

Questa Del Rio News

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

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BACK-TO-BACK STATE CHAMPS!



Courtesy photo NMAA

Questa Cheer after winning the 2A state championship

By MIKAYLA ORTEGA

The Questa Cheer Team brought home their second consecutive state championship title on March 18. The team performed in several sets with music and dance using creative hits such as 8-6-7-5-3-0-9 Jenny and incorporating flashy spirit flags and megaphones into their routines.

The girls are coached by Angel Medina and Maria Medina, the aunt/niece duo who has brought the team to the finish line with two state championships in a row.

We caught up with coach Maria Medina about the team's latest win. "It feels surreal! It's an amazing feeling." She was quick to attribute the team's success to the dedication of parents and cheerleaders who give their all to the program year-round.

Maria says many of her team play dual sports and this requires the need to be flexible, scheduling practice after basket-

ball, volleyball, and soccer. "Sometimes, the girls won't get home until 8:30 or 9 at night. They get tired and we recognize that. These girls are students first, then athletes," says Maria.

This dynamic team's dedication and tenacity is undeniable, but there is more. Maria says on top of juggling participation in multiple sports and handling a full-time class load, some of the girls are enrolled in AP college classes and out of the 18 girls on the team, 13 are in National Honor Society.

When asked how she and Angel support their girls in their endeavors, she is quick to say that they ebb and flow. "When we can tell our girls are too tired, we won't push them. We only focus on the basics and sometimes, we'll even have venting sessions to help our girls decompress



Photo by Kyline Rael

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Questa Cheer performing a stunt at state

Questa Del Rio News

NOTICIAS QUESTA DEL RIO

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OUR MISSION

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

NUESTRO OBJETIVO

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

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ENVÍE ANTES DEL DÍA 12 DEL MES

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EDITORIAL

What you need to know if you're walking for Good Friday

By MIKAYLA ORTEGA

Good Friday is on April 7 and walkers will be making the traditional 20-mile pilgrimage from Costilla's Sagrado Corazon (Sacred Heart) Church to Questa's St. Anthony's Church on this day. People who are interested in walking for this pilgrimage are encouraged to prepare for the journey ahead of time to ensure a safe and spiritual experience.

Miguel Rael has walked hundreds of miles through various pilgrimages over the years. We asked him what he thought would be most important for people to know if they're interested in walking for the first time this year. "I'd say people should come with a good pair of running shoes or shoes that they are most comfortable with. Warm-ups, socks, a pullover, beanie, hats, and gloves are all good options for attire," Miguel says.

In researching items people most bring to pilgrimages, wrist watches, reusable water bottles, light and easy-to-carry snacks, prescription medication, Kleenex,

and ChapStick were all high on the list. In addition, a small backpack or fanny packs are recommended to easily carry your contents through your walk.

Miguel says that in addition to physical items, it's very important to spiritually prepare yourself prior to the walk. "It's important for people to come with an open mind. If people want to participate, be actively involved in participating with the group. Sometimes, the group will walk in silence, singing and praying, and having conversations with your fellow caminantes (walkers) is all part of the experience," says Miguel.

Walkers who are interested in joining this year's Good Friday pilgrimage should be at the Sagrado Corazon Church in Costilla around 4 am on Friday, the walk will begin between 4:30 and 5 a.m.



Phoyo by Bill MacDonald

Maya MacDonald, Gabrielle Rael, Kimber Macdonald and Georgianna Rael make their annual pilgrimage from Costilla to Questa

THANK YOU TO EVERYONE WHO CONTRIBUTED TO THE APRIL ISSUE OF QUESTA DEL RIO NEWS!

KAYLIANA A, LINN BAYNE, LINDA BETZ, CLAIRE COTÉ, PETER CRIDER, MARIA GONZALEZ, HOLLY HOWARD, DENISE WINSLOW-LAWRENCE, GRACY M., TOBY A. MADRID, JR., GAEA MCGAHEE, JENNIFER PARIS, LUCIO R., SANTANA SANTISTEVAN, MEGAN TAROS-THE SOURCENM, BERNIE TORRES, RICK VIGIL, JOHN & IDA WALSH, RIEDE WYATT, TODD WYWARD, KYLINE RAE, MARIA MEDIA, ANGEL MEDINA. BRIANA ARAGON.



Dear Editor, I have just finished savoring each article of the March *Questa del Rio News*. Thank you for publishing this splendid newspaper.

Having relished Maruska's paintings (aka: Ellen Wood) every day for the past two years after I purchased some of her work, I was thrilled to learn about her art exhibit at Questa Public Library. It was a great article and her work never fails to uplift me. I can actually feel her energy permeating from the canvas.

The heartfelt essay by US Army Veteran Matthew Corvin Wohlberg also made a huge impact on me. I sincerely appreciate his willingness to bare his soul to inspire the rest of us. It matters.

And Viola Garcia personifies the divinity of grassroots giving. Ms. Garcia is a beautiful example. These three local Seniors are proof that age is inconsequential in comparison to their magnificent spirits.

With deep thanks~
Laurie Lambert

Dear Norteños, After 11 wonderful years with the North Central RTD, I am happy to now be retired. I am grateful for the time and contributions during my time here and for all the wonderful people I have met and worked with through the years!

While active recruiting is taking place, Adam Leonard, our HR Director, will be the interim Communications and Marketing Manager. He can be reached at adaml@ncrtd.org and you can always find assistance from my associate Jayde Kolb at jaydek@ncrtd.org

Thank you for supporting the Blue Bus!

Jim Nagle
North Central Regional
Transit District

Congratulations, Jim on your retirement! Thank you for everything you have done for public transportation and thank you for contributing to Questa Del Rio News.

Lou McCall

Questa del Rio News makes a splash at the New Mexico legislature

Former Questa Public Affairs Advisor for Chevron, Christian Isely took the March issue of the *Questa del Rio News* to the roundhouse to distribute to local legislators. Below are the subsequent responses and feedback we received about our publication:

Email to Managing Editor Mikayla Ortega about the intent to distribute the paper at the roundhouse:

Mikayla,

You did such a wonderful job covering that piece on water rights and the legislature that I am driving up to Questa from Santa Fe on Wednesday morning [March 1] to take 150 copies back to distribute at the Roundhouse to all the legislators and the governor's office.

Thank you!
CHRISTIAN ISELY

Voicemail Message at Questa Del Rio News:

Hi, this is Kristina Ortez, your State Rep. I wanted to let you know that I passed the [March]paper out, the Questa Del Rio News, on the House floor yesterday and I am getting SO many calls and emails about how this is the best paper they have read in a long time, the House [Majority] Whip, Reena Szczepanski, just said, "This is the best paper I have read in a very, very long time and the House Majority Leader, Gail Chasey, said that the Dylan Thomas article nearly made her cry — and that's just awesome, I love it. I just wanted to let you guys know that everybody here at the Roundhouse loves your paper. I hope everyone is well, take care, bye bye.

Email from Lynn Skall, Questa Economic Development responding to Kristina Ortez' Voicemail

Kristina, THANK YOU for taking the time to call today and share the feedback you received from your colleagues at the RoundHouse about our paper!

Your voice message literally brought tears to my eyes, it is incredibly special to hear such appreciation! I have shared your voice message

with everyone associated with the paper, it will mean a lot for them to hear these compliments from the leaders of our state!

The *Questa Del Rio News* is a labor of love, it's filled with the passion we all have for this community and the people who are our family and friends.

Thank you for sharing our paper at the RoundHouse, for representing us in your work there, and for your partnership in Questa. When things slow down for you, please come up to Questa! I hope our paths cross soon.

Email to Managing Editor Mikayla Ortega about the Questa del Rio News:

Hi Mikayla,

The Questa Newspaper was also disseminated on the Senate Floor a few days ago by Senator Bobby Gonzales. We continue to hear great comments about its professional coverage of Questa and surrounding communities. Great work!

Below are kudos from local leaders in Questa in response to the reaction at the legislature:

Thank you to all. Now more folks know about our big little community.

MALAQUIAS RAEL, CHAIRMAN
Questa Economic Development Fund Board

I'm so proud of our newspaper team. What an affirmation to all who had the vision to see it blossom. Great job!

Respectfully,
LOUIS HERRERA

The kudos goes to all of you on the newspaper team. Thank you so much for all your professional work and personal commitment to our community!

You're making a tremendous difference for Questa and rural communities throughout New Mexico!

You have so much to be proud of!!
CHRISTIAN ISELY

POEM OF THE MONTH

Mountain Home by Linn Bayne

The mountain called to me to say
"This is where you belong."
And thus in wonderment one day
I met a bear at my front door;
days later, at the garden gate,
a lion left his mark. Now ravens perch
in treetop guard of boundaries
the crows patrol but prowling coyotes
disregard, still crossing on their timeworn trail
where pine and pinyon in chorus sway

when the wind is waltzing through,
and the little grey birds flirt with the flicker
who comes to visit the wrens.
Though jays and woodpeckers quarrel
often, always come the gentle doves
with sweet serenity for our mountain home
where we live in peace because
this is where we all belong.

Questa Del Rio News is an editorially independent local news source published by the Questa Economic Development Fund, a 501(c)(3) nonprofit organization that works in the public interest to advance a diversified sustainable local economy.

OUR JOURNALISTIC ETHICS POLICY

The Society of Professional Journalists declares four principles as the foundation of ethical journalism and encourages their use in its practice by all people in all media. We have adopted these principles as our own:

- Seek Truth and Report It.
- Minimize Harm.
- Act Independently.
- Be Accountable and Transparent.

EDITORIAL INDEPENDENCE AND DONOR TRANSPARENCY POLICIES

The *Questa Del Rio News* retains full authority over editorial content to protect our best journalistic and business interests.

- We accept gifts, grants and sponsorships from individuals and organizations to support our paper. Our editorial decisions are not made based on donor support.
- We give no right of review or influence of editorial content.
- We are committed to transparency in every aspect of funding our organization.
- Accepting financial support does not mean we endorse donors or their products, services, or opinions.

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Business Profile

Making health a priority

MIND YOUR GUT COACH
MONICA MCCLELLAND

By STAFF WRITER

Monica McClelland is a retired professional dancer and health coach who moved to the El Rito area last year. She is the founder and CEO of Mind Your Gut, a health and wellness service that focuses on digestive health and nervous system balancing. Monica has a passion for helping others improve their gut health through nutrition and lifestyle changes. She believes that a healthy gut is the foundation for overall health and wellness.

Monica has helped many clients and has gained a reputation for her expertise as a functional gut coach. Her recent client Vanessa said, "Monica added years to my life! She is a trustworthy, empathetic and competent health professional you can count on in your journey

to healing."

Monica is a certified health coach through Functional Diagnostic Nutrition® (FDN) Practitioner (FDN-P) and has digestive specific training under Dr. Nirala Jacobi and Dr. Jason Hawrelack for Small Intestinal Bacterial Overgrowth (SIBO), Irritable Bowel Syndrome (IBS), a combination of Crohn's disease and ulcerative colitis referred to by the term IBD and other chronic digestive conditions. She is a member of the Weston A. Price Foundation and follows their dietary principles.

At Mind-Your-Gut.com, Monica offers a range of services. She provides functional lab testing like stool and nutritional deficiency testing, coaching programs with personalized nutrition and supplement plans and educational resources. In 2021, she created a self-paced course, *The Mind Your Gut Course*, that teaches breathwork, nervous system balancing, energetic techniques, and mobility exercises designed to relieve digestive problems like gas, bloating and constipation.

Monica also offers corporate wellness programs to help organizations promote health and wellness among their employees and members.

In addition to her services, Monica also recommends a range of products to



Courtesy Photo

Monica McClelland, Questa resident and Certified Health Coach at mind-your-gut.com

support gut health, including probiotics, digestive enzymes, and other supplements. All of the products that Monica suggests are carefully selected and vetted by Monica to ensure their purity, effectiveness and safety.

Monica is passionate about educating others about gut health because she suffered from chronic digestive problems throughout childhood and adulthood. She thought her entire life would be dictated by digestive upset until she became curious about holistic health. Since overcoming her health issues her microbiota passion has become an obsession!

Overall, Monica McClelland is dedicated to helping people find balance and wellness with compassion and patience. She believes in the power of the human body and that the "secret" to healing is helping the body heal itself with personalized nourishment, stress management, and the appropriate interventions. She acknowledges the gaps in our current medical "sick care" system and is determined to fill those voids.

Many of our locals know Monica through her engagement in the Questa community. She teaches beginning dance classes at Yoga Sala and leads Senior Technology classes at the Questa Public Library. She is married to chef Parker McClelland who shares her love of nourishing food. Together they raise chickens and hope to create a food forest and health retreat on their property.

Check out Mind-Your-Gut.com and contact Monica if you would like to learn more about how to improve your health through creating a healthy digestive system. She offers in-person consultations to individuals in and around Taos County and also is available for virtual, remote sessions. Explore mind-your-gut.com and contact Monica at hello@mindyourgutcoach.com or call or text (575) 754-0122.

Local 4-H program builds essential life skills

By MIKAYLA ORTEGA

Growing up in rural New Mexico, many kids historically had a front row seat to agriculture and farming. Many of these traditions are passed on from their grandparents who depended on these skills to sustain their families. As societies raced toward modernization, many of these skills and traditions have been lost or forgotten to younger generations which is why programs like 4-H are so crucial to refining and maintaining these skills.

Denise Winslow-Lawrence is a Questa local who runs the local 4-H program for kids in the Questa, Red River, Cerro, Costilla, Amalia, Lama, and even Taos communities. When her family moved to Questa, she decided to get the kids involved in 4-H so they could meet other kids and learn new skills in their new home town. Her family's first year in 4-H was 1996 and at the time, Esther Garcia was the 4-H organizational leader. She admits that, being a city girl from

California, she knew very little about the program.

So much has changed since then, including Denise's love and passion for the program. She has been a crucial leader, keeping the local 4-H program known as the Questa Achievers active and in good standing. Overall, she has around 17 years of service in the program. Through her work, she has engaged many local youth in growing their basic life skills in agriculture, sewing, baking, and arts and crafts.

The current membership of Questa Achievers includes 17 active members. Some of the current agriculture projects include poultry, rabbits, lambs, and goats. Kids are responsible for caring for their animals and documenting their work to keep their animals healthy and safe.

The program also has niche projects which give kids the opportunities to learn new skills. One recent project the students took part in was orienteer-



Courtesy Photo

Denise Winslow-Lawrence, on right, stands proudly with 13-year-old Candice as she gets her rabbit showmanship award

ing, which helped kids learn how to use a compass to orient themselves, a vital skill to help kids find their way if they're lost in the wilderness, should cell phones fail.

When the County Fair comes along in the fall, members of the group can

choose to enter their projects to show at the fair, where they can win awards for their projects and in some cases, have their work auctioned off for a cash return. This process can be lucrative for the youth, but Denise notes it oftentimes depends on the year and audience of attendees of the fair.

"One of the most fulfilling parts of this program is seeing the kids gain confidence and come out of their shell. It's just truly so rewarding," Denise says of her time working in the program. She encourages the youth to get involved in the program to build leadership skills and basic essential life skills.

Enrollment is Oct. 1 through Feb. 1. To be eligible, kids must be ages 5 to 17. There is no cost to sign up. Parents and guardians are responsible for the costs associated with raising agriculture and other projects chosen through the program. For more information, contact Denise Winslow-Lawrence at (575) 200-9947.



Bernie Torres

By MIKAYLA ORTEGA

When Bernie Torres got married to his wife Gladys in 1965, he didn't realize how vital having a good life partner would be to supporting and encouraging him in every step of his journey. "My wife has always believed in me and encouraged me, no matter what," he said, endearingly in an interview with the *Questa del Rio News*. "She has also fed me really very well, too," Bernie laughed.

Bernie was born in Amalia in 1946. "It was a different time then. My dad would leave to work sheep herding and to work in the coal mines, it was hard to be without him," he recalls of his upbringing and the difficulties of being raised in rural Amalia, where parents had to make the difficult decision to leave home so they could provide for their family. "This was a big reason I decided, I want to make a life and opportunities for me and my family in our hometown," he said.

His experience of growing up in rural New Mexico is the catalyst to his efforts of many business ventures in the Amalia and Costilla area. He shared how important it was to live and work in the same place, be-

cause he always wanted to be present in his family's life. After Bernie and Gladys got married, they moved to Wyoming where he attended school to become a butcher. They then went on to live in Colorado Springs where he worked for Albertsons. They returned to Costilla in 1974 because they wanted to raise their children in their hometown.

His first venture back home with his wife was starting a restaurant with a small arcade downstream from the local Amalia Lumber Company. "The lumber company was booming at that time and I thought, it's a perfect place for a restaurant, so people can stop to eat after doing business at the lumber company," he recalls of his strategic decision to open this business.

After this venture, he named a handful of other business endeavors he accomplished, ranging from a skating rink, starting a ready-mix concrete company which assisted in the development of Ski Rio, and starting his own lumber company called Sierra Alta Forest Products.

Currently, Bernie currently owns and oversees all the operations at Mountain Range Supply & Transport company in Costilla with his two sons, Jeff and Brian. "I finally hit my stride," Bernie laughed when talking about his current family-owned and operated business. "People always ask me when I am going to retire, but I laugh and say I've been retired for a long time. When you enjoy what you do, you don't work a single day in your life."

His company transports hay and other products to Texas, Florida, and across the United States. "It's a great business because even though you're traveling for work, you still have home as your base," Bernie says of the opportunities his company provides for its workers locally.

In addition to his business ventures,



Courtesy Photo

Bernie Torres enjoy a fresh lunch made by his wife, Gladys Torres

Bernie has also been a leader, uniting people across communities and ensuring he is able to give back. In the long list of accomplishments, Bernie takes pride in have secured funding for the new Holy Cross Hospital as a former County Commissioner. In his time on the *Questa School* board and against all odds, he was vital in passing a bond to build the new football field at *Questa High School*. Currently, he sits on the *Kit Carson* board of trustees. "I love being involved with helping students figure out their futures. We give a scholarship at *Kit Carson* so knowing I can still be a part of giving is what drives me," he says.

In addition to being a family man, an entrepreneur, and a community leader, Bernie says his faith is a major part of who he is today. He was a peregrino (pilgrim-

age walker) for many years and says he has walked 1800 miles for the pilgrimage for vocations. He is also a penitente/hermano (Roman Catholic layman who practices piety and repentance in private) and has helped revive the local morada (dwelling to pray and repent in private) in Amalia. This tradition was established in 1850 and is a big part of Northern New Mexico history during the Lenten season. "At one time there was only 1 penitente/hermano, but I didn't want the tradition to die, so I joined. Now there are about 7 of us," Bernie says.

The Cosecha (fall harvest) was started in Costilla, with the help of his mother Lala Torres. Bernie has been a big advocate to carry this tradition forward. Locals harvest their fall fruits and vegetables and cook them in the horno (outdoor mud oven). In an effort to keep this tradition alive, he has secured funding through *Kit Carson Electric Coop* to build the horno at *Alta Vista Elementary School* so the local youth can learn and carry on this New Mexico tradition.

Bernie also leads the New Year's Eve tradition known as *Los Dias*. This tradition is especially unique to Northern New Mexico where his musical group visit homes across Costilla, Amalia, Cerro and *Questa*, composing special verses to serenade to the families. The singers are treated to New Mexican *biscochitos*, *pastelitos*, as well as some *Vino de Capulin* following their performance.

When asked what his advice to younger generations would be, Bernie said "there is no such thing as failing if you're trying. If you try something and it doesn't work out, move on to something else. You don't fail until you quit. And most importantly, having a positive attitude is about 98 percent of the way to finding success."

LOR Foundation wants to hear your ideas!

By Contributing Writer
JAY BOUCHARD

In the busy months since Maria Gonzalez was hired as the LOR Foundation's community officer in *Questa*, the foundation has been supporting a variety of projects around town. You may have already read about the Asset-Based Community Development (ABCD) workshop LOR helped fund, which helped guide sustainable community-driven development among local nonprofits and volunteers. And beyond this workshop, Maria has spent her time listening to locals and

trying to connect *Questa* residents with important resources.

"LOR is here to listen to community members and help fund important community solutions," Gonzalez says. "But we're also here to connect people to each other and to additional funding. In any way we can, we want to help."

Already, community members have brought forward several solutions LOR has been excited to support. For instance, when a local music teacher wanted to connect *Questa* youth to mariachi, folklorico, and other traditional music and dance, she realized the community would need

to hire outside experts. With LOR's help, the school district brought in performers to lead workshops—giving students an opportunity to learn their traditions and practice their skills.

Another *Questa* resident knew many people in the community were experiencing food insecurity and didn't have access to hygiene supplies and other items. With LOR's help, locals purchased materials to build food pantry boxes, where residents can donate food and supplies and others can take what they might need. By May, those boxes should be built and stocked with nonperishable goods and other ne-

cessities. Look for the Boxes around *Questa* at *Living Word Ministries*, *Perovich park*, and *The Village* offices.

And when a local pastor wanted to create financial literacy courses for families, LOR helped. The first nine-week course begins April 5 at *Freedom Center Church*. For more information contact Pastor Kristi Gonzales at (575) 770-1714

Each of these projects began with a simple conversation, and with LOR's help they became realities. If you have an idea for a solution get in touch with Maria Gonzalez: maria@lorfoundation.org, (575) 665-2001.

Legislative update for northern New Mexico

By DYLAN R.N. CRABB

The Questa del Rio News has been tracking several bills which might be of interest to local northern New Mexicans.

HJR2 – A joint resolution to amend New Mexico's Constitution to increase the legislative session in even-numbered years to 60 days making a 60-day session the standard every year. This joint resolution made it through two House committees with a "Do Pass" recommendation but failed to make it to the House floor.

HJR4 & SJR6 – Companion resolutions in each chamber to amend the New Mexico Constitution enshrining "environment rights" into law listing environmental rights as "the right to clean and healthy air, water, soil, and environments, and a stable climate with self-sustaining ecosystems." The bills "direct the state, counties, and municipalities to serve as trustees of the natural resources of New Mexico for the benefit of all the people" and they would repeal the pollution control provisions of Article 20, Section 21, of the state Constitution. Both of these resolutions failed to pass through a committee in their respective legislative chambers.

HB4 – A bill to amend voter registration provisions and enact automatic voter registration at New Mexico Motor Vehicle Division buildings for "qualified electors" as the bill describes eligible voters. This bill would also grant citizens convicted of crimes who have served their time in a correctional facility their right to vote upon release from said correctional facility specifically stating an inability to vote while incarcerated. This bill passed through two committees in the House and passed the House 41-26, then passed through three committees in the Senate and passed the Senate 27-14. It now sits on the Governor's desk awaiting action.

HB143 – A bill to increase regulations regarding public school governance, most affecting municipal school boards and their relationship with the NM Public Education Department. The bill would codify new reporting requirements between local school boards and the NM PED, grant the PED power to suspend individual school board members, increase mandatory training for school boards as well as

governing bodies of charter schools, and mandate increased public access to decision-making of school boards and governing bodies of charter schools through webcasting and archiving meetings. This bill passed through one committee in the House but failed to make it to the House floor.

HB243 – A bill to require electric public utilities to file a "grid modernization plan" with the NM Public Regulation Commission. Utility companies would need to file applications to the PRC for approval of grid modernization projects supposedly needed by the utility. The bill states "applications may include requests for approval of investments or incentives to facilitate grid modernization, rate designs, or programs that incorporate the use of technologies, equipment, or infrastructure associated with grid modernization and customer education and outreach programs that increase awareness of grid modernization programs and of the benefits of grid modernization" effectively increasing regulation over local utility companies by the PRC. The PRC would review the "reasonableness" of the requests. This bill passed through one committee in the House but failed to make it to the House floor.

HB261 – A bill to expand unlawful taking of big game. Currently New Mexico law prevents wasteful killings of bighorn sheep, ibex, oryx, barbary sheep, elk, and deer requiring hunters to use the entire animal after a kill. HB261 would expand that list to include javelina, bears, and cougars. This bill passed through one committee in the House but failed to make it to the House floor.

HB276 – A bill relating to the environment and oil and gas permits, "amending the Oil and Gas Act, authorizing the Oil Conservation Division of the Energy, Minerals, and Natural Resources Department to require proof of insurance and fiscal solvency when submitting a permit application providing that a permit application may be denied based on poor compliance history." This bill failed to pass through a committee.

SB1 – The Regional Water System Resiliency Act authorizing the creation of regional utility authorities for local

Questa forming a Planning & Zoning commission



Photo by Dylan Crabb

By DYLAN R.N. CRABB

The Village of Questa has drafted an ordinance for the creation of a new Planning and Zoning Commission for increased efficiency in matters of residential and business zoning within village limits.

The new commission's stated purpose is "to establish a municipal organization of appointed officials in order to promote and carry out a continuous process of comprehensive planning and zoning within the jurisdiction of the village."

The Village Planning and Zon-

ing Commission will consist of five members appointed by the mayor with the consent of the council. According to the ordinance, "on the first commission a majority of the members shall be appointed for one-year terms and the balance of the members shall be appointed for two-year terms. Each subsequent term of a member shall be for two years or less in order to maintain the original staggering of terms." Vacancies will also be filled by the mayor with the consent of the council.

People interested in joining can submit a letter of intent to the Village of Questa office.

Water rates officially increasing

By DYLAN R.N. CRABB

The Village of Questa Council held a public hearing to discuss the issues of water rates with the Questa public, but no one appeared to speak.

"I don't want anyone to think we're making decisions without any input from the public," said Mayor John Ortega.

After Village Administrator Karen Shannon read the Water and Sewer Ordinance to the Council, and Council passed it unanimously. Before the water rate increase, Questa had the lowest water rates in the state at \$19.76 for residents. That has been increased to \$26.80, an increase of \$7.04. The new rates reflect the true cost of providing water and sewer services to the Village.

New Water Rates (monthly):

- Residential Class: \$26.80
- Commercial Class I: \$44.60
- Commercial Class II: \$89.32
- Commercial Class III: \$105.27
- Commercial Class IV: \$140.36
- Commercial Class V: \$210.54
- Special Class: \$26.80
- New Sewer Rates (monthly)
- Residential Class: \$28.28
- Commercial Class I: \$69.92
- Commercial Class II: \$125.98
- Commercial III: \$148.49
- Commercial Class IV: \$197.98
- Commercial Class V: \$297.00
- Special Class: \$28.28
- Verified Unoccupied Property: \$10.00

LGX UPDATE cont'd on pg 22

Legislation encourages resolution of Questa Mine water rights

By MIKAYLA ORTEGA

Over the past several years, the Questa Economic Development Fund (QEDF) and the Village of Questa (village) have been working diligently to resolve outstanding water rights issues with the New Mexico Office of the State Engineer (NM-OSE).

In 2015, following the closure of the Questa Mine, QEDF and the village completed a comprehensive economic development plan to help the village establish a strong economic future, utilizing mining water rights to help reduce poverty, promote agriculture, improve local food security, enable local manufacturing, and create affordable housing.

Since creating this plan, the village, QEDF, and Chevron have been in negotiating with the Office of the State Engineer (NM-OSE), working to ensure the state engineer recognizes all of the mine's water rights so the remediation of the Chevron Superfund site can be completed concurrently with a 120-acre feet donation to the village's municipal water system and sales of 133-acre feet to nine Taos Area Mutual Domestic Water Associations as funded under the Abeyta Settlement.

On March 16, the Senate Conservation Committee heard Senate Memorial

AGUA ES VIDA: Legislation requesting State Engineer to resolve outstanding Questa Mine water rights issue receives strong support at the legislature

Bill 69, sponsored by Senator Bobby Gonzales. The bill formally asks NM-OSE to work with the mine, village, and the QEDF to resolve the water rights issue. The bill was supported by public testimony given by Questa Mayor Ortega, Chevron, Kit Carson Electric Cooperative, QEDF Chair Malaquias Rael, Trout Unlimited, the Llano Community Ditch Association, and local farmer and ranchers.

The bill as drafted recognized that all of the mine's adjudicated water rights are valid for transfer, change of purpose and environmental remediation. State Engineer Mike Hamman opposed the bill which was subsequently amended by the committee to remove the statement of validity.

In addition to completing the work at the Superfund site while donating water rights to the village, Chevron is also proposing to sell water rights to farmers at above an 80 percent discounted rate to ensure farmers and ranchers can supplement their farms while navigating

the ever-increasing impacts of inflation in today's economy.

Louis Herrera, President of the Llano Community Ditch Association in Questa also spoke in strong support of this bill. "I represent 116 *parciantes* (water rights owners) and we strongly support the passage of Senate Memorial Bill 69," he said. "The entirety of the Questa mine's water rights are valid for transfer, change of use, and for remediation. We want to thank the Questa Mine for selling the water rights at \$3,000 per acre foot when they're selling for \$20,000 per acre foot in Taos County, it will benefit our ranchers greatly," Herrera says.

The Senate Memorial Bill was adopted by the Senate Conservation Committee in an unanimous vote of 5-0. It subsequently went to the Senate Floor where it passed 42-0. A similar bill, House Memorial Bill 84 which was introduced by Representative Joseph Sanchez, was adopted by a unanimous vote by the House 70-0.

In a statement to *Questa del Rio*

News, Chevron Public Affairs Advisor Gabriel Herrera said, "Chevron views the passage of Senate Memorial 69 and House Memorial 84 as significant steps in resolving the matter of the New Mexico Office of State Engineer's denial of valid water right transfers for the benefit of Questa and surrounding communities. Thank you to both Senator Gonzales and Representative Sanchez for sponsoring and supporting these bills. The fact that both memorials achieved unanimous and bi-partisan support in both houses of the legislature only strengthens Chevron's resolve to complete environmental remediation of the former mine while also providing water rights for local economic development."

For readers who are interested in watching the Senate Committee Hearing recording, it can be access here:

bit.ly/NMLGX03

Are you interested in voicing your opinion on this issue in our May publication? Send your editorial piece to editor@questanews.com

Mayor John Ortega reflects on first year in office

By DYLAN R.N. CRABB

Questa del Rio News interviewed Mayor John Ortega on his first year in office and the state of the village.

How would you describe your first year as Mayor of Questa?

It has been a great year, very busy. The first week I was in office, our applications for congressional spending were due, and we spent the first week working on those. We were awarded \$175,000 for library repairs from United States Senator Ben Ray Lujan from these applications.

I spent time during the first year in office hiring staff. We hired a new clerk, project manager, administrator, and police chief. We hired the first three positions within three months. The police chief position took a bit longer, I spoke to at least 10 potential candidates for this position before finally finding the right person for the job in August. We had been advertising for police officers since April of 2022.



Photo by Dylan Crabb

Judge Michael Rael swears in Mayor John Anthony Ortega one year ago

We spent much of my first year applying for grants; we received some of these grants but not all of them. The Village of Questa received the Quality-of-Life Grant in the amount of \$115,000 for new playground equipment, a \$90,000 in-kind donation from Chevron to repair Molycorp Field, a grant from Chevron for emergency signs and for creation of

defensible spaces, and a \$107,000 grant from Chevron for Embargo Road and Lower Embargo Road that we will be used to get the planning and engineering done for these roads. The Village of Questa also received a \$141,000 grant from Chevron for engineering to be done for a new potable water well for the Village of Questa.

In November we completed a \$900,000 River Restoration Project along the Red River from Molycorp Field through Lower Embargo Road. This has been a huge makeover for that section of river and the fishing will be substantially better along that section of river.

We have been working diligently to get many projects completed and will be going out for procurement on most of these to get done this summer. We have been meeting with New Mexico's Office of the State Engineer to discuss the Village's water rights and, through the return flow credit program, we reduced the number of water rights that the Village owed the

State Engineer from approximately 2000 acre feet, to 99 Acre feet. I am very happy that we were able to accomplish this.

What has been your biggest strength in your first year in office? Anything you hope to improve in 2023?

I have a great staff and hired the right people for their new positions. They have all made my first year a lot easier. Because grants are the lifeline of our community, I met with a lot of people, groups, and entities trying to identify grants and funding sources for many of our projects and areas of need. I would like to be more accessible to the citizens of the Village of Questa. I will do a better job of keeping the people updated.

Your main campaign goal was restarting the Questa Police Department. With that goal accomplished, what is your main focus for 2023?

MAYOR'S FIRST YEAR cont'd on pg 13

BODY MIND SPIRIT



By BARBARA TRACY

When I began my studies at School of Natural Medicine, it was discovered that the pupils of my eyes did not dilate! My studies were focused on Iridology, the study of health through the mapping of the eyes. This discovery was indicative of a nervous system that was breaking down. I must admit that in those earlier years of my life I was the queen of worry. I had a backpack full of “what ifs” and “OMGs” and other thoughts that aided in a tense nervous system. Through my

studies in natural medicine, including dietary changes and the implementation of natural therapies as well as being aware of my thought processes, my nervous system healed.

“In every life we have some trouble – But when you worry, you make it double – Don’t worry, be happy.” — Bobby McFerrin

I remember as a young child that when our mother was challenged by life in some way, I was rather in awe that she would be so calm about it. I remember her words: “There’s no sense worrying about it, it won’t change anything.” It’s a fact that nothing is gained, or problems solved by worrying. You could say that worry is prayer for what we don’t want! The more we worry, the greater the strain on our nervous system and that affects our entire physical, mental and

emotional being. Worry makes it even more difficult to overcome the problems we are facing. Letting go of worry is not an easy job but if we are to move on with our lives, then clearing the way so we can move forward is key. Easily said, but how can we do that?

It’s true that we cannot always avoid worry or anxiety about something that has a large impact on our lives. Quite often when challenged we dive headfirst into Oh My God, or maybe even panic. This is when we have to use those muscles that are stronger than the physical and choose to level the field, so to speak. A good way is to write down all the words that speak to why we are responding the way we are and then after we have emptied out all that angst, write down all the solutions we can possibly think could help.

“The mind is in itself a place. And of itself can make a hell of heaven or a heaven of hell.” — John Milton, Paradise Lost

A healthy nervous system thrives on oxygen, and a brisk walk, jog or run can do wonders. Do whatever it takes to energize your cardiovascular system and oxygenate the blood. This is especially useful if you are experiencing “fight or flight” symptoms. If you are unable to do such exercise, then consider deep breathing exercises, yoga, tai chi, meditation or perhaps a relaxing massage. Also helpful is a Vitamin B complex, Vitamin C, D, calcium and magnesium.

To maintain good health the body must be exercised properly, and the mind and body nourished wisely. A healthy mind, exercise and foods that are natural and unprocessed are essential.

SENIOR MENU: APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy Easter!</i>				
3 Beef Macaroni, Tossed salad w/ Light Italian Dressing, Stewed Tomatoes, Mandarin Oranges	4 BBQ Brisket Sandwich w/ BBQ Sauce, Coleslaw, Okra, Fruit Salad	5 Chef Salad w/ Light Ranch Dressing, Whole Wheat Crackers, Pears	6 Fish and Chips, French Fries, Pasta Salad w/ Mixed Vegetables, Apples in Crisp	7 Catfish Capri Vegetables Buttered New Potatoes Whole Wheat Roll 1/2c Apricots
10 Sausage Lasagna Italian Vegetables Breadstick, Gelatin w/ Fruit Cocktail	11 Chicken and Dumpling Peas and Carrots, Tossed salad w/ Light Italian Dressing Tapioca pudding	12 Grilled Boneless Pork Chops w/ Gravy, Rice Pilaf, Broccoli Normandy Whole Wheat Roll, Plums 1c Plums	13 Chicken Fried Steak w/ Gravy, Mashed Potatoes Sauteed Green Beans with Radishes, Whole Wheat Crackers, Mixed Fruit 1c Mixed Fruit	14 Green Chile Chicken Enchiladas, Pinto Beans w/ Red bell Pepper, Salsa, Carrots, Rice Pudding
17 Chicken Drumstick, Au Gratin Potatoes, Broccoli and Cauliflower, Whole Wheat Roll Blueberry in Crisp	18 Beef Tips, Brown Rice, Roasted Brussels Sprouts, Tossed salad w/ Light Italian Dressing, Whole Wheat Roll, Tropical Fruit 1c Tropical Fruit	19 Hot Turkey Sandwich, Stuffing, Cranberry Sauce, Mixed Vegetables, Peaches	20 Cheeseburger, 3 Bean Salad, Wedge Potatoes Watermelon	21 Beef Burrito, Calabacitas, Spanish Rice, Chocolate Pudding
24 Chicken chili cheese soup Tossed salad w/ Light Italian Dressing, Fruit Compote Whole Wheat Crackers	25 Spaghetti w/Beef meat sauce, Bread Stick, 5-Way Mixed vegetables, Tossed salad w/ Light Italian Dressing, Orange Orange	26 Pork Tamales, Cilantro Lime Brown Rice, Pinto Beans, Zucchini and tomatoes, Lemon Pudding	27 Salisbury Steak, Mashed Potatoes, Brown Gravy, Beets Whole Wheat Roll, Cherries in Cobbler	28 Frito Pie, Pinto Beans Tossed salad w/ Light Italian Dressing, Angel food Cake w/ Strawberries & Whipped Topping

Taos County Senior Program (575) 737-8927 • PLEASE NOTE THAT MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

This Senior Lunch menu applies to all Senior Centers in Taos County. Meals are cooked fresh at each location.

Lunch costs \$1.50 to anyone over age 60. Those under 60 pay \$7.50. Lunch hours are 11 am to 1 pm. Grab and Go Lunches are available 11 am to noon. Meals-on-Wheels are provided at the same price to frail, homebound, or at-risk elderly.

To qualify, an in-home assessment at the request of the client’s physician is conducted by project staff, stating that this person is not able to travel to the Senior Center.

For our readership area, Senior Lunches and Meals on Wheels are served at Questa Senior Center, 148 Embargo Rd., Questa, NM 87556 (575) 586-0508 and at 583 State Road 196, Amalia, NM 87512, (575) 586-0071.

Free Senior Exercise classes at the Questa Center are Thursdays 10 –11 am.

Free transportation is provided to registered Seniors on Tuesdays and Thursdays.

Registering for events or meals (must be over 60) takes only a few minutes. Arrive early to sign up.



I DARE YOU

By MARTA GLOVER

I dare you

“I dare you and thank you with gratitude and appreciation for sharing your stories.”

I took a month off from writing the column, *What are You Grateful For*, to come up with new ideas to share with our readers. How is our community doing? How are you feeling? What do you want to express and voice? There are many stories to tell about the feelings of gratitude we have in our lives but let’s add a new perspective to it with the theme “I Dare You.”

What is a dare? A dare is the ability to face the unknown without questioning yourself or the fear. To forge ahead because it feels so right for yourself and the world. You are ready to set a new path and change directions that will lead you to... where? Great acts of courage give you a chance to hear your own voice and follow it, often without the need of a witness. There are unsung heroes everyday risking their lives, reputation, and livelihoods to serve a greater cause. As Lou McCall said recently, “It takes great courage to change the world.”

On the street, I will ask you:

Where in your life have you been challenged? When did you dare yourself to finish and accomplish the task, the deed, the situation at hand? It takes great courage and

I DARE YOU cont’d on pg 28



LIVE LOVE LAUGH

by Ellen Wood
a.k.a. Maruška

How you eat is just as important as what you eat

We all need nourishment in the form of food; we just don't need as much of it as some of us eat. The one well-studied and proven technique you can use to turn back the clock is calorie restriction. All scientists and researchers who study

anti-aging agree, based on the results of numerous studies.

I'm not talking about starving yourself – I am suggesting you stop before you're full. There's a Japanese practice called hara hachi bu, translated 'belly 80 percent full.' It takes about 20 minutes for our stomach to communicate its 'fullness' to the brain. Have you ever eaten until full, only to find yourself feeling over-stuffed and miserable twenty minutes later? This teaching is designed to keep the belly from getting too full. It's practiced by the Okinawans, who are documented as having incredible longevity. So next time you sit down to eat, play with the experience of what it feels like to be 80 percent full.

Another way to eat sufficient but not excessive amounts of food is to take your time and chew thoroughly. By slowing down and chewing you get more nutri-

ents than if you gobble your food, and your stomach has a chance to tell your brain that it's had enough.

"Chew your food," we urged our kids when they were growing up, "don't swallow it whole." Of course, their friends were waiting for them to finish eating so they gobbled it down just a tiny bit slower... Ever see someone inhale their food? They're always in a hurry and so busy that eating seems like a chore. I have to confess I was one of them when I lived in New York City and worked on Madison Avenue. They had those 'convenient' places where you could stand at a counter and eat while watching people walk by the window.

Now I live in Taos County and enjoy life at a much slower pace. As I've researched the importance of mindful eating, I've learned that thorough chewing is important for good digestion,

which is vital to good health and growing younger. Saliva is the only digestive fluid that is alkaline by nature. The more saliva is employed in the digestive process, the less stomach acids are needed. It is important to alkalize our systems, it is one key to longevity.

There are 30 million people in the U.S. who suffer from digestive and colon problems, and they could be greatly helped by paying attention not only to what they eat, but also how they eat. And remember: the best food is blessed food, so it helps to pray before you eat.

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.

Como comes es tan importante como que comes

De ELLEN WOOD

Todos necesitamos alimento en forma de comida; solo que no necesitamos tanto como algunos de nosotros comemos. La única técnica bien estudiada y comprobada que puedes usar para hacer retroceder el reloj es la restricción de calorías. Todos los científicos e investigadores que estudian el anti-vejecimiento están de acuerdo con esto, según los resultados de numerosos estudios.

No estoy hablando de morirte de hambre —lo que te sugiero es que dejes de comer antes de estar lleno. Hay una práctica japonesa llamada hara hachi bu, que se traduce como "vientre lleno en un 80 por ciento." El estómago tarda unos 20 minutos en comunicar su "llenura" al cerebro. ¿Alguna vez has comido hasta saciarte, solo para sentirte excesivamente lleno y mal veinte minutos después? Esta práctica japonesa está diseñada para evitar que la barriga se llene demasiado. Lo practican los habitantes de Okinawa, que, según la documentación existente, tienen una longevidad increíble. Así que la próxima vez que te sientes a comer, haz un experimento y trata de darte cuenta de cómo se siente estar lleno en un 80 por ciento.

Otra manera de comer cantidades suficientes, pero no excesivas, de alimentos es tomarte tu tiempo mientras comes y masticar bien. Al comer más despacio y masticar, obtienes más nutrientes que si engullas la comida rápidamente, y el estómago tiene la oportunidad de comunicarle al cerebro que ya ha recibido suficiente alimento.

"Mastica la comida," les decíamos a nuestros hijos cuando estaban creciendo, "no te la tragues entera." Por supuesto, sus amigos estaban esperando a que terminara de comer, así que solo se zampaban la comida un poquito más despacio... ¿Alguna vez has visto a alguien inhalar su comida? Son personas que siempre tienen prisa y están tan ocupadas que comer les parece una tarea a terminar. Debo confesar que fui una de esas personas cuando vivía en la ciudad de Nueva York y trabajaba en Madison Avenue. Allí había esos lugares "convenient" donde podías pararte en un mostrador y comer mientras mirabas a la gente pasar por la ventana.

Ahora vivo en el Condado de Taos y disfruto de la vida a un ritmo mucho más lento. A medida que he investigado la importancia de comer conscientemente, aprendí que masticar bien es importante para una buena digestión, que es vital para la buena salud y para rejuvenecer. La saliva es el único fluido digestivo que es alcalino por naturaleza. Cuanta más saliva se emplea en el proceso digestivo, menos ácidos estomacales

se necesitan. Es importante alcalinizar nuestros sistemas, pues esto es clave para la longevidad.

Hay 30 millones de personas en los Estados Unidos que sufren de problemas digestivos y de colon, y les sería de gran ayuda si prestaran atención no solo a lo que comen, sino también a cómo comen. Y recuerda: la mejor comida es

la comida bendecida, así que también ayuda el hecho de rezar antes de comer.

Ellen Wood de Questa es una autora galardonada y una artista que usa el nombre Maruška. El sitio web de sus libros y pinturas es www.NorthernNewMexicoArtists.com/ellen-wood. Para ponerse en contacto con Ellen, escríbele a ellen@howtogrowyounger.com.

Traducido de Teresa Dovalpage

JR (Malaquias) says:

"Q: Why can't your car breathe that fresh spring air?"



A: Because it's time to change the air filters. Give us a call and bring your car or truck to us.

LOCAL NEWS ANYTIME AT QUESTANEWS.COM

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Over a thousand lives saved: Questa blood drive

By STAFF WRITER

After a three-year hiatus due to the COVID19 pandemic, the Questa Honor Society has restarted annual blood drives at Questa High School. The local blood drives first started in 2012 and have been held 2-3 times a year, with the exception of the recent hiatus.

Since the blood drives first began students, teachers and family members

have donated 537 units of blood. Each unit of blood has the potential to save up to three lives, therefore since starting these blood drives, Questa is responsible for helping save 1,611 lives.

Currently, the blood drives are coordinated by National Honor Society Advisor Santana Santistevan and run by the National Honor Society students. The students are responsible for promoting

the blood drive and recruiting donors from the school and the community.

Students earn an honor cord for graduation if they donated three times before graduating, or alternatively, if they get someone to donate on their behalf.

To donate blood or to find when the next blood drive near you will be held, visit vitalant.org



Chevron Scholarship Open to Questa High School Students

By STAFF WRITER

The Chevron Scholarship is open for applications for local students. The scholarship was created to assist students to pay for costs associated with higher education and vocational studies. Some of the qualifying factors for seniors who are interested in applying for the scholarship include:

- Must be in good academic standing with Questa Sr. High School
- Must plan to enroll for the first time in a full-time program at an accredited college, university, or vocational school for the Summer or Fall 2023 semester

Must be current seniors

Students can pick up scholarship applications at the Questa High School counselor's office. Chevron notes that all applications are due May 5. Applications received after this date will still be considered so long as they are postmarked by the May 5 deadline.

Questa schools launch new technology to increase student safety

By MIKAYLA ORTEGA

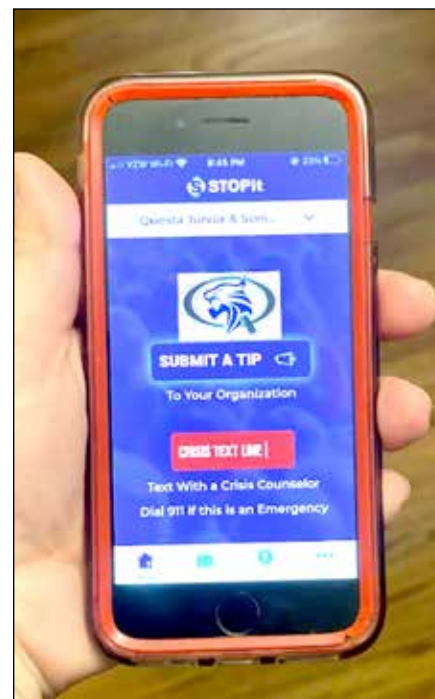
Questa schools have partnered with STOPit Solutions, a company focused on mitigating and altogether stopping bullying, cyber abuse, and other inappropriate behaviors which could impact students at school and online.

When a student submits a tip, officials from the campus and local law enforcement personnel will receive the information through the STOPit system. Personnel can interact with students anonymously to get follow-up information regarding the report and to determine what type of intervention can best serve the students impacted.

STOPit utilizes a 24/7 Incident Response Center, trained to take life-threatening tips, elevating them to the appropriate personnel to ensure the individual in crisis receives the care, support, and help they need.

The school launched the new technology at an assembly on Feb. 28, where students were given information on how to download the free app, and were provided with instructions on how to use it. STOPit Solutions will proactively help students identify unsafe situations, while empowering students to seek help and protect themselves.

To date, STOPit Solutions reports they've had national success, assisting with over 40,000 life-threatening interventions and over 10,000 suicide, self-harm, and shooting threat interventions.



Courtesy Photo

STOPit Solutions can be downloaded from the app store on your Apple or Android device

These statistics underscore the importance of having a system where students feel safe enough to report when they feel in danger and needing help.

In a letter to parents, Principal Kimber MacDonald expressed the importance of this tool, while encouraging parents and students to download the app. In closing, MacDonald said, "together, we can make sure everyone in our community gets what they need to thrive."

Questa schools make decision on 2023/2024 school calendar

By DYLAN R.N. CRABB

Questa schools solicited surveys, held public forums, and invited people to voice their opinions at school board meetings on the upcoming 2023/2024 school calendar decision. Only approximately 30 people showed up to the March 1 forum when the options for the new calendar were discussed.

A decision on the upcoming school year calendar was made on Wednesday, March 22 school board meeting. Option A was approved by the school board, with two dissenting votes by board members Kelly Romero and Juan Cisneros.

Option A will allow the school to remain on a 4-day school schedule while also giving students a fall, winter, spring, and summer break. The change would mean that the first day of school will be on July 31, 2023 and the last day of school will be on June 4, 2024.

The decision drew ire from students and parents taking to our social media page, saying they didn't want a year-round schedule. It's important to note that this new school calendar is not year-round and students will still have breaks, it just changes the timing of when the school year starts and ends.

It's important to note this calendar change is not permanent as the school calendar is voted on annually, therefore if the school board feels it isn't a good fit for the students, parents, and teachers alike, a change could happen down the road.

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Questa provides access to Snowsports for all district students

By DYLAN R.N. CRABB

The Questa Independent School District (QISD) successfully provided access to free winter sports opportunities to all students during the 2022/ 2023 winter ski and snowboarding season. March 1 was the last day for this program.

The Lift Fund awarded \$25,000 to the Questa School's Experiential Learning Program last year which primarily funded the Snow Sports Program. Approximately 180 students participated in the Snow Sports Program weekly.

In an interview with the Questa del Rio News, Principal Kimber MacDonald explained the benefits of the Snow Sports Program. She even called a few students into the interview so they could give their personal input on the program.

"At Alta Vista we send about 140 kids a week and at the high school, we send about 80 kids a week... and they get lessons for free, rentals for free, lift tickets for free, and transportation for free." In total, there were four trips to the Red River Ski Area at no cost to the students. Alongside the Lift Grant, the Red River Ski Area offered a discounted price to QISD.

Although many students live less than 20 miles from the Red River ski area, many do not participate in winter

sports due to limited access. The average cost of participating in winter sports ranges from \$800-\$1300 per person and with rising inflation hitting households, this cost is not always feasible for many parents.

"The idea of the program is to make more accessible sports than can be prohibitive because they are costly," Principal MacDonald elaborated. There is an academic requirement for students in the program prohibiting failing grades among students participating. As with all student athletes, snow sports participants must maintain at least a 2.0 grade point average.

"It's cheaper than taking [the kids] anywhere else and we're fortunate that we're 11 miles away from the ski area," Principal MacDonald acknowledged.

Our interview was during the lunch hour and four students (Adam, Noah, Alexis, and Marlena) graciously joined Principal Kimber in her office to join the conversation with the Questa del Rio News.

"I like that it gives us an opportunity to learn outside of school and it builds more bonds with your classmates," said Adam.

"Do you feel like you've gained skills," Principal MacDonald asked Adam.

"Yeah, I think I've gained a lot of skills from skiing," Adam responded.



Photo by Dylan R.N. Crabb

Questa schools enjoyed their last day of Snowsports for the season on March 1

"I think it's perfect for us," said Noah. "I just learned a lot of stuff this year."

Principal MacDonald asked, "Why do you think it's perfect for where we live?"

"Not a lot of kids, like in the cities, get to do this stuff," Noah responded. "We get to do it every weekend or any week we try to."

"I think our skiing gives us an opportunity to get out and about

because there's not a whole lot to do around here," said Alexis. "It's also like a mental health day for students because it gets them out and in a different environment."

"I want to know how you guys feel about it being tied to your grades," said Principal MacDonald, addressing the students more generally.

"I think it pushes kids because it gives them something to look forward to," said Marlena.

Principal MacDonald made sure to clearly inform Adam, Noah, Alexis, and Marlena about why they were called into her office and why we were asking them questions; all four students agreed to be mentioned in this article and we have omitted the kids' surnames.

"I feel like this program brings so much joy and re-energization to students and staff," said Principal MacDonald. "It's definitely a net win for instruction, they come back ready to learn, and they're motivated to keep their grades up. It started as a club years ago with a multitude of staff members taking on responsibility in coordinating it. After COVID we were really looking for ways to get kids outside and active, so the Board decided to put full funding behind it last year. This year we sought grant funding."

QUESTA WILDCATS APRIL SPORTS SCHEDULE

Baseball – Varsity					
Apr-3	3 PM		AWAY	Logan High	QUESTA HIGH
Apr-11	3 PM	5 PM	HOME	QUESTA HIGH	McCurdy Charter
Apr-13	3 PM	5 PM	HOME	QUESTA HIGH	Mora High
Apr-19	3 PM	5 PM	AWAY	Peñasco High	QUESTA HIGH
Apr-20	3 PM	5 PM	AWAY	McCurdy Charter	QUESTA HIGH
Apr-25	3 PM	5 PM	AWAY	Mora High	QUESTA HIGH
Apr-29	1 PM	3 PM	HOME	QUESTA HIGH	Peñasco High
Track - High School					
	Middle School	High School			
Apr-1			AWAY	Cimarron	QUESTA HIGH
Apr-6		X	HOME	QUESTA HIGH	Wildcat Relays Tournament
Apr-15		X	AWAY	Peñasco	QUESTA HIGH
Apr-15	X		AWAY	Los Alamos	QUESTA MIDDLE
Apr-19	X		HOME	QUESTA MIDDLE	
Apr-21			AWAY	Escalante	NRG
Apr-29		X	AWAY	Escalante	District Meet

New eSports athletics team kicks off at Questa High

By DYLAN R.N. CRABB

Questa Jr./ Sr. High School has a new eSports team for students to participate in gaming competitions with students from other schools across the state.

Five computer monitors connected to Nintendo Switch devices line one wall of "The Dungeon," the nickname given to the Questa Junior-Senior High School's electronic sports room.

Three students as well as esports coordinator Domingo Torrez are focused on the game of Mario Kart, a video game where you race a variety of characters on different fantasy-themed tracks.

As the eSports team were warming up for a match against a Santa Rosa

team, Torrez explained that players also have the option of competing from home for convenience. Classroom equipment for the esports team was mostly provided by the New Mexico Activities Association, some equipment was generously donated by Torrez.



Dylan R.N. Crabb

The QHS eSports team warming up for a match

Questa Honor Society celebrates Dr. Seuss Day by reading to elementary kids

By STAFF WRITER

Questa High School Honor Society celebrated Dr. Seuss day on March 2 by visiting every classroom at Alta Vista Elementary & Intermediate School and worked on a hands-on project based on the Dr. Seuss book the Honor Society members read to them. Everyone dressed up and they all had great fun connecting with younger generations.

Credit: Courtesy Photo

Standing left to right: Alexis Brown, Aliyah Santistevan, Donny Santistevan, Nathaniel Rael, Esteban Gomez, Isaac Ortega, Ricardo Sanchez, Juan Gonzales, Marcus Mascarenas. Kneeling left to right: Kamryn Cardenas, Janae Dominguez, Isaac Segura, Urijah Griego, Ricardo Leon, Alyse Lovato, Ariana Medina. Sitting left to right: Kiara Arellano, Karina Rael, Jocelyne Ortega, Mariana Ortega, Esperanza Vallejos, Sophia Martinez, Jaydyn Cintas. Laying down in front: Colman Mahony



Haiku Gardens

By IDA WALSH,
Reading Interventionist at Alta
Vista Intermediate School

Green ground surprises
Oh! That's where you are this year
My gardens begin

April Fool's Day

By GRACIE M

April Fool's Day is a holiday that we celebrate with pranks and jokes on April 1. April Fool's Day has been celebrated since 1582. A lot of people like April Fool's Day, some other people don't like it. People that don't like April Fool's Day probably get annoyed by the pranks. There's an earthquake coming! April Fools!

Easter

By GRACIE M.

Easter is a holiday that we celebrate Jesus rising from the dead. This year Easter is on April 9. On Easter Sunday parents hide eggs for little kids and one big silver or gold egg with money or something big in the silver or gold fake egg. Friends and family get together and do an Easter egg hunt. Kids also have baskets or little tubs. Some people do arts and crafts. Kids also can paint hard boiled eggs

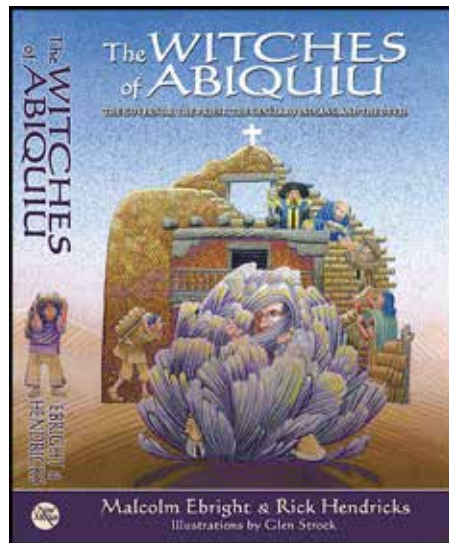
Witches of Abiquiú, Book by Rick Hendricks, PhD

Contributed By
TAOS COUNTY
HISTORICAL SOCIETY

Taos County Historical Society's April program features author Rick Hendricks, PhD., talking about his book *The Witches of Abiquiú*. Join us on Saturday April 1st at 2:00 PM at the Kit Carson electric coop boardroom, 118 Cruz Alta in Taos.

The *Witches of Abiquiú* tells the story of the little-studied and little-known outbreak of witchcraft that took place at Abiquiú between 1756 and 1766, less than a century after the Pueblo Revolt and symbolizing the resistance by the Genízaros (hispanicized Indians) of Abiquiú to forced Christianization.

The Genízaro land grant at Abiquiú was the crown jewel of Governor Vélez Capuchin's plan to achieve peace for the early New Mexico colonists. The Pueblo Indians' resistance to Christianization and the raids by the nomadic indios



Courtesy Image

bárbaros threatened the existence of the colony. Governor Vélez Capuchin's strategy involved establishing peace with the Comanches and Utes and allowing the Pueblo Indians to retain their religious ceremonies.

The Spanish and Indian belief systems were polar opposites except for a

common belief in magic and sorcery. Into this cauldron of nonconforming and even heretical practices stepped Father Juan José Toledo in 1756 as the sole representative of orthodox Christianity in this Genízaro settlement. In 1760 he commenced a cascade of reports to the governor about the pervasive witchcraft and sorcery rampant among the population, including charges that the Genízaros had bewitched him as well.

After trials and much deliberation, the case was ultimately forwarded to the Inquisition in Mexico City. The conclusion was anticlimactic. Father Toledo was chastened for his overzealous desire to confront the Devil, Governor Vélez Capuchin's handling of the affair was vindicated, and the punishment phase of the Abiquiú witchcraft proceedings was relatively benign. The Genízaros themselves eventually became part of Spanish society, no longer marginalized, no longer set apart as neither Spanish nor Indian, and the Abiquiú Pueblo land

grant survived and flourished.

The *Witches of Abiquiú* is the story of a polarizing event in New Mexico history equal in importance to the Salem witchcraft trials of 1692, marking the last major example of a phenomenon that began in Europe and was imported to the New World.

Taos County Historical Society presents its April Program on Saturday, April 1 at 2:00 pm at the Kit Carson Electric Co-op Boardroom at 118 Cruz Alta Road in Taos. Join us!

Rick Hendricks was the New Mexico state historian from 2010 to 2019 and has been the New Mexico State Records Administrator since 2019. He earned his doctorate from UNM in 1985 in Ibero-American Studies. He is the former editor of the [Don Diégo de] Vargas Project at UNM. He is the author or co-author of several books and has written numerous reviews and scholarly journal articles.



There's more to the story

By Contributing Writer
SHARON NICHOLSON

National Library Week, April 23–29, is a time to celebrate our nation's libraries and library workers' contributions, and also to promote library use and support. The theme for National Library Week 2023 is "There's More to the Story," illustrating the fact that — in addition to the books in library collections, available in a variety of formats— libraries offer so much more. Many libraries now lend items like museum passes, games, musical instruments, and tools.



Image by wayhomestudio on Freepik

Library programming brings communities together for entertainment, education, and connection through book clubs, storytime, movie nights, crafting classes, and lectures. And library infrastructure advances communities, providing internet and technology access, literacy skills, and support for businesses, job seekers, and entrepreneurs.

The Questa Library is welcoming more guests from the Village of Questa and surrounding communities as we grow into our larger facility. We are continually looking at opportunities to

provide our programs and services to the community. Several exciting projects are in the works so keep an eye out for more to come from the library.

In Fiscal Year 2021-2022, there were 4587 visits to the library. Checkouts of items in our collection numbered 7,558, with an additional 176 items borrowed from other libraries in our Interlibrary Loan program. Our public computers were used 302 times by our community residents. And that doesn't even include the uses outside the building on WiFi! Total attendance at library programs was 1734. As of the middle of March, 1, 283 members of our community have library cards.

Your appreciation of our Questa Library is heart-warming. Drop in to say "HI" during National Library Week. Grab a cookie and check out a book. Or just hang out with us for a bit. We look forward to seeing you!

Support your local library and donate used books

By STAFF WRITER

Are you wondering what to do with all those books overflowing your shelves? Perhaps you have books that you've read and reread and you're ready to move on from them.

Here's an easy solution: Donate your used books to the Questa Public Library! The Questa Public Library is accepting donations of gently read books of all kinds - both fiction and non-fiction, for adults and children. You can take your books to the Questa Public Library between noon and 5:00 pm Monday through Saturday.

You will be rewarded with a smile and the gratitude of the Questa Public Library staff and you'll have more room to get that best-seller everyone is talking about.

MAYOR'S FIRST YEAR cont'd from pg 7

We have a lot of projects that are ongoing. Upgrading our existing infrastructure and adding new infrastructure are always a priority. I would like to see more sewer capacity added to the Waste-water Treatment Plant. This will allow

us to add more sewer lines to the areas in the Village that currently do not have sewer lines. I would also like to see road projects completed such as Cabresto Road, Embargo Road, Lower Embargo Road, and the bridge. We are also seeking funding to fix Old Lama Road.

The Village of Questa staff and I are seeking funding to improve the quality

of life for the youth in our community with a focus on funding for rodeo grounds and a skate park. We have started to seek funding for a new convention center for the Village of Questa. I would also like to see the engineering for the new water well completed. It has been an honor to serve the citizens of Questa and I look forward to next year. Thank you.

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Honor Students will lead Questa clean-up April 20



Photo by Claire Coté

L to R: Councilwoman Katrina Gonzales and her two kids Zeke and Skarlet, Amalia Gonzalez, Robert (Robbie) Ortega and Kingston, and KC (Soupman) Eason at Questa Veteran's Memorial Park for the 2022 clean-up

By Contributing Writer
CLAIRE COTÉ

On Thursday, April 20 from 9:30 a.m. – 2:30 p.m., community members are invited to join Questa Junior-Senior Honor Society Students, Village of Questa Beautification Committee, LEAP and local churches in a community-wide clean-up and beautification effort. All are invited! Let's come together in solidarity with thousands of other communities around the world to celebrate Community Connection and Earth Day.

Activities will include trash pick-up along Hwy 522, Hwy 38 and around Eagle Rock Lake, led by the Questa Junior-Senior High School Honor Society

What: Honor Student-Led Questa Clean-up and Beautification

Where: Eagle Rock Lake, Hwy 522 and 38, Questa Municipal Park

When: Thursday April 20, 9:30 a.m. – 2:30 p.m.

Who: Everyone welcome!

Cost: Free

Info: Facebook + www.LEAPsite.org

Councilman Jason Gonzalez, Village of Questa Beautification Committee (575) 741-5013

Santana Santistevan, Questa Junior-Senior High School Honor Society (575) 779-5601

Claire Coté, LEAP, Questa Municipal Park (575) 224-9066

and members of the Questa Beautification Committee. The Committee will host regular clean-up days once a month throughout the summer and fall.

At the Questa Municipal Park there will be trash pick-up, invasive plant species removal and irrigation repair led by LEAP. Cleaning and beautifying our community is our goal, and equally important is staying safe, having fun, strengthening friendships, and coming together to shape the future we want for our community. This clean-up day is one of many local events and efforts organized by the Questa Junior-Senior High School Honor Society this spring. Hats off to Honor Society Sponsor, Santana Santistevan for consistently and successfully shepherding her students in community service.

Lunch for volunteers will be provided midday. Bring a water bottle, layers for weather, hat, and sun protection, and if you have them, work gloves, and yard cleaning tools. Additional tools will be provided, along with trash clean-up supplies.

The first Earth Day was celebrated 53 years ago on April 22, 1970. This holiday was created by US Senator Gaylord Nelson, to mark the importance of keeping our planet healthy and clean, and for people to renew their commitment to make positive changes in their communities.

ABCD Workshop: "Why Not Questa!"

By LOUIS JEANTETE
and LYNN SKALL

Twenty-five community champions gathered at Living World Ministries' Fellowship Hall in late February to participate in an Asset Based Community Development (ABCD) Workshop. Attendees collaborated to develop a comprehensive Community Calendar, identified Questa area "assets," created solution-based project ideas, and voted on the top four initiatives that will most benefit the community. The theme for the day was, "Why not Questa!"

Facilitator, Louis Jeantete guided individual and group exercises to foster collaboration and creative thinking. The participants identified over 375 events for the community calendar, and more than 60 quality-of-life community-based "assets" including individuals, organizations, institutions, and physical resources.

Attendees were then asked to envision their desired future for the community and outline a project they would work to see implemented.

During lunch, attendees pitched their visions to their fellow community members, painting a vivid picture of what their successful project would

look like in one year. Twenty-one unique community development ideas were presented.

Individuals used "Dot Voting" to prioritize the top five community projects they would support. The four projects that received the most votes were "sanctioned" by the group as the ABCD Workshop key focus areas for asset-based community development.

These top four initiatives are:

- Support the development of a Questa Youth Center.
- Address Day Care/Child Care Needs.
- Establish Affordable Workforce Housing.
- Start an Agricultural Food Coop to create sustainable, local food sources.

Attendees joined one of the four project groups where short-term action plans were drafted. Jeantete will provide on-going coaching to help them develop long term SMART goals with clear timelines.

"Why not Questa!" If you are inspired to be a part of these initiatives, contact Lynn Skall at lynn@questaedf.com.



Photo by Lynn Skall

Gayle Martinez casting her "Dot Votes" for key projects at Questa's Asset Based Community Development Workshop

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APRIL CLEAN UP cont'd on page 28

Community Commentary

Syntropic Agroforestry: A way to regenerate land, and create a waste-free and self-fed forest.

By Contributing Writer
JULIAN LAROZA

What is Syntropic Agroforestry? It consists of alternating rows of trees and shrubs, mulch plants, paths of wood chips or logs, and annual crops.

The mulch plants feed the trees, annual crops, and the soil itself, eliminating the need for other amendments and fertilizers. The trees, shrubs, and annuals are planted with consideration for their different heights, and dates of maturity, maximizing use of space, and filling all the different layers of the forest from root to canopy.

It has the advantage of biodiversity which makes a more resilient garden. It creates an ecosystem that attracts key components such as insects and birds. Most importantly, all of the components above and below ground interact with each other harmoniously so that no waste is produced and virtually nothing external is needed to maintain it.

A developed food forest can go fallow and thrive off of sunlight and rain water. The Town of Taos has called for action to stop climate change. Let's implement syntropic agroforestry for water and soil conservation. Let's solve the food scarcity problem simultaneously and become self-fed by 2030.



An Opinion Piece
by Alta Vista teacher,
MR. JOHN WALSH

The first celebration of Earth Day was April 22, 1970. I was 19 at the time and a freshman in college. The Vietnam War was raging and Richard Nixon was president. There was a draft by the military that all 18 and older boys had to register for. Hippies were everywhere and making a splash with anti-war protests and saving the environment. Earth Day that year was a recognition that we, as stewards of the planet, needed to take action specifically geared towards cleaning up pollutants and planting trees. I agreed with that philosophy then and still do today.

My epiphany came 16 years later one day while dog sledding on Bennett Lake

in the Yukon Territory 50 miles west of Whitehorse. I was hauling a load of wood back to our camp. Looking over the landscape, which consisted of craggy mountains with a lake winding down the valley, I could have been struck by a bolt of lightning with the overwhelming feeling of wonder at how such magnificence could have been created just for my pleasure. I took a personal pledge that day to recognize every day as EARTH DAY.

Examining my life and how I could contribute to building a healthy environment led me to several changes that I could apply on a daily or weekly basis. We quit using plastic whenever possible. I started making sure my vehicle trips were as infrequent as possible. The most important lesson was "Don't leave the responsibility of change up to the government." Cleaning up and nurturing the environment is a personal challenge that can only happen when we realize that it is up to each of us to do our part. We are the consumers and can direct our habits to reflect our love of the planet that nourishes us all each and every day. By the way, it feels good when you practice conservation.

You can help Repurposing Plastic Project innovate and expand!

By Contributing Writers
TODD WYNWARD &
JENNIFER PARIS

We are poised to go big — both improving our Repurposing Plastic Project (RPP) and sharing our innovative technology with individuals and other communities — and we need seed money to do so.

What we are doing here in lil' ole Taos and Questa potentially has a huge impact on reducing plastic waste worldwide — and we need your help to be both a Supporter and an Ambassador!

Here are two invitations for you to help RPP get to the next level:

On Earth Day this year, come enjoy fabulous food and friendship, contribute to a great cause, and feast on some good news for a change! The RPP team has a lot to celebrate this year with you. We'll unveil exciting new developments and showcase new demonstration projects that show the innovative ways our community is turning waste into walls. Together we're poised to launch to the next level. Come learn how you can be an ambassador to help our region repurpose plastic at a larger scale. We will reveal the RediWall 3.0, share DIY instructional materials and share news about upcoming workshops and volunteer opportunities.

Register now for our special event on April 22 at 5:30 p.m.

RPP Annual Expo & Community Dinner @ TiLT!

Register here — seating is limited!
<https://www.eventcreate.com/e/rpp-annual-expo-and-community-dinner>

With your help, we will make, market and sell 100+ RediWalls in 2023, diverting about 20,000 lbs of plastic from the landfill by turning that waste into walls!

If we do this right, this simple technology we're developing here in Taos County can be shared like seeds and replicated most anywhere in the world.

We aim to raise \$50,000 with this ambitious fundraiser to educate the public, train builders and customers, and continue to innovate and improve our products. Our modest goal: inspire and equip dozens and dozens of communities worldwide to follow our lead and turn their waste into walls!

To contribute to and share our GoFundMe fundraiser go to:

<https://www.gofundme.com/f/repurposingplasticproject-turn-waste-into-walls>

Gratitude for your ongoing engagement and enthusiasm for what we are building together here in Taos County and beyond! If you are interested in being a part of the team that's making this event happen, we'd love to have you on our team! Drop us a line at tiltcoordinator@gmail.com. Many thanks from the Repurposing Plastic Project Team.



PMS
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QUESTA HEALTH CENTER
2573 State Highway 522, Questa

Questa Farmers Market 2022 economic recap: Part I

By Contributor
GAEA MCGAHEE

Questa Farmers Market (QFM) will open Sunday, May 28, beginning our seventh official season in operation! We are a program of Localogy, a nonprofit 501(c)(3) in Questa. Our mission is to strengthen the local food system in northern Taos County by supporting small land- and home-based businesses, and youth through market internships, mentorship, and skill building.

Our program organizes a market each Sunday during the growing season. We coordinate a youth internship and mentorship project, we partner with the North Central Food Pantry (NCFP) and local producers to send food out through the pantry's distribution, and we collaborate with Vida del Norte Coalition, Questa Stories, Questa Creative Council and other community nonprofits, organizations and individuals. Our program grows each season through input and reflection from community members, especially from youth who work with QFM.

- We support tradition, adaptation, and resilience with these core initiatives:
- Regenerate the local food economy through exchange.
- Create a beautiful space to support community gathering.
- Offer paid youth internships and adult mentorship positions.
- Distribute local food through the North Central Food Pantry.
- Use water rights to irrigate newly planted trees.

The market happens every Sunday, 10 a.m. to 2 p.m. from the end of May to early October. The marketsite has been developed on land under the ownership of the Questa Economic Development Foundation (QEDF). For six years we have established a landscape that can be navigated by a few hundred people, created gardens, built and electrified vendor shelters, added an horno, built a dance floor, and added murals. These improvements have been made possible through the financial support of the QEDF and the LOR Foundation, the Taos Community Foundation, Chevron Grants for Good, the LANL Foundation and many hours (both paid and donated) by community members and visiting volunteer groups.

2022 Season Highlights

2022 was an especially exciting season because of the number of youth

interns and adult mentors we were able to hire. Their added energy and creativity was heartening and made the work of the market season more meaningful and rewarding.

Our Youth Internship Program employs teens at the market, farms, and local production sites. At the market, teens and mentors expanded two small businesses; a coffee stand and a project making pizzas in the horno. Interns planted and tended the market gardens with mentors and volunteers including Andy and Lorie Jaramillo, QFM volunteers since 2019. The horno was mudded several times this season by interns, Vida Del Norte and Sangre de Cristo summer camp kids, and by our community and visitors.

Muralist Rae Lewis continued a mural project on the market shipping container, which is a greatly appreciated donation from the Questa Credit Union. Rae worked with QFM interns, Vida interns, Vida Camp and Sangre de Cristo Youth Ranch Camp kids, and community members to create a pollinator mural, dedicated to Monarch butterflies and milkweed.

We succeed at channeling acequia water to the land again! The QEDF pays dues on water, but no one could use this resource without a ditch to channel it, and an intentional use for the water. Scott Sutton brought his expertise in land shaping and planting to the project. Vida Interns, Sangre de Cristo Youth Ranch Camp kids, community volunteers, QFM Interns and mentors, and Jesse Hardy along with Scott Sutton dug a ditch, placed a culvert, created a swale, and planted trees, native plants, wild dye plants and more. "I'm excited for the pits of the wild plums [also called ditch plums] found growing along the acequias and rios to sprout this spring along the swale!" says Sutton. Special thanks to Questa Lumber for the perfect culvert pipe and for delivering it!

The Art Market joined the Farmers Market on Sundays, setting up in an adjacent location. This brought more vendors and customers than last year and was a great success! This is a separate market that tallied their own economic data to be reported separately.

Thanks to Questa Stories we heard a local story in the voice of the storyteller for a few minutes at each market. Every week Questa Stories shared a different short story from our community with a project they call Voices de Aquí. Questa Stories is supporting individual, community, and cultural connection, under-



Courtesy photo

Questa Lumber & Hardware delivering culvert pipe for acequia July 2022



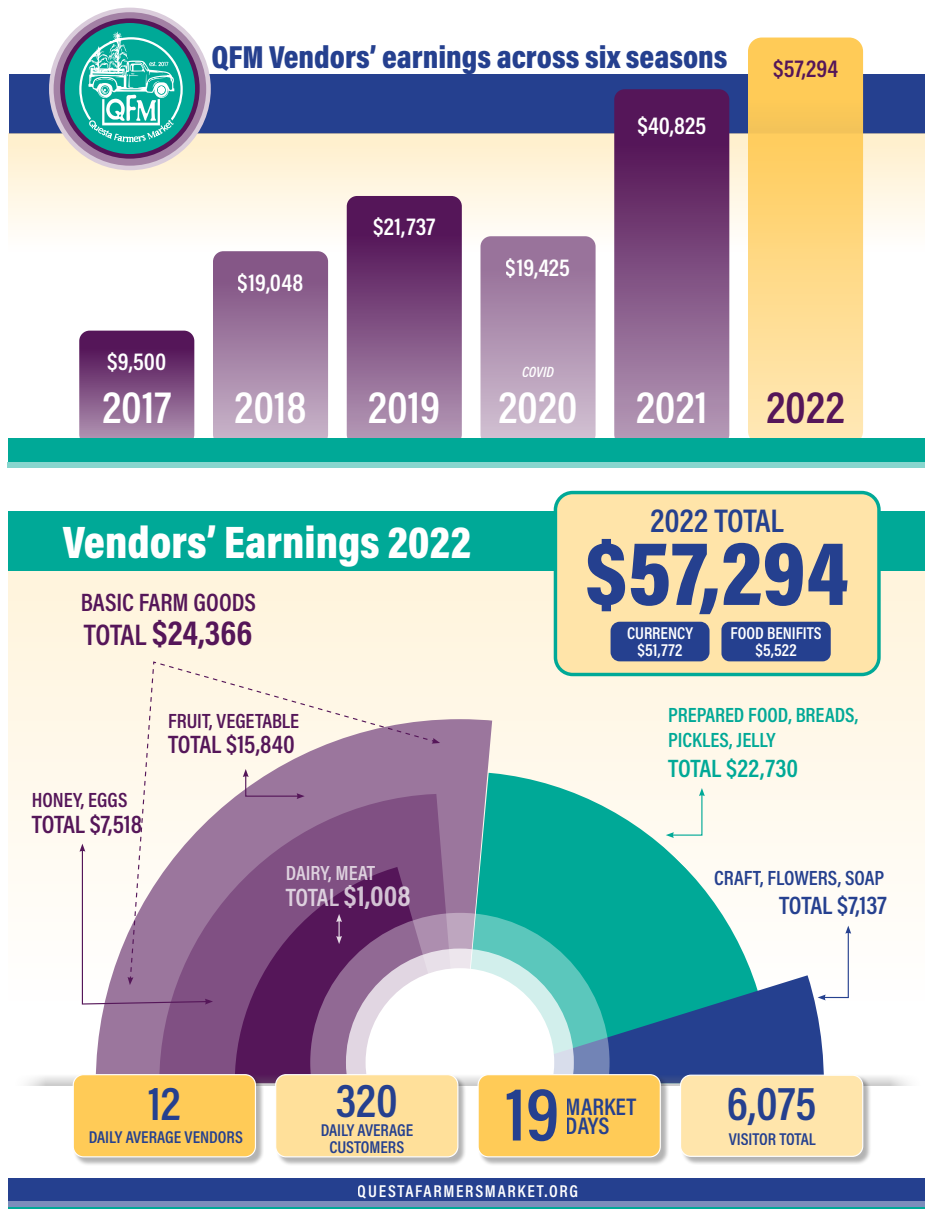
Courtesy photo

2022 interns and mentors gathered around the horno after first pizza-making day, July 17, 2022



Courtesy Photo

Scott Sutton with Dyer's chamomile plants at the community orchard / garden



standing and resiliency through audio-visual story gathering and sharing, more at questastories.org. We look forward to another project from Questa Stories popping up at QFM!

2022 Economic Impact for QFM Vendors

Our initiative, to regenerate the local food economy through exchange, is met by all of us. At each market, neighbors support each other by buying products from local farmers, gardeners, bakers, and craftspeople. The market is a bright stopping place for visitors to our community. Creating a shared source of community wealth cannot be measured, but it is experienced. One thing that can perhaps be measured is the economic value of the 2022 season.

We track the financial impact of the market each year. On average there were 12 QFM vendors each Sunday and an average of 320 customers. The 2022 market opened at the end of May and closed at the start of October, running for 19 consecutive Sundays.

Collectively, our vendors earned \$57,294 in 2022 compared to \$40,825 in 2021, a significant increase. When we invest locally, we benefit households in

and around Questa and northern Taos County, strengthening our local roots, rather than benefiting large corporations.

The 2022 total includes three categories:

- \$24,366 in Raw Agricultural Products (fruits, vegetables, eggs, meat and honey),
- \$22,730 in Produced Food (hot food, baked goods, processed farm products like pickles, preserves and pesto),
- \$7,137 in Art and Craft (handmade items, soaps, bouquets).

These exchanges and material support strengthen our communal ties. Congratulations to our vendors on their hard work!

Partnerships

In addition to organizing the Sunday market, our program works in partnership with the North Central Food Pantry (NCFP, ncfpquesta.com), helping coordinate the purchase and transport of local food, with NCFP funding. This investment in local growers means that together we are making our agricultural community stronger. This partnership began in 2020 when the supply chain was

disrupted by COVID-19. Each season since, interns, mentors and volunteers have worked together to accomplish this work and will continue in 2023 with Taos County ARPA Funding*, awarded through Taos Community Foundation.

The Sunday markets are lively and fun with local musicians playing each week. Our vendors' fees sponsor musicians, but these fees are kept at a minimum and are supplemented by grant funding and partnerships. Questa Creative Council collaboration in 2021 and again in 2022 has helped to pay local musicians. We are grateful to this local nonprofit; to learn more about them, check out QuestaCreative.org.

We have been establishing roles and paid jobs for youth and mentors to build a positive and powerful program. Our Youth Internship Program received LANL Foundation support with a 2-year Education Enrichment Grant, 2023 begins our second season with their support. To apply for the internship, go to: questafarmersmarket.org/blog/internship/.

Our mentorship program will be supported in part in 2023 through the Taos County ARPA Funding, awarded through Taos Community Foundation.

Farmers Market Designation & Food Benefit Programs

Our market participates in Food Benefit Programs including SNAP/ EBT and Double Up Food Bucks as well as the WIC and the Senior Nutrition Farm Program.

At least 50 percent of our vendors must sell raw farm goods/unprocessed local foods (fruits, vegetables, honey, eggs, meat). Local means grown within 80 miles of the market. The remaining percentage of our vendors must sell local prepared foods (SNAP/EBT eligible) and value-added farm goods while a very small percent may sell local handmade

items like salve, soap, and bouquets, in addition to food. These guidelines are followed to keep our market eligible for Food Benefit Programs.

If you have SNAP benefits already, you will receive Double Up Food Bucks automatically when you use your EBT card at the market. When you come to the market and take out an amount from your SNAP/EBT Card, for example, \$20, you'll get another \$20 to spend on local fruits and vegetables. This is how you double your money to \$40.

This is a food benefit program that Questa Farmers Market, and many other markets and grocery stores participate in: <https://www.doubleupnm.org/how-it-works/>

QFM welcomes backyard gardeners and professional growers, people with family orchards, and young, ambitious farmers. We work creatively to accommodate the maximum number and variety of vendors. We can arrange for group tables where multiple small producers' goods are sold. You can find details about becoming a vendor on our website, questafarmersmarket.org/for-vendors/.

Contact

We are a program of the local non-profit, Localogy www.localogy.org. To contact Market Organizer, Gaea, call (575) 224-2102 or email growers-makers@gmail.com

Please visit QuestaFarmersMarket.org, facebook.com/QuestaFarmersMarket, instagram.com/questafarmersmarket

*In partnership with Taos Community Foundation, Taos County has allocated \$686,000 in American Rescue Plan Act (ARPA) funds to local nonprofit organizations.

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NCUA



Upcoming opportunities to get involved

By STAFF WRITER

The Questa Creative Council is urging the community to get involved in the community this spring. "It's time to fill up our calendars with things that bring life to our bones and stimulate our minds and hearts for the better," the council said in a release. Do you have an artistic ability you are passionate about sharing with your community? The QCC would love to collaborate with you. They want to remind the public that there is an open invitation to join the Questa Creative Council's growing roster of workshop leaders to contribute to the Art-for-All project. Detailed below are the upcoming opportunities to get involved with the council.

PANDEMIC POETRY:

Registrations to participate in Pandemic Poetry are encouraged. You can register by emailing Betsy Irwin at questacreativecouncil@gmail.com.

POETRY BASICS: April 1 @ Questa Youth Center

The morning session 9 a.m.-noon is for youth, ages 12 and over (under 12 with parent's help). The afternoon session from 1-4 p.m. will serve adults and youth ages 16 and over.

Fun Activities: blackout poetry, using a marker to black out words in a newspaper to create a poem; ekphrastic poetry, free verse, and a take-home exercise. Betsy will be available to help students in the two weeks between workshops.

THE 3 P'S of P3: April 15 @ Questa Youth Center

Practice, Personification, and Performance. On this Saturday workshop, the focus will be on developing poems created from the first session, for performance. (And other poets who didn't attend Poetry Basics, but want to perform on the 29, should attend

this workshop).

PERFORMANCE: April 22 @ Yoga Sala

Saturday, April 22, from 1:30 to 3 p.m., there will be a practice session. The performance "dress rehearsal" will be on Saturday, April 29 and the final performance from 6 to 7:30 p.m. at Yoga Sala.

QUICK DRAW:

Questa will be hosting a Quick Draw on June 24 and 25 for artists and painters to create in the open Questa air. There will be judging and prizes awarded and area youth are invited to participate and the council will be providing free painting supplies. More information on this event is forthcoming, however, if you have any immediate questions, reach out to questacreativecouncil@gmail.com.



QUESTA ART TOUR 2023

Applications are now available for all artists interested in participating in the Questa Art Tour, the weekend of August 12 and 13. The application due date is April 22 in order to be included on marketing and printed materials about the tour. Interested artists can find applications at ArtQuesta, Rael's Market, or you can download from the website at www.questacreative.org.

QUESTA ART MARKET

The Questa Art Market will start up again on May 29 and run through early October.

Since 2021, The Art Market has offered local artisans a venue where they can display and sell their work to residents and visitors while growing their business. Are you interested in vending your goods with a ready-made browsing crowd? Contact Torre Strong at torrestrong@gmail.com.

Questa Art Market Vendors offer: handmade leather goods, jewelry, fiber arts, metal and wood-carved pieces, painting, pottery, minerals and gems, one-of-a-kind creative crafts, antiques, and much more.

Stories on Film — San Luis Valley "A Story To Tell" Documentary Collection Spanish/Mexican Family Oral History Part 3



Courtesy photos

Father Al Muñiz

THE FATHER AL MUÑIZ STORY

By Contributing Writer,
TOBY A. MADRID JR.,
Teacher and Educator

The picturesque San Luis Valley is located in the heart of Southern Colorado. Its residents are descendants of the Spanish conquistadors whose families have lived here for hundreds of years. Our community's rich cultural traditions have been passed on from generation to generation.

The story of Father Alfonso Muñiz begins in Capulín, a small town in the western part of the San Luis Valley. This documentary highlights what it was like growing up in Colorado's San Luis Valley in the early 1930s.

After a recording career as a Country and Western singer and a stint in the US Air Force, Al Muñiz became a priest in the Sacred Heart Order. After being a priest of the Sacred Heart in Franklin, Wisconsin, Muñiz spent two years in Puerto Rico, preparing to be parish priest for East Gary, Indiana. He served there from 1972 to 1983. He later served in Guayaquil, Ecuador from 1987 to 2004. Included with this film documentary DVD/CD package are recordings of Al's original Country and Western music. Total Running Time is 38:06

Film Trailer: <http://down-toearthmedia.org>

Rick Vigil is from Antonito, CO, proprietor and film producer of Down To Earth Media, LLC. In the past 20 years, he has produced a collection of documentaries on the culture, tradition, and spirituality of the Spanish-speaking communities within the counties of Conejos and Costilla in the San Luis Valley.

When you purchase these films you are saying "Yes!" to Oral History. Please encourage others do the same. Order your DVDs at <http://downtoearthmedia.org/order.html> Down To Earth Media, LLC, Contact Rick Vigil at (303) 842-9579 / dtem@comcast.net

Our Elders are open books and when they die so do their stories.



Courtesy photos

The native people of Capulín, Colorado reenacting the procession of the cross — a key moment in the Catholic faith

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Pages from the Treaty of Guadalupe Hidalgo on display in Denver

By MIKAYLA ORTEGA

Between 1846 and 1848, the United States was at war with Mexico, fighting to claim land and territory in the Southwest. The United States quickly started to take over different parts of Mexico including what was then known as Santa Fe de Nuevo Mexico and other parts of the Southwest, effectively defeating Mexico and claiming the land.

The Treaty of Guadalupe Hidalgo was signed in 1848 effectively ending the war with Mexico and giving over 500,000 square miles of land in California, Nevada, Utah, New Mexico, Colorado, and Wyoming to the United States. There were many cultural and identity considerations that came along with this change when many people found the border had suddenly crossed them.

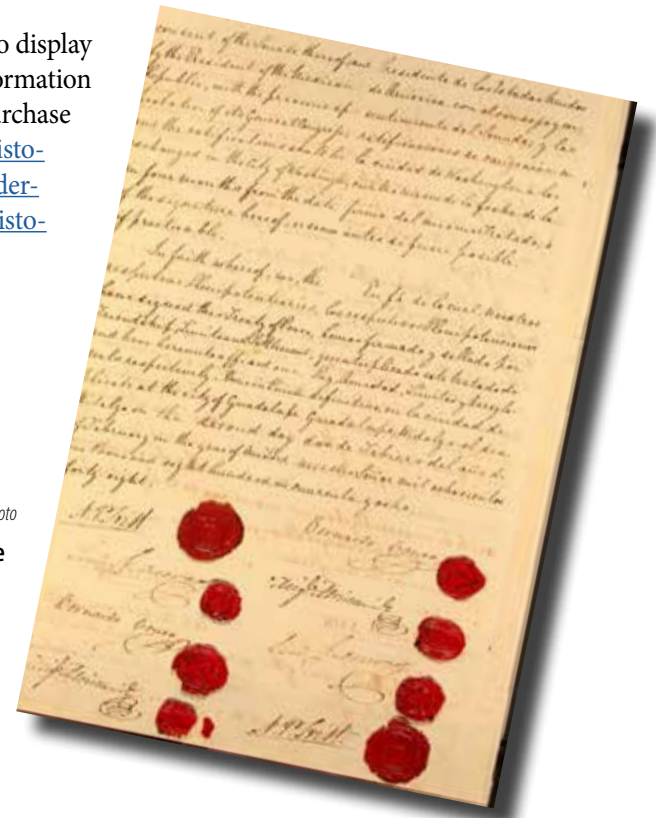
This treaty forced Native Americans onto Pueblo Reservations. This

change also dissolved land grants that had been established by Spanish settlers and Native Americans. When the treaty was agreed upon, a clause was in place to protect the land grants, however, it was stricken from the treaty when it was signed.

This treaty is thought to have disenfranchised many Native Americans, Mexicans, and Spaniards, by stripping them of their land and identity, creating a new identity for them as Americans, forcing them to the bottom of the pecking order in the never-ending work to establish a life and future for their families.

The Treaty of Guadalupe Hidalgo was signed 175 years ago and in Feb., the National Archives announced they would be lending four pages of this treaty to History Colorado Center in their Borderlands of the Southwest Ex-

hibit in Denver, Colorado to display until May 22. For more information about this exhibit and to purchase tickets, visit: <https://www.historycolorado.org/exhibit/borderlands-southern-colorado-history-colorado-center>



Courtesy photo

Page of the Treaty of Guadalupe Hidalgo on display in Denver



By Toner Mitchell

The Rio Grande stocking event is back!

After a three-year, COVID-mandated hiatus, the New Mexico Department of Game and Fish will be returning to the Rio Grande del Norte National Monument to lead a community stocking of Rio Grande cutthroat trout fingerlings in the gorge. For the first time this year, stocking will also take place at Eagle Rock Lake so that folks who don't want to endure the arduous gorge hike will be able to participate in this wonderful event.

The stocking will take place at the monument visitor center on the Wild Rivers road and at Eagle Rock Lake beginning at 10 am, Friday April 14.



Photo by Toner Mitchell

Bag of baby cutthroat fish about to be released

Game and Fish officials will provide instructions at the meeting locations. Participants will be given several baby cutthroats in sturdy plastic bags, after which they will empty the bags into the Rio Grande or the lake. The satisfaction of having contributed to the continued survival of the species in this way is a pleasure difficult to describe. In past years, people have traveled from as far away as Kansas, Texas, Colorado and Las

Cruces to experience it.

As we all know, the Rio Grande cutthroat is New Mexico's official state fish, a unique species of trout found only in the Rio Grande drainage (though a subspecies of this fish is also found in headwater streams of the Canadian River watershed). Once found in lower drainage streams like the Rio San Jose along I-40 and even in streams in West Texas, the Rio Grande cutthroat trout

now occupies a mere 10 percent of its historical range. The communities of Questa, Costilla, and Amalia constitute the epicenter of the cutthroat's habitat. In fact, the Valle Vidal is the largest connected cutthroat habitat left on the planet.

Remember, the hike into and out of the gorge is a physically taxing adventure. To get maximum enjoyment out of the experience, bring plenty of water, sunscreen, and food. Wear sturdy hiking shoes, long sleeves, and a sunhat to make the most of your energy reserves. Allow several hours for the hike, and don't forget your fishing rod and license, as well as a camera to capture memories of the spectacular scenery.

It's no exaggeration to say that, unlike any other animal, the Rio Grande cutthroat trout embodies the natural, spiritual and cultural essence of northern New Mexico and southern Colorado. We have elk, bighorns, mule deer and turkey, but so does the rest of the Rocky Mountains. The cutthroat is all our own. It has been with us through our history of making this place our home, and for thousands of years before us.

It's not too much to say that April 14 should be a day of celebration, of our communities, our culture, and our passion for sustaining them into the future.



BIRD IS THE WORD

By Bryce Flanagan

Starlings: Sparkling, Unwelcome Visitors

They're certainly eye-catching, to say the least: shimmering brown feathers topped with a lemon-colored beak, starlings are very easy on the eyes. Unfortunately, they're very hard on the environment and native bird species. First introduced to the continent in 1890 by ornithologist and Shakespeare fanatic Eugene Schieffelin, who had an ambitious, albeit naive and short-sighted vision of introducing every species of bird mentioned within Shakespeare's

works to Central Park. His hopes of bare branches covered in clusters of skylarks and nightingales were diminished after both flocks perished in the cold New York winter. His temerity persisted, and next he tried bringing over house sparrows, which fared well enough for him to release 60 European starlings. The starlings didn't just survive their harsh new conditions, they thrived. And from those original 60, starlings now populate the entire continental United States and every territory of Canada. Today they number around 200 million between Alaska and Mexico.

Before I start lamenting the downsides of starlings, it's worth noting their beneficial attributes. Starlings, like most medium and small sized birds, make quick work of garden pests like caterpillars and moths. They're also skilled aerial acrobats, performing synchronized dances in murmuration — the name for great flocks of starlings that swarm the dusk sky together to form swirling, swooping clouds above a communal roost site, giving a true feast for the eyes against the sunset.

Unfortunately, these positives don't negate the overwhelming negative effects of starlings. They exhibit aggressive



Courtesy Photo

behavior when searching for a nest, kicking birds out of their nests, and pecking holes in their eggs, even destroying the nests of other birds within their vicinity. They can lay four to five eggs at a time, strongly out-competing native birds. Starlings devour fruit and grain crops year-round, wreaking havoc on the agricultural sector and spreading diseases like salmonella while doing so. In 2012 \$51 million in damages were logged for sweet cherries alone, with starlings named as the number-one culprit. Livestock are also victims of invasions- a flock of 1,000 starlings (not an uncommon sight in resource-rich areas) can consume 1.5 tons of feed in 2 months, leaving behind parasitic and

viral pathogens in the feed troughs that are then transferred to livestock.

If you see starlings coming to your backyard, you can discourage them by pausing the bird feed for a few weeks. Without a consistent supply of food, they'll quickly move on to find another source. Cage-type feeders are great for attracting birds with smaller beak sizes and preventing starlings from being able to extract seeds. Starlings favor cracked corn and millet, so keep that out of your feeders until they move along. If you notice starling nests in your gutter or any cavity of your house, clear out the nest without hesitation before clogs and fire-hazards arise. Starlings and house-sparrows are the only exemptions to a federal law that prohibits removal of eggs from their nest. Avoid using poisons or other traps that will affect starlings and native birds alike — you're liable to do more harm than good that way.

It's a shame such talented, striking birds must be so detrimental for the other songbirds we love. Nevertheless, we can give a helping hand to native species by discouraging starling proliferation whenever we see them in our backyard.

Questa's Kenny LaCome offers messages of hope to the community

By ELLEN MILLER-GOINS

Visit Enchanted Forest Cross Country Ski Area on any afternoon and you'll likely encounter an elite athlete unloading his gear, good naturedly visiting with curious onlookers, then switching from his padded wheelchair to a "sit ski," a racing apparatus atop two narrow Fischer racing skis.

The ski is the latest iteration of a series of skis designed by its user, Questeño Kenny LaCome. On this warm March day, LaCome gamely rolls up a makeshift ramp to visit after another day of hard training. The bulletin boards at Enchanted Forest attest to his talent, highlighting newspaper articles and photos of his Nordic racing.

Some years his racing season is packed. This year his only race was in February at the 50th Annual Boulder Mountain Tour in Ketchum, Idaho, during which he competed along with 977 racers — 750 in the 34-kilometer full marathon and 227 in his event, the 15-kilometer half-marathon. Out of a field of 25 adaptive skiers "from people missing arms to amputees, and sit skiers, I came in second place," LaCome says.

That LaCome was bested by a 21-year-old from Bozeman makes the achievement even more impressive. He also placed 8th overall in the half among all male racers ages 60 to 69, even non-adaptive skiers. "I've actually taken a silver medal in that division in the past."

LaCome is competitive, no doubt, but asked what he likes about cross country ski racing, he notes, "The camaraderie, the people... The Boulder Mountain course is phenomenal... It's just a great course all around."

LaCome, 63, was born in Oklahoma (his father was in the Air Force) and grew up in Taos. He started motocross racing at age 13 and excelled at that before bad knees convinced him to pursue motorcycle road racing. "Initially, I thought it was more mental than physical," he says. "I soon found out it was more physical!"

On the heels of a self-confessed spiritual crisis in which he asked God to reach him no matter "how disastrous it is" he had an accident that completely changed his life. That he has always contended it changed his life for the better is a testament to LaCome's strength... and faith.

"Today my understanding of God has changed into an awareness of consciousness, the infinite, knowing that it is always



Photo by Susan Tryon

Kenny LaCome gave much more than a few "able bodied" skiers a run for their money is a testament to his training ethic.

present," LaCome says. "After the crash, that is what I chose on some level. I was very fortunate not to live from a place of victimhood."

He left rehab ready to live in that choice, pursuing competitive wheelchair tennis before living and working in Denver led him to Winter Park, Colorado, home of one of the largest adaptive ski programs in the United States. During his first days downhill skiing, LaCome says, "Everybody told me I was a natural."

He downhill ski raced competitively for 23 seasons, and trained for the 1992 Olympics in Albertville, France, until a bad crash left him badly shaken and unable to compete at that level. LaCome later qualified to go to the Paralympics in Salt Lake City. In March 2002, LaCome, then age 42, finished 10th in the Men's Super-G, among the top sit-ski racers in the world.

While at the 2002 Paralympics, LaCome says, "I was inspired by a female gold medallist to try cross country skiing. I figured it is never too late to check out

Nordic skiing and, five years after that, I decided to see what cross-country skiing was all about. "Then in 2009, "I started competing."

His peak year came in 2020 when LaCome won three bronze medals in three different cross-country skiing events at the U.S. Paralympic Nordic Nationals.

"I like the Nordic so much. I love the conditioning part of it the most. It gives me the strength to build a thriving life, having the strength to do all the transfers to get in and out of vehicles, on and off the floor, and other things. A higher quality of life for sure."

Also, a one-time competitive marathon racer, LaCome trains year-round. He uses "a dryland trainer that replicates cross country skiing in the summertime. It has wheels on it but I propel it using my poles. I basically designed it and this gentleman in Albuquerque built it."

This contraption is one of many LaCome has designed and built through the years. LaCome used his mechanical

expertise to build his first sit ski in Denver and earned second overall at the 1987 National Championships in New Hampshire on his invention.

Now living up Cabresto Road outside Questa, LaCome invents, trains and actively gardens growing "a variety of sprouts — alfalfa, cabbage, radish, clover, broccoli, peas, sunflower, mung beans, aduki beans, garbanzos, different types of wheat..."

He believes in health — in body and spirituality — and shares his knowledge at Yoga Sala where he offers microgreens presentations. "Only recently I was exposed to the word 'microgreens,' LaCome says with a laugh. "I've eaten this way for over three decades. All I ever knew them by is sprouts."

"I'm into personal development that focuses on the whole complete being, from the mind to the body to spirituality."

His spiritual practice includes daily meditation and gratitude. LaCome's gratitude extends to acknowledging all the support he receives. He would like to thank Enchanted Forest Cross Country "for the training facility and support, and I'd also like to give recognition to The Challenged Athletes Foundation for their support."

Now he says, "I'm wanting to share the story with others that living from a place of victimhood basically puts you in survival mode. We have a choice to enhance our quality of life. I've been investing in personal development now for close to a decade.

"I realize now that I want to be of service to humanity through life coaching. I'm already doing one on one sessions. I want to get into doing groups. That's really where my life is today. It's really the passion that's pushing me forward today. Realizing the value of that and realizing the value in others... And getting people to realize the value in themselves.

It's about realizing that we have the power within us. If you grow up poor, for instance, then you grow up believing, 'Well I can't receive abundance' but you have a choice. The only thing that's keeping me from that is if I decide to disempower myself. When you get into that victim mindset, then that's where it keeps you.

"What it's about is realizing the universe is benevolent. That makes a world of difference."

Interested in Kenny's life coaching? Contact Kenny LaCome at lacomeken@q.com or (575) 770-9171.

Burglary at Best Care Pharmacy

By STAFF WRITER

The Taos County Sheriff's Office (TCSO) responded to a burglary at Best Care Pharmacy on Saturday, February 25. Initially, the call was reported by the adjacent Questa Lumber & Hardware Store, however, upon arrival, deputies learned that the hardware store had not been broken into, but the pharmacy had. This investigation indicates theft had occurred. Officials reiterate the investigation is still ongoing, and TCSO is currently following up on several leads. This burglary has significant similarities to several pharmacy burglaries in Albuquerque and Santa Fe in late 2022.



Courtesy Photo

Interior of our local Best Care Pharmacy, Questa

TCSO is working to identify the suspect. If you have any information about this burglary, contact Taos County Crime Stoppers at (575) 758-4258.



Green Parking

Most parking lots are not environmentally friendly.

They use non-renewable materials, destroy habitats, and create storm water runoff, requiring expensive drainage systems.

Grass paver systems offer a greener alternative that's cheaper than concrete, stronger than asphalt and easier to maintain.

Interlocking plastic grids are seeded and grown, and create a surprisingly durable surface.

It filters rainfall as it passes through

while preventing flooding and erosion.

The grids are made of recycled plastic which can be recycled again at the end of their life cycle.

And unlike asphalt, grass pavers provide a habitat for insects and don't reflect heat, which helps to cool adjacent buildings.

Grass Pavers are easy and attractive, and create parking lots that are promising and green in more ways than one.

This story brought to you by Arroyo Seco Live.

"Building community through creativity.

SecoLive.org

Visit us at <https://goodnewsgoodplanet.com/>

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To listen to the audio story:

https://mcusercontent.com/6dd23531465f1c13f80eb7d84/files/20712c5e-5bc9-b2e7-3e0f-ba08410aea92/GN_7.86_GreenParking.mp3

LGX UPDATE cont'd from page 3

management of water and waste water services. This bill passed through two Senate committees, passed the Senate unanimously, then passed through one House committee, and passed the House 46-22. It was signed by Governor Michelle Lujan-Grisham on March 13.

SB21 - A bill to prohibit prescribed burns during the spring. Initially the bill prohibited prescribed burns between the dates of March 1-31 but it was amended by its sponsor to be more specific, prohibiting prescribed burns whenever the National Weather Service

has issued a red flag warning regardless of the time of the year. This bill passed through two Senate committees and two House committees and passed both the Senate and the House unanimously. It now sits at the Governor's desk awaiting action.

Governor Michelle Lujan-Grisham has a deadline of April 7 to finish signing passed legislation. If the Governor fails to sign legislation, that legislation is automatically vetoed. A list of signed legislation from this year's session can be viewed at the website for the office of the Governor: <https://www.governor.state.nm.us/about-the-governor/signed-legislation/>.

Bear cub found in Red River dumpster nursed back to health

By DYLAN R.N. CRABB

Cottonwood Rehab in Española has been caring for a malnourished bear cub found in February in a dumpster in Red River. Initially, the bear was taken in by New Mexico Game and Fish (NMGF).

The bear weighed only 11 pounds when he should have weighed at least 120 pounds at the time it was taken in by the NMGF. In a statement to the Questa del Rio News, officials from Cottonwood Rehab believe the bear was separated from his mother as the

Hermit's Peak and Calf Canyon fires raged across Northern New Mexico last year.

The bear is no longer in intensive care and is improving little by little each day. Officials at Cottonwood Rehab have named the bear Dawn, because it took three hours with a half a bottle of Dawn dish soap to clean him up. The Land of Enchantment Wildlife Foundation expects to release the bear back into the wild this fall.

To make a donation to assist with the bear's continued care, visit lewf.org.



Courtesy photo from Land of Enchantment Wildlife Foundation

Rescued bear cub when first taken in by the New Mexico Game & Fish



Courtesy photo from Land of Enchantment Wildlife Foundation

Rescued bear cub after a few months at the rehab facility in Espanola

Free and low cost spay/neuter

By STAFF WRITER

Zimmer Feline Foundation's mission is to help low-income families spay and neuter their pet cats. Spay and neuter vouchers are FREE and pay the full cost to spay or neuter cats at our participating veterinary clinics in several counties, including Taos.

Call to make an appointment today, the application process takes approximately five minutes. You can visit the website for program details at zimmer-foundation.org or by phone at (505) 466-1676.

The San Luis Valley Alliance also offers low cost spay and neuter services in Monte Vista, CO, half an hour west of Alamosa. All these prices are offered at significantly lower



Photo by E. Wilde

My spay and neutered sibling kittens. Bea, Sukie and Rocket. They are three now.

costs than veterinary clinics. Book your appointment as soon as possible at slvspayneuter.org or call them at (719) 657-7076.

Clean yards increases your home's resistance to wildfires

By MIKAYLA ORTEGA

In April of last year, New Mexico saw its largest and most damaging wildfire in state history. The Calf Canyon Fire and Hermit's Peak fire burned across San Miguel, Mora, and Taos Counties, destroying over 341,000 acres and burning more than 900 structures, nearly 400 of which were homes.

Nationally, the forest fire trend continues to increase in size and frequency, and it is not expected to slow anytime soon, due in-large-part to the changing climate.

In response, Carson National Forest is working to encourage residents to prepare for wildfires year-round through the 'Wildfire Preparedness is Year-Round' campaign.

This month, officials are encouraging residents to clear the brush and dead vegetation around their homes and property. Officials say dead brush and vegetation in close proximity to homes can create dangerous situations, potentially leading a fire directly to your property.

Fire fuels are substances which ignite and spread quickly. Some of those fuels naturally present in northern New Mexi-



Photo by National Forest

Hotshot crews shared their photos from battling the Calf Canyon Fire and Hermit's Peak fire last year.

co include pine needles, leaves, and dead grass. Cleaning up and removing these items away from your property will help mitigate fire risk.

Removing dead and dry vegetation trapped against your property, under your deck or porch, and against your fences can provide a gap in vegetation, potentially protecting your home and property from quick-moving fires.

The nearest disposal site in northern Taos County is located at the Taos Coun-

ty Solid Waste site in Cerro. Information about this site is located below.

Burning debris is a common practice used to clear old and dry vegetation. If this is your preference, it's important to follow all local burn ordinances, while checking local weather conditions on the National Weather Service account online or via local news reports. Red flag weather days are not recommended for burning due to forecasted windy conditions, dry air, and low precipitation. These condi-

tions pose a high likelihood for a fire to grow out of control, easily.

Additional tips to increase your home's safety from wildfires include storing firewood, gas cans, lawn mowers, cardboard, and other combustible materials at least five feet away from structures. If a fire is traveling quickly, keeping these items away from your home will reduce the likelihood of these combustible materials spreading the fire directly to your home and property.

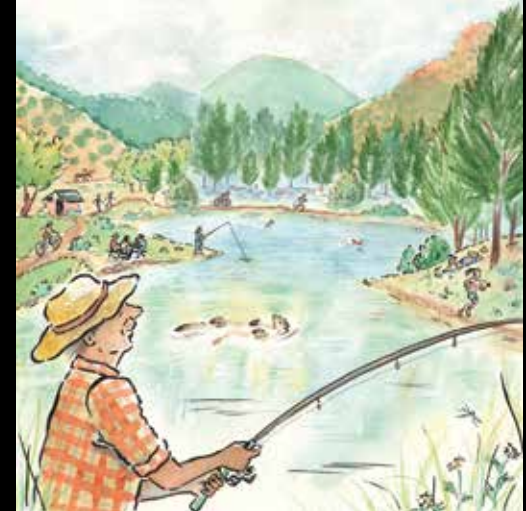
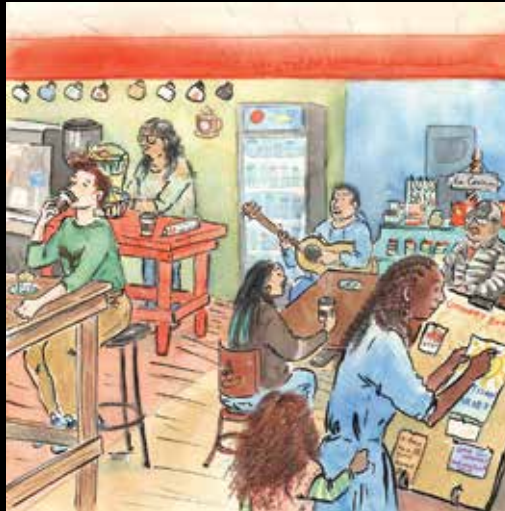
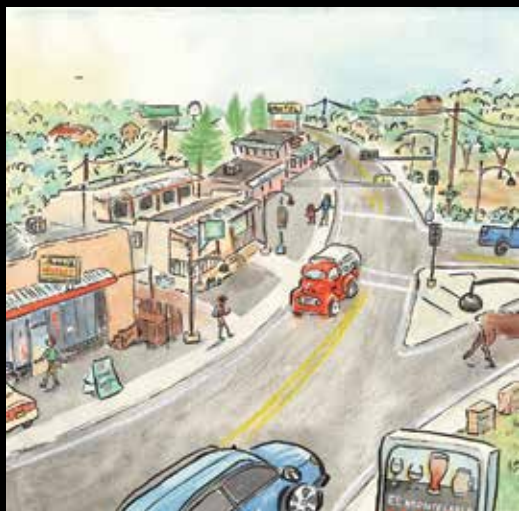
When looking at longer term projects, cleaning bosques and replacing grasslands with gravel and river rock also prove to be effective mitigation efforts to protect your home.

DUMP SITE INFORMATION:

To get updated hours and pricing, call (575) 737-6337

Directions: From the intersection of State Road 522 and State Road 378 proceed west approximately three miles on State Road 378 to the intersection of County Road B-038. Proceed 3/4 miles west to the site on the south side of the road.

What's Your Kind of Questa?



The LOR Foundation wants to know!

LOR is a private foundation that works with people in the rural Mountain West to improve quality of life in their communities. And we're excited to have recently begun working with Questa!

We know the best ideas come from locals. That's why we work directly with residents to fund solutions that can be quickly brought to life—like helping students learn traditional music and nonprofits coordinate volunteer efforts.

Those are just a couple of the initial projects we're supporting in Questa, and we want to know what else you have in mind!

Community officer Maria Gonzalez wants to hear about your kind of Questa, so reach out to her with your ideas—big or small: maria@lorfoundation.org or 575-665-2001.



Featured Photo April 2023

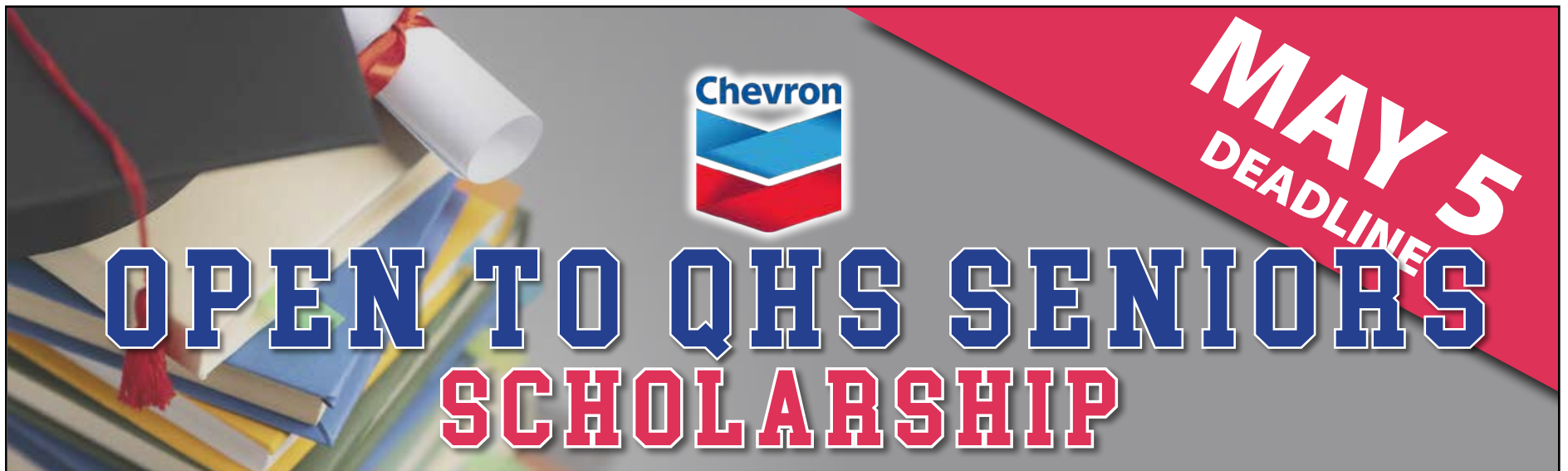


Photo by a class attendee who learned a lot and is grateful for these community free classes.

Kenny LaCome holding up very well under my deluge of questions while he conducted his extremely well attended and informative class. This class was on Microgreens and was part of Yoga Sala's ongoing free Community Wellness classes.

Email your photo submissions to GraphicsDept@QuestaNews.com





MAY 5
DEADLINE

OPEN TO QHS SENIORS SCHOLARSHIP

The Chevron Scholarship Committee is accepting applications from Questa High School seniors. The scholarship is meant to assist students in paying for costs associated with higher education and vocational studies.

Qualifying factors for seniors who are interested in applying for the scholarship include:

- Must be in good academic standing with Questa Sr. High School
- Must plan to enroll for the first time in a full-time program at an accredited college, university, or vocational school for the Summer or Fall 2023 semester
- Must be current seniors

Students can pick up scholarship applications at the Questa High School counselor's office.
Applications must be submitted or postmarked by May 5.

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

CREATIVE FAMILY FUN

WITH TWIRL @ QUESTA LIBRARY



SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATH ACTIVITIES WITH TWIRL!

STEAM PLAY

Friday April 14th 1-3pm

3-2-1- LIFT OFF!! Come have a blast with Twirl as you design, build and launch projectiles including stomp rockets, straw rockets and chemical reaction rockets!

Geared towards elementary aged children and their families. Parents and kids learn together as they play, create & explore!

For more information call 575.586.2023





Together We
Create A Safer
Community

Call CAV for help when you or someone you love needs support - free, confidential services for ALL survivors of child abuse and domestic/sexual violence.

What You Can Do...

 Make a one time financial gift or monthly pledge	 Shop at CAV Thrift Store	 Volunteer for office, maintenance, and thrift store support	 Donate gently used furniture and household items to CAV Thrift Store
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Donations from the community provide services for survivors 24-hours a day.

Community Against Violence
24 Hour **HELP** line: 575-758-9888
24 Hour **TEXT** line: 575-770-2706



Hablamos Español 

Office 575-758-8082 TaosCAV.org @TaosCAV
Community Against Violence

O B I T U A R Y

**Sadie Lucia Aguilar**

Sadie Lucia Aguilar, 88, a life-long resident of Cerro, passed away Feb. 11, 2023. She was born Nov. 3, 1934 and is preceded in death by two husbands, Elivy Jose Segura and Medardo "Bardo" Aguilar, parents, Edward Ortega and Francinia Rael, brothers Floyd (Roxanne) and Fred (Maxine) Ortega and children Frances (Amos) Martinez, Ernesto (Susan) Segura, and Geno (Monica) Aguilar. Her mother died when she was young and she was sent to live with her paternal grandmother, Eljia and her husband Manuel Jaramillo, of Arroyo Hondo.

Sadie attended primary school in Cerro where she learned English. She finished her schooling in 1949 and went to Denver by train where she lived with family and worked at a private boys' school cleaning dormitories and picking peaches in the summer. She returned home a year later and married Elivy Segura on Dec. 29, 1950. She made her home for the next 15 years in Hawthorne, Nevada (1951-1966), where she would raise her six children. After her husband's passing in Sept. 1965, Sadie returned to New Mexico to stake her claim on the Segura Land Grant, where she bought her home.

**IN MEMORIAM
"THANK YOU!"**

On behalf of the family of Benjamin Garcia, we would like to sincerely thank all of you for the food, generous donations of money and cards of condolences; for your phone calls and visits of prayer and concern. To Deacon Marcus Rael, who visited and prayed over our father. To Louis Herrera for praying the Rosary, To the Pall Bearers who honored Benjamin.

We would like to thank Joey Ortega for digging the grave at the cemetery; DeVargas Funeral Home for the care entrusted to our father; and the Friendship Circle in Questa for the meal and the use of the VFW building.

Special thanks to Roger Blanco for TAPS and the VFW for the Military Tribute.

Also, a special thank you to all who traveled from outside New Mexico and Questa. Thank you to Benjamin's caregivers, Nora Gallegos and Marcie Gomez, who cared for our father with compassion. Thank you to the Mountain Home Health Hospice Team as well.

Isabel, Germaine, Louise and Benny

**Joe T. Martinez**

Joe (Teddy) Martinez was born in Questa, NM on Nov. 24, 1961 and died in his home in Questa on March 4, 2023.

He was preceded in death by his parents Trivinio and Ursula Martinez; and infant brother Floyd Martinez.

Joe is survived by his sons Joshua Martinez and Justin Martinez (Katrina); grandchildren Aalyiah, Jordyn, Skarlet, and Ezekiel Martinez. Joe was one of 12 children, Trudy Arellano Stewart, Carol Rael (Francisco), Clyde Martinez (Francella), Walter Martinez (Christine), Alan Martinez (Gloria), Dean Martinez (Nancy), Russell Martinez (Frances), Lorraine Montoya (Lawrence), Jeannie Baca (Michael) and Debbie Cisneros (Daniel). Joe had a special relationship with each of his siblings. He is also survived by many nieces, nephews, relatives, and friends.

The family is grateful for all the support from friends and community.

**Blue
Cornmeal
Pancakes****Ingredients**

3/4 cup blue cornmeal
1 teaspoon salt
1 tablespoon white sugar
1 cup boiling water
1 beaten egg
1/2 cup milk
2 tablespoons butter, melted
3/4 cup unbleached all-purpose flour
2 teaspoons baking powder
1/2 cup pine nuts, toasted

Directions:

- In a medium bowl, mix together the blue cornmeal, salt and sugar. Stir in the boiling water until all of the ingredients are wet. Cover, and let stand for a few minutes.
- In a measuring cup, combine the milk, egg and melted butter. Stir the milk mixture into the cornmeal mixture. Combine the flour and baking powder; stir into the cornmeal mixture until just incorporated. If the batter is stiff, add a little more milk until it flows off the spoon thickly but smoothly.
- Heat a large cast iron skillet over medium heat, and grease it with a dab of oil or butter. Use about 2 tablespoons of batter for each pancake. Quickly sprinkle a few pignoli onto each cake. When the entire surface of the pancakes are covered with bubbles, flip them over, and cook the other side until golden. It's hard to tell when blue food is cooked through--so give them a few extra seconds if you're in doubt.
- Serve immediately with maple syrup or fruit preserves.

Thank you to Monica Sanchez for sending in this recipe!

**Easter Hatch
Green Chile
Deviled Eggs****Ingredients**

2-oz. Hatch Diced Green Chiles
(1/2 of a 4oz can)
2 tsp. Hatch Jalapeno juice from a 4oz or
12oz can of Hatch Nacho Sliced Jalapenos
1/3 cup mayonnaise
1 Tbsp. chopped cilantro
8 whole hard-boiled eggs
1/2 tsp. oregano
1 tsp. paprika

Directions

- Mix the mayonnaise with enough Hatch Jalapeno juice to taste.
- Add the cilantro, oregano. Taste to correct seasonings.
- Don't make the prepared sauce too thin.
- Cut the eggs along the length and remove the hard-boiled yolks.
- In a bowl, mash the yolks with the jalapeno mayonnaise and green chile.
- If you have a pastry bag, put the mixture in it, and squeeze the mixture back into the hollows of the whites. Otherwise, use a spoon to fill whites.
- Dust with paprika. Cover and chill for up to 2 hours.
- Remove from the refrigerator and allow to come to near room temperature.
- Garnish with sprigs of cilantro before serving.

For more recipes like this, visit www.hatchchileco.com

**Santa Fe
Carrot Cake****Ingredients
Cake**

1 cup olive oil
4 eggs
1 cup white sugar
1 teaspoon vanilla extract
2 1/4 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon ground nutmeg
3 cups shredded carrots
1/2 cup chopped walnuts
1/2 cup raisins

Frosting

1 (8 ounce) package cream cheese, softened
1/4 cup butter, softened
1 cup confectioners' sugar, or more to taste

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease two 8-inch cake pans.
- Mix olive oil, eggs, sugar, and vanilla extract together. Combine flour, salt, cinnamon, baking soda, baking powder, and nutmeg in a separate bowl.
- Stir flour mixture into oil mixture until well blended. Fold in carrots, walnuts, and raisins. Portion batter evenly in cake pans.
- Bake in the preheated oven until tops spring back with lightly touched, 25 to 35 minutes. Adjust temperature if cakes are browning too quickly. Let cool completely, about 30 minutes.
- Beat cream cheese and butter together just until smooth. Add confectioners' sugar; beat until smooth. Spread frosting over the cooled cakes.

Thank you to K. Bird for sharing this recipe!

**Instant Pot®
Carne Adovada****Ingredients**

8 dried New Mexico chiles, stemmed and broken into small pieces
2 cups low-sodium chicken broth
1 tablespoon canola oil
4 pounds pork shoulder, trimmed and cut into 1-inch cubes
2 tablespoons all-purpose flour
6 cloves garlic
2 chipotle peppers in adobo sauce (Optional)
1 cup diced onion
1 tablespoon cider vinegar
1 teaspoon kosher salt (Optional)
1/2 teaspoon dried oregano
1/4 teaspoon ground cumin

Directions

- Place New Mexico chiles in a heat-proof bowl.
- Bring chicken broth to a boil in a small saucepan. Pour over the chiles; left soften, about 30 minutes.
- Turn on a multi-cooker (such as Instant Pot®) and the select Saute function. Coat pork with flour and add to pot in batches; saute until golden brown, about 15 minutes.
- Transfer soaked chiles to a blender. Add broth, garlic, and chipotle peppers; blend until smooth.
- Combine blended chile sauce, onion, vinegar, salt, oregano, and cumin in a bowl; pour sauce over the pork.
- Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 20 minutes. Allow 10 to 15 minutes for pressure to build.
- Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove lid.

Note from the cook: The sauce thickens as it cools a bit but if your sauce is too thin set your pot on Saute for 5 to 10 minutes to let some of it evaporate, or make a slurry by mixing 1 tablespoon cornstarch and 3 tablespoons water and pour into the pot. Let it boil on Saute until thickened.

For more recipes like this, visit allrecipes.com.



QUESTA AREA ACEQUIA ASSOCIATIONS

ANNUAL MEMBERSHIP MEETINGS & DITCH CLEAN UP DATES

Please contact your Ditch Association President for more information.

ACEQUIA MADRE DEL RIO COSTILLA

Karen Blair, President (575) 224-9855

ANNUAL MEMBERSHIP MEETING:

When: Thursday, March 30, 7:00 p.m.

Where: RCCLA Meeting Hall, Costilla

Spring Clean Up dates will be determined at the Annual Meeting

VALLEJOS-MARTINEZ ACEQUIA

Martha Sanchez, President (575) 770-2047

SPRING CLEAN UP DAY:

When: Saturday, April 29, 9:00 a.m.

Where: Sanchez property

ANNUAL MEMBERSHIP MEETING:

When: Sunday, July 23, 1:00 p.m.

Where: Amalia Community Center

JJ SANTISTEVAN ACEQUIA

Karen Gonzales, President (303) 929-2646

Dates will be determined for the Annual Meeting and Clean Up Day after the Colorado snow melt

CABRESTO LAKE IRRIGATION COMMUNITY DITCH ASSOCIATION

Danny Garcia, President (575) 779-6214

SPRING CLEAN UP DAY:

When: Saturdays, April 1 & 15, 8:00 a.m.

Where: Parish Center

ANNUAL MEMBERSHIP MEETING:

When: TBD

LAMA DITCH ASSOCIATION

Joseph Lightman, President (575) 779-2725

SPRING CLEAN UP DAY:

When: Saturday, April 15, 9:00 a.m.

Where: ditch crossing at Lama Foundation Road

ANNUAL MEMBERSHIP MEETING:

When: TBD

LLANO IRRIGATION COMMUNITY DITCH ASSOCIATION

Louis Herrera, President (505) 975-1633

ANNUAL MEMBERSHIP MEETING:

When: Saturday, April 29 at 9:00 a.m.

Where: Questa VFW Hall

Spring Clean Up dates will be determined at the Annual Meeting

QUESTA CITIZENS DITCH ASSOCIATION

Bobby Ortega, President (575) 586-2144

ANNUAL MEMBERSHIP MEETING:

Held in March, exact dates TBD

SPRING CLEAN UP DAYS:

North Ditch Cleanup Day:

When: Saturday, April 15, 8:00 a.m.

Where: Ranger Station on Hwy 38

Contact: John Rael (575) 586-2361

South Ditch Cleanup Day:

When: Saturday, April 22, 8:00 a.m.

Where: Ranger Station on Hwy 38

Contact: Bobby Ortega, (575) 586-2144

Molino Ditch Cleanup Day:

When: Saturday, April 22, 8:00 a.m.

Where: Diversion

Contact: Pancho Ortiz (575) 779-5169

Middle Ditch Cleanup Day:

When: Saturday, April 29, 8:00 a.m.

Where: Family Dollar parking lot

Contact: Louise Gallegos (575) 613-5490

RIO COSTILLA DITCH ASSOCIATION

Telesfor Gonzales, President (575) 779-9108

ANNUAL MEMBERSHIP MEETING:

When: Friday, March 31, 6:00 p.m.

Where: RCCLA Membership Office in Costilla

Spring Clean Up dates will be determined at the Annual Meeting

SAN CRISTOBAL DITCH ASSOCIATION

Barbara Ohm, President

SanCristobalDitchAssociation@gmail.com

ANNUAL MEMBERSHIP MEETING:

When: Sunday, April 2 at 2:00 p.m.

Where: San Cristobal Community Center

Spring Clean Up dates will be determined at the Annual Meeting.

No information is available for the following Associations:

Acequia de Cerro de Guadalupe

Dean Archuleta, President

Barela Ditch

Elueto Rivera, President

Cerritos #2 Ditch Association

Steve Rivera, President



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

SAFETY IS OUR 1ST PRIORITY

Kit Carson Electric Cooperative (KCEC) is taking a proactive approach to effective and timely communication with our members. Northern NM has experienced winter squalls and extreme weather storms in previous years. During these storms, KCEC crews and staff evaluate, plan and prepare for future potential disasters. KCEC has learned that active communication during a potential disaster helps members prepare and take the necessary steps to stay safe.

WAYS KCEC KEEPS MEMBERS SAFE:

- Year-round tree trimming and maintenance (KCEC attributes the minimal outages to the active tree trimming and system maintenance of our electrical system throughout the year).
- Continually inspecting poles, substations and electrical equipment to reduce power interference and increase fire mitigation.
- Using satellite technology to detect tree and forest vegetation for a strategic plan for tree-trimming crews.
- Our employees are CPR certified.
- KCEC has an internal safety committee to proactively educate and train KCEC employees.
- KCEC finds new ways to ensure our employees and community



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

\$8,806,520 DOLLARS SAVED ON ELECTRIC BILLS SINCE LAST JULY!!!!

APRIL CLEAN UP cont'd from page 14

Community Connection Days are collaborative, intergenerational days of community give-back and celebration, taking place in and around Questa. Each gathering is an opportunity to connect with friends and make new ones, to

care for and improve our public spaces and envision together what we want for our community.

This effort is made possible by collaborators Questa Junior-Senior High School Honor Society, Village of Questa, Taos County Solid Waste, LEAP, Localogly, local churches, North Central Food Pantry, and many community

volunteers. The Questa Junior-Senior High School Honor Society activities are sponsored by the LOR Foundation. LEAP's clean-up and beautification efforts at the Questa Municipal Park are funded by Chevron Grants for Good through Taos Community Foundation as well as individual donors.

We look forward to beautifying

Questa with you on Thursday, April 20th! Thanks to all involved for making this community effort possible. Next month, join in the May Community Connection Day in downtown Questa preparing the Questa Farmers Market, Visitor Center and Village Center for opening Memorial Day weekend.

I DARE YOU cont'd from page 8

personal strength to go beyond your comfort zone. What kind of situations inspire you to create new pathways and take action? How have these experiences affected your life and the lives of others? Are you grateful for the change within yourself? I

will include stories relating to the seasons and holidays. I look forward to listening and hearing your voice. Happy Spring!

My story of a dare was when I left my home of 20 years in Northern California and moved with my kids, horse and chickens to Amherst, Massachusetts. I left a marriage and a life of great stability and

comfort. Originally my daughter, April, wanted to attend the college at UMass in Amherst. I was the one who ended up going to school at night at UMass while working during the day as a cook at Whole Foods. This experience of five and a half years was hard, challenging, and scary. I was required to go out on a

limb many times, way beyond my comfort zone. It took great courage to support my family and go to school at night. It was a valuable experience that taught me about myself and the bigger world out there. I am grateful for daring myself to take on a whole new life to learn new skills and expand my horizons.

STATE CHAMPS cont'd from page 1 and refocus."

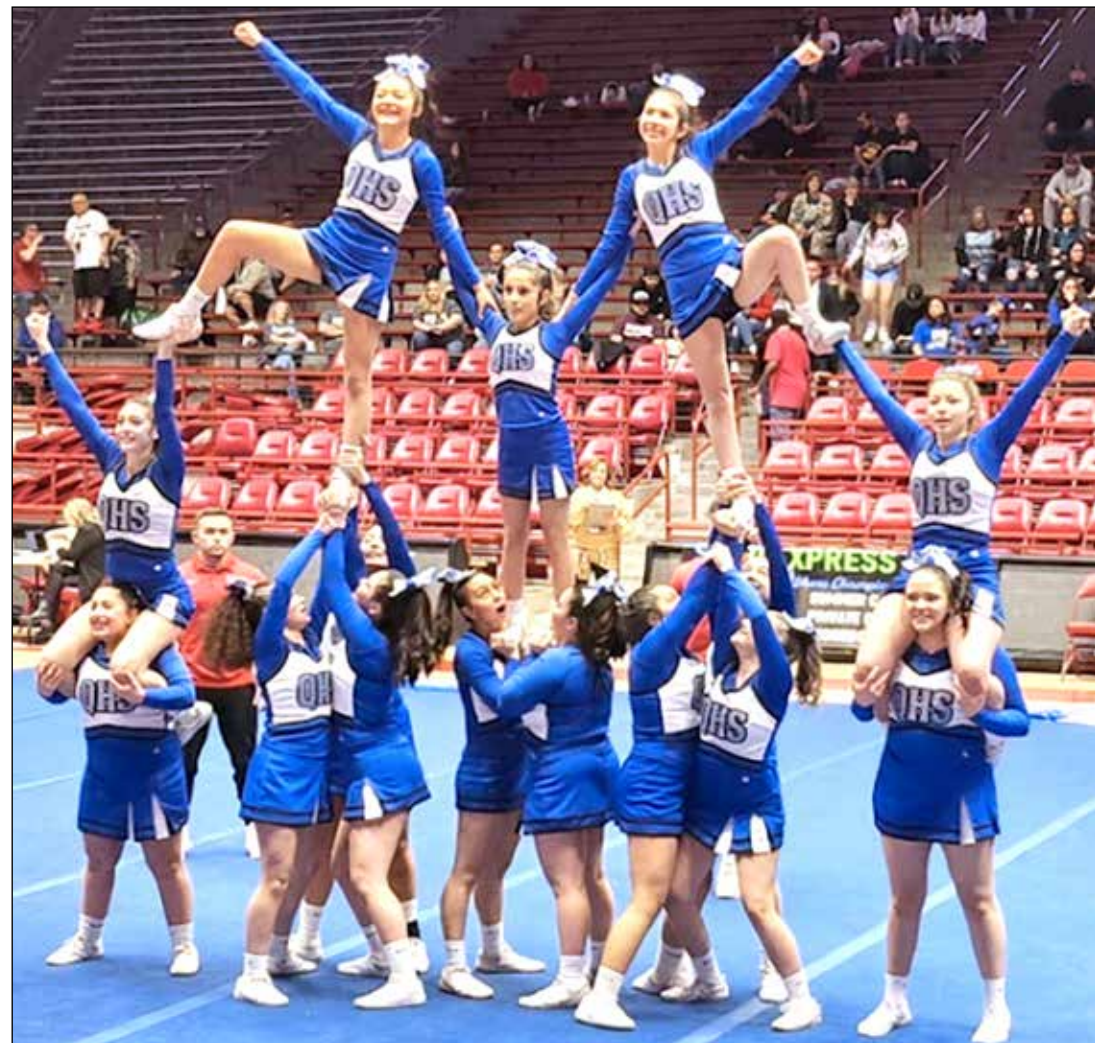
Working with this team has been years in the making. Maria says she and Angel coached some of the girls on this team since they were small, from about 2012 through 2019. "We were the Flamin' Blues and we practiced under NMAA rules so the girls knew what to expect when they got older," Maria says. The work and dedication over the years is clearly evident and this team is very strong. "We want to keep winning

championships!" Maria says of her hopes for coming years. She wants to continue coaching for as long as she is able.

"It takes a village, and we are so grateful and touched to be from this community. Everyone has been so supportive and we feel so loved by the community of Questa, we are so grateful," Maria says of the recent celebrations around the team's back-to-back state championship. The girls have successfully kept the championship in the Q, the fourth overall state title for the Questa cheer team. We hope to see another championship in 2024!



Courtesy photo QHS Cheer



CONGRATULATIONS!!

Kyline Rael
Questa Cheer performing a stunt at state

Questa Cheer posing at their pep rally before leaving for the state

2023 State Championship Roster

- Senior Jaydyn Cintas
- 8th grader Olivia Martinez
- Freshman Jocelyne Ortega
- Sophomore Kiara Arellano
- Sophomore Alyana Leon
- Freshman Ariana Media
- Freshman Marissa Ortiz
- Freshman Janae Dominguez
- Freshman Alyse Lovato
- Senior Karina Rael
- Freshman Joshlyn Media
- 8th grader Karla Trujillo
- Freshman Aaliyah Piper
- Sophomore Aliyah Santistevan
- 8th grader Mariana Ortega
- Sophomore Kamryn Cardenas

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
APRIL 2023

A YEAR OF TRANSITION

“We need a revolution every 20 years just to keep government honest.” Thomas Jefferson

At the end of March Pluto shifted from Capricorn – where it has been since January 2008 – into Aquarius. We can all remember the Great Recession of 2008. Capricorn is the sign of business, authority and corporations while Aquarius is about ALL the people, the Big Picture. This combination of a potentially explosive Pluto and the interests of the people often spells Revolution.

The last time Pluto was in Aquarius was 1777 – 1797. During this time America declared its independence from England in 1776 under Pluto in Capricorn. The revolutionary war lasted until 1783; the US Constitution was established in 1787, followed by the Bill of Rights in 1789. The French Revolution started in 1789 with the overthrow of the monarchy, the abolition of the feudal system and the declaration of the “Rights of Man.” The Industrial Revolution was also picking up speed and steam power was revolutionizing transport and the textile industry. The Enlightenment reached its peak with ideas of individualization and rational thought. Catherine the Great on the throne in Russia supported the Enlightenment and instituted many reforms in the arts and sciences for her people.

Pluto is our slowest moving planet and therefore sits in a sign for a very long time, witness the last 15 years. This year we will get just a taste of what it feels like to shift signs because it will retrograde back into Capricorn in June and will finish out the year in that sign. Then it moves forward into Aquarius again in January 2024. At that point it will mostly remain in Aquarius for the next 20 years, with only a quick month in 2024 when it barely retrogrades back again. This is a big reason to feel that we are fully into the Age of Aquarius, since Pluto’s slow movement affects whole generations. After January, everyone born for the next 20 years will have an Aquarian Pluto in their birth charts.

Everyone: On April 20, a hybrid solar eclipse is visible on the far side of the world.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: You may feel like you’re running aground.
Direction: Turn that sense into one of stabilizing what you’ve already started.
Soul Thought: “Everybody wants to build and nobody wants to do maintenance.” Kurt Vonnegut

TAURUS ♉ Planet: Vulcan ♀ APRIL 19 – MAY 20

Dynamic: It’s a time when you can make the most of your talents.
Direction: Ponder where your resources are best used.
Soul Thought: What is Spring Green?

GEMINI ♊ Planet: Venus ♀ MAY 20 – JULY 20

Dynamic: You have more than one option in this relationship.
Direction: Are you one who has eyes to see?
Soul Thought: Things are usually not what they seem.

CANCER ♋ Planet: Neptune ♆ JULY 20 – JULY 22

Dynamic: The home front is a bit tricky this month.
Direction: You could be the anchor.
Soul Thought: As long as you keep your emotions clear.

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: Time to put your head down and keep plodding on, not your fave thing.
Direction: Concentration is the trick.
Soul Thought: What is the eye of the bull?

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: It might be time to convert something to cash.
Direction: Keep things flowing.
Soul Thought: The movement of money is just the movement of energy.

LIBRA ♎ Planet: Uranus ♁ SEPT 22 – OCT 22

Dynamic: Are you hearing the voice of authority?
Direction: Determine, who’s your Master?
Soul Thought: Materialism or ...

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: You may feel like you’re “camping out” for a spell.
Direction: Make your campsite comfortable.
Soul Thought: Where is Home?

SAGITTARIUS ♐ Planet: Earth ☷ NOV 21 – DEC 20

Dynamic: Your balance may seem unsure this month.
Direction: Before you fly too high, come back to earth.
Soul Thought: The body, the emotions and the bank.

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: You’ve climbed high to see the big picture.
Direction: Now dive deep to see the inner picture.
Soul Thought: It’s an inside job.

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: It is about the beginning of mankind itself.
Direction: Research Adam.
Soul Thought: “I know that I know nothing.” Socrates

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: You may feel you are rising to the surface after a long time under.
Direction: Bring with you what you learned.
Soul Thought: No death, no transformation.

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.



Red River Brewery live music summer line-up

The Red River Brewing Company & Distillery has announced its 2023 live music summer lineup for bands scheduled to perform on the east patio. All live music performances will be from 5 p.m.–8 p.m. through August.

JUNE

May 20: Dustin Burley
May 25: Paul Robison
May 26, 27 & 28: 4 Letter Word
June 1 & 2: Benny Bassett
June 3 & 15: Dustin Burley
June 8: Feelin’ Good
June 9: Ry Taylor Band
June 10: Gary Gorence
June 16 & 17: Jenni Dale Lord
June 22-24: Kristal Wight
June 29 & 30: John Hibbard

JULY

July 1: Dustin Burley
July 6: Melody and Matt
July 7 & 28: Ry Taylor Band
July 8: The UZ Band
July 13: Paul Robison
July 14: Tina Turner Band
July 15 & 29: Gary Gorence
July 20: Dustin Burley
July 21 & 22: Brian Romero & Earl Baca
July 27: Dustin Burley

AUGUST

August 3, 4 & 5: Brian Romero
Aug 10: Melody & Matt
Aug 11 & 12: Jenni Dale Lord
Aug 17: Dustin Burley
Aug 18: Gary Gorence
Aug 19 & 25: Ry Taylor Band
Aug 24: Feelin’ Good
Aug 26: Dustin Burley
Aug 31: Gary Gorence

redriverbrewing.com

Courtesy photo - Ry Taylor and the Side Trips playing on the east patio at Red River Brewing Company

COMMUNITY CALENDAR • APRIL 2023

HAPPY BIRTHDAY TO EVERYONE BORN IN APRIL!

MARCH 31: SAT 6 PM

Annual Meeting of the Rio Costilla Ditch Association at the RCCLA Office in Costilla, contact Telesfor Gonzales, (575) 779-9108

MARCH 31: SAT 4 PM - 7 PM

APRIL 1: SAT 10 AM - 1 PM
Boutique Prom Girl Filled with gently used prom dresses and accessories to give away! By appointment: (303) 807-2801 at Living Word Ministries 12 Llano Rd Questa

APRIL 1: SAT 8 AM

Ditch cleaning day for Cabresto, meet at the Parish Center parking lot. Bring tools and be ready to get muddy and wet! Call Danny Garcia at (575) 779-6214 for info

Questa Creative Council Free

Pandemic Poetry Project, "Poetry Basics" QuestaCreative.org. At the Questa Youth Center, by library. To sign up, text or call Betsy Irwin at (205) 886-2773

9 AM - NOON

Youth and teens' session, if under age 12, come with an adult

1 - 4 PM

Adults ages 16+

APRIL 2: SUN 2 PM

San Cristobal Ditch Association Annual Meeting at the San Cristobal Community Center; Contact Barbara Ohm, SanCristobalDitchAssociation@gmail.com

1:30 - 3:30 PM

Dance like Nobody's looking, women's dance, at Yoga Sala, 2331 NM-522, in Questa. For more info yogasalaquesta.org Donations welcome

5 - 7 PM

Healing Circle and Reiki Share free, at Yoga Sala, 2331 NM-522, in Questa. For more info yogasalaquesta.org Donations welcome

APRIL 3: MON 5:30 PM

Meet and Greet Questa's new police force hosted by the Village of Questa at the Village Office at 2500 Old State Rd 3. Call (575) 586-0694 for details

APRIL 5: WED 6 PM

Questa Independent School Board meets at OSID Board Room, 2256 Wildcat Rd. # A, Questa. Call (575) 586-0421 for details

APRIL 7: FRI 6 PM

Passover Seder Potluck at Living Word Ministries Fellowship Hall, 12 Llano Rd. To participate contact Sarah Valente (575) 377-5125

APRIL 8: SAT 1 - 2 PM

Easter Egg Hunt for the whole Family, sponsored by Village of Questa at Municipal Park by the Library. Giveaways, hot dog lunch and more. Info, call (575) 586-0694

APRIL 9: SUN

EASTER SUNDAY

6:30 AM

Easter Sunrise Service at Eagle Rock Lake with Living Word Ministries. Followed by burrito bar reception at LWM Fellowship Hall 12 Llano Rd, coffee and hot chocolate. Call (575) 613 8010 for more info

NOON

Easter Egg Hunt at Living Word Ministries, a fun event for children

APRIL 11: TUES 6 PM

Village of Questa Town Council Meeting at Village Council Chambers, 2500 Old State Rd 3, Questa. For agenda see VOQ Website, Questa Del Rio News Facebook page, or call (575) 586-0694

APRIL 14: FRI 10 AM - 2 PM

Cutthroat Trout Stocking Event, sponsored by NM Game & Fish, US Forest Service, and Trout Unlimited. Let us know you are coming: Jane Trujillo, Coldwater Fisheries Supervisor -- NM Dept of Game & Fish jane.trujillo@dof.nm.gov, (505) 500-5057

10 AM Meet at Wild Rivers Visitor

Center in the Rio Grande Del Norte National Monument; strenuous hike to the Rio Grande River

11 AM - NOON

At Questa's Eagle Rock Lake, ideal for families and the mobility impaired

10 AM - NOON

Food for All at North Central NM Food Pantry, 140 Embargo Rd., Questa. (575) 586-0486 or (575) 779-9194; www.questafoodpantry.org

3:30 - 4 PM

Kids' Music Class, free special monthly event at Yoga Sala, 2331 NM-522, in Questa, yogasalaquesta.org

APRIL 15: SAT 8 AM

North Ditch Cleanup Day Meet at Questa Ranger Station and please bring your own tools. For more info or to make arrangements to work another day, contact: John Rael (575) 586-2361

8 AM

San Cristobal Ditch Cleaning Day, Meet at Medina Headgate. Contact: Barbara Ohm, SanCristobalDitchAssociation@gmail.com

8 AM

Ditch cleaning day for Cabresto meet at the Parish Center parking lot. Bring tools and be ready to get muddy and wet! Call Danny Garcia at (575) 779-6214 for info

Questa Creative Council Free Pandemic

Poetry Project, "3 Ps" QuestaCreative.org. At the Questa Youth Center, by library. To sign up, text or call Betsy Irwin at (205) 886-2773

9 AM - NOON

Youth and teens' session, if under age 12, come with an adult

1 - 4 PM

Adults ages 16+

9 AM

Lama Ditch Cleanup Day, Meet at the ditch crossing on Lama Foundation Road. Please bring your own tools. (575) 779-2725

10 - 11:30 AM

Sala Writing Group free, via Zoom, link upon request yogasalaquesta.org

APRIL 16: SUN

10 AM - 12:30 PM

Eurythmy, classical Greek dance form with Teacher: Jeane Moore-Schwarzkopf at Yoga Sala, 2331 NM-522, in Questa. For more info yogasalaquesta.org

APRIL 16: SUN 5 - 8 PM

EFT (Emotional Freedom Technique) Tapping Course with Jiwanshakti at Yoga Sala, 2331 NM-522, in Questa. For more info yogasalaquesta.org

APRIL 17: MON 3 PM

Questa Library Book Club meets at the Questa Library. Join the conversation. Call (575) 586-2023 for the topic of the month Reader's Choice... bring a book you have read and enjoyed

APRIL 18: TUE 9:30 - 10:45 AM

Bookmobile at Questa Post Office, 43 NM-38, Questa

10:45 AM-NOON

Bookmobile at Roots & Wings Community School, 35 La Lama Rd, Questa. Info: (575) 376-2474; laura.gonzales@state.nm.us

APRIL 19: WED 6 PM

Questa Independent School Board Meeting at OSID Board Room, 2256 Wildcat Rd. # A, Questa. Call (575) 586-0421 for details

5 PM

Cerro VFW Post #9516, monthly meeting at 108 NM Highway 378 in Cerro. litameadphoto@gmail.com. Call (575) 586-2352 to confirm meeting

APRIL 20: THURS NOON - 4 PM

In-person, one-on-one, business advising in Questa with Anwar Kaelin, Director of Small Business Development Center at UNM-Taos. FREE and CONFIDENTIAL for anyone in any stage of business, or anyone with a great idea. Make an appointment: calendly.com/sbdctaos

APRIL 20: THURS

EARTH DAY

APRIL 20: THUR

9:30 AM - 2:30 PM

Honor Student-Led Questa Clean-up and Beautification at Eagle Rock Lake (Hwy 522 and 38) and Questa Municipal Park. Everyone welcome! For more info, (575) 741-5013

APRIL 22: SAT 8 AM

South Ditch Cleaning Crew meet at the Ranger Station

Molino Ditch Cleaning Crew meet at the Diversion Please bring your own tools. For more info Pancho Ortiz (575) 586-1722 or (575) 779-5169

APRIL 23 - 29: SUN - SAT

National Library Week, visit the Questa Public Library and celebrate with books and cookies! 6 1/2 Municipal Park Rd, call (575) 586-2023

APRIL 23: SUN 1 - 4 PM

Drumming Workshop at Yoga Sala Teacher: Vanessa Morgan, Suggested donation, sliding scale \$15 - \$25 yogasalaquesta.org

3 PM

The Latir Neighborhood Association and Virsylvia y Vecinos Landowners Association Annual Meeting held at Cerro Community Center. Call (575) 586-1055 for information

APRIL 24: MON 6 PM

Questa Economic Development Fund monthly Board Meeting, at the Questa Visitor Center at 1 Hwy 38, or contact Lynn skall for Zoom link, lynn@questaedf.com

APRIL 25: TUES 6 PM

Village of Questa Town Council Meeting at Village Council Chambers, 2500 Old State Rd 3, Questa. For agenda see VOQ Website, Questa Del Rio News Facebook page, or call (575) 586-0694.

APRIL 28: FRI 10 AM - NOON

Food for All at North Central NM Food Pantry, 140 Embargo Rd., Questa. Info, (575) 586-0486 or (575) 779-9194; www.questafoodpantry.org

APRIL 29: SAT 8 AM

Middle Ditch Cleanup Day meet at Family Dollar parking lot. Please bring your own tools. For more info or to make arrangements to work another day, contact: Louise Gallegos (575) 613-5490

APRIL 29: SAT 9 AM

Annual Meeting for the Llano Community Ditch Association at VFW hall in Questa; Call Louis Herrera at (505) 975-1633

9 AM

Ballejos-Martinez Acequia Cleanup day meet at the Sanchez property; Martha Sanchez (575) 770-2047

7 - 8:30 PM

Concert at Yoga Sala: Martha Reich, award winning Santa Fe-based singer-songwriter and multi-instrumentalist. \$15-\$25 suggested at the door; doors open at 6:30 pm

APRIL 29: SAT 10 AM - 4 PM

APRIL 30: SUN 10 AM - 3 PM

2nd Annual Spring Craft Sale at Cerro VFW Post 9516, 108 State Hwy 378, Cerro, NM 87519. Contact Maria Ortega (210) 823-2929 or mariaortega37@yahoo.com, or Adelita Mead (575) 586-2352 or (703) 298-8106 or litameadphoto@gmail.com

WEEKLY

SUNDAYS

Please see Church Directory, Page 31. Always call to confirm service times.

10 AM

Online Only Qigong with Julian, register at yogasalaquesta.org/classes-2/qigong-sundays-online

MONDAYS

Transportation for Qualified Seniors by Donation, Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for an appointment

10 AM

Kundalini yoga with Julian in person only yogasalaquesta.org

5 PM

Free Community Yoga, gentle practice with Rae in person only, free yogasalaquesta.org

7 PM

Kickboxing, with Reto in person only, sliding scale \$5-\$15 yogasalaquesta.org

TUESDAYS

Transportation for Qualified Seniors by Donation, Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for an appointment

5:30-7:15 PM

Kundalini Yoga, Meditation & Gong at Yoga Sala, with Jiwanshakti in person only, sliding scale \$10-\$20 yogasalaquesta.org

WEDNESDAYS

Transportation for Qualified Seniors by Donation, Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for an appointment

9 AM

Gentle morning yoga, Gaea, in person and online, \$8 yogasalaquesta.org

7 PM

Kickboxing, with Reto in person only, sliding scale \$5-\$15 yogasalaquesta.org

10 AM - 2 PM

Repurposing Plastic Project: Come smash plastic and make wire walls! At the old "Movies at Home" building opposite Questa Supermarket on Hwy 522. Call or text (575) 224-7386. Also meets Fridays. CLOSED on WED, April 5 and Friday April 7, will resume normal schedule April 12th

1:30 - 2:30 PM

Wildcat Kitty Club at the Questa Public Library; for ages 0-3. Older siblings and guests are welcome. Stories, songs, and play. 6 1/2 Municipal Park Rd., Questa, (575) 586-2023

3 - 5 PM

Senior Technology classes at the Questa Public Library (6 1/2 Municipal Park Rd., Questa). Bring your devices and technology problems! There are no stupid questions... only opportunities to learn more about your technology! Call (575) 586-2023

7 - 8:30 PM

Financial Peace University Class at Freedom Center Church. Take control of your money! Free for the first 20 households registered, child care provided. Call Kristi & Johnny Gonzales at 575-770-1714 or visit fpu.com/1160589 to register. 2558 HWY 522 in Questa

THURSDAYS

Transportation for Qualified Seniors by Donation, Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for an appointment

2:30-4:30 PM

Dropped Stitch meets at the Questa Public Library, 6 1/2 Municipal Park Rd., Questa. We knit, crochet, laugh, teach and earn. Bring your projects. All skill levels welcome. Info, (575) 586-2023

5:30 PM

Power Hour Yoga with Gaea, in person and online, \$8 yogasalaquesta.org

7 - 8 PM

Meditation facilitated by Jiwanshakti and guests, and silent meditation on the last Thursday of the month, \$10 yogasalaquesta.org

6 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, Questa. Info, (575) 779-9249

FRIDAYS

10 AM - 2PM

Repurposing Plastic Project: Come smash plastic and make wire walls! At the old "Movies at Home" building opposite Questa Supermarket on Hwy 522. Call or text (575) 224-7386. Also meets Wednesdays. RPP will not meet WED, April 5, or Friday April 7, and will resume normal schedule April 12th

10 AM

Free Community Qigong with Julian, in person only, free yogasalaquesta.org

4 PM

Free Kids Ballet with Miss Tuesday, in person only, free yogasalaquesta.org

6 PM

New Thirst Group: a Christian Approach to Recovery at Living Word Ministries, 14 Llano Rd., Questa. (575) 613-8010

SATURDAYS

8:30 - 9:50 AM

Contemporary Dance for adults, for beginners with Monica, in person only, sliding scale \$5-\$15 yogasalaquesta.org

10:30 AM

Free Community Tai Chi with Reto, in person only, free yogasalaquesta.org

CLASSIFIEDS

HELP WANTED

Certified Police Officers for Questa Police Department. The job description and employment application are uploaded to the website: questa-nm.com. Under the government tab there is a job positions tab. Questions: Valerie Vigil Clerk/HR (575) 586-0694 or vvigil@villageofquesta.org

MVD Clerk: Village of Questa is hiring for an MVD Clerk. Questions: Valerie Vigil Clerk/HR (575) 586-0694 or vvigil@villageofquesta.org. The deadline for application submissions is April 1, 2023.

NOTICES

Latir Neighborhood Association and Virsylvia y Vecinos Landowners Association Annual Meeting will be held at Cerro Community Center at 3 pm on Sunday, April 23. Please call (575) 586-1055 for more information.

2nd Annual Spring Craft Sale at Cerro VFW Post 9516, 10 am - 4 pm. Tables (8ft) are \$25/weekend. Concession and Wifi available. 108 State Hwy 378, Cerro, NM 87519. Contact Maria Ortega (210) 823-2929 or mariaortega37@yahoo.com, or Adelita Mead (575) 586-2352 or (703) 298-8106 or litameadphoto@gmail.com

Free Cat Spay/Neuter Vouchers for Lower-Income Households Zimmer Feline Foundation, (505) 466-1676 or email TheLoveofCats@comcast.net

San Luis Valley Spay and Neuter Alliance offers low cost spay and neuter services in Monte Vista, CO. Surgeries include rabies and distemper vaccines. Microchips, Bordetella vaccines, dewormer, nail trims, and matt removal are available at additional cost. Book appointment at slvspayneuter.org or call us at (719) 657-7076. slvspayneuter@gmail.com

LEAVE Money Stress BEHIND Take back control of your money with Financial Peace University. Call for more info and to join class at Freedom Center Church. Free class to first 20 households to sign up. Wednesdays 7 PM 8:30 PM (April 5-May 31st) Facilitators: Kristi & Johnny Gonzales at Freedom Center Church, 2558 HWY 522 Questa Call 575-770-1714 or visit fpu.com/1160589 for info/sign up. Childcare provided. Sponsored by LOR Foundation and Freedom Center Church

Red River Trivia Nights: The Red River Brewing Company will be hosting Trivia Nights on Tuesdays from 7-10 pm. It is free to play. Prizes for the top teams and for answering bonus questions. Gather your smartest friends and come on down. Teams are limited to 6 players. For more info, (575) 754-4422

Mark your calendars! The dates for this year's Questa Studio Art Tour will be: Aug. 12-13. We are currently working on a new application that will be done very soon. It will be available to download from the website or available to pick up at ArtQuesta. Entry fee will remain \$60. If you have any questions/comments feel free to reach out! We are so looking forward to another fun Art Tour! www.QuestaCreative.org

Free Senior Exercise Classes, Thursdays, 10-11 am, Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for more information.

Free Transportation for Qualified Seniors Every Tuesday and Thursday. Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for more information.

Repurposing Plastic Project: Wednesdays & Fridays 10 am - 2 pm. Come smash plastic and make wire walls! Meet the team, work your body, lift your spirit, and help the planet! At the RPP World Headquarters, the old "Movies at Home" building opposite Questa Supermarket on Hwy 522. For more info, call or text (575) 224-7386. RPP will not meet Wednesday, April 5th or Friday April 7th, and will resume normal schedule April 12th.

North Central New Mexico Food Pantry: Second and Fourth Fridays, 10 am- noon: 140 Embargo Rd. in Questa. If you need an emergency food box or other information, please call: Jeannie Masters (575) 586-0486 or (575) 779-9194, or Nancy Parker (575) 586-2096 or (505) 699-7563. To make a donation, go to ncfpquesta.com or mail to: North Central Food Pantry, PO Box 1076, Questa, NM 87556. For more information, please email wrmesquire2@gmail.com. If you would like to volunteer, please call Jeannie (numbers above).

Questa One-on-One In-Person Business Counseling with Anwar Kaelin, Director of the Small Business Development Center at UNM-Taos. FREE and CONFIDENTIAL offered on the third Thursday of every month, 1-4 pm, at the Questa Visitor Center. Business owners, independent contractors, and entrepreneurs in the Questa area can receive free one-on-one business consulting and support in planning, marketing, regulatory compliance, technology development, accessing capital, international trade, and more. Also offered via Zoom on the same day 2-3 pm: <https://zoom.us/j/5757376219>. Join by phone: (346) 248-7799 with ID (575) 737-6219. For an appointment, or more information, contact Anwar at anwar@unm.edu.

April Quote from Lisa Fox: "To imagine things other than they are is the essence of hope. It is also the stuff of revolution" Leonard Sweet

T-Mobile intends to modify equipment located at 2500 Old State Road 3, Questa, Taos County, New Mexico 87556,

Latitude: 36° 42' 53.6" N, Longitude: 105° 35' 52.6" W. The modification will include the removal and replacement of one (1) microwave dish and associated equipment on the tower. The height of the structure is approximately 60.7 meters above ground level (2386 meters above mean sea level). The tower currently has no marking or lighting requirement, but may be required to have dual-red and medium intensity (Style E) marking and lighting. Specific information regarding the project is available by calling (515) 473-6256 during normal business hours and reference #T-Mobile SW 1080 NMO3004A Fiser Tower. Any interested party may file comments within thirty days of this notice with Impact7G, Inc. at 8951 Windsor Pkwy, Johnston, IA 50131 on the impact of the proposed action on any districts, sites, buildings, structures or objects significant in American history, archaeology, engineering or culture that are listed or determined eligible for listing in the National Register of Historic Places under National Historic Preservation Act Section 106. Interested persons may review the application for this project at www.fcc.gov/asr/applications by entering Antenna Structure Registration (Form 854) file no. A1240275. Interested persons may raise environmental concerns about the project under the National Environmental Policy Act rules of the Federal Communications Commission, 47 CFR §1.1307, by notifying the FCC of the specific reasons that the action may have a significant impact on the quality of the human environment. Requests for Environmental Review must be filed within 30 days of the date that notice of the project is published on the FCC's website and may only raise environmental concerns. The FCC strongly encourages interested parties to file Requests for Environmental Review online at www.fcc.gov/asr/environmentalrequest, but they may be filed with a paper copy by mailing the Request to FCC Requests for Environmental Review, Attn: Ramon Williams, 445 12th Street SW, Washington, DC 20554. A copy of the Request should be provided to Impact7G, Inc. at 8951 Windsor Parkway, Johnston, IA 50131.

CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH
Father Andrew Ifele (575) 586-0470
Sunday 8 AM only.

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, Questa
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 in-person north of Questa or on Zoom. For more info: (575) 770-1682 or gabrielle.herbertson@gmail.com

THEOSOPHY
Northern New Mexico Alice Bailey Study Group.
Sunday and Wednesday 10am-noon on Zoom. For more info, contact Francis at oeahoo17@gmail.com

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

KAGYU MILA GURU SANGHA
Tibetan Buddhism
Monday 11am Green Tara. Friday 1pm Green Tara both in-person and on Zoom. For more info www.earthjourney.org or contact Gabrielle at info@earthjourney.org or (575) 770-1682

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, Red River
Saturday 6 pm (Confession prior to Mass or by appt.)
Father Andrew Ifele (575) 586-0470



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

"A WORLD OF THE SPIRIT"

We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.
—ALCOHOLICS ANONYMOUS, p. 84



Zed by Duane M. Abel

www.corkeycomics.com



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HEY LOCAL ARTISTS!

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L&E Self Storage



(575) 770-7989 (575) 586-0568

32 Sagebrush Rd. (next to Questa High School)

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Monica McClelland

Functional Diagnostic Nutrition Practitioner



email hello@mindyourgutcoach.com

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