

MAY 2020

Questa Del Rio News

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

16th Annual Veterans Healing Field of Honor

Like everything else in this post-pandemic world, one of Questa's most iconic annual events will be different this year...

Anyone driving through Questa who sees the Veterans Field of Honor cannot help but be moved. Whether you are a local touched by a flag commemorating a loved one, a motorcyclist on your way to Red River, or a motorist unfamiliar with Questa, the field of 1000 US flags in a beautiful field against the dramatic backdrop of the Sangre de Cristos is a monumental sight. And it says a lot about the community and what it values.

The tradition started as an idea for how the Village of Questa could honor veterans from the community, which grew to include Cerro, Costilla, Amalia, and San Cristobal. Those 1000 flags represent locals who served in seven different US conflicts, as well as those veterans who served between conflicts in peacetime, who were not in combat. Eventually, the display came to include all currently



Photo by Carrie Leven

Questa's Healing Field of Honor, a breathtaking display of 1000 flags honoring veterans from seven different conflicts, as well as those who served between conflicts in peacetime and are serving now, from the communities of Questa, Cerro, Costilla, Amalia, and San Cristobal.

...serving military personnel, as well.

This event always revolved around a ceremony held on the Sunday of Memorial Day weekend. This is the first year that the flags will fly without a ceremony. The "Healing Field" will still be there to enjoy, from Thursday, May 21 through Tuesday, May 26. It is located at 2389 Highway 522 in the middle of Questa, south of "the light."

The Field of Honor requires many hands. Volunteers are needed to assist in planning, putting up the flags, and taking them down. The display also relies on monetary contributions to buy and replace flags. If you feel the call to honor those who have served our great country, please contact Louise Gallegos at (575) 613-5490 or Renee Martinez or Dina Coleman at the Village of Questa at 575-586-0694. Thank you all again for another magnificent Veteran's Field of Honor. May God Bless You and God Bless America.

COVID-19 Update

FROM THE OFFICE OF THE MAYOR OF QUESTA

The Village of Questa would like to acknowledge that there is a confirmed positive Coronavirus case that was put out in our zip code by the NM Department of Health. This patient is presumed to have followed all the correct steps that every patient with symptoms should. They called the COVID-19 Hotline that was previously released at the start of the pandemic. This patient was not attended to by Questa EMS, Questa Fire Department, or the

Questa Health Center. We are now making every effort to find out where this person was tested; however, the NM Department of Health will not give out any other information about the said patient because of HIPPA regulations. Rest assured that the NM Department of Health will follow up with the patient, the patient's family, and all individuals that the patient has been in contact with so that they can all follow the proper steps of the quarantine process.

We strongly recommend that all constituents of the Village of Questa

and surrounding areas continue to abide by the orders set by the Governor of New Mexico.

Business Owners: You are expected to enhance sanitary practices as well as limit the number of customers who frequent your business at one time.

If you are a senior citizen and need assistance in obtaining necessities, food, or medication, please call the Village of Questa offices at 575-586-0694.

As a reminder, the orders set by the Governor of New Mexico are still in effect. Please see The COVID-19 RESOURCE GUIDE on Page 22 for more information.

Thank you,

MARK GALLEGOS
Mayor of Questa

RAYNELLE SANCHEZ-CORDOVA
Questa EMS Director

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Questa Del Rio News

NOTICIAS QUESTA DEL RIO

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QUESTA DEL RIO NEWS

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DE LA COMUNIDAD DE QUESTA

FONDO PARA EL DESARROLLO DE QUESTA

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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

BY THE 15TH OF THE MONTH

NOS PUEDEN CONTACTAR PARA INFORMACIÓN

ENVÍE ANTES DEL DÍA 15 DEL MES

news@questaedf.com

LETTER FROM THE EDITOR

“WHEN ALL THIS IS OVER...”

How many times have we heard those words recently? In the interest of time management, we can just say—W.A.T.I.O.—When all this is over... Wouldn't it be funny if parents having a child during the pandemic named him Watio?

In the words of our esteemed columnist Ellen Wood, something good will come of this. That is good to remember when we are grumbling about something that we cannot change and may initially label as not good... Yes, good things like animal shelters around the country are empty, people stuck at home have adopted dogs and cats. Let's hope when their humans start back to work, having furry friends will still be a good idea. Watio would also be a good name for a dog or cat, maybe Tio for short?

We have probably all heard that with people staying home air quality is improved so that mountains and other landmarks previously obscured by smog are now visible. Did you know that with the decrease in noise pollution and electromagnetic waves songbirds are singing more? Apparently, the sounds of motors, factories, and electronics cramp their style and have a debilitating effect on living creatures (including humans). Birds, whose numbers continue to decline at an alarming rate, may eventually join the ranks of unicorns and dragons as subjects of myths and bedtime stories. For now, though, birds are making a comeback and celebrating the relative quiet.

This has been a hard time and a big adjustment for everyone; not just hard, but devastating for those who have lost their income, possibly their health insurance and their homes and those whose physical, emotional or mental health rely on safety and security. Not everyone is fortunate enough to be millionaires or even retirees, whose financial health does not depend on economic conditions. Some retirees and self-employed (who work at home) folks report that their quality of life has actually improved.

For those who are at home, with more time and mostly yourself to face, what are you learning about yourself? What are you doing? With widespread anxiety, some people are making it worse by judging themselves for not being productive enough. All this time to catch up on things we never had time to do! Being motivated is not easy right now. Remember it is a pandemic, not a “can”demic. If you can't do it all, so what? Stress, fear, and anxiety weaken our immune systems and make us old. Take some time to nurture yourself and do what you love; take a long, hot bath, dust off the piano and sing, make some bread and yay, dig in the garden – it is spring!

What can you do, right now, right where you are, to make a difference? No more excuses, you now have more time to take care of yourself; exercise, prayer, meditation, and maybe Bible study or other inspirational texts. This time is a blessing. Do something that makes you feel grateful and alive. When all this is over – watio – what will you do? Will you spend more time with your mother or other people you love? Will you visit places you have always wanted to go? Will you be nicer to the nurses and grocers and other people who you normally don't think about? I saw a funny meme that went something like, “We can save the world by laying around the house, let's NOT mess this up!”

BLESSINGS TO YOU FROM

LOU McCALL AND THE FOLKS AT QUESTA DEL RIO NEWS

Thank You to the Taos Community Foundation & Chevron!

Food banks all over the world have seen a decrease in supply and a tremendous growth in the number of families they serve. Questa's North Central Food Pantry recently received generous funding from two major donors. In April, Taos Community Foundation distributed more than \$92,000 in grant funding to nonprofits in Taos and western Colfax County in need of supplies and provisions to meet the demands of their mission during COVID-19. Questa's own North Central Food Pantry was among the worthy recipients of the grant. Recently, the Chevron Foundation gave the Food Pantry a check for \$10,000, a much-needed gift for the overworked Food Pantry. Thank you for these generous donations and thank you for caring!



WE ARE SO GRATEFUL TO EVERYONE WHO CONTRIBUTED TO THE MAY 2020 EDITION, THANK YOU!

CARLA ARCHULETA, ALBERTA BOUYER, SIBYL COLLVER, PETER CRIDER, STACEY DANIS, DON DANIELS, ERIKA EDGERLY, DANICA FERNANDEZ, IVY FLORES, JAVONNE GOODMAN, GREENPEACE, MELISSA GUTIERREZ, PRISCILLA SHANNON GUTIERREZ, APRIL HOLDER, GILLIAN JOYCE, JILL KAMAS, CARRIE LEVEN, LINDSAY MAPES, ELIZABETH MARTINEZ, GAYLE MARTINEZ, GAEA MCGAHEE, MOSE, CYNTHIA NAJIM, NATURE CONSERVANCY, LEE NICHOLS, NANCY PARKER, KAYLEE PIPER, JANA RAE, CHARICE J HEART, A. ROQUE, TRACEY STONE, LAURA VALLEJOS



APRIL FOOL'S ISSUE

Thanks for the GOOD Laughs. Needed it. Well done. And appreciate the good sense of humor. Each issue should have a little more irreverent good humor! Stay healthy,

—PETE FRENCH
COLDWELL BANKER
MOUNTAIN PROPERTIES

APRIL FOOL'S LETTER WAS NO JOKE!

The April Fool's issue this year was better than ever. I especially appreciate the "Letter from the Editorial Assistant" begging contributors to be respectful of the newspaper's deadlines. I know that it was too true, not an April Fool's joke. Even though the letter was hilarious, what our editor goes through every month trying to get the paper out on time is not. I have first-hand knowledge of how the paper gets into our hands every month and I know how stressful it can be. I hope those who read that letter will remember to be considerate and respectful and most of all grateful! Keep up the good work, Lou!

—ELLEN

Aw shucks, we are glad you enjoyed our THIRD ANNUAL APRIL FOOL'S

ISSUE. We know these are hard times and on April Fool's Day we asked our subscribers to forward the digital issue to at least one person who could use a laugh. Our paper also offers highbrow social commentary, excellent writing, superb poetry and other good news. We hope you enjoyed our exclusive interview with Nate Silver and his predictions for the 2020 New Mexico State Elections (April Fool's in May!).

Except for on April Fool's Day, the only time we have ever sent anything to our mailing list is once a month with our regular monthly edition. We are encouraging our readers to subscribe to our online edition. It is very easy to forward the digital version of the paper to friends and relatives who aren't as fortunate as we are to live in the Enchanted Circle. (It is very easy to unsubscribe if you change your mind).

Blessings to all who read this from the folks at the Questa Del Rio News. If you have any cartoons, jokes, humorous stories or pictures, send them to us! We are gaining the much-deserved reputation as being a feel-good newspaper and we take it seriously!

Subscribe at: QuestaNewsSubscriptions@gmail.com

DOG OWNERS: BE AWARE

I am just in from my regular walk around the neighborhood, something I have done for 40 plus years - with never a problem. Today as I walked a well-used road, two dogs came barking at me. One came to the road with teeth bared, hair raised on his back, legs in an 'about to leap' position ready to attack. I looked for a tree to climb and wondered if I could yell for help to friends in a house close by. Then the dogs' owner started calling for her dog. I asked her to please get her dog. "What is he doing?" "He wants to attack me." She called that dog home, and another bigger dog came out barking - he gave up - I must have walked beyond the circle of his perceived protection.

A few days ago, I heard of another dog biting a walker. Recently I was advised to not walk on a certain road because a big dog did not allow a walker to continue on the road until finally the dog's owner came and called the dog.

It seems that the pandemic and change in lifestyles has set in motion a level of fear and uncertainty. Peoples' precious pets are sensitive whether their owners are peaceful or not; and pets seem to be in intense 'protection/attack' mode.

Can any of you in your neighborhoods put out a request for a higher

level of awareness by owners of their pets, keeping them close to home and in your yards? Be aware of public space and pay attention to what dogs are barking at. I love animals, and I am not a scary person.

Walking in such beautiful nature is a part of a personal healing protocol, as well as being joyful and nourishing! It is especially wholesome in the midst of our 'shelter-in-place' lifestyle.

—NAME WITHHELD

As both of us walk our roads every day I read your message with real concern- and would further add that it is illegal for dogs to be loose on public roads. Not a problem if they are benign, but totally unacceptable if they are aggressive! Owners of these dogs need to be made aware!

— LOCAL RESIDENT

KEEPING A CALM MIND AND A LOVING HEART

Spiritual teachings tell us that a calm mind and loving heart will allow us to understand solutions to problems or show us what to do next toward right resolution. For personal problems, I couldn't agree more.

But this worldwide situation will keep marching along despite calm minds and loving hearts and there is no known answer to human loss and anguish, widespread disruption, and even death. We are challenged to keep a calm mind and loving heart as bodies change, families reconfigure, systems crumble, and the lifestyles we have known for so long become a thing of the past. Yet what a gift it will be to those around us, to our own families, friends, co-workers if we have a calm mind and a loving heart! Stability and equanimity are absolutely called for. We must rise to the challenge, lead those in turmoil by our example or even "just" by emanation of calm mind and loving heart.

Surrender. Live in the present moment where love flows through. Dedicate the goodness of every delicious meal, every beautiful day in Northern New Mexico, every sprouted seed, every conversation with family and friends. "Be the change" with the intention that all may benefit, none may unnecessarily suffer, and humanity comes together as the one life we are, caring for each other, erasing the separation that has held us for so very long so that earth will become a heaven that is united and peaceful.

An time of group consciousness and brotherhood is coming. The needed

changes will take place. We have chosen to be here now. Pray, meditate, contemplate, dedicate selfless service with a calm mind and loving heart.

—JENNIFER

KID'S KORNER MONTHLY FEATURE?

I love your newspaper! Wouldn't it be nice if there was a kids' corner so to speak, to engage the younger set. I am not saying I am volunteering, I just remember my grandkids used to love a publication called Ranger Rick which engaged them in some current events and creative ideas. Just a thought.

—GRANDMA

Thank you, Grandma, that is a great idea! Any volunteers?

Questa Del Rio News

Donations
are always appreciated

Your tax deductible donation helps pay for the newspaper printing, delivery and the layout, design and administrative costs of this valuable community resource.

Check out our new website and click the DONATE button!
www.questanews.com.

You can also mail your check or money order with a note that it is for the newspaper, send to Questa Del Rio News, PO Box 1072, Questa, NM 87556.

Your donations are always most gratefully welcome and appreciated. We are a 501(c)3, not-for-profit organization.

Thank you!



Business Profile

QUESTA LUMBER & HARDWARE:
NEW MEANING TO THE WORDS
“FAMILY BUSINESS”

By CYNTHIA NAJIM

There is a wise woman in our midst who has the spunk and spirit of a teenager. She has the rare opportunity to reflect on life from her nonagenarian perch and her favorite armchair. Yes, she's in her 90s!

A delight to know and be around, Lucy Rael celebrated her 93rd birthday on April 16. While she couldn't have a proper fiesta with her seven children, 22 grandchildren, and 38 great-grandchildren due to the quarantine, she did enjoy cake with a blaze of candles on top and a big breath to blow them out. “Happy 93rd Birthday, Dear Lucy, and Happy 70th Mother's Day!”

Lucy Amalia Martinez was born in Questa in 1927, to Donaciano and Rebeca Martinez, the ninth of 13 children. She counts herself lucky, as she and only eight of her siblings survived to adulthood during those challenging years.

From a young age, Lucy loved the outdoors. “I always had to be outside playing with the boys (my brothers), which often got me in trouble. My parents knew where to find me if I wasn't inside helping with the chores.”

Singing and dancing were among Lucy's favorite activities, and still are! She learned to sing from Frank Garcia, a musician who taught many young locals to perform. One exciting highlight was making a trip to Albuquerque where Lucy sang on KOB Radio. “It was so much fun!” she giggles. “They put us in a soundbox. I wanted to stay longer, but we drove back right after.”

Lucy first attended the Moly Mine School and later Menaul Presbyterian School in Albuquerque. She was active in 4-H and other clubs. After graduating from high school, she moved with her parents to Denver. Lucy made the most of her new life and was proud of her first job working for a small family business.

Still, Lucy was a *Questeña* through and through, and soon returned for the love of her life – Jose Malaquias Rael, the “good-looking boy” she met in 4-H. They began as friends in those early years, but their relationship deepened. “We dated through mail and over the phone while I was in Colorado,” she fondly remembers. “He wrote long letters and wanted me to come back.” And so, she did.

On April 29, 1949, Lucy and Malaquias



Lucy Rael on her 93rd Birthday, April 16, 2020

eloped to Bernalillo, where Malaquias knew a priest. “We came back right away,” she reflects, “Malaquias had to work on Monday.” His dedication was one of the many qualities she loved about her husband. “I thought he was perfect!” she exudes with twinkling eyes. “He never got mad, nor told me ‘no’. He was patient, a good listener, and always offered a helping hand.”

Their new life together was full! With Lucy's engaging spirit and Malaquias' vision, they seeded many new ventures that still serve the community – first and foremost, Questa Lumber and Hardware.

The business informally began in Salomon and Irene Rael's (Malaquias' parents) two-story house, “I was selling measuring tapes and woodworking tools that Malaquias made,” Lucy recalls, “while he taught woodworking in Cerro to veterans,” a vocation he learned in El Rito and later taught as part of FDR's Works Progress Administration (WPA) Program.

As their business grew into the general store, they frequently changed locations to whatever place became available. They cut and sold Christmas trees; and Malaquias cut glass, lumber, and sold cement. Then another proud achievement: Questa Lumber and Hardware was incorporated in 1953.

At the same time, they had a growing family. Michael, their first, was born in 1950, followed by Marcus (1951), only daughter Roxanne (1953), Ralph (1955), Mario (1958), Malaquias “JR” (1962), and Matthew (1963). When I asked Lucy how she managed to raise seven energetic children AND tend to the business, her answer was easy: “Sara Cordova! She was the best babysitter!”

Lucy was dedicated to her family. She shared her passion for music and taught them to speak and write English, a priority for Malaquias. They wanted their children to have a good education and an



Lucy Rael knew their inventory at Questa Lumber and Hardware, pictured here at their previous store, which is now CarQuesta.

appreciation of community involvement. Lucy was an active member of the PTA, Home Extension Club, and Fire Department Auxiliary.

Commercial activities continued to flourish. In 1964, Questa Lumber moved to the “big” store, what is now CarQuesta. Lucy ran the shop, while Malaquias was busy attending meetings. He was on the Board of Directors of Kit Carson Electric, was a co-founder and board member of Centinel Bank, a founding member of Rio Grande Ace Hardware, founding member of the Sportsman's Club, and an active member of the Village of Questa City Council. He also helped establish the fire department and school board. At one point, the busy couple even had an ice cream store – Malaquias loved apple pie a-la-mode with coffee.

“We did everything together,” smiled Lucy, “camping with the family, walking Bobcat Pass, and traveling with friends Norbert and Bella Ortega.”

Lucy often had to entertain at a moment's notice. Whether receiving priests for breakfast or guests for dinner, she graciously rolled out a feast with whatever she could find in the kitchen. Lucy will never forget the day Malaquias brought home two teenage girls from Nicaragua (during that country's civil war). “A colleague from



Lucy and Malaquias on a Carribean cruise.



1955 – Jose Malaquias Rael, Founder & CEO Questa Lumber and Hardware, doing what he loved.

the electric coop down there asked if his daughters could stay with us until after the war. Malaquias, of course, said yes. They were here for two years.”

“My husband lived by his philosophy: “Treat others as God would want you to.” He gave loans and extended credit to widows and others in need, never asking for repayment. To this day, people express their gratitude for how he helped and even saved them. Jose passed on September 21, 2004

And Lucy gives thanks in every moment. “I praise you, God. I'm not alone because you are right here with me.” Even though Malaquias never had the chance to see the current store, which opened in 2012, his legacy lives on today. Compassion, generosity, and dedication to community remain trademark qualities of Questa Lumber and Hardware and the entire Rael family.

Questa Lumber and Hardware is located at 2349 NM-522 in Questa. Contact them at 575-586-0414 or visit them on the web at www.questalumber.com.

Courtesy Photos from the Rael Family

How Landlords and Short-term Rentals Can Weather the Covid-19 Slowdown

By LINDSAY MAPES

We are experiencing unprecedented times during this public health pandemic. COVID-19 has impacted just about every business across the globe. Because the Taos County economy is so reliant on tourism, it's not likely that things will "get back to normal" anytime soon. If you are a landlord in our area, here are some pointers to help you survive this economic slowdown and hopefully, help you continue to generate income from your rental property.

Those who have been offering short-term rentals have found that their business has come to an abrupt halt. If you are still hosting out-of-town guests, please stop immediately to help curb the chances of spreading COVID-19. In fact, mandates from Governor Michelle Lujan Grisham state that short-term "vacation" rentals are prohibited until further notice. There are also efforts on behalf of local governments to shut down short-term rental websites like AirBnB.

However, you are allowed to rent your short-term rental to healthcare workers, to local people needing housing for less than 30 days, and to locals on a month-to-month basis.

Since we don't know when our tourism economy will be back on track, and since tourism is usually one of the last industries to return after an economic downturn, perhaps it's time to look at converting your short-term tourism rental into a month-to-month local rental. Meaning, rent out your furnished (or unfurnished) extra room, casita, or home on a monthly basis to people already in the area. This is less work for the landlord since you don't have to clean between weekend guests – you only have to do one month at a time, so that when the economy does come back, you can jump right back into short-term rentals, if that is what you prefer. It's a great way to bring in extra income during these uncertain times, and you're helping locals secure housing. And there

is a severe housing shortage here.

Interested in switching your short-term rental to long-term, but unsure how? Call the Questa Lodging Project and we'll help you find a tenant, free of charge. In fact, we already have a waitlist of local tenants looking for housing in northern Taos County. We can also provide a lease template and other pointers to help you successfully rent your home, casita, or spare room. Call Lindsay at (575) 586-2258.

If you're currently a landlord and your tenants are unable to pay rent, unfortunately, there's not much you can do. If you have a mortgage on the property you are renting that is backed by a federal lender, you are prohibited from evicting your tenant. Even if your mortgage is not federal or you do not have a mortgage on your rental property, try to be understanding of your tenant's situation. Did they lose their job or take a significant cut in pay because of COVID-19?

Regardless of whether your tenant is able to pay rent this spring or summer, check in with them, give them a phone call and see how they are doing. Inquire about their employment status. If they have been laid off recently, ask if they have applied for unemployment at jobs.state.nm.us.

If you are a landlord in northern Taos County for either short-term or long-term rentals and you need assistance navigating these uncertain times with its new mandates and policies, reach out to us. If we can't find the information to help you, we will find someone who can.

Our community is resilient and has faced many challenges over the last century. This is another hurdle that, if we work together, we can overcome.

*San Antonio del Rio Colorado
Historic Preservation Non-Profit*

*Questa Lodging Project
ad-min@sarchp.org
575-586-2258*

Senior Citizen Home Remodel Grant Erma Jaramillo's Home

By LINDSAY MAPES

For several months, we have been writing about the opportunity for senior citizens to receive once-in-a-lifetime grants from the federal government to remodel their homes. The USDA 504 Program Grant is just that - money of up to \$10,000 that does not need to be repaid! The funds must be used to make necessary remodels to homes owned and lived in by senior citizens. Necessary remodels include roof repairs, almost any repairs to water or electric in the home, wheelchair ramps or making a front door entrance easier to navigate, shower or bath hold bars, and many other improvements.

Erma Jaramillo of Arroyo Hondo (originally from Questa) is the latest applicant to have work completed on her home as part of the program. Ms. Jaramillo was able to get a new weather-resistant front door, 11 new doubled-pane windows, and new flooring for her kitchen and dining area. "Everything was nice; I'm real glad with everything that they did on my house, and what they helped me with," said Ms. Jaramillo



Photo by Lindsay Mapes

A pleased Erma Jaramillo in front of her new front door and one of her 11 new windows! The work was completed through the USDA 504 Program.

during a phone interview.

To date, we have assisted nine area residents apply for this pool of funding from the USDA. Eight senior citizens have been approved thus far, and there are another four applications in the hopper!

If you or someone you know is at least 62 years old, owns a home or trailer (in their name), makes less than \$27,000 per year, and needs improvements made to their home, we will assist you in completing a USDA 504 Grant application free of charge. To learn if you're eligible, call 575-586-2149.

Cerro Vista Farm

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198 Lower Buena Vista Road, Cerro

Wednesday - 3 pm to 6 pm



NEW WELDING LAB
QEDF PARTNERSHIP WITH
QUESTA SCHOOLS & UNM-TAOS

By LYNN SKALL, QEDF

A strong school district is critical to a strong economy and reflects a strong community. The Questa Economic Development Fund is working with the Questa Independent School District and other community partners to establish a high school welding class

for the next school year. The welding lab will provide students with the opportunity to gain hands-on learning of a new trade skill, which will open up new career opportunities for them upon graduation.

The Welding Lab elective will be offered as a dual-credit class with the University of New Mexico, in Taos. Students will learn basic welding skills toward entry-level employment, and once employed, they will continue to learn additional skills through progressive on-the-job training, which is tied directly to progressively increasing wages: welding is a job that pays very well. Skilled welders are in high demand across the country; there are more jobs than tradespeople to fill these positions.

QEDF, Chevron, and the LOR Foundation of Taos together funded a grant for \$30,000 to launch this pilot program at Questa High School. Los Alamos National Laboratories donated thousands of dollars' worth of welding equipment to outfit the hands-on learning lab, and Taos UNM is generously paying the salary of the instructor for the first year.

There is a strong partnership with, and strong support from, the Questa School District. Interim Superintendent Carla Archuleta and School Board President Jose Lovato, along with key representatives from throughout the district, are enthusiastically working together to develop the curriculum, set up the workspace, and find an instructor to make this class a reality for Fall of 2020.

The current need is for a qualified welding instructor. The class will meet one day a week on Fridays for 2-3 hours with a limit of 10-12 students, with priority enrollment given to juniors and seniors. If you are interested in teaching this class or know of someone who has welding certification, preferably with welding teaching experience and a desire to help introduce new talent into the welding field, please contact Lynn at the QEDF at 575-586-2149 or email her at lynn@questaEDF.com.

Thank you to QISD, Chevron, the LOR Foundation, LANL, and UNM-Taos for making this opportunity possible. Together, we're working to build a stronger community with more opportunities for our students.



NANCY PARKER
 By DONNA MITCHELL-MONIAK

The Volunteer of the Month articles may seem to be applause for those who support the community through generosity of time, energy, and getting things done. That joyful shout-out is secondary to the greater purpose of our Volunteer of the Month feature: to inform the readership of the ever-present need for volunteers. The well-being of this area and its people is accomplished through the vital and rewarding gesture of volunteering. Now, more than ever, communities large and small, city/suburban/and rural need everyone who can to step up and help.

May's Volunteer of the Month is Nancy Parker. Nancy and her husband Will moved to Cerro just four years ago. They took a circuitous route from Oklahoma where she hails from. Nancy retired from Oklahoma Gas & Electric Company and her husband had been an elementary school teacher. The instigation to move was generated from their daughter Sarah, who, after going to Greeley, CO for college, spent time in Mexico. Loving it, she looked for somewhere similar in the US, and New Mexico fit the bill. Mom and Dad wanted to stay in proximity to their daughter and so were on the move. Everyone ended up in Raton, NM, at Vermejo Park Ranch working for a while. Vermejo Ranch is a 900,000+ acre protected and preserved

wilderness owned by Ted Turner. Bison, elk, turkey, and other wildlife roam free while providing select hunting in season. Vermejo Ranch is also a destination for fishing. Nancy worked as the manager of the gift and tackle shop. Will, being an avid mountain biker, relished the trails. Long story short—Cerro is now home to the Parkers.

Nancy volunteers at the Questa Library, is a member of the Friends of the Questa Library, as well as a member of the Board for both the Friends of the Library and the Library Advisory Board. Nancy explained, "The Advisory Board envisions the ideas to accomplish, and the Friends of the Library come up with ways to make them happen." In other words, the Questa Public Library is the great resource that it is because these two organizations work together. She continued, "It will cost about \$200,000 to provide just the new technology and furniture to the expanded library." So far, the Friends have sought funds from Taos County, have submitted grants to the state, and have received a donation from Kit Carson Electric. "Anyone can give a donation."

Regarding volunteering at the library itself, Nancy encouraged, "Give an hour or two. Tasks include putting up books, watering plants, plus the Summer Reading program requires volunteer help." Of course, the Summer Reading Program will likely manifest in an altered form this summer due to COVID-19 and social distancing. The Questa Library will take its cues from the Questa Village Council, which takes its direction from the state and the governor.

Nancy also volunteers at the North Central Food Pantry in Questa and is a



member of its Board. She explains "the Food Pantry serves people from Lama and Cristobal to the New Mexico/Colorado border." In 2016, when she began volunteering with the Pantry, approximately 75 families were being served. With the employment fallout from the virus, the Food Pantry recently served 250 families plus individuals. The strain on food pantries around the country is substantial: there are not enough volunteers nor enough food to divvy up and hand out. The grocery stores in Taos are one source of food supplies for the Pantry, but with everyone stocking up, there is less available for the Pantry and other helping organizations. It is good to be aware of this, to make thoughtful choices when making food purchases.

The Questa Food Pantry is handing out pre-packed boxes of canned goods, flour and such, meat, and perishables to people in their cars as they drive up on the second and fourth Fridays of the month, from 11 am to 2 pm.

All organizations that provide relief, such as food banks, St. James Episcopal Church, Shared Table, and Dream House for teens in Taos have experienced an increased need in the communities they serve. These are hard times for every-

one; and those who already were on the margins of stability need assistance to survive.

Nancy is also a member of the Questa Creative Council, a coalition of local artists and those who foster the arts and economic development for our town. The QCC organizes the annual Questa Studio Art Tour and sponsors the contemporary art event, NeoRio, and the Wild Rivers Plein Air Festival, among other projects. A primary goal of the QCC is to strengthen the community through arts, culture, history, and education. Last year, there were about fifty artists in the Studio Tour and twelve destinations/locations. The Studio Tour requires organization at every stage, from planning to the graphic design of the brochure and map, to volunteers to keep it all running smoothly. Current plans are to develop a Virtual Tour that will either replace or be in addition to the normal annual studio tour.

"Volunteerism is the lifeblood of a community," Nancy said. "If not for the volunteers, the services that people depend on and need would not get done." I understood from talking with Nancy and each of the people highlighted in these articles that organizations such as the Food Pantry or the Questa Library don't have funds available to pay the staff necessary to fulfill all their needs. Organizations such as the QCC are 100% volunteer. Their activities assist Questa and local artists and bring an economic boon to the area. Last month's volunteers from the Fire Departments and EMS staff in Taos County reported that volunteers ensure the lifeblood of the community. We need each other. Please serve your community any way you can!

Census Update

By GILLIAN JOYCE

ATTENTION: Do not respond to the census without a 12-digit code provided to you by the Census Bureau. If you already responded to the Census online or by phone without a 12-digit code, you have nothing to worry about – you did the right thing! The vast majority of address-based responses will be confirmed by the Bureau – it's a tiny fraction of responses that we're having trouble with. If the Bureau does have an issue with the address a household submitted, they will likely contact that household using the phone number submitted with the response, or the Bureau will put that residence in the non-response category and go visit that household.

The reason we, the State of New Mexico and the Census Bureau, are requesting people stop responding using their addresses, is that the effort to connect large numbers of addresses provided by respondents with the geolocations of residences held by the Bureau just adds a layer of complexity to counting our already very hard-to-count county. By not giving the Bureau too many addresses to

chase down, we can help them focus as many resources as possible where we need them most, on reaching our hard-to-count populations. Some folks are doing their Census even before being contacted by the Bureau, these are easy to count. It is the address issue that is making some hard to count.

We should be very proud of what we've accomplished. New Mexico is the hardest to count state in the US! If you take into account the percent of the population who have not received anything from the Bureau, our response rates are on par with the rest of the nation. Due to the COVID-19 crisis, the Census Bureau is requesting Congress to grant a 120-day extension. We will find out in early May if this request is granted. If it is, the new schedule will be published in the Questa Del Rio News June issue.

For more information, see the full unabridged press release from the Census Bureau:

https://www.census.gov/newsroom/press-releases/2020/statement-covid-19-2020.html?utm_campaign=20200413msc20s1ccnwsrs&utm_content=&utm_medium=email&utm_source=govdelivery

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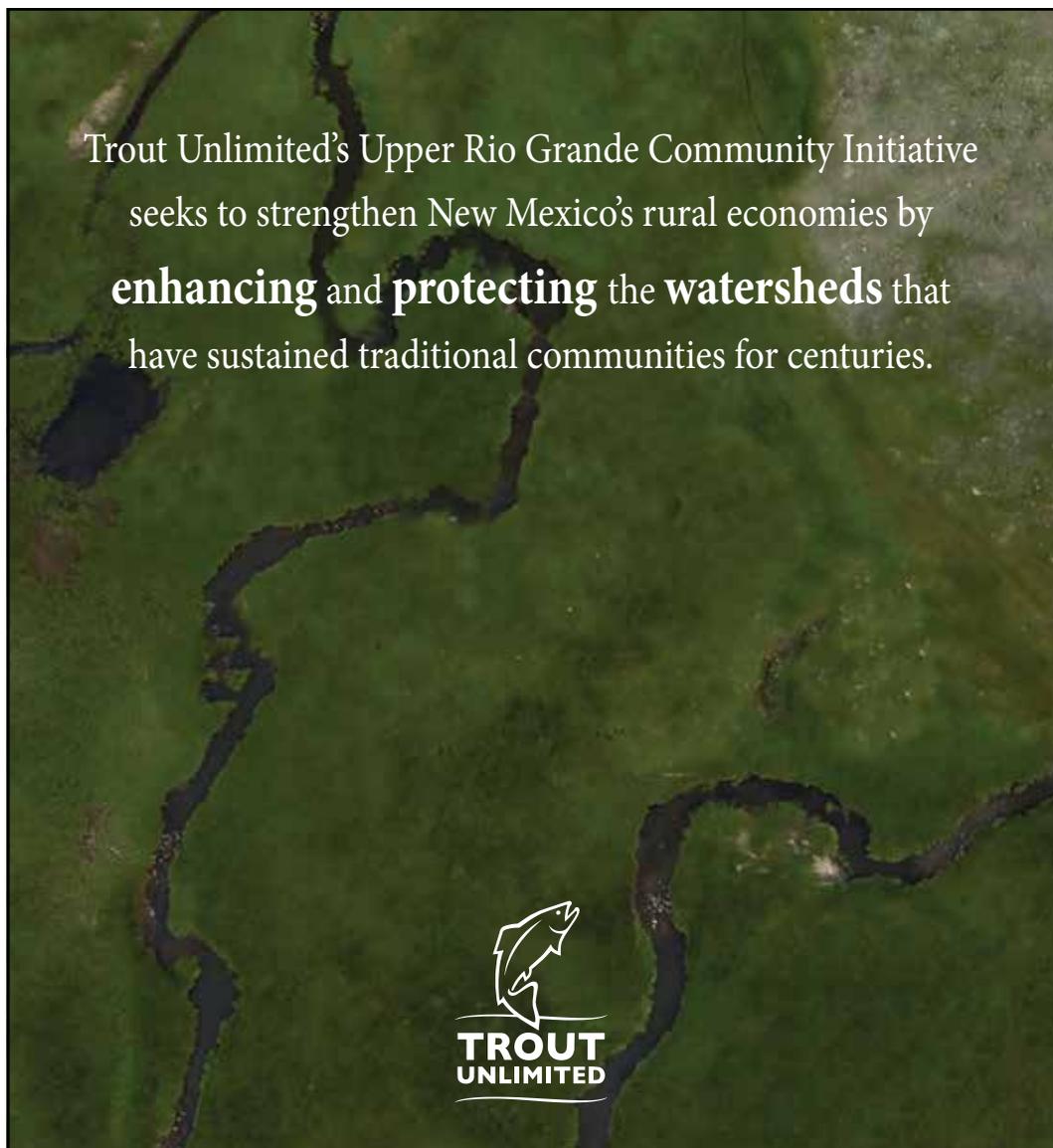
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not to harm you*

JEREMIAH 29:11



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.



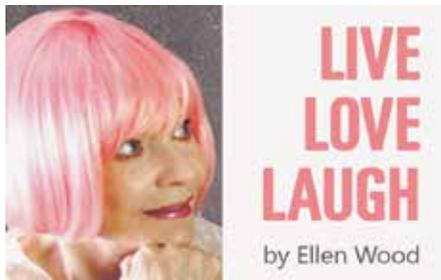
TU has joined a diverse coalition of local stakeholders opposing a proposed copper, gold, and zinc mine in the Pecos River watershed. The mine would destroy the economy of the Village of Pecos, which depends heavily on revenue generated by the river



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.



What If Someone Came After Your Food?



What if the grocery store workers got sick? What if the gas stations near you close up for good? What would you do? Why did gun purchases jump sky high after this pandemic started?

I ask these questions of myself. I wouldn't expect you, my readers, to mull over these thoughts since I visualize all of you as being pure of heart. So – abide with me, while I take myself through some difficult soul searching.

But first, let me tell you a story.

A man was walking down the road one day, when he met Plague. "Hello, Plague," he said, "where are you off to?"

"I'm going to the Big City to kill three

thousand people," said Plague, and he went on his way.

Sometime later the man was again walking along the road, when he again met Plague.

"Plague," he said, "YOU ARE A LIAR!!! You said you were going to the Big City to kill three thousand people, but you killed thirty thousand."

"No," said Plague, "I kept my word. I killed three thousand. FEAR killed the rest."

What if no one answers 911? What if these brave doctors, EMTs, nurses, and healthcare workers couldn't show up for work?

I catch myself and realize I'm caught up in fear again. I can feel it in my body, hear it rattling around in my mind. What is FEAR? I chew on that and toy with each letter of the word:

F — Forgetting that anxieties weaken my immune system.

My body's immune system keeps

me safe from bacteria and viruses. It's natural to ingest all kinds of germs and bacteria and it's the job of my immune system to destroy them quickly so I don't get sick. However, fear and worry create the stress hormone cortisol, which weakens my immune system.

E — Expecting to control everything.

That's impossible anyway. As John Lennon said, "Life is what happens when you're busy making other plans." I do what I can and hand over the rest to the Holy Spirit or The Universe or Presence. And say, "Thank you, thank you, thank you."

A — Allowing myself to focus only on me.

It's amazing what happens when I notice the suffering of others and encompass them in my prayers. By extending kindness and the peace of the Holy Spirit to everyone, I feel

complete freedom from fear, and there's a joy beyond understanding.

R — Resisting change.

Who knows what the end result will be when this virus situation is finished? I truly believe we will find ourselves in a better world. Is it painful now? Sure! Consider this: if a baby is having fun playing with a knife and it's taken away, she'll cry and be miserable. But ultimately, she'll be safer and more secure. That could be what this change does for us. "The only thing we have to fear is fear itself," said FDR in his first inaugural address. So, what shall we do together while we put aside our fear? Let's LIVE, LOVE, LAUGH.

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

¿Y qué tal si alguien viene a quitarte la comida?

Por ELLEN WOOD

¿Qué harías? ¿Qué pasaría si los trabajadores del supermercado se enferman? ¿Qué pasaría si las estaciones de servicio cercanas a ti cierran para siempre? ¿Por qué las compras de armas se elevaron tantísimo después que esta pandemia comenzó?

Me hago estas preguntas a mí misma. No esperaré que mis lectores reflexionen sobre estos pensamientos ya que me los imagino a todos como puros de corazón. Así que síganme la rima por un rato mientras hago una búsqueda difícil dentro del alma.

Pero primero, déjenme contarles una historia.

Un hombre iba caminando un día cuando se encontró con la Plaga.

"Hola, Plaga," dijo, "¿a dónde vas?"

"Voy a la Gran Ciudad a matar a tres mil personas," dijo la Plaga, y siguió su camino.

Algún tiempo después, el hombre

volvía por el mismo camino, cuando volvió a encontrarse con la Plaga.

"¡Plaga," dijo, "ERES UNA MENTIROSA! Dijiste que ibas a la Gran Ciudad a matar a tres mil personas, pero mataste a treinta mil."

"No," dijo Plaga, "cumplí mi palabra. Maté a tres mil. El MIEDO mató al resto."

¿Qué pasaría si nadie responde al 911? ¿Qué pasaría si estos valientes médicos, técnicos de emergencias, enfermeras y trabajadores de la salud no pueden presentarse a trabajar?

Me doy cuenta de lo que digo y comprendo que estoy atrapada de nuevo por el miedo. Puedo sentirlo en mi cuerpo, escucharlo en mi mente. ¿Qué es el miedo? Aquí van algunas de mis reflexiones sobre el miedo:

Me hace olvidar que las ansiedades debilitan mi sistema inmunológico.

El sistema inmunológico de mi cuerpo me protege de bacterias y virus. Es

natural ingerir todo tipo de gérmenes y bacterias y es el trabajo de mi sistema inmunológico destruirlos rápidamente para que yo no me enferme. Sin embargo, el miedo y la preocupación crean la hormona del estrés llamada cortisol, que debilita mi sistema inmunológico.

Espero poder controlarlo todo.

Eso es imposible de todos modos. Como dijo John Lennon: "La vida es lo que sucede cuando hacemos otros planes." Haz lo que puedas y entrégale el resto al Espíritu Santo o al Universo o a la Presencia. Y di: "Gracias, gracias, gracias."

Me permite concentrarme solo en mí.

Es sorprendente lo que sucede cuando noto el sufrimiento de los demás y también los incluyo en mis oraciones. Al extender la bondad y la paz del Espíritu Santo a todos, me siento completamente libre del miedo y hay una alegría que va más allá de la comprensión.

Resistir el cambio.

¿Quién sabe cuál será el resultado final cuando termine esta situación de virus? Realmente creo que nos encontraremos en un mundo mejor. ¿Es doloroso ahora? ¿Por supuesto! Consideren esto: si una bebé se divierte jugando con un cuchillo y se lo quitan, llorará y se sentirá muy mal. Pero al fin y al cabo estará a salvo y más segura. Eso podría ser lo que este cambio hará por nosotros.

"Lo único que debemos temer es el miedo mismo," dijo FDR en su primer discurso inaugural. Entonces, ¿qué haremos juntos mientras dejamos de lado nuestro miedo? VIVAMOS, AMAMOS, RÍAMOS.

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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BODY | MIND | SPIRIT

By BARBARA TRACY

THE PHOENIX IS RISING

We have all been traveling through a long difficult passage and I sincerely hope at the time of this reading that we are coming to an end of this challenging time.

It is interesting, what has been going on with the planet, due to this time of human inactivity. For instance, using seismic readings, researchers who study the earth's movements at The Royal Observatory of Belgium in Brussels are reporting that the hum or vibrations in the planet's crust have reduced. This reduction in noise or vibration pollution is due to the reduction of the activities

of humanity – activities such as commuting to work, events like loud concerts, factories, industrial machines, and moving vehicles such as cars, trucks, and airplanes.

The news source, Hindu.com in India reports that skies are clearer due to the plummeting CO2 and pollution levels. The earth is healing with fewer airplane flights emitting chemicals into the sky. Fewer factories are emitting chemicals into the sea, and fewer vehicles are emitting gases into the streets. The beaches in the Green Coast of Peru report the return of thousands of birds. There is one mountain that is usually not visible from one of the cities in India, and now the citizens feel very blessed to see it again.

We have the opportunity to recognize that our lives and surroundings reflect the nature of our presence. That

which surrounds us, that which we have chosen to see through our eyes (or not see for that matter), reflects our choices. We now have an opportunity to rebuild our surroundings and bring about changes to our own outlook on life. Our lives will be better by making wiser and more mindful choices. Now is our opportunity to step forward and embrace with open arms the new possibilities that we can create for ourselves, others, and the future of the planet.

At the time of this writing, many of us are hunkered down in our homes wondering what lies ahead. Well, much of that will be up to us and how we face that unknown future. Above all, it is important to lend ourselves to the support of others and the entire world. A good way to start is by being mindful of our presence with others on the planet. If we can lend a helping hand, that can

make life better in some way – that is a great way to begin. We all are capable of stepping up to assist in some way, no matter what our limitations or abilities are. Even the smallest effort counts, such as picking up trash we see when we are out on a walk.

While we are sequestered in our homes, many of us have discovered what we really need and don't need in our lives in order to live in comfort. This realization points to using less. When we are using less, we are helping the planet in every way. And when we help the planet, we are helping humanity as well. We have been given an opportunity to open our hearts and minds as humans and look around at what we have created and how we are affected by that creation. Help this to be a time of evolution toward the betterment of all.

Questa Health Center Addresses the Coronavirus

By DON DANIEL,
PRESBYTERIAN MEDICAL
SERVICES

Like all other health centers and facilities, the Questa Health Center has made changes in its operations to meet the challenges of COVID-19. As a federally qualified health center, our clinic continues to serve everyone in need of healthcare regardless of ability to pay and regardless of citizenship status.

Dental services provided at the center have been scaled back as a result of guidelines issued by the Centers for Disease Control and Prevention (CDC) in early April, limiting dental services only to those constituting an emergency. Although the full array of dental services is not being provided at the Questa Health Center, we can provide dental consultations by telephone.

In an effort to reduce the possibility of persons contracting or spreading the COVID-19 virus, non-essential medical services such as routine checkups and visits, certain lab tests, and other such services have been suspended until the incidence of positive cases has been reduced or eliminated.

Because of the directive to do as much social distancing as possible, we are now offering patients behavioral health, medical services, and dental consultations on the phone. By increasing telephonic capabilities, patients can receive health services

without physically going to the clinic, thereby ensuring increased health and safety measures designed to protect patients and staff members.

We inform patients of the option of telephonic visits and encourage them to ask about them when contacting the clinic.

Of course, there will always be the need for providers to meet with patients in person. Under these circumstances, strict protocols are in effect. If someone feels they need to see a provider in person and they have a cough or any symptom of illness, they should call the clinic before coming in. Then, if instructed by staff to come to the clinic, patients will be given a mask to wear while in the clinic. If they have the symptoms characteristic of the COVID-19 virus, they are referred to the Department of Health office in Taos for possible testing.

For all other patients of the health center, staff are observing strict cleaning practices such as utilization of disinfectant wipes, constant washing of hands, and use of hand sanitizers. During these difficult times, Presbyterian Medical Services, which operates the Questa Health Center, recognizes the ongoing need for healthcare and is committed to providing that care. The clinic's hours remain the same: Monday through Friday from 8 am to 5 pm. In the event that there is an increased need for care, the center has a contin-

gency plan to extend hours beyond 5 pm. We look forward to continuing to

serve our clients in the Questa area. Stay well and be safe!

Dear Neighbors:

We'll make it through these tough times by caring for each other. Call those who are alone. Take turns driving for groceries. Walk together six feet apart.

Best wishes for a healthy, happy May. We're here for car or truck repairs or just to talk.

Estimados Vecinos:

Sobrellevaremos estos tiempos difíciles cuidándonos mutuamente. Llama a los que están solos. Túrnense manejando para comprar alimentos. Caminen juntos a seis pies de distancia.

Los mejores deseos para un mayo feliz y saludable. Estamos aquí para reparar automóviles o camiones o simplemente para hablar.

*Malaquias (J.R.) Rael
& the guys at NorthStar*



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History Banners in Downtown Questa



Mother and child:
Rael Family Courtesy Photo:
Historic photograph donated by Martha Rael-Nimon.
She identifies them as Irene and Moises Rael.

From the store:
Courtesy Photo from the National Archives by John
Collier, Jr. Identified only as the General Store in Questa.

Historic Banners provided by Martha Shepp

**QUESTA
CREATIVE
COUNCIL**



By STAFF WRITERS

The streetlamps of Questa have been graced with banners, in collaboration with the Questa Creative Council, the Village of Questa, and the Questa Economic Development Fund. Three different sets of banners are a part of this project: Questa History Banners, Retablos, and Local Artists. The history banners were funded by the late Dean Gitter through the Questa Economic Development Fund. The three sets of banners portray culture, history, and art.

The purpose of the history banner project was to raise awareness of Questa's strong culture and rich history while increasing local pride. It has been an excellent addition and companion project to the Questa History & Community Trail (now renamed the Questa History Trail) with its eight signage boards that highlight hidden aspects of local history.

The images were researched through local and national historic archives. The Library of Congress and National Archives had photos of Questa from the early 1940s, mainly by photographers Irving Rusinow and John Collier, Jr. Not only had Collier grown up in the southwest, with extensive ties here, but his family was aware of and committed to the preservation of native cultures, unusual at the time. (Robin Collier of KCEI radio in Taos is his son).

Many locally sourced images came to light from attendees of native Questeño and former New Mexico State Historian Dr. Estevan Rael-Gálvez's 2018 community memoir workshop "Gathering Memory: Object, Photo, and Story." Participants were asked to bring objects that held a spe-

cial memory about a person, event, or place that could be used to tell a story.

Once images were determined to be copyright-free and permissions from local families were obtained, a honing process began to select images with a diverse range of topics and photo styles. The appropriate tall vertical format was also a consideration. The designs were completed with the application of the same logo applied to all the banner sets: "Questa, Find What's Real" (designed by Emily Wilde) and reviewed by the QEDF board. Questa Creative Council's Martha Shepp was the graphic designer for this and the other sets of banners.

Of the 18 historic black-and-white images used for the banners, 13 are from the National Archives, with nine John Collier Jr. images and four by

Irving Rusinow. The other five were given by local folks who had come to the Gathering Memory Workshop and subsequently worked with the Questa Stories (<https://questastories.org/>) community memory project. Those family names are: Jaramillo, Rael, Rael-Nimon, Coggins, and Ortega. All of the images are black and white.

All the banners will be presented as cards and/or posters at an "opening" to celebrate the banners' creation, which will be publicized in this paper, the Taos News, online, by flyers posted in local businesses, and elsewhere. The date of this celebration will be determined when social distancing and danger from COVID-19 is no longer the norm. Thank you for all the organizations, individuals, and families that helped put this project together!

The photographs were a project of the Farm Security Administration and depicted the hardship of the times, but they portrayed ruggedness and heroism as well. They expressed the belief that, with each individual doing his part, society could rebuild itself and dispel any doubts about the American system brought on by the Depression.

April Holder, Ute Mountain Artist in Residence

AS TOLD TO LOU MCCALL

April Holder and her daughter Aurora are the new artists in residence at Ute Mountain A.I.R. They arrived shortly before the COVID-19 mandatory quarantine order. They were given a beautiful residence and studio space and a magnificent view. April will spend a year focusing on her art without distractions. Here is what April had to say about herself, her background, and her art. For our Mother's Day theme this month, April tells us about her own tribal matriarchal lineage, her daughter, and the feminine power that she explores in her work.

I am from Shawnee, Oklahoma. I was born there, raised there. I am of the Sac and Fox Nation, raised primarily by my mother and grandmother. I am also Wichita and Tonkawa, so three tribes. I grew up in a Sac and Fox cultural community and I am a registered member of the tribe, and that's what I most identify with.

My daughter is eight, Aurora (the Northern Lights). She comes with me everywhere. This time has been healing for me and my daughter... interesting timing, isn't it? It's good for us on a personal level for our safety and health. I like that I have the opportunity to homeschool her. My daughter is involved with everything I do from work for advocacy, for indigenous rights and issues, to art, to education. All of it is a process that I get to grow with her. My view is based in my indigenous upbringing and my elders who say that we don't give life to children. Children give us life. I didn't give birth to my daughter, she gave life to me. When I was pregnant the world opened up for me. I was married then in Albuquerque. I decided to come home when I was pregnant with my daughter to have her grow up with my grandmother and have that relationship with my family and our tribe.

My art changed when she was in gestation; we were expressing for both



Large-scale ink drawing by April Holder, entitled *Portrait: Katie Avery, Indigenous Filmmaker*



Photos by April Holder

Mother and child, April and Aurora Holder, the new Artists in Residence at Ute Mountain A.I.R.

of us. She grew my creativity, too. When I work, she'll be in the studio, which is also her learning environment, her play space that she created. I do these large-scale ink drawings on bedsheets as part of my installation work. It's a one-shot process, I can't undo the ink

trail, so Aurora took the ones that didn't work, making her fort out of them. She is always using my art to build her own creativity and her own space.

A big part of my creative process is founded in recycling, repurposing, reusing. I don't like to discard something that is still useful, even art pieces that did not turn out. I don't say discard: everything's repurposed. The work itself is on old sheets, and the only thing that is purchased is the ink. Everything else is repurposed materials. In 2007, when I started these large-scale ink pieces I decided then that if I were to create anything in this world, I don't contribute to its destruction. I started looking into how much pollution is caused by the manufacturing of canvases and different art materials and the impact it has on the environment. I try to minimize that as much as possible with the materials I use. I see it as growth even from the things that people tossed aside; there's always something that can grow from it.

I initially went to art school for drawing and painting and while I was there, it was the time for me to expand and grow. I received an Associates and

Bachelor of Fine Arts from the Institute of American Indian Arts in Santa Fe. I graduated in 2008. I learned to explore creativity. I finished by doing mixed media installation work with sculptural elements for all the senses. That educational institution very much embraced an indigenization of education. Santa Fe was an eye-opening experience. There is respect for cultural identity in the city. I lived in Albuquerque, too. They have streets with indigenous names – some of the names are tribes that used to exist – that were wiped out.

Right after Aurora was born, I had a teaching opportunity for me and my ex-husband at Sinte Gleska University college on the Rosebud Sioux Reservation in South Dakota. It was a wonderful learning experience. I always wanted to be a teacher. My mother was a teacher for my tribe's language program and Aurora's paternal grandmother was a schoolteacher her whole life. That was where my heart was. And part of my dream was to go to the reservation, to the Native American communities, and share creativity and cultivate that strength in our people. I met remarkable students who had incredible talents.

The current body of work I'm doing here at Ute Mountain Studio is exploring the spectrum of indigenous female identity. People have these stereotypical romanticized ideas of indigenous women. They get the Disney Pocahontas image. I want to explain indigenous history.

So, this issue is about Mother's Day – oh, let's get her a Hallmark card. An indigenous way of honoring motherhood is not just unconditional love; it's recognizing her power, strength, resilience, even defiance. That's how I view Native American motherhood. I had more appreciation and understanding of my own mother and my grandmother once I became a mother. The most essential workers have always worked from home – moms.

Questa History Trail Update

By ALBERTA BOUYER,
QUESTA CREATIVE COUNCIL

The ribbon-cutting celebration for the Questa History Trail, originally planned for June 6, has been postponed.

Stay tuned for updates during this unpredictable time at <https://questatrail.org>. Meanwhile, the project team is working remotely on final plans. Mark Sideris is pre-constructing the acequia

bridge that will complete the trail's full walkability. There is still a need for 20 railroad ties to rebuild the steps surrounding the bridge behind the church. If you can supply these or lend a hand

with construction once it is safe to do so, please contact Mark Sideris at 575-642-5642, or Jeannie Masters at 575-586-0486. We look forward to celebrating the official opening of the trail!



ENCHANTED EATS

By ROBYN BLACK

MARVELOUS MIDTOWN

How many times have we all gone into Taos and just breezed by Midtown Market Bistro & Lounge in Arroyo Hondo? I am here to tell you – quit breezing by and STOP! The market is a well-stocked general store, liquor store, and gift shop. And the Bistro? Well, yum!

This May Greg Trujillo will be celebrating his 12th year as owner of the Midtown Market, when he and his partner Jason came to Hondo. For Greg, it was a homecoming. He grew up in Hondo and his parents are still here. Greg credits his parents with helping them to keep their dream alive, not to mention the wonderful community support they have received over the years; 95% of his business is local. The Market part of the business provides the majority of their income at the moment; it offers something for everyone, from health-conscious products to the junk food we all love. Midtown Market is also one of the pickup points for produce shares from Cerro Vista Farms and for riding the Blue Bus. Throughout the summer they host a small outdoor market with local vendors on their sheltered sidewalk. You can tell it's the center of the community by looking at their bulletin board! They also offer the *Questa Del Rio News*. The business is getting stron-



Photos by Robyn Black

Arroyo Hondo's Midtown Bistro & Lounge

ger every day.

Greg makes it a point to hire his employees locally. Currently there are a total of 18 full-time and part-time employees. There have been extensive renovations in the time they've owned the business and you'll find the Bistro & Lounge are well-lit, clean, and inviting. In normal times, Friday nights are time for Karaoke and Sundays are the time for pool tournaments. It will be a blessed day when everyone in the community can gather again.

Enough for now about the Midtown Market, let's move on to the food!

The Midtown Bistro is open for take-out; with a fabulous menu, everyone can find something (many somethings which makes it hard to choose). The day we were there, Greg treated me to the most delicious black bean burger I have ever had, ever! No kidding. It came with a side of chips and delicious homemade salsa with just the right zing. The burger was loaded with

goodness, including (but not limited to) onion, guacamole, green chili, and a light, oh-so-good, brioche bun. My husband was treated to the Classic Reuben, and it was not only classic but outstanding; it also came with chips and homemade salsa. They offer a lot of choices for dining from chips and salsa, a cheese plate, soups, salads, sandwiches, enchiladas, vegetarian options, and more.

Greg uses locally

sourced items when possible, hormone-free meats, and the menu also has gluten-free options. The Bistro has a full bar, including wine, beer, and specialty drinks. Mary at the bar (and our server) is personable and attentive. Behind the scenes, doing the cooking, is Jenny who is bound to tickle your taste buds with anything she cooks up for you.

Next time you are trying to decide where to pick up lunch or dinner, here's your solution. When you are breezing through Arroyo Hondo, stop and pick up lunch or dinner, it's on the way! Midtown Bistro has friendly staff, awesome food, great atmosphere, and competitive prices.

Midtown Bistro & Lounge is located at 680 SR 522, Arroyo Hondo, 87513.

Call ahead to place your order: 575-776-1680.

Their hours are currently noon to 7 pm, seven days a week.

Find them on Facebook, too!



LIKE WATER FOR CHOCOLATE

By BARBARA TRACY

Like Water For Chocolate is a movie I saw many years ago. It is the story of a young woman in Mexico who was not allowed to marry the man of her heart. From an early age she spent most of her time in the kitchen of her family home, where she learned to cook and love the delights of food. It is an intense story of love, loss, and grieving. The woman in the story makes a soup during a difficult time, while she is crying. Her tears fall into the soup and all those who eat the soup also cry.

My point? Well, here we have been in lockdown/quarantine/social distancing – and during this time many of us have had more time on our hands than

we have had for some time. Some of us may be cooking at home more, as the restaurants have been closed except for some that have take-out. And so, most people I have spoken to have chosen to resurrect some of their old recipes and favorite family dishes. They have returned to the kitchen to create (and I do stress the word create) food with imagination and caring.

We have grown into a society that for the most part has focused on “easy and quick” to get the job done. That of course goes for food. For those of us old enough to remember, we did not have conveniences such as quick and easy meals; practically everything we prepared was from scratch. The only canned items were those we canned ourselves from our harvests. When we

look at the quick and easy approach to our meal planning it may be that we lost a very special ingredient. That ingredient would be our intent to prepare something special that has the possibility of bringing a smile to the faces of the ones who eat it. That smile can come not only from the taste of the food, but from the love and caring that is put into the preparation.

Because we are beings made of energy, the nature of that energy is transferred into all that we are involved with in our daily expressions. This includes the food that we prepare for ourselves and others. Can you imagine the difference in the energetics of a meal prepared with engineered foods, foods prepared in food factories, compared to foods prepared fresh with a caring and

loving intention to create something special for ourselves or another?

Even though we have been enduring a difficult time on our beautiful planet, we can bring a little bit of joy, lightness, and love to these times. Be present and caring while preparing food. It can be helpful to listen to music that you love while you cook, so that good feeling can transfer into your food creations. As my daughter reminded me today, you can make the act of stirring a pot of soup into a time of meditation or contemplation.

Remember, everything is energy! and that energy has an effect on all that is around us. Prepare your food with love and an intent to share that love. May your days be filled with smiles and love.

QUARANTINE QUISINE!

By BARBARA TRACY

This is a dish my daughter makes and it is a wonderful one-pot, one-bowl recipe – simple, easy, and healthy! From the cookbook *Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day* by Allison Day.

Mediterranean Past with Arugula, Peas, Yellow Tomatoes, and Feta
serves 4

1 pound spaghetti or linguini

1/2 cup reserved pasta cooking water

1/3 cup white wine

1/4 cup extra virgin olive oil

2 cloves garlic, minced

2 teaspoons dried oregano

3/4 teaspoon sea salt

Ground black pepper, to taste.

1 pound yellow or red tomatoes, sliced into wedges

5 oz (6-8 cups) fresh arugula

1 cup fresh or frozen (defrosted) green peas

1 cup pitted Kalamata olives, left whole, or halved

4 oz Feta cheese, crumbled (for serving)

Make the pasta: Bring a large pot of water to a boil; salt well. Cook pasta according to package directions (7-8 minutes for most varieties). Reserve 1/2 cup pasta cooking water. Drain and rinse with very hot tap water if using gluten-free pasta. Skip rinsing if using regular pasta. In the same large pot, add wine, oil, garlic, oregano, salt, and pepper; bring to a boil, reduce heat to medium, add back cooked pasta, and toss to combine. Loosen sauce with reserved pasta cooking water. Add in remaining ingredients except Feta; briefly cook until heated through.

To serve: To individual bowls add pasta; top with Feta, and serve.

The ENCHANTED EATS RESTAURANT GUIDE

Open for Take-Out and Delivery!

These area restaurants offer take-out and delivery.
It is tricky to keep up with their schedules, even without a pandemic.
Please call first to confirm their days and hours!

Wildcat's Den
575-586-1119

2457 Highway 522, Questa
Monday - Sat. 11 am - 5 pm,
take-out, full menu

Frank's Eats & Sweets
575-586-2303

2366 Highway 522, Questa
11 am - 7 pm. Closed Wednesday,
take-out, full menu

M Tia's Café
575-586-2203

107 Highway 347, Cerro
Wednesday, Thursday & Friday 11 am - 6
pm, Saturday & Sunday 9 am - 6 pm.
Closed Monday & Tuesday, call to confirm

Deb's Deli
575-586-0233

(inside the Questa Center Supermarket)
5 Supermarket Rd, Questa
9 am - 6 pm daily, take-out,
call ahead for sandwiches

Primetime Pizza
575-586-2328

2431 Highway 522, Questa
Noon - 7 pm (last phone order is 6:30 pm)
Closed Monday, take-out

Capo's Corner
575-754-6297

110 Pioneer Road, Red River
11:30 am - 2 pm and 5 - 9 pm daily,
Closed Tuesday

The Motherlode Saloon
575-754-6280

406 E. Main Street, Red River
Opening in May, 4:30 - 9 pm daily

Red River Brewing Co.
575-754-4422

217 W. Main Street, Red River
11 am - 8 pm daily, take-out and delivery/
full menu including beer and spirits

Midtown Bistro & Lounge
575-776-1680

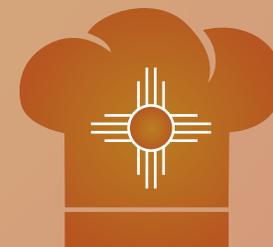
680 NM 522, Arroyo Hondo
Noon - 7 pm, open daily.
Call ahead to place your order.

Costilla Gas & Grocery
(Snack Bar)

575-586-0810
Highway 522 & Highway 196, Costilla
Monday - Saturday 6 am - 9 pm,
Sunday 7 am - 9 pm

Mrs. Rios' - Thai Kitchen
719-672-0211

218 Main Street, San Luis, CO
9 am - 9 pm daily, take-out, full menu



Please help us keep up with seasonal hours and closures. Do you have something to add? Did we leave something out, or does anything need correcting? Let us know! news@questaedf.com

“Safety First:” Words to (Literally) Live By

Part 1- Safety Measures for FIRE PREVENTION

By CYNTHIA NAJIM
MEMBER, LATIR
VOLUNTEER FIRE DEPARTMENT

As the Spring winds blow here in Northern New Mexico, fire season is upon us. The snowpack is melting, and the humidity is dropping. Fire conditions are ripe. In the second week of April, local volunteer fire departments were called out to three “controlled” burns that grew out of control, and one chimney fire. All were successfully extinguished. Let’s individually and collectively safeguard against future fires!

Create defensible space around your homes and property structures. This means clearing a perimeter of flammable fuel (decaying trees, branches, dried grasses, and brush) of at least a 30-foot distance from your structures.

Wood stove season is almost over, but we had a cold winter and your chimney is likely full of creosote. Now is a great time to get that chimney cleaned.

Exercise extreme caution when operating power tools. Every single season,

fires begin with a spark from a chainsaw, welding equipment, other power tools, or anything that produces a spark. A vehicle dragging chains can create sparks.

When pulling off the road, stop your vehicle on a clear area, free of any flammable material. Did you know that a HOT catalytic converter can ignite dry material under your vehicle? It can.

If you smoke, completely put out your cigarettes, cigars, or pipes in an ashtray or other safe receptacle. Do not carelessly discard them on the ground or out the window of your vehicle. Also be mindful when using matches or lighters for any purpose.

If you are planning to burn out a ditch or other tract on your property, there are very specific steps to follow:

- 1. A BURN PERMIT** is required. It’s illegal to burn without one. Apply in advance for this free permit from the County or your local fire district.
- 2. Check weather/fire conditions BEFORE burning.** Your permit will instruct you to call the Taos Central

Dispatch Non-Emergency number – (575) 758-2217 – before you light the fire. Taos County may ban all fires on “Red Flag Days” or when strong winds are forecast.

3. When you have completed the above and the conditions are supportive, make sure you have a reliable water source and tools, plus enough helpers to constantly watch and contain the burn.

4. Make sure that you and all helpers are wearing appropriate protective gear for fire and smoke – eye protection, gloves, and boots.

5. Pay constant attention to the weather conditions. If winds pick up, properly extinguish the burn and call it a day. Call 911 IMMEDIATELY if you start to lose control of the fire. DO NOT WAIT. Keep yourself and helpers safe.

NOTE: Of the three controlled burns previously mentioned (each of which required emergency response), two were permitted and one was illegal.

The largest, which spread to one mile in length, burned 15 acres. There were 27 deployed volunteer firefighters and EMS members working the scene, from the fire departments of Costilla, Latir, Questa, Cerro, and Amalia. Also present were the Questa ambulance crew, the County Fire Chief, and the County Fire Marshall. That’s a lot of resources for an event that could have been prevented! jona olsson, Fire Chief of the Latir Volunteer Fire Department emphasizes, “During this pandemic, we thank every neighbor who avoids creating an emergency. That attention to safety reduces the number of times volunteer first responders must leave their home. Safety is everyone’s job. Every day.”

You can learn more here: “Ready, Set, Go” – wildfire safety preparations: [https://www.fws.gov/uploadedFiles/ReadySetGo\(1\).pdf](https://www.fws.gov/uploadedFiles/ReadySetGo(1).pdf) - Home Safety Council: https://www.homesafetycouncil.org/Safety-Guide/sg_safetyguide_w001.asp

State Provides Outdoor Recreation Guidelines

New Mexicans can still enjoy the outdoors during the COVID-19 pandemic but should stay close to home, may not do so in groups and must always practice social distancing, according to outdoor recreation guidelines issued by Gov. Michelle Lujan Grisham’s office and the Outdoor Recreation Division of the Economic Development Department.

“We must practice physical distancing everywhere – even when outdoors,” Gov.

Lujan Grisham said. “You can go outside to enjoy recreation and exercise, but you must do it cautiously; avoid crowded trailheads and parking lots, and don’t carpool with people outside your family unit.”

Additional guidelines from the Outdoor Alliance, a national non-profit organization of outdoor advocacy groups:

Stay very close to home. As close as possible. Think of your backyard as your backcountry for the time being. The

farther you travel, the farther you could spread the illness. Try to limit all your outdoor recreation to your neighborhood.

Keep it chill. Do not participate in any outdoor rec activities that come with a high risk of getting hurt. Health care systems are already overwhelmed and you could put search and rescue teams in danger if they have to come look for you. Toss a frisbee instead of going mountain biking. Go for a walk, not a backcountry ski.

Respect closures. Check the land management agencies’ websites before venturing out to recreate. Many of these places are closed right now to protect both recreationists and staff. The New Mexico Outdoor Recreation Division provides a list of closures: <https://www.nmoutside.com/covid19-response>

Use common sense. Try to limit your recreation to off hours or off days; avoid trailheads that are typically crowded.

Forest Service Takes Steps to Reduce Human-Caused Wildfires

By JAVONNE GOODMAN

The US Department of Agriculture’s Forest Service, Southwestern Region, is enacting a campfire restriction to protect the health and safety of employees and communities during the COVID-19 pandemic. Beginning April 15 and until June 30, igniting, building, maintaining, attending, or using a fire will be prohibited on all five national forests in New Mexico and national grasslands on the Cibola in Oklahoma and Texas.

Forest Service officials are taking the necessary steps to ensure first responders are available to safely respond and manage

incidents. This campfire restriction will prevent the drawdown of fire and medical resources to unwanted human-caused wildfires and reduce firefighter exposure to COVID-19 during the current pandemic.

“While we know that going outside provides forest and grassland visitors needed space, exercise, and satisfaction, we are taking the risks presented by COVID-19 seriously,” said James Duran, Carson National Forest Supervisor. “We are providing some recreation opportunities where we can, while protecting and keeping employees, the public, and our communities safe from the virus and unwanted

human-caused wildfires.”

Violating the campfire restriction may result in an appearance in federal court, fines, and possible time in jail. Forest visitors will still be able to use pressurized liquid or gas devices (stoves, grills, or lanterns) with shut-off valves, in an area at least three feet from any flammable materials. While these restrictions are in place,

the majority of the five national forests in New Mexico are still open, and dispersed camping – outside of developed campsites – and other recreation opportunities are available.

Visit the Interactive Visitor Map at www.fs.usda.gov/goto/carson/ivm for more information on available activities and closed sites.

The following is prohibited under the campfire restriction order from April 15 to June 30: Igniting, building, maintaining, attending, or using a fire, including charcoal grills and barbecues, coal, and wood-burning stoves.

Fishing in the Time of COVID-19

By TONER MITCHELL

Like many folks, I'm devoting a considerable amount of energy each day to searching for positives in this otherwise bleak period. Depending on my mood, I might actually take solace in the idea that this coronavirus is affecting the whole world and not just me and my family. Realizing that I'm not alone also leads to thinking about the other people going through this. Suddenly I see the stark reality that very many of them are not sharing my experience at all, but are facing much greater obstacles than I am. While I take no pleasure in this realization, I am at least aptly discouraged from feeling sorry for myself.

Another part of this being a global problem is the simple fact that it is inescapable, which, to a fisherman's ear, sounds more like a challenge than a fact. That's what I'll keep telling myself anyway. If not one and the same, social distancing and fishing were at least born of the same mother. They both don't mind company; they just don't want it too close or too "all the time." Tell an

angler something is inescapable, and he's likely to say something like, "I'll be the judge of that."

As of this writing, the Rio Grande caddis fly hatch promises a couple more weeks of excellent fishing, especially in the evening hours. The Race Course, Orilla Verde, and John Dunn Bridge are popping, and the water's staying clear. Some of the creeks in my area haven't come up yet, and the fish are biting there as well. It's definitely a good time to fish in El Norte, because runoff is right around the corner, at which time we'll have to either focus on the lakes (with their possible crowds) or think of some other way to keep from going crazy from all that's happening, or the threat that something will.

Though a healthy activity for unhealthy times, fishing carries with it some COVID-19-specific risks that must be taken seriously every moment we're out there. I say so not only because I have been studying up on safe practices, but because I have learned a thing or two on recent excursions.

You've probably noticed that most



Photos by Toner Mitchell

Gus Curtiss-Mitchell getting a break from online schooling.

trailheads are on the crowded side these days, so take necessary distancing precautions. I've been keeping my dog close and my face mask on until I get on the water, and even then, I'm looking out for approaching people. For the first time I've realized how close we get to each other when passing on the trail, and it's occurred to me that on a normal day of hiking, we touch things like bushes, trees, and picnic tables that are likely to have been touched by others. I've begun bringing along a small bottle of liquid castile soap – it's non-toxic and non-polluting – for frequent hand washings in the stream.

I hate that I think of those things now, that I have to wonder whether I'm

endangering myself when I follow my old routine. The other day I was fishing the Rio and came upon a recently discarded salmon egg jar. Not a fan of litter, I picked it up and suddenly recoiled as though it was a chunk of hot plutonium. I put the jar down, washed my hands and was glad that I did. It's definitely a stress reliever to be proactive about staying safe, to have circumstances you can control.

As with other outdoor activities, it's smart to keep it mellow with fishing until our country gets on top of this. You don't take chances (I hope) at the grocery store, so don't do it on the stream. Fish with another person, don't wade too deep or too fast, mind your maps, and stay hydrated. Basically, stay out of the hospital, where you may not only be exposing yourself and your family to the virus, but adding stress to the system by consuming valuable personnel and equipment.

Perhaps more so than ever, fishing is a life-affirming activity. It gets us outdoors and reminds us of the value of fresh air to a healthy body and spirit. In the months ahead, let's remember that, and remember to keep it safe.

Intel Works with Nonprofits to Restore Water for New Mexico

By ERIKA EDGERLY

As often as I can, I find a river, put together my fishing rod, tie on a fly, and cast a line. You can't fish without a river, and you can't have a river without water.

Last September, I drove north to the Valle Vidal in the Carson National Forest where I met with some of our partners: Spencer from the National Forest Foundation, Toner from Trout Unlimited, and Jack from the US Forest Service.

Through the support of Intel, these organizations, along with other stakeholders, have been working to restore forest meadows and flow to Comanche Creek – part of the Rio Grande river basin. We visited Valle Vidal to view this project and spent the morning checking out the work of beavers and trying to spot Rio Grande cutthroat trout, a big change from my usual routine working at Intel in Rio Rancho.

As part of Intel's commitment to restore 100% of the water used at our Rio Rancho site, we funded two projects that restored more than 118 million gallons of

water during 2019 – approximately 120% of Intel's water consumption in New Mexico – to the Rio Grande river basin. We've invested in resource conservation and environmental sustainability projects within our factory for years, but this was an opportunity to affect that change outside of our operations – and hence, the change of scenery for me. Over the last two years, the projects we've supported have restored approximately one billion gallons of water to our local watersheds in the US.

When we put our trust in these nonprofits, there is more water in the river for fish, for sure, but also for the farmers, ranchers, and communities that depend on Comanche Creek and the Rio Grande. It's a testament to their expertise how quickly the environment bounces back.

I didn't catch any fish that day, but I saw firsthand why more companies should think outside the box and partner with nonprofit groups when it comes to sustainability – we can do so much more together. I'll make it back out there with my fishing gear soon enough.

WILDCAT'S DEN

CELEBRATING 40TH ANNIVERSARY!

Thank you to our community for
your continued support. Please be safe.



OPEN

Monday-Saturday
11:00 AM to 5:00 PM
(During Covid19)

TAKE OUT ONLY

Full Menu Available

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2457 Hwy 522 Questa, NM 87556 • CALL for TO-GO 575.586.1119



QUESTA WILDCAT GRADUATES 2020



MARISSA ABEYTA



CLARISSA ARELLANO



JOESYRA BAILON



ANJELICA CHAVEZ



CHRISTINA CISNEROS



RAVEN CISNEROS



GABRIELLE DANIS



IVY FLORES



ELLISA GARCIA



CARLOS GONZALES



GABRIEL HERNANDEZ



BRANDON LACOME



DANIEL MARTINEZ



JANAE MARTINEZ



JOHN MARTINEZ



SONIA MARTINEZ



REBECCA MEDINA



AMBER ORTEGA



ARIANNA ORTEGA



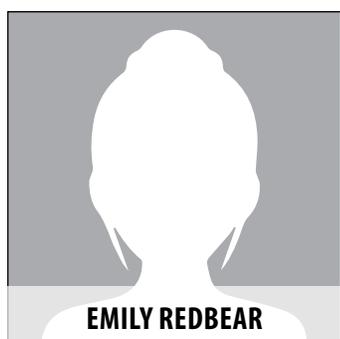
KIANA PASSINO



GEORGE RAEAL



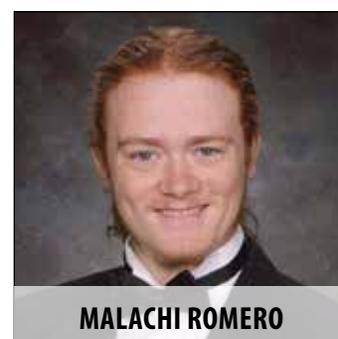
ISABELLE RAEAL



EMILY REDBEAR



ETHAN RIVERA



MALACHI ROMERO



JULIANNA SANDOVAL

Valedictorian, Isabelle Rael, Prioritizes Family, Community Service, and Academic Excellence

By SARA MARTINEZ

Isabelle Rael is a hard-working, community-focused, multi-talented student. Now Isabelle can add Class of 2020 Valedictorian to her list of accomplishments. Not only did she excel in her studies at Questa High School, but she will also leave her high school career having earned an Associate's Degree from UNM-Taos in Liberal Arts. Isabelle has always been driven and focused in all areas of her life.

Ms. Rael, a product of small-town values, says that she enjoys the simple things in life, and spending time with her family. The first child of Michael Jr. and Annette Rael, she describes herself as independent, determined, and hard-working. Like so many successful people, she won't quit until it's done and pushes her limits in order to accomplish her goals. During her school years, she was involved in sports – volleyball, basketball, and soccer; extracurricular activities – including mariachi and drama, and was a Non-Violence Works youth

mentor. She was in the National Honor Society and National Junior Honor Society since 7th grade and on Principal's Roll through her whole school career. Not only did Isabelle work hard at school, she also found time to work after school and in the summer. She has completed countless volunteer hours in the community helping her church and many other community ventures.

Throughout high school, she used every opportunity to help her school and to achieve more than was expected. In the hopes of being more informed about the challenges facing public schools, she participated in the 2018 New Mexico Public Education Department's Student Leader Network. She currently serves as class president, which she has held for several years and has also been the class representative and treasurer.

Ms. Rael recognizes that having supportive people around her is what helped her along the way. She acknowledges, "I couldn't thank my family enough for everything they have helped

me with throughout the years. They have been my rock through everything. I am also very thankful for my friends and teachers at Questa High School. Without them, I wouldn't be where I am today." Her teachers, family, friends, and community members would agree that she is the type of person who gives so much of herself to others, that the feelings are mutual. Her parents had this to say about her, "We are beyond proud of Isabelle! She puts all her hard work and effort into helping others. Once she sets her mind to something, she goes above & beyond to achieve her goals. Isabelle, always remember to take pride in how far you have come and have faith in how far you can go! We Love you!"

In the fall of 2020, Isabelle will move to Las Vegas, NM to attend New Mexico Highlands University to pursue a degree in social work. She said, "Helping those in need has always been my passion. I want to help change the lives of young children, giving them an opportunity to follow their dreams. In the future,



Photo Credit: Portrait Innovations

this may be a way that I could give back to our community." Isabelle is always willing to help, keeps her family and community as a priority, and does so with quiet confidence.

Congratulations to Isabelle Rael, the QHS Class of 2020 Valedictorian! We are already so proud of you and know we will continue to hear about all the good things you will do.

~MOM AND DAD

Class of 2020 Salutatorian - Ready and Poised for Success



Photo Credit: Amy Vialpando Photography

By SARA MARTINEZ

Julianna Sandoval has earned the spot of Salutatorian in the Questa High School Class of 2020. This is a class that has excelled in academics. Earning the second spot from the top is no easy task. As Julianna makes plans for her future, she talked about the people who have helped her build such a strong foundation.

Julianna is the youngest of five children, and "born into a loving family." She describes her parents, Vikki and David Sandoval, as "wonderful parents that

have always encouraged me to be true to myself, be kind, and make the most of every situation." She is proud of where she grew up and describes it as "a town that was built on faith, family, and New Mexican culture." Julianna enjoys practicing music, reading, and spending time with friends and family.

When asked what Julianna thought contributed to her success she responded, "I've been surrounded by so many hardworking and talented people. Having had such positive role models around me, I strove to emulate them. I am also grateful to have teachers that care, believe in, and encourage me as a student to make something of myself." Julianna noted that none of this would be possible without a tremendous support system. "It ranges from multiple generations and all their different paths and stories that have contributed to mine."

David and Vikki expressed a similar sentiment for Julianna and the honor she has earned. "As parents, words cannot describe the pride and love we feel for our daughter. From an early age, she constantly showed both of us how loving, caring, and thoughtful she could be towards everyone. She always strived to do her

very best at everything she attempted. Learning always came easy for her. Now that she is preparing to leave home to pursue her future endeavors, we as parents cannot express how very proud of her we are and how thankful and grateful to God for blessing us with an amazing daughter."

As for future plans, Julianna had this to say, "I love where I grew up, but I am so excited to start the next chapter of my life attending UNM in Albuquerque. I will be majoring in Management Information Systems and I hope that with the education that I receive, I will make a

difference in people's lives. To me, success can be measured by the difference you make in the world and in people. I was fortunate to grow up in a small town like Questa where everyone knows everyone else, and it shows in a great way. Because of that, I want to become a positive role model to other people, just like how I was surrounded with good influences when I was younger." Julianna has a solid set of values and experiences that will no doubt launch her into future success. We wish her good luck in whatever she chooses to do in her life.

Questa Farmers Market 2020
OPENING MAY 24
 Saturday 10am - 2pm
 Healthy You - Healthy Family
 Healthy Community - SHOP LOCAL
 QuestaFarmersMarket.org
 for COVID-19 rules
 EBT/SNAP, WIC, DUFEB
 Veggie Venders Needed



By CARLA ARCHULETA

PARENTS, STUDENTS, AND COMMUNITY MEMBERS,

We are so happy to announce that we have been implementing our Continuous Learning Plan. This plan was approved by the QISD board on April 7 and then submitted to the New Mexico Public Education Department (NMPED). NMPED has approved this plan and commented that it is strong. The entire Continuous Learning Plan can be found on our website, <https://qisd-nm.schoolloop.com/>.

The Continuous Learning Plan is the district's strategy for education to continue while students are at home during this pandemic. It will remain in effect until the end of the school year. I want to thank our staff for the tremendous work they did to make sure the plan met all the criteria set by NMPED. We know that while a plan like this can never be perfect, we believe it will be effective if everyone works together.

Education is always a partnership. In an online distance learning environment, this partnership becomes the essence of learning. Through this distance learning time period, our staff will partner with parents/caregivers/community to engage students in experiences that expand their knowledge and develop skills to approach new learning.

Teachers will continue their active role in facilitating, supporting, and challenging students to take on new responsibilities and to become excited about new learning. QISD families will have options and flexibility that will give them choices and ownership of the learning experience. In the early stages of the closure, teachers surveyed every student in the district, documenting their access to devices and the internet. Everything is a process in terms of making sure all students have access, but our hope is to have 100% of students doing online learning from home before the end of the school year.

Teachers will communicate with parents and students through phone, email, social media, and the QISD website. They will use Edgenuity, Khan Academy, Illuminate, and iReady platforms, along with other online resources, to engage students. QISD teachers will also invite students to do interactive lessons and activities using Zoom and Microsoft

Teams. Each teacher is committed to on-line office hours, during which they are available to instruct students and to offer other supports, including tech support. Additionally, they are scheduling "live" virtual classes with their students.

Grades will not be assigned for K-11th graders. We will base progress on a Pass/ Fail system. Student academic success is of utmost importance, so therefore, we are reviewing third quarter grades to determine which students need to work towards fulfilling a passing grade. High school students especially need credit recovery for failing grades. Students who received a failing grade for the third quarter will be identified by school counselors and educational coaches.

The Special Education Department of QISD has contacted every family of a student with an Individualized Education Plan (IEP) to make sure they are safe and healthy, as well as to determine their level of educational access and technology needs. Students have been connected with therapists to continue ancillary services whenever possible, and as desired by the family. Technology surveys have been completed with all students on IEPs. Those students who have both internet access and a device have been entered into their general education classes on Microsoft Teams,

as well as into teams with their Special Education teachers. These teachers are included in all general education teams, enabling them to clearly understand the expectations of each class and to give support, modifications, and accommodations to their students on IEPs.

Seniors are one of our biggest priorities. Counselor Kelly Cramer has completed next-step plans with every senior to make sure that they are all ready to graduate. Through regular communication of their progress in the fourth quarter, we hope to see all seniors earn their diplomas. We are now also working on a plan for an informal graduation ceremony in May and a full commencement ceremony, when we are allowed to, later in the year.

We hope that every one of our students and their families will benefit from this Continuous Learning Plan. We hope that everyone stays safe and healthy during these difficult times. Lastly, congratulations to the Class of 2020! As you are the most unique class of them all, and we are proud of everything you have accomplished!!

Sincerely,
Carla Archuleta
Interim Superintendent
Questa Independent School District
carchuleta@questa.k12.nm.us
575-999-5097

Questa High Students Receive Los Alamos Scholarships

In the midst of the challenges and concerns we are all facing, we pause to share a bit of good news to help brighten the day. The Los Alamos National Laboratory (LANL) Foundation, in partnership with the Los Alamos Employees' Scholarship Fund (LAESF), recently awarded \$741,000 during its 2020 four-year scholarship cycle. These scholarships will support the educational goals of 110 northern New Mexico students. The LAESF Advisory Committee reviewed over 300 applications in an attempt to identify students who excel in academic achievement, leadership, and service. Two Questa High School Seniors are among this year's extraordinary class of LANL Scholars. Isabelle Rael was awarded the Bronze Scholarship of \$6,000 and Arianna Ortega the John and Marti Browne Leadership Scholarship of \$10,000. Congratulations Isabelle and Arianna for your hard work and for making your community proud!



By ELIZABETH MARTINEZ

ON E-LEARNING DURING COVID-19 AND BEYOND

Online learning is a new experience for many Questa High School students. Once you settle into a routine, it gets easier. In just a short time we have gone from going to school every day to doing all our work from home online. There are good and bad things about it, but after this pandemic is over we might look to see how we can keep the best things about both types of learning.

Sometimes it can be difficult not having a teacher with you in a classroom. If there is a problem that you need your teacher's help with, you contact them through email or another online system. This can make things difficult because there's a lot of back

and forth communication, usually with a lag time because you may not reach each other immediately.

The learning style is also very different. There's not as much, if any, discussion, and you have to be a lot more independent. You don't have a teacher sitting a few feet away from you making sure you stay on track. You can also set your own schedule and therefore you have to manage your time well. Doing all of this and keeping on top of all of the classwork is really not hard; just be persistent. I feel like the school setting can make things harder. When working at home, the setting is a lot more relaxed. You also don't have other students around you that may cause distractions, so I get my work done faster and possibly better than when I'm in a classroom.

There are downsides to working at home as well. Even though it is a quieter setting at home, it does sometimes help to have other classmates around you as you would in a classroom. Sometimes it is important to have another student to converse with. There are times when you need

a second opinion or some help with an assignment.

All in all, I think that online learning is a wonderful way to learn but there are many benefits to working in a traditional class, too. I think that if the two styles of schooling were to be meshed together it would really benefit students and their education.



Photo by Danica Fernandez

Mother's Day assignment by Charice Jheart A. Roque from Ms. Danica Fernandez' art class.



By IVY FLORES

A TIME LIKE NO OTHER FOR THE CLASS OF 2020

As long as I can remember, spring has been an eventful season. You begin to feel the weather warm up, you notice the lifeless trees and grass begin to flourish, and realize that the time has flown by. In the Village of Questa, the talk of the town every spring was on the upcoming events related to the senior class. What family had a graduating senior, when was the party, could they make it to all of the parties, and who's going to prom together? Now everyone's hearts are filled with despair due to the pandemic that has struck the world. We are all practicing social distancing and know that these rites of passage into adulthood will not happen in the way we always thought they would.

On March 12, during our Spring Break, the New Mexico Department of Education announced that all public schools would be shut down for three weeks due to the tragic pandemic of COVID-19. We knew it could change our plans, but were still hopeful. Three weeks passed and the virus spread tremendously, causing the rest of the school year to be canceled entirely for everyone's safety.

As a senior at Questa High School, this pandemic has been surreal. Soon after the shock, reality set in as the media informed the world on the horrific virus's spread throughout all nations. Social distancing and quarantine were enforced, with only essential facilities in operation. The circumstances are terrifying: it is critical to understand this serious pandemic. It is unbelievable and heartbreaking that so many lives are lost to this horrific disease.

At school, my friends and I had reminded one another of the limited time we had left until graduation – the countdown was already on. Now as the time draws near, a huge milestone that most young adults get to enjoy is sadly not promised for the graduating class of 2020. It is a devastating occurrence to

my generation, shared by all graduates and their loved ones around the world. Although we all must do our best to have high hopes for the future and do our part to stay safe, these are disappointing outcomes.

Meaningful celebrations are now an uncertainty. We, seniors, were excited about graduation because it reflects the hard work we put into our studies and our journey to being young adults is a rite of passage, achieving a memorable accomplishment.

It does not compare to the suffering other families are going through but nevertheless, it is still a loss that all graduates are going through. Hopefully, my senior class will have their moment restored by having a graduation ceremony on a later date or some other creative solution. I encourage my class to not be discouraged, these hard times will pass eventually. All graduates exemplify success and should feel proud and supported by their loved ones. They deserve to think about their future career and life plans. During this trying time, we need to mourn the loss of these traditions, excel in our ability to overcome the situation, and pursue our future endeavors.

SUCCESSFUL BOOK GIVEAWAY

By LAURA VALLEJOS

Teachers, administrators, and staff members continue to do all they can for Questa students during the school closure. The group For the Love of Reading and Questa Library have been persistent in finding ways to give books to our students. We were so happy to recently coordinate a Drive-By Giveaway so that students could review not only one book, but two!

Books were given to Pre-K through 6th graders and beyond – all children regardless of which school they attend. In Amalia and Costilla the books were given away at Community Centers. The book giveaway took place on April 15 and 16 observing COVID-19 guides.

We are very thankful to Questa Library and For the Love of Reading for providing the books, to the Questa Ranger Station for donating bags and to Danielle and Anna, who helped with the books.

The Drive-By Giveaway was very successful – we gave away approximately 220 books! The children were happy and so were we.

KEEP IT UP TAOS!
PHYSICAL DISTANCING IS WORKING.

By following health guidelines to stay six feet apart and wearing a mask when you leave the house, you are helping stop the spread of the dangerous coronavirus in Northern New Mexico, and preventing a large outbreak that could overwhelm our healthcare system.

STAY SOCIALLY CONNECTED

We must stay apart during the coronavirus spread, but only physically. Stay socially connected with your family, friends, colleagues and classmates through online tools, by picking up the phone, or even mailing letters. Strong relationships and personal connections will help us all get through this difficult time together.

DO YOU NEED SUPPORT?

- Nutritious food
- Safe shelter
- Internet connections
- Personal protection, including masks
- Diapers and childcare
- Business advice
- Mental and emotional support

Visit ecmutualaidhub.org for information
Call 575-205-0045
Email info@ecmutualaidhub.org

HOW CAN YOU HELP?

- Make a donation
- Volunteer
- Use your specialized skills
- Coach a business
- Mentor a child
- Drive and deliver goods

Visit ecmutualaidhub.org to volunteer
Call 575-205-0045
Email volunteer@ecmutualaidhub.org

WORKING TOGETHER FOR NORTHERN NEW MEXICO

The Enchanted Circle Mutual Aid Hub is helping purchase and distribute food, connecting schoolkids to the Internet for e-learning, coaching businesses through the economic turmoil, raising money for those in need, and connecting people with resources that can help ease their burdens right now.

This is a project of the Taos Community Foundation and the LOR Foundation. This community project came from the guidance of the Enchanted Circle - COAD.



A group of businesses, governments, nonprofits, faith-based and community leaders have formed the Enchanted Circle Community Organizations Active in Disaster to support the challenges our community faces and help fulfill the unmet needs. Current members of the EC-COAD include: Cheri Lyon, Pastor at El Pueblito United Methodist Church/Shared Table; David Elliot, Education and Emergency Preparedness Coordinator with Holy Cross Medical Center; Luis Reyes, CEO of Kit Carson Electric Cooperative Inc.; Lisa O'Brien, Foundation Director of Taos Community Foundation; David Norden, CEO of Taos Ski Valley Inc.; and Susan Cady, Executive Director of the Taos County Chamber of Commerce, Kristina Ortez, Executive Director, Taos Land Trust, Rasa Lila O'Donnell, Taos Whole Health, Rick Bellis, Town Manager, Town of Taos, and Brent Jaramillo, County Manager, Taos County, and , Manager of the Town of Taos.

Homegrown

By DONNA MITCHELL-MONIAK

With social distancing, community gardens (what came to be known in World War II as Victory Gardens) will likely not happen this year; but being victorious at gardening can. The community aspects of gardening can happen through phone calls to your neighbors, weeding dates, or chats over the fence (6 feet apart, of course!). Seed sharing and advice from those who have had success are integral to gardening.

The media reports positive outcomes resulting from social distancing and coronavirus curve-flattening measures. People are turning to Nature and going within. As a result, Nature walks in local environments, playing with one's children in the backyard, and the intention to garden has increased.

Certainly, there is work involved in a garden but that can be minimized with low or no-till beds, raised beds, soaker hoses, and/or drip water irrigation systems. Planting what you want to eat means that you can indulge in the bounty at all stages of the crop, as you thin or prune. Add flowers for beauty and the bees, butterflies, and hummingbirds will bring you daily joy.

Most of the labor is on the front end of creating a garden, no matter its size. Almost anywhere can serve as a garden space. An existing flower bed, or a section of grass that runs along a walkway, or the space under and around an existing tree are suggestions. Keep in mind that baby veggie plants become big veggie plants, so make sure you have enough room for what you want to grow. If you want just a couple of tomato



Photo by E. Wilde

plants, some corn, and zucchini, these types of spaces can work. Beans and peas can grow up any fence where the tendrils can grab hold for their support and the vines are really pretty.

If you have a sunny window or porch area, start seeds indoors for outdoor planting later, especially plants that require a long growing season, such as winter squashes, pumpkins; even tomatoes. Whenever possible obtain seeds that are native to this area such as Gila Cliff Dweller Squash or blue-green pumpkins. Heirloom seeds or heirloom starter plants are the wise way to go. A smart gardener will collect and dry seeds from as many vegetable plants and flowers as possible each fall. Label them, store them in a cool dry place, and you will have the seeds you need for the next season's crop for free. I have been doing this practice for years. Any new seeds that I purchase are for fun experiments, such as the cucamelons that I will try this year on my new trellis. A few vegetables, like zucchini, tend to cross-pollinate with other squashes.

One can get some interesting and tasty byproducts the following season, but this is the exception to the rule for plants and harvesting seeds.

To set a baby vegetable plant in the ground when it is ready, make a hole with a trowel big enough to put in some compost, good soil, and mulch. Add lots of water and let it soak in thoroughly before adding the baby plant. If the plant will require a cage or trellis, now is the time to erect it. Some old-timers advise waiting until June to plant outdoors, due to danger of frost, depending on the variety.

Please avoid genetically modified (GMO) seeds. Politics aside, most GMO seeds (such as corn or soybean) will not produce viable seed that can be used the following year. You also will have the choice between heirloom and hybrid varieties of vegetables. Hybrid does not indicate a Genetically Modified Organism (GMO). Hybrid means that attributes of one plant were bred with attributes of another plant of the same species. For example, the pollen from

maize that requires less water could be applied to maize that grows quickly (short growing season) or is sweet. The intention would be to produce a corn that is drought-tolerant, grows quickly, and is tasty. That corn would be a hybrid. Another example of hybrid is the apple. The variety of apples in America (or the world) is due to grafting a branch of one tree onto another tree; then the pollinators cross-pollinate the apple blossoms and produce new varieties. The seeds of those are then harvested, planted, grown in orchards of the same seed so that further variations do not happen due to cross-pollination. (Bees are promiscuously impartial!)

Additionally, you can grow certain things indoors year-round. This was my second winter of successfully growing edible greens indoors. Heirloom lettuces and arugula are my go-to's. I also start indoors all plants that need a jump on the season. This winter included the experiment of a worm bin for composting with complete and easy success. Stay tuned for our June issue on growing worms by someone who's been doing vermiculture composting for years.

The COVID-19 virus has seeded us with change by forcing us back to ourselves and a simpler life. How fortunate we are to live where we do: rural, surrounded by Nature and by friends and family. There is great wisdom in this land and its people. Let's share it with one another; share seeds, and enjoy eating delicious, nutritious veggies straight from the garden. Remember some cut flowers for the table, too! For my indoor and outdoor gardening experiments and fun, see BlazingLight.net.

Questa Farmers Market, and all Farmers Markets, are Essential

By GAEA MCGAHEE,
MARKET ORGANIZER

Farmers markets are considered essential businesses according to the State of New Mexico. During this global pandemic, farmers markets can be open in New Mexico, but must sell only food (no crafts, flowers, jewelry, etc.) and all vendors and shoppers must practice safety precautions appropriate to stopping the spread of COVID-19.

Farmers markets are essential because they are sources of local, nutritious food and SNAP participants can use their food benefits (these must be used in person). SNAP participants get dou-

ble their \$\$ by shopping at markets that participate in the Double Up Food Bucks Program (DUFEB) for locally grown produce. Questa Farmers Market participates in many food benefit programs: SNAP/EBT, DUFEB, WIC, and the Senior Nutrition Program (details below).

Why shop local at Questa Farmers Market in 2020, during COVID-19?

1. Get the freshest (and most nutritious) food, and support your family's health.
2. Shop at an outdoor market.
3. Support and strengthen your community.
4. Easily use your SNAP and get

double your \$\$.

5. Vendors will be spaced so that people can practice social distancing.

To participate in the market this season:

- Sell NOTHING but food! No flowers, crafts, jewelry, etc.
- No product sampling.
- All vendors must have sanitation supplies at their booths: hand sanitizer, hand-washing stations, gloves, and masks (for vendors), etc.
- Prepared food vendors, as always, must have correct permits from the New Mexico Environment Department posted in view every market day.

BENEFIT PROGRAMS

How to apply for SNAP (also called EBT, food stamps):

Go to www.hsd.state.nm.us or call 800-432-6217. If you have SNAP benefits, you will receive Double-Up-Food-Bucks automatically at the market. When you come to the market and take out \$25 from your SNAP EBT Card, you'll get another \$25 to spend on local fruits and vegetables. This is how you double your money. This is a federally supported food benefit program, which Questa Farmers Market, and many others, participate in.

BENEFITS PROGRAMS cont'd on pg. 21

BENEFITS PROGRAMS cont'd from pg. 20

Senior Nutrition Program Checks

To learn more about the Senior Farmers' Market Nutrition Program, call 505-242-6777.

WIC clients can shop too.

To learn how to participate in the Women, Infants, and Children Farmers Market Nutrition Program (WIC FMNP) Go to nmwic.org or call (866) 867-3124.

2019 Season Recap

Last market season, Questa Farmers Market completed Phase I of a site improvement plan, from June to early September. This collaborative project involved Vida del Norte Coalition teen members – the Active8, and Singing River Field Center youth. QFM received financial support from the LOR Foundation to build the shade structures, hornos and garden areas, including the truck bed garden zones. Financial support from the Questa Economic Development Fund, Chevron's Community Grants for Good program, and the New Mexico Farmers Marketing Association helped QFM operate and



support musicians.

Vendor income in 2019 topped \$21,737, even though our season was short, just 14 Sundays. In 2018, we held 20 market days and vendors' earnings totaled \$19,500, more than double the 2017 total of \$9,500.

Support:

We are thankful for financial support from the Questa Economic Development Fund, Chevron's Community Grants for Good program, and the New Mexico Farmers Marketing Association. QFM aims to support local food, nutrition, and economic opportunities, and



Photo by E. Wilde

establish a truly local market: supporting traditional cooking and preservation methods is vital to this mission.

Mission:

Questa Farmers Market is a community-led effort to localize our economy by supporting agriculturalists and makers during the growing season in beautiful northern New Mexico.

Market opens May 24 - September Sundays 10 am - 2 pm

Look for early sellers, and keep up with the latest at [facebook.com/QuestaFarmersMarket](https://www.facebook.com/QuestaFarmersMarket)

Need more information?

Website: [QuestaFarmersMarket.org](https://www.QuestaFarmersMarket.org)

Contact Gaea McGahee: (575) 224-2102, growersmakers@gmail.com

WE'RE HIRING!

PART TIME AD SALES Representative Needed

Questa Del Rio News
Join our team!

Get involved in the community and supplement your income by selling ads part time for our local, monthly newspaper. Join our impassioned Team and enjoy a base salary plus a 15% commission on every ad sold.

Contact Lynn at lynn@questaedf.com or call 575-586-2149.

POSTPONED
Postponed until next year: April 24, 2021

Stay healthy, Questa!
www.RioGrandeGrinder.com

COVID-19 COMMUNITY RESOURCE GUIDE

Brought to You by the Questa Economic Development Fund

This is a brief list of community partners and programs to help you, your family, and businesses during the Coronavirus pandemic; these resources are available to support your financial, emotional, and physical well-being.

This is not a complete list. Please contact your regular providers for services and additional information.

COVID-19: 'CO' stands for 'corona,' 'VI' for 'virus,' 'D' for disease, and '19' for '2019' when the virus was first identified.

COVID-19 is an extremely contagious and fast-spreading virus, transmitted through saliva or discharge when an infected person coughs or sneezes. Often, an infected person is not even aware that they have the virus. It is not the flu. Symptoms can range from mild to severe, with most people recovering without special treatment, while some cases result in dangerous health complications, and death. There is currently no vaccine to prevent COVID-19.

GUÍA DE RECURSOS COMUNITARIOS COVID-19

Proporcionada por el Fondo de Desarrollo Económico de Questa

Esta es una breve lista de asociados y programas comunitarios para ayudarlo a usted, a su familia y a los negocios durante la pandemia del Coronavirus; estos recursos están a su disposición para contribuir a su bienestar financiero, emocional y físico.

Esta no es una lista completa. Póngase en contacto con sus proveedores habituales para obtener servicios e información adicionales.

COVID-19: 'CO' significa 'corona,' 'VI' es 'virus,' 'D' es enfermedad y '19' es el año '2019' en el que se identificó el virus por primera vez.

El COVID-19 es un virus extremadamente contagioso y de propagación rápida que se transmite a través de la saliva o de las secreciones cuando una persona infectada tose o estornuda. A menudo, una persona infectada ni siquiera sabe que tiene el virus. Los síntomas pueden variar de leves a severos, y la mayoría de las personas se recuperan sin un tratamiento especial, mientras que algunos casos resultan en peligrosas complicaciones de la salud y llevan a la muerte. Actualmente no existe una vacuna para prevenir el COVID-19.

For additional local resources please visit **The Enchanted Circle Mutual Aid Hub** at: <https://ecmutualaidhub.org/>

Centers for Disease Control and Prevention: learn more about COVID-19 at <https://www.cdc.gov/>

Centros para el Control y la Prevención de Enfermedades: obtenga más información sobre COVID-19 en <https://www.cdc.gov/>

NM Coronavirus Health Hotline:

855-600-3453 or on-line at <https://cv.nmhealth.org/public/> Call or visit this website if you have HEALTH related questions about the Coronavirus.

Línea Directa de Salud sobre el Coronavirus en NM: 1-855-600-3453 o en línea en <https://cv.nmhealth.org/public/> Llame o visite este sitio web si tiene preguntas relacionadas con la SALUD sobre el Coronavirus.

NM Coronavirus Information Hotline:

833-551-0518 Call this number if you have questions about school closures, job issues etc.

Línea Directa de Información sobre el Coronavirus en NM: 1-833-551-0518 Llame a este número si tiene preguntas sobre el cierre de las escuelas, problemas laborales, etc.

"I Need [Financial] Assistance" Information Site for Covid-19 concerns:

Sitio de información "Necesito Asistencia [Financiera]" para las preocupaciones sobre el Covid-19:

<https://www.newmexico.gov/i-need-assistance/>

NM STAY AT HOME ORDER for businesses and individuals: FAQs at

ORDEN DE PERMANENCIA EN CASA EN NM para negocios y particulares: Preguntas Frecuentes en

<https://cv.nmhealth.org/stay-at-home-faqs/>

NM HOTLINE If you have complaints about facilities not dosing:

LÍNEA DIRECTA DE NM Si tiene quejas sobre instalaciones que no han cerrado: **505-469-2940**

If you want to volunteer or need a volunteer:

Si usted quiere ser voluntario o si necesita un voluntario: **505-476-2200**

MEDICAL SERVICES/ SERVICIOS MÉDICOS

If you're in immediate danger, call 911. (To fit on one line.)

Que usted está en peligro inmediato, llame al 911.

Questa Health Center: 575-586-0315

Primary Care, Behavioral Health and Dental
2573 State Highway 522 Questa, New Mexico 87556

Centro de Salud de Questa: 575-586-0315 Atención primaria, Comportamiento Saludable y Atención Dental
2573 State Highway 522 Questa, Nuevo México 87556

Taos Holy Cross Hospital: 575-758-8883; 800-755-6236
1397 Weimer Rd, Taos, New Mexico 87571

Covid-19 Testing, 24/7 Drive Thru, Emergency Department
Hospital Holy Cross de Taos: **575-758-8883; 800-755-6236**
1397 Weimer Rd, Taos, Nuevo México 87571

Pruebas de Covid-19, 24/7 Servicio desde su Auto, Departamento de Emergencias

Taos Urgent Care walk-in Clinic: 575-758-1414
Open daily 9am – 7pm.
330 C Paseo Del Pueblo Sur, Taos, NM 87571

Clinica de Urgencias de Taos, no necesita cita previa: 575-758-1414
Abierta todos los días de 9 a.m. a 7 p.m.
330 C Paseo Del Pueblo Sur, Taos, NM 87571

MENTAL HEALTH/ SALUD MENTAL

If you think you are in immediate danger, call 911.

Si cree que está en peligro inmediato, llame al 911

NM Crisis and Access Hotline (free): 855-662-7474 Counselors are available 24/7 to help you with any emotional crisis, mental health, or substance issue.

Línea Directa para Crisis y Acceso de NM (gratis): 855-662-7474. Los consejeros están disponibles las 24 horas, los 7 días de la semana para ayudarlo con cualquier crisis emocional, de salud mental o problema de sustancias.

Free National Parent Helpline®: 855-427-2736
Emotional support to parents and caregivers of children and youth of all ages; Mon-Fri 9am-6pm MST

Línea de Ayuda Nacional para los Padres® gratis: 1-855-427-2736
Apoyo emocional a los padres y cuidadores de niños y jóvenes de todas las edades. De lunes a viernes, de 9 a.m. a 6 p.m. MST

National Suicide Prevention Lifeline: 800-273-8255

Taos Suicide Prevention crisis text line: Text HOME to 741741

Línea Nacional para la Prevención del suicidio: 1-800-273-8255

Línea para la Prevención del Suicidio de Taos, que recibe textos: envíe el mensaje de texto HOME al 741741

Community Against Violence (CAV): 575-758-9888 Counselors available 24/7 to help you or someone you love who needs help due to domestic or sexual violence.

Community Against Violence (CAV): 575-758-9888

Hay consejeros disponibles las 24 horas del día, los 7 días de la semana, para ayudarlo a usted o a alguien a quien usted quiera que necesite ayuda debido a la violencia doméstica o sexual.

Golden Willow Counseling (Taos): 575-770-9513 or email: gwcadmin@gwctaos.com

Open for online and telephone counseling for individuals and families, accepting new clients. 525A Salazar Rd, Taos, NM 87571

Golden Willow Counseling (Taos): 575-770-9513 o mande un email: gwcadmin@gwctaos.com

Abierto para asesoría telefónica y en línea para individuos y familias, está aceptando nuevos clientes. 525A Salazar Rd., Taos, NM 87571

National Substance Abuse and Mental Health Services Administration (SAMHSA): 800-662-HELP (4357)

Confidential, free, 24/7 treatment referral for mental and/or substance use disorders.

Administración Nacional de Servicios de Salud Mental y Abuso de Sustancias (SAMHSA): 1-800-662-HELP (4357) Remisión confidencial, gratuita, de tratamiento las 24 horas, los 7 días de la semana, para casos de trastornos mentales y / o por abuso de sustancias.

ONLINE ASSISTANCE/ MEETINGS: ASISTENCIA EN LÍNEA / REUNIONES:

Alcoholics Anonymous Online Zoom Meetings: https://aa-intergroup.org/directory_audio-video.php

Reuniones de Zoom en línea de Alcohólicos Anónimos: https://aa-intergroup.org/directory_audio-video.php

Al-Anon Electronic Meetings: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Reuniones electrónicas de Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Recovery Dharma Online: Find video group support sessions for people in recovery. <https://recoverydharma.online>

Recovery Dharma Online: encuentra sesiones de video grupales de apoyo para personas en recuperación. <https://recoverydharma.online>

Vida Del Norte online support groups in northern NM: <https://vidadelnorte.com/online-support-groups/>

Grupos de apoyo en línea de Vida Del Norte en el norte de Nuevo México: <https://vidadelnorte.com/online-support-groups/>

Vida Del Norte Coalition (preventing substance abuse) Local and National Resource Guide: <https://vidadelnorte.com/>

Coalición Vida Del Norte (prevención del abuso de sustancias) Guía de Recursos locales y nacionales: <https://vidadelnorte.com/>

EMPLOYMENT/ UNEMPLOYMENT EMPLEO/ DESEMPLEO

NM Unemployed or Underemployed Assistance: 1-877-664-6984

www.jobs.state.nm.us

Unemployment Insurance Operations Center apply online or over the phone, Monday-Friday, 8:00am-4:30pm.

Asistencia para Desempleados o Subempleados de NM: 877-664-6984

www.jobs.state.nm.us

Centro de Operaciones para el Seguro de Desempleo, presente su solicitud en línea o por teléfono, de lunes a viernes, de 8:00 a.m. a 4:30 p.m.

NOTE: Independent contractors, self-employed, and gig economy workers: do not contact the Unemployment Insurance (UI)

Operations center or file a claim online until the department announces the availability of benefits. The department anticipates

Pandemic Unemployment Assistance (PUA) benefits will become available soon.

NOTA: contratistas independientes, trabajadores independientes y trabajadores por cuenta propia: no se comuniquen con el Centro de Operaciones para el Seguro de Desempleo (UI) ni presente un reclamo en línea hasta que el departamento anuncie la disponibilidad de beneficios. El departamento anticipa que los beneficios de la Asistencia de Desempleo Pandémico (PUA) estarán disponibles pronto.

BUSINESS SUPPORT - INCOME LOSS / REDUCTION AYUDA CON LOS NEGOCIOS/ PÉRDIDA/ REDUCCIÓN DE INGRESOS

Small Business Administration (SBA): 505-248-8225

Covid-19 Small Business information and guidance on financial resources, CARES Act, Payroll Protection Programs, Emergency Economic Injury Disaster Grants, and more. <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Administración de Pequeños Negocios (SBA): 505-248-8225

Covid-19 Información y orientación para pequeños negocios sobre recursos financieros, Ley CARES, Programas de Protección de Nómina, Subsidios de Emergencia por Daños Económicos por causados por Desastres y más. <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Taos Small Business Development Center (SBDC): 1-575-737-6219

Anwar D. Kaelin, Director: 1-575-737-6219 or email: anwar@unm.edu

Local, personal service; providing assistance with business loan applications, offering confidential, no-cost business consulting and low-cost business training.

Centro de Desarrollo de Pequeños Negocios de Taos (SBDC): 575-737-6219

Anwar D. Kaelin, Director: **575-737-6219** o correo electrónico: anwar@unm.edu

Servicio local y personal; brinda asistencia con las solicitudes de préstamos comerciales, ofrece consultoría comercial confidencial y sin costo, y capacitación comercial de bajo costo.

NM Economic Development Department: 505-827-0300

Northern NM Regional Representative: Peter Mitchell, **505-827-2199** or email Peter.Mitchell@state.nm.us

Covid-19 small business help and resources; state programs including Job Training Incentives, Local Economic Development Act, Finance Development, more.

Departamento de Desarrollo Económico de Nuevo México: 505-827-0300

Representante regional del norte de NM: Peter Mitchell, 505-827-2199 o envíe un correo electrónico a Peter.Mitchell@state.nm.us Ayuda y recursos para pequeñas empresas afectadas por el Covid-19; programas estatales que incluyen incentivos de capacitación laboral, ley de desarrollo económico local, desarrollo financiero, más.

**Questa Economic Development Fund:
1-575-586-2149**

Lynn Skall, Director, email
lynn@QuestaEDF.com

Local assistance to help navigate the economic impacts of Covid-19.

Fondo de Desarrollo Económico de Questa: 575-586-2149

Lynn Skall, Directora, correo electrónico
lynn@QuestaEDF.com

Asistencia local para ayudar a navegar los impactos económicos de Covid-19

**FOOD ASSISTANCE/
AYUDA CON LOS
ALIMENTOS**

**Questa North Central Food Pantry:
575-779-9194**

2nd and 4th Fridays of the month,
11 AM to 2 PM; 140 Embargo Road,
next to Questa Senior Center

2o y 4o Viernes del mes,
junto a Questa Senior Center

**St. James Episcopal Church Food
Pantry, Taos: 575-758-2790**

Call for distribution times.
214 Camino de Santiago Taos, NM 87571
Llame para saber las horas de distribución.

**NM Hotline – Food for School age
Children: 505-827-6683**

Línea directa de NM - Alimentos para niños
en edad escolar: 1-505-827-6683

**NM Hotline – Seniors who need
groceries: 800-432-2080**

Línea directa de NM - Personas mayores que
necesitan comestibles: 1-800-432-2080

**Economic Council Helping Others, Inc
(ECHO); Food for Seniors:
505-242-6777**

Alimentos para personas mayores
<https://echoinc.org/what-we-do/free-food-for-seniors/>

**SNAP Benefits ("EBT" & "food
stamps"): 800-432-6217**

The NM Human Services Department (HSD)
administers several programs to help people
with low income and limited resources
purchase food products, especially due to
Covid-19. To apply go to: www.hsd.state.nm.us
or call, **800-432-6217**.

**NM HSD Taos County Area Office:
575-758-8804**

Mon-Fri 9am-4pm,
145 Roy Road, Taos, NM 87571

**Beneficios de SNAP ("EBT" y "cupones
de alimentos"): 800-432-6217**

El Departamento de Servicios Humanos

de Nuevo México (HSD) administra varios
programas para ayudar a las personas con
bajos ingresos y recursos limitados a comprar
productos alimenticios, especialmente debido
al Covid-19. Para aplicar vaya a: www.hsd.state.nm.us
o llame al (800) 432-6217.

**Oficina NM HSD del Área del Condado
de Taos: 575-758-8804**

de lunes a viernes de 9 a.m. a 4 p.m.
145 Roy Road, Taos, NM 87571

**WIC Benefits (Women, Infant Children)
program: 866-867-3124**

The NM Department of Health serves
pregnant, postpartum and nursing women,
infants and children up to age 5 who are at
nutritional risk by providing nutritious food.
online at nmwic.org.

**Programa de beneficios de WIC
(mujeres, niños pequeños):
866-867-3124**

El Departamento de Salud de NM atiende a
mujeres embarazadas, en posparto y madres
que estén en período de lactancia, a bebés
y niños de hasta 5 años que están en riesgo
nutricional y les proporciona alimentos
nutritivos. En línea en nmwic.org.

**Questa Independent School District
Meals: 575-779-4015**

QISD provides no-cost breakfast and lunch
to students, Monday – Thursday through
the remainder of the school year. Meals are
delivered to households by bus drivers per
their normal routes. For more information or
to get on the list, call **575-779-4015**.

**Comidas del Distrito Escolar
Independiente de Questa:
575-779-4015**

QISD ofrece desayuno y almuerzo gratis a
los estudiantes, de lunes a jueves durante
el resto del año escolar. Los conductores de
autobuses entregan las comidas en las casas
según sus rutas normales. Para obtener más
información o para anotarse en la lista, llame
al **575-779-4015**.

**Red River Valley Charter School Meals:
575-754-6117**

Breakfast, lunch, and snacks are being
served daily at RRVCS through the rest of the
academic year. Call for more information.

**Comidas de Red River Valley Charter
School: 575-754-6117**

El desayuno, el almuerzo y los refrigerios
se sirven diariamente en RRVCS durante el
resto del año académico. Llame para más
información.

**HEALTH INSURANCE/
SEGURO DE SALUD**

**NM Hotline - Assistance obtaining
health insurance: 800-283-4465**

If you are not eligible for Medicaid, you can
apply for affordable health insurance online.

This is through the NMHIX. Visit: www.bewellnm.com
or call **855-996-6449**.

**Línea directa de NM - Asistencia para
obtener seguro de salud:
800-283-4465**

Si usted no es elegible para Medicaid, puede
solicitar un seguro de salud asequible en
línea. Esto se puede hacer a través de NMHIX.
Visite: www.bewellnm.com o llame al
1-855-996-6449.

HOUSING / VIVIENDAS

**NM Hotline – NM Mortgage Finance
Authority (MFA) Emergency Housing and
Assistance: 800-444-6880**

Línea Directa de NM - Asistencia y
Viviendas de Emergencia de la Autoridad de
Financiamiento Hipotecario de NM (MFA):
800-444-6880

UTILITIES/INTERNET

UTILIDADES / INTERNET

**NM Hotline - Utilities HSD Low-Income
Home Energy Assistance Program:
888-523-0051**

Línea Directa de NM - Programa de
Asistencia con la Energía para Hogares
de Bajos Ingresos de HSD:
888-523-0051

FREE Questa Wi-Fi Spots, no password
necessary: Questa Public Library and Questa
High School

Zonas Wi-Fi de Questa GRATIS, no se
necesita contraseña: Biblioteca Pública de
Questa y Preparatoria Questa

**Kit Carson Electric Coop:
575-758-4838 or online at
www.kitcarson.com**

Kit Carson's "Keep Americans Connected
Pledge" and commitment during the
coronavirus pandemic; KCEC plans:

Will not terminate service to any residential
or small business customers due to inability
to pay their bills

Waive any late fees that any residential or
small business customers due to economic
circumstances

Offering Discount Student Internet Packages
at a reduced rate and waive the installation
and connection fees: [https://kitcarson.com/
internet/students-without-internet-form](https://kitcarson.com/internet/students-without-internet-form)

Provide Free Community Internet Wi-Fi /
Hotspots, available daily 7 am-9 pm

**The passwords:
SSID: Kit Carson Guest Wi-Fi
Password: Kit@rson2020**

**Kit Carson Electric Coop: 575-758-4838
o en línea en www.kitcarson.com**

La promesa y el compromiso de Kit Carson
"Mantener a los Americanos Conectados"
durante la pandemia de coronavirus; los
planes de KCEC:

No se terminará el servicio a clientes
residenciales o a pequeños negocios debido a
la imposibilidad de pagar sus facturas
Renunciará a cualquier cargo por atraso
que tenga cualquier cliente residencial o de
pequeños negocios debido a circunstancias
económicas

Ofrecerá paquetes de Internet para
estudiantes con descuento a una tarifa
reducida y eximirá las tarifas de instalación
y conexión: [https://kitcarson.com/internet/
students-without-internet-form](https://kitcarson.com/internet/students-without-internet-form)

Proporcionará Wi-Fi / Hotspots de Internet
(lugares con acceso a Internet) comunitarios
gratuitos, disponibles todos los días de
7 a. m. a 9 p. m.

**Las contraseñas:
SSID: Kit Carson Guest Wi-Fi
Contraseña: Kit@rson2020**

Hotspot Locations:

Lugares donde puede acceder a Internet
Amalia Community Center,
Costilla Community Center

Questa Kit Carson Office

Red River Library

Kit Carson Park (Adjacent)

Fred Baca Park (Adjacent)

Eco Park (Adjacent)

Angel Fire Ithub Building

Eagle Nest Park

El Rito West Library

For a full list, visit www.kitcarson.com

Para la lista complete visite
www.kitcarson.com

FAMILY / FAMILIA

**Temporary [Financial] Assistance for
Needy Families (TANF):
800-432-6217**

The Department of Health Services provides
a monthly cash benefit to eligible applicants
that can be used to meet basic family needs,
such as housing, utilities, clothing.

**Asistencia [Financiera] Temporal para
Familias Necesitadas (TANF):
800-432-6217**

El Departamento de Servicios de Salud
proporciona un beneficio mensual en
efectivo a los solicitantes elegibles que se
puede utilizar para satisfacer las necesidades
básicas de la familia, como vivienda, servicios
públicos, ropa.

NM Hotline - If you need assistance with
childcare: **800-691-9067**

Línea Directa de NM: si necesita ayuda con el
cuidado de niños: **800-691-9067**

STUDENTS/ ESTUDIANTES

**Questa Independent School District:
575-586-0421**

For any questions in regards to the Continuous
Learning Plan, school meals, computers/Wi-

Fi, teachers' virtual hours, and more, contact
the QISD Administrative Office at **586-0421**,
or the QISD Interim Superintendent Mrs. Carla
Archuleta cell **575-999-5097**

**Distrito Escolar Independiente de
Questa: 575-586-0421**

Para cualquier pregunta relacionada con el
Plan de Aprendizaje Continuo, las comidas
escolares, las computadoras / Wi-Fi, las horas
virtuales de los maestros y más, comuníquese
con la Oficina administrativa de QISD al
575-586-0421, o con la Superintendente
interina de QISD, Sra. Carla Archuleta, celular:
575-999-5097

**QISD Continuous Learning Plan (CLP)
Assurance Document and Plan:**

**Online at the QISD website: [https://
qisd-nm.schoolloop.com/](https://qisd-nm.schoolloop.com/)**

The NM Public Education Department has
approved this strong QISD "Continuous
Learning Plan" for the teachers, students,
parents, and guardians to help complete the
school year.

**Plan de Aseguramiento y Documentos
sobre el Plan de Aprendizaje Continuo
(CLP) de QISD:**

**En línea en el sitio web de QISD:
<https://qisd-nm.schoolloop.com/>**

El Departamento de Educación Pública de
Nuevo México aprobó este sólido "Plan de
Aprendizaje Continuo" de QISD con ayuda
para que los maestros, estudiantes, padres y
tutores terminen el año escolar.

**GROWING FOOD/
FARMER'S MARKET
COSECHANDO SU
COMIDA/ MERCADO
CAMPESIÑO**

**Double-Up-Food-Bucks (DUF) at
the Farmer's Market: [https://www.
doubleupfoodbucks.org/about/](https://www.doubleupfoodbucks.org/about/)**

At the Questa Farmer's Market, when you
spend \$25 from your SNAP EBT Card, you'll
get another \$25 in fresh New Mexico-grown
fruits and vegetables.

En el Mercado Campesino de Questa, cuando
gasta \$ 25 en su tarjeta SNAP EBT, obtendrá
otros \$ 25 en frutas y verduras frescas
cultivadas en Nuevo México.

The Senior Farmers' Market Nutrition Program
(SFMNP): [https://www.fns.usda.gov/sfmnp/
senior-farmers-market-nutrition-program](https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program)

The Questa Farmer's Market accepts the
SFMNP checks from income-eligible seniors
age 60 and over.

**El mercado campesino de Questa
acepta los cheques de SFMNP de
personas mayores de 60 años elegibles
según sus ingresos.**

**Questa Victory Gardens
Huerto de la Victoria de Questa
Call Daniel: 575-613-6808 or
email info@localogy.org**

Are you stuck at home with the kids out
of school? Struggling to make ends meet
with your job on hold? Concerned about the
pandemic straining our food system? Now
is the time to grow! Get some fresh air, stay
active and put food on the table with your
own Victory Garden. To get seeds, tilling,
irrigation supplies and know-how, call
Daniel at **575-613-6808**.

¿Estás encerrado en la casa con los niños fuera
de la escuela? ¿Esforzándose por llegar a fin
de mes mientras esperas a que se reanude el
trabajo? ¿Preocupado por la pandemia que
agota a nuestro sistema alimentario? ¿Este
es el momento de cultivar! Toma aire fresco,
mantente activo y pon comida en la mesa con
tu propio Huerto de la Victoria. Para obtener
semillas, útiles de labranza, suministros de
riego y explicaciones de cómo hacer las cosas,
llama a Daniel al **575-613-6808**.

**Cultivo Questa
Call Daniel: 575-613-6808 or
email: info@localogy.org**

Are you ready to take your farm or ranch to
the next level? Do you want your fallow land
to be farmed again? Are you a new farmer
who needs land, water, equipment, financing
or mentorship? Let's do it! Partner with
Cultivo to grow your agricultural business--
free-of-charge.

**Llama a Daniel: 575-613-6808
o contacta por correo electrónico:
info@localogy.org**

¿Estás listo para llevar tu granja o rancho a
un nivel más alto? ¿Quieres que tu tierra en
barbecho vuelva a ser cultivada? ¿Eres un
agricultor nuevo que necesita tierras, agua,
equipos, financiamiento o asesoría? ¡Vamos
a hacerlo! Asíciense con Cultivo para hacer
prosperar su negocio agrícola de forma
gratuita.

AMERICA'S
SBDC
ACCREDITED MEMBER

**KEEP
CALM
AND
SMALL
BUSINESS
ON**

Contact your local SBDC today!
www.AmericasSBDC.org

State of New Mexico Issues Warning about COVID-19 Scams

By MELISSA GUTIERREZ

The New Mexico Office of Superintendent of Insurance and the New Mexico Office of the Attorney General are warning businesses and consumers that con-artists and scammers are taking advantage of the panic, fear, and confusion surrounding the COVID-19 pandemic, and have intensified efforts to defraud and steal.

“Defrauding New Mexican families during the COVID-19 health emergency is unconscionable,” said Attorney General Hector Balderas. “Anyone who compromises our families’ access to health and security will be prosecuted.”

Superintendent of Insurance Russell Toal noted that scams take many forms and are constantly changing, but that most scams follow a common pattern. The scammer will use an unsolicited letter, phone call, or text message to warn you about a risk to your health, safety, finances, insurance, or business.

The scammer likely will offer you a “time-sensitive” opportunity or tell you that you must take immediate action. In responding, you will then be asked

Please remember, no government agency will ever call or text you to verify your personal information or bank account details.

to purchase a product or service, or to provide personal identification information with pressure not to wait.

Very often, the scammer’s request or notice will appear to come from a government agency, a reputable charity, or an established business. A phone call or text message may appear to come from a number you recognize. These deceptions are called “spoofing” and are intended to cause you to lower your guard.

If you provide access to your information, a scammer may then steal your identity or your money, or may sell your information to criminals on the “dark” web. Because you may never recover money lost to a scammer, and it can

take years to restore a stolen identity, the OSI and the Attorney General are urging all businesses and consumers to exercise extreme caution if you receive any unsolicited letter, phone call, or text message.

Examples of scams include:

- Offers for free COVID-19 home testing kits or promoting bogus COVID-19 cures.
- Pressures to require you to change your current health insurance or warning you that your health insurance is at risk unless you act immediately.
- Warnings from government agencies that you must take a “mandatory online COVID-19 test” with a malicious link.
- Warnings of impending quarantines with a malicious link or erroneous instructions intended to cause panic.
- Offers for products or services, such as protective equipment or HVAC duct cleaning, as a way to “protect” your home and family from the virus.
- Offers for work-from-home opportunities, student loan repayment plans, and debt consolidation offers.

- A scammer may pretend to be a government agency and ask you to verify your identity.

Tips to help you protect yourself from scams, including COVID-19 scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you’re being pressured to share any information or make a payment immediately.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren’t hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating.

If you think you’ve been the victim of a scam, contact the Office of the Attorney General at www.nmag.gov or call 1-844-255-9210 and press number 5. Check the OSI Website www.osi.state.nm.us for updates on COVID-19-related matters and scams.

Be The Church

By GAYLE MARTINEZ,
PASTOR AT LIVING
WORD MINISTRIES

As we navigate through adjusting to a new normal, may we not lose sight that we are to “be” the church. Some feel that because we are not meeting within the four walls of our faith, that we are somehow not as faithful as we should be. I challenge that thinking. Could it be that with the church pews empty, the church has now been deployed for service?

We still have the ability to “be the church” by continuing to give, love, and serve one another. Even if we don’t have a building to go to, we have an all-powerful and all-loving God, and we have each other.

We Can Continue to Pray for One Another

Nothing can brighten someone’s day more than if they hear you’ve been praying for them. Ask members of your small group how you can lift them up in prayer, engage, and talk with them daily. With social media

and phones, we have the ability to call and reach out to anyone at our church. And many churches have directories available.

We Can be Creative in Our Serving

- As many stores clear out the shelves, many of us may be worried if they’ll have enough food to eat or be stocked up with the necessities.
- Reach out to family, friends, and neighbors and offer to be a helping hand
- Help out at our local food bank or other community initiatives
- Bring cookies to our essential workers

We Can be Intentional about Staying Connected

- As the saying goes, “Reach out and touch someone.”
- Reach out with an encouraging note or call
- Engage in social media; Facetime, Messenger, or text
- Send a card
- Check on those aunts and uncles, grandparents, our elders

- Feed your soul with a good book
- Most churches are offering some sort of on-line messages. Listen in.

Although we’ve entered a confusing time as a nation and as a world, we can still continue to trust in the Lord’s guidance, His peace, and His providence. In these uncertain times, there is one thing that is constant, and I am not talking about taxes. I am talking about a God that is a stabilizing force of peace and an ever-present help in times of trouble. He knows us by name, from the time when we were still in our mother’s womb.

I speak these words over you that Jesus spoke to his disciples upon seeing them for the first time after His resurrection, “Peace be with you.” May His peace that surpasses all understanding, be with you today and in your future.

Gayle Martinez and her husband Peter Martinez are Co-Pastors of Living Word Ministries in Questa, NM. www.lwmsite.org Follow on Facebook- www.facebook.com/lwmsite

Social Distancing Report

- I’m so excited — it’s time to take out the garbage. What should I wear?
- I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I’m cracking a safe.
- I need to practice social distancing from the refrigerator.
- PSA: every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- Homeschooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job.
- I don’t think anyone expected that when we changed the clocks we’d go from Standard Time to the Twilight Zone
- This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog... we laughed a lot.
- So, after this quarantine... will the producers of My 600-Pound Life just find me or do I find them?
- Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.
- Day 5 of Homeschooling: One of these little monsters called in a bomb threat.
- I hope the weather is good tomorrow for my trip to Puerto Backyarda. I’m getting tired of Los Livingroom.
- Day 6 of Homeschooling: My child just said “I hope I don’t have the same teacher next year!”... I’m offended.



Message from the Mayor of Questa Mensaje del Alcalde de Questa

As a reminder, the orders set by the Governor of New Mexico are as follows:

- Stay at home. Only leave for essential reasons, such as getting groceries or prescription medications.
- If you must leave your home, maintain 6 feet between you and other individuals.
- If you are in an enclosed area where social distancing is difficult, wear a cloth face covering.
- Avoid groups of 5 or more people.
- Wash your hands frequently with warm water and soap.

If you or a family member are showing signs of symptoms, please call the State Coronavirus Hotline at 1-855-600-3453. They will ask you questions and will give guidance on what steps you should take next.

Signs and symptoms of the Coronavirus are:

- Fever (100.4 F or higher)
- Cough
- Shortness of breath

Symptoms may also, but not necessarily, include:

- Runny nose
- Sore throat
- Headache
- General feeling of being unwell

Below are the recommendations from the NM Department of Health along with the CDC and Office of the President for protecting yourself and others:

- Wash your hands frequently with warm water and soap for at least 20 seconds (sing your ABC's to help with the timing)
- If washing your hands is not an option, use hand sanitizer that contains at least 60% alcohol
- Stay at home unless it is absolutely necessary
- Cover your mouth when coughing or sneezing

IF YOU FEEL SICK, STAY HOME

- If a family member is sick, try to isolate them from the rest of the family as best as possible
- Utilize social distancing to limit your exposure; maintain a 6-foot distance between you and other individuals
- Avoid social gatherings
- Avoid groups of more than 5 people
- Avoid contact with sick individuals

If you are a senior citizen and need assistance in obtaining necessities, food, or medication, please call the Village of Questa offices at 575-586-0694.

Thank you,

Mark Gallegos, Mayor of Questa
Raynelle Sanchez-Cordova, Questa EMS Director

A manera de recordatorio, las órdenes establecidas por la gobernadora de Nuevo México son las siguientes:

- Quédese en casa. Solo salga por motivos esenciales, como comprar comestibles o medicamentos recetados.
- Si debe abandonar su casa, mantenga 6 pies de distancia entre usted y las otras personas.
- Si se encuentra en un área cerrada donde el distanciamiento social es difícil, use una cubierta protectora de tela para la cara.
- Evite grupos de 5 o más personas.
- Lávese las manos frecuentemente con agua tibia y jabón.

Si usted o un miembro de su familia muestran signos de síntomas, llame a la línea directa para asuntos relacionados con el coronavirus en el estado, al 1-855-600-3453. Le harán preguntas y le darán orientación sobre los pasos que debe seguir a continuación.

Los signos y síntomas del coronavirus son:

- Fiebre (100.4 grados Fahrenheit o más)
- Tos
- Dificultades para respirar

Los síntomas también pueden, aunque no necesariamente, incluir:

- Nariz que moquea
- Dolor de garganta
- Dolor de cabeza
- Sensación general de malestar

A continuación se encuentran las recomendaciones del Departamento de Salud de Nuevo México junto con el CDC y la Oficina del Presidente para protegerse a sí mismo y a los demás:

- Lávese las manos con frecuencia con agua tibia y jabón durante al menos 20 segundos (cante la cancioncilla del abecedario para ayudarse con el tiempo).
- Si lavarse las manos no es una opción, use un desinfectante para manos que contenga al menos 60% de alcohol.
- Quédese en casa a menos que sea absolutamente necesario.
- Cúbrase la boca al toser o estornudar

SI SE SIENTE ENFERMO, QUÉDESE EN CASA.

- Si un miembro de la familia está enfermo, trate de aislarlo del resto de la familia lo mejor posible.
- Utilice el distanciamiento social para limitar su exposición; mantenga una distancia de 6 pies entre usted y otras personas.
- Evite las reuniones sociales
- Evite grupos de más de 5 personas.
- Evite el contacto con personas enfermas.

Si usted es una persona de la tercera edad y necesita ayuda para satisfacer sus necesidades, obtener alimentos o medicamentos, llame a las oficinas de la Villa de Questa al 575-586-0694.

Gracias,

Mark Gallegos, Alcalde de Questa
Raynelle Sanchez-Cordova, Directora del EMS de Questa

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Book Review

By PRISCILLA SHANNON
GUTIERREZ

TALKING WITH CATS:
A JOURNEY OF SPIRIT, HEALING,
AND WISDOM ON THE CAMINO
DE SANTIAGO
BY W. LEE NICHOLS

"Simple acts of kindness can never be overestimated. I fear for any society that loses the grace and civility to reach out and remain human with others..."

Lee Nichols

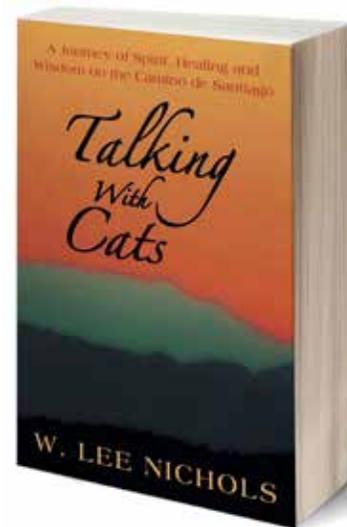
A little over a week ago, I had never heard of *Talking with Cats*, let alone was I aware that the author resides in Questa! And I must admit that I overlooked the piece about Lee Nichols and his partner, Niki, in last month's edition. Because of my interest in history and my knowledge of Hispanic culture, Lou McCall reached out to see if I would write a review of Lee's book before he and Niki depart for Ecuador. Intrigued by the topic of El Camino de Santiago in general, a travel journal on this ancient path seemed just the ticket. I wasn't disappointed. In fact, this was one of the most interesting books I've encountered this past year, and that's saying something for this avid reader and historian!

With a Google map of northern Spain at my side for reference, I opened the book and began to walk the path alongside Lee. He is a gifted story-

teller. Through his eyes I learned of the Camino's long storied history, its phenomenal people and communities, its delicious cuisine, and the amazing variety of regional cultures it traverses.

One of the most delightful components of the book was feasting alongside Lee at the many inns and cafes along his journey. Often the dishes were simply prepared meals, ending with cheese, coffee, and a bit of honey, or regional stews that comforted weary travelers. But when he got to octopus (pulpo) territory in Galicia, I nearly swooned. Grilled pulpo is one of my favorite dishes and pretty darn hard to come by in New Mexico (I ate it every single day when I was in Greece last summer!) Clearly Lee knows good food and wine, and his appreciation for the generous hospitality he encountered on so many occasions made me smile wistfully again and again.

As an historian who has visited the Temple Church in London (built by the Knights Templar as their English headquarters in 1185) and stood on the point of the Ile de la Cite in Paris where Jacques de Molay (Grand Master of the Knights Templar) was burned to death, I am no stranger to Templar history. But I marveled at how little I knew of their presence in Spain, especially in the north of the country. I also was surprised at how little I knew of the Roman influence still in evidence there, or of the Maragato culture. I was fascinated by Lee's descriptions of the ancient Iberians, whom the Basque people appear to descend from (that last bit of Iberian history is going to be my next research project!). One of



the hallmarks of a good book is that it motivates you to learn more about something that you've read – *Talking with Cats* definitely hit the mark on that one.

As for the spiritual aspects of the journey along the Camino, each individual's path is a personal one. The people who walk the Camino do so for many different reasons and reap different rewards for their commitment and efforts. The camaraderie shared by travelers and the genuine kindness and generosity of communities along the Camino surely leave their transformative mark on everyone who walks.

Throughout Lee's writing, I gained a window into his insights as he walked along. The long stretches of solitude offered reflection, and conversations with others also deeply transformed him. I found the concept of flow and Lee's

"Aha!" the most interesting and lasting impression of the entire book. Learning how to be still in the moment; how to pause instead of race along; and how to let go – these can be difficult to do in a chaotic world. With age and wisdom, you may finally realize how little we actually do control, and that letting go often is the better route. A handy mantra for this senior citizen has become, "You might as well go with the flow – you are going to get swept up in the wave anyway." It helps to remind myself of that every now and then.

So, Questa Del Rio News readers – if you haven't yet read *Talking with Cats*, please do yourself a favor. Get a copy asap, get cozy with a cup of tea or coffee, and get swept along with the flow of the Camino de Santiago. Even as an armchair traveler, you will be transformed...

A note from the author:

Thank you for your kind and gracious review of my book, *Talking With Cats*. The review was so beautifully written I am inspired to read the book again myself! Seriously, a journey such as the Camino does inhabit the life of a traveler in such a way that it continues revealing all future paths.

Now, once again, I must be still and wait for Mother Earth to open her flow for my next adventure. Fortunately, I am here among these beautiful mountains and plains of northern New Mexico. Gratitude flows with abundance.

Fondly,
W. Lee Nichols

You Could Count on my Mother

By SHARON NICHOLSON,
QUESTA LIBRARY DIRECTOR

Sometimes I wonder what Mother would think about me as a librarian. Or what she would think about me living in my little home out in the sagebrush in New Mexico. Would she find it strange that I no longer make my own clothes, but order most of them delivered in boxish-shaped brown trucks? Would she be pleased that I can, without a recipe, make plum jam?

Mother was born near Dexter, Kansas, in a town that died for lack of interest a very long time ago. A farmer's daughter, she could bake, sew, raise vegetables, tend chickens, and, I suspect, drive a tractor. She graduated from

high school and married her handsome classmate. The wedding photo I have reveals a lot. She is a vision of loveliness, wearing a fashionable dress she probably made herself, her hair perfectly finger-waved in the style of the day. She holds a bouquet of flowers. The happy couple are standing in front of a house with an old sofa sitting outside.

They moved to the big city (Wichita) and raised a family. My brother came first. He was probably a very easy child. Compliant, capable, thrifty, extremely intelligent, and focused, I suppose. Then I came along. Energetic, imaginative, creative, and steadfast (ok, stubborn). I loved reading and music and camp and on and on and on! Mother had

her hands full.

One thing I know about my mother is that I could always count on her. Until I was old enough to work, she made all of my new clothes. Even my first pair of jeans. As I insisted, the jeans were double-stitched with pockets and a zipper, too! When a school performance required special costumes, I could count on my mother. She would sew whatever was needed for the group – from drill team shorts to velveteen dresses. I also counted on her for cakes and cookies for a multitude of occasions. I could count on her to drive a carload of classmates on school field trips to Wonder Bread, Stephen's Dairy, the Wichita Library, or the Pepsi-Cola bottlers. She was there

for Girl Scout teas, musical concerts, and even a ninth-grade mother/daughter luncheon at Innes Tea Room (gloves, hat, and heels required).

I am grateful for a mother I could count on to love me no matter what. A mother who would see that I was fed, clothed, and nurtured. A mother who taught me to manage a household, bake chocolate chip cookies, and grow strawberries and asparagus. A mother who, in the end stages of cancer, would insist on watching her newest granddaughter for an afternoon. I think she would like me as a librarian. If she were here, she would remind me to always do a little more than is expected of me. You could count on my mother.

Questa Library News

By SHARON NICHOLSON

If the library is still closed when you are reading this newspaper:

There are rumors that the library is offering limited services during the “stay at home.” These rumors might be true!

We have an online catalog on the library website at questalibrary.org. Select “Search the Library” to find what is available and call us with your request. We will check the books/DVDs out to you and deliver them curbside.

Parents can request a bag of children’s books and we will select 10 or so books for you to pick up.

You can fill out your Census form online at the library by appointment.

Need something printed? Send an email attachment and we will print your

document for you.

As always, the WiFi is available from 5 am to 10 pm, and you can sit outside the building or in your cars.

We are here for you, even though the sign says “Closed” and the door is locked. Please help us practice social distancing and wear your gloves and mask.

If the library is open in May and we are free to gather once again, you can ignore this article and join us in rejoicing!

No events are planned as of publication time. The moment the “stay at home” order is lifted, we promise we will jump into action! Watch for any news on the library and Village of Questa websites and the Questa Del Rio News Facebook page.

From the Questa Library Book Club:

Hello Readers,

I am assuming that all of you have received the statewide announcement that the Governor is extending the Stay at Home date until May 15. In accordance, we will postpone our meetings until after that date... or after the next date.

If this continues, I suggest that

we plan a Return to Book Club Party. I also suggest food, wine, hats, face-mask decorating... and extend the length of time that we get together. We can come to my house or we might reserve a place at a restaurant. Who knows? I have soooooo many books to talk to you all about!!

—Judy

Have You Written a Limerick Today?

According to wikiHow, a limerick is “a short, comical poem that often borders on the nonsensical or obscene. They are fun to write and to read, as they are meant to make your readers laugh.” Your librarian enlisted a couple of notable volunteers to write a quick limerick for this month’s edition of the *Questa Del Rio News*. Read ours and then try one of your own. Be sure to share it with us!

There is a small library in Questa
That people all say is the besta
We love books, plants, and kids
And in our new digs
We’ll barely have time for siesta!

Said a library patron from Questa,
Our library is simply the besta.
We check out good books.
And sit at computer nooks.
It’s always a literary fiesta.

To walk, they say you must crawl,
If you do that, you surely will sprawl,
So, pull up your pants.
And watch out for the ants.
Your reward is right down the hall.

All month we have sheltered at home.
We’ve been warned to not even roam.
We made the cat dizzy.
Our mom’s in a tizzy.
Thank goodness we still have a phone.

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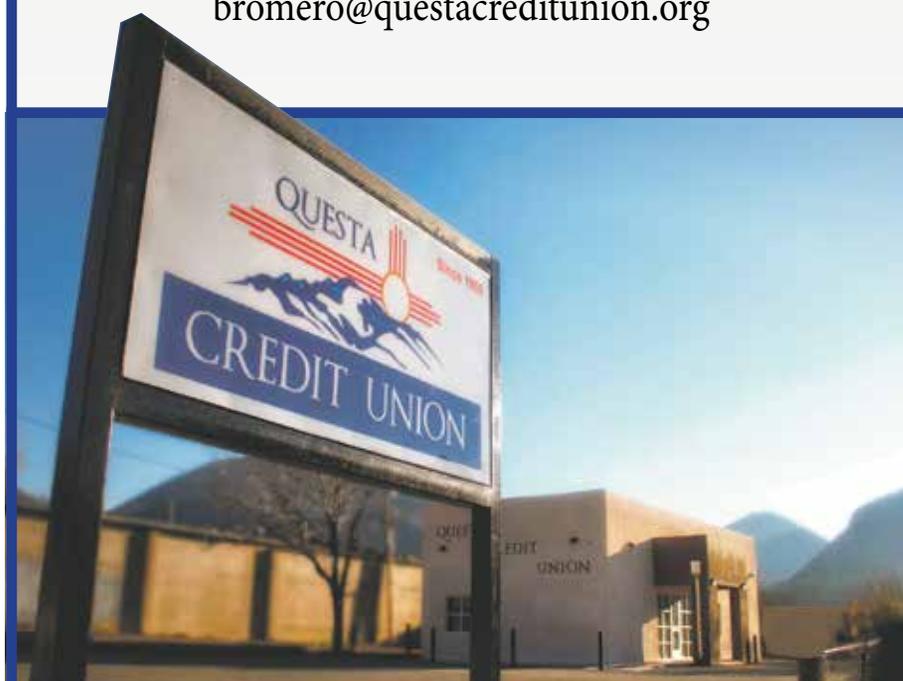
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Positive Thoughts

by Donna Mitchell-Moniak

We are all together in this current world event, one in its potential for finding the blessing in it.

Every moment offers an opportunity for understanding, wakefulness, patience, and compassion, added into the collective consciousness. If, in this moment, you are healthy, offer it to all who are not or will not be tomorrow. This includes your mental and emotional states. When you experience wonder with a sunrise or sunset, or the beauty of a spring blossom or bird song, offer it. Offer that wonder and beauty to all beings everywhere.

When you experience fear, wor-

ry, feel trapped, bored, or frustrated, recognize that your emotions are being hijacked. Breathe and smile into your emotions and mind and observe the afflictive emotion decrease.

When you use a moment of troublesome emotion as a method of awareness and transformation, it is an antidote, a healing balm for humanity. We benefit by our mindful noticing. Brothers and sisters, humanity benefits. If you don't uplift your mindset for yourself, do it for the world.

Physical bodies are designed to be strong. And then mortality, frailty, sickness, and death are all assured. Knowing these things and contemplating them illumines how precious each moment is. No one is alone in his or her challenging circumstance. The truth is that for every ache and pain in one person, there are billions in the world this very moment

experiencing suffering. These truths are the spark and fuel for awakening. Remember that Syria and Venezuela are still ravaged by political conflict, California and Australia are still ravaged by wildfire, sea levels are still rising, and the spring tornadoes have begun. Spring floods are poised as the snows melt, and summer's heat will break records again.

Coronavirus is getting our attention, diverting it from other world ills. So, as you are attending an ache or pain or difficulty breathing or are engaged in supporting someone, know that our condition is shared. Reflection, contemplation, and acknowledgment are how we begin the process of lessening suffering.

As you are going about your day, notice the air, your body, your relationship with Mother Earth and all her creatures, seen and unseen. Be a light to others, so

they might also notice these things. As you are preparing a meal, think about people who – in that very moment – are cooking. Some are using the one pot they have, crouched at a small fire fueled by dung. Some are using herbs grown in their gardens, others are using spices from a colorful bazaar. Think of the homeless and if they have anything to eat. Think of the refugees all over the world, what is their situation? My friends, use every moment, whatever thought, emotion, activity, frustration, or creative expression as reflection on the shared oneness of humanity. And then offer that moment and all its luminous qualities, brought forward because you noticed, breathed, smiled, reflected, and mused, into the collective consciousness of humanity. We are the ones we've been waiting for and now is the time.

The Nature Conservancy Launches New Online Learning Resource

By TRACEY STONE

More than 850 million children and youth – roughly half of the world's student population – have to stay away from schools and universities due to the COVID-19 pandemic. While students can't travel the world right now, they can still develop great passion and knowledge about the world through high-quality classroom content.

Today, The Nature Conservancy and its 550 scientists are launching Nature Lab*, a new online learning platform designed to help students learn the science behind how nature works for us and how we can help keep it running strong.

"As schools around the world shut down in response to COVID-19 and parents work to balance the demands on their time and energy, we know that students will have very different learning experiences over the next few months," said Kate Ireland, director of Youth Engagement Programs** at The Nature Conservancy. "I'm proud that The Nature Conservancy, with our newly relaunched Nature Lab curriculum, can offer families some support and open up new worlds for young people."

A variety of age-appropriate courses are available for grades Kindergarten through 12th Grade, plus bonus virtual field trips, such as "The Secret Life of

Corals," "Borneo: The Symphony of the Rainforest," and more. Nature Lab features a free curriculum and engaging videos that can be viewed on computers and tablets. To learn more about Nature Lab and The Nature Conservancy's programs for youth, visit the links below.

The Nature Conservancy is a global conservation organization dedicated to conserving the lands and waters on which all life depends. Guided by science, we create innovative, on-the-ground solutions to our world's toughest challenges so that nature and people can thrive together. We are tackling climate change, conserving lands, waters, and oceans at an unprecedented scale, pro-

viding food and water sustainably and helping make cities more sustainable. Working in 79 countries and territories, we use a collaborative approach that engages local communities, governments, the private sector, and other partners. To learn more, visit www.nature.org or follow @nature_press on Twitter.

*Nature Lab: <https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/>

**Youth Engagement Programs:

<https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/>

QISD Welcomes Stacey Danis as Director of Human Resources

By STAFF WRITERS

Born and raised in Pembroke, Kentucky, Stacey Danis has lived in northern New Mexico since 2014. Becoming enchanted with the place after their first trip here, she and her family moved to the area when her husband, Damean Craven, was offered a job at the Village of Taos Ski Valley. Stacey became a substitute teacher and secretary for QISD shortly after their

move. After subbing for the district, she found full-time employment with Kit Carson Internet as a customer service representative, and later as their outside plant coordinator.

Stacey has three children: Cole, Gabby, and Tate. Her oldest son, Cole, still lives in Tulsa. Gabby is a class of 2020 senior, and Tate is a sophomore and is very active in sports. Stacey enjoys spending time with her children and loves watching Tate com-

pete athletically, whether on the basketball court or in track and field events.

Stacey is friendly and helpful, in part because of her experience working as a hair salon owner for 20 years. She is also knowledgeable about the needs of the district, as she has attended board meetings regularly as a parent and has good relationships with other parents and community members. Stacey is also the president of the newly formed Questa PTA. Stacey

is grateful to have landed the position and to be able to work in Questa. She said, "I love it here and would never think of leaving Questa for any other place. I was raised in a very small town, so I feel right at home. I love the mountains and fresh air, I love the people, and have made a lot of new friends since I have moved here. I have enjoyed learning New Mexican history and traditions. I wouldn't trade my experiences here for anything."

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ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
MAY 2020

BREATHE

“And breathe. . . just breathe. Oh breathe, just breathe.” –Anna Nalick

“In like a lion, out like a lamb,” was March, as the entire planet settled into a never before experienced Pause, Breath, Silence. . . In last month’s column we mentioned the four Capricorn planets in March, including Capricorn’s ruling planet of long-term karma, Saturn, and the planet of short-term karma, Mars. Capricorn and Saturn also rule Initiation. Thus, we launched not just into a pandemic but into a Planetary Initiation. Four other planets in the sign of Pisces assured us that we were in the dark, the shadows, not understanding what was going on, some even suspecting foul play. In April both karmic planets slipped into Aquarius, an air sign, (Capricorn rules steep mountains), “flattening the curve” as it were.

Aries is the sign of Spring, creations, starting over, and the beginning of new cycles. This launching of something new while destroying the old is exactly what it means to enter a New Age; this New Age of Aquarius. We can view it in horror and fear, or we can recognize that we chose to be here at this time in order to participate, to be a part of launching something better. The sign of Taurus – potentially the most materialistic of all the signs – followed Aries midway through April with four planets expressing that sign. Materialism must lose its power, or we all fail. A higher meaning of Taurus is appreciation of things earthly rather than hoarding (much witnessed in the last couple of months) and the need for ownership. We can choose to express this energy as both appreciation and establishing foundations for our future. Then, mid-month, all four Taurus planets shift into Gemini, another Air sign. In combination with the Aquarian Saturn, it’s time to breathe. . . to reflect on where we choose to go next.

Everyone: The karmic part of this trip lightens up by the 10th.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: You run the gamut of emotions this month.
Direction: Continue to raise them to the highest emotions.
Soul Thought: Love. Compassion. Gratitude. Joy.

TAURUS ♉ Planet: Vulcan ♁ APRIL 19 – MAY 20

Dynamic: You start the month strong and confident.
Direction: Carry that energy through to the end.
Soul Thought: With that, you can carry others.

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: It’s your time to shine, but you will still have a battle to fight.
Direction: Remember who you REALLY are.
Soul Thought: Beauty is in the eye of the beholder.

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: It is a time of confusion, uncertainty.
Direction: It’s a time when you can choose to lift the veil.
Soul Thought: “The obstacle is the way!” –Brenda Heim (HeimArt.com)

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: The Grand Illusion has much power right now.
Direction: It’s a time to determine what you value most.
Soul Thought: And don’t.

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: As the entire planet needs healing, so it is your time.
Direction: Define healing.
Soul Thought: “What good is it to me if Mary gave birth to the Son of God 1400 years ago and I do not also give birth to the Son of God in my time and my culture?” –Meister Eckhart

LIBRA ♎ Planet: Uranus ♁ SEPT 22 – OCT 22

Dynamic: As the ambassador of the times, you can put your will to use.
Direction: Your job is always to flatten the curve.
Soul Thought: What is an even keel?

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: It gets a little tougher as you move deeper into the month.
Direction: Take a deep breath early in the month.
Soul Thought: It’s for diving.

SAGITTARIUS ♐ Planet: Earth ♁ NOV 21 – DEC 20

Dynamic: It’s global all right.
Direction: Reach for the stars.
Soul Thought: In here? Or out there?

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: Those who have seen you as hard, may now realize your value.
Direction: May the blessings flow.
Soul Thought: Including from you, my dear, from you.

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: Joy may stumble.
Direction: Seek the blessings; they are there.
Soul Thought: “The Initiate Himself.” –Dr. Douglas Baker

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: It’s not an easy journey, but you are clear.
Direction: Now is the time for believing.
Soul Thought: “Children are natural believers—they know there is something greater than themselves.” –John Bradshaw

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

MAY 2020

Do you have an event to post on our Free Community Calendar? Tell us about it! news@questaedf.com. Due to the pandemic closures please confirm events.

MAY 5 6:00 PM

Questa Independent School District Board Meeting online via Zoom; call the Administrative Office for the Zoom link and access code to participate, (575) 586-0421.

MAY 8 11:00 AM - 2:00 PM

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

MAY 12 6:00 PM

Village of Questa Town Council Meeting online via Zoom; call the Village Office for the Zoom link and access code to “attend” the meeting, (575) 586-0694.

MAY 19 6:00 PM

Questa Independent School District Board Meeting online via Zoom; call the Administrative Office for the Zoom link and access for the meeting, (575) 586-0421.

MAY 21-26

Questa Annual Veterans Field of Honor Flags Display, over 1,000 flags are erected in commemoration of our military servicemen and women at 2389 Highway 522 in Questa.

MAY 22 11:00 AM - 2:00 PM

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

MAY 24 10:00 AM - 2:00 PM

Questa Farmers Market Opens! Questa Visitor Center, (575) 224-2102

MAY 26 6:00 PM

Village of Questa Town Council Meeting online via Zoom; call the Village Office for the Zoom link and access code to “attend” the meeting, (575) 586-0694.

SPECIAL DAYS IN MAY:

MAY 1

May Day

MAY 4

Star Wars Day, “May the force be with you”

MAY 5

Cinco de Mayo, olé!

MAY 5

Teacher Appreciation Day, thank you for all you do, especially during this time of “distance learning!”

MAY 9

Stamp Out Hunger Food Drive Day, donate food or funding to the Questa Food Pantry, call (575) 586-0486

MAY 10

Mothers’ Day, Thanks, Moms!

MAY 12

International Nurses Day, thanks for being on the front line in our battle against COVID-19!

MAY 25

Memorial Day, in tribute of our military personnel that served us and have left us.

MAY IS THE MONTH FOR:

- National Military Appreciation
- Dental Care Awareness
- National Mental Health Awareness
- National Photography Month
- Chamber Music Month
- Skin Cancer Awareness
- Get Caught Reading Month



HELP WANTED

WELDING INSTRUCTOR NEEDED

to teach hands-on classes at the new Questa High School Welding Lab. Classes will begin with the Fall 2020 school year, held on Fridays for 2-3 hours with max 10-12 students. Welding certification required; past welding instruction experience preferred. For more information, and to apply, contact Lynn Skall, Questa Economic Development Fund, 575-586-4129.

ADVERTISING SALES For Questa Del Rio News. Base salary plus commission, part-time. Call 575-586-2149 Lynn asks for a or 1/4 page ad also for this, whatever fits...

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! 575-586-2258.

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!

Harvested to order Tipi Poles and made to order tipi's. Put in your order for this season. Full sets, fresh harvest, peeled, de-nubbed, and dried. email for pricing iamwendygreen@gmail.com

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

We still have the solid oak regulation pool table for sale! 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

WE ALL COUNT! Be sure to step up and be counted in the 2020 Census. See related story on page 6.

¡TODOS CONTAMOS! *Asegúrate de dar un paso adelante para que te cuenten en el Censo 2020. Ver historias relacionadas en la página 7.*

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.

PERSONALS

Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

Red River Memorial Day Weekend Update

The Town of Red River has been closely monitoring the COVID-19 pandemic. The Town Council conducted a special meeting on Thursday, April 16, 2020 to address the issues of keeping our locals and visitors safe and healthy from the effects of this pandemic during our 38th Annual Memorial Weekend Motorcycle Rally. The Town of Red River is committed to playing a constructive role to limit the spread of this virus and limit any extra burdens to our healthcare system. With the Governor's Stay-at-Home order extending through May 15, 2020, the timeline of how long this will last remains uncertain. The Red River Town Council voted to not allow vendors and will not issue itinerant permits for the 2020 Memorial Weekend Motorcycle Rally.

The town will be extending full refunds to all vendors who have paid to reserve their booth spaces in Brandenburg Park. We hope that our beautiful little community will be opened by the end of May. But with so much uncertainty as to the timeline of this global crisis, we feel this is best for the community and our residents. For additional information contact April Ralph, Town of Red River Tourism Director at 719-221-2391 or aralph@redriver.org.

RIDER NOTICE

320 QUESTA ROUTE TO BE MODIFIED TO RESERVATION-ONLY SERVICE UNTIL FURTHER NOTICE

As a result of continuing impacts of the COVID-19 virus and the State order restricting groups to five or less, the 320 Questa route will switch to a reservation/essential ride-only service beginning Wednesday, April 8. The public must limit rides to essential trips only, such as pharmacies, groceries, work, medical and banking.

During this time, the route will operate on its normal schedule.

Requests must be made at least

24-hours in advance

by calling 866-206-0754, ext 2.

310 RED RIVER ROUTE SUSPENDED UNTIL FURTHER NOTICE

For more information, visit www.RidetheBlueBus.com



Carson National Forest announced they will be delaying the sale of personal-use fuelwood permits to June 1. The decision to delay permit sales was based on the COVID-19 virus projected peak in New Mexico.



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.



CHURCH DIRECTORY

Gathering at churches is currently against COVID-19 guidelines. Please contact churches directly for other possible options.

QUESTA

ST. ANTHONY DE PADUA CHURCH IN QUESTA

Father Andrew Ifele 586-0470
Saturday 6:00 pm,
Sunday 7:00 am in Spanish -11:00 am in English

MISSION CHURCHES:

Sagrado Corazon in Costillo - Sunday 9:00 am
Nuestra Señora de Guadalupe in Cerro-
2nd & 4th Saturdays 4:00 pm
Santo Niño in Amalia- 1st & 3rd Saturdays 4:00

HARVEST QUESTA

Pastors Kristi & Johnny Gonzales
2558 Hwy 522
Sunday 11:00 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 10:30 am
Wednesday Bible Study 7:00 pm
www.lwmsite.org
586-1587

PATH OF LOVE

Teachings of Herman Rednick
Sunday 7:30 am class and meditation
586-1454, Hilece
Sunday 10:00 am Alice Bailey Theosophy Study Group
586-4641, Francis www.earthjourney.org

QUESTA CHURCH OF CHRIST

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

KAGYU MILA GURU SANGHA

Tibetan Buddhism
Thursday at 4:00 pm Chenrezig
Friday 8:00 am-Green Tara
gabrielle.herbertson@gmail.com
www.earthjourney.org
586-1454 or 586-1038

ABUNDANT LIFE CHRISTIAN FELLOWSHIP

Sunday Service 10:30 am
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 10:00 am, Wednesday 6:30 pm
Children's Church at Both Times
Pastor Chris Torres (505) 600-5859

FAITH MOUNTAIN FELLOWSHIP

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

FIRST BAPTIST CHURCH OF RED RIVER

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

ST. EDWIN'S CATHOLIC CHURCH

North End of Silver Bell Trail
Saturday 6:00 pm
(Confession prior to Mass or by appt.)
Father Andrew Ifele 586-0470



WE HAVE A WEBSITE!!!
QUESTANEWS.COM



AA MEETINGS

Alcoholics Anonymous
Online Zoom Meetings:
https://aa-intergroup.org/directory_audio-video.php

For Information on local meet-
ings call Mose at
575-224-4326

AA WORDS OF INSPIRATION for MARCH

True ambition is the desire to live
usefully and walk humbly under
the grace of God.
- Bill W.

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.

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



LIKE US ON FACEBOOK!
Questa Del Rio News



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

BUSINESS DIRECTORY



KEITH D. JAMESON, D.D.S.
Questa Dental Center
 2451 Highway 522
 575-586-0259

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DAVE WEST
 Home: (719) 672-4404
 Cell: (575) 770-8841
 Fax: (719) 672-4504
utemountainranch.com

8377 County Rd B, Jaroso, CO 81138 • P.O. Box E, Jaroso, CO 81138

575-586-0561
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www.questa-happypaws.com

Cerro Vista Farm

Fresh Produce and Flowers
June 24th through September 30th
Tomato Plants for Sale
May 20th and May 27th
Wednesday Afternoon 3 pm to 6 pm
 198 Lower Buena Vista Road, CERRO

Covid-19 Special:
ALL ADS HALF PRICE FOR JUNE

Monthly Advertising deadline is the 15th of each month.

Call or e-mail us today!

575-586-2258 or DelRioColoradoADs@gmail.com

COVID-19

HELPING CHILDREN COPE

SIGNS OF DISTRESS

Children in distress could display:

- Excessive worry, anxiety, or sadness
- Avoidance of activities they enjoy
- Returning to behaviors they have outgrown
- "Acting out" in teens or excessive crying in young kids
- Changes in their appetite or sleep
- Headaches, body pains, skin rashes

SUPPORTING CHILDREN

Talk with them

- Reassure them
- Address rumors
- Answer questions

Set a good example by taking care of yourself

- Wash your hands
- Avoid touching your face

Limit their exposure to media and social media coverage of the event

For child care, financial, insurance and other questions, call: 1-833-551-0518.

For behavioral health support, call the NM Crisis and Access Line at 1-855-662-7474

cyfd New Mexico Children, Youth & Families Department

IF YOU'RE SICK...

Coronavirus symptoms include fever, difficulty breathing and dry cough.

If you have those symptoms, stay home and call the New Mexico Department of Health hotline at 1-855-600-3453 for guidance.

For Updates - <http://cv.nmhealth.org/>

COVID-19

AYUDANDO A LOS NIÑOS ENFRENTAR EL NUEVO CORONAVIRUS

SEÑALES DE ANGUSTIA

Niños angustiados pueden mostrar:

- Preocupación excesiva, ansiedad o tristeza
- Evitan actividades que a ellos les gustan
- Regresan a comportamientos que ya habían superado
- Adolescentes con "mal comportamiento" o niños pequeños llorando excesivamente
- Cambios de apetito o dormir, dolor de cabeza, dolor de cuerpo, salpullido

APOYANDO A LOS NIÑOS

Hable con ellos:

- Tranquilícelos
- Hable de rumores
- Conteste preguntas

Sea buen ejemplo al cuidarse usted mismo:

- lávase las manos
- evite tocarse su cara

Limite que vean los medios de comunicación y redes sociales que hablan del evento.

Para cuidado infantil, finanzas, seguro y otras preguntas, marque: 1-833-551-0518

cyfd New Mexico Children, Youth & Families Department

SI ESTÁ ENFERMO...

Los síntomas de Coronavirus incluye fiebre, dificultad para respirar y tos seca

Si tiene algunos de estos síntomas, quédese en casa y llame a la línea directa del Departamento de Salud de Nuevo México al 855-600-3453 para más orientación.

Para actualizaciones - <http://cv.nmhealth.org/>