "free" recycling as offered by the Town of Taos, to paying a business for this service. Paul had to explain to some disappointed residents that yes, his recycling did charge a fee. In contrast to the residential customers who were keen to recycle (but less happy about paying) some Taos businesses weren't interested at all. "Lots of local people who work in businesses in Taos want to recycle but the out of town heads of the corporations don't want to," Paul explained, because often in the business world, it is easier to dump an entire dumpster of cardboard into the landfill than to spend time to change up their usual habits. "Even when it costs less to pay me to re-



Photo by Lou McCall

CID's trailer advertising the Recycle Ranger in Taos

cycle it, often the head office just doesn't want to be bothered."

Today, however, Recycle Ranger recycles cardboard, plastic, and glass for over a dozen local business and residential clients. The Taos Recycling Center accepts cardboard, but Paul often has to find multiple ways to recycle glass and plastic. Currently, Recycle Ranger recycles glass directly into construction projects that use clean glass bottles as fill in adobe walls. As for plastic, Paul says number one through number seven plastics are recyclable, but it's not easy to find places that process it. Much of his efforts go into finding destinations for plastics, and that means that he ends up storing a lot of them himself while he looks for places. That kind of effort takes space, and if the plastic isn't clean, it attracts unwanted wildlife. So, Paul advises his residential clients to clean the plastic well if they want it recycled. The best option, however, Paul advises, is abstinence. "I encourage my residential clients to try not to buy much plastic," because it is one of the most difficult of waste products to recycle.

Paul acknowledges that recycling

has limitations. Cardboard is easy to recycle, but "how do we recycle aluminum, for example, without polluting the air in the process?" Paul asks, "There's definitely a carbon footprint." To make his business model environmentally sustainable, Paul has streamlined the Recycle Ranger through a few of his own innovations. Big recycling businesses may use a lot of gas, transporting their recycling to different neighborhoods for pickup. In contrast, Paul has reduced his carbon use by keeping his recycling truck in town, and commuting to work by bicycle from Arroyo Seco to downtown Taos. Residential clients meet him at his truck for recycling. This model works! and means that he can keep his driving down to just 75 miles per week for all his recycling business. His cycling is also a habit; he loves road biking and was imaginative enough to turn that joy into a way to make his business greener, and better for the environment. Recycle Ranger charges \$10 for a kitchen-sized (approximately 13 gallons) trash can full of unbroken glass bottles. For recycling of plastics and other materials, better call Paul at (575) 770-7917.

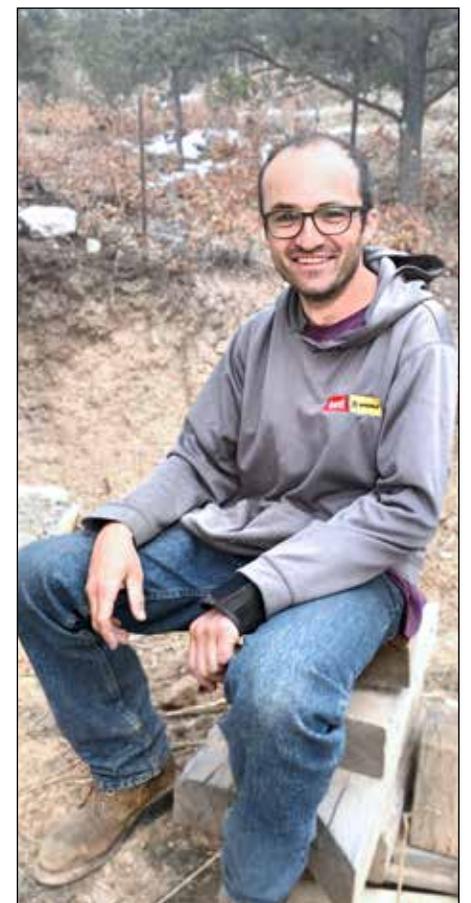


Photo by Caroline Yezer

Recycle Ranger Paul von Huene, at home on the earth.

WHAT IS YOUR BUSINESS? CALL OR E-MAIL US FOR AD RATES! 575-586-2258 or DelRioColoradoADs@gmail.com

Census 2020 Update

By GILLIAN JOYCE

The 2020 Census went live on March 12, and the very next day the State of New Mexico declared a State of Emergency in response to the spread of COVID-19. Nine events focusing on helping our communities get counted were quickly canceled, and outreach for the Census took a back seat to responding to the pandemic at our front door.

Exactly 100 years ago, we were also facing a dangerous pandemic during the Census. The Spanish Influenza outbreak that began in 1918 was still ravaging our country when the 1920 Census was conducted, and response rates to the Census were poor as people struggled with the basic welfare of their communities.

Certainly, responding to the Census takes a back seat to caring for our community in the present. It is imperative that we ensure our vulnerable populations are safe and cared for. As we figure out our response systems, I ask that we keep an eye toward the future and take the time to respond to the 2020 Census

when we are able, so that we are better prepared for emergencies such as this one over the next decade.

The information collected through the Census brings millions of dollars into our state every year – according to most recent estimates, for each person in New Mexico counted \$5,000 dollars comes into our communities every year for the decade – a total of \$50,000 coming into New Mexico between now and 2030 for every person who gets counted. Much of that funding goes toward the very programs we are relying on during this crisis! Funding for our public health clinics and hospital, funding for SNAP, FEMA, and other emergency response programs, Medicare, Medicaid, unemployment insurance, public schools' free and reduced lunch programs (now being distributed into the community while our schools are closed), various social services (from food banks to mental health clinics), and services for our elderly.

Taos County and all of New Mexico are in a challenging situation when it

As you settle into this period of social distancing, please take the time to respond to the Census. Currently, the best way to respond is online at: [My2020Census.gov](https://my2020census.gov)

You can also respond by phone:

English: (844) 330-2020

Spanish: (844) 468-2020

Other language hotlines available at:

<https://census.gov/en/ways-to-respond/responding-by-phone.html>

For questions or concerns: (844) 330-2020

You do not need your 12-digit identification code in order to respond. You can use your address or even just a description of where you live. If you choose to respond by phone, rest assured, despite what the recording may say, you have called the right number! Just be patient with the phone tree and you will eventually be directed to a representative who can assist you with responding.

comes to responding to the Census. New Mexico is one of the poorest states in the US, and among the states most reliant on federal funding. At the same time, New Mexico is THE most challenging state for the Census to count in the continental United States. In 2010 only 74% of New Mexico self-responded and only 62% of Taos County self-responded. To

put that in perspective, an undercount of just 1% of Taos County would cost us an estimated \$9.7 million in lost funding from the Federal government for these programs we so dearly need and rely on. For all of us who take the step to self-respond, we free up Census workers to focus on those in our population who are hardest to count.

You Count! Your Ten Minutes is Worth \$38,500

By LYNN SKALL

You count! So, get counted in the 2020 Census. You matter. And the Census matters; it's something you need to do.

Here's why:

The 2020 Census By the numbers, using the Village of Questa as an example:

10 — The number of minutes it takes to complete the Census questionnaire

300 — Federal funding programs that rely on the Census numbers to distribute billions of dollars each year

1,751 — Population of Questa in 2015

\$38,500 — Estimated total funding to the Village of Questa by the federal government over the next 10 years for each person counted in 2020

\$6,734,552 — Federal funding lost by Questa over the next 10 years when just 175 people, or 10% of the Questa population, are not counted

\$67,375,520 — Possible federal financial assistance available to Questa for approved programs over the next ten years when each person is counted

\$7,816,466,854 — Funding received in 2016 by the state of New Mexico for just 55 of the 300 federal assistance programs, this is a direct result of the 2010 Census data collected

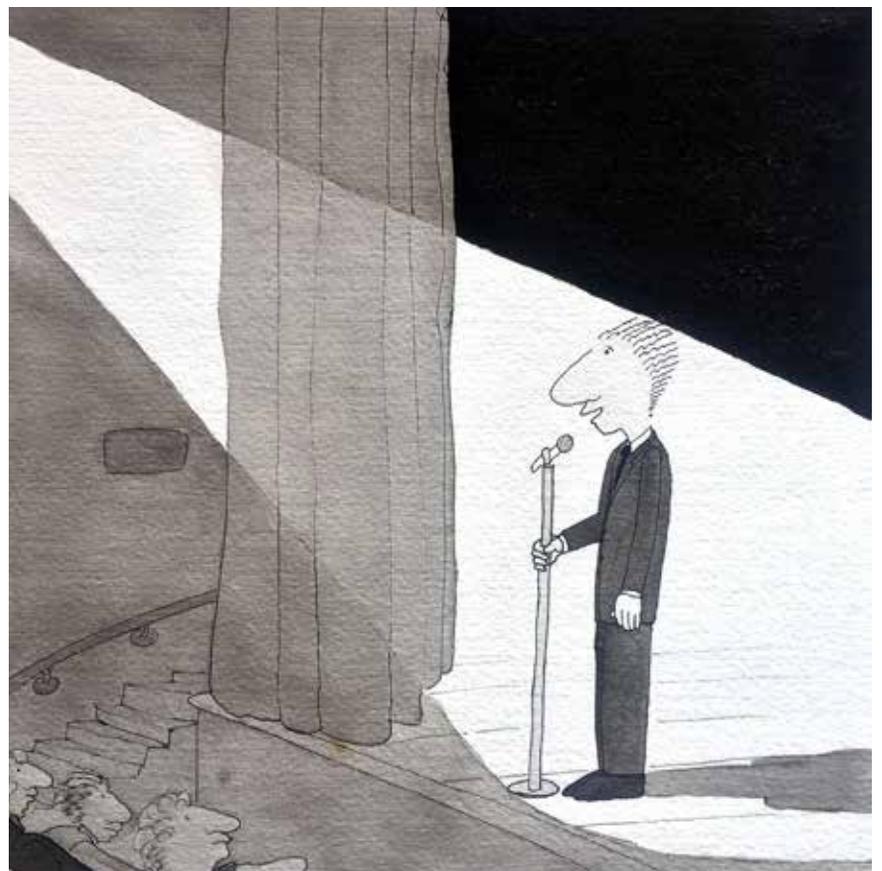
Source: *Counting for Dollars 2020 Project*, GW Institute of Public Policy, George Washington University, 2017.

How you can get counted:

- **By Mail:** fill out the paper questionnaire delivered to you in the mail
- **Online:** Complete the questionnaire online at <https://2020census.gov/>.
- **By Phone:** Call (844) 330-2020, or respond when a Census representative calls you
- **At the Questa Public Library:** Use one of their computers to complete the Census questionnaire; Librarian Sharon Nicholson is available to assist you, Monday-Saturday, 12pm-5pm, (575) 586-2023

You matter and the Census matters. Get counted. It's something you need to do.

Learn more about the Census: WWW.2020Census.Gov



Ladies and gentlemen. Wash your hands. Wash your palms. Wash the webs between your fingers and your fingertips. Cover your face. Cough. Repeat.

*"Today you are you, that is truer than true.
There is no one alive who is youer than you."
—Dr. Seuss*

APRIL IS NATIONAL POETRY MONTH!

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

—Lynn Ungar 3/11/20

Lynn Ungar is a poet based in the San Francisco Bay area. She serves as a minister for the Church of the Larger Fellowship, an online congregation for Unitarian Universalists and others. To see more of her poetry and other writings visit www.lynnungar.com.

Lockdown

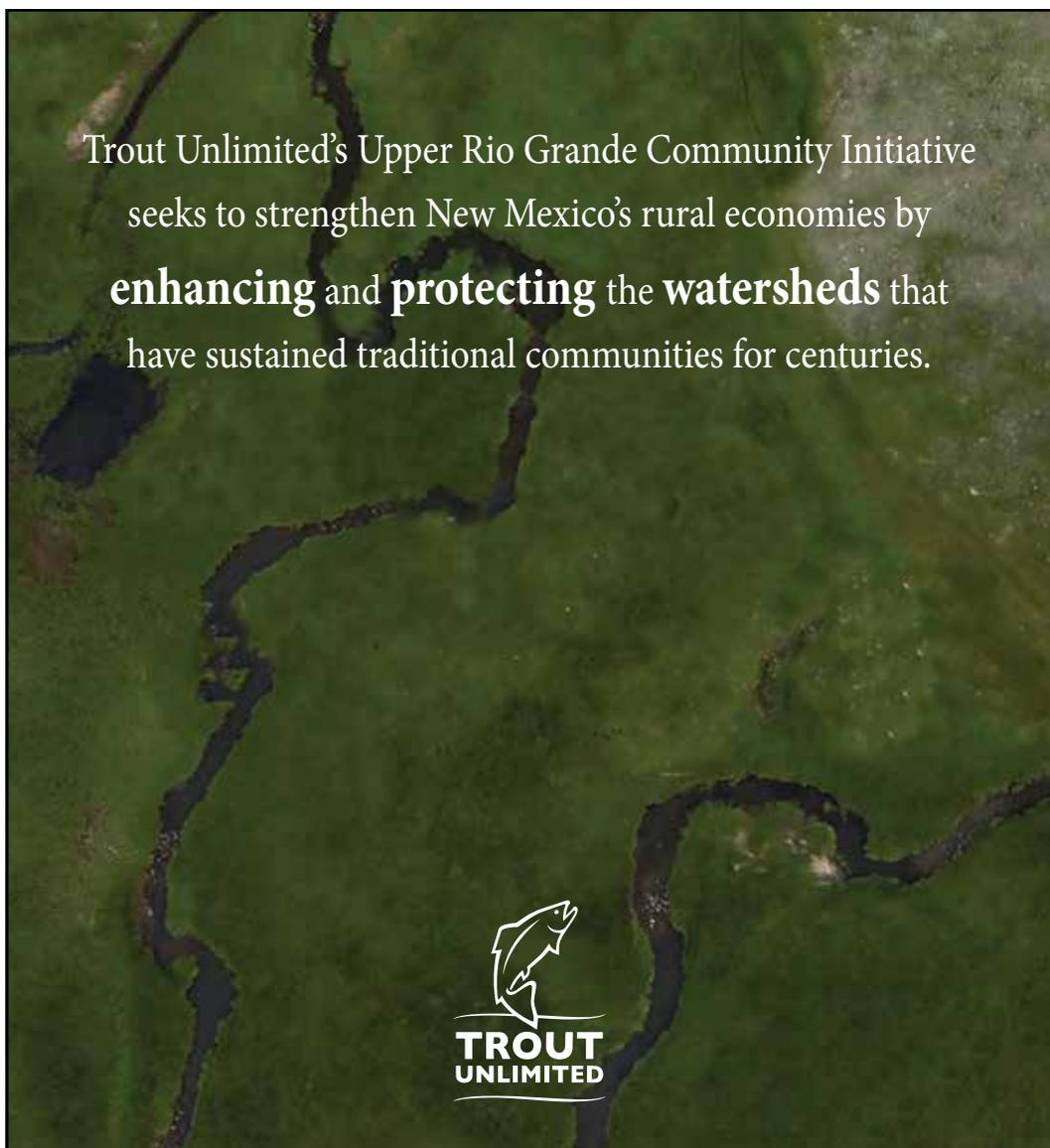
Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many
years of noise
You can hear the birds again.
They say that after just a few weeks of
quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family
around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the
housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to

call on.
Today Churches, Synagogues, Mosques
and Temples
are preparing to welcome
and shelter the homeless, the sick,
the weary
All over the world people are slowing
down and reflecting
All over the world people are looking at
their neighbours in a new way
All over the world people are waking
up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of
the soul
Yes there is even death.

But there can always be a rebirth of love.
Wake to the choices you make as to how
to live now.
Today, breathe.
Listen, behind the factory noises of
your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

—Brother Richard Hendrick

Brother Richard Hendrick, a Capuchin Franciscan monk living in Ireland, penned this touching poem about coronavirus and posted it on Facebook on March 13, 2020. This poem gives new meaning to the term "Going Viral!"



Trout Unlimited's Upper Rio Grande Community Initiative
seeks to strengthen New Mexico's rural economies by
enhancing and **protecting** the **watersheds** that
have sustained traditional communities for centuries.



Since 2013, TU has supported the Village of Questa's expansion of its fishing-based economy through re- storing the Red River, developing a restoration work force, and improving the village's capacity to lodge and serve visitors.



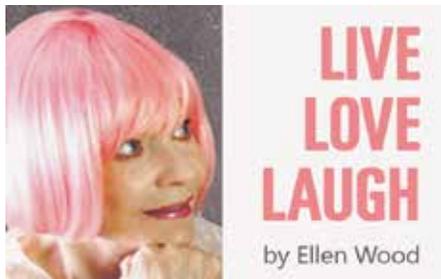
TU has joined a diverse coalition of local stake- holders opposing a proposed copper, gold, and zinc mine in the Pecos River watershed. The mine would destroy the economy of the Village of Pecos, which depends heavily on revenue generated by the river



For over a decade, TU has engaged in restoring the Comanche Creek watershed, supporting reliable irrigation flows and imperiled Rio Grande cutthroat trout, a species of significant cultural value.



Grief is God's Fishnet



I hung up the phone in shock. My stepdaughter Danielle had called from Australia to tell me that her brother had ended his life. Even though I knew he had a long history of alcoholism compounded by bouts of depression, the news pulverized me, and I couldn't bear grief's loneliness.

So, I called my friend Jennifer. She arrived bearing sausages, Brussels sprouts, and potatoes. While Jen cooked, I told her about my talented, charming, humorous musician/composer stepson, Michel, who made England his home several decades ago. I said I had just talked with Michel's wife Sally, and that she and their two sons, Louis and Luc, are going through unimaginable, dev-

astating pain. Jen and I conversed about other things too, and it took my mind off my own grief.

Later my friend Lou brought me soup and comforting hugs. After she left, I sent emails and made phone calls and felt blessed by the condolences and promises of prayers for Michel and his family.

The next day tremendous sadness dripped a withering potion into my veins, crushing me, slowing me down. But my mind resisted: *Go away, Grief. I have so much to do – all the daily routines plus still more relatives and friends to call.*

I busied myself with tasks, but when I forced myself to meditate, I couldn't. I knelt on my cushion and lowered my butt onto my bench, closed my eyes, willed myself to meditate – but my mind buzzed with thoughts of how sad I felt for Michel's family and how distressed and agitated I was. I tried praying, but my prayers were hollow.

I called my beloved friend Tracy Rae, told her the shocking news, and said I felt as though I were being swallowed

up by grief and overwhelming restlessness. She read a poem to me by Hafiz, translated by Daniel Ladinsky:

Don't
Surrender
Your loneliness so quickly.
Let it cut more
Deep.
Let it ferment and season you
As few human
Or even divine ingredients can.
Something missing in my heart
tonight
Has made my eyes so soft,
My voice so
Tender.
My need of God
Absolutely
Clear.

Tracy Rae, a trauma therapist, invited me to slow down, not expect myself to be any certain way, and to welcome grief, however it comes. She reminded me to be aware of, but not lost in my thoughts. To be aware of the movements of my

body and emotions – to be with what is. The pain, she shared, is where God meets us. Like Hafiz says about loneliness, grief is a fermenting, seasoning process that brings us closer to God. We ended our phone call and I entered that sacred space of heartache.

Death awaits us all, whether it's a slow walk there, like I'm taking, or a fast run like Michel took. Our purpose is to eventually return Home steeped in God's Presence. Some loved ones go before us, leaving a God-shaped hole in our hearts. Sometimes the hardest thing to do is to be with what is – yet as I answer grief's call, the loss of Michel is no longer just pain and loss. Even in death, Michel is touching me deeply, inviting me to be gathered up in God's fishnet, drawn near, and be kissed by grace.

Ellen Wood of Questa is the award-winning author of the series of books, The Secret Method for Growing Younger. Her website is www.howtogrowyounger.com. Contact Ellen at ellen@howtogrowyounger.com

La tristeza es la red de Dios

Colgué el teléfono en estado de shock. Mi hijastra Danielle había llamado desde Australia para decirme que su hermano le había puesto fin a su vida. Aunque sabía que tenía una larga historia de alcoholismo agravado por episodios de depresión, las noticias me pulverizaron y no pude soportar la soledad del dolor.

De modo que llamé a mi amiga Jennifer. Llegó con salchichas, coles de Bruselas y papas. Mientras Jen cocinaba, le conté sobre mi hijastro Michel, músico y compositor talentoso, encantador y con sentido del humor, que hizo de Inglaterra su hogar hace varias décadas. Dije que acababa de hablar con Sally, la esposa de Michel, y que ella y sus dos hijos, Louis y Luc, atraviesan un dolor inimaginable y devastador. Jen y yo conversamos sobre otras cosas también y dejé de enfocarme en mi propia tristeza.

Más tarde, mi amiga Lou me trajo sopa y abrazos reconfortantes. Después que ella se fue, mandé correos electrónicos e hice llamadas telefónicas y me sentí bendecida por las condolencias y

las promesas de oraciones por Michel y su familia.

Al día siguiente, una tremenda tristeza goteó como poción debilitante por las venas, aplastándome y volviéndome más lenta. Pero mi mente se resistía: *Vete, Tristeza. Tengo mucho que hacer: todas las rutinas diarias y todavía más familiares y amigos a quienes llamar.*

Me ocupé de las tareas, pero cuando me obligué a meditar, no pude. Me arrodillé en mi cojín y acomodé el trasero sobre el banco, cerré los ojos, deseé meditar, pero mi mente zumbaba con pensamientos de lo triste que me sentía por la familia de Michel y de cuán angustiada y agitada estaba. Intenté rezar, pero mis oraciones eran huecas.

Llamé a mi querida amiga Tracy Rae, le di la terrible noticia y le dije que sentía que el dolor y una abrumadora inquietud me estaban tragando. Ella me leyó un poema de Hafiz traducido por Daniel Ladinsky:

No
Renuncies
A tu soledad tan rápido.

Deja que corte más
Profundo.

Deja que fermente y te sazone
Como pocos ingredientes humanos
O incluso divinos pueden hacer.
Algo que falta en mi corazón esta
noche

Ha hecho mis ojos tan suaves
Mi voz tan
Tierna.

Mi necesidad de Dios
Absolutamente
Clara.

Tracy Rae, terapeuta especializada en traumas, me invitó a calmarme, a no esperar ser de cierta manera y a acoger la tristeza de la forma en que venga. Me recordó que fuera consciente de mis pensamientos, pero que no me perdiera en ellos. Que fuera consciente de los movimientos de mi cuerpo y mis emociones, que estuviera con lo que es. El dolor, compartió, es donde nos encuentra Dios. Como dice Hafiz sobre la soledad, el dolor es un proceso de fermentación y sazón que nos acerca

a Dios. Terminamos nuestra llamada telefónica y entré en ese espacio sagrado que es el dolor.

La muerte nos espera a todos, ya sea que se trate de una caminata lenta como la que yo estoy haciendo o de una carrera rápida como la que hizo Michel. Nuestro propósito es eventualmente regresar a Casa inmersos en la Presencia de Dios. Algunos seres queridos van antes que nosotros, dejando un agujero en forma de Dios en nuestros corazones. A veces, lo más difícil es estar con lo que es —sin embargo, cuando respondo al llamado del dolor, la pérdida de Michel ya no es solo dolor y pérdida. Incluso en la muerte, Michel me está tocando profundamente, invitándome a reunirnos en la red de Dios, a acercarme y a recibir el beso de la gracia.

Ellen Wood de Questa es la autora galardonada de la serie de libros "The Secret Method for Growing Younger." Su sitio en la red es www.howtogrowyounger.com. Para ponerte en contacto con ella, escríbele a ellen@howtogrowyounger.com.

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Anti-aging Surprise For Diabetics: Metformin

By MARK WHITE

The United Kingdom's National Health Service has medical records for an entire population. Reviewing those records showed that diabetics taking the diabetes medication Metformin not only outlived type II diabetics who were not taking it, but also outlived non-diabetics. Given the many health challenges that diabetics face, Metformin must be a very potent treatment for life extension.

Following up on this surprising result, US specialists in life extension launched an FDA-approved study to see if a double-blind controlled trial

would replicate the population results. FDA approval heralds an opening in the previous brick wall that the health establishment has erected against considering the possibility that aging is a disease that doctors can treat.

For folks who hope to extend their healthy lifespan, that willingness to explore treatments designed to do just that is a very welcome development. Snake oil is still peddled to incautious consumers, and shared experience is a great way to sort effective treatments from the fraudulent. The FDA's old assumption is that all human populations are independent and identically distributed (IID), that each random variable has the same

probability distribution as the others, and that all are mutually independent. This assumption has often been proven wrong by different responses various groups have to the same treatment. Double-blind controlled trials still add to humanity's shared experience with treatments, despite the needless expenses and delays that the FDA's IID assumption imposes on medical research and the society that supports it. More experience, like that shown with Metformin in the UK, will help sort real medicines from the snake oils that are sold with no proven efficacy.

If you are a diabetic, talk to your doctor about Metformin. Do your

research, there are many resources online, including links about Metformin's side effects, why some diabetics have stopped taking Metformin, as well as success stories. Double-blind controlled trial results aren't available yet, and won't be for many years. If you have diabetes, your doctor may already have you on Metformin and longer life would be a side effect for you. If we live long enough, gene therapies to cure aging will likely keep us going as therapies keep getting better and better. I don't know about you, but I don't want to miss that! If slow suicide from old age is not your plan, a Metformin prescription could help change your fate.

BODY | MIND | SPIRIT

By BARBARA TRACY

FLOWERS IN A GARDEN

We are all here like flowers in a garden – some are tall, some short, and all of us with different expressions and colors, yet we are all the same. How do we get to that place where there is no longer “other,” but just one, from the same creator? Brothers and sisters living on a beautiful blue planet racing through the cosmos at a speed we cannot even comprehend: what miracle is that? What a miracle we all are. Yet we live with our fingers pointing outward to this person or that person, not seeing that each being is a soul in passage through this amazing journey called life. There is no guidebook to the human journey. There are sacred texts to guide us. Unfortunately, they have been passed down through the millennia with the interference of mankind and his ideas and judgments of what is true and not true, a dualistic message that is not at all helpful.

Why do we draw imaginary lines on this earth saying, “This is my side and that is your side?” We are one people, one planet with one Creator, so why do we separate ourselves from others? Consider one possibility: There is an enormous amount of noise in this world with no basis in reality; merely words being spat about with an unknowable amount of information and dis-information, a consensus reality that may have no solid foundation for its existence. These “accepted” realities have prolifer-

ated exponentially over the past decades, especially with the internet which has become an avenue we turn to when looking for answers. There is every nature of response to questions, which can be based on either truth or non-truth.

We people tend to believe what we read, what we are told by the media, and what we want to believe—for our own comfort.

We can ask ourselves, “what do I really and truly know?” Not from what we have read or heard, but what do I truly know in this moment? That is a very good place to begin our day, researching our own truth in the moment.

In our human experience there is a tendency to create separation by our intent to change and correct others as we think they should be changed. “We are right and therefore they must be wrong,” is common thinking—making others unacceptable in our eyes unless they change to match our expectations. We each have our own way of seeing life and our own obstacles to learning, and that is the nature of our soul journey. Respect and regard for each being and their views allows freedom for all to be who they are rather than a carbon copy of someone else or society's acceptable version.

We are and always have been part of a wonderful global family called humanity. It is through erroneous thinking and negative focus on the ego that we have lost the unity that is waiting for us to come to our senses and embrace one another. Consider again the flower garden—we do not stamp on a purple flower just because it is different from other colors; we accept it because it is part of the beauty that makes the garden whole and complete.

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Questa Health Center Among Recipients for Federal Obstetrics Grant

CONTRIBUTED BY STAFF AT
HOLY CROSS MEDICAL CENTER

A grant called the Rural Maternity and Obstetrics Management Strategies (ROAMS) Program was awarded to five rural clinics in northern New Mexico, including Questa Health Center. The funds will be used to create an innovative model for providing rural obstetric services to our region. The target population is women of childbearing age and their families across Taos, Colfax, and Union Counties with the goal of improving maternal health literacy and access to care by addressing geographic, educational, and financial concerns.

“Over the last decade, the number of rural hospitals in America has declined, and there has been even more of a reduction in the number of hospitals that provide care to pregnant patients,” said Dr. Tim Moore of Holy Cross Women’s Health Institute. “These women must travel further and further, hundreds of miles, to receive care and deliver their

babies.” The number of obstetricians and other practitioners trained to provide maternity care has also sharply declined. Rural America represents 75% of our land mass and 23% of women are 18 years and older. Dr. Moore indicates that less than 5% of obstetricians practice in rural counties, and in half of these areas, there is no Ob/Gn provider at all.

“OB is a service line that many small rural hospitals have been forced to abandon. The shrinking number of qualified providers coupled with declining and inadequate reimbursement is not a formula for success,” said Bill Patten, CEO for Holy Cross Medical Center (HCMC). “Holy Cross Medical Center understands the importance our community places on keeping OB services local. When we learned about this grant we saw it as an excellent opportunity to partner with other small hospitals in our region. We will be able to explore new and creative ways to provide services in each of our local communities, by pool-

ing our resources and working together.”

This grant was applied for in partnership with the following entities:

- Holy Cross Medical Center, Taos, Taos County
- Miners Colfax Medical Center, Raton, Colfax County
- Union County General Hospital, Clayton, Union County
- Questa Health Center, Questa, Taos County
- Taos First Steps, Home Visiting Program, Taos, Taos County

Larry Martinez, Regional Director for Presbyterian Medical Services, which administers the Questa Health Center, comments “We are very proud to be a partner in this critically needed initiative. Through the efforts of Holy Cross Hospital and the other partners, we will have an opportunity to extend our primary care, dental, and behavioral health services to expectant mothers in isolated and remote areas. The grant award will

help us to achieve expanded access to care much more expeditiously than we had previously planned.”

“This is a huge and worthwhile undertaking” said Jeannie Ross, Community Outreach Director for HCMC. “We knew this project would be so beneficial for our communities. Only three grants were awarded nationally and we were one of them! To be chosen on a national level and be able to bring innovative ideas and technology to our families is a great opportunity.”

When asked about the importance of this funding Dr. Tim Moore indicated that this will enable northern New Mexico to create a model program to reach out and provide safe, high-quality, and up-to-date prenatal care to all women who reside here. “My hope is that we will then be one of many such programs across the US, and show that every person deserves the best care that healthcare can provide, no matter where they live.”

Local Partners Offer Essential Oil Education in Questa

BY DR. NIKKI SCHAPER

Did you know that for the past two years, essential oils have been offered in Questa? Through partners like Rael’s Coffee Shop and non-profit organizations such as Questa Youth and Community Development, The Oily Odyssey Collective has been offering free, natural health education through the utilization of essential oils.

What are essential oils?

An essential oil is the aromatic, volatile liquid that is found within many flowers, roots, bushes, shrubs, trees, and seeds, usually extracted through steam distillation or cold-pressing. The chemistry of an essential oil is complex and may consist of hundreds of unique chemical compounds. Essential oils are highly concentrated and far more potent than dried herbs because of the distillation process.

Why use essential oils?

Plants not only play a vital role in the ecological balance of our planet, they have also been closely linked to the physical, spiritual, and emotional well-being of human beings for thousands of years. As dependence on prescription opioid medications reaches an alarming high, many people suffering

from conditions like chronic pain and anxiety are seeking relief using safer, natural home remedies like essential oils.

Who is The Oily Odyssey Collective?

The Oily Odyssey Collective are essential oil lovers and natural health warriors who utilize Young Living brand essential oils as an important component of their health and wellness goals. We want every person to have the opportunity to live strong, robust lives. Young Living has over 25 years of experience in researching, growing and distilling therapeutic grade essential oils. Dr. Nikki Schaper grew up in Taos, New Mexico and lives in Corona, California. She received her doctorate of Education in Organizational Leadership from Pepperdine University and has been working with essential oils and teaching internationally for five years. She enjoys sharing her experience with essential oils and is looking forward to April’s events in Questa. If you are interested in what essential oils can do for your health and home, we invite you to come and learn more.

How can I learn more?

On Wednesday, April 22 at 5:30 pm, the Questa Youth and Community Development organization will be hosting “Essentially Grown: Natural



Photo by Dr. Nikki Schaper

“10 Ways to Screw the Flu” class participants at Rael’s Coffee Shop, (left to right) Glenda Martinez, Enriqueta Vigil, Esperanza Vigil, and Dr. Nikki Schaper.

Gardening with Essential Oils” at the Cisneros Youth and Family Center in Questa. This class provides a wealth of information about using essential oils for every aspect of gardening, from pest control, disease control, and weed prevention to companion gardening and attracting pollinators. Whether you are a seasoned gardener or just starting out, these methods can enhance your overall gardening experience and help your gardens flourish and thrive.

Additionally, on April 27 at 5:30 pm, Rael’s Coffee Shop will be hosting

“Prepared not Scared.” This class is a hands-on workshop where participants will learn how to use essential oils to boost and protect their immune systems by making homemade, plant-based hand sanitizer, wipes, sprays, and cleaners. There is a \$10 material fee for the class.

For more information contact:

Dr. Nikki Schaper

Owner & Founder of The

Oily Odyssey Collective

Phone: (805) 657-6055

Email: myoilyodyssey@gmail.com

Website: www.getoiling.com/oilyodyssey



VIDA DEL NORTE
COALITION NEWS

By RACHEL KUC

Must-Know Information for Prom and Graduation!

Given the current uncertainty regarding the COVID 19 outbreak, as of this publication date, we do not know if there will be Prom or a large graduation gathering. We chose to print this article, since it contains very interesting and important information!

Spring is here and the end of the school year is coming soon. It is almost time for prom and graduation! These fun and exciting events too often involve underage drinking, and drinking and driving. Here are some facts about the dangers and consequences of underage drinking and some ideas for staying safe during this memorable time:

- According to *Mothers Against Drunk Driving* 4,300 people each year are killed due to teen alcohol use in the US. One in four car crashes with teenagers involve an underage drunk driver.
- According to the National Highway Safety Administration, car crashes are the leading cause of death for teens and about a quarter of those deaths involved an underage driver who had been drinking. The NHTSA statistics also demonstrate that one in three alcohol-related fatalities occur during prom and graduation season, from April to June.
- Youth who start drinking before the age of 15 are six times more likely to develop alcohol dependence or abuse later in life.
- A 2017 survey by the New Mexico Department of Human Services revealed that an average of 26% of high school students in New Mexico reported having at least one drink on at least one day in the 30 days prior to the survey. In the same time period, while 10% of male students had five drinks, 13% of females reported having four drinks or more. Of the students who drank, 7% said they had driven a vehicle while under the influence of alcohol and 20% had ridden in a car at least once with a driver who had been drinking.
- Underage drinkers may drink less

often than adults, but according to the Substance Abuse and Mental Health Services Administration, they drink more heavily when they do. In other words, they drink to get drunk. A recent survey found that underage drinkers consume an average of five drinks on average, five times per month. Underage drinkers say that 24% of them had 5 to 8 drinks the last time they drank and 10.4% report that they had 9 drinks or more.

Some teenagers gearing up for prom and graduation might hear adult family members or friends tell stories about when they were young and drinking. This sends the wrong message to teens. Not only is underage drinking dangerous, it can result in life-changing consequences for young people and adults responsible for providing them with alcohol. Underage drinking, buying or serving alcohol to teens, or hosting parties and allowing minors to have alcohol now comes with some strict penalties that could affect the future of teens and adults alike.

Prior to 2004, it was a misdemeanor to sell or give alcohol to a minor: anyone under the age of 21. According to the New Mexico Law Enforcement Academy's online publication, "Liquor Laws in New Mexico," after two high-profile cases where young people died under the influence of alcohol, the New Mexico Legislature voted to make it a fourth-degree felony. An adult found guilty of giving or selling alcohol to a minor risks jail time and fines, and will bear the burden of being a convicted felon.

According to New Mexico Statutes 60-70-B1, it is a violation of the Liquor

Control Act for a minor to attempt to buy, receive, possess, or be served alcohol. If a minor is found guilty on these counts, they can be charged with a misdemeanor and penalty fine of up to \$1,000, 60 hours of community service and up to a 2-year suspension of their driver's license. If a business with a liquor license sells or serves alcohol to a minor, they face up to \$10,000 in fines and their liquor license could be revoked, according to the New Mexico Regulation and Licensing Department.

It is against the law for parents or guardians to host parties and serve alcohol to minors even with parental consent. Parents and guardians who allow anyone under the age of 21 to remain in their home while consuming or processing alcohol are also breaking the law. Adults who are not parents or guardians who serve or sell alcohol to a minor can be prosecuted for "contributing to the delinquency of a minor" or for violating the Liquor Control Act. Both of these are fourth-degree felonies and can result in imprisonment for up to 18 months and a fine of up to \$5,000.

It is good for parents and guardians to talk to teens about where they are planning to celebrate after prom or graduation and communicate with the parents who are hosting parties to make sure that they do not intend to serve alcohol or tolerate teen drinking.

Teens might plan to go to more than one party on prom or graduation night. Parents and guardians can talk to teens about their plans for transportation and assure them that if they find themselves in a dangerous or uncomfortable situation or without a sober ride, they

can call and will get picked up, with no questions asked.

Prom and graduation offer a great time for parents, guardians, and teens to talk together about their concerns regarding underage drinking. It is an opportunity for parents and guardians to let their teens know how proud they are that they can trust them to make grown-up decisions. Prom and graduation are the perfect times for teens to prove that they are responsible, trustworthy, and mature enough to make smart choices.

Celebrating prom and graduation with friends is a wonderful way to honor high school achievements and to create unforgettable memories. Alcohol makes those memories fuzzy and in extreme cases there may be no memory at all. When we have fun and celebrate together without the influence of drugs and alcohol, we create happy memories that will last. We are also more likely to get home safely without doing something we regret.

Drinking can be dangerous to your health, especially for young people who are still growing. Adults and teens alike often do dumb, embarrassing things when they are drunk that they normally wouldn't do and then wish they hadn't. Prom night or a graduation party can easily be ruined by one thoughtless, drunken act. Some might believe that drinking alcohol will help them have a good time on these occasions. These events are just as much fun, if not more so, without the risks and the worries of underage drinking. Staying sober gives us the confidence to be ourselves; drugs and alcohol can get in the way of that.



DETENGA LA VARIEDAD DE GÉRMENES

Ayuda a prevenir la propagación de enfermedades respiratorias como COVID-19.

1. Evitar el contacto cercano con personas que están enfermas.
2. Cubra su tos o estornude con un pañuelo desechable, luego tírelo a la basura.
3. Limpie y desinfecte objetos y superficies que se tocan con frecuencia.
4. Evitar tocarse los ojos, la nariz y la boca.
5. Quédese en casa cuando esté enfermo, excepto para recibir atención médica.
6. Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos.

Si usted presenta los síntomas principales del COVID-19 (fiebre de 100.4 grados F o más, tos seca, dificultades para respirar), llame a la línea directa de salud, disponible las 24 horas, del Departamento de Salud de Nuevo México: 855.600.3453. El personal médico que responda su llamada en la línea directa realizará una evaluación de riesgos. Luego le aconsejarán: (1) quedarse en casa (el 80% de las personas infectadas se recuperan en sus casas); O (2) que le realicen exámenes y le dará información sobre cómo organizarlo todo; O (3) llamar al 911 si sus síntomas indican la necesidad de una respuesta de emergencia.

Su primera llamada NO debe ser al 911. El personal de EMS y las ambulancias son limitadas y solo deben enviarse a emergencias.

Para más información:
www.cdc.gov/COVID19

CS314915-A

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

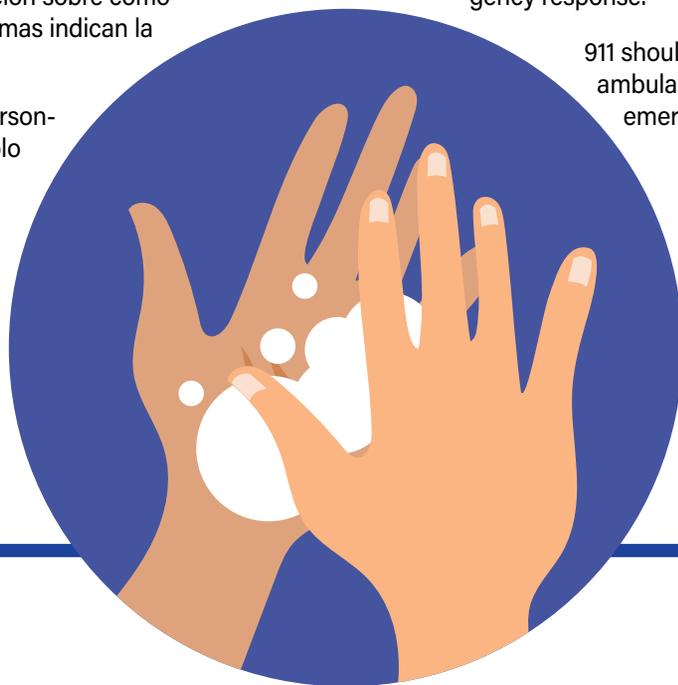
1. Avoid close contact with people who are sick.
2. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
3. Clean and disinfect frequently touched objects and surfaces.
4. Avoid touching your eyes, nose, and mouth.
5. Stay home when you are sick, except to get medical care.
6. Wash your hands often with soap and water for at least 20 seconds.

If you develop the primary symptoms of COVID-19 (Fever 100.4 F or higher, dry cough, shortness of breath), call the NM DOH 24-Hour HEALTH Hotline: 855.600.3453. Medical personnel answering your hotline call will conduct a risk assessment. They will then advise you: (1) to stay at home (80% of infected people recover at home); OR (2) to be tested and will give you information on how to arrange that; OR (3) to call 911 if your symptoms indicate the need for an emergency response.

911 should NOT be your first call. EMS personnel and ambulances are limited and must only be dispatched to emergencies.

For more information:
www.cdc.gov/COVID19

CS314915-A



COVID-19 – The Importance of Community

By CYNTHIA NAJIM,
LATIR VOLUNTEER FIRE
DEPARTMENT

The adage, “It takes a village,” is especially important now, during this period of uncertainty and concern, as the coronavirus affects all aspects of life in the US and around the world. As of press time, in New Mexico we haven’t seen the rapid spread of the virus like in other states, but we are still in the early days. The number of those infected largely depends on our individual commitment to protective measures and community support.

The Center for Disease Control (CDC) and the New Mexico Department of Health (NM DOH) have outlined specific, easy steps to minimize the risk of spreading the virus. We each have the responsibility to do our part to protect the village – our home, family, friends, colleagues, congregations, and the greater communities. This means that we must be accurately informed and diligent in our efforts. As creatures of habit, we may find it difficult to change our routines. However, we must be proactive to keep our communities safe.

Containing the virus, or controlling the spread of infection, is key. Ron Burnham, paramedic and former chief of the Red River Fire Department, emphasizes, “Successful containment depends on individual commitment.” If we can slow the spread of the virus, it will give scientists time to create and test an effective vaccine or treatment.

In our lifetimes, we have not expe-

“It will take the village to get through this,” reminds jona olsson, Fire Chief, Latir Volunteer Fire Department. “Stay calm, wash your hands, stay home as much as possible, and keep a distance of 6 feet between you and others.”

rienced anything like COVID-19. We have no immunity to this virus. There are still many unknowns, but we do know that it is far more dangerous and contagious than the flu.

Groups at higher risk are people over 60 years of age, those with existing medical conditions or respiratory ailments, and pregnant women. Common symptoms are fever, dry cough, and breathing difficulties. If you or someone you know is experiencing these symptoms, call the NM DOH 24-Hour Health Hotline (855 600-3453). Medical personnel will conduct a risk assessment over the phone, and instruct you on testing and quarantine, if needed, and any additional measures.

While it’s important to take COVID-19 seriously, do NOT panic. Eighty percent of the people infected recover at home with no medical intervention. And remember, you are not alone. There are available resources.

Local volunteer EMS teams have been preparing. First responders from eight northern Taos County fire departments gathered on March 12 at the Latir Volunteer Fire Department, organizer and host of the event. All were briefed by Kelly Hamilton, Secretary, NM Department of Homeland Security and Energy Management; and trained by

Ron Burnham. Volunteer, licensed EMS responders are now up to date on local/global impact and safety practices. They will follow strict protocols to protect themselves and others from contagion while responding to emergencies. Taos Fire Chief Mike Cordova assured the teams that Taos Central Dispatch has been trained to identify and communicate possible COVID-19 symptoms.

INFORMATION RESOURCES:
NM DOH contact number for NON-health issues:
833 551-0518

NM DOH website:
<https://nmhealth.org>
Tab for “Coronavirus Updates”
on upper right

NM Senior Food Hotline:
800 432-2080

Johns Hopkins University COVID-19 Interactive Global Map and information, updated several times per day:

<https://coronavirus.jhu.edu/map.html>

NY Times:
<https://www.nytimes.com/2020/03/15/world/coronavirus-live.html>

WHAT YOU CAN DO:

1. Follow the CDC and NM DOH recommendations.
2. Stay informed of the facts, not rumors. Blaming any ethnic group is counterproductive.
3. Boost your immune system by getting plenty of sleep and drinking lots of water.
4. Protect yourself and your family; and for those who can, check on neighbors in need.
5. If you exhibit symptoms, call the NM DOH 24-Hour Health Hotline (855 600-3453) for an assessment and instructions. **Calling 911 is reserved for emergencies.** If you call 911 for flu-like symptoms, the dispatcher will direct you to call the DOH Hotline for a risk assessment.

CDC AND NM DOH RECOMMENDATIONS:

1. Wash hands OFTEN with soap and water for 20 seconds. (How long is that? Sing the “Happy Birthday” song to yourself twice)
2. Cover your nose and mouth with a tissue when coughing/sneezing.
3. Dispose of the tissue in a covered trash bin.
4. Avoid contact with people who are sick with any illness.
5. Stay 6 feet away from other people (referred to as Social Distancing).
6. Avoid touching your eyes, nose, and mouth.
7. Clean and disinfect frequently touched objects and surfaces. Use alcohol-based sanitizers (60% + alcohol), or (3 – 5%) hydrogen peroxide.
8. STAY HOME when you are sick.

NM DOH AND TAOS COUNTY DIRECTIVES: ALL OF THE ABOVE, PLUS --

9. If you develop the primary symptoms of COVID-19 (Fever 100.4° F or higher, dry cough, shortness of breath), call the NM DOH 24-Hour Health Hotline: 855 600-3453. **IMPORTANT: 911 should NOT be your first call.** EMS personnel and ambulances are limited and must only be dispatched to emergencies.
10. Medical personnel answering your hotline call will conduct a risk assessment. They will then advise you: (1) to stay at home (80% of infected people recover at home) OR (2) to be tested and will give you information on how to arrange that OR (3) to call 911 if your symptoms indicate the need for an emergency response.
11. Do NOT go to your doctor’s office or the hospital until you have called the NM DOH Health Hotline for instructions. We do not want to carry the potential virus into uncontaminated areas or into the already overtaxed medical system.

Neighborhood Groups Organize to Help the Vulnerable

By JOE RAMIREZ

Taos area residents have begun organizing volunteers in an effort to provide assistance to their elderly and vulnerable neighbors during the COVID-19 crisis. Loosely linked under the name “Taos & Vicinity Coronavirus Action,” participants have already created a community Facebook page with over 700 members, and begun assembling a list of volunteers, organized by neighborhood, who have expressed a willingness to help out during the emergency.

“We are an adjunct to other community, state government, and non-profit entities, organizing volunteers

at the local level to provide needed services including grocery shopping and no-contact delivery and check-ins with our most vulnerable neighbors,” said Steve Redding, who is organizing his community in Ranchos de Taos. The groups are also reaching out to local schools, food pantries, neighborhood associations, and senior living facilities to offer volunteer assistance with food preparation and delivery to students during the crisis. Outreach is also being made in Spanish to Taos area immigrant communities.

Similar groups have started organizing in neighborhoods in and around Taos, including the Holy Cross area,

Lower Ranchitos, Taos Pueblo, Arroyo Seco, and San Cristóbal, among others. While the groups are local in focus, they are committed to maintaining contacts with one another in an effort to share best practices. “We are hoping to create a template of action items that can be easily replicated at the local level all over Taos,” said Redding.

Taos area residents interested in volunteering opportunities during the crisis can find a sign-up sheet and other information at the Facebook Group “Taos & Vicinity Coronavirus Action.” You can also find it through the *Questa Del Rio News* Facebook page.

Earth Day-Remembrance and Renewal

By JONATHAN HUTCHISON

April 22 marks the 50th anniversary of Earth Day, the worldwide celebration of our planet and the foundation of the modern ecological movement. Earth Day began with a United Nations proclamation in 1969 and was formally adopted by US Congress in 1970. It was a response to decades of industrial and automotive pollution and the growing scientific linkage between environmental quality and public health. Earth Day helped generate support for legislative and administrative action to restore and protect our air and water, leading to President Nixon's creation of The Environmental Protection Agency and the Clean Air and Clean Water Acts.

Despite the great good that has come from Earth Day, fifty years later we face a life-threatening environmental crisis far beyond air and water pollution. Now, the climate itself is changing, as the atmosphere fills with greenhouse gases, trapping heat and altering global ecosystems and weather patterns.

All around the world, we are seeing record droughts, floods, and rising seas. Nature's fundamental patterns and cycles are disrupted, affecting seasons and migrations, melting the glaciers and permafrost, warming the oceans, driving species to premature extinction,



Courtesy Photos

April 22, 1970 marks the 50th Anniversary of Earth Day in the US, largely responsible for helping launch the ecological awareness movement.

all while spawning monstrous storms and wildfires.

At the worst possible time, just as the world community was awakening to the crisis, our government abandoned the Paris Climate Accords, while gutting our own clean power plans and environmental protections and subsidizing the biggest pollution emitters. In response to the inadequacy of the worldwide governmental response, an international mass climate movement has arisen, fighting to safeguard the planet and the future of life itself. Climate change now ranks among the top ten voter concerns in the coming election, with 55% of those surveyed in a January Gallup poll, saying it was "very" or "extremely" important.

Fateful decisions await. Will we



Photos by NASA

Brilliance at Night: The Americas in Darkness. This image of North and South America at night is a composite assembled from data acquired by the Suomi NPP satellite in April and October 2012



Courtesy Photos

President Richard Nixon and First Lady Pat Nixon plant a tree on the White House Lawn to mark the first Earth Day, adopted by Congress in 1970.

choose further inaction, policy regression, and eventual collapse? Or will we

come together to mount the greatest public works project in human history? We will need to reimagine our way of life, reorient our society, realign the world economy, and demonstrate unprecedented cooperation, if we are to create a sustainable future for the generations that follow. We owe it to ourselves and to our one irreplaceable planetary home to study the candidates' positions and record on climate change and environmental protection, and then vote on behalf of Mother Earth.

This 50th Anniversary year could not be a better time to rediscover Earth Day and rededicate ourselves to living more consciously and lightly on the earth, seeing ourselves as part of a greater whole, serving as earth's advocate and defender. In the age of COVID 19, itself a powerful testimony to our interconnection, public Earth Day events are unlikely. But, given the information revolution and our ability to link up with one another, there's no limit to what we can achieve, individually and together. In that spirit, let us give thanks for Earth Day.

For ideas and practical steps that individuals and families can take to promote the health of the planet on Earth Day and every day, see below, "Celebrate Earth Day By Caring for The Earth."

Celebrate Earth Day By Caring for The Earth

By JONATHAN HUTCHISON

Here in Northern New Mexico, we are especially vulnerable to climate change and all its effects. How can individuals and households mitigate and reverse these impacts?

WATER CONSERVATION

In this high desert environment with ongoing development and a finite aquifer, water will only become more precious and hard to find AND much more valuable. We can all minimize water use and reduce its waste. Here are a few ideas, some of them simple and easy:

- Start by turning off the tap while brushing or washing dishes and the shower when soaping up.
- Running the hot water? As it warms, collect the

cooler water in a bucket and use it for houseplants, gardens, and toilets.

- Speaking of toilets, lo-flush models and lo-flow showerheads have come a long way. . .
- Consider closing the toilet lid and not flushing every time (lots of people do this, "If it's yellow, let it mellow!").
- Consider composting toilets for new construction.
- Speaking of showers, try making them shorter and less frequent.
- Install gutters and water tanks to capture and store rooftop runoff.
- Watering a lawn? Try rocks, gravels, drought-hardy plants, edible landscaping, and drip irrigation instead.

ENERGY CONSERVATION

- Turn off lights, TV, etc. when leaving the room, unless you will return soon. Teach your children

and encourage others to do the same.

- Compact fluorescent lights and LEDs use far less electricity, last many times longer, and so are much less costly to operate than incandescent bulbs. LED prices have fallen drastically.
- Replace old appliances with Energy Star models.
- Install dual-pane windows.
- Insulated blinds and ceiling fans reduce heating bills and keep us cooler in summer.
- Find energy leaks and use weatherstripping to stay cooler in the summer and warmer in the winter.
- With Federal and state tax credits in effect and the falling price of photovoltaic panels (as efficiency increases), the up-front cost of rooftop solar has never been lower. This shortens system "payback" while reducing electric bills and power plant emissions. Some installers offer interest-free financing and deferred sales tax.

- Building an addition or a casita? Why not incorporate passive solar into your design?

ADVOCACY

It has been said, "The earth needs a good lawyer" to fight environmentally destructive policies in the courts. Consider making a contribution to EarthJustice, the Environmental Defense Fund, The Natural Resources Defense Council, or the Sierra Club. Amigos Bravos is a local group, focused on preserving and restoring water quality throughout the state, through policy-making and volunteer projects.

In this pivotal year, why not celebrate Earth Day by stepping outside, taking in the stunning beauty of the natural world around us, and breathing in the clean mountain air? Then, adopt one simple action to preserve life on this planet.

An Invitation to Honor Earth Day In Your Own Way

By CLAIRE COTÉ

In recent years, LEAP (LEAPsite.org) has led Earth Day celebrations and service projects in Questa. This year, due to the recent COVID-19 situation, we have chosen not to organize a gathering, but rather to invite individuals to take stock of their own lives and honor Earth Day in their own homes, with their own families to make positive changes that will impact the Earth. Perhaps it could be to plant a tree, start a new garden, or to pick up trash beside the roadway. Whatever you choose, involve children if you can - your children or grandchildren, or your nieces and nephews. If children aren't readily a part of your life at the moment, dedicate your Earth Day actions to them; for our choices today create their world tomorrow.

Although we may be acting individually this Earth Day, as Wendell Berry simply and eloquently stated, "The Earth is what we all have in common."

FIND SOME EARTH DAY IDEAS HERE:

<https://www.conserve-energy-future.com/different-ways-to-celebrate-earth-day.php>

Please look for announcements of LEAP-led service projects in the near future! We want to plant more trees and continue improvements at Questa Municipal Park, Cisneros Youth & Family Center, and Questa Library. You can sign up for email updates at LEAPsite.org.



Photo by Claire Côté

Connie Long helping one-year-old granddaughter Olivia June Côté dig an irrigation line trench at the Questa Park, Earth Day 2019.

The Origins of Earth Day

Earth Day founder Gaylord Nelson came up with the idea for a national day to focus on the environment after Nelson, then a US Senator from Wisconsin, witnessed the ravages of a massive oil spill in Santa Barbara, California, in 1969. Inspired by the student anti-war movement, Senator Nelson realized that if he could infuse the energy of anti-war protests with an emerging public consciousness about air and water pollution, it would force environmental protection onto the national political agenda.

Senator Nelson announced the idea for a "national teach-in on the environment" to the national media. He then persuaded Pete McCloskey,

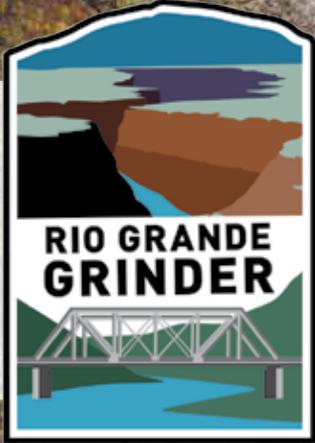
a conservation-minded Republican Congressman, to serve as his co-chair and recruited a 25-year-old named Denis Hayes from Harvard as national coordinator. Hayes built a national staff of 85 to promote events across the land. And the rest, as they say, is history.



Courtesy Photo

Earth Day founder Senator Gaylord Nelson





SATURDAY, MAY 31
116 mile Cycling Challenge
Starts at the MolyCorps Field in Questa
www.RioGrandeGrinder.com



VOLUNTEERS NEEDED!
Group Volunteers Needed !
 (we'll donate to your cause)
575-776-8687
info@turquoisetours.us













By CARLA ARCHULETA,
INTERIM SUPERINTENDENT

Dear Parents and Guardians,

This letter is to provide information about how we at Questa Independent School District plan to follow the mandates given to keep our students and staff safe from COVID-19 (Corona Virus). As you are now aware the New Mexico Public Education Department (NMPED) has closed all New Mexico Public Schools until April 6th. This includes all NMAA sports and extra-curricular activities during the same time frame.

“The order closing all public pre-schools and K-12 schools will be effective through April 3 and may be extended as conditions warrant. Schools will not be required to make up the missed instructional days at the end of the academic year, the Public Education Department said.” (NMPED-Temporary Closure of All Public Schools News Release, March 13, 2020) Please visit the NMPED website for the full news release, <https://web-new.ped.state.nm.us/>.

At this time, QISD's main function is to ensure the health and safety of students. Following the guidelines from NMPED we will continue to offer free breakfast and lunch meals for students in the district. Please visit the QISD website for distribution information. We encourage families to utilize this service during the three weeks and to follow the guidelines of the grab and go program.

We wanted to reassure students and their families that academic success is still a priority. I have been in regular contact with the NM Public Education Department regarding their mandates during the closure. We are also working on figuring out a way to make sure ALL students will be able to access the educational programs that are available online through our district. Once we can ensure that all students can access the programs from home, we will inform parents of the requirements for their students' educational program from home. Teachers have already begun to reach out to parents however, these are suggestions for how to keep students busy at home, no grades will be assigned and students will not be considered “behind” if they do not complete the work.

Please visit the school website as we will be posting updates as new information comes in. <https://qisd-nm.schoolloop.com>

SINCERELY,
CARLA ARCHULETA
QISD INTERIM SUPERINTENDENT

Welcome Julie Segura to QISD!

By LOU MCCALL

The administrative offices of Questa Independent School District welcome Julie Segura as their new executive secretary. Julie, who was born and raised in Questa and graduated from Questa High School, lives in Garcia, Colorado. She has been an executive secretary for the Sierra Grande School District for four-and-a-half years in Blanca, Colorado, so she is experienced and well-qual-

ified for this position. When asked how she likes her new job, she says, “I love it! I am so glad to be back in Questa, close to home.” She says it is wonderful to be among old friends and family. Next time you stop by the QISD office, Julie will greet you with a smile, so say hi and welcome to Julie Segura!

QISD Courtesy Photo

Julie Segura, new executive secretary for the Questa Independent School District.



Bring Home Economics Back Home!

By SARA MARTINEZ

Do you remember taking Home Ec in high school? Mrs. Gail LaCombe (now Gail Balzano) was our Home Ec teacher at Questa High School and I still remember many things I learned in her class. She taught us basic sewing, simple homemade meals, parenting, house-keeping tasks, and balancing a check-book. The skills we learned in that class have been helpful in our everyday lives and gave us a jumpstart into life. Mostly due to budget cuts, Home Ec (now called Family and Consumer Science) has been removed from most schools. Students at QJSHS have taken Culinary Arts class, which offers only one of the seven topics that were covered in Home Ec.

There is now a movement calling for the return of Home Ec in our schools. As a Home Ec teacher, I want parents and families to know that Home Ec topics can be brought back right now! Your whole family can study Home Ec in your own homes.

In order to manage a healthy home, we all need basic knowledge of these seven topics. As you read this list, think about all the things your family does every day that fall under each category. What are some areas that you can include your children in? Which ones can become their responsibility once they have learned them?

Cooking. From teaching Culinary Arts, so many parents have told me how much they enjoy their kids cooking at home. In my experience, most kids are eager to learn to cook, and they have fun doing it. They just need permission, support, and encouragement. By the way, clean-up is a big component of the cooking process, so don't forget to have

them help with that, as well. Bonus: Kids are more likely to eat healthy foods if they help prepare them (and also if they help grow food in the family garden!). So, pull out your family recipes or search for new ones online. Lastly, watch Food Network shows for inspiration and to learn new culinary skills.

Child Development. It used to be that in large families everyone was part of the child-rearing process. Older siblings helped raise younger siblings, and multiple generations were living together more often. Now, most families are smaller. However, it's still important that we learn the basics of childcare, even if it's just for babysitting. Let kids help with younger siblings, cousins, or neighbors, and teach them to change diapers, prepare a bottle, and help with changing their clothes. At Alta Vista, it is wonderful to see our student mentors working with our youngest students. They learn about child development, and the elementary and intermediate students benefit from mentoring relationships with older kids.

Education and Community. **Awareness.** Understanding the way the world functions is important for growing minds. One way parents could educate their children is to discuss their morals and values as they relate to current events, locally, nationally, and globally. After watching the news, ask your kids questions and share how our moral compasses guide our thoughts and actions.

Home Management and Design. Marie Kondo is a Japanese professional organizer, author of the book, *The Life-Changing Art of Tidying Up* and the Netflix show *Tidying Up with Marie Kondo*. According to Kondo, organizing is a skill that many of us were not

taught, but is easy to learn and master. She offers simple solutions for decluttering and organizing everything in your home. Think of all the ways you clean, organize, and decorate. There are many tasks that kids can do in their own rooms and even in family spaces.

Sewing and Textiles. Most of us no longer make our own clothes, however all of us have had a button that needs to be sewn on, or a hole in our jeans that needs a patch. In Home Ec, we also sewed potholders and aprons. These days, creating custom clothing such as drawing on a T-shirt or tie-dye are easy and fun ways to involve kids in this area.

Budgeting and Economics. Those basic math skills apply to the real world. Preparing a budget, making shopping lists, grocery shopping, clipping coupons, paying bills, and balancing a checkbook are simple skills that give our youth a headstart into adult living. As difficult as it may seem, open communication about what your family earns and spends could improve your kids' economic skills for the future.

Health and Hygiene. The COVID-19 pandemic is an excellent teachable moment for this concept. Basics that we know as adults can be shared with kids to help everyone stay healthy beyond the pandemic. These start with washing your hands, bathing and showering, washing clothes, and sanitizing surfaces.

It doesn't take much to teach your children the concepts of Home Ec. With COVID-19 closures many parents and families will be mandated to stay home. How long will it take for cabin fever to set in? If we all share our Home Ec skills with our kids, we can have fun and revive a generation of people who have excellent skills to live well every day.

Find Your Place at the Library: Celebrate National Library Week April 19-25

From the AMERICAN LIBRARY ASSOCIATION

The Questa Public Library invites all community members to find their place at the library by exploring their passions and discovering new interests through books, free technology, programs, and services.

April 19-25, 2020 is National Library Week, an annual celebration highlighting the valuable role libraries, librarians, and library workers play in transforming communities and improving lives.

First sponsored in 1958, National Library Week is a national observance sponsored in April by the American Library Association (ALA) and libraries of all types across the country. The library is a place where all people are welcome, regardless of age, interests, or background. From audiobooks and

job-seeking resources, to fiber arts and computer classes, the library has something for everyone. Today's libraries strive to develop and maintain technology, programs, and collections that are as diverse as the populations they serve. Questa Public Library offers a varied array of resources to meet the community's needs, including Fun Friday STEAM programs for children and adults.

Libraries have long served as trusted and treasured institutions where we can all come together, connect, and learn alongside one another. National Library Week is a perfect time for community members to check out what's new at their library and pursue their interests and aspirations.

At press time the library will be closed until further notice. Thank you for celebrating National Library Week!



Photo by Sharon Nicholson

New Children's Mural. Summer Reading Program this summer is "Imagine Your Story." We are ready to enjoy myths, legends, fairy tales, and our own stories, in many ways.

CAN YOU BELIEVE IT? LIBRARIES HAVE RIDDLES!

I'm reading a book about anti-gravity.

It's impossible to put down.

What has a spine, but no bones?

A book.

Why does the ghost come back to the library every day for more books?

Because she goes through them quickly.

Why didn't the skeleton come back to the library with an overdue book?

He was gutless.

What did the detective do when he didn't believe the librarian's story?

He booked her!

Do you know how many librarians it takes to change a light bulb?

No, but I know where you can look it up!

Did you read the dachshund's autobiography?

It's a loooooong story.

What building has the most stories?

The library, of course!



APRIL EVENTS AT QUESTA LIBRARY

At press time the library will be closed until further notice.

Because of the COVID-19 outbreak, please call the library to confirm if these events will be offered or not. (575) 586-2023.

APRIL 10

Spring Day – Library Closed

APRIL 15 – all day!

Program pending. Alta Vista Library Visit Questa Library

APRIL 24 1-3 PM

Program pending.

APRIL 27 3-5 PM

Program pending.

QUESTA LIBRARY BOOK CLUB

Rael's Market

We are reading books about religions of the world (any genre with the purpose of understanding a religion or a person's life in a religion). This is a fun, insightful, non-judgmental group of Questa folks who just like to read and share ideas. All are welcome to attend. You can expect a lot of laughter here!

DROPPED STITCH MEETS AT THE LIBRARY

EVERY THURSDAY AFTERNOON FROM 2:30-5:00 PM.

JOIN US!

All fiber arts lovers invited! Share your passion and your knowledge. Or get started with a new craft!

FUN FRIDAYS PROGRAMS WILL BE OFFERED JUNE 5-JULY 24 (EXCEPT JULY 4)



A NOMAD'S JOURNEY
By W. LEE NICHOLS

Lee and Niki Nichols will soon be leaving their sanctuary home in El Rito to become travelers and nomads once again. Lee is the author of *Talking with Cats: A Journey of Spirit, Healing, and Wisdom on the Camino de Santiago*. The book documents Lee's 2012 500-mile walk across northern Spain's famous pilgrimage route. It was a life-changing experience that came only six months after cancer surgery and a less-than-positive prognosis.

The walk became an inspiration, a motivator, and a challenge to continue Lee's journey across the planet. Connections, friends, and global events soon came together to provide three months in China, six months across Europe, India, and Southeast Asia, and a second 500-mile walk leading friends on the Camino de Santiago in 2015.

The love of cultures and joy of travel soon translated into another 3-month journey across South America. Lee left in January of 2016 to follow the spine of the majestic Andes from Colombia, across Ecuador, and into Peru. The Spanish colonial cities with villages of Inca descendants nestled into the towering mountains created a cultural diversity that seemed suspended in a time of eternal spring. In many ways that is true since Ecuador is situated on the equator where days and nights are the same length year-round. Lee began to see Ecuador as a possible new home.

Returning to the States, our nomad started searching for a mountain community that evoked the terrain of the Andes. It didn't take long for friends to invite him to come see the magical Santa Fe-Taos corridor. Lee was soon joined by his partner, Niki Nichols, who had retired from a long career at Texas Parks and Wildlife Department. They have become a fixture in the El Rito community, walking the countryside, exploring the history, and sowing wildflowers.

Once again, the nomadic spirit of the Nichols has inspired them to continue their journey. They will leave Questa to immigrate to Ecuador. From their base



On El Camino de Santiago, Town Hall of Astorga, Spain

Photos by Lee Nichols



Fellow pilgrims along El Camino de Santiago in Spain..



Mountain view along El Camino de Santiago in Galicia, Spain

in the colonial World Heritage site of Cuenca, explorations to Machu Pichu, the Galapagos Islands, the Amazon, and many ruins of the Inca Empire will all be close by. There remains one more big adventure for them this year: Lee will celebrate his 80th birthday back on the Camino de Santiago pilgrimage route, walking it for the third time. He will be joined by Niki, who will be celebrating her 75th birthday.

Everyone will have a chance to say goodbye to Lee and Niki very soon. They will hold a two-day sale of the contents of their home on a weekend in mid-May, God willing. Niki reminded us that, "We are only taking two suitcases each." In other words, the entire contents of their home will be for sale including over 100 pieces of original art, furniture, appliances and art supplies. An announcement of the details will appear in the May edition of this paper.

An excerpt from Lee's 2012 travel journal sums up their mission, "Yes, there is that undeniable hunger and curiosity for 'the other' that leads me on, into the wonder, awe, wisdom, and discovery of the unknown. I feed on the courage that it takes to step off the cliffs of safety and experience free-fall. Flying is so addictive."

**Where
are
you now?**

CALL OR E-MAIL US!

news@questaedf.com

MICHAEL'S MOVIE MOMENTS

REVIEWS OF THE YEAR'S
OSCAR-NOMINATED MOVIES
AVAILABLE FOR RENT OR STREAMING

By MICHAEL YOUNG

MARCH'S MOVIE REVIEW:
TOY STORY 4



Toy Story 4 won the Oscar for Best Animated Feature and was nominated for the Best Original Song, "I Can't Let You Throw Yourself Away." Randy Newman's song didn't win the Oscar, and there were better songs, but none captured so well the theme and the spirit of the movie.

The first *Toy Story* (1995) starred Tom Hanks playing a cowboy doll named Woody. Tim Allen played Buzz Lightyear, Woody's best friend; and Don Rickles played Mr. Potato Head. The original film garnered worldwide acclaim and was nominated for Best Animated Feature, Original Song, and Original Score.

Most of the actors continued their roles in the next *Toy Story* movies released in 1999, 2010, and this one, in 2019. *Toy Story 3* broke category boundaries by receiving nominations for Screenplay, Sound Editing, and surprisingly, Best Picture, in the 2011 Academy Awards. Animated films rarely receive that kind of recognition. So, what makes *Toy Story* so special?

The original *Toy Story* was the very first feature-length movie created exclusively with computer software. In fact, it won a Special Achievement Award that year, "...for the development and inspired application of techniques that have made possible the first computer-animated film." Each *Toy Story* after that has extended the capabilities of the medium. In *Toy Story 4*, the photo-realism reaches an astounding level. The opening scene is a rainstorm – you cannot tell if it is a high-quality recording or a real storm. Several scenes take place in an old antique store, and the level of detail is realistic right down to the dust-filled spaces tucked behind bookshelves. It is difficult to imagine computer-gen-

erated images (CGI) reaching any new levels of sophistication that *Toy Story 4* hasn't already explored. I recommend that you see the movie just to marvel at its technical mastery.

Despite the imagery, it is in the story where the real magic is found. At its simplest level, it's about a new toy, Forky, which Woody's "kid," Bonnie, makes out of a spork, pipe-cleaners, and popsicle sticks on her first day in kindergarten. Born from a plastic utensil, Forky (Tony Hale) initially believes his purpose in "life" is to be used by a human and then to find solace and comfort "in the trash." The trashcan is Forky's ultimate destination.

It is Woody's job to train this newcomer toy to understand his real job is much more complicated. Bonnie not only created Forky, but wrote her name on his feet, an expression of bonding between a human and a toy. Consequently, Forky has a much bigger purpose in life; to comfort Bonnie and make her happy (Okay, now go back and read the title of the nominated song!). In training Forky for his new role, Woody also comes to see how his own role has changed. I won't explore this further, so as not to spoil the surprises. Let's just say that very few of us will watch this movie without shedding tears.

The genius of *Toy Story 4* doesn't stop with the technical mastery or the story, but continues by offering themes that operate on intergenerational levels. Anyone, regardless of age, will relate to this story and take away a good, solid, positive message. The first *Toy Story* movie was 25 years ago. If you were a kid at that time, by now you are the one seeking new purpose in life, possibly raising kids of your own. If you were a parent then, you might now be discovering how life changes as your children grow up and go out into the world. And roles change – perhaps being a "lost toy," without a kid, is not the end of the world.

The toys in these movies aren't just toys, and that's not just because they are "alive." In very real ways, the toys have the same set of responsibilities as parents, and are faced with the same types of choices. In this way, the movie plays not just to kids, but to their parents – in both subtle and obvious ways. Although the toys don't age, the movie has managed to keep up with changes in our (the audience's) family lives, and still resonate over two-and-a-half decades. With *Toy Story 4*, there is something for everyone. This is my first 5-star movie of the season.

Questa Studio Arts Tour Set for August 15-16

From the
QUESTA CREATIVE COUNCIL

deadline is May 31st and there is a \$50 application fee.

The Questa Creative Council is still planning the Questa Studio Arts Tour for August 15-16. We are hopeful that by then this difficult time will be past us and that folks will be excited to get out and come to our beautiful, historic village to see and appreciate our fabulous art scene.

If you are an artist in our area, please let us know if you are interested in participating. You can find an application at the Questa Post Office or on our website at questaartstour.com. Application



PHOTO OF THE MONTH



Photo by E. Wilde

Start your starters! Don't have space? Some will be available at this year's upcoming QUESTA FARMERS MARKET.



Questa Farmers Market 2020

Healthy You • Healthy Family • Healthy Community • SHOP LOCAL

Under COVID-19 rules:

- ONLY produce & SNAP eligible food vendors
- customers follow a "come and go quickly" policy

QuestaFarmersMarket.org

for COVID-19 rules

Veggie Venders Needed

OPENING End of May

EBT/SNAP, WIC, DUEB

VOLUNTEERS from page 1

per aspires to inform you of the various opportunities to foster the vibrancy and well-being of the place you live in. All the volunteer organizations need more staff and support and, in the case of first responders, the stakes are high.

In terms of support, what is an auxiliary? A fire department auxiliary is a group of volunteers who support their local fire department in a variety of ways, such as bringing fresh water and food (often homemade), to firefighters during a sustained fire event. For example, several members of the Latir Auxiliary have made meat and vegetarian burritos, individually wrapped and labeled them, and then froze them. They jokingly call themselves the Burrito Brigade, but they provide more than burritos. They are ready with energy bars and coffee and have their communication systems in place to be available as the need arises. The auxiliary might also include a tech-savvy person to keep their technology or website up-to-date and functioning. There is also the joyful task of cleaning a fire house or maintaining the fire engine and equipment under the guidance of a firefighter. And grant writing and other administrative work is needed. If your community does not have an auxiliary, maybe you and a couple of friends could start one? The Latir or the Red River Auxiliaries could serve as models. Reach

out to Vicki for a conversation on Latir's example; she's their coordinator. vicduncan@icloud.com

Regarding being a new recruit for the volunteer fire department, you might say, "No way! I don't do blood." or "Fight a fire? Too dangerous." Well, let's say a motor vehicle has hit an elk at 1 am. Much is involved in ensuring that the driver and also the vehicle is properly attended to, not to mention the elk. Similarly, while trained firefighters are attending the accident, radio monitoring and helping with their safety is necessary. Water access for fire emergencies requires attention, as well, and if a wildfire is assessed as needing multiple days of attention, the auxiliary must be called in for support. Everyone in this rubric is imperative. How about joining them?

The word "volunteer" has a certain mystique around it. One thinks of retired people reading to young kids or those who give their time and energy to the Food Pantry or the Library. These excellent volunteer activities are essential and understaffed, as well. And the members of the volunteer fire departments are, in many cases, these very same people! Many volunteer firefighters are retired or working another job (the one that feeds their family and pays the bills). This is because this is a 24/7 on-call community life-saving profession. So, if you think you're busy, think again!

The volunteer fire departments and EMS-licensed staff are thoroughly

trained and receive ongoing education. For example, all thirteen local departments started receiving information and training on COVID-19 several weeks ago. Not only can we have confidence in the men and women who come to our aid but, if you want to volunteer for this vital community role, you will be given full training and support, provided at no cost to you!

EMS training requires specific ongoing training and licensing. Not all 13 Taos County fire departments have licensed EMS staff. But, have no fear, you will be properly attended to during an emergency medical situation. All calls are responded to by more than one fire department and available personnel. However, can you imagine the benefit to the 13 fire departments if each one had a fully trained and licensed EMS responder? How about you training for that lifesaving profession?

As mentioned, our local fire departments began receiving training specific to COVID-19 weeks ago. Nonetheless, **please note that 911 is NOT the number to call first if you suspect you may have it.** As stated in the COVID-19 article, "If you develop the primary symptoms of COVID-19 (Fever of 100° F or higher, dry cough, shortness of breath), call the **NM DOH 24-Hour Health Hotline: (855) 600-3453. IMPORTANT: 911 should NOT be your first call.** EMS personnel and ambulances are limited and must only be dispatched to emergencies."

Remember that most people will recover from this virus and live to tell the tale! And, no doubt, we'll all have tales to tell when this is over. We'll talk about reading more, having conversations with loved ones and friends, walking in the sunshine, growing a garden with our kids, and realizing that there is more to life than go, go, go. And, we will talk about eating beans and rice for days, finding interesting new spice combinations for our morning farm eggs, foraging for wild spinach and asparagus to supplement our meals of wild-caught fish from the streams. We'll talk about praying for loved ones and for humanity that we will all not only get through this, but will become a part of a more heart-full humanity as a result, with ourselves and Mother Earth.

Your volunteer fire departments can use mechanical assistance with trucks, computer geek help with electronic equipment, someone who can write grants, keep books or update their webpage. Equipment needs regular inspection, fire houses need regular cleaning, and firefighters need to hear that you care and are grateful for them and all they do. A simple "thank you" goes a long way for us human beings!

If you have an interest in finding out more about being a member of this unpaid but illustrious cadre, please use this link and contact your local fire chief. <https://www.taoscounty.org/200/Fire-EMS>

POSITIVE THOUGHTS from page 1

day and other immune-boosting solitary activities.

With travel pretty much shut down due to COVID-19, the financial impact to every business sector is significant. In our neck of the woods, owners of short-term and Airbnb-style rental properties have experienced cancellations at a rate that mirrored the stock market decline. On the bright side, here's a great opportunity to clean out garages and closets and deep-clean the rental, as well as one's own home. And, if all the good reasons to put in a garden have not enticed you to do so yet, now you have time to do

it! You'll be rewarded with beautiful flowers, butterflies and hummingbirds, physical exercise, plus zucchini, beans, tomatoes, corn, and pumpkins through August and September. Can't beat that!

This month starts with April Fool's Day. We hope you have a good laugh, starting with the *Questa Del Rio News'* Third Annual April Fools Edition!

Holy Week could be interesting this year with the encouragement or instruction to not participate in social gatherings or group events so as to not spread the virus. We all might be doing Easter Vigil in our homes, and that constitutes as prayer or meditation on compassion for self and others.

April is Alcohol Awareness month.

Let us all pray that, in the face of uncertainty, people find strength in one another and in themselves so that substance abuse does not compound already challenging situations. See the wonderful *Vida Del Norte* article on page 11.

April is Child Abuse Awareness month, too. As children and parents must stay home together due to school closings and work-from-home necessity, remember to get outside, play, go fishing, read books aloud together, play card games, and tell stories. Yes, the virus is the pits. Its ramifications will affect everyone in deep and varied ways. We can still make lemonade out of this abundance of lemons! Grumpy or abusive parents, grumpy and restless kids need

not happen. Love, love, love.

Earth Day is also celebrated in April, even if this year it is done in our yards or on a trail near your home. One interesting side effect of COVID-19 is that human production of CO2 has dramatically been reduced since we are not driving cars to work, theaters, malls, and sporting events, or taking airplanes or going on cruises for vacations. YAY! The virus is a heck of a way to generate this benefit to our planet, but when you're out for a walk you might notice that the air smells cleaner or that the world around you is quieter. What a perfect opportunity for thanksgiving and gratitude, together with a wish for the well-being of everyone in the world.

WE HAVE A WEBSITE!!! QUESTANEWS.COM

We have made it easier for you to show your support by adding a way to donate online. You make things possible. Thank you!



ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
APRIL 2020

CORONAVIRUS

“Love casteth out all fear.” 1 John 4:18

On New Year's Eve 2019 China announced the Coronavirus. The Moon and Neptune were both in Pisces. The Moon is the traditional planetary ruler of Cancer while Neptune is the esoteric ruler. Cancer, Neptune and Pisces are all associated with fear, while the Moon and Virgo — the sign the Moon is esoterically associated with — are the sign and planet of health. This entanglement at a time when six other planets were in the sign of long-term karma and initiation may have added to the response — en masse — of fear. Cancer rules the masses. Neptune and Cancer rule viruses as well as confusion about diagnosis. Viruses are a result of fear. Thus, begins a self-perpetuating cycle, perhaps something we as a species must endure in order to alleviate karma and undergo initiation. From mid-February to mid-March we were also in the month/season of Pisces as both knowledge and fear spread. It would seem we were primed for a pandemic.

The opposite of fear is courage and love. Leo and its planetary ruler the Sun are the rulers of both. In esoteric astrology the Sun represents the personality. Every one of your “Sun Signs” has the ability to express courage in different ways. From mid-March to mid-April we are in the season of Aries, the warrior who can courageously battle fear. While we are in this season we have an extra boost, no matter our personality Sign, to face the fears with courage, to exhibit a willingness to battle that which turns us into lemmings running over the cliffside and instead, to carefully ponder and mindfully enter into practices that can erase both disease and fear. Loving our neighbor as ourselves can also help. THAT is the way of the Spiritual Warrior.

Everyone: No retrogrades and a good number of challenges allows us each to determine our most positive way of fighting fear. The “Pink” Supermoon on April 7 helps.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: This is your time to shine.
Direction: Be willing to show the way.
Soul Thought: If it were easy, you wouldn't shine as brightly.

TAURUS ♉ Planet: Vulcan ♁ APRIL 19 – MAY 20

Dynamic: You have it a little easier than some this month.
Direction: Look around; who can you help?
Soul Thought: Is it time to light the forge?

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: You are fully supported in your attempts to communicate and educate.
Direction: Even potential conflict is low this month.
Soul Thought: Words are your weapon.

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: The potential for fear is high.
Direction: You can be part of the solution rather than the problem.
Soul Thought: “Then there is the further question of what is the relationship of thinking to reality? As careful attention shows, thought itself is an actual process of movement.” David Bohm

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: Your challenge is about both fear and karma.
Direction: Face one and you face the other.
Soul Thought: Sometimes karma looks like just plain hard work.

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: The biggest of 2020 Supermoons is here this month.
Direction: If anyone can use pink as a weapon, you can.
Soul Thought: When to be soft and hard.

LIBRA ♎ Planet: Uranus ♃ SEPT 22 – OCT 22

Dynamic: Your joie de vivre is being challenged.
Direction: Ponder upon where it lives.
Soul Thought: “Learn how to respond within your centres to the call of joy.” Book, Agni Yoga

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: You are unusually so, out of the fray.
Direction: Instead of the warrior, be the Observer.
Soul Thought: When you can see the Big Picture.

SAGITTARIUS ♐ Planet: Earth ♁ NOV 21 – DEC 20

Dynamic: You get to respond to both challenges and blessings this month.
Direction: Can you tell the difference?
Soul Thought: “We all want to be normal, Sean.” The Good Doctor

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: You take your responsibilities very seriously.
Direction: It's true, you only have everyone to serve.
Soul Thought: What does happiness feel like?

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: The challenges are real, but so are the friends you're with.
Direction: Remember the Big Picture.
Soul Thought: When the peak of the mountain pierces the clouds.

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: A partner challenges you.
Direction: You are on solid ground.
Soul Thought: What is real and what is perception?

To discover your Rising Sign, or for more information, contact Charlene R. Johnson, www.SkyDanceAstrology.com, or email: 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.

DATES TO REMEMBER

APRIL 2020

Do you have an event to post on our Free Community Calendar? Tell us about it.

news@questaedf.com.

Due to pandemic closures please confirm events!

APRIL 1

April Fool's Day

APRIL 1 10:30-11:30 AM

Bookmobile in Lama at Roots & Wings Community School **CANCELED UNTIL FURTHER NOTICE**

APRIL 1 1:00-1:45 PM

Bookmobile at Questa Post Office **CANCELED UNTIL FURTHER NOTICE**

APRIL 3 11AM-2PM

Free Food at North Central NM Food Pantry, 140 Embargo Rd in Questa. 575-586-0486

APRIL 5

Palm Sunday

APRIL 6 6:00 PM

Questa School Board Meeting, QISD Board Room, 2556A Wildcat Road, 575-586-0421

APRIL 8 Passover begins

APRIL 9 10:00 AM – 2:00 PM

National Unicorn Day, free Unicorn Rides at Eagle Rock Lake (April Fools!)

APRIL 10

Good Friday

APRIL 12

Easter

APRIL 14 6:00 PM

Questa Village Council Meeting, Village Hall 2500 Old State Rd 3. 575-586-0694

APRIL 15

TAX DAY is now July 15th. The government has extended the tax filing deadline for individuals and companies to July 15th without penalties.

APRIL 19

Orthodox Easter

APRIL 21 6:00 PM

Questa School Board Meeting, QISD Board Room, 2556A Wildcat Road, 575-586-0421

APRIL 22

Earth Day

APRIL 24 1:00 -3:00 PM

Fun Friday Kid's Program, Questa Library, 6-1/2 Municipal Park Rd. 575-586-2023 Program pending.

APRIL 24 11:00 AM-2:00 PM

Free Food at North Central NM Food Pantry, 140 Embargo Rd in Questa. 575-586-0486

APRIL 28 10:00 AM

Red River Chamber Board Meeting, Red River Conference Center 101 W. River St, 575-754-2366

APRIL 28 6:00 PM

Questa Village Council Meeting, Village Hall 2500 Old State Rd 3. (575) 586-0694

APRIL 28 10:00 AM Red River Chamber Board Meeting, RR Conference Center, 101 W. River St, 575-754-2366

APRIL 28 5:00 PM Red River Town Council, RR Conference Center, 101 W. River St, 575-754-2366

For a complete list of April events in Red River, go to <https://reddriver.org/events/calendar/2020/04>

APRIL IS:

- Alcohol Awareness month
- Child Abuse Awareness month
- Poetry Month
- Parkinson's Disease Awareness month
- Keep America Beautiful Awareness month



HELP WANTED

Questa Family Dollar is seeking full-time and part-time cashiers.

High school graduation or equivalent experience preferred. Prefer experience in retail. Ability to work flexible, full-time or part-time schedule to include days, evenings, weekends and holidays. Apply in person at Family Dollar in Questa.

Do You Have a Home Rehab Business?

The Questa Lodging Project is compiling a list of Questa-area GB-98 contractors, roofers, landscapers, electricians, plumbers, and handymen and women to rehabilitate homes in Questa. If you own a business in the Questa area, have a Questa business license, and fall into one of these categories, please call to get in our directory so we can send home rehab customers to you! 575-586-2149 (more details on page 4)

Housesitters: The Questa Lodging Project is compiling a list of housesitters. If you would like to be in the directory, please call so we can tell people about you! 575-586-2149.

Housecleaners: The Questa Lodging Project is compiling a list of people who clean houses, especially for short-term and vacation rentals. If you would like to be in the directory, please call so we can tell people about you! 575-586-2149.

FOR SALE

Mariachi Questa is still selling chile! They have red chile powder in medium and extra hot for \$7 a pound. Please spread the word! Ask any Mariachi Questa member or call 779-5601. Mariachi Questa thanks everyone for their continued support!

Freshly harvested Tipi (teepee) poles for sale. Poles are pre-order and harvested for you. Denedubbed, peeled, and dried. Delivery and set up available for an extra charge. Multiple lengths available. Contact Wendy for price: thetipilady@gmail.com or 541-497-0287.

LAND FOR SALE. 35 gorgeous (not all flat) off-the-grid acres in Sunshine Valley. Reduced to \$25,000. Call 575-770-3064.

FOR SALE GENTLY USED LIPSTICKS Assortment of red, pink, coral, magenta. \$16.95 for box of four. www.amazonleftovers.com (April Fools!)

We still have the solid oak regulation pool table, cue sticks, balls, lights. Great condition. Previous owner: Ray Vinella. \$1500, call Lynn or Krissie at 586-0515.

VOLUNTEER OPPORTUNITIES

Questa Creative Council Seeking Treasurer

The QCC has hired a bookkeeper and is still in need of a Treasurer. If you are comfortable with numbers and wish to support the arts, now's your opportunity to fill a specific need! Our Treasurer is the go-between who presents the Bookkeeper's budget reports to our Board and oversees the use of our bank accounts. Your smarts will add to the skills of our Executive Board. If you're interested or have questions, please email us at questacreativecouncil@gmail.com

NOTICES

Hello Neighbors, The annual joint meeting of the Latir Neighborhood Association and the Virsylvania y Vecinos Landowners and Neighborhood Association, normally held in April, is postponed until further notice due to community health concerns. Contact us if you have any questions: latirneighborhood@yahoo.com

Economic Injury Disaster Loan Program:

The SBA will work directly with state Governors to provide targeted, low-interest loans to small businesses and non-profits that have been severely impacted by the Coronavirus (COVID-19). The SBA's Economic Injury Disaster Loan program provides small businesses with working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. Find more information on the SBA's Economic Injury Disaster Loans at: SBA.gov/Disaster.

WE ALL COUNT! Be sure to step up and be counted in the 2020 Census. See related stories on page 7.

Love Notes for April from Lisa Fox

If no one's persuadable, then let's just have the revolution. Falling into despair won't help anyone. You can curse the darkness or you can light a candle. I'm getting a welding torch!

— James Carville

The North Central New Mexico Food Pantry distributes food for anyone who needs it on the second and fourth Fridays of each month from 11 AM to 2 PM. For emergency food assistance outside of the regular distribution times, please call Jeannie at 575-586-0486 or Kate at 575-586-1807 to arrange a visit to the food pantry for

emergency boxes of food. The North Central New Mexico Food Pantry is located at 140 Embargo Rd., on top of the hill across the drive from the senior center.

The Questa Economic Development Fund is striving to provide Questa businesses with up-to-date information about COVID-19 economic resources to help reduce the financial impacts of the Corona virus.

Please contact us if we can be of any assistance to you during this unprecedented time. Be safe, stay healthy, and positive! 575-586-2149.

For a complete listing of available resources, stay tuned for our May Issue or visit March 25, 2020 posting at www.Facebook.com/QuestadelRioNews

ONLINE in NO TIME –NEW MEXICO SMALL BUSINESS RECOVERY: TAKE AND EXPAND YOUR BUSINESS ONLINE.

The University of New Mexico's Innovation Academy and STC.UNM are offering this course to help New Mexico's small businesses to build or increase their online presence to offset a decline in retail in-person traffic, as well as grow businesses beyond New Mexico borders. We will teach businesses e-commerce techniques including developing storefronts and driving traffic to your store. The course is offered for \$17 (the cost to run the program, the UNM Innovation Academy and STC.UNM will not profit from this course) and includes a one-year domain name for your storefront. The 6-week course runs from April 6-May 15.

Students need access the internet and must have a microphone/headset, small video camera or PC camera or tablet/smartphone. The course can be completed on your own time and there is no set meeting time (unless agreed upon throughout the program). Access to the internet for those that need it is made possible by Comcast. If you have any questions about the content of the course, please feel free to contact instructor Bill Szaroletta at bszar@unm.edu. To register, please visit Eventbrite.com and search for: "New Mexico Small Business Recovery".

Local Artists - Get Creating!

The 2020 Questa Studio Arts Tour is currently in the planning stages. It is scheduled for August 15th and 16th. Look for the applications to be posted around town by April 1st. We need your help! If you are interested in being on the planning committee, please email us at questacreativecouncil@gmail.com

SAVE THE DATE! GRAND OPENING OF THE QUESTA HISTORY TRAIL JUNE 6 AT 10:30 AM

There will be a ribbon cutting and guided walk, as we finally celebrate the Grand Opening of the Questa History Trail which has installed its permanent signage.

Join in on National Trails Day, Saturday, June 6, at 10:30 am.

This half-mile walk in the historic heart of Questa truly represents a microcosm of northern New Mexico history... and while our team confirms plans for the future, you can enjoy the work of the Trail Team by visiting QuestaTrail.org. There you'll find a wealth of local history that gives a deep and rich understanding of the topics introduced on the eight trail signs. If you'd like to help with this legacy project for the village, or perhaps have lumber, sand, or bricks to donate, contact Mark Sideris at msideris@aol.com.



AA MEETINGS

Closed until further notice. Call 575-224-4326.

AA WORDS OF INSPIRATION for APRIL

GROWING UP

The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.

—AS BILL SEES IT. Page 115

RTD: QUESTA AND RED RIVER ROUTES AT PRESS TIME WERE RUNNING AS SCHEDULED. WWW.NCRTD.ORG

About this Route

Connections with the Questa route are available at the Questa Chevron Station at 6:45 a.m., 4:10 p.m. and 5:50 p.m.

Eastbound ▶			Westbound ◀		
Trip No.	NM522 @ Supermarket Rd Chevron	River St @ Jumping Jack Tr Red River Conference Center	Trip No.	River St @ Jumping Jack Tr Red River Conference Center	NM522 @ Supermarket Rd Chevron
AM Trips					
1E	5:55	6:20	1W	6:20	6:45 connects with 320 Questa route
2E	6:45	7:10	2W	7:10	7:35
3E	7:35	8:00	3W	8:00	8:25
4E	8:25	8:50	4W	8:50	9:15
PM Trips					
5E	3:20	3:45	5W	3:45	4:10 connects with 320 Questa route
6E	4:10	4:35	6W	4:35	5:00
7E	5:00	5:25	7W	5:25	5:50 connects with 320 Questa route
8E	5:50	6:15	8W	6:15	6:40

About this Route:

- Connections to the 310 Red River route are available at the Questa Chevron Station at 6:45am, 4:10 am, and 5:50pm
- First trip is a one-way trip from Costilla to Taos.
- Two roundtrips during the mid-day between Taos and Questa.

Southbound ▼							
Trip No.	NM-522 & NM-196 Duran's Gas & Grocery	NM-378 Cerro VFW Post	NM-522 & Supermarket Rd Chevron *Connects with 310 Red River	NM-522 & FR-493 San Cristobal	NM-522 & Old Hwy 3 Midtown Market	NM-150 & US-64 KIAOS Solar Center	Paseo de Pueblo Sur & Albright St Taos County Admin Building
AM Trips							
1S	6:10	6:35	*6:45	6:55	7:02	7:10	7:35
2S	-	8:40	8:50	9:00	9:07	9:15	9:30
PM Trips							
3S	-	2:00	2:10	2:20	2:27	2:35	3:00
4S	-	4:00	*4:10	4:20	4:27	4:35	5:00

Northbound ▲							
Trip No.	Paseo de Pueblo Sur & Albright St Taos County Admin Building	NM-150 & US-64 KIAOS Solar Center	NM-522 & Old Hwy 3 Midtown Market	NM-522 & FR-493 San Cristobal	NM-522 & Supermarket Rd Chevron *Connects with 310 Red River	NM-378 Cerro VFW Post	NM-522 & NM-196 Duran's Gas & Grocery
AM Trips							
1N	7:45	8:00	8:08	8:15	*8:25	8:35	-
PM Trips							
2N	1:00	1:25	1:33	1:40	1:50	2:00	-
3N	3:00	3:25	3:33	3:40	3:50	4:00	-
4N	5:05	5:25	5:33	5:40	*5:50	6:00	6:25

Connections to routes 300 Taos, 305 Taos Express, 330 Peñasco, 340 Chile Line Red, 350 UNM, 360 Tres Piedras



CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH IN QUESTA

Father Andrew Ifele 575-586-0470
Saturday 6pm, Sunday 7am in Spanish - 11am in English

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

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

LIVING WORD MINISTRIES

Pastors Peter and Gayle Martinez
12 Llano Road
Service: Sunday 10:30 am
Nursery and Kids' Church at 10:30am
Wednesday Bible Study 7pm
www.lwmsite.org
575-586-1587

PATH OF LOVE

Sunday 7:30 am class and meditation
Sunday 4:30pm, Introductory Meditation Class
575-586-1454, Hilece
Call to get info on the online class format.

THEOSOPHY

Sunday 10am Alice Bailey Theosophy Study Group
575-586-4641, Francis
Call to get info on the online class format.

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
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Friday 8am-Green Tara
gabrielle.herbertson@gmail.com
www.earthjourney.org
575-586-1454 or 575-586-1038
No physical meeting for these practices until further notice

KINGDOM HALL OF JEHOVAH'S WITNESSES

575-586-1947

ABUNDANT LIFE CHRISTIAN FELLOWSHIP

Sunday Service 10:30am
Potluck & Fellowship 3rd Sunday of the Month
Highway 196, Amalia
Pastors: Lorenzo & Arleen Lucero
575-770-5716

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 575-754-2882

ST. EDWIN'S CATHOLIC CHURCH

North End of Silver Bell Trail
Saturday 6pm (Confession prior to Mass or by appt.)
Father Andrew Ifele 575-586-0470



QUESTA LODGING PROJECT CLASSIFIEDS

Call 586-2258 or e-mail Lodging@QuestaEDF.com

FOR RENT

ROMERO'S RENTALS FOR RENT

Available Now. 1 Bedroom, 1 Bath apartment located just off of Highway 522 in Questa. \$550 per month utilities included, \$250 deposit required No pets allowed.

EMBARGO TRAILER FOR RENT

Available now. Cute and tidy trailer with remodeled bathroom and upgraded kitchen. Ideal for couple or individual. \$600 plus utilities, \$300 deposit. No pets, no smoking. 1 bedroom, 1 bath. Long-term preferred.

ABRA APARTMENT FOR RENT

2 bedrooms, 1 bath apartment in a duplex. \$600 per month plus utilities. \$600 deposit. No pets, no smokers.

LARGE QUESTA HOME FOR RENT

3 bed/2bath, 1350sq ft home available for rent now for a 12-month lease. Will accept pets with a \$200 per pet deposit. Asking \$900 per month plus a \$900 deposit. Please text the landlord directly at 775-253-0473

FEMALE SEEKING AFFORDABLE RENTAL

An older, retired female without pets is seeking a rental. Currently lives in Taos and landlord is selling the casita she rents. On a fixed income, can pay no more than \$600 per month including utilities. Is an artist and wants to stay in the area after living here for many years

PERMACULTURIST SEEKING RENTAL

Solo female with reliable income seeking community for permaculture. Looking for a short-term rental for now with potential for long-term if this is the right place for her. Doesn't need many things, all her furniture is in storage so must be furnished. Mahalo.



Have a voice in your town's future

Attend public meetings!

These meetings are open, and public comments are welcome with a limit of 3 minutes.

Check the websites for agenda topics and past minutes.

VILLAGE OF QUESTA <http://questa-nm.com/>
Questa Village Council meets the 2nd and 4th Tuesdays, at 6 pm at Town Hall

Mark Gallegos, Mayor

mgallegos@villageofquesta.org

Renee Martinez, Town Clerk/Administrator

rmartinez@villageofquesta.org

Village of Questa Town Hall (575) 586-0694
2500 Old State Rd. 3
Questa, NM 87556

RED RIVER <https://reddriver.org/>

Town Council meets the 4th Tuesday of the month at 5:00 pm at the Conference Center

Linda Calhoun, Mayor

mayor@reddriver.org

Georgiana Rael, Town Administrator

grael@reddriver.org

Red River Town Hall (575) 754-2277
100 E Main Street
P.O. Box 1020



THE QUESTA MEDICAL CENTER REMAINS OPEN

In an effort to increase your safety and that of our health center employees, we are now offering telephone visits for both medical and behavioral health services. This type of visit reduces the risk of spreading COVID-19 through face-to-face contact.

We are following directives from the CDC to limit patient and staff exposure to this virus and have made the decision to limit our dental services as well as some elective procedures.

If you have a question about an upcoming scheduled appointment or whether you should be seen, please call our office at 575-586-0315.

If you suspect you have COVID-19, immediately contact the state

Coronavirus Hotline at 855-600-3453.

Thank you for supporting the Questa Medical Center by keeping yourself safe during this challenging time.



TROUT RESTOCKING EVENT
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BUSINESS DIRECTORY



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**ENCHANTED
E A T S**
BY ROBYN BLACK

A SUNSHINE OASIS

Who would have thought — dinner with white tablecloths, candlelight and crystal, the distant sounds of coyotes in their nighttime reverie, and delicious regional food with an international flare — right here in Sunshine Valley! Just around the corner from Old Bumper Road is the Enchanted Circle's best-kept secret, an imposing rock structure that will pique your interest.

Award-winning Paris-trained chef Alfonse DeLatera once ran dining services from chuckwagon to the railways, and now offers a place for you to stop in and savor delicious breakfast, lunch, or dinner from days gone by.*

Serving a breakfast of locally sourced Huevos Rancheros (the chickens are out back, the beans come from a local farmer, and the tamales are made fresh by the chef's wife, Angela, who grew up in Cerro), the coffee is a little stout, but that's what happens with cowboy coffee.

Lunch is simple fare, usually posole (if the farmer down the road can supply the pork), with delicious green chile, or you may get a green chile stew — what — ever the chef finds fresh and local — it will be a delight! The chef has a personal penchant for hot dogs, so purists may be shocked to find them on the menu. The hot dogs have been such a money maker in Sunshine Valley that the DeLateras were forced to open a drive up window to appease the locals, many of whom were uncomfortable with the dress code for formal dining.



Photos by Robyn Black

Les hotdogs de Chez Alfonse became such a money-maker in Sunshine Valley that the DeLateras were forced to open a drive-up window to appease the locals, many of whom protested the dress code for formal dining.

When you come for dinner, bring your shotgun and be on the lookout for varmints out there in the valley for your safe passage. Bear and mountain lion sightings are common. The irresistible aromas wafting from the kitchen is a magnet for hungry critters, us diners included!

Dinner usually offers changing daily choices, according to what is available. It might be albòndigas, carne asada, chile relenos, quelites, or another treat “ye olde cooke” comes up with.

If you are lucky enough to come during Lent, you may even get capirotada. Whatever the season brings, you can be assured, the food will be outstanding — delicious and fresh. You will be in awe and leave completely satisfied. Reservations recommended, if only in your imagination, as much as we would like to have a restaurant in Sunshine Valley—April Fool's!

* Sunshine Valley was originally named Virsylvania (after the peak). There was a post office in Virsylvania from 1909 to 1914, when it was renamed Sunshine Valley, with that post office operating from 1921 to 1931 (no joke!).



Photos by Robyn Black

The Sunshine Oasis is a bit of a surprise, formal dining with regional specialties served up with an international flare.

Deuce Hardware



Erroneous left-handed allen key

Correct right-handed allen key.

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BUSINESS SECTION

Questa Del Rio News

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