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Questa Del Rio News

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NEWS BRIEFS

Don't Forget to Vote! Tuesday, November 2, QISD School Board Election

Fall Back! Sunday, November 7, Daylight Savings Time ends—set your clocks back one hour

Three Generations of Outstanding Veterans

By STAFF WRITERS

Rachel Rael

US Marine Corps Cpl. Rachel Rael, age 21, grew up in Santa Fe and has deep family roots in Questa. She is a third-generation Marine, currently assigned to the III Marine Expeditionary Force at Camp Butler in Okinawa, Japan. As a corporal, she is an administrator, managing payments and deployments, and was named Marine of the Quarter for her unit. In addition, she was recently named Marine of the Year for her work in the Military Occupational Specialty of Administration. She is honored to receive the award. In a recent interview, she said that she joined the Marine Corps expecting it to be difficult, but she is obviously doing really well. She loves the Marine Corps.

Becoming Marine of the Year was easy for Rachel—she grew up in a military family. She always looked up to her family members in the military. Her father, COL Richard Rael and his father, the late Jose Richard Rael, Sr., are US Army Veterans. Rachel enjoyed spending time in Questa with her family, which allowed her to spend quality time in nature, hiking and fishing, and she learned how to shoot a gun at an early age. A 2018 Santa Fe High School graduate, she took art classes while there, and loves to paint, especially animals.

Rachel's father, Colonel Richard Rael of Questa, retired in August of 2019 after 40 years of military service. He will be the guest speaker at Questa's Veterans Celebration at noon on Saturday, November 13, at the Sen. Carlos Cisneros Veterans Memorial Park, in downtown Questa. COL Rael said that he always tried to push Rachel toward attending college, but after one semester at UNM in Albuquerque, Rachel made the decision to enlist in the Marines Corps. Her dad always had the feeling she would choose that path, and so did Rachel, ever since she was four years old. She is loving her time in the Marines, and is in no hurry to leave—she says she wants to stay enlisted and is just getting started!

In her freshman and sophomore years at Santa Fe High School Rachel served in the Navy ROTC program, a good training for her, since the Marines are a



Five Rael brothers served in the military. Pictured above are Arron Rael, Sr., US Army WWII; Mel Rael, US Navy WWII; Fred Rael, US Army; Richard Rael, US Army Korea, and Vito Rael, US Army.

branch of the Navy. When she enlisted, she had some familiarity with the program, thanks to her ROTC instructors, who saw her potential and encouraged her. It was through ROTC that she got into lifting weights and physical fitness. At the time, she had no idea how this would help her later as a new recruit. Rael attended boot camp in Parris Island, South Carolina, from January to April of 2019, and completed advanced training at Camp Pendleton, California and Camp Johnson, North Carolina. In recruit training, she had drill instructors who helped her a lot. Her goal is to become a drill instructor and train new recruits. She was deployed to Okinawa in September 2019. Going to Japan was her first time outside of the US. Rachel received a Meritorious Promotion to Corporal in January of 2021.

Rachel's Grandfathers and Great Uncle

Rachel's maternal grandfather, Richard Madrid, graduated from St. Michael's High School in Santa Fe in 1953, went directly into the Marines Corps and served in the Korean War near the 38th parallel. He influenced Rachel and issued a few warnings to her about the military, such as: do not join the Air Force or Navy!

Rachel's late paternal grandfather of



Courtesy Photo US Marine Corps

US Marine Cpl. Rachel Rael, a Santa Fe High graduate, was chosen from 70 finalists to be Marine of the Year among the branch's administrative personnel.

Questa was Richard Rael, Sr., who passed away two years ago. He was an Army corporal in the Korean War. After the service he returned to Questa and worked on his ranch and in mining. He was very quiet and reserved, and he didn't talk about his active service. His son, COL Richard Rael, Jr. said that the ones who are the quiet ones are those who have seen real conflict.

Richard Rael, Sr.'s brother, PFC Aaron Rael, Sr., served in the US Army Infantry

THREE GENERATIONS cont'd on pg 28

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GUEST EDITORIAL

Commentary on *The Charge* of the Light Brigade

BY MATT WOHLBERG,
SFC, US ARMY RET.
RECRUITER, NEW MEXICO
VETERANS UPWARD BOUND

Throughout the history of human-kind, wars have begun and ended principally because of political and/or religious intolerances. It matters not the precipitating reasons or incidents. What matters is the extraordinary courage, and inevitable tragic loss of life. Such was the case involving the Crimean War, fought from 1853 to 1856, which started principally over religious intolerance and quickly upset the balance of power in Europe, and concluded as a historic example of senseless butchery. As a result of this brutal killing, more soldiers perished in the Crimean War than in the American Civil War.

The classic poem, *The Charge of the Light Brigade*, was written in 1854 about the Crimean War's historic Battle of Balaclava. It describes the slaughter of soldiers: blatant disregard for human life in what is known as command arro-

gance. More than anything, this poem showcases the courage of soldiers in battle with absolute obedience to orders, in the face of almost certain death.

Just as in every war fought by the United States [and probably all wars] soldiers, sailors, airmen, and Marines do their duty in the very eyes of death and destruction. Witness the landings in WWII, specifically on the Island of Guadalcanal. As you read *The Charge of the Light Brigade*, please imagine what the soldiers went through and then fully feel the devotion to duty and the sense of purpose exhibited by soldiers as they obey orders and meet their death. To me, this is the essence of what Veterans Day is all about. Many of us came through and live our lives each day; others had different fates. They faced the ultimate challenge and test of courage and gave their lives for a cause.

The full text of this poem is below. It is a testament to courage and obedience to orders no matter what the circumstances, as any veteran will understand.

The Charge of the Light Brigade By ALFRED, LORD TENNYSON

I
Half a league, half a league,
Half a league onward,
All in the valley of Death
Rode the six hundred.
“Forward, the Light Brigade!
Charge for the guns!” he said.
Into the valley of Death
Rode the six hundred.

II
“Forward, the Light Brigade!”
Was there a man dismayed?
Not though the soldier knew
Someone had blundered.
Theirs not to make reply,
Theirs not to reason why,
Theirs but to do and die.
Into the valley of Death
Rode the six hundred.

III
Cannon to right of them,
Cannon to left of them,
Cannon in front of them
Volleyed and thundered;
Stormed at with shot and shell,
Boldly they rode and well,
Into the jaws of Death,
Into the mouth of hell
Rode the six hundred.

IV
Flashed all their sabres bare,
Flashed as they turned in air
Sabring the gunners there,
Charging an army, while
All the world wondered.
Plunged in the battery-smoke
Right through the line they broke;
Cossack and Russian
Reeled from the sabre stroke
Shattered and sundered.
Then they rode back, but not
Not the six hundred.

V
Cannon to right of them,
Cannon to left of them,
Cannon behind them
Volleyed and thundered;
Stormed at with shot and shell,
While horse and hero fell.
They that had fought so well
Came through the jaws of Death,
Back from the mouth of hell,
All that was left of them,
Left of six hundred.

VI
When can their glory fade?
O the wild charge they made!
All the world wondered.
Honour the charge they made!
Honour the Light Brigade,
Noble six hundred!



In last month's Questa Del Rio News guest editorial, there was a not-so-subtle pointing at those who have chosen not to be vaccinated as being responsible for the continuing pandemic. And for that, I say, "good for you to speak your mind and having the freedom to say what you feel is true and valid and to have it accepted for publication for others to read. That is your inalienable human right, especially as an American."

Last year, the AP reported that the "Federal government issued new guidance warning that ANYONE exposed to the virus can be considered a carrier." It doesn't say vaccinated or unvaccinated, it says ANYONE. That is still current information.

Have we really come to such a point that we are blaming one another for the huge holocaust such a pandemic can create? I, for one, have no malice toward my neighbors nor do I wish them harm in any way. I wear the prescribed mask in consideration of others and do not impinge on anyone's space unless invited to do so. And if I feel that I am ill in any way, I will

definitely be staying at home.

I am not an anti-vaxer or a pro-vaxer. I support anyone who makes informed decisions to do what is right for their own health and well-being. We all have the right to deal with health challenges as we see fit. It is not appropriate to publish blame and division.

SINCERELY,
BARBARA TRACY

Thanks, Barbara for speaking out. I personally apologize to you, and anyone else who may have reacted to this editorial. Last month I read the article one way and when I revisited it after your letter, I could see

your point of view. The newspaper certainly didn't intend to create more polarization.

Besides being a public health issue, the pandemic and vaccines, like pretty much everything these days, have become highly politicized. I agree with you; it is a shame that the vaccine debate has become yet another reason to divide us and create more separation. Imagine what our country could be if the Republicans and Democrats, the pro-vaxers and the anti-vaxers could work together to solve the problem, to do something constructive and take responsibility, rather than pointing fingers? To quote one of my favorite songs, "What a wonderful world this could be."



'Tis the season to be thankful and to be giving, and Thanksgiving gives us an opportunity to gather together to express our gratitude and love to each other. Why wait? Take this moment now to come together in love and in peace. Gather around your hearth fire with family and friends and celebrate this harvest time. Let us remember and be grateful for our veterans who risk their lives for the freedom we still have in this country.

I asked: Can you think back to a November happening in your life: a situation, person, place, thing, plant, or animal that has touched you in a way that you are thankful for?

Maria Elena Quintana

"I like to come back to Cerro Vista Farm—I get to meet new people every time. All I have to do is listen. I am grateful to find out about the farm. I love the idea of feeding my family. It is important they know where their food is coming from. We plant, grow, and harvest. It's beautiful here, so beautiful. This place reminds me of my grandmothers. They loved flowers so much and always grew a garden, canned, and did everything they could for their families."

Sandra Dancer

"In November, I always feel the change and embrace the change of seasons by going more inward and contemplative and surrendering to that. My neighbor and I are going to spend Thanksgiving with my 90-year-old friend Jerry, who lives in Sedona, Arizona. She just arrived back from India after many years living there. Her favorite thing in the world is a traditional Thanksgiving meal with all the works. We want to provide that for her."

Harvey Merz

"Well, by moving here a month ago, I am reconnecting with Taos after 19 years. I like the feeling of community here. I built a school, church, and library. I am drawn to the mystical side of life: I have found it here. It's a good place to live part of the year or most of the year. More options here for me and it's easier to meet people. November is a good time to connect to others. I am grateful to be here."

Mike Tilley

"One year I was given a Thanksgiving turkey and I am a vegetarian. NO, thank you. They said, 'You keep it, it's your turkey, you deal with it.' Ok, well, who can I give it to? So, I took it to Shared Table on a bicycle in a plastic bag, wobbling all over the place, risking my life on Pueblo De Norte. It was hair-raising and I am grateful I made it, the trip with the turkey."

THANK YOU TO EVERYONE WHO CONTRIBUTED TO OUR ANNUAL NOVEMBER VETERANS ISSUE!

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- Minimize Harm.
- Act Independently.
- Be Accountable and Transparent.

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A Community Celebration: Cambalache 2021

By LYNN SKALL

Amber and copper hues boldly dappled the mountainsides as the 33rd Annual Questa Cambalache Harvest Festival was celebrated on the first Sunday in October, a glorious autumn day. Held in conjunction with the final day of the Questa Farmers Market, there were the usual Market vendors in addition to artisans, food stations, contests, music, entertainment, and the ceremonial burning of Cucui.

While Michael Rael performed beautiful music in the background, attendees reunited with friends and family as they meandered from booth to booth, drawn in by the colorful fall produce and one-of-a-kind merchandise on display. Leatherworks, woodcarving, knife sharpening, apparel, jewelry, handmade crafts, Market aprons and T-shirts, and Cambalache swag were available to purchase—all this amidst the weekly Farmers Market regulars selling honey, local produce, eggs, coffee, and wellness potions.

The line-up of entertainment was continuous, starting with Michael Rael and including the Chris Arellano and Ivan Gonzales bands. The Questa High School Mariachi Band wowed the audience with their impressive range of local

talent and traditional music acumen.

The children's ballet class from Yoga Sala stole the show, as eight young boys and girls, all under the age of seven, danced as butterflies and bumblebees, following the lead of instructor Tuesday Faust.

At mid-day, the Quetta Championship Frito Pie-Eating contest was held, with both a children's and adult competition. It is newly named in honor of Quetta Vigil, a local young woman who tragically passed away this past year, who held the world championship record of eating nine Frito Pies in three minutes! A new champion was crowned this year, after an eat-off to break a tie; Vincent Laraza from San Cristobal won the adult division with the consumption of eleven bowls of Frito Pies in three minutes, and Koda Segura, from Questa, won the children's division (age twelve and under), consuming four Frito Pies in 2-minutes and besting four other contestants.

The smoke of the horno and Bubba's BBQ smoker filled the air as festival goers filled their stomachs with brisket, ribs, and other deliciousness. Evelyn's Treats served freshly baked goods and a selection of hot favorites, Rael's and The Coffee House offered up coffee and hot tea, while Vida del Norte Coalition



Photo by Lynn Skall

Questa Volunteer Fire Department overseeing the burning of the Cucui this year in the Questa Visitors Center parking lot.

volunteers mixed to order a variety of alcohol-free libations.

The culmination of the day was the customary burning of Cucui, a dastardly looking black creature with sharp teeth and a demonic tongue, constructed by the youth of Vida del Norte. Throughout the day, penas were written on scraps of paper and collected in a box that burned along with Cucui, as is the tradition.

All those worries, hurts, concerns,

and negative thoughts were released into the nether regions, along with the blazing Cucui.

A display of harvest pumpkins and gourds—in the color of the fall changing leaves—were distributed at the end of the day by the farmers as their gift to the community in thanks for sharing in the celebration of Cambalache and for contributing to another successful year of the Questa Farmers Market.

Small Business Social Media Platforms

By MAX KHUDIAKOV

There are so many social media marketing platforms these days! Some are more beneficial for small businesses than others. Which is best for your business?

Facebook

Facebook is the most widely used social media platform in the world, the right platform for any type of business. It allows you to reach massive audiences—your existing clients—and enables you to attract new ones, through targeted ad campaigns. Its possibilities are endless for customer interactions, which should be a focus of every social media marketing strategy. Their powerful analytics tool will help track all the data you receive from your interactive efforts. Other useful tools on Facebook: e-commerce store integration, appointment reservation system, donation request for non-profits, and more.

Instagram

Instagram started as a photo-sharing mobile platform and has kept to its nature. One addition is a video feature: Instagram Stories and Reels. This platform is ideal to visually appeal to your customers and new leads. It is an excellent way for your business to **show** products versus **telling** about them. Like Facebook, Instagram allows you to connect your e-commerce store to your business Instagram account to sell your products. In general, this platform tends to reach a younger audience, who love shopping on the go; more so than Facebook.

Twitter

Twitter is great to reach a broader audience through its wide use of hashtags and tags. It is ideal for raising your brand awareness and directly connecting with your customers. Many corporations use Twitter to supplement their customer service team. However, this platform requires its own social

media strategy and a commitment to post multiple tweets a day to engage with audiences.

LinkedIn

LinkedIn is a networking platform designed to connect professionals across the globe. LinkedIn's main advantage for business is its recruiting system. It also has great content-sharing features. While this platform will not necessarily help you find new customers, it will help you find prospective business partners. It's not a platform to use for entertainment or shopping, but to keep updated within your industry, connect with professional contacts, and seek new career opportunities.

Google My Business

Although this platform is listed as number 5, every business should have an accurate updated Google My Business listing. Your business, your contact phone number, website, email, physical address make for a trustworthy

web presence; this is a MUST. This information pops up when users use the Google search engine to search in specific locations. Since the beginning of the pandemic, Google has integrated new features, helping your customers to keep up with the COVID-19 restrictions your business might have in place, as well as providing any business updates you might have, such as a new menu item at your restaurant, changing hours, or recent sales. Many folks make their decisions on which business to use based on their Google searches.

If you are starting to explore the world of social media for your business, start small. Set up an account with one or two platforms and concentrate on them. Facebook and Instagram are the best, are easy to use, and can be linked together. They will help drive traffic to your business and you will see results very quickly.



Business Profile

QUESTA DENTAL CENTER: DR. KEITH D. JAMESON, DDS

By LOU MCCALL

The Questa Dental Center has been here a long time. Many old-timers remember the building at 2451 Hwy 522 when it housed Harold's Auto Parts, owned by the late Harold Kahn. And now it's Dr. Jameson's building, where he has been providing dental services to Questenos for the past 38 years. His primary practice and residence is in Santa Fe.

The dental clinic was first started by two Taos dentists, who opened a branch practice here and saw patients two days per week. In 1983, they hired Dr. Keith D. Jameson, DDS to run the practice, right out of dental school. Eventually, the two founding dentists closed the business and Dr. Jameson bought the building, and has been there ever since. He built the Questa Dental Center and launched the Diamond A Dental Lab, where dentures and crowns were made, right here in Questa. In the 1980s, many Questa families had excellent dental insurance through the mine.

Dr. Jameson is a self-described military brat; his father was a dentist in the Air Force and later worked for the Public Health Service. Keith graduated from Santa Fe High School and received his bachelors and masters in philosophy at UNM. No surprise that after graduate school he found himself to be an

unemployed philosopher. He decided to follow in the senior Dr. Jameson's footsteps and go to dental school.

New Mexico does not have a dental school, so UNM has an arrangement with the University of Kansas Dental School in Kansas City, Missouri. Every year UKKC accepts ten dental students from New Mexico and in turn, UNM Medical School accepts ten medical students from Missouri. Dr. Jameson said all the students from New Mexico hung out together and ate chile.

A near deadly case of meningitis forced him to close his Santa Fe office. Out of commission for a year (including two months in a coma), he really thought he would die. Gradually, he started improving, and eventually went back to work in Questa two days a week. Luckily, he has suffered no long-term effects. Dr. Jameson thinks he came out of the illness smarter, but his family doesn't agree.

Dr. Jameson's staff consists of hygienist Katrina Gonzales, dental assistant Michelle Pacheco, and office manager Janet Martinez, who has been with the practice for 37 years. Janet started as a dental assistant under their first office manager, Marveene Anderson. Besides helping him build the business, Marveene also made lunch for the dentist every day. "She spoiled me," said the doctor, "Those Texans know how to cook!" When Marveene retired, Janet stepped into the position and has been running the office ever since. After Marveene's lunch services were gone, Dr. Jameson turned to Wildcat Den's Frito pies at least once a week. He missed the Wildcats Den immediately when they closed down after 40 years, "They made the best Frito pies anywhere," says he.



Photo by E. Wilde

Questa Dental Center staff, standing from left; dental assistant Michelle Pacheco, office manager Janet Martinez and dental hygienist Katrina Gonzales, with Dr. Keith Jameson, DDS seated in front.

When Dr. Jameson opened the Questa dental office, he had a fish tank in his waiting room. That is how the "Questa Zoo" got started. Soon the collection of animals grew to 80 species and took up the entire northern half of the building. These animals included a kinkajou, sometimes known as a South American Monkey, which is actually a member of the racoon family, and two Burmese pythons named Oprah and Geraldo. One of the most popular residents of the zoo was a ferret named Frank who lived to be about 13 years old. The zoo was eventually named after him, "The Franklin Memorial Zoo." The Questa Zoo was featured in the July 2005 New Mexico Magazine and in various New Mexico newspapers. After the dentist's bout with meningitis, the Questa Zoo was closed and the animals found other homes. Dr.

Jameson still has his 21-year-old pound mutt, Curly.

Most of the summer, Dr. Jameson spends time at his ranch near Questa. During the winter, it is less treacherous to drive in from Santa Fe. Commuting every week, he has put a lot of miles on his Mustangs. His first was a 1988 Mustang, customized at the factory as a police chase car, and has been driving Mustangs ever since. He even has a 4-wheel drive Mustang that his buddy built. You might see Dr. Jameson around town in his Mustang convertible, with the top down, even in snow flurries.

Check out the friendly folks at the Questa Dental Center, located at 2451 NM 522 in Questa. The office is open Tuesday, Wednesday, and Thursday. They take most dental insurance. Please call (575) 586-0259.

Welcome Dr. Graziano To Questa Health Center

From PRESBYTERIAN MEDICAL SERVICES

Originally from California, Dr. Kristin Graziano received her Doctor of Osteopathy degree from the College of Osteopathic Medicine of the Pacific in Pomona, California. After medical school, she completed her specialty training in family medicine at Sonoma County Hospital in Santa Rosa. She chose family medicine because of its broad spectrum of practice, its focus on continuity of care, and its emphasis on developing relationships with patients, families, and communities. Because of her interest in prevention and

population health, she went on to obtain a Master of Public Health degree from Emory University in Atlanta, Georgia.

Dr. Graziano has spent most of her career in the southwest, working for the Indian Health Service on the Navajo Reservation in northern Arizona for 17 years, and most recently on the Jicarilla Reservation in New Mexico, for six years. She found this an amazing and wonderful experience and feels lucky to have had the opportunity to be a family doctor to those she served.

She discovered Presbyterian Medical Services while subbing at two of their

facilities. She was quickly impressed with the organization, its mission, and the dedicated people who make it work. When an opportunity became available at the Questa Health Center, she was ready to join! She is enjoying getting to know her patients and the community of Questa and is thankful for such a super team of co-workers.

When she is not working, Dr. Graziano loves hiking, cycling, cooking, camping, and reading. She says being in the outdoors surrounded by nature feeds her soul and helps keep her balanced. Balance is good!



Courtesy Photo

Questa Health Center welcomes Dr. Kristin Graziano, D.O.!



VETERAN LARRY SANCHEZ
By LOU MCCALL

Questeño Larry Sanchez is a man on a mission. He has a long history of helping individuals and serving his community in any way he can, especially veterans. His service began during the Vietnam era. Born in Questa, he graduated from Questa High School in 1971 and immediately volunteered with the US Army, taking his basic training at Ft. Polk, Louisiana. He went on to Ft. Bliss in El Paso, TX, and was shipped out to Germany, where he was stationed for 19-1/2 months in the Air Defense Artillery. He loved Europe and says that for a young kid right out of high school, it opened his eyes to what was going on in the world.

When Larry came back to Questa in 1973, he started the Questa/Cerro Sierra Boxing Club with Rudy Garcia at the old La Cienega Gym. It was a wonderful service to the community; they taught many young Questeños. After 13 years, "the times they were a changin'..." and most young people were no longer interested in boxing, so the doors of the Boxing Club closed.

In the meantime, Larry was hired at the mine and worked for 24 years as their mill foreman. In 1986, almost everyone at the mine was laid off. Larry and one other employee were relocated to the UNOCAL mine in Parachute, Colorado. After three years, the Questa mine was reopened, and they returned. Larry went underground at the mine this time, where he worked for 12 years, before coming back to the surface.

In 2002-06 Larry was elected to the

Questa Village Council and started the cleanup committee, with which he is still active today. Larry has been helping clean up Questa since the 1980s—every spring there is a village-wide cleanup event. Working with the Village of Questa, Larry helped to bring a new ambulance to our village, with the aid of the late Senator Carlos R. Cisneros, and worked with him on many projects, including being part of his volunteer campaign committee for 34 years!

Larry was appointed by Governor Bill Richardson to the Taos County Commission in 2009 and then served for another term until 2014. When asked about local politics, he says it was gratifying to have leverage to help people in his district. Some of the projects he helped bring to fruition include the Abregadero Road project in Cerro, which paved the dirt road through a CDBG grant for a half million dollars. Larry was also instrumental in bringing cell service to Amalia and Costilla.

When a tragic accident took the life of Helen Martinez at the highway intersection in Costilla, Larry and the County Commission took action. Locals had been concerned that something terrible would someday happen, with motorists flying through Costilla at 80 mph, coming from the Colorado border. Larry was instrumental in working with the New Mexico Department of Transportation to slow down the traffic by installing a caution flashing light warning people to slow down. It worked. At speeds of over 50 mph, the light starts flashing and gets your attention. Other lives have possibly been saved by this safety measure.

Larry has worked extensively with the senior community. While on the board of Ancianos Senior Center, he procured a van from the VA hospital in Albuquerque to transport veterans back and forth to their VA appointments: he also set up a cohort of volunteer drivers.



Photo by Lou McCall

Questeño Larry Sanchez, our November Volunteer of the Month, a veteran devoted to community service.

Larry is devoted to working with veterans. He worked with the late Senator Cisneros, who procured legislative funds to create the Questa Veterans Memorial Park at the main intersection in downtown Questa. After the Senator's death, Larry took the initiative to bring the park to the next level; the park was renamed after Cisneros, and a commemorative plaque, stone, sign, and photograph were added. He organized a rededication ceremony a year ago in honor of Veterans Day.

Larry is continuing the improvements on the Senator Carlos R. Cisneros Memorial Park. The next phase of the project is paving it with commemorative bricks to honor local veterans (see page 32). These paver bricks are available to purchase in tribute to loved ones for \$50. Larry says, "These bricks are a pat on the

back for those living who served and for those veterans who are no longer with us: it makes their families proud."

There will be a ceremony at the Veterans Memorial Park in downtown Questa on Saturday November 13 at noon, to honor all veterans who have served. There will be guest speakers, including Col. Richard Rael, Jr. and others. In addition, there will be a special honor bestowed on the late PFC Charles "Charlie" Castulo Cisneros, who the Cerro VFW Post is named after. He will be honored with a plaque and stone at the veterans memorial. Please join us to honor this worthy veteran and all veterans. If the weather is not good, the event will take place at EL Monte Carlo, next door. For information, please call Larry Sanchez at (575) 779-0995.

You are invited to Women's Holiday Tea.
Sunday - November 28 - 4:00pm

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CARDS & PRINTS BY LOCAL ARTISTS

Unrecognized Health Hazard: Toxic Wildfire Smoke

By MARTHA SHEPP

It's been stunning to see the sun almost turn blood red during the daytime, something we in northern Taos County have experienced this past summer. Our beautiful views of our favorite mountains surrounding us was like peering through a dirty lace tablecloth—they were just barely visible at times. And it's equally stunning to make the connection that the smoke we've had to deal with in our normally pristine air is from as far away as California!

Wildfire smoke can travel long distances—hundreds of thousands of miles—crossing what we think of as borders, and affects everyone regardless of race or demographic. It does, however, choose those who have pre-existing conditions such as asthma, and threatens their lives in ways that we have not seen before. Paradoxically, those suffering the most from wildfire fallout live very far from the fire sources.

Research scientists say they must do

much more to understand how chronic exposure to wildfire smoke affects our health.* The levels of fine particulates during high-smoke events we're now seeing drifting into New Mexico are unprecedented in the US and more closely resemble the air quality in urban China or India. Under current federal Clean Air Act law, wildfire smoke is an "exceptional event" since it is uncontrollable and so not in the normal air pollution control category. The Clean Air Act has been very effective with smoke as it emanates from factories, but this kind of smoke cannot be regulated or dealt with through this law.

If we change the decisions we have made about how to manage forests, and where and how we build our homes, there is cause for optimism. Stanford University researchers say, "Some of the most promising solutions include greater use of prescribed burns, indigenous burning practices, and mechanical fuel treatments."

It's a whole new world, however, since



Photo by E. Wilde

A very smokey view of Sunshine Valley from El Rito on July 12 at 7:30 pm: a barely visible Cerro de la Olla on the left. Ute Mountain, to the right and out of camera, is completely obscured behind the smoke.

creating defensible space is no longer a prerequisite for suffering from wildfire impacts.

We're accustomed to wearing masks due to the pandemic, but whether masks effectively shield the hazards of wildfire smoke is unknown—again, more research is required by health experts. Stay tuned.

Next month we'll hear from Chris Coté, local Wildfire Mitigation Specialist and former Chief of the Latir Fire Department.

* quotes are from Robert Wara, of the Climate and Energy Policy Program at the Stanford Woods Institute for the Environment.

Fuelwood Permits Available From Carson National Forest

By HILARY MARKIN, USFS

Fall is in full swing and the Carson National Forest would like to remind residents to get their fuelwood permits. To purchase a permit, customers may call any ranger district office. The fuelwood permit, tags, and current fuelwood guide will be mailed within 10 business days. Permits expire on Dec. 31, 2021.

These \$20 fuelwood permits are good for up to 10 cords of dead-and-down wood and are valid on the entire forest, except in designated wilderness and restricted permit areas. For appropriate gathering loca-

tions, please refer to your fuelwood guide.

Here are the local ranger district offices to call (although any of the Carson National Forest district offices can issue permits): Questa Ranger District at (575) 586-0520, or the Carson National Forest Supervisor's Office in Taos at (575) 758-6200. Office hours are Monday through Friday, 8:30 am to noon, and 1 pm to 4 pm. When you call, be prepared to provide your full name, ID number, mailing address, vehicle information, and a valid credit card number. The Carson National Forest asks that customers DO NOT leave credit card information on voicemail recordings.

If no one is available to take your call, please leave a voicemail and provide your name and a call-back number, and please allow up to 24 hours for our response. If you do not receive your permit within 10 business days after speaking with a representative, please call again.

"If you haven't already gotten your fuelwood, now is a great time to get your permit and head out, before snowfall," says James Duran, Forest Supervisor on the Carson National Forest. "We would like to remind everyone to put safety first when out on the National Forest. It's a busy time of year with fall recreation and hunt-

ing seasons in full swing, so please plan accordingly."

To reduce the risk of wildfire, please ensure that you are gathering fuelwood responsibly, including the use of spark arrestors for chainsaws, and checking current fire restrictions. To learn more about safety and visiting your national forest please visit <https://www.fs.usda.gov/visit/know-before-you-go>

More information about the Carson National Forest is available on the forest's website at <https://www.fs.usda.gov/Carson> and on Facebook and Twitter.

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BODY MIND SPIRIT

By BARBARA TRACY

AN OPEN CONVERSATION

It's early morning as I write this and it is still dark out. I'm mulling over the division in our country, and in the world. How did we get to this place?

Like others, I have made a decision as to how I live my life and tend to my health. That is my God-given right, at least in this country. I do not make these decisions lightly or without deep contemplation. Each of us has the right to evaluate information and decide the right course of action for ourselves. The decision I made to not be vaccinated is based upon my own deep investigations into the science. I have studied both sides of the vaccine issue, just as I would if I had cancer

and was choosing between chemotherapy or a natural therapy.

In national media, I have witnessed voices that have been challenged and silenced because they do not agree with the accepted flow of information. I have even seen it labeled "misinformation." When we vote for a leader, do we not listen to both candidates' sides and make a choice? Just because two sides don't agree doesn't mean that one side presents information and the other misinformation... That is our right, to research and decide for ourselves from free-flowing, unimpeded information as to what is true and not true for us, and make our own informed decisions.

When there is only one channel of acceptable information available and the other voices are censored, that is a signal that we are considered incapable of making decisions on our own, and that our democracy is in trouble. I am speaking of information from experts who, prior to the pandemic, were considered reliable sources. Among those censored are physicians, virologists, naturopaths, biologists, and other scientists who have done

deep research into the subjects they speak about.

How is it in our best common interest when those who hold themselves in a greater, more powerful position in the world take it upon themselves to only allow a one-sided viewpoint that diminishes the availability of information for our informed decisions? If we are not capable of making an informed choice, then perhaps we do need a "keeper," telling us what we should and should not have access to, thereby making our decisions for us.

Apart from the scientific data of the ingredients in the vaccine and the lack of reliable trustworthy testing, I find it uncomfortable that the manufacturers of the vaccines have, with our government's approval, created a legal shelter that disallows anyone to hold them legally responsible for any harm done by the vaccine. The National Childhood Vaccine Injury Act of 1988 provides vaccine manufacturers with significant "tort-liability" protections, eliminating manufacturer liability for a vaccine's unavoidable adverse side effects, vaccine-related injury, or death associated with the administrations of a vaccine.

Meanwhile, the drug companies that manufacture these recent vaccines have realized record tens of billions in profits within just the first few months of their release.

My intention is to have an open conversation and not a condemnation of anyone or anything. It is simply a look at our freedom to make a decision that is right for ourselves. I suggest we end this fear and separation and work together to build an army of healthy bodies by educating ourselves about the power of a healthy immune system. Viruses cannot reproduce independently; they need our help. A healthy immune system makes it hard for viruses to proliferate. "Our Amazing Immune System" is an excellent video on YouTube that is very informative about the immune system. <https://www.youtube.com/watch?v=D4ugfqicGKo>

Work together, share information on social media, or meet with friends to share what is harmful to the immune system and what is healthy for it. Support each other with positive and helpful information to build a better world.



NATURAL RESOURCES FOR PEACE

BY OLA SUN

When we live in a way that feels in alignment with what we know to be true in our minds, and what we feel to be authentic in our hearts, it is of great benefit to our health. We are all unique and have our place in the world, in our community, and in our family, based on God-given traits and our own soul path.

In this modern information age, there are many examples of ways to be. It takes a lot of effort to find what feels authentic and true for our personal identity and preferences, often against an onslaught of other people's opinions and ideas. The cues that our body gives us are the best source for finding what's right in each moment. Even though we were conditioned throughout school and in our culture to ignore these hints from our bodies, in our adult life we can turn our awareness into regaining body wisdom.

For me, listening to my body became especially important after some

traumatic events which, in hindsight, I could have avoided if I had listened. Only relying on the mind can be as if in a maze. Feelings and sensations, as well as intuition, which is the quiet knowing underneath our thoughts, are a valid protection system and also a compass that can lead to a life that benefits the soul and teaches us inner wisdom..

This orientation towards inner wisdom is known to many people, often silently. It's something that has to be developed individually, and it functions in a unique and often private way. There aren't rules, and it may be recognized and necessarily distinguished from outer rules, norms, and expectations. One of the hardest parts for me in developing this capacity was that inner wisdom felt against what I believed I "should" do, based upon outer expectations and concepts. But the reality is that when we do what others think we should (or what we think in our minds that others think we should do), we may be ignoring this inner knowing. Doing this is actually one of the main causes of failing health. Studies have shown that a major contributing factor for longevity is living in alignment with one's own beliefs (Kimberly V. Oxington, Psychology of Stress). Even religious and spiritual concepts can seriously impair our ability

to touch into our own inner knowing.

Personal volition, or will, is of the utmost importance. To know something, to believe in it, and to not act on it can be damaging to the soul. The soul needs to feel actualized, and it needs its hints and cues to be followed in order to build self-trust. It takes practice but it becomes easier faster than you would think. Our will, like our heart and mind, is distinctly human. We can observe, solve problems, and act.

Integrity occurs when we have these three aspects of our being functioning together; we think, feel, and act in harmony. In this way, we actualize ourselves, we create our life and honor the spirit within us. To act from someone else's volition is slavery; it is self-betrayal. For many generations and still in many parts of the world, many people were not allowed to live by their own volition; and it causes real damage. The best way to honor those who came before us is to honor our bodies, our instincts, our truth, and ourselves; no matter how small or insignificant the act itself may seem. Building inner integrity is a very private matter, but others can feel the harmony it creates in all areas of life. It gives strength to our hearts, connecting us with our soul, to all of nature, and all beings around us.

The Holy Cross Annex Offers COVID-19 testing, vaccination, and booster shots.

Testing and vaccinations can be done from the comfort of your car or inside the Annex if you are not experiencing symptoms. It is open Tuesday, Wednesday, and Thursday from 11am – 3pm, and no appointment is necessary for:

- Testing: Swab testing from your car or inside the Annex.
- Vaccinations: The Pfizer, Johnson & Johnson, and Moderna vaccines are all available.
- Booster shots

See our Annex page for more information and updates.

www.taoscovidtesting.com

For testing locations, visit this link. As we all know, things change quickly and this information was up to date in mid-October. The public is encouraged to call to confirm dates, times, and location.

<https://holycrossmedicalcenter.org/taos-covid-19-testing/>

“If you think you’re enlightened, go spend a week with your family.” —Ram Dass



Believe me—Ram Dass, spiritual teacher and author of *Be Here Now*—knew what he was talking about with that quote. I found that out one summer when part of my family, including my sister and me, met at a vacation rental home on the Jersey shore.

Don’t get me wrong—I never thought I was enlightened, but in my talks and books, I share practices for living happy, so I’m sure it’s equally valid to say, “If you

think you’re wise enough to tell other people about habits for living happy, go spend a week with your family.”

Amazing! I really had thought I was mature enough and had been practicing mind-spirit techniques long enough to sail right through, having fun, enjoying the beach, playing with the kids, and being non-judgmental no matter what came up in conversation. Wrong!

Anyway—it rained every day I was there and, long story short, my childish behaviors floated to the surface and bubbled over at the end of my stay. Everything became hunky-dory afterwards for all of us, but I had to take a long, hard look at myself and what’s going on inside me.

I firmly believe that the most important thing for us to do in this life is to manage our inner show. By “inner

show” I mean the movie that’s playing in our heads: our state of being, frequency, awareness, consciousness.

We’re all human and we all have stresses and worries and traumas from time to time, but we can handle unexpected, crummy life situations in ways that bring more love into the world, or in ways that fuel rage and joylessness.

It all depends on our choices. So, we need to choose how we want to feel. That doesn’t mean jumping for joy, pretending enthusiasm when you’re feeling down in the dumps. It means not criticizing yourself if you’re letting that story play over and over but acknowledging that you’re doing this. Just becoming aware of what’s going on inside—whether you’re feeling miserable or fabulous—is a giant step in the right direction.

Once you acknowledge what’s playing in your inner show, if it’s toxic, play better-feeling movies gradually and deliberately—and experience the change inside. It’s an unmistakable transformation in energy and vitality.

Next, go for it! Visualize your ultimate desire. Paint a picture in your mind of something that makes your heart roar with sheer delight. Then when love and joy are the main feature in your inner show, go out and share that feeling with other people. Especially your family.

Ellen Wood of Questa is an award-winning author as well as an artist using the name Maruška. The website for her books and paintings is www.NorthernNewMexicoArtists.com/ellen-wood. Contact Ellen at ellen@howtogrowyounger.com.

“Si crees que has alcanzado la iluminación, pásate una semana con tu familia.” —Ram Dass

Por ELLEN WOOD

Créeme: Ram Dass, maestro espiritual y autor de *Be Here Now*, sabía de lo que hablaba con esa cita. Lo descubrí un verano cuando una parte grande de mi familia, incluidas mi hermana, y yo, nos reunimos en una casa de veraneo en la costa de Jersey.

No me interpretes mal: nunca pensé que había alcanzado la iluminación, pero en mis charlas y libros compartía prácticas para vivir feliz, así que estoy segura de que es igualmente válido decir: “Si crees que eres lo suficientemente sabio para hablarle a la gente sobre hábitos para vivir feliz, pásate una semana con tu familia.”

¡Increíble! De veras, yo pensaba que había estado practicando técnicas para la mente y el espíritu por tiempo suficiente como para pasear en bote, divertirme, disfrutar de la playa, jugar con los niños y no juzgar sin importar lo que surgiera en la conversación. ¡Pues no!

De todas maneras...llovió todos los días que estuve allí y, en pocas palabras, mis comportamientos infantiles salieron a la superficie burbujeando al final de mi estadía. Todo se arregló perfectamente al final para todos nosotros, pero tuve que observarme detenidamente a mí misma y a lo que estaba pasando dentro de mí.

Creo firmemente que lo más importante que debemos hacer en esta vida es gestionar nuestro show interno. Cuando

hablo de “show interno” me refiero a la película que se está reproduciendo en nuestras cabezas: nuestro estado de ser, frecuencia, reconocimiento y conciencia.

Todos somos humanos y todos tenemos estrés, preocupaciones y traumas de vez en cuando, pero podemos manejar situaciones de vida inesperadas y horribles de maneras que traigan más amor al mundo o de maneras que alimenten la rabia y la tristeza.

Todo depende de nuestras elecciones. Entonces, debemos elegir cómo queremos sentirnos. Esto no significa saltar de alegría o pretender entusiasmo cuando te sientes deprimido. Significa no criticarse a uno mismo si deja que la historia se repita una y otra vez, pero reconocer que lo está haciendo. El simple hecho de ser consciente de lo que sucede en el interior de la persona, ya sea terrible o fabuloso, es un gran paso en la dirección correcta.

Una vez que reconoces lo que se está reproduciendo en tu show interno, si es tóxico, reproduce películas que se sientan mejor, de manera gradual y deliberada— y experimenta el cambio interior. Es una transformación inconfundible de energía y vitalidad.

Ahora, ¡adelante! Visualiza tu mayor deseo. Pinta una imagen en tu mente de algo que haga cantar a tu corazón de puro deleite. Luego, cuando el amor y la alegría sean la característica principal

de tu show interno, sal y comparte ese sentimiento con otras personas. Espe-

cialmente con tu familia.

Traducción de Teresa Dovalpage

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WELCOMING FUNDING
MANAGER JESSIE HOOK, AND
SEEKING A TREASURER

By QCC MEMBERS

It takes a lot of effort to run a non-profit organization. In small towns like ours, often the burden of work can't be spread out, with fewer volunteers and board members compared to large cities. But, we've got good news: The Questa Creative Council team is growing! We've just added Jessie Hook as our part-time funding manager.

Jessie grew up in the southeast, has traveled extensively in South America, and spent two years with AmeriCorps and Rocky Mountain Youth Corps, where she gained experience in non-profit communications, fundraising, and grant writing. She is bi-lingual, an artist, and a lover of the outdoors.



Courtesy Photo

Jessie Hook

With a BA in Environmental Studies, she hopes her career will always focus on sustainability, conservation, and community. A creative and practical person, she plans to pursue an MBA in sustainability next autumn at Bard College in New York City. Lucky for us, it will be less expensive to commute monthly than to physically move there, so she'll be around! She currently lives in Taos. Jessie's skills are a good fit for a position that will keep an overall picture of our

funding and writing grants to maintain and build our goals.

Have you considered joining the Questa Creative Council team? We are not just about community art projects —Our aim is to strengthen community through the arts, but also through culture, history, and education. We meet quarterly to share project and community news with one another, review the status of our funding, and create new project plans.

We are looking for a new treasurer who can do very simple tasks, such as present our bookkeeper's reports to the board, and forward bills and donations to our bookkeeper electronically. Please reach out to us if this could be you!

Our next planned events will not be until the spring, when we hope pandemic news will allow us to re-start our Art for All workshop series at Questa's Cisneros Youth and Family Center.

Meanwhile, over the winter, we will be working with our Northern New Mexico: Past and Present project team which includes Chris Arellano, to develop and produce audio and video products and live performances. These will honor and preserve our unique northern

Rio Grande musical heritage. Current recordings highlight the music of the moradas. (Listen at <https://questacreative.org/northern-nm-music/>)

Jessie will be working hard to keep all this funded!

You can help fund us with your own pre-holiday shopping, if you use Amazon. The Questa Creative Council is a non-profit choice for the Amazon Smile feature that lets you choose a charity to receive a portion of your spending.

Thanks, as always, for your support. We are grateful for the new members we added this past summer during the return of our in-person events, through the History Trail Walk and Studio Tour, and are also looking to refresh our existing board (giving some of our founding board members a break.) Stay tuned for much more exciting work and fun collaborations that will continue to build on what is best in our community.

Reach us at QuestaCreativeCouncil@gmail.org, <http://www.QuestaCreative.com>, or our phone message line at (575) 586-5658. Donations can be given online or by snail mail, at P.O. Box 1025, Questa, NM 87556.

QCC EVENT UPDATES:

Support the artists of northern New Mexico - Holiday Shopping!

There are many artists in northern New Mexico and you can find some of them at the QCC website NorthernNewMexicoArtists.com. For the holidays, local artist and volunteer, Peggy Trigg, is posting artwork from the NNMA artists who have a profile page on social media sites, helping to direct potential buyers to artists' sites to purchase their art. This site promotes and advertises local artists who can set up a profile page for free, and participate in and the Questa Studio Arts Tour. It continues to grow with each new artist who joins. Peggy Trigg is always seeking new artists. Contact her at peg.trigg@gmail.com for more information.

...And our youth.

Peggy is also launching the annual Art Kit Fund drive, to supply our youth with art materials (see her article on the youth library show and importance of art education on pages 18). If you are interested in donating, just go to the QCC website home page or Donate page and you'll see the dropdown menu that lets you select "Art Kits for School-Aged Kids." Donations for this project can also be sent to the QCC at PO Box 1025,



Photo by Gaea McGahee

Concert of live cello and piano music at Yoga Sala on October 1—a full house enjoyed it!

Questa, NM 87556.

Live Latin Music at Yoga Sala!

There were 34 people who came to hear the "open rehearsal" concert on Friday October 1, at Yoga Sala in Questa, with local musicians Mark Dudrow

(cello) and Martha Shepp (piano). It was grand! Refreshments were served and a standing ovation ended the event. See videos at the Yoga Sala Instagram page. https://www.instagram.com/p/CUUnSICADio/?utm_source=ig_web_copy_link

They will be back in the spring with the second concert, featuring even more Latin music for cello and piano! Contact Martha Shepp to be notified of future concerts at sheppmartha@gmail.com.

Artist Highlight

JOAN NORRIS

My passion is the land, finding inspiration literally everywhere.

I live in the beautiful rural village of San Cristobal, at the foot of the Sangre de Cristo mountains, with my husband Barry. As a child, our family moved frequently because my father was in the Army; we enjoyed the travel and lived all over the world.

In 1977, when Barry and I were in our mid-20s, we moved to Chiapas, Mexico to work in a small private museum in San Cristobal de Las Casas, Na Bolom. We eventually adopted two sons and loved our work so much that we stayed for 15 years. It will always be a place we return to, as our grandchildren are there, and many friends.

In 1992 we moved to San Cristobal, New Mexico. I trained and worked as a licensed midwife at the Northern New Mexico Birth Center, a career I had long wanted to pursue, and delivered hundreds of babies in Taos and surrounding counties before retirement in 2014. I'm grateful I had the opportunity to serve northern New Mexican families in this way.

About My Art

It was during my travels to home births through the diverse landscapes of northern New Mexico at any hour of the day or night that my heart was opened to the splendor that we live in. Although I had never painted before, I started to experiment with watercolor and eventually took a plein-air class through the university. Creating art was a way to bring a sense of calmness into my everyday life. When I retired, I turned to painting with great joy!

I paint in soft pastel and water-mixable oils. Because working with pastels is so direct (your hand holding the pastel is touching the paper), it has always felt more intuitive to me. I experiment with different surfaces and underpaintings for the pastels. Although oil painting is more challenging, I love it for just that reason. I work plein air as well as in my home studio.

Joan is part of the QCC website of artists, NorthernNewMexicoArtists.com or visit her website at: joandarbynorris.com; joannorris3@gmail.com. She is affiliated with Taos Plein Air Painters and Plein Air Painters of New Mexico. Find her art at Magpie Gallery in Taos, <https://www.magpietaos.com/> (781) 248-0166.

Top: Joan uses soft pastels to create "Old Adobe and Tree" in Taos, 2020

Bottom: "Last Summer Light," oil, 9 x 12"
Courtesy Photos



Calling all Local Artists: Library Display Opportunities

Would you like your artwork to be on display at the Questa Public Library? We are always looking for art to be part of the "Local Questa Artists" shows or quilts and textiles in the textile displays. If you are interested, please leave your name and contact information with the librarian and we will be in touch when the next show comes around!



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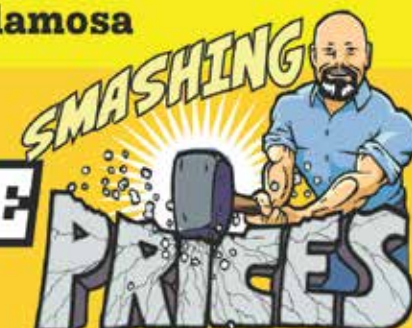
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A VETERAN GIVES BACK By TONER MITCHELL

Wes Dyer has been a fly fisherman since he was a boy growing up in Albuquerque. Nothing hard core—he was just a normal New Mexico kid heading into the mountains whenever he got the chance.

Even as a boy, he knew he wanted to be in the military. Though just a junior in high school, he tried to join the Marines after the 9/11 attack. He kept trying and finally got in. By 2009, he was a sergeant, a counter IED detection dog handler in southern Afghanistan. There are no easy jobs in the military, and his was no different. Not only was Dyer in constant danger, but the innocent and loyal Lottie, his specially trained Labrador, obviously risked her life on a daily basis. That August, Wes and his team encountered hostile Taliban forces. In the ensuing firefight, Wes was walking near a truck when it detonated some buried explosives.

Sustaining spinal fractures down his back and at the base of his skull, Wes came home that November a broken man. The breakage wasn't just physical. Away from the comradery of his fellow Marines, Wes found himself alone and without purpose.

"In the military, you always have support and a common mission. There's accountability and fulfillment. You spend every minute trying to be your best because the job demands it. Then you come home, and suddenly you're searching for who you are."

Perhaps unwittingly, Dyer found his way back to fly fishing and decided to get good at it. He found that the harder he tried to master angling, the more



Photo by Toner Mitchell

Wes Dyer of AWOL Angler doing catch and release.

thoughts of trout supplanted the stuff of his recurring nightmares. Fly fishing gave him something to look forward to, "a new horizon" as he puts it.

"Fly fishing is a difficult art form," Dyer says. "You have to do so many things right to catch a fish. You have to practice. I realized there was a benefit to that simplicity that I just had to share, the tying of knots, the rhythm of casting that focuses you on the present."

In 2018, Wes founded AWOL Angler, a non-profit dedicated to healing veterans through fly fishing. Importantly, he stresses that he is not a clinician and that he isn't qualified to deliver deeper therapies that impacted veterans might need. AWOL's basic program entails teaching groups of up to six veterans the basics of the craft at a variety of destination venues.

Dyer raises funds and brings AWOL participants, usually from the Afghanistan and most recent Iraq theatres, on 4-day adventures on Colorado's Conejos River and New Mexico's Rio Chama. The Chama is where Dyer's heart is. He

currently lives in the town of Chama with his wife Nicole who, incidentally, is a leader in efforts to expand public fishing opportunities throughout the heart of town.

Although the coronavirus stymied AWOL's operations through 2020, Dyer is optimistic about the future of the organization. In his first outing since the outbreak began, he recently joined forces with Nick Streit's Taos Fly Shop for a veterans' fly fishing school. AWOL also sponsored two veterans teams in the fall fly fishing tournament hosted by Trout Unlimited's Enchanted Circle chapter in Taos.

Citing the somber fact that through the Afghanistan conflict, soldier suicides have kept pace with combat mortalities, Wes recognizes the necessity of growing AWOL Angler and serving more veterans. In fact, he views this as a matter of duty. "I truly believe that AWOL Angler improves lives and even saves them. We absolutely must do this work for our brothers and sisters who have sacrificed so much of themselves."



Courtesy Photo

On the left is Sgt. Wes Dyer with his IED Detection dog, Lottie, in Afghanistan.

According to Sergeant Wes Dyer, the spirit of healing lies in catch and release fishing, which is why he makes it central to AWOL Angler's program. He teaches participants how to land fish with minimal stress and how to handle them delicately during release. Healing, he explains, is embodied in the experience of interacting with another being without damaging it, in the intentional act of caring for its health.

"There's a respect for life... When you release that fish, you hold him in your hand and let him go back to his place. Both sides leave unharmed and wiser for the engagement."

To learn more about AWOL Angler, go to www.awolangler.org. Watch Emerger – A Combat Veteran Finds Fly Fishing, a beautiful and moving film by Gregg Flores of the outdoor adventure team Where the River Runs. Gregg contributed valuable footage to Questa's outstanding Querencia film <https://www.youtube.com/watch?v=U3UoEJ-zZAw>



By LOUISE GALLEGOS

This year is our 36th year providing food boxes for families throughout Taos County at Christmastime. Last

year, due to COVID-19, we sent out vouchers instead of providing the boxes, so families were able to purchase their own groceries.

This year we will once again send out a voucher. Please remember there is an application process and registration happens over the phone only. We will need your correct mailing and physical address (last year, we had a few vouchers returned due to incorrect addresses), as well as your income, date of birth, last

four digits of your social security number, and a good phone number where we can easily reach you.

Date of registration is November 29, 2021 (the Monday after Thanksgiving) from 8 am – 4 pm. We cannot take your phone call other than on this date. The time for Costilla/Amalia is from 1 – 4 pm. Once again: we will take applications over the phone on November 29 only. PLEASE, NO EARLY PHONE CALLS.

HAPPY HOLIDAYS From the Folks at Taos Feeds Taos.

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Marina Garcia
(575) 779-9088



BIRD IS THE WORD

By **BRYCE FLANIGAN**

In Memoriam: The Lord God Bird, an American Symbol

On September 29, the US Fish and Wildlife Service declared 23 species as officially extinct. Eleven species of birds were among them. The most noted was the Ivory-Billed Woodpecker, native to the southeastern US and Cuba. The last confirmed sighting of the woodpecker in the US was in Louisiana in 1944, and in Cuba in 1987. Habitat destruction and hunting were cited as the primary causes of extinction.

The species was largely thought to be extinct by the 1920s, with heavy logging and plume collecting during the late 18th century, decimating their habitat and population. An ornithologist found a nesting pair in Florida in 1924, and in 1932 a Louisiana state representative shot one and brought it to his state wildlife office. This began a Louisiana expedition that discovered a population of the woodpeckers in Singer tract, an untouched “old growth forest,” which had survived untouched for centuries and developed a unique ecosystem. It was named after its owner, the Singer Sewing Company, who had already sold logging rights to the land.

This began a mad struggle against time and greed to preserve what was the only known remaining habitat of the Ivory-Billed Woodpecker, a story chronicled in the recently released *Ghost Birds: Jim Tanner and the Quest for the Ivory-billed Woodpecker, 1935-1941*. Jim Tanner himself traveled through 45,000 miles of the southeast, trying to find any remaining habitat besides the Singer tract. His search was fruitless.

There was a brief moment of hope for the bird; the National Audubon Society offered to purchase land within the Singer tract, home of these birds. Jim Tanner held a meeting with an executive of the logging company Singer had sold the rights to. He showed evidence of the woodpecker living where logging was

scheduled. Tanner noted that this executive showed some interest in cooperation, but said, of the trees the birds depended on for food, “they ought to learn to feed on something different.” Many of the loggers who would have cut down these trees went overseas in WWII, offering a brief reprieve to the birds before the U.S. government began importing German POWs by the thousands to log trees for telephone poles, roads, and crates to ship tea back to Britain.

The bird was the largest in its range, sporting a body over 20 inches long and with a wingspan of 2.5 feet. Males could easily be spotted by their bright red plumage. Jim Tanner noted the bird preferred to dwell in light, saying “it lives in the sun... in surroundings as bright as its own plumage.” Before the founding of the US, multiple indigenous tribes used the woodpecker’s beak for ceremonial pipes, amulets, and headbands. Thomas Jefferson named it a “larger red-crested woodpecker” in his *Notes On the State of Virginia* (1785).

“Lord God Bird” was the moniker given it by Theodore Roosevelt after he observed people shouting “Lord God, what a bird!” as it swooped overhead in a flash of black and white. Naturalist and ornithologist John James Audubon, who painted 435 species in exquisite detail in his masterwork *The Birds of America* (and the namesake of the Audubon Society), counted it as his personal favorite. Grammy-nominated recording artist Sufjan Stevens has immortalized the Ivory-Billed Woodpecker in his song *The Lord God Bird*, based on an unconfirmed sighting in Brinkley, Arkansas in 2004. The bird quickly became a symbol of hope for a small town devastated by a recession and population loss, with wooden cutouts of the birds popping up all across town and the local burger joint dubbing their new special “The Ivory-Billed Woodpecker.” The executive director of Brinkley’s Chamber of Commerce called it a “resurrection”—not just for the bird, but for the stagnant local economy.

The reverence for this bird went past its nickname; it has been a symbol of hope for ornithologists since the 1800s that humanity could never truly destroy a species, that we could never kill the “Lord God Bird.” The 2004 sighting invigorated a new sense of hope that it could still be out there, that we



PHOTO of Audubon print of the woodpecker

“The Lord God Bird” by John James Audubon

had failed to wipe it out, and that there would be hope for our own species as well.

There are more than 500 species of birds in New Mexico alone, and we still have the opportunity to see them and protect them for future generations. You don’t have to travel far to see some of our own woodpeckers: the Downy Woodpecker can be found year-round at Cimarron Canyon State Park, and Hairy Woodpeckers can usually be found in wooded backyards or pine forests. The more rare Lewis Woodpecker, which resembles a large hummingbird with its shiny green back and bright pink chest, will visit suet feeders around the Questa area. I can testify they especially love peanut suet; coating a pinecone in peanut butter, then rolling it in seeds is a great way to attract them. As always,

And the watchers beware, lest they see it fall
And paradise might laugh when at last it falls
And the sewing machine, the industrial god
And it’s the Great God Bird with its altar call
Yes, it’s the Great God Bird with its altar call
Yes, it’s the Great God Bird through it all.

—“The Lord God Bird”, by Sufjan Stevens

remember to log sightings with the free eBird app to provide critical information for ornithologists. <https://ebird.org>

You can listen to the ivory-billed woodpecker’s song by going to All About Birds from the Cornell Ornithology Lab https://www.allaboutbirds.org/guide/ivory-billed_woodpecker

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Native American Heritage Month: Missing and Murdered Indigenous Women and Girls

By C. YEZER

November is Native American Heritage Month, an important acknowledgment of the Native Peoples of the US that has been proclaimed since 1990. Yet November and the holiday of Halloween that precedes it are also when the most damaging stereotypes of Native Americans circulate—in school or church reenactments of Thanksgiving that erase imperialist violence, and in sexist costumes of Native women at frat parties and Halloween celebrations.

Research shows that these stereotypes reinforce racism and violence against Indigenous people, particularly Indigenous women and girls. Indigenous women are murdered in the US at a rate ten times higher than other ethnicities, they are two times more likely to be raped, and three times more likely to be killed than Anglo-American white women, according to the Centers for Disease Control. And New Mexico is in the top five states with the highest rates of murders and missing indigenous women.

Yet, this violence has been largely

ignored by much of the US. Consider, for example, that Wyoming has over 700 cases of Native Americans reported missing between 2011 and late 2020. None have gotten a fraction of the national attention as the homicide of 22-year-old Anglo Gabby Petito in that state.

This November and beyond, we can support the MMIWG movement (missing and murdered indigenous women and girls) which is dedicated to drawing attention to these cases and ending this violence. You can demand action on the thousands of missing women, girls and other Indigenous People cases in our communities.

Support the MMIWG movement. Amplify Native voices and concerns in your community. And when you see non-Native people wearing a Pocahontas costume, or a glorified misrepresentation of the violence behind Thanksgiving, don't dismiss that; say something. It's important. To support the MMIWG movement see:

<https://www.facebook.com/mmiwusa/> and <https://www.csvanw.org/>



Photo by Lorie Shaull

A marcher with a red handprint across her face in the 2018 Greater Than Fear Rally & March in Rochester, Minnesota. The red handprint has become a symbol of solidarity with the "missing and murdered Indigenous women and girls' movement in North America.

Elevating Tribal Voices and Choices at The Nature Conservancy

By TRACEY STONE

On Monday, October 11, more states, cities, and communities than ever observed Indigenous Peoples' Day. They're part of a movement dedicated to a more accurate history of the US than what is taught in schools.

For many years, The Nature Conservancy (TNC) has worked with Indigenous Peoples, though we have fallen short. Our focus is to elevate tribal voices and listen to their choices as we collaborate to protect their homelands.

In an effort to make a difference, TNC has hired its first-ever Indigenous Partnerships Program director, John Waconda, of the Pueblo of Isleta. Waconda will lead this new program, designed to support and partner with Indigenous Peoples to create a shared future of healthy lands, waters, and communities in New Mexico.

Waconda is coming out of retirement from the US Forest Service because—as he says—“there's work to be done.” He

sees opportunities to build more bridges with Indigenous partners to create a more sustainable future by protecting our land and water, together.

“As the former US Forest Service Southwestern Regional Restoration Partnership Coordinator, I immersed myself in tribal communications so local community members had a good understanding of restoration partnerships, such as the Rio Grande Water Fund, and how it would benefit people and nature,” he said. “This work will enable me to employ my knowledge, skills, and experiences in a way that helps me and my people.”

Terry Sullivan, TNC's New Mexico director, sees this as an important hire to build a programmatic need, filling a gap between the state's past and future. “Indigenous Peoples have been caring for land in New Mexico since time immemorial,” Sullivan said. “TNC is committed to creating, promoting, and perpetuating a narrative and future in which nature and people can thrive and coexist.”

Sullivan said the Rio Grande Water Fund (led by TNC) is a good example of rebuilding New Mexico's forests, using techniques such as controlled burns that have long been used by Indigenous Peoples. Another is in replanting forests, including a project with TNC, Pueblo partners, and volunteers who are coming together to plant climate-resilient seedlings across 4,000 acres of the Bandelier National Monument and in the Santa Clara Pueblo watershed. “With these and other new developments on the way, we can look ahead while learning from our past,” Sullivan said.

TNC is a global conservation organization dedicated to conserving the lands and waters on which all life depends. Guided by science, TNC creates innovative, on-the-ground solutions to our world's toughest challenges so that nature and people can thrive together. Learn more online at [nature.org/newmexico](https://www.nature.org/newmexico)



Courtesy Phoo

TNC has hired its first-ever Indigenous Partnerships Program Director, John Waconda, of the Pueblo of Isleta.

Thank you

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Taos for
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communities
and families-
in-need during
the holidays.*

Please see the article on page 12 for more information about Taos Feed Taos, making a donation, or requesting their support this year.



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LA YERBERA, “THE HERBALIST,”
TERESA DE JESUS VIGIL

By DEBORAH
ARCHULETA-MORENO

Preserving traditions has always been important to the Hispanic people. These traditions make up the foundation of who we are, passed down from our ancestors to keep the stories alive. We were taught these cultural traditions with the hope that they would be preserved for generations to come. Taught to us through our *abuelos and abuelas*, we learned about religious and spiritual healing with the use of what the land provides. These include native herbs and plants; we were taught concoctions and recipes for health, and even good luck.

This is exactly what one local Hispanic woman from San Luis, Colorado has been doing. Teresa de Jesus Vigil, at 89 years old, is a woman with a zest for life. She is still following the healing traditions she learned as a child from her grandmother. She has been on the path of not only teaching her children, grandchildren, and great-grandchildren, but sharing with anyone who is willing to learn about the medicine of the earth.

Teresa was born in Colorado and grew up in California. As a child she spent summers in San Luis with her grandparents, Beatriz Jaramillo and Raymundo Gallegos. It was there that she learned about planting, care, and harvesting of the gardens. She watched and learned from her grandmother about some of the native plants and how they were used in times of sickness. In those days, when a clinic or doctor was not around the corner, people had to

learn how to cure themselves.

Because of this love for healing, Teresa developed an interest in the medical field. She went on to study nursing and practiced for about 40 years, working in hospitals as well as in the field of behavioral health. Later, Teresa and her family moved to San Luis, where she still resides in her grandmother’s 103-year-old two-story adobe home. It was at that time that she began to expand her knowledge of the tradition of healing herbs and *remedios natural* common to New Mexico and southern Colorado.

Teresa now shares what she knows throughout southern Colorado (even as far as Denver) in presentations she gives, and through her recently published book, *Teresa de Jesus Vigil, Herbalist, Storyteller, Poet*. She writes about all the native herbs we have locally, and their uses. Teresa also shares stories and poems written for her grandchildren. I had the great good fortune to speak with Teresa. Talking to her took me back to a time with my own grandparents, remembering some of the herbs they used to help us when we were sick.

Osha is an herb that my grandmother used—this is one of the main herbs that Teresa also talks about. Osha is a wild celery, of which there are 40 known species throughout the world. Here in our area, there are two. One is known as *Osha de la Sierra*, which has become a protected species, and the other is *Osha del Campo* which has a bigger root. Osha may also be known as Mexican penicillin because it is used for everything. You take the root, grind it, and boil it. Teresa makes tinctures with it using alcohol, such as Everclear, or vodka. Back in the old days, people would put herbs in whiskey.

I remember drinking osha root that was picked out of my grandmother’s yard, for a head cold. To my surprise my head cold was gone just as quickly as I had got it! Perhaps this is an old wives’ tale, but I remember that we were told to tie osha to our shoelaces to keep snakes away when we walked down to the Rio



Photo by Benita Muñiz

The ever vibrant Teresa de Jesus Vigil poses with her new book at the Mercy Gift Shop of Sangre de Cristo Parish, where she works in San Luis, CO.

Grande. Teresa laughed when I told her this, and she said “Yes! Osha will keep the snakes away!”

Other plants she teaches about are *Yerba Buena*, or wild mint, *Heirba Romero*, or rosemary, and chokecherry, or Capulin, which most of us know about for jelly and wine. Chokeberry bark can also be used as medicine. You can make teas out of rosehips and manzanilla, known in English as chamomile, widely used for its relaxing properties. The list goes on—just take a look out your backyard, and see all the medicine around you, Teresa might say.

As a *yerbera* (herbalist), some people may think of it as *Curanderismo*, using the plants for healing. When I asked Teresa if she considered herself a Curandera, she laughed and said, “I believe all mothers are Curanderas; she is always having to do everything to cure the child.”

I then asked her if she felt that helping people and teaching was something from God, and she responded with, “We are all gifts from God, and God works through us all.” Teresa is very involved with her church, the Sangre de Cristo Parish in San Luis. She also happens to be a Eucharistic Minister, a lay person who assists the priest in administering the sacraments of holy communion. She also takes the sacraments to those who are ill or cannot attend mass. At 89, she stays very busy, also working at the Mercy Shoppe, her church’s gift shop.

After talking with Teresa, I found her to be awe-inspiring. She continues traditional herbalism, pioneers the way for future herbalists, and keeps the Hispanic healing culture alive. Teaching respect for the land for whatever is taken from the ground, and the beauty of Mother Nature, no matter where you live, gives us the resources to heal ourselves.

Holiday Cheer with Vida Del Norte and Village of Questa

By MARIA GONZALEZ

Vida Del Norte and The Village of Questa are partnering to light up Questa during the holidays! We appreciate any volunteer help, such as Christmas decoration donations (such as lights), but mostly we would really appreciate your family’s participation.

We would like for families to adopt and decorate approximately 30 trees along Highway 522, north of the light. They need to be decorated with solar lights. Are you interested in adopting a tree? Please reach out to Maria Gonzalez at (575) 779-2260 for more information.

We are also planning a light parade and invite anyone who would like to dec-

orate their vehicle and participate to also contact either Maria Gonzalez or Dina Coleman at questaevents@gmail.com or dcoleman@villageofquesta.org (which one, or should we list the cell phone?) We are currently working with the school district and local businesses to create a tree tour in collaboration with the youth of our community and these businesses.

We look forward to a very festive holiday season and we would like to see all of you participate in the festivities!



Cherished Quilt Exhibit is a Must-See!

By PEGGY TRIGG

Stop by and see the new textile display at the Questa Public Library. This exhibition is up, with smaller pieces, but now also includes three larger cherished quilts. We have been working on getting quilts into the space, and thanks to woodworker and installer Paul Kunkel, we now have a permanent hanging rod in the children's room!

The first quilt to hang in this space is a friendship quilt completed by Tammie Arvila. On this quilt, you can see works by many local quilting artists including Elizabeth Huddle, Cynthia Rael-Vigil, the late Esther Garcia, and others. In the teen room are two other quilts, including a large story quilt, "Granddaughter's Dream" by Winter Ross and Sharon Nicholson's own hand-stitched baby quilt, made by her mother Genevieve Weaver Nicholson, out of flour sack fabric.

Other textiles on display include an assortment of crocheted amigurumi animals by Audrey Kunkel, a bonnet that can turn into an apron by Nancy Parker, and a



Photos by Peggy Trigg

Truly a community quilt, this "friendship quilt" now has a sturdy rod, thanks to Paul Kunkel, and hangs in the children's room.

lovely table runner by Cynthia Rael-Vigil. Our community is rich in talented fiber artists! It is fun and enriching to see such an assortment of fiber arts and styles.

This display will be up for six months, until the end of March. If you are a textile artist and are interested in participating in our next display, we would love to have you; please leave your name and contact information with the librarian and we will contact you in the spring.



Photos by Peggy Trigg

A variety of small scale textiles grace the wall.



QUESTA PUBLIC LIBRARY

QUESTA PUBLIC LIBRARY KEEPS ON GROWING, LITERALLY!
By MARGARET LEJUSTE

After a successful ceremony celebrating the Questa Public Library's new

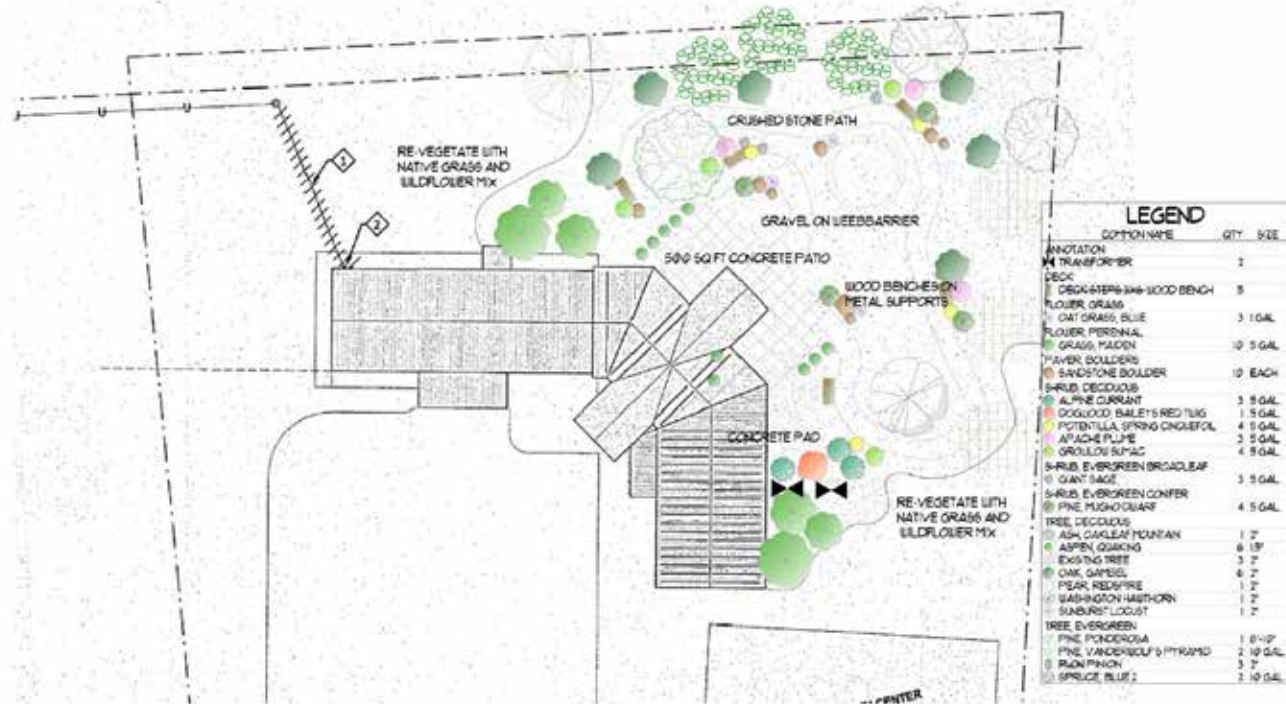
addition last June, staff and supporters are setting their sights on another landmark—literally. Inspired by an initial donation from a long-time supporter who wished to build a patio dedicated to his late wife, another patron made a pledge to start a garden to adjoin the patio. The idea of a fully designed outdoor area was born. This

outdoor space will allow additional room for library programs and community gatherings.

The landscape plan was created by Questeño Jimmy Cisneros of Gecko Landscaping and is shown above. Depending on weather, construction is projected to begin late fall or early spring. The initial donations for both

of these projects are not sufficient to complete them, so additional funding will be needed.

Interested in donating? Contact Library Director Sharon Nicholson at (575) 586-2023. Donations made through the Friends of the Questa Public Library, a 501(c)(3) charitable organization, are tax-deductible.



Revision #: 01	Scale: 1/8" = 1'	Landscape Plan: LP 100	Landscape Design by: Jimmy Cisneros
Date: 10/7/2021		Questa Library	Gecko landscaping, Inc.

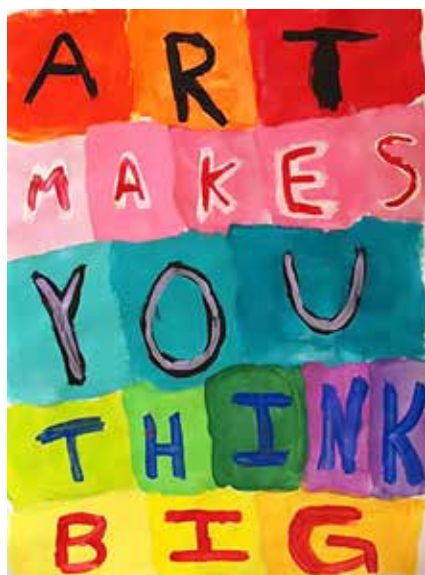
The Importance Of Art Education

YOUTH ART SHOW AT THE QUESTA LIBRARY

by PEGGY TRIGG

As a former art educator, I highly value the importance of the arts in education. To me, it is possibly one of the most important aspects of a child's education. Critical thinking skills and creative problem solving are needed now, more than ever!

The National Art Education Association (NEA) has cited over 99 research studies that have proven that the arts are essential for our children in all aspects of their growth. Here are a few examples. This Edutopia article on art education cites how, "Involvement in the arts is associated with gains in math, reading, cognitive ability, critical thinking, and verbal skill. Arts learning can also improve motivation, concentration, confidence, and teamwork."



Another study by a 15-year literature review done by the NEA found, "A growing body of evidence suggests that at virtually every stage of life, the arts can foster openness to novelty, encourage connections to people, places, things,

The library will be offering refreshments on Saturday, November 6 from 12 – 5 pm. Please stop by to view artwork by our many talented local youth! The Youth Display will be up from November 1 – December 30.

and concepts, and promote the ability to take multiple perspectives, among other positive outcomes."

The arts are a vital part of the growth of every child! The arts in education need to be fostered and protected.

To help celebrate our children and the arts in our schools and local homeschool groups, the Questa Public Library will be showcasing youth artwork during the holiday months of November and December. This display will feature three

sections. In the front desk display area will be artwork by students from the Questa Junior/Senior High school. In the children's room, the Alta Vista Elementary students will have their work displayed, and in the teen room will be a display of work from the Lama charter school Roots and Wings as well as homeschooled children. Both 2-dimensional and 3-dimensional work will be on display. To make this an extra special event, on November 6th the library will be giving out fun and encouraging recognitions for all younger students and place awards for older students. Please come help us celebrate our children and the art in education!

Thank you, Questa Public Schools for providing this important resource for our kids. Thank you, art teachers Jennifer Vialpando, Maya MacDonald, Sarah Newberry and others for all your hard work and encouragement.



Photo by Kimber McDonald

A New Mexico United Soccer game in Albuquerque, with Questa High School Varsity Soccer fans.



Questa Independent School District Fall Sports Schedules

Volleyball

11/04/2021 McCurdy Away 5 pm
11/06/2021 Peñasco Home 5 pm

Middle School Volleyball

11/04/2021 McCurdy Away 4 pm Combo 7/8

Boys Basketball

11/27/2021 Coronado (Varsity) Away 5:30pm
11/29/2021 Cimarron Home 5:30pm

Girls Basketball

11/27/2021 Coronado (Varsity) Away 4:00pm
11/29/2021 Cimarron Home 4:00pm

Middle School Basketball Boys

11/17/2021 Mora Away 5:00pm
11/20/2021 Mesa Vista Home 2:00pm Comb 7&8
11/29/2021 Peñasco Away 5:00pm

Middle School Basketball Girls

11/15/2021 Taos Home 4:00/5:00pm
11/17/2021 Mora Away 4:00pm Comb 7&8
11/20/2021 Mesa Vista Home 1:00pm Comb 7&8
11/29/2021 Peñasco Away 4:00pm

FROM THE LIBRARIAN'S DESK:

Here are some of our new titles by your favorite authors added this month. Read one soon!

- *Bloodless*, by Douglas Preston
- *The Cellist*, by Daniel Silva
- *Cloud Cuckoo Land*, by Anthony Doerr
- *Velvet was the Night*, by Silvia Moreno-Garcia
- *Breathe*, by Joyce Carol Oates



Explora at the Questa Library October 15: Questa kids and parents learning about aerodynamics!

Photo by Library Staff



Congratulations To Art Contest Winner Ava Ortega!

By KIMBERLY RITTERHOUSE

New Mexico students were invited to submit entries to the Annual Youth Art Contest in celebration of Hispanic Heritage Month (Sept. 15 – Oct. 15). The contest was sponsored by the Hispanic Outreach for Leadership and Awareness committee at Sandia National Laboratories, Kirtland Air Force Base, NNSA Sandia Site Office, and NNSA ABQ Complex.

Sandia National Laboratories and Hispanic Outreach for Leadership Awareness (HOLA) promotes student interest in STEM (science, technology, engineering and mathematics) through this annual art contest.

The third through eighth-grade students of Red River Valley Charter School participated in the contest

during weekly art classes under the direction of Mrs. Lorie Hawkes.

The students were asked to create a piece of artwork connected to the theme Esperanza: A Celebration of Hispanic Heritage, Hope, and Innovation. The contestants were also asked to include a paragraph describing the art and its correlation to the contest theme.

Red River Valley Charter School is proud to announce that one of our own, fifth-grader Ava Ortega, was selected as second place winner in the elementary category of the contest! Congratulations, Ava, for receiving this award and attaining statewide recognition!

Ava Ortega, a 5th-grader at Red River Valley Charter School, won 2nd place with her drawing for an art contest celebrating Hispanic Heritage Month.



The town of the Esperanza Hispanic Heritage

By Ava Ortega

Hello! My picture is named The Town of the Esperanza Hispanic Heritage. My picture is a little town and has a beautiful sky with adobe buildings. The adobe buildings that I drew are made from dirt, and straw, so the people were innovative about making the adobe houses from things around them. The colors that I used in my picture reminded me of a little beautiful Hispanic community. A community and family is an important part of the Hispanic culture and gives hope.



School Trips

Kimber McDonald, lead teacher at Alta Vista Elementary School, says: It's been a busy, wonderful start to our school. We have had several field trips for outdoor experiential learning as well as our harvest festival, Cosecha. We are happy to share just a few of the wonderful pictures of them so far.

Photos by Kimber McDonald

The Story of the Vietnam Veterans Memorial in Angel Fire

By MATTHEW WOLHLBERG

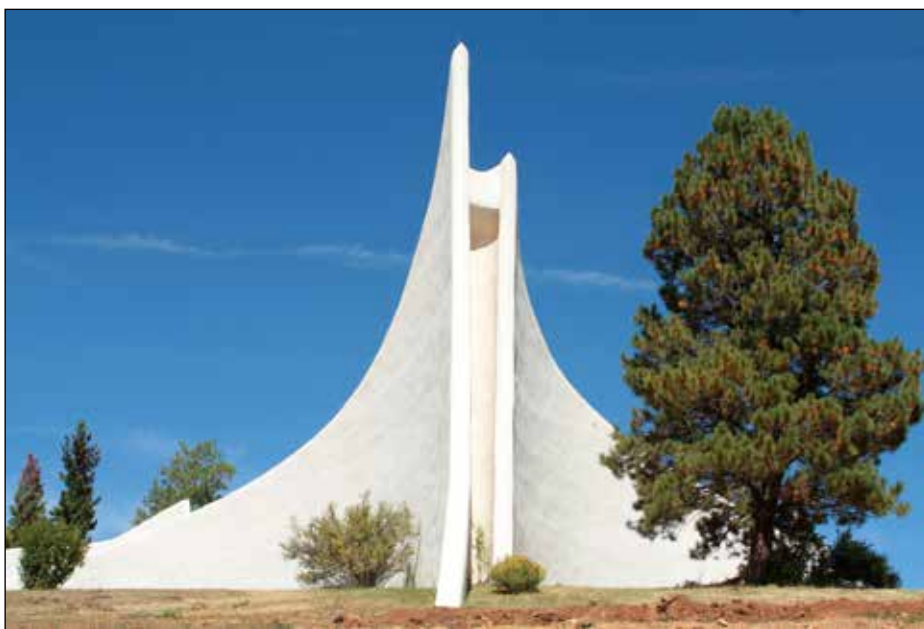
The story of the Vietnam Veterans Memorial in Angel Fire, New Mexico began 52 years ago on May 22, 1968, when the parents of Lt. David Westphall received notice of their son's death in Vietnam. Lt. Westphall, USMC, was leading a patrol in Con Thien when his platoon was ambushed and thirteen men were killed in action.

David Westphall had enlisted in the Marine Corps and left for college after his initial four-year enlistment was over. He received a degree in Spanish from the University of Montana and rejoined the Marines, receiving a commission as an officer. He was assigned as platoon leader of Company B, 1st Battalion, 4th Marines, and was deployed to Vietnam. David had survived the bite of a deadly viper only to succumb to bullet wounds on that fateful day in May.

David's father, Dr. Victor Westphall, himself a WW II Navy veteran, with his wife Jeanne, had purchased 900 acres in the Val Verde Ranch with the objective of building a ski resort and golf course. This property had become David's favorite place to visit when he was on leave from the Corps. Victor and Jeanne and their youngest son, Walter, made two decisions following David's death; first, to have David buried at the National Cemetery in Santa Fe, and second, to build a chapel on the Angel Fire site, not only in honor of their son, but for all Vietnam veterans killed and missing in action. Lacking the funds to undertake such a project, David and Jeanne sold all but five of the 900 acres and also used their son's military life insurance to make their dream a reality.

The Westphalls conceived of a chapel that would be built by volunteers with personal funds. They designed the chapel and began construction on the Vietnam Veterans Peace and Brotherhood Chapel until funding ran out. Victor convinced the Disabled American Veterans to provide additional funding amounting to \$100,000 in contributions over a period of ten years. The result is a striking architectural statement that inspires reflection. It was consecrated three years after David's death, on July 15, 1971, along with a personal letter from President Richard M. Nixon.

In 1982, the Disabled American Veterans (DAV) assumed joint ownership of the chapel, purchasing an additional 25 acres to add a visitor center and museum. In May of 1986, the Westphall Visitor



Photos by Jeff Endicott

Center was dedicated. In 1998, ownership of the memorial was transferred from the DAV to the David Westphall Veterans Foundation, a non-profit organization. Dr. Westphall passed away in 2003

and his wife Jeanne the following year. They're interred together on the memorial grounds. Their son, Walter Westphall, a US Air Force pilot during the Vietnam conflict, continues to actively participate

in the perpetuation of the memorial. Ownership of the memorial was transferred again in 2005, to New Mexico State Parks, after which a number of signature events took place; the enduring bricklaying program and the acquisition of the UH-1H helicopter SN 64-13670, later restored by the New Mexico National Guard and prominently displayed at the entrance.

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In July 2017, the Vietnam Veterans Memorial was transferred from the jurisdiction of New Mexico State Parks to the New Mexico Department of Veterans Services (DVS). The manager of this hallowed site and inspiring memorial is Mr. D.B. Herbst (USMC Ret.), who does a remarkable job.

In 2018, a groundbreaking ceremony heralded the beginning of the Angel Fire Veterans Cemetery. There are plans for a scaled replica of the Vietnam Veterans Memorial Wall at some future date.

Words cannot describe how the memorial moves the heart. It's a site of incredible physical beauty, overlooking the vast Moreno Valley. It is a place of reflection, rededication to the lives of those lost to war, and commemoration of their ultimate sacrifice. When you visit the Vietnam Veterans Memorial in Angel Fire, plan to spend the entire day, as there is so much to see. You can get lost in just the museum and its extraordinary exhibits alone. Every day award-winning films on the Vietnam War are shown as well. Please visit the Blue Star Garden maintained by the volunteers of the Angel Fire Blue Star Garden Club. There are other places for reflection including the Tranquility Fountain. The amphitheater was completed in 2007, and is the site of many veterans programs throughout the year.

The chapel and grounds are always open. The Visitor Center, Gift Shop, Library, and Museum are open daily from 9 am – 5 pm, and are closed on Thanksgiving and Christmas Day. Guided tours of the grounds and the museum are available on request. Visitors from around the world visit the site and sign the register. If you visit, you will leave a different person.

There are no entrance fees, and donations are gratefully accepted. Please visit us at 34 Country Club Road in Angel Fire. Please mail donations to PO Box 242, Angel Fire, NM 87110. For information, please call (575) 377-2293 for more information.

Demecio Duran: an American Hero in Costilla

By JENNIFER MOONEY

Demecio Duran is a veteran and the son of a veteran, with 11 other veterans in his family. They are committed to serving and protecting the United States of America. His father, Juan J. Duran, fought on the beaches of Normandy. Demecio's brother John served in Korea, and his brother Joey served with the 82nd Airborne. Demecio served two tours in Vietnam beginning in 1968, among the bloodiest years for American troops.

Demecio is a Costilla-Amalia lifelong resident, the husband of Alma Duran, owner of Duran's Gas and Grocery (see their Business Profile from this year's August issue). He is the father of Jannifer, Andrea, and Maria Luz. He retired after running a construction company for 20 years, and now runs his own farm, growing alfalfa. Demecio is also a hunting guide and outfitter, and likes to restore old cars.

Duran wanted to follow in his father's footsteps. He believes the military is a place where young men and women can learn, grow, and figure out how to work effectively with others. His dad got Demecio a draft deferment when he was first called. Shortly after, he volunteered, opting for two Vietnam tours in the Army, which included the infamous Tet Offensive.

"My dad was in Normandy on D-Day. He was on the beach. I wanted to experience what my dad went through. I wanted to be part of it. To fight for my country. And my other brother John and my younger brother Joey followed. Eleven

family members have served in one capacity or the other. My sister Monica was in the National Guard," Duran said.

Duran did his basic training in Ft. Bliss, Texas, with additional training in Virginia. "I was shipped to Vietnam in 1968 and all of '69 and came back the early part of 1970. I was a helicopter-door gunner. We flew into a lot of different places, but my base station was in the Me Kong Delta, in Vin Long. We did a lot of work throughout the Delta, mostly in the southern part of Vietnam. I was also in Da Nang, and way down by the South China Sea. I served one year, 12 months, and 15 days. I came home for one 30-day leave and then I spent another 12 months there."

Duran has stayed in touch with one Army friend, Alfredo Lopez, but has not been able to locate others. He has another friend who served in South Vietnam, Adelmo Vallejos, from Amalia. His time in Vietnam has had a lifelong impact. He explains his return and the "welcoming" committees in Oakland, California. These were the protestors who threw rocks and tomatoes at those like Duran, who fought for our country.

"It was not a good time to come home. Throughout the years people have learned that we were not murderers and rapists. We were there to do a job. It might have been the wrong war, but we were there for the right reasons," Duran said. Years later, people now thank Demecio for his service and continue to positively welcome him home.



Photo by Jennifer Mooney

Veteran Demecio Duran, a lifetime resident of Costilla-Amalia, served two tours in Vietnam.

War is a tough place, filled with heightened, latent memories. Demecio and the thousands who served with him had to find themselves upon return to civilian life. "It took me 30 years before I could find myself. Even the government understood that we had PTSD from the war and the protesters. It made us isolate a lot more and not be friendly with people. People who have never been there do not know what it takes to have been in a place like that. Today I still feel the effects of coming home and the war itself."

Duran encourages vets to get counseling and learn to return to regular living. "I went two days to counseling twice a week for two-and-one-half years. I could then talk about Vietnam. The counseling

helped. I completely changed my life around. They teach you that PTSD will always be there. They teach you how to handle it," he said.

When asked what he says to young people about joining the military, he quickly responds that he encourages them to join. "You can learn a lifetime of lessons in two years. To me, it's not only fighting, but you meet people, you learn how to get along with your comrades. I think it's good. Today it is a volunteer Army. We had some good times and we had some bad times."

To Demecio Duran, and to all veterans, for this veterans' month, "Thank you for your service."

Cerro VFW Post 9516 is Getting Closer!

By ADELITA MEAD
(SFC, US ARMY, RETIRED)

A lot of progress has been made on the Cerro VFW Post 9516. The plumbing issues have been fixed and we got a new water heater! However, the building still has structural damage that needs to be repaired. We are reinstating our 501(c)(3) non-profit status and are in the process of applying for a grant. Any help would be appreciated.

All of the VFW building is currently usable, however! Our Function Hall (formerly known as the Bingo Hall, before casinos put us out of the bingo business) can be used for events. We opened it up and held a post-burial dinner for the late Army veteran Beverly Archuleta,



Photo by Lou McCall

Inside the Cerro VFW.

a lifetime member of the VFW post, who was interred with military honors on October 14.

Nearby, in the Cerro Cemetery, there are plans for a new stone monument honoring all veterans. It has been

promised that it will arrive in time for a Veterans Day Ceremony. David Cisneros, who has been the Commander of the Cerro Post for over 20 years, said, "With this monument, we, the veterans of Cerro, are honoring all those who have put on a uniform to protect our country. Our community has had a lot of servicemen and women who have been put in harm's way. Next we are planning to have a monument honoring the veterans of Cerro." Stay tuned!

It's great that word is spreading that the Cerro VFW Post is more active again. Please help us get the word out that there is work still to be done. We need to check the foundation because it seems to have sunk from previous water damage. There is much to be done to

bring it up to normal standards. We are working to prepare the entire building for more use as soon as possible.

We are open to recruiting more veteran members and for any of you veterans to take positions as officers within the organization. You will need to be an actual veteran of a foreign war, i.e.: Iraq, Afghanistan, Korea, Vietnam, European and Pacific theatres of WWII, etc.

Our meetings are usually the third Friday of the month, so please join us on Friday, November 19, at 3 pm at the Cerro VFW Post 9516 at 108 NM Highway 378 in Cerro. For information, please call (575) 586-1112 or email litameadphoto@gmail.com. If you are a veteran, thank you for your service and come join us at Cerro VFW Post 9516!

Honoring the late Charles "Charlie" Castulo Cisneros



By STAFF WRITERS

Many local residents remember Charles "Charlie" Castulo Cisneros, who died in the Vietnam conflict. The Cerro VFW Post 9516 was named after the late soldier. Photos and mementos of his life and service adorn the walls at the post.

This year, in honor of Veterans Day, Cisneros will be honored at a ceremony on Saturday, November 13, at noon. A monument stone, plaque, and photograph of the him is being added to the Senator Carlos R. Cisneros Veterans Memorial Park in Questa. There will be guest speakers, dignitaries, and music in

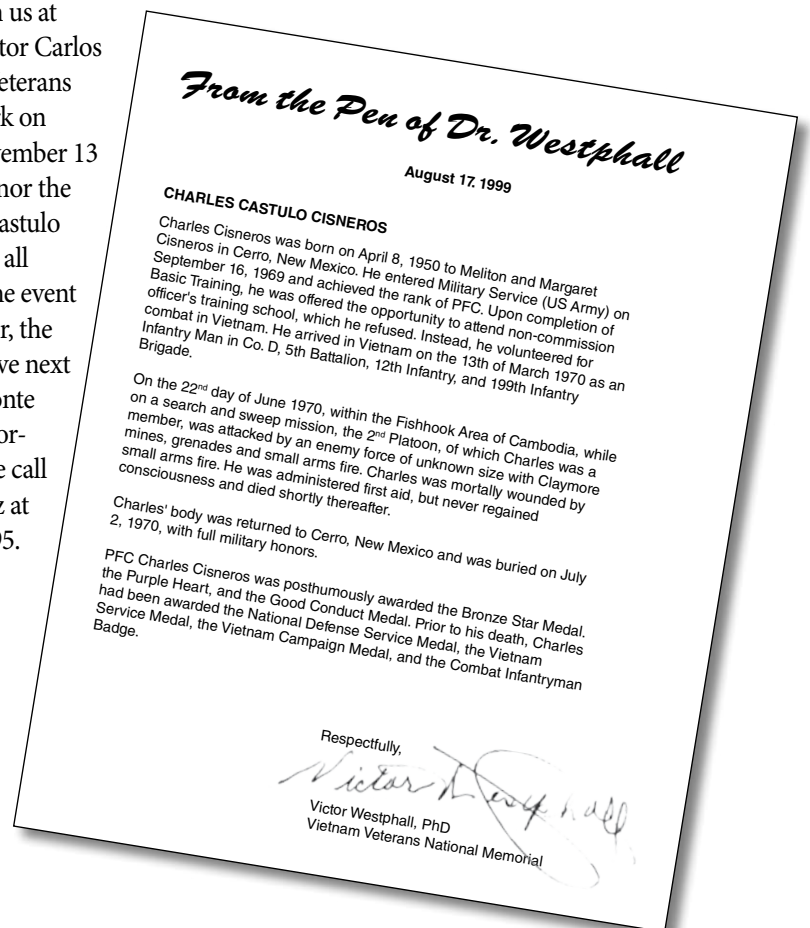
honor of the event. The public is invited.

The late Dr. Westphall II, founder of the Angel Fire Vietnam Veterans Memorial, penned a letter in memoriam of the late soldier, which is on display at the Cerro VFW Post, along with other awards and photographs. According to this document, Charlie was born to Meliton and Margaret Cisneros in Cerro, New Mexico on April 8, 1950. He entered the US Army in September of 1969 and died on June 22, 1970, during a search and sweep mission in Cambodia. PVC Cisneros was posthumously awarded the Bronze Star Medal, the Purple Heart, and the Good Conduct Medal. Prior to his death, he received the National Defense Service Medal, the Vietnam Service Medal, the Vietnam Campaign Medal, and the Combat Infantryman Badge.

David Cisneros, Commander of the Cerro VFW Post, said that his cousin Charlie Cisneros was like a brother to him; they grew up together. At one time, there were five Cisneros brothers in Vietnam at the same time, including David

and Charlie.

Please join us at Questa's Senator Carlos R. Cisneros Veterans Memorial Park on Saturday, November 13 at noon to honor the late Charlie Castulo Cisneros, and all veterans. In the event of bad weather, the event will move next door to El Monte Carlo. For information, please call Larry Sanchez at (575) 779-0995.



OBITUARIES

BEVERLY ARCHULETA



Beverly Archuleta, age 55, a resident of Cerro, passed away unexpectedly on October 2. She was preceded in death by her parents Jose and Marcella Archuleta; brothers Albert and Anastacio Archuleta; nieces Jessica and Lisa Archuleta; maternal grandmother Maclovia Mondragon; and paternal grandparents Anastacio and Paublita Archuleta.

Beverly proudly served our country in the United States Army for 15 years. During that time, she served in two deployments, Operation Desert Storm and Operation Iraqi Freedom.

She is survived by her siblings Jesse Archuleta (Susanna), Jimmy Archuleta (Connie), Leo Archuleta (Susan), Cindy Archuleta (Bob), and her partner Carlos Del Valle, plus many other loving nieces,

nephews, relatives, and friends. She will be greatly missed.

Rosary was recited on October 13 at Our Lady of Guadalupe Catholic Church in Cerro. Mass of Christian Burial was held on Thursday October 14, at 10am at Our Lady of Guadalupe Catholic Church, with burial at the Cerro Cemetery. Lunch was served at the Cerro VFW Post.

The family of Beverly Archuleta has entrusted the care of their loved one to DeVargas Funeral Home of Taos. www.devargastaos.com

ROY GOMEZ



Roy Gomez, age 76, a resident of Cerro, passed away peacefully on September 24. He was preceded in death by his parents Fred and Elvira Gomez; siblings Pearl Vigil, Martha Mascarenas, Fred Gomez, Jr., Joe Gomez, Louis Gomez, Johnny Gomez, Sam Gomez, and many

nieces and nephews.

Roy was a hard-working farmer and rancher. Family and friends viewed him as a loving, gentle bear. He is now one of God's angels. He is survived by his niece and caregiver Gloria Vigil (Anthony) and nieces Veronica Valdez (Andrew), Pauline Herrera (Amos), plus many more loving relatives and friends.

Mass of Christian Burial was held on Saturday, October 9, at Our Lady of Guadalupe Catholic Church in Cerro, with burial following, at the Cerro Cemetery. A meal honoring Roy was held at the Questa VFW. The family of Roy Gomez has entrusted the care of their loved one to DeVargas Funeral Home of Taos. www.devargastaos.com

JOSEPH MARTINEZ



Joseph Martinez, Jr., age 41, a resident of Questa, passed away unexpectedly on

September 28. He was preceded in death by his grandmother Juanita Martinez; grandfather Frank Ortega; aunt Sophia Cisneros; uncle Tony Santistevan; and brother-in-law Edward Baca.

Joseph was a loving husband, father, son, and brother. He was a hard worker who devoted himself to his family. He helped anyone in need. Joseph will be greatly missed and forever be in our hearts.

He is survived by his wife Janet Martinez; children Joseph Martinez III, Cecelia Martinez, Joaquin Trujillo, stepdaughter Destiny Baca; parents Joseph Michael and Dorothy Cecelia Martinez; brother Melesio Martinez; grandfather Romolo Martinez; grandmother Irene Ortega; nieces Aaliyah and Trinity Martinez, Justine Sanchez, nephew Frankie Rivera; in-laws Martin and Maxine Baca; sisters-in-law Julie Rivera (Ricardo) and Sara Sanchez (Leroy); brother-in-law Martin John Baca (Crystal), and many other relatives and friends.

Memorial Service was held on Friday October 22, 2021 at 11:00am at Living Word Ministries, in Questa. The family of Joseph Martinez, Jr. has entrusted the care of their loved one to DeVargas Funeral Home of Taos. www.devargastaos.com

OBITUARIES

EUGENE "GINO" YOUNG



Eugene "Gino" Samuel Young, age 50, of Questa, NM was called home to be with our Lord on Sunday, September 26, 2021. He was a beloved and devoted father, son, brother, brother-in-law, uncle, nephew, godfather, cousin, friend, neighbor, and co-worker.

Gino was born in La Jara, CO in 1971 to Lupe and Theresa Young of Questa, NM. He is preceded in death by his father Jose Lupe "Lupito" Young. He is survived by his daughters, his ultimate pride and joy, McKayla, Giana, and Abigail; and the mother of his children, Julie Martinez of Questa; his mother, Theresa Young, Questa, NM; siblings Deborah Young, Albuquerque, NM; Vincent (Stacey) Young, Los

Lunas, NM; Vernon Young, Jaroso, CO; Georgette Young, Carlsbad, TX; Martin (Bernadine) Young, Questa, NM; Jeanine (Scott) Weyand, Austin, TX; Priscilla Benavidez, Albuquerque, NM; and Tom (Jeannie) Esgate, Taos, NM, several nieces and nephews, Tias, Tios and Primos.

Gino was raised in Questa on the family farm and ranch and was loved by all who knew and met him. Among his many jobs he was especially proud of being a Questa schools bus driver which allowed him to be part of the young community in Questa. There were never any strangers in his life....only new friends!

Funeral services for Gino were held on Saturday, October 2, at St. Anthony Parish in Questa, NM. He was laid to rest at Our Lady of Guadalupe Church cemetery in Cerro, NM.

The Young family would like to thank DeVargas Funeral home for the initial care of our baby brother and final arrangements made by Rivera Family Funeral Home.

To read Eugene "Gino" Samuel Young full biography or to share a memory please visit their website at www.riverafuneralhome.com

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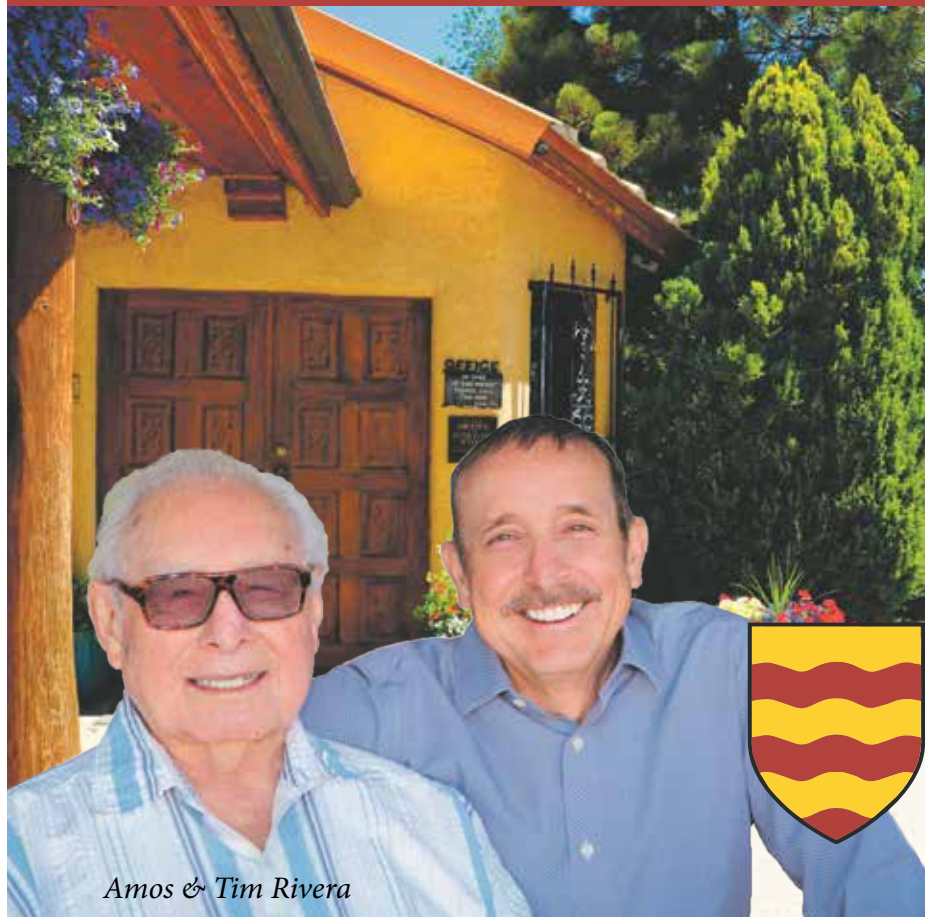


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Reflections On Community Connection Days

By CLAIRE COTÉ

The last Community Connection Day of the year took place on Friday, October 15, at the Questa Municipal Park. Eighteen volunteers gathered, despite a biting cold breeze, to help with clean-up and maintenance and bring projects to a close for the season. Volunteers picked up trash, removed invasive thistle plants and overgrown weeds, fixed and shut down the irrigation system for the winter, cleaned around the 19 trees planted in memoriam, and installed the new commemorative plaques at the base of these trees. It was wonderful to see the plaques in place, honoring loved ones. Thank you to Rachel Kuc', Maria Gonzalez, and Vida del Norte for sponsoring our community lunch on the 15th. It was delicious!

Community Connection Days are collaborative, intergenerational days of community give-back and celebration, taking place in and around Questa. The concept was born out of the wonderfully successful initial youth-centered, skate-park planning, tree-planting, and beau-

tification day held at the Questa Park on April 23. Six monthly Community Connection Days followed. A fundraiser for planting trees in memoriam was also launched.

- In May, a large group of youth and adult volunteers picked up trash and filled prairie dog holes at the park, and then finished the morning at the Questa Farmers Market, pulling weeds and planting in preparation for the start of market season.
- In June, a small group gathered to continue beautification efforts.
- In July, a large intergenerational group at the park focused on planting trees and doing general park maintenance.
- In August, we shifted the focus to supporting the well-being of seniors in our community. A small group of volunteers went directly to the person's home to help with general clean-up and basic yard maintenance.
- In September, volunteers met in downtown Questa and split efforts between three projects: painting the

new mural on the Questa Farmers Market shipping container, removing elm trees and weeding around the Visitor Center, and chipping removed elm trees at the neighboring historic building and future home of Casa de Cultura. The group also hosted a birthday celebration for one of the volunteers!

- That brings us to this past month's efforts, the sixth and last Community Connection Day in October, described above.

Consistently coming together in community, showing up for each other, and tending to our shared public spaces is part of ongoing "creative placemaking" efforts in our area. Community Connection Days are made possible by these collaborators: LEAP, Vida del Norte Coalition, Localogy, Taos Behavioral Health Questa SUCCESS Center, Village of Questa, Questa Del Rio News, Questa Economic Development Fund, Questa Farmers Market, North Central Food Pantry, and many community volunteers. Gratitude also goes to the LOR Foundation for providing funding

for the initial event on April 23, from which the Community Connection Day series was born.

We thank everyone involved for making this community effort possible! We plan to keep the momentum going in 2022. Look for the first Community Connection Day next year at Questa Park around Earth Day, April 22, 2022, when we'll plant the next round of trees and do the first clean-up of the year. See you then!



Photos by Claire Côté

Sunshine Wood standing with the tree and plaque she and her family sponsored for her late daughter.

Locks of Love Benefit Event at Village Stop & Go

By LOU MCCALL

In early October, Questa residents Roger Chavez Jr. and Berna Trujillo co-sponsored an event to benefit *Locks of Love*, a 501(c)(3) nonprofit charity that gives custom-made wigs to disadvantaged youth up to the age of 21 who have lost hair as a result of medical conditions such as burn trauma and cancer treatment. They accept monetary donations and also donated hair. Their mission: return a sense of self-confidence and normalcy to children suffering from hair loss by utilizing donated ponytails to provide the highest quality hair prosthetics to financially disadvantaged children free of charge.

The Questa event was held October 9 at 2:00 pm at the Questa Village Stop & Go. Berna and Roger felt this date fitting because October is Cancer Awareness Month. *Questeño* and professional barber Jerome Ortega was on hand to cut Roger Chavez's hair, which he had deliberately allowed to grow quite long for this purpose. Roger's last haircut was three years ago! Those present at the event donated to the cause, making donations for a



Photos by E. Wilde

Michael Ortiz, 9 years old, gave up his long hair for the Locks of Love benefit. Shown here from left, Roger Chavez, Jr., organizer of the event (before he got his hair cut off!) and Michael's proud parents Monique and Miguel Ortiz.

total of \$700.

The star of the show was 9-year-old Michael Ortiz, who didn't even attend the event—although his sheared locks did,

brought by his supportive parents, Miguel and Monique Ortiz. This homeschooler (through Pecos Connection Academy) selflessly donated his long hair for others

who needed it more than he did. It took him a long time to grow his hair out to a length of 18 inches, and kudos to him and his parents!

Over 50 people were in attendance—a good crowd—with folks gathering both outside and inside the Stop & Go. Food was provided by owner Berna Trujillo. To further generate funds for Locks of Love, a pool tournament was held with a \$10 entry fee. Local businesses donated gift certificates for prizes and a raffle, and pool tournament prizes. These supportive businesses include My Tia's Café, Frank's Eats & Sweets, Questa Lumber and Hardware.

This First Annual Questa Locks of Love event was a success and plans are underway to continue next year and for years to come. Berna and Roger are still seeking monetary and hair donations. Would you want to donate your locks? Jerome will be available, so start growing your hair now and if you are tempted to cut it, just postpone it until October 2022! For further information please visit <https://locksoflove.org/> or contact Roger Chavez Jr. at poolplayerrunout@yahoo.com or call (575) 224-4049.

Taos County Historical Society's Nov. 6 Program

NEW MEXICO:
THE FRENCH PRESENCE
SINCE THE 1500S

By PAUL FIGUEROA,
TAOS COUNTY HISTORICAL
SOCIETY PROGRAM CHAIR

Distinguished author and independent scholar Francois-Marie Patorni will present a talk: "New Mexico: The French Presence since the 1500s" Saturday, November 6, at 2 pm in the Kit Carson Electric Cooperative Boardroom, 118 Cruz Alta Road in Taos.

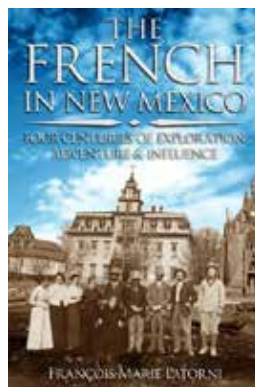
The history of the French, French Canadians, and other French-speaking peoples in New Mexico covers the last 400 years, impacting all areas of New Mexico and the southwest. Eventually, Santa Fe emerged as a communication hub, with three main trails converging upon the city:

the Santa Fe Trail, heading north to Colorado and east to Missouri the Old Spanish Trail, leading northwest, ultimately extending to California

the Camino Real de Tierra Adentro, reaching south to Mexico City.

Through stories woven in the flow of time, the presentation will focus on the presence of the French-speaking people around Taos and northern New Mexico, many of whom based their operations in Taos. After the fur trade days and events surrounding the American annexation, the Taos Rebellion, and the Civil War, Taos remained the home of French families already established there, and new entrepreneurs came to work or do business.

You will learn about early explorers, trappers and traders, Catholic priests, the military, entrepreneurs, and others. Because of their large numbers, he will



Courtesy Photo

focus on a few notable or unusual people, and lesser-known stories.

Francois-Marie Patorni is an independent scholar living in Santa Fe. He specializes in the history of the French-speaking people in New Mexico and the American southwest. After his retirement from the World Bank in Washington D.C., he moved to New Mexico in 2004. He was an environ-

mental advocate in the Santa Fe area, participated in the developing a vision plan for Santa Fe County, and was president for seven years of the Santa Fe Watershed Association. Realizing the extraordinarily rich history of the French, French Canadians, and other French-speaking people in New Mexico over the last four centuries, he recently published *The French in New Mexico, Four Centuries of Exploration, Adventure, and Influence*.

The Taos County Historical Society is a 501(c)3 non-profit formed in 1952 for the purpose of

"...preserving the history of the Taos area..." Members of the Society are admitted free of charge and non-members are requested to make a \$5 donation. Membership forms are available at the check-in desk. For further information visit www.taoscountyhistoricalsociety.org



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Magic Mushroom Material

In the search for more sustainable construction materials, few people would consider mushrooms. But Californian artist and inventor Phil Ross is making bricks out of the fungus, and they are stronger than concrete.

Ross grows the mushrooms in brick-sized molds and feeds them with sawdust and other waste materials. As they digest



Photo Courtesy of LEAP

the cellulose in the sawdust, they convert it into long threads of chitin, the same fiber that insect exoskeletons are made of. These fibers form underground tangles called mycelium.

When dried, these fibers are lightweight, durable, waterproof, non-toxic, and fire-resistant. The material is also biodegradable and insulating, which merges multiple construction and environmental needs into a single medium. And it's so

LEAP's (Land, Experience and Art of Place) NeoRio 2020: Home featured work by Kaitlin Bryson, an ecological artist concerned with environmental and social justice, using this very process of growing materials out of mushroom mycelium.

<https://leapsite.org/neoRio/home/exhibition/kaitlin-bryson/>

strong that it requires heavy-duty steel blades to cut it.

Ross says the mushroom bricks can be grown in about a week from a mixture poured into a mold, but that's just the tip of the iceberg—or the compost pile.

Like plaster or cement, mycelium can be cast into any shape or grown around any kind of skeleton or frame, providing endless possibilities and creativity from construction to fine art and beyond.

Ross has opened a small lab to grow mushrooms into chairs, stools, and other furniture, using local agricultural waste.

Eventually he plans to build an entire house out of the mycelium as both art and shelter.

Ross says his patent-pending formula can be used to build virtually anything.

"It has the potential to be a substitute for many petroleum-based plastics," he says. "It's left the art world and seems to have entered a science fiction novel or something like that."

Mushrooms may not just be for dinner anymore. They may also be what we wear, drive in, and live in, as they provide a stronger and more sustainable building material for the world.

This story is brought to you by Arroyo Seco Live.

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Audio Story on PRX

https://exchange.prx.org/pieces/364673-gn_7-25_magic-mushroom-material

Full Transcript PDF:

<https://mcusercontent.com/6dd23531465f1c13f80eb7d84/>

files/948d261a-daa5-bf5f-2014-69a4cc4236a7/GN_7.25_MagicMushroomMaterial.pdf

FRED E. ORTEGA

SP4 US Army;
Vietnam

The Ortega Family

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WANT ONE?

Questa del Rio News "What are you grateful for?" columnist Marta Glover of Lama, with nine foster puppies looking for good homes. Boxer/pit bull (Rottweiler?) Healer mix and their mama, who needs to be spayed.

Please contact ancientritualsmedicine@gmail.com.





Cranberry Orange Relish

FROM ELIZABETH BRUNAZZI
Adapted from Helen Corbitt's Cookbook, 1957

1 quart cranberries
2 large seedless oranges
1 to 1-1/2 C raw cane organic sugar, to taste
Dashes of cinnamon and ginger, to taste

Wash fruit, peel oranges, chop rind in very small pieces. Chop orange pulp and cranberries very fine, or put all through a food processor. Mix fruits with the sugar and spices. Keeps well in the fridge for over a week without sealing, or pour into hot sterilized jars and seal to keep longer.

Classic Green Beans with Almonds

FROM ELIZABETH BRUNAZZI

2 cans of green beans or equivalent quantity of fresh, steamed beans with juice
3 t dill seed
2 slices lean, thick-sliced bacon
6T butter (or plant-derived substitute)
6T flour
1/2 C milk
1 C bean juice
3T grated onion
1 t cracked black pepper
3 dashes Tabasco or Cholula pepper sauce
Salt to taste
Aromatic herbs, sprinklings of basil or rosemary, to taste
A cup slivered almonds

Cook beans with dill seeds and bacon over low heat, for 30 minutes. Let sit overnight. In a saucepan, melt butter, add flour, milk, and bean juice. Add other seasonings. In a greased casserole, place a layer of beans, then a layer of sauce, until all is used. Sprinkle slivered almonds over the top, and bake for 30 minutes at 350°. Serves 10.

Giblet Gravy

FROM ELIZABETH BRUNAZZI
Adapted from Cook with Marie Louise

Cook neck and giblets from the turkey in 4-5 C of water, with small

bunches of chopped celery and onion, salt and pepper, and boil thoroughly until done. Take 1 T of butter or plant substitute to 1 T of flour for 2 C of the stock made from the giblets. Brown the flour in the shortening, add 1 chopped onion, 1 piece of celery, chopped, some chopped parsley, 1 bay leaf, salt and pepper to taste, and add the stock to the roux. Let it simmer briefly, stirring constantly, until thoroughly blended.

Amazing 3-Hour Turkey!

An Old Family Recipe

This is truly the most melt-in-the-mouth bird, ever. It is amazing because, no matter what size the turkey, it only takes three hours to cook. There could be some health and safety issues if you do not follow directions, so please don't take shortcuts!

Pre-heat oven to 500° and move the oven rack to the lower part of your oven.

Rub the bird with soft butter and prep the turkey, inside and out, the way your mama taught you, with salt, pepper, sage, etc. And wear an apron!

Take two brown paper shopping bags and rub thoroughly with margarine, no gaps. No matter what a food snob you are, do not use butter. The flash points of butter and margarine are different and the butter will burn, or even set your oven on fire. This melted margarine will end up in the pan and ultimately be your gravy, so use the good stuff!

Put a roasting rack inside your turkey pan. This is an important step—you don't want your paper bag to be on the bottom of the pan.

Put the bird inside the greasy bag and cover it with the other greasy bag so that the turkey is completely enveloped, like a Dutch oven. Then put the turkey in a roasting pan, on the roasting rack. It is helpful to have two people with this step.

Put the turkey pan in the pre-heated oven at 500° and bake for one hour. After one hour, turn your oven down to 400° and cook for another hour. After one more hour, turn your oven down to 300° and cook for another hour.

Remove from oven and let the bird rest for 15 to 30 minutes. Carefully, remove the paper—it

may fall apart and be messy. Again, it's nice to have a helper.

Voila, Happy Thanksgiving!

Bourbon Sweet Potatoes

FROM ELIZABETH BRUNAZZI
Adapted from The Cotton Country Collection, 1972

6 sweet potatoes
1-1/2 – 2 C organic brown sugar to taste
1 stick butter (or equivalent plant substitute)
1/2 C bourbon or if non-alcohol preferred, a mixture of 1/4 C fresh lemon juice with 2 T of vanilla and 2 t of sugar [Editor's note: Substituting balsamic vinegar for wine or alcohol usually works great!]
Sprinkles of cinnamon and ginger

These are easy and delicious. Boil sweet potatoes in jackets until partially done. Peel and cut into large chunks. Put one layer of potatoes into a buttered casserole and cover dish with 1/2 the amount of sugar and dot with 1/2 the amount of butter. Repeat. Pour liquid, bourbon or substitute over all. Sprinkle with spices. Bake 35-40 minutes at 350 degrees until brown and bubbly.

Cornbread Dressing

FROM ELIZABETH BRUNAZZI
Adapted from The Cotton Country Collection, 1972

1 black iron skillet of cornbread, your favorite recipe
1/2 red, yellow, or orange bell pepper
1 bunch green onions, chopped
1 medium onion, chopped
1 lb sausage, your favorite ground sausage
2 C chicken stock, preferably organic, low sodium
1/2 – 1 C chicken fat, butter or plant substitute to taste
4 eggs
1 t seasoning salt, your favorite, Sylvia's Soulful Seasoned Salt, if you can find it
1/8 t cayenne pepper
1/4 t black pepper
1 T aromatic mixture of basil, rosemary and crushed bay leaves
Salt to taste

About 6 pieces of toast, crumbled
Make cornbread ahead of time. Sauté bell pepper, celery, and onions with the sausage. Add chicken stock and shortening. Pour all ingredients into a large Dutch oven with the crumbled cornbread. Add remaining

ingredients. If the dressing seems too dry, add a few tablespoons of chicken stock. Bake in a 450 degree oven for 1 to 1-1/2 hours, until the crust is brown on top. Amply serves 12.

Greens Beans a la Peggy

FROM ELIZABETH BRUNAZZI

1 can green beans or equivalent quantity of fresh, steamed beans with juice
1 T bacon drippings
1 clove garlic
1 small onion
1/4 stick butter (or equivalent quantity of a plant-based substitute)
1/4 C broken pecan pieces
1/4 C bread crumbs
Aromatic herbs, sprinklings of basil or rosemary, to taste
Sauté chopped onions and garlic in bacon drippings. Add drained beans and a cup of water. Cook in the saucepan over low heat for one hour. Make the topping from melted butter, bread crumbs, and pecans, stirring constantly over low heat. Put in a serving dish and sprinkle topping over heated beans. Add salt and pepper to taste. Serves 4.

Wild Rice & Butternut Blessings w/ Mushrooms, Toasted Walnut Garlic Sauce & Sumac

Reprinted with permission from My New Roots www.mynewroots.org
Contributed by Linda Friedman

4 lb. butternut squash (about 1 large, try to find one with a long neck!)
1 c wild rice, soaked for at least 12 hours
9 oz mixed wild mushrooms or any mushroom of your choice
3 cloves minced garlic
1/2 c chopped flat-leaf parsley
1 batch Toasted Walnut Sauce recipe (below)
1 T sumac, divided (optional)
freshly cracked black pepper
a couple sprigs fresh thyme and rosemary
handful of walnuts for garnish if desired

Toasted Walnut Garlic Sauce

1 C raw walnuts
1 garlic clove
2T cold-pressed olive oil
4 t apple cider vinegar

2 t pure maple syrup
2 generous pinches of fine sea salt plus more as needed

Cook the wild rice: drain and rinse the soaked rice well, place in a pot. Add 3 cups of fresh water, a couple pinches of sea salt, then bring to a boil, and reduce to simmer. Cook until rice is chewy-tender, about 45 minutes.

While the rice is cooking, preheat the oven to 350°F. Spread the walnuts in a single layer on a rimmed baking sheet. Toast for 7-10 minutes, watching them carefully so they do not burn, until they are golden and fragrant. Remove from oven and let cool slightly.

Turn the oven heat up to 400°F. Give the butternut squash a good scrub, making sure to remove any dust or dirt. Leaving the skin on, slice the squash neck into rounds about 1" thick. Place on a baking sheet, sprinkle with a little salt, and roast in the oven for 20-30 minutes, flipping once halfway through cooking, until the squash is fork tender. Remove from the oven and drizzle with olive oil and a little more salt, if desired.

While the squash is roasting, make the Toasted Walnut Sauce. Place the toasted walnuts, garlic, olive oil, apple cider vinegar, and maple syrup in a blender. Blend on high, adding up to 1 cup of water to thin the dressing as needed—you are looking for the consistency of melted ice cream. Season with salt. Store in an airtight glass container in the fridge for up to 5 days.

Lastly, prepare the mushrooms. Clean and cut them as desired (I used king oyster mushrooms, sliced in half lengthwise and scored diagonally). Add a knob of your favorite cooking fat to a large skillet, and once melted add the mushrooms and a couple pinches of salt. Cook the mushrooms without crowding them, and do not move them about in the pan too much. You're looking for a nice sear and that comes after the mushrooms have been in constant, direct contact with high heat. Once golden on one side, flip, and continue cooking until golden on the other.

In a large bowl, combine the wild rice and parsley. Drizzle a touch of the sauce and about 1/2 T of the sumac, a few grinds of black pepper, and fold to incorporate. To assemble, drizzle or puddle

some sauce on the bottom of your serving plate. Add a round of butternut squash, followed by the wild rice mixture, a couple mushrooms, then repeat the layers of squash, rice, and mushrooms. Drizzle remaining sauce over top, sprinkle with additional sumac, black pepper, and a handful of walnuts.

Serves 4 Makes approximately 1 cup / 270ml of Sauce

Read more about this recipe by visiting <https://www.mynewroots.org/site/2021/10/wild-rice-and-butternut-blessings/>

Sarah Britton, is a holistic nutritionist, committed to helping people live healthier lives. My New Roots Grow, Sarah's online wellness platform full of recipes, interviews, cooking classes, inspiration and so much more.

Lime Cilantro Sweet Potatoes

2 lb sweet potatoes, peeled and cut into 3/4-inch pieces
3T extra-virgin olive oil
3/4 t salt
1/4 t cayenne
1/2 t finely grated fresh lime zest
1 T fresh lime juice
1/4 C chopped fresh cilantro

Put oven rack in lower third of oven and preheat oven to 425°F. Toss sweet potatoes with 2 tablespoons of the oil and 1/4 teaspoon of the salt in a shallow baking pan. Arrange potatoes in one layer and roast, stirring halfway through roasting until tender, about 25 minutes total.

Stir together cayenne, zest, and remaining 1/2 teaspoon salt in a small bowl. Whisk together lime juice and remaining tablespoon oil in a medium bowl, then add potatoes. Sprinkle with cayenne mixture and cilantro, stirring gently to combine.

Serves 4.



Photo by Sarah Britton

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MICHAEL'S MOVIE MOMENTS

NOVEMBER MOVIE REVIEW:
SOUND OF METAL

This film is classified (I think incorrectly) in the music genre. The story isn't about heavy metal music, but about one person, already severely ravaged by years of drug addiction (and happily, clean for four years) who is suddenly confronted with an event that strikes at his very identity. It is the story of how he deals, for good and bad, with a substantial loss. As such, this movie is relevant to just about any of us, and isn't just for those who like this particular strain of music.

But, the movie is definitely about SOUND! The intelligence of the sound design works on many levels. First, closed captioning is an intended part of the movie's design, so do not turn subtitles off. Unless you already understand American Sign Language (ASL), you will need the captions to understand parts of the movie. The real genius in the creative use of sound is how we, the audience, enter the world of the deaf. The soundtrack threads back and forth (sometimes slowly and sometimes abruptly) between understanding clearly what is being said and a muffled and distorted version of speech and sound.

This is the second movie I've seen where sound is used so effectively to place the audience in the intended environment. The first was *A Quiet Place* (2018), which was nominated for sound editing but did not win. It was a horror movie, but made it into the Oscar list because, as I wrote in my review, "It is so groundbreaking in its exploration of sound that it elevates in the viewer's mind the power of the aural experience usually reserved for visuals." *Sound of Metal* does that, too. Through the use of

sound, the viewer/listener learns to be in the place of people who cannot fully or only partially hear. What you hear—or not—is at least as important as what you see, and that is a critical message of this film.

Riz Ahmed was nominated for leading actor and, as all the critics rave, he did an amazing job. Brian Tallerico (editor of RogerEbert.com) wrote that a performer "needs to find a way to balance the unimaginable drama of something like going deaf with relatable humanity. One can see that empathy in every choice Ahmed makes... It's inspiring."

Supporting actors, when good, are very important at making the movie work, and that is no exception here. Olivia Cooke is terrific as Lou, his girlfriend, who provides the motivation to go to a therapy group for the deaf. Paul Raci, in the role of his lifetime, and nominated for best supporting actor, essentially plays himself, as he is the grizzled and stern leader of a therapy group. Raci is the son of deaf parents and a leader of a heavy metal band that sings in sign language and delivers a memorable

performance, capturing the essence of tough love as he confronts Ruben in an all important scene that exposes the difficult decisions at the intersection of disability and addiction.

The movie was nominated for best picture. The sound design, Ahmed and Raci's acting, and fast-paced editing all combine to create a wonderful picture. I don't think it is quite best picture material, though. A big part of the problem is the ending's ambiguity. It was one of those endings where you might debate with your viewing partner what it all meant. Which direction did he end up going? Sure, that means that everyone can, in effect, construct their own ending for the narrative, but that also means that the filmmakers failed to commit to their own idea of what it all meant. Is it a weakness of purpose and message that in the end detracts from the story? Still, this is a must-see movie for the sound design and the way it immerses us into the world of the deaf and hearing impaired. (4 Stars) Available on Prime Video. See more at <https://michaelsmoviemoments.com/>

THREE GENERATIONS cont'd from page 1

during WWII. He was stationed in the Aleutians Islands from 1942-45. He was an active member of Questa VFW until he passed away in 2009. Aaron's daughter, Cynthia Rael-Vigil, said that her father and all four of his brothers served in the military.

Richard Rael

Colonel Richard Rael enlisted in the United States Marine Corps and was assigned to the 1st Marine Brigade, Marine Service Support Group 31 from 1979 to 1983. He joined the NM Army National Guard in 1983, and received his commission as a Second Lieutenant in July of 1986, after completing Officer Candidate School in Roswell, New Mexico. He graduated from Questa High School in 1979.

COL Rael's last assignment on active duty was as US Property and Fiscal Officer for New Mexico, a position he held from July of 2008 until his retirement in 2019. He reported directly to the Chief of National Guard Bureau, who is a member of the Joint Chiefs of Staff.

COL Rael commanded the 515th Corps Support Battalion during Operation Iraqi Freedom II from December of 2003 through March of 2005. He had command and control of five separate Army units who provided combat

service and support to over 38,000 Army, Navy, Marine, Air Force, and multinational coalition forces in the Baghdad area of operations.

COL Rael has served in numerous critical positions at all echelons of command and staff within the New Mexico Army National Guard. He has held command at the Company, Battalion, and Brigade level. He has also held the positions of Deputy Chief of Staff for Personal (G-1), Deputy Chief of Staff for Logistics (G-4), Commander Operation Jump (southern border support operations) in 2006, and as Deputy United States Property and Fiscal Officer.

COL Rael is a 2008 graduate of the Inter-American Defense College in Advanced Study of Hemispheric Defense and Security, Command and General Staff School, Combined Arms Services Staff School, and the US Army Finance Officer Basic and Advanced Courses. He has a Bachelor's of Art from Regents College, New York, and is a Department of Defense Certified Financial Manager.

His military awards include the Defense Superior Service Medal, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Marine Corps Good Conduct Medal, Marine Corps Expediently Medal, Global War on Terrorism Service Medal, Iraq Campaign Medal, and the Combat Action Badge, along with other numerous awards.

COL Rael lives in Santa Fe, and is proud of both his daughters, Angela Rael, 23 and Corporal Rachel Rael 21, USMC.



Three generations of the Rael Family. Richard Rael, Sr., top left, COL Richard Rael, top right and COL Richard Rael on lower left and Marine Cpl. Rachel Rael on the lower right.



Colonel Richard Rael, commanded five separate Army units during Operation Iraqi Freedom II, 2003-2005, providing combat support to over 38,000 troops in Baghdad.



Courtesy Photos

Rachel with her maternal grandfather of Santa Fe, Richard Madrid who served in the Korean War. He joined the Marines in 1953.



Courtesy Photo

PFC Aaron Rael, Sr., who served in the US Army Infantry during World War II, stationed in the Aleutian Islands from 1942-45.

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
NOVEMBER 2021

DR. DOUGLAS BAKER

"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars." Kahlil Gibran

This month, November 3 marks ten years since the death of a great teacher, my teacher. I dedicate this column to Dr. Douglas Baker, a master of the esoteric sciences (also called the wisdom teachings) and especially for me, of the Esoteric Astrology. The above quote very much applies to this hero of World War II and the near-death experiences he suffered which would forever alter the direction of his life. He also suffered pain from war injuries that could not be healed. Yet, he changed the world.

Little Elephant, his ashram, and Claregate College, one of the first metaphysical colleges in the western world, attracted many students worldwide and produced many who carry on the work in their own corners of the world.

In astrology charts, Saturn can be an indicator of fathers, authority figures, and important teachers in life, especially when it falls in the first house or sits near the Rising Sign, affecting the personality's desire to serve a higher purpose. Many of us with this configuration think of Dr. Baker as that authority which changed our lives, gave us something to look up to and emulate, and set many of us on a new course in life.

As happens with the death of a master, the students for a while scatter and mourn, uncertain how to continue. Ten years after his death many past Claregate students are coming together in new ways, bonded in the common desire to keep the work moving onward into the Aquarian Age. This is the age of groups working together to unite humanity in higher ways of thinking and being. Some of us are fortunate enough to have had a guide. Thank you, Dr. Douglas Baker.

Everyone: November 19 is a partial eclipse of the full moon; time to consider what you are "hatching."

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: This busy month will be great for testing your reactivity to fast-paced situations, both positive and negative.
Direction: Use your brilliance to assess before leaping.
Soul Thought: Response vs reaction.

TAURUS ♉ Planet: Vulcan ♀ APRIL 19 – MAY 20

Dynamic: You may need to offer a loan or accept a loan.
Direction: Think resources, not necessarily just money.
Soul Thought: What are your God-given resources?

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: An exceptionally benevolent month, if a bit serious.
Direction: Use this serious time to ponder, not something you typically find easy.
Soul Thought: "Everyone thinks of changing the world, but no one thinks of changing himself."—Leo Tolstoy

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: A time when magic is at your fingertips.
Direction: This is the time for creativity.
Soul Thought: O, what to create!

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: Blessings and challenges both, in finances and feelings.
Direction: Both are manageable as long as you try to manage.
Soul Thought: And sometimes just letting things be works.

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: A partial eclipse is important for you.
Direction: It's up to you whether it's in a good way or a negative way.
Soul Thought: What does half-baked mean?

LIBRA ♎ Planet: Uranus ♁ SEPT 22 – OCT 22

Dynamic: While you feel a bit out of whack at times, you're getting used to it.
Direction: Idiosyncrasy is sometimes just what is needed.
Soul Thought: When weird is okay.

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: The opportunity to work off karma is huge.
Direction: Say, "Bring it on!"
Soul Thought: And mean it.

SAGITTARIUS ♐ Planet: Earth ♂ NOV 21 – DEC 20

Dynamic: Things improve as the month goes on.
Direction: Consider it done.
Soul Thought: "The greatest illusion is that man has limitations."—Robert Monroe

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: This challenge has been ongoing and has even gotten a bit weird.
Direction: If you have anything to repent, now's the time.
Soul Thought: What does it mean to repent?

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: Although overall things should be joyful, problems may occur with a friend.
Direction: Consider the importance of the friendship more than the importance of the issue.
Soul Thought: True friends are gold.

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: The heaviness gets a little lighter this month.
Direction: Love on a dog and it will get even lighter.
Soul Thought: And let a dog love on you.

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.

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HELP WANTED

The Questa Del Rio News is looking for a full-time reporter

(Spanish bi-lingual preferred) for a two-year commitment, starting in June 2022, with an optional third year. The salary for this position is contingent on grant funding. Are you a retired reporter, a recent journalism graduate, or a local writer who wants to expand your professional reach? Let us hear from you! Contact news@questaedf.com or (575) 586-2149.

Computer instructor needed, beginning to advanced. Call the Questa Library. (575) 586-2023.

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

Vendors and Participants needed. Alumbra de Questa Christmas Market on December 11, Saturday. Would you like to participate? Please contact Dina at (575) 586-2258 or dina@questaedf.com

WANTED

Back Issues of Questa Del Rio News for our archive: Do you have copies of May and November of 2019 or June of 2018? We need them to complete our full sets of archives. Let us know! (575) 586-2149.

VOLUNTEER OPPORTUNITIES

The Questa Fire/EMS Support Group is seeking membership and donations of healthy drinks and snacks to keep on hand when there is a major incident. Depending on the severity of the crisis we will also need members on standby to assist in preparing food. Please consider joining this very important group, we need you! If you have any questions or wish to volunteer your time and/or donate supplies, please contact Councilor Louise Gallegos (575) 613-5490 or the Questa Fire/EMS Department: (575) 586-0250.

The North Central New Mexico Food Pantry in Questa is in dire need of volunteers. "We are old and getting tired!" Please call Jeannie Masters (586-0486 or 779-9194) or email wmesquire2@gmail.com. Your help is very much appreciated.

Community Calendar Coordinator for Questa Del Rio News, approximately 5-10 hours a month. We are also looking for a Fundraising Coordinator, wages based on performance. This could be one person with two hats. If you are interested, please contact Lynn Skall at Lynn@questaedf.com or (575) 586-2149.

NOTICES

Calling all Local Artists and Quilters! Display Opportunities at Questa Public Library. Would you like your artwork to be on display at the library? We are always looking for work for the "Local Questa Artists" shows or quilts and textiles in the textile displays. If you are interested, please leave your name and contact information with the librarian and we will contact you when the next show comes around! 6-1/2 Municipal Park Rd, Questa, NM.

The Questa Health Center is offering COVID-19 testing every Wednesday from 8 to 11:30 am. Testing occurs outside the facility and walk-ins are welcome. All insurance is accepted—no charge for the uninsured. COVID-19 vaccines are also available. Call (575) 586-0315 for more information.

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.ncfpquesta.com/> or mail to: North Central Food Pantry, PO Box 1076, Questa, NM 87556. For more information, please email wmesquire2@gmail.com. The pantry is in dire need of volunteers. Call Jeannie at the number listed above.

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, November 18 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.

Free Puppies Questa del Rio News "What are you grateful for?" columnist Marta Glover of Lama, with nine foster puppies looking for good homes. Boxer/pit bull (Rottweiler?) Healer mix and their mama, who

needs to be spayed. Please contact ancientritualsmedicine@gmail.com.

November Quote from Lisa Fox: "We've learned that quiet isn't always Peace and the norms & notions of what 'just is' isn't always Justice." —Amanda Gordon



CHRISTMAS EVENING of LIGHTS
December 4 - Saturday - 10 am - 6:30 pm
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COMMUNITY CALENDAR • NOVEMBER 2021

NOVEMBER 1 & 2

Dia de los Muertos

NOVEMBER 2

Election Day

NOVEMBER 2 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.

NOVEMBER 6

Benefit Concert (and food) at Yoga Sala, 5 pm, with Michael Rael, Dino Archuleta, and Dedrick Rael. To raise funds for a women's self-defense class. Register at <http://www.yogasalaquesta.org/>

NOVEMBER 6 Noon – 5 pm

Youth Art Display reception, with refreshments, at the Questa Public Library. Awards will be given out. Show remains up through Dec. 30.

NOVEMBER 7 12:01 am

Daylight Saving Time ends on Sunday, Nov. 7, 2021. Set your clocks back one hour before you go to sleep on Saturday night!

NOVEMBER 9 6:00 pm

Village of Questa Town Council Meeting in the Council Chambers; contact the Village Office for a copy of the agenda. (575) 586-0694

NOVEMBER 10 5:30 pm

Live cello with yoga class, at Yoga Sala, <http://www.yogasalaquesta.org/>

NOVEMBER 11 7 – 10 am

Free Veterans Day Breakfast at Freedom Center Church (formerly Harvest Questa) 2558 Hwy 522, Questa, NM. Questions, call (575) 770-1714.

NOVEMBER 11 5 – 7 pm

Veterans Day Cake-cutting ceremony at El Monte Carlo. For more information call (575) 586-0694.

NOVEMBER 12 9:00 am – noon

Food for all at North Central NM Food Pantry, 140 Embargo Rd in Questa. (575) 586-0486. Website: www.questafoodpantry.org

NOVEMBER 13 noon

Veterans Ceremony at Senator Carlos R. Cisneros Veterans Memorial Park in Questa. Dedication for Charles "Charlie" Castulo Cisneros with guest speakers. If the weather is poor, the event will be held at El Monte Carlo, next door. For information, please call Larry Sanchez at (575) 779-0995. (more info on page 6 and page 23)

NOVEMBER 16 10:30 – 11:45 am

Bookmobile at Roots & Wings Community School in Lama (575) 376-2474 or laura.gonzales@state.nm.us

NOVEMBER 16 1:15 – 2:15 pm

Bookmobile at Questa Post Office; (575) 376-2474 or laura.gonzales@state.nm.us

NOVEMBER 16 6:00 pm

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

NOVEMBER 19 3:00 pm

Cerro VFW Post #9516, monthly meeting at 108 NM Highway 378 in Cerro. Call (575) 586-1112 or email litameadphoto@gmail.com.

NOVEMBER 20 10:00 am

Writers Group, free, online only, register at Yoga Sala, <http://www.yogasalaquesta.org/>

NOVEMBER 25

Thanksgiving Day

NOVEMBER 26

Native American Heritage Day

NOVEMBER 26 9:00 am – noon

Food for all at North Central NM Food Pantry, 140 Embargo Rd in Questa. (575) 586-0486; www.questafoodpantry.org.

NOVEMBER 23 6:00 pm

Village of Questa Town Council Meeting in the Council Chambers; contact the Village Office for a copy of the agenda. (575) 586-0694

NOVEMBER 29

Hanukkah

DECEMBER 4 10 am – 6:30 pm

Christmas Evening of Lights, at the Questa Village Center. Parade, Tree Lighting, Food, Music Local Shopping and more!
To participate call Dina at (575) 586-0694

MONDAYS

4:30 pm Free Community Yoga, Gentle Practice with Rae, Yoga Sala, <http://www.yogasalaquesta.org/>

7:00 pm Kickboxing with Reto at Yoga Sala, register at <http://www.yogasalaquesta.org/>

TUESDAYS

8:15 am Sheng Zhen (Seated Moving Meditation) with Ola, Yoga Sala. <http://www.yogasalaquesta.org/>.

10:00 am Chair Yoga for balance and strength, Red River Community House. Please verify at www.redrivercommunityhouse.com/calendar (575) 754-2349.

WEDNESDAYS

8:00 – 11:30 am Questa Health Center outdoor or drive-through Covid testing. Walk-ins welcome. All insurance types welcome and if no insurance, free of charge. COVID vaccines also available. Call (575) 586-0315.

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

10:00 am Ladies Coffee, Red River Community House. www.redrivercommunityhouse.com/calendar (806) 681-3802.

5:30 pm Gentle Yoga, deep stretch, with Gaea, Yoga Sala, <http://www.yogasalaquesta.org/>

7:00 pm Kickboxing with Reto at Yoga Sala, register at <http://www.yogasalaquesta.org/>

THURSDAYS

(Every Thursday except for Thanksgiving)

10:00 am Chair Yoga, Red River Community House. Please verify at www.redrivercommunityhouse.com/calendar (575) 754-2349.

5:30 pm Yoga, Power Flow, with Gaea, at Yoga Sala, <http://www.yogasalaquesta.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.

Family Movie Nights at Vida del Norte offices. See what's playing at dusk. <https://vidadelnorte.com/movienight/> or contact Maria Gonzalez at (575) 779-2260 to confirm.

Evening Zikr, Lama Foundation, in person (must be fully vaccinated and/or masked). <https://www.lamatogether.org/events>; (575) 586-1269; info@lamafoundation.org.

FRIDAYS

8:15 am Sheng Zhen (Seated Moving Meditation) with Ola, Yoga Sala. <http://www.yogasalaquesta.org/>

10:00 am Qigong, ONLINE ONLY with Martha, Yoga Sala. <http://www.yogasalaquesta.org/>.

10:00 am – noon Repurposing Plastic Project, work party days in Questa in old "Movies at Home" building opposite Questa Market. Our team will be there baling, and volunteers are invited to come help. Call (575) 770-8681 for further information.

3:00 pm Kids Ballet (ages 3-8), with Miss Tuesday, at Yoga Sala. Not meeting on 11/26, <http://www.yogasalaquesta.org/>

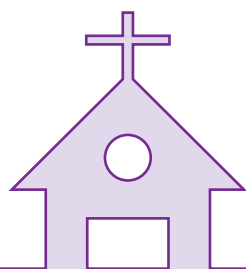
6:00 pm New Thirst Group at Living Word Ministries, 12 Llano Rd., Questa.

6:00 – 8:00 pm Live Music most weeks with Chris Arellano and family and friends, 101 Bar & Grill (formerly The Crazy Beaver), 101 County Rd 13.2, Garcia, CO 81152, (719) 672-9022. Please call to confirm.

6:30 pm Shabbat, Lama Foundation, online and in person (must be fully vaccinated and/or masked). <https://www.lamatogether.org/events>; (575) 586-1269; info@lamafoundation.org.

SATURDAYS

10:00 am Tai Chi with Reto, Yoga Sala. <http://www.yogasalaquesta.org/>



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

FREEDOM CENTER CHURCH

(previously Harvest Questa)
Pastors Kristi & Johnny Gonzales
2558 Hwy 522, Questa
Sunday Service 11 am - 12:30 pm
(575) 770-1714
Visit us online: freedomquesta.com

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
Tuesday, 11 am, Green Tara
Thursday, 3 pm, Chenrezig
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



Red River Nominated for 10 Best Ski Towns! By USA TODAY

Red River has been nominated in USA TODAY's 2021 10 Best Readers' Choice travel awards! Their expert panel selected Red River as a contender for Best Ski Town.

VOTE for the town of your choice!

<https://www.10best.com/awards/travel/best-ski-town/>

You have four weeks.

A person can vote once a day for the run of the contest. Voting ends Monday, November 22nd and the winners will be announced on 10 Best on Friday, December 3rd at 12:00pm EST. Read the official rules at <https://www.10best.com/legal/awards/rules/>

Please note: the rules do not allow offering prizes or other inducements to members of the public in exchange for votes during the voting period. Prior competitions have been hotly contested, and we look forward to seeing how you rock the vote in your own community!

Find it on Facebook, Twitter, Instagram and Pinterest



AA MEETINGS

LOCAL AA MEETINGS
Sundays 10-11 am
Open Meeting
Questa Youth Center

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."
— Alcoholics Anonymous

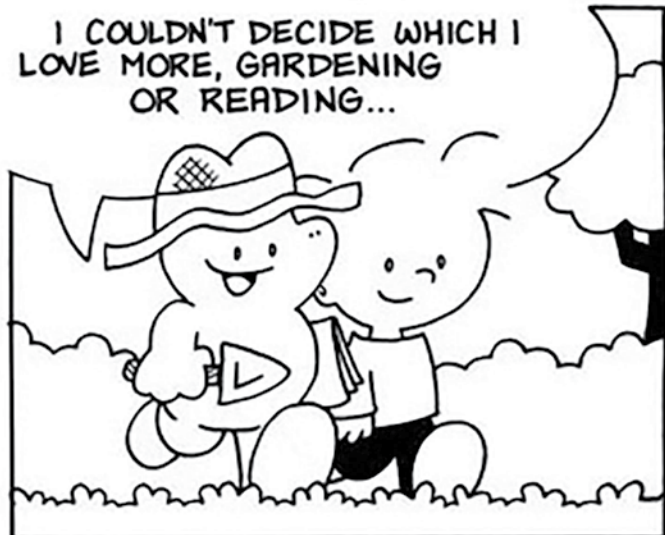
F A L L B A C K

Daylight Savings Time
Once a year and back again
Adjusting the clock
—Haiku by Lou McCall



Sunday,
November 7
2:00 am

zed by duane m. abel



BUSINESS DIRECTORY

FAMILY OWNED SINCE 1927

Rae's

STORE & COFFEE SHOP

VECINOS AND VISITORS WELCOME

- Espresso and coffee • Locally crafted furniture •
- NM Products • Art Work • Shower Facilities •
- Treasures New and Old • **Thursday Night Music Jam** •
- Meeting Space for Small Groups •

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Questa Dental Center
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575-586-0259



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for helping Questa youth. Please donate to our annual holiday Art Kit fundraiser



QUESTA CREATIVE COUNCIL

Donate on the home page or become a member on the JOIN page at www.questacreative.org

NOVEMBER IN PERSON & ONLINE
MUSIC NIGHT ~ NOV 6, 5 PM

- KIDS BALLET FRIDAY
- MOVING MEDITATION
- YOGA & TAI CHI
- KICKBOXING
- WRITING GROUP

free / by donation / sliding scale
575.224.2102



Yoga Sala

Register: YogaSalaQuesta.org

24/7 GYM



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\$65 Buddy Plan (2)
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Questa, NM 87556
Phone: (575) 586-0414
Fax: (575) 586-1916

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Jeff Jones
Owner

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stichsjones@gmail.com

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