

FREE NEWSPAPER

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Questa del Rio News

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IN THIS ISSUE

A Century In Questa: Isabel Gomez Celebrates 100 Years



COMMUNITY NEWS

Wildfire Risk in May.....Page 20

New Housing, Food Security Project.....Page 8

Farmers Market: Recap & Kick Off.....Page 8

Vida del Norte: Youth Sector.....Page 10

Red River Begins Demolition.....Page 27

SPORTS & EDUCATION

Sports Spotlights of the Month.....Page 12

Outstanding Youth Report.....Page 12

Graduation Announcements.....Page 13

ARTS & CULTURE

'Kids Express Art Show'.....Page 14

Questa Creative Council Update.....Page 16

Voces de Nuestro País.....Page 18

HEALTH & WELLNESS

Body, Mind & Spirit.....Page 24

Senior Menu.....Page 24

Live Laugh Love.....Page 25

Spring Chicken Cacciatore.....Page 26

Fitness for All.....Page 26

FISHING, WILDLIFE & RECREATION

Questa to Red River Trail.....Page 22

Questa's Hidden Trails.....Page 23

OBITUARIES

Ernesto Jose Chavez.....Page 28

Lawrence A. Lovato.....Page 28



Photo by Lara Arciniega

Isabel Gomez at her home in Questa, NM on April 25

By LORA ARCINIEGA AND MARLENE GOMEZ

On May 10, Isabel Odilia Gomez will reach a milestone very few ever see: her 100th birthday.

Born in 1926 to Agapita and Cristobal Gonzales, Gomez was raised on Cabresto Road as the second oldest of six children. Looking back on a century of life, she describes a world that would be unrecognizable to many today.

In her youth, Questa was built around dirt roads and a lifestyle tied directly to the land. She remembers walking through cottonwood fields to collect palitos, or kindling, to keep the family fires burning and at times going to the neighbors house with a tin bucket to select the families ration of food. While she attended school at La Cienega, much of her education happened at home. Under the guidance of her mother and relatives, she learned to bake bread, make tortillas and manage a household.

"Back then, people really leaned on

each other," Gomez said. She recalled a time when neighbors shared everything; if a family butchered a cow, close friends and neighbors had beef to eat.

Life eventually took her to Wyoming with her husband, Virgil Gomez Sr. The couple had nine children: Diane, Virgil Jr., Jenny, Elaine, Glenda, Patsy, Dicke, Marlene and Ronnie. After her husband passed away, Gomez raised her family as a single mother.

She was a woman who did it all. To provide for her nine children, she kept a clean house, tended a vegetable garden and raised chickens and pigs. She also worked outside the home periodically cleaning rooms in Red River.

Her daughter, Marlene Gomez, says her mother's work ethic never wavered. Though she doesn't bake as much as she used to, Marlene says her mother would still head straight for the kitchen to start a batch of bread if someone asked.

Beyond her hard work, Gomez is known for her firm stance on respect. She never had a taste for gossip and

wouldn't allow it under her roof. If a conversation turned toward rumors, she had a simple rule: "Not in my house."

That discipline extended to her health. Marlene noted that her mother never used alcohol or tobacco, preferring a simple Northern New Mexico diet. To this day, she eats beans three times a week, along with meat, potatoes and fresh tortillas.

Today, Gomez is the matriarch of a large family that includes 13 grandchildren, 20 great-grandchildren and one great-great-grandchild. She stays busy reading scriptures, solving crossword puzzles and visiting with her family.

While she says her grandparents would be shocked by the "push-button" convenience of modern life, Gomez believes the secret to a long life isn't complicated. Her advice? Get enough rest, stay busy with your chores, eat your beans and tortillas, and always leave room for the "right amount" of ginger snaps and chocolates.

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Questa del Rio News

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COMMUNITY NEWS

OP ED: Protecting an 1815 Water Right Means Protecting the Water Itself

By DANNY GARCIA,
CHAIRMAN OF THE CABRESTO
LAKE IRRIGATION COMMUNITY
DITCH ASSOCIATION

As the elected chairman of the Cabresto Lake Irrigation Community Ditch Association for more than 13 years, I believe my greatest responsibility is to protect every member's water right tied to Surface Permit 00076 (SP00076), which carries a priority date of 1815. That right is not just a legal document—it represents the lifeblood of our farms, our land, and our community.

But protecting a water right also means protecting the water itself. What value is a water right if there is no water left to use?

Through reviewing records from the New Mexico Office of the State Engineer and monitoring the flow of Cabresto Creek, I have grown increasingly concerned that Cabresto Creek may soon be reduced to a trickle, no longer capable of sustaining irrigation for the lands historically served by this right.

The Village of Questa itself has recognized the importance of protecting our scarce water resources. In an amendment to its 1969 ordinance, the village stated that excavation of new water wells within village limits is disfavored because of their negative impact on regional water avail-

ability. That language reflects an understanding that groundwater pumping can affect the entire watershed.

At the same time, longstanding concerns remain regarding past water management practices. Records indicate that in the late 1980s and 1990s, the Village of Questa was notified of significant over-diversions. In response, village leadership attributed those overages largely to leakage within the municipal distribution system, asserting that lost water returned to the aquifer and eventually to the Red River and Rio Grande.

From our perspective, this highlights a troubling pattern: relying on leased water rights and explanations for losses instead of making infrastructure repairs and ensuring long-term conservation.

Water in northern New Mexico is too precious to waste. Senior water rights holders, farmers, acequia and ditch associations, and local governments all depend on responsible stewardship. If Cabresto Creek is allowed to decline beyond recovery, it will not only harm irrigators—it will damage a centuries-old agricultural tradition that has sustained families here for generations.

We urge all local leaders and agencies to prioritize transparency, conservation, and accountability so that future generations inherit not empty promises, but flowing water.

22nd Annual Healing Fields in Questa

By STAFF WRITERS

Rows of American flags will once again blanket pastureland in northern New Mexico as Taos County prepares to mark the 22nd anniversary of its annual Veterans Healing Field® display ahead of Memorial Day.

The display, held on land owned by the Claudio Rael family in Questa, honors active-duty military personnel, fallen service members, veterans and hometown heroes, with a special emphasis on

Vietnam veterans and those who died in service to the United States.

Each flag represents an individual story of service and sacrifice, organizers said, offering visitors a powerful reminder of the cost of freedom. The exhibit is intended not only to honor those who served but also to educate younger generations about the human toll of war.

This year's Healing Field ceremony will be Sunday, May 24 at 1 p.m. and is free and open to the public.



Courtesy Photo

Richard Vialpando and daughter at past healing fields

OP ED: Water, Safety, and Questa's Future

By BOBBY ORTEGA,
CHAIRMAN, KIT CARSON
ELECTRIC COOPERATIVE
BOARD & BERNIE TORRES,
BOARD OF TRUSTEES

We've been in the meetings, heard the concerns, and understand the hard questions. We want to speak as neighbors—openly and honestly. We were born and raised in Questa, with generations here farming, ranching, and building a life. We still live that life today, relying on the same water and land. That's why this matters to us.

Let's start with water. It's the most important issue here. It's how we live and farm. We share those concerns because we rely on the same system. This project does not use surface water from our acequias; it involves permitted groundwater, in amounts well below existing limits. A water study is underway to ensure the aquifer stays protected, and results will be public. While construction needs water now, hydrogen production will come later, and we'll push for innovative sourcing. The bottom line: no one here would support harming our water.

Safety is a valid concern, and it's being taken seriously. Independent experts conducted a comprehensive study covering operations and worst-case scenarios, find-

ing no risk to nearby schools or residents and no impacts beyond the site. The study is publicly available on the Kit Carson Electric Cooperative website. The facility will also include layered safeguards—monitoring, automatic shutdowns, and emergency planning. This is grounded in engineering, oversight, and accountability.

People ask: why here, and why now?

This project supports carbon-free energy, brings needed economic development, strengthens reliability during outages and extreme weather, and helps with wildfire mitigation. Kit Carson Electric Cooperative has been a national leader in renewable energy, helping secure \$232 million in federal funding, and this effort moves us closer to state carbon-free goals while benefiting local communities.

Questa was chosen in part because of the gap left after Chevron's departure, which cost jobs and long-term stability. This project aims to reuse that site and bring opportunity back.

It also addresses a key energy need: providing affordable, reliable power when solar isn't available. The hydrogen system serves as long-duration storage, supporting a more resilient renewable grid

OP ED: B. ORTEGA cont'd on page 14

OP ED: No Green Hydrogen in Questa

By MARY ROSE

I first went to a community meeting at the end of February, 2026 to learn more about the plan for the proposed Hydrogen plant in Questa, NM, thinking that it would provide more information about how the site of the former Chevron mine, east of Questa on Route 38, would be repurposed to be the location for a 'Green Hydrogen Plant' that would use 'reclaimed water' from that former mine site.

But, at the February meeting I learned that the plan had drastically changed in Oct. of 2025 to be in the heart of Questa!

It would now be built on a 'site of toxic mine tailings' that are buried in Questa; and the source of water had also been changed to the use of a well on that site—that taps into Questa's groundwater.

I was very surprised that this plan could be conceived to be a 'good' plan – or even a sane one – given that hydrogen can leak and explode – and would be in close proximity to the Questa Alta Vista Elementary school, Questa's Public Library, and Questa's Health Clinic— not to mention residential homes.

Also, as I reached out to other people to get a response about the whole project, I was stunned to find out how many people knew nothing at all about it.

As I continued to discover, it was understandable that people didn't really understand the project because the 'facts' kept changing and the scope of the infrastructure of the project kept growing exponentially; also there were no articles in any of the print media who previously had reported on the original plan, but had never printed an update of the crucial changes made regarding the change of site location and the source of water (with the exception of the *Questa del Rio News*).

At the same time, many people who did know about the project felt there wasn't full transparency from Kit Carson Electric Cooperative (KCEC). The Mar. 10, 2026 Village of Questa Council Meeting began with Councilman Jason Gonzalez asking Mayor John Ortega about the development of the project, noting that he initially supported the plan in Oct. 2023—based on different specifications.

"You sold all of us on the water coming out of the mine reclamation site," Councilman Jason Gonzalez said, referring to treated water from the Chevron mine. "Then all of a sudden in Oct. 2025, the water was now coming from the tailings well." He also pointed to changing data, noting that the number

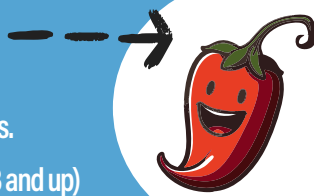
OB ED: HYDROGEN cont'd on page 20

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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:

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

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THE IN-BETWEEN PEOPLE

We all know them – people who neighbors turn to for trusted health information, advise, or to help find their way through the many barriers they face trying to access health resources and services. They are sometimes called the “In-between People” - serving as bridges between their communities and these systems. But do you know that these natural helpers have evolved into an actual health profession?

Community Health Workers (CHWs) are known by many names such as health promotors, navigators, advocates, home visitors, outreach workers, and community health representatives (in tribal programs). Studies show they increase access to care, improve chronic disease prevention and control, improve health literacy, and help others navigate complex processes and systems. At a broader level, CHWs work with community members and leaders to cultivate a healthy community environment and advocate for health equity. You can find them working in health and human service organizations, schools, non-profit groups, and faith-based organizations. They have deep roots in the communities and cultures of New Mexico.

Back in 2009, the American Public Health Association defined CHWs as “frontline public health workers” - prompting the U.S. Department of Labor to create a new occupational code that pulled over 110 job titles under the umbrella of “Community Health Worker”. Those advancements set the stage for UNM-Taos to create New Mexico’s first credit-bearing training program for CHWs in 2010. Shaped by decades of on-the-job training - along with CHW and employer feedback - the competencies established by the program were adopted by the NM Department of Health (NMDOH) as the standards for the state. Graduates earn a Certificate in Community Health that qualifies them for state certification, and credits can transfer to undergraduate degrees in fields such as in Public Health, Health Education, Family & Consumer Sciences, and Social Work.

FOR ANYONE WHO WANTS TO MAKE A DIFFERENCE IN THEIR COMMUNITY.

The program meets 12 Fridays a semester for two semesters, making it convenient for working people and their employers. The Certificate can stand alone or be “stacked” to other health worker credentials. It also can serve as a professional credential added to an existing degree, or as an educational gateway to an array of health and human service careers. Instructors are seasoned practitioners of the competencies they teach, and have worked as or with CHWs in a variety of settings. An advisory committee of senior CHWs serve as co-trainers, practice mentors, and provide valuable guidance to the program.

“We are a fit for anyone who wants to make a difference in their community. They may be working in the field already, want to enhance their skills, and become state certified. Or, they may be new to the work altogether. We count on everyone walking through the door with a PhD in “life.” This expertise is the foundation for building skills and knowledge for serving others, so all backgrounds and life experiences are valued and welcomed into our community of practice – it enriches learning for everyone”, said Juliana Anastasoff, the program’s founding director.

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IMPORTANT SCHEDULE NOTE:

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 @ Cerro VFW

VIOLIN LESSONS:
 May 7, Thurs 6pm @ Rael's Coffee Shop

GRADUATION BREAK:
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Instruction/Performance Contact

Rachel León, Director • (575) 779-0565 • vozdeoro2017@gmail.com



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Taos County sees a significant increase in DWI arrests during Memorial Day weekend. A 45% higher risk of fatal drunk driving compared to an average day. Taos County DWI Program is actively involved in these efforts, with other agencies to improve community safety.

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The **Cultural Treasures Project** is a community-led effort to identify and honor the places, practices, and people that matter—before they're erased, paved over, or forgotten.

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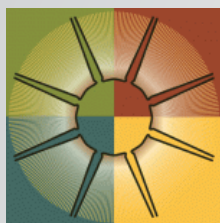


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By LORA ARCINIEGA

Sitting at 6 1/2 Municipal Park Road, the Questa Public Library serves as far more than a hub for books; it has become a vital piece of our community. Under the direction of Sharon Nicholson, the library has cultivated a comforting atmosphere that invites residents to learn, create, and connect in a space designed for both productivity and peace.

The facility's journey serves as a tribute to local determination. The Founding Questa Public Library Committee—Gail Buchanan, Judy Cuddihy, Esther Garcia, and Kimber MacDonald—first met on November 24, 2003, with Village Administrator Brent Jaramillo to explore the possibility of bringing a library to Questa. Officially founded in 2004 and opened in 2008, the library was originally built through tireless volunteer efforts and a donated portable building from the Pojoaque Pueblo. In 2020, the library underwent a significant expansion, growing into the beautiful,

A Bridge to Information: Exploring the Services of the Questa Public Library

spacious facility we see today.

Today, it offers a full-service experience with a collection ranging from the latest bestsellers to a rich Southwestern selection of fiction and non-fiction, including stories about the settling of the San Luis Valley. A unique hallmark of the library is its role as a gallery for Northern New Mexico's history. The walls feature a permanent display of locally photographed historical images captured by Works Progress Administration (WPA) artists John Collier Jr. and Russell Lee. These 25 poignant photographs, including a notable 1910 image of a local shoemaker by O.T. Davis, provides a window into the daily lives and cultural landscape of our ancestors. This collection is augmented by the Questa History Archive, a dedicated space for genealogical research. Also, on display is artwork from local artists such as Peggy Trigg and a beautiful quilt that will soon be raffled off.

For those seeking a professional or academic environment, the library provides seven public-access computers

equipped with modern software and high-speed internet. Two of these are laptops featuring webcams and headphones, specifically designated for video conferencing. A high-quality printer and on-site Wi-Fi—which remains accessible on the grounds even after hours—have become essential resources for local entrepreneurs and students. Copies are available for a nominal fee.

Beyond the stacks, the library is a hub for engagement. It frequently hosts "Voces de Nuestro País" (Voices of Our Place), a monthly storytelling gathering that celebrates local culture, family histories, and regional music. Educational growth remains a cornerstone of the mission, with a Book Club meeting every third Monday and a vibrant Summer Reading Program that has become a beloved local tradition.

Younger patrons are especially catered to with a specialized children's section where kids can lounge on oversized bears while exploring picture books. The fun extends outdoors as well, with new playground equipment

recently installed for children in the adjacent Questa Park. The library's annual Easter Egg hunt brought the community together this April, seeing a fantastic turnout of local families who spent the afternoon hunting for eggs and enjoying a hotdog lunch. Specialized programs, such as Twirl-hosted events and fiber arts circles, ensure there is a welcoming sanctuary for all ages.

Librarian Sharon is accompanied by her staff which includes Audrianah León, Carole Merriman, Sharon Rushing, and a marvelous group of volunteers. The Friends of Questa Public Library was founded to provide for the present and future development of the library. If you wish to become a member or support their mission, visit with Sharon Nicholson during operating hours. The library is open daily from 10 a.m. to 5 p.m., Monday and Wednesday until 6 p.m. by appointment, and Saturday from 10 a.m. to 4 p.m.

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By GAEA MCGAHEE

As we enter our 10th season, Questa Farmers Market is delighted to welcome Lisa Pham as our new Program Director. Lisa is stepping into leadership of the Questa Farmers Market Program with clarity, care, and a deep commitment to community. She brings a natural spirit for this work—community-minded, organized, and genuinely energized by bringing people together. She has been hard at work behind the scenes in the months before the season—writing grants, coordinating vendors, and curating a vibrant lineup of musicians so that each Sunday is lively and welcoming.

Honoring the QFM Community and Welcoming Our New Program Director

As we enter this new chapter, I personally want to extend my gratitude to the community that has sustained the market over so many years. Questa Farmers Market is more than a market—it is a place for meeting and being that we've created together. It is shaped by the unique offerings of our vendors, their originality and dedication, and the shared energy of everyone who shows up. Your presence, your support, your volunteer efforts, and your care for our community garden spaces have all helped cultivate something truly special.

Our new Program Director recognizes the importance of carrying forward the values that have made this market meaningful. Lisa is committed

to continuing key elements of the program, including the youth internship, ensuring that young people have a place in the life and leadership of the market. She brings a thoughtful approach to stewarding the market site and maintaining strong relationships with partners, including QEDE, whose land makes this gathering possible.

As many of you know, I have served as the QFM Program Director for many seasons, and I want to share that I remain in the scene. This year, I'll be spending most Sundays at the Cultivo booth, working as a mentor for the youth farming program. We are already hard at work growing produce at Cerro Vista Farm for the opening of

the season. I look forward to being engaged, supporting the community, and contributing to the vibrant market space we continue to build together.

I am excited for the season ahead and grateful for the many hands, hearts, and histories that continue to shape Questa Farmers Market. Together, may we look forward to another year of abundance and shared community life.

Sincerely and with love,
Gaea McGahee

Questa Farmers Market is a program of Localogy, a 501(c)3 organization in Questa, NM

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Questa Farmers Market: New Leadership and 10th Season Kickoff

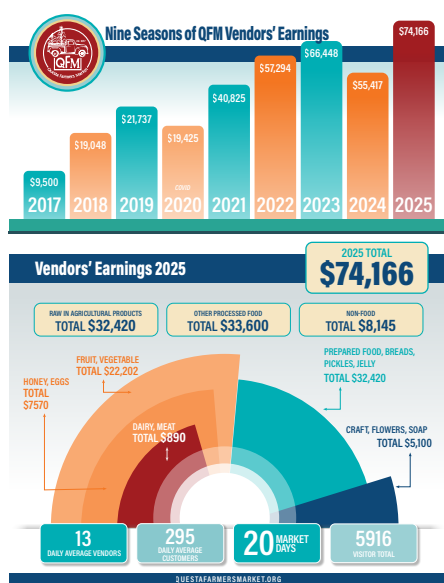
By STAFF WRITERS

As spring blooms across Northern New Mexico, the Questa Farmers Market (QFM) is preparing to launch its milestone 10th season with a fresh leadership team and a record-breaking economic momentum.

The 2026 season marks a major transition for the market, a program of the nonprofit Localogy. Co-founder and long-time Program Director Gaea McGahee is shifting her focus to expand sustainable farming and youth mentorship through Cultivo and Cerro Vista Farms. Stepping into the director role is Lisa Pham, an El Rito resident with an extensive background in small business operations and event management.

"I look forward to working with everyone to bring life, connection, and joy to our Village of Questa," Pham said.

While the official opening day is set for May 24, the market is hosting two com-



munity events this month to prepare the grounds and reconnect neighbors.

On May 1, the market will host a Community and Vendor Potluck at the QFM site from 5:30 to 7:30 p.m. The gathering

serves as an informal meet-and-greet for the people who power the weekly market. Additionally, a representative from the New Mexico Department of Health will be on-site to provide training on the 2026 WIC and Senior Food Benefits programs.

The preparations continue on May 9 with a Community Market and Garden Clean-Up Volunteer Day. From 9:30 a.m. to 1:30 p.m., volunteers will work to refresh the market site and garden beds. The workday will conclude with a shared community meal. Those interested in attending either event are asked to RSVP via email at growersmakers@gmail.com.

The 10th anniversary season follows a year of unprecedented growth. In 2025, QFM vendors saw a 33% increase in collective earnings over the previous year, totaling more than \$74,000. Agricultural products, including raw vegetables, honey, and eggs, accounted for \$32,000 of those sales, while processed food vendors

brought in \$33,600.

The market also continues its mission of youth development. This year, QFM is hiring two paid youth interns for its event management team. Expanded opportunities are also available through Cultivo, which offers work-based learning and apprenticeships for residents ages 14 and older. Email questions or interest to growersmakers@gmail.com for an internship at the Farmers Market or cultivoproject.org/jobs for positions with Cultivo. Furthermore, the River Community Church will return to operate the market's coffee shop, providing additional youth employment.

The market's May music lineup features Michael Rael & Friends on May 24, followed by "At The Watertower" on May 31.

Prospective vendors of homegrown produce, honey, and local crafts can still apply for the upcoming season by contacting (575) 425-0650 or visiting questafarmersmarket.org.

New Housing, Food Security Project Proposed for Questa

By LORA ARCINIEGA

A new project aimed at solving two of the community's most pressing challenges—attainable housing and expanding year-round local fresh produce options—is moving into its next phase of planning.

Following a series of visits to the village, entrepreneur Omar Fayed and his team at Earth Space Technical Ecosystem Enterprises (ESTEE) have officially selected Questa as the site for their first pilot project, named Tiratera. The project was designed by Earth Space Technical Ecosystem Enterprises (ESTEE), Omar Fayed's company specializing in systems for extreme environments. A dedicated U.S. entity, Tiratera LLC, has been established to carry the project locally.

Fayed, a long-time visitor to New Mexico, said that while he has spent years visiting Santa Fe, he knew Questa was the right location for Tiratera. "There was a feeling we got when we arrived in Questa," said Baptiste Cunin, ESTEE's Chief Technology Officer, who most recently visited Questa in March.

Questa has long faced a shortage of homes that local families can afford, a gap recently highlighted in surveys and community meetings conducted by the Questa Economic Development Fund (QEDF). The Tiratera project aims to ensure their homes remain attainable for the local

workforce, targeting a price point around \$200,000, depending on final design and conditions. The housing component is not designed as a speculative real estate development, but as a long-term community-oriented initiative. The project will begin with a small number of initial homes to gather community feedback before scaling.

The team is working with Taos-based architect Mark Goldman to ensure the designs respect and adapt to the unique high-desert climate. To address this, the team plans to utilize lightweight cellular concrete (often referred to as cellular concrete), a high-performance material that is fire-resistant and highly insulated. For a resident, this material acts like a high-performance thermos, keeping a home warm during a January blizzard and cool during a July heatwave without high utility bills. This system is being developed in collaboration with SolidAir, a local company.

The project will prioritize 100% local workforce and supply chains including electricians, plumbers, and construction crews, as well as sourcing materials such as wood from local sawmills.

The proposal also includes a 10,000-12,000 square-foot "Plant Production Factory" (PPF), including an educational facility open to the community. Recognizing that agriculture is the soul of the



Courtesy Image

Questa workforce housing concept render 2026

village, this facility is designed to support, rather than replace, the high-quality produce provided by local anchors like Cerro Vista Farm and the Sangre de Cristo Valley Market. The indoor PPF will focus on providing steady, indoor employment opportunities for local residents.

Given recent community discussions regarding water security, the proposal has made water conservation a central pillar of the project. The project prioritizes efficiency, rainwater capture, and responsible use, while relying on the village network as a secure backup. The goal is to prove that Questa can lead the way in self-sufficiency without straining its most precious natural resources.

Village Mayor John Ortega and the Village Council are already in discussions

regarding necessary sewer and water infrastructure upgrades for the Village which is timely for this project and other future economic development.

Significant progress was made this April as the project team completed key zoning approvals and secured initial funding to advance early development, while engaging with local banks to support financing.

Community involvement remains a top priority. Neighbors should watch for announcements regarding upcoming public meetings about the project.

Residents are encouraged to visit the official project website at tiratera.com to view the technology in detail and provide direct feedback.

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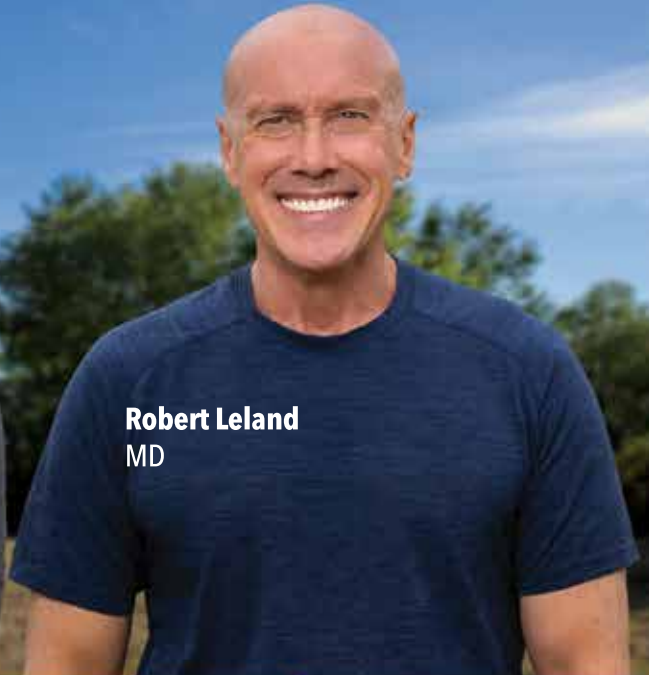
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VIDA DEL NORTE: YOUTH SECTOR

THIS IS A PAID AVERTORIAL BY VIDA DEL NORTE COALITION

By LORA ARCINIEGA

Since its establishment in 2014, the Vida del Norte Coalition has emerged as a cornerstone of youth advocacy in northern Taos County. While its primary mission remains substance misuse prevention, the organization has evolved into a multi-faceted engine for leadership, education, and the creation of safe community spaces for the next generation.

At the heart of this evolution is Active8, the coalition's youth-led sector. Composed of local students and emerging leaders, the group serves as the "youth voice" for the area, ensuring that community programs and policies resonate with the peers they are designed to serve. Long-term youth representatives Ricardo León Jr. and Dominic Vallejos have been instrumental in this work, serving as vital links between the coalition's board and the student body at Questa High School.

For the members involved, the impact is personal. "Vida was important to me to learn how to work around a lot of people and that it makes an impact to work at getting drugs away from teenagers and kids," León said.

The program's success is visible through several major infrastructure and policy milestones. Active8 mem-

bers have been the primary champions for youth projects in Questa, utilizing community festivals and presentations to the Village Council to transform concepts into tangible results. One hallmark of this engagement has been the coalition's "Teen Nights." These events have provided a consistent, safe, and substance-free social outlet for local teenagers, featuring everything from music and games to community-building activities.

Beyond modern recreation, the group remains rooted in regional heritage. In partnership with the Questa Farmers Market, past members helped construct a traditional horno, or adobe oven, which sits at the market location and is used primarily during the summer months. Environmental stewardship also remains a priority; members lead annual Earth Day cleanups and have planted drought-tolerant trees at the Questa Municipal Park.

The group's influence even extends into local policy. Their advocacy led the Questa Independent School District to adopt drug prevention measures within its athletic code and supported the "Refuse to Provide" campaign, targeting the reduction of underage access to alcohol.

"Being a part of this coalition has benefited not only me but many other people, saved many people as well," Vallejos said. "My time in Vida shaped an individual capable of whatever their greatest dreams are. To learn it's okay to follow something you believe in, to learn to lead what you believe in, and to learn what believing in something

can do for someone—that's what was important to me."

Under the mentorship of coordinator Maria Gonzalez and through partnerships with the Questa Police Explorers, Active8 members gain professional skills in civic leadership and project management. As the program enters its next chapter, the coalition is calling for new members to join its ranks.

Active8 provides middle and high school students with the tools, budget, and platform to "be the boss" of their own projects. Young residents interested in building their resumes or advocating for mental health awareness are encouraged to contact the Vida del Norte Coalition to get involved.

By empowering young residents to lead, Active8 ensures that the foundation of a healthier, drug-free Questa is built by the very generation that will inherit its future.

Contact Maria Gonzalez @maria.gonzalez@vidadelnorte.com or (575) 779-2260 for more information or to enroll.

Why Join?

BE THE BOSS:

Help decide what projects and events Questa hosts for people your age.

BUILD YOUR RESUME:

Gain real-world experience in leadership, event planning, and local government.

MAKE AN IMPACT:

Work on substance misuse prevention and mental health awareness to keep our friends and families safe.

EARN YOUR STRIPES:

Connect with professional programs.

<< Photo by Diane León
Ricardo León Jr



<< Photo by Ghostl.c**
Dominic Vallejos

Contact Maria Gonzalez @maria.gonzalez@vidadelnorte.com or (575) 779-2260 for more information or to enroll.

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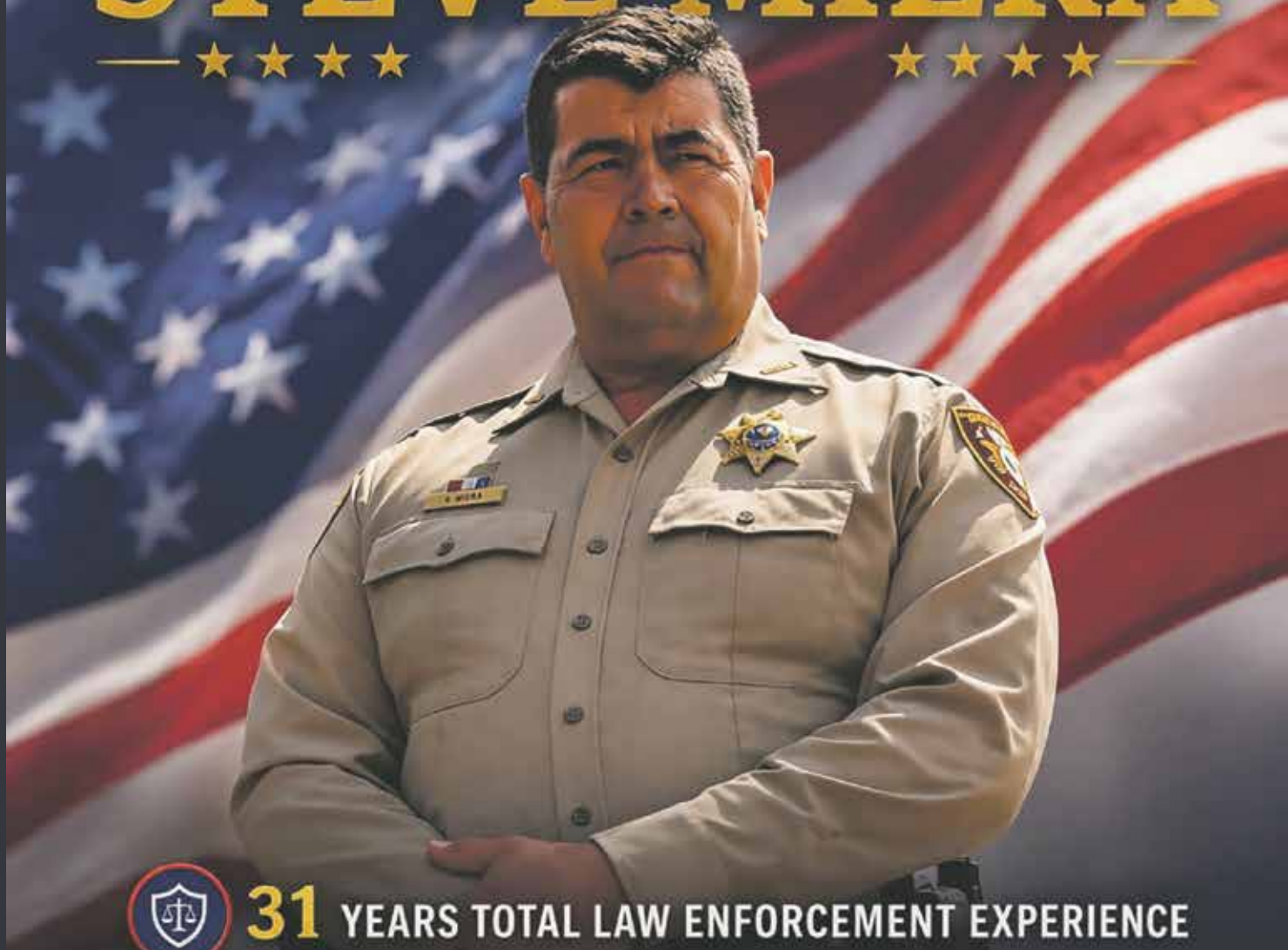
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Janae Dominguez

By LORA ARCINIEGA

Determined, resilient and motivated: These are the words that define Janae Dominguez.

The oldest of five children and the Questa High School class of 2026 valedictorian, Dominguez has more than academic accolades to her credit. The daughter of Kristi Padilla and stepfather Xavier Rascon, Dominguez is preparing for her next chapter this fall at the University of New Mexico's main campus in Albuquerque.

As the eldest sibling to Maliyah, Mateo, Zaedrian and Jordin, Dominguez has been her siblings' leader who all turn to her for guidance and help with their homework.

"I've always liked to challenge myself," Dominguez said. "Once I set my

mind to something, I am determined to get it done."

That determination earned her the rank of valedictorian in March. A member of the National Honor Society since seventh grade, she has balanced her 4.0-scale academic ambitions with a busy athletic schedule in cheer, volleyball, and track and field. Adding to her versatile extracurricular profile, she is also a member of the school's Mariachi group, showcasing her dedication to both traditional culture and the arts.

"It's always been important for me to stay busy," she said. "It keeps my mind preoccupied and keeps me on task."

Dominguez admits she grew up faster than most, largely due to a family crisis when she was only 6 years old. Her brother Mateo, then 2, accidentally ingested a controlled substance. Though doctors initially feared he would not survive, Mateo is now 14-years-old. Dominguez said the occurrence "stirred something inside" her, triggering a desire to help her family and sparking a deep-seated interest in the justice system.

"I eventually want to go into law and become a criminal prosecutor," Dominguez said with authority, noting that her brother's experience spiked her interest in



Photo by Wild Peridot Photography

Janae Dominguez

the legal field.

Her commitment to service extends beyond her home. Through the National Honor Society and cheerleading, she has volunteered for Earth Day cleanups and at the local food pantry. She also participates in community health efforts, such as the school blood drive, and promotes school spirit by decorating for athletic events and volunteering during the annual field day.

During the winter, Dominguez works guest services at Red River Ski Valley, a position she has held for nearly three years. "I really liked my job at the ski valley and also enjoy skiing when I have time," she said.

In May, Dominguez will graduate high school having already earned an associate degree through two years of dual-credit

classes offered through UNM-Taos. As she prepares to move into the UNM dorms in Albuquerque, she carries with her a love for cooking—a skill she learned from her mother.

When discussing role models, without hesitation Dominguez credits her mother's resilience as her primary fuel. "My mom is one of the hardest-working people I know," she said. "Watching her overcome challenges she has faced has motivated me to work hard and stay committed to my goals."

She also finds inspiration in her maternal grandmother, Vikki Sandoval, whom she fondly calls "Gramita."

"My Gramita is a great role model," Dominguez said. "She has always pushed me to be the best that I can be. She is always telling me how proud she is of me."

As she looks toward college and her path to a degree in political science, Dominguez offered a final piece of advice for her younger classmates: "Stay positive and take advantage of opportunities that are in front of you. Learn from your failure as well as your success, because failures are just as important as successes. Also, stay involved with activities and volunteer in your community. Those new experiences will help you build confidence and skills."

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ATHLETE Spotlight



MARISSA ORTIZ: 12TH GRADE, 17 YEARS OLD TRACK AND FIELD (POLE VAULT AND RELAY), CHEER.



ACHIEVEMENTS: "Our squad recently won a state title in cheer and I was a flyer!"

HERO/ROLE MODEL: "I look up to my grandma Maria because of the way she carries herself. It makes me stronger when I think of what she would do in a challenging situation."

WHY DO YOU LOVE IT: "I love to run track because when I jump or win 1st place at meets it encourages me when people cheer me on."

OTHER STUFF: "I like to go to church. It's the best way to start the week."



RICHARD ROWELL: 2ND GRADE, 8 YEARS OLD, BASKETBALL (CENTER), SOCCER, FLAG FOOTBALL, BASEBALL.



ACHIEVEMENTS: "I won a medal and a trophy at my championship game."

HERO/ROLE MODEL: "My hero is my dad and mom."

WHY DO YOU LOVE IT: "I love to play because I have fun when I win or lose. I always try my best."

OTHER STUFF: "I love to hunt and ski for fun."

COACHING Spotlight

DWAYNE ORTEGA

YOUTH FOOTBALL - 3 YRS, TRACK & FIELD - 3 YRS, JUNIOR HIGH FOOTBALL - 3 YRS, VARSITY FOOTBALL - 2 YRS



ONE WORDS DESCRIPTION: Resolute

COACHING PHILOSOPHY: "There is no "one size fits all" coaching philosophy. Build strong trust and relationships by showing athletes you genuinely care about their lives beyond sports. That relationship provides the best atmosphere for learning and growth, followed up by teaching strong work ethic, skill building, and a love for the sport."



ENJOYS MOST: "Watching athletes realize that through commitment, hard work, and resiliency they can and will overcome an "I can't" attitude and experience amazing personal growth and success."

HOBBIES: "Music performances, time with family, working with the Wildcat athletes."

YOU DID IT!

High school is behind you and the future now in front of you. Always believe in yourself and have faith in all that you do. SO PROUD OF YOU!



Alyse Lavato

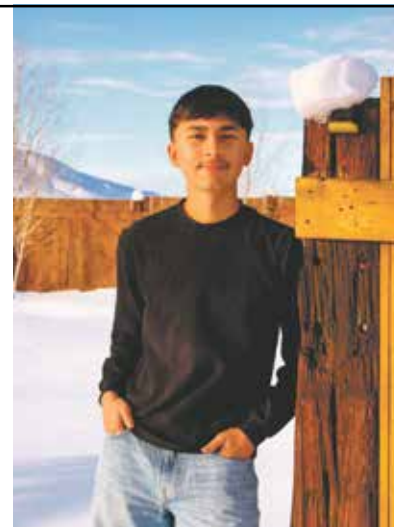
Love you

Dad, Andrew,
Angelica and
Mom

DJ:
CHASE YOUR DREAMS
BUT NEVER FORGET THE ROAD
THAT LEADS YOU HOME.

WE LOVE YOU SO MUCH AND
ARE SO PROUD OF YOU!

**GRANDPO JIMMY, GRANDMA RUBY
& AUNTIE ROSIE**



Donny Santistevan

Son,

Words can't describe how proud we are of you. Your hard work and determination to succeed have always stood out, and it's been amazing to watch you reach this milestone. We're excited to see what the future holds for you and know great things are ahead. May the Dear Lord bless you and always keep you safe.

*Love you always,
Mom & Dad*



Best of luck Class of 2026!

"As you move forward, never forget where you come from, and the people who will forever be cheering you on."

- *Questa Jr./Sr. Honor Society*

QUESTA HIGH SCHOOL SENIOR HONOR SOCIETY MEMBERS:

Top Left to Right:

Alyse Lovato, Donny Santistevan, Ricardo León, Jake Schave.

Bottom Row,

Left to Right:

Aaliyah Piper, Jocelyne Ortega, Janae Dominguez, Joshlyn Medina, Ariana Medina, Sophia Smith.



Questa High School Class of 2026

Kids Express Art Show Showcases Young Talent, Family Fun

By CLAIRE COTÉ, LEAP Director, QCC Board Member and Harwood Museum Teaching Artist

The room felt different the moment you walked in: brighter, and unmistakably alive. The “Kids Express Art Show” transformed the Questa Youth Center into a vibrant celebration of imagination, where every wall pulsed with color, experimentation, and heart.

From bold acrylic paintings and watercolor self-portraits, to playful monoprints and a joyful collaborative mosaic, the exhibit reminded us that creativity is always ready and it shows up when kids are given the space to explore. The evidence was in the details: fresh color choices, inventive textures, and ideas from favorite virtual games, architecture, emotions, and landscapes explored through clay, wood, and paint. Genuine expression manifested.

What made the show even more meaningful was the collaboration behind it. Students, teachers, and community partners came together to create something bigger than any one program. On Thursday April 16, the opening reception brought it all



Photo by Claire Cote

Mariachi Questa during Kids Express Opening Reception drew a crowd on April 16, Questa Youth Center

together with Mariachi music, a wonderful turnout of families, community members, and young artists witnessing their work being celebrated. The exhibit and musical performances exemplified the power of art to build connection, confidence, and belonging.

Kids Express was a joyful reminder: when young voices are given space, they don't just fill it, they transform it.

Gratitude to the young artists for your beautiful artwork, and to art teachers Maya MacDonald (Alta Vista), Gaea McGahee (Roots & Wings), and Lorie Hawkes (Red River Charter); your work and creativity was at the heart of this event! Thank you to Rachel León and all the Questa Community Mariachi performers for your wonderful playing at the opening reception; you brought the house down!

Thanks to Kristie Ritchlin (Vida del Norte Youth Coordinator and onsite Questa Afterschool Program Leader) for many logistics and overall support, Mary Jo Kelly (QCC) for installation assistance. Gratitude to event partners Questa Creative Council (QCC), Village of Questa, Harwood Museum of Art, Vida del Norte Questa After School Program and for grant funding support from Chevron Grants for Good and the IMPACT grant through Taos Community Foundation. Thank you to all who made this youth art show show possible!

Let's continue to celebrate creativity, beauty, expression and the perspectives of young people in our community!

OPED: B. ORTEGA cont'd from page 3

What This Means for Everyday Life in Questa

This project brings tangible local benefits: jobs (during construction and long-term), revenue that stays in the community, and support for infrastructure and services. It can help fund needed improvements—roads, parks, water and sewer systems—while strengthening emergency services, police protection, and ambulance response. Ultimately, it gives the village more capacity to invest in what matters most.

Respecting the Land

We ranch and work this land, and we take care of it. The proposed site is already impacted—a designated Superfund site—where use is limited and reclamation is ongoing. This project repurposes that land with a relatively small footprint that follows natural contours. The mountains, monument, and trails that define Questa remain unchanged.

Final Thought

This isn't about taking sides—it's about asking what makes sense for Questa. We want a future with opportunity: jobs, services, and the ability for people to stay. We'll keep listening, answering questions, and working toward what's best for the community—because this is our home.

Brought to you by



By LORA ARCINIEGA

Since its founding on August 15, 1981, the Catholic Daughters of the Americas Sangre de Cristo Court #2229 has served as a cornerstone of faith and philanthropy for the mountain communities of Questa, Cerro, Costilla, and Amalia. Operating under the national motto of “Unity and Charity,” this group of 23 dedicated women balances a commitment to spiritual devotion with a robust network of community support that reaches far beyond the church doors.

The organization, currently led by Regent Rosalie Ortega, who has served in the role for several years, is part of a storied national legacy that began in

Faith in Action: Women of Sangre de Cristo Court #2229

Utica, New York, in 1903. Over the last four decades, the local court has translated that national mission into a series of highly impactful local initiatives designed to support neighbors in every stage of life.

One of the main ways the court stays connected to the community and gives back is through their yearly scholarship. Each year, the organization awards between one and three scholarships to young Catholic women from Questa High School who have demonstrated consistent service and commitment to their faith. These financial awards provide critical support for students pursuing higher education, ensuring that the next generation of local leaders is grounded in both academics and community values.

The court also fosters creativity and reflection among younger children through the annual National Education/Art Contest. This program provides a platform for students in catechism

classes to use their imagination to explore spiritual themes. Through their artwork, students have the opportunity to showcase their talents and potentially advance from the Northern New Mexico level to state and national competitions.

The group's charitable outreach is funded through various fundraisers held throughout the year, targeting some of the most vulnerable populations in the region. Their efforts include regular contributions to the men's shelter in Taos and the Community Against Violence, as well as providing essential resources to local pregnancy centers.

Recognizing the challenges of isolation in rural areas, members coordinate bi-monthly gift deliveries to homebound senior citizens, ensuring they remain connected to the community. In times of immediate crisis, the court also acts as an emergency safety net, at times providing families with money for groceries, household essentials,

and donations to the local food pantry. Lovieda Cisneros, a founding member, said she finds fulfillment in both helping community members and the group's spiritual focus.

While the physical work of the court is extensive, the members maintain that their service is fueled by a foundation of faith. A strong prayer chain and regular devotions serve as the group's spiritual engine, offering intercession for community needs and personal intentions. Through this blend of prayerful reflection and active service, Sangre de Cristo Court #2229 continues to uphold its century-old tradition of charity, proving that even a small group of dedicated women can sustain the spirit of an entire region. Memberships are currently open and your spiritual journey awaits.

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Questa High School Class of 2026



Alyssa Cintas



Janae Dominguez



Adam Gordon



Skye Hurtado



Ricardo León



Alyse Lovato



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Luke Rael



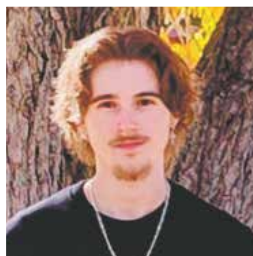
Noah Rael



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Congratulations Graduates

Chevron believes in the power of human ingenuity to lead us to a brighter future. Class of 2026, lead the way.



Heads-up; Artists and Culture Lovers!

The deadline is looming to apply for our 11th-annual Questa Art Tour!

The tour will be the second weekend in August, Sat. 8 and -Sun. 9. The fee to register is still \$60, half the price of all other area art tours.

Our team is already working hard to publicize this event throughout the Southwest. Your name, your work, and where to find you will be included on 3,000 glossy map-brochures distributed around northern New Mexico, plus you will be highlighted in our social media, and represented in our final local advertising only if you get your application to us by May 10th.

That glossy map-brochure takes time to layout, design and get to the printers, then distribute once we have it in hand!

New this year, we have an online application form that will expedite this for you, where you can also upload your images all in one place. Find this and more



Photo by A. Bouyer

Viewers at a Questa History Trail sign

information at <https://questacreative.org/questa-art-tour/>. (Hard copy applications are available at Rael's Market.)

May is also the time to start looking our best for summer visitors, the 800 who come through town for the art tour, and others attracted to Questa's growing reputation for fishing, hiking, and scenic driving around our national monument. And for appreciating our culture.

One of the first needs identified after the mine closed, was a way to celebrate our unique local culture and history. Our team responded by developing the Questa History Trail. We worked hard securing grants and support from the Forest Service, the Northern Rio Grande National Heritage Area, and the New Mexico



Photo by A. Bouyer

Questa Art Tour visitors at S. Gomez studio

Humanities Council. We gained feedback from members of our village, and permissions for the trail route, and spent more time sourcing oral histories and accurate research to inform our interpretive signage and our deep, thorough website.

Enthusiasm was so great that we thought we'd have no trouble maintaining the trail. But in the 8 years since, the same two lead creators have been the only ones pulling weeds and cutting the grass around our signs. (With one-time help from a willing and burly volunteer, thank you, Mark!) And, we are very appreciative of the Village staff who cut the grass around our final 2 signs along the highway!

We really need this valuable village asset to gain some helpful angels. Many of

us walk or drive by the 8 interpretive signs and if we could notice when the weeds need cutting, then just stop and help out, that would be a game changer!

Do you value our truly unique history and culture? Do you want visitors to be made aware of how special our village is? Can you be a History Trail angel? (no need to ask us, or form a committee, just do it, one time, weekly, two times, We will appreciate any support you give!)

Now is a great time to get out and walk the trail before the weather stays too hot to enjoy yourself. You can read all about it, and explore the deeply-researched pages that cover many topics of Questa's past at <https://questacreative.org/questa-history-trail/>.

La Acequia, Nuestra Madre: Art and History of New Mexican Waterways Exhibit Opens in Taos

By STAFF WRITERS

The Millicent Rogers Museum will present a new exhibition examining the cultural and historical significance of New Mexico's traditional irrigation systems, highlighting both their legacy and the challenges they face.

"La Acequia, Nuestra Madre: Art and history of New Mexican waterways," co-curated by artist Toby Morfin and Claire Pelaez Motsinger, brings together contemporary artists whose work reflects a shared commitment to land stewardship and water conservation. The exhibition focuses on acequias, community-managed irrigation systems rooted in Indigenous practices and later shaped by Spanish and American influences.

Acequias — networks of surface ditches and headgates used to distribute water — have long served as both an agricultural tool and a communal institution in the American Southwest. Their history traces

back to centuries-old traditions, including the influence of Moorish irrigation methods in Spain and their introduction to the region during Spanish colonization, followed by changes under U.S. governance.

Today, organizers say that tradition faces mounting pressure from drought, declining snowfall and development. Advocates warn that reduced water flow and shifting land use threaten not only agricultural practices but also a way of life centered on shared responsibility and cultural continuity.

The exhibition honors the role of parciales — community members who maintain acequias — and features work by a range of New Mexico artists, including Floyd Archuleta, Luis Barela, Erin Currier, Steve Chavez, Jodie Herrera, Nicholas Herrera, Steven Katzman, Juanita J. Lavadie, Felix Lopez, Krissa Lopez, Morfin, Jody Naranjo, Michael Naranjo, Roxanne Swentzell and Jim Vogel.



Courtesy photo

A Steve Chavez weaving to be displayed at the exhibition

An opening reception is scheduled for May 2 from 5 p.m. to 7 p.m. A related film screening, "Acequias: The Legacy Lives On," will take place May 30 at the Taos Center for the Arts.

The exhibition is supported by the Taos County Lodgers Tax, the Sangre de Cristo Acequia Association, the Taos Valley Acequia Association and Des Montes Art Gallery.

Located at 1504 Millicent Rogers Road,

the Millicent Rogers Museum partners with communities across the Southwest to share regional art, history and culture. The museum is open from 10 a.m. to 5 p.m., Thursday through Tuesday. General admission is \$20, with discounted rates for seniors, students and veterans. Taos County residents receive free admission on Sundays, and children under 6, museum members and tribal members are admitted free daily.

Opening Reception:

Saturday, May 2
5 - 7 p.m.

Show Dates:

May 2-August 30
10 a.m.-5 p.m.
Thursday - Tuesday

Film Screening:

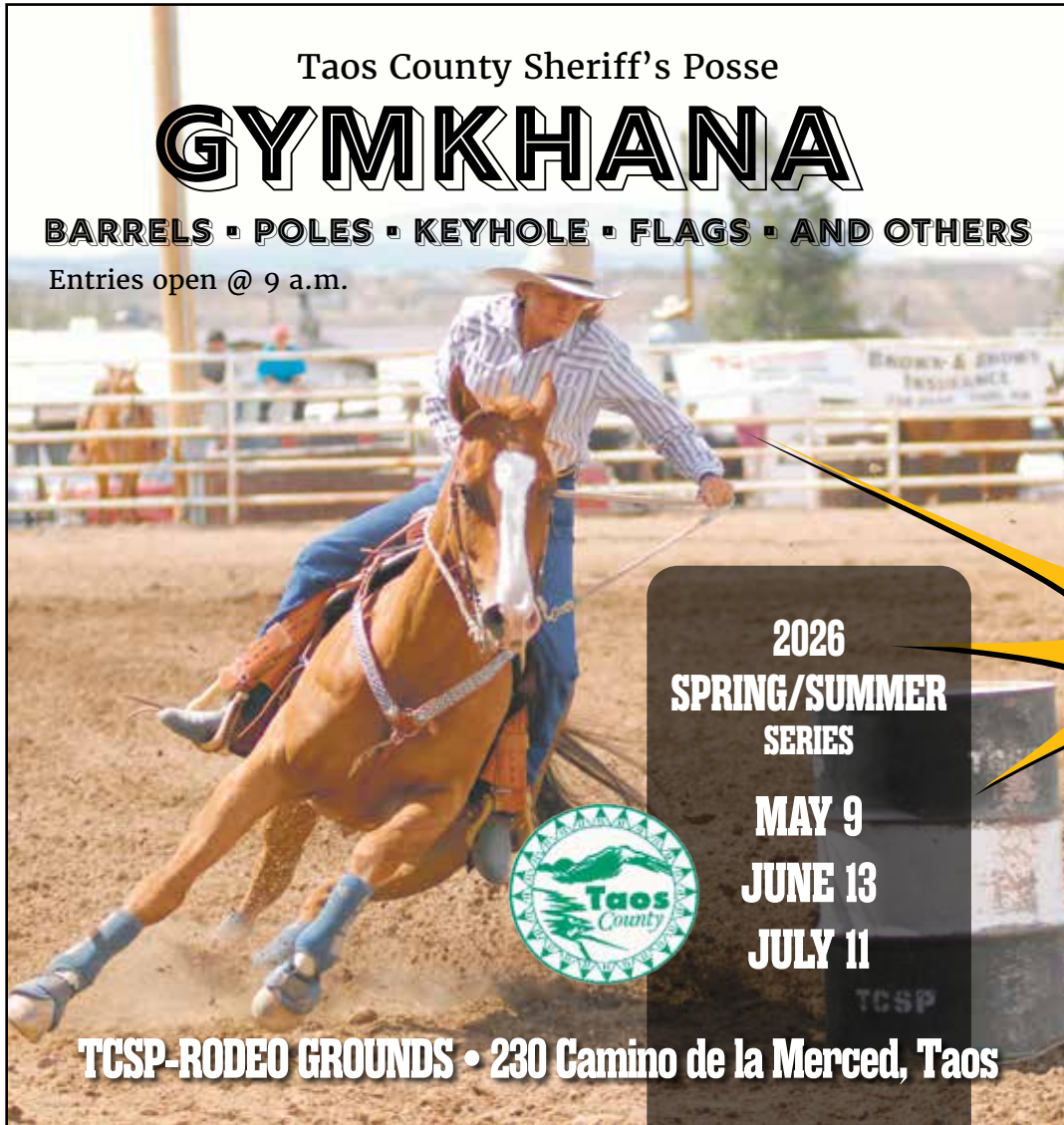
Thursday, May 30
Location: 1504 Millicent Rogers Rd, Taos

Taos County Sheriff's Posse

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Voces de Nuestro País Feat

By CLAIRE COTÉ
Director of Voices of
the Northern Rio Grande

Historias de la familia, amor, aventuras, y desventuras dichas por la gente de nuestro país

Voces de Nuestro País ~ Voices of Our Area are monthly story gatherings celebrating local voices and culture. Featured local guests share stories of family, history, love, work, adventures, and

misadventures. Each event is recorded and released as an audio and video podcast on YouTube, Apple Podcasts, Spotify, and Amazon Music; search “Voces de Nuestro País.” By sharing these stories virtually, we hope to extend and multiply the sense of community connection that is felt during the live gatherings. Please tell your friends and family!

The May Voces de Nuestro País event celebrates Motherhood and the Moms in our communities. Mothers play a central role in society and yet their profound impact, invisible labor, struggles, super-powers and personal journeys are often unacknowledged and unheard. This month, in honor of Mother’s Day, we feature the voices, experiences, stories and wisdom of local Mothers. Our tenth Voces de Nuestro País Event and podcast episode will feature Maria Gonzalez, Connie Long, Kristie Ritchlin, Karen Shannon, Cynthia Vigil, Valerie Vigil, Evie Trujillo, and Kira Trujillo along with others. We are grateful to these women for being willing to share. Please join us in listening to their stories and honoring them!

In April, the ninth Voces de Nuestro País continued its exploration of music, family, church, and community with brothers and musicians Billy and John Archuleta of Des Montes. They played and

sang a wonderfully diverse range of songs together - originals, traditionals, classics and an audience sing-along. John shared memories and stories of his grandfather transformed into song, and his love for the traditional Spanish music of Northern New Mexico and Southern Colorado. Billy Archuleta shared his experience composing a complete musical mass and playing selections from it at the Vatican. He also talked about his difficult and formative experience of having TB as a child.

Our eighth Voces de Nuestro País event took place at the end of March and focused on life and history in Red River, featuring Carol Woerdle and Krista Brandenburg. Carol Woerdle is known and loved in Red River as former co-owner of Sitzmark and wife of the late George Woerdle. She shared memories of her early days in Red River and the changes she’s witnessed there. Krista Brandenburg is a Red River native and owns The Gold Nugget and Climates stores. She shared memories of growing up in Red River, the challenges of navigating rural schools and becoming a business owner.

Both the eighth and ninth Voces de Nuestro País episodes are available to listen to and watch online. We invite you to check them out and enjoy!

Michael Rael is MC and curator for these monthly gatherings and podcast episodes, hosted in collaboration with Questa Library and Voices of the Northern Rio Grande, a program of local nonprofit, Localogy. Audio recordings, videos, and images from “Voces de Nuestro País” events are also being added to the digital community archive, a local repository and resource established by Voices of the Northern Rio Grande and Questa Public Library with support from the Manitos Community Memory Project. Learn more about the community archive and listen to stories from community members at QuestaStories.org and QuestaLibrary.org.

Don’t miss our tenth “Voces de Nuestro País” event at Questa Library on May 9, 2-4 p.m. We hope you can join us!

If you have stories you’d like to share, please let Michael Real or Claire Coté know. Email Michael at rael870@gmail.com or Claire at QuestaStories@gmail.com.

Voces de Nuestro País

Saturday, May 9

2 - 4 p.m.

Location: Questa Public Library



Photo by Claire Coté

Connie Long, Questa Stories event 2018



Courtesy Image

Valerie Vigil



Courtesy Image

Cynthia Rael-Vigil



Photo by Claire Coté

John and Billy Archuleta Playing at Questa Library



Photo by Claire Coté

Krista Brandenburg, Michael Rael & Carol Woerdle in March



QUESTA
PUBLIC LIBRARY

from the Librarian's Desk...

Sharon Nicholson

Libraries have evolved from quiet book warehouses into active community resources. While their original mission was to preserve and share written knowledge, today’s libraries focus on access, equity, and practical support. Alongside print and digital materials, many modern libraries now offer a “Library of Things”—allowing people to borrow tools, kitchen

equipment, technology, musical instruments, and other everyday items. This shift reflects the library’s modern role as a place that shares not just information, but resources, skills, and opportunities—helping communities learn, create, and thrive in tangible, hands-on ways.

We’re excited to introduce our Library of Things, a collection of useful, educational, and fun resources beyond traditional books. Our newest additions include Birding Backpacks, complete with binoculars and bird identification guides—perfect for exploring local wildlife and enjoying the outdoors. We’ve also added a telescope for stargazing and web-



Courtesy Image

Adventure starts at the library

cams to support Zoom meetings, virtual classes, and remote connections.

These items reflect our goal of making the library a place where the community can not only read and learn, but also experience, discover, and create. We’d love to hear from you—what items would you like to see added to the Library of Things? Your suggestions help shape what we offer next.

While our space is currently limited, we’re actively working on ways to grow and improve this collection. Thank you for your ideas, enthusiasm, and continued support as we build a library that serves shared needs and interests.



A Connection That Works as Hard as You Do: How Kit Carson Fiber Empowers Local Customer Yavanne Jaramillo

Yavanne Jaramillo's life is a testament to dedication and community spirit. As a local business owner, a rental caretaker, and the dedicated Special Olympics coordinator for 16 years, her schedule is packed. She needs reliable high-speed internet. But the decision to switch to Kit Carson fiber three years ago was not just about professional convenience—it was about providing essential stability at home for her daughter, Leanna.

Leanna, who is autistic and disabled, relies on the internet for her daily routine, using it constantly for music and movies. Structure and consistency are necessities for her daughter. Before Kit Carson Internet, the family endured constant frustration caused by slow speeds and frequent outages. These interruptions disrupt Leanna's required structure.

"I ended up switching over to Kit Carson because it was a better service and higher speed... I did it more for my daughter," Yavanne explains. "She likes structure. When I had CenturyLink, the internet would just shut off. Now, with Kit Carson Internet, we've never had a problem in three years. It's been perfect."

Since connecting to Kit Carson fiber, those frustrations have vanished entirely. The stable, powerful connection allows Leanna to stream her favorite Metallica albums and Chinese food videos without a hitch, ensuring the calm and predictable home environment she needs. This reliable service is a game-changer.

The reliable connection simultaneously drives Yavanne's demanding work life. In the past, high-bandwidth tasks like regular Zoom meetings for her tireless Special Olympics coordination efforts were a struggle. Her previ-

ous service simply stalled under the pressure of their busy household.

"I have Zoom meetings all the time for the Special Olympics, and that used to be slow," Yavanne says. "Now, I can be on both of my desktop computers in my office and Leanna is on her laptop and her phone... and things are much faster. I've noticed a big difference!"

This multi-device reliability is essential. Today, Yavanne can file business invoices and manage rentals online while Leanna is streaming; the bandwidth never falters. Kit Carson Internet empowers both of them to be online simultaneously for work, charity, or relaxation.

Beyond the speed and the fiber, Yavanne says the true difference is outstanding local service. She speaks of the staff—including Samuel, Laura, and Nadine—like trusted neighbors who treat customers like family. "I love the workers at Kit Carson Internet. They did a wonderful job. They were here and gone, hooked up everything," she adds.

This positive partnership has turned Yavanne into an enthusiastic local ambassador. She has convinced the owners of the vacation rentals she manages to switch to Kit Carson Internet after guests complained about the slow speeds. Now, those visitors can work remotely or stream movies effortlessly from the rentals, making her job as a caretaker easier.

Whether she is organizing a major car show fundraiser or prepping athletes for the State Special Olympic Games in Albuquerque, Yavanne is always on the go. By choosing Kit Carson fiber, she found an affordable, reliable partner that works as hard as she does, supporting her home, her business, and her commitment to the community.



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|---|--|
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| <p>From Pitch to Profit: Real Stories from Questa Entrepreneurs</p> | <p>Thursday, May 7th 5:30-7pm Questa Library</p> |
| <p>Business Planning & Strategy Workshop with Anwar Kaelin</p> | <p>Tuesday, May 19th 11am-12pm Questa Library</p> |
| <p>1:1 Confidential Business Consulting with Anwar Kaelin</p> | <p>Thursday, May 21st By Appointment Only Questa Library</p> |

Visit our Questa Business Bridge Hub online for full class descriptions and to register for a class.

Northern New Mexico Faces Above-Normal Wildfire Risk in May

By MIKAYLA ORTEGA

Northern New Mexico is expected to face an above-normal risk of significant wildfires in May, according to the latest National Significant Wildland Fire Potential Outlook from the National Interagency Coordination Center.

In response to extremely dry conditions and heightened wildfire danger, the Carson National Forest will begin Stage 1 fire restrictions on April 24.

Residents and visitors are urged to take these restrictions seriously. Current conditions mean it would take very little to ignite a wildfire, so use extreme caution with anything that could create a spark. Protecting our communities and

forests depends on all of us.

The outlook places much of northern and central New Mexico in a zone where conditions favor more frequent or more intense wildfires than is typical for this time of year.

Fire officials use the monthly outlook to guide staffing, equipment positioning and other preparedness measures ahead of peak fire season. The assessments combine forecasts from regional predictive services units across the country.

Above-normal fire potential indicates a greater likelihood of large, significant wildfires, though it does not guarantee that fires will occur.

Much of the heightened risk in northern New Mexico is driven by a

combination of dry fuels, lingering drought conditions and seasonal warming that can accelerate fire behavior in late spring. The outlook is updated at the beginning of each month and is intended to help fire managers make proactive decisions aimed at protecting lives and property.

Residents in northern New Mexico can take several steps now to reduce their risk as wildfire season approaches.

Fire officials recommend creating defensible space by clearing at least 30 feet of dry vegetation and debris around homes, trimming trees and keeping flammable materials like firewood away from structures. Homeowners are also urged to “harden” their properties by

cleaning gutters, installing ember-resistant vents and using fire-resistant building materials when possible.

Authorities advise families to develop evacuation plans that include multiple routes, emergency supply kits and arrangements for pets and livestock. Staying informed is also critical, including signing up for local emergency alerts and monitoring fire weather conditions such as Red Flag Warnings. In addition, residents should take care with everyday activities by avoiding outdoor burning during dry, windy conditions and ensuring campfires and equipment are used safely to prevent accidental ignitions.

Officials Urge Residents to Prepare ‘Go Bags’ as Wildfire Risk Worsens

By STAFF WRITERS

With wildfire season already forcing evacuations in parts of New Mexico before the end of spring, state forestry officials are urging residents to prepare now by assembling emergency “go bags” that can be grabbed quickly in a crisis.

The New Mexico Forestry Division said no one expects to evacuate, but early-season fires underscore how quickly conditions can change. Officials emphasized that preparing a basic emergency kit can be done in just a few hours over a weekend.

Residents are encouraged to start with a sturdy, easy-to-carry bag such as a duffel or backpack that can be stored in an accessible place. The goal is to have essential supplies ready for at least three days away from home, whether staying at an evacua-



Courtesy Photo

Go bag essentials include overnight clothes, important documents, and medications.

tion shelter or with family.

The division recommends packing necessities including clothing, toiletries and prescription medications, along with copies of important documents such as birth certificates, deeds and medical records. Officials also suggest creating a list of irreplaceable items — like family

heirlooms or sentimental belongings — to help residents quickly gather those items if time allows.

A typical wildfire “go bag” should include a three-day supply of nonperishable food, one gallon of water per person per day, a first aid kit, a flashlight, a battery-powered radio and extra batteries.

Other recommended items include extra car keys, cash or credit cards, maps with multiple evacuation routes, and supplies for pets.

Officials advise keeping the bag lightweight enough to carry easily and to consider using wheeled containers for heavier items like food and water. They also recommend keeping sturdy shoes and a flashlight by the bed in case evacuations are ordered overnight.

If time permits during an evacuation, residents may also want to add valuables, family photos, electronic backups and chargers for devices.

More information about emergency preparedness is available at Ready.gov.

State officials stressed that preparation ahead of time can make a significant difference when evacuation orders are issued, helping residents leave quickly and safely.

OPED: HYDROGEN cont'd from page 3

of electrolyzers grew from 11 to 50, and the projected permanent jobs shifted over time to only 9. (Also the 15MW solar array became a 50MW solar array covering 300 acres, and yet no Environmental Assessment has been done for this significant change, as plans continue forward for a May 2026 groundbreaking event.) Councilman Gonzalez ended his remarks by asking, “Who is running this project?”

The New Mexico Office of the State Engineer (OSE), responsible for managing and protecting New Mexico’s water

resources, has recently sponsored ads and Public Service Announcements saying, ‘what is happening now is the driest period in New Mexico in over 1,000 years. The effects of this have parched ecosystems and put water supplies at risk.

‘We hope for years of great ski seasons and good monsoons, but we can’t control the weather. What we can control is how we conserve this precious resource to stay in balance.

‘So do your part. Only take what you need, no more.’

So it would seem that something like a water-intensive hydrogen plant in drought-stricken Questa would not be

an approved way of taking only what you need and no more—by the OSE.

People already are having to dig their wells deeper in Questa and surrounding areas, or they have already gone dry.

The OSE states in the KCEC “fact sheet” that ‘diverting up to 250 acre-feet per year would not adversely affect the local aquifer.’ That’s over 81 million gallons of water a year.

How much water would that be over the 30-year lifetime of the hydrogen plant?

At just 100-acre feet per year that would be a billion gallons of water.

It seems hard to believe that would not cause an adverse effect on a severely-de-

pleted aquifer.

The reality is that New Mexico has recently changed from ‘an arid climate to one of aridification’. This means that faster evaporation of the snowmelt and surface water has resulted in lower levels of rivers, acequias, lakes, and aquifers to the point that New Mexico now has a ‘groundwater crisis’.

Water is the most precious resource because—without it—there is no life.

So it needs to be protected, and conserved, now and for future generations—and even more so when you are in ‘the driest period of a thousand years’.

No Hydrogen in Questa.

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By Toner Mitchell

A Tough Year for Trout

If our winter didn't end almost as soon as it began, it's definitely over now. Thanks to some recent precipitation, the early emerging leaves and buds don't seem so ominous. But don't let that fool you.

The reported flip into an El Nino cycle bodes well for us, but it will take a rich monsoon season and heavy snows next winter to catch us up as far as water security is concerned. Ever up to the task, farmers will make the most of scarce irrigation water. Urban residents will embrace the importance of letting lawns turn a little yellow and not spraying sidewalks with the garden hose. As they have for generations, New Mexicans will rise to this challenge.

During this wickedest of droughts, anglers must understand that we have a role to play too, that we must recognize the fragility of our trout and steward them accordingly. As any cold-blooded creature, a trout's metabolism mirrors its surrounding temperature, shutting down when the environment becomes



Photo by Toner Mitchell

Lagunitas Creek near San Antonio Mountain, late August 2025

too hot or too cold. This is not a problem in most circumstances; if its metabolism isn't on, a fish doesn't need to fuel it or do much of anything.

A trout in winter doesn't need to do much of anything since the streams are usually protected by ice and unfishable. Not so in summer, when fish become vulnerable to a host of predators, mainly humans. Fortunately, summer is also a time when food is plentiful and trout have enough energy to escape threats. It's also a time when streams run flush from melted winter snowpack.

In a year like this, however, there hasn't been a snowpack to melt, and some streams have dropped to their pre-monsoon July levels in April. Lower streams heat up faster, which means that water temperatures will climb to extreme levels by the time July actually arrives, putting our precious trout resource at risk.

Trout are generally most active and

comfortable in water ranging from 50 to 65 degrees Fahrenheit. In water below 40 degrees trout have the appetite of rocks. In water above 70 or 75 degrees, trout are like dogs in cars with the windows rolled up. They will die.

Since lethally warm water is going to be common this summer, let's follow these tips to avoid damaging the resource:

Buy a stream thermometer and use it (knowing the temperature helps in the cold season as well). Check the temperature in the morning and when you feel the water warming up. Above 67 degrees, stop fishing for the day or wait until the water returns to a healthy temperature in the evening.

Even if the temperature is below the cutoff, fish that fight sluggishly, are difficult to revive during release, or die on the line are signals to stop fishing. You are stressing these fish beyond what their body functions can handle.

If you practice catch and release, set a catch limit for yourself and quit when you reach it. If you're catching fish after fish on a relatively cool day, consider that the trout you catch may be recovering from a hot yesterday or will need reserves for a hot tomorrow. There's no sense releasing trout if they will die anyway.

Start fishing early and quit by noon. If the fish you're catching are skinny, fish elsewhere. Conditions might be taking a toll on either the food supply or the trout's ability to consume or metabolize it.

Pray for rain.

Questa to Red River Hiking Trail Officially Approved

By MIKAYLA ORTEGA

A proposed 12-mile trail connecting the communities of Questa and Red River has been approved, marking a major step forward for outdoor recreation and regional tourism in northern New Mexico.

The Questa to Red River Trail will provide access to campgrounds, hiking trails, fishing areas, climbing sites and hunting areas along the route.

Project supporters said the effort was made possible through collaboration among the Enchanted Circle Trails Association, the Town of Red River and the Questa Economic Development Fund.

The next phase will focus on technical design work involving staff, partners and contractors. Plans include construction of 13 bridges over the Red River.

Officials said the trail will be built in phases, with groundbreaking expected within the next few years. Completion is projected within five to 10 years, depending on available funding.



This map shows how the trail would align with the road from Questa to Red River



72 Hats: A Celebration of Questa Volunteers

On a breezy evening at the end of March, ten local organizations gathered at the Questa VFW. Kids ran around, old friends caught up, and new connections were forged over good food and great company.

The event—Questa Connects: Volunteer Night, hosted by the LOR Foundation—brought together organizations

doing important work in and around Questa and gave community members a chance to explore ways to get involved.

Seventeen people represented the ten attending organizations—a mix of longtime community pillars and newer faces. At one point in the evening, table captains were asked how many roles they each hold in the Questa community—professional, personal, and volunteer combined. Think: business owner, nonprofit board member, youth group leader, farmers market volunteer. Together, those 17 individuals held a combined 72 roles.

Seventy-two. That's a lot of hats.

At LOR, we know there are many more people in Questa with good ideas and a genuine desire to contribute. And we also know life is busy. But if you've been thinking about getting involved, even a few hours a month can make a meaningful difference. There are organi-



zations right here in Questa that would welcome your time and energy.

And if there's something you wish existed here—a program, event, or project tied to a cause you care about—LOR Community Officer Maria Gonzalez

can help you bring that idea to life. No nonprofit experience or grant-writing required. Just an idea and the motivation to get started. Most eligible projects receive funding within 30 days, many in under two weeks.

Because here's the thing: this community runs on people willing to wear a few extra hats.

Which brings us to another group that knows a thing or two about that.

This Mother's Day, LOR honors the mothers of Questa—the youth sports coaches, PTA members, Sunday school teachers, food bank volunteers, and the ones doing quiet work behind the scenes that few people see but everyone benefits from. You wear a lot of hats. And this community is better because of you.

To learn more about how LOR can help you bring your project to life, contact Maria Gonzalez at maria@lorfoundation.org.



Backdoor Adventures: Exploring Questa's Hidden High-Country Trails

Partially Sponsored by J&L Powersports

By LORA ARCINIEGA

For off-road enthusiasts in Northern New Mexico, the greatest adventures do not require a long-haul trailer or a cross-state trek. According to the team at J&L Powersports, some of the most spectacular terrain in the Southwest is sitting right in the village's backyard.

As the spring riding season kicks off this May, J&L Powersports is highlighting the Flag Mountain and Largo Canyon area, a sprawling network of trails that offers a masterclass in high-desert and mountain beauty.

"A lot of people think they need to travel far to have a good off-road experience," the J&L team said. "But some of the best riding is right here. For us, powersports is about more than the machines; it's about the memories these machines allow you to make with your family in the fresh air."

The Flag Mountain area is a local favorite that remains overlooked by many. For locals, the journey often begins right from home. Common routes involve taking Cabresto Road to Old Kiowa Road, connecting through South Kiowa and Old Red River Road to Highway 38. From there, riders head to the Forest Service building to access Moly Mine Road. For those traveling from outside the area, ample parking is available at the end of Moly Mine Road.

Depending on the pace, a round trip can range from a quick 90-minute excursion to a full five-hour half-day adventure. Because the area is dense with branching trails, J&L recommends using GPS mapping apps like onX Offroad. The app works without cell service and helps riders navigate the many roads that branch in every direction, while respecting the boundaries between public and private land.

Before hitting the dirt, the family-owned shop emphasizes a "spring shakedown." After a machine sits through winter, checking tires, brakes, fluids, battery and drive belts is essential. "We want our neighbors to spend more time riding and less time broken down on the side of a mountain," the team said. J&L Powersports specializes in the maintenance of ATVs, UTVs, dirt bikes and snowmobiles, helping local riders ensure their gear is as ready as they are.

To ensure a safe trip, J&L suggests following this trail-ready checklist:

- **Pack the basics:** Bring plenty of water, snacks, a first-aid kit, eye protection, a jacket and a charged phone.
- **Watch the trail:** Be alert for changing weather, muddy spots, washouts and lingering snow. Mountain conditions can change quickly even on short rides.
- **Respect the locals:** Always be aware of livestock or wildlife on the trail and verify current Forest Service access. Some areas in the Carson National Forest may have seasonal gate closures in late spring for elk calving season.
- **The pre-ride five:** Check your tires, brakes, fluids, battery and belt before every departure.

J&L Powersports LLC is located at 2627 NM-522, Questa. The shop is open Tuesday through Saturday, 9 a.m. to 5 p.m. For more information, call or text (575) 586-2417.

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**BODY
MIND
SPIRIT**



By **BARBARA TRACY**

Rag Doll

This morning as I sat at the computer getting ready to explore what I wanted to write about this month, I remembered to check in with my inner self, which is neither side of any duality. It simply is. I asked silently, what do I need to know at this moment? The answer came immediately and very clearly – “You are not relaxed inside.” As I heard this, I began scanning my body, and sure enough, I was tense. Shoulders raised, head on a forward angle, and a rather “jangly” sensation inside that was like a buzzing. I was definitely not relaxed. So very often we are unaware of how we are really experiencing our

moment-to-moment lives. In view of that, I feel for the benefit of our physical/mental and emotional wellbeing, it is very important to take the time to do a check-in now and then to explore our state of being and what it may need.

I had a very busy morning physically and was a bit tired to boot. So I settled into a comfy chair, both feet flat on the floor and I closed my eyes. As I sat there, I began to let go of the tensions I could feel in the body. I allowed my body to let go, my head began to drop forward, my shoulders began to lower and settle into a more comfortable place and my breathing became more relaxed as I felt my entire being simply relax. I became a rag doll. No focus prescribed postures or correctness of sitting. Just absolute ease. During this letting go of tensions, there was a sense of tears welling up that were not connected to any story, just a feeling. Because I know that Cortisol is released through tears, I understood that this too was happening because of my choice to release and relax and so two tears rolled down my cheeks



Gemini generated image

and that was all that was needed. And to that was yet a deeper relaxing and a deepening of quiet inside. I sat quietly bathing in the yummy comfort of a quiet existence and then slowly raised my head, opened my eyes and welcomed the external world back in.

We are often not aware of what is transpiring in our nervous system when we are traversing our daily patterns of life. But it is obvious that we are all affected by even the most mundane experiences. Perhaps a clamoring sound occurs, or a small agitation happens but goes unnoticed.

When we understand how very normal our lives look on the outside, there are effects taking place by the smallest input from external situations no matter how they feel like the “usual” and go unnoticed. These accumulated, often ignored tiny, normal, insignificant events have much more impact on our lives and how we respond than we are aware of. So, check in when you can so that life can be lived in a more relaxing way.

Have a blessed month ahead and enjoy a little rag doll time.

SENIOR MENU: MAY 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | | | 1 Shredded Chicken & Bean Burrito Salsa/Sourcream Calabacitas Mango & Cantaloupe |
| 4 Beef Goulash Italian Vegetables Jello w/Pears | 5 Chicken Sandwich 3 Beans Salad Potato Wedges Tropical Fruit Salad | 6 Red Chile Beef Enchiladas Pinto Beans Zucchini Orange | 7 Baked Fried Chicken Mashed Potatos w/Gravy Green Beans Wheat Roll Mixed Fruit | 8 Ham & Beans Tossed Salad w/Italian Dressing Cornbread Strawberry Yogurt |
| 11 Salisbury Steak w/Gravy Brown Rice Vegetable Medley Strawberries & Bananas Angel Food Cake w/Whipped Topping | 12 Chicken Fajita Salsa Spinach Yellow Squash w/Diced Tomatoes Warm Apple Slices | 13 Beach Dog (Hot Dog w/Onions & Peppers) Broccoli Salad Pinto Beans Watermelon Blueberry Yogurt | 14 Chef Salad w/Ham, Turkey & Boiled Egg Ranch Dressing Wheat Roll Fruit Salad | 15 Green Chile Beef Stew Red Beets Tossed Salad w/Italian Dressing Wheat Roll Apricots |
| 18 Hamburger w/Lettuce, Tomato & Onion Baked French Fries Carrots Grapes | 19 Tamales w/ Red Chile Pinto Beans Chateau Blend Veggies Flour Tortilla Mango Chunks | 20 Sweet - N- Sour Pork Brown Rice Stir-Fry Veggies Pineapple Tidbits | 21 Chicken Strips w/Country Gravy Brussel Sprouts Tomato & Cucumber Salad Cornbread Tropical Fruit Salad | 22 Baked Fish Sandwich Tarter Sauce Roasted Herb Potatoes Broccoli Plums |
| 25 CLOSED | 26 Beef Taco Salsa Pinto Beans Carrots Applesauce | 27 Macque Choux (Kielbasa w/Onions, Corn, Peppers) Vegetable Medley Wheat Roll Cherry Vanilla Yogurt | 28 Chicken Alfredo w/Penne Pasta Italian Vegetables Jello Strawberries | 29 Frito Pie (Corn Chips, Beef, Red Chile, Beans, Cheese, Lettuce & Tomato) Scandinavian Blend Veggies Orange |



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 are encouraged.

Contact Numbers
Taos: (575) 737-8927
Chamisal: (575) 587-2778
Questa/Amalia: (575) 586-0508
PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



**LIVE
LOVE
LAUGH**

by Ellen Wood
a.k.a. Maruška

**You Are A Powerful,
Magnificent Being**

Before you read on, please sit for a moment and let that sink in. Say it out loud or silently: I am a powerful, magnificent being.

If your mind is saying no, I'm not, then just say yes, I am, and continue reading. It's not ego to recognize your own magnificence – it's acknowledging the spirit within you.

With all the loud noise of politics, it's easy to forget that we are participating in a glorious, powerful, awesome shift in consciousness. A shift in consciousness is a shift in perspective. As we change our beliefs about life, the life we see and experience then changes accordingly.

Globally, this shift has already started



Gemini generated image

and is gaining momentum all the time. You need all the power and magnificence that is your natural state because the old way of living isn't going to work well anymore.

There's a new paradigm emerging – a paradigm that thrives on sharing and valuing the creative contribution of each person. For a long time, creativity was the exclusive domain of an elite few. Those few created ideas, created art, created educational and power structures, created gender roles and

religious regimes – and everyone else followed along.

That's all changing. There's upheaval in this new consciousness – a change from seeing ourselves as limited human beings, playing it safe, following other drummers and seeing others as special, gifted and extraordinary – to realizing we, too, are special and gifted and extraordinary.

Now people everywhere are beginning to awaken to their own infinite creative potential – and it's causing a radical

shift in our world. The still, small voice inside each of us is becoming louder and louder. We're each beginning to become aware of the miraculous inspiration coming through us. We're starting to hear our own muse inspiring us to keep a steady conscious connection, let go of control, listen and express ourselves!

This ground-breaking journey is not for the faint of heart. You may have periods of smooth sailing followed by bumps and bruises, hesitation or resistance and then smooth waters again. However it looks, it's important that you love yourself – by taking actions of self-care – through this courageous process.

Just imagine a world where everyone – elders and youngsters alike – participate as empowered, magnificent, joyful and contributing members of society. You are part of this.

Ellen Wood of Questa, known artistically as Maruska, is an award-winning author celebrated for her transformative book series, The Secret Method for Growing Younger. Her latest release, Five Tibetan Rites – The Right Way, continues her mission to inspire youthfulness. All titles are available at www.howtogrowyounger.com. To contact Ellen, email her at ellen@howtogrowyounger.com.

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ENCHANTED EATS

Spring is in full swing, and appetites change from hearty dishes to lighter dishes. Here is a great, easy recipe that includes spring asparagus and fresh shucked spring peas. Serve with garlic roasted potatoes or a lemon and olive oil dressed arugula salad with parmesan.

SPRING CHICKEN CACCIATORE

INGREDIENTS

- 1 whole chicken (cut into 8 pieces) or 3–4 lbs bone-in thighs/legs
- Kosher salt & black pepper
- 2–3 Tbsp olive oil
- 4 cloves garlic, smashed
- 1 medium onion, sliced
- 1 sprig fresh rosemary
- 1 bunch asparagus, cut into 1" pieces
- 1 cups fresh peas, shucked
- 4–6 fresh sage leaves
- 1 cup dry white wine
- 2–3 Tbsp red wine vinegar
- 1/2 cup chicken stock (optional, as needed)
- 1 small handful flat-leaf parsley, chopped

INSTRUCTIONS

1. SEASON & SEAR

- Pat chicken dry, season generously with salt and pepper.
- Heat olive oil in a wide sauté pan or braiser.

- Sear chicken skin-side down until deeply golden (6–8 min).
- Flip and brown lightly on the other side. Remove and set aside.

2. BUILD THE BASE

- In the same pan, lower heat slightly.
- Add onion and cook until soft and lightly golden.
- Add asparagus and peas and cook until bright green.
- Add garlic, rosemary, and sage; cook until fragrant.

3. DEGLAZE

- Pour in white wine, scraping up all the good bits from the bottom of the pan.
- Let reduce by about half.

4. SIMMER

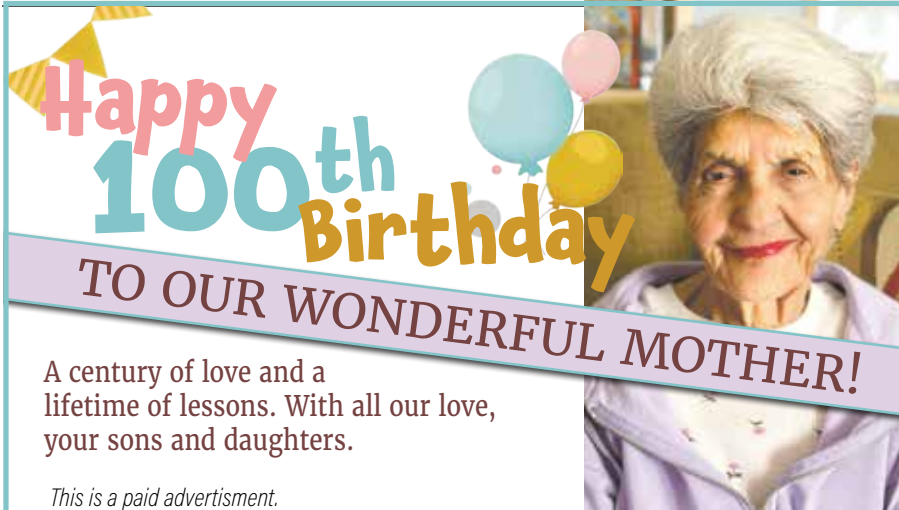
- Return chicken to pan
- Add a splash of stock if needed (this isn't a saucy dish—keep it light).
- Cover partially and simmer gently for 25–30 min.
- Add asparagus and peas at about 20 min. of chicken cooking. Don't overcook spring vegetables! Keep them snappy.

5. FINISH

- Stir in red wine vinegar
- Taste and adjust salt/pepper
- Finish with chopped parsley

Brendalee (Vialpando) Reiplinger is a Questa native who has worked her way up the culinary ladder and is currently executive chef at The Lodge at Bodega Bay, located off the Sonoma Coast in CA. Brendalee credits her hospitality and joy of preparing food from her upbringing in Questa.





Happy 100th Birthday
TO OUR WONDERFUL MOTHER!

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Fitness For All

By PAUL PASSINO

MUSCLE & STRENGTH

Last month I discussed repetitions for strength and muscle. Many believe that reps under six will help you build strength, while reps between eight to 12 help build muscle. Regardless of beliefs one has, it is best to experiment for yourself to find the program that works for you depending on your needs. Can you perform a program that develops strength and muscle size? I believe you can. I have used many programs over the 30 years of lifting weights and discovered that one program has helped me with both areas of concern. The program I've used is called "pyramid." What is this and how does this program work?

The Methodology

You choose compound exercises for every body part and a decent weight that you can perform for muscle-building reps and add weight to every set with lower reps for strength. The following pyramid program will illustrate exercises, sets, reps and days performed.

Please remember that all programs used can be adjusted to better suit your needs and are not set in stone. Do what works for you and always lift heavy enough weight to the prescribed reps where you struggle to finish the set.

THE PROGRAM

DAY 1: CHEST, SHOULDERS AND TRICEPS

Flat bench press:

1x10, 1x8, 1x6, 1x5

Incline dumbbell press:

1x10, 1x8, 1x6, 1x5

Dumbbell bench flies:

1x12, 1x10, 1x8

Seated military press:

1x8, 1x6, 1x5

Standing alternating dumbbell press:

1x8, 1x6, 1x5

Standing dumbbell side laterals:

1x12, 1x10, 1x8

Close-grip triceps bench press:

1x8, 1x6, 1x5

Lying bar triceps extension:

1x8, 1x6, 1x5

Cable triceps pushdown:

1x12, 1x10, 1x8

DAY 2: BACK, BICEPS AND ABS

Bent-over barbell row:

1x10, 1x8, 1x6, 1x5

Seated close-grip pulldown:

1x10, 1x8, 1x6, 1x5

Pullups:

1x12, 1x10, 1x8

Standing barbell curl:

1x8, 1x6, 1x5

Alternating dumbbell curl:

1x8, 1x6, 1x5

Seated one-dumbbell concentration curl:

1x12, 1x10, 1x8

Cable crunch:

1x12, 1x10, 1x8

Hanging leg raises:

1x15, 1x12, 1x8

Plank holds:

Three sets of 30-sec. holds

DAY 3: QUADS, HAMSTRINGS AND CALVES

Barbell squats:

1x10, 1x8, 1x6, 1x5

Leg press:

1x10, 1x8, 1x6, 1x5

Seated leg extension:

1x12, 1x10, 1x8

Lying leg curl:

1x10, 1x8, 1x6, 1x5

Dumbbell stiff-leg deadlift:

1x8, 1x6, 1x5

One-leg curl:

1x12, 1x10, 1x8

Standing calf raise:

1x8, 1x6, 1x5

Seated calf raise:

1x10, 1x8, 1x6

Standing one-leg calf raise:

1x12, 1x10, 1x8

WEEKLY SCHEDULE

Day 4: Off

Day 5: Repeat Day 1

Day 6: Repeat Day 2

Day 7: Off

Note: Week 2 begins on Monday with the Day 3 routine.

Add weight to each set and perform the reps. Ensure adequate rest between sets.

AS ALWAYS, STAY ACTIVE AND BE IN CONTROL OF YOUR MIND, BODY & SOUL

Paul Passino has a Bachelors of Science degree in human performance and sport with a health, education, and coaching minor, as well as 45 hours of sports administration and over 23 years of teaching P.E., weight training, and coaching.





BY J. ORTEGA

ZOOTOPIA 2

Starring: Ginnifer Godwin, Jason Bateman, Andy Samberg, Fortune Feimster
 Rated PG
 Steaming on Disney+

First Impression:

We return to the world of Zootopia for a satisfying, if not familiar, sequel. While the story plays it safe and doesn't take many risks, it is redeemed by the unbelievable chemistry between leads—plucky bunny Judy Hopps (Goodwin) and sly fox Nick Wilde (Bateman)—and an all-star (understatement) voice ensemble that carries the film through familiar territory. Kids will be more excited than adults; older viewers may check out because of how similar this feels to the first installment.

The Verdict:

Disney has struck gold again with Zootopia 2. As of today, it is the highest-grossing animated movie of 2025 and has garnered multiple award nominations. It is quite the triumph for Disney, who has struggled post-COVID to produce consistent hits at the box office. I'm pleased to announce that Zootopia 2 is both charming and enjoyable.

However, my issue with the movie is how familiar the story feels. Once again, we see an outcast villainized and ostracized by the community, and it is up to Hopps and Wilde to solve an even bigger mystery and controversy afoot in Zootopia. Sound familiar?

That's because it is almost a carbon copy of the first film, story-wise. The directors really leaned into the "buddy cop" formula, and it's hard to criticize them for that decision because the movie thrives when it focuses on the chemistry between the characters. Ginnifer Goodwin and Jason Bateman have some of the best onscreen chemistry in animated films, bar none; I would even go as far as to say it rivals Tom Hanks and Tim Allen's chemistry in the Toy Story films.

Final Thoughts: There are so many famous celebrity voices—both noticeable and unnoticeable—that you won't really recognize most of them unless you check the IMDb page and wonder, "Couldn't that role have been given to a voice actor instead?" I don't want to be over-critical of the film because it does exactly what it is supposed to do: it's crowd-pleasing and family-friendly. Honestly, that's about as much as you can expect from Disney nowadays.

FINAL VERDICT: 3 OUT OF 5 STARS



Red River Begins Demolition of Aging Rental Units for Workforce Housing Project

By STAFF WRITERS

Demolition has begun at the town-owned rental units in Red River for the new workforce housing projects. The previous housing units were located at the former Sportsman's Lodge site.

Town officials said the rental units, which have stood since the 1960s, are being removed to make way for newly constructed three-bedroom, two-bath homes designed for year-round residents who work in the community.

Leaders described the demolition as a significant milestone in the town's effort to address housing needs for employees and families who help support the local economy.

The existing units served the

community for decades, officials said but were no longer suited to long-term housing goals.

"I will keep you posted as demolition moves forward and we get closer to breaking ground on the new units," Mayor Calhoun said in a Facebook post. "Red River takes care of its own, and this project is proof of that. Stay tuned. The best is still ahead."

Construction is expected to begin after demolition is completed, with additional updates to be provided as the project moves forward. Town leaders said the development reflects Red River's continued commitment to investing in local residents and workforce housing.



Photo courtesy Mayor Linda Calhoun Facebook

The demolition of the units began in mid-April



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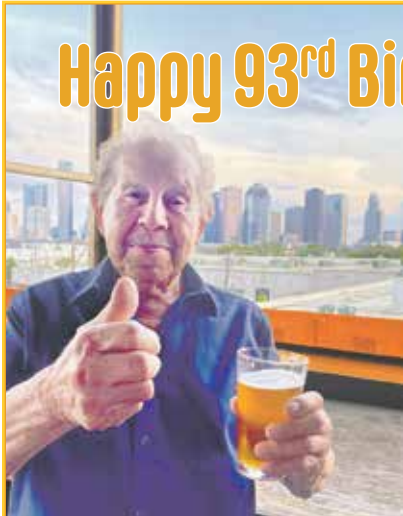
We are grateful for your support.

The 4-part series will be announced in the coming weeks. Please sign up for THP's e-newsletter for up-to-date information on this series and other community engagement activities.




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Happy 93rd Birthday, Marcello!



Sending all our love to Marcello Vialpando Sr. as he celebrates 93 wonderful years on May 8!

With love from the entire Vialpando family. Cheers to many more!



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OBITUARIES



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Ernesto Jose Chavez
1935-2026

Ernesto Jose Chavez, 90, of Sabinal, New Mexico, passed away on Tuesday March 31, 2026.

His faith in God was his guiding light, and he devoted his life to serving others in numerous ways. A lifelong Catholic, he was a member of Los Hermanos de la Fraternidad Piadosa De Nuestro Padre Jesús De Nazareno, from the Morada de San Juan Bautista in Veguita, NM. Ernesto also volunteered with the St. Vincent de Paul Society for Our Lady of Sorrows Parish in La Joya, NM for 32 years, receiving the Jubilarian Award in 2016 for 27 years of dedication.

He was born in 1935 in Cerro, NM as the oldest of 7 children. He spent time shepherding in the mountains of Wyoming and Colorado as a child,

much preferring the outdoors to time inside. In 1965, he moved to Bernardo, where he spent most of his 36-year career with the New Mexico Department of Game and Fish. He was instrumental in developing the agricultural practices at the Ladd S. Gordon Waterfowl Complex, feeding millions of Sandhill Cranes and Snow Geese over the years. He also traveled throughout the state to support other projects.

He loved animals of all kinds, whether it was the birds he grew corn for, the neighbor's dog, or the stray cats that he fed. His commitment to the community was also evident in his over 25 years of service as a volunteer firefighter with the Abeytas Fire Department. In his spare time, he was often tending his garden, visiting friends or taking a trip to the casino. He was often the only one who would win!

Ernesto was a quiet, steadfast and compassionate son, father, brother, uncle, grandfather, neighbor, and friend. He brought so much joy and care into the lives of everyone he touched. He was genuinely invested in everyone's wellbeing and was selfless in what he gave. He leaves behind a lifetime of memories and stories that his family

will cherish forever.

His pride and joy was his family. He often went camping with his siblings and their families, and loved attending family reunions. Retirement allowed him to travel, often visiting children and grandchildren. He loved playing with his nietos and could often be found with them on the playground or sledding down a hill. He was also a jokester, and would often try to wake you with feathers. He was a kid at heart and relived his childhood through his grandchildren.

He is preceded in death by his two loving wives, Emilia Adelia Segura Chavez and Maria Dulcinea Chavez, son Melvin Chavez, parents Juan and Delfinia Chavez, son-in-law Brent Hunt, and brother Francisco Chavez.

He is survived by his children: Ronnie Chavez (Stephanie) of Cerro, NM; Brenda Hunt of Alamogordo, NM; Carmella Tharnish (Tom) of Monument, CO; Michelle Chavez (Latricia) of Colorado Springs, CO; and Michael Chavez of Bernardo, NM. He is also survived by 11 grandchildren, 8 great-grandchildren, 1 great-great granddaughter, and loving extended family and friends.

In lieu of flowers, donations may be made to

St. Vincent de Paul La Joya. Checks can be made out to St Vincent de Paul - La Joya, and mailed to 1052 Highway 304, Veguita, NM 87062., Highway 304

The family would like to give a special thanks to caregivers Martha Vasquez, Rose Chavez and Maria Estrada and to the caring staff with High Desert Hospice.

A sincere heartfelt thank you to Brenda for the selfless, loving and nurturing care you gave daddy these past few years.



Lawrence A. Lovato
d. April 22, 2026

Lawrence Andrew Lovato, 70, of Costilla, New Mexico, passed away at home on April 22, 2026, with the love of his life by his side.

Born on February 2, 1956, in La Jara, Colorado, Lawrence was the son of Casilda and Demetrio Lovato. He was raised in Costilla, New Mexico, a place he loved deeply and proudly called home throughout his entire life.

On November 26, 1977, Lawrence married the love of his life and best friend, Veronica Lovato. Together, they built a beautiful life rooted in love, faith, hard work, and family. They raised three incredible sons, tended to their small ranch, and found joy in the simple, meaningful moments they shared side by side.

Lawrence was a man of many talents and unwavering dedication. He was a devoted husband, father, grandfather, rancher, fire chief, logger, woodworker, team roper, and respected community member. His commitment to service was evident in his more than 50 years with the Costilla Fire Department, where he began as a young volunteer at the age of 17. He proudly served as Fire Chief in Costilla for over 30 years, leading with strength, humility, and deep care for his community.

OBITS cont'd on page 31



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COMMUNITY CALENDAR • MAY 2026

HAPPY BIRTHDAY TO EVERYONE BORN IN MAY!

MAY 1: FRI 5:30 - 7:30 PM
Community & Vendor Potluck: Join Questa Farmers Market for a potluck gathering with vendors and community members. This is a chance to meet the people who make our weekly Market possible and begin reconnecting as a community. Event will be hosted at Yoga Sala. Please bring a dish to share. RSVP <https://forms.gle/zSndQJHzUEP1JJZA>, or to growersmakers@gmail.com Please bring a dish to share.

MAY 2: SAT 5 - 7 PM
La Acequia, Nuestra Madre: Art and History of New Mexican Waterways Exhibit Opening Reception @ Millicent Rogers Museum Taos. Show dates: May 2 - Aug 30. See article on page 16

MAY 3: THUR 3 PM
Music and Cookies ~ Native American Flute Concert With Matthew Lopez, tickets \$20 @ Sala, 2331 State Hwy 522, Questa

MAY 5: THUR 5 - 6 PM
Baccalaureate 2026 Service Followed by Reception @ Living Word Minitires See ad on page 7

MAY 7: THUR 12 - 1 PM
Bridging the Digital Gap: Tech Support with Monica McClelland. Join us @ Questa Public Library See ad on page 19

5:30 - 7 PM
From Pitch to Profit: Real stories from Questa Entrepreneurs. Join us @ Questa Public Library. Contact Monica qbb-coordinator@questaedf.com - See ad on page 19

MAY 8: FRI
Happy 93rd Birthday, Marcello!

MAY 9: SAT 2 - 4 PM
Voces de Nuestro País Join us @ Questa Public Library See article on page 18

MAY 10: SUN
Happy 100th Birthday, Isabel!

MAY 15: FRI 1 PM
Creative Family Fun TWIRL Join us @ Questa Public Library. Geared towards elementary aged children and their families. Parents and kids learn together as they play create & explore - See ad on page 21

MAY 19: THUR 11AM - 12PM
Business Planning & Strategy Workshop with Anwar Kaelin Join us @ Questa Public Library. Contact Monica qbb-coordinator@questaedf.com - See ad on page 19

MAY 21: THUR
1:1 Confidential Business Consulting with Anwar Kaelin: By appointment only. Join us @ Questa Public Library. Contact Monica qbb-coordinator@questaedf.com - See ad on page 19

5 PM
Mariachi on the Deck Join us this May for an evening of vibrant music, community, and culture @ Rael's Coffee Shop. Grab a drink, find a seat on the deck, and enjoy the performance! See ad on page 4

MAY 24: SUN
Healing Field Ceremony 1 PM Free and open to the public.

MAY 25: MON
Memorial Day

MAY 28: THUR 5 PM
Mariachi on the Deck Join us this May for an evening of vibrant music, community, and culture @ Rael's Coffee Shop. Grab a drink, find a seat on the deck, and enjoy the performance! See ad on page 4

MAY 30: THUR 5 - 7 PM
La Acequia, Nuestra Madre: Art and History of New Mexican Waterways Exhibit Film Screening @ Millicent Rogers Museum Taos. Show dates: May 2 - Aug 30. See article on page 16

MAY 31: SUN 1 PM
Mariachi at the Farmers Market with Guest Artists. See you there. See ad on page 4

Weekly Events

SUNDAY

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

MONDAY

10 AM
Free/By Donation Community Seated Yoga Practice with Harmony, in person only. 2331 State Hwy 522 Questa, NM. More info visit yogasalaquesta.org

5 PM
Free/By Donation Community Yoga, gentle practice with Rae, in person only. 2331 State Hwy 522 Questa, NM. For more info visit yogasalaquesta.org

6 - 7 PM
FREE Mariachi Lessons, with Rachel León. Beginners: In person only. Located @ Cerro VFW. Contact (575) 779-0565 or email vozdeoro2017@gmail.com for more info. See ad on page 4.

7-8 PM
FREE Mariachi Lessons, with Rachel León. Advanced: In person only. Located @ Cerro VFW. Contact (575) 779-0565 or email vozdeoro2017@gmail.com for more info. See ad on page 4.

7 PM
Kickboxing, with Reto in person only, sliding scale \$5-15 All classes free for teens. 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

TUESDAY

8:30 AM
Introductory Contemporary Dance with Monica, in person only, \$10-\$15. 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

WEDNESDAY

9 AM
Gentle morning yoga - with Gaea, in person and online, \$10-\$15 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

11 AM
Power yog - with Gaea, in person only, \$10-\$15 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

3:15 - 4 PM
Tiny Groovers w/ Monica. Ages 0-5 Movement & Music Class for toddlers & their parents/guardians in person only, FREE/BY DONATION 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

4:30 PM
Kids' Dance Adventure - with Monica, in person only, FREE/BY DONATION 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

5:30 - 7 PM
Chess Club, Practice Puzzles, Occasional lectures & casual play. All ages and levels. Questa Public Library. 1/2 Municipal Park Road (575) 586-2023

6 - 7 PM
FREE Mariachi Lessons, with Rachel León. Beginners: In person only. Located @ Cerro VFW. Contact (575) 779-0565 or email vozdeoro2017@gmail.com for more info. See ad on page 4.

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7 PM
Kickboxing, with Reto in person only, sliding scale \$5-15 All classes FREE for teens. 2331 State Hwy 522, Questa, NM. More info visit yogasalaquesta.org

THURSDAY

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

5:30 PM
Yoga, Stretch & Balance NO CLASS ON MAY 1 with Jiwanshakt, in person only, \$10-15. 2331 State Hwy 522 Questa, NM. For more info visit yogasalaquesta.org

SATURDAY

10 AM
Free Community Tai Chi, with Reto, in person only, 2331 State Hwy 522 Questa, NM. For more info visit yogasalaquesta.org

CHURCH & TEMPLE DIRECTORY



River Community Church exists to glorify God and make disciples by sacrificially serving families in the Village of Questa, NM in a way that produces a culture of community.

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Rev. Jason Pettigrew (575) 586-0470
 Sunday 8 a.m.
 Sunday noon mass

MISSION CHURCHES OF ST. ANTHONY'S:

Costilla - Sagrado Corazon - Sunday 10 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

2558 Hwy 522, Questa
 Sunday Service 11 a.m. - 12:30 p.m.
 (575) 770-1714

Visit us online: freedomquesta.com

LIVING WORD MINISTRIES

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

RIVER COMMUNITY CHURCH

Pastor Jesse Hardy, 65 S Kiowa Rd, Questa, NM
 87556 List of events and services at rccquesta.org/community

THEOSOPHY

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

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www.earthjourney.org or contact Gabrielle at info@earthjourney.org or (575) 770-1682

PATH OF LOVE

Sunday 7:30 a.m. class and meditation in-person north of Questa or on Zoom. For more info: gabrielle.herbertson@gmail.com

AMALIA

SANTO NIÑO MISSION CHURCH

1st & 3rd Saturdays 4 p.m. April - September
 12 Santo Nino Rd, El Prado, NM 87529

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

100 Copper King Trail, Corner of River St & 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 apt.) Father Pettigrew (575) 586-0470



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DINING GUIDE

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- Thursday Night Jam Session - 6pm
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OBITS cont'd from page 28

Lawrence's skills were vast whether working the land for his cattle, logging in the mountains, crafting aspen furniture with his hands, or answering the call to serve others in times of need. He was known for his strong work ethic, wisdom, and willingness to help anyone at any time.

He was the life of the party, a joker at heart, and someone who truly lived to make others smile and laugh. Even in the most serious of moments, Lawrence had a way of bringing light through humor, sparking joy and easing the hearts of all those around him. His presence was a gift, and his laughter will be deeply missed.

A man of deep faith, Lawrence held a strong and devoted Catholic faith that guided his life and carried him through his greatest challenges. He fought his battle with cancer with remarkable strength, bravery, and courage. Never losing his faith

and facing each day with grace and resilience. His unwavering spirit was a testament to the strength he carried within and the faith he held so close.

Above all, he was a family man who cherished his role as a husband, father, and grandfather (Pampo), and whose love and guidance will live on through each of them.

He is remembered in death by his beloved parents; Demetrio Lovato, Casilda Lovato, and brother Andrew Lovato. He is survived by his loving wife, Veronica Lovato; his children, Lorenzo Lovato (Elyssa), Jose Lovato (Danielle), and Lucas Lovato (Benita); and his pride and joy, his grandchildren: Adrian, Angelica, Gabriella, Alyse, Andrew, Mila, and Luke. He also leaves behind his cherished grandchildren, Anna, Sophia, Anna Marie, and John David; his beloved siblings, Eyda (Randy), Lonnie (Denise), Richard (Rhonda), Randy (Rebecca); and numerous extended family members and very dear friends.

Funeral arrangements are as follows: The Rosary will be recited

on Tuesday, April 28, 2026, at 6:30 p.m. at Sacred Heart Catholic Church in Costilla, New Mexico. The Mass of Christian Burial will be held on Wednesday, April 29, 2026, at 10:00 a.m. at Sacred Heart Catholic Church in Costilla, with burial to follow at Sacred Heart Catholic Cemetery.

Lawrence will be remembered for his strength, his kindness, his humor, and his unwavering faith. He was a light in the lives of many, and his legacy of love and service will live on forever. He will be deeply missed and forever loved.

"I have fought the good fight, I have finished the race, I have kept the faith." -2 Timothy 4:7

The family of Lawrence Andrew Lovato has entrusted the care of their loved one to the caring staff of DeVargas Funeral Home of Taos. www.devargastaos.com 1-866-657-4019



NOTICES

Jobs

Mountain Home Health Care is hiring part-time compassionate caregivers. \$15/hr. to start. Please stop by to fill out an application at 630 Paseo Del Pueblo Sur Suite 180 Taos, NM 87571 or download off our website at mtnhomehealth.com.

Be an Intern, learn skills, have fun. for Internship at the Questa Farmers Market email growersmakers@gmail.com.

Learn the business of local agriculture in Cerro. For positions and more info visit Cultivocultivoproject.org/jobs.

Red River Brewery & Distillery: Now hiring all positions for summer! Part time or full time. Year-round or seasonal. Fun work environment! Employee discounts on food, drinks, and merch. Health, dental and vision insurance available. Opportunities for advancement. Apply at <https://www.redriverbrewing.com/about-us/#hiring-info>

Notices

AA MEETING: Questa Sundays 10-11 a.m., Questa Youth Center

AA MEETING: Red River Tuesdays 7- 8 p.m., 417 E. High St. (Erik's Workshop)

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

Free Transportation- Free transportation for qualified seniors is available Monday through Thursday. Donations are encouraged. Questa Senior Center, 148 Embargo Rd, Questa. Call (575) 586-0508 for information.

Food Pantry- North Central New Mexico Food Pantry: second and fourth Fridays, 10 a.m. to noon at 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).

Spay Taos: FREE Spay & Neuter Service for all cats and dogs. Description of Services: spay or neuter, vaccines included if needed, microchip included if needed, e-collar if appropriate, aftercare for surgery related complications. 36 Highway 522, El Prado, NM. North of the 'Old Blinking Light,' directly opposite Taos Veterinary Clinic. Call (575) 240-8549 or email spaytaos@gmail.com or visit spaytaos.org. If you want to volunteer, duties include: Check in 7:30-9:00, Check out 12:00-3:30, Recovery monitoring 8:45-2:30, Instrument pack cleaning and sterilization 9:00-3:00, Cleaning 1:30-3:30. Outreach on your own schedule or for events. Training provided. Contact spaytaos@gmail.com for more information.

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