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See page 3 for details about our funding.

Multiple Dog Attacks on Livestock Reported in Questa



Courtesy Photo

Natalie Montoya shared images of a dog that jumped two fences to get to her family's chicken coop on N. Kiowa Road

By MIKAYLA ORTEGA

There have been multiple dog attacks on livestock reported in Questa via social media. As many as seven attacks have been reported, on a variety of animals including lambs, goats, ducks, chickens, and cows. While the attacks are being reported on social media, only one of these attacks have been reported to the Questa Police Department.

Village Councilman Jason Gonzalez took to social media to share a stern warning, encouraging dog owners to lock their dogs up or they could be shot for attacking livestock. His post came after discovering that his own goats were killed in early June. "I posted the initial message in rage because I had just found my two goats dead," Councilman Gonzalez said in an interview with the *Questa del Rio News*. "In reality, I just need people to understand that allowing their dogs to run loose is a problem and it's now affecting locals in our community and it's affecting our livestock."

Taos County, along with the Village of Questa, have ordinances regulating

the provision of animals, which falls in line with the New Mexico Statute Chapter 77 Article 1, Section 77-1-2, stating: "If any dog shall kill or injure any livestock, the owner or keeper of such dog shall be liable for all damages that may be sustained thereby, to be recovered by the party so injured before any court having competent jurisdiction, and it shall be unlawful to keep such dog after it is known that the dog is liable to kill livestock, and it shall be the duty of the owner to kill, or have killed, the dog upon order of the court after a finding that the dog has killed or injured livestock, and provided further, that it shall be the right of any owner of livestock so killed or injured by the actions of any dog to kill the dog while it is upon property controlled by the owner of the livestock."

While Gonzalez's social media post may have raised eyebrows of some, the law as cited proves he is indeed accurate in warning people that if their dogs kill or injure livestock, the dogs could be legally killed if caught on the property of

the livestock owner during or immediately after the act.

We spoke with a dog owner whose dog has been suspected of attacking Gonzalez's goats. We are choosing not to identify her as the attacks have not been confirmed that it was her dog and she isn't currently facing legal repercussions for the allegations. "Our dog has been tied up since that allegation and yet, dogs are continuing to attack livestock, so that is why I do not believe it was our dog," she said. "Our dog is friendly and isn't aggressive. He didn't have blood on him after that attack and we are keeping him home to ensure he isn't accused of future attacks."

Dogs running loose in New Mexico communities is not uncommon. The vast open area provides plenty of space for animals to run and live free. The recent uptick in dog attacks on livestock is an indication, however, that tighter regulations on free-roaming animals may be needed. A big challenge to this issue,

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EDITORIAL

People Are Reading Questa del Rio News

By MIKAYLA ORTEGA

Questa del Rio News has undergone big changes in the past year-and-a-half, redirecting its focus on hyper-local coverage, and highlighting the locals in the communities of the northern Taos County region. The stories in the printed paper are subsequently shared to social media, as well as other newsworthy and timely news items, on both a daily and weekly basis. Our goal is to tell our stories, share our history, and document the unique landscape, traditions, and culture of our home.

Oddly enough, the stories we tell resonate with many people who don't live in our region. Recently, we started tracking the analytics of our readers. Tracking analytics is a helpful tool to direct and form coverage on future news stories. It helps us see what our readers want to read, and where our readers are from.

Our average reach month after month sits between 75,000 and 85,000

people online per 28-day average. The analytics show that 71.7 percent of our readers are women and 28.3 percent are men. The top ten locations where we have readers, from highest reach to lowest include Questa, Taos, Albuquerque, Amarillo TX, Santa Fe, Red River, Las Vegas, San Luis CO, Rio Rancho, and Espanola. In addition to the regional reach of our paper, we also have readers in Peru, Canada, Mexico, Australia, India, Indonesia, and the Philippines.

Our reach and expansion on the digital front shows that many New Mexico residents identify with the northern New Mexico story. Whether it be their grandparents, or parents, tias or tios, northern New Mexico provides a familial sense of history and belonging. It's an honor to amplify our culture, heritage and traditions through our publication and we are grateful to see the rest of New Mexico acknowledging, understanding and respecting our significant place in the New Mexico story.

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

AEDON HANNON, ALYSSA DURAN, ANASTACIA GONZALES, ASSOCIATED PRESS, BARBARA TRACY, BRITTANY MAES, BRYCE FLANAGAN, CHARLENE R. JOHNSON, CYNTHIA NAJIM, DANESSA GONZALES, DAWN PROVENCHER, DEEDRA CASAUS, DUANE ABEL, ELLEN WOOD, GHOST WRITER MIGUEL, HIGH DESERT HOUNDS, J. ORTEGA, JASON GONZALES, JEROME ORTEGA, JOHN ORTEGA, JULIA STRUCK, KIANA HUERTA, KUNM, LARISSA PASSINO, LOUISE GALLEGOS, MARIA GONZALES, MARTA GLOVER, MARTHASTEWART.COM, MARTIN RIVERA, MELLIE RODRIGUEZ, NASH JONES, NATALIE MONTOYA, PEGGY TRIGG, QUESTA CREATIVE COUNCIL, RAYNELLE CORDOVA, ROSIE TURPIN, SHARON NICHOLSON, SOUTHERN LIVING, TERESA DOVALPAGE, TINA CISNEROS, TONER MITCHELL

POEM OF THE MONTH

FIREWORKS

The Chinese invented gun Powder
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Spectacular flares, Multi Colored
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No phone needed in Ancient Times
Dial home, Bamboo Wind Chimes

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Candles burning through the Night Breezes
carries them long in Flight

To open or unlock an Apple Cell
Use a fire cracker to ring *Ma Bell

*Ma Bell (locked phone carriers)

— Señor Miguel / Ghost Writer



A Big Thank You for Your Support of Our 20th Annual Veterans Healing Field of Honor

By Contributing Writer
LOUISE GALLEGOS

20 years, WOW, where did the time go??

People ask me, “Why do you do this?” I do this for all who paid the ultimate sacrifice for me and for us all. To honor all those who have served and are currently serving in our military. For those veterans who cannot be home with family and loved ones during the holidays, or all those special moments that life gives us and/or for the birth of their child/children.

This breathtaking display of 1,000 American flags requires many hands to make this field a reality, there is a lot of behind-the-scenes planning and execution of this enormous event. The committee is dependent on volunteers—volunteers are the heart and soul of this event because they put so much of their heart, time, and talent into



Courtesy Photo

what they do year after year. Without volunteers this annual event would die out. **Thank you to all volunteers!!** The feeling you come away with as a volunteer just can't be explained. Please

remember we always need volunteers! Contact the Village Office to volunteer your time and/or talent. We would also like to thank Entact, Village of Questa Public Works Department, and Village of Questa staff for their support and a most heartfelt thank you to Debbie Rael for the use of her beautiful property. Can't forget the Questa Fire Department and Questa Police Department for their assistance and presence at the ceremony. Thank you, all!

We ask for monetary sponsorships because without your sponsorships we would not have the monetary resources needed to host such an event. There are many costs associated with an event of this size. We would like to thank these sponsors for their generosity:

LOR Foundation, Waste Management, Gallegos Family (In memory of Adonario, Johnny and Joey), Kit Carson Propane, Questa Lumber & Hardware, Hal Burns Truck & Equipment, Chalm-

ers Ford, MTC, Phoenix Mechanical LLC, QEDF, Britney Romero/Freeze-dried Mountain Goodies, and Ambitions Document Solutions.

As the 20th Annual Veterans Healing Field of Honor came to an end, and we began to put the flags to rest for another year, the words of the song Taps kept going through my mind:

Day is done, gone the sun, from the lake, from the hills, from the sky; All is well safely rest, God is nigh.

Thank you for your time and attention, may God bless you and your families and God bless America.

“Day is done, gone the sun, from the lake, from the hills, from the sky; All is well safely rest, God is nigh.”

DOG ATTACKS cont'd from page 1

however, is that many local shelters are at capacity and unable to take stray dogs brought into their custody, leaving local jurisdictions with few options on what to do with free-roaming dogs.

Mayor John Ortega says he understands locals' frustration. “Coming from a family of ranchers who know the challenges of keeping your animals safe, I want to extend my sincere condolences to anyone who has lost their animals due to attacks on their

livestock.” He goes on to acknowledge this problem is a complex one. “Unfortunately, this is not solely a Questa issue. Communities across Taos County experience these types of problems as well,” he says. “It's important for us to work together, united as a community to solve this issue. Keep your dogs on your property. Spay and neuter your animals. Being a dog owner requires responsibility and we need to work together to make our community safe for livestock owners, children, everyone,” he continued.

We reached out to the Taos County Sheriff's Office. According to the website, there are only three animal protection officers to serve the entire Taos County area. As of print time, we didn't hear back from the Sheriff's Office.

On Tuesday, June 11, the Village of Questa held its regular council meeting and the stray dog issues were discussed. Councilman Jason Gonzalez said, “I am glad to see we as a Village are taking some steps to address the issue. It's not going to be fixed overnight, but it's a step in the right direction.”

Mayor Ortega says lack of funding and personnel are big challenges for the Village of Questa to hire their own animal protection officers. This isn't deterring him and other Questa leadership from finding solutions to improve the stray animal issue for Questa residents and livestock owners. “We're looking at several options, but in the meantime, we need to start with keeping our dogs contained to our property. That is going to be a big way to reduce the risk of future attacks.”

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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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Rosie's Smokehouse

By MIKAYLA ORTEGA

Along Questa's main highway, 522, changes are not common nor do they happen often. Over the past two decades, the many businesses located at 2422 Highway 522 have had different identities. None, however, are quite as dramatic and ambitious as the current venture underway.

Rosie's Smokehouse is a family-owned, family-run business led by Questa local Rosie Turpin. Raised in Questa, Turpin then left for some time, living in Oklahoma and Colorado, but eventually she decided to follow her heart back to her hometown of Questa. Both of her parents, her siblings, and her family live in the community, so coming home was a natural transition for her.

"When I came home, I worked locally at the Wildcats Den under Jake and Jolton LaFore, then I worked for Miguel Rael. I always wanted to run my own restaurant in Questa and one day, my husband came home and told me he had rented the space at the Kiowa for me. That is what spurred us to move forward on our new venture," Turpin says.

While the space is rented, Turpin and her husband quickly realized their new facility needed some upgrades. "The work we've put into this new facility is comprehensive. My husband is a skilled carpenter and handyman, so



Courtesy Photo

Left to Right: Aliyah Santistevan, Jennifer Vialpando, Rosie Turpin and Doris Santistevan

he's made a lot of the major structural upgrades. Then I have my sister, Jennifer Vialpando, who has done some amazing art inside the restaurant, and my employee, Casey, who has helped us get our business ready to open. My mom, Florine Vialpando, and my aunt, Doris Santistevan, have also been instrumental in this new journey. I couldn't have done any of this without them."

Rosie's Smokehouse had a soft opening over the Memorial Day holiday and the grand opening happened in June. "Our menu is going to offer locals and tourists diversity in their food options, unlike the other restaurants currently operating in town," she says proudly.

Some menu options you can expect to see at Rosie's Smokehouse include a variety of smoked meats, baked beans,

bread, fries, cobblers and a special treat true to Turpin's family traditions, canned pickles and jams.

"My grandma Carolina and grandpa Henry Cisneros used to can everything, and they taught me how to do it," Turpin recalls emotionally. "I genuinely feel like my grandma guides my hand in canning foods, because they come out great every time."

Turpin is excited to showcase her homemade jellies for customers to put on the fresh rolls. Her jellies of a specialized assortment include cranberry jalapeno, apricot, strawberry, and apple butter jam. "My cousins have the sweetest apples in their yard, it's like they're injected with sugar. I will be making apple butter jam with them."

While Turpin is very excited about



Courtesy Photo

Florine Vialpando, Rosie's mother, is preparing for the official grand opening of Rosie's Smokehouse on Saturday, June 22

her new business, she is also equally excited about showcasing local student artists in her restaurant. "I want to give students a chance to showcase their art and sell it as well."

When talking about her passion to own and operate a restaurant in her hometown, she is quick to say how connected she feels to her family and loved ones who lived and loved Questa. "I get emotional thinking of my grandparents who loved us so much and would show it through their food and cooking. That's something my grandmother passed on to me. I may not have all the money in the world, but if you come to me, I will cook for you and that is how I show my love. That is a traditional trait I am so honored to share with our community."



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Questeño Takes Over Johnny's Barbershop in Taos

By MIKAYLA ORTEGA

Johnny's Barbershop has been offering haircuts to locals and tourists on a walk-in basis since 1968. Johnny Tafoya ran the no-frills shop between 1968 and 1991. He brought on barber Ruben Graham, who took over the business from 1993 through 2023. As of last September, born-and-raised Questeño Jerome Ortega officially took the reins.

"I have worked here for seven years, and it's been a good fit for me," Jerome says. He has worked in the northern Taos County area since 2009. "My brother James and I opened Deuces Barbershop in Albuquerque, and I had an extension of that shop in Questa. I would travel back and forth every single week, where I'd work for two days in Questa and three days in Albuquerque," he says. "My younger brother Jesus joined us in our shop in Albuquerque after he finished barber college."

Eventually, Jerome, his wife and two sons decided to make the permanent move back to Questa in 2015, when he moved into Johnny's Barbershop. "I knew I always wanted to come home and work in a locally established shop... where I could serve my community while growing my business."

When asked if he still keeps in contact with Johnny, Jerome says he would come by the shop regularly before COVID hit. "He used to bring donuts and stop in to say hi, but after COVID hit, he stopped. I really enjoyed his visits," he says.

Jerome understands and respects the groundwork laid at Johnny's Barbershop by both Johnny and Ruben and says he's proud to continue that legacy for his clients. He takes pride in the fact that the shop has always accepted walk-ins because it allows for flexibility for locals and visitors alike. "I also like to ensure I am available for my clients, so if someone texts me and tells me they need a haircut outside of normal business hours, I will arrange to meet them. I do this because I take care of my customers."

As for Deuces Barbershop, the brothers decided to sell the business. His brother James now works full-time for Burlington Northern Santa Fe Railway (BNSF). Jesus decided to venture out on his own, opening Next Level Barbershop in Albuquerque.

When asked what spurred the passion for barbering in his family, Jerome says his uncle George was a barber. He passed away in 1977, but he recalls getting his



Courtesy Photo

New logo for Jerome's Barbershop

hair cut by him and his dad when he was small. He realized he really enjoyed cutting hair and started cutting his friends' and brothers' hair growing up. He then would cut his kids' hair, so it came naturally for him to follow his passion and make a career of it.

"One of the things I enjoy in my career is that I can watch sports all day. I have games on and when it's a big time for the season, like the playoffs or March Madness, I can see my games," Jerome says.

When asked about changes to the business, Jerome says he has already done a remodel, removing many of the older items that had been in place since 1968. The two items he kept were Johnny and Ruben's barber chairs. "People have told me it feels like a man cave. I have a lot of sports paraphernalia all the way to when I was a child, so the shop really represents my passion and love for sports," Jerome says. In addition, Jerome is changing the shop's name to Jerome's Babershop.

Jerome says he is grateful for the love and support from his wife, Lori, whom he's been married to for 20 years, along with his sons Mateo and Carlos. "They have been by my side through the moves, new shops, and everything in between to get to this place. I couldn't have gotten through it without them." He is also quick to recognize the support and advice his family of entrepreneurs has given him, including his dad, Lawrence Ortega, who owned an engineering firm in Taos for 45 years; his sister Melissa Ortega-Rael, who owns her own event management business; and brother Lorenzo Ortega who owns Taos Sanitary Supply. "Their advice and support has been so important for me and I am excited to use much of what I have learned in this new business venture."

Currently, Jerome works with local barber Max Tafoya. The shop is located at 308 Paseo del Pueblo Sur in Taos and is open seven days per week: Sundays 10 a.m. - 2 p.m., Mondays 10 a.m. - 4 p.m., and Tuesday through Friday from 9 a.m. - 5 p.m.



Courtesy Photo

James Ortega stops by the newly renovated shop to visit his brother, Jerome Ortega



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I am ready to sell. Where should I start?

When you are ready to sell your home or property but are not sure where to start, I can help you this month by walking you through how to prepare so you can get the most value. I will help you consider what you might not be thinking about. We can start with a deep dive into your real estate market: what needs to be done? What isn't necessary?

Investing time and effort up front to prepare your house for showings will gen-

erally increase the likelihood of receiving offers sooner after you list your home. The longer your home stays on the market, the harder it can be to sell. Repairs, staging, and cleaning can help attract better offers, but they can also be a time-consuming and expensive process.

Normal wear and tear can add up, especially if you've lived in your home for a long time. From a door that squeaks to a window that sticks or a toilet that runs until you jiggle the handle—it's easy to ignore minor issues that seem like quirks. Buyers, however, may see these quirks as problems that lower the value of your home or as bargaining chips during the closing process. If you have too many noticeable repairs, buyers may also wonder if more serious issues lurk below the surface, and that could prevent them from making a good offer.

Start by identifying needed repairs and make a plan. When I am assisting buyers, major appliances are of utmost importance. Signs of water damage or noticeable past repairs are also important. Roofs and windows are significant in price, and there

is an expectation to repair or offer a credit to the buyer to repair on their own. Consider a home's heating, ventilation, and air conditioning system—they should work and be leak-free. So should your water heater, smoke detectors, electrical panel, and circuit breakers.

Outside, examine exterior surfaces, weatherstripping, and wood trimmings. Look for damage such as peeling, cracks, or rot. Decks and patios should be in good condition. (Think of these items as if you had to get your home insured for the first time.) Fencing should be free from damage, like rot or rust. Landscaping should be trimmed back from your home, eliminating the potential for causing damage. In northern New Mexico, we don't have the finest landscaping, and that's okay—just make sure there isn't any trash or old trees that need to be cut back. Oftentimes we tell ourselves we will get to these tasks eventually, and well, we are here eventually now.

Some repairs might be easy as do-it-yourself projects, like patching a hole in drywall or unclogging a slow drain. If it's

your first time making repairs like these, video tutorials on YouTube are a great place to get started.

More serious or complicated repairs may require hiring a professional. If your roof leaks, outlets don't work, or you have cracks in your foundation, having the repairs done by someone who has the right tools and know-how can save time and ensure the job is done correctly.

Go through your home, decluttering and organizing spaces. Don't just shove belongings in closets, cabinets, attics, and basements, as buyers look inside all of those places. Trust me! I have seen them. Big kitchens, bathrooms, and storage tend to be big selling points, so it can help to make your rooms look as spacious as possible. Professional home stagers recommend that you remove a full 50 percent of your items!

After decluttering comes deep cleaning. Hiring a professional may prove the most effective way to do the job quickly and thoroughly.

Kit Carson Coop Completes Installation Of Charging Stations

By STAFF WRITERS

Kit Carson Electric Cooperative (KCEC) has announced the completion of Electric Vehicle (EV) charging stations installations in northern New Mexico. The project was funded by the American Rescue Plan Act appropriated to the New Mexico Department of Transportation (NMDOT).

The new fast-charging EV charging stations can be found here:

- Shuter Library of Angel Fire, Angel Fire
- Red River Convention Center, Red River
- El Rito Northern New Mexico College, El Rito
- Picuris Administration Building, Penasco
- Questa Village Hall, Questa
- Ojo Caliente Mineral Springs Resort & Spa, Oja Caliente
- Taos Plaza, Taos

According to a release, KCEC began establishing EV charging stations throughout its service area in 2019 as part of its plan to be among the cleanest, most cost-ef-



fective electric cooperatives in America. With the new charging sites, KCEC has 36 total EV charging stations, with 58 charging points, and will expand its contribution toward New Mexico's statewide objective to reduce

The release goes on to say KCEC is also looking to expand its EV charging station footprint. The EV grant award and its successful project implementation are the latest in a string of milestones KCEC is meeting in partnership with its wholesale power provider, Guzman Energy, including achieving 100 percent daytime solar power.

"We want to thank the NMDOT for their commitment to partner with KCEC to provide our members with expanded clean energy economy services that improve quality of life and economic opportunity in our region," said Luis A. Reyes, Jr., CEO of KCEC. "We are grateful to our engineering and installation teams for their hard work driving these projects to completion and are happy to say to our community and our valued New Mexico tourism visitors that we are open for expanded EV charging business!"



Martin Rivera

By MIKAYLA ORTEGA

Martin Rivera recently graduated from Questa High School with the class of 2024. He was nominated for our Outstanding Youth Report for July!

Rivera has been volunteering with the Questa Fire Department for two or three years, intermittently. He says

he loves this work and gets a big dose of adrenaline from volunteering. He also says he loves helping people when they need help.

Rivera has his sights set on a permanent position with the Los Alamos Fire Department in the future, but plans to continue working with the Questa Fire Department, serving the northern Taos County community.

He says his family is a big motivating factor for him, always pushing him to do better and chase his dreams.

The Questa Fire Department works with high school student volunteer firefighters. He says, "don't be afraid to give it a try. We always need more people in the profession and in our department in Questa. It wouldn't hurt to get out of your comfort zone and give it a try."



Courtesy photo



Raynelle Cordova

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 those who have pursued lives outside of the community – through our Representando series. This series is dedicated to those who are Representando communities in northern Taos County, in various facets of life.

For our July issue, we spoke with Questa's Emergency Medical Service's Chief Raynelle Cordova. At an early age, Cordova had a calling to help people. After graduating from high school, she participated in the Health Careers Opportunities Internship Program, which gave graduating seniors the opportunity to experience working in a healthcare setting. Cordova had her sights set on becoming a pediatrician where she could combine her love for children and passion for the healthcare industry. She completed her internship at the Northern New Mexico Community College in El Rito where she gained some lifelong friendships with people she keeps in contact with to this day.

Following her internship, she enrolled at University of New Mexico (UNM) in Taos to complete her basic studies while she worked part-time at Taos Clinic for Children and Youth. She then moved to the main UNM campus in Albuquerque to continue her education and began working for a daycare.

She decided to return to Taos, where she began working in the emergency room at Holy Cross Hospital as a receptionist. "I recall my first few days were rough and I thought I wasn't cut out for the job," she says. "I stuck with it and



Courtesy Photo

decided that I wanted to do more than answer phones, do paperwork and be a translator, so I decided to go to UNM-Taos to obtain my basic Emergency Medical Technician (EMT) certification." This is when Cordova found her true passion and calling.

Becoming an EMT helped Cordova build confidence as she continued to work in the emergency room. She went on to become a part-time EMT with Taos County Emergency Medical Services (EMS). After a year working as a basic EMT, Cordova pursued a higher certification moving up to an intermediate EMT with UNM-Taos. "This allowed me to do more patient care, administering medications, and to take better care of my patients at the hospital and in the ambulance," she says.

Part of working in EMS necessitates being cross-trained in firefighting, especially for northern New Mexico where first responders are in short supply. While Cordova's experience is mainly in EMS, she has taken on fire training with the Enchanted Circle Academy and the New Mexico Firefighters Training Academy. "At first, I wasn't interested in firefighting because I didn't want to run into a burning building, but after my training, I learned it was not as scary as I thought."

After 15 years at Holy Cross Hospital, Cordova resigned to pursue paramedic school. "At the time, I was working two full-time jobs while going to school. I am a mother and a wife, so it was a heavy load, I knew something had to give."

In 2017, Cordova graduated with her associate's degree in medicine and pre-sciences from UNM. She went on to attend Eastern New Mexico University (ENMU) in Roswell for 18 months, all while working two full-time jobs and



Courtesy Photo

Cordova drives the Questa fire truck

traveling four hours away to attend class. "This was a sacrifice for me and for my family. I am grateful for my support system that allowed me to pursue my calling," she says.

Cordova went to school three days a week, then traveled home to work in her two jobs. After 18 months, she graduated from paramedic school, and then got an internship in Espanola, where she got experience running a high-volume ambulance service. She completed her program in July of 2018 and has been serving northern New Mexico as a paramedic ever since.

Cordova has worked for Questa Fire and EMS for several years. In 2021, she was promoted to EMS Director for the Village of Questa. In this role, she also handles the billing services for the department. She says she took on this role to save taxpayers money, reducing the need to outsource the billing. She continues to expand her training and learning to ensure she can effectively lead the department to serve the residents in northern Taos County.

"The most fulfilling part of my job is being able to help people on their worst day possible. It may be during a medical episode or during a fire. Being there when they need a familiar face to help them to understand what is happening to their family member or to themselves," Cordova says. "It always makes me feel good to hear that people feel comfort when I am on scene, or they ask for me when I am not there."

While Cordova loves her career and

is passionate about it, she acknowledges that it's difficult to respond to calls where she personally knows the victim. "My career has not been filled with favorable calls. I have calls that will stick with me for a lifetime. Sometimes, I am triggered and go back to those haunting times. One of the most difficult things is telling a family that there is nothing more we can do for their loved ones. To feel the grief that I just delivered to them, and also knowing this is the way they may see me from that moment on."

Through the hard times, Cordova maintains that her career has been rewarding. From delivering babies to seeing patients well and healthy, knowing she helped them when they needed her, she believes she chose the right career path where her colleagues have become her second family.

Cordova, along with her husband, Taos County Fire Chief Michael Cordova, has three beautiful daughters: Kalena, 19, was a junior firefighter with Questa Fire and EMS, Kaylei, 15, and Kynlei, 5. "They have all grown up in the medical field right along with us. There have been times when the call page goes off and they know that mom and dad have to go. They've sat in our cars waiting for us to finish our call. There have been many times where I have had to have family pick them up from the scene or elsewhere. We are grateful for our support system. Without them we would not be able to do what we do."



As Community Projects Flow, LOR Foundation Thanks Questa's Champions

More than two dozen Questa locals gathered at the Questa Public Library on a sunny, breezy Saturday afternoon last month. The mood was cheerful as teams answered trivia questions about Questa's

community projects that locals have led over the last 18 months, with the support of the LOR Foundation.

For example, did you know that one Questa Independent School District music teacher created a five-week workshop to teach students about mariachi? Or that as of March, local animal rescue group High Desert Hounds was on track to help between 150 to 175 dogs and puppies in 2024?

The spring event, put on by LOR Questa Community Officer Maria Gonzalez, celebrated Questa's champions—locals who have been working to make life in the village even better. Since January of 2023, Questa champions have led more than 50 community projects, strengthening local financial literacy, curbing water loss, and creating new science programs for students, to name just a few projects.

"Without the energy and dedication of Questa's champions, none of the

projects LOR has supported would have been possible," says Gonzalez. "We want to say thank you to every Questa champion. Your efforts lead the way, and we're proud to support all of the incredible work you do for our community."

Ordinarily, LOR-supported projects have just one or two champions, but one of Questa's most recent community projects was special because it involved collaboration between multiple champions. Questa's acequia system supplies residents with all-important water. Yet, despite serving as a lifeline, Questa's acequias have desperately needed investment. Many of the headgates in local ditches are broken, leaking, or nonexistent, impeding proper water flow and leading water to leave Questa before replenishing the local aquifer. With LOR's support, Questa's local acequias are receiving newly installed headgates and other equipment to better control water flow and minimize leaks, keeping

more water in the Questa community.

"This solution was a true community effort," Gonzalez says. "The local associations were united around the need for headgates and agreed to join forces to make this project happen. By working together, they will improve the lives of Questeños for generations."

Over the last year-and-a-half, Questa's community projects have taken many shapes and sizes. No matter how small, each has made a difference for locals. If you've got a solution to share, you can reach Gonzalez at maria@lorfoundation.org or (575) 665-2001.

LOR works with rural communities in the Mountain West to enhance livability and prosperity while preserving the character that makes each community unique. LOR supports locally led community projects that improve transportation, housing, the environment, education, civic engagement, water, health, and the economy.

Successful "Celebrate Questa!" Event in June

By STAFF WRITERS

For locals, it felt like a really fun block party. For visitors, it was a chance to expand their definition of Questa.

On Saturday, June 8 from 10 a.m. to 4 p.m., the Questa Creative Council hosted an event that brought together several of their active projects. The Questa History Trail, the Questa Music Series, and Questa Art Market were all represented, to make for a true celebration, presenting some of what's best about our village.

The market shelters were filled with local artists and craftspeople plus a couple well-loved food vendors. And music played all day. Up the hill, the Questa History Trail team were on hand to guide walkers around the half-mile trail.

"This is really something not to miss. Everyone who lives here should walk the history trail," said Kate Cisneros. Kate was a founding member of the Questa History Trail team that formed shortly after the mine closed.

The day quickly became too hot to walk the full trail, but those who missed out were provided a map and information to return to this self-guided walk on a cooler day! Happily, the informational signage along the trail and the well-researched website (QuestaTrail.org) is available 24/7.

Walking the trail with guest experts on hand certainly enhanced the expe-

rience for the early birds who arrived before the heat set in.

Retired history teacher and QCC Board member Flavio Cisneros served as a docent at St. Anthony's, having been a valuable consultant to the trail's creation, and active in the church's reconstruction efforts—a man uniquely qualified to field the many questions that came his way.

Archaeologist Carrie Leven, formerly with the US Forest Service, was also on hand, having helped write the Questa History Trail website, and photo-documented the church restoration. "I [even] had a conversation with a visitor who'd found what may be a pit house on her property in El Rito," she reported. "The pithouses found at the Questa VFW Cemetery were well over 1,000 years old," she explained.

Community activist Claire Cote has collaborated with the trail team since its beginning, and was on hand with her Questa Stories project, presenting the many "story boxes" with the village's oral history, shared through individual Questeño recordings.

Down at the Market site, music from the Arellano Brothers inspired dancing and sing-alongs: Rodney's bass accompaniment and harmonies to Chris's heartfelt melodies and guitar were performed in both English and Spanish. When the Arcane Ramblers took the stage at 2



p.m., there was plenty of toe-tapping and swirling on the dance floor, too! One of the vendors, Sophia Licata, took the mic as they jammed together to a 1920s fast foxtrot tune. She later remarked that it was a great event for her and the other Art Market vendors because the live music was "so awesome!"

The food selections were planned to offer something for everyone; Casey cooked delicious veggie and meat pilafs, cooked up and stir-fried while you

watched. Wendy Medina's booth was hopping. She made quiche for the occasion, along with her usual tasty posole, Frito pies, and desserts... and refreshing hibiscus tea.

Youngsters had fun coloring with chalks on the concrete dance pad when it wasn't taken over by dancers, and they enjoyed a kids' craft table. And they inevitably found a water hose to cool off from the heat of the afternoon. It was truly a Questa-style celebration!



Help Your Pets Beat the Heat this Summer

Summertime brings lots of outdoor activities and fun for our pets and us. But with the summer comes the heat, and for our dogs and cats, this can be uncomfortable, and also poses risks, the same as for us. They can easily become overheated on these intense days.

Dogs sweat through their feet, and cool themselves through panting. Plan your activities with them in the cooler parts of the day, like early morning or evening. Avoid walking dogs on hot asphalt or concrete between the hours of 10 a.m. and 5 p.m. A dog's pads can become burnt very easily, and it can go

unnoticed because they often don't let us know there is an issue. Check your dog's feet regularly—especially if you are out and about with them. Even gravel and dirt surfaces can become dangerously hot, so do the 10-second test: place your hand or bare foot on the ground and do a slow count to ten. If it's too hot for you, it's too hot for them.

Be sure outside dogs have plenty of shade and fresh cool water available at all times. Some dogs enjoy a soak, and a plastic kiddie pool can provide some added relief on these scorching days. Another useful tool to help regulate their body temperature is using cooling mats, which are designed to help release body heat and keep the belly cool. These are excellent for both dogs and cats. There are many brands available online. Some are made with high-tech cooling fabrics, and don't have toxic gels or even need to be wetted down, which makes them a great choice for the home or vehicle. Cooling vests and collars or gaiters are also good options. If you need to provide immediate relief, dampen a towel with cold water and place it on the floor. This will cool the dog's belly and help it stay comfortable. You might also consider a personal evap-



Courtesy Photo

orative air cooler, which are inexpensive and are great in small areas indoors.

Learn the signs of canine heat exhaustion and heat stroke—both are serious conditions and if left untreated can cause long-term effects on the organs, or potentially be fatal. Watch for rapid panting, lethargy, sunken eyes, dehydration, drooling, dizziness, and if the nose feels hot and dry instead of cool and damp. The saliva may be sticky and gums an abnormal color. The dog may have

difficulty urinating, and stool may be loose. There are other symptoms also, so take some time to become familiar with those. If you suspect either, use COOL (not COLD) water and wet down the pet. Place them in front of a fan, and call your veterinarian for further advice.

If you'd like a free recipe sheet with yummy frozen summer treats both you and your dog can enjoy, stop by the High Desert Hounds Pupcake Sale at Cid's on July 6, from noon to 4 p.m.

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iQue Viva la Fiestas! Questa Fiestas Showcase Culture, Community, and Connections

By STAFF WRITERS

Questa's Fiestas were held on Saturday, June 15, at Questa's Molycorp Field. Locals and visitors joined together to listen to traditional Spanish music, shop at local vendor tents, and connect and catch up on life.

We spoke with Anastacia Gonzalez, a Colorado masseuse who traveled to Questa to set up a vendor tent and offer massages to the community. "I loved being able to do this in my hometown for the fiestas," she says. "Holistic medicine offers people different ways to manage their pain. So often, people go to using medications to manage their pain but there are alternative ways of taking care of your health—there are natural ways to help you."

During the day, bands shuffled on and off stage as they performed hits for locals to enjoy. The crowds were hanging out, until a performance by local dancer and fitness instructor Julia Struck took center stage. People started getting out of their seats to see the lively belly dancing.

We took some time to chat with Struck: "My family has roots in Questa. My great-grandparents are Ben and Dora Maes and my grandparents who raised me were Loren and Beatrice Maes." Struck says she has many fond memories of Questa, which served as her second home growing up.

"In the summers, I remember coming to Questa to stay with my great-grandparents and they would drop us off at the Playhouse in Red River while they went to Bingo," she recalls fondly. "We used to play for hours, go skating, play in the arcade; those were the best times."

Being raised in Taos, Struck says performing at the Questa Fiestas had a special meaning to her. "I have four generations of my grandfathers who worked at the mine in the Sangre de Cristo Mountain. Being in this symbolic place where I could share my impassioned and symbolic dancing with the people, my people—it was really meaningful."

Struck is a fitness instructor and life coach in Taos where she owns and operates her business, the Body Shop, LLC. "We are female-founded and managed. Our business is 100 percent self-funded and it's my job to help people see the freedom within their body through fitness, nutrition, and mindset."



Courtesy Photo

Pastor Peter Martinez along with church volunteers pose with their nerf guns, ahead of the nerf gun battle at Molycorp Field

Last year, Struck lost her parents, Loren and Beatrice, in a house fire in Taos. "After my parents died, I had every reason to let my business go, but I was driven by their love. My passion for serving others, and with the support of the community... we expanded across two dozen states."

Struck says her experience living and working in Taos gives her a deep appreciation for the culture and people of the area. "I am a proud New Mexican and I love our culture, our foods, our traditions... what I love is that we also share these sacred things with visitors and make them friends."

Struck says belly dancing was brought to Taos by the hippie movement, and the pioneer of it is her master instructor, Sakti Rinek. While her performance at the Questa Fiestas was solely belly dancing, she also does various types of dancing, including Flamenco. She also dances with the Comanches de la Serna, led by Senor Francisco in Ranchos de Taos.

"Some places in the country are still segregated communities where Native Americans and White and Spanish people don't talk. They are holding grudges for things that happened with our ancestors years ago. Taos County is unique, as our communities have united and come together to give and share our cultures and

FIESTA COMMITTEE:

Katrina Gonzales
Maria Gonzalez
Valerie Vigil
JoAnn Cisneros
Yolanda Sanchez
Alyssah Duran

2024 ROYAL COURT:

Reina - Esperanza Quintana
Princesa - Destinee Vigil
Junior Princesas - Sofia Vigil and Aria Duran



Courtesy Photo

2024 Questa Fiesta court stands proudly at the Questa Fiestas with outgoing royalty

traditions. We respect one another and in turn, we teach outsiders the importance of our culture, traditions, and also, how to respect us as well." Struck says.

Struck believes in helping people improve their thinking and mindset to achieve their best, healthy life. Living in Taos, Struck and her staff work across 18 states helping people through her business. "This is something I live and breathe every single day. It was an honor to be a

part of the Questa Fiestas to share some of what I am passionate about. I am a proud New Mexican because we are diverse, different, and unique but ultimately, we come from the same place. We are the same."

While the music, vendor booths, and the entertainment were a big part of the event, the open field filled with activities for children was notable. The children's area was organized by Living Word Min-

FIESTAS cont'd on next page

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The Significance of “La Reina” de la Fiesta

By LORA ARCIENGA

Culture, tradition, and confidence. These words embody what it means to be a Fiesta Reina, or Queen. The newly crowned Reina, Esperanza Quintana, revealed the importance of these values and traits as she delivered her speech in front of a panel of judges and small audience during the Fiesta Reina pageant, held at the beautifully decorated council chambers on Wednesday, June 12, just a few days before the Questa Fiestas. The full court included Princesa runner-up Destiny Vigil, as well as the Junior Princesas, Aria Duran and Sofia Vigil.

The pageant coordinator, Maria Gonzales, had rallied and encouraged participation for the pageant this year. “I think our Reina and Princesa were able to come out of their shell a little more. I know they were nervous, but they were able to overcome their nervousness and fear and pushed through.”

Last year’s queen, Ashlynn Rael, joined the pageant on Wednesday and gave her words of advice to the young ladies running for Queen, offering a few words



Photo by Wendy Vigil

La Reina Esperanza Quintana and her escort Juan Diego Vigil

on what it meant to her to be fiesta Queen this past year. “I know you’re nervous and that’s okay,” she reassures the girls. Her confidence carried through the room and gave the young women there that last boost of courage to get up and address the

group and panel of judges.

This tradition, rooted in Spanish colonial history, has taken place in New Mexico for nearly 100 years. Fiesta Queens have been represented by young unmarried Catholic women and are looked upon as young civic leaders who find tradition and culture very important personally and to the community. Gonzales mentions that in the future she would like for the Princesas to have a community role throughout the year and give the young ladies an opportunity to be leaders.

In her speech, Quintana talked about traditions that her family still participates in year after year, such as their Lenten traditions, visits to the Cerro Morada, and cooking delicious New Mexican foods. “I ran because I really wanted to inspire other young girls to ensure they know they can accomplish anything they set their minds to.” One question asked by a panel judge was: how can Questa be a better place for everyone? Quintana responded by saying, “people need to care for each other more and look out for each other.”

Her runner-up, Destiny Vigil, a recent graduate of Questa High School, also

commented on how Questa has shaped her and how her family has always supported her in the past. Keeping traditions alive and representing her culture were also important themes for Vigil. “I am blessed to be able to have this opportunity—being part of the fiestas is an honor.” The junior Princesas, Aria Duran and Sofia Vigil, stood tall and proud in their traditional fiesta regalia while supporting Quintana and Vigil.

“I want to encourage those young ladies who maybe aren’t always involved with the community to participate because they need to realize that they have the knowledge and skills to serve in a leadership capacity,” said Gonzales. Esperanza Quintana understands what it means to have a good role model and is excited to volunteer and help out next year. She leaves the community with these last words and somewhat of a challenge, “I am ready to serve the community and I look forward to hearing from people on how I can give my time to improve our community.”

Congratulations to these ladies who are representing our community and culture!

FIESTAS cont’d from previous page


istries Church in Questa, in partnership with the Red River Community Church. Pastor Gayle Martinez says last year, the church organized a basketball and corn-hole competition. This year, the churches expanded to include Nerf Battles and bumper cars. “When we asked the church community to help for the Fiestas, the response was a resounding YES to making the event special for the local children and families.”

Giving back to the local children in the

communities of northern Taos County is a common occurrence for the Living Word Ministries community, hosting several events year round. “We like the ideal of having healthy and fun activities for our local kids and families to experience. It truly takes a village and we are pleased to be a part of this community in Questa,” Martinez says.

The Questa Fiestas were planned and executed by the Fiesta Committee, made up of Katrina Gonzales, Maria Gonzalez, Daniel Cordova, JoAnn Cisneros, Yolanda Sanchez, and Alyssah Duran.

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Embracing Nature

By SHARON NICHOLSON

It is such a privilege to be your librarian! One of the perks of this job is to hear the giggles, chatter, and joyous shouts from our Summer Reading Program kids meeting in our garden. I believe their time outside here will create long lasting memories for all of them.

Your library staff is committed to providing opportunities for community

kids to be outside playing and creating as much as possible. The benefits of being outdoors have long been underrated! We live in a beautiful place where just getting outdoors promises better breathing, better sleep, and better mental health. The simple act of going for a walk after dinner is an excellent way of getting exercise and lowering blood pressure, and even creating opportunities for family time. Outdoor activities improve our connections to our surroundings. Maybe we will experience the wonder of the wildlife in our area. Or maybe we will discover the night universe!

We encourage everyone to venture out of the house. Leave the phone, TV, and computer turned off. Listen to the world around you. There is so much to experience!

“A Sneak Peek” Artwork by Artists from the Questa Studio Art Tour

By CONTRIBUTING WRITER
PEGGY TRIGG

For the summer months of July and August, the Questa Public Library will be presenting “A Sneak Peek” of artwork produced by local artists participating in the upcoming Questa Art Tour.

The library art show opening will be held July 6 from 2 to 4 p.m. The public is invited to attend. Over 40 artists will be in this year’s tour, and many will have

a representative sample of their work in this exhibit.

The library is located at 6-½ Municipal Park Road, Questa, NM and is open Monday through Saturday, from noon to 5 p.m..

For more information on the 2024 Questa Art Tour, on August 10 and 11, go to the Questa Creative Council website at QuestaCreative.org, email QuestaCreativeCouncil@gmail.com, or call (575) 586-5658.



Courtesy Photo

“Unfolding” by Clair Coté



Courtesy photo

“Taos Teapot”
by Sandra Harrington

Adventure Begins At Your Local Library

By LORA ARCINIEGA

The summer reading program at the Questa Public Library kicked off on June 7 and is nearly halfway through its schedule of events. Library Director Sharon Nicholson, along with her staff, has prepared a fun and exciting summer reading program with the theme “Adventure Begins at Your Library.” The program is held on Tuesdays and Fridays and goes through July 19, from 9:30 to 11:30 a.m. The program welcomes children ages 4 to 10, but an older or younger child has never been turned away.

The summer reading program has been in existence at the Questa Library for at least 12 years. Nicholson says it is made possible by resources provided by The New Mexico State Library, as well as Grants for Good (a Chevron grant), prepared by the non-profit Friends of the Library, a group she spoke very highly of.

The overarching goal for the summer reading program is to (I bet you can guess) get kids excited about reading! Nicholson described research that has shown that children can lose much of what they have gained throughout the school year during the summer months.

Sharon starts planning for the program in December and it can be quite the undertaking when considering the lineup of events and coordination with other libraries throughout the state. Her full staff includes assistant librarians Andie Ortega and Kate Mann as well as the director of the summer reading program, Monica McClelland. Nicholson and her enthusiastic staff are working

to fill in the summer gap between the school years and give young kids an opportunity to take their reading adventure to the level.

For example, some things you can expect from the program this summer include McClelland reading and engaging with the children and quizzing them afterwards, followed by the daily main event—which for June ranged from a magic show to learning basic outdoor skills. Children almost never leave empty-handed, receiving items such as t-shirts, dog tag chains containing your “brag tag,” or a journal to capture your experience that day.

The first event of the summer was “Questa Trucking,” where young children and curious adults were able to climb inside police vehicles, fire engines, and ambulances. A unique event covered in June was the three-part series on camping and outdoor skills. This was led by Mr. Spencer, the Questa Middle and High School science teacher. During this three-part series, children learned how and where to set up a campsite (including pitching a tent), research a local wildlife species, and learn some basic wilderness skills, at Columbine campground.

Nicholson calls the program “tremendously rewarding” for her and her staff. In the future she’d like to see a program geared toward the older kids in our community. So, come to your local library where you’ll be greeted with a smile and your young one will leave with a renewed enthusiasm for reading, in addition to a healthy snack!



Courtesy Photo



Historic Artistry Lives On In Questa

The Questa Art Tour attracts between 600 and 800 weekend visitors to Questa each August. Over 40 local artists and craftspeople are busy creating works for this, our 9th annual event. Those of us who live in Questa can get a preview of what will be on offer at the Questa Public Library, with their "Sneak Peek" show, in July and August.

There is much diversity of talent in our area. And within that diversity, there are also many unexpected similarities to enjoy.

Nick Ortega

The studio of the late Nick Ortega, stained glass artist, will again be open

in the village. His Art Tour stop will be hosted by his wife Martha and daughter Cathy Cisneros. Nick passed away in April of 2023, but much of his work is still available and you can enjoy it, thanks to his family.

The craft of stained glass takes as much time and patience as it did in its earliest development, the techniques remaining basically unchanged. One of the oldest known examples of colored glass used in a window were unearthed at a British monastery from the 7th century AD.

An eye for color and the skill to maintain a sound structure while working is a necessity. Nick Ortega's background in carpentry provided a grasp of many of these needed skills.

Daughter Cathy recalls her father being intrigued by an advertisement for a class in San Cristobal. That was the only formal instruction he had in this artform, progressing on his own from simple designs to more complex ones. Martha still has his first ever creation. A stroke in 1990 made him give up stained glass art and his commercial carpentry work. But after much determination and therapy, he returned to both. Nick was still creating stained glass pieces the



month before he passed.

Cathy's husband, Larry Cisneros, is also a craftsman. His end-grain wood cutting boards, and marble lazy Susans will be shown alongside the work of his late father-in-law. A theme of self-taught, skilled and creative family members are to be found at this art tour stop.

Audrey Kunkel

Further north, in the neighborhood of El Rito, long-time resident Audrey Kunkel will show her work at the Oasis of Lorien hub off Quintana Road. She is another craftsman working in ancient art forms. Glass bead-making is thought to have originated in Egypt around 2700 BC. Audrey began making glass-bead jewelry as a teenager and taught herself to make ever more complex pieces.



In addition to many jewelry designs, much of her work is intensely sculptural, as seen in lifelike spiders, birds, and wearable art made of tiny beaded boxes and pouches.

A second artform took hold when Audrey became a grandmother. She taught herself to crochet, although simple and not-so-simple blankets and booties did not satisfy her for long. Today she is an expert maker of "amigurumi," the art of crocheted or knitted "dolls." This is a popular craft in Japan, though was likely introduced to that nation from China during the Shang dynasty of the 16th to 11th century BC.

These are no simple dolls, but

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Questa Offering Free Summer Lunches Through July

By MIKAYLA ORTEGA

Questa del Rio News got some answers for families in our community regarding the free summer lunch program. We were informed by a reader that Questa was not listed on the Early Childhood Education & Care Department website for the free summer lunch program. After going to the website and verifying this for ourselves, we contacted the Department of Education to find out why.

After several days going back and forth, we have confirmed that Questa is indeed having free summer lunches through July, at Alta Vista Intermediate School. Free lunches are served to the community from 11:30 a.m. to 12:30 p.m. during the week.

The Summer Food Service Program, which addresses the critical gap in food security for children aged 1 to 18 during the summer months, is administered by The Early Childhood Education and Care Department.

Terrance Maribel, summer coordinator for the Department of Education, says the website is not fully accurate due to some miscommunication, but the lunches are indeed being served.

Unfortunately, this is the only location in the northern New Mexico region serving free lunches, due to lack of resources and staffing. "Ultimately, it's a district decision and we didn't have schools in Taos or Red River commit to running our program this year," Maribel says.



Join us for the tour!

Over 40 local & regional artists will open their studio doors to visitors. The scenic route reaches from the south side of Questa to Costilla.



August 10-11 • Sat-Sun 10-5

MAPS & MORE at
QUESTACREATIVE.ORG



Mayfest in the Mountains: Survey Yields Mixed Results

By LORA ARCIENEGA

The town of Red River provided the opportunity for business owners, residents and visitors to give feedback on the first annual Mayfest in the Mountains, a family-friendly Memorial Day weekend event replacing the longstanding motorcycle rally, at a June 3 town council meeting.

How well was the first annual Mayfest in the Mountains received? If you ask visitors—those who traveled more than 50 miles to the event—most respondents registered their experience as split between very satisfied, very dissatisfied, and dissatisfied. Interestingly, 83 percent of these visitors had been to Red River during past Memorial Day weekends and returned this year knowing it was going to be a very different event.

Some business owners (24 percent) saw an increase in customer traffic, mainly in retail, vehicle rentals, and tour operations. The majority (62 percent) claimed decreased visitor traffic this year. How did business compare to Memorial Day Weekend in 2022? Nearly 47 percent reported a decrease in sales, where 19 percent reported no change in sales.

Residents of Red River felt the

weekend was positive overall, with the survey revealing most liked the family-friendly atmosphere. Nearly all (97 percent) of the residents who responded to the survey felt safe over the weekend.

The town meeting on Monday, June 3, at the conference center, had many attendees: from residents to business owners to town representatives. "We are going to have a lot of continued discussion as we move forward with Memorial Day Weekend plans. Right now, I don't see us going back to a full-blown rally like it was before the shooting, but we will continue with council and community input," Mayor Linda Calhoun told the *Questa del Rio News*.

A few things to consider about the survey itself is the overall population, the big "N" if you know a smidge about statistics. This is just the overall number of people who experienced the event—your population. The survey was offered to the general public and remained open for five days. As far as businesses go, 58 participated in the survey. It is unclear whether these 58 businesses are representative of the full variety of businesses in Red River. When it came to residents who filled out the survey, 90 surveys were received in a town whose population is a

little over 500. As far as visitors go, the town received thousands over the five-day period—7,010 on Saturday alone, however, only 49 visitors responded to the survey. The town meeting gave those who attended the opportunity to look at the survey results and maybe more importantly say their peace on how they felt the weekend went. Just like the survey results, the town meeting had representation from all angles, some really liking the change to a quieter, safer atmosphere while others took an economic hit.

Although the survey revealed mixed feelings on the potential return of the motorcycle rally, some suggestions for the future event include combining Mayfest with a biker rally, adding more diverse attractions for visitors, and balancing the presence of law enforcement. Most respondents felt that marketing and advertising should be broader and happen earlier in the year and most expressed a desire to increase the range of activities.

The historic motorcycle rally that many locals and visitors attended in the past offered experiences that catered to adults. The new event, tailored to families, also offered a focus on veterans and military service members, which was well received.

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wonderfully complex and charming animals, completely one-of-a-kind, lovely enough for collectors' items, and sturdy enough for a very special child.

Find more information on the tour and its artists at QuestaCreative.org or call (575) 586-5658. And check out our Facebook page. The 2024 tour map is not yet printed, but it will be posted on our website very soon (QuestaCreative.org).

Save the dates! Our annual Questa Art tour will be held Saturday and Sunday, August 10-11, with studios/artist hubs open from 10 a.m. to 5 p.m. both days!

**RAFFLE
WINNER!**

**CONGRATULATIONS
LOUISE
ARELLANO**

Is the winner of \$100 from the Questa Housing Survey Drawing. Thanks to everyone who took the housing survey at Fiestas or the Questa Farmers Market!




Red River Celebrated Arbor Day June 6

By STAFF WRITERS

The Town of Red River and the Red River Community House marked another successful Arbor Day celebration on Thursday, June 6.

According to a Facebook post by Visit Red River, the community worked together to plant a beautiful blue spruce tree at Toni Woerndle Memorial River Park.

Additionally, the town gave out 50 Douglas Fir trees to local residents to replant at their residences. Special guest Smokey Bear was in attendance greeting attendees and thanking them for taking care of the earth.



Tony “Espy” Espinoza

By MIKAYLA ORTEGA

Well-loved and respected educator Tony “Espy” Espinoza passed away this past June at the age of 91, leaving a widespread sentiment of grief amongst former students.

He taught full-time in Questa schools from 1958 through 1991. He went on to fight wildfires for some time but didn’t stay away from the public education system for long, returning to substitute teaching around 2003, which he did intermittently until 2023. He will go down in history as Questa’s oldest substitute teacher, at 90 years old.

While Espy didn’t have children of his own, he remained close to his students, nieces, and nephews. His niece Tina Cisneros shared with our publication that when her dad died, she and Espy became very close. She said, “I will miss Mr. Espy being at my house on a daily basis and doing things for him all the time. I knew when he would win at the casino because he’d always have me order tires for his car. He would tell me his whole life stories with his students, friends, hunting, fishing, and his love for his cats...He was like my second dad,” she said.

This is a similar sentiment to many who took to social media to share their grief in response to his passing.

A social media post from his niece, Questa Schools teacher and assistant volleyball coach Delena Trujillo, read, “It was always so exciting to have you as a substitute in school. It didn’t matter what subject you were supposed to be teaching us, somehow, we always ended up learning about genetics and recessive/dominant traits. I think that was your favorite topic to talk about in school. Questa games won’t be the same without you, either. Our community lost a great man and teacher. Rest in Peace Tio Tony.”

Pauline Rivera, owner of La Voz Magazine in Denver wrote a heartfelt



Courtesy Photo

An old yearbook photo of Tony Espinoza was shared by Pauline Rivera



Courtesy Photo

Tony Espinoza poses with his kill during a hunting expedition

dedication to honor his memory in her publication. It read, in part, “When Espy asked you to do something, you did it. He commanded respect like no other teacher. If you chose to disrespect him, it would be a tough four-year journey. The biggest lesson learned from this one-of-a-kind teacher was that of respect and discipline. You learned to follow the rules, or you chose to become part of F-Troop, as he called his many unengaged students. Mr. Espy, you were a unique educator whose consistency in everyday school life and, yes, your unique charm earned you a spot in the hearts of many. I will miss your academic tactics and your sense of humor. I, for one, am a better person for knowing you. You instilled discipline, determination, meeting the challenge, and just plain spunk. Vaya con Dios, Espy.”

Alicia Cisneros, another niece, shared several photos along with a post on Facebook which read, “Tio Tony, we



FROM LEFT TO RIGHT: Mr. Espinoza, Julian T., Floyd M., Joseph R.,

Courtesy Photo

Henry Arellano shared a photo of Tony Espinoza posing with his students



Courtesy Photo

Henry Arellano shared a photo of Tony Espinoza posing with his students

are gonna miss all your stories & seeing you cruising. Thank you for always bringing us snacks, cakes & potatoes. Always thinking of Lyanna & Alexx. Making it to all their games. You will be missed by so many! Rest in Peace Tio. I know Grandpa was there with open arms ready to be with his big bro. We love you.”

Henry Arellano took to Facebook to share an old photo and comment, “Rest in peace Espy! You made a dear and lasting impression on so many of us. We are grateful to have learned from one of the best.”

Bernie Jaramillo also commented on Facebook, “Mr. Espinosa was our principal when I was in high school. As a freshman you feared him. By the time I was a senior I knew him as a friend. Rest in peace, Espy.”

Ultimately, the life and impact of Espy will be felt for generations to come. He treated every student he encountered as if they had the potential to



Courtesy Photo

Tony Espinoza regularly attended the local games for his students. This photo was shared by Jennifer Vialpando on Facebook

become something great. He had an innate belief that his interactions with his students made a difference in their lives. The outpouring from his former students is proof that he was right. Rest in Peace, Espy.

“100-Mile Pilgrimage For Vocations” Tradition Continues

By LORA ARCINIEGA

Walkers completing their 100-mile pilgrimage chanted “¡Que Viva Cristo Rey!” and in response, people respond with “¡Que Viva!” These words echoed through the cottonwoods and willows surrounding the beautiful courtyard at the Santuario de Chimayo Catholic Church in Chimayo, New Mexico. The mature hardwoods gave just enough shade to those family members and friends anxiously awaiting the arrival of their loved ones who endured the 100-mile pilgrimage from various locations throughout New Mexico.

The 100-mile pilgrimage for vocations typically occurs the first week of June and has taken place since 1973. The walk was started by Father Michael O’Brien from the Archdiocese of Santa Fe, with the overarching goal of praying for vocations to increase the number of those called to the priesthood and religious life.

The men, referred to as Peregrinos, or pilgrims, are those who are traveling to a holy place. The women, called Guadalupanas, are those with a special devotion to Our Lady of Guadalupe, the Virgin Mary, and to St. Francis of Assisi.

The Peregrinos and Guadalupanas began their journey from four directions throughout New Mexico. From the north they start in Costilla. From the southwest, they begin in Estancia. From the east they begin in Bernal, and from the south, Albuquerque. The 200 walkers are divided into two male groups and two female groups. The theme this year was “Beloved Sons and Daughters of the Father.” Activities and scripture readings for the walkers were focused on this theme.

Walking is easy in small doses. We walk for exercise. We walk our pets. Many of us even track our steps. The average Fit Bit user walks between 3,000 to 4,000 steps in a day. Well, imagine walking approximately 40,000 steps in a day, walking along dirt roads and pavement, somewhat racing the sun before the heat beats you.

The goal for the walkers during the 100-mile pilgrimage is roughly 20 miles per day, starting during the early dawn hours on a Monday morning and culminating on Saturday before noon. After the daily mileage is achieved, walkers are able to nurse any injuries, nap, shower, and get some much needed rest. The Peregrinos and Guadalupanas endure hot temperatures, sore muscles, blisters,



Courtesy Photo

and overall strenuous physical conditions during the 100-mile pilgrimage for vocations.

Questa del Rio News interviewed sisters Larissa Passino and Kiana Huerta to understand what it’s like, walking through the pain and heat and why they continue to do it year after year. The sisters, originally from Questa, New Mexico, have walked 10 years combined, and have been encouraged to do so by family members as well as because of a deep connection to their faith.

Larissa Passino mentioned that she walks because she wants to get back in touch with herself and pray for things she’s been thinking about throughout the year. She also walks because many of her family members walk. Throughout the year, Passino keeps track of things she wants to pray for. One big reason why she keeps returning every year is because she wants to immerse herself back into her faith. She wants to be an inspiration to others, particularly young people, and help them get back to their Catholic faith if they’ve fallen away. This is the seventh year that Passino has walked, and her experience has varied. She reflects on how the first year was really tough but how it meant so much to her because her

and work for a week, what was it like coordinating that, *Questa del Rio News* asked. “My professors and work supervisors were actually really supportive of me walking, but most don’t know what the walk was about. They’d asked in surprise, ‘how many miles are you walking?’ When they found out what it was for, they supported me.”

This year, Passino was a leader in her group of six. Smaller groups are broken out of the 42 women who were walking from the southern direction starting in Estancia. Her role this year was a “priest leader,” one who encouraged the group and individuals when they were struggling. “Some people walk through terrible blisters, sore muscles, and just being plain tired. I was able to support the women and help keep them going.” When asked what she would tell people if they were considering walking, she said, “I’d tell them, ‘Yes! Just do it! It’s so worth it and so fulfilling.’”

Younger sister, Kiana Huerta walks for similar reasons. “I walk for vocations to the priesthood and religious life, for my personal intentions, to strengthen my faith, and for the sisterhood. I felt that this year I was able to help those who were having a hard time, help them carry their cross while carrying mine.” When asked about how her first year compared to her now third year walking, Huerta says that this year was actually her easiest walking experience. “My first year was tough,” she recalls “I had blisters, sore knees, and swollen feet. I didn’t think I’d make it.” There were moments where Huerta questioned what she was doing there and felt that she didn’t have the strength to finish the day. “You don’t know how much strength you actually have. It’s hard not to focus on the pain, and doubt kept creeping in, but in those moments, I’d offer my pain and suffering up to God and surrender myself.”

Huerta recalls walking from the north direction in 2023, where her experience included walking the many hills between Questa and Taos and feeling that she couldn’t make it. “It was the little miracles we take for granted, like a beautiful sunrise and seeing butterflies that reminded me of a loved one that had passed on... that helped me in the toughest moments.” Not to be overlooked are the many communities who serve the walkers breakfast, lunch, and dinner. Huerta talked fondly about those



Courtesy Photo

Kiana Huerta and Larissa Passino

mom walked as well. The experience of walking involves lots of prayer, sometimes five to seven rosaries in a day, she says, along with lots of singing, and it’s a tough mental game. “You can be the strongest person, even do Iron Man, and this is still a tough thing to overcome. It’s 100 percent mental,” Passino says. Now a seasoned Guadalupana, the walk is easier both mentally and physically: “easier” being a relative term.

When asked how one overcomes the physical part of the walk, Passino humbly says, “compared to what Jesus Christ went through, I can get through this pain for a week.” What about missing school

PILGRIMAGE cont’d on next page



VILLAGE VOICE

Village of Questa Honored by Tour of Honor Riders

By Contributing Writer
JACOB LAFORE

The Village of Questa was honored to welcome the Tour of Honor Riders to the town over the Memorial Holiday weekend. The village put up a banner at the Veterans Memorial Park and also added a welcome message to the LED marquee in town, ensuring the riders got a warm welcome to Questa.



Courtesy photo

The Tour of Honor Riders was co-founded by Steve and Dave Brooks, their wives, and Michael Kneebone. The movement was spurred in honor of the September 11 attacks on the U.S.

The Tour of Honor Riders are individual motorcycle riders or groups of riders who visit and pay tribute to the fallen veterans and first responders who have served our country nobly and paid the ultimate sacrifice for our beloved country.

The self-directed Tour of Honor has grown to over 1,000 riders and many of these riders have posted over 40,000 photos on social media. Communities across the country place welcome banners at veterans parks and central locations of the community. Many Tour of Honor Riders raise money for veterans and first responder charities.

If you see motorcycle riders visiting Questa's Veterans Memorial Park throughout the summer and fall, they could be Tour of Honor Riders. Stop by, introduce yourself, say hello and thank them for all they do! If you'd like to visit the Tour of Honor Riders website, you can go to <https://www.tourofhonor.com>.

PILGRIMAGE cont'd from previous page

who fed them along the way. "Enchiladas, beans, rice, and dessert were one of my favorite dishes served this year because they reminded me of home. Our lemonade even had an umbrella in it."

What would you say to someone who is considering walking? "I would tell them that the pilgrimage is a vacation with God, that you'll strengthen your relationship with God, and to answer the call because it's a beautiful experience."

There were eight other walkers, all originally from Questa, who endured the 100 miles, and for many this was not their first time. The Peregrinos and Guadalupanas from northern New

Mexico were: Miguel Rael, Matthew Rael, Isaac Ortega, Lynnae Rael, Jocelyne Ortega, Alyse Lovato, Kristen Torres, and Christian Arellano. Janice Cisneros participated as a trucker, making sure the walkers had what they needed—snacks, water, medical needs—and she also cautioned drivers. Truckers are usually the first to get up and the last to go to bed.

It's very clear that the 100-mile walk will test your physical and mental capacity and that blisters and sore legs are part of the package. Even with the hardships the Peregrinos and Guadalupanas of New Mexico endure, the walk continues year after year. God willing, the sisters plan on continuing the tradition next year, and tucking another 100 miles under their belt.



By CONTRIBUTING WRITER
MARIA GONZALEZ
VIDA DEL NORTE

Vida Del Norte was happy to participate in the Questa Fiestas and would like to congratulate the 2024 Fiesta Queen Esperanza Quintana. The 2024 Fiestas were as graceful as our Reina.

Our community gathered for the event of the year where tradition and culture shine. Music played as local food vendors, artists, and even a masseuse took in the sun. Children played and families united. In the crowd booths shared resources with our community. Vida Del Norte Partnered with the NM National Guard to provide a simulation trailer for adults. This trailer introduced parents and community members to look for in a child's room when looking for paraphernalia. The National Guard educated all age groups on the dangers of drinking, and drug use. The main campaign is a movement that is happening across the state with a prevention initiative called "Keep Them Alive".

This initiative gave insight to parents on what to be aware of and what to look for in their child's room. Prevention is the key component for Vida Del Norte, and we were very grateful to have had the participation from the National Guard. Vida Del Norte has been showing up for our youth at events sharing information on vaping, alcohol and drug misuse.

The first weekend of June Vida Del Norte partnered with LOR and hosted the 2024 Fish Derby to kick off the summer. Prizes were given to participants and everyone who attended enjoyed themselves. July 1st will be the start of the Vida Camp it will run through July 31st for ages 5-12 all those who are interested please sign up at www.localogy.org. If any older students would like to participate, please contact Maria Gonzalez (575)779-2260.

What You Need to Know: 4th of July Roundup

By MIKAYLA ORTEGA

We rounded up various happenings around the northern Taos County region for you.

Town of Red River 4th of July Celebration

10 a.m.

Annual 4th of July Parade. Cars will be lining up between 8:30 and 9:30 a.m. You are encouraged to get to your parking spot early for the parade, which will start at 10 a.m.

11 a.m. – 3 p.m.

Celebration in Brandenburg Park in partnership with the Town of Red River.

Noon – 2 p.m.

Community House Old-Fashioned Games.

2:30 p.m.

Parade Awards Announced at Brandenburg Park.

Eagle Nest Lake Fireworks

6 – 10 p.m.

Eagle Nest will host its 100th anniversary of Eagle Nest Dam and put on the biggest show in New Mexico, as fireworks light up the Moreno Valley skies at Eagle Nest Lake State Park! The event is hosted by the Eagle Nest Chamber of Commerce.

Town of Taos Concert and Fireworks

4 – 9 p.m.

The Town of Taos Facilities and Events Department, Taos Volunteer Fire Department and AMP Concerts presents WAR and Fireworks at Kit Carson Park.

The event is free, but you're encouraged to register to receive updated info on the day's activities. Free tickets are also available by phone through Hold My Ticket at (505) 886-1251.

A fireworks display will be hosted by the Taos Volunteer Fire Department to cap off the evening. The best vantage point for the fireworks show will be from Kit Carson Park. Chairs and blankets are welcome. Free water filling stations will be available. Beer, wine and food will be available at the park.



By Toner Mitchell

Empowering Youth With Nature

Vidal Gonzales is passionate when it comes to teaching kids about the outdoors. He believes they flourish best when walking through a forest and listening to its music and, on the darker side, that they suffer despondency and aimlessness when abandoned to their cellphones or when they don't get enough fresh air. That's why he founded the Uncivilized Outdoorsman, an outdoor adventure company emphasizing the empowerment of Indigenous and Hispanic youth by reintroducing them to their natural surroundings and traditions through fly fishing.

"As early as possible, young people from these communities must become familiar with their cultural landscape," Gonzales says. "It's a relationship in a real sense, where kids learn what reciprocity means. The land is the teacher. The land teaches kids how to care for and accept one another, as it

does for them."

This relationship sows confidence that children of these communities badly need in order to tackle the world's challenges. According to Gonzales, by isolating youth from numerous culturally sacred sites, events like the Las Conchas fire of 2011 and the recent COVID lockdowns affected traditional communities all around the Jemez Mountains in ways that will be felt for years to come. Gonzales believes that when these youth are unable to connect to their cultural landscape, learn about their heritage, and participate in their traditions, they may be vulnerable to depression and other negative coping mechanisms.

Vidal Gonzales is a child of the Santa Clara Pueblo, which was in the eye of the Las Conchas storm. "There's no doubt about it. Young people from Indigenous and Hispanic communities were put at risk."

He seeks to offset this risk by taking kids fishing at places that have held profound spiritual value to traditional communities since time immemorial. Wading in a lake or stream is an ideal backdrop for the teaching of ethnobotany and ecology, and for reinforcing kids' historic connections to the land and its creatures. Canjilon Mountain, rising above the first of this summer's fishing sites (Canjilon Lakes), is a sacred site to the Tewa people, according to Gonzales.

Since launching Uncivilized Outdoorsman in 2022, Gonzales has hosted outings on a purely volunteer basis; transportation, meals and fishing equip-



Courtesy Photo

Vidal Gonzales and youth fishing at Canjilon Lakes

ment were either donated or borrowed, and fishing guides who worked for him did so for free. This year—when youth participants and their families will enjoy fishing days at Canjilon, the Valles Caldera, and Hopewell Lake—the company will be compensated. Teaming up with Trout Unlimited and its Santa Fe Chapter, Gonzales leveraged an Outdoor Equity Grant from the State Outdoor Recreation Division. The grant covers expenses like staff pay (Gonzales employs several of his fishing guide friends who are well versed in cultural traditions and local natural history), fishing equipment, and lunches. Many of the other supporting amenities are covered by generous donations from companies and individuals. Wading boots, for example, were donated by Patagonia. Chevron

generously covered fuel expenses of parents driving their kids to the fishing outings. A sizable cash donation came from an HVAC company and a dentist.

Each outing begins with words of wisdom from an elder from one of the participating pueblos. Then there's a prayer exhorting participants to be kind to each other and express gratitude for the abundant blessings from the plants and birds and sky, the mountains in the distance and the butterflies up close. And, of course, the fish, gifts from the water. At Canjilon, every one of the children caught something. Judging from the laughter echoing around the lake, a few of the young anglers may have caught a lot. Or maybe they were just having that much fun.



Seeking Input On Watershed Restoration Project

By STAFF WRITERS

Carson National Forest is seeking public input on a proposed 83,000-acre project of Highway 64 in the Enchanted

Circle, between Taos and Angel Fire. The project is currently in a scoping period, in which Carson National Forest is seeking public input to determine the "scope" of the proposed project. This may include issues or areas of concern that the public or organizations feel should be considered within the proposal.

Forest staff are proposing vegetation and fuel reduction treatments on up to 54,731 acres and prescribed fire treatments on up to 83,265 acres. The intent of the proposed mechanical and prescribed fire treatments is to improve forest health by re-establishing natural fire regimes, associated forest structure, and species composition, while reducing wildfire threat to communities, infrastructure, and watersheds.

Specific treatments would be phased across the project area over the next 10 years or more, as part of the Forest Service's Wildfire Crisis Strategy. Prescribed fires would continue over a longer time frame, mimicking the natural fire return interval of each vegetation community, where feasible and achievable.

"This is one of the most critical locations to improve forest and watershed health within the Enchanted Circle landscape," said Forest Supervisor James Duran.

"While the project is on Forest Service land, it is ultimately a community effort. Current and future partnerships will be key," he added, referencing partner work in adjacent projects, such as ongoing thinning by members from local acequias within the Pueblo Ridge

Project and planned fuels reduction just outside the forest in the Angel Fire Community Protection Project, led by the Cimarron Watershed Alliance.

How to Comment

Comments on the Taos Canyon Forest and Watershed Restoration Project can be submitted during the 30-day scoping period, which began June 17, 2024. To submit comments electronically, learn more about this project, and view the project documents, visit the project website: <https://www.fs.usda.gov/project/?project=66350>.

Comments can also be made in person during public open houses from 12 p.m. to 2 p.m. Wednesday, July 10, 2024, at the Carson National Forest Supervisor's Office located at 208 Cruz Alta Road, Taos, NM, 87571.

FOR MORE NEWS, PHOTOS & EVENT INFO VISIT [QUESTANEWS.COM](https://www.questanews.com)



BIRD IS THE WORD

By Bryce Flannagan

Downy Woodpeckers

While other birds greet the morning with song, woodpeckers provide the beat, rapidly drumming against bark and sending rhythmic echoes through the air. They aren't looking for food, though—in fact, foraging for insects is a quiet activity. These woodpeckers are fulfilling their namesake as a means of marking their territory, letting other members of their species know that they've staked out this tree as their own.

Widely dispersed across most of the U.S. and the southern half of Canada, downy woodpeckers are the smallest species of woodpecker in North America and one of the most common, with a population estimated at 13 million. They're easily identifiable by their size, measuring just 18 cm (or 7 inches) in height at most, and weighing in at around 30 grams, with a distinctive black and white color scheme. Their wings look as if someone flicked a wet paintbrush on them—all black with

white dots. Males carry the iconic red woodpecker crest on their heads. Distinguishing a downy woodpecker from a hairy woodpecker is where it gets tricky, as they share a similar size and colorings, but the downy woodpecker is identified by its white tailfeather spots and a bill that's shorter than its head.

The beak of a woodpecker is made up of three layers that allow it to hammer and bore into trees without concussing themselves. The outer layer is composed of interlocked keratin scales, the middle is made up of porous foam, and the innermost layer is solid bone. The downy woodpecker has an additional advantage not found in all woodpecker species, a little tuft of feathers on its beak that prevent stray debris from entering its nostrils while it's at work.

Once a hole has been bored, the woodpecker uses its long tongue to rake out insects from within. Downy woodpeckers eat a lot of bugs: in fact three-quarters of their diet consists of insects and their larvae, with the remainder made up of nuts, berries, and grain.

Their tongue is another marvel of adaptation. It is so long that it wraps around the woodpecker's skull and gives additional shock absorption! It's coated in a sticky saliva that makes catching food that much easier. Pests like the bark beetle or invasive European corn borer moth are kept in check by the downy woodpeckers, with one study showing they reduced the population of



Photo By Bryce Flannagan

Downy Woodpecker

codling moths, a threat to orchards, by 52 percent.

During mating season, the downy woodpeckers form monogamous pairs and lay broods of four to five eggs. Both parents incubate the eggs and take turns foraging for food and drumming on the tree to mark their territory. Because of their small size, downy woodpeckers have more real estate available to them and can build nest cavities with openings as small as 10 cm around, giving great protection from predators. Dead or dying trees are their preferred homes, especially those infected by fungus or covered in lichen, which gives additional camouflage. Eggs are incubated for 12 days, and the fledglings are ready to

leave after a month or so. Despite their small size, these woodpeckers can live upwards of a decade—one male downy woodpecker tagged in 1985 was recaptured in 1996 and then released again!

If you want to attract downy woodpeckers to your yard, they love peanut butter suet and black oil sunflower seeds. Nest boxes can be placed at least six feet above ground with a small layer of wood shavings on the floor to attract couples.

There's a pastoral feeling to waking up in the morning to the sound of a woodpecker vigorously pecking away. They are nature's drummers, adding percussion to the chorus of birdsong.

Bear Sightings Occurring More Frequently In Northern Taos County

By STAFF WRITERS

Hibernation season is over and animals who were slumbering during the winter months are up, and they're working hard to replace the 20 to 50 percent of body weight they lost during their hibernation.

Several bear sightings have been reported across the northern Taos County area, including North Kiowa Road, Eagle Rock Lake, and at Molycorp Field. While the bears have not been reported as aggressive, they have been observed to be hungry and are in search of food.

The New Mexico Department of Game and Fish has issued the following recommendations to keep you and your loved ones safe.

- Avoid outdoor activities such as running or hiking at or around dawn and dusk, when predators are most active.

- Supervise children when they are outdoors and keep them close when hiking.
- Eliminate hiding places for predators. Remove enough vegetation to detect large predators in your yard and make it difficult for them to hide or approach unseen.
- Enclose open spaces below porches and decks.
- Install outside lighting (preferably motion sensors). Illuminate walking areas.
- Avoid planting non-native shrubs and plants. These can attract prey that predators may follow.
- A leash will help protect your pet and usually is required by law. Pets are easy prey. Bring pets inside at night. If they must stay outside, confine them in a kennel with a secure roof.



Photo by Alyssah Duran

This bear was spotted at Molycorp Field

- Do not feed pets outside. Pet food can attract predators and prey.
- Store all garbage securely. Most predators will not cause damage and will move on if abundant food cannot be found.



Photo by Natalie Montoya

This bear was spotted on lower N. Kiowa Road

When a predator detects your presence, it usually will leave the area before you know it's there. Attacks are rare, and each situation is different and will

BEARS cont'd on page 28

Tips To Minimize Your Wildfire Risk

By LORA ARCINIEGA

Wildfire season is upon us here in New Mexico. In fact, our wildfire season typically begins in the spring, after snowmelt, and then our dependable winds pick up. As of the time we went to press, the fire danger rating for the Questa area was rated “High,” which means fine, dead fuels ignite readily, and fires start easily.

In light of the current wildfires affecting our friends in southern New Mexico, *Questa del Rio News* wants to remind our readers of the importance of being “fire-wise” and creating defensible space around your home.

What does it mean to create a defensible space? A defensible space is the area that provides a buffer between your home or structure and the surrounding area. Adequate defensible space acts like a barrier

to slow or halt the progress of a wildfire.

A wildfire in New Mexico can happen any time of the year, so how can you protect your home? Here are some tips from New Mexico Firewise to help prepare you this season:

- Remove all trees and large shrubs within 30 feet of the home.
- To a distance of 100 feet (200 feet on steep lots), remove some trees and shrubs to create 10 feet of space between adjoining tree’s outermost branches. Prune lower branches of remaining trees up to 10 feet off the ground.
- Remove ladder fuels, young trees, and shrubs planted close to larger trees that could carry a surface fire into the tops of large trees.
- Minimize flammable debris. Keep roofs and rain gutters free of pine needles,

leaves, and other flammable material.

- Keep firewood and other flammable debris a minimum of 50 feet from the house, preferably on the uphill side.
- Mow grasses to a height of less than 6 inches within 50 feet of the home.
- Use fire-resistant construction and landscaping. Wood shake shingle roofs are highly flammable. Convert roof to Class A fire-resistant materials such as fiberglass-asphalt, metal, and tile.
- Construct decks and siding with non-combustible materials.
- Screen openings under decks and attic and foundation vents.
- Check with local nurseries to learn about fire-resistant landscaping.
- Call your local forestry office for more information.

When a wildfire occurs, your home

is vulnerable to three potential types of ignition. 1) ember attacks (burning pieces of ember carried through the wind that can cause spot fires and ignite homes, 2) surface fire (small fires burning through grass and other surface fuels which can reach houses if there’s no interruption in fuels), and 3) crown fire (large fires burning in the treetops and canopies which can radiate heat and light wood walls up to 100 feet away). Visit the New Mexico Firewise website or talk to your local forestry professional to learn more about wildfire risk reduction that can make your home safer if threatened by wildfire.

Lora Arciniega obtained her Bachelor of Science in forestry from northern Arizona University in 2007. She went on to work for the U.S. Forest Service for a number of years as a Forester/Silviculturist.

Kit Carson Coop Takes Fire Prevention Measures

By STAFF WRITERS

In mid-June, Kit Carson Electric Cooperative (KCEC) announced they would be making efforts to prevent fires by downed power lines, or trees and debris making contact with KCEC’s electric infrastructure.

A release sent out by KCEC says these efforts compliment the current year-round tree trimming program, however, due to severe drought and the massive wildfires happening in southern New Mexico, they feel a need to aggressively and strategically work to mitigate the risk.

One tactic the cooperative is planning

is placing non-reclose protective devices in forested areas. While this will mitigate the risk, it may also cause prolonged power interruptions as the protocol will require personnel to patrol the area before restoring power. “While this approach may temporarily delay some other daily functions of the cooperative, such as processing new work orders, we want to assure you that we are also developing a plan to address the most urgent new connections that need to be established,” the release says.

While the preventative efforts are being implemented, construction projects will take longer to complete as KCEC manages crews to help implement preventive

measures. KCEC says they will prioritize and adjust plans accordingly as conditions change. The cooperative says they will provide periodic updates as the summer and wildfire season progresses.

The areas that will be on non-reclose (the device will act like a fuse and will only have one operation versus four) are as follows:

- Upper Red River Valley
- Taos Canyon and Valle Escondido
- NM 518 Corridor – Vadito eastward to the Mora County line
- El Valle
- Cabresto Canyon in Questa
- Vallecitos, Canon Plaza, Petaca,

Las Tablas, La Madera

- Ute Park and Green Mountain
- Elizabeth Town and Iron Mountain
- Idlewild, Lakeview Pines, Black Lake area (Black Lake Resorts and Hidden Lake)
- San Antonio Mountain, Los Pinos

KCEC says they are committed to keeping customers informed and updated and will continue to inform and update community members of any future planned outages and information regarding extreme wildfire conditions. Additionally, KCEC says they will have crews on standby to address power disruptions.

St. Anthony’s Church Thanks Supporters In Raffle Fundraiser

By Contributing Writer
LOUISE GALLEGOS

The St. Anthony Rectory Money Raffle Fundraiser has come to an end. The fundraising committee would like to thank all who assisted with this fundraiser, whether you sold, bought, or both sold and bought tickets—we thank you from the bottom of our hearts! We did not sell as many tickets as we would have liked, but feel we gave it our best shot!

We were hoping and praying that this would be the last fundraiser we would need to have, to complete the building of St. Anthony Parish Rectory, but we may have to host a few more. If anyone has ideas for some new fundraisers, we

would appreciate your suggestions and ideas. Please contact the Parish Office, Deacon Marcus, Cynthia Rael-Vigil or Louise Gallegos.

We would like to once again thank all who so generously donated the additional cash prizes:

Five anonymous donors, Donald & Patricia Gallegos (in memory of Stephanie Francisco), David & Loveida Cisneros, Geraldine Gallegos, Efren Medina & family, Garcia Family (in memory of Chona & Conrad Garcia), Gallegos Family (in memory of Adonario, Petronila, Johnny, Joey & Stephanie)

Now the moment we have all been waiting for! Here are the winners!

RAFFLE WINNERS!

\$100 SMITH’S GIFT CARDS

Kevin Baca
Joseph & Ari Serna

\$100 WINNERS

Theresa Young
Jonathan Cordova

\$150 WINNER

Knights of Columbus

\$200 WINNERS

Priscilla Vigil
Walter Vigil
Sydney Phillips

\$250 WINNERS

Frank Gallegos
Martin Santistevan
Leonora Jaramillo
Louise Gallegos

\$500 WINNERS

Marty Martinez Jr
Nadine Herrera
Julienne Hadfield
Mark Paludan
Ari & Joe Serna

GRAND PRIZE

Justin Rael



TICKETS SOLD:	
QTY 521 AT \$50 EA	26,050.00
LESS GRAND PRIZE	- 5,000.00
SUB TOTAL	21,050.00
DONATIONS	+ 1,050.00
TOTAL	22,100.00

OTHER DONATIONS:

500.00
200.00
150.00
100.00
100.00
TOTAL 1,050.00



Every Sunday
until October 6th
10:00 a.m. - 2:00 p.m.

Located at the
Outdoor Market at the
Questa Visitor Center
1 NM-Hwy 38
(at the light)



MUSIC
LINE UP 2024

- July 7 Noble Rider
- July 14 Owen Robert Johnson
- July 21 Marlo Mortenson
- July 28 Chris and Rodney Arellano
- Aug 4 Alex Garcia, At The Watertower
- Aug 11 Chris and Rodney Arellano
- Aug 18 Mark Dudrow and Martha Shepp
- Aug 25 Kate Mann
- Sept 1 Becky Reardon and Julie Hawley
- Sept 8 Mark Dudrow and Justin Dean
- Sept 15 Chris and Rodney Arellano
- Sept 22 TBA
- Sept 29 Wilson & McKee from La Veta
- Oct 6 Cambalache, Michael Rael & Friends & Everyone

Supporting local food, agriculture, youth and community.



Questa Farmers Market is a program of Localogy, a nonprofit 501(c)(3) in Questa. Our mission is to support small farm, garden and food based businesses in northern Taos County, and youth through market internships and mentorship.

This ad sponsored by
Chevron Environmental Management Company.



**BODY
MIND
SPIRIT**



By **BARBARA TRACY**

AIR

We have done a brief exploration of earth, water, and fire. Now we will explore the final of the basic four elements of our existence on this human journey—AIR.

The element of air encompasses the heart, the arms and hands, the circulatory system, ribs, thymus gland, breasts, lungs, shoulders, and diaphragm. It is also connected to the kidneys, the ankles, the ovaries, and the womb.

It has been discovered in recent years

that the heart actually has a brain, the intrinsic cardiac nervous system. When we speak of following your heart or coming from the heart, we are truthfully speaking of focusing our attention on the area of the heart's energies as a way of living. It is found that the heart's energy informs the central nervous system, the brain. As you can see, there is deep importance to what we hold in our hearts. In view of this, we must learn to release the wounds of the heart, forgiving and forgetting, so that we can be in the present to give and receive love.

When we are experiencing positive air energy, our heart is open, love flows. There is giving and receiving that becomes a way of life. In positive air energy, we create healthy relationships, awareness, sensitivity and understanding, and we are generous and considerate of others as well as ourselves. This is where we experience faith and trust.

When we are experiencing negative air energy, we are no longer in the heart and are coming from a place of greed and speed. In this experience, there is never enough time, money, love—there is never enough of anything—even when there is abundance.

The challenge to our human journey is to give freely, release emotional wounds, slow down, stay in the present moment, appreciate what one has, and revel in being rather than doing. No longer needy, wounded, fearful, angry and helpless, but returning to a happier being and peaceful existence.

When the air element is out of balance, such as speed and greed, we can experience breathing problems, gas in the digestive tract and in the muscles, as well as shoulder, arm, and hand problems. If we are lacking enough air element, we can experience slowness, breathing difficulties, and lack of oxygen

in the body. Any imbalance in our air element can affect the organs and systems we have outlined within this writing.

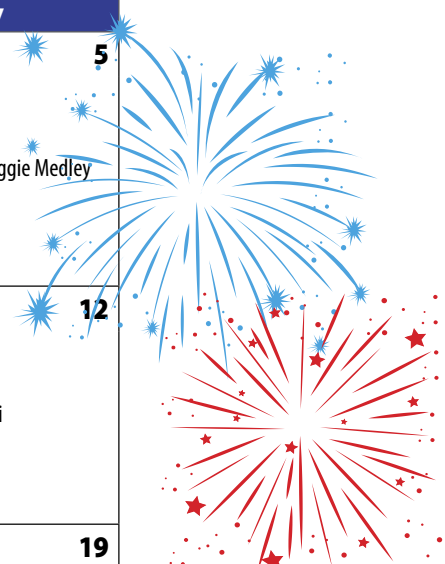
We can find healing air energy through breathing exercises, yoga, oxygen therapy, fresh air such as ocean, desert, country, or mountain. Emotional counseling, psychotherapy, and bodywork to open the heart, breast, and shoulder areas are very helpful.

Now that we have briefly tipped into the four basic elements, I suggest a deeper dive into discovering more about them to help bring about an expanded understanding toward better health and happiness. Walk barefoot on the earth. Become like moving water. Energize through exercise, and breathe.

I want to thank my teacher, Farida Sharan @ PureHealth.com, and School of Natural Medicine, who generously shared much of this information in her teachings.

SENIOR MENU: JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Orange Chicken Steamed Brown Rice Oriental Veggies Mandarin Oranges & Pineapple Chunks Fortune Cookie	2 Polish Sausage w/Onions & Peppers Parsley Potatoes Wheat Roll Light Non-Fat Cherry-Vanilla Yogurt	3 Red Chili Beans w/Meat California Veggies Cornbread Applesauce	4 CLOSED Happy 4th of July	5 Tuna Salad Sandwich Veggie Medley Cantaloupe
8 Grilled Cheese Sandwich, Tomato Soup, Garden Blend Veggies Crackers, Pear, Vanilla Yogurt	9 Meat Burrito w/ Green, Chile, Yellow Squash w/Tomatoes, Jello w/Fruit & Whipped Topping	10 Chicken w/Mushroom Gravy Mashed Potatoes Broccoli w/Bell Pepper Wheat Roll Banana	11 Chilie Rellenos, Pinto Beans Cilantro Ume Rice Carrots Spinach, Tortilla, Watermelon	12 Chicken Pasta Salad w/ Mixed Veggies & Broccoli Asparagus Tropical Fruit Salad
15 Sloppy Joe w/Peppers & Onions Baked French Fries Three Bean Salad Apricots	16 Chicken Fettuccine Alfredo Italian Blend Veggies Garden Salad w/Italian Dressing Wheat Roll	17 Bean & Cheese Burrito Red Chile Sauce Spanish Rice Garden Salad w/French Dressing, Diced Mango	18 Macaroni & Cheese Chateau Blend Veggies Light Non-Fat Cherry Vanilla Yogurt	19 Hot Open Faced Turkey Sandwich Parsley Potatoes Mediterranean Blend Veggies, Mixed Fruit, Non-Fat Vanilla Yogurt
22 Chicken Adovada, Spanish Rice Broccoli & Cauliflower Flour Tortilla Jello w/Pineapple Chunks	23 Albondigas Soup (Meatball Soup) Tossed Salad w/Italian Dressing, Beets, Wheat Roll, Fruit Salad	24 BBQ Pulled Pork on a Bun Potato Salad Coleslaw, Honeydew	25 Taco Salad w/Salsa, Calabacitas Tomato & Onion Salad Angel Food Cake w/Strawberries	26 Red Chile Cheese Enchiladas Lettuce & Tomato Cilantro Lime Brown Rice Pinto Beans California Blend veggies Orange
29 Salisbury Steak Mashed Potatoes w/Brown Gravy Green Beans Garden Salad w/Ranch Dressing Wheat Roll	30 Chicken Sandwich w/Cheese carrot & Raisin Salad Corn Salsa Spiced Pears	31 Sweet N Sour Pork, w/Onions & Peppers Brown Rice Stir-Fry Veggies w/Snow peas, fortune Cookies, Mandarin Oranges	All Meals Served With 8oz. 2% Milk as available	Taos County Senior Program (575) 737-8927 PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



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

Lunch 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.



LIVE LOVE LAUGH

by Ellen Wood
a.k.a. Maruška

Can We Really Grow Younger?

Yes! Of course, the idea of growing younger is a shift for most of us because we've been taught that it is impossible.

Not so many decades ago, we were also taught that people couldn't fly—until a few forward thinkers chose not to accept the impossibility of flight. Instead, they figured out how to do it. We were taught that polio couldn't be prevent-

ed—until Dr. Jonas Salk invented the vaccine. Today, I and other age-reversing pioneers are shaking the roots of the prevailing belief system and figuring out how we can grow younger as we age. The first step toward making it happen is to conceive of becoming youthful. When you allow the belief that you can grow younger, you've taken a significant step toward making it happen.

Science is helping to move us closer to the day when the progressive deterioration of aging is a thing of the past. Many fields of discipline, including life-extension science and medicine, have jumped on the bandwagon of age reversal, so the possibility of growing younger is being examined and tested from many vantage points. Astounding advances are taking place every day in molecular biology, organ and tissue regeneration, and nanotechnology. Break-

throughs in these fields will potentially eliminate age-related illness and give us youthful skin, organs, and brains.

New scientific discoveries are revealing what many wise teachers and healers have taught for centuries: our thoughts and beliefs create our reality. Quantum physicists have found, to their complete surprise, that matter is affected by thought, a discovery that rocked the boat for the scientific community. Scientists have since peered into the life of our trillions of cells and found that they are actually responding to the environment of our thoughts and beliefs. What we say to ourselves about who we are and how we age does matter! As Henry Ford once said, "If you think you can or you think you can't, you're right."

Look around you. We're all in this together. And we can all be proud of one thing: we've come this far. That

means we've survived heartaches and car wrecks and near misses of every variety, and along the way we've picked up skills and insight and stories and accomplishments we might never have dreamed of, starting out. We should take a minute to pat ourselves on the back, and then we should roll up our shirtsleeves and get started living those moments that take our breath away.

I don't know about you but I've got an awful lot I've still got to do. And Woo hoo! Taos Artist Collective (next to World Cup Coffee) is having a First Friday Opening on Friday, July 5 from 4 to 7 p.m. My artwork (as Maruska) will be featured as well as the artwork of Jessie Hook, Jan Nelson, Darryl Willison, and Vera Neel. Please come!

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

¿Podemos Realmente Rejuvenecer?

¡Sí! Por supuesto, la idea de rejuvenecer representa un cambio de pensamiento para la mayoría de nosotros porque nos han enseñado que es imposible.

No hace muchas décadas, también nos enseñaron que las personas no podían volar —hasta que unos pocos pensadores avanzados decidieron no aceptar la imposibilidad del vuelo. En lugar de eso, averiguaron cómo hacerlo. Nos enseñaron que la polio no podía ser prevenida —hasta que el Dr. Jonas Salk inventó la vacuna. Hoy, yo y otros pioneros en la reversión de la edad, estamos cambiando de raíz el sistema de creencias predominante y averiguando cómo podemos rejuvenecer a medida que envejecemos. El primer paso para lograrlo es concebir la idea de rejuvenecer. Cuando aceptas la creencia de que puedes rejuvenecer, has dado un paso significativo para que esto suceda.

La ciencia nos está ayudando a acercarnos al día en que el deterioro progresivo del envejecimiento sea cosa del pasado. Muchas disciplinas, incluyendo la ciencia de la extensión de la vida y la medicina, se han subido al carro de la reversión de la edad, por lo que la posibilidad de rejuvenecer se está examinando desde muchos puntos de vista. Hay avances asombrosos que ocurren

cada día en campos como la biología molecular, la regeneración de órganos y tejidos y la nanotecnología. Los avances en estos campos potencialmente eliminarán las enfermedades relacionadas con la edad y nos darán piel, órganos y cerebros juveniles.

Nuevos descubrimientos científicos están ahora revelando lo que muchos maestros y sanadores sabios han enseñado durante siglos: nuestros pensamientos y creencias crean nuestra realidad. Los físicos cuánticos han descubierto, para su completa sorpresa, que la materia es afectada por el pensamiento, un descubrimiento que sacudió a la comunidad científica. Los científicos desde entonces han observado la vida de nuestros trillones de células y han encontrado que en realidad responden al ambiente de nuestros pensamientos y creencias. ¡Lo que nos decimos a nosotros mismos sobre quiénes somos y cómo envejecemos sí importa! Como una vez dijo Henry Ford "Si crees que puedes o crees que no puedes, tienes razón."

Mira a tu alrededor. Todos estamos juntos en lo mismo. Y todos podemos estar orgullosos de una cosa: hemos llegado hasta aquí. Eso significa que hemos sobrevivido a desamores y accidentes automovilísticos y sustos de todo tipo, y en el camino hemos adquirido habilidades, perspectivas, historias y logros que tal vez nunca hubiéramos soñado al inicio. Deberíamos tomarnos un minuto para felicitarlos a nosotros mismos, y luego deberíamos arremangarnos la camisa y empezar a vivir esos momentos que nos dejan sin aliento.

No sé ustedes, pero yo tengo un montón de cosas por hacer todavía. ¡Y órale! El Taos Artist Collective (que queda al lado de World Cup Coffee) tendrá una inauguración de Primer Viernes el viernes 5 de julio de 4 a 7 pm. Mis obras de arte (como Maruška) se presentarán

allí, así como obras de Jessie Hook, Jan Nelson, Darryl Willison y Vera Neel. ¡Por favor, vengan!

*Ellen Wood a.k.a. Maruška
Artista, columnista y autora galardonada
www.HowToGrowYounger.com*

What??!!

JR (Malaquias) says:



"Your window doesn't roll down and your AC is on the fritz?"

There's blistering heat. We can help. Come to NorthStar.



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I DARE YOU

By MARTA GLOVER

Have You Ever Dared Take Your Dream Vacation?

Who is going on vacation? Anyone you know? Are you going to visit family and friends? Has it been a long time since you visited? What memories do you hold of this place, this time? If you go on vacation, what time of year do you like to travel?

Do you have a story about a vacation you took? Who was it with? Where did you go? What time of year was it? Did you go on a holiday? Was this vacation in the past or a vacation you have always dreamed of taking? The month of July seems like a good time to travel. It's summertime and the weather is usually nice. The kids are out of school and many family outings happen at this time of year. What do you like to do in the summertime and what have you dared to do?

Jesse

Backpacking in the La Tierra

Wilderness with Aliyn and Caden will be exciting. There could be some daring adventures on this trip. This summer I want to take my daughter to the Natural History Museum, the Explora Science Center, and the aquarium in Albuquerque. We also want to visit the sand dunes and Hooper pool. And check out some of the great music shows that are coming to Taos.

Hozier

I am going to visit my dad in California. He owns a brewery called The Brewing Layen. I will probably work for my dad when I am there. I wash dishes and bus the tables. Sometimes I get to try the new brews, straight from the tap. Working in the food industry is a great way to make friends. I want to get my learners permit from Drivers Ed and get some driving practice in on the back roads that might be daring.

Ana

Hawaii! I am in my home place there. I feel so good. The Land of the People. The water, the air quite similar to Taos except for the water and moisture. I was introduced to astrocartography there. Astrocartography is a discipline of astrology known as relocation astrology. When we spend time in new places something awakens in us that was already there but may have been repressed or ignored. "The challenge comes from within, the energy to do so comes from

without." Traveling helps us evolve, it changes us. I like to vacation on the Big Island. Traditions are similar, with the healing power of Mother Earth. I would like to go again.

Oceania

My life is a vacation. I am retired. I worked for so many decades never going on a vacation, could not afford it. I have a tenant so I can afford it. I own a house here in New Mexico and a winter residence in Mexico. I love to go paddleboarding in the ocean. I sing all the songs I know by heart.

Josh

Back to childhood, eight years old, summer of 1985, thirty years ago this week. I went back to Nantucket Island 30 miles off the coast of Massachusetts. Nantucket is a 50-square mile island settled in 1659. Between 1750 and 1840, the island was a major whaling port: the island is known for whaling, lighthouses, cobblestone Main Street and amazing fishing and scalloping in both Nantucket Sound and its oceanfront waters. I have this memory from the experience of the family traveling as a family unit where my brothers and I had no clue where we were going on this whim with my parents. It was a magical time. I can see the entire story. Nothing was planned out. We stayed at this little cottage. It was a rainy Sunday morning. We rode our bikes into town, which was a novelty, and went to the dairy section of the

little grocery store. A hippie-looking man was watching me. He took a can of whipped cream from the case, shakes it up, and takes a swig. Then he puts it back. I was dumbfounded. What a daring crazy thing to do.

Melissa

We did not have a lot of money when we were young. We went to an orthodox Jewish dude ranch in upstate New York. It offered entertainment, horseback riding and crafts. At 12 years old, I met my first boyfriend. There were a lot of rules, only kosher food. Men and women swam separately. Women wore long dresses and covered their heads. It was the best vacation the family ever had. I loved riding a horse and learning something new. The culture was very foreign to us, we did not fit in, we did not understand.

Ray

What jumped to mind was the time my parents took my brothers and I skiing in Winter Park, Colorado. We had been on an occasional family ski trip, but never seen mountain skiing. We stayed at a small lodge and got to know some of the employees. I liked the idea of skiing on a regular basis with very little money. It influenced me to live in a ski town and I reached out to a number of ski areas. Taos Ski Valley seemed like a friendly place—15 years later, I am still here.

MENTAL HEALTH MATTERS



By DAWN PROVENCHER

Getting Your Kids to MOVE!

Summer is here and that creates a very different schedule for most children. The school year is much more regimented for families, in order to get through the day. Keeping children active and involved during the summertime can be a challenge, but is very necessary to foster healthy lifelong habits.

The medical community advises that an hour of daily activity is essential for children's health, but many spend more

time in sedentary activities instead. Throw in the lure of TV, internet, and electronic games, and it becomes even harder to get children up and moving. Helping your child of any age realize that activity must be a part of their day EVERY DAY will make them healthier and happier the rest of their lives.

Here are some ideas.

First, be a role model for them. They need to see you being active. Yard work? Gardening? Walking the dog? Running? Yoga? Biking? Martial arts? Hiking? Find what you enjoy and have them join you. Make it a family routine. You will benefit, too.

Encourage activity that is age-level and skill-level appropriate. Your child will be discouraged with an activity far beyond their reach. Start small and build up.

Are there group activities they can join? Small communities may not have a large number of team sports to choose from, but find out. Baseball, softball,

soccer, dance, yoga, or swimming might just be available for a small cost. Talk with other parents.

When you or family members buy gifts for your child, keep the electronics to a minimum. Do they need another video game? How about a volleyball net? Frisbees? Gardening tools? Ask your child something they would like to learn to do and choose something to help them be active.

Talk with your child's doctor about his or her activity needs. If your doctor is concerned about their weight, talk with them about ways to encourage healthy eating habits AND healthy exercise. But always make it about health and NOT appearance. Healthy bodies are always beautiful.

If your child is spending too much time on social media, TV, and other electronic activities, you may need to consider setting more boundaries and time guidelines. These types of activities are important. They can encourage

problem-solving, reading, and more, but they can also be detrimental in many ways, not just limiting your child's physical activity. Consider requiring involvement with these things in your presence. You will be much more aware of what your child is doing if they are in the family room or at the kitchen table, not behind the closed door of their bedroom.

There are so many beautiful places to explore in our area. Cabresto Lake. Columbine Trail. Questa Overlook. Black Rock Lake. The fish hatchery. Make a list and challenge the whole family to experience each one before summer is over.

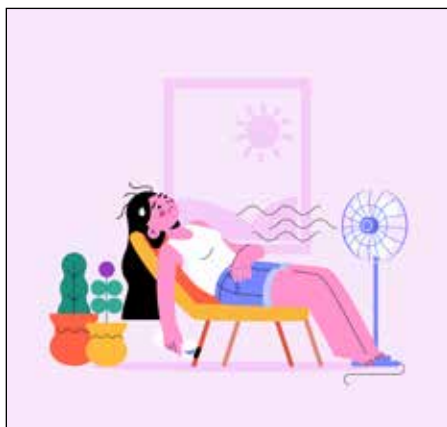
Not only will increasing your child's activity level benefit their physical health, exercise will improve their mental health by reducing anxiety and depression, and improving self-esteem and cognitive function. Moving is a win-win situation! Get those kids off the couch and see the benefits! Enjoy the month of August.

New Mexico Officials Warn of Health Effects from Rising Temperatures

By ASSOCIATED PRESS

Health officials in New Mexico are warning residents to take precautions as daytime temperatures are expected to reach record highs through the months of June and July.

Since April 1, information from the state health department states that there have been at least 51 heat-related visits to hospital emergency departments across New Mexico, as record high temperatures have been registered.



In 2023, the department logged more than 900 heat-related hospital visits between April and September—with nearly half occurring in July. This marked a sharp increase from previous years.

Forecasts for this summer are calling for above-average chances of more hot and dry weather.

So far this year, heat waves have been causing problems around the world: from hundreds of people suffering heatstroke in Pakistan to water shortages in Mexico.

In New Mexico, temperatures are expected to climb to the upper 90s across much of the state. State health officials are telling motorists not to leave children or pets in the car, even if the windows are cracked.

Symptoms of heat-related illnesses can range from rash and sunburn to cramps and exhaustion. Those who are more vulnerable include people who work outside, children, older adults, and those with chronic medical conditions.

Have You Made Your Plan for an End-of-Life Emergency?

By CYNTHIA NAJIM

Latir Volunteer Fire Department

While we don't like to think of it, death is a fact of life. Whether you are currently navigating an illness or are as fit as a fiddle, death can occur at any time. It is best to be prepared.

During an EMS training, Latir Volunteer Fire Department members reviewed scenarios and protocols for emergencies where a patient's condition is so severe that the person could die. We talked about advance directives, including a do not resuscitate (DNR) order. These documents are important to have ready, which is why we want to share this helpful information with you, our valued community.

An advance directive is a form and authorization that allows you to direct physicians and other hospital medical providers to withhold or withdraw life-sustaining treatment when you are in the hospital. Advanced directives allow you to tell doctors, close family members, and/or friends what you wish to be done in the event you need life-saving treatment. These directives are filed at your hospital, not kept at home.

If you are scheduled for surgery in the hospital, for instance, you are required during check-in and registration to complete and sign a form to declare whether you want to be resuscitated if

there is a life-threatening decline during your procedure. These directives can include your wishes regarding feeding tubes, respirators, or other life-extending methods.

We don't often think of formalizing our preferences for such emergencies that happen in our home. It is prudent to make plans with your family for these circumstances and communicate your decisions to all family members, as well as to close friends and neighbors.

A DNR order is a separate document that should be kept at home. For the DNR to be valid and legally binding, it must be the original document that is completed, signed, and dated by you and your physician. A DNR is most frequently written when you have an incurable illness or condition. It is critical to note that a handwritten letter created and signed by you cannot and will not be upheld by EMS responders. The document must be legally correct.

If there is a medical emergency in your home, and no legally executed DNR is visible or immediately accessible to EMS responders, they must begin cardiopulmonary resuscitation (CPR) and/or automated external defibrillator (AED) to attempt to keep you alive. If you do have a valid DNR form, but no one at the scene can find it, then by law, first responders must perform



Image by wavebreakmedia_micro on Freepik

the life-sustaining treatments they deem necessary.


EMS medical director for the state of New Mexico Kimberly Pruett, M.D. bears the ultimate responsibility for emergency medical procedures carried out on any scene. She has the overriding word. Dr. Pruett remarked, "While it is hard to think of death and dying, we—physicians and responders—are very appreciative when people have taken the time to be clear on what they want at the end of their life. We want to honor their wishes." She also emphasized how ad-

vance planning is an enormous benefit to the family too, adding, "Critical emergencies are very stressful for everyone involved. Having advance directives in place alleviates the heavy burden on the family to make those tough decisions in the moment."

Below are some resources you can consult to help you get started.

<https://www.nmhealth.org/publication/view/form/1917/>


<https://www.funerals360.com/resources/end-of-life-guides/nm-new-mexico/>



Congratulations!

Nathan's achievement reflects not only his academic prowess but also his passion for healing and serving others. His hard work and determination have led him to this significant milestone, and we couldn't be prouder. We extend our heartfelt best wishes for a future filled with success, fulfillment, and countless opportunities to make a positive impact in the world. Congratulations, Dr. Nathan A. Lovato!

With Love, Your Family!



Have a little announcement?

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ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
JULY 2024

PROGRESSIONS AND TRANSITS

Esoteric astrology examines everything from the perspective of the Soul, the highest purpose as we understand it. For this reason, we esoteric astrologers don't typically view transits—the daily movement of planets—with as much interest or horror as traditional astrologers do. Since we deal with karma and reincarnation and recognize that we've been working on specific lesson plans as spelled out in our birth charts for many lifetimes, the brief, daily passage of the planets is but a drop in the bucket of time. The only transits we pay much attention to are what we call the generational planets, those so far out that they move slowly and stay in a single sign for years on end. Mostly, we prefer to work with the progressed chart to either look ahead, or to gain better understanding of past occurrences in this lifetime. By slowing down the movement of planets into dynamic patterns instead of daily, repetitive movements, we can both understand more of what we were meant to learn in past events as well as the type of energy and challenges we are likely to work with in our future. The Soul's Purpose, another term for this particular astrology, can be more easily pursued with this dynamic information.

All that said however, this month we have a couple of interesting transits upon which to ponder. Mid-month, Mars and Uranus will be conjunct (on top of each other) in the sign of Taurus. Wherever Taurus is in your chart is where in your life it might affect you. This particular combination can indicate an accident waiting to happen, so it wouldn't hurt to be cautious driving around, and to mind your throat, or your speech, which Taurus rules. Then one week later, Pluto and Earth come together in the sign of Aquarius, the sign of waves, such as seismic waves or radioactive waves. Pluto rules volcanic eruptions, so tremors of the Earth and more are certainly possible. AND the waxing and finally full moon, moving into a conjunction with these two planets, could be a trigger. At one point, four of these five planets are all in the exact same degree and blessing one another. What does it mean when an accident and seismic shift work together? On a Soul level? An unanticipated seismic shift in consciousness for all of humanity (Aquarius)? Fingers crossed that this is the manifestation of these two transit conjunctions and trine.

Everyone: Watch the dolphins July 21 and 22 for clues about potential seismic behavior.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: Something needs re-doing or re-starting.
Direction: So "re" it.
Soul Thought: May the Source be with you.?

TAURUS ♉ Planet: Vulcan ♁ APRIL 19 – MAY 20

Dynamic: If someone needs repayment now is the time.
Direction: In a loving way.
Soul Thought: Is debt karma? Or v.v.?

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: What a sweet time for the expression of true love!
Direction: Express!
Soul Thought: For Self, for God, for an Other? Yes.

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: You can literally lift the veil this month.
Direction: Well?
Soul Thought: Courage is contagious.

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: As we drift into the fulsome of summer.
Direction: Love.
Soul Thought: . (period)

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: The entire planet needs healing.
Direction: Are you the one?
Soul Thought: Everyone can be a healer.

LIBRA ♎ Planet: Uranus ♃ SEPT 22 – OCT 22

Dynamic: You may be feeling stuck or left behind.
Direction: But it's your decision.
Soul Thought: Always.

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: Halfway through the month, words may fail you.
Direction: Listen instead.
Soul Thought: The voice of the Highest Partner.

SAGITTARIUS ♐ Planet: Earth ☷ NOV 21 – DEC 20

Dynamic: The signs are clear this month.
Direction: Prepare for a seismic occurrence.
Soul Thought: As within, so without.

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: You may cause yourself a setback this month.
Direction: Altering your expectations could help.
Soul Thought: "Expectations were like fine pottery. The harder you held them, the more likely they were to crack." —Brandon Sanderson, "The Way of Kings"

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: Communication is paramount.
Direction: If you take sides about something, stop to think.
Soul Thought: Do two sides actually exist?

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: You now have the potential to see the biggest picture.
Direction: Far-see.
Soul Thought: How big is it?



By J. ORTEGA

"MONKEY MAN"

Starring: Dev Patel, Sobhita Dhulipala, Sharlto Copley, Pitobash, Sikandar Kher

DIRECTED BY Dev Patel

RATED R

Streaming on Peacock

First Impression: "Monkey Man" is a wild and ambitious action film that delves deep into India's complex religious and political structure. It's like "John Wick" meets "Slumdog Millionaire" meets "V for Vendetta."

When audiences first met Dev Patel, he was a young unknown actor who starred in the surprise megahit movie "Slumdog Millionaire," released in 2008. The movie was a commercial and critical success, coming out of nowhere that year to claim the Best Picture award at the Oscars, catapulting its director Danny Boyle and stars Dev Patel and Freida Pinto into newfound success in western film and media.

When it came out, it was an eye-opener to western audiences, who were horrified at the abject poverty and cruelty that many Indian people faced. Western audiences also learned about the Hindu majority and Muslim minority ethnic divide that could and would turn violent and deadly frequently. For many, "Slumdog Millionaire" was a rare look at a region of the world westerners really knew nothing about and it increased awareness of the Bollywood system and actors and actresses that flourish there.

So now, 16 years later, after having experienced success in Hollywood, Dev Patel is back to where he started, making his directorial debut with "Monkey Man." I'm not going to lie, this isn't the most typical of action films. Sure, the fights are slick and violent but there is a lot of subtext that may go over the heads of the casual viewer. We get a lot of rich vs. poor conflict, where we see greedy developers forcing poor people out of their

homes and off their land in the name of progress and capitalism.

Patel wants the viewers to be aware that while his character may be one bad son-of-a-gun, he is also aware of the changing political tide that's happening and how it's affecting where he lives and the people he grew up with. Patel also wants the audience to be wary of religious bigots and so-called holy men that have become involved in Indian politics.

I'm not sure if Patel is taking direct shots at the current Indian leadership, and that includes the Indian Prime Minister Modi because Modi has been accused in his country of using his political power to abuse and neglect minority communities in India, but if that's the case, Patel is really sounding the alarm and hitting the nail on the head here with his first feature movie.

"Monkey Man" may not be the perfect action film by any means, but it is very memorable and has characters that will make you laugh and make you angry as well. From the trailer, this looks very much like a John Wick-lite film where an uncomplicated man seeks revenge from the bad guys, but in reality Patel has crafted a complicated portrait of his home country, including the political and religious strife that in many instances leads to the majority of the violence and brutality that exists there.

Final Verdict 4 out of 5 Stars



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.

FOR MORE NEWS, PHOTOS & EVENT INFO VISIT QUESTANEWS.COM



Celebrate Independence Day with a festive feast that's sure to delight your guests! We've curated a selection of delicious recipes perfect for your 4th of July gathering, featuring the vibrant colors and flavors of summer. These recipes will not only tantalize your taste buds but also create a memorable holiday celebration for all.

Start with a refreshing and patriotic red, white, and blue Poke Cake, a visually stunning dessert that combines the sweetness of berries with the richness of whipped frosting. For the main course, fire up the grill for Smoky Grilled Chicken with a tangy Sweet Vinegar Sauce, bringing a touch of smoky heat and sweet & sour to your plate. Complement your meal with a fresh and colorful Tomato, Peach, and Corn Salad, a delightful mix of seasonal produce, adding a burst of flavor and color to your table.

Red, White, and Blue Poke Cake

(recipe courtesy of Southern Living)

- 1 box white cake mix (plus ingredients called for on the box)
- 1 (3-oz) package strawberry gelatin
- 1 c boiling water
- 1 c cold water
- 1 (8-oz) container whipped topping, thawed
- Red and blue sprinkles

1. Prepare cake: Bake the white cake according to package directions in a 9 x 13-inch pan. Allow it to cool completely.
2. Make gelatin: Dissolve the strawberry gelatin in boiling water. Stir in cold water.
3. Poke and pour: Use a fork to poke holes all over the cooled cake. Pour the gelatin mixture evenly over the cake. Refrigerate for at least 2 hours.
4. Frost and decorate: Spread the thawed whipped topping over the chilled cake. Sprinkle with red and blue sprinkles.



Smoky Grilled Chicken With Sweet Vinegar Sauce

(recipe courtesy of Marthastewart.com)

- 2 T paprika
- 1 T dry mustard
- 2 T light brown sugar
- 1 t cayenne pepper
- 4 bone-in, skin-on chicken breasts
- 1/2 c honey
- 1/4 c apple cider vinegar
- 1/4 c water
- 1 red chile pepper, thinly sliced

1. Prepare rub: Combine paprika, dry mustard, brown sugar, and cayenne pepper. Rub the mixture all over the chicken breasts.
2. Grill chicken: Grill the chicken over medium heat, turning occasionally, until cooked through, about 30 minutes.
3. Make sauce: In a small saucepan, combine honey, vinegar, water, and sliced red chile pepper. Bring to a simmer and cook until slightly thickened, about 5 minutes.
4. Serve: Serve the grilled chicken with the sweet vinegar sauce on the side.



Tomato, Peach, and Corn Salad

(recipe courtesy of Southern Living)

- 3 large beefsteak tomatoes, cut into wedges
- 3 peaches, pitted and sliced
- 2 ears of corn, kernels cut off
- 1/4 c fresh basil leaves, torn
- 1/4 c crumbled Feta cheese
- 2 T olive oil
- 1 T balsamic vinegar
- Salt and pepper to taste

1. Combine ingredients: In a large bowl, combine tomato wedges, peach slices, corn kernels, and basil leaves.
2. Dress salad: Drizzle the salad with olive oil and balsamic vinegar. Season with salt and pepper.
3. Toss and serve: Gently toss to combine and sprinkle with crumbled Feta cheese. Serve immediately.

"Customer service comes first."



Nick Roybal

575.770.3297

Good Riddance Pest Control welcomes the newest member of our pest fighting team, Nick, originally from Pajoaque, is a "Certified Technician" who was working in the Albuquerque market and is now here!

Say "Hi" to Nick when you see him. Welcome him to Questa!



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If you have a recipe you would like featured in an upcoming issue of Enchanted Eats, please submit to assistanteditor@questanews.com

OBITUARIES



Tony "Espy" Espinoza
d. May 26, 2024

Tony "Espy" Espinoza, 91, of Cerro, passed away unexpectedly on May 26, 2024. He had his Masters of Science Degree and was a science teacher at Questa High School. He was also a school Principal and a proud US Army veteran. He loved hunting, fishing, kids, and cats. He is preceded in death by his wife, Eurcinia Segura; parents, Emilio and Veronize Espinoza; brothers, Ben Jamine, Gus (Lupita), Manuel, Ramon and Emilio Espinoza and sister; Benita Hurst. He is survived by his sisters, Clara Veronin, Sylvia (Ramon) Gallegos, Madalena Edmundson, Stella Baca, and Frances (Panchi) McCarty. He had many nieces, nephews, other relatives, friends, and cats.

His memorial service was held on Thursday, June 13, 2024 at Rivera Chapel in Taos with interment at the Cerro Cemetery. A reception followed at the VFW in Questa.



Mabel D. Gonzales
d. May 31, 2024

Mabel Dora Gonzales, 94, a resident of Cerro, took her journey to our Lord Jesus Christ on May 31, 2024.

She is preceded in death by her daughter Karen Gonzales; son Patricio Gonzales; and grandsons Eddie Gallegos and Patrick Gonzales.

Mabel was a loving and caring mother, grandmother and sister. She had a smile that would light up a room. Mabel was a hard worker, and had a dedication and love for family that she carried on throughout her life, up until the very end.

Mabel is survived by her children, Evelyn Gallegos (Robert), Francine Vigil (Glen), Cindy Duran (Anselmo), James Gonzales and Sonny Gonzales; grandchildren Kim Moya (Danny), Darrell Vigil, Samuel Vigil, Adam Duran, Rachel Gallegos (GregO), Dominic Gonzales, Carrie Gonzales, Jacob Gonzales, Jaime Gonzales, Crystal Gonzales, James Gonzales, Jr. and many great-grandchildren, sisters, and friends.

The funeral service was held Monday, June 10, 2024 at Living Word Ministries in Questa, and the burial followed at the Cerro Cemetery.



Anna Rascon
d. June 2, 2024

Anna Rael Rascon, a resident of Questa, New Mexico, passed away on June 2, 2024 at Christus St. Vincent Hospital in Santa Fe. Anna was born in La Jara, Colorado, on September 11, 1980. She was the daughter of Carmen Rael-Gonzales and Gerardo Rascon. Anna attended school in Taos, where she graduated in 1999.

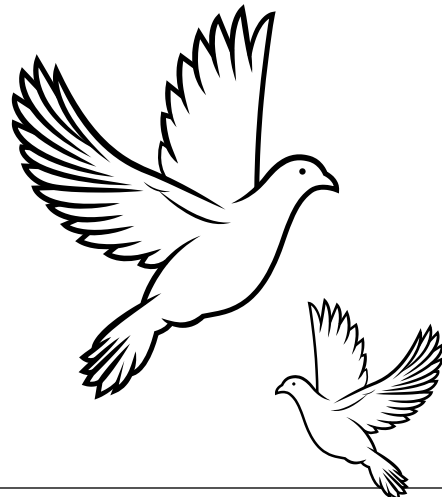
Anna was single, but she had a big heart full of love. She raised two nephews, and a great-grandnephew. She had many friends, extending from Amalia all the way to Albuquerque. She loved having fun, and going to events such as concerts, movies, special family occasions, and casinos to get her share of crab legs. She loved taking photos of sunsets, rainbows, flowers, family, and friends. In the summer months, you would see Anna in her white truck, with her dog-partner Buddy, who she loved. Carmen would always know when Anna was driving up, she could hear Buddy barking from way down on Cabresto Road.

All the family members will cherish all the moments and love she gave us, especially Carlos Gonzales and Isaiah Rodarte, who she adored and loved unconditionally.

Anna is preceded in death by her grandparents Eusebio and Emelia Rael; Aunts Wanda Dillon and Gloria Gallegos; nephew Christopher Rodarte; and cousins Todd Dillon and Joey Gallegos.

Anna is survived by her mother Carmen Rael-Gonzales; two uncles, George Rael (Tina), and Arnold Rael; sister Eileen Gonzales, niece Chanelle Rodarte, great-nephews Fabian and Christopher; brother Michael Rael (Mariquita), nieces Delilah and Melinda, nephew Alexander, great-nephew Isaiah, and great-niece Amelina. Anna's many cousins and friends will never forget Anna, and the love and support she shared with us all.

Her memorial service was held on Thursday, June 13, at Living Word Ministries in Questa.



BEARS cont'd from page 19

depend on the predator, the terrain and how the person reacts. Though steadfast rules often don't apply, these suggestions will reduce the risk of attack:

- If you see a predator that hasn't seen you, remain calm and leave the area. Talk loudly as you move away to make your presence known.
- Stop and back away slowly while facing the predator if this can be done safely. Avoid direct eye contact. Do not run; this may stimulate the predator's instinct to chase and attack. Allow the predator as much room as possible for it to leave.
- Appear as large as possible. Raise your arms. If wearing a jacket, open it and raise it above your head. If with small children, pick them up to protect them and prevent panic and running.
- Never approach a wild animal. Predators are unpredictable but will avoid confrontation unless forced.
- Watch for young. Coming between a female and her young is dangerous. If a predator's young are nearby, move away while remaining alert for other young and adults in the area.
- Convince the predator you are not prey. If a predator approaches or behaves aggressively, arm yourself



Photo by Deedra Casaus

This bear was spotted at a home in northern Taos County

with a large stick, throw rocks or sticks and speak loudly and firmly. Convince the predator that you are dominant and a danger to it.

- Fight back if a predator attacks. Fight aggressively and use any weapon available, such as rocks and sticks, a backpack, hat or jacket or your bare hands if necessary.

To request assistance from a NM Game and Fish Conservation Officer during normal business hours, you can call 1-888-248-6866. If you need to reach out after hours, contact the New Mexico State Police Dispatch at (505) 841-9256.

Featured Photo July 2024



Photo by E. Wilde

Guess where I was this June 9th!!! Thanks for taking me, mom! (Glacier Bay, Alaska)

Email your photo submissions to GraphicsDept@QuestaNews.com or Editor@QuestaNews.com



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DID YOU KNOW?

As you have seen in the news, bed bugs are making a terrifying comeback, both nationally and regionally, causing an estimated \$500 million in costs per year.

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If you own a rental property, you must consider using Active Guard bed liners as your best defense against these prolific intruders. Active Guard bed liners are the only bedding product that kills bed bugs and dust mites. Don't leave your property unprotected! Call Good Riddance!

When you stay at a hotel, ask if they use Active Guard bed liners. If they don't, stay somewhere else.

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C&M Self Storage & Hinds and Hinds Storage Will Be Auctioning Units On Wednesday, July 9, 2024, 10:00 AM

The Owners reserve the right to ask for a minimum bid. CASH ONLY

Auction will begin at the 218 Paseo del Pueblo Sur Location then move to Questa once the Taos units are complete. Following Locations:
110 Cavalry Rd Taos NM 87571
920 Paseo del Pueblo Norte El Prado NM 87529
32 Sage Brush Rd Questa NM 87556

C&M Self Storage LLC. Notice is hereby given, Pursuant to the New Mexico Self-Storage Lien Act (48-11-1 to 48-11-9 NMSA 1978) to satisfy the lien of the owner. C&M Self Storage LLC 32 Sagebrush Rd, will be selling the following Units(s) to satisfy the Owner(s) Lien in a Public Sale. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. The Owner(s) reserve the right to ask for a minimum bid. CASH ONLY.
UNITS: 057, 027, 012, 042, 092, 032, 034 Unknown Customer, Questa NM 87556,
UNIT: 007 Eddie Abeyta Questa NM,
UNIT: 011 Marisa Bruce Questa NM,
UNIT: 084 Brandie Hidingner Questa NM,

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07/12 MUD with Twirl
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TAKING NEW PATIENTS

COMMUNITY CALENDAR • JULY 2024

HAPPY BIRTHDAY TO EVERYONE BORN IN JULY!**JUNE 29: SAT 2 - 4 PM**

Self-Massage Roller Workshop with Monique Parker at Yoga Sala, 2331 NM-522. Foam Roller for Self-Myofascial Release. If you have chronically tight muscles and/or want to gently strengthen your core, this 2-hour introductory workshop offers a simple, effective, and inexpensive self-care tool. Bring your own 3' x 6" foam roller or purchase one at Yoga Sala. \$25-\$35 sliding scale for workshop. Info: visit yogasalaquesta.org

JULY 1: MON 6 PM

Questa Economic Development Fund Board Meeting, in person at the Questa Visitor Center or via Zoom. For a copy of the agenda and to get the Zoom link, email lynn@questaedf.com

JULY 02: TUE 9:30 - 11:30 AM

Summer Reading Program at Questa Public Library, 6 1/2 Municipal Park Rd. Encourage a love for reading through activities, storytelling, and crafts. Explore new books, make new friends, and enjoy reading all summer long. Info: questalibrary.org

JULY 03: WED 6 PM

Questa Independent School Board Meeting at QISD Board Room, 2256 Wildcat Rd. # A. School Board Meeting. Info: call (575) 586-0421

JULY 04: THU**Happy Independence Day!****10 AM**

4th of July Parade & Celebration at Main Street, None. Celebrate Independence Day in Red River! Join Our Annual 4th of July Parade and Celebration! Info: visit redivider.org/events/4th-of-july-parade-celebration1-2 or call (575) 754-1708

5:30 - 8 PM

Grant Writing at UNM Taos, 1157 County Road 110, Ranchos de Taos. Jumpstart your project! Thursdays June 6 to July 18. Info: visit unmevents.unm.edu/site/taos/event/grant-writing-3

JULY 05: FRI 9:30 - 11:30 AM

Summer Reading Program at Questa Public Library, 6 1/2 Municipal Park Rd. Encourage a love for reading through activities, storytelling, and crafts. Explore new books, make new friends, and discover the joy of reading all summer long. Info: visit questalibrary.org

JULY 06: SAT 2 - 4 PM

QAT Sneak Peek Art Show at Questa Public Library, 6 1/2 Municipal Park Road. Presenting "A Sneak Peek" of artwork produced by the local artists in the upcoming Questa Art Tour. The public is invited to attend. Info: visit QuestaCreative.org or call (575) 586-5658

JULY 09: TUE 9:30 - 11:30 AM

Summer Reading Program at Questa Public Library, 6 1/2 Municipal Park Rd. Encourage a love for reading through activities, storytelling, and crafts. Explore new books, make new friends, and discover the joy of reading all summer long. Info: visit questalibrary.org

10 - 11:30 AM

BINGO! at Questa Senior Center, Highway 522. Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

6 PM

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

JULY 10: WED 5:30 - 7:30 PM

FREE: Small Business Accounting and Tax Basics Workshop at Questa Public Library, 6 1/2 Municipal Road. FREE IN PERSON WORKSHOP with Sierra Duran, the President of Rio Grande CPA. Info: email Jessica Trujillo of Questa Business Bridge at Jessicatrujillo_534@yahoo.com, or visit forms.gle/SepVetDNVvFLoN17

JULY 11: THU 10 AM - 11:30 PM

Thursday Painting! at Questa Senior Center, Highway 522. No materials will be provided; please bring your own paint materials! Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

5:30 - 8 PM

Grant Writing at UNM Taos, 1157 County Road 110, Ranchos de Taos. Jumpstart your project! Thursdays June 6 to July 18. Info: visit unmevents.unm.edu/site/taos/event/grant-writing-3

JULY 12: FRI 5:30 PM

3rd Annual River Music Gathering at 4K River Ranch, 1501 W. Main St. Featuring Michael Smith and Amanda Kate Ferris. Info: visit redivider.org/events/river-music-gathering

9:30 - 11:30 AM

Summer Reading Program - Twirl MUD Day at Questa Public Library, Bring the whole family for reading, splashing, rolling, squishing, and sliding through the squelchy goodness of mud. From mud storytelling to crafting mud pies to feeling the earth beneath your toes, reconnect with nature in the most playful way possible. Info: visit questalibrary.org, or call (575) 586-2023

10 AM - NOON

Food for All at North Central NM Food Pantry, 140 Embargo Rd. Info: visit questafoodpantry.org, or call (575) 586-0486

1 - 2:30 PM

FREE Technology Support at Questa Public Library, 6 1/2 Municipal Road. FREE In Person Technology Support for Seniors with Martin Maes! This is an open support time, bring your questions and your technology! Info: email Jessica Trujillo of Questa Business Bridge at Jessicatrujillo_534@icloud.com

JULY 13: SAT 5:30 PM

3rd Annual River Music Gathering at 4K River Ranch, 1501 W. Main St. Featuring Jenna Lisa Burns and headliner Casey James. Info: visit redivider.org/events/river-music-gathering

JULY 15: MON 3 - 5 PM

Questa Library Book Club at Questa Public Library, 6 1/2 Municipal Park Road. The book selection for July is up to you...Reader's Choice! Read a book and share the experience with the group. There is no right/wrong or good/bad here; the choice is yours. We have lively, thoughtful discussions. Join us! Info: email library@villageofquesta.org, or call (575) 586-2023

JULY 16: TUE 9:30 - 11:30 AM

Summer Reading Program at Questa Public Library, storytelling, and crafts. Explore new books, make new friends, and discover the joy of reading all summer long. Info: visit questalibrary.org

10 - 11:30 AM

BINGO! at Questa Senior Center, Highway 522. Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

6 PM

Questa Independent School Board Meeting at QISD Board Room, 2256 Wildcat Rd. # A. School Board Meeting. Info: call (575) 586-0421

JULY 18: THU 10 AM - 11:30 PM

Thursday Painting! at Questa Senior Center, Highway 522. No materials will be provided; please bring your own paint materials! Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

NOON - 4 PM

In-person, one-on-one, business advising in Questa at Questa Visitor Center, 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. Info: visit calendly.com/sbdctaos

5 PM

Cerro VFW Post #9516 Monthly Meeting at Cerro VFW, 108 NM Highway 378, Questa. Info: call (575) 586-2352

5:30 - 8 PM

Grant Writing at UNM Taos, 1157 County Road 110, Ranchos de Taos. Jumpstart your project! Thursdays June 6 to July 18. Info: visit unmevents.unm.edu/site/taos/event/grant-writing-3

JULY 19: FRI 9:30 - 11:30 AM

Summer Reading Program at Questa Public Library, Encourage a love for reading through activities, storytelling, and crafts. Explore new books, make new friends, and discover the joy of reading all summer long. Info: visit questalibrary.org

11 AM - 1 PM

FREE: Understanding YOUR Business and Navigating Your Cash Workshop at Questa Public Library, 6 1/2 Municipal Road. This is a FREE, IN-PERSON workshop. Every business wants to succeed at tracking the movement of cash in and out of their business. Info: email Roseanna Perea of WESST and Questa Business Bridge at RPerea@wesst.org, visit clients.wesst.org/workshop.aspx?key=60440056, or call (505) 474-6556

JULY 22: MON 6 - 8 PM

Youth Basketball Clinic at Alta Vista Elementary Gym, NM 522, Questa. Free 3 day event from Living Word Ministries. For ages 5 - 13. Register today! Info: call (575) 613-8010

JULY 23: TUE 10 - 11:30 AM

BINGO! at Questa Senior Center, Highway 522. Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

6 - 8 PM

Youth Basketball Clinic at Alta Vista Elementary Gym, NM 522, Questa. Free 3 day event from Living Word Ministries. For ages 5 - 13. Register today! Info: call (575) 613-8010

6 PM

Village of Questa Town Council Meeting at Questa Village Town Hall, 2500 Old State Rd 3. Info: visit questa-nm.com/village-council-meeting-agenda

JULY 24: WED 5:30 - 7:30 PM

FREE: Creative Economy Follow Up Workshop at Questa Public Library, FREE! Attend a free, follow up workshop open for artists and makers of all disciplines. Bring your Artist Statement, present your elevator speech for input, and more. Info: email Lynn Skall of Questa Business Bridge at lynn@questaedf.com

6 - 8 PM

Youth Basketball Clinic at Alta Vista Elementary Gym, NM 522, Questa. Free 3 day event from Living Word Ministries. For ages 5 - 13. Register today! Info: call (575) 613-8010

JULY 25: THU 10 AM - 11:30 PM

Thursday Painting! at Questa Senior Center, Highway 522. No materials will be provided; Bring your own paint materials! Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

JULY 26: FRI 10 AM - NOON

Food for All at North Central NM Food Pantry, 140 Embargo Rd. Info: visit questafoodpantry.org, or call (575) 586-0486

JULY 30: TUE 10 - 11:30 AM

BINGO! at Questa Senior Center, Highway 522. Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

AUGUST 01: THU 10 AM - 11:30 PM

Thursday Painting! at Questa Senior Center, Highway 522. No materials will be provided; please bring your own paint materials! Info: email Mellie Rodriguez of Questa Senior Center at mrodriguez@taosnet.com

Weekly Events

SUNDAY

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

10 AM

Qigong, Online ONLY at Yoga Sala, 2331 NM-522. Zoom link at yogasalaquesta.org.

3 - 6 PM

Open Mic at Noisy Water Winery, 518 E. Main St, Red River. Get ready for a night of music, poetry, and laughter at Noisy Water Winery's Open Mic Night! Whether you're a seasoned performer or a first-time participant, join us for an evening of creative expression, fine wines, and a supportive audience. Info: visit redivider.org/events/open-mic, or call (575) 754-9957

MONDAY

8 AM

Transportation for Qualified Seniors at Questa Senior Center, 148 Embargo Rd. Accepting donations, by appointment only. Info: call (575) 586-0508

5 PM

Free Community Yoga at Yoga Sala, 2331 NM-522. Free Community Yoga, gentle practice with Rae in person only, free. Info: visit yogasalaquesta.org

7 PM

Kickboxing with Reto at Yoga Sala, 2331 NM-522. Kickboxing, with Reto in person only, sliding scale \$5-\$15 All classes free for teens. Info: visit yogasalaquesta.org

TUESDAY

8 AM

Transportation for Qualified Seniors at Questa Senior Center, 148 Embargo Rd. Accepting donations, by appointment only. Info: call (575) 586-0508

6 - 7:45 PM

Kundalini, Meditation and Gong at Yoga Sala, 2331 NM-522. Kundalini, Meditation and Gong, with Jiwanshakti, in person and Online. Info: visit yogasalaquesta.org

WEDNESDAY

8 AM

Transportation for Qualified Seniors at Questa Senior Center, 148 Embargo Rd. Accepting donations, by appointment only. Info: call (575) 586-0508

10 AM - 2 PM

Repurposing Plastic Project at Repurposing Plastic Building, 2380 Highway 522. Come smash plastic and make wire walls! At the old "Movies at Home" building opposite Questa Supermarket on Hwy 522. Info: call (575) 224-7386

9 AM

Gentle morning yoga at Yoga Sala, 2331 NM-522. Gentle morning yoga with Gaea, in person only, \$8. Info: visit yogasalaquesta.org

1:30 - 2:30 PM

Wildcat Kitty Club at Questa Public Library, 6 1/2 Municipal Park Road. A weekly fun program for our youngest guests. We have stories, kitty-sized activities and crafts, friendly play, and opportunities for parents and caregivers to share the joys and trials of being new at the game of raising

these incredible small beings. And there are always snacks and treats! Info: email library@villageofquesta.org, or call (575) 586-2023

5:30 PM

Power Hour Yoga with Gaea at Yoga Sala, 2331 NM-522. Power Hour Yoga with Gaea, in person only, \$8. Info: visit yogasalaquesta.org

7 PM

Kickboxing with Reto at Yoga Sala, 2331 NM-522. In person only, sliding scale \$5-\$15 All classes free for teens. Info: visit yogasalaquesta.org

THURSDAY

8 AM

Transportation for Qualified Seniors at Questa Senior Center, 148 Embargo Rd. Accepting donations, by appointment only. Info: call (575) 586-0508

2:30 - 4:30 PM

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

6 PM

Thursday Night Jam Session at Rael's Market & Coffee House, 2430 NM-522, Questa. Bring your instrument to jam or just bring yourself and enjoy. Free! Info: call (575) 779-9249

FRIDAY

8:30 AM

Gentle morning yoga with Gaea at Yoga Sala, 2331 NM-522. Gentle morning yoga with Gaea, in person only, \$8. Info: visit yogasalaquesta.org

10 AM

Free Community Qigong at Yoga Sala, 2331 NM-522, Questa. Free Community Qigong with Julian, in person only, free. Info: visit yogasalaquesta.org

10 AM - 2 PM

Repurposing Plastic Project at Repurposing Plastic Building, 2380 Highway 522. Come smash plastic and make wire walls! At the old "Movies at Home" building opposite Questa Supermarket on Hwy 522. Info: call (575) 224-7386

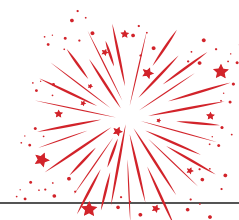
7 - 9 PM

Weekly Recovery Program at Living Word Ministries, 12 Llano Rd, Questa. New Thirst Christ Centered Recovery Program offered weekly on Friday Evenings. Info: visit taoschamber.com/events/details/weekly-recovery-program-07-05-2024-22725

SATURDAY

10:30 AM

Free Community Tai Chi at Yoga Sala, 2331 NM-522, Questa. Free Community Tai Chi, with Reto, in person only, free. Info: visit yogasalaquesta.org



CLASSIFIEDS

HELP WANTED

Roots and Wings Community School Office Manager: Job Title: Office Manager/Health Assistant. Position Type: Full-Time Salary: \$27,275 for 7.5 hours a day and 220 days. \$16.53/hour.

Village of Questa Utility Worker I: The Village of Questa is currently hiring for a Utility Worker 1. This is a full time position Monday through Friday and some Weekends. For more information please contact Valerie Vigil, HR at vvigil@villageofquesta.org or call 575-586-0694. Applications can be picked up at the Village Office located at 2500 Old State Road 3 Questa, NM 87556.

PT Coordinator / Intern. Work with community leaders to conduct in-person surveys of Questa area businesses; work independently to compile and analyze data. Ideal for Business Major looking for experience. Starts immediately through May 2025. \$20-\$25/hour, 10-20-hrs/wk, not to exceed \$15K total. Email resume and letter of interest to Lynn@QuestaEDF.com.

NOTICES

C&M Self Storage LLC. Notice is hereby given, Pursuant to the New Mexico Self-Storage Lien Act (48-11-1 to 48-11-9 NMSA 1978) to satisfy the lien of the owner. C&M Self Storage LLC 32 Sagebrush Rd, will be selling the following Units(s) to satisfy the Owner(s) Lien in a Public Sale. Sale is to be held at 10:00 AM on Wednesday July 9th 2024. Auction will begin at the 218 Paseo

del Pueblo Sur Location then move to Questa once the Taos units are complete. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details. The Owner(s) reserve the right to ask for a minimum bid. CASH ONLY.

UNITS: 057, 027, 012, 042, 092, 032, 034 Unknown Customer, Questa NM 87556, UNIT: 007 Eddie Abeyta Questa NM, UNIT: 011 Marisa Bruce Questa NM, UNIT: 084 Brandie Hidingar Questa NM,

WANTING TO RENT OR BORROW: I'm looking for a video projector to rent or borrow for one day: September 14. Got one or have any ideas for me? No luck with rental places or party supplies. Ellen 575-770-3064.

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.

SLV Spay & Neuter Alliance Mobile Clinic offers low-cost spay and neuter services for cats and dogs in San Luis, Alamosa, and other towns in southern Colorado on a rotating basis. Surgeries include age-appropriate rabies and distemper vaccines. Microchips, bordetella vaccines, dewormer, nail trims, and mat removal are available at additional cost. Book appointments easily online at slvsna.org or call (719) 657-7076.

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 the 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 wrmesquire2@gmail.com. If you would like to volunteer, please call Jeannie (numbers above).

Questa One-on-One In-Person Business Counseling with Director of the Small Business Development Center at UNM-Taos Anwar Kaelin. FREE and CONFIDENTIAL offered on the third Thursday of every month, 1–4 p.m., 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

CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH
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.com (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 oeaohoo17@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 Chenrezig 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.

QUESTA: Sundays 10-11 a.m.
Questa Youth Center

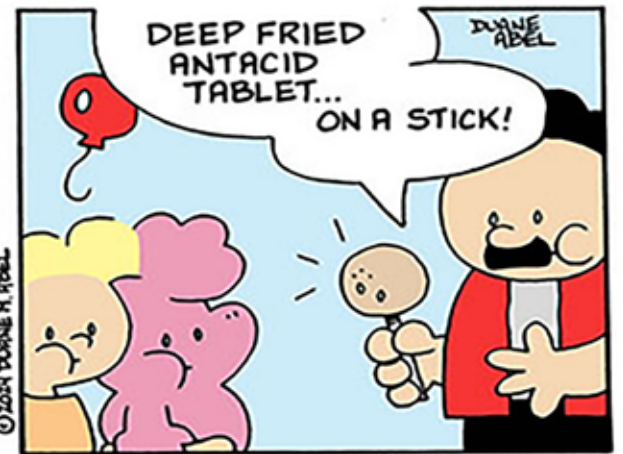
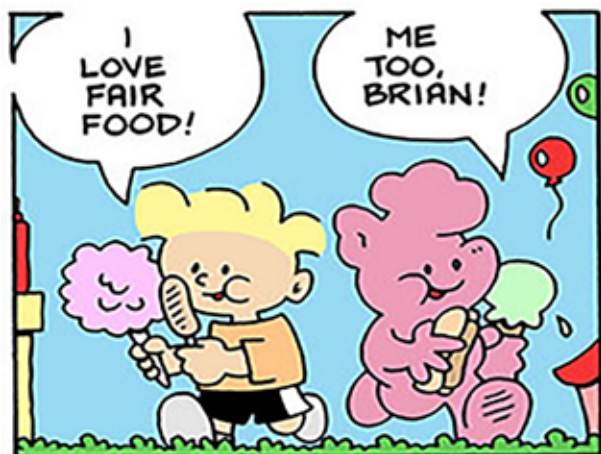
RED RIVER: Tuesdays 7- 8 p.m.
417 E. High St.
(Erik's Workshop)

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 • Food entrepreneurs
 • Paid internships for teens
sundays 10 to 2
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