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Questa del Rio News

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Questa Supermarket Entering A New Era



Photo by E. Wilde

Questa Supermarket during past operations.

By MIKAYLA ORTEGA

In 1965, the first mayor of Questa, Marcelino Martinez, had a vision to provide food access to the local community in the Questa area by providing a full-service grocery store. It was from that vision that Marcelino Martinez and Sons Inc. (DBA Questa Center Supermarket) was born.

The business was run by the Martinez brothers, who worked together to ensure the people of Questa had access to the essentials without having to drive to Red River or Taos in order to feed their families.

Gomersindo Martinez, the son of Marcelino, purchased the store from his brothers after his father passed away in 1980, carrying the vision and mission to serve the community. Gomersindo and his wife Ofelia made many sacrifices within their family to ensure the communities in northern Taos County maintained access to food.

While being successful business owners, Gomersindo was taught by his father the importance of giving back to the local community. The family would often

help people by giving them free groceries when they couldn't afford it, while also allowing people to keep running tabs until they were able to pay. This aligned with the belief of taking care of the community they felt fortunate to serve.

Gomersindo established a business for his children to ensure the store would be maintained and run by them when he passed away, a responsibility each of his children took seriously, ensuring the store remained opened on holidays, through emergencies and disasters, through power outages, and during the Y2K crisis which closed businesses across Taos County.

Debra Martinez, daughter of Gomersindo and Ofelia Martinez worked at the store her whole life. In 2003, Gomersindo, the patriarch of the family, passed away. In that same year, her brother and husband were both deployed to the war in Iraq. "I had worked at the store for 30 years, but I was never a store manager. I quickly found myself without all the male figures in our lives and I needed to figure it out," she recalls of this tumultuous transition. While figuring things out on her own, Debra



Photo by Mike Barbee

Handwritten sign on front door, "closed until further notice"

says she is forever grateful to her brother who made tremendous upgrades to the infrastructure, allowing her to focus on the shopping experience.

In addition to being the sole manager, she was simultaneously raising three sons, all under the age of 18. "Not

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

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

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EDITORIAL

The Tradition of Roasting Green Chili

By MIKAYLA ORTEGA

New Mexico is such a special place in the fall. The foliage across the mountains turns into a beautiful red and gold canvas. Balloons fill the skies in Albuquerque, Santa Fe, and Taos for annual balloon fiesta celebrations. Calabacitas are on the menu weekly as people work through harvesting their squash in the garden, and Friday night football is here.

Fall also means New Mexicans across the state join in unison to harvest and stock enough green chili supply to last the entire year.

In this statewide tradition, families come together to collect their money and purchase large bushels of green chili. Between August and October, visiting any grocery store means lines of New Mexicans are waiting for their chili to be roasted by store employees. Once the chili is removed from the roaster, it's placed in plastic bags so the freshly roasted chili sweats and is easy to peel when you arrive home.

Upon arrival, family members gather around the table with cutting boards, knives, spoons, forks, and zip-lock bags, ready to prepare the chili.

Peeling the skin can either be an easy or stressful process. If the skin doesn't come off easily, the family will likely start to talk about the skills of the poor store employee who was put on chili roasting duty that day. They'll also likely regret the tip they gave them when they got their chili. A good batch of roasted

chili is easy to peel, and the skin comes off with very little effort.

Once peeled, the chili is piled together or thrown in a *hoya* (pan) full of water to rinse off the remaining black pieces. The stem is removed, and the chili is processed. Some people like to prepare the chili chopped while others like to freeze it whole. It all depends on what your mom prefers.

Let's not forget the underrated star of the show: the zip-lock bag. It's the greatest invention for moments just like this, because it stores the freshly roasted and cleaned chili with all its aroma, juice, and flavor which comes right back to life when you defrost your bag.

The unspoken cardinal rule of chili peeling is to wear gloves, unless you're a seasoned professional. Not wearing gloves can result in unpleasant bathroom experiences and painful eye interactions for the remainder of the day. IYKYK (the kids use this to say if you know, you know).

This process is incredibly unique to New Mexican culture. The precision, planning, and effortless and seamless execution of chili preparation was passed on from our parents, grandparents, and their grandparents.

It's how we bring our entire families into the authenticity of cooking our treasured New Mexican green chili dishes for the entire year, and we take it very seriously.

Happy Chili Season!



Courtesy Photo

Hatch Green Chili is ready to be roasted for the fall harvest

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POEM OF THE MONTH

RECYCLE THEM AGAIN

When living in a town frozen in time
Songs weren't made for riots or crime
It's a legacy of a much simpler rhyme.

Coffee served from an old jam jar
The pot shines with grandma's scar
But the dark grinds don't go too far.

Grandpa's ride still sitting out back
When gas was 25 cents, that's a fact
An EV will never be a classic at that.

The boys with hand me down clothes
The girls wear tight jeans with holes
High fashion Barbie has painted toes.

Double feature on the Oldies Channel
Black and White on a gray scale panel
A quilt soft and worn made of flannel.

Everyone goes to the dollar store
Recycle the bags for stuff'n more
Where you've been is the true lore.

When life is played with a recycle bin
If still good, it can be repeated again
Your maker planned it that way Amen.

— Senior Miguel
Ghost Writer



MAIL CALL

From Jerry Gonzales:

Hello Editor thank you for keeping the paper filled with local stories that are relevant to locals. That is not something you find in small local papers. I am grateful for this paper.

From gmmalisa1964@XXX.com

Hello *Questa del Rio News!*

I recently found you on facebook and I am so happy I did. I grew up in Questa and left years ago. While I no longer have ties there, I do keep it deep in my heart. To see all the good stuff coming out of Questa is so good. You have a very good publication and it's dedicated to highlighting the good stuff and talking about difficult stuff with tact. Good job.

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

DEBRA MARTINEZ, MARIA GONZALEZ, MAX MASCARENAS, SABRINA MASCARENAS CINTAS, DANIEL HERRERA, DAWN PROVENCHER, SHEILA ELSIE RAE, TRINI RAE, DANIELLE LACOME, RICHARD SANCHEZ, KAREN AHLGREN, PAULINE RIVERA, BILLY JANE SANCHEZ, JENNIFER RIVERA, KAYLEE PAULEY, FLORINE VIALPANDO, BRYCE FLANAGAN, BARBARA TRACY, MARTA GLOVER, CHARLENE R. JOHNSON, ELLEN WOOD, QUESTA CREATIVE COUNCIL, SHARON NICHOLSON, ZACH BEHRENS, TONER MITCHELL, JAY BOUCHARD, MELLIE RODRIGUEZ, PASTOR PETER MARTINEZ, PASTOR GAYLE MARTINEZ, JOHN WALSH, GHOST WRITER MIGUEL, J. ORTEGA.

A Questeña Connection to Hawaii

By Contributing Writer
MARIA GONZALEZ

Many of you by now are aware of the devastating fire that occurred in Lahaina, Hawaii. When I heard the news, I became completely heart-broken, grief-stricken, and worried. This is a small story of my beloved Lahaina Town.

The summer of 1999 I had just graduated from high school, and was to travel to Hawaii for our senior trip, to the two Islands of Oahu and Maui. I remember getting off that small plane on the island of Maui, and it was like a scene out of the movies – immediately I was in love. Ask some of my classmates – they will tell you how I disappeared on them to hang out with the locals, who offered me a place to stay if I ever wanted to return. I was away enjoying the island and being crowned Fiesta Reina here at home. My dad graciously accepted my crown and who knows what shenanigans that entailed.

Coincidentally, King Kamehameha Day was being celebrated on Maui as well; we met and hung out with one of the prince and princesses from Kauai. At that moment I realized the responsibility I would be taking on as a Reina. I returned home and went off to live in Las Vegas, Nevada with my brother, but Lahaina kept calling. Two weeks in Vegas and I contacted my new friends and asked what it would take to get me to Maui.

Within the week I had a one-way ticket, and called home to tell my parents I was leaving in two days. Everything worked out perfectly; I had two jobs within two days and began living there. The more time I spent on the island, the stronger I became. I found myself, and most importantly, I found my spirituality. *Lahaina saved my life.* I was embraced by the Hawaiian



Photo by Maria Gonzalez

Maria with her husband and daughters on the beach in Hawaii

people, and they showed me a new way of living, how important the land and culture are. I attended Mass daily at Maria Lanikila (one of the only structures to survive), prayed the rosary daily and walked with my ancestors – it truly was a magical experience. Questa is my home and Maui is my soul home.

I returned home with a new understanding of how lucky we are to live and have the traditions that our ancestors built upon, how our language and our history define us. I may not have done the year of service as a Reina should, but I am doing a lifetime of service to my community, and I owe so much to the people of the Hawaiian Kingdom for showing me the love of Aloha and the true meaning of the spirit.

A good friend told me before I left, “I wish every vacationer would take a little piece of Aloha with them... this world would be such a better place.” Aloha is not just hello and goodbye, it is a way of life. It means to respect and love one another and live in harmony with everything around you.

Pray for my friends who have lost their ancestral homes and history. And remember, “he kuleana ko kakou” (we have a responsibility to ourselves, God, and others).

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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.

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Business Profile

MTC Trucking Celebrates 50 Years Serving Northern Taos County

By MIKAYLA ORTEGA

Since 1973, MTC Trucking has provided valuable services to the residents of northern Taos County, supplying local contractors with concrete, sand, gravel, and landscaping materials right in their backyard. The company's main identity has always been in hauling and trucking.

The company, located at 3840 NM Highway 522, just north of Cerro, was originally started in 1982 by Johnny Mascarenas, in his garage. "My dad had a vision to create a business that could give him and the rest of our family opportunities," his son Max said in an interview with the *Questa del Rio News*. He built a shop and ran the business until 1999 when it relocated to its current location. In 2008, Max took over the business and incorporated it. He has been running it ever since.

"I have always been interested in building career opportunities for locals, not just jobs, but careers," Max says. All employees of MTC trucking make competitive wages while also getting paid time off and insurance benefits. Many of his employees have been with the company for a long time. "I want my employees to feel like they don't have to



Photo by Sabrina Mascarenas Cintas

Four generations of Mascarenas stand proud at their family business. From left to right: Tuff, J.C., Max, and Johnny Mascarenas

worry about their lives at home when they're at work, so we take care of them the best we're able," he says.

Over the years, the business model has gone through several transformations. Initially it was a trucking company, transporting house pads and building prefabricated structures. It transitioned, growing into logging and building roads. In the mid-90s, the company took on the role of contracting for mining companies across the southwest and most recently, the Superfund site at Chevron Mine in 2012. As the company transitions its business model to fit the current need, it stays true to trucking

and transporting, while also serving as a supplier for local contractors.

The Mascarenas family started a second family business in 1999 called the Triangle J Farm and Ranch. When operations started, the company farmed 20 acres of alfalfa. Currently, they're up to 500 acres and they transport hay across the country.

When asked what advice he would give to others who might be interested in following his path, Max says, "it's important to understand that not every person is meant for college. I wasn't one for books, but I did like working with my hands and that's okay too. There are more ways of making a living and build-

ing a life besides just going to college."

He also encouraged students who may be interested in working as a contractor or truck driver to reach out. "My door is always open for anyone who has any questions about what we do. If you're interested in a job with our company and we don't have anything available, still reach out. It's good to talk and get to know one another and I may be able to point you in the right direction."

The office is open five days a week, Monday through Friday from 8 a.m. to 4:30 p.m. They can be reached by contacting the office at (575) 586-0734 or by direct messaging on Facebook.

New Beauty Business Opens in Taos County

By MIKAYLA ORTEGA

Northern Taos County has more options when it comes to beauty. Hush Honey Beauty Boutique recently opened its doors in mid-August and is ready to serve clients in Taos County.

Owner Danielle Lacombe graduated from Questa Junior/Senior High School in 2022. She went on to attend Vogue College of Cosmetology in Santa Fe to get her esthetician's license. "I come from a family of artists and my artistic background has motivated and challenged me to embrace my creativity with



Photo of Danielle Lacombe

not only a canvas and paint, but with makeup as well," Danielle says.

Located at the Miner's Mall at 612 W. Main Street in Red River, Hush Honey Beauty Boutique includes eyelash extensions, waxing, and lash perms. In the future, she anticipates expanding her services to include machine work for facials including LED therapy, microdermabrasion, and high frequency skin treatments.

"Makeup has always been a passion of mine and along with it comes skin-care. It's such an important part of the

routine and this is what sparked my interest in becoming an esthetician," Danielle continues.

Growing up in Questa, Danielle acknowledges the lack of beauty services in the area. "I opened my store because I wanted to foster accessibility for our locals, so they don't have to drive hours for beauty services, I am so grateful for the community's support," she says proudly.

Her store is open Monday through Friday from 8 a.m. to 5 p.m. Appointments can be booked online at hushhoneybeauty.square.site.

Questa is Cooler and Safer, Thanks to LOR Foundation

By contributing writer
JAY BOUCHARD

Over the past few years, Questa locals have come together to enhance public spaces like the Municipal Park near the library, which – thanks to the hard work of community members – has become a rich gathering place for families. Recent enhancements, including new playground equipment, will make the park even more popular, but the lack of shade protection in the warmer months has left families uncomfortably hot, in the full sun.

Earlier this summer, the Village reached out to Maria Gonzalez, Questa's community officer for the LOR Foundation, hoping to address the issue, and received help. By purchasing a shade structure as well as tables for the Municipal Park, village officials hope to make the park even more inviting. "This was a solution we are happy to support," Gonzalez says. "Previously, some families would leave Questa and take their kids

to neighboring towns to play. These new amenities will strengthen our sense of community."

Questa residents also know how important it is to keep those places – and all residents of the village – safe. For more than two years, the community did not have any public safety officers. But now that the police department has been reestablished, officers have been evaluating their ability to respond to major incidents and realized they lacked some key first-responder equipment. With that problem in mind, the village reached out to Gonzalez, and a solution for improving public safety has emerged. With LOR's help, the police and EMS departments were able to purchase road-side flares, traffic-safety cones, vehicle extinguishers, portable lighting, and trauma kits – ensuring that Questa residents have access to important resources during emergencies.

Solutions like these come directly from the concerns of community members, and Gonzalez is hoping to hear



Photo by E. Wilde

LOR sets up shop at Rael's Coffee Shop to listen to Questeños over a good cup of coffee

many more as summer turns to fall. On September 12 and September 26, she will be hosting open houses at her office (62 State Highway 38) from 8 a.m. to 11 a.m.

and would love for you to stop by and share an idea. You can also reach out to her directly at maria@lorfoundation.org or by phone at (575) 665-2001.

Prepare For A New Artesanos!

By Contributing Writer
DAWN PROVENCHER

Artesanos Cultural Center, located next to the Questa post office, is a not-for-profit organization supporting artists from the greater northeastern New Mexico area. You will find the work of painters and blacksmiths, potters and woodworkers, and more.

Part of this old adobe building houses a large thrift store, Twice is Nice, and proceeds help to keep the center open and available for artists to show their

work. Thanks to generous Questeños, the donations are overflowing!

Several volunteers are working diligently to showcase artists' work and organize donations for an easier shopping experience. Please stop by this Questa landmark and find just the right item your home may need, whether it's a new painting or a gently used coffeepot.

Please be patient while we work together to bring Artesanos Cultural Center back to its glory, and shop, shop, shop!



Photo by E. Wilde


A street view of Artesanos de Questa

*If you have not noticed yet,
we have a NEW ATM!*



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Renewable Green Energy Facility Proposed in Questa

By DYLAN R.N. CRABB

On August 17, two representatives from the National Renewable Energy Laboratory (NREL) gave a presentation in the local Veterans of Foreign Wars (VFW) headquarters about the possibility of making Questa the home for green hydrogen production. About two years in the making, this green hydrogen project is the result of a collaboration between the United States Department of Energy through their Local Energy Action Program (LEAP), the Kit Carson Electric Cooperative (KCEC), Chevron, and the Questa Economic Development Fund (QEDF).

The purpose of the project is to generate clean and reliable electricity to the KCEC during times of day when solar power is less viable. The KCEC members are already operating with total solar electricity generation during the day and it is looking to expand its capacity for clean electricity in support of carbon reduction goals. The project would also create jobs in Questa, expand the Village of Questa's tax base, and utilize existing assets from Chevron's shuttered molybdenum mine to help build a new green energy economy for the United States.

Village of Questa Mayor John Ortega, NREL Researcher Chrissy Scarpitti, and NREL Infrastructure Analyst Kevin Topolski led the presentation which is available at the following web address: <<https://www.nrel.gov/docs/fy23osti/86665.pdf>>. A recording of the presentation is available on the *Questa del Rio News* Facebook page.

"Green Hydrogen" is shorthand for



Photo by E. Wilde

Locals attend the Green Energy Public Meeting at the Questa V.F.W.

a source of electricity produced from hydrogen, the most abundant element in the universe. Electricity can be produced by manipulating hydrogen with different fuel sources – coal, natural gas, and electrolysis – with each fuel source given a color-coded name for ease of identification. The use of coal creates "black hydrogen," the use of natural gas creates "grey hydrogen" and "blue hydrogen," and the use of electrolysis creates "green hydrogen." Electrolysis is the process of using solar energy to split a water molecule into its corresponding hydrogen and oxygen components.

Electricity in the United States is

generated primarily with natural gas and coal, by steam boilers and combustion turbines. Green Hydrogen can be a clean alternative to both of those fossil fuel sources.

The most pressing concern regarding this new energy plant is how much water would be used in the production of green hydrogen. According to KCEC, green hydrogen production uses 148 gallons of water to produce 1 megawatt hour (MWh) of electricity. In comparison to other fuel sources, geothermal uses 505 gallons of water for 1 MWh, nuclear uses 672 gallons for 1 MWh, natural gas uses 826 gallons for 1 MWh,

coal uses 921 gallons for 1 MWh, concentrated solar thermal uses 1,000 gallons of 1 MWh, and hydropower uses 4,491 gallons for 1 MWh. Green hydrogen looks to be among the least water-intensive energy source.

If this green hydrogen facility comes to Questa, Mayor Ortega says that the Village of Questa's water supply would not be utilized for the facility. The facility would use its own sources as well as solar power for its operations. The goal of this facility is to help bring KCEC to total renewable energy production, both day and night. The project is in the preliminary stage.



Daniel Herrera

By MIKAYLA ORTEGA

Being raised in a community where your history connects to every part of your present, it is difficult to find the courage to leave. It is similarly difficult to forge a path and stay.

Questa del Rio News is committed to highlighting different members of our community, both those who have created their paths and planted their own roots in the community that raised them, and also those who have pursued lives outside of the community – through our Representando series. This series is dedicated to those who are Representando Questa in various facets of life.

For our September series, we interviewed Dr. Daniel Herrera. Daniel graduated from Questa Junior / Senior High School in 2009. Upon graduation, he moved to Albuquerque to attend the University of New Mexico, where he obtained a Bachelor of Science degree in Electrical Engineering. He went on to pursue his Ph.D in Electrical Engineering at Virginia Tech in Blacksburg, Virginia,



Courtesy Photo

which he completed in 2019. Currently, he lives in Charlottesville, Virginia, and a post-doctoral research associate at the University of Virginia.

"I was always good at math and figured that I wanted to do something related to electricity, since my dad worked as an electrician at the mine. Eventually, I became very curious about how light works, so I wanted to learn more about cool things like solar cells and lasers. This led to me pursuing an electrical engineering degree," he says.

While being proficient in math and science was beneficial for Daniel, it was also a part of a big lesson he learned through his schooling, and that was to remain teachable. "I had a lot of pressure on me early on. I always thought I needed to have it all figured out, and that I couldn't ever ask for help, but that's not

DANIEL HERRERA cont'd on page 10

Mi Tierra, Mi Gente: Costilla And Amalia Celebrate 175 Years

By MIKAYLA ORTEGA

The communities of Costilla and Amalia celebrated 175 years of pride, traditions, culture, family, and love from August 4 to August 6 for the milestone community reunion. The theme was, “Mi Tierra, Mi Gente” (my land, my people), a theme on display in plain sight with over 2,000 people in attendance over the 3-day weekend, coming from near and far to celebrate the place where their stories began.

Starting Friday, attendees arrived in town to register for the fun-filled weekend, where they connected at the Plaza de Arriba and looked at historic photos of Costilla and Amalia on display in a photo exhibit which was curated by Pauline and Lina Rivera. Numerous photos were contributed on the Families of Costilla and Amalia Facebook site. Attendees also had the opportunity to eat at the historic Plaza de Arriba restaurant and from a big selection of food vendors.

Saturday was a full day, packed with a parade, northern New Mexico music and food, and games. Families proudly donned banners displaying their family surnames as they marched down the main road in Costilla as parade-goers collected candy thrown from those in the parade. A fan favorite was the boat-car hybrid driven by Ronnie Trujillo. His grandson Anthony Roman and nephew Kingston Luna sat proudly in the rear seats, with paddles as they sailed through the parade.

Grand Marshals for the parade included the Most Reverend Bishop Ricardo Ramirez and hometown Bataan Death March survivor Valdemar DeHerrera in the first car, followed by Ruth Vigil, Casilda Lovato and Natividad DeHerrera, representing the senior community. A ceremony followed which included speakers, awards, and testimonies. It was emceed by former Secretary of State Rebecca Vigil-Jiron.

A notable part of the celebration was the musical presentation presented to the community by the Torres Family

entitled “Mi Tierra, Mi Gente,” a nod to this year’s theme. Several vendors were set up in the plaza, offering foods authentic to the area, including capulin jelly, biscochitos, frito pies, and pastellitos, to name a few.

During the day, the music of San Acacio-born and raised Gino Rael & the Mighty Nice Band played old school medleys. The community came back together for an evening of human connection, talking, singing, and dancing to the Marcha and belting out the words to the iconic Volver canción in unison with New Mexico’s own Roberto Griego Band.

On Sunday, the community came together for a Mass served by the Most Reverend Bishop Ricardo Ramirez and final blessing at Sacred Heart Catholic Church to bid goodbye to one another.

The event generated statewide recognition, with Lt. Governor Howie Morales sharing photos and a post on social media which read, “Congratulations to everyone who celebrated at the wonderful 2023 Costilla-Amalia Reunion held in far northern New Mexico this weekend, marking the 175th anniversary of the Costilla and Amalia Settlement and neighboring communities dating back to 1848. It is such an important part of our state’s history. The 2023 event brought together families, the extended community, and descendants to celebrate the rich historical traditions of this lovely mountainous region, share memories, and enjoy food, music and friendship. You make New Mexico wonderful!”

The authentic connections deepened through this reunion were reminiscent of the bonds that connected this community decades prior, since the ancestors of the attendees connected as a means of survival. Times have changed over the years, and access to food and water has changed the need to maintain relationships as a means of survival. The connections, however, in maintaining culture, language, and traditions remain a priority for the community.



Photo by Jennifer Rivera

Locals don a banner with several surnames from the Costilla, Amalia, Garcia, and Jaroso areas



Photo by Billie Jane Sanchez

Ronnie Trujillo drives down Costilla’s main road with his grandson and nephew on his boat-car hybrid during the annual parade

Those involved in the planning of this milestone event include the media sponsor *LaVozColorado*, owned by Henry and Pauline Rivera. The reunion planning committee was chaired by Pauline Rivera and included members Sandie Wesolowski, John Valdez, Richard D. Rivera, Angela Salazar, Natalie Herrera, Dr. Richard Lovato, Donny Ruybal, Henry Rivera, Julie Santistevan Segura, Claudette Padilla Trudell, Alma Duran, Christina Mares Cole and Al Cordova.

Parade committee members included Julie Ann Pacheco, Billy Jane Ortiz, Sherrie Bice, and Brian Salazar. Countless local and out-of-town volunteers also contributed to the event.

Notable event sponsors included Albertson’s Market, Walmart, Duran’s Gas & Grocery, Farmer’s Insurance, Dennis Santistevan, Plaza de Arriba owners Dennis and Miriam Santistevan, RCCLA, and Kit Carson Electric.



Photos by E. Wilde

Day three of the Reunion was an after mass breakfast and raffle, organized to raise funds for a new fence and door for the Sacred Heart Church of Costilla

Questa Family Reflects, One Year After Traumatic Burn Accident

By MIKAYLA ORTEGA

Parenthood coupled with work, laundry, cooking meals, servicing vehicles, and staying on top of bills propels life into overdrive and there's seemingly no way of slowing it down. This was certainly true for Questa couple Agustin and Anna Rael.

On August 6 of 2022, the Questa couple found themselves racing through life, juggling the duties of parenthood when life came to a screeching halt when their then 7-month-old baby girl Anita pulled a crockpot of beans off the counter, dumping the scalding contents over herself.

"I immediately took her clothes off and tried to ensure none of the beans would stick to her and I put her in a blanket. I called my husband and he immediately called 9-1-1," she recalled in an interview with the *Questa del Rio News*.

Anna jumped in her car and immediately got on the road to Taos. "As soon as I hit 522, I had my flashers on, and I was driving at 100 mph. All I could do was make sure she was still breathing. I knew if she stopped breathing it could take a turn," she said emotionally, as she recalls the terrifying predicament.

An ambulance met Anna and Anita in Arroyo Hondo and other police vehicles including Taos Police, Taos Sheriff's Office, and Questa Police escorted the ambulance as it raced toward Holy Cross Hospital. "I was an EMT with Questa Fire and EMS so they were very

responsive and supportive with what we were going through," Agustin said.

The family was transferred to Children's Hospital in Denver where Anita was being cared for by the only burn physician in Denver. "Suddenly, the doctor informed us that he had a death in the family and told us they needed to transfer her to Dayton, Ohio to Shriners Hospital. I didn't even know this place existed," Anna said.

During the 3-hour-flight to Dayton, baby Anita coded in the helicopter when they were 40 minutes away from their destination. "All I can remember is holding my Bible and praying to God not to take my baby, please don't take her away," Anna recalls. She says the pilot, who was listening to the response to baby Anita, assured Anna she was okay, and things were going okay.

When they landed, Agustin, who had left earlier to make the 21-hour drive in time for when they got to the hospital, rushed to them after hearing about the terrifying experience in the air. "The minute he got there, I had to go sit in the truck. I needed to get away from the beeping machines and alarms for a minute," Anna says.

Baby Anita was intubated for two weeks. She stayed in the hospital for nearly a month, where she underwent skin graft surgery. The family made their way back to Questa by car, and it took them three days, as they navigated the delicate medical state baby Anita was in.



Courtesy Photo

Mom and dad sit with baby Anita in the hospital as she undergoes treatment for her burn injuries



Courtesy Photo

Baby Anita rides a reindeer at the North Pole in Colorado Springs, CO

When looking back, both mom and dad expressed their gratitude for their communities in both Taos and Questa, who supported them and carried them as they were dealing with this traumatic experience. "The fire department helped us with a boot drive, and I have to say, our tie to a pastor in Taos was a huge blessing. No matter what, when we needed to talk to him, no matter what we were feeling, he was there to pray with us, counsel us, he took us in as if we were one of his own. It was just such a major blessing, and the support back home is what gave me a lot of strength," Agustin says.

Both mom and dad have gained a new outlook on life as they reflect on this traumatic event, one year later.

"One thing this experience has

taught me is there is always going to be time to take care of the things you need to take care of. I didn't have to go to the dump that day, I could've been home, and this might not have happened. I learned time is precious and instead of racing through it, it's important to take time to cherish it and to cherish those you love," Agustin says.

"Trials are blessings. Even though it may affect your loved one, or it may be hard to experience, through the trial, it brings you closer to God and to family and to community. Sometimes, trials are blessings in disguise," Anna continues.

As for Anita, she is a typical rambunctious 20-month-old toddler who is outgoing, bubbly, and lively. To hear Anita's story is to see the definition of resilience and strength.

Well-known Questa Resident in Need of Liver Transplant

By MIKAYLA ORTEGA

Non-alcoholic cirrhosis of the liver, also known as non-alcoholic fatty liver disease (NAFLD) impacts one-quarter of the population in the United States. The cause of this debilitating disease is unknown, but it is known that it is caused by too much fat being stored in the liver cells, which causes liver failure.

Sheila "Elsie" Rael is a lifelong resident of Questa. She's shared that her health problems started well over 20 years ago. "I was sick for so long and didn't know what was wrong with me," Rael says in a phone interview with the *Questa del Rio*

News. At the time of the interview, she was on her way to Holy Cross Hospital emergency room in Taos to get checked for her high blood pressure and weakness. Though in obvious distress, Elsie spoke to us as she wanted to get the word out about the disease to as many people as possible.

It is a matter of life and death for her to find a liver donor.

Having made various trips to doctors across the western United States searching for answers for her health issues, she finally got a diagnosis at UHealth in Aurora, Colorado. There, she was diagnosed with what is now end-stage non-alcohol-

ic cirrhosis.

"The best treatment for me at this point is to get a liver donation from a living donor," Elsie says. Her family has been on a mission to find a match for her, making social media videos and posts, searching relentlessly. "My son-in-law was going to be my donor when he passed away, but his liver wasn't healthy so we couldn't complete the transplant. I just need a healthy donor who is willing and able to donate a portion of their liver," she says.

Elsie has three kids, ranging in age



Courtesy Photo

Grandma Elsie kisses her great-grandbaby boy

TRANSPLANT cont'd on page 10

The Life and Impact of Amber Archuleta



Courtesy Photo

The Questa Community gathers at QHS gymnasium to honor the life of Amber Archuleta



Photo by E. Wilde

Amber Archuleta's class members gathered at her vigil held at Eagle Rock Lake on July 30, 2023

By MIKAYLA ORTEGA

On July 28, young people in Questa were relishing the last days of summer before returning to school for the 2023/24 school year. Parents were gathering school supplies while teachers were preparing their classrooms in anticipation of a new school year with new opportunities to build, grow, and learn.

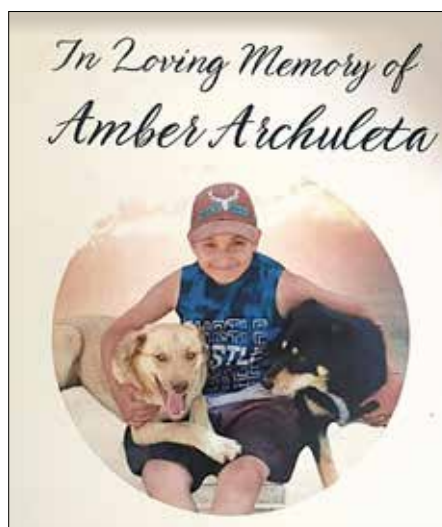
News of the tragedy that occurred at 104 Cabresto Road on that day sent shockwaves throughout the community, meeting residents with confusion, devastation, and concern. Many questions surrounded the incident — what could've happened and why? Many parents took to Facebook, sharing the devastation their children felt due to this loss, and the community joined together in unity to cope.

The New Mexico State Police confirmed the homicide of 13-year-old Amber Archuleta in a press release to the media on July 29, including the jarring preliminary details of what happened that tragic day. Media outlets across the state drew

their attention to Questa, looking at the legality around a 14-year-old having access to a firearm which belonged to his father.

In March of 2023, Governor Michelle Lujan Grisham signed House Bill 9, the Bennie Hargrove Gun Safety Act, which makes parents responsible for a firearm accessible to a minor who brandishes it or uses it to threaten someone, a misdemeanor or punishable by up to a year in jail; and negligently making a firearm accessible to a minor resulting in great bodily harm or death, a fourth-degree felony carrying an 18-month prison term. The 14-year-old boy who is the suspect, along with his father, were both arrested and charged in her death.

On Sunday, July 30, the Farmer's Market became a space to support all who were reeling from this tragedy. Living Word Ministries Pastor Gayle Martinez along with the IFOC Sangre de Cristo Chaplain Corps Taos, trauma-informed crisis counselors, held space for attendees to seek solace amidst the collective trauma the community was experiencing.



Courtesy Photo

A vigil later that night was held at Eagle Rock Lake, where the community came out seeking comfort and connection in their sincere time of sorrow.

A couple of days later, on August 1, the family of Amber planned a march through Questa to end gun violence.

On August 12, a memorial was held

at the Questa Junior / Senior High School Mini-Pit. Teachers from various class levels, both active and retired, came together in a show of support and to seek comfort from one another. The Questa school district as a whole has also been incredibly supportive for kids and families who are processing their grief since the incident happened.

Emotions through this devastating incident have ranged from shock to sadness to devastation to anger to grief as the community works to move forward, keeping her legacy alive.

The loss of a young person is a devastating burden for the family and the community to carry as people work to understand and accept the loss of a future and a life that could have been.

Amber Archuleta will live on through the memories and her family, friends, classmates, and teachers who will remember her as someone who was thoughtful, kind, funny, and empathetic. Practicing these values is what will keep her spirit alive, forever. Long Live Amber.

MENTAL HEALTH MATTERS



M.Ed., LMSW

By DAWN PROVENCHER

Finding Your Happiness

Turning on the news, opening a newspaper, listening to a current event's podcast can all set our mood for the

day, often negatively. Harsh weather, violence, illness, worldwide troubles. There are so many things having an effect on us which we have absolutely no control over. What we CAN control is how our mind and body react to this never-ending flow of negativity.

Here are some easy tasks we can all practice on a daily basis to bring more peace and happiness into OUR life.

First, TURN OFF THE FLOW OF BAD NEWS. Instead of turning the TV on in the morning or before going to bed, and tuning in to a news station, turn on your favorite music instead. Sing along, move to the music, stretch, remember the first time you heard this

song. Who was with you? How old were you? If we could see our brains hearing or making music, we would see an increase in blood flow to the areas that generate and control emotions. Old rock and roll? Big band music? Mariachi? Classical? Find what makes you smile and turn it up!

Make your bed and tidy the house (with the music still playing). Make the bed, feed the cat, fix your tea or coffee, put things in their place, and start your day with contentment.

Sit with that cup in hand and make a list of ten things you are grateful for. Your family? Your garden? Your bad haircut is growing out? That there is

food in your cabinets? Your dog? Be grateful **and** make a list. Actually write the list down and make a new one each day. I like to light candles around the house each morning and with each flame, name something in my life that makes me thankful. When I see the little flickers throughout the day, I get a reminder.

Surround yourself with positivity and people who make you happy. If a friend starts a conversation with how someone has wronged them, or how their job is horrible, or that their head

MENTAL HEALTH cont'd on page 10

SUPERMARKET cont'd from page 1

only was I running the store and taking care of my kids, but we also had farmland, so we had to ensure the hay was bailed and sold; we had to keep up the ranch," she says.

Working early mornings and late nights, Debra recalls how much effort she had to put in to keep the store afloat. "It was trial and error. I didn't have guidance from my brother to show me the ropes before he was deployed, and I couldn't call him to ask questions either. I would tell my boys, we are a team and we need each other to get through this. It truly was only by the grace of God I was able to get through this time," she says. Debra was the store manager until 2012, when her sister assumed responsibility for managing the center.

When asked why she was so passionate about keeping the store running successfully while she was simultaneously carrying the weight of the world on her shoulders, she was quick to point back to her grandpa Marcelino's vision. "I believe our family was blessed to be a blessing. We have been able to provide food access to people, to our elderly for all these years. It's our responsibility to carry my grandfather's mission and vision forward."

It was because of this vision that Debra worked to bring a bank to the store when all the local banks shuttered in the area. "Our elderly people cannot drive far, and they need access to resources like groceries and a bank. That was the reason I brought the bank to the store, because people deserve to have the basic resources to live."

In July of this year, the Questa Center Supermarket hours started to periodically change. "We were always very faithful in our hours of operation, people knew if they came to our store, even on the holidays, they could find us open," she says as she pauses. "My sister got sick, and her family was unable to keep up the operation while dealing with her illness." Debra laments how difficult this time has been for her family. She was grateful to report her sister is home but needs to travel to Taos for medical treatments multiple times per week.

A New Era

"Our family is doing a very difficult thing. We are dissolving the family business structure established by my dad and we are selling the store," she says as she fights back tears. "The community deserves better and it's time for a

restoration of the vision my grandfather had for the Questa Center... somewhere over the years, that's been lost and we are doing this for the community."

The family has agreed upon a seller and the contract is being drafted up by the store's attorneys. While the store's model will move from a family operation to a sole proprietary business, Debra says she will be heavily involved as an advisor to help the store get back on track to be a service to the community.

"The new owner is a member of our family, but he will be running it independently as a business owner," she says. The store is undergoing renovation. It will be reopening as soon as possible. Currently, there is a big priority to refocus and improve the store's business model and position it to serve the greater northern Taos County communities.

DANIEL HERRERA cont'd from page 4

true. You must always remain teachable so you can find new and innovative ways of doing things," he says.

During our interview, Daniel reminisced about how much he enjoys coming back to the place that raised him. "This place taught me so much, and I'd say it's one of the biggest pieces of my identity. The people from Questa are so hardworking, and I think this really built up my work ethic and dedication to my education."

While living in Virginia, Daniel is

committed to maintaining his identity. "There aren't too many Herreras on the other side of the country. Personally, I identify more with being New Mexican than I do American. I introduce myself to people as a New Mexican, I pronounce 'Herrera' with rolled r's, and I am authentic with people. Whether it is in my laboratory or when I'm teaching a class, I try to educate people about who I am and where I am from. If I am not being my authentic self, I am not creating the type of impact that I should be."

When asked what advice he would

give to younger Questeños, he shared an experience that helped him change his perspective. "After I left Questa, I sometimes felt insecure because my peers from big cities had better access to resources like advanced classes and training. It made me believe that I needed to keep to myself and hide my weaknesses, but that didn't help at all. I realized it's okay to ask other people for help. It takes a village to grow and learn, and it's important to realize you don't have to be the smartest person in the room — rather, you should strive to sur-

round yourself with people [who] know more, so that you never stop learning."

Daniel also says success does not necessarily require a person to be strong in math or science. "A lot of people think it's all about being smart, but that's not it. It's more about being stubborn. It's about putting in the work and pushing forward, even when it means you have to make some sacrifices, or when it means you're working until two in the morning. That stubbornness to learn and improve is what helps you push forward and achieve your dreams."

TRANSPLANT cont'd from page 8

from 35 to 43. She has 14 grandchildren and one great-grandchild. "My grandkids are the highlight of my life. I want to live, I want to see my grandkids grow up and have full and happy lives. A donation would be so incredibly appreciated for me because it would mean I could keep living," she says.

Her reach throughout the Questa community has been great, from having worked for 15 years at the Ancianos, to the Wildcat's Den, the La Q Pizza, all the way to owning and driving around a fan-favorite ice cream truck in local neighborhoods during the summers. "I worked with so many kiddos who are now grown adults, I really feel like I made

an impact in their lives, and it was such a wonderful time for me," she says.

More about living donations

The liver is the only organ that can regenerate itself after a donation. The donated portion of the liver fully regrows within four months and will ultimately regain full function. Currently, more than 10,000 adults and children are waiting for a new

liver in the United States. On average, it could take months or years for a donor to receive a liver. To see if you are eligible to donate to Elsie, you must be between 18-55 and match her A+ blood type. To apply, visit www.uhealthlivingdonor.org. Fill out your information, then click on "Named Recipient" and input "Sheila Elsie Rael."

MENTAL HEALTH cont'd from pg 9

aches so badly they can't even think, stop them gently. Say "Let's just talk about good things for the next five minutes. Remember when you made the tres leches cake everyone thought was so delicious? Isn't it great that the kids

are back in school again? Do you want to share a case of green chili this year? Have you seen the sunflowers in Cerro?" Happiness is contagious. Spread and accept joy.

Now **do** something for someone. Does the person behind you in line have only a few items? Tell them to go ahead. Is there an older friend or

relative who would love a quick visit or a phone call from you? Reach out. Do you have an afternoon a week to spare? Volunteer to read with a child at school. Make cookies for your doctor's office staff. Write a silly note and leave it where someone you love will find it. Tell a child they have good manners.

The easiest and most important

thing you can do to help to dispel bad feelings is just to breathe. Slowly breathe in while counting to five, hold it for five, breathe out for five. This can be done anytime throughout the day if you feel your anxiety starting to grow. Breathe!

Make having joy and sharing joy a habit.

THIS IS OUR COMMUNITY PAPER CALL OR E-MAIL US FOR AD RATES! (575) 586-2258 or sales-1@QuestaNews.com

Concern Over Proposed Health Clinic Dominates School Board Meeting

By DYLAN R.N. CRABB

The Questa Independent School District (QISD) August 16 board meeting hosted a full room of community members, as concerned residents spoke up about a new health clinic that's proposed to set up shop at the Questa Junior/Senior High School.

Sunrise Clinics is a healthcare company emphasizing services for rural communities with offices throughout northern New Mexico in Santa Rosa, Tucumcari, Las Vegas, and Raton. The QISD Board meeting agenda contained an action item for a discussion and/or a decision regarding a Memorandum of Understanding (MOU) with Sunrise Clinics.

Members of political activist group known as Concerned Women for America for New Mexico (CWANM), the state branch of the national Concerned Women for America, was in attendance at the meeting specifically to speak up against the Memorandum of Understanding, explaining their concerns over gender-affirming healthcare at so-called "school-based health centers" in the public comment period. The director of the CWANM, Nickie McCarty, gave a presentation to lay out her organization's concerns.

"We're looking at school-based health centers, and on the surface they sound great," said McCarty. "Who doesn't want healthcare for our kids, but what we don't want is healthcare for our kids that we don't know about... There are so many things underlying and present at these school-based health centers that they're just swarming our kids with a swath of services and offering anything and everything to our children, and we're here today because we want to protect our children."

McCarty and the other CWANM members expressed dismay over parents not being more involved in the realities of student healthcare at school sites and cited New Mexico's Reproductive & Gender-affirming Health Care Freedom Act (HB 7) and its protections for gender-affirming healthcare as a part of their concerns. While the Family Educational Rights and Privacy Act (FERPA) gives parents "the right to inspect and review the student's education records maintained by the school," the federal law also states that schools can disclose



Photo by Dylan R.N. Crabb

From left to right: QISD Board Member Juan Cisneros, QISD Board Secretary Michael Cordova, and QISD Board President Jason Rael

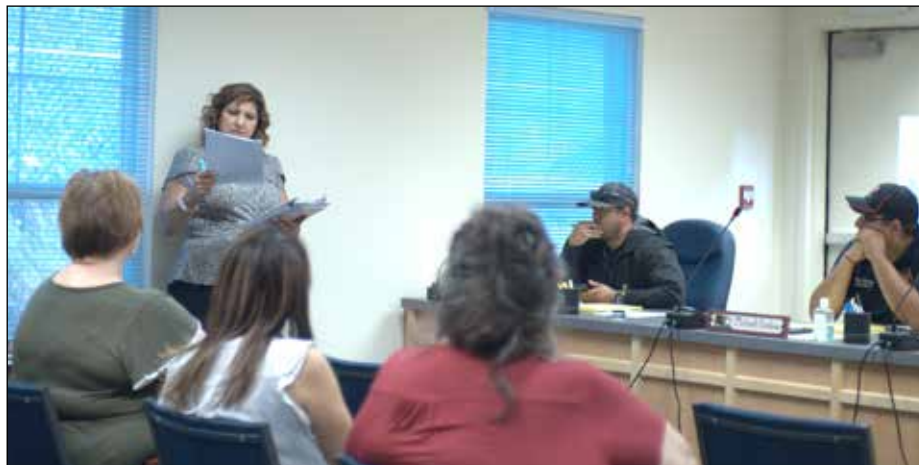


Photo by Dylan R.N. Crabb

Concerned Women for America of NM Director Nikki McCarty presents to the QISD Board

student records without consent to particular parties under particular conditions, including "appropriate officials in cases of health and safety emergencies."

HB 7 was passed earlier this year with the intent to protect access to healthcare for those seeking reproductive or gender-affirming healthcare and imposing penalties on violations of the law. HB 7 describes gender-affirming healthcare as "psychological, behavioral, surgical, pharmaceutical and medical care, services and supplies provided to support a person's gender identity." HB 7 also clearly states that discrimination "against a person based on that person's use of or refusal to use reproductive healthcare or gender-affirming healthcare services" shall be a violation of the law.

"Nothing in the Reproductive and Gender-Affirming Health Care Freedom Act shall be construed to require a healthcare provider or entity to provide

care: (1) that the healthcare provider or entity does not otherwise provide or have a duty to provide under state or federal law; (2) when the provision of service is against the medical judgment of the treating healthcare provider while acting within the standard of care (New Mexico Legislature, Reproductive & Gender-affirming Health Care Freedom Act (page 3). Link here: <https://tinyurl.com/4yt6brr8>

"Stop the confusion, protect our children," was the common slogan repeated by the CWANM members at the meeting in reference to gender-affirming healthcare.

"My number one priority is the mental health part of it and the counseling part of it," said McCarty. "The CWANM believe that children who struggle with identity should be protected from harmful gender reassignment medical practices causing serious health risks, irreversible damage, and increasing regret.

This is one of our core values [as well as] family. To me, all of this is leaving family out, leaving parents out, and I feel like we need to... revisit the school-based health centers."

McCarty cited HB 7 as "a destructive bill that leaves an open door for minors on school grounds to receive all of these medical procedures without parent notification or approval."

There is nothing about school-based health centers or parental rights in education in the text of HB 7.

Much of the concern over parental rights in education comes from an official trainer with the New Mexico School Board Association, Andrew Sanchez, who stated specifically at the NMSBA annual convention last year, "parents do not have a fundamental right to tell you how public school teaches their child."

"I was there for that conference at the School Board Association where [Sanchez said that]," said QISD Board President Jason Rael. "I was pretty shocked."

"Conversations from the high school to the elementary school are pretty out there," said QISD Superintendent John Maldonado regarding sexual conversations he has overheard among students. "These are conversations that are real and they're conversations that happen on a day-to-day [basis] no matter - with a [SBHC] or without a [SBHC]. These are conversations that are happening among our students, so working with Sunrise, we've asked for them to give you guys [the board] and us [the administration] full parental consent no matter what the process is."

In the discussion on the action item concerning the Sunrise MOU, a representative from Sunrise Clinics, Timothy Dodge, stood up to answer concerns. There was vibrant back and forth between Superintendent Maldonado and the board over the mental health needs of students versus the importance of parental rights.

Dodge read an email from Sunrise Clinics CEO Dr. Randall Brown out loud to the boardroom: "make sure they understand that Sunrise Clinics is not going to do anything for sex orientation."

Dodge continued by stating to the crowd, "we're going to respect parents' rights and we're going to respect the

PROPOSED CLINIC cont'd on page 13

2023 Questa Fall Sports Schedules

JV/Varsity Volleyball

08/19/2023 4:00 PM Home Varsity Coronado (Scrimmage)
 08/25/2023 5:00 PM Home Varsity Cimarron
 08/31/2023 4:00 PM Home JV Taos
 08/31/2023 5:00 PM Home Varsity Taos
 9/8-9/9/2023 TBD Away Varsity Cimarron Tournament
 09/12/2023 5:00 PM Away Varsity Cimarron
 09/16/2023 1:00 PM Away JV Antonito (Colorado)
 09/16/2023 2:00 PM Away Varsity Antonito (Colorado)
 09/19/2023 5:00 PM Home Varsity Springer
 09/21/2023 5:00 PM Home JV Des Moines
 09/21/2023 6:00 PM Home Varsity Des Moines
 09/28/2023 5:00 PM Away Varsity Coronado
 09/30/2023 3:00 PM Away JV Dulce
 09/30/2023 4:00 PM Away Varsity Dulce
 10/05/2023 5:00 PM Home JV Dulce Homecoming
 10/05/2023 6:00 PM Home Varsity Dulce Homecoming
 10/10/2023 5:00 PM Home JV Escalante
 10/10/2023 6:00 PM Home Varsity Escalante
 10/12/2023 5:00 PM Away JV Mora
 10/12/2023 6:00 PM Away Varsity Mora
 10/17/2023 5:00 PM Home JV Mesa Vista
 10/17/2023 6:00 PM Home Varsity Mesa Vista
 10/19/2023 5:00 PM Away JV McCurdy
 10/19/2023 6:00 PM Away Varsity McCurdy
 10/24/2023 5:00 PM Away JV Penasco
 10/24/2023 6:00 PM Away Varsity Penasco
 10/26/2023 5:00 PM Away JV Escalante
 10/26/2023 6:00 PM Away Varsity Escalante
 10/30/2023 5:00 PM Home JV Mora
 10/30/2023 6:00 PM Home Varsity Mora
 11/02/2023 5:00 PM Away JV Mesa Vista
 11/02/2023 6:00 PM Away Varsity Mesa Vista
 11/06/2023 5:00 PM Home JV McCurdy
 11/06/2023 6:00 PM Home Varsity McCurdy
 11/09/2023 5:00 PM Home JV Penasco
 11/09/2023 6:00 PM Home Varsity Penasco

Junior High Volleyball

08/19/2023 2:00 PM Home 7/8 Combo Coronado (Scrimmage)
 08/25/2023 4:00 PM Home 7/8 Combo Eagle Nest
 08/31/2023 4:00 PM Away 7/8 Combo Penasco
 09/11/2023 4:00 PM Away 7th Grade Taos
 09/11/2023 5:00 PM Away 8th Grade Taos
 09/12/2023 4:00 PM Away 7/8 Combo Cimarron
 09/13/2023 4:00 PM Home 7th Grade Escalante
 09/13/2023 5:00 PM Home 8th Grade Escalante
 09/19/2023 4:00 PM Home 7/8 Combo Springer
 09/21/2023 4:00 PM Home 7/8 Combo Des Moines
 09/22/2023 4:00 PM Home 7th Grade Taos
 09/22/2023 5:00 PM Home 8th Grade Taos
 09/25/2023 4:00 PM Away 7/8 Combo Penasco
 09/27/2023 4:00 PM Away 7th Grade Escalante
 09/27/2023 5:00 PM Away 8th Grade Escalante
 09/30/2023 1:00 PM Away 7th Grade Dulce
 09/30/2023 2:00 PM Away 8th Grade Dulce
 10/05/2023 3:00 PM Home 7th Grade Dulce Homecoming
 10/05/2023 4:00 PM Home 8th Grade Dulce Homecoming
 10/19/2023 4:00 PM Away 7/8 Combo McCurdy
 11/06/2023 4:00 PM Home 7/8 Combo McCurdy

Varsity Football

08/19/2023 2:00 PM Away Clayton
 08/26/2023 3:00 PM Home Logan
 09/01/2023 6:00 PM Away Dulce
 09/09/2023 1:00 PM Home Tatum @ Estancia High
 09/30/2023 1:00 PM Away Menaul School
 10/07/2023 4:00 PM Home Pine Hill Homecoming
 10/13/2023 6:00 PM Away Legacy Academy @ Bernalillo HS
 10/21/2023 12:00 PM Away Shiprock NW High School

Junior High Football

08/19/2023 12:00 PM Away Clayton Junior High
 09/06/2023 4:00 PM Home McCurdy Charter School
 09/23/2023 11:00 AM Away Taos Middle School
 09/27/2023 4:00 PM Away McCurdy Charter School
 10/07/2023 1:00 PM Home Pine Hill Homecoming
 10/18/2023 4:00 PM Home Cuba

Varsity Soccer

08/28/2023 5:00 PM Away Santa Fe Prep
 08/30/2023 4:00 PM Away Moreno Valley
 09/07/2023 5:00 PM Away West Las Vegas
 09/14/2023 4:00 PM Away Taos JV
 09/23/2023 11:00 AM Home Santa Fe Prep
 09/25/2023 4:00 PM Home Moreno Valley
 09/29/2023 5:00 PM Home Monte Del Sol
 10/06/2023 6:00 PM Home Taos JV Homecoming
 10/09/2023 4:00 PM Away Moreno Valley
 10/11/2023 4:00 PM Away ATC
 10/16/2023 4:00 PM Home ATC
 10/18/2023 4:00 PM Away Tierra Encantada
 10/23/2023 5:00 PM Away Monte Del Sol
 10/25/2023 4:00 PM Home Tierra Encantada



Photo by E. Wilde

Questa Partners with UNM-Taos to offer Carpentry Class to Students

By DYLAN R.N. CRABB

The Questa Junior/Senior High School will be offering a carpentry class as a public course from the University of New Mexico-Taos during its fall semester from August 25 to December 16. Located in the High School Carpentry Lab and open to the public.

CNST-184, General Carpentry, will be available Friday from 8:30 a.m. to 11:30 a.m. and instructed by Spencer Warnock.

For more information, call (575)737-6215 or visit taos.unm.edu.

Courtesy Photo
General Carpentry Class Information



PROPOSED CLINIC cont'd from page 11

autonomy of local government,” as he gestured toward the Board. “We’re not gonna try and tell this school board or any school board throughout the state what their beliefs should be.”

Board Member Juan Cisneros questioned Dodge on potential conflicts between Sunrise Clinics’ stated intentions to respect local autonomy and the need to follow state law and provide proper care for students.

“Once you’re in and the MOU is signed and I know you’re probably aware of HB 7 and SB 397 and SB 13 and HB 207... how do you go against the law?” Cisneros asked Dodge.

“How do we go against the law,” Dodge repeated back in confusion.

“Yeah, let’s say if we don’t want this here but then you end up with a child that ends up in your care, and you say you’re not about that, the law says you’re supposed to provide that, how do you go against that,” explained Cisneros.

“If you don’t get the parental consent, we’re not gonna see them,” said Dodge.

“But that is not what the law in New Mexico is,” said Cisneros.

“That’s our position,” said Dodge.

“I don’t believe so,” continued Cisneros. “I think, once it’s in the door you have to follow the law, so the only way to not abide by it is to not let it in your [school].”

“That would be even with our school

nurse,” said Superintendent Maldonado.

“Exactly,” said Cisneros. “We already have the obstacles in place.”

“So that’s where, as a local board,” continued Superintendent Maldonado, “that consent has to be signed and done and we’ve had that discussion back and forth,” as Maldonado gestured to Dodge. [If] no consent is signed, that student is not seen.”

Board Member Cisneros’ main concern was the new state law regarding gender-affirming healthcare taking precedence over local autonomy and parents’ rights. Superintendent Maldonado was reassuring the board that parents’ rights would not be overlooked.

The Sunrise MOU ended up being tabled for further discussion.

A recording of the August 16 QISD Board meeting is available at the Questa del Rio News Facebook page at the following web address: <https://www.facebook.com/QuestaNews/videos/831361908622836/>.

It may be worth noting that the Sunrise Clinic’s representative, Tim Dodge, was the subject of an article in the *Deming Headlight* in January of this year. That article reported on Dodge’s termination from his position as Ruidoso Village Manager due to “an investigation by an outside agency into allegations of stalking by a village employee.” Dodge’s termination was determined by a unanimous vote by the Ruidoso Village Council.



Photos by John Walsh

Roots and Wings science project: 6th, 7th, 8th grade marble roller coasters



The best of times, in the worst of times...

Courtesy of Questa Creative Council

One of Questa's best events of the summer came on the heels of one of its worst weeks last month. The death of an adolescent at the hands of another adolescent with firearms was a reflection of ongoing

challenges for our community. The 8th annual Questa Art Tour, two weeks later, celebrated the talent, skills and culture that is also a part of this village. Our sincerest condolences as we mourn this tragic event and celebrate life that must go on, in the ways that only art can do.

Along the art tour, over 50 of your cousins, your neighbors, and new friends welcomed many, many art and nature lovers (over 850 last year, this year's figures not in as of this writing), Visitors are coming from near and far, and now planning their summer holidays to the Enchanted Circle and Taos to coincide with this fun event along its scenic route.

The Questa Creative Council's board and event team had such fun working on this event. We so respect the skills and time that each other and so many community members were bringing to the table.

We would do even more to celebrate the best of Questa, if we could clone ourselves!

Do you want to be part of community solutions? Let's build on this non-profit that is now well established, with as solid a funding structure as an arts organization can have.

We have always worked toward, and hoped for, more activities to attract the participation of our area youth. This has been a challenge. Parents and guardians only have so much energy to encourage, chaperone, etc. Our school teachers and staff are already working hard.

We have skilled workshop leaders and talented instructors on our team, and more out among you, just waiting for more programs to be established when more organizational talent is on hand. There are cultural traditions to share, stories to keep alive, artistic skills to boost the confidence

of the most challenged youth. Let's make this enrichment a reality for our community. Let's help establish a well-rounded, happy place to call home. If we all work together, not waiting for someone else to do it, but jumping in to add our diverse points-of-view and talents and time, we can tip the scales in the direction of good things for our kids.

Contact us as QuestaCreativeCouncil@gmail.com, or leave a message at (575) 586-5658, or speak to one of your neighbors already working with us. We'd love for you to join!

In addition to our wonderful artists and valuable sponsors, a HUGE thank you goes to Sierra Hedberg, Martha Shepp, Roger Harrington, Linda Betz, Judy Rutledge, and Nancy Parker who managed all the moving parts that made an event like our 8th annual Art Tour possible!



Photos by E. Wilde provided by the Questa Creative Council (QCC)

Local to be Featured at Taos Art Gallery

By STAFF WRITERS

The Taos Artist Collective gallery showcases regional artists in the disciplines of painting, watercolor, photography, sculpture, jewelry, and fiber arts.

The gallery was originally founded as the Enchanted Dreams Foundation and Antique Emporium to benefit children with autism. In 2009, the gallery was transformed into the Taos Artist Collective. It is located in the heart of Taos, on the northwest corner of Kit Carson and Paseo del Pueblo Sur.

Beginning September 1, Mary Jo Kelly of Cerro, along with artists Joey Wieder of Taos, and Karen Trythall of Alcalde, will be featured for the window display for the month.

Kelly worked as a special education teacher in Questa for a decade. Upon retirement in 2021, she saved enough money to purchase art supplies in order to launch into a second career as a landscape painter.

Her paintings are described as “rich with stunningly original colors and interesting compositions.” Her work is said



Courtesy Photo

Original painting by Mary Jo Kelly of Cerro, one of the featured artists at the Taos Arts Collective

to “capture the essence of New Mexico with its unique culture and amazing wilderness and mountainous areas, using a bold impressionistic sensitivity.” Her subjects have also expanded from land-

scape to also depict animals, wildlife, and architecture.

September’s First Friday Gallery Walk coupled with the show opening will take place on Friday September 1,

from 5 to 8 p.m. The gallery encourages the public to stop by to see local collections.

<https://taoartistcollective.com/>

23rd Rio Costilla Studio Tour: Border Crossing

By STAFF WRITERS

On September 23 and 24, the Rio Costilla Studio Tour will again open their doors and hearts for its 23rd year to art lovers from 10 a.m. to 5 p.m.

Attendees can expect to find a unique collaboration of artists from the New Mexico / Colorado state line, including artists from San Luis (the oldest town in Colorado), Garcia, Jaroso, and New Mexico’s Costilla and Amalia.

Returning artists include Taos Fall Arts award winners; watercolorist Karen Ahlgren and woodworker, David Satrun. Karen’s studio/gallery resides in a 173-year-old adobe that began its life as the Methodist/Episcopalian mission in 1850. She was also part of the Questa Art Tour, as was Nancy Crochet.

David’s woodworking shop and home is the SPMDTU building on the Plaza de Arriba, in Costilla.

Sarah Welch’s popularity for her pottery in Jaroso has enabled her to build a beautiful new studio/shop/warehouse in which to create and ship her pottery

throughout the country. Photographer Nancy DeHerrera Crochet continues to sharpen her focus on the local flora and landscape, to the delight of her followers.

The tour will include new participants; renowned San Luis sculptor Huberto Maestas, known for creating the Stations of the Cross Shrine, has recently opened a beautiful new gallery in San Luis, Colorado, Jacales (‘ha-KAH-les’) Fine Art and Spanish Market. Also new to the tour is tin and straw appliqué artist, Cristina Hernandez Feldewert.

Other participants include many emerging artists displaying their works in a collective show in San Luis; from painting in all mediums, organic jewelry and colcha, to oil landscapes by Steve Gomez in Costilla.

Maps will be available at the Welcome Center in San Luis (Stop #1), the Phillips 66 station in Costilla, and all the stops along the way.

Visit www.RioCostillaArtTour.com for more information on this event.

Proposed Questa-area Acequia Association Meeting Engages Locals In Lively Discussion

By DYLAN R.N. CRABB

Community members gathered in the Village of Questa administration building on July 26 to discuss the prospect of an umbrella association for improved collective representation of the acequia associations throughout northern Taos County.

Questa Economic Development Director Lynn Skall began the meeting of about 30 participants by asking for introductions from those in attendance. Residents and acequia association members from San Cristobal and Llano to Questa, Cabresto, and Cerro showed up to voice support as well as question the logistics behind this proposed umbrella association.

“Each of the acequias have their own governing body and that’s not going to change with anything that we’re doing here,” said Skall. “What we’re trying to accomplish is to get support for all of the acequia groups, so that we have a voice that we can use in the state.”

Christian Isely, state government affairs representative for Chevron, was also in attendance to speak on details regarding funding for this umbrella association. Both Skall and Isely want to make it clear that this is not meant to take autonomy from any of the individual acequias; it is intended as a collective organization for the purpose of unifying all voices and sharing resources.

“I’m happy to give you some good news on the funding front,” said Isely. “Chevron just signed a grant agreement with the Questa Economic Development Fund. The total grant is going to be \$160,000, that will be dispersed incrementally over the next three years. We just requested the first check for \$60,000 and that should be coming to the Questa Economic Development Fund shortly.”

Isely explained two reasons why Chevron supports the new association: Chevron sees the acequias as key resources in water management: Chevron still owns some water rights on local acequias that Isely says Chevron is looking to divest from in the future. Secondly, Chevron values its close relationship with the Questa-area communities and it has an interest in keeping water rights local to this area.

“All the things that Lynn just mentioned — green hydrogen, energy, farming, an agriculture cooperative, housing developments, all that stuff — you can have all the money in the world. but if you

don’t have the water, you can’t do any of it,” said Isely.

A common concern from the crowd was a fear that this umbrella association would overshadow the individual acequia associations that it would supposedly represent. Isely clarified again that it is intended as a “support organization” to make the voices of the acequias more united and more powerful when interfacing with the Office of the State Engineer, the state legislature, and other regulatory bodies.

Treasurer for the Cabresto Acequia as well as the Project Manager for the Village of Questa Jake Lefore, asked Isely a hypothetical question: “What happens if the acequias don’t join the association?”

“I’m not sure exactly if it will be an official member organization,” replied Isely. “It’s kind of preliminary to say whether or not an acequia has to be a member... [that is] to be figured out. I do think, now that the funding is lined up, it’s there if you want to take advantage of it. If you don’t, that’s fine too. Why not seek out the help?”

Mayodormo for the Cabresto Acequia Jolton Lefore, spoke up: “I want to tell you all a real serious thing,” Jolton began. Llano, Cerro, Taos, San Cristobal, Cabresto, We live in a desert... In the ten years that I’ve been Mayodormo... I’ve had two good running water years... You say you want to manage our water [as he points to Isely], I have a hard enough time managing my water for the 300-plus people I manage water for. It’s tough... We’re lucky to have this damn water. Christian, I have faith in you... I love Questa, I manage our water, and I take it dead serious. I’m watching every year get worse and worse and worse... If you want to manage our water, what do you want to manage?”

“Chevron’s not managing —” Isely tried to respond. Jolton pointed to Isely again. “You started off this conversation about wanting to manage our water! I heard you, that was the whole topic of this thing. I’m asking you and Chevron, and I’m listening cause we need all the help we can get, I believe in you. I’m asking you to invite all of the associations and all their parcientes (water rights owners) so you can look them in the eye and tell them what you’re trying to tell us. That’s what I’m asking you.”

“Yeah, we can do that,” responded Isely.

“Put everything on delay and talk to every one of these parcientes — Taos, San



Photos by E. Wilde

Cristobal, Cerro, Llano, Cabresto, Amalia — because we’re struggling to get water,” Jolton’s passion was on full display as he was advocating for each acequia. “I’ll stand up for our people! If you want to help us, truly look at our people and tell us what you’re helping us with.”

“We’ll do it,” responded Isely as Jolton sat back down in his seat. “This is your organization. It’s not Chevron’s organization, it’s not the QEDF’s organization, you own this organization, you will create this organization. This is not something that Chevron will manage, this is yours, and it’s going to take a lot of resources to help you manage.”

“I think it’s a good idea to have an association,” said President of the Questa Citizens Ditch Bobby Ortega, “I think it makes sense that people can work together here in the north, it’s good to see other acequias here. As Jolton said, it’s a very important thing.”

Ortega expressed his concern about how the northern acequias will fund this Questa-area Acequia Association after three years when the funding provided by Chevron becomes exhausted. “It’s good to have that initial money from Chevron,” said Ortega. “But what happens after three years? The lands here in Questa are not producing what they should be... We not only need water, we need management of the lands here.”

Ortega’s main concern was over how

to fund the proposed acequia association in the longer term, because the acequias may not be able to raise their membership dues.

“We’re a poor community,” opined Ortega.

“I think it’s your duty, to get us an invitation so we can invite our people and you can look them in the eye,” said Jolton, up from his seat again and pointing at Isely.

“Could we arrange such an opportunity,” Isely asked Skall.

“Absolutely,” Skall responded.

“I want your help, Christian,” Jolton continued. “God knows, we all want your help. We’re struggling, we’re a desert community, people,” Jolton turned from side to side, addressing the whole crowd. “Climate change is gonna kick our ass! Get our parcientes behind you and we’re all for it, that’s all I’m saying.”

Director of the Taos Valley Acequia Association Judy Torrez explained to the crowd that her own association is partnering with the Taos Land Trust to try and improve their water management and conservation methods. “For [the] Taos Valley Acequia Association, we have an annual meeting. That’s where we get all the acequias together and that’s where they will get their directors,” said Torres. “I told [the Taos Acequias] that the best thing for us to do is to get your attention first and then you guys go back to your parcientes... Every acequia should have one representative on the board [of the umbrella association] so they know what your issues are... and not be a self-appointed person on the board. You want someone for the people.”

Torres recommended a meeting for every acequia with all of the parcientes in attendance during which everything about the umbrella association is explained, its intent, and how it will operate, and then hold an election for who will represent each acequia on the board of the umbrella association. Torres also emphasized that the TVAA is not a regulatory entity; they do not oversee its acequia members, they just assist. Each of their 55 acequia associations has their own set of bylaws and the TVAA reports the status of each of each stream at their annual meeting.

A recording of the full meeting is available on our Facebook page. <https://tinyurl.com/AcequiaMeeting>.

Dia de las Acequias del Norte Concert to be Held in September

By DYLAN R.N. CRABB

The second annual Dia de las Acequias del Norte benefit concert is scheduled for September 9, 2023, at Questa Moly Corp Field. According to a press release from Chevron Public Affairs Advisor Gabriel Herrera.

The concert will feature Darren Cordova, Dwayne Ortega, UZ Band, Los Blue Healers, Hartless, and Makayla Antonia. All proceeds from ticket sales will be donated to local acequia associations.

Chevron wants Questa-area communities to know that they are committed to the following goals:

- Keep water resources and water rights local
- Promote local sustainable agriculture
- Improve food security with local produce
- Improve the operability and sustainability of our municipal water system



Courtesy Image

Dia de los Acequias del Norte Concert: September 9: SAT - Noon to 10:00 p.m. Tickets can be purchased in advance at the Questa Vistors Center and the El Monte Carlo in Questa for \$10 or at event gate at the Moly Corp Miner Memorial Field

- Explore green carbon-free energy production

Tickets for the concert can be purchased at the Questa Visitor Center, the El Monte Carlo, or at the gates at Moly-Corp Field, the concert venue.

Dia de los Acequias del Norte Concert

September 9: SAT: Noon to 10 p.m.

at Moly Corp Miner Memorial Field in Questa NM. Proceeds benefit acequia associations in northern Taos County. Featuring Darren Cordova y Calor and Mariachi Calor! No pets, no coolers or outside food or beverage. Tickets are \$10 in advance and at the event, with additional donations welcome. They can be purchased in advance at the Questa Visitor Center or the Monte Carlo Lounge or at the event. Info: Lynn Skall (575) 586-2149 or lynn@questaedf.com.

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\$10,000 to the Charles Cisneros Cerro VFW

\$10,000 Costilla Neighborhood Association.

\$39,000 in student scholarships. Four of the recipients were from the Questa area.



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By Toner Mitchell

This Summer of Heat and Perspective

With some rain finally falling in Santa Fe, my nights have vastly improved. I sleep under the sheets instead of on top of them. I wake up with hope in my heart, not so grumpy as in July. My ganas (desires) to go fishing are coming back to me.

This spring, cool and sometimes drizzly, spoiled us. Everything was so clean and green, and the air didn't smell so hot and piney as it did last winter and spring, when everything was so crispy and went up in flames. Before the recent heat wave

kicked in, it was actually too cold for good fishing. Runoff just wouldn't finish.

How quickly we forget, especially these days with climate change news on every television and computer screen, how the weather can whip your head around. As New Mexicans especially, we are accustomed to making it from one scorching hot day to the next. At least one would think. Like sweat dripping into our eyes, climate change catastrophizing, if not climate change itself, may have blurred our vision.

Again, it really wasn't that long ago, around seven weeks by my count, that a day in the New Mexico outdoors was quite comfortable. My best fishing day was on the Rio Guadalupe on the south slope of the Jemez. Many don't know that this delightful small stream has the most prolific, and one of the only hatches of salmonflies in the whole state.

The salmonfly is a species of stonefly that is noteworthy for its enormous size. At about two-and-a-half inches long, it's a big bite of food that turns normally shy and selective trout into bona fide idiots. That was what happened on my Guadalupe adventure in early June, with



Photo By Toner Mitchell

Rio Guadalupe

fish after fish racing up to gobble my big orange dry fly.

Since the Taos area streams were still running high, I focused on the Jemez

through the rest of the month. I had another great day on the Rio Cebolla, where some ranchers and Trout Unlimited are collaborating on a project to improve wildlife habitat along the creek. The meadows were in gorgeous shape after the fat winter; the brown trout fishing was decent, though challenging due to the long grass drooping across the stream channel. My fishing partner and I ran into some cows doing what cows do. Not too long after, the cows' owner drove up and chased his herd up the hill where the grass was just as lush.

A week or so later, July's heat stormed in like Will Smith rushing the stage to slap Chris Rock. My family took a fishing trip to the San Juan River near Aztec, about the last place one might want to go in the middle of an epic heat wave. Of course the silver lining is that the San Juan is an extremely cold river. We were assured, in other words, that the swimming, if not the fishing, would be fantastic. As it turned out, the fishing was fantastic indeed, and the swimming was pure bliss.

It also turned out that we had unwittingly

SUMMER HEAT cont'd on pg 19



BIRD IS THE WORD

By Bryce Flanagan

How Is Our Warming Climate Affecting New Mexico Birds?

I had the opportunity to speak with UNM ornithologist Ethan Linck and his colleague Ryan Terril about how our changing climate is affecting migratory and local bird populations and what effects we may see in the future.

Global bird populations have dwindled as insect populations decrease and New Mexico saw this firsthand last year when a combination of extremely cold weather and scarce food led to a mass bird die-off. This year our state is faced

with a drought that has killed piñon juniper trees. According to the U.S. Forest Service, between 2014 and 2015, approximately 350 million piñon across 1.2 million hectares in the southwest have died. These trees provide shelter for a number of ground-dwelling animals as well as several species of birds. These trees also house insects that now no longer have a habitat, meaning less food for birds and other insect eaters. Without this shelter, migratory birds have to shift their routes, and local birds will move to higher elevations to escape the heat and find shade. Doctor Linck uses the phrase "escalator extinction" to describe this process of constantly moving to higher elevations to escape the heat, saying "eventually, they run out of mountain." Increasing agrarian land and development in low elevations is also contributing to this vertical mobility, as birds have fewer and fewer undeveloped areas to nest in.

As our monsoon season slowly arrives later and later in the year, we may see fewer migratory birds that had stopped over in New Mexico in previous years to molt their feathers, explained Terril, who has been studying the effects of erratic monsoon seasons on these populations. Terril points out that "birds have to molt," citing a study conducted in the 1970s, in which birds were kept

in captivity and deliberately underfed in order to prevent them from molting, only for the birds to molt anyway, albeit very under-feathered. The monsoons provide greenery and vegetation, which in turn provide food in the form of insects and shade from the heat. Without stable annual monsoons, however, these birds will have to search elsewhere for their molting locations, as they cannot alter molting timing. This will also affect their breeding season, because after molting these birds head further north to breed, in late summer and early fall.

With later monsoons, native birds may even have a double breeding season, termed "second spring," during the fall, in places like southern Arizona, due to plentiful plant and insect life. Terril gave an example of birds already being affected: The Painted Bunting travels from Texas to Florida along its migratory path and in previous years would have a wet monsoon area to look forward to, but due to later and later monsoons, they have been landing instead in alfalfa fields. Traditionally, these birds would see a tropical dry forest, but without monsoons they instead become dependent on human water sources used for agriculture. Just two years ago, Mesa Chivato in Thoreau, New Mexico experienced hundreds of molting migratory birds — now they're nearly

nonexistent there.

I asked both scientists what they think the public can do to help, and what sort of policies they'd like to see from our political leaders. Linck said we need to "decarbonize yesterday" and points out we haven't fared well by hitching our economy to backwards industries like oil and gas. He pointed out that climate solutions "are not rocket science" and that it comes down to ensuring healthy, connected habitats. Terril stated we need to embrace "full annual cycle conservation," noting that birds pass through multiple states on their migration routes that can each have radically different climate and conservation policies; therefore the need for nationwide protections.

I ran a few policy ideas by Linck and he agreed these would be great places for the local government to start. Here they are: requiring anti-collision designs for windows, controlling the stray cat population and increasing awareness of the disproportionate bird deaths caused by domestic cats, and banning pesticides.

Ordinary folks like us can plant native plants and trees, especially fruit-bearing trees and shrubs, and participate in helping scientists track bird populations by logging sightings onto the eBird app or website, <https://ebird.org/home>.



The Alternative Limb Project

An amputee is often defined by what's missing. But prosthetic limb maker Sophie de Oliveira Barata sees things differently.

Known for being a master maker of realistic body parts — legs, arms, feet, hands, fingers, and toes, Sophie's artistic side drove her to explore an abstract and surreal version of her profession.

Her company, The Alternative Limb Project, offers amputees an opportunity to express themselves with sculptural limbs that are as unique as they are.

Working closely with her clients, she has designed prosthetic limbs

that are true works of art as well as functioning body parts.

Each piece, like art, is also titled... such as "Synchronised" — an arm designed as a piece of jewelry whose internal electronics read the wearer's pulse and through the wrist, ticks in time to her heartbeat.

"Phantom Limb" is a bionic arm complete with a USB port, a small drone, FPV goggles, LED lights, a flashlight, and a laser.

Sophie has also created a leg covered in Swarovski crystals, an arm with snakes crawling out of it, and a 26-vertebrae living vine arm whose movement is controlled by sensors under the wearer's toes.

The mission of The Alternative Limb Project is to empower her clients, promote positive conversations around disability, and inspire a wider audience to celebrate our differences.

This story was brought to you by Arroyo Seco Live. Building community through creativity. SecoLive.org

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New Crisis Emergency Shelter Set to Open this November

BY MICHEAL BARBEE

The new NEST (Navigating Emergency Support Together) initiative, a collaborative project by several nonprofit organizations in Taos, is a countywide crisis shelter and emergency support services center. It is planning to open this November.

Located in the old Ancianos building in Taos behind Super Save; NEST will serve as an overnight housing shelter and day social services resource center.

The key partners of the program are Youth Heartline, the Taos Men's Shelter, the Heart of Taos, and the Dreamtree Project. These four organizations already serve the community across all age and gender demographics of the people of Taos County.

Additional partners will also be providing day services at NEST. New Mexico Legal Aid, Recovery Friendly Taos, Taos LEAD (Law Enforcement Assisted Diversion), AmeriCorp, and Veterans Off-Grid.

NEST will be offering services to the entirety of Taos County, including



the communities of Questa, Costilla, and Peñasco, to the greatest degree possible.

"We are working with the 100% Community Initiative that works on a county-wide level on the 10 key services that everybody should have access to thrive," says Catherine Hummel, executive director of the Dreamtree Project.

The NEST project is needed because of the large gap between Taos County's average median income and the average market price of housing.

CRISIS SHELTER cont'd on pg 26

Improved Communication Of Hazardous Air Quality

By DYLAN R.N. CRABB

The U.S. Forest Service has developed the interagency Wildland Fire Air Quality Response Program to better communicate risks of air quality to the public during wildfires.

A press release from the Forest Service explains how the program will utilize air resource advisors (ARA), who are "technical specialists in air quality and smoke dispersion science." They will be dispatched to wildfires to assess impacts on public health and safety.

The advisors set up equipment to collect real-time data that is later analyzed by incident management teams, local agencies, tribes, as well as the public.

Incident Commander Brian Kitchen states, "ARAs play a crucial role in public and fire personnel health and safety. This important support provides information to the incident management teams necessary to perform firefighting operations and helps educate partner agencies and people in our communities."



Courtesy Image

To learn more, visit <https://www.wildlandfiresmoke.net/>.

For information on assessing air quality during a wildfire, visit <https://nmfireinfo.com/smoke-management/>.

SUMMER HEAT cont'd from page 18

tingly traveled into the epitome of climate change context. The San Juan basin is one of the richest oil and gas fields in America, and also, like Taos County, the locus of a robust outdoor recreation economy. Petroleum production has literally fueled that economy, just as recreation has raised awareness of the threat climate change poses to our treasured outdoor playgrounds.

The basin was also home to a host of thriving Anasazi communities, of which the ruins at Aztec, Chaco Canyon, Mesa

Verde, and other settlements are all that remain. A common theory is that severe heat and drought — a 300-year event that gripped much of North and South America — was the root cause of the Anasazi's abandonment of the area. The drought caused famine, possibly warfare, and migration to less hostile environments like the Rio Grande Valley. In the face of monumental hardship, the people adapted.

As we too should adapt, and I'm confident we can do it. We're New Mexicans after all, and we've been through this before. Still, a little rain wouldn't hurt.

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**BODY
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By **BARBARA TRACY**

Self Loving Kindness

Have you ever considered taking an inventory of the unkind or unloving thoughts you have about yourself? As some of you have heard me say before, what we think now creates our future, and because of the power of thought, it influences our physical and emotional wellbeing as well as our future.

Some of us may have been listening to unkind and unloving self-thoughts about ourselves throughout our lives. When I was practicing iridology, one of the most common unkind self-thoughts some clients shared with me was that they felt they were not good enough, which is like an umbrella hovering over many other thoughts and feelings, such as guilt, shame, the “shoulds” of life and not meeting them, lack, fear of loss, and so on.

Over the years, I have heard within myself and from others a myriad of negative self-thinking that is unkind and unloving. This, I feel, is one of the most important parts of our journey through this life because when we are thinking unkind, unloving thoughts about ourselves, it is then reflected in our behavior in the world. There is an unconscious response that has a way of confirming

what we believe about ourselves. An example could be that when we feel we are not good enough to reach our goals or desires, we lose the momentum and ambition to pursue them. We also tend to sabotage ourselves along the way.

STOP! The next time you are self-critical ask yourself “What would be here if this thought was not here? Is this a destructive or creative thought? Do I want this thought to rule my life? Does this thought contribute to my happiness? Does feeding this thought solve any of my problems or needs? Do I want to keep this thought?” And finally, the most important question of all: “What would make me feel like someone who I could love?” Remember that we all make mistakes, we all have different body types, we all have some dysfunctional circumstances in our history, and these do not define who we are. They are part of our

life to teach us and to help us learn how to be more of who we wish to be.

There is only one you, and isn't that wonderful? Celebrate your uniqueness, because it is your gift to others. Have a conversation with yourself in such a way that you speak to and about yourself as you would want to hear others speak to you. If it feels helpful to write down your conversation, then do so. We are different from others. That is the way it is meant to be. Think how boring it would be if we were all the same. Allow yourself to be a different, quirky, unlike others expression of life. Be who you really are, not who you think you should be. If you dance funny, then dance funny. If you sing off key, then sing off key. If you don't like peas, then don't like peas. If you don't like social media, then don't do social media. Be true to yourself.

SENIOR MENU: SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals Served With 8oz. 2% Milk as available				1 Pork Chops Rice Pilaf w/ Mushrooms creamed spinach Tossed salad Cornbread Banana
4 Closed Labor Day	5 Frito Pie Lettuce Tomato, Pinto Beans Onions, Roasted Zucchini Diced Mango	6 Spinach Lasagna Italian veggies Bread stick Peaches Vanilla yogurt	7 BBQ Chicken breast Potato Salad Stewed Okra with tomatoes and onions, Wheat Roll Cantaloupe	8 Beer Battered Cod cucumber/dill sauce Succotash, Broccoli Salad Wheat Roll Gelatin w/ Fruit Cocktail
11 3oz Chicken Fried Steak 1/2c Mashed Potatoes 1oz LS Pepper Gravy 1/2c asparagus Wheat roll, 1c Watermelon	12 Green Chile Chicken Enchiladas Lettuce and tomato Pinto beans, Calabacitas Spanish rice Chocolate pudding	13 Quinoa and Chickpea Taco Bowl Pico de Gallo Chocolate chip cookie Vanilla yogurt	14 Chicken Teriyaki Brown Rice Stir Fry Veggies, Mandarin Oranges	15 Green Chile Cheeseburger Tomato, Onion Potato chips Capri Vegetables Pineapple
18 Chicken Tenders Roasted Sweet Potatoes Pepper Gravy Cucumber Salad Wheat roll, Fresh Pear	19 Salisbury steak w/ brown gravy Brown Rice w/ Mushrooms Garden Salad green beans, Strawberries	20 Baked Potato Bar Margarine, Sour cream, Chives, Cheese Salsa Broccoli Garden Salad, Wheat Roll Peaches, Vanilla Yogurt	21 Garden Salad Chicken Fettucine Alfredo Italian Blend Vegetables Breadstick Apple Slices	22 Fish and Chips French Fries Brussel Sprouts Coleslaw, Cornbread Fruit Salad
25 Spaghetti w/ meat Sauce Garlic Bread Italian blend vegetables Garden Salad Spiced Peaches	26 Baked Ham, Sweet potatoes, apples, Broccoli Normandy wheat bread Tropical Fruit Salad w/Pecans	27 Baked Eggplant Parmesan Marinara Sauce Mozzarella cheese Pasta Salad, wheat bread vanilla yogurt, Honeydew	28 Catfish, Tartar Sauce Black Beans and Red Pepper Cilantro Lime Slaw Cornbread	29 RC Pork Posole flour tortilla Yellow Squash Garden Salad Banana

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

Lunch donations recommendations are \$1.50 and up. Lunches for people under 60 years old are \$7.50 a person.

To qualify call the Ancianos at (575) 586-0508. They will fill out an assessment and file an application.

Currently, exercise classes are not available.

Donations for transportation is encouraged.

*Taos County Senior Program
(575) 737-8927*

*PLEASE NOTE THAT THE MENU IS
SUBJECT TO CHANGE WITHOUT NOTICE*

HAPPY LABOR DAY! SEPTEMBER 4, 2023



LIVE LOVE LAUGH

by Ellen Wood
a.k.a. Maruška

Want to slow down the process of aging?

“Brr. I’m freezing!” “I’m working out like crazy.” “I’m starving.” What do these three sentiments have in common? They’re all good if you want to age well. There’s plenty of research to suggest that cold exposure, calorie reduction and exercises all slow down the side effects

of aging and stave off diseases associated with getting older.

An acclaimed Harvard Medical School scientist and one of *Time Magazine’s* most influential people, Dr. David Sinclair, tells us in his groundbreaking book, *Lifespan: Why We Age and Why We Don’t Have To*, that “...aging is a disease and that disease is treatable.”

The core of his research is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the formula for reversing it. Recent genetic reprogramming experiments suggest that soon we may not just be able to feel younger, but actually become younger.

Even though we all have to die sometime, Dr. Sinclair says that we can double our life expectancy and live healthy, active lives right up until the end. Hey! That sounds like me. At 86, I’m extreme-

ly healthy and active — but I don’t like being cold, even though my heroes, Alex and Alyson Grey, famous artists, take a cold shower every day. I eat two meals a day, only because I have to eat, but I’m rarely ravenous. If I’m painting or writing, I sometimes forget to eat.

Research supports fasting. In various studies, both mice and yeast which consume less live much longer than their well-fed cohorts. In a two-year-long experiment in the 1990s, human participants who had a restricted diet that left them hungry often had decreased blood pressure, blood-sugar levels and cholesterol. Further human studies found that decreasing calories by 12% slowed down biological aging based on changes in blood biomarkers.

I’ve upped my amount of protein because in his book, *Outlive, The Science and Art of Longevity*, Peter Attia, M.D. says that one macronutrient, in particu-

lar, demands more of our attention than most people realize: not carbs, not fat, but protein becomes critically important as we age. He also advocates eating dark chocolate.

Longevity science rules aren’t quite established yet. Although the research is tantalizing, human clinical trials haven’t found anything definitive just yet.

Simple lifestyle changes — such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat — have been shown to help us live younger and healthier for longer. Go ahead and experiment with habits that are easy, free and harmless — like eating less while upping your protein and taking a brisk, cold walk. And eating some dark chocolate every day.

Ellen Wood a.k.a. Maruška
Artist, Columnist and Award-winning Author
www.HowToGrowYounger.com

¿Quieres demorar el proceso de envejecimiento?

Por la escritora
contribuyente ELLEN WOOD

“Brr. ¡Tengo frío!” “Hago ejercicios como loco.” “Tengo hambre.” ¿Qué tienen en común estos tres sentimientos? Todos son buenos si quieres envejecer bien. Hay muchas investigaciones que sugieren que la exposición al frío, la reducción de calorías y los ejercicios demoran los efectos secundarios del envejecimiento y evitan las enfermedades asociadas con el paso de los años.

Un reconocido científico de la Escuela de Medicina de Harvard y una de las personas más influyentes según la revista *Time*, el Dr. David Sinclair, nos dice en su innovador libro *Lifespan: Why We Age and Why We Don’t Have To* que “el envejecimiento es una enfermedad y esa enfermedad es curable.”

Su investigación se basa en activar genes de vitalidad recién descubiertos, los remanentes de un antiguo circuito genético de supervivencia que es tanto la causa del envejecimiento como la fórmula para revertirlo. Experimentos de reprogramación genética recientes sugieren que pronto no solo seremos capaces de sentirnos más jóvenes, sino que en realidad nos volveremos más jóvenes.

Aunque todos tenemos que morir

algún día, el Dr. Sinclair dice que podemos duplicar nuestra expectativa de vida y vivir vidas saludables y activas hasta el final.

¡Órale! Pues eso es lo que yo hago. A los 86 años, soy extremadamente saludable y activa, pero no me gusta tener frío, a pesar de que mis héroes, Alex y Alyson Grey, artistas famosos, se dan una ducha fría todos los días. Hago dos comidas al día simplemente porque tengo que comer, pero rara vez tengo mucha hambre. Si estoy pintando o escribiendo, a veces me olvido de comer.

La investigación resalta la importancia del ayuno. En varios estudios, tanto los ratones como los hongos que consumen menos viven mucho más que otros organismos del mismo tipo que han estado bien alimentados. En un experimento de dos años que se realizó en la década de 1990, los participantes humanos que seguían una dieta restringida en la que se quedaban con hambre, a menudo tenían niveles más bajos de presión arterial, niveles de azúcar en la sangre y colesterol. Otros estudios en seres humanos descubrieron que la disminución de calorías en un 12% disminuía el envejecimiento biológico según los cambios en los biomarcadores sanguíneos.

He aumentado la cantidad de proteínas que consumo porque en su libro, *OUT-LIVE, The Science and Art of Longevity*, el Doctor Peter Attia dice que un macronutriente, en particular, exige más atención de lo que la mayoría de la gente cree: ni carbohidratos, ni grasas, pero la proteína se vuelve cada vez más importante a medida que envejecemos. También recomienda comer chocolate negro.

Las reglas de la ciencia de la longe-

vidad aún no están del todo establecidas. Aunque la investigación es tentadora, los ensayos clínicos en humanos aún no han encontrado nada definitivo.

Se ha demostrado que ciertos cambios simples en el estilo de vida —como el ayuno intermitente, la exposición al frío, hacer ejercicios con la intensidad adecuada y el menor consumo de carne— nos ayudan a vivir más jóvenes y saludables durante más

tiempo. Anda y experimenta con hábitos que sean fáciles, gratuitos e inofensivos —como comer menos mientras aumentas el consumo de proteína y tomar caminatas con energía en tiempo de frío. Y come un poco de chocolate negro todos los días.

Ellen Wood, también conocida como Maruška
Artista, columnista y autora galardonada www.HowToGrowYounger.com

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Instability Beneath Amalia Senior Center is Result of Long-Term Closure

By DYLAN R.N. CRABB

Taos County's Amalia Senior Center (the Center) has been closed for three years due to structural issues in its foundation. The Center's future is uncertain.

Questa del Rio News interviewed Taos County Construction Manager Richard Sanchez who gladly provided information on the status of the Center. Credible speculation points to a possible demolition of the building due to compounding structural issues that could drive up repair costs.

Sanchez revealed that the building's foundation is so unstable that structural issues became visible within the building's interior in the form of wall separations, floor movements, and cracked floors and walls, to an extent which became hazardous to the staff.

"The structure has been settling since it's been built," said Sanchez. "The northwest corner has settled almost seven inches over seven years."

"It's not sitting on good soil."

"The concern was that because the corner has dropped so much that now it becomes a trip hazard for staff and people who use the building," said Sanchez. "It doesn't look like it's gonna fall down right now but, the walls are not attached to the foundation anymore, [so] it could blow over."

Current estimates place the cost of the repair work at \$1,500,000 to \$1,700,000, according to Sanchez, and that repair work would keep the building from continuing to settle.

The County has recently collaborated with two engineering companies to evaluate the Center, Western Technologies Inc. and Chavez-Grieves Consulting Engineers Inc. In a test performed by Western Technologies (WTI), multiple holes 20 feet deep were dug around the Center. They could not find optimal soil for construction.

"It looks like it might have been built on an old dump," joked Sanchez during the interview.

Sanchez explained that the optimal method to repair the structure would be to drill steel beams down into the ground until either rock or "good soil" is found, then bolt them to the building, and then you can lift the building up. The issue is that there is uncertainty around the necessary depth below the building, so it may be less expensive to demolish the structure and start over from scratch. Just



Photo by Dylan R.N. Crabb

Amalia Senior Center

"The structure has been settling since it's been built,"

—*Taos County Construction Manager Richard Sanchez*

the equipment necessary to drill below the structure and then lift it up is estimated at \$1.25 million.

"Not only is the building settling in the ground but it appears that the ground is settling around the building. The ground itself has settled twice in the ten years that I've worked for the county... The ground itself is settling faster than the building, even, so it's a bunch of different issues."

Questa del Rio News inquired Sanchez about the possibility of finding a new location for a new Senior Center for Amalia.

Apparently the Amalia Community Center, about a 100 feet away from the Senior Center, had some initial cracks in its foundation at the time of its construction but they were repaired. In contrast, the Senior Center keeps getting worse and worse.

The *Questa* Senior Center has been taking up responsibilities for seniors in Amalia, including meal delivery. Sanchez estimates that the new senior center at La Cienega will be complete in 2024.

Sanchez also revealed that the county is in talks with the *Questa* Independent School District about the possibility of leasing the Costilla school for senior center services. No decision on that as of now.

No seniors are housed at the Taos County senior centers. Most of the services provided involve meal preparation and delivery. The senior centers also provide tax preparation for seniors during tax season.

There has not been an official decision on the possibility of a demolition but Sanchez believes that is a likely outcome. The demolition project is estimated at \$300,000 including trucking the debris to the Taos landfill.

The Center received \$1,450,000 from the New Mexico Legislature last year and Sanchez says that money is currently being held for either repairs to the current building or the construction of a new building.

Questa del Rio News obtained a copy of an amendment to a safety assessment on the Center from Chavez-Grieves dated September 21, 2022, in which the company concurs with a report from WTI dated September 15, 2022, as well as adds new information regarding the status of the Center. The two companies concur in the following opinion:

"The primary cause and origin of the distress causing floor and building movement is settling of floor slab and foundations caused by moisture percolating into the soft and poorly consolidated sub-grade silty sandy soils. Evidence of trash in the soils indicates poor quality control during the backfill and foundation preparation work. Rainstorm runoff and snow accumulation are in the moisture sources due to inadequate drainage or removal of snow. Close to eight inches of differential slab foundation settlement has occurred that requires remediation to bring the building back into safe occupancy mode. No utility leaks were found at this time."

Chavez-Grieves highlights three principle issues around the Center in its most recent report. "The success of the recommendations made by Chavez-Grieves is dependent on the County's ability to maintain positive storm water drainage away from the building, the ability to maintain roof water drainage at least ten feet away from the building, and the ability to repair any water leaks from plumbing or radiant heating systems."

WTI recommends that the settled foundation of the Center be lifted with helical piers, also called push piers, as well as the replacement of portions of floor slab.

Sanchez opined that these issues should have been looked at before the building was constructed in 2005, and he does not know why proper testing of the soil was not performed. The name of the company involved in the construction of the Center is Amalia Construction.

Safety Rules For Gun Owners

By DYLAN R.N. CRABB

The *Questa* area has been through a hard couple of months this summer. No parent should have to experience the death of their child — it is among the greatest of tragedies.

The *Questa del Rio News* wishes to help provide safety guidelines that we feel are practices that can benefit our community and are also just good habits to maintain.

According to the National Rifle Association there are several basic safety guidelines for gun handling and storage (published on their website):

They are listed as:

- (1) Always keep the gun pointed in a safe direction. This is the primary rule of gun safety. Common sense dictates the safest direction depending on some circumstances.
- (2) Always keep your finger off the trigger until ready to shoot. When holding a gun, rest your finger alongside the frame and outside the trigger guard. Until you are actually ready to fire, do not touch the trigger.
- (3) Always keep the gun unloaded until ready to shoot. If you do not know how to open the action or inspect the chamber(s), leave the gun alone and get help from someone who does.
- (4) Always keep your guns locked away securely where no-one is able to access them. They are your responsibility when they are registered in your name.

We hope that by publishing these safety guidelines, they will serve as a reminder to all gun owners to always prioritize safety when handling and storing firearms.





In this month's edition of Enchanted Eats, we present a variety of zucchini recipes. They are a great way to use the zucchini overflow from our gardens this time of year. Happy harvest!

Green Chili Calabacitas

(Recipe by Kaylee Pauley)

- 2 medium zucchini, sliced and quartered
- 2 medium yellow squash, sliced and quartered
- 1 red onion, sliced
- 2 cloves garlic, minced
- 1 T oil of your choice
- 1 can whole kernel corn, drained
- chopped green chile
(measure with your taste buds)
- 1 t salt
- 3/4 t black pepper
- 1 c mild cheddar cheese, shredded

1. Heat large skillet over medium low heat, add oil, minced garlic and sliced onions, and cover. Cook for 3 to 5 minutes, stirring frequently until garlic is golden brown and onions are translucent.
2. Add prepared zucchini and squash and stir to combine, cover, and cook for another 5 to 10 minutes, stirring occasionally.
3. Once the zucchini and squash are cooked, stir in corn, green chile, salt, and pepper and cook 2 to 3 minutes or until corn is heated through.
4. Finally, top with mild cheddar cheese, and cover with lid just until cheese melts. Serve warm.



Courtesy Photo



Courtesy Photo

Quick and Easy Baked Zucchini

(Recipe by Nagi from Recipetineats)

- 4 large zucchini (or equivalent medium zucchini)
- 2 T olive oil
- 1/2 t each salt and pepper
- 2 T breadcrumbs
- 2 t Parmesan cheese, grated

1. Preheat oven to 450°F with the oven shelf set high in the oven.
2. Trim the ends off the zucchini. Cut medium zucchinis in quarters lengthwise, and large ones into sixths (halve, then cut each half into three lengthwise to make six long "wedges").
3. Pile zucchini on a tray. Drizzle with 1 tablespoon of the oil, salt, and pepper. Toss.
4. Line them up in two rows so they're touching each other, with the skin side down.
5. Sprinkle evenly with breadcrumbs, then parmesan, drizzle with the other 1 tablespoon of oil.
6. Bake for 12 minutes until the Parmesan is golden and zucchini is soft but not soggy.
7. Serve immediately!

Zucchini Bread

(Recipe by Florine Vialpando)

- Mix:
- 3 c flour
 - 1/4 t baking powder
 - 1 t baking soda
 - 1 t salt

In a separate bowl:

Combine:

- 3 eggs
- 1 c oil
- 2 1/2 c sugar
- 1 t vanilla
- 1 t cinnamon

Stir in:

- 2 c grated zucchini
- 1 T grated lemon peel
- 1 c chopped pecans

1. Mix all ingredients together, then pour into a loaf pan or six mini-loaf pans. Bake at 350°F for 1 hour. Drizzle with glaze when cool. For the glaze, mix together about 1 cup powdered sugar, 1 teaspoon lemon juice, and 2 to 4 tablespoons of milk.



Photo by Florine Vialpando

How to Sun Dry Tomatoes

At Home

Drying tomatoes the old-fashioned way

(By Peggy Trowbridge Filippone)

Although prices of store-bought sun-dried tomatoes have come down in recent years, it's still worthwhile to make your own at home, particularly if you have a tomato garden. The basic process is easy enough.

Most prefer to begin with Roma tomatoes, as they have fewer seeds and a higher ratio of flesh, but you can use any type of tomato, including cherry varieties. No matter which variety you choose it's best to choose tomatoes of a uniform size so they dry at the same rate.

Simply slice tomatoes in half, place on a raised screen, lightly sprinkle with salt and place in the hot sun until dry. Depending on your weather conditions, this could take anywhere from four days to two weeks. You'll want to cover them with cheesecloth, raised up so it does not touch the tomatoes, to keep out any critters and provide proper ventilation. You will also need to bring them in during the night, lest the evening dew undoes your drying process. Plan on 10 standard tomatoes to get one ounce of dried tomatoes.

Sun-Dried Tomatoes Warning

While dehydrated food does keep far longer, it can still spoil. Your sun-dried tomatoes should last up to seven months when stored under proper conditions. The end product of sun-dried tomatoes must be perfectly dry but not crispy, with no inner moisture in order to avoid bacteria growth.

Oil-packed sun-dried tomatoes with fresh herbs or garlic added must be refrigerated after opening. Do not eat sun-dried tomatoes with signs of rot or mold.



Photo by E. Wilde

This is our first year trying to use the sun to dehydrate some of our vegetables for winter preservation

Sen. Ben Ray Luján Is ‘Optimistic’ Federal Food Aid Systems Will Remain Funded

NEW MEXICO FOOD BANKS
WEIGH IN ON FARM BILL
DURING ROUNDTABLE

By DANIELLE PROKOP,
The Source NM

New Mexico food banks and hunger relief nonprofits urged Sen. Ben Ray Luján to prevent congressional cuts to federal food programs and increase support.

Seated before a window overlooking the warehouse floor of the Roadrunner Food Bank on Thursday, Luján sat down with food bank officials, to hear suggestions on the upcoming federal Farm Bill.

Linda Wedeen, the interim president and CEO at Roadrunner Food Bank, gestured to food stacked in massive boxes piled towards the ceiling, shifted in the warehouse by forklift outside the window.

“It always amazes me, looking out at that warehouse, it’s so full, it’s so great, look at all that food — it doesn’t even come close to feeding the amount of people we need to feed,” Wedeen said.

Potential food fight on Farm Bill

The Farm Bill is a piece of legislation rewritten every five years, which includes hundreds of billions of dollars of spending on forestry, rural development, agriculture safety net and federal food assistance programs.

During negotiations for the debt ceiling, House Republicans added additional work requirements for many food stamp recipients.

The 2023 Farm Bill will be under a tight deadline when Congress returns for the session in September, as the bill expires September 30. This is the same timeframe many of the funding bills are hitting the floors.

With all the bills competing for floor time, there’s an expectation that some of the upcoming deadlines are extended through the end of the year, said Jared Henderson, the senior policy advisor for Luján.

The Supplemental Nutrition Assistance Program (SNAP), also called food stamps, could become central to the debate on the House side.

The Emergency Food Assistance Program (TEFAP) provides food banks with funding. New Mexico just received nearly \$1 million to expand mobile distribution options.



Courtesy Photo

Sen. Ben Ray Luján listens alongside Linda Wedeen, the interim president and CEO at Roadrunner Food Bank at a roundtable on Thursday, Aug. 24, 2023

The fight over SNAP on the debt limit is “going to shape the progress that the House is going to be able to make on the Farm Bill,” Henderson said.

Luján is a member of the Senate Agriculture, Nutrition and Forestry Committee. He said he is committed to keeping federal food aid programs funded.

“I’m optimistic this will get done,” he said about the Farm Bill during the roundtable.

Pandemic pressures continue

The pandemic isn’t over, said Sherry Hooper, the executive director for the Food Depot, a food bank which services most of northern New Mexico. She said food banks were seeing four times the demand pre-pandemic — which was already rising.

“Food banks in New Mexico and across the country are continuing to see pandemic level lines,” she said. “In many ways the pandemic has not gone away, but the extra benefits have.”

Those extra benefits included increased SNAP payments. In fiscal year 2021, about 25% of the state population used SNAP, more than 500,000 New Mexicans.

The New Mexico Legislative Finance Committee noted that increasing food prices are burdening SNAP recipients.



Photo by Shaun Griswold/Source NM

Volunteers with Roadrunner Food Bank load up a vehicle with food boxes in January 2022, during the weekly distribution

Food prices, according to the U.S. Department of Agriculture, increased by 9.9 percent in 2022.

SNAP minimum monthly payments are \$23 for one-to-two person households. The average SNAP user receives less than \$90 per month according to a Center on Budget and Policy Priorities report.

During the pandemic, those funds increased tenfold, with minimum payments in the \$280 range, said Jason Riggs, the community initiatives manager for Roadrunner Food Bank.

In March, those benefits ended. But the need hasn’t.

Especially in rural portions of the state, where the distance to grocery stores grows, food banks and pantries are primary sources of getting food, Hooper told the roundtable. This increases budgets at food banks to acquire more food, store the food, and transfer food to meet the need.

Alice Perez, who heads the Gallup Community Pantry, said four grocery stores feed nearly 100,000 people.

“We’re right back to where we started, with the SNAP benefits going away,” Perez said. “We have families of four living on \$200 a month in groceries, where there’s no grocery stores.”

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OBITUARIES



Amber Renee Archuleta
d. July 29, 2023

Amber Renee Archuleta unexpectedly and tragically departed this world on July 28, 2023.

She is survived by her father, Joshua Archuleta; brother, Frankie Archuleta, of Questa; brother Joshua Archuleta, Jr.; grandmother Mary Archuleta (Fabian); aunts Rita Cordova (Danny), Glenda Archuleta-Alnachef (Phillip), Edith Archuleta (Jorge), Yvette Boatman (Mark), and uncle Jonathan Archuleta.

Amber is preceded in death by her mother Vanessa Romero; maternal grandparents Frank Romero and Patsy Romero from Mora; paternal grandfather Fabian Archuleta; uncle Vincent Archuleta, both from Questa; and her aunt, Melissa Archuleta Wood from Wyoming.

Amber was shy and yet was outgoing with a spunky personality. She enjoyed giving her friends and family a serious yet playful attitude. Amber was a talented artist, and her artwork is displayed at the Questa Library. She taught herself to play the guitar and was an avid Denver Broncos fan. She enjoyed playing basketball on the court and off the court at her grandmother's home, or anywhere else. Amber attended Questa schools and this year

she would have been in the 8th grade. Amber had many friends which she supported through good and bad times. Amber will truly be missed by everyone. Rest in peace, sweet angel, we love you very much.

The memorial service was held on Saturday, August 12, 2023 at 10:00 am at the Questa High School gymnasium.



Enriques Arellano
d. August 16, 2023

Enriques Fred Arellano, 97, of Ventero passed away on August 16, 2023. He is preceded in death by his wife, Marianita Arellano, parents, Jacobo and Delfina Arellano, in laws, Felix and Placida Maestas, siblings, Clorinda Montoya, Salvador Arellano, Sinforosa Espinoza, Maria Vigil and Samuel Arellano. He is survived by his daughter and her husband, Lydia and Orlando Aragon, special niece, Maxine Ortega, many nieces and nephews.

Services are pending.

Arrangements by Rivera Family Funeral Home. To share a memory, please visit our website at www.riverafuneralhome.com



Ellen Gonzales
1940 - 2023

In 1940, Ellen Louise Malouff (Weeze) was born in Santa Cruz, New Mexico. Her parents, Neff David Malouff and Zeldia Geneva Franklin Malouff, welcomed the first of three children. Ten years later, Elizabeth Colette Malouff was born in 1951 and then Mary Magdalena Malouff was born in 1952.

The family lived primarily in La Jara, Colorado, but moved to Questa briefly to start a store. It was there that my father, Andres Gonzales, first saw my mother, Ellen Louise. He was smitten! He told his friend, Felipe Ortega, "I'm going to marry that girl!" to which Felipe replied, "You're too ugly to marry her." Well, soon thereafter, they married, on July 15, 1957. Mom was 16 and Daddy was 20. Together they faced many trials, the first of which was the birth of my sister, Theresa Marie Gonzales, who was born with San Luis Valley Syndrome, which was later named Recombinant 8 Syndrome. These young kids were scared and worried, because what did they know about caring for this sweet young child with so many health issues? But they put their faith in God and loved and raised her

together. The doctors told them she would not see her second birthday, but she fooled them and lived to be 34. That is the power of love and commitment. I, Sherley June Gonzales, was born a year and a half after my sister. I was fiercely protective of her and although we did fight sometimes, no one could ever take her place in my heart.

My sister died on April 17, 1994, and my father died on July 26, 2010. Mom missed them terribly but took solace in the fact that she still had me. In that time, she experienced the joy of being a grandmother, as she welcomed my two children, Elisha Andresana Gonzales and later, Secilia Violet-Louise Gonzales.

People who knew my mom remember her as a staunch Catholic, strong-willed, determined, hardworking, loving, and humorous. She loved "playing in the dirt" and was known for being a talented gardener. She enjoyed the mountains and camping. As her health began to decline, she lamented that she could not go out and pull the weeds in the flowerbeds. She tried awfully hard to get better. She was hospitalized in December 2022 and when she returned home, she was placed on hospice. I was afraid. I took care of her and to my surprise, after three months, she began to get better, so I took her off hospice. She continued to improve but then began to decline again. I am grateful that she came back to me for another four months and we could enjoy each other and say goodbye. I will miss my mother so much — those of you who have lost your

mother know what I am saying. Each day I hear her voice, and as I continue my daily path I try to remember all of what she taught me. I love you, Mommy, and I hope that I have made you proud. I was certainly proud of you!

Ellen Louse Malouff Gonzales was preceded in death by beloved husband, Andres J. Gonzales; daughter, Theresa Marie Gonzales; father, Neff David Malouff; mother-in-law, Cidelia Gonzales; father-in-law, Enriques Gonzales; brother-in-law, Jerry Gonzales (Diana); and sister-in-law, Lucy Cordova Medina. She is survived by her daughter, Dr. Sherley J. Gonzales (George); grandchildren Elisha Andresana Gonzales and Secilia Violet-Louise Gonzales; mother, Zeldia Geneva Malouff; sisters, Colette Mylan (Butch) and Mary DePriest (Darrell; brother-in-law, Teodoro Gonzales (Ruby); and sisters-in-law, Mary Gonzales and Elizabeth Gonzales. She is also survived by many loving nieces and nephews, cousins, and friends.

Services were held on August 5, 2023, at St. Anthony's Parish in Questa.

Join Us

Join the Miller and Dorrance families

Saturday, September 2, 10 a.m. to 11:30am at the Red River Community House to celebrate the lives of John H. and Judy D. Miller, who passed away November 20 and November 24, 2022, respectively.

CRISIS SHELTER cont'd from page 19

A small family earning \$40,000 per year in a service-based economy cannot afford the average two-bedroom house price of over \$400,000.

These houses can sell on the market for so much more than local people can afford because of many factors, including out-of-state investment companies, non-resident individuals looking for a

vacation home, and the profit incentive to build expensive housing. Although NEST will be working with the Taos Housing Project to address challenges to affordable housing, NEST will be functioning more as an emergency service for the housing crisis.

The shelter will be separated into men, women, and gender expansive dorms. Families can apply for hotel vouchers.

NEST will have a low barrier poli-

cy, meaning people do not need to be sober to get help. There will be rules for nonviolence, however. "We just really don't want anybody to freeze to death," Catherine says.

The location of the NEST building is ideal for the day services initiative since it is in close proximity to public transit, grocery stores, and the St James food pantry. The daytime services advocates will help to facilitate a warm handoff to other organizations for clients to get the

resources they need.

"The goal is that we would network with these other places. We don't anticipate providing a full food pantry service. We will make it streamlined for community members, so if you're in a crisis, you're not then bounced to six different places to try to get the help you need."

Keep an eye out for outreach efforts in the coming months in your communities.

New Senior Technology Classes At Questa Public Library

By Contributing Writer
SHARON NICHOLSON

Having trouble with your phone?
Unsure how to use a certain app? Don't
know what an app is and want to learn?

Beginning September 6 at the
Questa Public Library, you can attend
our Senior Technology classes, Wednes-
days from 3 to 5 p.m. and get help with
these questions, and more! Be sure to
bring your devices (iPhone, Android,
iPad, laptop). Monica will answer your
questions about basics, using apps, stor-
age, updating, pictures, email, messag-
ing, and more.

The final half hour of the class, from
4:30 to 5 p.m., is reserved for those
needing individual attention or having
complex issues with their device. If there
are no questions, Monica will cover how
to use Google Workspace (Gmail, Goo-
gle Docs, Google Sheets, Google Drive,
and Google Photos). This class is for
Baby Boomers and Gen X'ers, however
anyone can attend.

Remember, no question is a
stupid question! Come learn with
the rest of us!

SENIOR TECH CLASSES

Wednesdays
Begining Sept 6, 2023
3-5 p.m.
Questa Public Library

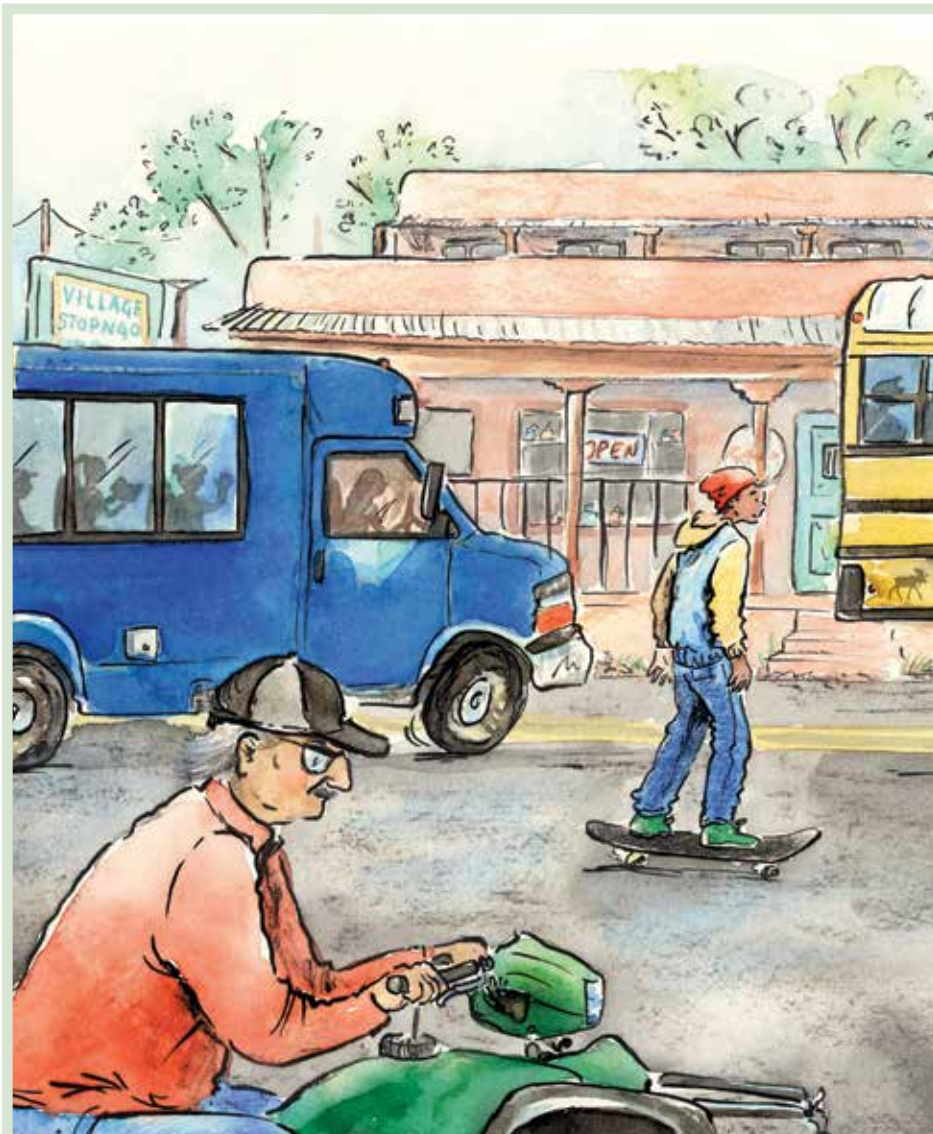


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**Have an idea
for getting around
Questa?**

LOR wants to hear it.

The LOR Foundation works with Questa locals to fund ideas that can have an immediate impact. From public transportation vouchers to special ride programs, if you want to kick-start a community project that improves transportation in Questa, let's connect! Working with LOR is easy and doesn't require a formal application.

Contact community officer Maria Gonzalez at (575) 665-2001 or maria@lorfoundation.org to share your idea today! // lorfoundation.org



BY J. ORTEGA

Streaming Wars: John Wick: Chapter 4

Starring Keanu Reeves, Bill Skarsgard, Donnie Yen, Lawrence Fishburne, and Ian McShane

Rated R

Available to rent on Amazon Prime Video, Apple TV, and will be available to stream on Starz September 26.

First Impression: “John Wick: Chapter 4” is a violent non-stop action ride that enthralls and entertains while constantly reinventing itself. This is the fourth sequel in the John Wick franchise, yet it still manages to do something rare, potentially being the best in the series. I know it’s early in the decade, but I think this film will go down as one of the best action films of the 2020s.

Whether you know of the John Wick character or not, his story is a familiar one with fans of the action film genre. We are first introduced to John Wick as a mysterious unassuming man of few words who lives by a certain code of honor, and with humility.

As time goes on, he reveals himself as one of the deadliest assassins on the planet, and has earned the nickname “The Baba Yaga” which translates from Russian to “The Boogeyman.” In the case of John Wick, he was known as the man who is sent to kill the boogeyman. Needless to say, his reputation is legendary among the secret underground worldwide network of assassins, who have secret hubs all over the world, specifically in New York City, where The Continental Hotel serves as Wicks’ home base.

The story of the series begins as the son of a Russian gangster (who has had a run-in with a then retired Wick) haphazardly breaks into Wick’s

house, steals his car and kills his dog — the last things his wife left him before she died. This event sets off John Wick on a killing spree that has now spanned into the four-movie series, as he settled scores and righted the wrongs done to him, leaving an almost unbelievable body count along the way.

This fourth film sets the stage for John Wick to gain his final revenge on the members of the “High Table,” the wealthy and powerful men who are the power behind the throne of the assassin network who want John Wick neutralized by any means necessary. The man tasked with Wicks’ death is the snobby and arrogant Marquis Vincent Bisset de Gramont, played by Bill Skarsgard, who gained notable fame from “Pennywise” the clown and “It” horror films.

Skarsgard as the Marquis, proves to be a worthy foe for John Wick, loaded with seemingly unlimited resources. The film rolls along as other assassins are also eager to take out Wick as the bounty on his head rises to an obscene sum.

The action pieces in the film are second to none and stand out for their practical effects, especially the car chase scene, which takes place in Paris. It will leave you stunned as to how such an enormous stunt is feasible on the busy streets there!

While the film feels like a great place to close the book on this great franchise, the ending leaves much speculation on whether we will see John Wick again. I, for one, would love to see another film, but I’m not sure how much more the stakes can be raised or improved upon in this action-packed masterpiece.

4.8

Final Verdict 4.8 out of 5 Stars



This month I interviewed people about encounters they may have had with an animal in a daring situation. It did not have to be dangerous to be daring. It could be an awesome experience you had with a wild animal or a moving experience you had with a pet. It could be a once-in-a-lifetime encounter that will stay with you forever. I am forever amazed at the raw beauty that surrounds us and the gifts Mother Nature invites us to share. Thank you to all the people who contributed a story in this issue. “I dare you” stories can be sent to me by email now at martaglover8@gmail.com.

Willow: 9 years old

I went to a friend’s house that had a donkey. She said, Truth or Dare to ride the donkey. She also said to ride the donkey without a saddle. Then she kicked the donkey in the butt and he immediately ran off galloping and I fell off. I was scared. I would never do that again.

Luke:

I was in the 2nd grade and I am 34 now. I was playing catch with my best friend in the back yard. I threw the ball and he missed and the ball landed over a chain link fence. \Now I had to get the ball. The dog attacked me, and tore up my back legs. I had to run away from him and jump over the fence. The homeowners of the dog did not speak English and we had to know about rabies. I was traumatized and now know that some dogs you approach and some you don’t... know the difference.

Ashley:

Down by the Dunn Bridge, I was leaving in my car when a huge bighorn sheep appeared on the other end of the bridge and stood his ground. We were head to head when a car came down the road and trapped the bighorn between us. He lowered his horns and started dueling with me. I did not have a horn and did not want him to bash my car. I would move forward, he would move back. He would have won but he crossed and moved on. He dared me and I did not underestimate him.

Katy McCree:

I had a difficult animal. It was a cat named CAT. We got him in a shopping mall. I was 26 years old and knew nothing about taking care of an animal. I really knew nothing about it. We

randomly chose a kitty, then put him back. My boyfriend said, LET’S GET IT. So we take him back to the apartment and he lunges towards our legs with his claws. That was a big issue. It would happen in the middle of the night, all the time. I was traumatized and it would get sick alot. I was sick of it but we had to live with it. He needed shots and freaked out at the vet. I learn to tolerate it and I loved the cat anyway. I started traveling and he eventually got out. I dared myself to love an animal that was difficult and I did the best I could. I think back and I did not spend enough time with the cat. Something was wrong and unbalanced.

Marshal Dimmarron:

My story starts on a beautiful summer day eight years ago. There is a trail seven miles north of the John Dunn Bridge called the Miner’s Trail. There used to be a mine down there, and an old steam engine down by the river that goes back to the turn of the century. I am in the middle of the river of the Rio Grande, I have my 45 and a camera around my neck. A 600-pound black bear comes walking downstream. There is drainage on the east side of the river, and he comes down looking for grubs. I am 30 feet from him in the water. I froze for about 10 minutes. He did not see me, I was directly facing him. He keeps digging, pushing dirt around and then walks downstream and up another drainage. I am up to my hips in the water, no way could I have run. He never picked up on me. I was one with Mother Earth. No hostility projected. I was very excited. It was thrilling, beyond words... will it ever happen again?

Val:

I am in my 20s, I have made a base camp in the Sierra Nevadas in California. I am raising wolf pups and need to be far away from people. The pups are 4 months old, it is getting dark out and cold, time to head back to base camp. I notice the pups are not with me and wonder where they are. Just then every hair on my body raises, a wave of fear hits me. I break through a manzanita bush, my back hits a pine tree and I slide down the tree. It is early fall and getting cold. I am shivering and shaking, I pull out my flashlight and scan the area. I catch the eye of a cougar 20 feet away. I had to stay still all night because the cougar could easily get me if I ran. I waited till the birds started singing to go back to base camp. The pups were there. I respected the raw power of the cougar. It was a lesson in patience, it was a coming of age thing.

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
SEPTEMBER 2023

HER LOVELINESS

"A sight for the gods!" –Douglas Baker, Venus in Leo, from the Dictionary of Astrology

It's a busy month, starting out with seven retrogrades – LOTS of opportunities!! – and then with a couple of our most benign and lovely planets squaring off, literally! Since Venus is the one that will square off with two different planets this month, let's take time to discuss Her Loveliness! And yes, it is a queenly kind of loveliness since she is in the sign of Leo, the sign of kings and queens. Venus in Leo is a wonderful combination of elegance, beauty, light and reflection, cheerfulness and splendor, indeed, what the quote above says! If you happen to have this aspect in your chart, you are blessed indeed! And yet, she can also be a tough cookie, as any good lion or lioness can, when cornered.

Her first challenge comes from (though challenges are always a two-sided opportunity) Jupiter in Taurus. Jupiter is another of our most wonderful planets when he's in a good mood; benevolent, jolly, expansive, and in the sign of Taurus, especially bounteous and fortunate. But he is in his retrograde form, which means not so jolly, nor so benevolent. The goddess of light and love squares off to the god who now is hoarding and stingy. If you feel your bounty slipping away you might want to check your attitude about it; grasping or giving? Loving or stingy?

We get through that challenge mid-month and then our goddess squares off with Uranus, the planet of commitment and partnerships, also in the sign of Taurus and also retrograde. Watch your heart; it could get hurt. Again, what is your attitude? Loving no matter what? Or angry and hurt, which helps no one. All in all, this is a great month to exhibit all of the beautiful qualities of the goddess of Truth, Beauty and Goodness, even in the midst of financial and relationship challenges. You CAN do it!

Everyone: The autumnal equinox in the northern hemisphere – vernal in the southern hemisphere – occurs on the 23rd and night and day are equal. Celebrate equality.

ARIES ♈ **Planet: Mercury** ☿ **MARCH 20 – APRIL 19**

Dynamic: While positive details abound, headaches may as well.

Direction: Take a break from all that brainwork.

Soul Thought: What is Higher vs. lower mind?

TAURUS ♉ **Planet: Vulcan** ⚡ **APRIL 19 – MAY 20**

Dynamic: You may be asked for financial support.

Direction: Ponder carefully.

Soul Thought: What may help and what may hinder?

GEMINI ♊ **Planet: Venus** ♀ **MAY 20 – July 20**

Dynamic: Challenges abound.

Direction: Listen to your heart.

Soul Thought: When dragonflies battle.

CANCER ♋ **Planet: Neptune** ♆ **July 20 – JULY 22**

Dynamic: This should be a lovely month for you, at least on spiritual levels.

Direction: Make it be so on all levels.

Soul Thought: "I delight in my own improvement day to day." –Epicetetus

LEO ♌ **Planet: Sun** ☉ **JULY 22 – AUG 22**

Dynamic: Few challenges other than from within.

Direction: To be single or to be in partnership?

Soul Thought: "A time to embrace and a time to refrain from embracing." –Ecclesiastes 3:1-8

VIRGO ♍ **Planet: Moon** ☾ **AUG 22 – SEPT 22**

Dynamic: You have so many choices, sometimes hard to decide.

Direction: Be grateful!

Soul Thought: "Follow your bliss." –Joseph Campbell

LIBRA ♎ **Planet: Uranus** ♃ **SEPT 22 – OCT 22**

Dynamic: It may come down to a choice between beauty and truth.

Direction: Determine the whole story.

Soul Thought: Is it a choice?

SCORPIO ♏ **Planet: Mars** ♂ **OCT 22 – NOV 21**

Dynamic: Now is a good time to make a decision regarding that relationship.

Direction: The law of the land may apply.

Soul Thought: The spirit or the letter of the law?

SAGITTARIUS ♐ **Planet: Earth** ♁ **NOV 21 – DEC 20**

Dynamic: It's a good month to end something for the purpose of starting anew.

Direction: You know.

Soul Thought: "It ain't what you don't know that gets you in trouble, it's what you know for sure that just ain't so." –Mark Twain

CAPRICORN ♑ **Planet: Saturn** ♄ **DEC 20 – JAN 19**

Dynamic: Another month of few challenges.

Direction: Stick your feet in the water and relax.

Soul Thought: What does it mean when you have to work hard to relax?

AQUARIUS ♒ **Planet: Jupiter** ♃ **JAN 19 – FEB 18**

Dynamic: Your greatest hopes and wishes may be challenged by lack of resources.

Direction: Determine what your greatest resources are.

Soul Thought: Gifts vs. Desires.

PISCES ♓ **Planet: Pluto** ♇ **FEB 18 – MAR 20**

Dynamic: Something you've known but couldn't quite capture is ready to come out.

Direction: Dig deep.

Soul Thought: The secret of success.

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

Esoteric Astrology is focused on the rising sign more than the sun sign (we suggest you read both) and provides clarity, direction and answers for those seeking a higher level of life.



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Questa Farmers Market
Sundays 10 am - 2 pm

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WISH YOU A VERY HAPPY




QUESTA

2420 St. Hwy 522 • Questa, NM 87556
575.586.0419

COMMUNITY CALENDAR • SEPTEMBER 2023

HAPPY BIRTHDAY TO EVERYONE BORN IN SEPTEMBER!

Questa Public Library Closed for Labor Day Weekend: Saturday, Sunday, and Monday, September 1 - 4; reopens Tuesday, September 5, noon to 5pm, 6 1/2 Municipal Park Rd.

SEPTEMBER 4: MON Labor Day

SEPTEMBER 6: WED 6 PM Questa Independent School Board Meeting, OSID Board Room, 2256 Wildcat Rd. # A. Info: (575) 586-0421

SEPTEMBER 8: FRI 10 AM - NOON Food for All at North Central NM Food Pantry, 140 Embargo Rd., Questa. For more info: www.questafoodpantry.org or call (575) 586-0486 or (575) 779-9194

1 - 3 PM Twirl hosts a children's event at the Questa Public Library, 6 1/2 Municipal Park Rd. Make a nature creature! For children 4-10 years old. Info: (575) 586-2023

SEPTEMBER 9: SAT NOON - 10 PM: Dia de las Acequias del Norte Concert at Moly Corp Field, 31 S Kiowa Rd, Questa, NM. 2nd annual Northern New Mexico Music Concert featuring Darren Cordova y Calor, the Dwayne Ortega Band, The Uz Band, Los Blue Healers, Hartless. Tickets \$10 per person; purchase at Questa Visitor Center, Questa's El Monte Carlo Lounge, or at the door. Ages 13 and under free. No outside food; food vendors on site. Bring lawn chairs and blankets for seating. For more information go to QuestaNews.com/events

SEPTEMBER 12: TUE 8 - 11 AM LOR Open House, stop by the office at 62 NM Hwy 38 to meet Maria Gonzalez, the Questa Community Officer, and share your ideas. For more info: maria@lorfoundation.org or (575) 665-2001

9:30 - 10:30 AM Bookmobile at Questa Public Library, for the last visit to Questa, 6 1/2 Municipal Park Rd. Info: laura.gonzales@state.nm.us or call (575) 376-2474

6 PM Village of Questa Town Council Meeting at Village Town Hall, 2500 Old State Rd 3. For agenda: questa-nm.com/village-council-meeting-agenda, or call (575) 586-0694

SEPTEMBER 18: MON 3 PM Questa Library Book Club meets at the Questa Public Library, 6 1/2 Municipal Park Rd. Join the conversation. The topic will be anything southwest-fiction or nonfiction. Info: (575) 586-2023

SEPTEMBER 20: WED NOON - 4 PM In-person, one-on-one, business advising in Questa at the Questa Visitor Center with Anwar Kaelin, Director of the Small Business Development Center at UNM-Taos. FREE and CONFIDENTIAL for anyone in any stage of business, anyone with a great idea. Make an appointment by visiting: calendly.com/sbdctaos

6 PM Questa Independent School Board Meeting, OSID Board Room, 2256 Wildcat Rd. # A. Info: (575) 586-0421

SEPTEMBER 21: THUR 5 PM Cerro VFW Post #9516 Monthly Meeting at 108 NM Highway 378 in Cerro. litameadphoto@gmail.com. Call to confirm meeting schedule (575) 586-2352

SEPTEMBER 22: FRI 10 AM - NOON Food for All at North Central NM Food Pantry, 140 Embargo Rd., Questa. For more info: www.questafoodpantry.org or call (575) 586-0486 or (575) 779-9194

SEPTEMBER 26: TUE 8 - 11 AM LOR Open House, stop by the office at 62 NM Hwy 38 to meet Maria Gonzalez, the Questa Community Officer, and share your ideas. For more info: maria@lorfoundation.org or (575) 665-2001

OCTOBER 1: SUN 10 AM - 3 PM 35th Annual Cambalache Harvest Festival at the Questa Farmers Market. Enjoy traditional foods, arts and craft vendors, live music, entertainment, the Quetta Vigil Memorial Frito Pie Eating Contest, and the Burning of the Cucui. Free to attend, at the Questa Visitors Center, #1 Hwy 38. For information: QuestaNews.com/events

WEEKLY

10 AM - 3 PM Questa Visitor Center Open Thursday - Sunday. Questa Ambassadors provide area information, directions, recommendations, Questa logo merchandise, public restrooms. Through October 1; at the traffic light #1 Hwy 38; for info: VisitQuesta.com

SUNDAYS

Area Church Directory is on page 31, please call to confirm service times.

10 AM - 2 PM Questa Farmers Market through October 1. Purchase local fresh produce, flowers, food, and enjoy live music. At the Open Market located at the Questa Visitor Center, #1 Hwy 38. Parking is limited, look for parking signs. For info: questafarmersmarket.org

MONDAYS

Transportation for Qualified Seniors by donation, Questa Senior Center, 148 Embargo Rd. Call for more info and to make an appointment (575) 586-0508

10 AM Magical Passes Breathwork and Movement with Julian in person only, sliding scale \$5-\$15 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

5 PM Free Community Yoga, gentle practice with Rae in person only, free Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

7 PM Kickboxing, with Reto in person only, sliding scale \$5-\$15 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

TUESDAYS

Transportation for Qualified Seniors by donation, Questa Senior Center, 148 Embargo Rd. Call for more info and to make an appointment (575) 586-0508

6:30 - 7:45 PM Kundalini Yoga, Meditation & Gong, with Jiwanshakti in person only, sliding scale \$10-\$20 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

7 - 10 PM Red River Trivia Night, at Red River Brewing Company. Free to play, prizes for answering bonus questions and for the top teams at the end of the night. Teams limited to 6 players. For more info call (575) 754-4422

WEDNESDAYS

Transportation for Qualified Seniors by donation, Questa Senior Center, 148 Embargo Rd. Call for more info and to make an appointment (575) 586-0508

9 AM Gentle Morning Yoga, with Gaea, in person and online, \$8 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: 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

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. Call (575) 586-2023

3 - 5 PM Senior Technology Classes Resume weekly beginning Sept 6 at the Questa Public Library, 6 1/2 Municipal Park Rd. Bring your devices and technology problems! There are no stupid questions... only opportunities to learn more about your technology! Call (575) 586-2023

6 PM GriefShare Support Group concludes Sept 13 at Living Word Ministries, 14 Llano Rd., Questa, call (575) 613-8010

7 PM Kickboxing, with Reto in person only, sliding scale \$5-\$15 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

THURSDAYS

Transportation for Qualified Seniors by donation, Questa Senior Center, 148 Embargo Rd, Questa. Call for more info and to make an appointment (575) 586-0508

2:30 - 4:30 PM Dropped Stitch meets at the Questa Public Library, 6 1/2 Municipal Park Rd. We knit, crochet, laugh, teach and learn. Bring your projects. All skill levels welcome. Info: (575) 586-2023

5:30 PM Power Hour Yoga with Gaea, in person and online, \$8 Classes at Yoga Sala, 2331 NM-522, in Questa. More info: 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

8:30 - 11:30 AM General Carpentry Class to be held at the Questa High School Carpentry lab August 25th to Dec 16th. For more information visit taos.unm.edu or call (575) 737-6215

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

10 AM Free Community Qigong with Julian, in person only Classes at Yoga Sala, 2331 NM-522, in Questa. More info: yogasalaquesta.org

6 - 8 PM Live Music every other Friday (September 1, 15, and 29) with Chris Arellano and family and friends, 101 Bar & Grill (formerly The Crazy Beaver), 101 County Rd 13.2, Garcia, CO 81152. Please call to confirm at (719) 672-9022

SATURDAYS

8:30 - 9:50 AM Contemporary Dance for Adults. For beginners with Monica, in person only, sliding scale \$5-\$15 Classes at Yoga Sala, 2331 NM-522, in Questa, More info: yogasalaquesta.org

10 AM - 4 PM Art Market, original art, crafts, and collectibles. At the Farmers Market site by Questa Visitors Center. questacreative.org, (575) 586-5658

10:30 AM Free Community Tai Chi with Reto, in person only Classes at Yoga Sala, 2331 NM-522, in Questa, More info: yogasalaquesta.org

35TH ANNUAL QUESTA CAMBALACHE FESTIVAL

A Traditional Northern New Mexico Harvest Celebration

10 AM-3PM SUNDAY OCT 1

- Farmers Market
- Arts
- Kids' Crafts
- Traditional Foods
- Music Entertainment
- Quetta Vigil Memorial Frito Pie Eating Contest
- Annual Burning of the Cucui

At the Questa Visitor Center 1 NM 38, Questa NM 87556

For more information visit questanews.com/events

DO YOU HAVE SOMETHING FOR OUR CALENDAR? FREE LISTINGS!

Enter your event Online! Scan QR Code above or email us. Include the date, time, place, and contact information to Events@QuestaNews.com

CLASSIFIEDS

HELP WANTED

Gridworks New Mexico- Field Quality Inspector. The Field Quality Inspector is responsible for directing the Quality Control teams performing the quality inspection, documentation, and reporting of all solar electric and energy storage products and equipment installed by Gridworks and their subcontractors. Apply on the company site.

Village of Questa. EMT's – Basic, Intermediate and Paramedic. To download the job application and for directions on where to send your application, visit <https://questa-nm.com/job-announcements/>.

Village of Questa- Police Officer. Maintains order, responds to emergencies, protects people and property, and enforces motor vehicle and criminal law. Upholds the integrity and all safety issues innate to the position and displays behavior consistent with the mission, vision and values of the Village of Questa through leadership, ethical conduct, proper use of Village resources, personal accountability and responsibility and provides utmost customer service to the constituency. Visit <https://questa-nm.com/job-announcements/>.

Questa Senior Center - Cook. The senior center is looking for a cook to work M-F for 6 hrs/day. Incentive available if an individual applies before September 30! For more information or to apply, please contact the senior center at (575) 586-0508.

INSPIRE at Freedom Questa - Early Childhood Educator. INSPIRE at Freedom Questa is accepting applications for an Early Childhood Educator. For more information or to apply, please contact Jessica Trujillo at (575) 770-8627

NOTICES

Questa Senior Center lunches. Lunches are no longer served to-go. Lunch is served from noon to 1 p.m. and the recommended donation is upward of \$1.50 each. 148 Embargo Rd, Questa. Call (575) 586-0508 for more information.

Red River Trivia Nights: The Red River Brewing Company will be hosting Trivia Nights on Tuesdays from 7-10 p.m. It is free to play and the Brewery will be giving away prizes for the top teams at the end of the night, and for answering bonus questions. Gather your smartest friends and come on down. Teams are limited to 6 players.

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

Free Transportation for Qualified Seniors Monday through Thursday. Donations are encouraged. Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for more information.

Repurposing Plastic Project: Wednesdays & Fridays 10 a.m. - 2 p.m. 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.

North Central New Mexico Food Pantry: Second and Fourth Fridays, 10 a.m. – 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 wmesquire2@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 p.m. <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

Grief Counseling: Weekly Grief Support Group is offered Wednesdays at Living Word Ministries through September 13. Group runs from 6 p.m. - 8 p.m. and is free. For more information, email griefshareLWM@gmail.com. "We know it hurts, and we want to help."



CHURCH DIRECTORY

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Father Andrew Ifele (575) 586-0470
Sunday 8 a.m. only.

MISSION CHURCHES OF ST. ANTHONY'S:
Costilla - Sagrado Corazon - Sunday 9 a.m.
Cerro - Nuestra Señora de Guadalupe - 2nd & 4th Saturdays 4 p.m.
Amalia - Santo Niño - 1st & 3rd Saturdays 4 p.m.

FREEDOM CENTER CHURCH
(previously Harvest Questa)
Pastors Kristi & Johnny Gonzales
2558 Hwy 522, Questa
Sunday Service 11 a.m. – 12:30 p.m.
(575) 770-1714
Visit us online: freedomquesta.com

LIVING WORD MINISTRIES
Pastors Peter and Gayle Martinez
12 Llano Road, Questa
Service: Sunday 10:30 a.m.
Nursery and Kids' Church at 10:30 a.m.
Wednesday Bible Study 7 p.m.
www.lwmsite.org
(575) 586-1587

PATH OF LOVE
Sunday 7:30 a.m. 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 10 a.m.-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 a.m.
followed by worship at 10:15 a.m.

KAGYU MILA GURU SANGHA
Tibetan Buddhism
Monday 11 a.m. Green Tara. Friday 1 pm 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 p.m.

ABUNDANT LIFE CHRISTIAN FELLOWSHIP
Sunday Service 10:30 a.m.
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 a.m.
First Baptist Church of Red River
103 High Cost Trail
Sundays 8:15 a.m. and 10:30 a.m.
Pastor Joe Phillips (575) 754-2882

ST. EDWIN'S CATHOLIC CHURCH
North end of Silver Bell Trail, Red River
Saturday 6 p.m. (Confession prior to Mass or by appt.) Father Andrew Ifele (575) 586-0470



AA MEETINGS
Honesty, Unselfishness,
Purity and Love.

<p>QUESTA: Sundays 10-11 a.m. Questa Youth Center</p>	<p>RED RIVER: Tuesdays 7- 8 p.m. 417 E. High St. (Erik's Workshop)</p>
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DO YOU HAVE SOMETHING FOR OUR CALENDAR? FREE LISTINGS!

Enter your event Online! Scan QR Code here, or email us. Include the date, time, place, and contact Events@QuestaNews.com



zed by duane m. abel

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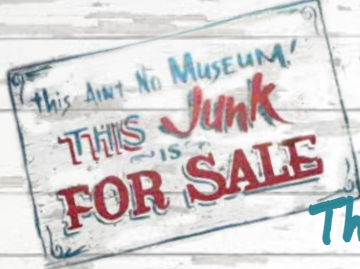
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