

NOVEMBER 2019

Questa Del Rio News

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

Wishes Do Come True, Just Ask Liam Martinez!

By LAURA VALLEJOS

ALTA VISTA EDUCATIONAL
ASSISTANT AND FIRST GRADE
SUBSTITUTE

Liam Martinez is a cheerful first grader at Alta Vista Elementary School in Questa. He is an energetic, brilliant student who brightens our days at school. We found out from his mother, Samantha Griffin, that he had been selected by the Make-A-Wish-Foundation to visit Disney World in Orlando, Florida for a week. His mother said that one of his doctors had submitted his name to the foundation and— as we all know— wishes really do come true! His mother joined him on his trip to Florida as well as his cousin, second grader Drake Ortega.

We knew we had to do something special to celebrate for Liam. Some of the elementary staff members planned a surprise BON VOYAGE party at school on Friday, September 27th, the day before he left. With his mom's help, we invited family members as well as Pre-K, Kindergarten, and 2nd grade classes to the party in the cafeteria. We set up balloons and served lemonade and cookies. We gave all the students noise makers and explained to them what the cel-



Photo by Emily Wilde

Liam Martinez in his classroom at Alta Vista Elementary School, Questa.

bration was about. We told the students to be very quiet until Liam walked in the door. He was totally surprised!!! We crowned him King for the Day.

After the cookies and lemonade, three of the teachers performed a rap that I wrote for Liam. We had a great time!

Thank you to kindergarten teacher Ms. Connie Martinez, Pre-K teacher Ms.

Lisa Rael, and instructional coach Pamela Goodwind for your help in making the party a great success. With everyone working together we were able to honor this wonderful student who brightens everyone's world. We honor every student at Alta Vista Elementary because we know that each one of them is special and worthy of our time and respect.

Rap Song For Liam

By Laura Vallejos

Liam, Liam where are you?
You thought we were finished
But we're not through

We have a little song and dance
We're not that good
but give us a chance

Liam is an awesome boy –
He comes to school
and brings us joy!!

Heard that he's a baseball player
He's pretty cool.
He could be the mayor

Did you know that he's a Super Star?
I really think
He can go far

Is it true he's going to Disney?
Well if he is, he better
Get busy

Liam our friend
We're going to miss you
Hurry back so we can
Kiss you

Wait! No kissing in school.
I mean kick you
No kicking in school either
Come back Liam we'll miss you

Positive Thoughts

by Donna Mitchell-Moniak

Bountiful and beautiful, those are the words for this year's gardens. This being my first growing season in the high desert, everything was a wonder and an experiment. The dill and the cucumbers didn't coordinate their timing, so cukes got eaten

before the dill was harvested and dried for its seeds.

The tomato plants started to cry "It's cold," speaking of the nights by middle September, so I wrapped each plant with dark colored sheer curtains. Clothespins held the maroon covering in place and allowed easy access to collect the ripening fruit. Then, a one-night frost killed all the vines but the protected fruit was still perfect - green but perfect. Between 60-80

pounds of green tomatoes of four varieties was gathered the next day.

Back home, frost comes long after all the tomatoes have ripened on the vine and been eaten, but what to do with all this green fruit? Give it away, store some in the closet for slow ripening, and (drum roll) pickle the tomatoes. Hooray, for the dill seeds! Thank you, Vicki, for pointers on

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Questa Del Rio News

NOTICIAS QUESTA DEL RIO

Published Monthly by the
QUESTA ECONOMIC DEVELOPMENT FUND
Publicación mensual por
EL FONDO PARA EL DESARROLLO ECONOMICO DE QUESTA

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OUR MISSION

To Inform, Inspire, Connect and Unite the Communities of Northern Taos County.
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ENVÍE ANTES DEL DÍA 15 DEL MES
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LETTER FROM THE EDITOR

At Your Service

Welcome to our Second Annual Veteran's Edition. In these pages we are proud to offer you stories by, for and about our Military Service Veterans, who we honor on Veterans Day, November 11th. Let's make every day Veterans' Day! Take a vet to lunch, hug a vet, and always remember to thank a vet!

Did you know that approximately 22 veterans commit suicide every single day in the U.S.? Many young men and women go into the military unprepared for combat or other stressful service jobs. Serving in the military and in combat can be very traumatic, leaving permanent scars on our service members. When they return, they are not the same people they were when they left, and their lives will never be the same.

Here in the United States, we are not doing enough to honor and help our veterans overcome injuries, disabilities, and trauma. There is a national movement to change that. In these pages, you will read about individuals and organizations making a big difference in the lives of veterans. Thank you to our veterans and thank you to veterans helping veterans.

Anyone who gets the news is aware of the many military conflicts happening at any one time, "wars and rumors of wars" as it says in the Bible. Just seeing the news, though, does not make one aware of the immense pain and suffering that is happening in war zones. Our veterans have experienced it and it is not easy for them to forget. Americans, for the most part, have been blessedly sheltered from the realities of war. With a few exceptions such as the Civil War and the bombing of Pearl Harbor, war is something that happens on other people's soil. Our veterans bring these experiences back to us. We can view them as gifts that remind us to be compassionate. Without their stories, how would we know what a few disgruntled individuals around the world are leading their military personnel into? It is important to share our veterans' stories and to listen.

With the eruptions of civil unrest in the world, what are we doing to prevent conflict and war in the first place? It seems that our species has not evolved much in recorded history—still using the same primitive means in a futile attempt to bridge barriers. What is changing our world? Courage. In our newspaper, along with honoring our courageous veterans, we celebrate courage on many levels; the courage to speak up, the courage to listen, the courage to step forward and the courage to change.

It also takes courage to let go of our personal concerns and step up to serve the bigger world. Here at the Questa Del Rio News, we take pride in offering our readers stories about many types of service. The communities of the Northern Taos County are serious about their volunteer work. So many individuals shine as volunteers that we created a Volunteer of the Month feature. If you know anyone who is making our communities a better place with their selfless volunteer work, please tell us about them so we can tell others.

We have been told that it was courageous of us to start this newspaper in a time when small-town journalism and rural life, in general, has closed down, rather than started up. We believe that we can thrive and we have, with a lot of support. Please remember that we are a nonprofit organization. With your end of the year, tax-deductible donation, we can continue to offer you this monthly newspaper, your monthly newspaper. Can you step up and support us? Thank you.

It is no coincidence that November celebrates Veteran's Day AND Thanksgiving. Let us celebrate Thanksgiving every day with a grateful heart for the cornucopia of abundance that our great nation and its inhabitants are blessed with. Remember that it is impossible to be grateful and miserable at the same time, just try it!

"We transcend our suffering to the degree that we are able to passionately employ our gifts in the service of others."

—Bhagavad Gita

GRATEFULLY YOURS,
LOU McCALL AND THE FOLKS AT QUESTA DEL RIO NEWS

THANK YOU TO OUR
CONTRIBUTORS FOR OUR
NOVEMBER EDITION!

JILL ANSELL, LEN NILS BEKE, ALBERTA BOUYER, LARRY BROWN, DINA COLEMAN, PETER CRIDER, MARIA DIMAS, TERESA DOVALPAGE, VICKI DUNCAN, KELLY FITZPATRICK, LYNN GITTER, CATHY GALLEGOS, JULIE GONZALES, KATHY GONZALES, MARIA GONZALEZ, SAMANTHA GRIFFIN, DEBORAH HUTCHISON, MEGAN JENKINS, GILLIAN JOYCE, CHUCK KROON, ALFRED LEMOTTE, MARGARET LEJUSTE, DIANE LEON, CARRIE LEVEN, JESSICA MANLEY, ANNIE MATTINGLY, ERNESTO MARTINEZ, SARA MARTINEZ, GAEA MCGAHEE, JONA OLLSEN, DENISE OTTAVIANO, HANNAH CRIDER STEBBINS, TORRE STRONG, KARLTON TERRY, SARA TRUJILLO, TONER MITCHELL, DONNA MITCHELL-MONIAK, MARTHA SHEPP, RODNEY SLATER, LAWRENCE VALDEZ, LAURA VALLEJOS, JENNIFER VIALPANDO, DARLENE VIGIL, QUETTA VIGIL, MATTHEW WOHLBERG



Dollar General In Questa Is Not a Good Thing!

Few Questeños seem to know that there are plans to erect a Dollar General Store in the very heart of Questa. Those who know are not happy. It will border my property on Highway 522, opposite the CarQuesta Auto Parts Store.

I was alarmed that our Questa leaders would facilitate the building of such a centrally located store. I have been inside one Dollar General Store and heard stories about others. The one I visited was among the most disorganized, over-stuffed, and seemingly unsafe businesses

I've ever been in. Do our leaders think this will bring economic prosperity to our town? The only prosperity will be revenues funneling to the large corporate conglomerate that already owns 16,000 stores nationwide and is taking away revenues from locally owned businesses while gobbling up precious land and resources. This conglomerate has no investment in our people, our place, or our future. The people of El Prado rallied against a Dollar General in their community and successfully prevented it from opening.

Questa already has adequate merchants such as the Questa Market, Questa Lumber, the Family Dollar, and many other small businesses, which provide good products in clean and friendly environments. We do not need a Dollar General to deprive our small businesses of income.

There are serious issues inherent with the building of this store. It could interrupt the lateral irrigation ditch that flows across the developed property. This ditch was restored in 2018 through the efforts of the Cabresto Lake Irrigation Ditch Association with the State Engineer's Office in Santa Fe. The *parcienes* beyond the Dollar General may not get their restored water access.

How does the Village of Questa plan to handle the increased traffic to the proposed store's parking lot, just one block south of the traffic light? Because of increased development it can already take up to 10 minutes to get out of my driveway during heavy traffic in both directions. Has Mayor Gallegos and the Village of Questa conducted traffic studies?

Additionally, there is the possibility that the store will dig up Highway 522, to connect with the natural gas line directly in front of CarQuesta. New Mexico Gas Company denied my own property that access to gas.

The proposed Dollar General would be erected on one of the most scenic parcels of land in the Village, where fiestas were once held. Here visitors and residents can view the beauty of our majestic mountains throughout the seasons. People come to my door to photograph this colorful and dramatic landscape. Will visitors remember the grandeur of the Dollar General, obscuring the mountains and forests? This property is zoned "Commercial", like my own, and I was hoping that the Village would be more sensitive to our population and the historic, scenic nature of our community. I hope that Questa doesn't go the way of modern development in the West and start to look like Anytown, USA, with a strip of franchises greeting locals and tourists.

As the owner of the land adjacent to this proposed development, I have never been contacted by anyone about this blight on our community moving in next door to me. Are other residents concerned that this was kept a total secret from us all? Is there any transparency in our governing body, with no accountability to its tax-paying residents? Will Questa become a part of a new plan for the "Disenchanted Circle"?

BETTY RICHTER,
QUESTA

See more about the
Dollar General on page 23

Response to our Travel Section Article-Around the Bend: Greece

The idea that Minoans in the Greek Isles mined copper at Isle Royale is one of those pseudo-science theories largely predicated on the belief that American Indians were too primitive to have done so. The notion has been thoroughly debunked and is no longer considered credible by archaeologists and anthropologists, although it is still entertained

in the popular, non-scientific, literature.

There is still a huge question about just how advanced the Native American culture was at the time. The mound builders of the Ohio River Valley did some pretty spectacular things and the current theory is that they did most of the mining. Their culture stretched from Lake Superior down the Ohio and Mississippi River Valleys into Louisiana and eastward as far as Georgia. Over the last couple of years we have visited several of their sites including Ocmulgee in Georgia, Effigy Mounds in Iowa, and Hopewell Culture in Ohio. As some of these mounds are researched via scientific digs, examples of copper products, with origins at Isle Royale or the Keweenaw Peninsula, have been found and the sources verified. There is certainly no need to attribute spectacular works to non-American cultures.

MICHAEL YOUNG

Author's response:

When I first read of Minoans mining in the Lake Superior region thousands of years ago, it sounded far-fetched to me as well. Research has me convinced there is more truth than fiction to this twist in our prehistory. Here are some of the facts about those copper mines and the Minoans. Readers can judge for themselves...

Lake Superior is the only place in the world with 99% pure copper. Metal analysis easily IDs if an item is from those mines. Museum artifacts showcasing Ohio River Valley Native tribes positively came from Lake Superior. Exhibits include copper spearheads, fishhooks, needles, ornamental jewelry, breastplates and headdresses, among other things.

The Lake Superior peninsula has

MAIL CALL continued page 28

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SPOTLIGHT ON LODGING


AIRBNB IN CERRO
 BY LINDSAY MAPES

Born and raised in Cerro to Marvin and Betty Archuleta, Julie Gonzales is raising both her kids and grandkids there. Julie has spent almost her whole life in Cerro. She graduated from Questa High School, left for a short time to attend college before returning home. Julie has had many jobs over the years. "I tell the kids we're entrepreneurs because we have to learn to do everything in this place," joked Julie. Today, she owns and operates G&G Automotive in Questa.

In addition to running the business, Julie raises her twin sons, Juan and Marcus Gonzales (14) and her two granddaughters, Aalyiah (16) and Jordan Martinez (14). And, Julie operates the latest short-term rental in the area.

She came upon the idea of short-term rentals when struggling to figure out what to do with her daughter's home. Julie's daughter, Jennifer Vigil


Photo by Lindsay Mapes
Julie Gonzales.

Ortega, a registered nurse in Taos, lost her battle with cancer in June, 2018. The home Jennifer had purchased to raise her two girls was left vacant for

over a year. Julie decided to buy it so she could keep it for the girls someday. "In case they want to come back to Questa after college, then they can eventually

take over and they can have the house and the property their grandparents left to them."

After a conversation with Domingo Gallegos, who had told Julie about his casita that he offers on AirBnB, Julie decided to give the short-term rental idea a chance. "I wanted to do a short-term rental because I was afraid I wouldn't be able to go in and check on things if I rented it out long-term," said Julie. She called the Questa Economic Development Fund in August, listed her property for short-term rent in September, and she's off to the races this fall!

"I got a little worried because nothing was happening. But then, the first weekend of October, we had our first AirBnB guests. We've had a couple of different groups and now a rental for 11 days," said Julie.

"I'm feeling very lucky and blessed because these are the things that are going to help me as a single mom and a single grandma to make things work out for the kids," said Julie.

If you have a spare home or bedroom that you're interested in renting out, either for a weekend here and there or more long-term, call the Questa Lodging Project to help you find a great tenant at 575-586-2258.

Have a spare home, bedroom or casita
that you're interested in renting out,
either for a weekend or long-term?

Call us, we can help.

QUESTA LODGING PROJECT

Call 586-2258 or e-mail Lodging@QuestaEDF.com





Business Profile

KIOWA THRIFT STORE
By LOU MCCALL

One thing people say about Questa is that it has great thrift shops and now there are three. Questa has a new thrift shop! The Kiowa Thrift Store opened in late July by Questa native Lawrence Valdez. It was named the Kiowa Thrift Store because for many years the store at 2422 Highway 522, was home to the Kiowa Lounge, which belonged to Lawrence's grandparents, Eugenio and Cicy Rael. In the store is an old photo of an 8-year-old Lawrence dancing with his grandmother in the same building he now rents from his mother, Anita Valdez. Younger locals may not remember the Kiowa Lounge but do remember the building's most recent occupant, Pat's Place. Yep, that's the place!

Lawrence, who retired at age 50 from the New York Life Insurance Company, is putting the large building to good use. The store has a nice mix of antiques, furniture, tools, household items, electronics,



Photo by Lou McCall

Lawrence Valdez in front of his store.

and very nice clothing, especially kids' clothing and lots of toys. He has sound equipment, jewelry, gems and minerals and a nice collection of music CDs, DVDs and books.

Lawrence is proud to feature fine hand-crafted woodwork from the late

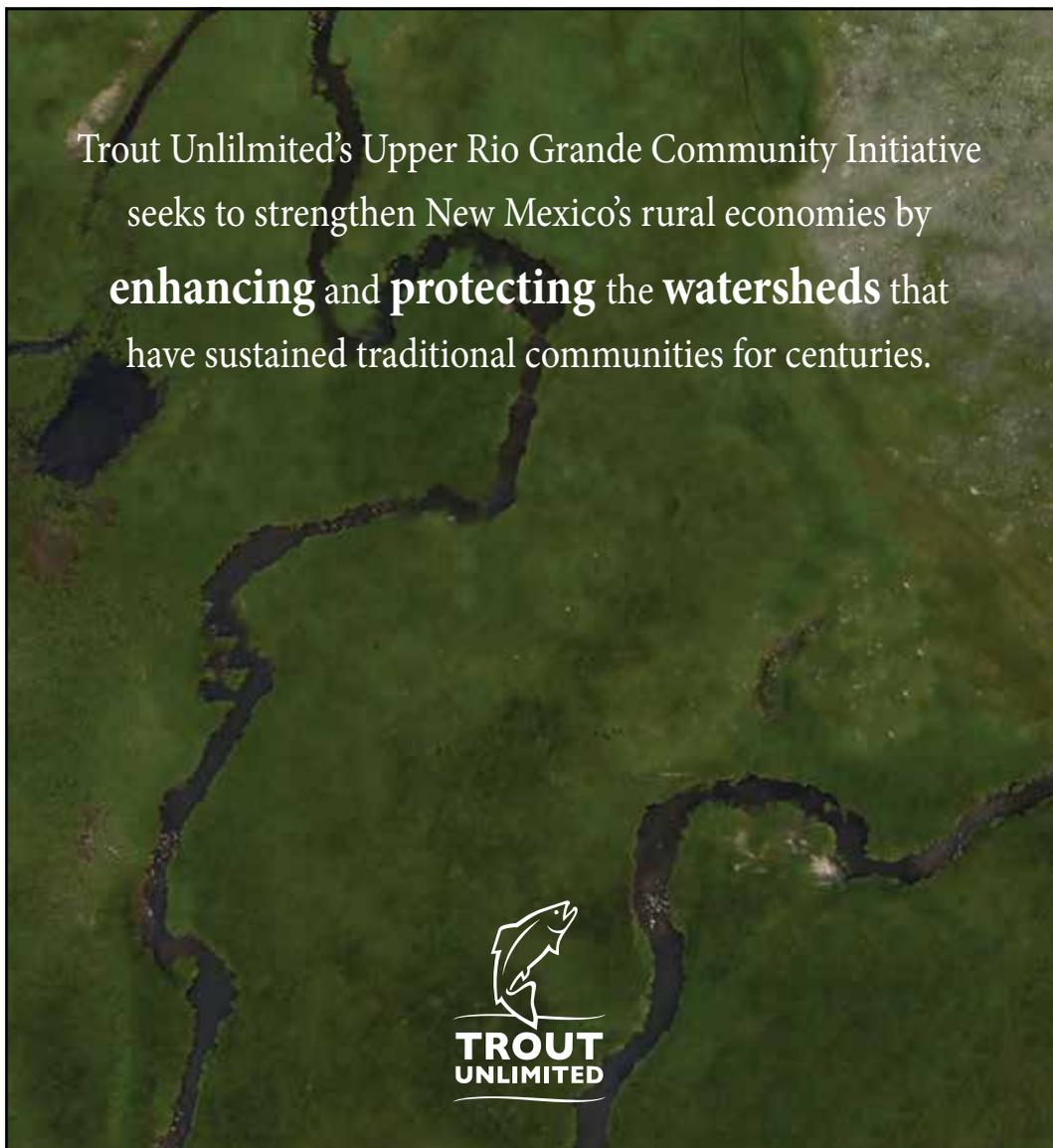
Gilbert Vargas, a well-known furniture maker and fine craftsman, whose work is featured in the New Mexico Capital Collection in Santa Fe. The Kiowa Thrift Store also has original artwork from other local artists.

In addition to selling furniture, he

also rents out tables and chairs for special occasions. And while you are there you can also make black and white or color photocopies. The Kiowa also sells ice! Lawrence is currently working on getting local herbs to offer in the store, such as wildcrafted mullein, sage and mint and will soon be selling colloidal silver.

But that is not all. There is an upstairs to the building which will be home to a women's gym. There is a need in this area for women to have a private club where they can work out without feeling like they are on stage. They hope to open as soon as November and are signing up members now. Stop by the store or call to get started.

The Kiowa Thrift Store is open between noon and 6 p.m. (and sometimes later) seven days a week, unless something comes up. They will be open with a big sale for Black Friday, the day after Thanksgiving and also the following day for Small Business Saturday for your holiday shopping convenience. The Kiowa Thrift Store is located at 2422 NM Highway 522 just north of CarQuesta. Stop by, call 575-224-5551 or e-mail lawrencemvaldez@gmail.com for more information.



Trout Unlimited's Upper Rio Grande Community Initiative seeks to strengthen New Mexico's rural economies by **enhancing** and **protecting** the **watersheds** that have sustained traditional communities for centuries.



Since 2013, TU has supported the Village of Questa's expansion of its fishing-based economy through re-storing the Red River, developing a restoration work force, and improving the village's capacity to lodge and serve visitors.



TU has joined a diverse coalition of local stakeholders opposing a proposed copper, gold, and zinc mine in the Pecos River watershed. The mine would destroy the economy of the Village of Pecos, which depends heavily on revenue generated by the river.



For over a decade, TU has engaged in restoring the Comanche Creek watershed, supporting reliable irrigation flows and imperiled Rio Grande cutthroat trout, a species of significant cultural value.



Visible Progress along the Questa History Trail



Michael and Joan Young on the Questa History Trail.

Photo by Alberta Bouyer



Flavio Cisneros at the Acequia sign along the Questa History Trail.

Photo by Alberta Bouyer

**QUESTA
CREATIVE
COUNCIL**



FROM THE
QUESTA CREATIVE COUNCIL

The Questa History Trail is a project of the Questa Creative Council that is visible every day of the year. It is a reminder of this non-profit's commitment to honor our community in long lasting and interactive ways. You can now see the permanent new structures along the decorative walkway on Highway 522 along Cabresto Road and through the historic church plaza.

It was another busy year for the History Trail's diverse project team. Fundraising, grant-writing, and planning took up much of last winter and spring (spearheaded by Alberta Bouyer and Betsy Irwin). The summer saw events

co-hosted by the Questa History Trail and the BLM that took place at the Wild Rivers area of our Rio Grande del Norte National Monument (managed by Tim Long with Flavio Cisneros, Jeannie Masters, Kate Cisneros, and Bob Jaramillo). This was a wonderful series that we hope becomes an annual one.

Meanwhile, other team members designed the new sign faces, researched new long-lasting frames plus wrote and edited the new sign content (chores using the skills of Martha Shepp, Alberta Bouyer, Betsy Irwin, and Carrie Leven). They considered much feedback from guests at their 2018 events and sought to address questions that had been raised and to flesh out topics of interest. The new signs arrived in August and were installed by Mark Sideris with help from Evelyn and Gary Coggins, Jean Rael, Ann and Walter Dunlap, and Gordon Robinson. Tim Long used his toy-making workshop to produce route arrows that have been added for ease of following the final 'trail'. True community

spirit! A big thank you to all involved!

What the team has not yet completed is the bridge across the acequia at sign #5. So please use caution here if you bushwhack across or detour to the narrow, steep Cisneros Road as you make your way to sign #6. The Cabresto Lake Irrigation Community Ditch Association has given permission to re-build the bridge here at their Acequia de la Plaza. The materials are ready, plans made, and the project will be completed in the next few months as team members balance work and family commitments. Please contact Mark Sideris if you'd like to lend a hand.

This trail truly offers a microcosm of Northern New Mexico history. It is the hope of the Creative Council's project team that it will become the hub of artistic and scholastic interface as the seasons go on. So, take note, teachers and students, of this new local resource! This project has been designed to not only beautify our village but to inform our visitors of Questa's unique history

and culture. Tell your friends. Share the .6-mile walk with your family from near and far. Stay tuned for news of the bridge completion, watch for the installation of historic photos around town, and mark your calendars for an official Ribbon Cutting in the spring of 2020!

None of this would have been possible without the support of the Northern Rio Grande National Heritage Area, an invaluable program that benefits all of northern New Mexico. This is one of only 55 National Heritage Areas in the country. Questa now takes its place alongside many more well-known areas of cultural significance across the United States.

In addition to the NRGNHA, this project got off the ground with the leadership of the U.S. Park Service and the input of the U.S. Forest Service. Chevron was also a generous supporter, along with several other organizations and the individuals who answered the call for funding. You are all greatly appreciated!

WE WANT TO HEAR ABOUT YOUR WINTER OUTDOOR TRADITIONS. news@questaedf.com

Contesting Place-Name Erasure in Northern New Mexico and Southern Colorado



The author, Len Nils Beke, on the Sierra de las Truchas, officially called Truchas Peaks, during an 18-day walk from Santa Fe to Amalia in Summer 2017. On top of the Picacho del Medio (Middle Truchas Peak), at left is the Picacho del Sur (South Truchas Peak), in the background at right Sierra de Santa Fe and the very faint outline of the Sierra de Sandía or Sandia Mountains.

Photo by Anonymous Backpacker

By LEN NILS BEKE

Place-names allow people to create meaningful places in their environment. They tell us more than just the lay of the land. They record folk knowledge of local fauna, flora, soil composition, natural and human history and culture. In northern *Nuevomexicano* culture, where maps were historically rare, the names are the map.

Unfortunately, official maps produced by the U.S. Geological Survey (USGS) and U.S. Forest Service (USFS) do a less than adequate job of representing the rich oral traditions that grew out of generations of *Indohispano* New Mexicans living off the land and do not represent indigenous toponyms outside the names of the Pueblo settlements themselves. The greater part of the names printed on these maps were collected in the 1960s and 70s by USGS workers who relied principally on the testimony of postmasters, the Bureau of Land Management and Forest Rangers. They failed to consult meaningfully with local experts (farmers, shepherds, cattlemen, hunters, miners) with a direct link to oral tradition.

The result is that official maps show

an impoverished and heavily Anglicized namescape:

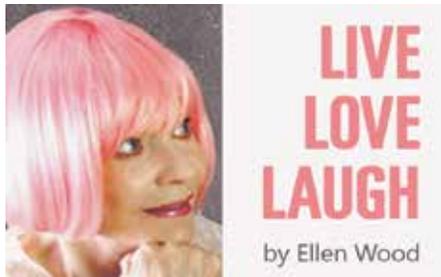
- Many names in local use are absent from the map. Examples from the area around Amalia include the canyon known as Cañada de los Gallegos, the Río Costilla tributary called Rito de los Vigiles and the highland meadow named Vega del Jol (Haul). These examples all reference to local families.
- Unrelated English names are used where Spanish names exist. The name Big Costilla Peak is rarely used by the people of El Ventero, Amalia and Costilla, who instead use La Sierra Pelada, La Pelada or Las Peladas. Often, the English names are references to Anglo 'alpha-males' such as Army Major George Wheeler (commemorated by Wheeler Peak) and General Zachary Taylor (who led the invasion of México during the Mexican-American War, commemorated by Mount Taylor).
- The traditional names for villages are often ignored in favor of names chosen by early postmasters. The northern half of Costilla was renamed Garcia, because an arbitrary border meant it was suddenly in Colorado; San Antonio del Río Colorado becomes Questa; upstream from Arroyo Hondo, San Antonio becomes Valdez.
- Spanish names get translated fully or partially into English. Outside Costilla, Cerro de la Yuta becomes Ute Mountain; Cañón del Cedro becomes Cedro Canyon.
- Sometimes the translations used are made in error. Near Pecos, el Rito de los Soldados becomes singular Soldier Creek; Carpintero Creek makes reference to the woodpecker bird, but is translated as Carpenter Creek (Spanish *carpintero* being used for both meanings).
- In other instances, names are misrendered because the mapmakers lacked knowledge of local dialect forms or even family names. Above Arroyo Seco, the ridge called Cuchilla del Medio is misgendered as Cuchillo del Medio. In northern *Nuevomexicano* Spanish, the feminine *cuchilla* is used exclusively to refer to knife-edge ridges and the words for *knife* are *cuchillo* and *navaja*. On the Río Costilla, el Rito de los Vallejos - named for the family that operated a sawmill there - is left meaningless as Ballejas Creek.

The majority of the examples provided here were gleaned from fieldwork done between June 14 and July 22, 2019. During that time, I rode my bicycle some 500 miles between Española, New Mexico and Gardner, Colorado, interviewed almost two dozen people with expert knowledge of their local geography and collected more than 400 corrections and additions to the official place name record. I will continue this effort next summer, revisiting some of the same places but also adding communities on the eastern side of the mountains.

The deliberate erasure of *Nuevomexicano* place names from official maps is a crime against the people of New Mexico and threatens much traditional knowledge. It should be contested, urgently and systematically. I hope my own scholarly efforts can be a start to that contestation and a resource for community members wishing to carry it forward.

If you are interested in learning more about this research, please follow my Facebook page at www.facebook.com/manitotopos or read my contributions to www.manitos.net. If you have information, or know someone who does, please contact me at lenbeke@unm.edu.

The Threat of Alzheimer's Resulted in My Extraordinary Life



Sometimes it's what we don't want that creates the biggest impetus for change in the course of our lives. That's what happened to me when I started following in my mother's footsteps after she wasted away with Alzheimer's.

I was in my late 50s when she died, and for the previous 10 years or so I had watched mom slowly deteriorate. The last three years of her life she spent in a nursing home and every time I visited her, I focused on her mental and physical decline.

I had read that Alzheimer's was hereditary, so it was no surprise when I found myself in the early stages of the disease five years later. Then one day about 15 years ago, I 'woke up' and realized my beliefs and programming about aging were creating a life that I did not want. I saw that I was just slipping into old age and having watched my mother, I was all too familiar with that path.

I didn't want my mind and body to fall apart. I wanted to be fresh and young and alive. So right then and there I decided to change the course, not just to reverse any mental decline but to actually become more youthful.

Once I had a clear intention to reverse aging, the next step was to learn how. I had practiced body/mind/spirit techniques successfully for decades to manifest my desires—but it had never occurred to me

to use those techniques to grow younger. So, I relied on books and seminars, conferences and meditation retreats to give me action steps to reverse aging, including those for the body. Soon a whole program started to emerge, and I began making my daily program of youthfulness techniques into habits.

My results were so astounding I had to share these body/mind/spirit practices and my first book, *The Secret Method for Growing Younger*, was born. Talks on the subject soon followed. Because this program had reversed my early stages of Alzheimer's, given me tons more energy and kept the breast cancer I was diagnosed with in 1992 from recurring, I felt it was my purpose to help our culture change its views on life in our later years.

Growing younger is mostly about having more joy every day you are alive.

Nine years ago, I tested positive for the Alzheimer's gene, APO-e4, but my daily practices are keeping that gene in the OFF position. I'm living proof that this program really does work. I will celebrate my 83rd birthday on November 18. Because of my practices, I am calmer, more focused, more loving, happier, my brain works better, and my creativity is supercharged. Sure, I'm still a work in progress, but this is fun work! You can grow younger too—if you have a strong desire and are willing to take the time to do daily practices that make a difference.

Ellen Wood of Questa is the award-winning author of a series of books, "The Secret Method for Growing Younger." Her website is www.howtogrowyounger.com. Contact Ellen at ellen@howtogrowyounger.com

La Amenaza Del Alzheimer Me Condujo A Una Vida Extraordinaria

A veces lo que no queremos es lo que nos proporciona el mayor impulso para cambiar el curso de nuestras vidas. Esto fue lo que me sucedió cuando comencé a seguir los pasos de mi madre después que

el Alzheimer la consumiera.

Yo tenía casi 50 años cuando mi madre murió, y durante los últimos diez años la vi deteriorarse de a poco. Los últimos tres años de su vida los pasó en un hogar de

ancianos y cada vez que la visitaba, me enfocaba en su deterioro mental y físico.

Había leído que el Alzheimer era hereditario, por lo que no fue una sorpresa cuando me encontré en las primeras etapas de la enfermedad cinco años después. Entonces, un día, hace unos quince años, me "desperté" y me di cuenta de que mis creencias y mi manera de programarme mentalmente sobre el envejecimiento estaban creando una vida que no quería. Vi que me estaba acercando a la vejez y luego de haber observado a mi madre, estaba ya muy familiarizada con ese camino.

No quería que mi mente y mi cuerpo se derrumbaran, quería estar fresca, joven y viva. Fue entonces cuando decidí cambiar el curso de mi vida, no solo para revertir mi deterioro mental, sino para rejuvenecerme.

Una vez que tuve una intención clara de revertir el envejecimiento, el siguiente paso fue aprender cómo hacerlo. Había practicado con éxito técnicas de cuerpo/mente/espíritu durante décadas para manifestar mis deseos, pero nunca se me había ocurrido usar esas técnicas para rejuvenecerme. Así que busqué ayuda en libros y seminarios, conferencias y retiros de meditación a fin de encontrar pasos de acción para revertir el envejecimiento, incluidos aquellos que tenían que ver con el cuerpo. Pronto comenzó a surgir un programa completo, y pasé a convertir en hábitos mi programa diario de técnicas para rejuvenecerme.

Mis resultados fueron tan asombrosos

que tuve que compartir estas prácticas de cuerpo / mente/ espíritu y así nació mi primer libro "The Secret Method for Growing Younger." Charlas sobre el tema siguieron pronto. Debido a que este programa había revertido las primeras etapas de la enfermedad de Alzheimer, me dio mucha más energía y evitó que el cáncer de seno que tuve en 1992 se repitiera, sentí que era mi propósito ayudar a nuestra cultura a cambiar sus puntos de vista sobre cómo puede ser la vida cuando avanzamos en edad.

Rejuvenecerse se trata sobre todo de tener más alegría cada día que vives. Hace nueve años el gen de Alzheimer, APO-e4, apareció en mí como positivo, pero mis prácticas diarias mantienen ese gen en la posición de APAGADO. Celebraré mi cumpleaños 83 el 18 de noviembre y soy una prueba viviente de que este programa funciona de veras. Gracias a mis prácticas, me siento más tranquila, más centrada, más cariñosa, más feliz, mi cerebro funciona mejor y mi creatividad está cargadísima. Claro, todavía estoy en proceso de evolución, ¡pero este es un proceso divertido! También tú puedes rejuvenecerte si tienes un gran deseo de que esto suceda y estás dispuesto a dedicar el tiempo a hacer prácticas diarias que producen la diferencia.

Ellen Wood de Questa es la autora galardonada de la serie de libros. Su sitio web es www.howtogrowyounger.com. Póngase en contacto con Ellen escribiéndole a ellen@howtogrowyounger.com

Traducido por Teresa Dovalpage

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BODY | MIND | SPIRIT

By BARBARA TRACY

THANKSGIVING WITH
CLEMENTINE AND CHARLIE

My grandparents, Clementine and Charlie, had five sons, known as “the boys”. They also inherited a sixth son from my grandmothers’ twin brother, Clem because his mother had passed away when he was a small boy. So we had a house full, as all the boys had wives and children. It’s a good thing it was a large house. It was a two story turn of the century house complete with filigree trim on the porch posts and a parlor in the house that was seldom used as it was more like the museum of the family treasures.

We always had eggnog, which we made from scratch and ladled out from a huge crystal punch bowl. The children were allowed to have their share of egg nog before grandpa poured in the bourbon and ruined it for the younger set to drink.

In those days there were no cell phones, tablets or computers. The beauty of that is that while everyone was gathered at the big table there were stories being told, conversations about this and that, as well as a lot of laughter and sibling inside jokes between the boys. Everybody was present at the table, joining in with all the activity and fun. There were no phones ringing or fingers tapping away sending a text message. The TV was in the living room and was not turned on until the 6 o’clock news. A computer was unheard of.

Now we live in a world of heads buried in cell phones, laptops and TV’s, even at the dining table.

There have been interesting discoveries made concerning the “Blue Light Frequencies” that are emitted by these devices. This blue light is not only on cell phones, computers and TVs, streetlights, car lights and camera screens. It is in our light bulbs, unless they are incandescents.

Blue light is a frequency that is isolated from the full spectrum of color and is a toxic amplified concentration of a pulsating frequency. The human body and brain need the full spectrum of color as the sun

gives us for physical and emotional health.

When we are watching blue light frequency emitting devices, our brains get the message that it is time to be awake and active. There are many who are looking at their computer screen or cell phone screens at night. Too much exposure to blue light, especially at night, prevents our brain from calming down and secreting melatonin, which is our sleep hormone, our anti-aging hormone and an anti-cancer hormone. When this happens, it prevents us from getting a good night’s sleep, and poor sleep patterns lead to stress and health problems. Some of the problems attributed to poor sleep are diabetes, neuro-degenerative issues, weight gain, depression and anxiety.

Here are some suggestions that can help lower the exposure to harmful blue light frequencies:

Use blue light screens during the day and limit night time use as much as possible. There are blue light blocking glasses with yellow lenses available if you feel the need to use blue light screens after sunset. It is important to know that a cheaper pair of these blocking glasses will

not be as effective as those that cost a little more. Information is available on line at EMF Academy.

I use a Kindle reader which comes with a blue light blocker that I have turned on. Other devices that have this feature are the I-phone and Androids. I also have an Android cell phone and if you go to tools you will find a setting for the display that says blue light filter. You can set it to come on from sunset to sunrise.

Have a lovely Thanksgiving. Technology is wonderful, but an old-fashioned Thanksgiving without the electronics could be a very memorable one.

A Thanksgiving poem

The year has turned its circle,
The seasons come and go,
The harvest all is gathered in
And chilly north winds blow,
Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway,
Thanksgiving comes again.

-Author unknown



The Great American Smokeout is an annual event sponsored by the American Cancer Society (ACS). It is held on the third Thursday of November, this year it is November 21st. This social engineering event focuses on encouraging Americans to quit tobacco smoking. To learn more: www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html.

QUESTA HIGH INVITES YOU TO OUR 

CELEBRATING

VETERANS DAY

FRIDAY • NOVEMBER 8

8:00 AM - NOON-ISH

8:00 AM - 8:45 AM: (QHS CAFETERIA) BREAKFAST WITH OUR VETERANS

9:00 AM: (QHS GYMNASIUM) VETERAN'S DAY CELEBRATION VETERANS

★ ★ ★ ★ ★

WE WILL BE HONORING WORLD WAR II VETERAN AND BATAAN DEATH MARCH SURVIVOR VALDEMAR DE HERRERA ALONG WITH PRESENTATIONS BY ALTA VISTA ELEMENTARY CLASSES, ART WORK BY STUDENTS IN GRADES 7-12, MUSICAL PERFORMANCES, AND MORE!

WE THANK YOU & WE LOOK FORWARD TO HONORING YOU ON THIS DAY!
WE HOPE YOU CAN JOIN US!

Butterfly

By JILL ANSELL

May we find release from the ocean of unbearable sorrow...

The dawn offered a sense of peace but the absence of birds was startling. As I awakened, the silence was deafening and seemed matched only by the impenetrable darkness of night. Drifting back into slumber, I fell instantly into a dream. In it masses of birds had organized into flocks and departed south to visit the prison camps at the borders where children are being held. They seemed to have an instinctual sense of where their songs were needed. When I awakened I lay in reverie hearing these words repeat in my mind like a mantra, "I Never Saw Another Butterfly".

Some impressions are indelible. This was one of them. Published originally in 1959, "I Never Saw Another Butterfly" was a collection of works of art and poetry by children who lived in the Nazi concentration camp Terezin. The book was named after a poem by Paul Friedman, a child who resided in the

camp and went on to be exterminated at Auschwitz. Each of the young contributors was credited if known, though most died prior to the liberation of this camp.

Auschwitz, then, posed as a cultural venue which featured parks, flower gardens, statues, and grassy areas all of which were a facade to hide the truth of the death-fate of its occupants. The majority of people sent there were artists, musicians, scholars, and professionals. This front was created by the Nazis who hoped it would deceive the International Red Cross into believing how well the people were being treated. 144,000 were sent there. Approximately 17,000 survived.

When I moved to New York in the mid 1960s, I was given a copy of this book. I recall its poignancy now. A mixture of children's drawings and poetry, it was a colorful chronicle of a tragedy in word and image.

Upon my arrival in New York I began to observe elderly European patriachs on park benches in Manhattan reading the Daily Forward in Yiddish. My sense of compassion grew upon consideration

of these people as disenfranchised immigrants who escaped the Holocaust. Out of their tragedy spawned a new culture. Each day they published a newspaper of extensive coverage which provided the means to uphold their culture and ways. This seemed a testament to the resilience of the human spirit.

I think now of the immigrant children who are being separated from their families and the sense of cruelty and violence affecting their impressionable minds. It seems a mass trauma is being perpetrated with the potential long term result being a culture of imbalance and hierarchy. As a therapist, I have witnessed the effects of such trauma.

When ICE knocks on their doors promising food and treats only to deceive and remove their relatives under the guise of trust, how can trust develop? Is ICE the new Gestapo? Will these vulnerable, innocent beings grow up viewing the United States much the same way as the Jews viewed Germany? Will they have the means to recall, continue, and possibly resurrect their own culture? Will they claim a long-promised

land in the future only to oppress those who might want to share it? Will the oppressed become the oppressors? Or will broad-mindedness and compassion prevail?

As I sit in this pure land of clean air and incredible beauty, I am reminded of my privilege. Each day I witness butterflies alighting on flowers and wonder what we're creating. Daily images are inscribed on my mind through journalistic bombardment: the children of Mexico, Yemen, Syria, Afghanistan, and now America. Will they ever see another butterfly?

May they find release from the ocean of unbearable sorrow...

Jill Ansell LPCC is a psychotherapist in private practice in Taos. She writes about issues of injustice and trauma and is a frequent contributor to the Questa Del Rio News. Jill is a lifelong artist whose work has been shown extensively throughout the U.S. and beyond. She has lived in the Questa area for the past three years.

Phone App to Rank Purity of Common Household Items

By HANNAH CRIDER STEBBINS

Although the name will leave you guessing and perhaps blushing, Think Dirty™, is a free app that you can download to your iPhone or Android. It's for anyone who wants to know what is in their everyday household items and if they are safe to use or have unpleasant side effects.

Think Dirty looks at household cleaners, soaps, makeup, skincare, hair care as well as baby care products. It instantly (or very quickly) ranks common and popular products on a scale of 1-10 with 10 indicating that the product has known carcinogens and hormone disrupters known to cause fertility issues.

The app is easy to use. You scan the barcode of products you already have in your house and get a rating. It is a detailed but easy way to understand the list of the ingredients. You can also scan it while you are shopping to help you decide whether to bring it home. Don't be surprised if, like me, you find that your household products are "dirtier" than you were expecting. If that is the case, the app gives recommendations for "cleaner" products. The Think Dirty app makes it easy to choose overall healthier options for everyday products. Think Dirty, shop clean, find out more at <https://www.thinkdirtyapp.com>

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LINDA MILLER • lindadelrioads@gmail.com or
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Questa Health Center Has a New Dentist!

By LOU MCCALL

Welcome, Dr. Rodney Slater, DMD to the Questa Health Center! Dr. Slater started at the Questa Health Center in August. He came to us from his hometown of Provo, Utah. Dr. Slater earned his Doctorate of Dental Medicine from the Oregon Health and Science University in Portland, Oregon and had previously received a Bachelor of Science from Brigham Young University in Provo, Utah.

Dr. Slater has always been fascinated with teeth and the science surrounding teeth and the human body. "I strive to make every effort to help the patient feel at ease, to calm their fear and anxiety and to provide painless dentistry as much as possible. I also believe that education is the key to establishing and maintaining optimum oral health," said Dr. Slater. He is happy to be a part of our community. Next time you go to the dentist's office here in Questa say hi and tell him. "Welcome to Questa!"



Courtesy Photo

Welcome our new dentist, Dr. Rodney Slater, DMD to Questa Health Center!

The Questa Medical Clinic provides full dental services and offers a sliding pay scale to those who need it. They also accept Medicaid, Medicare, and other dental insurance.

Many of you will be happy to hear that our old friend, Sue, dental hygienist extraordinaire, is back at the Questa Clinic after working in Santa Fe for a time.

To make an appointment, call 575-586-0315. The Questa Health Center is located at 2573 State Highway 522 in Questa, NM.

La Sala: Hosting Events and Classes with Health in Mind



Photo by Emily Wilde

LEFT: Before the concert performed by Taos Soundscapes at LaSala this past Oct. 12.

Courtesy Photo

RIGHT: Making skulls out of sugar is a traditional Day of the Dead activity, come and make some on November 2nd at La Sala for El Dia de Los Muertos!

CONTRIBUTORS: GAEA MCGAHEE, CARRIE LEVEN, MONIQUE PARKER, MICHAEL GRANEY

La Sala, the yoga and multi-use studio and event space, which opened in Questa in October, aims to support community health by providing regular classes, special events and workshops. Their mission is *health*.

La Sala offers a beautiful space for dance, meetings, or workshops. This same space is also available for nonprofit outreach and educational activities.

"Nonprofits and community groups with missions that align with ours can contact us about using this space, and we have our own nonprofit program called Sala Reach" says Gaea McGahee, building owner and yoga teacher.

Sala Reach is a program of the nonprofit organization called Localogy. Localogy is a Northern New Mexico nonprofit moving local people and communities from passive consumption to active production of livelihoods and culture.

During the month of November, in addition to ongoing yoga classes, Tai Chi and Vedic chant workshops; a special celebration of the Day of the Dead is among the offerings. The full schedule of recurring events is listed on this page.

Once a month, for free or by donation, Sala Reach is offering Yoga for Military Veterans, Gold Star Families, First Responders, Peace Corps Veterans, and Civil Servants. Carrie Leven is offering the class the second Saturday of every month. Join her on November 9th, from 10-11:15 a.m. The focus is how to effectively deal with stress by

practicing mindfulness, movement, and meditation which have been shown to build resilience. Contact Carrie, carrieleven@gmail.com, to determine if this class is a fit. For more information see the article on page 16.

SPECIAL OFFERINGS IN NOVEMBER

Michael Graney is offering two workshops this month. The first is **"Foundations Of Yoga," on Saturday, November 16, 10 a.m. to 12 p.m.** This workshop explores basic foundations of alignment and theory, which can be activated in all yoga poses whether standing, sitting or lying down. Newer students will appreciate the simple thoroughness of the presentation. More experienced students will enjoy the technical connections between the five energies of the body.

The second offering is the **"Tai Chi Workshop: Yang-style Original" 10-Form" on Saturday, November 23, 10 a.m. to 12 p.m.** This is the practice that can be seen in the early morning in many parks throughout Southeast Asia, with groups of 20 or more people participating. In this two-hour workshop you will learn the movement sequences of the 10-form or "first form" of the Yang-style of tai chi. The 10-form is the initial and essential step on the path to ever-more complex forms of this practice that has existed on some level for as long as 7,000 years.

Mike has been practicing yoga for over 30 years as an aid to general health and well-being and has been presenting trainings and classes since earning his certificate from Prana Yoga Teachers College in 2007. He opened the first studio in the town in New Zealand

where he lived. He has taught across Australia, New Zealand and the USA as a dedicated practitioner of both yoga and tai chi and has worked as a substance-abuse counselor and professional guide for most of his adult life. Cost is \$30 for each two-hour workshop. E-mail YogaSalaQuesta@gmail.com to reserve your space.

Monique Parker will offer an introductory workshop titled, **"Vedic Chant for Auspicious Beginnings" on Sunday, November 10 from 2-4 p.m.** Monique Parker is a certified Vedic chant instructor, yoga teacher and yoga therapist in the tradition of Sri T. Krishnamacharya. She has been a practitioner of yoga for 25 years and owns Taos Yoga Therapy, www.taosyogatherapy.com, www.theyogaofmantra.com.

Vedic chanting is the oldest unbroken oral tradition in existence and has been declared an Intangible Heritage of Humanity by UNESCO. Hailing from ancient India, chanting and incorporating sacred Sanskrit mantras can transform our practice into a sacred experience. Chanting mantras have many benefits, including calming the mind, lowering blood pressure, reducing stress, improving digestion, enhancing memory, and improving self-confidence. Cost is \$30 for two hours. Please pre-register with Monique directly to reserve your space for this workshop: monique@taosyogatherapy.com.

SALA REACH NEEDS YOU TO CONTINUE TO GROW

In addition to the many offerings at the La Sala location, Sala Reach is now sponsoring a teacher at the Questa Health Center offering mindful movement and meditation which has been

ongoing since March of 2019 to support Questa Health Center's behavioral health program.

Each offering needs dedicated participants to make them viable programs. We want your feedback! Sala Reach needs to know what you want. *Your input and interests are key. And if you are committed to your health, but need support, Sala Reach will sponsor you with scholarships to attend classes.* Please e-mail YogaSalaQuesta@gmail.com or call 575-224-2102 for more information on scholarships.

Please let us know if you are interested in building with us! These are a few of the new offerings being considered for the future.

- Yoga and Tai Chi (at La Sala) for nervous system health, geared to support people in recovery, coping with post traumatic stress or coping with addiction in their family system
- Tai Chi and Yoga for kids
- Dance and music programs for youth
- Grant-supported cultural and celebratory events (music, dancing etc.)

LaSala
QUESTA

To learn more about La Sala, go to LaSalaQuesta.com and subscribe to "News" or go to YogaSalaQuesta.org.

Also, Instagram and Facebook at [Yoga Sala Questa](https://www.instagram.com/YogaSalaQuesta), or contact Gaea McGahee at 575-224-2102, or yogasalaquesta@gmail.com.

La Sala is located at 2331 State HWY 522, Questa, NM 87556.

Torre Strong of Lynx Leatherwork

By NICK NAGAWIECKI

Torre Strong is a local leather worker in Questa. She says that she “has lived in Questa for only a short 30 years.” She moved here after traveling the world. Her work has become another bright spot in the Questa art scene and has garnered a lot of attention. Any chic New Yorker would be lucky to have leather work of this caliber. You might have seen her painted feather earrings or cell phone cases. She also is exploring painting and metal work to add to her practice.

“Leather working has been a passion since I was a child. I was raised in alternative cultures, so we worked creatively with materials we had on hand. Leather is appealing because it’s so functional as opposed to purely aesthetic. You can use these things on a daily basis to help with orthopedic needs or just keep your stuff in a bag, utilitarian and artistic. I’ve always had a propensity to work with the materials and just never got away from it.

“After a while what you do becomes who you are and then there’s no getting away. So that’s what happened there. It just became who I am because it’s been about 40 years of really serious leather work. So, it’s ingrained in me. Everything from the function of the piece, to the material that it’s made out of, to different cultural influences. Because I’ve traveled all over the world and looked at leather work and art in every country I’ve been to, I have influences everywhere from Native American all the way to Norse and European influence. South American leather workers influenced me with the lace work and its finer aspects.

“It’s basically a global influence to style. I try not to get stuck in any niche because it’s always changing. What I do one year might evolve into something else in the next year. Also the market does dictate what I make. Cell phone cases are a perfect example. I make a lot of those because that is what people need.

“What influences what I make is what people buy. What will the market bear? What kind of skin do I have right now? I also like working with fur. A lot of people are bringing old family leatherworks and asking for adjustments. So that is a new craft that I am exploring.

“South American leather has beautiful and intricate lace work which I pull from. Native American fringe is an



Courtesy Photos

Torre Strong’s leather book covers.

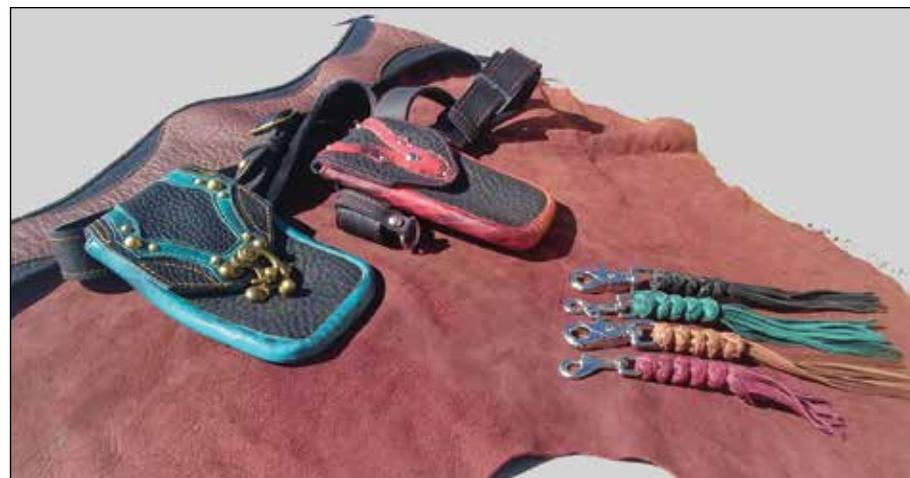


Photo by Nicholas Nagawiecki

Torre Strong’s leatherwork including a hide, a belt, cell phone cases, and a key chain.

influence. And I like to combine styles. I was focused on Norse cultures because that is my heritage. The Viking cultures made amazing garments and utilitarian leather work, combining leather and wood and antler to make knife sheaths or other things that were made to be extremely durable.

“Spanish edge lacing with fancy knots used to make jewelry. I take certain styles and apply them in my own manner to get the job done. Mongolian and Scythian leatherworking is also a huge influence.

Unfortunately, my journeys in those areas (Mongolia and Scythia) got thwarted due to politics of traveling with a U.S. passport. It is very limiting in those areas. The things I like about that leather work, just like Tibetans, is the

incorporation of metal in with the leather work. I think that may be my next direction in my craft, to try and learn more because I like the elaborate metal work that they did, and it’s something I haven’t really done yet.

“Cell phone cases are my biggest sellers now, I have to continually update my patterns to fit the next size of cell phones. My deerskin feather earrings are certainly the fastest selling, hottest little item I’ve ever made. I love to make fitted deer skin bodices and then paint them with my airbrush. That’s the most avant-garde thing I do. I paint them with varnish or finishing leather dye like I do on the earrings. The garments have designs that accentuate a woman’s body and fit. I like to fit things really nicely. I don’t get to do this very often because



Courtesy Photos

Torre Strong with her dog, Kato.



Courtesy Photos

Torre Strong’s earrings made from deerskin that look like feathers.

I’m too busy making earrings and cell phone cases.

“I’m very lucky in that I buy the scrap leather from a moccasin maker in Colorado who I have known since I was 18.

LYNX LEATHERWORK continued page 28

Spilling the Beans About Major Bean

Major Bean has become a favorite for locals and tourists alike in Red River. In 2017, Margy Spillers and her husband Pat opened the delightful coffee and sandwich shop. After traveling to Red River with their kids for 15 years, they saw an opportunity to be there more than just part time. Margy has another Major Bean eatery in Elk City, Oklahoma, which is run by her daughter-in-law.

Major Bean has all the coffee and drinks on their menu that you would find in any big city coffee house, but that isn't all. Do you want a smoothie? Grab one! Are you hungry for breakfast or lunch? There are so many sandwiches, salads, and breakfast items to choose from, you absolutely will not go away hungry. Their food is delicious; they are vegetarian and vegan friendly items, too.

This year has been an especially busy one for them, which is also good for Red River. Major Bean will be closed

from October 22 until November 20 for some much-needed time to recuperate and gear up for the winter crowd. The atmosphere is a great little coffee shop, one where friends meet, and you can find a few business meeting lunches going on there too. Margy is always looking for responsible people who would like to be part of a booming (and delicious) business in Red River. You can find Major Bean on FaceBook or just take a little ride down Main Street in Red River and stop by for breakfast, coffee or lunch. This is definitely a great place to hang out!

Major Bean Coffee & Sandwiches Co.
575-754-2700 • 121 E. Main Street, Red River

Closed Tuesday.
7am-3pm Wednesday- Thursday
and 7am-5pm Friday- Sunday.

To order online, check out
www.places.singleplatform.com
or www.chownow.com



ENCHANTED EATS RESTAURANT GUIDE!

Many of our region's restaurants have seasonal hours and it is tricky to keep up with them. Please call first to make sure they are open!

- | | |
|--|--|
| <p>Wildcat's Den
575-586-1119
2457 Highway 522, Questa
11am-6pm Monday, Wednesday, Friday,
Saturday & 11am-5pm Tuesday, Thursday</p> | <p>Shotgun Willie's
575-754-6505
403 W. Main Street, Red River
7am-2pm, daily</p> |
| <p>Frank's Eats & Sweets
575-586-2303
2366 Highway 522, Questa
Monday-Thursday 11am-7pm,
Friday-Sunday 11am-8pm.</p> | <p>Yesterday's Diner
575-754-6233
612 W Main Street, Red River
7am-2pm, daily</p> |
| <p>My Tia's Cafe
575-586-2203
107 Highway 347, Cerro
Tuesday through Friday 11am-6pm,
Saturday and Sunday 9am-6pm,
closed Mondays</p> | <p>Old Tymers Cafe
575-754-2951
201 E. Main Street, Red River
7am-2pm daily</p> |
| <p>Deb's Deli
(inside the Questa Center Super Market)
575-586-0233
5 Supermarket Rd, Questa
9am-6pm, daily</p> | <p>Capo's Corner
575-754-6297
110 Pioneer Road, Red River
11:30am-2pm and 5-9pm daily</p> |
| <p>Primetime Pizza
575-586-2328
2431 Highway 522, Questa
11am-7pm, closed Mondays.</p> | <p>Major Bean Coffee & Sandwiches Co.
575-754-2700
121 E. Main Street, Red River
7am-3pm Wednesday- Thursday and
7am-5pm Friday- Sunday</p> |
| <p>El Monte Carlo Grille
575-586-0004
2435 Highway 522, Questa
Call for hours.</p> | <p>The Motherlode Saloon
575-754-6280
406 E. Main Street, Red River
4:30-9pm Daily</p> |
| <p>Brett's Bistro
575-754-9959
201 W Main Street, Red River
11am-9pm, daily</p> | <p>Bull o' the Woods
575-754-2593
401 E Main Street, Red River
11am-12am Daily</p> |
| <p>The Magnolia Kitchen
575-754-9955
305 Pioneer Street, Red River
Thursday-Monday 2-8pm</p> | <p>Red River Brewing Co.
575-754-4422
217 W. Main Street, Red River
Sunday-Thursday 11am-10pm &
Friday-Saturday 11am-11pm</p> |
| <p>Sundance Mexican Restaurant
575-754-2971
401 E. High Street, Red River
5-9pm, daily</p> | <p>Costilla Gas & Grocery (Snack Bar)
575-586-8010
Highway 522 & Highway 196, Costilla
Monday-Saturday 6am- 9pm
Sunday 7am- 9pm</p> |
| <p>Texas Red's Steakhouse
and Lost Love Saloon
575-754-2922
400 W. Main Street, Red River
4:30-9pm, daily</p> | <p>Mrs. Rios' - Thai Kitchen
719-672-0211
218 Main Street, San Luis, CO
9am- 9pm Daily</p> |
| | <p>Crazy Beaver
719-672-9022
101 County Road 13.2, Garcia, CO
Wednesday- Friday 12-8pm,
Saturday 9am-8pm, Sunday 9am-5pm</p> |

Please help us keep up with seasonal hours and closures. Do you have something to add? Did we leave something out, does anything need correcting? Let us know! news@questaedf.com



Courtesy Photo-COLORADO
Division of Parks and
Outdoor Recreation

**Ernesto
Martinez, 1975,
nominated
Colorado's Park
Person of
the Year.**



Courtesy Photo-U.S. Army

Ernesto Martinez in the U.S. Army, Ft. Benning, Georgia, 1956.



Photo by Nick Nagawiecki

Ernesto Martinez, at his home in Questa.



By QUESTA DEL RIO NEWS STAFF

Ernesto A. Martinez, born and raised in Questa, remembers his first job herding sheep at the age of six in the Pinabete Hills and working in the fields in Colorado. After his father died in 1945, he worked in Red River during the summer, eventually becoming the manager at the Black Mountain Place House. Sometime later he moved to Santa Fe and then to Denver with \$20 in his pocket, where he worked construction the summer of 1952. He came back to finish high school at Questa High School in 1953. After high school graduation, he returned to Denver, working construction during the day and went to college at night. He studied engineering and drafting and graduated in 1956.

After going with Glenda Martinez for three years, they were married in June 1956. Soon after Ernesto got drafted into the U.S. Army. After completing basic training, he was sent to Fort Benning,

Georgia and Glenda joined him in Columbus, Georgia. He described Glenda as the most beautiful and truthful Hispanic Lady in Colorado.

Ernesto was assigned to the Continental Army Command in charge of testing radar for the U.S. Army. He flew to Arizona frequently and supervised a crew of seven soldiers. He admired the way the Notre Dame cadets demonstrated the weapons, which inspired him to enroll in night classes for public speaking with commissioned officers. Along with public speaking, he took English and math courses. All this time, soldiers were being shipped off to the Korean war.

After Ernesto's discharge, they moved back to Denver where he was employed by the Martin Marietta Aerospace Corporation. He worked there for 15 years and became a supervisor in charge of missile wiring, including the three stages that took people to the moon, receiving numerous commendations. Later, he was in charge of microelectronics packing design, receiving commendations for that as well.

While working for MMC, he enrolled in real estate classes and received his broker's license to sell real estate. At that time, there were only two Hispanic owned real estate companies in Denver and his was one of them. He was the

owner, president and broker of Queen City Realty.

In 1974, there was an opening at Colorado State Parks for a land negotiator and Ernesto got the position. Ernesto became the land grant officer for Colorado State Parks. At that time, he was the only Hispanic employee in the Colorado State Parks system.

With the State Parks Ernesto, or Ernie as he was known, was responsible for the acquisition of 14 State Parks in Colorado and was featured in numerous articles in newspapers and magazines. He had many professional accomplishments and his job was very complicated, involving recreation, scenic development and municipal rights. Water rights and adjudication was a big part of his work. Ernesto facilitated many land donations to the state parks system. He received numerous awards, certificates and commendations, including 1975 Parks Person of the Year and several LULAC awards. Ernesto was instrumental in the success of passing Senate legislation for Conservation Easements for the State of Colorado. Over the years he worked with highly skilled and professional people and put together winning teams to accomplish great things. Ernesto says he had a lot of help and they deserve credit, especially the planning departments, park manag-

ers and field operations personnel, too numerous to mention by name.

Ernesto has three children and five grandchildren. His son, Ronald graduated with honors from Columbia University, majoring in Finance. He lives in Colorado Springs and is chairman of the ENT Credit Union. Ernesto's daughter Gina was a manager for Sunrise Senior Living for 10 years on the East Coast before moving back to Denver and is currently their Resident Service Director for Colorado. Ernesto's daughter Linda Martinez Battey also lives in Denver and recently retired as a GS 12 after 25 years with the U.S. Geological Survey, as a financial specialist.

Due to asthma Ernesto took early retirement in 1987 and moved back to Questa. He has been spent winters in Tucson, Arizona for nine years. He plays the guitar and is a member of four different musical groups. Ernesto played guitar at St. Anthony's Church for many years.

Ernesto Martinez, *un vecino de Questa*, has given our community a lot to be proud of. His many professional accomplishments through various careers prove that with a lot of hard work and a strong foundation in small-town upbringing, one can do great things in the world.



JEANNIE MASTERS &
KATE CISNEROS

By LOU MCCALL

Few have done so much to make the world – and the community of Questa – a better place, than the dynamic duo of Jeannie Masters and Kate Cisneros. These two friends grew up in Cerro and are both now widows. So as Jeannie jokes, they give back to the community to keep themselves out of the bars!

They set the gold standard. Because of that, they are supported in everything they set out to do by other eager volunteers in the community. It is hard to get Kate and Jeannie to talk about themselves and also hard to give them credit for their work because the conversation always turns to their wonderful fellow volunteers.

The duo have big ideas and big projects and are busy in a big way. They have been involved with the Questa Creative Council since the beginning and they help with NeoRio. Kate and Jeannie were also founding booth-holders at the Alumbra Christmas Fair, hosting a benefit booth for the Food Pantry.

Kate and Jeannie were also instrumental in developing the Questa History Trail, starting in 2015. They shared invaluable local perspectives about Questa's early days and between them, they always knew who to call to obtain whatever bits of information, large or small, were needed as the project developed. They hosted meetings, made snacks, and answered the phone endlessly. Members of the History Trail team say they could not have held together or produced something of lasting value to the community without these contributions.

Last summer, Jeannie and Kate participated in the storytelling presentations at Wild Rivers, co-hosted by the History Trail team and the BLM (organized by Tim Long, with help from many including Flavio Cisneros and Bob Jaramillo). They shared their memories with locals and visitors alike. It seems everything they do is a little piece of maintaining the best of Questa's cultural heritage.

Kate and Jeannie are active in their church and goodness knows it is appreciated. They like to share the glory with the innumerable Questeñas who helped Flavio Cisneros feed the workers during



Photo by Alberta Bouyer

Our Volunteers of the Month, from left Kate Cisneros and Jeannie Masters.

during the restoration of St. Anthony's Church. He kept a calendar of volunteers' names whom he rotated to provide meals at noon on Saturdays. He, himself, baked weekly to feed them a snack mid-morning with coffee.

Kate and Jeannie are active in the Cerro/Questa Friendship Circle and have been since Gilbert Segura (Kate's brother-in-law) started the organization several years ago. It's a group of folks that feed families after funerals of a loved one. It's a membership organization, where everyone pay dues on a yearly basis. The money is then used to buy groceries to prepare meals for the grieving families.

Feeding the locals is what Kate and Jeannie do. They are probably most well-known for the North Central Food Pantry, which they started together a few years ago. They attribute its coming together to prayer and received support from Chevron, Mayor Mark Gallegos and the Village of Questa, the St. James Episcopal Church Food Pantry and so many others who Kate and Jeannie love to give credit to. They formed a non-profit, tax-exempt organization and it keeps them hopping.

The Food Pantry is their baby. It is almost a full-time job by itself. Besides distribution days which are the second and fourth Fridays of every month, they also work on Thursdays meeting the delivery

truck to unload and unpack boxes. Kate also works on Tuesdays or Wednesdays to clean the entire building, so please volunteer to help if you are able.

Every two weeks they, along with their close family of volunteers, provide food at no cost to about 150 people. They have so much food to give away, they wish more people would come! They get big trucks full of produce, which can be difficult to store. They almost always have potatoes, onions, carrots, cabbage and it is always fun to see what they have. Sometimes it is whatever is in season, like squash or apples. They recently received 15 cases of pistachios. Kate and Jeannie call it their mountains of produce and they are not exaggerating, "Do us a favor and please come get produce!" they say.

Kate says there are many families and individuals who are hungry and really need the help. Some may not come because they don't know about it, are too embarrassed, or too proud. There are some who don't think they deserve it, she adds sadly. Kate says for those people, think about volunteering on Fridays so you can see how it works and can take home free food, no questions asked. It's surprising how many more people would come if they had transportation so offer to bring a friend! You don't have to be starving and homeless to receive food from the Food Pantry.

The donation of food allows families to cover the basics, or staples, of their diets so they can spend their food budget on other things. For those who have food stamps (EBT) or SNAP, it allows their food dollars to go a lot further.

Kate and Jeannie say that there is a misconception that all the food they receive and distribute comes to them for free. Much of it is free and there are also big orders every month that the non-profit group pays for. They wish they had more cash on hand to order specialty items like meat. The Food Pantry is responsible for all the fuel costs to get the food delivered twice a month.

Volunteer Tammie Arvilla, who Kate describes as her right hand, says many visitors leave a donation of \$2.00 to \$3.00 and go home with as much as \$50 or \$100 worth of food, or more. If each visitor left a couple dollars, that would pay the huge freight bill every month. The Food Pantry is also responsible for paying for the electricity bill, which can be quite high, more so in the summer when produce needs to be kept cool.

Please consider making a donation, even small donations are accepted and very much appreciated. Jeannie and Kate tell us that Living Word Ministries and Chevron are major donors and the Village of Questa gives them a lot of support providing space in their building for \$1.00 a year! The local Knights of Columbus are very generous and help them a lot. There are local individuals who donate \$100 a month and someone who gives them \$500 a month, and many families donate once or twice a year. It is important to Kate and Jeannie to let everyone know how much they love the support of their donors and their family of volunteers who keep the place going.

To make a tax-deductible contribution, please send a check payable to North Central Food Pantry to P.O. Box 1076, Questa NM 87556 or bring cash on a distribution day to the Pantry on the hill. Call Kate at 586-1807 or Jeannie at 586-0486 if you would like more information, would like to volunteer or to make a contribution.

Everyone is welcome to participate in the food distribution on the second and fourth Fridays of every month between 11A.M. and 2P.M. The Food Pantry is on the top of the hill next to Questa Head Start and the Ancianos Senior Center on Embargo Road off Route 522. And while you are there, please give Kate and Jeannie a hug and a big thank you for everything they do.

*National Hunger & Homeless Awareness Week
November 10-16, 2019*

Veterans Upward Bound



Above: This coin is something that VUB participants carry in their pockets to remind them that they are rich in resources. When they are at the library doing research or sitting at a coffee shop, they put this on the table or computer desk and another member of the program may recognize it, introduce themselves and feel a part of the brotherhood, or sisterhood.

Left: From left, Veterans Upward Bound Recruiter Matthew Wohlberg and Program Coordinator Kelly Fitzpatrick making a difference in the lives of many veterans. Visit them on Facebook/unm.vub.

Courtesy Photos: Questa del Rio News

By LOU MCCALL

For veterans of military service, UNM-Taos has a well-kept secret and Kelly Fitzpatrick and Matthew Wohlberg of the Veterans Upward Bound Program are spilling the beans. VUB offers extensive services for veterans to get back on track with many opportunities for those who have been out of the service and perhaps out of school for a while. The program's primary focus is on low income or underemployed, first generation college students. If you are a veteran who fits into that category, you are especially in luck. There is no age limit for the program and VUB hopes to enroll more female veterans.

VUB provides free, individualized attention to determine needs, interests, and goals that support academic success and facilitate a smoother transition from military service to whatever comes next. Their goal is to be the best first step for veterans preparing to enter college. Are you a veteran and not interested in college? No problem. VUB can assist you with many services. Should you choose, you can receive assistance to get into a college, university, or a training program of your choice, and it doesn't have to be at UNM-Taos.

VUB understands that veterans face many obstacles—financial, personal, healthcare, housing. You name the problem and VUB extends a hand. They recognize that these needs must be met and personal issues resolved before anyone can move forward and thrive. Sometimes it is as simple as a referral

to another agency, including the VA, housing programs, or other community service providers. They offer application assistance for health programs, college admissions, financial aid, and veteran's education benefits. Does the veteran have a disability, need glasses, or dental work? Maybe he or she is hungry and does not know about the food bank, public assistance, or other community services? The friendly and compassionate folks at VUB have answers to the questions veterans may ask and if they don't know the answers, they will make it their mission to find them.

Re-entering the workforce or going back to school can be a challenge. To get veterans up to speed with advances and changes in work or academic environments, they offer free academic and career counseling. Education opportunities range from traditional classes on-campus including college preparatory instruction plus computer skills. They also offer customized workshops, often on weekends to fit tight schedules. VUB also has focused, online, self-paced instruction for those who want to improve their skills at home or on their own schedule.

The VUB's Academic Boot Camps are very effective for getting veterans up to speed. The boot camps are provided based upon need and the number of veteran students who require the same type of instruction, i.e., math,, English, computer skills, etc. They tend to require at least five to ten students in order to schedule a boot camp. These are intensive classes that last from a few days

to a week to ensure the students grasp the material well enough and provide a foundation to proceed on their own.

The boost that veterans receive from VUB is a real confidence builder. There is a marked difference in the veteran who first walks in their door and those leaving who have availed themselves of VUB's services. Kelly Fitzpatrick, Program Coordinator, and U.S. Army Veteran is well aware of the needs that veterans face. She is saddened by the statistic that approximately 22 U.S. military veterans commit suicide every day. All have problems that can be addressed and mitigated by programs such as Veterans Upward Bound. These deaths are preventable. The military, defense budget, and Office of Veterans Affairs are sadly underfunded and understaffed to handle the great need that so many veterans have but VUB has made a difference in the lives of many. Kelly has made it her mission to include more women in the program and she also has a commitment to creating more opportunities in small towns and rural America.

Matthew Wohlberg, the VUB program's recruiter, is a 25-year veteran of the U.S. Army and works closely with the veterans who sign up for their services. He came to be part of the program quite by accident by walking into the VUB office asking for online help one day to access his college transcripts. He was hired that day to help recruit veterans into the program. He says that everyone has a story, especially veterans. Matt has become their ambassador and tireless advocate.

The VUB has been around for decades. It was started in 1965 by Lyndon and Ladybird Johnson who penned the Higher Education Act granting funding for Veterans Upward Bound and other helpful programs for those with academic need. The program currently serves five northern New Mexico counties: Taos, Colfax, Rio Arriba, San Miguel, and Santa Fe and can make exceptions on a case-by-case basis for non-residents of those counties. There is funding for 125 students in these counties and the program has served 110 for the 2018-19 school year. VUB partners with other veterans' outreach programs to provide scholarships, social and other types of support. One partner group awarded scholarships to four worthy veterans for the 2019-20 school year. In August, there was a Veterans Benefit Fair in Taos, where many agencies were represented. The fair included representatives from the NM Workforce Center, Disabled American Veterans, NM Department of Veteran Services, and other governmental and private organizations which provide services to veterans. These events are becoming widespread across the country and offer a one stop resource to address veteran's needs.

Does Veterans Upward Bound sound like a good fit for you? For more information, check out their website at www.taos.unm.edu/veteransupwardbound or visit them on Facebook/unm.vub. Call them toll free at 1-855-357-3725 or 575-737-3725. You can also e-mail unmVUB@unm.edu.

Carrie Leven Teaches Yoga for Service Veterans

By LOU MCCALL

Yoga teacher Carrie Leven is now teaching again with a monthly Yoga for Service Veterans class at La Sala. Her first class was Saturday, October 12th and will be offered on the second Saturday of every month from 10 to 11:15 A.M. The class may evolve into a regular weekly class with enough interest and participation. The class is free and open to all service veterans, including those in the military, civil servants, Peace Corps volunteers, Gold Star Families and First Responders. For the first class a service dog was even in attendance!

"I'm not a veteran myself, but I grew up in a military family. My dad was deployed to Vietnam when I was six years old, and my older brother served in the Gulf War in 1991, so veterans have always been dear to my heart," said Carrie.

Her late husband, Monte Doeren, served two tours in Vietnam. Sadly, he died almost two years ago on Christmas

*"This is not a work-out,"
Carrie said, "It's a work-in!"*

Day of 2017 from heart disease associated with exposure to Agent Orange defoliant during his service. He also suffered symptoms of Post-Traumatic Stress Disorder or PTSD. He didn't like taking medication. Instead he preferred meditation, gardening, reading, spending time with animals, and being in nature to calm his nerves.

Carrie said, "I happened to see a TV special about how yoga is shown to help Veterans deal with PTSD and decided to learn more about it to possibly help Monte and other veterans who might benefit. I went to Yoga School at UNM Taos with Monique Parker and studied Yoga Therapy with Svastha Yoga & Ayurveda. I also took special training for bringing yoga to veterans and first responders. I was grateful that I could make use of my training and passion for

serving by offering free community yoga classes to veterans and their families for a few years."

The Saturday Yoga Class for Service Veterans alternated between guided meditations and gentle movement, which could be performed in a chair. "This is not a work-out," Carrie said, "It's a work-in!" A major component of the morning's class is mindfulness training, which is becoming more mainstream and the subject of significant scientific research. With practice, developing mindfulness is a way for individuals to live in the present moment, with less dwelling on the past or worrying about the future. Being mindful can lessen anxiety, relieve stress and improve our health. It is basically about paying attention, a habit that can improve every aspect of our lives. For those suffering from PTSD, as a result of

military service—or any trauma, learning mindfulness techniques can be an essential aspect of recovery.

The class ended with participants asking Carrie about her most recent trip to India. She described her Panchakarma experience in a village, where she spent three weeks receiving care from Ayurvedic physicians. Ayurveda is an ancient form of medicine that is very simple, down to earth and natural. The treatment was individualized and is different for everyone, depending on their constitution and symptoms. Carrie described giving up meat, coffee and alcohol and drinking herb teas, eating a nutritious, non-spicy diet of freshly-prepared foods every day and she felt terrific!

Please join Carrie and her class on November 9th and the second Saturday of every month from 10 to 11:15 A.M. The class is offered at La Sala at 2331 State Highway 522 (across the road from ArtQuesta and the laundromat). If you would like more information, please contact Carrie at carrieleven@gmail.com.

What the Veteran's Creed Means to Me

By MATTHEW
CORVIN WOHLBERG,
U.S. ARMY, RETIRED

From the very instant a veteran raises his or her hand to accept the sacred and solemn oath of service, the Veteran's Creed or "Code" must become a commitment to which one adheres until the moment of beckoning by those final bells and then beyond. To do any less is to commit a breach of trust for which there can be no forgiveness. The Code demands that a person set aside any innate and selfish agenda and dedicate himself or herself to a life of service. I am an American veteran who served in uniform and who continues to do so forever. I dedicate my life to my honor and courage and thereby to my family, my community, my country and ultimately to a world

community of my cherished fellow human beings. My physical and mental capacities will certainly dwindle with the passage of years, but the strength of my oath and commitment thereto never will. I carry those to my death and beyond and hope to serve as a reflection and beacon for others to be guided by. I lead as an example while on this earth and beyond and fervently hope to make a proud difference in the lives of those I touch directly and those I do not. I am human, and I will surely falter from time to time. But my legacy is timeless. I honor and guard it with a selfish pride as I do my fallen comrades who I shall miss through eternity. I will make a difference in the lives of others. I will defend this country, the constitution and the right and obligation to make a difference with my life.

RESOURCES FOR VETERANS

HEROES HANGOUT is a nonprofit resource and recreation center for veterans and their families. Come join us for billiards, camaraderie and fun! We are right next-door to the VA clinic at 1353 Paseo Del Pueblo Sur and are open Monday through Friday 9 a.m.-4 p.m. **(575) 751-2803.**

NOT FORGOTTEN OUTREACH WELLNESS CENTER, 461 Theodora Lane, Taos, offers free events and services, including free yoga for military families, 10 a.m., Tuesdays; relaxation and pain management techniques classes, Wednesdays, 3 p.m.; acupuncture services for military families, second Friday of each month; Warrior Canine Connection Fridays, 11 a.m.-12:30 p.m. (veterans train service dogs for fellow veterans); 12-step recovery meetings for veterans and military families recovering from addiction, noon Fridays; caregiver (physical or mental) support meetings, first Saturday of each month, 11 a.m.; VFW regular meetings are second Saturdays, 2 p.m. Call (575) 741-1503 or visit notforgottenoutreach.org.

veterans
UpWARD
BOUND

THE VETERAN'S CREED

1. I am an American veteran
2. I proudly served my country
3. I live the values I learned in the military
4. I continue to serve my community, my country and my fellow veterans
5. I maintain my physical and mental discipline
6. I continue to lead and improve
7. I make a difference
8. I honor and remember my fallen comrades

You served. Let us serve you!

Phone: 1-855-357-3725 or 575-737-3725
Email: unmVUB@unm.edu
Website: taos.unm.edu/veteransupwardbound
Mail: 1157 County Road 110
Ranchos de Taos, NM 87557
Veterans Upward Bound

NM THE UNIVERSITY OF NEW MEXICO

QISD School Board Candidate Race

By QUESTA DEL RIO NEWS STAFF

There was a great turnout for the Candidates Forum on Wednesday, October 9th, which was held at the Questa VFW. All School Board candidates were present along with approximately 80 people, including members of the press, QISD staff and many former staff, families of students and local politicians. Two positions on the board are up this election which could ultimately change the way the school board votes on issues. Juan Cisneros is running against incumbent Daryl Ortega, for Position 1. Ellis Garcia, Position 2 incumbent is in a contest running against Cori Jenkins, Vivian Apodaca-Vallejos, and Rebecca Ortega.

Recently, Vivian Apodaca-Vallejos dropped out of the race, stating that her husband has been diagnosed with cancer and will be receiving intensive chemotherapy and radiation treatments until January. Her heart is still with the students and staff of the school district. While it would be wonderful if the Costilla community was represented on the school board, she has every faith in Rebecca Griego to represent their interests and is endorsing Griego as a candidate.

As the election approaches, QISD school board has made the news at the state level with damaging accusations. Numerous complaints filed with the New Mexico Secretary of State's office regarding previous school board elections resulted in requests to the Board of Elections to monitor the polls in Questa on November 5th.

In addition, there were rumors circulating that potential voters were being paid to vote for a certain candidate. These rumors have been reported and are under investigation. There continues to be a bit of turbulence with current school board members such as allegations of bribery for a school board vote on the closing of the Costilla School. The question remains about whether a school board member can serve on the board having admitted to a felony conviction. According to KOB 4 News, school board incumbent Ellis Garcia is being forced to resign and drop out of the election. The New Mexico Attorney General's office sent Mr. Garcia a letter, giving him 14 days to do so.

It will be up to the community to vote for the candidates who they think have the best qualifications, who have the best plan to move the district forward, and the candidates who have the



Questa Del Rio News

Pictured from left to right are candidates Cori Jenkins, Juan Cisneros, Vivian Apodaca-Vallejos, Rebecca Griego, Daryl Ortega and Ellis Garcia. Standing is forum moderator Jason Medina of San Luis, CO. Get out and vote on November 5th!

right demeanor to represent them on the school board.

Sponsors for the Forum, Rio Costilla Community PTA and the Questa Teachers Union compiled this list of questions for the candidates. Along with questions posed by community members who attended the forum. The questions asked resulted in a lively and informative discussion. Some answers had the whole room in roaring applause while others caused visible anger and frustration among those in attendance.

1. What is motivating you to run for the school board?
2. What will your priorities be as a school board member?
3. What have you done in the past to help your community thrive?
4. How have you previously advocated for students and educators in your community?
5. How did your educational experiences shape you, and what lessons will you take with you from those experiences?
6. Have you ever worked as an employee in public education? If so, how did your school board affect you? What lessons will you take from your experience into this position?
7. New Mexico has the lowest high school graduation rate in the nation. What specific steps will you take to address this problem?
8. New Mexico ranks 49th in 4th-grade reading and math scores.

What specific steps will you take to address this problem?

9. How will you advocate for both the students and the employees of the public education system in your role?
10. Think New Mexico, a non-partisan think tank, released a study in 2017 which suggests that the percentage of a state's education budget that makes it to the classroom, as opposed to administrative costs, is related to student performance. Do you agree? Will you advocate for an increased percentage of the budget going to the classroom? Why or why not? If so, how will you address the issue?
11. New Mexico is combating a "teacher shortage." A recent study by NMSU said New Mexico's "teacher attractiveness score" is 2.18 on a scale of one to five. What will you do to increase this score and make sure these vacancies are filled by qualified individuals as quickly as possible?
12. How can you make your school board an example of excellence for the other boards in the state?

If you have wondered what you can do to help QISD take steps to improve the lives of our students and staff, please show up to the polls on Tuesday, November 5th and participate in our democracy by exercising your right to vote.

I VOTED

- I voted.
 I voted for the rainbow.
 I voted for the cry of a loon.
 I voted for my grandfather's bones that feed beetles now.
 I voted for a singing brook that sparkles under a North Dakota bean field.
 I voted for salty air through which the whimbrel flies South along the shores of two continents.
 I voted for melting snow that returns to the wellspring of darkness, where the sky is born from the earth.
 I voted for daemonic mushrooms in the loam, and the old democracy of worms.
 I voted for the wordless treaty that cannot be broken by white men or brown, because it is made of star semen, thistle sap, hieroglyphs of the weevil in prairie oak.
 I voted for the local, the small, the brim that does not spill over, the abolition of waste, the luxury of enough.
 I voted for the commonwealth of the ancient forest, a larva for every beak, a wing-tinted flower for every moth's disguise, a well-fed mammal's corpse for every colony of maggots.
 I voted for open borders between death and birth.
 I voted on the ballot of a fallen leaf of sycamore that cannot be erased, for it becomes the dust and rain, and then a tree again.
 I voted for more fallow time to cultivate wild flowers, more recess in schools to cultivate play, more leisure, tax free, more space between days.
 I voted to increase the profit of evening silence and the price of a thrush song.
 I voted for ten million stars in your next inhalation.

- Fred LaMotte



By CATHY GALLEGOS,
INTERIM QISD SUPERINTENDENT

Happy November, Questa Wildcat Community! It has been my great pleasure to serve our community as your Questa Junior/Senior High School Principal and as your interim superintendent. As you can imagine, things have been busy for us at the central

office. Kathy Gonzales and I have had our hands full keeping things running as smoothly as possible. We are excited to announce that one of Questa's own, Domingo Torres, will be joining us at the central office. He will fill our vacant business position and we are looking forward to having him join our team. With his help, we are already moving closer to the goal to get our district up to speed, on track, and moving ahead toward a well-organized school district.

Maintenance and transportation have been all hands-on deck making sure that our schools are as safe as can be. We want to take care of our students and staff, making sure they have the support

they need to fulfill their own personal goals, to learn, get a good education as we continue to be a caring family for each other.

We have had some safety scares lately. I want to assure everyone that the Questa Independent School District is committed to working with local law enforcement to create the best safety plan possible for our schools. To that end, the district is purchasing much-needed supplies for our classrooms, to ensure we have the safest environment for our students and staff. In the month of November, we will have a full shelter in place, lockdown, and evacuation drill. The morning of the drill, parents will

receive a "robo-call" letting them know that we are conducting the drill, which should be finished by lunch. Afterward, administration and law enforcement will meet to debrief and make any needed changes to the plan. The school board is committed to ensuring we are ready for emergencies, and they have given their full support to the district's plans.

During my time here it has been my experience that this district is full of staff, parents, students, and community stakeholders that are very committed to each other. The plan is to keep that going and see how we can become the most successful school district in Northern New Mexico.

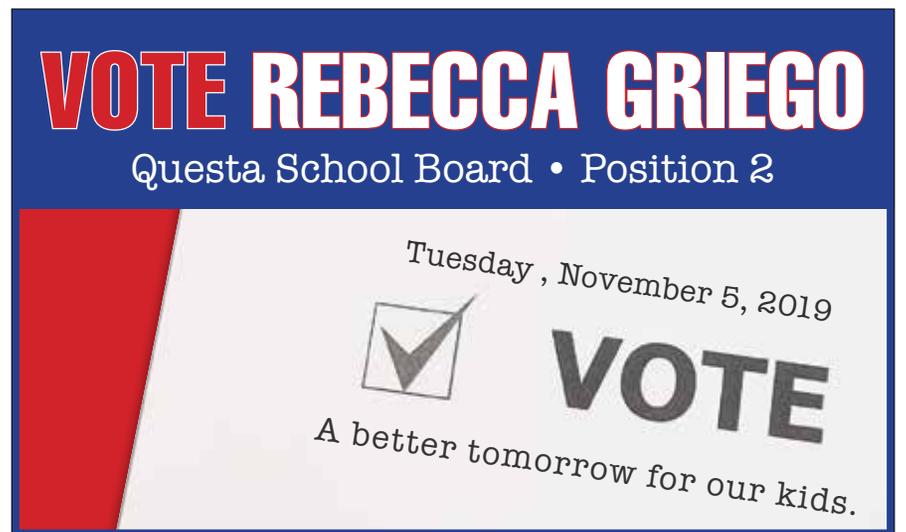


By MARIA GONZALEZ

Vida Del Norte Coalition's Active 8 and two Senior Mentors painted the town red to kick off Red Ribbon Week. There were several drug-free messages on businesses throughout Questa, bringing the message of prevention to our community. Red Ribbon Week is celebrated annually during the last week of October, and this year it was October 23- 31. Vida Del Norte teamed up with Harvest Questa, Q-Town Drama, and Non Violence Works Questa Mentorship Program to bring awareness and prevention about the substance misuse issue in our communities and around the world.

The Coalition's campaign, "Be Spooked to Take a Look" was a way to bring awareness to the behavioral consequences of substance misuse. Throughout the week Active 8 led classroom activities at the Questa Junior and Senior High School. The Youth Mentorship Program

took classroom activities to the Elementary level. Harvest Questa held a vigil on October 29th for those who have lost someone to substance misuse. To end our week we had a Haunted Hayride. Prior to the hayride the community enjoyed traditional ghost stories of our culture that were recorded by the Manitos Project. Riders also received a goodie bag that included valuable prevention material for both children and their parents to read.



Sharon Nicholson: An Unsung Hero

By MARGARET LEJUSTE

Every library has a list of tasks necessary for functioning operation. Most libraries have staff to oversee the various departments. The Questa Public Library is unique because the library director is responsible for all the positions. The success of the Questa Public Library is largely due to the tireless efforts of its Library Director, Sharon Nicholson, who was recognized on October 9th as a 2019 Taos News Unsung Hero. Many supporters of the Questa Public Library were in attendance at the award ceremony, including Mayor Mark Gallegos, Coun-

cilmembers Louise Gallegos and Brent Jaramillo, and numerous volunteers. They cheered Sharon on as she accepted the traditional glass bear created for the occasion by local artist, Tony Jojola.

Nicholson was commended for the work she has done over the years to build the Questa Public Library into a vibrant hub that serves northern Taos County communities with programs and services to enrich their lives and promote literacy in the rural area.

In addition to the traditional books and media available to borrow free of charge, the library, under Sharon's direction, offers computer classes for adults and reading programs for children,



Photo by Margaret Lejuste

Sharon Nicholson, Director of the Questa Public Library, recently honored by Taos News as an Unsung Hero!

including the annual Summer Reading Program. When Questa schools went to a four-day school week, Sharon picked up the slack and started an afternoon children's program based on the science and arts principles of STEAM for those Fridays when children are not in school. STEAM is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking.

Earlier this year, the New Mexico State Legislature appropriated funds to expand the Questa Public Library. Sharon Nicholson's recognition as an Unsung Hero is timely and well deserved.

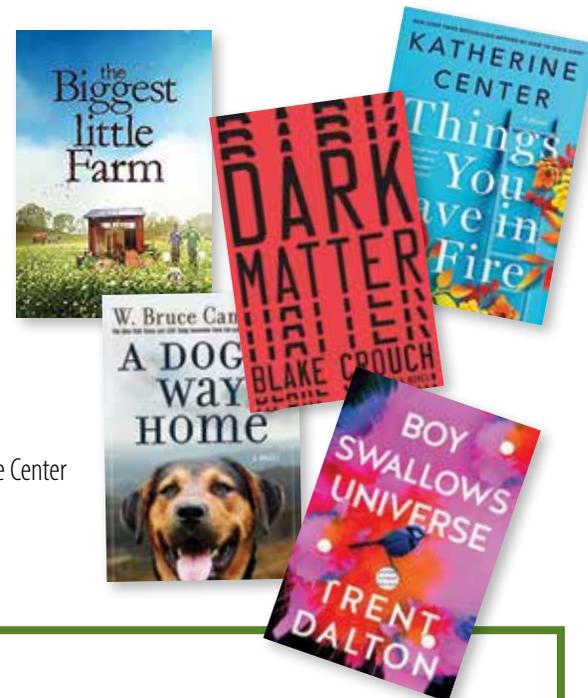
The Library Collection Rocks

By LIBRARIAN
SHARON NICHOLSON

Did you know the library has DVDs for you to watch? Your Questa Library has a movie selected with you in mind! Come and check one out today. Prefer to immerse yourself in a good book? We have several new titles for you to choose! See a complete list of new books at the library.

HERE ARE JUST A FEW OF THE NEW ADDITIONS:

- A Dog's Way Home
- Boy Swallows Universe – Trent Dalton
- Art of Racing in the Rain
- Dark Matter - Blake Crouch
- Can you Ever Forgive Me?
- New Girl – Daniel Silva
- Harry Potter Complete 8-Film Collection
- Old Bones – Douglas Preston
- Poms
- Pioneer – James McCullough
- Secret Life of Pets 2
- The Testaments – Margaret Atwood
- Wife
- Tidelands – Philippa Gregory
- Ken Burns: Country Music
- Things You Save in a Fire – Katherine Center
- Biggest Little Farm
- Crazy Brave – Joy Harpo



NOVEMBER EVENTS AT QUESTA LIBRARY

NOVEMBER 1 – 1:00 -3:00 PM

Fun Friday

Children and their parents are invited to build and decorate an altar to celebrate El Dia de los Muertos. Bring photographs, candles, and favorite food items to remember the deceased, while we will make tissue paper flowers and papel picado (cut-out banners of tissue paper), to give the altar a festive look. Once the altar is complete, we will listen to your favorite stories about the honored family members. Monique Belitz, a local artist, will lead the session. A BONUS! Face-painting by Peggy Trigg.

NOVEMBER 11

Library Closed For Veterans Day

NOVEMBER 12 – 2:30 PM

FQPL Board Meeting

Help us make our library the best! All are welcome to attend.

NOVEMBER 14 – 10:30 AM -1:00 PM

Wildcat Kitty Club

Kids ages 0-3 meet to play together and do fun activities. We sing, play instruments, hear stories, and have yummy snacks. It's a great time for parents and caregivers to share experiences and tips on life with tiny humans!

NOVEMBER 15 – 1:00 - 3:00 PM

Fun Friday

Clay Studio with Peggy Trigg. This month we will make items using coil construction and do a pit firing. Be sure your children take advantage of this unique opportunity.

NOVEMBER 25 – 3:30-5:00 PM

Questa Library Book Club at Rael's Coffee House

This month we will focus on Native American authors both fiction and non-fiction. The Questa Library has some excellent titles to choose from. Join the conversation!

NOVEMBER 28, 29, 30

Library Closed for Thanksgiving Holiday

THURSDAYS - DROPPED STITCH

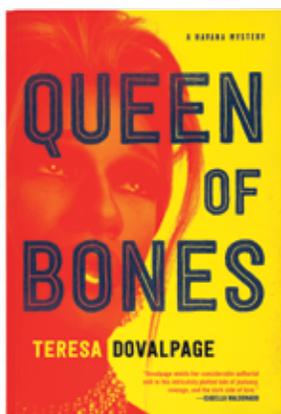
2:30-5:00 PM

Bring your latest project!

Mend those pesky socks! Share your current adventure! No gossip, no judgement, just good fun.

THE LIBRARY NEEDS YOU:

- we need volunteers to assist with shelving books and cataloging
- we need volunteers to help create Fun Friday STEAM programs
- we need a volunteer to help us with Facebook, program publicity, anything electronic
- We need YOU



Queen of Bones

NEW NOVEL

By TERESA DOVALPAGE

Havana native and novelist, Teresa Dovalpage (whose name you may recognize as Questa Del Rio News' translator) has a new book out, a murder mystery entitled *Queen of Bones*. Set between two very different Cubas, twenty years apart, the gripping story explores lingering grudges between old friends and lovers

separated by Castro's final sanctioned raft exodus.

Juan, a Cuban construction worker who has settled in Albuquerque, returns to Havana for the first time since fleeing Cuba by raft twenty years ago. He is traveling with his American wife, Sharon, and hopes to reconnect with Victor, his best friend from college—and, unbeknownst to Sharon, he also hopes to discover what has become of two ex-girlfriends, Elsa and Rosita.

Juan is surprised to learn that Victor has become Victoria and runs a

popular drag show at the local hot spot Café Arabia. Elsa has married a wealthy foreigner, and Rosita, still single, works at the Havana cemetery. When one of these women turns up dead, it will cost Padrino, a Santería priest and former detective on the Havana police force, more than he expects as he untangles the group's lies and hunts down the killer.

Teresa Dovalpage, Ph.D.
Professor of Spanish and ESL
New Mexico Junior College
<http://teredovalpage.com/>

November is NaNoWriMo: Time off For Sara Martinez!

By QUESTA DEL RIO NEWS STAFF

Many of us miss Sara Martinez's writing in the Questa Del Rio News. She is taking time off for National Novel Writing Month, which has come to be known as NaNoWriMo for short. NaNoWriMo is a month-long quest for writers to complete 50,000 words of a novel in 30 days. It is a great way for new and seasoned writers to push themselves to draft a new novel with the support of an online community. NaNoWriMo began online in 1999 and plus has the real-world component of in person get-togethers all over the world.

NaNoWriMo is a great way to get started on a novel. It is an incubator for novelists. Best-selling books such as *Like Water for Elephants*, *Fangirl*, and *WOOL* began as rough drafts in November. NaNoWriMo is also a non-profit which works year-round to help writers of all ages with writing tools, tricks and lessons for creative writing. It is a wonderful resource for teachers because of its free content as well as having a young writers' program for youth 17 and under.

Sara won't give away any details about her novel just yet. Mrs. Martinez was a teacher at QJSHS teaching Cul-

inary Arts, English, and Creative Writing for the past three years. She, along with several other QJSD teachers, were not given a contract for this year due to budget and declining enrollment. Sara currently works at Taos High School and hopes to continue to write and work in the schools as opportunity allows. In the spring, she will complete a School Counselor's certification to get her school counselor license. Sara and her husband, Robert, chose to raise their two daughters in the mountains of Amalia to be close to family. Living in the quiet of the mountains also happens to provide the

perfect environment for creative writing. She is a busy gal, we look forward to her novel and future articles for the paper.

SOMOS in Taos will continue Prose Month and hosting weekly readings from local published authors, workshops and "write-ins."

To learn more, check out these online resources:

SOMOS- <https://somostaos.org/prose-month/>

NaNoWriMo -<https://www.nanowrimo.org>

Young Writers' Program NaNoWriMo-<https://ywp.nanowrimo.org>

Benefits of Writing Letters to the Dead

Annie Mattingley, former resident of Questa, will be facilitating a workshop entitled "Benefits of Writing Letters to the Dead" as part of the *Before I Die New Mexico Festival*. This event will be an opportunity to write a letter to someone you love who has died and to find out for yourself what a benefit this practice can be.

Mattingley has taught writing at UNM-Taos, John F. Kennedy University and also teaches privately. She is known to many Questeños for having led the "Writing Letters to the Dead" workshop at Day of the Dead celebrations in Questa. Mattingley is the author of *The After Death Chronicles: True Stories of Comfort, Guidance, and Wisdom from Beyond the Veil*, in which she relates her own story of verbal contact with her deceased daughter and also gives accounts from scores of others who have had contact with the deceased through experiences such as dreams, visions, experiences



Courtesy Photo

Annie Mattingley

with nature, or physical manifestations. Her stories reveal that some contacts

WORKSHOP

"Benefits of Writing Letters to the Dead"

Before I Die New Mexico Festival

Monday, Nov. 4th

3:45pm

DeVargas Funeral Home

1520 Paseo del Pueblo Sur, Taos.

bring guidance or protection, some heal old, deep wounds, and that all can bring relief and be very comforting.

Mattingley will also participate in a panel discussion in Santa Fe on November 6th, entitled, "Is There Life After Death?" at the Berardinelli McGee Life Events Center, 1399 Luisa Street. To see the entire schedule of Taos, Española, Santa Fe, and Albuquerque events for the Before I Die New Mexico Festival check out www.BeforeIDieNM.com. You can contact Mattingley at www.Annie-Mattingley.com.

Going on
a trip?

Take us
with you!

Send photos

and stories

for our new column

Around the Bend

575.586.2149 or
News@QuestaEDF.com

Dancing the Dead

In the central highlands
of Madagascar,
they bring the ancestors out
from family crypts, out
from cool shadow
into the bright subtropical day,
and dance them
through village streets.

Yes, dance.

To the cheerful trill
of flutes, the happy wheeze
of squeeze boxes.
Drums beat
arterial throb, irresistible.

The quick
enter the houses
of the dead.
Warm hands
still wrapped in flesh
still worked by sinew
take up what remains:
dust,
unfettered bones
enshrouded,
place nearly weightless
grandfathers
grandmothers
aunts and uncles
on shoulders
used to bearing bricks
or water jars
or burdens invisible
but of greater weight.

And then, they dance.

They dance
up from the houses of the dead
past
the houses of the living,

carrying the ones
who carried them
in long gone wombs,
vanished arms and hearts.

Nothing heavy here.
Crowds of revelers.
Laughter, loving smiles.

When the dancing's done,
soiled gray bags of bones
are laid out on stony ground,

their contents tenderly reshaped,
reassembled into human form,
sprinkled with perfume
and with wine,
swathed in fresh white cloth,
returned to their cool beds.
The living say,
"It is good
to thank the ancestors
in person
because we owe them
everything.
We do not come from mud,"
they say.
"We come
from these bodies."

I do this, too,
with my dead
-- bring them out,
rearrange the bones.
But, I wouldn't
call it
dancing.

Deborah Pender Hutchison has been a singer-songwriter, a lay pastor, a spiritual director, a wife, a mother. Poetry is the common thread stringing together these ways of being in the world. When she was a child, she was convinced that everything was alive and adulthood has done nothing to change that perception. Poetry holds open the liminal space where this aliveness can be experienced and communicated. Hutchison's work has appeared most recently in *Late Bloomers: The Movement*, an anthology of poems, essays and fiction by "mature" Taos writers.

Bailar los muertos

En las tierras altas del centro
de Madagascar
sacan a los antepasados
de las criptas familiares,
de la sombra fría
al brillante día subtropical,
y los bailan
por las calles del pueblo.

Sí, bailan

Al trino alegre
de las flautas, al jaleo feliz
de los cajones.
Los tambores palpitan
en un ritmo arterial, irresistible.

Los vivos
entran a los hogares
de los muertos.
Manos tibias
aún envueltas en carne
aún cruzadas por tendones
retoman lo que queda:
polvo,
huesos deshilvanados
envueltos en sudarios,
se colocan los casi ingravidos
abuelos
abuelas
tías y tíos
en los hombros
acostumbrados a cargar ladrillos
o cántaros con agua
o cargas invisibles
pero de mayor peso.

Y entonces, bailan.

Bailan
desde las casas de los muertos
pasando
por las casas de los vivos

cargando a aquellos
que los cargaron
en vientres desaparecidos,
brazos y corazones que ya no están.

Nada sombrío hay aquí.
Muchedumbres alborotadas.
Risas, sonrisas de amor.

Cuando el baile termina,
las bolsas de huesos grises y manchadas
se depositan en la tierra pedregosa,
su contenido acomodado con cariño
reensamblado en forma humana,
rociado con perfume
y con vino
envuelto en tela blanca y fresca,
regresado a sus camas frías.

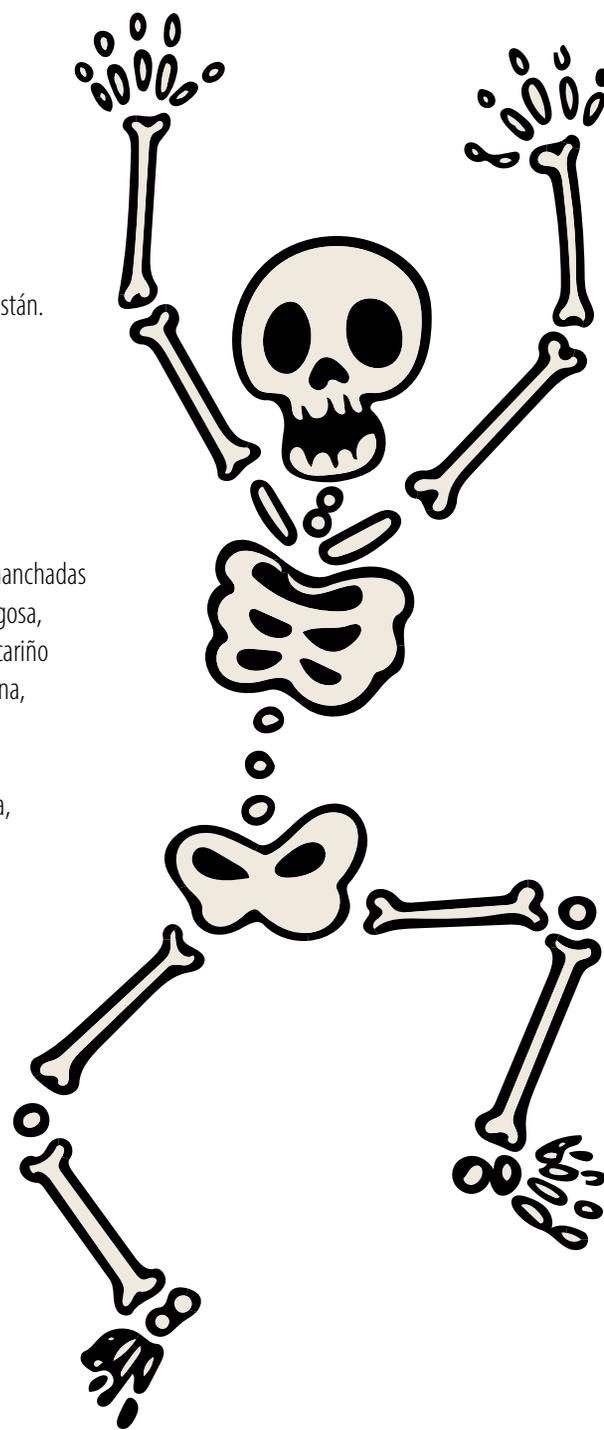
Los vivos dicen:
"Es bueno
agradecer a los antepasados
en persona
porque les debemos
todo.
No venimos del barro,"
dicen.
"Venimos
de estos cuerpos."

Yo también hago esto
con mis muertos
—los saco,
reorganizo los huesos.
Pero no
lo llamaría
baile.

Deborah Pender Hutchison

ha sido cantante y compositora, pastora laica, directora espiritual, esposa y madre. La poesía es el hilo conductor que une a todas estas formas de estar en el mundo. Cuando era niña, estaba convencida de que todo estaba vivo y la edad adulta no ha hecho nada para cambiar esa percepción. La poesía mantiene abierto el espacio liminal donde se puede experimentar y comunicar esta vitalidad. La obra de la señora Hutchison ha aparecido recientemente en *Late Bloomers: The Movement*, una antología de poemas, ensayos y ficción de escritores "maduros" de Taos.

Traducido por Teresa Dovalpage



Full up: Cambalache Frito Pie Contest

By TONER MITCHELL

When I was a kid, I was known for my eating. Pizza, burgers, enchiladas. A friend of mine's mom didn't invite me to his birthday party one year because I'd eaten too many hot dogs the year before. Like who thinks ten hot dogs is too many?

That was then, this is now, or so I told myself at the 2019 Cambalache as Master of Ceremonies, Lindsay Mapes, introduced what was certainly the world's first Frito Pie Eating Contest (definitely Questa's first). I had halfway committed to competing, but as the day arrived, I'd realized that not only had I never eaten a Frito pie quickly before, but my opportunity for adopting such a hobby was surely in my past. One can't be too careful about his salt intake at my age, and you never know how potent the chile will be in a northern town like Questa.

Two contestant questions about the

rules definitely validated my decision to sit out the contest. The first, "Do you have to use a fork or can you just shovel it into your mouth?" mutually reinforced the second, which was, "Are you disqualified if you vomit?"

So, if the rules allowed it, someone was actually prepared to go on eating Frito pies after vomiting. Which put in crystal clear terms that, if I was foolish enough to enter the contest, Cuccui's box wasn't big enough to contain my penas.

The battle got off to a fast start, with each of the eight contestants seeming to take a bowl or two to work out the kinks. It was a long three minutes, like a round of Ali vs. Frazier at their punch-for-punch best. A bowl went down the hatch, a hand went up (signal for a fresh serving), and then someone else promptly did the same. Like a prizefight, there was plenty of sweat and faces smeared in red (chile, of course). Each time I thought a competitor wouldn't answer the bell, she

or he would get up off the mat and ask for another bowl of goodness.

Quetta Vigil, the eventual winner of the contest, had this to say about how she and her fellow athletes persevered through their pain, "My opponents today are the best in the business, so you take nothing for granted. Nothing. You've got to give 115%. OK, maybe 110%, but never less than 108%. You leave it all out on the table. Well, except the Frito pies. Those go in your stomach, or else you lose."

Quetta won \$50.00 in prize money after establishing the Cambalache record of nine Frito pies consumed in three minutes. Martin Maes came in a close second, winning \$30.00 for downing eight pies. And for her six-pie performance, Gabriella Ortiz took the bronze and a crisp \$20.00 bill.

The first annual Cambalache Frito pie eating contest created a jovial atmosphere and was notable for the super



Photos by Toner Mitchell

Quetta Vigil won first prize and established the Cambalache record of nine Frito pies consumed in three minutes.

sportsmanship of its contestants. There was no end zone dancing here, no bat flipping, or hanging on the rim. When the winners left the stage, they were as cool as cucumbers, true professionals until the end.

Concerns about Dollar General

By MALAQUIAS RAE

Developers who build for the Dollar General Corporation provided plans to build a store in Questa to the Village of Questa governing body at the regular council meeting on Tuesday, October 22nd. Representatives with 12 Oaks Development from Tennessee presented the council with proposed plans and drawings showing a 9100 square foot building that they would like to use as retail sales space for the Dollar General Corporation.

Dollar General is a publicly traded organization based out of Goodlettsville, Tennessee. The company generated \$25.6 billion in revenue from its almost 16,000 stores in the United States in 2018. CNN reported that Dollar General has plans to open 975 new stores in 2019. The company plans to build in Questa on the East side of NM 522 across from the Car Questa auto parts store. Drew Crosby with 12 Oaks stated that the presentation was intended to inform the community of its plans to develop the property and that the property is zoned for commercial development.

Plans will be made available to the Taos County Planning Department for review. The real estate is owned by 12 Oaks and will build to suit for Dollar General. Mr. Crosby stated that no vari-

ance would be required from the Village of Questa. The building plans include metal siding and a combination of masonry, glass and metal for the facade.

Councilor Charlie Gonzales stated, he has spoken to citizens who are concerned about the need for another variety store in Questa. Councilor Gonzales also stated, he did not support the new business coming to Questa. Mayor Mark Gallegos mentioned to the council and public, he has met on several occasions with 12 Oaks to encourage the developer to build in the Questa Business Park. Mr. Crosby stated, it is unlikely Dollar General would consider the offer. Concerns from the council and public ranged from traffic safety to signage and lighting.

Concerns about the effects on local family owned businesses and market dilution were brought up at the council meeting. Mr. Crosby said that Dollar General studied the area and determined that the Questa area is prime for a new store. Mayor Gallegos stated that the Village will consider the proposed building at the November Council meeting. Citizens are encouraged to attend.

The Village Council meets on the second and fourth Tuesdays of every month at 6:00 p.m. in the Village Council Chambers, 2500 Old Highway 3. The next meeting is Tuesday, Nov. 12, 2019.

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volunteerism

noun

1 voluntarism(def2).

2 the policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community

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What Does Property Reassessment Mean for Taos County Agricultural Lands?

By TAOS COUNTY ASSESSOR,
MARIA DIMAS, DARLENE VIGIL,
AND GILLIAN JOYCE

The Reassessment

In 2014, the Taos County Assessor's Office began the reassessment of all properties in Taos County. This process is required of all County Assessors by the State of New Mexico on a regular basis to ensure the property tax burden is fairly distributed among all property owners.

During 2014 and 2015 much of the Taos Valley area was reassessed and the Assessor's office found 264 properties under agricultural classification that were no longer producing agricultural goods. These properties, as mandated by state law, lost their agricultural tax classification, and saw their property taxes rise, some by a great deal.

Now, in the fall of 2019, the Assessor's Office is continuing the reassessment with the intention of covering the entire county by the end of 2022. This fall the Assessor's office is in the process of reassessing properties in Arroyo Hondo and will be moving north from there. At this time there is not a scheduled date for when the Assessor will start the reassessment in the Questa area, but we can expect the process to start in 2020.

Why do we do this re-assessment?

The amount of County revenue collected through property taxes is pre-determined by the County budget and the burden is distributed across property owners. If more land is classified as agricultural, owners of property in other classifications pay more in property taxes to make up the revenue loss from

agricultural lands. We have this agricultural classification to help farmers and ranchers keep their overhead down and to encourage people to keep agricultural lands producing. Essentially, we are all chipping in to give farmers and ranchers a small break on their property taxes.

What does this mean for owners of agricultural land?

Land must currently be in agricultural production under the State's definition in order to maintain agricultural classification resulting in a lower property tax rate. The state of New Mexico's definition includes the production of plants, crops, trees, forest products, orchard crops, livestock, animals for fiber or leather, poultry, fish, and bees. Products must be for personal consumption or for sale. Properties must be a minimum of one acre excluding buildings, with the exception of orchard lands, which can be as small as half an acre.

If the Assessor's Office determines that a tract of historically agricultural land is no longer under production as defined by the State, the land owner will receive a notice of the change of classification in the mail and property taxes on the land will rise from the agricultural classification rate to the vacant land classification rate. If a property owner receives a notice of change of valuation but believes the activities on the land in question meet the State definition of agricultural production, the notice of re-valuation will provide instructions on how to submit a protest. If a property owner loses agricultural classification and indeed the land is no longer in pro-

duction, then the only way taxes can go back down to the agricultural classification rate is to get land back in production. Land will need to be in production for a full year in order to qualify, and the property owner must go to the Assessor's Office and apply for the agricultural classification.

What does this mean for our community?

Already owners of historically agricultural lands in Taos County have lost their agricultural valuation and have seen their taxes rise. This is particularly challenging for the elders and those with limited and/or fixed incomes in our communities whose families have been the stewards of our agricultural lands for decades, if not centuries. Our elders are often living on a fixed income which leaves them challenged to pay the vacant land tax rate. Simultaneously, many have reached an age when keeping the land in production is no longer realistic, and many members of the younger generations have moved away from agriculture, if not also away from the community.

This leaves families in danger of having to sell their lands into real estate development which has the potential to affect the fabric of our communities, the ties of our long-time families to the land, and the capacity of our communities to carry on our agricultural traditions and retain any ability to ensure the continuation of food production and food security in our communities.

The re-assessment sounds an alarm. It's not the first alarm or the second or even the third. The alarm is telling us

that agriculture and the traditions, lands, and people who have developed alongside it are in danger of being lost. It is a reminder that we as communities need to think about how dearly we value our agricultural traditions and come together as communities to care for our agricultural lands and the traditions and people who have kept them alive.

Moving forward: we're in this together.

The Taos County Assessor's Office and Alianza Agri-Cultura will be holding community meetings throughout the communities of Taos County as the re-assessment continues. We will be there to answer your questions, try to address your concerns, support you through the protest process if you need it, and provide you with resources to help get your agricultural lands producing once again.

In the meantime, if you are the owner of agricultural land and you would like to get your land back under production, or need help keeping it in production, here are a few among the many resources available to help:

Taos County Assessor's Office
(575) 737-6360

Taos County Extension Office
(575) 758-3982

Taos Soil & Water Conservation District
(575) 751-0584

Taos Valley Acequia Association
(575) 758-9461

New Mexico Acequia Association
(505) 995-9644

Alianza Agri-Cultura de Taos & LandLink New Mexico for Taos
(505) 289-1085

QUESTA POLICE BLOTTER

SEPTEMBER 3

2:12 PM Welfare Check State Road 38 - A caller said a female is walking in front of cars

7:27 PM Welfare Check Wildcat's Den - A caller said a female is walking in front of cars

SEPTEMBER 4

8:45 PM Harassment Casas de Questa - A caller said someone is harassing her

SEPTEMBER 6

5:58 PM Reckless Driver Old Red River Road - A caller said somebody is driving a motorcycle recklessly

SEPTEMBER 7

1:54 PM Fraud-Forgery Avenida de Eliz - A caller said a female is trying to steal money from him

6:14 PM Harassment Casas de Questa - A caller said there is a male who is harassing them

SEPTEMBER 8

7:16 PM Accident, No Injury State Road 522 - A caller said someone hit her vehicle and took off

SEPTEMBER 13

12:53 AM Welfare Check Eagle Rock Road - A caller said there is a vehicle parked on the roadway with lights on

5:41 PM Reckless Driver Questa Parish Center - A caller said a vehicle tried running her off of the road

5:50 PM Welfare Check State Road 522 - A caller said a female walking down the road appears to be intoxicated

5:54 PM Trespassing State Road 522 - A caller said a male individual is trespassing on her property

11:57 AM Accident with Injury State Road 522 - A caller said someone hit a deer

SEPTEMBER 19

3:58 PM Welfare Check S Kiowa Road - A caller said a female is walking down the road and crying

SEPTEMBER 20

3:42 PM Harassment State Highway 522 - A caller said two individuals are harassing her and her family

8:45 PM Welfare Check Questa - A caller said he can hear shots fired and people yelling

SEPTEMBER 21

10:44 AM Assault Eagle Rock Road - A caller said somebody was stabbed with a screwdriver

2:25 PM Child Neglect Eagle Rock Lake - A caller said

some children were left alone in a vehicle at the lake

2:31 PM Fraud/Forgery Eagle Rock Road - A caller said someone stole her credit card and has been using it.

SEPTEMBER 25

1:37 AM Temporary Restraining Order Violation Cottonwood Road - A caller said someone with a TRO is at her residence

SEPTEMBER 26

4:04 PM Criminal Damage State Road 522 - A caller said a truck passed her and dropped an item that broke her windshield

SEPTEMBER 28

9:57 AM Domestic Disturbance Old Red River Road - A caller said that she was hit but was refusing an ambulance.

Latir Volunteer Fire Department Auxiliary Activities



Photo by Lynn Gitter

Volunteers with the Latir Volunteer Fire Department and the LVFD Auxiliary during their clean-up and inventory day on Saturday, October 12th. From left to right; standing, Bobby Fowler, kneeling, Mark Lewis Wagner, second row, Janie Corrine, Mary Rose, and Carla Santos Lima. Behind is Jim Lobell and Amy Kamble, with Cynthia Najim and Jill Kamas in the back. Not pictured are Lynn Gitter and Vicki Duncan.

By VICKI DUNCAN
AND CHUCK KROON

Every few years fire department gets inspected by ISO, the Insurance Standards Organization. The rating that the fire department receives is then used by insurance companies to determine household insurance rates, which affect all houses in that department's district.

As part of that inspection, the equipment on each fire truck is checked against the manifest. On Saturday October 12th, the newly formed LVFD Auxiliary showed up to work with the department's first responders to do a top to toe cleaning at the Latir Fire House. Their job was to empty all of the compartments so that the equipment can be verified and it was a good opportunity to clean the compartments.

"Great job on Saturday morning for

the fire station clean-up and inventory!" said, Vicki Duncan of the LVFD Auxiliary, which the neighborhood calls the Burrito Brigade. There was a great turnout from the auxiliary and they were all happy to help the volunteer fire department. It also made the auxiliary appreciate the firefighters even more seeing how much they must do in their volunteer capacity to be ready for emergencies.

LVFD acting fire chief, Jona Ollsen, explained that the preparation for an ISO inspection is very important; not only does it rate our fire station but also affects our homeowner's insurance rates. More reason to support our fire department! The Auxiliary recently gained another member, Jill Kamas of Ute Mountain A.I.R. in Sunshine Valley. Welcome Jill and thank you for joining us!

U.S. Capitol Christmas Tree Tour

By DENISE OTTAVIANO

Every year a different national forest is selected to provide a tree to appear on the West Lawn of the U.S. Capitol building for the holiday season. This year, Carson National Forest, in partnership with the New Mexico Tourism Department and nonprofit organization Choose Outdoors, will bring this special gift from New Mexico to Washington, D.C. by way of a cross-country tour involving more than 25 communities along the way.

The festivities will be hosted by local communities at parks and plazas, schools, memorials and monuments, stadiums, main streets and even a parade. Well-wishers will have a chance to sign banners on the sides of the truck, learn more about the Carson National Forest and the great state of New Mexico, purchase U.S. Capitol Christmas Tree merchandise and more. Beginning Nov. 11th, the tree's journey can be tracked in real time online at capitol-treetracker.com hosted in partnership with sponsor Spireon, Inc. Local tour stops include:

Monday, Nov. 11

- 9:00 – 10:00 a.m. Carson National Forest Eagle Rock Lake (State Route 38, Questa, NM)
- 11:30 a.m. – 12:30 p.m. Eagle Nest Town Hall (151 North Willow Creek Drive, Eagle Nest, NM)
- 1:30 – 2:30 p.m. Veteran's Memorial (34 Country Club Road, Angel Fire, NM)
- 5:00 – 6:00 p.m. Taos City Hall (120 Civic Plaza Dr., Taos, NM)

Tuesday, Nov. 12

- 8:00 – 9:00 a.m. Taos Pueblo (120 Veterans Highway, Taos, NM)
- 10:30 – 11:30 a.m. Española Valley

Chamber of Commerce (101 Calle de las Españolas #F, Española, NM)

- 1:30 – 2:30 p.m. Chama Town Hall (2994 4th Street, Chama, NM)
- 3:30 – 4:30 p.m. Jicarilla Apache Supermarket Parking Lot (13603 US-64, Dulce, NM)

From there the tour will travel around New Mexico to Shiprock, Bloomfield, Cuba and Santa Fe, Albuquerque, Truth or Consequences, Capitan, Mescalero, Alamogordo. Then on to the great state of Texas, starting with El Paso, San Antonio, Georgetown and Lufkin. Then to Monroe, Louisiana; Brent, Alabama; Lawrenceville, Georgia; Chattanooga, Nashville and Knoxville, Tennessee and Raphine, Virginia. The Tree will be delivered to Joint Base Andrews in Maryland on November 24th and then on to the Capitol. All dates are subject to change, for the latest updates, go to: uscapitolchristmastree.com/tour

The U.S. Capitol Christmas Tree is made possible with cash and in-kind contributions from companies large and small as well as volunteers locally and across America, providing vital support of time and resources. Sponsors include Kenworth Truck Company, Wilbanks Trucking Services, LLC, Spireon, Inc., Elvis Duran & Alex Carr, Hale Trailer, Federal Motor Carrier Safety Administration, Alaska Airlines, Meritor, Public Service Company of New Mexico, Travel Centers of America, Truckload Carriers Association, Great West Casualty Company, Taos County, New Mexico Oil and Gas Association, Presbyterian Healthcare Services, National Forest Foundation, Christmas Tree Promotion Board, National Press Club and Lexis-Nexis VitalChek Network, Inc.

Falling Back on November 3rd

By NICK NAGAWIECKI

Tired of waking up before the sun rises to go to work? Well, your dark mornings will be temporarily suspended on November 3rd when Daylight Savings time is over for the year. At 2 AM, time will "Fall Back" one hour to 1AM and everybody will get an extra hour that day. For those who like to get up in the dark, sorry.

Look to your phone or computer if you want to check the correct time.

During the winter season, we fall back because our sleepier, non-agricultural society no longer needs the extra daylight. The system was engineered by none other than Benjamin Franklin in a letter to the Paris Review when he was the U.S. ambassador to France. So, when you are annoyed at having to change your clocks on Sunday November 3rd, just remember our comrades to the north who are trying to salvage every second of the little daylight they receive to improve their mental health.

AROUND THE BEND: ALASKA



Photo by Joan Young

A Mother Grizzly and her two cubs at Katmai National Park.



Photo by Joan Young

Lunch on the shores of Surprise Lake in a volcanic caldera at Aniakchak National Monument - the least-visited national park in the country!

OUR ALASKAN ODYSSEY By MICHAEL YOUNG

Alaska is every-bit as amazing as it appears! Joan and I had the good fortune to spend two months visiting the state and enjoyed every precious moment. We knew that it was unlikely we would ever return so we decided to pull out all the stops and see as much of the state as we could in as many different ways as we could. We went everywhere, including more than a week north of the Arctic Circle and several days in Native Alaskan villages and towns to learn what we could of indigenous culture.

Anchorage, Alaska's largest city, was our hub and we found a hotel where we stayed a few days at a time, making five trips to different parts of the state and then returning to Anchorage to rest up, do laundry, and prep for the next leg of the trip. In addition to sampling several of the city's best restaurants (Moose's Tooth has the best pizza), we also visited many of Anchorage's museums and local attractions.

Our first mini-trip was to fly to Juneau in the Alaskan panhandle where we had the best crab dinner at Tracy's Crab Shack and watched the cruise ships navigate the harbor. From there we caught the Alaskan Ferry to

Skagway where we absorbed the town's Klondike Gold-Rush history. And then, we took an Air taxi (a small airplane) to Gustavus, a town of 400 people just outside the headquarters for Glacier Bay National Park. After that, we took a park service tour boat, appreciating the whales, sea lions, glaciers, and mountain views that the park offers. We even rescued some kayakers from a grizzly bear that had ransacked their camp, a most memorable experience! Then, it was further south as we took the ferry to Sitka and learned about Alaska's Russian heritage as well as the amazing totem poles of the Tlingit people.

For our second trip we took the Alaskan railroad south down the Kenai Peninsula to Seward. There we took another terrific boat trip in and around the coast exploring Kenai Fjords National Park with many more glaciers, sea lions, plus a whale or two.

We then took a small plane to Katmai National Park and stayed three nights at Brooks Lodge. We were able to spend lots of quality time watching grizzly bears catch salmon. From the town of King Salmon, we took a small plane to Aniakchak National Monument where we ate lunch on the beach of a small lake in the middle of an exploded volcano! The weather is usually so bad



Photo by Michael Young

Mountains and glaciers in Wrangell-St. Elias National Park!

and it is so remote that only a dozen or so people a year get to see this park. Aniakchak is the least visited park in the United States!

Back to Anchorage, we rented an old pick-up truck and drove into the interior of Alaska spending time at Denali National Park, Fairbanks, Tok, Copper Center, and the towns of McCarthy and Kennecott in Wrangell-St. Elias National Park. We were lucky enough to take another small plane over some of the largest remaining glaciers in the world!

Finally, we flew to Inupiat (Eskimo) villages north of the Arctic Circle at

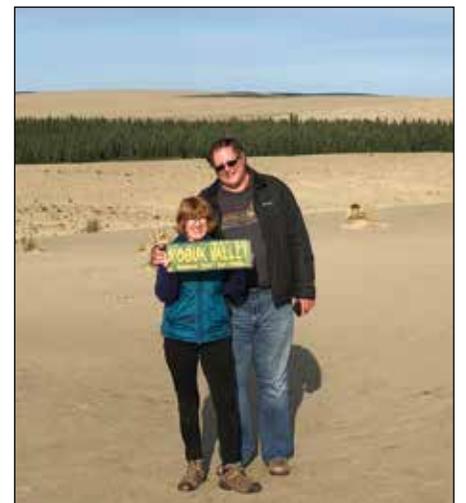


Photo by Jason Tucker

Standing on the sand dunes at Kobuk Valley National Park - North of the Arctic Circle!

Anaktuvak Pass and Kotzebue. We saw the Brooks Range mountains in Gates of the Arctic and the sand dunes of Kobuk Valley National Parks. On the last leg of our trip, we spent three days in Nome, the end of the famous Iditarod dog sled race, before returning to Anchorage and then flying home.

It was a trip we will always remember, and we feel very fortunate to have seen Alaska while it is still frozen! If you'd like to see more pictures and read more about our trip please visit www.misterparkstravels.com.

MICHAEL'S MOVIE MOMENTS

REVIEWS OF THE YEAR'S
OSCAR-NOMINATED MOVIES
AVAILABLE FOR RENT OR STREAMING

By MICHAEL YOUNG

NOVEMBER'S MOVIE REVIEW:
AT ETERNITY'S GATE



At Eternity's Gate is about Vincent van Gogh, one of the most famous and influential figures in the history of Western art and is well known to many. If you are not familiar with his work, before you see this movie, do an online search for "van Gogh" to see his amazing paintings. Notice how thick the paint is, how much has been applied to the canvas. As van Gogh's contemporary, fellow artist and friend, Paul Gauguin says to him, "Your surface looks like it's made out of clay. It's more like sculpture than painting." Van Gogh's work is notable for its layers of paint, applied in broad, thick strokes.

You could describe *At Eternity's Gate*

in the same way—it is a confection of very thickly applied movie-making brush strokes. The question, for any viewer, is whether you like this thick, almost over-powering approach to film-making. The director and co-writer, Julian Schnabel, has attempted to make a movie about Van Gogh that tries to replicate in film, the approach Van Gogh used in his paintings. Quite likely, whether you like this movie, depends greatly on whether you appreciate art that is laid on thick!

If you don't recognize the name Julian Schnabel, who is largely responsible for this movie, he was one of the world's most successful neo-expressionist artists, rising to fame and great fortune in the 1980s. Schnabel began his film career in the late 1990s, receiving many awards and much acclaim. He received a directing nomination for *The Diving Bell And The Butterfly* in 2008. That, too, was another exercise in film-making creativity.

The script for *At Eternity's Gate* from Schnabel, Jean Claude Carriere, and Louise Kugelberg is an interesting exercise that, in the context of exploring the final three years in Van Gogh's life, also attempts to capture the essence of what being an artist is all about and a crazy one

at that. As Brian Tallerico (RogerEbert.com) writes "(Schnabel) delivers a film more interested in philosophy and process than product...(it) can be a challenging experience for the viewer."

It is indeed challenging in many respects. The music is minimalistic—focusing on single repetitive notes from a violin or piano. The intensity and volume can range from supportive to oppressive. The cinematography is, much like an abstract painting, applied with thick strokes—a hand-held camera delivers the sense of impermanence; yellow filters project Van Gogh's obsession with sunlight; a singular black and white still shot that then fades back into color; a strangely twisted lens, initially, made me think that my TV screen had broken until I realized that he was trying to portray how the world might appear to a madman! In the second half of the movie, Schnabel starts to layer images on top of each other and then to repeat lines of dialogue, all in the service of portraying insanity.

How successful all this movie-making magic is will depend entirely on the viewer. I found myself going back and forth between being irritated at the manipulation and being mesmerized by the intriguing

effect. Your own reaction may depend on how much you like expressionistic art. What cannot be doubted is how good Willem Dafoe is as the title character. Dafoe has primarily been a supporting actor receiving Oscar nominations in *Platoon* (1987), and *Shadow of the Vampire* (2000). He also did a great job as the villain in *Spider Man* (2002) and played a significant supporting role in *Grand Budapest Hotel* (2014). As Van Gogh, though, Dafoe delivers a compelling, masterful performance. Although Dafoe is significantly older than Van Gogh when he died, the lines in his face, and the tranquil but desperate look in his eyes, all portray a man trying to keep his grasp on reality through his art. Dafoe deserves this nomination and possible Oscar.

As Manohla Dhargis (New York Times) writes "the movie is a freely subjective portrait of Van Gogh by another artist trying to see, paint and feel as he did ... Schnabel has made not just an exquisite film but an argument for art." The question is whether that makes it good. Because of some of the challenges to the viewer, I give *At Eternity's Gate* 3.5 stars.



PHOTO OF THE MONTH

By Larry Brown

"Pot of gold, anyone?"

Taken from family and friends
campground behind the Kachina Motel.



Think you can take
a good photo?
Prove it.

Send us your photos of "on the scene"
news worthy events OR just a pretty shot
for our new "Photo of the Month" section.

e-mail news@questaedf.com

(don't forget to include a caption and your name)

POSITIVE THOUGHTS from page 1

this. All I can say is that pickled cherry tomatoes are divine. Who knew! And pickled green tomatoes, supreme.

Five households received produce from this garden, plus random others. Is there anything better than sharing the flowers and zucchini, snow peas, and tomatoes with everyone you know? Or cutting the flowers for beauty inside the house? Or listening to the plants talk to the pollinators hum and yum, and the sound of a car sitting and not being driven to the grocery store? So, my friends,

if growing food in a garden space is not currently part of your Spring, Summer, and Fall, consider it. Mother Nature gives more than the produce. Our minds are soothed as our hands are in the dirt or our face among the leaves; and with insanity happening in Washington, DC, and the rest of the world, it's a joy and blessing to take care of something that gives back so freely and fully.

November begins with All Saints Day, which reminds us of the capacity of a human being to discover the fullness of the heart and bring it into the world.

Other days of note are: Parents

as Teachers Day, World Kindness Day, the Great American Smokeout, Day of Listening, and Native American Heritage Day. November invites us to be aware of stress, its causes and remedies; of national hunger and homelessness; of reading, and of gratitude. It's a month when Alzheimer's Disease, lung cancer, COPD, diabetes, and pancreatic cancer are remembered so that we might abandon their causes and support health and long life for ourselves, family, and friends.

November 25th is International Day for the Elimination of Violence against Women. Ah, when humanity

treats all members of the female gender with respect, then that will mean all children are being raised without violence near them; all men are living from the presence and power of the heart, and all cultures and societies have put away barbaric practices of the past and are stepping forward into a more evolved humanity. May it be so.

Lastly, Thanksgiving. What are you thankful for? Share abundance of the heart, food, and simple being with everyone you see on that day.

MAIL CALL from page 3

over 5,000 abandoned copper mine pits. Conservative estimates put the total copper taken from the mines at over 3 million tons. Likely the number is higher. That's an awful lot of metal taken out of the ground!

The origins of the Lake Superior mine pits are quite ancient. Timbers and charcoal found at the bottom of the shafts have been dated to at least 2500 BC.

Minoan copper ingots have been positively matched to the Lake Superior mines. The Uluburun shipwreck found

off the coast of Turkey sank in 1305 BC. The ship was loaded with several tons of copper and tin. Ten of the copper ingots that were salvaged from the wreck without a doubt came from the Lake Superior mines.

The Ohio Valley Native culture flourished circa 100 BC to 500 AD, long after most of the copper had been excavated. And while museum holdings prove Native tribes had smelting abilities, there is no evidence of the large-scale smelting that 3 million tons of metal would require to process. Additionally, larger scale copper weapons, shields or cooking vessels from Native tribes have yet to

be found anywhere in the USA. This is puzzling given copper is quite capable of surviving the millennia. My take is the copper was brought across the Atlantic. What do you think?

OOPS!

We had more mistakes than usual in the October issue. We were under such strict time constraints that we had to skip a couple days of quality control! We are sorry that some events did not make it into the calendar. We would like to let all our esteemed contributors know that less mistakes happen when our timeline is respectfully adhered

to. Please remember to send us information about all the fun activities that you are offering and thank you for all that you do!

Last month in the La Sala article we incorrectly reported that the building that is now La Sala was previously a yoga studio. People remember it as a daycare, bookshop, thrift store, coffee shop, chamber of commerce, glass blowing studio, a residence and a space where yoga classes met. According to the author of the article, there were yoga classes held there and we mistakenly changed it, it was not a yoga studio.

LYNX LEATHERWORKS from page 12

I buy his extras which makes it possible for me to do this because the price of leather is prohibitively high. I source a lot of my leather out of Napa California, most of which is sourced from South America. They are grown and skinned on farms and then the leather is tanned in Napa. A lot of the deer skins and goat skins that I use are fun. The bull and the bison leather that I use is all from North America and is tanned here.

"The tanning process is extremely toxic. As far as tanning my own hides, when I was a young woman and I was a buck skinner, I used to do the whole

process, from killing the deer to skinning it out and slipping the hair and tanning the hide. That was a lot of work. I have really got to hand it to the people who used to do that every day. It's a lot of work but they come out really nice if you know what you're doing.

"If you're starting out in leather work, keep your tools sharp and your eyes open. It can be very dangerous. That's why they call it leather work, not leather play! Mm hmm. It's great to keep your horizons open as far as what you can make because you can literally make anything. Be careful to not stick yourself in a rut because it's a medium that's applicable to so many different uses.

"I am an amalgamation of my experience which is vast: culturally and otherwise. I try and reflect as many influences as I can but bringing it into my own style. Then each and every piece is different, like a melting pot of influences. I bounce around different techniques and styles frequently. In each culture, each piece depends on what it's used for and who it's being made for. That dictates the direction that I go artistically. I also am shooting for who my client or subject might be. For a biker, or a mountain climber, a chic person from the city? You have to observe your audience to know who you're serving. I'm not a machine and there's good and bad to that.

"My plans are to increase my online presence and also to get more involved in the developing Questa art scene with the Questa Creative Council and all the events that are happening here. And I would like to be more involved with the public and customize items for people in my area instead of all going down to Santa Fe or being shipped off cross country.

"I would like to express sincere gratitude to my husband, Mark Sjoberg. All of this is made possible by my husband", she says.

You can visit Torre's Etsy page by typing in Lynx Leatherworks. She also has a Facebook page that you can visit.



Fall Back

SUNDAY November 3

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
NOVEMBER 2019

BLESSINGS

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.” Carl Gustav Jung

On November 9th we have a lovely day of relationships between Sun, Earth, Neptune and Saturn, along with a couple days leading up to and leaving this day of exactness. In Esoteric Astrology we are less concerned with specific relationships between planets, than the fact that they are having relationships. A blessing for instance can be a drawback if unrecognized, while a challenge is opportunity for growth. In astrology relationships are determined by geometry, or the angles between the planets. Because the Sun and the Earth are always in opposition to one another, they are always in relationship which implies a relationship with any other planets either one of them might be experiencing.

The Sun will be in an exact blessing – 120 degrees – to Neptune retrograde while the Earth is relating in the same way to Saturn. Thus, all 4 can be said to be relating to one another in positive ways because of the constant Sun-Earth link. The Earth in Taurus and Saturn in Capricorn is all Earth, all solid, dependable, faithful and practical. A good day for getting things done, finishing projects. Meanwhile the Sun in Scorpio and Neptune retrograde in Pisces are more “out there.” Since Neptune retrograde is our most spiritual expression of a planet, this offers opportunities for serious Soul seeking, enlightenment and intuitive understandings. Altogether this day could be very good for bringing spiritual ideas down to Earth, for making practical and tangible the esoteric concepts we are trying to take into our hearts.

Everyone: And on Thanksgiving day not a challenge in the sky. Happy Thanksgiving!

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: Some shifts regarding decisions and decision-making but the energy is stable.

Direction: Ponder it until the 20th, then make the decision.

Soul Thought: It's all good!

TAURUS ♉ Planet: Vulcan ♁ APRIL 19 – MAY 20

Dynamic: You may experience a sense of freedom minimizing by the end of the month.

Direction: Remember that senses are not always accurate.

Soul Thought: “Only the one who is seeking can ever hope to be free.” Thoth, Emerald Tablets

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: It's time to set the world on fire.

Direction: Let's make it in a good way.

Soul Thought: What is Spiritual Fire?

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: Things are as clear this month as it is possible to be.

Direction: Take a good look around.

Soul Thought: “The eye sees what it brings to the seeing.” Shelley

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: A potential time of transformation with positive energy behind it.

Direction: Determine what needs transforming.

Soul Thought: “If you can live your life through a code of compassion, gratitude and love, you can change your body. When you change your body, you change your life, your world.” Buddha & Jesus

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: Your goal is always to serve.

Direction: Determine whom, or what.

Soul Thought: Let the goddess of the Hunters' Moon come out.

LIBRA ♎ Planet: Uranus ♃ SEPT 22 – OCT 22

Dynamic: Though there may be financial struggles no outright challenges exist.

Direction: Sometimes it's about learning how to be sound within yourself.

Soul Thought: As within, so without.

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: The energy shifts from a reasonable logic to a more impassioned approach.

Direction: Carry the logic into the passion.

Soul Thought: Now we have Determined Will.

SAGITTARIUS ♐ Planet: Earth ☷ NOV 21 – DEC 20

Dynamic: It's a nice season for your wandering heart to build a home.

Direction: Or you might call it your foundations.

Soul Thought: What does “Home” look like to the world traveler?

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: Still strong, and the challenges ease.

Direction: Time to make progress up that mountain.

Soul Thought: How can you help others up the mountain as well?

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: Expansion on cosmic levels is the current possibility.

Direction: By remembering the joy of living.

Soul Thought: “A thing of beauty is a joy forever.” John Keats. And a thing of joy is a beauty forever.

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: It's a serious time for sure, but you can still be light.

Direction: Determine: How can a thing that is heavy be light?

Soul Thought: How heavy is a feather? How heavy is light?

DATES TO REMEMBER

NOVEMBER 2019

NOVEMBER 1

All Saints Day

NOVEMBER 1 1:00-3:00 PM

Fun Friday, Questa Library Kid's Program

NOVEMBER 2 4:00-7:00 PM

Dia De Los Muertos Event at La Sala

NOVEMBER 3

Daylight saving time ends, set your clocks back one hour (see page 25)

NOVEMBER 4 3:45 PM Benefits of Writing

Letters to the Dead workshop at DeVargas Funeral Home, Taos (see page 21)

NOVEMBER 5 6:00 PM

Questa School Board Meeting

NOVEMBER 7

Stress Awareness Day

NOVEMBER 7 10:30-11:30

AM Bookmobile in Lama, Roots & Wings School

NOVEMBER 7 1:00-1:45 PM

Bookmobile at Questa Post Office

NOVEMBER 8

Parents as Teachers Day

NOVEMBER 8 1:00-3:00 PM

Questa Library Kid's Program, ArtKids!

NOVEMBER 8 11:00AM-2:00PM

Free Food at North Central NM Food Pantry!

NOVEMBER 8 8:00-8:45 AM

Breakfast for Veterans, Questa High Cafeteria

NOVEMBER 8 9:00 AM

Veterans Day Celebration, Questa High Gymnasium

NOVEMBER 11 Veterans Day

NOVEMBER 12 2:30 PM

FQPL Board Meeting, Questa Public Library

NOVEMBER 12 6:00 PM

Questa Village Council Meeting, Village Hall

NOVEMBER 13 World Kindness Day

NOVEMBER 14 10:30 AM - 1:00 PM

Wildcat Kitty Club, Questa Public Library

NOVEMBER 15 1:00-3:00 PM

Fun Friday, Clay Studio with Peggy Trigg, Questa Public Library

NOVEMBER 19

International Men's Day

NOVEMBER 19 6:00 PM

Questa School Board Meeting

NOVEMBER 21

Great American Smokeout

NOVEMBER 21 10:30-NOON

Wildcat Kitty Club Questa Public Library

NOVEMBER 22

Native American Heritage Day

NOVEMBER 22 1:00-3:00 PM

Questa Library Kid's Program, ArtKids!

NOVEMBER 22 11:00AM-2:00PM

Free Food at North Central NM Food Pantry!

NOVEMBER 23

Day of Listening

NOVEMBER 23

Native American Heritage Day

NOVEMBER 23

Small Business Saturday

NOVEMBER 25

International Day for the Elimination of Violence against Women Day

NOVEMBER 25 3:30-5:00 PM

Questa Library Book Club at Rael's Coffee House

NOVEMBER 26 6:00 PM

Questa Village Council Meeting, Village Hall

NOVEMBER 26 6:00 PM

Questa School Board Meeting

NOVEMBER 26 10:00 AM

Red River Chamber Board Meeting, RR Conference Center

NOVEMBER 26 5:00 PM

Red River Town Council, RR Conference Center

NOVEMBER 27

Red River Ski Area's and opening day, Torchlight Parade/Fireworks kicks off season

NOVEMBER 28

Thanksgiving Day, So much to be grateful for!

NOVEMBER 28

Frozen Turkey Race, Rd River Ski Area

NOVEMBER 30

Small Business Saturday

For a complete list of November events in Red River, go to <https://reddriver.org/events/calendar/2019/11>

NOVEMBER IS:

Gluten-free Diet Awareness Month

Lung Cancer Awareness Month

Military Family Month

Alzheimer's Month

COPD Month

Diabetes Month

Family Caregivers Month

Gratitude Month

Pancreatic Cancer Awareness Month

National Animal Shelter Appreciation Week

– First Full Week of November

World Kindness Week – Week of the 11th

Geography Awareness Week – 2nd Week



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

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

HELP WANTED

SNOW REMOVAL BIDS

wanted for San Cristobal Post Office. Please respond to SCMDWCA at PO Box 113 San Cristobal, NM 87564. Douglas Kaufman 575.741.6744 or Jim Gilroy 575.779.8142

Housecleaner Looking for someone to clean for a person with disabilities, 16 hours a month (2 days) at \$13 an hour. Must have reliable transportation, references and undergo a background check. Call 575-640-8789.

Wild and Scenic Rivers Visitor Center is seeking seasonal volunteers to help operate the Center. Starting October 1st, 6 hours per day from 1 to 5 day per week, days per week depending upon your availability. Please contact the Wild Rivers Visitor Center for more information at 586-1150.

Do You Have a Home Rehab Business?

The Questa Lodging Project is compiling a list of Questa-area GB-98 contractors, roofers, landscapers, electricians, plumbers, and handymen and women to rehabilitate homes in Questa. If you own a business in the Questa area, have a Questa business license, and fall into one of these categories, please call to get in our directory so we can send home rehab customers to you! 575-586-2149 (more details on page 4)

Housesitters: The Questa Lodging Project is compiling a list of housesitters. If you would like to be in the directory, please call so we can tell people about you! 575-586-2149.

Housecleaners: The Questa Lodging Project is compiling a list of people who clean houses, especially for short-term and vacation rentals. If you would like to be in the directory, please call so we can tell people about you! 575-586-2149.

ROCKY MOUNTAIN YOUTH CORPS

Join a team of young adults serving AmeriCorps terms. We are accepting applications for our Fall Conservation Crews. Multiple positions for 18-25 year-olds this Fall season. Earn \$760 every two weeks, and \$1,612 Education Award. Apply online: www.youthcorps.org, or call (575) 751-1420.

WANTED

Our wonderful old wood stove is on her last legs. I'm seeking her replacement: a slightly used wood stove for our large house, efficient and affordable. Please contact gabrielle.herbertson@gmail.com

LAND FOR SALE

Half acre Lots for sale by owner with financing 10% down, \$250.00 a month payments. Located in Questa, Village water and Sewer, natural gas, power and telephone. Close to schools with village maintained streets. Located on Shirley Drive off Don Martinez Street. Call Jana 575-770-3812.

FOR SALE

Full-size Frigidaire refrigerator/freezer and gas stove and oven. Used but very clean. Too large for my cabin! \$400 OBO. Tel (561)290-9173 or e-mail tillsuchtime@gmail.com

Solid oak regulation pool table, cue sticks, balls, lights. Great condition. Previous owner: Ray Vinella. \$1500, call Lynn or Krissie at 586-0515.

If anyone needs chile, Mariachi Questa still has green (\$9) and red medium and hot (\$7). Please spread the word! Ask any Mariachi member or call 779-5601.

Freshly harvested Tipi (teepee) poles for sale. Poles are pre-order and harvested for you. Denubbed, peeled, and dried. Delivery and set up available for an extra charge. Multiple lengths available. Contact Wendy for price: thetipilady@gmail.com or 541-497-0287.

VOLUNTEER OPPORTUNITIES

Questa Del Rio News is looking for an assistant editor, must be computer literate, have some background in writing or journalism, social media skills a plus. Grant writing and fundraising skills appreciated. E-mail news@questaedf.com or call 575.586.2149. Can start immediately!

Questa Del Rio News is always looking for writers. We could use Questa, San Cristobal, Lama, Cerro and Educational Correspondents and a Social Media Coordinator. E-mail news@questaedf.com or call 575.586.2149. Can start immediately!

NOTICES

Veterans Day Celebration

Questa High School, Friday, **November 8th 8am-12-ish** - Community members and ALL Veterans in the community are welcome to attend! Special recognitions, presentations by students, musical performances and a special presentation to MIA, POW, Bataan Death March survivor, Mr. Valdemar DeHerrera!

8:00-8:45 am Veterans Breakfast at Questa High Cafeteria

9:00 am Veterans Day Celebration, Questa High Gym

Red River Ski Area's opening day will be November 27th & the Torchlight Parade and Fireworks will be every Saturday during ski season!

The Questa Visitor Center is now closed for the winter, see you in the spring!

Music lessons - piano, guitar, ukulele, accordion, base, saxophone and recorder, contact Nat Wilson, 575-779-2725, lessons at La Sala in Questa, 2331 Hwy 522.

Bluegrass Music Jam The Juice Caboose in Red River, every Thursday night at 6:30 pm

Weekly Music Jam Rael's Coffee House in Questa, Every Thursday at 6:00 pm.

Some of the best things in life are free, but some need funding.

So it is with your favorite Questa Del Rio newspaper. We are a 501(C)(3), not-for-profit organization. Your donation pays for the newspaper printing, delivery and the layout, design and administrative costs of this valuable community resource. Please mail your check or money order with a note that it is for the Newspaper to Questa Del Rio News, PO Box 1072, Questa, NM 87556. Your donations are always most gratefully welcome and appreciated. Thank you!

LIST IT IN THE CLASSIFIEDS!

Starting at flat rate \$10 for 25 words or less (25 word min. 50 word max)

LINDA MILLER lindadelrioads@gmail.com or DINA COLEMAN dina@questaedf.com



QUESTA INDEPENDENT SCHOOL DISTRICT

JOB VACANCIES

Superintendent

Special Education Director

History Teacher High School

Superintendent's/Board Secretary

Application Packet Available at <http://qisd-nm.schoolloop.com>

Application packet should include: Complete QISD Certified Application, Letter of Interest, Current Resume, (3) Three Employment or Education References (Include Current Names, Titles, Addresses and Phone Numbers) Satisfactory Background Investigation. All applications will be screened. Selected applicants will be invited for an interview. **INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.**

Submit Applications to:

Kathy Gonzales, Human Resources Specialist

Questa Independent School District

P.O. BOX 440

Questa, NM 87556

YOGA AND TAI CHI NOVEMBER SCHEDULE



WEEKLY CLASSES

Tuesday: 9:00-10:30 am

Yoga, Gentle Flow + Restore • Gaea Explore foundational poses, facilitate greater mobility, increase body awareness, and build stamina.

Wednesday: 5:30-6:30 PM

Yoga, Restore + Meditate • Lou A graceful and grounding practice for building bone strength and brain function; turn inward with breath awareness and meditation. This restorative class ends with Yoga Nidra.

Thursday: 10:00-11:30 AM

Gentle Basic Yoga • Willow Built for those beginning their practice, coming back after a break, or caring for a mobility issue.

Thursday: 5:30-7:00 PM

Yoga, Flow + Deep Stretch • Gaea Invigorating flow for all followed by a restorative practice to rest and open. Develop strength and balance, connect to your body, and create space.

SPECIAL CLASSES

Nov 9 Sat. morning, 10:00-11:15 am

Yoga for Service Veterans Carrie • **FREE**

Nov 10 Sun. afternoon, 2:00-4:00 pm

Vedic Chant for Auspicious Beginnings Monique • **\$30**

Nov 11 Mon. evening, 5:30-6:30 pm

Community Yoga Class Michael • **FREE**

Nov 16 Sat. morning, 10:00 am - 12:00 pm

Foundations Of Yoga Michael • **\$30**

Nov 23 Sat. morning, 10:00 am - 12:00 pm

Tai Chi Workshop Michael • **\$30**

NEW LOCATION!

LaSala

2331 HWY 522, QUESTA NM

YogaSalaQuesta.org • YogaSalaQuesta@gmail.com • 575-224-2102



CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH IN QUESTA

Father Andrew Ifele 586-0470
Saturday 6pm,
Sunday 7am in Spanish -11am in English

MISSION CHURCHES:

Sagrado Corazon in Costillo - Sunday 9am
Nuestra Señora de Guadalupe in Cerro-
2nd & 4th Saturdays 4PM
Santo Niño in Amalia- 1st & 3rd Saturdays 4pm

HARVEST QUESTA

Pastors Kristi & Johnny Gonzales
2558 Hwy 522
Sunday 11 AM- 12:30 PM
Phone 575-770-5906
Visit us online: HarvestQuesta.org

LIVING WORD MINISTRIES

Pastors Peter and Gayle Martinez
12 Llano Road
Service: Sunday 10:30 am
Nursery and Kids' Church at 10:30am
Wednesday Bible Study 7pm
www.lwmsite.org
586-1587

PATH OF LOVE

Teachings of Herman Rednick
Sunday 8am class and meditation
586-1454, Hilece
Sunday 11am Alice Bailey Theosophy Study Group
586-4641, Francis

QUESTA CHURCH OF CHRIST

2 miles north of Questa on State Road 522
We are excited to offer Bible Class at
9:30am on Sundays
Followed by worship at 10:15am
We pray you will join us!

KAGYU MILA GURU SANGHA

Tibetan Buddhism
Thursday at 4pm Chenrezig
Friday 8am-Green Tara
gabrielle.herbertson@gmail.com
www.earthjourney.org
586-1454 or 586-1038

RED RIVER

CROSS CHRISTIAN FELLOWSHIP

(Standing in the Gap)
The Way Coffee House, 201 W. Main Street
Sunday 10:00am, Wednesday 6:30pm
Children's Church at Both Times
Pastor Chris Torres (505) 600-5859

FAITH MOUNTAIN FELLOWSHIP

Corner of River Street and Copper King Trail
Sunday 10:30am

FIRST BAPTIST CHURCH OF RED RIVER

103 High Cost Trail
Sundays 8:15am and 10:30am
Pastor Joe Phillips 754-2882

ST. EDWIN'S CATHOLIC CHURCH

North End of Silver Bell Trail
Saturday 6pm (Confession prior to Mass or by appt.)
Father Andrew Ifele 586-0470



QUESTA LODGING PROJECT CLASSIFIEDS

Call 586-2258 or e-mail Lodging@QuestaEDF.com

LAMA LOFT.

Unique lofted 1-bedroom, 1 bath home in Lama, house sits on 3 acres and is only 5 years old. Perfect for a 1 person or a couple. There are many special features to this home. Rent is \$1250 per month, plus utilities.

AVENIDA DE ELIZ.

Beautiful 3-bedroom, 2 bath home tucked away in the heart of Questa off of highway 522, located close to the elementary school. This restored, authentic adobe home has a full kitchen, washer and dryer, two bathrooms, three bedrooms, one common room and incredible views. There is fenced property for someone with horses or cows and old corrals (No dog or cats accepted inside or outside of the home). It's also on an acequia/water ditch for folks who want to garden. The landlord lives right next door, an elderly man who is quiet and respectful \$1200 per month, \$1200 deposit. Tenant responsible for all utilities. Available now.

LAMA FOREST SERVICE AREA.

3-bedroom 2 bath trailer home nestled next to the forest. Nice quiet area with great views, large yard space, full size washer and dryer in a nice sized laundry room, semi furnished, this home is perfect for a small family wanting to live quietly in Questa. All utilities are tenants' responsibility. Propane heat. No pets. Housing assistance considered. \$1000 per month, \$1000 deposit. Available now.



Fuelwood Permits, Maps & More available from Carson National Forest



By Denise Ottaviano

Fuelwood permits, maps, Interagency Passes, and other products will once again be available for purchase at the Carson National Forest (CNF) Supervisor's Office in Taos. These products are also available at all ranger district offices.

As an added convenience, we will also be offering Saturday sales on a temporary basis. The Supervisor's Office will be open on five Saturdays from August 31 through September 28 from 9:00 a.m. to 1:00 p.m.

Starting Monday, August 26, office hours at the Supervisor's Office in Taos will be 8:00 a.m. to 12:00 p.m. and 12:30 p.m. to 4:30 p.m. until further notice.

Dead & down fuelwood permits are \$20 for 5 cords, with a maximum of 10 cords per household per year. Fuelwood permits are valid until December 31, 2019.

Forest maps are \$14. Maps for the CNF and all other national forests in the country can also be purchased online at <http://www.nationalforest-mapstore.com/>.

For a listing of our forest maps, visit our webpage: <https://www.fs.usda.gov/main/carson/maps-pubs>

America the Beautiful Interagency Annual Passes are \$80. For more information about these passes visit the following webpage: <https://www.fs.usda.gov/detail/carson/passes-permits/?cid=fseprd553944>

Rock permits must be obtained at the Ranger District office where the rock will be collected.

Customers may purchase all products by check, credit/debit card or cash.

For more information about the Carson NF visit our webpage www.fs.usda.gov/carson or Facebook page www.facebook.com/CarsonNF/.

"USDA is an equal opportunity provider, employer and lender."



AA MEETINGS

Sundays 10-11:00 am

Open Meeting
Questa Youth Center

Mondays 7:00pm

Harvest Questa
2558 Highway 522

Tuesdays 7:00pm

Erik's Workshop
417 E. High St., Red River

AA WORDS OF INSPIRATION

FOCUSING AND LISTENING

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefits.

12 STEPS AND 12 TRADITIONS

page 98

BUSINESS DIRECTORY



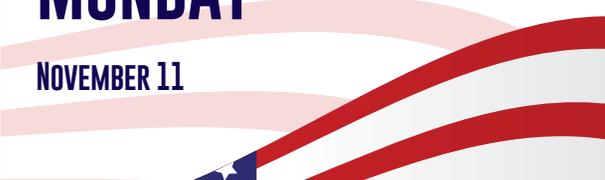
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Jason Rice
(575) 779-3723
mtnricenm@aol.com
Questa, New Mexico

VOTE

NOVEMBER 5
TUESDAY



AG STORAGE SHED

* Billboard advertising space
* Storage units, \$20, \$60, \$80
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575.779.9456 Located across from the Questa VFW
Discount if you mention this ad!

Pendleton
OIL & GAS CO.

P.O. Box 590
2680 N. Hwy 522 Questa, NM 87556

575-586-0042 fax 575-586-9141
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pendleton.questa@sbcglobal.net

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DINA COLEMAN • dina@questaedf.com

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