

Questa Del Rio News

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

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BREAKING NEWS

NCRTA BLUE BUS AWARDED FUNDS FOR ELECTRIC BUSES

The New Mexico Department of Transportation will receive funds to purchase new electric buses and charging infrastructure on behalf of the North Central Regional Transit District. The project, which will also support charging equipment and workforce training, will improve service reliability and address air quality, improving environmental justice in the Taos Pueblo community. Look for more information in our August Issue!

Living a Life of Adventure and Service



Daniel Hutchison

Bud Wilson bridges the generation gap with some pointers on tomato growing.

By DANIEL HUTCHISON

Bud Wilson was born in 1925 in the suburbs of Chicago, but forged his connection to the land and people of northern New Mexico when he was just 16 years old, while accompanying his high school teacher on a research trip to San Cristobal. That summer, in 1942, he worked as a ranch hand in the Latir area. At that time the highway turned to dirt at the New Mexico border!

The year before, at age 15, Bud Wilson had gone to work on a farm in Kansas for the summer. He milked the cows, hitched the horse team, and pitched the hay. When the old farmer left for a family crisis, young Bud had to run the whole operation on his own. His love of the land and unflagging work ethic were born.

After serving as a Navy pilot, Bud went to college. Prestigious fraternities

ADVICE FROM BUD:

"Make choices for your life that help make the world a little better... one thing after another."

Interviews with Bud Wilson can be found on the Questa Stories website: QuestaStories.org.

invited him to pledge. He declined, because they excluded minority students. Bud was subsequently elected class president. In June 1947, Bud began the process of buying a ranch in Lama, NM. On break from school, he loaded up an old army truck with teenagers from Chicago and headed west to work and camp for the summer on the land. Bud and the dudes raced across the mesas riding bareback, dug 80-ft-deep wells by hand,

and got lost in the mountains.

While attending medical school, Bud returned to San Cristobal. While there, he heard that a young woman had died in childbirth, leaving two kids without a mother; this affirmed his commitment to becoming a doctor and serve in places of highest need. Dr. Wilson practiced open heart and general surgery for 50 years and developed a reputation for indefatigable devotion to his patients. In one pioneering procedure, Bud spent 26 hours holding a woman's heart together. Defying statistical probability, she survived. He established surgical programs in New Mexico (including the first heart program in the state), in Colorado, and in India, where his family relocated to live and work temporarily.

Digging ditches in the Land of Enchantment to pay for med school, Bud

Questa Del Rio News

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QUESTA DEL RIO NEWS

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Questa, NM 87556

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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EDITORIAL

Summer Fun In The Enchanted Circle

Leaving the COVID-19 era behind us (we hope!), everyone is jumping headfirst into summer fun. In the Enchanted Circle, that means enjoying the great outdoors in many ways.

Check out the winners of the 2021 Questa Fishing Derby at Eagle Rock Lake on page 15. We are blessed with wonderful fishing and Eagle Rock Lake is a beautiful place to spend a summer day or an hour. Soon the lake will be a pitstop on the trail running along the Red River that connects the Village of Questa to the Town of Red River. That will be a nice walk. Thank you to all the individuals and groups who are helping to make this beautiful dream come true.

Our July issue celebrates the community of Lama—now there is a place that knows about summer fun! Check out what the locals are doing with their Lama Community Garden. We also highlight Nat Wilson and the La Lama Acequia—such great work of water stewardship. Nat's Father, Bud Wilson, also of Lama, had the vision to create a summer camp for youth, and many decades later, our young people are still enjoying the great outdoors.

We are excited that our food section is no longer called Quarantine Quisine! We have gone back to the original name, Enchanted Eats, and what better way to celebrate the end of quarantining than by featuring favorite potluck recipes from some great cooks in Lama. July is National Culinary Arts Month, National Grilling Month, and also National Picnic Month, so let's have a good time with good food and good people, eat outside, have a picnic, and enjoy ourselves.

How can we cover Lama without talking about the Lama Foundation, an internationally celebrated destination, right here at home! See page 16 to learn about their 50 years of service and a list of their summer events. Some events are still virtual, but, hey, it IS summer and it IS fun!

Please remember to visit the Questa Farmers Market on Sundays to support the local food movement. And there is the new Saturday Market: The Questa Collectibles & Crafts Market is at the Farmers Market site, near the Questa Visitor Center. Please support your local newspaper by stopping by the booth on Saturdays, sign up for subscriptions, buy products donated to the Questa Del Rio News and just tell us how we can improve to serve you better. If you want to clear out some stuff, please donate it and we will sell it as part of our fundraising efforts. Don't be shy about paying for news! Please think about setting up a booth at the market with your collectibles, and raising some funds of your own.

Last month our cover story was the Questa History Trail official opening. July is a great time to take a stroll through historic Questa and explore local history.

Next month we'll bring you our annual back-to-school issue. So much is happening in education and lots of good stuff is going on with our youth. Stay tuned and have a wonderful July!

LOU McCALL, EDITOR

AND ALL THE FOLKS AT THE QUESTA DEL RIO NEWS

THANK YOU TO EVERYONE WHO MADE OUR JULY ISSUE SO AWESOME!

DUANE ABEL, CHRIS ARELLANO, LINDA BETZ, KATE BROWN, CLAIRE COTÉ, PETE CRIDER, ANNIE DEGAN, BRYCE FLANIGAN, POLLY FOX, LINDA FRIEDMAN, GEORGIA GERSH, DANIEL HERRERA, DANIEL HUTCHISON, ANWAR KAELIN, RACHEL KUC, SENATOR BEN R. LUJAN, NICK MAESTAS, HILARY MARKIN, MARTY MICHAEL, JIM NAGLE, STEPHANIE OWENS, MONICA RAEL-AGUILAR, CATHERINE ROTH, LARRY SANCHEZ, NOVA SANDERS, PEGGY TRIGG, NAT WILSON, TODD WYNWARD



MAIL CALL

Your June Pride stories were wonderful, thank you! I especially found the ABCs of LGBTQIA helpful, I have one question, though. What category do people fit into when they have life partners of the same sex, and it is a platonic relationship? It is often assumed that I am a lesbian, which I do not identify with. There is a term “Boston Marriage,” that referred to women who lived together out of necessity, often widows. Such arrangements were socially accepted up until the early 20th century. I would be interested in knowing if this category is considered a topic of gender studies.

NAME WITHHELD
BY REQUEST

Dear Reader, this is a great question and an example of how despite the increase in LGBTQIA identity categories, they still cannot capture the whole spectrum of human relationships. Yes, “Boston Marriage” is a gender studies topic (search for articles on googlescholar.com). New categories may describe something closer to your situation. Some identify partnerships within a spectrum of “aro” (non-romantic) and “ace” (asexual) identities, such as “Oriented Aroace” (see https://lgbta.wikia.org/wiki/Oriented_Aroace). Others are “queerplatonic” (in this sense “queer” doesn’t refer

to homosexuality, but to non-heterosexuality). And yes, these categories even have flags. I encourage you to do an online search, see if they fit (or not), and check out online forums like Reddit where others ask questions similar to yours. It’s an exciting time because you can help shape this discussion. Thanks for this excellent question.

CAROLINE YEZER,
PHD CULTURAL ANTHROPOLOGY

Thank you, *Questa Del Rio News*, for the great coverage of all the good things that are going on in our area. We at the Vida del Norte Coalition love being in touch with the community via the *Questa Del Rio News*. It’s a huge advantage for everyone.

JANIE CORINNE, M.P.H.
PERSONAL AND PUBLIC
HEALTH CONSULTANT
VIDA DEL NORTE COALITION

Thank you for printing Andie McLaren’s heartfelt article about her friend who died with her secrets. How sad she felt she must hide an important part of herself from her husband and that her secret died with her. This was a powerful story that deserved to be shared.

JULIAN SPALDING, TAOS

Thank you so much for sharing! My heart sings. Gratitude to your newspaper for helping make a better world.

Love, Andie

Meet Ernesto, Newest Addition to *Questa del Rio News*!



STAFF WRITERS

Ernesto is a *Questa* native who is often known through his grandfather, Flavio Cisneros, the unofficial historian for the *Questa* community. While Ernesto wasn’t born in New Mexico, he considers himself a lifelong New Mexican and *Questaño* with a strong passion for writing and discovery.

Ernesto graduated from Taos Academy in 2019. From there, he decided to pursue journalism, after being accepted into the prestigious Emerson College in Boston, MA. Ernesto decided to stay in New Mexico instead, to obtain his bachelor’s degree and pursue graduate

school or law school out of state at a later time. He’s currently a junior at New Mexico State University in Las Cruces, NM, where he’s double majoring in journalism and government, with a potential minor in social media management. His focus is on multimedia journalism and public relations.

Ernesto takes pride in his academic achievements, having been the recipient of numerous scholarships from the NMSU Department of Government, the NMSU Department of Journalism & Media Studies, and the Taos Community Foundation. He is also a third-year NMSU Crimson Scholar.

Ernesto is excited to work with us this summer to build experience that will help him in his programs in college and future career. Feel free to contact him at reporter.qedf@gmail.com or through social media.



BY MARTA GLOVER

WHAT ARE YOU GRATEFUL FOR?

We have had some hot days in June, which got me thinking about the 4th of July. May we all celebrate this holiday together and be grateful to resume some of our annual festive activities. Here’s what folks on the street are saying about the 4th of July:

Miranda, Red River
(teenage student)

I am grateful for the 4th of July because I celebrate my dog, Tobly’s birthday every year on this day. Last year it was COVID-19 but we still managed to celebrate by making a birthday cake and getting bacon peanut butter ice cream for him.

Andrea, Taos
(screenwriter)

I will never forget the 4th of July when I was 4 years old. My brother and I were shooting off fireworks in the front yard when the top blew off the

firework and landed under the tongue of my sneaker, burning a hole all the way through the top of my foot and leaving a scar the size of a dime. I still have that scar today. I am grateful for learning at a young age how to be careful around fireworks.

Fernando and Marcela, Taos
(US citizens 30 years, from Argentina)

Four of our children were born in Texas. We are grateful to see our children celebrate this holiday as native *Tejanos* first, Americans second. We like seeing them celebrate the holiday of the country that adopted them. When they were younger, a ritual was established in our neighborhood. We would get all the kids into the Radio Flyers and pull them down to the park and wait for the fireworks. When our home was in Texas, New Mexico was one of our top destinations. We have a huge heart for New Mexico.

Taya, Questa
(community midwife)

I was a rodeo queen in Pilar, New Mexico on the 4th of July. I am grateful to feel connected with the horses and the way the earth feels beneath their hooves. I want to honor it every year by riding across the mesa because I am country!

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Business Profile



IMAGINE EDUCATION

By DR. STEPHANIE OWENS, PH. D.

*Students learn by doing.
Teachers learn by teaching.
The world is our classroom.
Imagine Education provides help
to create equitable
and inspiring educational
environments for children.*

Fluorescent lights illuminate the room. The bell rings, a door is opened, and the occupants shuffle out to the next appointed space. The lunchroom... food created by the lowest bidder—you know by the smell. Where are you? Many people, when asked this question, respond, “prison.” No—you are in a public school, where most of our children live at least seven hours a day for 180 days a year.

I have been in hundreds of classrooms, as a graduate student, a teacher, a consultant with a national reform organization, and an independent consultant in Taos. The vast majority of professionals in these schools: teachers, administrators, support staff, are committed and dedicated to the children they serve. Many beautiful classrooms exist, and many teachers take the hard road of designing their own curriculum. And I have left many of the classrooms I have visited with my heart broken for squandered childhoods.

We have inherited a prison-like, factory model education system. And we teach how we were taught—students sitting in rows, in square institutional rooms, passively listening and working through worksheets or textbooks. I stay in my chosen career path because I have hope. Hope in humanity. And, yes, even hope in public education, which I believe has the potential of being the great equalizer.

The path of a teacher and a coach of teachers was never my intention. My passions are neuropsychology: the relationship of biology to the experience of having a mind, how humans learn and develop, and in research design and analysis. As a result of this crooked path, I stumbled onto learning how the human imagination evolved and how it is ultimately the primary way we learn how to be humans living in communities, because we have a biological need to become fully participating members

of a culture. We are driven to be a part of it all from birth, whether we witness traditional culture of Taos Pueblo or the work of accounting and business in the western paradigm. Cultural experiences are the stuff of our imaginings.

A large part of my passion, vision, and mission in life is to work to transform classrooms into places of play, from crafting the narrative of history to the work of mathematics and science—curriculum that embeds the principles of deep play so students can learn with their entire beings, not just build limited memory pathways to hold factoids. The hope is to create classrooms that honor cultures, family backgrounds, and individual identities: classrooms in which teachers see their first role as relationship builder, so students feel known and feel that some adult in their world genuinely cares about them and their future, using teaching methods that honor the social and imaginative nature of the human mind. We have many classrooms and teachers who work to transform education. And... Imagine if all children viewed school not as a prison but a place of learning through play. Imagine school as another place of wellness, a place in which children can have a safe place to learn how to play in healthy ways—with ideas, with others, and spontaneously, with an open field of view. Imagine the shift in our human story... and have hope.

The overarching goal of Imagine Education is to transform schools and

schooling so they are worthwhile and meaningful for students. I believe the prison metaphor for public school can be replaced by schools that provide relevant and authentic content and learning for students. Educators have a lot of work to do, and should not be passive recipients of a PowerPoint. Imagine Education partners with educators so we can collaborate in the classroom and in professional development sessions to do the actual work to transform classrooms. Just as children deserve real world tasks to learn and grow, so do teachers. Professional learning experiences should provide resources, structures, and systems needed to sustain adult learning and encourage teaching that works for helping children grow—in real classrooms.

Dr. Stephanie Owens, Ph.D. is a Lama resident, Educational Psychologist, and CEO and Lead Consultant for Imagine Education.

She earned her doctorate and master's degree in Experimental Psychology with an emphasis in neuropsychology and cognitive development, at the University of Northern Colorado. Stephanie has over 25 years of experience teaching in public K-12 schools and college/university settings. She has worked as an educational consultant at the national, southwestern, and New Mexico state level, as well as with many of the Native Nations in New Mexico. To learn more about Imagine Education's programs, including Teacher Professional Development, Curriculum Writing, Instructional Leadership and other educational services explore <https://www.imagineeducation.org> or contact (575) 779-9778; imagine.education.inc@gmail.com.

Questa Crafts & Collectibles Market, Every Saturday

By LYNN SKALL

There is a new “market” in town, the Questa Crafts and Collectibles Market, launched on June 12, and held every Saturday from 10 am – 2 pm, throughout the summer. The Questa Economic Development Fund launched it, in response to locals looking for a venue like the Farmers Market to display and sell their artwork, handmade jewelry, antiques, and more.

The Crafts and Collectibles Market is just that place! It takes place adjacent to the Questa Visitor Center, in the same location as the Sunday Questa Farmers Market. Parking is always free, and the Visitor Center is open for restrooms, friendly conversation, and information about the area.

What will you find at the Saturday Market? Since vendors change every week, you'll discover new treasures and collectibles every time you stop by. It's where you will meet area locals showcasing one-of-a-

kind finds and selling their creations, such as handmade jewelry, antiques, original artwork, handcrafted items, collectibles, yard-sale sellables, and more. Wendy Medina, who is a regular at the Sunday Market, is a regular vendor, selling her famous Frito Pies, homemade baked goods, and her refreshing specialty summer drinks (non-alcoholic). The Questa Del Rio News has a booth at the Market, too, where you can sign up for subscriptions and chat with news staff.

The Crafts and Collectibles Market gives tourists passing through Questa another reason to stop—they'll meet the local vendors who share stories, make suggestions about what to see, where to eat, and what to do. The Visitor Center will provide the directions, maps, and details. Visitors will stop, stay awhile, and be enchanted by the Questa area on their way around the Enchanted Circle scenic byway.



E. Wilde

The Leather Lady of Questa, Torre Strong of Lynx Leatherworks, is one of the fine artisans at the new Questa Crafts & Collectibles Market.

New vendors are always welcome to participate in the Saturday Market; just show up and register on-site beginning at 8:30 am for set-up. Bring your own tables, chairs, cashbox, and all supplies. There is a \$10/week fee per booth space for the day, or \$125 pre-paid for a guaranteed booth space in the same spot for the whole

summer (16 weeks). All vendors are required to have a current Village of Questa Peddler's Permit, valid for three months. It can also be purchased on-site during registration, for a \$35 in cash.

For more information about the Saturday Market, please contact Lynn Skall at lynn@questedf.com or call (575) 586-2149.

QBEN Agricultural Meeting: Opportunities for Growth



By ERNESTO CISNEROS

The Questa Business Entrepreneurial Network (QBEN) and the Questa Economic Development Fund (QEDF) invited Pivotal New Mexico, a non-profit organization providing funds for social and charitable projects, to have an open discussion on Wednesday, June 9, at Rael's Market in Questa. Agricultural efforts in northern New Mexico were the focus of this discussion. Among the topics were access to grants, funding, and communication regarding existing resources. Attendees had the opportunity to voice their concerns, pitch potential projects, and share their support for agriculture in our rural communities.

Access to a community commercial kitchen was one of the emphasized projects. Those who attended the meeting felt that it would present strong economic



Terry Brunner, CEO of Pivotal New Mexico, speaks at the June QBEN meeting, held at Rael's Market, about expanding agriculture in the Questa area.

benefits for the local economy by encouraging local artisans such as bakers and food preparers to utilize the kitchen for their services. A community kitchen would possibly increase local commerce at the Questa Farmer's Market and small local businesses.

Community mapping was another emphasized topic. Some attendees felt this project was necessary to determine the available resources in terms of water, land, or equipment. Identifying these factors could help struggling farmers and

businesses close the communication gap to allow collaborative efforts and reduce long-term operating expenses.

Preserving historical agricultural traditions in the community was also discussed. Giving students the tools to research, plan, and write grants for agriculture sustainability was a main concern, considering the declining abilities of older farmers and agriculturalists. Research and writing workshops were brought up as possible opportunities for students to get involved through an internship program

in coordination with UNM-Taos and the Questa Independent School District.

Pivotal New Mexico representatives Terry Brunner and Linda Serranto suggested numerous solutions to these ideas, from USDA grants to establishing community-led cooperatives. Their focus for the QBEN meeting was to inform people about some of the USDA-AMS food programs currently available and to answer questions about the application process. Some of these financial programs are the Farmers Market Promotion Program, Local Foods Promotion Program, and Regional Food System Partnerships. These programs work to expand producer-to-consumer access, and to expand local and regional businesses enterprises.

While some of these programs have June deadlines, it's advised that interested applicants keep an eye out for other programs through the USDA website or through direct one-on-one contact with a Pivotal representative.

For more information about this meeting or to meet with a Pivotal New Mexico representative, contact Questa Economic Development Fund Director Lynn Skall, at Lynn@QuestaEDF.com or (575) 586-2149.

Free Business Consulting

By LYNN SKALL

After so many changes over the past year, have you thought about making changes to your business? Go virtual? Open a storefront? Would you like to better position your company to grow and expand? Or start a new business? You are fortunate to have Anwar Kaelin as a knowledgeable and experienced local resource to help you with these questions, through the Small Business Development Center (SBDC), a program of the Small Business Administration (SBA), for which he is director.

Anwar assists "anybody who has an intent or desire to start a business, needs assistance for every stage of business, or rounding out the business cycle." He added he can also "help small businesses with their bookkeeping, GRT filings, and review their financials, all at no cost."

Examples of the types of businesses Anwar can help include crafts people who want to sell online, artists who need help marketing themselves, tourism-related businesses like hunting outfitters, entrepreneurs who have an idea they want to turn into a business, and more!

Questa area businesses have a dedicated SBDC Zoom consultation time pre-scheduled with Kaelin on the third Thursday of every month. Drop in between 2 and 3 pm. for a private one-on-one assistance session or by appointment by email or phone anwar@unm.edu; (575) 737-6219, which are both free and confidential.

The SBDC website is loaded with business training webinars and resources available to you at any time at no charge. Workshops are offered, covering a wide range of business topics. Go to <https://nmsbdc.ecenterdirect.com/events>.

July webinars include:

- Basic Steps to Starting a New Business in New Mexico (July 7 at 11:30 am)
- Should Retailers Sell their Products Online? (July 13 at noon)
- The Most Important Web Statistic: Bounce Rate (July 9 at noon)
- Plus five others!

This month's drop-in Zoom session is July 21 between 2 to 3 pm; join at any time via video conference on Zoom at <https://zoom.us/j/5757376219>, or call in by phone at (346) 248-7799; (575) 737-6219.



QUESTA BUSINESS ENTREPRENEURIAL NETWORK

NEXT MEETING: JULY 14

JOIN US ON THE 2ND

WEDNESDAY OF EACH MONTH

The **Questa Business Entrepreneurial Network** meetings address issues that shape our community, they are free and everyone is invited to participate

Join us in person for refreshments followed by the monthly QBEN meeting at **Rael's Market** at

2430 NM-Hwy 522 in Questa

(575) 779-9249

For more information about QBEN and this month's topic, or to attend virtually via Zoom, contact Lynn Skall at lynn@questaedf.com



Lama Potluck Recipes

Our food section is no longer called "Quarantine Cuisine"—"Enchanted Eats" is back! Most of us have not been to a potluck in a while, so let's get this party started. We asked Lama residents to share their favorite potluck recipes, and here they are, just in time for the growing season, fresh and healthy, so enjoy!

Middle Eastern Tacos

From LINDA FRIEDMAN

Wonderfully tasty and satisfying! Of all the recipes that appeared in the 1971 edition of this iconic cookbook, *Diet for a Small Planet*, by Frances Moore Lappé, this is the one my family has eaten most often. The bean-sesame mix makes a great cracker spread, too. With precooked beans, the whole thing can be put together in no time. Increase any of the spices to taste.

Ingredients

3 c well-cooked garbanzo beans (1 c uncooked)
 1/2 c ground toasted sesame seeds or 1/4 c sesame butter
 2 cloves garlic
 2T lemon juice
 3/4 t ground coriander
 Salt to taste
 1/2 t ground cumin
 1/4 – 1/2 t cayenne pepper
 10 pieces pita bread or wheat tortillas
 Garnishes: shredded lettuce, chopped tomatoes, chopped cucumber, chopped onion, 1-1/2 c yogurt, or grated cheese

1. Purée together beans, sesame seeds, garlic, lemon juice, coriander, salt, cumin, and cayenne pepper, adding beans' cooking liquid or water if needed for easier blending. Let stand at room temperature a least 30 minutes.
2. Cut flatbread in half (to give 2 semicircles from each) and fill pockets with bean mixture. (If you like, heat filled pockets in oven before garnishing.

If serving on wheat tortillas, fry until soft but not crisp.) Set out garnishes and let everyone assemble their own. Makes 10 tacos.

The Life-Changing Crackers

Ingredients

1 c sunflower seeds
 1/2 c flax seeds
 1/3 c pumpkin seeds
 1/4 c sesame seeds
 1-1/2 c rolled oats
 2T chia seeds
 4T psyllium seed husks (3T if using psyllium husk powder)
 1-1/2 t fine grain sea salt
 1 T maple syrup (for sugar-free diets, use a pinch of stevia)
 3T melted coconut oil or ghee
 1-1/2 c water

Rosemary, Garlic, and Smoked Salt Version

Half batch:

2T. chopped fresh rosemary
 1/4 – 1/2 t garlic powder (depending on how strong you like it)
 Smoked sea salt, to taste

Fig, Anise, and Black Pepper Version

Half batch:

3 large dried figs
 1 t anise seed
 1 t cracked black pepper

1. In a large bowl combine all dry ingredients, stirring well. Whisk maple syrup, oil, and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick but still manageable). Divide the dough roughly in half, and set aside one half.
2. Place one half of the dough back into the bowl and add any flavoring you like. Gather into a ball and place it between sheets of baking paper. Using a rolling pin, firmly roll out into a thin sheet. Remove top layer of baking paper and using the tip of a knife, score the dough into shapes you like (I choose rectangles). Repeat with remaining half of dough. Let sit out on the counter for at least two hours, all day, or overnight.
3. Preheat oven to 350° degrees. Using the baking paper, slide the dough onto a cookie sheet and bake for 20 minutes. Remove cookie sheet from oven, flip the whole cracker over (if it breaks a bit, don't worry) and peel the baking paper off of the back. Return to oven and bake for another 10 minutes, until fully dry, crisp, and golden around the edges.

4. Let cool completely, then break crackers along their scored lines and store in an airtight container for up to three weeks. Makes 2 baking sheets of crispbread.



Wild and Green Casserole

From POLLY FOX

Our lush and most luscious spring in years has filled our meadows with beautiful plants and flowers. These are just some of the plants ready to eat now (or will be later in our Lama mountain growing season); Amaranth, Clover, Dandelion, Lambsquarter, Knotweed, Mustard, and Purslane. Garden-grown herbs are powerful, much like the wilds growing nearby.

Ingredients

One dozen eggs (We like Linda Friedman's happy Lama chicken eggs!)
 1-1/12 c herbs and wild greens, finely chopped
 One bunch of Rainbow Chard leaves, torn into small pieces
 3 c grated cheese. Use 2-4 different kinds
 3/4 c half-and-half or milk
 3/4 c frozen or freshly prepared green chiles
 1 t ground cumin
 1/8 t freshly ground nutmeg
 About 3/4 c breadcrumbs

1. Begin by picking the greens. Recently I gathered Thyme, Oregano, Lovage, Mint, Summer Savory, Chives, Tarragon, Rosemary, Lemon Balm, Lambsquarters, Dandelion, Alfalfa, Grass, Mustard, Dock, and Clover. Chop what you have to equal 1-1/2 cups. Combine with chard and chiles.
2. In a large bowl, beat the eggs, cumin, nutmeg, milk, or half-and-half. Add the greens and most of the cheese. Add to the ceramic baking dish. Put the reserved cheese on top and cover generously with breadcrumbs and gently push the crumbs and cheese together to form a happy crust.

3. Bake in a 375° oven for about an hour in a greased 8 x 10" ceramic dish. After baking, let it rest a short while before eating hot. It is equally good cold, cut into small pieces, and eaten as finger food. For a potluck dish, cold is easiest.

Polly Fox is a painter. Her pastels and watercolors are sometimes available at The Magpie Gallery in Taos. Her marbled papers are in a permanent collection at the Metropolitan Museum of Art in New York. She is the founding member of the family flower essence business www.petessences.com.

Fresh Vegetable Salad

From STEPHANIE OWENS

This is always a hit! And sometimes we all forget that salads are needed at potlucks, especially in summer!

Salad Ingredients

Kale, finely shredded
 Carrots, shredded
 Red cabbage, shredded
 Cauliflower, finely chopped
 Sunflower seeds
 1 T or so of nutritional yeast

Dressing Ingredients

Garlic, minced (to taste preference)
 Balsamic vinegar
 Low sodium soy sauce
 Oil of choice

1. Whisk liquid dressing ingredients together to your preferred taste. Add garlic.
2. Massage vegetables with a little oil. Pour dressing onto veggies and toss to coat well. Sprinkle sunflower seeds and mix in.



Mayordomo, Nat Wilson: Water Stewardship

By CAROLINE YEZER

Nat Wilson has been the Mayordomo for the El Rito de la Lama Acequia Association for a couple of decades. Born in Colorado, Nat grew up in Denver, Albuquerque, and overseas in India when his father, Bud Wilson, had a job teaching medicine. Yet his very first childhood memory is of Lama. When he was three years old, he remembers peering into the Lama sky, mesmerized by how fast the clouds zoomed past. Today, in his role as Mayordomo, Nat thinks a lot about those clouds, and what futures they hold for small highland communities like Lama.

The El Rito de la Lama acequia is just one of about 700 working ditches that deliver water from New Mexico's mountain peaks to farms and people below. Compared to its 300-year-old (and older) siblings, the Lama ditch is a spring chicken: it was incorporated over 100 years ago, to promote agriculture and protect water rights for agricultural and domestic use.

Nat makes it clear that the Lama ditch is NOT a domestic water association. It delivers water for residential use, as well as to sustain greenhouses, gardens, orchards, pastures and hayfields. We tend to think of ditches in terms of field irrigation, but the acequia was traditionally a source for household water as well. This is still the case in communities like Lama, where successfully drilling a well and hitting water is, as Nat says, "a big gamble." Each user is responsible for filtering or treating this household water. Stock tanks are also filled all through the year by the main pipe's flow.

About a decade ago, during an extreme drought, Nat and the Lama com-

munity responded by installing more than a mile of inch-and-a-half poly pipe, which can deliver 30 gallons per minute, all freefalling gravity flow—it's not a pressurized system. This has been a lifeline in times of scarcity. "We have a fantastic hybrid water delivery system on our acequia. We maintain the natural historic earthen ditch for times when we have good water flow, but we are prepared for the worst when it dries up."

Putting the pipe along the ditch challenged Nat's understanding of hydrodynamics and forced him to develop his knowledge through trial and error. "The pipe was rolled out on the surface, mirroring the original acequia system. People connect to it just like they open their gate on their ditch time. We also checked the angles with a level to ensure it has a constant slope, so that it self-drains." This made it possible for a strong water flow throughout the winter, when there is less run-off and freezing temperatures. "As long as the pipe is empty at night, we have a little window during the day between late morning and an hour before sunset when we can attach the pipes and bring water to household cisterns, and then we remove it before it starts freezing... We can have temperatures below zero at night, yet run water down the pipe in the day when it warms up and the sun shines."

As one of the lowest parciantes on the acequia, Nat has witnessed the retreat of the waters over several decades. But this scarcity is relative: "Steve Hinton told me years back, this little bit of water we have here in Lama would supply a whole village in Morocco." Lama parciantes have had to make do with less, but these changes have worked. As Nat points out, climate change is



Courtesy Photo

The Lama Mountain basin and its acequia, with Mayordomo Nat Wilson.

not only about the water drying up, but extreme weather. "Gully washers" (hard downpours) and spring runoff still provide plenty of water, but "we have to catch it and keep it from running off the land. Large storage capacity is key. Cisterns in Lama have become more essential than ever."

Storage in ponds is also very important for Lama to maintain fire safety and provide relief for disappearing wildlife: "During the Lama fire of 1996, firefighters drew on a pond for water. So, I just try to keep it from going dry. The ponds also attract a variety of wildlife. I've seen

migrating ducks, Great Blue Heron, a Black Ibis, and last year, a bear who went in for a swim. And I hadn't seen a bear here for years."

Even with all these adaptations, however, Nat explains that the traditional acequia emphasis on collaboration will play the most important role in future water stewardship. "People get very anxious about water; they can feel really desperate. It highlights the importance of cooperation— if that is lacking, that's when way more trouble arises." So far, the Lama acequia is still flowing strong!

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BODY MIND SPIRIT

By BARBARA TRACY

COMMON SENSE

My memories of the 4th of July while living at my grandparent's farm are of sitting on the back porch watching the younger children running, shouting and giggling while holding sparklers and setting off firecrackers. I would sit there silently listening to the adults and watching the farm dogs hide in an attempt to get away from the noise of the fireworks. All this while waiting for the big family dinner, usually consisting of potato salad, fried chicken, and—don't forget—the watermelon. It was always a very happy occasion.

Even though I had read the Declaration of Independence as a requirement in school, back then I was oblivious to the true meaning of the day 245

years ago that we celebrate today. The price paid by those who fought for our freedom from tyranny placed on the colonies by King George III and the British aristocracy was tremendous.

In 1775, Thomas Paine wrote an intense, detailed pamphlet entitled *Common Sense* that inspired the Declaration of Independence. In it he spoke of how the colonies were drawn into fighting Britain's wars and then subjected to new taxes to compensate for the cost of those wars.

He also spoke of the English Constitution, in which there is first the king, a monarch who is a hereditary ruler. Second are the peers, the hereditary aristocracy known as the House of Lords. And third are the commons, which are the common people represented by the House of Commons. It is made very clear in *Common Sense* how the voice of the people in the House of Commons was unheard because the peers were supportive of the king and the king was the final voice in any decision.

"But there is another and greater distinction of which no truly natural or religious reason can be assigned and that

is the distinction of men into **KINGS** and **SUBJECTS**. Male and female are the distinctions of nature, good and bad the distinctions of heaven; but how a race of men came into the world so exalted above the rest, and distinguished like some new species, is worth inquiring into, and whether they are the means of happiness or of misery of mankind." —Thomas Paine

We get a small taste of those times when people were fighting the revolution. Many soldiers kept a diary of their experiences. Here is a quote from the diary of Jeremiah Greenman, a young man in the Continental Army (I am presenting the quote in his own voice and spelling).

"Tuesday 31 October 1775. Set out this morn very early – left 5 sick men in the woods that was not able to march – left two well men with them but what little provision they had did not last them - we gave out of our little – every man gave sum but the men that was left was obliged to leave them to the mercy of the wild beast – this day we were passing along the river we saw 3 cannoes that went forward with the advance

party stove against ye rok (rocks) – we had very bad travilling the woods and swamps – our provision being very short hear we killed a dog – I got a small piece of it and sum broth that it was boyled with great deal of trubel – then, lay down took our blancots and slept – very harty for the times."

As anyone can hear in the words of Jeremiah Greenman, this was a harsh time for those who were standing up for liberty in the face of tyranny. A revolution fought so that citizens and not kings and queens should make the laws that they lived by.

"...for independence means no more than this, whether we shall make our own laws or whether the king, the greatest enemy this continent hath or can have, shall tell us 'there shall be no laws but such as I like.'" —Thomas Paine

For those who have not read *Common Sense*, it is inspiring from the standpoint that it speaks to the importance of the voice of the people; that should always be the first consideration.

Enjoy this 4th of July and please take a little time to be grateful to those who were so brave in their quest for freedom.



POSITIVE THOUGHTS

By DONNA MITCHELL-MONIAK

Six of us gathered to meditate for a week. Our focus was the direct experience of our essential inner essence. But the first experience we had was hugs made possible by being together in one room, not Zoom, with masks off and as close as we wanted to be with one another. We could have quiet, empathic conversations where everyone could hear without anyone speaking loudly, no words misunderstood due to being muffled by a mask. Our first direct experience of presence was shared presence. It was delightful, delicious, joyous, and heartfelt.

Hugs were the perfect threshold into a week of deep meditation, not only because a hug is an embrace of genuineness, but because our meditative experiences kept embracing genuineness to the world. A clear luminous love, as if the heart of pure being was hugging all

plants, animals, people, and the Earth herself kept rippling out from us.

Friends, know that your presence ripples into the world, too. Loving-kindness, generosity, and authenticity radiate from your essential being or whatever you prefer to call your inner wholeness and compassion. It ripples into your neighborhood, permeates your home, and the people there, and encourages loving-kindness in others. "Let your light so shine," said a great Teacher. Yes, indeed!

July 3 is Plastic-Bag-Free Day. We all know what to do. Bring the bags you need to the store as you pick up the last-minute items for 4th of July weekend. Remember: plastic is forever; and to Mother Earth that means no bueno.

July 12 is Simplicity Day. So, "What does simplicity mean to you?" This is a significant question. With a disabled body, simplicity becomes a way of life. Much that brings complexity to life must be let go over the years. One person's simplicity is not necessarily another's. There's a quality behind the word simplicity that seems to be what people yearn for when, in frustration or overwhelm, they cry out for simplicity. It is peace of mind. We long for less spikes and valleys in our emotions, less drama,

less chatter in our mind, less concern, less worry. One key that fosters simplicity is acknowledging that "This becomes that." Pause a moment various times through the day and say to yourself, "If I put this in motion (through thoughts, words, or actions) there will be predictable results." Likewise, "If I don't complete something, it will need to be attended to." Catching the various ways we make complexity for ourselves and

those around us is, in the end, liberating because we have identified the self-fulfilling prophecy of our actions or inactions, our words, and choices. May we all have great insights!

July 23 is Gorgeous Grandma Day. Make it a special day for her! And the heat is on! Please be mindful of your health and of the tinder-dry environment. Have a safe and happy July, everyone.

July is:

National Hemp Month
World Watercolor Month
National Anti-Boredom Month
National Cell Phone Courtesy Month
National Culinary Arts Month
National Grilling Month
National Hot Dog Month
National Ice Cream Month
Independent Retailer Month
National Picnic Month
National Peach Month

Special Days in July

July 5 National Workaholics Day
July 7 National Father Daughter Take a Walk Day
July 11 National Cheer Up The Lonely Day
July 15 National Give Something Away Day
July 18 National Ice Cream Day – Third Sunday in July
July 25 National Parent's Day – Fourth Sunday in July
July 28 Buffalo Soldiers Day

“Oops. I’m having a senior moment.”



**LIVE
LOVE
LAUGH**

by Ellen Wood
a.k.a. Maruška

I hear it all the time. A friend is telling me something, and before she finishes, there’s a pause. She might clear her throat and crinkle her eyebrows. Then she says, “Oh dear, another senior moment.” Although it seems harmless, when we say “senior moment,” we’re reinforcing and accepting a belief that we’re losing mental ability.

Having your mind momentarily go blank happens to everyone. Often, it’s

because your brain is full of various things that are vying for your attention. If you feel the need to fill the silence gap, just mention that you have so many things to tell, and they’re all coming to the front of your mind at once.

Words are very powerful, whether we’re saying them out loud, or silently as thoughts. Your words program your subconscious mind, and your subconscious mind programs your biology, according to recent studies in neuroscience and cell biology.

It’s important to stop “telling” your subconscious you accept the belief that loss of mental ability is natural as you age. Make it a habit to catch yourself before you utter the words, “senior moment.” If they slip out occasionally, that’s okay. Just start again to erase those two

words from your vocabulary.

And here’s a way to program your brain with positive words: whenever you’re telling someone something and the next thought seems to disappear, mentally say, “I have a clear, sharp mind,” before continuing. Say it often enough and your brain will take the command and run with it. You can affect your health and wellbeing by choosing positive and affirming thoughts and words!

Advances in brain imaging and neuroscience have enabled scientists to learn more about the brain and how it works. While researchers at the University of Kansas have found that getting plenty of physical exercise may keep your brain fit, too, there’s even better news—the latest scientific research shows that your brain performs best when it has its own fitness

program: neurobics. Neurobics can take the form of mental exercises, brain teasers, and puzzles. Studies show that by exercising your brain, you can actually create new neural pathways at any age and reverse cognitive decline.

Don’t forget The Questa Studio Arts Tour is August 14-15! I will have my paintings and books at the Oasis of Lorien hub in El Rito. We will have live jazz on Saturday from noon – 3 pm. Hope to see you there! For more information, visit <https://northernnewmexicoartists.com/about-the-tour/>

Ellen Wood of Questa is the award-winning author of the series of books, The Secret Method for Growing Younger, available at www.NorthernNewMexicoArtists.com. Her website is www.HowToGrowYounger.com.

Contact Ellen at

ellen@howtogrowyounger.com

“Ay, estoy teniendo un momento senil”

Por ELLEN WOOD

Lo escucho todo el tiempo. Una amiga me está diciendo algo y antes de que termine de hablar, hace una pausa. Se aclara la garganta y arruga las cejas. Luego dice: “Dios mío, otro momento senil.”

Ese dicho puede haber sido gracioso las primeras diez veces, pero ahora está ya enraizado en nuestro idioma y no es motivo de risa. Aunque parece inofensivo, cuando decimos “momento senil,” reforzamos y aceptamos la creencia de que estamos perdiendo la capacidad mental.

Que la mente se quede momentáneamente en blanco le pasa a todo el mundo. A menudo, es porque el cerebro está lleno de varias cosas que compiten por su atención. Si sientes la necesidad de llenar el vacío del silencio, solo menciona que tienes muchas cosas que contar y que todas te vienen a la mente a la vez.

Las palabras son muy poderosas, ya sea que las digamos en voz alta o en silencio, en forma de pensamientos. Tus palabras programan tu mente subconsciente y tu mente subconsciente programa tu biología, de acuerdo con estudios recientes en neurociencia y biología celular.

Es importante dejar de “decirle” a tu subconsciente que acepte la creencia de que la pérdida de la capacidad mental es natural a medida que envejeces. Procura estar consciente de lo que estás diciendo y pensando, y crea el hábito para detenerse antes de pronunciar las palabras “mo-

mento senil.” Si se te escapan de vez en cuando, está bien. Simplemente comienza de nuevo a borrar esas dos palabras de tu vocabulario.

Y aquí hay una manera de programar tu cerebro con palabras positivas: siempre que le estés diciendo algo a alguien y el pensamiento que sigue parezca desaparecer, di mentalmente: “Tengo la mente clara y lúcida,” antes de continuar. Dilo con suficiente frecuencia y tu cerebro tomará el comando y lo hará realidad. ¡Puedes mejorar tu salud y bienestar eligiendo pensamientos y palabras positivos y afirmativos!

Los avances en las imágenes cerebrales y en el campo de la neurociencia han permitido a los científicos aprender más sobre el cerebro y cómo funciona. Si bien los investigadores de la Universidad de Kansas han descubierto que hacer ejercicio físico también puede mantener el cerebro en forma, hay noticias aún mejores.

Las últimas investigaciones científicas muestran que el cerebro funciona mejor cuando tiene su propio programa de acondicionamiento físico: neurobics. Los neurobics pueden tomar la forma de ejercicios mentales, acertijos y adivinanzas. Los estudios demuestran que, al ejercitar el cerebro, en realidad se crean nuevas vías neuronales y se revierte el deterioro cognitivo. ¡Podemos estimular el crecimiento de nuestras células cerebrales a cualquier edad!

La gira de Questa Studio Arts Tour es del 14 al 15 de agosto y tendré mis pinturas y libros en el centro Oasis of Lorien

en El Rito. Habrá jazz en vivo el sábado desde el mediodía hasta las 3.

Traducido por Teresa Dovalpage

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MONIQUE BELITZ,
LAMA ARTIST

This interview of Monique Belitz by Nicole Dial-Kay, Curator of Exhibitions + Collections is used by permission from Harwood Museum of Art, Taos, New Mexico. All photos are courtesy the artist.

Nicole Dial-Kay: You live in Lama, but you were born in Utrecht, the Netherlands: you have also lived in Germany, the east coast of the US, Oregon, Nebraska, and a previous time when studying art in New Mexico in Albuquerque. How has that lived experience with such drastically different places informed your work?

Monique Belitz: It is hard to be uprooted so many times, with so many language changes as well, not to mention cultural differences. You never regain the feeling of belonging, which is often a topic in my mixed media pieces.

I set out to become an artist at age 14 in Germany and was influenced by German books about drawing/painting, European art I saw in museums, and the landscape of Bavaria. The small spaces in the landscape I experienced in Europe are still visible in my current artwork where I change directionals, content, and colors faster and more often than the large American landscape would require.

While living in Eugene, Oregon, suddenly I painted landscapes all in pink tones; I was so happy with the people, the varied landscape, and the general liberal attitudes.

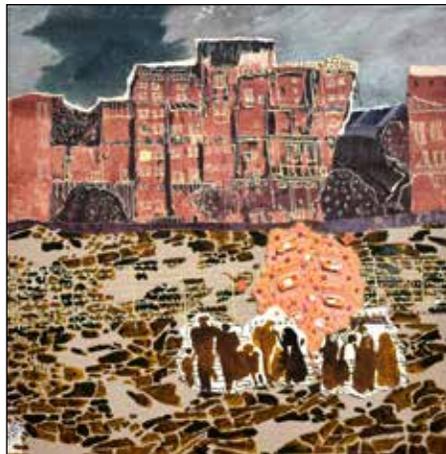


A multimedia piece entitled "Thought Lines."

In 1989 I had visited Taos Pueblo and White Sands on a cross-country drive and those memories stayed with me and informed my decision to move to New Mexico after my marriage ended. In Albuquerque, I worked towards my MFA and then my MA in art history with emphasis on Native American Art. I went on many many trips exploring this lovely state

and its history. Everything I saw, learned, explored, and experienced went into my work. Instead of pure landscape I now added historical details, ruins, old trails, traces of battles, often treating the landscape as an old map rich with information, such as can be seen in my very long piece called "Thought Lines." I learned about the vegetation, water issues, birds, the atomic bomb, what have you—it all went into my art.

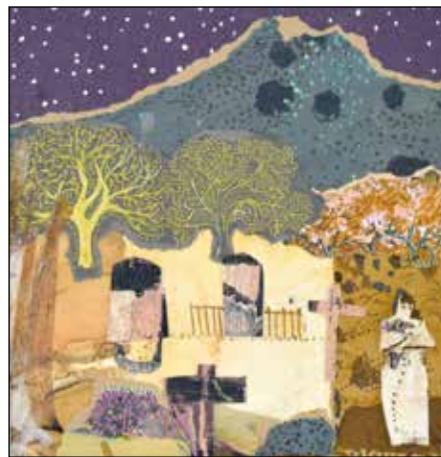
Then I got a teaching position in Nebraska. I loved teaching and my students, but the landscape there nearly killed me: dead, poisoned, no food for wildlife, pollinators, butterflies, acknowledged historical roots barely 130 years deep. It led me to explore new topics such as the refugees crisis in Syria/Europe and the observed and experienced Nebraska hierarchy in society: women, men, church, grain elevators. It won't surprise you to learn that I sought early retirement and moved right back to New Mexico!



Exploring refugee crises in subject matter.

Nicole: Talk us through the different media that you are using and your processes for creating.

Monique: I work very intuitively, with a general idea of what I want to do. Each piece leads me into a slightly different direction. The beauty of my approach, of collaging large pieces of paper together is that I can start work right in the middle and later tear off a piece or insert it somewhere else in the unfolding composition, even extending the height of the piece. Torn edges often play a crucial compositional role in my pieces. I enjoy a similar freedom in media choices: I love watercolor and use both washes and as texture marks created by a half-dry brush; but then I crave contrasts: so I use a drawing technique such as walnut ink that I apply with a broken twig, relishing the unpredictable quality of its lines. Pastel crayons add more texture or lighten up a muddied watercolor area, while smudged charcoal with a second layer of marks on top creates a different contrast—It's a back and forth, a



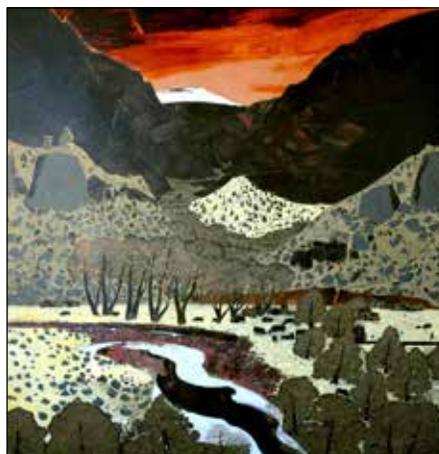
An example of collage and the single figure that we often see in her smaller works.

dance with the media.

Another approach is to paint and draw with acrylic ink on an acrylic underpainting that is nearly black with some luminous dark orangy spots. On top of this rough ground I draw incredibly detailed trees, shrubs, homes, people, and sometimes paint on the ink to fill in larger areas. My palette is very restricted. I use western techniques regarding the creation of depth, such as perspective, and foreshortening while combining them with an eastern flatness as I use the same color ink both in foreground and background.

Nicole: With you I think a lot about the multiple classifications of "landscape"—geological landscape, wildlife landscape, cultural landscape, urban landscape. All of these are contained in your work. What do you see as the relationship between each of these important planes of existence on our planet?

Monique: The answer is interconnectedness. Geology, altitude, and climate create the conditions for flora, fauna, and resources such as timber, clay for adobe, and rocks. These in turn influence the way local culture and urban landscape develop. We see agricultural villages next to a river, preferably protected from the wind by surrounding mesas or mountains. The villages grow slowly and organically, not dependent on urban planning or grids. Their relative isolation leads to the produc-



A landscape using the limited palette she has invented, and layering through inks.

tion of local crafts using locally available materials, connecting local culture back to geology and climate. Historical events also influence this complex cultural layer, leaving all kinds of traces on it.

Nicole: Do you locate yourself in these places that you depict?

Monique: Yes, I do locate myself in places I have visited, such as San Cristobal or Amalia. Once I start a piece I would say I walk from object to object, aware of how the ground shifts, climbs, descends, and changes direction. And how this influences the growth of trees and shrubs, the flow of the creeks, where the fields are located and where the acequias run. Even though I invent a lot, it all is dependent on the logic of geology and climate and physics.

Nicole: While it may not be immediately obvious to those viewing your work, you are actually quite political. How do you use your work in support of that?

Monique: If you connect geology, climate, natural resources, and history then you end up at least with aspects of reality, with some issues that are political. I will use one example here: I made an artist book ten years ago. It has the shape of an accordion with red string creating a border. On one side of the accordion book was painted an empty desert scene by day. The other side showed humans struggling in the dark through the desert, illegal immigrants along the old, historic Camino Real, crossing the red string artificial political border. In my newest paintings I address socio-political issues while actually just showing/recording what we three ladies of Lama are doing to restore our property. I painted the series in reaction to a male acquaintance telling me what women can and cannot do, which made my eyebrows rise up higher and higher. In these pieces you see our house/property and lots of women felling trees, cutting them up, chopping wood, stacking wood, sawing boards, building furniture, painting furniture, gardening, building a chicken coop, picking apples, fixing old cars, painting the trim of windows, taking care of small children, filling bird feeders, baking pies and painting art. These women are all different ages, body-types and skin colors, working together, taking care of each other, the land and the animals according to the tenets of permaculture. And they do so in a location that was the beginning of the commune "The Magic Tortoise" in Lama 50 years ago!

Interview of Monique Belitz by Nicole Dial-Kay, Curator of Exhibitions + Collections, Harwood Museum of Art. "Contemporary Art / Taos: Artist Interview Series." Contemporary Art / Taos 2020. 11 Jul.-9 May 2020. Harwood Museum of Art, Taos, New Mexico.

What is Your Library? Books AND Local Artwork!



Peggy Trigg

A variety of two-dimensional works grace the new library wing west wall.

By PEGGY TRIGG

If you haven't gotten the chance to check out the art display in the Questa Public Library's new Senator Carlos Cisneros wing, make sure you take a minute and drop by. Not only will you see the fabulous new wing of the library, which is full of light and beauty, you will also have the chance to view artwork by some of our area's most talented artists!

There are currently two exhibitions hanging. The first is a large display of 14 artworks on the west wall by artists from

the Questa Studio Art Tour and will be on display through July. To see more work by these artists, come to the live event: the Questa Studio Art Tour, August 14 and 15.

The second display is a grouping of local textile artists. Many types of textiles are represented, including crochet, quilting, hand-stitching, and embroidery. The textile show will be on display through the end of October. If you are a textile artist and would like to have your work on display in the library, please let the librarian know. Applications are available at the library.



Peggy Trigg

Completed Senator Carlos Cisneros wing of the Questa Library.

Questa Studio Art Tour
August 14-15, 2021

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THE QUESTA STUDIO ART TOUR:
JOIN US AUGUST 14-15
By PEGGY TRIGG

The Questa Studio Art Tour is set for August 14 and 15 from 10 am – 5 pm, with over 42 artists in 14 different

hub locations! On the tour, you will find paintings, drawings, ceramics, sculpture, weaving, quilting, carving, and more. Along with favorites from past tours, this year's tour will have additional artists and hubs in Questa, El Rito, and the Sunshine Valley.

In Questa, Nick Ortega, famed stained-glass artist, will be opening his private studio. New hubs in El Rito include the studios of Bill and the late Nancy Brown, Ola Sun, Barrie Andrews, and the Takoja Institute, which will feature work from Win-

ter Ross, Martha Shepp, and Allison Wonderland.

In Sunshine Valley we will have one new hub that will feature textiles, paintings, and local products: Virsylvia Farm, as well as a petting zoo for the kids.

Look for brochures in the community soon. More information can be found at northernnewmexicoartists.com or Peggy Trigg at questastudioarttour@gmail.com. There will be a studio tour information station at the Questa Visitor Center, too.

**NUEVO AMERICANO MUSIC
FESTIVAL IS BACK: JULY 31**
By CHRIS ARELLANO

After a break last year due to the pandemic, the fourth annual *Nuevo Americano* Music Festival returns! It grew out of my experience teaching my Summer School of Rock program, which has been ongoing for the past nine years. I wanted the kids to have the experience of being part of a music festival. The first two years were held at the Costilla historic plaza. In 2019, we moved the venue to the Torres Ranch in Costilla, to have space for festival attendees to camp overnight. Featured artists include: Felix Gato & Eli Del Puerto, Gonzalo, Spiral Pilots, Alto, Carlos Medina, Lara Manzanares, and myself. There will be local food vendors, too. Come and enjoy!

WHERE: Torres Ranch,
4400 Hwy 522 Costilla NM
WHEN: Saturday, July 31,
noon to 11 pm
ADMISSION: \$20/adult, \$10/students,
kids 12 and under free

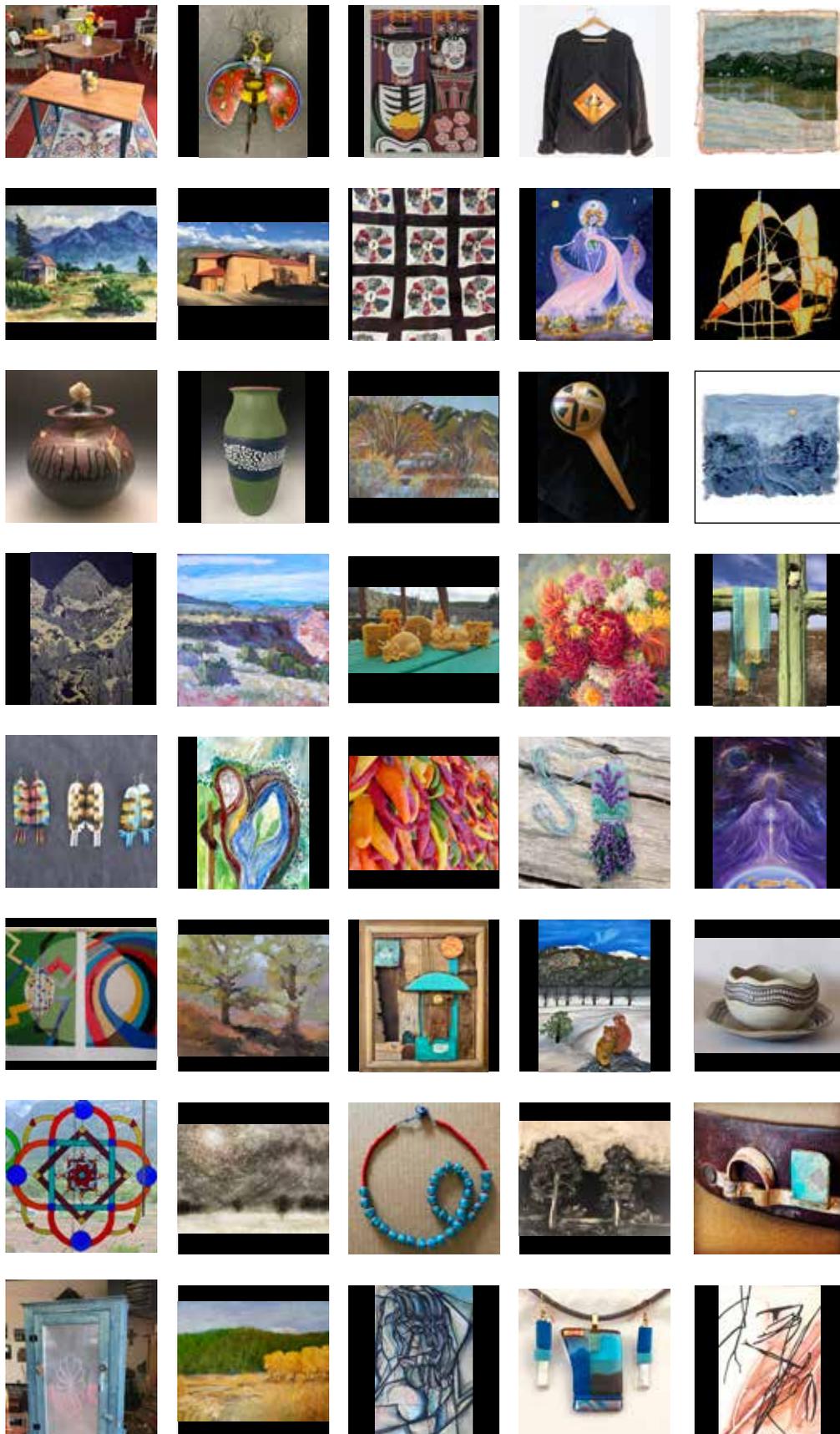
Dry Camping spots available on the festival property \$20 (first come, first serve)

**QUESTA CHAMBER MUSIC
SERIES PARTNERS WITH
QUESTA FARMERS MARKET**
By MARTHA SHEPP

How can we support performing artists when their audiences cannot attend in person? This was the question all live music concert planners faced all last year, during the pandemic.

The QCMS collaborated with Yoga Sala in Questa, and put on a hybrid poetry, dance, and live music concert last September (which was recorded; see <https://www.youtube.com/watch?v=U-v8zEtx3aQE>), but as time went on, with public gatherings still not allowed, none of the usual classical musicians I draw upon for concerts had been working on any new music or events.

So when the opportunity to support live local music at the Questa Farmers Market arose, we jumped on it. We're proud and happy to support half of the lineup of live music you'll hear every Sunday through mid-October at the market. We are grateful for the support provided by Taos Community Foundation, in their funding and for Market Coordinator Gaea McGahee. Go to QuestaFarmersMarket.org to see the music line-up.



JUST A TEASER



The Lama Community Garden

By STEPHANIE OWENS

The Lama Community Garden initiative began in 2007 through the non-profit, Localogy. It was an integrated effort to grow food with Roots & Wings Community School students during the academic year and the Sangre de Cristo Youth Ranch during the summer months—schools don't have a good schedule for farmer education! This project also encouraged local community member participation in a Community Supported Agriculture (CSA)-type design. At the time, we were growing food on about an acre of land and, soon, in a high tunnel greenhouse.

The Lama Community Garden currently inhabits the high tunnel greenhouse, and a small amount of land around it, on the ranch property of Ben Wilson, Dr. Bud Wilson's son. Over the decades, Dr. Wilson worked very hard to protect as much of the Lama community from capitalist development as he could. One of his protective measures included placing much of the Wilson property under American Farmland Trust protective status. The Lama Community Garden use of land and acequia water, along with the horses on the ranch, help fulfill the requirements to maintain that designation and protect the cultural heritage of Lama.

Over the past 14 years, the organization and membership of the community garden shifted, expanded, and finally, ended in 2011. In 2015, with small children and growing grocery bills, Nova Sanders and I decided to restart the community garden project with permission from Localogy and Ben Wilson. For a couple of years, we grew food only in the greenhouse: the usual peppers, tomatoes, cucumbers, and other heat-lov-



Nova Sanders

The Lama community garden in its protected greenhouse, blossoming!

ing plants. And we were primarily the sole gardeners, with help from the Lama community acequia mayordomo, Nat Wilson, coordinating the irrigation.

By 2018, the high tunnel greenhouse had been in use for a decade and in need of major structural renovation and soil amendments. Nova and I got busy with children and work (grocery shopping is certainly quicker and easier) and dropped the project, until the pandemic of 2020. Though we knew in theory that the modern, industrial food system skates on a thin line of security, that understanding became very real last spring. Nova and I, with a few other neighbors in possession of machinery and skills, renovated the greenhouse structure, amended the soil, revised and expanded the garden beds, and gave a needed lift to the irrigation system.

The Lama Community Garden gets better every year. This year, four

households are participating by giving labor and/or financial investment in exchange for a share of the food we all grow together. We have also expanded the community garden to my property, which is next to Nova's and northeast

of the Wilson ranch. We have a shared agreement to collaboratively use our acequia time to grow food. We built garden beds, rain catchment, and an irrigation system as fast as we could to get seeds in the ground this season. We are currently growing root vegetables and the usual greenhouse plants at the greenhouse and working toward growing our green leaf vegetables and having some root vegetable redundancy in the new garden beds.

Water is, of course, the limiting factor on the numbers of households that can participate in the project. The ultimate dream is that we as a community can begin to work together to help encourage other families to join the community garden by expanding homestead gardening infrastructure in other places in Lama with access to water. With this type of design, we can strategically grow food varieties in different zones on the mountain and then trade what we grow with each other—and share the joy in working with one another as a community for the health and well-being of us all in an uncertain future.

Questa Farmers Market
LIVE MUSIC!
SUNDAYS
10:00 am - 2:00 pm

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questafarmersmarket.org
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Same Day Harvest
Wednesdays - 3 pm to 6 pm
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BIRD IS THE WORD

By BRYCE FLANIGAN

DECLINING BIRD POPULATIONS

In 1970, the bird population of the United States was around 10 billion. Today there are 7 billion, and each year we lose between 500 million to 1 billion more, to anthropogenic, or man-made, causes. According to the Cornell Lab for Ornithology in their landmark 2019 report on the drastic decline in bird species, the situation “can result in compositional and functional changes of ecosystems.” Without a regular population, the natural balance in ecosystems becomes unsustainable, and the extinctions of species begin. The Cornell report states that birds act as an accurate barometer for ecological health at large, given how easy it is to track them, and their populations—spread across the whole United States. New Mexico in particular supports a great diversity of bird species, behind only Texas and California, thanks to our state’s grasslands, forests, arid deserts, and alpine areas. Unfortunately, the southwest has also seen the loss of 42% of our wintering migratory birds over the past 40 years.

Ripple effects from the absence of birds are seen in many ways. Birds play a crucial role in pollinating plants. Combined with the plummeting butterfly and bee populations, flowers become more rare and the fauna that depend on them for sustenance likewise suffer. The loss of birds disrupts the food chain, as smaller birds act as efficient pest control

against insects. At the time of this writing, the Santa Fe National Forest is in flames, and smoke is spreading across the state because insect-infested timbers are burning like matchboxes. With no woodpeckers and other insect-eating avians to control their population, wildfire is another threat that may become even more common in the future. Larger birds prey upon rodents that otherwise devour our gardens, chew through our car wires, and spread diseases. Unchecked rodent populations have historically been a plague upon humans, caused by the lack of predators.

Cats, windmills, cars: what’s killing the birds?

In 2020, New Mexico witnessed one of the largest mass die-offs of birds in recent memory. Thousands of migratory birds suddenly and unexpectedly died. The cause of these deaths was an early cold snap that killed a primary food source for them—insects. In fact, insect populations have been on the decline, losing a quarter of their total world population in 30 years. Pesticide use is the driving force behind most of these avian deaths, with changing climates accounting for a majority of the rest. Indeed, pesticides are also one of the top killers of birds in the US.

In a study published by Wallace P. Erickson, et al., 2005, the various anthropogenic causes of bird deaths were analyzed and calculated to find the worst offenders. By far the deadliest obstacle for birds is buildings, accounting for 550 million fatal collisions and making up 58% of total bird deaths. Power lines come next, electrocuting around 130 million birds annually. Cats are close behind, killing 100 million birds, in what the authors stress is a very conservative estimate. Automobiles take the fourth spot, comprising 80 million deaths,

followed by pesticides, which poison 67 million birds per year. Wind turbines, airplanes, and communication towers collectively account for less than 1% of annual bird deaths.

Seven Steps to Help Save Birds

These tips come courtesy of the Cornell Lab for Ornithology

1. Make windows safer for birds by breaking up their reflections. Vertical lines spaced 2” apart will prevent songbirds and hummingbirds from crashing. You can hang cloth strips, prayer flags, or turn your window into an art project with non-toxic tempera paint. If you’re not feeling crafty, you can buy bird decals or install an insect screen in front of your window.
2. Keep cats indoors all the time. If you’re concerned about your feline not getting enough fresh air, build a small “catio” for them, buy a cat-bubble backpack for hiking trips, and see how your cat responds to a harness. It can take most cats some getting used to, but taking your cat on a hike gives it great exercise without harming the local fauna.
3. Uproot your lawn and plant native shrubs and trees. Lawns are, frankly, a waste of water and time. They don’t produce any food, and the little shelter they do provide to insects is mitigated by the constant maintenance they require. Replace your lawn with native shrubs and trees that provide food and shelter for birds and other native wildlife. The Audubon Society has a handy service to find native plant life beneficial to birds, listed by zip code. Some recommendations for us in 87556 are American Plum, Big Sagebrush, Sunflowers, and Golden Currant. Aspens and evergreens give year-round shelter to birds, if you have room for one.
4. Avoid using pesticides and buying pesticide-treated foods. The irony of pesticide use is their inadvertent destruction of one of nature’s best pest controllers—birds—by poisoning them and removing their food source. Consider natural pest control measures, such as ladybugs and lizards, or use organic pesticides.
5. Drink shade-grown coffee. The coffee industry is rife with child labor, slavery, and the destruction of forests. Three-quarters of coffee farms grow their beans in the sun, cutting down the habitats for birds and other wildlife in doing so. By choosing fair-trade coffee grown in the shade, you’ll be helping coffee farmers and 42 species of North American migratory birds that winter in coffee plantations. [And you will taste the difference!]
6. Avoid using single-use plastic. Use reusable containers instead, and try to avoid plastic in general, as it leaches toxic PFAs into your body and the world around you. PFAs cause cancers, lower reproductive potential, and induce weight gain, and that’s just in humans.
7. Watch birds and report your findings. As stated above, birds are such an excellent barometer for the health of the planet as a whole because of how easy it is to track them. When you go birding, report your findings to scientists using the eBird app, or join a project like Feeder Watch or Breeding Bird Survey. By informing the people who study birds’ migrations and lifecycles, we will better understand how to map out future population trajectories.

Bryce Flanigan moved from Sacramento, CA to Taos County in 2016, and has lived in Questa for two years. He’s passionate about the unique and beautiful wildlife of our state and is a regular contributor to the Questa Del Rio News.



STREET VET

By MANDY STAPLEFORD

It’s often overlooked that people who become homeless are not likely to be able to care for their pets properly. Disturbed by this issue and the rising problem of homelessness in America, California veterinarian Kwane Stewart

realized his unique opportunity to make a difference.

Since 2011, Kwane has visited the poorest areas of Los Angeles carrying his medical bag and offering his services, free of charge. He treats a myriad of animal illnesses, from infections to allergies, bad teeth, flea infestations, and even arthritis. He also arranges surgeries at no or low cost, often paying for medicines and supplies out of his own pocket.

While the majority of his patients are dogs, he also sees cats, birds, and reptiles too. He gets to know these animals and their owners, who often open up about their lives on the street and their reasons

for being there.

Anyone who has loved a pet knows how strong the bond of love can be. Homeless people are with their animal every minute of every day, and that relationship means everything to them. These animals can provide their owners with a sense of belonging, purpose, security, and hope within the hard times they face on the street. It is not unusual for the owners to treat their animals better than they treat themselves.

“I’ve seen homeless people feed their pet before they feed themselves,” he says. “I’ve seen them give their last dollar to care for them. They sustain

each other and that is the power of pet companionship.”

To expand his mission, Kwane set up a GoFundMe page called “The Street Vet.” He is also documenting his experiences in a TV series of the same name, where he hopes to not only take care of the animals in need but to also challenge the preconceived notions of the homeless people who love them.

This story brought to you by Arroyo Seco Live. “Building community through creativity. SecoLive.org. www.goodnewsgoodplanet.com Audio Story on PRX <https://exchange.prx.org/pieces/358197-gn-7-10-street-vet>

Farther Afield: Fishing the Tusas Range Creeks

By TONER MITCHELL
TROUT UNLIMITED

New Mexico is a land of stark contrasts—mountains vaulting up from sagebrush plains, canyons gashed in the earth. In contrast, the Tusas Range in the north central part of the state are hardly noticeable. They rise so gradually west of the Rio Grande gorge that you hardly know they're there, or that they hide a few of the most precious trout streams New Mexico has to offer.

Originating just north of Highway 64 west of Tres Piedras, the Rio Tusas offers rainbow cutthroat hybrids down to its confluence with the Rio Vallecitos, which is a wonderful fishery in its own right, out of the way and full of rainbows and browns. Buy yourself a Carson National Forest Motor Vehicle Use map to get the lay of the land. I assume that as northern New Mexicans, we all know that a road on the map doesn't necessarily mean a road in real life, or at least a road that one should travel without the right kind of vehicle. Nowhere is this more true than in the area between Highway 64 and Highway 84 near Ghost Ranch. Consider



Toner Mitchell

Beautiful cutthroat trout in El Rito Creek in the Tusas Range.

yourself warned.

The next drainage west from the Vallecitos is (the other) El Rito Creek, a gem of a stream abounding in solitude and harboring Rio Grande cutthroat trout. To get there, cross the gorge bridge and catch Highway 285 in Tres Piedras or at Carson. Head north on Highway 111, and at La Madera, you'll pick up Highway 554, which will take you to the village of El Rito (not Questa's El Rito but El Rito Grande!). From there you'll take County Road 280, which takes you north along El Rito Creek until it breaks west towards Canjilon.

Make sure you're aware of where you are on these creeks, as there is a decent

amount of private land. Otherwise, you'll want to wade wet, no waders necessary due to the heat you'll most likely encounter. Anticipate extremely slick wading on the Vallecitos. It's one of the greasiest streams I've ever fished.

Due to their small size, these creeks fish best with flies or extremely small Panther Martin spinners. I prefer dry flies, either an attractor like a red Royal Humpy or something to match the omnipresent grasshoppers and ants. Like everywhere in el norte, July is when the spruce moths blow up, so bring a supply of blonde Elk Hair Caddis in size 14 or 12. In the canyon of the Vallecitos you'll encounter some deeper pools. That's

where you'll be able to throw a spinner. Dropping a beadhead nymph, a prince, or zebra midge perhaps: below a grasshopper will also work.

These creeks can definitely sustain a good harvest (within the law, of course). Cutthroats should be released, as they're hanging by a thread in these drought-stricken times. Though most of your fish will be on the small side, there is always a chance for a big brown on the Vallecitos. They're spooky though, so make sure you look before you cast.

I keep hoping some of the beaver activity I'm seeing in the Tusas area will expand, as it will lead to cooler water temperatures and more consistent water flows later in the season. I know the benefits of beavers are not widely believed yet, but hopefully the day will come soon when we realize what a blessing these animals can be to our fishing and our communities. Mainly I just like catching bigger fish.

If you could use a break from the same old fishing routine, give the Tusas Range creeks a try; if not for the fishing, for the jaw-dropping scenery you may not know exists.

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The Lama Foundation: Then and Now

By LOU MCCALL

My perspective on the Lama Foundation is personal. In high school, my sister worked at a bookstore and came home with the book, *Be Here Now*. It was written by Baba Ram Dass, illustrated and edited by Lama residents, and originally published by the Lama Foundation. I first went there in 1975 and met the author, Ram Dass. I was stricken with the place and the people.

In the 1990s I spent a week in silent meditation with about 50 others. I camped in a tent, worked in the kitchen, and felt like I was part of the community. Over the years I became friends with people from Lama who were known as “Lama Beans.” I always wished I was a “Lama Bean!”

Lama stories abound. The Lama Foundation offers a hermitage retreat cabin way up the mountain. There people can stay without company, telephones, or communication with the outside world. The kitchen crew brings food and leaves it in a bear-proof box, picks up dishes from the previous meal, retrieves notes if the retreatant needs anything, and leaves supplies. A friend of mine had a life-long fear of being alone and stayed at the Hermitage. Her companions were her journal and the Hermitage journal, which she wrote in feverishly, and a few critters who came to visit. She left with a profound love for solitude. She stayed there for “...three nights and four days filled with fear and rodents and timelessness and joy and all the hermits who’d been up there before quoting scriptures, giving out house advice from the hermit journals...” I thought of my friend as I gazed up at the Hermitage on a spring day. What a wonderful service...and that is just one of many good things that goes on at the Lama Foundation.

People from all over the world visit the Lama Foundation. Many local residents do not know that this spiritual retreat and educational center of world renown is just outside our back door. They may be even more surprised to learn that in 2017, the spiritual community celebrated its 50th anniversary and this year marks the 50th anniversary of the publication of *Be Here Now*, just one of many books and products that come out of Lama.

In 1967, Barbara Durkee (Asha Greer) Stephen (Nooruddeen) Durkee, and Jonathan Altman started the community when Altman purchased 100 acres of land adjacent to the Carson National Forest. They began construction on the first buildings in 1968. With no electricity, the



Martha Shepp

Shower facility designed and built by architecture students from University of Colorado-Boulder Environmental Design Program. Sustainable design and low-cost construction methods make this an earth-friendly and pleasant place to shower.

early buildings were made with hand tools, and the group lived by candlelight. With the generosity of residents and visitors, the first solar power system was installed, and the place continued to grow.

The year after buildings started going up, the foundation was incorporated as an “educational, religious, and scientific” organization with their mission statement “...to be a sustainable spiritual community and educational center dedicated to the awakening of consciousness, spiritual practice with respect for all traditions, service, and stewardship of the land.”

Over the decades, many thousands of seekers have visited and lived at Lama. Whether for an event, a day, weekend, a summer, or many years, the residents live and work together with the common purpose of fostering the spiritual journeys of individuals and groups, toward an enlightened planet. The community, while maintaining their home sustainably, works together to create an ecosystem that accommodates groups, offers retreats, workshops, residency programs and other events.

In the summers, Lama operates as a retreat center, with summer residents coming to help, bringing the total population up to around 12 to 15. Currently the Lama Foundation is open to visitors who have been fully vaccinated and have completed their Vaccination Verification Form.

Retreats are offered by a variety of teachers and are a primary source of income for the group. Their programs include spiritual teachings, meditation retreats, youth programs, and permaculture certification. In the winters, summer residents are gone, things slow down, and

the small crew goes within, working on the property, communing for meals, daily meditation and other practices.

Lama has fulfilled its educational mission in many ways. Small structures have been designed and built by architectural students from Colorado University-Boulder's Environmental Design Program. Students come for a summer to build using sustainable design and low-cost construction methods, including off-grid cabins, deluxe tent platforms, and a beautiful shower facility. Lama residents notice a blossoming in the students over the summer. By the time they leave, they are a part of the family.

The Lama Foundation has been an open laboratory of experimentation, built on creativity, science, and faith. Buildings were constructed solely because they were needed and not necessarily because anyone knew how. Wise elders and mentors were sometimes available to lead the way, providing valuable education. It can be empowering, especially for youth, to create something bigger than themselves, to overcome challenges, accomplish intimidating tasks, and create a thing of beauty. Depending on who is there at the time, what is needed, the ever-changing cast of characters step up, figure it out, and get ‘er done. The coordinator of Lama, Jamil Paurel, calls Lama “A Mystery School. The mystery,” he says, “Is how we always seem to have what we need.”

It is hard to describe what Lama is, and everything that happens there. It is a place where traditions meet, meld, and are shared. The residents meditate together, grow much of their own food, and share meals, much like in the monastic tradition.

With their commitment to be a pan-religious center, they celebrate and support spirituality in all its forms. On most Thursdays, Lama offers zikr, the Sufi practice of remembrance, that originated in the Islamic tradition, and they observe traditional Jewish Shabbat the following day. Shabbat has been meeting consistently for over 35 years. (See page 30 Weekly Events for more information)

Along with zikr, there is a rich Sufi tradition at Lama. Murshid Samuel L. Lewis is the first American-born Sufi Master. Known fondly as Sufi Sam, he is buried at Lama, and Sufi practitioners from around the world come to pay respects. Sufi Sam wrote books published by the Lama Foundation and are sold in their gift shop.

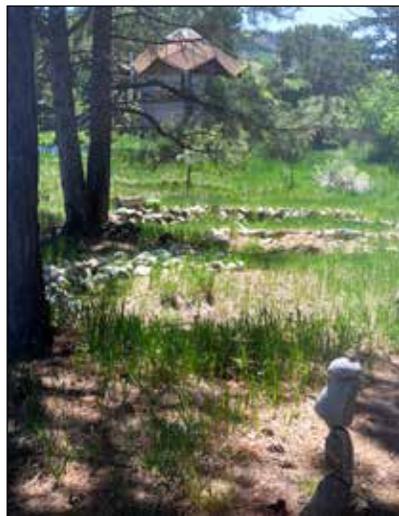
Since 1970, when residents started printing prayer flags, Lama Foundation Cottage Industries has helped them grow. Their store now includes apparel, greeting cards, prayer beads, and the many books they publish. Please visit their online store to see their beautiful selection of gifts.

store.lamafoundation.org

Lama’s best-known product is the book, *Be Here Now*, first printed in 1971. To celebrate its 50th anniversary, Lama is offering commemorative merchandise, including *Be Here Now* T-shirts, the book which is packaged in a special anniversary edition of the original pizza box, as it was originally sold. Over the decades, over two million copies have been sold, the Lama Foundation still receives royalties. Ram Dass maintained close ties with Lama and held seminars there. He passed away in 2019 and one memorial was held in Taos, as well as one on Maui, where Ram Dass lived.

It has been a quiet year at the Lama Foundation. They are opening this summer with their regular retreat schedule to those who are fully vaccinated. They have a brilliant cast of residents and interns and are showing every sign of continuing to evolve and expand, doing good things in the world. As first stated on the cover of *Be Here Now*, “LOVE, SERVE, REMEMBER” is seen frequently on signs and prayer flags, a good reminder of why the Lama Beans are here.

Would you like to know more about the Lama Foundation? Please check out their website <https://www.lamatogether.org>. Click on Events to see their current schedule of monthly, weekly, and annual events and look for their activities on the *Questa Del Rio News* community calendar.



Lama Foundation July Online Programs

Persevering in our mission to connect, cultivate, care, and grow

Planning our summer during pandemic times has been challenging. Most events are online. In-person events are now open to those who have been fully vaccinated. If you are planning a visit, please fill out our Vaccination Verification Form as part of your registration process. More details and registration are continuing to evolve.



- July 1** Lama Tea, July
- July 2-3** Writing as Prayer, Mirabai Starr
- July 6** Contemplative Environmentalism Panel
- July 13** Environmental Activism in a World of Wounds Panel
- July 14** Heart Club, July
- July 16-18** The Path of Love and Truth, with Saraswati Rain
- July 17-18** Contemplative Environmentalism Workshop, Paul Wapner & Lena Fletcher
- July 23-24** Intro to Conflict Management Part 1, Thomas Renault. (Intro to Conflict Management Part 2 Certification will be August 7 & 21, and September 11 & 25)
- July 28-Aug 1** Teen Mindfulness, Julie Tato, Greg Weeks, Kima June
- July 30-Aug 1** Into the Boundless Heart: A Movement Retreat, Zuleikha



Every Friday 6:30 pm
Shabbat, Online and in person for those who are fully vaccinated.

Most Thursday Evenings
Zikr, the Sufi Path of Remembrance, for those who are fully vaccinated.

To find out more about these events and to register visit:
<https://www.lamatogether.org/events/> (575) 586-1269 info@lamafoundation.org

QISD Prepares for Elections

By ERNESTO CISNEROS

The Questa Independent School District is preparing for an unusual election cycle this coming November. Four seats will be up for grabs, leaving board member Juan Cisneros, who holds position 1, the lone member whose seat is safe for another two years.

Positions 2, 3, 4, and 5 are available in the 2021 election cycle. Interested candidates must reside in the Questa school district, which covers the general Questa area as well as the northern parts of Taos County. Upon filing for candidacy, your voter registration must be up-to-date with the appropriate addresses and information. Specific requirements and moral responsibilities can be found in detail on the New Mexico School Boards Association (NMSBA) website at nmsba.org.

According to the New Mexico Sec-

retary of State's website, candidacy filing dates are August 24 from 9 am to 5 pm and August 31 from 9 am to 5 pm for write-in candidacy. Interested candidates will file a Declaration of Candidacy which must be notarized along with an Affidavit of Designee for Filing if candidates are not filing the paperwork themselves. All forms must be turned in on the appropriate filing dates to the Bureau of Elections at the Taos County Clerk's Office, located at 105 Albright Street. Candidacy on the November ballot may not be granted if candidates miss the filing deadlines.

A Declaration of Candidacy form and 2021 candidate manual can be found on the NMSBA website under resource center and documents. For specific information about this upcoming election or to seek help with filing, contact the Taos County Bureau of Elections at (575) 737-6400.

Questa School Hires Superintendent

By ERNESTO CISNEROS

He's hired! The Questa Independent School District has hired Mr. John Maldonado as the new superintendent to lead the district for the upcoming school year. Maldonado comes to Questa from the Mora Independent School District, where he was the principal at Mora Elementary. Maldonado started his new position the week of June 14.

The district had been in search of a new superintendent after former superintendent Carla Archuleta retired at the end of 2020. Maria Cintas, QISD K-12 Principal, filled the vacant position as interim superintendent until Maldonado was hired.

In a statement, Questa Independent School District Board President Jose Lovato thanked Archuleta for her work throughout the district while being optimistic about the new superintendent.

"I would like to thank and wish Mrs. Carla Archuleta all the best in her retirement. I would like to thank Mrs. Maria Cintas for stepping in as

our Interim Superintendent to help transition and close out the school year. I am very excited to welcome to our school district and community the new superintendent, Mr. John Maldonado. We look forward to the next chapter in our district," Lovato said.

Lovato also thanked district staff and parents for being cooperative during these tough times.

"I want to also thank our awesome staff for getting our kids through the weird and rough school year. They did such a fantastic job. Last, but not least I would like to thank all the parents, grandparents, and family members who helped the students with the virtual learning platform. All in all, it was a combined effort and we got it done. Thank you all for such a great job and sticking with it. Together we can all accomplish bigger and better things. Enjoy the summer and we look forward to seeing you all at the start of the school year," Lovato said.

Readers can look forward to a more in-depth profile on Mr. Maldonado in our August back-to-school issue!

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QUICK QUESTA NEWS!
STAY TUNED FOR MORE
IN OUR AUGUST ISSUE.

Dollar General is starting to move dirt! Community members are advised to watch out for heavy traffic and activity in this area, across from CarQuesta, as construction persists throughout the coming months. Watch your speed and maintain safe driving!

Postmaster Pat Browne is no longer at the Questa Post Office. He has left to care for his mother, who is suffering from a serious illness. In his absence, Lisa Vigil is Interim Postmaster. Sending blessings to Pat and his family: here's hoping he can return to Questa. And remember-July 1st is National Postal Worker Day, let's honor all the folks who bring us our mail!



STAFF WRITER

Alianna Gonzalez, 8th-grader from Questa Junior High School, took third place in pole vaulting at the 2021 New Mexico Athletic Association Track & Field Championships. Alianna finished with a final jump of 7 feet 6 inches. It was held at the University of New Mexico in Albuquerque on June 18, after a yearlong suspension of high school sports due to COVID-19. Miguel Romero and Deluvina Sanchez coached the boys and girls teams this season, with assistant coach Monique Trujillo. Questa Independent School District has plans for improvements to the QHS and Alta Vista tracks.

Jason Gonzalez





**VIDA DEL NORTE
SUMMER EVENTS**
By RACHEL KUC

Vida Del Norte Coalition is helping to organize these events in Questa this summer. Put these dates on your calendar today to stay involved, and have some safe alcohol/drug-free fun!

Community Connection Days

You may have already read about the Community Connection Days in the June issue of the Questa Del Rio News. These are monthly days of service and celebration where community members of all ages work together on a project that helps make Questa even more special. Collaborators with Vida are: LEAP (Localogy), Taos Behavioral Health's SUCCESS Youth Program, the Village of Questa, Trout Unlimited, QEDF, and the Questa Del Rio News. Community Connection Days meet at 9 am, with lunch served at 12:30 pm.

July 16: meet at Questa Municipal Park for a summer tree planting

celebration and dedication ceremony where memorial plaques are placed by the newly planted trees. You can still dedicate a tree to a loved one for a donation of \$100. For more information visit: www.vidadelnorte.com/parktrees

August 20: meet at Eagle Rock Lake

September 17: meet at the Questa Farmers Market

Family Movie Nights Starting on June 24: Vida Del Norte is hosting a family movie night every other Thursday (mostly) and continuing through the summer. These movie nights are held in the side yard, outside of our office, at 62 Highway 38. Movies will start at dusk. To find out what movie will be playing visit www.vidadelnorte.com/movie-nights. Vida movie night dates are as follows: June 24, July 8, July 22, August 5, August 19, September 2, and September 16.

Back-To-School Supplies Giveaway July 31:

Packets of back-to-school supplies will be handed out from 10:00am – 1:00pm at Vida Del Norte, 62 Highway 38 in Questa.

Friday Night Teen Hangout

At the Vida Del Norte and starting on July 9, our offices will be open every Friday evening, from 7 – 11 pm, to provide an alternative location for teens to socialize in a safe, alcohol-, drug- and tobacco-free space. An adult will be on site on Fridays until 11 pm.

Monthly Vida Del Norte Coalition Meetings Last Monday of each month:

These meetings are open to the public and are a great way to find out what the coalition is up to. Brainstorm ways to prevent youth substance misuse. These meetings are at 6 pm on the last Monday of the month and will now be held in person at Vida Del Norte, 62 Highway 38. People can also attend online via zoom at: <https://us02web.zoom.us/j/85026030334>.

Summer Music-Fest Fundraiser for Skate Park August 21:

Outdoor Music-Fest to raise money to build a skate park for youth in the Questa area will feature live performances by local musicians: the UZ Band and Mariachi Cielo. Tickets will be pre-sold online at www.vidadelnorte.com, or look for the Active8 youth selling paper tickets around town and at the gate on

the day of the event. This event will be held at 64 Gallegos Rd., across from the old La Cienega School and Gym. Gates open at 1:30 pm, with live music from 2 – 7 pm. This is an all-ages, alcohol-free event. Kids get in free!

Police Appreciation Luncheon October 29:

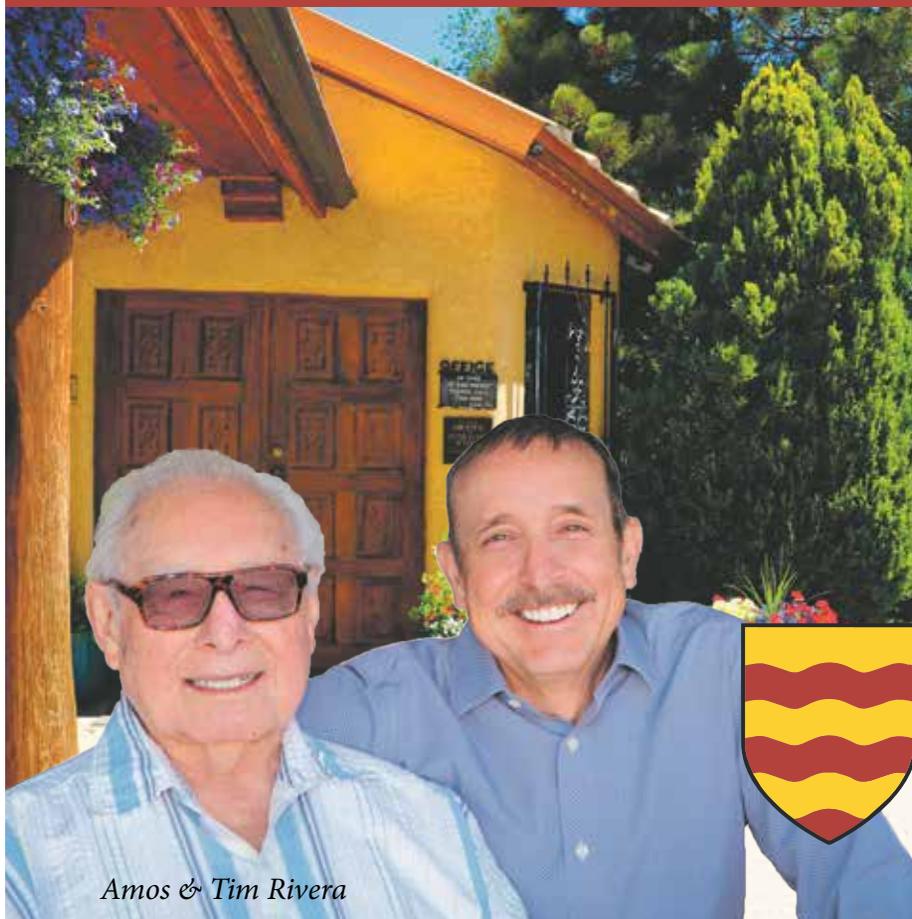
Vida Del Norte has decided to host another Police Appreciation Luncheon this fall to show gratitude to our local law enforcement and invite community members and officers to come together to share a meal and some conversation. This year, Vida will host the luncheon on Friday, October 29. This date falls during Red Ribbon Week, which is an annual Drug, Alcohol, and Tobacco Prevention Awareness Campaign that happens in the US. Red Ribbon Week is a perfect time to be thankful for the help that our local law enforcement gives us every day to try and prevent substance misuse in our community.

Be on the lookout for flyers around town for these events and visit www.vidadelnorte.com/calendar to see if any other events come up during the summer. Also please visit us at Vida Del Norte or call Maria Gonzalez, the Coalition Coordinator at (575) 779-2260.

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Questa Public Library Celebrates Grand Re-Opening With New Wing



Ernesto Cisneros

It's official! Mayor Mark Gallegos and Library Director Sharon Nicholson cut the ceremonial ribbon.



Ernesto Cisneros

Friends of the Questa Library pose with Kit Carson Electric and Guzman Energy representatives after being awarded a \$10K grant.

By ERNESTO CISNEROS

Library staff, patrons, and local dignitaries celebrated the grand re-opening of the Questa Public Library on Saturday, June 12. The library had been under construction since April 2020 to complete an expansion to the existing building which would become the new Senator Carlos Cisneros Wing. The addition houses space for a reception area, public meeting space, archive room, and a kids reading room.

The ceremony kicked off with speakers who emphasized the importance of public libraries. Among those were Friends of the Questa Public Library President (FQPL) Evelyn Coggins, State Sen. Bobby Gonzales (D-Taos), Nick Maestas, representing US Sen. Ben Ray Luján (D-NM), Village of Questa Mayor Mark Gallegos, Questa Library Director Sharon Nicholson, and Kit Carson Electric and Guzman Energy representatives.

Coggins led the ceremony in remembrance of two individuals who fought hard for this project to be possible—the late Village of Questa Mayor Esther Garcia and late State Senator Carlos Cisneros. Garcia championed the works of a library expansion under her reign as mayor and throughout the Gallegos administration. Garcia lobbied Senator Cisneros to secure funding for this expansion, which was eventually included in the New Mexico Legislature's 2019 capital spending bill. Before his death, Cisneros also co-sponsored Senate Bill NMSB264, signed by Gov. Michelle Luján Grisham, to preserve rural libraries by expanding funding through endowment and grant programs.

Mayor Gallegos paid homage to Garcia by reflecting on her persistence to get this expansion completed. "I will always remember that Mrs. Garcia would say, 'Mark, you know we gotta get that library money; I'm going to be

here for a while.' I said 'Alright Esther, we'll figure this out, we'll figure this out,'" Gallegos said.

Gallegos also spoke about the library's importance to the community, stating how it's become an important place for individuals to research, conduct business, or just visit with their neighbors.

Questa Library Director Sharon Nicholson shared her gratitude to the Village of Questa as well as the many individuals who were involved in making this project happen. In her speech, Nicholson jokingly pointed out other improvements while informing us about the forthcoming projects for the library, such as an electric vehicle charging station, parking lot improvements, and outdoor lighting.

When asked why this expansion was important to her, Nicholson noted how small the original space was, including the library community. Expansion was inevitable. "When I became librarian...

it was new, we hadn't been here very long, and it was already too small. It wasn't just books, it was people. We needed more room for people, and then I realized the board had already started an idea and had commissioned a design for the library and I could see, yeah! we need that, but it wasn't going to happen—and then I realized it could happen!" Nicholson said. "I had the plans on the wall and I looked at them every day. It became a reality to me and the more I looked, the more I said, 'We need to do this. We need something really special for the people of Questa.' Just because we're Questa and an impoverished community, doesn't mean we have to have a poor library. We can have something really nice for our people, so that became the goal," Nicholson said.

Lunch was provided after the ceremony by Kit Carson Electric, while northern New Mexico musician Chris Arellano performed.

This Village...In Memory of Enriquetta Vigil, and All Those Lost

By MONICA RAEL-AGUILAR

That kind of love that saves you... Our village is like a heart and right now we are in the middle. Sharing the core of who we are, sharing our sorrow, our pain, our love.

That heart gave us the love we need-

ed to keep going... to survive... one day at a time. An emotional territory—the act of working together didn't really matter—it's the time we have together that really matters: we are each other's energy, laughing, and healing each other's wounds; we are in each other's strength. A love we lose is a love we gain.

But we tend to reach for the pain. But death is a celebration. So why are we so afraid of that emotion? It is a beautiful transition—for all. It's the powerful kind of love that saves you. Don't ever take this village away from me... It is my heart, but I am its heart right now. The whole world fades... This is what is real.

Loss is loss, no matter how severe, but how can I fall, you always catch me—you are always here.

Monica Rael-Aguilar considers herself blessed to have been born and raised in Questa and to be part of a big family. She lives in Trinidad, CO and although she misses Questa, she always feels connected.

POEMS OF THE MONTH

POETS OF LAMA

Georgia Gersh and her parents, Annie Degan and the late Bill Gersh have left a creative footprint on the community of Lama. Creativity runs in their family. All three are known for their visual arts, especially painting. For our July Literary Locals feature, we offer their Poems of the Month. Enjoy!

jumping

in the daze of hot days
in the daze of old age
i ponder the miracle
of color
of the arrival of flowers on this earth.
i ponder about worth
god sez i am his worthy perfect earth child
reflecting the miracle back to MYSELF
I do
I AM
LOVE

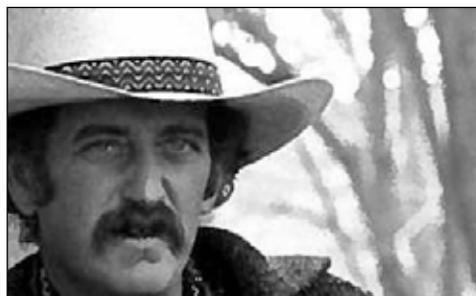
— Annie Degan



every new day

every new day, an opportunity to start again
to practice gratitude
to practice patience
to practice art and growing flowers
every new day, a fresh start
to remember how precious it is to be here
every new day

— Georgia Gersh



Just another mummy in the cargo

Dancing together on the golden
streets of glory...
transformed into their heavenly
bodies... Yiddish cries muffled
in leaky sprinkler systems...
Voices of Russian ancestors move
from air conditioner to air
conditioner. White winged aluminum
hurls through Miami skies.
Watching my hands reach for light
I see this is the animal, the
sacrificial creature, the animal
the ancestor, the ancestor of the tongue,
the givers of Lot for Able, the
animal of the word
of speaking peoples,
of the ram, of the lingua
of the reason for line—
I kid thee not daddy, I kid thee
Not... there for endless horizon
miles... clothed mummies had risen
from the cargo of unknowns...
stretched elongations encased in stainless steel
screaming
What's wrong with the figure?????

— Bill Gersh

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Yoga Sala and the Questa Farmers Market: Updates



Come to dance camp this July, with Miss Tuesday!

Gaea McGahee



Studios market interns, Ashlynn Rael and Alianna (Booboo) Gonzalez, learn the ropes from Gaea McGahee (center) at the Sunday Questa Farmers Market. Paid internships for teens are an important mission for Questa Farmers Market. QFM offers EBT and Double Up Food Bucks for food and produce at the market and our interns help run this program, as well as care for the gardens, and cook pizzas in the horno!

Martha Shepp

Yoga Sala is a multi-use studio space in Questa where regular movement classes, special events, and workshops are hosted. All classes and activities are built with this intention: to support a culture of health. These include yoga, zumba, kids ballet, music, and meditation. It is located at 2331 Hwy 522, nearly opposite the ArtQuesta Gallery.

These are offered for free or by donation through our nonprofit project, Sala Reach, a program of the local 501 (c) 3, Localogy.

Silent Meditation Mondays, 6:00 pm: in person, no registration required

Seated Moving Meditation: Sheng Zhen, Tuesdays at 8:15 am and Fridays 10:00 am.

Sheng Zhen is an accessible form of moving meditation that cultivates profound inner peace, harmony, and openness of the heart. The beginner forms are done seated, and are wonderful for all people, including elders and those with limited mobility. Taught by Ola Sun.

Kids Ballet Camp: Fridays in July, 1:00-3:00: in person (ages 3 - 10)

Miss Tuesday leads this Introductory "Luna and Me" Dance Camp Inspired by local author Jenny Sue

Kostecki-Shaw's book, based on the remarkable true story of Julia Butterfly Hill, a girl who lived in a tree to save a forest. Camp includes dance, literature, choreography, snacks, and crafts. The final class will culminate in a performance with group and student choreography. Older students are welcome, too!

Gentle Yoga, Mondays in July 4:00 pm

Every Monday in July we host a free gentle yoga class. It is guided by Rae Lewis. She is currently studying to become a YTA certified teacher and offers this free weekly class to get to know the community, to aid her development as a

yoga instructor, and to share the healing properties of mindful movement with all. Her class can be done seated in a chair or on the floor.

At the Sunday Questa Farmers Market

Come for the food, the fresh produce, the arts, and the music! Here's the musical lineup for July:

July 4 Jack Lorang and Jeff Allred

July 11 The Arcane Ramblers

July 18 Nick Hans (music) & Puppet Show @ 12 p.m. Cristina Masoliver

July 25 Chris and Rodney Arellano



SCVFD Officially on the Map!

BY CAROLINE YEZER

San Cristobal Volunteer Fire Department is officially on the map with a new sign in front of their station on Calle del Medio in San Cristobal. Shown here after they put up their sign are (from left) San Cristobal Neighborhood Association President J. R. Logan, incoming Fire Chief Stephen Pace, and outgoing Fire Chief Joseph Godfrey.

Steve Pace

COMMUNITY CONNECTION DAYS

Intergenerational Days of Service & Celebration

IT'S A FAMILY CELEBRATION
AT QUESTA PARK AT 9:00AM

Tree Planting, Beautification,
Kids Games, Volleyball, Horseshoes
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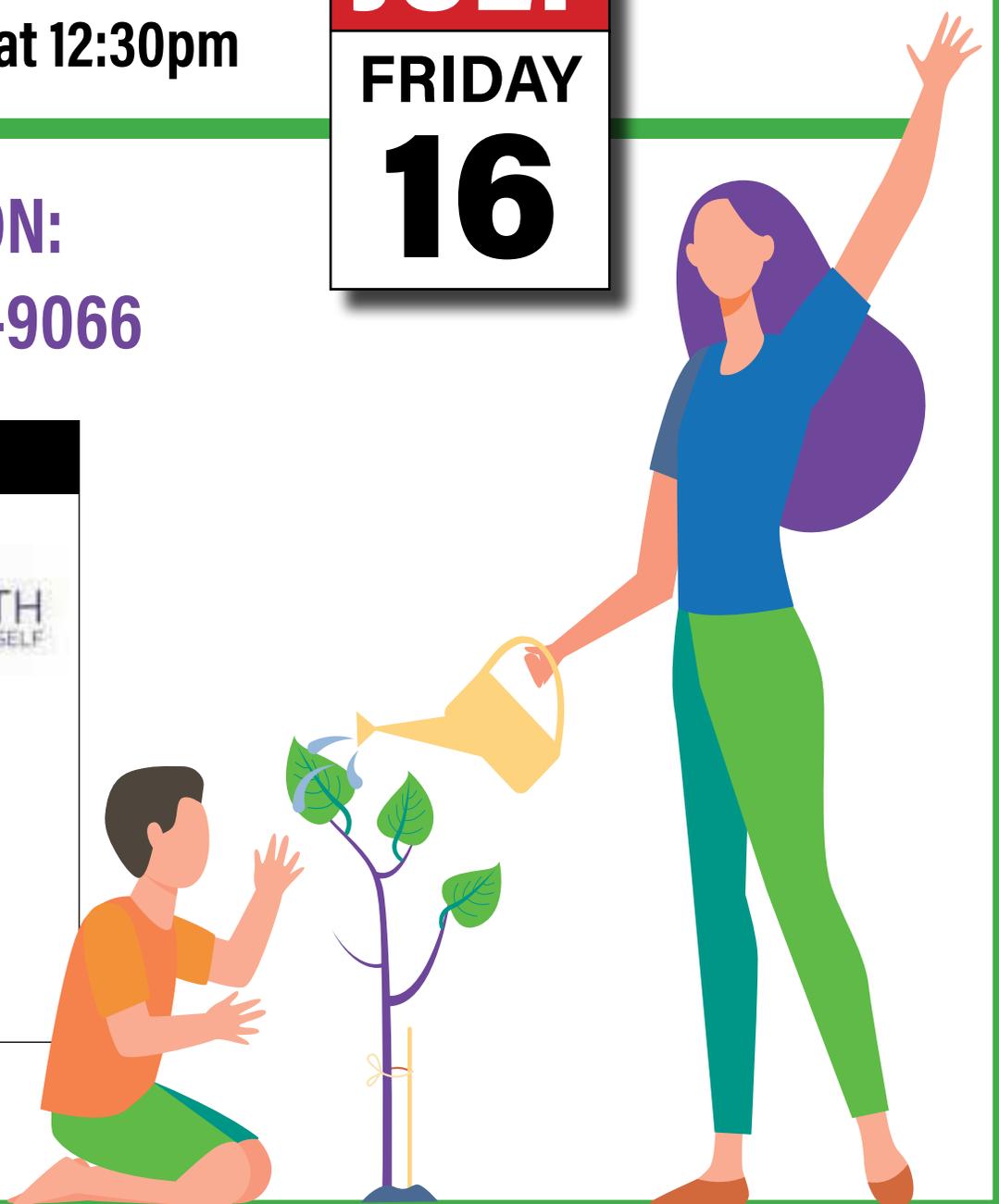


FOR MORE INFORMATION:
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Collaborators:



Chevron is proud to sponsor this ad in support of the *Questa Del Rio News*.





JULY MOVIE REVIEW: SOUL

Demographers estimate more than 108 billion human beings have inhabited the earth since we became something recognizable as human. That number (actually the number 108,210,121,415) figures largely in this movie, and I'm guessing that will surprise you a bit. What does the number of human beings that have populated this planet have to do with a movie about jazz?

Well, about half of the movie has to do with jazz. The story is about a musician, Joe (Jamie Foxx), not in New Orleans, but in New York, who teaches middle school band students. However,

that isn't really what he wants to do. Instead, he dreams of his real passion, playing jazz piano in nightclubs. Early in the movie, he gets a break, and it appears that his dreams are about to come true.

Except that they don't. As with most of us, something happens that changes his life trajectory. And with that, we arrive in the other half of the movie: The Great Beyond, The Great Before, and The Zone. The great pleasures of this movie are here—in areas that probably can only be explored in an animated film. Here we aren't dealing with people, but rather their essence, their "souls."

This movie, quite literally, explores notions of where souls come from, where they go, and what exactly we might do with them while "living." And these are not trivializations—there is substantial food for thought, or should I say "nourishment of the soul!"

The film navigates between these two worlds with great finesse. The New York world is rich in detail and visceral experience. It is also accompanied by the terrific jazz music of Jon Batiste, an accomplished keyboardist making superb music in New York. Joe is black and he represents the first time Pixar/

Disney has attempted, realistically, to depict black people in animated form. They successfully portray the variety of black skin textures and colors, adding to the human palette of animated, but real, characters.

When Joe is in the "other world," he is recognizably himself, but adopts a visage befitting the soul community. And it is pretty hard to quibble with the design—I mean, what exactly does a soul look like, anyway? The animation in this world is simpler, using pastel colors or black and white, and why not? The complexity here is not in the visual presentation, but in the strange concoction of ideas and processes that souls undergo as they transition from one stage to another.

The other distinguishing characteristic of the other world is the music. Instead of Jon Batiste's jazzy improvs, we get the electronic music of Oscar-winning Trent Reznor and Atticus Ross, whose ethereal and cerebral tonality is so soothingly appealing. It's difficult to imagine a better choice to represent this world.

The preparation of souls for their adventure on Earth is particularly interesting, and gets special treatment

in this movie, when two souls transition to Earth and end up in bodies they were not intended to occupy. In addition to Joe's soul, there is also Soul #22 (Tina Fey). Since these souls are numbered, imagine how long ago this one has been waiting around for a "spark" to get into a body. When #22 and Joe finally do go to Earth, the resulting switched identity sequence goes on a bit long, but it is an important part of the story. In the end, there is a definite message to this film, but I'll leave that up to you to tease out.

So, this is an incredible movie, but I find one big flaw. Soul is almost two different movies: the New York City jazz scene and the other world. Each has its own visual and musical style, and while the characters do transition, they behave differently because the worlds are so different. I think the relationship between the essence of jazz—the harmony found in life's spontaneity—and the essence of spark could have been illustrated more directly. Nonetheless, it is still an outstanding movie. (4.5 Stars)

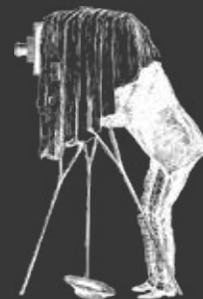
Available to watch on most of your favorite streaming services (rental fees may apply) or by Netflix DVD.



PHOTO OF THE MONTH

Nat Wilson, Lama artist, musician and mayordomo of La Lama Acequia Association, paints the gorgeous vista with a little help from his friend Bella.

Courtesy Photo



**e-mail news@questaedf.com
(don't forget to include a caption and your name)**

The Path to Restoration: A Podcast

By DANIEL HERRERA
AND TODD WYNWARD

Daniel Herrera here, saying a warm hello. Hello!!! You all are some of my dear friends and *familia*. I am humbled, proud, and excited to celebrate something that has just emerged: Todd Wynward and Daniel Herrera are being interviewed by Zach Martinez in a podcast series called *The Path to Restoration*, and the first episode, "Becoming a Person of Place," just became available. We had a really good time doing it—you might have a good time listening to it!

You might want to check out the first

episode at taostilt.org/path-to-restoration.

In it, we pursue the questions: under what conditions might a settler dare to call a place "home?" What must we change in our lifeways to begin to restore right relation and become more authentic people of place? This is the humbling and commonwealth work that many of us must do, as we examine our cultural legacy of colonization and settlement.

We engaged in a discussion about how the podcast's themes are emerging in our lives, in a Zoom forum on Monday, June 7. It was NOT a time to debate ideas or judge other people; but a time

to explore the invitational steps YOU are taking in YOUR life to bring about healing and restoring right relationship.

You might want to consider joining *The Path to Restoration* podcast and Zoom community that we are creating together this summer. We're doing something different: There are five Zoom response forums, one held every other week, providing space for listener response to the podcasts we release the previous week. We'll be doing this for 10 weeks, so we hope you join the virtual campfire all summer as we grow a place-based movement together!

Here's the three-step pattern we'll be

following as we move together through the weeks:

- 1) Listen to the podcast with a heart hungry and open for life change.
- 2) Reflect: How are you being invited to live deeper into the podcast's themes?
- 3) Join us in the live Zoom response forum the following Monday.

Please email us to let us know you're interested at dansautohondo@gmail.com or toddwynward@gmail.com.

If you'd like to sign up to stay in the loop about the next podcasts and Zoom meetings, register at taostilt.square.site

NCRTD Buses to Operate at 50% Capacity

By JIM NAGLE

Upon guidance from New Mexico Department of Health and the Department of Transportation Transit and Rail Division, North Central Regional Transit District (NCRTD) Blue Buses will now operate at 50% capacity.

Social distancing is still encouraged, and masks are required as per federal law, which requires passengers and drivers (with limited exceptions) to wear a properly fitting mask at all times.

The NCRTD continues to take aggressive measures to clean and disinfect

passenger vehicles: our top priorities are to continue service to you, and keep you and our employees healthy and safe. If you are experiencing flu symptoms, we ask that you refrain from boarding our vehicles. Thank you for partnering with us to help prevent the spread of any

viruses, germs, and flu.

NCRTD provides fare-free bus service on 27 of 29 routes within our service area, encompassing over 10,000 square miles of north central New Mexico, including the counties of Los Alamos, Rio Arriba, Santa Fe, and Taos.

Catherine Roth and Marty Michael Win NorthStar's May Puzzle Contest

By ELLEN WOOD,
AD AGENCY FOR
NORTHSTAR TIRE & AUTO

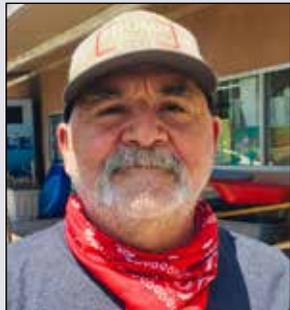
NorthStar's puzzle campaign began in January, and May was the final puzzle ad. Two winners were drawn from among the entries for NorthStar Tire & Auto's May puzzle contest: Marty Michael and Catherine Roth. Each received a gift certificate for a free oil change.



Ellen Wood

NorthStar Tire & Auto May puzzle winner Catherine Roth.

"Numerous customers and people new to NorthStar enjoyed participating in the puzzle contests, and it was great to have some fun," said General Manager Malaquias "JR" Rael. Previous months' winners of an oil change include Jim Arciniega, Casilda Lovato, Sharon Pacheco, Christina Hendrix, Juan and Donna Baca, Jeannie Masters, Benita Muniz, and Mary Jo Kelly.



Ellen Wood

Marty Michael, a second winner of the May puzzle drawing.

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Veterans Park Renamed For The Late Senator Carlos Cisneros

By ERNESTO CISNEROS

Locals, family members, and dignitaries gathered on Memorial Day, May 31, to honor the late State Senator Carlos Cisneros by dedicating the Questa Veterans Memorial Park in his name. Among those in attendance were US Sen. Ben Ray Lujan, Lt. Gov. Howie Morales, and State Auditor Brian Colón. All three, along with Questa Mayor Mark Gallegos, shared about Senator Cisneros' legacy and his dedication to serving the people of northern New Mexico.

Mayor Gallegos opened the ceremony by highlighting the Senator's years of service, through legislation in Santa Fe and his involvement back home. One of his best known accomplishments for the Questa area was funding for the Cabresto Dam Project, totaling nearly \$7 million. He co-sponsored senate bills passed in 2019, before his death, which appropriated funds for rural libraries and acequia infrastructure.

"Our senator did so much for this community in 33 years; he put his hand on so many things that we've gotten to benefit from—the Little League Park, the library, the community center, the youth center..." Gallegos said.

State Auditor Colón recalled his own experiences with the late Senator. "The

very first time I had a deep conversation with the good senator was at the Healing Field, honoring those who gave the ultimate sacrifice for our nation. I saw his heart and his incredible commitment to the veterans in our community... I couldn't think of a better way to honor a lifetime legacy that is really the epitome of public service," said Colón.

While the weather cooperated for most of the ceremony, Sen. Lujan was able to give a few words before a downpour blanketed the crowd. He spoke of Cisneros' passion for advocacy and for standing up for what's right, and how this encouraged Lujan throughout his years as a public servant. "...Senator Carlos Cisneros was my senator too, all the way to Nambé... he fought for us, he taught us the importance of speaking up... Carlos had that deep voice that would come from within and people would listen and unite," Lujan said.

The Carlos R. Cisneros Veterans Memorial was a collaboration of efforts by former Taos County Commissioner Larry Sanchez, the Questa Village Council and others. Sanchez said the opportunity to rename the veterans park arose after Sen. Cisneros died in 2019. "He took care of our communities and his constituents... we couldn't just forget him; we had to do something in Questa. He's one of our own," Sanchez said. "I went before the



E. Wilde

Senator Ben Ray Lujan (D-NM) reflects on his memories and respect for Senator Cisneros at the rededication ceremony while event organizers Virgil Gomez and Larry Sanchez stand by.

Questa Village Council and they voted 5-0 to get this on board—I was excited with that."

Sanchez said the Senator had initially secured funds for purchasing this very property for a veterans memorial. Annual funds for the Vietnam Remembrance Wall and Bataan Death March plaque were also appropriated as part of the veterans memorial project. Sanchez said the park was expected to grow as more funds become available. With Senator Cisneros' death,

it was only right to take on this dedication project.

In the meantime, Sanchez said his goal is to get more veterans highlighted in the community. "I'm not done yet! We've got to get some more veterans' names on the veterans memorial in Questa," Sanchez said.

A celebratory reception was held after the ceremony at the El Monte Carlo where community members had the chance to catch up with their government officials.

Fifth Annual Questa Fishing Derby—\$1,000 in Cash Prizes!

By LYNN SKALL

Over 60 contestants from ages 2 to 70 participated in the Fifth Annual Questa Fishing Derby at Eagle Rock Lake on Saturday, June 26, vying for \$1,000 in cash prizes. In an unexpected twist and turn of the reel, the longest fish were caught by the youngest anglers! More than 75 prizes, donated by local sponsors, were awarded. Smoky Bear from the Carson National Forest was there, too! Congratulations to all winners:

WINNERS!

KIDS, UNDER 12, LONGEST FISH

- 1st Place: 16-1/2" — Ember-Star Median, Taos, age 5
- 2nd Place: 16-1/4" — Clyde Tindell, Arlington, TX, age 8
- 3rd Place: 15-1/4" — Liam Garcia, Questa, age 2

YOUTH, 12 TO 17

- 1st Place: 14" — Ricardo Leon, Jr., Cerro
- 2nd Place: 13-3/4" — Landon Pelfrey, Gunter, TX
- 3rd Place: 13" — Noah Mandonado, Questa

ADULTS, 18 AND OLDER

- 1st Place: 13-1/2" — Patricia Michael, Questa
- 2nd Place: 13" — Fabian Vargas, Taos
- 3rd Place Tie: 12-1/2" — Roberto Falomir, Questa
- 3rd Place Tie: 12-1/2" — Joey Allison, Espanola



Questeña and new mom, Patricia Michael, won \$500 for first place in the adult category. In second place was Fabian Vargas of Questa (\$100), and a tie for third went to Roberto Falomir of Questa and Joey Allison of Espanola (splitting \$50).



Toner Mitchell, New Mexico Water and Habitat Program Director for Trout Unlimited, a supporter of the event, was the fish-measuring officiant.



Ember-Star Medina, age 5, from Taos, fishes every weekend at Eagle Rock Lake with her family. She hooked the longest fish of the day, a Rainbow Trout, winning \$100 for first place in the under-12 kids' category.

Photos By Lynn Skall

Rainbow Family Gathering In Carson National Forest

By HILARY MARKIN

The group called the Rainbow Family of Living Light has chosen the Carson National Forest for its 2021 national gathering. Since 1972, the group has held an annual summer camping event in a different national forest. This event will coincide with the Fourth of July holiday, and participants have already begun arriving.

The Rainbow Family pursues social and spiritual activities and prays for world peace. Crowds range from 2,000 to 10,000 in number. An event of this size can have significant impacts on traffic, communities, local resources, residents, and other visitors. Local businesses can expect to see large numbers

of Rainbow Family participants visiting stores and buying food and supplies along routes to the gathering site. Forest and county roads near the forest in Taos County are expected to become congested during the event. Road closures and/or traffic detours may occur within the National Forest.

The USDA Forest Service manages the annual event in close coordination with tribal, state, and local partners, to protect the health and safety of everyone involved, and to lessen environmental impacts to the site by providing information and enforcing laws. "We understand there may be impacts to our community, our neighbors, and our forest visitors, and are working to minimize effects," said James Duran, forest supervisor for

Carson National Forest.

A forest resource protection plan for the event will address concerns about health and safety, watershed protection, natural resource protection, and rehabilitation of the event site before the group leaves. The Forest Service is mobilizing a national incident management team with experience managing these types of events. The team is working in unified command with the Taos County Sheriff's Office and other local authorities.

A note to all: Stage 1 fire restrictions are now in effect. Fires, campfires, charcoal grills, and coal and wood stoves are allowed only in developed campsites or picnic areas with Forest Service-built fire rings or grills. Campfires are prohibited at all dispersed camping sites

in the forest. This order also prohibits welding, using an acetylene torch, or operating any torch with an open flame within the boundaries of the Carson National Forest. Forest visitors are asked to use extreme caution when these fire restrictions are in place. You can find out more about this event at <http://rainbowfamilygatherings.net/2021-rainbow-gathering/>.



Tree Planting, Puppets, Lunch & Games!

By CLAIRE COTÉ

You are invited to the 3rd Community Connection Day, on July 16 at Questa Municipal Park. This day of intergenerational service and community celebration is the culmination of our Memorial Grove tree fund drive. More trees at the park will provide shade and wind protection for our kids (and all of us who enjoy the park), and improve habitat for our birds and pollinators.

Starting at 9 am, volunteers will plant the trees. Midday, a community lunch will be served, and renowned puppeteer Cristina Masolivar will present her outdoor, hilarious-to-all-ages puppet show Flamencos. There will be games too: basketball, volleyball,

horseshoes, and more! Come celebrate the heart of summer at the park!

With each monthly Community Connection Day, a diverse group of us come together to improve our public spaces. Come connect with friends, make new ones, and envision together what we want for our community!

The Memorial Grove is also a meaningful way to honor loved ones, and you can still have a tree planted for a \$100 donation. Contributions of any amount are appreciated. For info about the tree fundraiser and making donations, call Laura Vallejos: (575) 635-2934. Information about Community Days can be found at: www.leapsite.org or by calling (575) 224-9066.

Get up to date LOCAL NEWS throughout the month by Following us @Questa Del Rio News



QUESTA CRAFTS & COLLECTIBLES MARKET

EVERY SATURDAY

June 12th - October 2nd
10:00 am - 2:00 pm

At the Questa Visitor Center:
 Located at the Questa traffic light (1 NM Hwy 38)

For more information call:
(575) 613-2852

**CRAFTS • ATTIC TREASURES • COLLECTIBLES • HOMEMADE DELECTABLES
 GARAGE-SALE SELLABLES • VINTAGE FINDS**

VENDORS WELCOME!

\$10 per week per vendor space
 Set up 9am; bring own tables, chairs, cash bank, etc.
 Required \$35 Peddler's Permit can be purchased on site, good for 3 months

For more Vendor information call (575) 586-2149

Don't hesitate...

Vaccinate!

WE HAVE COVID-19 VACCINES AVAILABLE!

Call us to schedule your vaccination 505-586-0315 and choose option #1.

BUD WILSON cont'd from page 1

was smitten with his beloved Barb when he saw her removing a banana cream pie from Jennie Vincent's oven. They had four children together. In 1985, Bud and Barb founded the Sangre de Cristo Youth Ranch Summer Camp. They wanted to give the single mom nurses at the hospital a break during the summer.

Bud often didn't charge people for surgeries, but what money he did earn was poured into the camp. The month-long experience has been provided free of charge for over 30 years. When he wasn't keeping vigil at a bedside in recovery, Dr. Wilson was driving up to Lama in the middle of the night, eager

to dig some post holes with the kids first thing in the morning. In his 80s, Bud still hiked up to catch the campers at the top of 12,000 ft. Lobo Peak. Now in his 90s he still joins campers for rigorous adventures and ranch work.

At the Sangre de Cristo Youth Ranch, every youth can know the same satisfaction and self-esteem earned through doing an honest day's work in real service that Bud initially found for himself on the farm in Kansas. Campers share the freedom, camaraderie, and connection to nature that ranch life provides. Camp gives kids an appreciation for the strength of diversity in community, and all the tools to become fulfilled human beings. Bud wants everyone to have a

chance to lead a life as blessed as his. He tells every camper that they are forever welcome on his ranch.

Bud is tough as nails, kind, exceedingly generous, patient, wise, charismatic, optimistic, and humble. He possesses a sharp intellect, unwavering integrity, and an insatiable curiosity that has kept his mind elastic and his attitudes progressive. Every camper would refer to Bud as "cool." He is slow to anger and quick to forgive, an engaging communicator, and a trusted friend, a loving father and a devoted husband. Above all, Bud has the rarest of gifts: true compassion. He has the ability to genuinely empathize with almost any perspective. He can make people feel appreciated and loved, because he truly appreciates and

loves them. Bud has saved countless lives at the hospital and at the camp. He is a healer of hearts.



Claire Cote

Daniel Hutchison and Bud Wilson



The Questa History Trail Grand Opening

By MARTHA SHEPP

The Questa History Trail's grand opening on Saturday, June 5 was a great success, with over 50 guests. After last year's cancellations, and despite a detour across the church parking lot, Questa historian Flavio Cisneros came out to lead us, along with others: Mayor Mark Gallegos, musician Michael Rael, and other team contributors. If you missed this event, the trail is self-guided! Find maps at the Welcome kiosk or the Questa Visitor Center, or just start at the corner and follow the red wooden arrows. It's an informative story of Questa and a microcosm of northern New Mexico's history! (Please be respectful of parishioners and residents as you walk the trail.)

- Row 1:**
1. Michael Rael serenades.
 2. The welcome tent team.
 3. Out-of-towners sign in.

- Row 2:**
4. Mayor Mark Gallegos.
 5. Inside the restored church.
 6. Flavio starts his commentary.

- Row 3:**
7. The crowd of 50+ gathered on a beautiful National Trails Day, June 6.

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
JULY 2021

LEO AND THE SUN

Both light and shadow are the dance of Love. —Rumi

We have three levels of astrology as far as we know at this time: Traditional astrology, which most people use; esoteric astrology, which is meant to become the predominant astrology of the Aquarian Age in full swing by the Age of Capricorn; and a third level of astrology called Hierarchical Astrology. Since few people are vibrating that high yet, we know very little about it, but we do know the planetary rulers shift as we evolve. As humanity begins to vibrate on higher, more conscious, more awake levels, so the meanings of the planets shift and vibrate with us. Old meanings no longer fit; we feel like we've "outgrown our horoscope." The one planetary rulership which remains the same on all three levels is the Sun with Leo.

The symbol for the Sun is a circle with a central dot, one of humanity's oldest symbols. It can be found on cave walls and sacred rock formations all over the world. Its meanings are as infinite as its relationship to Leo: the circle of life, vitality, prana, the heart of our Universe, and the center of our solar system—without which none of us would exist in physical form. It is the void and existence within the void. It is everything and nothing; me in the center with God all around; God in the center of me. God is Love and Leo rules Love. Leo—with its love of life, its bounding joy in the sun, its need for playfulness and remembering that life is not always serious but IS always about Love. As we shift into the "dog days" of summer, it's interesting that, in fact, we are shifting into the sign of cats, not dogs! Nothing plays like a cat, then curls up in the sun with the tip of its tail, the dot in the center of life itself.

Everyone: Enjoy a cat; they know.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: Challenges, blessings and lots of shifting energy.

Direction: Time to stay on your toes.

Soul Thought: What does "mercurial" mean?

TAURUS ♉ Planet: Vulcan ♀ APRIL 19 – MAY 20

Dynamic: You may find it difficult to articulate clearly when it really matters.

Direction: "Feel" into the words you want to say.

Soul Thought: "Symbols are the natural speech of the Soul, a language older and more universal than words." —C.S. Lewis

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: It's almost like the light coming into the light.

Direction: Be the reflection.

Soul Thought: A sight for sore eyes.

CANCER ♋ Planet: Neptune ♀ July 20 – JULY 22

Dynamic: You have an uncanny ability to perceive things right now.

Direction: Look long and hard.

Soul Thought: When light sparkles on water.

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: Good days ahead; you feel strong.

Direction: Flex your muscles on behalf of others.

Soul Thought: "It's better to light a candle than curse the darkness." —Chinese proverb

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: You have been both the reason for, and the recipient of major change in the last two months.

Direction: Both were needed; accept in gratitude.

Soul Thought: What is an eclipse?

LIBRA ♎ Planet: Uranus ♁ SEPT 22 – OCT 22

Dynamic: You're at the crux of it all right now.

Direction: No blame allowed; rather, find the balance.

Soul Thought: "Awareness is inseparable from wisdom." —Eckhart Tolle

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: A partnership — love and/or marriage — becomes intense.

Direction: Isn't that what you want?!

Soul Thought: Be careful what you ask for.

SAGITTARIUS ♐ Planet: Earth ♂ NOV 21 – DEC 20

Dynamic: A struggle uphill is meant to generate a great view.

Direction: Be sure to look around.

Soul Thought: It's all in plain view.

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: By the end of month the mundane and the esoteric come together.

Direction: Shouldering the load with another is a good thing.

Soul Thought: When the physical and metaphysical worlds meet.

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: All this back-and-forthing may make you dizzy.

Direction: Someone has to show the way.

Soul Thought: Treading in the footsteps in the sand.

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: You may feel less like following the rules than ever.

Direction: Determine who and what the rules are for.

Soul Thought: A time to be impious.

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.

COULDN'T WE ALL USE A LITTLE GETAWAY?

(575) 751-9247

10,000 WAGS
PET RESORT & BOW-WOW-TIQUE

10000WAGS.COM

DID YOU KNOW?

Spiders are arthropods. Eight legs, multiple eyes and two body segments. New Mexico has hundreds of species of spiders. Most common are wolf, cellar (daddy longlegs), House spiders, orb weavers, brown recluse, black widows and the largest spider, the tarantula. Spiders live in all our habitats from deserts to high mountain meadows to streams and lakes eating millions of insects and other arthropods. All spiders are poisonous (venom), but only a few are dangerous to man. The black widow, brown widow, some wolf spiders and the brown recluse (fiddleback).

Good Riddance
ENVIRONMENTAL PEST CONTROL

CALL FOR DETAILS
575.770.3297

SUMMER CAMPING & FISHING SUPPLIES HERE!

QUESTA LUMBER & HARDWARE CO.
2349 State Road 522 • Questa NM • 575.586.0414
questalumber.com

WANTED

Vendors for Questa Crafts & Collectibles Market on Saturdays only: all summer. Sell artwork, antiques, handcrafted originals, collectibles, surplus personal effects. New vendors mention this ad and get your first Saturday free, each additional Saturday is \$10. For info call Lynn (575) 586-2149.

HELP WANTED

Housekeeper for a small home in Sunshine Valley, once or twice a month. Call Tana at (575) 613-2504.

Work at the Questa Visitor Center! Every Wednesday and Thursday from 10 am - 3 pm June through September. Be a Questa

ambassador: greet guests, answer phones, distribute area info, sell merchandise, clean and organize. Knowledge of Questa, Red River, and Taos areas preferred. \$10/hr. Contact Lynn Skall: lynn@questaedf.com or leave a message at (575) 586-2149.

Elementary Teacher Needed. Call Red River Valley Charter School at (575) 754-6117.

Welding instructor needed to teach hands-on classes at the new Questa High School Welding Lab. Classes begin with the Fall 2021 semester. For more information and to apply contact Lynn Skall: lynn@questaedf.com or leave a message at (575) 586-2149.

FOR SALE

Back Issues of *The Questa Del Rio News*

-\$1 each or 12 for \$10. For more info, to coordinate pick-up at the Questa Visitor Center, or to request a postage quote call: (575) 586-2258 or email dina@questaedf.com.

NOTICES

Tales and Tails at the Questa Public Library Summer Reading is going full blast! Read and enter at the library to win one of seven bikes! Mon.- Fri. 10 am. More fun to come! Last day is July 14, when we will have the drawing for bikes and lots of prizes and surprises. Call QPL for more information: (575) 586-2023.

The Questa Visitor Center invites local artists to sell note cards, postcards, and unframed prints. Contact Lynn Skall:

lynn@questaedf.com or leave a message at (575) 586-2149.

Heads Up: Mandatory 10-digit dialing coming! To complete all local calls, you will soon need to dial area code plus the telephone number. This applies to all calls within your area code that are currently dialed with only seven digits.

RTD "Blue Buses" will not operate on Monday, July 5th, in observance of the Fourth of July holiday. Have a safe and happy Independence Day!

North Central New Mexico Food Pantry: Distribution days are the second and fourth Fridays of the month from 9

am -- noon, 140 Embargo Rd in Questa. For more information call (575) 586-0486. If you need an emergency food box please call: Jeannie Masters (586-0486 or 779-9194) or Nancy Parker (586-2096 or 505 699-7563). To make a donation go to <https://www.ncfquesta.com/> or mail donation to: North Central Food Pantry, PO Box 1076, Questa, NM 87556. For more information, please email wrmesquire2@gmail.com

Questa One-on-One Business Counseling Drop-in Hour by the Small Business Development Center at UNM-Taos with Anwar Kaelin. FREE and CONFIDENTIAL, no appointment needed, on the third Thursday of every month, July 21 from 2 - 3 pm. Business owners, independent

contractors, entrepreneurs in Questa can drop in for one-on-one business consulting and training in planning, accessing capital, marketing, regulatory compliance, technology development, international trade, and more. <https://zoom.us/j/5757376219> Join by phone: +1 346 248 7799. For appointments call (575) 737-6219.

Enchanted Circle Bicycle Tour is August 28. The course starts and finishes in Red River, with an 85-mile and 100-mile ride. Cost to ride is \$80-115; includes t-shirt, meals, and support. Register at rollmassif.com/enchantedcircle

July Quote from Lisa Fox: "They say how long a minute is depends on which side of the bathroom door you're on." —Sadhguru

COMMUNITY CALENDAR • JULY 2021

JULY 2 6:00-8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 4 Independence Day

JULY 4 10:00 am
Fourth of July Parade in Red River. Chamber of Commerce (575) 754-2366. Email: rinfo@redriverchamber.org; <https://redriver.org/>

JULY 5 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 6 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.

JULY 8 Begins at dusk
Family Movie Nights Vida Del Norte is hosting a family movie night every other Thursday through the summer. These movie nights are held outside of Vida Del Norte, 62 Highway 38. To find out what movie will be playing visit www.vidadelnorte.com/movienights.

JULY 9 9:00 am - noon
Food for all at North Central NM Food Pantry, 140 Embargo Rd in Questa. (575) 586-0486. Website: <https://www.ncfquesta.com/>

JULY 9 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 12 10:00 - 11:30 am
Questa Public Library, Kids Summer Reading program (575) 586-2023 or email library@villageofquesta.org. <https://www.questalibrary.org/>

6:00-8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 13 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.

JULY 14 10:00 - 11:30 am
Questa Public Library Bang-up Fun day to celebrate the end of Summer Reading program. Bicycle contest giveaway for SRP participants! Call (575) 586-2023 or email library@villageofquesta.org. <https://www.questalibrary.org/>

JULY 16 9:00 am - noon
Community Connection Day. Questa Park: Summer Tree Planting and Celebration. Questa Municipal Park. Dedication ceremony - memorial plaques placed by newly planted trees. You can still dedicate a tree to a loved one for a donation of \$100. For more information visit: <https://vidadelnorte.com/parktrees/>, <https://leapsite.org/> or (575) 224-9066.

JULY 16 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 17 10:00 am
Yoga Sala, Writers Group, by Zoom, <http://www.yogasalquesta.org/> 7/17/21 - 7/18/21 Contemplative Environmentalism Workshop, Paul Wapner & Lena Fletcher

JULY 17-20 All day
Square Dancing, Red River Community House. Call Blanche Hudson (806) 681-3802 for more information. <https://www.redrivercommunityhouse.com/>

JULY 19 3:30 pm
Questa Library Book Club meets at the library. Read something International. (575) 586-2023

JULY 20 1:15 - 2:15 pm
Bookmobile at Questa Post Office. No school stops for July and August. (575) 376-2474 or laura.gonzales@state.nm.us

JULY 20 6:00 pm
Questa Independent School District Board Meeting online via Zoom; call for access. (575) 586-0421.

JULY 21 2:00 - 3:00 pm
SBDC drop-in consulting session. Join anytime via video conference on zoom at <https://zoom.us/j/5757376219>, or call in by phone at (346) 248-7799.

JULY 22 begins at dusk
Family Movie Nights Vida Del Norte is hosting a family movie night every other Thursday through the summer. These movie nights are held outside of Vida Del Norte, 62 Highway 38. To find out what movie will be playing visit www.vidadelnorte.com/movienights.

JULY 22 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at www.redrivercommunityhouse.com/calendar (575) 754-2349

JULY 23 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 23 9:00 am - noon
Food for all at North Central NM Food Pantry, 140 Embargo Rd in Questa. (575) 586-0486. Website: <https://www.ncfquesta.com/>

JULY 26 6:00 pm
Vida Del Norte Coalition Meetings The monthly Vida Del Norte Coalition Meetings are open to the public and are a great time to find out what the coalition is up to and work with the community to come up with ways to prevent youth substance misuse. 62 Highway 38. Zoom at <https://us02web.zoom.us/j/85026030334>.

JULY 26 6:00 - 8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 27 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.

JULY 30 6-8:30 pm
Bingo, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

JULY 31 10:00 am - 1 pm
Back To School Supply Giveaway Packets of back-to-school supplies will be given out. Vida Del Norte, 62 Hwy 38 in Questa

JULY 31 6:30 am - 4:30 pm
Enchanted Forest Trail Races, Red River. Information: <https://geminiaventures.com/enchanted-forest-trail-races/>. To register as a runner: <https://ultrasignup.com/register.aspx?did=83777>

Recurring Weekly Events

SUNDAYS

10:00 am - 2:00 pm
Questa Farmers Market; Questa Visitors Center parking lot. <https://questafarmersmarket.org/> (575) 224-2102

MONDAYS

10:00 - 11:00 am, June 7, 14, and 21 only
Yoga Sala, Ballet for Kids (ages 3-8), in person only, <http://www.yogasalquesta.org/>

4:30 pm
Yoga Sala, Community Yoga, Gentle Practice, <http://www.yogasalquesta.org/>

6:00 - 7:00 pm
Yoga Sala, Silent Meditation Mondays, <http://www.yogasalquesta.org/>

6:00 - 8:30 pm
Bingo, Red River Community House (575) 754-2349 <https://www.redrivercommunityhouse.com/2018-calender>

TUESDAYS

8:15 am
Yoga Sala, Seated Moving Meditation, <http://www.yogasalquesta.org/>

10:00 am
Yoga Sala, Gentle Morning Yoga, <http://www.yogasalquesta.org/>

10:00 - 11:30 am
Questa Public Library Kids Summer Reading program. July 6 & 13. Call (575) 586-2023 or email library@villageofquesta.org. <https://www.questalibrary.org/>

2:00 - 3:00 pm
Kids Nature Craft Classes, Red River Community House. Please verify dates at <https://www.redrivercommunityhouse.com/2018-calender> (575) 754-2349

5:30 - 7:00 pm
Yoga Sala, Gentle Candle-lit Yoga, <http://www.yogasalquesta.org/>

WEDNESDAYS

9:00 am
Yoga Sala: Gentle Morning Yoga, <http://www.yogasalquesta.org/>

10:00 - 11:30 am
Questa Public Library Kids Summer Reading program. July 7 & 14. Call (575) 586-2023 or email library@villageofquesta.org. <https://www.questalibrary.org/>

3:00 - 6:00 pm
Cerro Vista Farm, produce & plants for sale. 198 Lower Buena Vista Rd, Cerro, NM <https://cerrovistafarm.com/>

6:00 pm
Yoga Sala, Zumba (power), <http://www.yogasalquesta.org/>

8:30 - 10 pm
Movies on the Mount, Red River Community House (575) 754-2349 <https://www.redrivercommunityhouse.com/2018-calender>

THURSDAYS

5:30 pm
Yoga Sala, Yoga Slow Flow, <http://www.yogasalquesta.org/>

6:00 pm
Thursday Night Jam Session at Rael's Market & Coffee House; bring your instrument to jam or just bring yourself and enjoy. Free! 2430 NM-Hwy 522 in Questa (575) 779-9249

Evening
At the Lama Foundation: Zikr is held most Thursday evenings. The Sufi practice of

remembrance, it is a group practice involving chant and movement. In person for those who are fully vaccinated. To find out more and to register, visit: <https://www.lamatogther.org/events/> Call us at 575-586-1269, or [email info@amafoundation.org](mailto:info@amafoundation.org).

FRIDAYS

10:00 am
Yoga Sala, Seated Moving Meditation, <http://www.yogasalquesta.org/>

1:00 - 3:00 pm
Yoga Sala, Kids Dance Camp (ages 3-8), <http://www.yogasalquesta.org/>

1:00 - 3:00 pm
Questa Village Yard, brush collection and chipper services. Free. Contact the Village of Questa for more information (575) 586-0964

6:00 pm
New Thirst Group at Living Word Ministries, 12 Llano Rd., Questa

6:00 - 8:30 pm
Bingo, Red River Community House (575) 754-2349 <https://www.redrivercommunityhouse.com/2018-calender>

6:30 pm
Shabbat, Online and in person for those who are fully vaccinated. To find out more and to register, visit: <https://www.lamatogther.org/events/> Call us at 575-586-1269, or [email info@amafoundation.org](mailto:info@amafoundation.org).

SATURDAYS

8:30 - 9:30 am
Yoga Sala, Zumba (dance), <http://www.yogasalquesta.org/>

10:00 am - 2:00 pm
Questa Crafts & Collectibles Market; Questa Visitors Center parking lot. <https://questafarmersmarket.org/> (575) 586-2149



CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH

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

MISSION CHURCHES OF ST. ANTHONY'S:

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

HARVEST QUESTA

Pastors Kristi & Johnny Gonzales
2558 Hwy 522
Sunday 11 am - 12:30 pm
Wednesday Women's Bible Study on Zoom 6 - 7 pm
Check newspaper calendar for evening prayer dates
Message us for Zoom links
Phone (575) 770-1714
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 pm
www.lwmsite.org
(575) 586-1587

PATH OF LOVE

Sunday 7:30 am class and meditation
Introductory Meditation Class Sunday 3 pm
(575) 586-1454, Hilece

THEOSOPHY

Sunday 10am Alice Bailey Theosophy Study Group
(575) 586-4641, Francis

QUESTA CHURCH OF CHRIST

2 miles north of Questa on State Road 522
Sunday Bible Class Sunday 9:30 am
followed by worship at 10:15 am

KAGYU MILA GURU SANGHA

Tibetan Buddhism
Monday, 11 am: Green Tara
Tuesday, 6 pm: Chenrezig
Thursday, 4 pm: Medicine Buddha
www.earthjourney.org
(575) 586-1454, Hilece

KINGDOM HALL OF JEHOVAH'S WITNESSES

(575) 586-1947

AMALIA

SANTO NIÑO MISSION CHURCH

1st & 3rd Saturdays 4 pm

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

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 (575) 754-2882

ST. EDWIN'S CATHOLIC CHURCH

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

Have a voice in your town's future

Attend public meetings virtually!
These meetings are open, and public comments are welcome with a limit of 3 minutes.
Check the websites for agenda topics and past minutes.
Call your Town Hall for accurate dates and times.
(which are fluctuating currently)

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://redriver.org/>

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

Linda Calhoun,

Mayor

mayor@redriver.org

Georgiana Rael,

Town Administrator

grael@redriver.org

Red River Town Hall
575-754-2277
100 E Main Street
Red River, NM 87558
P.O. Box 1020



AA MEETINGS

A NEW DIRECTION

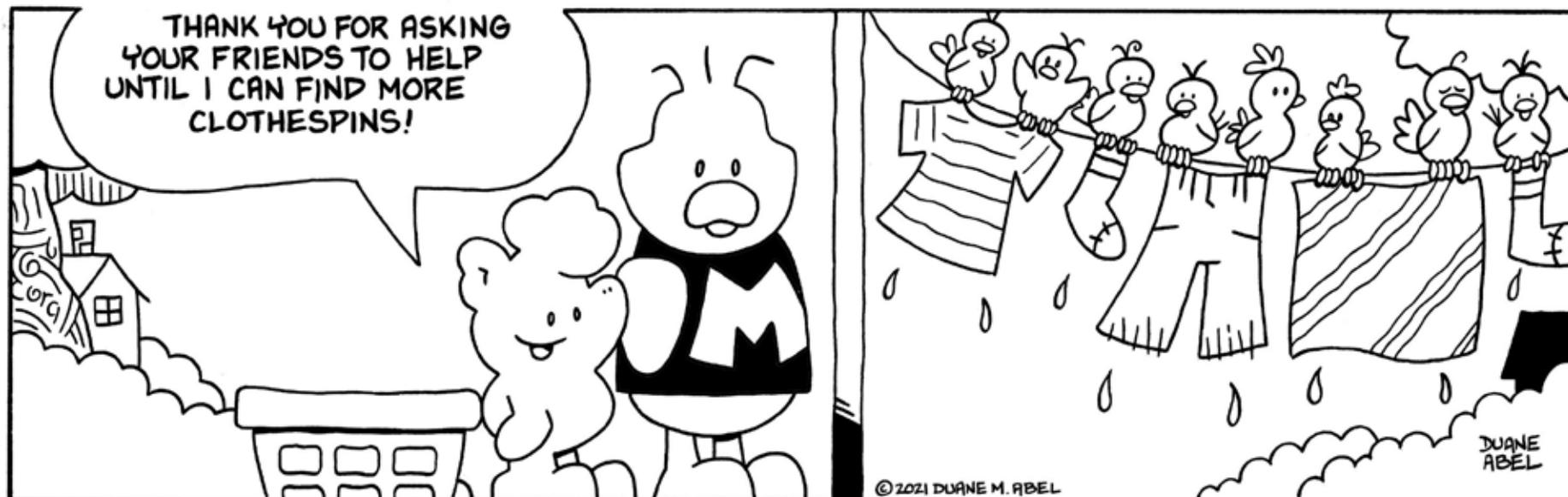
Our human resources, as marshaled by the will, were not sufficient; they failed utterly. . . Every day is a day when we must carry the vision of God's will into all our activities.

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

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ALCOHOLICS ANONYMOUS, pp. 45, 85

ZED by Duane M. Abel



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