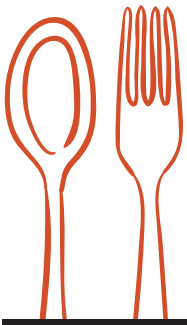


AUGUST 2019: OUR BACK TO SCHOOL ISSUE

Questa Del Rio News


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

School Board Elections Moved to November

QUESTA NEWS STAFF

Voting in November typically has a higher voter turn-out than Spring voting dates. This is one of the positive outcomes of the Local Elections Act, passed in 2018 by the New Mexico State Legislature. In an effort to save money on elections, most local Spring elections were combined with Fall elections. School Board elections in New Mexico were moved from February to November beginning this year, 2019. For the first time, candidates who plan to run for Questa Independent School District School Board will officially launch their campaign on August 27th.

School board members are elected to 4-year terms in New Mexico, this means that two members of the Questa Independent Schools Board will serve an additional 11 months for the transition to take place. Board members will now be elected in November and will begin serving in January.

What exactly are school board members responsible for and what is the extent of their power? First, they are elected to represent students, staff and the community. As stated on the New Mexico


Photo by Nick Nagawiecki

Questa Independent Schools Administrative Office, 2556 Wildcat Road in Questa. Please join us for School Board Meetings, the second and fourth Tuesdays of every month at 6 PM.

School Board Association website, "The responsibilities that you have accepted as a board member are awesome. Your decisions will affect, very directly, the lives of every individual in your community. Since education is the base of our form

of government, the type of education provided will have an impact on our state and nation." Public Schools are often the biggest employer in a community and in rural New Mexico towns like Questa, this is the case. Decisions and conduct of

school board members definitely impact the entire community.

Before you consider whether to put your name in the ring for school board,

SCHOOL BOARD continued page 28

Positive Thoughts by Donna Mitchell-Moniak

Louis "Satchmo" Armstrong is considered one of the most gifted and influential American performers of the Twentieth Century. His influence extends well beyond jazz and his impact on music, singers, musicians, and show business in general is witnessed in contemporary music and its performers to this day.

Armstrong spontaneously created modern time signatures in music, scat singing, and what would come to be called "swing." Swing would then be taken up by bands such as Benny Goodman's and inaugurate the Swing Era. Swing itself was how Satchmo moved with the music he was playing and embodying. He helped to lift the spirits of Americans of all races and backgrounds as America endured the Great Depression. He is celebrated in early August in New Orleans, the place of his birth, each year.

I wonder if America is in a great depression again? We are told that it's not happening; but we all know it is. So, through the month of August, beat the heat (of all kinds) by dancing! Twirl, get sweaty, dance until you laugh. That's what people did during the Depression, and we can, too. Then with spirits up, remind yourself, your children, and neighbors that a smile changes everything. Humor and perspective are gifts of the human

POSITIVE THOUGHTS continued page 28



WINNERS!

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Questa Del Rio News

NOTICIAS QUESTA DEL RIO

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LETTER FROM THE EDITOR

Welcome to our First Annual Back to School Issue!
We love our kids and we love bringing you good news. It's not just about great things going on in our schools, although what you read in these pages may truly inspire you. The Questa schools get a lot of bad press, no mas! This school year en-

thusiastic administrators, teachers and brilliant students are excited to make much needed changes to make this school year shine. As you will see with Vida del Norte Coalition's Back to School event (see page 15) there are activities for local teens. Our communities have stepped up to support our youth in creating more opportunities. It is heartening to see our youth taking a stand for goodness. We are all looking ahead to a vibrant future. There's good energy afoot, not just in our educational community, it's all around us, it is a global event.

This month our local history article consists solely of the news clipping below

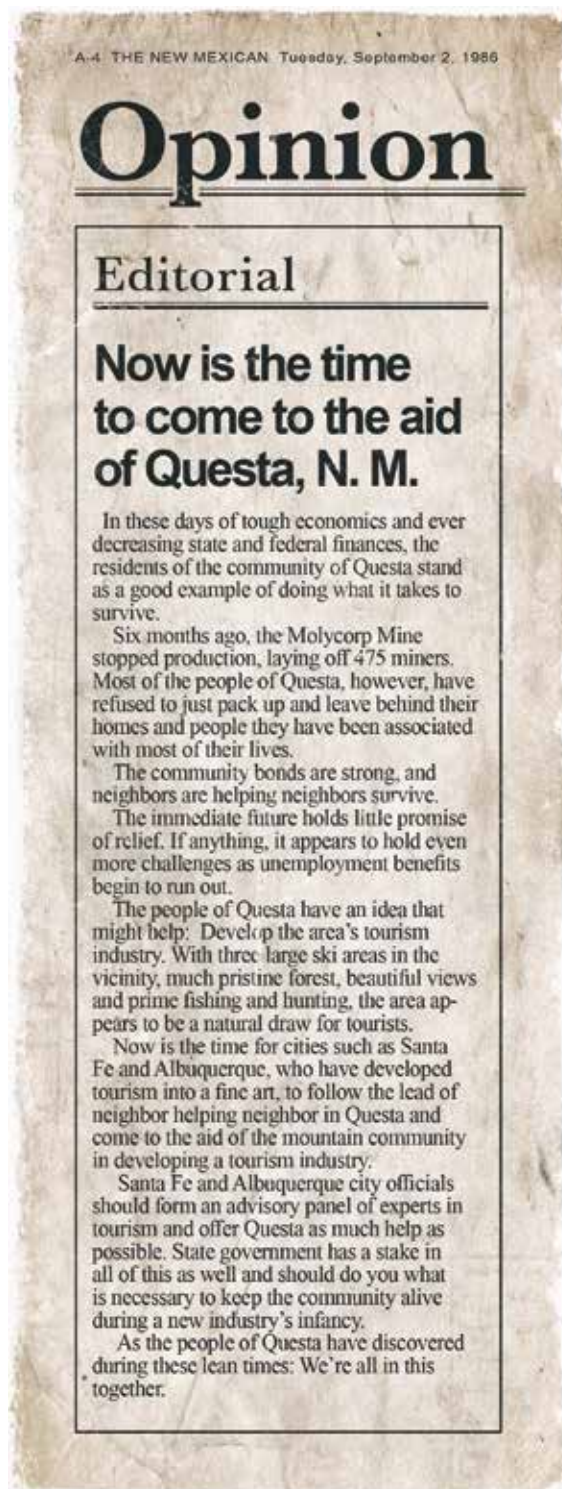
from 1986. Whoever wrote this visionary Editorial about Questa was ahead of the curve. It took over 30 years of envisioning a post-industrial future for the Questa Area and here it is, we are living it. Questa has gone through booms and busts over the last 100 years but this time, the mine isn't coming back, and we rely on our entrepreneurs to pave the future of our economy.

Read about *What's Hempening*, from Ruth Fahrback on page 24. With the passage of the Farm Bill in 2018, the hemp industry is bringing much needed high-quality agricultural products and greater prosperity to our impoverished state and our local economy. Will our area residents and entrepreneurs jump on the Hemp Wagon? Will Questa become the Hemp Capital of the World, or at least New Mexico? All the pieces are right here. Why not? It's a fun time to live in the Enchanted Circle. Thank you for supporting your local paper, enjoy!

LOU McCALL

EDITOR,

QUESTA DEL RIO NEWS



This editorial about economic development in Questa was clipped and saved by Berlinda Trujillo in 1986. It was a good idea then and a good idea now. Thank you to Lori Jaramillo for sharing this with us.

Got Opinions? Tell the Editor. e-mail news@questaedf.com

THANK YOU TO ALL THE GENEROUS CONTRIBUTORS WHO MADE THIS AUGUST BACK TO SCHOOL ISSUE WHAT IT IS-ANOTHER TRULY GREAT NEWSPAPER!

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Impressive paper! Kudos from Arroyo Seco.

—JULIAN SPALDING,
FORMER PUBLISHER OF
ALBUQUERQUE ARTS PUBLICATION

Greetings,
The quaint mountain village of Questa has become my new home. One of the first outings each time that I move to a new community is to seek out the local newspapers. I noticed copies of Questa Del Rio News at the local supermarket and took one home with me. It is refreshing to read a newspaper that has a collective community voice, is historically informative, relevant and inspiring. Within twenty minutes of reading time I was pleased to discover that Questa is replete with cultural diversity, community motivated activities, abundant opportunities to contribute and a yoga studio. I am ten days a resident of Questa. It was exciting for me to learn that it is possible to contribute in writing to the local paper.

WITH WARM REGARDS,
ROSA PUERILLO

President Trump,
Jesus became a migrant - from
heaven to earth.

—LORIE JARAMILLO

*Thanks, Lorie, we agree; from heaven to
earth and back again. Fight ignorance,
not immigrants!*

—LOU MCCALL
EDITOR

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Back to School Event

Saturday, August 3, 2019 | Noon-3PM

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Small Business Funding Opportunity

By LINDSAY MAPES

The Regional Development Corporation (RDC) based in Espanola and serving the Questa-area has launched a new business funding program. It's called the Micro-Loan Fund and is a no-interest loan available to any type of small business that has an immediate need for a small amount of funding to

sustain the company and/or to move it to the next level. A micro-loan assists companies that may not be eligible for other types of funding or are not aware of available funding sources. Companies selected for this award do not give up any equity by accepting funding and are not required to provide collateral or a personal guarantee.

Funding amounts up to \$1,500 are

available and are intended for purchases like new equipment, software or computers, or supplies, to name a few. An application is due by September 18 while funds are available. It is strongly recommended to apply early. A small business or sole proprietor of any size is eligible, but you must have a specific project or need in mind and any funds loaned must be expended within six months.

The Questa Economic Development Fund (QEDF) is helping Questa-area businesses complete the application, free of charge. If you have a business or are thinking of starting a business and are interested in this funding source, don't wait; call the QEDF soon at 575-586-2149 to complete your application. The application is available online at www.rdcnm.org.

Free Funding to Rehab Your House!

A MESSAGE FROM THE USDA RURAL DEVELOPMENT DEPARTMENT

Federal funding is available through the USDA Rural Development Department to remodel your home in rural New Mexico. In order to qualify for these financial assistance programs, the homeowner must occupy the home and meet agency income guidelines. The once in a lifetime \$10,000 grant funds are only made to very low-income

individuals, who are 62 years or older who are not able to repay a repair loan for the home they own. Grant funds must be used to remove health and safety hazards.

If you are a homeowner who has a very low income no matter your age you can apply for a one percent rehabilitation loan as long as you own and occupy the house. The funds can be used to repair, improve or modernize the house including the removal of health

and safety hazards. The loans and grants can be combined for up to \$50,000 in assistance.

Funds can be used to install new energy efficient windows, or replace a roof or a heater, or update the electrical or water system. The funds can also be used to make the house handicapped accessible. Other repairs and upgrades may also be allowed.

To get more information on this

program call the Questa Economic Development Fund at 586-2149 or visit the USDA website at: <https://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants/nm> To apply for the funds, call Ms. Rose Perez at the Albuquerque Area Office at: 505-761-4949 or email her at: rose.perez@usda.gov to determine if you qualify to apply.

Questa Del Rio News

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Be Our Super Hero!

Our volunteer reporters & photographers are a HUGE part of how this paper gets made.

Interested? Contact us at news@questaedf.com



USDA Rural Development Director Arthur A. Garcia said, "If you need to repair, improve or modernize your home, you may qualify for a grant of up to \$10,000 or a loan up to \$40,000 at one percent interest through USDA Rural Development's 504 Housing Repair Program."

Garcia added, "The financial support through this rehabilitation program has been increased for a limited time, and we urge you to make your application because there is a limited amount of funds that will be made available."

Make Extra \$\$ With AirBnB Experiences

By LINDSAY MAPES

By now, most of us are familiar with AirBnB - a website and cell phone app that connects guests to homes for short-term renting. It's a great way for people to earn extra cash. Did you know that AirBnB recently launched a new way for individuals to earn side income? It's called AirBnB Experiences and is geared towards everyday folks. If you have an experience or activity that you can offer to a tourist or guest, it's easy to use AirBnB Experiences to generate revenue.

For example; if you like campfires in the woods or in your backyard - list it on AirBnB Experiences and a guest can pay you to host a campfire. Do you know the best places to hike, or fish,

or maybe you can teach someone to make tamales? You could do all of these activities with tourists and earn money. Some tourists even want to plant or harvest crops, herd cattle - you name it, there is probably someone that would be interested in joining you on this activity.

The Questa Economic Development Fund will help you list your activity or experience online at no charge so you can start earning extra cash this summer and fall. Not sure what activity or experience you could do but interested in giving it a try? Call or stop by the Questa Economic Development Fund at 1 State Highway 38 (the former Centinel Bank building at the stoplight in downtown Questa, also known as the Questa Visitor Center). Or call 575-586-2149.

GEORGE SHANNON,
K & G SERVICES

By LOU MCCALL

As we gear up for another awesome school year, it is only fitting that we profile a local computer company. Since computers and technology have become such a big part of the educational environment, our readers may like to know that there is a full-service computer geek, right here, George Shannon of K & G Services! If one of your computers needs help, whether it is a PC or a Mac, get it tuned up before the school year starts.

K & G sells peripherals and custom-built computers. George does all kinds of computer repair and if your computer cannot be fixed, George can help you find a system that is right for you. If you get a new computer and need help setting it up, George will come to your house and connect everything. He can install new software, do upgrades (both for software and hardware) or if you need help connecting a new printer or other peripherals, give George a call. More and more people are calling George to help them set up their networks and internet. If you feel confused

and lost, don't let it get you down, help is on the way!

I heard about George when a local couple was talking about the huge bills they paid every month, and how bad their service was for phone, internet, cable, streaming and cell phones. They were paying almost a thousand dollars a month for their different packages! George evaluated their devices and services and saved them hundreds of dollars by streamlining and maximizing their services and getting rid of cable, which had been problematic for them since the beginning. His clients were thrilled and are having fun with their new easy to use entertainment and communication options. George truly is a full-service operation. He has developed a reputation for having a dazzling array of every kind of plug or cord you could imagine. He gets a lot of calls from tourists visiting Red River who left their computer cord at home. If you need it, he probably has it!

George has been fascinated by computers since high school when he built his own computer. Since computer science wasn't something that was offered back then, George is largely self-taught. He attended Ohio State University Engi-



Photo by Lou McCall

Service with a smile. George Shannon of K & G Services in El Rito, offers full-service computer and technology consultation and repair.

neering School since computer sciences were not part of the curriculum. He continued to learn on his own, just like Bill Gates and Steve Jobs, he learned by building computers in his garage!

George left Ohio and went to work for the U.S. government in Phoenix. He had a friend in Albuquerque and moved there to look for a computer job. He didn't get a job in Albuquerque, but somehow, in 1988 he found himself at the Red River Ski Area working as an accountant where he met his future wife Karen Quintana, who was also an accountant there. They were married in 1990 and George moved to the family property on Quintana Road in El Rito, where George and Karen built an Earth-

ship house. They are currently living in and restoring a 100 year-old adobe house originally built by Karen's grandparents Felix and Rachael Quintana. The Quintana family's history in the area goes back to the 1894 Homestead containing 160 acres signed by then President Grover Cleveland, to Karen's great grandfather Antonio C. Quintana.

In 1995 Karen and George formed their own business K and G Services with George working on computers and Karen doing accounting and income taxes, and he has been at your service ever since. If you need help with any of your technology needs, give George a call at 575-741-0474 or email gshannon.kandg@gmail.com.

Join us!

Back to School Event

Saturday | August 3rd | Noon-3:00pm

at the Municipal Park & Youth Center

There will be **live music, guest speakers, FREE kids' haircuts, Back to School supplies** and other resources for our community.

For more information contact Coalition Director, Maria Gonzalez at maria.gonzalez@vidadelnorte.com or 575-779-2260



This Ad is Sponsored by Chevron Environment Management Company

Saturday Lecture Series Continues at Wild Rivers

By TIM LONG

For the month of August, the Rio Grande del Norte National Monument at Wild Rivers will be hosting the final second and third Saturday Lectures.

The Second Saturday lecture will feature Kate Cisneros and Jeannie Masters titled, *Piñon Picking, A Little Bit of Culture*. Saturday, August 10th, 7 p.m. at the Wild Rivers Amphitheater. There is no charge for this event. Light refreshments will be served.

Born and raised in Cerro, NM, Kate and Jeannie have been friends for as long as they can remember. Self-proclaimed entrometidas or busy-bodies, they keep very busy with family, the North Central Food Pantry that they founded and, if the conditions are right, gathering the edible piñon nuts in the fall. This dy-



Photos by Tim Long

The second Saturday lecture will feature Kate Cisneros and Jeannie Masters titled, *Piñon Picking, A Little Bit of Culture*.

amic duo will offer their own entertaining version of a long-lived tradition.

It looks like a pretty decent year for



Courtesy Photo from Iris Herbal website

This third Saturday event will be a guided hike titled, *Finding Wild Herbs and Medicinal Plants in the Rio Grande del Norte National Monument, on the rim at Chiflo* led by Cathy Hope.

piñon gathering in el norte. This event should get us all in the mood. We hope you will come join us. Come early, bring

a picnic and enjoy the beauty and wonders of Wild Rivers.

The third Saturday event will be a guided hike on the rim at Chiflo led by Cathy Hope. This is titled, *Finding Wild Herbs and Medicinal Plants in the Rio Grande del Norte National Monument*. We will meet at the Chiflo parking area at 10 a.m., Saturday, August 17th. Bring water, sunscreen, sunhat, good walking shoes and lunch.

Having spent much of her life researching native plants and herbs, Cathy will help find, identify and discuss some medicinal and edible plants common to this area. We might all be surprised just how many of these types of plants are growing right before our eyes! We hope to see you for this interesting time exploring.

Wild Rivers Plein Air Festival Celebrates Our Area



Photos by Peggy Trigg

Pit Stop, By Patty Voja, First Place Award in the Quick Draw Category



Photos by Peggy Trigg

Old House, By Carolyn Lindsay, Artistic Excellence Award

By PEGGY TRIGG

The Wild Rivers Plein Air Festival, held July 16th-21st, was a six-day painting extravaganza for 80 participating artists to paint extreme canyons and rivers but also mountains, meadows and small historic villages within a 20-mile radius of Questa, New Mexico. The painters also participated in workshops, demonstrations and social activities. The final display and sale included over 230 works in a two-day show at the Rail Haus Theater in Red River, NM.

This festival is making a name for itself by showcasing the exquisite traditional plein air style and opening doors to a wider interpretation of what plein air is. By choosing two diversely different judges, the show combines traditional with experimental. One of Utah's finest painters, Brad Holt is an award winning, traditional plein air painter. Our second judge is local plein air colorist Leigh Gusterson, a professional painter and gallery owner. Together, these two merged their ideas of what plein air means and picked their winners in a blind judging

process. What they chose is the best of both worlds, technical and emotional qualities of the traditional plein air artist and the playfulness and expressive qualities of the colorist.

The festival included five categories: Architecture, Experimental, Landscape, Wild Rivers Recreation Area and an artist Quick Draw. Other awards included People's Choice, Artist Choice, Artistic Excellence and Emerging Artist. Over \$10,000 in cash and prizes was given out to the award winners.

Wild Rivers Plein Air Festival Award Winners

ARCHITECTURE

3rd Place: Diane Buster, *The Shadow Side*
2nd Place: Donna Barnhill, *Morning at Lama*
1st Place: Stacy Erickson, *Reclamation Fortress*

EXPERIMENTAL

3rd Place:
Marion Jackson, *Mountain Sky & Land*
2nd Place:
Jean Kondek, *Just Color, Lights and Darks*
1st Place:
Ken Requard, *Gorse on the Gorge*

LANDSCAPE

3rd Place:
Lewis Williams, *Setting Greyness Afire*
2nd Place:
Lawrence Rudolech, *Questa @ Its Best*
1st Place:
Peggy Trigg, *Sunset Over Wild Rivers*

WILD RIVERS

3rd Place:
Julie Draeger, *Bear Crossing/Rio Grande*
2nd Place:
Scott Geary, *On the rim*
1st Place:
Carolyn Lindsey, *River Below*

ARTISTIC EXCELLENCE AWARD:

Carolyn Lindsey, *Old House*

EMERGING LOCAL ARTIST:

Mary Jo Kelly, *Morning on the Rio Grande*

Questa Reclaims its Former Title as Fishing Capital of New Mexico!

By LINDSAY MAPES

The 3rd Annual Questa Fishing Derby kicked off Saturday, July 13 at Eagle Rock Lake in Questa at 8 a.m. Eighty-four fishermen, women and children came from all over the region, in chase of the \$1,000 cash prize purse. Participants hailed from many places, including Las Vegas, Española, Mora, Los Alamos, Ohkay Owingeh, and Grants, New Mexico, Alamosa and Manassa, Colorado and even as far away as Pampa and Amarillo, Texas.

One skillful, and lucky lady took it all home. Just 12 minutes into the Derby, Rachel Benavidez of Santa Fe reeled in a 18.75" trout setting the bar high early in the tournament. Several people, including Jonathan Rodarte of Grants, NM caught 5 trout over 16" long on the chase for the monster trout but was unsuccessful.

Over 18 kids entered the contest and three lucky kids took home cash prizes: first place was won by Hagan Harper from Amarillo, TX (15 years-old) with an 18.5" trout; Izziah Gonzales from Questa (10 years-old) came in second place with a 17.75" trout, and Juan Duran of Las Vegas, NM (14 years-old) brought in a 16" trout.

The Questa Fishing Derby, a project of the Questa Economic Development Fund, is part of a larger effort to market the Village as a fishing destination. Councilor John Anthony Ortega and Chevron's Economic Development Ad-



Photos by Nick Nagawiecki

Winners of the kids' category, from right to left: Izziah Gonzales from Questa (10 years-old), Hagan Harper from Amarillo, TX (15 years-old), Juan Duran of Las Vegas, NM (14 years-old).

visor Christian Isely kicked off the event with speeches about collaboration and river restoration efforts to help Questa reclaim its former title of Fishing Capital of New Mexico.

The event was also made possible through the efforts of the Department of Game & Fish who stocked Eagle Rock Lake before the event and the USFS who owns the Lake and surrounding walking paths around the Lake.



Photos by Nick Nagawiecki

Just 12 minutes into the Derby, Rachel Benavidez of Santa Fe reeled in a 18.75" trout setting the bar high early in the tournament.



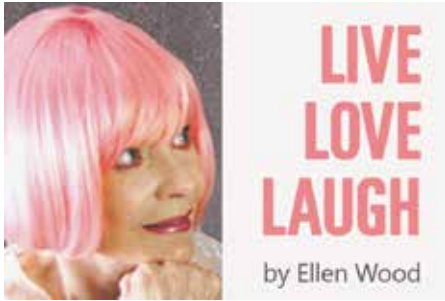


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Nothing ages you faster than STRESS!



How do we know? Well, let's back up for a second and look at the science of aging. DNA is the genetic material that makes up the chromosomes, and each chromosome starts out with a lengthy protective cap – a specific sequence of DNA – at each end. These caps, called telomeres, are like the plastic-coated tip of a shoelace that keeps the shoelace from unraveling. Telomeres help organize our chromosomes in the cell nucleus, allow proper chromosome replication in cell division and keep chromosomes

from fusing with one another.

Throughout life, though, and as the cells divide, the telomeres get shorter and shorter. Eventually they become too short to protect the DNA. At this point cellular damage begins to occur, leading to malfunction in crucial organs like the brain, heart, liver, and pancreas. Muscle loss also occurs, and, eventually, extreme weakness and frailty ensue. In a Harvard-affiliated study, researchers boosted the cellular levels of telomerase, the enzyme that lengthens and repairs telomeres, in mice – and saw significant signs of age reversal. Even fur on the mice that had turned gray was restored to dark fur. The researchers were surprised to see such dramatic results. In measurable ways, the mice grew younger.

Some interesting new studies focus on the relationship between stress, telomere length and cellular aging in humans. Dr.

Elizabeth Blackburn, a Nobel laureate who first identified the enzyme telomerase, has examined the effect of psychological stress at the cellular level. As reported in The New York Times, Dr. Blackburn and Dr. Elissa Epel, a research psychologist interested in chronic stress, studied telomere length in two groups of mothers. One group had normal, healthy children; the other group of mothers had children with chronic illnesses. Dr. Blackburn and Dr. Epel found significant differences between the groups and found that the longer the mother had been caring for their chronically ill child, the lower their telomerase levels and the shorter their telomeres.

The external conditions of a chronically ill child created enough chronic stress to affect the body's ability to repair itself. Increased stress levels, the scientists found, can measurably accelerate the aging

process at the cellular level. The research team found similar effects among primary caregivers for partners with dementia.

A study earlier in this decade by Dean Ornish, M.D., founder and president of the Preventive Medical Research Institute and clinical professor of medicine at the University of California, San Francisco, showed that comprehensive lifestyle changes can have a positive effect on telomere length. His research was based on a host of lifestyle changes including meditation and showed that telomeres actually increased in length for those in the 5-year study who followed a lifestyle plan that included eating whole foods, exercising, and meditating.

It is possible to reverse the signs of aging and grow younger by reducing stress. Ellen's website is www.howtogrowyounger.com. Contact her at ellen@howtogrowyounger.com

¡Nada te envejece más rápido que el ESTRÉS!

¿Como lo sabemos? Bueno, vamos a retroceder por un segundo y a contemplar la ciencia del envejecimiento. El ADN es el material genético que forma los cromosomas. Cada

cromosoma comienza con una tapa protectora muy larga, una secuencia específica de ADN, en cada extremo. Estas tapas, llamadas telómeros, son como la punta recubierta de plástico de un

cordón de zapato que evita que el cordón se deshilache. Los telómeros ayudan a organizar nuestros cromosomas en el núcleo celular, permiten la replicación adecuada del cromosoma en la división celular y evitan que los cromosomas se fusionen entre sí.

Sin embargo, a lo largo de la vida, y a medida que las células se dividen, los telómeros se hacen cada vez más cortos. Con el tiempo se vuelven demasiado cortos para proteger el ADN. En este punto, el daño celular comienza a ocurrir, lo que ocasiona un mal funcionamiento de órganos vitales como el cerebro, el corazón, el hígado y el páncreas. La pérdida muscular también ocurre y, con paso del tiempo, se produce una debilidad y fragilidad extremas.

En un estudio afiliado con Harvard, los investigadores aumentaron los niveles celulares de telomerasa—la enzima que alarga y repara los telómeros—en ratones y observaron signos significativos de reversión de la edad. Incluso el pelo de los ratones que se había vuelto gris se revirtió a un pelo oscuro. Los investigadores se sorprendieron al ver resultados tan dramáticos. En formas medibles, los ratones rejuvenecieron.

Algunos estudios nuevos e interesantes se concentran en la relación entre el estrés, la longitud de los telómeros y el envejecimiento celular en los seres humanos. La Doctora Elizabeth Blackburn, ganadora del Premio Nobel que identificó por primera vez la enzima telomerasa, ha examinado el efecto del estrés psicológico a nivel celular. Como informó The New York Times, la Doctora Blackburn y la Doctora Elissa Epel, psicóloga investigadora interesada en el estrés crónico, estudiaron la longitud de los telómeros en dos grupos de madres. Un grupo tenía niños normales y sanos mientras el otro grupo de

madres tenía hijos con enfermedades crónicas. La Doctora Blackburn y la Doctora Epel encontraron diferencias significativas entre los grupos y también encontraron que cuanto más tiempo la madre había estado cuidando a un hijo con una enfermedad crónica, más bajos eran sus niveles de telomerasa y más cortos sus telómeros.

Las condiciones externas de un niño que tiene una enfermedad crónica creaban suficiente estrés crónico para afectar la capacidad del cuerpo de repararse a sí mismo. El aumento de los niveles de estrés, según los científicos, puede acelerar considerablemente el proceso de envejecimiento a nivel celular. El equipo de investigación encontró efectos similares entre los cuidadores primarios de parejas con demencia.

Un estudio realizado a principios de esta década por Dean Ornish, Doctor en Medicina, fundador y presidente del Instituto de Investigación Médica Preventiva y profesor clínico de medicina en la Universidad de California en San Francisco, mostró que los cambios integrales en el estilo de vida pueden tener un efecto positivo en la longitud de los telómeros. Su investigación se basó en una serie de cambios en el estilo de vida que incluían la meditación, y mostró que los telómeros realmente aumentaron en longitud para quienes, durante el estudio que duró 5 años, siguieron un plan de vida que incluía comer alimentos integrales, hacer ejercicio y meditar.

Es posible revertir los signos del envejecimiento y rejuvenecer. Reducir el estrés es una de las formas más efectivas de hacerlo. ¡Vive, ama, RIE!

El sitio en la red de Ellen es www.howtogrowyounger.com. Para ponerse en contacto con ella escribe a ellen@howtogrowyounger.com

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BODY | MIND

By BARBARA TRACY

KINDNESS

A synonym for kindness is benevolence and a synonym for benevolence is compassion. What a world we could live in if all of humanity were in tune with such a way of being—kindness, benevolence and compassion. Our hearts, minds and bodies would be so much more at ease and the stress we now know as a norm would simply not exist.

We often hear prayer and words of peace; peace among nations, peace among races, peace among neighbors and peace within the home. Peace begins with each one of us, through our actions, attitudes and thoughts, and kindness is a giant step toward peace at all levels of life.

*There comes a time when we heed a certain call
And it's time to lend a hand to life
The greatest gift of all
We are the world
We are the children
We are the ones who make a brighter day
Just you and me.*

Lyrics from "We Are the World" by Michael Jackson and Lionel Richie

True kindness is a joy beyond measure. It is the presence of Light that renders the action of kindness to another, as a kindness to our own selves – for it is in the action of True Kindness that we receive.

True kindness in any expression is likened to the peace that passeth all understanding.

True kindness does not require recognition.

True kindness is of the heart and not of the thinking mind.

*There is no expectation in true kindness.
There is no hesitation in true kindness.
There is no judgment in true kindness.
There is no thought in true kindness.
There is only love in the presence of true kindness.*

Ask yourself: Are my actions kind? Are the words I am speaking kind? Are the thoughts I am thinking kind? Is the attitude I have chosen kind? We have free will and free choice for whatever attitude we choose, so why not step out of our small self and allow kindness to be the resonance of our presence; and in that presence is love, the basis to all kindness. True kindness is in itself the full reward of the action or attitude.

In these times of rushing and achieving, having and getting; the presence of kindness can become lost. Stop! Be quiet, move into the heart and call upon kindness. Allow the presence of kindness to awaken within and once more be the presence of that kindness. Step

forward from the heart where we can walk one among another in a recognition of Loving Kindness. Let's make the world a better place for you, for me and for everyone.

The St. Francis Prayer

*Lord, make me an instrument
of thy peace.
Where there is hatred, let me bring love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, Light.
Where there is sadness, joy.*

*Grant that I may not so much seek
To be consoled, as to console,
To be understood as to understand,
To be loved as to love,
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying to ourselves that we are
born to eternal life.*



BOTTLE CAPS FOR CANCER

Would You Like To Turn Your
Trash To Treasure?

Plastic bottle caps are usually not recyclable. A group in San Antonio, Texas is recycling bottle caps and using the revenue to pay for chemotherapy for cancer patients in poverty in Juarez, Mexico. You can drop your bottle caps off at Questa Market and they will be sent to Texas. Keep your bottle caps out of the landfill and do some good!

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The 4th Annual Questa Studio Arts Tour, Better than Ever!



BY PEGGY TRIGG

Come and explore the dramatic scenery of our beautiful Questa area and meet our many inspired artists on Saturday and Sunday, August 17 & 18. Studios will be open from 10 a.m. - 5 p.m. This is the first of 2019's art tours in northern New Mexico. Over 45 artists from Questa and the surrounding communities open their studios or gather at easy-to-find hubs offering unique, hand-crafted works from the traditional to the modern. From hand-carved *bultos* to exquisite jewelry, quilts, paintings, pottery and more. The route begins south of Questa in Lama and reaches east to the edge of the national forest and ends north, in the Sunshine Valley. Start early, discover the richness of our area arts! There is a lot to see. Your weekend will be truly unforgettable. All along Highway 522, Highway 38, and beyond and it is FREE. For more information vis <https://www.questaarttour.com> A project of the Questa Creative Council.



Sculpture by Clarence LaCome



Map by Martha Shepp

Saturday & Sunday
August 17 & 18
10:00 am - 5:00 pm

Print by Betsy Peirce.



MICHAEL'S MOVIE MOMENTS

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

By MICHAEL YOUNG

AUGUST MOVIE REVIEW:
CAN YOU EVER FORGIVE ME?



One of my observations from several years of watching Oscar-nominated movies is that frequently the movies that are nominated but don't win, are the real gems. It seems that the skills required to make a great movie and the skills it takes to win an Oscar campaign, are not the same. Such is the case with this film, *Can You Ever Forgive Me*. Receiving three above-the-line nominations, it didn't win any of them. But despite that, this is a terrific and emotionally-balanced movie that will win hearts, if not votes.

I was prepared to go either way with this film. With three above-the-line nominations, I was expecting it to have a tightly written script that was well acted. I wasn't certain, however, about Melissa McCarthy as the lead actress. My experience with her is basically limited to the sophomoric behavior full of drunken escapades from *The Bridesmaids* and her comic appearances on *Saturday Night Live*. I can surprisingly report that, in her first dramatic role, she demonstrates an uncanny ability to find the tragic side of situations portrayed as slightly off-center. This was an important step for McCarthy and shows a dynamic range in her acting abilities that will likely be harnessed in other future roles. She displays her wonderful sense of timing, not to crack some joke, but to deliver an emotion-laden comment at exactly the right moment. The academy doesn't reward comedies, or comics, with Oscars often, but I would expect McCarthy will be back to claim a well-deserved trophy.

Much of her performance is boosted by the work of her supporting actor, Richard Grant. He also has never been nominated and the only role I recognize him from is *Gosford Park*, almost two decades ago. His performance in *Can You Ever Forgive Me*, is nearly perfect as the only male friend (Jack Hock) for McCarthy's lonely character. Jack is a somewhat pathetic character who can still display wit and even a certain amount of old-world

(i.e. British) charm. He didn't win the Oscar either, but it wasn't because of a bad performance.

Nicole Holofcener and Jeff Whitty wrote the screenplay, based on the memoir of Lee Israel, McCarthy's character. Their adapted screenplay is tight and includes memorable lines that eloquently define both the misery and the pathos of the two main characters. This is the first writing nomination for either of them (and Holofcener is more known for her television scripts) but together their script insightfully captures the loneliness that Israel suffers and the sympathies that Jack deserves. There is a particularly deep expression in the 'speech' that Israel (McCarthy) delivers to the judge explaining her behaviors and her current mindset. It is a penetrating justification for criminal acts that derive fundamentally from an inability to find partnership, even in New York, a city of 8 million people.

Can You Ever Forgive Me takes place, and is filmed, in New York and takes us back to a time when bookstores were still thriving, and gay bars were maybe tolerated more than accepted. And it is a time when a failing writer inadvertently discovers a more lucrative way to make money from her words than writing celebrity biographies. I enjoyed the references to New York and the dilemmas of professional writers, but the story goes well beyond the setting. While we never really like Lee Israel, because she is so cold and socially clueless, we can't help but sympathize with her, and her sometime-friend Jack, as they cruise through life struggling to survive all while navigating from one lonely situation to the next.

They say there is a very fine line between comedy and tragedy. Perhaps the reason *Can You Ever Forgive Me* succeeds so well (and McCarthy is so good in this role) is because it dances back and forth across that line so effortlessly that the viewer can't help but see only small differences between laughing and crying.

This isn't a perfect movie and it certainly doesn't saturate your senses with memorable experiences. But this little gem will leave a mark on your heart. For that I give *Can You Ever Forgive Me* 4 stars.

AROUND THE BEND

Questa Del Rio News now has a Travel Section! Have you gone somewhere exotic or even not so exotic and would like to send us photos and tell us about it? We would love to share your journey! Send up to four photos with captions to news@questaedf.com by August 15th. ¡Vaya con Dios!

Photos submitted by Anya Jones, a frequent visitor to Taos County.

Panama is such a beautiful country!!! Boquete has a Taos-like quality to it and feels as though it's been dropped in the mountains in the tropics.



Top Left: Mamoncillo (Rambutan) for sale in the market, Boquete, Panama

Middle Left: Dock with water taxis, Bocas Del Toro, Panama

Bottom: Casio Viejo (old quarter), Panama City, Panama

Back to School Literacy Tips!

By PRISCILLA
SHANNON GUTIÉRREZ

As families and educational staff turn to another school year, here are some tips to consider that can help your children and grandchildren become more proficient in literacy, and to foster a desire to read outside of school. Research has shown that students who have access to reading materials outside of the classroom and who CHOOSE to read on their own, have higher levels of literacy and tend to do better in school. This translates into doing better in life. READERS ARE LEADERS! So, here's a few hot tips for the community as we prepare for the next school year:

- The Questa Library is a small gem that families should make a point of visiting on a regular basis. The shelves are literally packed (no pun intended) with a wide variety of titles and topics.
- Focus on topics that INTEREST your child or grandchild, not on what you think they should read. Humans are wired to ignore what we don't find interesting or engaging, so if we want to encourage reading for pleasure, the topic needs to be engaging to the reader!
- Boys have very different interests than girls and unfortunately, many books are not geared towards topics that pull boys into the reading game. Often non-fiction is of more interest to them and may include uncomfortable topics like war or fighting.
- Speaking of non-fiction, struggling readers often have an easier time with this genre because they can apply what they already know to help with comprehension (like reading about ranch animals, dogs, etc.).
- Speaking of comprehension, that is THE goal of reading, regardless

of what approach or curriculum the school district is using. In spite of all the emphasis on phonics, the ability to sound out words is only part of our tool kit to make sense of text. Language is MUCH MORE than sounds!

- Conversation about books, magazines, community events, etc. add to comprehension development. Ask your child to share their opinion of the characters, content and themes of the book or magazine they are reading. Don't forget to ask why and to share your thoughts as well.
- If your child is reading aloud to you, DO NOT correct them when they make a mistake! Instead, when they are done, go back to the part where they messed up and prompt them to figure out the mistake and correct it themselves ("You read this here. Can it say that? Does it make sense? What would make sense here?") We

want children to be able to self-monitor their comprehension instead of depending on adults to tell them if something isn't right.

- Utilize everyday interactions like community announcements, shopping lists, utility bills, recipes, how-to-fix-it manuals, to help your child develop a variety of literacy skills. Even if they don't develop a love for reading, functional literacy is a critical skill!
- And lastly, please do not confuse a test score with your child or grandchild's actual skill level or ability. Tests focus on a narrow range of skills and cannot tell the whole story. We need to focus on the WHOLE CHILD and to build on what they already know. Remember, education is a life-long journey – not a race to the finish!



AUGUST EVENTS AT QUESTA LIBRARY

AUGUST 3 - 10:00 AM - 2:00 PM
FQPL BAKE SALE at Cids in Taos

Stop by for some goodies and support your library. Proceeds provide books and programs for our community. Baked goods support your body and soul!

AUGUST 3 - 12:00 - 3:00 PM
BACK TO SCHOOL Event

In collaboration with Vida del Norte, Living Word Ministries, and Questa Economic Development Fund.

AUGUST 26 - 3:30-5 P.M.
QUESTA LIBRARY BOOK CLUB

After enjoying poetry, books by local authors or about New Mexico, and "Where the Crawdads Sing", we are moving on! This month's topic will be announced. Visit us, or call at 575-586-2023, for information.

DROPPED STITCH THURSDAYS
2:30 -5:00 pm

Crochet and Knit faster, winter will be here before you know it.

Summer Reading program is over for the season. Friday Fun will resume after the volunteer staff takes a break!

Kitty Club members are busy exploring nature and splashing in the kiddie pool. Kitty Club returns Thursday, September 19.

Is there something you would like to see happening at the library? Be sure to let us know!

Rocket Ships and Pennies for Young Readers



Photo by Margaret Lejuste.

Library Kid pointing to our Galaxy.

By SHARON NICHOLSON,
LIBRARY DIRECTOR

We reached 39 Library Kids and 53 students from Alta Vista Summer School through A Universe of Stories, our Summer Reading Program. During the seven-week program we did a lot of reading. The kids were offered one penny for each minute they read...and they did read! (drumroll!) The children of the Summer Reading Program read 34,502 minutes! (ap- plause!) TaDa! That's a lot of pennies!

We asked the community to donate pennies to the reading program and many of you were quite generous! Not only did we read, we learned a lot

about the moon, stars, and planets. The Theater of Mystery from Pueblo, Colorado, entertained with space-themed magic on June 14th. Twirl came from Taos to help us build and launch rockets on June 21st, what a great way to celebrate Summer Solstice! The Wonder on Wheels bus and the Alamogordo Space Museum were also here on July 12th. Our volunteers presented the kids with information, activities, and fun snacks to enhance their learning opportunities. Our Teen Volunteers played games outdoors with the kids, too. The staff and volunteers had a great time with the program this year. As always, we hope we enriched the lives of the children in our community.

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My Heroes as the Questa Librarian

By SHARON NICHOLSON
LIBRARY DIRECTOR

My Hero? Hmmm. Let's see. I could say Esther Garcia for being one of the driving forces in making the library happen for Questa. Or maybe Carolyn Anderson for getting the library on its feet. Perhaps Neil Derringer, who patiently trained and molded young singers in my high school into excellent musicians and good citizens (Wichita North High School). But today, my heroes are the beautiful people who surround me with incredible support in making programs happen here at the Questa Library. When something as big as a summer reading program is coming up, Superlibrarylady can't just jump into the phone booth to put on her Superlibrarylady cape to create something wonderful to inspire the children of Questa. Superlibrarylady needs to gather her community around her. And that community so graciously joins her. I'm talking volunteers here. Volunteers. Those amazing people that enjoy getting things done!

Some folks seem to think the State Library provides a manual and we just follow it to the letter for success. They do provide a manual! But there is a lot that goes on between the manual and success. Someone has to take the time to read the manual and determine what will work for our kids. There is the question of finding funds to pay for it all. Supplies for activities have to be purchased. Of course, we need kids to attend so there must be promotion and advertising. There are books to be ordered for the kids to read. Plans for incentives, prizes, and awards. Very important are the snacks and, of course, who will read to, do crafts with, and provide outdoor activities for the kids. It takes volunteers to help with or do all of these things and more.

My heroes are the good women (and a few good men) who volunteer. Thanks for another successful Summer Reading Program, volunteers! You really pulled it off with style. I thank you. Our children thank you. You are my heroes indeed.



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Dynamic School Year for Red River Valley Charter School

By SHELBY WERLEY
RED RIVER CORRESPONDENT

This interview was conducted with the Red River Valley Charter School (RRVCS) Director Kimberly Rittenhouse.

Q: Tell us about your personal history here in Red River.

A: Red River is amazing! We relocated from the San Antonio area in 2004. My husband worked for Red River Ski Area and I landed a job at the Red River Valley Charter School. We initially thought that we would stay for 3-5 years, but here it is 15 years later, and we are still living the dream. Our children went back to Texas after graduating from high school, but both have returned to the "Land of Enchantment". My daughter is in Albuquerque, attending UNM, and my son is back in Red River and will begin at UNM-Taos in the fall.

My family and I relocated here after a ski holiday in 2003. By 2004, I had secured a job as a first-grade teacher at Red River Valley Charter School, and my husband was working as a ski patroller. Our daughter was in the 3rd grade and there wasn't a space for her at the charter school, so we enrolled her at Eagle Nest. My son was just four years old and at that time there wasn't a pre-K program, so we drove him to Angel Fire for daycare. It was worth it because the community of Red River is a great place to raise children.

I graduated with a B.S. in Interdisciplinary Studies with a Specialization in Reading and my master's is from Grand Canyon University with a Pre-K through 12th grade Administration degree. I have written curriculum for the Hasbro

Company and Core Knowledge Curriculum, which was presented at both a regional and national conference.

Before moving to Red River, we lived near San Antonio, Texas. In 2018-2019, I just finished my 26th year in the profession and found myself taking over the administrator's position at Red River Valley Charter School. It was quite a change from running a classroom to running a school. I have a great support system in my governance council, teachers, and staff. We have built a team of educators who care about Red River Valley Charter School and our communities. These educators go above and beyond what is asked of them in the classroom and help students find success academically, socially, emotionally, and physically.

Q: What can we expect from RRVCS this year?

A: This school year will begin with us looking over our charter contract, refreshing our knowledge using the Core Knowledge Curriculum and Love & Logic programs. RRVCS will have several fundraisers throughout the year to raise money for new classrooms. We are hoping to remove the portables (they are over 30 years old) and replace them with permanent structures. Our challenges generally center around the budget, we are a small school and our budget is tight. We will continue campus beautification, security improvements, and of course student and staff success which directly relates to school success.

We involve parents and community throughout the school year. Schoolwide parent events include: Back to School Cook-out/Open-House, Literacy Night,



Photo by Southern Exposure Photography

Students and staff at Red River Valley Charter School, a great place to learn. Red River Valley Charter School was established in 2001 and serves Pre-K through eighth grade students from around the Enchanted Circle.

Math/Science Events, Parent-Teacher-Student Conferences, Read-a-Thon, Thanksgiving Luncheon, art festival, end of the year celebration and awards ceremony, and teachers create special events in their classrooms, too. We all work together to make school interesting, relevant, and fun.

Students need opportunities to express themselves and relate to the content presented in class. This year we will include more art-based lessons that connect to the core content taught. The art will provide time for reflection and interpretation of the content. Our goal is to present some of these pieces of art in an art show with a historic timeline. We are excited to see what the students produce. RRVCS will elect student leaders who will take on various roles and help plan events throughout the school year.

Q: How can this community participate?

A: Volunteers are always welcome at RRVCS! Due to state requirements, those who volunteer must have a background check. Once that is on file, volunteers become an extension of the classroom. Reading in the classroom and making copies are just a couple of ways that volunteers can help.

The RRVCS Governance Council is made up of five members. These positions are voluntary, and the members are elected on a two-year rotation. We meet once a month to help guide the school to greater success. The Governance Council plays a valuable role in supporting the vision and mission of RRVCS.

RED RIVER VALLEY CHARTER SCHOOL
500 East High Street, Red River, 575-754-6117
administration@redrivervalleycs.com

Roots and Wings' Proud Accomplishments

By MARK RICHERT

During 2018 - 2019, Roots and Wings Charter School (RWCS)

- Spent a combined 26 days of outdoor, overnight learning adventure among all classes
- Conducted fieldwork at four farms, the county landfill, the Earthship community, Eagle Nest Lake, and the Great Sand Dunes National Park
- Initiated ukulele lessons for all kinder, first, and second grade students; guitar

and violin instruction for all third through eighth graders

- Kinder - 2nd grades wrote an original play about seeds and hand-felted puppets and scenery for the performance
- Grades 3 - 5 made a "Leave No Trace" video info-mercial
- Grades 6 - 8 wrote an original script and performed/produced all aspects of a film
- Dedicated four full days to a Student-Led Conferences for parents
- Was chosen as a case study school from

800 rural charter schools nationally by the Bellwether Education Partners in Washington DC for academic rigor and achievement in an economically diverse region

- Was honored at the April New Mexico Public Education Commission meeting under "Highlights and Recognitions" for strategically and authentically striving to meet our mission.

Contact Director Mark Richert
575-586-2076 or director@rwcs.org



Photo by Mark Richert

Parent and ukulele instructor, Tanya Glenn, leads the kindergarten, first grade, and second-grade students through their Friday afternoon music lesson.

"Our innovative learning community creates classroom, farm, and wilderness adventure engaging the head, hands, and heart."

—from Roots and Wings Charter School's Mission Statement

Vida Del Norte Coalition and Active 8 Celebrate Back to School!



By MARIA GONZALEZ
COALITION DIRECTOR

The Vida Del Norte Coalition took five of our Active 8 Youth Coalition members to a training in Dallas, Texas on July 14-19. This trip was made possible by donations from our local businesses. These young men and women are setting the foundation for the development of a powerful Youth Coalition. In order for them to be successful they now have a better understanding of how a coalition is supposed to work. The program focused on building partnerships with diverse stakeholders at the community level, a foundation of the coalition model. To accomplish true sustainability and long-term impact, it is imperative that we empower youth to be catalysts and sustainers of community change.

Vida Del Norte Coalition's Back to School Event

SATURDAY, August 3rd
12:00-3:00PM

Municipal Park & Youth Center

- Live music • Guest speakers,
- FREE Kids' Haircuts, • Back to School Supplies
- and other resources for our community

For more information contact
Coalition Director Maria Gonzalez,
maria.gonzalez@vidadelnorte.com
or 575-779-2260

These trainings empower young people ages 13-18 years old to take youth-led civic action back to their communities. Coalitions across the country send their youth to these exciting courses to help them work together more effectively. Our youth engaged and networked with their peers across the country and learned new techniques to implement in Questa and the surrounding communities.

On July 22, when the Active 8 re-



Courtesy Photo

Youth Coalition Members and chaperones who attended training in Dallas, Texas, from left to write: Officer Zach Garcia, Mckayla Young, Amalia González, Angelica Lovato, Maria Gonzalez, Kaylee Piper, Aliana Gonzalez

turned home, Vida Del Norte Coalition hosted a PotLuck Community meeting where the youth explained what they learned and how they would like their community members to be involved with the task ahead. Vida Del Norte and Active 8 would like to thank everyone who contributed to make this training possible. Everyone is invited to our Back to School Event on August 3rd at the

Municipal Park and Youth Center where there will be live music, guest speakers, free kids' haircuts, Back to School supplies and other resources for our community to engage and develop with. Vida Del Norte Coalition is here for our youth and our community. For more information contact Coalition Director Maria Gonzalez at maria.gonzalez@vidadelnorte.com or 575-779-2260.



August 17-18, 2019

**Come visit our community
of artists! Over 45 artists
will have their work on
display and for sale. Get
your map at any hub or at
ArtQuesta or Rael's Market**



Summer School at Alta Vista



Photo by Laura Vallejos

Kindergarten and first Grade summer school students at Alta Vista had fun making their own colored bubble blowers!

By LAURA VALLEJOS

The summer school kindergarten and first grade classes enjoyed their summer school experience. They walked to the Questa Public Library for special presentations, went on field trips –bowling, theatre, swimming and museum visits. They had fun learning and exploring with science projects and art as well as reading, writing and

practicing social skills.

The students planted carrot tops and made mini-terrariums to watch them grow. Each day they discussed the progress with their teacher Connie Martinez. They also made their own colored bubble blowers!!! It was a lot of fun and we will experiment with different types of soaps. We have many more science and art projects planned for our students, we loved summer school!!!



By MICHAEL P. LOVATO
QISD SUPERINTENDENT

Questa Independent School District teachers start back on Monday, August 5th. The district will offer training that includes, AVID, Eureka, IREADY, safety procedures, special education support and compliance, higher-level thinking and many other topics that are student-based.

Throughout the summer we have made many improvements to the school facilities that include painting, tile replacement, and repairs that make for

a pleasant educational environment. Additional improvements include upgraded technology, keyless doors and SMART Boards for every classroom. We have also addressed and evaluated all student programs. Our special education program has also been evaluated to ensure that all students are receiving appropriate services to address areas that needed improvement.

Students return to classes on Monday, August 12th and we are excited for the beginning of the new school year. Please come see us if you have questions and or want to share ideas.

Thank you and we look forward to the 2019-2020 school year.

Michael P. Lovato, Superintendent
2556A Wildcat Rd., Questa, NM 87556
Office Phone (575) 586-0421
Cell Phone (575) 779-1232

Ms. Archuleta Joins the Educational Community



Courtesy photo

Ms. Carla Archuleta, front row, far left with summer school students and staff at Alta Vista Elementary and Intermediate School.

BY LOU MCCALL

Ms. Carla Archuleta is the new principal at both the Alta Vista Elementary/Intermediate School and the Rio Costilla Southwest Learning Academy. She is positive and enthusiastic about the new school year and is especially excited about getting to know her students and their parents.. She was delighted to become part of the Questa Community. Her father, Cosmes Ocanana, grew up in El Rito, so it is nice for her to be close to her family roots. Ms. Archuleta grew up in Sanford, Colorado, not far from Alamosa, where she attended Adams State College.

Her experience includes teaching the upper elementary grades and middle school math and science. She followed the educational administration path as both principal and superintendent of the Antonito School District. Ms. Archuleta is gearing up for the new initiatives that the Questa Independent School District has developed. She is a team player and has experience bringing troubled schools around. She will be a frequent contributor to our newspaper's Education Section. Welcome, Ms. Archuleta!

A Message from Ms. Carla Archuleta

A day at school can be positive "healthy" sugar for the soul. Creating a family at Alta Vista Elementary/Intermediate School and Rio Costilla Learning Academy are first steps for building the future. Each child is served academically and as a whole child.

Parent visits and the work of students and staff provided an inpouring of positive energy during the K-5 Plus Program this summer. Our summer teaching staff put in quality work in moving students forward academically. Our dedicated kitchen staff continues to bring healthy foods to our kids. Our bus driver, Charlie, transported district students safe and sound to our summer school site.

Meanwhile, custodial staff district-wide are continuing their work, keeping our facilities clean and making improvements. They worked hard to have each school site ready to open the doors for every child who walks through them when the school year begins.

*Blessings to look forward to,
Ms. Carla Archuleta*

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Meet the New Principal at Questa High

By NICK NAGAWIECKI
AND SARA MARTINEZ

Cathy Gallegos, originally from Las Vegas, NM has 21 years of teaching experience at the middle school level. She received her bachelor's degree from New Mexico State University and her master's from Cal State San Bernardino. She has taught language arts and social studies in California, Las Vegas, NM and Tucson, Arizona. Mrs. Gallegos has served on leadership teams and as a testing coordinator, which sparked her passion for administration. She took additional courses at NM Highlands University to obtain her administrative license. "I wanted to be a voice for teachers and for students," said Mrs. Gallegos as to why she chose to go into administration. Her first job as an administrator was as an elementary principal with Las Vegas City Schools, where she worked for three years at two different schools.

Gallegos interned with and was mentored by QISD Superintendent Michael Lovato while in Las Vegas. "I found him to be a great mentor. There was no question I couldn't ask. Every idea has merit with him. He always had time for his administrators as well," said Gallegos of her experience with Mr. Lovato. When Gallegos wasn't rehired with Las Vegas City Schools, she applied for the position at Questa Junior-Senior High School. While the school is located two hours away, she really wanted to work with Mr. Lovato because of his respect for administrators.

Mrs. Gallegos is aware of the issues that exist in the district. She sees the lack of continuity in administration as a major issue. "Changes in leadership interrupt everything. What I want to do is make sure everybody knows that I'm here to stay and that I'm dedicated to the job. Once I've done that, I can build trust with the community," said Gallegos.

Mrs. Gallegos is also aware of the number of students who have transferred to other schools in the past couple of years. She wants to "make this into a place where they want to come back to their community because it's a strong school and a strong school district." She added "the people who I know in UNM enrollment are always really impressed with our students because they're very self-motivated. I want to help them as much as possible to use this independence to achieve everything they can."

While working at Las Vegas Schools, Gallegos saw their school grades go from D's to B's and described how she helped

make that happen. "It was mostly due to me being an advocate for teachers. Once I took over, instructional time became sacred time without interruption. I was very invested in my schools. I was there early. I stayed late. So I just tried to work harder than my teachers because I knew if they saw that, they would be willing to work hard as well. I wanted everybody to know that we were a family. We helped each other out, we cheered each other on. We collaborated with each other to learn new things. I've always taken pride in how well my school is doing." Gallegos also worked hard to reframe testing and encourage students and staff with positive energy. Once the students saw that the adults believed in them they looked forward to testing.

Creating a family environment with students and staff and getting parents involved will be her main focus. Gallegos notes, "As a small community, I feel like they're invested, they care about their kids' education, and so it's up to us to figure out how to get them involved. When we have students absent, we could call and check on how things are going. When kids are doing great, we'll make that extra effort to let the family know. I like to reach out to parents and just be there and be available. I have an open-door policy for my teachers, students, and their parents. If they need to come in and talk to me, I'm invested."

Gallegos reports that the district is beginning a new math program which she used before and has seen great results. "It has a steep learning curve for teachers, students, and parents, though students

probably have the easiest time with it." She plans to offer parent nights to help them understand the ins and outs of the program.

Coffee with the principal was scheduled for July 24th with the hopes of having conversations about the upcoming year with students and parents. Gallegos hopes that will be the beginning of getting parents more involved at the Jr. Sr. High School.

Looking forward to her first year in Questa, Gallegos said, "I'm excited about all of the fun things that come with High School, like homecoming and working with the student council," Gallegos hopes to vamp up the mentorship program as well as starting other programs to get students engaged in their school and community. Gallegos is looking forward to sports, dances and all the extra things that

go along with the high school experience.

"I want our students to know that we are focused on academics but we're also here to have that traditional high school experience."

Gallegos would like to see the community happy with the education system here at QISD. "I'd like them to be proud of what we're doing and see great things happening and see the kids happy to be learning and to see teachers happy to be teaching. I want us to attract students that we've lost in the past. Even though we're a small school district when people talk about Questa, I want them to talk about us with pride." If Mrs. Gallegos is successful in even some of her goals, we know it will be a great year for Questa Jr. Sr. High School.

Welcome, Mrs. Gallegos and good luck with the school year!

QISD Calendar 2019-2020

Aug-19					Sep-19					Oct-19				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
5	6	7	8	9	2	3	4	5	6	7	8	9*	10	11
12	13	14	15	16	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	23	24	25	26	27	28	29	30	31	
30					30									

Nov-19					Dec-19					Jan-20				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
				1	2*	3	4	5	6			1	2	3
4	5	6	7	8	9	10	11	12	13	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	20	21	22	23	24
25	26	27	28	29	30	31				27	28	29	30	31

Feb-20					Mar-20					Apr-20				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
3	4	5	6	7	2	3	4	5	6			1	2	3
10	11	12*	13	14	9	10	11	12	13	6	7	8	9	10
17	18	19	20	21	16	17	18	19	20	13	14	15	16	17
24	25	26	27	28	23	24	25	26	27	20	21	22	23	24
					30	31				27	28	29	30	

May-20														
M	T	W	TH	F										
				1										
4	5	6	7	8										
11	12	13	14	15										
18	19	20	21	22										
25	26	27	28	29										

No School

No school-Professional Development

Parent/Teacher Conferences

Reporting Days, 40th, 80th, 120th

First/Last Day Students

End of 9 weeks grading period

Holiday-District Closed

Graduation-Class of 2020

Back to School

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DUTCH BABY

3 eggs
 1/2 tsp sea salt
 1/2 cup sifted flour
 1/2 cup milk
 6 tbs melted butter
 1/2 lemon
 1/4 cup cane syrup (see below for toppings)

If available, large organic free range eggs are recommended, as are choosing other organic ingredients, we recommend unbleached flour.

Instructions:

- Preheat oven to 450 degrees.
- Whisk eggs in a bowl.
- Gradually add flour and salt, blending well.
- Add milk and blend thoroughly.
- Spread butter on bottom and sides of a cold Number 9 iron skillet (no substitutions here!) 3 tbs of butter/oil.
- Pour in the batter and bake in the preheated oven until crust is brown, about 20 minutes, no more!

Topping:

- You may mix the juice of the lemon with the 3 remaining tbs of the butter/oil and add the cane syrup, or, as I prefer, an organic fruit syrup or preserves, and a touch of cinnamon. Blackberry or apricot are my favorites.
- Pour over the "baby." Serve with your choice of breakfast meats, pork or turkey bacon, ham or sausage,

and a serving of fruit.

The "baby" is a cross between an omelette and a souffle, or like a rich, giant popover! It makes a delicious and fun presentation for a brunch.

Adapted from "The Cotton Country Collection," 14th printing, 1989

ZUKE CANOES - STUFFED ZUCCHINI

1 cup cooked brown rice
 3 medium zucchini or summer squash
 Butter
 1 large chopped onion
 1 clove crushed garlic
 1/2 lb chopped mushrooms
 3 eggs
 1-1/4 cup Cottage cheese or Ricotta
 1/4 cup wheat germ or bread crumbs
 3 t. tamari or soy sauce
 Worcestershire sauce
 Hot sauce, such as Tabasco or Cholula
 1 cup grated white cheddar or other white cheese
Optional: 2 tbs sunflower seeds
 Season with Rosemary, Basil and Thyme to taste, sprinkle top with paprika

Instructions:

- Prepare 1/2 cup brown rice or use 1 cup leftover rice
- Preheat oven to 350 degrees
- Slice 3 medium zucchini (or summer squash) in half lengthwise. Scoop out insides, leaving 1/4 inch rim so canoe stays intact.

- Sauté the onions in butter until translucent, add the garlic and mushrooms
- Add Rosemary, Basil and Thyme, cook until soft
- Beat 3 eggs.
- Mix eggs with the squash innards (what you scooped out of the canoes) with cottage cheese or (preferred) Ricotta cheese, 1/4 cup of wheat germ or (preferred) bread crumbs, 3 tbs tamari sauce, dash Worcestershire sauce, a couple of shakes of pepper sauce (Cholula or Tabasco), 1 cup white cheddar or other favorite white cheese. Add the sauteed vegetables.
- Stuff the canoes generously. Sprinkle with Paprika.
- Serve topped with extra grated cheese or sour cream

Bake 40 minutes

Serve topped with extra grated cheese or sour cream, to taste.

Adapted from "The Moosewood Cookbook," Mollie Katzen, 1977

APPLE-CHEESE PANCAKES

1 cup ricotta cheese
 1 heaping, packed cup grated apple
 3/4 cup flour (recommended 1/2 unbleached organic white flour, 1/4 cup other, whole-grain organic flour)
 1 tbs honey

1 tsp fresh lemon juice
 1 tbs chopped almonds, pecans, or sunflower seeds
 1/2 tsp cinnamon
 dash of nutmeg
 4 eggs separated
 1/2 tsp salt

- Mix everything together except egg whites. Beat egg whites until stiff and fold into batter. Fry pancakes in butter or vegetable spread on both sides until golden brown.
- Serve with maple syrup, fruit preserves or syrup, yogurt or sour cream, fresh fruit, or cinnamon sugar, to taste.

Adapted by Elizabeth Brunazzi from "The Moosewood Cookbook," Mollie Katzen, 1977

CHICKEN POT PIE WITH COACHWHEEL CRUST

4-lb chicken*, cut from bone after stewing in salted water
 1 tsp sea salt
 3 tbs white unbleached organic flour
 3 tps baking powder
 3 tbs butter
 1 1/2 cups organic 2% milk
 1 1/2 fat-free chicken broth*
 1 tbs fresh lemon juice
 2 thin slices onion
 Optional: small green peas and chopped carrots

Instructions:

Make a gravy by blending the flour

into butter, and adding milk, broth, onion, optional vegetables, and seasonings to taste (carefully add salt, white pepper, and aromatic herbs such as rosemary or thyme), and combine while hot with the boneless chicken. Pour all into a casserole. Top with coachwheel crusts as follows:

Topping:

1-1/2 cups flour
 3 tps baking powder
 1/2 tsp salt
 1/2 cup milk
 3 tbs shortening
 3/4 cups grated cheese, white cheddar or asiago, to taste
Optional: 3 pimentos, chopped

Instructions:

Sift dry ingredients together; mix with shortening and milk; then roll out thin. Chop pimentos, if desired, and grated cheese. Spread cheese and pimentos over crust. Roll up dough like a jelly roll and cut into 3/4 inch thick little wheels. Place wheels on top of chicken casserole. Bake at 400 degrees about 30 minutes.

*I preferably organic, free-range chicken, you will be amazed at the difference in flavor!

Adapted by Elizabeth Brunazzi from The Southern Cookbook, Editor Marion Brown, 1959

True Mississippi Home-cooked Comfort Food



Photos by Robyn Black

Interior of Magnolia Kitchen, rich with Southern Charm . Seated at the table Barb Cerveny owner, seated at the bar Ben Cerveny owner, behind the bar (waving) Joel Hogrefe

By ROBYN BLACK
FOOD EDITOR

THE MAGNOLIA KITCHEN

When Ben Cerveny was younger he worked at Philmont Scout Ranch near Cimarron as a climbing guide. He loved New Mexico and decided to make his home in Red River. This is the start of the history of how The Magnolia Kitchen came to be...

Ben's mom, Barb Cerveny, followed Ben to Red River after Ben had been here for a few years (Barb has 12 children, 6 of whom now live in Red River). Leaving Sardis, Mississippi, she started another chapter of her life. Barb and Ben worked at Old Tymer's in Red in the kitchen where her food was delicious and the praises were high. After the lease was up at 305 Pioneer, the former business decided not to renew and the landlord approached Barb and Ben about leasing the property. Soon things lined up and Ben, who takes care of finances for the restaurant, said to his mom "Let's do it!"



Just meeting Barb you can tell this is going to be a success because she just looks like the mom you want making your dinner! The Magnolia Kitchen, which opened on Mother's Day this year, is not on the main drag of Red River, it is across from the ski area making it a lovely place to sit outside in the summer and watch the activity of people having fun with the summer events at the ski area. The interior is rustic with lots of warm wood and a cozy feeling, right down to the fun salt and pepper shakers on the table...no two sets are alike.

There is a beautiful magnolia wreath that postmistress Connie made for them, it hangs proudly in the window! It is an oasis from all the hustle and bustle on Main Street.

Their buffet is full of mouth-watering delights! They always have fried chicken, fried catfish, and an outstanding salad bar. The veggies rotate at Barb's whim or whatever is the freshest she can find. They rotate the main dishes on the buffet as well, about every two days. You may find meatloaf, North Carolina pulled pork or kielbasa with sauerkraut. She may be a southern lady, but she married a Yankee, so some wonderful northern food creeps into the menu. The buffet starts at \$12.99 for a one-time trip, but you can make the most of that trip and pile your plate as high as you can with everything from the main dish to dessert. For an all you can eat experience it is \$19.99, how many trips back you make is up to you and your stomach. Barb's food, including the desserts, like cobblers and puddings, are all made from scratch, no shortcuts here! Only incredible, home-cooked, made with love,

southern comfort food. Hopefully, by mid-August, they will have their liquor license and start serving beer and wine.

Both Barb's father and husband were in the navy and she is very patriotic. Not only does she give our Veterans a discount, but she also honors first responders, firefighters, and police as well. Good food and respect for our men and women in service, pretty awesome if you ask me!

You can find the Magnolia Kitchen at 305 Pioneer, Red River, NM., also on Facebook and Trip Advisor. If you want to contact them, you can reach them at rrthemagnoliakitchen@gmail.com, their response time is quick. Hours of operation are Thursdays-Tuesdays from 11:00 a.m. until 9:00 p.m. (closed Wednesdays). For now, they anticipate keeping the same hours through the winter months so all those hungry skiers can grab a convenient lunch and either head back to the slopes or wind down after a long day of skiing. Do yourself a favor, get off the main street and give The Magnolia Kitchen a try, you won't be disappointed!

Q-House: What Does 'Living Off-Grid' Cost?

\$\$\$\$???



By MICHAEL YOUNG

Over the course of six articles, I have described the systems we have built here at 'QHouse' in our attempt to build a conventional home that would save the most amount of energy. When we designed this house, it was our explicit goal, working with our builder, to show that a very 'green' house could be built without spending millions of dollars. We knew about super-green homes, especially those built in the Santa Fe area, and all of them were well beyond the range of what we could afford. We wanted to show that green features could be managed without exorbitant costs and I think we accomplished our goal. The final price of our 1300 sq. ft. home came in at \$250,000 (in 2009). I realize that doesn't make our home the cheapest home in Taos county, but it is certainly not the most expensive either.

Our builder estimated that 20% of that cost was for 'green' features. The most expensive component was the photovoltaic (PV) power system. Although that is probably still true, the costs for parts such as PV panels and even batteries have dropped considerably over the last decade so installing an equivalent system today would be substantially less than what we paid. Technology has also improved so that systems are more efficient and do more. For example, being

able to monitor my systems through my tablet or phone would be a nice feature that could be built into today's systems.

So, building a new, 'green' home is certainly an option these days, and our example proves the naysayers wrong - Energy-saving technology is within the grasp of the middle class and is not just a toy for the rich. Still, most people don't have the option of building a new home. Converting an existing home to 'green technology', like the systems I have described, would, in some cases not be cost-effective. For example, installing south-facing wall-length windows and a 'solar mass' to absorb solar energy might require costly work to the interior and exterior walls. On the other hand, installing additional insulation in the walls and attic, and checking all the doors and windows for leaks would save hundreds of dollars in heating costs and pay for itself within a year or two.

Switching to a water catchment system, even if it is just to augment an existing water utility, rather than replace it, is a relatively inexpensive option that might well pay for itself by reducing water bills. Even if you don't want to go 'off grid', like we are, installing PV panels on your roof and selling energy back to Kit Carson would also likely pay for itself in short order. (And the payback period is getting even shorter.)

Reduced, or completely eliminated, utility bills can quickly become the most compelling reason to 'go green.' Aside from Dish, Verizon, and HughesNet, I don't have any monthly utility bills. To be fair, here is a list of the home expenses I DO have:

Approximately \$600/year for 260 gallons of propane and the tank rental. Remember that we cook with propane, and propane also powers our back-up-systems - the clothes dryer, generator, flash-hot-water system, and the space heater in the hallway.

Approximately \$225 every 2 years for a cord of firewood.

About \$200/year for a 1600 gallon water delivery. (Although this varies depending on how much rain and snow we get.)

Just about \$130/year for water system filters, cartridges, and UV lights.

Under \$30/year for generator oil and filters.

If you sum all that up, it averages about \$90/month for power, heating, and water. You might compare that to your own monthly utility and home maintenance amounts. I doubt that ours are higher than average and are likely less.

Over time, there will likely be maintenance requirements on parts of the system. For example, I doubt the water

pump at the bottom of one of my cisterns will last forever, so it will eventually need to be replaced. I would have a higher expense if I owned a well - and, in fact, it is the same exact pump. Similarly, the generator requires a professional tune-up every few years, and it's a good idea to have an expert look over the PV system every now and then, as well. I will also need to replace my PV battery bank in about ten years. So, yes, there will be some home maintenance expenses associated with 'green' technology.

My point is that maybe some of the home maintenance expenses are a little more than a 'normal' home, but they aren't outrageous. And when all things are considered, it might very well be less than a conventional home.

As I tried to make clear in previous articles in this series, the real advantage to living 'off-grid' is that you become much more aware of your environment, your energy use and the yearly and daily cycles of the sun. In a time when our world shows signs of human overconsumption, the key point is that 'going green' and 'living off-grid' is not just possible, but it is actually a better way to go. We have options right now to solve many of our energy problems, and these solutions are both economical and effective. We don't have to 'beat' Mother Nature, we can live with her.

With Your Help Questa Farmers Market Blossoms

By GAEA MCGAHEE

Questa Farmers Market began the season with a mission to improve the community space where QFM vendors meet each Sunday.

The work is well underway with the horno ready and shade structures for vendors, musicians, and patrons being built thanks to the skilled leadership of Mark Sideris.

This project received support from the LOR Foundation and began in early June with a week-long summer camp to get the horno and gardens started. Vida del Norte Coalition teen members - the Active8, and Singing River Field Center youth spent a week at the market site, brightening and building. Their efforts bear fruit in the gardens. The vigor of chard leaves, sunflowers and marigold glory are hard to miss as you drive by, but stop and look! I picked some dill and basil this morning, and you may too.

The ideas that led to these improvements grew from our seasons of experience. We love bringing the market to the community each Sunday for about four months and we had a vision of a more comfortable space to gather. That vision is coming to fruition thanks to the efforts of so many, namely the young community members who began mixing that first batch of adobe in early June with their leaders in building, gardening, and painting.

Community members worked on the horno through June and July. There were evenings when spontaneous adobe plaster sessions occurred, and I personally felt so much joy in those moments. Ground-breaking for shade structures began in the middle of July. Ahead of that, a water line was put in thanks to Marshall Cisneros and Questa Economic Development Fund (QEDF). Having water on site helps us care for the gardens plus we've planted an apricot tree.

QFM's central location in the Questa Visitor Center parking area is provided by the QEDF. The market has received a grant from QEDF as well as Community Grants For Good funding from Chevron Questa Mine. These resources support the market's weekly operation. We organize music each Sunday and have begun to take on Market Interns, teens willing to help during the market, plus set up and take down equipment.

QFM aims to support local food, nutrition, and economic opportunities, and establish a truly local market: supporting

traditional cooking and preservation methods is vital to this mission.

We extend an open invitation for your participation and input. This season we will survey attendees to gather responses to site improvements, as well as hear hopes and concerns for Questa, which will help us better understand how to meet future needs.

Questa Farmers Market hosts music and special events each Sunday. On August 4th, Miguel Gonzales, C.F., a Certified Farrier from Arroyo Hondo, will be at the market to demonstrate horse hoof care and maintenance. Miguel provides his services to many horses in northern NM from his mobile blacksmith truck and trailer.

Join us in the Questa Village Center Sundays, 10 a.m. - 2 p.m. until mid-September. Enjoy the fruits of our communities and keep your dollars local. QFM is an EBT/Double-up authorized market and at least 50% of goods sold must be from local NM farms and gardens within 80 miles of Questa. The remaining portion can be prepared foods and crafts. QFM is authorized to accept WIC, and Senior Nutrition checks; these circulate July to November.

For more information go to QuestaFarmersMarket.org or Facebook: [QuestaFarmersMarket](https://www.facebook.com/QuestaFarmersMarket)

Contact the Market Manager, Gaea McGahee, at growersmakers@gmail.com or call 575-224-2102.

Questa Farmers Market is a community-led effort to localize our economy by supporting agriculturalists and makers during the growing season in beautiful northern New Mexico. Questa Farmers Market is a program of Localogy, a 501(c)3 non-profit

QUESTA FARMERS MARKET EVENT & MUSIC LINEUP FOR AUGUST

AUG 4

Nat Wilson, then The Dread Fermata plus Miguel Gonzales, C.F. Certified Farrier, from Arroyo Hondo, horse hoof care demo

AUG 11

Chris and Rodney Arellano

AUG 18

Peter Oviatt and Jimmie Killingsworth

AUG 25

Zephaniah Stringfield



Photo Nick Cole

Singing River Field Camp and Vida Del Norte Coalition youth got their hands in the mud during horno construction at the Questa Farmers Market site.



Photo by Gaea McGahee

Miguel Gonzales and Rachel Kuc' plastering the horno.



Photo by Gaea McGahee

Questa Farmers Market (QFM) horno ready to bake bread and roast chicos!

Wag More, Bark Less at Red River Bark Park



Courtesy Photo

Unidentified happy dog enjoys ball sports!



Photos by Angela Spotts

Angela Spotts' one year-old Border Collie "Powder". Her playmate is "Gunner" owned by Cassie Casali. Gunner is five months old and is part hound and Australian Shepard. We so love the dog park!

By LOU MCCALL

Red River now has a dog park! It is open 24/7 and promises to be lots of fun, not just for your best furry friend, but for humans as well. Get out there and wiggle and make new friends!

The Bark Park is located on the east end of Red River; go down Main Street, turn left at the library and just before it splits into the highway, turn right onto High Street. Even though the park is located on Main Street, head-in parking and the main entrance are on High Street, to cut down on traffic congestion. The park is equipped with trash cans, poop receptacles and poop bag dispensers.

The idea was conceived by Paula and

FUND RAISER: WAGS AND WINE

September 14, 2019
10:00am-5:00pm
Brandenburg Park in Red River

Ben Richey and since 2017 over \$3300 was raised, which paid for the fencing. Donations have come in for benches, picnic tables and a covered pavilion. This fall landscaping will begin, which will include plumbing for tall drinking fountains for people and lower ones for dogs. Eventually Bark Park organizers would like to add doggie playground equipment.

Donations can include purchasing a bench with bronze plaques with your

name on it or in memory of a loved one or a lost dog. There are already three benches and two more may be available. Additional funding has been provided by a grant from the Red River Valley Foundation. Dog parks are becoming quite popular and plans are under-way to construct them in Angel Fire and Espanola.

On Saturday, September 14th from 10 a.m.-5 p.m. Wags and Wine, a fund-raising event to benefit the Red River Bark Park, will be held at Brandenburg Park in Red River and is free of charge, bring your dogs! First held in 2017, it was such a success that they will offer it again. Music will be provided by Highway 38 and the Hounddogs, there will

be food, winery and brewery vendors, as well as booths featuring arts and crafts and other local fare. ArtQuesta will be there and T-shirts and wine glasses for wine tastings will be for sale. Look for a schedule of presentations, which will include demonstrations from dog trainers, a dog psychic and the Sheriff's Department K-9 Unit. Events will include canine costume contests and dog and owner look-alike contest, prizes will be given.

There will also be a silent auction, let us know if you would like to donate something. You can sign up to be a vendor up until September 1st, vendor fee is \$50. Contact Dianne Hughes at 817-291-5994 or dbhughes44@gmail.com.

New Mexico Rain

By Taos Local Michael Hearne

Well the smoke cuts the lights in this honky-tonk bar
And I'm thinking where I'd rather be
Maybe chasing señoritas here in Old New Mexico
Or standing on the edge of the sea
Well if I had the money I tell you honey

We'd be on that first plane to Spain
But as long as we're here oh the answer is clear
We'll waltz in the New Mexico rain

(New Mexico R-a-in) Lord it's hot down in Texas
(New Mexico R-a-in) yeah I call this my home
And if I ain't happy here then I ain't happy nowhere
New Mexico rain when my mind starts to roam

The lights of the city keep calling my name
Yeah but I've been through that before

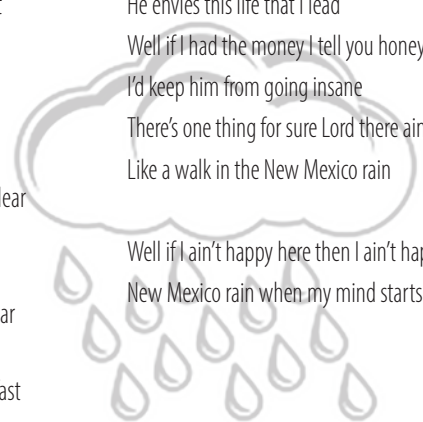
It's just a giant hotel on a long four lane street
With the check out time on the door

Well if I had the money I tell you honey
We'd be on that New Delhi plane
But as long as we're here Lord the answer is clear
We'll waltz in the New Mexico rain

I've been drinking all day with a man at the bar
He sure seems unhappy to me
He said he's going nowhere and going there fast

He envies this life that I lead
Well if I had the money I tell you honey
I'd keep him from going insane
There's one thing for sure Lord there ain't no cure
Like a walk in the New Mexico rain

Well if I ain't happy here then I ain't happy nowhere
New Mexico rain when my mind starts to roam



Robyn Black, One of Many Making a Difference

By DONNA
MITCHELL-MONIAK

As far as we know there isn't an official VOLUNTEER OF THE YEAR contest for this area, so we considered inventing one. Back in April, National Volunteer Month, we wrote about how important volunteers are. We became acutely aware of how much volunteers mean to our community and especially to our paper. Everyone here at the Questa Del Rio News agrees that we need to acknowledge our awesome volunteers and we hope to offer a regular feature called Volunteer of the Month. Ironically, most of our writers are volunteers, so committing to a monthly feature depends on them!

So we will start with someone close to home, one of our newspaper volunteers, Robyn Black. Robyn is now an EMT for the Latir Volunteer Fire Department and is always on-call. She is a regular helper at the North Central Food Pantry, helps animals when the need arises and is the Food Editor of the Questa Del Rio News. As we talked about each of these areas of shared responsiveness in her life, Robyn said, "I've benefited so much. The people who have inspired me (to be active in the needs of the community) are the special ones. There are so many amazing volunteers in this area!" She does not want accolades, she does not want to be singled out as being special, and being acknowledged is not easy for her.

Robyn has lived in Latir/El Rito for only four years. Shortly after settling in, her son needed emergency medical attention and the Latir first responders were johnny-on-the-spot. "I have to give back," she said (for the first but not last time in the interview). Becoming an EMT seemed the next obvious step to her. There was a need in the community and the doors opened for her to fulfill that need. Robyn studied at the University of New Mexico-Taos and now Latir has an active EMT in the district. There are many layers of need that are being addressed in the Latir/El Rito area through the addition of an EMT to the cadre of first responders. This fall, Robyn



Photo by Emily Wilde

Robyn Black showing her support at the Questa Del Rio News's first birthday party in February 2019.

will be continuing her training and taking EMT advanced courses.

A certain efficiency results with having highly trained volunteer personnel. But, maybe efficiency is what it is all about with volunteerism in a small community? How else can its varied needs be wisely and economically met? That thought led the conversation to Robyn volunteering at the North Central Food Pantry. "Everyone is great!" she spoke glowingly of the variety of people who volunteer and support the Food Pantry as well as those she interacts with who receive the food. "The Food Pantry helps a lot of people," Robyn was not referring just to food assistance but to how everyone involved, every step of the way is "benefitted" by being with one another under the auspices of shared responsiveness.

From food to Food: Robyn was asked to be the Food Editor of the Questa del Rio News. Originally, it was the editor's idea to call it Questa Quisine and Robyn thought that the name needed to expand to include the entire Enchanted Circle,

so Robyn decided on Enchanted Eats. Robyn is an excellent cook, writes the restaurant reviews and helps choose the recipes every month. Now many of the excellent recipes are sent to us by our readers. Robyn began by selling advertising for the paper and felt it was not the best fit for her. Being Food Editor, on the other hand, has been fun, "I'd never written before, but knew it would be fun to get to know the people behind the area restaurants and the history of them. It has been amazing to hear their stories."

Robyn is vegetarian so she usually brings Steve, her omnivore husband, along to review restaurants. He orders something with meat, she orders vegetarian. Perfect, the best of both worlds! They take photos of the food selections and the environment which then appear in the paper. This gastronomic volunteer effort takes Robyn, and Steve through Northern Taos County and into Costilla County in Colorado and it is satisfying to their eyes and tummies. Restaurants benefit as the readers of her column explore these establishments. Everyone is happy.

Happiness, then, led to the question, "With the fullness of your participation in the community at large, is there time for you? What do you do for yourself?" Robyn thought for a moment and then chuckled. "It's like a ball rolling downhill. Once you start ... one is led to 'what more can I do?'" Her interest is the viability, safety, and camaraderie of the greater community. "The thing out here (rural America) is that we are the community." Yes, Robyn said, "Volunteerism is a feel-good thing, but it also fosters acceptance and understanding."

I found myself musing on that, reflecting on the variety of volunteers that I have known and the volunteer work that I have done. It is true. Is there any mechanism more efficient in bringing diverse people together to meet the diverse needs of any community? Every community has needs and no matter where you live, anyone and everyone can offer time or expertise or a simple interest in fellow human beings. The opportunities to "give back" are many. Please reach out because a community thrives only when we care about one another.

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It's Hempening!

By RUTH FAHRBACH

Hemp is a type of Cannabis plant and unlike its cousin, marijuana, it has no psychotropic qualities. In other words, it does not make anyone high; it does not have THC, which gives marijuana that distinction. Hemp has all the therapeutic and practical qualities of marijuana, without the buzz.

The Farm Bill of 2018 made hemp an agricultural commodity in New Mexico. As a result, water rights and federal agricultural grants are available to hemp farmers. In growing hemp, New Mexico farmers can become part of the solution for a cleaner environment, the promotion of biodiversity, reduction of greenhouse gases, and the production of medicines and products that support good health and sustainability for our planet. It can also bring economic development to New Mexico. To facilitate this, hemp cooperatives are being established. The Inter-tribal Hemp Association promotes hemp growing by the Indigenous tribes in the United States, including Taos Pueblo.

Hemp is a plant to be used wholly, just as humanity has done for tens of thousands of years. Archeological digs find hemp clothing and hemp rope in burial sites, which indicates the respect and gratitude given to the plant because it provides for multiple human needs. Clothing made from hemp is extremely durable and the Levi-Strauss brand is now offering blue jeans made of hemp. Many cultures traditionally have used hemp to thatch roofs and for other forms of shelter. Its stalk is useful for making paper and does not have the devastating environmental effects that paper made from wood pulp has. Hemp has been burned as fuel, and its seeds are a nutritious source of Omega 3, 6 and 9 oils, amino acids, and protein. In fact, hemp is second only to soy regarding

plant-based protein. Hemp yields 17% protein per gram of seeds, which is one reason why the state of Colorado classifies hemp as a food. Additionally, hemp has been used as medicine for as long as it has been known to humanity.

For decades medical and scientific research have revealed the chemical composition and beneficial properties of hemp/cannabis. Here is just some of what has been discovered. Herbalists and medicine people around the world have already known this for millennia:

All types of cannabis contain a cannabinoid system. It consists of cannabinoid-CBD, THC, CBN, CBG, and CBC. The CBD, THC, and CBN types are the most studied thus far. These have been used medically in palliative care for cancer patients, in support of mental clarity and brain functioning in elders, and easing depression with great success.

USDA VISION STATEMENT

Our Vision is to provide economic opportunity through innovation, helping rural America to thrive; to promote agricultural production that better nourishes Americans while also helping feed others throughout the world; and to preserve our Nation's natural resources through conservation, restored forests, improved watersheds, and healthy private working lands.

Medical research has determined that CBG and CBC have anti-anxiety, anti-oxidant, anti-depressant, and anti-psychotic properties as well as being anti-inflammatory. These two chemicals also promote bone growth which counter-acts osteoporosis' processes that often accompany aging.

Analysis has revealed that CBG and CBC also have anti-seizure capacity and are anti-carcinogenic. Old-timers used cannabis leaves in their baths to relieve



Stock Photo

Hemp Fibres

joint and arthritis pain. Now, scientific and medical research know why it worked. The leaves can also be used in smoothies or protein drinks for its nutritional qualities.

Hemp is a viable alternative to fossil fuels and the use of timber for fuel. Hemp can be processed in ways that replace plastic, that feel like cotton, and can be included in mixtures such as hemp-crete, which is as strong as concrete while being Earth-friendly.

Hemp is a remarkable soil-purifier. New Mexico has numerous toxic sites, most notable are the Carlsbad, White Sands and Los Alamos sites which are polluted with nuclear waste; plus the molybdenum tailings Superfund site in Questa. The Soviet Union grew a type of hemp at the Chernobyl nuclear site to assist the land's restoration. Although it is still considered unsafe for human habitation, nature has taken over and animals have repopulated the area. New Mexico could remediate its toxic soils with hemp, especially right here in Questa. The EPA should consider this option in its remediation efforts.

Our current practices of mono-culture agriculture and deforestation deplete and devastate the soil while contributing to global warming and desertification. Science and ecologists know that green fields inhale carbon dioxide (CO₂) from the atmosphere and

put it back into the soil. Planting hemp fields, and using hemp for its wide variety of uses would be visionary and wise regarding global warming and the human-made cause of climate disruption.

Hemp production is already creating new jobs and a whole new industry all over the U.S. Kentucky tobacco growers have switched to growing hemp and over 70,000 acres are now under cultivation in that state alone. Production plants that produce fiber for clothing, eco-friendly plastic, paper, hemp seeds and other edible products, hemp-based building materials, oil extraction and medicinals are springing up everywhere. Hemp products are becoming more and more prevalent in the marketplace. New Mexico could follow the lead of its wealthy neighbor, Colorado and invest in this multi-purpose crop to bring greater prosperity to our poor state. With the growth of hemp as an agricultural product, hemp processing facilities need to be developed in New Mexico, hopefully right here in Taos County! It's hempening!

For more information, check out the New Mexico Department of Agriculture at <https://www.nmda.nmsu.edu/>

Ruth Fahrbach, of Tres Orejas, NM is founder of Taos Hemp, LLC, established in March 1999. <https://www.taoshemp.com>

U.S. Capitol Christmas Tree Found in the Questa Ranger District!

USFS REPORT

This year's U.S. Capitol Christmas Tree has been found in the Questa Ranger District of the Carson National Forest. It is a 60-foot blue spruce which matches the chosen criteria perfectly. The "People's Tree" will be displayed on the west lawn of the U.S. Capitol Building in Washington, D.C., with a public

tree-lighting ceremony in early December. "The selected tree is a true gem that all New Mexicans will be proud of," said Questa District Ranger Jack Lewis.

This year's tree was selected by Jim Kaufmann, Director of the U.S. Capitol Grounds and Arboretum, and the Architect of the Capitol. "The tree represents not just the Carson National Forest, but all of New Mexico," said

Kaufmann. "Forest employees identified about a dozen trees, and it was a fun process to review the candidate trees to see which one will make a perfect tree for the Capitol."

Communities throughout New Mexico are encouraged to help decorate the tree by contributing one of over 10,000 handmade ornaments capturing the unique culture and beauty of New Mex-

ico. If you would like to provide ornaments for the tree, please fill out a short form on the U.S. Capitol Christmas Tree website: <https://www.uscapitolchristmastree.com/participate/decoratethetree>

For more information, visit the U.S. Capitol Christmas Tree website at <https://www.uscapitolchristmastree.com>.

It Rained, the Love Shined



Photos by Sara Martinez

Family banners honoring the last names of their family roots

By SARA MARTINEZ

Costilla-Amalia Community Reunion 2019

The Costilla-Amalia Community Reunion was held on July 6th and 7th, in Costilla, NM. What the Reunion lacked in nice weather, made up for it in the love radiating from all that were there. Some families saw each other for the first time in many years or decades. Others came because they wanted to meet their cousins and family members for the first time. Many brought their elderly parents to visit childhood friends. Some came to proclaim that they have roots here. Special guests came to teach about family trees, cultural traditions, history, music and other sources of pride. The local families who live here came to welcome everybody home.

On Saturday morning, Valdemar DeHerrera, 99, Prisoner Of War and the last survivor of the Bataan Death March in Taos County, was the Grand Marshal of the parade. The parade went down the main street of Costilla and honored other veterans like Erik Galvez, Eliseo Lucero, Joe Lucero, Gasper Romero, and Jeremy Torres. Also in the parade were classic cars, official Taos County vehicles, local volunteer firefighter trucks, Rio Costilla Southwest Learning Academy, Amalia/Costilla Senior Center, busi-

*“Our ancestors were all smiling down on us
and then...they all started to cry in unison from
happiness in heaven, at which time we all had to take
cover under the tents!”*

— Julie Santistevan Segura

nesses, sponsors, and so many more. The highlight of the parade was all the family banners that were carried proudly.

After the parade, participants headed toward La Plaza de Arriba to enjoy the events that were planned for the day. People smiled and embraced as they spotted each other. A blessing to open the reunion was given by Deacon Leroy Lucero, followed by a beautiful rendition of the National Anthem, sung by Janice Torres. The first speaker was former New Mexico State Historian and native, Dr. Estevan Rael-Galvez, who gave an abbreviated history of the area. Other speakers included Rebecca Vigil Giron, former New Mexico Secretary of State, who has roots in Costilla and State Senator Carlos Cisneros who read a proclamation from the New Mexico State Legislature. Many other speakers shared about the history and cultural traditions of the area.

While attendees were gathered at the main stage, the rain started and stopped, poured, sprinkled and drizzled throughout the remainder of the day. But once the music started, people didn't hesitate to get up and dance. The lineup included New Mexico music legend Roberto Griego.

The spirit of the reunion continued into the evening with the 3rd Annual Nuevo Americano Music Festival. People danced the night away and enjoyed amazing music performances from Chris Arellano, a native and founder of the music festival as well as many other wonderful regional musicians. Arellano's Summer School of Rock Band, "Reckless" made up of talented youth also performed a set never to be forgotten.

Sunday activities began with a bilingual Catholic Mass given by Bishop Ricardo Ramirez, followed by a commu-

nity breakfast sponsored by the Knights of Columbus. The event sped by so quickly, but the attendees will have new memories of this special place they call their hometown and new connections which will continue beyond the reunion.

The outpouring of love and friendship from the Costilla-Amalia Community Reunion continues to infuse the Facebook Group, which is where the idea of the reunion was born. Many hope this will not be the last event that brings them all together, especially the ones who couldn't attend. One attendee from California, Marjorie Melgar-es-Cosgrove, said her relatives found her through DNA testing. She summed up what so many would agree was the true success and spirit of the reunion, "I had the time of my life and never felt so accepted and welcomed as I did among all the descendants of my ancestors. What a beautiful extended family I now know I have."

A short video. CostillaReunion 19 Web, has been uploaded to YouTube, thanks to La Voz Colorado and the 2019 Costilla-Amalia Reunion Committee. Go to <https://youtu.be/ZYFModavRw0> or visit Questa Del Rio News Facebook page.

Almagre or El Migre—August 1st in Questa

By MALAQUIAS RAEI

I was outside watering my trees this evening, it got to a scorching 89 Fahrenheit today. The Texans and folks from Oklahoma laugh when I mention the heat. As the sun was going down, the thought of August 1st came to mind. A lot of things happened on that day. A quick look on Wikipedia shows historic moments from 1498 to present. My interest is more local. Since I can remember, the men from Taos Pueblo would ride through town on horses on their way to El Migre. One may have noticed and wondered about the washout near the base of the mountain when you gaze to the east of Questa near the mouth of Cabresto Canyon. The correct spelling and pronunciation is Almagre. But, for me, it will always be El Migre. Almagre is a Spanish/Arabic word which means colored earth, or a variation of red ochre. The Santeros make their pigments for the bultos and retablos from this soil.

I have been asked about that outcrop-

ping on the mountain: "Is it an abandoned mine?" "Did a meteor hit it?" The only real explanation I can say is that it is a place that provides pigment for artists and the Native population. The folks at Taos Pueblo use it for ceremonies and likely art and have been coming here for hundreds of years. Taos Pueblo is over a thousand years old, so maybe they have been coming for that long.

As a child, I would watch the men on horseback from behind a tree or through the window in my house. I later learned that each man from a certain Kiva would come for the soil every 10 years. This must be a cool adventure for the first-timers and a great sharing experience for the older men. If on August first, you see a procession of horses, ridden by men of all ages in their Native dress, please be respectful. Because this is a ceremonial pilgrimage, they ask that you do not take their picture.

I can only hope that my grandchildren and great-grandchildren will



Photo by Malaquias Rael

The scar on the mountain is the place where members of Taos Pueblo have been coming for hundreds of years to collect pigment for their ceremonies.

experience this day as I have and my ancestors before me. This is also a time for us to share special moments and days with our kids. We are surrounded by

vast beauty and history. Take advantage of August and get outdoors and learn more about the history and culture of our area.

Piñon Pine Bark Beetle Returns to Taos County

By CHRIS COTÉ

History:

In 2003 and 2004, we had an outbreak of a bark beetle known as *Ips Confusus*. This beetle decimated many acres of drought-stressed Piñon Pine trees, especially in the Santa Fe area and southern Taos County. Some groves that we destroyed are visible from Highway 522, just north of Arroyo Hondo. With aggressive reduction strategies, many groves of piñon pine were saved in Northern Taos County.

Present:

With the drought of 2018, the beetles have made a slight resurgence. You can identify the infestation by the tree(s) dying all at once. As you gaze over the forest, you can see single trees or pockets of trees that have turned completely reddish. They are attracted to weakened trees and if they can penetrate the bark, they send out pheromones to make a colony. Interestingly, the beetles them-



Courtesy Photo

Pine bark beetle has decimated many acres of drought-stressed Piñon trees in southern Taos County. Some groves that were destroyed are visible from Highway 522, just north of Arroyo Hondo.

selves do not inflict enough damage to kill the tree, but they introduce a fungus to the capillary system of the tree, which

then kills the tree. Another way to identify the beetle is by the pitch tubes on the trunk and larger branches of the tree. They resemble sand "dribble castles" that children make. These formations are created as the insect penetrates the bark. The tree is trying to push it back out with its sap. If a tree is well hydrated, it may have greater success of expelling the insect. If you peel the bark off, you may find small beetles, which are about the size and shape of a mouse turd. You may also find the galleries they create for their eggs and possibly some small whitish larva. The *Ips Confusus* is always in the forest. Drought years can give them the advantage over weakened Piñon trees.

What to do:

Once a tree has been successfully colonized by bark beetles, it cannot be saved. Infested trees should be removed immediately. The beetles may fly from infested trees 3 or 4 times during a summer to find more trees to colonize.

One successful method for eradication is to cut the tree and cover the limbs and trunk with clear plastic in a sunny location. The edges of the plastic should be buried to keep the insects from escaping and to create a greenhouse heating effect. You want it hot. For an extra measure, a cup or so of bleach under the plastic will help. The stump should also be covered in the same manner. For trees of high value, keep them hydrated as a means of prevention. There are pesticides that can be applied to prevent invasion. However, poison should be applied by a hired professional or if applied by a homeowner, it should be done with research and caution.

Referenced by USDA "Conifer Pests of New Mexico", NM State University Cooperative Extension Service.

Chris Cote is the Latir Volunteer Fire Department Chief, Taos County Wildland Urban Interface Coordinator and Owner of Wildfire Fit. He is a frequent Contributor to our Sustainable Living Section.

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Illegal Brush Fire Causes Destruction in Cerro



Photo by Nick Nagawiecki

A fire in Cerro on July 9th destroyed several buildings and brought personnel from several fire departments. The blaze was caused by burning weeds in windy conditions.

By CHRIS COTÉ
LATIR FIRE CHIEF

The 378 Fire completely destroyed three Cerro buildings and several smaller outbuildings on Tuesday, July 9th as well as .86 acres of fields around and between the buildings. The landowner began burning weeds, without a permit, in dry windy conditions, which quickly escalated out of control. A neighbor called 911 and 24 fire-fighting apparatus were engaged.

Firefighters fought the fire for over five hours, one said, “It was a hot, nasty business”. The fire was contained within the property by a stone wall to the west, a ditch to the north, a dirt road to the east and paved road to the south. The

landowner was upset and somewhat traumatized, as were several neighbors who worked diligently to protect their properties and did the right things, including hosing down their roofs to protect them from windblown embers. The smoke could be seen from neighboring communities and the smoke damage and air quality was severe. The owners of the family residence were directed to the Red Cross.

First responders arrived from different fire departments including Cerro, Questa, Latir, Costilla, Red River, Wheeler Peak, San Cristobal, Lama, Hondo Seco, and the US Forest Service. Questa EMTs, Taos County Sheriff’s Office, Taos County Road Department and Kit Carson Electric also came, as well as

BLM officials who stopped by to inspect the jurisdiction, since the property was close to BLM land.

Conditions recently have been extremely volatile. With so much rain comes high grasses and weeds, once lush, they have already begun to dry out,

becoming very flammable. Just a few days before the 378 Fire in Cerro, a Costilla fire burned out of control on Friday, July 5th. The fire consumed a field of 1.24 acres, of mostly grass, three structures burned, including a travel trailer. Blessedly, there have been no casualties.

Fire officials remind us that burning without a permit is illegal. Usually, it is very easy to get a free permit; simply call your local fire department and let them know when you are planning to burn. It is always a good idea for them to be aware of when and where the burning will take place.

Currently, the chances are likely that fire officials will deny permits and advise the public to wait because conditions are so extreme. After you have your permit, you must call Taos County Central dispatch, the phone number is on the Burn Permit. Your call acts as a back-up for local departments. It is a good idea to let them know when and where you will be burning, in case anyone reports the fire. Please note: the county designates “No Burn Days.” Pay attention!



Banners Up

The two artists who created the church retablos and whose work is reproduced on 16 banners are James Cordova and Arlene Cisneros Sena. The banners are funded by Questa Economic Development Fund and the Questa Creative Council created them. Martha Shepp designed the banners using a logo that Emily Wilde created; truly a group endeavor.

Photo, left, by Lindsay

Malaquias Rael, Jr. and Domingo Gallegos installing the first of three series of new light pole banners last month. The first series are images of the retablos from the altar screen at San Antonio de Padua Church in Questa.

Photo, right, by Gaea McGahee

Pictured are Daniel Hutchison, Locology Director, an innocent bystander who was working at the Questa Farmers Market Site and witnessed the installation. In the bucket installing the banners are Domingo Gallegos and Malaquias Rael, Jr.

SCHOOL BOARD from page 1

we urge you to consider the ethical obligations you have to our students, staff and community. New Mexico School Board members pledge, “my first and greatest concern must be the fair and equal educational opportunities for all students attending public school” (NMSBA, Code of Ethics). For many students in our district, attending a public school in their hometown is the best option. Our district must rise to meet our obligation to these students, and it begins with the people we elect to the school board to lead by example.

Currently, there are members of our community who have stated that they

DID YOU KNOW

4 MILLION 17-year-olds turn 18 before the November election?

If you are 17 ½ you can register to vote NOW.

Don't miss the opportunity to play a role in electing your leaders.

Your vote is your voice.

~Effie's Heart

are running for QISD School Board. They are your coworkers, business owners and heads of other non-profits serving our students, with plenty of qualifications. As this campaign continues, we must ask which of these candidates would serve our students, staff and community best? Who have the best interests of our students at the top of their list? Who are the candidates who want to see our school district shine?

As with every election, as voters, we must be as informed as possible about the responsibilities of school board members. Attend a board meeting to see for yourself the types of concerns and policies that are important to the district. Ask questions of the candidates

when you see them. Talk to teachers and students about what they are seeing in the district. Engage in this campaign however you see fit because your vote will determine what the next four years of education in Questa looks like.

If you are interested in running for QISD school board, you must file your bid for candidacy on August 27th from 9 a.m.-5 p.m. at the Taos County Clerk's Office at 105 Albright St # H, Taos, NM 87571. Positions 1 and 2 are up for election this year. Election Day is on Tuesday, November 5, 2019. For the full list of duties, responsibilities and code of ethics for board members, visit the New Mexico School Board Association at <http://www.nmsba.org/>

POSITIVE THOUGHTS from page 1

psyche and heart. They can turn the most common moment into a dance.

When Armstrong or Duke Ellington or Bennie Goodman performed, societal protocols were still fairly stiff, segregation was blatant, culturally sanctioned and enforced, but a spirit of joy bounced through their music. People just couldn't sit! With feet tapping, bodies doing real aerobic fun, concerns of the day were pushed back. We can do the same. For a little while, dance away the climate

changes, the election rhetoric, the latest shooting or bombing or unkind words. Dance! Maybe through dancing we can reorient the world.

August includes Simplify your Life week. Clean a closet. Stay off of Facebook for a day. Choose not to go to the grocery store but creatively use food that is in the freezer or pantry. Simplicity eases the mind and gentles the emotions. It's like dancing. The process is demanding, but the end result is joyful. Simplicity is often equated with renunciation and there is a reason why those committed

to a spiritual path live very simply.

August honors two animals that our world must not lose to human foolishness: elephants and honey bees. Bees have been around for billions of years - that's billions with a B. In less than 60 years, humanity has wiped out over 40% of the world-wide honey bee population through the use of pesticides, mono-crop agricultural practices, and deforestation. In geologic history, species' collapse was caused by asteroids or the planet shifting its magnetic poles or some major event on that scale. Alas,

that is not the case now. Put honey bee decimation next to the rise of cancer, respiratory diseases, obesity, ADD and ADHD in adults and children during the same time frame and we see that what we choose to do and what we respect has ramifications. Think about that, it is a very powerful concept to own and take on. So, care for local animals and ecosystems, above and below ground. The plight of the elephants and honey bees is included in the outcome of your actions. That's a positive thought. And, oh, yeah, and keep dancing!



PHOTO OF THE MONTH

who: anonymous shadow person
what: Canon Rebel T5i
when: 09-26-18
where: HWY 522, Cerro, New Mexico

caption: "You are here."
photo credit: the anonymous shadow person and citizen of El Rito

ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
AUGUST 2019

JUPITER AND NEPTUNE

“Whenever a theory appears to you as the only possible one, take this as a sign that you have neither understood the theory nor the problem which it was intended to solve.” — Karl Popper

The only real challenge in our skies right now is between Jupiter and Neptune. This has been going on for some time and will continue into mid-October. This explains some of the turmoil occurring around the world, with religious fanaticism and immigration issues up front and center. Jupiter is in the sign of Sagittarius. We say that Sagittarius rules “foreigners and foreign countries.” I find it difficult to use those words in this shrinking world and in this Age of Aquarius which is about ALL of humanity. Jupiter rules Aquarius and besides humanity, they are about Joy, Abundance and our Greatest Hopes and Wishes. Who doesn’t hope for a good life, a life where we are not persecuted, abused and killed for our beliefs or lifeways?

Sagittarius rules the spiritual path while Neptune in Pisces is about organized religions. The persecution we see in the world is a conflict between the right to seek and believe in your own way verses the opinionated views of those who think there is but one way and it is their job to browbeat everyone else into that one way. We can no longer think along such lines. Our world is so small, and we have such an important job, to evolve by helping one another. The Age of Aquarius is about the recognition that we are all One. This challenge is meant to point out the faults in the systems so that we can correct our stinking thinking.

Everyone: We all have, and we all are, the Elder Brother on the Path.

ARIES ♈ Planet: Mercury ♀ MARCH 20 – APRIL 19

Dynamic: Off and on relationship challenges this month, interspersed with happy days.

Direction: Allow the happy to color the whole month.

Soul Thought: What color is happiness?

TAURUS ♉ Planet: Vulcan ♀ APRIL 19 – MAY 20

Dynamic: A busy time of change; no time to get stuck in a rut.

Direction: Inhale the shifting energies and make the most of them.

Soul Thought: “Love who you are, who you are with and what you are doing.” Dr. Douglas Baker

GEMINI ♊ Planet: Venus ♀ MAY 20 – July 20

Dynamic: This month’s energy is good for you.

Direction: Gentleness and passion together are called for.

Soul Thought: When the planet of love meets the sign of love.

CANCER ♋ Planet: Neptune ♆ July 20 – JULY 22

Dynamic: This challenge gives you plenty of time to learn its lessons.

Direction: Your spiritual journey is the emphasis here and now.

Soul Thought: “Real values can have meaning to man only when he steps on to the spiritual path, a path where negative emotions have no use.” Sai Baba

LEO ♌ Planet: Sun ☉ JULY 22 – AUG 22

Dynamic: This is when you shift from loving something/one on the outside to loving something on the inside.

Direction: Discover who/what they are.

Soul Thought: Is there a difference?

VIRGO ♍ Planet: Moon ☾ AUG 22 – SEPT 22

Dynamic: Some tribes call this full moon the full Grain Moon; Virgo rules grains.

Direction: Ponder the meaning of grain in the world.

Soul Thought: The staff of life.

LIBRA ♎ Planet: Uranus ♁ SEPT 22 – OCT 22

Dynamic: Weird things going on with finances, but it should have a positive outcome.

Direction: Watch for the good things coming your way.

Soul Thought: It’s all good things.

SCORPIO ♏ Planet: Mars ♂ OCT 22 – NOV 21

Dynamic: It’s a positive month for love and for getting your affairs in order.

Direction: Assuming those two ideas don’t clash.

Soul Thought: “Quell all the chaos of emotions and thou shalt have order in life.” Thoth, Emerald Tablets

SAGITTARIUS ♐ Planet: Earth ♁ NOV 21 – DEC 20

Dynamic: You may shift from knowing to not knowing.

Direction: Ponder upon why we are set up that way.

Soul Thought: What is faith?

CAPRICORN ♑ Planet: Saturn ♄ DEC 20 – JAN 19

Dynamic: This is truly a strong, dynamic time for you.

Direction: You are in your power; feel it.

Soul Thought: “Let light, love and power restore the Plan on Earth.” The Great Invocation

AQUARIUS ♒ Planet: Jupiter ♃ JAN 19 – FEB 18

Dynamic: Like all challenges, you share this with another.

Direction: What are your highest aspirations?

Soul Thought: Therein lies your Joy.

PISCES ♓ Planet: Pluto ♇ FEB 18 – MAR 20

Dynamic: This can be a time of victory over karma.

Direction: Keep up the good work.

Soul Thought: What is Jainism?

DATES TO REMEMBER AUGUST 2019

AUGUST 1

International Beer Day

AUGUST 2

Red River Valley Buckaroo Ball

AUGUST 3 10:00AM-2:00PM

FQPL BAKE SALE at Cid’s in Taos

AUGUST 3 NOON -3:00PM

Back to School Event-Vida del Norte,
Library and Youth Center

AUGUST 3

Red River High Mountain Run

AUGUST 2-6

Red River Dulcimer Festival

AUGUST 3-4

Twin’s Days

AUGUST 4 10:00AM – 2:00PM

Questa Farmers Market

AUGUST 4

American Family Day

AUGUST 4-11

Farmer’s Week, International Clown Week,
Simplify Your Life Week

AUGUST 6 6:00PM

Questa School Board Meeting

AUGUST 7

Purple Heart Day

AUGUST 8

World Cat Day

AUGUST 8 10:30-11:30AM

Rural Bookmobile, Roots & Wings Community
School in Lama

AUGUST 8 1:00-1:45PM

Rural Bookmobile, Questa Post Office

AUGUST 9 11:00AM-2:00PM

Free Food at North Central NM Food Pantry!

AUGUST 11 10:00AM – 2:00PM

Questa Farmers Market

AUGUST 12

World Elephant Day

AUGUST 12

Sisters’ Day, Friendship Day

AUGUST 14-17

Larry Joe Taylor’s Hot Chili Days, Cool
Mountain Nights, Red River

AUGUST 15 10:30AM

Noon Wildcat Kitty Club Questa Public Library

AUGUST 16 1:00-3:00 PM

Questa Library Kid’s Program,
Homeschoolers Welcome!

AUGUST 17

World Honey Bee Day

AUGUST 18-25

Elvis Week

AUGUST 18 10:00AM – 2:00PM

Questa Farmers Market

AUGUST 20 6:00PM

Questa Village Council Meeting, Village Hall

AUGUST 20 6:00PM

Questa School Board Meeting

AUGUST 20 10:00AM

Red River Chamber Board Meeting,
RR Conference Center

AUGUST 21

Senior Citizen’s Day

AUGUST 23 1:00-3:00PM

Questa Library Kid’s Program, ArtKids!

AUGUST 23 11:00AM-2:00PM

Free Food at North Central NM Food Pantry!

AUGUST 25 10:00AM – 2:00PM

Questa Farmers Market

AUGUST 25-31

Be Kind to Humankind Week

AUGUST 27 6:00 PM

Questa Village Council Meeting, Village Hall

AUGUST 27 5:00 PM

Red River Town Council, RR Conference Center

For a complete list of August events in Red
River, go to [https://redriver.org/events/
calendar/2019/8](https://redriver.org/events/calendar/2019/8)

AUGUST IS:

National Wellness Month

National Water Quality Month

International Peace Month



*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

RED RIVER BREWING IS HIRING. Come work in one of the most popular, fun, and busy breweries/restaurants in northern NM, just a short drive to Red River. Now hiring most positions. Looking for experienced, reliable, team players to join our FOH and BOH teams. Come in to pick up an application or find one online at redriverbrewing.com/hiring-information/.

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.

FOR SALE

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. Denedubbed, peeled, and dried. Delivery and set up available for an extra charge. Multiple lengths available. For price: thetipilady@gmail.com or 541-497-0287.

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.

35 gorgeous off-the-grid acres in Sunshine Valley. PRICE REDUCED to \$40,000. Call 575-586-1363

WANTED

SCRAPPED VINTAGE VEHICLES for truck bed garden landscaping at the Farmer's Market site. Old and rusty, one piece or different parts. Contact Farmers Market Manager Gaea McGahee at (575) 224-2102 or growersmakers@gmail.com

VOLUNTEER OPPORTUNITIES

Questa Del Rio Colorado News looking for: Questa, San Cristobal & Lama, and Educational Correspondents and a Social Media Coordinator. Email news@questaedf.com or call 575.586.2149. Can start immediately!

NOTICES

BAKE SALE, Saturday Aug. 3, 10AM to 2PM, CID's Food Market. Best baked goods from our local bakers (gluten and non-gluten choices). All proceeds go to support the Friends of the Questa Public Library.

RED RIVER COMMUNITY HOUSE BINGO

Every Monday, Thursday, & Friday night at 6:30 pm
Check website calendar for changes:
Redrivercommunityhouse.com - \$20 cash per person for 10 games

QHS Class of 1979 - 40th Class Reunion, the largest graduating class in Questa History! Saturday August 3rd: Dinner in Red River on your own 5 PM at Texas Red's. Dance at the Bull O'The Woods 8-11 PM- Music by Stash. Sunday August 4th: Brunch at the Ponderosa Lodge -10:30 AM. \$50 per person (Adults) RSVP and send checks to: Geraldine Sanchez Córdova, PO Box 773, Questa, NM 87556 Let's Celebrate!

EDUCATIONAL SEMINAR: New Mexico Worker's Compensation Administration and the Red River Chamber of Commerce will be hosting an Educational Seminar on Tuesday, August 6th at 6 PM at the Red River Conference Center. We invite all Red River Chamber of Commerce Members and Questa businesses to attend, learn, and ask questions about Workers Compensation. There will be a cash bar and bring a dessert to share! For questions please reach out to the Red River Chamber of Commerce at shelby@redriverchamber.org 575-754-2366.

CALL FOR ARTISTS K-12! 11th Annual Rio Costilla Studio Tour Emerging Artist Show to be held at the Costilla Plaza during the Tour September 7th and 8th. Entry forms and guidelines available at riocostillaart.com or at 719-672-3063 to have a form mailed/

picked up or delivered to you! Entries due August 26 to 30 at the Kircher Studios in Jaroso, Colorado or other locations as determined. Cash prizes in 4th grade categories and art supplies distributed as funded by donations. The People's Choice award of \$100 is awarded each year.

FUND RAISER: Wags and Wine! Saturday, September 14, 10 a.m.-5 p.m. held at Brandenburg Park in Red River. Fundraiser to benefit the Red River Bark Park. It's free, bring your dogs! Music by Highway 38 and the Hounddogs. Food, winery and brewery vendors, as well as booths featuring arts and crafts and other local fare, including ArtQuesta. T-shirts and wine glasses for wine tastings for sale. Presentations from dog trainers, a dog psychic and the Sheriff's Department K-9 Unit. Canine costume contests and dog and owner look-alike contests with prizes! Let us know if you would like to donate something for the silent auction. You can sign up to be a vendor up until September 1st, vendor fee is \$50. Contact Dianne Hughes at 817-291-5994 or dbhughes44@gmail.com.

NeoRio 2019: Universal Elements Saturday, September 21, 4-9pm, Montoso Campground, Wild Rivers, Rio Grande del Norte National Monument. Discover art installations on the rim of the gorge, with music, hands-on activities artist talks, a farm-to-table feast, and more. This year's theme coincides with the 150th anniversary of the creation of the Periodic Table of Elements. More information online at: <https://leapsite.org/> or call Claire: 575-224-9066

INFORMATION REQUESTED: Len Beke has joined the Manitos Project and is working to recover the Spanish language place names in our communities of northern NM and Southern CO. If you are interested or have information to share, please contact him. His email address is lenbeke@unm.edu or www.facebook.com/manitotopos/ This is a wonderful and worthy project!

A note from Lisa Fox, your radio host for Voices from Questa and Beyond and Farming through the Seasons. New shows will be aired in August, you can listen by visiting CulturalEnergy.org. Look in the column on the left and click on 'Listen In.' When the page comes up, scroll down to August Shows, click on either show and you can listen to the entire program. A Big Thank-You to our media partners at Questa Del Rio News. See you on the radio! Lisa

QUESTA FARMERS MARKET MUSIC LINEUP FOR AUGUST
10:00 am to 2:00 pm on Sundays at the Questa Visitor Center Parking Lot

Aug 4 Nat Wilson, then The

Dread Fermata. Miguel Gonzales, Certified Farrier, horse hoof care demonstration

Aug 11 Chris and Rodney Arellano

Aug 18 Peter Oviatt and Jimmie Killingsworth

Aug 25 Zephaniah Stringfield Good News For Dog Lovers: Red River Bark Park is open, YAY! See page 22 for more information.

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.

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

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10:00 a.m.
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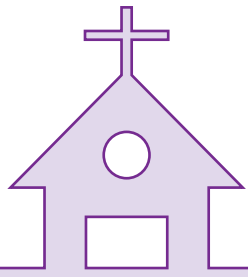
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Father Andrew Ifele 586-0470
Saturday 6pm,
Sunday 7am in Spanish - 11am in English

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

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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

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skylights & vaulted ceilings, plenty of storage,
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& beautiful daylilies grow naturally, oversized
2 car garage, \$1450 per month plus \$1000
move in deposit

HOUSING WANTED

Looking for Housing? List your needs
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Questa Del Rio News



Firewood Permits Available for Carson Ranger District.

Fuelwood permits for dead and down timber
are available for purchase at Carson National
Forest (CNF) ranger district offices. The price
is \$20 for 5 cords, with a maximum of 10
cords per household per year. Customers may
purchase permits by check, credit/debit card,
or cash.

Any wood removed from national forest
land must have a permit. CNF permits do
not transfer to other forests and will expire
at the end of the year. With the permit, the
woodcutter is provided cutting and transport-
ing instructions including fuelwood locations.
It is the responsibility of the permit holder to
know where they are cutting, as well as to
follow the rules governing the permit.

The public may purchase fuelwood permits
at the Questa Ranger District offices Monday
thru Friday, 9:00 a.m. - 12:30 p.m., 1:30 -

4:00 p.m. excluding Federal holidays. Please
call ahead to be sure the office is open and
personnel are available to sell permits. Forest
maps are for sale at the Taos Visitor's Center.

Permit holders should be prepared for
unpredictable weather changes and be
properly equipped to safely harvest wood.
Please dispose of litter in trash cans or "pack
it out" and close all forest gates after passing
through them.

Check the Carson National Forest web-
page www.fs.usda.gov/carson or Facebook
page www.facebook.com/CarsonNF/ for
updates on office hours and permit sales
availability.



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 FOR AUGUST

The spiritual life is not a theory.
We have to live it.
—ALCOHOLICS ANONYMOUS, page 83

Yoga Sala schedule

Monday, 4:30-6 pm

Slo Yo with Lou.

Tuesday, 9-10:30 am

Gentle Flow/Restore with Gaea.

Thursday,

10-11:30 am

Gentle Basic Yoga with Willow

Thursday evening, 5:30-7 pm


Flow/Deep Stretch with Gaea.

**Free Full Moon Community Yoga,
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