

NOVEMBER 2018

Questa Del Rio Colorado News



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SAUERKRAUT**
Make Your Own!
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Questa del Rio Colorado News Volume I, Issue X

Bataan Prisoner of War Valdemar DeHerrera Turns 99

BY CELINA RAEL TRUJILLO

Valdemar DeHerrera was born October 8th, 1919 in Costilla, NM to Meliton and Lupita DeHerrera, the fourth of 14 children. Growing up in Costilla with such a big family, he helped his parents on the ranch and learned hard work at a very young age.

Valdemar attended school until the 10th grade when he started to work for the CCD Public Works; a program designed for 17 to 25-year-olds to do much needed hard labor. Soon after, with his father's blessing he left to work in Wyoming. While there, he received a letter that changed the course of his life along with many other men. He was drafted into the Army.

Valdemar returned to New Mexico to be drafted from his home state. After several physical exams, he was called to report for duty in Santa Fe at the age of 22. He was loaded up and sent to Fort Bliss, Texas for boot camp. Because of a shortage of available men, he was transferred to the New Mexico National Guard, the Albuquerque Unit, Battalion A. The Guard Unit was soon sent for what was supposed to be an 18-month training in the Philippines. There the unit was divided into two artillery groups, Valdemar was part of the 515 Coastal Artillery. He went with much excitement to get to travel and see the world, not knowing his journey there would be a long and hard road.

Soon after arriving in the Philippines, the bombing of Pearl Harbor took place, starting World War II. Before the news of Pearl Harbor even reached the Philippines, Valdemar recalls the day he was standing in line with his aluminum plate when he heard the sound of airplanes approaching. Many



Valdemar DeHerrera

Courtesy Photo

men claimed it was American planes, but Valdemar knew different. The planes were in fact Japanese Bombers who started attacking the men with bombs and gun fire. A full force fight was now rampant with the American and Filipinos fighting against the Japanese.

For the next three months, Valdemar and his comrades continued fighting with very little resources and old outdated gear and weapons. On April 9, 1942 Major General King surrendered the island of Bataan with some 75,000 American and Filipino defenders. The surrender resulted in what came to be known as the Bataan Death March which killed a reported 600 American and 5000 Filipino soldiers.

Valdemar was one of many soldiers who chose not to surrender and retreated to the island of Corregidor, not having to endure the 60-mile march. They continued to fight until all their resources, including ammunition, guns, medicine, supplies and gear were gone or destroyed. All they had left were their bare fists to fight with. They were outnumbered and after about another month of fighting, Corregidor finally fell.

Valdemar and a small group of men were hiding in a bunker when the Japanese soldiers found them. One soldier went straight for Valdemar yelling, digging a gun deep into his chest ready to pull the trigger. Then, another Japanese guard intervened on Valdemar's behalf. Valdemar calls this encounter his First Guardian Angel.

Although Valdemar did not take part in the infamous Death March, he was subject to several smaller marches and

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Del Rio Colorado News

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PLEASE SEND ALL COMMENTS
AND CONTRIBUTIONS
BY THE 15TH OF THE MONTH
NOS PUEDEN CONTACTAR PARA
INFORMACIÓN
ENVÍE ANTES DEL DÍA 15 DEL MES
news@questaedf.com

LETTER FROM THE EDITOR

This month we are proud to honor our veterans with this special edition celebrating Veteran's Day. And in case a simple thank you for their service is not enough, we also have a special holiday just to say thank you—it is called Thanksgiving. Not only is this our Veteran's Issue, but also our special Gratitude edition. Thank you!

I have heard it said that being grateful is the quickest and surest path to abundance. We can let it be known that all the gifts we have been given have not gone unnoticed. We should thank our forefathers for starting this tradition and also for keeping the spirit of gratitude and abundance alive in our national mind. Not all countries celebrate Gratitude Day and not all countries have the unprecedented prosperity that we have had. I believe there is a connection.

One thing you can say about Questa: we love, honor and are grateful for our Veterans. We celebrate not just Veteran's Day, but also Memorial Day. Veterans are a big deal here! And for you veterans out there; in case you didn't know we love you, here's to ya! We hope to hear from all you vets out there and for our next Veteran's Day we would like to have more articles written by you. Keep us in mind every month, if you have stories,

poems, photography, art – please share it with your local community newspaper.

And there is another national holiday we celebrate in November called Election Day. We should remember to be grateful for the right to vote in a democracy – not all countries have that privilege. People tend to get riled up about politics and everyone has the right to their opinion, except in one instance. I say, if you don't vote, you don't have the right to complain. Any small person can put the blame on other people. It takes a big person to take responsibility for what happens. Living in a democracy is empowering: we all have the opportunity to participate and my hope is that we all will. If you are a young person and this is your first time voting, more power to you! Thank you for getting involved. We would like to say one last thank you to our veterans for protecting our right to vote! With that, I would like to share one of my favorite poems from one of my favorite poets, Hafiz, a Persian poet who was born in the mid 1300's - that's a long time ago! This poem is dedicated to all the veterans out there.

LOU McCALL
EDITOR

QUESTA DEL RIO COLORADO NEWS

I VOTE FOR YOU FOR GOD

When your eyes have found
the strength
To constantly speak
to the world
All that is most dear
To your own
Life,

When your hands, feet, and
tongue
Can perform in that rare unison
That comforts this longing
earth
With the knowledge

Your soul,
Your soul has been groomed
In His city of love;

And when you can make others
laugh
With jokes
That belittle no one
And your words always unite,
Hafiz
Does vote for you.

Hafiz will vote for you to be
The minister of every country
in This universe.

Hafiz does vote for you
my dear.

I vote for you
To be
God

By Hafiz

QUESTA DEL RIO COLORADO NEWS WELCOMES
CHUCK KROON, OUR NEW DISTRIBUTION MANAGER!



OUR MISSION

To Inform, Inspire, Connect and Unite the Greater Questa Community.

NUESTRO OBJETIVO

Es informar, inspirar, contactar, y unir a toda la comunidad de Questa.



MAIL CALL

I really enjoyed the articles in your publication. Thank you and blessings on your paper.

SUSIE LUNDBERG
passing through (from CA)

Dear Editor,

I have now received two issues of your wonderful newspaper and I'm spreading the word. I was particularly delighted to read about Lori Ortega Rael in the September issue. I've only been slightly acquainted with Lori over the years as she has checked out my Questa Hardware purchases, so it was a real treat to read about her family's entrepreneurial endeavors. She has always exhibited such a special energy. It's impossible not to be impressed by her. Now I know what a dynamo she truly is! Thank you for shedding light on this awesome woman. We are all lucky to have such a jewel in the community.

I heartily applaud your newspaper. It is just what the community needed. You are doing a magnificent job!

Laurie Lambert

Dear Lou,

We've been meaning to heap praise on you for the professional quality of our "local" paper, and I think it's because of you as the primary editor. Hurrah!

The typo in the headline of last month's [September] edition reminded me of the one in the English-language Somali newspaper published when I was in the Peace Corps there in 1967 during the 6-Day War between Egypt and Israel. It took a while for the Somalis to get worked up enough to think of materially supporting their religious "brothers" against the Israelis, but when they did, the headline in the paper read, instead of sending troops, it said in black type 2 inches high, SOMALIA TO SEND TROODS. We Peace Corps folks delighted in imagining what the troods looked like. The headline itself should have sent the Israelis quaking, but they won anyway.

I'll track down a copy of the October paper [since it wasn't in the mailbox] and I look forward to reading it.

Michael Walsh

Dear Michael,

Thank you, yes, we had a grand typo! We had several people proof the September issue before it went to press and darn if we didn't notice the typo until after it was printed! Including you, there were only 3 of our readers who noticed it...that we heard about, anyway. Our September Issue we are now calling, the Collector's Edition! If any of our readers have a copy of the September issue, see if you can find the funny typo. Hint: it is large...

Sorry to hear you did not receive the paper in your mailbox. As far as we know, most of the postal customers received them in Questa, Red River, San Cristobal, Cerro, Costilla and Amalia. If it does not arrive in your mail box, please let your Post Office know!

Lou McCall
Editor
Questa Del Rio Colorado News

Sorry, We Messed up

In LAST MONTH's Issue

We told you that early voting started on October 19th. NOT! Here is a note to set things straight from our Village Clerk, Renee Martinez:

Taos County is hosting an early voting site in Questa at the Municipal Court Building beginning on Saturday, October 20th until Saturday, November 3rd. Voting will be Tuesdays through Saturdays from 10:00am to 6:00pm.

If you would like to go to Taos and vote, early voting began October 9th and will go through November 3rd. You can vote Monday through Friday 8am-5pm at the Taos County Clerk's Office.

Thank you and have a great day!

Renee Martinez

In our Questa Caldera article last month, some of the info was from the "From the Record" chapter in *Another Time in This Place* by Tessie Rael Y Ortega and Judith Cuddihy. We apologize for not acknowledging the authors. This is a fantastic book about our local Questa history. By the way, this amazing book is soon to be published online, thank you to the QuestaStories Project! Watch for more information, we will let you know when it is available!



In October's Issue Questa Quisine section, we featured Pat's Place and we admit to a major oversight--we forgot to mention Pat's famous Cinnamon Rolls!

"Just try to be grateful and miserable at the same time!"

-Rev. Candy Smith



Support your local SHERIFF!

Re-Elect SHERIFF Jerry Hogrefe 2018

"You are never wrong doing the right thing"
— Mark Twain

Paid for by the many supporters of Jerry Hogrefe



Brian Cares for Northern New Mexico

Show your care by voting on Tuesday, November 6th

VOTE

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Brian Colón
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Paid for by Marcus and Jana Rael to benefit New Mexicans for Brian Colón | Treasurer, David A. Wood, CPA, Retired

Gail and Joe “Levi” Cisneros

By JANA RAEL

“Every dog has a tale,” and Gail and Levi Cisneros of Northern New Mexico Friends of Animals (NNMFOA) remember each story in detail. Most of the stories are very sad. Their animal rescue location is right here in Questa, where they currently have over a dozen dogs and cats being cared for daily. In addition to these animals, there are other folks locally who are also part of NNMFOA and are housing even more neglected, discarded, and abused pets. But they all have one thing in common: their love for animals. So much love in fact, that they spend their own time and resources to feed and house any cat, dog, horse, or more that need help. And they get a lot of love from the animals in return.

In 1938, Grant and Marge Howe moved to Questa. They established a well-known honey business which operated for many years on the site which is now home to many animals in need. The

Howes had one child, Gail. Without siblings and being the “new kid in town,” animals became Gail’s passion and playmates.

Gail’s husband Joe “Levi” says he wasn’t always a big fan of having pets and animals around. But that all changed over 45 years ago when he and Gail married. Since then he has helped rescue countless animals and bring them home to heal and find new homes. Some actually end up staying with the Cisneros family. Their property has many cozy shelters that Levi has built through the years. Each morning he makes the rounds, feeding and watering up to 31 grateful animals. In the evening, Gail brings them inside for a treat and lots of love. Each one may have had a sad tale to tell, but thanks to NNMFOA, there are happy endings. Gail says, “I cry when I get them because they’re in such need, and I cry again when they leave, because they take a part of me with them.”

The group gives their hearts and love to unwanted, abused animals. If you would

like to help support their work, you can make a tax-deductible donation to NNMFOA. The money they receive goes to vet bills and the NNMFOA pays the rest. If you can’t make a donation, please share your love, shelter, food and water with your own animals; they deserve the best. If you can’t do this, please don’t just chain them up and forget about them. And don’t forget to get them spayed or neutered. Remember, adorable puppies and kittens grow up to become adult dogs and cats that want good forever homes. NNMFOA have many wonderful adult dogs that need homes now. NNMFOA’s hearts and love are given to every animal they come in contact with. God bless each of them. And thank you to their neighbors who are so kind and patient!

In the coming winter months, please remember to provide shelter and warmth, food and water to your pets, especially when temperatures dip below freezing. And give them plenty of love, which you will get back in return.

NNMFOA doesn’t work like a typical animal shelter. They are all volunteers and are in constant need of resources, pet food, straw and bedding for these rescued animals. If you would like to volunteer, make a donation or even adopt a pet, you can contact one of the rescuers listed below or send your donation to NNMFOA in care of:

Joe and Gail Cisneros

PO Box 165 Questa, NM 87556.

Phone (575)586-0010 or (575)770-1849

Holly Howard

PO Box 346, Questa, NM 87556.

Phone (575)586-0784

Jim and Janice Vaughn

PO Box 1114, Questa, NM 87556.

Phone (575)779-5543

To help us better understand the plight of so many local animals, Gail penned this story from the viewpoint of one of her rescued pets.

For the Love of Animals

By Rescue Dog Mama Dottie, as told to Gail Cisneros

“Have you ever been hurt, bleeding, beaten, thrown away, chained out in the freezing cold or melting sun with no water or food, no shelter, no one to care for you with not one bit of love towards you? Can you imagine the physical and emotional pain you would feel? Probably not you, some of us are loved and cared for, we have humans who love us. But what about the others? There are thousands of innocent animals that suffer unbelievable cruelty.

Who are we? We’re the “throw aways” that our humans don’t care how we feel. We suffer terrible pain and loneliness, the fear, the hunger, the thirst. We are outcasts. Please have mercy on us.

Northern New Mexico Friends of Animals knows our story. They are a group of volunteers who “for the love of animals” spend hours, days, months, years, letting let us know we are important and that we matter to someone. God bless them (and us!). They find us when we’re lost and try to find someone who might love us and help us find our “family.” We are the ones, tied in gunny sacks,

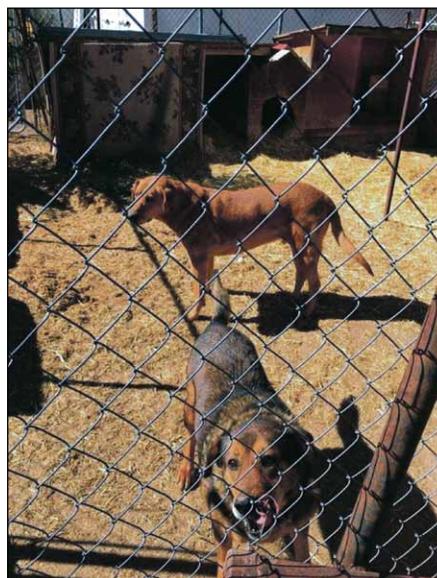


Courtesy Photo

Gail and Levi holding their smallest rescue “Minnie”

thrown along a trail in the mountain or desert. We’re the ones tied with barbed wire, left to die. We mamas, with unwanted babies, thrown along the road or some desolate place. If they cared about us, they would have the females spayed and the males neutered. Sometimes we’re just a nuisance that they want to get rid of. What did we do wrong? We just love, no matter what.

Holly Howard, Jim and Janice Vaughn, Joe “Levi” and Gail Cisneros, Frank Gallegos, and Roy



Courtesy Photo

Axel, in the background, their tallest rescue

Rich, who call themselves Friends of Animals, are the volunteer non-profit group of people who look for us, scrape us off the highways when we’re hurt, and rush us to either Salazar Road Veterinary or Taos Veterinary Clinic to save us. We receive excellent help there. They look for us in culverts, abandoned houses, along mountain roads, and terrifying highways. Whenever someone says we need help, they drop everything and rush to help us. If we’re puppies, we get their loving care until we go to our adoptive homes, mostly

in Colorado. If we are kittens or mama cats, we find love, food, water, and care until we can be placed somewhere. If we are horses or donkeys, we get help through the livestock inspector or some of us still live with our rescuers. Some of us have lived with our rescuers 13 years already. We had “problems” or were too old and considered unadoptable. Now we have everything we need. Each of us has a story to tell and Gail is helping us tell you about it.

Our rescue family pays for our food bills, trips to the vet, plus all the travel and time to find us and take care of us. Every morning and every evening they are here for us. Hundreds of brothers and sisters stop by to visit. When someone wants to adopt one, our family has strict rules for our forever home and if it doesn’t work out, they bring them back to us. They’ve had enough trauma in their lives. Some have been used as Pit Bull breeding dogs and then used as bait in Pit Bull fights. We are always the sweet loving ones. Our ears are cut, our teeth sawed down, our bodies tortured for the evil people who pay money to watch us suffer and die. Once in a while we escape. My name is Mama Dottie and I am a survivor, someone rescued me. Thank you!



ABOVE Family Circle Magazine featured the young toymakers in their December 1987 issue.

At North Star Toys, we believe conscious parenting is one of the most important and challenging responsibilities on the planet. We're in business to support this wonderful endeavor.

Courtesy Photos

North Star Toys; Family Made Wooden Toys Since 1979

By LOU MCCALL

Tim and Connie Long had been married for about five years when they began making beautiful wooden children's toys. They worked as educators, loved their rural lifestyle, wanted to work together AND they had experience in woodworking. Somehow all the pieces fell into place when the Longs decided to launch their business. Next year, North Star Toys will celebrate its 40th anniversary.

Their decision to make toys sprang from being teachers and starting a family. Tim was a music teacher in the Questa Schools and Connie worked in pre-schools and high school, including what she called the one room school house—the Red River Academy (which is now ancient history). The Longs were interested in the educational side of kid's toys and were informed by the Montessori and Waldorf models of education. They wanted to create toys that inspired imaginative play and cognitive

learning. They also wanted to preserve the old-fashioned approach to toys and the folk toy tradition.

Their two daughters, Claire and Joan, were home-schooled and traveling with their parents to craft shows was a big part of their education. In 1987, Family Circle, a national magazine, heard about North Star Toys and caught up with Tim and Connie at a craft show in Crested Butte, CO. Their story was published in the December issue that year and it was a great boon to their business. At that time, they had a print catalog, which really took off.

Although Tim and Connie no longer sell at crafts fairs, they still have many wholesale accounts with gift shops and stay busy with their mail order business off their website.

They want to encourage our readers to shop on their website. All online sales are automatically lined up and charged for shipping so they want to invite local readers to use the website to shop and to place their order over the phone. This way, Tim and Connie would be happy to deliver your order locally to save shipping costs. Another personal touch that they offer is gift packaging, gift notes and shipping directly to the gift

recipient, saving time, money and energy for the shoppers who purchase the gifts.

Tim and Connie are proud of their product, they are built to last and are often passed on from generation to generation. They receive orders from young parents who grew up with North Star Toys that their parents bought them and they want to continue the tradition by purchasing toys for their own children. It is very gratifying to hear from multi-generations of customers. Yes, they have been doing it for a long time and they have had many opportunities to expand. Early on they made the decision to keep it, literally, a mom and pop business. They did not want to be managers or employers. They like adding a personal note in every package and engaging with their customers, be it online, on the phone or in person. The holidays are coming up and this is a busy time for North Star Toys, so place your order early!

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HC 81 Box 617 Questa, NM 87556

Sandra Harrington: Make Something!

BY PEGGY TRIGG

Need something to take your mind off today's troubles? Make something! This is one of the main reasons Sandra Harrington makes her beautiful, creative pottery. To Sandra, handmade objects are an important part of life. "Creativity helps you deal with the world, and anyone can be creative," says Sandra. You can be creative in so many different ways: through art, through cooking or writing, just to name a few. Sandra also feels that we, as a society, are losing our ability to make things, our ability to be self-sufficient. "It's important to have hand-made things in your life."

Pottery production has been part of Sandra's life since graduate school for her counseling degree. That is where she started taking ceramic classes. She used clay with children to help them through traumatic events in the children's lives. Clay work is forgiving and nurturing. You don't have to be afraid of it; it's just dirt, after all.

It's hard to pin down Sandra on what is her favorite thing about pottery. To her, it's the act of creating and developing skills needed to make her ideas a reality. She loves both hand building and throwing pottery but I think her favorite part of the process is the assemblage work. She enjoys putting things together. Her Japanese inspired lanterns and funeral urns are examples and currently she is working on special orders for candle holders that are also partly thrown on the wheel and part slab construction.

Sandra can be a production potter by making 30 bowls a day or can work for days on end working on inspiring, textured sculpture. She likes to push her creativity with unique designs that are both decorative and functional.

She works in two firing methods. First, the electric kiln, which fires to about 2200 degrees. This process takes about 6 hours to complete and is a very controlled environment. Here, Sandra can get any desired color with interesting glaze combinations. The second method, wood firing, is a lot more creative and is less controlled. With this firing method, the wood kiln is fired for 32 hours and reaches a temperature of 2400 degrees. Because of the nature of the firing, the results are a lot less predictable but usually the results are worth it. The pottery comes out with beautiful warm tones that are marked or "kissed" by the firing process. The wood firing is more



Photo by Peggy Trigg
 △ Sandra Harrington at her ceramics studio at ArtQuesta.

▷ Photos by Jeff Endicott

a community-oriented process, usually three or more potters fire together and feed the kiln wood for the entire 32 hours. It is a true labor of love.

Sandra usually fires her electric kiln three or four times a month and fires the wood kiln two or three times a year. The wood kiln holds approximately 150 pots and is a big event when the firing is in process. Usually there is a kiln unloading party for fellow artists to celebrate the firing.

Keeping up with work production for the gallery and the many crafts shows that Sandra participates in keeps her very busy. When asked what makes Sandra the happiest, she comments that creativity is the most important. "Being creative with lots of different things going on and just trying to learn and to make things more interesting."

We should all be so lucky to find that creativity and the desire to learn. It's in each of us, we just need to bring it out. Sandra Harrington has her work at her studio and gallery, ArtQuesta, at the south end of town. The gallery is full of wonderful creations in clay by Sandra and paintings and jewelry by



her husband Roger.

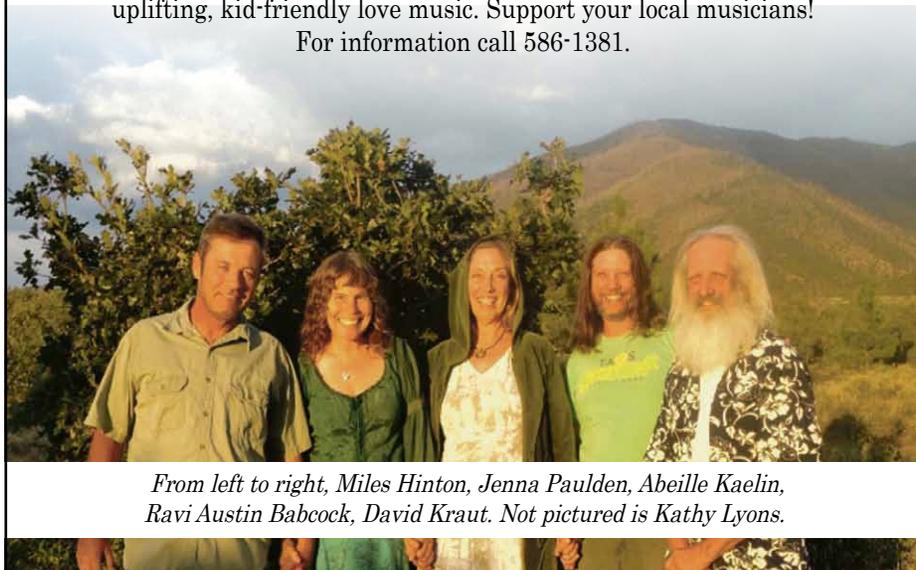
So next time you are in the market for a new coffee cup or casserole dish, think twice about what you want to purchase, what you want to live with and who you want to support. Do you want an individually hand built piece of pottery that is made with love and care by a local potter or do you want a mass produced, soulless one from who knows where? Should you choose to support local artists, you can visit Sandra at ArtQuesta at 2322 #9 Hwy 522 or call her at (575)224-0182. ArtQuesta is open Tuesday thru Saturday 10-4 and Sunday and Monday by chance or by appointment. www.artquesta.com



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 For information call 586-1381.



From left to right, Miles Hinton, Jenna Paulden, Abeille Kaelin, Ravi Austin Babcock, David Kraut. Not pictured is Kathy Lyons.



We sit on it.
 Make it drive us through the snow.
 Expect it to stop on a dime.
 Don't include it in our conversations.

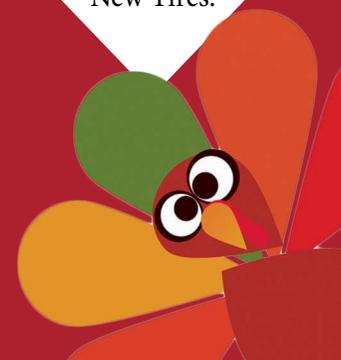
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"THANK YOU!" to
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 before winter.

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The Power of Gratitude



**LIVE
LOVE
LAUGH**

by Ellen Wood

Ah, November. It's the month when winter (usually) gets serious, delighting skiers and little kids and it's the month when we have a day set aside to express our gratitude. Yes, only one day but that doesn't mean we can't remind ourselves to use the words, "thank you," the other 364 days.

Words are very powerful, whether we say them out loud or silently. Words can have a healing effect or a harmful effect on our bodies. One of the most powerful healing expressions is saying, "Thank you, thank you, thank you" and combin-

ing it with a deep reverence and a loving attitude. By saying "Thank you" you are affirming the fact that you notice that you truly are blessed. You are also producing a beautiful, clear vibration with those words.

By expressing appreciation, your mind affects your physical body and sends healing to all your cells. Studies on gratitude are being done at The HeartMath Institute, a global leader in researching the critical link among emotions, heart-brain communication and cognitive function. Their research shows that by cultivating the positive emotions of gratitude, you can actually improve your heart's rhythmic functioning and your brain.

In his book *The Hidden Messages in Water*, Japanese researcher Dr. Masaru Emoto details the findings of his research showing the effects of human vibrational energy, including thoughts, words, ideas and music, on the mo-

lecular structure of water. The resulting photographs of the crystalline structures of water following exposure to particular positive or negative words and thoughts will surely make you a believer in the effects of your words and thoughts on absolutely everything in and around you.

In an interview with Dr. Emoto for *The Spirit of Maat*, Reiko Myamoto Dewey asked if he knew of a particular word or phrase that was most beneficial in cleaning up the natural waters in the world. Dr. Emoto replied, "Yes. There is a special combination of words, which is love plus the thanks and appreciation reflected in the English word gratitude. Just one of these is not enough. Love needs to be based in gratitude and gratitude needs to be based in love. These two words together create the most important vibration." Dr. Emoto goes on to say that each spoken word has its own vibration, as does each written word. "Beautiful words have beauti-

ful, clear vibrations. But negative words put out ugly, incoherent vibrations," he says, a finding that is illustrated by the studies shown in his book.

It's been my habit to say "Thank you" throughout the day to seemingly inanimate objects. When I make my smoothie in the morning, I thank each ingredient I add into the blender, from the kale to the frozen banana and all the other ingredients in between. Even if it doesn't really make the smoothie tastier, it does create a joyous emotion in my body. In addition, I was influenced by Dr. Emoto's book to always say, "I love you, water; thank you, water," when I fill my water bottle several times a day. When I am focusing on telling the water in my bottle that I love it, there is no room in my mind for other, nonproductive, non-fun chatter.

Happy Thanksgiving! Or maybe, Happy Gratitude Day!

El Poder De La Gritud

Por ELLEN WOOD

Ah, noviembre. Es el mes cuando el invierno (usualmente) se pone serio, dando placer a los esquiadores y niños y es el mes cuando reservamos un día para dar gracias. Sí, solamente un día pero eso no significa que no se da cuenta uno de usar la palabra, "gracias" los otros 364 días.

Las palabras son muy poderosas, no importa si se gritan o si se dicen silenciosamente. Las palabras pueden tener un efecto saludable o dañino para nuestros cuerpos. Una de las expresiones más poderosas para la curación es decir "Gracias, gracias, gracias" y combinarla con una reverencia sincera y una actitud amorosa. Cuando uno dice "Gracias" está afirmando el hecho que conoce que realmente es bendecido. A la vez está uno creando una vibración bella y clara. En expresar la apreciación, la mente

afecta el cuerpo físicamente y manda curación a todas las células. Estudios de gratitud en el "HeartMath Institute", líder global en la investigación de la relación entre las emociones, comunicación entre corazón-cerebro y función cognitiva. Sus estudios enseñan que en la cultivación de las emociones positivas de la gratitud, uno actualmente puedo mejorar la función rítmica del corazón y el cerebro.

En su libro *The Hidden Messages in Water*, el investigador japonés, Dr. Masaru Emoto da detalles de sus investigaciones que demuestran los efectos de la energía de la vibración humana, incluso pensamientos, palabras, ideas y música en la estructura de agua. Las fotos resultantes de las estructuras cristalinas de agua después de su exposición a palabras y pensamientos positivos o negativos realmente harán que uno sea creyente de

los efectos que las palabras y pensamientos de uno tienen en absolutamente todo que nos rodea.

En una entrevista con el Dr. Emoto para *The Spirit of Maat*, Reiko Myamoto Dewey pregunta si conocía una palabra o frase en particular que fuera de más beneficioso para la limpieza de las aguas naturales en el mundo. El Dr. Emoto contesto, "Sí. Hay una combinación de palabras, que son amor más las gracias y la apreciación reflejadas en la palabra inglesa gratitud. Solo una de estas palabras no basta. El amor tiene que estar basada en la gratitud y la gratitud necesita basarse en el amor. Estas dos palabras, usadas juntas, crean la vibración más importante." El Dr. Emoto también dice que cada palabra hablada tiene su propia vibración, lo mismo que cada palabra escrita. "Palabras hermosas tienen vibraciones hermosas y claras.

Pero palabras negativas emiten vibraciones feas e incoherentes", dice que este resultado está ilustrado en los estudios en su libro.

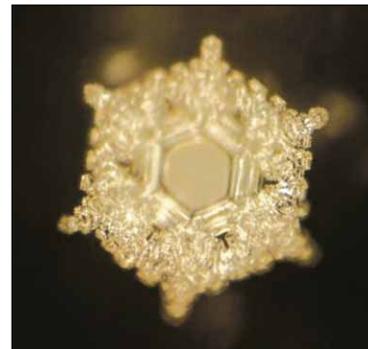
Es mi costumbre dar las "Gracias" durante el día a objetos inanimados. Cuando hago mi bebida batida en la mañana, le doy gracias a cada ingrediente que agrego a la licuadora, sea el col rizada, el plátano helado y todos los otros ingredientes entremedio. Aunque no hace que mi batida sea más sabrosa, sí crea una emoción alegre en mi cuerpo. Además, fui afectada por el libro del Dr. Emoto a decir siempre, "Te amo, agua; gracias agua," cuando lleno mi botella de agua varias veces durante el día. Cuando estoy enfocada en decirle al agua que lo amo, no hay lugar en la mente para otra charla, no productiva, no divertida.

¡Feliz día de gracias! O mejor dicho, ¡Feliz día de gratitud!



◁The first photo was taken of water crystals at a dam following a nuclear disaster. The second photo was taken of the same water after prayers of love and gratitude.

Courtesy Photo



◁A water crystal infused with love and gratitude.

A water crystal infused with the words, "Thank you."▷

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How Monique Parker Came to the 36th Longitude

By ASHTON GRAHAM

There are many stories about people being drawn to the magic of Northern New Mexico and how they ended up here; from cosmic connections to finding solace in the majestic mountains. One such individual, Monique Parker, walked away from a successful marketing career in Silicon Valley to settle in the Sangre de Cristo Mountains north of Questa after consulting a relocation astrologer. He recommended she move to the Boulder-Santa Fe longitude.

"You'll start writing about things that matter to you," he predicted, which resonated with her long-held dream. "You'll become a teacher and you'll be let into secrets of ancient India that you'll share with others." His first recommendation for re-locating was the eastern half of India, but Monique wasn't ready for that dramatic change. "Leaving the concrete jungle of mainstream corporate America and moving to the base of the Sangre de Cristo Mountains was itself exotic and foreign," Monique says.

Relocation astrologers seek to find the best place for an individual to live to express one's fullest potential. While Monique excelled in business, the astrologer believed she'd align with her true calling in either Boulder or Santa Fe. Monique took a few weeks to visit both cities, but her heartstrings kept drawing her to the Taos area. Monique knew she had made the right decision. "The consultation with him pointed me to the longitude. It was up to me to find Questa, an area which resonated with my heartstrings."

Monique's journey of healing and helping others has been deeply satisfying. This month her business, Taos Yoga Therapy (TYT), which specializes in therapeutic yoga, small classes, yoga



Courtesy Photo

Monique, fourth from left with her international cohort and Vedic chanting teacher Menaka Desikachar (fourth from right) and her son Kausthub Desikachar (far left).

teacher certification and Vedic chanting celebrates its fourth anniversary.

Since moving here fifteen years ago, Monique's yogic path has taken her to India six times to study directly with teachers and family of Sri T. Krishnamacharya, as well as to immerse herself in Ayurvedic medicine, Vedic Chanting, and Jyotish (Indian astrology).

Sri T. Krishnamacharya (1888-1989) is considered the "Father of Modern Yoga" because of his legacy of influencing practitioners worldwide. It is an honor to have a teacher in our area with Monique's credentials. Before opening TYT and Svastha Yoga Institute (her yoga school with Indian affiliations) she taught English Composition and Creative Writing at UNM-Taos, where she also co-founded and directed the Yoga Teacher Training Program for seven years.

Classical yoga is primarily a tool for the mind, not a physical workout as it is considered in the West. While yoga poses build strength and stamina, they are meant to prepare one for meditation. Monique and her TYT teachers present a clear path to breaking the endless mind chatter focusing on synchronizing the posture with the breath, mantras, and chanting in order to increase awareness



Courtesy Photo

Monique Parker, working with client at Taos Yoga Therapy.

and bring peace of mind.

In addition to group classes, Monique and her fellow teachers offer a variety of one-on-one consultations and therapy sessions.

Tao Jones, a software developer says, "Monique's yoga classes incorporating sound and the private sound healing sessions have helped me physically, emotionally and spiritually. I am in awe of Monique's depth of knowledge of yoga, healing and chanting."

One of Monique's greatest passions is Vedic chanting, considered the world's oldest unbroken oral tradition, dating to the time of Homer (Iron Age). In 2003, UNESCO proclaimed Vedic chanting a "Masterpiece of Oral and Intangible Heritage." Monique completed a rigorous two-year teaching certification program in Vedic chanting with Krishnamacharya's family in Chennai, India. Student Gwen Augusten says, "Not only is chanting good for the soul, for increasing breath and

lung capacity and calming the mind, it has also helped me to gain confidence. Monique is a jewel for Taos and surrounding areas."

As it was astrology that led Monique to the place where her yogic practice and career has unfolded, her thirty-year fascination with astrology has led her to study ancient Jyotish astrology. Through careful analysis of birth charts, Monique evaluates individuals' strengths and weaknesses in order for them to optimize their full potential.

While Monique holds many credentials in yoga, yoga therapy, Vedic chanting and soon Vedic Astrology (as well as an MFA in Creative Writing from Antioch University) it is her genuine commitment to helping others live in optimal mind-body-spirit health that has propelled her to successfully teach, mentor and guide individuals on the spiritual path. For more information about Monique Parker and Taos Yoga Therapy, visit www.taosyogatherapy.com.

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A Step Back In Time...Yesterday's Diner

By ROBYN BLACK

Cruise down Main Street in Red River to a place that takes you back in time, Yesterday's Diner. Since 2010, Dee Sims has made this place a fun spot to hang out and get some wonderful food. The walls are adorned with nostalgia and Veterans uniforms that have been donated. First, a quick glance around, then open the menu to the meals with great monikers. You have stepped back into a time that was cool and groovy!

The names for the delicious menu items send you back to simpler times; you can relive the 50's, 60's and 70's with the Big Bopper (Jalapeno Poppers), Ricky and Lucy (nachos, frito pie), grab a Fonzi (tortilla burger), a Barney (turkey/provolone sandwich, bullet not included), or explore the Ponderosa with Little Joe (chicken fried steak sandwich)... Whatever era you choose to grab a bite from, be it breakfast, lunch, dinner or a snack, you can't go wrong. We had the chicken fried chicken and



Veterans Receive Free Meal During the Month of November! Thank you!

some great sweet potato fries. The chicken was the perfect choice for lunch on a cool fall day; crispy batter on the chicken, smothered with sumptuous gravy, mashed potatoes, green beans, cornbread and cobbler (we have to admit, we needed a to-go box!). This was truly a classic old fashioned meal, in

keeping with their "Yesterday's" theme.

The sweet potato fries were waffle cut and served with ranch dressing, hot and delicious (no to-go box on that one!). Our meal was delivered quick as a whistle by Cecil, our attentive and fun server. Dee's pies and ice cream are a wonderful way to end your meal. Dee has made sure this is a fun spot for her customers with her amusing menu names and fun decor. She has also made this a great place to respect our Veterans, she has memorabilia on the walls as a testament of service to our country by so many men and women. **Yesterday's Diner honors Veterans this month by offering a free meal to any veteran that comes in November!**

Dee takes joy in her efforts to make this a special place. Dee wants to thank her many loyal patrons throughout the Enchanted Circle and hopes that when they come to dine at Yesterday's Diner, they can take a few minutes away from their busy lives to just sit back and enjoy their surroundings and good food. Yester-



Courtesy Photo

day's just started their off-season hours, 7:00 am to 2:00 pm, seven days a week. Yesterday's is located at 612 W. Main St. in Red River, NM 87558, call 575-754-6233 and check out their website for the menu: theyesterdaysdiner.com

Storage Instructions for Autumn Produce

By FARMER DANIEL

You probably have perfect places in your home to store everything: pantries, garages, mud rooms, closets, refrigerators, unplugged freezers... only a thermometer can tell you for sure. To survive, human culture must return to localized food production, which means, in our climate here, that we will be storing food during the winter months and cooking it at home in our own kitchens. Please eat up all the fall produce by New Year's Day so it doesn't spoil.

Our **FALL POTATOES** come in zip-lock bags suitable for storage in a refrigerator or in the dark in a cold room with the temperature between 33-36 degrees F. They will store fine in these bags, if the temps are cold enough but NOT freezing, for about 4 months... then they will begin to sprout. Eat them up before they sprout. Hash Browns with Onions every morning works for me! You may also store them in a warmer room, 45 degrees F maximum, in the dark...but at this higher temperature the plastic bags will need to have several holes poked through them to allow the potatoes to breathe, or they will

rot. Alternately, for 45-degree storage, you may remove the potatoes from the plastic bags and store them in closed up cardboard boxes or paper bags so that no light reaches them. Even low levels of light will cause them to turn green with the toxic Glyco-alkaloid Solanine which makes them taste horrible. I hear all the time "potatoes should not be stored in a refrigerator." However, I have tried all possible ways of storing potatoes during the past 40 years and storing them in a refrigerator (that doesn't freeze things) is what has worked best for me! Having the temperatures correct is mandatory, so investing in an inexpensive thermometer, or two, is the way to go.

ONIONS must be cured in warm dry conditions until the necks are crispy dry. You receive fully cured onions from our farm. They store beautifully in a closed cardboard box or double paper bag in a cold room that has good ventilation at 33-36 degrees F. Be sure to look through the onions every two weeks and pull out any that may be starting to spoil for immediate use. White onions and red onions usually do not keep as long as yellow onions, so eat those first. Many of the onions we distribute are very large

in size because sweet onions are what grow best here at our latitude. If you can't use all of the onion once you cut it open, just wrap the un-used portion in plastic and it will store perfectly for a week in the refrigerator. Sweet onions will not store well past Christmas, so go ahead and eat them soon.

HARD-NECK GARLIC will store for four months in the same conditions as onions; in a double paper bag at near 32 degrees F. Hard Neck Garlic does not store as well as the soft neck varieties commonly available in grocery stores, so be bold and use up our garlic before year's end.

WINTER SQUASH stores best in a well-ventilated room at 45 to 50 degrees. The multi-colored and green acorn squash are ready to eat right now; for best flavor, both should be eaten by Thanksgiving. The Green Kabocha Squash will improve if you wait until Thanksgiving or longer before cooking it. It has dry orange flesh which is very good when mashed like potatoes. Fastest way to cook winter squash is to remove the seeds, cut it into chunks and steam it. Roasting it with a little oil and salt on it along with potatoes, onions, and car-

rots is a good way to cook it too. Or try serving curried squash, potatoes, onions, and carrots over rice or quinoa on a cold winter evening. [Editor's note: Yum!]

CABBAGE AND CARROTS store best wrapped in plastic, or in plastic tubs with tight lids, in a refrigerator or cold room kept between 33-36 degrees F. The closer to 33 degrees they are kept, the longer they will store. Carrots will start to sprout green tops around March 1st, at which point they turn all their sugars into starch. Cabbage is easy to grow here, stores easily, and can be eaten raw or cooked: Finely sliced cabbage with grated carrot salad is so delicious that you will want to eat some every day.

Daniel Carmona is a long-time farmer and is founder of Cerro Vista Farms. His farm offers Community Supported Agriculture (CSA) which offers farm shares throughout the growing season. CSA members received a copy of these instructions with their Fall Share, the final produce of the season. Cerro Vista Farms also sells food in the summer months to locals and at the Taos Farmers' Market which Daniel helped start many years ago!

Simple Sauerkraut

By ROBYN BLACK

There are so many benefits, not to mention the yum factor, of sauerkraut. You can flavor it with just about anything from savory to sweet; juniper berries, celery seed, dill, chili peppers, garlic, caraway seeds, carrots, apples and veggies of all kinds, the list is endless. With cabbage, a little imagination and a little time you can have some delicious kraut that goes with anything, even skeptics might just change their minds!

Basic sauerkraut is a simple process, but sadly not instant gratification. Your first task is to get the freshest cabbage you can find (red, green, it doesn't matter). I found mine at Cerro Vista Farms where Daniel always has the freshest, most delicious produce. During the season Cerro Vista produce isn't only at the Taos Farmer's Market. On Wednesdays from 3-6 you can stop by the farm to pick up your mid-week veggies.

How lucky we are to have Daniel and such a wonderful farm in our area. We definitely miss their fresh produce this time of year...Sorry, I was distracted

by visions of Cerro Vista Farm—back to sauerkraut!

These next simple steps will make you wonder why you never gave it a try. To start, you will need some mason jars, sterilize them and let them cool. There is also the crock method, but this time we are sticking with jars for simplicity.

Either use a food processor, mandolin, or just a good old chef's knife to shred the cabbage, however you prefer, I like long ribbons of beautiful cabbage cut by hand.

Use at least some salt. Salt is a traditional ingredient in sauerkraut because it increases shelf life, texture, and flavor. The amount of salt used can vary according to personal taste preference.

The best homemade kraut is not too salty. I used two heads of cabbage and 2 Tbsp (or ¼ cup) of salt, so, for my preference 1 Tbsp. per head. Figure on 1 to 3 Tbsp. per head of cabbage, depending on the size... Place the cabbage in a large bowl, add some kosher salt and knead, knead, knead to release the juice of the cabbage, this usually takes about 10 minutes. You can also use a potato masher. I find good old hand kneading produces the best

results and more moisture.

Once you have as much moisture as you can get from the cabbage, start packing the jars with the cabbage, make sure they are packed tight! Add the juice from your kneading process to cover the cabbage, if you don't have enough, you can add a little water.

Create an anaerobic environment. This is an absolute essential in the sauerkraut-making process. The cabbage must be completely submerged underneath the brine for the lactic acid bacteria to proliferate. This is important for protecting your ferment from unwanted bacteria (or mold).

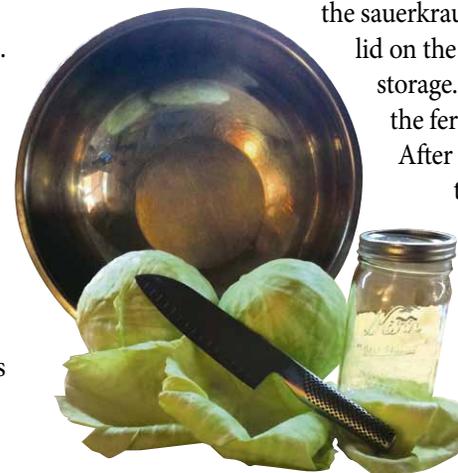
Here is where your creativity comes in, pick what flavors you would like (or keep it plain). For this batch I added a few juniper berries (picked from my tree and washed

well) to one jar, ajowan caraway seed to another and just plain for the last jar. I only got three quart jars from two beautiful cabbages, I prefer small batches at a time.

Give it time. You can ferment sauerkraut for only a few days before moving to cold storage, but giving sauerkraut a lower temperature and longer fermentation time can develop the flavor and texture better. Culture at room temperature (60-70°F is preferred) for at least 2 weeks, until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure. Once

the sauerkraut is finished, put a tight lid on the jar and move to cold storage. Once it is refrigerated the fermentation will stop.

After you open it, it keeps in the fridge for a couple months (if you don't eat it all first!). Keep checking. The sauerkraut's flavor will continue to develop as it ages. ENJOY!



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Feature Teacher: Elizabeth Williams

Elizabeth Williams grew up in Edgewood, New Mexico and graduated Sum Cum Laude from ENMU with a BA in Classical Voice Performance. In college, Elizabeth spent a summer in Pereilleux, France performing in the roles Le Feu and Le Rossignol from Ravel's L'enfant et les Sortilèges. She toured with ENMU's choirs to Italy and New York.

Elizabeth received an MA in Music Education with an emphasis in conducting from Texas State University.

She taught Pre-K to 8th grade music at St. Peter and Paul Catholic School. Elizabeth wanted to return home to the Land of Enchantment and was offered a position as the district's music teacher in beautiful Questa, where she is making a big difference for our students!

We especially appreciate all she has done to make Homecoming Week a really great experience for our students and the community. Thank you, Elizabeth Williams!



Courtesy Photo

Elizabeth Williams

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Character Counts Trait: INTEGRITY
Definition: People with integrity tell the truth and act in a sincere way. They treat people equally and take responsibility for their own feelings and actions. Integrity is more than just being honest; it's acting ethically, consistently, and in a trustworthy manner.

Integrity is sometimes summed up as "doing the right thing, even when no one is looking." It's an apt motto for kids in the digital age, when everything from cheating with cell phones to plagiariz-

ing to cyberbullying anonymously can be done with no witnesses. Integrity secures the whole foundation of our interconnected relationships -- both online and off.

Continuous improvement and forward progress is important in today's world. Questa Independent Schools is working hard to take steps in the right direction and to improve the instruction, school culture, safety and security of our schools. In order to foster these efforts our schools have consciously worked to develop our staff and support their classroom efforts. One of our more recent professional development trainings involved preparing our schools for an emergency. The Los Alamos Police Department joined us and donated their time, resources, and high caliber training staff to share school safety strategies in the event we have an emergency. We thank them for their time and efforts.

QISD has also recently hired Licensed



Courtesy Photo

Welcome our new school nurse, Ms. Kari Heisler, LPN!

Practical Nurse, Ms. Kari Heisler, and two new counselors—Ms. Donna Abreau and Ms. Susie Flores. We are grateful to have both our veteran and new staff that are so dedicated, and focused on student achievement.

Special thanks to our community for participating in our homecoming and Halloween Trunk or Treat events. We truly are stronger together; a community divided helps no one and our youth sees it...we need to model the way through

unity and joint community efforts.

QISD is proud to announce that two of our teachers Ms. Maria Cintas and Ms. Jennifer Vialpando were rated through the NMPED evaluation system as highly effective teachers. A job well done! We are proud of our teachers and staff for their hard work and concentrated efforts.

QISD sports programs have been greatly supported by the community. Special thanks to all of our Fall sports coaches and the efforts they have put forward with their teams. We are always #QuestaProud.

Questa has recently been awarded two new grants; Title IV and After School Programs grant. We are excited to bring new resources to the district and to bring additional funds and programs to our students. We strongly believe that all of our efforts, can and should be aimed at targeting student achievement and safe and healthy schools, #studentsfirst!

High School Seniors Encouraged to Apply for Daniels Scholarship

Motivated college-bound high school seniors in Colorado, New Mexico, Utah, and Wyoming are encouraged to visit DanielsFund.org to apply online for the Daniels Scholarship Program. The application will be open from October 1 through November 29, 2018 at 4:00 p.m. MST.

The founder, Bill Daniels, established the scholarship program to help outstanding young people who possess tremendous strength of character, leadership potential, the drive to succeed, and a commitment to giving back to the community.

The Daniels Scholarship Program offers a comprehensive, four-year college scholarship that provides financial and

personal support focused on helping Daniels Scholars succeed in college, and in life. The Daniels Scholarship can be used at any accredited nonprofit college or university in the United States. The goal of the program is to help each Daniels Scholar succeed in college and ultimately become independent, successful in a rewarding career, and actively engaged in their community.

This four-year, annually renewable college scholarship is a "last dollar" scholarship which covers the unmet need of the student after all other financial aid resources and their Expected Family Contribution have been applied.

For students choosing to attend one of 24 partner schools in Colorado,

New Mexico, Utah, or Wyoming, their Expected Family Contribution will be covered in addition. A complete list of partner schools can be found at DanielsFund.org/Scholarships.

To be eligible to apply for the scholarship, students must:

- Be a current high school senior graduating during the 2018-2019 academic year from a high school in Colorado, New Mexico, Utah, or Wyoming.
- Be a current resident of one of these four states and a citizen or permanent resident of the U.S.
- Earn an SAT Math score of at least 470 and an Evidence-Based

Reading & Writing score of at least 450; or ACT scores of at least 17 in each category (Math, English, Reading, and Science). Super-scoring is not accepted.

- Demonstrate financial need.

The Daniels Scholarship Program has provided more than \$170 million in scholarships to over 3,700 students since the program was launched in 2000. The Daniels Fund is a private charitable foundation dedicated to making life better for the people of Colorado, New Mexico, Utah, and Wyoming through its grants program, scholarship program, and ethics initiative.

Visit DanielsFund.org to learn more.

Questa Schools Successful Homecoming Activities

Questa Schools had a successful week of homecoming activities! The week culminating on Saturday, October 13th was full of school spirit and lots of fun. The pep-rally was buzzing with student enthusiasm. After decorating the bleachers, the students played several mini-games such as: hungry hippo, ping pong shake, Izzy Dizzy, and Tug of War. Out of the mini-games most were won by the

seniors. However, the Juniors and Freshmen dominated when it came to student involvement and school spirit.

Congratulations to Homecoming Queen and King, Mikayla Chavez and Derek Vialpando, Seniors-Class of 2019!

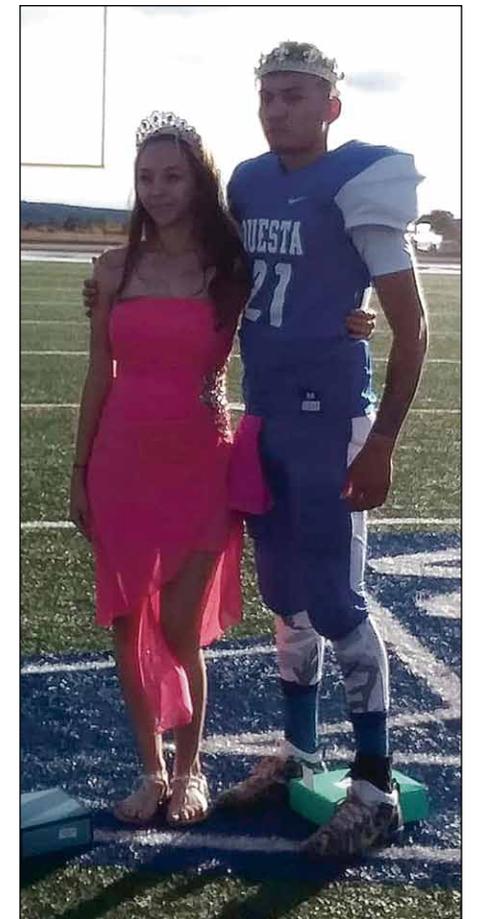
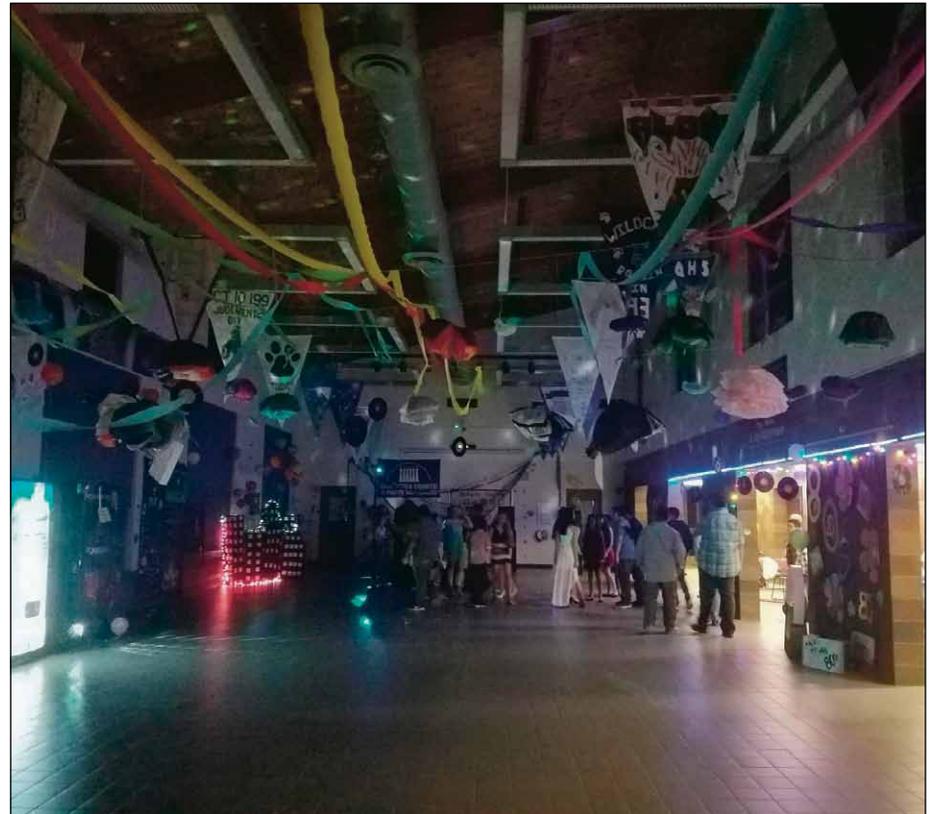
At the bonfire Questa Mariachi sold hot chocolate and s'mores to roast on a smaller side fire. The students huddled around the bonfire while sipping on hot

chocolate and munching s'mores.

The parade had a great turnout. It was obvious that the community spent a lot of time and effort on their floats, there was a total of 38 entries in the parade! The juniors won 1st place for their float with the Freshmen coming in with a close second, both floats were spectacular.

The dance had a great turnout as well.

The students had a blast dancing and playing mini-games provided by each class such as an arcade style basketball game and a PS4 Gaming Competition. They enjoyed root beer floats, and milk shakes. Many thanks to the Vida del Norte Coalition for sponsoring a DJ to make the dance possible. Juniors won the High School spirit stick competition while 8th grade won Junior High.



Village of Questa Public Works Department

By NICHOLAS MAESTAS

You may have noticed how low our rivers are this year, the result of sparse moisture early in the summer. With a lack of a significant snowcap last winter and very little moisture leading up to our monsoons, Northern New Mexico experienced drought conditions prompting the need for action from the Village of Questa Council. The Council reauthorized the Comprehensive Water Conservation Requirements Ordinance No. 2011-138 which was originally passed in 2011 and instituted Fire Restrictions Ordinance No. 2006-128 in an effort to reduce the risk of an accidental wildfire.

The Village appreciates the community's compliance with these two actions which has allowed us to keep our water tanks at appropriate levels through the summer without the need to put undue stress on our Village Municipal Water pumps.

Village Public Works Department Staff have been working diligently during the warm weather months to regulate water pressure in our water distribution lines, replace old meters with new meters as well as proactively help residents identify possible leaks using our utility water report data. They have done this in addition to the department's daily tasks to ensure pumps are functioning properly, tank levels are adequate,

parks are maintained, potholes are repaired, waste water treatment plant is functioning properly and all aspects of our water system and wastewater system are in compliance with state standards.

In addition to their already busy workload, there is always preparation for the next season. With winter upon us, the department has also been preparing for what the weather could bring. These preparations include vehicle and equipment maintenance, clearing space for adequate storage of salts and cinders for icy streets, and prepping insulation to prevent meters from freezing.

The Public Works Department has been busy chipping branches col-

lected through the summer as a service to the community as well. We have finished collecting branches for the year and will start up on April 1, 2019 and continue until October 1, 2019. By trimming trees in your yard, it makes your property look much cleaner. The Village collects branches from residents to prevent branches from filling up our trash dumpsters around the Village. The Village does offer the chips for FREE to community members upon request. Call the Village office (575) 586-0694, to learn more if you are interested in wood chips. If you see a member of our Public Works Department around the Village, let them know you appreciate their service!

New Therapist at Questa Clinic Works with Veterans

By PATTY TORRES

I would like to introduce Cecilia Rodriguez, our new independently licensed therapist at Questa Clinic. She has an impressive background in all areas of behavioral health: individual, family therapy, children's therapy, addiction – and works extensively with Veterans. She started in Questa on October 15th. "I began working with veterans from

Fort Bliss, Texas while I lived in El Paso, addressing their needs for assistance in managing Post Traumatic Stress Disorder (PTSD) symptoms, and chronic pain because of their injuries, including Traumatic Brain Injuries (TBI), as well as substance abuse. In addition to their individual needs, most veterans need assistance in re-integration because their military experience creates barriers between family members, who often

undergo long separations, and friends who do not have military experience.

"I have used family therapy, taught parenting skills and have utilized my specialized advanced training in treating PTSD. My treatment is guided by the needs of the veteran, because there is no such thing as cookie cutter treatment for someone with a unique background and experience. Presently I assist in facilitating milieu therapy for

members of all branches of the armed Forces through the National Veterans Wellness and Healing Center in Angel Fire, New Mexico. I provide couples treatment in an intensive week-long retreat designed to assist veterans to deepen their understanding of their symptoms as well as coping skills they can use actively to heal their marriages, themselves and their families." –Cecilia Rodriguez



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Questa Lodging Project Update: Introducing Pilot Properties

By LINDSAY MAPES

The Questa Lodging Project has come a long way since the initial Community Forum in the summer of 2017. Over 60 residents from the Questa area gathered to hear from a local panel of four experts in the lodging industry. They shared about Airbnb, tourism, and how to tap into that market.

Since then, the Questa Lodging Project has assisted homeowners in listing their homes or rooms for rent on Airbnb to attract short-term visitors. The project has also worked with about a dozen

other homeowners who are interested in renting their homes long-term, usually about six months per lease.

The Lodging Project is also in the process of identifying 'Pilot Properties'; those that have been vacant and typically need some TLC, and the property owners are willing to rent these homes in exchange for remodeling costs. The Project has identified seven possible Pilot Properties and would like to have a total of ten. If you have a vacant property in Questa and are interested in learning more about the Pilot Property com-

ponent of the Questa Lodging Project, or would like to become a Pilot Property owner (no charge), contact Lindsay Mapes at 586-2258.

It is that time of year, when dozens of people move to the area for winter jobs and ski-related employment. And they need a place to live! If you would like to make \$400-\$900 extra per month, or more, now through March, the Lodging Project can help screen prospective tenants to find a good match for your unique situation.

And finally, the Questa Lodging Project

is now under the auspices of the San Antonio del Rio Colorado Historical Preservation non-profit. Sound familiar? That's the organization responsible for coordinating the Church restoration efforts. While there are still efforts underway to complete the final projects at the Church, this ambitious board is expanding and will work on rehabilitating Questa homes. Their objective is to help keep Questa homes in Questa families.

If you would like to learn more about this exciting and growing endeavor, call the Questa Lodging Project at 586-2258.

Great News for Fans of Jay's Unique Thrift Shop!

By ROBYN BLACK

Jay is expanding his shop to include the store next door. He will be filling the new spot with furniture, art and more. He has outgrown his original shop where he has been for the last 4

years. This is good news for all of us who delight in browsing his unique finds and treasures - now we can shop to our heart's delight in two stores!

Jay's is the place to find that one of a kind-I have to have-item. There is always something for everyone, beautiful

glassware, funky stuff and even functional tools for the handyman in your house. You never know when you will find that perfect piece of furniture (or art).

Now you can even sign up for Jay's Unique Bridal and Divorce Registry! If

you haven't stopped by in a while, now is the time to check out his spacious new showroom.

Jay's is located at 12 Highway 38, Questa, NM 87556. He is open 10 am to 5 pm Tuesday through Saturday. Call if you have any questions, 575.779.3723.

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Our Community Speaks About Substance Abuse

Vida Del Norte Drug Free Coalition, working to reduce alcohol and drug use by our area's youth, has been gathering ideas and input from our local residents. The interesting results are presented here. Thank you to the 73 people who took the survey!

SUBSTANCES AFFECTING THE COMMUNITY MOST:

RESPONSES

Alcohol	81.2%
Meth.....	65.2%
Heroin.....	63.8%
Opiates (and prescription drugs).....	59.4%
Marijuana.....	40.6%
Cocaine.....	36.2%
Tobacco	26.1%

FACTORS THAT CONTRIBUTE MOST TO ALCOHOL AND DRUG ABUSE HERE

RESPONSES

Family patterns of alcohol and drug use.....	76.8%
Community patterns of alcohol and drug use.....	59.4%
Mental health problems.....	56.5%
Economic disadvantage/Poverty.....	40.6%

Physical health problems	24.6%
Physical or sexual abuse.....	18.8%
Cultural loss.....	8.7%

BIGGEST PROBLEMS IN OUR COMMUNITY CAUSED BY DRUG AND ALCOHOL USE:

RESPONSES

Lives ruined or lost, families destroyed including the lives of children	33.9%
Crime, including theft and vandalism to support drug habits.....	27.4%
Violence, including physical, mental and sexual abuse, fighting.....	22.6%
Economic loss	6.5%

WHAT SPECIFICALLY ALLOWS OR ENCOURAGES DRUG AND ALCOHOL USE HERE

RESPONSES

Lack of activities, resources, opportunities; boredom, "nothing to do"	26.2%
Social acceptance of drinking and drug use, "it's the norm"	24.6%
Family patterns of drinking and drug use, family parties including alcohol and drugs; use of painkillers.....	18.0%
Easy availability, drug dealers, bars.....	13.1%
Stress, depression, other mental health issues; use of drugs and alcohol to numb feelings.....	13.1%
Lack of effective law enforcement, including low pay for officers	8.2%

WHAT SHOULD CHANGE TO REDUCE THE IMPACT OF ALCOHOL AND DRUGS HERE

RESPONSES

- Education and awareness in the schools and the community

- 15—increase education and awareness in the community
- 4—specifically offer prevention education in the schools.....31.7%

• Opportunities for activities and work; places like a community center where families and friends can come together

- 17—Increase opportunities for activities and jobs, have a community center with a swimming pool, wifi, pool tables where whole families can go
- 28.3%

• Effective law enforcement, including shutting down drug dealers

- 12—shut down dealers, increase law enforcement
- 4—increase arrests, including people buying for youth
- 20.0%

• Improved family and community patterns regarding alcohol and drugs

- 10—reinforce good patterns, including not drinking in front of kids
- 3—increase community involvement and community support
- 16.7%

• Access to effective alcohol and drug treatment, including affordable, accessible treatment and recovery programs

- 8—affordable and accessible services
- 1—halfway house
- 15.0%

INTERVIEWEE'S VIEWS OF WHAT SHOULD CHANGE:

Prevention

- Have big meetings at the school with students and parents. Have students pledge not to use.
- Boys need more adult male mentors — kids say they turn to friends when need to talk, sometimes an aunt or uncle.
- More Opportunities for Kids — more to do
- Would offer auto mechanics, woodworking,

other skills to work with hands that can be used to earn a living.

- Used to have boxing — a healthy way to take out aggression

Community

- Have a full-fledged family center, place to go where people of all ages can have things to do, all connected. Weekends. Parenting groups, services like WIC, health fairs.
- Central place for information. Newspaper helps with that.
- Community celebrations — better coordinated, have a way to know what's happening, who is in charge, how to contribute.

Change Norms

- Change in the minds of the community. Start making it a negative aspect again instead of glorifying it.
- Parents and community members need to recognize the problem. Advocate.
- The positive things need to come to light.

Medical/Health Care

- Health care providers would not offer pain medication automatically, would only use it for extreme emergency. Would teach other ways to deal with pain. Teach methods so kids have tools to use for pain, know they can tolerate pain.

Enforcement

- Make a police substation at the gas station and the Community Center in Costilla. Police presence might help reduce the huge problem there.

If you'd like to know about activities, meetings, and more, check our Facebook page, Vida del Norte, message maria.gonzalez@vidadelnorte.com, or call 575 779-2260.

Questa Calls it a Wrap for Football

Questa Independent Schools held an athletic meeting on October 18th to discuss the decline in participation and increase in injuries incurred during this year's football season. After meeting with the athletes, the administration has decided that it is in the best interest of our athletes to call it a wrap. The team began with a full roster and for many reasons, numbers have declined, leaving the

district with less than a full roster of players. The season will conclude, after what started to be a hopeful season. The season opener ended in a victory and players were full of hope and optimism.

Ending the season early, well, it is not just this year...Questa is not unique, more than 20,000 fewer high schoolers played football in 2017 than in 2016. Fewer than 1.04 million students played

football for the first time since 2003. Twenty schools nationwide in 2017 dropped football completely, including junior varsity and freshman programs.

Nonetheless, Questa wants to continue the tradition, but as we look into the future we may need to look at an 8-man team as we plan for the 2019-2020 season. With a school of this size, it is hard to have players who participate in two

sports during the same season, it can be draining, and result in an increase in sport related injuries. Coach Gallegos and our Athletic Director Craig DeYoung were disappointed to see the season end this way. Ultimately we all just want to do what is best for our students. Our athletic coordinator Manuel Gonzales, will continue to work on building continuity and a stronger program for next year!

Operation Christmas Child

By LIZ TATE

On November 11th, at 1:00pm, the Red River Community House will host an Operation Christmas Child Packing Party, a free community event, open to the public. Operation Christmas Child (OCC) is a project of Samaritan's Purse that collects and delivers shoebox gifts to children in need around the world, as a tangible way to show God's love. Each shoebox gift is filled with school supplies, hygiene items, clothing and toys, and given to children between the ages of 2 and 14. For many children, this shoebox is the first gift they've ever received and offers the opportunity for schooling, better hygiene or the gift of feeling valued and loved.

"Operation Christmas Child is a great ministry because it allows anyone to make a global impact. It doesn't matter your age, gender, religious background or financial status, anyone can pack a shoebox to show a child that they are loved and important. And this world needs a lot more people showing love, especially those who may feel forgotten, hopeless and unlovable," said Liz Tate, a year-round volunteer with Operation Christmas Child.

All ages are encouraged to attend the event and join in packing shoeboxes. This free event makes participating affordable for everyone.

"Getting involved is easy," says Tate.



Courtesy Photo

"All you need to do is show up. We will provide all the shoeboxes and everything to go inside, we just need more hands to make light work. If anyone wants to bring their own items to use, they can, but it isn't required. The packing party is a great opportunity for families and friends to come together to serve others around the globe, and we can do it in our tiny little town! Not to mention, it's a TON of fun."

This year OCC celebrates 25 years of delivering shoebox gifts. Since 1993, 157 million children have received shoebox gifts in more than 100 countries. Families, individuals, and groups can pack shoeboxes on their own or at community events. Go to www.samaritanpurse.org to learn more information about Operation



Courtesy Photo

Christmas Child or other Samaritan's Purse outreach projects such as Operation Heal Our Patriots, U.S Disaster Relief or World Medical Mission.

The Operation Christmas Child volunteers have set a goal to pack 500 shoeboxes and expect the event to last about 2 hours. Those attending will have the opportunity to learn more about OCC and how to get involved. People are welcome to come and go as they please, the event will start promptly at 1:00pm at the Red River Community House, 116 E Main Street, Red River, NM 87558.

For event information, please call Liz at



719-588-7593. For tax deductible donations, please make checks payable to Faith Mountain Fellowship Church, memo OCC and mail to P.O. Box 99, Red River, NM 87558.



QUESTA LIBRARY BOOK CLUB

Questa has a monthly reading group that has met for several years at the library, at local businesses, or in members' homes. Their approach is casual and flexible. Reading selections have ranged from current mysteries, southwest fiction, nonfiction, classics, and the choices are endless. Readers have a month to read the book, and they meet at the end of the month to discuss their ideas about the story and the author. Everyone honors each other's the ideas and preferences.

Some believe that reading books is on the way out. Here are the facts: more than 5 million adults participate in reading groups, not counting online book clubs. Reading groups help young readers learn about the ideas of their friends and build a community around books. With the help of local libraries and new

technology, readers are expanding their choices for their reading preferences.

Book and reading groups have different formats. Some design a calendar at the beginning of every year. Others want more flexibility, so they vote on reading choices at each meeting. Book groups can focus on Mystery, History, Classics and so on. Communities see book groups pop-up anytime. It only takes a real interest in sharing the ideas in or about books to get started. Book clubs are just one effort to build community. They thrive small or large, genre-driven or market influenced, and they help foster communication in a divided world.

The Questa Library Book Club meets the 4th Friday of each month at 3:30pm.

Check the library website at questalibrary.com, or call the library at 575-586-2023, for information on the current book selection and up-to-date meeting times and dates.

Fridays at the questa Library

The Questa Public Library has scheduled fun activities for our youngsters now free on Fridays.

All programs are from 1:00 to 3:00 PM. Enter a drawing for special prizes every week. Reserve your child's spot now. . . space is limited! Call 586-2023, or stop by the library.

Questa Public Library
Municipal Park Road
586-2023

NOVEMBER 9 "Let's Talk Turkey"

All turkeys all the time. Find out more about turkeys than you ever thought possible. Did you know the humble turkey was once proposed to be our national bird? (Guess the bald eagle won out!) Come and learn about turkeys in our culture. Let's create some turkey decorations for Thanksgiving. We'll give turkeys their rightful due.

NOVEMBER 16

School is in session

That should be fun enough.

NOVEMBER 23

The library is **closed** for the Thanksgiving holiday. (Get out your turkey decorations!)

NOVEMBER 30

"The Humble Mason Jar"

Mason jars can be used in many ways – from holiday decorations, measuring and storing, and even as a light source. Take home a solar light of your own and make a jar of soup ingredients to share with someone special.



How long does X take to break down?

By MICHAEL BLOCH

Reading that an item takes eleventy bazillion years to break down in the environment makes for great attention-grabbing stuff when writing articles on green living, but the more I research various related topics, the more I find differences in estimations.

A lot of this has to do with the fact that decomposition is very dependent on the environment where the material is decomposing. For example, look at the difference between how fast steel rusts (a form of decomposition) in a humid salt air environment such as the coast vs. a dry environment like a desert.

Dry air really slows down decomposition generally. Another example is cardboard, something we consider very biodegradable. I have a sheet of cardboard out the back of a shed at my property in a semi-arid area and after 5 years it still hasn't fully broken down even though it's fully exposed to the elements.

Another factor is whether the waste is even exposed to the air or buried in a landfill. In the case of the latter, it can take a lot longer for an item to break down; particular if the surrounds are dry.

Those are a couple of issues to bear in mind when reading statistics on how X or Y material breaks down. "Break down" is really a vague term and there's also a big difference in the terms, biodegradable, degradable and compostable; not to mention the types of residues they leave behind, some of which can be toxic. It's another good reason to recycle where we can, plus recycling energy savings for most types of waste are significant.

However, we can get a general guesstimate about waste decomposition and that can help in making purchasing decisions.

Judging by the figures, I'd hazard a guess these would

With all that in mind, here's a list of common items and how long they take to "break down" in the environment.

- Glass bottle: **1 million years**
- Monofilament fishing line: **600 years**
- Plastic beverage bottles: **450 years**
- Disposable diapers: **450 years**
- Aluminum can: **80-200 years**
- Boot sole: **50-80 years**
- Styrofoam cup: **50 years**
- Tin can: **50 years**
- Leather: **50 years**
- Nylon fabric: **30-40 years**
- Plastic film canister: **20-30 years**
- Plastic bag: **10-20 years (???)**
- Cigarette filter: **1-5 years**
- Wool sock: **1-5 years**
- Plywood: **1-3 years**
- Waxed milk carton: **3 months**
- Apple core: **2 months**
- Newspaper: **6 weeks**
- Orange or banana peel: **2-5 weeks**
- Paper towel: **2-4 weeks**

The above information was taken from the Pocket Guide to Marine Debris from Ocean Conservancy. Its sources were the U.S. National Park Service; Mote Marine Lab, Sarasota, FL and "Garbage In, Garbage Out," Audubon Magazine, Sept/Oct 1998.

apply when the item is exposed to sunlight and air. Stick some of those items into landfill and in the absence of light and oxygen, chances are they won't break down for many generations. Even newspapers dumped in landfill have been known to be still readable after many years.

For disposable shopping bags, I've seen figures anywhere from 500 – 1000 years (but there are many different types of plastics) and cigarette butts up to 12 years.

While it may seem odd for leather to take so long to break down, many leather products are treated with all sorts of nasty preservatives to extend their life. The figure for a glass bottle is incredibly long, but at least that's an easily recyclable product. I have picked up old beer bottles on my bush block that are over 50 years old but look as though they were left there yesterday.

There are a lot of ifs, buts and maybes in the above list, so if you have stumbled across a comprehensive list or study of decomposition statistics of various forms of waste with detailed annotations about the conditions in relation to the timeframe, please let me know!

Michael Bloch
– Green Living Tips.com

Green Living Tips is an online resource powered by renewable energy offering a wide variety of earth friendly tips, green guides, advice and environment related news to help consumers and businesses reduce costs, consumption and environmental impact.

(reprinted with permission by Green Living Tips, first published in April 2009, last updated May 20, 2013)



Environmental Justice Students Visit Questa

By KAREN ROYBAL

On October 3rd, 10 students from Professor Karen Roybal's "Environmental Justice in the Southwest" class from Colorado College/Colorado Springs attended a meeting at Questa's Youth Center. They came to listen to Joe "Jody" Cisneros and David Rael talk about the Molycorp Company's contamination of the Red River and Questa's aquifer from the molybdenum mine, resulting in declaring the area a Superfund Site.

Mr. Rael, retired professor from UNM, defined "Superfund" as a fancy name for "environmental disaster" that is costing taxpayers over \$880 million for the cleanup. He spoke about one month in 1976 when there were 11 tailings spills, that dumped many toxic chemicals into the Red River. The pollution eventually forced the Village of Questa to relocate their municipal wells.

Mr. Cisneros recalled a day in 1968 when the Red River was stocked with 2800 trout, which immediately died after trying desperately to jump out of the river. He named a few of the chemical pollutants, which include cyanide, arsenic and pine oil. He went on to talk about the high cancer and dementia rates in the Questa area, as well as the above average number



Environmental Justice students from Colorado College learn about the environmental disaster from Jody Cisneros and David Rael that inspired the story of the Milagro Beanfield War. The group met at the newly opened Questa Youth Center.

of students in Special Education. There are also respiratory problems here that are way above the national average.

The environmental students, prior to coming to Questa, watched the 1988 film, "Milagro Beanfield War" based in part on the experiences of Joe Cisneros in Questa. The class also studied documentaries about Mr. Cisneros and the mining disaster.

From Questa, the students' next stop was

Taos Pueblo, where they visited Red Willow Farm to learn about food sovereignty and the farm's commitment to providing organic food for the Pueblo and local community. Students participated in composting and vegetable picking during their visit. Their visit in northern New Mexico ended at Las Pistoleras Instituto Cultural de Artes in El Prado, where director Dr. Tessa J. Córdova and her parents, Arsenio and Kathy Córdova, hosted a wonder-



The students visited Red Willow Farm at Taos Pueblo to learn about food sovereignty and providing organic food for the Pueblo and local community.

ful community dinner for the students, residents from Questa with whom the students met earlier in the day, and the staff from Red Willow Farm.

The Southwest Studies class also traveled to Albuquerque, NM, where they participated in a course convergence with UNM Professor Dr. Jaelyn DeMaria's Ecocritical Communication class. Both classes worked with Dr. Sofia Martinez, co-director of Los Jardines Institute, and assisted with planting and harvesting at the Los Jardines farm. The visit concluded with a community dinner at El Chante: Casa de Cultura LLC, where director Bianca Encinias discussed her extensive work in environmental and social justice.

Governor Susana Martinez Celebrates the Rio Grande

By MARK WHITE

On October 2nd, Governor Susana Martinez and other state and federal officials gathered at the Rio Grande Gorge Bridge for the 50th Anniversary Celebration of the Wild Rivers and National Trails Acts. Lyndon Johnson signed both bills the same day, letting New Mexico neatly tie together in one ceremony both Wild Rivers and Trails fifty years later.

To help commemorate the anniversary, the group gathered for the signing of the Rio Grande Trail Expansion Project, to dedicate about 60 miles of the Rio Grande Trail in the Rio Grande del Norte National Monument. The idea was hatched a few years ago to create a



Photo by Mark White

Governor Susana Martinez remarking on the Rio Grande Trail at the 50th Anniversary celebration of the Wild Rivers and National Trails Acts. From left, David L. Bernhardt, U.S. Deputy Secretary of the Interior; Governor Susana Martinez, Rebecca Latham, Cabinet Secretary of the New Mexico Tourism Department (and Red River native!); Ken McQueen, Cabinet Secretary of the New Mexico Energy, Minerals and Natural Resources Department; and Tom Church, Cabinet Secretary of New Mexico Department of Transportation. Ryan Zinke, U.S. Secretary of Interior sent his regrets.

hiking trail along the entire length of the Rio Grande River and it has been gaining momentum. Governor Martinez, Secretary Latham and others received copies of the Questa Del Rio Colorado News and are interested in the Lava Tube Spring. The governor was interested in the formation of lava tubes under the mesa and how ancient Sangre de Cristo water and younger Ute Mountain water mix.

We are promoting a federal/state/local partnership that gives locals and visitors alike better interpretation and access to Lava Tube Spring and the Rio Grande Gorge. Any comments and Lava Tube Spring experiences are welcome. Please let us know at news@questaedf.com.



National Public Lands Day Event at Eagle Rock Lake was well attended. Thank you to everyone who showed up!

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PRAYER FOR THE GREAT FAMILY—AFTER A MOHAWK PRAYER

By GARY SNYDER

Gratitude to Mother Earth, sailing through
night and day—
and to her soil; rich, rare and
sweet
in our minds, so be it.

Gratitude to Plants, the sun-facing light-
changing leaf and fine root hairs;
standing still through wind and
rain; their dance is in the
flowering spiral grain
in our minds, so be it.

Gratitude to Air, bearing the soaring Swift and
silent Owl at dawn. Breath of
our song
clear spirit breeze
in our minds, so be it.

Gratitude to Wild Beings, our brothers,
teaching secrets, freedoms and
ways; who share with us their
milk; self-complete, brave and
aware
in our minds, so be it.

Gratitude to Water: clouds, lakes, rivers
glaciers; holding or releasing;
streaming through all our bodies
salty seas
in our minds, so be it.

Gratitude to the Sun; blinding pulsing light
through trunks of trees, through
mists, warming caves where
bears and snakes sleep — he who
wakes us—
in our minds, so be it.

Gratitude to the Great Sky
who holds billions of stars- and
goes yet
beyond that-beyond all powers,
and thoughts
and yet is within us—
Grandfather Space.
The Mind is his Wife.
so be it.

MR. DeHERRERA from Page 1

beatings and would see many of his comrades killed. Because the Japanese were overwhelmed with the number of soldiers they had taken captive, many men were forced to walk everywhere they needed to go. During one of these treks Valdemar became increasingly weak and fell down. Before the Japanese could see him on the ground, where they ultimately would have killed him, a Second Guardian Angel showed up in the form of a fellow soldier, who carried Valdemar until he regained some strength.

Now in the hands of the enemy, Valdemar became a Prisoner of War for the next 3 years and 7 months; a brutal time of torture, malnourishment, sickness and hard labor, all to stay alive in the hopes of returning home. During his time as a POW Valdemar was sent to a camp in Manchuria to work in a textile factory. One day while working he was chosen for a random beating from a Japanese soldier. Overflowing with frustration Valdemar retaliated, knowing his actions could get him killed. He was taken to a high-ranking official who would make a decision as to his fate; another moment where a guardian angel showed him mercy and spared his life.

Valdemar's childhood and knowledge of the New Mexico land would help in many ways while being a POW. He remembers finding verdolagas [purslane] growing and ate it regularly. He states that growing up working hard helped him to maintain his strength during that time.

In February of 1945 Valdemar and many other men and women were liberated, Bataan was recaptured and back in the hands of the Americans and Filipinos. With his family believing Valdemar was dead or missing in action, he returned home frail, sick and a thin 80 pounds. Valdemar received an Honorable Discharge from the Army in 1945. It would be many years before he would begin sharing his stories with family and many of those stories to this day, he keeps to himself.

Valdemar would live to be successful, not allowing his beginnings to change the course of his future. Just like growing up, Valdemar was blessed with a big family. In 1949 he married Consuelo DeVargas from Taos and they have been married now for 69 years. They have six daughters, a son, an adopted daughter, 18 grandchildren, 28 great grandchildren and two great-great

grandchildren. Valdemar worked for the highway department for three years before going to work at the Moly Corp Mine, retiring after 26 years as General Foreman. Even during his working career, he stuck to his roots and continued to farm together with his wife and family.

Now Valdemar and Connie spend their winters in Alamogordo, New Mexico where they attend the Annual Bataan Memorial Death March at White Sands Missile Range. They spend summers at their ranch in Costilla, enjoying time with family. They like visiting local casinos and restaurants but mostly spend time with family and friends.

Years have passed, time goes on and changes take place and Valdemar just celebrated his 99th birthday. He knows that God had a purpose and a plan for him, believing it is the reason he was allowed to survive the horrible trials of Bataan. It saddens him that many of his fellow soldiers, friends and neighbors did not have the same fate, but he honors them by sharing and remembering.

Celina Rael Trujillo is the granddaughter of Valdemar DeHererra. She grew up in Questa and lives in Amalia with her family.



Questa  Wildcats



Amy Trujillo PHOTOGRAPH

Thank you!

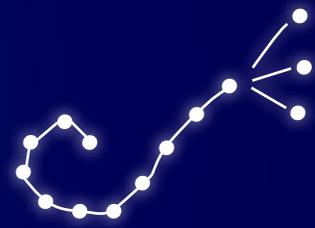
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ESOTERIC ASTROLOGY

SKYDANCE ESOTERIC ASTROLOGY by Charlene R. Johnson
For the month of November 2018



ARIES

Planet: Mercury

MARCH 20 – APRIL 19

Dynamic: Yes, you will have some challenges this month.

Direction: If possible, avoid surgery or long-distance travel (especially by sea) after the 18th.

Soul Thought: Wherever I am, I am home.



TAURUS

Planet: Vulcan

APRIL 19 – MAY 20

Dynamic: Similar to the Aries Dynamic.

Direction: A good month for stay-at-home activities.

Soul Thought: The world is my home.



GEMINI

Planet: Venus

MAY 20 – JUNE 20

Dynamic: Things get better for you as the month drifts along.

Direction: Enjoy this time; it's good energy for you.

Soul Thought: You can provide the Balance.



CANCER

Planet: Neptune

JUNE 20 – JULY 22

Dynamic: No matter how things feel, this is a potentially spiritual time for you.

Direction: Remember to sort the real from the unreal.

Soul Thought: What is truly real?



LEO

Planet: Sun

JULY 22 – AUG 22

Dynamic: You're working in a tighter than usual group this month.

Direction: Reactions vs magical interactions is your choice.

Soul Thought: Sometimes it takes courage just to Be.



VIRGO

Planet: Moon

AUG 22 – SEPT 22

Dynamic: You could be a source of hope if you wish.

Direction: Pay Attention!

Soul Thought: "We went to the moon as technicians; we returned as humanitarians." Edgar Mitchell



LIBRA

Planet: Uranus

SEPT 22 – OCT 22

Dynamic: It's not a true challenge, rather a chance to find balance.

Direction: Define what is going on in clear terms, not fuzzy emotions.

Soul Thought: Warm and fuzzy thoughts could be nice.



SCORPIO

Planet: Mars

OCT 22 – NOV 21

Dynamic: A sense of unrest may shift mid-month to a deeper quiet.

Direction: Take a breath before diving.

Soul Thought: Calmness may still be troubling, but it gives you space to work things out



SAGITTARIUS

Planet: Earth

NOV 21 – DEC 20

Dynamic: Mid-month you may be the recipient of a depth charge.

Direction: Stand foursquare; you can handle it.

Soul Thought: "Remember to look up at the stars, not down at your feet." Stephen Hawking



CAPRICORN

Planet: Saturn

DEC 20 – JAN 19

Dynamic: It's more of a social upheaval, than personal for you.

Direction: Be the Observer.

Soul Thought: It's easier to practice when it's not personal.

CHALLENGES vs BLESSINGS

"Pain in life is inevitable but suffering is not. Pain is what the world does to you, suffering is what you do to yourself!"

— Buddha

In esoteric astrology, the relationships between aspects are important, even as relationships in our lives are important. These relationships often impact us more than the aspects themselves. (An aspect is the combination of Sign-Planet-House. An angular aspect is the relationship between 2 aspects.) This is often what we mean when we speak in terms of "challenges" and "blessings." We believe that challenges are growth opportunities from which we learn, while a potential drawback of blessings is that we tend to take them for granted rather than appreciate them. As the planets continue to move and affect us, so the challenges and blessings change.

As this month progresses, we will experience a shift from a pleasant, benign atmosphere, one of blessings, to a gradually more and more chal-

lenging atmosphere. Being forewarned is being forearmed. How does one "arm" for such things? By being willing to participate as opposed to fighting a challenge, or wishing it would go away, or bemoaning our terrible fate. We all go through these times and it is considered a way to build spiritual stamina, one of our jobs here in Earth School. It also provides us opportunities to serve our humanity by maintaining our own upbeat attitude as well as helping others find or preserve theirs. Because we all have different birth charts, the shifting heavens can impact us in different ways. Interestingly, the sign of Sagittarius, which we also shift into this month, is the sign of the Spiritual Journey. Right on time, we have the opportunity to evolve. We say, "Bring it on!"

Everyone: As we shift from a pleasant start to several challenges the Moon's influence is our one "moving" blessing. Pay attention to where that lands for you and express gratitude for that influence as things begin to shift around November 18.



AQUARIUS

Planet: Jupiter

JAN 19 – FEB 18

Dynamic: Have you received an inheritance?

Direction: Watch for something coming your way; may already have happened.

Soul Thought: Inheritances aren't always money.



PISCES

Planet: Pluto

FEB 18 – MARCH 20

Dynamic: Challenges all around you, but not directed at you.

Direction: No need to take them on as yours.

Soul Thought: Compassion for others also works off karma.

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.**

HOUSING WANTED:

Teacher seeking long-term rental in Questa area. Clean, non-smoker, great references, no pets \$500-\$800/month. Call 586-2149.

I'm looking for a place to live for at least 6-month for me and my dog. I have a good year-round job in Red River. Need at least one bedroom, but if there are more bedrooms I would consider renting out to co-workers that also need places to live. Up to \$1,000 per month. 586-2149.

Couple with at-home business needing a long-term lease.

Flexible – willing to do home share, or stand alone home. Have owned homes, so we know how to treat the places we live. Successful business owners. New to the area. Non-smokers, no pets, no kids. No more than \$800/mo. Call 586-2149 for details.

Young family needs a nice place to rent for at least 6 months.

Employed at the mine. 2-3 bedrooms, prefer a garage and fenced yard for one short-haired house-trained dog. Need something immediately for around \$1,100. 586-2149.

Bedrooms needed for Red River Ski Area rentals. \$400 per month. 586-2149.

FOR RENT :

2 bedroom, one bath, near downtown Questa. \$900/mo flat, includes utilities, month to month. 586-2149

One Bedroom Casita for Rent north of Questa. \$500 per month, unfurnished, no pets, nice, next door to property owner, so no partiers! \$400 deposit. 586-2149.

One bedroom available in an immaculate shared space near downtown Questa. \$500 per month, includes all utilities and is furnished. Stunning views, well-appointed home. Live with landlord. No pets. 586-2149.

Artist Casita in Sunshine available week to week, or \$900 per month. Ideal for short-term renters. 586-2149.

3 BD/2BA. House in Questa for Rent. 2 car garage, fenced yard, \$1300 + utilities. Willing to offer trade in exchange for handyman work. 928-273-4811

4 BD/2BA New Trailer For Rent in Cerro. Immaculate with playground, trampoline, and basketball court for kids, master BD/BA with oversized bathtub and stand-up separate shower, master closet, all kitchen appliances brand new, granite counter-tops, two living areas with open floor plan. Available Nov 19. \$1400/mo + utilities. \$1400 deposit. Minimum 6 mo. Lease. 586-2149

One or Two Bedrooms available in the foothills north of Questa in a 4BD/2BA large cabin. \$300/month in exchange for helping haul wood for

the woodstoves and helping shovel snow. 4WD needed. Month to month. 586-2149

3 BD/2BA House in Questa for Rent. 2 car garage, fenced in yard, \$1300 + utilities. Big living room, nice kitchen and bath. Laundry in unit. Wood and central gas heating. Owner is willing to trade some rent credit in exchange for auto mechanics and property maintenance/handyman work on this rental and others. 575-737-8689 or 928-273-4811 cell. Or email TeachingTinyTaos@gmail.com for pictures and more info.

HELP WANTED:

Help Wanted: Carpenter for turning a window into a door and building a small deck with stairs and a ramp. Call or text (575) 737-8689.

Help Wanted: Auto mechanic for older Carbureted engines. Toyota and Nissan pickups. Also need a torque converter swapped. Paying cash. Call or text (575) 737-8689.

Help Wanted: resident carpenter for work trade on vintage travel trailer. Needs pex water lines, interior sanding and staining, new flooring and finish carpentry. Live there for free while fixing the trailer. Call or text (575) 737-8689.

FOR SALE:

LAND FOR SALE 35 beautiful acres off the grid in Sunshine Valley: \$45,000. Call 575-586-1363

Eggs, while they last. Thanks for shopping at Questa Farmers Market! I may have products available during winter with weekly delivery to Questa area. To order, call or text the egg lady (505) 660-7397.

Handcrafted cheeses, milk, cream, butter and meat products ~ available for order from local farm. Keep updated on our products and availability by following Moreno Valley Milk on Facebook, message us on Facebook or text (575) 449-9137.

Raw honey harvested in the Taos area, unfiltered and unheated. Available in raw, creamed (white), or cinnamon creamed, plus osha root honey and CBD honey. Comb available seasonally. Call Katee Kleiber for sizes and pricing, (806) 316-4450.

WANTED:

Looking for hunting videos and photos for a film project. call 779-0623

Wanted: Older house in Questa that is sitting empty. Hoping sellers will accept payments so that I may buy it in time and fix it up to make it a family home again. Call or text (575) 737-8689.

Wanted: French doors or nice double pane sliding glass. Call or text (575) 737-8689.

LOOKING FOR NINE GOOD WRITERS Author Ellen Wood is publishing

a book Spring 2019 with Taos County writers 50 or older. "Late Bloomers: "Literary Gems by Taos Boomers in Their Prime." Fictional short stories, poetry, poignant, heartrending, light-hearted funny, spiritual, provocative, romantic, fantasy! Deadline November 30. For submission details, contact ellen@howtogrowyounger.com

NOTICES:



KHENPO JIGME TO OFFER SPECIAL AMITABHA PRACTICE FOR THOSE WHO HAVE PASSED

Please bring a small photo of them or their name written on paper and a food offering for the tsok, a consecrated feast offering, which will be included in the ceremony.

All are welcome. Sunday, November 11, from 10 am to 1 pm Herman Rednick Center, 40 Lorien Road, Questa NM

Suggested donation of \$15-20 gabrielle.herbertson@gmail.com; 575 586-1038.



FREE PANCAKE BREAKFAST FOR VETERANS! Harvest Questa welcomes all Veterans and their families to attend a free pancake breakfast on Saturday, November 10th 7 AM- 10 AM. It's a small way to show honor and appreciation to all Veterans and their families who have served for our Freedom. Breakfast will be held at Harvest Questa located at 2558 HWY 522 Questa. Harvest Questa thanks Super Save Discount Foods in Taos for donating to this event.

Yesterday's Diner in Red River is offering a free meal to all Veterans during the month of November. 7:00 am to 2:00 pm, seven days a week. Yesterday's is located at 612 W. Main St. in Red River, NM 87558, call 575-754-6233. theyesterday-diner.com

Yoga Sala will one day move to a new location, 2331 State Hwy 522, south end of Questa. Although the moving date is not known, the location is and renovation is underway (<http://lasalaquesta.com/>). Two events to celebrate Day of the Dead will be held there—Oct 30th & Nov 2nd— so please stop in and see the space.

North Central Food Pantry Distribution Days

11am to 2pm
2nd & 4th Fridays
Every Month

QUESTA VISITOR CENTER IS NOW CLOSED FOR THE WINTER, SEE YOU NEXT SPRING!



COMPUTER CLASSES AT THE QUESTA LIBRARY

Would you like to learn to use a computer? Improve your computer skills? Classes in November at the Questa Library. Come by the library, or call 575-586-2023, for more information.

VOLUNTEER OPPORTUNITIES:

Questa Del Rio Colorado News could use your help! Do you have experience as a writer or editor, English teacher, proof-reader? This is the last month for our esteemed copy editor, Ellen Wood. Don't worry, she will still offer her column every month. We just need to find a copy editor starting with our December issue!

Staff Writer, Assistant Editor, Calendar Coordinator and Staff Photographer These are volunteer positions right now, very part-time. Please contribute your experience and talents, support your local paper! Please email news@questaedf.com

QUESTA INDEPENDENT SCHOOL DISTRICT JOB VACANCIES

- Girls' Varsity Basketball Head Coach
- Substitutes (Custodial, Cooks, & Teaching)
- Educational Assistants

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

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

Submit Applications to: Kathy Gonzales, Human Resources Specialist
Questa Independent School District
P.O. BOX 440
Questa, NM 87556

NO LOGO CONTEST ENTRIES YET

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QUESTA SENIOR CENTER – \$680,000
AMALIA SENIOR CENTER- \$195,000

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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

Yoga Sala Questa
 Fall Yoga Schedule

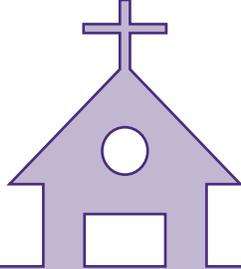
Tuesday, 9 – 10:30 am
 Gentle Flow and Restore with Gaea

Wednesday, 10 - 11 am
 Gentle Flow & Restore with Willow

Thursday, 10 - 11:30 am
 Chair Yoga with Willow

Thursday afternoon, 5:30-7 pm
 Flow/Deep Stretch with Gaea
 (No Class on Thanksgiving eve)

First Class Free at OCHO!
 8 Highway 38, Questa
 Yogasalaquesta.org
 Facebook: yogasalaquesta

QUESTA AREA CHURCH DIRECTORY

QUESTA

ST. ANTHONY DE PADUA CHURCH IN QUESTA
 Saturday 6pm, Sunday 7am in Spanish - 11am in English
 Father Andrew Ifele 586-0470

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

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
 2558 Hwy 522
 Sunday 11am- 12:30pm
 Pastors Kristi & Johnny Gonzales
 Visit us online: HarvestQuesta.org (575) 770-5906

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

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 Sunday 11am Alice Bailey
 Study Group gabrielle.herbertson@gmail.com 586-1454 or 586-1038

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 Followed by worship at 10:15am
 We pray you will join us!

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 Tibetan Buddhism
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 Friday 7am-Green Tara
 gabrielle.herbertson@gmail.com
 www.earthjourney.org
 586-1454 or 586-1038

KINGDOM HALL OF JEHOVAH'S WITNESSES
 586-1947

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

ST. JAMES EPISCOPAL CHURCH
 St. Edwin's- North End of Silver Bell Trail
 2nd and 4th Wednesdays at 5:30pm
 Coffee, donuts and visiting starts at 10:00am



QUESTA WILDCATS BOYS & GIRLS BASKETBALL • NOVEMBER SCHEDULE 2018

Nov 29	Thur	Taos Tournament	A	TBA	Varsity
Dec 4 - 8	Tues-Sat	Cowbell Tournament	A	TBA	Varsity

DATES TO REMEMBER

OCTOBER 26
 1-3 PM Questa Library--Make scarecrow, pumpkins, Halloween stories and treats

OCTOBER 28
 2:00-4:00 PM Trunk or Treat, Questa High School (Student Parking Lot)

OCTOBER 30
 5-7 PM Film showing: "Coco" at La Sala Questa

OCTOBER 31
 1:15-1:45PM BookMobile, San Cristobal Community Center
 2:15-3:15PM BookMobile, Questa Post Office

OCTOBER 31
 Halloween

NOVEMBER 2
 4 - 7 PM Day of the Dead Dia de los Muertos at La Sala Questa

NOVEMBER 4
 DAYLIGHT SAVINGS TIME ENDS. Set your clocks back!

NOVEMBER 4
 8-11AM Veteran's Pancake Fundraiser, Sagrado Corazon Parish Hall, Costilla

NOVEMBER 6
 6:00 PM Questa School Board Meeting

NOVEMBER 9
 11AM-2PM Free Food at North Central NM Food Pantry!

NOVEMBER 9
 1-3:00 PM Questa Library "Let's Talk Turkey"

NOVEMBER 10
 7- 10 AM Veteran's Day Free Pancake Breakfast, Harvest Questa -2558 HWY 522

NOVEMBER 11
 Veteran's Day
NOVEMBER 11
 3:00PM Honor our Veterans at the VFW in Cerro

NOVEMBER 11
 1:00PM Operation Christmas Child Packing Party
 Red River Community House

NOVEMBER 12
 Veteran's Day Observed on Monday

NOVEMBER 13
 6:00 PM Questa Village Council Meeting, Village Hall

NOVEMBER 16
 11AM-2PM Free Food at North Central NM Food Pantry!

NOVEMBER 19
 Official starting date for Questa Basketball

NOVEMBER 19
 6:00 PM Vida Del Norte Meeting, Questa Youth Center

NOVEMBER 19
 6:00 PM Vida Del Norte Coalition Meeting at Youth Center

NOVEMBER 20
 6:00 PM Questa School Board Meeting, Village Hall

NOVEMBER 22
 THANKSGIVING!
NOVEMBER 22
 10-11:30AM Free Pre-Full Moon Community Yoga Class at OCHO

NOVEMBER 24
 7-8:00 PM Torchlight Parade and Fireworks, Red River

NOVEMBER 27
 6:00 PM Questa Village Council Meeting

NOVEMBER 26
 3:30PM Questa Library Book Club, 4th Friday 586- for details

NOVEMBER 30
 1-3:00 PM Questa Library "The Humble Mason Jar"
 For a complete list of November Events in Red River, go to <https://redriver.org/events/calendar/2018/11>

The stakes are too high to stay home.

VOTE!

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Council 11696 Questa, New Mexico

Worthy Grand Knight Jonathan Cisneros
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Deputy Grand Night Michael, Rael, Jr.
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